

# Project Linus

Providing Security Through Blankets

**Williamson, Travis, & Hays Counties of Texas**

We provide children with blankets full of hugs.

**September 2011/Vol. 3, No. 9**

**NEXT MEETING**



September 17, 2011: 10:00 am-3:00 pm

*North Meeting Location:*

301 Rye St.

Round Rock, TX 78664-4532

*South Meeting Location:*

Manchaca Baptist Church

215 FM 1626

Manchaca TX 78652

## NEWS

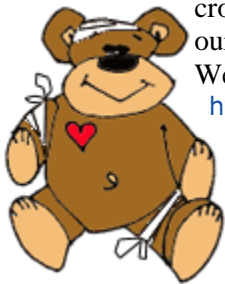
All of us who live in central Texas have heard about the terrible wildfires all over the area recently. To those of you on our mailing list who lost homes or know people who did, we extend our heartfelt sympathy. We know you'll be a long time regrouping. If you know of children who'd benefit from a blanket, please contact our chapter coordinator or either of the group leaders listed at the end of this newsletter.

We delivered blankets to several shelters both in Bastrop and elsewhere. We contacted other Texas Project Linus chapters and asked if they had any blankets they could spare so that we'll be sure to meet any requests. So far, we've contributed 389 blankets to fire victims.



Another worthy effort locally to help knitters and crocheters is sponsored by yarn stores in our area. Check out Hill Country Weavers blog at

<http://knitbuzz.blogspot.com/2011/09/phoenix-rising-fiber-event.html> for details.



Our volunteer year in nearing its end. October is the last meeting of the year for us, and plans are afoot for the annual volunteer luncheon. We'll meet on October 22<sup>nd</sup> (actually the **4<sup>th</sup> Saturday of the month**) at **Manchaca Baptist** as we did last year. Plan to arrive about 11 am and stay till lunch is over!



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.

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 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. 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.

You'll find more information and signup forms at the end of this newsletter. We hope you'll join us!



The north group of Project Linus will again meet at the home of Kathy Goff. The address is: 301 Rye St., Round Rock, TX and her phone number is: 310-0504. Directions are as follows:

*From I-35, take the Highway 79 exit and go east past two stoplights. At the third stoplight turn right onto N. Georgetown Street and go down the hill, across the bridge and immediately turn left at the first street (Brushy Creek). Go past the tree in the middle of the street and turn right at the first street (Rye). Go up the hill to the second street (Austin Ave.). 301 Rye is the last house on the left before crossing the second street.*

*If you're coming west on Highway 79, turn left at the stoplight at N. Georgetown Street. Look for Walgreen's on the left-hand corner of 79 and N. Georgetown Street. Go down the hill, across the bridge and immediately turn left at the first street (Brushy Creek). Go past the tree in the middle of the street and turn right at the first street (Rye). Go up the hill to the second street (Austin Ave.). 301 Rye is the last house on the left before crossing the second street.*



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

# Project Linus

Providing Security Through Blankets

## Williamson, Travis, & Hays Counties of Texas

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### If you make blankets for us, please...

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- 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've 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>, <Email Address>

#### **Glassica, Inc.**

Heide Fowler  
820 South Austin Ave.  
Georgetown, Texas 78628  
(512) 778-9398  
[www.DisplayYourArt.com](http://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.poppyquiltnsew.com](http://www.poppyquiltnsew.com)

#### **The Knitting Nest**

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

### Places to leave blankets...

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Thanks to these businesses who 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](http://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](http://www.bbquilting.com)  
(512)312-2299

# Project ♥ Linus

Providing Security Through Blankets

**Williamson, Travis, & Hays Counties of Texas**

## Project Linus Contacts...

### Position/Committee

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

Project Linus respects your privacy We don't 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](mailto:jan_texas@yahoo.com)

If you have questions or comments, Anita Howe at [ahowe@sellsaustinhomes.com](mailto: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/](http://www.orgsites.com/tx/austinlinus/). The national Project Linus organization's website is located at [www.projectlinus.org/](http://www.projectlinus.org/)

### Volunteer/Contact Information

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

### Quilters—

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



### ◀ Easy Cable Afghan

<http://www.redheart.com/free-patterns/easy-cable-afghan>



### ▲ Carousel Throw

<http://www.redheart.com/free-patterns/carousel-throw>

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Baby Pieced Basket Quilt  
Pattern

[http://www.womenfolk.com/baby\\_quilts/basketpattern.htm](http://www.womenfolk.com/baby_quilts/basketpattern.htm)



## JUST FOR FUN

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The guy who invented the first wheel was an idiot. Now, the guy who invented the other three... he was the genius.  
---Unknown

"Life was so much easier when your clothes didn't match and boys had cooties!"  
---Unknown

If you teach your children nothing else, teach them the Golden Rule and "righty-tighty, lefty-loosey." ---Robert Brault

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This shirt is one of the rewards of participating in the 2012 Mary-thon to Benefit Project Linus. See the following pages for information and sign-up sheet.



## 2012 Moving Forward Mary-thon to Benefit Project Linus

### **For more information please contact:**

**Name:** Anita Howe, Chapter Coordinator

**E-mail:** [ahowe@sellsaustinhomes.com](mailto:ahowe@sellsaustinhomes.com)

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.

**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 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. 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 501c(3) 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](mailto: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](http://www.projectlinus.org)) under “Chapter Listing”.

**What does the registration fee cover?** For \$30 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?**

Working together, supporting each other, being accountable to someone, and being rewarded for completing a fitness goal is why the Mary-thon is 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 e-mail 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 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—which is measured in weeks rather than miles, we have allowed for “stops” as well. This is why 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 in 28 weeks, then 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 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!

### **Is there a fee to participate in the 2011 Moving Forward Mary-thon?**

Yes and No...(see section on membership fees.) Keep in mind that statistically speaking, if you make a commitment and you have secured your commitment with a monetary investment, knowing that you will receive something tangible when you finish – your chances of fulfilling your commitment are much higher.



## 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 blog for more inspiration:  
[movingforwardmarython.blogspot.com](http://movingforwardmarython.blogspot.com)**

## 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 days per week for 26 weeks**. If you can't exercise for 30 min straight—break it up into smaller increments throughout the day as you build your energy level and endurance.

Walking, running, weight lifting, elipitcal, yoga, Zumba, stair stepping, swimming, etc. are just a few of the **many** ways you may want to try.

## Membership Fees

### Premium Mary-thoner

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

- \$30 Fee

### Basic Mary-thoner

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

*\*Basic Mary-thoners MUST have an e-mail address and the ability to open attachments in order to participate.*

## Registration Information

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

For more information e-mail: [Mary.Balagna@gmail.com](mailto:Mary.Balagna@gmail.com)

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

STATE/ZIP: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

T-Shirt Size (Circle): S M L XL 2X 3X 4X 5X

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 \$30** and would like to register as a **Premium 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.

Please send my Downloadable Tracking Sheet, Pledge, Finisher's Certificate and motivational support and blog updates to the e-mail address listed above.

**Premium Members:** Send your \$30 check (**made out to Project Linus**) with this completed form to:

Mary Balagna  
Project Linus/Moving Forward Mary-thon  
730 Stevens Creek Blvd.  
Forsyth IL 62535

**OR**

\_\_\_\_\_ I would like to register as a **Basic Mary-thoner**.  
*I understand that this membership **only** includes a Downloadable Tracking Sheet, Pledge, Finisher's Certificate, motivational support and blog updates to my e-mail address.*

**E-mail: [Mary.Balagna@gmail.com](mailto:Mary.Balagna@gmail.com) to register.**

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