

## **Heritage Skills Seminar “Quilting on the Mountain”**

In Partnership with The University of Tennessee Extension and  
The Tennessee Family and Community Education Council  
Monday-Thursday, October 3 - 6, 2022  
Clyde M. York 4-H Training Center - Crossville, TN 38572

For pictures, visit us on the Web at: <https://eastern.tennessee.edu/heritage-skills-seminars/>. “Quilting on the Mountain” is semi-structured and very relaxed. Each project will be demonstrated with instructions. Participants will be given time to do as much as or as little as they like. A variety of projects have been planned so there is something of interest for everyone! Some participants want to finish projects while others like to work to the point they know they can finish the project at home.

The seminar runs Monday through Thursday. Registration fee covers meals, lodging, and instructions. A very limited number of semi-private rooms are available for an additional fee. These rooms will be assigned on a first come basis. If you want a specific roommate, please list them on the registration form. If we have more requests for these rooms than we can accommodate, money will be refunded.

A variety of demonstrations, workshops and other activities are planned for each day. A few require an additional registration fee, which you will pay at the seminar. Some are limited in size and will be offered on a first come basis - register early to assure you get those you are interested in. After your registration is received, you will receive a confirmation and additional information about the seminar. Please bring supplies listed in the descriptions and your confirmation letter. **PAY FOR THESE ITEMS WHEN YOU REGISTER AT SEMINAR!**

WORKSHOP WITH LIMITED PARTICIPATION (Mark your registration form if you want to participate in any of these workshops. Fees are to be paid at the seminar not with registration lodging fee.

Information about Clyde York 4-H Center can be found at [clydeyork4hcenter.tennessee.edu](http://clydeyork4hcenter.tennessee.edu)

**Address: 62 4-H Center Drive Crossville, TN 38572**

REGISTRATION DEADLINE IS September 8, 2022. For more information, visit us on the Web at: <https://eastern.tennessee.edu/heritage-skills-seminars/>.

**PROJECTS WITH DEMONSTRATIONS, INSTRUCTIONS AND/OR FEE** (Mark your registration form if you want to order any of these. Pay these fees at the seminar “camp”).

**BUTTONED UP CHARM PILLOW** – Dephane Smith This patchwork throw pillow is just charming! It’s a great scrap buster project if you have a few charm squares hanging around that would look lovely on your sofa. To start, you’ll need one package of 5” squares along with a cover button kit and fiberfill. Create a couple and you’ll be sitting pretty! Supplies 1 package of 5” print squares, cover button kit – 1 ½” by Dritz, fiberfill, button thread – recommended. Note: 1 package of 5” squares will be enough to make 1 - 19”x 19” large pillow, 2 - 12” x12” medium pillows, or 4 – 7” x 7” small pillows.

**CHICKEN SCRATCH** – Dephane Smith Chicken scratch is usually worked on gingham check in order to give it the lacy appearance which has made it so popular. Supplies needed 18” gingham fabric, embroidery hoop, #24 tapestry needle or #7 or #8 crewel needle, six strand embroidery floss white and dark floss (example on blue gingham, use darker blue, on red gingham a darker red). **Mark your registration if you would like to participate in this workshop.**

**CLOUD NINE A VILLA ROSA QUILT** – Becky Stowers This quilt is a simple roll quilt and looks like a Native American blanket. Approximate finished size is 54” x 70”. Materials list: 12 fat quarters, background 1-yard, binding 5/8 yard. This is a Pat Fryer pattern cost \$2.50 and kits will be available using several different fabric collections. Kits cost is \$49.00 plus tax. This will include the pattern/fabric for the top and binding (**does not include batting or backing**). **Mark your registration if you would like the pattern or a kit.**

**GAME NIGHT – Game 1** - Each person that wants to play will be given GAME NIGHT Game 1 – QUILTO–BINGO Each person that wants to play Quilto will be given a game card at the opening session. With regular play – up/down, right/left, diagonal, like bingo. Quilto terms will be posted and each player will check the board for terms and mark matches on their card. Additional terms will be added at intervals during the week until person(s) Quilto (bingo). Prize will be selected for pool of prizes. (Bring a quilt notion put it in a bag and label the bag with QUILTO on the outside of the bag. Play will continue until all prizes are depleted.) Players will not clear their card when someone wins. Only the person(s) who Quilto’s (bingo’s) gets a new card if they wish to continue to play.

**Game 2** – CHRISTMAS ORANMENT EXCHANGE Everyone who wants to play must bring a handmade Christmas ornament that represents quilting or a quilting ornament. Wrap ornament or gift-bag the ornament. Everyone will receive a different ornament than the one they brought at the end of the game to remember the fun they had at Quilting on the Mountain.

**Game 3** – CHRISTMAS QUILT BLOCK EXCHANGE Each participant needs: Make 4 - 12 ½” square quilt blocks of their choice. The four blocks do not have to be the same. Each block could be a different design if they wish. Be sure that each block has: maker’s name, where they live, Quilting on the Mountain 2019. This info can be hand embroidered or machine embroidered on the front of your blocks. Each participant will keep one of their blocks and submit three (3) for the swap. Be sure to bring four (4) with you.

**PUMPKIN PLACEMATS** – Jennifer Trussell This is a great way to decorate your dining room table, or tabletop, the stem holds a napkin and the pumpkin is made of strips of fabric finished size is 18" x 14". Supplies needed for four place mates, five to six fat quarters in various shades of orange and/or white. One fat quarter (or large scrap) of brown or green fabric for the pumpkin stem, one yard of orange, white or green yards fabric (to match napkins) for the backing, one yard of light to medium cotton or cotton/poly batting, Optional: 1 ¼ yards of green fabric for the napkins or four purchased small napkins. Note: You may make the pumpkin a gourd of any color, such as green and white. You will also need a sewing machine (don't forget your power cord and foot pedal). Basic sewing supplies, rotary cutter, ruler, Optional: thread to match and ¼" foot (or ¼" foot with guide). This is an Annie's Keepsakes pattern cost is \$9.00, **mark your registration if you would like the pattern.**

**MEMORY PILLOW WORKSHOP** – Jennifer Trussell This is a wonderful way to share the memory of a loved one by making a memory pillow from some their clothing. This is a 2 – 3 hours workshop, supply list: – including neutral thread and a measuring tape, rotary cutter, ruler, sharp scissors and thread snips. Optional: ¼ inch foot (or ¼" foot guide). Optional: Large square ruler you have (such as a 12", 16" or 18"). Men's or women's cotton or cotton/polyester dress shirt with buttons down the front (front pockets and/or buttoned collars are fine). Note: The shirt for this class should be large or extra large (at least 18 inches wide/long). Consider buying thrift shop shirts to practice on (ensure there are no collar stains). No sweatshirts, t-shirts, wool, or stretchy knit fabric for this class, but other materials will be discussed. Bring two shirts if you'd like to make a second one in class you may have time. A 16" or 18" pillow form (depending on preference and size of shirt), a 16" pillow form fits most large or extra-large shirt. You can remove label from the pillow and fluff in the dryer before using if preferred. You will need the shirt and pillow form for class. Feel free to email instructor (Jenny Trussell) at [cedarstudios4@gmail.com](mailto:cedarstudios4@gmail.com) if you have questions. **Mark your registration if you would like to participate in this workshop.**

**MYSTERY QUILT** – Lonna Hammond This year's Mystery Quilt consists of 4 fabric and measures 84" x 94" with a 5 ½" border or 73" x 83" with just a 2 1/2 inner border. Remember if you cut everything out before coming all you have to do is sew. Contrast and no directional fabric is the key to a successful mystery quilt. You will need a feature fabric 3 yards, Contrast fabric 4 yards, Coordinate fabric 1 1/4 yards, and Background 1 1/4 yards. Bring your extra fabric with you for any OOPS! Also always remember the more contrast the better with a mystery quilt. **Please mark your Registration if you would like the Mystery Quilt Pattern cutting instruction will be included in the conformation letter. There will be a \$3.00 printing fee for the instructions.**

**UFO'S PROJECTS** - On the evaluation it was requested that we not do as many projects, so some of you can get some of your UFO's completed. This is a great retreat to get those UFO's finished.

**SHOW-N-SHARE** - Everyone is asked to participate in Tuesday night's "Show-N-Share". Bring something to show that you have made pertaining to quilting and/or related skills. This is where we get some of our ideas for the following year.

**QUILT SHOP** – Becky's Quilt Barn, Becky Stowers, owner, phone number 931-863-8362. There will be a complete quilt shop on site for our convince. Becky is from Clarkrange and will be the shopkeeper this year. Please welcome her to our camp. Becky has requested if any of the presenters need certain supplies for their project or

workshop, to please let her know immediately so she can help you out with those. She will be giving 15% off all **regular** priced items for the retreat. There will be different specials each day. Becky's Quilt Barn and Retreat is located at 1027 Old Grimsley Road, Grimsley, TN 38565. The mailing address is Becky Stowers, 5772 S. York Hwy; Clarkrange, TN 38553

**SILENT AUCTION** – We would appreciate your help with the silent auction. You may contribute items that you have made or have that you will never use; books or magazines that you no longer want, a kit you will never make, a project you have started but will never finish, etc. quilting or craft related, if you have small items please put them in baggies to help with the sorting and organizing. Now is your chance to get rid of some of those things that you just don't know what to do with and at the same time maybe find that pattern or book you missed, or the fabric you can't live without and maybe some buttons to add to your collection. Who knows? What a great way to clean out your magazine rack. Money from the auction goes to help purchase new items for the seminar. Cutting tables, mats, ironing station supplies and other items needed for the seminar have been purchased. Please help support this auction.

**MASSAGE** - Shannon McElhose licensed massage therapist will be providing back massages Tuesday and Wednesday for \$1.00 a minute, minimum 30 minutes, **mark your registration if you would like a massage.**

**SEWING MACHIN CLEANING** - Jason will also be at the seminar Tuesday to clean and service our sewing machines for a reasonable fee of \$100.00 - **mark your registration form.**

**EQUIPMENT** - Please bring a nametag to camp with your name, city, state, and quilt guild (if you are a member). Bring all the usual items you would need when sewing or quilting. Basic sewing supplies (BSS) (in addition to the specific class supply list, neutral thread, 12 ½" square ruler, straight pins, fabric scissors, 6" x 24" or 5" x 24" ruler, work light, sewing machine in good working order and manual (don't forget your power cord and foot pedal), rotary cutter, seam ripper, paper scissors, pen or pencil, cushion. Please no irons, pressing and cutting stations will be set up for your convenience. You will need to bring a surge strip and a heavy-duty extension cord.

**THINK COMFORT** – The camp is on the mountain so the nights can be rather cool. You will need a jacket along with your pillow, sheets, blanket/quilt, towels, and personal care items for yourself, and change of clothing, snacks and drinks. A cushion would make the days more comfortable on the folding chairs. Some like to bring a flashlight. For those staying in Cedar and Pine Lodge your pillow, sheets, blanket/quilt, towels will be provided.

**REGISTRATION REMINDER** - Be sure to follow the instructions of #2 on the registration sheet so you can receive your confirmation. Also, please check the class(s) limited in size and/or the workshop(s) that you are interested in so the presenters will know how many to prepare for. Mark your form for the workshop only. If you receive confirmation for a workshop, PLEASE be prepared with all supplies and fabrics precut before workshop. If you decide to NOT take a workshop you have received confirmation for, please let Debra know before seminar, so that you can be replaced. Remember workshops are limited and require extra preparation that can't be done at the last minute. Please take into consideration the teachers that prepare for this seminar and the others that would like to take part in the workshops as well.

**Registration Form**  
**HERITAGE SKILLS SEMINAR**  
**“Quilting on the Mountain”**

Monday – Thursday, October 3-6, 2022  
Clyde M. York 4-H Training Center - Crossville, TN 38572

1. Submit registration form and fees to:  
**Debra Carroll**  
**153 Little George Lane**  
**Clinton, TN 37716**
2. Make check payable to **Heritage Skills Seminars** for lodging and meals only. Enclose a self-addressed stamped business size envelope for confirmation of registration and further information. A \$1.00 charge will be added if no business size self-addressed stamped envelope is enclosed.
3. Full refunds will be made for cancellation prior to September 14, 2022. Because our numbers have to be guaranteed with the facility, **no refund will be made after September 14.**

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Keep Phone # private YES NO

E-mail address (if available): \_\_\_\_\_ Keep E-mail private YES NO

Emergency Contact Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Please register me for the following lodging arrangements:

\_\_\_\_\_ Cabin Dorm lodging (up to nine in a dorm section) \$275.00  
\_\_\_\_\_ Cedar Lode (7 rooms – 3 people & 3 rooms – 2 people) \$325.00  
\_\_\_\_\_ Pine Lodge (4 rooms with 4 twin beds) \$325.00

Please register me for the following Projects, Classes and Workshops which are limited in participation and/or have fees. **You will pay for these at the seminar**

\_\_\_\_\_ Chicken Scratch Workshop (no charge, limit 25)  
\_\_\_\_\_ Cloud Nine a Villa Rosa Pattern (\$2.50)  
\_\_\_\_\_ Cloud Nine a Villa Rosa Kit (does not include batting or backing) (\$49.00)  
\_\_\_\_\_ Massage by Shannon (\$30.00 per 30 minutes – fee to be paid to Shannon)  
\_\_\_\_\_ Memory Pillow Workshop (no charge, limit 25)  
\_\_\_\_\_ Mystery Quilt Pattern (\$3.00 for printing only)  
\_\_\_\_\_ Pumpkin Placemat Pattern (\$9.00)  
\_\_\_\_\_ Sewing Machine Cleaning (\$100.00 fee to be paid to Jason)  
\_\_\_\_\_ T-Shirt teal, Circle size and sleeve length: (\$20.00)  
          SIZE: small medium large X large XX large XXX large  
          SLEEVE LENGTH: Short Sleeve Long Sleeve  
\_\_\_\_\_ Total amount due (You will pay for these at the seminar)

Note or special request, roommate: \_\_\_\_\_