



Quinobequin Newsletter, January 2020

Letter from the Co-President

Dear Quilters,

New Year's Resolutions and Your Brain

Here we are at the start of a new year, and a new decade. So, what wonderful resolutions have you made? Perhaps you've decided to sew at least 3 hours every day (even though you work full-time, have a household to run, etc.), finish 4 quilts by the QQ show at the end of March, *really* organize your sewing area, or even sort and purge your entire stash. And on top of that perhaps you have vowed to lose the 10 pounds you gained over the holidays and then another 10 that would return you to closer to your youthful figure. So, to lose that weight you will renew that sports fitness club membership and go to the gym every day. Right?

So, what's wrong with these commendable resolutions? Why do 80% of those who make New Year's resolutions (65% of us) abandon them by mid-February, if not sooner?

As I mentioned in my September co-president message, I have been writing a book, for some time, on Brain Health and Resilience. In the book I have a section devoted to our Expectations and Belief systems. I think that New Year's resolutions clearly fall into the category of "great expectations." Much of what we believe about ourselves and the world around us comes from learned outcomes of things we have experienced. In large part, it is our *expectation* that largely determines the outcome. The problem comes when there is a mismatch between our expectations and reality. In other words, when we set unrealistic expectations, aka resolutions, we set ourselves up for failure. We chide ourselves when we do not

2019 - 2020
QQ Calendar:



January 14, 2020

Liz Gray: her journey to becoming a professional quilter and quilt appraiser

February 11, 2020

Comfort Quilt Gathering

March 11, 2020

Kathy Graves: Concepts of Modern Quilting

* * *

Reminder!

Bring to meetings:

- Nametags
- Comfort Quilts
- Show & Tell

meet these Herculean standards, and our sense of self-worth may drop a notch or two. For some that may lead to a compensatory need for a piece of chocolate, or the like, for a quick dopamine boost of the reward system, but soon we feel guilty for having given in to the impulse and a downward spiral of emotions may begin.

So, how do we avoid the post-holiday blues and set more meaningful goals for the year? Many simply do not make New Year's resolutions, and maybe that's ok, too. However, the start of a new year does give us a sense that we get a fresh start, a chance to begin anew, and maybe we can make some changes that will be positive. It is a wonderful time to assess what is working in your life and what could use some improvement. Being truly grateful for what is right (and even listing those things) can be enlightening. Then, you could make a list of things that could be better (e.g. your stash really has gotten out of hand and you won't use it up if you live to 200!). Here, it may help to prioritize what really needs fixing and prioritize that--just pick one or two things. Then, using the honed skills of your frontal lobes (which I explain in the book) you can strategize and divide the project into manageable components (baby steps are key). By dividing the project into mini-increments, you can experience the joy of accomplishment—and should have a planned reward (preferably non-edible) for each phase. If you don't meet a particular target quite as expected, either alter your expectation or consider a different strategy for the next step (*it is not a "failure" but a growth opportunity*). The important thing is to be kind to yourself (not indulgent but accepting of your reality) and practice a positive outlook as you adapt to the ever-changing circumstances of your journey. Wishing you all a healthy and joyful new year, brimming with colorful fabrics, embellishments and creative ideas!

--- Janet Jankowiak, MD
Co-President, Quinobequin Quilters



It's that time of year. Have you made any quilting resolutions for 2020? Are you going to finish that UFO, clean out your stash, write a book? Add a comment and let TQS know what you are up to for 2020. Here are some great resolutions from Gayle Norman at RickyTims.com.

I RESOLVE not to feel guilty when I buy fabric with absolutely no future use in mind. It makes me immensely happy to buy it, fondle it and just look at it and that makes it worth it!

I RESOLVE that next year when I look at that same fabric and wonder why the heck I bought it, I still won't feel guilty but simply pass it on to a friend, the Goodwill, a retirement facility, or an organization that does charity quilts.

I RESOLVE that I will continue to guard carefully my sewing and quilting time. This keeps me happy and able to serve the rest of my world.

I RESOLVE that I will continue to support and encourage all the young people in my life who take an interest in this craft that I am so passionate about.

I RESOLVE to surround myself as much as possible with friends who love quilting and fabric collecting as much as I do.

And lastly, I REFUSE to put deadlines or limits on my creative spirit.

Program News:

Our own Liz Gray will be our speaker at the January meeting and will be describing her journey as a quilter. Liz started quilting in 2014, shortly before leaving a long career in teaching and librarianship. She has lived abroad and in the western part of this country. Liz has been settled in the Boston area for several decades and has recently established her own business, <https://www.mylizbiz.com>. Besides working in fabric, Liz also creates in yarns and also in paper, making books. In addition, she is a writer and professional organizer. Let's hear how she does it all!

Hospitality

A big thank you to those who brought goodies to our Holiday meeting. I will be emailing those who have signed up for January after the first of the year. Thanks everyone!

-- Carol Miller
-- Jessica Gillis
Hospitality Committee

Quinobequin 2020 Quilt Show

The 2020 Quilt Show is coming up on March 27 & 28th, Friday and Saturday, from 10am to 5pm. Make sure you've marked your calendar! We'll be hanging the show starting at 9 am on Thursday, the 26th, so please block that off that time of you're able to help.

We've made a few changes, which you may have noticed if you've looked at your raffle quilt tickets. We decided to increase the entry donation to \$10. Also, we've changed the show hours. The show will be open from 10 – 5 each day. There were two reasons for this – it is helpful for internet publicity if the hours are the same each day, and we had very few people come during the late hours on Friday.

QQ member Cathy Clemens works with Needham High School students to make Comfort Quilts. The club is called "Mending Hearts" and meets on Fridays after school. We will be inviting the students to show some of the quilts they've created – we'll display them near our Comfort Quilts.



QUILT ENTRY FORMS

I will be sending out an email with a link to the Quilt Show Entry form. You'll need to submit one form per quilt. Be sure to have the quilt measurements handy. There will be paper forms available at the Jan and Feb meetings. If you have any trouble, with the on-line form, please call me! I can walk you through it over the phone or enter it myself if you give me the info.

* * * The deadline for quilt entry submissions is Tuesday, Feb 18th * * *

A few things to remember:

1. Please submit your 2018 and 2019 Challenge Quilts!
 2. Don't be shy - we would like to have everyone in the guild represented in the show.
 3. Submit as many quilts as you like - we will hang as many as we can fit.
 4. Quilt dimensions are really important for planning the show layout, but a half inch here or there is not critical. Please round up to the nearest inch or two when you enter your quilts.
- See Evy Megerman's notice about the Raffle Tickets below. Any questions about the show, contact Jane Evans JaneLEvans@verizon.net or (781) 444-9575.

-- Jane Evans

Quilt Show Chair, 2020

Quilt Show: Raffle Quilt - Tickets!

Let's get into the spirit of our upcoming QQ Quilt Show by selling as many raffle tickets as possible before our March event. Packets with 30 tickets in each were distributed to those who attended our December holiday party and more will be available at our January meeting. Please make sure, when you sign in at our meeting, to pick up your tickets and/or get more.

For those tickets already sold, you can bring the money and the stubs to me at our regular QQ meeting. If you have any questions or you need more tickets before our next meeting, contact me directly at emegerman@gmail.com

Be creative and expand your sales skills by including friends, family and colleagues in an opportunity to win our fabulous raffle quilt. Sell, sell, sell!

--- Evy Megerman

Quinobequin Quilters Guild Biennial Quilt Show



March 27-28, 2020

Block of the Month

QQ January Block of the Month

This month's BOM --- Small Palms – builds on last month's Spiky Leaf and the previous month's Daffodil (2 parts) patterns. We will have copies of the pattern at the next QQ meeting.

A couple of recommendations for fabric cutting. Cut a 2-3/4" x 14" strip of the background color for the large pieces on the sides (A13 and B12) and set aside for the end. For the rest of the pieces, I used 1-1/2" strips of each color (which was pretty generous – if you have narrower scraps that you want to use, that would be fine; just might take more careful placement).

The angles in this block are a little tricky as they jut out. Be sure to leave extra fabric on either side so that when you flip the fabric up, you have fully covered the section for that fabric piece (test this by folding the fabric up before pinning it in place).

And remember --- everyone who makes a block for this month gets a raffle ticket!

Looking forward to seeing everyone's creations!

Contact Amy (amyigerber@gmail.com) or Diana (diana.kooy@gmail.com) with questions.

--- Amy Gerber

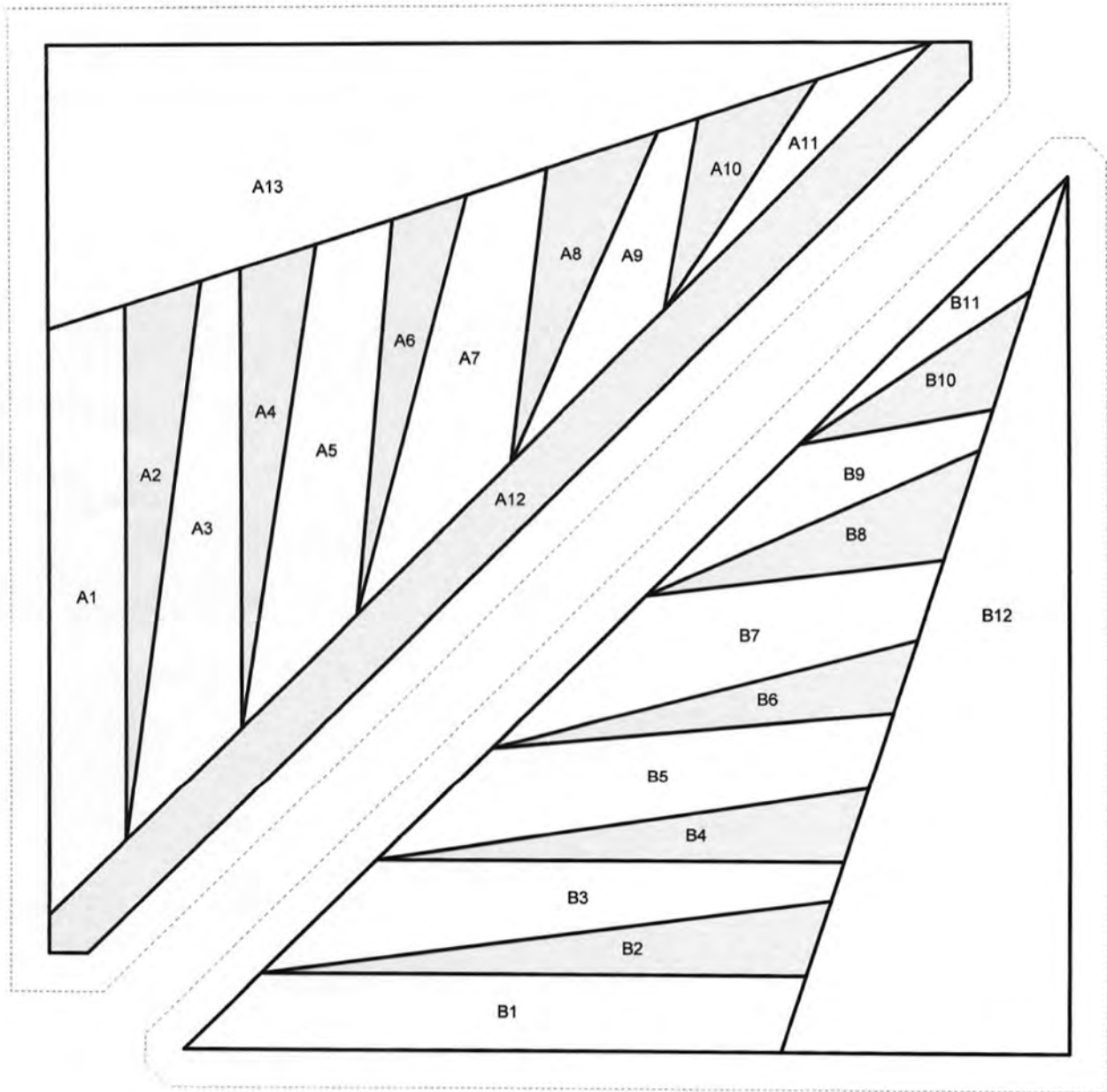
--- Diana Kooy,

Paper-Pieced Design Block of the Month Coordinators



Completed block by Diana Kooy

Small Palms



Pattern for "Small Palms" as 6.000 by 6.000 (inches) block in EQ8 Project "bom diana amy" printed from EQ8!

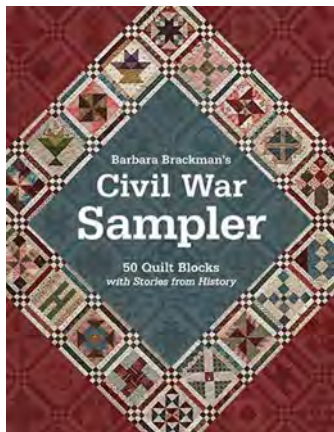
Note: image pictured of block may not be to 6-inch scale, depending upon your printer

Library News

One of the things I will be speaking about at our January meeting is quilt appraisal, so this month I am highlighting some of our QQ library books that focus on quilt history.



Barbara Brackman's Civil War Sampler: 50 Quilt Blocks with Stories from History



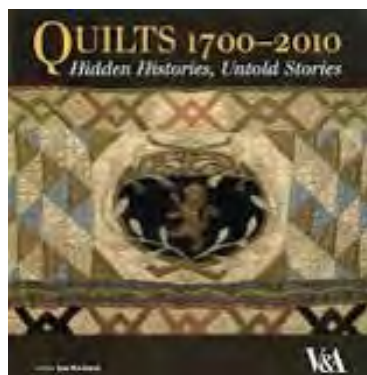
Barbara Brackman is the queen of quilt history. She has written many books on the subject, including the bible of all quilt appraisers, *The Encyclopedia of Pieced Quilt Patterns*. This book "features fifty quilt blocks that commemorate the 150th anniversary of the Civil War. Each block (most were first published in the 1930s) was selected for the symbolism its name lends to recounting stories from the era's women. This compilation of quilt block patterns includes period photos and first-person accounts. Choose from pieced or appliquéd blocks, each in two colorways with instructions for 8" and 12" sizes." ([Amazon.com](https://www.amazon.com/dp/1604680000))

Dear Jane: The Two Hundred and Twenty-Five Patterns from the 1863 Jane A. Stickle Quilt, Brenda Mangos Papadakis

"Dear Jane contains all of the 225 patterns of the historic Jane Stickle 1863 quilt as well as a series of letters to Jane about life and times in the nineteenth century, with emphasis on the Civil War and the women's movement. Among the patterns and letters you will find a dozen quilts from the 1990s, all inspired by Jane's supreme example of quilt-making artistry in 1863." ([Amazon.com](https://www.amazon.com/dp/1604680000))



Quilts 1700-2010: Hidden Histories, Untold Stories, Sue Prichard



"This groundbreaking book documents the fascinating history of quilt and patchwork production in Britain. The hidden histories and personal narratives of some of the most evocative objects in the Victoria & Albert Museum's collection are revealed, from the origins of the 'love poem' on the 'Chapman marriage coverlet' to the sources of inspiration for the intricately pieced pictorial 'George III coverlet.' Originally published to accompany a wildly popular V&A exhibition, this lavishly illustrated book presents quilt-making as much more than craft." ([Amazon.com](https://www.amazon.com/dp/1604680000))

See you in the new year!

--- Liz Gray
QQ Librarian

QQ UFO/NSY Challenge!

Thank you to everyone who brought their projects for show and tell to the December Meeting. If you didn't complete your project last month, continue to work on it and bring it to the January meeting. Remember! Every completed project earns you a raffle entry for the drawing at the end of the challenge in May!

It isn't too late! It is the New Year! Make a resolution to finish a UFO or start an NSY! If you are just joining the challenge, don't worry, the UFO/NSY chart is available [here](#). Check back to the September, October, November and December newsletters for information and tips to get UFO Busting!

The random project number drawn for January is 4!

During the month of January, work on the project that corresponds with 4th project on your list! (If you opted for a "Free" project, choose a project on your list that you want to get a jumpstart on or continue working on previous months' 7,3, or 1.)

Here is this month's tip from [Pat Sloan](#) : January is designated as "**Disassemble**"

With the busy holiday season behind us here is a simple tip to deal with your pile of UFO's

PICK TWO UFOS (YES REALLY) - Ones that you REALLY love the fabrics, but are pretty sure you NEVER want to finish-

If you don't love the project, but love fabric that you have set aside... break up the set, give away the parts that are done and bust the rest back into your stash!

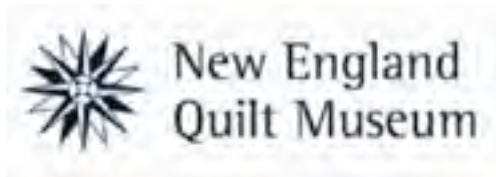
Let's GO SEW!

******REMEMBER TO BRING YOUR DECEMBER COMPLETED UFO/NSY PROJECT TO THE JANUARY MEETING FOR SHOW AND TELL AND TO RECEIVE A RAFFLE ENTRY FOR THE DRAWING AT THE END OF THE CHALLENGE******

I want to thank [Pat Sloan](#) and [All People Quilt](#) for the inspiration, suggestions and guidance for this project.

Please email me with questions- rjj40@yahoo.com

-- Robin Jaeger



NOTE: NEQM Hours, January - April are Tuesday through Saturday, 10AM-4PM

Current Exhibits:

THE COLORFUL WORLD OF
PAT DELANEY

December 3, 2019 – February 13, 2020



Martha's Vineyard Illumination, 2012



Four Seasons of Women - detail

SALVAGED:
THE STITCHED NARRATIVES OF
JENNIFER REGAN

January 7- April 4, 2020

Upcoming Events:

Artist's Talk with Pat Delaney

Saturday, Jan 18 at 1 pm

Renowned for her use of vibrant colors, intricate details and complex patterns, Pat Delaney has won numerous awards and recognition from every major quilt organization in America. Discover fifteen of her finest works in The Colorful World of Pat Delaney, on view in the NEQM Genre Gallery through February 8, 2020.

Opening Reception for Salvaged: The Stitched Narratives of Jennifer Regan

Saturday, February 1, 2020 · 1 pm

Snow date scheduled for Sat, Feb 8 at 1 pm

All are welcome. This public program is free to members and included with the price of admission for nonmembers.

Guest Speaker, Heather Gring from the Burchfield Penney Arts Center

Saturday, March 21 at 2 pm

The NEQM welcomes Heather Gring, Curator and Archivist at the Burchfield Penney Arts Center in Buffalo, New York for an in-depth look at Salvaged: The Stitched Narratives of Jennifer Regan.

*For more information on NEQM current exhibits and events,
see: <https://www.neqm.org/on-view-index>*



SEW-N-SEW

Where Creative Friendships Are Made

251 West Central Street, Suite 8
Natick, MA 01760

Website: www.sew-n-sew.org
Contact us: info@sew-n-sew.org

Upcoming Quilt Shows, Exhibits and Events

It'll be early spring before quilt shows and events abound again, starting with our own show March 27 and 28. At the end of the newsletter, please see notices of quilt and fabric related events in the area scheduled for springtime.

QQ Reminders:

QQ Email List

All QQ members can send email to the Guild Email List. Please restrict use to Guild and Quilt related items! The email address is: QQList@Quinobequin.org

QQ Web Site

The QQ website has all sorts of information, including meeting announcements, the yearly calendar, Comfort Quilt patterns, and hundreds of photos. Check out www.Quinobequin.org

* * *

Please submit any news items you'd like included in the February newsletter by February 2nd to ginny215@mac.com. I'd like to send out the newsletter February 4th a week before our February 11th meeting. Thank you for your cooperation!



Craft in America: Quilts

Premieres on PBS on December 27, 2019 at 9pm (check local listings)

QUILTS, a new episode of *Craft in America*, the Peabody Award-winning documentary series discovering the beauty, significance and relevance of handmade objects and the artists who make them.

For the complete list of episodes, go to <https://www.craftinamerica.org/episode/quilts>

Quilt Show on view at
FIVESPARKS, 7 Fairbank Street, Harvard MA 01451

Harvard Quilters' Exhibit

January 7 through February 8, 2020

at

Fivesparks on the Harvard Common

Opening Reception

January 11, 2-4 PM

Snowdate: January 14, 5-7 PM



PENNSYLVANIA DUTCH-AMISH TRIP A QUILTER'S FABRIC & CRAFT SHOPPING PARADISE

YEAR - 2020– March 25th (Wed) to March 28th (Sat)

Rosemary Koch's Annual trip to Amish Country leaves @ 4:45 am on 3/25 and returns approx. 10 pm on 3/28/2020. Trip includes shopping @: Amish Farmhouse visit, Kitchen Kettle Village, Zooks Dry Goods, Fabric Shak, Bird in Hand Farmers' Market & Area, the Spring Blossom Mall and the AQS Quilt Show and more. We cannot list everything, but if you have taken this trip before, you know it is a very fast-paced, exciting and enjoyable trip. For additional information, please send long SASE to RoseMary Koch, 100 Brand St, Arlington, MA 02474..

PACKAGE INCLUDES:

- * Roundtrip DeLuxe Motorcoach, with VCR/DVD/Stereo System (includes driver's gratuity)
- * Accommodations for 3 nights including all Taxes, gratuities, maid & baggage handling.
- * Total Meals -- 3 dinners and 3 breakfasts--all smorgasbord (includes all tips & taxes)
- * AQS Quilt Show Admission @Lancaster Convention Center, featuring vendors and exhibits.
- * Personalized name tags; Water provided each day
- * Meet & Greet Evening; Raffles and Surprises

This is one trip you won't want to miss. Fun filled trip -- many laughs, we will shop 'til we drop and there will be lots of warmth and friendship – come and join the camaraderie!

RoseMary



A WORLD OF QUILTS

presented by: Northern Star Quilters' Guild

May 2 & 3, 2020
Saturday: 10am - 5pm • Sunday: 10am - 4pm

Western CT State University
West Side Campus • O'Neill Center
43 Lake Avenue Ext., Danbury, CT
Handicap Accessible Venue

Over 250 Quilts • 30+ Vendors
Raffle Quilt, Demos & More!

For more information:
www.NorthernStarQuilters.com