

Nā Lima Aloha

(The Hands That Love)

A Community Service Project of the Hawaii Quilt Guild

Originally called “Helping Hands,” Nā Lima Aloha was established in July 2004 as a community service to support various organizations and agencies throughout Oahu and to support relief operations in other areas as well. Through the donations of these smaller quilts, we share our aloha with displaced, needy, or critically ill children and adults. Organizations we have contributed to in the past include various senior citizen convalescent homes, the Veterans Administration Center for the Aging, hospitals, abuse shelters, and foster care facilities.

Product Sizes

Lap blankets: 34” x 42”

Baby quilts: 35-40” x 35-45”

Small quilts: 40” x 48-54”

Warming blankets: 20” x 34”

Walker bags: 26” x 18”

We recommend using 100% cotton fabric, cotton flannel, and cotton or polyester batting (for quilts). Area coordinators have generic labels available to attach to each item as it is completed.

Guidelines for Making Quilts

- ❖ Use consistent seam allowances.
- ❖ Helping Hands labels should be sewn on to the back *before* the quilt is quilted.
- ❖ Fused appliqués should be stitched down or may become loose with frequent laundering.
- ❖ Any 3-dimensional designs must be stitched down.
- ❖ Do not use any embellishment such as buttons or beads—these create choking hazards for children.
- ❖ Quilts may be hand or machine quilted.
- ❖ Do not hand tie quilts. Quilts may be machine tied with decorative stitches such as arrows, hourglasses, or diamonds. Charm tacks (small decorative shapes) may be used.

Contact Information

If you are interested in joining or contributing to Nā Lima Aloha, please contact our coordinator. If you are already a Hawaii Quilt Guild member, please see your latest newsletter for contact information specific to the area coordinators, who meet at the following days and times:

<u>Area</u>	<u>Meeting Day/Time</u>
Kapahulu/Kaimuki/Waikiki	1 st Thurs, 12 – 3 p.m.
Windwardites Kaneohe, Kailua, Waimanalo	2 nd Tues, 1 – 4 p.m.
Hawaii Kai/Kahala	3 rd Tues, 1 – 4 p.m.
Ewa Beach/Kapolei/Waipahu	3 rd Thurs, 10 a.m. – 2 p.m.

The area coordinator will be able to verify meeting location and other information as well as tell you what you need to bring to the meeting. Come join us and quilt! Meet members in your area! If you can't make the meeting in your area, try another area! It's all for the purpose of spreading a little aloha!