

Mt. Hood Quilt Guild



News from the Hood



October 2020

Next meeting: Our October 13th meeting will be online —we'll email a link when it's ready to view!

President's Message

It has been a difficult time this month in our wonderful state. My heart is with all Oregonians who have lost so much and with the survivors of the wildfires and hazardous air quality. As I write this newsletter article, I know that we have guild members still evacuated from their homes. Please know that our Guild is here for you and let us know if you are in need of anything. As many of you know it is the Jewish New Year season, a time of renewal and fresh starts. With our air quality finally in the good category (and I hope it stays that way) it feels like a reset for me. So take a deep breath and here are three more ways to reduce stress.

1. Seek out support.

Talk with a friend, cuddle a pet or make an appointment with a pro. Find the people who make you feel well, alive and supported and share your feelings with them. Go ahead, express yourself, and get that stress right off your chest.

2 Get crackin'. Eat an egg or two.

Eating a nutrient-dense whole-food diet that includes eggs, vegetables, poultry and nuts helps the body fight stress. Good nutrition boosts immunity that stress tries to zap. When you take good care of yourself and feed yourself properly you'll be better prepared to handle stressful situations and manage stressful tasks.

3. To thine own self be true.

Empower yourself by learning how to say "no." Listen to your inner voice and learn to recognize what activities serve you and what activities deplete and stress you. Exercise your right to say "yes" or "no." This doesn't mean you're selfish – it simply means you're responsible.

Wendy Sternberg, President

OFFICERS & COORDINATORS

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president@mthoodquiltguild.com

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503-577-1434
opensew@mthoodquiltguild.com

Vice President's Message

News from the VP! We are excited to have Alex Anderson, tv personality and master quilter, join us this month during our monthly Zoom meeting. She will be sharing her story and more. November's presenter is sure to please - no details yet!

- Dottie Miller, Vice President

Click below to check out Alex Anderson's website!



Message from Membership

I'm proud to announce that even in a global pandemic we are 156 members strong. Recently, we have added 3 new members-Carol, Myra and Christie. Welcome to the MHQG!

Thanks again to all who have pledged donations toward the membership renewal scholarship fund. If there is anyone that might need some assistance to maintain your membership please contact membership@mthoodquiltguild.com with your request. As always, it would be great if members encourage your quilting friends to join the fun!

Please remember to send in your photo for our roster when you have a chance. At this time a current regular roster will be posted to the website for everyone's use. Also, at this time our email list will be updated with current members only to receive the newsletter as well as the links to the monthly meetings.

Happy stitching!
Debra O'Donnell

Show and Share

It was a lot of fun seeing your quilts out in the wild the last few months! If you have a recent finish you'd like included in Show and Share, please email a photo and description, along with your name, to Staci at newsletter@mthoodquiltguild.com **before Oct. 8th**. Please note that's a little earlier than normal. Thanks!



Mt. Hood Quilt Guild Minutes

7 September, 2020

Mt. Hood Quilt Guild Recording Meeting

Attendance: Wendy Sternberg, Deb O'Donnell, Delleen Kompkoff, Staci Wendland, Barbara Belgrave, Linda Gaudette-Sigel, Susan Ainsworth-Smith, Laura Rom, Lori Oathes, Rachel Derstine.

The board voted to have membership scholarships. The money for scholarships will be from members donations specifically to be used for scholarships. Scholarships will be awarded on first come first served. Members should email Deb O'Donnell if they would like a scholarship or would like to donate to the scholarship fund.

If you have a small group that is Mt. Hood Quilt Guild members and need Zoom to have meetings please talk/email to Susan Ainsworth-Smith.

Items for next board meeting: discussion on the vinyl stickers,

Agenda: Wendy- Introduction

Membership card on website

Birthday drawing

Introduce Rachel Derstine

Deb- Membership numbers

Member photo for roster

Barbara- Retreat update

Lori- POM

Staci- Show & Share [will be added onto the video or a link as was not able to record at the time of the recording meeting due to power outage]

Recording started at 4:53pm (hoping it will be done without anyone losing power from the wind storm)

Wendy: Welcome to the September meeting. Wendy thanked all the board members and behind the scenes helpers. A couple reminders- membership card is on the website to download. Some quilt/sewing places offer discounts for the membership. The virtual retreat is early October and the speaker in October is Alex Anderson. The Birthday drawing- Linda Gaudette-Sigel won the gift card. Previous winners gift cards are in the mail.

Our speaker is Rachel Derstine. She is from Philadelphia. She is a fabric artist who uses silks, and non-woven materials in her quilts. She is going to talk about her inspiration in the art process.

Rachel has 2 websites: rachelderstinequilts.com (this is her sales site)

artfulquiltingandsewing.com (this is her course/informational site and sign up for her newsletter!)

Instagram: @derstinedesign

@artfulquiltsew

Facebook: Artful Quilting and Sewing Group

She also has a lot of her work on Pinterest and You Tube.

Check our #sewover50 for interesting & inspirational sewing

Rachel Derstine: She lived in Japan from birth to age 15. Her family is filled with musicians (and her youngest daughter is a long distance hiker). A typical summer is filled with travel and selling her quilts. The () indicate either quilter names/ books or the names of Rachel's quilts.

Rachel gets a lot of her inspiration from ideas/pictures/daydreams in her head and from photos from Pinterest- collect lots of images. She says it is important to look at color value and limit your color palette- this helps move the viewers eye around the quilt & helps create texture. Lighter colors make the design prominent and Darker colors make the design recede. Layers create depth (Louisa L. Smith- Strips & Curves) Organza creates depth. Gradation also adds visual interest.

Ikata fabric- the fibers are dyed and then woven.

Caryl Bryer Fallert Gentry's quilt was the inspiration for Sunburst.

The quilting also helps create movement.

She uses her EQ8 for line drawings of her designs.

Abstract Improvisation was influenced by Carole Taylor

Sometimes she is inspired by the fabric like in her abstract landscapes.

She also use other artist's ideas: Jean-Jacque Rousseau, Louis Comfort Tiffany, Claude Monet, Edmond Lachenal

Mt. Hood Quilt Guild Minutes

7 September, 2020

Mt. Hood Quilt Guild Recording Meeting

(continued)

To add texture she uses lots of couching. You can use a cording foot or darning our open toe foot to do the couching.

Art Nouveau - Gradients (Vicki Welsh- colorways by vicki.com)

City Windows= colorful, quilted in spirals

Play on Curves= quilted in circles

Influence of Rosalie Dace- the use of ethnic fabrics.

It is important to repeat colors in your quilt.

She works with a lot of hand dyed fabrics

The Japanese have the inside & outside of their homes flow together. She used that idea for work in a series (Lisa Call) using the light/dark theory. Abstract is what the viewer wants to see.

The Non-woven materials she uses include: Evalon, Pellon 830, paints, markers. wax, and inkense pencils. (Into the Woods- Appalachian Trail, And Yet She Persisted)

Can use Japanese Rinpa Style Panels.

Quilting can be simple and be compelling (Dogwood, Luna-Multi)

For couching use tear away pellon stiffner. She uses yarn for the couching- 1-4 strands.

Questions: Did she start with traditional quilting? Yes- she started with traditional quilting but was always changing something- the fabric or the pattern.

Does she have any ideas for setting the dye in Shibori fabric? No- the dye will always come out. She has tried lots of methods (vinegar, etc) Beautiful prints but are not color fast.

Does she dye her own fabric? No- she doesn't have the space in her home. She took a class in it once and decided she didn't like dyeing her own. She has a couple people she purchases from.

• On September 12th she will be doing a virtual couching class through the Evening Star Quilt Guild. If you are interested in signing up email:

mshoe5678@gmail.com. The cost is \$50 or the three hour class (9-12:00 Eastern Standard Time)

Barbara: Retreat= Barbara will be sending out a test email on September 8th for everyone who is signed up for the virtual retreat. If you are signed up but don't get the email contact Barbara.

Membership must be paid before you can sign up for the retreat. The payment for both membership renewal (\$25) & retreat (\$40) can be mailed to the MHQG PO Box 2376, Gresham OR 97030.

Important dates:

Information Packet emailed: September 15th

Zoom test: September 24th 4pm

Bag pick up: September 26th 10-2:00 PLUS charity pick up/drop off at Mt. View Church

Lori: POM (Project of the Month)

Last month was pillowcases. If you made pillowcases for the pillowcase for foster kids drive send Lori an email so she can arrange pick up (at the church on Sept. 26th)

September project is a Microwave bowl (bowl buddy) use batting without scrim, cotton fabric and cotton thread. Post pictures to Facebook or to Staci for Show & Share.

Deb: Renewals are now at 129 members! Please send a picture to Deb for the photo roster. Her number is 503-504-2354 if you want to txt a selfie to her.

Renewal has been extended to the end of September. Remember Alex Anderson is our October Speaker!

Staci: Show & Share will be added to the recording or on a link.

If you shop using the Amazon app on your phone, check your settings. You can now use [AmazonSmile](#) there as well, instead of only while using a computer!

If you select our guild (search Mt. Hood Quilt Guild) 0.5% of your purchase goes to our community outreach efforts, at no extra cost to you. It's an easy way to give!

Retreat

2020 Retreaters,

Well.....by time you read this we will be at our "Virtual Retreat 2020" and I bet we are having a wonderful time!!

At this time I'd like to say a special THANK YOU to our committee:

Donna Taylor, Nancy Petit, Stephanie Harland, Elizabeth Sheeley, Debbie Stoffer and to my Co Chair; Nina Gilliland. I couldn't have given you such a fun time without them. All played different parts throughout the year. Yes it did take the year considering we planned 2 complete different retreats. Next years should be easy if we are allowed to get together face to face.

I'd also like to thank YOU as well. Without you it would had been a very small group.

Another group I'd like to thank is our contributors: My Quilting Loft for our very own auction and donations, Montavilla, Save Store on Foster Ave., Craft Warehouse, and to various people that gave various donations. Please give them a thank you when you visit these contributors and feel free to send them a thank you note! The more they receive the more they are apt to participate again.

Looking forward to seeing you all next year at "Retreat 2021". When the retreat is over I will be off to hibernate for a few months to catch up with my own projects as well as customers quilts.

Thanks again to all of you!!
Barbara Belgrave, Retreat Coordinator
Nina Gilliland, Retreat Co Chair

Barbara Belgrave and Nina Gilliland
Retreat Coordinators

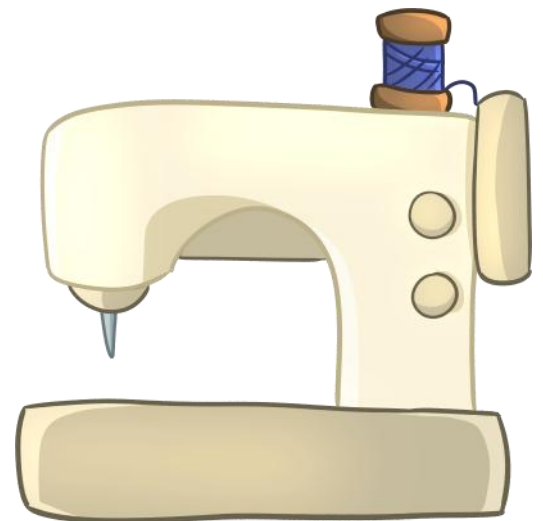


Open Sew

We will have Open Sew on
**Sunday, Oct. 4th, 2020 from
10:00 - 3:00 p.m** via Zoom.

If you'd like to participate, please
send me an email at
opensew@mthoodquiltguild.com for
an invitation

Susan Ainsworth Smith
Open Sew Coordinator



Learn How To
PERFECTLY MATCH



Click
here!

Striped Binding Sew Much More
in style

Small Groups



Coordinator: Susan Ainsworth-Smith

Applique group, NEEDLE TURNERS

Meets 3RD Tuesday 10 a.m.

Contact Jackie Park jmillerparks@comcast.net

Open to new members 503.512.7665

THE TRAVELIN' QUILTERS

Meets 6:30 before regular guild meeting

Contact Pat Miles pat.miles@earthlink.net

Open to new members 503.252.2727

SEW HAPPY

Meets 4th Monday 10-3

Contact Laura Rom puma01.laura@gmail.com

No openings 971.244.2304

SEWCIAL CLUB

Meets 4th Wednesday evening

Contact Debbie Johnsen

Debbie.johnsen@yahoo.com

No openings 503.680.6494

LAST WEDNESDAY OPEN SEW

Meets last Wednesday 11-3

Contact Nancy Toupin

nancytoupin52@gmail.com

Open to new members 503.381.8543

PIECEMAKERS

Meets 3rd Monday 9-2:30

Contact Barbara Belgrave 503.421.8496

No openings

ALL ABOUT ME (machine embroidery)

Meets 3rd Thursday 9-3:30

Contact Barbara Belgrave 503.421.8496

No openings

MYSTERY MAVENS

Meets 1st Monday 10-3 via Zoom

Contact Terry Knott quilting00@aol.com

503-804.6367

If you have formed a small group or are interested in forming a small group please let the coordinator know so she can help you.

Treasurer's Report

TREASURER'S REPORT

August 31, 2020

Opening Balance – Checking \$16,389.29

Deposits:

Dues \$1,104.20

Virtual Retreat \$564.18

Donations \$59.05

Total Income \$1,727.43

Expense

Mailing \$14.00

Speaker \$75.00

Stash Shuffle Refund \$20.00

Website \$59.96

Zoom \$14.95

Total Expenses \$183.91

Current Balance \$17,932.81

Less \$s held for Charitable activity

\$4,083.08

Net Balance \$13,849.73

Looking ahead:

We've reached the end of collecting for the Virtual Retreat. Also, Dues and Guest Fees are slowing down so things will be very quiet the next several months. (Happy face)



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!

Quilter's Schoolhouse Edition



I'm thinking probably every one of you has contact with either a student or teacher who has returned to school. The challenges of learning on-line are a big part of family life right now.

Maybe you have a few moments to spend on-line, teaching yourself a new quilting skill, or trying a new pattern. Consider this your back-to-school resource to help as you sew for Community Outreach.

I'd like to direct you to the resources that we have on our website in the [Stitching Comfort section](#). If you've picked up a kit from me in the past, it may have been precut for Charming, Scrap Nifty Fifty, or Two Plus Two. Those kits are cut by me from assorted donations, and sew up quickly into 40x60 inch quilts for our community partners.

If you need a copy of one of these, you can print your our copy easily from: <http://www.mthoodquiltguild.org/community-outreach>

Maybe you've picked up a different type of kit, a bag of coordinating fabrics that allow you to "choose your own adventure". As a quilter, I know that sometimes it's fun to dig into someone else's scraps and get creative.

These links will give you lots of ideas of how to use those fabrics. <https://azblankets4kids.com/> and <https://maryquilts.com/>

Many of the bags that were available on the 26th allow you to get creative.

I would remind you that most of our quilts are approximately 40x60, but can be easily "grown" by adding borders, if needed. Any fabric scraps left from your project? You can return them with the quilt, cut them into blocks or strips, or just add them to your next creative project. If your kit comes with backing or binding, be sure to use it, or return it with the quilt top for someone else to finish.

I'd like to thank all of you who continue to support our outreach programs. It has been difficult to keep this going via email, zoom, and text. I really miss seeing everyone and getting inspiration from you. Take care, listen to an on-line learner who needs support, and please share with us any other links that help you become a better on-line quilter.

Delleen Kompkoff, Stitching Comfort

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, crafterstaci@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

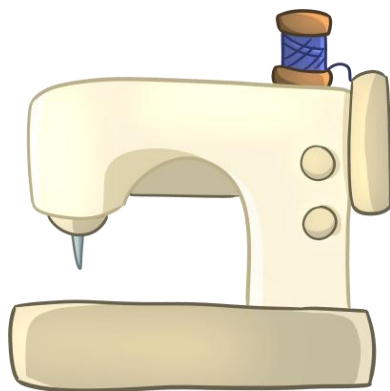
Tomme Fent, 2152 SE Beaver Creek Lane, Troutdale 97060, 503-674-4464, tommequilts@gmail.com
[Quilting by the Fence on Facebook](#)

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](#)



October Birthdays

Ruth Hofman	1
Charlotte Toman	1
Eileen McCloskey	3
Sharon Fournier	4
Linda Burrell	9
Micheil-Ann Gill	10
Cathy Webb	12
Patty Smith	15
Kim Payne	16
Ann Marie Rears	18
Marion Barber	19
Nina Gilliland	23
Pam Hunt	24
Barbara Belgrave	26
Paula Cline	26
Martha Thomas	27

We're missing birthdays for the following members:

Tami Booth
Peggy Fanning
Kathleen Light
Dawn Rehms
Susan Schmidt

Please send your info to membership@mthoodquiltguild.com so we don't miss celebrating you!

Have something quilt related to sell?
Advertise in our newsletter for only \$5 a month.



Project of the Month Challenge

October 2020 POM– Bowl Cozy



Have you ever burned your hands lifting a bowl from the microwave, or got cold hands while eating a bowl of ice cream?

Here is an easy-to-make solution. A bowl cozy. The bowl cozy can be used in the microwave to heat hot items, or for ice cream to keep your hands warm. They are not only easy to make, they are a great stash buster. These are reversible, so do something fun and use two different fabrics.

For this, and all other Project and Block of the Month patterns, [click here!](#)



YOU
CAN
HELP

Human Solutions—In addition to the usual socks and underwear, they are in need of the following items:

- Diapers (size 5 and 6)
- Baby wipes
- Hygiene items, as always
- Hand sanitizer
- Bedding (twin and queen)
- New shower curtains and new/gently used bath towels
- Healthy snacks like granola bars (non perishable)



For more info, contact:
Sherri Phillips
503-894-3726
sphillips@humansolutions.org

Wow, once again it's ***Quilters to the Rescue***. Your response to the call for quilts for our neighbors in need in Estacada has been truly heartwarming. As of Monday, September 28th, we have personally delivered 220 quilts and 47 pillowcases to the groups working to help the families burned out of their homes. And a special thanks to Kristi at *My Quilting Loft* for opening her business as a collection site.

Unfortunately, we aren't done yet. The request has been for approximately 300 quilts from us. Plus we have drained all our stored up quilts. Keep those machines humming along to finish up balance of the request and to build up our supply again for the charities that have been put on hold during this crisis. And thank you to Susan AinsworthSmith, Kristi Villani, Delleen Kompkoff, Dottie Miller, Martha Thomas and all the others for sorting, tagging, bagging and moving the quilts to where they were needed. Someone is cuddled under a snuggly quilt because you cared.

Ann Marie Rears

