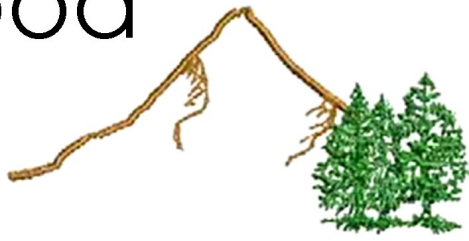
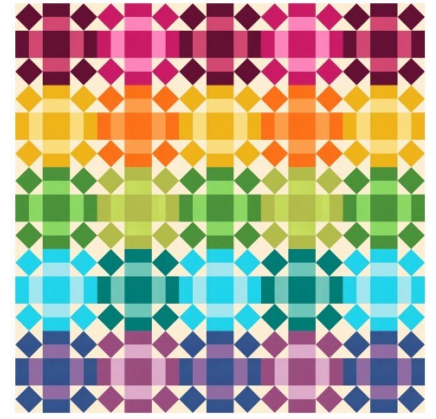


Mt. Hood Quilt Guild



News from the Hood



March 2020

Next meeting: March 10th at 7pm

President's Message

We all know that mindfulness and meditation are important to incorporate into our lives. How many of us use sewing (or knitting) as a mindfulness practice? It will serve two purposes. First, it will reduce stress, depression and pain. And second you will use your seam ripper a lot less (where is that emoji when you need one?). Here is a way to try it. Set an alarm for five minutes. A nice tinkling bell at the end is a good choice or a great big congratulatory cheer works too. Definitely be gentle with yourselves. All of our minds wander and if you notice your mind going down that path, just say "oh, I'm thinking... How interesting" and bring your attention back to the block under your machine's needle. When the alarm sounds you'll hopefully notice that you haven't rotated any of the pieces in the wrong direction.

Our guild is made up of elected officers, committee chairman, volunteers and lots and lots of members. It was brought to my attention that many of you don't really know what we do or even who we are. Starting in March, I'll have one person introduce themselves and tell you what we are doing. I'll be the first to tell you just what the President's responsibilities are. I promise to be brief and here's a spoiler. I have the easiest job!

Memories Part 2 by Patricia Everson

This patch was made from a bunting.
The baby had now moved away.
And this one came from my sister,
From a dress that was yellow and grey.

Wendy Sternberg, President

OFFICERS & COORDINATORS

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president@mthoodquiltguild.com

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vicepresident
@mthoodquiltguild.com

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treasurer@mthoodquiltguild.com

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Nina Gilliland 405-473-5838
retreats@mthoodquiltguild.com

Open Sew Coordinator:

Susan Ainsworth Smith
503-577-1434
opensew@mthoodquiltguild.com

Vice President's Message

Hello Quilters. I see daffodils springing up all over and even some blue skies most days. Our speaker for March will be Smitty Price and the topic will be LOOKING AT FABRIC DIFFERENTLY. Sounds very interesting, I am looking forward to this topic. I won some of the heart blocks at the Feb meeting and I have plans to make 3 table toppers one each for myself, my daughter and my sister.

Keep on stitching,
Linda Shaull
Vice President

We need you to help make bags for
Operation Backpack



Check With Nina

Each kit makes two!

Food distributed in Gresham Schools by First Student

Calling All Longarm Quilters!

We have charity quilt bundles ready for you to quilt!

The bundles include a top, backing and batting, and are a bit bigger than the usual charity size (40" x 60")

Help us out by taking a bundle!

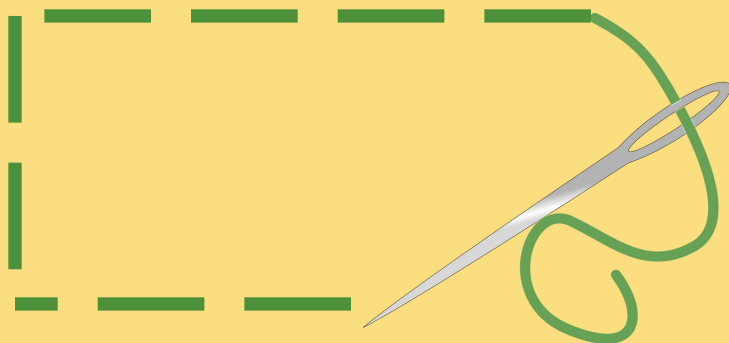
They are available at the Stitching Comforts table, or you can check with Susan Ainsworth Smith or Colleen Anthony.



Secret word:

Baste

...and here's a bonus secret for you—click on the quilt on the upper right corner of page 1 to get the free pattern for that quilt!



Mt. Hood Quilt Guild Minutes

February 11, 2020

President Wendy Sternberg called the meeting to order at 7:00 p.m. The door prize ticket for on-time attendance was drawn.

Wendy thanked Kaye Hansen and Charlene Opperman for preparing name tags, and Nancy Pettit for taking the meeting minutes. Wendy also awarded Donna Taylor, our last year's president with a big box of quilt blocks made by our members in the shape of a barn.

Wendy announced the guild has received money from OEG Power to purchase extension cords and surge protectors. These will be mainly used for our Mt. Hood guild retreats, but they may be loaned for other uses of the guild.

Linda Shaull introduced our speaker for the evening, Mr. Domestic, Matthew Beaudreaux.

Mr. Domestic visited us in August of 2017, and has since gone on to do fabric designing. He gave us a very inspirational, uplifting talk as he showed us his fabric lines and many quilts that use them. We thoroughly enjoyed his presentation this evening.

Delleen Kompkoff announced that Montavilla will be holding a work party on March 28 to make purses for Africa. This is for a 'Keep Girls in School' outreach in Africa. The purse pattern will be on our website under 'Outreach'.

Susan Ainsworth Smith announced there is one table left to rent for the Stash Party and Jelly Roll Race scheduled for March 21st.

Debbie Stoffer announced she has kits available to make pillowcases for Pink Sistas for us to take and make the pillowcases and return them completed next month.

Laura Mituniewicz was the winner of the birthday drawing.

There are only 3 places left for the October guild retreat.

Tomme Fent announced the Columbia River Gorge retreat has one space open. She also informed us their next meeting Patsy Thompson will be giving a class on ruler work for your domestic machine quilting. This will be in White Salmon May 14-16.

Melissa from Powell Valley School told us they are teaching 5th grade students to sew, making block and snuggle mats. Donations of flannel or fleece fabrics or thread is requested.

Lori Oathes announced there were 40 heart blocks entered for the Block of the Month. Three winners were drawn, Arden Shelton, Linda Shaull, and Barbara Hundahl. The March block of the month is a tulip block.

Show and Share followed the heart block drawing, then Wendy drew names for calendars donated by Quiltfolk. The meeting was adjourned at 8:44 pm.

Respectfully submitted,
Nancy Pettit



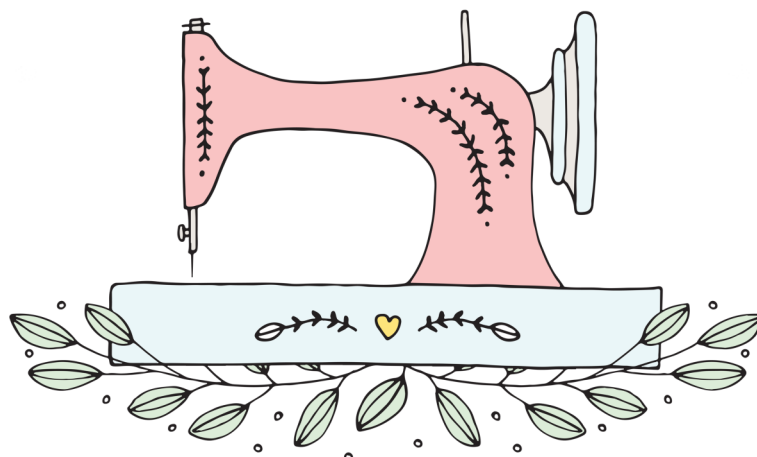
Free Table!

Visit our free table! Please feel free to bring items you no longer can use but are in good condition. If you bring something and it fails to find a happy home, then you will be responsible to take it at the end of our meeting.

First Sunday Open Sew

Open Sew has been canceled for March due to construction at the location.

Check back for info on the April event!



Again this year, the guild is collecting flannel pillow cases to be given to breast cancer survivors that attend the free summer Pink Sistas retreats. Its important to pre-wash your fabric so prevent shrinkage after you have sewn the pillow case. They do not have to be pink. The agency is asking for volunteers to sew flannel pillow cases for the participants (60-70) attending this summer. The pattern is posted in the files section on the Facebook page.

Quilt Trivia

The oldest known quilted object is a linen carpet from the first century B.C. to the second century A.D.

It was found in a cave tomb in Mongolia.

Treasurer's Report

Opening Balance – Checking	16,990.68		
Deposits:		Expenses:	
Dues and Guest Fee	\$65.00	Door Prizes	\$15.00
Donations	\$32.09	Open Sew Classroom Supplies	\$6.99
2020 Retreat Registrations	\$1,160.00	Retreat Refund	\$150.00
Retreat Donations	\$250.00	State Filing Fee	\$30.00
Open Sew Dec/Jan	\$50.00	Speaker's Fee	\$226.00
Skip-a-week Commission	\$17.50	Stash Shuffle	\$116.48
Stash Shuffle	\$60.00		
Total Income	\$1,634.59	Total Expenses	\$544.57
Current Balance	\$18,080.70		
Less 2020 Retreat Registrations	\$4,230.00		
Less \$s held for charitable activity	\$3,694.00		
Net Balance	\$10,156.70		
Petty Cash 02/20/2020	\$50.40		



My Mom's Singer machine was one of those with all the cams and decorative stitches. It was housed in a cabinet with a knee controller, so I'm pretty sure I was using colored thread and cams to decorate fabric scraps before my feet touched the floor. (Thanks, Mom)

The most entertaining thing I could sew at first was a bag. Fold it, stitch two sides, turn it!! What fun. The joke in my family was "look out, she'll make a bag for that!" Looking back, that basic play with fabric has given me lots of experience making bags. In the beginning, the Barbies in many households had couture bags.

When my daughters were in high school, prom dresses for them and their friends always came with a bag dictated by the size of the scraps on the floor after the dress was hemmed. I've made laundry bags for many college bound grads, shoe bags for the track runner's cleats, horse tail bags, bags by the dozens for characters in plays. My favorite one is a carpetbagger style that has appeared in Sound of Music, Hello Dolly, Anything Goes, and Seven Brides. I have one just like it that I use to carry my autoharp from class to class.

My five grandkids have grown up with the same huge reusable Christmas gift bags. I never knew it was going to be a tradition, I was just trying to save paper!! The strangest thing I did was make bags from bags - horse food, chicken feed, rabbit pellets, rice bags - there's always something with a cute logo.

Now the state of Oregon has made bags a green issue, I'm sure you are making bags too. [The Sew Powerful purses for Zambia](#) are an opportunity to make a difference for a girl with your bag-making skills. Another thing to try is to make a drawstring cinch sack for First Student Bus Services food program. These bags go home with weekend food for hungry families in Gresham schools. Thanks to Nina's connection, we can make an impact there. Look for her at the next meeting for more info.

The music teacher in my school has me accompany kids on many songs. Now that it is program time, one number on his jazz list is called Bags Groove. Little does he know, I've been in a groove with bags for a very long time. Put on some jazz and have some fun with bags!

Guild member Montavilla Sewing is holding a Sew Powerful purse making event in March. Click here for details: <https://www.montavillasewing.com/events/sew-powerful-purse-sew-in>

Human Solutions Donations Needed

Boxes for donations will be in the back near Stitching Comforts.

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



Susan Ainsworth Smith, Human Solutions Liaison

Small Group Update

Appliqué group, **NEEDLE TURNERS**, meets the 3rd Thursday of the month at 10 a.m. at Jackie Parks's house. Contact Jackie for more info. 503-512-7665, jmillerparks@comcast.net.

SEW HAPPY small group meets at Laura Rom's house on the 4th Monday of each month from 10:00am-3:00pm. Contact Laura for more info, 971-244-2305, puma01.laura@gmail.com.

Evening small group, **SEWCIAL CLUB**, which meets on the 4th Wednesday evening of each month, is currently full and closed to new members. Contact Debbie Johnsen for more details, 503-680-6494, debbie.johnsen@yahoo.com.

Open! **LAST WEDNESDAY OPEN SEW** meets the last Wednesday of each month from 11:00am to 3:00pm at First Baptist Church, 224 W. Powell in Gresham, across the street from the Gresham post office. Bring a project of your own or work on charity quilts. Contact Nancy Toupin, 503-381-8543, or nancytoupin53@gmail.com, with questions. Open to new members.

PIECEMAKERS group (general quilting) meets the third Monday of each month from 9:00am-2:30pm at the home of Barbara Belgrave, 503-421-8496. The group is full and closed.

ALL ABOUT ME group (machine embroidery) meets the second Saturday of each month from 9am-2:30pm at the home of Barbara Belgrave, 503-421-8496. The group is full and closed.

THE TRAVELIN' QUILTERS will now meet at 6:30 before the regular guild meeting, rather than at the library. Contact Pat Miles at 503-252-2727.

If you have formed a small group OR are interested in forming a small group please let one of the coordinators know so we can help you.

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

That doesn't mean you can't sign up on the waiting list though. I think we have usually accommodated most on the waiting list in the end. Life happens and some just can't make it so come and sign up for all the fun!!!

October 1-4 Oral Hall Center in Sandy

Barbara Belgrave. bjb1955@gmail.com
Retreat Coordinator

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.
- 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](#)



Garfield Skip-a-Week Quilt Club tables at MHQG!

Come visit the tables for some really good deals! Remember the money made from the two tables goes to both clubs, 60% to SAW and 40% to MHQG.

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, 503-432-4327, 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](#)

We welcome any guild member who would like to join us at our board meetings! We meet the first Tuesday of each month at Heidi's in Gresham at 7pm.

Upcoming meetings:

March 3rd
April 7th

If you'd like to read the minutes from the meetings, those can be found [on our website](#). (You'll need the password, found in your email, to access)



March Birthdays

Mary Calahan	2
Lori Oathes	6
Tomme Fent	9
Melva Atkins	10
Katie Parham	10
Pam Hutcheson	15
Donna Taylor	16
Doranna Yung	19
Virginia Collison	20
Raye Balfour	24
Joanne Maze	26
Kim Paventy	30

If you'd like to include something in the newsletter, please send it to newsletter@mthoodquiltguild.com before the 25th of the month. After that date, the newsletter for the next month is finished and closed. Thanks!

Message from Membership

Barb Hundahl and I sure had fun greeting and checking everyone in for our first time at the February meeting. Thanks for your patience and many kudos to Debbie Stoffer and Kim Simmons for their wonderful service in membership.

103 regular members attended the February meeting. We hosted 4 visitors and signed up 2 new members.

Please check the carpool list at the entrance table if you, or anyone you know, is looking for transportation to and from guild meetings.

Thank you,
Deb O'Donnell
Membership Chair

Stash Shuffle & Jelly Roll Workshop & Race

Join us on National Quilting Day
Saturday March 21, 2020
From 9:00 a.m. to 3:00 p.m.
Mountainview Christian Church

Free Admission & Parking

STASH SHUFFLE

There will be many items for sale at Stash Shuffle!

Fabric, books & patterns, sewing/quilting supplies & notions, kits, quilts, UFOs, vintage sewing machines, craft items, yarn & knitting/crochet supplies

JELLY ROLL WORKSHOP & RACE

Come to the workshop to learn how to use your jelly rolls!

We will have samples of quilts, free patterns, and resources for patterns

Bring your sewing machine & notions/supplies, we'll show you how to sew a jelly roll race quilt

Sign up to compete in a Jelly Roll Race! Prizes will be awarded for 1st, 2nd, and 3rd place teams!

Refreshments will be available for purchase

For more information, or to sign up contact:

STASH SHUFFLE – Susan Ainsworth Smith - 503-577-1434 – opensew@mthoodquiltguild.com

JELLY ROLL WORKSHOP & RACE – Lori Oathes – 503-329-1707 – challengecoordinator@mthooquiltguild.com

We have a limited number of tables available for both activities, sign up soon!

