

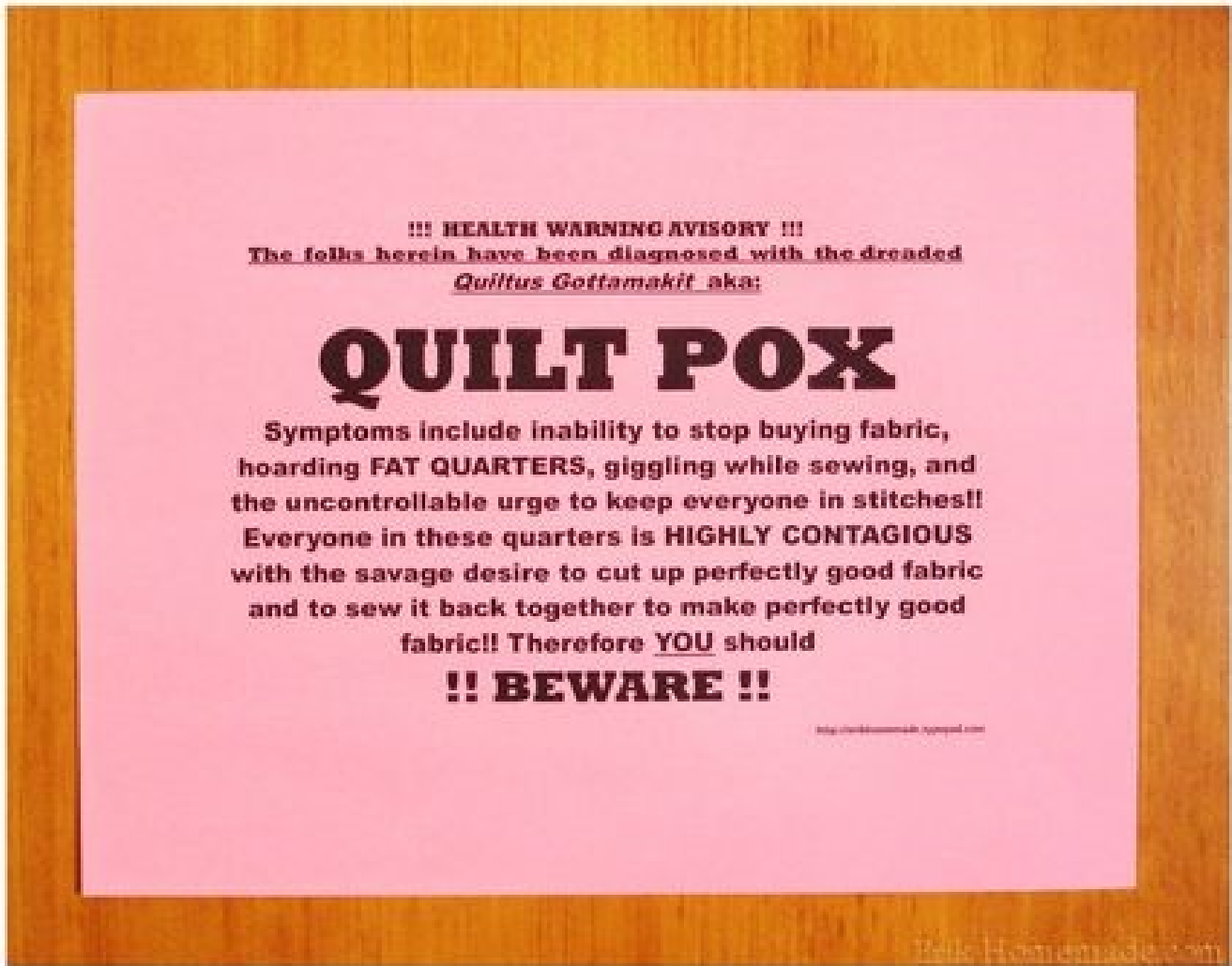


Only a quilter...

*Only a quilter would rush to finish a gift quilt—not so it is in time for the recipient’s birthday but so it is done for Show and Tell*

Quiltkingston.org/khq/

February 2020



<u>Inside</u>			
President’s Message	2	In the Community	12
Quilting Events	3	Special Exhibit	13
At the Meetings	4-5	Making a Prize-winning Quilt	14
Show and Tell	6-9	Members’ Challenge	15
Touch Quilts	10	My Sewing Room	16
Red Cross Quilts	11	Baby Quilts	17
		Sponsors and Events	18



# Kingston Heirloom Quilters

## President's Message

Well it looks like winter is not letting us go quite yet, as I'm writing this there's lots of snow coming down. It gives us all some extra time to sew or embroider or knit!

I've been babysitting a bit more lately because of the strikes. I hope the teachers get what they want and need soon so things will go back to normal.

I've been working on some WIPS lately (Work In Progress). Or some of you might call them UFOs (Unfinished Objects). There are also some WWIT projects that should be taken care of (What Was I Thinking)! I'm considering 2020 as the year I clear out some of the above mentioned projects.

Some of you may not have any UFOs, you just work on one thing start to finish. You are a rare bird if that's you and good for you! I, however, have too many to list. And I signed up for a workshop with Limestone next month, thankfully it's a table runner size so I might get it done in a timely manner. I'll work on some things at the retreat in March with Beth Abbot and her sister; I've booked two days.

We have some good things planned for the rest of the year and I hope lots of you participate. The workshops all involve things for the boutique for the show in June 2021. Which leads into my next requests. There will lots of jobs to do before the show



Simone has made this quilt for the last of her nephews who will receive one. Now she is moving onto the next generation!

as well as during and many hands help to accomplish this. Please start considering what committees you will help on. We have representatives for both the Limestone and Heirloom groups on each committee. There will be more info about the show over the next few months. But if you're eager, see me or Kathy, as we are co-chairs this time. We each belong to both groups so that works well.

Think Spring everyone!

*Simone*



# Kingston Heirloom Quilters

## Quilting Events

### Upcoming KHQ Meetings

March 3 Workday  
March 19 Workshop  
April 7 Workday

April 23 Workshop- Paper Piecing  
May 5 Workday—Strip quilt demo  
May 21 Workshop—Yoga (or other) bag  
June 2 Potluck and AGM  
June 18 Cleanup

### Quilt Shows and Events

**Mar 27/28 Etobicoke Quilters Guild – Quilt Fever 2020 - A Quilting Journey** Neilson Park Creative Centre. Quilt EQG's biennial and professionally judged show and sale with quilts and quilt art in multiple galleries. Daily draws and prizes with pick-to-win, as well as a Members' Boutique, Bistro and Merchant Mall.

**April 23/24/25 Piecemakers 2020 Quilt Show at Pyramid Recreation Centre** Huron Perth Quilters' Guild and The Stonetown Quilters' Guild at The Pyramid Centre, 317 James St South, St. Marys. New Quilts – Lunch – Door Prizes – Merchant's Mall – Demonstrations – Boutique – Daily Bed Turning Lecture.

**May 1/2 Quilts from the Valley at Forest Brook Community Church** Raffle of three beautiful quilts and quilt ladder, a members' challenge display, merchants' mall, guild boutique, silent auction, tea room with baked goods, door prizes and much more.

**May 8/9 Mississauga Quilts! At Burnhamthorpe Community Centre & Arena** The Mississauga Quilters Guild. Featuring Cafe, Guild Boutique, Market Square, Mini Quilts auction and the Northcott Challenge, demonstrations stage, and Quilt Raffle.

**May 8/9 Chatham Kent Quilters Guild "Stitches In Bloom" Quilt Show at St. Paul's Congregational**

**Church** Fabulous Quilts, Marianne's Market, Tea Room, Quilt Raffle, Vendors.

**June 6 Westmount Congregation, and the Westmount Quilting Group, at Westmount Congregation, 23 Westmount Dr. S., Orillia.** Free admission and parking.

**May 29/30/31 Visions of Quilts in Niagara Meridian Community Centre, 100 Meridian Way** Fonthill, Niagara Heritage Quilters' Guild. Appraisals on Saturday, Members boutique, Quilt raffle proceeds to the Kristen French Advocacy Centre, Vendors Mall and Workshops, including Long - Arm Classes sponsored by Kindred Spirits Quilt Co and Jane's in Stitches.

**July 10/11/12 Quilts On The TAY by Lanark County Quilt Guild Smiths Falls Memorial Community Centre** 71 Cornelia St W, Smiths Falls. Quilt Show you will not want to miss! Traditional, Art, Modern Quilts as well as a Merchant Mall, Door Prizes and Quilters Cafe.

**July 11/12 A Stitch In Time 2020 by the Prince Edward County Quilters' Guild Wellington and District Community Centre, Lehigh Arena, Wellington.** Prince Edward County Quilter's Guild. An arena full of quilts; Merchants' Mall; Guest Artists; Demonstrations; Vintage Sewing Machine display.





# Kingston Heirloom Quilters

## At the Meetings

As a great start to the New Year our January meeting treats featured some of the special items our members had shared with family over the holidays. The charcuterie board was quite a change from our usual fare, and much enjoyed.



At the Holiday potluck Lorna brought a Cranberry Loaf many liked. They asked for the recipe and here it is.

### Cranberry Loaf

2 c all purpose flour	$\frac{3}{4}$ c orange juice
$\frac{3}{4}$ c sugar	1tbsp grated orange rind
2 tsp. baking powder	2 egg yolks well beaten
$\frac{1}{2}$ tsp. baking soda	1c coarsely chopped fresh cranberries
1 tsp salt cherries	$\frac{1}{2}$ c chopped glacé green
$\frac{1}{4}$ c shortening	

Stir flour, sugar, baking powder, baking soda and salt together

Cut in shortening until mixture resembles course

cornmeal

Combine orange juice and rind with eggs

Pour all at once into dry ingredients, mixing just enough to moisten

Dust cranberries and cherries with 1 tbsp. of flour and carefully fold into batter

Spoon into a well greased 9x5x3 loaf pan (I line it with parchment paper)

Bake in a 350 degree oven for about one hour or until a toothpick inserted in centre comes out clean

Cool in pan for 10 min and unmold. Store overnight for easy slicing.

We like it plain or, sometimes, with butter.

I find it bakes in 45 min in a convection oven

*From Lorna Grice*



# Kingston Heirloom Quilters

## At the Meetings



Donna found a miniature golf practice game in her Christmas cracker—and knew just who to give it to!



## Building the Boutique!

We have a lot of important events coming up where people will be looking for the special items only our talented members can make.

We want to start building our stash of scraps or chunks of fabric we could use to make items for the fall fair later this year, and for the spring 2021 quilt show.

Animal prints - cows, pigs, chickens, roosters, horses, sheep etc. Farm life - barns etc. Food prints - any kind. Pet prints - cats, dogs, etc

Eileen Potts is collecting things for us so, when you are reorganizing your sewing room, cleaning out your fabric supply or finishing something up, bring in those scraps to get things started.

If you have any ideas for projects bring them in and we can discuss setting up some small workshops to get everyone started.



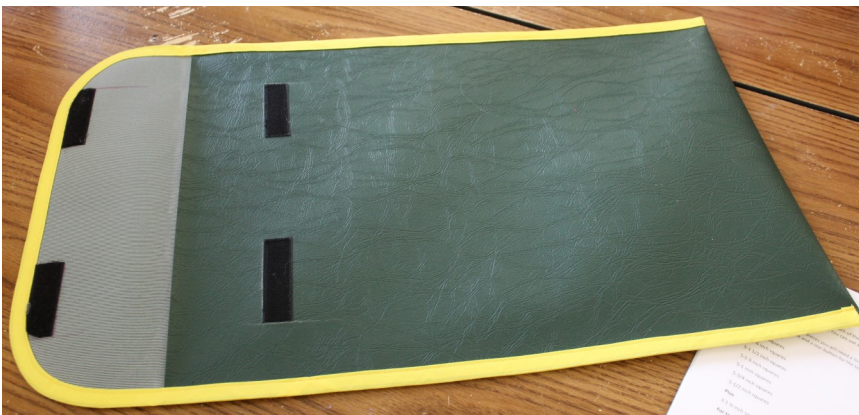
# Kingston Heirloom Quilters

## Show and Tell

Eileen is starting to fill up the boxes for the 2021 Quilt Show Boutique. She is making placemats and has other projects on the go for everyone to be involved in.

A number of workshops are scheduled for the coming months to make special Quilt Show, and Fall Fair, boutique items.

Make something for yourself, and something for the boutique.



Jose has designed these Grocery Bag Organizers to corral those reusable bags that roam around the back seat of your car. She says her children make fun of her for trying to organize them—when they say she is not organized herself!



# Kingston Heirloom Quilters

## Show and Tell



Lynda has taken the many beautiful blocks of children's fabrics and made them into some special soft quilts for children undergoing chemotherapy treatment in hospital





# Kingston Heirloom Quilters

## Show and Tell



Phyllis brought in her latest quilt top for some suggestions from other members about how to quilt it

Anne brought in a suggestion for a project to help others. A friend of her daughter's has a young child who wears a hearing aid. To keep him from pulling it out, his grandmother has designed a little hat and made them for him in many patterns and different weights for winter and summer.

Anne also showed off a scarf she recently completed.







# Kingston Heirloom Quilters

## Show and Tell

Karen Quattrocchi refreshed her knowledge of Sashing Techniques when she created a table runner using three handwoven blocks. Quilters use this technique when doing “quilt- as- you- go” projects. The blocks were woven by June Hanson, a member of the Kingston Handloom Weavers and Spinners. Recently June held a sale of her weaving equipment and accumulated materials. The overshot pattern dates back to the 1800’s and was called “Blooming Leaf of Mexico” or “Double Bow Knot”. The blocks are a combination of a cotton warp and a wool weft (pattern), commonly used in handwoven coverlets. Karen has been learning to weave and thought this was a great way to combine quilting and weaving (quilting was added in the strips at the ends and between the blocks).





# Kingston Heirloom Quilters

## Touch Quilts

Jose has made a very personal touch quilt for a friend's mother. The anniversary photo in the middle will help her remember the quilt belongs to her



Sally showed off the latest touch quilt made for donation to the Waterford. Three quilts were donated just before Christmas and, as well as making them for residents of the dementia unit, the residence would like some extras for special trips and events where residents might find them comforting. The Waterford is hoping a volunteer will come forward to work with the ladies in the unit to plan some of the quilts together. It is also looking for someone to spend some time with residents doing knitting projects.



# Kingston Heirloom Quilters

## Red Cross Quilts



Joanna's husband found this Red Cross Quilt in the UK and bought it for her on EBAY for Christmas. The label indicates it was made in Kitchener to send overseas. Additional research reveals the fabric is likely remainder shirting fabric from Arrow or Forsyth shirt factories in Kitchener, which regularly made surplus fabric available to the public.



# Kingston Heirloom Quilters

## In the Community



The Kingston Lakeshore West Lions raffled off December Rose after it was donated by Kingston Heirloom Quilters. The Lions raised more than \$3,000 which it donated to Thinkfirst Kingston. Successful ticketholder was Bert Porbert.

ThinkFirst Kingston promotes researched, evidence-based and expert-advised resources and tools that can help to prevent serious harm or death from preventable injuries. This is done through educational events, helmet fitting clinics, and free helmet giveaways to any child/youth that otherwise would go without. *From the ThinkFirst website.*

### Support from friends

Do you know someone who can't get out to meetings, has lost a loved one or is in, or just out of, hospital?

Please let Sally know and she will drop them a supportive note letting them know we are thinking of them.

### I Spy!

We are collecting blocks for 'I Spy' quilts for small children taking chemo treatment. Lynda was quite touched by their bravery and suggested soft little quilts to take into treatment and to cuddle. The quilts are 36' by 36' with a pieced cotton front and a flannel or polar fleece back. (See P.7 for Lynda's first quilts)



# Kingston Heirloom Quilters

Special Exhibit

A number of members of KHQ have items on display as part of the Cataraqui Guild of Needle Arts show in Gananoque, which is on until April 15. This is an opportunity to see their work, and that of others, in this beautiful waterfront setting.



*The Cataraqui Guild of Needle Arts*

*presents*

## ***“Old Traditions and New Innovations”***

*An exhibition of embroidery, quilts,  
weaving and bobbin lace*

February 1 - April 15, 2020  
Tuesday - Saturday, 10 a.m. - 3 p.m.

1000 Islands History Museum  
125 Water St., Gananoque

Admission by Donation

[1000islandsheritagemuseum.com](http://1000islandsheritagemuseum.com)  
[quiltskingston.org/cgna](http://quiltskingston.org/cgna)



### ***Special Presentations***

***Feb. 28: Learn about Silk, The Luxury Fibre***

***March 6: Antique Samplers***

***March 27: Introduction to Bobbin Lace***

***All presentations start at 1:30 p.m.***



# Kingston Heirloom Quilters

## Making a prize-winning quilt

Quilt judge Thea Young was the guest speaker at the Limestone Quilt Guild Christmas dinner in December. Thea is from the area and good thing, because the weather that day was wicked.

Thea did an informal survey of fellow judges to inform her presentation and stressed judges are looking for originality and creativity. She used the quilts hung at the meeting for show and tell to illustrate positive aspects of quilt design and finishing.

Thea had a handout for those interested in producing prize winning quilts and Katherine Breau, president of LQG, and also a member of Kingston Heirloom Quilters, suggested we share it with KHQ members. Thanks Kathy!

### What to look for in a winning quilt

**Overall Appearance:** Front and Back. Should be clean, free from stains and with no musty or smoky odor or pet hair. Thea told us quilts that smell of smoke are immediately set aside and not judged.

**Emotional Appeal:** Does the quilt produce a positive response from the viewer?

**Effective use of color:** Is there a visual appeal? Is there an original use of color and design?

**Appropriate use of prints:** Quilts should have a mix of large, medium and small prints, being careful not to overpower some prints with others.

**Binding should be tight, narrow and firm**—sewn on the front by machine and on the back by small hand stitches.

**Hand quilting:** Even stitches, making sure there is sufficient quilting over the entire surface of the quilt. Don't leave large, unquilted areas.

**Machine quilting:** Don't overdo it! Too much machine quilting obscures a pieced design and can cause the quilt to waffle. Make sure ends of thread are buried.

**No pencil markings and, ideally, unwashed and unused.**

**Construction:** How well is it put together? Are seams straight? Tension of machine correct? Do points come together? Are all pieced blocks lying flat? Do corners form a 90-degree angle?

**Balance:** Do the design of the quilt and the



quilting design harmonize, or does one overpower the other? Is the quilting proportional to the size of the block?

**Category:** Is the quilt entered in the correct class for judging? Does it belong in another class?

**So remember: Cleanliness**

Composition—blocks, border, colors  
Expertise in putting the quilt together—amount of work  
Alignment—straight lines, sharp points, even scallops  
Finishing-binding and suitable design of quilting

In response to questions Thea also said that, although judges try not to let personal opinion influence their decisions, there is no question that it happens. She said aspects liked, or accepted, by some judges may get a different response from another judge.



# Kingston Heirloom Quilters

## Challenges



### Members challenge

Nine blocks have been submitted for the 2019 block challenge, Autumn Splendor, proposed by Anjali. Eleanor won the draw for 2020/2021 challenge. Can't wait to see the next challenge, and the finished quilt!

## Challenge 2020

At the second January meeting many members took part in the draw for the 2020 challenge. Each submitted a color and a theme and then drew from the suggestions in each category.

This year, led by Donna and Anjali, members are challenged to make 'something' with:

- their picked theme
- their picked color (black/white/grey and complementary color can be added if desired)
- The twist: must contain a repurposed item of some kind (for example fabric—not old fabric but repurposed fabric that was once a shirt, or a skirt or jewelry—or whatever!)

Members are encouraged to come up with innovative 'things' to make—a bag, a pot holder, a finger bowl, Christmas stocking, doll or spirit doll—whatever they wish. If you decide to make a quilted wall hanging keep the perimeter to no more than 100".

Items are due at the second meeting in September where they will be displayed and voted on.



Hand printed labels will be used to replace the small printed labels which have been sewn on to the Touch Quilts and the Baby Quilts. These new labels are done using a Pigma Pen and will be much easier to sew on than the tiny, slippery, printed labels we have been using.

*Information from Donna Hamilton*



# Kingston Heirloom Quilters

## My Sewing Room



This is the new sewing table my husband made me because of my shoulder problems. The table top is made of an old dining-room table with two leaves still in. We got it at the ReStore. The sewing machine lift is from Lee Valley. He built a new, strong base so the table does not move when my embroidery machine is running. The extra space at the right means I can use the computer for things like doing the newsletter, but also that it is close at hand when I am using the embroidery software—that the sewing machine accesses (usually) from the Cloud. There is plenty of room on the left, and at the back,

to support a heavy quilt. I have moved things around in the sewing room so I have to get up more often to do things like cut and iron. Again this is to help with my shoulder problems, but also to try to lessen the back and other muscle tightening we all know so well. The changes have made quite a difference for me—and all for less than \$400 (most of that for the lift). It had to be built in place, so I have to use it forever. The view is into the wooded area in our backyard. He did lots of planning for this project and I think he did a great job.

*Submitted by: Wendy Nicol*

Have you made some changes in your sewing room to be better organized, to address ergonomic problems, or to give yourself a little more exercise? How about adding a comfy chair for hand sewing, a better light or a repurposed kitchen island for a cutting table? Share with your fellow quilters by sending a photo, and background, to newsletter editor Wendy Nicol. We can all learn from your experience!







# Kingston Heirloom Quilters

## Baby Quilts



### Pretty quilts all in a row

You have all heard the saying ...."It takes a village" to do something. Well, the creation of the baby quilts for the babies at Kingston General Hospital is a perfect example!

Consider the three baby quilts in the photos. The fabric for the pink and yellow quilts was donated by Pat Hughes and for the green quilt by Kathy Breau. Cutting and piecing the squares was done by Pat Hughes , Peggy McAskill and Lou Anne Meloche. The team at our meetings (Peggy McAskill, Joan Legros, Shirley Brownridge, Pat Hughes, Lou Anne Meloche, Joan Bales, Bernice Day, Anne Claudio, Janet Grant) choose a suitable backing, press the backing and all seams, and baste the tops to the backings through the batting, donated by Shirley Brownridge, which is often pieced together by Peggy McAskill.

These three quilts were machine quilted by Mary Anne Kingston. Binding and sewing on of KHQ tags was done by Karen Quattrocchi. Our KHQ contact with the hospital is Joan Bales. What a wonderful village !

This process repeats itself almost 75 times each year. This number does not include the knitted coverlets made by Bernice Day for the premie babies.

*Information submitted by: Karen Quattrocchi*

*Photos by: Peggy McAskill*



# Kingston Heirloom Quilters

## Sponsors and Messages

*Taylor Sewing*  
QUILT SHOP

7712 Kent Blvd  
Brockville  
613-342-3153  
www.taylorsewing.com

**JANOME** **PFAFF** **AURIL**

Quilting Fabrics ~ Notions ~ Batting  
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*Quilters*  
INSPIRING CREATIVITY ~ MAKING MEMORIES  
INSPIRER LA CRÉATIVITÉ ~ CRÉER DES SOUVENIRS  
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RUSSELL, ON, K4R 1C7

613-496-2276  
QUILTERSBARNANDGIFTS@GMAIL.COM  
f /QUILTERSBARNANDGIFTS

Monday Closed  
Tuesday/Wednesday  
9:30 - 4:30  
Thursday  
9:30 - 8:00  
Friday  
9:30 - 4:30  
Saturday  
9:00 - 4:00  
Sunday Closed



## *Paisleys Quilt Shop* *Fabrics and Gifts*

*Madonna Oliver*

613-203-9011

*Info@PaisleysQuiltShop.com*

*PaisleysQuiltShop.com*



*Canadian Quilters' Association*

### ***DID YOU KNOW?***

- CQA members can register for workshops and lectures at Quilt Canada 2020 mid January and receive a 10% discount in the first two weeks.
- Long Arm Quilting workshops have been added for Quilt Canada 2020
- Make a mini make a friend event registration opens in January

Full details can be found at [www.canadianquilter.com](http://www.canadianquilter.com)  
Or contact your local area CQA representative



# Kingston Heirloom Quilters

## 2019/2020 Executive

**President :** Simone Lynch

**Co-Past Presidents:**  
Donna Hamilton, Anjali Shyam

**Vice President:** Marg Henshaw

**Corresponding Secretary:** Sally Hutson

**Recording Secretary:** Lynda Redmond

**Treasurer:** Mary Ann Kingston

**Social Convenors:** Jeannine Sullivan, Francine Leblanc, Karen Quattrocchi

**Membership/Phone Convenor:**  
Kathryn Breau

**Publicity:** Peggy McAskill

**Program:** Executive

**Newsletter Editor:** Wendy Nicol

**Historian:** Karen Quattrocchi

**Librarian:** Ros Hanes

**Baby Quilts:** Joan Bales, Peggy McAskill

**Touch Quilts:** Sally Hutson

**Life Members:** Diane Berry, Bea Walroth, Donna Hamilton, Margaret Henshaw, Ros Hanes

Meetings usually held the first Tuesday and the third Thursday of each month from September to June at St. John's Anglican Church Hall in Portsmouth.

[quiltskingston.org/khq/](http://quiltskingston.org/khq/)

KHQ *usually* meets twice monthly, from September through June on the first Tuesday and the third Thursday of the month. Meetings are from 9:30am to 3pm at St. John's Anglican Church Hall on Church Street in Portsmouth Village, Kingston.

Members bring a lunch and spend the day with fellow quilters.

Activities center on group projects, workshops, demonstrations and guest speakers.

Meeting days without a formal program are spent on a variety of group projects.

Membership is open to both experienced and learning quilters who support our goals of developing and preserving the skills of heirloom quilting. We welcome visitors to our meetings.

Please join us for the love of quilting.

Drop in or contact us at khq at [quiltskingston.org](http://quiltskingston.org). We love to meet new and experienced quilt enthusiasts.

