



Pine Needles Quilt Guild Dispatcher



PO Box 2800, Wrightwood, CA 92397

December 2014

2014 Board

President

Nancy Fogo

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VP Programs

Elisa Gurley

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Leonor Ferris

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VP Membership

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Secretary

Carol Gaines

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Treasurer

Joanne Tschantre

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The next meeting is Tuesday, Dec 9. This is our Christmas party and potluck.

Dinner starts at 6:00 pm. If your last name starts from A - F, please bring a dessert; G - O, a salad or a side; Q - Z, a main dish. You are welcome to bring your own beverage of choice to have with your dinner.

House leaders need to bring their quilts to the Community Center at 5:00 so they can be sorted and returned to the owners. We also need help with set-up.

The theme will be "Hats". Please wear a hat to the dinner. It does not have to be a Christmas hat. You can decorate the hat if you like. There will be a prize for Viewer's Choice hat.

Next board meeting is a joint board meeting of the old and new boards. It will be at Carol Gaines' cabin at 1321 Helen, WW on Monday, January 5 at 5:30. She will provide salad and we will be ordering pizza. Please plan to chip in approx \$5 per person. Please RSVP to Carol or Elisa so we know how many chairs we need!

The new board was elected in November. President: Elisa Gurley; VP Programs: Mary Bell and Darlene Packard-Mossman; VP Membership: Teresa Howard and Susan Butler; Secretary: Carol Gaines; and Treasurer: Joanne Tschantre.

The following positions have been filled: Hospitality - Debbie Stefan; Librarian - Darlene Packard-Mossman; Opportunity Quilt - Lynn Crawford; Mystery Quilt - Rose Burcher; Raffles - Joyce Gwinner; SCCQG Rep - Carol Gaines and Beth Stanton; Block of the Quarter and Website - Beth Stanton.

The following appointed positions still need to be filled: Newsletter, Home Tour Chairman, Mini-Quilt Auction Chairman, Publicity, Historian, Parliamentarian, and Internal Auditor.

December Birthdays

Linda Cook	Dec 2	Joanne Tschantre	Dec 17
Kim Ogilvie	Dec 3	Jeanne Hunziker	Dec 18
Nancy Fogo	Dec 5	Dottie Monday	Dec 22

The 2015 board meetings will be held on the 4th Tuesday of the month at the Phelan Pizza Factory at 5:30 pm starting in January. So there will actually be two board meetings in January.

Tidings of Joy

Great news for all Quilters! Quilting is good for you!! No more guilt! Time spent quilting actually has health benefits. This is from the Santa Monica Quilt Guild newsletter, according to Susan Delaney Mech, M.D.

"Quilting has several important health benefits:

Quilting lowers your heart rate and blood pressure.

Quilting helps you sleep better.

Quilters have fewer colds and influenzas.

Quilter's wounds heal faster.

Quilting gives you the time and space to think your own thoughts, to dream your own dreams, and to plan your life.

The calming rhythms of quilt making allow us to process whatever challenges we face and to listen for that still, quiet voice that brings compassion and guidance.

Quilting is about love and relationship. It is life-affirming and life-giving.

In short, quilting is therapy."