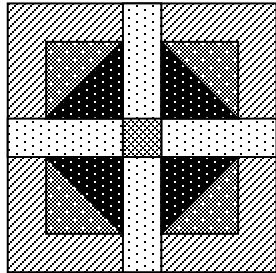

COUNTRY CROSSROADS

QUILT GUILD



FORRESTON, ILLINOIS

<i>President</i>	<i>Beth Kalbfus</i>	732-7808
<i>Vice President</i>	<i>Barb Gaertner</i>	297-2700
<i>Secretary</i>	<i>Ann Olujic</i>	291-0405
<i>Treasurer</i>	<i>Dawn Vehmeier</i>	291-4592
<i>Program</i>	<i>Nina Mueller</i>	275-6384
<i>Program</i>	<i>Deb Ley</i>	779-348-1638
<i>Publicity</i>	<i>Sarah Warfield</i>	297-3965
<i>Newsletter</i>	<i>Mary Meier</i>	908-0300
<i>Mail to:</i>	<i>nmeier816@yahoo.com</i>	

Our website: countrycrossroadsquiltguild.com
Webmaster: countrycrossroadsquiltguild@gmail.com

MEETING DATE APRIL 15, 2019

Volume 26, No. 4

Jan.-Nov., Third Monday, 7 pm

April 2019

Forreston Grove Church, Freeport Rd., Forreston, IL

THE PRESIDENT'S PIECE

When one gets "of a certain age," our bodies start to change. Little changes at first really don't bother us much. But as time goes on and the more our bodies age, the changes start to become annoying. Finally our bodies decide to completely wage war on us and life becomes more difficult.

For example; hand sewing with black thread on black fabric is almost impossible now. Just last week I had to sew binding on a quilt that was matt black binding on matt black backing. ARGH! First I had to sit between two windows with the shades wide open. Then I placed a 'stella' light shining

over my left shoulder and a 'ott' light on my right side. Still not enough light, so I placed my husband's high intensity flashlight on my chest pointing directly on my work. Okay, now I can see. Work on my lap, lights balanced all around me, needle in hand ----- and of course, I have to pee! Back to my chair, get repositioned and the cat wants to be in my lap. Reposition cat, get the lights balanced, start to work and I notice that I am now hot. Eyes are straining, arms are aching, and sweat is forming on my brow. Only 400 inches to go! Piece of cake.

I love being a "certain age."

Beth Kalbfus

Country Crossroads Quilt Guild Minutes

March 18, 2019

Meet and Greet/Refreshments: 6:30 to 7:00pm

Meeting called to order by President Beth Kalbfus at 7:00 pm

News

Roberta Suess from Sinissippi Quilt Guild selling raffle tickets for the quilt for their upcoming Quilt Show on May 4th and 5th. Quilt is 80 x 80 and been appraised at 2800.00.

Program

Chelsy Jones from Athletico Physical Therapy in Oregon presented ways to combat stiffness, injuries, strains and sprains associated with quilting. (Yikes...who knew!) Chelsy grew up in Mt. Morris and lives in Oregon. She has a doctorate in Physical Therapy. Most common complaints are from the neck, shoulder, forearms/wrist, hands and backs. Injuries run from cervical spine (neck) pain, tendonitis, carpal tunnel syndrome, trigger finger to exacerbation of arthritis, pain/tightness between the shoulder blades, low back pain, sciatica and headaches among many others. The main point that was hammered home in combating or preventing many of these problems was being aware of our posture and making adjustments. When working your elbows should be at a 90⁰ angle with your shoulders relaxed, your work close to you and elbows/arms supported when possible with your knees at a 90⁰ degree angle. Keep your spine in the "good posture" position and your foot pedal close so as not to be reaching and putting increased pressure on the sciatic nerve. Take frequent breaks, using the time to do some of the exercises and stretches that Chelsy provided us with to keep the joints lubricated. As she reminded us, "Motion is Lotion!" One more thing she mentioned is that quilting carries the potential for accelerated aging due to additional wrinkles that might occur from squinting at tiny stitching!

Secretary and Treasurer reports approved.

President Report:

1. Audit of 2018 books conducted—all good.
2. Program and Mileage/Motel all combined on the budget as one line item
3. Warm-up sessions money moved to Community Projects for this year
4. Memorial money remained as is
5. Executive Board approved budget
6. For those members unpaid at beginning of the year, you will not be on calling tree or receive newsletter until paid up.
7. The Bee will still be 1 to 4 and will be in another room during workshops
8. 2018 we had 52 members; at the end of 2018, we were up to 76
9. Name tags; wear it or a "special" one will be provided to you for 50 cents or a dollar. Guests will be provided with one they can keep
10. Illinois Valley Quilter's Guild from Ottawa, Illinois is sponsoring a July 18th retreat to Missouri Star for a 3 day/2 night trip. Includes some meals and a goody bag. \$200.00. Go to their website for more information. Requires a \$50.00 non-refundable deposit.
11. Short discussion in meeting schedule. Skip Dec and January; have a party in December, February have a back-up meeting date.....asked people to think about it

New Business:

It was agreed that for the next 3 months we will try the new meeting format before deciding if it will be a permanent change.

Community Service Projects

1. We will be making twin size quilts for the Madonna Renewal Center in Freeport.
2. July 15th from 1:00 to 4:00 is a workshop for making quilts for the Renewal Center
3. Continue making kennel quilts. (71 were received tonight!)
4. Also been requested from Cause from Paws to make Collar bandanas for dogs which they use for fundraisers.
5. Walker bags for nursing homes

Programs:

April will be Strip Quilting with Pam Hughes

New Member:

Shauna Heck

Visitor: Anita Hayward**Name Tag Winners:**Pat Farraday, Faye Schneiderman, Kathy Clark,
Ann Olujic**Show and Tell Winners:**Val Clawson, Anita Hayward, Judy Barnard,
Barb Fagan

Meeting adjourned at 8:44 p.m.

*Respectfully submitted,
Ann Olujic***QUILT BY THE SLICE**

We're so pleased with how many members signed up for the "QUILT BY THE SLICE." Just bring your pizza box on the 15th. (If you can't come, have one of your friends bring it for you.) We'll collect them at the beginning of the meeting and pass them back out to the participants. If you have any questions please call Nina.

APRIL WORKSHOP

There is still time to join the workshop... "Using Stripes to Make Fabulous Quilts," taught by Pam Hughes of Expressions in Threads. The workshop will be from 1-4. Cost of workshop is \$10.00.

Supply List for Stripe Fabric Quilt:

1-1/4 or 2-1/2 yards of striped fabric-it can be vertical or horizontal stripe but NO diagonal stripe. Make sure the stripe is bold enough to be seen. No faint background stripes.

If you choose to border your quilt, you will need the following:

2" inner border for small quilt-3/8ths yard

4" outer border for small quilt 5/8th yard

6" border for large quilt 1 yard

Small quilt measures 47-1/2 by 47-1/2 with borders - Large quilt measures 57-1/2 by 67 with borders

Think about doing the workshop as these quilts could be used for our community service projects.

You will need 10-1/2" or 12-1/2" square rulers if you have one. Otherwise bring a 6X24 ruler; sewing machine, rotary cutter & mat, and other tools you may need.

We will go to Mimmo's for dinner. If you plan to join us for dinner PLEASE R.S.V.P. to Deb (779-348-1638) by Friday, April 12, as a headcount is needed.

APRIL PROGRAM

Pam Hughes program will be a "Trunk Show-New & Fabulous."

MAY PROGRAM

Our May 20th program will be presented by Diane Murtha. Her program will be Challenges-Accept the Challenge & Win a Prize.

Remember the "Meet and Greet" is at 6:30 p.m. with refreshments being served.

See you April 15th.

Deb Ley and Nina Mueller

APRIL BIRTHDAYS

Chyree Rohde-Lincoln 6
Bunny Weisendanger 8

APRIL REFRESHMENTS

Pat Farraday
Carol Jacobs
Carole Robeson
Nina Mueller

MAY REFRESHMENTS

Val Clawson
Mary Block
Carol Koeller
Barb Fagan

CROSSROADS QUILT BEE

The Bee is held in the afternoon of every meeting day. Everyone is welcome. We start at 1:00 p.m. but you may come anytime 1:00 p.m. and after. Stay as long as you like. You may work on whatever you like, quilting, hand sewing, knitting crocheting, your own or whatever. Bring whatever you need to do what you are working on. Maybe you want to come just to visit or get help with a project. That is great, too. Snacks to share are always welcome but not required. For dinner we have options of brown bag, share a dish, or go out to a restaurant. We would love to see lots of you join us. All are welcome.

Bee Committee
Carol, Judy, and Kay

Fresh Taco Dip

Terri Fuller

2 tomatoes (diced)
1 green pepper (diced)
4-6 green onions (chopped)
1 jar green olives (chopped)
1 medium can black olives (chopped)
2 Tbsp salad oil
2 Tbsp vinegar
1 tsp garlic salt (or to taste)

Mix all and marinate overnight.

General Notes and Reminders

Refreshments: There are two containers in the back room of the church that contain paper supplies for refreshments and other guild items. These supplies have been purchased by the guild and are intended for this use. Please check this container before you purchase any new paper products.

And:

The church has asked that we put away the tables and chairs that we take out of the back room for our meetings. Anyone who could stay a few extra minutes after the meetings to help do this would be greatly appreciated.

Also:

We need to keep the kitchen clean, so please clean up after yourself. The refreshment committee is supposed to take the garbage out to the dumpster after the meeting, so please make sure you've tossed your trash before then.

Boutique:

At each meeting, we will set up a table to hold any quilt related boutique items you wish to sell or give away. Have the price clearly marked and put your name on everything so that the buyer can pay you (it sometimes helps to have an envelope with your name on it to put the money in).

Reminders:

Bring Community Project
Bring Show and Tell
Bring a Guest
Wear Name Tag

Next newsletter deadline:
May 1, 2019