



NOVEMBER 2022 NEWSLETTER - VOL 23.4

# Alaska Sewlutions

EAGLE RIVER CHAPTER OF THE AMERICAN SEWING GUILD

## UPCOMING EVENTS

**Dec. 3:** Annual Meeting & Holiday Party

**Jan. 14:** Valley Neighborhood Meeting

**Jan. 21:** Anchorage Neighborhood Meeting

**Feb. 11:** Valley Neighborhood Meeting

**Feb. 18:** Anchorage Neighborhood Meeting

**Mar. 9-12:** Spring Retreat

**Mar. 11:** Chapter Meeting

**Apr. 8:** Valley Neighborhood Meeting

**Apr. 15:** Anchorage Neighborhood Meeting

**May 20:** Combined Anchorage & Valley  
Neighborhood Meeting

## A NOTE FROM OUR PRESIDENT

As we wrap up our last newsletter for 2023 and prepare for Thanksgiving and the holidays, I am reminded of all we can be thankful for.

1. Having the freedom to meet safely in person.
2. The joint effort of our CAB to fine tune and keep our guild running smoothly.
3. Special thanks to our retreat coordinator Kathy Lunning for navigating through not one but two sewing retreats *and* our community service sew
4. The herculean effort of Alice Stevens and her team to organize our best fair season yet.
5. The comradery and support shared between members as well as their personal philanthropic projects.
6. And a thank-you to all our new and returning members

Thank you all for your support!

In other news, for our upcoming holiday party and potluck, if you'd like to join for the meal, please bring a dish to share according to your birth month:

*Jan.-March:* Salad, *April-June:* Side dish, *July-Sept.:* Main dish, and *Oct.-Dec.:* Appetizer or bread. Please bring your own beverage as well.

We're currently in need of a guild member to volunteer as newsletter editor. Computer access and skills are needed, and we can help share tools and tricks as needed. The next newsletter will be early Feb. 2023.

Finally, the Child Life Dolls we made at our community sew day several years were donated to ANMC per request of the Child Life Specialist there and are much appreciated.

In the coming winter season, continue to find up-to-date guild information at [alaskasewlutions.org](http://alaskasewlutions.org) and if you need to contact us, send emails to our new address at [info@alaskasolutions.org](mailto:info@alaskasolutions.org).

Happy sewing,

Rae Longbrake

907-863-0800



Image by Beth Huntington

## 2022 HOLIDAY PARTY & ANNUAL MEETING

SATURDAY, DECEMBER 3, 12-3PM  
8261 SUNDI DRIVE, ANCHORAGE

Beverly Holmes is hosting the party this year: thank you Beverly!

For those of you who are new, this is a casual dress event starting with a potluck, then a short business meeting and lastly an anonymous gift exchange with a twist.

This year's gift exchange is to be a holiday theme cloth gift bag you make of any design or reasonable size with a small sweet treat inside. Bring your gift to the party secured in a plain brown paper bag for anonymity.

For the potluck, Beverly will provide the meat course (usually ham), and you're invited to bring an item per your birth month: *Jan.-March*: Salad, *April-June*: Side dish, *July-Sept.*: Main dish, and *Oct.-Dec.*: Appetizer or bread. Please bring your own beverage as well. See you then!

## UPCOMING NEIGHBORHOOD MEETINGS

Beginning In January, Alaska Sewlutions neighborhood group meetings will include a short educational talk to enrich your sewing knowledge as well as show-and-help. Bring a project to share with the group or get help with a tricky sewing problem. Pictures and resources to share with other members are always welcome.

**Valley:** January 14 & February 11, 12-2pm  
Northern Light Chapel, 7550 E Palmer-Wasilla Hwy  
For questions, contact Julie Gleason, 907-244-9610, Ladyjulia75@gmail.com

**Anchorage:** January 21 & February 18, 1-3pm,  
Joann Fabric, 3801 Old Seward Hwy  
For questions, contact Ada, 907-244-9614, adaknik@alaska.com



### SAVE THE DATES

#### SPRING RETREAT: MARCH 9-12, 2023

Prices and more details about the Spring Retreat will be available early next year from our retreat coordinator.



#### ALASKA STATE FAIR: AUG. 18-SEPT. 4, 2023

It's never too early to start a project for the Fair or help a new sewer get started on their first entry! Entry dates, volunteer opportunities and more will be shared by our Fair Coordinator as they become available.

## FEATURED MEMBER: CATHY BALDWIN-JOHNSON

Many of our members may recognize her as “CBJ” or “Dr. CBJ”. I believe when she became a member of our guild there were no fewer than 3 other Kathy’s with different spellings, so it was just natural to call her CBJ. (She does like Cathy also!) She is co-founder and volunteer medical director of the Children’s Place, a Child Advocacy Center in Wasilla We all cherish the times she can join us to sew.

### What do you love best about the guild?

Just the company of welcoming, talented, positive, creative people: the guild just “fills my cup”!

### What are your earliest memories of sewing?

I remember my Mom sewing for me on her “vintage” Singer. When we returned to Anchorage after 3 years in Thailand, I got my first sewing machine for my 16<sup>th</sup> birthday and started sewing clothes for myself.

### What project are you working on currently?

I am working on two lap blankets for the auction at the Children’s Place held as a fundraiser on November 4. *(Cathy’s sewing skills range from lap blankets and full sized quilts to the vintage doily wall hanging, “Grand’s Picture with Vintage Dollies and Buttons – Wall Hanging” that received the Superintendent’s Award at the 2022 Alaska State Fair and even a wedding dress incorporating antique lace!)*



For more information about programs at The Children’s Place and to donate, go to [thechildrens-place.org](http://thechildrens-place.org) or call 907-357-5157.



## COMMUNITY SERVICE SEW

Thanks to everyone who helped prepare and sew 30 baby bibs, 40 pillow cases, and 50 dish towels for Family Promise and Heartreach Center in Wasilla. Both organizations very much appreciated the handmade items - well done!



MEMBER PROJECTS

Top row from left: Beverly Holmes, Etta Gamble, Linda McClure; middle row: Janai Comer, Jennifer Marcelain, Teresa Gleason, Kymberly Miller; bottom row: Marilyn Mapes, Mary Lammers, Rae Longbrake, Emily Longbrake

See more and join the community discussion with questions or projects at [facebook.com/groups/AlaskaSewlutions](https://facebook.com/groups/AlaskaSewlutions)

ALASKASEWLUTIONS.ORG — INFO@ALASKASEWLUTIONS.ORG

## RETREAT RECIPES

FROM MEMBER MARY LAMMERS (SOUPS) & KYMBERLY MILLER (BREAD)

### WILD MUSHROOM SOUP

Based on a recipe from Jennifer McGruther's *The Nourished Kitchen*.  
Makes approx. 6 servings.

#### Ingredients

2 tbsp butter  
1 tbsp extra virgin olive oil  
1 medium shallot (coarsely chopped)  
3 ribs celery (coarsely chopped)  
½ c white wine  
1½ pounds wild mushrooms (coarsely chopped)  
2 tbsp fresh thyme leaves  
2 tsp finely ground real salt  
½ tsp ground black pepper  
3 c bone broth  
1 c heavy cream

#### Instructions

Warm a Dutch oven on the stove over medium heat, and then add the butter and olive oil. Cook together until the butter melts and begins to froth. Add the shallot and celery; sauté until they soften and become fragrant, about 4 min. Deglaze the pan by stirring in the white wine, and then stir in the mushrooms. Sprinkle them with thyme, salt, and pepper. Stirring occasionally, let the mushrooms cook with the shallot and onions until they soften and release their liquid, about 3 more min. Pour in the broth, and bring to a boil over medium-high heat. As soon as the pot boils, turn down heat to medium-low and simmer until the mushrooms are completely soft and cooked through - about 15 min. Turn off heat, and stir in the cream. Then blend with an immersion blender.

**Optional:** Swap the chicken bone broth for a medicinal mushroom broth to deepen the soup's flavor. Carrots and broccoli make good additions if you like more veggies. Black rice also complements the mushrooms well. Tarragon, chervil, and parsley can be used as fresh herbs, but add them at the end of cooking, with the cream. If you can't find wild mushrooms, substitute a mix of cultivated mushrooms such as shiitake, cremini, or white buttons. If you're dairy-free, skip the heavy cream. Instead, substitute coconut milk, or soak a half-cup of cashews in warm water overnight, and then drain the cashews and blend them into the soup for a creamy texture.



### WINTER MOROCCAN SWEET POTATO TURKEY LENTIL SOUP

#### Ingredients

1.5 lbs Turkey breast  
1 lb sweet potatoes, peeled and cubed into small pieces  
1 c carrots, chopped  
1 c onions, chopped  
1 c celery, chopped  
2 small rutabagas, chopped  
1 cup green or brown lentils  
1½ tsp coriander  
1½ tsp cumin powder  
1 tsp ground cinnamon, AND turmeric  
⅛ teaspoon ground nutmeg  
6-7 cups low sodium broth (vegetable or chicken)  
Optional: 2½ c baby spinach, roughly chopped  
¼ cup lemon juice or lemon wedges for serving

#### Instructions

Place the sweet potatoes, carrots, half the onions, celery, red bell pepper, garlic, lentils, and spices, in pot and sauté for about 3 minutes. Add 6 cups of broth and turn heat to medium. Chop turkey into bite size pieces and brown in a pan with remaining onions. Add turkey and onions to veggies and broth. Add the lentils to the pot and additional broth/ water as needed. Add salt and pepper to taste, serve and enjoy!

**Optional:** Place half the soup into a blender along with a little additional broth (½ cup or so) and blend till mostly smooth. Alternately, you can use an immersion blender directly in the pot but be sure to not blend all of the soup if you want it to have a chunkier texture. Add the puree back to the pot. Stir in the baby spinach and lemon juice. Cover, reduce heat to a simmer, and allow the ingredients to warm as the spinach wilts.

### EASY ARTISAN BREAD

From [spendwithpennies.com/easy-artisan-bread-recipe](http://spendwithpennies.com/easy-artisan-bread-recipe), adapted from BHC 17<sup>th</sup> Edition New Cookbook

#### Ingredients

2½ c all purpose flour  
¼ tsp active dry yeast  
1 tsp salt  
1¼ c very warm water (125°F)  
2 tsp cornmeal (optional)

#### Instructions

Grease a 10-inch cast iron skillet or pan. Sprinkle with 2 tsp of cornmeal and set aside. Whisk flour, yeast and salt in a large bowl. Add the warm water and stir to combine. The dough will be very sticky and wet. Cover the bowl with plastic wrap and let sit at room temperature for 2 hours. Sprinkle the top of the dough flour and rub your hands with flour. Turn the dough onto a floured surface or parchment paper. The dough will be extremely sticky: sprinkle flour on the underside and gently fold in the sides to create a ball (it'll be delicate and a bit flat). Place seam side down in the prepared pan. Dust the top with additional flour if needed and cover with a towel. Let rise 30-90 minutes. \*see note. Preheat the oven to 450°F. Score the bread, about 1/8-inch deep 2-3 times. Fill a baking dish or small pan with about 2-inches of water and place it on the bottom rack of the oven. Add the cast iron pan with the bread to the middle rack of the oven. Bake 24-28 minutes or until golden. Cool on a wire rack before slicing.

#### Notes

**Additions:** Shredded cheese or fresh herbs can be added to the dry ingredients. **Rise Time:** The second rise can range from 30-90 min. A longer rise time will produce a more flavorful bread with a slightly chewier texture. **Dough:** The dough will be very sticky so be sure to flour the outside of the dough before handling it. Handle the dough carefully after it has risen to keep all of the air pockets in the dough intact. **Baking:** Adding water to a pan below the bread adds steam to the oven, making a better crust. **Double up:** This recipe can be doubled and half of the dough can be stored in the fridge for up to 1 week after the first rise. If the dough is chilled, it will need at least 60 min. for the second rise.



**MEMBER PROJECTS**  
*Clockwise from top left: Cathy Baldwin-Johnson, Etta Gamble, Julie Gleason, Kathy Rockey, Charity Lovelace*  
 See more and join the community discussion with questions or projects at [facebook.com/groups/AlaskaSewlutions](https://facebook.com/groups/AlaskaSewlutions)

**2022 CHAPTER ADVISORY BOARD – C.A.B.**

- President: Rae Longbrake, 863-0800, [ralongbrake@gmail.com](mailto:ralongbrake@gmail.com)
- Vice-President & Membership: Teresa Gleason, 244-9611, [tgleason@gci.net](mailto:tgleason@gci.net)
- Secretary: Linda Maclure: 346-1293, [lrm1234@outlook.com](mailto:lrm1234@outlook.com)
- Treasurer: Beverly Holmes, 360-0011, [beverlyholmesak@gmail.com](mailto:beverlyholmesak@gmail.com)
- Retreat Coordinator: Kathy Lunning, 414-9600, [scottandkath@gmail.com](mailto:scottandkath@gmail.com)
- Newsletter: Emily Longbrake, 863-0801, [emilylongbrake@gmail.com](mailto:emilylongbrake@gmail.com)
- Anchorage Group Leader: Ada Gleason, 244-9614, [adaknik@alaska.com](mailto:adaknik@alaska.com)
- Valley Group Leader: Julie Gleason, 244-9610, [Ladyjulia75@gmail.com](mailto:Ladyjulia75@gmail.com)
- Fair Coordinator: Alice Stevens, 862-1662, [akalice49@gmail.com](mailto:akalice49@gmail.com)



**ASG MEMBERSHIP APPLICATION**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Daytime phone number \_\_\_\_\_

E-mail \_\_\_\_\_

How did you hear about ASG? \_\_\_\_\_

**Return to:** American Sewing Guild  
 9660 Hillcroft, Suite 510, Houston, TX 77096

New Member ..... \$50

Junior Member (New and Renewal)  
 to age 17, or age 22 with student ID ..... \$25

Chapter \_\_\_\_\_

ASG Member at Large ..... \$50

Renewal Member ..... \$45  
 (if received before membership expiration date)

Late Renewal ..... \$50

Chapter **EAGLE RIVER, ALASKA**

**Payment**

Check payable to "American Sewing Guild"

MasterCard | Visa | AmEx | Discover

Account#: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ CVV# \_\_\_\_\_

Signature: \_\_\_\_\_