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MY GIRLFRIENDS QUILT SEWS TOGETHER THE POWER OF FRIENDSHIP AND RECOVERY WITH SONG AND CONVERSATION

In the late 1990s, Valerie DeLaCruz read a magazine article that likened friendship to a quilt; that the many and varied pieces of fabric are like the different personalities of our friends. Valerie was inspired to write a song titled "My Girlfriends Quilt" that became the basis for a musical album that celebrates the gift of friendship. *My Girlfriend's Quilt: A Celebration of Friendship and Recovery with Valerie DeLaCruz* is a tribute to these friendships and cherished bonds that can form between women: as friends, as mothers and daughters, as sisters, as cancer survivors, and those women in their lives who have made a difference. The hour-long music special airs on public television stations nationwide beginning in April (check local listings).

Heartfelt songs of friendship are interspersed with conversations among women who understand the value of deep, abiding and supportive friendships. Included in this intimate gathering are women from the not-for-profit activity-based cancer support organization, *Pen and Palette* who created a quilt, entitled *Women Healing Into Wholeness*.

Original songs performed by Valerie in the production include: *My Girlfriends Quilt*, *Clean Out Your Heart*, *Sister (I'd Choose You For My Friend)*, *Better Than Ever*, *Only a Woman Knows My Mom Says I Can* and *Baby, You Changed My Life*. Accompanying Valerie in her performances are Mark Oliverius on piano, Todd Hanhurst on drums and Marcus Larabee on bass.

My Girlfriends Quilt is distributed to public television stations nationwide by American Public Television. For 42 years, American Public Television (APT) has been a prime source of programming for the nation's public television stations. APT distributes more than 10,000 hours of programming, including *Discovering the Real World of Harry Potter*, *Globe Trekker*, *Muhammad Ali: Through the Eyes of the World*, *Nightly Business Report*, *Rick Steves' Europe*, *Julia and Jacques Cooking at Home*, *Ballykissangel*, *Brian Jacques' Redwall* and *Sinatra: The Classic Duets*. APT is known for identifying innovative programs and developing creative distribution techniques for producers. In more than four decades, it has established a tradition of providing public television stations nationwide with program choices that enable them to strengthen and customize their schedules. For more information about APT's programs and services, log on to APTonline.org

My Girlfriends Quilt is a production of WMHT Schenectady. The program is produced and directed by Joanne Durfee (Schenectady) with musical performances directed by Dave Povero (Saratoga Springs). Marianne Potter (Schenectady) is executive producer. It is underwritten by the Leo Cox Beach Philanthropic Foundation. WMHT Educational Telecommunications' non-commercial public broadcasting services include WMHT-TV, WMHT-FM 89.1/88.7 and RISE, a radio reading service for the visually impaired and print-disabled, as well as community outreach and family learning initiatives. More information is available at WMHT Online: www.wmht.org