



Cedar Chest Quilters' Guild

newsletter

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BOARD MEMBERS

President

Julie Patrick 586-6832

First Vice President

LaRee Rees 586-0841

Second Vice President

Liz Jacomb 586-1706

Secretary

Alayna Coombs 867-1434

Treasurer

Jean Fitzgerald..... 477-3034



“There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them.” -Dr. Denis Waitley, 1933- American Author, Speaker, Trainer, Peak Performance Expert

FROM OUR PRESIDENT...

Hello Quilt Lovers,

Hope you're enjoying your summer. We have been working like troopers on Humanitarian Day. Along with Janet's great ideas, there have been several other members with ideas that we will implement, as well. What a great bunch of ladies and gentlemen we have amongst us. I would like you to notice our mission statement that will be printed in our new roster/booklet. It is what we are all about, and the enjoyment we have together is priceless. It is a happy place for me, to go to the Senior Center every Thursday, to learn, share, experience and create the things that we do. Thanks to LaRee, our classes have been awesome. She makes sure there are classes for all levels of quilters. Thanks to all of our committee chairmen, officers and all those who volunteer their time. You're the greatest!

Don't forget to view our Quilt Exhibit on the 3rd Floor of the SUU Library. Free parking is available on the west side of the library/behind the Sharwan-Smith Center. The Librarians informed me, that if a citation is written, but probably never would be, take it to them and they will see that it is taken care of. The Exhibit will continue the rest of this month and end on August 29th. Enjoy.....

We're wearing our aprons and/or bonnets at this month's meeting, honoring the pioneers who settled this magnificent State of Utah.

Happy Quilting,
 Julie Patrick, President

NEW MEMBERS

Welcome to all our new members!
 If you haven't come to the other Thursday activities, come join us and see what we are up to..... Have a great summer!

COMMITTEE CHAIRMEN

Historian	Judy Stolrow
Newsletter	Mona Covington
Publicity	Rae Overson
Luncheons	Susan Goodman
Humanitarian Projects	Janet Dexter
Special Projects & Quilt Shows	Mona Covington Judy Stolrow
Retreat	Francine
Lyndaker	
Class Coordinator	LaRee Rees
Hospitality	Kathy Adrian
Librarian	Linda Shokrian
Friendship Circles	Judy Rockwell
Sunshine & Shadows	Judie Wright

BOOK OF THE MONTH

Our book of the month has gone on vacation in July and will return next month, fully rejuvenated and ready to teach you something new and wonderful! Until then – Happy quilting.

SUNSHINE & SHADOWS**Daniel is Home and Doing Well....**

I want to thank all of you so much for all your prayers and best wishes. I know that all the good will sent Daniel's way played a part in his recovery. We have been truly blessed. The doctors all said that the progress Daniel has made is nothing but miraculous.

He and I are back home after only 3 1/2 weeks up in the hospital in Salt Lake City. He is in good spirits and recovering well from his injury. He is working hard to regain his physical strength and balance. He is relearning how to read and hopefully will be able to return to SUU by next summer to finish his college education. His vision is still impaired on the right side but we hope it will get better as his brain heals.

We will be going to the neuro-ophthomologist later this fall to find out what, if any, permanent problems may exist. He is missing a portion of his skull bone that was crushed and will be needing further surgery towards the end of the year to put in a titanium web replacement. So for the time being he has to wear a protective helmet when he stands or moves.

All in all, Daniel is doing much better than expected and considering the alternative, we are very happy he is doing as well as he is. So, again,

thank you all for keeping us in your thoughts and prayers.

With sincerest appreciation,
Linda Shokrian.

**UPCOMING CLASSES & EVENTS**

July 9 – Regular monthly meeting: 10 a.m.
at the Cedar City Senior Center.

July 16 - CHRISTMAS IN JULY! 3

Three different projects: Choose one or do all three! **The projects to choose from will be:**

1. Piece a beautiful Christmas tree skirt using charm squares. Or about that size anyway! This is a fast and fun project.
2. Make Christmas stockings using felt. (Ever seen Big Foot?) You have to see this one!
3. Learn to machine embroider towels – you only need a zig-zag stitch on your machine to do this one! Names or monograms on towels make fabulous gifts for the holidays!

July 23 – Closed for the holiday and for refinishing the floors at the Senior Center.

July 30 - Hey!! It's UFO DAY !!

We will also have our postponed demos from last week. When the phone rings here, it's probably NOT for you. Quilt at the Guild, where the phone doesn't interrupt your concentration. Please bring a sack lunch for yourself or a snack to share if you like, and come enjoy the day with us.

August 6 – Block of the month class. Come to our free class and learn construction for a new block!

August 13 – Regular monthly meeting: 10 a.m.
at the Cedar City Senior Center.

August 20 – Class: **Woven Table Runner** – Teacher: Judy Rockwell. Fee for the class to be announced later. Those that took the class at the retreat and already paid their fee will not be charged again.

This is that fabulous table runner Judy taught at the retreat last January. If you didn't get yours finished come to this class. If you want to make

one, contact Judy for the supply list and have your strips ready ahead of time

August 27 - Humanitarian Day: We will be putting together things like aprons, pot holders, etc...we can sell at the livestock festival in October. Please come and sew with us. We will have a great day!

AND....

Something to look forward to:

In October, we will have a class to make an ensemble of "Sewing Organizers".

It will include a -

1. Cutting mat and Ruler Bag
2. A Sewing Machine Cover
3. A Pin cushion with a waste bag attached
4. A little Pocket Notion Holder that goes in front of your sewing machine
5. There will also be a bag pattern

We are letting you know now, so you can plan ahead and look for coordinating fabrics that you might want to use to make your ensemble project.

OTHER EVENTS.....

The Havasu Stitchers, of Lake Havasu, AZ., are once again, hosting the "Quilting at the Lake" retreat featuring 5 days, Jan. 5-8, 2010, of learning from national and international teachers. Registering on line is quick & easy, plus you'll find additional information on classes & teachers. What a great way to meet new folks who enjoy quilting and learning new techniques. For more info. – contact:Gail Francis - Cell#:928-486-9179
E-mail: alngail@citlink.net
<http://www.havasustitchers.com/oddsnends.html>

The 36th Annual Quilt Show at the Springville Art Museum is open the 17th of July – 2nd of September 2009. Arguably the Museum's most popular exhibit, the annual Quilt Show highlights the beauty, artistry and skill of Utah's best quilters.



OUT TO LUNCH...

Susan Goodman

By

This year we will be highlighting the wonderful luncheons our quilters provide and the recipes we all want. So look for your favorites right here each month in your newsletter!

This recipe comes from Julie Patrick. This recipe was served in a restaurant in her home town of Breckenridge, Michigan. SO ENJOY!

Chinese Chicken Salad

- 1 head lettuce
- 3 bunches green onions
- 2 cups celery, diced
- 1/4 cup sesame seeds
- 1/2 cup sliced almonds (toasted)
- 3 chicken breasts, cooked, chilled and cubed.

Mix above ingredients together in a large salad bowl. Chill until ready to serve. Make dressing below and add just before serving.

Dressing:

- 1 cup sugar
- 1 cup rice vinegar (NAKANO)
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Bring dressing ingredients to a boil in a saucepan. Pour into a heatproof container and chill until ready to use. Pour over salad just before serving, or serve dressing on the side.

* This dressing will make the salad go limp if there are leftovers. so if leftovers are a possibility, serve the dressing on the side.

FAT QUARTERS DRAWING

The theme for August is: **Sand, Surf & Vacation time!**



Choose any fat quarter that reminds you of summer & vacation time!OR bring a Batik fat quarter or a Blender fat quarter!

"Blenders" are fabrics that help you tie prints & other fabrics together, like the samples above.

Bring a fat quarter in the theme of the month and get your name in the drawing!! You just might take home a bundle of fat quarters!!

HUMANITARIAN



Janet Dexter, Humanitarian
Chairman,

SOS "China Quilts" SOS

**In July we have an opportunity
to help with a very special project.**



There is an orphanage/school in China that houses handicapped girls. These girls are not eligible for adoption. They are taught simple skills & how to take care of themselves, as they will be released from the school at the age of 18 years, and left to survive on their own. In the meantime, they sleep on 24" wide wooden planks with no bedding. China gets cold in the winter time.

A company in St. George is making and donating foam mats for their plank beds and the Dixie guild is making quilts, but they are running out of time and need to complete 400 quilts before the humanitarian flight leaves for China. They need our help. The quilts can be tied or quilted. The size needed is 45"X 72". That's about the size of 2 yards of fabric for the top and 2 for the bottom, plus batting. You don't even need to piece anything. Whole cloth is just fine. The young girls just need a warm quilt for the cold.

The Humanitarian flight will not take any quilts if they don't have one for each child. So far there are between 250 and 300 quilts finished. These children have only the clothes they wear to keep warm.

Each girl will have her name put on one of the quilts and will get to take her quilt with her, when she leaves the school.

Please help us, help these discarded children. Just tie one quilt or quilt one on your machine. Bind it and bring it to our guild this month by the 16th. Or call Mona Covington at 586-3536 or Francine Lyndaker at 559-3756 and leave us a message. We will see that the quilts get to the right people in St. George.

Thank you for all your efforts to help those who find themselves in less fortunate circumstances.

TIPS & TECHNIQUES

Ways to make a quick Design Wall :

1. Hang as large a piece of cotton batting on your wall as you can fit, using push pins on the edges.
2. Lay a flannel backed table cloth on the floor or table with the fuzzy side up. Use the fuzzy flannel side lay out your quilt blocks. If needed, you can then roll up your unfinished quilt top up in it and store it until the next time you have time to work on it. The table cloth will hold all the pieces in place.
3. If you don't have room for a design board, you can also tape a piece of white flannel to the back of a door.

2009 CHALLENGE QUILT

Our theme this year is
"Wilderness",

Are you working on your
challenge quilt??---

The interpretation is up to you. The only restriction is size. The outside perimeter or circumference has a minimum of 144 inches (36x36) and a maximum of 240 inches (60x60). Only those quilts falling within this range will be judged.

The due date is the October 8th meeting. Entries will also be hung at the Livestock Festival the end of October for the public to pick their favorites.

Winners will be featured in our Talents of Cedar City 2010 Calendar coming out in December 2009 (more on this later).

I hope to see everyone enter, so be creative and have some fun.

— Linda Shokrian, 2009 Chairperson

NEWSLETTER INFORMATION

Please check your e-mail or go to:
www.cedarchestquiltersguild.org to print a copy.

If you are unable to print your copy at home, please e-mail me at ccqgeditor@gmail.com to have a printed copy at the meeting.

OUR QUILT SHOW INFO.....

Thanks to all you wonderful quilters who so graciously let us hang your quilts at the SUU Library. They are beautiful and if you get a few minutes please go and see the display. Some quilts are new and some are vintage; all of them are a delight to see. We hand basted a quilt sleeve to the back of each quilt so it will not be stressed by clips or pins during the time it will be hung. The show is displayed on the 3rd floor of the Library and is handicapped accessible. There is an elevator to the 3rd floor for those who cannot or would rather not take the stairs. It is because of your great talents that our quilt shows are a success. Thank you again for all your support.

Sincerely,
 Judy Stolrow & Mona Covington



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Avoiding the phrase "I don't have time...", will soon help you to realize that you do have the time needed for just about anything you choose to accomplish in life.

Bo Bennett, American Businessman



THINGS TO REMEMBER.....

This column is for you ... write notes to yourself ----Like a shopping list.....for fabric! And my husband says "Don't forget the chocolate!"