

THE RAW EDGE

Quilting In The Pines February 2026 Newsletter



Message From The President

Put on those Sweat Suits and Exercise!!

Oh, wait!!! The ladies at QUIP already put on their sweat suits and exercise! And they do quite well at that it too!! Quilting and sewing are powerful “Brain Exercises” that stimulate multiple cognitive regions, fostering neuroplasticity and preserving memory. Researchers have highlighted how the activities of quilting and sewing act as a protective shield against cognitive decline, significantly lowering the risk of dementia.

Here are 4 areas Quilting and Sewing Exercises help:

1. Cognitive Stimulation and Problem-Solving

Quilting and sewing require high-level executive functions that keep the mind sharp.

- **Mathematical Reasoning:** Measuring fabric, calculating seam allowances, and aligning geometric patterns engage the brain’s analytical centers.
- **Visuospatial Processing:** Designing layouts and visualizing how 2D fabric pieces become 3D projects stimulates the prefrontal cortex and mental rotation skills.
- **Critical Thinking:** Problem-solving arises naturally, from fixing tension issues to adjusting patterns, which builds cognitive resilience.

2. Memory Enhancement: These crafts actively engage different types of memory to strengthen neural pathways.

- **Working Memory:** Following complex, multi-step instructions requires sustained focus and the ability to hold and process information in real-time.
- **Procedural Memory:** The repetitive nature of stitching reinforces motor pathways, which do not “fire and wire”; together to maintain long-term brain health.
- **Recall:** Quilters often use these crafts for “memory quilts” using fabric from loved ones to preserve and recall personal histories.

3. Stress Reduction and “Flow State” : Mental health is directly linked to brain function, and sewing provides unique physiological benefits.

- **Lowering Cortisol:** Research has shown sewing can be more relaxing than reading or playing games, dropping cortisol levels by as much as 75%.
- **Dopamine Release:** Completing a project—or even just

selecting beautiful fabrics—triggers dopamine, a natural “mood-booster” that improves decision-making.

- **Flow State:** The rhythmic, repetitive motions of stitching can induce a “flow state” a meditative zone where time disappears and the brain “fight or flight” response is calmed.
- **4. Long-Term Brain Health:** Regular engagement in creative crafts provides measurable protective benefits.
- **Reduced Risk of Impairment:** Studies have found that individuals who craft (sewing or quilting) are 45% less likely to develop mild cognitive impairment compared to those who do not.
- **Slowing Decline:** By continuously learning new techniques, you create new neuronal pathways, which helps delay the aging process of the brain.
- **Social Connection:** Participating in QUIP or other sewing circles adds a social dimension that further reduces the risk of isolation-linked cognitive decline.

So, QUIP, keep those sweat suits on and keep exercising!!! You’re doing a great job!!

~Paula



February Meeting

Thursday, February 12, 2026
at our NEW 10:00 a.m. time
Trinity Lutheran Church
7150 Pines Blvd.
Pembroke Pines, FL 33024

February Meeting

1.) Program - Tracey Gelb from Ageless Grace, a brain fitness program, is coming to show us some simple ways that we can help our brains and bodies age gracefully and stay in shape. Everything can be completed while sitting. Let's exercise our bodies and minds together!

2.) Elections - Members of the guild will be voting to fill the offices of Treasurer and Secretary. These are 2 year terms. Sylvia Stevens, who has been filling in for our previous Treasurer, is running for the office of Treasurer. We still need nominations for Secretary. (Please make sure to check with someone before you nominate them.)

3.) Valentine Exchange - If you choose to participate, please bring 40 valentines, pieces of candy, trinkets, etc to share. QUIP will be providing bags for all of the member Valentines to be placed in. Spread the Valentines love!

March Meeting

March - QUIP will be having a Sit & Sew! We will be making velvet stuffed bears for charity!

There will be stations for cutting, sewing, ironing, etc. Bring your machine if you wish to sew, or help at a different station. There will be jobs for everyone!

Upcoming Quilt Retreat

The Spring Quilt Retreat is scheduled for April 17-20th, 2026 in Sebring, FL.

Deposits are due in February and the remaining balance is due in March! Rooms are \$205 for a double and \$390 for a single. If you would like to sign up, or have any questions, please call or email Iris Biasseti at 954-839-3572 or irpi@comcast.net We would love to have you join in all of the quilting fun!



February Birthdays

Coe, Laura

2/10

2026 Fat Quarter Colors

This year our Fat Quarter Raffle will have a color AND a theme! Use one or both categories for your fat quarters.

January - Red/Love

February - Green/Spring

March - Yellow/Kindness

April - Red, Pink/Moms

May - Teal/Summer

June - Red, Blue/America

July - Gray, Black/Joy, Happiness

August - Purple, Lilac/Autumn

September - Orange/Creativity

October - Burgundy/Thanks

November - Gold, Silver/Festivity

QUIP Membership Dues

QUIP memberships expire at the end of February. If you are already a member, we hope you will join or renew your membership for another year.

The annual membership fee is \$30 and is due in March. Payments can be made in person or via Zelle. The Zelle ID is our email address: PinesQuilts@gmail.com Please make sure to enter the reason for your payment in the "optional" field when you make your payment.

SUNSHINE NEWS



*Hi QUIP Members!
I hope you are all well.
If anyone is in need of cheering up or
congratulations, please let me know.
Sandy Glazer, (954)742-6164,
sandymindy@aol.com*

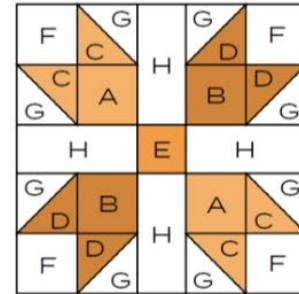


2026 March Block of the Month

QUIP's 2026 BOM is a smaller version of A Quilter's Life Log Cabin. **The version that we will be doing for our raffle is below. The completed block is 10" square.** For those that would like to make the 18" block version for their own personal use (the larger version has added pieces), the directions for the outer strips/borders are available upon request.

Cutting Instructions

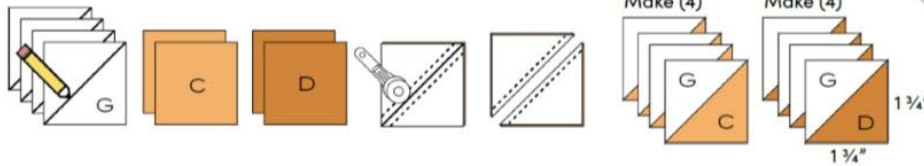
	6" Block (6 1/2" unfinished)
Medium (A)	(2) 1 3/4" squares
Medium (B)	(2) 1 3/4" squares
Medium (C)	(2) 2 1/4" squares
Medium (D)	(2) 2 1/4" squares
Medium (E)	(1) 1 1/2" square
Light (F)	(4) 1 3/4" squares
Light (G)	(4) 2 1/4" squares
Light (H)	(4) 1 1/2" x 3" rectangles



Designer Note: Follow the block guide shown for fabric placement. Units are labeled A-H. Note that pieces A and C are cut from the same fabric, and pieces B and D are cut from the same fabric.

Piecing Instructions

1. Draw a diagonal line on the wrong side of (4) G – squares using an erasable marker or pencil.
2. Make square combinations by pairing (1) G – square with each C – square and D – square, right sides together. There should be (4) square combinations.
3. Sew a 1/4" away from both sides of the drawn diagonal line on each set of squares.
4. Cut along the drawn diagonal lines, making a total of (8) HST units. There should be (4) C/G HST units and (4) D/G HST units.
5. Trim HST units to measure 1 3/4" x 1 3/4" unfinished.

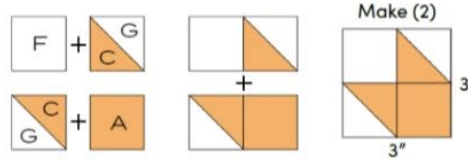


Finished Block is 10"



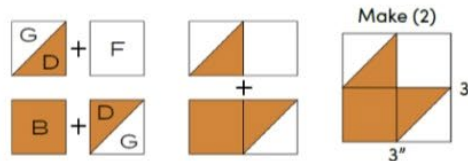
6. Arrange (1) A – square, (2) C/G HST units and (1) F – square to form a 4-patch unit. Reference the diagram on the next page for the rotation of HST units.

7. Sew together, pressing seams toward the squares. The 4-patch unit should measure 3" x 3" unfinished.



8. Repeat to make a total of (2) identical 4-patch units using the pieces/units listed in Step 6.

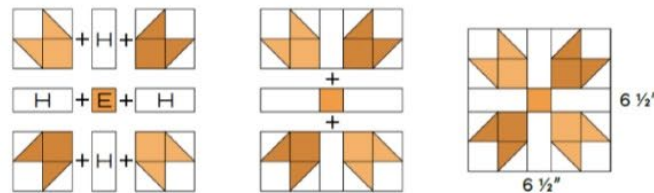
9. Arrange (1) B – square, (2) D/G HST units and (1) F – square to form a 4-patch unit. Reference the diagram for the rotation of HST units.



10. Sew together, pressing seams toward the squares. The 4-patch unit should measure 3" x 3" unfinished.

11. Repeat to make a total of (2) identical 4-patch units using the pieces/units listed in Step 9.

12. Arrange the 4-patch units with the remaining cut pieces. Place identical 4-patch units in opposite corners and rotate as shown. Reference the labeled diagram for the location of each cut piece.



13. Sew the Block Center together, pressing seams toward the H – rectangles. Once complete, the Block Center should measure 6 1/2" x 6 1/2" unfinished.

2026 March Block of the Month Continued

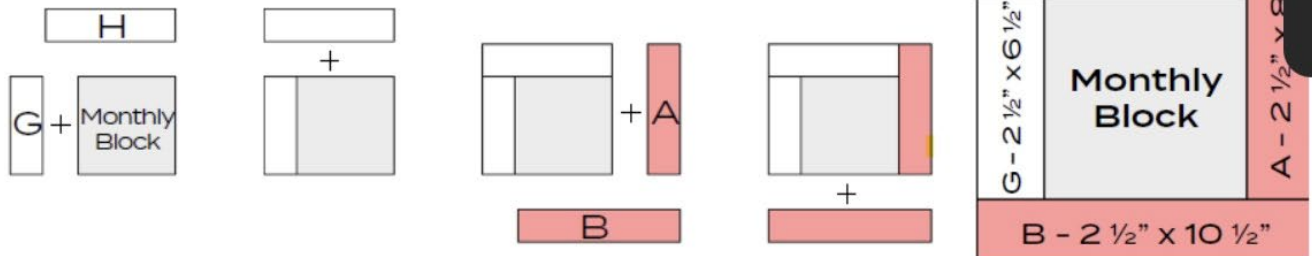


14.) Cut strips for Monthly Block border.

Cutting Instructions for Strips for Block Border

Medium/Dark (A & B)	(1) 2 1/2" x 8 1/2" rectangle labeled as A and (1) 2 1/2" x 10 1/2" rectangle labeled as B
Light (G)	(1) 2 1/2" x 6 1/2" rectangle
Light (H)	(1) 2 1/2" x 8 1/2" rectangle

15.) Sew on strips around center block in the order shown. Completed block will be 10".



5

HAPPY
Valentine's
DAY

Love,
QUIP



IN SEARCH OF:

**Help us solve a quilting mystery!!
We are in search of the
owner/maker of this quilt! Do you
know who made this quilt? If so,
please let QUIP or Cathy Dunn
know.**



January Show and Tell



January Meeting Fun



"Strip" Charades Shenanigans!



Can you guess the clue?



Don't lose your strips!



January Meeting Fun Continued...



Laura Coe demonstrated how to cut speedy and accurate strips with a strip ruler!



Picking out a birthday treat!



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 Minimum fee \$50.00
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Quilting Block Party

To RSVP please call 954-746-8670

All fabric will be provided by The Quilting Corner
 Feel free to bring your own sewing machine.
 All attendees will have an opportunity to select
 fabric and sew quilt blocks that will be used to create
 33 inch square quilt tops.

All completed quilts will be donated to Memorial
 West Hospitals' Neonatal Intensive Care Unit (NICU)

Saturday, March 21, 2026
 9:30am - 12:30pm

Location: 10650 W Oakland Park Blvd, Sunrise FL 33351

Charity Donations

January Donations:

Gerri - 1 quilt top

Regina - 2
pillowcases

Iris - 1 lap quilt

Annette - 4 burp
cloths

**Shirley/(Tamarac
Community Center)**

- 10 quilts

Eutrice - 1 quilt

Laura - 1 quilt



A few of this month's donations.

**Contact Barbara at
barbaratate2001@yahoo.com for
more about QUIP Charity Events.**

and your kindness will be etched in their
hearts forever. Your thoughtful gifts have
spread mountains of joy to so many people.

With heartfelt thanks
and gratitude,

Kim Slapetes
Kids of Love Foundation
954-557-2249

Dec 20, 2025

Dear Quilting In the Pines Guild,

We are sending a big, warm hug
of thanks for the fabulous quilts and
blankets you handed over to Linda Noctor
for the Kids of Love Foundation and the Ann
Stuck Center. The love and care shown in
each piece are treasured beyond words.

The families who struggled up with
them are over the moon with gratitude.

Dec 20, 2025

Dear Barbara,

SENDING YOU WARM WISHES THIS CHRISTMAS.
HOPE THE SEASON BRINGS YOU
PEACE AND HAPPINESS.

Thank you for the beautiful
blankets and for sharing them
with the various charities we
work with. Kim and Ray Slapetes

Quip General Meeting Minutes ~ January 8th, 2026

Call to Order: 10:15am

Greet members (23), acknowledge new members (0), and guests (2)

Birthdays: January birthdays: 1/21 Gerri Tredway, Christine

Special Recognitions: Golden Egg, Shirley

Motion to approve the prior minutes - Motion by Annette, 2nd by Sheri Passwater

Treasurer's Report: By Sylvia - Admin. \$674.44; Charity \$23.91; Program Expense \$52.38, Rent: \$70; Miscellaneous- Fabric Sale \$31; Interest on CD \$253.00. Ending Balance: \$2,948.21

BOM: Daisy - The House is January, February is the Heart...

Workshop and Retreat : Iris - 22 registered for retreat on April 17-20th in Sebring, FL. Deposits are due in February.

March will be Sit and Sew to make bears for charity.

Charity: Barbara

Newsletter: Contact Anne if you have anything for the newsletter. Please send information by the 15th of the month.

Old /New Business:

- Nominations for Secretary and Treasurer are in January. Members of the guild will vote for these 2 (2 year) positions in February. Please make sure you check with them before you nominate them. We already have one nomination for Sylvia Stevens for Treasurer. February will be voting for these 2 positions.
- Quilt show in Weston January 31.
- Paula has a sign up sheet for 10 months of 2 people bringing snacks. Annette keeping track.

February Meeting: We will be exchanging Valentines. If you choose to participate, you will need to bring 40 Valentines or pieces of candies or trinket etc....

February's Program: Will have Tracey Gelb teaching us "Ageless Grace"

BREAK

Program for the Meeting: Game with Strips

Raffles: Fat quarters (Eutrice won Paula won and IRIS???), 50/50 -\$31.00 (Sandy Saikley)

BOM winner - Anne

Show and Tell; Charity then Regular

Meeting Adjourned

Strips were exchanged by those that were participating.

Do you have something that you would like to submit to the QUIP Newsletter? Pictures from the last meeting or event? A sewing machine to sell?

Please send your information to Anne Brumet at aobrumet@gmail.com