

# Heritage Skills Quilting Seminar

“Quilting on the Mountain”

In Partnership with The University of Tennessee Extension and  
The Tennessee Family and Community Education Council

Monday-Thursday, October 2 - 5, 2023  
Clyde M. York 4-H Training Center - Crossville, TN 38572

Visit us on the Web at: <https://extension.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. The 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. If we have more requests for these rooms than we can accommodate, money will be refunded.

A variety of demonstrations, and other activities are planned for each day. A few require an additional registration fee, which you will pay at the seminar. 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!**

Directions to the 4-H Center are available at:

<https://extension.tennessee.edu/clydeyork4hcenter>

REGISTRATION DEADLINE IS August 25, 2023. For more information, visit us on the Web at:

<https://extension.tennessee.edu/eastern/Pages/Heritage-Skills-Seminars.aspx>.

**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.)

**STEP LADDER** – Tammy Crawford – Finished size 56” x 67”, this quilt is made with 2 ½” strips. Fabric requirements: 40 Jelly roll strips – 2 ½” strips set, inner border ½ yard, outer border 1 yard, backing 4 yards, binding 5/8 yard – Optional flange binding 3/8 of 2 different fabrics. The faux flange will be demonstrated at seminar. Cutting instructions will be sent later with confirmation. **Mark your registration if you would like the cutting instructions.**

**FAUX FLANGE BINDING** – Dephane Smith – Will be demonstrating the faux binding for those who would like a little pizzazz to their quilts. This will be presented to the whole group.

**CHASING WINDMILLS QUILT** – Becky Stowers – Pattern is a Cozy Quilt Design, design by: Georgette Dell’Orco. A strip club pattern for 2 ½” strips. Fabric requirements for a lap size quilt

is 18 – 2 ½” strips or (6 quarter yard cuts into 2 ½” strips. Background – 1 1/8 yards, accent ¼ yard, border 1 – ¼ yard, border 2 – ½ yard, boarder 3 – 1 1/3 yard, backing includes 4” all around for quilting 3 5/8 yards, binding 5/8 yard (7 – 2 ½” strips). The pattern includes several sizes, included table runner, lap, throw, twin, queen and king. Kits will be available for a lap size 56” x 68. The fabric will be from the “Sunwashed” collection by Corey Yoder from Moda. Kits cost is \$75.00 plus tax. This will include the pattern/fabric for the top and binding (**does not include batting or backing**). Patterns are \$9.00. **Mark your registration if you would like the pattern or a kit.**

**FAT-QUARTER BAG** – Debra Carroll – Fat-Quarter Bag is a fast and fun project. It goes together so quickly you’ll want to make one for everyone on your gift list. The bag holds a lot of quilt projects and is a good size for a child’s overnigher. Materials: 42”-wide fabric, 1 packet of 6 fat quarters, no directional fat quarters, 2 1/8 yards for lining and handles, ¼ yard flannel or batting for handles, 22” of 1” wide non-roll elastic.

**MYSTERY QUILT** – Lonna Hammond – This year’s Mystery Quilt consists of 4 fabric and measures 76” x 86” with an inner, a middle, and an outer border. Remember and if you cut out everything before you come to camp all you have to do is sew. Good contrast and no directional fabric, is the key to a successful mystery quilt. You will need: Feature Fabric – 2 yards, Coordinate A – 1 ½ yards, Coordinate B – 2 yards and Background-2 yards. Bring your extra fabric with you for any OOPS! 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.**

**MOD ORNAMENT TABLE RUNNER** – Terri Embrey – This 14” x50” is made with three ornament blocks using the QCR (Quick Curve Ruler) Mini. Materials to make 1 ornament: (4) 5” x 5” main focus ornament fabric, (2) 5 ½” x 5 ½” main focus ornament fabric (cut in half diagonally), (2) 4 ½” x 7 ½” accent circle fabric, (4) 3” x 3” center diamond fabric, (2) 2” x 7 ½” ornament bands focus fabric, (4) 5” x 5” background fabric, (4) 4: x 5 ½” background fabric. You will need three of these blocks and the QCR Mini ruler. It is suggested to use different focus, accent and center fabrics. **Mark your registration if you would like the QCR Mini ruler \$19.00**

**MASSAGE** – Shannon McElhose, licensed massage therapist, will be providing back massages Tuesday and Wednesday for \$1.50 per minute, in 15, 20, /or 30 minutes sessions. **Mark your registration if you would like a massage.**

**SEWING MACHINE 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.**

**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 2023. 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.

**GAME 4 – UGLY FAT QUARTER SWAP:** bring an ugly fat quarter to exchange; for each fat quarter you bring, you will receive a fat quarter.

**EASY “QUILT-AS-YOU-GO” STRIP QUILT WITH MACHINE BINDING** – Jennifer Trussell – Need to get a small quilt done in a jiffy? You'll be inspired with a demonstration of this easy “quilt as you go” technique using a Jelly Roll or other sized strips. You'll be treated to a trunk show of QAYG options, and you'll also learn how to use fusible thread for a quick and beautiful machine binding! Supplies: A regular stitch plate; a quilting foot; a zig zag stitch foot, and an edgestitch stitch in the ditch” foot, size 12 machine needles, rotary cutter and favorite rulers, fabric - 2.5”, 3.5”, 4.5”, 5.5”, or combination of WOF strips to fill the length of your quilt (or a Jelly Roll of 2.5” strips), 1 yard for the backing, and ½ coordinating yard for binding, batting – medium or lightweight batting about 30” x 40” (crib size works well), thread – one spool of 50 wt. cotton thread and one spool of fusible thread, extra bobbin, optional: Walking Foot and ¼ Inch Foot (or ¼” Foot with Guide) are very helpful.

**HOT PADS FOUR WAYS** – Jennifer Trussell – Who doesn't love a gift for the kitchen? After a quick demonstration, sew one or all four of these quick but creative hot pads which will be used for years to come. Consider food/fruit/veggie fat quarters for a culinary inspired project! Supply List for Hot Pads Four Ways: Creative Grids Hexagon Trim Tool by Jean Ann Wright, OR the 8 ½” Hexagon Ruler of choice [such as the Jaybird Quilts Hex N More Ruler (the larger one, not the mini ruler)]. Square ruler (10” or 12”) **You'll be making four different hot pads. \*You can simply bring a layer cake containing forty 10” squares (makes up to six different hot pads) OR 2 ½ yards of coordinating non-directional cotton fabric and a package of thin 100% cotton batting OR bring the following supplies:**

**Hexi Hot Pad Supplies** • Two non-directional coordinating fat quarters of fabric; or eight 10” squares (from a layer cake) • One 10” square of thin batting. *Note: You can use Insul-Bright, but it's thick and may jam up your machine with the multiple layers of fabric*

**Hexi Triangle Supplies** • Two coordinating fat quarters of non-directional fabric; OR five 10" squares (from a layer cake) • One 10" square of thin 100% cotton batting.

**Four Square Hot Pad Supplies** • Two coordinating fat quarters of non-directional fabric; OR six 10" squares (from a layer cake) • One 11" square of thin 100% cotton batting.

**Triangles Hot Pad Supplies** • Two coordinating fat quarters of non-directional fabric; OR six 10" squares (from a layer cake) • One 11" square of thin 100% cotton batting

Bonus Coasters Supply List • One charm pack

Feel free to email instructor (Jenny Trussell) at cedarstudios4@verizon.net if you have questions.

**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.

**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 any 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.

**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 presenter need certain supplies for their project or workshop, to please let her know immediately so she can help you out with your workshop supplies or necessities. She will be giving a discount on all **regular** priced items for the retreat...And will have different specials each day. Becky's Quilt Barn and Retreat, 1027 Old Grimsley Road, Grimsley, TN 38565. Mailing address Becky Stowers, 5772 S. York Hwy. Clarkrange, TN 38553.

**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, and towels will be provided.

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

Monday – Thursday, October 2-5, 2023  
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**  
Phone: (865) 457-9401; Email: [debrafcarroll@aol.com](mailto:debrafcarroll@aol.com)
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, your roommate, cutting instruction for the mystery quilt and fees to be paid at camp. 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. 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 meals and the following lodging arrangements:

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

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

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 – please bring cash.**

\_\_\_\_\_ Chasing Windmills pattern (\$9.00)  
\_\_\_\_\_ Chasing Windmills kit (Lap size does not include batting or backing) \$75.00  
\_\_\_\_\_ Step Ladder (no charge)  
\_\_\_\_\_ Massage by Shannon (\$1.50 per minute 15, 20, or 30 minutes, fee to be paid to Shannon) circle how many minut  
\_\_\_\_\_ Mystery Quilt pattern (\$3.00 for printing only)  
\_\_\_\_\_ QRC Mini Rule (\$19.00)  
\_\_\_\_\_ Sewing Machine Cleaning (\$100.00 fee to be paid to Jason)  
\_\_\_\_\_ T-Shirt teal, small, medium, large, x large, xx large, xxx large, short sleeves,  
Long sleeves (\$20.00) (Circle size and sleeve length.)  
\_\_\_\_\_ **TOTAL AMOUNT DUE (FEE TO BE PAID AT SEMINAR.)**