

DREAMS and SEAMS



Vol. 1 No. 4

American Sewing Guild -- Wichita, Kansas Chapter

September/October 1999

Words of Wisdom

By Denise Dias, Chapter President

I just can't wait! I feel like a child on Christmas Eve who just can't settle down to bedtime. I am sitting here writing this article to all of you, and I will be leaving tomorrow for the ASG National Convention in Kansas City. It will be great to meet others from guilds around the country and swap ideas to use in our Chapter. Of course, there will be classes to attend, but there will also be meetings for business. Our September meeting will be packed with new ideas and information from the convention.

Another neat thing about September is that we will be celebrating our 1st birthday as a Guild. Many of you

attended that first informational meeting last September -- that was the meeting where we decided to form a new Chapter of the American Sewing Guild. I recently received a note from **Marcia Willman**, the ASG National Executive Director who said, "Your chapter is really taking off. Congratulations, soon you will be Chartered!" This has been a goal since day one for our Guild. We will receive our Charter in October. What a glorious time that will be!

Oh, I almost forgot to mention that **September is National Sewing Month**. The theme again this year is "Each One Teach One". It always

(Continued to page 4)

Featured in July and August

Community Service and An Excursion

Our July meeting was held at **Needle Nook**, 2714 Boulevard Plaza, where 118 baby garments and blankets were made for Via Christi's Auxiliary. A good turnout of our membership spent several hours working on this project. A special thank you to **Anne St. Claire** for contacting several companies who donated fabric, trim and velcro.

Dorothy Hagnauer, chairman of Via Christi's Auxiliary Sewing

Committee, picked up the items at the Board meeting on July 27. She was overwhelmed by the workmanship and the number of garments. The items will be distributed by Via Christi's ICU nurses and social workers.

In August we traveled to **Jo-Ann Fabrics and Crafts**, 1002 S. Oliver in the Parklane Shopping Center. **Shannon**, the manager, and her staff went out of their way to make us welcome. They invited us to see their

newly remodeled store and then treated us to an outstanding style revue of fall fashions. **Jo-Ann Fabrics and Crafts** also provided five wonderful door prizes as well as delicious refreshments for both the afternoon and evening meetings.

Make sure you stop in soon at both of these stores to tell them how much you appreciate their support of the Guild.

Next Meetings:

OCTOBER

Tuesday, October 5

"Organizing Your Sewing Room"
meeting 1:30 & 7:00 P.M. at
California Closets
650 N. Carriage Parkway

Friday, October 8

Shirley Adams Seminar
9:00 A.M. to 4:00 P.M.
at Sedgwick Co. Ext. Center
7001 W. 21st Street North

NOVEMBER

Tuesday, November 2

"Ideas for Winter"
Presented by Kechi Quilt Shoppe
meeting 1:30 & 7:00 P.M.
at Sedgwick Co. Ext. Center
7001 W. 21st Street North

Getting To Know You. . .

Nancy Gollihar, Treasurer (Interviewed by Chapter Secretary Sondra Schmittgens): *Nancy was born in Wichita just a few years ago. Her K-12 career was carried out in the lovely hamlet of Maize, Kansas. Nancy has been married to her Life Watch Transport Coordinator husband for almost 29 years. She has worked as an EMT at Wesley Hospital for the last 12 years. She has three children, two girls and a boy. Her son has just graduated from high school so the last one is all finished, Club Med here she comes! Nancy is also very committed to her community. She is President of the Friendship Club in Maize, Vice President of the Ambassador's Club at Wesley, Secretary of the EMS reserves, and Treasurer of our Guild. WHEW!!!*

Nancy took Home Economics in high school but didn't really start sewing until her first daughter was born. She couldn't resist those baby clothes! She sewed model garments for TG&Y for many years, and as time progressed, she has tried a variety of things and really improved her skills. Her most recent challenge was the beautiful christening gown that she showed the Guild at one of our first meetings. She also quilts and is now excited about using up even more scraps with machine applique projects.

Now for the five questions: If she must choose between Vogue and Butterick, she chooses Butterick; between linen and permanent press, she chooses PermaPress. When asked if she would rather sew than eat chocolate, she chose sewing! (I know, I couldn't believe it either.) She always backstitches every seam, "I don't want that puppy to come out." And her favorite sewing notion? A rotary cutter.

Sondra Schmittgens, Secretary: *I was born in Spokane, Washington but that state wasn't very thrilled, so my family moved, and I actually grew up in a small town in Missouri. This worked out fine because there are a lot of strange things in the Ozarks. I married in 1974, and my beautiful (he paid me \$5 to say that) husband, Engineer Boy, and I moved to the thriving metropolis of Wichita. We have no children, but we do have two very spoiled substitute children also known as 'cats'. Currently I work as a sign language interpreter for the deaf.*

My mother is a wonderful seamstress. My first exposure to sewing was from her. Also my grandmother made a lot of great quilts. One of my precious memories is quilting with her for the first time. Sigh. Anyway, my first project was an apron. My mom described my gathers as random pleats. She still has that apron, and when I look at it now, I realize she was being kind. I did take Home Economics in high school but our teacher cried a lot (I don't know why.). So, I didn't carry a lot away from that experience. My first big project was my wedding dress, and I have been willing to try anything since. I have been learning on my own so my sewing education has been rather sporadic. That translates to: I sometimes have flashes of creative genius that are technically flawed. Oh well!

The five questions: I prefer Vogue to Butterick, linen to PermaPress. If I could sew or eat chocolate, I would take the chocolate every time. I seldom backstitch -- which often backfires. And, my favorite sewing notion? Can you guess??? It's a Fasturn Tube Turner!

ADVISORY BOARD MEMBERS:

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SEPTEMBER

Advertising Rates

Ad rates for our bimonthly ASG Newsletter will be as follows:

| | |
|------------------------|------------|
| Inserts (8 1/2" x 11") | \$30 |
| Full Page | \$50 |
| 1/2 Page | \$35 |
| 1/4 Page | \$20 |
| Business Card | \$10 |
| Classifieds | 10¢ a word |

The Deadline for the November/December issue will be October 5. Send your info. in writing by that date to: Marcia Davis, 1020 N. Pinecrest, Wichita, KS 67208 or E-mail: Gbmhh@aol.com

✓ **Mark Your Calendar NOW****PROGRAM SCHEDULE
UPDATE**

Thanks to **Becky Wondra**, our Guild's Education Chairman, we have some wonderful programs scheduled for future meetings. Meetings will be at 1:30 and 7:00 P.M. You won't want to miss any of them. . . Check out the following:

September 7

What's New in Fabric & Textiles
Denise Dias, Guild President
meeting at
Sedgwick Co. Ext. Ed. Center
7001 W. 21st Street North

October 5

Organizing Your Sewing Room
meeting at
California Closets
650 N. Carriage Parkway

October 8

9:00 a.m. to 4:00 p.m.

Shirley Adams
seminar at

Sedgwick Co. Ext. Ed. Center
7001 W. 21st Street North

***November 2**

"Winter Ideas"

Presented by Kechi Quilt Shop
meeting at
Sedgwick Co. Ext. Ed. Center
7001 W. 21st Street North

December 7

**Holiday Party
& Gift Exchange**
meeting at

Sedgwick Co. Ext. Ed. Center
7001 W. 21st Street North

It's Time to Organize Your Holiday Sewing

by Candace Harrison

Reprinted from 1995 Issue of "Sew What's New"--Raleigh, North Carolina Chapter

If you're like me, each year you plan to make several special holiday gifts. In fact, I spend a lot of time planning elaborate embellishments with multiple gifts from the same pattern in a variety of fabrics and colors -- well, you get the idea. Lots of plans. Only to abandon them in favor of a trip to the mall at the last minute for ready-made items. Which, of course, means spending mega bucks, because I already bought everything I need to make the gifts at home. Sound familiar? Here are a few suggestions to avoid last-minute stress, panic and guilt:



- 1) **Organize your holiday sewing NOW.** I set aside a large empty box and label it "Holiday Sewing," make a gift list and collect books and patterns. Add pieces of fabric from your stash and any trims you have on hand. Put individual projects in plastic bags and store everything in the box. You won't waste time chasing down individual items later.
- 2) **Use the KISS principle--KEEP IT SEW SIMPLE!** A simple, handsome gift created by you will be received with as much enthusiasm as an elaborate, hard-to-sew gift requiring hours and hours to complete. Check out the list of suggested books at the end of this article for simple, easy-to-sew gifts. (I save the elaborate gifts for birthdays and special anniversaries.)
- 3) **Choose one or two items and make them up several times assembly-line style.** You'll save time and money. This year, I'm making two styles of tote bags.
- 4) **Consider using leftover scraps to make a coordinating "something extra."** For example, make a checkbook cover from scraps left from making a tote bag. You have a unique combination that can't be bought at the store for any price.
- 5) **Customize patterns to suit your list.** For my tote bag project, I will choose fabrics that reflect the personalities and life-styles of my family and friends--a horse tapestry for my "horsey" niece, a chic Ultrasuede for my uptown sister, and a teddy bear print for a friend's daughter. I'll add pockets and trims to fit individual needs. These variations on a basic theme make for more interesting sewing, too.
- 6) **Get together and "Holiday Sew" with friends.** You'll have fun and get some serious sewing done at the same time. Have hubby wrangle the kids and get dinner. Tell him how much money you're saving by making it yourself.
- 7) **Make six or seven variations of one or two small items and put them away for last minute hostess gifts, teacher gifts and token gifts for friends.** I wrap them, put them in a bag marked "You're Sew Special" and place it in my holiday sewing box. Instead of running to the mall at the last minute, I reach into the bag. This year, I'll make a special ornament and a few small items from Mary Mulari's *Travel Gear and Gifts to Make*.
- 8) **Set realistic goals and stick to them.** Plan now so you'll have the majority of your holiday sewing done in time for you to enjoy the season and not go crazy sewing at the last minute. I remember tucking a note in as I wrapped a not-quite finished gift at midnight on Christmas Eve. "To be finished by Santa's Elves after the Christmas Rush." That won't happen this year, because I'm organized and ready to sew!

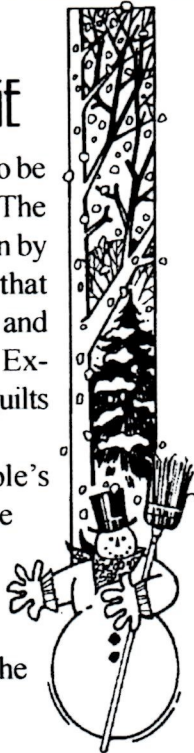
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ANNOUNCING OUR WINTER SEWING CHALLENGE

Fabric fat quarters and rules will need to be purchased for \$2.00 at the Guild meeting. The fabric is 100% cotton in a snowflake design by Debbie Mumm. You may make any item that you choose. The article must be completed and the entry submitted to **Denise Dias** at the Extension Office or **Shirley Binder** at Prairie Quilts in Parklane by Friday, December 3.

The winner will be chosen by "People's Choice," and they will receive an Ott table light which retails for \$79.99. This light is *wonderful* for sewers as it is a great source of natural light.

Don't miss out – make sure you enter the Winter Sewing Challenge today!



How We Made Our Own "Best Friends"

On July 29, 1999, sixteen women came together to duplicate their bodies. Was this some bizarre Frankensteinish experiment in reanimating dead tissue??? Was it some clandestine cloning caper gone bad??? You be the judge. Armed with nothing more than *Threads* issue #75, several rolls of duct tape and a dull pair of scissors these brave few wrapped and allowed themselves to be wrapped in several layers of sticky tape. And for what? To get a near perfect cast of their bodies so that they could fit clothing with impunity.



Sondra Schmittgens says, "It worked really well." They started at 9:00 a.m. with their T-shirt clad bodies. After brief instructions from **Becky Wondra** and **Sondra Schmittgens** and an admonition to go to the bathroom, one half of the women started to wrap the other half. They worked steadily for about 3 1/2 hours. After they cut everyone out of their cocoons, they ate lunch and gazed at their handiwork. On the coat rack hung 14 empty body shapes (they have pictures).

After lunch they all picked the body they wanted and started stuffing. They stuffed and measured and taped until their new bodies matched the ones they already had. Some people even named them! "I think it was really fun and now 16 of us have really serviceable dress forms," says Sondra. Stay tuned for news from these brave people. They're looking forward to all the beautiful things they will bring to future "Show and Shares" using their dress forms.

So, what did they learn from this experience? All bodies are beautiful. All bodies can be duplicated. And – Don't let people near you with duct tape!

In Celebration of National Sewing Month in
SEPTEMBER

NEEDLE NOOK FABRICS

**2714 BLVD. PLAZA
WICHITA, KS 67211
316/684-5989**

Will have the following programs:

Monday Sept. 13 6 - 7:30 P.M.
USING PRE-MADE KNIT COLLARS

Learn to put a knit collar into a collar stand, how to shorten or lengthen and how to use 2 collars to create a Collared V-Neck. This is a Free Demonstration.

Saturday Sept. 25 10 A.M. - 2 P.M.
MAKE-IT TAKE-IT

Learn to make Toasty Toes Socks or Easy Mittens. This will be a come and go as YOUR schedule allows. We will be using the serger to make either project using Polartec® polar fleece and ribbing to create these Great Gift Ideas. The cost is \$5.00 for the kit.



You will need:

4 1/2 c. raw pumpkin seeds
2 T. cooking oil
1 tsp. salt
clear sandwich bags

How to:

Rinse pulp and strings from seeds. Drain. Mix seeds, oil & salt in a bowl.

Spread on a cookie sheet lined with waxed paper. Let stand for 24-48 hours or until dry. Stir once in a while. Remove waxed paper and toast seeds in the oven for 40 minutes at 325°. Stir once or twice. Drain seeds on a paper towel. Store in plastic bags for a great treat!



The KWIK SEW Pattern Co. would like to invite you to participate in a nation-wide effort to raise \$1,000,000 for breast cancer research. They have joined with the Home Sewing Association's Sew for the Cure™. From now until November 1, 1999, KWIK SEW will be donating all the proceeds from the sale of their hat pattern number 2236 to the Sew for the Cure™ Foundation. This trendy pattern features four fun and fashionable hat styles that can be enjoyed by any age group. It comes in three sizes. The hats are lined, and a great fabric to line them with would be microfiber fleece, an extremely soft, lightweight fabric available in a wide range of colors. You may purchase the pattern from your local fabric store or on-line at <http://www.hancockfabrics.com>.

The suggested retail price is \$7.50 (USA).

The Sew for the Cure™ trademark is owned by the Susan G. Komen Breast Cancer Foundation and is used under license by the Home Sewing Foundation.

Watch for the *Sew for the Cure* logo on sewing industry products beginning in mid-1999. All items (patterns, fabric, sewing notions, embroidery cards, etc.) which carry this logo will be donating a share of their sales to the cause.



QUOTABLE QUOTE:

Joan Rivers on exercise, "I don't exercise. If God wanted me to bend over, he would have put diamonds on the floor."

Door Prize Reminder!

If you won a door prize recently at a monthly ASG meeting, please take a moment to write a thank you to the person or business who supplied the prize. Door prizes are fun – let's make sure those providing them know how much we appreciate them.

Jo-Ann Fabrics and Crafts in Parklane provided the door prizes in August.

Remember: If you won a door prize, you must bring one to the following month!!! A sewing related item or something you have made are always welcome gifts.



**Sunday
October 31**

Guild Recognizes Young Sewers

On July 15, **Denise Dias**, our Chapter President, presented all sewing participants at the Sedgwick County 4-H Public Style Revue with a gift. The gift was a card which contained a sewing charm and information about our Chapter of the American Sewing Guild. In all, 54 youths received this gift for their hard work in making a garment and modeling it.

The 4-H program is open to all youth between the ages of 7 and 19 in Sedgwick County. The four H's stand for Head, Heart, Hands and Health, and the 4-H motto is "To Make the Best Better." Clothing is one of the many projects that 4-Hers can choose to enroll in through their club.

Don't Leave Home Without It!

Use your American Sewing Guild membership card to receive a 10% discount at the following stores:

Five Little Ladies
Gramma's Calico Cupboard
Hancock Fabrics
Hobby Lobby
Jo-Ann's Fabrics & Crafts
Kechi Quilt Shop
Needle Nook Fabrics
Prairie Quilts
The Sewing Center

Receive a 15% discount at the following stores:

Singer A-1 Sewing Center

Remember to present your card at the fabric cutting table when purchasing fabric, so the sale can be written up



Words of Wisdom...

(Continued from page 1)

amazes me how many people know very little about sewing, but don't know that there are others out there who are willing to share their talents.

October brings **Shirley Adams** to our Chapter for a day-long seminar. (See the white insert in this issue.) She is a wonderful speaker. She is inventive, down-to-earth, and funny all rolled up in one. There will be many surprises that day, too. I can't wait to spend a day with my sewing friends listening to **Shirley Adams**.

Wow! We have "sew" many great things happening in the next couple of months. I hope these events happen soon 'cause I am just like a child who just can't wait!!! Happy sewing!

A Place to Sew

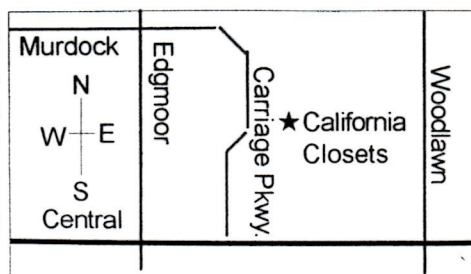
Our regular October meeting on Tuesday, October 5, will be held at **California Closets**, 650 N. Carriage Parkway. They will be presenting a program on "Organizing Your Sewing Room."



Remember the following tips no matter how much space you have in your sewing room:

- The most efficient sewing arrangement is the U-shaped design which also uses the least floor space.
- Since cutting is done standing up, the cutting table should be 36 inches high.
- Sewing on a table can lead to strained back muscles, so a better height for an adult is 28 inches -- the height of a typing table or computer table.
- The surface you use to cut out items should be at least a 30 X 36 inch surface (36 X 72 inches is better).
- Adjust your ironing board to a seated height (24 inches for an adult) and place it to the left of your sewing machine to complete the right-to-left flow of work.
- Sewing requires twice as much light as casual reading.
- Smooth floor coverings are recommended for sewing areas. If you have carpet, try putting an office desk mat under your chair. It will make picking up pins, needles and beads much easier.
- Pegboard can hold scissors, rolling cutters, rulers, etc. when placed on the wall behind the sewing machine.
- Metal chests with labeled shallow drawers, originally intended for shop use, can be used to store attachments, thread, zippers, seam tape, and other small notions.
- Use a sturdy wooden skirt hanger to hold your cutting mat. This way it can hang behind a door or in a closet, and it will not get bent or curled.
- Thread racks are great and can be extended by adding drinking straws to the regular wooden spool holders. Dust can become a problem with thread stored in the open.

California Closets is located in northeast Wichita (See map at right.) near the Pennypower Shopping News offices.



OUR CHAPTER LIBRARY

Aurelia Lobban and Debra Young, our Librarian/Historians, have been working very hard on getting the items that we have in our Library ready for check out by our membership. Items will be checked out at one month's meeting and due at the next meeting. If you do not return the items in this one month period, you will be fined \$1.00 on magazines and \$5.00 on videos and hard cover books. They have also put together a list of all the items currently in the Library and will be updating it periodically.

REMEMBER: If you have sewing books, videos, patterns, magazines, unusual sewing notions or accessories, etc. that you would like to get rid of? Please donate them to our Chapter's Library. That way, all our members will be able to benefit from your generosity.



Video Vault

Creative Serging from Palmer/Pletsch

by Aurelia Lobban, Guild Librarian/Historian

This video features nice close-ups of various types of decorative threads so you can get ideas for what kind of thread you want for the desired effect. Marta Alto's explanation of which tension to change seemed very informative to me. It's almost like a sampler as she goes through various threads and effects. My favorite look was the blanket stitch for the edge of jackets, but there were several simple designs that were enhanced by the various styles of thread and stitches used. The other idea I really liked was putting the facing on the outside that had been decoratively serged and stitching in the ditch to attach it to the garment.

She also shows how to couch threads and apply beads. Marta also used a flatlock stitch to create a colorful finished edge on the inside of the jacket facings and as a finish on lingerie.

CRAFTERS NEEDED

Crafters Needed for
"Craft Extravaganza"
at St. Mary's in Derby,
Kansas, on October 9,
1999.

If interested,
call Allison Lesley,
788-6096.

Holiday Sewing... (Continued from page 3)

Gift ideas:

Gifts Galore; Dozens of Projects to Needlepoint, Embroider, Crochet, Quilt, Craft, Knit or Sew by Jane Warnick and Jackie Dobson

Sew Sensational Gifts; Unique Projects for Everyone by Naomi Baker and Tammy Young

Hold It? How to Sew Bags, Totes, Duffels, Pouches & More by Nancy Restuccia

Gifts from the Heart and Gifts for All Seasons booklets from Nancy's Notions

Electing Guild Officers for the New Millennium!



The Wichita, Kansas, Chapter of the American Sewing Guild will be electing officers for the year 2000 at their regular October monthly meetings. Please return the enclosed ballot to **Denise Dias** (*blue insert*) by Tuesday, October 5.

It is important to remember that everyone plays a *special* role in our Guild. The officers and committee chairs work hard to plan programs, service projects, communications, trips and other events as well as the day-to-day operations of the organization. Volunteer where you feel best qualified. If we each shoulder part of the load, no one will get "plowed under."

We will be installing our new officers at the Guild's holiday meeting and party on Tuesday, December 7.



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Janet Robinson

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