

Sewing's a Brees

The other day I had a request from a granddaughter to make bear ears for her play costume. Of course, it was a last minute request but it got me to thinking of the cycles we go through in our sewing. Not the seamstress – sewer - sewest cycle but the type of sewing projects we do.

Frequently we start out sewing for others— our dolls — and then move on to sewing for ourselves in 4-H and home ec. Unfortunately, this wasn't always a positive and affirming experience and we lost many future sewers. For those of us who continued sewing for ourselves that too seemed to go in cycles depending on our time and our fitting challenges.

It then seemed we were doing more home dec because money was tight or there were no fitting issues. This also was the case for sewing for babies and small children until they got old enough to want to look like everyone else. Then

we sew for special occasions and costumes and eventually maybe even our daughters wedding dress.

If we are lucky enough to have grandchildren we get to start over again. And if we are really lucky we find out about ASG where we are encouraged to expand our knowledge and take on those fitting challenges and sew for ourselves.

On a totally different note, spring appears to be just around the corner. I'm so done with winter! If your spring cleaning includes your sewing room and you find unloved fabric you can donate it to the guild and it will be sold for \$1.00 a yard to those with insufficient stash. This is one of our fund raisers that requires limited effort and provides a great deal of enjoyment. If you need another reason it is a great recycling project.

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Membership Renewal

The National office will send you a renewal notice about 2 months before your membership expires. You can check your membership expiration date on the address label of each newsletter. If you don't receive a renewal notice, contact the membership chairwoman, or go to the National website, asg.org, where you can renew online.

Address Changes

If your address, phone number or email changes, please report the changes to both the local membership chair and to the National office (you can use the website at asg.org.)

New and Renewing Members

Welcome new members Vicky Isliefson, Soe O'Hara, and Jeanette Christy.

And welcome back to renewing members Mary Ashcroft, Jackie Clark, Madonna Cossman, Michelle Eis, Janet Grimsley, Nora Mikels, Dixie Oatsvall, Jacquielyn Proffitt, Pat Schwening, Nancy Shepherd, Judy Troyer, Deborah Suntheimer, Velda Vogt, Donna Wilson, Julia Langel, Cheryl Davis, Gretchen Sharp, Ruth Kirby, Irene Armstrong and Doris Schwartz.

Advertising Rates

This newsletter is published 6 times per year. We only accept sewing-related ads. Our rates are: 1/8 page—\$60/yr; 1/4 page—\$120/yr; 1/2 page—\$210/yr; 1 page—\$300/yr.

Nancy Nix-Rice

Nancy Nix-Rice treated us to a day packed with learning and fun. Nancy is a very knowledgeable, wonderfully down to earth person. She was so enjoyable and natural that it made the whole day a pleasure.

Her overarching principle was to start to see the figure one has right now in the positive rather than the negative. Women are used to looking at themselves very critically and form their fashion choices to hide flaws rather than to play up their best features. One of our assignments was to go home and really look at ourselves and describe our figure only in the positive. For example, 'I have pleasing curvy facial features' rather than 'I have a bumpy, lumpy nose in an overly round face', 'critical fit point' rather than 'fattest part of my body', 'I am lower body dominant' rather than 'I have a huge ass'. You get the idea.

Nancy began our instruction with the characteristics of color and where to put it on our bodies. (Tip: pick your base neutral based on your hair). She spoke about body shape, how to see which shape we were (Tip: ask someone to look at you from the back, rather than the front) and then what kind of styles would look best on each type. The goal is to know your own characteristics and to get as many 'points of contact' between you and your clothing as possible. Try to include the aspects of your

color, face/body shape and personal style into your clothing. That is when you will look your best.

We were shown how a minimal shoulder pad made almost all of us look a little taller and thinner. She gave us general 'dress thinner' techniques, and told us of the wonders of good 'girl' support. (Tip: Run a string from your throat base to your navel, then fold that length in half back up to your neck base. That is the point your bra should bring your breasts to.) Nancy used people in our audience to illustrate her points. This was very helpful because we were able to see that her



techniques really are successful with us everyday, real people, "There are only 8 supermodels in the world and if we ganged up on them we could reduce that number to 4". (You can just imagine why we enjoyed her!)

As I go over my seven pages of notes there is so much I would like to share with you. I feel energized and ready to make some changes. Nancy's book and video are in our ASG library and I really recommend them to anyone wanting to make a positive change in appearance. An improvement in appearance leads to an improvement in self image. Just ask this formerly round faced, no waist, no hip girl now transformed into a pleasantly curvy, upper body dominant woman.



Sondra Schmittgens

April Events

Hutchinson Neighborhood Group — April 2

7pm to 9pm, Delos Smith Center,
101 W. 1st

Jackie Proffitt will be demonstrating mitred corners and we'll be showing off the results of the "Unloved Fabric" challenge.

Marion Cathcart, 620-669-1265

General Meeting — April 7

1:30 and 7, Extension Center

We're having our annual Spring Tea! We'll have a fashion show of the garments made for our Classic White Shirt challenge.

Betty Brees, 838-3709

West Side Neighborhood Group — April 21

9 a.m. until 4 p.m. (lunch at Carriage Crossing), Extension Center, Bison Room

Bus Trip! We'll be taking a van to

the Yoder quilt shops. Bring a shopping bag...

Denise Dias, 722-7721 x116

East Side Neighborhood Group — April 21

7 pm. Needle Nook Fabrics

We'll be sewing pillowcases for our community service project.

Theresa Corle, 689-6702

Regional Meeting — April 24

Omaha, NE

Betty Brees, 838-3709

Derby Neighborhood Group — April 26

7 pm. Woodlawn United Methodist Church, 431 S Woodlawn, Room 11E

Carol Wiens will be demonstrating an embellished sweatshirt jacket.

Nona Mackey, rmackey5@cox.net, or 316-253-2910

CAB Meeting — April 28

Kansas City ASG Meeting April 18

Kansas City Chapter presents Midwest YaYa Sisters Mary Mulari and Rita Farro. They will share their best ever quick gift ideas Saturday, April 18, 2009. 9-4 (doors open at 8:15), Lenexa Conference Center, 11184 Lackman Rd. Lenexa Kansas. Registration deadline

Friday April 11, 2009. \$65 including lunch if money received by 4/11. Send registration and payment to Donna Walker, 7111 Robin Ln., Shawnee KS 66203. 913-268-4171, ddwalker@everestkc.net.

May Events

General Meeting — May 5

1:30 and 7, Extension Center

Nonie England will be telling us "What does a judge look for anyway?" Bring your items for Sew and Share.

Betty Brees, 838-3709

Hutchinson Neighborhood Group — May 7

7 pm, Delos Smith Center, 101 W. 1st

We're having a planning picnic! Bring your own table service and items for Sew-n-Tell.

Marion Cathcart, 620-669-1265

Newsletter Deadline — May 8

Please send information for June and July.

East Side Neighborhood Group — May 19

7 pm. Needle Nook Fabrics

We'll be snacking and getting to know each other.

Theresa Corle, 689-6702

West Side Neighborhood Group — May 19

9 a.m. until 4 p.m. (lunch on your own or with group), Extension Center, Bison Room

We'll be felting!

Denise Dias, 722-7721 x116

CAB Meeting — May 26

Derby Neighborhood Group — May 28

7 pm. Needle Nook Fabrics

Anne Jesseph will present a program.

Nona Mackey, rmackey5@cox.net, or 316-253-2910

April Tea Challenge — Classic White Shirt

Have you been reading Threads magazine recently? They asked several designers to update the classic white shirt, and the results are fabulous! (Check them out in the Dec 2008/ Jan 2009 and Feb/Mar 2009 issues.)

We've decided to see what our members can do for the April challenge. Let's see your white shirts! The guidelines are simple — if it's white or off-white and worn as a top, bring it for our fashion show!

In the Library

Items in our library include books, videos, DVDs, magazines and patterns. These items may be checked out for one month at a time. Due to high demand, only one DVD or video may be checked out per month; DVDs and videos must be returned the following month and may not be renewed until the end of the meeting so that others have a chance to check them out.

There is a charge of \$1 per item per month for items returned late. NEW: Any

item not returned within 6 months will be considered lost and the member will be responsible for replacing it.

New magazines

- *McCall's Quilting*: Apr 2009
- *Designs in Machine Embroidery*: Sept/Oct 2008
- *Threads*: Feb/Mar 2009

Watching the Web

Have you seen the wide variety of sewing videos available on the web? It's amazing! And much of it is free...

Nancy Zieman has episodes of Sewing with Nancy at
<http://sewingwithnancytv.com/>

Threads magazine has many videos, including a great fly zipper video by Sandra Betzina,
at <http://www.threads magazine.com/videos>

For the young and hip among us, Threadbangers is a web video series on sewing and crafts:
<http://www.threadbanger.com/episodes>

BurdaStyle has video (and photo) tutori-

als on techniques, like flat-felled seams, and projects, like belts or bags:
<http://www.burdastyle.com/howtos?>

And, of course, the Big Daddy of video on the web, YouTube. Considering the videos featured in email and TV news, you might be surprised at the number of quality sewing videos available on YouTube. If you google YouTube, you will see a search box in which you can enter "sewing" (and get approx 48,000 hits!) You might enjoy the videos produced by the Hot Patterns folks <http://www.youtube.com/user/hotpatterns>

These links will also be available on our blog at www.asgwichita.blogspot.com.

On-Going Fundraisers

Don't forget about our two regular fund raising activities:

At the library table, we have magazines that have been donated by members for sale for 25 cents each or 5 for a dollar. Funds raised go to buy items for the library (like

those new fitting DVDs from Taunton.)

At the Fabric FUNd table, we have fabric donated by members that can be purchased for \$1 per yard. Funds raised go into the general budget.

Local Retailers

These local retailers offer discounts to ASG members on regularly priced fabric and notions. To receive your discount, show your ASG membership card at the time of purchase.

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**Remember to
say thanks to
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Hospitality for April and May

Our April meeting will be the Spring Tea.

May hostesses will be Pat Postlethwaite, Mary Ann Esch and Barb Blackman.

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Thanks For The Help!

We had lots of help with the Nancy Nix-Rice seminar:

Thanks to Jan Adams for a fabulous lunch and to everyone who brought snacks.

And, thanks to our sponsors Needles and Notions, Sunflower Quilts, A-1, Midwest, Prairie Quilts, Needle Nook and Picket Fence.



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