

Newsletter #95, Month of July, 2010

The Quilters II Newsletter is published monthly during the off season. Submissions for publication in the newsletter can be made either through the Newsletter Submission form located in the Members Only section of the website, or directly to confuqua@gmail.com. The deadline for submissions is 5 p.m. on the 10th day of the month. The newsletter will then be placed on the website as soon as possible thereafter.

The purpose of the newsletter is to reduce the amount of announcements and related discussion at the regular meetings.

From the Editor (Adrienne)

We're starting to thin out a bit ... not in a metabolic sense, unfortunately ... as those of us that are summer residents take trips ... there is a lot of fluctuation in our numbers. When the numbers are so few to start with, the meetings get pretty sparse. We are still doing our Wednesday workdays and are winding down on the Halloween quilts ... we have finished 35 so far ... we're now using up the fabric scraps. When we get close to the end, I will photograph all of them and put them online as a slide show and you can share the fun. We plan to distribute the quilts in early September.



Halloween Quilts

Claire and I are still working on the Christmas raffle quilt ... I'll include that in the newsletter next month.

Fran wrote and mentioned that she and some others were communicating on Facebook ... it's a Voyager Quilters group. All you Facebook devotees – jump on in.

Jan's daughter, Sue, sent an email to let us know her hip surgery went well. It took longer than the doctor thought because he had to 'fiddle' around a lot to get the screws out he put in in 1991. She kept saying that her hip didn't hurt...even after she was out of surgery and up in her room and that it's her knee. She should be out of the hospital by now and I'm sure will be sending us reports on her progress soon. You can email her at Janita726@aol.com. She'd love to hear from you.

Some very sad news to report. Sue fuller died last month. She was a great friend to our group and was instrumental in our becoming established as a real asset to the Voyager ethos. We will miss her. You can send condolences to her family via Dexter Fuller • P. O. Box 125 • Fremont, MI 49412.

I saw Karen Fisher at Joann's. She is a member of the guild and has won many prizes both locally and nationally. She is primarily an art quilter and is very interested in doing a presentation for us and/or doing a workshop. I think this is something we should consider.

There was something else I thought to report a couple of weeks ago but that was then and now I can't remember what it was. If I do, I'll put it into next month's news. Hope you're all doing well and are enjoying your summer. Most of the folks I've heard from report that they are so busy, they haven't had time to quilt!

Tip of the Month • Excerpt from "Ergonomic Quilting"

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At the sewing machine, keep your feet flat on the floor with your knees bent at a 90 degree angle. Using an adjustable chair is recommended. Again, find the height where your arms are also comfortably bent at 90 degree angle. Your wrists should then be able to rest on the cabinet or table.

Center your body in front of the needle.

Many people align themselves at the machine's center, which can distort your vision, as well as create unnecessary strain on your shoulders and back. The hand/eye coordination required for machine quilting is much easier if you are centered with the needle.

Be sure to have adequate space to the left and behind your sewing machine to support the weight of your quilt. If you try to support the weight of the quilt with your arms while moving it under the needle, you will strain your muscles. If your sewing cabinet or work table does not have sufficient space, you can push additional tables up against them. Try to keep these as close to the same height as your work surface as possible.

Do not push yourself right up against the sewing machine. Allow approximately 5 to 6 inches space between your body and the sewing machine. Rest your forearms on the table as you stitch. This relaxes your hands, allowing you to freely move the quilt under the needle.

Sit up straight, aligning your head, shoulders and hips. If you lean into your work, you will affect your neck muscles, causing stiffness. You can also affect the nerves that run down to your wrists and hands, resulting in that 'gone-to-sleep' feeling. This feeling is actually a warning that the nerves are compromised.

And from The Quilt Show (Alex Anderson and Ricky Timms):

Tip of the Week: No More Shifting Fabric

Linda Jenkins and Becky Goldsmith say that this just might be their all-time favorite tool: A simple sandboard can help you avoid mistakes and eliminate frustration when you're tracing applique designs onto fabric; the slightly roughened surface keeps the fabric from shifting. You can make your own board by affixing a sheet (or sheets) of fine-grain sandpaper to a flat, hard surface, or purchase one already made at a variety of locations, including many local quilt shops. Pre-made sandboards come in a variety of sizes, including one small enough to fit in a carry-on suitcase. Of course, if you make your own, you can make it any size you'd like.

Tip of the Week: Sandboard Follow-up

Several members sent us other useful ideas for achieving similar results. Georgia Clark couldn't find her sandboard one day, so she clipped a piece of fine sandpaper to her clipboard. Lori Harris finds that sandpaper glued to the inside of a file folder also works quite well. BONUS: you can simply close the folder to hold the fabric while in transit.

I personally purchased a sandboard many years ago and have found it difficult to use because it is too rough. If you try this method, start out with a fine grade of sandpaper.

From Handi Quilter

Handi Quilter has a SPECIAL OFFER for July, 2010. Order any **HQ²⁴ Fusion** package and receive an AccuQuilt Studio Fabric Cutting System, valued at \$1120.00 for FREE! Contact your local HQ Rep for more information or call Handi Quilter at 1-877-697-8458. Find a Rep at www.handiquilter.com/locator/.

This is the Time to Set Up a Professional Quilting Studio

We have teamed up with AccuQuilt to offer their large Studio Fabric Cutter and Quilter's Basic Die Set (together valued at \$1,120) to any customer whose HQ²⁴ Fusion package order is placed

between July 5 and August 8, 2010. A package is defined as an HQ²⁴ Fusion machine and HQ Fusion Frame with or without the HQ Pro-Stitcher for Fusion.

The AccuQuilt Studio Fabric Cutter is the commercial-style high-volume cutter. The Quilter's Basic Die Set includes four dies: Super Strip-2 ½" ("Jelly-Roll" size), Squares-5" Die Design, Squares-3 ½" Die Design, and Half Square-3" Finished (includes Seam Allowance). It also includes the Super Giant Die Tray and the larger-sized Cutting Plastic (needed to accommodate the Super Strip Die).

The Fabric Cutters and Die Sets will be shipped separately from the HQ²⁴ Fusion.

Promotion Restrictions

1. This promotional offer is not valid with any other offers.
2. This offer is valid for HQ²⁴ Fusion PACKAGE orders only (must include both machine and HQ Fusion Frame).
3. Orders must be received between July 5 and August 8, 2010 and must ship by August 31, 2010.

Best regards,

Brenda Groelz
Director of Marketing & Education
Handi Quilter, Inc.

