

# Sew Many Smiles!

The Painted Turtle is a year-round medical specialty camp that gives children with serious illnesses an experience that fosters personal growth, self-confidence, and possibility.

Camp is a place where they can go fishing, canoeing, horseback riding and more, all in an environment that provides outstanding medical care and support.

Thanks to generous and talented donors like you, every camper returns home with one-of-a-kind camp keepsakes: a stuffed Turtle Pillow and a quilt as a memento of their magical time at The Painted Turtle.



## Quilts for Cabin Beds (ages 7-17)

- Size: 60 inches wide x 80 inches long.
- Please feel free to be creative! We will need patchwork quilts to decorate every twin size bed in our cabins.
- Please make sure these quilts are machine washable and are not too heavy or too warm.

## No-Sew Fleece Lap Blankets for Campers (ages 7-17)

- Size: 35-40 inches wide x 45-50 inches long.
- See attached page for further specific instructions.

## Turtle Pillows for Campers (ages 7-17)

- We use a standard pattern to ensure all turtles are consistent in shape and size.
- See attached page for further specific instructions.

Please avoid using religious or holiday messages or symbols on blankets or pillows in order to create an inclusive environment for all our campers.

Due to the sensitive nature of our campers' immune systems, we ask that all items are free from pet dander and hair, chemical fumes caused by smoke or other agents, and free from dust and/or pollen.

### For more information:

[www.thepaintedturtle.org/how-you-can-help/sewing-projects](http://www.thepaintedturtle.org/how-you-can-help/sewing-projects)

*Thank you to the wonderful people who take their time to make the pillows and quilts for each child! They go with them to the hospital, a bit of Camp memories for them and a reason to get better because Camp is coming again."*

*- Mother of two children with muscular dystrophy*

**Thank you for supporting children with serious medical conditions!**

Send your finished items to:

Attn: Donna Payne, The Painted Turtle, P.O. Box 455, 17000 Elizabeth Lake Road, Lake Hughes, CA 93532  
(661) 724 - 1550 x101 // [donnapayne@thepaintedturtle.org](mailto:donnapayne@thepaintedturtle.org)



## Turtle Pillows & Quilts

Many of our campers spend very little time away from home and family. To make the transition to camp as easy as possible, each camper's bed is made up with a handmade quilt and lap blanket, as well a beautiful stuffed turtle pillow. Campers ages 7-17 take their lap blankets and turtle pillows home with them as tangible memories of their time at camp.



Turtle pillows for campers (ages 7-17):

- Turtle skins (i.e. un-stuffed turtle pillows) are cut and sewn to a pre-made pattern. This ensures that all turtles are consistent in shape and size.
- **There are opportunities to cut the patterns out of fabric, if sewing is not your skill.**
- **Stuffing pre-sewn turtle skins is also an option. Please contact us for more details.**
- For sewing patterns, Turtle Pillow Pattern instructions can be viewed online at <http://www.thepaintedturtle.org/how-you-can-help/sewing-projects/>

Quilts for beds for campers (ages 7-17):

- Size: 60" wide x 80" long.
- Please feel free to be creative! We need patchwork quilts to decorate every twin-sized bed in our cabins.
- Please make sure these quilts are machine washable and are not too heavy or warm.

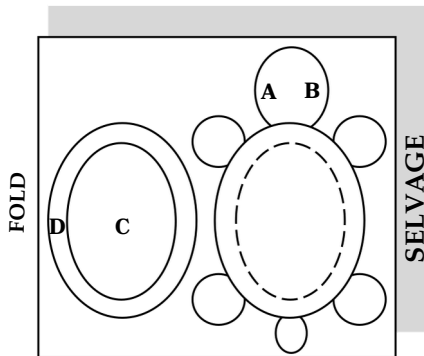
No-Sew fleece lap blankets for campers (ages 7-17):

- Size: 35-40" wide x 45-50" long.

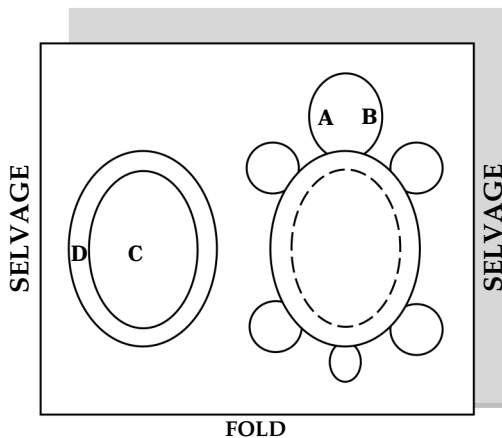


## TURTLE PILLOW INSTRUCTIONS

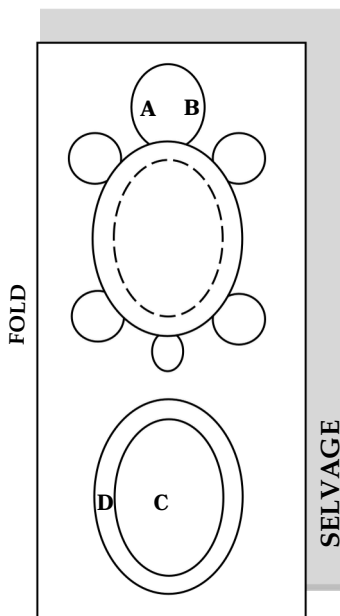
60" Fabric, Use ¾ Yds.



36" Fabric, Use 1-2/3 Yds.



45" Fabric, Use 1-1/3 Yds.



**Fabric Required:** Use soft, colorful fabric like that used for quilts.

See diagrams on left for widths and amounts

### 1. Cutting Instructions

- Cut 2 main bodies creating pieces "A" and "B".
- Cut the center out of "B".
- Cut 2 ovals creating "D" pieces. Cut the center out of one "D" piece. Use this cut out "small oval" piece for Piece "C".

Tip: After all pieces are cut out, discard the center ovals to ensure those small pieces are not used. You will be left with four pieces to sew together: a solid body piece, a body piece with a center cutout (hole), a large solid oval shell, and an oval shell piece with a center cutout (hole).

### 2. Mark dots on "B", "C" and "D".

3. With right sides together (matching dots) sew the "D" pieces together on outer edge with ¼ inch seam. Turn, press and tip stitch a ¼ inch from the seam just sewn.

4. Lay the completed piece "D" over the front of piece "B" (matching dots). Sew the three edges together around the oval opening with a basting stitch. This creates a unified piece, which is easier to work with, in the next step.

5. Lay piece "C" face down inside the unified "B/D" piece, which is also lying face down. Pull up the oval edges to match the front sides of the material, matching the dots. Pin. Ease fabric in by pulling and gathering the basting stitch. Sew a ¼ inch seam.

6. Now you have a completed top for the turtle, which can be seamed onto the underside of the turtle, piece "A", using a ¼ inch seam allowance. Leave an opening on the one side for turning and later stuffing.

### Helpful Tips:

- Please do not enlarge or reduce the pattern, so that every camper can receive the same size pillow.
- Please leave all pillows **UNSTUFFED**, there is limited storage space at Camp

*The original turtle pattern was graciously donated by:*

*Val Herford, Home Economics Teacher*

*Mesa Intermediate, Palmdale, CA*

*This revised turtle pattern for Delta Zeta was written by:*

*Alice Kallus, DZ Mom, Hallettsville, TX (lcbcak@cotv.net)*

### Mail all finished turtle pillows to:

The Painted Turtle  
P.O. Box 455  
Lake Hughes, CA 93532

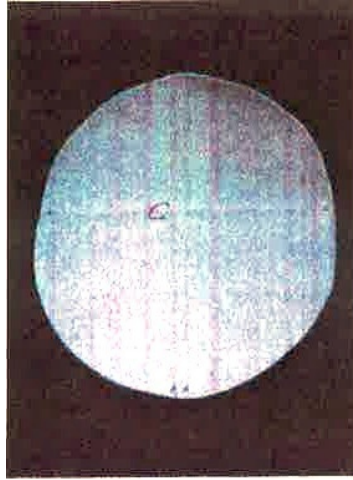
OR

The Painted Turtle  
1300 4th Street, Ste 300  
Santa Monica, CA 90401

## PATTERN PIECES



Piece A/B



Piece C



Piece D

## COMPLETED TURTLE



Underside – Piece A



Underside – Rear Portion



Underside – Front Portion



Completed Pillow



**REMINDER:** Please leave all pillows **UNSTUFFED** as there is limited storage space at camp.

# No-Sew Fleece Blankets

Sometimes it gets chilly at camp up in the mountains. Our campers and families love to grab fleece blankets to stay warm when moving from one activity to the other.

These no-sew blankets are easy to make and cozy for our campers!

## Supplies:

- 1-2/3 yds. of print outerwear fleece
- 1-2/3 yds. of a solid outerwear fleece
- Fabric scissors and ruler or tape Measure

## Instructions:

- Cut the fabric into a 56" or 58" square. Remove the selvages (fabric fray).
- Place the squares over each other, back sides together.
- Cut a 4-5" square from each corner.
- Make 1" wide, 4-5" inch long cuts all along the edges of your borders. Use a ruler or tape measure for easy measurement.
- Using an overhand knot, tie the front and back fringe together.
- Do this all the way around the blanket being careful not to stretch the fabric.
- Be creative and fun with your patterns, but keep in mind these will be used by campers ages 7-17.

