



PATCHWORDS

April 2017



Utah Valley Quilt Guild
www.uvqg.org

Volume XXXV, No. 4

Inside this issue:

President's Message by Maureen Tuttle

The elevation where I live is 5720 feet above sea level. It is a bit colder up here, and spring comes a little later than it does down the mountain. So when I drive into town to do errands and such, I'm lucky if I don't get in a wreck every time because I am so captivated by the colors of spring all around me. The lime green willow treetops leafing out on the left, reminding me of Dr. Seuss's "Go Dog Go" illustrations. The puffy white "popcorn" blossoms of the flowering pear trees on the right, some looking like a cloud just dropped from the sky onto the tree limbs. Then there are the cheerful bubblegum pink flowering plum trees on either side, not to mention the wild and gangly yellow forsythia branches waving to me, trying to steal my attention as I drive by.



I have a similar experience when I walk into a quilt shop. The rich batiks on the left that make me think of water, sun and the tropics, the perky 30's fabrics on the right that remind me of my Grandma's aprons and hand-stitched quilts. The Civil War fabrics, not my personal favorite style, but the sense of history and depth they represent is somewhat emotional. Looking up I see the combinations of fabrics in the quilt samples hanging everywhere, and they are a feast for the eyes every time.



My husband argues that I don't need to go to a quilt shop to experience this spring feast, (which invariably puts a dent or two in our budget). I just need to open my fabric closet and gaze at my stash for some instant (and free) color gratification. So whatever method works best for you - a drive through town, a visit to the quilt shop, or appreciation for your own stash - take a moment to soak up the color, the warmth, and the excitement of spring. Happy Quilting!

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Adam & Eve: The first people to NOT read the Apple Terms & Conditions.

2017 UVQG Board Members

2

President:	Maureen Tuttle	801-592-1920	queentut1@comcast.net
President Elect:	Brenda Sommers	801-836-9563	brenda@homerealty.com
Past President:	Wanda Sump	801-602-4065	sumpfamily@gmail.com
Secretary:	RevaBeth Russell	801-489-5047	revabeth@gmail.com
Treasurer:	Annie Thayne	801-376-5530	thayne.annie@gmail.com
Membership:	Machelle Preston	801-362-6988	thecherrytreecottage@yahoo.com
Newsletter Emailing:	Judie Oler	801-234-9949	judieo2000@yahoo.com
Historian/Blog:	Angela Baxter	801-227-4182	angela.dawn.baxter@gmail.com
Librarian:	Jodie Banks	801-225-4620	jodie56banks@gmail.com
Librarian Assist:	Teresa Dewey	208-869-2139	mildewey@msn.com
Book & Notions Reviews:	Kendra Hall	801-225-7035	johnkendra@mac.com
Hospitality:	Becky Ghiz,	801-707-4307	rebecca.ghiz@gmail.com
	Annette Ghiz	801-910-7985	annettelghiz@gmail.com
Website:	Caisa Hess	801-704-9010	caisa@comcast.net
Newsletter Editor:	Kim McCloskey	801-319-5513	kim.mccloskey@mail.com
Newsletter Mailing:	Barbara Murdock	435-654-0656	heberbarb@gmail.com
Facebook:	Lynnette Rose	801-897-7355	doublerose2@msn.com
UQG Area Rep So.:	JoAnne Hawks	801-971-6817	hawks.joanne@gmail.com
UQG Area Rep No.:	AnnaRae McAllister	801-226-7966	annaraemca@gmail.com
Show & Tell:	Nancy Licari	801-400-4018	Oremgr8gdma@hotmail.com
Service Project:	Kathie Zobell	801-372-6260	kathieandsteve@gmail.com
	Karren Barley	801-226-3178	karrenbarley@gmail.com
Springville Show:	Shirley Olsen	801-224-3022	sloquiltandsew@yahoo.com
	Wanda Sump	801-602-4065	sumpfamily@gmail.com
	Karin Crawford	801-616-9229	karincrawford@gmail.com
Beekeeper:	Teresa Dewey	208-869-2139	mildewey@msn.com
Retreat Chair:	Davidene Zimmerman	801-368-3910	davidenez@gmail.com
Property Chair:	Lynnette Rose	801-897-7355	doublerose2@msn.com
Property Chair Assist:			
Special Projects:	Mary Killpack	801-791-1844	marykillpack@gmail.com
July Fair Chair:			
Assist:	Kimberly Lohner	801-319-5157	kglohner@gmail.com
Assist:	Debbie Neilsen	801-836-3959	quiltgarden74@yahoo.com



Joke of the month:
I went to a really emotional wedding the other day.
Even the cake was in tiers.



- **Apr 18** — National Teacher Class@ Jacob’s Senior Center in Pleasant Grove
- **Apr 19** — National Teacher Trunk Show@ Orem Senior Center
- **May 4-6**— UQSM @ South Towne Expo
- **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 (April 8th, June 10th, August 12 and October 14th).
- **Fourth Tuesday of Every Month**

The “Holiday Quilters” meet the 4th Tuesday of every month. Come join in hand quilting, hand piecing, or machine piecing. A wonderful group of ladies. It is auction year so you don't want to miss out on the fun as we gear up for the "Holiday Quilt Show and Auction" in November. The Holiday Quilters meet in the LDS Hospital Auditorium on 8th Avenue and C Street in Salt Lake City and runs from 9 a.m. to 3 p.m. All quilters are welcome and needed! Valet parking is available and lunch will be provided.

UVQG AT-A-GLANCE:

April 18, 2017

National Teacher Class

Where: Jacob’s Senior Center, PG

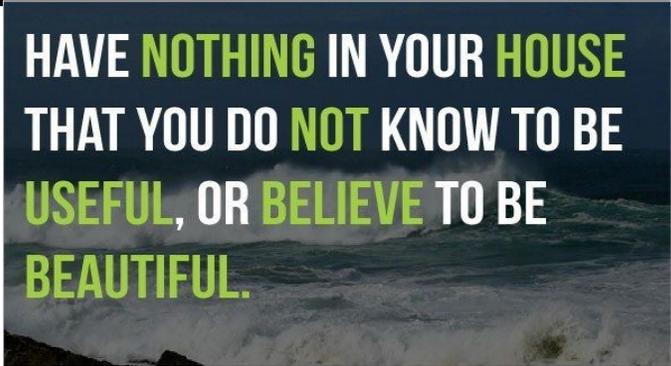
April 19 2017:

Janet Nesbitt Trunk Show

Board Meeting: 11:00 am– 12:00 pm

Guild Meeting: 1:30 pm—3:00 pm

Where: Orem Senior Center



QuotesIdeas.com

Bee Highlight— *by Teresa Dewey, BeeKeeper*

Getting to Know Our Bees -- Maple Mountain Quilters

The Maple Mountain Quilters group, 40+ strong, meets in the High Chaparral Room at the Spanish Fork Fairgrounds on the 1st Wednesday of each month September through May. The president this year is Jana Griffin. This Bee welcomes new members of all skill levels. Although most of the members are from southern Utah County, several come from the Provo/Orem area.

This is a fun, active Bee. They hold at least 2 parties a year--a tea party and a Christmas lunch. Each summer they hold a 2-3 day retreat at a member's home. They also select a humanitarian project to participate in every year--Quilts of Valor, Dresses for Africa, comfort pillows, Days for Girls, etc.--and hold a work day to make items for the chosen charity. At the other meetings, members present programs, teach tips and tricks, and show their projects in progress. There is always something fun to look forward to with Maple Mountain!



April Guild Meeting - Janet Nesbitt

We are so excited to welcome Janet Nesbitt as our national teacher and presenter at our April meeting. Please see Wanda's article for details, and join us for a great guild meeting on April 19th.



Lost Sunglasses



Did you leave your black bi-focal sunglasses on the registration table at Service Day? I have them! (Maureen Tuttle) You can call me at 801-592-1920 to arrange to get them this week, or I will bring them to guild meeting

July Fair Help Needed

We are still working on securing a location for our fun and fabulous July Fair, but we are in desperate need of helpers for many areas of the fair. We need teachers for the classes, someone to organize the classes & teachers, helpers to sort and price garage sale items, helpers to take shifts at the garage sale and registration desk, help with advertising, someone to organize the quilt show and someone to organize the silent auction. If you can help in any way, big or small, please contact Maureen Tuttle, 801-592-1920.



The Frugal Quilter Tip—Buttons

Buttons are expensive. When you go to a thrift store, take a quick look at garments with good buttons. Sometimes an item marked for \$2.00 will have \$10.00 (or more) worth of buttons on it. If you use buttons for sewing clothing, or embellishing quilt projects, this is a good way to build up a stash. You can buy a button organizer, or just use egg cartons, safety pins, or twist ties.



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>



April 18, 2017

Janet Nesbitt

Crazy Quilt Class

Jakes

Senior Center

9:30-4:30 (setting up at 9:00)

If you signed up for this class and have

Any questions, please contact

Wanda Sump (801) 602-4065

**Grab All Your Friends and Come to Quilt
Guild In April Because:
JANET NESBITT
Is coming to town!!!!**



**The Most incredible TRUNK SHOW EVER!!!
YOU DON'T WANT TO MISS THIS**

Janet Nesbitt is a quilt and fabric designer and owner of ONE SISTER 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 SISTER, continuing to design both quilt patterns and fabric for Henry Glass & Co. Janet has always been an avid scrap quilter with a passion for mixing prints and plaids that incorporate a unique sense of color. She is enjoying this new phase in her career and being able to focus more of her time on creating fun and whimsical designs through her popular "crazy" piecing technique (stacking fabric, cutting the lines, shuffling and stitching it all together). This trademark piecing method is easy and forgiving, ensuring quilting success for stitchers of all levels. She looks forward to meeting your creative needs with an exclusive line of quilt patterns that inspire creativity and puts a smile on your face!!

Remember to go to www.onesisterdesigns.com and in your shopping cart put in the code
CLASS20 and get 20% off your total purchase

March Service Day Recap

We had 60 wonderful helpers at Service Day and we completed 152 quilts with 40+ in the process of completion. (158 completed at the time of this writing.) This year so far we have given 143 to the Utah County Baby-Your-Baby, and 9 will go the Utah County Refugee Center. The people at Baby-Your-Baby were teary-eyed grateful. Thank you to all who were able to attend and help! And a big thank you to Kathie Zobel and Karren Barley, our Service Day heroes, for all their hard work and organization to make this wonderful day a success! Quilters are amazing people!!



Springville Quilt Show--Quilts of All Colors are Welcome! By Shirley Olsen

We only have about three and a half months to finish our quilt entries for the Springville Museum of Art Quilt Show! Hopefully you are making something wonderful to enter in the show. Entries will be accepted at the museum Friday, July 21st and Saturday, July 22nd from 10:00 a.m. to 4:00 p.m. You may enter up to two quilts made within the past three years. Each quilt has an entry fee of \$15. Quilts made from kits (where the pattern and the fabric are packaged and sold together) are NOT eligible. Anyone who now lives or has lived in the state of Utah is invited to enter. Remember that quilts of all colors are welcome

The show will be open to the public on July 29 and continue through September 23rd. Entries will be available for pick up September 26th through the 30th. The top prizes will be Best of Show, Solitaire Hand Quilting, Solitaire Machine Quilting, and the Director's Award. There will also be a least 10 Awards of Excellence, the Show Committee Award, 3 Judge's Choice Awards, Viewers' Choice, and several Honorable Mentions.

Trunk Shows will be on the evening of Wednesday, August 2nd and the afternoon of Thursday, August 3rd. If you would like to do a 25 minute trunk show, please contact me at [801-224-3022](tel:801-224-3022) or Krisanne Watkins at [801-310-0234](tel:801-310-0234).



A lot of people forget how important it is to be creative. We get caught up in getting ahead and in day-to-day minutiae. But creativity is a fundamental mode of expression, as is being tenacious and standing by your own convictions and passions, even if it's not the 'popular' choice. Tabatha Coffey



President Elect's Quilt Challenge by Brenda Sommers

The Basics: Make a (completed) color gradated quilt of any size, colors go from one to another, like a rainbow, not scattered all over the quilt. Finish by November meeting. (November 15th) Must be quilted.

Be sure to sign up at quilt guild meeting or email me (brenda@homerealty.com) to get encouraging emails, a fun prize, etc.



2017 Retreat -Timeless by Davidene Zimmerman

We are excited to announce that retreat openings are filling quickly, BUT there is still room for YOU so get your registration form and \$75 nonrefundable deposit in to:

Marilyn Hamblen
3388 West 14400 South
Bluffdale, UT 84065
801-254-6832

For questions not related to registration, please contact Davidene Zimmerman 801-368-3910.

The registration form is available in the March Patchwords.

A Timeless thought for you... There are no strangers here; only friends you haven't met yet.



Photographing Your Quilts

Photography has become an integral part of quilt making for several reasons. Whether you want to share your creations with friends on social media, submit photos for a quilt show, or simply to create a record of a quilt that will be given away as a gift, a high quality photo is important. Here are some tips for getting the best image of your work of the heart.

Prepare your quilt— Get rid of loose threads and iron stubborn creases.



Gather your supplies— There's no need to get an expensive camera. A simple point and shoot camera, or your cell phone is adequate. Other supplies you might need are large binder clips, a clean sheet, clothespins, clothesline, and pins.

Use natural light— The best light is outdoor light. Shoot in the morning or on a slightly cloudy day for ideal conditions with the sun at your back. If the weather is bad, then place your quilt close to a window with the most natural light.

Neutral background—Choose a background that will complement your quilt and not overpower it. There should be enough contrast to keep the quilt from blending in.

Get parallel—To get a perfect straight-on photo you need to be parallel to your quilt

Capture details— After capturing the whole quilt, focus in on the details you love most, the quilting, the binding, the label, the fabric details, or the pieced binding.

Be still— Use a tripod, if available. Otherwise, plant your elbows into your stomach and take a deep breath

Add the recipient—If you made your quilt for a grandchild, a friend or a daughter's wedding, snap a few photo of them with the quilt. Have fun with this. It's all part of the joy of creation.

Did You Know?

Our very own Helen Butler, past president and board member, will be teaching binding techniques, trapunto, machine quilting and more at the **Utah Quilting and Sewing Marketplace**. Classes begin May 2-6. Show opens May 6-9 at the South Town Expo. Find out about the classes from Helen and many others, the quilt contest and the vendor's mall at...

www.uqsmshow.com



Save \$\$ with Quilting Tools from the Hardware Store



Looking for a handle for your rulers?
 Harbor Freight Bath Safety Grip Handle: **\$6.99**
 Compare to Omnigrd Ruler Grip : **\$16.99**



Do you need some replacement blades for your 45mm rotary cutter?
 The jury is still out on whether these are as sharp or last as long as quilting blades, but at this price, you might want to give it a try.
 Harbor Freight Carpet Cutter Blades: **\$1.99 for 2**
 Compare to Olfa Cutter Blades at Joann Fabric: **\$7.99 for 1**

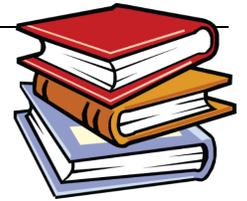
What size quilt can I make with a LAYER CAKE?

(Chart based on 10" squares, 40 in each layer cake)

Quilt sizes do not include borders, add more blocks or borders to add drop.

Matress size	Layout	Finished(inches)	? Squares	? Layer Cakes
Crib	3 x 4	30 x 40	12	1
Twin	4 x 8	40 x 80	32	1
Full/Queen	6 x 8	60 x 80	48	2
King	8 x 8	80 x 80	64	2

From www.sassyquilter.com



Hello quilters, just a reminder to check your shelves for books that need to be returned to the Guild library. Since last month was our service day, I hope you have enjoyed having them for an extra month :)

UVQG Library—How to check-out and return a book

To check out a book— Fill out the card that is inside the book and put it in the small card file book next to the return bin. A librarian can show you which box if you are confused.

To return a book— Books must be returned by the next regular guild meeting (where we meet at the Orem Senior Center). Place the book in the large bin on the library table. If you would like to keep a book for a second month, please bring it to the meeting, return it and then check it back out on the same day.

Books are organized by subject. Tables are labeled with each subject, for example “scrap quilting” is on one table, “appliqué” is on another.

Books that are new to the library are on the Art and Modern table. After the new books have been put out together one month, they will then be kept in their regular category.

If you have a book you would like to request for purchase for the library, list the title and author on the form at the checkout table.

New Quilting Trends ☺

Quilting loco - just like crazy quilts but with a Spanish twist. ¡Olé!

Intact fabric quilting - I will quilt on fabric that I haven't cut. Yes, it's sort of like Whole Cloth but the initials are cooler, IFQ.

Duet quilts - One person does the piecing and another one quilts it. Like many quilts are done today but without this musical name.

Hard copy quilt - The actual quilt, not an image of one on Pinterest.

A. Lincoln style - Where was our 16th President born? Yep, in a log cabin which now has a new title.

Dial up Quilting - The opposite of broadband, ie, quilting done slowly.

Broadband quilting - The opposite of dial up, ie, quilting done quickly.

Non pre cuts - fabric by the yard, it's the hottest thing now.

Active Crime scene quilts - Quilts with a yellow border

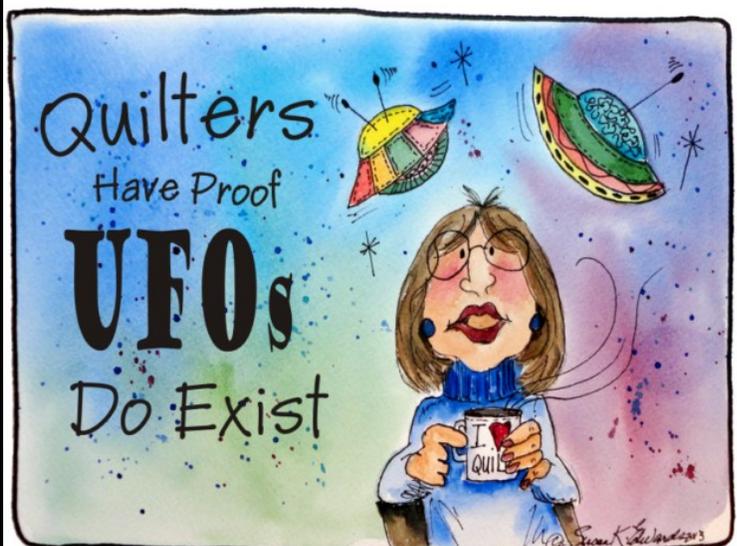
By Kathy Mathews

<http://www.chicagonow.com/quilting-sewing-creating>

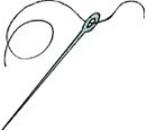
COMFORT QUILTS

Recommended sizes ...

- Hospice Bed 63"x80"
- Neo Natal 36"x36"
- Crib 34-36"x48"
- Wheel Chair 36"x48"
- Nap Quilt 40"x55-60"



No one is sure where the tradition of spring cleaning first began. The Iranian celebration of the Persian New Year at the beginning of the vernal equinox includes khooneh takouni –or ‘shaking the house.’ The Chinese believe spring cleaning in preparation for the New Year brings good fortune. The beginning of spring cleaning may also go back to the ancient Jewish tradition of cleaning the home before Passover. But wherever the tradition comes from, it has certainly continued because it just makes sense. Here is a quick list of things you can do to clean your sewing room as part of this rite of Spring.

1. Thoroughly clean your sewing machine of dust and lint and then oil in according to manufacturer’s instructions. If it hasn’t been tuned up in the last year, take it to be serviced. 
2. Use a plastic dish scrubber to get the lint out of your cutting mat. Follow that with warm water (not hot) and a damp cloth.
3. Safely dispose of all bent pins. A medicine bottle will work. Run a magnet across the floor to pick up all strays.
4. Sharpen your scissors and rotary blades. 
5. Take an inventory of all your hand and machine sewing needles. Throw away all of the bent, dull or nicked ones and replace the sizes you use the most. 
6. Organize your thread collection and tame the loose ends with a strip of Seal and Press Plastic Wrap.
7. Organize and label your fabric collection by color or by size (i.e. small scraps, fat quarters, yardage). Cut odd size leftovers from other projects into workable sizes such as 2 1/2” strips, fat quarters, 10” squares or 5” or 2”charm squares. If you have more fabric than you want or need, cut it into standard sizes and sell it on eBay, donate it to Days For Girls, or to the UVQG July Fundraiser Garage Sale. Fleece can be donated to the Utah State Prison for quilting projects with inmates.
8. Refresh your ironing board cover with a quick cleaning. Toss it in your washing machine with cold water and detergent and 1/2 cup of baking soda. Dry on low. Clean the surface of your iron with water and baking soda. 
9. Cutting mats, embroidery hoops ,and flat surfaces which are gummy from spray adhesives should be cleaned with a cleaning agent to remove residue.
10. Take inventory of your fabric, rulers, sewing tools, patterns, books, kits, notions, stencils, and marking tools. Donate or gift wrap any duplicates and take note of the things that are on your wish list.
11. Organize bobbins by emptying any that are close to running out and refilling often used colors such as white, black, gray and beige. Store your bobbins in a bobbin saver, in a pedicure spacer, in an ice cube tray, connected to the matching thread spool with clips or a piece of straw, or with small ponytail holders.





How to Describe the Love of Sewing and Fabric by Kathy Mathews

The love of Sewing

Time spent sewing is time where my brain is dealing with fabric and thread. My hands are the moving part and everything seems clear.

I am creating something concrete that won't need to be redone. It won't disappear. It is just me and the machine or the needle.

Everything seems clear and purposeful. I don't have self doubt or other critical voices. I see the needle go up and down and then an object appears.

I am fulfilled, I am at peace in my creation. It's happiness at its least complicated form.

The love of Quilting

I spent my adult life teaching. Whatever wisdom or mistakes I passed along are gone. The main work of my life was ephemeral.

I gave invisible bits of myself when I taught and have only limited knowledge if it was worth it or not. Performance art is like that.

When I make quilts I add to the chain of quilts my aunts and grandmother made. I contribute to the art form which has been around for centuries. I perform and it stays.

After days, months or years of small bits of work a whole emerges. There are pieces of fabric, lengths of thread and pieces of me in each quilt.

It makes me feel like some of me will live on. That the essence of me is not lost in the work that disappeared when the sun went down. Instead it is still there when the sun comes up.

With my hands I create art that will live on longer than I do. And it's soft, warm and comforting. It's a very primal love.

The love of Fabric

When I walk into certain fabric stores I am overwhelmed. I want it all. I want to touch it, buy it and sew it all.

The smell of fabric envelopes me and I breathe it in. It promises creation, fun and fulfillment. The colors saturate my brain and at first, I cannot choose.

After walking around and clearing the initial infatuation I start to see individual pieces. I think about what I am or want to make. And other times I just fall in love.

I pick a finite quantity and bring it home. The bag buzzes with my anticipation and the sense of possibility.

Some rests for a while in my sewing room and I find it again later and have an actual physical reaction of pleasure. Other fabrics get made up right away and used or given away.

I love to look at it, touch it, breathe it and pull it out to examine it. I adore cutting it, sewing it and have it come to life.

Sewing quilts with fabric, the trio of pleasure in my life.

Or for those who still don't get it. It's chocolate. It's champagne.

It's your team winning the super bowl and the World Series.

It's a first kiss and a cold drink on a hot day. It's joy in your heart, peace in your head and fulfillment in your hands.

And a whole bunch of threads all over!

Sew happy or try to understand those who do!

April Birthdays!

14

Audrey Bailey

Annette Ghiz

Mary F. Killpack

Karen Bell

Alice Guest

Megan Legas

Diane Carn

Janet Hansen

Jean McPherron

Bonnie Crysdale

Louise Harrington

Cheryl Miner

Kris Day

Caisa Hess

Susie Nelson

Judy Dixon

Suzanne Hillstead

Crystal North

Tinka Eliason

Deeana Justice

Angela Palmer

Happy Birthday

Recipe of the Month - Super Healthy Broccoli Soup

Courtesy of Culinary Crafts

Ingredients

1/2 cup raw cashews
1 large clove of garlic (more if you like garlic)
1/3 onion diced
1/4 cup olive oil
1 Tbsp organic Italian seasoning
2 heads organic broccoli
4-6 sliced cremini mushrooms

Serves 6

Method

Grind cashews into powder. (I use a Mr Coffee grinder)

This will grind down into 1/4 cup cashew flour

In a medium sauce pan, heat the oil, and add the onion, garlic, Italian seasoning. Cook for a few minutes. Add the cashew powder. Heat the roux carefully so as not to burn the nut powder. Add 3 cups water and stir until mixed well. Bring to a boil then reduce to simmer.

Add two heads of segmented organic broccoli. (Chop it like you mean it, into smallish pieces.) Do not be afraid to use the stems, by peeling and then slicing them thin. Add fresh sliced mushrooms.

Let simmer until broccoli is tender. Salt and pepper to taste and serve. Enjoy!



For Sale: 1938 Singer Featherweight Sewing Machine with case. Has been refurbished and works GREAT! Includes 1/4" foot and several bobbins. Has the fancy scroll work. \$420. Contact Brenda Sommers (801)836-9563 or brenda@homerealty.com

I have five **Buggy Barn kits** that I would like to sell if anyone is interested. They would be perfect for the class in April. The kits are - 1) Geese in the Barn 96 1/2" square, 2) Churndash 64X86, 3) Crazy Goose Chase 76x76, 4) Crazy Cabin & Stars, and 5) Quilter's Village 67x10. Please call or text Debra Davenport 801-360-3710 for more information.

Quilt Size and Backing Yardage Chart

Backing Fabric should be 3" all around larger than quilt top.

Quilt Size	Dimensions	Backing	2 1/2" Binding	Assembly Diagram
TWIN	63" x 87"	5 1/4 yds.	3/4 yd.	
DOUBLE	78" x 87"	5 1/4 yds.	3/4 yd.	
QUEEN	84" x 92"	7 1/2 yds	7/8 yd.	
KING	100" x 92"	8 1/4 yds.	1 yd.	

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: 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:

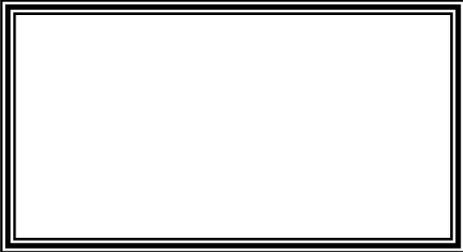
Kim McCloskey – Newsletter Editor

PatchwordsEditor@gmail.com

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



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