

Mt. Hood Quilt Guild



News from the Hood

May 2020

Next meeting: Our May 12th meeting will be online again—we'll email a link when it's ready to view!

President's Message

Your board is thinking of you all and trying to stay connected until we see each other in person again. I hope those of you on Facebook have liked our group page since it is another way to stay connected to our quilting world.

We learned a lot last month. I used to think that Zoom was just the noise my grandson made when he used to play with his cars on the road quilt I made for him. But no ... It is a way to stay connected with all of you wonderful people.

Kudos to Staci for helping us through our board meeting and our first virtual guild function. And a big thanks to Delleen for moderating the meeting. I was getting over a bad cold but I am doing great and feeling healthy now.

I hope you are all healthy and taking care of yourself both physically and emotionally. This is a tough time for all of us and we each are dealing with it in the best way for ourselves. As many of you know I was a psychologist in my previous life. So you'll find some more psych tips to get you through this challenging time on page 10.

Wendy Sternberg, President

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It was a lot of fun seeing your quilts out in the wild last month! If you have a recent finish you'd like included in May's Show and Share, please email a photo and description, along with your name, to Staci at newsletter@mthoodquiltguild.com

Mt. Hood Quilt Guild Minutes
April 14, 2020 VIRTUAL MEETING

Delleen Kompkoff led the meeting as the evening's moderator.

Because of social distancing we are trying a new method of connecting to our members. Lots of changes have happened since we met last, but the Board Members thought this might be a way for us to still feel like we are part of the group. A lot has happened in the one month. She said a month ago:

- She thought Zoom was a hot breakfast cereal cooked in a pot like oatmeal
- She planned on helping her granddaughter with her prom dress
- It was okay to hug people who were not your family members
- She was in a room with over 500 people who were singing and playing instruments and now she just sings to herself
- She had shoe boxes full of vintage bias tape that people had been giving her for years and now she knows how to use them to make masks
- Mask making was something she *only did* under duress during the month of October

But things have changed. We have changed. There is sad news everywhere. In our conversations with friends who have lost jobs, students who are missing milestones, people who are sick and people who have lost loved ones. It is a sad scary time and it's become our new daily life. It does not feel normal. So the Board Members recognized that need to feel something normal. So we decided to try this meeting format. We will have speakers that talk about some typical quilt guild stuff. We'll have some videos and we'll hopefully give you some ideas of things to do while you are staying at home. And we are going to start with Wendy and her favorite thing, the birthday drawing.

Wendy explained the process and said that usually the drawn name only gets the gift if they attend the meeting. So this month it will be a little different. She is going to draw the name. If the person is in attendance the next time we get together, they get the gift. If they are not there, she will draw another name from the April batch until a person is present. After reading the extensive list, including Wendy's own name, the winner was Nancy Seltzer. If she comes to our first in person meeting, she will get the gift certificate.

Delleen: So people who have been in the Guild for a while, know that every few months the Board members change. We have some positions coming up in the future and we thought it might be interesting for you to spend some time thinking about how you could volunteer to become a Board member as well. So we are going to have some of our Board Members talk about their positions and hopefully encourage you to volunteer. Ann Marie is our Secretary and she is going to take it away and talk a little about what the job of Secretary entails.

Ann Marie: Good evening ladies and gentlemen. Everyone says that they have the easiest job in the Guild, but I really think I have the easiest job. My first responsibility is to attend all meetings, which is what you guys do anyway. But at the meetings, I do record and try to get the best I can, written down of what's going on. Sometimes I do have to check with people after their presentation or afterwards. But, I basically write down what's going on then I go ahead and then type them up and email them to whoever is in need of getting them, they post them on the web or the newsletter. So, my job is really pretty simple. It's just two nights of responsibility and most of you attend the meetings anyway. It does require attending Board meetings, which is very interesting. Other than that, that is all my job entails and it is a very interesting job also.

Susan: Yes, I was the first Vice President of the Guild and I didn't know what I was doing when I raised my hand that very first night, but I had a lot of help and it kind of came naturally. What we need to do is to find people to be our speaker, presenters and we have teachers who are going to give us classes. So we need get those people scheduled. I know we do have quite a full schedule for most of this year, of course,

Mt. Hood Quilt Guild Minutes

April 14, 2020 VIRTUAL MEETING (continued)

everything is going to be different this year as some of our presenters might be pushed off or rescheduled because of us not meeting. But it is enjoyable to work with the folks that are going to present to us and also at the meeting you introduce the speaker. That's about it, but come July we are going to have to have a new Vice President.

Delleen: One other thing that Susan does, she is the person that makes contact with Human Solutions and takes donated things there and we wanted you to talk about that there is still an important need for sharing things in the community and how they can access the donations for Human Solutions.

Susan: Right they still have a need. I did put in the last newsletter that people could contact me if they need to drop items off, but I haven't heard from anyone but that's okay. Donate when you can. Come forth with your socks and undies and so forth when you can do it. But I did want to add, though, when we do meet in person again, please don't bring everything all at once that first night because, I think, we will just be inundated with too many items and it will be hard for us organize and take those things away in our vehicles. But, yes, the need is still there.

Delleen: So taking note from what you just said, in the future, in the newsletter I will have a plan as far as community outreach and quilts and how we get up and running back up to what we used. I don't know what that will look like right now and I think it will be a while before I do know what that will look like. So I'm in agreement with Susan, don't bring everything that first night. We will make a plan on how we get back up and running again. I would like to introduce my friend Linda. Linda is the Small Groups coordinator and she has some words of wisdom for those of you who are missing your small group people.

Linda: I am new to the Small Groups Coordinator position. So I will be sending out an email to the list of people that I have for the contact for small groups to make sure that all the information is correct on your small groups. So if you are a small group leader, look for that email. That should be coming soon, in the next couple of days. Also it is very important for you to stay in touch with your small group during this time. So in the next newsletter, there will be some different ideas of ways to stay in touch that you can explore so you can do something like this so you can see them or through text messaging. But it is very important that you stay in touch with your small groups. So look for that information of different ideas of how to do that in the next newsletter.

Delleen: So most of you know that I wear many hats. I wear many hats in the Quilt Guild, I also have my school hat and a bunch of other hats that I wear. So right now I am putting on a hat that signifies that many things that I have been making recently. A lot of you are making masks. And I did that for several weeks, then a couple of nurses that I've coordinated with say wait, we need to cover our hair too. So I have been making caps, like surgical caps. A knit fabric that was donated, about 10 yards, and it has turned itself almost magically into almost 40-45 caps. If you are interested in making the caps, there will be information on the webpage.

Many of us who have sewing machines are getting requests to make masks for family, friends or for others we don't know. There is a term for all sewers do when they are volunteer sewing projects, craftactivism, like being an activist but with your crafts. So the hope is that we continue to help others. One reminder, is that you can take masks to My Quilting Loft in Troutdale. There are also a lot of other places and if you need to reach contact any Board member can help you find places. Also we will have links on our webpage.

Delleen had asked for photos of masks and other items made. She composed a video collage with the photos accompanied by music. She also asked quilters to not save the leftovers scraps for her. She showed projects and suggested making different sized blocks to make kits, etc.

Mt. Hood Quilt Guild Minutes

April 14, 2020 VIRTUAL MEETING (continued)

Lori said she missed everyone's blocks and suggested we continue to make blocks. She showed the May Block of the Month, the garlic knot block. This block is a background color with two accent blocks. She showed how you can make two blocks by reversing the accent and main color. That would give you two blocks for the drawing. Just a reminder to use good contrast in your fabric choices and she showed several examples. This month we will have two block choices with two drawings. One with a white on white background with any bright colors and the other with a tan background with batiks. All the information will be on the website. Also, all blocks for all months will be drawn at our first meeting back.

Staci talked about technology and MHQG webpage & Facebook page. Marie Anderson was our scheduled speaker for this month. She was also the Gresham Chamber of Commerce "Ask the Expert" series featured speaker this month. The presentation will be available on the website under *Links*. Staci also demonstrated how to make sure you are linked to the MHQG on Facebook and the difference between the two pages.

Since so many members sent Staci pictures of projects completed recently, we had a digital 'Show and Share.'

Delleen closed the meeting saying how we decided to try this type of meeting even though none of us knew what we were doing. She hoped members watched it with grace and understand every time we do something we learn more, just like quilting. Our skills just keep getting better and better. She closed hoping all were finding ways to stay inspired and safe and asked members to reach out from a distance to connect to others.

Respectfully submitted, Ann Marie Rears

We're hoping to reschedule the Stash Shuffle & Jelly Roll Race Workshop for October ... stay tuned.

Message from Membership

Just wanted to remind members that this is a perfect time to create a stylish, one of a kind name tag with the embroidered piece you were given after you joined if you have not done so yet.

After you have made masks, caps, charity quilts and personal quilts while staying home why not finish this item up so you can wear it proudly at our 1st in person meeting soon. You will receive an extra ticket for the drawing if you wear it and you might meet someone new, so it's a win-win!

A big shout out to our embroidery team of Kaye Hansen and Charleen Opperman. Thank You!

Debbie O'Donnell, Barb Handahl and Shirley Workman

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!

Small Groups

Co-Coordinators:

Sue Ainsworth-Smith & Linda Gaudette-Sigel

Appliqué group, **NEEDLE TURNERS**, meets the 3rd Thursday of the month at 10am at Jackie Parks's house. Contact Jackie for more info. 503-512-7665, jmillerparks@comcast.net. This group is open to new members.

THE TRAVELIN' QUILTERS meets at 6:30pm before the regular quilt guild meeting. If you have questions contact Pat Miles, 503-252-2727, pat.miles@earthlink.net. This group is open to new members.

SEW HAPPY small group meets at Laura Rom's home on the 4th Monday of each month from 10am- 3pm. Contact Laura for more info. 971-244-2305, puma01.laura@gmail.com. There are no openings in this group.

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 11am -3pm at First Baptist Church, 224 W. Powell in Gresham. Bring a project of your own or work on charity quilts. Questions? Contact Nancy Toupin, 503-381-8543, nancytoupin53@gmail.com. This group is open to new members.

PIECEMAKERS group (general quilting) meets the 3rd Monday of each month from 9am- 2:30pm at the home of Barbara Belgrave, 503-421-8496. This group is full and closed.

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

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.

Small Group Update

Small Groups: During this unusual time it is important to keep up with our usual friend connections in new ways. Please find a way to connect with your small groups and keep up those connections. The comradery and laughs are going to get us through this time.

I've listed a few options below. I am not tech savvy but have found these 3 options user friendly for basic virtual meetings. Also, if you are a leader for a small group I will be emailing you soon to get updated information about your small group.

Options for virtual meetings for small groups:

FaceTime: All members must have an iPhone. Multiple people can be on one call.

Zoom: Basic is free. All users must download the app and register. Per session/meeting: 2 devices are free/unlimited time. 3 or more devices- free for 40 minutes and then cut off or pay to upgrade. Security has been improved. The person 'hosting' the meeting lets the other users into the meeting.

Google Hangouts: Free. Similar to Zoom. There is no time limit on sessions. All users must have an active gmail account (also free).

- Linda Gaudette-Sigel

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

100 Quilters
10 Masks Each



1000
MASKS

Vice President's Message

Hello Fellow quilters. My how busy some of us have been sewing mystery quilts with Tomme Fent to making masks with Susan Ainsworth Smith and all the other members that are doing a community service of sewing.

I know that a lot of you are wondering just what the vice President does beside introducing the speakers. Here is a list:

- Attend the board meetings every month to find out how many tables we will need for the upcoming meeting.
- Make a schematic of the area and mark where you want the chairs set up and where the tables will be set up and make sure the church gets the schematic each month.
- Find speakers that will interest the majority of the members and secure a contract with them. And follow up about a month before they are scheduled.
- Arrange a few classes for the guild members.
- Introduce the speakers.
- Arrange and organize the Christmas party and that entails buying plates, utensils and decorations for the tables. If there is a cake involved, like last year, then it's up to you to arrange for that and pick it up.

I have some good news. I have arranged for some classes in July with Camille Ainsworth. She will be teaching a zippered bag and maybe some other goodies, more on that later.

Also I have arranged Peggy Gilrich to come and teach a class in August about paper piecing and we will be making Jacobs snail. I'm really excited about that and I will have a sign up sheet in July at the meeting.

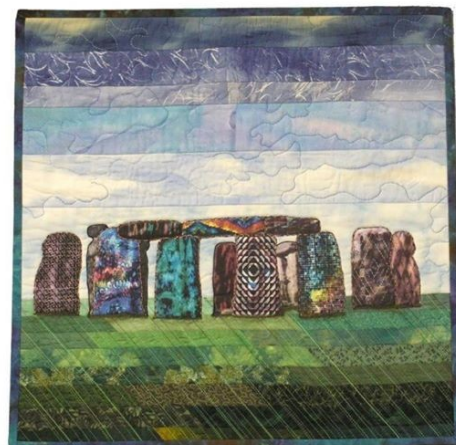
Keep safe,
Linda Shaul
Vice President

Announcing the Dancing Quilters Virtual Quilt Retreat, which will take place on May 17-20, 2020!

The retreat will include daily door prizes, free patterns, and games; a "Quarantined Quilters Challenge"; an all-day community Zoom room; recipes; Zoom events like a mini tutorial, an art quilt trunk show, and 5-minute Yoga Breaks for Quilters; and more!

Check page 11 of this newsletter for the registration info.

- Tomme Fent





How are you? Have you found creative ways to cut and use your stash? Have you finished a project that has been forgotten for a long time? Have you figured out how to do something in a different way? Maybe found a substitute for something you don't have anymore?

I'm hoping that some of you have found some new ways of doing things. Not necessarily quilt-related, but related to the fact that we are staying close to home, and not running out to buy things. I'm sure others would like to hear about your discovery. If you have a tip to share, please send me a message, a photo, or a link. I will collect them, and share them with everyone at our next digital meeting.

Tips: communityoutreach@mthoodquiltguild.com

In the last month, quilt deliveries by the guild have stopped. Recently, there was a request for more passage quilts to be delivered to Mt. Hood Medical Center. I know that about 18 quilts were delivered in response to the request. Becky Caputo (503- 665-4087) has offered to take quilts to the hospital if you have some to drop off. I know there are many of you out there who have the contacts and the ability to make quilt deliveries in the community.

At the present time, I am staying at home, and not doing a lot with quilts from the guild. Most of my time is spent now with sewing caps and masks. I am finding that this time has allowed me to creatively use donated fabrics that are not really needed for quilting. I've also made enough quilt kits to get us through a very long time, in preparation for when we do meet in person! Every few days, I quilt a few tops, just to stay in practice, and feed the lint build-up in my machine!!

I hope you all are well.

~Delleen

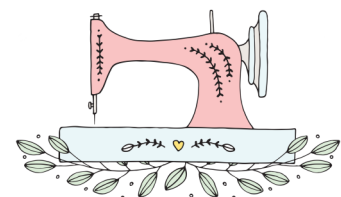
Human Solutions needs haven't changed. They're still looking for:

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

Contact Susan if you have Human Solutions donations. We can make arrangements to meet.

First Sunday Open Sew

No Open Sew in May due to Parkview Senior Living Center being closed to outside groups.



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, jrlluv@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@shepherdsyardquilting.com
shepherdsyardquilting.com and [Shepherd's Garden on Facebook](#)

Check out
Tomme's Mystery
Quilt Groups on
Facebook:
[Shadow Dancing](#)
&
[Dancin' in Circles](#)



May Birthdays

Katherine Kendall	2
Becky Caputo	4
Darlene McKinney	6
Susan Kubler	8
Kaye Hansen	11
Staci Wendland	11
Barbara LeCain	13
Sue Stroh	14
Jere Barrett	15
Terry Knott	16
Barbara Pelton	17
Debbie Johnsen	19
Kathy Joy	22
Jan Brown	23
Penny Stewart	24
Patty Dingman	29
Bobbie Gonzales	29

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.

Pat Curtis & Pat Miles, Quilt Show Chairs

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 Lori has provided so far on our website!

[CLICK HERE](#)

Please contact Challenge Coordinator Lori Oathes for info on the most recent and upcoming blocks



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

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

Retreat must be paid in full by September guild meeting.

October 1-4 Oral Hall Center in Sandy

Barbara Belgrave. bjb1955@gmail.com
Retreat Coordinator

Treasurer's Report

April 20, 2020

Opening Balance – Checking \$18,005.47

Deposits:

2020 Retreat Registrations \$50.00

Total Income \$50.00

Expenses:

Post Office Box Fee \$130.00

State Report Fee \$20.00

Teaching Fee Deposit (2021) \$250.00

Total Expenses \$400.00

Current Balance \$17,655.47

Less 2020 Retreat Registrations \$4,280.50

Less \$s held for charitable activity \$3,636.10

Net Balance \$9,738.87

All Stash Shuffle dollars for table rental will be returned.

Petty Cash 04/20/2020 \$35.40

9 Surprising Tips for Managing Stress

Focus on Your Breath—When you're stressed, your heart rate can increase, which can make you feel even more stressed. Try this simple exercise: Focus your attention on your heartbeat for a few seconds. Then put your hand on your belly to feel it rise and fall as you breathe, and say, This is my body breathing. As you inhale and exhale deeply, notice your heart rate slow and feelings of calmness grow.

Rewrite Your Script—Ever have the same negative thoughts so frequently that they become a never-ending tape-loop, playing over and over again in your mind? I'll never get everything done. I know they're going to fire me. I'm going to get sick. When you start thinking worst-case scenarios, ask yourself if your concerns are based on facts or emotions. If the latter, imagine that these thoughts are part of a script that you're writing, then change the lines.

Or ... Channel Your Inner Storyteller—As an alternative, invent a fairytale ending to your "story." It's an entertaining distraction and can help you recognize that fantasies—both bad and good—are just that. The reality of your situation probably lies somewhere in between. Tune Into a New Voice: If you can't turn off the stressful negative talk in your head, try replacing it with talk that's positive. Music can help, but listening to an audio book or an interesting interview can provide you with actual dialogue to focus on.

Control What You Can Control—Worrying about major life or world events is one kind of stress, but equally as bothersome are the daily, chronic stressors that cause aggravation and tension. To avoid irksome traffic, take an alternate route to work that might be longer but less crowded. If you find yourself too wound up to sleep after watching the evening news, skip it in favor of a lighthearted sitcom.

Find the Funny—Research shows that laughter reduces stress hormones and triggers some of the same mood-boosting effects as exercise. So do whatever tickles your funny bone.

Make Time for Play—Watch young children at play. They truly live in the moment, not worrying about the future or the past. Take a cue from them and play at something in which you can become totally engrossed. Start a card game, set aside time to do a craft project or draw a picture. Not an artist? No problem. Pick a simple image, like a tree or have fun doodling in a notebook. Don't worry about how it turns out, simply focus on the act of drawing—the way your pen or pencil moves across the paper as the image takes shape.

Nurture Another Living Thing—It is easier to limit the time spent focusing on your own stressful thoughts when you're busy attending to something or someone else. Bake cookies for a neighbor, play with a pet or get outside and garden.

Engage Your Senses—Senses play a role in your levels of stress. Gentle music, calming scents like lavender and dim lighting can alleviate stress. And touch is no exception. Wearing something soft, splurging on a cozy set of sheets or even just keeping a piece of your favorite fabric in your pocket to hold or stroke occasionally can make you feel comforted and relaxed.

VIRTUAL QUILT RETREAT, MAY 17-20, 2020
HOW TO REGISTER

The registration fee is a minimum \$10.00 donation to one of these 3 charities:

Human Solutions, <https://humansolutions.org/giving/>
Zarephath Kitchen & Pantry, <http://www.feedeastcounty.org/donate.html>
FISH Food Bank, <https://www.fish-food-bank.com/>

There are three options for making your donation and getting registered:

- 1) Make a donation online, and forward your email receipt to me, tommequilts@gmail.com.
- 2) Mail me a check *payable to your chosen organization*, and I will forward everyone's checks at the same time. My mailing address is:
Tomme Fent
2152 S.E. Beaver Creek Lane
Troutdale, OR 97060-2275
- 3) Send me money via PayPal using the "Friends and Family" option (or whatever it's called these days), so they don't take out any fees. Tell me the organization where you want your donation to go. Note that you will not receive a receipt for your donation if you use this option. I will write one check to the organization representing all of the money I receive.

Whichever method you choose, you must also send me your name, mailing address (to send door prizes you might win), and email address (for communications from me about the retreat).

I will let you know when I have received your registration. If you haven't heard from me by May 16th, contact me so we can be sure you can participate in the Virtual Quilt Retreat.

FREQUENTLY ASKED QUESTIONS

May I make a donation to another organization of my choosing?

Sure - just not for this event. (Cheeky, I know.) I'm donating my time and money to create the event as a way of raising funds for my own local organizations that are helping feed the hungry in my community during this time of crisis.

How do I participate in the Zoom events?

A few days (at least) before the retreat begins, I will email you a Registration Packet that contains all the information you need to participate fully in the activities. I will also make myself available if you want to try a "test" Zoom meeting beforehand. Information about that also will be in your Registration Packet.

Will the Zoom meetings be recorded so I can watch all/part of them later?

Mostly, no. If I remember (ha!), I *might* record the trunk show of my art quilt collection and post it in the group for those unable to attend.

May I contact you if I have other questions?

Absolutely. You may email me at tommequilts@gmail.com, or send me a message on Facebook.