

March 2023



# The Sew & Tell

North County Quilters Association

Member SCCQG | PO Box 301215, Escondido, CA 92030-1215 | [www.ncountyquilters.com](http://www.ncountyquilters.com)

## Executive Board

|                 |                          |
|-----------------|--------------------------|
| President       | Carrie Harrison-Mortimer |
| VP of Meeting   | Jan Wesley               |
| VP of Programs  | Jill Conger              |
| Secretary       | Paula Huntington         |
| Treasurer       | Sandy Hunter             |
| Parliamentarian | Suzie Owen               |

## Committee Chairs

|                       |  |
|-----------------------|--|
| Advertising/Publicity | Leslie Sowden, Alyssa Cannon   |
| Block of the Month    | <i>vacant</i>  |
| Fat Quarters          | Janis Newlin   |
| Good Cheer Quilts     | Sandy Hunter, Claire Jungersen,<br>Linda Steiner, Sue Ragan, Leslie Sowden |
| Greeter/Door Prizes   | Dani Donnachie   |
| Historian             | <i>vacant</i>  |
| Hospitality           | <i>vacant</i>  |
| Membership            | Lynn Cass, Susan Peters  |
| Membership Directory  | Romany Bowers  |
| Mini Quilts           | Joy Smith  |
| Newsletter            | Barbara Michalec   |
| Opportunity Quilt     | Alice Johnson  |
| SCCQG Rep             | Suzan Fornof   |
| Webmaster             | Laurel Conger  |
| White Elephant        | Karolyn Hart,<br>Louise Anselmo  |

## Special Interest Groups

|                   |                   |
|-------------------|-------------------|
| Rare Bears        | Tonita Waters     |
| Security Blankets | Maureen McClellan |

## Neighborhood Groups

|                 |                  |
|-----------------|------------------|
| Sundance Kids   | Paula Huntington |
| Escondido South | Joanne Eichler   |

## President's Message

By Carrie Harrison-Mortimer

Hello my quilting friends,

If you missed the last guild meeting, you missed out. We had a terrific speaker, Ann Turley. Her creativity and whimsical quilts were truly inspiring. We also introduced this year's NCQA quilt challenge. A big thank you to Gail Fisher for heading up this project. She did an awesome job, as I knew she would. Fun was had by all!!

We are at that time of year when we hold our nominations for open positions which will start in September. You may or may not have been contacted by the nomination team. Thank you to Lynn Cass & Maureen McClellan who stepped up to help me in filling these positions. Please consider stepping in to help your guild. It can be very rewarding in many ways. At least I have always felt that way. Thank you to those who are continuing in their current positions. I appreciate your dedication to the guild.

Hope to see all of you at the guild meeting. The White Elephant tables have been incredible. So come in early to shop.

See you then!! - Carrie



**Our Next Guild Meeting is ...  
Monday, March 20, 2023**

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

**Meeting begins at 6:30pm**

**Speaker: Alyssa Cannon**



## March Meeting Program

By Jill Conger



Hi Quilters! I am excited to have one of our newest members, she just joined us this year, Alyssa Cannon giving the presentation at our March meeting. I really enjoy hearing from our members and I appreciate their enthusiasm to step forward and share with our guild!

Alyssa had been doing some sewing of clothes and costumes since high school. Her first quilt was a T-shirt she made after college using her college shirts. (See below.) After about five years she was inspired to make a pair of quilts when her sister-in-law had boy/girl twins! (They ended up being 1-year birthday quilts. Ah, we have all had this happen to our best laid quilting plans!) In her search for the right quilt patterns to use for her new niblings, she discovered Fandom In Stitches ([www.fandominstitches.com/](http://www.fandominstitches.com/)) which has free foundation paper piecing patterns for everything from Harry Potter, to Disney, to Broadway. And via YouTube, she learned how to do foundation paper piecing. She made her niece's quilt utilizing Fandom In Stitches Frozen patterns, but then made her own pattern for her nephew's Toy Story quilt. Designing her own foundation paper piecing patterns has been her passion ever since and it has led to her latest obsession of pixelated pet portraits. (Meet Stella →)

Alyssa gave us a bit of a preview before, but at our March meeting she will give us a further explanation of her inspiration and the techniques she uses to make her pixelated creations.



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

Eddy Bradley (3/17)  
Spring Starts (3/20)  
Jan Wesley (3/21)



## White Elephant ... by Karolyn Hart

Happy St. Patrick's Day! Sales for February were \$160 and the raffle basket with black and white fabric brought in \$36. At the next meeting, we will bring patterns, thread, ribbon, and books in addition to the usual boxes of fabric and fat quarters.



## Membership ... by Lynn Cass

Happy St. Patty's Day to you all. I just took down the Valentine decorations at my house and am putting up a few St. Patrick's Day decorations today. It's so fun to have an excuse to decorate 😊. I used to love decorating my classroom for each holiday.

Wasn't the green 3-leafed clover table runner cute that Regina won at the February meeting! Having said that, this week I am working on a fall table runner that was put aside to do a Christmas jelly roll quilt that was a class and is still not completely finished. When I get it done, maybe by this Christmas, I will post a picture in the newsletter but it might get pushed aside again! Well, I guess you all know what I am talking about! I have so many fun projects as I am sure you all do as well 😊.

Ladies and gentlemen, we had great attendance last month! And most of you signed in! Thank you for doing that. Keep it up! Each month, we keep track of how many attend for various reasons, but just so you know, we are not "tracking you" personally. I am hoping even more will be encouraged to come for the March meeting.

And thank you for remembering to wear your name tag. So many did! Wasn't that nice? (I sure wish I could find the one I made. I know it's in a safe place. Right?) I know most of you have known each other for a while but there are some who are still learning everyone's names. So please wear a name tag and remember to introduce yourself and get to know each other as we enjoy our wonderful guild meetings. Gee, each month it's so much fun 😊.

I will hopefully have a few new flyers at the Membership Table for the upcoming San Diego Shop Hop called Cruisin Quilters 2023 on April 14-22. ([www.cruisinquilters.com](http://www.cruisinquilters.com)) There will also be another shop hop this summer called Southern California Quilter's Run – Celebrate National (fill in the blank) Day. ([www.quiltersrun.com](http://www.quiltersrun.com))

Hope to see you for our March 20<sup>th</sup> get together.

Guaranteed fun!



## Rare Bears News ... by Tonita Waters

### RARE Bear Sew-In Event ...

We hope you will join us to make a stuffed bear for a child with a rare disease on **March 18<sup>th</sup> 10-4** at the Sundance Mobile Home Park clubhouse in Escondido. **Reservations are required** but there is no charge for this special day. We will have precut fabric kits, bear feet/tags and lots of sewing tips for you. And we are also providing lunch. Please call Tonita Waters at 760-815-9244 to sign up.

### Holiday Craft Faire Vendors Needed ...

I am also hosting a Holiday Craft Fair on **October 14<sup>th</sup> 9-3** at the Sundance Mobile Home Park clubhouse in Escondido. We are currently signing up vendors. To signup: Tonita Waters 760-815-9244.



### Good Cheer News ... by Leslie Sowden

February was a good month for Good Cheer. We ended up with 18 quilts - 4 from guild members, 7 from Maggie Morales (former guild member), and 7 from the Good Cheer ladies. Pillowcases did well also with 13 from guild members and 10 from Maggie Morales. Thanks everyone! [See them here.](#)

We understand that some people come to the guild meetings for the entertainment of the program, to see their friends, to have a night out of the house. But it's even more rewarding if you participate by sewing up a quilt or pillowcase kit each month. We have a variety of kits with plenty of color and fabric combinations to choose from. Please stop by the table and choose one at the next meeting. The disadvantaged folks of Escondido will benefit from your participation.

Also, be sure you come to the April meeting. There will be quilts to tie, a station to make quilt labels, a mitered corner demo, a squaring-a-block demo, and a limited number of wool make & take mug rug kits! And we'll teach you the buttonhole stitch in case you don't know it. It'll be a fun, friendly meeting with lots of time for socializing.

See you in March - Claire, Sandy, Sue, Linda & Leslie



### NCQA Challenge Quilts ... by Gail Fisher

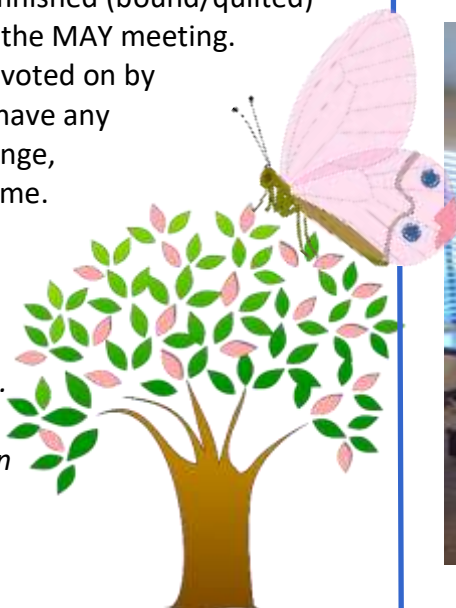
Wow! A big thank-you to all the folks who accepted the 2023 NCQA Challenge at the February meeting. We sold out! We can't wait to see your creations at the May meeting and see how you interpreted the focus fabric and the tree challenge to make it your own.

Remember that your piece can be a table runner, wall hanging, placemats, mug rug, etc. You decide where the tale takes you! Try to keep your piece larger than 18"x18" and smaller than 24"x72. You'll be able to keep it after the judging, so be sure it makes you smile! Your piece must be finished (bound/quilted) and brought completed to the MAY meeting. Entries will be displayed & voted on by meeting attendees. If you have any questions about the Challenge, please feel free to contact me.

#### **Advice from a Tree**

*Stand tall & proud. Sink your roots into the Earth.*

*Be content with your natural beauty. Go out on a limb. Drink plenty of water. Remember your roots. Enjoy the view!*



### Upcoming Quilting & Other Events ...

**Daylight Saving Time Starts, Sunday March 12<sup>th</sup>.** Remember to set your clocks 1 hours ahead = "spring" forward. Sunrise and sunset on March 12<sup>th</sup> will be one hour later than the day before. There will be more light in the evening. Daylight Saving Time ends Sunday Nov. 5, 2023.

**QuiltFest 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](http://www.quiltfest.com) and select QuiltFest Virtual Schoolhouse #5 under the UPCOMING SHOWS tab.

**Escondido Street Festival**, May 21, 2023, 10-6pm on Grand Ave in Downtown Escondido. Free. This is a traditional street fair with professional live music, a Beer & Wine Garden, Art in the Garden, Kids Zone, Photo Booth and vendors with unique hand-crafted gifts and international cuisine. For more info: [www.downtownescondido.com/escondido-street-festival](http://www.downtownescondido.com/escondido-street-festival)

**Quilt Festival Long Beach**, July 6-8, 2023, at Long Beach Convention Center, Long Beach, CA. Go to: [www.quilts.com/quilt-festival/quilt-festival-long-beach/](http://www.quilts.com/quilt-festival/quilt-festival-long-beach/)



**Escondido South Neighborhood Group ...** "Hard at work on the Opportunity Quilt." Photo by Carrie



### Zipper Help ...

Zippers and I have never connected. That's why I need your help to replace the zipper on a pair of men's pants. I've tried using a nearby place that does alterations but their work is not the best. I'll gladly pay for the zipper and your time. Please let me know if you can help. - Rita McFayden (760-781-5136)

### Ken's Marine Corps Quilt Help ...

If you are the kind person who offered to bind one of Ken's quilts for Veterans earlier this year, please know that he is feeling much better and attending meetings again on a regular basis. He would love for you to contact him and let him know how the binding process is coming along. (See directory) – Ken Warsh

### RARE Bears Felt Help ...

RARE Bears needs any medium to large size pieces of felt you may be looking to rehome. We have a former North County Quilt Guild member, Monica, who does a wonderful job turning the felt into vests for the 18" stuffed bears we make and ship to children with rare diseases all over the world. If you have felt to spare, please bring it to our March meeting or call me. – Tonita Waters (760-815-9244)

### Many Voices Help ...

I'm sure you've heard the saying, "It takes a village to raise a child." The same could be said about putting out the NCQA newsletter. It takes a village, and YOU are the village. I'd like to thank everyone who submits an article each month. It's your knowledge and efforts that keep the guild strong. Did you know that anyone in guild can make a submission to the newsletter? If you like to research quilt topics or write poetry or draw cartoons or know of an upcoming quilt event near (or far) or have a suggestion for upcoming issues, please let me know. I'd love to have you join this fun adventure. All work must be original or copywrite free. Send your submissions to: [newsletter@ncountyquilters.com](mailto:newsletter@ncountyquilters.com). Many thanks, Barbara, Newsletter Editor

### Security Blankets ... by Maureen McClellan

February was a very good month for Security Blankets thanks to the generosity of many members. We were able to donate 56 fleece blankets to Palomar Health Forensics team for their rape crisis and domestic abuse survivors. They are so grateful for our support. I would like to also acknowledge the time and cost involved in making the blankets to donate, and how much you are appreciated. Thank you. If anyone has questions, please contact me at 760-224-3494. Be safe. 😊

### Fat Quarters ... by Janis Newlin

The category for the March meeting is Lavender and Yellow prints.

Congratulations to our two winners at the February meeting of the Polk-a-dot fat quarters, Carrie and Alice.



See you at the meeting.

### Sew Hungry Quilters ... by Susan Peters

Well, there's March Madness, which refers to basketball - or my sewing room. How come buying, saving & inheriting fabric creates Madness in my sewing room? Oh well, I'll make it to the surface of my cutting table eventually.

I hope everyone is enjoying all the 'down time' because of all the rain. Take a break, grab your umbrella (or bumbershoot) and join us on Wed, **March 8<sup>th</sup> at 11:30** for breakfast/lunch at **The Golden Egg Omelet House, 316 W. Mission Ave, Escondido** at 11:30am on the 2<sup>nd</sup> Wednesday of every month. Eating at The Golden Egg is a guild fundraiser ANYTIME you eat there. 10% of your bill comes back to the guild. Be sure to tell them North County Quilters sent you whenever you go.

Questions?

Call Co-Chairs:  
Susan Peters,  
760-741-5432  
Jan Wesley  
760-746-8125.



## Making Color Sense

By Newsletter Editor

Our Fat Quarter ladies gave us a particularly interesting challenge this month to bring in lavender and yellow print fat quarters. What thrilled me about this request was that whenever I see this combination in nature, it makes my heart sing. Who can resist the pull of French lavender and giant heads of sunflowers.

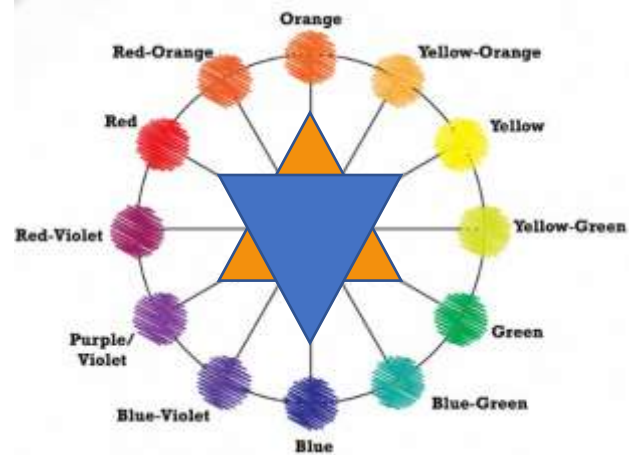


I got to wondering if there was something intrinsic about the power of this color combination or if other colors combinations might have the same effect.

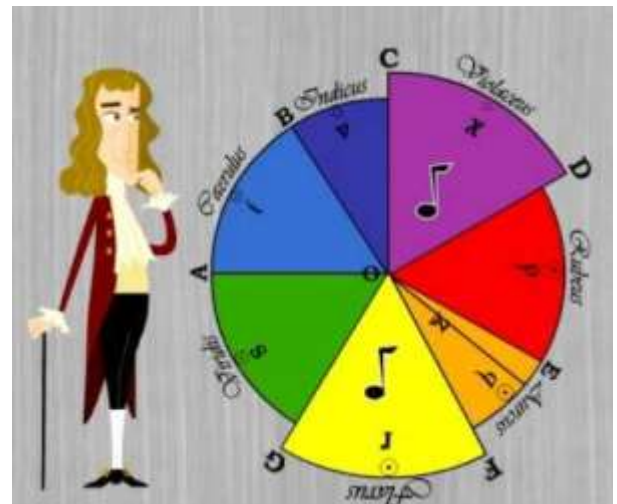
It turns out I had to go all the way back to our apple loving friend, Sir Isaac Newton, to help me understand colors. Not only did Newton devise a theory of gravity but he also came up with the color wheel. Newton was born on January 4, 1643 in Lincolnshire, England two months prematurely. He was so tiny, his mom remarked that he could fit inside a quart mug! He was at Cambridge in 1665 when the bubonic plague epidemic forced him to return home, which was where sitting under the apple tree he pondered why the apple fell straight down and not up or sideways.

It was his curiosity about light that prompted him to shine a beam of light through a prism. He noticed that the light coming out the other side of the prism was not a single beam as the source was but a broad smear of different colors blending one into the next. Medieval colors up until Newton were collected into a group of 5: yellow, red, green, blue and purple. Newton, however, thinking colors should work like musical tones since they were both based on varying wavelengths, reasoned there must be 7 main colors not 5, just like in the musical scale. So he added indigo and orange to the mix. He then needed a way to display his colors and again thinking of musical scales which repeated octave after octave, he ingeniously arranged his 7 colors into a circle. What followed is literally art history.

Over time Newton's color wheel got updated to the 12-color wheel we know today and established the scientific basis for color upon which modern color theory is based. Here is the modern color wheel:



One of the most important concepts of the color wheel is that it defines relationships between colors and how they can be combined to create new colors. There are three primary pigment colors which cannot be created by mixing other colors. They are red, yellow, and blue. They are positioned equidistant from each other around the color wheel creating a triangle (see blue triangle above). If you mix two adjacent primary colors, you create a secondary color. These are orange, green and purple, created by mixing red and yellow, blue and yellow, and red and blue respectively. These secondary colors are also positioned equidistant from each other around the color wheel creating another triangle (see orange triangle). If you mix a primary color with an adjacent secondary color, you create a tertiary color. There are six of these, named by listing the primary color first followed by the secondary color used to create it. They reside between their namesakes.



(Continued on Page 7)

## Making Color Sense (cont'd from Page 6)

The beauty of the color wheel starts to emerge when you consider color harmony. Color harmony is the use of multiple colors that are considered visually pleasing to the eye. Some important color harmonies are Monochromatic (using different shades or tints of a single color), Complementary (using colors opposite each other on the color wheel), Analogous (using colors that are next to each other on the color wheel) and Triadic (using 3 colors equally spaced on the color wheel).

We've already seen the beauty of the Complementary Color Scheme in nature. Here it is when translated into the world of quilts. The colors seem to literally pop.



Complementary Color Scheme:  
Fancy Forest (by Elizabeth Hartman) in  
Purple and Yellow by [Epida Studios](#).

Now let's look at the same quilt pattern in an Analogous Color Scheme of blue/blue-green/green. The quilt is much calmer but still lively and fun.



Analogous Color Scheme:  
Fancy Forest (by Elizabeth Hartman)  
by [Jennifer Under the Juniper Tree](#)

The Monochromatic Color Scheme definitely makes a statement. It's the calmest of the bunch, but you have to really like the color for it to work. This particular quilt is "almost" monochromatic but benefits from splashes of blue-green and accents of coral as in the bunny ears and the fox's cheeks. Notice she didn't pick just any ole colors for her accents but colors that were analogous (next door) and complementary (across from) blue on the color wheel.

Almost Monochromatic:  
Fancy Forest (by Elizabeth Hartman)  
by [Dream.Quilt.Create](#)



We have one more color scheme to consider, the Triadic, which is made up of 3 colors equidistant from each other on the color wheel. These colors are easy to find if you think of the blue triangle in the color wheel on Page 6 as a dial that you can turn and click to point to another set of 3 colors. This particular quilt uses the red-orange, yellow-green, blue-violet triad. What a stunner!

Triadic Color Scheme:  
Fancy Forest (by Elizabeth Hartman)  
by [Denise Lamb](#)



I'm not sure if knowing all this will make my quilt-making color selection process any easier. It may make it harder ... at least at first. But there seems to be hope for me. I DID resonate with the lavender/sunflower combo request from our Fat Quarter gals. Do you have a favorite Color Harmony? If so, let me know.

## Sew & Tell Member Showcase ...



← **Carrie Harrison-Mortimer** ... "A quilt I just finished for a friend. It's a 'Twisted 9-Patch' pattern."

↓ **Louise Anselmo** ... "My St. Patrick's table runner."



↓ **Alice Johnson** ... "Planetary quilt ... I just finished this quilt top, made mostly from scrap pieces!"



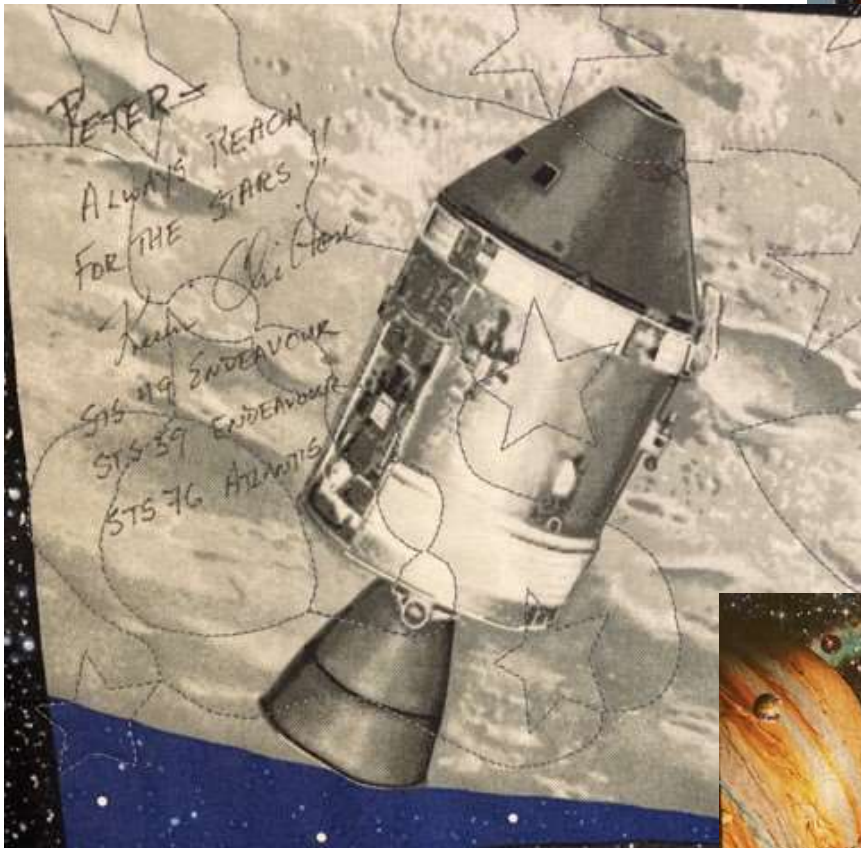
↓ **Sandy Hunter** ... "Sunrise through the Tree." I had an idea and designed it around a Eucalyptus tree we have and one we saw in Hawaii."





## More Sew & Tell ...

**Toni Collins** ... "I just finished this quilt for my seven-year old grandson. I included a close-up of a square autographed by a retired astronaut who is a close family friend. The back is a panel depicting the solar system."



NCQA Treasurer's Report

2/1/23 - 2/28/23

Checking Account Summary

|                     |            |                          |
|---------------------|------------|--------------------------|
| Balance Forward     | \$8,819.70 | 2/1/2023                 |
| *Credits / Income   | \$348.50   |                          |
| **Debits / Expenses | \$406.32   |                          |
| Ending Balance      | \$8,761.88 | Bank Statement 2/28/2023 |

Check Register Summary

|                         |            |                                    |
|-------------------------|------------|------------------------------------|
| Balance Forward         | \$8,794.70 | 1/31/2023                          |
| Ending Balance          | \$8,611.88 | 2/28/2023                          |
| Outstanding checks (1): | \$150.00   | Ck #1780 Gloria Dei Lutheran       |
|                         | \$8,761.88 | Reconciled to Bank Balance 2/28/23 |

\*Monthly Income Detail

|  |                 |                                    |
|--|-----------------|------------------------------------|
| Contributions Cash - Member dues       |                 | Member Renewals                    |
| Contributions Cash - Donation          | \$126.50        | name tag, guest, donation \$111.00 |
| Golden Egg Omelet House                |                 |                                    |
| Contributions NonCash - White Elephant | \$160.00        |                                    |
| Raffle Basket                          | \$36.00         |                                    |
| Raffle Mini Quilt                      | \$26.00         |                                    |
| <b>Total Income</b>                    | <b>\$348.50</b> |                                    |

\*\*Monthly Expense Detail

|                                   |                 |
|-----------------------------------|-----------------|
| Gloria Dei Lutheran Church - rent | \$150.00        |
| Opportunity Fabric - Joy Smith    | \$56.32         |
| Program - Ann Turley              | \$350.00        |
| <b>Total Expenses</b>             | <b>\$556.32</b> |

Savings Account Summary

|                   |            |                          |
|-------------------|------------|--------------------------|
| Beginning Balance | \$7,114.48 | 2/1/2023                 |
| Interest          | \$0.82     |                          |
| Withdrawals       | <0>        |                          |
| Ending Balance    | \$7,115.30 | Bank Statement 2/28/2023 |

|                                     |                    |
|-------------------------------------|--------------------|
| <b>Total Checking &amp; Savings</b> | <b>\$15,877.18</b> |
|-------------------------------------|--------------------|

Sandy Hunter  
Treasurer

SEWING MACHINE AND VACUUM SUPERSTORES



NORTH COUNTY QUILTERS ASSOCIATION COUPONS

**30% OFF!**

YOUR NEXT SEWING MACHINE OR VACUUM CLEANER SERVICE

DOES NOT INCLUDE PARTS OR LABOR IF REPAIRS ARE NEEDED TO FIX YOUR SEWING MACHINE OR VACUUM CLEANER. PLEASE BRING COUPON OR MENTION AD IN-STORE TO REDEEM 30% OFF YOUR NEXT SERVICE

**20% OFF!**

ALL SEWING AND VACUUM ACCESSORIES OR NOTIONS

MULTIPLE COUPONS CANNOT BE USED ON THE SAME PRODUCT. PLEASE PRESENT THIS COUPON OR MENTION THIS AD AT TIME OF PURCHASE TO REDEEM DISCOUNT

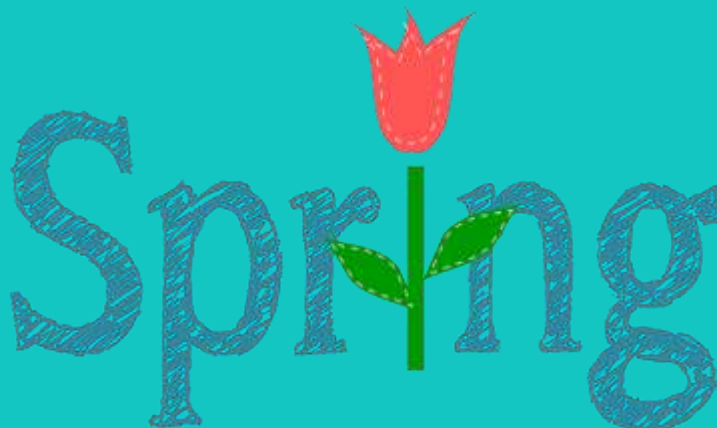
4606 MISSION BAY DRIVE  
SAN DIEGO, CA  
(858) 225-2739

713 CENTER DRIVE  
SAN MARCOS, CA  
(760) 739-8222

**WE CARRY AND SERVICE EVERY BRAND!**

A flower blossoms  
for its own joy.

-Oscar Wilde



katie malan, owner  
6 creekside dr, suite 900  
san marcos, ca 92078  
(801) 710-2107

edge-to-edge  
longarm quilting

0.025¢ per sq in for standard  
0.03¢ per sq in for dense  
batting available for purchase

Enter NEW25 in the form notes  
for 25% off your first quilting

sales@katiesquilting.com  
www.katiesquilting.com  
@katiesquiltingco

