

OAST POST

OAST QUILTERS' NEWSLETTER

Volume 11

Number 6 – December 2009

OAST QUILTERS' AGM
Saturday 5th December 2009 at
Simon Langton School for Boys
Canterbury

Thanks to our Hostesses
Dragonfly Quilters and Castle Wall Quilters

Traders: Sam Beresford, Crossed Threads,
Fabric Fairy, Karry Dot Com, Little Lavender Patch

AGENDA

1. Apologies for Officers absent
2. Minutes of the previous meeting
3. Matters arising from the minutes
4. Reports:
 - Chairman
 - Treasurer
 - Workshop Organiser
 - Quilters' Guild Area Rep.
5. Election of Officers
6. Draw for Bursaries
7. Any other business
8. Date and time of next AGM

LIBRARIANS' REPORT

The Library has had another busy year and we hope you all enjoy the new books we have bought.

There are just a few reminders to help the library run smoothly:-

You can take out as many books as you need but please bring them by the next meeting or ring me if you are unable to return them.

If you use any of the paper patterns from the inside of a book please make extra sure you put them back before returning the book.

I know it can be a bit of a scrum but please write clearly on the books out sheet; it can take us quite a while to decipher some ladies names!

Finally we will be holding another book sale in 2010.

Merry Christmas from Julie and all the librarians.

YOUNG OAST REPORT

Young Oast have decided to present their report in visual form and have set out a table with example of items made by the children during the year.

They have also entered the Oast Challenge with enthusiasm, putting many of us to shame!

OLIVE MCGREGOR

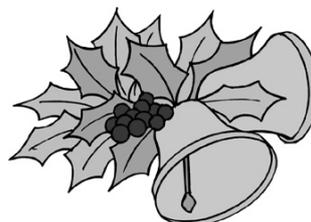
It is with sadness that we have to announce the death of Olive McGregor from Aldington, near Ashford. Olive was a prolific quilter with a wide knowledge of all aspects of quilting. She taught countless numbers of people to quilt, always with encouragement and good humour.

Olive was an early member of The Quilters' Guild of the British Isles, of which she was a staunch supporter. She also belonged to Oast Quilters from its early days.

Olive was a founder member of the Aldington Corner Quilters over 25 years ago. She was also the driving force in setting up the Aldington branch of Terrance Gilbert's Helping Hands group. Since 1995 they have donated hundreds of quilts to disadvantaged children and adults.

Olive will be greatly missed by all her quilting and village friends.

MERRY CHRISTMAS



The committee would like to wish everyone a very merry Christmas and happy quilting in 2010!

JANUARY WORKSHOP

Tracy Aplin will be teaching us how to create one-of-a-kind tea cosies on Sunday 24th January 2010 at Lower Hardres. There may be an additional class on Monday 25th January.

If you would like to take part, please put your deposit cheque in the container at the back of the hall, or see Judi Kirk for more details.

NEXT MEETING

Our next meeting takes place on 23rd January 2010. Here's a list of the Corners on offer at the meeting. Remember that you can only attend FOUR demonstrations, so start making your decisions!

1. **Tracy Aplin** - Beautiful Brooches
2. **Mary Cunningsworth** - Those Special Rulers
3. **Liz Coleman** - Quilted Gifts (or Things to Make for a Sales Table!)
4. **Helen Appleyard** – Reversible "All in one" quilted pinwheel squares
5. **Wendy Finnis** - Japanese Folded Patchwork
6. **Caryll Baldwin** - Fabric Cachepot Plant Holder
7. **Sue Maudling** - Easy Curved Strip Piecing
8. **Cathy Northcutt** - 12 Little Quilts

DRAW FOR BURSARY AWARDS

A short reminder of the system for bursary awards. Each member **who has not previously received a bursary** will be eligible to take a ticket when they arrive at the A.G.M.

The Chairman will draw three tickets and the holders of each ticket will be awarded £100 to be spent furthering their patchwork/quilting skills in some way. Recipients of the awards will be expected to report back to the members at the March 2011 meeting, when hopefully everyone else will be able to learn something from the experience.

A report can take many forms. It might be an on-stage presentation, or it might be a table top display, or a report in Oast Post, or the offer to teach a Corner at a future date. Members of the committee will be happy to help bursary recipients with their reports. You are, of course, not obliged to take a ticket or accept an award.

OAST SHOWCASE CHARITY SUGGESTIONS

Members will be asked to vote on which charities should receive any surplus money from next year's Oast Showcase. Two members asked that their suggestions be printed in Oast Post for your consideration. Other suggestions will be made verbally during today's meeting.

Ellenor Lions Hospices. This is a small charity close to my heart which operates in the Bexley, Dartford and Gravesend area. They work in a similar way to Macmillan and are dependent on donations.

My son, Patrick, died of cancer of the kidney aged 36. He chose to die in the peace and tranquillity of his own home, cared for by the Ellenor nurses who responded to his needs at all hours of the day and night. Please help them continue their work for others.

Pancreatic Cancer Research Fund. My son John died of pancreatic cancer in September 2008, aged 47. It was diagnosed in February 2007 and some would think him fortunate to have lived for 19 months. This was true for a year, but after that he had no quality of life and a great deal of pain. It is for this reason I want to highlight the need to understand the origins of this cancer.

The survival rates for many other types of cancers have improved wonderfully during the last 40 years. The 5-year survival rate for breast cancer is now 80%; prostate cancer 70% and bowel cancer 50%, but for pancreatic cancer it is unchanged at 3%. The early stages show no symptoms and when they do appear they are vague, non-specific and often attributed to other, less serious conditions.

There is NO detection test for the disease. Diagnosis usually comes after a CT scan, by which time it has often spread to other organs, so ruling out surgery. Pancreatic cancer does not usually respond to traditional chemotherapy, so the average time between diagnosis and death is six months.

Cancer is not just one disease. Some research helps the understanding of cancer generally, but each type needs its own research. Pancreatic cancer is the 5th most common cause of cancer death in the UK but has received relatively little research funding. The Pancreatic Cancer Research Fund is determined to change this by supporting research into earlier detection and by supplying grants to research institutions and hospitals. Please support them.

ARE YOU SITTING COMFORTABLY?

Frances will kindly be leading us through these exercises during today's meeting. Pin this article on your sewing room wall and make a New Year's Resolution to do them regularly – your body will thank you for it!

When you start any activity in a comfortable and supported position (good posture), you are less likely to suffer aches and pains, both immediately afterwards and long term and also be able to continue that activity for a reasonably long period.

A patch-worker cutting out using a rotary cutter, especially if there is a lot to be done, needs to check that the table height is comfortable; tall people need tables raised - with trestles an open one can stand on a folded one securely, kitchen tables on bricks. Shorter people need a sturdy, stable step to raise them or a lower table – experiment with what you have.

Check the relationship of your chair to your table/sewing machine. Can you see what you are sewing without slumping? So do you need a lower chair or to raise the machine, old telephone directories are very useful. Can you get your knees under the table so that the chair back supports your back?

When hand quilting, do you sit so that you can bring your work up to your eyes, not head down to the work. Quilting frames can be propped by cushions, chairs and even ironing boards – play about with supports. Adequate lighting is very important it's so frustrating to have to undo unsatisfactory work.

Get a timer/alarm set to 3/4 →1 hour. When it rings, get up, stand up straight then do the 'oh, my poor back' stretch, **HANDS ON THE TOP OF THE BUTTOCKS AND LEAN BACK**; do a 'cat' leg shake and stretch, then walk about a bit. Do all the movements without jerking, hurrying or pushing in to discomfort or pain – with repetition discomfort should ease and movement increase. **REPEAT ALL MOVEMENTS 3 TO 5 TIMES.** Just like quilting it is best to work from the centre out – encouraging a good blood flow.

For the shoulders-

1. Hitch the shoulders up towards your ears then lower them as far as possible. **DO NOT HOLD YOUR BREATH.** Keep breathing (the Pilates/yoga fans can practice their breathing techniques).
2. Roll one shoulder forwards, up, back and

down. Then the other, then both together – never mind the 'noises off'.

3. Now pull the shoulder blades down and back towards the waist. This will 'thrust the bust' a bit and stretch the upper chest where we all tend to hunch forward.

4. Fingers on the back of the neck now take the elbows back without craning the head and neck forwards.

For the Neck – holding the head/neck in one position for long periods creates muscle spasm and ache. So-

5. Tuck the chin in and roll the head and neck forwards onto the chest – you should feel a pull down the neck to between the shoulder blades. **KEEP BREATHING.** Uncurl one vertebra at a time, think of a fern unrolling, until you are looking straight ahead again – do not lift your chin.

6. Now glide your head and neck backwards – don't tilt your chin, rather like a horse arching its neck.

7. Turn your head to one side, repeat to the other side.

8. Bend your head/neck sideways – ear to shoulder **NOT** shoulder to ear.

For the arms and hands-

9. Stretch them down by your sides and fan the fingers out and back. Then gently make a fist.

10. Place your hands in the classic prayer position – fingers can be loosely interleaved and then lower the wrists while keeping the palms together – don't lift your shoulders though.

For the thumbs –

11. 'Twiddle' them making large circles

There is no need to do all the exercises each time you have a break, just the ones you feel apply to you, i.e. where you feel stiff or achy. However, a good working position and standing up regularly is essential for us all. These exercises encourage muscle and joint movement in the opposite direction from our working positions. The aim is to prevent repetitive strain syndrome, round shoulders, 'dowager's hump', nerve compressions and squashing internal organs!

Enjoy your quilting.

© Frances Lawrence (retired physio)

YOAKLEY HOUSE CARDS

Yoakley House (01843 223652) are selling cards of the wall hanging created by members of the Quilters' Guild. There are two designs in each pack and they cost approximately £3.50 per pack.

ADDITIONAL OAST WORKSHOPS

Sharyn Hutchings is organising some additional Oast workshops for next year, to give members the chance to take classes with local tutors. Please make a note of these dates in your diaries: February 13th, April 24th, June 12th, and November 14th.

More details will be printed in Oast Post as they are available.

The booking system will be the same as for other Oast workshops – there will be a container at the back of the hall. To register your interest, you should put a £5 deposit cheque inside an *unsealed* stamped, self-addressed envelope, clearly marking which class you would like to take.

Quilters Guild East Kent Area

Experimental Log Cabin Workshop

with

Inger Milburn

at

Lower Hardres & Nackington Village Hall, Street End Canterbury CT4 5NP

on

Saturday March 13th 2010

10.00 – 4.00pm

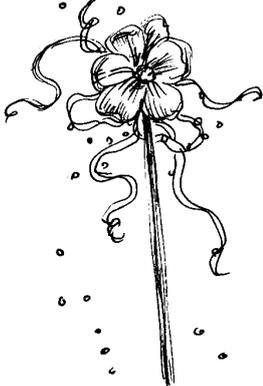
Cost £16 for Quilters Guild Members

£24 for non- Guild members

- Please send your completed application form to:
Ruth Pascoe, 10 Water Street, Deal, CT14 6DJ
- Enclosing a cheque made payable to:
The Quilters' Guild of the British Isles, Region 2
- Together with a S.A.E for list of requirements.

Further details and directions from: Ruth Pascoe 01304 368 725
or email ruthpascoe10@googlemail.com

The Fabric Fairy



New Website now open! www.thefabricfairy.co.uk

For full details contact: Andy & Michelle Cooper

Email: Cooperandy31@aol.com

Tel: 01304 830474

or check out *The Fabric Fairy* shop on

