



Rocky Mountain Wa Shonaji Quilt Guild



Exhibit and Opening Honor Past and Future

Rocky Mountain Wa Shonaji’s 2019 annual exhibit embodies the Guild’s 25th anniversary theme, Embracing the Past: Envisioning the Future. The highly successful August 10 Opening Reception drew over 100 attendees to an afternoon of warm fellowship, gorgeous quilts, a lively program, and great food. The exhibit has been

extended through September 28. Share it with your family, friends, co-workers, and more in the James Cousins Gallery on the third floor of the Blair-Caldwell African-American Research Library.

“We have had so much *positive* feedback from the Exhibit,” exhibit chair Joanne Walton said, “and it is because of the *awesome* members



A good crowd of friends, family, and well-wishers enjoyed the Exhibit Opening Reception.

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Upcoming Programs

- September—Jelly Roll Race with Mary Lassiter
- October—Patchwork Loves Hand Embroidery Too! With Artie Johnson
- Oct 31–Nov 3—Fall Retreat at Allenspark
- November—Panelling by Marcia Walker
- December—Holiday Luncheon

Exhibit, Opening Reception (continued)

who contribute so much to make us such a viable Guild throughout the Rocky Mountain Region.”

Especially impressive this year were the 12.5" x 12.5" miniature quilts, based on the anniversary theme. Not only were members able to interpret their block in a way that was meaningful to the maker and the viewer, but some members also told their block's stories at three of our monthly Guild meetings. We all learned so much about the origins and histories of those chosen blocks.

“The quilts on the side walls are *awesome*,” Joanne said. “In looking back at pictures from past exhibits, I can see the growth and creativity that has emerged from our members. Some are creating and developing their own styles, some are going modern/contemporary, some have remained traditional, some are following patterns and adding their own touches, beading, stitching, hand dyed fabrics, rusted fabrics, storytelling... you name it, and you will find it in this exhibit.”



Wa Shonaji members Mary Lassiter, Stephanie Hobsom, Linda White, and Nannette Locke are as much an attraction in Afrocentric dress as the 12"X12" Challenge blocks on the wall behind them.

Many members graciously contributed even more than quilts to the exhibit. Ann Worsencroft and Victor Munoz loaned many of the antique props that added to our theme of *embracing the past*. Marcia Walker beautifully arranged the display case and other decor

in the room. Many others added to the ambience of the room with their *specific* contributions. The hand-made pin cushions for guests and door prizes for the game of finding the quilt were innovative and well received.

The installation team set up the exhibit in record time this year...3.5 hours!!! Joanne explained



Reception attendees were literally surrounded by exquisite quilts by Wa Shonaji members.



The Hospitality Committee provided chicken salad sandwiches and turkey wraps plus veggies and corn relish—see the recipe on page 6. Members provided the most luscious cakes!

it was a combination of “Experience and Awesomeness.” She also thanked Winston Walker for his pictures of the exhibit and of the reception. Those pictures can be viewed on the Guild’s website at www.washonaji.org.

The presentation of food and desserts at the Opening Reception by Nannette Locke and her committee was a feast for the eyes as well as for the palette as Wa Shonaji celebrated its 25th year. Nothing but the finest linens, china, and crystal were on the tables. The desserts, especially, were delicious and plentiful. Mary Lassiter prepared and led an entertaining and interesting program, including the awesome RMWSQG Chorus! A tribute was given to Helen Kearney, founder of Rocky Mountain Wa Shonaji Quilt Guild.



The Wa Shonaji Chorus was a highlight of the Opening Reception’s program.



Lisa Shepard and her fellow quilters make the Wa Shonaji Exhibit an annual part of their SewJourn Colorado—Wine Lovers’ Quilt Retreat in the mountains.

Once again Lisa Shepard and her entourage came down from their SewJourn Colorado—Wine Lovers’ Quilt Retreat in the mountains to be with us. How special is it that she always includes us in her visit! As many of you know, Lisa is from New Jersey and her company can be found online at www.cultureexpressions.com/



Marcia Walker along with her granddaughter and her friend "manned" the door prize table and operated the "Find the Quilt" contest.



Mary Davis poses with her 12X12 Challenge block, Dutchman's Puzzle.



Cassandra Sewell described Wa Shonaji's 25th anniversary activities, including the Formal Tea, the Shop Hop, and the coffee table book.



Joanne Walton welcomed guests and thanked members while Milinda Walker gets ready to take the podium.



Quilting Royalties, Rocky Mountain Wa Shonaji's 25th Anniversary Quilt, was made with African Queen and African Prince blocks in the fabric of the member's choice.

The Hospitality Viewpoint

I am honored to lead a group of Members on the Hospitality Committee who decorated and served the wonderful friends and family who spent their afternoon at the Gallery and in the serving area enjoying our commitment to detail.

To the Guild Members who baked and decorated by far the most delicious (homemade) delicacies (cakes and cupcakes), thank you so much. Some guests enjoyed tasting the different desserts and forgoing the food items.

To the husbands of the RMWS Quilt Guild, the Hospitality Committee thanks you for supporting your lovely lady so that she and the cake arrived safely.

To the Executive Board Members who brought elegant serving pieces and linens, I am so pleased to report that there was no breakage of any property. The perfect afternoon for a perfect Opening Reception!

Special Hospitality Committee Helpers: Netta Toll, Stephanie Hobson, and Julie Marsh.

Hospitality Committee Members: Moira Jackson, Elorise Hawkins, Iris Hawkins, De Lois Powell, Geneva Lottie, and Joanne Walton.

Humbly,
Nannette O. Locke
2019 Hospitality Chairman

President's Corner

Greetings, Everyone, as we continue to celebrate our 25 years as a quilt guild. We wish to thank everyone who contributed to the opening reception for our Quilt Exhibit, "Celebrating 25 Years: Embracing the Past – Envisioning the Future," at the Blair-Caldwell African-American Research Library (2401 Welton Street, Denver), which will continue through September 28.

We thank the Exhibit Committee, co-chaired by Joanne Walton, Marcia Walker, Linda White, and Mary Lassiter, for all of their hard work in organizing the exhibit and leading the volunteers—the exhibit came together beautifully. We also wish to thank those who helped with the opening reception: The Choir led by Mary Lassiter, Nan-

nette Locke and her hospitality committee who laid out all of the serving tables, and to all of those who provided the beautiful serving pieces and the delicious refreshments!

Please remember that we have great new workshops to follow our upcoming meetings: Jelly Roll Race, facilitated by Mary Lassiter, and Using Embroidery in Quilting, facilitated by Artie Johnson. Also, don't forget to register for our Guild Retreat in Allenspark, Oct 31 – Nov 3. We always have a great time of quilting and visiting together in the beautiful Rocky Mountains!

Keep Quilting!
Milinda Walker

Corn Relish

Mix together:

- Can whole kernel corn (cans per number of servings desired), DRAIN well!
- Pico (DRAIN well) *or* cut raw (red pepper; green pepper; onion; cherry tomatoes; jalapeno peppers; cilantro)

Chill.

To serve, toss with Zesty Italian Dressing.

Serve in lettuce cups; top a baked potato; top a baked fish or chicken fillet or a pork chop; OR eat by the spoonful...

—Nannette Locke

Happy Birthday

September, October Birthdays

Ann Worsencroft , Sept 5

Elorise Hawkins, Sept 22

Nannette Locke, Oct 21

Joette Bailey-Keown, Sept 6

Robin Bean, Oct 2

DeLois Powell, Oct 25

Sandra Coleman, Sept 19

Reniese Johnson, Oct 16

Karen von Phul, Oct 27

More 12X12s Now on Display at Blair-Caldwell



Karen von Phul, Peace & Plenty



Steve Bowley, Celtic Knot



Marcia Walker, Snails Trail



Karen von Phul shows Indiana Puzzle by Juanita Roper



Mary Lassiter shows Jacob's Ladder by Cynthia Catlin



Pennie Estrada, Sister's Choice

Guild members contributed quilts in support of "Gabriel's Daughter," the Story of Clara Brown held at the Central City Opera House in 2003.

Celebrate National “Sew a Jelly Roll” Day at September 14 Workshop

Mary Lassiter will lead the Jelly Roll Race following the Guild’s meeting Saturday, September 14. The “winning” project is a stripped quilt top made with one jelly roll’s 2½" precuts. This is the supply list.

- Sewing machine
- Thread with lots of filled bobbins
- Jelly roll with 40 to 42 strips, 2½" wide
- Regular sewing tools, including scissors



Jelly Roll Facts

- The first Jelly Roll, or collection of 2½" precut strips, was born in Dallas TX in September 2006. It has been a registered trademark of Moda Fabrics for many years. Non-Moda 2½" precuts have other names.
- A Jelly Roll contains 40 strips, each 2½" x 45". Junior Jelly Rolls have 20 strips of the same size.
- A Jelly Roll contains 140 feet of fabric; it takes just under 38 Jelly Rolls to make a mile of fabric.

Tips for Working With and Sewing Jelly Rolls

- Use a lint brush or roller over the raw edge sides of the Jelly Roll before unwrapping it to minimize the fluffy lint that will otherwise cover everything!
- Iron the strips flat before sewing—especially the fold.
- Use steam to help realign the fibers, so they will relax and lose the curl from being rolled so tightly.

More Ideas for Jelly Roll Strips and Scraps

- Make strip sets for 9-patch or 4-patch blocks.
- Cut strips into 4½" long rectangles. Use with 2½" squares to make scrappy Flying Geese blocks.
- Sew strips together for a scrappy back.
- Make “framed” 9-patch blocks (one Jelly Roll strip will frame a 6" finished 9-patch).
- Make a “coins” quilt with leftover Jelly Roll pieces.
- Make Log Cabin blocks.
- Make piano key borders for a scrappy quilt.
- Make scrappy binding: cut Jelly Roll strips into fourths and sew together as many as needed for the length desired.

Patchwork Loves Embroidery Workshop October 5

October 5 will be a wonderful day at Wa Shonaji because we are going to learn about the “E” word, namely, E-m-b-r-o-i-d-e-r-y 101 with Artie Johnson. She’ll teach several useful stitches and she’ll describe how to use embroidery to enhance our quilts.

See the opposite page for a list of supplies. And here are some comments from Artie herself:

Embroidery floss is made up of six strands of thread. You can separate the strands—fewer strands make thinner stitches. Most patterns will

indicate how many strands to use, but you may always make your own choice. We will be using six strands for most of our stitches.

Bring several needles. Make sure they have an eye that’s big enough to accommodate your floss. Look for needles labeled “Embroidery Needles,” but there is a variety of sizes of needles and eyes.

Bring along a needle threader, if it will make it easier for you.

ANY OTHER THING(S) THAT MAKE YOU FEEL GOOD!

BEGINNING EMBROIDERY

What is an embroidery sampler?

An embroidery sampler is created as a demonstration or test of skill in needlework. It's the perfect way to practice different kinds of stitches and make something pretty at the same time.

There are hundreds of different types of embroidery stitches in existence. We will be exploring seven basic stitches to give introductory practice in this art. If you are really hooked after that, there is a great deal of information, including patterns on the internet.



It's also a way to keep those hands busy while relaxing or watching TV and doing a few stitches at a time or many is great.

MATERIALS

- 8-inch diameter embroidery hoop (plastic or wood, your preference)
- Hand-sewing/embroidery needle
- Embroidery floss (several different colors) I prefer DMC.
- 12 1/2" X 12 1/2" square of fabric (quilter's cotton or linen works best), already pressed.
- Sewing scissors
- Fine-lead pencil (or nonpermanent fabric marking pen)
- Light table or sunny window (We'll use Library windows, if possible)
- Masking tape or pins
- Ruler (optional)
- Heart Sampler Pattern (**Provided**)

Other Useful Tools:

- A needle threader (helpful when you find yourself struggling to thread your needle)
- Thimble (can prevent you from stabbing yourself in the finger with your needle). Ouch!

Artie Johnson

October 2019

Wa Shonaji Contributes to eQuilter Charity Sew

Five members of the RMWS Quilt Guild met at eQuilter in Boulder August 24 to participate in another Charity Sew event: Brenda Ames, Christine Jacques, Nannette Locke, De Lois Powell, and Edith Shelton.

Brenda Ames returned a completed top made up of an intricate array of colors, which she spent the day sandwiching in preparation for quilting and binding. At the request of Artie Johnson, Brenda also chose lovely blue scraps to take back for a “quilt creation by Artie” on behalf of Charity Sew.

Christine Jacques worked on quilting (using stitch-in-the-ditch) a previously pieced and sandwiched top as well as sandwiching other returned quilt tops.

Nannette Locke returned her lovely blue piece, quilted complements of RMWS member Crystal Zagnoli. Binding was a part of her day’s effort with a new technique facilitated by another Charity Sew attendee, and bordering a selected panel consumed her time the remainder of the day.

De Lois Powell returned two pieced tops as well as a completed throw for which she compensated Wendy of Colorado Fabrics for quilting; binding was complements of Wendy. De Lois added additional borders to a small “watermelon” paneled piece in hopes to return the larger completed quilt at the next eQuilter Charity Sew, on September 28. De Lois chose new fabrics to begin another scrappy throw project for eQuilter, working at home.

Edith Shelton, relatively new to the Charity Sew project, spent the day cutting and preparing

purple and gold (yellow) squares for a lovely top that she will complete at home.

Luana Rubin, eQuilter’s owner, announced to the group her newest project interest: to provide small quilts for little girls in India who have very little and who usually fall asleep at night on cardboard. She hopes an eQuilter Charity Sew donation of small quilts will serve to comfort these little girls as they sleep or cover them when the weather is cooler. Luana also mentioned her interest in working with RMWS members to host a class, of their interest, at eQuilter. Perhaps if the class is taught by a local instructor, the cost of travel and/or hotel for the instructor would not factor into the course cost. De Lois indicated that she would take the idea back to the RMWS September Board Meeting for discussion.

Luana and Wendy expressed interest in meeting some RMWS members at the Blair-Caldwell Library on a Saturday to view the RMWS 25th Anniversary Exhibit and follow-up with lunch in the area. A tentative date of August 31 was set, pending a check on whether the Library will be open on that date, due to the Labor Day Holiday on Monday, September 1. De Lois agreed to check with the Library to confirm the date with eQuilter and RMWS members.

Of course, several RMWS members had lunch at Snarf’s. All and all, it was great weather and a fun day with our eQuilter Charity Sew friends in Boulder.

—De Lois Powell

Wa Shonaji made an impact on its community in 2009: Four members participated in the exhibit “Fabric as a Story: African Influences on Contemporary Quilts” at the Lakewood Civic Center.

July Show & Share



Stephanie Hobson, African Princess and the Pea



Netta Toll, Fussy Cut Irish Chain



Artie Johnson, Very Hungry Caterpillar



Helen Kearney, Fractured Block



Karen von Phul, backpack



Stephanie Hobson, Captain America, front & back

Your Block-of-the-Month Masks Keep On Comin'!



2019 Retreat

Thursday, Oct 31–Sunday, Nov 3, Highlands Presbyterian Camp/Retreat Center, Allenspark, Colorado.

Final payment is due at September meeting as retreat center needs a final headcount. Please look at treasurer's report to see what you owe.

4 days including lunch \$228

4 days including dinner \$218

3 days including lunch \$158

3 days including dinner \$148

Make sure I have your form indicating what day you plan to come.

Those going so far:

Linda White
Stephanie Hobson
Milinda Walker
Barbara Robinson
Geneva Lottie
Camilla Edwards
Mary Lassiter
Chris Jacques
Edith Shelton
Joanne Walton
Julie Marsh
Susan Morrison
Marta Barron

Feel free to ask any questions you may have.

Happy sewing!
Karen von Phul
Retreat coordinator
720-301-9237

Committee Reports

Exhibits

Future Trunk Shows

CANCELLED September 21—Trunk Show at Mary Lassiter's church for their annual luncheon.

September 26—Heartfelt Quilters at Mission Hills Church, Littleton. This will be an abbreviated Trunk Show. The chorus will provide songs.

January 13, 2020—Columbine Quilt Guild, Arvada. Meeting starts at 6:30 p.m.



In 2009 Guild members designed and created the raffle quilt for the Herbert L. "Hooks" Jones Chapter of the Tuskegee Airmen. The Guild further exhibited at the Aurora Town Center, Lindsey-Flanagan Courthouse, Regis University, and other venues in the Denver Metro area.

Getting to Know... Karen von Phul

Now mind you, I make clothing, so I didn't know much about quilting. All I knew was that when I started a project, it was done that day. Well, I quickly learned that quilting couldn't really be done in a day. So I had to learn to accomplish a little bit at a time.

I learned how to sew from my mother (fellow Wa Shonaji member Erna Sanderson) and started by making clothes for my dolls. Soon I had my own sewing machine and was making my own clothes. In high school, I started making clothes for others. I enjoyed it. Mommie joined Wa Shonaji and wanted me to join, but I told her I wasn't going to cut up fabric just to put it back together again. In 2003, Mommie made a kaleidoscope jacket that was out of this world. I loved it. That convinced me to give quilting a try. So I joined Rocky Mountain Wa Shonaji Quilt Guild.

When I decide on what kind of quilt I want, it usually will start with a color of fabric, or I may have seen a pattern in a magazine or book. I also am inspired by buildings, landscape, or architec-

ture, even animals. Just recently, I took a class from Jean Wells and now I know how to interpret pictures I take or that I see on the internet to create a quilt. I also learned that I don't have to be so literal.

Another important part of quilting to me is that I understand the many techniques involved in and available for making quilt blocks.

My quilting space is minimal. I have a big cutting table (from Cloth World) in the middle of the room surrounded by shelves of fabric. My sewing machine is in a corner on my father's old desk. I do have a tv for background noise. I love to sit at my table and admire my fabric and sometimes I get inspired by the fabric I see.

My favorite quilting tool is the walking foot. Where has this been all my life? I just discovered it last year. Makes my life so much easier!

In addition to quilting, I enjoy working with copper. I like mixing quilting and my copper designs. I like venturing off into fiber arts! I still enjoy making clothes. I also like to crochet. I listen to audio books, mostly romance.

My favorite music is classical next to jazz.

This quilting group is like another family and I try not to let anything come between me and Rocky Mountain Wa Shonaji Quilt Guild! The sisterhood is strong and there is a bond amongst the ladies. I wouldn't have it any other way.



Getting to Know... Pennie Estrada

My mother raised nine of us by herself and sewed many of our clothes. She had me sew simple items, then I took home economics in school. At about age 11, I made my first pair of black bell bottom pants incorporating a turquoise flare in the bell. I also sewed dresses periodically.

When I got pregnant with my first child, I couldn't stand the maternity tops that were being sold and began making my own. I cut my patterns from newspaper.

I watched my Grandma make quilts, not decorative but utilitarian. She had 16 children and lived in the hills of the San Luis Valley isolated from people so the clothes and food made and grown dressed and fed the family. The winters were brutally cold; the family used a wood stove. Needless to say, the quilts had to be heavy.

I was always amazed to watch her take denim and corduroy fabric, cut them in blocks, and sew them by hand. We always giggled about her asking us to thread her needle. Now I'm there.

What fascinated me most about her quilting were her perfect stitches. I would watch her as she talked and quilted and never did her perfect stitches waiver. I love hand sewing and constantly work to come close to my grandmother's perfection.

With my own quilting I take on too much, criticize myself, get discouraged, and don't complete a project. About 30 years ago I hand-made a quilt top that I was very critical of. A year or so ago I took it out and was amazed that I sewed it by hand, even though I didn't believe I could.

Attending Wa Shonaji meetings and watching quilting programs on television inspire me, as do trunk shows and seeing others' work. I use patterns from classes and books, but I've not actually finished more than one quilt. I need to work on my motivation.

For the past 4.5 years I've been staying with my son as I watch my grandson full-time. As of March, I have a full basement to spread out in. I've organized some of the fabric so I now know what fabric is where, I use other people's ideas such as putting my threads in a large jar, bobbins in another jar, scissors in one area, and so on. I like the coolness of the basement and currently



that is my abode. I have a lot of room in the living area and don't want to junk it up. I'm working to improve my organization techniques.

I'd have to say my rotary cutter and hand needle are my favorite quilting tools. I prefer hand quilting and can stay up all night doing that. I get tired at the sewing machine.

Besides quilting, I love to dance, I'm in the fourth and last year of the Catholic Biblical School, which I began when I retired and thoroughly enjoy. My grandkids are also a joy to me as I can do whatever I want and they love it. They have never called me grandma; they call me CooCoo, which began when my first grandchild was a year old. Whatever she wanted to do, I did. I got in more trouble with her. At her beckoning, I was chasing her down the streets of Alamosa being a monster. In baby talk, she explained what was happening to daddy. Daddy translated her baby talk to say I was "coocoo." That is the one word she picked up and it stuck.

The history of quilting is interesting to me. I had no idea my journey would be so fabulous. I've not documented a quilt yet, however, I plan to. I'm currently working on refurbishing a quilt at the request of my nephew. Trying to incorporate fabric from the 1930s and 1940s has been a challenge. It's unlikely I can find fabrics from that exact era—however, I'll do my best. I leave it out so I see it all the time in hopes that I'll get ideas I would not otherwise have thought of.

I love the professionalism, passion, camaraderie, expertise, and history and the gifts each of the Wa Shonaji sisters and brother bring to the guild. I always learn, which is important to me.

Rocky Mountain Wa Shonaji Quilt Guild

Wa Shonaji provides a warm, nurturing atmosphere to promote an interest in quilt making and other fiber arts primarily from an African-American perspective.

We both educate ourselves and share our knowledge with others, based on the motto "Each One, Teach One." We seek to encourage the work and accomplishments of our members and to preserve the tradition, culture, and history of quilting. Rather than judge each other's work, we learn from it and revel in it.

All quilters, regardless of their interest or skill levels, are welcome.

MONTHLY MEETINGS

10:30 a.m., first Saturday of each month (unless it's a holiday) at the Blair-Caldwell African-American Research Library, 2401 Welton Street, Denver

For more information, visit www.washonaji.org or email washonaji@gmail.com

Textile Doin's in the Area

Rocky Mountain Quilt Museum www.rmqm.org

Sunday at the Museum, Sept. 8—Michael Gold: Threads of My Life

2019 Quilt Show at Echter's, Oct. 4–6 (deadline for entries Sept 16; see museum website)

Current exhibit—Evolutions Juried Challenge and Miniature Quilts by Tina M. Gravatt, through Oct. 19

English Paper Piecing Group, no cost, first Tuesday of each month, 1–3 p.m.

Columbine Quilt Guild

<https://sites.google.com/view/columbinequiltguild>

Monday, Sept. 9, 6:45 p.m., Scott Flanagan: Male Quilter

Monday, Oct. 14, 6:45 p.m., Cyndi McChesney, Panel Palooza

Arapahoe County Quilt Guild www.acqcolorado.org

Thursday, Sept. 12, Charlotte Angotti, Quilmakers Studio

Thursday, Oct. 10, Marianne Jeffrey: Elaborate Adventures

Front Range Contemporary Quilters www.artquilters.org

Monday, Sept. 16, Cas Holmes

And note this: our own Valerie White, October 21!

FRQG meets at the Westminster Recreation Center, 10455 Sheridan Blvd. from 7 to 9 p.m.

Denver Metro Modern Quilt Guild

denvermetromodernquiltguild.org

The next meeting is at 7 p.m., Oct 9, at Fancy Tiger Crafts.

Colorado Quilt-A-Fair <http://coloradoquiltingcouncil.com>

Quilts, vendors, small quilt silent auction! 9 a.m.–5 p.m., Sept 27 and 28, Boulder County Fairgrounds, Longmont CO

Higher Ground Fair www.highergroundfair.org

The Best of Rocky Mountain Tradition and Innovation in One Extraordinary Weekend, Sept. 21 and 22, Laramie, Wyoming.

Longmont Quilt Guild Quilt Show www.longmontquiltguild.org

Oct 18 and 19, Boulder County Fairgrounds, Longmont CO

Thank you to Joanne Walton for exhibit info and photo of Mary Davis and to Mary Lassiter for the Jelly Roll info!

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