April 2023



The Sew & Tell



North County Quilters Association

Member SCCQG | PO Box 301215, Escondido, CA 92030-1215 | www.ncountyquilters.com

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President Carrie Harrison-Mortimer
VP of Meeting Jan Wesley
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Special Interest Groups

Rare Bears Tonita Waters
Security Blankets Maureen McClellan

Louise Anselmo

Neighborhood Groups

Sundance Kids Paula Huntington Escondido South Joanne Eichler



President's Message

By Carrie Harrison-Mortimer

Hello My Quilting Friends,

So, as the saying goes... 'Spring has Sprung'.. well, the only thing *sprung* here is a leak in my ceiling from all this rain. Don't get me wrong, I'm happy with all this rain, but I don't mind saying, I'm over it!! Come on sunshine!! Hopefully, by the time of printing we'll have enjoyed real "Spring" weather.

A great "Shop Hop" is coming up this month. San Diego Cruisin' Quilters, April 14th to 22nd. A wonderful chance to see other quilt shops as well as support our local favorites. So grab a few quilting buddies and have fun!! (See Upcoming Events, Pg 5)

I wanted to remind you that all membership is welcome at our board meetings. It is Thursday, April 13th at 6:30pm. It's a great way to hear what's new & exciting with your guild. Also, a great time for your input to be heard by the board. This is YOUR guild. Let us know how we're doing or any ideas or suggestions you may have. Feel free to contact me for directions if you are interested in attending.

Hope you'll all make the next guild meeting on Monday, April 17th. It should be a fun and productive meeting. Mark your calendars!! See you soon! Carrie













Our Next Guild Meeting is ... Monday, April 17, 2023

Gloria Dei Lutheran Church 1087 Country Club Lane Escondido, CA 92026 Doors open at 5:45pm

Meeting begins at 6:30pm

Speaker: Good Cheer Round Robin

April Meeting Program

By Jill Conger

Hi Quilters!

Our April meeting is all about community building, creating for others and learning. We are hoping to have a wonderful night of visiting, finishing up some charity quilts, chatting, learning or reviewing some quilt skills and then..... more time to socialize!

Some people in our North County area need a homemade item like one of the Good Cheer Quilts to understand that local people care. It's a tough world out there with bad news coming at us from all angles. A new quilt can be a hug of kindness in a tough time. Using our quilt talents and just a bit of our time we can produce much needed items for the surrounding community. We can spread the hugs to people we won't meet but need to know there are good people close by. The work goes fast when we all pitch in. The work can go fast just talking and visiting. Even if you don't feel like working on the quilts provided by Good Cheer, please consider just being in attendance to see your other Guild members or meet members you have not gotten a chance to mingle with yet! We will be doing some simple tying of Good Cheer quilts to complete them. Bring a friend! This is an excellent time to introduce a new person to our group! The more helping hands the faster the work goes.

On the learning part of our evening we will have two demo tables. One will help show you how to make crisp mitered corners and the other will be showing techniques to expertly square up quilt blocks. We will also have a light table available for you to make your own quilts labels with. There will also be a Make-and-Take mug rug table.

Hope to see you at our April meeting!





April Birthdays ... A very Happy Birthday to all our Aries members with an April birthday. Remember to stop by the White Elephant table for your \$5 gift credit.

Maureen McClellan (4/1) Barbara Michalec (4/5) Barbara Saad (4/9) Suzan Fornof (4/15) Sue Ragan (4/19) Paula Huntington (4/29)

Membership ... by Lynn Cass

Hello to all - Spring is upon us with wild flowers and all the beautiful daffodils in full bloom. And yet we saw snow in Julian today and I am still making a Christmas jelly roll quilt. It doesn't matter because I am quilting. Right? Maybe some of you feel the same!

The quilt run Cruisin Quilters 2023 April 14-22 is upon us very soon. Hope you will get together with a quilting friend and visit some or all of the quilt shops available for the run. All have wonderful table runner patterns — what's not to like about a smaller project that looks like a quilt! Inspirations Quilt Shop in Valley Center has a wonderful pattern for us! And like Janice's shop where she has tons of new fabrics and precuts and quilting supplies to choose from, the other shops will probably have new fabrics too along with a great table runner pattern! Let's support our local quilt shops.

Our attendance at meetings has been good so please continue to come and don't forget to invite a family member or friend. It's also good to remind them a day or so before the guild meeting. Ok, so the first member to bring a visitor to our April meeting will be a treat on me and they can shop at the White Elephant tables instead – but the catch is you have to be the first one and come to the Membership table! Ready set go! Well, happy quilting and I hope to see you all at the April meeting, Lynn.

White Elephant ... by Karolyn Hart

Income from the March meeting was \$220! If the weather cooperates, we plan to have a yard sale in April. Louise will announce the location and date at the next meeting. Thank you to Ken and Pat for a large donation of beautiful fabrics! Their collection of patriotic fabrics will go to making quilts for the military.



Good Cheer News ... by Leslie Sowden

Lots of quilts and pillow cases this month! Thanks to Jill Conger, Karen Maher, Rita McFayden, Maggie Morelos and my fellow Good Cheer ladies for a grand total of 15 quilts and 25 pillow cases. See them here.

Our guild has around 50 members and yet fewer than 10 of us make quilts or pillowcases each month. Please consider becoming more involved in this worthy charity effort by taking a kit every couple months and helping us keep the donation totals high.

We're presenting the April meeting and it'll be a fun meeting with plenty of time to visit with your friends.

Tie quilts - we have at least 25 quilts to tie. This is pleasant and brainless - perfect for a Monday evening.

Make quilt labels - use the light boxes, muslin squares, patterns and markers, all supplied from the stashes of the Good Cheer ladies.

Wool embroidery rug mug - there's a limited number of these complete kits so get there early. We'll teach you the button hole stitch if you don't know it. All ingredients provided from the stashes of the Good Cheer ladies.

Mitered corner demo – want to learn the easy way to turn your backing over to be your binding? Leslie will show how to get crisp corners every time. Demos all evening, just find me and ask.

Thanks - Claire, Sue, Linda, Sandy & Leslie

Rare Bears News ... by Tonita Waters

"Spring into Action" Thank You

Thank you to everyone who attended the March 18th Spring into Action Bear Sew-athon. Beautiful bears were made for very special children with rare diseases. I was asked when we will have another one. The workshop has been a once-a-year workshop, worldwide activity, but I will try to put together another one later on in the year. Again thank you to all that came that made it a special day.

Looking for Vendors for Holiday Craft Show

The Craft Show will be held Saturday October 14th, from 10:00-3:00 with vendor set up time from 8:00-10:00. It will be held at Sundance Mobil Home Park Clubhouse, 2250 N. Broadway, Escondido.

ALL ARTICLES MUST BE MADE OR CREATED BY YOU. Entry Fee is \$25.00. This will be returned to you at end of day with your area left spic and span.

To Register contact me with: Name, Address, Cell #, Items you plan on selling, and Entry fee. Rectangular 6 ft tables or large round tables will be available for your use. Deadline to register is October 1st, 2023.

Questions? Email or call: Tonita Waters at

tonitawaters@gmail.com or 760-815-9244

Security Blankets ... by Maureen McClellan

Thanks to Lynn Cass, Louise Anselmo, Carrie and Barbara M. for their generous donations of fleece blankets for the Palomar Health Forensics team to give to survivors of sexual and domestic abuse. They are greatly appreciated. Questions? Please contact me at 760-224-3494.

NCQA Challenge Quilts ...

Only one more month until the big reveal of the tree inspired challenge quilts at our May meeting. If you have questions, be sure to give project coordinator Gail Fisher a call. Can't wait.

Palomar Forensics ... by Susan Peters

While visiting my husband at the Rehab Center at Palomar Hospital, I saw ladies poking plastic pinwheels into the ground near the entrance of Palomar Hospital.

I remembered that in years past Maureen McClellan would be invited to join in the celebration. Why? Maureen chairs the Security Blankets group that every year donates dozens & dozens of blankets to Palomar Forensics.

These blankets are given to both sexual abuse and rape victims as their clothing is taken as evidence. These victims have nothing to wear until family can arrive with clothing for them, so you know how grateful and appreciative they are to have something warm and free to keep.

Our guild members and others in the community make and donate these Security Blankets out of their own generosity. In the past few years those that donate the blankets haven't been invited to attend, so I was tickled to be there and catch them in the act of celebrating the success of Palomar Forensics.



Sundance Neighborhood Group ...

by Paula Huntington

Sundance Neighborhood Group meets at 9:30 a.m. on the first Wednesday of the month at the Sundance Mobile Home Park, 2250 N. Broadway, in Escondido. We invite any members who would like to join us in doing joint projects, sharing our quilting successes and challenges, and in teaching each other. We are getting ready to begin a new monthly project in which we each create a quilt using shared blocks. Come join us and bring your ideas and be ready to learn with us.

For more information, contact Paula Huntington on her landline at (760) 294-6011

Next Year ... By Carrie Harrison-Mortimer I am very pleased to announce that we have been successful in completing our roster of positions for our guild moving forward. (See below.) Thank you again to my committee, Maureen McClellan & Lynn Cass, in helping out on this task. A big thank you to all the members who stepped up to fill these positions as well as the members who are continuing on in their current positions. *We could not do it without you!!!*

NCQA Board & Committee Nominees September 2023 – June 2024

Board Positions

President Carrie Harrison-Mortimer
VP of Meeting Jan Wesley
VP of Programs Jill Conger
Secretary Laurel Conger
Treasurer Sandy Hunter
Parliamentarian Jennifer Lutes

Standing Committees

Advertising/Publicity Leslie Sowden & Alyssa Cannon
Block of the Month Gail Fisher
Fat Quarters Janis Newlin
Good Cheer Quilts Sandy Hunter, Claire Jungersen,

Linda Steiner, Sue Ragan & Leslie Sowden
Greeter/Door Prizes Dani Donnachie

Historian Charlotte Huff
Hospitality vacant
Membership Lynn Cass, Susan Peters
Membership Directory Romany Bowers

Mini Quilts Joy Smith
Newsletter Barbara Michalec
Opportunity Quilt Alice Johnson

Opportunity Quilt Alice Johnson & Escondido South Neighborhood Group

SCCQG Rep Alice Johnson
Webmaster Laurel Conger
White Elephant Karolyn Hart, Louise Anselmo,

Gail McDaniel & Karen Maher

Neighborhood Groups

Sundance Kids Paula Huntington Escondido South Joanne Eichler

Special Interest Groups

Rare Bears Tonita Waters
Security Blankets Maureen McClellan

Fat Quarters ... by Janis Newlin

Our two winners for the March "Purple and Yellow" contest were Mary Watkins and Lynn Cass. Congratulations!

The Fat Quarter contest for April is FRUIT Prints. Be sure to look through your stash and the White Elephant Table too. See you in April.



Upcoming Events ...

San Diego Shop Hop ... Cruisin Quilters, April 14-22. Collect table runner patterns at each store. Hit 6 shops and get the finishing instructions to turn them into a quilt! Be sure to go to their website to get LQS (Local Quilt Shop) coupons good for a 15% savings at each of the 8 stores. www.cruisinquilters.com/

San Diego County Fair "Home Made" Category Exhibitor Deadline, May 8, 2023. Other exhibitor categories have different deadlines. Find Entry information at www.sdfair.com/p/participate/entry. The SD County Fair itself is June 7 – July 4 at the Del Mar Fairgrounds.

Virtual Schoolhouse #5 will take place May 10-13 online via Zoom. If you'd like to take a quilt class in the comfort of your home, this is the place for you. There are four full days of classes in a variety of quilt related topics. The deadline to register for classes with shipped kits is Apr. 23, otherwise the deadline is May 8. For more information, go to www.quiltfest.com and select QuiltFest Virtual Schoolhouse #5 under the UPCOMING SHOWS tab.

Chula Vista Quilters Guild Quilt Show, May 12-13, 2023, at Bayview Orthodox Presbyterian Church, 505 East Naples St., Chula Vista, CA. Fri 10-4; Sat. 10-3. Quilts, Boutique, Opportunity Quilt, Hoffman Challenge Exhibit. \$5 donation (cash only). For more info, contact Kathy Cadwell at kathryn.cadwell@sbcglobal.net

Pieces of My Quilt

By Lucinda Secrest McDowell, 1998 Submitted by Dani Donnachie

If quilts could talk,

I'd like to think I'd hear just what they'd say,
"I'll hold you close within my folds and wipe your tears away.
I'll keep you warm and give you strength to face another
day."

If quilts could talk ...

If quilts could sing,

I'd like to think I'd recognize each tune,
The lullaby or funeral dirge or wedding march in June
Both sweet and haunting melodies I'd listen to them croon.
If quilts could sing ...

If quilts could write,

I'd like to think I'd read the words they'd pen, Of life and love and motherhood, of mystery without end. And oh, the drama they could share of everywhere they'd been.

If quilts could write ...

If quilts could pray,

I'd like to think I'd feel each heartfelt prayer
Of thankfulness or great concern for those within their care;
Petitions to a loving God – the One who's always there.

If quilts could pray ...

The quilt of my own life
Finds voice to talk, sing, write & pray,
As it weaves a hundred
stories in its own
eclectic way.

And with each stitch of grace and hope my legacy is built; all fragments finally made a whole ... the pieces of my quilt.



Sew Hungry Quilters ... by Susan Peters

Well, the atmospheric rivers are supposed to be over - Hooray!! My yard feels like a sponge and I have no idea how long it will take to dry out.

April, starting on a Saturday, puts Sew Hungry Quilters on the 2nd Wednesday of the month on April 12th, in what looks like the middle of the month. No matter, please mark your calendar to join us at 11:30 for either breakfast or lunch at The Golden Egg Omelet House, 316 W. Mission Ave. Escondido. It will be so good to see you again.

Questions? Call Co-Chairs: Susan Peters at 760-741-5432 and Jan Wesley at 760-746-8125.

The Fruits of Our Labor

By Newsletter Editor

Oranges just had their day, March 24th. This month the versatile banana celebrates on April 19th. But it's not until June that my favorite fruit gets to pull out her parasol and strut her stuff. I can't wait for June 27th when friends of tiki drinks and Dole Whips everywhere come together to honor the queen of hospitality, the mighty pineapple on "International Pineapple Day."

Let's find out a little more about her so when her day comes, we'll be ready. We have to go all the way back to Columbus to begin our search for the popular pineapple in the western world. It's agreed among scholars that the pineapple was in the Caribbean long before Columbus arrived. They believe it was brought there by a sea-faring tribe called the Carib, who lived on the Caribbean Windward Islands. The Carib had discovered the pineapple on their adventures to the South American mainland where the indigenous Tupi tribes, who lived in the Amazonian rainforest, had realized the lusciousness of the pineapple and adopted it as a symbol of prosperity and fertility even giving it sacred status in their culture. The Tupi used it in rituals and as medicine. They called it "nanas" meaning "excellent fruit." You might recognize this root in the French word for pineapple, "ananas."

When Columbus arrived on Guadeloupe Island in the Caribbean on his second voyage in 1493, he and his crew found a Carib village. The entrance to the village was marked by pillars of carved wood and piles of vegetables and fruits, a symbol of welcome to visitors. The pineapple was an immediate hit with the European sailors who were not accustomed to sweet foods due to the high cost of sugar in the middle ages.

Columbus, of course, brought back pineapple fruit and pineapple plants to Europe. He discovered quickly that pineapples and long hot ship voyages and long cold European winters don't mix. The pineapples that did survive the voyage home or were able to be cultivated locally cost a literal fortune in Europe and were affordable only by the rich or royal. It's said that Louis XV of France and Catherine the Great of Russia were big pineapple fans.

The American Colonies were a little closer geographically to the Caribbean, so more pineapples made it intact to American shores. Pineapples were pricey in the Colonies as well, however. A single pineapple in Colonial America is said to cost \$2000.

Creative American hostesses hoping to impress their guests took to "renting" pineapples and using them as part of a massive table display of fresh food items with the pineapple taking center stage on a tall pedestal. After it had made the rounds as a rental, the pineapple was eventually sold off and enjoyed by a wealthy buyer.

These social events were the primary source of news and gossip within the community at the time. So to have the pineapple present, even just for visual effect, added to the status of the hostess. Legend has it that the families of colonial sailors would place real pineapples on the gateposts in front of their houses, ostensibly to let friends know the sailor had returned home safely and everyone was welcome to stop by and hear tales of faraway places. Visitors may have come out of curiosity about the voyage but the remote possibility of a small taste of fruit no doubt had its draw as well. The pineapple has endured as a symbol of welcome hospitality and generosity ever since.

It's not surprising then to see pineapples eventually appear in quilts. Can you picture the colonial quilter of the late 1870s having just spent a wonderful evening with friends enjoying their lavish pineapple banquet sitting down to start her fifth, maybe sixth Log Cabin quilt in as many years, heady with the lingering sweet memories of luscious pineapple bites ... each possibly a little fermented over time ... wondering ... just what might happen if she threw caution to the wind and overlaid all those butt-joined square corners with a triangle of a different color. My guess is she had already sewn the 4 logs to the center square in the traditional manner and in a moment of inspiration, slapped down triangles in the corners, sewed them on, trimmed them up and made quilting history. Tada! The Pineapple block was born.

As you can see in Barbara
Brackman's 4" Pineapple
Slushy² block (right), the
Pineapple block is a Log Cabin
variation that adds more logs
to each round. Instead of having

just 4 logs move around a center square, the Pineapple block has 8 logs with 4 logs parallel with each side of the center and 4 logs at a 45 degree angle to the sides. The resulting pineapple points and the juxtaposition of contrasting colors make the block visually stunning. Just like its Log Cabin cousin of the late 1800s, the centers of early Pineapple quilts blocks were red and the logs were typically sewn onto a fabric foundation that remained in the quilt.

(Continued on Page 7)

The Fruits of Our Labor (cont'd from Page 6)

Today, the Pineapple block is constructed in a variety of ways. Some people still use a fabric foundation that remains in the guilt. Others use paper piecing in which the paper is removed after the block is done. Still others invest in specially designed rulers made just for Pineapple blocks, while others forge ahead with a standard quilting ruler. All have amazing results.

One of the best tutorials for a paper pieced Pineapple quilt is online at the Generations Quilt Patterns³ website. You can find the tutorial here: www.generations-quiltpatterns.com/pineapple-quilt-patterns.html At the bottom of her page is a set of links to other of her posts about Pineapple Quilts. Be sure to check out the one called "Pineapple quilt designs" before you start cutting fabric because she explains the traditional light and dark X layouts and what happens to the design when you use one or both or set them on point. The results are totally different and could influence your fabric choices.

Another tutorial on paper pieced Pineapple blocks is a video by Alex Anderson. If you are a visual learner, this one is for you. It was originally an episode of The Quilt Show that streamed over a year ago and is now on YouTube (click here). The video is 37 minutes long with the Pineapple tutorial starting at about minute 8. She uses the paper template provided in her book, Paper Piecing with Alex Anderson, but any pineapple template would work, including the ones from Generations Quilt Patterns referenced above. The only special tool she uses is the Add-A-Quarter Ruler to trim seams to ¼". Although this ruler does make paper piecing faster, trimming can be done with any acrylic ruler you may have.

For anyone who likes sewing to their own drumbeat, check out Anita Grossman Solomon's blog about making a Pineapple block with traditional sewing, no foundation or paper piecing and no rulers. Say WHAT??? She has a special way of making a 2-color pineapple quilt (see photo at right) cutting the fabrics for two blocks into 64 trapezoids and triangles with only 14 strokes of the rotary cutter ... without measuring or wasting fabric⁴. Her book is called, Rotary Cutting Revolution: New One-Step Cutting. Her blog post on the method (click here) will amaze you in its simplicity and innovation. If you try it, please let me know how you like it.

In closing I must once again thank our Fat Quarter Crew for giving me a fat quarter inspired internet rabbit hole to fall into during this season of bunnies. For your eating pleasure I've included a recipe for a pineapple favorite, Dole Whip. There are rumors we'll be able to find Dole Whip in its original pineapple flavor plus strawberry and mango flavors in supermarkets this summer. Enjoy!

Dole Whip Coming Soon to Your Local Grocer

We first fell in love with it at the Enchanted Tiki Room in Disneyland and have been craving it ever since. Originally called Dole Pineapple Whip, this nondairy, gluten-free refresher was developed by the Dole Food Company in 1984. In 2020 when Covid kept us all away, Disney published the recipe below for folks to make the treat at home. For those who don't want to make it, look for it this summer in your grocer's freezer section.

Frozen Pineapple Treat Inspired by DOLE Whip® Walt Disney Parks and Resorts Serves 4

- 1/2-3/4 cup pineapple juice, divided
- 2 cups frozen pineapple chunks
- 1 cup dairy-free vanilla ice cream
- 1. Place 1/2 cup pineapple juice, frozen pineapple, and dairy-free vanilla ice cream in blender and blend until smooth – do not over blend. If the mixture is too thick to blend, add 2 tablespoons of pineapple juice at a time.
- Scoop into bowls and serve immediately.



↑ Two Color Pineapple By Anita Grossman Solomon

→ Design rendering of the above quilt by Generations **Quilt Patterns**



1. Lusher Gallery

https://lushergallery.com/history-of-the-pineapple

2. Barbara Brackman:

http://barbarabrackman.blogspot.com/2010/06/pineapp le.html

3. Generations Quilt Patterns https://www.generations-quilt-patterns.com/

4. Anita Grossman Solomon https://makeitsimplerworkshops.blogspot.com/2010/01/ two-color-pineapple-classic-set-anew.html



Sew & Tell

Member Showcase ...

→ Karolyn Hart ... "Warm Heart Table Runner with woven fabric and wool appliqué hearts."





↓ Suzie Owen ... "White Elephant fabric turned into a very not-perfect quilt ... but the recipient loved it. Doug Leko design called Ribbon Candy."



▶ Barbara Michalec ... "Down by the Bay ... A quick cheery quilt for a friend of my daughter undergoing chemotherapy."

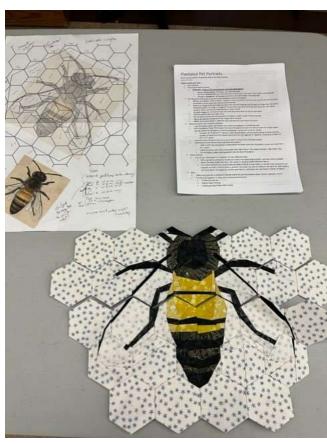


Highlights From the March Meeting ... Quilts by Alyssa Cannon









Bits & Pieces ...

▶ Free to Good Home ... Betty Biggs has a friend with a lovely quilting table that is free to a good home. It measures 60.5" long by 48.5" wide by 33.25" high. It has a shelf below for storage. For more information, call Jodie Forbing at 760-738-9219. Note: what you see in the photo on the top of the table is the shelf that goes underneath. Jodie's husband took the shelf off already.

◆ Carrie Harrison-Mortimer... "Something fun I have been doing for a friend of mine. She likes to put "Holiday" bandanas on her cats. She has done this since they were kittens so they put up with it. I figured out how to make them and keep her stocked up. These is a recent "Easter Egg" one I made. Easy pattern; you can make for dogs too"



I hope mom brings home more fabric for me to sprinkle!



← Tonita Waters ... Tonita offered this drawing by her dad. "When my dad would write me, an elephant was always on the back of the envelope."

Would you like to try your hand at "caption writing?" What else could this cute little guy be thinking or doing? Send your captions to newsletter@ncountyquilters.com.

NCQA Treasurer's Report

3/1/23 - 3/31/23

Checking Account Summary

Balance Forward	\$8,761.88	3/1/2023
*Credits / Income	\$322.00	
**Debits / Expenses	\$507.19	
Ending Balance	\$8,576.69	Bank Statement 3/31/2023

Check Register Summary

Balance Forward	\$8,611.88	2/28/2023
Ending Balance	\$8,576.69	3/31/2023
Outstanding checks:		
	\$8,576,69	Reconciled to Bank Balance 3/31/23

*Monthly Income Detail

Contributions Cash - Member dues	ĺ	Member Renewals	
Contributions Cash - Donation	\$2.00	name tag, guest, donation	
Advertizing	\$30.00	Grand Country Quilters	
Contributions NonCash - White		35	
Elephant	\$220.00		
Raffle Basket	\$45.00		
Raffle Mini Quilt	\$25.00		
Total Income	\$322.00		

**Monthly Expense Detail

Gloria Dei Lutheran Church - rent	\$150.00	
Good Cheer Fabric	\$178.37	
Program - Ann Turley	\$28.82	Mileage
Total Expenses	\$357.19	

Savings Account Summary

Beginning Balance	\$7,115.39	3/1/2023
Interest	\$0.91	
Withdrawals	<0>	[11]
Ending Balance	\$7,116.21	Bank Statement 3/31/2023

Total Checking & Savings \$15,692.90





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