

PATCHWORDS

Utah Valley Quilt Guild www.uvqg.org

A Little Bit Biased By Wanda Sump

One teardrop at a time One stitch at a time Quilting heals.

Recently, I have had the occasion to chat with several women about quilting and what it means to them. It is not simply a needle, thread, and some fabric. But for many it is therapy, an escape, and quite frankly has encouraged many just to simply carry on to another day. It has given many a purpose, a focus, and a reason to start a project or try something new when all she wanted to do was give up or give in to life's frustration.

As you surround yourself with sewing treasures, needles, threads, and an opportunity to create something wonderful, it is an opportunity to look outside oneself and think of anything beside what is bothering, annoying or frustrating you. You can totally submerse yourself into the artistic world and use your imagination to craft something positive and joyful and not only uplift your heart but also maybe someone else's.

Being with friends and quilting long into the night, eating snacks all the time, and laughing until our sides hurt is seriously some of my best memories. I do, however, find great solace in finding a quiet place and doing a bit of hand work to slow down my life and more importantly my mind. It helps me to refocus on what is valuable and helps me to carry on. It allows me to be creative and quiet, even if my heart is breaking. In this world of hurry up, everywhere, this is my recharge, reboot button and have found it to be very invigorating. Stitching is healing and the creative process was/is indeed therapeutic and restorative. The art of A MAY

Aug 2016

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Calendar of Events:

- July 23 Sept 24 Springville Museum of Art Quilt Show
- <u>Aug 3</u> Springville Quilt Show Trunk
 Show 6:00 pm 8:30 pm
- <u>Aug 4</u>— Springville Quilt Show Trunk
 Show 12:30 pm 3:00 pm
- <u>Aug 17</u> UVQG Meeting @ Orem Senior
 Center
- <u>Aug 17-20</u> Utah County Fair Quilt Show
 @ Fairgrounds in Springville
- Sept 20-24 UQG Quilt Fest @ Layton
- Nov 2-5— UVQG Fall Retreat @ Zermatt

Looking for a few good Quilters to join our UVQG Board! If you are looking for ways to get involved and help make this guild amazing, please see Maureen Tuttle 801-592-1920



UVQG AT-A-GLANCE:

UVQG Meeting Schedule

August 17, 2016:

Board Meeting: 11 am

Guild Meeting: 1:30 pm—3:30 pm

Where: Orem Senior Center

93 N. 400 E., Orem

Featuring: A Trunk show by

Kristen Webb

Coming soon—the Utah County Fair! Please participate by putting a quilt into the Utah County Fair. Drop off you quilts on Monday August 15, at the Spanish Fork fairgrounds, 9-5 (tennis courts) Go online to register your quilt at: <u>utahcountyfair.org</u> They will be judged on August 16, and will be displayed for all to see from August 17-20. You will need to pick up your quilt on August 22, 9-12. We would love to show off the talents of Utah County Quilters. needle and thread is truly a healing balm and allows us to discover who we really are and express ourselves in a productive way. Our lives are filled with so much of taking care of others, making lists, of funerals, sickness, and of negative influences that it surrounds us and we need to de-stress our lives with positivity and things that bring us peace and joy.

Reduce Stress by Quilting:

- 1. Working with hands-produces a calming affect. Piecing or sewing are ways to release stress from the body.
- 2. Creates Community--we share our crazy ideas, our family stories, and our choco-

late and we bond for life. Which creates great self-esteem and fills social needs.

3. You are AWESOME! As you finish a project. When our lives are spinning out of control, we can feel a sense of accomplishment when we finish a quilt block or a row, or a project.

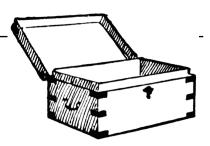
Quilters are some of the busiest people I have ever met and the biggest hearts. Stitching is a way we fill our hearts when we need strength. Take the time, sit and stitch, and you will

Sew Bee Happy Wanda

August Program By Carol Ford

We have a special treat coming up at our August meeting. Kristen Webb is going to share some of her beautiful quilts with us in a trunk show that she has prepared. Kristen is a passionate quilter and longarmer. She has been quilting for eleven years. She loves needle turn applique and wool. She is a traditional guilter, but likes to try new things. Kristen taught second grade and get to know this very special lady. in the Jordan, Alpine, and Provo school dis-

tricts. She also taught at the Waterford School in Provo; which is a private school. She



lives in Elk Ridge and loves to golf with her husband and with her friends.

Join us for a special treat in August

Service Day By Kathi Zobell

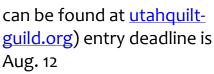
Our quilt count for service day is now 252. How great is that? We will give some quilts to the Tooele fire victims. There is always a great need for the things we do. I am grateful that the quilters in our guild are so wonderful in sharing their talents!



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The Utah Quilt Guild did not have a board meeting in July. (It has been such a busy summer so far.) So let this article be a reminder to you. The focus is going to be on the Quilt Fest taking place on Sept. 20 – 24 at the Davis Convention Center in Layton. There are several things you can do to get ready for this great event:

- 1. Register for classes
- 2. Reserve table places for you and your friends to eat lunch together
- 3. Get your mini-quilts in to your area reps or bring them the first day of Quilt Fest.
- 4. Make those Heart Challenge Blocks and turn them in to your Area Rep
- 5. Don't forget the sick kids at Christmas time in the hospital (we want to brighten their day with a big, red plush, decorated Christmas stocking) see your Area Rep.
- 6. Enter a quilt in the quilt show (entry form





- 7. Sign up to be a volunteer (You would make a great volunteer and have lots of fun in the process)
- 8. Finally, save your money to shop at the Venders' Mall.

How is your red and white Ruby Jubilee quilts coming along? It's going to be a great show next year (2017) at Quilt Fest to see hundreds of red and white quilts all on display. Make sure one of them is yours. Ruby Jubilee only comes around once. Be part of it.

You can find much greater detail on all of the above by going to <u>utahquilt-</u> <u>guild.org</u>. Hope to see you on September.



September 21-24, 2016 Davis Conference Center, Layton, UT See events page for more information

Visit the Events Page at www.UtahQuiltGuild.org for more information

Jodie Banks	HAPPY BIRTHDAY!	Bonnie Quigley
Jill Bowler		Jan Scott
Linda Boyer		Judi Simon
Laura Brown	Elise Larsen	Jacquelyn Thompson
Kathy Carbine	Tina Lewis	Bonnie Walter
Sharon Geurts	Jimma Lopez	Sharon Wright
Jackie Hadley	Marilyn Lund	Marilyn Yerkes
Rebecca Hansen	AnnaRae McAllister	
Sally Higley	Lisa Ostmeier	

I Have a Notion By Kendra Hall

When it is as hot as it has been, I find I really don't want to sew. Maybe it is the idea of picking up a heavy quilt to bind it, or manipulating a bunch of fabric, or heat weariness--I just don't quite feel like sewing. Yes, I have air conditioning, but it just isn't the same somehow.

Many people travel a lot in the summer or participate in outdoor activities more, but there does seem to be a bit of a summer inertia. So, how about a project you can tuck in your purse for quiet moments, complete in a short time, and wear proudly when you are done? I am talking about mini hoop embroidery necklaces.

About a year ago, I picked up a copy of "Hoop-La!" magazine. This English publication was their third and last publication. But, in this issue I found reference to two etsy dealers that sold mini embroidery hoops (1-2"), so I went to etsy. These dealers lina Hudson Designs have begun making were CreativeMuster and Dandelyne. I purchased samples from each dealer and then waited. Both dealers are in Australia so the

shipping isn't quick, although it was faster than I expected and less expensive, too.



Since that time, the

popularity of mini embroidery hoops has expanded. There are at least three U.S. etsy dealers who carry these little hoops: CraftyWoolFelt, SojournerHandmade, and SnugglyMonkey. Most of the American dealers carry the Dandelyne hoops, which are well made. They even have the little tightening screw at the top. Just enter the name of the dealer in the etsy search engine to find the store.

In addition, the American company Sehexagon shape embroidery pendants. I purchased mine from Quilting Books Patterns

and Notions (www.qbpn.net) and then discovered this company was also on etsy. When I went to the shop on etsy I discovered the company also has tag and banner shapes in their blanks, as well as cute birds and owls. Selina Hudson seems to be the daughter of the designer of Hudsonshol- deal for idays embroidery patterns, also on etsy. This a quilter shop has a patterns pack with 12 embroidery with a designs for the hex shaped blanks.

Well, if all that information isn't enough, let me tell you what I just bought! Stars & Sunshine has brought the embroidery hoop into the 21st century. They use 3D printing to make their embroidery hoop blanks. I purchased a blue one and a white one. They have scallops around the edge and even have the little screw at the top. I can't claim to understand 3D printing, although I have seen the printers, but I think terns. And, there it is, the female Christmas these are clever.

All right! As you can tell, I have a bunch of hoops. Now what am I going to put in them? For a lot of them, I will just find a cute motif on a piece of fabric and frame it

with one of the hoops. Hey, what a great



stash! Now I can wear my fabric too. Let's see--I have some fabric with little owls that a granddaughter would love. Little flowers would also work well. I could embroider fancy initials to fit in the holes, or find a small animal I could embroider. Aha! I just remembered the perfect book for this project. It is called, "Teeny Tiny Menagerie" by Noriko Komurata. Then, there is cross- stitch--I'm sure I have some little cross-stitch patpresents are taken care of!

My fun is all lined up! I hope some of you also find this enjoyable.

President Elect Quilt Challenge By Maureen Tuttle

"You can't fatten a pig on Market Day." -John Howard. This year is flying by, but there's still time to fatten your pig, aka finish one of your quilt P.I.G.S. And it's time for me to start gathering names so I can have a little gift for each of you, as well as a drawing for more gifts at our November meeting. If you have completed a P.I.G.,

(quilting and binding too) and shown your quilt at one of our guild meetings,

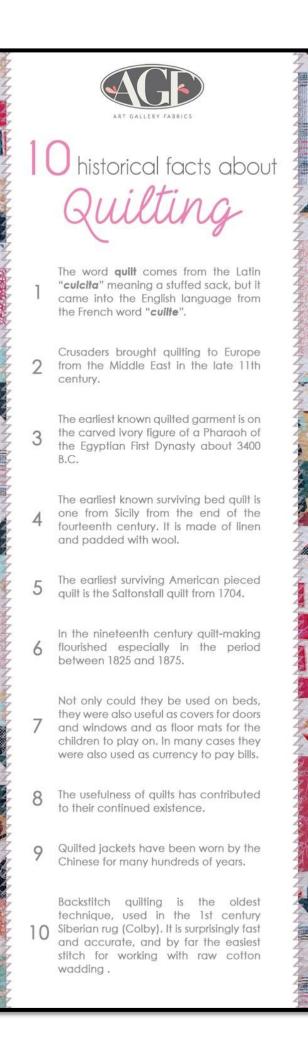
please call, text, or email me your name and the name or description of your guilt so I can put you on the gift list. Happy sewing!

Quilt Retreat Reminders By Davidene Zimmerman

The retreat is November 2 - 5, 2016

- Arrive Wednesday morning as early as you would like. You may get into the sewing area Tuesday night at 6PM. Please don't come earlier as we will be setting up.
- 2. We would like a few more recipes turned in, but they must be turned in within 1 week.
- Also, turn in the answers to your secret sister questions. 1. Favorite treats 2. Favorite color 3. Hobbies other than sewing/quilting 4. Favorite fabric genre 5. Something on your bucket list 6. New quilting technique. Send recipes and answers to: c_n_roberts@msn.com
- 4. If you haven't paid your fee, it is now past due. Please get it sent in to Marilyn Hamblen. 3388 W 14400 South, Bluffdale UT 84065
- 5. To participate in Pin Cushion exchange, make a "boutique quality" pin cushion and GIFT WRAP it before you get to retreat. We have a way to label them, and we will put them on display after the exchange.
- 6. Please bring a show-and-tell quilt with you to retreat for the "Quilt Walk."

Thank you! It's getting closer and the excitement is growing! Davidene cell: text me at 801-368-3910 Text registration and hotel questions to Marilyn 801-254-6832 or email her ghamblen7@msn.com





\$2/yard fusible web will be available for all projects and a fat eighth of green for stems and leaves. Fusible web

1. Make A Wish Table Runner 16" x 38"



\$20 Kit from Davidene's Quilt Shop (DQS)\$15 Book from DQS (there are 15 darling patterns in this book)

Pattern is in "Table Please Part One" Art to Heart book

<u>What You Need</u> if you are bringing your own supplies:

Pattern

1/4 yard aqua fabric for the cake pieces1/2 yard background fabric

Fat sixteenths or scraps of assorted fabrics

for the candles and flames

Fat eighth fabric for the words

Fat quarter fabric for the scallops

2 yard jumbo rick rack

Fusible web

2. Friends Forever Quilting Together 24" x 28"



No Kit available Pattern: no charge for class members. <u>Bring scraps</u> to share with each other. The biggest scrap needed is a fat eighth for her dress

3. Sweetness 17.5" x 22"



New Skill: Ruching Ruching is a gathered fabric used for a trim. No Kit available \$5 Pattern from DQS <u>What You Need</u> to Bring: 1 charm pack that has

light, medium and dark squares

1/4 yard plain dark fabric for cake stand.
Ruching is not part of the pattern, but has been used in the sample and will be taught as a demo and in class.
1/4 yard solid fabric for binding
2/3 yard backing
Fusible web

4. Cupcake Banner with Hanger and Clothespins 6" x 13"



Embroidery is the quilting for this darling project. There are only 2 layers, the front and batting.

\$7 Hangers from DQS .50 for two clothespins \$1.50 for fabric and embroidery floss. Cupcake is cut out with Accu-

quilt cutter.(\$9.00 for complete kit)

Quilt Book Reviews By Kendra Hall

Liz keeps building our library. We now have two carts full, except one cart broke down from the sheer weight of books. It will be fixed, but you could help lighten the load. Just browse the books before the meeting and take home several. If everyone would do that, there wouldn't be so many to put away at the end of the meeting! Kidding aside, it is wonderful to have books covering all types of quilting. And you can check them out for free! What a deal!

We will look at two new books today, and then one from my personal library (which also seems to keep growing!) that might be of interest.

Geddes, Carmen. Ten Quilts for Ten Sisters. TenSisters Handicraft, 2015.



Most of you will recognize the author's name. She lives locally and has demonstrated her Tensisters Easy Piecing Grid at many local quilting events. This grid is a lightweight, iron-on interfacing that is printed

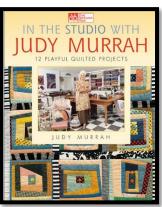
with squares. This product is available in marked grids of 1" finished, 1-1/2" finished or 2" finished squares. There are 126 squares of each grid panel, 9 across and 14 down. She does have illustrated instructions for the fus- nique as "simply piece fourteen fabric strips ing and piecing process.

There are 10 patterns for using these grids (one per sister) and the quilt pattern is separated into sections, with a section representing a panel of the grid. Of course, the

finished size of the quilt will be determined by the size of the grid, and all three sizes are given with each pattern. These patterns are variations on Chain patterns and Trip Around the World patterns.

If you been intrigued by Carmen's demonstrations and products, but a little intimidated about trying them, this wellillustrated book will guide you through construction.

Murrah, Judy. In the Studio with Judy Murrah: 12 Playful Quilted Projects. That Patchwork Place, 2001.



Judy Murrah is known for her quilting techniques that add dimension, movement and interest to her quilts and wearable art. This book has 12 colorful, embellished projects that can be used for special occasions, such

as her Congratulations quilt. She covers some techniques that can add interest to quilted projects, such as chenille panels, tucked panels, and folded elements. She loves to do improvisional piecing.

My favorite quilt, though, is called "Sliced Lightning." She describes the techtogether and slice as directed, adding strip dividers and corner triangles to make each block." It looks like it would be fun to try.

She also gives a tour of her studio, which is huge and extremely wellorganized. To give you an idea, her design wall is 8' x 14 -1/2'. Yes, that is feet, not inches. She has a whole wall of windows and a library table as a cutting/ironing table. It is a great studio. She likes it so well that she and her husband sometimes eat dinner there. Instead of sewing on the kitchen table, she is serving dinner on the cutting table! She even has room for a tea party corner for her granddaughter! Take a look.

This last book is from my own personal library. I am sharing it because the author is one of the national teachers at this year's QuiltFest. The book is readily available from AQS and may be available for purchase at QuiltFest.

Poole, Linda M. <u>Painted Applique, a New</u> <u>Approach</u>. AQS, 2013.



I think the best way to introduce this book is to quote from the introduction:

"What if we were to combine the artistry of applique and painting? Are you intrigued? Using a flower for an example, we no longer need to cut out individual petals and sew them back together. Instead, imagine if our flower could be cut out as one big unit and the petals painted. The best part is that we still get to sew the applique unit to the background or to another piece"

She teaches how to use paints, mediums, and ink pencils on fabric. The book also covers glue stick applique and machine applique.

The projects in the book are exquisite. Her birds look like they would chirp any minute. What is very interesting, is that she shows each project worked in hand or machine applique, and then worked in painted applique. She is a master of all of it, but it is interesting to compare the final results.

I have signed up for one of her classes and am really looking forward to it. If you couldn't get in a class, this book would really help to learn the technique and give you a couple of the patterns she will be teaching.

As I said, this book is not in the library. If you would like it to be, please contact the librarian.

News from the Librarian By Liz Teerlink

The July fair was wonderful, and I managed to bring home some wonderful bargains. With all of the great donations to the yard sale we will be adding some interesting new (to us) books to the library. Come and check out our newest titles. I hope you enjoyed

the extra time with your library books. Please remember to bring them back at the August meeting on August 17th.



Come see the beautiful quilts in the Springville Museum of Art Quilt Show! There are 98 quilts on display. The judges this year were Cheryl Barlow from Bountiful, Brenda Bell from Taylorsville, and Krisanne Watkins from Springville. They were particularly interested in rewarding quilts that had original Thursday, August 4th: 12:30 p.m., Cindy design elements. The quilts will be on display through September 24th. Be sure to vote for your favorite guilt for the Viewer's Choice award.

Be sure to put the Trunk Shows on your calendar.

Wednesday, August 3rd: 6:00 p.m., Gloria

Springville Quilt Show Prize Winners

HONORABLE MENTIONS

Marian Eason—Hidden Beauty Chris Coffin—Manning Halo Charlene Nelson—Magical Moments Barbara Walsh—Amber Glow Linda Williams—There is Room for Everybody

JUDGE'S CHOICE

Karin Crawford—Red, White, and Wonderful Helen Butler—With all my HEARTs Josephine Keasler—Paradise in Blooms Sharon Aposhian Wright—Cub Loving His Dad

SHOW COMMITTEE AWARD Cathie Cee—Crib Quilt

AWARDS OF EXCELLENCE

Karin Crawford—Village Charm Crumrine—Jethro Carol Ford—Wild Winter 12

Hartley; 6:30 p.m., Kris Orton; 7:00 p.m., Karen Holt; 7:30 p.m., Crystal North and The Donglettes (embroidery quilters); 8:00 p.m., Cheryl Elmer and Michelle McNeill.

Hutchison; 1:00 p.m., Machelle Preston and Karlene Riggs; 1:30 p.m., Anny Opfar; 2:00 p.m., Michelle Hansen; 2:30 p.m., Marget Kunz.

Celebrate the art of quilting and enjoy the Springville Museum of Art Quilt Show and Trunk Shows!

Penelope Harris—Calavera de Azucar Mary Z. Hutchings—Let Us Walk In The Light Bea Kalasky—There's No Place Like Home Kim McCloskey—Directions to Neverland Marian Murdock—Dakota Sunset Judie Oler—Pink, White and Red All Over Connie Sutterfield—African Missions

DIRECTOR'S AWARD

BEST SOLITAIRE MACHINE QUILTING

Carole Lifferth—A Tribute to my Sweet Mother

BEST SOLITAIRE HAND QUILTING

Janice Howick—Bless You

BEST OF SHOW Shirley L. Olsen—Nocturne: Remembering Chopin



Local Store Spotlight—Harmony

Harmony began as a dream and has stayed that way! As a young girl I learned to sew, knit, and crochet from my mother--she made all our clothes. These hobbies provided sanity and creative satisfaction during my busy years of raising eight children, and my passion for them has only become stronger. I love fabric and yarn, quilting, sewing and knitting, and especially sharing that love with others. My girls used to play "fabric store" with my stash, and I've always joked about opening a fabric shop.

My daughter Rachel has had an online gift shop for 11 years, and over four years ago she saw a "For Lease" sign in front of a wonderful pioneer home on Provo's Center Street. It made her consider putting her gifts into a brick and mortar shop, but she realized it was too much for her at that time with three young daughters. In May of 2012 my husband and I returned from a shortterm LDS Mission in Uganda. We had already lived five years in Africa as missionaries in Madagascar and Ghana, and I had seen women in the marketplaces laughing and enjoying each other. The thought came to me: "they're having more fun than we are!" I came home and said to Rachel, "let's open a shop together!" We opened on September 14, 2012, and have never looked back.

We wanted to provide things we didn't have access to ourselves. I specialize in quilting cottons but also have apparel fabrics. We have one-of-a-kind batiks and wax prints from Ghana, and hand-smocked, embroidered nightgowns made by my friends



in Madagascar. We have a fondness for Kaffe Fassett and have lots of Cotton + Steel, organic cottons, and knits. We like to keep in touch with what's new and irresistible!

Rachel's gifts appeal to all ages--her handmade jewelry, buttons, trims, toys, stationery, candles, soaps and more are an ever -changing delight.

We offer classes from professional teachers--many adults and children are now pursuing their own creative lives as a result of them. This gives me great joy, as does my ability to hire grandchildren to work for us. We feel Harmony all around us, and hope you will, too!

> Harmony 315 EAST CENTER STREET PROVO UT 84606



I can't remember if I've shared this recipe or not, but it's so good that I'd risk repeating myself. This receipe is perfect for feeding a crowd—which is what I seem to do a lot over the summer. It's great because once the meat is cooked, everyone can customize their own burrito/taco salad/quesadilla.

This is also a fantastic Make-ahead meal. Combine all the ingredients into a ziplock bag and freeze until your ready!

Cilantro Lime Chicken

1 1/2 pounds of chicken breast
juice from 2 limes
1 bunch fresh cilantro, chopped
1 (16 oz.) bag frozen corn
2 minced garlic cloves
1/2 red onion, chopped
1 can black beans, drained and rinsed
1 tsp cumin
Salt and pepper to taste

- Place all ingredients in a resealable gallon-sized freezer bag. Mix together and zip bag closed.
- 2. When ready to eat, remove from freezer and thaw in fridge for 24 hours.
- 3. Cook on LOW for 8 hours (or HIGH for 4 hours).

Serve with tortillas and your favorite toppings (sour cream, guacamole, salsa, and

Recipe Source: http://octobersmorning.blogspot.com/2012/10/freezer-mealexchange.html

For Sale: Gammill Optimum Plus quilting machine with regulated stitch and 14' adjustable table. Zipper system on leaders. Grid attached to back table. Swivel Casters for easy maneuverability. Track system with Edge Rider Wheels, florescent light fixture, dual control handles, two station needle positioner, horizontal and vertical channel lock, security/basting stitch, double capacity bobbin, built on bobbin winder, laser and small spool holder. Purchased new in 2002 and used mostly for home use. Excellent condition. \$7500.00 Contact: Debra Thacker Phone: 801-889-5879

I just checked, and you can never have too many project bags.



Kathryn Carbine

1309 S. 950 W. Payson, UT 84651 385.201.3505 801.465.0929

Machine Quilting.

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 Facebook page.! 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: 273

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 <u>thecherrytreecottage@yahoo.com</u> 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

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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: Allison Babcock– Newsletter Editor PatchwordsEditor@gmail.com Deadline for next issue: August 25, 2016



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