

Appalachian Heritage Quilters

Crossroads Christian Church

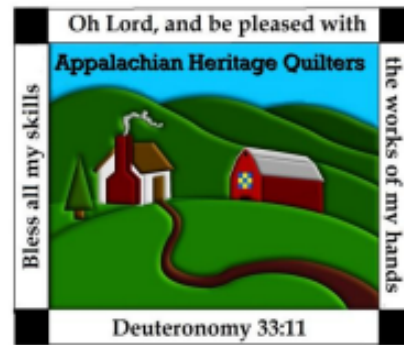
1300 Suncrest Dr. Gray, TN

Issue 172 - September, 2026

Website:

www.appalachianheritagequilters.org

facebook: www.facebook.com



A note from our President, Nancy Forister



WOW! I was blown away at the wonderful attendance at our August meeting! I don't have an exact count, but we had approximately 75-80 present. I would like to welcome our new members who joined in August and thank our returning members for continuing their membership for another year. I am honored to be a part of such a wonderful group of quilters.

Jackie Smith, our VP for programs, has a great program lined up for our September meeting. Do you have some items you have made using Vintage materials? Please bring them for show 'n' tell.

Jackie sent a survey to get input on program ideas and workshops. Only 8 of us completed the survey. If you haven't given your input, please do so. Shelly Kelley does a fantastic job with our newsletters. Please read all of the information shared by our board members and committee chairs. We have a lot going on and you don't want to miss out on all of the

opportunities for getting involved and continuing to learn new techniques and/or fine tuning the skills you already have! We are life-long learners! Come early (5:30 pm) to socialize. The meeting will begin at 6 PM. Our The program will begin at 7 PM. Remember to bring show 'n' tell and money to purchase some feed sack fabric!

I look forward to seeing everyone! Let's try to set another record for Attendance.

Happy Stitching,
Nancy Wagner Forister
President, Appalachian Heritage Quilters

SEPTEMBER AGENDA

Welcome/Recognize New Members and Guests	Nancy Forister
Devotion-Biblical Holidays and how they reflect Jesus	Liana Thompson
Approval of Minutes	Nancy Forister
Approval of Treasurer's Report	Nancy Forister
Tee Shirts/Sweat Shirts	Laurie Blayney
Guild Challenge Quilts	Lynn Veith
Charity Quilts	Jessica Steedman
Quilt Show	Jessica Steedman
Opportunity Quilt	Jackie Smith, Audrey Pantas, Lynn Veith
Tri-Cities Consortium (TCGC)	Audrey Pantas, Jessica Steedman
Fall Retreat Information	Arlena Miller
Other Committee Reports	
UFO's, Block of the Month, Show 'n' Tell	Audrey Pantas, Martha Williams, Shelly Kelley
Program - Cecilia Reid of Pat's Sacks of Titusville	Jackie Smith

She will present a fun-filled program on genuine feed sacks dating from the 1920s to the 1960s. Feed sacks represent a beautiful chapter in history where industrial necessity met domestic creativity, turning ordinary packaging into vibrant fabric for clothing and quilts.

For this month's Show and Tell, Cecilia requests that anyone with feed sacks or items made from them bring them to share with the group.

I know everyone will love this program, and I hope it inspires ideas for our upcoming Guild Challenge due in February!

There will also be items available for purchase, so come prepared to be inspired and take home something special.

September Fat Quarter Color - Plaids

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. **August's First Place winner was Renee Page.**



OCTOBER BIRTHDAYS



2 - Betty Briscall
11 - Ginger Mercer
20 - Mae Kemp
22 - Christina Hash
25 - Renee Fox

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Treasurer's Report - August, 2026

Checking Account

8/10/26	Balance	\$ 8,681.26
Income:		
8/20/26	Dues	\$ 1,800.00
8/27/26	Dues	50.00
7/31/26	Dividend	0.39
9/10/26	Retreat Fees	1,115.00
	Total Income:	\$ 2,965.39
Expenses:		
9/3/26	Fees	\$ 1.50
	Total expenses:	\$ 1.50
9/10/26	Closing Balance	\$11,645.19

Savings Account Balance - \$65.60

Linda Gibbons, Treasurer

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- September 17 - Guild Meeting
- Sept 18-19 - Consortium Sit & Stitch at Our Saviour Lutheran Church
- September 24 - Sit and Sew
- Sept 30-Oct 3 - Fall Retreat
- October 1 - Sit and Sew
- October 8 - Sit and Sew
- October 15 - Guild Meeting
- October 22 - NO SIT AND SEW
- October 29 - Audra Rasnake applique class NO 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 and 4 days! 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

The Charity Committee has been busy over the past few weeks delivering the generous donations made by our guild members.

Thanks to your hard work and dedication, we donated 43 quilts and 143 additional handmade items, including pillowcases, IV bags, port pillows, and stuffed bears.

Each donation provides comfort, encouragement, and a reminder that someone cares. Whether it is a child receiving a quilt at the Children's hospital, a family staying at the Ronald McDonald House, a cancer patient receiving a lap quilt or port pillow, or a child receiving their own bed through Sleep in Heavenly Peace, your handmade gifts make a meaningful difference.

Thank you to everyone who donated fabric, supplies, time, and talent to these projects. A special thank you goes to the Charity Committee members who delivered the donations over the last few weeks.

The generosity of our guild continues to touch lives throughout our community. Together, we are stitching comfort, hope, and kindness—one project at a time.

AHQ Spring 2027 Quilt Show - Jessica Steadman

The Quilt Show Committee continues to work on planning and developing procedures for the Spring Quilt Show. There are no volunteer needs at this time but additional information and needs will be shared as plans progress.

Tri-Cities Quilt Consortium Report - Audrey Pantas

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: Our Saviour Lutheran Church - Johnson City

Wool Applique Workshop

The deadline to register for this workshop is October 8! Please be prepared with a check for \$40 made out to Tri-Cities Consortium at the September Guild meeting. We will order the kits and supplies on October 9. This is an added benefit for all guild members.

Audra Rasnake Applique Class

This class is scheduled for Thursday, October 29th at Crossroads Christian Church.

Audra will be presenting the program at our October Guild meeting.

- A \$35 deposit is required to hold your spot. Please bring a check made out to AHQG to reserve your spot in the class.
- Final cost will be determined once the total number of students is set.
- A supply list will be provided prior to the class.
- Class fees cover the pattern and instructions; participants will need to provide their own materials.

Everyone is invited to the Sit and Stitch events.

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 Meeting Minutes August 20, 2026

The meeting was called to order at 6:00 pm by President Nancy Forister. All new members and guests were welcomed.

The devotions were presented by Liana Thompson.

Lianna presented a gift from the guild members to outgoing president Audrey Pantos to thank her for two years of service.

All members who had birthdays in June and July were recognized.

Upon a motion by Pat Carver and seconded by Lisa Kleven the minutes from the May 2026 meeting were unanimously approved.

Upon a motion by Connie Carr and seconded by Melinda Measner the Treasurer's report from the May 2026 meeting was unanimously approved.

The 2026-2027 Proposed budget was presented. After comments, questions and discussions, a motion by Donna Flynn and seconded by Shelly Kelley, the budget was unanimously approved.

Dates for Guild Meetings:

Third Thursday of the month at Crossroads Christian Church, Gray, 6-8

Sit N Sews:

First, second and 4th Thursday of the month pending availability of the meeting site. If a scheduled Sit N Sew will not be held, it will be noted in the monthly newsletter. If Washington County schools are closed due to a weather event, any guild events scheduled for that day will be cancelled.

Retreat:

Arlena Miller updated information regarding the guild retreat. Sept 30-Oct 3, 2026 at the 4-H Center in Abingdon, VA. The deadline for registration and full payment required is at the September meeting.

Classes:

Audrey Pantas announced that Audra Rasnake will be teaching a "Beginner Applique Workshop" October 29 from 9-4 pm at Crossroads Christian Church. Participants will select from one of two patterns. The cost of the pattern is included in the workshop cost. Participants are required to bring their own fabric and sewing supplies. The cost of the workshop will be determined by the number of participants, not to exceed \$50.00. The event will be opened to the Tri-Cities Consortium. This class will replace the sit and Sew for that day.

Quilt Show:

Jessica Steedman, Quilt Show Chair, informed members that a date will not be set for the show until the church sets their calendar. She is hoping for a late April, early May date. She encouraged all members to enter an item in the show. She will be convening the show committee to review and plan for the 2027 show.

Miscellaneous:

A call was made for any additional committee reports or new business. There were no requests.

Monthly Meeting Programs/Topics:

Jackie Smith presented the projected programs for the coming year.

Lianna Thompson announced that a Tour of Quilts at ETSU has been scheduled for Friday November 6 at 10:30. The event is free; however, members must sign up with Lianna to secure parking at ETSU.

Membership and Directory:

Paulette Bruggeman will take photos for new members and current members who would like to have a new photo.

Fat Quarter Exchange:

The winners of the fat quarter drawing were:

Renee Page, Dianne Betencourt, Lilly Von Braun, Elizabeth Harden, Portia Sams and Linda Gibbons

Renee Page selected Plaid as the theme for the September meeting.

Tee Shirts/Sweat Shirts:

Laurie Blayney presented a new Guild T-shirt, Hoodie and Crew neck shirts. Each item requires an individual order sheet. Payment is due when you order your item.

Guild Challenge Quilt:

Zoe Ledman and Lynn Veith the presented Challenge Quilt. Completed entries are due at the February meeting.

Charity Quilts:

Jessica Steedman presented the Charity Organizations that we will be supporting this year. She introduced members of the charity committee to coordinate distribution.

- Niswonger Children's Hospital
- Ronald McDonald House
- Ballad Cancer Center
- Sleep In Heavenly Peace
- Johnson City Fire Department
- Christmas Party Recipient: Niswongers Children's Hospital

Tri-Cities Consortium:

Audrey and Jessica are representatives.

The Consortium submitted an entry in the Mountain Fest Quilts Show and was awarded first prize.

Audrey updated members on the Consortium upcoming events/programs

Consortium Sewing Dates:

- Sept 18 and 19 at Our Saviour Lutheran Church , Johnson City
- Nov 13 and 14 at Our Savior Lutheran Church , Johnson City. This will be a class on wool Applique. Sign up and payment of \$40.00 is due by the September meeting to Audrey Pantos.

Other Committee reports and miscellaneous business:

UFO's, Block of the Month and Show N Tell:

Members shared their Block Of the Month, UFO and other finished quilts

Martha Williams and Shelly Kelley explained the Block of the Month Program. The August Block of the months will be a Heart Block. Completed quilts will be due in August, 2027..

Eloise Kominek invited members to attend the Sycamore Stitchers Quilts Show on Oct 9, 10, 11, 10-4 Sun 1-4 at the Ashley Academy in Johnson City.

Vicky Lowe, Charity Chair for 2025-2026 shared the following data totals of all items distributed through the charity collections last year.

- Quilts - 326
- IV bags - 110
- Port Pillows - 197
- Bears - 66
- Hat - 110
- Pillow Case - 116
- Other items - 116

The meeting was adjourned at 8:05 pm by Nancy Forister

Minutes submitted by Lynn Veith, Recording Secretary

2026-2027 OFFICERS - Appalachian Heritage Quilters

PRESIDENT - Nancy Forister
VP PROGRAMS - Jackie Smith
VP 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!



[September's Quilt on display at Gray Library](#)

Name of Quilt: The Queens of Halloween

Top Made By: Barbara Kirk

Quilted by: Lynn Veith

This started with a panel called The Queens of We'en by Wecker Frisch. Barbara surrounded the panel with colorful half-square triangles.

If you look carefully, you will find bats and spiders!