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LNCQ

life

July 2025

**RED, WHITE, &
SEW!**

letter from the president >>>

Joan's Journal

Stitching without Borders

As a Canadian living in the U.S., I get to celebrate two patriotic holidays back-to-back: Canada Day on July 1st and Independence Day on the 4th. It's a week full of fireworks, flags, and—of course—quilts. Whether it's a maple leaf or a star-spangled banner, there's something uniquely satisfying about stitching with red and white—or red, white, and blue.

This month's theme, *Red, White & Sew*, is a nod to those shared summer celebrations. And it felt like the perfect time to share one of my own projects: a red quilt appliquéd with white flowers. To practice my free motion quilting I treated each block as an opportunity to try a



Joan Fulton, 2025 LNCQ President

“There's something uniquely satisfying about stitching with red and white – or red, white, and blue.”

Newsletter Giveaway!

Click [here](#) to tell us about a red & white quilt you've made or admired, and enter for a chance to win a quilty prize! Entries must be received by July 31. Must be a current LNCQ member to win.

Congratulations to June's winner, Priscilla Golz, who gives her scraps to a talented fellow quilter, and to the May winner, Karen Kafka, who shared the story of her first quilt:

“I was ten years old when my grandmother cut out hexagons from her scraps and showed me how to sew them together by hand. Not sure I even knew what a quarter inch seam was back then. No lines to follow, she said you just sewed... I worked on that quilt until I finished tying it the summer I was twenty. The quilt was well loved. I decided in 1999 to duplicate the quilt... That one also took twenty years to finish. Thank you, Grandmother.”



Different motif—swirls, feathers, crosshatch, you name it—and the borders are quilted to frame the work. The quilt reminds me that precision, practice, and a little boldness go a long way.

So as we fire up our machines and maybe even a few grills this month, I hope you'll find time to celebrate your progress, try something new, and enjoy every stitch.

Joan
www.LNCQ.org

August 4th Meeting 1:30 pm

“Sew Many Curves”

Presented by Yvonne Phenicie

LNCQ is thrilled to welcome **Yvonne Phenicie** for an inspiring and educational program. Yvonne is a certified **Sew Kind of Wonderful** instructor and brings a wealth of knowledge, creativity, and passion for modern quilting.

She will be presenting a trunk show featuring a stunning collection of quilts made with the popular Quick Curve Ruler, along with a variety of other techniques that showcase her unique style and skill. Whether you're new to curved piecing or looking to expand your quilting toolbox, Yvonne's presentation promises to offer valuable tips, ideas, and plenty of inspiration. Don't miss this exciting opportunity to learn from a nationally recognized instructor and see her beautiful work up close!



Date & Time: August 4, 2025, 1:30 pm **Location:** [Best Western Loveland Inn](#)



August 4th Workshop: Master the Curve with Yvonne Phenicie!

Join certified Sew Kind of Wonderful instructor Yvonne Phenicie for a fun, hands-on workshop using the Quick Curve Ruler. You'll learn the technique behind smooth, stress-free curves while making 2 to 4 blocks from the **Curve It Up sampler (lower left photo)**—skills you can use to create countless other quilts like those pictured!

Class runs 8–12:30 & 4–5:30, with a break for the general meeting.

Please order your Quick Curve Ruler and Curve It Up pattern in advance. Limited supplies available at class. Please click [here](#) for the full supply list.

Build your curved piecing confidence—sign up today!

Date: Monday, August 4
Time: 8 am - 12:30 pm and 4 pm - 5:30 pm
Location: [Best Western Loveland Inn](#)
Cost: \$60

[REGISTER NOW](#)

Evening Meetings Are Staying...

Now at the Best Western starting **SEPTEMBER 8!**



We're excited to announce that, starting September 8, LNCQ will begin offering evening meetings at 6:00 PM at our regular location, the Best Western. These new meetings are *in addition* to our four regular afternoon meetings—not replacing them!

After successful trial runs in April and June and lots of positive feedback, we're expanding to give members more ways to stay involved. Evening meetings for 2026 are already lined up for the months we don't have an afternoon meeting (except July).

Our first evening program is a special one: the Rocky Mountain Quilt Museum will present their “Blue and White” trunk show. Two-color quilts are always a treat to see, full of striking contrasts—but there's more to them than meets the eye. You'll hear stories and fun facts behind the quilts, gain insight into the lives of the women who made them, and connect with generations past through the patterns and stitches they left behind.

LOVE Wool Appliqué Workshop September 8

Whether you're brand new to wool appliqué or just want a relaxing project to stitch by hand, join the Happy Stitchers small group for a wool applique workshop designed for both beginners and seasoned stitchers! Visit with your fellow LNCQ members and learn the fundamentals of wool appliqué along with a variety of hand embroidery stitches to enhance your work and spark new creative possibilities.

The class fee includes a complete kit to make a 12" x 12" wall hanging—no prep needed, just show up ready to stitch! Whether you're picking up a needle for the first time, looking to refresh your skills, or just want to enjoy some stitching time with friends, this workshop is a great way to deepen your "LOVE" of quilting through the timeless art of handwork. Registration opens soon, so keep an eye on the website Event Registration page!

Location: Best Western Loveland Inn

Date: September 8, 12:30 pm – 4:30 pm

Cost: \$65 (includes \$35 kit fee)



FALL RETREAT



We had such a wonderful time at our Spring Retreat, we're heading back to the YMCA of the Rockies in Estes Park for the Fall Retreat! Hosted by Beth Soderquist and supported by an all-star committee—Linda Wilkins, Nancy Stutz, Susan Ellis, Kathy Klinger, Kaea Beresford, and Margaret Reek—this retreat promises to be another memorable gathering filled with quilting, connection, and inspiration.

This fall, breakfast and dinner in the YMCA cafeteria will be included in the retreat cost. After trying a

bring-our-own model in the spring, the committee determined that it wasn't sustainable and opted for an easier, more enjoyable meal experience.

Each sleeping room includes two queen beds, a small refrigerator, and access to a larger fridge in the retreat room. You're welcome to bring lunch fixings or head into town—or you can purchase lunch at the YMCA cafeteria or snack bar/deli. We've also reserved an additional room next to the retreat space for relaxing, sharing snacks, and catching up with friends.

The YMCA offers beautiful views, hiking trails, and other amenities that make this retreat feel like a real getaway.

Location: YMCA of the Rockies, Estes Park, CO (Longs Peak Lodge)
Dates: October 20-23, 2025 (Note the date change)
Price: \$460 for a Double room
\$646 for a Single room

Registration Opens July 17th at 8:00 am

THE QUILTED FOREST

An Immersive Quilt Exhibit presented by LNCQ, curated by David Taylor Art Quilts, and displayed at the Rocky Mountain Quilt Museum

THE QUILTED FOREST celebrates our abundance of National Forests in Colorado. What better venue to showcase the talents of Northern Colorado Quilters than the Rocky Mountain Quilt Museum?

The quilts will be suspended from the ceiling, allowing visitors to walk amongst the creations. Double-sided quilts are preferred, but single-sided will be considered for wall placement.

We are looking for new creations reflecting the lush diversity of flora and fauna found in the forest. Let your imagination run wild!

Depictions of rocks and streams; trees and wildflowers; all kinds of critters and creatures (both real and imaginary); settings in winter, spring, summer or fall – all are acceptable. Humans interacting with nature also fit nicely into the exhibit theme.

The Quilted Forest exhibit will debut at the Rocky Mountain Quilt Museum in Golden, Colorado, in July 2027.

Ideas for submissions and confirmation of participation will be due at the LNQC meeting on Monday, October 6, 2025. Quilts must be completed by May 2027.

For questions or assistance with your project, please email David Taylor: david@davidtaylorartquilts.com.



Artist Rendering



CALENDAR:
announcement
May 5, 2025

confirmation of participation and submission of ideas
Monday, October 6, 2025

community work days
To be determined. Watch for announcements in the LNCQ newsletter

quilt review and acceptance
November 2026

completed quilts due
May 2027

www.LNCQ.org

PARAMETERS:

Width or diameter: Quilts should be at least 6 inches but no more than 16 inches in width or diameter.
Height: Quilts should be at least 72 inches but no more than 120 inches tall.

SUBJECT:

Quilts must be representative of forest life found in Colorado. Quilts are not required to be pictorial or landscape in nature.

Representational art is not a requirement. Traditional, abstract, modern, contemporary ... all aesthetics are welcome.

Mammals, insects, trees, plants, wildflowers, humans, landscapes, waterscapes, etc., are all acceptable as subject matter and should be reflective of the forest theme.

TECHNIQUES:

Appliqué or pieced, mixed, hand or machine, foundation-pieced, whole cloth, painted, thread-painted, embellished, shaped, single-sided, double-sided or dimensional ... Explore it all!

REMINDERS:

This is not a competition. Create from your heart and see what grows!

In order to achieve maximum participation, we are not implementing an entry fee.

Entrants must be a current member of the League of Northern Colorado Quilters to participate.

David M. Taylor will be the exhibit curator and is serving as liaison with the Rocky Mountain Quilt Museum. He is responsible for making final selection of submissions.

Spotlight on Happy Stitchers

Pat Baker and Crystal Wentz

RED, WHITE, & SLOW STITCH – MEET LNCQ'S HANDWORK GROUP

It all started with a happy hour. At the Spring 2022 retreat at Little America, a group of quilters gathered in what turned out to be the largest sleeping room on site. Beth Soderquist invited everyone over, and as the evening unfolded, a few stayed behind, chatting long after the snacks were gone. The topic turned to hand stitching, and the idea for a new small group was born.

Now, Happy Stitchers brings together members who love all kinds of handwork—embroidery, wool appliqué, sashiko, cross stitch, needlepoint, and even a little crochet or knitting. If it's done with a needle in hand, it's welcome here. Meetings are relaxed and filled with quiet conversation, shared ideas, and a lot of laughter. Most of the time, members work on their own projects, but they often draw inspiration from each other—and occasionally dive into something new after seeing it in someone else's hands.

Several members got their start decades ago—learning crewel work from their moms in the 70s or cross stitch from a grandmother's dresser scarves. Others came to handwork after years of quilting or garment sewing. A few fell down the wool appliqué rabbit hole thanks to Sue Spargo's rich embellishment techniques. One member brought along her project from a recent workshop, carefully stitching the last few lines on a sashiko eyeglass case.

The group has played a big role in bringing more handwork-focused



teachers and workshops to the guild—including classes on sashiko, redwork, and wool appliqué needle cases—where they served as table coaches and cheerleaders for new stitchers.

Ask any Happy Stitcher what they love about handwork, and the answers come easily: it's portable, affordable, individualizes projects... and it's even therapeutic. As member Charlotte Cox put it, "I think it's good therapy too. When you're stressed and you can't concentrate on a book or the TV show you're watching, or whatever, or life, and you just sit down and have something in your hands to keep you occupied, and then you have this beautiful thing."

Photos (Clockwise from top left): Mary Anne Florence's embroidered hexies, Happy Stitchers July meeting, Wendy Watson's embellished wool pennies, Cathy Schultz's wool applique tablemat



Though Happy Stitchers hasn't tackled a formal group project yet, the idea of a collaborative piece—perhaps for the Quilted Forest—has the group buzzing. With around 30 members on the roster, there's always someone with a new idea or project to share. Whether you're stitching a sampler, adding embroidery to a quilt block, or just curious about trying something by hand, the Happy Stitchers offer a warm welcome, a chair at the table, and plenty of inspiration. Contact Joan Fulton (coordinator) to join.

Missouri Star Challenge Show & Tell

Did you take on the Missouri Star Layer Cake Challenge during the LNCQ bus trip? We'd love to see what you created! Bring your finished (or in-progress) project to the August meeting for Show and Tell. Whether you followed one of their classic patterns or came up with something entirely your own, we can't wait to see how you sliced, stitched, and sewed your way through those 10" squares!

[quilting community news >>>](#)

SUPERQUILTERS!

Shout-outs, Compliments, & Thanks

A huge thanks to **Karen Riley**, a brand-new member this year who stepped up and volunteered to help set up the members spotlight displays. – Pat Baker

Big thanks to our Treasurer, **Marla Arcadi**! With all the exciting projects we're doing to support our programming and community service efforts, Marla's sharp eye for detail is like our built-in GPS—keeping us from taking a wrong turn while we chase big ideas. Thanks for keeping us on track! – Ways & Means Committee

Thank you to **Pat Baker** for the idea to dedicate a spot in the newsletter to recognize fellow guild members! – Crystal Wentz

Want to recognize a fellow member? Send your sew sweet shoutout to newsletter.lncq1996@gmail.com

Looking for more ways to fuel your creativity and connect with fellow quilters? Here are some upcoming quilting events & news that might pique your interest! While these events aren't officially hosted or endorsed by LNCQ, we're sharing them as a service to our members who love to stitch, learn, and explore!

Larimer County Fair – Enter by July 29th!

Time for LNCQ members to enter their beautiful quilts in the local county fairs! The Larimer County Fair is accepting entries until July 29.

Click [here](#) for more information on how to enter your quilts in the 2025 Larimer County Fair.

41st Annual New Legacies Contemporary Art Quilts Exhibit

The [Lincoln Center](#) in Fort Collins is exhibiting a collection of contemporary art quilts **Jun 25 – Aug 22, 2025**.

This juried exhibition features the current work of the finest national contemporary quilt artists. Art quilts accepted for exhibition exemplify innovation in quilting and surface design techniques as well as excellence in artistic composition and craftsmanship. The goal of the exhibition is to recognize the world's finest contemporary quilt artists and to advance the art form.

Click [here](#) for more information.

(Un)Common Threads: Laramie Art Quilters Exhibit

Don't miss the latest exhibit by the Laramie Art Quilters! Known for pushing boundaries in fiber art, their innovative and expressive quilts are on display now. This is a great opportunity to be inspired by bold design and artistic storytelling through fabric.

[SOK Gallery](#)
[1004 S 2nd St](#)
[Laramie, WY](#)

August 15-17
Reception Friday 4-7pm
Open Saturday 10am-4pm
and Sunday 12-4pm

For Sale by Members

Looking for great deals on quilting tools and machines? Click the button above to explore items listed by fellow members.

Current member login required to view items for sale.

final thoughts >>>

Crystal Wentz

Red thread, white fabric, and stitches that hold it all together. This month's *Red, White & Sew* theme isn't about fireworks—it's about the sparks of creativity we ignite every time we gather, sew, and share. Quilting is more than a hobby; it's a living tradition, handed down through generations and stitched with meaning.

As members of LNCQ, we don't just make quilts—we preserve a rich heritage. Every show-and-tell, community service project, or shared technique is a way we pass this tradition forward.

And when we bring our quilts into public spaces—whether it's a county fair, a local exhibit, or a donation to someone in need—we invite others to experience the beauty and depth of quilting.

As summer heats up, may your seams stay straight, your bobbins stay full, and your creativity stay stitched in. Whether you're finishing a treasured project or starting something brand new, remember: every stitch helps keep the story of quilting alive.



Photo Courtesy of Beth Soderquist

next month >>>

AUGUST: Hot Days & Cool Quilts!

CALL FOR SUBMISSIONS:

Send your favorite outdoor quilt photos or quilting tips to newsletter.lncq1996@gmail.com by June 30th.

Photo courtesy of Beth Soderquist

Upcoming Programs

AUGUST 4

Yvonne Phenicie

SEPTEMBER 8

LOVE Wool Workshop

RMQM Trunk Show

OCTOBER 6

Lea McComas

NOVEMBER 3

Jackie Vujcich

DECEMBER 1

Holiday Party
with Silent Auction

quilty q & a >>>

Q: Can I use red, white & blue for something besides a patriotic quilt?

A: Definitely! Think nautical, farmhouse, or even Christmas in July. This palette is more versatile than you think.

Q: Any fun ways to involve kids or grandkids in a “Red, White & Sew” project?

A: Yes! Let them help sort fabrics by color, lay out a block, or sew simple seams on a mug rug or flag-inspired wallhanging. It's a memory in the making.

Q: What makes red and white quilts so popular in exhibits?

A: High contrast gives that wow factor even from across the room. They're bold, beautiful, and never go out of style!