

Heber Valley Quilters Newsletter



Happy Valentine's Day!!



February Guild Meeting
Date: February 3, 2022
Time: 6-8 pm
Place: Bank of Utah in Heber City

Please Note:

The location for guild meetings will be 301 S Main at the Police Department from 6:30-8:30 pm starting in March 2022.

We need to remember to remove any supplies stored at the Bank of Utah following the February meeting. After a long run at the bank, I am hopeful that the new location will serve the guild well for years to come. This seems to be the most viable solution at this time. Certainly, it can be evaluated again if another location is available when restrictions are lifted

February HVQ President's Message:

This month, I encourage you to focus on keeping motivated and positive while the skies are gray and pandemic is still in the forefront of the news. This is the time to be good to yourself, find moments for personal growth and pursue opportunities that bring you happiness. Try something as simple as watching the sunset without thinking about what is for dinner or emails you haven't read. Perhaps, your fabric is calling out to you. Let your creativity loose to work on an old or new project.

You will have a chance at the February guild meeting to get advice about posture and body position at the sewing machine from our guest presenter, Dr. Scott Phillips. He will talk about ergonomics to help alleviate some of the aches and pains common to quilters.

Other big news, February is the last guild meeting at the Bank of Utah. The bank has allowed the guild to meet in the community room for the past 18 years. Starting in March, the new location for Heber Valley Quilters is at 301 South Main Street, at Heber City's Police Department. We voted at January's meeting on a new start time for guild and agreed on 6:30 pm. starting in March. If you arrive after the meeting has started, the door may be locked but you can still enter the building. Please look for a sign with a phone number to reach the door monitor and someone will let you in. I am hopeful that this location and system will work well for everyone. There might be snag along the way but we can make alterations just like any good seamstress.

Lara

February 3

Program: Quilter's Ergonomic presented by Dr. Scott Phillips

Sew-n-tell prompt: Quilt you would never make again

March 3

Program: Grid Quilting Presentation

Sew-n-tell prompt: favorite sewing tool

NeedleWorthy Events

Free Quilt of the Month by Red Button Quilt Company
<https://www.facebook.com/groups/redbuttonquiltcom>

Quilting Life Quilt Block of the Month January 2022
<https://www.facebook.com/groups/redbuttonquiltco/permalink/5414193438597080>

Riley Blake Block Design Challenge

https://www.rileyblakedesigns.com/2022-rbd-block-challenge?utm_source=aweber&utm_medium=email&utm_campaign=rbd_block_challenge

Check this out: Not Free but a great stash buster by Sentimental Stitches

<https://sentimentalstitches.myshopify.com/products/little-blocks-4>

<https://www.aquiltinglife.com/2022/01/quilting-life-quilt-block-of-the-month-january-2022.html/>

Refreshment Reminder

Margaret Schloss
Sandy Hindy
Michele Murdock

Sewlutions

Check this one out! It's a video on how to rotary cut fabric using 2 rulers.

https://www.youtube.com/watch?v=eoH0ryR_FEQ

This is probably repetitive , but a good review.
Setting Blocks on Point

<https://www.youtube.com/watch?v=0AfBeYeCzRE>

February Birthday Wishes

Barb Murdock

Utah Guild Highlights

By Barb Murdock

Some upcoming events that you might like to attend: There are lots more, but most are already full and so I have not listed those. Looks like people are ready to get out and be with others.

Snow Goose Festival, Delta Utah, February 24-26. There will be a quilt show and classes

Dixie Quilt Guild, quilt show and classes, April 7-9, Dixie Conference Center, St. George

International Quilt Market April 12-14 not open to public. Salt Lake City, **It has been postponed due to Covid**

Quilt, Craft and sewing festival, April 27-30, we are still not sure what this is and who can go.

Sew Where You Sleep Retreat, May 19-22 in Lava Hot Springs, Idaho

Panguitch Quilt Walk, classes and show, June 8-11. Panguitch, class sign up open March 1

Quilt Show and classes, June 9-11 Reno, Nevada

The International Quilt Festival is holding some kind of festival in July, in Salt Lake, details to come later.

Utah Quilt Guild, Quilt Fest, October 19-22 in Ogden, quilt show and classes and other events

Holiday Quilt Show and Auction, November 12-17 Little America Salt Lake City. Big quilt show, all hand quilted quilts

Now is the time to join the Utah Quilt Guild so that you can get their newsletter each month and find out what is going on. Go to their website: www.utahquiltguild.com. Cost is \$20 for the year and this will also give you a big discount at Quilt Fest in October.

If you need any information regarding these quilting activities, please email me.

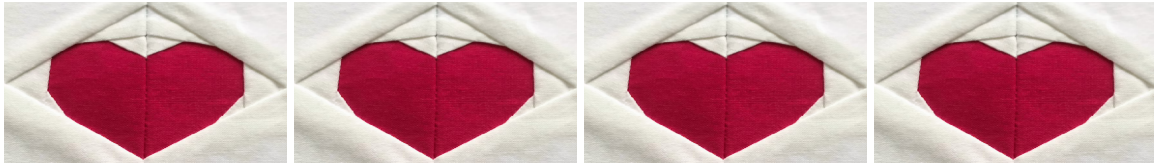
Barb Murdock
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Summary

Sew...what is the plan for our next Guild meeting on February 3, 2022?

- We are meeting at the Bank of Utah on February 3rd from 6-8 pm.
- Bring your money for Retreat on June 10-11. \$50 for members, \$65 for non members. Bring your yearly dues of \$25. Carol Hunt will be collecting these fees.
- Program: Quilter's Ergonomic presented by Dr. Scott Phillips
- For Sew and Tell, bring your quilt that you will never make again.
- **Also, Very important:** The location for guild meetings will be 301 S Main at the Police Department from 6:30- 8:30 pm starting in March 3, 2022.



P.S.

Some of you asked for the recipe for the Oatmeal bars I brought at the last meeting, so, here it is:

Vanishing Oatmeal Bars

1/2 cup plus 6 Tbsp softened butter

3/4 cup firmly packed brown sugar

1/2 cup granulated sugar

2 eggs

1 1/2 tsp vanilla extract

1 Tbsp maple syrup

1 3/4 cup all-purpose flour

1 tsp baking soda

1 1/2 tsp ground cinnamon

1/2 tsp ground cardamom

1 cup raisins

3 cups uncooked quick oats

Preheat oven to 350 F. Cream butter and sugars. Beat in eggs, vanilla and maple syrup.

Separately, combine flour, soda and spices. Stir into wet mixture slowly. Add raisins and oats.

Spread mixture evenly into 9x13 METAL baking pan. Bake 20-25 minutes until light golden.

Cool 3-5 minutes and remove from pan. If using a glass baking pan then reduce temperature to 325 degrees.

Guild info

Heber Valley Quilt Guild Website: <http://www.hebervalleyquilters.com/>

Email: hebervalleyquilters@yahoo.com

Instagram: hebervalleyquilters

Facebook: <https://www.facebook.com/groups/hebervalleyquilters>

President: Lara Wilson

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