

THREADS



Rotarian Fellowship of Quilters and Fiber Artists

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All about us!

Thanks to everyone
who contributed.

Please check out our
facebook page as
there were a number
of lovely quilts and
projects displayed over
the past few weeks. I
was unable to bring
them over to the
newsletter.

How Are We Doing By All Of Us

A few weeks ago, I asked how you are doing. Many of you responded, wishing all well, and asking how I am doing. So I will start this out with my story. I live in a small corner of the State of Washington USA on the coast. Our little county just this past week had our first two Covid-19 cases, so far no deaths. But we, like so many of you are under stay at home orders. After reading your responses, I asked our leadership about doing Zoom meetings and I find that they are quite nice. We have had excellent attendance, better than when we meet in person and have had some interesting speakers. We also quickly changed our big fundraising auction from party to online. It had been scheduled for 3/28 but we just finished it up on Sunday. We grossed about \$32,000.00, With almost no expenses. So success. Some of the money will go to organizations in the community that are providing support for those who lost their jobs or had to close their businesses or were already struggling to feed the family. Such a giving community. Besides working on this news letter, I have been making a small woven shopping bag, a few hat bands, and learning to spin my own yarn. I also do a newsletter for my alumni association, spend time gardening and video chatting with my son in Germany, and texting with my daughter near Portland OR. My church family is meeting via Youtube.com so we are keeping in touch as well.

Now for your stories . This issue is dedicated to you.
Lynn Raymer Ocean Park Washington State USA



Your Stories

Jennifer Barlow, Andover Hampshire UK

Well I'm home now but at the time I was on holiday in Grenada WI on my annual holiday, three weeks of sun sea and fish, we have been going there for years so is very much home from home. I take a variety of projects with me to work on while sitting back. Projects for Hawaii this time, needle case and tiny pincushions, not knowing if anyone was going from the UK items had to be small, I did send some last conference in Germany. I also had some appliqué blocks with me, an ongoing project, these to Add to the four I had made a couple of years ago, whilst on Bequai aiming for 16 in the end. I have used batik in a variety of colours laid on white. I managed only one this time in three weeks.

Tragedy struck, The Virus came to the world, after only ten days away the news and spread and seemed to dominate every day, listening for news of the world, then it hit the UK. Can we stay, can we get home, what can we buy, where can we eat when we get home. Restrictions were imposed, as a safeguard to the island restaurant and hotels were closed to non-residents, having saved outings to favourite places to go to after friends returned, we were not able to go, eating in became the norm, mind you I don't object to fresh fish every day. Things got more and more tense, visitors to the Island were stopped, students at the University were sent home c/o US government, and our departure became a worry. One by one guests where we stay were leaving, from the original 8 units occupied we were down to three. Countdown started, planes scheduled, cancelled, rescheduled, England getting more in trouble day by day, family saying stay don't come home, get real, understanding the reality and understand what is going on back home.

We were due to fly on the evening of Monday 23 at 8 pm, to the airport we went, quiet calm and silent. We found out that the airport was to close at midnight. We would be out just in time. Now we are home, lockdown! Restrictions, shortages, etc. I would wish to be back in the warmth and non-stressed people of Grenada and fish. Just a little news from an English holidaymaker.



Regina Martin , Jasper Georgia USA

During this time of sheltering in place, I have been busy! I started out doing quilts on the longarm for customers. This week I've dedicated 2 days to making face masks for our local hospital, some doctor offices, and some clinics. My husband, Don Martin is DG for 6910 in North GA. He has contacted all clubs about this initiative and clubs are responding back with people either sewing or donating the materials to make the masks for their communities. It will be interesting to see how many masks will result from this effort in 6910.



Susan Zepeda, Kentucky USA

When we had to cancel a weekend of workshops with Sara Trail, founder of the Social Justice Sewing Academy, and pretty much else on our calendars, at first, I thought I could spend lots of time finishing quilting projects here at home. So far, I've spent more time reaching out to friends and much too much time watching television.

A while back our local textile and fiber artists group gave ourselves a "kimono challenge," to see what we might make from a few bins of kimono scraps a member brought in. My main products then were a pieced jacket and a necklace...but just this week I swept up the remaining scraps and - with a bit of embellishment - made a tiny pillow. Now I'm tackling the big blue bird shown here, that was started even longer ago in a workshop. Sending wishes for safety and health to fellow Rotary fiber artists everywhere.



Katherine Wall, West Monroe Louisiana USA

We do live in interesting times! I have made masks at the request of our local guild. Made a Christmas tree. I have more African fabric for bags. My last two netted \$150 at our Foundation Banquet. And I love my Koala pillow!



Mary Beth Seiser, West Bend Wisconsin USA

I am just doing what so many of us are doing —

1. Reaching out virtually to family and friends. Face Timing with grandchildren to give them a break in their day and to see their smiles! Consoling a sister who lost her husband a few days ago and who is sheltered at home now, alone without family to share hugs. She has a fragile immune system so none of us should be around her. For now, daily phone calls and sending little packages, cards, and hand knit socks are all we can do.
2. Keeping in touch with Rotarians via virtual meetings on Zoom or YouTube. These have been excellent opportunities to make contact with Rotarians all around the world as we share online meetings. We also spend a lot of time online making new plans for conferences, annual business meetings, district board meetings, grant management seminars, president-elect training etc.
3. Knitting - knitting - knitting- although not as much as I thought I would. I haven't found the time to do a lot, but I am working on a pair of socks, a blanket for my daughter, and I started a lovely shawl in a magenta-colored alpaca yarn from a local alpaca farm. It is my "coronavirus" shawl, and I figured it was time to pull out the lovely yarns that I tend to save for a "special occasion"



Lisa Hollenbeck Carson City Nevada USA

With the schools closed, I am taking this time to work on my son's quilt—which is long overdue.

Lisa Scaglione, D5320 Santa Ana California USA

- keeping up with current year rotary duties and planning for next year
- disentangling Honolulu plans (reservations etc)
- finishing quilts in progress
- making quilts for philanthropy (put some good into the world)

And

- making a couple different styles of fabric face masks as requested by various local medical professionals.

One has two layers of tightly woven cotton plus a third layer which is a pocket into which filtration material can be inserted (for those who have access to any!) and will be made with fabric ties (which will better withstand aggressive laundering). These are much more time consuming and fiddle to make.

The other is much simpler, just the two layers of cotton. I will make these with elastic "straps" (as soon as my elastic order arrives on a week or so. They can be used by a couple of different groups: (1) Visitors and patients (under the "something is better than nothing" heading of protecting them and protecting medical personnel from them); and (2) medical staff who are critically short of masks, and having to wear the same one for an entire day or even multiple days. The fabric mask can be worn over their proper medical mask, sort of like a slipcover. As they transition from one patient to another, they can change out that "slipcover" fabric mask for a fresh one; they can be laundered and reused.

We too are in a "shelter in place" location - though, having been paying attention to what was going on in the rest of the world, I stopped hugging /handshaking at my club (switched to elbow bumps) even before Angela Merkel did; and I opted out of social gatherings before we were told to. I don't want to catch the virus, but far more than that, I do not want to be guilty of spreading it.

Good thing fiber artists and readers will never be bored when we are safely ensconced at home!!

Sharron Coxon, Lindsay Ontario Canada

I have just sent my daughter a parcel of masks I've been making for her. She works in the operating rooms at a hospital in the United States (we live in Canada). They have not run out of masks as yet but she wanted these in the hopes of making the ones she does have last longer. I hope they work for her as I pray she will not come down with this virus. Our visiting nurses here have asked for masks but our hospital here is still okay. If they need them, I will be sewing more.

Next, I'm going to work on my new embroidery machine. I haven't done a lot with it yet but with all this time on my hands, think I'll get it working for me. We have a brand-new great grandson so I don't think I'll run out of projects.

Here's hoping this crisis will be over soon and we can all get back to our normal lives.

Cisca Stellhorn, Irvine, California USA

I think it is a very scary time. We are on a shelter in place, work from home, physical distancing and wait to see what happens next. This is very different from what we do as Rotarians and as citizens of the world.

But we also have new opportunities. I have learned way more about virtual communication. I had my first Zoom meeting with my family who live in different states. It was great to communicate in real time with all of them at the same time.

I have participated in some really good meetings from MBBI peace in this time of uncertainty to business meetings for my profession. There is plenty of food, water, and fresh air. And I learned that my dog hangs out on my bed during the day not hers!

I am fortunate to live surrounded by open space and one neighbor that I share a driveway with. This provides way less opportunities to come in contact with the virus.

I had a car issue -front wheel bearings - but was able to get it fixed quickly since few people are out and about. I think my dog gets bored at times just spending time with me but we are safe and healthy at the moment. This is something that is happening to everyone around the globe at the same time! Really extraordinary if you think about it. It is not dividing us because of our race or gender or nationality. In fact it is allowing us to collaborate with data and resources. We all want the same thing for everyone to be healthy and well! We really are a global village! That is the Rotary Way!

Kathy Flamson Calistoga California USA

District Governor 5130, 2019-2020

As District Governor this year, I've been busy knitting thank you gifts for my board and the many committee chairmen in the District. I've also knitted for the animal victims of the fires in Australia this year. Right now I'm focusing on getting our Youth Exchange students home and helping our clubs to continue to meet.

Ann Eatman Loveland Colorado USA

Right now a group of my local quilters are waiting to see what we can use to make masks as they say do not use regular fabric. We do make quilts for the hospitals and homeless. We also save plastic bags that our newspapers are delivered in and take them to a group that crochets blankets for the homeless they are beautiful.

Becky Donhhost Carmichael California USA

Here are some pictures of my sorting project:



Nann Hilyard, Winthrop Harbor, Illinois, USA

As one FB message said, "On the bright side, I am no longer calling this shelter-in-place. I am now an artist-in-residence."

Our club is meeting by Zoom this week. Our major fundraiser is a golf outing in May and we have some big decisions to make.

I have never been to an RI convention and I doubt that I ever will -- I can't afford to support my club and go to the convention, too.

(And there is timing -- RI convention overlaps with the American Library Assn. annual conference.)

The URL for my blog is <http://withstringsattached.blogspot.com> I post at least once a week.

Right now I'm assembling blocks contributed by the ALA Biblioquilters. The resulting quilt will be in the silent auction at the ALA Annual Conference which is -- proceeds benefit graduate library school scholarships.

Beth Woolley Brindabella Australian Capital Territory Australia

Yes it is sad that so much of life as we know it has changed and will continue to change well into the future. We will come out the other end, but this will go down as one of those great troubles of our time! Let us hope and Pray that none of our quilting friends do not see the other side of this virus.

Now, We in Australia and in my case the Australian Capital Territory (the Capital of Australia Canberra is in the ACT), we have closed our schools 3 weeks early from our Autumn break and students are schooling on line with the Teachers still at the Schools. We have closed all food venues that serve sit down meals, only take away meals are available, so no chairs and tables anywhere! Clubs, Churches, Gyms etc. have closed and a lot of innovative people are turning to on-line Yoga and the like from their usual place of exercise.

What am I doing? Well I have just completed a major work of Hardanger and I will attach a photo for you. It has taken me almost 12 months of work, including a number of reverse stitching exercises, just to keep me on my toes. The piece is 16 inches square. I have today purchased another piece of fabric in the same colour to commence another major work, but will have a couple of weeks break before I get started.

In the time being, I have been working on a bedspread for our bed. It is hand quilted in 6 inch squares and I have alternated them so that the spread will be two sided (better for my husband, Rob to put on the right way!) The spread is king size to fit to the floor of our queen bed. 260 x 6 inch squares. I am machine joining them with a herringbone type stitch. I will send a picture of the spread in an early placement, not a very good picture, but you will get the idea. Then, when that is completed hopefully within the next 2 weeks. We will be receiving an 8 week old Spoodle puppy names "Molly". I think she will keep me busy for a few months with training etc and then I will get back to hardanger!

My Rotary Club, being an e-Club is still meeting, but we are the only one in our District still meeting. We have invited other Clubs to join our meeting and this Thursday will be the first where other Clubs will come on line with us. Our Speaker is an Ambassadorial Scholar from Japan, who stayed with us when she first arrived almost 2 years ago. She is booked to return to Japan (early) because of a job application with the United Nations and will complete her Masters on-line from home for the next 3 months. Pictures next page.



Tony Castley Penatt Hills, New South Wales, Australia

Here in Australia we are all under lockdown laws. We are not allowed to leave the house unless it is for an essential service. We cannot even go for a drive (and not even get out of the car) we can still be stopped by the police and fined. This is now going into our 6th week of this.

Us over 70s are especially locked at home. We can go for a walk as long as only a max of two together, so fortunately we go for a lovely walk along our beach every morning. Other than we never leave the house. All groceries etc are delivered. But we are fortunate in that we have a nice home overlooking the beach and we are entertained by a large number of birds that visit us daily



But these lockdown laws do seem to be working. We have only 65 deaths total in Australia, and new cases down to 30's each day. How it is where you live? Sewaid workshops around the Pacific are making masks and other protective gear; more [info and photos](#) on our website.

Bernie Szalaj (shall-eye). San Ramon California USA

I'm a beginner in quilting but my wife is very good. Here are 3 items she just finished up. Evening and weekend projects. This relaxes her after a stressful day with work and the outside world. Rail fence Runner, Log Cabin with stars, Log Cabin in Barn raising layout.



Sieglinde Warren Poland, Ohio USA

Since Ohio had and still has the "stay at home" mandate, it allows for longer knitting sessions. Our knitting group also got together via Zoom.

We have been working on the third annual Women in Rotary event that was to be held at an absolutely gorgeous venue in Hawaii, the Nutridge Estate, which will now be offered via Zoom on Thursday, 30 April at 9:00 am EST. Our presenters are great, and we want to share the program with all.

participate. Register at this site to get the invitation.

<https://www.eventbrite.com/e/virtual-2020-women-in-rotary-event-tickets-102731147628>

As a knitter, I have undertaken several projects:

Knitting hats for the children of the "House of God", a house in Guatemala City where the children can stay with their parents, as the children undergo treatment for cancer. It is like a Ronald MacDonald House but with greater needs. (picture attached)

Preparing for fall and winter by getting my socks stash in good shape. (picture attached)

Adhering to my philosophy that it is the process, not always the product, and thereby not hesitating to undo projects and making something that appeals to me more than the original project. (picture attached)

Knitting for my grandsons is also on the "to do" list. (picture attached)

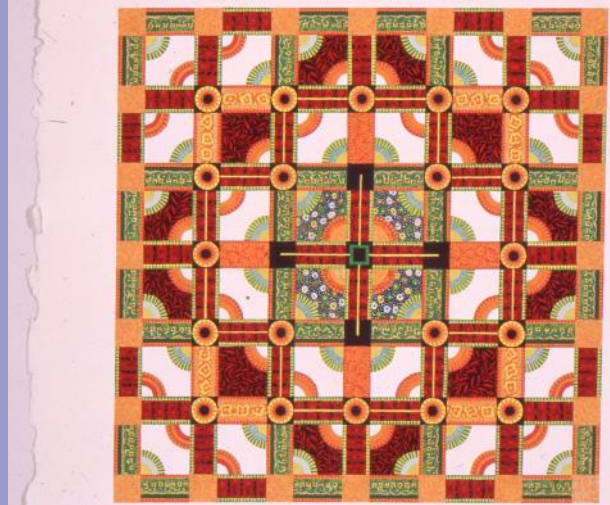


Socks stash,
Guatamala Hats,
Recycled,
When at first you
don't like it,
Yarn to project.



Rod Buffington, Springfield Illinois USA

I would like to introduce my artwork to you and the quilt fellowship. You can look up my name Rod Buffington (Google) and you will see many articles relating to my work. I do watercolor quilts on hand made paper. On the paper I paint watercolor look alike fabric, then I also collage watercolor fabric onto the paper. Quite often I hand stitch silk thread through the paper for added design. For the past five years going on six I have completed an original painting around the Rotary theme with my style of painting. The first original painting was for President K. R Ravindran. After meeting with the President, he gave me permission to do prints off the original painting. The original painting each year has been placed outside the International President's office in Evanston. If you will look on my facebook page by scrolling down you will find this year's painting for President Maloney and Gay. I have visited the quilter's booth at the International Conventions that I and my wife have attended. By selling the prints I give 50% of the profit to the Polio Plus Program. I have had a major show at the National Quilt Museum and several major shows at the International Quilter's Festival in Houston. The painting I attached is on display in the permanent collection gallery of the National Quilt Museum in Paducah. I am currently working on the watercolor quilt painting for President Holger Knaack for this coming new Rotary year. I had a meeting with President Knaack in his office the Monday before all of this virus stay at home started. My wife and I have stayed at home - I laugh anyone who knows me know that I put mileage on my car - in the past two weeks only 71 miles.



Marty Helman Boothbay Harbor Maine USA

Here in Maine, our hospitals have already requested fabric face masks.

Of course they aren't optimum. But they are better than nothing, and they are washable. The hospitals want to stock-pile them for when needed. Meanwhile, I am also giving them to my family and using when at the grocery store, et cetera.

I found patterns on the web. I went with the pattern that includes pleats! And I'm having fun using up old novelty fabrics - which (at least in my stash) are too nice to throw away but never get used after the project they were purchased for is completed.



Vice Chairman Helena Daniels Carshaltan Beeches UK

This is what I have been doing to keep myself occupied during 'lockdown' as you see I have turned our dining room into my sewing room ...bliss!!!

Unfortunately I do not have the quilts I had finished for Hawaii as they are with my friend being Long- arm quilted and I am not sure when I will be able to collect them- guess they would not be classed as a priority!!



Jane Woolnough Vancouver British Columbia Canada

My husband Michael and I are well thankfully but we have had a bit of a rollercoaster month: on 27th February we flew from Canada to the Caribbean for a medical / historical tour on board a cruise ship. But right from the beginning, the tour went sideways. We eventually ended up having 5 confirmed COVID-19 virus cases on board with no island in the Caribbean allowing us to dock. Finally, Cuba took pity on us and a week after we should have disembarked in Barbados, we were flown from Havana to UK (the majority of passengers on board being British). We have been sequestered in an Airbnb since last week, self isolating and hoping to be repatriated tomorrow. We are keeping fingers crossed! Michael and I realize we are so fortunate compared to others who are suffering with loved ones who are sick or losing their jobs. We are certainly counting our blessings! But interestingly, I have not had much desire to sit with my knitting (hats for the homeless in Vancouver) or sewing (items for Taiwan, maybe?) this last little while... I'm hoping the creative juices will start flowing when I get back home to my fabrics - and all the unfinished projects!

Dana Jones Rollinsville Colorado USA

I'm just finishing the April issue of Colorado Quilting Council's newsletter and faced a similar challenge to what you have before you. I made a list of 10 quilt-related ways to ease anxiety. (see page 16)

Hiltburg Wussow Hanau Germany

I am spraying grafitifor my grand children. It is very amusing. I think often of your communitiy and I am sad, that you are so far away!!!

Vere Gray Batemans Bay D9710 NSW Australia

On 31 December 2019 our area was devoured by bushfires which swept through much of eastern New South Wales from November to the end of January. From early December to end February my husband and I worked as volunteers for Anglicare firstly at the local Evacuation Centre, then the Distribution (of donated food) centre, and lastly at the Recovery Centre. We personally had no electricity for 18 days and no phone or internet for about a month. We evacuated three times - and amongst the precious things I loaded into our cars were the 50 kits I was taking to the Philippines. I would not let the fire take them after all our hard work to make them!

We are fortunate we have our house still as the fire came up to the back of our house, destroying retaining walls, a water tank, all our fences and all our back garden. Three months on, in the midst of looking out at the destroyed houses all round us (many still not demolished), trees are shooting green leaves and the bush is rejuvenating. We are still waiting for our restoration work to commence but have started to replant our garden. On a personal note, I have been hand stitching a quilt entitled "After the Fire" with fabrics I have sourced to tell the before and after story. It's been my way of helping to heal after such a horrible start to 2020. (The fires were followed by floods, and now the coronavirus.)

But I give thanks for the skill to stitch, both for others and myself, as well as a strong commitment to help others less fortunate than ourselves. And for an organisation like Rotary that "Connects the World", and a positive outlook to get us all through whatever else 2020 delivers.

10 Ways To Ease Anxiety

No. 1: Coloring relieves stress. Googling quilt-related coloring books turns up many choices, and several of the quilt magazines include coloring pages. **No. 2:** Reading or listening to books can take you away from daily stress. Try a quilt-themed novel, especially one by Coloradan Sandra Dallas. If you haven't read *The Patchwork Bride*, now is a good time to check it out. If nonfiction is more your cup of tea, and you haven't read *The Quilt That Walked to Golden*, go for it. **No. 3:** Breaking out some handwork can relax you. Think embroidery, English paper piecing and Hawai'ian appliqué as just a few possibilities. **No. 4:** Exercise is a good counter to anxiety so go for exercises that will relieve the aches and pains associated with quilting. For a starting point, check out these suggestions from the American Quilters Society: <http://www.aqsblog.com/ten-exercises-for-quilters>. **No. 5:** Music can soothe the soul or get you dancing. Check out this fun song from Cathy Miller, the Singing Quilter: <https://www.youtube.com/watch?v=M0QjV8K4vQM> **No. 6:** Playing a game or doing a jigsaw puzzle is a past time that can take your mind off our current situation for awhile. If you're social distancing with others in your household, try a game of Quiltopoly. If you're on your own, try one of the many quilt-themed jigsaw puzzles. **No. 7:** Pour yourself a cup of herbal tea and curl up under a quilt as you read one or more quilt magazines. **No. 8:** Journaling or sketching can help you process ideas that may be keeping you awake at night. You never know. Something you write or draw could inspire your next quilt design or palette. **No. 9:** Sort through a box, drawer or bin of fabric, remembering when you acquired each piece and thinking about how you might use it or donate it. **No. 10:** Pull out a UFO that you now have time to work on. Don't stress if you don't finish it. Celebrate whatever progress you make.

In February, Chairman Cheryl Minshew, Alpine California USA met with Secretary Diana Barden and Treasurer Marty Wyatt, Madera California USA to work on projects for convention.

The fabric for these quilts was from Diana, Cheryl and Marty's Stash. We had a great time in February making 3 quilts and several table runners. No Hawaii convention to take them to, so...next year??



Issue 53

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Share ideas on facebook at [Rotarian Fellowship of Quilters and Fiber Artists](#). Or send ideas for articles to:

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Fiber festivals 2020

<https://midwestfiberartstrails.org/fiber-festivals-2020/>

Knitting Patterns <https://www.knitting-bee.com>

Quilt Patterns

<https://www.accuquilt.com/patterns/free-quilt-patterns>

Quilt Shows

<https://www.thefestivalofquilts.co.uk/>

From the Chairman by Cheryl Minshew

Hello from Me -- Reporting from Los LivingRoom, CA. As usual I'm a bit late with my contribution to our newsletter but thankfully, our editor Marilyn Raymer, has a lot of patience with me. Life is usually so busy but that excuse doesn't work well these days. On the 1st I filled in my calendar for the month: finish reading book #8, continue putting jigsaw puzzle #4 together (all 2000 pieces!), cleanout cupboard #10, finish art project started in 1998, call a friend or relative that I haven't talked to in the last year, work in the garden, water the house plants, and check out Amazon for any new "deals", etc... from the 2nd to the 31st it "ditto" - saves a lot of time! Today is my busy day as I need to pack up my mask and gloves for the weekly visit to the bank, the post office, the grocery store, and the pharmacy. It's hard to decide what to wear - whatever I decide must match my blue rubber gloves and mask. Reminds me of how I laughed when Michael Jackson showed up wearing gloves and a mask.

Quilts and handmade items were being finished and ready for travel to Hawaii. Rotarian and Englander, Tom Lester, had shipped a beautiful king size, Rotary Ties quilt here for us to auction off to raise money for End Polio. The bright side of this is we will be ready for next year. Not meeting in Hawaii, not having a booth and raising money for Polio are huge disappointments; not being able to enjoy our once a year opportunity to visit and renew old friendships is heart breaking. We can all look forward to our 2021 Convention in Taiwan, a beautiful booth and a great Fellowship Reunion!

During this coming year please take time to consider becoming more active in our Fellowship. The Board of Directors realizes it's time to enlist member participation on the board as necessary decisions for the perpetuity of the Fellowship are made. We need you!!

It was difficult to teach our dog to "sit and stay" - I've found that many of us could use a little more training. So I'm now off to run errands before retiring to Puerto Backyarda to trim my rose bushes.

Please follow the rules where you are sitting and staying, stay safe and healthy, and make reservations for Taiwan. See you next year!!