

# Rocky Mountain Wa Shonaji Quilt Guild

## Wa Shonaji Zooms to Practice a Zoom Meeting

Wa Shonaji members met online Saturday, June 27, to catch up with friends and to gain confidence in using Zoom for meetings. The Guild will hold a regular meeting online 10 a.m., Saturday, July 11, to address some business and to vote on bylaw updates.

Our meeting facility, Blair-Caldwell African-American Research Library, has refunded the Guild's rent for the remainder of the year, according to Treasurer Nannette Locke. President Geneva Lottie believes we won't meet in person again until 2021 so it's important to do it virtually!

In the meantime, there's lots to keep you busy, informed, and in touch:

- Wa Shonaji's blog! Visit our blog on the Wa Shonaji website to keep in touch! See pages 9 and 10 for how-tos. Some helpful updates are posted.
- Projects:
  - 12.5" x 12.5" Colorado Architecture—Buildings and Bridges for August Exhibit. All quilts are due **Saturday, July 18**, at **Blair-Caldwell Library Parking Lot**. This will be a Virtual Exhibit! See pages 16 and 17 for details.
  - Round Robin: Keep the pieces moving within your group.
  - Opportunity for exhibit, page 9
  - BOM: See pages 12 to 14 for Blocks 7 and 8!
- The opportunity to keep up with each other via email, phone calls, or our blog. It's vital during this time of separation. Feel free to send a note or email or pick up the phone to make a connection...

Proposed updates, approved by the Board, for the Guild's Bylaws have been emailed to members (and mailed to those without email). Please review so you're ready to vote. We will have a Zoom meeting at **10 a.m., Saturday, July 11**, to vote on these updates. If you didn't receive the bylaws, misplaced them, or have any questions, call Geneva Lottie at 303-504-0893.

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EVENTS CANCELLED TILL FURTHER NOTICE...

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- To Be Determined...

## Busy Hands Make Time Fly... But Is Time Flying Fast Enough?



**Kathy Kruckenberg:** I have been sewing masks like other quilters and sewing people. Most are for friends and family.

My other accomplishments include a hand applique block that is due for class once things

open up, finishing the binding on my flannel quilt, and sewing a baby quilt for the Rock Ledge Ranch craft show. I made the Southwest wall hanging for a friend in Arizona. The edge quilting was a challenge for me but I was pleased with how it turned out. I've also been having fun viewing a DVD on machine quilting but haven't had much time to practice with all my other sewing obligations.

My garden is ready for planting and I am anxiously awaiting the first hummingbird sighting at my feeder.

I am thankful that my husband and I are healthy and though I too am getting restless, I hope the state is not opening businesses up too soon.

**DeLois M. Powell:** The set of identical twin boys in our family will be turning 11 in July 2020. As a teacher and quilter, I celebrate this milestone with

the family by encouraging continued learning, continued striving to be your best YOU, and an appreciation of self as an African American male in this country.

The table runners shown below will be sent to be placed on their student desk that the two boys



share, in hopes that they will be reminded of how rare and important they are to this family and how much they are loved by their grandmothers, De Lois and Dana.

**Artie Johnson:** "Daydream Blossoms"—My COVID-19 panel treatment. It made my days brighter.





“Where Poppies Grow”—This project (above) was begun in 2014, it became a UFO in 2015 and a work in progress in 2019, and it was finally finished in 2020. It contains 400 leaves. I pieced and appliqued it to honor those who served our country in World War I.

**Linda White:** Once I found the groove, I have used the quarantine time to good advantage—finishing several projects.



I finally quilted “Bermuda Triangle” (left). The pattern is Castle Wall with a lot of “things going on,” as AI says.

“Forest, Trees” at right is made from commercial fabrics and a fuchsia screen-printed fabric from a class.



**Lynette Johnson:** It has been a long five months: I have spent a majority of the time in isolation. Quilting has been my saving grace. My daughter, Paula, was pregnant with a new granddaughter, so

my time with them has been limited to Facetime and very long telephone conversations.



The highlight is that my new granddaughter was born June 21, 2020, her name is Skylar May Johnson, she was 6 weeks premature and will be in the NICU for another month. She was delivered by emergency C Section. She weighs 3.3 lbs and is 16 inches long. I have quilt blocks bigger than that. (Smile) But both mom and baby are doing fine, and I am very grateful. The baby quilt that I am making for her is not yet complete. Yes, I’ve procrastinated, thinking I had plenty of time. Well, between the Guild’s Exhibit quilt, ‘We the People,’ and the baby quilt, I am now under a time crunch. Stress levels are high for the first time in a very long time.

As to my quilting I’ve made great progress: “Grandma’s Kitchen” (below) was a 2018 Quilt Along with Pat Sloan. I finally finished it in early March. The fabrics follow the theme and are mostly ’30s fabrics and color combinations that remind me of my Grandmother’s aprons, her kitchen curtains, and house dresses. She kept a wonderful rose garden, and the embroidered rose in the center of the quilt is a tribute to her garden.





Then I finished a quilt (above) from a cruise in early 2019. The pattern is the “Hillsides of Texas.” The colors and flowers in the fabrics are representative of the flowers well known in Texas. The cruise celebrated my retirement. The colors are bright and very cheerful. During 2019 I had 9 separate trips, 4 of them cruises, a whirlwind of travel and quilting. Such a difference in 2020! I am lucky to venture to the grocery store every 14 days. I hope to return to that life of travel and adventure.

The quilt below is another Quilt Along with Kathleen Tracy, who is famous for her small quilts. The fabrics in this quilt were in a Layer Cake that I had on hand. The final size will be 42” x 42”. It’s going on my quilting machine as soon



as I finish a large Court House Steps that I hope to finish and donate as a Charity Quilt, for my Wa Shonaji Birthday Quilt, the next time we meet.

The green quilt top (top, right) will be next in line to be quilted. It was a collection of green fabrics that I gathered for a Quilt retreat in the mountains near Blackhawk in August 2019. During the 5-day retreat I was able to build all of the blocks and



the rows, and I sashed the blocks during April’s quarantine.

The most recent top completed is the beautiful blue and cream “Plantation Stars” above by Pam Budda. I started this quilt on another Quilting Cruise in 2019. The Revolutionary War theme resulted in three wonderful Reproduction quilts. I still have one more top to finish. This quilt has 240 2”x3” flying geese as a pieced border. The small stars are 3” blocks. This quilt required a lot of time and work with a lot of tiny pieces. I am nervous about what type of quilting I will do, so I shall practice a whole lot more before I tackle this one.

As you can see, quilting has been a major part of my life these last five months. As to these last months of quarantine, I’ve seen a lot of positives and negatives of this quarantine. The negative is that I’m not able to meet with you ladies and share my joy of quilting, and the positive is that my UFOs are getting done. Hope you enjoyed the ramblings of an old lady isolated by Covid-19. Stay well and stay blessed.

Your Sister in Quilting,  
Lynette Johnson

**Nannette Locke:** Nannette and her doggie daughter, Danser Minuet, are fairing nicely. Danser had a vet appointment on Friday, June 19, and she is doing really well. We are both using eye drops, not surprising for mature women of Colorado with the



wildfire smoke and other airborne particulates.

For the past weeks, I have been trying to complete the Virtual Exhibit pieces, as it's important to me to participate each year as a member of the Rocky Mountain Wa Shonaji

Quilt Guild.

I also made dresses for the little girls in Haiti. Project Sponsor is my sorority: Alpha Kappa Alpha Sorority, Inc. (Epsilon Nu Omega Chapter, Denver, CO). And I've contributed more masks to the Native American reservation in South Dakota.



I enjoy movies. I cannot believe that I finally have the time to pop a bag of popcorn, chill, and "veg" out. A day of Retirement 11 years ago (May 2009) looks a lot different since the Covid-19 Pandemic. The Movie, *Just Mercy* is a must-see! I have a few books open and I read them according to my mood. I

seem to research a lot more things of interest; take notes from my favorite streaming church services across the nation (including my Church, New Hope); journal; sleep later, and the day flies by. Did I say eat? I need to get some lunch!

I am truly grateful for the time to catch up with myself. My attire for the day is usually a pair of pajama bottoms and shirt/socks. The teens wear the pants to school, the grocery store, and to shop during the cooler months, and I have no issue wearing my outfit outside (front or back yards). I

dress for ZOOM Meetings or to go on a weekly visit to the grocery store/post office, only.

I am sharing a new recipe that I found in my *Good Housekeeping* magazine (April 2020). It is an easy and very delicious Potato Salad with Red Onion Vinaigrette. See page 25. Rave Reviews!! I hope that you will like the recipe and prepare it for your family and friends.

**Reniese Johnson:** Watching on TV: Tyler Perry's *The Oval*, *Council of Dads*, and yay! *Greenleaf* is coming back.

Working on: I reviewed Guild's Bylaws, sent 78 cards to "Cards for Kindness," and am working on Christmas cards.

**Mary Lassiter:** I was given a huge bag of nectarines so I decided to see what a nectarine pie would taste like. YUM!

On my daily walks I notice the gardens...raised ones, front yards, back yards, patios, in flowerpots, etc. In my garden, I see cucumbers, squash and tomatoes forming.

I watched *La La Land* while spending time with my daughter. The parallel story of improvisational jazz and living life authentically was a treat for me. I enjoy musicals and the study of music, including jazz.

My sister Carolyn scoured the internet and purchased a copy of a book I wanted, that I thought was out of print and no longer available. I enjoyed reading it and seeing the beautiful quilts. *Who'd a Thought It: Improvisation in African-American Quilting* by Eli Leon made a great gift.

Eli Leon, called a champion of African-American quilt makers, died at age 82 in 2018 leaving behind 3,500



(Mary's work continues on page 8)





*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 100 x 100, with lots of natural light. Oddly enough, it never needs cleaning either.*

*Sister Stitcher is talking about a room of one's own: sewing space!*

*Sister, good news! My princess, now married and with her own home, finally cleaned out her old room. I'm getting a sewing space! After years of sewing on my dining room table, this is going to be an oasis!*

*Any ideas about how to lay it out? It's about 10 feet by 12 feet, with windows on 2 sides of the room, and a good-sized closet.*

*—The New Queen of All She Surveys*

Congratulations, Queen! Permanent Happy Hour at your castle!

Before you go crazy at IKEA, Sister wants you to take a deep breath. To make a real oasis here, first assess what you want and what's possible in this new space.

Your Majesty, think about where you're sewing now. What frustrates you the most about that dining room table? Right, you had to take down projects and feed your pesky family on Thanksgiving. Now beyond that, is the table big enough to support a big quilt? Or are you making just small quilts these days? This will help decide the size of a new table or cutting space.

Your stash has probably been out of reach as you sewed in the dining room. In your new space, consider shelves on the wall to hold your collection. This surrounds you with color and inspiration! You'll find yourself singing "Who wants to come out and play?" to your batiks, solids, and African fabrics as you enter your queendom. To avoid dust, fold your stash and store it in clear boxes on the wall of shelves.

*Queen: Why not use bookcases?*

A: Your Majesty, bookcase shelves are not deep enough for fabric. Ask Sister how she knows.

To know how much shelving you'll need, you or your staff need to do some hard work first:



measure your stash. Measure each piece, carefully and completely; even a queen can't conjure up more square feet. Also, consider how the natural light in this room might fade your stash. Pick your wall carefully.

Speaking of walls: Are you considering a design wall? This is a good time to claim that space. Sister didn't realize she had room for a design wall until she took down a few family pictures.

About workflow: Sister follows the logic of *cut > press > sew*. Sadly, it does not work in her current space. Because of the location of an outlet, pressing precedes cutting on a table that Mr. Stitcher built to accommodate both, next to her machine. If you can be logical, Sister envies you. If not, take your cue from the room's electrical setup. You don't want to trip over cords. Also, Sister imagines your princess had carpet in her bedroom. If you can change to a surface that allows you to roll around a chair, do it. Pins will be easier to find on wood or linoleum.

The closet in your new space is an obvious storage site. Think about bulky items, or ones you



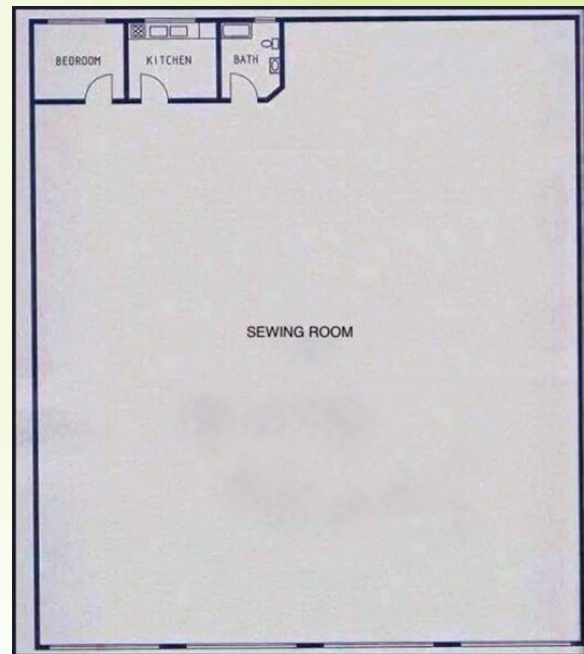
*Be sure to leave room for a comfy chair and a "visitor"!*

don't use often. Sister's closet holds her batting, her serger, her Featherweight, her knitting, and some rolls of fabric for Mr. Stitcher's He-Man Sewing Projects. Putting these seldom-used items away keeps Sister's visual clutter down.

This reminds Sister to ask about visitors, pets, and other sewists coming to your oasis. Will your princess need a chair so that she can watch you sew curtains for her new home? Does your dog like to curl up close to you? Will you need space for another stitcher to set up a machine, or to baste a quilt?

Google and Pinterest are treasure troves of floor plans, design ideas, and spaces to die for. Sister wants Your Majesty's staff to get a copy of [\*Creating Your Perfect Quilting Space: Sewing-Room Make-overs for Any Space and Any Budget\*](#), by Lois Hallock. Or maybe [\*Dream Sewing Spaces: Design and Organization for Spaces Large and Small\*](#), by Lynnette Black. *Perfect Quilting Space* was invaluable to Sister and even more to Mr. Stitcher as they budgeted, planned, and built her space. With a clear idea of what will work for you, that blissful space can be a reality.

Enjoy your new space, Your Majesty! Sister's off to dream of her retirement home now.



*An ideal floor plan!*

"In the rhythm of  
the needles,  
there is music  
for the soul."

More Work from Mary Lassiter,  
continued from page 5



quilts. Upon his death in Emeryville, California, Leon bequeathed his collection of

African-American quilts, including more than 500 by Rosie Lee Tompkins, to the Berkeley Art Museum and Pacific Film Archive (BAMPFA).

I completed a “leftovers” quilt, the hand quilting project taught by Netta Toll, and the hand embroidery project taught by Artie Johnson.

**Edith Shelton:** Trying to work on my “We the People” quilt. I have so many pieces, but I’m going to do it. Just takes more time than I thought it would. Wrestling with electronic devices right now.

**Linda White:** General schedule the last couple of weeks -

Read a downloaded book for book club while eating breakfast.

Jazzercise on FB unless I attend the late afternoon session. Sew in the morning.

Prepare main meal.

Sew in the afternoon until Jazzercise class unless I attended the morning session.

Handwork in the evening that I prepped during the day.

Five tops ready for quilting. Maybe a sixth depending how the next few hours go...

and I managed to make a custom-sized curtain for an east-facing window to block the heat from the morning sun.

The embroidery is a package from EmbroideryLibrary.com, which I used on my machine. After watching “Becoming” on Netflix, I was inspired to read Michelle Obama’s memoir of the same name. I highly recommend the book.

And without naming names... I’m watching *Grace and Frankie* on Netflix. I enjoy it for the friendship the two ladies share. It’s touching.... I miss my best friend.

I pray everyone is safe and healthy.

Rosemary

Made a couple masks for my brother and sister, but I have to do another for my brother as he never received it in the mail.

**Stephanie Hobson:** Just trying to finish my “We the People” submission. Otherwise, I’m working, working, working. Boo!

**Rosemary Sherrell:** I’ve been working from home since March. I also work on the yard





## Update on the “Violet Protest” Project

As a reminder: This project of beautiful reds and blues (8” square, finished) will represent a virtual, artistic gesture of *friendly protest* when the blocks are sent to members of the 117th US Congress. Forty-two of RMWS contributing blocks will be mailed to the Artist, Ann Morton ([annmorton@mac.com](mailto:annmorton@mac.com)) for receipt on or before August 15, 2020. Thank you for your participation. As of June 19, 2020, RMWS members have contributed 60 out of a total of 125 blocks representing Colorado.

### Progress ([www.violetprotest.com](http://www.violetprotest.com)) as of June 19, 2020

Members of RMWS and registered number of blocks on “Violet Protest” site, by location

<p><b>B12</b></p> <p>Carolyn Borwick (3) Stephanie Hobson (5) De Lois Powell (5) Joanne Walton (5)</p>	<p><b>B15</b></p> <p>Nannette Locke (5) Edith Shelton (5)</p>	<p><b>B16</b></p> <p>Artie Johnson (5)</p>
<p><b>C1</b></p> <p>Julie Marsh (2)</p>	<p><b>C2</b></p> <p>De Lois Powell (for RMWS members)</p> <p>Brenda Ames (7) Artie Johnson (2) Nannette Locke (1) De Lois Powell (6) Joanne Walton (3) Ann Worsencroft (1)</p>	<p><b>C3</b></p> <p>Christine Jacques (5)</p>

**Project Leads:** De Lois Powell and Christine Jacques

## Women of Color Quilters Network, Textile Center Call for Entries

*We Are the Story*, a multi-site initiative of six quilt exhibits and numerous community events in Minneapolis/St. Paul later this summer, will be curated by Carolyn Mazloomi. Exhibitions will build upon symbols of liberation, resistance, and empowerment, offering a visually compelling account of the breadth of experiences and struggles

that comprise Black history in an honest and critical way.

There is no fee for participating, but the deadline is July 31, 2020. For details, visit [textilecentermn.org/wearethestory](http://textilecentermn.org/wearethestory).

Thanks to Valerie White for sharing this information with the Guild.

## Happy Birthday

Sharon Roulhac, July 3

Tonia Schneider, July 9

Brenda Ames, July 13

Mary Davis, July 14

Lynette Johnson, July 16

Christine Jacques, July 18

Paula Clifton, Aug 1

Connie Turner, Aug 16

Moira Jackson, Aug 20

## 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
	<a href="#">Adding a Photo to Your Post</a> <small>Copy, Paste, Drop, Drag, Attach</small>		0	1		3 days ago
	<a href="#">Kazuri Beads</a>		0	1		3 days ago
	<a href="#">Trout Quilt</a>		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)...

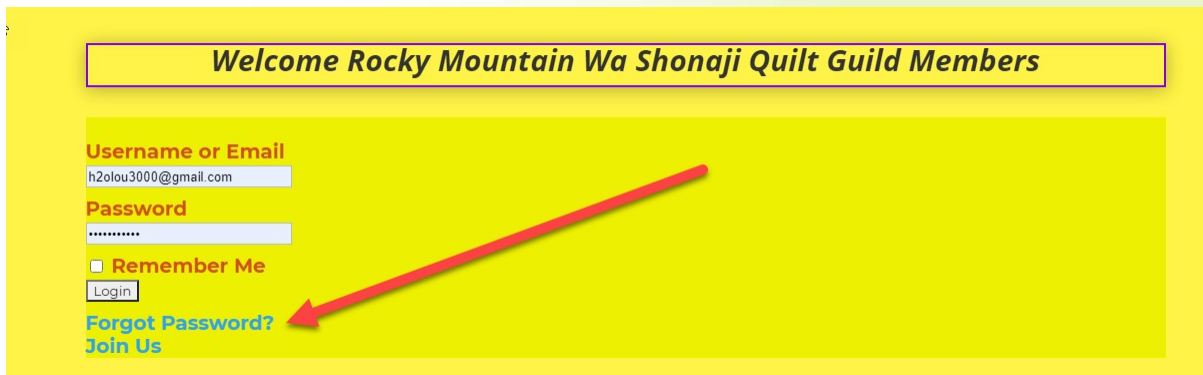
Subscribe to this topic

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.



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.

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



The seventh Block of the Month, “Railroad Crossing,” below, is presented by Ann Worsencroft; the eighth, “Churn Dash,” presented by Joette Bailey-Keown on page 14, is taking us through Pioneer Days. We’re doubling up this month so we can finish in December.

A very special thanks to all the block presenters. You are on it! You are all wonderful. We have only a few months to go. Stay safe, enjoy, and smile a lot.

—AJ

*Left, last month's block, Sister's Choice*

### Historical Block 7, Railroad Crossing, Due August 1\*

Ann Worsencroft presents this month’s Block of the Month. Make an unfinished 12.5” x 12.5” block, due at what would be the Guild’s August 1 meeting (or so).

This block was first documented in the book *Old Patchwork Quilts and The Women Who Made Them* (1929) by Ruth E. Finley. According to M. Finley this quilt pattern has a similar design to Jacob’s Ladder and Stepping Stones, two other patterns that use squares and half-square triangles to form diagonal runs. She got the pattern from a quilt pieced in Connecticut around 1845. This pattern is typically laid out as an entire quilt, rather than used as a single block, and set on point. It is traditionally done as a two-color or three-color quilt; below is an example of a three-color quilt on point.

Several blocks are named Railroad Crossing, most dating to the mid 1800s. In the 1830s and 1840s, railroads in the United States were rapidly



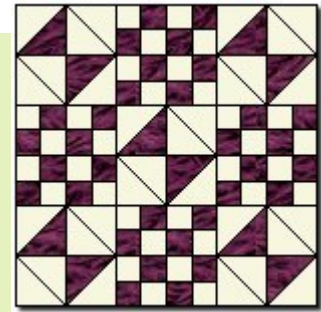
*Ann's Railroad Crossing block*

expanding. In 1825 the first steam-powered locomotive that could haul passenger cars was invented, and by 1869 the transcontinental railroad was completed. In these years the railroad systems were expanding by thousands of miles every year, resulting in an expansion of people’s ability to travel as never before. The railroads were the very edge of technology at the time and captured the imagination of the people back then.

This pattern involves alternating a 4-Patch Block with a Broken Dishes Block, however, the half-square triangles in the Broken Dishes Block are twice as large as the 4-Patch Block. This makes sewing this block much more challenging than you would first think. Since the 4-Patch Block has so many more seams in it, it is easy to

have the two sub-blocks be different sizes and not fit together properly if the seam allowance is not exact.

Use this link—[www.quilterscache.com/R/RailroadCrossing1Block.html](http://www.quilterscache.com/R/RailroadCrossing1Block.html)—to access the Quilter's Cache instructions for making a 12" block. Quilter's Cache has each sub-block 4", which results in some very nice math for a 12" block. But mind the seam allowances; the small squares in the 4-Patch are only 1" finished.



### Cutting Instructions for Railroad Crossing

For my Block of the Month I decided to make each of my sub-blocks 6" so it was not quite so busy. I also simplified the block from the original by having only two half-square triangle squares instead of four.

To repeat my example:

Cut 4 strips 2" wide so the final squares will be 1½" after sewing.

Cut the 4 solid squares 4" wide, so the final square will be 3" after sewing.

Cut the half-square triangles 3 7/8" so they will be 3" after sewing.

Happy Sewing, Ann Worsencroft

## Rocky Mountain Wa Shonaji Quilt Guild Sends Comfort Quilt to Minneapolis Woman to Honor Her Courage

### Courage

The Rocky Mountain Wa Shonaji Quilt Guild of Denver,  
Colorado, dedicates this quilt to

***Darnella Frazier***

for her **courage** to capture on video, a police officer performing a choke hold on George Floyd in Minneapolis, Minnesota on May 25, 2020. The police officer held the choke hold for 8 minutes and 46 seconds.

Because of your courage to capture this insidious crime on video, protests have sprung up across America and worldwide. This has resulted in citizens organizing protests, demanding an end to *Racial Injustice and Police Brutality*.

*"To be afraid and to be brave  
is the best kind of courage of all."*

This is a quote by Alice Dalgliesh

Stay strong and courageous in all of your endeavors in life.



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

### Historical Block 8, Churn Dash, Due August 1\*



The Churn Dash, which has several other names, is a distinctly American quilt block with a long history that stretches back to Pioneer days and wagon trains. Dating back to as early as the mid-1800s, the Churn Dash block was created by women and girls traveling westward and was inspired by everyday objects in their lives, specifically the butter churn.

Final Block Size	2 Strips	1 Square	2 Squares for HSTs (1 dark color & 1 light color)	Trim HSTs and strip blocks to this size
3"	1"x 7"	1 1/2"	2 3/4"	1 1/2"
6"	1 1/2" x 11"	2 1/2"	4 1/8"	2 1/2"
9"	2"x 15"	3 1/2"	5 3/4"	3 1/2"
12"	2 1/2"x 19"	4 1/2"	7 1/4"	4 1/2"

#### Instructions to make Churn Dash Quilt Block

*Note:* All seams are sewn using 1/4" seam allowance.

1. Begin by making 4 half-square triangles. Select the two squares of fabric for the HSTs. With right sides together, sew along all four edges. Cut the square diagonally, from each corner to the opposite corner to create 4 HSTs. Press open with seam toward the dark side. Trim to desired size.
2. Now make the strip blocks. With right sides together, sew the strips together along one long edge. Press seam toward the darker fabric. Cut strip to desired block size. There will be 4 of these blocks.
3. Lay out the pieces to form the churn dash pattern. The HSTs go in each corner. The strip blocks on each side. The darker half of each block should point toward the middle, with the solid square in the center.

4. Sew each row together. Press the seams of the top and bottom toward the middle. Press the seams of the center row away from the middle.



5. Sew the rows together and press flat.

For full details visit [www.adventuresofadiymom.com/2020/05/churn-dash-quilt-block.html](http://www.adventuresofadiymom.com/2020/05/churn-dash-quilt-block.html)

For 4 at a time Half Square Triangle tutorial visit [www.adventuresofadiymom.com/2020/05/half-square-triangles-4-at-time.html](http://www.adventuresofadiymom.com/2020/05/half-square-triangles-4-at-time.html)

## Roasted Fish with Sweet Peppers (from NYT One Pot, Pan, Skillet, via Linda White)

1 small bunch lemon thyme or regular thyme (I did not use.)

1½ pounds hake fillets (or substitute cod or flounder)

3 large bell peppers, red, orange, yellow, thinly sliced (I used jarred red peppers.)

1½ Tbls olive oil, plus more for drizzling

¼ cup pitted, sliced black or green olives, or combination

For Vinaigrette, combine vinegar, garlic, and a pinch of salt in a bowl. Whisk in remaining 3 Tbls olive oil, then whisk in parsley. Taste and add more salt or vinegar, or both, if needed. Set aside.

Heat oven to 400 degrees. Pull 1 Tbls thyme leaves off the bunch and finely chop.

Season fish all over with a large pinch or two of salt and pepper and rub with chopped thyme leaves. Let rest at room temperature while you prepare peppers.

Spread peppers on a rimmed sheet pan and toss with 1½ Tbls oil, ½ tsp salt and the pepper to taste. Top peppers with the remaining thyme sprigs. Roast, tossing occasionally, until peppers are softened and golden at the edges, 15–20 minutes.

Increase oven temperature to 500 degrees. Push peppers to the edges of the pan, clearing a space in the center. Lay fish out on that empty space and drizzle with oil. Scatter olives over the top of fish and peppers. I added the sliced, jarred red peppers to the pan long enough to warm. Roast until fish turns opaque and is just cooked through, 6–10

### Vinaigrette

1 tsp sherry vinegar, plus more to taste

1 garlic clove, grated (I cut the clove in chunks to flavor the vinaigrette but not drizzle chunks on the fillets.)

3 Tbls olive oil

1 cup loosely packed Italian parsley leaves, chopped (I did not use.)

minutes. You may need to adjust the roasting time for cod or flounder. 145 degrees Fahrenheit on a trusty instant read meat thermometer.

Serve fish and peppers drizzled with vinaigrette.

*Note:* Since I did not need to roast the bell peppers, this was a pretty fast meal. Also, I was a little cautious with the salt on the fish, in the vinaigrette, on the peppers, as well as the salty black olives.



## Missouri Star Quilt Company Buys Nancy's Notions

“We feel Missouri Star Quilt Company provides Nancy’s Notions with a unique opportunity for growth because of its success in both the quilting and sewing markets,” said CEO Kristi Tacony Humes of Tacony Corporation, which bought Nancy’s Notions from Nancy Zieman in 2003.

Nancy founded the company in 1979 from her basement. She hosted the longest-airing sewing series on television, *Sewing with Nancy*, which first aired in 1982. She passed away in 2017 after battling bone cancer.

## Wa Shonaji's August 2020 Exhibit to Be Seen Online

Members' 12.5 x 12.5s and "We the People" quilts are due **Saturday, July 18**, from 11:00 to 11:30 a.m. in the Blair-Caldwell Library parking lot.

The committee thanks all who are participating and who have responded with the number and names of the pieces they'll submit for exhibit. As this is a Virtual Exhibition (on the website), there is no limit to the number of pieces or the size of the wall hangings or large quilt pieces. Further, your niece in New Jersey will be able to see the Wa Shonaji exhibit!

A 2020 guideline reminder was sent to members June 10 and is on the Members' Only area of the website. Contact Al White at [twowhites@gmail.com](mailto:twowhites@gmail.com) or 303-862-1489 if you need website help.

It has been interesting to see the proposed titles for the "We the People" themed wall hangings or large quilts, Linda White said. "And we have a nice variety for the 12.5x12.5 'Colorado Architecture—Buildings and Bridges' theme."

There is still time to participate. Contact Linda White or Joanne Walton. See you July 18!



## Colorado Buildings and Bridges—Celebrating Colorado Architecture

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



### Camilla Edwards

**The Denver Public Library**—Central/Main Branch inspired my quilt because of the many hours I've spent there. I read a lot of fiction but I also enjoy quilting-related books.

Denver Public Library was established in 1889 by City Librarian John Cotton Dana in a wing of Denver High School. In 1910 the city opened a building of its own in Civic Center Park. This "Old Main" library served for 45 years. A new structure opened in 1956, doubling the available space. By the late 1980s, Library collections had outgrown its facilities. The new 540,000-square-foot library, opened in 1995, was designed by Michael Graves and the Denver firm of Klipp, Colussy, Jenks, and DuBois.

### Nannette Locke

**The 633 17th Street building** is named for its address. It houses the US Department of Housing and Urban Development (HUD) Office, where I worked when I came to Denver in July 2000. The building was completed in 1974 and rises 32 floors (434 feet) in height. It was originally known as First Interstate Tower North due to its primary tenant at the time, First Interstate Bancorp. At first there was a restaurant in the building where employees could get affordable breakfast and lunch, but it closed early on.







### Edith Shelton

**The Cliff Palace at Mesa Verde** represents a part of what is considered to be the largest collection of cliff dwellings in North America and to be among the world's greatest archaeological treasures. Built near the end of the 12th century and abandoned in the 13th century, it was "discovered" by white settlers in 1888. It was erected in the cliffs of Mesa Verde (Spanish for *green table*) by Ancestral Pueblo people who had lived on the mesa top for approximately 600 years. Located in Montezuma County near Cortez, Colorado.

### Connie Turner

**Winks Lodge** (1928–1965) was part of the Lincoln Hills Country Club resort located near Pinecliffe, Colorado. It catered to African-American vacationers who had few options for travel and leisure due to the restrictions of segregation. The Guild visited there several years ago; Marcia and Winston Walker led us on a tour.



### Julie Marsh

**"I See What You Mean,"** Denver's 40-foot-tall Big Blue Bear, has been peering into the Colorado Convention Center since 2005. Local artist Lawrence Argent wanted to create a piece of art that would embrace the Convention Center's architecture. "I also wanted to bring the mountains [the idea of Colorado] down to Denver to prompt visitors' awareness of the uniqueness of their location." Why a bear? A curious bear embodies the curiosity that passersby might feel as they wonder what's going on inside the center: the exchange of information, ideas, and ideologies. The blue color was an accident. Argent originally intended to reflect the sandstone colors of Colorado. But a printout of the design came back blue, which he found much more exciting. This public art cost \$424,000 and was constructed in California but has become an iconic symbol of Denver and Colorado.

## Getting to Know Camilla Edwards

“Quilt from your heart and your creativity speaks for itself.”

Camilla Edwards follows this sage advice to create beautiful, creative, and lovingly made quilts. And she'll use any technique that her quilt desires in order to respond to her heart. “I make any type of quilt that I perceive as being interesting, unique, challenging, and/or pretty,” Camilla says. “They range widely in design and technique. I have learned that there are many quilting procedures in place that apply to the art of quilting, but (and I quote) ‘some of them are not set in stone’ especially as they apply to art quilting. I basically create my own niche.”

Watching adults in her life make quilts, mend clothing, and sew a lot of everything else, Camilla learned to sew as a child. Her primary influence was her maternal grandmother, Irean George, who lived with Camilla's family, and her great “Aunt Missy” (Camilla Lewis). [I wonder how I got my name (ha-ha).] Aunt Missy gifted her Singer pedal machine to Camilla, while she was still a young woman and she still has it.

“Although I learned to sew on that machine, I never quilted on it. During that era the quilts were constructed by hand. As they quilted, I was walking around declaring ‘I don't want to quilt—I want to make clothes’; and that's what I did during that period of my life—made clothes.”

Camilla is still surprised that late Wa Shonaji member Josephine McLauren talked her into attending a meeting of the Guild. “I actually fell in love with the art of quilting at the first meeting I attended,” Camilla recalls. “I had no idea that the members were making such beautiful quilts with such beautiful fabric.”

Camilla finds inspiration everywhere—a particular color, an appealing fabric, a challenging pattern... “I've used the themes from several of our annual quilt exhibits for inspiration.” She points to “Mosaic Expressions,” her quilt that was designed and quilted in 2016 for the annual August exhibit at the Blair-Caldwell Library.

“My inspiration came from the cover page of my church's membership directory. It was covered with an array of colorful ‘mosaic’-looking pieces that made me think of a quilt. I liked it so I set out to make it—at least something similar. If it had



not been for that picture I never would have thought of a quilt along those lines,” she revealed. “I was also inspired to make a 12-inch square quilt using cut-outs from the lace top I wore to my son's wedding in 2016.” Talk about inspiration!

Camilla *had* a large and comfortable quilting space until she purchased a long-arm quilting machine. “It's been out of commission for a few months, so it's become a catch-all for fabrics, quilts, and WIPs.” But she can always find her rotary cutter. “Before I officially started quilting, I would draw a line on the fabric and cut blocks with scissors. It actually worked for me until I started hanging out with Rocky Mountain Wa Shonaji members! Then I knew I had to up my game,” Camilla laughed.

“My worst quilting mistake was completing a quilt without changing my needle—it left little tufts of batting peeking through the dark-colored backing. I decided to take the entire backing off and re-quilt it. \*\* Lesson learned \*\*\*\*\* Check and double check everything you do as it pertains to quilting. \*\*\*\*\* PAY ATTENTION TO WHAT YOU'RE DOING !!!!!!!!! \*\*\*\*\*”

“When I'm not quilting, I love to read a good book of fiction—mostly contemporary mysteries. The Denver Public Library [subject of Camilla's 12x12, see page 16] is one of my best friends. I check my books out online and pick them up at the Denver/Montbello Library.”

(continued on next page)

## Getting to Know Edith Shelton

Edith Shelton likes, well, she *needs* to keep busy and she says quilting fills that need. “I’ve embroidered, crocheted, all kinds of things with my hands, but quilting is best,” she says. “I love puzzles and quilting fits into that.”

Edith learned to sew on a treadle machine when she was 12 or 13 years old. “I didn’t get into it until I left home, when my mother couldn’t take over when I botched up something. That’s when I really learned how to sew.”

Edith recounts that she dabbled with quilting for years and years, doing little projects. She made some bedspreads but realized they really were quilts with skirts. “I even took lessons at one point—that’s when I found out I’m not a hand quilter. I turned to the machine,” she explained. She knew several Wa Shonaji members. “I finally took up quilting through Erna in 2011. That was the start of my ‘official’ quilting,” she said.

Edith usually starts a new project with a pattern. Most of her quilts are pieced, “but I’ll do other types of quilts if the project calls to me.”

“I have an embroidery machine and I use that a lot instead of doing it by hand,” Edith says. “I see a pattern I like and want to reproduce it with my own colors.”

Edith recently moved into a patio home and uses one of her bedrooms as a quilting space. It’s not overly roomy, she says; the closet is “chockful” of stuff. She has two machines, one does embroidery.

Tweezers are Edith’s favorite and “most necessary” tool. “I need them to thread a machine plus more! I also love the rotary cutter! And I love the ruler with channels, ShapeCut, for cutting strips.”

Edith’s other passion is reading, not gardening or cooking. “I used to love to travel but now I think I’ve traveled enough. Love to spend time with my sorority members.”

“Quilting is important to me because of the results; I get a kick out of how it turns out,” Edith explains. “Sometimes it’s a pleasure and sometimes ‘Oh My God.’ But most of the time I really like what happens.”

So, why does she belong to Rocky Mountain Wa Shonaji Quilt Guild? “Wa Shonaji keeps you busy enough, challenges you. Another reason I really like this guild—the knowledgeable people are so willing to share and to teach you.”

Edith added, “I just really like the group. When I’m around the members, there is so much laughter; it really brings you up.” We often say the same about Edith!



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### Camilla...

While Camilla enjoyed making clothes when she was younger, she is so glad she took up quilting. “It cultivates my passion for creativity.” And

what’s better than quilting itself? Quilting with Wa Shonaji members: “I love fellowshipping with other people of like minds, and I learn so much from their various talents.”

## Thought-provoking Photo...



This photo appeared in the *Denver Post* on Tuesday, December 30, 2014—almost six years ago.

A member commented, “My first impression was ‘oh-o-o-o,’ thinking about the quilt. That was quickly followed by ‘oh,’ that it is all the man had to keep warm, which is what a quilt is supposed to do.” What do you think?

Does this remind  
you of anyone—  
maybe Barbara?

**I PUT THE THINGAMABOB  
INSIDE THE WHATCHAMACALLIT,  
TURNED THE DOOHICKEY AND  
THE WUTEVERITIS STILL  
DOESN'T WORK. ANY IDEAS?**

## Beach Bean Salad

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

Yield: 8 cups salad      Time: 45 minutes

- 2 large bell peppers (preferably one red, one yellow)
- 1 poblano pepper or a third bell pepper (maybe orange)
- 3 15-ounce cans cannellini beans, drained and rinsed (or 1 pound dried, cooked)
- 4 ounces very thinly sliced sopressata, cut into very thin strips (optional)
- 6 tablespoons extra-virgin olive oil
- 4 tablespoons sherry vinegar
- 2 garlic cloves or 1 large, minced with a teaspoon or two of oregano

Heat your broiler. Put your peppers on a rimmed baking sheet and broil, turning occasionally, until charred on all sides, 6 to 8 minutes. [If your broiler is more annoying than effective, you can do as I do: 400 degree oven and roast the peppers for about 30 minutes, turning them every 10 so that they get blistered on all sides.] Set the peppers aside to cool until you can handle them.

In a big bowl, combine your beans and sopressata, if using. When cool enough to handle, break the peppers open over the beans and let the peppers' juices run out. Pull the charred skin and seeds from the peppers and discard. Sometimes, I find it easiest to give each pepper strip a quick rinse under cool water to remove clinging seeds. Cut the peppers into thin strips and add to the beans, plus any more juices that collect. Chop garlic with rosemary and oregano finely minced and add to bowl. Drizzle the oil, vinegar, and lemon juice over the salad and sprinkle with the salt, pepper, and parsley. Toss to combine everything. Here, you can add ribboned radicchio, as I do, or you can put torn pieces on a plate later and serve the bean salad on top of it. The salad is ready to eat now, but it's even better after marinating for an hour or two.



- 1 tablespoon freshly squeezed lemon juice
- 1 teaspoon fine sea salt
- 1 tablespoon roughly chopped fresh rosemary (optional)
- 1 tablespoon roughly chopped fresh oregano leaves (or 1 1/2 teaspoons dried oregano)
- Freshly ground black pepper or red pepper flakes
- 1 to 2 cups radicchio in 1/4-inch ribbons or torn into bite-size pieces (We've been using cabbage.)
- 1/4 cup chopped fresh flat-leaf parsley

Do ahead: Bean salad keeps in the fridge for 4 to 5 days.

A few ingredient notes from Alice:

Swap 1 pound dried cannellini, cooked and cooled, for the 3 drained cans. You could use other small beans, black or yellow-eyed peas, or chickpeas here, doesn't matter.

I add a little garlic, because roasted red peppers need garlic.

I used much less radicchio than called for (original recipe call for two heads). I know it can be quite bitter but it mellows beautifully without becoming soggy or unpleasant in the salad, even days later.

And I use a third sweet bell pepper instead of a poblano. You could use jarred peppers, but I vastly prefer the sweetness (and juices that flavor the salad) of roasting fresh ones.

The sopressata (an Italian dry salami that comes hot or mild) is completely optional and I don't think you'll find the salad lacking for anything if you skip it.

Whatever swap you're considering, I say you go for it. Bean salads are flexible.

Sending a shout out to Brenda for daily encouragement and help.

I am thankful for EVERY card and letter of support from the guild and will return a note soon.

— Sandra Coleman

## Chocolate Chunk and Cherry Cookies *from Country Living via Linda White*

Makes 4 dozen

1 1/2 cups all-purpose flour  
1 cup cocoa  
1 tsp. salt  
1 tsp. baking soda  
1 cup unsalted butter (2 sticks)  
3/4 cup granulated sugar  
1 1/4 cups dark brown sugar (I used light brown.)

2 large eggs  
2 tsp. pure vanilla extract  
1 1/2 cup chopped bittersweet chocolate (I used Ghirardelli semi-sweet chocolate chips.)  
1 1/2 cups dried tart cherries (I bought a bag of Morello dried cherries at Costco during the holidays.)

### Directions

1. Heat oven to 350 degrees F. Line baking pans with parchment paper and set aside. Combine flour, cocoa, salt, and baking soda in a medium bowl and set aside. Beat butter and sugars in a large bowl until light and fluffy, using a mixer set on medium-high speed. Beat in eggs one at a time and add vanilla.
2. Reduce mixer speed to low and gradually add flour mixture until combined. Stir in chopped chocolate and cherries. Shape 2 tablespoons dough into rough balls and place 2 inches apart on a baking sheet lined with parchment. Because this dough was sticky, I used a small scoop instead of trying to roll in my hands.
3. Bake 11 to 13 minutes. Cool cookies on pan 2

minutes. Transfer to a wire rack and let cool completely. I baked for 11ish minutes as I like my cookies softer.

**Tip:** Substitute dried figs, cranberries, or apricots for the cherries to make a super-sophisticated (magazine words, not mine) cookie.

For blond Milk Chocolate and Cherry Cookies, omit cocoa, add an additional cup flour and replace bittersweet chocolate with milk chocolate. I have not tried this variation.



## Get Out of the House—Safely!—to Smell the Flowers



*These beautiful buds were on Joanne Walton's Chanticleer Pear Tree. The day after this picture was taken, temps dropped to 12 degrees and the tree buds turned an ugly brown. (Pretty much sums up 2020 so far, doesn't it?)*



*Joanne Walton passes by this glorious clematis on her daily walk.*



*When Julie Marsh was 5 or 6, her grandmother taught her how to make dolls out of hollyhock flowers and buds, using toothpicks to hold the pieces together. "They still hold a special place in my heart; I adored my grandmother. She also taught me to sew."*

## Final Report

### Wa Shonaji /eQuilter “Face Masks: Pine Ridge, S.D. Project”

Following the May 24, 2020, call to action, RMWS members began responding to the *desperate* need of *face masks* for residents of the *Pine Ridge Native American Indian Reservation, S.D.*, who have been hard hit by the Coronavirus. This project, in collaboration with the *Mission of Love* ([www.missionoflove.org](http://www.missionoflove.org)), was highly sanctioned by our community outreach partner, Luana Rubin of eQuilter.

Eighteen (18) members of RMWS Quilt Guild rallied to contribute over 219 masks in support of

this project. Joanne Walton assumed the task of collecting and mailing out 219 masks (Christine Jacques sent out her own contribution). Though it was not intended to be a competition, contributor Lisa McMillin topped our member Karen Von Phul by a single mask and member Camilla Edwards came out on top with a total contribution of 30 masks. You rock, RMWS! **Thanks so much to all who participated!**

—Project leads: Joanne, Geneva, Christine, and De Lois

### Sons and Daughters of the US Middle Passage/1619 Project

#### 400-year Commemorative Community Quilt Project

**This is a sampling of blocks submitted by Wa Shonaji Quilt Guild members for this project. Members participating thus far are: Brenda Ames, Camilla Edwards, Artie Johnson, De Lois Powell, Edith Shelton, Joanne Walton, and Ann Worsencroft.**

“To commemorate the lives of the first documented African to arrive in British Colonial North America in August 1619, the Sons & Daughters of the United States Middle Passage, a hereditary society for individual who descend from enslaved Africans and their enslaved/free descendants, is commissioning a community quilt project. There is evidence that Africans were brought to North America by the Spanish in early 1500s, however, 1619 is also significant since our country began under British Rule. This year marks the 400th year since 1619 and we are asking for 400 blocks, containing 4 individual blocks.”

The deadline for submissions has been extended to **August 31, 2020.**

For more information, check out their website: <https://sdusmp.org/quilt/>





## Potato Salad with Red Onion Vinaigrette

from *Good Housekeeping*, April 2020, via Nannette Locke

2 lbs baby yellow potatoes

Kosher salt and pepper

½ medium red onion, finely chopped

3 Tbsp white wine vinegar

3 Tbsp olive oil

1 tsp Dijon mustard

½ cup frozen peas, thawed

¼ cup fresh dill, roughly chopped

1. Place potatoes in medium pot and cover with cold water. Bring to a boil, add ½ Tbsp salt, reduce heat and simmer until just tender, 12 to 15 min.
2. Meanwhile, toss onion with vinegar and ½ tsp each salt and pepper and let sit, tossing occasionally.
3. Drain potatoes and run under cold water to cool, then halve any that are large.
4. Whisk oil and mustard into vinegar mixture. Add potatoes and toss to coat. Fold in peas and dill.

Serves 6. About 185 cal., 7 g fat (1 g sat), 4 g pro, 310 mg sodium, 50 g carb, 3 g fiber.



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](mailto:juliemarsh11@comcast.net)