



Quinobequin Newsletter, March 2020

Letter from the Co-President

Dear Quilters,

UFOs, PROCRASTINATION, and your BRAIN

Why is procrastination so ubiquitous, as if it is wired into our DNA? Some people clearly have less difficulty with procrastination than others and complete one task (e.g. one quilt) before they move on to the next. But I wonder if even they may use the excuse of completing that project to put off *some other type* of task??

Basically, I think procrastination comes down to the challenge of making decisions. We naturally shun things that make us uncomfortable and often do almost anything else to avoid that confrontation with reality. But the task seems to expand mysteriously as we let time slip by and it almost takes on the magnitude of a battle with Goliath. And to avoid that conflict, sometimes we'll do almost anything else. For quilters, our strategy may be a little different because it is so easy to "lose" the project under a pile of fabrics, then other things get moved and piled on top and before we know it the deferred project has disappeared! Then we buy more fabric and start another project, so we can really forget about the one that was troubling us. But lurking somewhere in our subconscious, or not so subconscious, we know we have accumulating UFOs (UnFinished Objects).

Procrastination can be a major time thief. It can rob us of the present because we are ruminating over why we don't want to do X, of all the possible unpleasant outcomes or just the nastiness of the task. And yet, when we finally get to it and

2020 QQ Calendar:

March 11, 2020

Kathy Graves: Concepts of
Modern Quilting



April 9, 2019

Members' Technique
Showcase



* * *

Reminder!

Bring to meetings:

- Nametags
- Comfort Quilts
- Show & Tell

plow through it, we usually discover that it really is not as bad as what we had constructed in our mind. Even with that knowledge though, I still struggle with procrastination. For some reason, I seem to tell myself that “I do better under pressure”, that it “helps the creative juices flow” and all other forms of rationalization. Unfortunately, for some things, that is true. With just the proper dose of stress and time-pressure, the adrenaline does pump up and, amazingly, I come up with ideas and solutions that just are not there at an earlier time—maybe. Possibly the same thoughts would have come to me in a more relaxed state, but I’ve programmed myself to believe that I am most creative with a deadline looming. I think, in some ways, we almost become addicted to this pattern of behavior, partly because of the adrenaline “rush” we experience, which has a certain exhilarating quality.



So, what is an antidote to procrastination? Mainly it involves time-management skills and scheduling:

1. Mark it on your calendar/schedule when you are going to work on it and a *deadline*.
2. Set a *time limit* for how long you will work on the task, allowing some flexibility in case you are on a roll (as long as it doesn’t put you off schedule for other responsibilities).
3. Attack the most difficult or dreaded thing first, usually earlier in the day—but pay attention to *your* energy peaks and lows (your circadian rhythm) and don’t start the project at a low point (like the 3pm need chocolate revival time).
4. Schedule enough time—seems obvious but can be the most difficult for those of us who are great at visuospatial assessment but not so hot at estimating time aliquots. These skills *can be learned* from family and friends who are more adept.
5. If you are really stuck, seriously consider *why* you are doing the project in the first place. Is it still valid and important to you? If not, give yourself the freedom to let it go and move on.
6. Don’t go it alone: telling someone you can trust to encourage and not chide you when you confide your plan can be a great motivator. *Writing it down* also really helps. In QQ we have the perfect solution with *Robin Jaeger’s UFO/NYS challenge*—thank you, Robin!



Happy Sewing and *Completion* of your quilts for our Big Show March 27 & 28!

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

Program News:

For our next meeting on Tuesday, March 10, Kathy Graves of Next Generation Quilting <http://nextgenerationquilting.net/about/> will talk about color, negative space, minimalism, alternative grid asymmetry and more!

For our April meeting, we are seeking some of our talented members to demo any tips, patterns, tools, etc. for our highly anticipated annual Members' Demo Night. Please contact Judy Weinberg, judithfweinberg@gmail.com to offer new ideas or skills to share with our quilting community.

--- Judy Weinberg
Programs Chair



Hospitality

Carol will be sending out reminders to all who signed up to bring something for the Hospitality Table this month. A general reminder for all - please collect and take home with you anything you brought and is left over at the Table after the meeting

-- Carol Miller
-- Jessica Gillis
Hospitality Committee

A Quilting Star on TV!

If you missed the segment on CBS Sunday Morning this past Sunday about Jennie Doan and her family and the Missouri Star Quilt Co, here is the video from the show, <https://www.cbsnews.com/news/missouri-star-quilt-company-how-jenny-doan-created-the-disneyland-of-quilting/>



MISSOURI STAR
— QUILT CO. —

Quinobequin 2020 Quilt Show - March 27 & 28

The Quilt Show is coming!!!

The entry list looks fabulous - we will be well over 100 quilts again!

Required Reading! – Please go to our beautiful new website and read the Quilt Show Frequently Asked Questions (FAQ). This should answer most of your questions about sleeves, volunteer roles, etc... Here's how to find the file: Quilt Show -> Show Info for Members -> Quilt Show FAQ

Quilt Drop Off

We will send out an email about quilt drop-off before the show. Basically, we ask you either to bring the quilts to the Masonic Hall between 9 and 9:30 am the morning of Thursday, March 26th, or to a member's (to be named shortly!) house on Wednesday, March 25th.

Volunteers

At the March meeting we will continue volunteer sign-up for Show Hanging, Take Down, Hostessing, and Rack Unloading (new this year). Helping with the show is really fun - you'll get to know your fellow members, chat with our adoring public, and bask in the beauty of our combined work. We still need people for all roles.

If you will not be at the March meeting and want to sign up:

For hostessing shifts, Contact Nancy at njweinreich@yahoo.com

For other roles, Contact Jane at QuiltShow@Quinobequin.org

Hostessing includes:

- Walking around the floor among the quilts – monitor the rooms, answer our guests' questions about the quilts and quilting, and make sure only people with white gloves touch the quilts.
- Sitting at the front desk/cashier - greet our guests, collect admission fees, and sell raffle tickets.
- Sitting at our guild demo/info table - answer questions about the guild and demonstrate basic quilting techniques by working on a comfort quilt.
- Stand-by - in case someone cannot make their shift at the last minute, then you'll get a call. Consider doing this for a shift that is before or after your appointed shift.

Quinobequin Quilters Guild Biennial Quilt Show



March 27-28, 2020

Raffle Quilt

Keep selling tickets!! More tickets will be available at the March meeting. Please turn in your money and ticket stubs at the meetings or at the show. The raffle ticket stubs have all the Quilt Show info on them so when you sell tickets make sure the buyers put it on their calendars.

Publicity

Tell Everyone You Know! Remember, if each of us gets 10 people to come to the show, we'll have over 700 visitors! Find your top 10 people and make sure they plan to attend. If you have a little time to put some posters up, let me know! We have postcards that you can take and hand out to friends, relatives and co-workers. We will be sending out an email announcement that you can forward to everyone on your contact list. All suggestions for additional outreach are welcome! If you are on Facebook, go to the QQ page, and share the Event on your page.

Watch Your Email for additional information

Meanwhile - Sell Raffle Tickets and Publicize Our Show! Any questions - check the FAQ on the Quinobequin website, <http://www.quinobequin.org/quilt-show-new/2016-quilt-show-entry> or contact Jane: QuiltShow@Quinobequin.org

--- Jane Evans

Quilt Show Chair, 2020

Quilt Show: Raffle Quilt Tickets!

Let's sell, sell, sell those raffle tickets before the show! Give friends, neighbors, co-workers, etc. a chance to win our gorgeous raffle quilt!

I will be bringing more raffle tickets to our March meeting for those who would like more tickets or for those who have not yet picked theirs up. If you have already sold your tickets, I will collect stubs and money at the March meeting.

--- Evy Megerman

Mini-Quilts for the 2020 Quilt Show

Please bring to the March meeting any mini-quilts you've made to be sold at the show. See the new Quinobequin website for all the details, <https://www.quinobequin.org/2020-mini-art-quilts> . If you won't have yours done by the March meeting, please let me know the number of mini-quilts you plan to submit so we can get an idea of how many to expect. Contact Karen at karen.r.mondell@gmail.com if you have any questions. Thank you!

QQ UFO/NSY Challenge!

If you didn't complete your project last month, continue to work on it and bring it to the March meeting. Remember, every completed project earns you a raffle entry for the drawing at the end of the challenge in May!

The random project number drawn for March is 2! Just 2 months to go!

During the month of March work on the project that corresponds with 2nd 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 last month's project #5.) This is a good opportunity to catch up, so far, we have selected the following projects from your list- 1, 3, 4,5,7!

This month's UFO helpful tip is from [Jacquelynn Steves-](#)

Reward yourself!

- When you complete a UFO, reward yourself. Of course, you can reward yourself with new fabric or a new pattern. You can also consider other rewards as well, which won't add to your future UFO pile. These could be notions like a new ruler, some pretty baskets for getting your sewing room organized, or a video class for a technique you've been wanting to try.
- Consider giving yourself a BIG reward for completing several UFO's. What about a sewing retreat? (And of course, bring more UFO's to your retreat to work on and complete!)

Let's GO SEW!

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

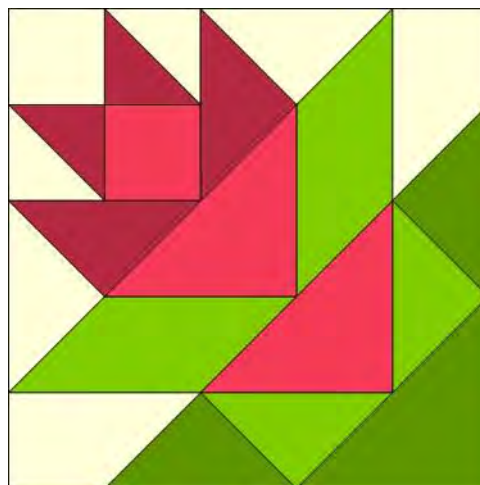
I want to thank [Jacquelynn Steves](#) and [All People Quilt](#) for the inspiration, suggestions and guidance for this project.

Please email me with questions- rjj40@yahoo.com

-- Robin Jaeger

QQ Block of the Month

Attached is the pattern for the final QQ 2020 Block of the Month. This month's flower is the Amaryllis Bulb. It's a fun and pretty square that should be enjoyable to sew. As usual, we'll bring block printouts to the March meeting. Diana included step by step visuals putting together the Amaryllis.



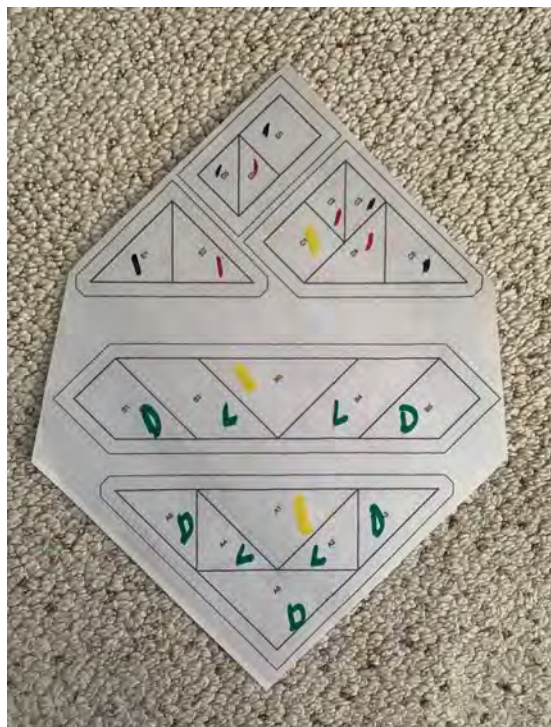
Here are some cutting tips for the Amaryllis:

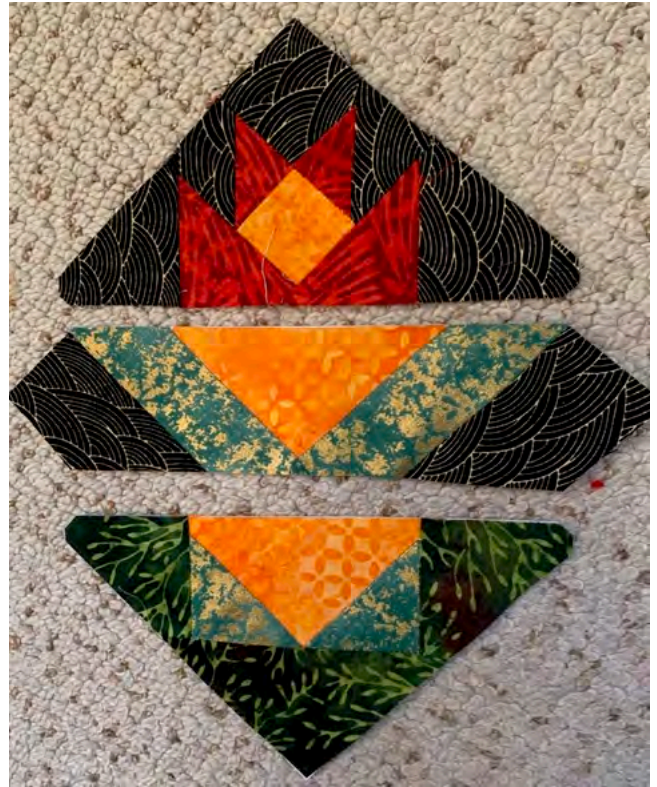
- Color code the pattern pieces so you don't get confused while you are planning what to do next
- We find cutting strips is easier. This gives you material to grab onto while you take the pieces to the machine to sew. This way you don't waste time pinning.
- Use 2" strips except for:
 - 2 1/2 strips-A3, A5, B1, B2, B4, B5
 - 2 3/4 strips- A1, A6, B3

We'll be excited to see your finished blocks from January and February,

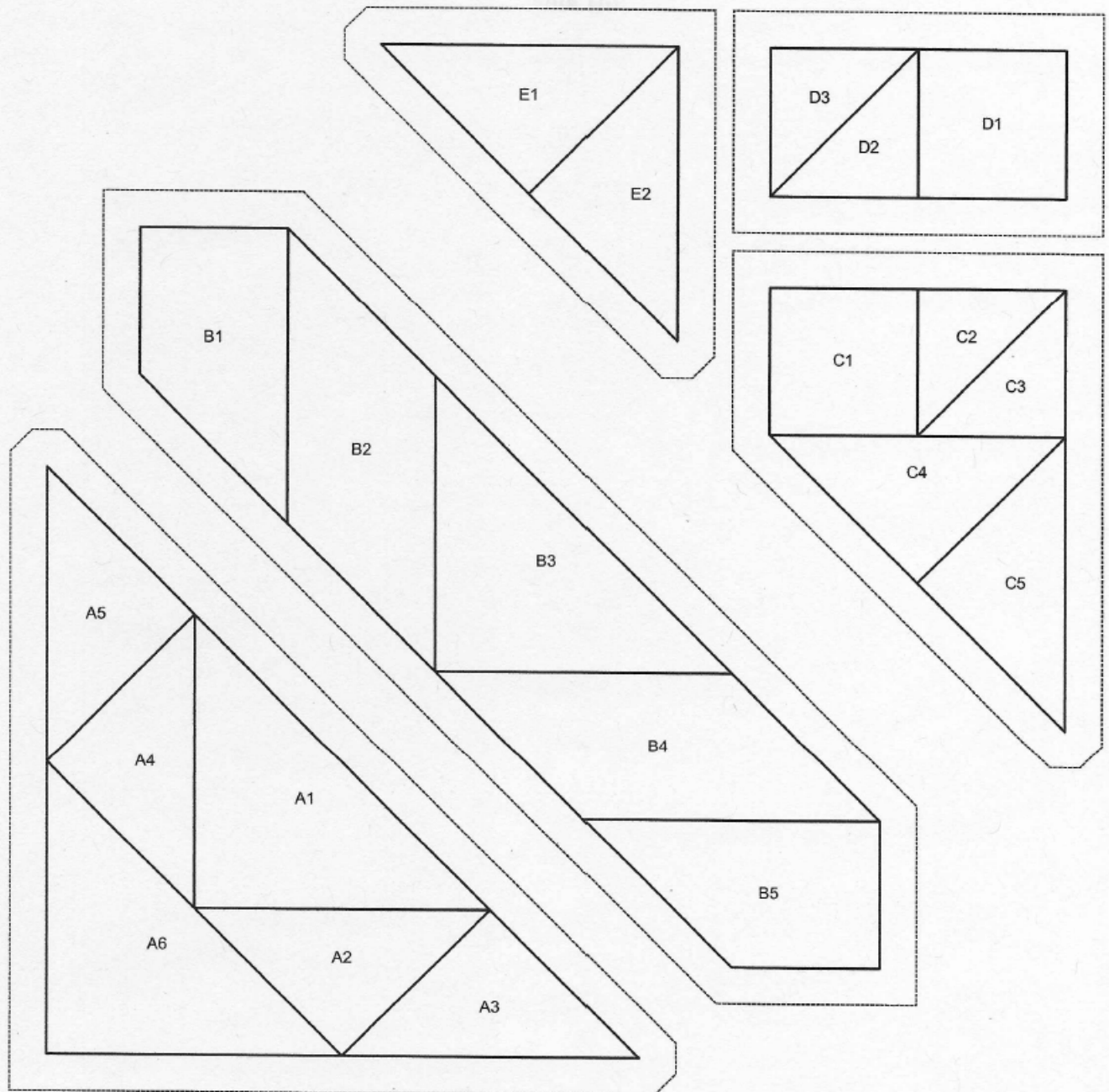
--- *Diana and Amy*

Block of the Month coordinators





Amaryllis Bulb



Note: Image may not be to scale if printed on your printer since copiers can vary, please measure to be sure!!

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

Current Exhibits:



Aqua Alta, Jennifer Regan

Salvaged, the Stitched Narratives
of Jennifer Regan
continues until April 4th

Stories of West Africa:

Works by Hollis Chatelain

February 11 – April 25, 2020

Hollis Chatelain is an internationally recognized and award-winning artist specializing in textile painting.



Market Ladies, Hollis Chatelain

Events:

GALLERY TALK WITH GUEST SPEAKER, HEATHER GRING

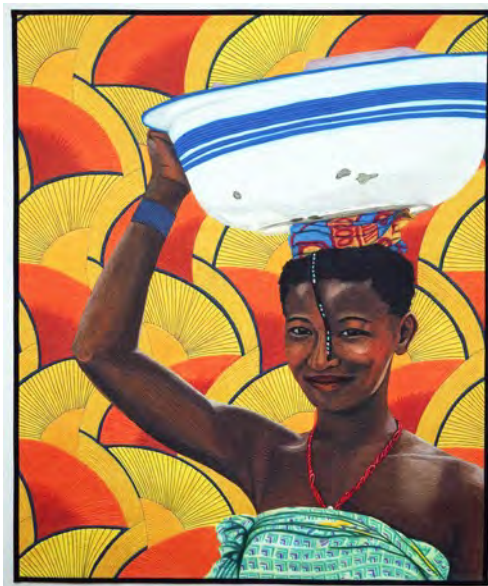
Saturday, March 21 at 2 pm

The NEQM welcomes Heather Gring, Curator and Archivist at the Burchfield Penney Art Center at SUNY Buffalo State, for an in-depth look at the current exhibition, Salvaged: The Stitched Narratives of Jennifer Regan, on view through April 4, 2020.

GALLERY TALK WITH GUEST SPEAKER, HOLLIS CHATELAIN

April 4 at 1 pm

The NEQM welcomes internationally renowned artist Hollis Chatelain to discuss Stories of West Africa, on view February 11 through April 25, 2020. Leaving the USA with the Peace Corps just after college and living 12 years in West Africa has had a major impact on Hollis' artwork. Her fifteen art quilts in this exhibition portray the rich African culture and the strong sense of community and family unity. With photos and stories of her work and life in Africa, Hollis leads the audience on a voyage that begins with her discovery of African cloth and continues through the evolution of her award-winning artwork.



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

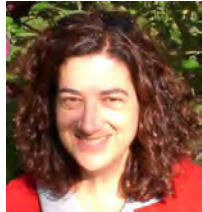
Quinobequin Annual Visit to NEQM in April!

We will be visiting NEQM in Lowell as a group in April. We will visit the museum together in the morning and have lunch together at a local restaurant. If there's interest, after lunch we will walk over to the Boot Mills for a self-guided tour. Watch your email for a Sign-up Genius invitation. There are several possible dates: Tuesday, April 14; Friday, April 17; Saturday, April 18; Tuesday, April 21 and Saturday April 25. Please sign up for all that work for you. We will pick the date with the most sign-ups.

--- Heidi Fieldston,
NEQM representative
hfieldston@mac.com

*The outstanding work of Quinobequin member Sara Schechner
will be featured in a local art show!*

Dracut Arts Presents:



Quilter Sara Schechner



Painter Lucilda Dassardo Cooper



Author Dan Szczesny



The Lotus Sound

Art Show

Friday, March 6th
4 pm – 9 pm
Artist Reception, 7-9 pm

Saturday, March 7th
1 pm – 6 pm
Free

Author's Reading & Book Signing

Saturday, March 7th
2 pm

Reception follows
Free

The Lotus Sound Experimental Sound Group

Saturday, March 7th
7 pm

\$20 (students & seniors, \$15)

All Dracut Arts Events take place at: Christ Church United, 10 Arlington St., Dracut
facebook.com/DracutArts/ DracutArts.com



This program is partially funded by a grant from Billerica Arts Council and Dracut Cultural Council,
local agencies that are supported by the Massachusetts Cultural Council, a state agency.



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's early spring and quilt shows and events starting to pop up all over, 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

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Please submit any news items you'd like included in the April newsletter by April 5th to ginny215@mac.com. I'd like to send out the newsletter April 7th, a week before our April 14th meeting. Thank you for your cooperation!

Fabric Extravaganza 2020

March 5 & 6, 10:00 AM - 6:00 PM

&

March 7, 10:00 AM - 3:00 PM

Holiday Inn, 9 Northeastern Blvd., Nashua, NH.

Fabric Extravaganza: 2020 will be our 11th year of offering the best place to find bargains on everything quilting - fabric on bolts, pre-cut fabric, notions, patterns, books, thread, and sewing machines. We bring together the best quilt shops in one location for three days. Vendors gather to offer amazing bargains to the lucky sewers and quilters who attend. Great place to build your stash or find that perfect backing for a quilt.

Admission is FREE!

Vendors: Mary Jane Carey - The Christmas Shoppe
Marion Bressell - Fabritique
Kathryn - Dragonfly Quilt Studio
Brett Farland - Four Pines Quilting
Country Treasures from Chester VT
Michelle Banton - Little Pup Designs
Pat Yamin - Come Quilt with Me
Nashua Sew and Vac

Questions: call Mary Jane Carey at 603 239-4292

Join Us. It will be so Much Fun!

Thimble Pleasures Quilt Show 2020!

Come join us for a weekend of beautiful quilts on display, shopping, raffles, and much more!

March 14-15, 2020, Saturday & Sunday 10 a.m. to 4 p.m.

Blackstone Valley Technical School in Upton, MA

65 Pleasant Street (off Rt. 140), Upton, MA

Ample parking and handicapped accessible

Admission is \$10, children 18 and under are admitted free

Beautiful Displays:

Guild Member Quilts - 200+ quilts made by members

Guild Challenges - members complete themed challenge quilts

Round Robin Quilts - quilts made by groups of guild members



Maple Leaf Quilters

30th Festival of Quilts

March 28th and 29th 2020

College of St. Joseph, Gymnasium
71 Clement Rd, Rutland, VT

- Quilts by members on display
 - 2020 Challenge quilts
- Exhibit of Antique Quilts featuring basket quilts
 - Vendors
 - Basket Raffle



This year's Raffle Quilt is "America's Garden".

North Parish Quilters 2020 Quilt Show

Friday, April 3, 5-8 pm

Sat. April 4, 10-4 pm

Wakefield-Lynnfield United Methodist Church

273 Vernon St., Wakefield MA 01880

Quilt Exhibits by Members

Admission \$6.00 at door

- Gift Boutique of handcrafted items made by members
- Vendors showcasing quilt notions and fabrics
- White Elephant Room
- Numerous Specialty Raffle Baskets
- Unique Hand-Crafted Doll Exhibit

Raffle Quilt!

Free parking in lot behind church

Handicap parking available and church is handicap friendly



Amoskeag Quilters Guild Quilt Show:

"Tomorrow's Heirlooms: Through the Generations"

April 25 & 26

10 am to 4 pm

Memorial High School
1 Crusader Way, Manchester, NH

Amoskeag Quilters Guild will be showcasing a wide array of 150+ quilts created by Guild members.

The show also features vendors, demonstrations, and raffles.
Kids under 12 are free.

Snacks and beverages will be available, parking is plentiful, and the venue is handicap accessible.

For more information email:
AQG.QuiltShow@AmoskeagQG.org



2020 Raffle Quilt

*Girls, Inc. will be the recipient of our raffle quilt proceeds.
For more information visit: <http://girlsincnewhampshire.org/>*

PENNSYLVANIA DUTCH-AMISH TRIP

A QUILTER'S FABRIC & CRAFT SHOPPING PARADISE

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