

Mt. Hood Quilt Guild



News from the Hood

September 2020

Next meeting: Our September 7th meeting will be online —we'll email a link when it's ready to view!

President's Message

September's meeting will be the sixth one we are presenting virtually. Back in March, I never would have thought we would have been doing this for so long. So we are taking a deep breath as we realize we are into this for the long haul. We (with the lead of our Vice President, Dottie Miller) have set up some wonderful speakers over the next few months, willing to do their lectures virtually. And your board is busy coming up with ideas for a fun end of the year meeting in December. We are going to have to get creative about that one and if you have any ideas please send them our way.

I don't know about you but I need a reminder about now as to how to reduce my stress. So here are three easy ones.

1. Make rest a requirement.

Sleep helps the brain handle everything from daily tasks to unexpected emergencies with more ease. Ample sleep also mitigates irritability, impatience and moodiness – which all contribute to the feeling of being “stressed.” In a nutshell, when you get proper rest you'll feel less stressed.

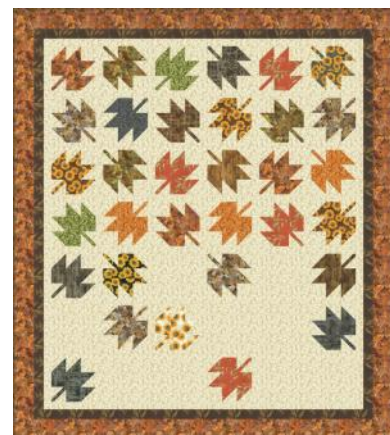
2. Take a break and chill.

Taking the time to step away from your surroundings to relax is just as important as any other daily activity. Schedule breaks for the peace and quiet you need.

3. Lighten up.

Create the habit of lightheartedness. Weave fun into your everyday and watch stress diminish. Make it a point to memorize jokes and share laughs with friends. Because, truly, comedy is the new cool.

- Wendy Sternberg, President



OFFICERS & COORDINATORS

President:

Wendy Sternberg 503-853-5595
president@mthoodquiltguild.com

Vice President:

Dottie Miller 503-658-1852
vicepresident
@mthoodquiltguild.com

Treasurer:

Laura Rom 971-244-2305
treasurer@mthoodquiltguild.com

Secretary:

Linda Gaudette-Sigel 503-704-7672
secretary@mthoodquiltguild.com

Membership Chair:

Debra O'Donnell 503-504-2354
membership@mthoodquiltguild.com

Charity Quilt Coordinator:

Delleen Kompkoff 503-575-8327
communityoutreach
@mthoodquiltguild.com

Small Group Coordinator:

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

Challenge Coordinator:

Lori Oathes 503-329-1707
challengecoordinator
@mthoodquiltguild.com

Newsletter & Web Editor:

Staci Wendland 503-319-2860
newsletter@mthoodquiltguild.com
website@mthoodquiltguild.com

Quilt Show Chairs:

Pat Miles 503-252-2727
Pat Curtis 503-953-5170
quiltshow@mthoodquiltguild.com

Retreat Coordinators:

Barbara Belgrave 503-421-8496
Nina Gilliland 503-912-1060
retreats@mthoodquiltguild.com

Open Sew Coordinator:

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

Vice President's Message

Great News!! Rachel Derstine, renowned fiber artist, will be speaking at the September meeting on September 8th. Join us for her lecture "From Inspiration to Art Process". This is sure to be informative and may even encourage many of you to take one of her online classes. Check out her website <https://rachelderstinedesigns.com/> for more information.

Mark your calendar for the October 12th Meeting because we have a very special guest, Alex Anderson. She is the author of 30 books and a fabric designer with RJR Fabrics among other things. You may also know Alex from TheQuiltShow.com as she is a founding partner and presenter.

Stay Tuned for upcoming news about joining TheQuiltShow.com as members of a guild and information on November's presenter.

Happy Fall!!

- Dottie Miller, Vice President

Retreat

Hello everyone!!! It's time to pay for membership and get signed up for retreat as well! You must be a member to attend Retreat!!

Lots of fun things planned!! Games, Yoga, a challenge, fabric auction, mystery quilt and more.

October 1-4 is 2020 Virtual Retreat. 1-3 will be 9a.m.-8p.m. The 4th will be 9a.m.-5p.m.

An email packet will be sent to all who signed up by September 14th.

Save the dates: September 26, 10-2, to pick up your retreat bag at the church portico. You will need this bag to participate in some of the happenings.

More info to come.....

We can't wait to see you all again!!!!!!

Barbara Belgrave and Nina Gilliland
Retreat Coordinators



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 (I know!)
- 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

Mt. Hood Quilt Guild Minutes

August 10, 2020

Mt Hood Quilt Guild Video meeting

Present: Wendy Sternberg, Deb O'Donnell, Delleen Kompkoff, Staci Wendland, Dottie Miller, Barbara Belgrave, Susan Ainsworth Smith, Laura Rom, Lori Oathes,

Becky Caputo, Suzi Grunau, Linda Gaudette-Sigel

September speaker will be Rachel Derstine.

October speaker is not confirmed: possibilities include Becky Goldsmith or Alex Anderson. We discussed the budget for speakers- approximately \$200-250 per speaker. Big name speakers will cost more and some speakers (usually local) will cost less. During this Zoom time we are going to try to have 2 big name speakers, hopefully to draw in more membership.

We currently have 60 membership renewals (out of 187).

Laura will send Dottie a copy of the budget.

At the next board meeting we will discuss: December meeting, vinyl stickers for \$3, drawing for POM (Project of the Month)

Recording for the meeting started at 5:07pm.

- Wendy welcomed everyone. She reminded everyone of the Facebook challenge of posting pictures of your quilts. Keep it up. The topic today is different threads. Wendy's favorite thread is Aurifil, she also uses Mettler thread. For piecing she uses neutrals. For quilting she likes BottomLine (Superior) thread or King Tut (Superior) thread for showy projects. For her tip: Wendy talked about adding a ribbon to kids masks so they don't lose them. For her treasure: she mentioned her husband is a philatelist (one who studies stamps) she showed us some quilt stamps that he found for her.

The birthday drawing winner is Susan Calef (her birthday was August 9th)

Debi was next. She thanked everyone for renewals. We are now at 60 renewals out of 187. Individual letters & emails will go out. The deadline for renewals is September 7th, Welcome to our new member Denise Bush.

- Debi talked about adding pictures to our member roster. Please send a photo to: membership@mthoodquiltguild.com

Wendy showed the cute panel for the drawing for membership renewals. Ann Marie Rears won the panel. Debi's thread tip: Her Mom (Virginia) has them sorted by weights and she prefers Superior threads. She also has a "donut" for her appliqué threads. Her treasure: Grandma's antique sewing machine which grandpa also used.

- Susan talked about the latest drop off at Human Solutions= 30+ quilts, masks, aprons, and toiletries. She read the thank you note from Human Solutions and showed her Human Solutions Volunteer T-Shirt. She is having a garage sale for fabrics- it will be noted on the facebook page and there will also be pick up & drop off for charity quilts. The sale/pick up/drop off will be at Arden S's 1524 N Terry St, Portland.

- Becky reported on the sale. It was attended by over 50 people and \$1100 was made for the quilt guild. It was a blast and if there are more estate donations it is something that will happen again.

- Wendy introduced Linda as the new secretary. If her head is down-she is taking notes not ignoring people. Linda's thread tip: use glow-in-the-dark thread for fun quilting on kids quilts. Her treasure was a quilt ladder recently repurposed from her kids old play structure in the backyard.

- Dottie was next. She is our new Vice President. Dottie reported that the "Sew Teach Me" is currently on hold until after Covid-19/Coronavirus. Her thread tip was using weighted thread holders. Her treasure is a Gillette razor blade case filled with old threads. It was her Grandmother's-Mother's-Sister's and now hers.

- Dottie then introduced Suzi Grunau who presented a trunk show of mini quilts.



Mt. Hood Quilt Guild Minutes

August 10, 2020, con't.

Highlights from Suzi's Trunk Show of Mini Quilts: Suzi's thread tip- she uses Gutermann thread in neutrals. Her treasure is a mini quilt made by her grandmother in the 1930's-1940's. One of the fabrics in it is chambray. Suzi showed 36 mini quilts. You can shrink any pattern to make a mini quilt- her formula is "minus the seam allowance, then 1/2 size the pattern and finally add the seam allowance back in. She also said Missouri Star has lots of patterns. She showed several quilts made from 10" layer cakes, 5" charm packs, and 2 1/2" candies (Moda's size/descriptions). Moda also has pattern books for using candies. Suzi also said- always label your quilts, and you can make mini quilts into pillows. Several of her quilts were made with Moda's 7" Frivols. Suzi showed several of her friend, Kim Carroll, mini quilts. Her collection is from all over the USA and New Zealand and Australia. Kim participated in swap groups from 2009-2015. What to do with all those little quilts? Table tops, gifts, walls! She show her quilts on her walls which include: Missouri Stars-wonky stars, log cabin, American Beauty in 2 color ways, Amish Country and disappearing pinwheel.

- Laura read a letter from Parkview Assisted Living for the donation of gowns. Her thread- she uses Mettler Florentine thread. Her tip is- check everything before you take your machine to be serviced. Her treasure is a stitchery her oldest daughter made. Laura mentioned she really appreciates the use of self sticking envelopes or noting on the envelope if you used a sponge to seal your envelope.
- Lori talked about how we are moving from Block of the Month (BOM) to Project of the Month (POM). The POM this month is pillowcases. The directions will be on the website. She said if you use flannel for your pillowcase it is necessary to pre-wash (full wash & hot dryer) as flannel shrinks 3-5%. She said it's nice to top stitch on the top of the cuff and the base of the cuff. Jere Barrett is collecting pillowcases for Foster Kids. If you make some pillowcases to donate contact Lori at: challengecoordinator@mthoodquiltguild.com When using the burrito method pull from both sides. Her thread tip: when you can't decide what color pick the darker. Also if your threads are the same weight you can use different colors on the top & bobbin threads. She also showed a nifty travel thread/bobbin holder.
- Barbara discussed the retreat. Membership must be paid to attend the Virtual Retreat. The dates are October 1-4, 2020. October 1-3 will be 9am to 9pm and October 4th will be 9am to 5pm. You do not need to be "on" the whole time. There will be a challenge, games, yoga, fabric auction, mystery quilt. Other dates: Information packets will be emailed to registrants on September 15th. September 26th from 10am -2pm at Mt.View Church is the pick-up for quilt bags. There will be a Zoom practice prior to the retreat. The guild address is Mt. Hood Quilt Guild, PO Box 2376, Gresham OR 97030. Barbara's Thread is Superior- both King Tut and BottomLine or Gutermann. She also talked about the 100 rule: if your top thread is 50 and your bottom is 50 = 100. If your top thread is 60 your bottom should be 40. Also if your thread is breaking (and you can easily break it with your hands) it is probably old thread.
- Delleen talked about the recent donations to Human Solutions. They really need masks for adults & kids. For thread she is not picky-she uses a lot of donated thread. She does like BottomLine. Delleen showed her banana stand that she uses to hold her thread. She thanked everyone for the success of the sale. She mentioned Suzi's fabulous show and if you have a presentation let Dottie know. Also you can use pillowcases to "wrap" kids gifts. She showed a power point with her treasure- a ruler that belonged to her Dad and her tip which was to slide a ruler across the top of a quilt to make sure you have removed all the pins. Her power point also included a Charm squares (5") quilt using 8 in each row and 13 rows + a 2.5" border makes a 40"x60" quilt.
- Staci's thread tip: She also has a Pfaff machine which only likes Gutermann thread. Her tip is everyone should have a 1/4" presser foot. She said it makes that 1/4" seam easy. She got hers on Amazon. Her treasure is a thimble from when she was 3 years old and she helped her grandma quilt on a frame. She mentioned if you want to sell something you can put an ad in the newsletter for \$5. Contact her at: newsletter@mthoodquiltguild.com
- Show & Share: Barbara Haide had a wildlife quilt and a t-shirt quilt. Becky Caputo showed a baby quilt. Delleen Kompkoff showed a baby quilt for Boxes of Love and 2 reconstructed quilts from the 1990's (with names & dates) that will be going to Human Solutions. Donna Taylor showed her Barn Blocks quilt (with a cute story about her backing). Pat Curtis showed some of her favorite sewing room memento's and some little quilts. Staci Wendland showed blocks made into pillows. Wendy Sternberg showed a Birthday quilt for her grandson. If you have show and share you can send the pictures to Staci any time.
- Wendy signed off the meeting at 6:30 pm with the reminder to show your quilts around your house. See you in September.

After the recording ended Member cards were mentioned. Rather than mail them out they will be on the Website and then members can print it off if they need it. There will also be a reminder list of who gives a discount with a member card.

Message from Membership

Here's a friendly reminder to renew your MHQG membership before September 7th in order to receive the link to our September 8th online guild meeting. You definitely DO NOT want to miss it as we have a wonderful guest speaker all lined up for us. (In case you didn't know, our membership dues run from August 1st to July 31 each year)

Please click here to print a renewal form and mail a check: <http://www.mthoodquiltguild.org/about> (you'll also find the renewal form attached at the end of this newsletter)

or click here to pay via PayPal: <http://www.mthoodquiltguild.org/membership-renewal-and-new>

Call me at 503-504-2354 if you have any questions.

Our fabulous new photo roster would not be complete without your face! Grab a camera, snap a shot of yourself and email it to membership@mthoodquiltguild.com or text to 503-504-2354. It will be a great way for us to know who we all are!. This will be seen in our members only area.

Thanks so much!
Debbie O'Donnell

Open Sew

We will have Open Sew on **Sunday, Sept. 6, 2020 from 10:00 - 3:00 p.m** via Zoom. Note we starting an hour earlier!

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

Susan Ainsworth Smith
Open Sew Coordinator



Crafting Wool

Lots of wool blend skirts for craft repurposing (but not for felting)

Great for pumpkins, teddy bears, guild boutique projects

email: knitknots7@gmail.com



Show and Share

It was a lot of fun seeing your quilts out in the wild the last couple of months! If you have a recent finish (or up to three) 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 **September 13th.**

Small Groups

Coordinator: Sue Ainsworth-Smith

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 3rd Thursday of each month from 9am-3:30pm 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 the coordinator know so she can help you.

Treasurer's Report

July 31, 2020

Opening Balance – Checking \$14,152.69

Deposits:

Dues	\$1,170.00
Virtual Retreat	\$78.60
Fabric Sale	\$1,163.00
Change for Sale	\$60.00
Retreat Registrations	\$125.00
Total Income	\$2,596.60

Expense

Retreat Refund	\$200.00
Stash Shuffle Refund	\$100.00
Change bank into bank	\$60.00
Total Expenses	\$360.00

Current Balance \$16,389.29

Less \$s held for Charitable activity \$4,083.08

Net Balance \$12,306.21

Looking ahead: Pay Pal payments and charges will be on the August report. I transferred the dollars from Pay Pal to our checking account the end of July not realizing that the transfer takes several days. So, it becomes August income and expense. I'm still learning the ins and outs of Pay Pal and changing our reporting from the middle of the month to the end of the month. Please be patient with me, I'll make it.

Since most payments for the Virtual Retreat were made through Pay Pal they do not show on this report. This will be a fun time for all who register, so please hurry and register.

We also have some very exciting speakers in the upcoming months so remember to renew your membership.



Stitching Comfort

Community Outreach

September this year will certainly be different. I never would have thought that my back-to-school wardrobe would mostly be about “does this mask go with this shirt?” After making hundreds of them for others, I’m taking stock of what I have here to wear when I go out. Don’t forget, **Human Solutions is looking for kid/adult mask donations.**

September also signals that summer is nearing an end, so I thought you may want to read a little about what the guild has been doing this summer. **Things come in, things go out.....**



This summer the guild received large amounts of donated fabric from people who found us on the website. It was nice for them, to gift it forward as they were downsizing. It gave us an opportunity for fundraising, and for members to get fabric. In late August, we received another HUGE donation of assorted things like linens for Human Solutions, fleece for blankets, scarves, and dog mats, and bags full of wool fabric. **A Huge thank you to Susan, Linda GS, Linda S, Becky, Anne Marie, (and Goodwill)!! It was a big job.**

During the months of June, July, and August **we passed out over 200 quilts to the agencies** we support. (In that huge pile of over 200, all the guild tops I had piled here got quilted and gone! I’ve

finally caught up with the backlog from the winter.) We gathered at Becky’s sale to **raise over \$1100 for the guild.**

To help you stay involved, you can pick up **kits and supplies at the church parking lot on September 26th** 10am-2pm as members come to get retreat packets. We will have a carload of things to get --similar to what you would normally find at a meeting back table. Anything you need to turn in can be dropped off as well.

If you have a certain request, you can email me so I know what to load in my clown car. (The car full of funny things) If that Saturday doesn’t work for you, we have kits, batting and supplies at drop off sites with Becky and Susan.

I want to thank all of you who have continued to help with community outreach. It has been different not seeing everyone, but I’m glad you are staying involved. As you look for a new project, be sure to think about our on-going **need for quilts that would go to boys and men.**

There is still time to donate finished quilts to Quilts Beyond Borders fall drive for National and International recipients.

I’ll leave you with a message of thanks we received with a guild donation of money:

The quilt provided by Mt. Hood Legacy Hospital during my father's final day was a comfort for him as much as a comfort for my family. Somehow, such a gift given to us by the hospital pastor brought such a peaceful moment to us during an extremely emotional time. Thank you for the work (hobby) that you do. Peace to all. Gratefully Steve Tupper, son, Carol Tupper, wife of 45 years, of Forest Tupper.

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

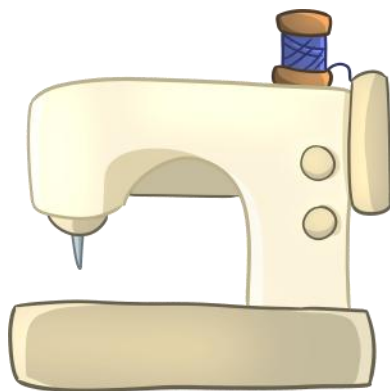
Tomme Fent, 2152 SE Beaver Creek Lane, Troutdale 97060, 503-674-4464, tommequilts@gmail.com
[Quilting by the Fence on Facebook](#)

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](#)



September Birthdays

Mary Ann Sommerset	8
Kim Carroll	11
Mary Flaum	14
Linda Gaudette-Sigel	15
Jan Lindquist	18
Smitty Price	18
Arden Shelton	18
Susan Foster	23
Delleen Kompkoff	23
Susan Ainsworth Smith	27
Laura Rom	27
Debby Potter	28
Carolyn Smith	29
Kathy Boden	30

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!

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



Project of the Month Challenge



September 2020 POM— Pillowcases

This is no boring project. This pillowcase looks very professional with no raw edges. Make this project for yourself, or as a gift. Need a gift bag that won't be thrown away? Did you buy that yard of fabric for someone special, but aren't sure what to do with it? This might just be your project!

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

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!

MOUNTAIN VIEW CHURCH

Saturday Sept 26
10am-2pm

Pick up and drop off any items for
Stitching Comfort

CONTACT DELLEEN FOR SPECIAL REQUESTS

KITS
BACKING



BATTING
BINDING



Mt. Hood Quilt Guild
PO Box 2376
Gresham, Oregon 97030

membership@mthoodquiltguild.com

2020-21 Membership Year Aug. 1, 2020—July 31, 2021

- New Membership
- Renewal

- Individual \$25
- Business \$50

Business Name _____

First Name _____

Last Name _____

Address _____

City, State, Zip _____

Email _____

Phone _____

Birth month and day _____