



# Rocky Mountain Wa Shonaji Quilt Guild

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in this newsletter  
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your mouse.

## Lots Going on for Wa Shonaji in Next 6 Weeks

The next six weeks will be busy for Wa Shonaji members. Be sure to note the dates as a couple are different from normal.

**May 6 Meeting and Thread Painting Workshop** Carolina Monsalve will teach thread painting, a technique for adding extra color and depth to a project using free motion stitching. Carolina is a professional longarm quilter and quilt instructor. Linda White emailed instructions for this workshop to those who signed up. Please review them carefully as Carolina has suggested some pre-class activities.

**May 18 Trunk Show in Boulder** The Exhibit Committee will tell the Wa Shonaji story and show off our beautiful quilts to the Quaking Aspen Quilt guild. They meet at Boulder Valley Christian Church, 7100 S. Boulder Road, Boulder. If you are contributing a quilt for the trunk show, bring it to the May 6 meeting in a bag with [the required form](#).

**June 3 Shop Hop and Luncheon**—See page 2.

**June 10 meeting**—This is the **SECOND Saturday**. Don't forget!

**June 15 Trunk Show, Smoky Hill Quilt Club, Aurora** 6:30 pm.  
<https://sites.google.com/site/shqcquilters/>

**June 24 Trunk Show, Penrose Library, Colorado Springs.** 1:30 pm.  
[Penrose Library \(PE\)](#) | [Pikes Peak Library District \(ppld.org\)](#)

All members are invited to attend the trunk shows to help the Exhibit Committee and/or to watch and enjoy.

Have you finished your second UFO? For Show 'n Share, please send a photo to Linda White by Thursday, May 4, for the May 6 meeting.

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### Upcoming Programs

- May 6—Thread Painting
- June 3—Shop Hop
- June 10 — Meeting

## Guild Members OK Governing Changes

On April 1, 2023, Wa Shonaji guild members approved changes to our bylaws and standing rules. Did you know that these changes go into effect immediately? Well, they do, and just so you know, this is what happens next:

- The Executive Board has a new member— Exhibits Coordinator. Until we can hold elections in November, the board will appoint a member to this position. The duties of this office will be the same as listed for the Exhibits Chairperson in the standing rules. An additional duty will be to “solicit volunteers to serve on this committee.”
- The Parliamentarian will no longer be a board member. The president will appoint/select the person to serve in this position. This change is recommended by *Roberts Rules of Order, Newly Revised*.

- The Past President will be a non-voting member of the Board.
- A new standing rule specifies that a \$20.00 fee will be required of guests who wish to participate in a workshop. This amount is in addition to the amount members must pay for the workshop.
- Another new rule states that no refunds will be given after a payment deadline.

In a nutshell these changes dealt with the Executive Board, guest fees, and refunds. This was not a major revision of our bylaws and standing rules, just some needed adjustments.

Your Acting Parliamentarian,  
Edith Shelton

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## Join the Shop Hop June 3!

If you are feeling that you need to visit a quilt shop to calm nerves, relax, gain fellowship, or just have fun, the June 3 quilt shop hop is for you. The following quilt shops have been confirmed.

**Fabric Play Quilting**, 15464 E. Hampden, Ave., Aurora, CO. The tour starts here at 10 am.

**Holly's Quilt Cabin**, 8210 S. Holly St., Centennial, CO. The tentative start time for this visit is 11:30 am.

At about 1 pm, we will gather for lunch at the Olive Garden located at 2520 E. County Line Road, Highlands Ranch. To join us for lunch, **RSVP by May 20**, so I can make a reservation.

To facilitate transportation, we will meet at CrossPurpose to form carpools. Please let me know if you are willing to drive. My phone number is on the Wa Shonaji Membership list from Linda White.



So... even if you don't need another piece of fabric in your collection (like me), it is just fun to hang out with fellow quilters.

**REMEMBER... The June Rocky Mountain Wa Shonaji Quilt Guild meeting is scheduled for June 10.**

—Joette Bailey-Keown, VP Programs

## From the President

I hope that everyone who can will come to the trunk show on Thursday, May 18, 2023. It is really nice to have the support of the guild when we have these events. It will also give you a chance to see what we do and to understand why we need

your help when we ask for the use of your quilts and the paperwork that goes with the quilts. In addition, the trunk shows are fun and informative.

I hope to see you there.

—Marcia Walker, President



## Update on DIA Exhibit

Planning is well under way for The Rocky Mountain Wa Shonaji Quilt Guild portion of the Denver International Airport (DIA) Fiber Arts Exhibit, currently scheduled to debut on or about September 30, 2023.

The Guild planning committee—consisting of Joette Bailey-Keown, Stephanie Hobson, Mary Lassiter, Cassandra Sewell, Karen Von Phul, Marcia Walker, Joanne Walton, and Linda White—is working with the DIA Exhibits Curator to construct the exhibit.

Wa Shonaji will provide quilts and other quilting artifacts for seven display cases on the Concourse A Security Bridge and a large quilt on Concourse C. The committee is currently reviewing

quilts that would best fit into the exhibit based on the themes of Denver, air, water, land, and airplanes.

If you are working on a quilt that you would like to be considered for the exhibit, please complete the quilt by Saturday, July 15. While we will consider quilts of all sizes, the display cases are 42" W x 62" H x 20" D (think crib size).

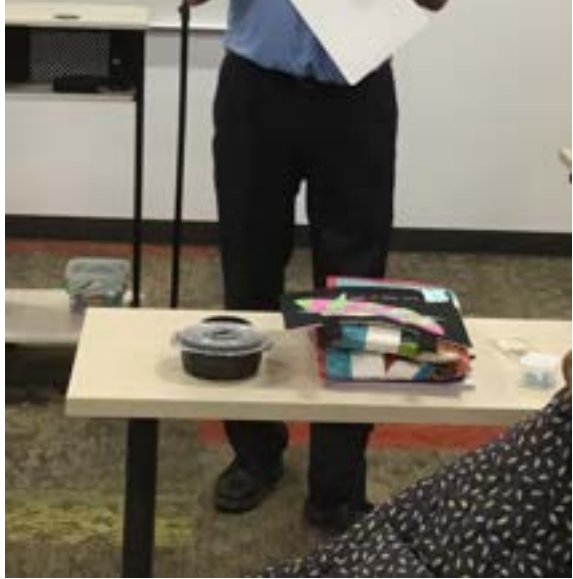
The DIA Exhibit Curator states that approximately 20,000 people pass through DIA each day. This exhibit will show a worldwide audience the quilting skills contained in The Rocky Mountain Wa Shonaji Quilt Guild. Let's show the world what we can do in fabric!

—Joette Bailey-Keown

## Sewing Machine Expert Patrick Arnold Gives Tips on Maintenance

Patrick Arnold of Above and Beyond Sewing and Vacuums presented an AWESOME program at the March 11 meeting on how we should care for our sewing machine. Patrick said they have a set procedure for every machine that comes into their shop and often, when people bring their sewing machines in for repair, they are able to send them out with a working machine within about five minutes.

### Presentation Highlights

- *You will not be able to open your own shop after this presentation.*
  - They service Pfaff, Brother, and Baby Lock.
  - “If it ain’t broke, don’t fix it!”
  - If you are having problems with your machine, start by changing your needle. Needles are the number one cause for sewing machine problems, and they are the first thing you need to look at when you are trying to troubleshoot what’s wrong with your machine.
  - Don’t pull fabric when sewing. That can cause major difficulties and will necessitate a trip to the shop.
  - Clean and oil your machine. Note that certain machines **do not** require oiling. Check your manual to see if your machine fits into this category. However, all machines require cleaning. Make sure you are doing this as a part of your regular machine maintenance to keep your machine in perfect working order. If you have them, use vacuum attachments.
  - There are a variety of needle choices for different kinds of sewing and threads. Patrick recommends Schmetz Needles. He does not recommend Singer needles as they are not as thick as the Schmetz needle and can be prone to breaking.
  - Always turn your sewing wheel toward you, not in reverse or backwards.
- 
- There are also a variety of threads for various needs in sewing and quilting.
  - Use old thread in the bobbin. You don’t have to throw it away, especially if used for embroidery.
  - Sometimes simply unthreading and rethreading your machine can fix whatever is ailing it. Re-thread both the bobbin and top thread.
  - Change out the bobbin. As you are winding your bobbin, make sure it is wound tight and even. This can make a difference in how your stitch looks.

- Make sure you are using the correct size spool cap for the thread you are using. Most machines come with small, medium, and large spool caps.

Cross-wound spools work best on a horizontal spool pin to allow the thread to evenly feed off the spool. The thread should come off the top of the spool. Use the spool along with a foam or felt pad and spool cap to help keep the thread from wrapping around the pin.

Stacked spools work best on a vertical spool pin to allow the thread to evenly feed off the spool. Use the spool along with a foam or felt pad to help keep the thread from wrapping around the pin.

#### **Routine Maintenance**

- Clean your machine after 30 hours of sewing. Some people clean after each project. You can use cosmetic brushes for this.
- Clean your machine after 10 hours of sewing for **non-oil machines**.
- Remove the needle plate to clean the inside of that area.
- Patrick says to use canned air; it will not hurt your machine. Spray from the back to the front. Store spray can upright so that water does not come to the top of the can. This water-filled spray could be harmful to your machine. (Some manufacturers caution against using canned air. Check your manual or manufacturer.)
- There are vacuum attachments you can use to clean your machine. One brand Patrick mentioned was Riccar.

See the slide presentation in the Member Only section of the Wa Shoanji website titled “I’m Fed by My Needle and Thread” that shares more information and insight on needles and thread.

[Tutorials, Ideas & Info | Wa Shonaji Quilt Guild](#)



The Guild presented Patrick a quilt as a thank you for his presentation. As you can see, he was so pleased with it. The quilt was made by Marcia Walker and Joanne Walton. Marcia Walker and Joette Bailey-Keown delivered the quilt to Patrick at the Thornton store.

Above and Beyond Sewing and Vacuums

[aboveandbeyondsewing.com](http://aboveandbeyondsewing.com)

3987 E 120th Ave., Thornton, CO 80233

Thank you to Joanne Walton for this synopsis with additional notes from Stephanie Hobson.

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**“The only place where housework comes before needlework is in the dictionary.” —Mary Kurtz**

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March Show 'n Share



*Above left, by Mary Lassiter; top right, back of Mary's quilt; both below by De Lois Powell*





*Top left and bottom left by Artie Johnson;  
I have no idea who made the quilt at top  
right, but isn't it pretty? If you know, please  
tell!; bottom right, African Courthouse Steps  
by Camilla Edwards*

More March Show 'n Share...



*Top left, again I don't know who made this quilt, but it's beautiful! If you know, please tell us!; bottom left by*





*Top left by Nanci Vaughn; top right by Linda White; bottom left, Block Exchange by Adrienne Bryant; bottom right, totems by Pennie Estrada, Nanci Vaughn, Linda White, Stephanie Hobson*





## Sister Stitcher

*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 thinking about sewing mojo.*

*Hi, Sister. I'm looking at all the fabric I bought at the shop hop last year. It sure is a lovely sight. You know Pepper Cory's Peppered Cottons? I found 3 yards of the fuchsia at one shop, and then some new black and white prints called my name. Of course I got some fresh batiks, and I couldn't go without some good thread and batting from [eQuilter](#). It's all on my shelf, preening like a peacock.*



*Trouble is, Sister, I am having the devil's own time getting to work! I just can't pick a pattern or plan and go. Oh, I had plans when I first petted the fabric all right. I knew just what I was going to sew, and I even knew where my templates were! Now, my get-up-and-go just got up and went.*

*Usually a good long visit with my stash gets me eager to start cutting and piecing. This time, I'm just not feeling it. The Quilt Fairy has deserted me. I feel lost.*

*Cousin Ennui*

Cousin, Sister is sorry to hear this. It doesn't feel good when your creative spark is more of a burnt match.

At her guild, the stitching sisters were comparing notes on this very topic. "I swear, I don't feel like sewing anything," one sighed. Mind you, this sister is famous for her ability to put together three comfort quilts, from piecing to binding, at a **weekend** retreat. "I haven't touched my machine in 6 months," another one confessed. But the worst: "I'd rather clean my bathroom than go into my sewing room." Sister devoutly hopes you haven't descended to that level of desperation.

Now, time for a reality check.

We had just admired a wonderful Show and Share, featuring thread painting, a panel or two with lovely beading, and a paper-pieced beauty with points so well matched, Sister could have cut herself on them. A few guild sisters showed off more than one creation. Someone was exclaiming over the latest [Quiltfolk](#). There were plenty of patterns, magazines and scraps on the Giveaway Table. This malaise hasn't struck **everyone**, Cousin, just a few of us.

*Good to know, Sister. But how am I going to get off the injured list, back to my Happy Quilter self?*

It sounds like you need to find your fun in quilting again, Cousin. If visiting your stash isn't doing the trick right now, maybe you're not ready to get back there. In her own doldrums, Sister has learned to relax, and let someone else bring the creativity.



Admire another quilter's work, maybe at a guild you haven't visited before. Surround yourself with beauty at the [Rocky Mountain Quilt Museum](#). If you're up for a road trip, the [International Quilt Museum](#) in Nebraska is a day's drive away. Now that football season is over, you can drive a Colorado car around Lincoln with only a few dirty looks.

Try a class in some other kind of sewing or craft. Rediscover hand embroidery, make a bag, become a knitter. For Sister, being around other creative types is like pouring water on a thirsty plant. After a refreshing vacation in these parts, she always feels ready to sew again.

Sister encourages you to reach out to your own sister stitchers. It sounds like their sewing mojo has likely faltered a time or two. Set yourselves some quality time today, before you all even think of cleaning that bathroom.

## Committee Reports

### C - E - L - E - B - R - A - T - E

This is what we will be doing April 6, 2024, to commemorate the Guild's being in existence for 30 years. The Anniversary Committee is hard at work planning this red-carpet event.

Pearls are the gemstone representing the 30th anniversary. Attendees will be asked to wear their finest attire adorned with pearls of their choosing—be it earrings, a necklace, a bracelet, or the passed-down heirloom brooch. The flower representing this anniversary is the lily. The tables will be adorned with them.

In the words of Kool and the Gang in their 80s song "Celebration" ([www.youtube.com/watch?v=cIg6odS-fA0](http://www.youtube.com/watch?v=cIg6odS-fA0)):

"Let's come together and have a good time!"  
—Connie Turner

**Retreat:** Continue to pay the balance due for your 2023 Retreat.

—Karen Von Phul

**Librarian's Corner:** The Committee is reviewing the current inventory (over 300 books!) with the intent of whittling down this number. They plan to meet sometime in June to determine which ones should remain in the library. The others will be made available to members on a donation basis, if approved by the Board.

—Connie Turner, Librarian

**Comfort Quilts:** I received one additional donated comfort quilt at our April meeting. And one at our March meeting. Thank you goes out to our two extra special birthday ladies for donating: Mary Lassiter and Marcia Walker. This brings our current inventory to 26 Quilts!

—Nanci Vaughn, Chairperson

April 2023 Show 'n Share



Top left by Camilla Edwards; bottom left by Linda White; right by Cassandra Sewell



*Top left by Geneva Lottie,  
top right by Deborah  
Sweat; bottom left by  
Linda White; bottom  
right by Marcia Walker*



More April Show 'n Share...



*Left by Priscilla Brown; right by Stephanie Hobson*



*Totems: Left Karen Von Phul, center Cassandra Sewell, right Joette Baily-Keown*

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Tip: If you wrap your quilts around pool noodles to store them, encase the noodles in fabric. This will protect your quilts from acid present in some noodles and from potential color transfer.

—Karen von Phul

## Nigerian Fiber Artist Shares His Joy in Fabric, Art

“All humans have fabric in common.” Uzoma Samuel Anyanwu of Lagos, Nigeria, uses fiber in his art because it’s a universal medium. A hit at QuiltCon in Atlanta, Uzoma continued his US visit in Boulder and Denver to learn to quilt and to longarm.

He spoke to about 25 Wa Shonaji members and guests in March about his art. Host Joanne Walton said this was an “opportunity of a lifetime to meet this fiber artist in person.”

Uzoma is a photographer and painter who uses recycled fabrics to augment his portraits. His work has been compared to that of Bisa Butler. During his visit to Colorado, quilt artist Lea McComas was teaching him to quilt and to longarm, which he feels will add texture to his work.



His mother is a fashion designer; Uzoma has worked with fabric himself since 2012. He starts his portraits by sketching his subject’s eyes and varies the postures to capitalize on movement. He then glues on the fabric to make his work three-dimensional. He hopes to elevate fabric—especially recycled—in the eyes of the art world.

He emphasized the importance of light and shade to a successful composition. Most of his portraits are 3 feet by 4 feet in size. Very few of his



*Uzoma describes his process.*

portraits feature the full figure. “It would be too busy,” he says.

Luana Rubin of eQuilter spearheaded his visit to our state. In addition to Lea McComas, Wa Shonaji Honorary Member Valerie White and Rocky Mountain Quilt Museum Exhibits Manager Shirley Esher attended the lecture.

The following link leads to an interview with Uzoma by Sarah Trail from the Social Justice Sewing Academy and Erin Sampson who represents Aurifil thread, as well as a YouTube video.

[Auribuzz.com](https://www.auribuzz.com) The Maker Series: A Conversation with Uzoma Samuel Anyanwu

Find out more about Uzoma by googling his name or visiting his Facebook page or Instagram.







# Spring Word Search



N Q F I P F S D R I B L S B F Z R  
 J V P X X O X S B G P I S R E P S  
 T D X M R A W S N P T R R F S Q E  
 N M Z B G T E A E O Z P E N J M O  
 Y D B M P G A R N I X A W A J E U  
 G S Y C T X S G I U R V O T N V V  
 G I S N Q E T X H V U L H Q X Q C  
 E V P F J V E K S Y U S S Z B Y L  
 V D T L C P R E N A P R E E Q M I  
 K D W O R Y D R U M B R E L L A W  
 M R G W D Z B A S E B A L L L R Q  
 R R T E Q W Q Y V T J D L A H C E  
 M B H R M W D Q T W W Q R Q X H U  
 M F M S E R J F N O T T A G S H E  
 N G N I R P S X X B G A I S I V W  
 E R H I I I L M G R E E N Y L T R  
 Y R W D M L G Q T T I A O A F F B

SPRING  
 MAY  
 GREEN  
 WARM  
 UMBRELLA



MARCH  
 FLOWERS  
 GRASS  
 SHOWERS  
 EASTER



APRIL  
 BASEBALL  
 SUNSHINE  
 RAIN  
 BIRDS



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*Thank you, Sandra Coleman!*

## FROM UFOs TO OFUs (Objects Finished Up)

Wow! We got off to a great start on finishing up our UFOs. Eighteen enthusiastic quilters signed up for the UFO Challenge, and twelve completed and showed their #3 projects at the March meeting: Adrienne Bryant, Camilla Edwards, Stephanie Hobson, Mary Lassiter, Julie Marsh, De Lois Powell, Edith Shelton, Connie Turner, Nancy Vaughn, Joanne Walton, Linda White, and myself. Great work, Ladies!

Our #1 UFO Challenge will be due at the May 6 meeting and we already know that #2 will be com-

pleted for the July meeting, which will complete our challenge for 2023. At that time, a lucky person's name will be drawn for the prize. If there are any questions, please feel free to contact me. I know all of you will be excited to finish THREE projects in six months.

Keep Carolyn Somerville's poem (on the next page) available and read it when you're down; it will certainly lift your spirits to get going.

—Artie Johnson

### 2023 BOM Schedule

**May**—Show off OFU, etc.

**July**—Show off final OFU! A name will be drawn as the winner of the kitty!

## Displaying Your Quilts at Home

Choose a place in your home that will not be damaging to your quilt!

### First decide what kind of quilt you have.

Some quilts are meant to be used on a daily basis and loved to death. Some quilts are meant to be heirlooms and passed down in the family from generation to generation. Other quilts are meant to be works of art and displayed for visual pleasure. How you treat your quilt will depend on what kind of quilt it is.

**Choose a place for your quilt that you would like to live in.** Put your quilt in an environment that is not too hot and not too cold, not too damp and not too dry.

**Keep your quilt away from bright light.** Do not place your quilt in direct sunlight or other strong sources of light. Both natural and artificial light have the potential of fading your quilt.

**Keep your quilt away from smells.** Avoid placing your quilt in the kitchen or in a smoke-filled environment. Odors can become embedded in the fabric.

**If you want to hang your quilt, support the entire width.** Do not hang your quilt by the corners. Instead, hand-sew a fabric sleeve (a tube of fabric the width of your quilt) to the back of your quilt along the top edge, being careful that the thread does not show on the front of your quilt. Then, slip a dowel through the sleeve (for small quilts, a café-curtain rod works well) and set the dowel on nails placed on either side of your quilt.

**Change your displays occasionally.** Give your quilts a periodic vacation by rotating your displays. This will also give you the opportunity to inspect them for any damage and fading.

## My UFO Challenge

A quilter sometimes starts a quilt but doesn't get it done.  
Our reasons may be varied, missing thread, boredom, no fun?  
We have our own excuses why unfinished quilts mount up.  
Loss of interest, ugly pattern, just don't like it very much!  
The truth is I have far too many quilting UFOs,  
So I'll join with Wa Shonaji, the "people who DO sew!"  
Reviewing now my UFOs, I'll start with the first three,  
Prioritize and motivate the quilter within me.  
Cut up or make it over, let it go, throw it away!  
Decide to finish what I start, and work at it each day.  
Won't you pull out your UFOs and come join in the fun?  
This coming year, I challenge you to try and get some done!

~ Carolyn Somerville

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*"One thing I find different in quilt piecing from making dresses for my little girls is that I've now adjusted to taking out stitches as easily as putting stitches in; especially when I notice that all the geese are flying towards home base...with one exception!"*

*Creative thoughts by DeLois Powell, PhD , 4.5.23*



Image courtesy of Pinterest.com

## May, June Birthdays

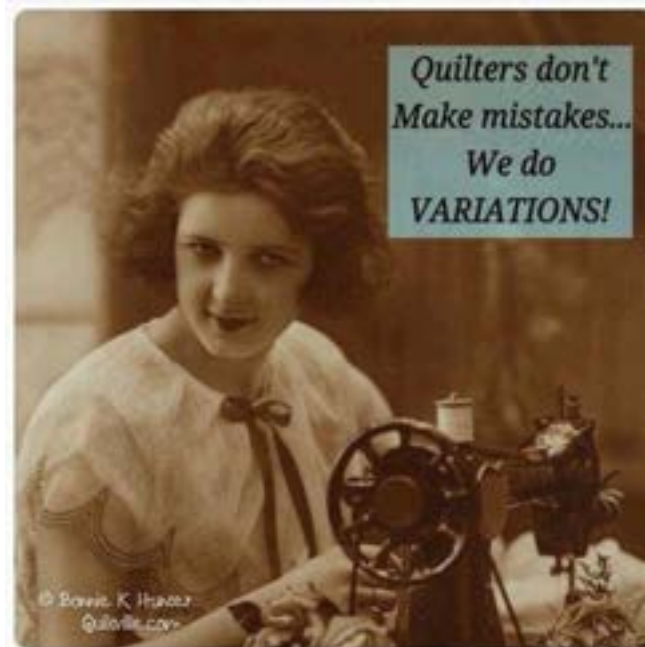
### May Birthdays

- 20 May – Adrienne Bryant
- 21 May – Iris Hawkins

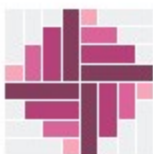
### June Birthdays

- 4 June – Steve Bowley
- 8 June – Mary R. Davis
- 8 June – Annie Mabry
- 8 June – Helen Stubblefield
- 8 June – Neta Toll
- 11 Jun – Helen Kearney
- 11 Jun – Erna (Jeanette) Sanderson
- 26 Jun – Camilla Edwards

*Thank you, Reniese Johnson!*



Do you have an item you'd like to add to this list? I want to make a lone star quilt and go to the Sisters (Oregon) quilt show.



## THE AMERICAN PATCHWORK & QUILTING®

# Bucket List

Make this year one for the books by crossing off  
a variety of fun quilting to-dos!

#APQBucketList

- 1. Use acrylic or paper templates to piece a block.
- 2. Donate a pillowcase to charity. (Add it to our online counter: [AllPeopleQuilt.com/donate](https://www.allpeoplequilt.com/donate).)
- 3. Organize your fabrics and scraps.
- 4. Change your needle/replace your rotary cutter blade/clean your machine.
- 5. Identify a problem area in your sewing space and find a solution.
- 6. Attend a quilt guild meeting in your area.
- 7. Sew accurately using foundation piecing.
- 8. For one week, set aside 20 minutes a day to sew.
- 9. Sew a quilt using only your scraps and stash.
- 10. Get topsy-turvy with curved piecing.
- 11. Take a quilting class (in person or online).
- 12. Read the pattern completely before starting the project.
- 13. Submit a reader tip to our magazine at [apqtips@meredith.com](mailto:apqtips@meredith.com).
- 14. Take your handwork to a surprising location.
- 15. Join a fun quilt-along.
- 16. Creatively piece your quilt backing.
- 17. Go on a quilt retreat.
- 18. Machine-sew a decorative stitch sample.
- 19. Label a quilt. (Don't forget your name and the date!)
- 20. Take a picture/journal about each quilt you make this year.
- 21. Assemble a pincushion.
- 22. Sew a quilt for charity.
- 23. Meet your quilting hero (in person or online).
- 24. Make a quilt using only solids.
- 25. Slow down and hand-quilt.

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## Trail Honors Winston Walker

On Saturday, November 12, 2022, several of our group met up and hiked the newly proposed Winston Walker Memorial Loop Trail in Denver's O'Fallon Park. Winston is the late husband of Wa Shonaji president Marcia Walker and was a good friend of the guild.

This trail is a loop with several different access points so the entire hike can be made as long or short as you like, depending on what other trails you use to get to the loop. We chose the shortest of them because we had not hiked together and wanted this to be a nice bonding experience.

Cell phone service in the park is spotty so we met at the Kittredge General Store (26301 Hill Top Dr., Kittredge, CO 80457) and then drove caravan style to the Pence Park parking lot. From there we put on our packs, laced up our shoes, and set out for the trail. The group included Ann Worsencroft; Netta Toll and her husband, David; Karen von Phul, her son, Bryce, and her pupster, Niyah; Nanci Vaughn; Pennie Estrada; and Rosemary Sherrell. Although it was a little cold, in the 40s, there was no wind and we warmed up quickly. It was a beautiful day and there was a nice mix



of tree shade and open skies. The hike was 2.6 miles. We had some water breaks and a stop for a snack next to a view of a snowcapped mountain-top. I really enjoyed this hike as it is fairly close to town, so the drive is not too bad, but it most definitely gives you the feel you are in our Colorado mountains and not walking in a city park. We are going to hike it again on **Saturday, May 13, 2023**. Please contact Ann if you would like to join. It will be a nice slow-paced hike with lots of breaks to enjoy the outdoors.

If you haven't hiked recently, here are some tips. Bring a liter of water and a snack or lunch. Instead of wearing a heavy-duty coat, bring layers; you will be surprised how quickly you will get warm after we start walking. Bring a lightweight raincoat or poncho, even if it does not look like rain. I usually have my rain jacket as one of my layers. Wear some good track, walking, or hiking shoes. If you have knee problems, bring a walking stick or trekking poles. I have a spare set of trekking poles if anyone would like to borrow them. Also throw a sun hat, sunglasses, and a pair of gloves in your backpack. If you don't have a

backpack, I have several spare ones, so let me know. It doesn't have to be a hiking backpack, a school style one is fine.

Here is a Google map link to get from Kittredge General Store.

<https://goo.gl/maps/Mj5rpBh2GG9oN9Ar6>

Meet Saturday, May 13, at 9 am at Kittredge General Store (26301 Hill Top Drive, Kittredge, CO 80457) and we will caravan to the Pence Park Trail Head.

The total hike should take about 2–3 hours.

There is not much parking in the park so hikers are encouraged to carpool.

Also I encourage you to download COTREX onto your cell phone. This is a free app put out by Colorado Division of Parks and Wildlife. It has all Colorado public trails marked on it. When you open the app, it gives you a little dot that shows where you are and you can determine how far along the trail you have hiked. The best part is that it works even in airplane mode and when you don't have cell service. (I don't know the technology; I think it is magic.)

—Ann Worsencroft



## Area Textile Events

### Rocky Mountain Quilt Museum

200 Violet St., Golden, Mon–Sat 10–4; Sunday 11–4. \$12 adults; \$10 seniors; free for members.

**Main Gallery: *Logs on a Roll***—Juried Exhibit of modern, contemporary, and traditional log cabins, in various settings, through July 15.

**Northeast Gallery: *Amy Pabst Solo Exhibit***—miniature log cabins, through July 15.

May 14, **Sunday at the Museum**, 2 pm. Sandra Dallas will sign her new book, *Where the Coyotes Howl*. Free for members.

August 19, **Annual Garage Sale**.

More info at [www.rmqm.org](http://www.rmqm.org)

### Colorado Quilting Council (CQC)

Meetings are held via Zoom and in person at Waterstone Community Church, 5890 S. Alkire St., Littleton 80127. In-person guest fee \$10.

May 20, 10 am, **David Sirota, What Makes a Quilter Tick?**—David is a Quiltfest faculty member who teaches nationally/internationally.

May 21, **Workshop**, Storm at Sea. 9–4, in-person at Holly’s Quilt Cabin, 8210 S Holly Street, Centennial. “No More Tears Paper Piecing<sup>®</sup>” is easier, faster. \$65.

June 24, **Zoom meeting**—“Adapting for Change & Long-Term Planning: Learning to Adapt to the Changes in your Life.”

Sept 21, 22, 23, **Quilt-a-Fair 2023**, Boulder County Fairgrounds, Longmont.

For more information, visit [www.coloradoquiltingcouncil.com](http://www.coloradoquiltingcouncil.com). Or contact Pam Ballard [CQC.VP.Programs@gmail.com](mailto:CQC.VP.Programs@gmail.com). She can also give you Zoom info.

### Columbine Quilt Guild

Second Monday at Denver Church of Christ, 6925 Carr St., Arvada, at 6:30 p.m. Guest fee \$5.

May 8, **Log Cabin Quilt Exhibit** at Rocky Mountain Quilt Museum.

June 12, **Dana Jones, “Around the Block,”** lecture and trunk show at the church.

For more information [columbineqg@gmail.com](mailto:columbineqg@gmail.com) or [www.columbinequiltguild.org](http://www.columbinequiltguild.org)

### Arapahoe County Quilters

Second Thursday at First Plymouth Congregational Church, 3501 S Colorado Blvd, Englewood. In-person and Zoom. Guest fee \$8.

May 11, **Color Courage for the Fabric Phobic**, by Jenny Kae. How to select colors and fabrics for your next project.

June 9–10, **Festival of Quilts XVI**.

For information [www.acqcolorado.org](http://www.acqcolorado.org)

### Quaking Aspen Quilt Guild

Boulder Valley Christian Church, 7100 S. Boulder Road, Boulder, or Zoom. Third Thursday.

May 18, **A Historic Narrative of Quilting from an African American Perspective Lecture and Trunk show** by **Wa Shonaji Quilt Guild**, noon–3 pm.

June 15, **David Taylor**, lecture “Artistry of Applique,” noon–3 pm. David is an award-winning quilter known for his impeccable applique.

June 16, **Workshop**, Pictorial Hand Applique “Summer Gardener.” 9–4 in Boulder. \$75 for non-members includes pattern and kit. Register at [www.QuakingAspenQuiltGuild.org/workshops](http://www.QuakingAspenQuiltGuild.org/workshops)

Contact [vp-programs@quakingaspenquiltguild.org](mailto:vp-programs@quakingaspenquiltguild.org) or visit the website at [www.quakingaspenquiltguild.org](http://www.quakingaspenquiltguild.org).

### Art Center of Estes Park

FACE of Fiber in the Rockies 2023 Quilt Show will feature fiber artists from across the US. Art Center of Estes Park, 970-586-5882. June 9–July 15, 2023, daily 11–5, Free Admission. 517 Big Thompson Ave., Unit 201, Estes Park, CO 80517; [FACEofFiberEstes@gmail.com](mailto:FACEofFiberEstes@gmail.com); [www.fiberartsep.com](http://www.fiberartsep.com)

*Much of this info is provided by Barb Gardner, Gardners Delights.*



## 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 interests or skill levels, are welcome.

### MONTHLY MEETINGS

11 am, first Saturday of each month (unless it’s a holiday) at CrossPurpose, 3050 Richard Allen Court, Denver 80205

For more information, visit [www.washonaji.org](http://www.washonaji.org) or email [washonaji@gmail.com](mailto:washonaji@gmail.com)

## Upcoming Trunk Shows ...

May 18, 2023—**Quaking Aspen Quilt Guild, Boulder.** This is a daytime trunk show, noon–3 pm. [www.quakingaspenquiltguild.org](http://www.quakingaspenquiltguild.org)

June 15—**Smoky Hill Quilt Club, Aurora.** 6:30 pm. <https://sites.google.com/site/shqcquilters/>

June 24—**Penrose Library, Colorado Springs.** 1:30 pm. [Penrose Library \(PE\) | Pikes Peak Library District \(ppld.org\)](http://PenroseLibrary(PE)|PikesPeakLibraryDistrict(ppld.org))

Wa Shonaji members are welcome to attend to help and/or to watch. For more info, contact Mary Lassiter, Marcia Walker, Joanne Walton, or Linda White.

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*If I stitch fast enough,  
does it count as aerobic  
exercise?*

Thank you to all contributors as noted plus Stephanie Hobson, Christine Jacques, Linda White, Monica Lynn, De Lois Powell, and “associate editor” Joanne Walton for their additions to this newsletter as well.

Editor Julie Marsh