



# HEARTLAND QUILT NETWORK NEWSLETTER

February 2018

It's almost here!  
Our annual meeting will be held on *April 7, 2018*  
at Community Covenant Church  
15700 W. 87th St. Pkwy., Lenexa, KS  
Registration form is enclosed!

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## Lessons Learned from a Life in the Theatre

A quilt guild is a microcosm of the world around us and much can be learned by observing the interactions which occur on that stage. I have had the privilege of traveling and attending many quilt guild meetings over the years and I have had plenty of time to observe and analyze what I see. I would like to share three quick observations which have parallels in the world of the theatre, and how they may help us perform at our best.

### Lesson 1: Everyone is an Actor

We all perform roles every day. We enact the persona of the person we need to be to cope with the moment. One minute we are the boss, giving instructions, and next moment we are the comforter, helping someone deal with a disappointment. We occasionally have the luxury of just being ourselves, but who really knows who that is? It is a composite of all the roles we have learned to play on the stage of our lives, adapting our behavior and communication to the needs of the moment. The only time the scene is spoiled is when you stop acting, and start acting out or acting up. They aren't the same thing.

Good acting is never false. It draws on our knowledge of ourselves, the world around us, and of other people to combine our heart and mind and body to make the moment believable. I don't speak and act the same way with everyone. I adapt to the moment, the situation, and the people involved.

I ACT OUT when the moment is too painful to be honest about to myself and others, and so I put on a false face to protect myself. This is dishonest, and people know it. It erodes their trust in you, and in your abilities. If you don't put on this false face too often you begin to create a chasm between who you really are, and who you want people to see you as. This false face can even take control of you because you feel it is safe, and makes you less vulnerable to hurt. But don't be fooled. The only one who doesn't think you are ACTING OUT is you. Everyone else sees it, and goes to their program to double check who is playing your role.

I ACT UP when I am bored, insufficiently challenged, tired, irritated, or discontented. I ACT UP to entertain myself (and others), to get attention, to be noticed or heard, or feel my contribution is being ignored. This is just as dis-

(cont'd. on next page)

honest as ACTING OUT. It assumes that I am here to be entertained and if I am not, it is your fault, not mine. What we fail to see is that ACTING UP creates conflict just at the moment we would prefer to NOT be so conflicted. DUH. It disrupts, distorts, and makes interactions more difficult. Use it often and people start to shun you because you make them feel uncomfortable. These are the actors labelled as "difficult to work with" and directors will avoid using them if they can. Audiences feel uncomfortable watching them because their actions are inconsistent with the scene on the stage. They are confusing to watch.

As leaders in our guilds and communities we can recognize these inauthentic performances and coach these actors to be more honest with their portrayals. Here are a few strategies.

For those who are ACTING OUT, they need to feel welcomed, un-judged, and accepted for who they are. They need tasks suited to their abilities so they can be successful. They need a mentor to guide them so they can work as a team rather than as an individual. They will assume responsibility slowly, in small increments, until they have built confidence and feel they have a valuable role to play. They will down play their accomplishments, but secretly love to be praised and publicly acknowledged for their efforts. Does your guild create a climate where these Actors can feel safe and accepted?

For those who are ACTING UP, they need to be heard, valued, and challenged. They want responsibility but are afraid they might be overwhelmed by it. They are capable, bright, and have a lot to contribute. Acknowledge their talents and challenge them to take responsibility for something small, at first, and then increase the challenges as they feel at ease. Don't press them to do too much. They are secretly afraid of failing, but desperately want to be a part of what is going on. That is why they are there!

They are already busy people, with other obligations, so allow them to help in a way that does not overload their lives, but values their creativity, their willingness, and their need to be heard and acknowledged. Does your guild create a climate where these Actors can feel included, challenged and appreciated?

Lesson 2: The most important roles are often behind the scenes, supporting those on stage.

Lesson 3: The reward for a good performance is the curtain call.

Intrigued? Like any good plot, a cliff-hanger builds anticipation for the outcome, but can be relied upon to make the wait worthwhile. Watch for Lesson 2 in the next newsletter!

Reeze Hanson, President HQN



## Quilt Festival—2019

June 13, 14 and 15



18 participating guilds -- watch the website and Facebook for updated info!

[www.kcrqf.com](http://www.kcrqf.com)  
<https://www.facebook.com/kcrqf/>

**REGISTRATION FORM FOR HEARTLAND QUILT NETWORK ANNUAL MEETING**

**Date and Time: 10:00 a.m. to 2:00 p.m., Saturday, April 7, 2018  
9:00 Professionals set up; 9:30 Registration**

**Meeting Place: Community Covenant Church,  
15700 West 87<sup>th</sup> Street Parkway, Lenexa, KS**

**Deadline for Registration: Friday, March 23, 2018**

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

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

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

Daytime Phone: \_\_\_\_\_ Night Phone: \_\_\_\_\_

FAX #: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Business/Organization/Guild: \_\_\_\_\_

\_\_\_\_\_ **Lunch for \$12.00 Please check if ordering buffet lunch.**

**A buffet lunch from Panera will be served for \$12. It will include a sandwich, a salad, and a large cookie.**

**If you need a Vegetarian meal or have other dietary restrictions, please note that here** \_\_\_\_\_

**We need a count on the number of tables needed.** We invite all professionals to bring samples of their work and guilds can bring their opportunity quilts.

(Professionals: Remember there are no sales at this meeting.) If you are going to need table space, check here. Professional quilter \_\_\_\_\_

Quilt guilds can bring a stand to hang their quilts, please check here if you are bringing a stand \_\_\_\_\_ or need a table \_\_\_\_\_.

**If you have not registered by March 31st**, call Mary Honas (913) 424-3697 or email at [fristrate-designs@kc.surewest.net](mailto:fristrate-designs@kc.surewest.net) We will be accepting late registrations before the meeting but it will cost an extra \$5.00.

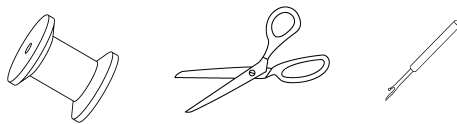
**Mail registration and checks for buffet lunch to HQN:  
c/o Mary Honas, 7236 Goodman St., Overland Park KS 66204**

**GUILD MEMBERS AND PROFESSIONALS -  
SEND US YOUR PROGRAM AND SHOW INFORMATION  
FOR THE HQN WEBSITE!**

Our mission is to keep those who visit the website informed about the activities of our members -- the more details we can provide on the website, the better!

This benefits guilds by publicizing programs and quilt shows and attracting new members -- and benefits professionals by letting guilds know where you will be presenting programs and workshops.

Send information about guild programs, quilt shows and shop hops to [web-maven@heartlandquiltnetwork.com](mailto:web-maven@heartlandquiltnetwork.com)



**Have you liked us on Facebook?**

Our Facebook page is intended to work along with our website in spreading the word about networking between professionals, quilt guilds and shops. Check it out at

[www.facebook.com/heartlandquiltnetwork](http://www.facebook.com/heartlandquiltnetwork)

Please "like" our page and suggest it to others who will benefit from being a member of HQN. Remember to still send all updated info to Julie Kiffin, web-maven for HQN, at [julie.kiffin@gmail.com](mailto:julie.kiffin@gmail.com), to keep the website current.

**Professional speakers and teachers** -- talk about new programs and other accomplishments in the quilting world, as well as your travels to guilds.

**Guild members** -- post about programs in your guild, as well as quilt shows and your opportunity quilts.

*Let's use this chance to grow HQN  
and make it stronger than ever!*

# THE HEARTLAND QUILT NETWORK MEMBERSHIP FORM

One year membership fee is \$20.00 per guild, shop or professional. Three year memberships are \$40.00

Membership runs from July 1 through June 30. Return entire form and your check to

Mary Honas, Membership Chair, 7236 Goodman St, Overland Park, KS 66204 [fristrate-designs@kc.surewest.net](mailto:fristrate-designs@kc.surewest.net)

## MAKE CHECKS PAYABLE TO HQN

New Member       1 Year Renewal \$20       3 Year Renewal \$40

### GUILDS

Meeting place and time: \_\_\_\_\_

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

Mailing \_\_\_\_\_

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

Exceptions: \_\_\_\_\_

President: \_\_\_\_\_

Address: \_\_\_\_\_ Website: \_\_\_\_\_

\_\_\_\_\_ Guild Email: \_\_\_\_\_

Phone No.: \_\_\_\_\_ Pres. Email \_\_\_\_\_

Program Chair: \_\_\_\_\_ Program \_\_\_\_\_

Chair Email: \_\_\_\_\_

Address: \_\_\_\_\_ Phone No. \_\_\_\_\_

Long-Term Contact: (Name & Email) \_\_\_\_\_

Please attach a list of upcoming speakers, programs & dates. Also include special projects or community activities your guild sponsors. Mail with this form to the Membership address above.

### SHOPS

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

Mailing Address: \_\_\_\_\_ Phone No.: \_\_\_\_\_

\_\_\_\_\_ Email: \_\_\_\_\_

Owner: \_\_\_\_\_ 2<sup>nd</sup> Contact \_\_\_\_\_

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

Phone No.: \_\_\_\_\_ Phone No.: \_\_\_\_\_

Email: \_\_\_\_\_ Email: \_\_\_\_\_

Please attach additional information about your shop including upcoming events, speakers, classes.

### PROFESSIONALS

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

Mailing address: \_\_\_\_\_

Phone No.: \_\_\_\_\_ Email: \_\_\_\_\_ Website: \_\_\_\_\_

Please attach a summary of your class/specialty. Also provide your upcoming schedule of lectures and workshops. All information is welcome

Yes, I would be interested in serving on the HQN Board.

# !!!!GUILD OFFICER UPDATE!!!!

Mail to: Mary Honas, Membership Chair  
7236 Goodman, Overland Park KS 66204  
[frstrate-designs@kc.surewest.net](mailto:frstrate-designs@kc.surewest.net)

**Guild Name** \_\_\_\_\_

**President** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone Number** \_\_\_\_\_

**Email address** \_\_\_\_\_

**Vice President  
Or Program Chair** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone Number** \_\_\_\_\_

**Email Address** \_\_\_\_\_

Enter any other new info here or attach:

Thank you for your support of the Heartland Quilt Network!

## CALENDAR OF HQN GUILDS' REGULAR MEETINGS

	1ST WEEK	2ND WEEK	3RD WEEK	4TH WEEK
<b>Mon.</b>	<p><b>Booneslick Trail QG</b>, Columbia, MO; Day Chapter 1:00 pm</p> <p><b>Piece Corps Quilters QG</b>, St. Joseph, MO; 6:30 pm</p> <p><b>Prairie Pine QG</b>, Mexico, MO; 7:00 pm</p> <p><b>Sew 'n' Sew QG</b>, Chanute, KS; 7:00 pm,</p>	<p><b>Konza Prairie QG</b>, Manhattan, KS; 9:00 am Lee's Summit QG, Lee's Summit, MO; 9:00 am</p> <p><b>Prairie Star QG</b>, Manhattan, KS; 7:00 pm Sunflower QG, 7:00 pm (no Dec)</p> <p><b>Twilight Stitchers QG</b>, Blue Springs, MO; 7:00 pm</p> <p><b>Walnut Valley QG</b>, Kansas City, KS; 1:00 pm and 6:30 pm, except June &amp; Dec</p>	<p><b>Kaw Valley QG</b>, Lawrence, KS; 7:00 pm</p> <p><b>Little Balkans QG</b>, Pittsburg, KS; 7:00 pm Raymore QG, Raymore, MO 9:00 am</p> <p><b>Silver Needles QG</b>, Salina, KS; 7:00 pm</p>	<p><b>Calico Cut-Ups QG</b>, Bella Vista, AR; 1:00 pm (except December) Tues.</p>
<b>Tues.</b>	<p><b>Blue Valley QG</b>, Overland Pk, KS; 9:30 am</p> <p><b>Cimmaron Valley QG</b>, Stillwater OK; 10:00 am &amp; 6:00 pm</p> <p><b>Needles And Friends QG</b>, Liberal, KS; 7:00 pm (except Election Tuesdays)</p>	<p><b>Country Patchwork QG</b>, Marshall, MO; 1:00 pm (except July &amp; December)</p> <p><b>Emporia Regional QG</b>, Emporia, KS; 6:30 pm</p> <p><b>Eudora Quilting Bees</b>, Eudora, KS; 7:00 pm (except December)</p> <p><b>Flint Hills Regional QG</b>, Emporia, KS; 10:00 am</p> <p><b>Greater Kansas City QG</b>, Mission Hills, KS, 9:30 am</p> <p><b>Hill 'N Hollow QG</b>, Mountain Home, AR; 6:00 pm</p> <p><b>Kansas Capital QG</b>, Topeka, KS; 7:00 pm Olathe QG, Olathe, KS; 6:30 pm</p> <p><b>Omaha QG</b>, Omaha, NE; 7:00 pm, September through May</p>	<p><b>Country Rose QG</b>, Rose Hill, KS; 7:00 pm</p> <p><b>Kaw Valley QG</b>, Lawrence, KS; 9:30 am</p> <p><b>Sunflower QG</b>, Junction City, KS; 6 pm (except Oct &amp; Dec)</p>	<p><b>Kansas Capital QG</b>, Topeka, KS; 7:00 pm</p> <p><b>Starlight QG</b>, Mission, KS; 6:30 pm (Nov., 3rd Tues., No December)</p> <p><b>Ozark Piecemakers Quilters Guild</b>, Springfield, MO; 10 am &amp; 6 pm</p>

Heartland Quilt Network connects quilt guilds, shops, and professionals in the heartland through newsletters, member rosters, a website, *Facebook* and an annual meeting.  
[www.heartlandquiltnetwork.com](http://www.heartlandquiltnetwork.com)  
 Members Only Section/Website: There is a password for this section of the website.  
 Contact Mary Honas for information.



	1st Week	2nd Week	3rd Week	4th Week
<b>Wed.</b>			<b>Quilters Guild</b> of Parsons, KS; 7:00 pm (except December)	<b>SEK Crazy Quilters</b> , Independence KS; 10:00 am
<b>Thurs.</b>	<b>Booneslick Trail QG</b> , Columbia, MO; Starlight Chapter, 7:00 pm	<b>Country Quilters QG</b> , Topeka, KS; 9:00 am (November and December only 2:30 pm)  <b>Lake of the Ozarks Cabin Fever QG</b> , 10 am, Jan & Feb  <b>Northland QG</b> , Kansas City, MO; 10:00 am  <b>Sewing on the Line QG</b> , Leavenworth KS, 1:00 pm  <b>Sunflower Piecemakers</b> - Lansing KS; 6:30 pm	<b>Central Oklahoma QG</b> , Oklahoma City, OK, 10 am (Nov & Dec)  <b>Flower Valley QG</b> , Ferguson, MO; 7:00 pm  <b>Pieces and Patches QG</b> , Garnett, KS 9:30 am (Nov & Dec)	<b>Central Oklahoma Quilt Guild</b> , Oklahoma City, OK, 10 am (Jan - Oct)  <b>Country Quilters QG</b> , Topeka, KS; 9:00 am to 2:30 pm (January to October)  <b>Lake of the Ozarks Cabin Fever QG</b> , 10 am, Nov & Dec  <b>Pieces and Patches QG</b> , Garnett, KS, 9:30 am (Jan - Oct)
<b>Fri.</b>	<b>Kansas Quilters Org</b> , Meets annually, dates & locations vary	<b>Hill 'N Hollow QG</b> , Mountain Home, AR; 9:30 am  <b>Jubilee QG</b> , Bartlesville, OK; 9:30 am		



## REMINDER: MEMBERSHIP UPDATE

Just a reminder that the Heartland Quilt Network's membership starts on July 1 and ends on June 30 each year. Membership renewals are due before July 1 of each year. A couple of years ago the dues structure was modified to offer a 3-year membership for \$40. When you renew for a 3-year membership, you will be getting one year free. One year memberships will continue to be \$20. As a member you get a semi-annual newsletter, access to the members-only website, and the best part, you get to network with other professionals, guilds and shops at the annual meeting and all year long.

One of the wonderful things about HQN is that if the guild is a member of HQN, then every guild member is also a member of HQN.

Please send your membership form (page 5) and check to Mary Honas, 7236 Goodman, Overland Park, KS 66204. Discard any old membership renewal forms you have as they may contain an outdated address. Any questions about your membership status should be directed to Mary Honas at [fristrate-designs@kc.surewest.net](mailto:fristrate-designs@kc.surewest.net).

If you renew your membership for 3 years, it is VERY IMPORTANT that you send in the Officer Update Form (page 6) as your officers change. If the current officer information is not submitted to us, the newsletters and other communications may be sent to your members who are no longer in office.





HQN Newsletter  
c/o Rosalyn Douglass, Editor  
7921 W. 138th St.  
Overland Park, KS 66223  
redouglass@everestkc.net

**PLEASE NOTIFY THE EDITOR WHEN A NEW  
PROGRAM CHAIRMAN TAKES OFFICE.  
NEWSLETTER DEADLINES: 1/14; 4/13; 7/13;  
10/13**

**ATTENTION:**

**GUILD PRESIDENTS AND CONTACT PERSONS**

We send one copy of the newsletter to the guilds—  
to the president, program chair or contact person.  
Because guilds change officers at different times  
of the year, we try to reach at least one person  
who can pass the newsletter on to current  
officers. Please help us by submitting the names,  
addresses, phone numbers and email addresses of  
new officers as soon as you can. It's easy! Just  
send them to our website.

If your guild has a digital newsletter, please feel  
free to send our newsletter out to the members  
of your guild

**NEWSLETTER PUBLISHED:  
2/14; 5/13; 8/13; 11/13**