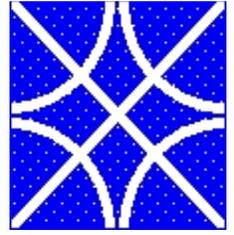


The Postage Stamp

~ Country Roads Quilt Guild ~

September 2014

<http://countryroadsquiltguild.org/>



Tracy's Scraps

September is already here. Can you believe it?

Thanks to everyone for attending the last meeting and participating in the Brown Bag Exchange. We had a great turnout and I am excited to see all the finished projects in March.

Our next meeting will feature quilting/skills demonstrations. Please attend and plan to learn something new.

The Mountaineer Week Quilt Show is coming up at the end of October. Please consider showing off the talent you have been blessed with. We will have the sign-up sheet ready and need volunteers to help with the show.

Happy Quilting - Tracy

Next meeting: September 11, 2014

Location: Harner Chapel

Time: 6:30 p.m.

Hostesses: Karen S. and Lou D.

Monthly Novelty: Karen S.

Program: Sit-n-stitch with Christine S.

Click the link below to see pictures of our September project (click on the big picture to see another picture):

[Sit & Stitch pattern](#) by Cindy Taylor Oates

A list of materials needed to make this project can be found on page 2.

Events

September 7: WV Quilters, Inc. Fall Meeting at the Bridgeport Conference Center. The speaker will be Kim Diehl. Meeting begins at 1:30. Light refreshments will be provided. Driving Directions from I-79:

- Take Exit 129
- Turn east.
- Take the first left on Genesis Blvd. (If you get to Parkview Drive, you've gone .2 miles too far.)
- Turn left onto Conference Center Way (If you reach Edington Drive, you've gone a little too far.)

October 3 & 4, 9 a.m. to 5:00 p.m. The Mon Valley Quilt Club will present a quilt show entitled: "Quilts for All Seasons" at the Perryopolis, PA, Bible Baptist Church Recreation Center, 3378 Pittsburgh Road (Route 51), Perryopolis, PA 15473. Show events will include: quilt raffle; silent auction; craft table; and refreshments. Admission: \$5.

October 24-26: Mountaineer Week Quilt Show. Please inventory the quilts you would like to enter in the show. We will pass around a sign-up sheet at the next meeting so we can start planning our layout and assess our needs.

July 16-18: Ricky Tims' Super Quilt Seminar at the Waterfront Place Hotel in Morgantown. It is a fantastic opportunity for quilters in our region. You can register, get more information, and read the full details on Ricky's website:

<http://rickytimes.com/>.



Longarm Quilting by Christine and Leona. You can contact them for prices and type of quilting for your quilts.

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August 14, 2014 Minutes by Karen

The meeting was opened by President Tracy E. Two guests were present, Amanda R. and Susan P. There were no minutes in the newsletter. The Treasurer's report will be in the next newsletter.

1. Leslie K. gave a report on the tax process which is still ongoing. She mentioned that there will be a \$400 fee required to apply for exemption status.
2. A report was given by Carol S. about the changes being made to the by-laws for the purpose of applying for tax exempt status. After some discussion a motion was made by Kathryn G. and seconded by Pat O. to accept the changes to the by-laws. It was then passed by the membership.
3. The Opportunity quilt top was shown to the membership. It will be quilted by Christine and Leona. Kathryn G. will do the binding and Michelle D. will do the label.
4. Karen S. made an announcement that Donna E., who also owns Sew Special in Uniontown, PA, will move into the Sew Inn space. As of right now they will probably only have the Viking machines and all accessories as well as service. She said that because of the expense involved they would not be carrying fabric until a future date.
5. Franny K. spoke about the Ricky Tims seminar. There were already eight people registered. Early Bird registration is \$189.00 by April 2015. Volunteers will receive a \$60 voucher for the store but must pay their registration. She urged everyone to check out the Ricky Tims website.
6. We know have an official address. P.O. Box 104, Delslow, WV 26401.
7. Michelle D. passed out a supply list to the membership for next month's project by Christine S.
8. Linda F. talked about Mountaineer Week.
9. Terry C. talked about the Modern Quilt Guild. It was discussed that the meeting would be held at 5:00 right before Country Roads meeting. It will be in the newsletter when it is starting.
10. Meeting adjourned for the Brown Bag exchange.

What's Happening?!

Lu-Ann visited "Undercover Quilts" in Seattle, WA on a recent trip. It's in the Pike Street Market area, a small shop, but packed with lots of brights, a good selection of Asian fabrics I haven't seen before, and many patterns. The owners were very friendly and helpful. I couldn't leave without getting a kit with the typical NW raven totem pole figure and more gold fabric for my WV quilt!!!

Kathryn G. attended the Sew day in Smithtown Saturday 8/23. A total of 29 ladies came with a covered dish to share, a yard of fabric to swap and one or more projects. The lighting in the community/senior center is great, kitchen and separate lunch room is spacious and nice. The spring date is April 25, 2015.

Karen S.: As for the shop hop, I bought mostly stuff that I needed to finish other projects. At Creative Stitches Café in Monroeville I did buy the new True Cut 360* circle cutter. The lady who owned the shop was demonstrating it while I was there. It seemed so much easier to use than the one I already have. I have not had a chance to test it out because we have been so busy trying to get ready for them to start on our new kitchen. Didn't realize how much stuff I actually had. Hopefully I will find some time to make up something to show at the next meeting. I also got to see a demonstration of a new cutter by Brother. If you think anyone will be interested, their link is www.creativestitchescafe.com.

Supply List for Sept. Project

- 3 Fat Quarters Yards
- 6" Hook & Loop Velcro® 1/2" to 3/4" wide
- Fusible Fleece
- Pellon® Fusible Interfacing (craft)
- 1 1/4 cups crushed walnut shells (guild will provide)
- 1 pkg Double Folded bias binding or make your own
- Small Funnel
- Small amount of Fiberfill
- Thread to match topstitching & Needle for hand sewing
- Scissors & Sewing Machine

Please have the following cut and ready to sew for the September meeting!

1st Fat quarter cut:

- 2 rectangles 9" x 15" (background)
- 2 rectangles 2 1/2" x 8 1/2" (lower pincushion)

2nd Fat quarter cut:

- 4 rectangles 4" x 9" (pockets)
- 1 rectangle 3 3/4" x 8 1/2" (upper pincushion)

3rd Fat quarter cut:

- 2 bias strips 1 1/2" x 11" (for pockets)
- *if making your own binding* – 1 bias strip 1 1/2" x 48" (piece together)

#808 Pellon® Fusible Interfacing cut:

- 1 rectangle 9" x 15" (background)
- 2 rectangles 4" x 9" (pockets)

Fusible Fleece cut:

- 1 rectangle 8 1/2" x 7 3/4"

Thanks to everyone who helped with the Opportunity Quilt! It's ready to be quilted by Christine and Leona. Then on to Kathryn for the binding and Michelle for the label.



What's Cooking?

YELLOW SQUASH CASSEROLE (from Lu-Ann)

3 pounds of yellow squash sliced thinly (about 6 cups)
2/3 large Vidalia onion, chopped
1 ½ sleeve of Ritz Crackers crushed into medium size pieces
1 ½ cup shredded cheddar cheese (I used sharp cheddar)
2 eggs
¾ cup milk
Salt & pepper to taste

Preheat oven to 400 F. Lightly steam squash and onion, about 5 min. Drain and set aside in large bowl. In medium bowl, combine cracker crumbs and cheese. Gently fold ½ of the cracker/cheese mixture into squash/onion. Whisk together egg and milk; add to squash and lightly stir. Season with salt and pepper. Spread into 9 x 13 baking dish. Top with remaining crackers and cheese. Bake @ 400 F for 25 – 35 min until lightly brown. Keep foil over top of dish for first 20 min.

LOADED CAULIFLOWER BAKE (from Kathryn G.)

Yield: 8 (around 3/4 cup) servings

4 slices center cut bacon (I use Wegmans brand)
2 lbs cauliflower florets (I bought one large head of cauliflower and it had almost exactly 2 lbs of florets once cut up)
6 oz 1/3 less fat cream cheese, softened
1/2 cup fat free sour cream
4 oz shredded 50% reduced fat sharp cheddar cheese, divided (I used Cabot brand)
4 oz shredded 50% reduced fat pepper jack cheese, divided (I used Cabot brand)
3 scallions, chopped
2 garlic cloves, minced
¼ teaspoon salt
Pinch of black pepper
Pinch of crushed red pepper flakes, to taste

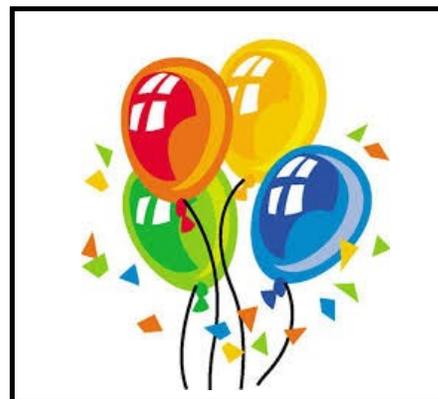
1. Pre-heat the oven to 350. Lightly mist a 2 QT baking dish (I used a 7x11) with cooking spray and set aside.
2. Cook the bacon slices until crisp according to package directions and allow them to cool/dry on paper towels. Crumble them into bite sized pieces and set aside.
3. Steam cauliflower florets until tender. While the cauliflower steams, combine the softened cream cheese and sour cream with a hand mixer. Add 3 oz of the shredded cheddar and 3 oz of the shredded pepper jack, the bacon pieces from step 2, the chopped scallions, garlic, salt, pepper and red pepper flakes. Stir until well combined.
4. When the cauliflower is finished steaming, drain if necessary and add the hot cauliflower to the cream cheese mixture. Stir until well coated. If you'd like at this step you can partially mash some of the cauliflower (I did a little bit, but kept many florets whole for texture).
5. Transfer the cauliflower mixture to your reserved baking dish and top with the remaining 1 oz each of shredded cheddar and pepper jack cheeses. Bake for 30 minutes. If your cheese on top isn't golden, turn on your broiler for 1-2 minutes until golden and bubbly.

Weight Watchers Points Plus:

4 per serving (P+ calculated using the recipe builder on [weightwatchers.com](http://www.weightwatchers.com))

Nutrition Information:

164 calories, 9 g carbs, 9 g fat, 13 g protein, 3 g fiber (from myfitnesspal.com)



September

04—Debra S.
10—Michelle D.
18—Kristine P.
20—Laura S.
26—Tracy E.
27—Betty C.
28—Carol S.

Bargains!

Eleanor's quilt/craft shop in Reedsville gives a 20% discount to guild members. If you visit, take your guild card as proof of membership. Check the web site (<http://eleanorsquiltsandfabrics.com/>) for a quick tour as well as address and hours of operation.

Sew Chic Anniversary Sale!!!!!!

We also have some exciting news to share — it's the 18th Anniversary of Sew Chic! In honor of this important occasion, we are offering a special sale of 18% off of almost everything in the store (*some exceptions apply*). BERNINA presser feet are on sale for 20% off from September 11th through the 15th. www.sewchic.com

Receive an automatic 10% discount on purchases from JO-ANN Fabric and Craft Stores with your guild membership. Apply for your discount card at this website: <http://www.joann.com/vip-discounts.html>.

Items for the October newsletter should be forwarded to Lu-Ann B.-W. by Sept. 26.

July Treasurer's Report by Lesley

Beginning Balance	\$2,423.58
Income	
Interest - 7/9	<u>\$0.10</u>
Total Income	\$0.10
Expenses	
Terry C - website	<u>\$23.82</u>
Total Expenses	\$23.82
Total Income	\$.10
Total Expenses	<u>\$23.82</u>
New Balance	\$2,399.86

August Treasurer's Report by Lesley

Beginning Balance	\$2,399.86
Income	
interest 8/9	\$0.09
dues	<u>\$15.00</u>
Total Income	\$15.09
Expenses	
Linda F. - directory	\$90.08
Carolyn G. - picnic rent	\$25.00
Postmaster-POBox/ key deposit	<u>\$54.00</u>
Total Expenses	\$169.08
Total Income	\$15.09
Total Expenses	<u>\$169.08</u>
New Balance	\$2,245.87

What's Cooking (continued)

ORZO VEGETABLE SALAD (from Linda F.)

- ½ cup uncooked orzo pasta
- 3 plum tomatoes, chopped
- 1 cup marinated, quartered artichoke hearts, chopped
- 1 cup coarsely chopped fresh spinach
- 2 green onions, chopped
- ½ cup crumbled feta cheese
- 1 Tbsp. capers, drained

Dressing:

- 1/3 cup olive oil
- 4 tsp. lemon juice
- 1 Tbsp. minced fresh tarragon or 1 tsp. dried tarragon
- 2 tsp. grated lemon peel
- 2 tsp. rice vinegar
- ½ tsp. salt
- ¼ tsp. pepper

Cook orzo according to package directions. Meanwhile, in a large bowl, combine the tomatoes, artichokes, spinach, onions, cheese and capers. In a small bowl, whisk the dressing ingredients. Drain orzo and rinse in cold water. Add to vegetable mixture. Pour dressing over salad; toss to coat. Chill until serving.

Donate a Quilt

I've been requested to ask my "quilter friends" if anyone would like to donate a small quilt (he mentioned a baby quilt, but I think a wall hanging would also work - they have a full size one) to the Rotary Club. (I realize that more notice would've been nice!) They have a large quilt and thought a smaller one would also be popular.

Here is the information about where the money goes.

The fundraising event is Saturday, October 25. We would need to have it a week earlier at the latest. We will give the donor credit for the donation. The donor can stipulate the minimum bid. If the bid is not achieved the gift is returned to the donor.

The fundraising goal is \$25,000. The funds are used to support local programs including: Clay Battelle High School Scholarships; Mon County Child Advocacy; Miracle League Team & Picnic - Stepping Stones; Sundale Nursing Home - Senior Picnic; Boy & Girl Scouts; Scotts Run Settlement House; Steve Harrick's Kids Christmas, RYLA; Exchange Student; Empty Bowls and Christian Help Food Pantry.

In addition we support the American Academy of Ophthalmology - International Eye Projects; End Polio Now; the International Literacy Project & Stop Hunger Now Campaign.

If anyone is interested, you can contact Carol S., and I'll put you in contact with the person that asked me.

Thanks, Carol

Betty C. found this recipe on the internet; uses very few ingredients. I have never made it, but it seemed like a fun idea for a quilter's sweet treat snack break!

COOKIE IN A CUP

- 1 Tbsp. butter, melted
 - 1 Tbsp. white sugar
 - 1 Tbsp. brown sugar
 - Pinch of salt
 - 1 egg yolk
 - ¼ cup flour
 - 2 Tbsp. chocolate chips
- Mix together in a mug and microwave for 60 seconds