

Appalachian Heritage Quilters

Crossroads Christian Church

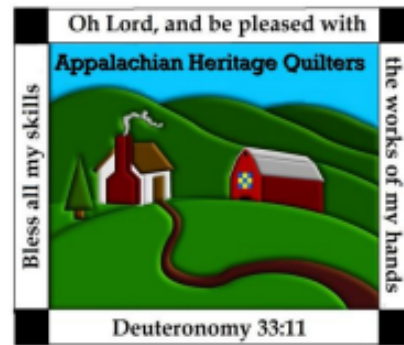
1300 Suncrest Dr. Gray, TN

Issue 171 - August, 2026

Website:

www.appalachianheritagequilters.org

facebook: www.facebook.com



A note from our President, Nancy Forister

They say a messy sewing room is a sign of creativity—which means I am highly qualified to be your new President! Jokes aside, I am incredibly excited to lead our wonderful guild into this new year.



Quilting is more than a craft; it is a tapestry woven from our shared stories, laughter, and support. Our Meetings and Sit 'N' Sews provide the perfect setting for just that.

The "S" represents more than Sit and Sew....Share, Support, Snack and Socialize were a few mentioned this week. Can you add to the list? I am excited to see all of the wonderful quilts that I know you will bring for Show 'N' Tell.

I promise to keep business meetings as short as possible (after the first meeting) so we can get to the good stuff: inspiring programs and sharing our work.

I would like to give a big shout out to everyone who stepped up to plate and volunteered to serve on one of our committees. For those who haven't signed up yet, it is NOT too late! The important work done by you, provides the heartbeat for our guild! Thank You! We are Sew Blessed!

I would like to give you this Quilter's Blessing:

Thank you for trusting me with this role. Let us go make some scraps!

Cheers,

Nancy Wagner Forister

President, Appalachian Heritage Quilters



AUGUST MEETING INFORMATION & AGENDA



Meeting At-A-Glance

- Date: Tuesday, August 20, 2026
- Social & Dues: 5:30 PM (Pay your 2026–2027 dues and catch up!)
- Meeting Starts: 6:00 PM
- Location: Crossroads Christian Church, Gray, TN



What To Pack In Your Sewing Bag

- Show 'n' Tell items to share your latest finish
- Current UFOs (UnFinished Objects) to inspire the group
- ☒ Dues payment for the 2026–2027 guild year
- ☒ Your love for quilting and a friend!

AGENDA

Welcome/Recognize New Members and Guests
Devotion

Approval of Minutes

Approval of Treasurer's Report

Presentation of Proposed Budget for 2026-27

- Call for Motion/discussion/vote

Approved Dates for Meetings, Sit 'n' Sews,
Retreats, Quilt Show, etc.

Monthly Meeting Programs/Topics

- Tour of Quilts at ETSU- Save the Date

Membership/Directory

Tee Shirts/Sweat Shirts

Guild Challenge Quilts

Charity Quilts

Quilt Show

Opportunity Quilt

Tri-Cities Consortium (TCGC)

Other Committee Reports???

UFO's, Block of the Month, Show 'n' Tell

Program Activity - *Quilt Guild Bingo

- Quilters are always ready for a little fun, and bingo will be the perfect addition to a busy meeting night. Along with guild announcements, Show and Tell, and our UFO Challenge, we will enjoy a special "quilty" version of this classic game without cutting a guest speaker's program short.
- Jackie has prepared quilt-themed bingo cards, calling cards, and buttons to use as markers. She has also gathered some fun prizes for the winners!
- Come ready to share, catch up with friends, and enjoy an evening of quilting fellowship and friendly competition.

Nancy Forister

Liana Thompson

Nancy Forister

Nancy Forister

Linda Gibbons

Nancy Forister, Arlena Miller,

Jessica Steedman

Jackie Smith

Paulette Bruggeman, Donna Flynn

Laurie Blayney

Lynn Veith

Jessica Steedman

Jessica Steedman

Jackie Smith, Audrey Pantas,

Lynn Veith

Audrey Pantas, Jessica Steedman

Audrey Pantas, Martha Williams,

Shelly Kelley

Jackie Smith

August Fat Quarter Color - Orange

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. **May's First Place winner was Betty Gray.**



SEPTEMBER BIRTHDAYS



6 - J.R. East
10 - Sharon Copas
16 - Lorie O'Neill
21 - Pat Bond
23 - Dianne Pittarese

Chaplain's Report - Liana Thompson

Psalm 105: 1-5

Sometimes we tend to focus on all that is sad and hurtful in this world as we go through life. But it's good to look at the wonders of God and be thankful for what he has done in our lives.

Prayer List:

Pat Carver's dad and husband
Angie Harris
Barbara Kirk

*Blessings and love to you all,
Liana*

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Treasurer's Report - August, 2026

Checking Account

7/1/26	Balance	\$9383.63
Income:		
7/27/26	Donation	\$100.00
7/31/26	Dividend	\$ 0.37
8/6/27	Donation	\$100.00
	Total Income:	\$200.37
Expenses:		

7/6/26	AAA Storage	\$860.00
8/6/26	Office Depot	\$ 31.74
8/7/26	Amazon	\$ 10.96
	Total expenses:	\$902.70

810/26 Closing Balance \$8681.30

Savings Account Balance - \$40.60

The proposed budget for 2026-2027 is an attachment to this newsletter.

Linda Gibbons, Treasurer

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- **August 20 - Guild Meeting**
- **August 27 - Sit and Sew**
- **September 3 - Sit and Sew**
- **September 10 - Sit and Sew**
- **September 17 - Guild Meeting**
- **September 24 - Sit and Sew**

Retreats Committee Report – Arlena Miller

Make plans to join us for our 2026 fall retreat. This year it will be 3 nights! Join us at the 4H Center in Abingdon for a fun time of sewing, eating, relaxing, and laughing. You can spend the night or join us there daily.

What to bring?

- toiletries & clothes
- sewing projects & supplies
- snacks to share (we set up a snack table in the sewing hall)
- water bottle or cup
- whatever you like to drink (there will be bottled water and tea can be made)
- last year we took up a tip for the chef (the food is amazing)
- 6 strips of 2 1/2" x WOF for game in neutrals
- 8 buttons – any size or kind for a game

Cost?

- 3 nights – single room – 6 meals – \$390
- 3 nights – double room – 6 meals – \$280
- 3 nights – triple room – 6 meals – \$240
- daily- not spending the night –\$15/day + you can join us for meals – \$12 for brunch and/or \$14 for dinner

We hope to have a full house!! Arlena will be at the guild meetings to answer any questions and take payments. Final payment is due at the September meeting.

Charity & Quilt Show Committee Report – Jessica Steedman

SEW MUCH GOOD: Kick Off the New Year with Charity Projects

Welcome to a brand-new guild year! As we gather for our very first meeting, we are excited to relaunch our Charity Program with some wonderful projects ahead. Whether you are a longtime member or new to the guild, there is a place for your hands and heart here.

What We Are Making This Year

We are expanding our reach to bring comfort to our community in many different ways. This year, our focus projects include:

- Cozy Quilts: Bringing warmth and comfort to those in need.
- Comfort Bears: Huggable stuffed friends for children in stressful situations.
- Port Pillows: Small, cushioned pads to protect medical ports from seatbelts.
- IV Bag Covers: Colorful fabric sleeves to brighten up patient rooms.
- Pillowcases: Bright, fun cases to cheer up beds.

Two Ways to Drop Off and Connect

You don't have to wait to turn in your beautiful creations. We will be collecting completed charity items at two recurring events:

- Monthly Guild Meetings: Bring your finished projects to the charity table at our regular monthly gatherings.
- Weekly Sit 'n Sews: Drop off items during our casual weekly sessions.

No matter your skill level, we have kits, patterns, and cutting work ready to go. Let's make this our most impactful year yet!

LOOKING AHEAD: Big Plans for Our Spring 2027 Quilt Show

It is officially time to look down the road to one of our guild's most exciting milestones. The Appalachian Heritage Quilters 15th Annual Quilt Show is officially scheduled for Spring 2027! Hosting a spectacular show takes a village, and we are laying the groundwork early to ensure it is a massive success.

Getting Started This Fall

Behind every great show is an organized team. Starting this fall, we will begin putting together our planning committees.

- Committee Heads: We need coordinators for crafters corner, boutique, registrations, admissions, and layout.
- Small Roles: If you want a smaller task, we have plenty of bite-sized jobs perfect for a first-time volunteer.
- Sign-Up Info: Keep an eye out at upcoming monthly meetings for committee sign-up sheets.

How Everyone Can Participate

A great show requires the unique talents of every single guild member. We want 100% participation, and here is how you can help:

- Enter a Quilt: Start thinking about your entries now! Whether it is a large heirloom piece, a modern wall hanging, or a challenge project, your work deserves to be seen.
- Volunteer Your Time: We will need plenty of hands on deck during the week of the show to hang quilts, check entries, and take things down.

There will be much more information to come in the coming months regarding entry deadlines, categories, and specific volunteer shifts. For now, keep piecing and get ready to help us make our 15th annual show unforgettable!

Best, Jessica

Tri-Cities Quilt Consortium Report - Audrey Pantas

The Consortium participated in the Mountain Fest Quilt Show Guild Challenge. We submitted quilts representing the 250th celebration of America's founding. The Consortium was awarded a \$125 prize for First Place in this division.

The July 8th van trip to Kentucky quilts shops was well received.

Sit and Stitch upcoming dates:

September 18, 2026 (Friday) and September 19, 2026 (Saturday)

Location: Our Saviour Lutheran Church - Johnson City

November 13, 2026 (Friday) and November 14, 2026 (Saturday)

Location: Crossroads Christian Church

Wool Applique Workshop

Three wool appliqué projects will be taught at this Sit and Stitch. We will have more information and a sign up sheet at our meeting.

A deposit of \$40.00 is required to participate in the workshop. Any additional costs will be collected on the day of the class.

AHQ Challenge Committee Report - Zoe Sibley and Lynn Veith

2027 Guild Challenge — "Something Old"

This year's guild challenge celebrates giving new life to old treasures.

Participants are invited to create a quilted item inspired by the theme "Something Old." Each entry must include at least two of the following elements:

- A vintage quilt block
- Inherited fabric
- A thrifted textile
- Repurposed clothing
- An orphan block

Interpret the theme in any style you choose — traditional, modern, art quilt, wearable, bag, wall hanging, table runner, or other quilted creations are all welcome.

*** Requirements

Entry must be a quilted item consisting of:

- a front,
- a back,
- and a middle layer, held together through stitching or quilting.
- finished item must have a total perimeter of 140 inches or less.

Your entry should include a short note identifying the two (or more) "something old" elements used in your project.

***Presentation & Voting

Challenge entries will be due and presented at the February 2027 guild meeting.

To keep voting fair and anonymous, participants are encouraged to keep their project a secret until the reveal at the meeting. Please avoid sharing progress photos or completed projects publicly before judging takes place.

The goal of this challenge is creativity, storytelling, and celebrating the beauty of reusing and reimagining materials with history and character.

AHQ Merchandise/T-Shirt Committee Report - Laurie Blayney

New AHQ merchandise is here! Laurie Blayney has taken over the chair of the t-shirt committee since Portia's friend retired. Our new vendor is Hometown Tees which is a small business run by 2 friends of Laurie's in Blountville.

Currently being offered are crewneck short sleeve T-shirts for \$23, V-neck short sleeve T-shirts for \$23, crew neck long sleeve T-shirts for \$28, crewneck sweatshirts for \$33 and zip up hoodie sweatshirts for \$33.

Two different styles are available. There will be order forms and color charts at the meeting along with samples. Cash or checks made payable to Laurie are needed when you place your order so she will have the money when she picks up your merchandise. Laurie will answer all your questions at the meeting on the 20th.

AHQ Meeting Minutes
May 21, 2026

The meeting was called to order at 6:00 pm by President Audrey Pantas. All members and visitors were welcomed.

The devotions were presented by Portia Sams.

Upon a motion by Linda Gibbons and seconded by Diane Lutton, the minutes from the April meeting were unanimously approved.

Upon a motion by Betty Tester, seconded by Donna Flynn, the treasurer's report from May was unanimously approved.

The Fat Quarter drawing was held with Betty Gray winning 1st place, Linda Gibbons winning 2nd place, and Diane Lutton winning third place. The fat quarter color for August is Orange.

New Board members for 2026-2027 were voted in by acclamation. The new Board is:

President: Nancy Wagner Forrister
VP Programs: Jackie Smith
VP Quilt Show: Jessica Steedman
Corresponding Secretary: Shelly Kelley
Recording Secretary: Lynn Veith
Treasurer: Linda Gibbons
Chaplain: Liana Thompson

It was announced that volunteers are needed for all committees.

Jessica Steedman announced that the recent quilt show was a success and there was great turnout.

Arlena Miller reminded the guild of the dates for the upcoming summer drive in retreat - July 16-18 here at Crossroads Church. Arlena also announced the dates for the Fall Retreat at the 4H Center in Abingdon which are 9/30 - 10/3. See Arlena for registration information. Registration due in September.

Audrey gave an update on the Consortium plans for July and August.

A new block for the Block of the Month program was presented.

Laurie Blayney asked for donations for Mt. View Elementary School sewing students. All donations of sewing supplies are welcomed.

Show and Tell was held with many beautiful quilts displayed.

After a brief break there was a critique and sharing of ideas for future quilt shows.

The meeting was adjourned around 7:30 p.m.

Minutes submitted by Barbara Kirk, Recording Secretary

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2026-2027 OFFICERS - Appalachian Heritage Quilters

President	Nancy Forister
V.P. Programs	Jackie Smith
V.P. Quilt Show	Jessica Steedman
Treasurer	Linda Gibbons
Recording Secretary	Lynn Veith
Chaplain	Liana Thompson
Corresponding Secretary	Shelly Kelley

COMMITTEES

Charity Coordinator – Jessica Steedman
Sit & Sew – Connie Carr, Laurie Blayney, Marcella Timpson
Membership – Paulette Bruggeman, Donna Flynn
Retreats – Arlena Miller
Quilt Challenge – Lynn Veith, Zoe Sibley
T-Shirt Coordinator – Laurie Blayney
Website Coordinator – Janet Henne
Tri-Cities Guild Consortium – Audrey Pantas, Jessica Steedman

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