

Nifty Needles Quilt Guild Newsletter



February 2023



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

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FAMILY & CONSUMER SCIENCES

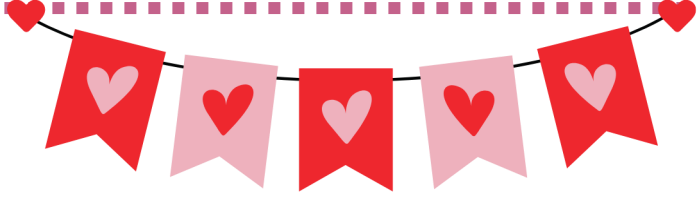
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DATES TO REMEMBER

- February 17-18 Quilt Retreat and Ornament Class with Levana Spencer, Bourbon County Extension Office
- February 28 Guild meeting, 6:30 p.m. at Extension Office
- March 17-18 Quilt Retreat, Bourbon County Extension Office
- March 28 Guild meeting, 6:30 p.m. at Extension Office



FEBRUARY PROGRAM

Rescheduled from January, this month our guest speaker will be Chana from Quilters Square, Lexington. She will share some tips about planning borders and binding to finish your quilts. Chana will be bringing some items to sell, and also show us what's new in their shop. If there is anything you are needing, she will be happy to bring that as well. Contact Chana at 859-278-5010.

Show and Tell

Let's get inspired as we move into our new project for the coming year. Please bring your Log Cabin quilts, from Courthouse Steps to Improvisational, and everything in between.

Refreshment Hostesses

It seems like socializing and food go hand-in-hand. If you wish to continue having snacks prior to our meetings, please be prepared to sign up to bring refreshments at least once during the coming year, hopefully twice. We will have a sign-up sheet at the February meeting.

For the February meeting Shirley will bring some sweets. Anyone want to take on drinks or savory snacks?



Kay Denniston



Agent for Family Consumer Science
Karen.denniston@uky.edu



New Guild Project

Many of you remember a large box of lovely brown, tan and pink fabric Becky Winburn brought in last year. OK, it was only a few months ago. In any case, Becky is donating the fabric to the Guild for a group project, such as a raffle quilt.

At the November meeting, it was decided that the quilt we make will be a Log Cabin pattern, using Eleanor Burns & Sue Bouchard's instructions for the block from their "Underground Railroad Sampler" book. Many members have a copy of the book, and the Extension staff printed extra copies of the pattern for our use. If you want to get started, the fabric is being stored at our locker for use during retreat, and Dani d'Arge has already made a sample block. Dani will be at the February Retreat to provide guidance, if desired.



QUILTERS GUILD OF THE BLUEGRASS
PRESENTS

Quilter's Day Out

MARCH 18, 2023 9 AM - 3:00 PM, \$5.00

FAYETTE COUNTY EXTENSION OFFICE
1140 HARRY SYKES WAY, LEXINGTON, KY 40504

Featured Speaker - Deb Strain,
Quilter, Moda Fabric Designer

Vendors+Food+Quilts
Door prizes + Show & Tell



Quilters Guild

of the
Bluegrass

Bring a Fat Quarter for the
Charity Basket Door Prize

A NOTE FROM THE PRESIDENT

Dear Fellow Quilters,

February is the month we celebrate Valentine's Day, a time to celebrate with those we love and care for. Many quilts made by our members are intended as gifts for children or grandchildren, or as a special gift to another person. Some are made to be given to comfort children with dealing difficult situations. Some are given as gifts to recognize the recipient's service. Many of you select colors and fabric designs that reflect the interest of the person that will receive the quilt. When we give our time and resources to benefit others, it is a gift of ourselves, a gift of caring, of love.

This is your Guild. What would you like to do in the coming year?

Regards,
Shirley



2023 INTERNATIONAL MEAL:

Italy

Monday, March 13

6:00 p.m.

**Bourbon County Extension Office
603 Millersburg Rd, Paris**

**RSVP by:
March 6**

859-987-1895

Meal ticket
\$10/person

Tickets not sold at door

Guest Speaker: Lucy Anne VanMeter



Levana Spencer Ornament Class

There is always one ornament that attracts the most attention at our Guild Christmas party. This year it was the folded fabric star Levana Spencer made and brought for the gift exchange. She has kindly offered to lead a class on Friday, February 17, at 10 a.m. at our Retreat, so we can all create our own. Below is the supply list for the class. We will share the pattern then.

Supplies

- 3" smooth foam ball
- Small box of dressmaker pins (size #17, 250-300 pins needed)
- (8) rectangles of center fabric 2" x 3" each (your choice of fabric)
- (16) rectangles of solid second color fabric 2" x 3"
- (16) rectangles of third color fabric 2" x 3"
- (1) fabric band 2 ½" x 11"
- 2 yards decorating ribbon 3/8" wide recommended
- 11" of 3/16" wide ribbon for hanging handle
- 1 or more decorative pins
- Metal thimble
- Sharp scissors



Stringtown Quilters Guild

presents

Quilters' Day Out

Stringtown Quilters Guild invites you to Quilters Day Out! The date is March 18, 2023 from 9:00 am to 3:00 pm at the First Church of Christ, 6080 Camp Ernst Road, Burlington, KY. 41005.

What is Quilters Day Out? It is the day we share our love of quilting with the community!

It is FREE!

See beautiful quilts and fabric displays! Vote for the Viewer's Choice Award. From past attendees, "this is the BEST QUILT SHOW in the Tri State area".

Featured this year is **Michele Kempainen** who is a member of Stringtown and an amazing quilter. Wait until you see her beautiful miniature quilts!

Demonstrators will show you the newest techniques in paper piecing, 3D quilting, machine thread painting, landscape quilting, free motion machine quilting, and hand quilting.

On hand for the day are local Quilt Shops: Country Patchwork, LLC (Viewer's Choice Sponsor), Around the Corner Fabrics, The Quilt Maker's Shop, Silk Road Textiles, Quilts by Debbie, Busy Needle Quilting LLC, Original Creations, JoAnn Abel, The Little Shop of Stitches, and others!!!

We also have a Silent Auction with many fun quilting related products.

There are great bargains in the Used Book Sales and FREE magazines!

So bring your friends and join a day of fun!

Stringtown Quilters Guild is a group of over 100 quilters who meet monthly and want to preserve the heritage of quilting in today's society.

For more details about Quilter's Day Out, check out our website at www.stringtownquiltersguild.com or contact: Robin Bisig at SQGVicePresident@gmail.com

Save the Date

Bourbon County
Homemakers
86th Annual Meeting

Thursday, April 20

More details to come

Bad Weather Policy

If Bourbon County Schools are closed due to inclement weather, meetings will automatically be canceled. If in doubt, call 859-987-1895.

Christmas Party Fat Quarters

We have had a request for more of the fat quarters to match those that were in your goodie bags at the party. And yes, more are available. Shirley has them, and will bring them to the retreat and meeting this month.

They will be \$1 each.

Plate It Up! Kentucky Proud Recipe



Butternut Squash Health Bars

¾ cup all-purpose flour	¼ teaspoon salt	½ cup unsalted butter, softened
¾ cup whole-wheat flour	1½ cups cubed butternut squash	1 cup light brown sugar
1½ cups old fashioned oats	2 teaspoons pumpkin pie spice	¾ cup semi-sweet chocolate chips
½ cup sliced almonds		
1 teaspoon baking soda		

Preheat oven to 425 degrees F. Lightly **spray** a 13-by-9-inch baking dish with non-stick spray. In a medium bowl **combine** flours, old fashioned oats, sliced almonds, baking soda and salt. **Set** aside. **Place** squash cubes in a medium saucepan and **cover** with water. **Boil** squash for 20 minutes, or until **tender**. **Remove** from heat, **drain** and **puree** in a food processor. In a small bowl, **mix** the pureed squash and the pumpkin pie spice. In a large bowl, use a hand mixer to **beat** the butter and brown sugar until creamy. **Add** squash mixture and **blend** with the mixer. **Add** the dry ingredients to the squash

mixture and continue to **beat** until fully blended. **Spread** mixture into prepared baking dish. **Bake** for 20-25 minutes or until the top is a light golden brown. Allow to **cool** and **cut** into bars. **Melt** the chocolate chips by placing them in a microwave-safe container. **Microwave** on low power for 30 second increments until smooth, **stirring** often. **Drizzle** chocolate over top of bars.

Yield: 20 servings

Nutritional Analysis: 190 calories, 8 g fat, 4 g saturated fat, 10 mg cholesterol, 95 mg sodium, 28 g carbohydrate, 2 g fiber, 15 g sugar, 3 g protein.