AMHERST QUILTERS GUILD

Upcoming Program - Patricia Ohtake and Gail Kratt

The Amherst Quilters Guild will hold its next meeting at 6:30 pm on Thursday, November 19, at the Honorable Shirley Chisholm Library (formerly the Audubon Library), located at 350 John James Audubon Parkway.

Our November program concludes our 2026 Year of Inspiration theme. In this program, members will enjoy a panel discussion with two very experienced professional longarm quilters – Loretta Cadwallader and Nancy Kraus – as they discuss the topic of Quilting Designs – How They Impact the Quilt on Thursday, November 19. The panel will be in three parts. In Part 1, Loretta and Nancy will describe their design process when determining their approach to custom quilting a quilt and also when they recommend an edge to edge quilting design.

This will be followed by Part 2, during which our panelists will share their quilting designs for the same two quilt tops (one applique and one pieced). Gail and I have provided Loretta and Nancy with images of the two quilt tops and they will draw their designs and share them with the audience. Since quilting has such an impact on the final look of the quilt, we feel this will be an interesting opportunity for the members to see different approaches to quilting the same quilts. We will display the drawings using powerpoint presentations so everyone is able to see the designs.

Part 3 will consist of a Q&A session.

Nonmembers are welcome to attend, meet members of the community, and enjoy the program. A $5 donation, which can be deducted from the annual membership, will be collected.

President's Message - Kathleen Karnath

I mentioned in my October message, that we were going to try an evening Community Service/Open Sew in October. Well, only 3 people showed up (though we did have a lovely evening of sewing and camaraderie and made great progress on some charity quilts). We also have been getting only 1 or 2 people for our regular 4th Thursday morning Community Service/Open Sew and not too many at our education workshops. Sew…I mean So, I would like to offer some incentive in the form of AI's response to my query regarding "the benefits of social sewing/quilting".

Social sewing and quilting, whether through local quilting bees, guilds, sewing circles, or online communities combines the proven mental health benefits of handcrafts with the deep rewards of human connection.

Mental and Emotional Well-Being

*Reduces Loneliness and Isolation: Sitting together to stitch, share tips, and laugh over wonky points builds a reliable community and counteracts feelings of isolation. Historically, quilting bees were social lifelines, offering women a place to connect, share stories, and build networks.

*Lowers Stress and Cortisol: Engaging in rhythmic, hands-on creative work helps lower stress hormones, relax the nervous system and trigger a meditative "flow" state.

*Boosts Self-Esteem and Confidence: Group settings like "Show and Tell" allow makers to receive peer affirmation, celebrate finished pieces, and tackle new problem-solving challenges together.

Social and Skill-Sharing Advantages

*Accelerates Learning: Sewing circles and guilds act as organic mentorship spaces where experienced makers troubleshoot patterns, teach tricky techniques, and pass down cultural traditions.

*Shared Accountability and Motivation: Working around others makes it easier to stay inspired, finish stalled projects, and step away from digital screens.

*Stronger Friendship Bonds: Shared hobbies create a low-pressure environment to build long-lasting friendships centered around creativity rather than daily pressures.

Altruism and Purpose

*Community Service and Charity: Many social groups pool their efforts to sew comfort or charity quilts for hospitals, foster care, veterans or nursing homes.

*Intergenerational Connection: Stitching traditions bridge age gaps, letting older and younger makers swap skills, stories and perspectives.

I do think we are getting many of these benefits from our monthly meetings, but please consider taking advantage of the opportunities the guild offers to sew together!

I am not able to attend the next meeting on Thursday, November 19, but do enjoy another great program! Patricia Ohtake, our 1st VP will be presiding at the meeting in my stead and Loretta Cadwallader will be conducting our election of officers for 2027. Have a wonderful Thanksgiving and I'll see you in December!

AQG Meeting Notes - October 15
Meeting was called to order at 6:30 p.m.

President's Introduction: Kathleen welcomed everyone, including 1 guest - Norma. Membership stands at 59.

Program - Embellish Your Quilt! Sharon Schneider The program was led by Sharon (with assistance by her sister Judy), our featured quilter, who, ultimately, inspired us to think out of the box with a trunk show of quilts that were enhanced with a little something special. It was noted that, historically, the American Quilt Society (AQS) did not allow for embellishments of quilts in a quilt show. Sharon shared that her mother was a seamstress - she even created wedding gowns. As such, she learned a little something about

embellishments at a young age. Some of Sharon's/Judy's examples were from classes they had taken.
What I learned:
● One technique to embellish your quilt is with either (or both) machine embroidering or hand embroidery (i.e french knots).
● Unique buttons add some style
● Don't be afraid to do something a little extra with solid borders - i.e. add words, quotes, etc.
● "Couching" yarn onto your quilt
● Use of prairie points as part of a quilted square - not just a border/binding.
● Anything can be an embellishment: rick-rack, sequence, buttons, yarn, appliques, lace, charms, ribbons . . .
There was a follow-up "focused" show and share. There were many quilters in attendance who had samples of embellished quilts.

Meeting Discussion and Committee Reports:

President's Report (Kathleen Karnath) - There were no new nominees interested in the position of President; Kathy Karnath is willing to continue on for the 2027-2029 term. Her nomination and continuation was voted on and accepted by the Guild members.
Kathy reported the Guild will continue with meetings at the Audubon Library unless there is a conflict. In those cases, alternate days/location will be shared in advance. Watch the newsletter closely. As a way of giving back to the library, Kathy offered another "learn to sew" class could be offered by our members. Kathy will be looking for volunteers and ideas. It is for teenagers, probably during Spring break from school (March or April timeframe). Last year we taught a pillow case. This year it could be a "learn to quilt" session. We could make up kits with fabric and batting scraps. The Guild (designed by Heather) will also work on a project for the library's display case in the month of April 2027. Ideas have yet to be finalized.

Kathy shared there is progress on the Open House/Seminar for 2027. A committee has been formed led by Sally Ginsberg along with Sue Dray, MaryAnn Braunscheidel and Kathy Karnath. At this open house, the Buffalo

Niagara Historic Village museum will be willing to bring out some of the historic quilts in its possession. Linda Hunter will be the keynote speaker.

Kathy reminded the group the Accuquilt cutter is available to members - at the meeting or to be borrowed. Also, the Guild is in need of a new QCNYS Representative for 2027.
In addition, Kathy shared we're considering a Guild Quilt Retreat. Research into the details is being performed by Sharon Teresi.
Work is continuing to organize the Jane Stickley Quilt Project with a presentation planned for the February 2027 meeting.
We're also working to improve the Guild website. Carolyn Krupp is working with consultants for those enhancements. Kathy shared it is good we have some budget to do some extra activities. 2027 is shaping up to be a busy year.

- Treasurer's Report (Carol Roy) - September Income = $463; Expenses = $195. YTD expenses are getting close to budget but income is ~twice planned so we do have room to cover any potential overage.
- 1st VP (Patricia Ohtake/Gail Kratt) - Patricia and Gail are excited for an interactive program next month where members will be able to sketch out quilt designs along with the experts. More information will be shared in the newsletter. Patricia continues to collect $'s for the upcoming Holiday party which will actually be the "program" for the December meeting. The meeting will start at 6 p.m. There is a $12 fee for attendance due prior to 11/1 for planning purposes. You may bring a wrapped gift to share (valued at $15) but participation is optional.
It's not too late to join in the Challenge Quilt - the Quilted Word. Finished projects will be shared at the January 2027 meeting.
- Education: Linda shared potential from a wool Christmas tree project. It would be held at 12:30 p.m.-2 p.m. at the Clearfield Library November 3rd. Linda will be collecting a fee of $25. It's an assembly-only project.
2027 Education plans are not yet finalized. Considering a "How to Use Panels" workshop the last week of February 2027.
- Community Service - Next meeting will be Friday evening, 10/23, 5:30-8:30 p.m. at the Library.
- QCNYS - Patti Young will share the AQG history presentation at the

November Guild meeting. The meeting ended with a sew & share that included finished projects from the Tablerunner workshop, rope bowls (a potential workshop for April 2027 open house?) and community quilts, among others.
Note: Aunties Attic is closing. Currently, there's a fabric sale at 20% off.
The meeting adjourned at 8:15 p.m.

Election of Officers -

We will vote on the following officers for the 2027-2029 term at November meeting.

President: Kathleen Karnath
2nd Vice-president: Loretta Cadwallader
Treasurer: Laura Barkewitz

Sunshine & Shadows - by Linda Hunter

Please keep Donna Kain in your thoughts as she recovers from knee surgery on October 24. She is home and doing a little better each day.

AccuQuilt Cutting by Patti Young

Patti Young will be bringing the cutting system again this month. She will be at the library at 5:30 pm for anyone who needs a demonstration or would like to use the system. If anyone would like a specific die, or dies, please send her a text (716-206-4892).

Round Robin

There are 2 groups participating. **All rounds should be finished and ready for reveal at the November meeting.**

Quilting Tips and Tricks - Linda Hunter

In keeping with last month's program on embellishments for quilts, the following are a few tips for working with embellishments:

1. To keep specialty threads in place on their spools, buy floral sleeves (from florist or on-line), cut to fit the spool, place sleeve over the spool *OR* do the same with gauze finger bandages.
2. Keep buttons, small embellishments and beads in pill bottles.
3. When sewing beads on your project, pour a few at a time into the open center fold of a magazine. They won't roll off a table and can be easily picked up with a needle and thread along the crease.
4. When when ready to use embellishments, place them in sections of a cupcake tin for easy access.

Membership by Heather Buechi

Don't forget we have a membership drive going on, when new members sign up it's only $15 for the remainder of the year!

Community Service by Jean Miller

Community Service with start again in January! I have batting and fabric if anyone needs it! Give me a call! Happy Holidays!

2026 AQG Challenge Quilt – The Quilted Word

It's time to start planning your 2026 AQG Challenge Quilt entry. This year, members are challenged to create a small quilt that illustrates one or more words and the emotions it(they) evoke. The Challenge Quilts will be presented at the **January 2027** meeting.

Challenge quilts will be:

- original design that incorporates one or more words
- no larger than 120" perimeter
- comprised of three layers (top, batting, and backing)
- bound and quilted through all three layers and have visible quilting by hand, machine, or both
- made using fabrics of any color
- made using any of the following techniques: pieced, foundation (paper) pieced, English paper pieced, hand or machine applique, hand or machine embroidery.

Save the Dates 2026

Thurs, Nov 19 - AccuQuilt cutting 5:30-6:15
Thurs, Nov 19 Monthly meeting at the Shirley Chisholm Library (formerly the Audubon Library), 6:30-8:30pm.

Thurs, Dec 17 - Holiday Party at the Shirley Chisholm Library a 6 p.m. start.

2027
Thur, Jan 21 Monthly meeting 5:30-8:30 pm
Thur, Jan 28 Community Service 10am

Officers

President - Kathleen Karnath
First Vice President - Patricia Ohtake & Gayle Kratt
Second Vice President - Heather Buechi
Secretary - Patti Young
Treasurer - Carol Roy

Committee Chairs
Challenge Quilts - Patricia Ohtake
Community Service - Jean Miller & Judy Balcerzak
Education - Rebecca Ribis, Linda Hunter, Sally Ginsberg, Judy Phillips
Facebook - Heather Buechi
Hospitality - MaryAnn Braunscheidel
Program - Patricia Ohtake & Gayle Kratt
Publishing Editor - MaryAnn Krafft
Quilt Show 2028 - MaryAnn Braunscheidel & Sally Ginsberg
Sunshine & Shadows - Linda Hunter
Website - Carolynn Krupp