

Needle Notes



Flying Needles Quilt Guild, Inc.
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needlenotes@cox.net
www.flyingneedlesquiltguild.org

November 2009

Dates to Remember

- Nov 5 — Loose Threads
- Nov 12 — **General Meeting**
- Nov 19 — Charmers
Cover Girls
- Nov 19 — (no workshop)
- Nov 26 — **HAPPY THANKSGIVING!**



Points of Contact



President	Kathy Everett
1st V. President	Gina Curtis
2nd V. President	Sue Basch Sue Donavin
Secretary	Ruth Johnson
Treasurer	Sandra Congleton



Sharing & Caring:

Needs: Thanksgiving related
non-perishables

Remember that you can designate your donations for the Crestview location if you so desire.

Thanks to Carolyn MacKinnon!!

November Program

Timpoochee Samples!!

***Remember: There is no workshop this month.**

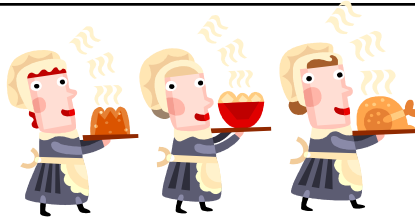
Charity Projects

Make sure you've turned them in!

Also, keep an ear open for the stocking-stuffer time - let's have fun together getting those treats ready for the kids.



FLYING NEEDLES QUILT GUILD GENERAL MEETING OCTOBER 9, 2009



The meeting was called to order at 10:00 AM by President Kathy Everett. There was one guest present.

The September minutes were printed in the newsletter. Lynne Reynolds made a motion to accept the minutes as printed.

Linda Scoggins seconded the motion. All approved.

The Treasurers report was printed in the newsletter and was accepted. Lynne Reynolds will continue to be Treasurer for Timpoochee.

The members recognized the four birthdays for the month of October. Kathy also thanks those whom brought door prizes and snacks.

Kathy recognized committee chairs and outgoing board members. Kathy gave gifts to Lynn, Sue, and Jean.

Kathy discussed about her meeting with David about setting up tables and a third cabinet. We cannot have a third cabinet and cannot have help with the tables. Kathy said that it would be O K to meet at her church, Niceville Church of Christ. The tables stay setup and they will give us plenty of space. We will vote on this at November meeting by paper ballot and you may also send your vote by email to FNOG@cox.net and they will be brought to the meeting and counted.

Ginger Maddox presented on the October workshop. The workshop is October 22nd and Wheelchair Lap Quilts will be made and lunch will be provided.

Membership dues are due and they are \$20.00.

Lynne and Martha presented Tommie Flaherty with her Hearts for a Cure/Breast Cancer Quilt.

Deane Inness reminded everyone on the upcoming Mystery Trip on October 29th. Meet at 8 AM at the church and ends mid to late afternoon.

Hospitality needs someone to take over.

Lynnette Caulkins presented the Block of the Month for November. It is Crow's Feet block. Sandra Congleton won the block for October.

Pat Walker reminded members they can check items out of the Library or they can also donate items if they would like. Pat also released four UFO's to new homes.

The Opportunity Quilt size is 72 X 90 and Sandra also passed out photos to those who didn't receive one with their tickets they are selling. It will soon be in a quilt show in Palm Beach. Kathy read the reviews from the Jackson Mississippi quilt show. Sandra talked about a block quilt as a second prize. She will bring in a pattern and members can make blocks for it.

The website is going great.

We have nine members in the Fabric Exchange.

Linda Scoggings had a new catalog from AQS for everyone to check over.

Sue Donavin reminded everyone about Pioneer Day at Rocky Bayou/Fred Gannon State Park on November 7th from 11 AM – 4 PM.

Sharing & Caring items needed for November are items to fill a Thanksgiving Baskets. Here a just a few examples: pie fillings, cranberry sauce, green bean casserole items, and yams.

Items for classes at Timpoochee were on display and Jean also took pictures and put them on the website.

Gina Curtis is the new Programs person.

Please bring in any Christmas Stockings or small quilts to the November meeting.

Betty Davey will teach the January workshop and it is called Quilt in Sections.

Show and tell was held.

Other Announcements:

Betty Davey had a quilt from the Pensacola Quilt Guild on display and was selling raffle tickets. The quilt will be on display at Margie's in Crestview the drawing will be held in February of 2010.

Gabi Bullard showed the decorated bras that the Chautauqua Quilt Guild had made for a Breast Cancer fundraiser. She suggested that we do it as a workshop.

Mary Richardson spoke about an upcoming Angel Doll class that Pat Ferrell will teach.

There was no other business and the meeting was adjourned at 11:45 AM. After the meeting several members had tables for sewing yard sale items.

Respectfully Submitted,

Ruth Johnson, Secretary



FLYING NEEDLES QUILT GUILD, INC.
FINANCIAL STATEMENT
20 October 2009

PRIMARY RESERVE ACCOUNT	\$3000.00	
CD Maturity Date: 19 February 10:		
PRIMARY ACCOUNT BALANCE:	20 October 2009	\$ 3,100.66
GENERAL FUND RESERVE	Beginning Balance \$3118.46	
CD Maturity date: 19 February 10:	Balance \$3118.46	
GENERAL FUND RESERVE BALANCE	20 October 2009	\$ 3,118.46
OPERATIONAL ACCOUNT	20 September 2009 Balance	\$ 5,993.30
INCOME:		
Door Prize Ticket Sales	\$ 66.25	
Dues	795.00	
Flea Market (10%)	71.25	
Income to 20 October 2009		\$1,281.25
EXPENSES:		
Door Prize (Tickets)	\$ 6.00	
Admin (FL Dept. of Agri.)	10.00	
Workshop	50.00	
Total Expenses to 20 October 2009		66.00
30 October 2009 Ending Balance – Operational Account		\$ 7,163.03
30 October 2009 – Total Balance All Accounts		\$13,382.15

Respectfully submitted,

Sandra Congleton, Treasurer



Hello Quilt Lovers,

It is time again to start thinking about what you will be taking at the Timpooshee Retreat. We have a great line-up of teachers again this year and I am sure you will have a wonderful time taking classes and just enjoying the company of others who share the same interests in quilts. There are many classes to choose from. Please visit our web-site at www.flyingneedlesquiltguild.org to read about the guest teacher and all the classes available. There are pictures of all the class samples----- we also have posted the menus for lunches and dinners this year for you to view. We have broken the 2010 registration forms into groups, hoping it will make it easier to follow and you can view and print the sections that you need.

The Flying Needles will be showing the Timpooshee Retreat Samples on November 12 after our general business meeting ----please out and visit with us. We look forward to seeing you at Timpooshee 2010,

Kathy Everett, President, Flying Needles Quilt Guild, INC.

Take Care of Yourself During Flu Season!

Needle Notes

Dr. Vinay Goyal is an MBBS,DRM,DNB (Intensivist and Thyroid specialist) having clinical experience of over 20 years. He has worked in institutions like Hinduja Hospital , Bombay Hospital , Saifee Hospital , Tata Memorial etc.. Presently, he is heading our Nuclear Medicine Department and Thyroid clinic at Riddhivinayak Cardiac and Critical Centre, Malad. He offers this advice:

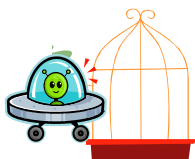


The only portals of entry (for the H1N1 virus, also known as Swine Flu) are the nostrils and mouth/throat. In a global epidemic of this nature, it's almost impossible to avoid coming into contact with H1N1 in spite of all precautions. Contact with H1N1 is not so much of a problem as proliferation is.

While you are still healthy and not showing any symptoms of H1N1 infection, in order to prevent proliferation, aggravation of symptoms and development of secondary infections, some very simple steps, not fully highlighted in most official communications, can be practiced instead of focusing on how to stock N95 or Tamiflu):

- 1) Frequent hand washing.
- 2) "Hands-off-the-face" approach. Resist all temptations to touch any part of your face (unless you want to eat, bathe, or slap).
- 3) *Gargle twice a day with warm salt water (you can use Listerine). *H1N1 takes 2-3 days after initial infection in the throat/nasal cavity to proliferate and show characteristic symptoms. Simple gagling prevents proliferation. In a way, gargling with salt water has the same effect on a healthy individual that Tamiflu has on an infected one.
- 4) *Clean your nostrils at least once ever day with warm salt water. Blowing the noses hard once a day and swabbing both nostrils with cotton buds can be effective.
- 5) *Boost your immunity with foods that are rich in Vitamin C. If you have to use supplements, make sure it contains Zinc to boost absorption.
- 6) *Drink as much of warm liquids as you can, because it has the same effect as gargling. Proliferating viruses are washed into the stomach where they cannot survive or do harm.

Thank you to Deane Inness for a very fun Annual Mystery Trip!!



UFO RELEASE

Please bring your UFO's
to be Released

One person's trash is another's treasure.
See Pat Walker for more information.

November Birthdays



Gabriele Bullard 11-3
Rosemary Stark 11-9
Doretha Jones 11-19
Jenny Davidson 11-22
Valerie Valade 11-28
Kathy Everett 11-30

Don't forget your
Fat Quarters

Group Meetings for November



Loose Threads 1st Thursday, Nov 5 (10:00am)
Betty Davis home, RSVP.

Charmers 3rd Thursday, Nov. 19 (10:00am) Pot Luck at the home of Pat Walker. Please RSVP.

Cover Girls 3rd Thursday, Nov. 19 (10:00am) Hostess: Betty Davis

2010 Opportunity Quilt

~*~*~*~

Don't forget that our absolutely stunning quilt is a major fund-raiser for our group. An easy way to help your guild is to sell tickets to anyone you know for the chance to win this award-winning quilt next year. For ticket packets, call Sandra Congleton.



Your Quilt Guild needs you! Please call President Kathy Everett if you can help with any of the following areas:

Committee Heads:

- **Timpoochee
- **Hospitality
- **Small Quilt Sales
- Field Trips Coordinator
- December Block 2010
- Opportunity Quilt

Wheel Chair Lap Quilts

We had the Oct workshop on Thursday, 23 Oct. Eight energetic ladies showed up to work, got a lot done, and had fun doing it! We have fabric for 40 wheelchair lap quilts bundled and ready to hand out to eager sewers at the Nov meeting. Thanks to Ginger Maddox, Billie Maddox, Jean Lewis, Ruth Johnson, Rosemary Stark, Nancy Kramer, Sue Basch



Mark Your Calendars:

Feb 26 & 27

Pensacola 2010 Quilt Show

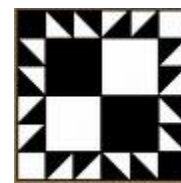
<http://www.pensacolaquiltersguild.org/quilt-show:7419> **Please note that this coincides with our Timpoochee dates!

Feb 5 - Apr 10

Quilts of the Coastal South

National Quilt Museum, Paducah, KY

www.quiltmuseum.org/other_contests.htm



November Block of the Month

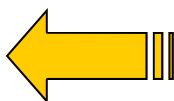
Crow's Feet
12" finished (turn in 12-1/2")

for more information contact
Lynette Caulkins

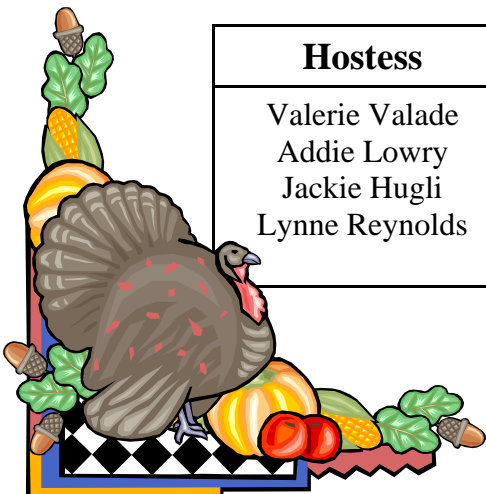
Charm Squares Exchange Club

October — Halloween print
November — Fall print
December — Holiday print

**Our Guild Dues are Due!
The price this year is \$20**



November Helpers



Hostess	Door Prize	Setup	Takedown
Valerie Valade Addie Lowry Jackie Hugli Lynne Reynolds	Valerie Valade Addie Lowry Jackie Hugli Lynne Reynolds	Chris Maher Patty Butcher	Chris Maher Patty Butcher

**We have a critical need for a new hospitality chairperson. Please consider signing up. for this job.

New Members

We apologize sincerely if there are new members who should have been in this newsletter.

We sure do welcome you~!



What we saw at the October Show-n-Tell:

Linda Scoggins	Prairie Paisley
Grace Grimsley & Dawn McDonough	Charity Bear Quilt
Betty Davey	Lots of Stars
JoAnn O'Callaghan	Baby Genius Quilt
Ruth Johnson	Bethany's Birthday Quilt & Pillowcase

Angel Doll Class

When: Fri., Dec 18, 9am to 3pm. **Bring your lunch!**
(This is the new date)

Where: Crestview Senior Center
1446 Commerce Drive

Cost: Class fee, including kit, is \$45
Extra kits are \$25 each

Supplies you *need* to bring:

Med. To Lg. trigger glue gun and glue sticks
Clothes pins
Scissors
Disposable aluminum pie pan
Old newspapers to cover workspace
Your Lunch

*The kit holds all required materials, but if you have a special textile (an old pillow, wedding dress, lace, doily, buttons, etc) that you want to incorporate, bring them along and the instructor (Pat Farrell) will help you decide how to use them.

Contact: Mary Richardson

