



2023 RNQG Summer Challenge *Quilted Hearts for Veterans*

This summer, RNQG members are asked to make small fabric hearts to be presented to individuals who have served our country as members of the armed forces: veterans, active duty, National Guard and reservists. The hearts will be distributed at the Irreverent Warriors Silkies Hike in Worcester on September 30, 2023.

Heart Challenge Rules:

Size: 3 to 4 inches wide and tall (template below)

Recommended fabric colors --

- red, white and blue
- military branch-specific colors or prints (e.g., navy, olive)

Front: pieced, appliquéd, embroidered, and / or embellished

Back: one solid piece of fabric

Batting: one layer

Loop: 2" to 3" loop of ribbon, twine, or fabric attached to the top of the heart so it can hang from a pack

Finishing: Hearts can be free-motion quilted or straight-line quilted using a walking foot. Please make sure that the three layers are held together with stitching. Edges can be bound, pinked or zig-zagged.

Tag: When you turn in the hearts you have made, the guild will provide fusible labels that read, "*Thank you for your service*". An iron and ironing mat will be available at the Sept 20 meeting so you can DIY attach the label to the hearts.

*** If you intend to participate, **please** let Venera know how many hearts you intend to make.

All hearts are due at the September 20, 2023 guild meeting – NO LATER !!!



Irreverent Warriors, Inc. is a 501(c)(3) non-profit organization whose mission is to: bring veterans together using humor and camaraderie to heal the mental wounds of war, through therapeutic events and entertainment, in order to reduce PTSD and prevent veteran suicide. The "Silkies"† Hike was created to fit an unmet demand for veterans to bond with other veterans, to relive the sense of brotherhood and family felt while in the military. In 2023, Silkies hikes will occur in more than 90 cities across the US.

†traditional military physical training shorts