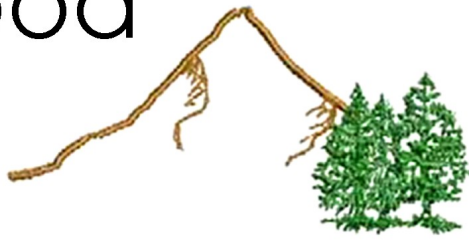


Mt. Hood Quilt Guild



News from the Hood



April 2020

Next meeting: Our April 14th meeting will be online only—we'll email details after the virtual board meeting next week

President's Message

I am surely going to miss our quilt community gatherings over the next while but there are things we can do to take care of ourselves and not just physically but also emotionally. Distraction may not sound like something we should do but I am not talking about avoidance, just distraction. Quilters have a lot of ways to distract ourselves. We need it to temporarily take ourselves away from this intense situation so that you can then step back into it with fresh eyes and a clear mind. One way to do this is with ACCEPTS.

Activities—engage in an activity that is just that, engaging. Well, we have that covered. Learn something new. Try a technique for the first time.

Contributing to something greater than yourself—charity quilting, face masks, reaching out to others in need just to let them know you are there.

Comparisons — think of the positives in your life and those who are struggling even more.

Emotions, try to evoke feelings that are opposite to the ones you are feeling.

Pushing Away your negative feelings by writing them down and ripping them up or visualize pushing them to back of your mind.

Thoughts—when they are difficult, generate an entirely new set of thoughts by engaging in something that stimulates your mind.

Sensations—stimulate your senses. Listen to loud music, dance, smell the lavender, take a hot bath.

We are all feeling a shift in energy. In times like these it's important to stay grounded and centered. Be rooted in optimism and positivity. Stay connected, body, mind and soul. And be the light, the compassion and the bravery that the world needs. Stay healthy, stay active and stay aware.

Wendy Sternberg, President

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Mt. Hood Quilt Guild Minutes

March 10, 2020

The meeting was called to order by President Wendy Sternberg at 7:00 p.m. only to discover the microphone was not working. Wendy thanked everyone for coming out to the meeting and then made the decision to have the Guild reports go first, prior to the evening's speaker giving the tech guys a chance to get the microphone working.

Wendy said that over the next months, each Board member would be discussing what their job entailed and she spoke about her job as President. She talked about her job being the easiest. She is essentially in charge of the meetings, both General and Board meetings. She is supposed to keep the meetings moving. Other duties are writing a newsletter message, thank you notes for different things, signing checks for the bank, preparing and shopping for the birthday and door prizes and answering community questions that get sent in. She is also in charge of dealing with any crisis, which she reminded Donna Taylor that she was told are very few.

And in dealing with the current crisis, she mentioned that Milwaukie Airing of the Quilts has been postponed to the fall.

Lori Oathes talked about the upcoming March Stash Shuffle, which she thought was still going to happen. Members were told they needed to sign up prior to the event and gave the hours and the activities that were to transpire. The Jelly Roll workshop will have instructions on how to do a jelly roll quilt and other patterns and she promised it would be really fun. Workshop participants could bring their own jelly roll or some would be available for free if the completed top would be donated to Comfort Quilts.

Lori then talked about the Block of the month. This month there would be 8 drawings of 3 blocks each this month as the blocks were large. The April block instructions could be found on the front table or on-line. It is a Whirlwind block in tan, red and green.

Delleen Kompkoff offered samples of strip quilts for comfort quilts. She had 5 kits available at her table for someone to sew up.

Delleen and Nina Gilliland are working with a First Student Transportation Company representative on a new project called 'Operation Backpack.' This company provides school bus services for the area and they have a program which collects and distributes food for needy kids. While the program has been up and running for a while, they needed to find a way to allow the kids to take home food to get them through the weekend. Delleen came up with a pattern that uses 3 fat quarters of donated fabric to make up kits that are available at the back table. Each kit will make 2 sling backpacks leaving no leftover scraps. Kits are available to members to make and return next month.

Members were asked to fill out a survey regarding their sewing and quilting interests. The surveys could be returned to the front table.

Continued on next page >>>

Mt. Hood Quilt Guild Minutes

>>>Continued from previous page

More door prize drawings were done, along with Show and Share, followed by a break.

Powell Valley Elementary School teacher, Becky Caputo, talked about the animal shelter quilts her 5th grade students are sewing. They have completed 13 quilts so far along with 30 snuffle mats. They are also putting together their own scrappy quilt for an auction later this spring.

Debbie O'Donnell introduced her fellow members of the Membership Committee, Barbara Hundahl and Shirley Workman. She also noted that we have 96 members were in attendance along with 4 guests and 2 new members.

Linda Shaull introduced the evening's speakers, Smitty Price. Smitty is a member of MHQG and Columbia Gorge Quilt Guild and does collage quilting landscapes. Her presentation was on "Looking at Fabric Differently." Smitty, who grew up in California and graduated with a Home Economics degree from Cal Poly, said she has always been a Quilting Designer. She started off at a young age and would make designs while hanging Mom's laundry on the line to dry. Then a neighbor taught her to make Barbie clothes and eventually she moved into tent making as a job. Marcia Stein was her inspiration and she has won awards in a number of quilt shows including the Pacific International Quilt Festival and the Houston International Quilt Show. Smitty said to look at the 'value, scale and texture' of fabric when choosing it for your picture quilt. She sees value, scale and texture in all aspects of life and has even used dryer lint in her quilts. She uses the techniques of applique and thread painting in her quilts. Smitty's beautiful quilts often have a 3D effect on them. In closing, Smitty gave advice in picking stabilizers and she stated that it is important to also use copyright free pictures.

The meeting was adjourned at 8:30 p.m.

Submitted by Ann Marie Rears, Secretary



It is with sadness that we share the news of the death our past president, Linda Wood. She will be missed by the quilting community and all of her family and friends.



Vice President's Message

Hello fellow quilters.

The month of April should bring us showers and maybe a relief from the virus. One can only hope.

Linda Shaull
Vice President

Small Group Update

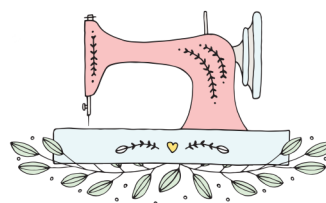
Members of small groups: Please take heed of the request by our Oregon Governor: do not attend non-essential events/meetings. I know quilting is essential to our well-being but let's take this time to be safe for ourselves and others.

Feel free to "meet" with your small group in virtual ways such as using Zoom or FaceTime. Thank you.

First Sunday Open Sew

Open Sew has been canceled.

We'll announce when it's safe to reschedule.



Treasurer's Report

Opening Balance – Checking		\$18,180.70	
Retreat Check correction		(\$49.50)	
		\$18,131.20	
Retreat Check deposited as 150.00 in February written for 100.50			
Deposits:		Expenses:	
Dues and Guest Fee	\$85.00	Comfort Quilts	\$54.90
2020 Retreat Registrations	\$50.00	Door Prizes	\$15.00
Skip-a-week Commission	\$6.00	Speaker's Fee	\$156.84
Stash Shuffle	\$40.00	Misc Expense (Sandwich Board)	\$79.99
Total Income	\$181.00	Total Expenses	\$544.57
Current Balance		\$18,005.47	
Less 2020 Retreat Registrations		\$4,230.50	
Less \$s held for charitable activity		\$3,636.10	
Net Balance		\$10,138.87	
Petty Cash 02/20/2020		\$35.40	



Hi Everyone,

I'm writing this on National Quilter's Day. That day where we were going to help each other swap our stash? Maybe do something with a Jelly Roll? My, how things are different now. Instead, I have my ear to the news, trying to stay informed. Keeping in touch with family to see how the Monopoly Games are progressing, and what new comfort food is coming out of my daughters' ovens. Honestly, I could probably eat a roll right now, with jelly on top!! How are you coping?

You probably have been amazed at the call for mask makers. My friend sent me the plea from Seattle, looking for volunteer groups to sew 100 million!! My daughter's neighbor, a nurse from Randall put out the call as well. At first, I was in denial, then slightly angry, and sad. After working through the stages of disbelief, I got to work. I live in a house filled with fabric, and I know how to use it. You probably have the piles destined for the swap shuffle nearby. It's time to use that fabric for a cause.

We know how to do things by the thousand - remember 1000 quilts?? If our members get busy, I'm sure we can do 1000 masks easily.

(I've made the first 20!!) Kristi at My Quilting Loft will accept any you make, and see that they get passed on to Kaiser or Mt. Hood Medical. You may personally have a contact that will gladly take them as well. I'm encouraging you to give it a go. There are many links and videos that show you how. Be sure to send a note to Staci so we can cheer each other on. Here's the link I got from the Randall nurse: <https://www.instructables.com/id/AB-Mask-for-a-Nurse-by-a-Nurse/>

Just like anything, I've adapted it slightly, keeping the darts inside fabric layers, and not exposed. Also using some bias tape I had on hand to stitch on the sides covering the pleats, before adding WOF strips cut 1.5" for the ties. My masks definitely look "quilter made" - using my available strips that coordinate with the face part. Just be sure to stitch securely and clip all threads. I can't wait to hear how many we get finished and passed on to be used. Special thanks to Kristi for her help. (I've heard Hanes is going to help out too.)

For now, any other Community Outreach projects are put on hold.

When things change, I'll get back to encouraging you to make food back packs, Purses for Zambia, and lots of quilts. I hope that you find time to discover a new skill, or learn something different.

Stay safe.

~Delleen

We Did This With Quilts -Just Look at us Now!

*100 Quilters
10 Masks Each*



1000

MASKS

Barbara's Bobbins and Threads, Barbara Belgrave:

I'm taking quilts in during this time at home. They can be dropped on my doorstep and I'll call when they're done. That way we have no contact. I have not left my home since March 5th.

Kelly Creek Studio, Susan Ainsworth Smith:

I am taking customer quilts to quilt. I prefer that people don't come into my house. I'll meet customers outside using established guidelines for social distancing. Customers need to have a good idea of what they want, or allow me to choose quilting to enhance the piecing. When quilts are done, they will be placed in a bag and the customer can pick up the quilt, in the bag, and take it away.

After contacting a customer that their quilt is finished, they will be given cost information. They can either leave a check, or use Venmo.

It's my understanding that a best practice is to treat fabric like you would treat cardboard coming into your home... it is thought that coronavirus can live on cardboard or fabric for about 24 hours. After contacting a customer that their quilt is finished, they will be given cost information. They can either leave a check, or use Venmo.

Quilting by the Fence, Tomme Fent:

Customers are dropping off their quilts on my porch, and I return them the same way. I leave an envelope for their check. I email them with quilting pattern ideas, thread color recommendations, etc.

Crafty Staci, Staci Wendland:

My PDF download sewing patterns are still available at craftystaci.com. Guild members can use the coupon code MHQG for 25% off.

Heidi's Garden Quilting, Heidi Oliver:

I'm also still taking quilts, they can be dropped off on the porch, and I will bring them inside after client leaves. Pick ups can be done the same way.

Shepherd's Garden Quilting, Rebecca Tellez:

I am on forced vacation until the middle of April and have 8 quilts waiting for me when I am released to go back to work. But I will be available to start taking quilts again in late May.

Hopefully, by that time restrictions will be lifted but if not, I will work with each customer on the best way for both of us to stay safe.

Debbiez Quilting, Debbie Zerkel:

I am still taking quilts. I do edge to edge only. I will be glad to meet people or they can come to my house. I also prefer that no one comes into my house. I have several thread colors and digital patterns to choose from. I also carry batting and some backing materials. If you would like to see patterns, send me an email and give me an idea of what you are looking for.

My Quilting Loft, Kristi and Alyssa Villani:

We are hoping that you are all practicing "social distancing" and keeping healthy. To encourage that, here we are closing shop to customers. However, we are doing curbside delivery Tues-Sat. 10-2. Call or order online, noting date/time you will be picking up (Tues-Sat. 10-2), and call us when you arrive at 971-292-2991. We are taking quilts in for longarming and are running about 4-6 weeks out. Thank you so much for supporting local small businesses during this time! The health of our customers and families is our top priority.

Marie's Custom Quilting, Marie Anderson:

The follow is not meant to be medical advice. I am not a doctor. This type of information changes daily. Please check with your own health care providers to decide what you are going to do.

About 2 weeks ago I started to wonder how long the virus lives on fabric. Since I have 3 sisters in the medical field: 1 a nurse practitioner on an Indian reservation, one the trauma coordinator of a hospital in Seattle Washington and one an MD... I thought I would ask.

Here is a Doctor's advice about coronavirus:

1. It is pretty large in size (cell is about 400-500nm diameter), so any normal mask (not just the N95 feature) should be able to filter it out. However, when someone who's infected sneezes in front of you, it will take a great 3 meters (about 10 feet) before it drops to the ground and is no longer airborne.
2. When the virus drops on metal surface, it will live for at least 12 hours. So remember if you come in contact with any metal surface, wash your hands with soap thoroughly.
3. The virus can remain active on fabric for 6-12 hours. Normal laundry detergent should kill the virus. For winter clothing that does not require daily washing, you can put it out under the sun to kill the virus. The short version is the virus can remain active on fabric for 6-12 hours. This data had no name attached and is not from the CDC... The CDC says the virus is active on cardboard for 24 hours.

Since fabric is more like cardboard than metal – I went with cardboard. Since the CDC says 24 hours for cardboard I decided to go with 24-48 hours.

My customers are:

1. Putting their tops, backs, etc. in a plastic bag.
2. Dropping off their projects and we keep a distance.
3. The bag sits for 24-48 hours.
4. I open it and we discuss thread, colors, pattern etc over the phone, text, email or video.
5. I quilt the quilt wearing a mask in case I sneeze, cough touch my face, etc.. I Re-bag the project and they get it back.
6. They leave it bagged for 24-48 hours. They take it out and put it in the dryer or wash it if they want to.

I cannot stress enough that this is an educated guess as to what to do when you are passing fabric back and forth. There are no double blind scientific studies to show one way or another and there won't be for some time. The virus is still being studied, so it is a moving target.

Stay healthy out there!

Human Solutions needs haven't changed. They're still looking for:

- New socks & underwear (all genders & sizes)
- Deodorant
- Shampoo
- Hairbrushes/Soap/Body wash
- Toothbrushes/Toothpaste
- Lotion
- Sanitary Pads

Another charity we've worked with often, SnowCap, is requesting fabric masks.

If you can help either of these groups, Susan Ainsworth Smith has offered to be a drop-off point for donations.

Contact her at 503-577-1434 or susan@kellycreekstudio.com for directions.

Retreat 2020 is FULL!!!!!! Yeah!!!!!!

That doesn't mean you can't sign up on the waiting list though!

October 1-4 Oral Hall Center in Sandy

Barbara Belgrave. bjb1955@gmail.com
Retreat Coordinator

Quilt Show

During this time of social distancing and self isolation quilters are digging through their stashes, uncovering UFO's long forgotten and treasures of fabric and projects. This would be a great time to make bazaar items for our quilt show next year.

How about a raffle quilt or two for the show? Any great ideas for our theme for the show?

Can you tell I've been thinking a lot about the show? Let myself or Pat Miles know if you and or your small group would love to make the raffle quilt.

Please stay safe and healthy during this time.

Block of the Month Challenge

Join our newest challenge! Each month we will be doing a new Block of the Month, which will allow quilters of all levels to learn or practice piecing skills, and maybe use some scraps. The blocks will then be raffled off to a lucky winner!

How it works:

- 1) Make the block following the requirements in the instructions.
- 2) Bring block to the MHQG meeting & turn in. (for now, hang onto these until we're able to physically meet again)
- 3) Each block gets one entry into drawing
- 4) A name is drawn & blocks are awarded to a winner!

NOTE: if there are a large amount of blocks, more than one winner will be drawn.

You can find all of the Block of the Month patterns on our website!

[CLICK HERE](#)

April's block is on our site, and looks like this:



Hang onto your blocks until we can meet again! As soon as we hear from Lori about whether she'll continue to share new blocks each month we'll let you know!

Remember the
Hawaiian Quilt Box?

Delleen is making
good use of it!



Support our Business Members

Barbara's Bobbins and Threads

Barbara Belgrave, 25525 SE Hoffmeister Rd, Damascus, OR 97089, 503-421-8496
bjb1955@gmail.com

Craft Warehouse

Gresham Station Shopping Center, 687 NW 12th Street, Gresham 97030, 503-907-3137
craftwarehouse.com and [Craft Warehouse on Facebook](#)

Crafty Staci

Staci Wendland, craftystaci@gmail.com
craftystaci.com and [Crafty Staci on Facebook](#)

Debbiez Quilting

Debbie Zerkel 3240 SE 152nd Ave. Portland, 97236, 503-762-0231, dbz98236@yahoo.com

Heidi's Garden Quilting

Heidi Oliver, 16474 Swan Ave., Oregon City 97045, 503-421-4327, jrtluv@comcast.net
heidisgardenquilting.com and [Heidi's Garden Quilting on Facebook](#)

Kelly Creek Studio - Longarm Machine Quilting Service

Susan Ainsworth Smith, 503-577-1434, susan@kellycreekstudio.com
kellycreekstudio.com and [Kelly Creek Studio on Facebook](#)

Marie's Custom Quilting

Marie Anderson, 59 NE 3rd St., Gresham 97030, 503-481-5117 marieanderson0@hotmail.com
mariescustomquilting.com and [Marie's Custom Quilting on Facebook](#)

My Quilting Loft

Kristi Villani, 253 East Historic Columbia River Hwy, Troutdale, OR 97060
971-231-5638
kristi@myquiltingloft.com
myquiltingloft.com, [My Quilting Loft on Facebook](#), and [My Quilting Loft Community Facebook Group](#)

Quilting by the Fence

Tomme Fent, 2152 SE Beaver Creek Lane, Troutdale 97060, 503-674-4464, tommequilts@gmail.com
[Quilting by the Fence on Facebook](#)

Save Stores

1900 McLoughlin Blvd, Oregon City, OR 503-655-4414 or 6701 SE Foster Rd, Portland, OR 503-775-7283
savestores.com and [Save Stores on Facebook](#)

Shepherd's Garden Quilting

Rebecca Tellez, 775 NE 9th Street, Gresham 97030, 503-888-3415
rebecca@shepherdsgardenquilting.com
shepherdsgardenquilting.com and [Shepherd's Garden on Facebook](#)

Check out Tomme's [Mystery Quilt Group on Facebook!](#)

While you're there, join our [Guild's Facebook group](#) too!



April Birthdays

Debbie Thomas	1
Nancy Pettit	3
Marsha Geisinger	5
Cindy Carrier	7
Suzi Grunau	8
Linda Harmon	10
Kaye Hill	14
Mary Miller	15
Linda Kent	17
Liz Prom	17
Nancy Seltzer	17
Kristi Villani	19
Morag Warren	19
Beverly Lombardo	20
Michelle Monson	20
Shirley Workman	25
Wendy Sternberg	26
Alyssa Villani	29

Here's a secret for you—click on the quilt on the upper right corner of page 1 to get the free pattern for that quilt! This month's is usually a paid pattern, so download it soon. I made this quilt last year—it's a fun one! - Staci

Message from Membership

We enjoyed quite a turnout at the March meeting with 96 members in attendance. We added two new members and hosted 4 guests. Our group now has 183 members!

See you all soon,

Debbie O'Donnell, Barb Handahl and Shirley Workman