

# Minutes of the General Meeting, via Zoom

## Oregon Coastal Quilters Guild

February 10, 2022

The meeting, via Zoom, was called to order by President Meralee Wilson at 1:03 p.m.

Chris Benedetti moved to approve the minutes of the January 13, 2022, General meeting. Diane Tillotson seconded the Motion. The Motion passed, and the Minutes were approved without objection.

### GENERAL AND COMMITTEE ANNOUNCEMENTS:

**Veteran's Projects:** Rose Shaw announced that the February sew-in on February 16, 2022 is cancelled, but the committee hopes to meet in March. There are packets at Quilter's Cove.

**Quilt Show 2022:** Wilma Rose announced there is a meeting on Thursday, February 17, 2022 at 1:00 p.m. viz Zoom. Wilma announced there are still some jobs to fill and Melissa Hollenbeck announced she would volunteer for the Hostess position. Pamela Potter will co-chair the position.

**Raffle Quilt 2022:** The quilt will not be completed on time, so Velma Freudenthal donated her quilt, "Twilight". Nan Scott has ordered raffle tickets and postcards, but she needs a volunteer to chair the ticket sales. That position entails bringing the quilt to various venues to display, distributing tickets, and counting tickets sold. Ticket packets are twenty-four for \$20.00. Becky Mershon announced the quilt will be on display at the Lincoln County Fair.

**Rec Center:** Debbie Mosely announced she needs three quilts for the Rec Center display. Becky Mershon volunteered to donate one quilt.

There being no other announcements, Jane Szabo presented the program for the meeting. The creative program was presented by Mary Betts Sinclair, a licensed massage-therapist who is also a dedicated quilter and sewer. Aware, because of both her career and practical experience, Mary Betts has developed an expertise in physical problems arising from repetitive motions, eye strain, and improper posture. As an example, Mary used to wear thick glasses, but after consistently performing a series of eye exercises, her vision has substantially improved and she no longer requires eyewear. Some of the problems resulting from staring at a computer screen or repetitive sewing are that blinking decreases which causes eye strain, a permanent squint, and the jaw tightens. Because the body follows the eyes, poor body position results from eye strain.

Mary explained the cause of physical tension in the body.

1. Not taking regular eye breaks;
2. Glare;
3. Wearing bifocals while doing close work; and
4. Emotional distress;

Further working against the quilter are

1. Awkward postures;
2. Cutting tables which are too high or too low;
3. Sewing tables which are too high or too low;
4. Maintaining the same position for too long; and
5. Using too much pressure for the task required, such as rotary cutting.

With respect to ergonomics, Mary explained that sub-occipital muscles nod, rotate, and tilt. Even though they are small, they are working all the time in such muscle movements as tilting the head down, tipping the chin down and back, holding handwork close, straining to make out small print, and keeping the head turned. The

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trapezius muscles are strained when the body is involved in challenging near work. The “Desktop neck” occurs when tired/straining vision blurs and, as a result, posture decreases.

In order to relieve the problems inherent in computer and repetitive work, Mary urges that we:

1. Begin to take regular breaks;
2. Break up sewing tasks so there is a different view for the eyes;
3. Check cutting and sewing tables for proper height;
4. Check lighting;
5. Use a book stand for reading;
6. Keep back upright when reading and using the computer;
7. Bring the cellphone up rather than looking down; and,
8. Stretch at regular intervals.

The program having concluded, Nan Scott introduced Show & Share.

1. Melissa Hollenbeck displayed two quilts; the first of red, white, and blue in a star design which she quilted herself and an adorable chicken quilt in pastels;
2. Marge Hoyt also displayed two quilts; The first called “A Trip Around the Sun” which prettily represents the four seasons in batiks. The second quilt is of a dogwood which she paper-pieced.
3. Paulette Stenberg displayed two quilts. The first a blue Ohio Star pattern which he made with blocks created twenty years ago and a creative improvised Dresden plate block pattern.
4. Jane Szabo displayed her first quilt, created with the Kris D. Mozer bumble bee quilt in ombre colors and her second quilt, a dramatic snowball table runner of 13” x 40” in red, black, and white.

#### **Reminders:**

**The next meeting of the Executive Board is, via Zoom, at 10:00 a.m. on February 17, 2022,**

**There is a “De-stash” meeting \from 10:00 a.m. to 4:00 p.m. on February 26, 2022 at the Sr. Citizen’s Center in Florence,**

**Community Quilters is meeting on March 3, 2022,**

**The next General Meeting is March 10, 2022, and**

**The Veteran’s sew-in is March 16, 2022.**

The meeting adjourned at 2:47 p.m.

Respectfully submitted,

Barbara Kinzel, Secretary