



Valley Forge Homestead Quilters

Guild Newsletter

www.valleyforgequilters.org

January 2022

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President's Corner

Happy New Year!

Nowadays ergonomics refers to the physical environment being set up to suit the body of the person doing the task. I try to pay attention to this in my sewing, because I want to sew for a long, long time without suffering for it. For example, after I retired, I spent more time piecing on one sewing machine, but before I got tired of sewing, my back was aching. I had my adjustable chair maxed out on height and was sitting on two pillows, but my machine was just too high. I found a different table that allowed me to lower the machine height, and voila! More sewing and less hurting.

If your neck or your wrist or your shoulders or your back hurts when you are quilting...take a look at how your space and tools fit you. You might be able to adjust the height of your chair or your table or your ironing board to take some strain off your body. A sharper rotary blade or one with a handle at a different angle could reduce the force you have to exert.

My bookshelf includes titles like "Rx for Quilters" and "the Hidden Hazards of Quilting". Books like this help you set up your workspace and also give tips on taking breaks and stretching to help your muscles and tendons. You might want to visit healthyquilting.com for tips. Also, check out the log cabin pants in the ironing board illustration.

How is this for a New Year's resolution: sew more/hurt less?

Until next time,
Deb Graves

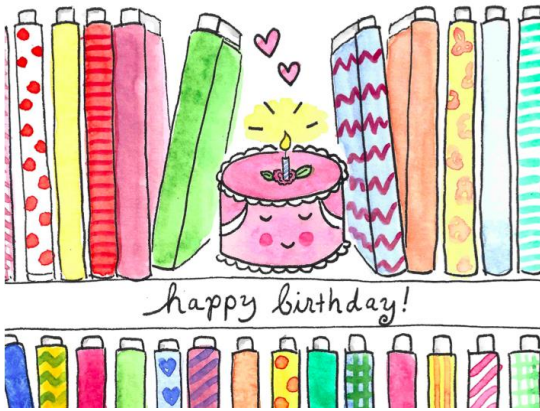
Hear ye! Here ye!

Our meetings for January, February and March will all be **Zoom** meetings. So, snuggle under a quilt, have a cup of tea, make some popcorn and tune in to some interesting speakers. Stay safe and warm.

January 18, 2021 Meeting

Our **Zoom** speaker this month is Adele Scott of Ask Adele. She will be demonstrating some gadgets and giving us her best tips and techniques. We'll start the new year learning some new things.

Karen Glasthal



Birthdays

January:

11	Cynthia Krommes
21	Gigi Procaro
21	Mary Molettiere
30	Debbie Bianco

February:

9	Molly Lorenz
10	Barbara Jones
16	Joann Kirschenmann
17	Esther Canning
19	Ann Lister
24	Sandy Dounce
26	Laura Ocker
26	Jen Fillman
28	Linda Vanek

Refreshments

No Refreshments for January, February or March.

Pictorial Membership List

For those of you who haven't sent a photo of yourself, here are some selfie tips compliments of Lou Chandler.

- Stand in front of a window (in daylight), facing the window (but not in direct sunlight)
- Hold the phone at arm's length, at eye level or slightly above eye level (that angle is the most flattering :-)
- Make sure you're holding the phone vertically (not horizontally)
- Make sure you're getting a head shot (not a full body shot).
- If possible, avoid getting your arm (the one holding the phone) in your shot (but this isn't a big deal)
- Smile :-)
- Take several and select the most flattering

Please send your photo to Connie Stevenson,
connieleannah@hotmail.com.

Spring Retreat

MARCH 31 – APRIL 13, 2022 at Black Rock Retreat Center Quarryville, PA. Additional reservations may be available. Check with Barbara Hughes, baarbhughes@verizon.net or call 215 407-0580. Full or partial balance payments will be accepted in January. **Final balance payment deadline, February 15, 2022**

Barbara Hughes

Comfort Quilts

There were 19 quilts for the month of December making a total of **173** for the year!!! Nine surgical dolls were turned in making a total of **64** dolls for the year!!!

I delivered quilts and bibs to the VA a couple of weeks ago.

The Comfort Quilt workshop is Saturday, January 22. If you would like a kit, please email me so we can make arrangements to meet. Thank you everyone for your participation this year in making so many quilts.

Maxine Close

Meeting Minutes December 21, 2021

The book sale began at 6:00 before the opening of the meeting.

WELCOME: Deb Graves opened the meeting welcoming members and encouraged everyone to socialize and keep browsing the book sale throughout the evening. She apologized for no food, explaining that she wanted to reduce the risk of coronavirus transmission by keeping our masks on. Deb directed people where to put cookies for the cookie exchange.

COMFORT QUILTS: Comfort quilt kits were available at this meeting for the January 22 Zoom comfort quilt workshop. If anyone would like a quilt kit, please email Maxine and she will get a kit to you.

BLOCK OF THE MONTH: The block of the month project begins in January. Molly Lorenz and Judy Snook showed examples of the log cabin block in different colors and Cathy Fennell showed the completed quilt top. They reminded us that the pattern, Village Green, is available at www.anniescatalog.com. If clicking the email doesn't send you to the website, type in www.anniescatalog.com. There will be prize drawings for those making the blocks. Tips and tricks were given on the log cabin block. Since we will be holding guild meetings on Zoom the next three months, we can share our blocks by sending photos via email.

WORKSHOPS: Deb directed us to the newsletter for more information about bees and workshops. Three of the workshops were presented at the meeting.

- Beth Mancini presented the February 19 Mystery Quilt Workshop which will be held in person at Good Shepherd Church if 10 or more members sign up. The cost is \$15. You will receive the supply list when you sign up. You can contact Cathy Fennell to sign up. Beth shared that this quilt will be appealing to both traditional and modern quilters and could be used as a stash buster or not as you desire. She is willing to meet up at a quilt shop. Contact her if you want more info or help.
- Judy Snook presented samples for our March 19 workshop where we will be making "Do not touch" signs for the quilt show.
- Cathy Fennell introduced the May 21st workshop with samples for the purpose of inspiring and informing us that we need to have a background made for the broderie perse applique work.

SPRING RETREAT: Barbara Hughes is collecting deposits for spring retreat but she needs applications and deposits by the end of December.

QUILT SHOW: Quilt show activity is ramping up. Stay tuned. Committee chairs will be asking people to join committees. We will have a mini-quilt raffle as part of the quilt show, so please be working on making a 16x20 mini-quilt to donate. The Guild library has two books on that topic. The mini-quilts can be as easy or difficult as you want to make them.

PROGRAM: Karen Glasthal led us in the activities that included fun games, the gift exchange with a fairy tale read by Judy Snook and the cookie swap. We had lots of laughter.

UFO CHALLENGE: The December UFO challenge winner was Meghan Heslin.

SHOW AND TELL: Beautiful projects were displayed by members.

JANUARY MEETING: Our next meeting will be January 18, 2022 on **Zoom**. Our **Zoom** speaker will be Adele Scott of Ask Adele. Check out her website at www.adelescott.com. Her lecture/demo covers a lot of topics to make our quilting and sewing projects more enjoyable.

The meeting was adjourned.

Respectfully submitted

Laura Ocker



Members try their hand at drawing holiday items....with a major twist. Deb Graves and Charlene Hagerty were the winners as they managed to depict actual recognizable images!



Cookie Exchange



Rosemary Geisler Show & Tell

More Fun at the December Meeting

January 2022



Gift Exchange Emcee Judy Snook



Rita & Karen playing 'Reindeer' games



Linda Mitchell giving it a try



Workshops

January 2022

Zoom Comfort Quilt Workshop with Maxine Close

Date: Saturday, January 22, 2022

Time: 9:30 a.m. to 3:00 p.m.

Fee: Free

A **Zoom** link will be sent before the workshop.



Meghan Heslin December UFO

Mystery Quilt Workshop with Beth Mancini

Date: Saturday, February 19, 2022

Time: 9:30 a.m. to 3:00 p.m.

Place: Good Shepherd Lutheran Church

Fee: \$15

Lunch: Please bring your own

Please call or email Cathy Fennell to sign up for this workshop.



Ruth Heslin December UFO

Do Not Touch Fabric Signs with Linda Hamel and Judy Snook

Date: Saturday, March 19, 2022

Time: 9:30 a.m. to 3:00 p.m.

Place: Good Shepherd Lutheran Church

Fee: \$10

Lunch: Please bring your own

Please call or email Cathy Fennell to sign up for this workshop.



Linda Jarosz
December
UFO

Don't Touch the Quilts Workshop

Please help make our Valley Forge Quilt Show even more fun for our attendees by making some mini-quilts that remind everyone not to touch the quilts.

Here are some guidelines:

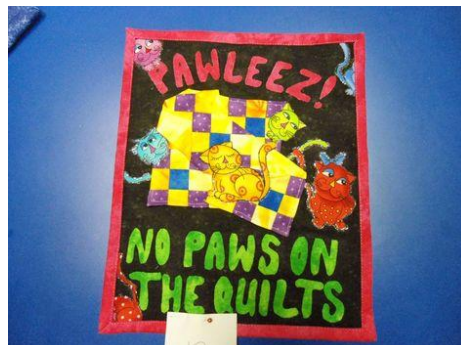
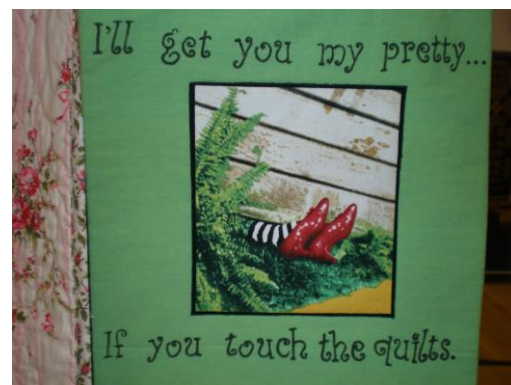
- The theme of each mini-quilt should be to remind attendees to please not touch the quilts...please, we always want to be polite in asking. This is a chance to be clever, cute or funny in a non-rude way.
- Size should be approximately 8 ½" by 11" (like a sheet of standard paper). That way they aren't so small they could get lost, but won't be so big they hog the limelight from our quilts on display.
- Use any quilt technique you like. If you love to fuse, then fuse away! If you like to paint on cloth, then get out those brushes! If you like to hand applique, prep those pieces and get sewing! Any quilt technique you want to use.
- Finishing the quilt can be as easy as sewing right sides together with a backing and then turning inside out, but you can also do a binding if you'd like (everyone's favorite part!).
- Don't forget to write your name somewhere (front or back) for posterity.

Think how much better our mini-quilt signs will look pinned by our spectacular show quilts instead of a boring old paper sign!

Oh, and "Do Not Touch" quilts will become the property of VFHQ and will be saved for future shows.

Thanks all for your help! Questions? Contact Judy or Linda

Linda Hamel and Judy Snook



December Dignity Bib Workshop



Kayleigh Graff



Linda Mitchell



Deb Graves



Cathy Fennell



Deb Graves



Linda Mitchell

Maxine Close



Quilt Shows

2022

AQS Quilt Week - February 23-26, 2022. Presented by AQS at the [Ocean Center](#), 101 North Atlantic Avenue, Daytona Beach, FL. For more info visit <https://www.quiltweek.com/>.

Mid-Atlantic Quilt Festival - February 24-27, 2022. Presented by Mancuso Show Management at the Hampton Roads Convention Center, 1610 Coliseum Drive, Hampton, VA. For more info visit <http://www.quiltfest.com>.

The Indiana Heritage Quilt Show - March 3 - 5, 2022. At the Monroe Convention Center, 302 South College Avenue, Bloomington, IN. For more info visit <https://www.ihqs.org/>.

AQS Quilt Week - March 23-26, 2022. Presented by AQS at the [Branson Convention Center](#), 200 Sycamore Street, Branson, MO. For more info visit <https://www.quiltweek.com/>.

Lancaster Quilt Show - March 23-26, 2022. Many vendors at the [DoubleTree Valley Resort](#), 2400 Willow Street Pike, Lancaster, PA. Now offering classes too. For more info visit <https://www.thelancasterquiltshow.com/>.

There have been many changes to Quilt Show schedules in the past 2 years and there are a lot being scheduled for 2022. Please let me know if you hear about something that I don't have on the [Quilt Show page](#) on our website or if I have any errors on our web page.

Cathy Radcliffe

Bees... Bees... Bees... Bees

A **Zoom** link will be sent out before each bee.
Mark your calendar!



Afternoon Bee 2nd Tuesday 12:30 – 3:30 p.m. Coordinator – Jean Hayden	4th Thursday of the month 6:00-8:30 Fairview Church, Germantown Pike, Fairview Village, PA Machines welcome. MASKS required. Coordinator – Ruth Heslin	Northern Bee 5th Tuesday 6:30-9:30 p.m. Coordinator – Barbara Hughes
January 11 Jean Hayden February 8	January 27	March 29

February 15, 2022 Zoom Meeting

January 2022

Have you ever done a quilt block barn tour? They are quite fun. You'll never know what you'll discover along the way, lots of hidden treasures. Liz Dicrescenzo (Joan Shaw's sister) is going to tell us how her quilt guild coordinated the project to establish quilt barn blocks in their community.

Karen Glasthal

Block of the Month

We will be making the Village Green quilt pattern found as a downloadable pattern from Annie's www.anniescatalog.com that you will need to purchase. When you are on the website, choose the Village Green quilt pattern to access it. It is an easy pattern that has many possibilities to make it uniquely your own if you desire. Hoping you will participate in the Block of the Month. For January we will be completing the four log cabin blocks for the center of the quilt.

Molly Lorenz

Challenge

Don't forget our challenge "Picture This". Use a photo you took or picture from a magazine - use the colors, the ideas or the actual picture. This is chance to try an art quilt, thread painting, or some other technique new to you. Have fun!

Sandy Dounce

Book Sale

Thanks to everyone who bought quilt books at the December meeting. It was quite successful, the guild made \$186 for the library. Special thanks to Judy Snook and Ruth Heslin for your help.

Cathy Fennell

Thank You

Dear Maxine and Valley Forge Homestead Quilters:

On behalf of the Coatesville VA Medical Center (542) patients and staff, we would like to extend our appreciation to you for your donation of 24 handmade quilts and 18 dignity bibs, for the benefit of Veterans.

It is through the efforts of community partners like you that allow us to continue the quality care and services that we seek to provide for our deserving Veterans. We look forward to the opportunity to work with you again for future events.

Thank you for your continued support.

Sincerely,
Jennifer Lilly
Chief, Voluntary Service



January

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11 Zoom Afternoon Bee	12	13	14	15
16	17	18 Zoom Guild Meeting Adele Scott	19	20	21	22 Zoom Comfort Charity Quilt Workshop
23	24	25	26	27 In Person Thursday Evening Bee	28	29
30	31					



WELCOME ERIN WOLFGONG

Erin is a relatively new quilter having started quilting in 2018 to make a full-size quilt. Erin admires her grand-ma's quilting but lives too far away to learn from her. Erin is self-taught and loves foundation paper piecing and designing her own patterns. She also likes to read and hike. She is a part time Civil Engineer but spends much of her time with her two-year old son. She has a quilting Instagram account, @snugglepuzzle, and would love to follow other guild members. If you have an Instagram account, you could send Erin a message.

December Show and Tell

January 2022



Laura Ocker



Jen Fillman



Rosemary Geisler



Erin Wolfgang

Ten Months and Counting Until Our Quilt Show

Just to refresh our memories and to introduce our new members to our quilt show:

- **Boutique Room** – members consign items they have made to be sold (receiving 90% of each sale). The committee collects, arranges, and sells the items.
- **Indoor Signage** - prepares and distributes signs showing the locations of various venues in the show.
- **Outdoor signage** - updates and distributes the signs to be put on lawns advertising our quilt show.
- **Publicity** - gets the word out to the public via advertising.
- **Comfort Quilts** – displays comfort quilts made by members.
- **Demonstrations** - solicits members to demonstrate techniques and other quilt related topics.
- **Refreshments** – This is different this year. There will be a bake sale (goodies provided by members) along with the sale of soda and water.
- **Grandma's Attic** – handles the selling of quilt items contributed and priced by members.
- **Chinese Auction** – reaches out to members and the community for donations to be raffled.
- **Notions and Fat Quarters** - collects notions and fat quarters from members to be raffled.
- **Miniature Quilt Raffle** - coordinates the raffle of miniature (16x20) quilts made by members.
- **Admissions** – collects admissions, handles door prizes, and the guest book.
- **Quilt Collections** – collects and records quilts at the Tuesday meeting before the quilt show.
- **Set up** – hangs quilts for quilt show on Thursday preceding the show.
- **Take Down** – takes down and returns quilts to members after the show.

Different chairs are handling appraisals, staffing, flyers, photography, raffle quilt, and finance.

More information will be available soon and if you have any questions, please contact Lou Chandler, Judy Snook or Cathy Fennell. Thank you!



Valley Forge Homestead
Quilt Guild
PO Box 62463
King of Prussia, PA 19406
NQA Member #451

www.valleyforgequilters.org
VFHQonFacebook

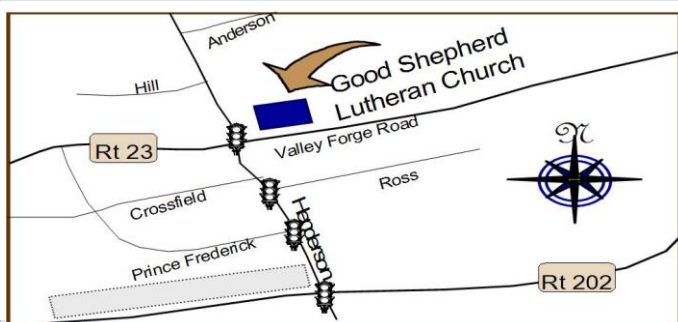
Monthly Guild Meetings are held
on the **Third** Tuesday of every
month at 7 P.M. at the
Good Shepherd Lutheran Church
in King of Prussia, PA

Board of Directors

President	Deb Graves
Vice President	Linda Mitchell
Treasurer	Babette Sutherland
Secretary	Laura Ocker
Membership	Connie Stevenson
Programs	Karen Glasthal
Newsletter Editor	Judy Snook
Parliamentarian	Lou Chandler

Guild Committees and Resources

50:50	Debbie Bianco
AccuQuilt Die Cutter	Lisa Lombardo
Bees:	
Afternoon	Jean Hayden
Evening	Open
Northern	Barbara Hughes
Thurs Evening	Ruth Heslin
Block of the Month	Molly Lorenz
Challenge	Sandy Dounce
Comfort Quilts	Maxine Close
Facebook	Sue Fisher
Historian	Barbara Hughes
Hospitality	Charlene Hagerty
Hostess	Laura Chaplar
Library	Linda Newpher & Ruth Heslin
Member Comfort	Rosemary Geisler Judy Snook
Newsletter Editor	Judy Snook
Newsletter Publisher	Linda Hamel
Programs	Karen Glasthal
Quilt Show	Cathy Fennell, Judy Snook, Lou Chandler
Refreshments	Joann Kirchenmann, Molly Lorenz, Linda Newpher, Rita Mack
Retreat/Fall	Joan Gunder
Retreat/Spring	Barbara Hughes
Set-up	Cathy Fennell
Sunshine	Joan Shaw
Webmaster	Cathy Radcliffe
Workshops	Cathy Fennell
Zoom/Technology	Sue Fisher



Newsletter Submissions

Send to: Judy Snook
Information for the next newsletter
must be received by the 25th of the
month.