

Simply Amazing Nesting Spirals

Half-Day Workshop

with RaNae Merrill

In this workshop, you will learn how to draw, color and sew a Nesting spiral block, based on the techniques in RaNae's book *Simply Amazing Spiral Quilts*. (Books will be available for purchase at the workshop, but are not required. To purchase a book in advance, go to www.ranaemerrillquilts.com and click on "STORE".) There will be time in class to finish at least one Nesting spiral block, and you will receive patterns to finish a single block(s) into a hot pad (single block). Of course, you're welcome to keep making more to create a whole quilt!

Tools: (Please see next page for fabric requirements)

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| _____ Basic sewing tools: pins, scissors, etc. | _____ Scotch tape |
| _____ Scissors for paper | _____ Double-sided scotch tape (permanent, <i>not</i> the removable kind) |
| _____ Neutral colored thread for sewing | _____ Masking or painter's tape |
| _____ Rotary cutter with ruler and mat | _____ Add-a-Quarter tool |
| _____ Pen & Pencil | _____ (available for purchase in class) |
| _____ Permanent markers in a variety of colors | _____ Seam roller (optional, but really helpful; available for purchase in class) |
| _____ Several sheets of white paper 8-1/2" x 11" | _____ Seam ripper |
| _____ Two highlighter pens in different colors | |
| _____ Translucent foundation paper (see note below; available for purchase in class) | |

About Translucent Foundation Material:

Spirals are sewn using paper piecing, so they require a foundation material to which you sew the fabric. I insist on foundation material that is *translucent*, which means you can see through it. Since you can see through it, you put fabric on the *front* and sew from the *back*. This means that you don't have to think in mirror-image like you have to do on an opaque foundation. (Traditional paper-piecers take note!) Translucent foundation material costs a bit more than regular paper, but the time and frustration saved are more than worth it!

There are two types of translucent foundation material: paper (vellum) and non-woven fabric. Paper can be printed on any printer (inkjet or laser) or photocopier, and must be removed after sewing. Non-woven fabric can be printed on an inkjet printer and can be left in after sewing. Either will work for this project.

What not to use: Rinse-away foundations -- some people like them, but personally I don't, so I don't recommend them. **DO NOT USE VELLUM FROM THE STATIONERY STORE.** It becomes brittle and rolls when ironed. Art store tracing paper is too delicate to stand up to the wear of this project.

For this workshop, foundations will be provided for you, preprinted on translucent foundation material. If you wish to purchase more, most quilt shops have some version of it. You can purchase the following products in class or through my online store at www.ranaemerrillquilts.com:

Simply Amazing Translucent Foundation Paper – A translucent paper. Comes in 8-1/2" x 11" sheets. Can be printed on inkjet printers, laser printers or copy machines. Tear away after sewing.

EQ Printables Foundation Sheets – A non-woven fabric. Comes in 8-1/2" x 11" sheets. Can be printed on inkjet printers. Leave in or tear away after sewing.

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Block by Virginia Smith

Fabric for 2 Nesting spiral blocks made into pot holders: (*Yardages are generous*)

Foundation templates drawn, printed or copied on translucent material (<i>Read explanation on page 1.</i>)	2 sheets 8-1/2" x 11" (<i>Provided in workshop materials</i>)
<i>One or both spiral fabrics should be solids, textures, tone-on-tones or small prints. If you use a print for one fabric, the other must be a solid. For fussy-cut centers, choose a large-scale print in colors that coordinate with the other colors. It is ideal if the background color the same as one of the other fabrics.</i>	
Light color for spiral block (at least one color)	1/4 yd if only one color; 1/8 yd of each if more than one color
Dark color for spiral block (at least one color)	1/4 yd if only one color; 1/8 yd of each if more than one color
Fabric for fussy-cut center	2 squares 4-1/2" x 4-1/2" with fussy-cut design in center
Background, back of hot pad and binding (can be one of colors in spiral. If so, add'l yardage listed above is not needed.)	5/8 yd (allows 40" binding strip to be cut diagonally without piecing.)
Insulbrite batting	2 squares 8-1/2" x 8-1/2" (<i>Provided in workshop courtesy of The Warm Company</i>)
Batting (cotton or wool, not polyester)	2 squares 8-1/2" x 8-1/2"

Notes:

To order *Simply Amazing Spiral Quilts* and other supplies, go to www.ranaemerrillquilts.com

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Visit the Spiromaniacs blog at <http://spiromaniacs.wordpress.com>

Sign up to receive the Spiromaniacs newsletter and a free pattern at www.ranaemerrillquilts.com/join

For more information about Spiral Quilt workshops and lectures, go to www.ranaemerrillquilts.com/teaching,
or contact RaNae at ranae@ranaemerrillquilts.com or 212-316-2063

Corrections, suggestions, questions? [ranae@ranaemerrillquilts.com/contact](mailto:ranae@ranaemerrillquilts.com)

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