



PATCHWORDS

Utah Valley Quilt Guild
www.uvqg.org

May 2016



Volume XXXIV, No. 5

A Little Bit Biased *By Wanda Sump*

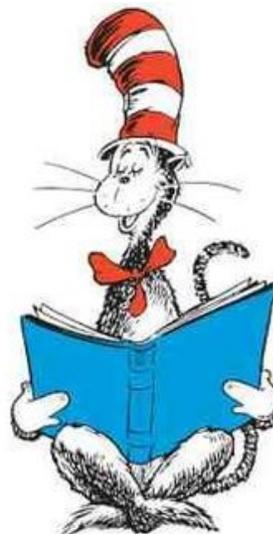
Once upon a time, friends, Kim and Tami belonged to a community service group that had decided to make a quilt for a fundraiser. Each was given a pattern to make a quilt block and since neither sewed asked their friend Sally to make it for them. She readily agreed and worked her little heart out. She read the directions, did her best, and returned the blocks with pride. The ladies turned them in to dragon lady Lisa. (Read in Dr. Seuss voice)

Oh dear! Oh dear! What have we here?
You say these are quilt blocks?
Oh no! Oh no! these have just got to go
Never seen such ugly things, it simply mocks!

Your piecework is too piecey
And your colors don't blend
Why even the bag that you carried in
Tends to offend.

Your seams are all crooked and your 1/2
triangles are, too
Your circles are too square and your
blocking eschew
Who taught you to sew, tell me who???

You must have taken shortcuts
You did not do it right
This is so horrible
It gives me quite a fright



(Continued on page 4)

Inside this issue:

| | |
|----------------------------|----|
| President's Message | 1 |
| Calendar & Notes | 3 |
| May Meeting | 4 |
| News for UQG | 5 |
| I Have a Notion | 6 |
| Pres-Elect Quilt Challenge | 7 |
| Springville Quilt Show | 7 |
| Local Store Spotlight | 8 |
| Service Day | 8 |
| Quilt Retreat | 9 |
| Retreat Packing List | 10 |
| The Big Move | 11 |
| News From the Library | 12 |
| Quilt Book Reviews | 12 |
| News From the Beekeeper | 13 |
| Recipe of the Month | 14 |



UVQG Board Members

| | | | |
|---------------------|--------------------------|--------------|--------------------------------|
| President: | Wanda Sump | 801-602-4065 | sumpfamily@gmail.com |
| President Elect: | Maureen Tuttle | 801-592-1920 | queentut1@comcast.net |
| Past President: | Barbara Murdock | 435-654-0656 | heberbarb@gmail.com |
| Secretary: | RevaBeth Russell | 801-489-5047 | revabeth@gmail.com |
| Treasurer: | Carol Hunt | 435-654-3754 | dchuntbq@yahoo.com |
| Membership: | Machelle Preston | 801-362-6988 | thecherrytreecottage@yahoo.com |
| Memership Assist: | Judie Oler | 801-234-9949 | judieo2000@Yahoo.com |
| Historian / Blog: | Laurel Christensen | 435-851-2115 | laschristensen@yahoo.com |
| Librarian: | Liz Teerlink | 801-224-8038 | eteerlink@yahoo.com |
| Librarian Assist: | Linda Williams | 801-224-7979 | daliwns@gmail.com |
| Programs: | Lisa Dunn | 801-798-8716 | lisabdunn@hotmail.com |
| Programs Assist: | Carol Ford | 801-798-8478 | cford@sfcn.org |
| Hospitality: | Mary Killpack | 801-791-1844 | marykillpack@gmail.com |
| Website: | Caisa Hess | 801-704-9010 | caisa@comcast.net |
| Newsletter Editor: | Allison Babcock | 801-310-4010 | patchwordseditor@gmail.com |
| Newsletter Mailing: | Cindy Williams | 435-654-2465 | cindy.ann.williams@gmail.com |
| Facebook: | Lynnette Rose | 801-897-7355 | doublerose2@msn.com |
| UQG Area Rep: | AnnaRae McAllister (So.) | 801-226-7966 | annaraemca@gmail.com |
| | Marilyn Steele (North) | 801-319-6277 | marilyn9@live.com |
| Show & Tell: | Jodie Banks | 801-225-4620 | jodie56banks@gmail.com |
| Service Project: | Kathie Zobell | 801-372-6260 | kathieandsteve@gmail.com |
| | Debra Davenport | 801-794-0830 | matsuo8@sfcn.org |
| July Quilt Fair: | Kim McCloskey | 801-319-5513 | kim.mccloskey@mail.com |
| Past JQF Chair: | Margaret Gray | 801-423-8312 | gray8312@msn.com |
| Springville Show: | Shirley Olsen | 801-224-3022 | sloquiltandsew@yahoo.com |
| | Barbara Murdock | 435-654-0656 | heberbarb@gmail.com |
| | Lil Anderson | 801-709-4324 | lilyander@gmail.com |
| Jamestown Show: | Darcia Pinette | 801-756-0327 | blackraspberries@hotmail.com |
| Beekeeper: | Teresa Dewey | 208-869-2139 | mildewey@msn.com |
| Retreat Chair: | Davidene Zimmerman | 801-368-3910 | davidenez@gmail.com |
| Challenge Project: | Helen Butler | 801-756-1965 | thequiltlady_55@hotmail.com |
| Property Chair: | Lynnette Rose | 801-897-7355 | doublerose2@msn.com |
| Special Projects: | Liz Laney | 801-361-8950 | rosecrestinn@yahoo.com |

Calendar & Notes

Calendar of Events:

- **May 5-7**— HMQS @ South Towne Expo
- **May 18**— UVQG Meeting @ Orem Senior Center
- **June 1-4**— Utah Shop Hop
- **June 8-11**— Panquitch Quilt Walk
- **June 12-13**— Art City Days Quilt Show
- **July 23 — Sept 24**— Springville Museum of Art Quilt Show
- **Aug 3**— Springville Quilt Show Trunk Show 6:00 pm — 8:30 pm
- **Aug 4**— Springville Quilt Show Trunk Show 12:30 pm — 3:00 pm
- **Sept 20-24**— UQG Quilt Fest @ Layton
- **Nov 2-5**— UVQG Fall Retreat @ Zermatt

UVQG AT-A-GLANCE:

UVQG Meeting Schedule

May 2016:

Board Meeting: 11 am

Guild Meeting: 1:30 pm—3:30 pm

Where: Orem Senior Center

93 N. 400 E., Orem

Featuring: Round Robin of Portable Hand Projects for the Summer

The quality control quilter would really like to thank Cindy and Leslie who cleaned up the thousands of pieces of yarn that were dropped on the floor after the trimming of the ties on the many quilts this group finished during charity day. (quality control does not like it when the ties are not the same length) Sometimes it pays to be obsessed so that you can get in line faster for lunch!

If you would like to do a trunk show or recommend someone to do a trunk show for our Springville Museum of Art Quilt Show, please contact Shirley Olsen 801-224-3022 or Sharon Wright 801-423-2376

IT'S MEMORIAL DAY, SO I CAN FINALLY WEAR WHITE SHOES AND QUILT WITH WHITE FABRICS!



Kim and Tami were embarrassed. The service group voted never to do that again but to give Lisa the Dragon money and for that time forth it would be know as Lisa's quilt. Sally was so devastated she hid in her little house never to sew again and played with her Rubik's cube. The end of a sad fictional story.

Here's a better ending:

Kim and Tami turned in their blocks and Nice Nancy said "Thank you for participating. It is so wonderful to have everyone contribute and be a part of our quilt." Then she took the blocks home and corrected them as needed. And no one would know the difference when they saw the quilt. Kim and Tami would have felt a part of their service

group and not resented Lisa, Sally would have continued her craft and would have learned to correct her mistakes and, overall, there would have been friendship and feel goods instead of hard feelings.

Moral: Be nice. May we welcome all that come to our guild and their contributions. May we uplift each other and compliment each other for a job well done. May we all remember we had a first day on the job, that we all had a first day at starting something new, and instead of criticizing and judging someone, may we lend a helping hand by teaching, guiding, and giving words of encouragement. And then we would all be sew happy.

Wanda

May Meeting *By Carol Ford*

Our May meeting will focus on portable projects that we can take with us during the hectic schedule that we all seem to have during the summer months.

We will have a Round Robin with fun teachers and their ideas to help us be productive with our hand projects while still being able to attend our kids and grandkids ball games. We can also use the extra time we seem to spend in the car during the summer to work on our projects.

We will learn about wool applique from Mary Ann Michaels. Nancy Roberts will be teaching us how to make fun yo-yos like the ones she used on her award winning quilt that she made for our red and white

challenge. Lil Anderson and Alice Bauer will show us how to make English Paper Pieced Hexies. They will show us a method for making hexies with paper, and also a method that doesn't use paper.

All of us can use a small project to take with us when we are on the run, or on our way to those fun summer vacations. Come to our May meeting to get some great ideas from some great teachers. We look forward to seeing everyone there.





- ◆ Service Opportunities include lap quilts for Envision Home Health and Hospice, and fleece throws that are easier to care for to the homeless shelters such as Legacy Initiative. You can give them to us and we will turn them into Kathy Porter, the President of UQG.
- ◆ Fallen Officer Quilts will be presented to the family of Officer Doug Barney who was killed in the line of duty. In addition a quilt will be presented to Officer John Richie, who was also injured, at a ceremony on May 5th.
- ◆ Don't forget HMQS at the South Towne Expo Center on May 3-7, 2016. They have great classes, quilt show, and venders. We have a 1 dollar off coupons for anyone interested.
- ◆ We will be accepting quilt blocks for our past president, Cindy Hutchison through September at quilt fest. She has chosen a simple Cracker Block and would like everyone to sign their name in the center white block with a micron pen. You can see a tutorial for this at Moda's Bakeshop.
www.modabakeshop.com/2010/10/aritzycracker-quilt.html.
- ◆ Are you working on your red and white Ruby Jubilee quilts? There is a choice of four shows you can enter them in for a Viewer's Choice Award. Then you can enter it again at Quilt Fest 2017. For full details, go to the website at www.utahquiltguild.org.
- ◆ Smith's Community Rewards offers Utah Quilt Guild cash back if you shop there and sign up for it. AnnaRae and Marilyn have brochures explaining the process or you can get the information at any Smith's Store.
- ◆ We have red, plush Christmas Stockings you can buy for \$5.00, decorate it anyway you want, and then return it to Quilt Fest in September where they will be displayed for a viewer's choice award. These stockings will then be given to a Children's Charity organization for Christmas. Everyone who decorates a stocking will have their name entered into a drawing for a new sewing machine.
- ◆ Membership to Utah Quilt Guild is now past due (March 31). You can go online to www.utahquiltguild.org to renew or join. I did and it was even easy for me. The dues are only \$20 per year and the benefits outweigh the cost of the dues.
- ◆ Join in the fun at Quilt Fest with friends, classes, quilt show, and venders. It's the retreat of all retreats. I love it! It is held at the Davis County Convention Center in Layton from Sept. 20 – 24, 2016. Consider entering a quilt for the quilt show. Watch the Beeline for more information.
- ◆ In conjunction with this year's Quilt Fest with a Christmas Theme is the 2016 Heart Challenge Winter Wonderland block. Buy a blue or gray snowflake fat quarter for \$5.00 to create a block, turn the completed block to us or bring it to Quilt Fest. A Viewer's Choice award will be given.



Alice Bauer
Francine Berrett
Julie Bills
Lori Carrell
Laurel Christensen
Donna Cottam
Karin Crawford
Lisa Dunn
Becky Ghiz
Melory Haggard
Wendy Hall

Darleen Kinsey
Patti Kiser
Blyth Larrabee
Lorinda Loveridge
Peggy Narhuminti
Pat Nelson
Vicky Peavler
Gloria Pendlebury

Darcia Pinette
Machelle Preston
Judy Prince
Kaisa Richens
Joylyn Rigby
June Rodeback
Deonn Stott
Jackie Taylor
Annie Thayne
Barbara Walsh

I Have a Notion *By Kendra Hall*

I love embroidery threads! I love thick ones for embroidering on wool or wool felt, when I am making table mats and runners. I love hand-dyed and over-dyed threads for embroidering crazy quilt blocks and other quilt blocks. I even love glitzy sparkly threads, too. Holding a group of threads in your hand is like holding a rainbow! Of course, storing them is a whole other matter, but we won't talk about that now.

Today, I want to tell you about a favorite thread vendor. She is a dealer on etsy who she hand dyes all kinds of threads. She sells under the name of ColourComplements and she lives in Canada.

Lorraine, the owner of ColourComplements, has a good sense of color and it shows in the dyeing that she does. She uses quality threads (DMC for pearl cottons and floss) and overdyes them in vibrant combinations. If you go to her store on etsy, the header across her store site is just a feast of color.

She dyes pearl cottons in sizes 12, 8,

and 5. She has a good variety of floss, too. Her sparkle chainette is fun (but go fast, she is closing these out). She has a rayon flat ribbon, too. It gives a completely different texture to embroidery.

If you sign up for her newsletter, you will get emails several times a week. They show how her threads have been and are being used in embroidery, needlepoint, wool applique, temari balls, etc.

The websites where you can see these threads are as follows:
www.colourcomplements.com,
www.etsy.com/shop/colourcomplements.

She also has a blog which can be accessed from her website.

I have used these threads quite a bit, and I like them very much. Lately I have made lavender bullion knot flowers on a crazy patch block with a lovely lavender thread she dyed. I have used these threads on wool



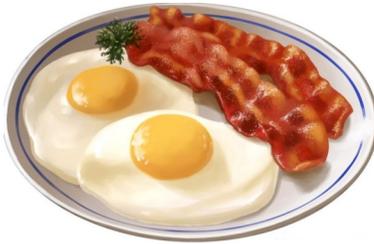
(Continued on page 7)

felt, and used textured stitches to add dimension.

I recommend these threads highly. Be aware, however, that they are shipping

from Canada. She ships quickly but using two postal services slows things down considerably.

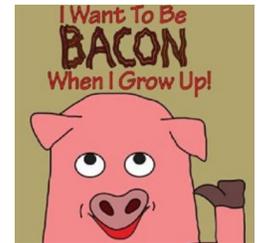
President Elect Quilt Challenge *By Maureen Tuttle*



Time is flying and soon we'll be showing our finished P.I.G.S. for the challenge this year. Have

you ever considered this thought? **“The difference between INVOLVEMENT and COMMITMENT is like eggs and bacon. The Chicken is involved – the Pig is committed.”** (Are you hungry now? Go get a quick snack so you

can **commit** to finishing your P.I.G.S.)



Springville Quilt Show *By Shirley Olsen*

The Springville Museum of Art Quilt Show is only two and a half months away! Be sure to put one or two of your beautiful quilts in the show.

If you received a post card about the show from the museum, be aware that the date of the show is not correct on the address side. The colored side has the correct dates: July 23 - September 24. Entries are due at the museum on July 15th or 16th from 10:00 am - 4 pm. The Opening Reception and Awards Ceremony will be on July 23, 11 am - 1 pm. Available awards are Best of Show, Solitaire Hand Quilting, Solitaire Machine Quilting, the Director's Award, about 10 Awards of Excellence, the Show Committee Award, 3 Judge's Choice Awards, View-

ers' Choice, and several Honorable Mentions. Quilts must not be made from a kit where both the fabric and pattern were sold together in one package. Full entry details will be on the Springville Museum of Art website in June.

Trunk shows will be on Wednesday evening August 3rd (6:00 - 8:30 pm), and Thursday afternoon August 4th (12:30 - 3:00 pm), at the museum. If you would like to do a trunk show or recommend someone to do a trunk show, contact me at 801-224-3022 or Sharon Wright at 801-423-2376.



Local Store Spotlight—JoAnn Fabric & Craft

JoAnn Fabric & Craft
640 E. State St, American Fork
(801) 756-4961

Located in American Fork on State Street, just one block east of 500 east. Although JoAnn Fabric and Craft Stores have been in operation for nearly 73 years, this location opened its doors 4 years in July of 2012.

JoAnn's mission statement is "to inspire the creative spirit in each of us—our customers and ourselves." We love to share our knowledge and experience and to learn from you, our customers, as you share your

projects and ideas.

In our store we feature sewing and quilting notions, quilting books & patterns, a variety of fat quarters, plus our 35 foot long Keepsake Calico wall, as well as many Premium and Artist Brands of quilting fabrics, including Buttercream, Cloud 9, Tow Daughters, Susan Winget, Time Holtz, Koko Lee and Springmaid.

Come visit us here in our American Fork store where you'll find that customer service is our focus.



Service Day 2016 *By Kathie Zobell*

Service day 2016 was a success!

In spite of blips and problems, this year we had a great service day. We used up 160 yards of batting (+what individuals donated) and have scraps to make what one on line group calls Franken~batts. Quilters are truly the most generous and caring people. Our delivered and in progress quilts number 216. The Utah county baby your baby program has been amazed at the number and quality of our work. More quilts will go there and some will go to the Shriners' Children's Hospital, more will go to the hospice groups and 6-8 are going to the earthquake victims in Ecuador. Our local quilters are awesome. I

thank all of you who helped and especially Debra Davenport for her tireless work. I am very grateful.



Davidene made a mistake on the 1 Person Room price on the registration form. It is not \$500, it is \$595. I don't think we signed up any "singles," so we should be okay.

We had a successful sign up for retreat at Jamestown! Thank you for your excitement! If you didn't get a chance to sign up and would like to participate, contact ghamblen@msn.com to get on the waiting list. There is no charge to be on the waiting list. Currently there is one person on the list and she would like a roommate.

Please keep these items in mind as there is a deadline of July 20, 2016.

1. Balance of retreat fee is due July 20 to: (no refunds will be given, but you can sell your spot)
Marilyn Hamblen
3388 W 14400 S Bluffdale, UT 84065
email: ghamblen7@msn.com
801-254-6832
2. Answers to Secret Sister questions are due July 20. Send to Marilyn or Nancy.
3. Your Favorite Party Recipes are due July 20. You may submit up to five recipes. The recipe book is going to be very nice and spiral bound. Once it goes to print, it will be too late to participate. So get your recipes to Nancy by the deadline. You may email them or mail them to: Nancy Roberts
34 W 100 N Pleasant Grove , UT 84062
email: c_n_roberts@msn.com
4. Please add Nancy and Marilyn to your

email address book so that you won't miss out on important information.



Other Items:

1. Class sign ups will be at the August and October UVQG meetings. The classes will also be posted in the August and October Patchwords. You may also call Davidene at 801-368-3910 to sign up.
2. If you would like to **teach** a class, please contact or message Davidene Zimmerman at 801-368-3910 by July 20. There is no class fee or compensation for teaching because you are sharing with friends. You may charge a kit or supply fee.
3. To participate in the pin cushion exchange, make a boutique quality pin-cushion and **gift wrap** it. Everyone will have a chance to see them all after the exchange.



Retreat Packing List

Sewing Machine Stuff

- ◇ Sewing machine, recently cleaned and oiled + manual
- ◇ Foot pedal and power cord
- ◇ Extension cord and power bar
- ◇ Extra needles
- ◇ Lots of bobbins, pre-wound at home if possible
- ◇ Screwdriver
- ◇ Lint brush
- ◇ Machine oil
- ◇ All the machine feet you might need: ¼" foot, all-purpose foot, walking foot, free motion foot, zipper foot, topstitch foot, applique foot
- ◇ Fabric scraps for testing tension or other issues
- ◇ [Optional] Chair or chair cushion

Projects

- ◇ Fabric for your projects, organized into separate bags, and pre-cut at home if possible to save space and sewing time
- ◇ Small, fun projects for when your energy starts flagging, like zip pouches or tote bags
- ◇ Scraps or a bit of extra background fabric for each project in case of cutting or sewing mistakes
- ◇ Handwork project in case you get tired of your machine or it malfunctions
- ◇ Instructions or pattern for each project
- ◇ Thread for each project
- ◇ Notions for each project (zippers, buttons, interfacing, batting, etc.)
- ◇ Large scissors
- ◇ Small thread snips
- ◇ Paper scissors
- ◇ Small (12" x 18") or medium (18" x 24") cutting mat
- ◇ Rotary cutter + extra blades
- ◇ Empty rotary blade box for used blades
- ◇ and used/broken pins and needles
- ◇ Several rulers, plus any specialty rulers needed, like triangles or Bloc-Loc.
- ◇ Seam ripper
- ◇ Little wooden iron
- ◇ Tweezers
- ◇ Thread catcher and scraps catcher (small fabric buckets work great)
- ◇ Pincushion + pins
- ◇ Needles and thimble, if doing handwork
- ◇ Fabric marking pens or Hera marke
- ◇ Measuring tape
- ◇ Masking or painter's tape
- ◇ Scotch tape
- ◇ Elmer's glue and/or washable glue sti
- ◇ Basting spray or safety pins, batting, quilt backing (if basting)
- ◇ A few extra zip-top bags
- ◇ [Optional] Portable ironing board or mat and iron
- ◇ [Optional] Ironing spray, like Best Press
- ◇ [Optional] Light and magnifier

Other Stuff

- ◇ Paper, sketchbook, or notebook and pens or pencils and Sharpie
- ◇ Post-it notes or a notepad
- ◇ Glasses
- ◇ Prescriptions
- ◇ Refillable water bottle
- ◇ Painkillers
- ◇ Band-Aids
- ◇ Nail file
- ◇ Kleenex
- ◇ Lip balm
- ◇ Hand lotion
- ◇ Layered clothing, including a warm sweater
- ◇ Comfortable shoes, slippers, or fuzzy socks
- ◇ Snacks to share (some should be at least kind of healthy)
- ◇ Chocolate
- ◇ Stain remover pen
- ◇ Phone and charger
- ◇ Camera and battery, if you don't have one in your phone
- ◇ Maps, coupons, and money for nearby quilt shops
- ◇ Secret Sister Gifts
- ◇ Pincushion Exchange

The Big Move *By Bonnie Miles*

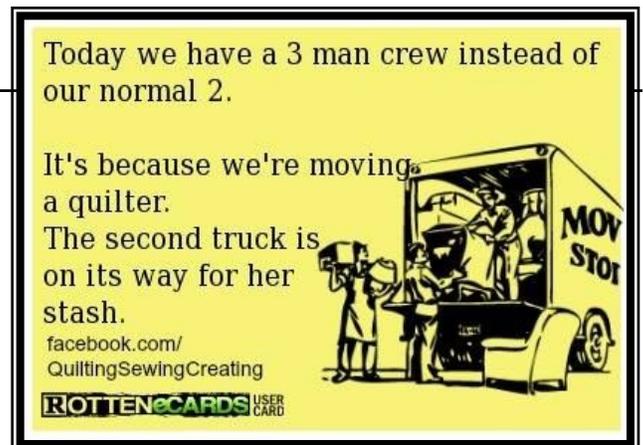
Following some pretty strong promptings, we took several trips south in January and February, with the idea that maybe we should move there. We really weren't excited about the idea, because we were perfectly happy right where we were in our American Fork home. But we decided to act on the feelings we had. On the last trip we found a home that would suit our needs, and so we make arrangements to purchase it. Coming back, we shared the news with neighbors, who confessed that they regularly drove past our home and wondered if we'd ever sell it, because it was just what they wanted. Sold! In one day.

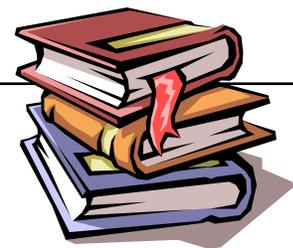
How can I say "Thank you" enough times to express my gratitude for my friendship with all of you? It's been a gratifying, growing, and amazing 12 years with the Utah Valley quilters. I've loved being able to

serve you in so many ways, and have learned from your contributions to our guild. Moving my fabric was difficult--but parting with you wonderful friends was far more difficult. I am hoping to come back periodically and see you in other quilting settings.

Much love and many blessings to all of you!

Bonnie Miles. bonnieamiles@gmail.com
3957 Tess Lane. 801 602-9436
Santa Clara UT 84765



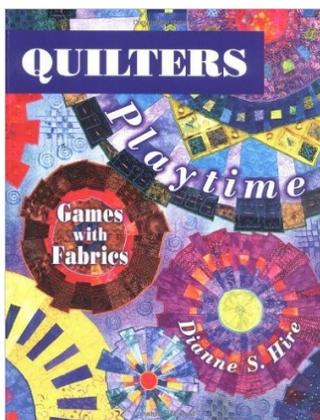


We have 12 new books from C & T publishing and also some great donations. We have two new books by our very own local quilt artists: "It's a Circus, A Parade of Colorful Quilts and More by Amy McClellan from American Quilting and "Stitched Together, Fresh Project and Ideas for Group Quilting" by Jill Finley of Jillily Stu-

dio. If you love the applique and home decor designs from Blackbird Designs you will be excited to see the 4 new books we've added from these artists. Remember to bring back your Library books May 18th!

Quilt Book Reviews *By Kendra Hall*

Hire, Dianne S. Quilters Playtime: Games with Fabrics. AQS, 2004.



This book evolved from workshops taught by the author, in which she invited the students to come PLAY with her. Students would take the workshops as a first step toward learning improvisational piecing and spontaneous design.

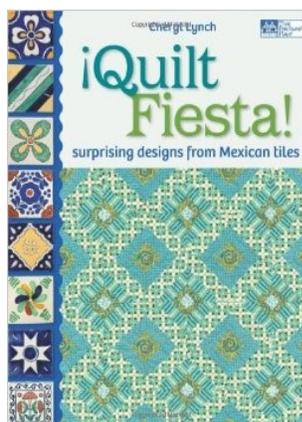
She has designed a series of lessons, based on childhood games, which appear in this book. She suggests you work through the lessons, from beginning to end. This adds layers of information to the one who is playing at the sewing machine. She also suggests you read all the instructions for the "game" before beginning the "game" so you get an overview of information about the "game."

Each game is divided into three sections: Object of the Game, Game Plan, and It's Your Move. These sections work you from the goal of the game, to the strategy

of the game, to the actual instructions for the game. The names of the games will conjure up memories of childhood. The games are: Hopscotch, Tic-Tac-Toe, Pin the Tail on the Donkey, Musical Chairs, and so on. Toward the end of the book you will be working with circles and radiating wedges for Tiddly Winks and Ring Around the Rosy.

If you are hankering for adventures and something out of the ordinary, this book might be just what you are looking for. It is wild, unconventional, and bright.

Lynch, Cheryl. Quilt Fiesta! Surprising Designs from Mexican Tiles. That Patchwork Place, 2011.



The author's interest in Mexican tiles began on a trip to Mexico to go whale-watching. A side-trip to Todos Santos, home of the Hotel California, awakened an interest in Mexican pottery and tiles. She even brought home a painted

bathroom sink from that trip. As her interest continued, and began to influence her quilt-making, she and her husband made a trip to Puebla, the home of Talavera pottery. The beginning of this book is a well-illustrated tour of Mexican pottery.

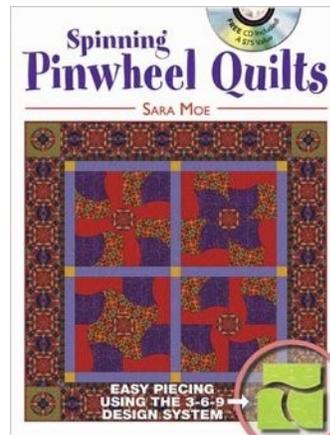
As she began to translate the pottery designs into quilts, she learned to use several techniques, such as fusible applique and foundation paper piecing to get the look of Mexican tiles. These techniques are well-explained in the book.

She then gives the directions for ten projects that reflect tilework. These range from full size quilt, to a bed runner, to darling placemats. In an inset, each project shows the inspiration tile and the quilt block that resulted from it. The design process becomes very evident.

The author has been very successful in retaining the Mexican style in her quilting. These projects are very attractive.

Moe, Sara. Spinning Pinwheel Quilts, Krause, 2007.

The Spinning Pinwheel blocks in this book all have curved edges and are de-



signed with the 3-6-9 Design System. This system always creates a 9 inch block and the piecing lines will always fall on the 3” or 6” measurement in the block. The system has templates available for purchase or

you can make your own templates using instructions in the book.

She has many sewing systems, which are templates that feature curves. You may see these at her website: www.sewinspired.com. The templates do not come with the book.

The book comes with a CD in the back, which includes 6 embroidery designs, 7 applique pintables, 7 coloring book pages, and 16 block charts. There is a section in the book showing how to use the CD.

The methods in this book and CD can help you to design a quilt that has a more artistic flair rather than standard patchwork.

News from our Beekeeper *By Teresa Dewwy*

Hi everyone--What a great service day we had last week. It was my first, and I was impressed! It made me want to get to know many more of you, so expect a call to see if I can visit your Bees. And speaking of which--please let me know if you are interested in

creating or joining a small Bee. I would be happy to help you find the Bees in our area. Teresa Dewey, Bee Keeper (208-869-2139)



Recipe of the Month—One Pan Balsamic Chicken and Veggies

I love one-pan meals.—less mess, less to clean. Oh, and they tend to be easy-peasy. This recipe is perfect for the spring when asparagus (or green beans) are in season. Also, it doesn't heat up your kitchen and home during the hot months. And it's delicious.

Prep Time: 10 minutes

Cook Time: 13 minutes

Yield: About 3 - 4 servings

Ingredients

- 1/4 cup + 2 Tbsp. Italian salad dressing (I recommend using Kraft light Italian it's the perfect consistency for this and it's what I used)
- 3 Tbsp. balsamic vinegar
- 1 1/2 Tbsp. honey
- 1/8 tsp crushed red pepper flakes (more or less to taste)
- 1 1/4 lbs. chicken breast tenderloins
- 2 Tbsp. olive oil
- Salt and freshly ground black pepper
- 1 lb. fresh asparagus, trimmed of tough ends, chopped into 2-inch pieces (look for thinner stalks. Green beans are another good option)
- 1 1/2 cups matchstick carrots
- 1 cup grape tomatoes, halved



Directions

1. In a mixing bowl whisk together salad dressing, balsamic vinegar, honey and red pepper flakes, set aside.
2. Heat olive oil in a 12-inch skillet over medium-high heat. Season chicken with salt and pepper to taste, then place chicken evenly in skillet.
3. Cook about 6 - 7 minutes, rotating once halfway through cooking, until chicken has cooked through (meanwhile, chop asparagus and tomatoes).
4. Add half the dressing mixture to skillet and rotate chicken to evenly coat. Transfer chicken to a large plate or a serving platter while leaving sauce in skillet.
5. Add asparagus and carrots to skillet, season with salt and pepper to taste and cook, stirring frequently, until crisp tender, about 4 minutes. Transfer veggies to plate or platter with chicken.
6. Add remaining dressing mixture to skillet and cook, stirring constantly, until thickened, about 1 minute. Add tomatoes to chicken and veggies and drizzle dressing mixture in pan over top (or return chicken and veggies to pan and toss to coat).

Kate's Quilting Block

Machine Quilting - Monogramming - Hemstitching

We're Moving.

Beginning May 7th we will be closed for one month and will reopen on June 7th in our new location.

We will only be offering the services listed below.

Machine Quilting

Machine Binding

Monogramming

Fabric Photo Printing

Custom Memory Quilts

**Located at: 1734B Blackhawk Dr.
Pleasant Grove UT 84062**

Phone: 801-796-1533

Summer Hours :

By appointment or call ahead

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

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: 272

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

Kathryn Carbine

1309 S. 950 W.

Payson, UT 84651

385.201.3505

801.465.0929

KC Machine Quilting

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:

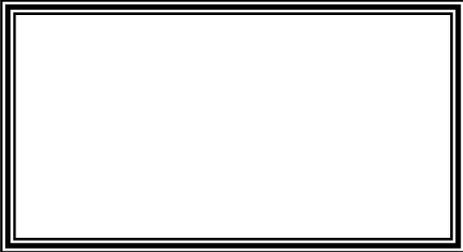
Allison Babcock- Newsletter Editor

PatchwordsEditor@gmail.com

Deadline for next issue: May 25, 2016



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



Postmaster: Contains Time-sensitive material.

Please deliver before May 10