



# Special Isewlation Edition

Quiltskingston.org/khq/

Mid-Winter 2021

Mary Anne Kingston took part in a charitable block-making challenge through Taylor's Quilt Shop in Brockville, while the store was closed. Working through a Facebook group, members were given a different block pattern each week for several weeks. The blocks were all sent back to Taylor's, sorted and a draw for each set was held. Mary Anne got 20 of the magnolia blocks back, but says there must have been a lot of participants, because her original magnolia block is not in there. Called A Quilter's Garden, Mary Anne will finish it to be donated by a charitable quilting group she belongs to.



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# Kingston Heirloom Quilters

## Presidents' Message

When life throws us scraps, we're lucky enough to know how to make quilts! And we think no one would disagree that Covid has sent the world plenty of "scraps" and "lemons".

However, there is an upside if you look for the opportunities that present. One that Anjali took advantage of was going for a walk at Lemoine Point.

She saw that beautiful owl to the right and took a colour picture. Yes, it is a colour picture ... note the yellow/green at the bottom near the rock. The recent snowfall and light of day made this perfect setting look like a gorgeous black and white winter scene. An opportunity for a perfect photo. Maybe an inspiration for a quilt!

We're sure you've experienced some "opportunities". We hope you've shared some in this newsletter and will continue to share at our Zoom meetings, or our next newsletter. We are so fortunate to have quilting in our lives; there's no time to get bored. The past year has given us no excuse not to tackle those projects glaring at us from all corners of our homes.

"Opportunities!" And yes, we know that not all have taken advantage, needing time to process what was going on. And that's OK.

Donna took the opportunity to learn something new, Zoom. Yes, it is new to her and most of the people using it. Every time she uses it, she learns something new, kind of like how every new quilt presents a new challenge. We have a big opportunity with Zoom and the Internet.

We've already seen the Internet's power through Joanna's talk at our January meeting. Imagine discovering Phyllis' and Diane's quilts at an International Quilt Museum in Nebraska! Joanna had talked with Phyllis and Diane, and had seen the documentation they had of past quilts. If she hadn't seen the documents, she wouldn't have been able to recognize the quilts. Two lessons: 1) document your quilts because you never know where they'll end up; 2) Don't be afraid to browse on the Internet. You never know what you're going to find! (Just be sure to set a timer!)

Through the power of Zoom, Joanna was able to tell us about it, and to have Diane and Phyllis share with all of us. And we could *record* the conversation. We



wouldn't have been able to do that a few months ago. Think about it. Heck, we wouldn't have even thought to do it!

Let your mind wander and come up with other ways we can use this technology. We can throw suggestions around, and who knows what we will come up with. Look at our Canada Quilt. Remember its beginning. Remember all our ideas of what the quilt might look like. We threw them all together, considered them, and picked the circle. Then remember all your photos brought together, all your scrap fabrics, all your ideas as the quilt slowly became what it is today. *Together we can do great things ...* taking advantage of the talents of every one of us. It starts with an idea or two, or ten. What's your idea?

(continued next page)



# Kingston Heirloom Quilters

We can bring people from all over the world to us at the fraction of the cost it would have been before the technology we have learned about during Covid. Together we need to come up with the names of a few people we'd like to hear, to learn from. Remember Jinny Beyer? She came to Kingston in 1993. She gave a talk and taught us a few workshops. She was wonderful! Who is her equivalent today? Who do *you* want to hear? What do *you* want to learn? Let us know. We need *your suggestions*.

Even though we are unable to meet in-person, our Zoom meetings have kept us connected. Thanks to Donna, we are moving with the times and we're sure your kids and grandkids are impressed with your Zoom schedules.

We have 'temporarily' taken on the duties of the

'President', but we need suggestions from the whole group in planning the virtual program. Please do let us know how you would like to contribute. We invite you to email, phone, or talk with us and others at our Zoom meetings.

Let's be wise like the owl and take advantage of these wonderful opportunities before they are gone. Share your ideas! Explore quilting on the net!

Let's go quilt!

*Donna Hamilton & Anjali Shyam*

## Winter Programme 2021

We are working on the Winter Programme. What we do know is:

- on the first Tuesday of the month, we will have a speaker
- on the third Thursday, we will have a stitch and chat, with show and share

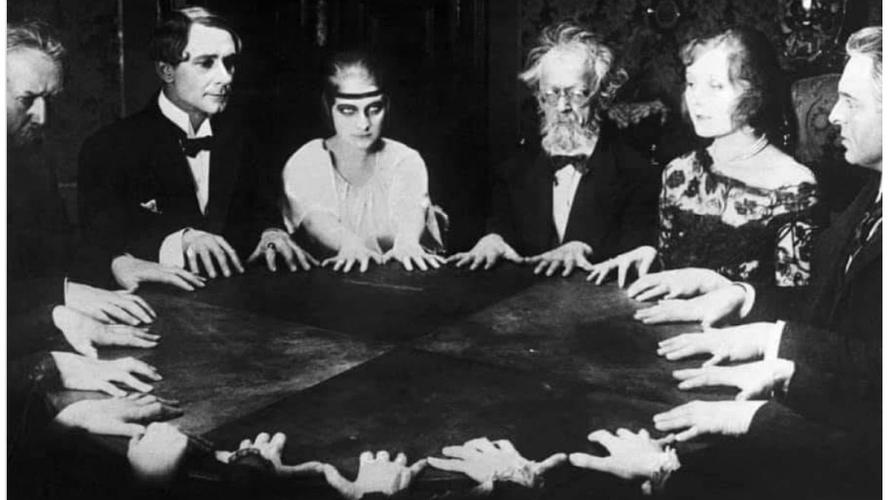
The dates are Feb 2, 18; Mar 2, 18; April 6, 22; May 2, 20; Jun 1, 10. Zoom meetings start at 10:30am till about 1pm.

## Take a (virtual) trip!

Simone passed on this link from Pine Tree Quilters Guild on interesting quilt happenings from around the world.

> <http://www.pinetreequiltersguildofmuskoka.com/wp-content/uploads/2021/01/2021-02web-newsletter-Travel-the-Quilting-World.pdf>

## Virtual meetings are basically modern seances



**“Elizabeth are you here?”**  
**“Make a sound if you can hear us?”**  
**“Is anyone else with you?”**  
**“We can't see you. Can you hear us?”**



# Kingston Heirloom Quilters

## Challenge Blocks



Anjali



Donna



Gail Jennings



Joyce Foreman

### Kingston Heirloom Quilters

#### Scrappy Sampler Quilt

We are starting to see a quilt forming from all the squares we are receiving.

Keep the squares coming, and be sure to show them to us at a Zoom meeting and/or send a picture for the newsletter.

However, it looks like we need to have **more smaller blocks (ie., 4 1/2")**. Please consider making two, or three, 4 1/2" blocks, as well as the ones you have made/planned. These blocks could be the same or totally different.

Remember, we're **using autumn colours with a background of cream or off-white**.

Once we know there are a few more blocks coming, (we're aiming for Feb 18<sup>th</sup>), we will assign drop-off spots for something to do after your grocery pickup. We will let you know where, and when, in an email closer to the end of February. Be sure to let Jeannine or Donna know what you're doing.



# Kingston Heirloom Quilters

## Working on the Boutique

Here are the things Eileen Potts has finished this winter for the boutique, all made with fabric and batting that belongs to the KHQ. She isn't sure who it all came from, but some of the fabric came from the late KHQ member Lynda Redmond.



Table/dresser topper 20"x9ish - fan blocks (hand sewn) made by members of KHQ.



Table topper (20x10ish), trivet, and finger saver



Potholder/trivets and finger saver



# Kingston Heirloom Quilters

Working on the Boutique



Potholders/trivets - there are two sets of this one



Potholders/trivets and fingersaver



Holders - for sunglasses or other smallish things



# Kingston Heirloom Quilters

Working on the Boutique



Trivets

Table runner—Eileen needs fabric to bind it



Kobo reader/mini ipad—has two layers of batting



# Kingston Heirloom Quilters

## Working on the Boutique



Sewing machine caddy,  
matching armchair caddy.  
Donna is going to make one of  
those cute triangle bags and  
Maryann is going to make  
scissor holder to match.



Doll sleeping bags. Have about six or seven more all made from my  
scraps. Might save these four for the boutique, but the rest will go to  
Almost Home for the kids.



# Kingston Heirloom Quilters

## Quilts completed by Diane Berry and her Husband, Jim

From their daughter Heather Burt

Mom inherited the red and white top from Margaret Rhodes. The quilt is double- bed size. Mom found the rest of the material to complete the quilt in Cornwall. The top was machined, but the rest was all hand quilted by my mom and dad. They finished it last spring.

The nine-patch blocks were won by either Mom, or Margaret, from a group raffle. This was another one of her UFOs. This

smaller quilt is for my sister, Jayne, who will be using it as a couch blanket. Most of the blocks were machined and the rest was hand quilted by my mom and dad.





## Kingston Heirloom Quilters



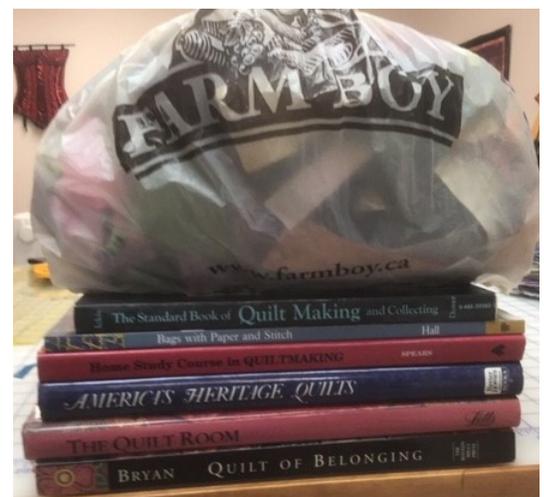
Joyce Foreman's miniature sewing room is usually housed in a butter box but she took it out so we could have a better look. It is really lovely—particularly the little half-finished quilt block!

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!





# Kingston Heirloom Quilters



Beautiful bright colours fill baby quilts made by Mary Ann McAndrews





# Kingston Heirloom Quilters

## Solving Tension Problems

Karen Miller of Redbird Quilt Co. recently shared some tips of tension problems in an Aurifil post.

She says, "Working with the great folks at Aurifil has afforded me opportunities to learn all the ways in which Aurifil threads are applied to projects. It's also exposed me to many of the challenges we, as quilters and makers, see in our everyday sewing adventures. In this post I'll share a few troubleshooting steps intended to address machine-stitched thread breakage, shredding, skipping, loops, eyelashes, and more."



### THE BASICS

Before we discuss more advanced troubleshooting steps let's run through these basics:

#### Regroup

Pause, take a deep breath and know you can get to the bottom of this! Perseverance pays.

#### Check Your Presser Foot

It must be in the down position to engage your tension discs. Without top tension you'll see a mess of thread on the bottom of your sandwich. Without bobbin tension you'll likely have railroad tracks or flat stitches on the top of your sandwich (at best!!)

#### Rethread the Top Thread

Take care to catch all the tension discs and guides. Refer to your machine guide for details. Be sure your pressure foot is raised when you thread the machine allowing the thread to properly enter and exit the discs.

#### Rethread the Bobbin Thread

Be sure the bobbin is drawing correctly and that the thread passes through the tension springs of the drop-in or bobbin-case areas. Refer to your machine guide for details.

#### Reset Your Needle

Ensure it is inserted properly (flat side facing to the back or to the left depending on your machine brand and model) and thoroughly tightened.

#### Spool Cap

Use the smallest cap available for your machine. The cap size should be the same diameter as the opening of your thread spool.

So... use this cap:

not this cap:





# Kingston Heirloom Quilters

## Solving Tension Problems

### Thread Breakage

If you're using a large spool of Aurifil thread gently twist and loosen the bottom flange to ensure the thread is not pinched and is allowed to draw easily from the spool.

### **INTERMEDIATE STEPS**

#### Replace Your Needle

Be sure to use the right size and type needle for your project and thread weight.

Even if you've heard this a thousand times, it's worth repeating: A new needle is the best \$1.25 investment you can make in your sewing project.

Old, bent, damaged, or dull needles are trouble. Sometimes a new needle can be trouble too – so don't give up if you continue to see issues after inserting a new needle. Get a package (or two) of your favorite needles and let each new project begin with a new needle.

#### *Karen's Tips*

Because I love quilting with all weights of Aurifil thread I keep a variety of needle sizes handy so I can switch my needle size to play well with my chosen thread weight.

For piecing with Aurifil 50wt a Microtex Sharp needle 80/12 or 75/11 is just right.

When I use heavier threads like 12wt & 28wt I utilize a Topstitch needle. The Topstitch needle has an elongated eye and a groove down the entire shaft – the perfect place for a heavyweight thread to ride as it's penetrating layers of fabric, applique and batting. I buy Topstitch needles in both the Assortment pack and 90/14 pack (which I use most frequently). Give them a try – you'll be happy you did.

#### Recommendations:

80wt – Microtex Sharp 70/10 or 75/11 || 80wt or 50wt bobbin

50wt – Microtex Sharp 75/11 or 80/12 || 50wt bobbin

40wt – Topstitch 80/12 or 90/14 || 50wt bobbin

28wt – Topstitch 90/14 || 50wt bobbin

12wt – Topstitch 100/16 || 40wt or 28wt bobbin

Monofilament – Microtex Sharp 70/11 or larger || 50wt bobbin || Lower top tension





# Kingston Heirloom Quilters

## Solving Tension Problems

### Give Your Machine a Spa Day

Has your machine been to the spa lately? Yes, our machines need spa days too... or maybe just a good cleaning! If you're like me, you're using Quilt Shop quality 100% cotton fabric, 100% cotton or wool batting, and 100% Egyptian cotton Aurifil thread in the top and bobbin. All these natural fibers can lead to lint bunnies in your machine. Protect your machine investment and set yourself up for success by keeping your machine in tip-top condition.

#### *Karen's Tips*

Every other bobbin: Remove lint and dust bunnies from your bobbin area and needle shaft.

Every project: Thoroughly clean and oil your machine per manufacturers guidelines.

Every 6-12 months: Have your machine serviced by a qualified technician. The techs can uncover and solve issues we may not recognize – protect your investment.

### Tension

In the factory, machine tension is set to stitch through two layers of fabric using a 50wt, 3ply thread. With today's advanced threads and wide variety of available weights and ply, the "default" or factory setting isn't always the best number. If your thread is breaking or shredding, consider

troubleshooting this setting by loosening your top tension. This is accomplished by selecting a lower number on your dial or digital setting. Lowering the tension by a whole number or two will allow you to examine the impact on a fabric sample (use a sample that closely represents the project materials you're using). Once you've lowered the top tension run through a sample. If the thread no longer breaks or shreds, but the bobbin thread is now showing on top, reduce the top tension another whole number. If the top thread is showing on the bottom side, you'll need to step up or increase the top tension to bring it back to the top.

Tension — it's a tug of war between the top and bottom thread. I love the simplicity of this Tension diagram from a 1947 Singer Featherweight 221.

### Tensions

For ordinary stitching, the needle and bobbin threads should be locked in the center of the thickness of the material, thus:

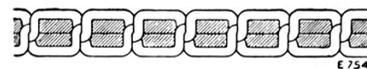


FIG. 16. PERFECT STITCH

If the tension on the needle thread is too tight, or if that on the bobbin thread is too loose, the needle thread will lie straight along the upper surface of the material, thus:

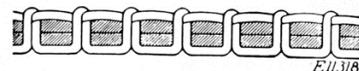


FIG. 17. TIGHT NEEDLE THREAD TENSION

If the tension on the bobbin thread is too tight, or if that on the needle thread is too loose, the bobbin thread will lie straight along the under side of the material, thus:

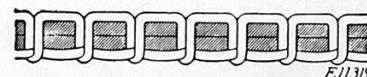


FIG. 18. LOOSE NEEDLE THREAD TENSION



# Kingston Heirloom Quilters

## Solving Tension Problems

Playing with and conquering tension issues is one of the scariest yet most rewarding lessons of all time. Once you've tackled this challenge you'll rest easier knowing you can do it anytime. Be sure to jot down what you started with, especially if your machine has analog settings. This way you'll know how to set it back to "default". I could talk about tension all day long.

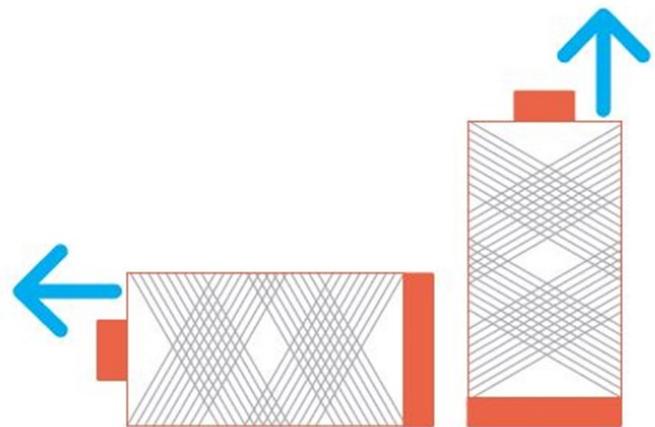
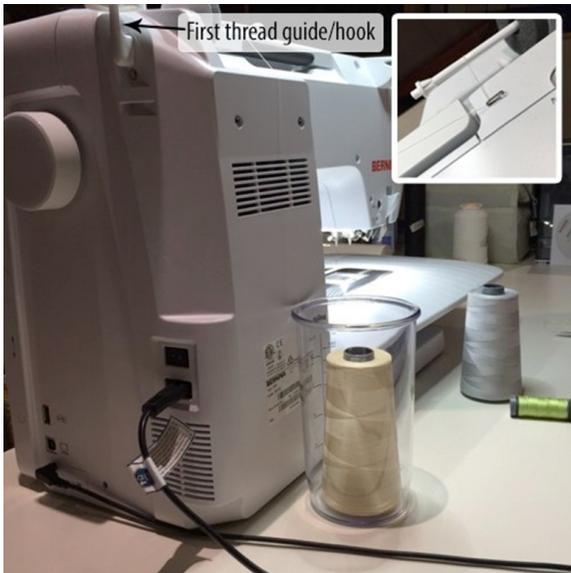
### Thread Delivery

How is your machine setup? I love this slide from the Aurifilosophy program that shows how Cross Wound spools prefer to be drawn from the top, not the side, of the spool. If you're experiencing shredding, breaking, or skipped stitches, consider how your machine is setup to draw thread from the spool. If a vertical post is your only choice, these alternatives may help to achieve the "preferred" thread delivery setup:

- Convert your vertical spool holder to a horizontal mount
- Utilize an external thread stand. They are inexpensive and work great with spools and cones!
- Drop your spool or cone in a heavy mug or drinking glass that is positioned behind your machine.

### Batting

If you've tried all of the steps above and can't seem to get past the challenge, it may have something to do with your batting. Over the years I've learned that my machine, needle, and thread are not always happy with my batting choices. It's true, I can stitch to my heart's content with 100% cotton batting, a cotton/poly blend, or 100% wool batting. But honestly, when I try to quilt with 100% poly batting it's a total disaster. I scratch my head about it but wanted to share this particular trouble spot in case you experience the same challenge with your project. Try replacing a small section of the project with a non-polyester batting and see if it helps.



### Cross Wound

Draw thread from top of spool.  
Spool should remain stationary.  
*If necessary use a freestanding  
spool holder.*

### **FINALLY**

If you've run through the troubleshooting steps outlined above and have yet to find an answer to your challenge be sure to reach out to Aurifil Customer Service. It will be able to work with you and do everything possible to address the challenge. Aurifil thread carries a 100% satisfaction guarantee!



# 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 snowing 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](http://yogaforquilters.ca)

Yoga Instructor: Donna Hamilton.



# Kingston Heirloom Quilters

## 2019/2020 Executive

**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 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

**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/](http://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](mailto:khq@quiltskingston.org). We love to meet new and experienced quilt enthusiasts.

