

A glimpse into the creative heart of today's most talented sewing & quilting artists.



I am humbled by the known and unknown services our soldiers perform every day to secure safety from shore to shore. Get to know your local Quilts of Valor Foundation that honors our soldiers. You can donate quilt fabric, batting, a top or your time. No matter what your skill level, there is a place to use your quilting skills to recognize the service, commitment and sacrifice our men and women take to assure freedom.

Traveling coast to coast is Mary Mulari. Mary is non-stop in writing books, teaching at special events and is a popular guest on Sewing With Nancy. We catch up with Mary as she launches her 28th book. Plus, I just love one of Mary's favorite quotes, but you'll have to read her interview to find it. Sew SCHMETZ!

Rhonda Pierce Marketing Director & Publisher SCHMETZneedles.com In this Issue:

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There's an App for That!















Mary Mulari





Mary Mulari —

"Never Underestimate the Power of a Woman with a Sewing Machine"

One of the busiest sewing teachers in America — Mary Mulari is the author of 28 sewing books, most recently, *All Occasion Fabric Wraps*.

Growing up, Mary always thought she would be a teacher. After college, she taught junior high English. She and her husband also had a retail sporting goods store in Aurora, Minnesota where they sold sweatshirts. In an effort to boost sales at their store, Mary was inspired to create a sweatshirt decorating class for local community education. The classes became so popular, she self- published her first book, **Designer Sweatshirts**.

At that time, Nancy Zieman was living in Minnesota and she was also teaching community ed classes. They became friends and stayed in touch after Nancy moved back to Wisconsin. When Nancy started her mail-order notions company, Mary sent her a copy of **Designer Sweatshirts**. The rest (as they say) is history!! Mary has been Nancy Zieman's most frequent guest on *Sewing With Nancy*. To date, she has made 52 appearances.

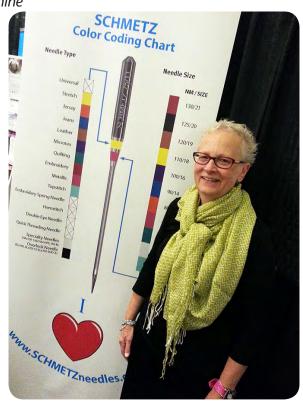
Where do you get your inspiration for new books or topics for *Sewing with Nancy*?

Mary: I am an avid reader. I love books, magazines and catalogs. I am always sketching, even when I'm waiting in airports or on vacation at the lake. Sometimes the stones on the shore will inspire me, or the carpeting in a hotel will give me an idea for a new design. I usually carry a small notebook, but sometimes I tear out an article, or sketch an idea on a restaurant paper napkin, etc. I put those sketches or notes in a large tabbed three-ring binder.

If you had to pick your favorite project on Sewing With Nancy — what would it be?

Mary: The ZIPPER RIBBON TOTE. I still remember the reaction of the college students who operate the cameras because they were fascinated by the project. Unlike anything I've ever shown — it brought them out from behind the cameras to see how it worked

Mary's sewing inspirations have morphed and changed over the years. Her interest in turning ordinary sweatshirts into



Mary Mulari



INSPIRED TO

Mary Mulari — Continued



Mary with Nancy Zieman



Mary with husband Doug and snow buddy.



Traveling light!



stylish fashion garments led to an enthusiasm for appliqué, and she has been credited with reinventing machine appliqué. At some point, Mary was inspired by vintage aprons, which led to her popular best-selling line of apron patterns. Each apron is reversible, and takes two one-yard cuts of fabric. Her most popular pattern, *The Church Ladies Apron*, has sold over 60,000 copies. Her newest apron is called the *Family Girls Apron Pattern*, with sizes for mom, grandma, daughters, and dolls, and is available at a retailer near you.

One of Mary's favorite projects in her book, *Appliqué Large and Small* was a table runner with paisley appliqués. To make the shapes more interesting, she used heirloom type stitches and discovered using a thicker wool thread (LANA by Madeira), made the stitches much bolder. She recommends using a SCHMETZ Topstitch 90/14 or 100/16 needle with standard thread in the bobbin. Then, if she hasn't used the needle very much, she leaves a length of thread in the eye. That's how she knows the needle is still useable . . .

In November 2014, Mary's guest appearance on **Sewing With Nancy** will focus on her new book, **All Occasion Fabric Wraps**. Mary loves wraps or shawls that can be easily carried wherever you go. Wraps also make wonderful gifts (one of her favorite topics). They are perfect for travel (she's written several books about travel gear). They can be embellished or personalized with machine embroidery or appliqué (she is, after all, the Appliqué QUEEN). You can recycle wool sweaters or your mother's vintage wool coat into a beautiful new wrap. (Recycling has been a recurring Mary Mulari theme for several years.)

What does sewing bring to your life?

Mary: Sewing satisfies a need for me. It produces a creative buzz in my life. I don't think there is anything more powerful and satisfying than MAKING a gift with your own hands and skills. Sewing allows me to personalize any gift, and knowing how to sew means I can fix things and solve problems. One of my favorite quotes is, "Never underestimate the power of a woman with a sewing machine."

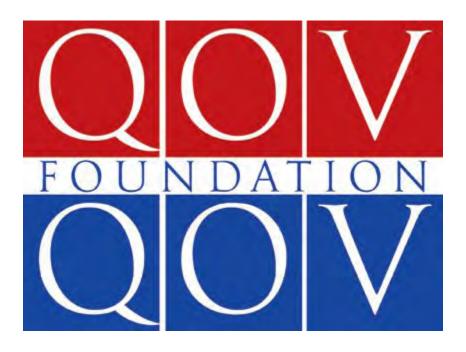
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Quilts of Valor —

Dedicated To Covering Service Members & Veterans

Catherine Roberts founded **Quilts of Valor® Foundation** in November 2003. Born and raised in California, she did a stint in the Peace Corps, then settled in the NE corridor with her husband Chris. She was a busy mom, raising four kids and working as a nurse.

She says, "It was after 9/11 that things changed radically for me. In late 2003, I started QOVF as a result of my older son, Nat's, upcoming deployment to Iraq as a gunner for his Humvee."

Knowing that she was "10 seconds from panic" while her son was deployed, Catherine had a vision of a post-deployed warrior struggling with his war demons at 2:00 in the morning. She saw him sitting on the side of his bed wrapped in a quilt. That quilt not only comforted but warded off his war demons. Thus QOVF was founded. The mission was simple: To cover all those wounded warriors with both physical and psychological wounds with a Quilt of Valor. Originally, the focus was on warriors from Iraq/Afghanistan and many of the quilts were sent overseas, but the mission has expanded to ALL service members and veterans.

The quilting partnership between piecers and quilters happened mostly thanks to Janet-Lee Santeusanio of MQX (Machine Quilters). The volunteer partnering of long armers with piecers of quilt tops was where the magic really took hold. Good pieced tops become beautifully quilted quilts thanks to the machine quilters.

This whole process started with one QOV going to Walter Reed Army Medical Center with the assistance from Chaplain John Kallerson (Lt Col) and his wife Connie, a quilter. In May 2014, QOVF went back to Walter Reed National Military Medical Center for a symbolic ceremony at the new USO facility to acknowledge 100,000 Quilts of Valor. At that ceremony, nine QOVs were awarded to military service members and veterans.

Quilts of Valor (QOVF.org) is an amazing grassroots, non-profit organization, totally run by volunteers. They have approximately 10,000 volunteers nationwide. Marianne



Quilts of Valor "at the ready" to wrap service members in comfort and warmth during the long, chilly medevac flight from the Contingency Aeromedical Staging Facility (CASF) Ramstein, Germany to receive further care at Walter Reed Military Medical Center in Bethesda, MD.



Quilts of Valor now honor and comfort service members and veterans from all services and all wars. On Veterans Day after the wreath laying ceremony at the World War II Memorial in Washington, DC, two veterans from past wars were honored with Quilts of Valor. Charlie S., a Navy WWII veteran, was awarded "Anchors Aweigh," and John L., a Marine during the Korean War, was awarded "Stars and Stripes." The Scottish American Military Society (SAMS), Post #2, Post of the Potomac partnered with QOVF to award the quilts in a traditional military award ceremony.



Quilts of Valor — Continued



Every Quilt of Valor bears a label that notes it is a "Quilt of Valor."This label bears the message "Thank you for your service" and the names of the individuals who created the quilt. Les, himself a Marine Vietnam Veteran, is the longarmer who did the quilting. When awarded, the Quilt of Valor will be inscribed with the recipient's name.



Quilters of all ages and experience come together for the annual Veterans' Day Quilting Marathon now in its third year hosted by the Southern Tier Quilts of Valor. The American Legion in Corning NY and local businesses support this 12 hour effort that has resulted in almost 100 quilt toos.

Elliott is the volunteer who writes the newsletter for the organization. "I retired from the Navy after 21 years. My involvement with the Quilts of Valor started almost two years ago. The last time I quilted — people were still using scissors to cut fabric. So if I can be of service, ANYBODY CAN! The QOVF website has lots of information about quilt patterns, criteria, local groups, award presentations, etc.

There is no one right way to create a Quilt of Valor. February 1, 2014 was the first National Sew Day — and 1,361 registered participants in six time zones made 586 tops. Every year, the American Legion in Corning, New York lets the Southern Tier QOV sewing group come in for a 12 hour quilting marathon the Saturday before Veteran's Day. Local merchants donate food and prizes — and by the time it's over — this small group of dedicated quilters will create 70 or 80 quilt tops. Some groups meet on a monthly basis, and hundreds of quilts are made by dedicated individuals sewing in their own sewing rooms all over America. The one thing that is a constant is that **every stitch in every quilt is a labor of love** . . . '"

STATISTICS

Iraq

Killed: 4,491

Wounded: Many

Afghanistan

Killed: 2343

Wounded: Many

Suicides to Date:

Statistics Unknown
Total QOVs Awarded as of 9/18/14

105,290

http://www.qovf.org









Terry Austin — Quilt of Valor Volunteer

Terry Austin, Quilts of Valor volunteer from the Quad Cities area in Illinois makes frequent QOV presentations to soldiers. From her scrap book, Terry shares a few treasured pictures.



Major in his DC-9 with a QOV made by his mother.



Some veterans are quite emotional upon receiving their QOV.



Quilts of Valor presentation to current soldiers and WWII and Iraq veterans.



WWII photographer surrounded by family and friends. She outranked two of her brothers. A fun lady to meet.



QOV presentation



Terry Austin — Continued

Terry Austin from Moline, Illinois has been a QOV volunteer for almost three years. She has a long arm quilting business, which is how she first became involved. She says, "We have some quilt tops donated to us that simply need to be finished, otherwise we get together to make quilt tops once a month. I get them to quilters and then to binders — all volunteers. Anyone interested in helping or getting involved can go to the website, qovf.org to find out about groups in their area. Our biggest need is for fabric and batting. I am blessed to be the one to deliver the quilts in our area. What a reward I get from each and every one."



A Brownie troop used their hands to form hearts & an open hand for fireworks, then I finished their quilt. Each Brownie earned a badge while learning about war and the value of servicemen & women. The troop gave the quilt to a soldier in a ceremony. This was a special lesson while learning a new skill. It was fun for them and made me proud.



Terry, 2nd from left, with a service member family.



A Vietnam vet helps reestablish vets when they return home with little or nothing. He works off donations – a vet helping vets.



QOV presentation



Two of five remaining brothers who served in WWII. One served in the U.S. Army and the other in the U.S. Navy.







135x5 MR needles, the most popular needle system used by long arm quilting machines, are available in a five needle pack. This needle has a long groove and a scarf that is deep with the same cross section as the upper blade area. Using the correct needle system is essential for long arming, so check your owner's manual. Needle system 135x5 is also known as 134, 134R, 135x7, SY 1955, DPx7.

Available at your favorite quilt shop and/or machine dealer.



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