



Amherst Quilters Guild



NEWSLETTER

www.amqg.org

November 2014

Officers

President	MaryAnn Krafft
First Vice President	Roxanne Golde Susan Teetsel Robi witulski Jane Browne Renee Stockwell

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Community Quilts Joyce Morris
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Hospitality Jackie Groszkowski
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Museum Events Jackie Groszkowski
Newsletter Mailing Sue Kogler
Nominating Joyce Morris
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Susan Teetsel
MaryAnn Krafft

PM Quilters Program

Property Quilt Show

Quilting Bee Joann O'Brien
Marlea Crowther
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Betty Zebrowski
Lynne Nothum
Mary Ellen Cannon
Jan Reilly
Kathy Tomasulo
Don Dee

Quilts For Courage
Quilts For The Troops
Raffle Quilt 2014
Seminar

Sunshine & Shadows
Website

Upcoming Program News – Roxanne Golde and Susan Teetsel

November

We will be enjoying a presentation by The Carriage House from East Aurora, they will be featuring the latest gadgets and possibly a demo.

December

This month will be our Holiday celebration. We will be having THE RING MASTERS for our listening pleasure. What better way to compliment the season than a bell choir. If you look closely, you might see some people you know performing.

Donations will be accepted for the Tri Community Food Pantry, non-perishable food, toiletries and winter clothing. Karen Goddard will once again be by the front door with her minivan.

January

Gather up all those Guild bucks you have been earning, it's time for our annual Auction! Natalie will be our auctioneer once again. Come for a fun filled night of spirited bidding on quilting and sewing related items!



Amherst Quilters Guild – minutes

Design a Banner Contest sketches were due back. We received four entries.

Sue Teetsel reminded us that Threads of Time is closing. They have an open sewing group entitled "Quilt Til You Wilt" which meets every Wednesday from 10am-4pm. They will now become members of our Guild and meet in Steffan.

We introduced two guests.

Raffle Quilt – won by Renee Stockwell's sister Julianne. She just happened to be attendance when the winning ticket was drawn.

Starting in 2015 the newsletter is going green! All newsletters will be emailed unless you notify Jackie G.

We are accepting auction items for our annual "Quilt Bucks" auction held in January. Please limit yourself to sewing or crafting related objects.

The Holiday Party will be held on Thursday, December 18. We are having a holiday placemat challenge. There will be one prize for each table so your chances of winning are pretty good.

Mary Ellen reported on a very successful seminar. We do not have final figures from the BNHV yet. There will be no seminar in 2015, but the national teacher for 2016 is going to be Nancy Mahoney.

Lynne - reminded us that the "Paint Chip Challenge" is due in March 2015. She still has plenty of paint chips remaining.

Community Service meets next Wednesday at 10am in Steffan. All are welcome to join us. Little Dress for Mexico are due back by the November meeting. Loretta will be sending them to Mexico at the beginning of December. There is still plenty of fabric and bias tape remaining for those wishing to make more dresses.

Jackie presented the latest BOM for Block Lotto. Ditty bags will now be distributed at Valentine's day instead of Christmas. Keep collecting those free samples.

The new slate of Officers was introduced - President - Robi Witulski, Treasurer - Marie Buchanan, and we had a volunteer for 2nd Vice President - Jackie Groszkowski.

Name taggers drawing and then we took a 15 minute break.

Mickey Wittliff presented a trunk show showing many of her quilts for the past 30+ years.

Show & Share and we ended the meeting at 8:30.

Election of Officers

The election will take place at the November meeting, and they will be sworn in at the December holiday dinner.

President - Robi Witulski

Treasurer - Marie Buchanan

2nd Vice President – Jackie Groszkowski

Holiday Dinner

We will be changing our Holiday celebrations some this year. We will be having people whose last name begins with the letters A - Q bring appetizers and those whose last names begin with R - Z bringing desserts.

The guild will be supplying sandwiches for the main course. Members will need to supply your own table service - plates and flatware. But we won't be too busy to have show and share for all those holiday gifts you have made but haven't given away yet.

We will also be having a HOLIDAY PLACEMAT CHALLENGE. Make a holiday mat for your place setting and there will be prizes awarded for the best at each table. Donations will be accepted for the Tri Community Food Pantry, non-perishable food, toiletries and winter clothing. Karen Goddard will once again be by the front door with her minivan (make yourself a reminder note).

Quilts for the Troops

I am very excited to tell you about our new program. Our next delivery of **Q for the T** will be going to the **Niagara Falls Air Force Reserve Station**. They will be hand delivered by the director of family services, Megan Calero, at the base to Airmen returning from deployment in need of our support. She was very enthusiastic to have our quilts! She would like some of us to visit the base, when delivering the first quilts.

[Details to follow]

So let's see how many we can have finished. I'm hoping to have a bunch for the first week of December.

Thank you, Quilting Angels!!

Betty Z

Auction Alert

This is a reminder to everyone about the AUCTION at Jan. 2015 meeting. Use your guild bucks to bid on items, no real cash necessary, unless you want to add to your bucks.

Once again we are asking members to donate items for the auction. Anything sewing or craft related is welcome, including, but not limited to, quilting, needlepoint, stamping, scrapbooking, cross-stitch, knitting. We will take notions, fabric, yarn, kits, books, tools, rulers, etc.

PLEASE NO quilting magazines. Start cleaning out your closets, drawers, and boxes and shelves.

Items can be brought to our meeting in Nov., or Dec. and given to Natalie. Guild bucks will be given to those donating.

The AQG is Going Green

Starting in 2015 the AQG is increasing their efforts to "go green". All newsletters will be distributed via email. They are also on the AQG webpage at <http://amqg.org/newsletters.shtml>

If you would like to receive a physical copy, please notify Jackie G. (Her phone number and email address are in the roster)

Pillowcase Dresses

Loretta will be collecting the pillowcase dresses for the little girls in Mexico at the November meeting. They will be sent to Mexico the beginning of December.

Quilters Consortium Passports

Have you visited 8 or more quilt shows during 2014? If you had your passport stamped, you are eligible for the Consortium 2014 Travel Club Prize. Entry forms (the back page of your Travel Club passport) should be given to either Jackie G or Sue Kogler at our November Guild meeting. (If you are unable to get it to one of our delegates, mailing instructions are on the booklet - entries must be received by mail no later than December 1st).

Pass The Butter ... Please

Margarine was originally manufactured to fatten turkeys. When it killed the turkeys, the people who had put all the money into the research wanted a payback so they put their heads together to figure out what to do with this product to get their money back. It was a white substance with no food appeal so they added the yellow coloring and sold it to people to use in place of butter.

DO YOU KNOW.. The difference between margarine and butter?

Both have the same amount of calories.

Butter is slightly higher in saturated fats at 8 grams; compared to 5 grams for margarine.

Eating margarine can increase heart disease in women by 53% over eating the same amount of butter, according to a recent Harvard Medical Study.

Eating butter increases the absorption of many other nutrients in other foods.

Butter has many nutritional benefits where margarine has a few and only because they are added!

Butter tastes much better than margarine and it can enhance the flavors of other foods.

Butter has been around for centuries where margarine has been around for less than 100 years .

And now, for Margarine..

Very High in Trans fatty acids.

Triples risk of coronary heart disease ...

Increases total cholesterol and LDL (this is the bad cholesterol) and lowers HDL cholesterol, (the good cholesterol)

Increases the risk of cancers up to five times..

Lowers quality of breast milk

Decreases immune response.

Decreases insulin response.

And here's the most disturbing fact... Margarine is but ONE MOLECULE away from being PLASTIC... and shares 27 ingredients with PAINT.

Open a tub of margarine and leave it open in your garage or shaded area. Within a couple of days you will notice a couple of things:

* no flies, not even those pesky fruit flies will go near it (that should tell you something)

* it does not rot or smell differently because it has no nutritional value ; nothing will grow on it. Even those teeny weeny microorganisms will not find a home to grow.

Pass the BUTTER PLEASE

Community Service

The block for November is Natalie's Block. Directions have been included and blocks are due at the November meeting.

**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 *December 2014* newsletter must be sent to AQGNewsletter@yahoo.com by ***no later than Monday, November 24th***, 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.

November 2014 Calendar of Events

- November 5 Board meeting 6:30 at Tim Horton's
- November 19 Historic Homes, Tea Room 10am
- November 20 Guild Meeting 7pm
- November 24 December Newsletter deadline
- November 26 Community Service 10am-1pm
- December 3 Board Meeting 6:30 at Tim Horton's
- December 4 PM Quilters