



*We Provide the Tools to Build Strong Futures*

## **TriCircle Memorial Quilts**

### *How You Can Pay Tribute to Loved Ones Lost*

Each year, many lives are lost to substance use disorders and the disease of addiction. To help loved ones cope with the loss, TriCircle is offering the opportunity to create a square that becomes part of our next Memorial Quilt in memory of those we have lost to the disease of addiction. The quilts will be displayed across the state—at community forums and events to help raise awareness about substance use disorders, addiction and the resources available to promote recovery. Family and friends are encouraged to create a square as a tribute to their loved one for the next Memorial Quilt.

#### **Step by Step: How to Make a Square for the Memorial Quilt**

You don't have to be an artist or sewing expert to create a moving personal tribute remembering a life lost to substance use disorder, but you do have to make a square in order to add a name to the Memorial Quilts. It's not as complicated as many people think. You can use paint or fine needlework, iron-on transfers or hand-made appliques, or even spray paint on a sheet; any remembrance is appropriate.

You may choose to create a square privately and deliver it to us or attend one of our square making events.

#### **1. Design the square**

Include the name of the person you are remembering. Feel free to include additional information such as the dates of birth and death, hometown, special talents, etc. We ask that you please limit each square to one individual (exceptions include siblings or spouses).

#### **2. Choose your materials**

Remember that the Memorial Quilts are folded and unfolded every time they are displayed. A durable medium-weight, non-stretch fabric is crucial. Since glue deteriorates with time, it is best to sew things to the square.

*The finished, hemmed square must be a **13" square with a ½" border**. This means your design will be 12"x12" with a ½" border on each side.*

#### **3. Create the square**

In constructing your square, you might want to use some of the following techniques:

- **Applique:** Sew fabric, letters and small mementos onto the background fabric. Do not rely on glue – it won't last.

- **Paint:** Brush on textile paint or color-fast dye, or use an indelible ink pen. Please don't use "puffy" paint; it's too sticky.
- **Stencils:** Trace your design onto the fabric with a pencil, lift the stencil, then use a brush to apply textile paint or indelible markers.
- **Collage:** Make sure that whatever materials you add to the square won't tear the fabric (avoid glass and sequins for this reason), and be sure to avoid very bulky objects.
- **Photos:** The best way to include photos or letters is to print them electronically onto iron-on transfers, iron them on 100% cotton fabric and sew that fabric to the square. You can do this by bringing a thumb drive with the photo you would like printed or emailing the photo to yourself. You can then access your email from the computer at the event and print out the photo.

#### **4. Fill out the *Square Maker Information Form***

This provides us with vital information about you and your square.

#### **5. Send us the square**

Once your square is completed, there are several ways to submit it to become a part of the next Memorial Quilt:

- Attend one of the square making events.
- Mail your square to:

*TriCircle*  
*169 Colony St*  
*Meriden, CT 06451*

Important: No matter how you decide to turn in a new square, please be sure to complete the *Square Maker Information Form* and include it with the square.

#### **How your square becomes part of the Memorial Quilts**

When 36 squares are collected, they are sewn together to form a large quilt these individual squares are the basic building block of each Memorial Quilt.

Questions?

Email TriCircle at [info@TriCircle.org](mailto:info@TriCircle.org)

or visit our website: [www.TriCircle.org](http://www.TriCircle.org)