



BLOCK 5

THEY

Designed by Rita Solkin



Rita lives in Nova Scotia and has been quilting since 1996. She is a traditional quilter and also collects antique and vintage quilts.

Rita has previous design experience helping with block-of-the-month activities for guilds. She is inspired by

quilts and quilt blocks that tell a story.

“While I have a number of friends who identify as trans,” she says, “I have a lot of trouble remembering to use the correct pronouns. This block is a reminder of their love, and a visual reminder to use the appropriate pronouns.”

Participating in the *True Colours Quilt Along* is important to Rita, because it gives her an opportunity to show love and support to those close friends.

Many thanks to Rita for sharing THEY with us.

ABOVE Rita snuggled up with *Underground Railroad*, an Eleanor Burns design.



UNFINISHED BLOCK 12.5" x 12.5"

Cutting Instructions

This pattern uses 2.5" strips and one fat quarter of white fabric. Rita also used some Steam a Seam Lite for the lettering.

Blue Fabric Cut 2 – 2.5" x 5.5" strips

Cut 1 – 2.5" x 10.5"

Pink Fabric Cut 2 – 2.5" x 10.5" strips

White Fabric Cut 1 – 2.5" x 10.5" strip

Cut 4 – 2.5" squares

Cut 2 – 5.5" squares

Cut 2 – 1.5" x 10.5" strips

Cut 2 – 1.5" x 12.5" strips

The THEY block text is included on the enclosed template, but feel free to use any alphabet pattern you prefer to create the letters. You may also want to customize your block with other pronouns.

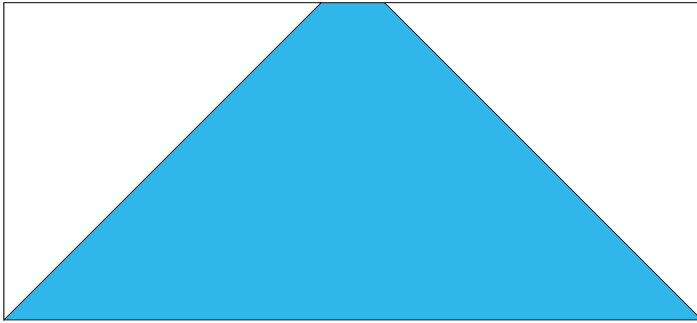
For a list of Canadian alphabet pattern designers, see the *True Colours Quilt Along* page at canadianquilter.com.

For reference to the use of pronouns, visit the Blog at canadianquilter.com.

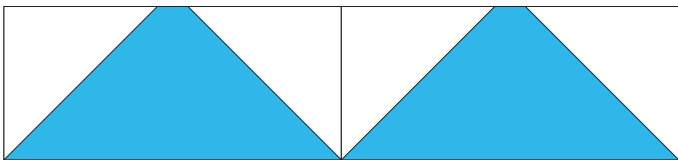
Mark all squares with a diagonal line on the wrong side.

Assembly Instructions

Place a white 2.5" square on either side of two of the 5.5" blue strips, right sides together. Mark a diagonal line on the white squares and sew. Trim seam to ¼" and press. Make two pieces.



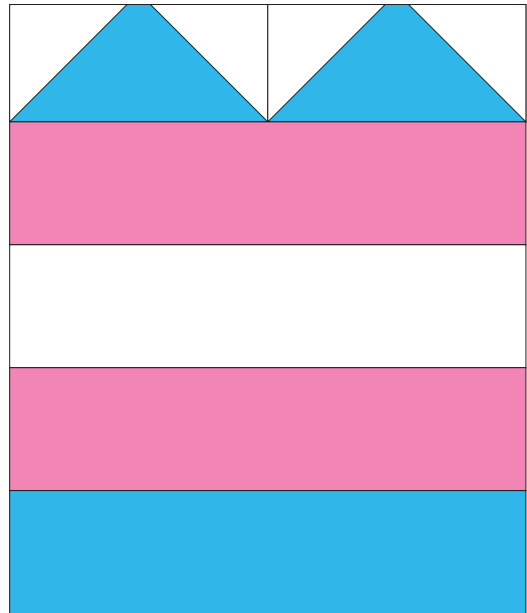
Sew the two 5.5" pieces together to create the first row and top of the heart.



Sew a pink 2.5" x 10.5" strip to a white 2.5" strip.
Sew the pink and white strip to another pink strip 2.5" x 10.5".
Sew the remaining blue 2.5" x 10.5" to the pink/white/pink unit.

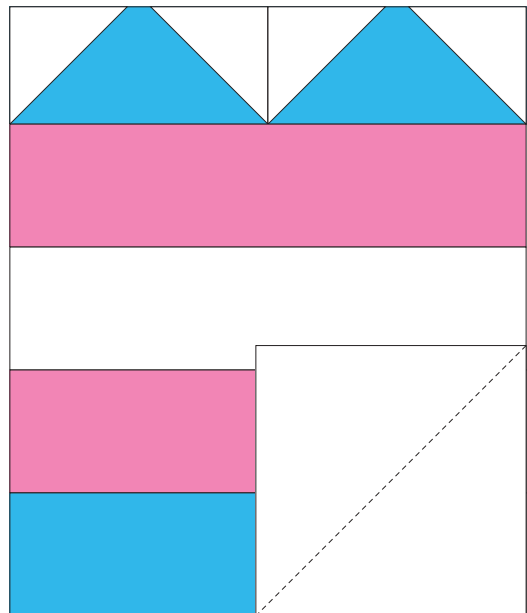


Sew the blue top of the heart strip to the top of the pink/white/pink/blue strips. Press.



Place a 5.5" white square to one side of the base of the block. Mark a diagonal line and then sew on the line. Trim seam to ¼" and press.

Repeat for the other side to complete the heart shape.



Borders

Sew a 10.5" x 2" strip to left and right sides of the block.
Sew a 12.5" x 2" strip to the top and bottom of the block.

Trim the block to a 12.5" square.

Using appliqué to add the letters, Rita chose complementary fabric and traced out the letters THEY on Steam a Seam Lite, then applied them to the centre of the white strip to appliqué in place.

THEY could also be stitched either by hand or using your machine's embroidery function.

See the template for Rita's lettering on page 4.



Share your progress in the [CQA/ACC Quilting Projects group](#) on Facebook.

JOIN CQA/ACC! canadianquilter.com



[canadianquilters](https://www.facebook.com/canadianquilters)



[canadian_quilters](https://www.instagram.com/canadian_quilters)

Got questions?

Please contact Kelly Moore, CQA/ACC Membership Director at: membership@canadianquilter.com

PLEASE NOTE This pattern is the property of Rita Solkin and/or CQA/ACC. Please do not make copies or otherwise distribute the pattern beyond the needs of the *True Colours Quilt Along 2025*.



1" square

