

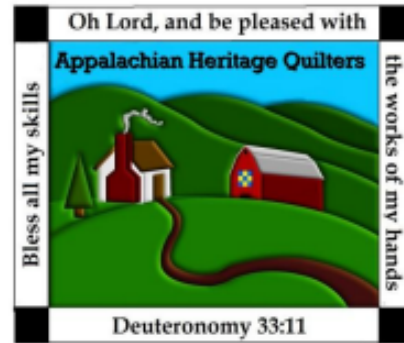
# Appalachian Heritage Quilters

Crossroads Christian Church  
1300 Suncrest Dr. Gray, TN  
**Issue 168 - March, 2026**

**Website:**

[www.appalachianheritagequilters.org](http://www.appalachianheritagequilters.org)

**facebook:** [www.facebook.com](http://www.facebook.com)



## *A note from our President, Audrey Pantas*

*The signs of Spring are all around – daffodils are blooming, trees are starting to bud and days are getting longer. With spring comes the AHQ Quilt Show. It would be great if every guild member entered at least one quilt in the show. It would be a true celebration of our quilting!*

*There was interest in the UFO challenge. Signup sheets are due at the March meeting.*

*Important Dates (note changes) :*

*March 21<sup>st</sup> Class (free motion quilting with Jackie) has been rescheduled to April 18<sup>th</sup> due to a scheduling issue.*

*April 16<sup>th</sup> is the guild meeting (rescheduled from April 23<sup>rd</sup>)*

*No sit and sews April 2nd and 9th due to Easter and the Church schedule.*

*April 23<sup>rd</sup> – sit and sew*

*April 30<sup>th</sup> – quilt show setup*

*May 1-2 – quilt show*

*March Agenda:*

- *Welcome & introduction of new members and visitors*
- *Devotion (Martha Williams)*
- *Approval of minutes and treasurer's report*
- *Fat Quarter Drawing*
- *2026-2027 Nomination Committee / Open positions*
- *Quilt Show Update (Jessica Stedman)*
- *Program Update (Liana)*
- *Consortium Update (Zoe)*
- *Charity (Vicky Lowe)*
- *Other new business / announcements*
- *Show and Tell*
- *Break*
- *March Program – School house demonstrations*

*Looking forward to seeing you.*

*~ Audrey*

**March Quilt Meeting Program - Liana Thompson**

This month we will be presenting school house demonstrations with 3 stations to learn a new technique.

*Liana Thompson, VP Programs*

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**March Fat Quarter Color - Blue**

Bring one or more "Fat Quarters" (18" x 22" cut of fabric) to our meeting and you will be eligible to win a stack of Fat Quarters. The first name drawn gets to choose a theme or color for next month's meeting.

February First Place winner was Diane Lutton.



**April Birthdays...**

- 15 - Lynn Veith
- 29 - Carol Camponovo

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**Treasurer's Report - March, 2026**

January Beginning Balance	\$7,283.76
Income	
• Dues	165.00
• Dividends	.62
Expenses - no expense	
 January Ending Balance	 \$7,449.38

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- **March 19 - Guild Meeting**
- **March 26 - Sit and Sew**
- **April 16 - Guild Meeting**
- **April 23 - Sit and Sew**
- **April 30 - Quilt Show Set-up**
- **May 1-2 - Quilt Show**

### 2026 Retreats

- **Summer Drive-in Retreat - July 16-18, 2026, Crossroads Christian Church**
- **Fall Overnight Retreat - September 30-October 3, 4-H Center, Abingdon, VA**



### AHQ Quilt Show 2026 Update - Jessica Steedman, VP Quilt Show

- Crafters Corner: The final day to submit donations is March 26.
- Food for Workers: We are seeking volunteers to provide food for workers. Please contact Connie Carr to sign up.
- Quilt Entries: This is a reminder to submit quilt entries via the website or the email previously sent by Shelly Kelley.
- Demonstrations: Volunteers are still needed for demonstrations on Friday and Saturday.

#### Quilt show hanging requirements from Lynn Veith:

**ALL** quilts, all sizes including table runners, placemats, miniatures require a 4” hanging sleeve. We are testing a new hanging system that will avoid using pins to hang your beautiful items for displaying them at a more pleasing eye level. The sleeves do not have to be permanent. They can be basted on, pinned on and need to be able to easily accommodate our 3/4 inch rods. Thank you for your assistance and patience as we continue to make improvements to display each item in the best manner.

Please let me know if you have any questions.

*Best, Jessica*

### AHQ Meeting Minutes February 19, 2026

The meeting was called to order at Crossroads Christian Church by Audrey Pantas.

All members were welcomed and visitors were recognized. Audrey recognized new members, Brock Bradley and Brenda Lynum.

A devotion was given by Chaplain Martha Williams.

The minutes from last month were approved and passed upon a motion from Cherie Shuput and 2nd by Linda Gibbons.

The Treasurer's report was approved upon a motion by Donna Flynn and 2nd by Paula James.

Pam Wilson of the Blue Ridge Quilters Guild and the Tri-Cities Consortium are offering a class in the near future. It is \$50 for 1.5 days. The pattern is available for purchase through February, March and April. Please contact a member of the Consortium for more information.

The Tri-Cities Consortium also suggested that guilds submit entries for the Mountain Quiltfest Challenge this year. There was a "Gathering of the Guilds" sit and sew hosted by Crossroads and AHQ on February 20th-21st.

The Fat Quarter drawing was held. Diane Lutton won first place and chose Blues for the March Fat Quarter drawing. Donna Flynn won second place and JR East won third place.

Audrey presented the U.F.O. Challenge (back by popular demand) starting next month through the end of 2026 (April, May, August, October and December). The forms are on our private FaceBook page and in an email to the guild. There will be 5 entries this year. The entry fee is \$5. With each completed project, you will be reimbursed \$1. A drawing will be held in December for any remaining funds.

Jessica Steedman gave an update on the Quilt Show.

- Crafter's Corner is taking donations now. Please contact Janet Henne for drop off information.
- The TV slot is April 29th.
- The postcards with the Opportunity Quilt pictured are ready for distribution in the Tri-Cities. They will be available at the next meeting.
- Please note all quilt entries to the show must have a 4-inch sleeve on the back.
- We will have a bell to ring for announcing the Bed Turning this year.
- Needs are as follows:
  - Photographer to take pictures of the quilts during the show
  - Volunteer to do short Demo's between the Bed Tuning
  - Donations for the Gift Basket giveaway
- We are contacting the nursing homes in the area to let them know about the show in case they want to plan an outing for their residents.
- Remember that Boutique sales are 20% of profits go to the guild and 80% to the member who submitted their products. Crafter's Corner is 100% guild profit. Quilts sold at the show are also 20% guild/80% seller.
- The deadline to enter for the show will be mid April. The published form on our Private FB page can be scanned, emailed or sent to Shelly Kelley.

Charity had lots of beautiful quilts given this month.

The T-shirt order has been submitted.

Beautiful quilts and items were shown during Show and Tell.

Our program this month was Louise Nuttle from OverMountain Guild of Kingsport. She has Nuttle Fiber Art and Design of Jonesborough, TN. She demonstrated putting your own spin on your fiber art, working with color and use of Alpaca dyed yarn.

Audrey dismissed the meeting.

Minutes submitted by Martha Williams for Barbara Kirk, Recording Secretary

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#### **2025- 2026 OFFICERS - Appalachian Heritage Quilters**

President - Audrey Pantas  
VP. Programs - Liana Thompson  
VP. Quilt Show - Jessica Steedman  
Treasurer - Fran Tafer  
Recording Secretary - Barbara Kirk  
Chaplain - Martha Williams  
Corresponding Secretary - Shelly Kelley

#### **CHAIR-MEMBERS**

*Charity Coordinator* - Vicky Lowe  
*Sit & Sew* - Lynn Veith, Connie Carr, Laurie Blayney  
*Membership* - Paulette Bruggeman, Sharon Copas  
*Fall Retreat* - Arlena Miller  
*Drive-In Retreat* - Arlena Miller  
*Quilt Challenge* - Lynn Veith, Zoe Sibley  
*T-Shirt Coordinator* - Portia Sams  
*Website Coordinator* - Janet Henne  
*Tri-Cities Guild Consortium* - Zoe Sibley, Jessica Steedman

**[A special Thank You to each member for their service to the guild!](#)**

## Humorous Quilting Quotes

<https://newquilters.com/funny-sewing-and-quilting-quotes-and-sayings/>

1. To quilt is to live.
2. Quilt until you wilt!
3. Itching to be stitching
4. Put your foot down and QUILT.
5. Quilting forever... housework never!
6. Quilting is my passion ... chocolate comes in a close second.
7. Behind every quilter is a big pile of fabric.
8. A messy house is the sign of a happy quilter.
9. Creative clutter is more blessed than tidy idleness.
10. Dull women have neat sewing rooms.
11. Every quilter has a masterpiece inside.
12. Quilting is a scrap of happiness.
13. Quilts are like friends, a great source of comfort.
14. Quilting is like love... do it with abandon.
15. "There is a very fine line between hobby and mental illness." – Dave Barry
16. When life gives you scraps, make a quilt.
17. A good day is a day spent quilting.
18. Any time is stitchin' time.
19. As ye sew, so shall ye rip.
20. Count your blessings/ Stitch them one by one.
21. A bed without a quilt is like a sky without stars.
22. Don't needle the quilter!
23. Hug your sewing machine.
24. So much fabric, so little time.
25. Warning: this vehicle stops at all fabric shops.
26. Old quilters never die, they just go batty.
27. Old quilters never die, they just go to pieces.
28. The best things in life are quilted.
29. "I will not buy any more fabric until I use up the stash I have at home," I said. And then I laughed and laughed.
30. Sew on and sew forth!