

August 2020



**Our mailing address:**

**TRENT VALLEY QUILTER'S GUILD**

**Mailing Address:**

**Trent Valley Quilters' Guild**

**Attention: Joan Cohrs**

**14656 County Rd 21**

**Brighton**

**K0K 1H0**

[www.trentvalleyquiltersguild.com](http://www.trentvalleyquiltersguild.com)

[www.facebook.com/trentvalleyquiltersguild](https://www.facebook.com/trentvalleyquiltersguild)

**Meetings are usually held on the third Wednesday of the month (except July and August) at Brighton Community Centre, Brighton, Ontario. The doors open at 1:00 p.m. and we meet from 1:30 p.m. to 3:30 p.m.**

Editor's note:

Surprise! Here we are again, with another newsletter for you. Many thanks to all our wonderful contributors, you've made me sew happy!

We have great recipes, pictures, and interesting links for you to follow. Perhaps you'll pick up a new tip, (or put on a pound or 2, lol)

Let's begin with our president.

<b>President's Message</b>
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<b>Judy Gray</b>
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Hello fellow Guild Members!

Here we are near the end of August and summer is slowing down!

The thing that I love about this time of year is all the fresh garden veggies that abound. What can compare to the taste of these delightful treats.

With that in mind I have selected some garden things to share.

Hope your summer is going well!

Enjoy, Judy Gray

### Advice for the Gardener

Grow **PEAS** of mind

**LETTUCE** be thankful

**SQUASH** selfishness

**TURNIP** to help thy neighbor

And always take **THYME** for loved ones.



Vice-President's Message	Rita Downhill
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**"The Intertropical Convergence Zone, known by sailors as the doldrums or the calms because of its monotonous, windless weather, is the area where the northeast and southeast trade winds converge. It encircles Earth near the thermal equator, though its specific position varies seasonally. [Wikipedia](#)**

Well I don't know about anyone else, but I find myself in a very weird state of the doldrums since Covid 19 restrictions began in March. Not that I am unhappy or anything like that but I just seem to drift from one day to the next getting very little done. A couple of weeks ago I decided enough was enough & time to shake myself out of this. Just how many books can one person read? Take it from me - a lot.

So, I have found shaking up my schedule has helped. I do golf – very terribly but I do enjoy getting out there. So early am golf with my golfing buddies started the changes. Also restricting reading time & increasing quilting time but also doing these things at different times of the day. Trying new recipes. The ideas in the newsletter helped.

Since restrictions have eased visiting our family in Orangeville & Windsor for weekends – all in our bubble! Interesting that there is still so much traffic on the roads.

So that is my life now. If you are stuck in the doldrums ☺ Some of these strategies may work for you too. Fingers crossed that we can all get together soon.

Rita.

<b>Nominations</b>	<b>Hattie Van Dyk past President</b>
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<b>Quilt Show 2021</b>	<b>Sarah Roberts</b>
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We have Raffle Quilt Coordinators! Donna Brawley and Donna Simpson have stepped up to do this job for us, thank you so much!

Janet Kivisto and Lee Farnes have been spearheading the Challenge for 2021, with the theme of "A Moment In Time". My oh my, there could be some interesting Covid moments come out of that challenge! Remember, these small wall hangings are used to decorate in our Tea Room/Members Boutique area. ***(editor's note, more on that below)***

The Quilt Show committee continues to plan for our June 5 and 6, 2021 show. Fingers crossed and prayers offered that this pandemic will have be under good control, if not totally eradicated!

Still in search of people who would be interested in shadowing the co-convenors of the show in 2021, with the goal of leading the committee for 2024. E-mail Sarah Roberts if that might be you!

**We need someone to look after advertising for the Quilt Show! Please contact Sarah Roberts for more info.**

Stay safe, wear your masks, and wash your hands!

Sarah Roberts, Co-Convenor, Quilt Show 2021 Committee

<b>Program</b>	<b>Tina May</b>
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<b>Workshop Convenor</b>	<b>Marie Newman</b>
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Hello fellow Quilters,

Workshops are still at a stand still until the Brighton Community Centre is reopened. A call was placed to the Jim at the Community Centre and reopening has not yet been determined as of August 10, 2020. We will keep you posted.

So far this summer I have been doing so much but very little has to do with quilting. I only have two mystery quilt blocks done but most have been cut.

The garden was so over grown it took many hours to pull all the weeds. Boy was I sore.

I have finally been able to hug my grandchildren. In order to hug them I volunteered to keep the grand-kids with-out parents for three nights for the Toronto bunch and two nights for the Belleville grand kids. After each visit I was tired but very happy.

Below are two dresses I made for the older granddaughters and a barn board that I did as an experiment.

What have you been up too?

I will keep you posted on workshops.



**CQA Liaison**

**Stella Dorsman**

### **A Time Saving Tip for Quilters from Stella Dorsman**

After quilting my quilts I'm always faced with lots of thread tails to deal with. I prefer to knot and bury the threads rather than just cutting them off, but threading my needle over and over was time consuming and headache producing.

So, here's my tip. Cut a length of dental floss about 20 inches. Fold in half and thread the floss through a needle so you have a loop in the end. Knot or secure your quilting thread tails. Then insert your needle into the quilt at the point of the threads and push the needle through the quilt top and batting for a couple of inches. Then slowly pull the dental floss through, catching the thread tails in the loop. Clip the threads and move on

This way you only have to thread that needle once.....quick and easy.





Comfort Quilt Convenors	Nancy Wallace, Janice Hewitt & Judy Elliott
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Hello fellow quilters from Comfort Quilts. I hope you are all well and that you have been able to get outside with the beautiful weather we have been having (again, I won't complain about the heat! I'll take what I can get!)

Comfort Quilts has distributed 8 quilts for the month of July, with a total of 156 to date from September, 2019 to July, 2020.

My report is short but I'd like to leave you with an inspirational quote. Looking forward to meeting again soon.

***"Magic is believing in yourself. If you can make that happen, you can make anything happen." – Johann Wolfgang Von Goethe***



The UFO for August will not be happening as the Community Centre is waiting for proper signage. I am hopeful that the September 11th UFO will occur. I will let everyone know when I receive the go ahead from Jim Millar, the Director of Parks and Recreation.

As I mentioned in the last newsletter there will be a different layout and safety rules to follow. Keep your fingers crossed. Cheers, Midge Trauzzi

**Round Robin Challenge****June Armstrong**

June Armstrong's completed Round Robin



Jeffrene Shand's completed Round Robin



Beth Crook's completed Round Robin



Suzanne Postma's completed Round Robin. She commented on how much she loves the red throughout it, and wishes to thank Beth Crook, Linda Broere, Lee Farnes and June Armstrong.



Lee Farnes completed Round Robin



Linda Broere's completed Round Robin,  
thanks to Beth Crook, Suzanne Postma,  
June Armstrong and Lee Farnes

(editor's note; I'd like to personally thank June Armstrong for co-ordinating this Round Robin, and to all the participants. Covid threw a monkey-wrench into the process, but just LOOK at the results)

## Retreat 2020

## Pat Brinklow

It is our hope that you and your family are doing well.

Bet you are wondering if there is any news from the 2021 Retreat Committee. At this point, there is nothing new to share with you.

Elaine Combden, Louise Oberwarth, Sarah Roberts and I will meet (social distancing of course) in September.

There is an interesting article and a podcast pertaining to eyewear and sewing by an optician who just happens to sew (we should be able to trust her judgement). If you find that your eyes get tired and strained from doing any close work, check out Episode 31 Eyewear Options for Better Sewing on the link below:

[www.threadsmagazine.com](http://www.threadsmagazine.com)

We are looking forward to the day when we can meet together as a guild again!

Please stay well and safe!



A few things have been added to our website so please check it out:

[www.trentvalleyquiltersguild.com](http://www.trentvalleyquiltersguild.com)

Please note:

1. You will NOT find the membership list on the website anymore.

A decision was made to remove it to ensure the privacy of our members.

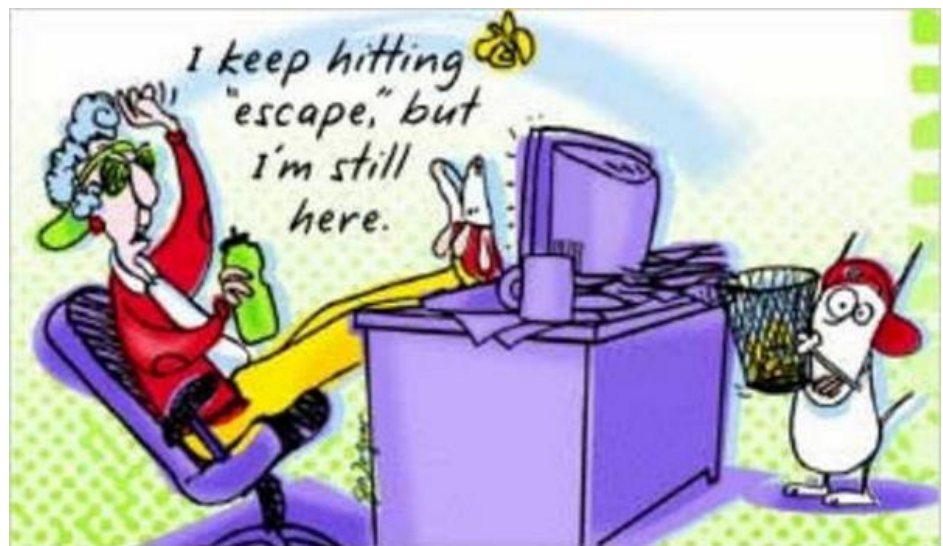
2. To access the Members Page you need a password (broadcasted a little while ago). After it has been input you then need to click the **Click to Login** box. Pressing Enter will not work. This was done because it is not a very secure password. Easy to remember though!

I am going to try to post more photos on the website. Names will not be reflected. If this is a concern to you please let me know.

The Guild's website is for everybody. If you have a suggestion or enhancement to improve it, please let me at [mondadesigns27@gmail.com](mailto:mondadesigns27@gmail.com)

Hang in there ladies and gentleman, and stay safe.

A final word from one of my favourite ladies:



Our Facebook page: <https://www.facebook.com/trentvalleyquiltersguild/>



**Social****Heather McKellar**

Hello from 1/3 of the social committee....we have been happily settling in to our new trailer, located at Lake Clear.

We had to do some additions to the deck, as the new trailer is 42 feet long....and has all the bells and whistles....pictures (maybe) next time

I've also been working on the BOM....mine is wine-themed....and, our son Kenneth ( and companions ) are settling in to their new digs here in Trenton...he'll be at the base....enjoy the rest of the summer and stay safe!

**Membership****Donna Brawly and Donna Simpson**

A reminder from membership committee.

Renewal forms are on the website. Completed forms and cheque's can be mailed to Donna Brawley or if you choose you can e-tsf your membership fee of \$30 (instructions are on the website) and email your renewal form to Donna. Hope to see everyone soon.

**Treasurer; regarding banking info****Joan Cohrs**

We have modified our banking arrangements to allow us to make mobile cheque deposits and to accept e-transfers. This minimizes the cash that needs to be handled and taken to the bank. E-transfer instructions are on the membership renewal form which is on our website.

If anyone has any questions please call or email me.

Take care everyone, Joan Cohrs

**Our Mystery Block of the Month, these are Kate Dockrill's**

As of August 13, the Guild Show Challenge 2021 will be underway. A group of Intrepid members has accepted the challenge to create a small quilted piece that interprets the theme “A Moment in Time”. They must incorporate a recognizable amount of the challenge fabric (selected by the committee) in the front of the quilt.

The finished quilts will be displayed at our April 2021 meeting for members to vote for “Viewer’s Choice”. We anticipate that these quilts will be hung in the Tea Room at our 2021 guild show.

Challengers, start your engines!

**Editor’s note, here is a recap of the rules:**

1. The challenge is open to all members of the Trent Valley Quilters’ Guild.
2. The theme is “A Moment in Time”.
3. A recognizable amount of the challenge fabric is to be used in the **FRONT** of your quilt.
4. The quilt must be presented, completed, including binding or other completed edging, at the April 2021 meeting of the guild for voting on by the membership as a Viewers’ Choice.
5. Size of quilt, outside measurements, to be a minimum of 75 inches and a maximum of 100 inches.



Sent in by **Marie Newman:**

**Very Simple Summer Bean and Corn Salad**

One 19 oz can black beans  
One 14 oz can corn  
1/4 cup diced Red pepper  
1/8 cup diced onion

Add Balsamic or Zesty Caesar salad dressing to your taste.  
Rinse beans and corn. Add all ingredients together, refrigerate and serve when cool.

**Valerie Rennie sent us this: Peanut Butter Caramel Clusters**

- 3/4 cup peanut butter
- 1 pkg sea salt caramel chips
- 4 cups cornflakes 2-3 cups hand crushed

Melt peanut butter and caramel chips when melted add corn flakes

Drop on wax or parchment paper and put in fridge.

This recipe is great for kids or us big kids, too.

**Nancy Wallace** sent in this recipe for  
**Healthy Cookies** (Called Sivananda Cookies in her  
yoga book)

- 2 cups oats (regular or gluten free)
- $\frac{3}{4}$  cup 1-1 baking flour (gluten free) from Bulk Barn or 1 cup whole wheat flour
- $\frac{1}{3}$  cup raisins (I also use dried red cherries from Bulk Barn)
- $\frac{1}{2}$  cup chopped walnuts
- $\frac{1}{4}$  cup each of pumpkin seeds and sunflower seeds
- $\frac{1}{2}$  cup chopped dates (optional)
- $1\frac{1}{2}$  tsps ground cinnamon
- $\frac{1}{2}$  tsp ground nutmeg
- $1\frac{1}{2}$  tsps. ground ginger
- $\frac{1}{2}$  tsp baking powder
- Pinch salt
- $\frac{1}{2}$  cup honey or  $\frac{2}{3}$  cup maple syrup or 1 cup brown sugar
- $\frac{1}{2}$  cup coconut oil
- 1 egg
- Add milk or water if the mix is too dry

Preheat oven to 400 deg. (I heat mine to 375 as it's a hot oven). Mix dry ingredients in large bowl. Add honey/maple syrup/brown sugar, coconut oil and egg. Stir in enough milk or water, if needed, to make a mixture that will stick together when dropped and pressed down with a fork on the cookie sheet (recipe says a firm mix). I make big cookies – I measure  $\frac{1}{3}$  cup for each cookie and they flatten out to be about 4" round. Bake for 16-20 mins depending on how crunchy and brown you want them to be and the size you make them. I get about 9 large cookies per batch. Have fun! Hope you like it.

**Lucie Robichaud** shared this delicious  
looking recipe for: **Pineapple  
Cheese Cake**

- 2 Cups Graham Crumbs
- $\frac{1}{2}$  Cup Melted Butter or Margarine
- 8 oz Cream Cheese Soften
- 1 Cup Sugar (white) or Splenda
- 1 Package Dream Whip( get it ready)
- 1 tsp Lemon Juice or (lemon extract)
- 2 Cans Crushed Pineapple, squeeze as much juice as you can out of the pineapple

**Method**

- Put Cream Cheese on counter to soften a bit  
Make dream whip as directed on package, put in fridge until ready to use.
- Melt butter or margarine and mix with graham crumbs
- Pour in 9 x 9 inch pan and pat down  
Mix together Dream Whip, Cream Cheese, Sugar and Lemon juice/extract  
Pour over graham crumbs base in pan, cover with drained pineapple and refrigerate to set.  
So Delicious! Lucie

**Suzanne Postma** shared her recipe for **Almond Squares**

pre-heat oven 350

- 1 cup of margarine
- $1\frac{1}{2}$  cup white sugar (I find 1 cup of sugar is enough)
- 2 eggs (see method below)
- 2 cups of all purpose flour
- 2 tsp baking powder
- 1 or 2 tsp almond extract (the real stuff)

Method: Use large bowl

Mix in flour, sugar and baking powder

Cut margarine into flour using a pastry cutter or 2 knives until crumbly

Lightly beat (1) egg in a cup, add almond extract, lightly mix into other ingredients.

Pat down into a greased & floured square pan ( I use a pyrex with a pre-heated cookie sheet under)

Mix egg yolk in a cup with 1 tsp almond extract .. spread on top batter.

Optional, sprinkle almonds on top.

Bake in pre-heated oven (350o) for approx 35-45 minutes, Enjoy!!!!



**Sandra Harrison** shared this unique biscuit recipe

## 7-Up Biscuits

These biscuits only need 4 ingredients and are super quick and easy to whip up!

Servings: 9 biscuits, Calories 217 kcal,  
Author: Karly Campbell  
<https://www.bunsinmyoven.com/7-up-biscuits/>

### Ingredients

- 2 1/2 cups baking mix such as Bisquick, divided
- 1/2 cup 7-Up or Sprite
- 1/2 cup sour cream
- 1/4 cup butter melted

### Instructions

Preheat oven to 450 degrees.

In a medium sized bowl, stir together 2 cups of baking mix, soda, and sour cream until just combined.

Sprinkle the counter top with 1/4 cup of baking mix and dump the dough out onto it. Sprinkle the remaining 1/4 cup baking mix on top of the dough as needed, using your hands to mix into the dough and pat the dough out to about 1/2 an inch thick.

Add additional Bisquick as needed to form a very soft dough that is just holding together.

Pour the melted butter into an 8x8 baking dish. Cut the biscuits out and place them in the pan of butter.

Bake for 12-15 minutes or until golden brown and cooked through.

## Peggy Smith shared these Easy Zucchini Puffs

An easy and delicious way to use the bounty of zucchini in your garden is to make these yummy Zucchini Puffs.

Prep Time 15 minutes Cook Time 20 minutes

### Ingredients

- 3/4 cup flour
- 3/4 tsp. baking powder
- 2 tsp. Italian Seasoning
- 3/4 cup milk
- 1 egg
- 1/2 cup shredded cheddar cheese
- 1 cup grated zucchini

### Instructions:

For the Zucchini After you grate the zucchini, you'll need to get rid of the excess water.

Wrap the zucchini in a clean kitchen towel and squeeze the excess water out.

Make sure you're holding the towel over the sink or a large enough bowl to catch all the water. You don't want a mess.

How to Prepare the Puffs In a large bowl, combine the flour, baking powder and Italian Seasoning.

In another bowl, combine the egg with the milk. Then add to the dry ingredients and combine.

Add the shredded zucchini and cheese to the batter and mix to combine.

Spoon into mini muffin pans that have been sprayed with non-stick cooking spray.

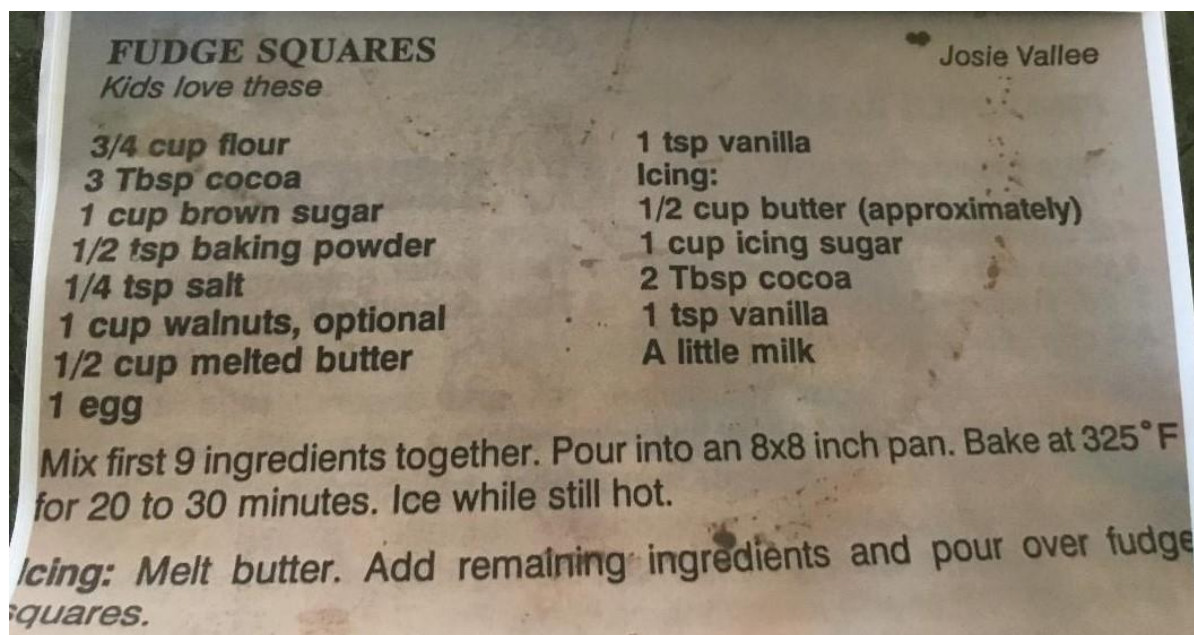
Bake in a preheated 375 degree oven for 20 minutes or until the center is done.

Notes: Please feel free to add your own favorite seasonings, garlic powder would be nice! I love when people take a recipe and add their own spin on it!

You can also add salt and pepper to the mixture before spooning into the muffin pan. These are really very good and can make a quick breakfast when reheated

Peggy Smith

Linda Thayer  
shared this  
recipe for  
**Fudge  
Squares**



Louise Oberworth shared this recipe for  
**Christmas Gingerbread Cookies**

- 5 cups flour
- 1 Tbsp. ginger
- 1 tsp cinnamon
- 1/2 tsp. salt
- 1 tsp. baking soda
- 1 cup butter
- 1 cup sugar
- 1 cup molasses
- 1/2 cup strong coffee (I dissolve 1 tsp powdered coffee in 1/2 cup of warm water)



Beat butter and sugar until light and fluffy. Add molasses and beat well.

Alternately, stir in flour mixture with coffee.

Chill several hours or overnight.

Roll out on floured surface and cut in cheery designs for the holidays.

Bake at 350 degrees for approximately 10 to 13 minutes. The cookies should just be set.

When cool pipe with decorator icing:

Beat 1 egg white, 1 1/4 cups icing sugar, 1/4 tsp cream of tartar and 1 Tbsp water for ten minutes.

Judy Gray sent in this refreshing **Cucumber Salad** recipe:

- 1 pkg green jello small
- Dissolve with 1 cup boiling water
- Add 2-3 tbl. Vinegar

Let set in fridge

- Cut up 1 cup of cucumber
- 1/2 cup chopped onion
- 

When jello is almost set add 1 cup mayonnaise and veggies.

Mix well and let set in refrigerator.

Enjoy!!

Susan Curtis, shared this recipe for **Cheese and Pasta in a Pot**, and commented that it's even better when made ahead.

## CHEESE AND PASTA IN A POT

*A good dish for a party. Have it ready in the refrigerator then pop it in the oven and join the party. When you have made it once the length of the recipe seems cut in half the second time.*

Large shell macaroni	8 oz.	225 g
Ground beef	2 lbs.	1 kg
Medium onions, chopped	2	2
Garlic powder	¼ tsp.	1 mL
Canned stewed tomatoes	14 oz.	398 mL
Canned spaghetti sauce	14 oz.	398 mL
Mushroom pieces and juice	10 oz.	284 mL
Sour cream	2 cups	500 mL
Medium Cheddar cheese	½ lb.	250 g
Mozzarella cheese	½ lb.	250 g

Cook macaroni according to package directions. Rinse with cold water. Drain. Set aside.

Brown beef in frying pan. Drain and put in large saucepan such as a Dutch oven. Add onions, garlic, tomatoes, spaghetti sauce, mushrooms and juice. Bring to boil and allow to simmer 20 minutes until onions are tender. Stir occasionally while boiling. Remove from heat. Use 4-quart (5L) casserole or roaster.

### Construction:

1. Pour one half macaroni in bottom of casserole
2. Pour over one half meat sauce
3. Spread with one half sour cream
4. Slice Cheddar cheese thinly and layer half on top
5. Cover with second half of macaroni
6. Spoon over second half of meat sauce
7. Spread with second half of sour cream
8. Cover with remaining thin slices of Cheddar cheese
9. Top with thin slices of mozzarella cheese

Cover. Bake in 350° F (180° C) oven for 45 minutes. Remove cover. Continue baking until cheese is melted. Allow more baking time if chilled and held. Serves 12.

Lee Farmes shared this excellent link with me some time ago, on **how to fold a quilt**.  
<http://annfahl.blogspot.com/2012/02/how-to-fold-and-store-quilts.html>





**Jane Baier** sent in this link about sashing to share with you.

<https://www.youtube.com/watch?v=037MA1dowFw>



**Peggy Smith** shared this website that she follows for the Moda Block Heads, this week is Block 30 but older blocks are archived. For the last couple of years, they have put them into a book but why buy when you can get it for free.

<https://www.aquiltinlife.com/2020/08/moda-block-heads-3-block-30.html/>



## Upcoming Quilt Shows

There are no confirmed quilt shows to announce at this time.

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Vice President	Rita Downhill
Treasurer	Joan Cohrs
Secretary	Linda Harvey
Past President	Hattie Van Dyk
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Workshops	Marie Newman
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E-mail Co-ordinator	Renee Myltoft
Retreat	Pat Brinklow
Social	Heather McKellar
CQA Liaison	Stella Dorsman
Library	Pat Leblanc
Comfort Quilts	Nancy Wallace with Janice Hewitt
Christmas Placemats	Jane Baier
U.F.O.	Midge Trauzzi
Website	Sue Davies
Newsletter	Yvette Chilcott
Sunshine	Darlene Blanchet

## Trent Valley Quilter's Ballad

Stitch by stitch, row by row,  
Look at all these quilts we sew,  
Filled with batting as they grow  
Into works of fabric art.

Block by block, row by row,  
Bless the folks for whom we sew,  
Wrapped in comfort, all aglow  
With "Love" that "Covers All".

Stitch and bitch, blow by blow,  
Cursing softly we un-sew,  
Rippin' stitches as we go  
To start to stitch again.

Stitch by stitch, row by row,  
Look at all these quilts we sew,  
Filled with batting as they grow  
Into works of fabric art.

Janet Kivisto

## NEXT MEETING

### Hopefully September 2020

We'll let you know, in the  
meantime, have a GREAT  
Summer!

These businesses support our guild. Please let them know that you saw their business card here in your newsletter when you visit or call them. They are the back bone of our quilting; their knowledge and services are indispensable so it is vital that we support them during these difficult times.

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 <p><b>Sew Sew Quilter</b></p> <p>43 Dave Drive Frankford  Email piggyt@hotmail.com  Sewsewquilter67@gmail.com  Phone 613 3910407</p> <p>Linda Thayer</p>	
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 <p><b>Janice's Longarm Quilting</b></p> <p>48 Cedar Creek Way  Frankford, Ontario K0K 2C0  Phone: 416-302-0246  Email: hewitt.janice@gmail.com  By appointment only</p>	<p>My name is <b>Janice Hewitt</b>, I have been quilting most of my life, about 35 yrs.</p> <p>Mostly bed quilts, then hand appliqué, next came pieced quilts and on and on it goes. Every day there is something new to learn.</p> <p>While working at a local fabric shop, I learned how to use and operate the longarm, finishing beautiful quilts for customers and fell in love. So, I purchased a computerized longarm for myself. Now I can finish your quilts with a beautiful edge to edge design that will look amazing when finished.</p> <p>Please feel free to call or email me for a quote anytime, Janice</p>
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