

Favorite quotes from the Dowager Countess of Downton Abbey:

DOWAGER COUNTESS OF GRANTHAM

Your turn will come.

LADY EDITH CRAWLEY

Will it? Or am I to be the maiden aunt? Isn't this what they do? Arrange presents for their prettier relations?

DOWAGER COUNTESS OF GRANTHAM

Don't be defeatist dear, it's terribly middle class.



March 14, 2014

Anyone under 40, just be prepared. For those women over 40, you know what I'm talking about.

1. Never sleep with a cat. Cats produce a lot of heat. Or a cat and an electric mattress pad. Or with two quilts on top. At some point in the night you start throwing off everything but the top sheet. And maybe that as well. And then you start looking for cold things - like empty metal drinking glasses - to put under your neck. And the reason for this behavior is because women over 40 don't need extra heat at night. Or during the day for that matter. We turn down the thermostats and everyone else in the house freezes. But at least it saves on the heating bill.

2. Never get a cortisone shot for knee pain. The doc will tell you: Cortisone injections are safe treatments for inflammation including bursitis, tendonitis, and arthritis. Yeah, right. Relieving arthritis pain is not the issue here for us 40+ women. If you want to get rid of the knee pain, just get the suckers replaced (your knees) and save yourself the grief following the cortisone - meaning steroid - shot.

For example, the morning after the shot I discovered to my horror a wiry gray grizzled 3" long hair growing out of the middle of my forehead. Well, not in the middle of my forehead actually, but it was in front up by the hairline. Now, I don't have gray hair. I have plastic hair - hair shafts with no color that remind me of itty bitty plastic straws. But never a kinky gray hair. Much less one that grew 3 inches overnight. Seriously. It wasn't there the day before. Trust me. I'd have seen something that long.

And then for the next three weeks I couldn't sleep at night. And watching Hallmark commercials (see #3), forget it. Some women over 60 have reported getting their period back after a cortisone shot. That's not a welcome addition to life. Especially since you've already thrown away all of those products you once had.

The next time I met with my doc, he asked if the shots worked. I told him no (they didn't help the inflammation at all), and then I told him to never ever again suggest cortisone shots to any woman over 50 if he valued his life.

3. Never watch Hallmark commercials. For the matter, never watch any commercial unless it's for Viagra. Or maybe Duck Dynasty. Then again, you may have to skip the Duck Dynasty ads, as well. You'll just find yourself shouting insulting things at the tv. And if you're under 40 and have never sobbed when reading a book, just wait. It's coming.

4. Never go to bed without a book. At 3 am when there is nothing else to do, you might as well read. Or write. I have a nook with an Evernote program. I get a lot done before trying to get back to sleep. And you all wondered when I found time to write. 😊

And finally,

5. Never expect exercising to work like it's supposed to. And I don't mean as an aid to help with weight loss. If you're over 40, that's a lost cause, anyway. Over 40, you exercise for other reasons - mainly because you're supposed to. Anyway, you know there is something wrong when, instead of getting an endorphin high after 10 minutes of walking -- okay maybe 10 minutes isn't long enough for that stratagem to work, but you get my drift - so instead of an adrenalin rush you instead feel like you're ready to start crying for no reason.

And all of these issues get exasperated when we spring forward in time.

Welcome to Daylight Savings Time. BTW, an NPR reporter actually reported this morning how nice it was to have so much extra daylight now that daylight savings time had arrived. I've been a fan for years of adding about 3-4 hours more onto my day. But I I'm pretty sure that simply advancing the clock isn't the way to do it.

VALENTINE'S DAY CHALLENGES!

We have a winner! Come in to see who won.



DOWNTON ABBEY RETREAT! MARCH 21-23 NAGEL WARREN MANSION

We are set for Friday March 21 through Sunday March 23. You will be able to check in mid afternoon on Friday and we will plan to leave Sunday mid afternoon. We have 8 king bed rooms reserved. Cost is based upon double occupancy. If you prefer a single room, you will need to let me know very quickly so I can look into booking a different room. Reservations will be made through me and you can secure your spot with a down payment of half the cost. The rest will be due by March 15.

If you need to cancel, I will need to know 30 days in advance. But if something comes up, please talk to me because we might be able to work something out.

We will be sewing in the conference rooms in the basement. There are 3 rooms that can accommodate about 16 sewers. We will be cozy, but I think it will work. I will set up separate tables for cutting and will plan on having 2 irons/boards.

At the retreat, you may sew on any project that you like -- it does not have to be a Downton Abbey Quilt. For those of you sewing your Downton Abbey quilts, though, I will provide instruction for the horizontal quilt (quilt blocks are the ones already on line) plus you will

get a set of patterns for the second quilt (the on point quilt with the green alternate blocks).

During the retreat, we will play some games, win some door prizes, watch some episodes of Downton Abbey, take High Tea on Saturday, and sew our socks off!

Included in the cost:

2 nights (2 per room) at the Nagel Warren Mansion (such a treat!)

Sat & Sun breakfast

High tea on Saturday

Set of patterns for second quilt

Door prizes

Lots of Fun !!!

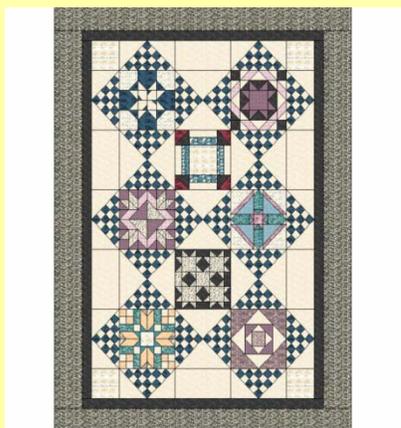
Lunch and dinners are on our own. There are plenty of fun restaurants downtown. You can also check out what is playing at the Lincoln Center and go to a movie.

Cost per person = \$175. A \$90 deposit will secure your room.

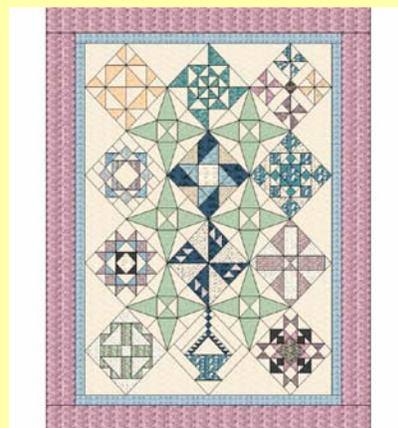
Blocks for the first quilt are posted on line at www.aroundtheblockquilts.com Nine blocks are currently posted. I will get 3 more out as soon as I can.

You can find the blocks under the "What's New" tab. Fabric requirements for the quilt are also given. These blocks will stay posted for a limited time and we'll have them in the store. Price to buy in store is \$1 for one page or \$2 for 2 pages -- to help me cover the costs of the ink.

First Quilt/horizontal



Second quilt/on point



NATIONAL QUILT DAY

March 15

We have all sorts of fun things planned. It's Toad Toter Day (full moon), so everyone who brings in their Toad Toter bag will get

20% off anything that can be stuffed into the bag.

We are also having a "Finish your Quilt" sale for everyone. Bring in your finished top and get 20% your backing, binding and/or batting. But you have to bring in your finished top!

We are also providing free "classes" or "demos" on various quilt topics.

10-noon Learn how to use the Electric Quilt software program. I will demonstrate how the program works and you will have time to "play" on the program and maybe design your own block or quilt!

1-2 Jean Korber will demonstrate how to put on machine applied, corded binding. Very cool.

2-3 Jo Sunderman will show us what the craze Zentangles (doodling gone crazy) is all about.

3-4 Cool Tool demos, including cutting tips using Creative Grid rulers, best batting choices, how to use Transfer EZ, making bias tape stems for applique

4-5 Make & Take Tea Towels

WHAT'S NEW!!

Back in stock: from Robert Kaufman



From Moda: wide backs 108"



From Moda:

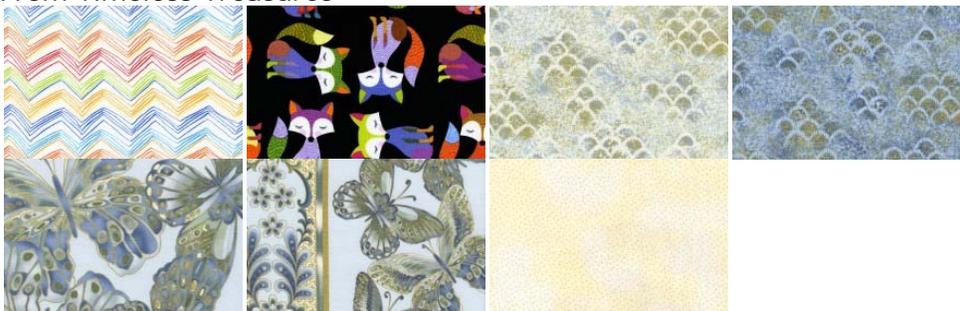


Paw Prints

(cats & dogs) from Westminster



From Timeless Treasures



March Classes & Special Events

NATIONAL QUILT DAY

Lots of demos all day long! It's also a Toad Toter day (full moon observed)
Stay tuned for more details.

Hand Quilting Wed. Mar. 19 1-3 \$25

Sandra Freeburg

Hand quilting is an art that should not be lost. By the end of Sandra's class you will be hand quilting with confidence. Everyone has at least one special quilt that calls out for hand quilting. And there is nothing better than the feel of a hand quilted quilt. Do yourself a favor and learn this art that connects us to our past -- our mothers, grandmothers and great grandmothers.

Hand Applique Club

Thursday Mar. 20 6-8:30 free

Every 3rd Thursday, we're getting together to practice our hand applique skills. The Club is open to all skill levels. We want to share what we've learned, find new patterns, and simply just sit and sew. More and more patterns are showing applique work, and while sometimes you can just fuse it down, learning how to hand applique is a wonderful skill that can be carried anywhere you go.



**DOWNTON ABBEY RETREAT!
WARREN NAGEL MANSION
MARCH 21-23**

Beginning Machine Applique Wed. Mar. 26, 1-4 or 6-8:30 \$25

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.

Hand Quilting Thur. Mar. 27 6-8:30 \$25

Sandra Freeburg

Hand quilting is an art that should not be lost. By the end of Sandra's class you will be hand quilting with confidence. Everyone has at least one special quilt that calls out

March 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 BOM 10:30-11:30 Make it Do 1-2 Monthly Minis 4-6
2 Closed	3 Monday Morning Quilts 10-2	4	5 Beginning Quilt 1-4 or Beginning Quilt 6-8:30	6	7 Open Sew1-4	8 Embroidery Club 10-noon Sophia 1-5
9 Beginning Quilt 1-4	10 Learn to Knit Socks 1:30-3:30 OR 6-8:30	11	12 Beginning Machine Quilting 6:30-9	13 Back Basting 1-3 Knit Pickers' Club 6-8:30	14	15 National Quilt Day FullMoon (celebrated)
16 Beginning Quilt 1-4	17	18	19 Hand Quilting 1-3	20 Hand Applique Club 6-8:30	21 Downton Abbey Retreat	22 Downton Abbey Retreat
23 Downton Abbey Retreat	24	25	26 Beginning Machine Applique 1:30-4 or 6-8:30	27	28 Friday Nighters 5:30-?	29 Hare Brained Jungle Quilt 10:30-5
30 Pillow Case Party 1-4	31					