

# Franklin County Quilters Guild

## SUGARHOUSE GAZETTE

### Saint Albans, Vermont

<http://www.franklincountyquilters.org>

[franklincountyquilters@gmail.com](mailto:franklincountyquilters@gmail.com)



Volume 16, Issue 5  
January 2024

#### President

Laurel Schaap

#### Vice President

Bonnie Evans

#### Secretary

Diane Kane

#### Treasurer

Deb Dusablon

#### Newsletter

Sharon Perry

#### Programs

Deb Trahan

Cathy Carlson

#### Project Coordinator

Lucie Fortin

#### Membership

Penny LaRoche

#### Quilt Show

Helen Short

Teri Brunelle

#### Website

Scott Perry

#### Comfort Quilts Coordinator

Denise Chase

#### 2024 Raffle Quilt

Sharon Perry & Denise Chase

#### 2024 Charity Quilt

Laurel Schaap & Gale Weld

#### President's Piece

Happy New Year! I hope your holidays were good. I think Christmas often has a lot of looking back, while New Years is all about looking forward. So let's do that! I don't really do the New Year's resolution thing, but it is helpful to set some goals, right? Here's my first one. 24 in 24. Penny told me that she printed out the list from here in the newsletter and put it by her sewing area. I like that. It's both a reminder and a convenient way to keep track. It's too easy to think, oh, I'll write it down later. Here's a suggestion for those of us who still have UFOs. Make a list of those and put it next to the 24 list. How satisfying it will be to transfer each one to the other list!

Here's a personal goal for me. While I will still do stuff for me, my 24 in 24 are going to be comfort or other donation quilts! I will write everything down, but plan on doing a lot of stash busting donation quilts.

Here's a plug for the quilt show! While you're thinking about goals and going through UFOs, decide what you will be able to get done for the show and make that a priority. Don't forget to make a few items to donate to the boutique! Maybe even some of those UFOs that you have fallen out of love with? Since we don't charge admission, it's a great fundraiser for us and goes a long way in helping to pay for our programs.

Isn't it great that we can always find something fulfilling and productive to do through the winter days? They can be long and the weather may be isolating, but we have our sewing rooms to cheer us up and keep us moving forward. I'm also looking forward to seeing you on Zoom!

Piecefully,  
Laurel Schaap, 2023-2024 President



#### 2023 – 2024 Guild Calendar

September 20<sup>th</sup> Ice Cream Social  
Brown Bag Exchange & Strip Poker  
(Doors open at 5:30 pm; food at 6 pm)

October 13<sup>th</sup> Trunk Show  
with Norma Ippolito

October 14<sup>th</sup> Quilting Workshop  
with Norma Ippolito

November 15<sup>th</sup> Quilt Market Wrap-Up  
with Tina de la Bruere, Owner of  
Vermont Quilter's Schoolhouse

December 13<sup>th</sup> Potluck and Gift Exchange

#### 2023 – 2024 Guild Calendar

January 17<sup>th</sup> What Makes A Quilter Tick  
with David Sirota, Quilt Maven Dave

January 20<sup>th</sup> "No More Tears" Paper-  
Piecing Workshop with David Sirota,  
Quilt Maven Dave

February 21<sup>st</sup> Trunk Show with  
Andrew Lee, The Combat Quilter

March 20<sup>th</sup> Spring Members' Demos

April 5<sup>th</sup> Quilt Show Set-Up

April 6<sup>th</sup> – 7<sup>th</sup> Quilt Show

#### 2023 – 2024 Guild Calendar

April 19<sup>th</sup> MacDuff Bag and Jacket  
Trunk Show with Janice Roy

April 20<sup>th</sup> MacDuff Bag Workshop  
with Janice Roy

May 15<sup>th</sup> Pillow Talk Trunk Show  
with Diane Comeau, CaDi Corners

May 18<sup>th</sup> Pillow Talk Workshop  
with Diane Comeau, CaDi Corners

June 12<sup>th</sup> Trunk Sale

## Franklin County Quilters Guild Wednesday, December 13, 2024

The meeting was called to order at 6:05 PM by President Laurel Schaap, after which she invited the members to partake in the pot luck dinner. There were a variety of dishes that were all enjoyed!

Consent Agenda: A motion was made by Helen Bicknell and 2nd by Nanc Ekiert to accept both Treasurer's report and Minutes of the November 2023 meeting. No discussion. Motion carried.

**Membership (Penny LaRochelle):** Penny reported the guild currently has 54 paid members to date. A total of 26 members were in attendance.

Comfort quilts (Denise Chase):

- Denise had a request for quilts from Home Health. After realizing there were only two quilts available to donate, she sent out a request for more quilts and members dropped off several quilts.
- Denise is going to contact Spectrum Youth & Family Services to see if they are in need of quilts.
- Denise brought with her a few quilt kits for people to take for piecing or for quilting. Please sign them out so that Denise can keep track of the kits.
- Laurel Schaap read a letter from the Franklin County Rehab. The letter was a thank you for the quilts they had received for the residents. A picture was included of smiling residents with some of the quilts.

### **Quilt Show (Helen Short and Teri Brunelle):**

- On April 6 & 7, 2024 with set-up on Friday, April 5.
- Teri reported that more donated items are needed for the guild to sell at the show. Also needed are vendors to sell their own quilt-related products at the quilt show boutique.
- Teri reminded members about the Challenge Quilt this year, "Something Blue". The description can be found on the FCQG website.
- Penny LaRochelle reported that there are 3 registered quilts. The deadline to register a quilt for the show is March 1, 2024. The form can be found here.
- April Walker handed out flyers for members to put up in public places in the area. John Rouleau asked when is a good time to post the flyers. It was decided any time after January 1st.
- There was a discussion regarding the weekend of the show: it is the same weekend leading up to the solar eclipse (happening that following Monday), so there should be a lot of visitors in the area. The train station and the two area hotels should get flyers.
- Nanc Ekiert reported that \$2,300 has been deposited from sponsors for the show. The deadline for becoming a sponsor is December 31, 2023.
- Gale Weld reported that there are 4 business vendors who will be at the show.

- Teri's son has volunteered to get the poles needed to hang the quilts.

### **2024 Raffle Quilt (Sharon Perry and Denise Chase):**

- Sharon handed out raffle tickets to members, who are asked to sell at least two books of tickets (or 6 tickets). The tickets are 1 ticket for \$2 or 3 tickets (one book) for \$5.
- Tickets for the raffle quilt were sold recently at the Montgomery Craft Show, with a total of \$336 collected.
- Penny LaRochelle reminded members of the challenge to meet or exceed her goal of selling 99 tickets.
- A picture of the charity quilt is online.

### **2024 Charity Quilt (Laurel Schaap and Gale Weld):**

- Two charity quilts are being made this year, one by Laurel and Gale (to be quilted by Gale) and the other by Denise Chase and Helen Short (to be quilted by Beverly Cook).
- Another request for a Charity Quilt came in the mail recently from Rock Steady Boxing in St. Albans, a group for people with Parkinson's. A discussion about supporting this group with a quilt included the facts that many Franklin County people benefit from this group and a former FCQG member started the St. Albans Rock Steady Boxing. Helen Bicknell and Lucie Fortin offered a quilt they had already finished as the 3rd Charity Quilt to benefit Rock Steady Boxing. The members agreed to accept the quilt, especially after seeing the wonderful work that Helen and Lucie put into it.

**Sugarhouse Gazette (Sharon Perry):** The newsletter can be found online [here](#). Each newsletter comes out at least 2 weeks prior to each meeting. Items for the next newsletter are due to Sharon by December 27th, which is the last Wednesday of the month.

### **23 in 2023 Challenge (Sharon Perry):**

- A total of 13 members completed at least 23 projects in 2023. The total number of projects these 13 people finished was 299!
- Penny LaRochelle won the prize! Congratulations, Penny!

### **Block of the Month (Lucie Fortin):**

- Lucie demonstrated the "Ten Minute Block" pattern. The colors for this month's block are red and black. The link for directions to the blocks of the month is under "Projects" on the FCQG website and can be found [here](#). Please bring your completed blocks to the March 2024 meeting.
- Beth Mouser was the winner of this month's squares brought in by members. Congratulations, Beth!



**December 13 Guild Meeting Minutes (Cont.)****Program and Workshop Announcements for 2023-24**  
**(Deb Trahan and Cathy Carlson):**

- Deb described the January 17th meeting program: David Sirota (aka Quilt Maven Dave) will present "What Makes a Quilter Tick" on Zoom.
- On Saturday, January 20th, David will run a workshop via Zoom called "No More Tears" Paper-piecing. Members who sign up (\$40 for the workshop) will be working in the comfort of their own home. There is no minimum or maximum number of participants for David's workshop. After a member signs up for the workshop, please send money to Treasurer Deb Dusablon.
- For information on the February-June programs, please see the front page of this newsletter.

**Other Business:**

- Bonnie Evans reported that the Northwest Medical Center has made available to our members their conference room for use on Friday nights, Saturdays, and Sundays. There is no cost to use the room; the hospital would just need to be notified.
- Bonnie Evans inquired about the baby quilts for the first babies of the year at the NWMC. Laurel Schaap will make the baby boy's quilt and Deb Dusablon will make the baby girl's quilt.

Program: Tonight's program is the gift exchange. Members had fun choosing gifts from the table ~ the members were pleased to find that many of the gifts contained a beautiful homemade item or fabric!

**Drawings:**

- Kathy Katz won the membership door prize.
- Helen Bicknell won the comfort quilt door prize.

A motion was made by Sharon Perry to adjourn the meeting, 2nd by Beth Brault. Motion carried, and the meeting adjourned at 8:26 PM.

Respectfully submitted,  
Diane Kane, Secretary

**JANUARY MEETING ON ZOOM**  
**FEATURES NH QUILTER DAVID SIROTA**

**The January 17<sup>th</sup> meeting will be on Zoom.** David Sirota will be the guest speaker. He'll be presenting "What Makes a Quilter Tick?" It's a fun-filled laugh-out-loud and interactive look in the mirror at ourselves as quilters.

On Saturday, January 20<sup>th</sup>, David will host his NH Beauty workshop using his "No More Tears" method of paper-piecing. There's still room in the Zoom workshop. Please contact Deb Trahan soonest ([dbl34@hotmail.com](mailto:dbl34@hotmail.com) or 802-373-8080) if you'd like to attend the workshop.



**2024 QUILT SHOW:**  
**MORE QUILTS MOM!**

**By Helen Short, Quilt Show Co-Chair**

When I was a child, there was a radio ad with a kid yelling, "More pork sausages Mom!" I'm dating myself, but the phrase came to me because we need more quilts registered for the 2024 Quilt Show. Last year's Mystery Quilt project will be displayed at the show. Please register them using the Quilt Show registration form found [here](#) and send it to Penny LaRoche with an accompanying photo.

Gale Weld has been busy trying to secure vendors for the show. Quilts of Valor will be at the show this year and plans are in the works for a Veteran to be given a Quilt of Valor during the show. If you have made Quilt of Valor and plan to have it in the Show, please let Gale know.

The costs of putting on the Show increase each year. The cost of renting City Hall has remained stable, but insurance and pole rental have increased. We are now renting a storage unit to house Quilt Show and Guild items. Quilt Show sponsors help defray the cost of the Show thus giving us more money for our charitable work.

Quilt show flyers were available at the December meeting. Now that the Holidays are over, they can be distributed for display.

**IT'S THAT TIME OF YEAR**  
**AGAIN...MEMBERSHIP DUES!**

September marked the start of a new membership year for the guild.

Here are the details for this year's membership dues:

- The FCQG 2023-2024 membership form can be found [here](#).
- Your completed membership form and your \$20 check, payable to FCQG, should be sent to Penny LaRoche. Penny's address is included on the membership form OR you can bring your form and check or cash to the November meeting.



**TREASURER'S REPORT FOR JANUARY 2024****FRANKLIN COUNTY QUILTERS GUILD****Treasurer's Report -- January 17, 2024**

Opening Balance \$7,624.81

**Funds Collected**

Workshop	\$80.00
Raffle	\$601.00
Membership	\$20.00
QS Sponsors	\$800.00

<i>Total Funds Collected</i>	\$1,501.00
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*Subtotal*    \$9,125.81

**Funds Paid Out**

Helen Short, Charity Raffle quilt fabric	\$44.94
Deb Trahan, Gift card for Tina's Nov presentation	\$54.95
Bonnie Evans, Dec potluck supplies	\$36.96
April Walker, QS Posters	\$307.40
Denise Chase, Comfort Quilts fabric	\$19.55
Laurel Schaap, Guild Storage unit rent (3 mos.)	\$270.00

<i>Total Funds Paid Out</i>	\$733.80
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**Grand Total    \$8,392.01**

2023 YTD Collections: \$11,059.83

Respectfully submitted,  
Deborah L. Dusablon, Treasurer

**QUILT TIPS**

- Instead of cutting individual bias triangles, cut triangles out of squares. This is much more accurate and efficient. You can get 8 half-square triangles from 1 square!
- Pinning is time consuming and sometimes unreliable. By using water-soluble glue, you can line up your pieces precisely and quickly. When finished, just wash your quilt and the glue will be gone! You can use pressing sheets to iron fabrics together, which will also wash out afterwards.
- Cut some bias strips to bind your edges and help your needle grab the fabric. This helps your edges to look cleaner and prevent gathering.
- Scissors aren't always the best tool for cutting. Get a rotary cutter to make trimming quilts faster.

- Strip quilting: If you're feeling spontaneous, give strip quilting a try! Strip quilting requires no patterns and is a great way to use up some fabric scraps. Quilt as you go by sewing strips onto batting in your order of choice. Additionally, this is a great technique for creating ombre effects or landscapes!
- Spinning intersections: When sewing four-patch squares, the fabric can easily become bulky instead of lying flat. To remedy this, make a spinning intersection. Break the thread in the middle seam of the square and fold up. Press so that the seams are all rotating around the square in the same direction.







That is **24 Finishes in 2024!**

Join in the fun and make 24 quilted projects by the end of 2024 and your name will be entered into a special drawing held in December 2024. If you'd like to participate, fill in your name and 24 projects you'd like to finish this year on the list below. This is your list...you can add to it throughout the year if need be to have 24 projects or you can remove a project, or swap out projects, etc...you just have to have ***24 Finishes in 2024*** AND you must show each project at one of the guild's monthly show and tell. You can show multiple projects in one month. You also don't have to show a project every month, you just have to have ***24 Finishes in 2024!*** You will maintain your own list, but you must let Sharon Perry know you are participating.

          Cut along dotted line          

**24 in 2024**

NAME: \_\_\_\_\_

1.	13.
2.	14.
3.	15.
4.	16.
5.	17.
6.	18.
7.	19.
8.	20.
9.	21.
10.	22.
11.	23.
12.	24.

**CTR' CTR' CTR' CTR' CTR' CTR' CTR' CTR'**  
**DONE DONE DONE DONE DONE DONE DONE DONE**

## BLOCK OF THE MONTH (BOM): TEN-MINUTE BLOCK

Lucie Fortin is the project coordinator for this membership year, and she's bringing back the traditional Block of the Month (BOM) projects.

Each month Lucie will provide instructions for completing the BOM to include color choices. This month's BOM is the Disappearing Hourglass in dark green and white; instructions for the block can be found [here](#). Members are encouraged to make a block each month and turn it in for the BOM raffle the following month.

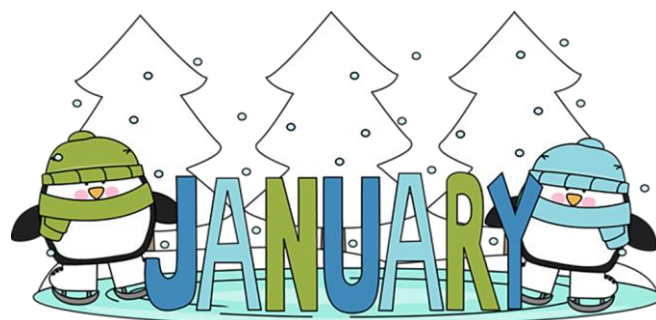
If you turn a block in, you get to enter your name in the BOM Drawing. You can make as many blocks as you want and enter your name a corresponding number of times. If you win all the blocks, they are yours to keep.

You can only win the blocks one time in a membership year which runs from September through June. If you win, you're asked to continue making the monthly BOM so the other winners have a similar number of blocks.



## SUNSHINE CARDS FOR GUILD MEMBERS

If you know of a guild member who is in need of encouragement or comfort due to an illness, bereavement, etc., please contact Diane Comeau, 802-310-1837. She will send out an appropriate card.



Alyce	Bushey	January	2
Linda	Wells	January	10
Gwen	Guyette	January	14
Deb	Trahan	January	14
Beth	Mouser	January	15
Jackie	White	January	20
Carol	Stanley	January	24

*...and many more!!!*



*A messy house is the sign  
of a happy quilter.*





## RECIPE CORNER

### CREAMY WHITE CHILI

1 pound boneless skinless chicken breasts, cut into ½-inch cubes  
 1 medium onion, chopped  
 1½ teaspoons garlic powder  
 1 tablespoon canola oil  
 2 cans (15½ ounces each) great northern beans, rinsed and drained  
 1 can (14½ ounces) chicken broth  
 2 cans (4 ounces each) chopped green chiles  
 1 teaspoon salt  
 1 teaspoon ground cumin  
 1 teaspoon dried oregano  
 ½ teaspoon pepper  
 ¼ teaspoon cayenne pepper  
 1 cup sour cream  
 ½ cup heavy whipping cream  
 Optional: Tortilla chips, shredded cheddar cheese, and sliced seeded jalapeno pepper

In a large saucepan, sauté the chicken, onion and garlic powder in oil until chicken is no longer pink. Add the beans, broth, chiles and seasonings. Bring to a boil. Reduce heat; simmer, uncovered, for 30 minutes.

Remove from the heat; stir in sour cream and heavy cream. If desired, top with tortilla chips, cheese and jalapenos.

### BEST EVER POTATO SOUP

6 bacon strips, diced  
 3 cups cubed peeled potatoes  
 1 small carrot, grated  
 ½ cup chopped onion  
 1 tablespoon dried parsley flakes  
 ½ teaspoon salt  
 ½ teaspoon pepper  
 ½ teaspoon celery seed  
 1 can (14½ ounces) chicken broth  
 3 tablespoons all-purpose flour  
 3 cups 2% milk  
 8 ounces Velveeta, cubed  
 2 green onions, thinly sliced, optional

In a large saucepan, cook bacon over medium heat until crisp, stirring occasionally; drain drippings. Add vegetables, seasonings and broth; bring to a boil. Reduce heat; simmer, covered, until potatoes are tender, 10-15 minutes.

Mix flour and milk until smooth; stir into soup. Bring to a boil, stirring constantly; cook and stir until thickened, about 2 minutes. Stir in cheese until melted. If desired, serve with green onions.

### CABBAGE SOUP

3 tablespoons olive oil  
 1 medium yellow onion, chopped  
 2 ribs celery, chopped  
 2 medium carrots, sliced into ¼-inch thick rounds  
 3 cloves garlic, minced  
 ½ large green cabbage, or 1 small cabbage  
 1 teaspoon dried thyme  
 ½ teaspoon ground cumin  
 ½ teaspoon smoked paprika  
 ¾ teaspoon salt, or to taste  
 ½ teaspoon black pepper, or to taste  
 15 ounces canned diced tomatoes, with their juices  
 4 cups low sodium vegetable broth  
 15 ounce can white beans, or chickpeas, rinsed and drained  
 1 tablespoon lemon juice, or to taste

Heat the olive oil in a large Dutch oven or other heavy pot over medium heat. Once hot, add the onion, celery and carrots and cook, stirring occasionally, for 6 minutes.

Meanwhile, wash, dry, and core the cabbage. Slice the cabbage into pieces that are approximately ½ inch by 2 inches.

Add the garlic, cabbage, dried thyme, cumin, smoked paprika, salt and pepper to the pot. Cook, stirring often, for 3 minutes.

Add the diced tomatoes, vegetable broth and white beans. Stir. Increase the heat to medium-high and bring the soup to a boil. Then reduce the heat to a low simmer, cover the pot, and cook for 20-25 minutes, or until the vegetables are tender.

Turn off the heat and stir in the lemon juice. Taste and season with additional salt and pepper, if needed. Serve.

RECIPE NOTES: Leftover soup can be stored in an airtight container in the refrigerator for up to 3 days or in the freezer for up to 3 months..

Winter Days  
are  
Soup Days





## I'M JANUARY

by Annette Wynne

I'm January bringing you  
A year of days—all brand, brand new;  
I step upon the frosty ground.  
When chimes and sleigh bells ring around;  
You welcome me and children sing,  
And joy comes into everything.  
I bring you love and lots of cheer,  
And work and friends for all the year.

### FEATURED VIDEO TUTORIAL FOR JANUARY:

<https://www.youtube.com/watch?v=FHXJvpDrTaE>

Sticks and Stones Quilt  
Missouri Star Quilt Company



### LINK TO BARN QUILT TRAIL OF NORTHERN VERMONT

<http://www.barnquiltsfornorthernvermont.org/>

**NEWSLETTER IDEAS WANTED:** Do you have a recipe you'd like to share with guild members? Or maybe you've found a great quilting website or blog you'd like to share. Or you've visited a quilt shop within an easy drive which had bargains or a fabric selection no quilter should miss. If so, send an email to [vtquilter@gmail.com](mailto:vtquilter@gmail.com), and the newsletter editor will do her best to include it in the next newsletter. Although welcome, your input doesn't have to be a complete article. It could be a few bullets which convey your message. The editor will fill out the article as needed.

#### **Deadline for articles for next newsletter:**

**Wednesday, January 31<sup>st</sup>, 2024**

Please email articles to Sharon Perry, to [vtquilter@gmail.com](mailto:vtquilter@gmail.com),  
or mail to PO Box 517, Montgomery Center VT 05471



*January is National Soup Month*



*"I like starting projects in January. That's the best time to start something. It's so inward." ~ Carolyn Chute*