Newsletter April 2020



MEETS THE SECOND SATURDAY OF EACH MONTH **ELKS LODGE** 26584 HIGHWAY 18 RIM FOREST, CA

President – Judy Green

Dear Quilting Friends,

This is a Special Edition Newsletter to keep us all in touch.

We're all anxious to keep up during our "distancing" time. As time goes by, please be sure to put your project photos on Facebook, or send them to Trisha for our Webpage. We'd love to hear about and see your Challenges, UFOs, and other projects you're doing.

The importance of our being a part of our mountain community, and helping however we can, is greater now than ever before. What can we do? What part can we play?

We can sew!

We can make protective face masks to be used against the Corona Virus throughout our community. Mountain Community Hospital and Angels in Waiting in Blue Jay have already expressed their interest. Also, let's not forget about our grocery store personnel, and so many others who find it necessary to work during this time.

Please find the instructions for making masks here and sew masks to protect others that go to work every day to help us.

Be well, Love, Judy Month at a Glance

Upcoming events for April and beyond:

????

Special Items to Bring to the next meeting:

- Dues \$30
- Cup of Comfort Blocks
- **Comfort Quilts**

Also Don't Forget:

- Your name tag
- Refreshments (if it is your turn)

Our guild is dedicated to promoting the art of quilting through education, sharing and learning, and using our efforts to benefit the community through annual contributions and in time of need.

Co-Vice President – Jeanne Folta

For anyone who wishes to make masks for the hospital, my husband has been in contact (through a friend) with MCH about masks. The info is:

Just talked with Renee at MCH - yes to the masks.

She said:

- they don't need them today but may soon. They definitely will use them in the ER for people waiting, coughing, etc.
- there are patterns on the internet that can be downloaded. Please use one with an opening on the inside of the mask that they can insert a filter. It is possible that they may add filters to them (if all else fails she's heard that coffee filters or hepa filters could work).
- use fabrics with the tightest weave as possible
- if elastic is unavailable, long ties can be attached may even be better to adjust fit and they can tie them over less effective masks.
- if thin metal is available and inserted in the top it would allow pinching and molding but she understands that may not be available.

any donations should be delivered and marked "Attention: Renee" and she will handle it from there.

Note: paper clips or twist ties can be used as the metal at the bridge of the nose. I've seen patterns that are open on the sides for inserting filters. I don't do social media, so I'm having difficulty getting patterns printed but will continue to try.

On another note, since I have so much alone time, if anyone has a pattern that would make a good block of the month, send them to me and I will prep materials for when we can meet.

Jeanne folta76@hotmail.com

(for more about masks, see pg. 3)

New Officers

President - Judy Green

Co- Vice President - Jeanne

Folta

Co- Vice President - Jennifer

Lanak

Secretary - Yolanda Douglas

Treasurer - Sherry Schliskey

Superstars

Hostess -Pat Montgomery

Membership -Kim Everhart

Community Liaison/Publicity

- Yolanda Douglas

 $\boldsymbol{Fat\ Quarter\ Drawing}-Sherry$

Schliskey

Hospitality - Cheryl Wood

Sunshine/Shadows - Melanie

Hermanson

Quilt Challenges - Jen Lanak

Web Site - Trish Skalnik

 ${\bf Newsletter}-{\bf Jen~Lanak}$

Facebook - Jen Lanak

Clubs within the guild:

Co-Vice President – Jennifer Lanak

Future Field Trip to M&L Fabrics in Anaheim – on hold at this time. We will have to wait and see if we can reschedule this summer, or if we have to cancel all together. I hope the later.

Secretary - Yolanda Douglas

There are no minutes as our March meeting was cancelled.

Treasurer – Shelly Schliskey

Account is balanced and WWQG remains financially solvent.

Sherry Schliskey, Treasurer

REIMBURSEMENT POLICY:

Please turn in your reimbursement requests to the treasurer during the meeting. The treasurer will either stay after the meeting to write checks or will mail the checks the following week. If the treasurer is absent, hand your request to Nancy Novak (1st Vice President), then Shelly Schliskey (Treasurer) will write the checks at her earliest convenience.

Please note: In order to help our Treasurer, keep the books accurate and up to date, ALL money collected must be turned in by Committee Chairs at the end of each meeting. Also, receipts will be issued to all payments. Thank you in advance for your patience and cooperation.

Special Request - Facemasks – Kimberly Everhart

Kimberly sent out a PDF with links to video tutorials on how to make the face masks. In case you missed it, here is all the information again.

YouTube links for masks:

- 1) https://www.youtube.com/watch?v=S9RWII2-5 4&feature=emb logo
- 2) https://www.youtube.com/watch?v=BCJcE-r7kcg

These are videos to make masks to holds a replaceable filter; the filter is used once and disposed of. The outside mask can be washed and reused with a new filter. The second video shows how to put in a wire so the mask can conform to the face. The measurements are in the video description you see when you click the link. There are many options for materials to use for the filters. NEVER use filters that contain silicates as breathing this can damage lungs. The videos suggest using dried wipes, coffee filters, etc.

Something you may have on hand is non-woven stabilizer. Many stabilizers are 100% polypropylene which is the material used to make medical surgical masks. I don't know the thickness of the material used in surgical masks but Pellon EZ-stitch, a tear away, is 100% polypropylene. Check your stabilizer label it should list the content of the material. There is a batting that contains a layer of polypropylene but I do not know the brand.

As far as the fabric for outer reusable part of the mask tightly woven cottons seem to be suitable. Here is a link with a chart ranking fabric suitability for DIY masks.

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https://hackaday.com/2020/03/18/homemade-masks-in-a-time-of-shortage/

Last night our local news aired a piece on a hospital that was using hospital sheets to sew masks and gowns.

Salt coating masks or filters

There seems to be evidence that common table salt can at least kill the virus on a mask's surface – a common reinfection risk. A patent has been issued on this, but no production yet, as far as I know. Here is the link to the info, it explains how salt helps.

https://www.nature.com/articles/srep39956.

Use about 1/3 cup of salt dissolved in 12 oz. of purified water, the more salt you can get to dissolve in the water the better, and soak batches of masks overnight. (Some people add a small amount of polysorbate to make the salt stick to the mask better, I don't have that so I'm going to try using glycerin or dish soap.) Then dry and cure them. If you have a warming drawer under your oven you can use that to dry for about 6 hours, or you can dry them inside the oven at the lowest temperature your oven will heat to. You want to see a glittery coating dried on the surface of the material. All the info I've collected on salt coating masks is for the medical surgical mask but I think it may help the cloth masks as well.

More Mask Info - Judy Green

The Community Hospital wants our masks. With inset area please. The drop off place is Yolanda Douglas' home. Email (<u>keitheid@aol.com</u>) Yolanda or phone 909-337-6041 and she will open the gate for you.

Joanns Fabrics has offered to give supplies to make face masks for nurses.

And, Angels in Waiting, in Blue Jay, has a drop box just inside their door in Blue Jay. The location is next to the library. They also need masks.

Challenges – Jen Lanak

Our first quarter is nearly finished! There is still time, but we should be wrapping up the What's in a Name Challenge. What was that?

What's in a Name Challenge – Using your 3 initials – your 1st initial is the color, 2nd initial is the block/pattern, 3rd is quilting motif. Choose a color, block, motif based on your initial.

For examples: Betty Ann Smith might choose: Blue, Arizona Star, Stipple. Yolanda Fiona Douglas might choose a Yellow, Farmers Wife Quilt (that would be a challenge!) with a Daisy motif. Or Jennifer Em Lanak might choose Jade, Economy Block, with a Leaf quilting motif. You get the idea.

Um, I am still working on mine. There are 6 more days for me to finish up. Sometimes I like leaving things to the last minute just to get my blood pumpin'. Ya know?

For our next quarterly challenge, I was really hoping we could do the Brown Bag Challenger. However, that kind of requires a meeting and exchange of supplies. I was also toying with the idea of having a Coronavirus-themed challenge, but maybe we are tired of thinking about it. So, I think our best option for the 2nd quarter is to have a block-based challenge to keep us busy while at home. Announcing the:

Flying Geese Quilt Block Challenge: I really debated which block to choose and almost went with a more difficult block to piece, but one that didn't have many design challenges. Thankfully, Yolanda talked some sense into me. Everyone can make flying geese, and the design possibilities are vast.

As with all our previous block-based challenges, the rules are pretty loose. The only real rule is that you project must feature the Flying Geese Block as a focus. You can make your project any size, any color. Your flying geese can be any size, using any technique to make them. You can incorporate other blocks, as long as Flying Geese are the main feature. Go crazy!

If you are looking for inspiration, ages ago I created a Pinterest board with flying geese quilts. https://www.pinterest.com/newbiejen/flying-geese-quilts/ Take a look and maybe something will jump out at you.

The end of the 2^{nd} quarter is June 30^{th} . Hopefully, by then we should be meeting again and be able to show of our projects in person.

And now more about our yearly challenge:

The UFO Challenge: March's number was #7! April's number has not been announced yet, but I will send it out when we know which number it is.

My #7 is my Pink Swoon Quilt. At the beginning of the month, it was pin basted and stitched in the ditch. It had been folded up while I decided what additional quilting I wanted to do. I looked back at my photos and I think I have had this quilt folded up, waiting, since 2014! The main issue was that I knew I wanted to do a fancy border on it, but I had NO IDEA how to quilt the blocks. Well, I am happy to report that I came up with a (cough, ambitious, cough) plan and it is on the frame! A plan that I am seriously second guessing now that I have started. But progress is progress and darn it, I will finish this thing even if I ruin it in the process.



Tookie thinks every quilt I put on the frame is her personal hammock.

I've also been working on my February UFO. I took apart all the alternate blocks that I had and changed up the corners. I also had to make 9 new blocks to complete a row. Now all the blocks are done and just need to be sewn together to make a flimsy.

Special Report - Yolanda Douglas

What Are You Doing/Can You Do on Your Quilters Quarantine?

Jen Lanak gave me sort of an assignment when I suggested some online resources for quilters. "Share what you are finding to help get us through the days." I was working on that. I also asked some friends, "WHAT ARE YOU DOING? WHAT SHOULD I DO?

My sis said, "Clean house. Organize your closets. Clean your QuiltWomb. Clean your refrigerator. Organize your QuiltWomb..."

Uhh, this is not what I want to do with the lemons that we are dealt in this problematic time. I'm going for the lemonade.

These suggestions are not in order of importance. Just sort of chronologically from my conversations.

My first conversation:

I'm binging on Flash Mobs!

"A flash mob is a group of people who give a choreographed but unannounced performance in a public space. There are lots of different flash mob styles, from pure entertainment to advertising to tributes to political protests."

My friend told me that she has been passing time (she is activity-limited because of a recent surgery) watching flash mob performances.

I tried it and I really did feel uplifted. Some of my faves (and there are so many choices on YouTube, or just Google a favorite genre): Ravel's "Bolero", Train Passengers Sing 'Over the Rainbow", "Imagine", "I Will Survive", "Hallelujah".

Drs. Elvis François and William Robinson (not Flash Mobbers) are chief residents at the Mayo Clinic in Minnesota and are capturing hearts with their rendition of John Lennon's "Imagine."

"In life, there are so many things that divide us. Religion, race, politics, social status and many more ... But today a global pandemic brings us all together as one," François said in his Instagram post. This is a "must-listen"!

All over the world, people are connecting through music. Concerts and sing-alongs from balconies and windows, in neighborhoods and complexes to celebrate special days and keeping the distance (Hey, you guys, I'm not going to run out of TP; most probably will run out of Kleenex as I cry more from the good things that people are doing right now than . . .).

Music in general is a feel-good thing (and good for our brains). On the day after Kenny Rogers died, I listened to his music all day long. What a talent! (More Kleenex, please.)

You can request many of your favorite performers and have instant music delivery.

I have multiple Echo-Alexa(s) (from Amazon) and some of my fave requests are "French Café Music", "Soft Rock", "Jack Johnson", and "Spa".

Or Pandora is available on the computer.

If you need help learning how to access these, send a request to President Judy and she will find someone to help walk you through it. She owes me so I am OK volunteering her.

Connect With Old Friends

I have recently called friends who I have not talked to for a while. AND I have received calls from friends who have put "make personal calls" on their "coping and connecting list". One friend is calling someone every day, and sharing the contents of conversation(s) with mutual friends. I felt so wonderful after each of the give-and-share calls.

Write a handwritten letter. Confession: I have not done that yet.

What I have done and will continue to do is to make handmade connections.

I attended a birthday party for 3 friends born on Groundhog Day. No gifts; cards only. I made a mug



rug for each of them. All slightly different.

I usually prefer to make and gift a "fabric thought" (Bee Well/with a bee image; Thank EWE/sheep image. To thank a friend who often delivers soup, and last week a pot of lobster bisque, I am making a collage, ala Susan Wade, of a lobster rather than a paper thank you.)

I just learned how to post a photo on Facebook so that I could figure out how to post on a great website, #QuiltersQuarantine (Write this site name down). My quilt was on both FB and #QQ. Ladies, I got so many ++ comments. Made me feel so good about my work. But the **BIG thing**... I heard from friends from as far back as Kindergarten! Oh, wow!

Some friends are having "Virtual Happy Hours" and meet online via Skype or Facetime at 5:00 with a glass of wine and conversation.

The Memory Care Facility where Keith, my husband, lives is going to help me have a Virtual Birthday Party for him in April. This will be his third birthday away from home. Family will connect online while he opens gifts and cards (the facility has been on lockdown for a couple of weeks and I'm sure will still be on his birthday).

On TV (don't watch and obsess over NEWS of VIRUS and Stock Market) and online, people are connecting with impromptu car parades, celebration greetings (birthdays, weddings, anniversaries, finished with chemo) by song and sign . . . this is really time to exercise our creativity.

I repeat, don't obsess watching the news. Watch "The Outlanders". "Jeopardy" for sure. If you need to laugh (the best medicine, they say), "Funny You Should Ask" (witty but raunchy, good background noise while eating lunch), Grace & Frankie (definitely X-rated, but it never fails to pull me out of a funk).

Change PAJAMAS from daytime to nighttime to daytime, etc. at 9AM and 9PM daily. Shower, brush teeth and don't worry about makeup. Consider going gray (no, not me). Resist trimming your own bangs. Take a bubble bath. Write in a journal to document your feelings and fears . . . we will get through this.

<u>Dr. Phil.</u> I have never watched him before but now we are self-distancing together: he says to do something for someone else. Call. Write. Elsewhere in this newsletter find information about making facial masks and surgical caps. Mountains Community Hospital needs help providing these for their staff and to protect patients coming in for treatment. (I will be a hub for receiving and making sure that they get there.) If you decide to do this – make them pretty, happy, funny, positive. If you need fabric, I have some donated by a friend for our projects.

And thank you.

MCH has literally been a lifesaver for us when my husband had emergencies and going down the hill was not soon enough.

Oh, yes. This was supposed to be about online quilting resources. Endless. My favorite is The Quilt Show (Thequiltshow.com). I learned to quilt from Alex Andersen's television program, Simply Quilts, many years ago. She is co-host. Currently membership is \$19.95/6 months. Other levels available. New bi-weekly shows and free shows for maybe 13 years past with amazing quilters and teachers. Tutorials, newsletter, puzzles and . . . Probably the best quilting investments (sorry, Ms. Bernina) I have made. They also are currently doing some (live and YouTube) sew-alongs (you can do the same project or just sew your own thing and listen), classes (e.g. changing block sizes, using neutrals, playing with colors, etc.) You have to go check yourself as they are constantly adding new things.

#QuiltersQuarantine – Google or search on Facebook. Leads to so many different activities. Not enough hours in the day.

Go to PINTEREST and search "Quilt Alongs". Then choose what you are interested in.

BluPrint is offering free classes until April 9. I'm sure that other sites are doing similar offers. So many sites, so little time.

Last but not least, this morning my "needs oil" light went on on my Bernina! Pamper her. Clean and oil your baby regularly. The SEWING MACHINE HOSPITAL is closed until further notice.

I miss all of you. I have funny hours. Call me 7AM – 7PM. And write to me anytime.

'til we meet again.

Yolanda Fiona Douglas

What has everyone been doing? – various

Kim Everhart - What have I been doing? I've been baking bread, cinnamon rolls, cookies and making jam. When I run out of ready-made chocolate, I'll start making my grandma's fudge recipe. Next time you see me I'll probably be pretty fat! Also making liposomal vitamin c which involves beakers and that makes me feel like a scientist.

Researching corona virus alternative treatments and DIY protective gear. Realized I need a 3D printer

because all the other robot kids have one and they are making some pretty cool stuff and sharing open source designs for PPE. The robot forums are where I learned about the salt treatment for masks.

Started my Aerogarden, a small hydroponic system, to grow some seedlings for my victory garden. I'm learning to grow Microgreens on my windowsill and sprouting beans in a jar.

Panic downloading and reading lots of books. Downloaded over 300 since February, never would have guessed I'd downloaded that many but zlibrary sent me an email asking for a donation since I downloaded so much. I've only read about 40 so far.

Still working on my house, building when weather permits.

Meditating daily and sometimes twice.

Monday I'll start producing masks. Thinking of using my silhouette cutter/plotter to mass cut stabilizer for mask filters and maybe create an embroidery "in the hoop" file to crank them out with my embroidery machine.

Missing you all and sending my love.

Kimberly

Lorraine Patterson - I am doing well, catching up on house cleaning. I also have been doing a little hand work. Last month when I was at the Citrus Belt Quilters guild meeting, I won a stack of our BOM Shamrock blocks. Today I decided to do something with them, so the progress begins.

Lorraine Patterson

Susan Wade – I want to be among all who are sewing masks, but haven't yet sewn any. Colleen Quine (a former WWQG Member) just dropped off a quilt for long arming. She does wonderful piecing, and I am excited to again quilt for her!

I have finally gotten back into my Studio after that hard year of treatments and surgeries. Recovery continues, and I am finally feeling a renewed sense of creativity! I'd actually begun to wonder if I'd lost it forever!?!

Another discipline to which I have returned, is sight reading at the piano. Therapy for heart and soul, as well as (I hope) for brain, eye and hand neuropathies.

Ray and I are staying home and concerned for all of those we know and love who are in essential services. We have used Zoom to have family time which lifts our spirits...technology bringing love and hope!

May you all stay safe and healthy!

Susan. xo

Kellie Agner - I have been working on my OBW which will be Queen-size once it is finished. I had to clear out my mom's place after a recent stroke. She is a former quilter and member of Glendale Quilt Guild. I will have a lot of quilts things to share once we can re-convene at monthly meetings. I am attaching a picture of current progress. I missed seeing everyone in March.

Warmest regards,

Kelli



Judy Green - Hi Quilting Friends,

I have been working on my very long list of the things that I never seem to get done. Now, the taxes are done, and our annual government contribution has been mailed. I've purged our files, unorganized for maybe 40 years, and filled a 33-gallon trash bag with shredded paper! Really! I've dug a pathway in the snow twice and de-snowed the car just once. I have almost finished organizing my pantry, and evidently, I have a canned tomato fetish. My linen closet and laundry room have never looked better, and there are still too many cupboards waiting. I've crossed out about half of the list so far, but organizing closets and my sewing room are just too painful to think about yet. Thank goodness for snow...the shed is also on that danged list.

In order to keep my guild membership, I've decided to spend every other day sewing, since I haven't taken a stitch since this housebound stuff began. The top of the infamous Elephant Quilt is just about

complete and is turning out big enough to cover us all. I have ordered batting and backing so quilting will happen one day. I intend to make some masks and do a little sewing for myself. That list can wait.

Take care everyone. Miss you all and love that Jen is helping us keep in touch. Hmmm, I'd better go repair that blind. lol

Love from Judy

Elaine Shaw – Just getting my machine moved and ready.

Those are just a few of the boxes I have been working on. My life now is all in boxes.

Stay busy,

Elaine



Pat Montgomery -

Hi,

Pretty much the only thing I have been doing the last few months is having cardiac tests done at St. Bernadine's. I didn't realize how short of breath I was. The diagnosis is severe aortic stenosis and I will need surgery when everything is better. Fun! Take care of yourselves, we will get through this. Love to you all.

Pat

Cheryl Wood – Hi. Cheryl Wood here. I've been keeping busy doing cross stitch. I'm sending a picture of that. When my behind gets tired of sitting I've taken small walks around outside. I have a 2000 piece puzzle on standby. I'm trying to enjoy the hunger pains instead of going to the fridge too often. That one is hard. Love to all. Stay healthy. Cheryl



Trisha Skalnik -

Greetings.

For the newsletter, I have been thinking about the art club. These are the three books I have found to be helpful.

The Positively Postcard one is especially inspirational. On page 77, it shows a colorful bird of paradise and butterfly.



Maybe we can create some beautiful 8x10 art quilts and share them?

Hoping everyone is safe and healthy. Focus on kindness and giving, unless you need help, then be sure to reach out. Lean into your faith and help us pray for the world...

Blessings, Trisha

Jen Lanak – I've been splitting my time between gardening and quilting, with the occasional helping of children adjust to remote learning.

I have been spending every non-rainy day trying to get my garden ready for the season. Frank and I had already planned on ramping up our garden this year. He ordered a 2nd beehive for our property – the first one has taken a year to establish but is now in a good position to give us some honey this summer. Since we will have more bees, I've been planting thousands of seeds since February. It's a 50/50 mix of pollinator friendly flowers and our usual veggies. Since we have more to plant, we also added 4 more raised vegetable beds down in the garden. These are kind of a pain to do since we have to add hardware cloth to the bottom (to exclude the gophers) and chicken wire surrounding the tops (to discourage the squirrels, rabbits, racoons, and possums). It's a lot of wire cutting and stapling to do before we even fill them with dirt and plant stuff in them. I know it will all be worth it in a couple of months.



Funny story about that basil – I had not grown basil from seed prior to this year, so I followed the advice of a YouTube gardener that I like to watch. He "overseeds" his herbs and then breaks them up when they get about this size. Well, I thought the germination rate of the basil would be similar to some of the

other herbs I've grown from seed – in other words, not great. Boy was I wrong! I finally finished breaking up my basil this week and I think I now have over 300 basil plants. Can you say Pesto!

In my sewing room, I've been mostly working on my February and March UFOs. I did take a break from them Monday while it was raining to work on another swap mini. This swap's theme is Star Wars. My partner's favorite part of the movies is the music, so I wanted to incorporate some fabric with musical notes. If only it was the real score from the movie!! Ah well, she will get the idea. This is as far as I got. I'm debating whether the rainbow ribbons are too much. I may do a mock up with grayscale lines instead.



I've also been teaching Olivia to quilt! She picked out a pattern that is mostly rail fence and some fabric. I cut it up for her and she's started piecing everything together. I'm really hoping she finishes the top. Lizzy started a project a few years ago and never even finished one block! At the moment, Olivia's enthusiasm is high. Fingers crossed it stays that way. I've even tempted her by telling her she can drive the longarm when her quilt is ready for it.

That's about all I've got at the moment. Keep sewing & quilting!

Jen

Yolanda Douglas – WHAT HAVE I BEEN WORKING ON?

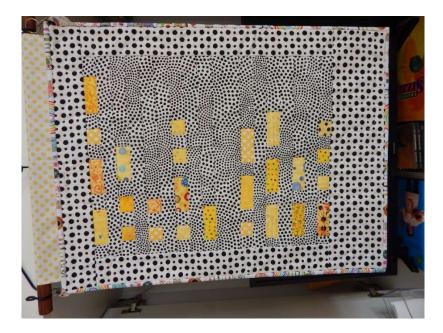
I had such a good time doing Jen's Challenge, "What's In a Name".

First initial = Color: Y(olanda) - Yellow

Second Initial = Block or Pattern: L(opez) - Little Dots and Dashes Third Initial = Quilting Motif: D(ouglas) - Ditching and Dots

This is a Morse Code quilt, inspired by quilter Scott Lund. (I used an online Morse Code translator.)

Title: Morse Code: Quilt Womb



I am working on Jen's/AQS UFO Challenge. This is my "assignment" for the month of March Perfect timing for this period of self-isolation.



This is a project that I started in 2018 - From Tula Pink's City Sampler, I made 100 blocks in 100 days. Starting on January 1, 2018 and ending 100 days later . . . I have a title for each, most celebrating a holiday, a famous birthday, or a special day (e.g. National Pancake Day, National Chocolate, Elvis' Birthday), and tried to pick fabric that went with the theme. I did not purchase any fabric - the project is a stash-buster. (Backing doesn't count.)

I stacked them in a beautiful pile, not to be touched until the Challenge. I laid them out over a period of 4 or 5 days, going to them during tv commercials, whenever I had to get up to stretch my legs, and constantly arranging, rearranging and re-rearranging.

I am ready to take them upstairs to sew together. This will be a real challenge because there are directional fabrics. Wish me luck!

PS. Susan Wade also did the project at an earlier time and posted her blocks on Instagram in a sewalong.

Also, as many of you know, my husband has been living in a Dementia Care Facility for the last year. As he has always supported my quilting efforts, I have committed to making him a quilt to celebrate something each month to decorate his room.

This is his July Quilt. He is looking forward to receiving it and this keeps me on schedule. It is a BIG DEAL for both of us.

