

Missouri Valley Quilt Guild

Bismarck-Mandan, ND | Missourivalleyquilters.com | February, 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
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IT'S NOT TOO LATE!

Deadline to register for the virtual "Retreat to Your Sewing Room" weekend, February 19-21, is **February 15th**.

Join in a **mystery quilt** activity or opt to **sew on your own**. Prizes will be awarded throughout the weekend with **three** grand prizes to be given away on Sunday! The first clue will be emailed at noon on Friday. The retreat schedule will be emailed to participants on February 15.

Registration can be found on the [MVQ website](#).

National Quilting Day

National Quilting Day is a holiday that was first established in 1991 at the 22nd annual show of the National Quilting Association, held that year in Lincoln, Nebraska. It was proposed that a national day dedicated to quilting be established and the day has been celebrated ever since.

Capital Quilters Guild and the **State Historical Society** will host a National Quilting Day celebration **March 12-14**, at the **North Dakota Heritage Center** in Bismarck.

The guild will host a **quilt show** and for those who register, a day full of **classes**, food, and fun. A **presentation...**"If Quilts Could Talk...a Bed Turning," will take place on Sunday.

Watch the [Capital Quilters Guild website](#) for more information about classes and registration.



Warm Start is in need of baby quilts and receiving blankets. In January, seven quilts and receiving blankets were delivered to "Heaven's Helpers Closet," which is a division of the Soup Kitchen. They were very excited to receive them. Contact a committee member to donate.



"In-person" meetings remain on hold due to the pandemic... *please read this month's board meeting minutes for important information related to this topic.*

I found I could say things with color and shapes that I couldn't say any other way.

Georgia O'Keeffe



Show and Tell



Melinda Snell made this valentine theme quilt when Ricky Tim's Convergence quilts were popular.



Pat Conrad submitted this heart wallhanging.



Kathy Nordquist shared "Stitches from the Heart," a free Fat Quarter Shop pattern.



Laurie Sheldon's paper-pieced MVQ challenge.



Theresa Chase's wall hanging.

"Quilting on a Budget"

An MVQ member recommended this [National Quilting Magazine](#) article, written by Kelly Hanson, which does a nice job of outlining ways for quilters to make their craft less expensive. Click on the link for more information.

Suggestions to minimize cost include:

1. **Go shopping in your closet.** Consider using old clothes, as long as they are 100% cotton.
2. **Ask a friend.** Have a swap party to trade scraps.
3. **Check linen cabinet.**
4. **Head to the thrift shop** for tools and textiles.
5. **Check online.** Free patterns are easy to find.
6. **Shop clearance fabrics.** Use coupons!
7. **Solids over patterns.** Solids are lower priced and can be incorporated into your design.
9. **Piece your backing.** Use leftover strips and squares in your backing.

Valentine's Day Popcorn Recipe



Ingredients:

1 bag light microwave popcorn
3/4 cup pink chocolate candy melts
1/2 cup white chocolate candy melts
Valentine sprinkles
Valentine peanut M&Ms

Directions:

Pop popcorn and remove unpopped kernels.

Heat pink chocolate in the microwave, stirring at 20 second intervals until melted and smooth.

Drizzle half of melted pink candy melts over popcorn and toss with a spatula. Add second half of pink melts and toss with spatula or your hands to evenly coat. Spread mixture out on baking sheet.

Drizzle melted white chocolate over mixture, top generously with candy sprinkles. Finally, toss on the peanut M&Ms.



Next month's newsletter will feature photos and links relating to **WOOL!**

Please **Email or text** photos of interesting *wool* projects that you have completed or are working on, to be included in the newsletter.

Featured Quilter

Current, fun, and recently discovered, the [Fresh Lemon Quilts](#) website contains quilts, patterns, tutorials, and journaling by quiltmaker and designer **Faith Jones**.



Most of her patterns are available for instant download which is instant fun!



Online Tutorials

The [Little Black Duck](#) website, shared by an MVQ member, is an excellent tutorial resource for **quilting, applique, and paper-piecing**, among other techniques. Based in the UK, designer and teacher Victoria Peat, offers many *free*, helpful videos.

**NEWSLETTER DEADLINE:
SECOND MONDAY OF THE MONTH**

Show and Tell



Penny Wolf created these strip heart quilts. Gotta love the little one in the top photo!



This version of "Have a Heart," was sewn by Debbie Knudson as a comfort quilt she gifted to her sister-in-law who is undergoing chemo.



Barb Wrolstad shared this colorful wallhanging.



Marlene Sapa submitted this happy quilt.



"Pierre's Star" by Kathy Fraase



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Barb Emery created these sweet quilts.



Louise Seldowe's WIP...challenging!



Missouri Valley Quilt Guild Board Meeting February 3, 2021 Meeting held via Teams

Present: Teresa Chase, Sandi Washek, Michelle Ripplinger, Laurie Sheldon, Louise Selkowe, JoLayne Waller

Absent: none

Guest: Barb Headrick

Treasurer's Report: \$5,761.34, which includes \$266.33 for Warm Start

Discussion:

Barb Headrick, FFF Committee Chair, attended our meeting to update us on the upcoming Frozen Fabric Frolic Retreat. The virtual retreat will be held February 19-21. There are 41 people, representing 6 states, registered. Registration will remain open until the week of the retreat. The retreat will start with a group meeting on Zoom. Most people have registered for the mystery quilt option. There will be drawings for prizes. Fifteen prizes and 3 grand prizes will be given away. A link to the registration form will be included in the February Newsletter.

Teresa has written our Covid-19 Policy Plan which is required by House of Prayer to hold meetings again at the church. Pastor Joel will present our plan at the church council meeting on Feb. 18. After discussion, it was decided to hold our first in-person meeting of 2021 in April. We will reach out to members in March to see how many are willing to attend an in-person meeting. Sandi will check into setting up a virtual option for those who cannot attend in person.

There will be no March guild meeting. We are hoping by the time of the April meeting, many members will have been vaccinated for Covid-19.

The April meeting will be a Big Show & Tell.

For members who may have quilts to donate, please consider these options:

- Warm Start, MVQ's project to provide baby quilts to families in need.
- Adult Abused Resource Center, Bismarck, which helps victims of domestic violence and sexual assault.
- Fraser House, Fargo, which helps at risk youth and young adults, ages 16-26 who are homeless or at risk of becoming homeless, by providing sheltering & housing options, as well as basic needs and life skills education.

The theme of the March Newsletter will be wool.

The Capital Quilter's will be hosting the National Quilting Day at the Capitol on Saturday, March 13.

The Minot Prairie Quilter's Festival will not be held this year.

The ND State Fair in Minot is still on track to be held in July. Sandi has renewed our challenge to enter more quilts than other area quilt guilds.

For now, our National Teacher event is still on track to be held in November 2021.

The next board meeting will be a virtual meeting on March 3rd.