



Amherst Quilters Guild



NEWSLETTER

www.amqg.org

June 2014

Officers

President	MaryAnn Krafft
First Vice President	Roxanne Golde Susan Teetsel
Second Vice President	Robi witulski
Secretary	Jane Browne
Treasurer	Renee Stockwell
Past President	Kathy Tomasulo
Publishing Editor	Karen Goddard

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Accuquilt	Mary Ellen Cannon Lori Racle
Alice's Dream	Natalie Masker
Block Lotto	Jackie Groszkowski
Blog	Mary Ellen Cannon Marija Vujcic
Challenge Quilts	Lynne Nothum
Community Quilts	Joyce Morris
Country Store Liaison	Mary Ellen Cannon Jessica Johnson Karen Goddard
E-Mail Tree	
Communication	
Guild Bucks	Robi Witulski
Historian	Kit Wiley
Historic Homes	Theresa Utz Joyce Morris
Hospitality	Betty Zebrowski
Library	Jean Miller
Museum Events	Theresa Utz
Newsletter Mailing	Jackie Groszkowski
Nominating	Betty Zebrowski
NYS Consortium	Jackie Groszkowski Sue Kogler
PM Quilters Program	Joyce Morris Roxanne Golde Susan Teetsel
Property	MaryAnn Krafft
Quilt Show	
Quilting Bee	Joann O'Brien Marlea Crowther
Quilts For Courage	Sylvia Siegel
Quilts For The Troops	Betty Zebrowski
Raffle Quilt 2014	Lynne Nothum
Seminar	Mary Ellen Cannon Jan Reilly
Sunshine & Shadows Website	Kathy Tomasulo Don Dee

Upcoming Program News – Roxanne Golde and Susan Teetsel

June

Marilyn Stern, a quilt historian from the Amish area of Pennsylvania will speak to us about Women's History using antique quilts from the 1830's to the 1950's.

July

July will have a demo night. We have several ideas, but if you have something you would like to demo or to see demo-ed, please contact either Roxy Golde or Sue Teetsel, so they can get it organized.

August

We have Renee McKenzie, an Occupational Therapist, speaking to us about adaptations we can do to make sewing more comfortable.

If anyone has something in particular you would like to learn about, please contact us so we can try to get a program organized.



Amherst Quilters Guild -minutes

5/15/14

Mary Ann opened the meeting by presenting a thank you gift to Kelly and Kit for chairing our quilt show. It was a successful show.

Kit thanked us for making it work. Then she thanked each chairman individually for all of their work on our quilt show.

Kelly was proud of all of us and gave her thanks as well.

Mary Ann presented 50 quilt bucks to the people that submitted the hours they worked on the quilt show.

Mary Ann presented the viewer's choice awards.

Reports:

Seminar: Mary Ellen: registration is going well. We have 88 so far.

Community Service: meets the 28th 10-1pm.

PM Quilters: meets the 29th at Betty Z.s house.

German Fest: June 21st- there will be demos from 12-6pm. Please advise Theresa Utz if you can help.

We need a new VP: please consider taking this responsibility. It is the person that does membership.

Our new raffle quilt chairman is Pam Pandolphi

Respectfully submitted. Jane Browne secretary

The following ten ladies were winners of the Vendor awards at our recent Blooming Quilts Show. They were inadvertently omitted from the previous list of winners. They all deserve a big hand.

Mary Carroll	Bachelor Buttons	Threads of Time
Jane Browne	Going Buggy	Patchwork Garden
Mickey Wittliff	Folk Hart aka "Oh No, Not a Pig"	Int'l Fabric Collection
Lauren DeVantier	Geese in Jo's Garden	Enchanted Mountain Quilting
Pam Pandolfi	Freedom	Sew What
Barbara Tomasov	Wild Goose Chase	Pine Grove Quilt Shop
Jackie Groszkowski	Seasons Greetings	Marie's Sewing Center
Kariel Coffey	Garden Party Cha-Cha	Hand Dyed Fabrics by Lori
Ina Randall	Weeds	JQuiltR Products
Lauren DeVantier	Autumn Trellis	Heartland Quilt Shop



Sunshine and Shadows

Joyce Morris is having shoulder replacement surgery in June.

Quilting – Great Fun and also Protection Against Memory Loss

Submitted by Patricia J Ohtake

We all love quilting, and at times may feel a little guilty about the time we devote to this passion of ours. But a recent research study shows that quilting actually improves memory. This study, conducted by Dr Denise Park and published in *Psychological Science* in January 2014, randomly assigned 259 older adults aged 60 – 90 years (average age 71 years) to one of six groups: 1) learn to design and sew quilts, 2) learn to use a digital camera and photo-editing software, 3) learn both quilting and digital photography, 4) engage in organized social activities (field trips, entertainment) without learning a new activity, 5) engage in activities at home linked to cognitive improvement (listening to classical music, playing word games), or 6) a control group that did not change their lifestyle. 85% of participants completed the 14-week study. The average time spent in the activity was ~16 hours per week.

Dr Park and her colleagues found that learning a new task (quilting and/or digital photography) caused significant increases in memory compared with the groups that did not learn a new activity. The effort of learning a demanding new skill was found to be superior to socializing for facilitating cognitive improvements. Comparison of the quilting and digital photography groups showed that while the participants in both the quilting and digital photography groups had significant increases in memory and cognitive function, those in the digital photography groups had slightly more gain than those in the quilting group.

So what does this mean for us quilters? Learning a new quilting activity is great for improving memory and cognitive function. Learning to use a digital camera and photo-editing software is even better. With our Annual Quilt Seminar approaching, this is a great opportunity for all of us to take a class to learn a new technique. And while we are at it, we might want to find a digital camera to learn to use it to photograph our new quilts. For me, it looks like finding 16 hours a week would not only be fabulously enjoyable, but also important mental exercise!

(Park DC et al. The impact of sustained engagement on cognitive function in older adults: the Synapse Project. *Psychol Sci.* 2014 Jan;25(1):103-12.)

Historic Homes

Historic Homes will be meeting on **Wednesday, June 11**, in the Tea room at 10 am and anyone who wishes to join us is more than welcome.

We are still looking for the fabric for the "Feathered Star" quilt. It is a navy blue with a 1/8" white geometric pattern throughout, so if you come across any fabric that might fit this description, please let me know.

Theresa Utz 633-9030

German Sommerfest is coming to the BNHV on June 21 from noon to 6pm.

Enjoy VW BUGFEST Car Show and stop by our Bier Garten for German food and beer with [CRāVing Restaurant](#), [Scharf's Schiller Park Restaurant](#), the [Bavarian Nut Company](#) and [Sweet Jenny's!](#)

Music by the [German American Musicians Association Inc](#), The [WNY Alphorn Society](#), [Shawn A Duchscherer](#), Dan Wilke with his Organ Grinders and the [Schwabens Chor!](#)

Check out the German crafts and traditions in [BNHV's](#) historic structures and take a stroll through the village! The Amherst Quilt Guild will be hand sewing in the Salt Box House - we are looking for volunteers. We will have a sign-up sheet at the June meeting. If you would like to volunteer, but are unable to make the meeting, please contact MaryAnn Krafft or Theresa Utz.

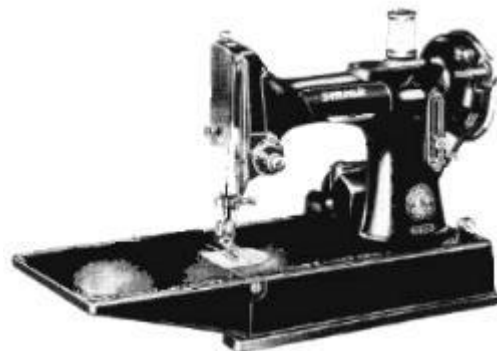
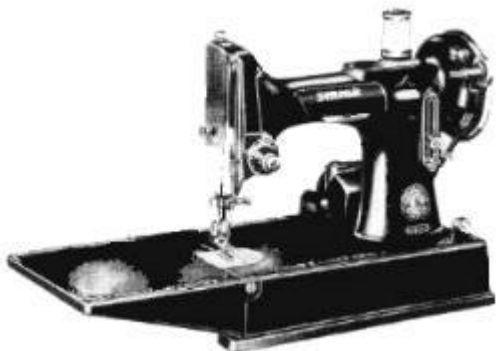
Admission: \$6 Adults, \$5 Members, 12 and Under FREE

If you can add this -

If you volunteer, admission to the German Sommerfest is free.

Community Service

See attached sheet for June Block instructions.





AQG Webmaster – Don Dee

If you have any updates or changes to our Amherst Quilters Guild website please send them directly to Don Dee at: webmaster@amqg.org.

E-Mail Tree/Communications/ Newsletter/Membership – Karen Goddard

If you have any problems with receipt of our e-mail messages, change your e-mail provider, or no longer wish to receive a hard copy of the newsletter, please send an email to Karen Goddard with your request to: AQGNewsletter@yahoo.com.

Articles to be included in the **July 2014** newsletter must be sent to AQGNewsletter@yahoo.com by ***no later than Monday, June 23th***, to be included in the newsletter, space permitting.

We welcome inquiries about AQG membership and encourage our members to bring your family and friends as a guest to one of our monthly guild meetings, **held the third Thursday each month, at 7 PM** at the Buffalo Niagara Heritage Village, located at 3755 Tonawanda Creek Road, Amherst, NY 14228.

June 2014 Calendar of Events

- June 4 Board meeting at Tim Horton's **6:30** (note new time)
- June 11 Historic Homes Meeting, Tea Room 10am
- June 19 AQG Monthly Meeting 7pm
- June 23 July newsletter deadline
- June 25 Community Service 10am- 1pm
- June 26 PM Quilters
- July 2 Board meeting at Tim Horton's **6:30** (note new time)