

# Quilters Cables

San Francisco Quilters Guild ✂ April 2024

Website: [www.sfquiltersguild.org](http://www.sfquiltersguild.org) ✂ Guild Contact: [contact@sfquiltersguild.org](mailto:contact@sfquiltersguild.org) ✨ ✨

## Letter from Our Guild President

Dear Members: We are officially launching the organization of the San Francisco Quilters Guild's 2025 quilt show. We are very fortunate that Michelle Trimble has agreed to chair the event. Some of you may know Michelle for her stunning quilts as well as her role in helping members join or create new sewing circles. While we would still like an experienced member to partner with Michelle, we will implement an innovative project structure to provide a top-level tier of experienced members, who will coordinate related functions and provide the benefit of their long experience while we integrate newer members into the multitude of functions that the show requires. In succeeding

months, you will have numerous opportunities to lend your support to carry on this cherished guild tradition.

Let's all pitch in to make it a quilting and financial success!

Regards, ~Donna



## San Francisco Quilters Guild Meeting Information

✂ The San Francisco Quilters Guild offers a wealth of activities for anyone in the Bay Area interested in quilt making and related arts. We hold monthly meetings, host events and speakers, and offer many other activities that foster companionship, learning, and fun. Meetings are held the *third* Tuesday of each month (except due to the holidays November and December meetings are on the *second* Tuesday) from 7–9 P.M. Most general guild meetings will be hybrid meetings: in person at St. Anne of the Sunset, and broadcast via zoom, with the link available on the Members Only page, Facebook page, and President's e-Blast. St. Anne of the Sunset is located in San Francisco at the corner of Funston Avenue and Judah street—entrance on Funston. Parking is in the church schoolyard. Doors open @ 6:30 P.M. The April 2024 meeting is Tuesday 16th April. The May general meeting is 21st May.

✂ Nonmembers may purchase a \$5 guest pass at the door, get a ticket for zoom online—or even join the San Francisco Quilters Guild—as a guild member, general-meeting

admission is a part of your membership. We welcome everyone to continue enjoying our guild's exciting program offerings of lectures and social time.

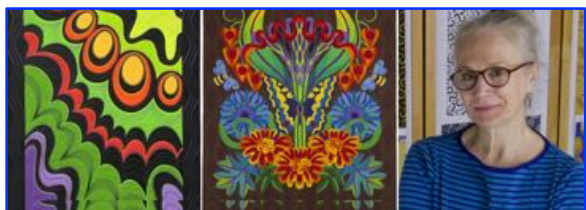
✂ Please bring: hospitality treats; library books; nametag; Sew & Tell; fabrics (only) for free table; Community Outreach items.

✂ Board meetings are held at 7 P.M. on zoom the fourth Tuesday of each month except December.

✂ Social Media: The San Francisco Quilters Guild uses Instagram and Facebook to share photos and engage with a broad community of quilters. Look for @sfquiltersguild if you are on Instagram. It's where we post photos from Sew & Tell and other guild events. (Don't have an Instagram account? No worries, you can see our pix from your desktop computer at [this link www.facebook.com/SFQuiltersGuild/](http://this link www.facebook.com/SFQuiltersGuild/). On Facebook look for @SFQuiltersGuild. Please like and share our posts, and tag your own posts on various social-media platforms with our hashtag #sfqg.

## Speakers: Programs Begin at 7 P.M.

**Tuesday 16th April @ 7 P.M. Jane Sassaman: Quilting against the Odds.** *This will be an in-person only meeting at St.*



*Anne's.* This visual lecture is about accomplishing your work in spite of obstacles—family life, space limitations, etc. It is a pep talk and slide show that covers my inspirations and my obstacles. I encourage people to do “what you have to do” by using myself and other artists as examples.

*About Jane.* After a varied career in the design world, Jane began to quilt in 1980. She found that these “soft paintings” satisfied the draftsman, the craftsman, and the artist in her. Consequently, she is now a dedicated

(some say “obsessed”) quilt artist and fabric designer.

Her art quilts have been shown in many national and international exhibits, including Quilt National 1989 through 2005 and Contemporary American Quilts, the first major exhibit of American art quilts in England. Her quilt *Willow* was named as one of the one hundred best American quilts of the century. Jane is also the author of *The Quilted Garden*. The book includes twenty years of her work and exercises for making nature-inspired quilts.



Jane’s love for historic decorative arts can be seen in all facets of her work, but it is especially evident in the exuberant fabric she is currently designing for FreeSpirit. Her designs are oversized and colorful and have been coined as “William Morris on anti-depressants”. They are created for quilts, wearables, and home decorating. Her latest book, *Patchwork Sassaman Style*, beautifully illustrates her fabric “in action”. Visit Jane’s website [here](http://janessassaman.com): [janessassaman.com](http://janessassaman.com). Jane will soon be teaching an Empty Spools workshop at Asilomar 19th–24th April.

This April general meeting will *not* be offered on zoom, because our zoom operator is unable to attend . . . We hope in the future, other guild members will volunteer to learn this function so that we can be sure we can offer a zoom alternative.

**Tuesday 21st May @ 7 P.M. Sandra Bruce: Material Matrix.** Sandra Bruce brings us her “Material Matrix” lecture. Her technique was inspired by painter Chuck Close. It involves using a gridded photograph and interpreting each two-inch square into fabric, using piecing to achieve the effect. She will present an overview of the evolution of Material Matrix and how it works, along with her colorful visual journey that brought her to this technique.



Sandra Bruce was born in Richmond, Virginia to deaf parents. Raised to believe she could do anything she put her mind to, she was never discouraged from being an artist. Sandra started sewing at age eight on her mother’s treadle sewing machine and she has not stopped since. She took her first official quilting class in 1990 and she has been forever hooked.

Sandra has been an illustrator and letterer for 35 years and started her quilting business in 2010. She feels that quilting on her longarm, named Dixie, is doing what she’s done all those years but with a different tool. She comes to us from Grass Valley where she lives with her partner of forty years, Gary. You can read more about Sandra: [sandrabruce.com](http://sandrabruce.com).



## Committee Notes

*submitted by Palmore Hoyt.* **Programs Committee.** Brief program survey coming! We want to know what you think! If you do not use email and want to partake in a brief survey about the guild’s programming, call Palmore Hoyt at 415.713.3617 to conduct the survey by phone. If you *do* use email, we’ll be sending the survey so please wait until you hear from us. Thank you! The Program Committee includes Maren Larsen, Daphne Powell, Radha Weaver, and Palmore Hoyt.

*submitted by Judy Grady.* **Library Notes.** Stop by the library table at the next meeting to check out our magazine collection. Currently, the guild subscribes to *Quilting Arts*, *Simply Moderne*, *Quiltmania*, *Today’s Quilter*, and *Quiltfolk*. Also, we have added some new books to our collection.

**How to Visit** the library on the website and check out a book—which will be delivered to you at the next meeting:

*Sign onto* the website: sign in. *Scroll* to “visit the library”. *Click on* “more details [here](#)”. *Search:* type in topic or title or author. *Click* on your choice. *Click* on [ask a librarian](#). Fill in your info and click send.



Also, feel free to contact me to suggest possible acquisitions for our guild library. See you soon. ~[JudithGrady19@gmail.com](mailto:JudithGrady19@gmail.com).

*submitted by Barb Strick:* **Workshops.** Workshops are on hold until after QuiltAway. We look forward to scheduling our next workshop in June or July. Please email Sam and Barb with any suggestions or questions about workshops, or to be placed on a workshop waitlist: [workshops@sfquiltersguild.org](mailto:workshops@sfquiltersguild.org).

*submitted by Mary Padbury:* **Hospitality.** Members have been enjoying the variety of snacks the quilt-guild members have been bringing to the meetings. We appreciate those of you who have brought treats even when it isn't your birthday month, or have checked in to help and chat. April birthdays? Shower us with a few goodies to celebrate!

**Save the Dates**  
**24th/25th–28th April 2024**  
**QuiltAway 2024**

*submitted by Christine Reiter:* **QuiltAway.** San Francisco Quilters Guild's QuiltAway 24th, 25th–28th April 2024. QuiltAway registration closed 20th March. For more information about QuiltAway, check out the guild website at [www.sfquiltersguild.org/activities/quiltaway/](http://www.sfquiltersguild.org/activities/quiltaway/). Questions? Contact Christine Reiter at [christinemreiter@icloud.com](mailto:christinemreiter@icloud.com).

*submitted by JoAnn Vail:* **Nominating Committee.** We are in the process of looking for nominations for vice president. Your suggestions or self-nomination would be greatly appreciated. Our wish is that candidates have some guild experience and are able to work well with others. A background in project management or leadership experience would also be a plus. On-the-job support would be available to help the vice president adjust to their new role. In addition to presiding over meetings in the absence of the president, the vice president will chair the Program Committee and coordinate the November fund-raising auction. Recruiting volunteers and communicating with the various setup committees are part of the vice president's responsibilities to ensure that all arrangements are in place for successful membership meetings. Energy, commitment, and a friendly demeanor are welcomed assets.

*submitted by Jessica Church.* **Looking for a Few Volunteers!** San Francisco Quilters Guild is looking to add a permanent marketing role to its ranks. This is a call out to anyone interested in helping me on a committee to help shape the ins and outs of the responsibilities of this role and how it will integrate into our guild. I am hoping that a few of you out there have some experience with marketing, or marketing for a nonprofit in the wider world, and would be willing to help shape this role for our guild. As for the committee responsibilities, I am seeing a few meetings for brainstorming and outlining of the role—as well as the presentation of our outline and any possible candidates to the board at a future meeting for approval. If you are interested in being on the committee or have interest in the future marketing role itself, please feel free to reach out to me (Jessica Church) at [jessica8mint@hotmail.com](mailto:jessica8mint@hotmail.com) or 415.722.5993.



## Quilters Cables Newsletter



*submitted by Ginger Ashworth*

The San Francisco Quilters Guild publishes a monthly newsletter, *Quilters Cables*. Current members receive newsletters by mail or email, or pick them up at the guild meetings. To submit your information to our monthly newsletter: email news, articles, art (jpg format), ads, and event notices to [editor.quilterscables@gmail.com](mailto:editor.quilterscables@gmail.com). If you want to read something in the newsletter, email information directly to the editor—don't expect her to retrieve the information from other sources! Any questions call Ginger at 415.793.8447. All contributions must be pre-edited; editors reserve the right to edit for grammar, clarity, and length. *Regarding the deadline:* Deadline for contributions is usually 5 P.M. on the Wednesday three weeks prior to the general meeting. Please copy, save, and tape this amended Deadline for *Quilters Cables* calendar to your personal calendar. Plan ahead! If anyone needs a deadline extension, it can probably be arranged—we will not be able to accept late submissions without prior arrangements. *Advertisements:* Prepayment required for ads: \$20 members, \$30 nonmembers.

Amended Deadlines		
Pub month	Deadline	Meeting
April	27th March	16th April
May	1st May	21st May
June	29th May	18th June
July	26th June	16th July
August	31st July	20th Aug
September	28th August	17th Sept
October	25th Sept	15th Oct
November	23rd Oct	12th Nov
December	no newsletter	10th Dec

Mail payments, made out to SFQG, c/o Ginger Ashworth, 875 42nd Avenue, San Francisco 94121.



## from the Membership Corner

*submitted by Julia McLeod*

Dani Lawler and Julia McLeod are your membership co-chairs. Janet McDonald, Jean Anderson, and Pat Connell are our trusty greeters at the welcome table.





We are seeking extra folk to help with the task of welcoming new members, showing them around at the start of the meeting, and generally being friendly. If you're willing to do this for the guild—even just a couple of times this year, please contact Julia McLeod. Her info is in the membership directory.

Don't forget to look out at our meetings for folks with a brightly colored dot on their nametags. This means they are new to the guild and may welcome a friendly 'Hello!'.

Members are welcome to bring friends to our meetings. Visitors pay a \$5 guest fee. Find the link for zoom guests on our homepage under 'Our Next Lecture'.

San Francisco Quilters Guild membership runs from 1st October of one year to 30th September of the next year. Membership fees for October 2023 to September 2024 are: \$45 for full members, \$25 for junior members (17 years old or younger), \$50 for affiliates, and \$20 for newsletter. Further membership details are on our website [www.sfquiltersguild.org](http://www.sfquiltersguild.org).



## 2024 ..... Events Calendar ..... 2025

The calendar section is two parts: **San Francisco Quilters Guild Members' Events**, and **Events of Interest to Guild Members**.

### San Francisco Quilters Guild Members' Events

**6th April, 11 A.M.–1 P.M.** ..... **Curbside Outreach**  
Curbside Outreach at Adrienne's home, 665 Joost Avenue, SF.

**13th April, 1–5 P.M.** ..... **Beginning Appliqué with Judy Epstein**  
At Coastside Quilt Studio. \$85. 1305-E Palmetto Ave., Pacifica.  
[coastsidequiltstudio.com/classes](http://coastsidequiltstudio.com/classes).

**16th April, 10 A.M.–1 P.M.** ..... **Quilting with Scraps**  
South San Francisco Parks & Rec., 901 Civic Drive, South San Francisco.  
Taught by Joy-Lily. 8-week session on Tuesdays, remaining dates include 4/16, 4/23, 4/30, 5/7, 5/14. Traditional and novel ways to piece with scraps, including strategies for working with other fabrics like velvets and knits. 650.829.3800 or [ssf.net](http://ssf.net) to register.

**17th April; 1st, 15th May** ..... **Skill Builder Quilt Series**  
At Coastside Quilt Studio. Learn new quilting skills or build on the ones you already have, learn foundation paper piecing or how to do curves. This is a continuing class and each session can stand alone. 1305-E Palmetto Ave., Pacifica. [www.coastsidequiltstudio.com/](http://www.coastsidequiltstudio.com/).

**18th April, 10 A.M.–4 P.M.** ..... **Dyeing for Crafters**  
South San Francisco Parks & Rec., 901 Civic Drive, South San Francisco.  
Taught by Joy-Lily. 8-week session on Thursdays, remaining dates include 4/18, 4/25, 5/2, 5/9, 5/16. Color and pattern your own quilt fabric with batik and shibori. Improve your clothes and dye up knitting yarns too with colorfast dyes and indigo. [classes@Joy-Lily.com](mailto:classes@Joy-Lily.com).

**20th April, 10 A.M.–3 P.M.** ..... **Kawandi Workshop with Judy Epstein**  
At Coastside Quilt Studio. \$100 +\$35 kit. [www.coastsidequiltstudio.com/](http://www.coastsidequiltstudio.com/).

**23rd April, 6–9 P.M.** ..... **Color Theory with Michelle Trimble**  
At Coastside Quilt Studio. \$100. [www.coastsidequiltstudio.com/](http://www.coastsidequiltstudio.com/).

**24th/25th–28th April** ..... **QuiltAway 2024**  
Registration ended 20th March.

**3rd May, 10:30 A.M.** ..... **Finishing School**  
New Pieces Quilt Store. \$20. Taught by Jane Strem. Make a reservation with the time you expect to arrive. 510.527.6779. [www.newpieces.com](http://www.newpieces.com).

**4th May, 11 A.M.–1 P.M.** ..... **Curbside Outreach**  
Curbside Outreach at Adrienne's home, 665 Joost Avenue, SF.

**4th May, 1:30–4:30 P.M.** ..... **Beginning Sashiko**  
Cloth Carousel, 150-B Parker St., Vacaville. Taught by Pattie Klimek. \$40.

**5th May, 12–4 P.M.** ..... **Bias Appliqué: Knots and Braids**  
New Pieces Quilt Store, 766 Gilman Street, Berkeley. Taught by Judy Epstein. \$60 +\$15 kit. [www.newpieces.com/classes](http://www.newpieces.com/classes).

**1st June, 11 A.M.–1 P.M.** ..... **Curbside Outreach**  
Curbside Outreach at Adrienne's home, 665 Joost Avenue, SF.

**2nd June, 23rd June, 1–4 P.M.** ..... **Improv Sunbursts**  
At Coastside Quilt Studio. Taught by Michelle Trimble. Two-session class. \$120. [www.coastsidequiltstudio.com/](http://www.coastsidequiltstudio.com/).

**8th June, 10:30 A.M.–1:30 P.M.** ..... **Japanese Rice Bag**  
Cloth Carousel, 150-B Parker St., Vacaville. Taught by Pattie Klimek. \$80.

**9th June, 1–4 P.M.** ..... **Color Contrast for Maximum Impact**  
At Coastside Quilt Studio. Taught by Michelle Trimble. \$70.  
[www.coastsidequiltstudio.com/](http://www.coastsidequiltstudio.com/)

**19th June–15th September** ..... **Quilts for These Times**  
The Cahoon Museum of American Art, Cape Cod, Massachusetts. Exhibit by Joe Cunningham. [cahoonmuseum.org](http://cahoonmuseum.org).

**22nd June, 10:30 A.M.–3:30 P.M.** ..... **Modern Blooms & Petals**  
New Pieces Quilt Store, 766 Gilman St., Berkeley. Taught by Judy Epstein. With just some stabilizer and a glue stick you can make any shape come alive through appliqué. \$80 + \$25 kit. [www.candrinkthewater.net](http://www.candrinkthewater.net).

**22nd–26th July** ..... **Big & Bold: A New Comfort Zone**  
Quilting by the Lake, Aurora, N.Y. Taught by Joe Cunningham.

**31st August** ..... **Gridwork Unlocked**  
Festival of Quilts, Birmingham, U.K. Class, lecture, show. Taught by Joe Cunningham.

**16th–20th September** ..... **Seeing & Sewing**  
Art Quilt Symposium. Sisters, Oregon. Taught by Joe Cunningham.

**14th–19th October** ..... **Workshops & Lecture**  
Quilters Guild Region 15E, U.K. Taught by Joe Cunningham.  
[www.quiltersguild.org.uk/regions/region-fifteen-e](http://www.quiltersguild.org.uk/regions/region-fifteen-e).

**25th–29th March 2025** ..... **SFQG Quilt Show**  
St. Mary's Cathedral, San Francisco.

### Events of Interest to Guild Members

**13th–14th April** ..... **All-Star Sampler Platter**  
Global Quilt Connection. [info@globalquiltconnection.com](mailto:info@globalquiltconnection.com).

**27th April, 10 A.M.–4 P.M.** ..... **The Art of Botanical Printing**

**18th May, 10 A.M.–4 P.M.** ..... **The Art of Botanical Printing**

**29th June, 10 A.M.–4 P.M.** ..... **The Art of Botanical Printing**  
Marin Museum of Contemporary Art; classrooms located at 781 Hamilton Parkway, Novato. Create one-of-a-kind artful botanical prints with instructor Tracy Flanagan. Using natural dyes, local foliage, heat, and water, you will design and eco-print a silk scarf and paper botanical collages. 415.506.0137.

**4th May** ..... **Patchwork Show**  
Courthouse Square, 2200 Broadway, Redwood City.  
[dearhandmadelife.com/patchwork-show/redwoodcity/](http://dearhandmadelife.com/patchwork-show/redwoodcity/)

**18th May** ..... **Patchwork Show**  
Sebastopol; Center for the Arts, 282 S. High St., Sebastopol.

**8th June** ..... **Patchwork Show**  
Jack London Square, 472 Water St., Oakland.

**8th June** ..... **Patchwork Show**  
[dearhandmadelife.com/patchwork-show/oakland/](http://dearhandmadelife.com/patchwork-show/oakland/)

19th–22nd June, 10 A.M.–5 P.M. .... Shop Hop by the Bay  
 Always Quilting, Beverly's, Family Threads, Golden State Quilting, The Granary, Quilts and Things. [shophopbythebay.com](http://shophopbythebay.com).  
 24th–27th July ..... Pacific International Quilt Festival  
 Mark your calendars for this year's PIQF! Santa Clara Convention Center, 5001 Great America Pkwy, Santa Clara. [www.quiltfest.com](http://www.quiltfest.com).  
 1st–4th August..... Festival of Quilts  
 Birmingham, United Kingdom.  
 11th–12th November .....Renegade Craft 2024  
 Fort Mason Center, Festival Pavilion. [info@renegadecraft.com](mailto:info@renegadecraft.com).

**Bay Quilts 2024 Featured Gallery Artists**  
 March, April, May: Nancy Williams Mystery Quilt Classes  
 June: Corless Smith  
 July: Sandra Bruce  
 August: Martha Wolfe  
 September: Lorelle Chambers  
 October: Lin Schniffner  
 November: Apart Ewing  
 December: Emily Kenyon



If you enjoy learning online, Julia McLeod has a seventy-minute on-demand course, **How to Use Silks in Your Quilt Making**, available at Creative Spark for just \$19.99! Find it at [creativespark.ctpub.com](http://creativespark.ctpub.com).

## Other Venues

~~~~~  
**Fine Arts Museums of San Francisco de Young museum.** Golden Gate Park \ 50 Hagiwara Tea Garden Drive, SF \ 415.750.3600 \ [famsf.org](http://famsf.org)  
**Legion of Honor museum.** Lincoln Park \ 100 Legion of Honor Drive, SF \ 415.750.3600 \ [famsf.org](http://famsf.org)

~~~~~  
**SCRAP**  
 SCRAP, 2150 Newcomb Avenue, SF • 415.647.1746 • [scrap@scrap-sf.org](mailto:scrap@scrap-sf.org).  
 Shopping hours: Tuesday–Saturday: 10 A.M.–6 P.M. Bring your own shopping bag.

~~~~~  
**Textile Arts Council**  
 The Textile Arts Council is a curatorial support organization of the Fine Arts Museums of San Francisco. Every year, TAC supports an incredible array of fabrics and information from around the world.  
[www.facebook.com/TextileArtsCouncil/](http://www.facebook.com/TextileArtsCouncil/).

~~~~~  
**Loose Ends** is an organization of over 11,000 volunteers who complete projects left behind unfinished when a crafter passes on or is no longer able to continue their project. You can submit a project for finishing or become a volunteer finisher on their website. [www.looseendsproject.org](http://www.looseendsproject.org).

~~~~~  
**San Jose Museum of Quilts & Textiles**  
**San Jose Museum of Quilts & Textiles.** 520 S. First Street, San Jose 95113; 408.971.0323. [www.sjqmilmuseum.org](http://www.sjqmilmuseum.org).  
 Museum Hours: Open: Friday–Sunday: 11 A.M.–5 P.M. \$10 admission. Every First Friday: 6–9 P.M. Free admission. Closed: Monday–Thursday. Offers weekly fiber workshops.

4/27 **Angelina DeAntonis Studio Tour in Oakland.** \$30 for Textile Arts Council Members, \$35 for general public. Two time slots: 11 A.M.–1 P.M. or 2–4 P.M.  
 5/18 **Lecture and Video: Making Mondrian's Dress** with Nancy J. Troy and Ann Marguerite Tartsinis. Koret Auditorium and via zoom.  
 6/15 **Annual Sinton Lecture: Barbara Shapiro: Weaver, Dyer, and Basket Maker** presented by Barbara Shapiro. Koret Auditorium and via zoom.



## Board Meeting 23rd April

*submitted by Marie Contreras*

What goes on at those board meetings, anyway? Are you curious about what goes on in the guild board meetings? Please come and join us! The meetings are open to all of us! If you are unable to attend, but want to keep up on what we talk about, please ask Judy at the library for the Minutes Notebook. She keeps a complete record of *all* the approved minutes. If you want to come, but forgot when and where the meetings are, feel free to contact me, Marie Contreras, Board Secretary. We hope that you'll join us. This month's board meeting will take place on zoom 23rd April, at 7 P.M. Committee chairs, if not attending please email reports. Contact Marie Contreras 415.271.0142 or [mcontreras431@gmail.com](mailto:mcontreras431@gmail.com) with questions. All members are welcome to join the actual zoom meeting: [us02web.zoom.us/j/4986129079?pwd=dHZ1N2NEaGZvMC94WHFwa0pVNEVVUT09](https://us02web.zoom.us/j/4986129079?pwd=dHZ1N2NEaGZvMC94WHFwa0pVNEVVUT09).



## Community Outreach

*submitted by Jessica Chureh and Adrienne Hickman*

When you make a quilt for someone else you never know how it will be received. Will they love it? Will they snuggle under it every night knowing the love that you have stitched into it? Or will it end up in a closet somewhere never used or as a dog bed? That's one very lucky dog!

| Dimensions for Quilts |                        |
|-----------------------|------------------------|
| Baby quilts:          | 36" x 40"              |
| Lap quilts:           | 40" x 50" to 50" x 60" |
| Wheelchair:           | 45" x 45"              |



I am sure we have all contemplated these final outcomes of our creations when they leave our hands to go out into the world.



Part of my love of co-chairing Community Outreach is bringing all your beautiful quilts to people who need a quilty hug, and the hope that the quilt they choose brings them comfort and joy. Our recent deliveries to the Salvation Army Rehabilitation Program have made me even more glad to be a part of Community Outreach.

These deliveries have let me see the positive impact that our quilts have on the people we bring them to. The first time Adrienne and I brought the quilts to their Monday night meeting, neither the program director nor we knew how they would be received. These are some rough-and-tumble guys that have had some really challenging life experiences. But upon arrival we could tell they were excited. Once the quilts were being handed out, we had so many thanks and were told stories of the quilts in their lives. This most recent delivery was no exception. We could sense the excitement from the new residents when we arrived. We were greeted with smiles and waves, and could hear them chatting and saying, “Do we get our quilts tonight?” Sitting in on their Monday night meeting, I realized that our quilts provided them with much more than a quilty hug.



These quilts bring them something that is theirs and are an encouragement from the community at large to let them know that people care. They proudly display them at the foot of their beds and new participants eagerly await their chance to pick their own quilt. As I am writing this, I received a text from Sheila, the program director, with the pictures she took and a text letting me know that “Some of the guys are sending pictures home to their moms of their new quilts!” This delivery has really touched me, and I just wanted to share with you the joy and happiness I see you providing with all your quilted love. Thanks as always for all you do, we couldn’t do it without you.

| Community Outreach Activity in March: Twenty-eight members participated in Outreach. |                         |                                                             |
|--------------------------------------------------------------------------------------|-------------------------|-------------------------------------------------------------|
| Members' Fabrics                                                                     | Outreach Kits Completed | Quilts Delivered                                            |
| 9 baby quilts                                                                        | 10 baby quilts          | 40 lap quilts to Salvation Army Adult Rehabilitation Center |
| 9 lap quilts                                                                         | 17 lap quilts           |                                                             |
| 5 quilt tops                                                                         |                         |                                                             |
| 1 pillowcase                                                                         | 8 pillowcases           | 50 baby quilts to Homeless Prenatal.                        |

Curbside Outreach takes place on the first Saturday at 665 Joost Avenue, SF. Outreach also has a table at our in-person general meetings on the third Tuesday of each month.



## Choose Joy, or Fear?

submitted by Christine M. Anderson



This 750-piece “Stitch in Time” hexagon quilt design balanced on two cutting mats clamped together, motivated learning single foundation piecing MJ Kinman prepares for her gemstone-based creative designs. No confusing flip-and-sew construction so no wasted fabric. Ironing marked freezer-paper templates to right side of fabric for facets of Kinman designs allows for precision cutting a quarter-inch seam allowance. Appealing use of hatch marks to align seams and her numbering sequence is the perfect strategic Piece Plan that enabled complete block production in a single day of sewing. The sections are pieced separately to form units that become sewn together to yield gem crystalline facets.

I recently received an email message from this designer, its story I feel is worth sharing, as the healing powers of choosing joy rather than dwelling on fear resonates at present:



MJ’s February didn’t turn out anything like she had expected, but became the best thing that has happened to her in decades.

In late January MJ and a friend headed to Cancun for some sunshine-and-laughter therapy; just what the doctor ordered! They lounged by the ocean, read for hours, ate great food, and just enjoyed each other’s company. On the day she was to leave Cancun, MJ woke up with a sore throat. She masked up, dosed up, and flew home. Things got progressively worse, and she went to the ER. Once they saw her oxygen levels were super low, she was admitted right away.

Tested for everything—COVID, RSV, MRSA—but the bug turned out to be a common pneumonia virus, HMPV (Human

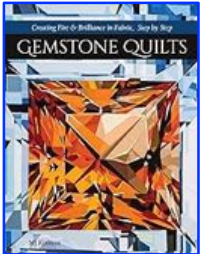




Metapneumovirus. She spent four days in the ICU until her lungs finally started fighting the infection. After eight days in the hospital, she could breathe well enough to come home.

Her hospital adventure was an amazing experience. Truly transformational. She saw for herself the real reason why choosing joy is so important. Choosing joy heals; choosing fear kills. Because MJ noticed when she would start thinking fear-based thoughts (“*I’m so scared. What if they have to intubate me? I don’t want to die.*”), the monitor showed her oxygen-saturation levels sank. When she stopped those negative thoughts her oxygen level stabilized and started to rise. She was stunned.

She knew that saying “no” to fear and choosing joy instead was important. And now she had scientific data! She literally experienced that the effects of fear-based thoughts robbed her of life-giving oxygen, and calm, positive thoughts renewed her.



Choose to say “no” to fear and “yes” to joy every day. Nothing short of your precious physical and mental health depend on it.

Now on to some fun stuff! There’s still room in her class *Be Still My Beating Heart* (New England Quilt Seminars; Spring Workshops April 28–May 3), during which you can work on her new heart-shaped pattern *Annie* in the colorway of your choice or any other project of Kinman’s you’d like to tackle. If you’d like to create sparkling gemstones with Kinman for a week and meet other cool quiltmakers, please consider joining her the end of April. Click the link to learn more and to register.

**Learn More About New England Quilt Seminars;** [newenglandquiltseminars.com/spring2024workshops.html](http://newenglandquiltseminars.com/spring2024workshops.html)

MJ Kinman | Textile Artist <[MJKINMAN@win.net](mailto:MJKINMAN@win.net)>; [mjkinman.com](http://mjkinman.com).



## Block of the Month: Modern Spools

*submitted by Mariana Schwartz*

**Modern Spools**, April 2024. Due 21st May 2024.

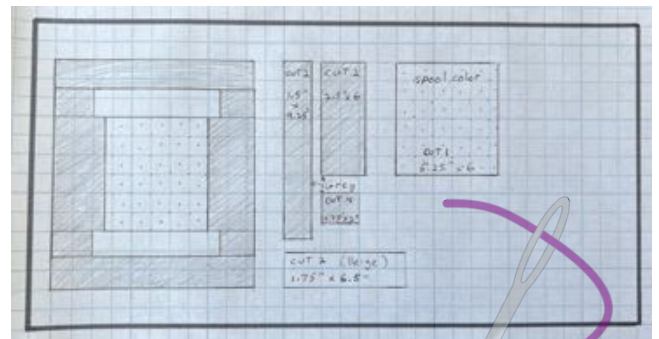
For this contemporary spin on a traditional Spools of Thread block use a light grey background instead of white.

### Materials:

For the thread: Use a blender or tone-on-tone print. Stay away from fussy prints or prints with lots of colors.  
one 5.25" x 6" rectangle for the “thread” color.

For the spool: Use any solid beige fabric.  
two 1.75" x 6.5" rectangles.

For the background:  
Use any solid light grey fabric.  
four 1.75" x 2" rectangles for the ends of the spool,  
two 2.5" x 6" rectangles for the sides,  
two 1.5" x 9.25" rectangles for the top and bottom.



### Directions:

- 1-sew the small grey squares to the ends of the beige spool pieces.
- 2-sew the 2.5" x 6" rectangles to the sides of the thread-colored rectangle.
- 3-sew the spool pieces to the top and bottom of the thread pieces.
- 4-before you sew on the top and bottom take a minute to square up your block.
- 5-sew the long grey rectangles to the top and bottom of the spools.



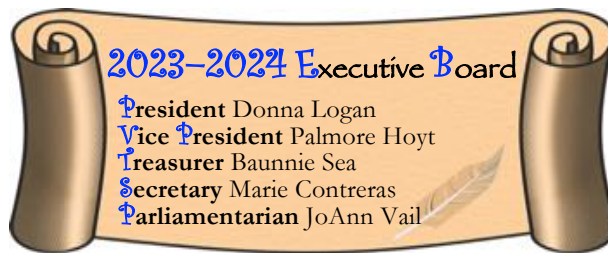
## Tips & Tricks

*submitted by Marie Contreras*

### Eight Tips for Success

- (1.) To keep appliqué stems from shifting out of position while hand-stitching, pin over, rather than through, them.

- (2.) To wash small pieces of fabric without fraying the edges, put them in a salad spinner, rather than a washing machine. Spin with hot water and soap. Rinse in cool water, drain, and spin. Press the pieces dry.
- (3.) To match ends perfectly, lay two binding strips right sides up and overlap the ends by two inches. Cut though both layers at a 45° angle. Place strips right sides together and stitch a ¼-inch seam.
- (4.) To make a sewing-machine needle easier to thread, shine a beam of light behind the needle's eye.
- (5.) To make a long row of even blanket stitches, machine-baste a visible line ¼-inch from the edge of the fabric and use this basting line as a guide for stitch length.
- (6.) To make it easier to remove papers from foundation-pieced projects, run the handle end of a pair of scissors along each stitching line to weaken the paper.
- (7.) To more easily make triangle-squares from marked squares, press the sewn triangles open before cutting them apart. This method stabilizes the bias edges and prevents stretching.
- (8.) To machine-appliqué circular or oval pieces, first make marks that imitate the hours of a clock face on each appliqué shape. Pivot the fabric at each hour mark when you stitch. ~excerpted from *American Patchwork & Quilting*.



### Committees

**Community Outreach:** Adrienne Hickman, Jessica Church; **Historian:** Jeanie Low; **Librarian:** Judy Grady, Lauren Bianchi; **Membership:** Dani Lawler, Julia McLeod; **Programs:** Palmore Hoyt, Maren Larsen, Daphne Powell, & Radha Weaver; **Hospitality Team:** Charlotte Mosher, Mary Padbury, Christine Beard

**Communication/Publicity:** Newsletter Editor: Ginger Ashworth;  
**Social Media:** Technology: Holly Gatto; **Website Team:** Elizabeth Chronis, Tanyung Barnes, Holly Gatto;  
**Activities:** Block of the Month: Mariana Schwartz; **QuiltAway:** Christine Reiter; **Postcards:** JoAnn Vail;  
**Virtual Sewcials:** Maren Larsen; **Workshops:** Barbara Strick, Sam McIlraith; **Round Robin:** Christine Reiter;  
**Sewing Circles:** Michelle Trimble  
**Misc:** NCQC Rep: Maren Larsen



## Book Review

Our book review for April 2024 is *The Last Painting of Sara de Vos*, by Dominic Smith, reviewed by Donna Rand.

This is an interesting work of fiction that covers three eras of time—the 1600s in Holland, the late 1950s in New York City, and the year 2000 in Sydney, Australia. The plot is centered on a painting from the Golden Age of Dutch Painting. It is a landscape that was painted by a woman, Sara de Vos. There were only a few known women painters at that time and a landscape painting by a woman was extremely rare. The painting has been passed down through a Dutch family and is owned, in 1958, by a wealthy New York socialite.



A young Columbia University graduate art student, Ellie Shipley, works as a cleaner and restorer of old paintings. Ellie is hired to make a copy (forgery?) of the Dutch painting.

Years later, Ellie is now a renowned teacher and art curator in her hometown of Sydney, Australia. Will the discovery of the forgery ruin her reputation and her life? There is also some romance in the story but I won't tell you that. You have to read the book.

Both the painter, Sara de Vos, and the painting, *At the Edge of a Wood*, are fictitious, unfortunately.

The San Francisco Public Library has a copy of this book in several of their branches. It is worth seeking out.



## Spotlight on Our Affiliates



✂️ **A Quilting Fool Longarm Studio; Nancy Williams**  
6363 Christie Ave #2525; Emeryville 94608; 707.291.0496  
[nancyquiltingfool@gmail.com](mailto:nancyquiltingfool@gmail.com); [www.aquiltingfool.com](http://www.aquiltingfool.com)

*Longarm quilting services*

✂️ **Always Quilting; Kit Morse, Julie McAuliffe**  
4230 Olympic Avenue; San Mateo 94403; 650.458.8580  
[info@alwaysquiltingonline.com](mailto:info@alwaysquiltingonline.com); [www.alwaysquiltingonline.com](http://www.alwaysquiltingonline.com)

*Fabric, tools, notions, patterns, books, classes, longarm quilting*

✂️ **Sonya Lee Barrington**  
837 47th Avenue; San Francisco 94121; 415.666.6627  
[sonya@sonyaleebarrington.com](mailto:sonya@sonyaleebarrington.com); [www.sonyaleebarrington.com](http://www.sonyaleebarrington.com)

*Quilts, pillows, bags and totes, made from recycled textiles*

✂️ **Bay Quilts; Sally, Abbeyshane**  
5327 Jacuzzi Street, #3-C; Richmond 94804; 510.558.0218  
[create@sfbayquilts.com](mailto:create@sfbayquilts.com); [www.sfbayquilts.com](http://www.sfbayquilts.com)

*Fabric, tools, notions, patterns, books, classes, gallery*

✂️ **Coastside Quilt Studio, Dana Miller Fiber Arts; Dana Miller**  
1305-E Palmetto Avenue; Pacifica 94044; 650.733.7200  
[dana@danamillerfiberarts.com](mailto:dana@danamillerfiberarts.com); [www.coastsidequiltstudio.com](http://www.coastsidequiltstudio.com)

*Longarm services; Custom, T-shirt, & Memory quilts; classes*

✂️ **Joe Cunningham, Quilter**  
1587 Sanchez Street; San Francisco 94131  
[Joe@joethequilter.com](mailto:Joe@joethequilter.com); [www.joecunninghamquilts.com](http://www.joecunninghamquilts.com)

*Workshops, books, free Quilt Report video episodes*

✂️ **Don't Be Maker Unknown; Alex Byrne; [lixiemakesit.com](http://lixiemakesit.com)**  
[lixiearnover@gmail.com](mailto:lixiearnover@gmail.com); [dontbemakerunknown.com](http://dontbemakerunknown.com)

*Quilt labels, quilt gifts, web consulting, workshops*

✂️ **Dorcas Hand Quilters; contact: Cathey Kennedy:**  
25 Lake Street; San Francisco 94118; 518.281.0053  
[me@catheykennedy.com](mailto:me@catheykennedy.com); *Group hand quilting*

✂️ **Golden State Quilting; Buff Jones**  
2507 S. Winchester Blvd., Campbell 95008. 408.866.1181  
[quilters@gsquilting.com](mailto:quilters@gsquilting.com); [www.goldenstatequilting.com](http://www.goldenstatequilting.com)

*Quilting fabrics, notions, classes, and edge-to-edge automated longarm quilting*

✂️ **New Pieces Quilt Shop**  
**J. McDonald, M. Miller, K. Shapero, J. Strem**  
766 Gilman Street; Berkeley 94710; 510.527.6779

[info@newpieces.com](mailto:info@newpieces.com); [www.newpieces.com](http://www.newpieces.com)  
*Lots of new fabric, tools, notions, books, classes, longarm services*

✂️ **piece movement; Catherine Sherman**  
P.O. Box 460413; San Francisco 94146; 415.513.9555  
[info@piecemovement.com](mailto:info@piecemovement.com); [www.piecemovement.com](http://www.piecemovement.com)

*Community projects, workshops*

✂️ **Sarah Jean Makes; Sarah Cain**  
[sarah@sarahjeanmakes.com](mailto:sarah@sarahjeanmakes.com); [www.sarahjeanmakes.com](http://www.sarahjeanmakes.com)

*Patterns*

✂️ **Serge A Lot; Sherri Stratton**  
1973 Ocean Avenue; San Francisco 94127; 415.715.8405  
924 Ralston Avenue; Belmont 94002; 650.832.1191

[sergealot@gmail.com](mailto:sergealot@gmail.com); [www.sergealot.com](http://www.sergealot.com)  
*Sales & sewing-machine repair, Baby Lock & Bernina, classes, fabrics, notions*

✂️ **Stonemountain & Daughter; Suzan Steinberg**  
2518 Shattuck Avenue; Berkeley 94704; 510.845.6106  
[info@stonemountainfabric.com](mailto:info@stonemountainfabric.com); [www.stonemountainfabric.com](http://www.stonemountainfabric.com)

*Fabrics for garments, quilts, costumes, accessories, patterns; books*

✂️ **Textile Dream Studio; Sue Fox**  
1201 55th Street, Oakland 94608; 510.393.1271  
[foxquilts@gmail.com](mailto:foxquilts@gmail.com); [www.textiledreamstudio.com](http://www.textiledreamstudio.com)

*Educational resources*



*“Life isn’t about waiting for the storm to pass,  
it’s about learning to dance in the rain.”*

*~Vivian Greene*





Cathey Kennedy's incredible purple crayon-shaded octopus, technique taught by Pattie Klimek, part of a Round Robin!



San Francisco Quilters Guild  
Post Office Box 27002  
San Francisco, CA 94127

**RETURN SERVICE REQUESTED**