



# Welcome Back Edition

September 13, 2021

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

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### Presidents' Message

Welcome to the new quilting season, 2021-22. We had hoped we'd be back to normal by now. But Covid had other ideas as it mutated into the Delta variant. We continue to be cautious. However, that didn't stop us from meeting outdoors.

On September 7, 2021, we finally met in-person. It was a joyous reunion of friends. It was wonderful to see so many of you and those who couldn't come, we missed you. We sat at a distance, kept the masks on, and did all we could to stay safe.

It was lovely to see all the amazing projects our members have been working on. Besides quilting, there were some knitted, woven and crocheted pieces. We are a group of many talents. Thank you for sharing and inspiring.

You will find pictures of these items in the following pages of the newsletter. Enjoy.





The other day, Donna noticed a bee sunning in her dahlias. She took a double take when two more bees joined the party on the same dahlia. Like us, they were enjoying the company of other like-minded bees.

We will continue to meet outdoors as long as the weather cooperates.

Your Executive agrees that we must stay vigilant to protect our families and their families, especially the little ones. When we must, we will return to Zoom. And when we can safely, we will return to St. John's Anglican Church Hall. Till then, we must have patience.

In the meantime, keep on quilting. If you have any ideas of how we can proceed with projects, doing something different, boutique items, please share with any of the Executive. We can meet in smaller groups in each others' home or do round robins or ... (your idea). Please share any technique or skill that you would love to learn or brush up on, with your Executive. This information will be used for designing workshops and bringing in speakers. And yes, if you know of some great workshops and/or speakers you'd like to try or hear, please do share.

Hope to see more of you at the next meeting, Thursday, September 23<sup>rd</sup>, at Lake Ontario Park.

Till then, Keep on quilting!

Donna and Anjali





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### **Fall Meeting Dates**

Below are the dates we will be meeting, 10am to 12 noon, either outside (weather permitting), or on Zoom. Be assured, when we can safely return to St John's Anglican Church Hall, we will. Mark your calendars! We will let you know the day before if there is a change to Zoom or the Hall.

September 23

October 5 and 21

November 2 and 18

December 7 and 16? (to be decided closer to the date)

January 4 and 20

February 1 and 17

### **Due to Covid 19 KHQ is not physically meeting at the usual venue 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 speaker.

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](mailto:khq@quiltskingston.org). We love to meet new and experienced quilters.



# QuiltsKingston 2022

## Covid-19 Quilt Challenge

Kingston Heirloom Group Members & Limestone Quilters' Guild Members Theme:

Surviving COVID-19

The **deadline is September 15th**. We will be accepting pieces for photos at the Thriftlodge on Princess on that date and are **scheduling 15 minute appointments**. We will be creating a PowerPoint presentation to send to all members so the pieces can be voted on. There will be prizes.

Please email me or call me to let us know if you are entering!

Simone [sjmlynch@bell.net](mailto:sjmlynch@bell.net) 613-384-2053

Kingston Heirloom Group Members must use: **tallow** 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.



## Wish You Well Quilt



Thank You to Simone who finished the quilting and binding.



KHQ at Lake Ontario Park on September 7th





## Show and Share



Mary Anne models a churn dash wall hanging which was the first thing she made after organizing a large pile of UFO's.

Simone and Donna hold aloft bags.  
A cabled shawl sweater by Jeannine



## Show and Share



Francine presents Snow Days by Crabapple Hill Studio with a detail shown on right. You may remember this from the summer newsletter. New member, Jessica, also has a snow theme quilt to show.





## Show and Share

Two more quilts by Francine .  
Karen has made woven items from recycling plastic bags.  
Mary Anne and Peggy with two more quilts.





## Quilts For Survivors



- 16.5"x16.5" blocks unfinished with orange in it
- any sized lap quilt tops with orange in it
- any sized lap quilts finished with orange in it
- Supplies or whatever

They are putting together the quilts and/or collecting them from people like

us. If you go to the Facebook page, <https://www.facebook.com/groups/1163361047509182>

### [Quilts for survivors](https://www.facebook.com/groups/1163361047509182)

There is a Facebook group called "Quilts for Survivors" whose sole purpose is to make quilts for survivors of residential schools. It has been organized by an Indigenous lady, Vanessa Genier, of Timmins, Ontario, and a couple of other ladies that we didn't get their names.

Quilts for survivors has 1,474 members  
[www.facebook.com](https://www.facebook.com/groups/1163361047509182)



you'll see some of the blocks and quilts that others have made. I believe they are collecting until October 11th. The page currently has 1.7M members.

Jose has agreed to collect the blocks for us till Oct 8 when she will mail what she has.

They are looking for:



# Kingston Heirloom Quilters

## My Old Quilting Frames

If my old quilting frames could talk, what tales they'd have to tell  
Of things they heard while women cook, or stopped to rest a spell  
For they'd hear of training children and ornery husbands too Or how  
to mend young Willie's pants, of peach preserves to do.  
Sometimes the neighbours ear must burn while needles jabbed that quilt, \But mostly  
kindly things were said and happy trends were built.  
Of all these things my quilting frames ne'er breathes a single word. But kept  
in strictest confidence that tales they overheard.

Rosina Morris

Copied as printed in the Brookdale Women's Institute Scrapbook Digital Collections  
<http://collections.fwio.on.ca/3396981/data>

## Comic



**Executive 2021-2022**

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

**Past President:** Simone Lynch

**Vice President:** Marg Henshaw

**Corresponding Secretary:** Sally Hutson

**Recording Secretary:** Lorna Grice

**Treasurer:** Mary Anne Kingston

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

**Membership/Phone Convenor:**  
Kathryn Breau

**Publicity:** Peggy McAskill

**Program:** Executive

**Newsletter Editor:** Joyce Foreman

**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



# 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  
Monk's Cloth ~ Machine Sales and Service

ONLINE SHOP  
REMAINS OPEN  
CURBSIDE PICKUP  
HOURS  
TUESDAY-SATURDAY  
11-2PM 613-384-  
8028



[kmagee5@sympatico.ca](mailto:kmagee5@sympatico.ca)



*Quilters*  
Barn & Gifts

*Beth Ruiter*  
OWNER | PROPRIÉTAIRE

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RUSSELL, ON, K4R 1C7

613-496-2276  
QUILTERSBARNANDGIFTS@GMAIL.COM

[/QUILTERSBARNANDGIFTS](https://www.facebook.com/QuiltersBarnandGifts)

*Paisleys Quilt Shop*  
*Fabrics and Gifts*

*Madonna Oliver*

613-203-9011

[Info@PaisleysQuiltShop.com](mailto:Info@PaisleysQuiltShop.com)

[PaisleysQuiltShop.com](http://PaisleysQuiltShop.com)



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## Sponsors and Messages cont'd



“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.

**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](http://yogaforquilters.ca) or talk with Donna. Certified Yoga Instructor: Donna Hamilton.

**The Hugs’ volunteers at KGH are happy to have the baby quilts and blankets we give them. They will be glad to have them all, no matter what size.**



Thank you to Wendy Nicol for her years as Newsletter editor and the many detailed instructions she provided me. It is a learning curve for me, so please bear that in mind. I accept constructive criticism, but more importantly, I look forward to your contributions!

Joyce Foreman  
Newsletter Editor