

Patchwork Press

Inside this issue:

In Review	1
Queen Bee	2
President's Message	2
Material Girls	3
2008 Calendar	3
Tips, Tricks & Tools	3
Recipes	4-6
Quilt Me a Story	7
Membership	7
Guild Information	8

In Review - CHRISTMAS SOCIAL/SEWING SPACE HOP

From our new BLOG: <http://hebervalleyquilters.blogspot.com>

A huge thank you to Deonn, Cindy, Linda, and Kim for letting us all come to your homes and showing us the place we all love best, sewing spaces. Also, a nice big thank you to everyone who prepared food and beverages for us all to enjoy. It was a super time.

Deonn's new sewing studio has enough room for several sewing machines and her longarm too. It is also a sound studio--as we swayed to the music, swished our fabric and sang along with Madeonnandbrenda's new hit, "Material Girls".

Cindy's Christmas decorations were exquisite and put us all in the mood for the holidays. Her custom marble counter in her sewing room was a highlight.



Linda's house was our 3rd visit and it was great to sit down by the fire and enjoy each other's company. Linda's sewing room has some great gadgets from Lowe's Home Improvement store for great storage ideas.

Brenda received some of her 'Red and Butter' blocks at Linda's house. They were given to her as a THANK YOU for being our guild president in 2007. Thanks for a really fun year Brenda. All your hard work is appreciated!

Kim thrilled us by letting us see her sewing room/studio. She also showed us some of her great little gadgets she uses for her fabric business. Kim owns and runs www.noveltyquiltfabric.com, her very own online store. She also let us see her business fabric room. How very exciting. She has the funnest cat and dog prints, although she says a lot of her business right now is collegiate print fabric. Kim had many quilts hanging up for us to look at and dream about. They were all beautiful and we got to hear some of their stories.

Thanks to those amazing ladies that coordinated this night for us to enjoy. It was such great time together.



For more photos and fun, go online and check out the HVQ Blog:
<http://hebervalleyquilters.blogspot.com>

ORGANIZATION

- President: KayeDawn Epps
- Vice President: Sherron Watson
- Secretary/Treasurer: Tricia Mathis
- Newsletter/Historian: Deonn Stott
- Newsletter Production: Michele Murdock
- Communication Coordinator/Blog Mistress: Rachel Crane
- Charity Quilt Committee: Crusan Epps, Wendy Jones
- Design Challenge: Shantelle Cox
- Friendship/Round Robin Groups: Cat Beckstead
- New Member Liaison: Christy Watt
- Hospitality: Brenda Wilcox

Queen Bee - Kim Shannon

Kim Shannon is a native Utahn, born in Cedar City and growing up in Bountiful. She attended the University of Utah, and later Colorado State majoring in Computer Science. She met her husband Bruce 26 years ago when they were both working at Amoco. They have two children--a son, Robert age 21, and a daughter, Melinda, age 19, who are both away at school.

For Kim, quilting has been a cherished family tradition, and she can remember playing under the quilt frame as a child while her grandmother, mother and aunts quilted. She learned to sew at the tender age of 5 from her grandmother, and sewed her own clothes for a number of years.

Harriet Hargrave's shop in Colorado was where Kim took her first quilt class. Loving and buying fabric had been a lifelong passion, but her stitching had been limited to garment sewing until then. Years later, their family moved to Liberal, Kansas where more quilting classes followed. Before long she found herself owning a shop named "The Quilt Basket."

Her customers were made up of the frequent travelers who made a stop in Liberal, and the local farm wives who used quilting as a way of self expression as well as an enjoyable hobby. Several of these women became valuable employees who brought many talents to the business. Besides selling fabric, and offering classes, they also had a long arm machine to quilt the finished projects for the customers.

One of the unusual experiences of owning a small town shop was the ability to close down during the harvest, because all the women were helping on the farms, and no one had time to quilt! The shop closed in 1997 after being in business for 6 years.

The Shannons had owned a second home in Midway for several years and while traveling back to Kansas after visiting Midway, they suddenly wondered "Why are we going back to Kansas?" It was eight years ago that they cut their ties to the Great Plains and headed West.

Her favorite quilts are appliqué, two color

quilts, and scrappy quilts that tend toward the "artsy" genre, and her favorite part of quilting is the piecing. She has made and donated several quilts to "Life Line" (drug and alcohol rehab) in North Salt Lake for their annual Spring fund-raiser. One of her donations raised several thousand dollars at auction.

Having an empty nest has given Kim the opportunity to embark on a new adventure with an online business, and yes, you guessed it, it involves fabric. Her novelty fabric business is doing so well she may have to hire someone to help her out. According to her, this is her "dream job."

Belonging to the guild has given her the chance to meet some amazing quilters and the opportunity to have a real social life. She loves seeing all the different quilts and the various techniques our talented membership so capably create.

The guild Christmas social ended with dessert at Kim's home - a real treat!

A Message from our President - 2008

I am excited for our new year as Heber Valley Quilters. This year I have decided to focus on Appliqué. During the past year as VP I watched and listened as many of our guild members commented on some of our guests and many of the sew-n-tell items displayed at the monthly meetings; many comments were about the appliqué that was shown. Some doubted that they could ever do it and others were awe struck. I too remembered that I felt overwhelmed by the process of creating such beautiful projects.

My goal this year is to provide our members with teachers that have the skills I so admired in the beautifully appliquéd quilts. My hope is that we will be inspired to learn new things or maybe a different method adding to the skills we have.

We have some very talented quilters in our guild that will show us their methods and some award winning teachers from outside our guild that will present demonstrations and workshops for our members.

I am looking forward to sharing our talents, techniques and tips as quilters. It is so awesome that in our guild everyone is so willing to share what they know and learn from one another. I have some new incentives and awards for the New Year that I will explain at our meeting in January.

I hope that my excitement and your enthusiasm will carry over to each member this year and we will be able to create some amazing works of art and award winning quilts.

Kaye Dawn

"Material Girl"

Some shops thrill me, some shops bore me, some are just O.K.
If my husband pays with credit, I'll shop from now to May.
Gotta touch it, gotta feel it, build my fabric stash.
So my husband won't freak out, I'll buy it all with cash!

'Cause I am living in a material world, and I am a material girl.
Living in a material world, and I am a material girl!

I look forward to the Quilt Guild every single day.
Experience has made my stitchin' better in every way.
Sew-n-Tell's my fav'rite thing, I learn new skills each time.
For every stitch I take apart I wish I had a dime.
'Cause I am living in a material world, and I am a material girl...

Borders, bindings, edges, piecing, purple appliqué
Fat, fat quarters, narrow bindings are the quilter's way.
Late nights, no sleep, working for the quilt to win the prize,
All I see is quilts and fabric when I close my eyes...
'Cause I am living in a material world, and I am a material girl...

Tips, Tricks & Tools

Tired of sewing only to find out that a LONG time ago you ran out of bobbin thread? Try loading two bobbins and using one on the top of the machine! They will run out of thread about the same time and it will be obvious when it's time to re-wind.

Have a Merry Christmas and here's wishing that all the Christmas projects get done before the 24th!

Mary Walther

MORE BOBBIN INFO

Deonn and Christy both like the pre-wound bobbins - available at places like Quilts, etc. These come on a cardboard bobbin that you remove and the thread fits into most any bobbin case. Pre-wound bobbins hold up to three times more thread than self-wound bobbins.

The price for these are between .40 and .60 each. Check these websites to order online:

www.connectingthreads.com 12 for \$7

www.baysidequilting.com 10 for \$4

CALENDAR 2008

January 3rd

KICKOFF

February 7th

**QUILT LABELS
NEEDLE TURN APPLIQUE**

March 6th

**GUEST INSTRUCTOR
MARILYN TOONE
STARCH APPLIQUE**

April 3rd

**GUEST INSTRUCTOR
LIZZIE WITHERS
MACHINE APPLIQUE**

May 1st through 3rd

RETREAT

June 5th

**HEIRLOOM APPLIQUE PATTERNS
DESIGN CHALLENGE QUILT SHOW**

July 19th

SUMMER SOCIAL

August 7th

**GUEST INSTRUCTOR
RANAE ALLEN
HOME MACHINE QUILTING**

September 4th

DIMENSIONAL EMBELLISHMENTS

October 18th

**GUEST INSTRUCTOR
CODY MAZURAN
A FINE FINISH**

November 6th

SOFT APPLIQUE

December 4th

CHRISTMAS SOCIAL

Wassail - DEONN STOTT

Bring to a boil:

3 c. sugar

4 c. water

Add:

12-oz can frozen orange juice concentrate

3/4 c. lemon juice

4 quarts water

Return to a boil, then add

1 t. almond extract

Serve hot. Great for winter parties.

Cheese Ball - TRICIA MATHIS

Combine together in a small bowl:

8-oz cream cheese

5-oz bottle Roka bleu cheese

1/2 c. finely shredded cheddar cheese

Garlic powder to taste

Still in the bowl, form into a ball with your spoon, then refrigerate. When chilled, roll in sliced almonds or chopped pecans or walnuts. Serve with crackers or sliced vegetables.

Stuffed Mushrooms - DEONN STOTT

Brown and drain:

1 lb. country style sausage

Add:

8-oz. package cream cheese

Stir until cream cheese melts. Set aside.

Wash and de-stem:

1-1/2 lbs. large mushrooms

Stuff each mushroom cap with a heaping tablespoon of sausage mixture. Bake at 350° degrees for about 20 minutes.

Pomegranate Salad - CRUSAN EPPS

Combine:

1 head green, leafy lettuce, shredded
(or use one bag *Dole's Greener Selections*)

1/2 bunch fresh spinach, stems trimmed

Add:

1/2 c. chopped red onion

1/2 c. Pine nuts (toast if desired)

Seeds from 2 pomegranates

1 can Mandarin oranges

Parsley

Salt & Pepper to taste

Toss, then serve with:

Breanna's Poppy Seed Dressing

Ginger Snaps - BRENDA WILCOX

Cream together:

3/4 c. shortening

1 c. brown sugar

1/4 c. molasses

1 egg

In a separate bowl, sift together:

2 c. flour

2 t. soda

1 t. ginger

1 t. cinnamon

1/2 t. cloves

1/2 t. salt

Mix together. Roll into balls, then roll in granulated sugar.

Bake at 350° for 10 to 12 minutes.

Pumpkin Cake - CHRISTY WATTS

Combine and mix well:

2 c. sugar

1 c. oil

4 eggs

In a separate bowl, sift together:

2 c. flour

2 t. soda

2 t. cinnamon

1 t. baking powder

1/2 t. ginger

1/2 t. salt

Stir in:

2 c. pumpkin puree

Pour batter into two greased and floured 9" round cake pans. Bake at 350° for 35 to 40 minutes. Turn out onto racks to cool. Frost with Cream Cheese frosting and sprinkle with chopped pecans.

CREAM CHEESE FROSTING

1/4 c. softened butter

8-oz. package cream cheese

1 lb. powdered sugar

Pumpkin Pie - KAYEDAWN EPPS

FOR ONE 9" PIE

Combine:

2 eggs, slightly beaten

1-1/2 c. solid pack pumpkin

3/4 c. sugar

1 t. cinnamon

1/2 t. salt

1/2 t. ginger

1/8 t. cloves

1-2/3 c. evaporated milk or cream

Pour into:

9" unbaked pie shell

Bake in preheated 425° oven for 15 minutes. Reduce heat to 350° degrees and continue baking for 45 minutes, or until knife inserted into center comes out clean. Cool. Garnish with favorite topping to serve.

Popcorn Cake - LINDA BEECHER

In a large pot, heat::

5 T. butter or margarine

2 T. oil

Add:

1 lb. mini marshmallows

Bring to a boil, boil for 1 minute.

In a large bowl, combine:

1 gallon popped corn (about 1/2 c. unpopped)

1 large bag M & Ms

1 lb. cocktail peanuts

Stir in marshmallow mix, coating dry ingredients well. Pack into a tube pan with a removable bottom. (You may also use a large springform pan, with a greased glass in the center to duplicate the look of a tube pan.) Allow to cool, then turn out onto a platter. Store loosely covered.

Lasagna - SHANTELE COX

Cook and drain:

1 package frozen chopped spinach

Brown:

2 lbs. ground beef

1/2 lb. Italian sausage

1/2 t. Worcestershire sauce

1/2 t. salt

1/4 t. pepper

Oregano to taste

Stir in spinach, set aside.

Cook according to package directions:

1 lb. lasagna noodles

Drain and rinse well.

Grate:

1 lb. Mozzarella cheese

In a 9" x 13" baking dish, layer noodles, 1/2 the meat mixture, 1/2 grated mozzarella. Repeat layers.

Combine:

1 can cream of mushroom soup

1-1/2 c. milk

Pour over lasagna casserole and allow to soak in.

Top with:

8-oz. can tomato sauce

1/2 c. Parmesan cheese

Bake at 350° for 30 minutes. This lasagna can be made the day before; also freezes well. Thaw completely before baking.

This dish is a favorite at guild retreats!

Homemade Breadsticks - DEBBIE PROCTOR

Combine:

1 T. yeast

1-1/2 c. hot water

2 T. sugar

1/2 t. salt

3-1/2 to 4-1/2 c. flour

Knead well.

Coat a large cookie sheet with butter or margarine. Place dough in the middle of the pan and spread to outer edges. Top with Parmesan topping, then cut down the middle and

across to form breadsticks. Allow to rise until almost double. Bake at 350° for 20 to 25 minutes.

PARMESAN TOPPING

1/4 c. soft margarine

1/4 c. mayonnaise

1/4 c. parmesan

1 t. parsley flakes

1/2 t. garlic powder (optional)

MULTICULTURALISM AND QUILTING

From "Quilt Me a Story" by Susan Meeske

Quilts are usually thought of as being a type of American folk art, when in fact, quilting is a multi-cultural artistry that dates back to the time of the Crusades, the eleventh to thirteenth centuries A.D., in Asia and Europe.

While the Europeans probably had the greatest influence on quilting in America, the Japanese also contributed greatly to this craft with the availability and affordability of silk fabrics. Japanese peasants who could not afford the luxury of fine fabrics, used cotton for their clothing. To protect themselves from the harsh cold of Japanese winters, they stitched together layers of fabrics for their clothes. The stitches originally were for utilitarian purposes, but over many years developed into a style of quilting called *Sashiko*.

Other Asian influences came from the mountain areas of Laos, Thailand, and Vietnam. This style of quilting is called *Hmong*, which is a reverse appliqué of fabric. Only two or three colors are used in the geometric design of *Hmong* quilting and it typically does not include batting in the center of the quilted piece.

There are several different styles of quilting in the United States that are unique to their region, yet have had a tremendous influence on contemporary quilting today. *Seminole Strip Piecing* dates back to the early 1900s. This style of quilting is done by the Seminole Indians of Florida, who use brightly colored solid strips of fabrics in their geometric designs.

Amish quilters were influenced by their religious beliefs. The dark, solid colors represented in their quilts were those that were approved by the bishop in the community. Stripes and calicos were considered worldly and deemed unacceptable for use in a quilt. Even though Amish women were limited in their use of colors, their quilts are stunning in their use of contrasting colors and simple patterns.

Missionaries brought cotton fabrics and European styles of needlework with them to the islands of Hawaii in the mid-nineteenth century. However, their European influence is barely recognizable in the beauty of a Hawaiian quilt. There is a distinct uniqueness in every Hawaiian quilt. A Hawaiian quilt top is made of one solid piece of fabric that is appliquéd to another solid piece of fabric. The top design is made in a similar fashion to the way schoolchildren make snowflakes out of folded paper. The fabric is folded until you have eight layers. The design is cut out and it usually has fruits, flowers, or leaves.

What historical influences affect your own quiltmaking? Ü



Guild Membership

Queen Bee	Member	Phone
Jan-07	Paulette Adams	654-5918
Feb-06	Cat Beckstead	657-2336
Oct-07	Linda Beecher	654-1818
	Michelle Bradshaw	480-888-8072
Aug-06	Ashley Christensen	657-0238
May-05	Shantelle Cox	657-0581
Jul-05	Rachel Crane	654-7038
Aug-04	Claudia Daniels	654-3959
Jul-04	Joan DeFriez	654-2124
Mar-07	Crusan Epps	654-5077
Feb-07	KayeDawn Epps	654-0669
	Trudi Harter	657-9455
	Becky Heslop	654-4210
Apr-07	Wendy Jones	657-0989
Oct-06	Tricia Livingstone	657-0955
Mar-04	Tricia Mathis	654-9807
	Bethany May	435-512-4971
Jun-04	Julie McNaughtan	654-5358
Sep-06	Barbara Murdock	654-0656
Nov-04	Michele Murdock	654-4917
Jul-06	Kristine Nichols	654-9004
Mar-06	Barbara Odland	435-645-9145
	Cindy Pennington	654-5212
Dec-04	Jeannine Pratt	654-4808
Oct-05	Debbie Proctor	654-2079
Apr-05	Margaret Schloss	654-2876
Dec-07	Kim Shannon	654-6472
Feb-05	Deonn Stott	654-4203
Sept-07	Sherron Watson	435-714-2107
Apr-04	Christy Watt	654-2888
	Beth Wegner	657-1532
Mar-05	Brenda Wilcox	657-0798
June-07	Patti Wilcox	657-1777



Heber Valley Quilters

PO Box 608
Heber City UT 84032

Editor: Deonn Stott
Phone: 435.654.4203
Email: deonnstott@yahoo.com

www.hebervalleyquilters.iwarp.com
<http://hebervalleyquilters.blogspot.com>

Guild Meeting Information

Monthly Meetings

Join us for our monthly guild meetings held on the **FIRST THURSDAY** of each month at 7:00 pm.

Meetings are held in the East Community Room at:
AMBank Building
620 West 100 South
Heber City, Utah

This Month

JANUARY 3rd
KICKOFF

BLOCK EXCHANGE GROUP SIGN-UPS

Please Bring:
\$25 Annual Dues
Sew & Tell Items **INCLUDING** an unfinished quilt or wall hanging project

A Look Ahead

FEBRUARY 7th
QUILT LABEL DESIGN
NEEDLE TURN APPLIQUE