

# Heartstring Quilters

## From the Editor

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### Upcoming Meetings:

January 10th  
Joseph Eagle  
January 19th:  
Saturday Quilting Retreat  
February 14th  
(Valentine's Day)  
Jim V. on Framing Postcards

Happy New Year! Now that the holiday celebrations are over and we are heading into the cold months, it is easy to feel like things are bleak and colorless. For the immediate future, the grass is almost dead, and the trees appear as only brown limbs without leaves. There aren't any flowers, and most of the busy living things are hibernating. Although the landscape may seem quite blank, this time might be an opportunity to re-tune and look with a more sensitive eye to see what colors are left. Even in winter, there are subtle colors that can be inspirational, such as the particular blue of the shadow cast on snow, or the red berries left on certain varieties of bushes. Winter skies can provide a mysterious and changing scheme of blues, slates, greys, whites, and, at sunset, oranges, pinks and purples. We may want to observe them from within a warm bedroom...but they are there! If we can tune our sight to the more subtle gradations of light and color, just a small paw print trail in the white snow can be the basis for a piece of art.

Still, if we aren't able to make note of these winter gems all the time, this time of year can leave a lackluster feeling as it stretches out. Some of us might feel a little bored or even depressed with the lifeless terrain and blank garden beds -- and what seems like the millionth time we have to don coat, gloves and two scarves. This makes it the perfect time to stay inside and make quilts, just to add color back into our lives. A bright color combination or a humorous design can keep us going through the frigid days and nights. Planning and creating quilts can be a way to anticipate the first colors of

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## January Meeting

On January 10th, we will be an interactive presentation with Joseph Eagle, owner and operator of Ease-Up. He specializes in deep muscle sports massage. He is going to talk about muscle problems involved with quilting and how to avoid and/or alleviate them.

## Heartstring Quilters

The newsletter of Heartstring Quilters is published monthly. Monthly meetings are held the second Thursday of every month at 7:15 PM when there is a speaker, and 7:30 PM if there is no speaker.

Membership dues are \$25/year  
Guest fee is \$3, or \$5 when there is a speaker.

### Officers & Committees

Presidents:

Suzan Hirsch and  
Robin Levenberg

Co-Secretaries:

Judy Fliegelman and  
Marcy George

Treasurer: Susan Soiferman

Assistant Treasurer: Martha Klein

Hospitality: Lida Pos Klesius

Programs:

Diana Heiney and Patti Britt

Newsletter:

Elizabeth Van Schaick

Membership: Karoline Wallace

Raffle: Terri Ciampitti

Website: Karoline Wallace

Sunshine: Soryl Angel

### Newsletter Submissions

Send items for newsletter, announcements and information from other guilds, etc. by the 18th of each month to Elizabeth Van Schaick at:  
**skoik@comcast.net**

Please make sure submissions have been proofread and are free of unnecessary formatting.

## January Retreat

The tradition of a quilting day in January continues. Heartstrings will host a creative project-based day led by Margo C. and Toni C. on

January 19th  
at the Conshocken Marriott  
9:45 am-3:45 pm

Should you not want to make postcards, you are welcome to bring something else and sew the day away.

Cost: \$27 includes lunch. Parking \$3.00 additional  
RSVP to Robin by Jan. 8.

Before the retreat, take a look at:

**<http://debrichardson.blogspot.com/2005/09/how-to-make-fabric-postcard-debr-style.html>**

This website gives a pretty good overview of making the postcards and what you will need.

You may also peruse these books:

***Fast, Fun and Easy Fabric Postcards: Keepsakes You Can Make and Mail*** by Franki Kohler

***Positively Postcards: Quilted Keepsakes to Save or Send*** by Bonnie Sabel and Louis-Philippe O'Donnell

***1000 Artist Trading Cards*** by Patricia Bolton

***Fabric Postcards: Landmarks and Landscapes, Monuments and Meadows*** by Judi Warren

***Quilt Designs for Postcards*** by American School of Needlework

Also see Cindy Friedman's framed 'people postcards' in the gallery at the Wayne Art Center!

## December Meeting Minutes

**MINUTES DECEMBER 2007** by Marcy George

Robin L. called our business meeting to order, and provided the following discussion items for consideration:

1. In Memoriam for Susan Brooks' husband, who died earlier this week of ALS, the guild will contribute \$50 -\$100 to the fight against ALS, depending on the status of our Treasury. (Susan S., Treasurer, was absent, so Robin will check with her prior to making out the exact amount. Everyone who wants to provide Susan with sympathy cards and emails should use her address from our membership list. Her email name is: Seamcrazy@comcast.net

2. The Heartstrings Guild winter retreat has been set -- 1/19/08 at the Marriott in Conshohocken. Details as to price and project requirements to come, but Margo and Toni will co-lead everyone in making our own postcard quilts! If you have magazine articles or books on the subject, please read up ahead of time, and you can help co-lead! In addition, in February, Jim will lead us in a session to frame our masterpieces. GREAT fun is coming during our winter doldrums.

3. Diana H. has notified Robin that as of June, 2008, she will need to step down from Program Co-chair. If anyone is interested in helping Patti B. out, please let Robin or Suzan know of your interest.

4. We basked once again in the glory of our pin sales during the LBBC conference in November. Living Beyond Breast Cancer event was successful, despite some logistical issues. Thanks to all who made and sold pins for the Guild. Over \$800 was collected. Debbie S. is going to follow up with other events that LBBC might be having at which we can sell. Karoline will contact their webmaster to see if we can have them put a link to our site for pin orders going forward. (We look forward to the "happy problem" of having more orders than we can fill.)

5. Jim announced that old copies of Quilters Newsletter magazines were "there for the taking," and a number of people did avail themselves of his holiday largesse! Thanks, Jim!

6. Karoline announced that it's time for everyone to renew their membership by paying their dues. Please send checks to Karoline. If your membership details, such as name, address, phone number and email address hasn't changed since last year, let her know. She will not require the Membership Form to be filled out. Thanks, Karoline!

### Show & Tell:

Karoline revealed her 3 year project -- a wool commission quilt with suiting material from Talbots on the front in various star blocks, backed with a cotton "spiral showcase" of her own. Just stunning! We are all concerned for Karoline's back and shoulders as she machine quilts this masterpiece. She calls this quilt her "Patience & Humility Quilt" due to all the challenges of working with the materials.

Jim used the extra week's time (from postponement of the meeting due to bad weather), to complete three quilts, which he showed. Two were twin sized red quilts (for a red bedroom theme). Each was a unique and beautiful execution of his own version of a Blooming Ninepatch pattern. What amazing colors -- reds, oranges, yellows, browns, each just waiting to become a Maine bedroom favorite. His third quilt was "just for fun" -- a painted quilt art piece inspired by a Maine sunrise -- WOW!

Joyce showed us three different Santa gift bags -- absolutely darling, each one. We all particularly liked the stocking with her name on it, and a lovely portrait of herself complete with fancy slippers and a look of anticipation of holiday fun! Thanks for livening up the artistic show and tell, Joyce!

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# NEW YEAR, NEW BOOKS

## ***The Uncommon Quilter***

Jeanne Williamson

Potter Crafts; \$25

In 1999 Jeanne Williamson began creating small 8" by 10" art quilts on a weekly basis, continuing for seven years and 365 pieces. With each quilt she developed a sense of accomplishment and increased creativity that found its way into her more serious artwork. (This concept of small quilts was also the inspiration for the Journal Quilt Project that was a popular exhibit at International Quilt Festival from 2002-2007.) This collection of 52 of the small art quilts will inspire you to step out of your box and try something new and grow as a quilter. The techniques focus on using paper, plastic, fiber and surface designs. You'll see quilts using the plastic from onion bags, shredded paper, crayon rubbings and seed pods. While you might not want to try all the techniques, you'll find plenty of ideas to open your eyes and jump start your creativity this new year.

(From The Professional Quilter Email Newsletter)

## ***The Painted Quilt: Paint and Print Techniques for Color on Quilts***

by Linda & Laura Kemshall Retail Price: \$24.99

Step-by-step techniques for inspired surface design by the masters.

## ***Embellished Mini-Quilts: Creative Little Works of Art***

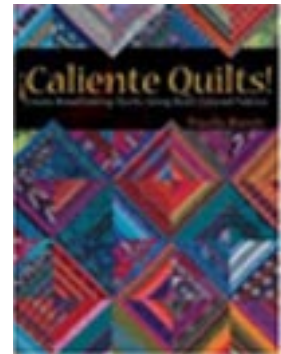
by Jamie Fingal Retail Price: \$24.95

A great resource for designing postcard quilts!

## ***Red, Book 19***

by Jan Beaney & Jean Littlejohn Retail Price: \$17.95

*Red* explores the color in its many permutations, from car lights to pomegranates. Check out the extensive series by these authors on Amazon.com or [Quiltingarts.com/shop](http://Quiltingarts.com/shop)



## ***Caliente Quilts: Create Breathtaking Quilts Using Bold Colored Fabrics***

by Priscilla Bianchi Retail Price: \$24.99

Features innovative methods for solving a dilemma shared by all quilters - accurately mixing and matching colors and textures. Inspires creativity through 120+ color photos of radiant fabrics and quilts. There are so many glorious fabrics from around the world, and this easy-to-use guide helps you mix and match these fantastic fabrics for outstanding results! This book helps expand the popularity of contemporary quilting by inspiring innovative and stunning quilt designs using exotic material including Guatemalan fabrics, Indonesian batiks, African mud cloth, Japanese shibori and others. (From Amazon.com)

## ***Visual Coloring: A Foolproof Approach to Color-Rich Quilts***

by Joen Wolfrom Retail Price: \$27.95

Struggling with color? Visual Coloring offers a practically foolproof technique that lets quilters analyze the colors and proportions found in nature, then duplicate the effects in beautiful quilts and other projects. Tons of photographs, fabric-swatch examples, and a gallery of idea quilts show the way, and five simple yet richly colored quilt projects let readers try out what they've learned.

(From Amazon.com)

## From the Editor, continued from p. 1

early spring and the first vegetables of summer that we are looking forward to. Lonni Rossi's wonderful shop full of glowing fabrics, or our own sewing room filled with our favorite art books and fabrics instantly warms us up.

Interestingly, not everyone sees color the same way. A few weeks ago, a man came into the Talbots store where I work and said that he needed to get something to match his daughter's coat, and he would need some help because he was colorblind. He made a point of explaining that if he does not tell a salesperson about his colorblindness, he does not get the *kind* of help he needs. Statistically, more men than women are red/green colorblind (7% and .4% respectively). Blue/yellow colorblindness is very rare, occurring in men and women at roughly the same rate (.001% to .03%). Although colorblindness leads to the inability to distinguish some things, for example the difference between a Granny Smith apple and a Red Delicious, it can sometimes bring other enhanced abilities, such as detecting camouflages.

It may be interesting to consider these color senses when designing a quilt for someone. Some colorblind people can not see colors on a paper map, but can see them on computer screens or television. Some see color better on artificial materials like plastic or acrylic paint, than on natural materials, such as paper, wood, and presumably, cotton fabric. This could be important to a quilter's choice of dying or painting technique, or even fiber content of fabric. Colorblind people might have trouble registering colors of thin lines, but might be able to see them in thick lines. This could affect decisions in quilt designs if the maker wishes to reach those who see differently.

However we as individuals see color, and wherever we see it, it definitely has a kind of power beyond just being a hue. Colors affect moods, memories, perceptions and artistic creations. If you surround yourself with colorful materials, be they yarn, beads, fabric, paper or paint, and a project to create, you will definitely have a more lively time getting through the winter. When you are snowed in, and can't meet friends, you can create and mail a fabric postcard instead as a way of sharing some color!

Elizabeth

*There's a certain Slant of light,  
Winter Afternoons---  
That oppresses, like the Heft  
Of Cathedral Tunes---*

*Heavenly Hurt, it gives us---  
We can find no scar,  
But internal difference,  
Where the Meanings, are---*

*None may teach it---Any---  
'Tis the Seal Despair---  
An imperial affliction  
Sent us of the Air---*

*When it comes, the Landscape listens---  
Shadows---hold their breath---  
When it goes 'tis like the Distance  
On the look of Death---*

*--Emily Dickinson*

## Refreshments

January: Beverage/Snack:

Karoline Wallace

Savory: Joyce Wilson

Sweet/Dessert: Judy Allison

February: TBA

If your name appears in the newsletter for next month's refreshments and you will not be able to provide them, please contact another member to take your place. The refreshments responsibility is rotated in alphabetical order. If you do need to switch with another member, please notify the hospitality chairperson, Lida Pos Klesius at [aklesius1@comcast.net](mailto:aklesius1@comcast.net)

MINUTES, conitnued from page 3.

Debbie S. took an “ambitious beginner” knitting pattern off of the internet, and proceeded to make a fabulous scarf and hat with unique color cominations. She needed orange to match a great new coat she’d purchased. Debbie, can you share the pattern for the hat?

Lauren followed up with a knitting project of Log Cabin Blocks with yarn (Nolo Courian) and project details provided by The Tangled Web. She volunteered to help a friend learn to knit, and is getting a beautiful lap afghan out of the deal. As quilters, we could really see the “log cabin” look to the pattern, and really appreciated what a neat project she has tackled. Hopefully, in January, she can show us the finished afghan. She has almost completed her 16 blocks.

Judy F. showed us her purchase from Judy Bergman: a cite amd functional knitting needle case.

Terri C. showed us a surprise present sent to her by a friend. She thought it was a bracelet, but NO, it’s a coffee cup cozy. A very cute ribbed knitted piece. Watch out for these coming to Starbucks in the near future, ha ha!

Marcy G. described her latest foray into spinning -- FIBER, that is, complete with new Louet spinning wheel. She’s having fun with this new fiber endeavor, and is knitting up a storm during all her travels for business.

Debbie S. told us of the Wayne Art Center where there is a fabulous Craft Showing until Feb. 1st. She mentioned that the Art Quilt Elements show will be housed there next year, hence her new affiliation. We’re happy to hear that there is a venue for the show that she and others in our guild produce so well.

This year’s auction will probably go down in history as the least lively, but for those of us who did manage to steal away some delectable gifts (including Marcy, with the high number of the evening), I think we all had a great time, and no one went away without a fantastic gift. Thanks to everyone for putting real heart and talent into their offerings. All those hand-dyed fabrics, wow! Thanks to the organizers who created the idea of including embellishments as well as fabric. We all came away with new toys to enhance our postcard quilt making, and other efforts. I’m nominating Terri C. as the MVP -- Most Valued Picker of the evening -- thanks from all of those who stole from her!

Respectfully submitted,

Marcy George  
Co-Secretary

P. S. Thanks to Judy F. for faithfully providing minutes every month this year, and for allowing me to keep honor by producing the minutes this month, after being absent all year. Happy 2007, Welcome 2008!

## Around the Guilds

### Love Apple Quilters

<http://www.loveapplequilters.com>  
website not updated

### Undercover Quilters

<http://www.undercoverquilters.com>  
January: Use your library...  
February: Jane Hamilton.. "A Scrap attack" exploration of how our ancestors dealt with scraps.

### Valley Forge Homestead Quilters

<http://www.valleyforgequilters.org>  
website not updated

### Main Line Quilters

<http://www.mlq.whitecarp.com/html/prog.html>  
website not updated

Contact information and/or programming descriptions for these groups is appreciated!

## Calendar of Events

December 7 - January 7: Material Culture (Imported Home Furnishings) on Wissahickon Avenue celebrates its 25th anniversary and hosts 25 exhibitions of various ethnic textile and sculpture items, including natural dyes, dowry textiles of the Banjara Gypsies, silk robes of Central Asia, vintage quilts of the Indian sub-continent, vintage saris and more.

December 7 to February 1: "Craft Forms 2007" Wayne Art Center 413 Maplewood Avenue Wayne, PA 610-688-3553 [www.wayneart.org](http://www.wayneart.org)

Through March 9: "Pricked! Extreme Embroidery" Museum of Arts & Design 40 W. 53rd Street, New York, NY 212-956-3535 [www.madmuseum.org](http://www.madmuseum.org)

February 20, 2008 - May 18, 2008 FRIDA KAHLO. Organized in celebration of the centenary of the artist's birth, this exhibition of over 40 paintings focuses on Frida Kahlo's extraordinary self-portraits. Philadelphia Museum of Art.

Read more at

[www.philamuseum.org/exhibitions/278.html](http://www.philamuseum.org/exhibitions/278.html)

Contributions to the calendar are appreciated!

