

# 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



“ IT'S NOT WHAT YOU GATHER, BUT  
 WHAT YOU SCATTER THAT TELLS  
 WHAT KIND OF LIFE YOU HAVE LIVED”.

### FROM OUR PRESIDENT...

Dear Guild Members,

At this time I would like to thank each and every one for your talents and generosity. We all treasure our friendships and love for one another. We are grateful for all who take time to teach us those wonderful configurations that we artfully cut and stitch together, as did many of our ancestors. At our July guild meeting, I encourage you to wear an apron or a sunbonnet to celebrate those who moved West and settled this beautiful country. We'll have a picnic theme. Anyone who can play an instrument or can sing a pioneer song are welcome to do so. If you are lucky enough to have an old quilt, bring it along for show & tell.

I just came from our Livestock Festival Meeting and as a reminder, they are requesting an opportunity quilt from us, in lieu of advertising our Color Country Quilt Show, which will be held on the 23rd thru 25th of October. We are cutting charm squares on our next Humanitarian Day and I thought we could cut a few animal prints/cowboy prints/plaids, etc. for it. We will also be on the City's Website for advertising our CC Quilt Show, here at the Festival Hall for that festival. We will also have a space, to sell some of our small items, on the grounds where all the action is this year.

A BIG REMINDER OF THE QUILT SHOW, from June 26 thru August at the SUU Library. For those who volunteered at the May meeting to bring quilts for this display, please contact me or bring them in on Thursday to the Sr. Center on or before June 22nd. My phone # 586-6832. Set up for this quilt show will be on June 23rd. Mona and Judy would appreciate any help that we can give them.

Happy quilting,  
 Julie Patrick

### NEW MEMBERS

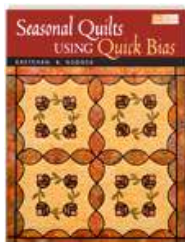
Carlene Reid  
 1451 North 6775 West  
 Cedar City, Ut 4721 phone # 586-2483  
 email: creid02@aol.com

**COMMITTEE CHAIRMEN**

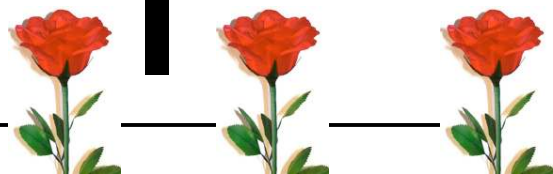
Historian	Judy Stolrow
Newsletter	Mona Covington
Publicity	Rae Overson
Luncheons	Susan Goodman
Humanitarian Projects	Janet Dexter
Special Projects & &	Mona Covington
Quilt Shows	Judy Stolrow
Retreat	Francine
Lyndaker	
Class Coordinator	LaRee Rees
Hospitality	Kathy Adrian
Librarian	Linda Shokrian
Friendship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

**BOOK OF THE MONTH**

This month's book is "**Seasonal Quilts Using Quick Bias**". Information about pre-made fusible bias options are included, but it also tells you how to make your own fusible bias tape for projects. There are 19 projects in the book that include table runners, wall quilts, and a tree skirt, plus pillows, door decorations and ornaments. The book Includes all the instructions and patterns you need to complete projects.

**SUNSHINE & SHADOWS**

Our thoughts and prayers are with Linda Shokrian and her family at this time. We hope and pray for a complete recovery for her son, Daniel and his friend, who were seriously injured recently.

**UPCOMING CLASSES & EVENTS**

**June 18** – "Road to Jericho" quilt class. Teacher: Linda Walters – You will need to pick up a supply sheet at meeting for cutting instructions.

**June 25** - Humanitarian Day – We will be cutting charm squares. Please come help cut our donated fabric and see the great demos on machine quilting techniques. We will also have a pot luck lunch, so please bring a dish to share.

**July 2** – Block of the Month class – Teachers Dorothy Loris and Karen Darrow – Sounds like fun! Come learn a new block pattern for your quilt.

**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 should be 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** – Humanitarian Day - Mary Walther will do a hand and machine appliqué demo. and we will be working on our projects for charity.

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

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 and come enjoy the day with us.

**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

## UPCOMING CLASSES & EVENTS CONT.....

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.

## OUT TO LUNCH...

By

Susan Goodman

*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!*

LaRee Rees got this recipe from a friend. When she was first given this, it did not have everything she put into it on this list. It has evolved over time to suit her family. This is how she makes it now.

### **Chicken Enchiladas**

4 chicken breasts (boneless)  
 ½ lb or 1 16oz. can black beans (I soak my dry beans overnight and pressure them the next day)  
 16 oz. jar of Salsa, brand of your choice ( I prefer Pace Brand)  
 ¼ to ½ cup lime juice, or to taste  
 salsa about 16 oz.  
 ½ can of corn  
 rice is optional (I don't usually put it in.)  
 salt and pepper to taste

Put this in your crock-pot for about 4 hours. Shred the chicken and place back in the crock-pot for ½ hour.

To serve:  
 Put in a flour tortilla with cheese, sour cream and guacamole.

I have also served this over white tortilla chips for a more 'crunchy' dinner.

## FAT QUARTERS DRAWING



Our fat quarter drawing is at the regular guild meeting, the 2<sup>nd</sup> week of each month.....✂

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!!

**The theme for the July drawing is:  
 Summer Fruits !**

## HUMANITARIAN



Janet Dexter, our  
 Humanitarian  
 Chairman, said "The goal this  
 year is



"Every member make one top".

1. Making a simple one only takes about one hour. Not much time at all.....
2. The guild can provide patterns if you would like one, and the fabric needed. We have bunches of fabric!
3. You only need to provide an hour or so of your time!
4. We can then tie or machine quilt them at a later time for donation to various charities.
5. Just imagine how many children and babies will be blessed by your talents and generosity!

## TIPS & TECHNIQUES

- ✂ Use a light-weight iron to prevent stress on your hands and wrists. A travel iron works really well.
- ✂ It is very handy to have an iron with an extra long power cord.
- ✂ Another safety tip is to plug your iron, sewing machine and extra light into a power strip. When the light is

off you know the sewing machine and iron are also off.

## 2009 CHALLENGE QUILT

Are you are working on your challenge quilt??---  
(this font is called, "biting my nails")

Our theme this year is  
"Wilderness",

and the interpretation is up to you. The only restriction is in 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 8<sup>th</sup> 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

To save on the cost of printing and postage, we will be e-mailing as many newsletters as possible.

If you have e-mail, your newsletter will be sent to you the day before our regular monthly guild meeting. Please check your e-mail or go to:  
[www.cedarchestquiltersguild.org](http://www.cedarchestquiltersguild.org) to print a copy.

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

Thanks  
Mona Covington

## THINGS TO REMEMBER.....

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

∞ ∞ ∞

Today I wish you a day of ordinary miracles ~ A fresh pitcher of lemonade you didn't make yourself...An unexpected phone call from an old friend...Green stoplights on your way to work...The fastest line at the grocery store...A good sing-along song on the radio...Your keys found right where you left them. And a few minutes to stop and meditate on the blessings of life.