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# Patchwork Press

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## Presidents Message

Wrapping up the year in quilt guild! I have really enjoyed this opportunity to be president of Heber Valley Quilters this year. Thanks to each of you who have helped in any way. Thank you for being part of our group of friends and sharing your skills, projects, tips, recipes and love of quilting with us all! Thanks for being understanding of one another...and especially me! Some of the things I have grown to love about our guild and quilting have a close tie to my own views of what's important in life...

Everyone needs a friend. As my mom used to say, "To have a friend, you must be a friend". Quilters that I have met from all walks of life seem to share a common thread, a kind of unity through quilting, that takes a "scrappy" mix of gals who can always find common ground. We all do things differently and it's something to be appreciated. Quilters in our guild help each other carry their "load". We share thoughts and ideas, give advice, listen, share of our "stash"(whether it be fabric or experience in quilting or in life). We take care of each other.

When we piece a quilt top, we take a perfectly good whole piece of fabric and cut it up only to rearrange it and put it back together again in a beautiful artistic way. We love a challenge! The finished product, well, sometimes we love it, sometimes we don't. When we don't love it, just like when I have taught painting, we can walk away from it and work on something else for awhile and then come back to it. Many times we were just working at it so long and hard that we got worn out and were so close to the details of the project that we noticed every flaw. It seems when you come back to it and observe it from a distance it looks much better. You can feel good about the accomplishment and forget the small things that really don't matter.



# Quilting Life

In life, sometimes it seems things have fallen to pieces, in ways too numerous to mention.

Things are hard and even if we feel like quitting, we don't! We put our head down and get to work.

We patch and stitch and measure and press then assess, start over, worry and stress....OR.....When the situation really seems bleak and our mind and body are just feeling weak, try doing things the "quilters way" for a week!

Beware that some may call you a "freak" but just ignore that and turn the other cheek.

First, find some music or a story on disc, it doesn't matter so long as it lifts.

Now make you a list (not as long as your arm!) just one that is finished by morning's alarm.

Put the "have to's" and "want to's" right there side by side for both are important you see,

Just like my kids, My  
the reward's in sight- take it  
Now remember each day, in  
what you may get done,  
that someone needs you  
by being their bright ray of



momentum kicks in, when  
from me!

some little way, no matter

and the art that you drew  
sun!

A compliment, phone call, a smile,  
porch or for lunch, take their order,

a fat quarter, sweep someone's

Drive for an hour to visit eye to eye, give a dollar to the "bell ringing guy"!

Send out a thank you, or go make amends

since it's way more important for you to be friends, and just do a kind thing by  
the time each day ends.

Exercise! Just 20 minutes a day makes a difference and gives you that extra  
energy you need!

Try Walking Foot, Rowing, Treadle Mills, Runder Under, Free Waits (in line at  
the quilt store) and even laughing. A good friend and some quilting stories will  
keep you in stitches.

Lastly, try something new that you've been wanting to do!

Thanks for a great year!

Cheers!!!

Amber

## This Month

- Thursday, December 4th. 7-9 PM
- Enter your name and personal goal for the year into the time capsule.
- Enjoy dinner and entertainment by the Midway Swiss Belles.
- Please bring an appetizer to share.
- There will be a gift exchange. The gift should be a new item costing \$5-\$7 that says a little something about you. (A favorite item you like to use, etc. Getting to know you gift)
- Tricia Mathis is over our guild Christmas party if you have any questions.
- President for 2015 is Sally Siggard! Please sign up for a committee or to be in charge of a month next year where you are willing to present for guild night. Sally will announce her board and schedule for coming year.
- Amy Defa is president elect for 2016.
- Most of the remaining pattern blocks for the 15th anniversary art quilt will be available at the January meeting for those who are collecting them.

