



# 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

Here is a test to find whether your mission on earth is finished: If you are alive, it isn't. -Richard Bach, 1936-, American Author

### FROM OUR PRESIDENT...

Well, I hope everyone has had an enjoyable summer, or for some, on your way to recovery.

Some of us entered quilts and handiwork in the county and state fairs. Good luck to all...

I'm looking forward to the next "Team Sew". It was so much fun last year! We're getting ready for the Livestock Festival/Color Country quilt show, and also Christmas gifts (quilts) for the children. There will be "Four Categories":

1. Sewing quilt top kits together
2. Sewing apron kits together
3. Sewing machine quilting
4. Tying smaller quilts

There will be many door prizes for each category and everyone wins a prize! We will be serving chili, corn bread, and desserts. Choose your team of four or five before you come or add to your team after you arrive, if you don't have enough. Think of a clever name, and yes, there will be a prize for that, too. It's a win, win situation for all. PLEASE come, this is our big money making project for the less-fortunate. There's something to do for everyone on September 24th. No team?-Come alone to complete a team there!

Thanks to all who participated in the Foxfire Quilt Show.

Challenge quilts-Due Oct. 8th and will be judged then. Even bring those wilderness quilts that don't meet the size requirements and we'll display them for all to see!

The new directory is done.

Happy Quilting,

Julie Patrick

**COMMITTEE CHAIRMEN**

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

**LIBRARY NEWS***By Mona Covington*

For those of you who may not know yet Judie Wright has graciously accepted the post of librarian until the end of the year.

If you have questions about a quilting subject, check with Judie. She just might have the book you need!! Her contact information is in our new address book.

**SUNSHINE & SHADOWS**

Marie Bailey will be returning home this week from Kolob Regional Care Center. Welcome back Marie!

Well wishes go to Lou Ells also. We hope you are feeling better Lou.

**NEW MEMBERS**

Barbara Bostian  
441 W. 1500 N.  
Cedar City, Utah 84721  
267-2793  
[bbostian@earthlink.net](mailto:bbostian@earthlink.net)

**UPCOMING CLASSES & EVENTS**

Sept 17: "Stack and Whack" class, with Sheryl Lewis. This will be the right class to learn this technique. If you haven't had a class with Sheryl you have really missed a great teacher. Sign up today!!

September 24: TEAM SEW DAY!! QUILTERS GET YOUR TEAMS TOGETHER AND GET READY FOR FUN!! Don't miss this fabulously fun day!

October 1 : Block of the Month

October 8: Regular monthly meeting & potluck luncheon: 10 a.m. at Senior Center

October 15: Sewing Accessories class.

October 22: **Set Up for the Livestock Festival** at the Heritage Center. Please sign up to help. The Live Stock Festival Quilt Show will run Oct 23 & 24<sup>th</sup>. The Smith Brothers Dirt Band will be performing at the Heritage Center on Friday night.

October 29: Hey Quilters it's "UFO dAY" ! You know what that means.... Come sew where the phone doesn't ring for you!

**TIPS & TECHNIQUES**

Taking care of your back and joints while quilting...

Your back needs rest and variety of movement. During your quilting day, get up and move around. Set your cutting and ironing boards where you will need to get up and walk at least a few steps to use them.

Your productivity will increase by 25% if you take a 10 minute break every hour. Do stretches during your break. This will ease tension from your muscles and restore range of motion to your joints. Happy quilting!

Information from "Rx For Quilters" by Susan Delaney Mech, M.D.

**OUT TO LUNCH...**

By

Susan Goodman

*We are highlighting the wonderful luncheons our quilters provide and the recipes we all want. Your favorites will be right here each month in your newsletter!*

*From Jean Fitzgerald*

**Tuna & Noodles with Creamy Mushroom Sauce**

4 cups uncooked egg noodles ( 8oz.)  
 2 cans (6 oz. each) tuna, drained  
 1 cup sliced mushrooms (3 oz.)  
 1 ½ cups sour cream  
 ¾ cup milk  
 1 tsp. salt  
 1 Tbsp. chopped chives  
 ¼ tsp. pepper  
 ¼ cup dry bread crumbs  
 ¼ cup grated romano cheese  
 2 Tbsp. butter, melted

Heat oven to 350°F. Cook and drain noodles as directed on package.

Mix tuna, noodles, mushrooms, sour cream, milk, chives, salt & pepper. \*Place in 2 quart casserole or an 8x8x2 baking dish. Mix bread crumbs, grated cheese and butter together, and sprinkle on top of tuna mixture. Bake uncovered 35 to 40 minutes or until hot in the center.

For a larger crowd, I double the recipe, but use 7 cups of noodles instead of 8 cups. Then I bake in a 9x13 pan.

**Always-a-Hit Spinach Squares**

Always a hit at parties and with family and friends!

¼ cup butter  
 3 eggs  
 1 cup flour  
 1 cup milk  
 1 (8 oz.) package mild cheddar cheese  
 1 (8 oz.) package Monterey Jack cheese  
 2 (10 oz.) packages frozen chopped spinach, cooked and drained  
 1 Tbsp. dried onion

1 tsp. seasoned salt

Preheat oven to 350°F. Put butter in a 9x13 baking pan and melt in oven; remove. In a large bowl, beat eggs well. Add flour, milk, and baking powder; mix well. Chop cheeses in chunks; drain spinach, and add these to flour mixture. Mix well. Add dried onion. Spoon into baking pan, level off, and sprinkle with seasoned salt. Bake at 350°F. for 35 minutes. Remove and let cool; cut into squares. Freezes well. To defrost, reheat at 350°F for 10 minutes. Makes about 30 squares.

**FAT QUARTERS DRAWING**

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

**2009 CHALLENGE QUILT**

The due date is almost here!! ( Oct. 8<sup>th</sup> )

We hope you are excited and working on your Challenge quilts –

**There will be prizes!!...**

Our theme this year is Wilderness, and the interpretation is up to you. The only restriction is in size. The 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.

Entries will also be hung at the Livestock Festival the end of October for the public to also pick their favorites.  
Be creative and have fun!

## HUMANITARIAN

Don't forget our "Team Sew" day! -  
September 24<sup>th</sup>

## NEWSLETTER INFORMATION

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

Thanks  
Mona Covington

## THINGS TO REMEMBER.....

Use this column to write notes to yourself ----

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