



PATCHWORDS

Utah Valley Quilt Guild
www.uvqg.org

May 2017



Volume XXXV, No. 5

Inside this issue:

President's Message by Maureen Tuttle

IF YOU DIDN'T KNOW YOUR BIRTHDAY, HOW OLD WOULD YOU BE?

My mind tells me I'm about 40. My body often tells me something different. But I definitely don't feel my real age, physically or mentally. I guess it's because the age I am now always sounded SO old when I was younger, and I've gotten here much faster than I anticipated. However, I have to admit that I sometimes enjoy being able to use the excuse "I'm old" in various situations.

I also enjoy knowing that I have accumulated a bit of wisdom through my life experiences, and my age has made me more confident and less likely to feel a need to be perfect, to compare myself to others, or to impress people. I'm happy to be who I am.

IF YOU DIDN'T KNOW QUILTING WITH DIAMONDS WAS DIFFICULT, WOULD YOU ATTEMPT IT?

My daughter has recently started quilting. Her very first quilt was constructed with all diamonds. No one told her diamonds were tricky. She didn't know about bias edges or piecing with partial seams. She just loved the pattern, so she bought it, bought her fabric, read the instructions, watched a tutorial or two, and dove right in. Is her quilt perfect? No. Is it beautiful? Yes! She's very happy with it, I am in awe of her, and she's taught me some valuable lessons.

I read a funny comment by a quilter who uses machine quilting, hand quilting and additional embroidery or embellishment as she pleases on the same quilt, and doesn't strive for perfection by anyone else's standards. She said, "That faint whimper you hear is the sound of the Quilt Police as I add another nail to their coffin."

Don't compare yourself or your quilts to others. Enjoy the process. Quilting (and life) can be very rewarding and joyful if you let the process be the goal.

In this year of giving, give yourself permission to be whatever age you desire to be, to make mistakes, to love what YOU love, not what you think other people will love. To embrace the beauty of imperfection, and not be afraid to just do it! Remember, diamonds are a girl's (and many guys') best friend!



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2

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Assist:	Debbie Neilsen	801-836-3959	quiltgarden74@yahoo.com

Joke of the month:

Diet Day #1—I removed all the fattening food from my house. It was delicious!

- **May 4-6**— UQSM @ South Towne Expo
- **May 17**— UVQG Meeting @ Orem Senior Center
- **July Quilt Fest**— Petetneet, Spanish Fork
- **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:

May 17, 2017

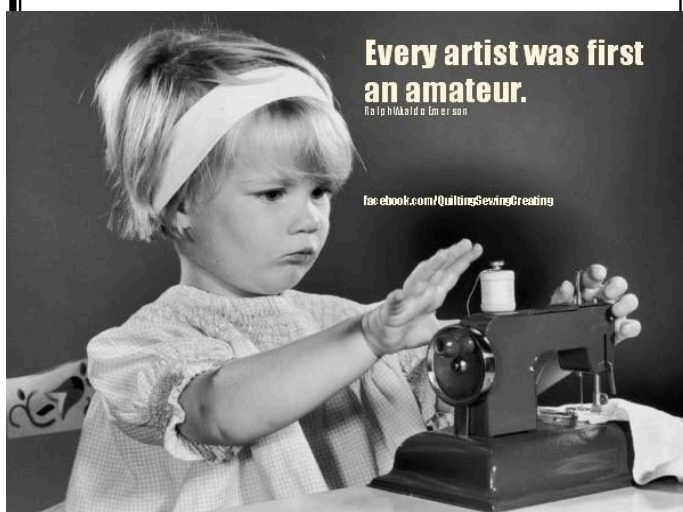
Round Robin Classes

Show and tell followed by four round robin style classes. No cost for guild members.

Board Meeting: 11:00 am– 12:00 pm

Guild Meeting: 1:30 pm—3:00 pm

Where: Orem Senior Center



**Every artist was first
an amateur.**

Ralph Waldo Emerson

facebook.com/QuiltingSewingCreating

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!



Thank you to Wanda Sump for organizing and arranging the fabulous National Teacher class and trunk show in April. Janet Nesbitt, of One Sister Designs (formerly Buggy Barn), was a great teacher, and I think we all came away excited about that amazing and forgiving method of piecing. The trunk show was great fun, and we will be adding Janet's newer books to our guild library as soon as possible.

May Guild Meeting

You won't want to miss our meeting in May! We will be having a Round Robin with four very different 18-minute classes jam-packed with information and fun. Come explore five ways to make half-square triangles, disappearing 9-patch blocks, kitchen hacks to get you out of the kitchen and into your sewing room or outside, and how to construct fidget quilts. (See accompanying detailed article.) Please note that we will have Show & Tell right after the announcements and before the classes this month. Yay for May!

Fidget Quilts

It has now been over 100 years since Dr. Alois Alzheimer identified a brain disorder that came to bear his name. His discovery resulted from an examination of a patient's brain after her death. He found abnormal clumps in her brain that he believed were the cause of her memory loss and behavioral problems. It is estimated that in America over 5 million are afflicted with this disease and it is just behind heart disease and cancer as a leading cause of death. Not fully understood, we do know that the disease develops in stages with dysfunction in cognitive processes, notably memory loss. As the brain shrinks, due to the disease, those affected become more agitated, develop restless hands, and often "fidget" with medical equipment. To ease this agitation, the Fidget Quilt was created.

We will be learning how to make fidget quilts at our May round robin, with tips and ideas to make the quilts safe and comforting to their users. You can also search "fidget quilts" in Google or Pinterest for an abundance of ideas and tutorials.



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>

Our annual July Fair will be held July 19th from 9:30 a.m. to 3:00 p.m. at the Peteetneet Museum and Cultural Arts Center, located at 10 N. 600 E. in Payson. The museum was originally built in 1902 as a school for all the children in Payson. It's a beautiful, historical building, and we're very excited to be "going back to school" in July.

We will have our traditional yard sale, bake sale, food trucks for lunch, silent auction, numerous vendors, free classes, and a few quilts displayed. The fair is a joint effort, relying on many volunteers from our guild. Sign-up sheets will be passed around at our guild meeting in May. If you can give even 1 hour to help, please sign up, or contact any board member. We're also looking for teachers for 45 minute classes.



Mark your calendars. July will be here before we know it!

Show and Tell Clipboards Missing

All but 2 of our little pink Show & Tell clipboards went missing after our April meeting. We're pretty sure the Show & Tell Fairy took them home, but if you happened to gather them up with your belongings last month, please bring them in May and let one of the board members know you have them. Thank you!



Ruby Jubilee Quilts Needed



It's the 40th birthday of the Utah Quilt Guild and they are celebrating with a Ruby Jubilee traveling quilt exhibit. Please make a red and white quilt as part of this celebration.

The guild is hoping to fill their grand finale Quilt Festival with 100s of beautiful quilts made by quilters from throughout the state, including you.. Prizes will be awarded, including a viewer's choice award.

The entry deadline for the Springville Show is July 15, 2017 and the entry deadline for the Quilt Festival is August 27, 2017.

For rules and entry forms visit <http://www.utahquiltguild.org/ruby-jubilee-2017.htm> or call Barbara at 801-592-2715 for information.

Springville Quilt Show -- Accepting Quilts in All Colors by Shirley Olsen

The Springville Museum of Art Quilt Show is a wonderful opportunity to display one or two of your beautiful creations. Remember that quilts made from kits (where the fabric and pattern are sold together) are NOT eligible. Be creative and make something wonderful for the show. Entry dates are July 21 and 22 from 10:00 a.m. until 4:00 p.m. The show will be open to the public from July 29th through September 23rd. Check out the museum website for full entry details.

Since the Ruby Jubilee traveling show will be in the large back room this year during the regular show, there will be limited space for large quilts. If your entry is larger than 109" x 109" call the museum or me to check for available space before paying the \$15 entry fee for your quilt..



President Elect's Quilt Challenge by Brenda Sommers



Keep working on those quilts for the challenge! A color gradated quilt, where the

color placement is deliberate, one color (or tone) to the next across the quilt.

It can be big or small, but must be quilted and completed by November 15th to display at our meeting! I can't wait to see all of your masterpieces!

I have the fun prizes already for everyone who completes one! **Rules for prizes:** Must be signed up with me (you can call me or email me if you're not sure - brenda@homerealty.com or (801)836-9563)

AND you must be a current member of the guild.

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.



We want your quilts!



for the

Steel Days Quilt Show

Home Sweet Home

Quilt entries accepted

Tuesday June 27 from 10AM-1PM and 7-9PM

Senior Center Basement

54 East Main Street

American Fork

Paper work can be done at time of entry.

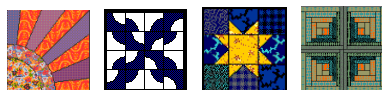
Paper work can also be done beforehand at

<http://www.steeldaysaf.com/quilt-show.html>

No quilts will be accepted after 9PM June 27

Participants can pick up entries July 8 from 5-6PM

Senior Center main floor. Please enter through north door.



Join us for the show

July 6 & 7 10AM-7PM July 8 10AM-4PM

MAY BIRTHDAYS!

Julie Bills

Peggy Narhuminti

Jackie Taylor

Laurel Christensen

Angie Nichols

Annie Thayne

Lori Carrell

Pat Nelson

Tricia Tolton

Donna Cottom

Gloria Pendlebury

Lisa Dunn

Darcia Pinette

Becky Ghiz

Machelle Preston

Karin Crawford

Kaisa Richins

Melory Haggard

Joylyn Rigby

Wendy Hall

June Rodeback

Patti Kiser

Deonn Stott



QUILT TIP

To test your seam allowance sew and then measuring the width of the seam with an acrylic ruler. Another way to do this is to rotary cut three 1 1/2" x 5" strips of fabric. Sew them together with your 1/4" seam. Press the seams open and measure the width of the middle strip from the right side of the fabric.

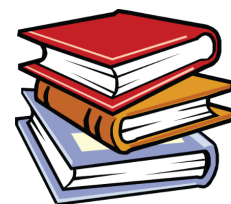
From www.craftsy.com/blog

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.

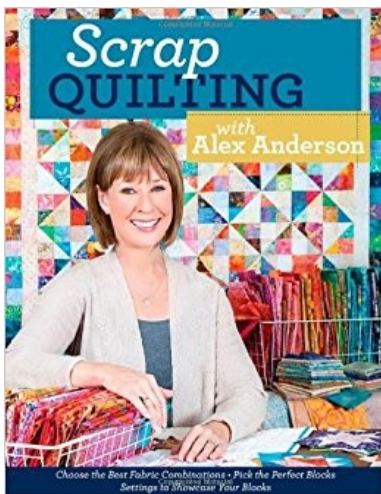
To return a book— Books must be returned by the next regular guild meeting (where we meet at the Orem Senior Center). Place the book in the large bin on the library table. If you would like to keep a book for a second month, please bring it to the meeting, return it and then check it back out on the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

We have many new books in the library this month due to a couple of generous donations. After our wonderful visit from Janet Nesbitt last month, I purchased seven of her books. They are: Still Crazy (turkey and pumpkin quilt), Frightfully Crazy (Halloween themed), Positively Crazy (Santa baby, Dragonflies), Gone Crazy (Flag Day), and Crazy for Applique (Garden Party). Then from her new One Sister site: Completely Crazy (When Pigs Fly, Countdown to Christmas, Bachelor Buttons, and Up on a Housetop), and Crazy at the Cabin (Crazy Sand Dollars, the wise old owl quilt, the moose quilt, and Welcome to the Lake). Each of these books comes with multiple patterns that you trace onto freezer paper. PLEASE BE VERY CAREFUL TO RETURN ALL OF THE PATTERNS WHEN YOU RETURN THE BOOK.

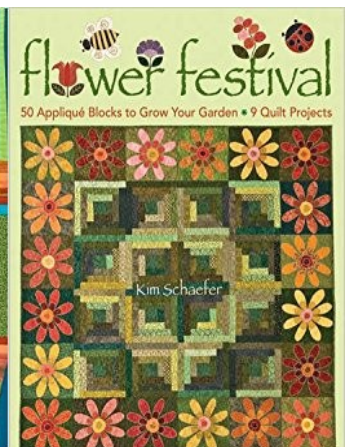
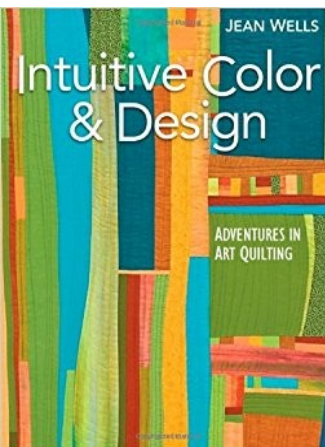
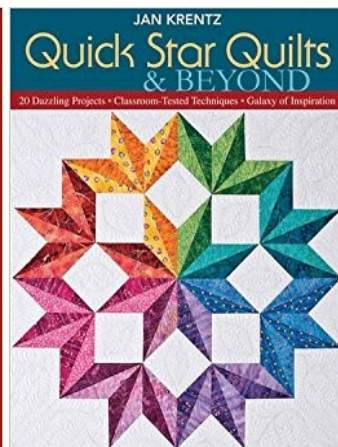
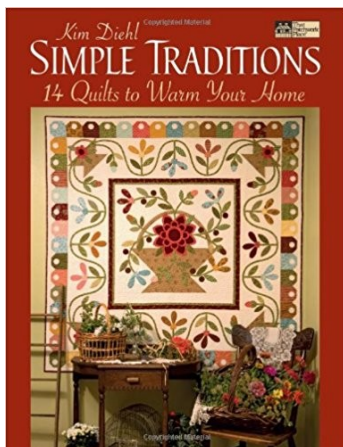


Another new book is "Scrap Quilting" by Alex Anderson. She begins by talking about what makes a scrap quilt and then has some good information about color and fabric design strategies. Then there are seven beautiful quilt designs to get you quilting scrappy.

Here are additional titles that have been donated:

Simple Traditions by Kim Diehl, Quick Star Quilts & Beyond by Jan Krentz, In the Nursery by Jennifer Sampou, 'Tis the Season by Jeanne Large, Japanese Taupe Quilts by Susan Briscoe, Leaving Baltimore, A Prairie Album Quilt by Christina DeArmond, Applique a Garden by Pat Sloan, Garden of Applique by Peggy Waltman, Stitch It: Quilts by Leisure Arts, Piecing with Scraps by Leisure Arts, Intuitive Color & Design by Jean Wells, Flower Festival by Kim Schaefer, Sensational Quilts by Sue Aiken, Stitch and Split Applique-12 raw-edge projects by Jayme Crow and Joan Segna, and Flowering Quilts by Kim Schaefer.

These books will all be located on the New Books table at the May guild meeting. After that, they will be put out on tables by category.



Brigham City Museum

June 16 through August 31, 2017 - *International Quilt Invitational Exhibition*

Presenting quilts by Christine Alexiou, Canada; Beatrice Bueche, France; Sue Bleiweiss, Massachusetts; Melani Kane Brewer, Florida; Anne H. Datko, Utah; Jennifer Day, New Mexico; Karen Eckmeier, Connecticut; Aileyn Renli Ecob, California; Kaye Evans, Utah; Laura Fogg, California; Robin Gausebeck, Illinois; Mariko Hayashi, Japan; Margarete Heinisch, California; Ann Horton, California; Jean Renli Jurgenson, California; Sandra Lechner, Oregon; Shani Leser, Israel; Karen Marchetti, Florida; Suzanne Marshall, Missouri; Lea McComas, Colorado; Jeannie P. Moore, California; Patti Morris, Canada; Bethanne G. Nemesh, Pennsylvania; Do Palma, Wyoming; Ruth Powers, Kansas; Jane Sassaman, Illinois; Gillian Shearer, Australia; Zena Thorpe, California; Laura Welklin, Indiana; Cathy Wiggins, North Carolina; and Allison Wilbur, Rhode Island.

Featured Quilter: Beatrice Bueche, France

Recipe of the Month - Fiesta Rice and Bean Salad

Courtesy of Sarah Yorgason

Sarah Yorgason brought this salad to the national teacher class and it was met with rave reviews

Sarah Yorgason brought this to the national teacher's class and it met with rave reviews and many requests for the recipe. She substituted 3 bags of Minute brand Multi-Grain Medley (brown, red & wild rice and quinoa) for the rice listed in the recipe, (Walmart carries this rice medley), used frozen super sweet corn, and omitted the olives. It was a great recipe for a vegetarian guest she hosted recently

Fiesta Rice and Bean Salad Recipe

TOTAL TIME: Prep: 40 min. + chilling

YIELD: 10 servings

Ingredients

- 1 package (6.2 ounces) fast-cooking long grain and wild rice mix
- 2 cups fresh or frozen corn
- 1 can (15 ounces) black beans, rinsed and drained
- 1 bunch green onions, chopped
- 1 small sweet red pepper, chopped
- 1 small sweet orange pepper, chopped
- 1/2 cup minced fresh cilantro
- 1 can (2-1/4 ounces) sliced ripe olives, drained
- 1/2 cup reduced-fat Italian salad dressing
- 1 tablespoon lime juice
- 1/4 teaspoon pepper

Directions

- 1. Prepare rice mix according to package directions; cool. Meanwhile, in a large saucepan, bring 4 cups water to a boil. Add corn; cover and cook for 5-6 minutes or until tender. Drain corn and rinse in cold water.
- 2. In a large bowl, combine the rice, corn, beans, onions, peppers, cilantro and olives. Combine the salad dressing, lime juice and pepper; drizzle over salad and toss to coat. Cover and refrigerate for at least 2 hours before serving. Yield: 10 servings.

Nutritional Facts

3/4 cup: 155 calories, 3g fat (0 saturated fat), 0 cholesterol, 470mg sodium, 28g carbohydrate (3g sugars, 4g fiber), 5g protein. **Diabetic Exchanges:** 2 starch, 1/2 fat.



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. 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 Dav-enport 801-360-3710 for more information

In my
dream
world,
fabric is
free and
quilting
makes you
thin!



facebook.com/QuiltingSewingCreating

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

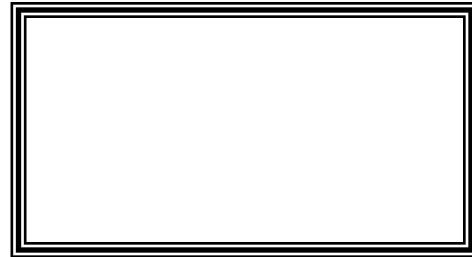
PatchwordsEditor@gmail.com

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Utah Valley Quilt Guild

Chapter: Utah Quilt Guild
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Spanish Fork, Utah 84660



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Please deliver before May 10