

Project Linus

Providing Security Through Blankets

Williamson, Travis, & Hays Counties of Texas

October 2011/Vol. 3, No. 10

NEXT MEETING

October 22, 2011: 11:00 am-1:00 pm

South Meeting Location:

Everyone comes south!

North Meeting Location:

Manchaca Baptist Church
215 FM 1626
Manchaca TX 78652

October



WHAT'S UP WITH US

Our volunteer year is nearing its end. October is the last meeting of the year for us, and plans are afoot for the annual volunteer luncheon. We will meet on October 22nd (actually the **4th Saturday of the month**) at **Manchaca Baptist** as we did last year. Plan to arrive about 11 am and stay till lunch is over! RSVP to Anita Howe (ahowe@sellsaustinhomes.com) if you are planning to join us, please.

Speakers this year are Evette Rouen from Safeplace, a local safe haven for victims of domestic violence, and Ellen Gutierrez of Catholic Charities - Gabriel Project which helps pregnant women and their newborns.

We cannot adequately thank everyone who makes our work possible. But we know you are there, and we think of you, whether you join us at the volunteer meetings or not. Even if you just mention us in passing conversation and interest someone new to our cause, we benefit! So, thank you, thank you, thank you! We hope your holiday season is a good one. We continue to hold our friends and families affected by area wildfires in our hearts and minds. If you know of a need for blankets arising out of these fires, please let us know.



Last month we notified you about the 2012 Mary-thon, a project that combines a simple fitness project for you and a fundraiser for us. Our national office has reissued their press release as early estimates were revised ever-so-slightly to cover the real costs of the program. A new press release reflecting this change is attached.



Please remember the request from Dell Children's Neonatal Intensive Care Unit for ~30 handmade flannel receiving blankets (~36"×36") per month. Please keep them coming!



Quilters: Another great online source of inexpensive fabrics: <http://www.5bucksayard.com/>

If you make blankets for us, please...

- Include your name, address, or email with your blanket(s), so we will know whom to thank.
- Wash your blanket (if possible) before turning it in.
- If you have made a fleece blanket, please be sure the selvages are trimmed off.
- Please do not make your blankets out of tapestry, burlap, upholstery fabric, 70's-type double-knits, felt, vinyl, wool, or wool yarn. Please do not use fabric that has been stored in a damp area or has a musty smell. Mold spores can cause an allergic reaction in a child and are very difficult to remove from the fabric. We regret that blankets smelling of smoke or having pet hair on them cannot be accepted.
- Be especially careful about checking for pins if you use them in the construction of your blankets.
- Make sure when knitting or crocheting to securely tie off yarn ends and weave them into the blanket.
- No embellishments such as buttons, glitter, or anything that will come off because small children put things in their mouths.
- A suggested label format to include with each blanket donated:
<Your Name>. <Street Number / Street Name>, <City, State, Zip code>, <Email Address>

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HOLIDAY HANDWORK



Dusty Snowflake Throw

http://www.redheart.com/files/patterns/pdf/LW2020_corr.pdf



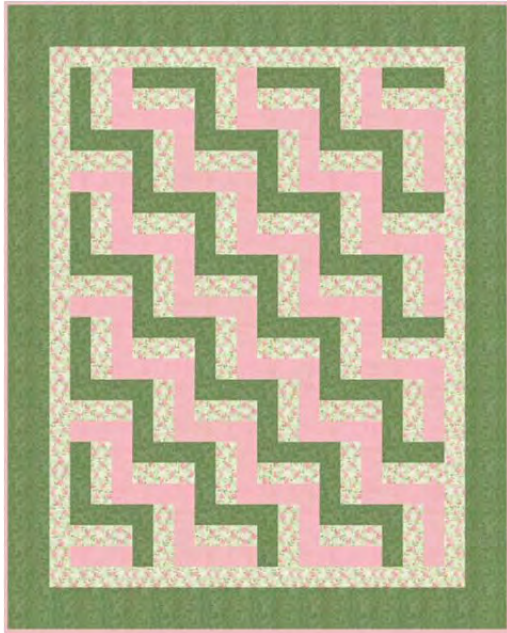
Chevron Baby Blanket

<http://www.ravelry.com/patterns/library/chevron-baby-blanket>

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Baby Rail Fence

<http://www.victorianaquiltdesigns.com/VictorianaQuilters/PatternPage/EasyBeginnersBabyRailFence/EasyBeginnersBabyRailFence.htm>

Places to leave blankets...

Thanks to these businesses which support our efforts by collecting blankets from blanketeers who don't attend meetings. And thanks for using them. Any way we can get more blankets is terrific!

Austin Sew & Vac

Mike and Robyn Smith
1401 S. I-35, Ste #170
Round Rock, TX 78664
(512) 310-7349

A Quilter's Folly

8213 Brodie Lane
Austin, TX 78745
www.aquiltersfolly.com
(512) 899-3233

B & B Quilting and Gifts

Nancy Brinkley & Lori Beckers
107 S. Austin Steet
Buda, TX 78610
www.bbquilting.com
(512)312-2299

Glassica, Inc.

Heide Fowler
820 South Austin Ave.
Georgetown, Texas 78628
(512) 778-9398
www.DisplayYourArt.com

Learning Express Toys

Joe and Mary Theriot
Gateway Market
9607 Research Blvd, Ste 110
Austin, TX 78759
(512) 795-9770

Poppy Quilt 'N Sew

Anita Brockell
4106 Williams Drive (RM 2338)
Georgetown, TX 78628
(512)863-6108
www.poppyquiltnew.com

The Knitting Nest

Stacy Klaus
8708 Congress Avenue, Ste. 570
Austin, TX 78748
(512) 294-8866
www.theknittingnestaustin.com

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Project Linus Contacts...

Position/Committee

- Project Linus Coordinator, Williamson / Travis/Hays Counties
- Assistant Coordinator-South
- Assistant Coordinator-North
- Chapter Communications (newsletter & website)

Volunteer/Contact Information

Anita Howe, (512) 930-4792,
ahowe@sellsaustinhomes.com
Jean Bishop, (512) 659-7103, Bishoptx8@gmail.com
Helen Bokman, hbokman@sbcglobal.net
Jan Everett, jan_texas@yahoo.com

Project Linus respects your privacy We do not share your email address or contact information with anyone outside our organization. To remove your name from our mailing list, contact jan_texas@yahoo.com

If you have questions or comments, Anita Howe at ahowe@sellsaustinhomes.com is our chapter coordinator.

To visit the Williamson/Travis/Hays County Project Linus website online, go to www.orgsites.com/tx/austinlinus/. The national Project Linus organization's website is located at www.projectlinus.org/

Quilters—

Please save barcodes from all Hobbs batting that you purchase and give them to your meeting coordinator or contact us and we will give you a mailing address. We can redeem them for discounts on batting for Project Linus blankets.





NEWS RELEASE

2012 Moving Forward Full and Half Mary-thon to Benefit Project Linus

For more information please contact:

	South Group	North Group
Name:	Anita Howe	Helen Bokman
E-mail:	ahowe@sellsaustinhomes.com	hbokman@sbcglobal.net
(City, State)	Austin, TX	Round Rock, TX

When was the last time you set a fitness goal and actually completed it? Or—have you EVER completed a fitness goal? You are invited to move forward, improve your health AND support Project Linus in the process by participating in the 2012 Moving Forward Mary-thon™. Register as an individual or encourage friends and family to register and join together as a team. (www.marython.net)

What is a Mary-thon and a Half Mary-thon? A Mary-thon is a 26-week fitness challenge (modeled after the 26.2 mile marathon) with some changes made by Mary Balagna, Project Linus National Vice-president - hence the name “Mary-thon”. When you register for the 2012 Mary-thon, you commit to a minimum of 30 minutes per day of the physical exercise of your choice - 5 days per week for 26 weeks. A Half-Mary-thon is also a 26-week fitness challenge. When you register for the 2012 Half-Mary-thon, you commit to a minimum of 30 minutes per day of the physical exercise of your choice - 3 (three) days per week for 26 weeks. You simply register for the event you feel would best fit your fitness level and personal schedule. If 30 minutes is more than you can handle in one stretch, break up your routine into small increments as you increase your strength and endurance.

What is Project Linus? Project Linus is a national 501c3 non-profit organization with a mission to provide love, a sense of security, warmth and comfort to children who are seriously ill, traumatized, or otherwise in need through the gifts of new, handmade blankets and afghans, lovingly created by volunteer "blanketeers."

When do I start and finish? You may start anytime on or after January 1, 2012. **When do I finish?** You MUST “cross the finish line” by Dec. 31, 2012 in order to qualify for a medal.

How and when do I register and who is eligible to join? Anyone of any age can join and registration is open until July 1, 2012. E-mail Mary.Balagna@gmail.com for a 2012 registration form or contact your local Project Linus chapter coordinator. Chapters are listed by state on the Project Linus website (www.projectlinus.org) under “Chapter Listing”.

What does the registration fee cover? For \$35 you will receive a 2012 Moving Forward Mary-thon T-Shirt, bracelet, finisher’s medal and certificate when you “cross the finish line” along with motivational words of encouragement throughout your 26 weeks. \$15 of the registration fee is tax-deductible and will be donated to Project Linus.

What are the benefits of participating in the 2012 Moving Forward Mary-thon or Half Mary-thon?

Working together, supporting each other, being accountable to someone, and being rewarded for completing a fitness goal is why the Mary-thon has been so successful. You sign a pledge, advertise your commitment by wearing your t-shirt and bracelet, record your progress on your tracking chart and report your progress to Mary. She, in turn will offer you motivational support and encouragement along the way. In addition, you will earn a beautiful finisher’s medal when you finish and Project Linus will benefit from your efforts in a BIG way! There are many individuals whose lives have been touched by Project Linus and want to help support the cause, but they don’t sew, crochet or knit. The Mary-thon is a perfect way to offer support. Now you can participate in an event that will be of benefit to you, improve your health while providing comfort and security to some very special children and families.

Note: Always check with your doctor before beginning ANY exercise program including the Moving Forward Mary-thon.

Mary-thon & Half-Mary-thon FAQs

When do I start? You may start anytime on or after January 1, 2012.

When do I finish? You MUST cross the finish line by Dec. 31, 2012 in order to qualify for a medal.

What if a stumbling block gets in my path and I must take some time off? Can I still finish? In every marathon, there are potty breaks and water/energy drink stops allowed during the 26.2 mile race. In the Mary-thon and Half-Mary-thon—which is measured in weeks rather than miles, we have allowed for “stops” as well. You have 28 weeks to complete the 26 weeks of exercise. That gives you 2 weeks to allow for illness or other unforeseen roadblocks.

What if I need more than 2 weeks off? As with a marathon—there will be some who are unable to finish for a variety of reasons. If you are unable to finish the 26 weeks of the Mary-thon or Half-Mary-thon in 28 weeks, you must start over.

Who can register and can participants register after January 1, 2012? Anyone can join.

Registration is open until July 1, 2012. As long as there are 26 weeks left in 2012 to participate—we will still accept registrants.

Why does the Mary-thon work?

Working together supporting each other, being accountable to someone, and being rewarded for completing our goal is why the Mary-thon is successful. You make a financial commitment, sign a pledge, advertise your commitment by wearing your t-shirt and bracelet, record your progress on your tracking chart, report your progress to me as I send you motivational support and in the end you earn a beautiful finisher's medal when you finish!

What types of exercise qualify for the Mary-thon and Half-Marython?

Walking, running, weight lifting, elliptical, yoga, Zumba, stair stepping, swimming, etc. are just a few of the **many** ways you may want to try. If you feel you cannot exercise for 30 minutes straight, break up your workout into manageable increments (5-10 minutes each) as you build your endurance, energy level and strength.



Thoughts from 2011 Mary-thon Finishers...

"I have established a nearly daily exercise habit, I'm exercising longer than I used to, I've learned how to push past not wanting to do exercise, I'm walking faster (and uphill, too), and I'm trying new exercises."

"I've lost 22 pounds but more importantly, my blood pressure went from 171/108 to 105/63 and I'm off all blood pressure meds. I just had my yearly physical and my doc was thrilled with the progress. I'm still doing my 5 days a week and will from now on...it's a habit now."

"I continue to 'keep on keeping on'. I'm all for the extra years of life exercise can give me. I'm convinced that exercise and eating healthily are the keys to my continuing remission."

"We finished our Mary-thon! We plan on going strong—we hope forever! Thank you for encouraging us—it has truly blessed our lives."

"I'm done, I'm done, I'm finally done!!! Woo Hoo :) I finished...and I am over the moon with excitement that I finished!"

"I am so pleased to FINALLY email you to report I have accomplished the Mary-thon! I'm so grateful to be a part of it all and so pleased to be a finisher. I find myself thinking about exercise more and having a better appreciation and understanding of being 'active.' AND recently when my doctor asked me if I exercised and how often, I about busted with pride when I told him five days a week! Thanks for the motivation!"

"I'm done!! Woo Hoo! But - I'm still working out - go figure. Thank you so much for setting this up - I have definitely amped up my work outs. THANK YOU!!!!"

**Check out our website for more inspiration:
www.marython.net**

PLEASE JOIN US FOR THE



"Around here, however, we don't look backwards for very long.

We keep moving forward, opening up new doors and doing new things...and curiosity keeps leading us down new paths."

WALT DISNEY

- ◆ When was the last time you set a fitness goal and actually completed it?
- ◆ Or—have you EVER completed a fitness goal? Well, I'm here to tell you that 2012 is your year!
- ◆ This is your invitation to participate in the 2012 Moving Forward Mary-thon.
- ◆ All you need to do is design your own personal, twenty-six week fitness plan and complete it!
- ◆ What are the benefits and how do I sign up? Details inside...

*"Whether you believe you CAN or believe you CAN'T, you're probably right."
—Henry Ford*

BELIEVE YOU CAN!!!

What are some of the benefits to regular exercise?

- An immediate effect of exercise is that it produces a reaction in the brain called "**the endorphin high**". This reaction causes us to feel good during and right after exercise!
- Regular exercise **improves** your mood, **decreases** anxiety, **improves** sleep, **improves** resilience in the face of stress and **raises** self-esteem.
- Exercise causes the blood and energy supply to the brain to improve, causing the production of proteins called "growth factors". Growth factors induce nerve cells to grow, branch and make connections with one another and, in some brain areas, give rise to new nerve cells. **Why is that important?** As we age or when we are burdened with stress, these important biological processes (essential to adaptation and learning) tend to slow down. Exercise can speed the process back up again, **causing a partial antidote to stress and aging!**
- Exercise can be **a good antidepressant**.
- The **type of exercise doesn't seem to matter** - aerobic exercise, strength training or a combination of both are equally effective!
- There is also evidence that there is a drug-free approach to lowering blood pressure, and guess what replaces the drugs???? **Exercise!** Of course, there are times when drugs cannot be totally replaced by exercise - but exercise certainly can help.

**Taken from a Newsweek article "Exercise is a State of Mind" by Michael Miller & Michael Craig Miller March 26, 2007*

****Check with your doctor before beginning ANY exercise program, including the Moving-Forward Mary-thon.**

What is a Mary-thon?

A **Mary-thon** is a **26 week fitness challenge** (modeled after the 26.2 mile Marathon) with some changes made by me—Mary, hence the name "Mary-thon". When you register for the 2012 Mary-thon, you commit to a minimum of **30 minutes per day of the physical exercise of your choice - 5 (five) days per week for 26 weeks.**

What is a Half-Mary-thon?

A **Half-Mary-thon** is also a **26 week fitness challenge**. When you register for the 2012 Half-Mary-thon, you commit to a minimum of **30 minutes per day of the physical exercise of your choice - 3 (three) days per week for 26 weeks.**

Register for the event you feel would best fit your fitness level and personal schedule.

Membership Fees

Premium Mary-thoners & Half-Mary-thoners

- Mary-thon bracelet
- 2012 Mary-thon T-Shirt
- 2012 Finisher's Medal (**when** you finish!)
- Downloadable Tracking Sheet, Pledge, Racing Bib, Finisher's Certificate and motivational support through e-mail and blog updates.
- Tax-deductible receipt for \$15 donation to Project Linus.
- \$35 Fee

Basic Mary-thoner

- **Downloadable** Tracking Sheet, Pledge, Finisher's Certificate and motivational support through e-mail & blog updates.
- No Fee.

**Basic membership requires an e-mail address and the ability to open attachments in order to participate.*

Registration Information

Premium Half & Full Mary-thoners only—fill out the following contact information & send it to the address listed below with your check. Please print CLEARLY.

For more information e-mail: mary@marython.net

NAME: _____

ADDRESS: _____

CITY: _____

STATE/ZIP: _____

E-MAIL: _____

T-Shirt Size (Circle): S M L XL 2XL 3XL 4XL

Please add the following additional T-shirt cost if necessary; \$2 for 2XL, \$4 for 3XL, \$6 for 4XL)

Project Linus Chapter: _____

(If no chapter name is specified, your \$15 tax-deductible donation will be deposited in the Project Linus general fund.)

I have enclosed \$35 and would like to register as a:

- Check One Premium Mary-thoner
 Premium Half-Mary-thoner

I would like my T-Shirt, bracelet, finisher's medal and \$15 tax-deductible receipt to be mailed to me at the above address.

Premium Members: Send your \$35 check (**made out to Moving Forward Mary-thon**) with this completed form to:

Moving Forward Mary-thon
c/o Mary Balagna
730 Stevens Creek Blvd.
Forsyth IL 62535

OR

_____ I would like to register as a **Basic Mary-thoner**. This membership **only** includes a Downloadable Tracking Sheet, Pledge, Finisher's Certificate, motivational support and blog updates sent to my e-mail address. To register as a basic member **E-mail: mary@marython.net**