



# AS THE NEEDLE TURNS

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Need some HAPPY NEWS for a change? Here are snippets from a So Sew Easy article titled "The Many Amazing Benefits of Quilting" and it was obviously written pre-COVID.

## QUILTING RELIEVES STRESS

According to occupational therapist Victoria Schindler, we are living in a constant state of stress. The good news is that the repetitive motion of crafts like quilting activates our parasympathetic nervous system. This, in turn, calms our body's instinct to fight or flight...As such, quilt making is a very effective remedy for all of us facing constant stress in the conduct of our daily lives.

## QUILTING IS BETTER FOR YOUR HEALTH THAN PHYSICAL EXERCISE

Exercise is good for your health, but a study made by a team of researchers from the University of Glasgow has found out that quilting has some amazing health benefits beyond what could be achieved with physical and outdoor activities.

In a paper published in the peer-reviewed Journal of Public Health written by graduate student Emily Burt, quilting is said to help the cognitive, creative and emotional well-being of people especially among the elderly. This is because quilting offers problem-solving challenges like math and geometry while building self-confidence. In addition, being around all the bright colors uplifts the spirit and the activity, as we already know, relieves stress.

## QUILTING MAKES HAPPY PEOPLE

Doing something that results in meaningful work makes people happy. This can be said about quiltmakers who have something beautiful and tangible to show for their efforts as well as something to share with their friends and families. A study found out that when quilt makers view their finished product, their brains get saturated with the happy chemicals called dopamine and serotonin...This sense of accomplishment also decreases the stress and anxiety chemicals in the brain. In short, more often than not, quilting makes people happy, contented, and accomplished. *To page 7*

### 2020-2021 Officers

**President:**

Cathy Skelton

**Vice President:**

Dan Burke

**Secretary:**

Rosemary Nester

**Treasurer:**

John Putnam

## PRESIDENT'S MESSAGE

Well, this has certainly been a different sort of summer for me. It is the first time in 20 years that I haven't spent at least part of the summer at summer camp, working with the Scouts on nature merit badges. But I must say, my yard and gardens have never looked as good as they do this summer, since I put the time into them instead. I haven't gotten much quilting done, but that has always been more of a cooler weather activity for me.

So as the weather cools down, I am looking forward to our first (to my knowledge, anyway!) Guild mystery quilt. That will begin this month, in September, and run for 9 months. It sure will be fun to see how all the Guild members have chosen their fabrics for the quilt. And there will be critters to dress for donation to the Salvation Army for Christmas delivery. And maybe, just maybe, I'll work on getting some UFOs finished.

So, in spite of all the changes in our lives, some things seem to remain constant, don't they? Quilters are always ready to put their time and energy – and stashes – to good use to make things for others. While we all continue with our meeting pause, stay safe, and keep on stitching for others as well as ourselves.

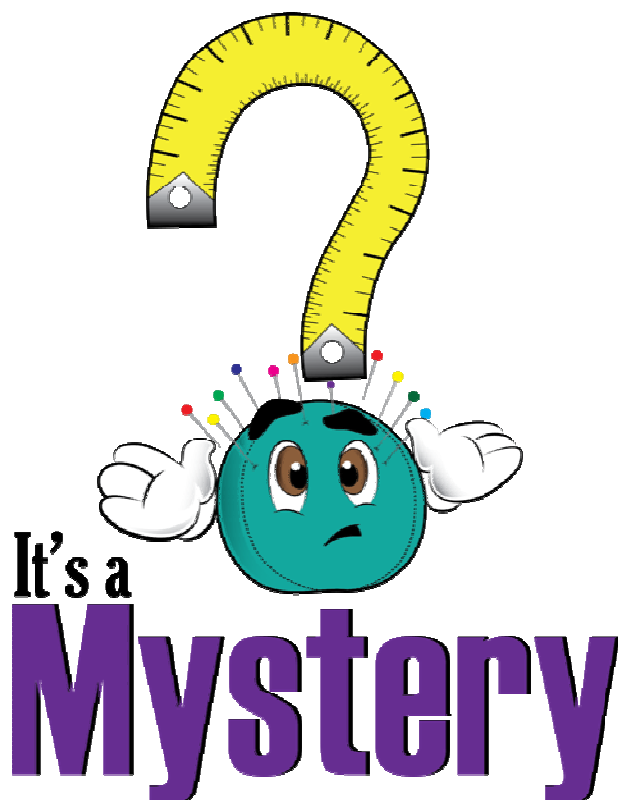
*Cathy Skelton*

## QUILT SHOW 2021 - CANCELED

After many conversations, and with much regret, Lise and I decided to recommend to the Board that we cancel the quilt show in 2021. The Board accepted the motion and voted to cancel for the following reasons. 1) The Guild numbers are fewer and older 2) There is no certainty that there will be enough vendors to offset our costs 3) There is no way to predict attendance safety and in allowable numbers, and 4) It is not responsible to begin spending Guild funds now with so many unknowns.

Lise and I want to thank all the members who stepped forward and volunteered to head or assist with committees. These are members we all depend on every time something needs to get done. I will continue to volunteer and participate wherever I can, but it will not be possible for me to chair another show. Lise and I hope another show is possible for the Guild sometime in the future and that soon we can all come together again and we can thank everyone in person. *Jan Asmann*

## MYSTERY QUILT 2020



On our Guild website, you will find the first clue for a 9 month mystery quilt! Come join the fun and fellowship. An email will be going out to all members where exactly on the website you can find the instructions. Those members who receive their newsletter by mail can receive the instructions by mail if they let Jan Asmann know they wish to participate. The instructions for each month will remain on the website throughout the quilt along, and for another 2 months after the last clue is added. Start sharpening your rotary cutters now. What a great way to get together without actually getting together!

### TREASURER'S REPORT for period ending 08/2020



#### DUES UPDATE

We have 70 members registered in the Guild at this point. You can send your dues in, and they will be good until May, 2022. You can mail them to Janet Keesler at 924 Grace St., Owosso 48867.

Current Cash Balance: \$21,190.61  
 Income Received for period 05/01/20 - 04/30/20: \$3,242.00  
 Expenses 05/01/20 - 04/30/20: \$3300.56  
 Net Income: -\$58.56  
 Payables: Quilt Show Reserve: \$11,445.79  
 Payables for Meeting Expenses: \$847.67  
 NET Available: \$8,897.15

Information regarding the above report. The reserve for the quilt show is still being recognized until the Board can determine if it is feasible to have a show in 2022. The Board did decide to delay the 2021 show as the current shelter-in-place orders and restrictions on large group gatherings made it difficult to plan as well as guess about. No determination has been made if the currently reserved date with the Summit can be moved for a year.

The payables for meeting space is for projected meeting costs if we can resume in January. Any questions regarding the report, please contact John Putnam.



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## THURSDAY, SEPT. 17th ACTIVITIES

### QUILT DROP OFF

We will be collecting donation quilts at 7 p.m. until the cars are full or no one else shows up. This will include Heart Warmer Quilts, Chemo quilts, and Angel and Hospice Quilts. So, any quilts you have made since we last met – now is the time to drop them off. Sparrow will be quarantining the quilts for 2 weeks before distributing them. Bev Wilkinson is in charge of Heart Warmer quilts, Deb Feldpausch is in charge of Angel & Hospice quilts, and Elaine Hewitt is in charge of Chemo quilts if you have any questions. Elaine has once again asked for chemo quilt tops, fleece, binding and finished quilts for the Breslin Center. Finished quilts should be about 44-60" wide and 60-72" long, with fabric for adults (not children).



### DOLLS, BEARS ETC. PICKUP

If you would like to participate in dressing or making a quilt for stuffed animals or dolls for distribution through the Salvation Army this holiday season, some will be available Thursday also at 7 p.m. until they are all distributed. We have 41 critters of a variety of species and sizes as well as 3 to 5 dolls. Details on deadline for returning will be provided at pick up. Jan Gagliano is in charge of this project.





**SEPTEMBER**

- Cosgrove, Marlene 9/6
- Perry, Debra 9/10
- Holm, Carol D. 9/15
- Crenshaw, Alicia 9/22
- Cole, Sue Ann 9/25
- Sattler, Kelly 9/26

**OCTOBER**

- Kittle, Kathy 10/3
- Patriarche, Lynda 10/6
- Solomon, Carolyn 10/6
- Surette, Virginia 10/7
- Mort, Fran 10/9
- Stahl, Susan 10/19
- Newell, Ann 10/29
- Lee, Teresa 10/30
- Schaub, Joyce 10/30
- Richardson, Lynn 10/31

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*NEW HOURS FOR SAVASANA: Wednesday through Sunday 1:30pm ~ 4:30pm. Monday & Tuesday Closed After-hours appointments available. Schedule from the website.*

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*NEW HOURS FOR MARSHALL: Monday through Saturday 10:00am–2:00pm. Sunday Noon-4:00pm*

## “THE MANY AMAZING BENEFITS OF QUILTING”

Continued from page 1

### QUILTING KEEPS THE DOCTOR AWAY

Quilting decreases stress levels and causes the feeling of a sense of accomplishment as it increases the reward chemicals in our brains. As a result, it also lowers the risk of heart attack and stroke. An entry in the Journal of the American Medical Association shows evidence that quilt making decreases the blood pressure, respiration, and heart rate. Harvard neurologist Dr. Marie Pasinskis also points out that quilt making calms the brain and results in a sense of wellbeing. It certainly is a great way to keep the doctors away!

### QUILTING BUILDS COMMUNITY

Humans are social animals. Friendships and community are essential for keeping us connected and healthy...While there are certainly plenty of online groups you can join and follow about quilting, one of the most amazing benefits of quilting is that almost everywhere you go there are groups and associations who meet regularly and in person to pursue and practice their love of quilting.

### CONCLUSION

I'm sure experienced quilt makers are aware of the many amazing benefits of quilting, but it is a bit more satisfying to know that scholars and researchers have confirmed what quiltmakers have known all along!

From <https://so-sew-easy.com/amazing-benefits-of-quilting>

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The Capitol City Quilt Guild usually meets the third Thursday of each month at 7pm (social time 6:30pm) at First Presbyterian Church, 510 W. Ottawa St., Lansing, MI. *Meetings are suspended for now.*

See us on the web!  
[CapitalCityQuiltGuild.org](http://CapitalCityQuiltGuild.org)

As **The Needle Turns** is published 6 times per year in the even-numbered months. Deadline for submission is the 1st of all even-numbered months. Please e-mail advertisements (in JPG format) and articles to NewsletterEditor@CapitolCityQuiltGuild.org.

**Ad sizes and rates:** We offer three ad sizes as follows: Business card (3 1/2" wide x 2" high) \$12 per issue/\$68 per year; Quarter Page (3 1/2" wide x 4 1/2" high) \$18 per issue/\$97.20 per year; Half Page (7 1/2" wide x 5" high) \$36 per issue/\$194 per year. Member want ads are \$3 per issue.

Newsletters are now being e-mailed to Guild members with an e-mail address. Those who prefer a paper copy should indicate this on their membership form and pick them up at the next meeting. Any newsletters not picked up will be mailed.

Capitol City Quilt Guild  
P. O. Box 26022  
Lansing, MI 48909

Next newsletter deadline: October 1, 2020

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