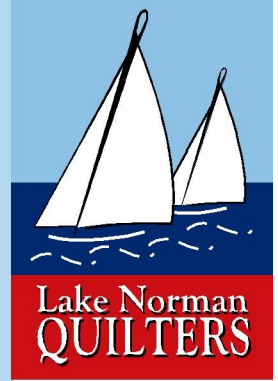


Sew it goes



February 2014

Reminders...

Remember to wear your name tags.

Come to Sit, Sew and Chat beginning at 3:00pm before our meeting.

Bring your boxes for Block in a Box to begin the exchange for next year.

Deadline for the February newsletter is **Tuesday, March 11.**

LNQ blog address:
<http://lknquilters.wordpress.com/>

Dues for 2014 need to be paid at the February meeting or mail your checks to:

Dolores Fobare

644 Rebecca Jane Dr.

Mooresville, NC 28115

If dues aren't paid by the end of March, you will be removed from the e-mail and membership list.

February Program

Well, we had some snow...and we all know what a lot of us were doing while we waited for the big thaw. We were QUILTING!!!! We know that there will be lots of show and tell and as well as a bit of start-up business for the new year. Marsha has sent the information below regarding our guest and his presentation for our program.

From Marsha Brodsky... *February is the month that I like to dedicate to taking good care of ourselves...so we can comfortably get more out of our quilting time. This month we have Mike Gentile who will talk about: "Introduction to the Health Benefits of Tai Chi and Qigong".*

Mike Gentile will be talking about the important health benefits of this ancient art. Mike is the founder of Inner Power Fitness with over 25 years' experience. Tai Chi is sometimes called "meditation in motion" due to its gentle movements. Tai Chi is safely recommended for people with osteoarthritis, rheumatoid arthritis and fibromyalgia. Mike will be showing us some easy moves that will help us when we sit too long at our machines.

So come to the meeting prepared for a full evening with lots of variety, something for everybody.

March Program

In March we will hear from Judy Lea of Judy Lea's Quilt Studio in Concord.

Judy's program is a 45-minute "Review of the Latest in Embellishments". Judy explains the use of paints, inks, fabric markers, fibers, silk, photo transfer papers, etc., to embellish quilts, handbags and wearable art. If you haven't tried embellishing, Judy gives you fear-free tips on how to get started. Look for more details in the March newsletter.

Minutes of LKN Quilters—January 28, 2014

The Lake Norman Quilters did not meet due to inclement weather.

Susan Brubaker Knapp to host Quilting Arts TV

For those who have not already heard, Susan Brubaker Knapp, an award-winning quilter, well-known designer, author and long-time member of this guild, has been named the new host of Quilting Arts TV, a national PBS television program where top quilt artists and modern quilters discuss and demonstrate ideas and techniques for contemporary quilting. She is a nationally and internationally known teacher who is well-respected throughout the quilting industry, reaching a diverse audience from contemporary art quilters to traditional quilters.

Quilting Arts Magazine editor Vivika Hansen DeNegre says, "...Susan's depth and breadth of knowledge of art quilting make her uniquely suited for this position. She will continue to bring viewers the in-depth information about modern quilting, surface design, and embellishment they expect, while adding her own fresh perspective on the subjects."

Congratulations, Susan! We look forward to what you have to share with us through Quilting Arts TV.



"Quilting Arts TV" Host Susan Brubaker Knapp

(Portions of this article were excerpted from the Quilting Arts TV press release.)

Lake Norman Quilters Contact Information

PLEASE NOTE:

Address: Lake Norman Quilters
P. O. Box 501
Mt. Mourne, NC 28132

Email: lakenormanquilters@yahoo.com

New Members

Julie Murphy
6411 McIlwaine Road
Huntersville, NC 28078
704-948-0232
Email: sewwcrzzy@msn.com

DOB: July 30

Business Announcements



Sew Modern **RETREAT**
Quilting & Sewing Retreat
April 3 - April 6
Blowing Rock, NC
24/7 Sewing Room!

Details and registration go to:

heARTSdesireCreations.wordpress.com

Registration is due March 3. Discount hotel rates available until March 3.

Charity Quilt Fabrics Available

Yardage will be available at the February meeting to be used for donation quilts. It will be excellent for backings. Joyce Mullis will have the bolts set out with a cutting mat, ruler and cutter. Come by and get what you need for your next donation project. Compliments of Coats and Free Spirit Fabric.

For Sale by Members...

For Sale by Joyce Mullis (rjmullis@msn.com)

~ 3 6' folding tables
\$25 each

~ 6 green padded folding chairs
\$50



~ Wire basket drawers
w/3 drawers
\$12

