



Special Isewlation Edition

Quiltskingston.org/khq/

Winter 2020



Eleanor Clarke made this beautiful quilt to while away the COVID hours. The quilt is made entirely from scraps she had on hand. The hand quilting portrays things found in the garden. For a closer look at her handwork see Page 8

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Kingston Heirloom Quilters

President's Message

As I write this, December is just around the corner. Gardens have been put to bed for the winter. We've put away our summer/fall clothes and dug out our winter duds. Mother nature has given us a bit of snow to remind us of what's coming! Winter is a good time to hunker down in our sewing spaces and stitch up some projects, be they new ones or finishing up those UFO's.

This is my last President's message, as my term has come to an end. No one has stepped forward to take the position. All of our long-term members have served in many positions and I don't expect any of them to take over. However, I do want to see someone in the newer ranks (last 10 years) to do so. When we look to the south, we see a President who refuses to step down, and yet our small group always has trouble filling the spot. Why is that? Are you afraid you can't do the job? Remember there is a large contingent behind the president so the individual never works alone. It's like pulling teeth!

Which takes me to my next comments. I have had many problems with my front upper teeth over the years. It started the week before I got married (1974) when I got a massive infection and my upper lip was badly swollen. Not something you want to happen at that time! Antibiotics reduced the swelling, but I've had problems ever since. The tooth eventually died, had to be crowned, then replaced with a permanent bridge. And now, unfortunately the bridge is falling apart and has to be replaced. All four front teeth will be removed/pulled, implants put in the two side spaces, and then, four to five months later, another permanent bridge put in. In the meantime, I have to wear temporary false teeth.

I am not looking forward to the procedure, but I know it has to be done! All because an

extra tooth is in my upper palette and that caused the original infection. It runs in the family, unfortunately. We assume my brother (Peter) had one, as he had to get a one-tooth denture in high school. My son had one that my dentist saw in an x-ray. He had it surgically removed in his teens. I've warned the kids' dentist so they can hopefully avoid all this as well. I have the teeth removed, and implants in, on the 10th, under full sedation. Well enough of that. I've finished the **Wish You Well** quilt. It just needs a label. Any volunteers (see photo Page 4)? Also, I finished my block for the group quilt, a 12" block. I've started working on some touch quilt blocks, I think I will give some to FoxRun Retirement Residence in Gananoque, where my mother-in-law is. It has a memory wing with dementia residents. Well that's all folks! Please consider being President.

Simone





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Interim Co-Presidents

Donna Hamilton and Anjali Shyam

Anjali and Donna have agreed to be Co-Presidents until we find a new President(s), for about a month or two after we start meeting physically again. We feel strongly that others should have the chance of directing the activities of the Kingston Heirloom Quilters. This group works well together. Whoever takes over the position, will have lots of help from the Executive. You will not be alone.

If there are two of you, you can split the jobs, taking turns to write newsletter messages, for instance, and running

meetings. If one can't make it for whatever reason, the other can take over. We strongly encourage newer members to consider stepping up. Many of the older gals have done their share over the years. The Heirloom Quilters have been around since 1979, that's 41 years. We've been there and done that. Now it's your turn. Please consider.

We are also looking for a Newsletter Editor after June, and someone to take over for Publicity. Have the skills? Please talk to any of the Executive. We'd love to have you participate.



Anjali says, that, being at home all these months, she has spent a lot of time and energy in organizing, reorganizing and seasonal decorating. These pumpkins were easy to make and added to the fall décor.

Upcoming KHQ Events

Not comfortable with Zoom? There will be a lots of information, and a few practice sessions beforehand, to help. If you have a computer —or ipad— with an Internet link you can join.

You do not have to download the app to join a meeting. If you do not have a computer consider visiting a friend who is in your 'bubble', or a family member who can get you connected.

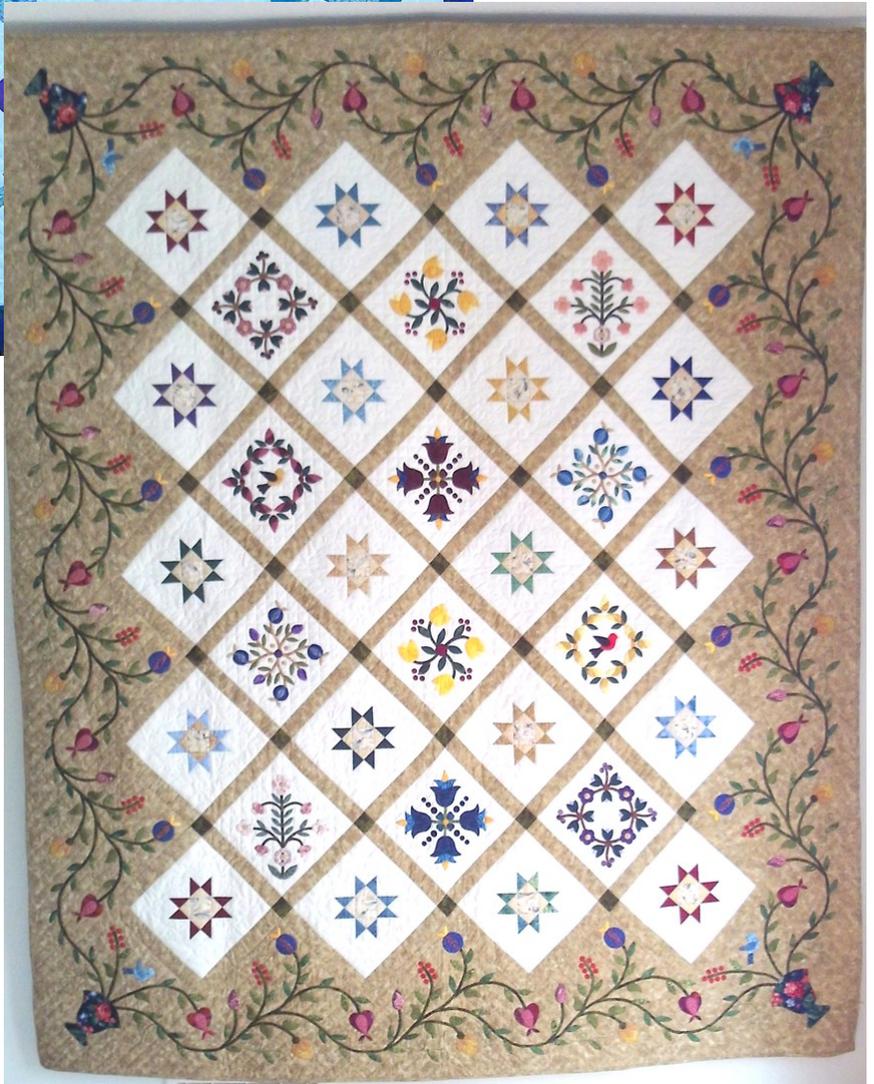
Or, you can call a KHQ member who is hooked up and participate with audio only. There are many options.

Dec. 17—Virtual Holiday Luncheon—11:30—Our first shot at meeting virtually. Bring your lunch to your computer or ipad and share time with quilting friends you may not have seen for a while. We can chat while eating and then follow up with a Show and Share to catch up on what we have all been working on.

Jan. 5—KHQ meeting—11am. Guest speaker **Joanna Dermenjian**, will discuss her research into Canadian quilts, including how she 'found' four unattributed quilts by KHQ members at the International Quilt Museum. She'll have a slide show (about 20min) talking about how she discovered the quilts and how they got to the International Quilt Museum. The Museum is still seeking more information about these quilts and some of their makers. Followed by a Show and Share and a chat over a 'virtual' lunch. Please see related article on Page 12



Kingston Heirloom Quilters



Simone has been busy since we last saw her. To the right is her Stars Over Baltimore quilt from a pattern from Piecing the Past Quilts. It was a free internet block of the week pattern started three years ago. It is all hand pieced and hand quilted. Above is the Wish You Well quilt. It is made from blocks won by Sylvia Currie which she donated back to KHQ. It was pieced and quilted by the group up until Covid then Simone finished quilting it this summer.



Kingston Heirloom Quilters



Twas the night before Christmas
And the quilts were not made
The threads were all tangled, the cookies delayed
The stockings weren't hung, the pantry was bare!
The poor weary quilter was tearing her hair
Stacks of fat quarters, tipped over in streams
Visions of log cabins had turned into dreams
When what to her wondering eyes should appear
But a bus full of quilters with all of their gear
They went to straight to work, with just a few mutters
Sorting and stitching and brandishing cutters
The patterns emerged from all of the clutter
Like magic the fabrics arranged in a flutter
Log Cabins, Lone Stars, Flying Geese and Bear Tracks
Each quilt was a beauty, even the backs
Her house how it twinkled, her quilts how they glowed
The cookies were baking, the stockings were sewed
Their work was all done so they folded their frames
And packed up their needles without giving their names
They boarded the bus, and checked the next address
More quilts to be made, another quilter in distress
She heard one voice echo, as they drove out of sight
Happy quilting to all and to all a good night!

*Author Unknown, found on the Facebook
page of Lauren Scarbrough
by Lou Anne Meloche*



Kingston Heirloom Quilters



Francine Leblanc says she fell in love with this pattern about a year ago at Quilt Retreat Thyme shop. Because it has lots of tracing, cutting and applique with a blind stitch, it took her a while to get started. She focused on it in February and, when we went into lockdown, worked on the quilt a few hours each day, and finally finished. It has been quilted by Deanna Gaudaur from Quinte Studios. It is one of Francine's favourite Christmas wall hangings. She is still adding a few embellishments including buttons, yo-yo's , Ric Rac and a few more surprises. (see close up photos on next page)



Kingston Heirloom Quilters



Lorna Grice was recently reading/rereading a novel by Earlene Fowler titled Steps to the Altar. Ms. Fowler writes mysteries, and her character, Benni, is a Folk Art expert very interested in quilts. Lorna thought KHQ members would enjoy these folk sayings and quilting superstitions she found in the book.

If you are the last to place a stitch in the quilt you'll have the next baby.

Always make a deliberate error in your quilt to avoid bad luck.

Don't let your son or daughter sleep under a Drunkard's Path quilt or they'll turn to drink.

The first person to sleep under a quilt just off the quilt frame will have their dreams come true.

If you break a needle while quilting, you will have the next baby.

If you begin a quilt on Friday, you will never live to finish it.



Kingston Heirloom Quilters



Eleanor's handwork on this quilt is all garden images. She started out doing leaves and vines, but then moved onto flowers, then fruit, then bugs, worms, squirrels, frogs, birds, including a bird house with a cat waiting at the base. She hopes that, someday, a great-grandchild will have fun looking for all the things in this garden.



Kingston Heirloom Quilters



Joan Bales says she has made each of these baby quilts a few times before, but wanted to try them again.



Peggy has three baby quilts for machine quilting. If you can help out please give her a call at 613-546-2537 to arrange to pick one up. She has been in touch with the volunteer who oversees the Huggs Program. The nine baby quilts she has been storing since March are all going to be picked up. Each has a flannelette back, perfect for this season.





Kingston Heirloom Quilters



Last Spring Lorna's daughter -in -law, April, asked her if she would make her a table runner in Group of Seven colours for a Christmas gift. Lorna said yes right away, but it was much too hot to think of quilting in the summer.

In her magazine collection, Lorna has a 2010 edition of Quiltmaker's 100 blocks so she looked through it and chose three blocks to make. The first block is Heartfelt by Edita Sitar, the middle one is Stars upon Stars by Joen Wolfrom and on the right is Northern Flair by Gudrun Erla.

Lorna put a narrow dark green sashing between them, and all around the three blocks . The border fabric finished it off.

She didn't have enough of the dark green left for the backing , the length was good but it wasn't wide enough. The solution was to cut the fabric in four places and insert strips of the fabrics used in the top. Lorna started to cut and sew in November and will be quilting and binding to get it done for the 25th.





Kingston Heirloom Quilters

Lorna's grand daughter, Marisa, asked for a Christmas table runner around the same time as her mom asked for one. Lorna has included a photo of it, (right).



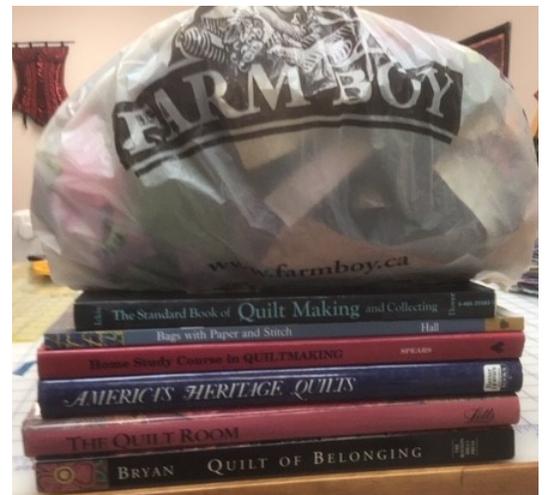
Have you taken advantage of your isolation time to sort through drawers, fabric, projects and boxes?

Usually, at least once a year, we have an opportunity to bring in the sewing-related items we no longer want, but which we know will be inspirational for our quilting friends.

Obviously, we can't do that this year, but many of us have been cleaning up and clearing out. Fabric, patterns, trims, ribbons and books are all sitting, waiting, to be shared with new users.

Through the newsletter, and the virtual meetings, we can set up an exchange of items members are willing to give away. It may mean a wave through a window and a pickup at the door, but we will all know we have shared, and recycled, our special leftovers. I even saw one of the local quilt shops was offering bags of scraps for \$5. Apparently they are in high demand!

Sally has a bag of quilting scraps and some quilting and sewing books. Books include *The Standard Book of Quilt Making and Collecting*; *Bags with Paper and Stitch*; *Basic Study Courses for Quiltmaking*; *America's Heritage Quilts*; *The Quilt Room*; and *Quilt of Belonging*. If you are interested let Sally know at sallyhutson20@gmail.com. She will hang the item on the door for pickup





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KHQ members' work at International Quilt Museum

From Joanna Dermenjian

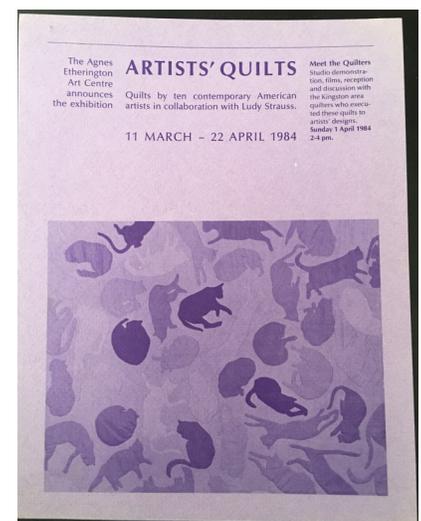
One day in September when I was visiting our member, Phyllis Vanhorne, she showed me a magazine clipping of a quilt she had made.

I remembered the quilt because it was very distinctive – it had silhouettes of life-sized cats applied all over it. Phyllis said it was a commission for a California artist.

Several weeks later I was doing research for another project, on the website of the International Quilt Museum (IQM) in Lincoln, NB, and thought to do a search for quilts in its collection that were from Canada. And there it was – the cat quilt! The only problem was, though, it said it was made in Kingston, Ontario, it attributed the 'Quilt Maker' as 'Tony Berlant'.

Well, after much investigation with Phyllis and Diane Berry, the story of the making of the 'Artists' Quilts' exhibit in 1981 in California (and in 1984 at the 'Agnes' here in Kingston) has confirmed that Phyllis and Diane, along with Margaret Rhodes and Margaret McLean, were commissioned to make quilts designed by California artists. I am continuing my research on this story, but in the meantime, Carolyn Ducey from the IQM has interviewed both Phyllis and Diane by phone, and the attribution on these quilts has been corrected on the IQM website to include the women from the Kingston Heirloom Quilters who made the quilts.

I hope, if you are speaking to these two ladies over the holidays, you will ask them about their involvement. They are very modest about their participation but pleased to know their names are now on the quilts they made that are now in the permanent collection of the International Quilt Museum. If anyone has related memories of this era, please contact me.





Kingston Heirloom Quilters

Membership Renewal Form

Membership 2020 2021

Name : _____

Address _____

Tel Number _____

Email _____

Cheque (\$40.00) _____

Payable to Kingston Heirloom Quilters

Please mail this form and a cheque to :

Kathryn Breau

1580 Bath Rd.,

Apt. 702

Kingston, ON

K7M 0G9



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Joan Bales made these two blocks for the group scrappy quilt. Are you inspired?



This is José Roosenmaallen's collection of Christmas gifts for her family. This is how she spends her time during isolation.

Merry Christmas to all!



Kingston Heirloom Quilters

International Quilt Museum launches portal

The International Quilt Museum in Lincoln, NB boasts the single largest public collection of quilts in the world. There are more than 7,500 quilts in the collection from 65 countries, made between the 17th century and the present.

In an attempt to provide additional and enhanced internet resources to guilds, the IQM recently created a special guild "portal" to the museum's website.

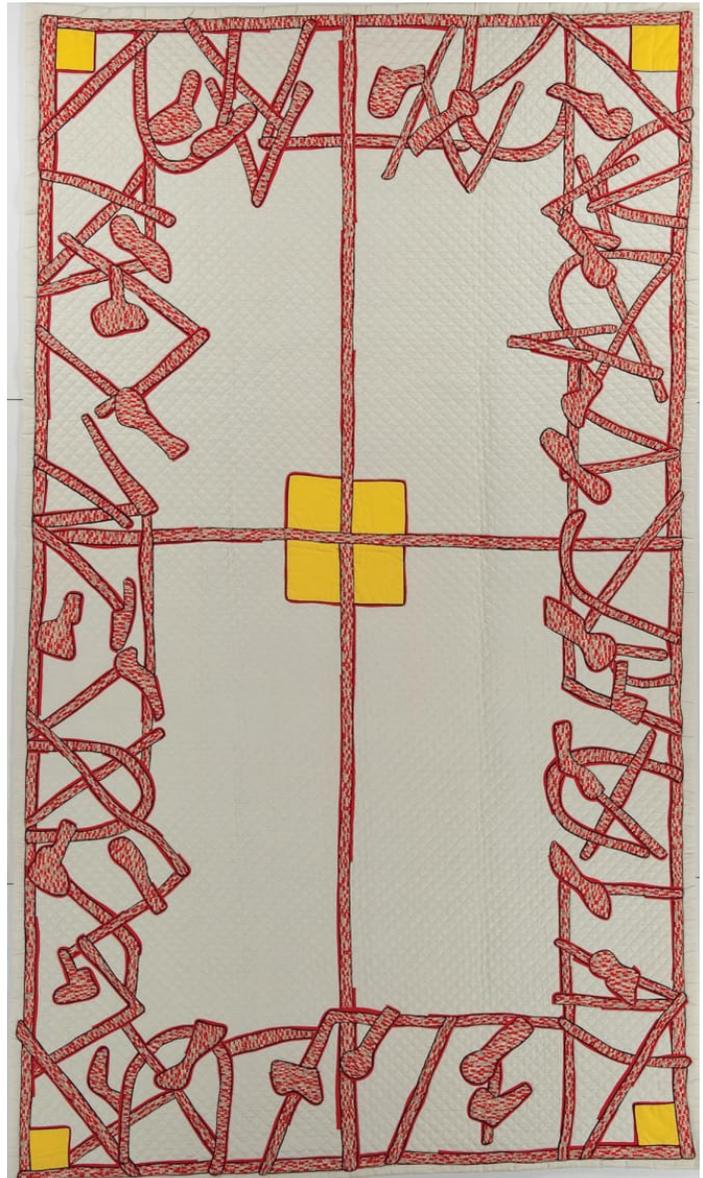
To register (at no cost), guild leaders just need to write to info@internationalquiltmuseum.org and provide some basic information about the guild, including a contact email. You'll receive a code/password that any member of your guild can use.

This guild portal gives you access to all the regular parts of the website, but also links to special downloads and virtual programs from curators and other experts. For example, you can choose a 20-minute video about quilt care and conservation, or hear a pre-recorded lecture from head of collections Carolyn Ducey about the connection between 19th century quilters and botany and gardening.

The site will take you through the steps of showing these programs using Zoom, so you can present a free program for a future guild meeting. This programming won't be static, new offerings will be posted, and these resources won't be available to others using the website.

Note: please be patient if you don't hear back from the museum immediately. This is not an automated

service. You'll be hearing from Laura Chapman, the very busy head of PR for the International Quilt Museum .



This quilt by KHQ member Phyllis Vanhorne is at the IQM. For more Kingston quilts visit the museum website



Kingston Heirloom Quilters

Covid-19 and Online Yoga for You Donna Hamilton

This has been a challenging year. I can't believe it is December and we've been dealing with Covid-19 for eight and a half months! Things have changed radically, and not at all. Many of us started with mask making; we were in shock and we wanted to help.

When the shock was over, or at least the realization of what we were dealing with settled in, we did what we had to do. Some of us finished a few, several, or many UFOs. Yeah!!! Some of us (also) read those books we've been meaning to read. Some of us had the biggest garden we have had in years (however small). Well, you get the idea!

For some unknow reason, I found myself taking different courses online (once internet problems in my neighborhood were solved). Some of these



courses involved teaching yoga online; one in particular, was with a couple of ladies from California. One teacher, Lynn, was teaching yoga to 50 students, online! Like

other yoga teachers, I found myself without a job in mid-March. All of this was a curiosity to me, as I had been helping professors at Queen's teach online in my previous life. The teaching was very different – it was on academic subjects and with specialized software for online teaching. What was this teaching going to look like?



I found myself taking yoga classes myself to see how different teachers taught. It was a brave new world, with EVERYONE learning, even the experts. Summer came and went, and I decided that it was time to jump in.

I started to teach Gentle Yoga classes online after Thanksgiving. I now have a webpage



"yogaforquilters.ca" and a logo (shown to the left). There was help for small businesses from the Ontario government that I took advantage of. I was able to start teaching online with a few of my pre-Covid students, mostly quilters and embroiderers.

Why "for Quilters"? I guess I could have named it "Yoga for Crafters". Quilters sounds better, and let's face it – if you quilt, chances are you do some of the other crafts including embroidery, knitting, crocheting, rug- hooking, bobbin lace, and even fibre arts. I really am including everyone. This way, there is instant community. When you have community in a class, you're having fun with like-minded people.

We all face the same issues with our backs from leaning over too much, hips (cause they're closely connected to our backs), shoulders, fingers, and wrists. *And we all need to relax, especially since Covid.* In fact, some of us need the tips and tricks you learn in yoga, to help us get to sleep, and/or get back to sleep when we awaken for that 4am pee.



As we age, we start to hear creaks and groans in our body. How do I know? I've heard them! But I've also found out that if I move within MY range of motion (ie only move my arm as high as it doesn't hurt), relax, and breathe, the creaking will stop, and I can move easier; I can stitch longer, provided I take breaks and listen to my body when it says "take a



Kingston Heirloom Quilters

break". We all push too much when that deadline is looming, or we want to finish the row, the border, the corner, you name it. We really should listen to our bodies. And that is what the yoga I teach will show you: make you more mindful about what is going on inside you, and around you.

Come January, I plan to add a "Chair Yoga" class – as one of the courses that I took, was Chair Yoga for Seniors. It was taught online, with teachers from Stittsville, Kingston, and Ottawa and 35 students from Kingston, Montreal, and the Ottawa area. It was a lot of fun and showed me techniques I can use for teaching anything online, and also some fun things to do in a Chair Yoga class.

I also plan to add a course on Meditation, to help calm our minds.

If you are interested in Chair Yoga, or Meditation, or Gentle Yoga classes let me know. I have not set the January schedule yet, and if you have a preferred date and time, I'll see what I can do for you. I'd love to see you in my online classes, all done from the comfort of your home via Zoom.

My technology journey since Covid began has been amazing! I've met a lot of wonderful people from all over the world and discovered the power of the computer with video and audio. There are opportunities here. We just have to take the plunge! And we can do it!!



For Sale
Popular Janome Gem Platinum 720
Barely used....light for easy
carrying.....multiple feet
Contact : Sally Hutson





Kingston Heirloom Quilters

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Canadian Quilters' Association

DID YOU KNOW?

- CQA/ACC members get specials with our vendors at Quilt Canada
- CQA/ACC members and non-members can participate in the Row by Row event happening now
- Non-members can still keep in touch with what is happening by subscribing to our monthly newsletter on our website.

Full details can be found at www.canadianquilter.com
Or contact your local area CQA/ACC representative



Kingston Heirloom Quilters

2019/2020 Executive

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Anjali Shyam

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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

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 quiltskingston.org. We love to meet new and experienced quilt enthusiasts.

