



Special Isewlation Edition

Quiltskingston.org/khq/

Spring 2021

Sally says this beautiful quilt top is 'In progress'. This is a large-triangle square-pieced quilt top. All pieces are from her stash of batiks and other fabrics, including the white centres. It's been an easy quilt to work on during Covid, and through her grieving, she said. Being able to work in just snippets of time was also helpful. Her plan is to buy fabric for a slim, plain, first border and then use another batik border from her stash. For more Show and Share see P. 9



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Kingston Heirloom Quilters

Presidents' Message

It is a scary world out there but, in our sewing rooms, we can forget our worries and work away on our projects. It is good to see how people have taken up crafts of all kinds to get through these strange times. And hopefully, like us, they'll get addicted too.

We have heard from many of you that you enjoyed Ros' February talk on making her nice warm mittens. Hope you had a chance to make a pair or two. Although we've had an early spring, winter fought back and gave us a day with 5 to 10cm of snow, depending on where you lived, perfect to use those warm mittens.

Anjali's daffodils loved the early spring and did bounce back despite the cooler weather. Donna's early tulips survived, but didn't appreciate that white stuff!

In March we travelled virtually to Lincoln, NE., to visit the International Quilt Museum. We didn't have to self-isolate, thanks to Zoom. Then we travelled through time and took a trip down memory lane to the 2001 Quilts Kingston Show at the Olympic Harbour. How we've changed in 20 years! And yet, the quilts are timeless. All gorgeous!

On April 22 we were fortunate to have Beth Abbot give a talk on Improv Quilts. And maybe, like Donna, you've ordered a few books from the list (see P. 7) Beth shared with us. It was liberating to see how simple blocks with mismatched seams, bold prints and choice of fabrics, turn into artistic pieces. I'm sure, soon, we'll get to see quilts inspired by these techniques (especially from Donna)

We hope you've taken advantage of the recordings we have made of all these talks. They are still available if you missed one. The links have been sent to you in emails. If you've lost a link, let Donna know, or see P.3.

Congratulations to Joanna, who wrote the article "And the Women Sewed on" for the Spring 2021 issue of the *Canadian Quilter*. She wrote that she felt a sense of history haunting her face-mask making as she thought about the hundreds of thousands of quilts (350,000+) made by Canadian women during WWII. Be sure to watch for her article.

In May, Katherine Rhomba will be telling us about African Mud Cloth. We hope you can make the May 4 meeting. Watch for the Zoom link in your email on May 2 or May 3.

If you have something to show us at a meeting, you have a choice. You can send Donna a picture ahead of time, or show the item during our meeting. If you send a picture, it will be shown during the



meeting and you will be called to talk about it. You can share any item you'd like.

Anjali and Donna continue to look for speakers to bring to you. If you know anyone you would like to hear, please let us know. We encourage you to share favourite books and patterns at meetings. We hope you have lots of UFOs completed. If you'd like to share a new technique, or project you're working on, let us know. We'd love to hear from you.

A good number of us have received our first vaccine. Please continue to stay safe and healthy. Let's hope the third wave is our last wave. Stitch on!

Donna Hamilton & Anjali Shyam





Kingston Heirloom Quilters

Challenge Blocks



Quilts Kingston 2022

Covid-19 Quilt Challenge

For

Kingston Heirloom Group Members & Limestone Quilters' Guild Members

Theme: Surviving COVID-19

Kingston Heirloom Group Members must use: Yellow fabric to represent hope

Limestone Quilters' Guild Members must use: Blue fabric to represent calm

Both Groups must use: Orange fabric to represent Health and Vitality and **Green** fabric to represent new beginnings

Use two or three additional colours in lesser amounts; Black and white may also be used, as they are not counted as colours

Finished piece must be 96 inches perimeter, in any shape

Due Date: **Wednesday, September 15th, 2021**



Kingston Heirloom Quilters

Challenge Blocks

The KHQ Scrappy Quilt

In the fall, we decided to make a scrap quilt with different sizes of blocks. Nineteen of us responded, each making at least one block. Here is a picture of some of the blocks laid out together. Jeannine and Joyce each have more.

I've been doing some math. I think we should make a Queen-sized quilt – that is 88"x104" or 80"x100". Since standard Queen batts are 90"x108", and a possible backing is 108"x110", I think we should go for the 88"x104" which includes an 8" border. We could make the quilt a little bigger by increasing the size of the border. If we go with that size, we will need to make

7 more 12 ½" blocks,
4 more 8 ½" blocks, and
28 more 4 ½" blocks.

I think we can do this. If you want to make a particular size, let me know how many and what size. Remember, the colours are fall, background colours are off-white and all sizes of blocks are with the ¼" seam. Make one of your favourite blocks. As you can see in the picture, we have everything: pieced, applique, and even some embroidered squares.

I'm getting excited about this. And I hope seeing the picture gets you excited too. I'm not sure how we will decide on the final layout using Zoom, but I am working on it. Where there's a will, there's a way. If you come up with any ideas, please share.

Let's go quilt!

Donna Hamilton





Kingston Heirloom Quilters

Wordsearch from Simone

Quilter's Wordsearch



by Wendy Borchert

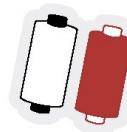
Q	A	M	N	D	S	L	L	A	W	N	G	I	S	E	D	B	G	Y	I	N
P	P	K	L	M	N	O	O	K	L	P	C	R	Y	P	X	C	W	S	P	H
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R	L	P	I	K	B	B	I	N	D	T	G	N	O	T	I	O	N	S	K	I
P	I	B	V	O	B	C	A	R	R	L	O	N	G	A	R	M	F	L	A	T
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B	U	D	I	N	B	T	U	R	O	P	E	U	D	S	T	I	T	C	H	E
M	E	Y	O	U	A	Q	U	I	L	T	I	N	G	B	A	D	O	G	S	R
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K	N	E	V	C	G	O	E	D	X	S	M	I	L	K	T	S	O	A	P	M
S	E	E	M	J	E	L	L	Y	R	O	L	L	S	A	T	M	Y	A	R	A
C	O	D	Y	O	U	B	R	A	I	R	S	A	V	E	E	A	R	P	I	E
C	O	L	O	R	Y	O	U	R	A	S	L	A	Y	E	R	C	A	K	E	S
A	L	E	B	R	E	A	D	D	M	U	F	F	I	N	S	T	E	X	I	T

This is a word search puzzle designed just for quilters! Words go right, left, up, down, and diagonally, but cannot bend at right angles.

Find all the words from the word list (ignore spaces).



- Piecing
- Batting
- Sewing machine
- Stitch
- Fat quarters
- Jelly rolls
- Layer cakes
- Color
- Needle
- Border
- Rotary cutter
- Mat
- Quilting
- Thread
- Bobbins
- Scissors
- Ruler
- Yard
- Charm
- Guild
- Binding
- Design wall
- Pins
- Longarm
- Iron
- Seams
- Scraps
- Trim
- Applique
- Notions
- Knot
- Tape
- Squares



Reader has permission to duplicate this puzzle for non-profit purposes. Visit McCallsQuilting.com to download a printable version. Click on Bonuses.



Kingston Heirloom Quilters

Improv Inspiration

Were you inspired by Beth Abbott's presentation on improv quilts? She suggests the following books to help with your exploration.

Anything by **Gwen Marston** – her retrospective book called *A Common Thread* is delightful – no instructions – just delightful photos of her work.

Diane Hire has three books at least – *Oxymorons* – *Absurdly Logical Quilts*, *Quilters Playtime – Games with Fabrics*, *Vivacious Curvy Quilts* - Beth has the last two of these and says they are both wonderful.

Rayna Gillman— *Create Your Own Free Form Quilts*, *Create Your Own Improv Quilts*, *Create Your Own Handprinted Fabrics*. Beth has the first two and they are great. She expects the last one is too.

Katie Pasquini Masopust —*Artful Log Cabins – from inspiration to art quilt*. Beth says this is great if you like beginning with a shape you know. Katie has a number of books on design and colour which are very good – a bit older but certainly still very modern.

Cindy Grisdela —*Artful Improv* – She is good for colour, shapes and patterns and develops exercises to practice with these aspects of designing. She has other books as well.

Almost anything by **Jean Wells** – Beth's favourites are *Intuitive Colour* and *Design Journey to Inspired Art Quilting*. She says both of these are wonderful, probably her favourites of all. She loves the exercises Jean has and says her interpretation of a photograph is amazing.

Sherrilynn Wood —*The Improv Handbook for Modern Quilters* Beth loves the experiments and exercises and there are very detailed instructions for a step-by-step process which, even if you don't follow it com-

pletely, will give you an idea of the process and how it works.

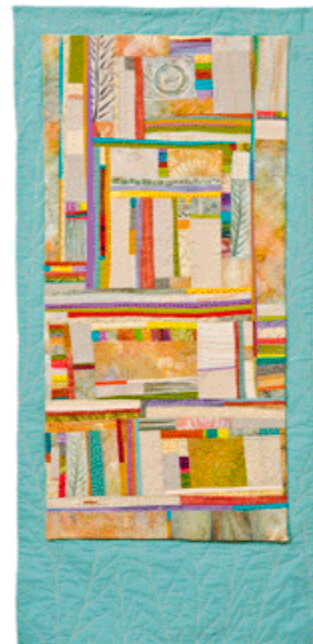
There are many others – Beth has a huge library – but these would be her favourites.

A few other names would be
Carol Bryer Fallert
Melody Johnson
Victoria Findlay Wolfe

Beth says Carol Fallert and Victoria Wolfe both have books, but she does not think she has seen one by Melody Johnson .

Beth says there are many other fibre artists doing this type of work – everyone learns from each other – and then goes in their own direction. Just have fun and play – and use the ideas of others to get you going. Your quilt will never look like theirs!

From Jean Wells



Pacific Grove
From the book "Journey to Inspired Quilt Design"



Kingston Heirloom Quilters

Sewing for the Boutique



Eileen P. has been making finger savers for the boutique. She got out all her tidbits, all cut at 2" widths - some were long, and lots were only 3-6" lengths. They were sewn together end-to-end on the straight of grain. Then the strips are laid out on the diagonal and sewn together - trimmed to 10 1/2" sq. There were black and white prints for the backs - all 10 1/2" sq. What a blast!





Kingston Heirloom Quilters

Show and Share



Lou Anne M. made this happy, and colourful, Buggy Barn Crazy quilt over the winter. Lou Anne said the quilt show challenge (see P. 4) uses the same colors but, sadly, the dimensions are not right. She said she loves It anyway. Top (above) and back (right). Maybe she can make one more block from the scraps



Kingston Heirloom Quilters

Show and Share



Diane D. finished this nature-themed quilt top during Covid. She says long-arm quilting by Carolyn Downs brought it to life. Diane says she is still slowly hand quilting a flower quilt. She can't wait for us to be able to meet up again. Stay safe everyone.



Kingston Heirloom Quilters

Show and Share



Mary Anne K. is working on this single- bed size quilt that will go back to Brynhild Hansen (for donation) eventually. For those of you who may not know, Brynhild is the queen of scrappy quilts! Because Mary Anne makes the blocks as leader/enders they hang around for a long time before there's enough for a quilt.



Kingston Heirloom Quilters

Show and Share



Simone has been keeping busy over the last few months. Above is a little guild quilt she is hand quilting right now.

To the left is a touch/fidget quilt she has made for FoxRun in Gananoque, where her mother-in-law lives. This is the third quilt she has made for residents there.



Kingston Heirloom Quilters

Show and Share



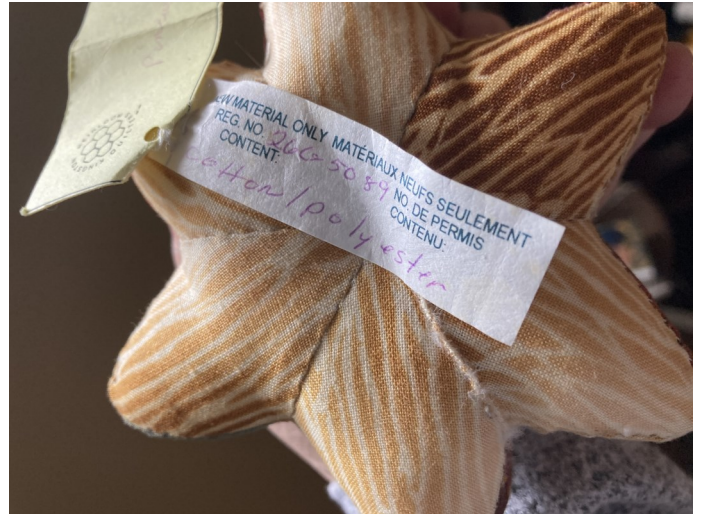
Simone made these pillows for her grandchildren. Her daughter's father-in-law passed away last month and they wanted to make pillows for each of his grandkids out of his shirts. Three of the shirts are golf shirts, so that will be a challenge. Good thing she's got lots of fusible interfacing on hand.

Good friends are like good quilts, they age with you, but never lose their warmth.
Author unknown.



Kingston Heirloom Quilters

Sharing some memorable purchases



Joyce F. has these items that she purchased from a quilt show many years ago before she joined KHQ. She is hoping someone might be able to tell the year from the registration number. She still enjoys looking at them. The potholder is a decorative item, but the pincushion she uses, with care.





Kingston Heirloom Quilters

Touch Quilt Refresher

This is a refresher of the guidelines for our Touch Quilts.

The quilts are made of 6"x 6" squares, 36 in total, of various types of fabric and embellishments (see below).

Sew them together and a soft backing—usually polar fleece or flannel — is placed right sides together, then sewn around the perimeter leaving a gap so it can be turned right side out. The backing is best in one piece for easier sewing.

Next step is to sew all around the perimeter, including closing the gap. Sew around each block using a plain stitch, zig zag, or your choice of stitch, to ensure the quilt is

stable. If corners are rounded, stitching is easier—and they are easier to keep in a wheelchair. Because these quilts are mainly for people with dementia I suggest the following fabrics and features:

- Squares of texture (touching) i.e. corduroy, fleece, velvet, soft upholstery etc;
- Embellishing of plain squareswith FLAT buttons (no shank), lace, zippers that can move or parts of zippers put into shapes, edgings, hankies, laces, knit or crochet pieces;
- At least one pocket;
- Be Creative!!

It is most important that all embellishments MUST be



well tacked, because these quilts will be heavily used, and washed often in institutional washers.

Donations of stand- alone squares and textured fabrics, embellished or not, are very much appreciated.

I have many cut squares, embellishments and backings, donated by KHQ members, at my home. Feel free to call and I can arrange a meeting, or better still give you a kit, including embellishments.

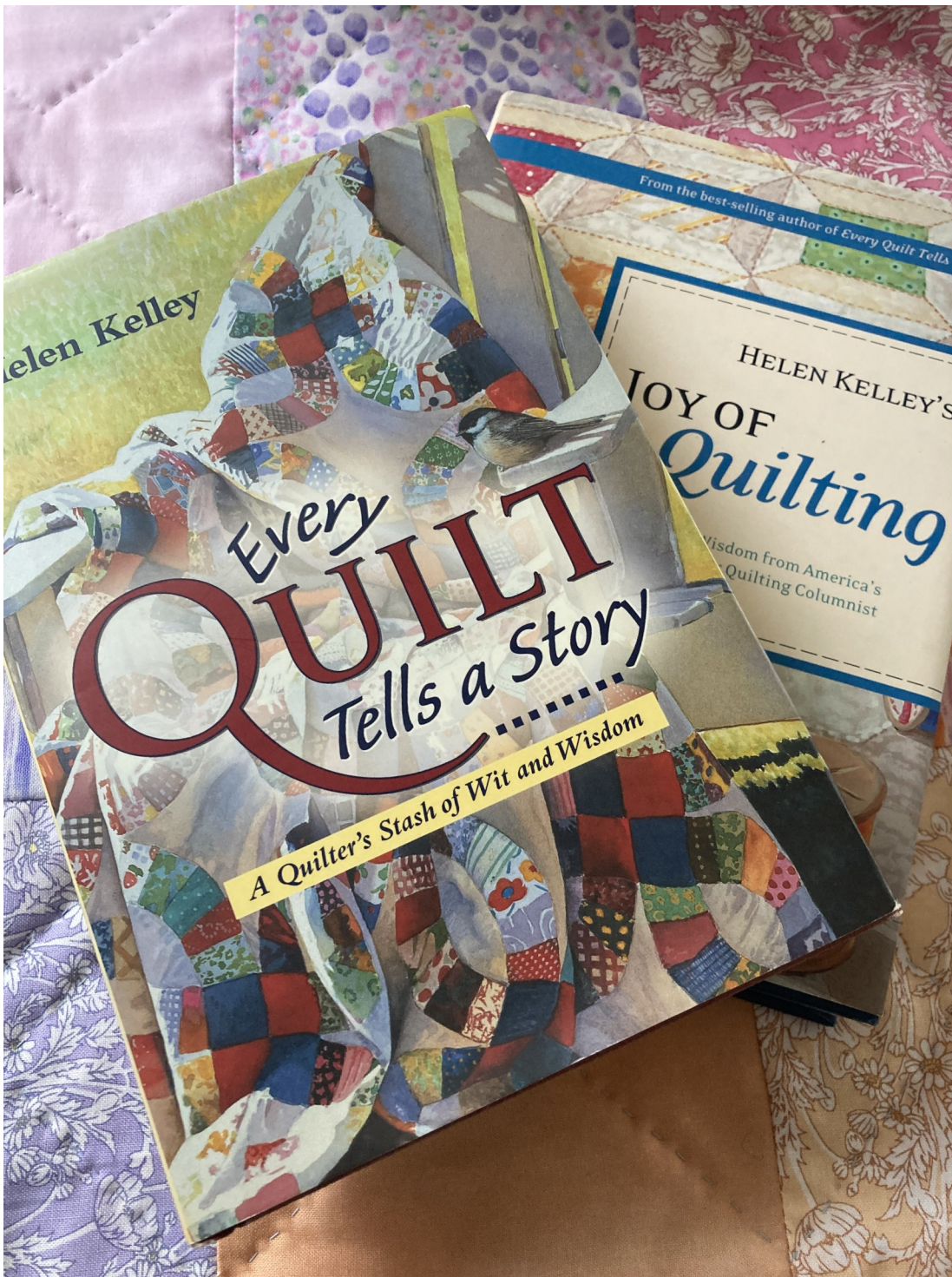
Sally Hutson

Don't forget to get one of the Kingston Heirloom embroidered labels for your donation quilt.



Kingston Heirloom Quilters

Every Quilt tells a Story



Over the next three pages Joyce F. is sharing a little bit of two books she enjoys reading now and then. She has included a sample from the first book, a collection of columns the author, Helen Kelley, wrote in Quilter's Newsletter Magazine.



Kingston Heirloom Quilters

Every Quilt tells a Story

TELLS A STORY

I've been working on a quilt now, and I've become obsessive about finishing it. It's a good-sized piece, and I've been getting up early, before first light, warming my mind with a cup of coffee and sitting down to quilt as the dawn colors the sky. I have worked for a month, from early each morning until after the rest of the world has turned in for the night. Then, in the quiet night, I fill the kitchen sink with hot water and gentle suds, and I wash the piled-up dishes. It feels healing on my battered finger. Quite honestly, it looks dreadful. But it gives me bragging rights about how hard I am working, and I do love the feel of the quilt working in my fingers. I am nearly done with my quilt. Only a little of the border is left to stitch. My finger is so battered that I would have to stop soon, anyway.

Now, I'll go off to guild meeting and show everyone my fingertip. I'll be delighted when everyone sympathizes. There is a sort of sainthood in suffering for your quilts. I will sit there in that guild meeting with my pricked finger and a halo around my head, and then go home and plan my next quilt.



Kingston Heirloom Quilters

Every Quilt tells a Story

The Fateful Finger

Are sore fingers an occupational hazard for a quilter? How can there be joy in pricking our fingers over and over until they resemble chopped liver? There are all sorts of gadgets designed to save our fingers that can be found in quilt shops or advertised in the pages of our favorite magazines. To save my finger, I've tried little spoons and odd-shaped thimbles for the left hand and little tins of soft, sweet salve. I've looked at dimpled paddles and metal shields. I've felt the tips of needles to determine, like Goldilocks, if they are too sharp, too dull, or just right. Still I come back to the same old prick, prick, prick. Do you need, like I do, to feel the needle thrusting through the fabric so that you can poke it back in neat little stitches? I see people who sit at their hoops and frames, fingers iron-clad, needles darting, faces smiling. It is obvious that others can make those gadgets work. Anonymous quilters out there are saving their fingertips. They are making quilts with pristine, unspotted backs.

My problem is not a lack of enthusiasm for quilting notions. I am an adventurous person, and I would love to line up all the dollars I've spent to prevent digital mutilation. I'd have enough to finance the making of a king-sized quilt.

I guess I'm one of those people who need to feel that needle tip, who get a certain amount of pleasure from handling it as it skips across the quilt.



Kingston Heirloom Quilters

Every Quilt tells a Story

TELLS A STORY

Vocabulary Lesson

I was taking a nap, covered by one of my favorite quilts, when the phone rang. The man on the phone said, "Hello. I'd like to talk to you about stuccoing." I replied, "Thank you for calling, but our house has siding, and we like it very much."

"No, no," he said. "I mean, do you do stuccoing?"

"I'm not very good at concrete," I confessed. "Why do you ask?"

"Well, you're in the phone book under 'patchwork,'" said he.

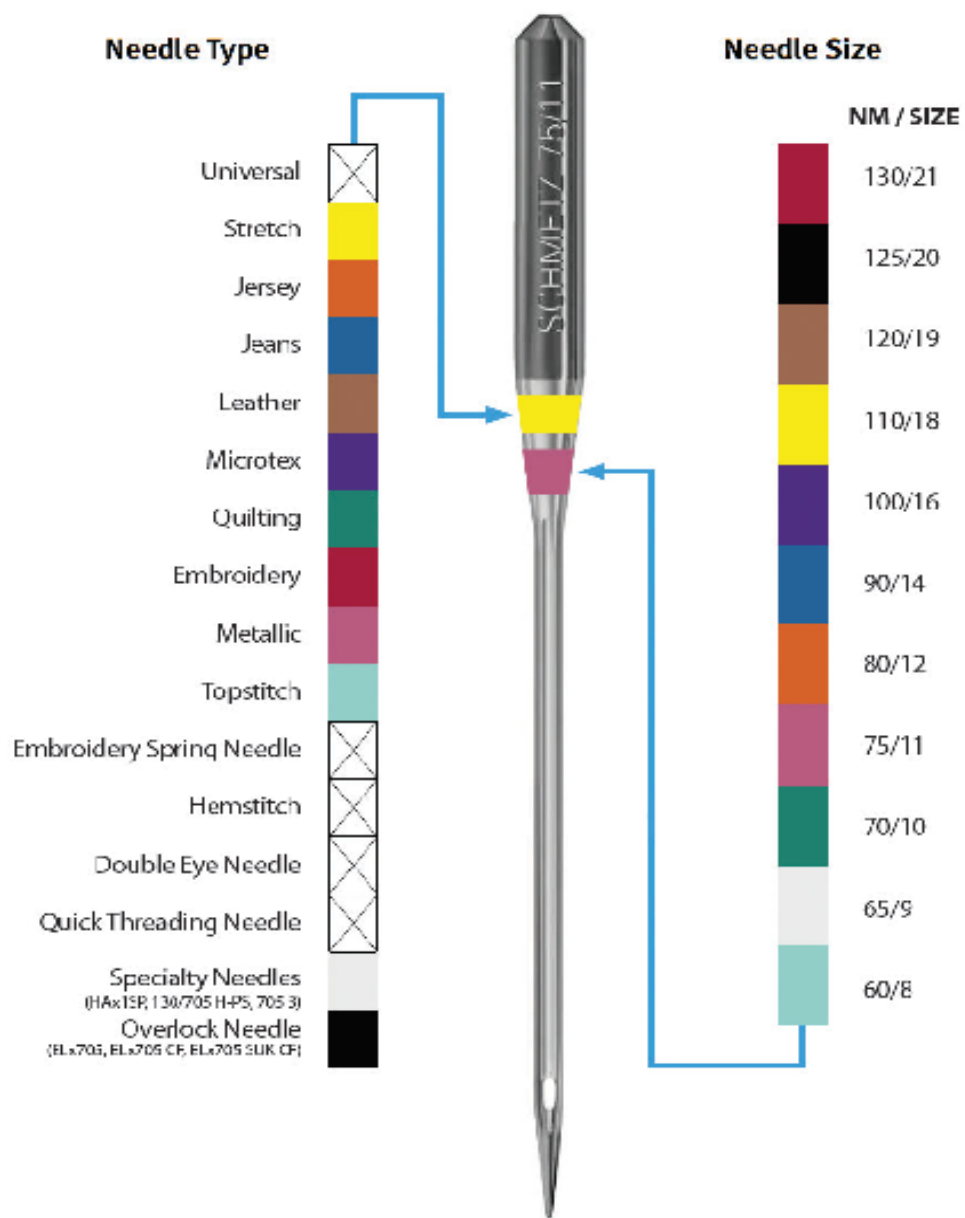
When I hung up the phone, I curled back into my chair to resume my interrupted nap, but my mind refused to sleep. My head played over the curious conversation and the fact that someone, anyone, would think that "patchwork" could mean repairing houses.

You and I and the whole world must certainly know that "patchwork" is the sheer pleasure of sewing pieces of fabric together to make a quilt. What other possibilities could there be? How could someone define a patch as anything other than a part of a grand textile design?



Kingston Heirloom Quilters

Colour Coding Sewing Machine Needles



www.SCHMETZneedles.com



Kingston Heirloom Quilters

Sponsors and Messages



Beth Ruiter
OWNER | PROPRIÉTAIRE

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Yoga Classes for Quilters

Donna Hamilton



“Yoga for Quilters” offers several classes, all on the gentle side, using pillows, straps, yoga blocks or big books, and all from the comfort of your own home. If it’s raining or hot outside, we don’t care! Come stretch and relax with me.

- Wednesday 9-9:45am** Enjoy Meditation for Beginners.
- Wednesdays 10:30-11:45am** Enjoy Gentle Yoga.
- Fridays 9-9:45am** Enjoy Chair Yoga.
- Fridays 10:30-11:45am** Enjoy Gentle Yoga with a little less movement than Wednesday, very often using the chair as a prop.

In all classes, you are encouraged to move within the range of motion of *your* body and with your breath. These classes will help you become more aware of what’s going on in your body and mind, using your breath and ending with a full relaxation of the body, bringing more energy to your body for the day ahead, preparing you for important tasks, like quilting. Enjoy the company of fellow quilters before and after class. For more details, and to register, visit



yogaforquilters.ca

Yoga Instructor: Donna Hamilton.



Kingston Heirloom Quilters

2020/2021 Executive

Interim Co-Presidents : Donna Hamilton
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Publicity: Peggy McAskill

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Newsletter Editor: Wendy Nicol

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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

Due to Covid 19 KHQ is not physically meeting
Meetings are 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 Village, Kingston.

quiltskingston.org/khq/

Due to Covid 19 KHQ is not physically meeting at this time

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.

For more information contact us at khq@quiltskingston.org. We love to meet new and experienced quilt enthusiasts.

