



AVQA News

Antelope Valley Quilt Association

December 2011 Volume 35 Issue 6

www.avqa.org



Holiday Party

We have reservations for December 8, 2011 at the Greenhouse Cafe in Lancaster. There will be seating for 50 - 60 guests. It will be held from 6:00 pm - 9:00 pm. The cost is \$21.00 per person which includes dinner with dessert and door prizes! The menu includes: 3 of Signature Pastas, 2 salads, French bread & butter, soft drinks, tea & coffee and of course, dessert. All payments are due by Dec 3rd mail a check to: Ku'ulei Arredondo PO Box 265, Pearblossom, CA 93553. Please call me at 661-944-9075, if you are mailing a payment and I will have your ticket at the door.

No tickets will be sold at the door.

We will be playing games so please bring 3 fat quarters: one batik, one black & white and one holiday. If you have any questions, please call me.

~~ Ku'ulei Arredondo

CANNED FOOD DRIVE CONTINUES

The Salvation Army thanks those who brought canned goods to the November meeting. They are very grateful for our participation in their canned food drive. I will continue taking canned food donations on behalf of the Salvation Army at the Holiday Party.

~~ See you at the Holiday Party, Deana Mullins

Guild Information

Next Guild Meeting: Thursday, December 8, 2011
 Location: **Greenhouse Café, 1169 Commerce Center Drive, Lancaster @ 6:00 PM**

Next Board Meeting: NO DECEMBER BOARD MEETING

Membership Dues 2011/12

Regular Dues: \$30.00

If newsletter is received by **both** email and USPS: \$35.00

AVOA 2011-2012 Executive Board Members

President	Jamie Harrington	256-1548
1 st VP	Corinne Gurney	267-2970
2 nd VP	Sandy Huszar	264-4441
Secretary	Kathy Judkins & Sue Hartman	266-9048 947-9736
Treasurer	Tammy Boyd	942-0277
Parliamentarian	Sandy Smith	948-3035

AVOA 2011-2012 Committee Chairs

Friendship Circles	Karen Stenback	951-3851
Historian	Sandy Ray	943-9328
Hospitality	Donna Longobardi	948-3364
Librarian	Corine Cudney	722-9381
Membership	Michelle Johnston & Sandy Jo Ellis	274-9020 285-5978
Newsletter	Michelle Johnston	274-9020
Opp Quilt Design 2011/2012	Sandy Jo Ellis & Kathy Judkins	285-5978 266-9048
Opp Quilt Design 2012/2013	Corinne Gurney & Mary Brewer	267-2970 947-9784
Opp Quilt Promo	Sandy Jo Ellis	285-5978
Philanthropic	Lucille Bell	435-5972
Publicity	(vacant)	
Retreats	Patti Keene	949-0944
Roster	Michelle Johnston	274-9020
Veterans' Quilts	Betty Putzka	947-0979
Web Site	Sue Jacobsen	946-2201

AVOA 2011-2012 Additional Key Positions

Challenge	Sandy Huszar	264-4441
Sunshine	Joe Filich	942-4138
Holiday Party	Ku'ulei Arredondo	944-9075
SCCQG Rep	Vicki Brown	269-8144
Door Prizes	(vacant)	

Advertisers! Place an ad in our newsletter. The AVQA News is posted on our website & delivered to guild members throughout the Southern California area during the first week of every month which provides a broad base of coverage for your business. Please contact Michelle Johnston at 661-274-9020 or jolly@qnet.com.

2011-12 Advertising Fees:

Full Page Ad:	\$40 per month
1/2 Page Ad:	\$20 per month
1/4 Page Ad:	\$10 per month or 6 months for \$50
Business Card Size Ad:	\$7.50 per month or 6 months for \$30



Hospitality:

No snacks or drinks required for the December meeting. We'll see you at the Holiday Party!!!

~~Thanks, Sew n Sews Friendship Group

President's Message

I really enjoyed Christmas Roundabout for quick holiday gifts presented by our guild members. The How-To-Do booklet will come in handy for written instructions and pictures on each method. I would like to thank Cheryl Nieman, Sandy Huszar, Corinne Gurney and Joe Filich for great lessons.

We have a wonderful holiday party coming up in December at the Greenhouse Café.

I would like to wish everyone a Happy Holiday Season.

See you at the Holiday Party - *Jamie*

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Veterans Workshop: December's Veterans workshop is canceled for the holidays. I am sure everyone has lots to do to get ready for the Christmas festivities, so I am giving you a breather. We will be back at Bolts in the Bathtub on January 3, 2012. Yikes that doesn't seem possible that it is coming that quick. I want to thank everyone who donated to the cause of the Veterans quilts at the guild meeting. There was a total of \$116.25 in the basket when I went home. THANK YOU!!!!!! Now we have enough for another roll of batting. That along with our \$50 budget will almost buy a roll of batting, I hope. I haven't checked the prices since the cotton went up in price. Time will tell. Happy Holidays in December. See you in January.

~~ Betty Putzka



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NOTIONS • PATTERNS

Block Party - The library's Block Party is here!!! The rules are simple. You may work up the block as many times as you would like, and each block will enter you to win all the blocks, i.e., one block will give you one chance; five blocks will give you five chances to win. You can find the block's instructions on the web site, in your newsletter and on the librarian's table - at least until we run out of them. It is designed to be friendly for the beginner, fun for the intermediate and fearless for the advanced quilter. So please rustle through your fabrics and have an evening full of fun.

Due to the joyful holiday party the current block party will be due during the January's meeting. I hope you are having fun with this project and I am looking forward to seeing your results.

~~ Corine Cudney, Librarian



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 Saturday 10 am - 2 pm

Membership: We had 52 members and and one new member in attendance for the November meeting. And if we don't see you at the Holiday Party, have a wonderful holiday season!

~~ Michelle Johnston and Sandy Jo Ellis

AVQA PROGRAM CALENDAR

December 8, 2011	Holiday Party
January 12, 2012	Margaret Tate – “Inspirations from Fabric
January 14, 2012	Workshop – Simplified Appliqué
February 9, 2012	Breast Cancer Awareness
February 11, 2012	Workshop – Artful Bra
March 8, 2012	Lyn Mann, <i>website - http://quiltsbylyn.com/</i>
March 10, 2012	Workshop – Happy Birthday
April 12, 2012	Don Beld – Quilts of the Civil War
June 14, 2012	Sylvia Q. Davis – A Quirky Quilter’s Alphabet
June 16, 2012	Workshop – Grandma’s Puzzle Quilt www.easysite.com/SylviaQuilts

2012-13 Opportunity Crazy Quilt Blocks

You didn't have to give up your precious Friday November 11 and Sunday November 13 afternoon to work on a project for the AVQA guild. It was fun and everyone who didn't come is going to be so jealous when they see your efforts. Cheerful, enthusiastic and uncomplaining loaded down with sewing machines, extension cords and bottles of water you came to help make the 13" blocks for our 2012-13 Crazy Quilt Opportunity Quilt. I only had to clean the space and put out a few snacks. The blocks are all different and all beautiful. (18 blocks completed so far and on my wall) 12 people came on Friday and 10 people came on Sunday. The crazy quilt block creators are: Betty Putzka, Donna Tinder, Vicki Brown, Michelle Johnston, Kathy Judkins, Linda Lowe, Sandy Jo Ellis, Fran Bianchi, Pauline Brown, Dorothy McCoy, Edie Jones, Rosie Cuervas, Karen Picard, Patti Keene, Susan Chase, Lisa McCurdy, Maggi Weitzel, Corrine Gurney, Kim Mardrossian and Mary Brewer. Corrine and I are so grateful. Thank you again for making this such a fun project.

~~ Love, Mary Brewer

Upcoming Quilting Events

December 3 18th Annual Wrightwood Holiday Home Tour and Boutique, Wrightwood Community Building 1275 State Hwy 2 (between Park Drive & Pine Street), Wrightwood, CA. Admission \$15, Saturday 11-4.

January 16 - 22 Road to California at the Ontario Convention Center, Ontario, CA. Admission is \$10 or Unlimited Admission is \$25, Thursday - Saturday, 9:30-6, Sunday 10-3:30. FMI: www.road2ca.com.

February 18 & 19 South Bay Quilters Guild Annual Quilt Show at the Torrance Cultural Art Center, Madrona and Torrance Blvd., Torrance, CA. Saturday, 10-5, Sunday 10-4.

March 3 & 4 The Friendship Square Quilt Guild presents "A Garden of Friendship Quilts" at the La Habra Community Center located at 101 W. La Habra Blvd., La Habra, CA. Admission \$6, Saturday 10-5, Sunday 10-4. FMI: www.fsqq.org.

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**Note from the Librarian** - Just a reminder that the entire library catalog is now available to you on the guild's website at <http://www.avqa.org>. I want to give a big thank you to Sue Jacobson who reworked the library's part of the website. Now when you go to the club's home page and click on the orange rectangle titled "Library" which is found on the third line from the top of the page (another one is found at the bottom) this will take you to a brand new page. This contains three pictures of books, some of which the library has. Then you have three options:

Library Books and Videos-Sort by Author

Library Books and Videos-Sort by Title

Library Books and Videos-Sort by Category

Choose one and enjoy your browse.

If you find a book that you might enjoy just call me, but please keep in mind that I may need a few days to fetch it.

Remember our library has many items to share, so when you borrow materials from it we do need them back. Please return your items, or call me for an extension, so we both remember what has been borrowed.

~~ Corine Cudney, Librarian

**Antelope Valley Quilt Association  
General Meeting Minutes - November 10, 2011**

**President** Jamie Harrington brought the meeting to order at 6:35 p.m.

Motion to approve the October guild meeting minutes was made by Joe Filich and seconded by Pat Stauning. Minutes were approved as published in the November newsletter.

Jamie asked if there was a friendship circle who would bring the door prizes in January.

Pat Stauning introduced Teresa Soos, the winner of AVQA's scholarship for a continuing student, who thanked the guild for the scholarship. Teresa told us that she is a full-time student and student worker at Antelope Valley College. She talked about her college expenses, saying, "Dreams are expensive." She also thanked the membership for taking an interest in college students.

**1st V.P. - Programs** Corinne Gurney reminded everyone to buy tickets for the door prize baskets. She talked about upcoming programs. The holiday party is next month. Marguarette Tate will speak in January on "Inspirations from Fabric." Her workshop will be on simplified applique. Corinne described Tate's work as "incredible." In February we will have a program on breast cancer awareness to coincide with Sandy Huszar's decorated bra workshop. Lyn Mann will speak in March and teach a workshop called "Happy Birthday," in which students will design quilts to go with their birthdays. Don Beld will give his lecture, "Quilts of the Civil War," at the April meeting. The AVQA quilt show will be the focus of the May meeting. Sylvia Q. Davis will present "Grandma's Puzzle Quilt" in June.

**2nd V.P. - Quilt Show** Sandy Huszar said she is getting letters out to vendors. In February she will lead a workshop at Sierra Toyota on decorating bras for the quilt show challenge.

**Treasurer** Tammy Boyd gave the Treasurer's report.

**Friendship Circle chairman** Karen Stenback talked about friendship circles and invited members, new or otherwise, to sign up for one.

**Librarian** Corine Cudney talked about the block party. She has handouts with directions, and instructions are also in the newsletter and on the web.

**Membership chairman** Michelle Johnston announced attendance and new members and conducted the name tag drawing.

**Opportunity Quilt chairman** Sandy Jo Ellis said she has opportunity quilt tickets for those who haven't picked theirs up yet.

**Retreat chairman** Patti Keene said there will be an in-town retreat at Sierra Toyota on Saturday. Attendees can sew whatever they want. Cost is \$5.00 and hours are 9:00 a.m. to 5:00 p.m. The spring retreat will be April 13-16, 2012, at Saylor's Sandcastle. Cost is \$255. The fall retreat will be at Mary and Joseph Retreat Center in Rancho Palos Verdes, November 2-5.

**Quilting for Veterans chairman** Betty Putzka showed quilts the group has made and asked for donations to buy batting and to pay for shipping the quilts to Landstuhl Hospital in Germany. The group meets the first Tuesday of each month at Bolts in the Bathtub. However, they will skip December and meet again in January.

**Sunshine chairman** Joe Filich said it was good to see Kay Hague recovered and at the meeting.

**Holiday Party chairman** Ku'u'lei Arredondo said the holiday party is December 8 at Greenhouse Cafe in Lancaster. Those coming to the party are asked to bring 3 fat quarters to be used as prizes for games, and to wear name tags. No tickets will be sold at the door.

**Opportunity Quilt 2012-13 Design co-chairman** Mary Brewer talked about the crazy quilt embellishment workshop and asked people to sign up to come to her house to make a crazy quilt block on Friday or Sunday.

Jamie Harrington called attention to the Bakersfield guild's opportunity quilt displayed at the back of the room. Eve Hall was selling tickets for it.

**Fat Quarter Drawing** held by Joe Filich. The winner chose red as the fat quarter color for January.

## Show and Share

- Maggi Weitzel showed a quilt she made from a kit (she generally never buys kits, but she liked this one). She also showed quilts she made from scraps from the Veterans' Quilting workshops. Maggie calls the quilts "mudpies."
- Karen Stenback showed a Christmas tree she made.
- Jamie Harrington showed a VW bug quilt she's making for her husband.
- Michele L'Heureux showed the needlecase she made at last month's embellishing workshop and a raffle quilt made by a quilting group she belongs to at work.

Jamie reminded board members that the board meeting will be Tuesday at Bolts.

## Break

### Door Prize Drawing

Joe Filich, Cheryl Neiman, Sandy Huszar, and Corinne Gurney demonstrated projects to make for holiday gifts in the "AVQA Christmas Roundabout."

Meeting was adjourned at 8:32 p.m.

~~ Respectfully submitted, Kathy Judkins

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## Antelope Valley Quilt Association Board Meeting Minutes - November 15, 2011

**President** Jamie Harrington called the meeting to order at 6:35 p.m. Board members in attendance were Jamie Harrington, Corinne Gurney, Tammy Boyd, Kathy Judkins, Sue Hartman, Michelle Johnston, Sandy Jo Ellis, Patti Keene, Corine Cudney, Sandra Ray.

Jamie asked if there were corrections or additions to the October board meeting minutes. The minutes were approved as printed in the November newsletter. Jamie reminded the board that there would not be a meeting in December, just the Christmas party. She said Sandy Huszar was not at the meeting because she had been at the crafts show at Edwards.

**1st Vice-President - Programs** Corinne Gurney asked about charging for Sandy's workshop on bra decorating. She said we will need to pay for rental of tables and chairs, so she suggested that a nominal charge would be appropriate. She asked about the front-page programs article in the newsletter. Michelle will use the article that Ku'ulei has submitted for the October and November issues of the newsletter. Corinne said that the first workshops to make crazy quilt blocks had been held. The goal is to have embellished blocks returned in March.

**Retreat chairman** Patti Keene said the spring retreat is full. The fall retreat at Mary and Joseph Retreat Center will be held November 2-5.

**Treasurer** Tammy Boyd reported that we have \$22,000 in the bank. She said that Sam's Club has money to give away to non-profit organizations, so she will submit a request for \$1,000 to pay for batting and shipping for the quilts for veterans. (She will check with Betty Putzka first.)

**Librarian and Block of the Month chairman** Corine Cudney said she had asked two quilt shops for donations and had received a \$20 gift certificate from Quilt 'n Things.

**Opportunity Quilt 2011-12 Promotion chairman** Sandy Jo Ellis is lining up places to take the quilt and is waiting to hear back from two of the guilds.

**Membership chairman and Newsletter chairman** Michelle Johnston said there were 51 members present at the November meeting and we now have 113 members. We had one new member and one renewal at the last meeting. The newsletter deadline is Friday at midnight.

Meeting was adjourned at 7:02 p.m.

~~ Respectfully submitted, Kathy Judkins

## Scrap - Basket Surprises

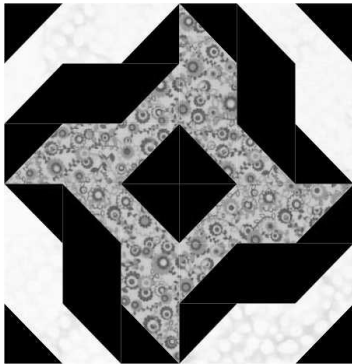
Book by Kim Brackett

Belize quilt pattern taken from pages 48-50

Presented at the October 2011 AVQA Meeting

**Due January 2012 AVQA Meeting**

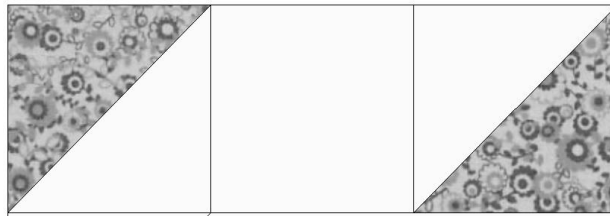
**Finished Block: 12-1/2" by 12-1/2"**



This block is made up of 2 1/2 inch strips cut from selvage to selvage.

- 1) Cut 3 strips of solid black, one strip of white and one strip of medium flowered fabric.
- 2) From the black strips you will need **16** 2 1/2 by 2 1/2 squares and **4** 6 1/2 by 2 1/2 rectangles.
- 3) From the white you will need **4** 2 1/2 by 2 1/2 squares and **4** 6 1/2 by 2 1/2 rectangles.
- 4) From the medium flowered fabric you will need **4** 2 1/2 by 2 1/2 squares and **4** 6 1/2 by 2 1/2 rectangles.

**To make this block you only need to make this strip block 12 times!!!**



Iron all the squares in half on the diagonal to mark your stitch lines.

- 1) Strip 1 is a white rectangle with the fabric face up with 2 black squares face down on the left and the right side of the rectangle. Stitch down the squares from the lower left corner to the upper right corner on the fold line you ironed into your squares earlier. Take your rotary cutter and cut off the outside triangles leaving a 1/4 inch seam allowance. Press open to form your new rectangle (pictured above). Make 4.
- 2) Strip 2 is a black rectangle with a white square on the left and a flowered square on the right. Make this strip the same way as in step one. Make 4.
- 3) Strip three is a flower rectangle with 2 black squares on the left and right sides. Make this strip the same way as in step one. Make 4.



**Making the 4 blocks. We will now refer to the top left portion of the picture of the quilt block at the top of the page, which is also to the left.**

Now you have three stacks of identical strips. Place your white rectangle on top, black rectangle in the middle, and the flowered rectangle on the bottom to form your block making sure your triangles are in the upper left and the lower right positions. Sew into a block. Press, and follow the picture to complete your block. Have fun!!!

## **FYI: Hand Exercises Recommended by Sandy Huszar**

She does not have Rheumatoid Arthritis but uses these exercises.

- **Hand Exercise for Rheumatoid Arthritis: No. 1:** Start by holding your hand upright and pointing your wrist, fingers, and thumb upward. This also serves as the neutral starting position for many of the hand exercises that follow. Hold for 5 to 10 seconds.
- **Hand Exercise for Rheumatoid Arthritis: No. 2:** Keep your wrist straight in the neutral starting position and bend the base joints of your fingers, which connect the fingers to the palm. Keep your middle and end joints and your wrist straight. “This is already a big effort for people with RA,” Matteson says. Hold for 5 to 10 seconds. Repeat twice daily on each hand.
- **Hand Exercise for Rheumatoid Arthritis: No. 3:** Keep your wrist and the base joints straight, and bend your middle and end joints of your fingers toward your palm, one at a time. Hold each position for five seconds. Repeat on all 10 fingers twice a day.
- **Hand Exercise for Rheumatoid Arthritis: No. 4:** Bend each finger from the base joint downward using your other hand to move your fingers. Repeat this movement using the second row of knuckles in your finger. Repeat this exercise on the third row of joints in your fingers, closest to the fingertips. Hold for 10 seconds. Repeat on all 10 fingers twice a day.
- **Hand Exercise for Rheumatoid Arthritis: No. 5:** With your hand straight and fingers pointing upward, bend your fingers downward so they are touching your palm. Do not make a fist. Instead, your fingertips should be touching the palm of your hand. Hold for five seconds. Repeat on both hands twice a day.
- **Hand Exercise for Rheumatoid Arthritis: No. 6:** Starting with your wrist, fingers, and thumb pointing upward, make an “O” by touching your index finger to your thumb. Hold this for at least 5 and up to 20 seconds. Repeat two to 10 times twice a day.
- **Hand Exercise for Rheumatoid Arthritis: No. 7:** With your hands in the neutral position and all of your knuckles straight, slowly and gently spread your fingers as far apart as you can, like a fan opening up. From this position, make a fist. Hold each position for five seconds. Repeat on both hands twice a day.

“These hand exercises are really effective for stretching and maintaining mobility in your hands if you have RA,” he says. “We don’t do these exercises for strength because the strength that comes with good hand mobility in the activities of daily living is quite satisfactory.”



**2011-2012 Newsletter**

**Submission Dates**

Please note the following dates for submission of newsletter articles

- December 16, 2011
- January 20, 2012
- February 17, 2012
- March 16, 2012
- April 20, 2012
- May 18, 2012

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**AVQA Guild Meeting**  
2<sup>nd</sup> Thursday of each month

**Next meeting:  
Thursday, December 8, 2011  
Holiday Party at 6:00pm**

**Greenhouse Cafe  
1169 Commerce Center Drive  
Lancaster**

**2011 - 2012 MEMBERSHIP:**  
Regular Dues.....\$30.00  
If newsletter is received by both electronic  
means and USPS.....\$35.00