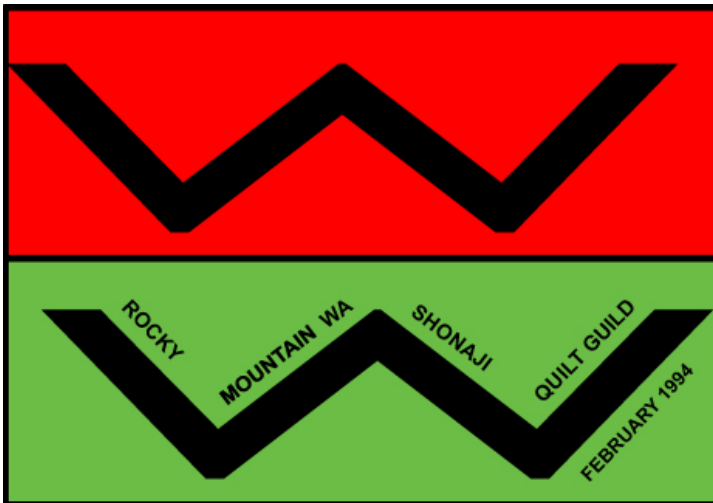


Rocky Mountain Wa Shonaji Quilt Guild

January 2022 Newsletter



Featured in this newsletter is Julie Marsh! Julie learned to sew on a pedal sewing machine. After making leisure suits and prom dresses, she graduated to quilting. Meet Julie on page 9!

January 8 Meeting

Holly-Kai Hurd

Holly-Kai Hurd is a freelance artist and on the faculty of Art Students League of Denver (ASLD), teaching courses in mixed media arts. Holly-Kai became involved with ASLD when she created an event for them to convene artists of color from around Denver to discuss issues of diversity in the art community. In 2020, she contributed a plywood mural to the Black Love Mural



festival. Wa Shonaji is fortunate to have this talented artist join us to share her knowledge about and approach to appliqué.

Inside this Issue

President's Piece.....	2
Parliamentarian's Patch.....	2
Secretary's Scraps	3
On Point with the Exhibit Committee	4
Librarian's Loft.....	5
News Editor's Notions	6
2022 Block of the Month.....	7
Member Spotlight: Julie Marsh.....	9
Wa Shonaji Zigs and Zags	11
Reflections on Houston	15
Holiday Party Photos	18
January Recipe	21
What Inspires You?	22
A Few of My Favorite Things!	23
More on Tools and Notions.....	24
Sunshines!.....	25
Double Tasking Quilters.....	26
Quilting Threads	28
Sister Stitcher	29
Tips 'n Tricks.....	31

Happy New Year! May the year bring health, joy and many completed quilts!

President's Piece

Members of Rocky Mountain Wa Shonaji Quilt Guild,

2021 was crazy but our members made it work! We became adept at using Zoom and continued to meet monthly both via Zoom and a hybrid of Zoom and in-person. Even though we had to deal with COVID, members continued to sew and create beautiful quilts.

Even on Zoom, the members of this guild shared their knowledge of quilting. Thanks to the hard work of the Exhibit Committee members, and with the assistance of Alan White, we were able to virtually enjoy the Annual Quilt Exhibit. In September, Joette Bailey-Keown invited us all to her home where some of us saw each other and beautiful quilts created by Guild members.

I want to really thank Mary Lassiter for her hard work in providing us with opportunities to increase our quilting skills through the classes she organized over the last two years. She also put together a fabulous 2021 Christmas Luncheon where many of our members were able to meet in-person for the first time in many months. Overall this was a good year for Wa Shonaji!

Thank you all for your support in 2021 and hopefully 2022 will even be better. Keep sewing!

- Geneva Lottie

Parliamentarian's Patch

Why do we need Standing Rules?

Why do we need Standing Rules if we already have Bylaws?

Bylaws govern Wa Shonaji and can be changed only by a majority vote. Standing rules relate to the administration of Wa Shonaji.

Well, in Wa Shonaji we do things that may require quick changes in procedures. For example, how we structure educational programs, the way dues are structured or how committees operate. If these types of procedures were placed in the Bylaws a fast turn-around or change would not be possible. Thus - the "Standing Rules!"

- Edith Shelton

Welcome 2022 Wa Shonaji Officers!

- President - Geneva Lottie
- VP, Programs - Joette Bailey-Keown
- VP, Membership - Linda White
- Secretary - Rosemary Sherrell
- Treasurer - Nannette Locke
- Past President - Joanne Walton
- Historian - Brenda Ames
- Librarian - Connie Turner
- Newsletter Editor - Monica Lynn
- Parliamentarian - Edith Shelton

Secretary's Scraps

Highlights from the November Meeting

- 35 people attended the meeting; 25 in person and 10 via Zoom.
- 2022 dues are due! Please send checks for \$30 and the [form](#) to: RMWQG, Box 370405, Denver, CO 80237-0405.
- Joanne Walton presented "I'm Fed by My Needle and Thread." The presentation is available in the Member's Area of the [Wa Shonaji website](#).
- [Future presentations](#) include Holly-Kai Hurd in January and Gary Jackson in February.
- Status of the Wa Shonaji library will be discussed at the January 2022 meeting.
- Edith Shelton announced the 2022 Board (see Parliamentarian's Patch)
- Reniese shared November and December fun facts and happy birthday wishes were given to Valerie White, Rosemary Sherrell, Luana Rubin, Nanci Vaughn, Julie Marsh, Stephanie Hobson, Edith Shelton, Artie Johnson and Barbara Berry-Bailey.
- A "Thinking of You" card was sent to Helen Stubblefield.
- Stephanie Hobson was the lucky winner of a longarm quilting machine donated by member Mary R. Davis!
- Wa Shonaji received an invitation for a trunk show at the Monarch Quilt Guild of Salida/ Buena Vista, CO. The trunk show will be Monday, September 12 from 10:30 - 11:30 am at the Poncho Spring Town Hall (330 Burnett Ave., Poncho Springs, CO 81242).
- Send your ideas for the 2022 Exhibit themes to any Exhibit Committee member. The themes will be announced at the January 2022 meeting. Exhibit Committee members are Mary Lassiter, Joanne Walton, Marsha Walker and Linda White. Based on a vote, WSRMQG will continue to make the 12x12 pieces for the exhibit.
- The website transfer is complete and members should notice a faster response time. Alan White has made the forum operational again!
- Cassandra Sewell volunteered to moderate a Wa Shonaji Facebook page.
- A motion passed for the Guild to pay the initial deposit for the 2022 retreat to Highlands Presbyterian Camp & Retreat Center in Allenspark, Co. \$1210 deposit is due by 20 Nov 2021. Interested members should send a \$75 check for the deposit by the end of January to: RMWQG, Box 370405, Denver, CO 80237-0405. If WSRMQG or an individual needs to cancel before the deadline for the final payment to the retreat center, all funds paid by individuals will be refunded.
- 12 Guild members attended the International Quilt Festival in Houston. Karen von Phul gave highlights of the trip and other attendees added comments. A good time was had by all!
- Karen von Phul volunteered to be the point of contact for the Freedom Quilt blocks for donation to the Colorado Springs Volunteer Support Services. The blocks will be distributed to local Veteran Assisted Living Facilities, local Veteran Homeless Programs and other local programs that support our veterans. Karen collected 25 blocks with a few more promised.

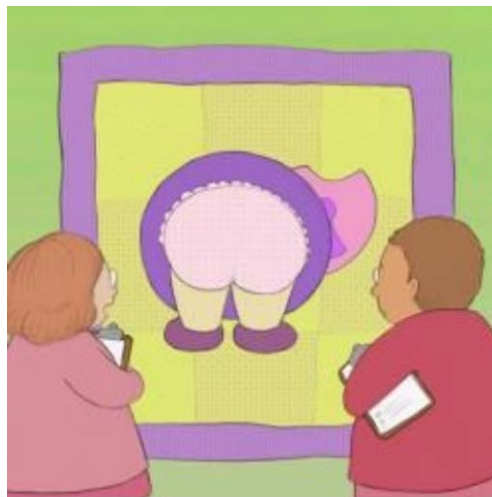
(Continued on page 4)

On Point with the Exhibit Committee

Last year's exhibits were AMAZING! It feels like we just finished our quilts and had our super amazing virtual exhibit, so it is hard to believe that it is time to start thinking about Wa Shonaji's 2022 exhibit. BUT! It IS time!

The Exhibit Committee is collecting ideas for 2022. If you have an idea for the 12x12 or larger quilt exhibits, please send them to any member of the Exhibit Committee:

- [Mary Lassiter](#)
- [Marcia Walker](#)
- [Joanne Walton](#)
- [Linda White](#)



"I guess Mazel is still sore about last year's judging..."

Secretary's Scraps

(Continued from Page 3)

- Camilla Edwards recently finished a quilt from a Winks Lodge quilt project. Her quilt, along with another quilt from this project in the care of Nanci Vaughn, will be donated to Wa Shonaji.
- Joette Bailey-Keown has submitted a proposal for a Wa Shonaji exhibit to the curator at Denver International Airport.
- Camilla Edwards, Artie Johnson, Joanne Walton, Brenda Ames, Marcia Walker and Nanci Vaughn shared finished projects. See "Show and Share" on the [Wa Shonaji website](#).
- Wa Shonaji needs to find a new meeting space; the Guild will not be able to meet at the library after March 2022.

Librarian's Loft

During the November meeting, Wa Shonaji will decide whether to keep the Guild Library.

- Connie Turner



Merry and Bright Modern Christmas Quilts: For All Year Round

By

Donna Robb
Laura Raquel Duran
And Quilty Friends

A group of women who met through Quilters Candy pattern writing course published a quilt book. Mary R. Davis of Wa Shonaji is one of those women and has a quilt in the book!

This book is a labor of love and a celebration of friendship. It contains eleven original patterns and features:

- A modern, minimalist approach to design, with a bold color palette using only solid fabrics
- A fresh take on the Christmas aesthetic to last the whole year round, not just during the holidays
- A range of projects, including beginner-friendly patterns, for a visual feast of color and style

Mary's addition to the book is the Pivot And Twirl Quilt, inspired by the swirl you see in Christmas candies such as peppermints. The quilt is beginner-friendly and quick to make. Mary suggests thinking about other

The Corner Library

The Corner Library is a monthly feature where members tell us about a quilting book. The book can be new or an old favorite. [Send in](#) the name of the book and a photo and tell us about it!

Consider telling us:

1. What made you purchase the book?
2. If it is an old favorite, why has the book stood the test of time?
3. Did you complete a project from it?
4. If so, did you make it exactly as instructed or did you put your own spin on it?
5. Would you recommend Wa Shonaji add this book to our library?

color combinations. Try traditional holiday colors or something more modern to fit into your home all year round. Mary says: "the projects are fun and modern, and I can't wait to make some of them myself!"



Pivot and Twirl by
Mary Davis

Mary's collaborators are:

- [Donna Robb](#)
- [Laura Duran](#)
- [Katherine Curtisinger](#)
- [Liz Erikson](#)
- [Katie Glancy](#)
- [Beth Ann Graybeal](#)
- [Jennifer Hollis](#)
- [Alexa Magyari](#)

News Editor's Notions

Happy New Year!!

We made it through 2021 and have a whole new year ahead of us. Days are getting longer, our mountains are receiving snow and our fabric stashes await!

I don't know about you all, but my UFOs are stacking up. I am like a magpie attracted to shiny objects. I start a project and then see another one that looks interesting and start that one as well. Then I get tired of the project and look for something "quick and easy." Meanwhile, I see a cool idea on Pinterest and, well, you get the idea.

My house cannot support any more UFOs. Compounding the problem, I inherited even more from my mother. I store most of my UFOs in plastic bins stacked up in the closet. Since the stack will topple if I add one more bin, I have several next to my sewing machine as well. It is time to get serious.

[Pat Sloan](#) recommends sorting UFOs into two stacks. Stack #1 contains projects you want to spend time finishing and stack #2 contains projects you do not want to invest any more time in. I like this approach. Stack #2 projects can be cut up for other projects, given to another quilter who may have interest in them or turned into a charity quilt (if it can be done quickly since you really don't want to work on it any more). If you cut up a UFO for other projects, however, be aware that it can end up as another UFO (been there, doing that).

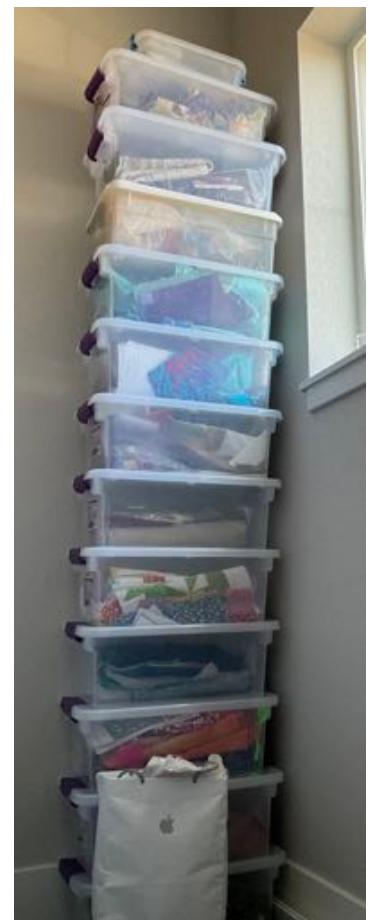
American Patchwork and Quilting has an [annual UFO challenge](#). It's pretty intense. You make a numbered list of twelve projects. On the first of each month they draw a number 1-12 and you are supposed to finish the project corresponding to the number. Twelve projects seems like a lot to me. After all, with limited time to quilt, I need time to start new projects...

So - does anyone want to join me in my own little UFO challenge? The challenge is to finish six UFO projects this year. One every other month sounds much more realistic than one every month! Step one will be to sort my projects a la Pat Sloan and assess them: how far along are they? Is there any low hanging fruit for a quick success? Can I change tactics - send to a quilter instead of quilting myself. Taking a project to a quilter counts in my challenge. Cutting it up for a new project does not - unless I finish the new project.

If you are also drowning in UFOs, consider joining me! Pick 6 projects and write them down. If you want accountability, send them to me and I'll check up on your progress before each newsletter. You can tackle them in any order that you want! Take before and after photos and share your progress. If others join, we can have an Finished Object (FO) page in the newsletter.

And if anyone wants to peruse my UFOs and take on a new project...

Please stay healthy so you can keep churning out your beautiful quilts!



2022 Block of the Month

Welcome to the 2022 Block of the Month!!
Someone suggested that we do a Pat Sloan BOM, so we are going to do Fall Frolic!

Fall Frolic consists of nine (9) fun and easy-to-piece blocks. They are 12 1/2" x 12 1/2" unfinished plus sashing. Feel free to use your own sashing ideas. The finished quilt size is 54.5" x 64.5" if you use the sashing directions provided.

All instructions are on the internet, to which we have become accustomed - thanks to the ongoing Pandemic. Copy and read the instructions carefully. Contact [me](#) if you have any questions. Use the link to email me or call me at 303-364-7723.

Project website: [I Love to Make Quilts - Fall Frolic Sew Along](#)

- Artie Johnson



Fall Frolic Schedule

Month	What you get to work on!
January	Cut out sashing
February	Block 1 - Swirling Fall Leaves
March	Block 2 - Pumpkins
April	Block 3 - Sweaters
May	Block 4 - Back to School; work on setting blocks
June	Block 5 - Windows Open
July	Block 6 - Apple Picking; work on setting blocks
August	Block 7 - Fairs, Football & Tailgating
September	Block 8 - Cozy Nights; work on setting blocks
October	Block 9 - Fall Flowers
November	Assemble your project
December	SHOW OFF YOUR BEAUTIFUL PROJECT!

Pat Sloan

Pat Sloan is a quilt author, quilt and fabric designer, and a host of all quilting fun. She is a host on YouTube and has a lot of free blocks and articles as well as books for sale.



Memories of BOM Past

Peace on Earth

In 1988, Wa Shonaji embarked on its first internet Block of the Month project - Peace on Earth. I was new to the internet, so my husband, Roy, and my son, Rennaye, taught me what to do. The result was much success - on the quilt and on the internet!

Peace.

- *Artie Johnson*



Member Spotlight: Julie Marsh



Julie with daughter, Lindsay, and grandson, Rhys

Julie Marsh, former Newsletter Editor, joined Wa Shonaji in 2017, shortly after she moved to Denver from Connecticut. She was initially drawn to Wa Shonaji because of her fascination with African fabrics and stayed because of the warm and welcoming women in the Guild. “Wa Shonaji was like coming home.” At the time, she also joined the Columbine Quilt Guild, which has about three times as many members as Wa Shonaji. Julie liked that Columbine was able to bring more outside speakers but found it took more time to get to know people and feel comfortable.

Julie began sewing on

her grandmother’s pedal Singer, making doll clothes and yo-yos. When she graduated from high school, her parents gave her a Sears sewing machine. She made clothes for herself, her husband, and her daughters. Her portfolio includes a polyester leisure suit that her husband actually wore (once) and prom dresses. After the prom dresses, she turned to quilting. She read about quilting, joined a guild, and dove headfirst into the world of quilting. Her first quilt was an art quilt for a friend’s birthday.

Julie likes to piece. Although she does not mind the occasional raw-edge appliqué or art quilt, especially when she is happy with the results, she prefers piecing quilts that people will use. Interesting blocks, the need for a quilt with certain colors and making gifts inspire her. Really, she looks for any excuse to buy fabric!

The only thing about quilting that Julie does not like is that she does not have enough time. Julie does freelance proofreading book publishers and belongs to a book club, both of which take time from quilting. Julie says, “I’m very slow; I wish I could work faster to make more quilts!”



Table Runner by Julie Marsh. Front (left) and back (right).

Member Spotlight Continued

Julie claims she is not good at selecting colors and fabrics that work well together and admits she relies on women at the quilt shops for advice. Otherwise, there is nothing that she does not like about quilting! In fact, she even loves putting on the binding. "I love to put on binding because it means the quilt is finished!"

Julie and her husband live in Denver and, even having migrated to Colorado, are still huge fans of University of Connecticut women's basketball. They love living near their daughters' families, which include their two grandchildren. They enjoy exploring Denver, attending concerts and plays, and going out for dinner. When it is safe to travel again, they want to go to Portugal and take a river cruise. Anticipating post-COVID travel is why Julie continues to proofread!

Julie finds that her quilts come together better when she measures and squares up the blocks as she progresses through the quilting steps. She is trying to be more relaxed about quilting and not be obsessed with perfection and encourages others to just enjoy the process.

Plans for 2022 include making a dent in the 30+ UFOs in her stash and to prioritize learning. Although Julie's vision of retirement included watching quilting videos on a regular basis, she has not seen a single one!"



Nothing to do with Julie - just a great photo worth sharing! Submitted by Penny Estrada!

Wa Shonaji Zigs and Zags

Upcoming Wa Shonaji Programs

- January 8, 2022: [Holly-Kai Hurd](#) will present on appliqué.
- February 12, 2022: Gary Jackson, a retired judge, will present “Lincoln Hills and Winks Lodge.”
- March 5, 2022: March is National Quilt Month and March 19 National Quilting Day! Can someone explain why it isn't a paid holiday? Mary Lassiter will facilitate an “Each One Teach One Activity.”
- April 2, 2022: Cathedral Windows quilt, taught by Di Nyce Brooks-Gough.

Wa Shonaji Holiday Luncheon

The Wa Shonaji Holiday Luncheon was held on December 6. Thank you, Mary Lassiter, for all your hard work in finding the perfect location and thanks to all who helped with the set up and take down! The party was so much fun! We played “Mr. Right,” a hilarious gift exchange game. Quilts were on display, as were Marcia's dolls. 2022 officers were sworn in and, best of all, we were able to spend some joyous time together. Photos are on pages 16, 17 and 17 of this newsletter.



2022 Officers Sworn in at Holiday Luncheon. From left to right: Brenda Ames, Linda White, Nannette Locke, Edith Shelton, Joanne Walton, Monica Lynn, Geneva Lottie, Joette Bailey-Keown, Connie Turner and Rosemary Sherell.

Quilting Machine Give-Away!

It seemed too good to be true, but it was! Member Mary R. Davis of Mary Go Round Quilts generously donated a quilting machine to give to another member. Several quilters entered into a drawing for the machine and Stephanie Hobson was the lucky winner!



Keri Mills on Exhibit

Fiber artist Grace Gee and photographer Keri Mills come together in a vibrant exhibit exploring art as part of a healing journey. Experience a wonderful variety of unique pieces of art that came from two creative journeys of health and wellness.

On display until January at [The Collective Community Arts Center](#) at 201 N. Public Road in Lafayette.

Kudos to Christine Jacques

Christine Jacques will serve as the 2nd Vice-President of Programs for the Colorado Quilting Council!

Wa Shonaji Zigs and Zags

Learning to Quilt on a Quilting Machine is an Eye-Opening Experience!

First of all, thanks to Mary R. Davis for the donation of the machine I won!

Most new machines have a stitch regulator; when you move your hands with the quilt, the machine moves. This machine does not have a stitch regulator, so I control the movement of the machine by foot while guiding the quilt with my hands. Quilting requires hand-foot-eye coordination like on an older sewing machine. The difference is that I now have a table with a lot more room to quilt!

Quilting on this machine involves tension adjustments and paying attention to foot-hand movement. Move too fast or slow and the stitch length gets shorter or longer. Here is a sample of my progress on hand-foot-eye coordination. Practice makes perfect, hopefully...

I'm about to embark on thread painting. This should prove interesting...
Happy Quilting!

- Stephanie Hobson



Wa Shonaji Zigs and Zags

Too BEE or KNOT to BEE

- Joanne Walton



Our December Bee was hosted by Julie Marsh and her husband Doug at their lovely home in Central Park.



December Bee feast!

It was our annual Christmas Luncheon, and I must say the food was just AWESOME. I will give you a flavor of what we had to eat:

A lovely Charcuterie Board- (just as a FYI: Charcuterie is the French word for delicatessen. It also means cold cooked meats, which are usually cured or smoked. It is specifically translated as butcher shop). We also enjoyed a relish tray, ham, meatballs, green beans, pea and cauliflower salad, corn pudding, macaroni and cheese, a cabbage dish, two cakes, specialty beverages and a homemade loaf of bread from Ed Walton. It was all so delicious.

Lively conversations were part of the festivities and we celebrated three Bee December birthdays, Julie Marsh, Stephanie Hobson and Edith Shelton.

Julie's daughter, Lindsay, and her grandson, Rhys, were our Special Guests. Rhys came dressed in his BEE outfit and wore a diaper to match! He was so cute and it was so thoughtful of Lindsay to dress him for the occasion.

The annual gift exchange was a highlight of the day. Although you could exchange with someone if you wanted to, not too many exchanges took place.

Show and Share was the finale. Edith, Brenda, Marcia, and Mary showed us their recent quilts and projects. Mary shared two different kinds of Tea Towels she had made. They were so unique. Here are the links to the YouTube tutorials so you can make these for yourself or as gifts:

- [Easy Hanging Tea Towel](#)
- [Easy Kitchen Boa Scarf](#)



Birthday Bees: Stephanie Hobson, Julie Marsh and Edith Shelton

Wa Shonaji Zigs and Zags

Wa Shonaji Delivers for Freedom Quilts

Many Wa Shonaji members provided Karen Von Phul with blocks for the Freedom Quilt Workshops project. She delivered 35 blocks, enough for three quilts according to Scott Beaver who spearheads the project. Scott manages about twelve volunteers who are learning basic quilting skills. They meet every Saturday from 1-4 pm at PFC Floyd K Lindstrom, Department of Veteran Affairs Clinic, Centennial Drive, Colorado Springs, CO 80909.



Brenda Ames



Marcia Walker



Geneva Lotte



Linda White



Scott Beaver with Army Veteran, Hattie Mae.



Mary Lassiter



Brenda Ames



Karen Von Phul

Reflections on Houston

Mary Lassiter

The Houston trip to the International Quilt Festival was one of the best experiences I was fortunate to take part in. Karen, thank you for inviting us to attend and I am so happy so many of us were there. It was great getting to know each other better and to share a meal and a laugh or two. I have not seen so many quilts in one place, and many of them elicited lots of "wows," "ahhhs," "oh my goodness," and "how in the world did they do that?" Others captured my heart by the stories, beauty, workmanship, and just the love of quilting was truly evident as I walked through. One day I walked 13,000 steps and another day 11,000 steps. I felt it in my legs and wore house shoes the rest of the time, but every step was worth it. The vendor mall was filled with people excited to be there after having missed the year before due to COVID19. One vendor said that they made more money this year than ever before. The quilting machines were like eye candy and the steampunk jewelry booth was fun to look through. My roommate, Stephanie, and I had many good conversations and we found out that we have much in common. We graduated from the same high school, we both love gardening and flowers, and talking about quilts and quilting. Times like these are precious. One of the exhibits that Luana Rubin of eQuilter sponsored, with a theme on the suffragist movement, was educational and touching. I love it when the creator of the piece, tells the story about the why and the who concerning their creation. The quilters spoke very well and there were a few of the stories that were new to me... "teachable moments." I enjoyed that exhibit and presentation very much. I enjoyed talking with Kestrel Michaud about her "leap of faith" quilt. She was also connected to eQuilter. I hope we will attend again. I'd also like to attend the Paducah Kentucky show too. Happy quilting!

Kathy Kruckenberg

Wow! what a wonderful experience. My traveling companions were awesome. I am honored to have shared this trip with an amazing group of women. Going through the quilt exhibits was humbling and made me aware of how much more I want to learn. The creativity and talents of those artists is overwhelming. It was fun discovering new and unfamiliar items that the vendor booths had to offer. I spent more money than I intended, but I guess that's what vacations are all about. Let's go again sometime.

Karen Von Phul

The Houston Quilt Festival was awesome. I had a great time spending it with Mommie. The quilts were awesome and you often wonder "how did they do that" or "I want to learn how to do that." I said this about one quilt, which was the one where the boy had splashed water on himself. I didn't know about the demo classes until late Friday. I was one of the first ones for Sue Heinz's class. She demonstrated how to stitch an area all in one. Great designs. I enjoyed the vendors and spent too much money. Mommie talked with one vendor and the lady liked her so much, Mommie got 3 fat quarters! It was awesome. One thing I learned was to look at the name of who made the quilt. Looking forward to going again.



Reflections on Houston Cont.

Stephanie Hobson

First of all, I want to thank Karen for organizing this wonderful trip. It was an eye opener to someone who had never experienced an international show.

Karen, I know you were busy with your mom, but she was a delightful addition to the group. It was great seeing her walking and excited about going to the events and restaurants.

The festival...

Oh my, what was not to like. The exhibitors and attendees were cordial as were the wait staff and even people encountered on the street.

Vendors - not interested as much. All quilt shows have lots of vendors. I walked away with a nice basket for my work area and the batting that was felt on one side and 100% cotton batting on the other... I hope to use that soon for a quilt.

I wanted to see the quilts and realized the techniques were varied and beautiful! Imaginative! Innovative!

Kestrel Michaud and her steampunk quilt - talked about how she is a graphic artist by trade and came up with her design.

While I was in awe of the 'I voted' quilt, the one next to it of the face that phased into a quilt block boggled the mind. Actually, both boggled my mind.

The boy dousing water over his head kept me returning to it and I took a picture of Mary standing with it as one of her favorites.

The suffragette quilts were intriguing. The Angela Davis quilt (as was the case with some others in the show) meant you had to actually stand right up to the quilt to capture the wording and see the face. Standing back only showed the outline. 'Triple threat' was my favorite because I remembered my lesson from African American studies stating family was just as relevant as part of prejudice to prevent voting rights.

The cliff diver, if you watched the Olympics, did a perfect water entry after capturing the time lapsed picture of him diving off the cliff.

I think the most intriguing was the use of cotton, to make water come alive, and thread and other found pieces to do feathers and produce a 3D effect on surfaces.

Color or lack of color to make the quilt pop! Ooh my!



Reflections on Houston Cont.



Holiday Party Photos



More Party Photos!



Even More Holiday Photos!



January Recipe

January is traditionally about the end of the old and the possibility of a new and better beginning.

This month's recipe is for a slightly 'extra' cranberry relish. Aside from being delicious and going well with any turkey leftover dishes (that have been frozen, of course), how this recipe relates to the new year may not be completely obvious.

To me, cranberries represent the end of the holiday season. Fresh cranberries are readily available from Thanksgiving until stores run out of them sometime after Christmas (watch out for the squishy ones).

They also represent beginnings. Combined with fresh apples, they are the beginning of a high fiber, satisfyingly crunchy salad.

Representing unexpected possibilities, cranberries also have an unexpected benefit - the seeds. The tiny seeds in the center of the cranberry are a prebiotic feeding the biota in your digestive tract. Prebiotics actually feed the existing flora in the digestive tract rather than simply adding more to the existing community. The seeds are a more powerful prebiotic when eaten raw.

My version of this simple dish has an "extra!" As it turns out, jicama is another prebiotic. I add jicama to give you a double dose of prebiotics for building a better and stronger immune system.

This recipe makes better health an easy New Year's resolution to keep!

- *Netta Toll*

Cranberry Relish

Ingredients:

- 1 orange
- 1 medium apple (sweet variety, such as Gala or Fuji)
- 3 cups fresh cranberries
- 1 cup peeled and cubed jicama
- ½ cup shelled walnuts
- ¾ cup sugar (or its equivalent in honey)
- 1 tablespoon orange liqueur



Directions:

Grate the zest from the whole orange and set aside. Cut off any remaining pith from the orange. Cut the orange into chunks. Peel the apple and remove the core; cut into large pieces.

In a food processor, combine the orange zest and chunks, apples, cranberries and jicama and process until finely chopped; be careful not to process too long because the mixture will become mushy. Add the walnuts and pulse until chopped. Stir in the sugar (or honey) and orange liqueur. Refrigerate until serving time, at least 2 hours and up to overnight.

What Inspires You?

In the last newsletter, Mary Lassiter wrote a wonderful essay on creativity and asked Wa Shonaji - what inspires you to be creative? Here, Carolyn Somerville shares her musings on creativity:

adjective “creative” = relating to or involving the imagination or original ideas, especially in the production of an artistic work.

C - Curious yet Considerate of myself and others

R - Risk taker; unafraid or do it afraid – just do it

E - Evolving; ever-growing as a loving and fruitful human being

A - Artistic

T – Teachable - open to new learning and ways of doing things; Touchable - moved by human issues and needs; and Thoughtful – mindfully patient with the process of creation

I - Inspired Imagination – God-inspired motivation to create

V - Values learning that comes from failure, seeing it as a means of determining how to do something differently or better the next time

E - Evaluator - thoughtful about what does and does not work

I am a creative being. In developing and strengthening my creative abilities, I find that the inspiration for my quilts come most often from... how I perceive and value the events and opportunities that come my way in this wonderful journey called “life.” Whether pleasant or challenging, I am empowered to determine my attitude and allow every experience to shape me in a positive manner. I am inspired by the Spirit of God as I listen for the voice of God and learn what is of value in my own life and what I may impart to others, or even what I must forgive and throw away. I am inspired to quilt because I have found it to be a wonderful opportunity for self-expression, hands-on therapy and pure joy!

Paintings, people really don't understand. They don't really get paintings. Quilts they do understand because everybody has a quilt in their house.”

- Faith Ringgold.

Tar Beach #2 by Faith Ringgold



A Few of My Favorite Things!

At the November meeting, Joanne Walton gave an awesome presentation on sewing notions and asked us to share our favorite notions. Here are a few of our favorite things!

Christine Jacques

- A Purple Thang that Geneva L gave me. It's not as sharp as a stiletto, pushes out most corners, and holds down what needs holding down.
- A handmade seam ripper/stiletto that I got from the Rocky Mountain Quilt Museum. It's cherrywood, and large enough to keep track of in my mess.
- A pincushion in the shape of a pear, a volunteer gift from the Museum. I put needles of varying sizes on each segment. It helps keep track when I change needles.
- My spray mister bottle for ironing. It sprays well but gently.
- A Fiskars rotating cutting mat. It's 12" x12", useful for cutting small items, by turning the mat instead of the half-square triangle.



Monica Lynn

- Binding clips - used for so much more than just binding
- Seam ripper - This is a love/hate relationship. I hate it but I depend on it!
- Binding tool - huge time saver.
- Magnetic pin holder - a swipe over the floor picks up rogue pins.
- 6"x24" Omnigrd ruler - the most used ruler in my collection.

Joanne Walton

- Aurifil Thread
- Seam Ripper
- Rotary Cutter
- Quarter Inch Foot
- Stitch in the Ditch foot
- Kay Buckley Scissors
- Project Boxes that hold 12.5" blocks
- Design Wall
- 6.5" Creative Grid clear ruler
- Best Press Spray Starch

Julie Marsh

My favorite tool is a pair of tweezers!

Carolyn Somerville

- My mind – I am made in the image of God and have the mind of Christ to create beautiful and useful quilts.
- My eyes – I can “see” what fabrics and colors complement or clash with each other so that what I quilt is pleasing and a joy to look at.
- My hands - I am able to touch the fabric, the thread, the embellishments and enjoy textures and form while manipulating these with my hands and shaping the quilt into what it is to become.
- My heart – I have hope that the quilt will benefit its intended receiver and prayerfully sew it with patience and a glad heart.
- My imagination – I can combine the use of my mind, eyes and heart to handcraft quilts which look like no one else's; even if I use the same fabrics or pattern, I will put them together in a way that is unique to my liking.

More on Tools and Notions

Why Do We Call Sewing Supplies “Notions?”

Carolyn Somerville was curious as to why we call these sewing/quilting items tools or notions and found the following from [True Cotton Co.](#)

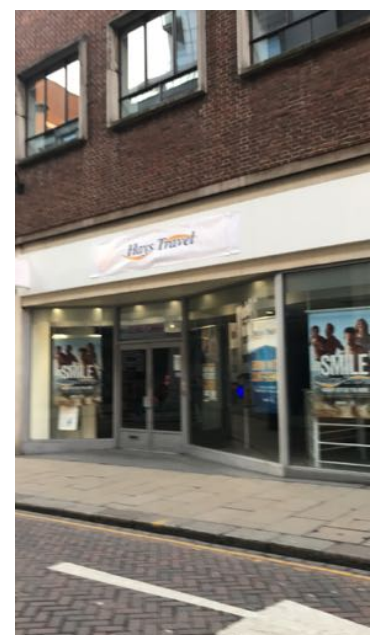
In sewing, notions are small objects or accessories, including items that are sewn or otherwise attached to a finished article, such as buttons, snaps, and collar stays. Notions also include the small tools used in sewing, such as needles, thread, pins, marking pens, elastic, and seam rippers.

Why are sewing supplies called "Notions"? This association of “notion” with one's personal ideas or whims led to “notion” being used to mean “bright idea” or “clever invention,” which in turn led to the word “notions” being used in late 18th century America to mean “cheap, useful articles” sold in shops.

A Tool for the Generations



While packing up my mother’s quilting room, I found an old ‘yardstick’ (it is 45” long). I showed it to my father, and he told me that it came from his father’s dress factory. My grandfather was a tailor and started what became a successful dress factory in the East End of London. The factory was bombed out during WWII and the family moved to Leeds. My father has told me stories about working in my grandfather’s factory in Leeds and in 2019 I saw the building where it was housed (now a travel agency). During the war, all industries had to redirect efforts to doing something to help the war effort and my grandfather’s factory was repurposed to make body bags. After the war, he returned to London and had rolls and rolls of canvas that the government did not want back. Well, my grandfather was a painter and my father followed in his footsteps. Both used the canvas that the government did not want back as a medium for their paintings! I have many of their paintings in my house. My mother used a couple of the stretched canvasses as a frame for her fabric painting and those are also now in my possession. As a postscript to the story, my father became a mathematician; my father and his sister were the first in his family to have more than an 8th grade education, if that. At one point in his career, he attended a conference where someone had developed an algorithm for efficiently laying out patterns on



fabric, presumably to save money. My father watched the presentation and then showed the presenter a much more efficient way of laying out the pattern – based not on mathematics but from his experience as a boy working in his father’s factory in Leeds!

- Monica Lynn

Sunshines!



January Birthdays

8 January - Keri Mills

12 January - Di Nyce Brooks-Gough

14 January - Marta Barron

24 January - Carolyn Somerville

January Birthday Fun Facts:

People born in January are idealistic, ambitious and determined. Their love of teaching and thirst for knowledge makes them open-minded to new ideas. They make friends easily. Though highly social, they are also content curled up with a good book on a rainy day.

January zodiac signs are Capricorn (Dec. 22 - Jan. 19) and Aquarius (Jan. 20 - Feb. 18).

The January birthstone is garnet and the flower is the carnation.

January holidays include New Years Day (1st) and Martin Luther Kind Day (17th). Monthly observances speak directly to quilters and include National Get Organized Month, International Creativity Month, Rubber Ducky Day (13th) and National Pie Day (23rd).



February Birthdays

2 February - Toni Reddick

8 February - Pat Moore

13 February - Geneva Lottie

February Birthday Fun Facts:

February babies are honest and humble. Others flock to them for their easygoing personality and great advice. The February-born are selective. While they have only a few very close friends, those few friends are true and treasured. Once befriended, those born in February are loyal and reliable.

February zodiac signs are Aquarius (Jan. 20 - Feb. 18) and Pisces (Feb 19 - Mar 20).

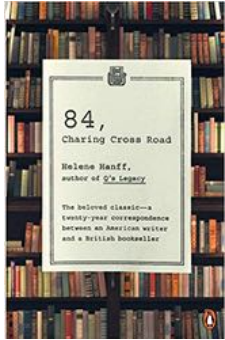
The February birthstone is amethyst and the flower is the iris or violet.

Presidents' Day is in February. Monthly observances include National Hot Breakfast Month, Read in the Bathtub Day (9th), Valentine's Day (14th) and National Margarita Day (22nd).

Double Tasking Quilters

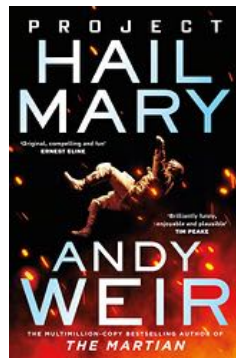
Book Recommendations from Linda White!

84 Charing Cross Road by Helene Hanff. This short book is some of the 20-year correspondence between Helene Hanff and Frank Doel, a buyer for a London antiquarian bookseller. It was interesting to see the changes in the letters from the very formal to the



informal and the breadth of reading material Helen requested from Frank. The book has been a stage play, a television play, and a film.

Project Hail Mary by Andy Weir. This 2021 science fiction novel turns a junior high school science teacher into astronaut to save the world. Although, science fiction is not my first choice to read, this kept me engaged and wanting to know how things would end.



The Book Woman of Troublesome Creek by Kim Michele Richardson. Cussy Mary is a blue-skinned packhorse librarian working for the Works Progress Administration during the Depression. Although it is historical fiction, there were blue-skinned people in Kentucky, and librarians went deep into Appalachia to deliver reading material. I have just started listening, but I'm already hooked wondering how Cussy, now a widow, will handle Junior, her mule, as well as the men who believe books or anything from the government are evil.



Jojo Moyes also wrote a book on the packhorse librarians, [The Giver of Stars](#).

Avatars in Kentucky?

Nope. But there was a family (the Fugates) from an isolated region in Appalachia that had blue-tinged skin. It is a rare genetic disorder called methemoglobinemia that was passed down through a recessive gene and blossomed through intermarriage.

Where To Get Books

Of course your library is a great source for books, both print and audible. Audible.com is another way to get audiobooks. The \$15/month subscription includes one download and access to a number of additional free books. You can buy additional book credits that come out to about \$11/book. If you want a print copy of a book, please consider an independent bookseller instead of Amazon. Most independent booksellers order (and ship) books if they do not have them in stock or if you do not want to walk into a brick and mortar store. It's a great way to support local businesses and keep our hard-earned dollars in our local economy. If you want to send me names of your favorite booksellers, I will list them in the next newsletter edition. My local favorite in Fort Collins is [Old Firehouse Books](#). They ship anywhere!

What do you listen to while you quilt? Send in your recommendations and I will share them here each month!

Double Tasking Quilters Cont.

Some More Book Recommendations from Monica Lynn

I used to be an avid reader. Now I am an avid quilter so I listen to a lot of audio books! Here are a few of some of the great books that I have recently listened to. Let me know if you want more recommendations!

["All That She Carried: The Journey of Ashley's Sack, a Black Family Keepsake"](#) by Tiya Miles. This book, which won the 2021 National Book Award, is one of the most amazing I have listened to in a long time. The book is spectacular. Every single word is carefully crafted and packs a punch. So much resonated with me and I learned so much. Even things I already knew were presented in a way I had never thought about before.

The way Miles weaves history into the "spaces between the stitches" is incredible. The stories of subjugated groups are hard to find. As she said – people who are possessions do not have possessions. It's easy to erase them from history since we learn about histories of people from the things they left behind (as in archeology). The way she found and wove together the stories of unfree women to create their history just blew me away.

The concept of the "go bag" also made me think. It made me think about my own ancestors in two ways. The first is the carts the Jewish families would throw their belongings on as they fled the Pogroms. The second was the things I saw when I visited Auschwitz. The shoes and suitcases. The Jewish families taken from their homes were dressed for travel. They were wearing their best shoes. The other thing it made me think about was - what would be in my go bag if I needed to flee.

The last sentence of the book – in the afterward – crumpled me. I don't want to give it away, but it pulls together the concepts that we are our descendants' ancestors, that our material things have our spirits in them and the gift of passing on our love in what we leave behind. Of course it made me think about my mother and what I'm going to leave behind for those I love.

The Washington Post calls the book "deeply layered," and I cannot think of a more fitting description. If you read only one book in 2022, let it be this one.

["A Woman of No Importance"](#) by Sonia Purnell. Chosen as a best book of the year by NPR, it tells the story of [Virginia Hall](#), a Baltimore socialite who was one of the first spies in Churchill's Special Operations Executive, and the first Allied woman deployed behind enemy lines. She literally changed the course of World War II. The book reads like a James Bond movie. Virginia Hall was a veritable bad ass!

["Deacon King Kong"](#) by James McBride. A favorite of Barack Obama and an Oprah's Book Club pick, this book is funny, heartbreaking and brilliantly crafted. I recommend listening to the book because the narrator, Dominic Hoffman, is more than worth the price of admission.

What do you listen to while you quilt? Send in your recommendations and I will share them here each month!

Quilting Threads

Upcoming Quilt Shows

[Road to California](#). January 19-22, 2022. Ontario, CA

[QuiltCon](#). February 16-22, 2022. Phoenix, AZ.

[AQS QuiltWeek](#). Five shows! See website for dates and locations.

[Mesas to Monuments](#). April 8 - April 9. Grand Junction, CO.

[Quilt, Craft and Sewing Expo](#). May 26 - May 28. Castle Rock, CO.

[Houston International Quilt Festival](#). October 30 - November 5, 2022

Bookmark this [blog from Rona the Ribbiter](#) for a complete list of 2022 quilt shows!

National African American Quilt Guild

A newly formed guild was created to preserve and promote the history and legacy of African American quilting and quilters. Visit the [website](#) for upcoming events, including quarterly meetings, and to view some breathtaking quilts created by members.

Around the Neighborhood

[Columbine Quilt Guild](#).

- [Lisa Walton](#), a textile artist from Australia, will present March 14 via Zoom..

[Quaking Aspen Quilt Guild](#).

- January 20 speaker is Nicki Hibbits of [the Ruffled Purse](#). Topic is "Sew Many Letters."

[Colorado Quilting Council](#).

- January 22 lecture is "Color Courage for the Fabric Phobic" with [Jenny Kae Parks](#).
- February 26 lecture is "Thread - What's the Big Deal?" with [Nina Clotfelter](#).

Rocky Mountain Creative Quilters.

- January 10 meeting features [Lyric Montgomery Kinard](#): "A Window into Inspirations - A Hands-On Mini Workshop in Abstract Design."
- March 14 meeting features [Lauretta Crites](#).

"Without craftsmanship, inspiration is a mere reed shaken in the wind." —
Johannes Brahms

Rocky Mountain Quilt Museum Happenings

Current Exhibits (through January 8, 2022)

- Red & Green Beauties. From RMQM permanent collection. Discover the stories of RMQM's most precious and historic quilts from the 1830's.
- Hari Walner Memorial Exhibit. A Tribute to Hari B. Walner. Come see Hari's exquisite quilts in honor of Hari's memory and talents as a quilter and educator.

Upcoming Exhibitions (January 17 - April 16)

- Men's 16th Biennial Exhibit/Rocky Mountain Mile High. This exhibit celebrates quilts made by men and showcases the diversity and talent in their work.
- Maynard Westlake Solo Exhibit. Exciting quilts in vibrant colors and design, both traditional and inspired by artistic masterpieces.

Sundays at the Museum

- Resumes in February - 2022 speakers will be announced soon!

Sister Stitcher - Mom's Short Engagement



Have you met Sister Stitcher? She is a mythical quilter whose quarter inch never wavers, whose bobbin never runs out, and who finishes her projects on time. She lives in a house that never needs cleaning, with a spouse who cooks and holds up quilts as requested. Her studio space measures 100x100, with lots of natural light. Oddly enough, it never needs cleaning either.

Sister is fielding a question about swing for a bride.

Happy New Year, Sister! Exciting news for 2022! My mother, Rosalie, is getting married in June! Mom has been a widow since my father died in 2013. She met her intended, Russell, at an AAHGS meeting in 2016. With some fits and starts, it's been true love since then.

Russell is not my father. But you know, Sister, that's the way it should be. He's his own man, though his jokes are as bad as my dad's jokes. My sister Nanci and I have learned to accept him for who he is. For his part, Russell, who never had children, is adjusting to having family all around him now. He adores my mother. They are so cute together, holding hands under the table. Mom's happy, so we're happy.

Now, I know Mom doesn't need the "birds and the bees" talk. But Sister, she's still a bride. Her friends have called me about having some kind of shower. And they don't have any ideas about a theme or what to do for this Second Time Around event. Many of them have been friends of hers since she was in grade school, and they saw her married the first time. Aunty Nan said to me "We all sewed her a Double Wedding Ring Quilt already, and we don't want to bring back your father's memory like that!" I get what she means, but I'm not convinced. Like I said, Russell is his own man, and this is a new marriage.



Sister, what would you do?

Mary

Mary, congratulations! It must be wonderful to see your mom so happy, and to have her friends want to fuss over her. You are so right; Mom deserves to be loved on.

But Sister begs to differ with Aunt Nan. You are so right again, Mary. It's a new chapter in your mom's life. Why not a Double Wedding Ring Quilt, but in different colors from the first one? Batiks weren't in many stores when Mom was a blushing bride the first time. A black quilt with bright batiks would make Sister swoon!

Sister Stitcher Cont.

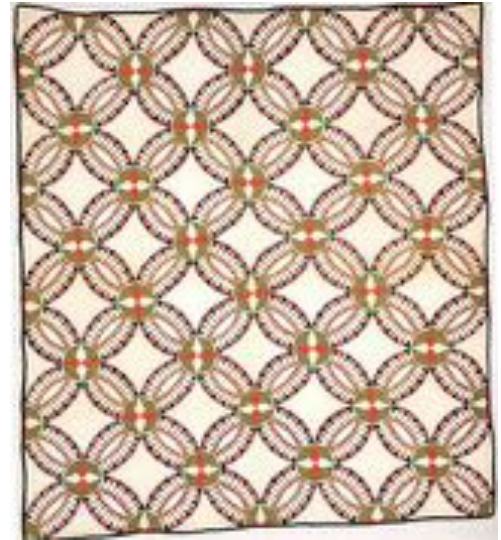
By now, you all must have wonderful fabric from your island trips. What are you saving it for? There's no time like a wedding to share fabric with someone who will appreciate it, and you, for this gift.



Now, Sister doesn't doubt that Mom's friends love her dearly. But even lap-size quilts can be an undertaking for busy sewists. June will be here before we know it! If you and the aunties just can't sew it up before the happy day, how about a lingerie shower? Every woman feels like a queen in silk. Silk pajamas? A silk robe? A silk negligee? Take it from Oprah,

silk works. A backyard luncheon (to keep you all safe) would be the thing to celebrate your Mom with some to-die-for silk.

Imagine the neighborhood gossip, looking over her hedge at some sassy unmentionables! Sister doesn't know which will be more fun, the shower or the wedding. Please wish your mom and Russell the very best for Sister and Mr. Stitcher.



Tips 'n Tricks

Six Ways to Use Up Scraps

From National Quilter's Circle

1. Make a traditional charm quilt. Often referred to as postage stamp quilts, pieces can be as small as 1" wide. You can use traditional methods to piece a charm quilt, or use a [fusible product](#) to speed the piecing process.
2. Turn small pieces into big pieces. Piece smaller scraps into larger pieces of fabric each time you complete a project. The more projects you complete, the larger your piece will be. Don't worry about the layout; stitch the scraps wherever they fit. Use straight lines for best results. Once the scrap piece is large enough, use it for a whimsical base for embellishing, or for a decorative accent project.
3. Save the selvages. The finished side of the selvage edge is designed to be stable so you can make ruffles and dimensional effects without having to hem the edges. Piece selvages into a line, use them as ruffles or accents, or gather and coil into a circle to form dimensional flower pines or appliqués.
4. Appliqué. From flower stamens to eyes and other tiny details, scraps do not need to be big to be useful.
5. Use as stuffing for toys or pillows. Snip scraps into confetti and use in place of commercial stuffing.
6. Swap it away. Even if a charm quilt or tiny appliqué project doesn't inspire you, other quilters are seeking scraps!

More on Notions!

[The Inspired Sewist](#) lists the 10 most essential tools for sewing, whether you are an amateur or a seasoned professional. How many of these do you own?

- Pincushion full of pins
- Sewing shears (hidden from other family members)
- Needle threaders
- Tape measures
- Bodkins (handy, but not necessary)
- Seam rippers
- Pressing tools, including ironing board, press cloth and sleeve rolls
- Seam guides
- Hand sewing needles
- Rotary cutters

Tips On Making a Scrap Quilt

- From [Suzy Quilts](#)

1. Maintain a precise color palette. Pick a few colors and stick with them. Even if you use 20 different hues of those colors, the overall appearance will look intentional and well thought out.
2. Use negative space to offset the scraps. Use contrasting colors to create a distinct composition and alleviate chaos in the quilt design.
3. Mix yardage into the design. By adding larger swatches of fabric, notably solids, the quilt will appear less busy and allow the scraps to pop.

See [Suzy Quilts website](#) for ten cute and free scrappy quilt patterns.

To Pre-Shrink or Not To Pre-Shrink

This helpful [video](#) from National Quilter's Circle discusses the advantages and disadvantages of pre-shrinking fabric.

Do you have a favorite tip or trick? Have you come across a new one? Please [share](#) so we can all learn it!