

QUILTING IN THE FOG

LORRAINE WOODRUFF - LONG

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

L O R R A I N E W O O D R U F F - L O N G

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

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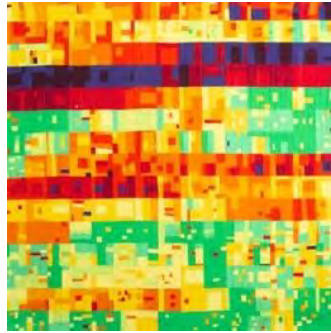
Lectures 2026

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

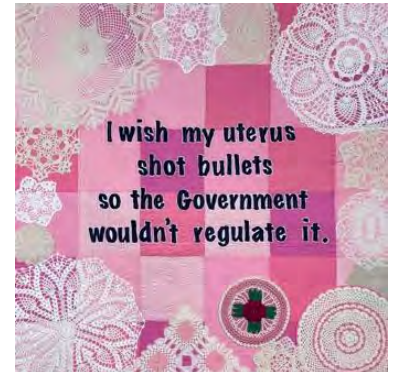
REPRODUCTIVE RIGHTS



Roe, Roe, Roe

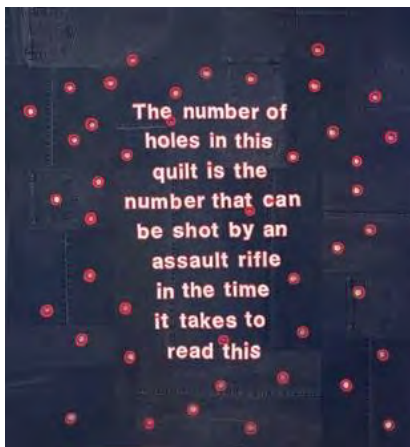


Less than a fully adult human...



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

LORRAINE WOODRUFF-LONG

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

LORRAINE WOODRUFF-LONG

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)
- \$800 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 \$800 (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)



Express Yourself!

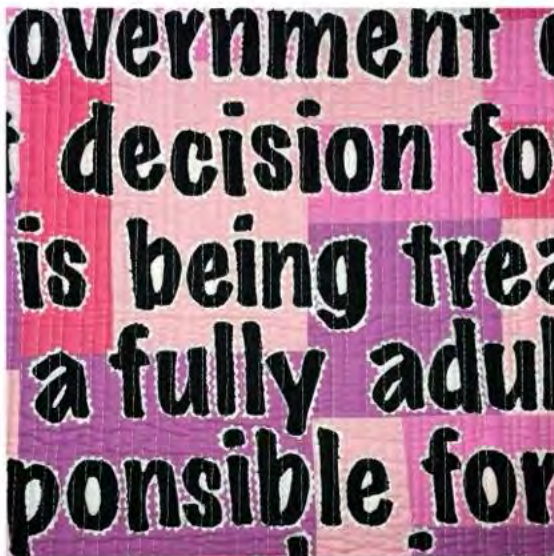
Creating Text for Quilt and Fiber Projects

Lorraine Woodruff-Long
QuiltingintheFog.com

Learn how to create and use custom applique lettering in your quilts and sewing projects. From the sweet to the shocking, using text to express your creativity adds a personal touch to your quilts. Great for expressing everything from "Happy Birthday" to "Smash the Patriarchy" - just make it yours! What will YOU say?

Participants will learn how to plan, trace, and cut detailed letters using standard alphabet templates and fusible paper backing on fabric. Learn how to plan, center, layout and iron your text to a quilt or pillow cover, and finally, learn how to sew/secure your custom text to your quilt using your sewing machine to ensure it stays put.

Workshop Length:
3 hours for \$500



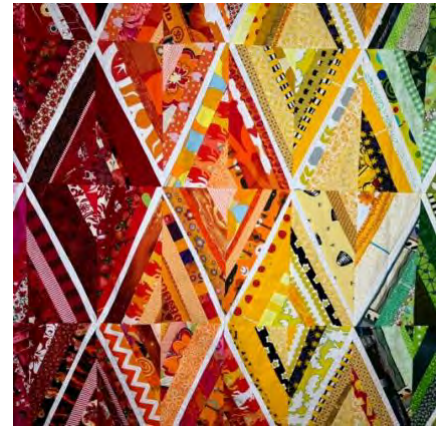
Supply List

- Fabric for backing (pillow or banner - your choice of sizes). I used a cut up repurposed men's shirt cut to 21"x21" to make the front of a pillow.
- ½ yard Heat n Bond Iron-On Adhesive
- ½ yard light colored fabric (medium quilting cotton or denim)
- ½ yard darker contrast fabric
- [Westcott LetterCraft Stencil, Helvetica Font, Caps, 4-Inch Characters](#) (or letter design of your choice ideally 2" or larger)
- Pinking shears
- Regular shears
- Sharp, precise embroidery scissors
- Pencil
- Chalk
- Disappearing ink pen (optional)
- Tweezers

QUILTING IN THE FOG

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String Theory 3 Ways Workshop



Join us to learn the versatile “String Block” for quilting. String blocks are an excellent starter block for the novice quilter, and a fun basic block for all quilters to use to explore new techniques and designs - and use up scraps! In “String Theory 3 Ways”, you’ll learn how to make improvisational string blocks using a fabric foundation (I suggest an old sheet) and create simple square shape as well as oblong blocks using the “stitch and flip” method. Tap into your creative self and explore your own designs and personality. You can add interest through varying your strip shapes and including inserts. Stretch your improvisational muscles while using those scrap strips!

Workshop Length/Price:

One six-hour day \$800
(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

QUILTING IN THE FOG

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Confetti Quilt Block Workshop

Use your leftover fabric scraps to create this colorful, fun improvisational quilt top! With your smallest fabric scraps (1"-2") coupled with 1 to 1 ½ yards of a solid fabric, you'll learn how to easily make blocks to puzzle-piece together into a quilt top or use to make yardage for totes, clothing, and more. Open to all levels!

Workshop Length/Price (in person or Zoom)

One six-hour day \$800 (plus travel/expenses)

Supply List:

- Students must provide and know the basics of their own working sewing machine.
- Lots of fabric scraps (1"-2") coupled with 1 to 1 ½ yards of a solid fabric.
 - Cut your own random scraps from yardage or bring your bag of small scraps!
- Thread for machine
- Sharp fabric scissors/shears
- 45" or 60" Rotary cutter
- 3"x18" acrylic ruler
- Portable cutting matt
- Sewing pins/pincushion or magnetic pin catcher
- Sewing pins & needles
- Iron & ironing pad/board





A great block to create “yardage” for projects such as quilt coats:



QUILTING IN THE FOG

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Spontaneous Curves



Intimidated by curved piecing? Fear not! In the Spontaneous Curves workshop, you'll learn to make an improvisational riff on the traditional Drunkard's Path block without templates or patterns. You'll learn about Truchet tiles and explore the myriad of ways to arrange curved blocks for unique creations.

Workshop Length/Price:

6 hours - \$800 (plus travel, where applicable)

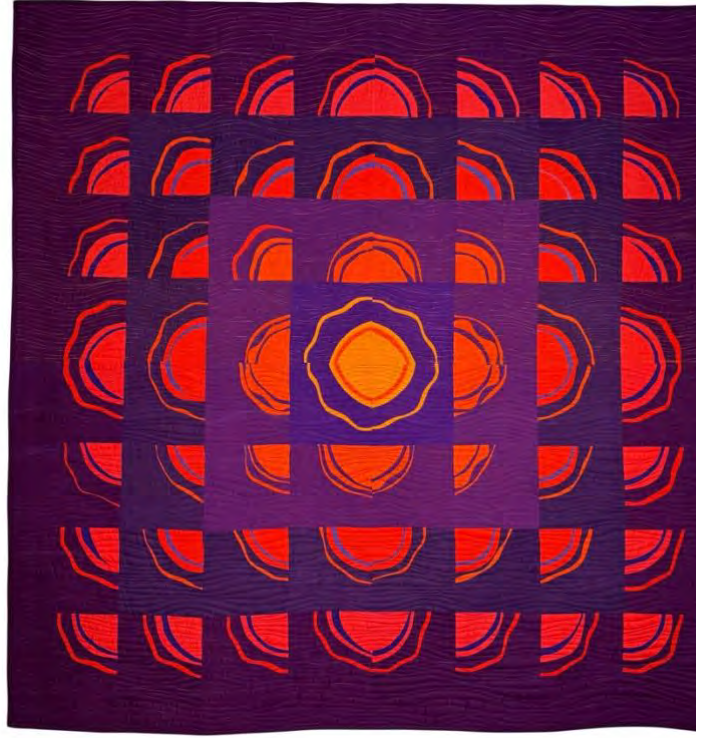
Supply List:

- Your own working sewing machine.
- Approximately 2.5- 3.5 yards total of various fabrics (woven, not knit, fabric) or 9-15 fat quarters. Scraps are good to add, too!
- We encourage you to use repurposed materials including clothing, sheets, or fabric from your local repurposing center.
- Thread for machine.
- Sharp fabric scissors/shears.
- 45" or 60" Rotary cutter.
- 3"x18" acrylic ruler (If you have a 6"x24" bring it). We'll have several sizes of square acrylic rulers to share with the group, but if you have one you like to use, please bring it (I'll suggest starting with squares of about 12"-15" to make smaller blocks finishing at 8.5 - 12.5").
- Portable cutting mat.
- Pincushion or magnetic pin catcher.
- Sewing pins & needles.

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Spontaneous Curves 2025



QUILTING IN THE FOG

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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)
- \$800 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



Fearless Finishes: Binding, Facing, & Hanging Sleeves

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Get ready for your next quilt show! Binding is often a quilter's least favorite part of quilting. Never fear – it's possible to love the process and your result! In this workshop I'll show you:

- How to create, attach and sew-down well-constructed double-fold binding to protect the edges of bed and larger quilts.
- How to face a quilt (not visible from the front) for floating wall and art quilts.
- When to use and how to create bias-binding.
- How to easily make a hanging sleeve to ensure your quilt hangs easily and falls straight cleanly when mounted to a wall or frame.

Materials List:

- Students must provide and know the basics of their own working sewing machine
- Fabric (I'll teach all three of these)
 - For on-grain binding: ½" yard
 - For bias binding technique: ½" yard
 - For sleeve: Fabric or sheet that is at least 9" x (width of your quilt) Or bring a sheet as a sample to learn.
 - Note: I'll provide quilted samples that you can use to attach binding to learn to bind and face a quilt, or you can bring your own quilt to bind. But bring fabric for binding and a sleeve.
- Thread for machine
- Sharp fabric scissors/shears
- 45" or 60" Rotary cutter
- 3"x18" acrylic ruler (or other favorite size that is long-ish)
- Portable cutting mat
- Sewing pins/pincushion or magnetic pin catcher
- Sewing pins & needles
- Glue stick or Elmers glue
- Toilet paper or paper towel rolls to roll up your binding

Workshop Length/Price:

6 hours - \$800 (plus travel, where applicable)

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Binding, Facing and Sleeves 2026

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STAY TUNED,
MORE CLASSES
ON ON THE WAY!