

Patchwork Post

www.friendshipquilterssd.org

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Speakers & Workshops at a Glance:

Annie Smith

Lecture/Meeting: September 11, 2017

Workshop: Tuesday 9/12/2017

Linda Pohlenz

Lecture/Meeting: October 9, 2017

Workshops: Saturday 10/14/2017

Mickey Dupre

Lecture/Meeting: November 13, 2017

Workshop: Monday 11/13/2017

Shelley Swanland

Lecture/Meeting: January 8, 2018

Workshop: Sunday 1/7/2018

Ann Turley

Lecture/Meeting: February 12, 2018

Workshop: Saturday. 2/17/2018

Sylvia Davis

Lecture/Meeting: April 9, 2018

Workshop: Sunday. 4/8/2018

Mike McNamara

Lecture/Meeting: May 14, 2018

Workshop: Tuesday 5/15/2018

President's Message

Wow! What a wonderful start to our 2017-2018 Guild year! We had 88 members at our September meeting, six new members, and eight visitors to September's meeting. This promises to be a very good year.

We are looking forward to the October meeting with Linda Pohlenz, who will offer a hinge technique which is a modern twist to the Quilt-as you- go method. Yea! I am signing up for this one and looking forward to learning something that will make my quilting life easier and more fun.

Remember our new UFO Challenge this year. Elaine Swatniki and Marilyn Garner are in charge and have designed a multi-project challenge for us. Go to our website to learn all the details and sign up soon. One project will be for Philanthropy...easy enough. Finishing some languishing projects will make you feel so good. And what about a fun or creative project you have been wanting to try. Let's do it just because.

Don't let the goblins scare you away from our October meeting. It will bewitch you no end and treat you to a haunting good time! (Was that too much?)

Keep on quilting and see you October 9th.

Charleen



Meetings

Board Meeting

Monday, October 2nd, 6:00 pm at

Home of 'to-be-announced'

Guild Meeting:

2nd Monday of the month

(Sept—June) 7 PM,

2016/2017 Board

President	Charleen Renne
President Elect	Candy Mittag
Secretary	Colleen McCune
Treasurer	Dianne Decker-Hauser
Programs 2017/2018	Mary Tabar
Programs 2018/2019	Jennifer Shults
Workshop Assistant	OPEN
Membership	Michele Cassidy & Grace Steinway
Philanthropy	Ruth O'Neil & Karla Seyb-Stockton
Librarians	Holly Torres, Yvonne Gagne
Hospitality	OPEN
Sharing/Photographer	OPEN
Webmaster	Shelly Gragg
Newsletter Editor	Gloria Mauno
Parliamentarian	Suzy Weinbach
UFO Challenge	Elaine Swatniki, Marilyn Garner
Opportunity of the Month	Sue Busch
Opportunity Quilt	Emma Castor
Retreats	Colleen McCune, Ninnette Turner
Media/PR/Advertising	Barb Dacy
Phone Tree/4th of July	Margaret Byrne
Banner Custodian	Marilyn Garner
Mailing	Amy Wazny
New Member Hostess	OPEN
Door Prizes	Everyone!

Library News

We were all so happy to be back in "our" school location! The Library had lots of business and we earned \$40.00 at our SHOP IN THE DARK book sale. All of the books we had on display are now gone.

THANK YOU to everyone who supports the library by checking out books, giving us donations and buying books.....we appreciate all of you! At our Next meeting we will be having a much smaller SHOP IN THE DARK event - please stop by to see the "new" selections we will have for sale.

Christmas is Coming! Have you thought about a gift you might want to make? Take a look at all of the wonderful Christmas Idea books that we have in the library. (access the complete library through our FQSD website) You can reserve any of the books you want by calling Yvonne or Holly - or sending us an e-mail request.

We will be sending an e-mail reminder to each of you who have Library Books still checked out from last year. If you do not remember which books you are still holding - you can check with one of us at the Library table at the next meeting.

We have just added a few of the recently donated books to our library:

GROWING UP WITH QUILTS - Projects for babies to teens

LOG CABIN QUILTS WITH ATTITUDE - New twist on an old favorite

MODERN APPLIQUE ILLUSIONS - Sleek modern quilts combine fine art perspective with easy fusible applique & machine quilting

SEASONAL SILHOUETTES - Enjoy creating irresistible blocks for each month and season of the year

See you at the Library Table!!

Yvonne Gagne

Marilyn Kirschen

Holly Torrez

DON'T FORGET!
IF YOUR BIRTHDAY
IS IN OCTOBER.....
BRING A DOOR PRIZE

Membership

Our current membership is 94 members. We had nine new members and seven guests at our October meeting, bringing the total in attendance to 88.

Thanks! Michele and Grace
 Membership Chairs

October Birthdays

October 19th—Ruth Jones

October 19th— Barbara Maietta

October 20th— Holly Torrez

Programs—October 2017

Our lecture this month is by Linda Pohlenz. Linda is a local teacher from La Mesa and travels all over the Midwest teaching. Her lecture is called, “All Dolled Up / Using Your Stash.”

“How do I sew up, doll up, and use up scraps and stash, instead of allowing fabric to languish in my stash? To me it’s the treasure hunt to find ways to use fabric creatively. My bottom line is to have three shelves or less of fabric. Let me share my tips and tricks to manage a fabric stash.”

Since Linda is local, she agreed to teach on a Saturday. Her workshop is called ‘Hinge Workshop,’ Saturday, Oct. 14, 10:00am– 4:00pm.

A four square kit is provided for each student. This kit enables each student the time to practice the quilt-as-you-go hinge technique where all seams are sewn by machine. (No more hand sewing with this modern quilt-as-you-go technique.) Using quilt-as-you-go methods, students build their quilt a block at a time and then assemble. When assembly is done, the quilt is completely finished. Students can make Fun 2 Be Squared and Flipped over hinging with the quilt-as-you-go technique.

Cost: \$35.00 members/\$45.00 on-members

This idea of sewing each finished block together in a quilt is fast and fun! Please join us. You will need to bring your own lunch and a name tag. Her supply list can be found on our web site.

There will be an email about dinner and the workshop location in October.

Thank you,

Mary Tabar

Philanthropy

I wish to acknowledge the wonderful contributions many of our members make to our philanthropic causes. First of all, **Grace Steinway** gets ★stars★ in her crown for placemats. She did ten in May, and 21 in June/July! Wow!

I would also like to recognize **Cookie Siegal and Mary Lewis** who do Kid Comfort quilts nearly every month!

As I look over the check-out lists, I see many familiar names who have been contributing to Philanthropy on a regular basis. I can’t thank you enough. I would encourage all of you to participate one or two hours a month, as your time brings joy and comfort to lonely children, shut-ins, and other needy people. It’s very gratifying!

Thank you,

Ruth O’Neil

Veteran’s Day Sit & Sew Request

Friendship Quilter’s has a tradition of a Sit & Sew on holidays for those working folks who have the day off and would like to join us. We would love to continue this tradition, but need someone who would be willing to host us in her home on November 13th. If you have space for a few quilters and their machines, would you please let me know?

Thanks so much,

Ruth O’Neil

760 207-2090

Opportunity of the Month—October

We had lots of fun in September giving out prizes for both the Door Prizes and the Opportunity prizes. Thanks to all of you birthday folks that brought/donated a gift for the Door Prizes. We had a nice number of gifts so lots of winners. That is what we like, so continue to be generous and bring those gifts on your birthday month or whenever you desire.

Congratulations to the Opportunity winners; Lee Olson, Caryl Wilson, Carol Geising and to Ruth Jones for winning the free workshop prize.

We are going to be having a special opportunity called the Silent Auction. These items are little more special and will be displayed with a paper for your bids. If you are interested in the item, place a bid, and then the highest bidder will win the item.

If you have any special items you wish to donate or anything else in your sewing room that you find you could pass on to another quilter please bring them to the next meeting or contact me for pick up. These items help us keep this fun event happening at our meetings and add more money to our guild without raising the annual fee.

Thank you to all of you that have donated your patterns, books, fabric and tools in the past.

Sue Busch

sbusch7@cox.net or 858 472-1820

FQSD UFO CHALLENGE 2017-2018

Every quilter I know has at least 4 UFO's to finish. Please join those who signed up at the September meeting and finish those Unusable Fabric Objects and win a prize for doing it! You may sign up through November. The application is on the website. We already have several wonderful prizes for those who participate!

This challenge is to help you miraculously turn those formerly Useless Obstacles into Useful Opportunities to enjoy yourself or gift to family, friends or Philanthropy.

Turn in the completed form listing 5 in process projects and \$10.00 no later than the November meeting (make a copy of the back of this form (your project list) to turn in-keep this one). New challenge members will receive a flower pin to wear to meetings. Every time you complete a challenge, pick up a button for your pin and fill out a ticket for a chance to win a prize awarded at the June meeting. If you already have a flower pin, you may add this year's buttons to it.

Rules:

- Any fabric project that you have started and put away is eligible: quilt (any size), wearable art, or a project you have pulled fabric for and bought the pattern but then put it away in a safe place.
- Choose 5 projects to complete for the year. 1 of the 5 Must be a philanthropy project-check it in with us, then turn it in to Ruth. 1 of the 5 can be a surprise project (don't have to give a description)
- We have given you a suggested timeline-you will get an extra ticket for each piece if you turn it in by the suggested date-but, if you choose to turn them all in at the May meeting, you still get 1 ticket for each one.
- A finished project has a label with your name and date finished, is quilted and bound and a wall hanging has a sleeve.
- Bring your completed project to the UFO table, check it in and get a button and a ticket for the end of the year (June) drawing.

Last Deadline: May Meeting!

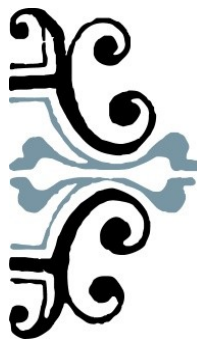
There will be a special drawing for those who finish all 5 in addition to the general drawing and a drawing for those who have turned in all 5 and on time.

FORMS AVAILABLE AT : http://friendshipquilterssd.org/UFO_Challenge

Ready, set . . .Quilt!!!!

~Elaine & Marilyn

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Don't Just Sit There

By GRETCHEN REYNOLDS

Too much time spent in a chair could shorten our lives, even if we exercise, according to a study that uses objective measures to find the links between lengthy sitting time and death among middle-aged and older adults.

More hopefully, the study also suggests that we might be able to take steps to reduce our risks by taking steps every half-hour or so.

Most of us almost certainly have heard by now that being seated and unmoving all day is unhealthy. Many past epidemiological studies have noted that the longer people sit on a daily basis, the likelier they are to develop various diseases, including obesity, diabetes and heart disease. They also are at heightened risk for premature death.

This association between sitting and ill health generally remains, the past science shows, whether people exercise or not.

But most of these studies have relied on people's memories of how they spent their time on any given day, and our recall about such matters tends to be notoriously unreliable. The studies also usually have focused on the total number of hours that someone sits each day. Some scientists have begun to wonder whether our patterns of sitting — how long we sit at a stretch and whether, when, and how often we stand up and move — might also have health implications. And they have questioned whether gender, race or weight might alter how sitting affects us.

So for the new study, which was published this week in *Annals of Internal Medicine*, scientists from Columbia University in New York City and many other institutions turned to an extensive database of existing health information about tens of thousands of Caucasian and African-American men and women 45 or older who were part of a study of stroke risk. The study was primarily funded through the National Institutes of Health, and partly through the Coca-Cola Company.

The participants had undergone a battery of health tests and about 8,000 of them also had worn accelerometers for a week to track their daily movements.

Accelerometers are, of course, an objective measure of how much and often someone sits, exercises or otherwise moves about. They do not hedge about those hours you spent sprawled on the couch binge-watching "30 Rock."

The scientists pulled the records for the accelerometer group.

They then stratified these participants into various groups, depending on how many hours per day each person had sat, as well as how long each of the bouts of sitting had continued, uninterrupted — 10 minutes? 30 minutes? 60 minutes? more? — and how much time, if any, they had spent exercising (mostly with walks).

Finally, they checked these records against mortality registries, looking for deaths that had occurred within about four years of the participants having worn the accelerometers and completed other health tests.

Even in this short time frame, there were deaths. About 5 percent of the participants of all ages had died during the follow-up period. (The scientists discarded any data from people who had died within a year of their testing, since they might have had an underlying illness that increased their fatigue and prompted them to sit often.)

The scientists then found strong statistical correlations between sitting and mortality. The men and women who sat for the most hours every day, according to their accelerometer data, had the highest risk for early death, especially if this sitting often continued for longer than 30 minutes at a stretch. The risk was unaffected by age, race, gender or body mass.

It also was barely lowered if people exercised regularly.

But interestingly, the risk of early death did drop if sitting time was frequently interrupted. People whose time spent sitting usually lasted for less than 30 minutes at a stretch were less likely to have died than those whose sitting was more prolonged, even if the total hours of sitting time were the same.

In essence, the data showed that "both the total hours spent sitting each day and whether those hours are accrued in short or long bouts" of physical stillness influenced longevity, says Keith Diaz, an assistant professor of behavioral medicine at Columbia University, who led the new study.

The results also indicate that if you must be chair-bound for much of the day, moving every 30 minutes or so might lessen any long-term deleterious effects, he says, a finding that adds scientific heft to the otherwise vague suggestion that we all should sit less and move more.

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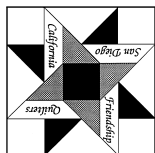
This study was, however, associational. It cannot prove that too much sitting undermines health, only that the two were linked. It also used data about deaths from any cause, which might have included automobile or other accidents unlikely to have been affected by sedentary time. And the accelerometers could not readily distinguish between sitting and standing, Dr. Diaz says, so the “breaks” in sitting time in this study always involved walking about and not merely standing up.

In future randomized experiments, Dr. Diaz and his colleagues hope to better parse how often and how much people need to move during breaks in order to lessen sitting’s risks, and whether standing by itself is effective or we must move about.

In the meantime, consider setting an alert on your phone or computer to ping every half-hour and remind you that now would be a good time to get up and move. You might try to time your stand-up breaks as a chance to do something you wanted to do anyway — get a cup of coffee, grab something from the printer, or simply walk across the room to talk to a colleague face-to-face.



Friendship Quilters of San Diego
P.O. Box 1174
Poway, CA 92074-1174



Next General Meeting

October 9, 2017

- ☐ Name Tag
- ☐ Library Books
- ☐ Items for Sharing
- ☐ [Birthday Door Prizes](#)
- ☐ [Refreshments](#)
- ☐ [Membership Renewal](#)

Doors Open 6:00pm

Friendship Quilters of San Diego meet at
Garden Road Elementary School
14614 Garden Road
Poway, CA 92064-5299

