



President's Notes



Long ago people packed up essentials and took off for parts unknown into and across America stopping here and there in some isolated place to create a home for themselves. Think of how long it must have been for a lot of these people between visits with anyone outside of their immediate families. Neighbors were few and far between and I'm sure they wondered if they could safely trust the occasional stranger that came by. So alone in an uncharted environment.

Now we find ourselves in much the same situation - isolated in our homes dealing with an uncharted circumstance. But how much luckier are we than our fore-mothers! While they had to make their quilts from whatever they could scrounge up (I saw a quilt in a museum in Utah made from and old green dress and squirrel pelts) most of us have significant stashes and can order even more online if needed. And we can visit each other virtually - much more immediate than a letter which would be months old if it ever actually got to the recipient.

So let's keep in touch and talk quilting. Post your photos and quilt tidbits on our website (contact Fran Scher) and our Facebook page (contact Karen Smith). Be sure to keep our Sunshine chairperson, Olga Schrichte, informed of anyone needing a little support. Work on your Community Service quilts and Challenge quilts. And don't despair. Remember our ancestors and how bravely they met the challenges of their generations and take inspiration. Take care and we'll meet together when we can.

Danita Frisby



IN THIS ISSUE

1	President's Notes	10	April Birthdays
1	Contacts	10	Double O Cancellation
2	March & April Meeting Cancellations	10	Last Chance Stash Donation
2	March Board of Directors Minutes	11	2020 Guild Challenge
3	Financial Statement - February	12	Show & Tell
4	Financial Statement - March	13	FNP Article on Face Masks
5	Program Committee Report	14	Instructions for Making Masks
6	Guild Questionnaire	15	More Face Mask Info
8	Membership Report	16	Face Mask Photos
8	Hospitality Report	18	Thank You Letter From FHH
8	Block of the Month	19	Exercises for Quiltmakers
9	March Virtual Meeting Minutes	20	Committees Listing
10	Fabric Marbling Workshop	21	Board Nominations
10	April Refreshments	21	Calendar of Events

April 2020 Newsletter

*** NO APRIL MEETING ***

Next Meeting: **2nd Thursday each Month**

**** Thursday, May 14, 2020 ****

Delaplaine Visual Arts Center

Meetings:

Second Thursday of the Month

(unless otherwise noted)

6:00 - 6:30 pm - Arrival, Social Time

6:30 - 8:30 pm Guild meeting

Delaplaine Visual Arts Center

40 South Carroll Street

Frederick, MD 21701

Contacts

President: Danita Frisby 240-818-3405

Vice-President: Joan Watkins 301-874-5095

Secretary: Nancy Speck 301-694-8121

Treasurer: Robin Rippeon 540-270-6210

Committee Chairs:

BOM: Kathy Shankle 301-710-5223

Challenge: Brenda Barnhardt 301-662-2943

Comm Service: Kay Rice 301-662-2104

Facebook Adm: Karen Smith 301-371-0293

Fundraising: **Needs Chair**

Holiday Banquet: **Needs Chair**

Hospitality: Barbara Scuderi 301-432-5291

Last Chance Stash: Mary Pauley 301-732-6462

Membership: Darlene Morris 301-363-5759

Month Drawing Basket: Danita Frisby 240-818-3405

Opp Quilt Constr.: Nancy Speck 301-694-8121

Opp Quilt Marketing: **Needs Chair**

Publicity: Marty Simmons 301-845-7046

Programs: Frances Shearer 630-730-3592

Refreshments: Linda Beavers 301-831-9821

Sunshine: Olga Schrichte 301-668-2221

Website: Fran Scher 240-361-8733

Sandra Dunning 978-806-7894





Due to the Coronavirus quarantine, the March meeting was cancelled, so no photos. See Page 9 for the virtual meeting minutes. April's meeting on the 7th with Debby Kratovilis is also cancelled as is her workshop. If you paid for the workshop, your fee will be refunded. Look for Debby to visit in 2021.

CSQG Board of Directors Meeting
March 5, 2020

Board members present: Danita Frisby, Joan Watkins, Robin Rippeon, Darlene Morris, Barbara Scuderi, Fran Scher.

Danita called the meeting to order at 7:00 pm.

Minutes of the November Board meeting were approved.

Treasurer's report was presented and accepted. (See Financial Statement on Page 3.)

Net income through February 29, 2020:	\$1,188.02
Bank balance February 29, 2020:	\$12,311.93

Robin will cancel the insurance on the raffle quilt.

Old Business:

Quilt Marketing: Danita has asked many members to help with the Marketing Committee with no response. She will ask once more at the meeting next week. If no one volunteers it will not be worth making a raffle quilt for this year. It was noted that there is surplus money in the bank at this time so we will be able to continue having our programs. It was also noted that some money could be donated, perhaps in conjunction with our Community Service project.

There was discussion about relying on the church Bazaar in December to raise money instead of the raffle quilt. There would need to be more member participation in making items to sell. We could investigate other similar indoor venues.

New Business:

Danita has two twin size quilt tops with backing that were donated to the guild. They can be quilted and sold.

Quilt exhibit in December: a committee needs to be formed. The Delaplaine staff had suggested a few themes relating to other exhibits scheduled for December. Danita will contact Sidney at the Delaplaine for more clarification.

Committee Reports:

Hospitality: Barbara reported she has enough items for door prizes for several months. The committee could use more members.

Block of the Month: Several members have had difficulty finding the correct instructions for the blocks. Clarification will be requested.



CSQG Board of Directors Meeting (Continued)

Membership: Darlene reported we have 27 paid members to date. Dues are to be paid by the end of April to be a current member and have access to the member page of the website.

Newsletter: Everyone agreed that Brenda does a fabulous job on the newsletter.

Programs: All agreed the programs are great. Fran updated the board on future programs. She reminded us the April meeting and workshop dates were changed. She stated the Program Committee is shrinking and needs new members. There was a suggestion that the committee make a survey about interest in programs and being on the committee.

Website: Fran changed the password last year and will change it again in May.

Publicity and others: It was noted we need new business cards as the current ones have incorrect information. There may be a few guild pins left. New members can be given name tag fabric.

Danita said she will send the committee list around at the meeting for sign-ups.

Meeting adjourned about 8:00 pm.

Respectfully submitted,
Joan Watkins

Clustered Spires Quilt Guild, Inc.
Financial Statement Actual vs. Budget
February 2020

	Feb 20	Budget
Income		
Membership Dues Income	680.00	1,500.00
2020 Opportunity Quilt Income		3,000.00
Fundraiser Income		
Note Card Sales		200.00
Fat Qtr/Monthly Drawing Income		100.00
Last Chance Stash Income	260.00	600.00
Total Fundraiser Income	260.00	900.00
Donations Income		500.00
Workshop Fees Income		1,350.00
Total Income	940.00	7,250.00
Expense		
General Expenses		
2020 Opportunity Quilt		1,000.00
Community Service		300.00
Guild Challenge		150.00
2020 Holiday Banquet		300.00
Hospitality		100.00
Membership expense		30.00



THE COMMON THREAD

Financial Statement - Actual vs Budget, February 2020 (Continued)

Membership expense		30.00
Publicity		100.00
Refreshments		75.00
Retreat Income / Expenses	(376.00)	
Sunshine		46.00
Insurance Policy		205.00
Meeting Room Rental		400.00
Square Reader Fees		25.00
Supplies/Printing/Postage	27.98	20.00
Website Hosting		144.00
Website Email		60.00
Total General Expenses	(348.02)	2,955.00
Program Expenses		
Speaker Fees	100.00	2,075.00
Speaker Mileage		630.00
Speaker/Workshop Lodging/Meals		750.00
Workshop Teacher Fee		1,350.00
Workshop Room Rental		200.00
Workshop FeesSuppliesMisc. Exp.		80.00
Total Program Expenses	100.00	5,085.00
Total Expense	(248.02)	8,040.00
Net Income	1,188.02	(790.00)

Since there will be no meeting in April, Robin Rippeon, Treasurer, provided the updated March statement:

Clustered Spires Quilt Guild, Inc. Financial Statement Actual vs. Budget February through March 2020

	Feb - Mar 20	Budget
Income		
Membership Dues Income	770.00	1,500.00
2020 Opportunity Quilt Income		3,000.00
Fundraiser Income		
Note Card Sales		200.00
Fat Qtr/Monthly Drawing Income		100.00
Last Chance Stash Income	260.00	600.00
Total Fundraiser Income	260.00	900.00
Donations Income		500.00
Workshop Fees Income		1,350.00
Total Income	1,030.00	7,250.00
Expense		
General Expenses		
2020 Opportunity Quilt		1,000.00
Community Service		300.00
Guild Challenge		150.00
2020 Holiday Banquet		300.00
Hospitality		100.00
Membership expense		30.00



Financial Statement - Actual vs Budget, February through March 2020 (Continued)

Membership expense		30.00
Publicity		100.00
Refreshments		75.00
Sunshine		46.00
Insurance Policy	(25.00)	205.00
Meeting Room Rental		400.00
Square Reader Fees		25.00
Supplies/Printing/Postage	27.98	20.00
Website Hosting		144.00
Website Email		60.00
Total General Expenses	2.98	2,955.00
Program Expenses		
Speaker Fees	400.00	2,075.00
Speaker Mileage		630.00
Speaker/Workshop Lodging/Meals		750.00
Workshop Teacher Fee		1,350.00
Workshop Room Rental		200.00
Workshop FeesSuppliesMisc. Exp.		80.00
Total Program Expenses	400.00	5,085.00
Total Expense	402.98	8,040.00
Net Income	627.02	(790.00)



From the Program Committee:

The Program Committee has begun the process of searching for speakers for 2021. We re-booked Geraldine and Debby for next year.

We would like input from members as to the type of programs you would like for our meetings. A questionnaire was sent out to all to help the committee with decisions (see Page 6). Please complete and return to: Frances Shearer, 3807 Kendall Dr., Frederick, 21704.

Looking forward to seeing all of you in May - keeping in mind the old Persian adage "this too will pass." Lenny Truitt will be our guest speaker sharing "The History of Feed Sacks." ----->



Frances Shearer, Chair



CLUSTERED SPIRES QUILT GUILD QUESTIONNAIRE

The Program Committee is seeking input from guild members to help us determine next year's (2021) programs. Please complete this form and mail it to: Frances Shearer, 3807 Kendall Dr., Frederick, MD, 21704.

1. What level of quilting experience do you have? Circle on
a) Beginner b) Intermediate c) Expert

2. Would you be willing to teach a workshop or demonstrate a technique? ___yes ___no
Which one or both? _____

3. What are your favorite types of quilts? Circle your favorite
a) Traditional b) Applique c) Modern d) Art quilts e) Miniature f) Other

4. From what teacher(s) would you like to take a class? (local, regional, and/or national)

5. What type of workshops are you interested in?
___Small expert project ___Large expert project ___No machine required
___Draw and design

6. Do you like to play games with quilt items as prizes? ___yes ___no



Questionnaire (Continued)

7. Which of the following activities would you be willing to participate in?

_____ Round Robin (either row or block to be passed from one member to another)

_____ Mini Row by Row (a theme selected Row project with a new design each time it is passed)

_____ Block Raffle (Participants make blocks and they are sold in a blind auction (money goes to the program committee for future programs)

_____ Block Swap (participants make "X" amount of the same block and then exchange blocks with other participants)

_____ Paint Chip Challenge (Participants select a paint chip card and are then challenged to create a quilt using the colors on paint chips)

_____ Brown Bag Project (Load a brown bag with three fabrics. At a guild meeting exchange for another bag at the meeting. Create a quilt using the fabrics in the bag.)

_____ Other ideas? _____

_____ Would you like to join us on the program committee this year? We are planning 2021 programs now and you can have a direct impact on what programs are offered. We meet once a month and would love to have you. Name _____

Name:(Optional) _____

The questionnaire is on the website in the same folder as the newsletter. You can mail your responses if you choose to:

Frances Shearer
3807 Kendall Drive
Frederick, MD 21704

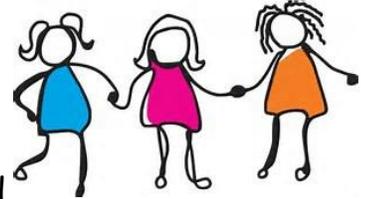
Text: 630-730-3592

E-mail: franceshearer1092@gmail.com



MEMBERSHIP REPORT

Two renewals for March, Robin Rippeon and Darlene Morris. Since we won't be meeting in April, you can send your membership checks to Darlene Morris at 2304 Mt. Ephraim Road, Adamstown, MD 21710. I will hold the membership cards until our May meeting or when we can meet again. Stay safe and watch out for the older folks. (That's most of us.)



Darlene Morris, Chair

HOSPITALITY



Even though there was no March meeting, we still drew names of our members. Mary Pauley won the monthly door prize drawing for an issue of Quilt Folk and a \$40 gift card to Quilt Folk. Both from Quilt Life.

The following people won a 2020 Quilt Folk calendar - Bernice Huff, Robin Rippeon, Junice Patton, Eleanor Weitzel, and India Hitchcock.

I will send them an email to let them know. They will have to wait till our next meeting to receive their prize (whenever that may be).

Thanks,
Barbara Scuderi, Chair

BLOCK OF THE MONTH

The next block in the Sundays Best Sampler Blocks is the 'Driftwood Drive' block. It's a quick block and can be located here:

[Sunday Best Quilts Sampler Block | quilting | A Quilting Life](#)

Have fun with it!

Till we meet again,
Kathy Shankle, Chair



Top, Kathy Shankle's April BOM.

Left, Danita Frisby's, and right, her completed March block.



Virtual March Quilt Guild Business Meeting

Please let me know if there are any corrections or additions to the February meeting minutes as published in March's newsletter.

Treasurer's Report: Year to Date Income through February 29, 2020 is \$940.00
Year to Date Expense through February 29, 2020 is (-\$248.02)
Net Income through February 29, 2020 is \$1,188.02
Checking Account balance at February 29, 2020 is \$12,311.93.
Robin Rippeon, Treasurer

Please see the list of committees included in this newsletter and consider joining a committee. We are in particular need of a chair and volunteers for the Opportunity Quilt Marketing Committee, Publicity, and Delaplaine Quilt Show. We need a chair for the Banquet Committee and more volunteers for the Program Committee as well.

The website member password will be changed in May each year. You will be informed of the new password.

Election of Vice President and Treasurer will be held at the May meeting. There is a Nominating Committee which will present candidates in the April newsletter.

The April meeting and workshop has been canceled. As of this time, the May meeting is still on schedule. We will re-evaluate as time goes on.

Committee Reports:

Opportunity Quilt - The pattern is chosen but work is on hold until we can meet again. Nancy Speck, Chair

Membership - If you have not paid your dues please do so. Dues can be mailed to Darlene Morris, 2304 Mt. Ephraim Rd., Adamstown, MD, 21710. Darlene Morris, Chair

Block of the Month - The next block in the Sundays Best Sampler Blocks is the "Driftwood Drive" block. Kathy Shankle, Chair

Quilt Challenge - The quilt challenge is "Trees." See separate article. Brenda Barnhardt, Chair

Programs - The Program Committee has begun the process of searching for speakers for 2021. We re-booked Geraldine and Debby for next year.

We would like input from members as to the type of programs you would like for our meetings. A questionnaire was sent out to all to help the committee with decisions. Please complete and return to: Frances Shearer, 3807 Kendall Dr., Frederick, 21704.

Looking forward to seeing all of you in May - keeping in mind the old Persian adage "This too will pass." Lenny Truitt will be our guest speaker sharing "The History of Feed Sacks." Frances Shearer, Chair

Keep safe everyone and keep in touch. Visit our website and post on our Facebook page.

Submitted by Danita Frisby



Fabric Marbling Workshop

Local artist, Brittani Locke, will be offering a fabric marbling workshop for our guild on Saturday, May 23rd in her fully equipped home studio in Boonsboro, MD. There will be two 3-hour sessions - Morning (9 a.m. – Noon) or Afternoon (1:00 – 4:00 p.m.) The studio space will hold 6 - 8 participants per session. We have already filled the afternoon session (8 people), but still have 4 openings left for the morning session. Cost is \$75 and must be paid by April 23rd

Workshop description from Brittani – Join us to create colorful marbled patterns on fabric by trying your hand at the classic art of marbling. Participants will float fabric paint in a gel-bath and use a variety of tools to create intricate swirling designs. We will then dip cotton fabric squares into the paint to absorb the design onto the fabric. All materials will be provided. Participants will walk away with their own 5-10 pieces of 20" x 15" quilting cotton.



If you are interested in joining in this workshop, please contact Mary Pauley – pauley.mary.ann@gmail.com. Once we have our 12-16 participants, Mary will communicate via e-mail, collect payments, and give further details as the date approaches.

Disclaimer – Due to the Coronavirus pandemic, if the group decides they would like to change to a later date, we can work with Brittani to do so.

Mary Pauley



But we still have birthdays... April birthdays:



April Refreshments
No meeting, no refreshments.

Linda Beavers at 301-831-9821.

- | | | | |
|---|-------------------|----|---------------|
| 1 | Linda McNey | 10 | Claudia Helta |
| 4 | Cheryl Kershner | 15 | Robin Rippeon |
| 4 | Charmaine Richman | 18 | Marty Simmons |
| 8 | Mary Pauley | 25 | Marie Cochran |

Double O Retreat

With the COVID-19 quarantine, this year's retreat was cancelled. Colleen Tavenner, our hostess, will keep us updated if another date later in the year is available to rebook. Otherwise, next spring.

Brenda,

Saturday, 3/14/20

A couple years back we donated some quilting items to the Frederick Quilting Guild through you. My grandmother, Charlotte Hackett, has recently passed away and I now have more items to donate namely fabric and some quilting books. She quilted for over 90 years so this was her most prized possessions. I just want it to go to people who share her love of quilting.

Tina Jacobi

Look for Charlotte's fabrics, magazines, books, patterns and notions at the Last Chance Stash.

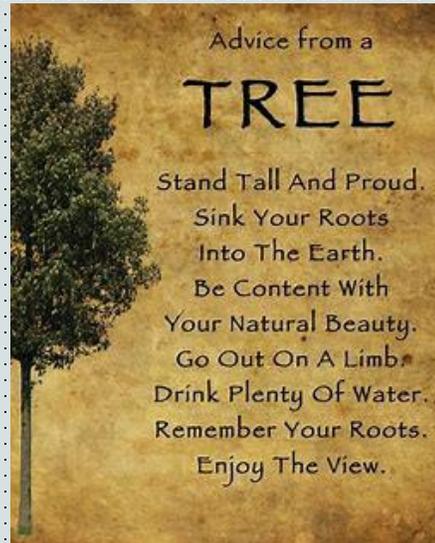


2020 CLUSTERED SPIRES QUILT GUILD CHALLENGE

TREE(S)

2020's challenge theme is TREE(S) – one or more. Where would we be without trees?

Good time to get started!



Requirements are below. Please follow these rules to be eligible to win a prize.

Rules of the Challenge

1. Your entry must represent a **tree** in any way.
2. It has to be predominantly **3 layers** (top, batting, and backing) with some quilting.
3. There is a size requirement – it **MUST BE 24" WIDE** and **ANY LENGTH UP TO 36"**.
So it can be square or rectangular, portrait or landscape orientation – just 24 inches wide.

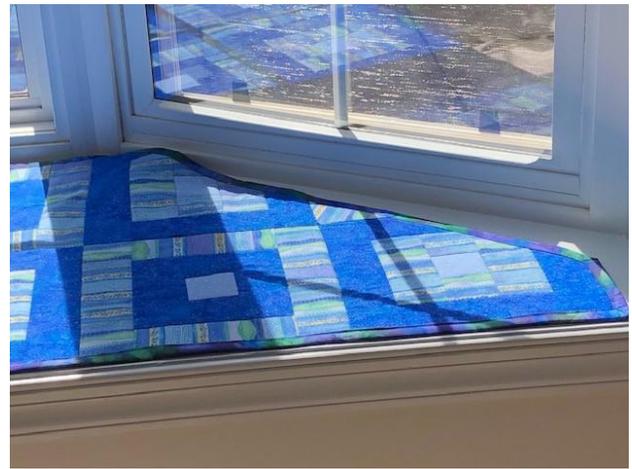
That's it! We're planning on featuring the entries at the CSQG quilt show at the Delaplaine in December so all sizes need to be of a consistent width.

Prizes: First place (valued at \$75), second (\$50) and third (\$25) will be awarded at the October meeting with the members voting. Have fun!!!

Brenda Barnhardt, Chair



No meeting, so no meeting photos, but we do have some Show & Tells thanks to our faithful quilters. As some of you know, Nancy Speck recently moved to Homewood into a cute cottage that's working very well for her. Everything on one floor – no running upstairs for sewing, lower floor for computer work and the main living area on the first floor. She has a lovely picture window facing out the back and needed a cheery window seat for reading a good book or her beloved four legged son, Bo. Didn't take Nancy long to make one.



And Sandy Dunning says, "Here are two photos that show what I've been doing during our self imposed quarantine. The sheep pillow was the first project I have made using the ribbon attachment on my new machine. Think I'm going to enjoy using it." In re: second photo, "The center fabric 'postcard' was given to me by Fran Scher as a souvenir from her trip to the Austin quilt show."



Second row right, Brenda Barnhardt hand appliqued and embroidered a wool candle rug for a friend.

At right, Brenda finished a long term project of a hand appliqued table runner in batiks.





So we're all aware of the 2020 coronavirus pandemic and being quarantined. This gives us a lot of extra home time and being quilters, we're rarely idle. Besides various quilting projects on our "to do" list, Olga Schrichte and Fran Scher headed up a guild effort to make face masks for the local hospital and health care professionals we know. Below is a front page article in the Frederick NewsPost. Thanks go to Marty Simmons and Danita Frisby for submitting the information!

Frederick News-Post Thursday, March 26, 2020

Local groups help Frederick Health Hospital with handmade masks and donations
By Erika Riley eriley@newspost.com



When Lisa Kimble got a call from her friend who is a nurse at Frederick Health Hospital about the shortage of masks for health care workers, she knew she could help.

Kimble is the chapter coordinator of The Linus Group of Frederick County, a nonprofit that sews blankets for children who are recovering from a trauma or crisis. The members of the group have plenty of sewing experience — and a lot of time on their hands — so she figured they were a perfect group to get to work on handmade masks.

Luke Markey, co-owner of ShieldCo in Frederick, works to sew a mask, which he and his employees plan to produce to help supplement medical workers who are short on medical masks during the outbreak of the novel coronavirus. The masks are not the N95 masks that can filter out viruses, but they are suitable for preventing a patient who is sick from expelling the virus when they cough.

Staff photo by Graham Cullen

"All the elective surgeries are being canceled, so the blankets aren't really going to go out the door, and it gives everyone something to do while they're home — while helping their community," Kimble said.

The Linus Group isn't the only organization on board — ShieldCo, a sign manufacturer in Frederick, and the Clustered Spires Quilt Guild are among others also starting to make masks by hand.

N95 respirators, surgical masks that are used to prevent droplets from touching health care workers' faces, have been in short supply in the midst of the COVID-19 pandemic. But doctors, nurses and other health care providers need them now more than ever.

Danita Frisby, president of the Clustered Spires Quilt Guild, said a guild member saw an article online about how to make masks by hand and suggested it to the group.

Luke Markey, co-owner of ShieldCo in Frederick, dons a mask he made by hand — one of many he and his employees plan to produce to help supplement medical workers who are short on medical masks during the outbreak of the novel coronavirus. The masks are not the N95 masks that can filter out viruses, but they are suitable for preventing a patient who is sick from expelling the virus when they cough.

Staff photo by Graham Cullen



Frisby wanted to make sure that FHH would accept the masks, so the group made a sample mask and brought it to the development office to review. "And we tweaked it a little bit, and got the pattern they were happy with and wanted, and we sent out an email blast to all of our members that said please make masks for the hospital," Frisby said.

FHH prefers a slightly smaller mask than some of the standard patterns online. The guild has created a document with instructions on its website (clusteredspiresquiltguild.org) that can be used to make a mask.

The masks are made of 100 percent, tightly woven cotton with quarter-inch elastics for the straps. Luke Markey, the co-owner of ShieldCo, said that his company wanted to help make masks in addition to helping other people make masks, so they bought enough cotton and elastic to make about 1,000.

Markey and some ShieldCo employees have been using two sewing machines in the office to make the masks, and are providing material to anybody who wants to help.

"In my position as a business owner, I would much rather take action than sit on the sidelines, while I'm healthy, while I'm capable," Markey said. "I'd much rather be able to do something of benefit to the community."

Continued on Page 14



Frederick News-Post (Continued)

Materials are also available at JoAnn's Fabric at 1003 W. Patrick St., which is still open for curbside pickup. Frisby said, however, that no quarter-inch elastic is currently available.

Robin Rose, vice president of development at FHH, said that the hospital has already received hundreds of masks, which will mainly be used on top of N95 respirators to help lengthen the time they can be used. The masks can also be worn alone by employees who do not have direct contact with patients.

In addition to masks, the hospital is looking for other personal protective equipment (PPE) such as gowns, plexiglass full-face shields and gloves. They are also looking for equipment such as temporal thermometers, disposable stethoscopes, stuck and pulse oxygen monitors, in addition to hand sanitizer and disinfecting supplies.

Rose said that the hospital is preparing for a possible surge of patients, in which case it will need a lot of supplies, room and staff. "We would love to say that we won't have to use them because we won't have a surge of coronavirus patients," Rose said. "But we have to be prepared."

The community has already stepped up to help, Rose said. In addition to the hundreds of handmade masks the hospital has already received, Frederick Community College, Hood College and Frederick County Public Schools have helped with donations. Raymar Moving provided a van-load of gloves and paper products to the hospital as well. "The generosity of people is just amazing," Rose said.

Those interested in making a cash donation can visit frederickhealth.org/donatenow. The hospital has also received interest in food donations to health care workers, but Rose encourages those interested to contact the development office at 240-566-3478 to coordinate with the hospital.

Walking into the hospital with a donation unannounced can be dangerous. With the spread of the coronavirus, coordination is key.

Both Frisby and Kimble have set up systems with their organizations to collect the masks and bring them into the development office. The guild has a drop-off box on the porch at 1600 Bolton St., and the Linus Project has a drop-off box at JoAnn's.

Kimble is also available to pick up masks from those who do not want to leave their house. "There's those quilters that have stashes of fabrics in their home, and they're probably cranking out masks, but they don't want to go out because they're a high-risk group," Kimble said.

Rose hopes that the community will stay informed and up to date with the hospital's needs through its Facebook page and website, as their needs will change in the upcoming weeks. She finds it touching that the hospital, which was started in 1902 by a group of women solely on donations from the community, is still being helped by the Frederick community now. "More than 100 years later, here we are still relying on our community to help, to help us care for the sick. For 100 years, that's what has sustained us," she said. "And we couldn't be more grateful."

https://www.fredericknewspost.com/news/continuing_coverage/coronavirus/local-groups-help-frederick-health-hospital-with-handmade-masks-and/article_b277a1d1-0c5a-5e6b-9692-5117b3995615.html



Olga put together instructions after consulting with the Frederick Health Hospital on what features would work best for them.

Directions for Making Protective Face Masks

- **Materials Needed:**
- Tightly woven cotton fabric – prewashed without fragrance or dryer sheets (a Fat Quarter will make 2 face masks)
- ¼-inch knit elastic
- Thread
- Sewing Machine
- Iron & Ironing Board



Directions - Cutting

Please read all directions before starting

Cut 2 rectangles of fabric
8-inches wide by 7.5-inches high

Note: If you are using directional fabric make sure to orient the fabric correctly.



Cut 2 pieces of elastic 7-inches long

Watch Video for Technique



Click on the photo to take you to YouTube to watch the video
<https://youtu.be/9tBj0Os5EWQ>

Please ignore the measurements of fabric given in the video!

Note website for video demo.



COVID-19 Instructions (Continued)

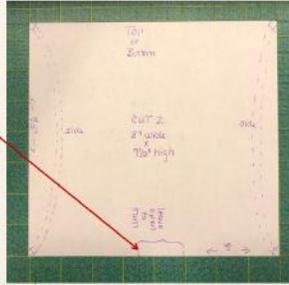
Directions

- Follow the video to see how to sew the rectangle with the elastic secured in the corners. **(Again, ignore the measurements given for the size of fabric.)**
- Be sure to leave a small opening on one of the 8-inch sides to turn the mask right side out.

Directions – Pinning & Sewing

Start stitching here

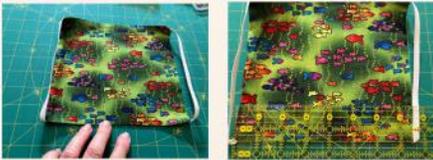
- Sew clockwise around the rectangle with a 3/4" seam allowance
- I recommend backstitching over the elastic in the corners to reinforce it
- Stop about 1.5" – 2" from the starting point to leave an opening to turn the mask right side out



Turn & Press

- Turn the mask right side out.
- Tug on the elastic to pull out the corners.
- Be sure there isn't any extra fabric tucked under at the seams
- I find it helps to dampen the fabric at the seams and roll it in between your fingers to release any extra fabric that might be tucked under at the seams.
- Finger press and then press with a hot iron.
- Do this for all 4 seams.

Making the Pleats



- Lay the mask on a prominent line on a cutting mat
- Lay an acrylic ruler on the mask 1.5" up from the bottom and mark on either side with either a removable marking pencil or a pin

Marking 1st Pleat



- Measure 1-inch up from the previous mark and make a mark or pin
- This measurement is 2.5" up from the bottom of the mask
- Your mask should look like this

Forming 1st Pleat



- Pinch the fabric at the lower pin and bring it up to the upper pin.
- Pin the pleat in place.
- Repeat on the other side

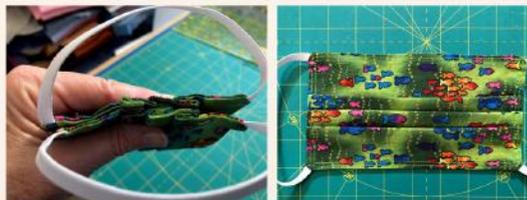
Editor's tip: If you want to mark all of the fold lines up front, measure from the bottom: 1-1/2", 2-1/2", 3", 4", 4-1/2" & 5-1/2".

Forming the 2nd & 3rd Pleats



- Measure 1/2" up from the fold in the 1st pleat and place a pin.
- Place another pin 1" up from this pin
- Repeat on the other side
- Pinch the fabric at the lower pin and take it up to the upper pin to form the 2nd pleat
- Repeat these steps to mark and make the 3rd pleat
- Your 3 pleats should look like this
- Please note, *all pleats must face in the same direction!*
- Press the mask
- It should measure approximately 7.5" x 4"

Double-Check the Pleats



- Fold the mask in half to double-check that the sides are the same length.
- If they're not, adjust the pleats as necessary
- Press the mask on both sides
- Topstitch around the perimeter of the mask twice
 - First at 1/4" and then again 1/8" from the edge to secure the opening through which you turned the mask

Please, Keep Making Masks!



Thank you very kindly!

Additional information:

(1) Do not use the measurements in the video - Cut fabric 8" wide by 7-1/2" tall. Watch with directional prints for orientation. Wash fabrics and elastic before construction (no fabric softener, gentle soap).

(2) From a nurse practitioner: "There needs to be a different fabric design or color used for inside and outside of mask so we can quickly tell which side has been to our face and which said has been toward a patient. Makes a difference in how you take it on and off and then put back on. Want to know which side you already had facing the patient to you don't mistakenly put that side toward your face when you put it back on."

(3) Sandy and Olga are going to standardize pickups on **Monday, Wednesday, Fridays at 4 pm** at both locations. (Thank you so much to both of them!) As a reminder, the pickup elastic/dropoff locations are porches in Frederick at: Danita's: 1600 Bolton Street and Olga's: 2558 Bear Den Road. When you drop off masks, there is more elastic to take to make more. Danita can provide donated fabric if you contact her at 240-818-3405 or whamo345@gmail.com.

(4) The Linus Project of Frederick shared this: "For one ICU patient, there are a team of caregivers. 10 (on average) people take care of each ICU patient & round on each patient twice a day minimum. If you have, say 10 ICU beds, 10 patients, round on each one twice a day, that's 200 masks used per day (i.e. that's why there is such a shortage)."





A message from Sandy Dunning (dated 3/26/20):

As I write this update, I am imagining some of us still sitting at our machines, stitching face masks for our healthcare workers who are on the front lines of this pandemic. Today, I (Sandy) did the "mask run" to FHH. (I am going to try to use their new official name, Frederick Health Hospital.)

Thanks to all of you who have been making the masks! I was awed, not only by the number of masks that were made, but also by the lovely fabric that has been used. The masks are lovely and the choice of fabric is uplifting.

I delivered 104 today and a friend of Olga's dropped off 10 more. That makes a grand total of 360 masks so far!

One suggestion that may have been overlooked is to use a different fabric on one side so that it is easier to distinguish the front from the back.

Also please remember that there are two drop off sites, Danita's and Olga's. Both places have elastic available for you to take.



The picture is Brittany, one of our brave healthcare workers at FHH, wearing one of our masks. She sends her thanks to all of us and also reminded everyone that donations are always needed.

Stay safe, stay well, stay home!
Sandy



More information from Fran Scher: "As a reminder, it is best to email to info@clusteredspiresquiltguild.org to let us know if you have made and donated masks, whether they have been dropped off at Danita's, Olga's, or given directly to a healthcare organization. That way we have all that info in one place."

Thanks for all you are doing, Fran"

Samples of Fran's masks





Julie Howell sent this out: "My sister could not get elastic so she made ties. That is how masks were in health care my whole career.

I am working on masks for people in the community who need them i.e. immune suppressed. I also made moldable nose pieces. I put three four inch pieces of florist wire parallel on a piece of tape and encased them. Inserted that into a 1/2" casing and edge stitched it to the mask top and center on the outside.

Sew on, Julie"



And here are some final Show & Tell mask photos for inspiration...

Olga Schrichte's middle and right.

Below and right are Brenda Barnhardt's.



Thank you to everyone leading the effort and making masks. There continues to be a need so keep sewing!





Since we are not meeting in April, here's a letter from Jodi Gerber to share ...

 MONOCACY HEALTH PARTNERS
ONCOLOGY CARE CONSULTANTS

Elhamy D. Eskander, M.D., F.A.C.P. Mark G Goldstein, M.D., F.A.C.P. Brian M. O'Connor, M.D. Patrick J. Mansky, M.D.
Patricia A. Rice, CRNP, ANP-BC, OCN, APNG

April 1, 2020

Dear Clustered Spires Quilt Guild,

On behalf of the Stockman Cancer Institute, thank you for your very generous donation of comfort quilts for the infusion center. The good news is that all the quilts have been shared with our cancer patients receiving treatment. Our patients absolutely loved them! Because we had a finite number of quilts to share, we developed brief distribution guidelines:

- Quilts were given to our new cancer patients and/or those who have recurred or relapsed or are struggling.
- Our patients are given the prerogative as to whether they bring their quilt to the infusion center while getting their treatment.
- Interestingly only 40% of the patients which you see in the infusion center are cancer patients. The rest have other illnesses and are getting infusion treatments for those illnesses.

Thank you again to the generous and creative hearts which crafted our comfort infusion quilts.

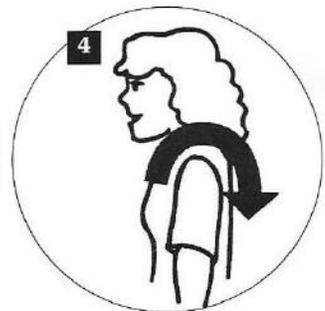
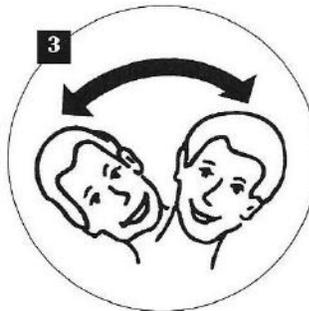
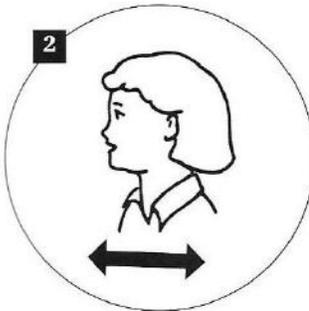
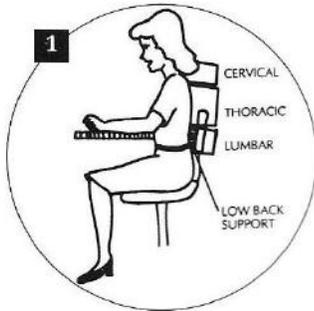
Sincerely,



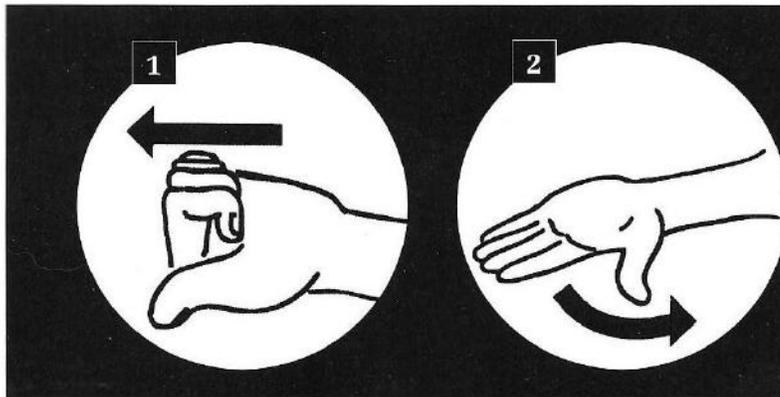
Jodi Gerber, LCSW-C, OSW-C
Clinical Social Worker
Frederick Health Oncology/Hematology
James M Stockman Cancer Institute
1562 Opossumtown Pike
Frederick, MD 21702



Ten Exercises for Quiltmakers



GOOD SITTING POSTURE – Good sitting posture allows your back to do its job of supporting you. Your goal is to keep the three natural curves of your spine in their normal, balanced alignment (1). **NECK RETRACTION** – To realign your cervical curve, slide your chin straight back keeping your head and ears level. You should feel like you have a double chin. Repeat 5-10 times, several times throughout the day (2). **NECK STRETCH** – To release muscle tension in your neck, try to touch your ear to your shoulder. Be sure to keep your nose pointing forward and move slowly. Repeat 5-10 times, several times during the day (3). **SHOULDER CIRCLES** – To release muscle tension in your neck, shoulders, and upper back, circle your shoulders backward in a wide arc. Make several circles then relax. Repeat 5-10 times throughout the day (4).



ELBOW PRESS – To release muscle tension in your middle back, bring your elbows out to the side at chest height. Press them gently backward, hesitate a moment, then release. Repeat 5-10 times, several times throughout the day or whenever you feel stiff or tired (5). **MIDDLE BACK STRETCH** – To realign your thoracic curve, bend both elbows and press one arm above you and the other behind you. Repeat 5-10 times, several times throughout the day (6). **ABDOMINAL STRENGTHENER** – Strong abdominal muscles will help support your lower back and keep it aligned. Sit with your buttocks firmly against the back of your chair and exhale and tighten your abdominal muscles for a count of 10. Release and repeat 5-10 times, several times during the day (7). **BACKWARD BEND** – To reverse the slouch curve and release muscle tension in your lower back, stand up, press your palms on your lower back for support, and gently bend your upper and lower back backward. Hesitate a moment, then release. Repeat 5-10 times, several times a day.

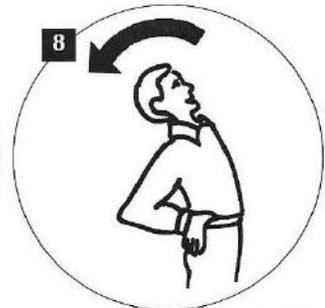
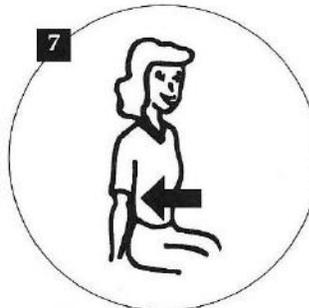
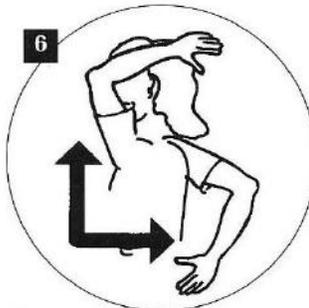
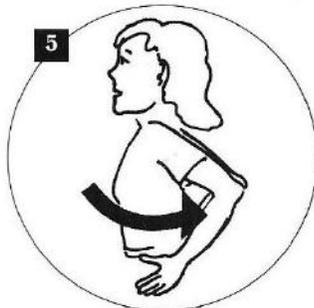
Certain repetitive hand activities may put you at a higher risk for developing a variety of wrist problems. By learning how to modify how you use your hands, you may be able to reduce the risk.

- Keep your wrist in neutral. Avoid using your wrist in a bent or twisted position for long periods of time. Try to maintain your wrist in a neutral (straight) position.

- Rest your hands. Periodically give your hands a break by letting them rest briefly. You may be able to alternate easy and hard tasks, switch hands, or rotate activities.

GRIPPING – To release muscle tension in your hands, slowly make a fist then stretch your fingers out straight while spreading your fingers. Hold this position for a second then relax. Repeat 5-10 times, several times during the day (1).

THUMB STRETCH – To release muscle tension in your thumbs, stretch your thumb out to the side gently pulling on it with your opposite hand. Hold it in a stretched position for a count of 3, then release. Repeat 5-10 times, several times during the day (2).



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Here is a list of committees and volunteers. Please review and consider adding your name to a committee you are interested in. Thank you, Danita Frisby

Opportunity Quilt Construction

Nancy Speck - chair
Brenda Barnhardt
Danita Frisby
Barbara Scuderi
Joan Watkins
Marty Simmons
Kathy Shankle
Clair Daly
Linda McNey

Banquet

NEEDS CHAIR
Clair Daly
Kathy Shankle
Mary Pauly
Sandy Dunning
Cynthia Gaughan

Community Service

Kay Rice-chair
Marcia Walker
Brenda Barnhardt
Danita Frisby
Kathy Shankle
Fran Scher
Barbara Scuderi

Hospitality

Barbara Scuderi - chair
Cynthia Gaughan

Last Chance Stash

Mary Pauley

Newsletter

Brenda Barnhardt
Linda McNey

Quilt Challenge

Brenda Barnhardt - chair
Julie Howell
Olga Schrichte

Sunshine

Olga Schrichte - chair

Opportunity Quilt Marketing

NEEDS CHAIR

Website

Fran Scher - chair

December Delaplaine Quilt Show

NEEDS CHAIR

Block of the Month

Kathy Shankle - chair
Darlene Morris

Facebook

Karen Smith

Fundraising (Church Bazaar)

Sandy Dunning – chair

Fundraising

NEEDS CHAIR

Membership

Darlene Morris - chair
Linda McNey

Monthly Drawing Basket

Danita Frisby

Programs

Frances Shearer - chair
Marty Simmons

Publicity

NEEDS CHAIR

Refreshments

Linda Beavers - chair
Sandy Dunning
Claudia Helta



Our Nominating Committee has successfully found candidates for Vice President and Treasurer. The nominees are (drum roll here!) - Kathy Shankle for VP and Robin Rippeon for Treasurer. If anyone else would like to be considered, please let the Nomination Committee (Fran Scher or Joan Watkins) know. Voting will be in May and done virtually if we can't actually meet. Thanks to the committee and to the nominees.

Danita Frisby



April	2-5	CSQG Quilt Retreat at Paw Paw, WV - Cancelled COVID-19	www.doubleoretreat.com
April (NOTE DATE CHANGE)	7	CSQG Meeting - Debby Kratovil: "Turning 60, The Joys of Hex" - Cancelled COVID-19	www.quilterbydesign.com
April (NOTE DATE CHANGE)	8	Workshop with Debby Kratovil: "Ezekiel's Crown" (Paper Piecing and Curves) - Cancelled COVID-19	www.quilterbydesign.com
April	22-25	AQS Spring Quilt Show @ Paducah, Ky - Moved to September 2-5.	www.americanquilter.com
May	14	CSQG Meeting - Lenny Truitt: "The History of Feedsacks"	
May	29-31	Quilter's Unlimited Quilt Show	www.quiltersunlimited.org/quiltshow
June	4	CSQG Board of Directors Meeting @ Linton Shafer Warfield & Garrett Offices @ 7pm	
June	11	CSQG Meeting - Clara Daniels: "Precut Passion"	
June-Sept.	TBD	Row by Row Experience Shop Hop	www.rowbyrowexperience.com
July	9	CSQG Meeting - Sit & Sew	
July	10-12	Mid-Appalachian Quilters Seminar @ Gettysburg College	www.maqonline.org
August	5-7	AQS Lancaster Quilt Show at The Nook - New	www.quiltweek.com
August	13	CSQG Meeting - Community Service Sit & Sew	
September	5-Feb	AQS Spring Quilt Show @ Paducah, Ky - Moved from April.	www.americanquilter.com
September	3	CSQG Board of Directors Meeting @ Linton Shafer Warfield & Garrett Offices @ 7pm	
September	10	CSQG Meeting - Barbara Cline: "Where, When, Why, and How of Quilting"	www.delightfulpiecing.com
September	11	Workshop with Barbara Cline: "Star Tricks"	www.delightfulpiecing.com
September	17-20	Pennsylvania National Quilt Extravaganza @ Oaks, PA	http://www.quiltfest.com/upcoming-shows-and-events/pennsylvania-national-quilt-extravaganza/
September	18-26	Great Frederick Fair	www.thegreatfrederickfair.com
October	8	CSQG Meeting - Guild Challenge Awards and Community Service Presentation	
October	8-12	Quilters' Quest Shop Hop	www.quiltersquest.org
November	12	CSQG Meeting - Karen Fricke "Beads, Buckles and Buttons"	www.karenfrickequilts.com
December	5-27	Delaplaine Center Clustered Spires Quilt Guild Quilt Exhibit	
December	10	Guild Holiday Banquet	

The Common Thread is published monthly by the Clustered Spires Quilt Guild of Frederick, MD. Subscription to the newsletter is included in the annual membership fee. Articles must be submitted to the newsletter editor by the 25th of each month by postal mail, e-mail or written message given at the quilt guild meeting. The newsletter is posted on the guild's website on the 1st of the month.

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 Show & Tell Contributor: Linda McNey
 Website: www.clusteredspiresquiltguild.org

