



AVQA News

Antelope Valley Quilt Association

www.AVQA.org email: info@avqa.org

February 2019 Volume 42 Issue 8

FEBRUARY PROGRAM – Sandy Corbin

Make Scrappy Quilts Fresh!



Come join in the fun with Sandy Corbin who will present a lecture, “Make Scrappy Quilts Fresh” on February 14. Sandy started sewing in junior high school, quilting in the 70’s and by the 90’s was obsessed with all things quilting. She gets great joy in sharing her experiences and all she has learned with others who share the same passion for quilting. She is a Quilt in a Day Certified Instructor.

Sandy’s workshop, “I Dreamed I was a Butterfly,” is a new addition to her workshops. It is a butterfly table runner that features a technique called “Invisible Applique.” The pattern is required, but with this pattern you can make a wall hanging, table topper with 4 butterflies, an 18” pillow, or a

table runner with 5 butterflies. Sandy’s website is www.sandycquilts.com.

Sandy’s motto is “Fun & Done.” Come join us for this fun workshop (\$30 payable to AVQA) at 44102 15th Street West, fourth floor conference room 15, Lancaster. The workshop is from 9:00 a.m. - 3:00 p.m. on Saturday February 16th. Doors open at 8:30 a.m. for setup. A “Kathy Katered” lunch is available for \$5.00 (payable to Kathy).



Workshop location is 44105 15th Street West, Lancaster on the fourth floor, conference room 15. It is the four-story medical building that houses Renaissance Imaging; south of the City of Hope. Enter through the door just east of the main entrance, marked “Medical Offices.” Workshops are from 9:00 a.m. - 3:00 p.m., with the doors open at 8:30 for set-up. A “Kathy Katered” lunch will be available for an additional \$5.00, payable to Kathy.

Come join us before the General Meeting for a Meet and Greet with Sandy. We meet at 5:00 at Cali Café at 44140 20th Street West, Lancaster.

Don't forget your nametag!

Guild Information

Next Guild Meeting: Thurs, February 14, 2019

Location: Lancaster United Methodist Church
918 West Ave J, Lancaster, CA

Time: 6:30 p.m. (doors open at 6:00 p.m.)

Next Board Meeting: Tues, February 19, 2019

Location: Bolts in the Bathtub
723 W Lancaster Blvd, Lancaster, CA

Time: 6:30 p.m.

Membership Dues: \$30.00, or \$35.00 if newsletter is delivered by both email and USPS.

AVQA 2018-2019 Executive Board Members

President	Kathy Greene
1 st VPs	Kathy Greene & Coral Brown
2 nd VP	Jamie Harrington
Secretary	Carolyn Lundie
Treasurer	Peggy Vachon
Parliamentarian	Corinne Gurney

AVQA 2018-2019 Committee Chairs

Challenge	Nette Louton & Pat Crook
Door Prizes	VACANT
Fat 1/4 Drawing	Nani Johnson
Friendship Circles	Nette Louton & Pat Crook
Historian	VACANT
Holiday Party	Betty Putzka
Hospitality	Donna Roberts & Frances Harig
Librarian	Corine Cudney
Membership	Pat Crook & Nette Louton
Newsletter	Michele Cameron
Opp Quilt Design	Peggy Vachon
Opp Quilt Promo	Peggy Campbell
Philanthropic	Michele Cameron & Coral Brown
Publicity	Kathy Judkins
Retreats	Betty Putzka
Scholarship	Karen Stocking & Evelyn Tiede
SCCQG Rep	Vicki Brown
Sunshine	Debbie Cowles
Veterans Quilts	VACANT
Web Site	Carol Macke

www.avqa.org

Advertisers! Place an ad in our newsletter and watch your business grow! The AVQA News is delivered to members, guilds, and shops throughout the entire Southern CA area during the first week of the month! Contact Michele Cameron at quiltsnob@hotmail.com.

Advertising Fees for the AVQA News:

Full Page Ad: \$40.00 per month

Half Page Ad: \$20.00 per month

Quarter Page Ad: \$10.00 per month (or 6 mos for \$50)

Business Card Size ad: \$7.50 / month (or 6 mos for \$30)

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Happy February Birthdays!

1 – Carol Macke	17 – Margaret Mientka
9 – Mary Coker	21 – Terri Moss
9 – Jim Roberts	22 – Sue Handley
14 – Sue Hartman	24 – Cheryl Nieman
14 – Linda Johnston	27 – Linda Farrell
16 – Doreen Howden	

If we've missed your birthday, please let the Membership Chair know, and have a great birthday!!!

PRESIDENT'S MESSAGE

A special thanks to Jean Impey for our January "Passions" meeting and an especially fun workshop. Spiderwebs are a unique scrappy pattern; a great way to lessen our scrap stash.

AVQA NEEDS YOU!!

We are fast approaching March when our Nominating Committee will meet and decisions for our upcoming year will be made. There will be at least two positions on the Executive Board that MUST be filled. Our Treasurer, Peggy Vachon, will complete her two-year commitment in June; our Treasurer is a major player in AVQA continuing. Experience with Excel is very helpful in this position. The position of 1st Vice President, the chairman of Programs, also needs to be filled. Selecting upcoming speakers and getting to know them has been a fun, learning experience. With the help of SCCQG's "Meet the Teacher" program in April, selecting these speakers has been made easy.

Other positions we are needing to fill next year are Newsletter and Publicity. Both are vital to AVQA. Michele and Kathy will be happy to show you all the ropes, so you will not be left on your own.

AVQA has a membership of a little over 100, with approximately 30 willing to fill the needed positions. Please give some thought to filling a position that will help AVQA continue to be true to our purpose of being an educational, philanthropic part of our community. If you are interested in filling a position, please contact Corinne Gurney or any board member.

Kathy Greene, AVQA President

AVQA UPCOMING EVENTS

February 14 th	Sandy Corbin/Making Scrappy Quilts Fresh Trunk Show
February 16 th	Sandy Corbin Butterfly Table Runner Workshop
March 14 th	Patchwork Bingo (see important instructions on page 4)
March 16 th	Open Sew/Workshop
April 11 th	Longarm Presentation/Learn how to make quilts ready for quilter.
April 13 th	Open Sew/Workshop
May 9 th	QUILT SHOW PREPARATION
May 11 th	Open Sew/Finish Quilt Show Projects
June 13 th	Norah McMeeking/Trunk Show
June 15 th	Norah McMeeking Workshop/South by Southwest Quilt Top



JLH ACCOUNTING

Financial Accounting
Personal Income Tax
Business Income Tax
(LLC, Corp, Non-Profit)

Implementation of
Accounting Software
Auditing/Bookkeeping

Jamie Harrington
(661) 754-5019
jharrington66@earthlink.net

**WELCOME TO OUR NEW
ADVERTISER!!!**

JLH ACCOUNTING

PATCHWORK BINGO

(Preparation for March Program)

Getting ready for Patchwork Bingo is almost as fun as playing the game since making your game “cards” ahead of time allows you to rediscover many of the great fabrics in your stash. The more cards you make, the more you can play, and the more chances to win. Or if you get carried away making Bingo “cards,” you can share with friends.

GAME CARD INSTRUCTIONS:

Fabrics for 1 (10 ½”) “card”

Each fabric must be chosen from one of the following categories: batik, floral, geometric, heart, leaf, holiday, novelty, paisley, plaid, solid, star, stripe, or 1930’s prints. If you don’t have a category in your stash don’t fret, you will still have good opportunities for a “Bingo”. Use a black print for the free center square. Cut from a 2 ½”-strip or fabric scraps:

- 5 2 ½” squares from assorted yellow and orange prints
- 5 2 ½” squares from assorted red prints
- 5 2 ½” squares from assorted blue prints
- 5 2 ½” squares from assorted green prints
- 4 2 ½” squares from assorted pink and purple prints
- 1 2 ½” square from a black print (for the free center)



BLOCK ASSEMBLY:

1. Join 5 yellow/orange print squares to make one row. In the same manner, make 1 red, 1 blue, and 1 green row.
2. Join two pink/purple squares. Make 2 pink/purple pairs. Join one pink/purple pair to each side of the black square to complete the pink/purple row.
3. Join rows, placing the pink/purple row in the center to complete 1 Patchwork Bingo Game Card Block.

AVQA 2019 UFO CHALLENGE



The UFO challenge is off and running. The first number we picked was 6 (six), so that is the project you should be working on. You will need to bring the completed item to the February meeting as proof it is finished. You will be able to put your name into the drawing for the basket as well as receive a charm. If you cannot be at the meeting, either have someone bring the item for you or contact me before the meeting to make arrangements to show it is completed.

I am willing to let you still turn in a form at the February meeting if you want to take part. That will be your final chance to do it. You do have the advantage of knowing what number is being worked on. The idea is to have as many people as possible taking part in this.

If you need a form, I can email the form to you upon request. It is a Word document. This is a great way to encourage you to complete quilts and have some ready for our quilt show in May. If you have any questions, please let me know.

Corinne Gurney

**AVQA Treasurer's Report
January 18, 2019**

Beginning Balance	Checkbook Balance		\$10,819.54
Expenses			
10-Jan-19	4538 LUMC Jan Meeting Hall	\$120.00	
	4539 Jean Impey Speaker/Workshop	\$1,104.78	
12-Jan-19	Oxford Inn Credit Card for Speaker	\$209.65	
15-Jan-19	4540 Jamie Harrington	\$50.36	
16-Jan-19	4541 Betty Putzka Holiday Party	\$1,061.52	
	4542 Apple B&B Spring Retreat Deposit	\$500.00	
Total Expenses			\$3,046.31
Income			
17-Dec-18	Square Transaction from Vendor	\$578.85	
19-Dec-18	Correction on Deposit	\$10.00	
	Calico Mermaid 5% of sales from AVQA		
18-Jan-19	Members	\$30.33	
	Jazz Machine Ticket Sales	\$55.00	
	Opp Quilt Ticket Sales	\$180.00	
	Holiday Party	\$280.00	
	Quilt In a Day Travel	\$475.00	
	Vendors 250 + 75	\$325.00	
	Spring Retreat	\$1,640.00	
Total Income			\$3,574.18
Current Balance			\$11,347.41
Business Money Max		\$16,796.20	
	Interest Payment	\$2.57	<u>\$16,798.68</u>
Grand Total			<u>\$28,148.66</u>

HAVE YOU SOLD YOUR OPPORTUNITY QUILT TICKETS YET?



Peggy Campbell is looking for guild members who are willing to take the opportunity quilt and Jazz sewing machine to different events and sell tickets. Please let her know if you can help out!

AVQA General Meeting Minutes

January 10, 2019

The regular general monthly meeting of the Antelope Valley Quilt Association was called to order on January 10, 2019, at 6:35 pm, President Kathy Greene being in the chair and Carolyn Lundie acting as secretary.

Kathy Greene reminded all to turn off cell phones and place purses and bags under chairs and to put away chairs after the meeting. Keep walkways clear.

Minutes: The minutes of the November meeting were approved as published in the December newsletter. Motion proposed by Lynn Aguirre and seconded by Cheryl Nieman. Motion passed

Treasurer's Report: The Treasurer's reports for November and December were approved as published in the January newsletter. Motion proposed by Yvonne Rodriguez and seconded by Stephanie Shuping. Motion passed.

FREE TABLE: If you bring an item for the free table, check back at the end of the evening to collect any items left on the table. Please make a donation if you feel you got some great items. The funds are used to buy gifts for the membership drawings.

The next **board meeting** is **January 15 at Bolts in the Bathtub** at 6:30 pm. Everyone is welcome. Please come to see how the guild is run.

President Kathy Greene announced that the Treasurer is unable to make the meeting and those needing a check should contact Kathy Greene.

1st Vice President Kathy Greene announced the upcoming events. Tonight's program is Jean Impey with her Passion Trunk Show and her workshop Spider Webs on Saturday, January 12. **February** will be Sandy Corbin/Butterfly Workshop with invisible machine applique; **March** - Patchwork Bingo/Open Sew Workshop; **April** - Preparation of Quilts for Long arm Quilting/Open Sew Workshop; **May** - Quilt show Preparation/Open Sew Workshop; **June** -Norah McMeeking/South by Southwest Quilt Top Workshop. Coral Brown showed examples of the Spider Web and Butterfly block.

Kathy described how to make a Patchwork Bingo Card and indicated directions are in the newsletter.

2nd Vice President (Jamie Harrington) stated a need for Committee Chairs for White Glove, Raffle Baskets, and Make and Take. Two vendors paid for 10'x30' spaces. Please give suggestions for other vendors to Jamie.



Publicity (Kathy Judkins) Please take some quilt show bookmarks with you tonight to distribute to your friends, family, doctors, dentists, schools, church, and businesses you patronize. Also, please use social media to get out the word about the quilt show.

Spring Quilt Retreat (Betty Putzka) Sign-ups and a \$100 deposit are due tonight. Monday, April 15-17, 2019 are the dates. The location is Apples Bed and Breakfast in Big Bear. We'll have 3 classrooms and breakfast and afternoon snacks. Each person will have 2 tables with a lamp, chair, trash bag and drink holder.

Opportunity Quilt 2018-19 (Peggy Campbell) Peggy reminded everyone that By-Laws state that members are required to buy \$20 of Opportunity Quilt Tickets. The Op. Quilt fits a queen-sized bed. Al's Vac and Sew donated a BabyLock Jazz Machine with many attachments. Pick up your tickets from Peggy. March 9th, Michele Cameron will take the Op. Quilt to the Ridgecrest Quilt show. Currently, sales for the Op. quilt are \$1000 and \$200 for the sewing machine. A 'Thank You' to Janet Knoblock for getting the Op. quilt into the craft show at Mayflower Gardens.

Parliamentarian/Travel (Corinne Gurney): Corinne needs nominations for officers for the coming year. Voting is in April. The 'Quilt In a Day' trip is Thursday, March 21 and the cost is \$25. Twenty-four have signed up. Please sign up if you're willing to drive. The Hoffman tour is free and on Friday, April 5, but limited to 50 people. Eighteen have signed up.

She is opening the road trip to friends, not just members. Sign up by the March meeting. Both tours start at 10:00 am.

UFO Challenge (Corinne Gurney) She stated the UFO challenge cost is \$5 and the form should be returned this meeting. The first challenge number is 6.

Librarian/Block of the Quarter (Corine Cudney) She showed the new Snow Flake block and the colors are black and white. Get your directions from her at break.



Membership (Pat Crook) Sixty-one members attended with 9 visitors. Visitors are Faith Harmon, Kathy Ragan, Leni Whisenand, Ronie Perea, Carolyn Stromple, Joan Tyler, Jennifer Anesetti, Alba Grady and Mary Horten. Winners of the membership drawing are Dorothy Bargainer and Corinne Gurney. Harriett Spann and Pat Crook won the Road to CA passes.

Fat Quarter (Nani Johnson) The winner was Cheryl Young. The fabric color for February is green.

Philanthropic (Michele Cameron) Michele showed a quilt made from the blocks people have been donating. She provides a 6 ½ inch center and participants sew a 2 ½ inch frame. Kits are made up and ready to take home. She reminded everyone that Philanthropic Sewing is the first Saturday of each month at Harshfield Terrace in Quartz Hill from 9 a.m. to 3 p.m.

Philanthropic winner was Maralyne Ullerich.

Road2CA Quilt Show Attendance Challenge: Check in at the Q.S. Attendance booth at Road2Ca and show your membership card and/or roster and the guild gets credit for your attendance. The guild with the highest number in attendance and the guild with the highest percentage of membership will get a \$500 prize. I will send out a guild-wide email and post on the AVQA Facebook with details once received.

Jamie Harrington announced the **Quilt Show Meeting** on January 29th at her house.

Show and Share

Speaker: Kathy Greene introduced Jean Impey and her Passion Trunk Show.

Meeting Adjourned: 8:54 pm.

Draft for Approval
Submitted by Carolyn Lundie, Secretary

AVQA Board Meeting Minutes

January 15, 2019

Attendees: Coral Brown, Kathy Greene, Corinne Gurney, Jamie Harrington, Kathy Judkins, Carolyn Lundie, and Peggy Vachon

The regular board meeting of the AVQA was called to order at Bolts in the Bathtub on January 15, 2019 at 6:38 pm, President Kathy Greene being in the chair and Carolyn Lundie acting as secretary.

Minutes: The minutes of the November Board Meeting were approved as published in the December newsletter. Motion proposed by Jamie Harrington and seconded by Corinne Gurney. Motion passed.

President Kathy Greene announced that all is well.

Treasurer Peggy Vachon apologized for missing the General Meeting. She will pay for the Quilt Show venue in April.

Programs Co-Chair Coral Brown reported upcoming events were the same as reported at the January General meeting.

2nd VP (Ways and Means) Jamie Harrington: She has a new vendor, Creations by Chris from Idyllwild, CA. She hasn't heard from Dragonfly Dyeworks. McKnits' owner has said she's coming, but hasn't sent in the form. Quilt Show meeting is on the 29th of January at 6:30. The venue may change. Jamie needs these chairpersons for the quilt show: Set-up and Breakdown of the quilt show, transporting quilt racks, Security, White glove, Make and Take and Raffle Baskets. Jamie may not be at the next General Meeting due to a surgery. Corinne Gurney is Auction Chair. Sue Jacobsen will do the Excel spreadsheets for

quilt entries. There will be 24-hour security. Jamie requests that all Friendship Groups donate a Raffle Basket. Karen Stocking is chairperson for the Boutique. A-1 Awards is going out of business and Jamie will try to get ribbons from the owner. Nette Louton and Pat Crook are doing admissions.

Discussion ensued whether vendors should be charged more for using the Square to pay for their space at the Quilt Show, as there is a large fee charged to the guild. No decision was reached.

Kathy Judkins responded to a question and stated that every vendor donates towards a raffle basket.

Jamie Harrington stated that she would call on April 1st regarding payment to the Fairgrounds for the quilt show.

Parliamentarian Corinne Gurney reported that she needs nominations for Treasurer and 1st Vice President for 2019-20. Jamie Harrington will be board representative for the Nominating Committee.

Travel/UFO Challenge Corinne Gurney Thirty-two members paid (\$25) for the Quilt in a Day trip and 36 are signed up for the free Hoffman Fabrics tour.

People who complete their monthly UFO Challenge will receive a small recognition gift and their name will be entered into a drawing for a basket at the end of the Challenge.

Publicity Kathy Judkins called Lancaster City Hall for the regulations regarding posting advertising signs within city limits. Signs can be posted on private property as large as 16 square feet for up to 90 days. It was decided that some of the campaign yard signs were too small for our needs. Kathy will continue to research the cost and type of signs for advertising the quilt show. She needs to know how many members need signs for themselves and friends.

Opportunity Quilt 2019-20 Peggy Vachon has enough strips for the quilt and showed some of the finished applique blocks.

Meeting adjourned at 7:34 pm.

Draft for Approval
Submitted by Carolyn Lundie, Secretary

Announcements:

Fat Quarter Drawing



Cheryl Young won the fat quarter drawing in January. For the next meeting, please bring **GREEN QUILT SHOP QUALITY** fat quarters! Limit is 5 per person.

Hospitality - Food & Beverages

Members with last names starting with **J-O** are kindly asked to bring a snack for the meeting. Small bottles of water are welcome.



Nominating Committee Time

It is that time again for the nominating committee to form to decide on a ballot for the Executive Board for our next fiscal year. If you would like to be on the nominating committee, please let me know. If you are interested in any of the Executive Board positions or would like to recommend someone, let me know. Our guild cannot function without a Board to take care of the business part of it. We cannot have a guild without people willing to put their time into it, so please consider a position, especially if you are asked to fill one.

Corinne Gurney, Parliamentarian

Newsletter



We are looking for a new Newsletter Editor. One person can do both the newsletter and distribution, but it has been very nice having a distribution person to help out. So 1 or 2 people are needed before July to ensure that the newsletter continues to go out to the membership.

Please send newsletter submissions to this email: quiltsnob@hotmail.com. Deadline for next month is

Sunday, 24th of February

Bolts in the Bathtub

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Philanthropic



guild to do at least 1 philanthropic project in 2019.

We are still collecting 10" kids' blocks. I will have more 6.5" blocks for folks to take and sew. If you have some scraps at home, we would appreciate any donations. Just take a 6.5" novelty block and border it with any color 2.5" strips. We will trim down to 10".

Everyone is welcome to join in for Philanthropic sewing day on Saturday, 2 March, 9.a.m to 3 p.m. at Harshfield Terrace. Let us know if you are coming to the meeting as the building has an entry code.

Michele & Coral, Philanthropic

Quilt Show

The quilt show meeting is being moved from Tuesday, Jan 29th to Tuesday, Feb 5th at Jamie Harrington's house at 6:30 pm.

The meeting is open to everyone. We still need chairmen for (1) Quilt Show Set-up and Take-down, (2) Raffle Baskets, and (3) Make and Take Workshops.

We also need someone with a truck to pick up quilt racks from storage before the quilt show and return the racks to the shed after the show. If you can do this, or you know someone who can, please let Jamie know.

The quilt show will be upon us pretty soon. Calling all members! We need quilts for the show. We need your talent. It is not too late to start a quilt and finish UFO's. We are also featuring wearable art (jackets, vests, clothing outfits, anything quilt related), home décor, purses, totes, beach bags, etc.



Quilt auctions are planned for Saturday and Sunday. You can start and finish auction items. Anything is welcome for the auction. The items do not have to be finished. Examples: quilt kits, quilt tops, and UFO's in a box. Everything will be welcomed.

Boutique and Quilted Treasures – You are invited to make items for sale at the Boutique. A percentage of the proceeds will go to you and to the guild. Quilted Treasures are donated items from you, and all proceeds will go the Guild.

Friendship Circles – Please donate a BASKET for the basket raffles at the quilt show. Just pick a theme, have everyone in your circle donate items, and fill up the basket with your theme items. You will need to make a list of the items in the basket.

Jamie Harrington, 2nd VP

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Travel

We are coming close to our visit with Eleanor Burns at the [Quilt in a Day](#) store in San Marcos on Thursday, March 21, 2019. She will do a special show just for our guild. The cost is \$25.00, and you need to provide your own transportation. Eleanor will do a special program based on her 40th year in the quilting business. She also has a new book called *Forty Fabulous Years*. The program will highlight her new book and all she has done for the quilting community. After the program there will be a catered lunch in the classroom to provide you with the opportunity to get autographs, take pictures and to get to know Eleanor. After lunch, you will have the chance to shop in the store. All attendees will receive a 10% discount as well as shop the sales room. Sign-ups are filling up fast, so if you plan to go and have not signed up yet, please do so by the February meeting. Some people have signed up but haven't paid yet, so please make sure to do that also. We want to fill the room, so I encourage everyone to go. She puts on a really great show. This is great opportunity to invite friends that might be interested in joining the guild to let them know how much fun we have.

Our next travel opportunity is a tour at the Hoffman Fabrics facility in Orange County on Thursday, April 5, 2019. This tour is free but only open to 50 people. At this time, I only have 13 spaces left, so if you plan to go and haven't signed up yet, please do so soon. After the 50 slots are taken, we will have a waiting list. This will also be an activity to set up a car pool since you need to provide your own transportation. We will now accept sign-ups from people who are not part of the guild.

Corrine Gurney - Travel

Upcoming Quilt & Craft Show

Bring Your Friends & Family for A Great Time!

Quilt, Craft & Sewing Festival

Pomona, CA - February 21 - 23, 2019

SHOW OPENS IN 4 WEEKS - MARK YOUR CALENDAR!

\$500 CASH GIVEN DAILY

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Bigger, Better & More Creative than ever!

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LOTS OF EXCITING NEW BOOTHS!

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Thurs & Fri 10 am - 5 pm, Sat 10 am - 4 pm

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FREE ADMISSION - NO COUPON NEEDED

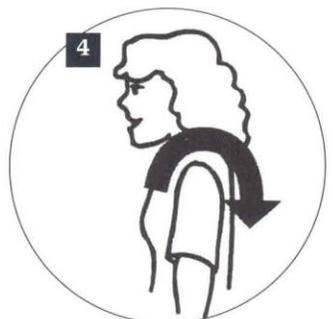
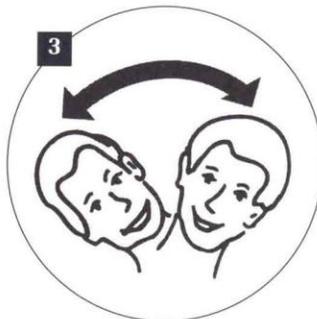
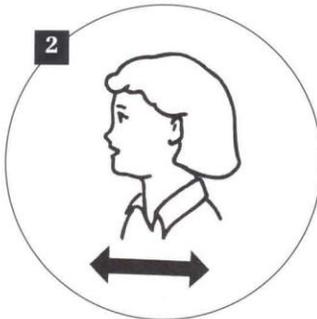
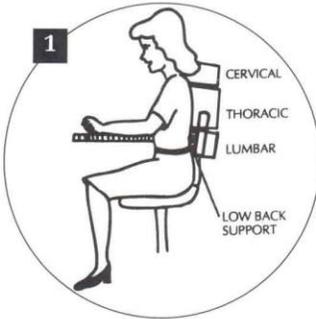
Member Submission

Free to a good home. 6-year-old indoor female cat needs a forever home. Her owner passed away, and this beautiful girl is looking for a new owner. Please contact me if interested. My number is in the Guild roster.

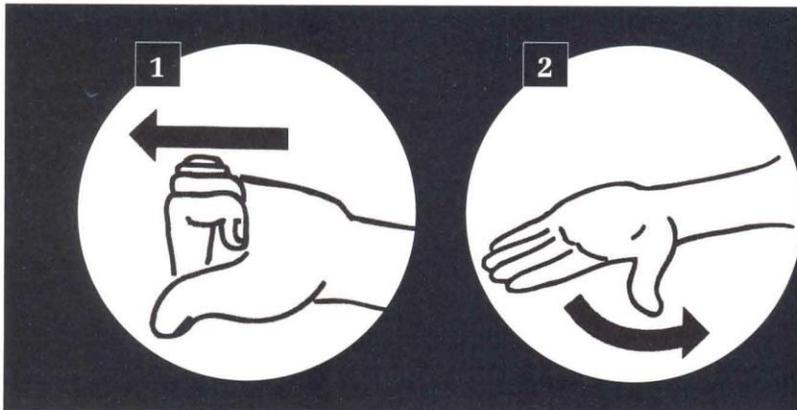
Fran Bianchi



Ten Exercises for Quiltmakers



GOOD SITTING POSTURE – Good sitting posture allows your back to do its job of supporting you. Your goal is to keep the three natural curves of your spine in their normal, balanced alignment (1). **NECK RETRACTION** – To realign your cervical curve, slide your chin straight back keeping your head and ears level. You should feel like you have a double chin. Repeat 5-10 times, several times throughout the day (2). **NECK STRETCH** – To release muscle tension in your neck, try to touch your ear to your shoulder. Be sure to keep your nose pointing forward and move slowly. Repeat 5-10 times, several times during the day (3). **SHOULDER CIRCLES** – To release muscle tension in your neck, shoulders, and upper back, circle your shoulders backward in a wide arc. Make several circles then relax. Repeat 5-10 times throughout the day (4).



ELBOW PRESS – To release muscle tension in your middle back, bring your elbows out to the side at chest height. Press them gently backward, hesitate a moment, then release. Repeat 5-10 times, several times throughout the day or whenever you feel stiff or tired (5). **MIDDLE BACK STRETCH** – To realign your thoracic curve, bend both elbows and press one arm above you and the other behind you. Repeat 5-10 times, several times throughout the day (6). **ABDOMINAL STRENGTHENER** – Strong abdominal muscles will help support your lower back and keep it aligned. Sit with your buttocks firmly against the back of your chair and exhale and tighten your abdominal muscles for a count of 10. Release and repeat 5-10 times, several times during the day (7). **BACKWARD BEND** – To reverse the slouch curve and release muscle tension in your lower back, stand up, press your palms on your lower back for support, and gently bend your upper and lower back backward. Hesitate a moment, then release. Repeat 5-10 times, several times a day.

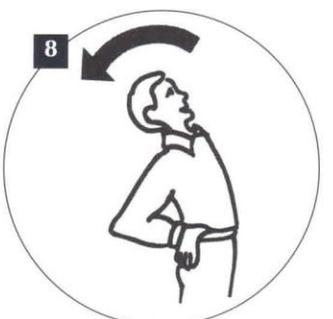
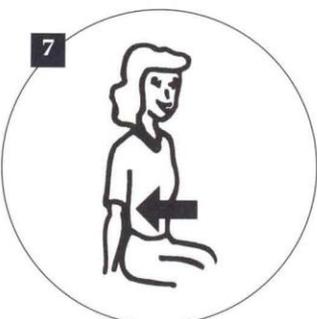
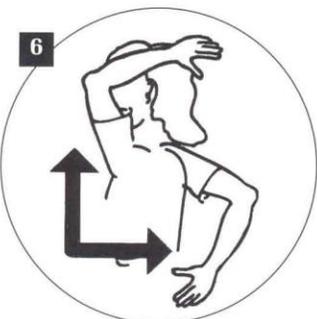
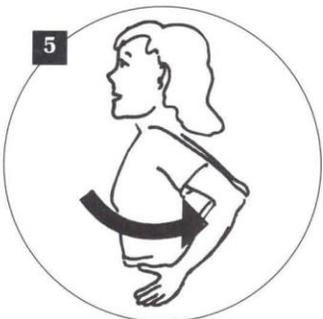
Certain repetitive hand activities may put you at a higher risk for developing a variety of wrist problems. By learning how to modify how you use your hands, you may be able to reduce the risk.

- Keep your wrist in neutral. Avoid using your wrist in a bent or twisted position for long periods of time. Try to maintain your wrist in a neutral (straight) position.

- Rest your hands. Periodically give your hands a break by letting them rest briefly. You may be able to alternate easy and hard tasks, switch hands, or rotate activities.

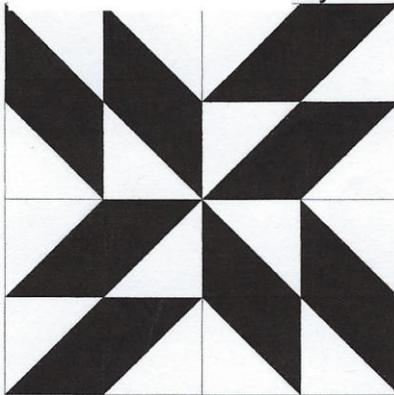
GRIPPING – To release muscle tension in your hands, slowly make a fist then stretch your fingers out straight while spreading your fingers. Hold this position for a second then relax. Repeat 5-10 times, several times during the day (1).

THUMB STRETCH – To release muscle tension in your thumbs, stretch your thumb out to the side gently pulling on it with your opposite hand. Hold it in a stretched position for a count of 3, then release. Repeat 5-10 times, several times during the day (2).



Snow Flake Block

Presented at the January 2019 Meeting
Due March 2019 AVQA Meeting
Finished Block: 12 inches x 12 inches



This block is made up of 32 pieces but is very simple if you take your time.

Cutting Instructions

Black: Cut eight 3-7/8" by 3-7/8" squares and cut them on the diagonal to get sixteen triangles.

White: Cut eight 3-7/8" by 3-7/8" squares and cut them on the diagonal to get sixteen triangles.

How to put this block together

I started by drawing lines within the block to make sixteen blocks so that I can see how to put this block together.

1. First, I chained sewed one black to a white forming a new square with all my triangles.
2. Next, I pressed out the squares to the dark side.
3. Then I formed the block.
4. Next I sewed the top row together pressing the seams to the right.
5. Sew the second row and press the seams to the left.
6. Sew the third row together and press the seams the right.
7. Now sew the fourth row together and press the seams to the left.
8. Now take the first and the second rows and sew them together. You should find the seams will snuggle together nicely, making straight lines.
9. Now do the same with the third and fourth rows. You should find the seams will snuggle together nicely, making straight lines as well.
10. Finally, the last step, sew the first two rows to the third and fourth rows. The seams will snuggle together nicely making straight lines as will. Warning: Do not get the rows reversed or you and your seam ripper will get well acquainted.

Have fun!