

Appalachian Heritage Quilters

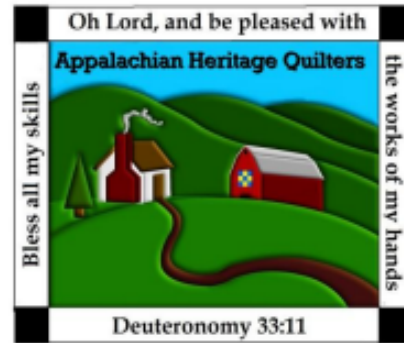
Crossroads Christian Church
1300 Suncrest Dr. Gray, TN

Issue 173 - October, 2026

Website:

www.appalachianheritagequilters.org

facebook: www.facebook.com



A note from our President, Nancy Forister



Dear AHQ members,

Fall is in the air, finally! We are off to a great start with a wonderful program at our September meeting and another one to look forward to for the October meeting. Thanks to Jackie Smith for her leadership and finding great programs for our guild. I would also like to thank Arlena Miller for her leadership and planning our fall retreat. I heard that it was a great success and I think she has some dates to share for next year's fall retreat.

I don't know about you, but I love this time of year. Football, fall festivals, quilting retreats and quilt shows are a few of the things that we can enjoy while preparing for Thanksgiving and Christmas. These are busy times and we have to find time for quilting !!! Our Sit'n'Sews are a great time to do just that while having fun and fellowship.

I look forward to seeing you at the meeting on October 15, 2026. Come at 5:30 PM to sign in and sign up for upcoming events and a fellowship with other members. The meeting will begin at 6 PM. Be sure to look over the agenda that's included in the newsletter.

Happy Fall,
Nancy Wagner Forister
President, Appalachian Heritage Quilters



OCTOBER AGENDA

Welcome/Recognize New Members and Guests

Devotion

Approval of Minutes

Approval of Treasurer's Report

*Program - Audra Rasnake

Tee Shirts/Sweat Shirts

Guild Challenge Quilts

Charity Quilts

Quilt Show

Opportunity Quilt

Tri-Cities Consortium (TCGC)

Fall Retreat Review & 2027 Dates

Other Committee Reports

Announcements

Block of the Month, UFOs/Show 'n' Tell

Nancy Forister

Liana Thompson

Nancy Forister

Nancy Forister

Jackie Smith

Laurie Blayney

Lynn Veith

Jessica Steedman

Jessica Steedman

Jackie Smith, Audrey Pantas,

Lynn Veith

Audrey Pantas, Jessica Steedman

Arlena Miller

Audrey Pantas, Martha Williams,
Shelly Kelley

**We are honored to welcome Audra Rasnake, an award-winning quilter and American Quilter's Society instructor, to our October meeting. Audra will share a trunk show of her beautiful quilts during a one-hour presentation beginning at 6:30 p.m.*

Programs like this are made possible through the support of our guild, and we hope you will join us for an evening filled with beautiful quilts, inspiration, and new ideas. Audra's award-winning work offers something for every quilter to appreciate, including color, design, composition, fabric selection, hand quilting, and finishing techniques.

Audra will return on Thursday, October 29, for a full-day workshop. She will introduce participants to needle-turn applique while also sharing helpful techniques for making templates, planning a project, choosing colors, and creating neat, confident stitches. These skills can be used in many types of quilting and may also help improve your binding and hand-quilting stitches.

Even if hand applique is not something you plan to pursue, there will still be plenty to enjoy and learn. You do not have to become an applique quilter to leave with useful ideas, greater confidence, and renewed creative energy.

The workshop is open to quilters of all experience levels. Come for the quilts, the inspiration, and the opportunity to spend a creative day with friends. You may discover a technique you enjoy - or simply take-home ideas that influence your next project.

October Fat Quarter Color - Stripes

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. **September's First Place winner was Robin Noel.**



NOVEMBER BIRTHDAYS



5 - Joyce Painter
5 - Julie Dyer
6 - Jessica Steedman
21 - Fran Tafer
27 - Lisa Kleven

27 - Connie Mulligan
28 - Jeanette Duncan
30 - Janet Henne
30 - Ruth Wilbanks

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Treasurer's Report - September, 2026

Checking Account

Income:

9/19/26	Dues	\$ 375.00
9/30/26	Dividend	0.49
10/1/26	Retreat Fees	2,831.00
Total Income:		\$ 3,206.49

Expenses:

9/17/26	Speaker	\$ 350.00
9/3/26	CC Fees	\$.00
10/3/26	Retreat	\$ 3,570.00
Total expenses:		\$ 3,920.00

10/11/26 Closing Balance \$14,441.18

(Note: check to 4H Center has not cleared bank as of this report)

Savings Account Balance - \$65.60

Linda Gibbons, Treasurer

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- **October 15 - Guild Meeting**
- **October 22 - NO SIT AND SEW - church conflict**
- **October 29 - Audra Rasnake applique class***
- **November 5 - Sit and Sew**
- **November 12 - Sit and Sew**
- **November 13-14 - Consortium Sit and Sew at Our Savior Lutheran Church**
- **November 19 - Guild Meeting**

- **December 3 - Christmas Party**

**Rooms 110 and 111 are available for those who still want to gather for sit and sew. However space is limited due to the size of the rooms.*

Charity & Quilt Show Committee Report - Jessica Steedman

A heartfelt thank you to everyone who continues to support our charity projects! At last month's meeting, we received 13 quilts and 35 additional items—a wonderful reminder of the kindness, creativity, and generosity within our guild. Every item we donate brings comfort, warmth, and love to someone in need.

As we move into another month, I encourage everyone to keep sewing and donating. Every contribution makes a difference, no donation is too small, and every stitch shows that our community cares.

We currently need pre-cut kits for IV bags, pillowcases, and port pillows. These kits make it easy for members to pick up a project and sew whenever they have time. We would love to organize cutting and kit preparation during an upcoming Sit 'n Sew. This is a great way to help, even if you don't have a finished item to donate—the preparation behind the scenes is just as important as the sewing itself!

If you have suitable fabric to donate or would like to help cut and assemble kits, please consider joining us. Working together makes these projects easier, more enjoyable, and more productive.

Thank you for sharing your time, talents, fabric, and generous hearts. Together, we can continue making a meaningful difference, one quilt and handmade gift at a time.

AHQ Spring 2027 Quilt Show - Jessica Steadman

As we prepare for our 15th Annual Appalachian Heritage Quilters Quilt Show next spring, please begin thinking about how you would like to volunteer.

Over the coming months, we will share volunteer opportunities and job descriptions so you can choose the roles that best match your interests and abilities. The success of our show depends on the dedication and talents of our members, and we look forward to working together to make our 15th annual show our best one yet!

Tri-Cities Quilt Consortium Report - Audrey Pantas

Sit and Stitch upcoming dates:

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.

Upon a motion by Martha Williams and seconded by Connie Carr minutes from the August 2026 meeting were unanimously approved.

Upon a motion by Portia Sams and seconded by Paula James the Treasurer's report as published in the newsletter was unanimously approved.

Tee Shirts/Sweatshirts:

Laurie Blayney presented the new Guild T-shirt, Hoodie and Crew neck shirts. Each item requires an individual order sheet. Payment is due when you order your item. Laurie noted that the V neck shirts are fitting smaller, and the zip up hoodies are running larger

Guild Challenge Quilt:

Zoe Ledman and Lynn Veith reminded members of the requirements for the 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.
Niswonger Children's Hospital
Ronald McDonald House
Ballad Cancer Center
Sleep In Heavenly Peace
Johnson City Fire Department

Animal Shelters

Christmas Party Recipient: Niswonger Children's Hospital

Jessica thanked everyone who donated last month which was a total of 43 quilts and 143 other items. She introduced members of the charity committee who have volunteered to distribute the donated items.

She shared a thank you card from the Children's Hospital.

Jessica is working on creating labels for members to attach to charity quilts and tags to attach to other items.

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.

Opportunity Quilt:

Jackie Smith and Lynn Veith provided an update on the status of the Opportunity quilt for the 2027 Quilt Show. Several members have returned their completed house and tree blocks; more house patterns are available. Members were asked not to trim the blocks prior to returning. Volunteers will be needed to piece the top, quilt, bind, attach a sleeve and create a label for the quilt which needs to be finished by early March for photography to be completed for the post cards.

Completed blocks are due to a member of the committee: Jackie Smith, Audrey Pantas or Lynn Veith by the November meeting.

Tri-Cities Consortium (TCGC):

Classes:

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.

Consortium Sewing Dates:

Sept 18 and 19 at Our Saviour Lutheran Church, Johnson City

Fall Retreat:

Arlena Miller updated members on the fall retreat. There are still some rooms available. All reservations must be made with Arlena by September. Day quilters are very welcomed.

Notify Arlena if you plan to come for the day and want to partake in meals.

The devotional and prayer requests were presented by Liana Thompson.

All members who had birthdays in September were recognized.

Miscellaneous:

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

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 (plaids) were: Robin Noel, Betty Gray, Diane Pittarese. Robin Noel selected stripes as the theme for the September meeting.

Other Committee reports and miscellaneous business:

Angie Harris 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.

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

BOM: Shelly Kelly and Martha Williams updated members on the Block of the month program. The past monthly block patterns were emailed to members. The August BOM was a heart. The September Block is the Spinner Block. The directions will be sent out via email. Completed quilts or other items made from the BOM blocks will be due next August. Jackie Smith introduced Cecelia Reid of Pat's Sacks of Titusville. She presented a program on feed sacks dating from the 1920's to the 1960's.

The meeting was adjourned at 8:15 pm by Nancy Forister.
Minutes submitted by Lynn Veith, Recording Secretary

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!](#)



October's Quilt on display at Gray Library

Name of Quilt: Owl Be Seein' You

Top Made By: Pat Carver

Quilted by: Lynn Veith

This quilt is perfect for the Fall Season.

Pat made this quilt using a center panel and coordinating fabrics. She was drawn to the colors and designs because they were a unique take on the Halloween theme.