

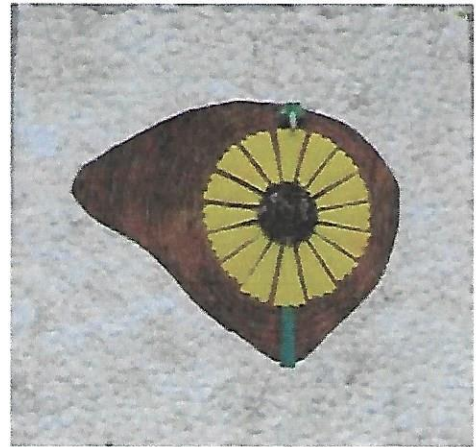


## Pattern of the Month - May 2012 "Sunflower Bear Fetish"

(12" finished)

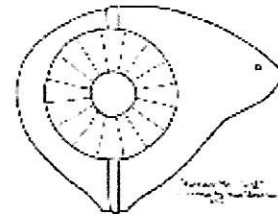
by Shari Thompson, edited by Evelyn George

Shari Thompson designed this bear fetish, inspired by Zuni art, and adorned it with a sunflower and some pretty beads. A fetish is a small rock carving that captures the spirit and essence of an animal. Bear is considered the most powerful of all the animals, representing strength and self-knowledge, and having great healing powers.



### Fabric and Supplies

12  $\frac{1}{2}$ " square of background fabric (light)  
9" square of bear fabric (brown)  
8" strip of  $\frac{3}{8}$ " wide fusible binding (green) for strap  
5" square of sunflower fabric (yellow)  
3" square of flower center fabric (brown) for embroidered yo-yo  
1  $\frac{1}{2}$ " circle of wool batting or a bit of stuffing, for yo-yo center  
Wonder Under or other lightweight paper-backed fusible adhesive  
Lightweight brown yarn; colored beads



### Technique

(Instructions are given for Shari's combination of techniques, but this pattern could be adapted to your favorite techniques. Add seam allowances if you will be turning under edges.)

Trace bear shape onto paper side of fusible; following package instructions, fuse to wrong side of bear fabric. Cut out, remove paper and position bear on background fabric. Cut a length of fusible binding or other narrow strip with fusible on the back, and position it vertically on the bear, starting at the top of his back and going down between his "feet" (this is a medicine bundle strap.) Trim to fit. When positioned as desired, fuse pieces to background.

Draw a 4" circle on the paper side of fusible, and draw lines through the center point to divide it into 16 equal "petals" (22.5 degrees each, if you are using a tool that measures angles). Fuse it to wrong side of the square of sunflower fabric. Using a wavy cutting blade, cut out the circle. Then cut apart petals with a straight blade and ruler. Remove paper and position petals on bear, separating them slightly to form a sunflower, and centering it on strap. Fuse.

For center of flower, draw a 1  $\frac{1}{2}$ " circle on square of flower center fabric. With matching lightweight yarn, embroider French knots over the whole surface within circle. Cut out circle leaving  $\frac{1}{2}$ " seam allowance around embroidered center. With thread and needle, gather circle into a yo-yo. Stuff it slightly, and hand stitch it to center of flower. Add an eye to Bear if you wish, and a few beads, a feather, etc. to top of strap, for Bear's medicine bundle (this may be done more easily after it is quilted).

(Shari quilted hers with radiating lines inside the petals, and used echo quilting around the flower, inside the bear. The background is stipple quilted.) The quilted block could be bound as a wall hanging, or an unfinished one could be used in a quilt with other Southwest designs.