



Heber Valley Quilt Guild

Monthly newsletter

Hello Ladies,

We had a great kick off at the January meeting. We had 3 new ladies join us. Everyone, give a big welcome to Amy Robins, Sue Urban, and Natasha Endito. We are excited to have them with us. Please invite your friends and neighbors to join us. The more the merrier. In January we talked about organizing our fabric and UFO's (unfinished objects). This year we are going to focus on ways to help us finish our UFO's and how to help use up some of those stashes that seem to be growing. For anyone that is participating in the UFO challenge this year, we are working on #4 on our list. This project will be due at the March meeting finished and completed. If the project is finished, you will receive a Dollar back. I can't wait to see all the fun projects that everyone is working on.



We also had a vote about starting guild earlier. We voted and decided to now have guild at **6:00pm**. So, our next meeting will be **Thursday, February 6 @6:00pm**. Amy Ellis is going to be teaching us quilt Math. I know it sounds crazy when you hear quilt math. She is going to help us understand how to make those quilt blocks a different size and make it easier. I can't wait to see what she has to teach us and help us do better with our quilting.

Snack sign-up- Thank you.

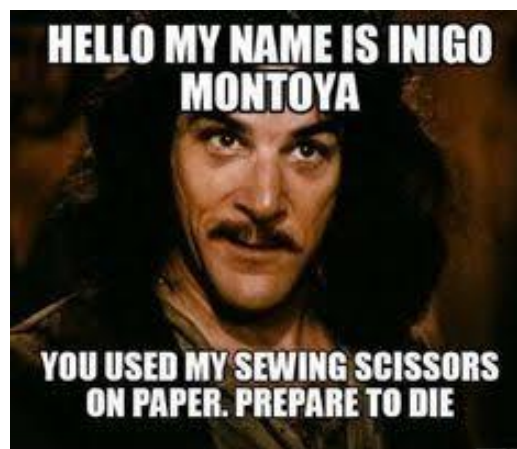
Lara Wilson

Sandy Hindy

Kandy Adams

I hope to see you all at the next meeting.

Tamara



HEBER VALLEY QUILT GUILD RETREAT

WHEN:

FRIDAY APRIL 17 &
SATURDAY APRIL 18
8 AM — 10 PM FRIDAY
8 AM — 6 PM SATURDAY

GUILD MEETING:
FRIDAY @ 6 PM

WHERE:

CHURCH NEXT TO JR SMITH
325 E 500 N
HEBER CITY

CLASSES:

FRIDAY MORNING: LEAH'S RICE BAG
SATURDAY MORNING: ROPE BOWLS

DEMO'S:

FRIDAY AFTERNOON: QUILT LABELS
SATURDAY AFTERNOON: BINDING
TRICKS & TIPS

COST:

\$50 FOR BOTH DAYS —
MEMBER OF THE GUILD
\$60 FOR BOTH DAYS —
NON-MEMBER OF THE GUILD
\$35 SINGLE DAY

Cash or check - give to Carol Hunt
or venmo: alimarie2086

Please rsvp and pay by March 15



State Guild News

Follow up on Quilt Fest: Last month I passed out a flyer that told about three events taking place at Quilt Fest. You can now enter online. If you want to enter the blue fabric challenge, you will have to contact Barb Murdock or Davidene Zimmerman about getting a yard of the blue fabric. You can enter online for the hat contest. For the card quilt challenge, you will have to contact Liz Teerlink at 801-400-8581.

For anyone who renews or joins the Utah Quilt Guild by **March 31**, you will be entered into a drawing for an Accucut Go machine and about 15-20 dies. Go to www.utahquiltguild.org and register online. Fee for the year is \$20.00

Doll quilts for "A doll like me". There is a lady that makes dolls for kids that have some kind of deformity or something not right with their bodies. She makes dolls just like these kids. Amazing what she does. The Quilters Attic Store in Bountiful is trying to collect 100 doll quilts for this lady to go along with her dolls. If you would like to make one, I will make sure that they get to the store. The quilts need to be 20x24 as the dolls are 18 inches in length. I, along with some others, are joining in on this project. You can visit this ladies website at: www.adolllikeme.com. The store said they will collect for the next several months. Or if you visit Bountiful sometime soon, you can drop the quilt off at the store.

If you are headed to Delta on February 28-29, don't forget to stop in and see the quilt show that is being held in conjunction with the Snow Goose Festival

The Midway Quilt Guild is having a two-day retreat March 20-21 in Midway. Non-members are invited to come. Fee is \$60.00 for non-members. For more information, contact Robin Hughes at 801-400-5013

The Heber Quilt Guild is having a two-day retreat April 17-18 in Heber City. Non-members are invited to come. Fee is \$60.00 for non-members. For more information, contact Ali Rogers at 435-671-1830.

Shop hop is May 27-30, mark your calendars now.

The Utah Valley Quilt Guild is having a 4-day retreat at the Zermatt November 4-7. We welcome all, but you do need to be a member of the guild, membership fee is \$15.00 a year. Registration for the retreat opens in April. For more information, contact Barb Murdock, 435-671-0263.

Utah Quilting and Sewing Marketplace is April 30 to May 2 in Sandy. A show you do not want to miss.

For any questions on any of the above mentioned events, please contact Barb Murdock for more info. Heberbarb@gmail.com

Barb



2020 Humanitarian Projects

Dignity Bags

These bags will be used for patients who have had mastectomies and have a drain. Some patients have to go home with the drains, and these bags can make the drains more discreet and portable. It will also support the drains

Supplies:

Fabric-12 by 25 inches. Please use nice, pretty, cotton fabric.

4-7¹/₅ Strap-either make your own out of matching fabric or use matching webbing. If you make your own, add a little batting to help keep it strong.

Matching thread.

Scissors or rotary cutter

To Assemble:

Hem the top of the fabric on the long side, about $\frac{1}{2}$ inch. Fold the fabric right sides together in half, stitch the $\frac{3}{4}$ sides that are not hemmed. Turn right side out. Attach the strap on the inside of the bag with a square to give the handle some support.

The Dignity Bags on Comfort Pillows will be donated to the Huntsman Cancer Center Breast Clinic.

Comfort Pillows

This pillow is made as a post-op support pillow for breast (mastectomy) surgery or other surgeries. It relieves underarm pressure to sensitive surgical areas or it can brace painful areas, and can provide comfort and relief during healing.

Tape together the two sides of the pattern. Cut out 2 on the fold. Sew right sides together leaving a 4 inch opening to turn. You may need to clip the seam in the V of the heart to help the pillow lay smooth and flat. Turn right side out, fill with stuffing, stitch opening closed. The curved part of the heart should be about 7 inches. This does not have to be perfect.



2020 Humanitarian Projects

HVQG

Primary Children's Hospital

Heart Pillows

These heart shaped pillows are for patients who have had heart surgery. They can hold the pillow to their chest to help support the chest when needed.

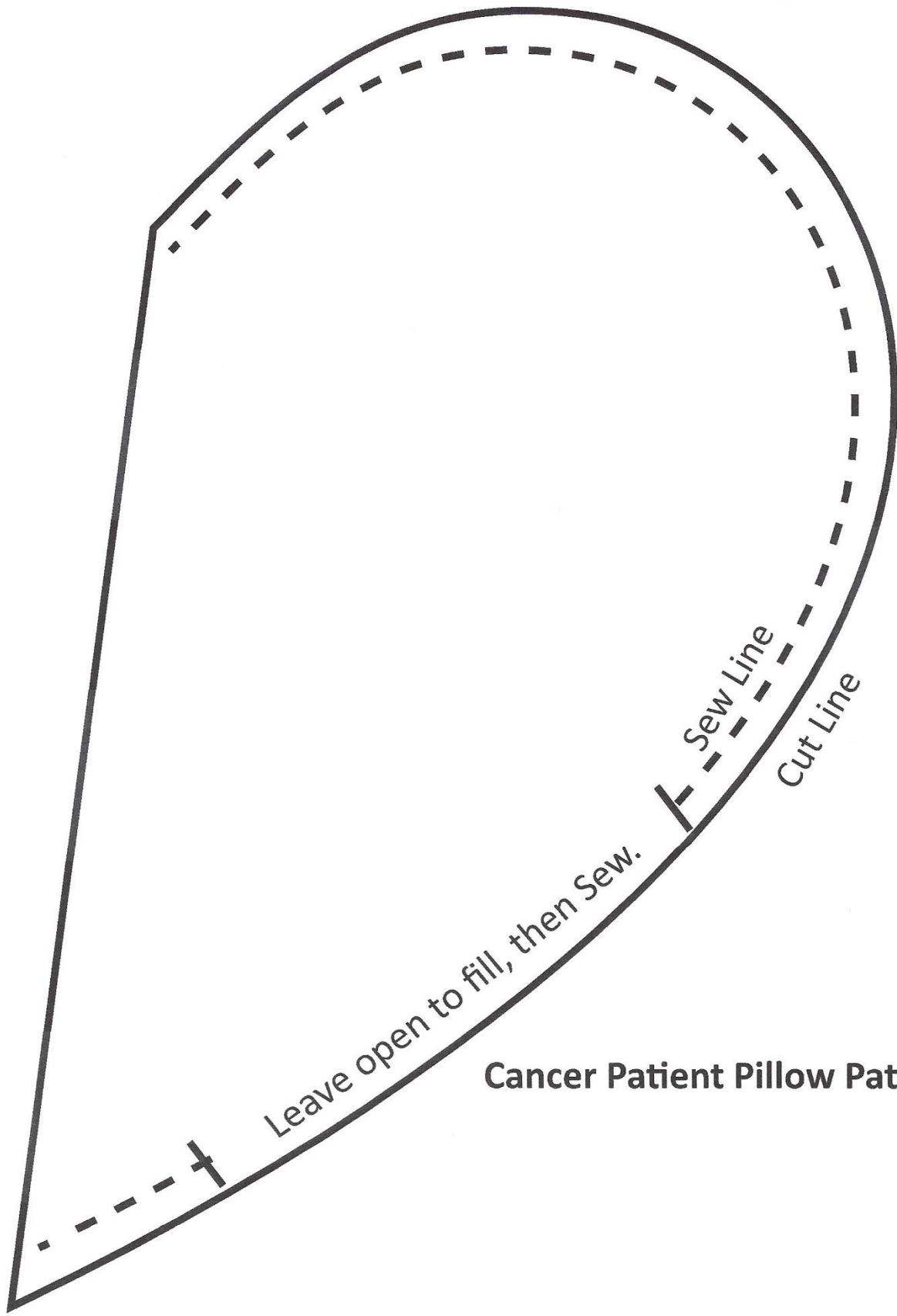
Heart pillow can range in size from 12 to 24 inches. Please use soft, cotton fabric.

Cuddle Cloths

These cloths are made for the Mom to take home and wear to get her scent on it, then she returns it to the hospital so her baby can have her scent close by.

4 X 4 inch cute flannel fabric

Serge around the fabric to make a nice finished look. If you don't have a serger, make a small hem around the square.



Leave open to fill, then Sew.

Sew Line

Cut Line

Cancer Patient Pillow Pattern