



I have lifted the mask requirement for the store. With the many tourists now coming through, most are not carrying masks with them. However, we (staff) will still wear masks as appropriate. Please feel free to wear a mask in the store. If there are tourists (non locals that I don't know) I will still be wearing a mask. For classes, masks will not be required, but if you feel safer wearing one, please do. If you wear a mask, I will put mine on. This policy is, as always, subject to change, depending on what covid decides to do.

May 20, 2022

I feel it's my duty to keep you safe from all the things that might get you into trouble. I know. It's an onerous task, but somebody has to do it. You have more important things to do than click on the web site lists of the 40 most/worst (add your topic).

For example, I found a site that listed 40 health myths that women believe. Okay, I thought, this might be intriguing. Not really.

The first myth is bras cause cancer. And my first thought was, how stupid does the writer think women are. Although on the other side of life, we all know that tighty whites reduce sperm count. So who knows? I kept reading.

The second myth was certain foods will help you get pregnant. And I knew then that I had to write about all of this so that you would be protected, at a minimum, from idiotic internet stories. Consequently, I had to continue perusing the list. I won't list everything, but a couple of others included cranberry juice cures UTIs. The operative word here is cures. And flip flops are fine for your feet. Remember, these are myths that you have believed all your life. Because you are a woman.

So who in their right mind thinks that flip flops are good for your feet. I mean they have a purpose in certain situations, but as your every day foot wear? And cranberry juice might help prevent a UTI (probably not, 'cause that's another myth). So I skipped to the end of the list.

The last health myth on the list was about detoxing, as in you should detox. The article stated that the detoxing shakes you can drink are bogus and the best way to "detox" is to let the body do what it is built to do, and (and this is the critical part) don't overeat, drink too much alcohol, smoke, or consume too much red meat, refined grains, sugar and saturated fat. In other words, avoid consuming just about everything and you'll be fine.

So I went on to the next helpful article. How to avoid being bitten by a king cobra. Why anyone

thought we needed advice on this topic right now, I have no idea. But I thought to myself, this one's easy. Just don't go anywhere where king cobras live. Kinda the same advice about not getting eaten by lions, sharks or alligators, although I'll admit it is harder to avoid the gators.

But in case you need more help avoiding king cobras, here's the 411. Cobras can reach 10-18 feet – meaning they are hard to miss so you may not even have to wear your glasses – and they can “stand up” or rise to the level of your eyes and stare you straight in the face. I suggest that if you have failed to avoid one of these beasts, by the time it looks you right in the eyes, it's too late.

But cobras aren't the only snakes around. Actually they aren't around here, but other snakes are. So one of the next stories was about how to spot whether a snake is in your garage. The easiest way is to look for the snake trails in the dust. It's a sidewinder pattern. Snakey pattern. If there is no dust in your garage, the next big clue might be helpful. Wait for it discarded snake skin.

Okay, this article was less than helpful.

My advice, I think, is much better, based on experience. You won't know if a snake has invaded your territory until you find it. Then the issue becomes how to get rid of it. For example, a long, long time ago at the shop, we left the back door open one fine day. And as I was searching for a piece of fabric, I found the little garter snake curled up snoozing and basking in the sun coming through the door. And I picked up the fabric and flung the poor little snake over the back railing. Can you imagine waking up, flying through the air? After I flung the snake into space, I did feel a little sorry for it. I could have been a little gentler, but at the time I was not in control of my actions. And that's how you spot a snake.

I do have one other piece of advice for spotting snakes: Let the grass grow. For example, when I went home to visit my dad one year, I went into the back yard to pick some flowers. He hadn't mowed in a while, and when I opened the gate, I saw lots of zigzagging going through the grass, as all the snakes scattered. When the grass stopped moving, I knew it was safe to go into the backyard. I suppose better advice would be to mow the grass.

Onto the next not so helpful story – honestly, I didn't go looking for this stuff, it just appeared – was how to avoid coming face to face with a bear. And my advice follows along with king cobras, lions and alligators. Don't go into bear country. But people will go hiking and when you do that you are in the bear's house. So what should you do? First, identify yourself. Yup. That's the first piece of advice from the National Park Service.

The NPS says you should make sure that the bear knows you're human and not prey. Stand up and slowly wave your arms. And don't be too worried if the bear walks closer and stands up too. Stay calm and speak to it in a calm voice: “Hi. I'm Barb. How's your day going? I think I'll be going now.” Move sideways, because bears see sideways movement as non threatening. Don't climb a tree because the bear can climb faster than you. Above all, don't run. And if you do, don't trip. Better yet, hike with a friend that you can outrun.

And that advice probably will work with black bears. If it's a grizzly, you're probably toast. Or BBQ ribs. Or roast. Depending on what condiments the grizzly has available to him. I just finished reading *The Wild Inside* by Christine Carbo, a book about a grizzly attack in Glacier National Park. It's the first in her Montana mystery/thriller series set in the park. And the moral of that story is a grizzly's gonna eat whatever it wants whenever it wants.

It's a little like the parrot jokes: What does a 500 pound parrot eat? Anything it wants. What does a 500 pound parrot say? CHIRP or HERE KITTY KITTY.

Happy snow day.

Star Crossed Mystery Quilt

79" X 97"

Step One

Fabric Requirements

1 10" precut package or 36 9 1/2" squares of various colors
1 1/2 yds. Choose a dominant dark color (red, for example) that will contrast well with the 36 squares
1 1/2 yds background or light. Choose a light color (tan for example) that will contrast well with the 36 squares and the dark fabric.
3/4 yard for inner border Color can be chosen after quilt is made.
2 1/2 yds for outer border Color can be chosen after quilt is made.
3/4 yard for binding
Backing: Vertically pieced 5 3/4 yards (only gives 5" extra). Horizontal piecing (3 pieces) 7 yards
Batting: 85" X 103"

Cutting Instructions:

1. Cut 36 9 1/2" squares of various colors. If working with a 10" precut, you will need to trim each square to 9 1/2".
2. Cut 6 red squares and 6 tan squares at 10" X 10"
3. Cut 60 tan squares at 2 3/4" X 2 3/4"
4. Cut 60 tan rectangles at 2 3/4" X 5"
5. Cut 120 red squares at 2 3/4" X 2 3/4"
6. Cut 15 red squares at 5" X 5"

Step Two

1. Using the red and tan 10" squares, draw a line from corner to corner. Stitch 1/4 inch from each side of the line. Press and trim these half square triangle units to 9 1/2" X 9 1/2". Make 12 half square triangle units. (no pics for this part. You know how to do it.

2. Using the 60 tan rectangles and 120 red squares, make 60 flying geese units. Square to 5" X 2 3/4". See pics below. Sorry, it's hard to manipulate these things.

See last newsletter for pictures of making flying geese units.



Step Three
Make 15 stars.

Sew a tan square to either side of a flying geese unit.
Make 30

Sew a flying geese unit to either side of a 5" red square.
Make 15

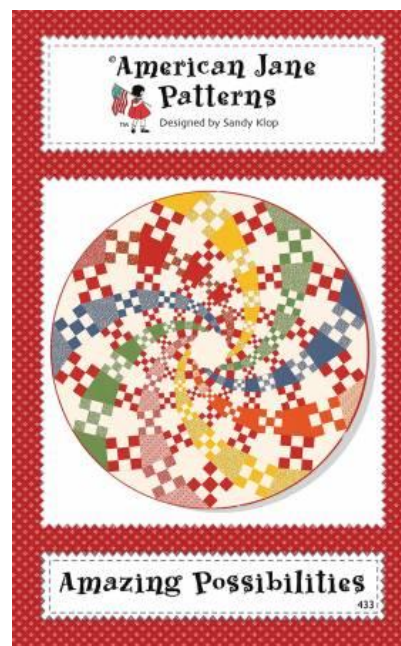
Sew together in rows. Make 15 stars. Square to 9 1/2" X 9 1/2"

RETREAT WITH SUE FRERICH! \$50

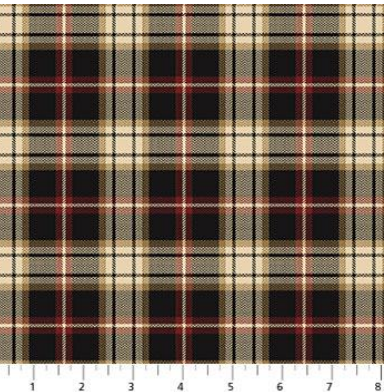
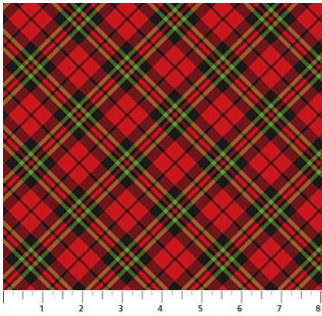
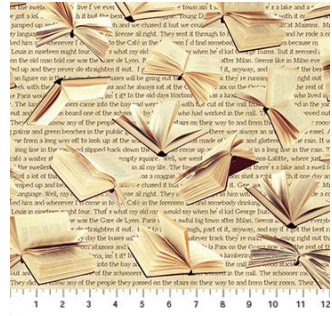
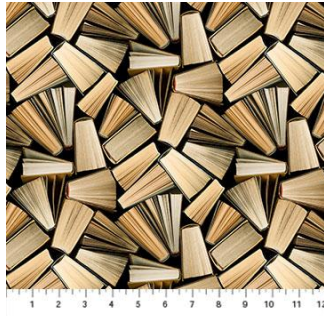
Sue Frerich is coming for a visit and she wants to teach a class! And it's a great way for all of her friends and students to see her and say hi.

The retreat will be June 3-5 (Fri-Sun). She is teaching an American Jane pattern, a fun round quilt perfect for a table topper or fun wall hanging. Come into the shop to see Sue's sample.

Sign up early to reserve your space. You know the shop, so space will be limited but we're hoping to accommodate 15 sewers! More info will be coming.



What's New



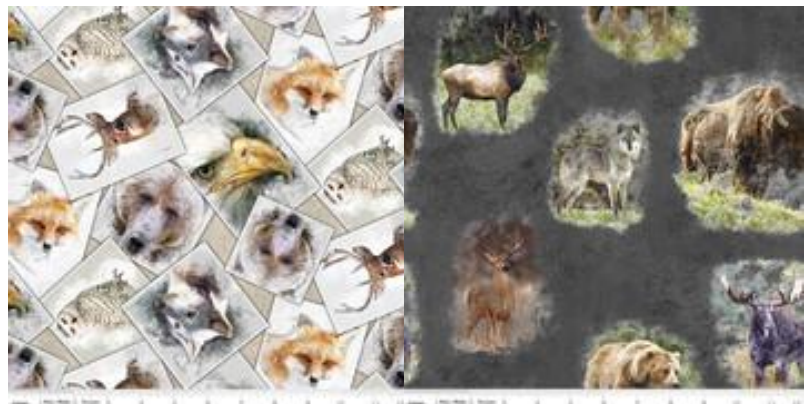
From Northcott

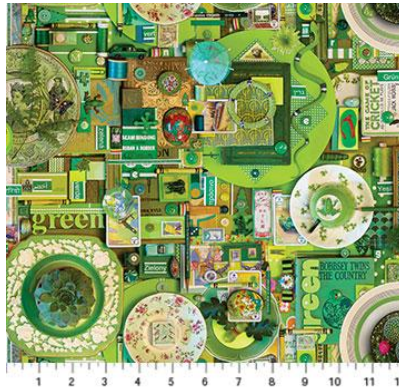




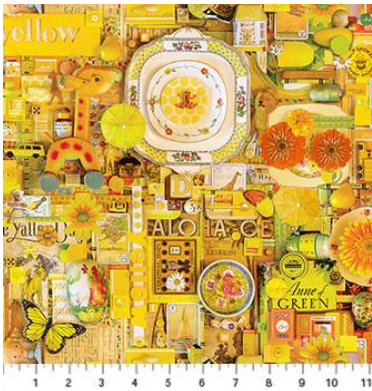


From Riley Blake--Note: These fabrics are bundled in a one yard package. There are 21 pieces, which include 1 each of the six panels. Pictures are representative of what is in the bundle.





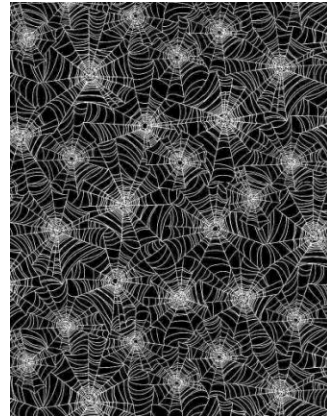
From Northcott



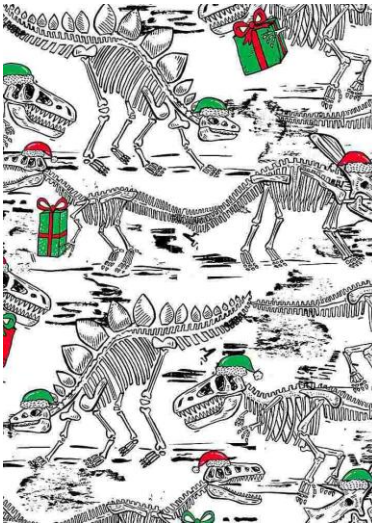


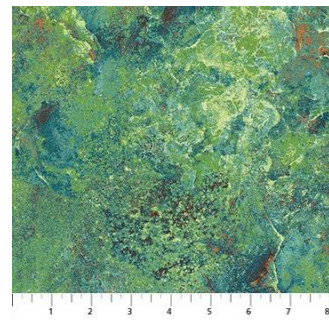
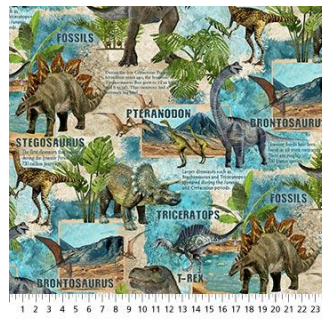
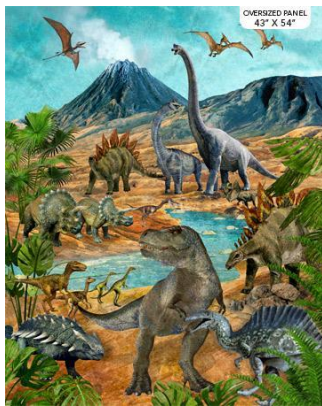
From Michael Miller



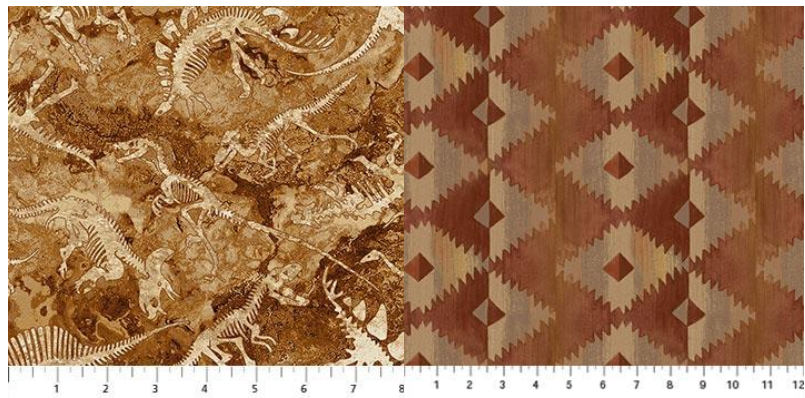
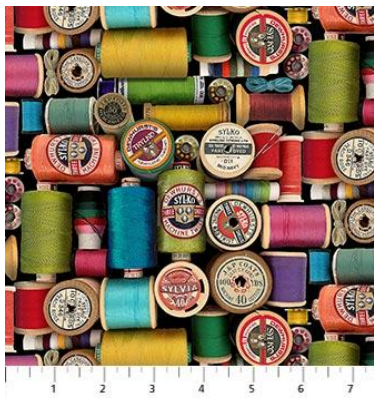
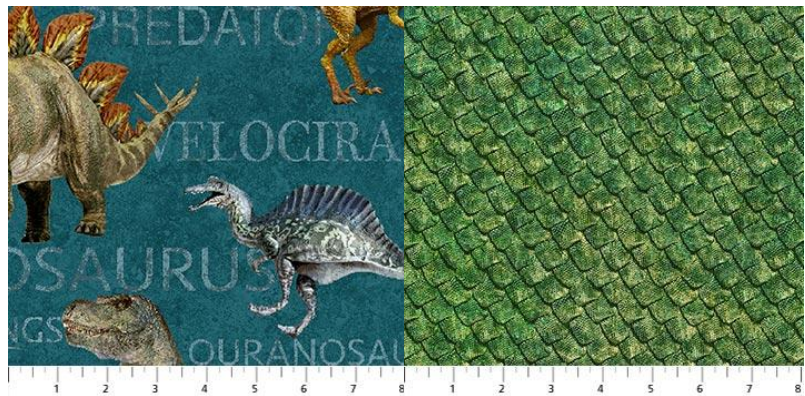
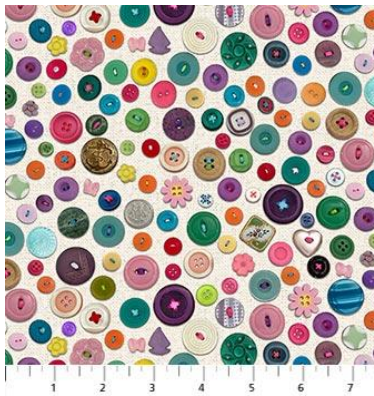


From Timeless Treasures

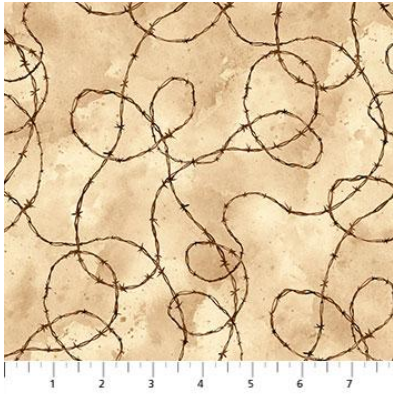
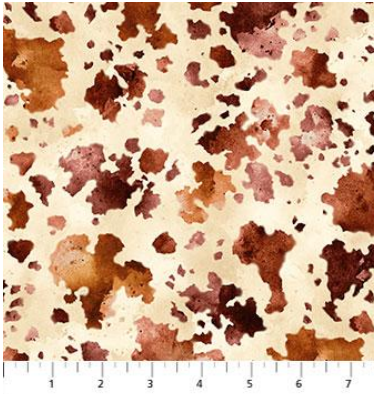




From Northcott



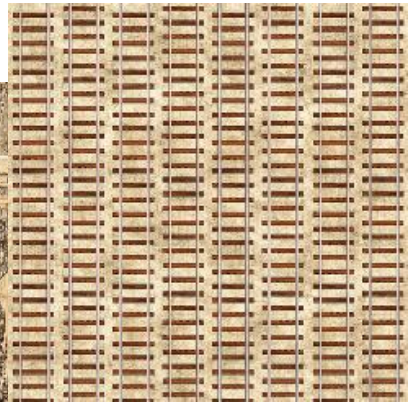






From Michael Miller





From QT



Northcott

May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED	2	3 Hand work Club 2-4	4 Long Arm class 10:30	5 Long Arm Rental Day	6	7 BOM 10:30 Zig Zag Quilt 1-5
8 CLOSED	9	10 Hand work Club 2-4	11 Knit Pickers' Club 2-4	12 Long Arm Rental Day	13	14 Embroidery Club 10-noon Beginning Paper Piecing 1-5
15 Moms' Day CLOSED	16 Full moon	17 Hand work Club 2-4	18 Long Arm class 10:30	19 Long Arm Rental Day	20 Potluck Long Weekend	21 Potluck Long Weekend
22 Potluck Long Weekend Shop Is now open 1-5!	23 Potluck Long Weekend	24 Hand work Club 2-4	25 Knit Pickers' Club 2-4	26 Long Arm Rental Day	27	28 One Block Wonder Panel, getting started, choosing panels, first cuts 10:30-4
29 Shop Is now open 1-5!	30	31 Hand work Club 2-4	Color of the month: whites			

I've added the June calendar here. A separate email will be coming with June, July & August classes, plus descriptions of classes.

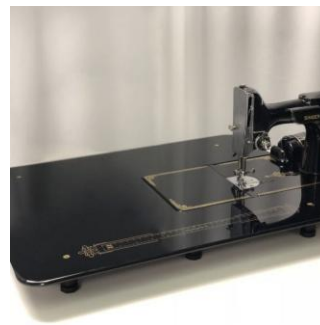
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JUNE			1 Long Arm class 10:30	2 Long Arm Rental Day	3 Retreat with Sue! 10:30-5	4 BOM 10:30 Retreat with Sue! 11-5
5 Retreat with Sue! 1-5	6	7 Hand work Club 2-4	8 Knit Pickers' Club 2-4	9 Long Arm Rental Day	10	11 Embroidery Club 10-noon Rulers: Creative Grid flying Geese rulers demo, 1-2 <u>20%</u> of ruler
12 Shop Is now open 1-5! Beginning Quilting 1-4	13	14 Hand work Club 2-4 Full moon	15 Long Arm class 10:30	16 Long Arm Rental Day	17	18 One Block Wonder Panel, sewing & designing 10:30-4

19	20	21	22	23	24	25
Dads' Day Beginning Quilting 1-4 Shop Is now open 1-5!		Hand work Club 2-4	Knit Pickers' Club 2-4	Long Arm Rental Day Make & Take Wool Needle Holder 1-4		Binding by hand and machine 1-4
26	27	28	29	30		
Beginning Quilting 1-4 Shop Is now open 1-5!		Hand work Club 2-4	Long Arm class 10:30	Long Arm Rental Day	Color of the month: blue	

May Classes

One Block Wonder Panel 1st class Saturday May 28 10:30-4 \$50 Jean Korber

Back by popular demand! This quilt uses 7 identical panels, 6 of which are cut up into equilateral triangles and pieced around the panel, which is worked into the center, the top, the bottom, the side—you choose! First class is getting your panels cut. Subsequent classes (2 more) in June will follow for designing and sewing. If you haven't made one of these quilts, now is the time to learn. And an in person class, especially for this quilt, is the way to do it.



Nolting Quilting Machines



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 programmable stitch regulation. You can stitch in 4 different stitch modes plus single stitch and needle up/down. It also has an adjustable brightness LED work light. 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)

New Hours for Winter Time (starting Nov 7-May 22)

Monday-Saturday 10-5, closed Sundays unless a class is scheduled. Then we're open 1-5.

Check the schedule.

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

Happy quilting!

Sincerely, Barbara Boyer
Around the Block
307-433-9555
www.aroundtheblockquilts.com

