

# Spirals Boot Camp Full-Day Workshop

with RaNae Merrill

Based on the book *Simply Amazing Spiral Quilts*

Kit provided in class contains preprinted foundation for two blocks, complete pattern, design tools and instructions. Kit fee \$10

This materials list can also be found online at <http://www.ranaemerrillquilts.com/teaching/158>



In this workshop, you will learn how to draw, color and sew the four types of spirals: Nesting, Baravelle, Pinwheel and Point-to-Point, based on the techniques in RaNae's books *Simply Amazing Spiral Quilts* and *Magnificent Spiral Mandala 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](http://www.ranaemerrillquilts.com) and click on "STORE".) There will be time in class to sew two spiral blocks, covering the two different techniques for sewing spirals. You will receive patterns for a hot pad and a tote bag to use your blocks at home. Of course, you're welcome to keep making more to create a whole quilt!

## Tools and Materials for class:

_____ Basic sewing tools: pins, scissors, etc.	_____ Scotch tape
_____ Scissors for paper	_____ 1 full roll of double-sided tape
_____ Neutral colored thread for sewing	(permanent, <i>not</i> the removable kind. Scotch brand in the yellow & red box is best. Buy it fresh at an office supply store; old tape breaks.)
_____ 45mm rotary cutter (please bring a self-closing one and be sure the blade is sharp)	_____ Masking or painter's tape (fresh)
_____ Rotary cutting ruler and mat	_____ Add-a-Quarter tool with card
_____ Pen & Pencil (with a FRESH eraser)	(available for purchase in class)
_____ 2 large Ziploc bags	_____ Seam roller (optional, but really helpful; available for purchase in class)
_____ Two highlighter pens (pink, yellow or orange)	

## Fabric for 2 spiral blocks: (Yardages are generous)

<i>One or both spiral fabrics should be a solid (texture, tone-on-tone). One fabric can be a small to medium multicolor print; if so, the other fabric must be a solid. For fussy-cut centers, choose a large-scale print in colors that coordinate with the other colors.</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. The fussy-cut designs should be between 2-1/2" and 3-1/2" in diameter.

## Sewing Machine Set-up:

Bring your machine ready to sew with a new 75/11 or 80/12 needle. Use a foot that allows you to clearly see lines on the foundation, such as an open-toe foot, or a clear foot with a center-line mark. Please check your machine to make sure it is working properly before you bring it to class. Don't set up the machine at the beginning of class -- you'll need the table space for designing, then set up when you're ready to sew.

**Additional materials for making 2 hot pads:** *(Not used in class.)*

Background, back of hot pad and binding <i>(This can be one of the colors in the spiral. If so, 5/8 yard is enough for making the spiral as well. Cut binding and backing first, then cut spiral pieces from remaining fabric.)</i>	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>(Samples provided in workshop courtesy of The Warm Company)</i>
Batting (cotton or wool, not polyester)	2 squares 8-1/2" x 8-1/2"

**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. Either will work for this project, but I prefer the non-woven fabric variety.

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 **Fabulous Foundation Sheets** in class or through my online store at [www.ranaemerrillquilts.com](http://www.ranaemerrillquilts.com).

To order **Magnificent Spiral Mandala Quilts**, **Simply Amazing Spiral Quilts** and other supplies,  
go to [www.ranaemerrillquilts.com](http://www.ranaemerrillquilts.com)

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the Magnificent Spiral Mandalas blog at <http://spiromandalas.wordpress.com/>

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

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

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