



Cindy Grisdela  
Contemporary Art Quilts  
Reston, VA

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## ARTFUL IMPROV MEDALLION SUPPLY LIST

- Sewing Machine with manual – with a ¼” foot (required)
- Rotary cutter and mat – I like the 60mm rotary cutter, but bring whatever size you like best, with a new blade
- Rulers – suggest 9” square, 6” x 12” rectangle, and your favorite long ruler
- Basic quilting supplies including straight pins, seam ripper, neutral thread, scissors and/or snips for cutting threads, measuring tape
- Batting to design and transport your quilt
- Paper and/or notebook for making notes, sketches, and drawings about your quilt.
- Digital camera or phone with the ability to take pictures
- Blue painter’s tape to define your quilt size
- Optional but helpful – *Artful Improv* by Cindy Grisdela

### Fabric:

You don’t need to buy fabric especially for this class unless you want to. Some of the units can be made with scraps, like the Improv Log Cabin, and others will need at least a fat quarter. Choose a group of fabrics that you like together, remembering that it’s important to have a range of values from light to medium to dark so you will have contrast in your work.

If you want to be specific, bring fabric representing the color wheel—red, pink, orange, yellow, green, blue, turquoise, purple. Also include neutrals including black, white, brown and gray in a range of values. You can decide if you prefer more warm colors (red, orange, pink and yellow) or more cool colors (blue, green, purple), but it usually works best if you have some of both.

Part of the fun is making do with what you have. It’s fine to bring solids, prints or a combination. Scraps or fat quarters are also fine, but you will need some yardage for the Curved Stripes and for negative space—3-4 1/2 yards should be fine.