



PATCHWORDS

Utah Valley Quilt Guild

www.uvqg.org



President's Message by RevaBeth Russell UVQG President

Volume XXXXIII, No. 8

Dear Friends,

I'm excited to realize that we are set to GO for our November Quilt Retreat, **Sew into Fall**. Barbara Murdock and her committee have done a wonderful job continuing the work even though we weren't sure things would open up. Zermatt is also doing their best to make sure we have a fun and SAFE retreat. Please read Barbara's message. You have options to understand and please make the choice that is best for you. I hope to see you all there but I know many circumstances may prohibit you from attending. Again, the deadline is AUGUST 15, 2020.

And put the information that Elise has about our calendar in your calendar. It is so encouraging after so many months of lock down. There are things to look forward to. By the way, we do need a July Fair chairperson or chairpersons for 2021. Ask yourself or your best bud if this is something you could do. There are many of you with that skill set.

I don't know how many of you are in the [Utah Valley Quilt Guild](#) group on Facebook, but if you aren't, you are missing some beautiful quilts executed by some beautiful quilters. I have been blown away. And while I miss you all terribly, it is nice to see your work. Some of you have been sharing your work in the newsletter. Thank you for brightening my day and, I'm sure, those of others.



Several years ago I cut this comic out and put it in on the fridge. All of my family knew I was Muriel. Remember that in all we do, the essence of who we are lies not in our accomplishments or praises. It is our ability to be truthful with ourselves and others and to be human. May you realize your own worth, daily.

Membership fees to roll over

Good news!!

For those Utah Valley Quilt Guild Members whose membership was current in April 2020, **we have extended your membership an extra year.** If your membership was up for renewal in April 2020 and you were unable to renew, it will now end April 2021. (If you did send your renewal payment, your membership is now good until April 2022.) All current memberships were extended-- so if your due date was August 2020, it will now be August 2021, etc.

We know renewal has been difficult for some when not meeting in person. Plus, we haven't been able to enjoy gathering together for several months due to coronavirus restrictions and we are not sure when this will change. We do plan to meet again as soon as the Orem Senior Center is open, although some higher-risk members may need to delay longer.

We are still planning the November retreat and hope to see you at the Zermatt.

We hope this is welcome news to all. Happy Sewing!

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
Send checks to guild treasurer)

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

Membership dues for the Utah Valley Quilt Guild are \$15/year. Benefits include a monthly newsletter emailed to you (Jan-Nov), participation in monthly meetings, free entry to forums, checking out books from the Library, and discounts to many local quilting & fabric shops. If you are past due with membership fees you will be given a one-month grace period. After that you will not receive the Patchwords until you pay your dues. Send dues to:

**Jeanee Stewart
1674 West 1900 South
Mapleton, UT 84664**

Sew into Fall Retreat

We are happy to report that our November retreat at the Zermatt is a go and we are filling up fast. The dates are November 4-7.

We still have a few open spots and if you would like to attend, please go to the website and print off an application and send in your money and forms as soon as possible. www.uvqg.org

We are trying to make this a fun, but safe as possible, event for all of those that will be attending.

For those who have already registered, a letter was emailed to you on July 23 with more details. Remember that the balance of your retreat fees are due on **August 15**.

As explained to those who have already registered, if we are cancelled because of county or state regulations, then your money will be returned, otherwise there are no refunds, but you can sell your spot to someone else. We do hope that you will want to come and join us for a few days of getting away and being with your quilting friends! If you have any questions, please email me.

Barb Murdock heberbarb@gmail.com



Utah Valley Quilt Guild

Website * Blog * Facebook Page

Can't get enough of Utah Valley Quilt Guild information? You can find up-to-the-minute news on our website at www.uvqg.org, see more photos and details at our blog at uvqg.blogspot.com, or join in the conversation on our Facebook page at www.facebook.com/groups/uvqg.org/

Looking forward to 2021

We feel so excited to be planning for the November retreat 2020! At our last zoom board meeting the UVQG board discussed the next year 2021 with optimism. Our normal planning schedule includes a Spring Retreat in February 2021, Service Day in March 2021, and our Specialist Teacher in April 2021. We have also already reserved a location for our July fair 2021! We really look forward to meeting again as a guild and enjoying each other's company again.

We plan to have Karin Crawford give our specialist teacher class Tuesday, April 21, 2021. More details will follow as we get closer to the date. Meanwhile, enjoy your sewing time and have a very happy summer!

Elise Larsen, past president

Show and Tell quilts

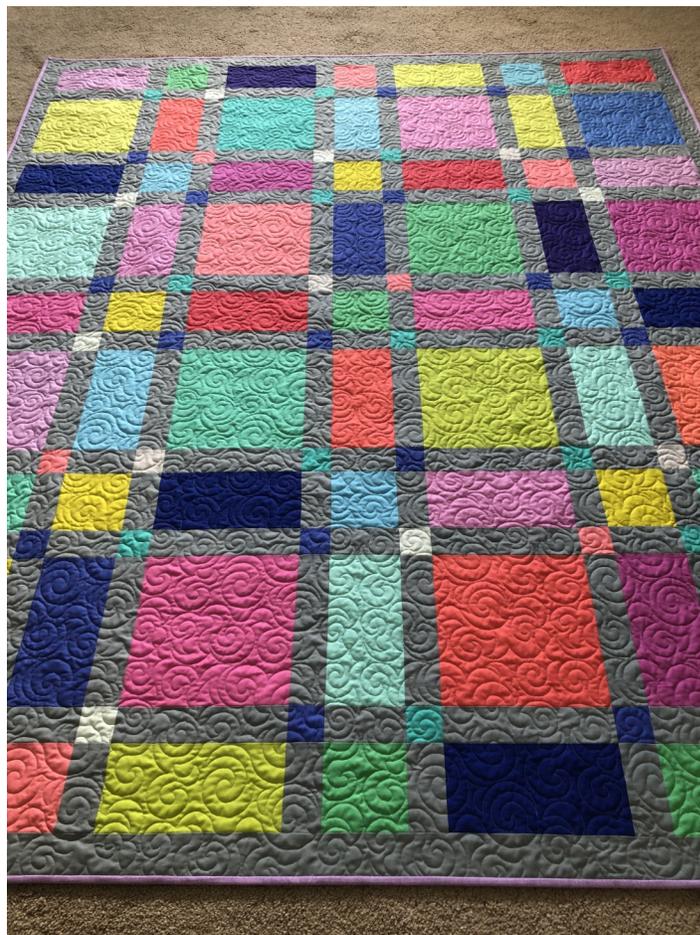


Jodie Banks

Here is a picture of me with a quilt that I made for my new grandson who was just born!

I got the pattern and the giraffe fabric last year on a trip to Sisters, Oregon. I had so much fun making this darling baby quilt.

Elise Larsen—Colorblocks

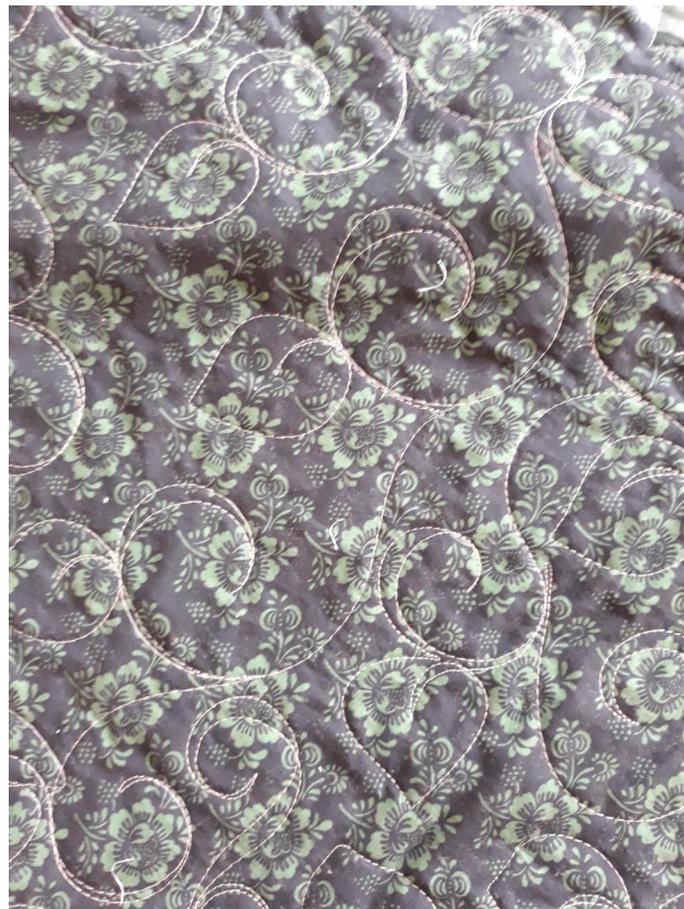


**Peggy
Peterson**



Peggy Peterson





Jeanee Stewart I started this quilt in January for a dear friend that loves green. I finished it in April during the quarantine. My daughter calls it the Minecraft quilt. I made it all from material that I had at home already. It is a king sized quilt and I gave it to my friend on her birthday, April 11th. It is now on her bed! I took the pattern from a book that she gave me for my birthday entitled "The Quilt Maker's Journey" by Jeff Brumbeau.



Cheris Erickson—I have been working on finishing my mini quilts for my craft room

August Birthdays

Jodie Banks
 Jill Bowler
 Linda Boyer
 Laura Brown
 Mary Colemere
 Rebecca Hansen
 Sally Higley
 Elise Larsen
 AnnaRae McCallister
 Lana Osmun
 Kristine Palmer
 Marilyn Yerkes

UVQG AT-A-GLANCE:

August UVQG Guild Meeting cancelled
 Board members will meet via Zoom

I'm really hard to distract.
 Why, you'd have to...
Hey, look!
Fabric!

©2016 QuiltersDiary.com

Send any correspondence, comments, articles, and ads to:
Cheris Erickson – Newsletter Editor
PatchwordsEditor@gmail.com
Deadline for next issue: August 20, 2020

CALENDAR

- UQG Remote Fest Sept. 17-19, 2020.
- UVQG Fall Retreat Nov. 4-7, 2020.
- February 2021: UVQG Spring Retreat, date TBA
- March 2021: UVQG Service Day, date TBA
- April 2021: UVQG Specialist Teacher Karin Crawford, details to come
- July 21, 2021 UVQG July Fair

UQG Remote Fest

Remote Fest is coming! On September 17-19, the Utah Quilt Guild will offer classes online that you may watch with access for two weeks after the class. Details and classes will be posted at: utahquiltguild.org August 1. If you are a member your cost is \$49.00 and you will be able to attend and view ALL of the classes. What a bargain! Their Saturday events include a remote quilt show, guild business, an announcement about the 2021 theme and many other fun things. Remember to sign up ahead of time and enjoy this unique opportunity to celebrate quilting and learn something new.

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

Current Membership: 242

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:

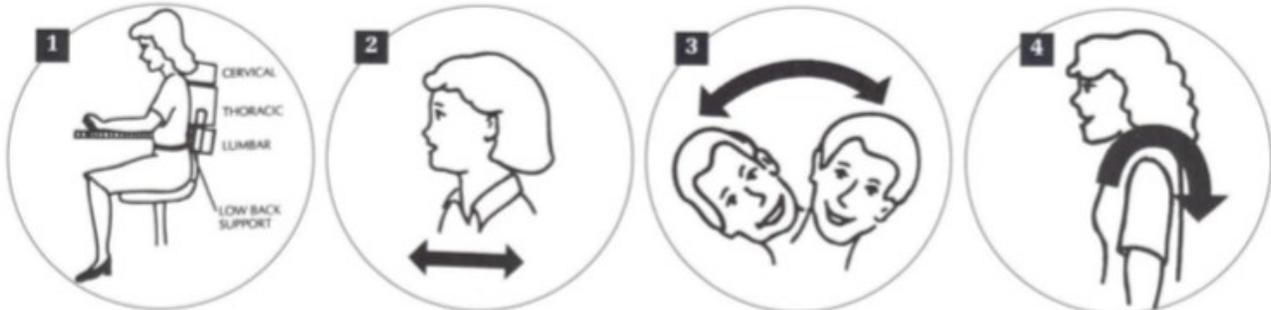
OREM SENIOR CENTER

93 NORTH 400 EAST, OREM, UTAH

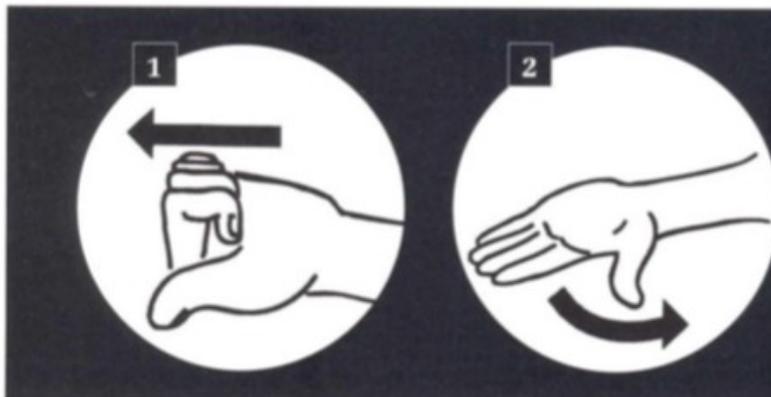
—Meetings are temporarily suspended while the Senior Center is closed.

From AQSblog.com. Always check with your doctor before beginning an exercise routine.

Ten Exercises for Quiltmakers



GOOD SITTING POSTURE - Good sitting posture allows your back to do its job of supporting you. Your goal is to keep the three natural curves of your spine in their normal, balanced alignment (1). **NECK RETRACTION** - To realign your cervical curve, slide your chin straight back keeping your head and ears level. You should feel like you have a double chin. Repeat 5-10 times, several times throughout the day (2). **NECK STRETCH** - To release muscle tension in your neck, try to touch your ear to your shoulder. Be sure to keep your nose pointing forward and move slowly. Repeat 5-10 times, several times during the day (3). **SHOULDER CIRCLES** - To release muscle tension in your neck, shoulders, and upper back, circle your shoulders backward in a wide arc. Make several circles then relax. Repeat 5-10 times throughout the day (4).



ELBOW PRESS - To release muscle tension in your middle back, bring your elbows out to the side at chest height. Press them gently backward, hesitate a moment, then release. Repeat 5-10 times, several times throughout the day or whenever you feel stiff or tired (5). **MIDDLE BACK STRETCH** - To realign your thoracic curve, bend both elbows and press one arm above you and the other behind you. Repeat 5-10 times, several times throughout the day (6). **ABDOMINAL STRENGTHENER** - Strong abdominal muscles will help support your lower back and keep it aligned. Sit with your buttocks firmly against the back of your chair and exhale and tighten your abdominal muscles for a count of 10. Release and repeat 5-10 times, several times during the day (7). **BACKWARD BEND** - To reverse the slouch curve and release muscle tension in your lower back, stand up, press your palms on your lower back for support, and gently bend your upper and lower back backward. Hesitate a moment, then release. Repeat 5-10 times, several times a day.

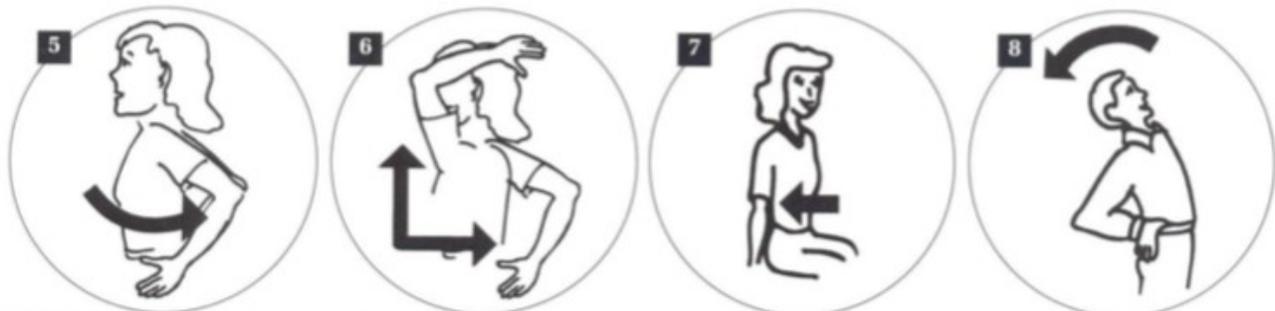
Certain repetitive hand activities may put you at a higher risk for developing a variety of wrist problems. By learning how to modify how you use your hands, you may be able to reduce the risk.

- Keep your wrist in neutral. Avoid using your wrist in a bent or twisted position for long periods of time. Try to maintain your wrist in a neutral (straight) position.

- Rest your hands. Periodically give your hands a break by letting them rest briefly. You may be able to alternate easy and hard tasks, switch hands, or rotate activities.

GRIPPING - To release muscle tension in your hands, slowly make a fist then stretch your fingers out straight while spreading your fingers. Hold this position for a second then relax. Repeat 5-10 times, several times during the day (1).

THUMB STRETCH - To release muscle tension in your thumbs, stretch your thumb out to the side gently pulling on it with your opposite hand. Hold it in a stretched position for a count of 3, then release. Repeat 5-10 times, several times during the day (2).



Reprinted with permission from Lourdes Hospital, Paducah, KY.

UQSM



Utah Quilting & Sewing Marketplace

Dear Quilting and Sewing Friends,

We would like to thank everyone who has been a part of Utah Quilting & Sewing Marketplace—from our very competent staff, our generous sponsors, our variety of vendors, our world renowned teachers, to our supportive attendees. We have loved making so many new friends and wonderful memories.

It is with heavy hearts that we announce the closing of UQSM. Our show is a casualty of the unprecedented pandemic. We are grateful to have been able to refund 100% to all our sponsors, vendors, class attendees and quilt entrants.

As one door closes, many others open. We are excited to expand our quilting diversions (road trips and retreats) and amp up our humanitarian efforts through Humanity Sews. Thank you to all those who participated in our Moda Fabric Challenge Online Quilt Auction. We raised over \$5,000.00 for Humanity Sews.

Be sure to follow us on Instagram and Facebook if you're curious about what we're up to. Our website will be updated often.

With much gratitude and sincere thanks,

Jina & Moana

Downunder Diversions, LLC

<https://DownunderDiversions.com>

Hi Dear Quilters ---

Due to the uncertainties with Covid-19 and in concern for the safety of our visitors and the larger quilt community, we along with the Utah Valley Quilt Guild Show Committee, have decided to postpone the 47th Annual Utah Quilt Show until Summer 2021.

We are so sad we will be unable to feature your quilts this summer and look forward to a time when we can all celebrate Utah quilting together again! If you are on social media please consider following the Museum on Instagram and Facebook where we will share favorite quilts from years past.

Thank you for continuing to support the Springville Museum of Art and our Annual Utah Quilt Show! It is one of the most beloved Museum traditions and we can't wait until next year when we will be able to host it again.

Best,

Springville Museum of Art Staff

EMILY LARSEN

Head of Exhibitions and
Programs

elarsen@springville.org

801.491.5702

smofa.org



If you can't think of a
word, say "I forget the
English for it."

That way people will
think you are bilingual
instead of an idiot.



Chocolate turtle Brownies

INGREDIENTS

- 3 cups milk chocolate chips, divided
- 1/2 cup butter or margarine, cut into pieces
- 3 large eggs
- 1 1/4 cups flour
- 1 cup sugar
- 1/4 teaspoon baking soda
- 1 teaspoon vanilla
- 1 cup chopped walnuts
- 20 caramels
- 1 1/2 tablespoons milk



INSTRUCTIONS

1. Spray a 9 x 13 inch pan with non stick cooking spray. Heat oven to 350 degrees.
2. Melt 1 1/2 cups chocolate chips and butter in a large bowl in the microwave. Stir until smooth.
3. Stir in eggs, then add in flour, sugar, baking soda and vanilla. Stir together well.
4. Spread batter into the greased pan, then sprinkle with chocolate chips and chopped nuts.
5. Bake for 30-35 minutes or until set.
6. Microwave caramels and milk in a small bowl for about 1 minute. Stir and then continue to microwave, stirring every 15 seconds until all is melted and smooth. Drizzle over warm brownies.