

**6-17-2021**

**Cotton Boll Quilt Guild Meeting Minutes**  
**Auburn Chamber of Commerce**

**6:34 Esther Flitcroft called the meeting to order**

Esther welcomed two guests. One was a guest of Ginger Woltosz, and the other was a guest of Michelle Kloeti. Since both ladies were new to the area, Esther reassured them that our guild was a great, safe place to make friends.

Esther Flitcroft briefly spoke about the previous month's program about the quilt code and the Underground Railroad. She revisited the possibility of the guild making a quilt to hang in the library as an instructional tool.

Cindy Reinke mentioned that the Fiber Arts Show was taking place, and that there was a lot of beautiful art work to see.

**Old Business:**

**Minutes for May 2021** were sent out via email. Caroline Marti moved to accept the minutes and Ruth Cope seconded the motion. Minutes accepted unanimously.

The **financial report** from Ann Bentley had also been presented to the guild via email. Ceretha Willetts moved to accept the financial report Cathy Browne seconded the motion.

**New Business:**

**Linda Hayes** – Reminded the guild members about the upcoming August program with presenter, Diane Knott. Diane Knott will speak at the guild meeting and teach two workshops. Members interested in attending the workshops must purchase the book. The Friday, August 20, workshop will be Razzmatazz \$30. The Saturday, August 21, workshop will be Crazy Daisy \$45. Please sign up as soon as possible.

**Sew Day – July 24.** Sew day at the chamber. Anyone interested in bringing whatever project she is working on is invited to a sew day. This is a time to ask others for assistance, advice, and to just get together. \$10 entry fee.

**July Guild Meeting** – Home Town Quilt Shop. Penny Willingham will speak about Quilts of Valor. She will bring some supplies available for sale.

**Christmas Mystery Quilt** will start next month. It will be a 24" quilt (one size only). Sign-up sheet was passed around during the June meeting. Linda Hayes will also send out an email.

### **Speaker:**

At 6:48 Cathy Browne introduced Rose Parr from Canada. She is the author of Sew Happy and Healthy: Smart Ergonomics, Stretches, and More for Makers. After watching her mother spend more time sewing than moving, Rose has made it her mission to work at staying pain free while continuing to sew for as long as possible. She stated that we are the most expensive piece of equipment in our sewing room. She has combined her studies in home economics with her certifications in ergonomics, fitness, wellness and nutrition to teach others how to sew smart. Rose Parr is a huge fan of spontaneous stretching. (Warming up may be required). Some of the points that she discussed with the guild were:

- ❖ **Efficient work triangle** – unlike the formula for the efficient work triangle in a kitchen, she recommends an “inefficient work triangle.” We should be out of our seat and moving from one location to another. “It’s all about blood flow.”
- ❖ **Look Up, Look up, Look Up...** - Hang something up so that you are required to look up frequently. Put your tablet or sewing instructions on a shelf. You should look up every 20 minutes, 20 ft. away, for 20 seconds. The farther something is away, the higher it can be hung.
- ❖ **Anti-fatigue mats** – It is important to consider size and compression.
- ❖ **SHAKE...RATTLE...ROLL...** - Shake your hands, rattle the floorboards, and roll your shoulders as often as possible.
- ❖ **Pumping Iron** – Make sure that your ironing board is not too high, nor too low. You do not want to bend your wrist. Every bend causes lack of blood flow. You want to keep your elbow bent at a 90 degree angle.
- ❖ **Baseline angle** – To determine your baseline angle, pretend to shake hands, and then turn your palm to the floor. Measure the distance from the floor to your elbow. (For example: Hers was 39", and her iron is 6" tall, so  $39-6=33$ " is the height her ironing board should be. If you cannot achieve that height, then go lower rather than higher. You should use the same formula for cutting table. If you have 39" from elbow to floor, and your rotary cutter is 4", then  $39"-4"=35$ ". Your cutting table should be 35" tall.
- ❖ **Height helpers** – Bed risers, casters, furniture legs, and PVC pipe.
- ❖ **Cutting technique** – When you have your hand flat and press on ruler, it puts a lot of strain on your wrist. Instead, use your fingertips, grippers, or suction cup handles to assist you.

- ❖ **Sewing height** – Again, your elbows should be at a 90 degree angle while sewing. Make sure your chair is the correct height. In addition, make sure the seat of your chair does not touch the back of your knees. There should be a 2 finger gap to prevent circulation from being cut off. No arm rests are better than the wrong arm rests.
- ❖ **Standing or sitting desks** – There are two types of desks. You may alternate between the two. You don't want to go from sitting all the time to standing all the time.
- ❖ **Handwork** – Bring your handwork to you. Don't bend. Lap desks are good. Get a good lamp that provides daylight.

Presenter closed with question and answer session.

Further information can be found on her website: [healthyquilting.com](http://healthyquilting.com) or @healthyquilting on Instagram.

Raffle prizes were drawn: Ruth Cope and Caroline Marti were the winners.

Show and Tell - No one had anything to share this month.

Meeting closed.

Minutes respectfully taken and submitted by Irene Nelson  
June 27, 2021