



Kingston Heirloom Quilters' Newsletter

quiltskingston.org/khq/

Spring 2024

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Presidents' Message

Can you believe it's the end of April already? It only seems like yesterday we were enjoying spring weather in January. And now the daffodils are almost over, and the dandelions are opening. Where did the time go?

As we've been looking back at many members' beautiful quilts, it seems like they were just finished. I can remember many of them as if it was yesterday. Time is playing tricks with me. Did you find that too? Time is one of our most valuable resources. I can't believe we've said our goodbyes to Marg Henshaw and Phyllis Vanhorne. Time is marching by far too quickly and that is why I have shared below some words from George Carlin, an American stand-up comedian, actor, author, and social critic. Remember Geroge? He wrote beautiful words on the "Philosophy of Old Age" as in *Age102 Classes*, that came with music and beautiful pictures in a video sent to me by a friend. These are inspiring words that come from a comedian who had a different lens on life. And yet we know all of what he speaks, and I hope you will smile as you read his words. I certainly did.

We are putting a different lens on our newest quilt, made of hexagons, put together by hand, in a different way than we did back in 1979 when we made our first group quilt, "Grandmother's Flower Garden". Mary Ann McA has shown us the latest techniques to tackle hexagons.



The plan is to create a modern quilt from these simple shapes. Be sure to bring your ideas. Who knows where this quilt will take us ... time will tell us. Everyone can participate. Be sure to make some hexies.

Don't forget to put a few stitches in our sampler quilt that is on the frame. Every stitch helps bring this quilt to completion. It can only happen if we all contribute.

See you on Tuesday! Let's go quilt.

Donna and Anjali

Philosophy for Old Age by George Carlin on Age 102

Do you realise that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about ageing that you think in fractions.

'How old are you?' "I'm four and a half!" You're never thirty-six and a half.

You're four and a half, going on five! That's the key.

You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead.

'How old are you?'

'I'm gonna be 16?' You could be 13 but hey, you're gonna be 16!

And then the greatest day of your life ...

You become 21. Even the words sound like a ceremony.

YOU BECOME 21 ...YESSSS!!!

But then you turn 30. Oooohh, what happened there?

Makes you sound like bad milk! He TURNED; we had to throw him out. There's no fun now, you're just a sour-dumpling. What's wrong? What's changed?

You BECOME 21, you TURN 30, then you're PUSHING 40... Whoa!

Put on the brakes, it's all slipping away.

Before you know it, you REACH 50 and your dreams are gone.

But wait!!!

You MAKE it to 60. You didn't think you would!

So, you BECOME 21, TURN 30, PUSH 40, REACH 50 and MAKE it to 60.



You've built up so much speed that you HIT 70!

After that it's a day-by-day thing, You HIT Wednesday, May 1st, 2024!

You get into your 80's and every day is a complete cycle; you HIT lunch; you TURN 4:30; you REACH bedtime.

And it doesn't end there. Into the 90's you start going backwards.

'I was just 92.'

Then a strange thing happens.

If you make it over 100, you become a little kid again. 'I'm 100 and a half!'

May you all make it to a healthy 100 and a half!!

How to Stay Young

1. Throw out nonessential numbers.

This includes age, weight, and height. Let the doctors worry about them That is why you pay 'them.'

2. Keep only cheerful friends. The grouches pull you down.

3. Keep learning. Learn more about the computer, crafts, gardening, whatever... Never let the brain idle. 'An idle mind is the devil's workshop.' And the devil's name is Alzheimer's.

4. Enjoy the simple things.

5. Laugh often, long and loud. Laugh until you gasp for breath.

6. The tears happen. Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be ALIVE while you are alive.

7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.

8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.

9. Don't take guilt trips. Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.

10. Tell the people that you love, you love them.

AND ALWAYS REMEMBER:

Life is not measured by the number of breaths we take, but by the moments that take our breath away. We all need to live life to its fullest each day!!

(George died June 22, 2008, at the age of 73.)



A Tribute to Phyllis Vanhorne



We have lost another great quilter. Phyllis Vanhorne, a founding member of the Kingston Heirloom Quilters, passed on March 12, 2024, one day from her 102nd birthday!

She was an avid quilter especially loving the Log Cabin pattern. Phyllis first became involved in quilting during World War II. She worked on Red Cross quilts which were sent overseas, mainly to Britain. Over the years, quilting became her passion, and she entered quilts in local fairs (eventually becoming a judge), taught quilting classes, attended the first organizational meeting of the Canadian Quilters Association in Toronto, and travelled across Canada and the US to attend conventions. Lancaster, Pennsylvania was a favourite spot for fabric shopping and quilt shows.

She would work on commission for others. In the 70's, Kim Ondaatje saw one of her quilts at the fair and asked if she would make quilts for "Tradition Plus One", an exhibit she was mounting for the Agnes Etherington Arts Centre that travelled across Canada. She prevailed upon the late Margaret Rhodes and Diane Berry to be involved as well.

Then, Ludy Strauss, a Californian who vacationed in this area, mounted another exhibit. Ludy was elated when Phyllis agreed to turn her paintings and the designs from ten contemporary artists, into quilts. Phyllis again enlisted the help of the late Margaret Rhodes, Diane Berry, and another lady as there were many quilts and they wanted duplicates. Some of these modern quilts, made in the early 70's, are now in the International Quilt Museum in Lincoln, Nebraska. The stories about painters' assumptions about fabrics were hilarious. There were learning curves on both sides; initially, of course, the painters didn't understand what could be done with fabric, needle, and thread, but they worked it out together.

One fun story we like to remember: In recent years, Phyllis purchased a brand-new sewing machine. She came to an Heirloom meeting afterwards and told us that she had paid as much for the sewing machine as she and her husband had paid for the family farm back in 1949! Imagine!

Phyllis was featured in the May 16, 2012 Kingston Profile magazine. Her quilt, "Golden Wedding Ring" was on the cover. Phyllis was a featured quilter at Quilts Kingston 2012. On the right, Phyllis is shown with her log cabin quilt at the 2023 show.

Phyllis not only made each of her four children quilts to celebrate their marriages, but she also made one for each of her ten grandchildren. At her funeral, her quilts were reunited on the back of the Chapel's benches.

And so it is with great sadness that we say goodbye to our fellow quilter and friend, Phyllis. She will be missed.



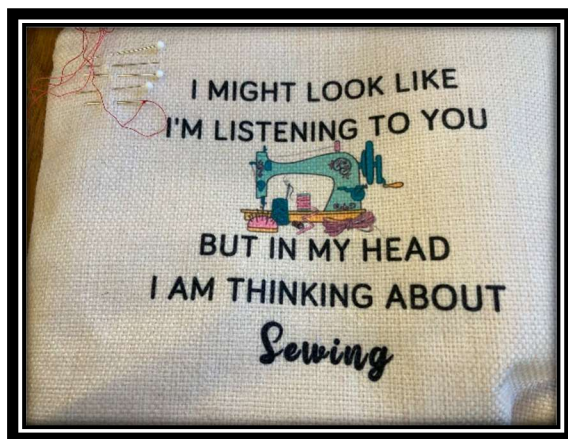
Phyllis's quilts in the chapel.



Baby Quilt Report

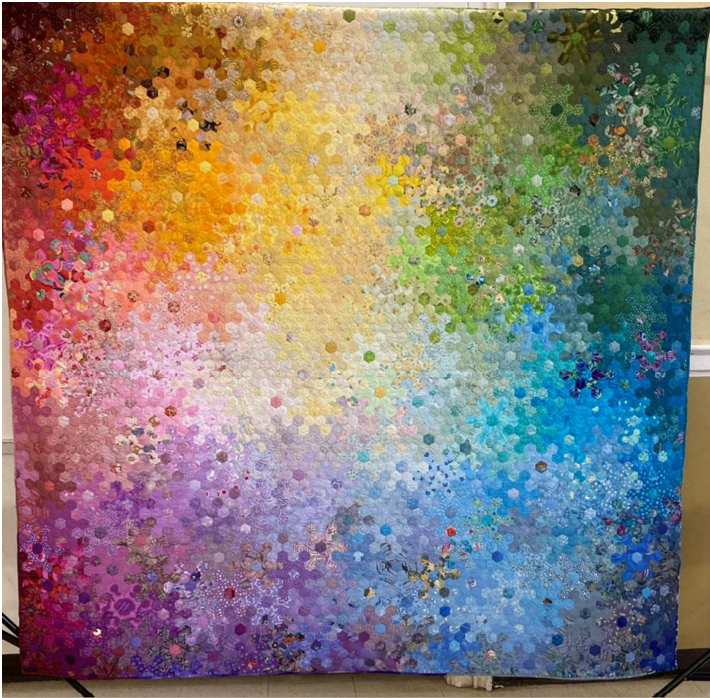
KHQ has donated 44 baby quilts and 16 knitted blankets to the hospital's Hugs Program since September 2023.

Thanks to everyone for their help and donations. Here are pics of the last few. Peggy



Show and Tell

March 5th Mary Ann McA presented this 2018 Viewer's Choice winner which started with five Kaffe Fassett fabrics. On the right is the quilt that grew in size as well as fame. It won second place at the CQA and went on to world show.



This next pattern from a late 1800's book came about as Mary Ann had a lot of black fabric left over from working on the Quilt of Belonging.



Lillian gifted this bag to Peggy. The reverse has a mermaid's tail.



Jose with denim pocket pillow for charity organization.

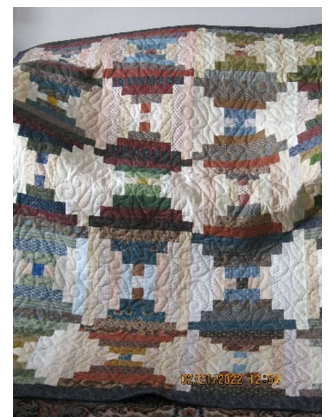


75th quilt for KGH Auxiliary to sell in shop.
Mary Catherine welcomes all fabric donations.



KHQ donated this quilt to the Veterans.

Kym sent in a few photos of her quilts to share.



March 19th Diane D. shared two applique quilts...



Lillian and Simone the two below. The day's photos courtesy of Anjali



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

Saying shared by Jeannine



April 2nd Ros took us on a journey through the years and places she travelled.



Top: Pictures of big brother for daughter's quilt .
Below: Challenge, Festival of Quilts 1994



A flimsy of diamonds
Pieced travelling across Canada to BC and onwards to Australia. Below: Memories of Australia.



Late 70's Cambridge, England



Left: Mary Catherine's wall hangings, a guinea hen and elephants.

Right: Eiffel Tower scissors her daughter brought from Paris.



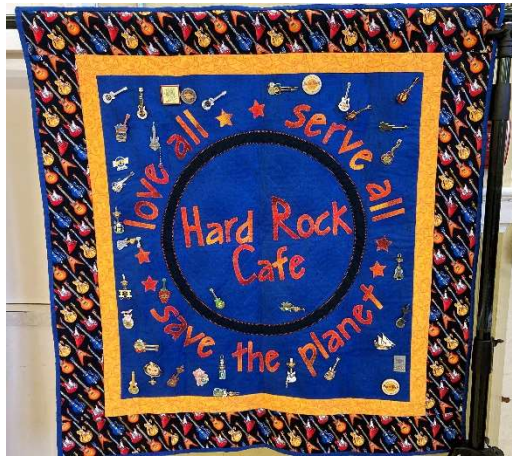
Simone's baby quilt.

A handy organizer for sewing machine accessories.

April 16th Karen shared quilts and wallhangings. We were told she enjoys to 'quilt by check', paying others for that job.lol



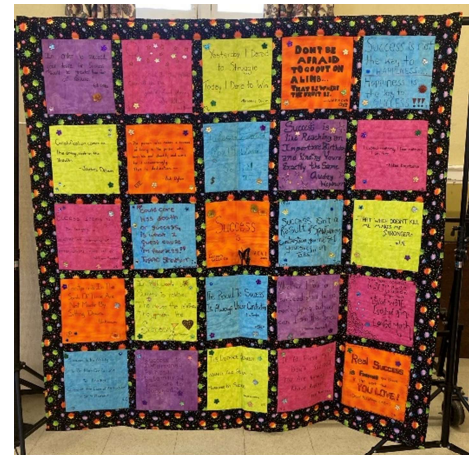
A Viewer's Choice award 2014



Adorned with pins collected worldwide



Hangs in the family room.



Far right is a wall hanging made with KCVI students. The class project decorated the classroom for another twelve years with important messages of what 'Success is...' i.e. *(Could apply to quilters?)*

" Success is the ability to go from one failure to another without the lack of enthusiasm."
Sir Winston Churchill

Hexie Fever

As mentioned in the Presidents' message the new group quilt is in progress.



Mary Ann McA is looking for more ideas to inspire and asks:

I was wondering if anyone in the group has a copy of the book "Millefiore Quilting" by a woman who's last name is Hammerstien . If I'm correct, it was first published in 2011 with four more different Millefiore books that followed later. I can't even find out if it's still being published and because it's pricey to buy, I would just like to see a copy before I purchase it.

More hexies in Karen Q's wall hanging below. Picture on the right is showing the back and how she finished the edges.



Below: Even more hexies can be seen on the KHQ aprons in this early group photo!



Snippets

(I borrowed that title from a previous newsletter by Ros.)



Simone is collecting blocks for residential school survivors. The 12 ½ inch square should contain some orange as illustrated in this Potato Chip block. She will take them to Quilt Canada in Edmonton, mid- June.



I bought the quilt top shown here at an antique shop on Parliament Street in Toronto in 1990. I had no quilting experience and thought I would finish it while on maternity leave with my first child. :)

THIRTY-FOUR YEARS LATER, it is finished. I started to hand quilt it (on a frame kindly donated by Bernice Day), but finally had it machine quilted by Raven at Stitch by Stitch, who did a wonderful job. I enjoy looking at it every day.

I suspect this quilt is from the 1940s. Does anyone know of a website where I could post a photo of it in the hopes of paying tribute to the woman who chose the fabrics and pieced it so carefully?

Lesley Donald

We have a new sponsor!



Grow your
skills with us!

550 Days Road
Kingston, ON
613-389-2223

VISIT US IN STORE
OR ONLINE

StitchByStitchKingston.com





The chart above is from a fun blog about "the stash".

<https://emea01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fannirippin.wordpress.com%2F2016%2F11%2F16%2Fthinking-about-the-stash%2F&data=05%7C02%7C%7Cdb39484eed0f4f334d7d08dc69d88123%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638501625815083588%7CUnknwn%7CTWFpbGZsb3d8eyJWIjojMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6IjEhaWwlcjkiLCJlbnQ%3D%7C0%7C%7C&sdata=igiWh3cC2lCqo6AKFJWefoic4DuJl6R8JaDpnYlsw1k%3D&reserved=0>

Enjoy! Donna

It appears that Quiltmania is closing its doors. [Magazine 160 GB.indb \(quiltmania.com\)](http://magazine.160gb.com)

Mad About Patchwork in Stittsville ON is hosting Australian quilter Jen Kingwell, June 3-8. I have signed up for an evening trunk show. Info: [Jen Kingwell Sewing Celebration June 3-8th 2024 \(madaboutpatchwork.com\)](http://madaboutpatchwork.com)
Joyce

Congratulations Kingston Heirloom Quilters!

Our Canadian Landscape Quilt has been accepted into the 2024 National Juried Show (NJS) in Edmonton, Alberta, June 19-22, 2024.





Meeting Days

May 7th : Donna's quilts
 Simone, wrist pincushions
 May 19th: Simone's quilts
 June 4th : TBA
 June 18th last meeting until the fall.

Thousand Islands Arts Center Home of the Handweaving Museum

314 John Street, Clayton, NY

Recently enjoyed a visit to this charming town and art center. They host many events and classes in Fiber Arts, Painting, Pottery, Weaving to name a few.

More information and class calendar: [Home - Thousand Islands Arts Center \(tiartscenter.org\)](http://tiartscenter.org)

Joyce



Two more from Jeannine.

"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 will turn to drink."

Executive 2023-2024

Interim Co-Presidents : Donna Hamilton
 Anjali Shyam

Past President: Simone Lynch

Vice President: TBA

Corresponding Secretary: Sally Hutson

Recording Secretary: TBA

Treasurer: Mary Anne Kingston

Social Convenors: Jeannine Sullivan,
 Francine Leblanc

Membership/Phone Convenor:
 Mary Ann Kingston

Publicity: Peggy McAskill

Program: Executive
 Mary Ann Mc Andrews

Newsletter Editor: Joyce Foreman

Historian: TBA

Librarian: Ros Hanes

Baby Quilts: Joan Bales, Peggy McAskill

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



Upcoming Events



Rouge Valley Quilters' Guild
 "Quilts from the Valley" - May 3 & 4, 2024



Quilt Show
 May 3 & 4, 2024
 Friday - 10 am - 7 pm
 Saturday - 10 am - 5 pm
 Forest Brook Community Church
 Ajax, Ontario L1T 4N2

- Guild Members' Quilt Exhibition
- Members' Challenge Display
- Merchant's Mall
- Guild Cafe and Guild Boutique
- Raffle Quilts - 3 quilt prizes to be won
 Draw: Saturday, May 4, 2024 at 4 pm
- Silent Auction and Treasure Room
- Quilting Demos and much more...

Proceeds of the 2024 Quilt Raffle to support
 RVQG Community Service Projects
 City of Toronto Lottery Licence MB2408z



Still STITCHING TOGETHER
 QUILT SHOW 2024

\$10 Admission

- Beautiful Quilts
- Vendors Mall
- Boutique Shopping
- Featured Quilter: Judy Graham
- Delicious Café
- Accessible Parking & So Much More!

Scogog Community Centre
 1655 Reach St
 Port Perry, Ontario

Friday May 10	Saturday May 11
10-6	10-5

OTTAWA MODERN QUILT GUILD

QUILT SHOW

JUNE 1-2, 2024
 BAYVIEW YARDS, OTTAWA

Help us celebrate the **10th anniversary** of the Ottawa Modern Quilt Guild

MODERN QUILT GALA
 Saturday June 1: 6-10pm
 Tickets \$40 (early bird \$35 until April 12)
 Live music | Appetizers | Cash bar
 Swag bag for first 150 attendees
 Opening night of juried modern quilt gallery

MODERN QUILT GALLERY
 Sunday June 2: 10am-5pm
 Entrance \$10
 Juried modern quilt gallery
 Quilting related vendors

Ottawa Modern Quilt Guild | COURTS BAYVIEW YARDS

Bayview Yards, 7 Bayview Station Rd, Ottawa, ON
ottawamodernquiltguild.blogspot.com



COURTEPOINTS ART TEXTILE QUILTS

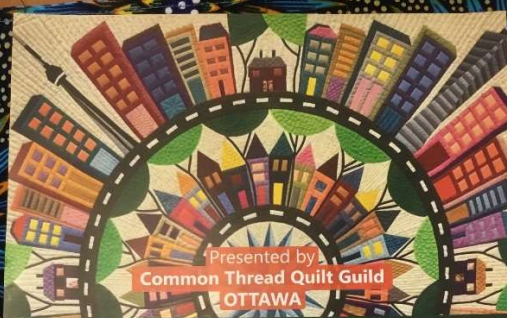
15 - 16 JUN 2024
 10h - 17h et 10h - 15h

ENTRÉE ET STATIONNEMENT GRATUITS, SALON DE THÉ, MARCHANDS
 FREE ADMISSION, FREE PARKING, TEA ROOM, VENDORS

New Venue! :: Nouvel endroit!

Centre récréatif de Beaconsfield
 1974 City Ln, Beaconsfield, QC H9W 6B1

www.beaconsfieldquilters.ca
facebook.com/BQguild



Presented by
Common Thread Quilt Guild
 OTTAWA

Quilt Show

June 14-15, 2024


Quilts! Vendors' mall, Displays & Demos

Friday, June 14, 10 am - 7 pm
 Saturday, June 15, 10 am - 6 pm

Earl Armstrong Arena
 2020 Ogilvie Rd., Ottawa

Entrance \$10 (lots of free parking)

commonthreadquiltguild.ca



"Colour by World" pattern Wendy Williams, joined and quilted by Janice Nemmetschko



Sponsors and Messages



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www.taylorsewing.com

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Paisleys Quilt Shop

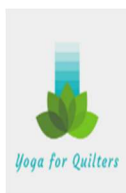
Fabrics and Gifts

Madonna Oliver

613-203-9011

Info@PaisleysQuiltShop.com

PaisleysQuiltShop.com



"Yoga for Quilters" offers gentle classes, using pillows, straps, yoga blocks or big books, all from the comfort of your home. If it's raining, snowing, 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.

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, ending with a full relaxation, 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 or talk with Donna. Certified Yoga Instructor: Donna Hamilton, yogaforquilters@gmail.com