



# LORRAINE WOODRUFF-LONG

Quilting in the Fog.com

@QuiltingintheFog

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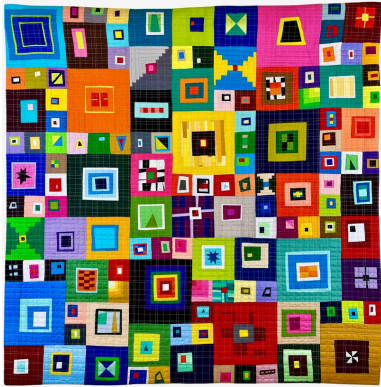
I am a San Francisco quilter with a focus on using color, improvisation, and recycled/repurposed fabrics in quilting. I love helping others learn to make unique quilts that reflect their own vision, ideas, and creativity.

My work has appeared in on The Quilt Show, in SAQA exhibits, the International Quilt Festival, QuiltCon, Mancuso Shows, the de Young Museum in San Francisco, and numerous other galleries, quilt shows and museums. I teach a 12-part “Basic Improv Quilting” series at City College of San Francisco Extension in addition to quilting workshops online and in person around the country.

## LECTURES

- **“Quilting in the Fog: Polychrome, Commentary and Reimagined”:** A trunk show of my work and evolution as a quilter.
- **“Commentary Quilts: Evolution and Exploration”:** Creating quilts with a message and how to use quilting to address issues that matter most to you.

## WORKSHOP SAMPLER



Improv Mosaic 1.2.3



Express Yourself!  
Creating Text for Quilts



String Theory



Spontaneous Curves and Truchet Tiles



Reimagined: Artful Quilts  
from Everyday Cloth

# QUILTING IN THE FOG

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### COME LEARN WITH ME!

#### What students are saying...

It's been liberating to have more of a sense of freedom in quilting practice, to tap into my own creativity to see what's emerged. Lorraine gives clear guidance on technique but really encourages us to find our own voice creatively. She also has created a space where quilters from all backgrounds come together and feel connected and a sense of community. This is a rare chance to learn from a true artist who is deeply generous with her time and knowledge!

Lorraine gives excellent demonstrations and follows that up with hands-on attention and encouragement with each and every student. I learned so much in Lorraine's class and want to take it again because her classes are fun and there is so much inspiration to be had from her work as well as the work of my fellow participants. The best part is that her philosophy of encouragement and support gave me the courage to just TRY THINGS!

What I appreciate most about taking Lorraine's classes is the genuine enthusiasm she shares for everyone's individual creative process and vision. There's always a feeling that each person can approach a project in her own way, with plenty of room for exploration and new ideas.

Lorraine creates a relaxed and fun creative environment, encouraging community building between students, and sharing her easy-to-follow instructions in accessible ways. It's pushed me to try new things that I would not have tackled on my own.

Lorraine's materials are easy to follow and great to reference after the class is completed. She provides numerous examples so that we can take her lessons and apply our own creative flair. I look forward to Lorraine's class listings and always hope that my schedule is free so I can sign up.

# QUILTING IN THE FOG

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### **Polychrome, Commentary & Reimagined: Lorraine Woodruff-Long of Quilting in the Fog Lecture & Trunk Show**

Description:

Lorraine will share her quilting journey and how that has culminated into her three categories of quilts:

- Polychrome – color, color, COLOR!
- Commentary – art quilts that pointedly address issues facing our world including climate change, reproductive rights, gun violence, democracy and social justice.
- Reimagined – quilts made from clothing and repurposed fabrics.

Attendees will gain ideas on how to explore quilting for practical, political and passionate needs.

Length: 1 hour

Price: \$450 plus travel expenses

Venue: Zoom or in-person by arrangement



Polychrome: Improv Mosaic



Commentary: Quilt Melt



Reimagined: Five Dresses

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Lectures 2026

# QUILTING IN THE FOG

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## **Quilts as Commentary: A Source of Healing, Expression & Action**

### **Lecture & Trunk Show**

Description:

Lorraine will share the inspirations for, and creation of, her ongoing Commentary Quilts series. Sharing artists and creators that have provided inspiration, she will discuss how to use quilting arts to express beliefs, frustrations and aspirations for you community, country and the world. Find out how using your own quilt art practice can provide both a creative outlet, and source of healing and action and how to share your message and art for greater visibility.

Attendees will gain ideas on how to repurpose textiles into statement art, seek sources of inspiration, and use quilts to express concerns and beliefs as well as take action publicly and online.

Length: 1 hour

Price: \$450 plus travel expenses

Venue: Zoom or in-person by arrangement

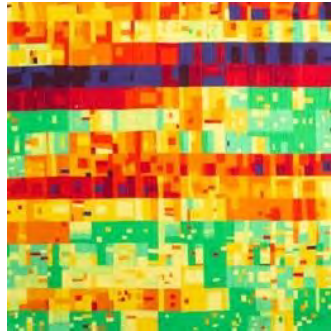


## Quilts as Commentary: A Source of Healing, Expression & Action Lecture & Trunk Show

### CLIMATE CHANGE



You're Getting Warmer:  
Rising Global Temperatures 1850-2022



San Francisco Air Quality  
Fall 2020



Wildfire

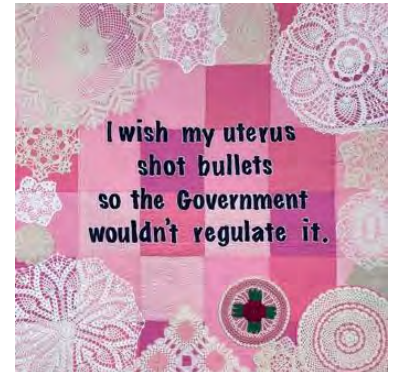
### REPRODUCTIVE RIGHTS



Roe, Roe, Roe

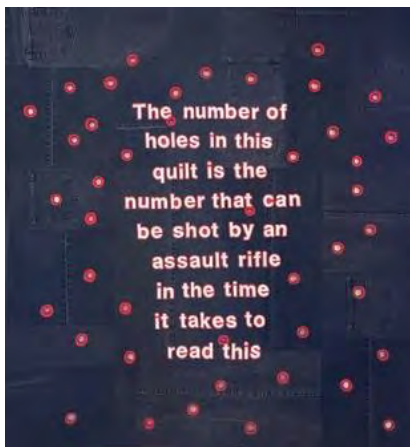


Less than a fully adult human...



I wish my uterus...

### U.S. GUN VIOLENCE



The number of Holes...



Say their names

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Lectures 2026

# QUILTING IN THE FOG

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## Improv Mosaic 1.2.3 Workshop



Learn the concept of building an improvised mosaic quilt using improvised log cabin blocks at ratios of 1:2:3 (Large: 3", 6" & 9" blocks; Medium: 2", 4", & 6" blocks; or Small: 1", 2", & 3" block).

In this workshop you'll create an Improv Mosaic 20"x20" or 24"x24" sized pillow or wall hanging using the "Medium" scale blocks (6", 3", 2"). Participants will leave with a pattern layout and the skills to build a larger throw or bed quilt. This is a fantastic process for using scraps – even the smallest pieces!

Participants learn how simply and quickly make numerous small log cabin blocks via "scrappy chain piecing", and how to use these small starter blocks to create unique medium and large blocks. Participants can use the pattern and ratios to "riff" on what's learned in class to create their own block designs and versions beyond the log cabin blocks taught in class.

### Workshop Length/Fee:

- Zoom or in-person
- 6 hours (includes 1 hour break/lunch for participants if they choose)
- \$750 plus travel costs

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Improv Mosaic 1.2.3  
2026

### Supply List:

- Quilting Cotton:
  - Approximately 1.5 – 2 yards of a wide variety of fabric – the more variety the better!
    - NOTE: This is a perfect project for tiny pieces, strips, weird sizes that you have hanging around! The blocks we'll be making will be 2.5", 4.5" and 6.5" – and are built with strips and pieces from the starting 2.5" blocks we'll make.
    - Bring your scrap bins for you and to share!
  - Solids, or fine blenders/batik that read as solid.
  - As many colors as you have on hand! Bring your scraps – even the very small pieces!
- Sewing Machine
- Neutral thread
- Rotary cutter/cutting mat
- Acrylic ruler to cut strips – whatever you use (I love my 3"x18" ruler)
- 6.5" acrylic block ruler (if you happen to have a 4.5" and a 2.5" acrylic block ruler, bring as well, but no need to go out and purchase.)
- Iron/ironing pad (or access to one)
- Small Design wall (24" x 24" piece of batting or white flannel)





Textile Intarsia 18"x18"



Log Cabin Fever Dream 36"x36"



Improv Mosaic #3 54"x54"



# QUILTING IN THE FOG

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### **Reimagined: Artful Quilts from Everyday Cloth**

Ever wondered how to 'reimagine' clothing to use for quilts? Not sure how or where to start? This workshop will help you take the leap to turn repurposed clothing to memorable quilts and help you exercise your improvisational creative muscles!

In this workshop you'll learn how to 'debone' a shirt or other sewn garment to garner fabric – and pieces large and small - for your quilt. We'll discuss improv concepts such as making choices as you go, embracing imperfection, and taking small steps to get started. With guided exploration, we focus on the enjoyment of the process and the satisfaction of creating something unique!

#### Workshop Length/Price:

One six-hour day \$750 (plus travel/expenses)

#### Supply List

- 7+ (or more) men's dress shirts from thrift stores, castoffs, etc.
  - Range of darks, mediums and lights
  - Cotton, poly or blends –stick to wovens and no knits fabrics
- Seam Ripper (for popping off buttons)
- Rotary cutter/cutting mat
- Container for removed buttons.
- Sewing Machine
- Neutral thread
- Acrylic ruler (whatever you like to use)
- Small Design wall (24" x 24" piece of batting or white flannel)

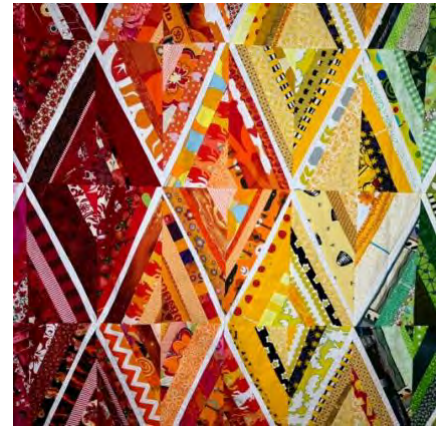




# QUILTING IN THE FOG

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## String Theory 3 Ways Workshop



Join us for a half-day workshop to learn the versatile “String Block” for quilting. String blocks are a great way to use up fabric scraps and can add texture and interest to a quilt design. They can be arranged in various layouts to create different visual effects, making them a versatile and fun quilting technique. Learn three different block dimensions and string sizes that create different looks for your blocks and overall quilt

**Workshop Length/Price:**

One six-hour day \$750 (plus travel/expenses)



## **Supply List:**

- Approximately 2-3 yards of a repurposed light-colored sheet or muslin fabric which will be cut up to serve as the base for your blocks. I use my old white, worn sheets. These will be used as a pattern, base for your blocks and won't be seen once you sew the strips onto it.
- An assortment of fabric strips/scrap and/or pieces that can be cut up or sewing into strips (woven fabric - no knit fabric such as t-shirts). Cast off men's shirting can be used or cut up cotton clothing as well.
- Thread for machine – neutral color (gray/off-white) or something that blends with whatever fabric you choose.
- Scissors
- 45" or 60" Rotary cutter
- An acrylic ruler and/or any acrylic quilting block rulers you might have and like to use.
  - If you are in the market for an acrylic block ruler, I suggest getting a 6.5". You can choose from a variety at Joann's or Amazon.
- Portable cutting matt
- Sewing pins
- Glue stick
- Pencil, chalk or disappearing ink pen for marking
- Iron/pad or board

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## Loving Hands Quilt Workshop



What better way to personalize a quilt than with the hands of loved ones? This is the perfect quilt to make for a special person: to honor a teacher using the handprints of students, a grandparent using the hands of children and grandchildren, or a friend using handprints of their team, book club, or workmates.

With photocopied handprints, participants will use the handprint as a pattern to cut out and create a negative and positive block from each handprint. Participants can even personalize and embellish the handprints with fabric or beaded jewelry. Each block is machine sewn down in your choice of applique patterns.

I will show you ways to complete your top and options for sashing and quilting.

### **Workshop Length/Fee:**

- Zoom or in-person
- 6 hours (includes 1 hour break/lunch for participants if they choose)
- \$750 plus travel costs

### **Supply List**

- Prep: Photocopies of participant handprints (directions will be provided to get best results)
- At least two contrasting fabrics: 2-3 yards of various light fabrics and 2-3 yards of various dark fabrics
- Terial Magic Spray-on fabric stabilizer
- Iron and towel (for ironing sprayed fabric so not to get on your ironing board.)
- Sharp cutting shears
- Sharp, precise embroidery scissors or small scissors
- X-acto Knife
- Tweezers
- Glue Stick
- Acrylic Ruler & cutting mat





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STAY TUNED,  
MORE CLASSES  
ON ON THE WAY!