

Patchwork Press

HEBER VALLEY QUILTERS

In Review Sewing Space Showcase

Heber Valley Quilters enjoyed a wonderful Christmas celebration as we toured six of our members' sewing spaces. We were treated to refreshments at each location, and were able to gather ideas to incorporate in our own quilt rooms as we went along. It was so much fun to see everyone's unique sewing stations, design walls, and ideas for storage and organization.

As an added bonus, we were each given a "Quilter's Bible" which features charts that a quilter needs at her fingertips such as yardage requirements for backing and binding, and formulas for calculating half- and quarter-square triangles, flying geese, setting triangles and more. We will be adding to our Quilter's Bible during the coming year.

Thanks to everyone who participated by hosting, providing refreshments, or attending. It was a great success and we look forward to our next Sewing Space Showcase.

As a follow-up, here are some ideas from the book *Creating Your Perfect Quilting Space* by Lois L. Hallock. She suggests that quilting is an art form; therefore, the creative space deserves the same status as an artist's studio. She focuses on ergonomics, or "human-factors engineering" which can make a difference in how good you feel during quilting. Consideration of your body height in relation to your sewing machine and cutting surfaces along with easy exercises and microbreaks can mean a world of difference in energy flow. (Another good chart for our Quilter's Bible - surface heights for ideal ergonomics) She feels that an ideal sewing space has a work triangle that includes the sewing station, cutting station and pressing station. Making your work space efficient and organized will maximize your creative energy, save time and money and reduce stress, and will bring out the quilt artist that lives within you.

We look forward to a wonderful year of quilting creativity and fun. Join us on the first Thursday of each month as we review basic techniques and learn new ones that help make quilting successful and enjoyable.

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Organization:

- *President:* Brenda Wilcox
- *Vice President:* Kaydawn Epps
- *Secretary:* Barbara Murdock
- *Treasurer:* Jeannine Pratt
- *Newsletter Editor/Historian:* Deonn Stott
- *Newsletter Production:* Michele Murdock
- *Charity Quilt Committee:* Tricia Mathis, Dana Brosnahan, Wendy Jones, Crusann Epps
- *New Member Liaison:* Christy Watt
- *Communication Coordinator:* Sheryl Wood
- *Door Prize/Birthday Coordinator:* Julie McNaughtan
- *Friendship Groups:* Cat Beckstead
- *Design Challenge:* Shantelle Cox



2007 Calendar

January 4th
Kickoff-Membership

February 1st
Guest - Carmen Geddes
Invisible Appliqué

March 1st
Design Challenge Kickoff
Hand Quilting

April 5th
Jodi Warner
Prize-Winning Quilting

May 4th-5th
"Quiltin' in the Woods"
Annual Retreat
Mystery Quilt

June 7th - Deonn gone
Design Challenge
Quilt Show

July 5th
Liberated Stars
Light Supper @ Linda's

August 2nd
Instant Blocks

September 6th
Getting to the Point
Setting on Point
Mitered Borders

October 4th
Binding It All Up

November 1st
Amy @ American Quilting
Alternative Finishes

November 29th
Christmas Party

HEBER VALLEY QUILTERS

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PATCHWORK PRESS

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Guild Meeting Information



Monthly Meetings

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

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

This Month

January 4, 2007
KICKOFF MEETING

Membership Renewal
and Sign-ups
for Round Robin/
Friendship Groups

Sew and Tell

A Look Ahead

February 1st
Guest Instructor
CARMEN GEDDES

Invisible Appliqué

See you there!