

Greater San Antonio Quilt Guild, Inc.



www.sanantonioquilt.org
210-984-6149

December 9th Christmas Lunch

9:00 am - Secret Sister
Reveal
11:00 am - Christmas
Potluck Lunch
at St. Andrew Presbyterian
Church, 8231 Callaghan
Road, San Antonio, TX
78230

Secret Sister
Reveal
9 am to 11 am
Christmas Party
Potluck Lunch
11 am to ???
Doors Open
at 11 am for
Christmas Party

Remember to
bring to the
meeting

- Name tag (wear it)
- Library books, & DVD's
- QPC projects
- Bright Hopes quilts
- Smiles for your friends

Letter from the President

Thank you to Ellen Hernandez, Janet Miller, Barbara Sumlin and the members of the Community Quilt Angels Committee for an outstanding program honoring our veterans. It made for a few teary eyes and many proud hearts. Well done!

Election results find Elaine Staller and Janet Miller retaining their positions on the board of directors. Taking the President Pro Tempore spot from Virginia Oehlke is DeaJae Shore who certainly is no stranger to the boardroom. Pat Alva, VP for Community Outreach, has resigned as she is moving to the coast so Barbara Sumlin will be filling out the one year remaining.

The time has come to bid farewell to Cindy Shutt as treasurer of the guild. She has kept us on the straight and narrow since receiving "the books" in December 2009 from Karen Nanos who now takes them back. (Hmm... should we be worried?)

Thank you to Parliamentarian Sylvia Jolet for agreeing to continue.

The guild holiday celebration is a potluck luncheon so remember to bring a dish to share that will serve 6-8 people. You are asked to bring a Christmas quilt to brag about, too. What fun! **For the potluck, DOORS WILL OPEN at 11 am.**

Some of our members have been participating in the **Secret Sister** exchange. For this group, the big reveal will **begin at 9 am**; please be sure to arrive a bit early so it can begin on time.

Happy Holidays to each of you. -- Mary



New members who joined at the Show in November are welcomed:
Patricia Usenbach; Lucy Aguero; Kathy Bee; Barbara Francis; Melody Martin; Donna Anderson.



Program Notes

***** *Secret Pals 2018* *****

December. Guild Holiday Luncheon and Secret Sister Reveal. The secret Sister Reveal will start at 9 am. Coffee, no breakfast. **Guild luncheon will start at 11 am. Please do not arrive before 11 am.** Ham, shrimp and beverages provided. Please bring a side dish, salad, or dessert with serving utensil labeled with your name.

January. Program will be, "I Really Have Gotten Good at Matching Seams". Share how you got started quilting, first class and your first quilt. Bring your lunch, latest project and spend the afternoon sewing, sharing, or maybe just some down time after the Holidays.

February. We're bring back Mini-demo's. The demo will be 20 minutes, repeated three times so you'll have an opportunity to sit in on all three demo's.

If you want to sign up for a class and can't make the meeting, contact Janet Miller, 3rd VP for Programs, 210 492-7684 or jjmiller@satx.rr.com.

Are you ready for a brand new year? And a brand new secret pal? We are glad you will be joining us for a year of fun and excitement! Let get started with a few things to know:

1. You must be a paid member for 2018.
2. Please try to remember your pal every month. This will make them feel appreciated and bring out the child in each of us when we receive a surprise. If something comes up, contact me so I can let your pal know.
3. If you decide to bring a perishable gift (good, plant, etc.), please be sure the recipient will be attending that month – have a sneaky friend confirm it for you.
4. Please arrange for someone to pick up your gift if you will not make a meeting. I do not intend to keep the packages from month to month.
5. If you have not received a gift for 2 months in a row, please let me know. I want to make sure everything is ok with your secret pal. We understand that things come up, but we want to make sure that all participants enjoy the activity.

If you need to contact me, I can be reached at 210-325-6870 (please leave a message) or charquilter@gmail.com.

Happy New Year!!!

Charlene B. Carroll

All guild members may advertise in the newsletter one free business card size each year. Must be quilt related.

Found-red sweatshirt jacket with balloons after November Guild meeting. Call Janet Miller, 210 492-7684 or email jjmiller@satx.rr.com

NEWSLETTER INPUT
DEADLINE is Midnight the Monday after Guild meeting. E-mail: quiltnews@sanantoniouilt.org

NEWSLETTER ADVERTISING

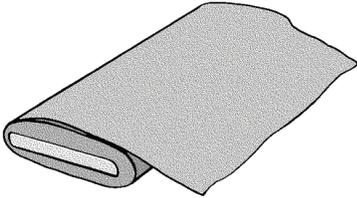
	Monthly	Yearly
Full page ad	\$60.00	\$660
1/2 page ad (horizontal - 7 x 4 3/4 vertical - 3 3/8 x 9 1/2)	\$30.00	\$330
1/4 page ad	\$15.00	\$165
Business card (2 x 3.5)	\$10.00	\$110

Mesquite Bean

Fabrics

Your destination for fabric, fun, and friendship!

6708 N New Braunfels Ave
San Antonio, TX 78209
210-281-1256
info@mesquitebeanfabrics.com



Life is short. Buy the fabric. ;)

12.17 Pieces of the Past, 92. Goldie Tracy Richmond by Ellen Hernandez

This article constitutes a 'fair use' of material in accordance with Title 17 U.S.C. Section 107 of the US Copyright Law. It is distributed without profit for news commenting, reporting, and teaching. For a list of References, contact the author.



Goldie Richmond was a sizable woman not to be ignored at 6 foot 4 inches, 345 pounds, and in size 13 men's shoes. Born in Kansas in 1896, Goldie's family was quite poor. She was taunted by schoolmates because of her large size. Goldie married at 21 to a man 40 years older who already had a large family. They moved to a remote area in Arizona and Goldie quickly had to learn to provide for her elderly husband and family. She was a prospector and animal trapper and was well-known for saving her husband's life by killing an attacking bobcat with her bare hands. She was also the local medicine woman who used simple products like Epsom salts and olive oil to care for a variety of wilderness wounds and problems.



Goldie eventually took over as the trading post operator in the desert Reservation of San Simon, Arizona, about 100 miles west of Tucson from 1932 to the 1960s. She was a loving advocate for the Tohono O'odham Indians, earlier known as the Papagos, and was fondly called their 'Angel.' She began advertising their beautiful handcrafted willow and yucca baskets which sold well from California to New York. She learned and spoke the Tohono O'odham language and was well respected in her community.



Goldie had started sewing quilt blocks at the age of three. To make ends meet during the Depression, she made about 12 quilts every year and sold them to tourists. Most were original applique patterns of Arizona reservation life with rodeos, people, animals, landscapes, pottery, baskets, cacti and flowers. Her trademark style was the porthole quilt block, but she also made Baltimore Album quilts. Goldie estimated she had made about 500 quilts in her lifetime. Five of her original quilts are at the Arizona History Museum. In 1999 her *Papago Reservation* quilt was selected as one of the 100 Best Quilts of the 20th Century by *Quilter's Newsletter Magazine*, the International Quilt Festival, *Quiltmaker* and *McCall's Quilting*.



Nancy Landon, a quilt shop owner, has designed patterns from Goldie's quilts. Her current release is *'Arizona Portholes-Papagos at Play'* which has 25 block patterns. (www.cactusquiltshop.com)

Carolyn O'Bagy Davis lectures across the US about Goldie's quilts and wrote a biography, *'Desert Trader: The Life and Quilts of Goldie Tracy Richmond'* named *Best of the Southwest Books 2012*.



GSAQG Board Meeting
November 6, 2017

Meeting called to order by President at 2:40 pm. Members present: Mary McCarthy, Letty Zavala, Ina Ramirez, Virginia Oehlke, Cindy Shutt, Janet Miller and Sylvia Jolet.

Renewal of lease contract with Church after first of year. Dates for next year's workshops and retreats were decided upon and will be submitted to the church council for approval.

Calico Roses will be awarded to Trixie Shell for chairing the Fall mini-retreat and to Sandra Lowell for organizing the Houston bus trip. A Calico Rosebud will be awarded to Robin Beasley for helping with QPC and in guild activities where youthful agility are needed.

Cibolo Creek Quilters of Boerne will have their raffle quilt at February guild meeting.

The membership prize won by Linda Lyle will be offered as a door prize at a future meeting due to her move from the area.

No change was made in response to Gail Dickman's request.

Cindy Shutt reported that the Quilt Show information is complete. Current balance of guild funds is \$65,711.90.

Ina Ramirez asked that the deadline (Monday midnight after meeting) for newsletter items be enforced.

Janet Miller reviewed programs for the next few months. This month's program will be a salute to Guild veterans with six members being honored.

Pat Alva has resigned as 5th VP for Community Outreach due to a move from San Antonio.

December Board meeting will be at Cindy Shutt's home at 6:30, December 4.

Meeting adjourned at 3:20 p.m. Minutes taken by Sylvia Jolet.



Reanna Lily
Designs
quilting company
jen eskridge
designer | author | instructor
longarm quilting services
reannalilydesigns.com
reannalilydesigns@gmail.com
316-651-7313



Dwanna Martinez
Longarm Quilting Services

804-621-3682
dwannamartinez@gmail.com
San Antonio, Texas



Can you guess who this is? If so, congratulate her!!! She won the golden carrot prize for both October & November. Lucky Lady! and Busy Quilter!
(YVONNE SPEER)
Congratulations!




STITCH MONKEY
SEWING MACHINE SERVICE
www.stitch-monkey.com

210.320.0353
2321 Vance Jackson
San Antonio, TX 78213



Heart of Texas One Stop Shop Hop
Wants You!
January 5 & 6, 2018
Fri 10 to 5 - Sat 10 to 4

Waco Convention Center
100 Washington Ave
Waco, Texas

\$6 Admission
www.HeartofTexasHOP.com



Sunshine and **Shadows**

ellenhernandez@hotmail.com, 520-1335
 Since we last published...

Sincere sympathies to Charlotte Pittman on the loss of her husband, David, 5 November.



A Quilter's Delight.

Suzie Quilts
 at
Valley Ranch
 Retreat & Event Center

105 Mockingbird Lane
 Camp Wood, Texas 78833
 in the beautiful Texas Hill Country

www.SuzieQQuilts.com www.ValleyRanchRetreat.com
 830-597-6310 830-597-3445
 Sue@SuzieQQuilts.com info@ValleyRanchRetreat.com

Now to Him Who is able to do far more abundantly beyond all that we ask or think...



Sew Honored

- STATLER STITCHER ® Longarm Quilting
- ACCUQUILT ® Precision Fabric Cutting Systems
- CHERRYWOOD ® Hand-Dyed Fabrics
- MISSOURI STAR ® Products

Marilou Loudon Phone: (210) 877-1033
 4603 Green Acres Woods Cell: (210) 577-1192
 San Antonio, Texas 78249 marilou@sewhonored.com
 (please call for appointment) www.SewHonored.com



The Briggs House
 Quilt Retreat in Bulverde

Stay with us

Come sew and relax with your friends at our retreat in Bulverde Texas, 11 miles north of San Antonio.

Quilt Retreat
Visit our website
www.BriggsHouseRetreat.com

Amenities	Craft Room	Reservations
* 4 bedrooms	* Large cutting table	* 2 nights min
* 2 bathrooms	* Ironing station	* 6-10 occupancy
* Full kitchen	* Abundant lighting	
* Above ground pool	* Individual work tables	Sally Poindexter 210-385-4136

Quilting ★ Needlework ★ Scrapbooking ★ Reunions ★ Special Events
www.BriggsHouseRetreat.com SallySPoindexter@gmail.com

Fabric Request for the 2019 Show

The 2019 raffle quilt will be Delectable Stars and appliqued flowers. I have gone thru the Guild fabric but I still need fabric. The quilt requires 20 fat quarters of bright fabric, yellow, orange, red, green, blue, turquoise, solid or reads as solid. So if you have a fat quarter of bright fabric just sitting around please consider donating to the 2019 raffle quilt. Background will be black. Please drop off the fat quarter at the Program table at the January Guild meeting or email and I'll come pick it up. Thanks so very much. Janet Miller, 2019 Quilt Show Chair, jjmiller@satx.rr.com or 210 492-7684.



Terri Pappal Sewing
tpappal@gvtc.com
 609-505-7225

Complete Quilt Construction
 Edge to Edge Custom Quilting

Long Arm Quilting

GSAQG Meeting Minutes
November 11, 2017

Mary McCarthy, President, called the meeting to order at 10:00 am.

Approved as presented were:

- The October general meeting minutes.
- The slate of officers starting new terms in 2018.
- The amendments to the bylaws.
- The 2018 budget.

Pat Alva, the 5th VP for Community Outreach, is moving to the coast, and Barbara Sumlin will complete the second year of her 2 year term.

Calico Roses were given to Trixie Shell for her work on the mini retreat and Sandra Lowell for her work on the Houston bus trip. Robyn Beasley was awarded a Calico Rosebud for her helpfulness at meetings and other events.

December meeting:

- There will be no business meeting and no services at the December meeting, which will be the annual Christmas Party.
- The guild will provide ham, shrimp, and beverages; there was a signup at the Programs Table for desserts, sides, etc.
- Secret Sisters will arrive at 9pm for their reveal and coffee.
- Everyone else arrives at 11am for the Christmas Party.

Treasurer. Cindy Shutt reported total checking and savings on hand of \$65,711.90.

1st VP for Special Events – Elaine Staller. Committees & activities reported:

- Auction 2018. Jean Hardies needs volunteers for the auction, including volunteers to finish quilt tops.
- Mini retreat – is done and went well.
- Winter retreat - Karel Donley reported that this meeting was the last day to pay for the retreat. Table assignments and optional secret sister signups were done at the meeting. If you have items that would make good door prizes, please consider donating them.

2nd VP for Information – Ina Ramirez.

- Reminder: The deadline for getting information into the newsletter is midnight of the Monday following the general membership meeting.
- When contacting Ina via email, please use quiltnews@sanantonioquilt.org rather than the email published in the directory. The published email address gets a lot of email and she doesn't want to miss yours.

3rd VP for Programs – Janet Miller.

- Discussed upcoming activities through January 2018.
- Dea Jae Shore and Janet re-covered the guild big boards for ironing.
- Fat quarters of bright colors that read as solids are needed for the 2019 Show Raffle Quilt. Please contact her if you have FQs to donate (or bring to Christmas party); kits will be made up for distribution at the January meeting.

4th VP for Services – Committees reported:

- QPC. Nancy Beasley reminded everyone that the new QPC kit is a fantasy cat which you get to design. The Golden Carrot was won by Yvonne Speer.
- DVDs. Jackie Randall reminded everyone to return DVDs at the January meeting.
- Books. Janet Craig reminded everyone to return books at the January meeting.

The meeting was adjourned at 10:25 a.m. Respectfully submitted, Lyn Komada



Rita Miranda Wright

Longarm4you

512.656.1189
longarm4you@gmail.com
11514 Brae Hill
San Antonio, Texas 78249

 **Patty's**
Sewing Center 

12721 Mountain Air, Suite 101
San Antonio, TX 78249
210-734-5515
www.pattyssewingcenter.com
Email: Patty@pattyssewingcenter.com
Authorized Premier Husqvarna Viking Dealer
Authorized Handi Quilter Dealer
All Brands Machine Repair
Hours: 9:30-5:00 Monday-Thursday and Saturday
9:30-4:00 Friday

Treasurer's Report

For the Ten Months Ending October 31, 2017

YTD Actual 2017 Budget

	YTD Actual	2017 Budget
REVENUES		
Ordinary Income:		
Interest		\$500.00
Savings	\$9.01	
CD Interest	\$304.48	
Other income	\$307.99	\$500.00
Shelf Sale	\$120.00	
Garage Sale	\$645.50	
Magazine Sales	\$402.35	\$500.00
Nametage Fines	\$35.59	\$30.00
Newsletter Postage	\$105.00	\$100.00
Dues - Membership	\$5,437.00	\$5,500.00
Pins	\$6.00	
Newsletter / Directory Ads	\$1,590.00	\$1,500.00
Workshops	\$1,390.00	\$4,000.00
Fund Raising:		
Quilt Show	\$54,487.25	\$58,700.00
Auction		
Self-Sustaining:		
Retreat - Summer	\$10,920.00	\$10,500.00
Retreat - Winter	\$9,480.00	\$8,500.00
Mini-Retreats	\$1,600.00	\$1,000.00
Houston Bus Trip	\$3,360.00	\$3,000.00
Total Revenues	\$90,200.17	\$94,330.00
EXPENSES		
Administration:		
Administration		\$5,000.00
Bank & CC	\$640.68	
Insurance	\$3,097.00	
Coffee Fund		
Office Supplies & Postage	\$469.40	
CPA / Tax Return	\$600.00	
Other	\$62.36	
Equipment Purchase		\$250.00
Charitable Contributions		
Janitorial	\$150.00	\$175.00
Sunshine & Shadows		\$25.00
Memorial Quilt & Bios		\$25.00
Permanent Quilt collection		\$25.00
Door Prizes		\$100.00
Telephone		\$150.00
Storage facility	\$3,630.00	\$4,100.00

Rent (Meetings)	\$1,750.00	\$2,100.00
Rent (Workshops)	\$560.00	\$420.00
Membership expenses:		
Membership Supplies	\$50.15	\$300.00
Newsletter / Directory Printing	\$255.00	\$600.00
Postage	\$63.65	\$200.00
Webpage		\$400.00
Quilt Show	\$43,703.27	\$39,903.00
Auction		\$800.00
Community Activities:		
Bright Hopes		\$1,000.00
Storybook Quilts	\$155.95	\$400.00
Community Outreach		
Community Education		\$300.00
Quilt Angels	\$297.97	\$200.00
Save Our Stories		\$200.00
ITC		\$25.00
Membership Services & Activities:		
Ethel Howey Grant	\$1,000.00	\$1,000.00
Library	\$212.74	\$200.00
QPC	\$53.89	\$275.00
QPFC		\$275.00
Video Library	\$135.40	\$200.00
Programs	\$4,143.12	\$6,000.00
Workshops	\$3,074.00	\$4,500.00
Self-Sustaining Activities:		
Mini-Retreats	\$896.90	\$1,000.00
Retreat - Summer	\$10,718.91	\$10,500.00
Retreat - Winter	\$9,480.00	\$8,500.00
Houston Bus Trip	\$2,480.75	\$3,000.00
Total Expenses	\$87,681.14	\$92,148.00
Net	\$2,519.03	\$2,182.00
Ending Jefferson Operating	\$29,529.66	
[2015 Technology Fund Inc]	\$(2,767.73)	
Ending Jefferson Savings	\$6,102.05	
SSFCU CD's & Savings	\$21,161.83	
SSFCU Wright Class CD	\$11,686.09	
Total Guild Funds	\$65,711.90	

Cynthia Shutt, Treasurer



GSAQG Honors Veterans

Six of our guild members were honored for their service to our country on November 11 at the guild meeting. Each honoree was honored with information about her service and a quilt made by members of Quilts for Members of the Armed Services a sub-committee of Community Quilt Angels. The honorees for this year were:

1. Elaine DeCesare served in the Army Nurse Corps for 22 years at military facilities from the West Coast to the East Coast. A Remembrance--Elaine entered the Army in 1974 through the Army Nurse Corps Scholarship Program. Met her husband while on active duty. Retired from the service in 1997.



2. Lorna Dressler served in the Air Force for 2 years at military facilities from California to Taiwan. A remembrance--Lorna's proudest moment was putting on the uniform and marching. Her best time was bivouac---didn't know she was capable. Her most embarrassing-- too many to mention, but her first time going receiving line, she wished a General's wife Happy Easter and it was New Year's Day.



3. Pamela Hoelscher served in the Air Force for 16 years, 8 months, and 22 days at military facilities from California, Arizona, Virginia to the Panama Canal Zone. A remembrance--Pamela only worked with men during her military career. While serving as a photographic chemist, the men had to admit that I was their best chemist. I also wrote for my base paper.



4. Mary McCarthy was in the Army for 3 years (1974-1977) in Korea. A remembrance--In 1976, Mary was posted to a field station somewhere in the wilds of South Korea as close to the DMZ as possible. One afternoon, an order came down for all the "men" to grab their field gear, draw their weapons, and get on the trucks NOW. In minutes the running of the station was left in the trembling hands of scared somber young women. The women were confined to the compound and their duties for three long days until the all clear was given. The men returned tired and dirty, but safe thank God. The cause of this anxiety and tension was the killing of an American Army Officer who was overseeing the routine clearing of the DMZ which was the few yards of neutrality between South and North Korea. That incident showed Mary how a small event in a volatile situation can spark an all-out war. It also reinforced the vigilance of their mission at the field station and made her especially proud to be in uniform.



5. Brenda Perry served 2 years in the Air Force and 15 years as a military wife at Sheppard AFB and Scott AFB. A remembrance---She had the special privilege of meeting General Jimmy Doolittle.



6. Carla Schladoer served in the Air Force for 10 years active and 10 years reserved from Texas to Alaska and Nebraska.



Guild members who served in the military are asked to fill out a form for the committee. From those forms members are chosen to be honored and receive a quilt. The committee began with those ladies serving in the Viet Nam era. The committee will honor more of our members next year and continue there on with the list of ladies serving our country. We are so proud to do this for our members. Not only have they served their country, but they continue to serve our guild in so many ways. We salute you all and thank you for your service.



Door Prize
Winners:
Bernie Farris
&
Helen Coignet
Congratulations!

Especially For You Quilts
Hand Made...Heart Inspired
Adrean Thomas
Professional Longarm Quilter

(228) 424-6002
Especiallyforyouquilts@gmail.com
Especiallyforyouquilts.com

2018 Auction News

The Auction will be held at the La Quinta on the access road to IH 10, on September 15, 2018. We currently have 4 completed quilts, 1 table runner, and 17 items for the silent auction including lanyards, hot pads, sewing kits and tablet covers. Please see Jean Hardies at the Auction table during GSAQG meetings. We need you help to have a great auction. Your 2018 Auction Chair, Jean Hardies.

Check out our Member's wonderful bring & brag items on our webiste!

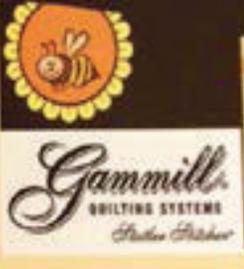


October & November



Busy Bees Quilting
 "Let the bees finish your quilts"
 Longarm Quilting Service

Jeana Kubik
 18002 Cerca Rojo Dr.
 San Antonio, TX 78259
 (Near 281/1604 North) busybeesquilting.com
 email: jkubik@sats.tx.com
 Call 210-394-7399 for appointment!
 *Authorized Sales Representative
 Gammill Quilting Machines
 San Antonio and surrounding area




Hill Country Quilters LLC

Long Arm Quilting Services
 Edge to Edge & Custom Designs

Linda Jennings
 210-430-6570
 hillcountryquilters@gmail.com

Melanie McInnis
 210-219-2365



Memories by the Yard

8015 Mainland
 San Antonio, Tx. 78250
(210) 520-4833
 www.memoriesbytheyard.com
 sales@memoriesbytheyard.com



BUSY FINGERS WORKSHOP

JEANNETTE JAY
 DESIGNER / QUILTER / BAGINEER

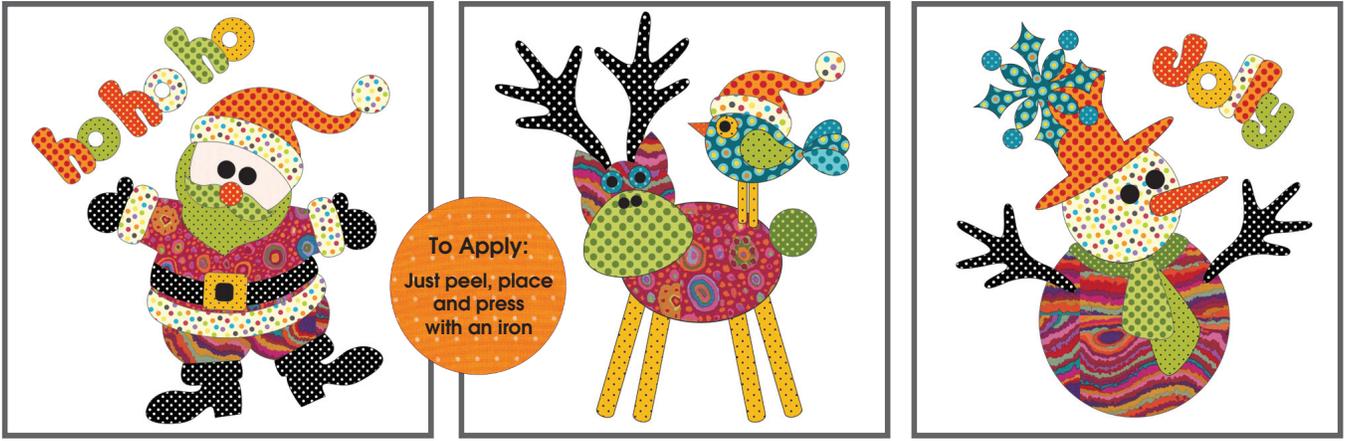
SAN ANTONIO, TEXAS
 210-219-8880
busyfingerssa@sbcglobal.net

pinterest.com/mamajay55
instagram.com/mamajay55
etsy.com/shop/busyfingersworkshop

1st Friday Art Walk - 1011 S. Alamo (weather permitting)

Appliqué
elementz.

Laser-Cut Fusible Fabric Appliqué



To Apply:
 Just peel, place
 and press
 with an iron

www.urbanelementz.com
www.appliqueelementz.com
 830.964.6133

Gratitude

This being the Thanksgiving season and Holidays right around the corner I wanted to share a tradition I have. I have a gratitude journal. I write down all of the things that I am grateful for in my life. For the purpose of this article I will keep to the quilt related ones.

- I am grateful for the amazing women and men in the Greater San Antonio Quilt Guild that I have the good fortune to know, interact with, learn from, quilt with, laugh with, cry with, and share our creative adventures with because these relationships enrich my life.
- I am grateful for all of my opportunities to quilt in the Guild, The Quilt Show, the Quilt Auction, Bright Hopes, Story Books, Quilts to Go, Quilts of Valor, ITC, and the Retreats.
- I am grateful for the chance to be a member in the GSAQG because it gives me an opportunity to exercise my creative abilities with like-minded individuals who can assist in my artistic growth.
- I am grateful for the opportunity to be the librarian for the GSAQG because it gives me a physical job to help my health and a way to give back to the Guild.
- I am grateful to be a member in the GSAQG because there are gifted and talented teachers in the Guild as well as national recognized teachers brought into the Guild for classes that provide opportunities for growth in a favorable environment.
- I am grateful for the opportunity to improve my self-esteem by assisting others in the GSAQG to find information on potential quilt projects and help the membership in their creative endeavors; utilizing an amazing collection of books maintained for the members to use without any cost on their behalf.
- I am grateful for the opportunity to reduce my stress by attending the Quilt Guild meetings to see my friends, the creative work of my fellow quilters, the programs of the teachers, and to be grateful for all of the hard work of the officers of our Guild, without which I would have no place to go to share my passion for quilting.
- And I am deeply grateful for my husband, Bob, who never fails to support me in all of my endeavors, quilting and beyond. So in this time of Thanksgiving and Holidays – Thanks! Try your own gratitude list or journal. You might be surprised how good it feels. Take Care, Janet N. Craig, Librarian – GSAQG

7 Benefits of Gratitude by Janet Craig

- 1. Gratitude opens the door to more relationships.** Not only does saying “thank you” constitute good manners, but showing appreciation can help you win new friends, according to a 2104 study published in *Emotion*. The study found that thanking a new acquaintance makes them more likely to seek an ongoing relationship. So whether you thank a stranger for holding the door or you send a quick thank-you note to that co-worker who helped you with a project, acknowledging other people’s contributions can lead to new opportunities.
- 2. Gratitude improves physical health.** Grateful people experience fewer aches and pains and they report feeling healthier than other people, according to a 2012 study published in *Personality and Individual Differences*. Not surprisingly, grateful people are also more likely to take care of their health. They exercise more often and are more likely to attend regular check-ups with their doctors, which is likely to contribute to further longevity.
- 3. Gratitude improves psychological health.** Gratitude reduces a multitude of toxic emotions, ranging from envy and resentment to frustration and regret. Robert A. Emmons, Ph.D., a leading gratitude researcher, has conducted multiple studies on the link between gratitude and well-being. His research confirms that gratitude effectively increases happiness and reduces depression.
- 4. Gratitude enhances empathy and reduces aggression.** Grateful people are more likely to behave in a prosocial manner, even when others behave less kind, according to a 2012 study by the [University of Kentucky](#). Study participants who ranked higher on gratitude scales were less likely to retaliate against others, even when given negative feedback. They experienced more sensitivity and empathy toward other people and a decreased desire to seek revenge.
- 5. Grateful people sleep better.** Writing in a gratitude journal improves sleep, according to a 2011 study published in *Applied Psychology: Health and Well-Being*. Spend just 15 minutes jotting down a few grateful sentiments before bed, and you may sleep better and longer.
- 6. Gratitude improves self-esteem.** A 2014 study published in the *Journal of Applied Sport Psychology* found that gratitude increased athlete’s self-esteem, which is an essential component to optimal performance. Other studies have shown that gratitude reduces social comparisons. Rather than becoming resentful toward people who have more money or better jobs – which is a major factor in reduced self-esteem- grateful people are able to appreciate other people’s accomplishments.
- 7. Gratitude increases mental strength.** For years, research has shown gratitude not only reduces stress, but it may also play a major role in overcoming trauma. A 2006 study published in *Behavior Research and Therapy* found that Vietnam War Veterans with higher levels of gratitude experienced lower rates of Post-Traumatic Stress Disorder. A 2003 study published in the *Journal of Personality and Social Psychology* found that gratitude was a major contributor to resilience following the terrorist attacks on September 11. Recognizing all you have to be thankful for – even during the worst times of your life – fosters resilience. We all have the ability and opportunity to cultivate gratitude. Simply take a few moments to focus on all that you have – rather than complain about all the things you think you deserve. [Developing an “attitude of gratitude” is one of the simplest ways to improve your satisfaction with life.](#)

Greater San Antonio Quilt Guild, Inc
P.O. Box 380522
San Antonio, TX 78268

RETURN SERVICE REQUESTED



December Schedule

December 4 Board Meeting 6:30 PM
@ Cindy Shutt's house

December 9 Christmas Lunch 11:00 AM
@ St. Andrew Church

Check out the calendar on our web page for Bee meetings and other Guild related events.

ANNUAL MEMBERSHIP INFORMATION

REGULAR DUES \$ 24
SENIOR (65+) \$ 18
YOUTH (6-18) \$ 6

Send your check to:
GSAQG
PO Box 380522
San Antonio, TX 78268

Board of Directors

President	Mary McCarthy
President Pro Tem	Virginia Oehlke
1st Vice President	
for Special Events	Elaine Staller
2nd Vice President	
for Information	Ina Ramirez
3rd Vice President	
for Programs	Janet Miller
4th Vice President	
for Services	Letty Zavala
5th Vice President	
for Community Outreach	Barbara Sumlin
Secretary	Lyn Komada
Treasurer	Cindy Shutt
Term expires December 2017	