

March 2024 Newsletter



President's Corner

Hi all – Spring is coming, spring is coming! – I may be just a little excited for spring to be right around the corner. – It looks like we have several options for classes and things to do this year! Thank you to our vice presidents Maggie & Margret! – Looking forward to seeing you all at the meeting! – Take care - Dani



March Birthdays

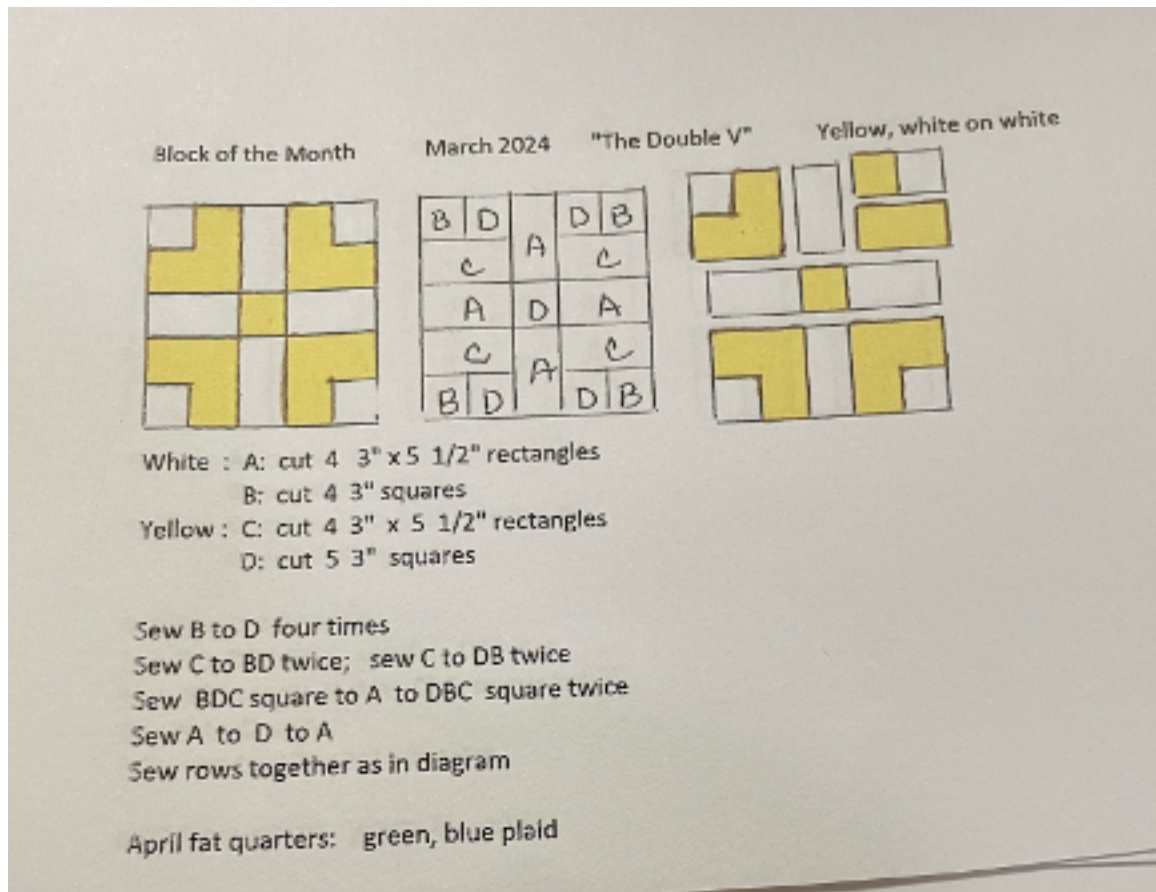
March

Sharon Lampton 3/14

Sharon Spencer 3/17

Patty Gossett 3/20





Hello Napa Quilters ~ Programs & Workshops

March 11th ~Anna MacCallen & Maggie Walker ~AccuQuiltWorkshop \$10.00

We will be giving a demonstration using the AccuQuilt Cutter.

In the Workshop you will be able to use the GO! cutter. You can bring your sewing machine if you want to make the fabric bowls, put blocks together or for appliqué .

Fabric Supply list:

1 Large Fabric Bowl ~ You will need 2 - 12" square of Fabric & Batting

1 Small Fabric Bowl ~ You will need 2 - 10" square of Fabric & Batting

To Cut 2½" strips (Binding) ~ You will need 8½ wide WOF to WOF this will cut 3 strips. If you want more strips bring 2 or 38½ wide WOF. Just bring some fabrics if you want to make some Pot Holders and or different blocks.

Check out the AccuQuilt Web Site :www.accuquilt.com

Check out our Web Site:<http://www.napavalleyquilters.org>

Click on Workshops and View the different Workshops you may want to sign up for.

The sign up Clip Board for these Workshop will be out at our March Meeting.

April 13th ~Janet Bates ~ Portrait Quilt Workshop \$45.00

May 11th ~Debbie Gansberger ~ EZ PiecingWorkshop \$45.00

June 8th ~Joanne Dalton ~ 9 Patch (Easy for Beginners) Workshop \$30.00

Happy Sewing ~ Maggie and Margret VP



Sub ground turkey for beef to make a healthier eight-layer taco salad.
PETER ARBITO, EATINGWELL



LAYERS OF FLAVOR

Simple swaps for a healthier taco salad

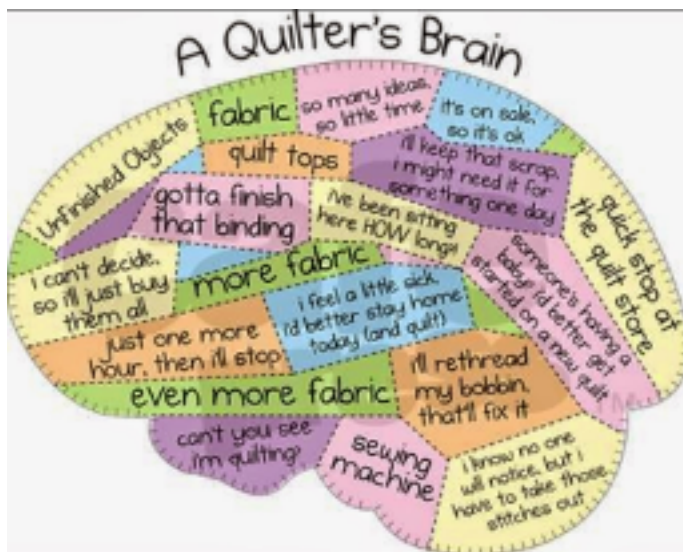
FACTORS: This gorgeous and colorful eight-layer taco salad recipe is made healthier by using ground turkey in place of beef, adding Greek yogurt and bumping up the amount of vegetables. Serve this salad in a clear glass bowl, and you'll have an eye-catching party-worthy dinner or potluck side in just 30 minutes.

Eight-layer taco salad Servings: 6

- Ingredients**
- 1 tablespoon canola oil
 - 1 pound 95% lean ground turkey
 - 2 tablespoons chili powder
 - ¼ teaspoon salt, divided
 - 1 avocado, pitted
 - ½ cup nonfat plain Greek yogurt
 - 1½ cups crumbled unsalted tortilla chips
 - 1 cup prepared salsa
 - 1 (15-ounce) can pinto beans, drained
 - 5 cups thinly sliced romaine lettuce
 - ½ cup shredded Mexican cheese blend
 - 1 medium tomato, chopped

Directions: Heat oil in a large skillet over medium-high heat. Add turkey, chili powder and ¼ teaspoon salt. Cook, stirring and breaking up lumps, until cooked through, about 5 minutes. Meanwhile, mash avocado, yogurt and the remaining ¼ teaspoon salt in a small bowl with a fork until smooth. Transfer the turkey and any juice from the pan to a serving bowl. Layer chips, salsa, beans and lettuce over the turkey. Spread the avocado mixture over the lettuce. Top with cheese, then tomato.

Nutrition per serving: 383 calories; 20 g fat; 53 mg cholesterol; 29 g carbohydrate; 0 g added sugars; 2 g total sugars; 25 g protein; 8 g fiber; 630 mg sodium; 812 mg potassium.



NVQG General Meeting February 10, 2024

Meeting was called to order at 10:03am by VP Maggie Walker.

The pledge of allegiance was recited.

New Business: Per the Center, the front parking spaces are to be left open for the Bonsai Club.

Secretary Trudy Molina asked for changes or additions to the minutes? Seeing none, Linda Wagner made a motion to accept the minutes as published. Sarah Galczynski seconded.

Treasure, Ellen Wulf was absent. VP Maggie advised account balance \$30,375.19.

VP's Maggie Walker and Margret Gaeddert had a handout with upcoming lectures and classes. Maggie explained the classes and workshops will be held after meetings. Maggie advised members there is a table set up with upcoming classes and examples.

Today is a trunk show by our VP Margret Gaeddert, Adventures in Quilting.

Membership, Renee Sicard and Evelyn Zlomke 67 members present 2 guests, and one new member. The deadline to pay dues and be in the roster is March 15, 2024. Contact Renee.

Evelyn announced February Birthdays and passed out mug rugs to celebrants.

Linda Feutz (filling in for Cheryl Bundy) Block of the Month, announced we had 18 beautiful blocks turned in. The winner was Cindy Kolo.

Fat Quarters were won by Ann Seronello.

Monthly drawing had four winning tickets pulled.

Lady Bruce, 2024 Opportunity Quilt, had nothing to report.

Joan Wilson, Hospitality, had nothing to report.

Kay O'Neill, Welcome Chair, had nothing to report.

Gabryel Gutierrez, Website, had nothing to report.

Joan Barber, Sunshine, had nothing to report.

Nikki Luce-Feil, Newsletter. Deadline is February 25, 2024.

After Show and Tell, meeting was adjourned at 10:52am.

Respectfully submitted,

Trudy Molina, Secretary