

# Rocky Mountain Wa Shonaji Quilt Guild

September 2024



## Fall Takes Off with Garden Party, Cider Days

**Quilters Garden Party** – Sept 14, 2024, at the home of Ann Worsencroft – 5385 W. 3rd Ave., Lakewood, CO 80226. We will arrive at 9 a.m. to begin the setup. Thanks to all of you who have volunteered to help. This is an awesome time to showcase your beautiful quilts. That is in part because there is no theme or size limits. We just need to know how many of you plan to have quilts there. Some of you have sent this information to me. Please be there **before** 10:30 if you want your quilt exhibited. The party begins at 11 a.m. We want to be all set up before our guests arrive.



Contact Netta Toll and her hospitality committee regarding food and other things you may have agreed to bring to make this party another AWESOME event.

For a truly autumnal activity, we've been invited to participate in the demo days at the **Lakewood Heritage Festival at their Cider Days** event. [www.lakewood.org/City-News-Media-Contacts/Cider-Days](http://www.lakewood.org/City-News-Media-Contacts/Cider-Days). The Guild will



do quilting and sewing demonstrations for this event, 10 a.m. to 5 p.m., Oct 5–6, 2024. RMWSQG member Susan Morris referred us to them. She is also a member of the Lakewood Heritage Committee. Our demonstrations will include hand quilting, demonstrations on parts of a quilt and the process, beading, appliqué and making a pincushion as a takeaway. Electricity is

available so you can bring a sewing machine to work on a project you may want to share with this audience. We will be participating in shifts. This is a great opportunity to showcase Wa Shonaji. More than 1,500 people attended the last event.

### Upcoming Program Notes

**Oct 10–13** - Retreat—see page 3, Committee Reports

**Dec 7** - Wa Shonaji Holiday Luncheon, sign up closes Nov 15 - see page 5

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### Upcoming Programs

- September 14—Backyard Garden Party
- October 5—Lakewood Cider Days & Quilt Demos
- October 10–13—Retreat
- November 2—Holiday decorations/gifts workshop
- December 7—Holiday Luncheon

## President's Message

The officers of the Rocky Mountain Wa Shonaji Quilt Guild met August 9 to discuss a broad range of topics specifically focused on how the Guild operates and how to make it function better. Notable items discussed in that meeting included the following:

- Changing the Guild Bylaws to eliminate the office of Librarian. Board members agreed that due to the variety of electronic means people use to access/obtain information, it was no longer necessary to maintain books and, therefore, the office is not required.
- The Guild will transition to managing forms and monetary transactions online. This transition will take time and there will likely be exceptions. This transition should make some Guild processes easier to manage. It should also facilitate reporting.
- Guidelines for posting Wa Shonaji content on

social media platforms was reviewed. Further discussion and review are required before we begin posting information.

- Officer elections will be held in November 2024.

Although the Board accomplished a lot, it was clear that the “work” of Wa Shonaji takes considerable time and effort. The Board wants to provide members a meaningful Guild experience, however, we will need your help. For your information, Connie Turner has volunteered to learn the responsibilities of the financial office and Daryn Miller and Erin Jones have volunteered to assist Julie Marsh on the newsletter. Our thanks to these volunteers.

Have fun quilting!

—Joette Bailey-Keown, President

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## Cheer or Console a Fellow Wa Shonaji Member with a Comfort Quilt

We currently have 21 Comfort Quilts in Wa Shonaji's inventory. One quilt was donated in August. Thank you, Connie Turner.

Comfort quilts are presented to members for the birth of a first child or grandchild, the death of a member, or the first death in a member's immediate family, or other situation as determined by the board. It is suggested that members donate a comfort quilt to the guild every year on their birthday so the guild maintains an adequate inventory. Male and female, baby, child, teen, and adult quilts are needed; the design and colors are up to the maker. Use your comfort quilt to try a new pattern or to practice your free-motion quilting.

Some of our members are related, and some just good friends. Think about sharing quilt ideas with that person—from YouTube, a current quilt magazine, or books you own or borrow (most include



patterns that are easy to follow). Then get busy creating. If you need help, bring your idea to the next meeting. Remember our motto is "Each one, teach one."

Some members gather to make a “buddy quilt” just for the fun of getting together to sew and create. For our new members—and not-so-new members—how about getting together to sew up a comfort quilt with your best bud?

Keep sewing and growing,

Your Comfort Quilt Chairperson,  
Nanci Vaughn

### How Big Should a Comfort Quilt Be?

#### For a child

Baby 36 x 36 inches

Crib 36 x 42 inches

#### For someone bigger

27 x 52 inches (comfort)

30 x 48 inches (comfort)

42 x 60 inches (twin size or comfort)

## Committee Reports

### 2024 Retreat

Hello Quilters!

A few spaces remain for the 2024 Retreat, Thurs–Sun, Oct 10–13. A lot of fun, relaxing, starting new projects, finishing those underway, and learning new things. Come join us for the camaraderie.

Complete payment and your form are due upon signup ASAP. The retreat will be held at Highlands Presbyterian Camp and Retreat Center in Allenspark, CO. Bring \$\$ and the form (on the website) to the Sept 14 meeting or mail them to PO Box 370405, Denver, CO 80237-0405.



Total cost depends upon time of your arrival:

\$249 - meals start with lunch on Thursday

\$233 - meals start with dinner on Thursday

\$175 - meals start with lunch on Friday

\$164 - meals start with dinner on Friday

Please contact Karen von Phul for information.

720-301-9237; [Vonphuldesignsinc@yahoo.com](mailto:Vonphuldesignsinc@yahoo.com)



Does this pillowcase belong to you?  
Please contact Joette Bailey-Keown.

### Exhibit Committee

First off, Wa Shonaji is Awesome!

The Exhibit scheduled for Red Rocks Community College in Lakewood, CO in **October 2024** has been *cancelled*. There was a leak in the Library Roof and they are not sure when it will be repaired. It may not be until spring of 2025.

Our next event is our **Trunk Show for the Johnstown Historical Society's Stitches in Time: Quilt and Craft Fair**. It will be Sat, Sept 28, 2024. <https://jhsco.org/get-involved/events/quilt-fair/>.

We were invited by the Persian Pickle Piecers Quilt Guild. We will meet at noon to set up the trunk show, which begins at 1 pm. The trunk show will be at the Johnstown YMCA located at 165 Settler Way, Johnstown, CO 80534. I know we can always count on your support. The script is almost complete, and as always we need holders and folders for the show to be a success.

For those of you heading north on I-25:

Take the ramp for I-25 north; head toward Cheyenne WY

At exit 242, head right on the ramp for CO-66 toward Longmont/Lyons

Keep right, heading toward Platteville

Turn left onto County Road 17

Arrive at County Road 17 on the right.

—Exhibit Committee: Joanne Walton with Linda White, Mary Lassiter, Stephanie Hobson

### 30th Anniversary Crazy Quilt

We are so grateful for those who submitted a block(s). The blocks have been sewn together and the quilt sandwiched. A special thank-you to the individuals taking part in these endeavors. We are in the process of tacking down the quilt. This involves hand stitching small pearl beads on the back. Several members have volunteered, and we're making progress in hopes of having the quilt finished and displayed at our Christmas luncheon. **Come one - come all.** If you would like to assist (many hands make light work), please reach out to me. The unfinished quilt will be displayed at our Backyard Party next month.

—Connie Turner

## Ask What You Can Do for your [Guild]...

*Election of officers for the 2025 will take place in November. As we approach this date, I reflected on my journey of becoming an officer in order to encourage others to serve.*

I, by no means, consider myself a leader. My entire life I was content with being in the background, supporting and advising those who chose to serve. I joined the Guild in 2010. Year after year I would see the Parliamentarian unwavering in her resolve to find individuals willing to serve. Membership was increasing, and I couldn't understand why more individuals didn't step up. Perhaps they felt as I did. Maybe their only reason for joining was to enhance their quilting skills or the fellowship of like-minded individuals. Whatever their reason, I turned inward to ask myself the question, "If not now, when?" I saw the same individuals serve over and over, many by default, because

no one else volunteered to serve. I was so appreciative of their willingness to do so. This is when I decided to take the leap and serve. I've been in the role of Secretary, Sunshine and Shadows, and Librarian (currently). As part of John F. Kennedy's 1961 inaugural address, he spoke the following words: "Ask not what your country can do for you; ask what you can do for your country." I challenge members to ask themselves a play on these words relevant to the Guild: "Ask not what Rocky Mountain Wa Shonaji Quilt Guild can do for you, but what can you do to ensure that it thrives and continues to be AWESOME?" If you have questions about any of the offices, contact the individual currently holding the position. Consider a mentorship with the individual to prepare you for holding the office in the future. As John Lewis stated, "Get in Good Trouble, necessary trouble" by choosing to serve.

—Connie Turner

Ask yourself:

Would I rather serve as an officer or not have a guild?

Could I share this position (and therefore the time) with another member?

Would I like to learn a new skill?

Would I like to make new friends?

Would I enjoy being "in the know" as to what's coming and how things get done in the guild?

If you answer "yes" to any of these questions, please consider taking an office or a committee chair position.

—jm



*Sandra Coleman's T-shirt expresses a universal truth!*



## Wa Shonaji Announces Plans for 2024 Holiday Luncheon



Come to our Guild's most festive event of the year! The Holiday Luncheon—at a new venue, with a new menu—will be held 11 a.m. to 3 p.m., Saturday, Dec 7, at Hilton Garden Inn, 14275 Lincoln Street, Thornton, CO.

Because September and October meetings are not taking place at CrossPurpose, signup will be a little higgledy-piggledy. Pay by check or cash at the **November 9** meeting or by mail with your menu selection to Rocky Mountain Wa Shonaji Quilt Guild, PO Box 370405, Denver CO 80237-0405 so it will reach Geneva Lottie by **November 15, 2024**. The cost is \$40 per person—see the delicious menu below.

No refunds will be made after Nov 15; if you find you cannot come, try to find someone to take your place.

All dinner selections are served with freshly baked focaccia bread and family-style house salad. Iced tea and water will be provided.

Alterations for food allergies or sensitivities must be requested in advance.

**Ricotta-Spinach Ravioli (Vegetarian)** Cheese filled raviolis in stone-ground mustard cream sauce with sautéed spinach and herb roasted seasonal vegetables. Contains egg and cheese.

**Steak and Shrimp Diane (GF)** 6 oz. filet topped with Dijon mustard and brandy sauce, served with three gulf shrimp and whipped cheesy potatoes.

**Cedar Planked Salmon (GF)** Salmon roasted on a cedar plank and glazed with apricot butter, served with seasonal vegetables.

**Chicken Piccata (GF)** 8 oz. chicken breast dredged in flour and sautéed in lemon, butter, white wine, capers, and red onion, served with seasonal vegetables and whipped cheesy potatoes.

**Steak Diavolo** 9 oz. top sirloin served with three jumbo shrimp, spicy tomato sauce and balsamic drizzle, served with broccolini and whipped cheesy potatoes

And for dessert—a Wa Shonaji Cake!

Don't miss this always fun and entertaining celebration! Mr. and Mrs. Wright will be there, for sure!

At some point, you have to realize there are not enough hours in your life to make all the things you say "I could make that!" to...



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Wa Shonaji Blocks of the Month for July, August



Nancy Adamchak,  
Broken Dishes

Deborah Sweatt, left, Stripes and Triangles; right, Churn Dash



Billie Hall, above, Toad in a Puddle; at  
right, Washington Sidewalk



More Blocks of the Month...



Lynette Johnson, above, diamond star; at right, Toad in a Puddle.



Karen von Phul, below left, Triangles and Stripes; below right, Heart





More Blocks of the Month...



*Susan Morrison, left, Fox and Geese, Mosaic 7 (green);  
above*



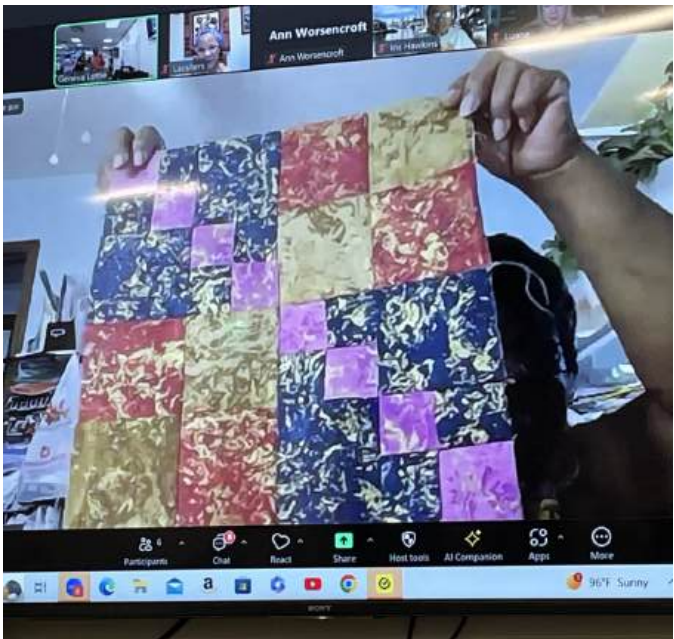
*Daryn Miller, at left, Washington Sidewalk;  
above, Old Maid's Puzzle*



More Blocks of the Month...



Mary Pilling, at left, Road to Heaven; above, Sarah's Favorite



At left Gloria Montgomery, Pinwheel; above, Varna Nolen, Carrie Nation.



More Blocks of the Month...



*Above left, Lynessa Laws, Jewel Box; at right, Flower Basket*



*Kathy Byers, above, left Double Sawtooth Star, right, Ribbon Star; above right, Broken Dishes*



More Blocks of the Month...



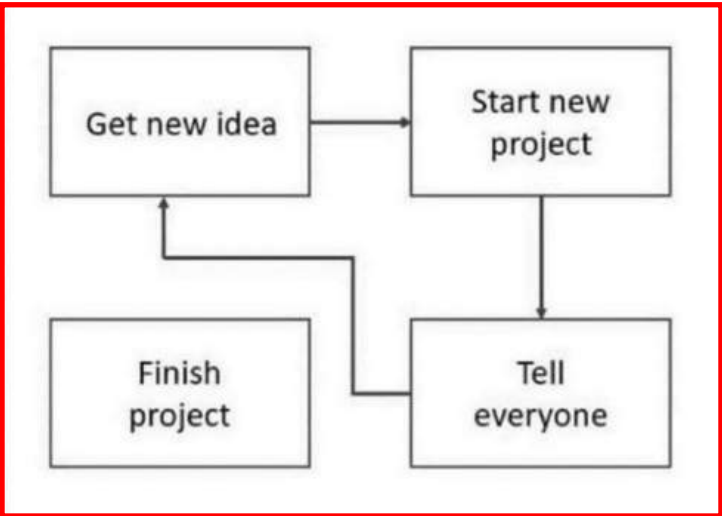
Mary Lassiter, Heart and Churn Dash



Ann Worsencroft, Happy It's Finished



Behind this Big Dipper block is maker Barbara Robinson!

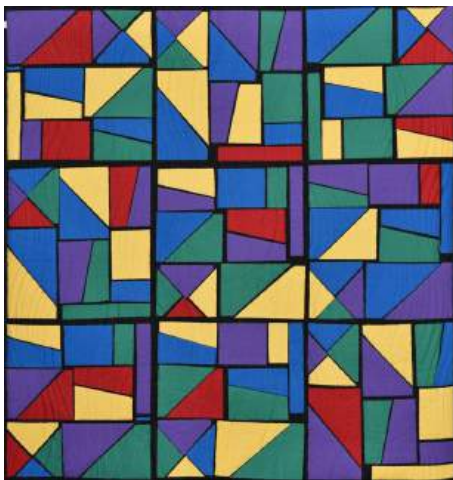


## Successful Collaboration with Colorado Black Arts Movement: No-Sew Quilting Classes

We are delighted to report the successful completion of our recent collaboration with Khadija Haynes of the Colorado Black Arts Movement. This project was born out of a request for quilting classes, which evolved into a creative and culturally rich experience for all involved. It was offered free to the Montbello community.

Khadija had secured a grant requiring completion by July 1. No sewing machines were available, so a series of no-sew quilting classes made the project accessible and innovative. Khadija was enthusiastic about our ideas and was particularly interested in incorporating a Cultural Heritage aspect into the sessions.

Three unique quilting classes were held using fusible web adhesive for the blocks. During the class on May 18, participants crafted fused blocks with a nod to the renowned Gee's Bend quilts.



On June 22, the decorative fused mask blocks were created, blending traditional techniques with contemporary themes.

The final session on June 29 featured fused wonky house blocks that showcased creativity and individuality. Each quilt, complete with sleeves and labels, was proudly displayed at the August Show and Share. Carolina Monsalve longarm-quilted the three quilts.

On August 9, during our Quarterly Board meeting, the completed quilts were presented to Khadija Haynes. These beautiful works of art will



hang in the new Arts Education Center supporting Black artists, which is set to break ground in January 2025 and be completed by January 2026.

This project would not have been possible without the dedication and hard work of our wonderful volunteers: Camilla Edwards, Connie Turner, Chris Jacques, Mary Lassiter, and Deb Sweatt. A heartfelt thank you from the organizers, Karen von Phul and Linda White.

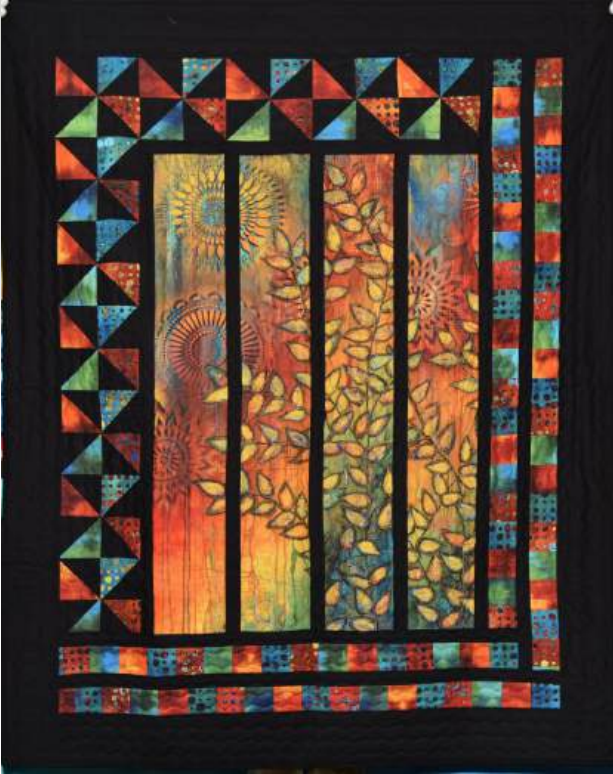


We look forward to seeing these quilts continue to inspire and educate in the years to come.

— by Daryn Miller



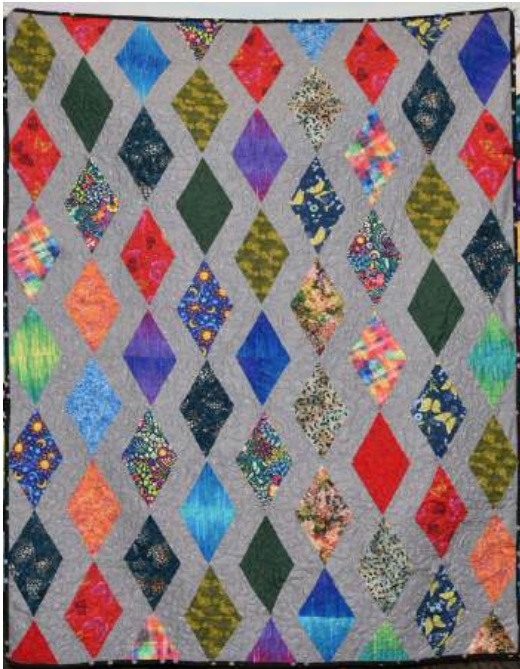
July Show 'n Share



Billie Hall



Chris Jacques



DeLois Powell



Lynette Johnson



August Show 'n Share



All by Monica Lynn





More August Show 'n Share...



Billie Hall



Mary Lassiter made the quilt above and both shown on the bottom.





## 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 heard from a group of quilters who want to go on retreat.*

*Hello Sister! We're the Scrappy Pappies, a group of men who quilt. Uh huh, we're men who quilt. Our founder Carl is my fishing buddy. He learned from his grandmother when he was a boy, then started making quilts for Project Linus when he retired. Well, I'd always envied my wife's skills, and she was gracious enough to teach me. Then I taught my neighbor, and he taught his son, and then we all taught his Eagle Scout group. Five years later, we've got a core group of 30 or so. Like you, we get together once a month, we sew, and we have a good time. Last year we gave 32 quilts to Day 1 Bags, a group that gives bags to children in foster care.*

*We'd like to go on one of these retreats you all seem to go on every fall. We haven't put one of these together, and it's not like a fishing trip. Fishing poles don't require electricity. Sister, how do you make a retreat happen?*

*—Ken Roper, for the Scrappy Pappies*

Hello, Ken Roper! A pleasure to meet you!

Sister is glad to hear that you want to sew till you're bug-eyed and wear your PJs for 3 days straight. She is really good at that part and at bringing snacks. But she's never organized a retreat.

Let's turn to Karen Von Phul, who has chaired the guild's retreat for as long as Sister has been a member. Karen is a wealth of Retreat Know-How, from finding the place, pairing up the roommates, and bringing the things that make retreat work.



Karen says: Google some retreat centers close to home and start with a few questions:

- How much does the center cost per night? Don't choose cheap over retreaters' comfort. Treat yo'self, Ken Roper!
- Are meals served? If you have to cook, what are the kitchen facilities like? Cooking for yourselves could bring costs down, but it means cleaning too. See #1.
- How many people to a bedroom? How many share a bathroom?
- How big is the room where you meet to quilt? Is it in the same building as lodging? When the weather is bad, you won't want to trudge from the dining hall to your quilting room.
- Is there a minimum number of participants, or a maximum?
- Has anyone in your crew mentioned using a walker or another kind of mobility device? You may not be aware of any special needs. Don't be shy; if you know, you can help.

*So far, so good, Sister! My wife warned me that we should be careful about how many irons we bring and that there may be other guests onsite.*

Overloading the electrical system won't make you popular, Ken. If the center has hosted quilters before, they should be able to tell you how many irons you can plug in at one time.

Other center guests may wander in, particularly other quilters. Sister learned to paper piece from a Wyoming lady retreating with her guild. Host a Progress Report, or a dance party. Did your wife tell you to remember music? Singing "Purple Rain" with your Brother Binders will be bonding.

Once the contract is signed, you should work



## More Sister Sticher..

out with your crew how many tables you'll need, and what equipment you want to share: mats, rulers, design walls and of course, irons. Sister brings some risers for the cutting tables. For your personal sewing, you'll want a few projects, and notions. Sister finds a task light helpful.

Snacks are essential. Sister is partial to cheddar Goldfish. Also baby carrots for a healthy snack, but she always goes home with most of the bag. Everyone brings chocolate, because chocolate. Accept it, Ken; you're on the quilter version of a Carnival Cruise. Resistance is futile.

TLDR: You know that all stuff that you load up for your wife when she retreats? Just load it into your car.

*That takes care of the logistics. How about the fun part?*



Ken, you have come to the right place. Karen is your Social Director. She always brings a project that the group can do together, such as a door stop. When sewing gets monotonous, she breaks out some quilting games: Name That Block! or Great Moments in Sewing History. Rack your brain for fun and door prizes! Karen is a whiz at finding small things that will interest quilters.

If Quilt Trivia doesn't rock your world, maybe an icebreaker around some previously unknown fact about each retreat. Did your wife know that Ann Worsencroft lived on Guam before she went to college? Retreat is revealing.

Is one of your Brother Binders an expert on a technique or notion? A 10-minute talk on thread weights will break up the day, and educate the crew for future purchases. Which reminds Sister: Retreat is a golden opportunity to visit a local quilt shop. Sister's guild goes to a shop that has a wide range of batiks and a fantastic Sale Corner. If you usually go shopping by yourself, the company of other Scrappy Pappies will open your eyes to the fun of field trips. It will also open your wallet. Mrs. Ken may not have mentioned that to you.



*I had my suspicions, Sister. Logistics question: what about the Roommate Game?*

Most of our guild retreaters already have roommates picked out. For the rest, Social Director Karen asked each retreat. The Night Owls roomed with other Night Owls and the Early Birds with other birds. So far, it's working out fine.

And now Karen's husband Rod would like a word, Ken Roper:

"Drink your water! I know how you are; you're sewing, you don't want to stop and drink your water or move around. You know that's not good for you! Walk over to the water station, fill up your bottle, and then drink it!"

What Rod said, Ken. Mrs. Ken has probably come home happy, but worn out from staying up til



## More Sister Stitcher..

all hours, forgetting to stretch, and getting drier than the Sahara. It takes the joy out of your quilting. Ken, retreat isn't a sweat shop! Do yourself a favor: Drink your water. Get your crew to sing and dance to "My Girl" for a few minutes out of every hour or so. Get the sleep you need to keep yourself happy. The sewing will wait for you, and

you'll look so fresh to Mrs. Ken. Rod knows what he's talking about.

Now, Ken, Sister wants you to raise your right hand, and repeat with her the Solemn Vow of Retreat:

What happens at retreat, stays at retreat.  
'Nuf said.

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*Linda White brought this luscious cake to the August meeting and had many requests for the recipe. Here it is!*

## Fruit & Date Lumberjack Cake

From *Better Homes & Gardens*

### Ingredients

- 1 cup dates, pitted
- 1 cup water
- 1 tsp baking soda
- 1/2 cup butter
- 1-1/4 cup Granulated sugar
- 1 egg, room temperature
- 1 tsp vanilla
- 1-1/4 cup all-purpose flour
- 3/4 tsp baking powder
- 1/4 tsp salt
- 1 pear or apple, peeled, chopped
- 1/2 cup coconut, flaked
- 1/2 cup pecans or favorite nut
- 1 cup powdered sugar
- 1/2 cup sugar, option for Glazed Pears

In a small saucepan bring dates and water to boiling; remove from heat. Stir in baking soda (mixture will foam); set aside. Cool to room temperature.

Preheat oven to 350. Grease a 9" springform pan, line bottom with parchment paper. Add cake nails.\* Do not use a dark pan. My springform pan leaked, so I wrapped the bottom of the pan in foil. It needed a little longer baking.

In a small bowl, stir together flour, baking powder, and salt. Set aside.

In a large bowl beat butter, sugar, egg, and vanilla with an electric mixer on medium speed until combined. Add the date mixture and slowly beat until combined. Add flour mixture gradually, beating just until combined. Fold in pear or apple and coconut.

Spread mixture evenly into prepared pan. Bake 50–60 minutes or until a wooden toothpick inserted near the center comes out clean. If necessary, rotate pan; bake about 5 minutes more (center of cake may dip). Cool on wire rack. Carefully remove sides of springform cake pan; remove parchment paper and cake nails. Sprinkle as desired with powdered sugar. Makes 10 servings.

**Option** - With a slotted spoon, top with Glazed Pears. Makes 10 servings.

I did not make the Glazed Pears, but it sounds good too. For the second meal, I served sliced fruit with the cake.

### Glazed Pears

In a small skillet combine 1/2 cup water and 1/2 cup sugar. Cook and stir over medium-high heat until mixture comes to boiling and the sugar is dissolved. Add pear wedges (from one pear). Cook and gently stir 10 minutes or until tender. Remove from heat; cool to room temperature.

The next time I want to try dried pineapple for the "dates" or 50% apricots, 50% dates and about 30 g of crystalized ginger.

\* Conducts heat into batter so cakes bake and rise evenly. I used one. Next time I will use two. From Amazon - MiaBakery 4 Inch Cake Baking Heating Core - Heating Core Rod for Baking - Evenly Baked Cakes - Stainless Steel - Dish Washer Safe - Set of 4



## **September Birthdays**

1<sup>st</sup> – Deborah Sweatt

5<sup>th</sup> – Ann Worsencroft

6<sup>th</sup> – Joette Bailey-Keown

12<sup>th</sup> – Mary Sharp

18<sup>th</sup> – Nancy Adamchak

18<sup>th</sup> – Gloria Montgomery

19<sup>th</sup> – Sandra Coleman

22<sup>nd</sup> – Elorise Hawkins



Image from Microsoft word

## **October Birthdays**

16<sup>th</sup> – Reniese Johnson

25<sup>th</sup> – De Lois Powell

27<sup>th</sup> – Karen von Phul

**YOU Get \$1! Finished UFOs!**



*Block Exchange from 2017 by Julie Marsh and 15 of her friends.*



*Linda White, a product of her sewing Curves workshop*



*Adrienne Bryant's 60th Birthday quilt. She used fat quarters from her quilting sisters and a center block from Cynthia Martin. The pattern is by Mary Brewer; it's quilted by Jessica Vaughn. She started it in 2015.*



## Quilters Sample Spirits at Distillery Tour

Twelve Wa Shonaji members and guests toured and tasted their way through Leopold Bros. Distillery in northwest Denver on June 29. Besides great fun and some new knowledge of chemistry, the event resulted in a \$150 contribution to Wa Shonaji's coffers.



*Above, Monica Lynn climbs the stepladder to peer into the fermenting tun as Netta Toll watches. Stephanie Hobson and Glenda Trees consider their own vat.*



*Members have a snack before taking the tasting tour. From left, Joette Bailey-Keown, Monica Lynn and her husband, Brenda Ames, and at right Connie Turner and Stephanie Hobson.*



*The distillery's Alex Christopherson, far left, describes the distilling process and equipment for Wa Shonaji quilters as they sample some cherry whiskey.*

Photos by Sandra Coleman

## Quilter's Last Will and Testament

*I found this on Quiltville.com. I love the idea that we need to write up a will to let our families know what to do with our "treasure" after we die. I know that my quilting friends will take good care of my fabric and sewing machines!*

### The Quilter's Last Will And Testament\*

I, \_\_\_\_\_, being of sound mind (a statement which does not bear close examination) do hereby record my last will and testament.

Knowing that \_\_\_\_\_, my \_\_\_\_\_ (husband, sister, or friend) hasn't the least understanding or appreciation for, or for that matter, knowledge of my extensive fabric collection, which collection is suitably deposited in sundry places for safekeeping.

Knowing also that \_\_\_\_\_ has already notified the local dumpster to pick up and dispose of the before mentioned collection "willy-nilly" (the thought of which causes me a most severe case of hives).

Therefore, I do will this collection and all other collections related to it, to my dear friend and fellow fabric preservationist, \_\_\_\_\_.

It is my wish that she/he, upon hearing of my death and obtaining clear proof that I did not manage, although goodness knows I tried, to take it with me, would come to my home post haste, before the dumpster arrives, and search out my collection, one of which is similarly stored at her own abode.

That she/he should rescue said collection and stack it in my quilting studio, along with my sewing machines, frames, old buttons, lace, patterns, quilts, dolls, and works in progress.

After she/he has done this, she/he should purchase refreshments for my friends not yet departed, which friends are also her/his friends, and every last one shall be in that room and they shall hold a wake and say lovely and kind things about me until they run out and then they shall divide amongst themselves, by lot, my wonderful collection.

I shall be hovering over that very spot until this is done. \_\_\_\_\_ shall then quit this spot and close the door, leaving trivialities to those who do not understand. This is my wish on the matter.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Notarized: \_\_\_\_\_ Date: \_\_\_\_\_

\*This is not a legal document.

Written By Elinor Peace Bailey, Published in "The Cloth Doll" Spring/Summer 1990



From Best Friends Quilting blog, by Elizabeth Bennet



Posted by [Robin8ir](#) at [Wednesday, July 27, 2011](#) \_



## Eliu Hernandez's Reclamation Alchemy

On July 13, Eliu Hernandez spoke to Wa Shonaji about his work with reclaimed materials. Eliu is a textile artist who takes discarded materials and upcycles them into quilts and other works. He uses clothing, bedding, and other fabrics to make quilts, stuffed animals, and other functional items.

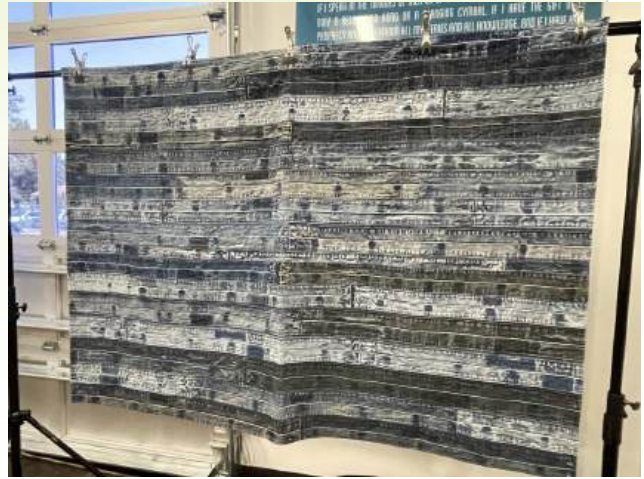
Eliu's quilts feature a reclaimed top, reclaimed batting, reclaimed backing, and reclaimed thread.

Only the thread used to piece the quilt is new. When incorporating clothing into his work, every part of the garment is used and reclaimed. You'll



find waistbands, pockets, zippers, and buttons in many of his works. He even harvests and reuses the thread from the garments he deconstructs. Nothing is wasted.

Some of Eliu's most notable works are his denim quilts, specifically his *Waist Not* quilts, which have been featured at the Rocky Mountain Quilt Museum. *Waist Not* is a series of quilts that Eliu has made from the waistbands of jeans. He's hand-quilted



these quilts using reclaimed thread from the same jeans that he used to piece the quilt tops. He's used old sheets, flannels, and blankets for the backing (and sometimes the batting).

Hernandez's focus is on reusing and upcycling textiles and materials that would otherwise be headed to the trash and recycle bins. He sources his materials via his own clothing, thrifting, and donations. Sustainability is a core theme in Eliu's work. The textile industry is a source of tremendous pollution. Eliu is dedicated to keeping clothing and other textiles out of the landfill, and to not contributing to the large-scale waste and pollution of the textile industry. (See the article on Sustainable Quilting on page 24.) He wants to show

others that old materials that many people throw away still have value, and that you can use these discarded materials to make beautiful and functional works.

Along with being a quilt artist, Eliu is a husband, a dad, and a chiropractor..

—by Daryn Miller



## Sustainability in Quilting—Good for the Quilter, Good for the Planet

Back in July, we welcomed Denim Textile Artist Elio Hernandez, who presented various ways for us to engage in a more sustainable quilting and sewing style through salvaging discarded garments and materials to create eco-friendly quilts.



Connel\_Design - stock.adobe.com

In keeping with this mindset of using ethically sourced and sustainable materials to reduce waste, save money, and hopefully clean out our closets in the process, we wanted to share a few resources to inspire you along the way.

### What is Sustainable Sewing & Quilting?

Sustainable sewing and quilting styles have gained momentum with the resurgence of upcycling clothing and quilts and reusing old textiles for utility (Halladay, 2022). At its core, sustainable quilting involves making quilts that will have the least impact on the environment. Laura Hopper explores methods for strategically salvaging fabric to generate new creations in her article “Sustainable Quilting 101.” She even taps into her previous career as a museum curator to explore ways of composting scraps that can no longer be utilized in quilts to reduce waste.

### How to Reduce Waste in Sewing, Quilting

Currently, numerous sewists and quilters are actively seeking methods to minimize waste by repurposing clothing and goods and are enthusiastically exchanging their ideas within global sustainability communities, both online and in person (Halladay, 2022). In alignment with the practice of upcycling fabric to reduce waste, Amari Thomsen



Anna-stock. Adobe.com

generates new batting for her “zero waste” creations through what she calls “Frankenbatting,” a creative approach involving meticulously sewing together scraps of batting to provide insulation between fabrics, keeping in mind that the stitch type used in upcycling can also have a drastic impact on making batting large enough for our projects.



Halladay, Gina. Frankenbatting. We All Sew, 12 Aug 2022, <https://weallsew.com/sustainable-quilting-using-upcycled-fabric-in-your-quilts/>

As an example, she was able to use the zigzag stitching to upcycle the stretchy fabric. When considering additional ways to reduce waste in both sewing and quilting, it is important to also keep in mind that sustainability does not have to be a cumbersome checklist of demands (Stively, 2021). We should always consider why we are quilting in the first place.



## More Sustainable Quilting...

### How to Make a Good Quilt

Quilting is an age-old practice of utility that has not only been used for our warmth and protection, but has also been used as a means for storytelling, self-expression, creativity, and most important, community (KickassQuilts, 2024). While we can continue to utilize our skills to make unique creations to represent who we are, we can also use those same materials to make bags, trivets, bowls, and many more items up to and including quilts, for everyday use.



Blaine, Chardel. Fabric Rope Bowls. Create Whimsy, 2024. <https://createwhimsy.com/projects/fabric-coil-baskets-and-bowls/>

Many of our everyday use projects can also utilize fabric from our old clothing, and hand sewing these items can also help us to use thread in a more sustainable way. Therefore, the best way to engage in sustainable sewing and quilting is through sewing and quilting with intention. Keeping in mind that although sustainability will look different to all of us, we can carve out sustainable practices that we can incorporate into our everyday lives (Stively, 2021). For more ideas on sustainable quilting please find more resources below:

### Quilting Sustainably Resources

Seamwork: How to be Realistically Sustainable When You Sew

We All Sew: Sustainable Quilting: Using Up-cycled Fabric in Your Quilts

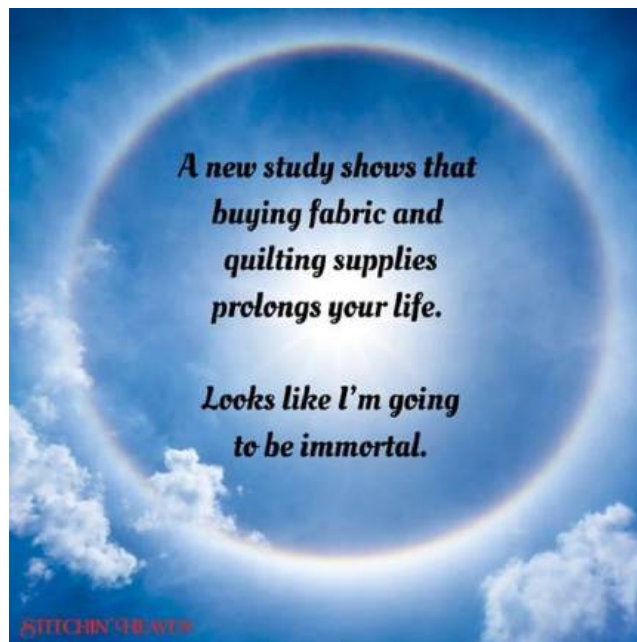
Alderwood Studio: 5 Ways to Use Upcycled Fabric in Your Quilt

#KickassQuilts: Sustainable Quilting

Suzy Quilts: Sustainable Quilting 101: Scraps & Batting

SEWendipitous: The Growing Influence of Sustainability in the Quilting Community

—by Erin Jones



## Wa Shonaji Civil Rights Quilts—We're on our Way!



Several months ago, our members committed to making two civil rights-themed quilts for CrossPurpose and Bill Bynum. Several members have completed their blocks, and the artistry exhibited in them is amazing—they are truly works of art.

There are three new items regarding finishing the quilts:

The blocks are due **Aug 31, 2024, (ASAP!)** to allow us to complete these quilts by October 2024.

An e-mail communication regarding the outstanding blocks will be sent by August 24 to those individuals who committed to making civil rights blocks.

Stephanie Hobson will coordinate the completion of these quilting projects. Thank you, Stephanie. If you have questions re: block specifics, delivery, colors, e.g., please contact Stephanie.

Thank you all for working to get these quilts completed.

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I don't know about you, but I don't have any more passwords left in me.



## Sewing Machine Mat Reduces Noise, Stores Supplies

Karen von Phul taught the workshop on making a noise-muffling mat with convenient measuring tape and tool pockets. In the photo at right (back row left to right) Susan Morrison, Mary Lassiter, Joanne Walton, Lynette Johnson, Glenda Trees, Chris Jacques, Billie Hill, Kathy Byers, (front row, left to right) Gloria Montgomery, Karen, and Adrienne Bryant show off their finished—or nearly finished—sewing machine mats. The bottom strip consists of pockets to hold often-used tools.

Debi Grundmeier, Columbine Quilt Guild, who attended our retreat last year, taught Karen how to make the mat.



Re\_Sis



*At left, Karen describes the process for making the mat. Above, Adrienne Bryant and Mary Lassiter aren't wasting any time in getting started. Chris is between them, with Susan, Sandra, Joanne, and Gloria in the back. At right, a closer view of the mat.*



## RMQM Garage Sale Launches Contest

To piggyback on Rocky Mountain Quilt Museum's annual Garage Sale in August, the museum is sponsoring a contest. "Honor the Maker" will culminate in an online exhibition and three award winners.

Attendees who purchased an item "in a current unfinished state" at the 2024 Trash to Treasures Sale have 10 months to finish the project. A before and after photo of their work should be submitted in June 2024 through Cognito (ask your grandchild what that is!).

The finished projects will be displayed on an online exhibition from July to August 15, 2025. First, second, and third place winners will be determined by online voters.



*Pretty as a picture! Wa Shonaji members shopped at the museum's garage sale then showed off their purchases. From left Joanne Walton, Stephanie Hobson, DeLois Powell, Kathy Byers.*





## Warning Signs of a Pending UFO

Unashamedly lifted from Artie Johnson's UFO file. Artie just keeps teaching us.  
www.aqsblog.com — Thank you, American Quilter's Society!

### TAKE TIME TO FIND A SOLUTION

Can you tell when your project is at risk of becoming a UFO (UnFinished Object)? Here are some signs to alert you and steps you can take to prevent an alien invasion!

#### Project Too Big

Are you suddenly aware of the fact that the project you fell in love with could take the next decade to finish? That common feeling of being overwhelmed could stop you in your tracks. When you get that feeling of drowning in a sea of a thousand half-square triangles, try the following:

- List the steps—write out each step of the project from your current point to the end.
- Make it manageable—group the steps together into achievable goals. Organize your project according to your goals.
- Schedule—grab your crafty calendar and schedule deadlines for your goals. Some of us find deadlines motivating and satisfying. If that's not you, replace the word "deadline" with "guideline."
- Take one step at a time.

#### Project Too Hard

If you have taken apart a block so many times that you no longer recognize the fabrics, it might be too hard. When a project fills you with frustration, the fun is gone and returning to it is torture. In lieu of packing it up and burying it in the backyard, try the following:

- Identify the problem—make sure you know what is giving you all the trouble. Reread the instructions, call up a friend and explain the problem in case you've overlooked something simple, be sure you have the right tools and equipment for success.



- Try YouTube.com—watch a couple videos showing the technique you are struggling with. Sometimes seeing someone else do something is all we need for it to click for us.

- Take it to your guild—at your next guild meeting or sewing day with friends, show for solutions. One-on-one help is always great.

- Take a class—online, at a local shop, at a quilt show, equip yourself with knowledge to help you master the technique.

#### Project Too Boring

Is your project putting you to sleep? Is it taking the joy out of your quilting day with too much repetition? Break the

monotony with the following:

- Break it down—set little goals of 10–15-minute durations and then reward yourself.
- Distract yourself—hit play on a book you've been wanting to read or your favorite podcast.
- Go to a friend's house—pack up your machine and head to a friend's house where the two of you can talk, laugh, and sew away the hours. If your friend is extra wonderful, they might even pitch in!

#### Project Too Ugly

Not everything comes out like we imagine. Has your project gone from a beautiful swan to an ugly duckling? Stop cringing and try the following:

- Make your color palette—cut out 1" squares from each fabric and glue them side-by-side in a line on a piece of paper. Cut out the strip. Are there any colors fighting with each other? Are the values too similar? What is your neutral?
- Research similar color groupings—do an online search for color palettes like your own. Are you missing a magical accent color that will make everything pop?

## More on UFOs...

- Find a color literate friend—take your palette strip along with an open mind and visit a friend with color confidence. As for color suggestions.
- Consider scale and patters — If color isn't the problem, take a look at the patterns on each fabric. Each fabric should have its own job, make sure they aren't all trying to do the same thing.

### Project Too Painful

From headaches to sore muscles some projects can take more of a toll on you than others. If a project is giving you too much pain to continue, consider the following:

- Change the lighting—bright, vibrant or repetitive patterns can lead to headaches. If this happens, change your lighting. Take your space from blue light to warm light with a change of a light bulb. Turn lights off or add more, whatever helps alleviate the stress on your eyes.
- Shake it out—getting stiff? Stand up and shake it out. Gently stretch out the parts that have been in one place too long. Move, get your blood flowing again.
- Take frequent breaks—Set a timer to limit your time and then take a break and do something else. Work with different materials or try a new position.
- Each of these things puts you at risk of abandoning a project. When a solution can't immediately be reached, try putting your project in time out before packing it up and launching it into a black hole (i.e., the craft closet).

**Did you know?  
Etsy has an  
"Unfinished  
Quilt" category—  
in case you don't  
have enough of  
your own!**

### HOW TO PUT A PROJECT IN TIME OUT

- Put it where you can see it—pin your progress to the design wall or lay it out on the guest bed, somewhere you can take a moment every now and again and give it a look.
- Keep the parts together—take all the bits and pieces and put them in a basket. Set them, along with the instructions, near the displayed portion.
  - Take your time to think—give yourself time to look at the quilt and think of solutions that inspire you to complete the project. If none appear after a couple weeks, pack up the project and notify NASA.

### IF NASA ISN'T INTERESTED...

- Bring the quilt pieces to a guild meeting or donate to Rocky Mountain Quilt Museum for their garage sale. One quilter's UFO could be another quilter's dream project! Maybe your guild could have a UFO swap!
- Cut it down into smaller pieces and finish at least one of them. Like a pillow, a baby quilt, a wall quilt, potholders!
- Contact local charities, shops, and guilds to see if they accept unfinished quilt tops that can be completed and used for charity quilts.
- Put the parts in the recycling bin. Google recycle textiles in Denver area.





## What Is a “Museum Quality” Quilt?

During our August meeting, Karen von Phul announced that Wa Shonaji Quilt Guild has been invited to exhibit at the Rocky Mountain Quilt Museum in 2027. The theme will be “What We Do Best.” There will be a call for entry and members may enter up to three quilts each. Quilts for display will be selected from the entries. More information will be provided as it is known, but Karen noted that they will want two large quilts and numerous smaller quilts to fill the space. All need to be of “museum quality” and have a 4" sleeve and label.

As we make and prepare our quilts to submit for exhibits and shows, it is important to know what the term “museum quality” means. Below, Karen von Phul gives more insight into what a “museum quality” quilt entails.

### What characteristics do "museum quality" quilts have, and what criteria do they need to meet?

"Museum quality" will differ for each call for entry. It is best to read instructions thoroughly to understand what is expected. Certain criteria include but are not limited to:

**Piecework:** The piecing should be accurate, and the fabrics should be sturdy and unfaded.

**Condition:** The quilt should be in the best condition possible for its age.

**Stitching:** Small, even stitches are highly prized and can increase a quilt's value.

**Pattern:** Complex or unique patterns are usually more desirable.

**Visual appeal:** The quilt should appeal to you on an emotional and visual level.

### What makes a quilt *not* “museum quality”?

A quilt is not of “museum quality” if it is poorly made. Examples include uneven binding, uneven stitches, and wrinkles in the quilt. A quilt is also poorly made if the quilt was not quilted well.

### Do you have any tips or advice for quilters who are interested in submitting a quilt to be on display or judged?

Make sure you read the instructions for submitting a quilt. Sometimes there will be instructions on what is expected, especially if there is a theme. You will need to have a sleeve on the back 100 percent of the time. Pay attention to the width, as most entries require 4" sleeves. Also, you will need to have a label that includes the

name of your quilt and your name.

It is important to invest in taking good quality pictures of your quilts. Don't be afraid to express yourself when writing an artist statement (that too, will be in the instructions). You may need to give a bio or just need to express how you came to make the quilt you are entering.

Last but not least, **DO NOT TAKE IT PERSONALLY IF YOUR QUILT DOES NOT GET ACCEPTED!** It happens to the best of us. Move on to the next call for entry.

Now get started on that quilt for RMQM that shows “what you do best”!

—by Daryn Miller



*Rocky Mountain Quilt Museum docent and Wa Shonaji member Stephanie Hobson describes a quilt for a museum visitor. How would you feel to have one of your pieces exhibited in a museum?*

## Area Textile Events

### Rocky Mountain Quilt Museum

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

Till Oct 19, *Photos, Pixels & Pizazz* by Caryl Bryer Fallert-Gentry and *Applique Is My Super Power* by Joan Duncan (Columbine Guild member)

Sept 8, **Sunday at the Museum**, 2 p.m. 150+ Years of Sewing Machines and their impact on quilts with Lisa Selzler

Oct 4, 5, 6, **Echter's Annual Fall Quilt Show** will exhibit quilts by any quilter that have not been previously shown at Echter's. Entry open till Sept 30. See RMQM.org for rules and forms.

Oct 13, **Sunday at the Museum**, 2 p.m. Caryl Bryer Fallert-Gentry on her current work

Oct 21–Jan 13, **Exhibits**, “English Paper Piecing” and “WILD! SAQA Regional Exhibition”

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. Workshops for members only.

Sept 26, 27, 28 **Quilt-a-Fair**, Boulder County Fairgrounds, 9595 Nelson Rd., Longmont; see flyer on page 34

Oct 26, **Meeting**, 9:30 a.m. *Meaningful and Unconventional Fabrics on Quilts*

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

### Quaking Aspen Quilt Guild

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

Sept 19, **Meeting**, *The History of the Sewing Machine with Focus on the Featherweight*, with Courtney Willis, and *POP-UP Fabric Sale*

Sept 23, **Class**, Forage Bag pattern by Anna Graham

Oct 17, **Meeting**, *Potential and Beauty in Used Materials* with Eliu Hernandez; Aug 16, **Workshop**, Tree Rings

Oct 7, **Class**, Wonky Log Cabin with Denise Frontczak

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

### Denver Metro Contemporary Quilters

Second Wednesday often at Aurora Fire Station 3, 3172 Peoria St., Aurora—check website for location. 7 p.m. In-person and Zoom. First meeting free; then \$5 fee. To attend as a guest, email [president@denvermetromqg.org](mailto:president@denvermetromqg.org)

Sept 11, **Meeting**, *Adventures in Quilting 2024 Show*

Oct 9, **Meeting**, *Color Courage for the Fabric Phobic* with Jenny Kae

For more information, visit [www.denvermetromodernquiltguild.org](http://www.denvermetromodernquiltguild.org)

### Columbine Quilt Guild

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

Sept 9, **Meeting**, RMQM Staff with speak **AT THE MUSEUM**

Oct 14, **Meeting**, *Artistry Through Applique* with David Taylor; **Workshop**, Oct 19, turned edge machine applique with David Taylor

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

### Arapahoe County Quilters

Second Thursday at Our Father Lutheran Church, 6335 S Holly St, Centennial 80121. 6:30 pm. In-person and Zoom. Guest fee \$8.

Sept 12, **Meeting**, “*What the Scrap? Ways to manage Your Growing Scrap Pile*” with Jen Dietz; **Workshop**, Sept 14, “Nifty Nine-Patch”

Oct 10, **Meeting**, *Inviting a Sense of Play into Your Quilting Life* with Monique Kleinhaus

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



# Quilt~a~Fair 2024

## *Celebrate Quilting!*

Quilt Show & Vendor Market  
by The Colorado Quilting Council

### Featured Exhibit



*Quilts of Valor*  
*Quilts = Healing!*

Presented by Grateful Threads, Littleton, CO

### Kids Quilt Show & Hands-on Activities

Sponsored by



### Show Sponsors



Sept 26, 27, 28  
9a-4p Thurs & Fri  
9a-3p Sat

Boulder County Fairgrounds  
9595 Nelson Rd, Longmont

- Vendor Show Specials
- \$10 Admission (\$8 on Sat) *Cash or Check*
- Children under 10 free
- Service dogs only

**Information, Updates & Volunteer Sign-up**  
[coloradoquiltingcouncil.com/quilt-a-fair](http://coloradoquiltingcouncil.com/quilt-a-fair)



**Also  
Online**

- ~ Become a CQC Member!
- ~ Enter a quilt for member show.
- ~ Sign up to volunteer and get free show entry!

Questions?  
Contact Dawn Mills,  
Chairperson  
(303) 929-8543

[cqcquiltfair@gmail.com](mailto:cqcquiltfair@gmail.com)

## 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.

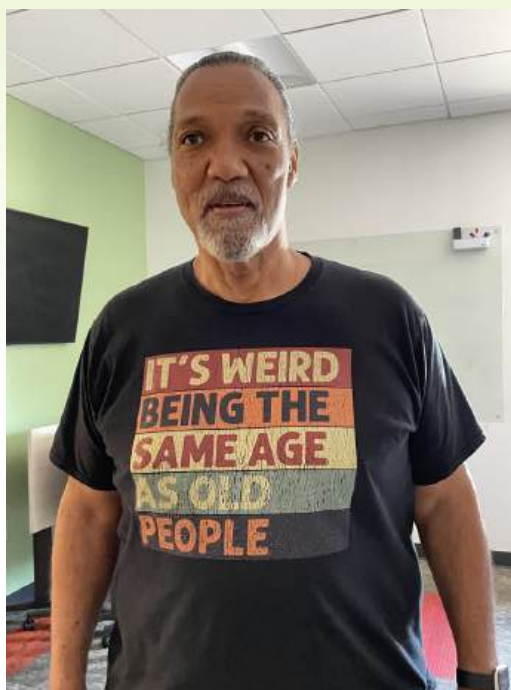
We educate ourselves and share our knowledge with others, based on the motto "Each One, Teach One." We seek to encourage the work and accomplishments of our members and to preserve the tradition, culture, and history of quilting. Rather than judge each other's work, we learn from it and revel in it.

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)



The T-shirt of Louie Walker, husband of member Milinda, says what many of us are thinking...

Thank you to all contributors as noted plus Brenda Ames, Sandra Coleman, Linda White, Reniese Johnson, and "associate editor" Joanne Walton for their wonderful additions to this newsletter. And more special appreciation to "contributing editors" Erin Jones and Daryn Miller.  
Editor Julie Marsh