



September 11, 2020 Let's remember the day. And hope for a better world tomorrow.

"Why are you phubbing?" Becca nudged my arm, wanting to be petted while I was sitting on the couch and she was sitting on the floor.

"What are you talking about?" I asked, looking from my phone to her.

"You are phone phubbing me," she said.

"What?"

"You're buried in your phone, and instead of paying attention to me, right here, by your side, waiting to be petted, you're looking up something on the internet. It's called phubbing."

"Where do you learn stuff like this....Wait, I don't want to know. You're probably phubbing me while I'm at work."

"Silly," she said. "You weren't listening. You phub somebody when you are with them, not when you're without them." Okay, Becca doesn't always understand the nuances of English, but she is right.

"Do you have nomophobia?" she asked next. "That's when you are anxious about not having access to your phone."

"Not a problem," I told her. "In fact for the last 2 days I've accidentally left my phone at home when I'm at the shop. It bothers me that I might miss a shop call, but otherwise it's kind of nice not to have the phone tethered to me. I remember when...."

Becca interrupted: "Maybe you're a smombie," she said. "That means a smartphone zombie. You space out while walking down the road, when you're driving, when you're walking in Yellowstone and not paying

attention to the path around the hot pots. And then you fall in and burn up."

"Becca! I don't walk and text. I'm not that coordinated. I'm an old person. I have to watch where I put my feet. It's called the old people shuffle. Jean and I are working hard at not walking like an old person: Head up, stride out. Plant your feet firmly. It helps with back and neck issues. So I don't walk and smartphone at the same time."

"You're old?" she asked with a smirk.

I glared at her. "I remember when my....."

"Nomophobia was coined back in 2008, because a researcher started recognizing the phenomenon," she interrupted. "But the word just got officially introduced into the OED in 2019."

"You know what OED stands for?" I asked her.

"Okay, emoji debut? Online entry division? Occasional evening dancing?"

"You have no idea, do you?"

"Doesn't matter because while nomophobia only made it into the dictionary [I sometimes underestimate her], it still isn't in the DSM" I raised my eyebrows at her "which is the Diagnostic and Statistical Manual of Mental Disorders, the gold standard for psychiatric conditions. So if you have nomophobia, it's not a diagnosable health condition." Becca smirked again.

"I'm not the one in this conversation that has nomophobia, I think," I said, looking at her.

"You're the one talking to a dog." She had me there.

Anyway, nomophobia can lead to sleep disorders, daytime sleepiness, poor sleep habits, anxiety-they did studies using college students, who often use phones to catch up on social media while in bed, before going to sleep, waking up in the middle of the night to a "bing" alert on the phone, worried they might miss out on something important.

If you can't go to sleep without scrolling through your news and social feeds, keep notifications on throughout the night to make sure you don't miss a thing, or always have your phone planted in your palm, you might have nomophobia, suggested Jennifer Peszka, PhD, coauthor of a study

published in the journal Sleep.

"Wait a minute," Becca said. ""There is a regular magazine called Sleep?"

"Apparently. Lots of people have sleep issues."

"Well I don't," said Becca. And she's right about that. She can fall asleep in a second and be snoring the next. But don't tell her that.

"The last thing you do before you go to sleep is play on your iPad," she said.

"I'm not social mediaing, though," I said. "I'm playing a game."

"Same thing." "No it's not." "Yes it is." "No it's not." "Yes it is." "No it's not." "Yes it is." Sigh. You can't win with a mini Australian Shepherd.

If you think you might have nomophobia, researchers developed a 20 question questionnaire, with ratings 1-7 for strongly disagree to strongly agree. Scoring 100 out 140 means you've got a problem. A sample of the questions follow, and if you get 25 or higher, seek help:

- I would feel uncomfortable without constant access to information through my smartphone.
- Being unable to get the news (e.g., happenings, weather, etc.) on my smartphone would make me nervous.
- Running out of battery in my smartphone would scare me.
- If I did not have a data signal or could not connect to Wi-Fi, then I would constantly check to see if I had a signal or could find a Wi-Fi network.
- [If I did not have my smartphone with me] I would be nervous because I would be disconnected from my online identity

I can honestly say I don't suffer from nomophobia, despite the games I play on my iPad. Nothing is connected to the internet at home 'cause I don't have it. Don't get me wrong. I want it. I just don't have it. I leave my phone by accident at home when I'm at work, and that's because I leave it on the couch at night, and then forget to grab it when I leave. The only time it comes into the bedroom is when I need to set an alarm.

I think nomophobia is more an under 40 problem and not an over 60 problem (as much). And that's because I remember driving across America, by myself, without a phone. I remember driving across Wyoming, working for the state, without a phone. I remember blowing tires and radiators while driving cross country, without a phone. Although, today, I think it's reckless not to have one. In the winter I try really hard not to forget to carry

my phone, even when I'm just going to the garage to haul in a bag of pellets in the middle of winter.

"I remember when my..."

"Not another story," Becca sighed.

"Well, all I wanted to say was my dad had a great way of not answering the telephone."

"And that was.....?" she asked.

"He didn't answer the telephone. If we kids called, we knew to let the phone ring a couple of times, hang up, then call right back. He'd get up from his chair, go to the den, and answer the phone."

"Well, what if he missed an important call? Did he have an answering machine?"

"Nope. If he knew someone would be calling, he'd be more likely to answer the phone."

"But how would he know...." Becca looked puzzled.

"Most of the time, he just didn't want to be bothered, important or not," I said. "If it was important, he figured they would call back."

"And he'd answer?"

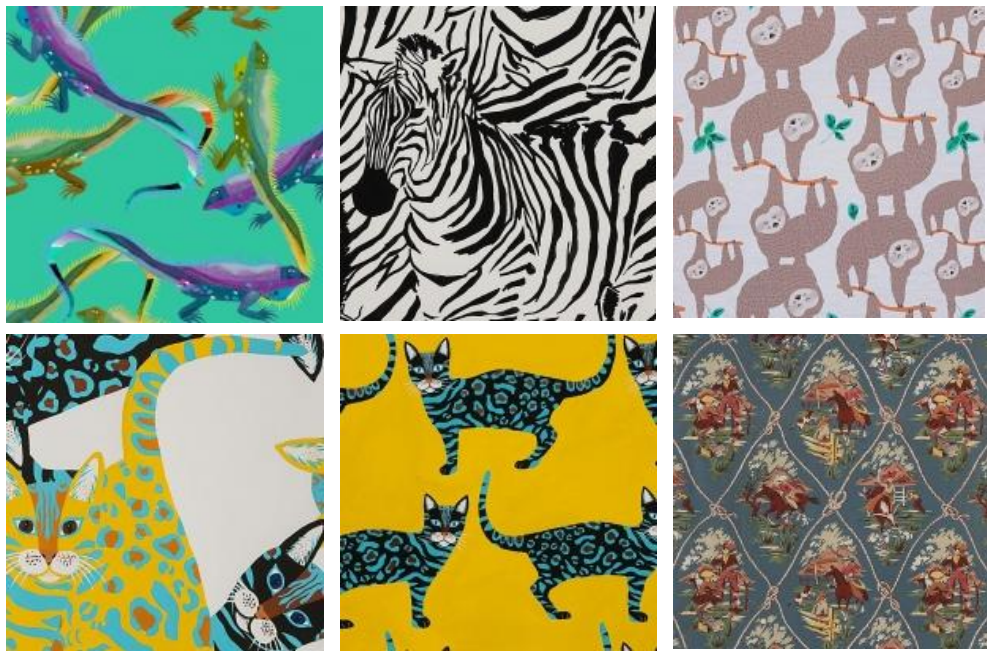
"Probably not."

WHAT'S NEW!!

We also have more new patterns--mostly Crabapple Hill embroidery, lots of new wool, Best Press, thread, needles, pearl cotton, and books (Buttermilk Basin), wonder clips, bias strip makers, flower head pins, curved safety pins, Zirkel pin cushion, applique sheets, and a variety of new embroidery patterns, including the owls, various Halloween and Christmas patterns.

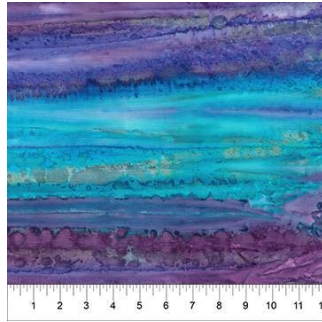
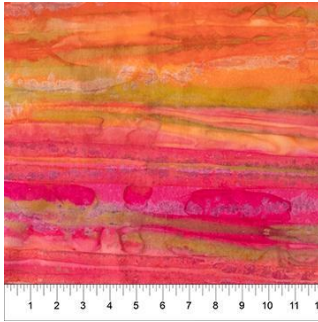
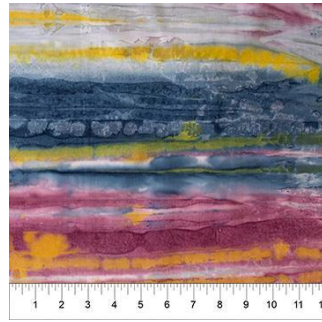
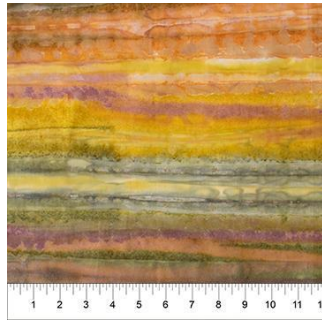
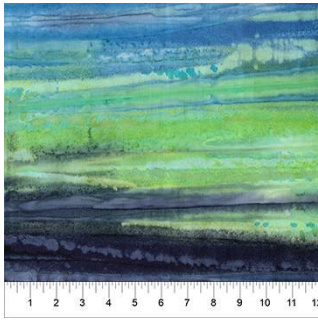
More patterns and notions, including the Warm Hands wool felt ornaments. About 14 bolts of white on white, that I won't put in the newsletter, because they will all look, well, white on white. But there are at least 4 Christmas patterns, some basic patterns (flowers, geometrics), and some "spring" patterns.

From Alexander Henry:

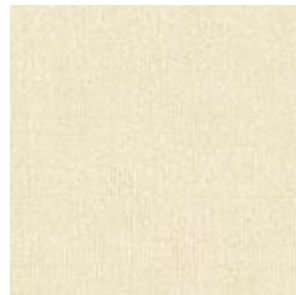


From Northcott:





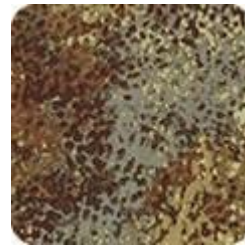
From Henry Glass and Benartex



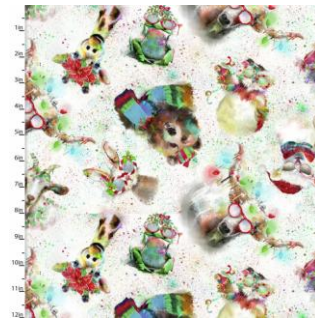
From Hoffman, Michael Miller

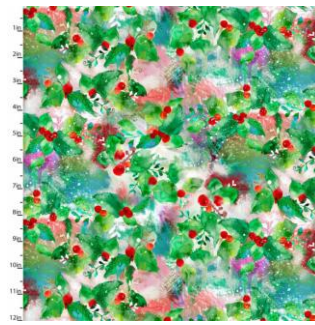
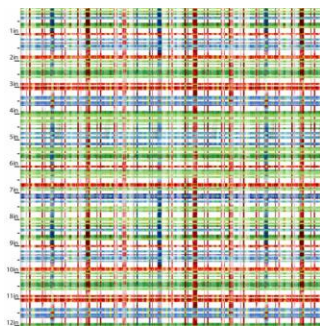


From Robert Kaufman:

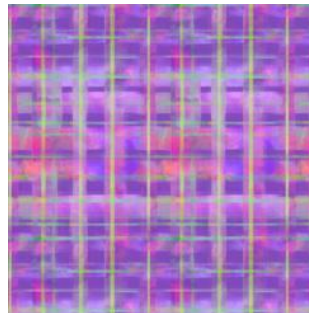
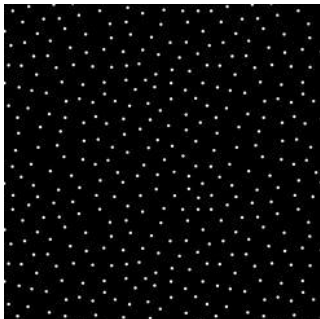


From 3 Wishes:





From Quilting Treasures:





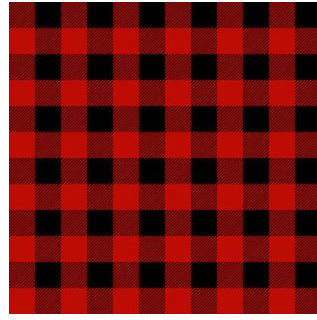
From Henry Glass:



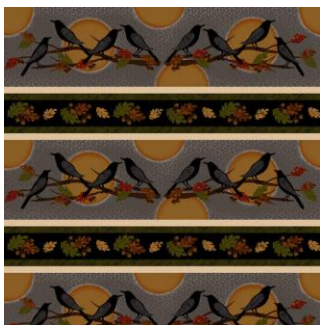
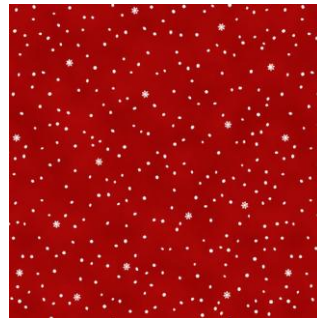
flannel



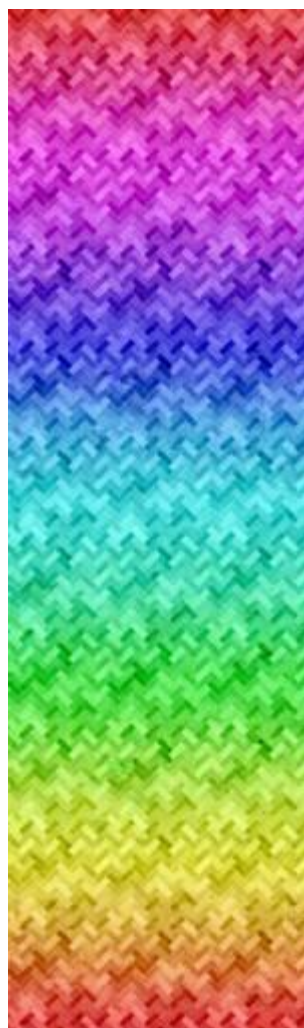
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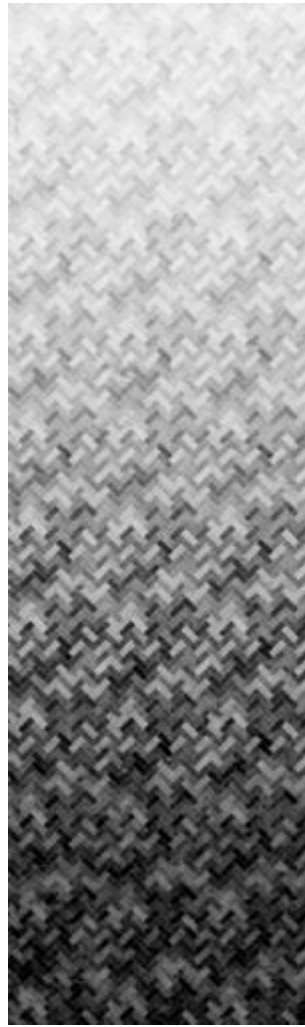


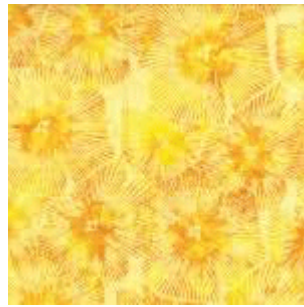
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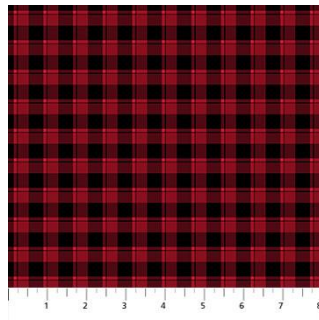
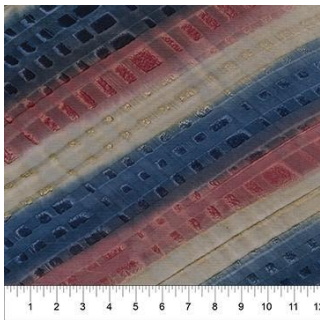
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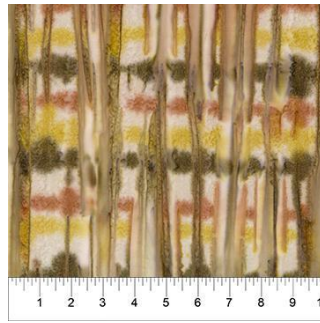
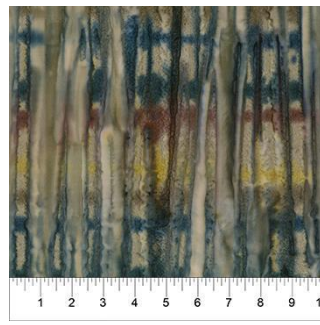
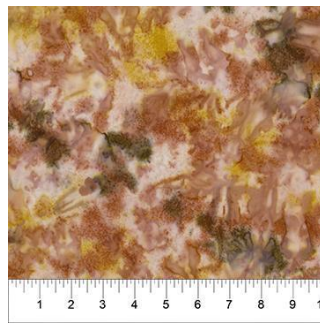






From Northcott:





From Moda:

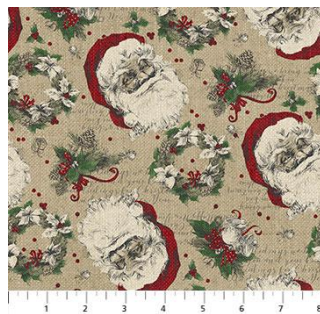


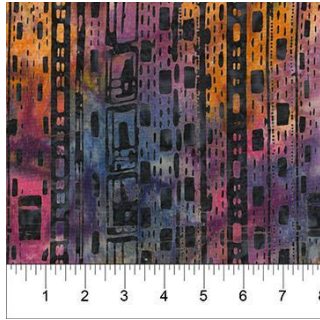
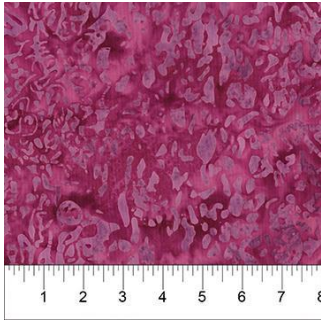
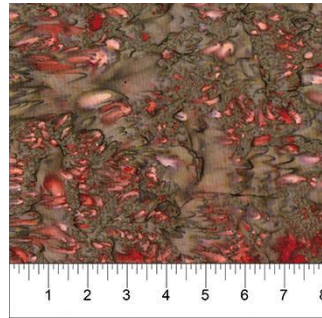
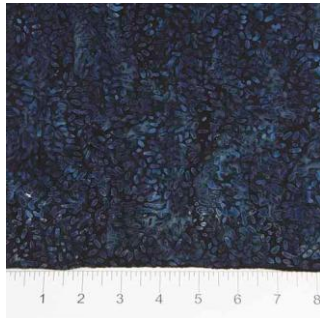
36" X 54"



54" x 65"

Northcott:





SEPTEMBER 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Hand work Club 2-4 Long Arm Rental Day Full Moon	2	3	4	5 BOM 10:30 Zootropolis 1-5
6 Closed	7 Labor Day	8 Hand work Club 2-4 Long Arm Rental Day	9 Knit Pickers' Club 3-7	10	11	12 Embroidery Club 10- noon
13 Beginning Quilting 1-4	14	15 Hand work Club 2-4 Long Arm Rental Day	16	17	18	19 Funky Hearts Noon-5
20 Beginning Quilting 1-4	21	22 Hand work Club 2-4 Long Arm Rental Day	23 Knit Pickers' Club 3-7	24	25	26 Elizabeth Hartman quilts Noon-5
27	28	29	30			

Beginning Quilting 1-4		Hand work Club 2-4 Long Arm Rental Day		Color of the month: orange		
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OCTOBER 2020

Sun	Mon	Tues	Wed	Thurs	Friday	Sat
	Color of the month: green			1	2 Full Moon	3 BOM 10:30 Moonshine Halloween 1-5
4 Closed	5	6 Hand work Club 2-4 Long Arm Rental Day	7 Knit Pickers' Club 3-7	8	9	10 Embroidery Club 10-noon Christmas Club 1-4
11 Beginning Quilting 1-4	12 Strip Stacks, noon-5 Columbus Day	13 Hand work Club 2-4 Long Arm Rental Day	14	15	16	17 Paper Pieced Christmas Tree Noon-5
18 Beginning Quilting 1-4	19	20 Hand work Club 2-4 Long Arm Rental	21 Knit Pickers' Club 3-7	22	23	24 String Quilt Noon-5

		Day				
25	26	27	28	29	30	31
Beginning Quilting 1-4		Hand work Club 2-4 Long Arm Rental Day				Halloween Full Moon

NOVEMBER 2020						
Sun	Mon	Tues	Wed	Thurs	Friday	Sat
1 Closed	2	3 Hand work Club 2-4 Long Arm Rental Day	4	5	6	7 BOM 10:30 Precut for Christmas 1-5
8 Beginning Quilting 1-4	9	10 Hand work Club 2-4 Long Arm Rental Day	11 Knit Pickers' Club 3-7 Veterans Day	12	13	14 Embroidery Club 10- noon Christmas Club 1-4
15	16	17	18	19	20	21

Beginning Quilting 1-4		Hand work Club 2-4 Long Arm Rental Day				Christmas Tree (not paper pieced) Noon-5
22	23	24	25	26	27	28
Binding 1- 4		Hand work Club 2-4 Long Arm Rental Day	Knit Pickers' Club 3-7	Thanksgiving Day Closed	Black Friday Sale	Shop Small Business Sale
29	30					
Shop Small Business Sale	Full Moon	Color of the month: flannels				

DECEMBER 2020						
Sun	Mon	Tues	Wed	Thurs	Friday	Sat
		1	2	3	4	5
	Color of the month: red	Hand work Club 2-4 Long Arm Rental Day				BOM 10:30 Let's Do Christmas! 1-5
6	7	8	9	10	11	12
Closed		Hand work Club 2-4 Long Arm	Knit Pickers' Club 3-7			Embroidery Club 10- noon Christmas

		Rental Day				Club 1-4
13	14	15 Hand work Club 2-4 Long Arm Rental Day	16	17	18	19
20	21	22 Hand work Club 2-4 Long Arm Rental Day	23 Knit Pickers' Club 3-7	24	25 Christmas Closed	26
27	28	29	30 Full Moon	31		

Christmas Club

September 12, October 10, November 24 from 1-4

Club fee is \$25 for all 3 sessions. Kit fees separate.

Each month we will work on quick easy projects (although I will throw a quilt into the mix). Please bring your sewing machine and basic sewing kit/tools.

September we will have a Santa Claus t-towel (or you can put him on any fabric you like). We will have him kitted for you on toweling fabric, needle and pearl cotton. No tracing involved.

We will also have a simple oven mitt pattern, already cut out, complete with Insul-Brite for the "batting."

October we will make a wall hanging that requires tumbleweeds, so start collecting now (one is enough). And we'll start work on a wool door hanging.

Projects may change a bit, and other small things may be added-like some wool ornaments, a wool applique pillow, potholders and a warm bread basket (keeps bread warm).

Please sign up early, so that I can make sure I have kits ready for those things that will be kitted. Some

projects, like the wall hanging, will not be kitted, so you can use your scraps.

Please look on the calendars above for times and dates.

Ongoing Classes & Clubs

Block of the Month First Sat of month 10:30-11:15 FREE Barb Boyer
Join at any time. You get a free fat quarter if you come to class with the previous month's completed block. This year the challenge is to use polka dot fabric in each block. The quilt will be whimsical, and will lend itself to bright colors, stripes, stars, and dots. To start you off we will give you a fat quarter that you must use in your blocks use (at least in some of them). But...if you don't like the fat quarter or dots, you can choose any color scheme you like.

Hand Embroidery Club 2nd Sat. of the month, 10-noon FREE Kathy Sconce
If you want to learn to hand embroider or just brush up your technique, join us on the second Saturday of the month from 10 to noon. You can work on your own projects or you can join the project we are doing. We are still doing the Gardner=s Alphabet Quilt Block of the Month by Crabapple Hill. We will explore a variety of embroidery stitches for each block each block (2 letters per month), plus we will learn how to color with regular crayons to enhance the blocks. Each month Kathy Sconce shows us a new stitch to try, plus, she guides us through thread choices, how to knot, fabrics to use, and tracing techniques. We are also looking at new patterns, for those you do not want to do the Alphabet quilt or who have finished those blocks.

Knit Pickers' Club 2nd and 4th Wed of each month, 3-7 Carol Moler
We are changing up the Knit Pickers= Club. We=re going to knit 2 days a month every second and fourth Wednesday, and we=ll start earlier in the day at 3. For those you you who work, we=ll still be knitting >till 7. The Club is open to all skill levels. We want to share what we've learned, find new patterns, and simply just sit and knit. We work on some felting projects, fingerless mittens, mittens, and socks. And we are working on a group projectBmeaning everyone does the same pattern. Each month we will learn a different pattern, make it into a square and eventually put all the squares into one projectBafghan, scarf, bag, etc.

Other Classes

TBA Our schedule is limited this fall because of the pandemic. Face masks will be required in class and space will be limited. Classes will not run through lunch, so no eating (snacking & water okay, but no lunching). Bathrooms may or may not be available, but there are facilities within walking distance.

Other classes that I hope to schedule include Hand Quilting, Hand Applique, teaching long arm quilting, pillow case class, a quilt using our new ombres, machine quilting, machine applique, and machine applied binding. So stay tuned as we continue to tweak the schedule.

Christmas Club

Starting in September and running through November, from 1-4 on the second Saturday of the month, we will have a Christmas Club class. In each class we will have a different project, designed to teach you new skills (I hope). The projects will range from small to large: Credit Card holders, embroidered towels, wall hanging, laser cut stained glass, wool ornaments, table runner, and one quilt. We are still working on what projects and in what order. The fee for the class (all 3 sessions) will be \$50. Kit fees will be extra, but several of the projects will have free patterns and you will be able to use scraps, as well. Stay tuned for more details.

September classes

Beginning Quilting 8 weeks \$65 Barb Boyer Starting Sun Jan 19 or Thur Jan 16.

This comprehensive 8-week course will introduce to you almost everything you need to know about piecing a quilt top. Along the way you will learn about color, batting, thread, machines and various techniques to give you the skills to make almost any quilt.

Elizabeth Hartman Quilts \$30 Sept 26 noon-5 Sue Frerich

You can do any of the designs from Elizabeth Hartman. Sue will show you the 45 degree flip technique, and give you lots of ways and hints for keeping organized. The Beehive Quilt was made with a precut stack of 10" squares, plus backgrounds. Floyd and Lola, or Frank and Emma or Fred & Ethyl, (the llamas) were made with scraps, llama colored fabric (both right and wrong sides) and a background. We have many patterns, so just choose your favorite.

Funky Hearts Sat Set. 19 Noon - 5 Barb Boyer \$25 (Another of our precut quilt series)



This quilt uses 2 ½" strips plus yardage to make the oversized hearts. Our choice for fabrics is the new line from Alexander Henry: Ghastlies Fall In Love-as only the Ghastly characters can. This is a quick quilt to sew and if you still need a graduation present, you should be able to get the top done in no time.

October Classes

Paper Piece Christmas Tree Sat Sept 17 noon-5 Sue Frerich \$30

Sue taught this quilt last season and it was a hit! You can choose to make your tree using traditional green colors, black and white, or mix it up with a Northern Lights look. The pieces are big so the quilt is finished quickly. It's a perfect accessory for a door or wall hanging for Christmas.



~~Moonshine Steampunk~~ Halloween Sat Oct. 3, noon-5 \$25 Barb Boyer

We can't do Steampunk because the border fabric is sold out and it has not been reprinted, so I can't get more. So we are switching to Moonshine (hanging in the window at the store). This is a panel quilt, made with 2 different panels and a border print (my pattern). You will learn how to miter borders in class.

String Quilt, Oct 12, noon-5 Sue Frerich \$30

This is a no pattern quilt (meaning, you will get pattern instructions in class). String quilts are made from strips of fabric, various sizes, widths, colors. You "string" the fabrics together to make a piece of fabric, and then cut your piece from your "string." This is a wonderful way to use up your scraps and is a technique used by our grandmothers long ago to make quilts from whatever they had on hand. (This is Sue's quilt in progress. You'll see the Tinman and Chicken blocks from Block of the month, off to the side.)



November Classes

Beginning Machine Applique TBA \$30 Barb Boyer

So many quilts use applique these days. Learn the ins and outs of machine applique, from points to curves. We will practice the button hole/blanket stitch, satin stitch, and you can also play around with your decorative

stitches. Threads, fusibles and stabilizers will be discussed.

Beginning Machine Quilting TBA 1-4 \$30 Sue Frerich

Be prepared to quilt! You will practice your quilting skills on various samples, using both your walking foot and darning foot. Batting, threads, needles and patterns will be discussed. Who knows? By the time you leave you may even be able to write/quilt your name!

Binding Sun Nov 22, 1-4 Barb Boyer \$25

You'll learn how to accurately cut your bindings, whether bias, cross or straight. When to use which one. You'll learn how to cut, then sew, join (so easy) and hand stitch part. Bindings so easy peasy you'll wonder why you were ever nervous about putting on the binding.

Christmas Tree Wall Hanging Nov. 21, noon-5 \$30 Sue Frerich or Barb Boyer

This cute quilt uses a fun batik collection that includes plaids, stripes and sheep! The pattern comes with its own ruler and the hardest part is deciding what fabric to go where.



PreCut for Christmas Sat Nov. 7, Noon-5 \$30 Sue Frerich

Using 10" squares, you can make this happy Bow Tie quilt. If you don't want to use Christmas fabrics, you can use any 10" square package (usually 40 squares) plus a background. Easy to make, and whether it's for Christmas or a Christmas present, it will be finished in time for the holidays.

December Classes

Let's Do Christmas! Sat Dec. 5, 1-5 \$25 Barb Boyer

TBA

Other Classes

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applique, and machine applied binding. So stay tuned as we continue to tweak the schedule.

CLUBS

HAND EMBROIDERY CLUB FREE!

If you want to learn to hand embroider or just brush up your technique, join us on the second Saturday of the month from 10 to noon. You can work on your own projects or you can join the project we are doing.

Hand Work Club FREE!

Every Tuesday afternoon from 2-4, join us to just sit & hand stitch, crochet, bind, or knit group. Bring what you're working on, sit up at the table in front by the window and work on your projects for a while. You can get advice & suggestions from your fellow quilters and share your experiences about your projects.

Knit Pickers' Club FREE!

This is another get-together class to sit & knit, work on our projects, share information and get some help. We will share techniques, suggest patterns, but mainly we'll sit & knit (or pick). We are discussing trying to do a group project meaning everyone does the same pattern. Each month we will learn a different pattern, make it into a square and eventually put all the squares into one project Afghan, scarf, bag, etc.

Block of the Month Club FREE!

First Saturday of the Month, 10:30-11:15. Join at any time. You get a free fat quarter if you come to class with the previous month's completed block.

Toad Toters Club

On full moon days (as noted in the calendar) you will get 20% off all purchases (not otherwise discounted) that you can fit in your bag. You must bring your bag to participate.

Full Moon Days: September 1, October 2 & 31 (we'll do something special for this Blue Moon), November 30, December 30

Discount Policy

We will honor only one discount -- whichever is largest. You can't combine a 10% with a 25% discount to get a 35% discount. On this we can't be

bribed.

Color of the Month

September orange; October green, November flannels, December red.

Nolting Longarm Machines

Nolting has 5 main machines, each with different reaches: from 17" to 30" depending on the machine. They are sold with or without a frame, but after I saw & helped set up one of the steel frames this week, I recommend buying the frame. All machines, except for the Standard--the most economical machine-- have a stitch regulator. I recommend a stitch regulator. All machines can be equipped with a computer and there are a couple of different ones to choose from. In addition, you can get an extended table base so that you can use rulers, you can get larger bobbins on some of the models and on the frames you can get hydraulic lifts to raise and lower the tables. In the coming weeks, I will print out more information on each model.

The best entry level machine is the Fun Quilter. It comes in 17", 20" & 23" reach. It comes with the Intellistitch Equalizer stitch regulator, standard speed control, needle up/down, and fixed handles in the front & rear. This machine can also be equipped with a computer.



The Pro Machine has the Intellistitch Turbo stitch regulator, single stitch option, standard speed control, needle up/down and customizable handles in the front & rear. The Pro Machine comes in 20", 24" and 30" reach with 10-12" of inside height. There are easy dials on the front to set stitch length and other options. This machine can also be equipped with a computer.



The NV Machine is the newest in the fleet of Nolting machines. This machine has a touch screen with progra

mmable stitch regulation. You can stitch in 4 different stitch modes plus single stitch and needleup/down. It also has an adjustable brightness LED work light. This machine can also be equipped with a computer.



Nolting also has a commercial machine with the Intellistitch Equalizer stitch regulator, standard speed control, needle up/down, and fixed handles in the front & rear. This machine can also be equipped with a computer.

**Normal Shop Hours:
Monday-Saturday 10-6
Sunday 1-5**

Closed first Sunday of month (and some holidays)

**Covid-19 Hours
M-S 10-5. Closed Sundays**

Color of the Month and Full Moon Schedule

Since I don't have classes posted, I forgot that I also didn't post the full moon and color of the month schedule.

Full Moon: June 5 (today, but we will observe it tomorrow as well); July 6, August 3 and September 1.

Colors: June blue; July Christmas; August black; September orange.

Join the fun and come feel the difference of quality fabrics.

Happy quilting!

Sincerely, Barbara Boyer
Around the Block
307-433-9555

