



# PATCHWORDS

Utah Valley Quilt Guild  
www.uvqg.org

Jan 2017



Volume XXXV, No. 1

## *A Year of Giving by Maureen Tuttle*

What a busy, joyful, stressful time the holidays can be! As women, our demands are often great and we seldom take enough time for ourselves. Between working, shopping, cooking, cleaning and spending time with family and friends, not much sewing took place in my life the past few months. But I instantly feel a little bit happier just sitting down to my sewing machine, even if all I have time for is to blow that new dust off because I didn't cover it the last time I actually finished sewing something.

Now it's a new year with new possibilities! This year our theme is "A Year of Giving". Let's join together and explore the many aspects of Giving that enrich our lives. Mary Killpack is our board member in charge of special projects, and she will share a few simple projects throughout the year that we can help create with our sewing skills to give to others in need. Kathy Zobell and her committee will coordinate our amazing service day in March. Our national teacher will give us two days of instruction and inspiration in April. And we will also share ideas throughout the year of ways to give to ourselves; to fill our own wells and experience the joy of creating the beautiful quilts that we all love. Here's to an exciting and fulfilling year of Giving!

Maureen



What did one snowman say to the other snowman?  
"Yeah, I smell carrots, too!"



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## 2017 UVQG Board Members

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**Welcome New Board Members!**

## Calendar & Notes

### Calendar of Events:

- **Jan 18** — UVQG Meeting @ Orem Senior Center
- **Jan 26** — UQG Quilt Day @ the auditorium at the Huntsman Education Center in the LDS Hospital.
- **Mar 15** — Service Day @ Jamestown, Provo
- **Apr 18-19** — National Teacher @ Orem Senior Center
- **May 4-6** — HMQS @ South Towne Expo
- **Sept 19-23** — UQG Quilt Fest “Ruby Jubilee” @ Layton
- **Nov 8-11** — Fall Retreat @ Midway
- **Second Saturday of Every Other Month** — Saturday Sew @ Jacobs Senior Center in Pleasant Grove (February 11th, April 8th, June 10th, August 12 and October 14th).

### **Did you know?**

A story/saying/adage that has been going around is that out of humility Amish quilters will purposely make a mistake because “Only God is perfect.” But apparently that is **myth** (mind blown!). In fact, according to America’s Quilting History website, the Amish are more likely to say that it would be prideful to say you had to put in a mistake because your quilt would be perfect otherwise (makes sense, right?). So what can we take away from this tidbit? We all make mistakes, in our quilting and in some of those stories that get passed around. So while it is true that only God is perfect, let’s celebrate our mistakes as the learning moments that they are. Mistakes in quilting broaden our horizons and lead to new techniques and new designs.

### UVQG AT-A-GLANCE:

### UVQG Meeting Schedule

January 2017:

Board Meeting: 11 am

Guild Meeting: 1:30 pm—3:30 pm

Where: Orem Senior Center

93 N. 400 E., Orem

Featuring:

Margaret Cooper, Dee DeHart  
and Liz Laney

Charity Quilt Count = 262 Quilts  
Thank you, Quilters! Together, we  
have been able to make a  
difference. Keep them coming.

**FOR SALE:** Dear Jane Blocks purchased  
at QuiltFest. Paid \$325. Asking \$200.  
Nancy Leach 801-377-9188

**FOR SALE:** Sweet 16 sit down quilting  
machine. Like new, excellent condition  
with table mat, bobbin winder, stitch  
regulator, tools, thread, bobbins, and  
manual. Asking only \$3800.00 or best  
offer. Call Marilyn at 801-319-6277.

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## OREM SENIOR FRIENDSHIP CENTER

Our guild will continue to meet at the Orem Senior Friendship Center. We have received such a great welcome by the senior center staff and we're excited to continue to work with them. 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. Below is the link to the latest newsletter for the senior center so you can see the many wonderful activities you can participate in as well as the benefit of enjoying lunch before our quilt meeting.

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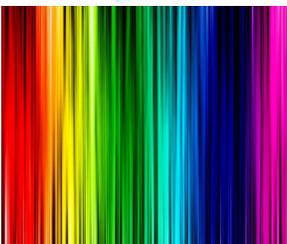
### January Program *By Maureen Tuttle*

Our January program will feature three talented guild members: Margaret Cooper, Dee DeHart and Liz Laney. Their alter identities in a former life were known as the "May Sisters". We aren't sure if the May Sisters will make an appearance again on our stage, but in any event they are sure to provide an interesting and entertaining program for us. Please plan on joining us on January 16th at 1:30 for fun, friendship, and quilting inspiration.

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### President Elect Quilt Challenge *By Brenda Sommers*

Hi Ladies!! Hope you love color like I do! Think Color Wheels and Rainbows - these will be part of the challenge for 2017! If you hate bright colors - that's okay, I would love to see YOUR interpretation of color in a more muted palette! Stay tuned for more information and start dreaming in colors...



#### Color Tips for Quilters

- \* Value is the first aspect of color that registers with the eye. You have to have a change in value to have a successful quilt. Use a color filter, a door peephole, or take a photo of the quilt and filter it to black and white to preview.
- \* Instead of choosing all of your colors ahead of time for a quilt, try choosing colors as you go, on an as-needed basis. Using instinct = no pressure.
- \* While using a focus fabric to select colors can work, it's not the most effective strategy because the proportion of a fabric color and how colors react to each other can really effect the outcome of the quilt.



Bonnie Hunter

If you have a 2017 calendar make sure you mark these dates: HMQS on May 4-6 and Quilt Fest at the Davis County Convention Center on September 18-22, 2017! Bonnie Hunter will be a National Teacher during the week of July 25-29. More details will come later!



### Quilting Ruler Tip:

Use two rulers adjoined together when cutting a piece of fabric that is longer than your current ruler. When cutting several pieces of the same size, use a dry-erase marker to mark the top of the ruler at the size you will be cutting at. Clean it with rubbing alcohol when you are finished cutting.

### Saturday Sew *By Liz Teerlink & Wanda Sump*

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Saturday Sew February 11, 2016

Our first Saturday Sew (Sit and Stitch) was such a success that we will be continuing the tradition during 2017.

We will meet at the **Jacobs Senior Center 242 W. 200 S in Pleasant Grove from 9:30 am to 4:30 pm** on the second Saturday in February. (February 11) The center is behind or directly east of the Pleasant Grove Post Office. It is set back off the road so look for a blue sign that says Jacobs Senior Center between the post office and the railroad tracks.

No cost to you, just come and bring your own lunch and your own projects. We will have a great time sewing and visiting.

The Utah Valley Quilt Guild will host this event every other month on the second Saturday. So mark your calendars for **February 11th, April 8th, June 10th, August 12 and October 14th**. Hope to see you there!!



APRIL 18, 2017

National Teacher

## **Janet Nesbitt**

Janet Nesbitt is a quilt and fabric designer and owner of ONE S1STER LLC, a web based quilt company. For 18 years, she owned and operated Buggy Barn Quilts in Reardan, WA, as well as designing Buggy Barn's popular line of quilt patterns and Henry Glass & Co. fabric collections. Now, she's well underway in a new adventure as ONE S1STER, continuing to design both quilt patterns and fabric for Henry Glass & Co.

SIGN UP IN JANUARY QUILT GUILD MEETING FOR

6 Hours of Instruction "Piece Like Crazy" Class

Only \$ 60.

Only 24 spots available!!!

Pay with cash or check

UVQG bylaws: when class is purchased and you are unable to attend, you can sell you spot to another or you forfeit your payment

Contact Wanda Sump with any questions or to sign up (801) 602-4065

\*Purchase the Buggy Barn or One Sister "Crazy" pattern of your choice and select fabrics according to the requirements on the pattern. Everyone must purchase a pattern or book; it is a violation of federal copyright law to reproduce our patterns by any means.

\*Freezer paper \*Paper scissors

\*Pencil & 6" x 24" ruler for tracing (Please don't freehand trace!)

\*60mm Rotary cutter with a sharp blade and mat (18" x 24" size or larger)

\*Press pad and iron is optional but there's lots of ironing!

\*6" x 24" ruler

15" or 20-1/2" square to use to square your blocks.

\*Sewing machine and sewing supplies

Have your fabrics ironed and ready to stack and cut, but please NO CUTTING before class.

Continued on page 7

## April 18 - Janet Nesbitt Class– Continued from page 6

### PRIOR TO CLASS:

Trace the crazy pattern onto freezer paper, one copy for each stack of fabric. For instance, if you have thirty fat quarters, you can cut them in two piles of fifteen, or three piles of ten so you will need two or three copies depending on how many fabrics you are comfortable cutting through. (I usually cut through twelve to fifteen at a time.) If you are making a pattern that stacks in more than one pile, (i.e. Heart Crazyies, Log Cabin Crazyies, Star Crazyies, Coneflower Crazyies, Crazy Rays) you will also need a copy of the master for each pile to stack on Available patterns:

Buggy Barn Crazyies Crazy Mexican Hat Dance

Log Cabin Crazyies \*\*Heart Crazyies

Crazy Harvest Moon Crazy About Hearts & Stars

\*\*Basket Crazyies Coneflower Crazyies

Crazy Rays Kaleido-Crazyies

\*\*Star Crazyies, OR, any project from my books, Star Crossing, Gone Crazy, Crazy Among Friends, \*\*A Little Bit Crazy, \*\*Certifiably Crazy, \*\*That Crazy Thing We Do, Stir Crazy, Perennially Crazy, Crazy Dog Days, Crazy Snow Days, Frightfully Crazy, \*\*Celebrated Crazyiness, Those Crazy Kids, Crazy Fun –N- Games, Positively Crazy, Still Crazy, \*\*Undeniably Crazy, \*\*Crazy til the Cows Come Home, Crazy or Not, Down this Country Road, Completely Crazy, Crazy Favorite Things, Crazy at the Cabin, OR any New Crazy One Sister book to be released in 2017! \*\*Currently out of print, but can still be used in class if students have previously purchased.



Janet Nesbitt

## Piece Like Crazy

### Class Description

6 hours Skill level: Beginner In this class, students can select ANY crazy quilt from any One Sister or Buggy Barn publication. That's right-each student could potentially be making a different quilt! This is a fun class and students learn my popular "crazy" piecing technique (stacking fabric, cutting on the lines, shuffling, and stitching it all together). This trademark piecing method is easy and forgiving, ensuring quilting success for piecers of all levels. This fun technique keeps you coming back for more, one quilt after another, and will keep you "piecing like crazy" long after the class is over!

## Organizing Tips from a Professional *by Kim McCloskey*

While “creative clutter is better than idle neatness” clutter can sometimes get in the way of our creativity. So while you are setting those goals for 2017, including the physical, spiritual, financial, and social, let’s take some tips from Ellen at professional-organizer.com to see how we can reach our creative goals more efficiently.

1. Create easy access to the items you use most. Clear the clutter and keep your tools handy. There are lots of ideas online from organize quilters everywhere.
2. Create time for creativity by scheduling large and small blocks of time for your hobby.
3. Organize systems that work for you. If you prefer visually stimulating environments use your wall space to keep items in sight, otherwise tuck them away in cupboards or drawers if it is distracting to you.
4. Create a space that has the color, music, light and space you need to create with joy.

## Common Household Items to Organize Your Quilting Space *by Kim McCloskey*

Common household items used for organizing your sewing room/studio:

**\*Skirt hangers**– to store rulers, quilt blocks,



**\*Pedicure Spacers**– for bobbins.



**\*Q-tips**—place in the center of a thread spool to keep matching thread and bobbin together. Q-Tips are also handy for cleaning sewing machines and for applying water to remove Frixion pen lines from fabric

**\*Tic Tac containers**– to store used and broken needles



\* **Miniature M&M tubes**– The perfect size to carry bobbins or \$10 worth of quarters to class.



**\* Lint roller**– to pick up stray thread or pins.



## Common Household Items to Organize Your Quilting Space - continued from page 8

- \* **Pizza boxes** - work well for storing large blocks, just be sure they are clean and unused. Shoe boxes are good for smaller projects.



- \* **Cardboard squares**— cut pieces of flat cardboard to the depth and width that you would like your folded fabric to be stacked and displayed on your shelf. Fold your fabric over the cardboard for a neat and tidy display.



- \* **Band-Aid Case**— if you can find them, a used Band-Aid case is the perfect size to store rotary cutters.



- \* **Magnetic knife rack**— mount it to your wall for storing scissors, pinking shears and/or small metal jars filled with T-pins, thread, mini clips, or whatever else you have on hand. You can find the rack at hardware stores or at IKEA.



- \* **Three-ring binders and photo albums** - store block-of-the-month instructions and blocks, patterns, warranties, class schedules, and photos and 2" snippets of fabrics from the quilts that you have completed.



- \* **2 Gallon Zip-Lock bags**— for storing patterns, fabrics, and threads together for a project.



- \* **Square tissue boxes** — keep next to your swing machine for collecting cut threads and small snippets. Plastic grocery sacks can be used for the same purpose.



- \* **Mason jars**— store buttons or organize your fabrics scraps by color.



Thank you to all who attended and helped make our 2016 Fall Retreat sew successful! Some of the highlights were Caisa's game show, Nancy's horoscope pin cushion exchange, Friends Forever Quilting Together project, Alysa's folded fabric flowers, cake pin cushion served on a glass pedestal plate, Caisa's "Sew Fun" wooden blocks, those rolling chairs and bakery coupons! Check out the Utah Valley Quilt Guild Facebook page for some fun pictures.

We are already looking forward to the **2017 Fall Retreat... "Timeless"**. The registration form will be available in the **March Patchwords**. There will be 2 parts to it: the registration page and the sewing table diagram. Use the diagram to choose which table your group would like to be at. Indicate first, second, and third choices. We have rearranged the room and moved the back three "hot" tables and the front "cold" table to where the classroom used to be.

When you receive your March issue, you may mail in your registration. There will be no waiting period. The **mail-ins before March 15** will be considered **first come, first serve**. The **in-person registration** will be at the March 15th

**Service Meeting.** Please come with a filled out registration form and \$75 nonrefundable deposit for each person you are registering. A filled out form is required for every attendee. As always, **you must be a member of Utah Valley Quilt Guild** at time of registration and at time of retreat. Please **renew your membership** before you come to retreat.

If you are willing to teach or Demo, please indicate that on your form. There will be a pin cushion exchange. We are looking forward to seeing all of you there again!



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## Free Online Resources for Quilters

**Pinterest**– follow other quilters to find out what they are pinning • free **Video Tutorials** are available from Missouri Star Quilt Company (click on “community” on the home page to find them) • free **Quilt Patterns** are available on many fabric manufacturers websites such as Robert Kaufman, Henry Glass, Clothworks, Windham Fabrics, Timeless Treasures, Riley Blake, RJR Fabric, Red Rooster & more.

Our last show and tell of the year was huge! So many ladies had quilts to show including many who showed their PIGS. Things got a little crazy and not everyone had a paper. I know I didn't get everyone, so I apologize to those who I missed.

Peggy Narhuminti showed us Cowboy Christmas made from bright colors and cowboy boot prints.

Kathie Zobell showed four quilts. One was Charm Flowers from a book by Rhonda Laukau made from pink and red fabric. Her second quilt was Butterflies made from turquoise, yellow and purple for Elina. Third was a stack & whack and was her Pig. She used purples for her oldest granddaughter. It was a class at a Knotts bee retreat taught by Janice Evans. Kathy then showed Hollywood Squares which was another Pig. It was a mystery quilt class at a Knotts retreat taught by Yvonne Glenn. She used pinks and turquoise.

Wendy Shoop showed Dogs on Trains which was a Quilts for Kids kit. It was machine quilted and self-bound.

Shirley Olsen showed a red and green applique top. Now she has to decide if she will hand quilt it!

Marie Haws showed two quilts. One was Floral Stars. She had two rules for this quilt 1) it had to come from her stash and 2) it had to be floral. There were no "Y" seams.

Marie Haws showed Labryth which was a 100 star quilt.

Allison Babcock showed Little Big Tree. This was a Christmas tree table runner. She

started this project a year and a half ago at a sew day with her mom and aunt. She is happy to have it done just in time for the Christmas season this year.

Margaret Gray showed Block Buster in Purple. She found this wonderful pattern and her daughter-in-law, Carly, said she would love to have it. It is on its way to Michigan.

Sylvia Kent showed Scappiest Quilt on Earth. It was inspired by Francine Barret's Tilted Hearts and Wanda Sump's Batik Mickey. She made this from scraps and it is king size! All the Mickey and Minnie's are different fabrics. The back is pieced from Disney and comic fabrics. Quilted by Mary Malone of Mary's Custom Quilting in Pocatello.

Sharon Wright showed "Old Blue" "Big Red". It is a collage quilt. Big red truck, Old blue truck.

Liza Anne Lee showed surface design samples from Art Quilt group.

Kendra Hall showed Paper Lanterns. This is her pattern that she taught in 1998. Then she got cancer and it did not get finished until this week.

Patricia Finly showed Millefiori – La Passacugitive?

Michelle Hansen showed Lost on Smith Mountain. This is a Bonnie Hunter pattern, Smith Mountain Morning in Scraps & Shirts 2. She made it abnormally large for her huge bed. She kept her husband in mind and made it with blue, one of his favorite colors.

*Cont. on page 12*

## Show and Tell– Cont. from page 11

Liz Teerlink showed Fall Orphans. It is fall colors, plaids, leaves, Dresden sun. Former 3 block exchanges and left over blocks. One cross stitched block from D.P.

Carolyn Sampson showed Brittan's Quilt. It is a scrap quilt using both grandmothers' fabrics.

Debbie Nielsen showed Buggy Barn Happy Birthday Cakes. It is a sample quilt made for Mormon Handicraft around 2010. It is made with browns and pinks.

Carol Ford showed Funky Fish. This was a workshop by Kathy Porter, collage quilts, and her Pig for this year.

Suzanne Hillestad showed Cat Naps. The blocks were made four years ago. The Pig challenge motivated her to get it finished. The pattern is a Pam Bono pattern. She had a lot of fun picking out fabric for the cats.

Brenda Sommers showed her Scrappy around the World. She took a class at Quilt Fest a few

years ago and finished three this year.

Marlene Cook showed two quilts. One was Give Thanks an embroidered mini quilt. Next was Happy Thanksgiving which was a turkey with an arrow through its tail feathers.

Lisa Dunn showed Baskets, Birds and Blossoms which was a class from Nancy Motishaw.

Meagan Legas showed a Single Irish Chain quilt. Her daughter started this quilt when she got married. It was let unfinished as she had eight children and found other hobbies. Meagan finished it as a surprise for her daughter's upcoming 40<sup>th</sup> birthday.

We wrapped things up with me, Jodie Banks, showing Little House in the Meadow. This was a Saturday Sampler block of the month class at American Quilting. I had everything done except the vine and leaves applique. I really dislike applique so it sat for several years. I appreciated the Pig challenge which helped me get it finished.

## Quilts in the Snow– The Art of Simon Beck



Made with footprints around the ski resort of Les Arcs, France

## Recipe of the Month– Upper Peninsula Pasties by Kim McCloskey

My dad, Jon Neely, grew up in the Upper Peninsula of Michigan (also known as Yoooperland “Say ya to da U.P., Eh!”) where Cornish pasty stands were more common than hamburger stands. A pasty is a meat turnover wrapped in a crust and eaten by hand. My great grandmother used to make one every morning for her husband to take with him down into the mines. Now my dad and I make them together over the holidays to honor our roots, often while the family is out skiing or sledding. It’s a warm, satisfying way to end a cold winter’s day. Just drizzle some ketchup on it and you’re good to go.



### Ingredients:

1 pound boneless beef round or London broil, rimmed and cut into 1/4” pieces.  
1 medium-size potato, peeled and chopped  
1 cup chopped peeled rutabaga  
1/2 cup chopped yellow onion  
2 tablespoons minced parsley  
1 tablespoon Worcestershire sauce  
1 clove garlic, minced  
1 teaspoon dried basil leaves  
Salt and pepper to taste  
Optional– dash of cayenne  
2 store bought or homemade pie crusts

### Directions:

1. Preheat oven to 375°. In a medium bowl combine the meat, potato, rutabaga, onion, parsley, Worcestershire sauce, garlic, basil, salt and pepper
2. Place half of the meat mixture on half of the pie crust, then fold the crust over the meat mixture, forming a semi-circle. Crimp to seal the edges. Repeat with the remaining crust and the remaining meat mixture. Cut slits into the top of the pasties. Brush with a little milk.
3. Place on an ungreased large baking sheet. Bake for 40-45 minutes, or until golden brown. Cut into two wedges and serve with ketchup. Makes 4 servings

## How to Make Your Own Magnetic Pin Bowl by Amy Smart of Diary of a Quilter

**What you will need:** one small ceramic bowl (she used a rice bowl from an Asian market), E6000 glue and a package of neodymium magnetic buttons (she found hers at Walmart).

**How to:** Simply glue the magnetic to the underside of the bowl. You may need more than one for it to be effective, so test it with some pins. That’s it!



## January Birthdays!

Angela Baxter

Margaret Gray

Judie Oler

Brooke Cantwell

Carol Johnson

Linda Roskelley

Jan Corless

Susan Kunzler

Carol Sampson

Dee DeHart

Virginia Lee

Debra Shelley

Lucinda Delquatro

Diane Linford

Wanda Sump



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## Service Opportunities for Quilt Guild Members

1. **Volunteer with UVQG**—we still have positions on the board to fill and opportunities to help with one-time events throughout the year. Contact our current president, Maureen Tuttle at 801-592-1920 or at [queentut1@comcast.net](mailto:queentut1@comcast.net) for more information.
2. **Teach someone to sew or quilt**— take some time to offer your skills to a willing quilter or sewer/ seamstress wannabe.
3. Provide much needed **hygiene products** for girls in impoverished areas throughout the world. **Days for Girls** is an organization that makes reusable feminine hygiene products for girls who otherwise have to miss school during their cycle. You can find more information at [daysforgirls.org](http://daysforgirls.org) or pick up a packet at American Quilting in Orem to get started.
4. Volunteer at our **Service Day** on March 15. Start collecting that unused fabric, batting and thread. Or better yet, volunteer to be on the board as our **Service Day coordinator!**
5. Donate a quilt or blanket to a local charity. **The Women and Children in Crisis Center** in Orem, the **Food and Care Coalition** in Provo, and **Project Sanctuary** in West Jordan all provide transitional housing and are in need of bedding and quilts.

Other charities that could use your help outside of Utah. Just Google the name to find their websites:

1. **Little Dresses for Africa** – a nonprofit that distributes dresses to girls in remote villages in Africa.
2. **Camo Quilt Project** - provide a camouflage cotton sleeping bag to a serviceman overseas.
3. **Benjamin Smiles Pillowcases**—make a pillowcase for a child undergoing treatment for cancer.
4. **Quilts for Kids**—make a quilt for a child suffering from abuse or a life-threatening illness.
5. **Sew Much Comfort**— make some adaptive clothing (Velcro closure) for wounded veterans.
6. **Newborns in Need**—make receiving blankets, burp cloths, or bibs for newborns in need.
7. **Lutheran World Relief**— they are in need of quilts for impoverished people throughout the world.
8. **The Linus Connection** - provide a security blanket for a child in crisis.

*“Never worry about numbers. Help one person at a time and always start with the person nearest you.” Mother Teresa*



# Five Ways to Make Flying Geese

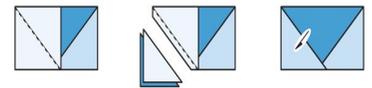
From <http://blog.shopmartingale.com/quilting-sewing/how-to-sew-flying-geese/>

1. **Traditional Technique:** for quilters who like to use it up and make it do.
2. **Flip, Flip, Finish:** for quilters who enjoy a good ol' chain-piecing veg-out.
3. **Fast and Furious:** for quilters who like to finish *fast*—times four.
4. **Paper-Pieced Geese:** for quilters who wish to piece with the utmost precision.
5. **One Seam Flying Geese:** for quilters who want to add dimension to the block.

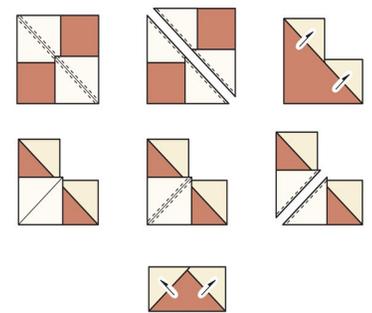
\*Note- The following instructions will all yield one or more 2" x 4" flying square units.

1. **Traditional:** Start with (1) large triangle cut from a 5 1/4" square cut in half diagonally and (2) small triangles cut from a 2 7/8" square cut in half diagonally and piece them using a quarter inch seam.

2. **Flip, Flip, Finish:** Start with (1) large rectangle 2 1/2" x 4 1/2" and (2) small squares 2 1/2". Draw a diagonal line on the back of each square. Place one square on the end of the rectangle right sides up and stitch one thread width on the outside of the line. Press open and cut the seam allowance. Repeat for opposite side.



3. **Fast and Furious:** To make 4 matching flying geese start with (1) 5 3/4" large square and (4) 3 3/8" small squares. Draw a diagonal line on the back side of each of the small squares. Place two small squares on opposite corners of the large square, right sides together with the diagonal line going through the center of the large square. Stitch 1/4" away from both sides of the line. Cut on the line and press open. Add a square to the corner of the triangle unit with the line extending through the middle of the unit and stitch 1/4" away from either side of the line. Cut on the line and press open.

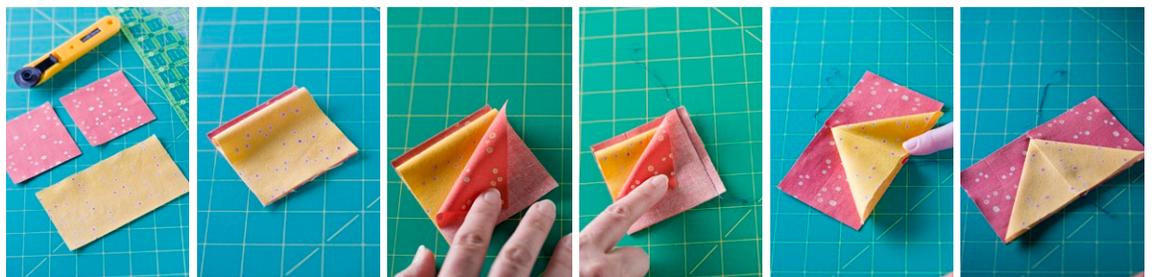


4. **Paper Pieced:** Because of space limitations I have not added a 2 1/2" x 4 1/2" paper pieced pattern, but you can download and print one for free at this web address :

<http://blog.shopmartingale.com/quilting-sewing/how-to-sew-flying-geese/>

5. **One Seam Flying Geese:** Cut (1) rectangle 2 1/2" x 4 1/2" and (2) squares 2 1/2". Sandwich the folded rectangle in between the two 2 1/2" squares so that the fold of the rectangle is along the top and the raw edges along the bottom and both sides are even. The folded edge of the rectangle should be 1/4" down from the top edges of the 2 squares. Pin along the right edge and sew a 1/4" seam from the top edge to the bottom. Unfold the top square, exposing the folded rectangle inside. Using your fingers, spread the rectangle bottom edges from left to right forming a triangle. Press. (I pressed mine so that the seam allowance in the back is pressed open). Watch a free video tutorial of this

method on YouTube from the Missouri Star Quilt Company.





## Carrying on the legacy in a new location

Kate's Quilting Block has moved to  
1734 Blackhawk Dr. Pleasant Grove UT.  
Phone: (801) 796-1533

### Services provided are:

Machine Quilting, Monogramming, Embroidery,  
Custom Quilt label, Machine Binding,  
and Custom Keepsake/Memory Quilt Making.

### Quilt Batting

is available in Cotton - cream, white, and black  
along with Polyester - 8oz & 12 oz.

### Hours of Operation:

Tues. - Wed. 10:00 am - 5:00 pm

Thurs\*. 10:00 am - 3:30 pm

Fri. - Sat. 10:00 am - 5:00 pm

\*Closed 1st Thurs. of each month

*Kate's Quilting Block will only be providing services and batting  
at this location.*



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: 265**

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](mailto:thecherrytreecottage@yahoo.com)  
or 801-362-6988

*Kathryn Carbine*

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Payson, UT 84651

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801.465.0929

*KC* Machine Quilting

Stay up to date all things Utah Valley Quilt  
Guild by visiting our website at

[www.uvqg.org](http://www.uvqg.org)

Or join in on the conversation at our  
Facebook page!

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:**

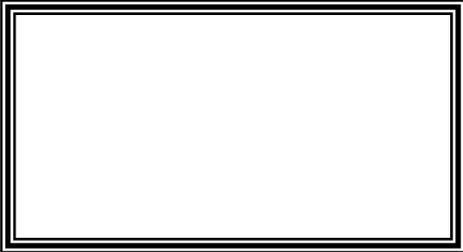
**Kim McCloskey – Newsletter Editor**

**PatchwordsEditor@gmail.com**

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Utah Valley Quilt Guild  
Chapter: Utah Quilt Guild  
1364 South 1270 East  
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