

# Rocky Mountain Wa Shonaji Loose Threads

## Members OK Updates to Wa Shonaji Bylaws

An overwhelming majority of Wa Shonaji members approved an update to the Guild bylaws at a Zoom online meeting Saturday, July 11. Nearly three-quarters of current members attended and participated in the discussion and vote. Two amendments to the committee proposal were passed; the remainder of the proposed updates were approved.

A committee of five Guild members reviewed the bylaws and proposed updates and changes with these goals:

- Make the current bylaws consistent with current practices.
- Make the bylaws consistent with each other.
- Streamline Guild business.
- Benefit the Guild’s application for 501(c)(3) status.
- Take advantage of current and best practices of other organizations.

Committee members included Parliamentarian Susan Morrison, 2019 president Milinda Walker, Artie Johnson, Reniese Johnson, and Julie Marsh.

The first amendment to be approved made Parliamentarian a Board position; the second requires the Board to set dues for the upcoming year at the October meeting, then present it to the membership for approval in November.

At that point, after more than two hours of discussion, a motion was made, seconded, and passed to approve the remainder of the updates as presented. A copy of the amended and updated bylaws will be emailed to all members and will be placed on the website Members Only area.

Susan noted that bylaws are a living document, never finished nor perfect, and that members may want to keep track of any amendments they’d like to propose when the Guild begins to meet in person again.

In other business at the meeting, officers and chairpersons updated members on what’s going on, particularly in regard to the Annual Exhibit, which will be online this year. The committee collected quilts at Blair-Caldwell Library July 18. See page 2 for more Exhibit info.

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EVENTS CANCELLED TILL  
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### Upcoming Programs

- To Be Determined...

## President's Corner

This year has been extremely difficult for the Guild due to the Coronavirus Pandemic. Most of us are sheltering at home and are not leaving except for necessary supplies.

The Guild received a reimbursement check from the Library for July, September, October, and November 2020, indicating that the Blair-Caldwell African American Research Library will be closed for meetings for the remainder of 2020. As we will be unable to conduct in-person meetings, we will have Zoom meetings on our normal meeting dates, the first Saturday of the month unless that date falls on a holiday.

The next Zoom meeting is scheduled for August 1, 2020. The meeting will be shorter and will provide updates of Guild activities. There will be an opportunity for members to offer suggestions for future activities that may be presented at fu-

ture Zoom meetings. An agenda and instructions for joining the Zoom meeting will be sent out this week.

At the July 11 meeting the Guild members made some changes to the proposed bylaws and the amendments were voted on and approved by most of the Guild members present at the meeting. The updated bylaws will be published soon for all members of the Guild.

I hope everyone is making the Block of the Month as published in the Guild newsletter. The individuals who are participating in the Round Robin might wish to call the members of your group to determine how to proceed on the blocks you are working on.

Stay safe and keep quilting.

Geneva Lottie

President

### Yes We Can

We, the People, recognize  
that we have responsibilities  
as well as rights;  
that our destinies  
are bound together;  
that a freedom which only asks  
what's in it for me,  
a freedom without a  
commitment to others,  
a freedom without  
love or charity or  
duty or patriotism,  
is unworthy of our founding ideals,  
and those who  
died in their defense.

—*Daily Celebrations of the Legacy  
of President Barack Obama, July 12*

Thank you, De Lois Powell!

## Exhibit Committee Reports Plans Continue for Virtual Exhibit

The Exhibit Committee is moving forward with Wa Shonaji's Virtual Exhibit—We the People and Colorado Architecture.

"Thanks to all of you who brought your submissions to the Blair-Caldwell African American Research Library on July 18," Joanne Walton said. She noted that most quilts were in cloth bags as requested, and most members attached their paperwork or sent it via email.

"We are not sure what format will be used for the Virtual Exhibit," Joanne said. "However, we have some talented people working behind the scenes to make it happen."

Because it will be online, friends and family from around the world can view the exhibit this year. If you know of someone who would want to view our exhibit, you'll be able to send them the link to our website once final details are established.

See page 10 for this month's featured 12.5x12.5s.

## Wa Shonaji Keeps Busy (or Not), Making the Most of Time at Home

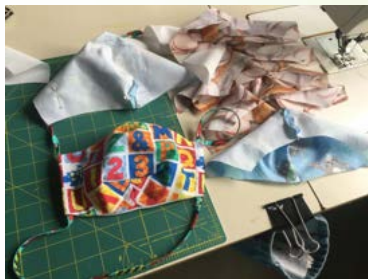
**Susan Morrison:** I've had fun paper piecing! Never thought I'd say that. I'm making pillows for birthday gifts using this method, and it's working really well.

**Christine Jacques:** Rearranging my sewing room. Alert readers will see the pretty birthday card Reniese made for me (thank you!) on my sewing table. The machine is closer to the window now,



giving me better light. I can reach some shelves and boxes behind my chair more easily, at the cost of a little breathing room. Another reason to lose weight!

I'm also making masks for smaller Navajo and Hopi, and for my teacher friends for those forgetful kids. I'm just going to keep making masks of all sizes, until we don't need them or my stash gives out.



For one of my Violet Protest blocks, I'm trying some embroidery.

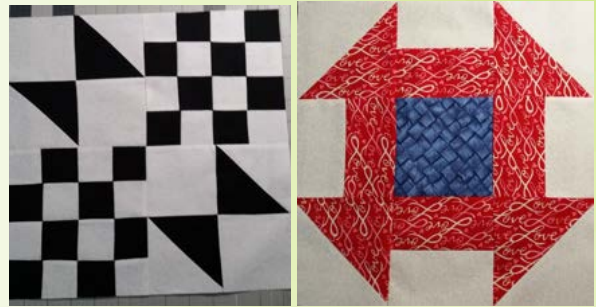


This is a test piece: a yin-yang symbol to represent Boulder.

**De Lois Powell:** I've been working to keep on track with Mrs. Artie's BOM (I hope).

The July newsletter asked BOM participants to complete **two** blocks: Historical Block 8: Churn Dash (Joette Bailey-Keown) and Historical Block 7: Railroad Crossing (Ann Worsencroft).

Interpreting the instructions provided, below are my completed blocks. I had to review the web-



site link provided for Block 7, as a reminder of how to make the small squares, but it was a great adventure.

So, what "while you are at home" projects have I been working on? Well, I have been the recipient of thoughtful "butterfly fabric pieces" from Joanne, Ann, Brenda, and Luana Rubin of eQuilter. So, I decided to do a piece with some of those strips as butterflies surrounding a flower. A quick and easy throw resulted, which is ready for the quilter!



Additionally, I completed the assembly of 16 blocks (arrow heads), my last October's birthday gift from Brenda (pictured below). I decided I would complete it and get it to the quilter for her July birthday. Thanks Brenda! The quilter loved the autumn colors in your/my blocks.



**Camilla Edwards:** “Quilter’s Blockitis” and “UFO Pileup”

I’ve had a panel laid out for a couple of weeks now with plans to finish sewing it into a quilt. I worked on it about six months ago with plans to re-visit it when I realized I hadn’t made much progress. I had sewn inner and outer borders on the top and bottom and was very pleased with the colors and the effect at that time. Lo and behold, after I pulled it out again, I decided that the color of those inner borders didn’t fit the overall effect of the quilt at all. I then looked at the panel every now and then for a few days and proceeded to add a different inner border altogether, using the same regular border I originally made. As I ripped those inner borders out, all I could think of was “wasted time” and “wasted fabric.” Whew! I was glad it has only top and bottom borders but I developed a bad attitude as I ripped; at least I liked it better.

Well, I then decided that I needed to incorporate some of the colors from the panel into the regular borders to pull the colors together. It took me at least a week to decide what they could be! I even pulled out fabric crayons and paint. Now I knew I didn’t want to fool with those techniques so I put them aside—not away—just in case I needed to use them later as quilters tend to do.

I’m now at a point where I’m sewing flowers on the regular borders and God forbid if I decide to scrap the entire project! I really don’t want to do that because not only do I love the panel, but it was a gift to me as well.

Since I’m out of bed really early, I often come up with these new ideas over my morning cup of coffee and reading a couple of chapters of my latest work of fiction. Maybe I should switch gears and read the book after I have used my “early morning clear mind” to work on my “Blockitis” and at least sew on some of my UFOs. In other words, “scrap the social hour(s) and get down to the business of quilting.”

To my fellow quilting friends, I challenge you to come up with a solution to this age-old problem

that is exclusive to quilters—“Blockitis” and “UFO Pileup.” Maybe the best “challengee” can share his or her solutions with fellow members.

**Joanne Walton:** I decided to make some hearts for the “I Need a Home—I Found a Quilted Heart” project that was shared at last year’s retreat. Place a heart somewhere and make someone happy. You could make a difference in someone’s day and life by using your scraps to create a HEART![www.ifoundaquiltedheart.com/participatingintheproject/](http://www.ifoundaquiltedheart.com/participatingintheproject/)



**Julie Marsh:** Finally finished one of my UFOs. I bought a “kit” at a fundraiser for my Connecticut guild because of the black and white fabrics—but I didn’t look closely at the prints! Personally I



wouldn’t have selected the pirate skulls. I started it at the 2018 Retreat, I think, and just kept at it. Thank you to Stephanie for allowing me to pin it on her huge table! I did use several quilting patterns I’ve not done before. I’ve donated it to the Columbine Guild because they support a home for teens who

need help. The prints should appeal to a young person: cats, musical notes, lots of dots, and those pirate skulls! Now I’ve turned to placemats for our patio table—need to hurry to finish before it’s too cold to eat outdoors!

**Karen von Phul:** I learned not all computer printer fabric is the same. Although the one I used for the exhibit came out grasping more color, it is stiffer than the one I usually use. The roll I ordered is too thick for my printer. What a waste of time!

I have been hooked on the baking shows that come on Netflix, so much so that I decided to bake a pound cake with caramel and walnut roll in the center. I just baked it Sunday 7/26. So the jury is still out. Sounds delicious... my husband will be the judge!

I am still making masks. I am making more so that people will have them on hand to sell. I have started putting the wire in the nose part.

**Linda Hernandez:** Can you believe July is gone! The "We the People" piece was so much fun to do. I tried a new way of doing "stitch in the ditch" when quilting it. I used my walking foot with a twin needle. It was so much easier and looked so much better.

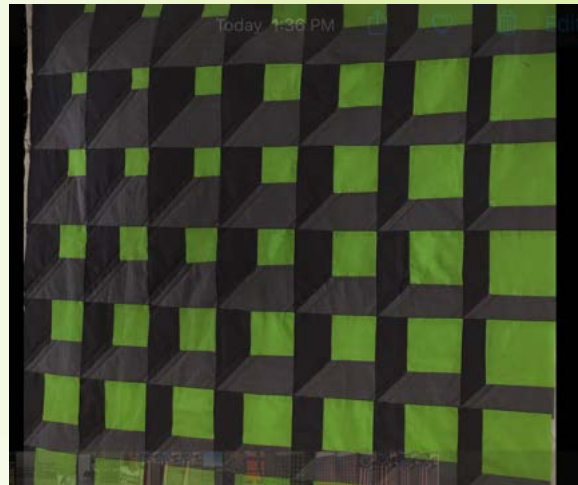
It's time to do pickles and jams. Colorado chili will be ready next month for roasting and freezing. It will be cooler!

**DiNyce Brooks-Gough:** She has been amazingly busy and productive as proven by the following images.

She's been working on Geometric Progressions like the orange one here...



And this green one...



The Girls

And one more from DiNyce:



You Have to Be Carefully Taught

**Sandra Coleman:** — I received a most beautiful comfort quilt from the guild. A great choice because of all the beautiful bright colors I love.  
—I haven't been creating because of the time involved in gathering documents to avoid probate on my father's estate.  
—I spend 1–2 hours a week when I can with 4–5 quilt friends who meet in the park to chew the fat.  
—Since my abrupt loss of hearing, I've had many appointments to try to restore it.  
—I am back to being a health navigator with a former client who has recurrent health issues.  
—I am engrossed in Black History learning via Zoom. Last night I listened to a presentation about a mother and father and their contribution to Black History. As it ended, the speaker posted a picture of her sister and “mommy” and by golly,

it was Jeannette Sanderson and Karen Von Phul! After that, the whole story fell into place. It was a beautiful story with a slide presentation. Karen's sister is the first female African American fire-fighter in our area. She lives in Montbello. I hope to learn more about “mommy's and daddy's” contributions to Black history and all of “daddy's” patents. Amazing.

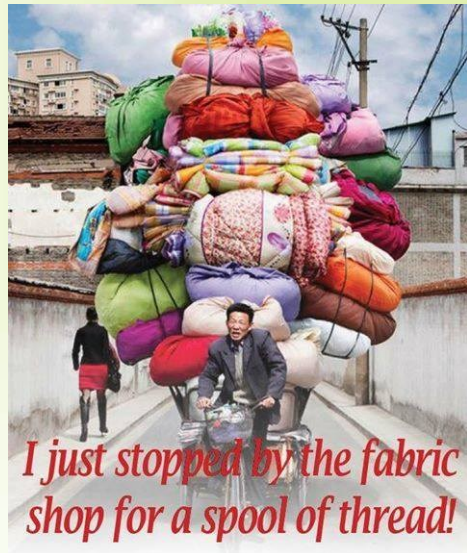
**Artie Johnson:** This photo shows Artie “in her Underground Quilt Abode.”



This is a wall hanging made by Artie.



And this is one of Artie's favorite quilts!



Thank you, Linda Hernandez!

## Free Time?

Linda and Alan White have made a suggestion as to what we can do with our old sewing machines!



## Spirit Animal Is a Turkey

### Sewing in the time of COVID-19—Week 19

*A friend of Wa Shonaji, Luana Rubin of eQuilter included a short essay in a recent company newsletter. Her notes on Week 19 of “Sewing in the time of COVID” were especially touching to me... for her thoughts on fun, family, and hopefulness. I was especially moved by these and wish our members to be encouraged by them as well.*

—De Lois Powell



It seems like every week now we are faced with making decisions about the New Normal... and you better not get used to that New Normal because it will change again in a couple weeks! This week we had to make difficult decisions about Sophie’s freshman year of college here at CU Boulder. We decided that she will not move into the dorms, but will live at home. She will take almost all credits online, only going once a week for orchestra practice. I do not envy the administrators, teachers, and professors having to make big decisions for themselves and their students as we approach the start of this school year.

I had a great visit with Mom through the glass door today. She was a lot brighter and more like herself, so that was a relief and a mood-lifter. After our visit I encountered a mother deer and her twin fawns, which felt like a blessing from Mother Earth. I turned a corner to follow them, and



watched them munching on someone’s flower garden for awhile, until they wandered deeper into the neighborhood. A few days ago Sophie and I spotted a

wild turkey in the foothills, and that felt very special also. (First time I’ve seen one in Boulder.) We had a laugh, that our Spirit Animal for the week was a turkey!

While driving home, I heard a story on NPR that made me smile. It was about baseball teams that are playing games with masks, with piped-in crowd cheers, and cardboard cutouts of fans in the otherwise empty stands. Then they interviewed a guy who had paid the \$49 to send in his photo (dressed in his Oakland fan gear) so he could sort of be in the stands as a custom cardboard cutout.

That’s what we are all trying to do—to be present and have even a small sense of participation and normalcy while we stay safe for our families and communities. We are saying no to summer travel plans and out-of-state houseguests, we are baking our own bread, buying eggs from the neighbor with chickens, supporting local restaurants with curbside pickup, and otherwise just trying to find a way to get through this by treasuring what we DO have instead of focusing on what we’ve lost, or what we have to put aside for the next few months. As long as we still have our sense of humor, we are wealthy indeed.

With Hope for the Future,  
Luana and Paul

Animal portraits are from equilter.com panels.





## Sister Stitcher

*Have you met Sister Stitcher? She is a mythical quilter whose quarter inch never wavers, whose bobbin never runs out, and who finishes her projects on time. She lives in a house that never needs cleaning, with a spouse who cooks and holds up quilts as requested. Her studio space measures 100x100, with lots of natural light. Oddly enough, it never needs cleaning either. Sister Stitcher is talking about a discovery she made.*

*Sister Stitcher, are you bored with your stash? I am. It seems like forever since I was in my local quilt store, fondling batiks. Even if I could go out, I don't have the money to buy myself out of this funk. What to do?*

—Bored Ella

Oh, yes. Sister has had the “been there, done that” feeling with her stash. She can tell you where she bought every piece, what her plans were for it, and why she can't cut into it. You're not alone.

Sister has given Mr. Stitcher The Look when he said “It's just fabric!” to her. You know The Look.

Sister recently found herself needing a look for an art piece. She has brown, she has ochre, she has marble, she has green... but she didn't have a piece that would show rocks and grass. At least not in the shades that showed what she was going for. What to do, indeed?



*Piece little bits of green and brown?*

If you want to go through that kind of brain damage, you have more patience than Sister. She leaves that sort of thing to [Susan Carlson](#), and the amazing Camilla. Besides, Sister still needed the *right* browns and greens. What else?

*Make use of what you have?*

That's right, Bored. Keep going. What else could Sister do?

*Turn the fabric to the wrong side?*

BINGO! Sister was grouching about how noth-

ing in her stash was working... and then she dropped the whole pile on the floor. As she picked up the browns, ochres, and greens, she noticed something.

The *back* of the fabric (left side of photo below) was just what she was looking for! Rocks and grass! Sister started cutting and fusing. Within the hour, she had her rocks and grass where she wanted them, and was on to backing.

*Sister, that's great! So I should just look at the wrong side of things?*

In this case, yes. Working with batiks as much as we do, we can forget that there is a whole new world on the other side of the selvage. The wrong side is often softer than the right side. For instance, if a yellow is too bright for a sunset, look at the wrong side. The white thread in the weave may mute the yellow to the color you need to show the day is done. You paid for both sides, so make your fabric work for you.

Challenge yourself to look at and use the wrong side of the fabric. It will refresh your stash without spending any money, and give your work a new look.

Now excuse Sister while she picks up the other fabric she dropped on the floor.



## 25th Anniversary Remembrance with Historical Blocks of the Month



*Last month's block,  
Railroad Crossing*



*Last month's other  
block, Churn Dash*

Hello BOMers,

We're getting closer to the finish line!! Soon you will be completing your labor of love for the year. I was glad to see some finished blocks last month.

This month there are two presenters and therefore two blocks: Geneva Lottie, the Missouri Star, and Barbara Robinson, the Rose of Sharon, which we know as Rosebud.

That will bring our total to ten completed blocks, only two more to go. We will present the last two blocks in September to give everyone more time to complete their beautiful creations by the end of the year with no rush.

**REMINDER:** Setting of the blocks is your choice.

Looking forward to 2021, if you have any specific ideas for BOM, please let me know.

I quilt because it's my lifeline—without it I just might go insane. Stay safe.

—AJ

### Historical Block 9, Missouri Star, Due September 1 or so...

Geneva Lottie presents one of this month's Blocks of the Month. Make an unfinished 12.5" x 12.5" block, due at what would be the Guild's September 1 meeting (or so).

1. Cut two squares 4-1/4" from dark fabric and two squares 4-1/4" from medium colored fabric.
2. From each of the dark and medium colored 4-1/4" fabric squares, cut four (4) triangles to make 8 dark triangles and 8 medium colored triangles.



3. Sew the 8 dark triangles to the 8 medium triangles to make 4 dark/medium colored triangles and 4 medium/dark fabric triangles.



4. Cut four 3-7/8" squares from light fabric, cut in half to make 8 triangles.



Sew the 8 light triangles to the 8 dark/medium triangles in #3. Make 4



5. From dark fabric cut two 3-7/8" squares, and from light fabric cut two 3-7/8" squares. Cut the squares in half and sew one light triangle to one dark triangle to create four (4) half dark and half light squares.

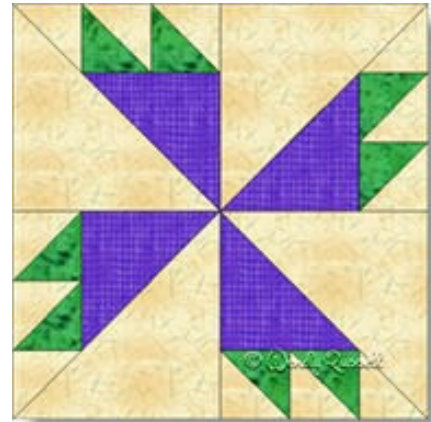


6. Cut four 3-1/2" squares from light fabric. Sew the pieces together following the picture of the Missouri Star block.



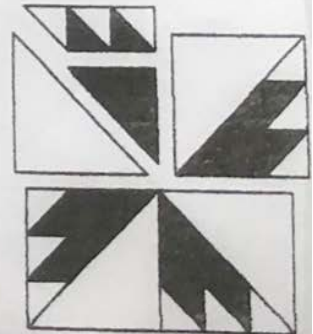
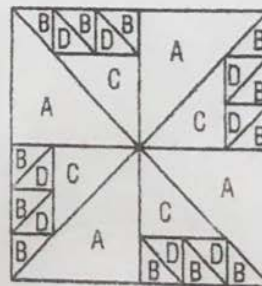
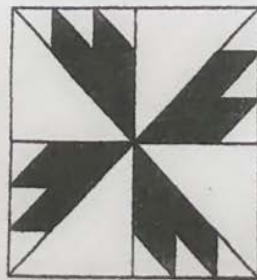
## Historical Block 10, Rose of Sharon aka Rosebud, Due September 1 or so...

The Rosebud block has many names — Rose of Sharon, Kentucky Rose, Wild Prairie Rose, and more depending on the politics of the time. It was often linked to the American Whig Party formed in 1833 by the former National Republicans, such as Henry Clay and John Quincy Adams. The Whigs were active until 1856. The block was also called the Democrats Rose. The real differences in the name of the block depended on the maker and for whom the block was being made.



### Rosebud

6-Unit Grid



### FINISHED BLOCK SIZE

Single dimensions in the cutting chart indicate the size of the cut square ( $3'' = 3'' \times 3''$ ).

FOR 1 BLOCK:

		4 1/2"	6"	7 1/2"	9"	10 1/2"	12"
Light	A: 2	3 1/8"	3 3/8"	4 5/8"	5 3/8"	6 1/8"	6 7/8"
	B: 6	1 5/8"	1 7/8"	2 1/8"	2 3/8"	2 5/8"	2 7/8"
Dark	C: 2	2 3/8"	2 7/8"	3 3/8"	3 7/8"	4 3/8"	4 7/8"
	D: 4	1 5/8"	1 7/8"	2 1/8"	2 3/8"	2 5/8"	2 7/8"

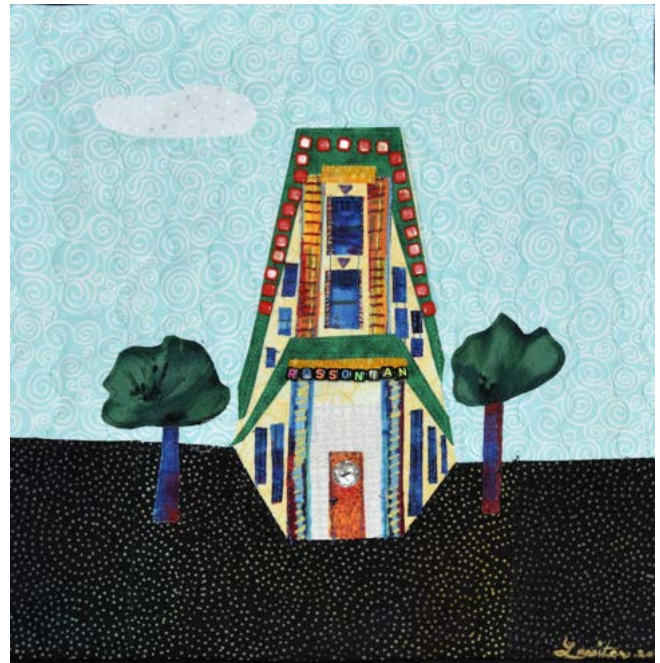
*Try This:* Use a medium instead of a dark for D.

## Colorado Buildings and Bridges—Celebrating Colorado Architecture

Members' 12.5 x 12.5s for the Annual Exhibit will be featured in the newsletter over the next several months with their thumbnail histories. Enjoy!

### Mary Lassiter

**The Rossonian** Lounge and Hotel was one of the most important jazz clubs between St. Louis and Los Angeles. It was constructed in 1912 as the Baxter Hotel at the heart of Denver's Five Points community. Jazz greats such as Duke Ellington, Louis Armstrong, Count Basie, Nat King Cole, George Shearing, and Dinah Washington stayed at the hotel and entertained in the lounge between their major Denver engagements. These shows were often staged after the musicians finished their scheduled performances at Denver hotels that refused them lodging due to the racial segregation of the time. The Rossonian is listed in the Negro Motorist Green Book. This quilt is made of 100% cotton fabrics and embellished with beads and buttons.

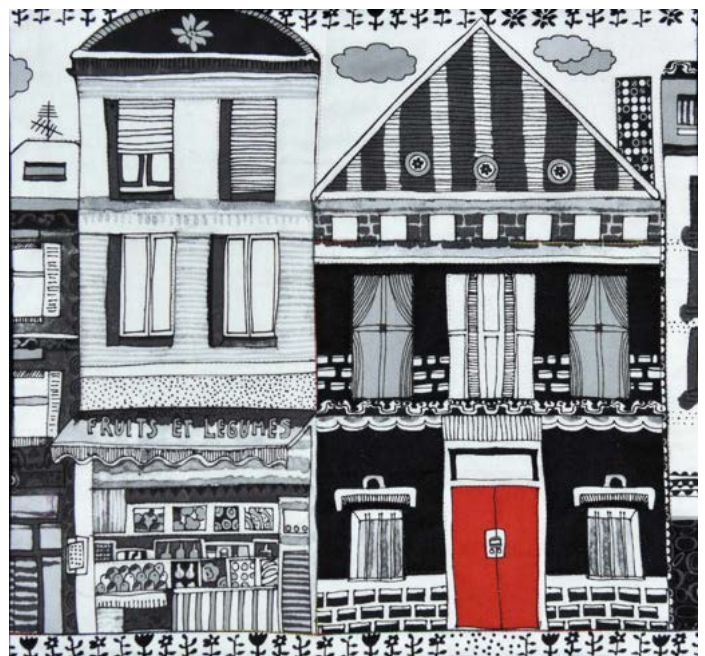


### Susan Morrison (above)

“The Four Corners” area of Colorado is a place like no other in the United States. It is where the states of Colorado, Utah, New Mexico, and Arizona come together in a corner of our country. It is an area of a diverse population: Native American, Mexican, Blacks and Whites. It is a mix of religions and beliefs. But all together, One State, One Country.

### Brenda Ames (below)

Five Points, the neighborhood where Welton Street is located, is one of Denver's oldest neighborhoods. It was initially settled by primarily German, Irish, and Jewish populations. The area was named “Five Points”  
(continued on page 13)



## Nanci Vaughn

**Denver Central Library** was built in the 1950s and designed by Burnham Holt. It was renovated and expanded in 1995 with a design by architect, Michael Graves. I love the architect's sense of adventure and challenge in designing the buildings with such challenging shapes, colors and creative design; all while maintaining, and building around the original 1950s structure. In choosing this library to design, I really wanted to challenge myself, on a much smaller scale, but a challenge just the same. I love to spend time at the library and never get tired of taking a drive past the library just to view the structure. Libraries, we miss you!



## Mary Sharp

**The Wells Fargo Building** (also called the Cash Register Building) was designed by architect Philip Johnson and completed in 1983. The manner in which the uppermost floors curve together resemble the shape of an antique cash register. The building has 52 stories and is 698 feet high, the third tallest building in Denver. The original plan was designed for a downtown area in Texas; a heated roof is necessary to prevent snow from accumulating and sliding dangerously off the curved crown. It houses a small museum featuring artifacts and memorabilia from Wells Fargo history and the downtown Denver branch. The building has its own zip code, 80274. A complete restoration in 2016 created an 8-story digital art installation in the building's glass atrium. It's also my bank.

## Brenda (continued from page 12)

in 1881 for the five-way intersection of 26th Street, 27th Avenue, and Washington and Welton Streets. From 1890 onward, Five Points grew into an African American community as many found work laying down track for railroad companies. It would sometimes be called "The Harlem of the West" for its rich jazz history. In 2002, Five Points was recognized as a cultural historic district. Today, with gentrification, the area has been labeled "one of the most gentrified neighborhoods in the country."



### Geneva Lottie

“The Rossonian: Life is Hard”

The Rossonian Hotel opened in 1912 as the Baxter Hotel, designed by architect George Louis Bettcher for Robert Y. Baxter, owner of the Baxter Cigar Company. Although the hotel continued to be owned by the Baxter family, it came under Black management in 1929 and was renamed the Rossonian Hotel after manager A.W.L. Ross. From the 1920s through the 1950s Black jazz musicians stayed at the Rossonian Hotel after their performances at downtown clubs or concerts as they were not allowed to stay the night at the White locations. Musicians such as Duke Ellington, Count Basie, Nat King Cole, Billy Holiday, and Ella Fitzgerald all stayed and performed at the Rossonian Hotel. In 1995 the hotel was listed on the National Register of Historic Places. In 2005 developer Carl Bourgeois bought the Rossonian Hotel and in 2014 announced a luxury hotel and condominium complex, with an addition of 105 hotel rooms, 40 condos or apartments, two restaurants, a jazz club, a fitness club, and 60,000 square feet of office space.

### Chris Jacques

“The Devil’s Slide Trestle”

I wanted to depict a Colorado bridge of some kind, within my mountain “neighborhood.” The Devil’s Slide Trestle, 12 miles away, was an obvious choice. The Trestles carried Denver & Salt Lake Railroad trains over Rollins Pass, before the Moffat Tunnel was built. Long-time friend of RMWSQG, Winston Walker, took the photo I used for my guide.



## Update on the “Violet Protest” Project

This project of beautiful red and blue 8” squares will represent a virtual, artistic gesture of *friendly protest* when the blocks are sent to members of the 117th US Congress. Wa Shonaji registrants recently received an email from Ann Morton, organizer of the Violet Protest Project. Wa Shonaji leads are De Lois Powell and Christine Jacques.

*Just wanted to let you know that I finally was able to open your squares. Your squares are so nicely crafted—the designs and patterns are so clean and well done! ALSO—thank you for such a well-organized package with all of the makers from your Rocky Mountain Wa Shonaji Quilt Guild. I’ll be contacting those that signed up separately as well. And for those that participated in the 20 squares, I’ll list them on the website and include at least one image of their square(s). Watch on the project website in the next few days to see at least one photo of your squares on the progress page. [www.violetprotest.com/progress](http://www.violetprotest.com/progress)*

*Thanks so much for participating in the Violet Protest!!*

*Stay safe, be well,*

*Ann*



DiNyce Brooks-Gough saw this wonderful rainbow on one of her walks.

## Karen Von Phul's "Roots" Selected for Juried Art Exhibit



Karen Von Phul's quilt "Roots" has been accepted for the 14th Annual African American Fiber Art Exhibition: SANKOFA!, a component of the 2020 North Charleston Arts Fest. This exhibit is known to attract substantial positive attention from the arts community and great interest from the public.

Unfortunately, due to the COVID pandemic, the North Charleston Cultural Arts Department postponed this year's exhibition until next year, date to be determined.

"I am so excited!" Karen said. "I was not going to send the application in because of the size requirements. My husband said, 'Send it in anyway... all they can say is no, right?' Just to show ya, anything can happen!"

Karen had even planned to visit South Carolina to see the exhibit with girlfriends. Despite the disappointment, Karen is still dancing: "I'm so excited, I just can't hide it!"

Karen explains her quilt: "I am fascinated with trees. Their roots can go on forever. I saw this copper twisted into a cable and decided to try to create a tree from this. I covered a canvas board with a hand-quilted piece; the black side with copper embroidery thread and quilted Xs on the printed side. I had the copper pieces cut into different sizes. I knew I wanted to create a three-dimensional tree, so I experimented in what it would look like when I unraveled the cable. Once in place, I secured the tree in its place. I cut a piece of antique lace from my Godmother that looks like a bird's nest and tacked it down to a branch. I love copper and I am always looking for ways to manipulate it into a creative piece.

"In creating this tree, I realize roots are parallel to our lives; they can be short or they can be long. I created this tree because it reminds me of how everyone is searching for their family roots and longs to know where they came from."

*Sankofa* is a word in the Twi language spoken by the Akan tribe of present-day Ghana. It is associated with the proverb, "Se wo were fi na wosankofa a yenkyi," which translates to "it is not taboo to fetch what is at risk of being left behind." Today, it is more simply interpreted as "go back and get it."

Sankofa also refers to the Asante Adinkra symbol used by the Akan people to represent the same idea, with one version appearing as a stylized heart shape and the other by a mythical bird with its feet firmly planted forward, its head turned backwards, and its mouth carrying a precious egg. Both the word and the symbols represent the concept of remembering our past in order to protect our future.



For more information visit <https://northcharlestonartsfest.com/african-american-fiber-art-exhibition/>





## Meet New Member Keri Mills

*It may be a while before we come face-to-face with new members of Wa Shonaji, so let's give them a chance to introduce themselves...*

I come to the guild through Karen Von Phul who I met through the Front Range Contemporary Quilt Guild (FRCQ). I am new to art quilting. I am an artist who studied painting and photography at CU Boulder. I began learning quilting from my mom and grandma several years ago. When I wasn't connecting to the geometry and tradition of the art, they encouraged me to explore my natural creativity by making "picture quilts." At the time, I thought traditional appliqué was tedious and so I floundered until I learned from quilting artists how to just break the rules and create.

Only recently, after being laid off, have I had the time to focus on creating with fabric and fibre (taking photographs is a much faster medium in which to produce while you are also working full-time). I work in "free-style" appliqué, creating pictures or portraits of environments, people, or political subjects. Being inspired by BLM and social justice protests, I could not attend (as a higher risk candidate for COVID), I decided to protest using my art. I am currently working on a series about Social Justice, as well as a series on the Strength of Women as survivors. (Yes, I'm a bit A.D.D. and always have more than one project going at a time, lol.)

I have two Instagram accounts:  
nature photography: @Redmayne\_Studios  
artquilts: @Redmayne\_studiosfibre  
Facebook: @redmaynestudioskerimills  
Website: <https://redmaynestudios.myportfolio.com/>

I am excited to learn from other quilters and artists as a member of Wa Shonaji. And maybe I might encourage someone else? Sharing what we know and have learned is one of the best parts of this journey of life.



## Take Advantage of the Wa Shonaji Blog to Keep in Touch

Go to washonaji.org.  
Log in and go to Members' Area/Forum.  
Want to read what someone else has written?  
Just click on one of the posts. Feel free to Reply.

You can post photos of your current project or finished accomplishment, add a recipe for Safer-at-Home Dinners, ask a question, show us a photo of your cute, cute grandchild or pooch...

Status	Topics	Forum	Replies	Views	Users	Date
	Adding a Photo to Your Post <small>Copy, Paste, Drop, Drag, Attach</small>		0	1		3 days ago
	Kazuri Beads		0	1		3 days ago
	Trout Quilt		8	8		3 days ago

To add that new post:

- Click on the forum called “What's Under Your Needle: Projects, New Skills, Questions”
- Click “Add Topic” (top right corner)
- Add your Topic Title.
- Begin typing your text.

You may also:

- Drag & drop in a picture if you want to show everyone your latest project.
- Add a Topic Tag like Christmas, Snow.
- Check the box “Subscribe to this topic” to be notified when someone comments on your post.

- Click “Add Topic” at the bottom to save your post.
- See something you'd like to change? You have five minutes to correct any typos so your new post is perfect.
- Just click around the site to see what you can find.

Questions? Alan is happy to help in any way he can. Feel free to call him at 303-862-1489 or email [twowhites@gmail.com](mailto:twowhites@gmail.com). Thank you, Alan!

Topic Title \*

Enter title here

11pt B I U

Set Topic Sticky |  Private Topic

My Media Attach Files or drag and drop it here. Max file size 32MB

Topic Tags (Separate tags using a comma)

Start typing tags here (maximum 5 tags are allowed)...

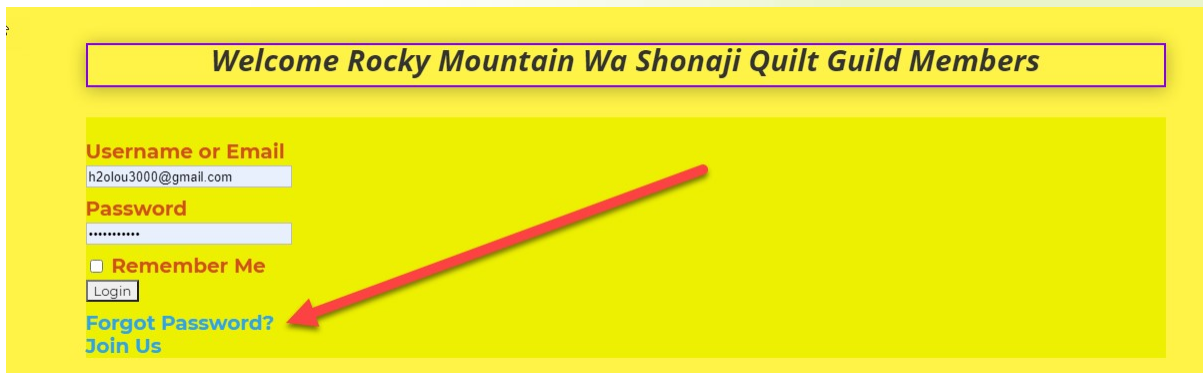
Subscribe to this topic

Add topic

## Get Help If You Have Trouble Accessing Member's Area on Website

Go to [www.washonaji.org](http://www.washonaji.org).

On the Main Page, click on Member Login, and fill in your User Name or Email and your Password, click Log in. A password was emailed to you when the new website went live in February 2019 or, if you're a newer member, when you paid your dues. Your User Name is likely to be your first initial and your last name, like this: GLottie but it could be your first name and last initial: GenevaL



If you don't remember your password or never had one, go to Member Login and click on Forget Password? Fill in your email address. You'll receive a new password that will enable you to sign in, then you can reset to your own password. This will be your password as long as you're a member so you don't have to change it.



Email Address

Reset Password

If you get an error message when you try to submit your email, it may need to be updated in the database or you're not in the database for some reason (never added as a member or haven't paid your dues, etc.). Contact Alan White (303-862-1489) or send him an email ([twowhites@gmail.com](mailto:twowhites@gmail.com)) and he'll be happy to help you.



## The World's Greatest Strawberry Daiquiris

Submitted by Joanne Welton

3 pints Ripe Strawberries (save some for garnish)  
4 oz. Orange Juice  
2 oz. Triple Sec  
2 oz. Contreau

1. Wash and stem strawberries, drain. Add the orange juice, triple sec, and Contreau to the berries. Mash thoroughly. Let stand in refrigerator overnight. (Who would want to do that...drink up!)  
2. Combine the lemonade and sugar and mix until the sugar dissolves completely. Combine the rum, lemonade mixture, and mashed berries with the juice mixture.

2 cups unsweetened Lemonade  
1 Tbl Sugar  
9 oz. Rum (white)  
Ice

3. Blend like crazy with a handful of ice and serve immediately.

This recipe will serve one to six depending on the taste of the drinkers. (I use my blender for the blending and mixing.)

### THE ESSENTIAL TWELVE – Lori Kennedy – The Inbox Jaunt

**Twelve Essential Skills Every Quilter Must Learn** in order to create a quilt from start to finish.

**Sewing Machine Knowledge**—Every quilter must learn the basics of using their own sewing machines. Necessary skills include oiling, threading, changing a needle, adjusting stitch length, and adjusting tension.

**Read a Pattern**—The quilter must have a basic understanding of terminology, abbreviations, cutting, and sewing instructions.

**Cut accurately with a rotary cutter**—This skill includes how to read a ruler, how to square the fabric, where to cut.

**Stitch an accurate 1/4 inch seam consistently**—This is a skill that must be learned and rechecked periodically. Inaccurate seam allowances cause distortion (and headaches) when piecing any block or quilt.

**Chain Piece**—This method allows for increased quilting efficiency and accuracy. Using “leaders and enders” is helpful here as well.

**Pressing Techniques**—The Quilter must understand how to press (not iron) to avoid distorting the quilt block. This skill also includes understanding which way to press each seam and why.

**Square**—Fabric, blocks, and quilt tops all require “squaring” before cutting to prevent distortion of the entire quilt.

**Add Borders**—The quilter must learn to cut and stitch borders correctly in order to prevent distortion of the quilt.

**Create the Quilt Sandwich**—Look for layering techniques to prevent folds and ripples.

**Straight line quilt**—Become accomplished at basic quilting using straight line quilting with feed dogs engaged. (What? No Free Motion Quilting? While *I* consider FMQ “Essential,” it is possible to create a beautiful quilt using only straight line stitching!)

**Bind a quilt**—The finishing touch to any quilt. Should include a mitered corner.

**Label**—The quilt isn't finished until it's labeled!

## Zucchini Pizza Casserole

Submitted by Linda White from Taste of Home - Serves 8

[www.tasteofhome.com/recipes/zucchini-pizza-casserole/?trkid=soc-toh-facebook&fbclid=IwAR0eUN4G\\_wFWiJlkyr7BnszaK5z4YUnSk1vKh-w60k63OCWM7JA9qbyXWmo](http://www.tasteofhome.com/recipes/zucchini-pizza-casserole/?trkid=soc-toh-facebook&fbclid=IwAR0eUN4G_wFWiJlkyr7BnszaK5z4YUnSk1vKh-w60k63OCWM7JA9qbyXWmo)

### Ingredients

4 cups shredded unpeeled zucchini	1-pound ground beef
1/2 teaspoon salt	1/2 cup chopped onion – I omitted as there are onions in the Pizza Sauce.
2 large eggs	1 can (15 ounces) Italian tomato sauce or Pizza Sauce*
3/4 cup grated Parmesan cheese, divided	Pinch of dried red pepper flakes, optional
2 cups shredded part-skim mozzarella cheese, divided	1 medium green or sweet red pepper, chopped
1 cup shredded cheddar cheese, divided	

### Directions

- Preheat oven to 400°. Place zucchini in colander; sprinkle with salt. Let stand 10 minutes, then squeeze out moisture.
- Combine zucchini with eggs, 1/2 c. Parmesan and half of mozzarella and cheddar cheeses. Press into a greased 13x9-in. or 3-qt. baking dish. Bake 20 minutes.
- Meanwhile, in a large saucepan, cook beef and add onion, if using, over medium heat, crumbling beef, until meat is no longer pink, drain and set aside. In the same skillet, make Pizza Sauce or add tomato sauce. Spoon over zucchini mixture. Add green pepper. Sprinkle with remaining 3 cheeses. Bake until heated through, about 20 minutes longer.

\*Pizza Sauce – makes 2 Cups

2 Tbl olive oil	1/2 teas dried oregano
1/4 cup finely chopped onion	Salt and pepper to taste
2 cloves garlic, minced, or 1/4 teas garlic powder	2 Tbl Parmesan cheese
Two 8-oz cans tomato sauce (plus a can of water for the 1/2 recipe) or chopped, peeled tomatoes	

In a large skillet over medium heat, add the oil and sauté the onion until soft. Add the minced garlic and sauté till golden. Add the tomato sauce, oregano, salt, and pepper (garlic powder if using). Bring to a low boil and adjust the heat to low. Simmer, uncovered, for 15 minutes. Add Parmesan cheese. Remove from the heat and let cool. Leave chunky or use a blender to purée. The sauce will keep in the refrigerator for up to 3 days or in the freezer for up to 1 month.

I made half the casserole and pizza sauce recipes in an 8" square pan for two.

**Freeze option:** Cool baked casserole; cover and freeze. To use, partially thaw in refrigerator overnight. Remove from refrigerator 30 minutes before baking. Preheat oven to 350°. Unwrap casserole; reheat on a lower oven rack until heated through and a thermometer inserted in center reads 165°.

### Test Kitchen Tips

- Italian sausage or ground turkey sub well in this casserole.
- Make it vegetarian by skipping the meat and increasing the veggies. Mushrooms or finely chopped cauliflower (or a combination of the two) taste great.
- This packs up nicely for weekday lunches.

## Getting to Know Geneva Lottie

Beneath that quiet demeanor, there are creative juices and many varied interests swirling around in her head. Geneva Lottie, the current president of Rocky Mountain Wa Shonaji Quilt Guild, likes to try different techniques, finds inspiration for her quilts in all kinds of different places, and, when not quilting, indulges her love of reading but not the books you might think...

She states first thing that she is a person who likes to stay busy and learn new things. For a while she made porcelain dolls because she needed a distraction from her stressful job at the Colorado Department of Human Services. The dolls served her well as she was able to create something beautiful that people were willing to buy. She became bored with that, but had all that material from making the doll clothes, so she decided to start quilting.

"I bought a kit and tried to hand piece the quilt. It was a mess," she recalls. "I then decided to machine piece a quilt and that turned out a bit better."

One day in a quilt shop buying more material, Erna Sanderson approached her and asked if she was a quilter and whether she belongs to a quilt guild.

"I told her I was trying to learn how to quilt and did not belong to a guild," Geneva says. "She invited me to a meeting of the Rocky Mountain Wa Shonaji Quilt Guild. It took me a couple of months before I got enough courage to attend a meeting. I don't remember much about my first meeting except I was very impressed with the talent and skills of the members. In all honesty I am still impressed by the skill and talent of the guild members, and am honored to be the current president of the Guild."

And Geneva has seen herself grow as a quilter. As she says, she likes to try new things, so she tries all kinds of techniques. "I like the idea of creating a quilt using my imagination. I like to combine everything to create something unique," she explains.

Her quilts start as an idea in her head. She admits they don't always work out the way she

wants, but she keeps trying until she's pleased with it.

Just about anything can inspire a quilt—a painting, a place, a person, etc.

Geneva says her quilting space is full of fabric waiting to be made into a

quilt. "I do keep my sewing machine and ironing board spaced far apart, which forces me to keep moving around," she says.

And her favorite quilting tool? "My sewing machine!"

Geneva says her biggest quilting mistake was trying to hand piece that quilt many years ago. "I finally went back to take it apart, but have not put it back together yet!"

Geneva also talked about her other passion—reading. "As a child my favorite place was the public library. I believe I read every book in our small town library, although I did not understand many of the medical books," she laughs. "Even in college I had to read several books per week for pleasure." And she confides—surprisingly to some, "I also have a weakness for Japanese anime, superhero movies (and TV shows) and science fiction books."

Geneva says she loves quilting because it allows her to be creative while learning new sewing skills.

One way that she continues to learn is as a member of Wa Shonaji Quilt Guild. Geneva explains, "The Guild members practice their motto of 'Each One, Teach One' and the members are very supportive to the members, and love to share their knowledge of quilting."



## Getting to Know Susan Morrison

Susan Morrison enjoys the challenge that quilting presents of trying something hard and being able to complete it successfully. She gains a real sense of accomplishment!

She also finds camaraderie in quilting with Wa Shonaji members. “I love the hugs and kindness!”

Susan began quilting when she helped her Mom and the neighbors at quilting bees. “I sat under the frame to catch the needle,” she explains. “I also supplied the iced tea.” But she didn’t like making clothes—then or now!

“As an adult I worked with my church to make art quilts for the gray-walled children’s ward in Nepal,” she recalls. “Then I became aware that a friend was quilting by hand and I tried some piecing. I finally took lessons from another friend. And then I found Rocky Mountain Wa Shonaji Quilt Guild.”

Susan calls herself a crafter who generally makes small quilted pieces. Within that sphere, she does make use of various techniques to accomplish the look she wants.

Her projects can be inspired by a pattern that catches her eye, a color that she likes or that the recipient of her work prefers, or a topic that she chooses to convey.

Susan admits that her quilting space is “messy.” But she always knows where her rotary cutter is—that’s her favorite tool.

Her biggest quilting challenge is that “sometimes things don’t go together very well.”



When she’s not quilting, Susan says she likes to paint, read, and listen to music. Even more, she enjoys being around people. But as many of us know, her obsession is hedgehogs. She collects stuffed hedgehogs, fabric with hedgehogs, little hedgehog figurines, and T-shirts with hedgehogs. She also fosters hedgehogs so there are usually several keeping her company in her home.



## DPS Issues Call for Student Masks

Greetings, RMWS Quilt Guild members!

Here I am again with a community outreach request. The Denver Public Schools (DPS) Foundation (to which I have donated) is planning to support students and educators in a *Community Rebuilding Event* to celebrate back to school.

The event includes a number of virtual activities, one of which is a request to make masks in support of our students. As a mentor and mathematics tutor with Florida Pitt Waller (FPW), a DPS school located in Denver's far Northeast, Green Valley Ranch area, I am appealing to our

members for support of this worthwhile effort. We want to ensure students and teachers will be offered protection as they return to the 'new' school environment (current anticipated return: after Labor Day).

You may email me ([deloispowell@gmail.com](mailto:deloispowell@gmail.com)) your intent to participate in this virtual activity and include the number of masks you will contribute. Brenda Ames, Nannette Locke, and Edith Shelton have already volunteered their support!

Thanks so much from all of us at FPW and DPS!

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## Sally's Apple Coffee Cake

From Connie Turner's friend Peggy Burress, given to her by her godmother Sally

### Cake Ingredients

$\frac{3}{4}$  cup sugar  
 $\frac{1}{2}$  cup butter  
1  $\frac{1}{2}$  egg  
1 cups flour  
1 teaspoon baking soda  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  cup cold coffee  
2 cups peeled and finely chopped apples  
small amount of lemon juice

### Topping Ingredients

$\frac{1}{2}$  cup brown sugar  
1 teaspoon cinnamon  
 $\frac{1}{2}$  cup chopped nuts

### Directions

Preheat oven to 350°. In large bowl, cream together sugar and butter. Add egg. Mix well.

Mix topping ingredients together and set aside.

Sift flour, baking soda, and salt. Add to butter mixture, alternating with coffee and ending with flour mixture.



Stir in apples. Pour into lightly greased, 9" x 9" square pan. Sprinkle with sugar-cinnamon topping. Top with  $\frac{1}{2}$ -1 stick of butter cut into pieces. Bake at 350° for 45 minutes.





## Lemony Orzo with Asparagus and Garlic Bread Crumbs

Recommended by Chris Jacques

(Alice's Rosary Cannellini Salad from *A Good Meal is Hard to Find*, Chronicle, 2020)

Yield: 8 cups salad for 4 servings Time: 20 minutes

Kosher salt and black pepper

1 cup orzo

1 pound asparagus, trimmed and thinly sliced on a diagonal (about 1/4-inch thick)

5 tablespoons extra-virgin olive oil

1 teaspoon lemon zest plus 3 tablespoons lemon juice, plus more as needed (from about 1 large lemon)

Bring a medium pot of salted water to a boil. Add the orzo and cook until al dente according to package directions. Two minutes before the orzo is done, add the asparagus. Drain the orzo and asparagus. Wipe out and reserve the pot.

While the orzo and asparagus cook, make the dressing: In a large bowl, stir together 3 tablespoons oil and the lemon zest and juice; season to taste with salt and pepper. Add the drained orzo and asparagus and toss to coat. Set aside while you toast the bread crumbs.

½ cup panko or homemade bread crumbs

1 small garlic clove, finely grated

¼ cup finely grated Parmesan, plus more for serving

½ cup fresh dill, mint or parsley leaves (or any combination), torn if large

In the reserved pot, heat the remaining 2 tablespoons oil over medium. Add the panko and cook, stirring, until golden brown, 3 to 5 minutes. Remove from heat, then stir in the garlic and season with salt and pepper.

Stir the Parmesan and herbs into the orzo, taste, then season with salt, pepper, and additional lemon juice, if desired. Top with the toasted bread crumbs and more Parmesan if you like. Serve warm or at room temperature.

Thank you to De Lois Powell for proofreading!  
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To all of you! This newsletter doesn't exist without  
your input!

Editor Julie Marsh, juliemarsh11@comcast.net



Thank you, Linda Hernandez!