

# Quilters Guild of the Bluegrass

August 2023

## Officers:

### President:

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### Vice-President

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For more information

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## Looking ahead...

Aug 15 —Guild Meeting

Aug 18 & 19 —SIT & SEW

Sept 2—Beginner Free Motion Class\*

Sept 12—Guild Meeting

Sept 15 & 16—SIT & SEW

Sept 16—National Jelly Roll Day!\*

\*See flyer attached to email



## August 15 Meeting

(Note change: 3rd Tues)

- 6:00 — Refreshments — BBQ chicken, fruit & dessert
- 6:30 — Meeting
- Wear you Hawaiian best: muumuus, grass skirts & leis
- Charity Sewing for the Community: Bluegrass Caregivers & Methodist Children's Home
- Voting for Next Year's suggested programs
- **Scrapbuster Challenge:** Bring your blocks or photos of completed blocks to be entered in a gift card drawing!





## KENTUCKY STATE FAIR —Aug 18-28

Are you entering a quilt in the state fair or know someone who is? Please share this information at our August meeting!

The tags this year are to be picked up in the lobby when items are brought out to the fairgrounds, August 12 and 13. We are in need of helpers who can captain a table and help to instruct how to attach a tag.

You will stay at the tables and just offer instructions and directions for competitors turning in items. No walking, lifting or sorting will be needed - only some friendly assistance!!

Interested? Email [ksftextiles@gmail.com](mailto:ksftextiles@gmail.com)

## Homemakers Club Kick Off



The annual Homemakers Club Kick Off and Cultural Arts Competition will take place August 21st, 5:30—8:00 p.m. If you have made anything in the last two years that you would like to enter in the competition, please see Sierra Smith, or contact the Extension office.

Are you a Floral Arranger? Knitter? Crocheter? Rock painter? Mixed media artist? Needlepointer? Cake Decorator? QUILTER???:-)

Please consider entering this local competition! Blue ribbon winners will compete with 7 other counties in October. More information will be in the August Homemaker newsletter. Your creative works can be dropped off at the extension office between 9-12:00 on August 21st & picked up that week at the extension office. The annual Homemaker Kick-Off and dinner will be held the night of the 21st and, again, full information & registration is in the August Homemaker newsletter.



### Quilt Guild Dues

Quilt Guild dues for 2023-

2024 are to be paid by the end of August. Dues this year are \$30, which includes the \$10 Homemaker dues. You can make one check out for both the Guild & Homemaker dues. There is a \$5 late fee for dues paid after Au-

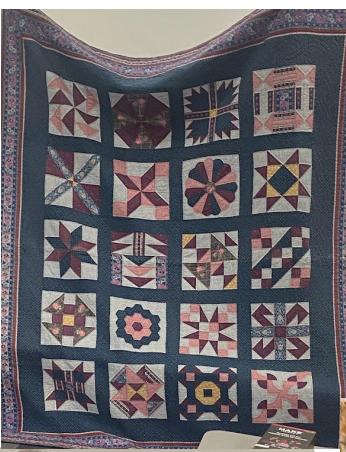
The most creative nametag yet! By Ashley Nguyen, our new Secretary!



## From our July meeting:

### From Quilter of the month, Karen Graham:

I started my quilting journey in the early 80's with a hand-pieced and hand-quilted sampler quilt. Back when we used paper or plastic templates and scissors! I made a few other pieces until our children arrived and took up all of my time. Quilting stayed on a back burner until the late 90s when I took a class with a friend and was hooked again! Quilting has been my therapy throughout the years since then. I get excited to start a new project and enjoy all parts of the process. I especially like taking classes, learning and making new quilting friends!



## Meet Bowie!



Greetings! I am Paula Markus and would like to introduce my therapy dog, Bowie. I'm sure the first question is, "what is a therapy dog?"

A therapy animal is a one that has undergone specialized obedience and behavioral training with their attendant to be able to lend comfort to people of all ages. He works for pets and hugs.

Bowie has been a therapy dog for 11 years and a master therapist for 8 years. He must go through additional testing every two years to maintain his certification. The testing includes being swarmed by a group of children, loud noises, wheelchairs, motor carts and walkers. He must not react to other animals including dogs, cats, rabbits, mice, birds, squirrels etc. His focus is always on the humans. He cannot pick up treats, tissues, papers or even bark when he is working.

Bowie has interacted with all kinds of people in all types of settings. For example he has been to libraries and had children read to him, infants crawl over him and even be examined by future doctors and nurses. He has interacted with autistic and mentally challenged adults and children. He also enjoys sit and sew, schools, nursing home patients, hospital patients and staff.

I have seen children who don't talk lay down with him and whisper into his ear. He also had a favorite veteran motion for him to get up in bed with him. The veteran talked to him in a very low tone which I could not hear. We went every week to visit him. Finally after about six weeks the veteran said to me how come you bring him to me every week? You don't know me. I explained that Bowie knows you and he enjoys visiting. The veteran began to open up to me and Bowie. Truly a magical experience!

So what's my job as an attendant? I make sure Bowie has been bathed and groomed 24 hours before our visit, assure that the place he is visiting is safe for him, that he is up to date on vaccines and certifications and that he wants to go. He will be 12 years old in September so he has slowed down but still loves to be with people. I am glad to share his skills with you. We are a team but, Bowie is definitely the star!

## July (2nd) Quilter of the month: Diane Fearn-Desrosiers

### Best tip: Take Lots of Classes and Learn from Your Friends!

Diane dabbled in some quilting back in the 1980's, but didn't really become an active quilter until about 2015. Learning from classes at Q, First In Quilting and ZigZag, she was just getting started before meeting Rita Hardman at a class at Quilters Square. Rita invited her to attend the upcoming Quilters Day Out and join the Quilt Guild of the Bluegrass. Since then, she has completed more than 90 quilting projects, many of them from classes at Quilters Square, Birdsong Quilting or offered by the Guild. She is still searching for the niche that best represents her as a fabric craft artist, and there are not enough hours left in her life to completely use up her stash even if she stops buying fabric completely. (Don't worry Chana & Shannon, we all know that is not happening!)



## Liz's Orzo Pasta Salad



### Ingredients

- 1½ cups dry orzo pasta or 1 small package
- 1 cup of Your favorite Italian dressing.
- ¼ teaspoon sea salt
- Freshly ground black pepper
- 1 tsp. lemon zest, plus 1 Tbsp. fresh lemon juice (from 1 lemon)
- 1 small jar marinated artichoke hearts, roughly chopped save liquid.
- 2 cucumbers, halved vertically, and sliced ¼-inch thick.
- 2 cups halved cherry tomatoes.
- ½ cup thinly sliced red onion
- ½ cup pitted Black or Kalamata olives
- ½ cup parmesan cheese (sub-Feta if you like)
- 2-3 Tbsp. finely chopped parsley
- Any other fresh veggies that you might have on hand (I used radishes, celery and carrot cut into matchstick size)

1. Cook Orzo according to the directions on the package. Drain and cool slightly.
2. Mix Italian dressing, salt, pepper, lemon juice and zest and liquid from the jar of artichokes (usually only use half of the artichoke liquid)
3. Mix cooled Orzo and the veggies together and pour the dressing over the mixture. Add more or less to taste.
4. Add parmesan cheese and parsley at the end. You could add fresh basil, oregano or tarragon.
5. Stir altogether – cool and then serve.

\*Very versatile recipe – make it your own by choice of veggies and cheese.



## Charity Quilts Update



We had a devoted group of hard working quilters that turned out for our Charity Quilts Weekend. Hopefully many of the quilts that were started will come back ready to be delivered. Currently we deliver quilts to Chrysalis House, Eastern State Hospital, and Ronald McDonald House. We will also be looking into taking quilts to Hospice. We are always open to new suggestions for places that could use quilts. Quilt sizes range from baby, lap, twin and fidget for babies, children, adults and seniors. We can find places for your quilts. Thank you to all the quilters who have already donated quilts and to those who are working on quilts for charity.

—Sue & Barb

## Refreshments Scoop!

Pam Pfister is the hostess with the **mostest** for organizing our wonderful refreshments each month! In July we were treated to coney dogs with the works, baked beans, salad, watermelon & some amazing desserts!



At the August meeting we will feast on barbecue chicken sandwiches, fresh fruit & dessert. If you have not signed up to help Pam with refreshments, please do so. Pam makes it so easy with fun decorations, table coverings & All The Things!

If you have a few minutes after the meeting, please jump in to help with the food cleanup as "many hands make light work."