



# Patchwork Press

Catawba Valley  
Quilters Guild

Volume 35, No. 9  
September 2019

## SEPTEMBER 2019

### MEETINGS

#### SEPTEMBER 2019

**BOARD MEETING**, Thursday, Sept. 5, 6 pm  
Holy Trinity Lutheran Church

#### COMBINED GUILD MEETING

Thursday, September 12, 6 pm  
Holy Trinity Lutheran Church

**Program: Karen Ponischel "I'll Never be a Quilter."** Karen uses her quilts to tell her story, illustrating her progression to fiber artist and popular national speaker.

**SIT 'N SEW** Thursday Mornings, 9:30—Noon,  
Holy Trinity Lutheran Church — an informal session to work on personal projects or to just connect with us, followed by lunch out.

**MISSION DAY** Saturday, September 14, 9 am to 3 pm, Holy Trinity Lutheran Church. Join us to make quilts for our various service projects: Preemie Quilts for the local hospitals, Sunshine Quilts for the Family Guidance Center and Children's Advocacy Center, and Quilts Of Valor for local veterans, or a project of your own. Bring lunch and stay all day or just drop by for a while. We have everything you need to help with these worthwhile projects: kits, machines, thread, etc.

### EVENT CALENDAR

**MISSION DAYS** September 14, October 5

#### QUILT SHOWS & WORKSHOPS

**Inhouse Workshop:** Friday, September 13, 2019

**Wholecloth Poppy Painting with Karen Ponischel**  
9 am (details on p. 8) Difficulty – All Levels. Charge for Members – \$25.00 plus kit fee \$10. Register with Miller @ gigim@charter.net.

**Sept 27-29, 2019 Asheville Quilt Show**

WNC Agricultural/Davis Event Center Pavillon,  
Asheville, NC

**Oct. 18-19, 2019 Splash of Color Quilt Show**

Concord City Club located in Gibson Mill  
325 McGill Avenue, NW  
Concord, NC 28027

**November 2, 2019 32nd Annual Quilt Workshop – Brushy Mountain Quilters**

Hiddenite Arts & Heritage Complex  
70 Hiddenite Church Road, Hiddenite  
www.hiddenitearts.org

**Inhouse Workshop:** Nov. 2, 2019 "Simply Woven" Beginning Quilting with Terrie Townsend. Details p. 8.

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Catawba Valley Quilters Guild  
P.O. Box 352  
Hickory, North Carolina 28603

## September Birthdays

### Officers

|                         | Day   | Night  |
|-------------------------|---|--|
| <b>President</b>        | <b>Debbie Swartzel</b><br>dswartzel@charter.net<br>(704) 564-1766   | <b>Mary Long</b><br>maryellamml@gmail.com<br>297.4711  |
| <b>Vice Presidents</b>  | <b>Debra Rubin</b><br>debra.rubin@gmail.com<br>(336) 314.5906   | <b>Mary Whipkey</b><br>marywhipkey@bellsouth.net<br>728-3800<br><b>Jan Carpenter</b><br>jan99chr@yahoo.com<br>381-7342 |
| <b>Secretary</b>        | <b>Maureen Teague</b><br>maureeneteague@gmail.com<br>495-8715<br>&<br><b>Kandi Peterson</b><br>kandipeterson1@gmail.com<br>328-3290 | <b>Anne Starnes</b><br>annestarnes@yahoo.com<br>322-7308   |
| <b>Treasurer</b>        | <b>Teena McRary</b> teenamc@embarqmail.com 396-7100   |  |
| <b>Members-at-Large</b> | <b>Peggy McCosh</b><br>mccoshpeggy@yahoo.com<br>423.506.2151  | <b>Joy Mease</b><br>joymease224@hotmail.com<br>465-6624  |

3 Billie Hicks  
Fletcher McNeil  
8 Joy Mease  
9 Rebecca Mullins  
Pat Sain  
13 Margaret Noah  
14 Cindy Konarski  
17 Karen Berlin  
Judy Goble  
19 Peggy Barton  
20 Karen Miller  
24 Mary Whipkey  
26 Mary Bucy  
Maureen Teague  
Reba Walden



**Membership** — Elle Clemens daytime Co-Chair  
luv2quilt5@att.net, 606-9246 / Jan Carpenter evening  
Co-Chair; jan99chr@yahoo.com 381-7342;  
Joy Mease joymease224@hotmail.com 465-6624.

**Newsletter** — Diana Weber 495.9389  
gmadidi7@gmail.com  
*Newsletter deadline: fourth Monday of prior month*

**Webmistress** — Amanda Truett c: 803.528.6304  
artsoul85@gmail.com

### Meeting Dates / Times—

Second Thursdays 10 am/6:30 pm Holy Trinity Lutheran Church, 547 6th Street NW, Hickory, NC  
catawbavalleyquiltersguild.com / Instagram  
@CVquiltersguild



## MINUTES MORNING MEETING AUGUST 8, 2019

### WELCOME AND CALL TO ORDER

President Debbie Swartzel called the meeting to order at 10 am with 40 members in attendance and three guests, Bob and Pam Hampel and Annie Henning.

### APPROVAL OF MINUTES

President Debbie asked if all members had received their newsletter either via snail mail or internet. There were no changes or additions to the minutes and she asked for a motion to approve. Mary Long moved so and Peggy Poe seconded. A vote was taken and all approved.

### GUILD MAILBOX

- Wilkes County Quilters will have a show, **Love, Laugh, Quilt**, September 6-7<sup>th</sup>, 2019 at the Stone Center in North Wilkesboro.
- The Asheville Quilt Show will be held at the Western North Carolina Agricultural Center (WNC AG Center), Sept 27-29<sup>th</sup>, 2019

### SUNSHINE AND SHADOWS

- Ruth Keeslar at 90 years young had been hospitalized and is now living at Wexley house, an assisted living facility. She is suffering from macular degeneration and though "crafting" is difficult, she loves coming to the meetings and viewing the quilts the guild creates.
- Rex Sigmon, Libby's husband was starting chemo today.
- Peggy Poe mentioned that Lynda Benfield's husband Dal, had valve replacement at Baptist Hospital and is doing well.
- Candi Gordon's mother is turning 97 is doing well and as Candy says...she might outlive us all.

### DOOR PRIZES

Mary Long won for attendance and Jan Carpenter won for wearing her homemade name tag.

### OLD BUSINESS

Next Workshop will be Sept. 13<sup>th</sup>, the Painted Whole cloth Poppy. There are 4 spots left and cost is 35 dollars.

The dragon fly quilts were given to the Children's Advocacy Center and received many accolades by the staff.

### NEW BUSINESS

Next Mission Day September 14<sup>th</sup>, 9 – 3 pm  
Challenge theme for July was "Celebrations" and the theme for August will be "Reflections"

QOV Presentation for the Hickory Police Department Vets on August 28<sup>th</sup> at 4 pm at Highlands Rec Center.

In the evening meeting Lori Skinner will be presented with her QOV, as she is a 20 year vet.

Jan Hutchinson gave a heads up to a Barn Quilt tour on Sept 23<sup>rd</sup>. She is waiting for more information.

Martha Annas from the Cotton Quilt shop in Granite Falls is having her "Mini Quilt show" starting Saturday 10 & 17<sup>th</sup>.

### SHOW & TELL

#### SERVICE PROJECTS

- Peggy Poe, 4 QOVs, quilted by Rebecca Mullins, one had beautiful lettered embroidery signifying type of medals and dates.
- Susan Leithiser, one Child's Advocacy quilt,
- Dianne Johnston 8 "masculine" pillowcases,
- Barbara Davis, 2 quilts for the Children's Advocacy, Candi Gordon quilted and put binding on one.
- Judy Goble a QOV,
- Dottie Williams 6 pillowcases, and 1 QOV,
- JoAnn Johnson, a Mommy and Me premie quilt,
- Peggy McCosh showed a quilt that was made by Janice Setzler, quilted by Rebecca Mullins and bound by Elle Clemens.

#### PERSONAL PROJECTS

- Peggy Poe, Challenge quilt..."The house is Sold!"



(Continued from page 3)

- Lorraine Yount, a quick pieced quilt with her own free motion sewing and decorative stitching.
- Rebecca Mullins showed a quilt she had made at a workshop, a difficult quilt with 4 days of preparation before the class...a Southwestern design with gold thread quilting,
- Teena McRary, showed a Christmas quilt for "Helping Hands",
- Chris Appenzeller showed her challenge quilt of Monet's reflections, a trip to Paris she took with her daughter and granddaughter,
- Joyce Pearce showed her very personal Celebration challenge quilt of her husband 7 weeks post op from heart surgery, getting his first breath of fresh air on the roof area of Brenner hospital.
- Joyce showed two quilts by Janice Setzler who was out of town. One a quilt made for a friend's grandbaby and the other a Birthday present. Both were quilted by Rebecca Mullins.

We briefly adjourned before Gregg Colson gave his program on Free Motion Sewing.

#### PROGRAM

Greg gave a brief biography of his work and background from his design of theatre, homes, computer programs, teaching and of course designing quilts. Though he stated design didn't lead him into quilting, it was a good background to begin in.

What got him into quilting were his beloved old shirts. His aha moment came when wondering what to do with them, he decided to cut them up and make a quilt.

Here are some of highlights but for brevity's sake...Greg has a blog, 3GQuilts.com. Many of his resources from books, to thread and all things pertaining to free motion quilting are on this blog. (This is a great site...I have already peeked at it!)

Panel Quilt pieces are a great way to practice your free motion sewing. Available at many sewing

stores. And he has two suggestions on his blog.

Gregg has thrown out pins for basting. He uses spray basting and only sprays the backing and the quilt top and after sandwiching, he irons both top and bottom from the middle out. Products he uses is 505 or Sullivan's Quilt Basting Spray found at JoAnn's or other sewing stores.

A help for Gregg is that he marks his quilt motifs. His pen of choice is a Dritz chalk marker. He has also used a pounce pad. Then he uses hair spray to affix the design. He also has used Press and seal. (Yes... really!)

He likes 50 wt. thread and uses a 90/14 needle. He uses the same color in both the top thread and bobbin. He changes his needle with each new project. He uses a Supreme slider and demonstrated how to put it on and take it off.

His gloves had both thumbs and index fingers cut out to give him better dexterity in taking out bobbins, adjusting project or heaven forbid, re threading.

Practice makes perfect...and helps with muscle memory! Gregg has sandwiched smaller pieces to practice his motifs on, this helps with checking out thread tension.

Gregg plans his free motion sewing on a quilt, a few steps at a time.

He gave us a demonstration on his Pfaaf machine, and of course it looked VERY easy!!

Thank you Gregg for a wonderful program, filled with hints and helps and many resources! I know the entire guild enjoyed it immensely and perhaps Gregg you will be seeing the fruits of your labors on our future quilts.

A special PS is that Gregg asked how many would like him to do a workshop.

There were MANY hands so stay tuned!

Respectfully submitted,  
Kandi Peterson





## MINUTES EVENING MEETING AUGUST 8, 2019

### CALL TO ORDER

President Mary Long called the meeting to order at 6:30 pm and welcomed everyone. There were 27 members present and two visitors, Catherine Caswell and Rick Skinner.

### APPROVAL OF MINUTES

Minutes from the July meeting were printed in the August newsletter, and no changes or corrections were noted. Debbie Smith moved, seconded by Lori Skinner, to approve the July minutes. The motion carried.

### FINANCIALS

The current financial report was printed in the August newsletter.

### ANNOUNCEMENTS

- Martha Annas will host a Miniature Quilt Show at The Cotton Quilt through next Saturday, and all quilts must be submitted by tomorrow.
- 2019 was the final year of the annual North Carolina Quilt Symposium.
- The next Mission Day will be Saturday, September 14, 9 am to 3 pm at Holy Trinity.

### GUILD MAILBOX

- The Wilkes County Quilt Show will be held September 6 & 7, at The Stone Center in N. Wilkesboro.
- The Asheville Quilt Show, with 25 vendors, will be held September 27-29, at the WNC Agricultural Center.

### SUNSHINE & SHADOWS

- Libby Sigmon's husband Rex is now under Palliative Care; there was no further information, and prayers are requested for Rex, Libby, and their entire family.
- Charlotte Hyde is having painful back issues, and prayers are requested for her.
- There was no update on Dawn Barbersek, following her recent fall, so Mary will check in with her.

### OLD BUSINESS

#### *Workshops Update*

Karen Ponishel will lead a Wholecloth Poppy Painting workshop on Friday, September 13, 9 am to 3 pm, and there are 4 open seats. Gigi Miller will contact all who registered re: the supply list, kit details, etc.

The 12 dragonfly quilts made by guild members were delivered to the Children's Advocacy Center for their Survivors Camp, and they were extremely pleased with them. Thanks to everyone who worked on them!

The Project Linus program will continue in the future.

The Quilts of Valor display will remain at the Bethlehem Library through late August.

### NEW BUSINESS

- The Hickory Police Department (HPD) Quilts of Valor Presentation has been rescheduled to Wednesday, August 28, 4 pm at Highland Recreation Center. Quilts will be presented to the 28 military veteran HPD officers and staff, and guild members are encouraged to attend.
- The "joint" meeting on September 12 will begin at 6:00 pm, upstairs in Fellowship Hall.
- Pat Carson is selling her stash of wool fabrics – \$10 for a bag full.
- Jan Hutchinson said Mt. Ulla (near Salisbury) will hold a barn quilts tour on Saturday, August 24 through their town and countryside, by either bus or trolley, including lunch and stops at a few area museums. The cost is ~\$35, and Diana will send an E-blast with final details.

### DOOR PRIZES

Attendance – Catherine Caswell  
Nametag – Mary Whipkey



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### 2019 Guild Challenge

Chris Appenzeller discussed the guild's year-long Challenge, Sew, What's the Story? The July theme was "Celebration" and the August theme is "Reflection." The September theme will be "When I was a Teenager." October will be the final month, followed by a display of all blocks during the joint meeting on December 12. Members sharing their 8½ x 11-inch challenge block were:

- Cindy Konarski, "Will You Marry Me?"
- Chris Appenzeller, "50th Wedding Anniversary"

#### COMMUNITY SERVICE PROJECTS

Quilts of Valor – Lennie Sever (1), Janice Setzler/Rebecca Mullins/Elle Clemens (1)

#### SHOW & TELL

Bed Quilts – Mary Whipkey (1), Beth Moore (1), Chris Appenzeller (1), Lori Skinner (1)

Table Cover – Cindy Konarski (1)

#### QUILT OF VALOR PRESENTATION

During her military career, guild member Lori Skinner served in the United States Army for 20-years. Amanda Truett, Peggy McCosh and Susan Bisulca conducted a Quilts of Valor Ceremony for Lori, in recognition of her service to all Americans. She chose a QOV made by Carol Carman and quilted by Dotty Williams. Since 2015, Amanda said guild members have made and awarded over 300 QOV to local veterans, and the National QOV Foundation reports awarding 225,000 total quilts to American service members and veterans across the U.S., and in Germany, Iraq, and Afghanistan.

Lori thanked members, saying, "It is amazing to work on one of these quilts, but even more amazing to receive one." Everyone applauded Lori, in complete agreement her Quilt of Valor was hard-earned and well-deserved.

#### PROGRAM

Guild member Gregg Colson presented the program, Techniques for Finishing Quilts. He began

quilting in 2012 and joined the guild in 2015. Gregg quilts only on weekends, but has clearly accomplished a great deal in his limited free time. He recently started a blog, 3GQuilts, where links to many products and other information shared can be found. He posts weekly, or so, and also shares photos of his projects in progress.

Gregg gave kudos to the guild's talented long-arm quilters, something he aspires to do himself one day, but said there are also other ways for quilting the quilt. The simplest method is hand-tying, by first thread or pin basting the layers, and then staying within the batting guidelines for spacing the ties. Other choices are using a long-armed or quilting it yourself using various techniques. When machine quilting, he first used the "quilt in the ditch" method, simply following the seam lines, with no need to mark a quilting pattern or create a design. However, he says that designing a pattern can add another level of interest to a quilt, especially when in opposition or contrast to the quilt top pattern itself.

Gregg discussed preparing a quilt for quilting. He no longer thread or pin bastes his quilts, ever – he now uses the spray basting method. He shared a couple of easily found spray basting products, saying he typically gets 3-4 quilts from one canister. He explained the exact method (beginning with a king flat sheet taped to his garage floor!) He lays the backing fabric on the sheet, right side down, smoothes it out, and then spray bastes it in quarters. He folds it with sticky sides together, and carries it to a floor inside the house, then tapes it down again and begins building his quilt sandwich. It was noted that batting is also sold with adhesive already applied to it, and a couple members say it works well for them.

Gregg prefers using cotton or wool batting, which he first dampens and tosses in the dryer for 15 minutes, letting the steam remove the wrinkles. He noted the "seedy" side of batting is the backside, which should be placed against the sticky backing fabric. He also spray bastes the backside of his quilt top, again using a bed sheet taped to the garage floor, and then lays it on top of the batting. The last step

(Continued on page 7)



(Minutes continued from page 6)

involves dry ironing the quilt sandwich, top side first, ironing from the center out, to remove any bubbles or creases. The sandwich will be tacky, but not completely stuck, so the layers can be rearranged, if needed. Then Gregg flips it over and irons the back of the quilt sandwich. It stays stuck together for a couple months while he quilts it, and the basting eventually washes out. He also discussed marking quilting designs, and shared some of the methods, resources, and books he likes.

Gregg shared some of his completed quilts and commented on the quilting design methods that he used. He also shared a few “practice panels” used for learning the free-motion quilting process, (links to the panels are on his blog), but any fabric panel could be used for practice. It is a great way to work out the correct tension settings, too, before making a mess on the actual quilt. He shared another technique called “quilting from the back,” with the quilting design printed directly on the backing fabric for thread tracing – no marking, just follow the lines. Gregg demonstrated free-motion quilting for everyone, and explained the entire process. He always begins with a new needle and bobbin, using a 90/14 topstitch needle (very sharp with a large eye) and 50-wt. cotton thread, usually Aurifil.

Another very interesting and “quick” finishing technique Gregg shared involved attaching the binding. Double-fold binding is sewn to the top, then Elmer’s Glue is used to secure the binding to the back – no pins or clips, and definitely no whip stitching. He irons it with a hot iron to bond it and dry the glue, and then sews along the (top) ditch to attach it on the back; the glue will wash out later. Kind of hard to explain this one ... maybe he’ll post a video of it on his blog!

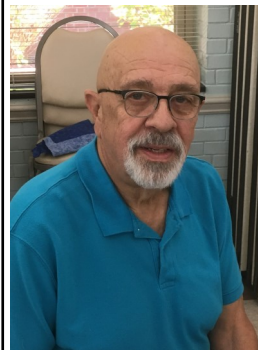
Mary Whipkey and the members thanked Gregg for his very informative, interesting program, and the meeting adjourned at 8:05 pm.

Respectfully submitted,  
Anne Starnes, Evening Secretary

**W E L C O M E**  
**BIENVENUE — BIENVENIDOS**  
**WILLKOMMEN**



Pam Hampel (Ron)  
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Nov. 9



Ron Hampel (Pam)  
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ronhampel@GMAC.com  
Oct. 1

If you have joined recently, please send us a photo for our directory.

We also like to publish it in this column so our members will recognize you.

Send your best selfie to our membership chair, Elle Clemens (luv2quilt5@att.net) or to me (gmadidi7@gmail.com).

Thanks and welcome to the guild.

Diana Weber



## SERVICE PROJECT—SOUTH OF THE BORDER BY SUE FONTYN

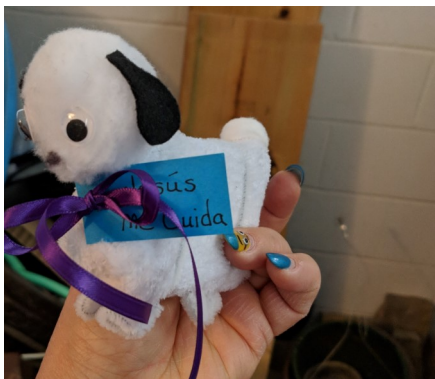
You may not be aware of this effort, but guild members helped with this project for a community way beyond our borders.

Several months ago some wonderful ladies at Sit and Sew and on Mission Day helped me sew casings for an activity for a vacation bible school mission trip my church does at Iglesia Bautista de Guachochi in Guachochi, Mexico held in late July.

The casings we made eventually became sheep with a bar of soap inside for the kids to take home. They learned the lesson of Jesus leaving the 99 sheep to look for the one that was missing, just as He cares for each of us!

The ladies who helped included Mary Bucy, Debbie Swartzel, Elle Clemens, Dotty Williams, Marianne McCormic, Deanna Clark, and Susan Fontyn.

Thank you!  
Sue Fontyn



The finished product—label says “Jesus cares for you.”







## 2019 QUILT CHALLENGE "SEW, WHAT'S THE STORY?"

September's Theme is *When I Was a Teenager*

Suggestions: the car in which you learned to drive, a fad at the time, something that was so modern then but so outdated now, first or worst date, clothing style (bellbottoms anyone?)

Since we are winding down our challenge and you may want to work ahead, here is the theme for October (final one): ONCE IN A BLUE MOON

Suggestions: something you rarely do, a special indulgence or accomplishment (completing a challenge journal quilt...hint, hint)



We will collect all the completed journal quilts at the November meeting, and you will receive a prize ticket for each one you submit. The quilts will be displayed and prize tickets will be drawn at December's joint meeting. Remember to pin a 3" x 5" card to your quilt with your "story" or inspiration and any special techniques used. If you know you will miss the November meeting, please give your quilts to a friend to bring or arrange to give them to Chris Appenzeller or Mary Bucy. Thank you!

In review, here are all the themes for this year's project:

Love is... (February); Seeds, Roots, Blossoms (March); Music to My Ears (April); My Memorable May (May); On the Road Again (June); Celebration! (July); Reflections (August), When I Was A Teenager (September); Once in a Blue Moon (October)

P.S. Challenge description and guidelines appeared in March and April newsletters.

## IN HOUSE WORKSHOPS BY GIGI MILLER

**WHOLECLOTH POPPY PAINTING WITH KAREN PONISHEL FRIDAY, SEPT. 13, 2019 9 am**

### Description

In the workshop you will paint a poppy on cloth and in the afternoon we will free motion quilt the poppy. A kit with fabric, paint, and



supplies to transfer image is included in the \$35.00 class fee. Four spots remain open.

**Difficulty** – All Levels **Class Size** Min 10 – Max 18 ; **Members** – \$25.00 plus kit fee \$10  
Supply list includes sewing machine and supplies, fabric to sandwich cloth, free motion foot and ability for machine to free motion quilt.

**SIMPLY WOVEN QUILT WITH TERRIE TOWNSEND, SATURDAY, NOV. 2, 2019 at 9 am**

### Description

Our last workshop will be in November with our very own Terrie Townsend. She will be presenting the quilt Simply Woven by Moda. This is a great scrap buster or jelly roll quick quilt. Terrie's classes are always fun and informative and perfect for beginners as well as experienced sewers. Cost is \$20 which includes pattern. Supply list to come.

You can still register with Gigi Miller at [gigim@charter.net](mailto:gigim@charter.net).



QUILTS OF VALOR RECIPIENTS

Tim Canipe, USMC. Pieced and quilted by Dottie Williams



Rex Sigmon, husband of guild member Libby Sigmon, received a QOV pieced and quilted by Rob Ford.



Charles E. Wilhelm, USMC. Pieced and quilted by Margaret Noah





## Guild Honors Hickory Police Department Veterans with Quilts of Valor



### QOV NEWS

BY AMANDA TRUETT

#### Upcoming Mission Days

September 14

October 5

The Catawba Valley Quilters Guild received two substantial donations for the Quilts Of Valor program from James Higgins of Vale, NC and Mark and Peggy Williams of Hickory, NC.

All donations significantly support our mission to cover our local veterans with comforting and healing Quilts Of Valor and we thank all of our benefactors for their financial and material support as well as the ladies and gentlemen who give their time and experience to create the QOVs.



## FINAL WORD

As we all anticipate cooler fall weather, it seems as if life changes gears with return to school, holidays, shorter days, etc.

I would like to take this opportunity to thank you all for your constancy and generosity, giving your time and resources expended through gifts of quilts and pillowcases made for others. As a guild, we fulfill our mission of service to our community with continued contributions to the NICUs at both hospitals, to Family Guidance and Children's Advocacy.

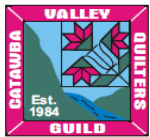
Family Guidance has been a mainstay in our giving for many years. They are very involved in family ministry to those in crisis. Their clients are grateful for your benevolence as many of them had to leave their crisis situation with minimal belongings.

Each time quilts and pillowcases are delivered to any of the facilities mentioned, our guild is praised and thanked with considerable enthusiasm and warmth.

Just know that each of us is ministering, with the work of our hands, to others in desperate situations. We can all be glad to be a part of a benevolent guild giving to its community one quilt or pillowcase at a time.

Thanks to each of you.

Mary Long, Evening President



Catawba Valley Quilters Guild

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[www.catawbavalleyquiltersguild.com](http://www.catawbavalleyquiltersguild.com)