

Missouri Valley Quilt Guild

Bismarck-Mandan, ND

| Missourivalleyquilters.com

| January, 2021

About Us

Welcome to Missouri Valley Quilt Guild! MVQ was formed in 1986 to preserve, educate and expand the art of quilt making.

Meetings

Historically, meetings are held on the third Thursday of every month with the exception of July and December. Guests and new members are welcome to attend our meetings. Due to COVID, MVQ is not meeting in person until it is safe to do so.

Our Board

President:
Theresa Chase

Past President:
Louise Selkove

Vice-President:
Sandi Washek

Treasurer:
Michele Ripplinger

Secretary:
JoLayne Waller

Newsletter Editor:
Laurie Sheldon
lausheldon@gmail.com
701-315-0046 (cell)

What's New With MVQ?

"Retreat to Your Sewing Room"

The committee has chosen to hold a virtual "Retreat to Your Sewing Room" weekend for this year's Frolic, **February 19-21**.

Current members, former members and non-members will have the opportunity to participate in a **mystery quilt** activity or **sew on your own**.

More details and registration follow!



"In-person" meetings are on hold until further notice due to the COVID pandemic. Newsletters will continue monthly. Submissions for the newsletter and virtual guild activity ideas are welcome!

Warm Start Report for 2020

In 2020 Warm Start was able to donate 68 layettes to the following:



Sanford - 11
St. Alexius - 10
Womens Care Center - 24
Lutheran Social Services - 8
Custer Health - 13
Ministry on the Margin - 2

The committee **thanks** everyone who contributed quilts, receiving blankets, and sleepers.

MVQ recently received a beautifully written thank you note from Custer Health in Mandan and Bismarck-Buleigh Public Health's partner program called Nurse-Family Partnership of Missouri Valley.

"...the baby bundles you deliver to Custer Health are gifted at birth to provide comfort, warmth, and education on tummy time. The mamas always light up when we deliver the beautiful bundle of homemade goodness! Thank you for sharing your time and talent with our mamas and babies!" ❤️

Welcome January!

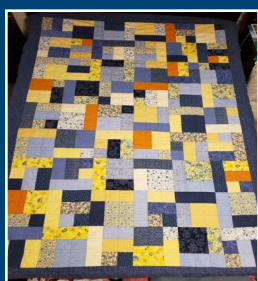
New Month.
New Year.
New Blessings.
New Beginnings.
New Mindset.
New Focus.
New Inspiration.
New Intentions.
New Results.



Show and Tell



"Light and Shadow" from Brenda Henning's *Strip Therapy 4* was submitted by RoseMary Hertz.



Sarah Bradford shared this much loved version of "Yellow Brick Road," sewn by her mother Donna Nason.



"Stars Over the Porch" by Back Porch Quilts was sewn by Kathy Fraase.



"Constellation of Stars" is the work of Mary Rasmussen.

Blue Quilts

During America's early years, domestic textile production was limited. The small amount of fabric that was produced in the states was locally woven and the dyes that were used were naturally produced.

Indigo blues were one of the first fabrics produced in America due to the availability of indigo from farms that developed in the south. Because it was a stable dye color, indigo was often a choice of quilters in the 1800's. Today, blues, combined with infinite shades of complimentary colors, are still a favorite quilt color.



Gnocchi Soup

(Olive Garden Copycat Recipe)

- 3-4 skinless chicken breast fillets, cooked and diced
- 1 stalk celery, chopped
- 1/2 white onion, diced
- 2 teaspoons minced garlic
- 1/2 cup shredded carrots
- 1 tablespoon olive oil
- 4 cups chicken broth
- salt and pepper to taste
- 1 teaspoon thyme
- 16 ounces potato gnocchi (found in pasta section)
- 2 cups half and half
- 1 cup fresh spinach, roughly chopped



First, heat olive oil and saute celery, onions, garlic, and carrots for 2-3 minutes until onions are translucent.

Second, add chicken, chicken broth, salt, pepper, and thyme, bring to boil then gently stir in gnocchi (*I cut gnocchi in half and use 3/4 bag*). Boil 3-4 minutes longer and then reduce heat to a simmer for 10 minutes.

Third, stir in half and half and spinach and cook another 1-2 minutes until spinach is tender. Add additional broth and salt and pepper if necessary and serve.

By Tiffany, www.lecremedelacrumb.com, May 18, 2020

NEWSLETTER DEADLINE:
SECOND MONDAY OF THE MONTH



What are you up to?

Email or text photos of interesting sewing projects that you are working on at home, to be featured in the newsletter.

The February issue will feature valentine themed quilts, old and new. Think heart quilts, red quilts, etc.

NEW MEMBERS may mail their \$10 membership dues to Michele Ripplinger: 510 8th Ave. SW, Mandan, ND 58554

STITCH-A-LONG



Beginning January 11th, and continuing the for the next twelve Monday's, participating designers will each feature their own "Potted Petals" patterns using wool applique on homespun fabric...instructions included!

Take a look at the [Calico Patch Designs](http://CalicoPatchDesigns.com) website for more information about this free online mystery stitch-a-long.

Show and Tell



"Chantilly," designed by Jocelyn Ueng, and sewn in flannels by Kathy Fraase.



Barb Wroldstad shared these beautiful blue creations.



"Out of the Bag," pattern by Karen Montgomery, was sewn by Mona Kay McCleary using Laundry Basket fabrics.



Missouri Valley Quilt Guild Virtual Board Meeting January 6, 2021

Present: Teresa Chase, Michele Ripplinger, Sandi Washek, Laurie Sheldon, JoLayne Waller

Absent: Louise Selkove

Guest: Barb Headrick

Treasurer's Report: \$5,761.34

Discussion:

The Christmas Challenge was successful. In the viewer's choice competition, first place was awarded to Jenny Yearous, second place to Penny Wolf and third place to Melinda Snell.

Discussion was held on returning to House of Prayer once we can hold in person meeting. Since the venue may be too small to allow for adequate social distancing, we discussed holding meetings outdoors or at a larger venue once we can gather again.

Members are encouraged to send photos of completed blue quilts to Laurie Sheldon for placement in the January newsletter. The theme for the February newsletter will be Valentine or heart quilts. It was decided the "big show and tell" theme of past January meetings will be saved for when we can resume in person meetings.

Our guest, Barb Headrick, filled us in on plans for the February FFF "sew in" Retreat. The sewing options are a mystery quilt or sew on you own project. The retreat will be held on February 19-21. The entry fee is \$10; a completed registration form and entry fee should be mailed to Barb Headrick. For those participating in the mystery quilt, instructions for fabric requirements will be emailed upon receipt of the registration form. Clues for the mystery quilt will be given out periodically over the weekend, beginning at noon on Friday. Prizes will be awarded throughout the weekend.

Members of the Frozen Fabric Frolic Committee are: Barb Headrick, Michele Ripplinger Melinda Snell, Mary Rasmussen and Sue Schwartz.

Plans for the National Teacher classes are still on track for November 2021. We are hoping the Covid-19 vaccine will be widely distributed by then.

Michele will send a corrected member roster.

Future expenses for the guild include our \$10 payment to the Secretary of State for our non-profit status and \$100 for maintenance of our website.

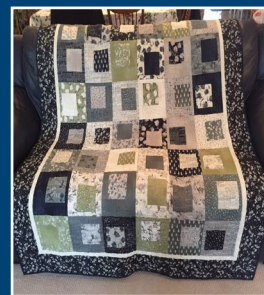
The next virtual board meeting will be February 3 at 6:00pm on Teams.



Penny Wolf recently finished this baby quilt for a niece who is due in March.



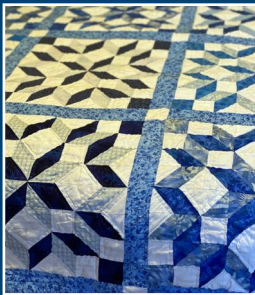
Quilts shared by Teresa Chase ...nice use of accent color!



Show and Tell



“Sew Kind of Wonderful” using Quick Curve Ruler and “Attic Windows” using raw edge, quilt-as-you-go technique, are both the work of Donna Nason.



This hand quilted, queen-size treasure was submitted by Louise Selkove.



Barb Emory sewed this 2009 quilt for her mother-in-law, who had a collection of blue and white Danish dishes and enjoyed tea.

Frozen Fabric Frolic “Retreat to your Sewing Room” February 19-21, 2021



The 2021 FFF retreat will be held virtually to keep everyone safe at home. Even if you’ve never attended the retreat; you’re welcome to join this one!

Participate with our Mystery Quilt pattern. It’s likely that you can also SHOP in your sewing room; the pattern uses fat quarters and quarter yard cuts. The first clue will be sent out Friday at noon and the final clue will be sent Sunday morning. Fabric selection and cutting instructions will be e-mailed to you ahead of time.

- Or, work on your own project and share it at the end of the weekend.
- Prizes will be given away throughout the weekend.
- We’ll complete the weekend with a virtual Show and Tell on Sunday afternoon.

The final event of the weekend will be a drawing for a Grand Prize!





Frozen Fabric Frolic, 2021—“Retreat to your Sewing Room”

Please register no later than Feb. 15 by sending the form below, so that we can e-mail Mystery Quilt clues, information, updates, etc. This will also enter you for prize drawings throughout the weekend.

**Questions? Call Barb at 258-0290 or
e-mail bhquilt@midco.net**

Frozen Fabric Frolic, 2021—“Retreat to your Sewing Room”

Register by sending a \$10 fee to:

Barb Headrick, 122 East Arikara Ave. Bismarck ND 58501

(Checks payable to “Frozen Fabric Frolic”)

Name_____

Address_____

E-mail_____

Phone_____ Cell phone_____

Send me the Clues for the Mystery Quilt_____

(Fabric requirements and cutting instructions will be e-mailed when registration is received.)

I'll be doing my own project_____