



Heber Valley Quilters

Inspire ~ Create ~ Share

MARCH 2023

A Note from the President

March is coming in like a Lion, and not just the weather! For such a small group of people, it seems that members in our guild have recently had an overload of illnesses, surgeries, broken bones, procedures, diseases, ailments, Covid, family issues, and even the loss of a beloved pet. And that's just the handful of people I've heard about! Add to that about 30 inches of snow, and the "winter blues" can really take a toll.

In times like these, one of the things we turn to is quilting! Even a few minutes of stitching can bring a sense of accomplishment and satisfaction, a little spark of joy. It's not always about the quilting though - it's the friendships we are fostering. We are a loving, giving, welcoming community and we look out for our own. I admire you, my fellow quilters, and am in awe of your drive, your creativity, your talents, your compassion, and your perseverance. It's a wonderful tribe, and quilting is what stitches us together.

In Review:

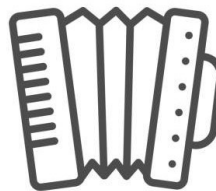
A big THANK YOU to Tricia Mathis for sharing her expertise and leading the discussion of Tips, Tricks, and Tools at our last guild meeting! Thanks to KayeDawn Epps for her delightful demo of the Double Nine-Patch. You had us in stitches! So many great ideas and tips to make us better quilters - thank you to everyone who gave their input.

A Preview:

This month we will be treated to a fun lesson by Michele Murdock, all about Pieced Borders. As we kick off Round Robin groups, everyone can benefit from designing tips for those occasions when you're building a quilt and want to add interesting edges. Michele will be sharing her best design clues and quilter's math formulas and show us some samples. If you have an example of pieced borders, bring it to Sew & Tell.

We're also excited to have Ali Rogers give an intriguing demo using the "Accordion" technique! Can't wait!

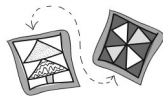
Happy Sewing ~ Deonn



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Friendship Block Exchange



February	Barb Lutz ~ Due at March Guild Mtg
March	Kaye Dawn Epps and Deonn Stott
April	Teresa Gamboa and Sandy Hindy
May	Kandy Adams and Paige Douglas
June	Sandy Hindy and Debbie Proctor
July	Block Distribution

Apron Club: Keep working on your blocks!

Charity Quilt Information

Many thanks go to those who brought in fabric and fidget quilt items at the last months meeting! With these donations, more wheelchair "Chippewa Scrap Quilt" kits (with backings) and A LOT of Fidget Quilt Kits (with backings) have been cut and assembled! We still need a few things:

Quilts for KIDS: (QFK)

- * Kids 100% fabric (Novelty prints and solids)
- * Any completed QFK kits

Wheelchair Quilts:

- * Completed "Chippewa" kits

Fidget Items:

- * 5" squares of fusible interfacing (Pellon's Featherweight 911FF or Midweight 931TD) for the fidget quilts.
- * 19" x 24" rectangular pieces of batting for the fidget quilts (can be sewn together)
- * Zippers
- * Bias Tape
- * Small plastic or metal rings
- * Applique/Wool patches
- * Colored Tulle
- * Lace and eyelet trim
- * Elastic hair ties
- * Thin elastic
- * Small buckles with swivel hooks and D-Rings
- * Textured trims.

Round Robin

Be sure to bring your center block (up to 12-1/2" unfinished size) to guild meeting as we kick off the first round of our Round Robin!

Group 1

- Leah Newitt
- Jane Leaphart
- Tamara Ellis
- Lara Wilson



Group 2

- Kathy Davis
- Paige Douglas
- Teresa Gamboa
- Sharon Johnson



Group 3

- Deonn Stott
- Barb Lutz
- Sandy Hindy
- Debbie Proctor



(charity info continued)

More QFK Kits and Wheelchair Kits will be available at the meeting for those of you who love to sew and want to contribute to our community.

The Wasatch County Senior Center staff is thrilled that we have kept the quilt frame almost constantly set up, as the ladies love to tie them! Thanks go to Deonn, Debbie, and Margaret for their help in starting and continuing this on-going activity.

Our Sew Day will be Saturday, June 17th, so please put that on your calendar so we can finish up our charity quilts. More information on that will be given in April.

~ Sandy Hindy

Guild Meeting Location

**465 East 1200 South in Heber City
Auditorium of the Senior Citizens' wing
at the Wasatch County Library**

1st Thursdays ~ 6:30 pm

UQG State News

by Barb Murdock

Did you renew your membership in the Utah Quilt Guild? Cost is \$20 and it goes from March to March. Membership includes 11 newsletters a year and reduced prices for Quilt Fest in October and Spring Remote Fest in April/May. The more members each guild has, the more prize money can be given to the guild for a quilt show or design challenge. They also have a UFO challenge and block of the month going on this year.

Utah Valley Quilt Guild is having a one day retreat on March 18 in Mapleton. The cost is \$15 for the retreat, but you do have to be a member of that guild. If you would like to join, membership fees are \$15.00 a year. The retreat is open to 50 attendees and will be held at the home of Sandy Lai. It is an open sew event, bring your sewing supplies and lunch. A free gift bag for all who attend. Hours are 9-4. Some asked if her home is big enough. She has 23 bathrooms if that is any indication! www.uvqg.org

The Sew Simply Stitched Retreat will be held in Vernal, March 22-25.

AQS Paducah Show is April 26-29 in Paducah, Kentucky.

The Utah Shop Hop is May 5 to May 13. The theme this year is "Uncelebrated Holidays". A few new stores have been added. All of the info is on

their website: www.utahshophop.com

The Rusty Barn Quilt, Craft and Sewing Festival is May 18-20 in Sandy at the Mountain America Center. Cost is \$12.00 at the door, but if you buy your ticket on the Utah Quilt Guild website, the cost is only \$8.00 and \$2.00 of that money goes to the guild. You can pick up your tickets at will call at the Expo Center.

The Utah Valley Quilt Guild "July Fair" will be held in Wallsburg this year. Many from this area like to attend this event. It will be held at the home of Karen Ashton, on Wednesday, July 19. This is a fun, free, all-day event to attend. There will be vendors, free classes, food trucks and a big yard sale.

Barb Murdock has tickets for the opportunity quilt that will be given away at Quilt Fest. The quilt was made by Josephine Keasler and is beautiful. Tickets are \$1.00 each or 6 for \$5.00.

Quilt Fest will be held in Layton this year, October 10th through 14th.

2023 Design Challenge

How are you doing with your Temperature Quilt? Looking forward to seeing everyone's progress! ~ Barb Lutz

“Sew”lutions

by Leah Newitt

I found a free wavy border tutorial. It looks like an easy way to jazz up our quilts.

Check it out at the link below.

<https://www.rasberrypool.com>



Upcoming

March:

Pieced Borders

with Michele Murdock

April:

Next Level Quilting

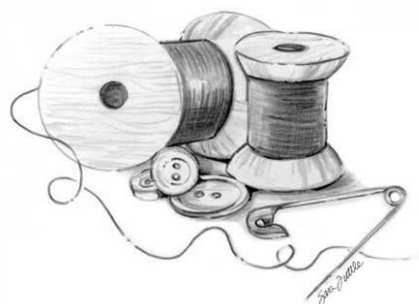
with Sharon Aposhian Wright

May:

Quilt Retreat 5th and 6th

Kathy Davis, Teresa Gamboa

Sharon Johnson, Michele Murdock



Birthdays

March 3rd

Barbara Odland

March 24th

Kaylie Douglas

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

Got News? Send to 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.

