

Volume 28 • Issue 3

Newsletter of the Rhododendron Needlers' Quilt Guild

January - February, 2011

## Presidential Musings...

Warmest wishes to all RNQG members for a healthy and happy 2011!

Ok, so 2010 was not the best year for me personally. Health issues got in the way of so much I wanted to do. Now I'm facing a dilemma...our quilt show is coming up FAST and I find myself in the unusual position of not having done much sewing over the last twelve months. YIKES!! But I am not going to let that deter me from having something to enter into our show. I am just going to have to get myself organized so I can have time to sew. After all, there were so many shows on television around New Year's Day about organization and starting things a new that inspiration was not difficult to find.

The first thing was to sit down and really look at the calendar. What have I committed to in the coming weeks? Are there things there that can be deferred? Are there things there that I can get help with? Can I multi-task some of the items, leaving time for more sewing?

Second, it was time to get realistic about which projects can really be finished in time for the show. I have to give my list of entries soon! Is it really possible to start (and finish) the Snake River quilt in Judy Martin's log cabin book I had hoped to enter? No. Do I have time to work on the Civil War reproduction project I've been thinking about for over a year? No. HOWEVER, I have a feathered star wall hanging that only needs a couple of borders and to be quilted. That is definitely do-able. I have a scrap quilt based on another design from a Judy Martin book that is nearly done. Finishing that would be not only possible, but another thing I could cross off my UFO list. I have a pile of machine embroidered blocks that I have been waiting for inspiration to come on how to set them. Rather than waiting around, I will get out some of my design books and seek out a good setting for them that will showcase the lovely circular floral pattern. There are my projects for my three entries...and all things I can accomplish in the weeks between now and our show in mid-March.

If you are feeling overwelmed by the thought of show entries, try getting yourself organized and being realistic about what you have in process that only needs a moderate amount of attention from you now, but will get lots of attention when it is finished and hanging in the show!

Happy stitching! Linda Newberry, RNQG President

#### RNQG ADMINISTRATIVE NOTES

#### From the Editor:

As I sit here and type, I'm thinking of all the UFO's I'd like to finish this year. It's a very good feeling to have a quilt come off my "chair of shame". Our quilt show helps push me to finish UFO's, always a good thing.

Our show also inspires me. I see new fabric combinations and quilting patterns that are very exciting together. And to think, I'm a part of this very talented group.

It's not easy for me to enter quilts as I'm pretty shy about them. I never feel they're good enough but in the end I do enjoy seeing my quilts hanging with the others around it.

Although it would be nice if I won a ribbon, that's not my goal when entering a quilt. My goal is that my quilts will say something to someone else as other quilts have said to me. I'm celebrating an art that's part of me and helps make me the person I am.

My hope is that every guild member enters at least one item into the show. Celebrate your talent, celebrate who you are. It doesn't matter how simple or how complex it is, your quilt speaks volumes and it will help to inspire others as I'm sure someone else's quilt helped inspire you.

Please be sure to read Paul's Quilted Comforts article. Some of the stories brought tears to my eyes and confirms how much joy and warmth a quilt can bring to someone. I hope you are as touched by the stories as I was.

Deb Woodhams

#### **RNQG WEBSITE**

All information needed to register quilts for the RNQG show in March can now be found on our website! From www.rnqg.org, select "Quilt Show '11" from the left menu to go to the main page for the show. From here, use the tabs above the page to navigate to further information on "Publicity", "Quilt Entry Rules" and "E-form". I encourage everyone to read the 2011 quilt entry rules carefully. There have been changes to the quilt categories as well as to the steps required for quilt registration.

If you have any question or have difficulties with anything on the website, don't hesitate to contact me through webmaster@rnqg.org.

#### UPCOMING BOARD MEETINGS January 12, 2011 at 7:00 pm

Board meetings are held at All About Quilts, 958 Main Street, Walpole. All members are invited to attend. All board members are encouraged attend.

Future board meetings will be held on the following dates:

January 12 March 9 May 11

#### RNQG Board for 2010 - 2011

President: Linda Newberry
Vice President: Linda Hancock
Secretary: Rita Partridge
Treasurer: Diana Richard

Programs 2010-11: Sarah Brewin & Celine

Spader

Programs 2011-12: Celine Spader & Diana

Annis

Membership: Vicki Pariyar & Betti

Hayes

Newsletter: Deb Woodhams

Hospitality: Jacqueline Fleishman

& Ann Thomas

Library: Lisa Steinka & Marsha

Thompson

Directory: Barbara Becker Monthly Raffle: Deb McManus Quilted Comforts: Paul Burega Rack Keeper: Diana Annis Connecting Threads: Deb Woodhams NEQMA liaison: Patty Sawver Quilt Show: Jane McClellan Historian: Avis Davidson Raffle Tickets: Venera Emmi

Block-of-the-Month: Linda Hancock & Joanne

Beaupre

Webmaster: AnneMarie Freitas



#### **Hospitality Reminder**

A friendly reminder to all members, please remember to bring your goodies if it's your turn. We all enjoy them!

#### **MEETING INFORMATION**

All RNQG meeting are held at 7:30 pm at the Italian-American Club, 109 Stone Street, Walpole, MA. You'll receive a raffle ticket for a fun prize when you wear your name tag!



#### **Library Notice**

Have you checked a book out of the RNQG library. Books are allowed to be checked out for two months. Please be sure to bring them back so other members can enjoy them as well. Don't forget we have newly acquired books for all to enjoy! Check one out now and get inspired!





#### **Connecting Threads**

If you know of someone that should have a card sent to them, please feel free to contact me by clicking here.

**Deb Woodhams** 

#### Comfort Quilts - Paul Burega

Recently, some of the comfort quilts went to Care Alternatives Hospice which has Hospice patients all over the state. Many of the patients have several health issues, not just one. We rarely receive feedback from the recipients of the comfort quilts, so I thought that I would share the email letter that came back from the second batch of quilts that were donated to this organization:

I can't tell you how thankful we are for all your time and effort in making these quilts, they are gorgeous and they have truly made the patients and their families feel at peace during their last days.

I just wanted to give you an update on the patients who have received your beautiful quilts to date. Due to confidentiality I cannot state their names but I can at least tell you where they live and what their reactions were to the donation:

Patient #1: Millbury, MA-End stage Cardiac disease, Age 87: She loved the quilt and she could not believe she did not have to pay for it! She loved how the inside was flannel and would keep her warm during the winter months.

Patient #2: Millbury, MA-End stage Dementia, age 101: She was a bit confused at first but realized it was a gift and she kept touching the blanket and feeling how soft it was, she smiled ear to ear.

Patient #3: Wareham, MA-Brain Cancer with Dementia, age 67: We gave her the blue quilt because it matched her blue eyes, she smiled when we gave it to her and she passed a few days later. Her only family was her sister and the sister kept the blanket as a rememberance of her last few days.

Patient #4: Westborough, MA-Dementia, age 76: This patient walks around the facility a lot still so when we gave her the quilt she wrapped it around herself and continued to walk around showing it off to everyone, it was very funny!

Patient #5: Westborough, MA-Dementia, age 88: This patient was bed bound for months and she had no colors in her room because she did not have family that gave her anything. We gave her the beautiful purple quilt and her eyes lit up for the first time in weeks! She passed a week later and the facility gave it to her roommate as her roommate does not have much either.

Patient #6: Lancaster, MA-Dementia, age 92: This patient is from Haiti and she always wears black t-shirts with bright colors so we gave her the black quilt with bright colors on it. She loved it and every week when the teen volunteer and I visit her she has it on her lap, she truly loves it!

Patient #7: Randolph, MA-Lewy Body Dementia, age 67: The patient has an awful disease that makes her very scared so we gave her the quilt with power rangers on it to remind her to be tough during her illness! She sleeps with this quilt everynight according to her family.

Patient #8: Randolph, MA-Stomach Cancer, age 80: This patient is from Lithuania and she does not have any family left, when we gave her the quilt she said, "Oh no, I can't because it's too expensive," we said that it is free and she began to cry. She was overwhelmed by the generosity of your gift and she said "Thank you to whoever made this for me."

#### Comfort Quilts - Paul Burega (continued)

Patient #9: Westborough, MA-Dementia and Uterine Cancer, age 88: This patient does not have any family as well, her husband died a few years ago and she has been depressed every since. When we gave her the purple quilt she was overwhelmed because that is her favorite color. She has not had a gift in years so this was very special to her.

Patient # 10: Weymouth, MA-Dementia, age 86: This patient's husband was overwhelmed with joy when he found out we gave a quilt to his wife as she is always "freezing," according to him. He wanted to thank you all from the bottom of his heart for your generosity.

Patient #11: New Bedford, MA-Dementia, age 94: This patient has never been married, no children and lived alone most of her life. She does not have much and there is hardly any color in her room, she was shell shocked when we gave this to her and according to staff she is never without it!

Patient # 12: Littleton, MA-Colon Cancer, age 79: This patient loved the quilt because of all the beautiful colors on it, he lost a lot of weight in recent months so he was always cold and could never find anything that would make him warm enough. The flannel part "really did the trick" according to him. He passed a few weeks later and his wife is thankful to have something to remember him in during his last few weeks.

Thank you so much and Happy Holidays.

I managed to get a batch of 14 comfort quilts out to the Hospice for distribution in December for the holidays,

All are welcome to attend! which can be a lonely time for those who are terminally ill. The hospice patients love quilts with big prints and bright colors, and with a number of the patients with dementia, they also loved the juvenile prints on the fabrics which remind them of a happier time in their childhoods.

You can help out by making a top, cutting fabric for a kit, quilting a top, or helping out at a quilt-a-thon. We are always looking for batting, as the lap quilts are less than 45" x 60", and you can make a tax deductible donation through the UUAC and direct the funds for the Power Of The Quilt Project, and those funds will be used to purchase batting and other supplies to complete the many quilt tops that are made each year.

Contact Paul Burega or Craig Cohen at any RNQG meeting.

Following are other upcoming quilt-a-thon dates and their locations.

Monday January 17th, 2011 Sherborne UUAC Saturday March 19th, 2011 Sherborne UUAC

**Editor's Note:** Thank you, Paul, for sharing these stories with all of us. It's so nice to hear some feedback on the quilts we've shared.



#### Block of the Month

Block of the Month is an opportunity to try out some new techniques and designs, showcase your skills and use up some scraps. If you are a lucky winner, you will go home with the beginning of a nice quilt or wall hanging. Block of the Month is a unifying activity - a chance to see different approaches to the same block and to admire each other's work.

This is how it works: Each month any member who choosees to participate makes a block (or several) using a predetermined design and color scheme. At the montly meeting they are turned in and displayed for all to admire! Each maker puts his/her name on a slip of paper and into a basket - one slip for each block made. (If you really like a particular block, make several so you have more chances to win them all.) At the conclusion of the business meeting, a name is drawn from the basket and the lucky winner takes home ALL the blocks.

I am assuming a 1/4" seam allowance. Please use 100% cotton, prewashed for color stability. The size given in the instructions include the seam allowance to join the blocks together. "Finished" size does not include the seam allowance.

All directions can be found at the RNQG website at www.rnqg.org.

Good luck and enjoy!!!



#### January Block of the Month - Year's Favorite

It's not too soon to think about trying the January block. With the holidays coming, it will be here before you know it. This is another fairly easy block to construct, also using squares and half-square triangles. Although the picture shows a tan and beige color scheme, let's try blue and white for use on those cold January nights. This block is to be constructed using scraps of blues and whites (or white on white). It is a fairly easy block made from using 3-1/2" half-square triangles.



#### February Block of the Month: Winter Warm-up

This block is to be constructed using Civil War reproduction fabrics, with a neutral/cream background fabric. This makes an interesting pattern when put together.

Any questions, please feel free to contact me.

Linda Hancock
Block of the Month Coordinator

## Quilt Retreat!

#### March 3 - March 6, 2011

#### Cape Point Hotel, 476 Main St, W. Yarmouth, MA 02673

The Quilt Retreat will be here before we know it. We will have a boutique area where you may sell your homemade projects, books, fabrics and anything else that will fit through the door. Please bring a small table to display your items. Be sure that they are labeled with your name and the amount. You will be responsible for your own items.

One of the best things that quilt retreats offer is to be with others so that we share techniques and learn from each other. Sometimes it can be the smallest and simplest thing that can really make a task so much easier. So, on Friday night at 7:00 p.m. we will have our Gathering. Please bring an accessory, idea or object that you have found to really help you in your quilting. We will share this information.

Full payment for the Quilt Retreat is due by January 19th. Looking forward to our retreat, it really helps to deal with the long winter ahead. This year I have more fun in store for you. The cost of the retreat has just gone up \$5.00 due to increase in hotel taxes, otherwise, still an incredible bargain.

You may stay either 2 or 3 nights, however, you will need to have a roommate for the same number of nights to get the rate or if you are the only one in the room, there will be a single charge for the room. If you do not have a roommate, I can try to pair people together for you.



3 Night pkg./Triple occupancy	\$ 151.00
3 Night pkg./Double occupancy	173.00
3 Night pkg./Single occupancy	278.00
<ul><li>2 Night. pkg./Triple occupancy</li><li>2 night pkg./Double occupancy</li><li>2 Night pkg./Single occupancy</li></ul>	124.00 140.00 220.00

Breakfast, taxes and tips are included. We have two sewing rooms with a full kitchen, tables and chairs available to us to sew and socialize 24 hrs./day. Indoor swimming pool, workout room, sauna are all available. Quilt shops will give discounts and/or gifts.

Please send either full payments or a non-refundable deposit of \$50.00 made out to, Avis Davidson, to hold your spot. Please be sure to give me your phone number, email address and the name of the person you will be rooming with.

Please check the directory for my address or email me below for my snail mail address. avisdavidson@comcast.net

## QUILT SHOW NEWS!

We need quilts, quilts and more quilts! We don't have many quilts entered so far and we desperately need your entry to make this show the huge success it always is! Your entry can be made by going to www.rnqg.org and filling out the form online. It's fast and easy and waiting for you! Members can submit more than three quilts, however, it is asked that you prioritize them in case we do find that we have more quilts entered than we have room.

Click on Quilt Show '11 and then look for the E-Form listed at the top as one of the options once you reach the page. Click on that and you'll be able to enter your information from there. Please be sure to also check out the updated Quilt Entry Rules, also listed as an option.

A reminder to all guild members, your fee for entering quilts into the show is to volunteer your time. Whether you help white-glove, sit at the admissions table or help with set-up or take-down, we need your help in every aspect of this show as it takes the entire guild to put the show together.

Listed below are the committees and their chair(s), please be sure to contact them to let them know you're available!

One area desperately in need of immediate help is spreading the word about the Last Supper Quilt to all the local churches. Please contact Jacqui O'Brien to see how you can assist in this very important task! This is a great opportunity for the guild but we need everyone to step up to the plate.

Admissions -

Booklets - Linda Hancock

Labels - Rita Partridge

Boutique - Carolyn Anderson

Comfort Quilts - Paul Burega

Design - Anne Marie Freitas

Donations - Teddi Weber

Entries - Giuliana Lavalle & Linda Hancock

Judging - Deb McManus & Deb Woodhams

Membership - Vicky Pariyar

Publicity - Jacqui O'Brien

Quilt Central - Jane McClellan

Racks - Diana Annis

Raffle Quilt - Jane McClellan

Ribbons & Awards - Rita Partridge & Deb Woodhams

Show Set-Up/Take Down - Abby Sullivan

Handbags for Sale Table - Margaret Rolph & Ann Thomas

Vendors - Judy Swaim/Abby Sullivan

Vignettes - Emily Ellen

Volunteer Coordinator - Jean O'Neil

Show Chairperson - Jane McClellan



## Rhododendron Needlers Quilt Guild Publicity Questionnaire & Release

The goal of Local Publicity is to submit articles and press releases featuring RNQG quilters who are exhibiting in the 2011 RNQG Quilt Show, in local newspapers and other publications. Newspapers are more inclined to publish articles if there is a personal connection to papers locale.

The 2011 Show will also feature the 'The Supper Quilt' (www.thesupper.net), by Dr. Locke, which brings with it additional publicity needs.

Please review the questionnaire and assist us with publicity by answering the questions, offering suggestions, and signing the release if you would grant us the permission to use your name and information in our press releases or feature articles.

Answering the questionnaire is optional and will not affect whether your quilt(s) is part of the Show. If you choose not to have us publicize your information, at least assist us by offering information in regard to where to publicize and perhaps consider assisting us by volunteering to help the publicity committee, by filling out the General publicity and Volunteer sections.

Return Form to Jacqui O'Brien no later than NOVEMBER 30, 2010.

343-1 Foundry St., North Easton, MA 02356 ---- OR email (Jacquio136@aol.com) ----- OR bring to next meeting

343-1 Foundry St., North Easton, MA 02356 OR email (Jacquio136@aol.com) OR bring to next meeting YOUR PERSONAL INFORMATION
Your Name:
How long have you been quilting? How many years have you been a member of RNQG?
Do you belong to any other quilt group(s) either formal or informal?
If yes, please describe the group by format or name:
Where else has your work been shown?
What quilting awards or honors have you won?
Please share anything else that has not been asked that you believe will enhance the article:
PUBLICITY RELEASE
I (DO or DO NOT) grant permission for any or all of my information on this form to be used for publicity of the 2011 RNQG Quilt Show. Please sign below if you grant permission.
Date: Signature:
GENERAL PUBLICITY QUESTIONS
Can you provide us additional suggestions as to where to publicize our show?
Your Local Newspaper(s):
PUBLICITY VOLUNTEER
Would you be willing to assist with publicity for the show by:
<ul> <li>Contacting newspapers in your town and submitting prewritten press releases. (yes/no)</li> <li>Contacting churches in your town to have the bulletins/newsletters and websites publicize our show, etc? (yes/no)</li> <li>Assisting the Publicity Chair with other duties (ie. Stuffing envelopes, contact newspaper editors, supplying Quilt Shops and guilds with flyers, printing postcards/hookmarks, and other duties as required. (yes/no)</li> </ul>



# Rhododendron Needlers Quilt Guild



Proudly Presents

# Traditions and Treasures Quilt Show March 19 & 20, 2011



Blue Hills Regional Technical School Canton, MA

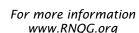


Raffles

Saturday, 19<sup>th</sup> 10am – 5pm Sunday, 20<sup>th</sup> 10am – 4pm



1-Day Admission \$7.00 2-Day Admission \$10.00 (Children under 12 free)







Exhibiting at the show 1st Appearance in Massachusetts

# The Supper Quilt

Designed and pieced by Dr. Donald Locke And quilted by world renowned quilter Linda Taylor



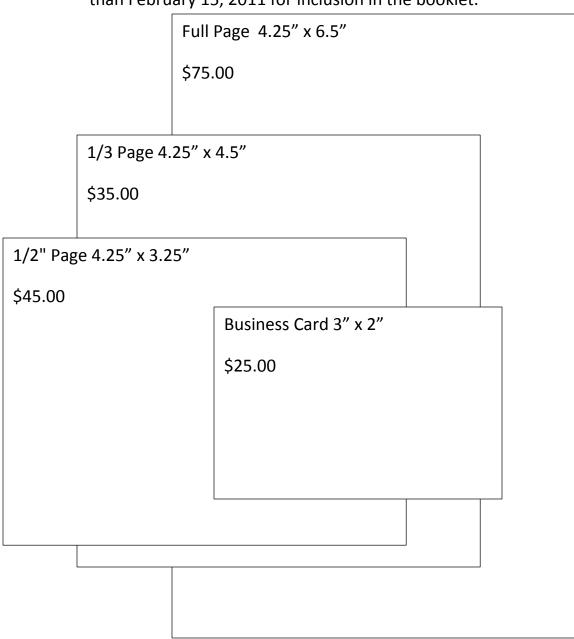
The Supper Quilt

- ❖ 15.25 ft wide, 5.6 ft high
- ❖ 51816 ½ inch squares
- \* 350 different fabrics
- ❖ 2.5 years to complete
- \* 1200 hours of piecing
- 31 states have hosted the auilt

Modeled after Leonardo deVinci's famous work, "The Last Supper". This quilt is a masterpiece in and of itself. A labor of love created by Dr. Donald Locke. This quilt has traveled the globe. The goal of Dr. and Mrs. Locke is to ensure the quilt is displayed in every state. The quilt has only appeared in New England once and now will be on display in Canton, Massachusetts at the Rhododendron Needlers Quilt Show.

#### **Program Booklet Advertising**

We are seeking advertisers for our quilt show booklet. Our attendees represent a wonderful cross-section of potential customers and we urge you to take this opportunity to be one of our advertisers. Below is a listing of our fees and advertising spaces. Please send a check payable to RNQG to Linda Hancock, 266 Tower Hill Road, Cumberland, RI 02864 and your advertisement in .pdf or .jpg format to <a href="mailto:lhancock42@aol.com">lhancock42@aol.com</a>. Payment and ad copy must be received no later than February 15, 2011 for inclusion in the booklet.



#### RNGQ PROGRAMS SEPTEMBER 2010 – JUNE 2011

#### <u>September – Rose Hughes</u>

- Lecture September 15,2010 "Great Color Without Fear"
- Workshop September 16 & 17 "Dreamin Up Landscapes"

#### October – Margaret Rolph

- Lecture October 20,2010 "Using, Making, Embellishing Fabric and More"
- Workshop October 23, 2010 "Beads & Bags"

#### November – Jessica Ledger

Lecture & Trunk Show November 17, 2010
 "Who, What, Why and How to become a Selvage Queen"

#### **December – Happy Holidays**

#### January - Cathy Racine

Lecture – Wednesday January 20, 2011 –
 "Needles, Threads, Tension & Shopping"

#### February - Cathy Wiggins

- Lecture Wednesday February 16, 2011 –
   "Designing Quilts from Photographs"
- Workshop February 18,19 2011 "Quilts from Photo's"

#### March – Dr. Don Locke

Lecture – Wednesday March 16, 2011 – "The Supper Quilt"

#### <u>April – Guild Member Share Night – Wednesday April 20, 2022</u>

#### May – Pot Luck Supper – Wednesday May 18, 2022

#### <u>June – Karen Eckmeier</u>

- Lecture Wednesday June 15, 2011 "Oops- My edges are Showing"
- Workshop Thursday June 16, 2011 "Colorific Quilters"

## JANUARY - CATHY RACINE

#### **LECTURE WEDNESDAY JANUARY 20, 2011**

## "NEEDLES, THREADS AND TENSION + SHOPPING!"



Cathy Racine from the Charlton Sewing Center will present her show stopping lecture from the 2010 MQX lecture series on "Needles, Threads and Tension" – something we all need to review and be reminded of every once in a while.

Cathy is also going to have needles and a variety of threads with her for sale after the lecture.

#### **FEBRUARY – CATHY WIGGINS**

**LECTURE – February 16, 2011** 

#### "DESINGING QUILTS FROM PHOTOGRAPHS"

#### Designing Quilts from Photographs through the Use of Value

In this lecture Cathy explains the technique that she uses to go from a photograph to a completed quilt. She uses several of her own quilts as examples, including her nationally recognized "The Cowboy Quilt." As an introduction, she also shows how she first applied this technique to watercolor paintings and then adapted it to quilting. The participant will learn:

- What fabric values are and how to use them
- How to select photos as potential quilt patterns
- How to turn a photo into a pattern using photo copiers and projectors
- How the importance of fabric value can make or break a guilt
- How to better select fabric for a quilt pattern using value

#### WORKSHOP - February 18 &19, 2011

#### "Quilt's from Photo's"

In this workshop, students will develop their own appliqué pattern from their own photograph. Students will spend the morning learning about value and practicing the technique. They will then use their own photographs to make a pattern. Before the workshop, students will work with Cathy on selecting a photograph. Cathy will then bring an enlarged copy of each student's photograph to the workshop.

Participants will learn:

- ☐ The importance of value in fabric selection and pattern creation.
- ☐ How to create an appliqué pattern from a photograph.
- ☐ Ideas for using the completed medallion.





#### **Materials list**

Students need to send Cathy the photo they want to use by Jan. 15. They are welcome to send as many as they would like and she will work with them to select the best one for the project. She prefers email over snail mail. You need to select fabrics for your project. You will need at least 5 values of fabrics. You can bring more and she will help you decide which ones work best.

Cathy Wiggins – <a href="mailto:cathywiggins@earthlink.com">cathywiggins@earthlink.com</a>

#### JUNE - KAREN ECKMEIER

#### **LECTURE – WEDNESDAY JUNE 15, 2011**

#### OOPS - MY EDGES ARE SHOWING

Is it straight-stitch appliqué or raw-edge collage? No matter what you call it, the edges of the fabric are bound to fray, but that's OK! From early hand appliqué pieces, up to her current straight-stitch appliqué series, Karen's presentation will definitely give you some ideas on where to find inspiration and how to deal with those scary edges encountered along the way.



#### Workshop – Thursday June 16, 2011

#### Colorific Quilters (Circle of Friends)





A kaleidoscope of fusible friends and fashion! Surround yourself with the special people in your life - your quilting friends! Dress them up in their favorite colors, typical quilting outfits, and give them a "good hair" day. Be sure to include your self-portrait to complete your friendship circle.

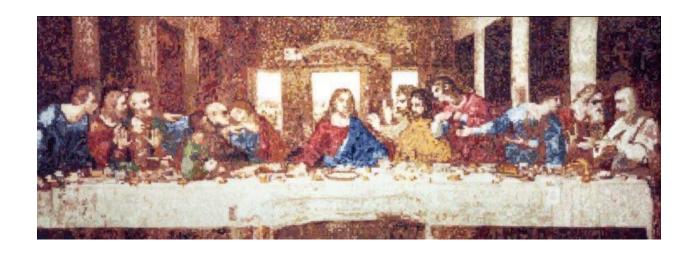
Finished size: 25" x 25"

## MARCH – DON LOCKE D.D.S.

#### **LECTURE – WEDNESDAY March 16, 2011**

## "THE SUPPER QUILT"

- Made by Don Locke D.D.S.
- 2 ½ years to sew the pieces together
- 51,816 pieces of fabric
- 350 different fabrics used
- Entire quilt is 5'6" high X 15'25" wide



## MEMBER ADVERTISEMENTS

## MAD ABOUT QUILTS

#### Longarm Rental Program

Quilt your own quilt on our APQS Millenium Longarm machine Call or e-mail for more info or an appointment today

contact@madaboutquilts.com

Visit our *online store* for our current selection of fabric, wide-backs, quilts, Superior Thread, books, patterns, and more

#### www.madaboutquilts.com

#### Conveniently located between Boston and Providence

Studio open by appointment only: 574 East Street Mansfield, MA 774-254-2629 - Mary Ann Zonenshine 508-353-7281 - Dora Dorval







Diana Richard, CTC, MCC

260 Franklin Village Drive Franklin, MA 02038-4005 Tel: 508-528-9300 Fax: 508-528-8390 Email: drichard@aaasne.com

#### STRAIGHTEN-UP





## ZELAYNA R. RAUCH, D.C.

219 BRIDGE STREET DEDHAM, MA 02026 781-326-8100

DEDHAM FAMILY CHIROPRACTOR



RNQG Newsletter c/o Deb Woodhams 420 Madison Street Wrentham, MA 02093



Good friends are like quilts. They age with you, yet never lose their warmth.