



PATCHWORDS

Utah Valley Quilt Guild
www.uvqg.org

August 2017



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The Gift of Single Tasking by Maureen Tuttle—UVQG President

As women with many demands on our time and attention, most of us have evolved into multi-taskers in order to accomplish all that we desire to do or must do each day. But I read about an interesting idea recently. Consider the concept of “Single-Tasking”. What would happen if while we were sewing we paid attention to and thoroughly enjoyed the colors and textures of the fabric we were sewing together? What if we concentrated on the warm smell of the iron and the hiss of the steam (for us steamers), the sound of the needle and thread working in unison on our machine, the tug of needle and thread through the fabric of the binding we’re hand sewing, or the pop of the knot through the fabric on the quilt we’re hand-quilting? Science tells us that we are happier when concentrating on what we are doing at the moment (not daydreaming).

I often turn on the TV and watch a Hallmark movie I’ve recorded or a movie on DVD that I’ve seen many times (so that I don’t have to pay too close attention), or I turn on a podcast or music so I can just listen and not look up from my work at all. I often have a notepad next to my work space to jot down notes as thoughts come to me of things I need to do and don’t want to forget. Somehow I’ve come to the conclusion that it’s not enough to just accomplish one thing at a time.

Now, sometimes our busy lives require multi-tasking and it feels good to accomplish so much. And it’s enjoyable listening to programs or music while we work. But what if at least for a time when we’re sewing, we turn all of the outside distraction off and truly absorb the art that we’re creating at every step?

Jenny Doan of Missouri Star Quilting Company said, “I love the art that is written within all of us. We are capable of creating beauty, no matter who we are. Whether we are painters, singers, or quilters, we are all artists in our own right and what we create can be life-changing.”

Life changing? Shouldn’t we be aware of and love the process of creating something that might be life-changing?

The author Roald Dahl said, “I began to realize how important it was to be an enthusiast in life. If you are interested in something, no matter what it is, go at it full speed. Embrace it with both arms, hug it, love it, and above all become passionate about it. Lukewarm is no good.”

Inside this issue:

President’s Message	1
UVQG Board Members	2
Calendar & Notes	3
Lost and Found	3
July Fair Thank Yous	4
July Fair Info for 2018	4
July Fair Highlights	5
July Fair Highlights cont.	6
Pres. Elect’s Quilt Challenge	6
5 Minute Bookmark	6
2017 Fall Retreat Update	7
UQG Ruby Jubilee Quilt Fair	7
Springville MOA Quilt Show	8
UVQG Library Info	9
August Birthdays	9
Tip of the Month	9
Summer Reading for Quilters	10
Recipe of the Month	10
UVQG Mission Statement	11
Fiber Burn Test Directions	11
Classifieds	11

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2

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July Fair Chair:			
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Assist:	Debbie Neilsen	801-836-3959	quiltgarden74@yahoo.com

A **Sewciopath** is a person with an antisocial sewing disorder. They think mainly of their next project and seldom feel guilt about buying fabric – they can never seem to get enough.

- **Jul 29– Sep 23—** Springville Quilt Show @ Springville Museum of Art
- **Springville Museum of Art Trunk Shows—**
- Wednesday, August 2—6:00—8:30 pm
- Thursday, August 3—12:30—3:00 pm
- Wednesday, August 2nd: 6:00
- **August 16—** Guild Meeting @ Orem Senior Center
- **Sept 19-23—** UQG Quilt Fest “Ruby Jubilee” @ Layton (see utahquiltguild.org for more info)
- **Nov 8-11 —** Fall Retreat @ Midway
- **Second Saturday of Every Other Month —** Saturday Sew/Sit and Stitch @ Jacobs Senior Center in Pleasant Grove (August 12 and October 14th).

UVQG AT-A-GLANCE:

August 16, 2017

UVQG Guild Meeting

11 am—Board Meeting

1:30—3:00pm—General Meeting

Program presented by:

My Girlfriend’s Quilt Shoppe in Midway

Where: Orem Senior Friendship Center



Molly reaches the end of her organizational capacity.



LOST AND FOUND

Our lost & found items are multiplying. We still have a cream colored **sweater** that was left on a chair during our May round robin cooking class, a **Camelbak water bottle** (Mad Dog Cycles logo on it) that was left on a windowsill in a classroom at the July Fair, and a **Rubbermaid container** without a lid that was brought to the bake sale with goodies in it. The goodies were sold! I will bring these to the guild meeting in August, or contact me if they are yours. (Maureen 801-592-1920)

Any time women come together with a collective intention, it's a powerful thing. Whether it's sitting down making a quilt, in a kitchen preparing a meal, in a club reading the same book, or around the table playing cards, or planning a birthday party, when women come together with a collective intention, magic happens.

Phylicia Rashad

A big shout out to the amazing teachers and many wonderful volunteers who made our July Fair such a success! Special thanks to Debbie Neilsen who managed the big task of securing all the vendors, which included tons of set-up and take-down, tax management, and a million little details; Kim McCloskey who coordinated all of our classes, teachers and class packets; and Sharon Wright who somehow got inveigled into spearheading the garage sale. Such a huge job! We couldn't have done it without all of you!

July Fair Info for 2018

We have had a huge challenge finding a location for the fair that is affordable and would accommodate all of our needs. We got an amazing opportunity and cost break to hold it at the Wadley Farms Castle last year because it was brand new and Wadley Farms wanted to get some exposure & publicity out there about their new castle. (One of our guild members had a connection, too, so they did us a big one-time favor.) The cost now is way out of our reach.

The Peteetneet Museum strives to make their facility affordable to the community and was amazing to work with. The cost to rent the building, tables & chairs included, was far below anything we could find elsewhere, and we searched extensively. Obviously the down side was the heat. If we choose to hold the fair there again, we will have classes in the rotunda areas where the A/C kept the area cool, and not in the sweltering classrooms. It was hotter than even the manager of the museum anticipated.

But as guild members, this is your July Fair, so we welcome feedback from you. If you have any comments or suggestions you would like to share, please email me or any of the board members. We appreciated your attendance and support! Despite the heat and the drenching downpour at the end (that many of you missed – just check the UVQG Facebook page for photos), it was a fun & successful day.

OREM SENIOR FRIENDSHIP CENTER

Our guild will continue to meet at the Orem Senior Friendship Center. If you are 55 or older and are interested in joining the senior center, the dues are only \$7.00 per calendar year! And you don't have to be an Orem resident. Go to <http://www.oremrecreation.com>



Classes

12 classes were taught on a variety of topics. The classrooms may have been hot, but the teachers were cool!

Vendor Mall

Fabrics, patterns, tools and gadgets, books, baskets, batting.. There were great finds for everyone. Thank you to our hard working vendors who supplied us with great door prizes!



Garage Sale

People arrived early to get great deals at the garage sale. Guild members were able to enjoy a nice lunch from the food trucks nearby as well.

Silent Auction

Once again, we raised over \$1000 at the auction for guild activities. Thanks to all of you for your generous donations.



July Fair Bake Sale

There's nothing like a good old fashioned bake sale to sweeten the day.

Thank you to the Knotts

Group for their hard work in organizing the deliciousness.



President Elect Quilt Challenge by Brenda Sommers

I've seen some beautiful "color-gradated" quilts in progress! Thanks for sending me pictures! I have 20 gals entered in the drawing for the book "Rainbow Quilts For Scrap Lovers" by Judy Gauthier. You still have time! Send me your pattern, photo of your quilt in progress or even a stack of fabric that you'll be using! (Text: 801-836-9563 or email: brenda@homerealty.com) and I'll enter you to win! Deadline - August 15 (5 p.m.). I will be drawing the winner and bringing the book to the Guild Meeting on August 16th. You must be a current guild member - so make sure your membership is current!

Here is our fabulous President, Maureen Tuttle's wonderful quilt: Happy quilting!



5 Minute Bookmark

Materials needed:

Scraps of fabric & one piece of 1/2" elastic about 8" long.

Directions: Cut the two pieces of fabric 3" by 12" long. Place right sides together and sew up the two long sides. Turn inside out and press. Fold in the top end, insert one end of the elastic in the middle about 1/2" and sew the top closed. Repeat on the bottom end so that the fabric and elastic form a circle. Slide the bookmark onto the page of your book with the elastic on the inside.

Use this bookmark on one of the summer reading suggestions on page 10.

Someone who has paid \$75 needs to drop out and would like to sell her spot. There are 5 or 6 openings if you are still wanting to come.

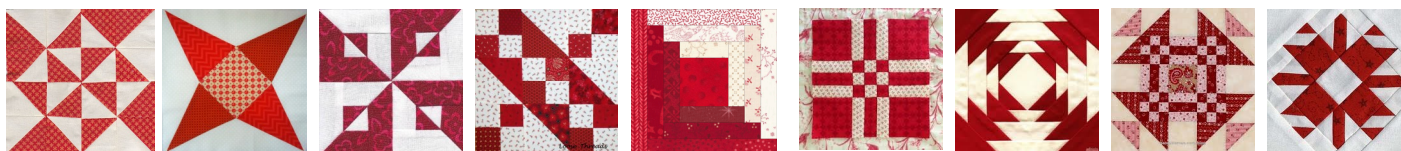
Your final payment is now past due. Please send payment (minus deposit you paid) to Marilyn Hamblen
3388 W 14400 S
Bluffdale, UT 84065. 801-254-6832

Classes: come see samples at August and October guild meetings

1. Davidene is bringing her studio cutter. If you would like to cut out a Tumbler Quilt (2 sizes available)
Drunkards Path Quilt
Squares, Strips, etc,
Then bring fabric or scraps to cut out your own pieces with a turn of the handle.
2. Tea Towel Apron. Tea Towel will be provided for everyone. This pattern was taught at a UVQG class several years ago and is still one of my favorites. Davidene will bring white twill tape (\$1 for 2 yards) for apron strings,
3. Wool Pin Cushion. Nancy Jones will be teaching this class. The price is \$6.00 and includes everything you need. You can pay her directly at retreat, but you **must sign up ahead of time** in person at guild meeting or text "wool" to 801-368-3910. She needs to know how many kits we need.



UQG Ruby Jubilee Quilt Fair - Quilts Needed



It's the 40th birthday of the Utah Quilt Guild and they are celebrating with a Ruby Jubilee traveling quilt exhibit. Please make a red and white quilt as part of this celebration.

The guild is hoping to fill their grand finale Quilt Festival with 100s of beautiful quilts made by quilters from throughout the state, including you.. Prizes will be awarded, including a viewer's choice award.

The entry deadline for the Quilt Festival is August 27, 2017.

For rules and entry forms visit <http://www.utahquiltguild.org/ruby-jubilee-2017.htm> or call Barbara at 801-592-2715 for information.

Thank you to all who entered quilts in this year's Springville Museum of Art Quilt Show! It is always fun to see the many beautiful quilts hanging in such a beautiful setting. The show hangs through September 23rd. The museum is open Tuesday through Saturday from 10:00 a.m. to 5:00 p.m. and is open until 9:00 p.m. on Wednesdays. It is closed on Sundays, Mondays, and holidays. Come see the competition quilts and vote for your favorite. Quilt pick up will be September 26--30, 10:00 a.m.- 5:00 p.m.

Trunk Shows will be held at the museum in the Swanson (step-down) Gallery on Wednesday, August 2nd from 6:00 p.m. to 8:30 p.m. and on Thursday, August 3rd from 12:30 p.m. to 3:00 p.m.

Participants on Wednesday evening will be Diana Hess & Lil Anderson, Margaret Gray, Suzanne Adams, Shirley Olsen, and Sharon Aposhian Wright.

Thursday afternoon's participants will be Shirley White, Nancy Henderson, Chris Chamberlain, the McConkie Family, and Kim McAllister.

Both the judged show and the trunk shows are free and open to the public. Come and enjoy!



Did you know that we have about 850 books in our quilt guild library? Wow, that is quite amazing. We are trying to do a better job of spreading the books out so that you can more easily see what we have.

Even though I don't ever see myself making an art quilt, it is a treat to browse through the books in the "Art" section. They are incredible.

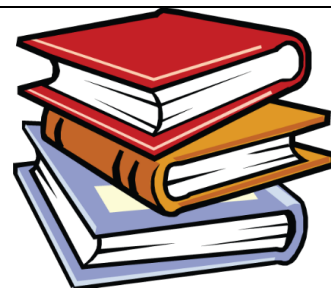
Do you have a baby coming or are you a grandmother who likes to make quilts for her grandbabies? Look through the "Children's" section and find a cute baby quilt to try.

Want to create something but don't have a lot of time? The "Miniatures" section is for you. Some of these are as small as 6 X 6.

Or, maybe you want to tackle a new technique. Each book in our "Techniques" section shows you the ins and outs of a particular technique.

Stop by the library and see if you can find a book that sparks your interest.

Remember that your dues must be up to date in order to check out books from the library. There is a limit of 5 books to be checked out at any given time to one person.



August Birthdays

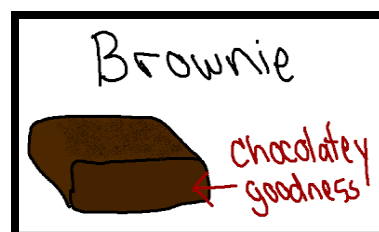
Jodie Banks	Kathy Carbine	Elise Larsen	Jan Scott
JoAnne Barr	Sharon Geurts	Tina Lewis	Judi Simon
Jill Bowler	Jackie Hadley	Marilyn Lund	Jacquelyn Thompson
Linda Boyer	Rebecca Hansen	AnnaRae McAllister	Sharon Wright
Laura Brown	Sally Higley	Bonnie Quigley	Marilyn Yerkes



Tip of the Month



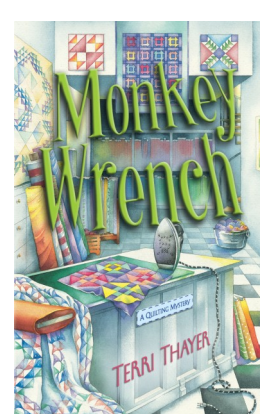
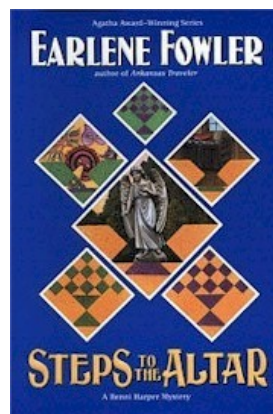
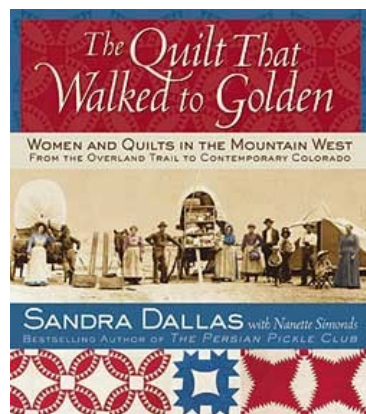
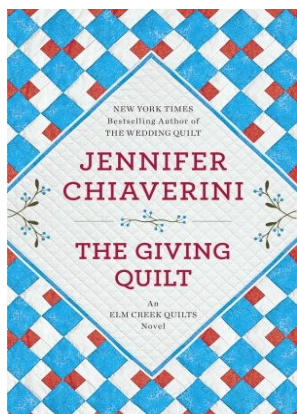
Cut those chewy brownies or cookie bars for your next summer picnic with a plastic knife. The crumbs won't stick like they do with a regular knife.



Summer is almost over, but it's not too late to pick up a good book and a nice tall glass of lemonade. Here is a list of recommendations

- The Elm Creek Quilts series by Jennifer Chiaverini is not only fun to read, but critically acclaimed as well.
- Sandra Dallas has also authored several bestselling titles including novels *The Persian Pickle Club* and *The Quilt Walk*, as well as non-fiction title, *The Quilt That Walked to Golden*.
- Earlene Fowler's Benni Harper mystery series features quilts, mystery, and a whole lot of fun. Titles include *Goose in the Pond*, *Dove in the Window*, and *Steps to the Altar*.
- Terri Thayer has incredibly popular quilting mysteries like *Wild Goose Chase*, *Old Maid's Puzzle*, and *Monkey Wrench*. Page turners, I tell you!

from afabulousfatquarter.com.



Recipe of the month by Kim McCloskey

Quick and Easy Italian Street Tacos

Summer cooking is all about fresh, easy recipes with minimal cooking time, and this month's recipe will fit the bill.

I had some leftover pot roast from our Sunday dinner so I came up with this delicious "street" tacos recipe that I think you might like as well. Be creative and use what you have in your fridge and pantry.

Ingredients:

- Mission Street Tacos flour tortillas (found at Smiths)
- Shredded cheddar cheese (optional)
- Finely diced Kalamata olives
- Shredded beef (leftover pot roast worked great)
- Matchstick carrots
- Romaine lettuce, chopped (or whatever you have)
- Italian flat parsley, chopped
- Goat cheese, crumbled

Directions:

Heat both sides of the flour tortilla in a dry skillet and layer with cheddar cheese (if desired) until melted. Remove the tortilla from the skillet and put it on a plate. Layer the remaining ingredients in order on top. If your meat is not moist, drizzle the taco with Italian dressing or the meat drippings

We ate these so fast that I didn't get a photo, but they looked similar to this photo that I found online at:

(http://storage.googleapis.com/zgt-user/Cabrigo_Tacos_FM_smokehouse_DAL.jpg)



UVQG Mission Statement

The mission statement of our guild is as follows: "The Utah Valley Quilt Guild was established in 1982 to promote the Art of Quilting through educational and social means and to provide service." What a wonderful organization we are privileged to belong to. As of our last meeting, we've donated 236 quilts this year to grateful charities, we've had numerous opportunities to learn from various teachers and we have a great opportunity to meet like-minded (aka quilty) friends through the functions of our guild. We are always striving to improve and make the guild the best it can be, so if you have any comments or suggestions, please feel free to contact any member of the board.

How to Do a Fabric Burn Test for Fiber Content

Perform the burn test outside on a day that's not windy, or in a well-ventilated area inside, away from flammable items, children, and pets.

Cut small 2" pieces of each fabric you want to test

1. Place a piece of the fabric in your fireproof container and ignite one corner.
2. Pay attention to the odor of the smoke.
 - Cotton smells like burning paper and has an afterglow at the end of the burn.
 - An odor similar to burning hair or feathers indicates wool or silk fibers, but silk doesn't always burn as easily as wool.
 - A darkish plume of smoke that smells like chemicals or burning plastic probably means the fabric is a cotton/polyester blend.
3. Examine the ashes after they've cooled.
 - Cotton ashes are soft and fine. They turn to dust when touched.
 - Black, brittle remnants that crush between your fingers are probably the remnants of wool.
 - Hard lumps are the remains of melted synthetic fibers.
 - For more info visit www.thespruce.com/fabric-burn-test-to-identify-fibers-2821302

Stay up to date all things Utah Valley Quilt Guild by visiting our website at
www.uvqg.org
 Or join in on the conversation at our

The Patchwords Newsletter is published eleven times a year (Jan—Nov) and mailed or emailed to current members of the Utah Valley Quilt Guild.

Current Membership: 264

The Utah Valley Quilt Guild was established in 1982 as a chapter of the Utah Quilt Guild. It is a non-profit organization dedicated to promoting the art of quilting through educational and social means and to provide service to the community.

The Utah Valley Quilt Guild meetings are held on the 3rd Wednesday of the month (except Dec.) at: **OREM SENIOR CENTER**

93 NORTH 400 EAST, OREM, UTAH.

Membership dues for the Utah Valley Quilt Guild are \$15 / year. Benefits include participation in monthly meetings, free entry to forums, checking out books from the Library, and discounts to many local quilting & fabric shops. Send dues to:

Machelle Preston, Membership Chair
Utah Valley Quilt Guild
1364 South 1270 East
Spanish Fork, Utah 84660

email thecherrytreecottage@yahoo.com
 or 801-362-6988

Classified Ads in Patchwords are free for members. These ads will run for two consecutive months unless otherwise notified. Advertising for business purposes is available at the following monthly rates:

1/4 Page Ad: \$10.00 1/2 Page Ad: \$20.00

Whole Page Ad: \$40

(UVQG Members receive a 20% discount)

Quilt Stands and other quilting supplies are available to rent from UVQG. Contact one of our Property Chairpersons for more info.

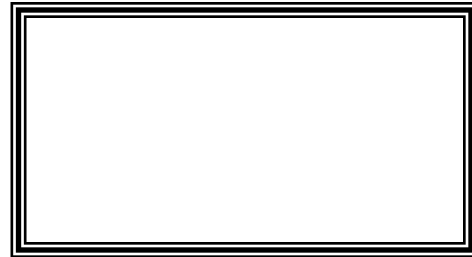
Send any correspondence, comments, articles, and ads to:

Kim McCloskey – Newsletter Editor
PatchwordsEditor@gmail.com

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Chapter: Utah Quilt Guild 1364 South 1270 East Spanish Fork, Utah 84660



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