

# Heber Valley Quilters

Inspire ~ Create ~ Share

February 2023

## A Note from the President

The beginning of a new year is always a good time to reflect on the past year and envision the possibilities ahead. I came across a fun gal, Heidi Robey @hotmessheidirobey, whose plan for the new year is to make "REStolutions" instead of Resolutions. Her thought is that Resolutions complicate life, while Restolutions focus on doing less. She suggests that Resolutions can somehow make us feel like we are not enough until we do x, y, and z on our list. Making Restolutions makes more room for things that matter most. She suggests making time for mental health, strengthening relationships, meditation, fun, relaxation, and hobbies. (This made me smile because quilting ticks all of these boxes!) She says that her most important takeaway is to remember that you are already good enough! Be kind to yourself, and treat yourself with the love you give to others. ❤️

With that in mind, while we won't be having a guild-sponsored UFO challenge this year, it is always nice to take stock of our unfinished projects. Here are a couple of options to play along with:

UQG: [www.utahquiltguild.org/member-challenge-to-finish-incomplete-quilts-2020.htm](http://www.utahquiltguild.org/member-challenge-to-finish-incomplete-quilts-2020.htm)

APQ: [www.allpeoplequilt.com/how-to-quilt/finishing/2023-ufo-challenge](http://www.allpeoplequilt.com/how-to-quilt/finishing/2023-ufo-challenge)



At February's guild meeting, We'll have the opportunity to learn and share some great Tips, Tricks & Tools that help us work smarter, not harder. Tricia Mathis, our own Wasatch County USU Extension Director, will lead the discussion. Come ready to share a favorite notion or tip. Here are some things to think about:

- \* What's in your Sewing Kit?
- \* What are some things you wish you knew when you started quilting?
- \* Besides a rotary cutter or seam ripper, do you have a favorite gadget or tool you can't live without?

KayeDawn Epps will demonstrate a super-quick "Insta-Block", and our Sew'nTell prompt for February is "Scrappy".

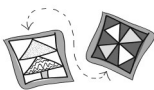
Happy Quilting, ~ *Deann*



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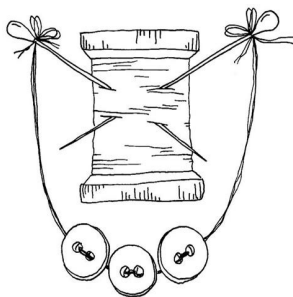
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## Friendship Block Exchange



## Round Robin

February	Barb Lutz
March	Kaye Dawn Epps
April	Teresa Gamboa
May	Deonn Stott
June	Sandy Hindy
July	Debbie Proctor
August	Block Distribution



There are still openings for those who want to join a Round Robin group. The center block (up to 12-1/2") unfinished, is due at the March meeting.

Contact Tamara:

[tamarcx4@yahoo.com](mailto:tamarcx4@yahoo.com).



## Charity Quilt Information

Please bring the following donations to Guild Meeting on February 2nd

### For KIDS:

1. Any Quilts for Kids' (QFK) kits that you may have completed early (Teresa, Brooke, Andrea, Patti, Margaret, Fran). These will be due at the March meeting.

2. Fabric:

A. Any kids' 100% cotton fabrics (novelty prints and solids) that you'd like to donate for the QFK kits.

B. Any 100% cotton backing fabric (1.5 yards x WOF) for the QFK kits, the Wheelchair quilts, and the Fidget quilts.

### For SENIORS:

1. Fabrics needed for the fidget quilts:

A. 5" color coordinated (or charm pack) fabric squares

B. 5" fusible interfacing squares

C. Textured 5" squares (e.g. fake fur, denim, corduroy, wool, metallic, Minky)

2. Fidget Items:

1. Zippers
2. Fabric Yo-Yos
3. Swivel Hooks and D-Rings
4. Bias Tape
5. Rick Rack
6. Plastic Rings
7. Applique Patches
8. Buckles
9. Tassels

10. Buttons
11. Ribbon
13. Beads – plastic or wood
14. Lace
15. Elastic Hair Ties
16. Textured Trims
17. Sew on Velcro (not stick on)
18. Cording & Shoelaces
18. Small wool embellished patches
19. Pom-Poms
20. Trinkets (charms, old keys, etc)
21. Sewn bows

I will have three more QFK kits and some wheelchair quilt kits for you to sew the pieced tops at home.

More detailed information will be shown on the plan for the fidget quilts, so you can continue to look through your sewing stash!

Thank you! ~ Sandy Hindy



# Announcements: Dues and Retreat

## Dues are Due

at February's Guild Meeting.

Membership Dues are \$25

Remote Membership: \$15

## Be sure to serve your spot for Retreat

Membership Retreat Fee: \$60

Non-Member Retreat Fee: \$75

## UQG State News

by Barb Murdock

The State Guild is going to have a spring Remote Fest in April/May. They are looking for teachers for the remote fest and Quilt Fest in October. The deadline to apply is February 15. All of the information is on the quilt guild website. [www.utahquiltguild.org](http://www.utahquiltguild.org)

**Now is the time to join or renew** your membership. All memberships expire the end of March 2023, unless you have paid for multiple years. The state guild is also sponsoring a UFO challenge and a block of the month that all members can participate in.

October 10-14 are the Quilt Fest dates. Linda Hahn, MJ Kinman and David Taylor are the national teachers that will be coming.

Many like to attend the Utah Valley Quilt Fair in July. This year it will be held in Wallsburg. More info to come later on this and other events.

Some of the upcoming events that you might be interested in, in the next couple of months are:

Winter Quilt Retreat in Bryce Canyon, February 1-4

Winter Gathering, Bryce Canyon, February 21-26

Delta Snow Goose Festival, Delta, Utah Feb 23-25

Spring Quilt Retreat, Bryce Canyon, March 1-4

Continued upcoming events

Utah Valley Quilt Guild one day retreat, Mapleton, March 18

Sew Simply Stitched Retreat, Vernal, March 22-25

Heartfelt Quilt Retreat, Cotton Tree Inn, Sandy, March 23-26

## 2023 Design Challenge



Temperature Quilt

If you have started your January blocks, please bring to share. If you're still trying to decide what to do, that's okay too. It's not too late to start.

- Check the Accuweather website for the city of Heber, UT (or wherever you live) and reference the Monthly temperature chart. [www.accuweather.com](http://www.accuweather.com)
- Choose your Temperature gradient – i.e. a 10 degree gradient will yield a 12 color spectrum vs. a 5 degree gradient will yield a 14 color spectrum
- Choose your block/quilt design.

Looking forward to seeing everyone's progress!

~ Barb Lutz

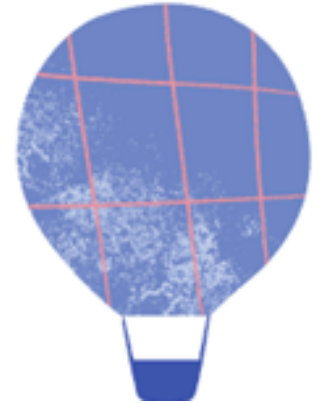
# “Sew”lutions

by Leah Newitt

## 100 Day Stitch Book

The project is a slow stitch textile book with a slot and tab binding. To participate you just need some fabric scraps and a willingness to show up everyday for 100 days and stitch for 15 minutes every day.

The project started on January 20th, but it's not too late to start. It will end on April 30th. I am doing it. It's a fun project. There is a place where people post their project and progress. It's free. So, go to her website and click on the 100 day stitch book tab and you'll get all the information you need to know. I will be showing you my progress each month.



<https://www.annwoodhandmade.com>

## Upcoming

### February:

Tips, Tricks & Tools

with Tricia Mathis

### March:

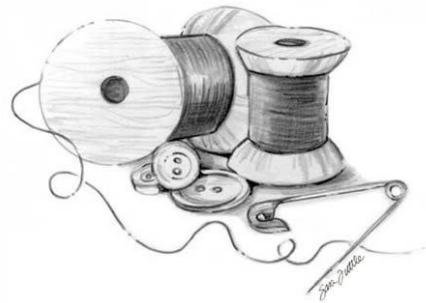
Pieced Borders

with Michele Murdock

### April:

Next Level Quilting

with Sharon Aposian Wright



## Birthdays

February 7th

Barbara Murdock

February 10th

Kim Shannon



Sharing the love of quilting:

Have you heard of this? I Found A Quilted Heart is a community of volunteers who place small quilted hearts around the globe to brighten the day of a stranger. Wouldn't that be fun to find a precious little quilted heart somewhere in the wild? Find out more at [www.ifoundaquiltedheart.com](http://www.ifoundaquiltedheart.com)

## 2023 Leadership

President:

Deonn Stott

Vice Pres:

Lara Wilson

Treasurer:

Carol Hunt

Newsletter:

Cat Beckstead

Social Media Chair:

Desiree Muheim

Photos: Kandy Adams

Zoom: Lara Wilson

Charity Chair:

Sandy Hindy

Design Challenge:

Barb Lutz

Friendship Exchange:

Debbie Proctor

Round Robin:

Tamara Ellis

Retreat Committee:

Kathy Davis

Teresa Gamboa

Michele Murdock

Sharon Johnson

Birthdays:

Teresa Gamboa

Door Prizes:

Barb Murdock

Refreshments:

Shirley Zane

# Heber Valley Quilters

*Going strong since 1999*

**Email:** [hebervalleyquilters@yahoo.com](mailto:hebervalleyquilters@yahoo.com)

**Got News? Send to** [catann40@msn.com](mailto:catann40@msn.com)



Join us on  
HVQ's private  
[FACEBOOK](#)



Group! This is the opportunity for current paid members to share quilty news, ask questions, show us what you're working on

between meetings, and share photos of quilts you give away. We want to see! And, in case you miss a meeting, Sew & Tell photos will be posted here each month.

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Remote monthly meetings will be available through ZOOM.