

# SEW-CIETY NEWS

Central Illinois/Peoria Chapter American Sewing Guild  
Summer (June, July, August) 2018  
Volume 36, No. 2—Peoria, Illinois  
Sue Melton Barnabee, Editor  
Chartered 1986



Advancing sewing  
as an art and life skill  
[www.peoriaasg.org](http://www.peoriaasg.org) [www.asg.org](http://www.asg.org)

## “SHOW & TELL/PATTERN HACKS” LUNCHEON

June 23, 2018

Sponsored by the ASG Garment Group



The Garment Neighborhood Group invites all ASG members to create items to share at the “Show & Tell Luncheon”. Bring anything you have made -- garments for you or your family, accessories, home decor items, quilts, crafts, embroidered items, community service projects – whatever you like to make. It’s fun to share this day with visitors. So, invite friends or family members to come with you.

Our theme this year is Pattern For Growth. This is the introduction to our contest this year: Pattern Hacks. Deon Maas will present a program to inspire you on Pattern Hacks. She will have lots of examples to help get you started on your project.

Our interpretation of pattern hacks is to take favorite elements from one, two, or more patterns to make a new pattern design. Or, it could be any type of pattern manipulation like adding darts, changing a collar, using a sleeve from one pattern to make sleeves for another garment, manipulating the sleeves or making a hemline asymmetrical. Our challenge starts now!

We will have our contest at the annual meeting on November 3, 2018 in Peoria. It can be anything! A purse, jacket, dress, pants—it’s up to you. Get your creative juices going!

Registration form below.

**DATE:** Saturday, June 23, 2018  
**REGISTRATION:** 9 am

**LOCATION:** United Presbyterian Church, Peoria  
**PROGRAM:** 9:30 am

### 2018 LUNCHEON RESERVATION FORM

Mail Registration Fee and Reservation Form to: Gisela Schuman, PO Box 282, Farmington, IL 61531  
Call 309-245-4884 or e-mail at [gschuman93@gmail.com](mailto:gschuman93@gmail.com) for more information  
**DEADLINE:** June 18, 2018. **Make check payable to:** Central IL/Peoria ASG

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ e-mail: \_\_\_\_\_

Emergency contact name \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Member \$20 Yes\_\_\_ Non-Member \$25 Yes\_\_\_



Pattern for Growth



## MAKE 18 IN '18!



The need in our area for Anti-Ouch Pouch mastectomy pillows is increasing. Currently, the Central Illinois Chapter donates about 1,000 pillows to local hospitals and individuals each year. Help replenish our stock by participating in Make 18 in '18!

We have assembled bundles of eighteen pre-cut Anti-Ouch pillows, along with coordinating hook and loop tape. These will be available at sewing guild events. Sew them at any point during the year and bring them back, unstuffed, to a guild function. This means sewing only one or two pillows a month. How easy is that? There is no expense to you and the cutting is done for you!

Have your own fabric, but don't have any hook and loop tape? Make up eighteen pillows, bring them to a guild event, unstuffed, and we will add the hook and loop tape.

Prefer sewing with other guild members? Come to one of our sewing days, enjoy the camaraderie, and make a few out of our fabric. Our second community sewing day is Friday, September 7 at North Branch Library in Peoria.

Instructions and an instructional video are available at: <https://www.asg.org/resources/giving-back/> on the ASG website. Our goal is for 20 members to participate. This will be 360 pillows toward the needed 1000.

For more information, contact Deon Maas at [tommaas@mymctc.net](mailto:tommaas@mymctc.net) or 309-645-4911 or Sue Barnabee at [scbarn@gmail.com](mailto:scbarn@gmail.com) or 309-647-0111.

## SEW SPECIAL '18



We are excited and very fortunate to bring Marla Kazell to Peoria for Sew Special '18 and a sewing workshop.

The Hands-on workshop will be Friday, September 21, 2018 from 9:00 am to 4 pm with registration at 8:30 am at United Presbyterian Church, Peoria. Topics will be Simply Perfect Seams (perfecting seams, trimming, grading, pressing, under stitching and more); It's All in the Details (tips and techniques to polish your sewing skills and add creative details). Bring a sack lunch and snack to share. Supply list will be e-mailed closer to the workshop.

Sew Special will be held Saturday, September 22, 2018 from 9 am to 4 pm with registration at 8:30 am. The program will be Pro Tips (tips and techniques from a professional dress maker to improve sewing, pressing and design skills); Fabulous Shirts and Blouses (changing the design details on a basic pattern).

There will be a continental breakfast at Sew Special with a soup and sandwich lunch provided. Registrations postmarked by 8/21/2018 will be eligible for a drawing for a free 1 year ASG membership or renewal. Registration deadline is 9/14/18 with no refunds after that date. Check the next newsletter and the web site [www.peoriaasg.org](http://www.peoriaasg.org) for the registration form.

Sew Special will be held at the United Presbyterian Church, 2400 W Northmoor Rd, Peoria, IL 61614. For questions, contact Vicki Ghidina at (309) 267-1045 or [vghidina@itv-3.com](mailto:vghidina@itv-3.com).

Marla has been sewing professionally for 36 years and creates beautiful couture clothing for special clients in her custom clothing business in Tigard, Oregon. Her focus is on fit and fine construction. She specializes in beautifully tailored jackets and suits, pants fitting, dresses and separates.

She learned to sew in 7th grade Home Economics class. Marla began her career in the sewing industry as a sample seamstress in the Research and Development Department at Stretch and Sew in Eugene, Oregon. As she developed her custom clothing business, Marla continued to learn all she could about fitting, fashion and sewing with many well-known teachers, including 12 years of study with couture expert, Roberta Carr.

Marla has written articles for Sewing Update Newsletter and for Notions, Threads and Sew News magazines. She was the featured expert for the Sew News "Q&A" column for 4 years.

Her love of sewing led Marla to share her expertise in classes and hands-on workshops in Portland, Oregon and across the country. After being privileged to serve as technical advisor for the book, *Couture The Art of Fine Sewing* by Roberta Carr, Marla created and taught the Palmer/Pletsch Couture Workshop for 10 years.

She has presented classes at the American Sewing Guild (ASG) National Conference for 14 years and for ASG and Professional Association of Custom Clothiers (PACC) chapters, the New York Fashion Academy in Seattle, Washington, Josephine's Dry Goods in Portland, Oregon and for private groups in Portland, Seattle, Chicago and New York. Her travels have taken her to designer workrooms in New York, couture showrooms in Paris and fabric stores everywhere.



### Pattern for Growth



## PRESIDENT'S MESSAGE



Individuals who sew tend to be resourceful and very creative, yet many of us lament the fact that fabric stores are scarce. I admit that at times I am one of the lamenters.

Of course online shopping offers limitless inventories of fabric and sewing notions, but there is something about actually seeing and touching fabric, and even notions, that online shopping doesn't satisfy.

So what are we to do when fabric stores are scarce? Well, this is where creativity and becoming a shopping hack come into play. First, make sure to check out the local quilt shops, even if you are looking for fabric to sew a garment.

Sometimes one can find wool by the yard, light weight cottons suitable for shirts and tops, and rayon batiks that can be ordered.

Next time you enter a store that carries clothing, don't sail past the discount racks without taking a close look. This can be a great place to find fabric, buttons, belts and other goodies that can be "hacked" into another life. Make a point to search out larger sizes as that equals more yardage, so to speak.

The men's department can also be a treasure trove of usable fabric. Men's t-shirts and sweaters offer fabric that can easily be refashioned into a great top. Bargain priced active or knit sportswear can be cut up and used for ribbing and binding on a stretch project. Neckties offer a beautiful source of bias fabric perfect for covering piping.

Head over to the home wares section and search out fleece blankets, shower curtains and lace or sheer window treatments. One fabulous find in my shopping adventures yielded several yards of beautiful lace from clearance priced window valances.

Beach towels are another great fabric source for projects such as swim cover ups and shower wraps. Vinyl shower liners can be used to line makeup cases and travel sets. Also use vinyl to make see through organizer pockets for totes and bags.

Any store with kitchen items is fair game for sewing hacks. Placemats can become handbags, and tablecloths can be suitable for jackets, cover ups, skirts and tops.

Remember, sewers are creative!

Then there are hardware stores that have aisles of various sized chains, hooks and fasteners for all kinds of sewing projects. Canvas tarps, tyvek and fiberglass window screening are all just waiting for your creative touches.

Outdoor and sports stores have webbing and cords in lots of bright colors. Think frog and fancy knot closures and tote bag handles. Venture into the fly fishing department and discover colorful feathers and spools of decorative thread, aka fishing line I suppose.

And need I mention second hand and resale shops? If all else fails, call a couple of sewing friends and see if you can shop their fabric stash! My point is to use the resourcefulness that we all seem to have, set out on an adventure and shop-hack-sew your way to creating something fantastic this summer.

Cyndy



## 2018 CENTRAL IL/PEORIA CHAPTER ADVISORY BOARD (CAB)

[www.peoriaasg.org](http://www.peoriaasg.org)

### OFFICERS

**PRESIDENT:** Cyndy Monier (309) 364-3831

[csewingconcept@yahoo.com](mailto:csewingconcept@yahoo.com)

**1<sup>st</sup> VICE PRESIDENT:** Charolette Cronin (309) 253-4276

[charlottecronin@comcast.net](mailto:charlottecronin@comcast.net)

**2<sup>nd</sup> VICE PRESIDENT:** Vicki Ghidina (309) 353-7015

(309) 267-1045 -C [vghidina@itv-3.com](mailto:vghidina@itv-3.com)

**SECRETARY:** Martha Gamble

(309) 689-1951 (309) 678-6259-C

[howell-gamble@sbcglobal.net](mailto:howell-gamble@sbcglobal.net)

**TREASURER:** Gisela Schuman (309) 245-4884

[gschuman93@gmail.com](mailto:gschuman93@gmail.com)

### COMMITTEES

**COMMUNITY LIAISON:** Kim Caywood

(309) 966-3288 (530) 701-4940-C

[kimwould2010@sbcglobal.net](mailto:kimwould2010@sbcglobal.net)

**MEMBERSHIP:** Carol Luginbuhl (309) 868-3441

[rclug@outlook.com](mailto:rclug@outlook.com)

**NEIGHBORHOOD GROUPS:** Charolette Cronin (309)

253-4276 [charlottecronin@comcast.net](mailto:charlottecronin@comcast.net)

**NEWSLETTER EDITOR:** Sue Barnabee (309) 647-0111

(309) 229-7999-C [scbarn@gmail.com](mailto:scbarn@gmail.com)

**SEW SPECIAL COORDINATOR:** Vicki Ghidina

(309) 353-7015 [vghidina@itv-3.com](mailto:vghidina@itv-3.com)

**WEBMASTER:** Pat West (309) 453-6682-C

[songbirdww@comcast.net](mailto:songbirdww@comcast.net)

### NATIONAL ASG

**ASG HEADQUARTERS:** 9660 Hillcroft, Ste 510, Houston,

TX 77096 (713) 729-3000 [www.asg.org](http://www.asg.org)

Contact: Barbara Cortez [Barbara@asg.org](mailto:Barbara@asg.org)



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## MEMBERSHIP RENEWALS

### June

Carol Clark  
Barbara Fahel  
Patricia Ianone  
Judy McFarland  
Glenda Ready  
Jeanie Simpson  
Joyce Smith  
Kathryn Sutter  
Janice Webster

### July

Vicki Ghidina  
Jean Montgomery

### August

Lynda Kobs  
Shirley Lippert  
Julie-Ann McFann  
Debbie Parks  
Sharon Spangler  
Linda Swett  
Carol Wolstenholm

## STATE AND NATIONAL DATES TO REMEMBER

**June 6-8, 2018**, Original Sewing & Quilt Expo, Arlington, TX

**July 12-15, 2018**—National ASG Conference, Las Vegas  
NV [www.asg.org](http://www.asg.org)

**September 6-18, 2018**—Quilt Expo, Madison, WI

**September 20-22, 2018**—Original Sewing & Quilt Expo,  
Cincinnati, OH

**September 27-29, 2018**—Original Sewing & Quilt Expo,

Fredericksburg, VA

**November 8-11, 2018**—Quilts Inc, Houston, TX

**November 15-17, 2018**—Original Sewing & Quilt Expo,  
Novi, MI

**November 15-18, 2018**—TeslaCon, Madison, WI

**January 24-26, 2019**—National Make It With Wool, New  
Orleans, LA

### WELCOME TO OUR CHAPTER, NEW MEMBERS!

Christina Granatier, Coal Valley  
Judith Holmgren, Galesburg,  
Christy Keimig, Galesburg  
Brianna Squires, Galesburg

**Please introduce yourself to our newest member at your next neighborhood group meeting or chapter event.  
A special THANK YOU to all members who have renewed your ASG membership!**

## SEWING TIPS FROM SUE

Binder clips are great for holding bulky seams & binding together while you sew. Safety pins are great for marking hems. This is especially important when marking for children. An easy guide for topstitching is to mark with masking or painter's tape and follow the line. For an even row of stitches by hand, pin down a piece of graph paper near the seam and follow the squares.

If you need to mark a hem and don't have a helper, tape string to your door opening the correct height to mark your hem. Dust with chalk or bath powder. Carefully turn against the hem. It will make the hem for you. Since you are moving, turn twice to get a more accurate marking.

You can store empty bobbins in a nail polish toe separator. Use hair ties or rubber bands for a quick seam guide on your open arm machine. If you want to stitch two colors in a twin needle and don't have a second spool holder, place a straw on your spool pin. Separate the spools with a bolt so they operate more smoothly.

Sue Barnabee is a former Family and Consumer Sciences teacher, and member of Haute Couture Club of Chicago and Stitcher's Guild of Peoria. Her articles and projects have appeared in Sew News, Creative Machine Embroidery, Woodworker's Journal and McCall's Quilting magazines.

## SEWING WEB SITES

[www.andysdressform.com](http://www.andysdressform.com)  
[www.BeautifulTextiles.com](http://www.BeautifulTextiles.com)  
[www.clothinglabelsbysterling.com](http://www.clothinglabelsbysterling.com)  
[www.CraftStylish.com/eletter](http://www.CraftStylish.com/eletter)  
[www.delicatestitches.com](http://www.delicatestitches.com)  
[www.Facebook.com/GinnysFineFabrics](http://www.Facebook.com/GinnysFineFabrics)

[www.FashionSewingSupply.com](http://www.FashionSewingSupply.com)  
[www.heirloomLabels.com](http://www.heirloomLabels.com)  
[www.joyceTrim.com](http://www.joyceTrim.com)  
[www.letoffefabrics.com](http://www.letoffefabrics.com)  
[www.LetsSew.com](http://www.LetsSew.com)  
[www.lintondirect.co.uk](http://www.lintondirect.co.uk)  
[www.makeitcoats.com](http://www.makeitcoats.com)  
[www.MulberrySilks.net](http://www.MulberrySilks.net)

[www.naturesfabrics.com](http://www.naturesfabrics.com)  
[www.SewFitography.com](http://www.SewFitography.com)  
[www.thefabricfairy.com](http://www.thefabricfairy.com)  
[www.TheFrenchSeam.com](http://www.TheFrenchSeam.com)  
[www.TissuDallas.com](http://www.TissuDallas.com)  
[www.TissuFabrics.com](http://www.TissuFabrics.com)  
[www.TreadleYardGoods.com](http://www.TreadleYardGoods.com)  
[www.wildfiredigitalfabrics.com](http://www.wildfiredigitalfabrics.com)



Summer (June, July, August) 2018



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## CENTRAL IL/PEORIA AREA DATES TO REMEMBER

**June 15, 2018**—CAB meeting, Hardee's, North Point, Peoria, IL

**June 23, 2018**—Spring Luncheon, Speaker Deon Mass, Pattern Hacking, United Presbyterian Church, Peoria, IL

**July 12-15, 2018**—National ASG Conference, Las Vegas, NV [www.asg.org](http://www.asg.org)

**July 28, 2018**—Annual picnic, Tremont Community Center, Tremont, IL

**August 11, 2018**—One -Day Sewing Retreat, United Presbyterian Church, Peoria, IL

**August 27-29, 2018**—Sewing Retreat, Chiara Center, Springfield, IL [www.peoriaasg.org](http://www.peoriaasg.org)

**September 7, 2018**—Community Service Sewing Day, North Branch Library, Peoria, IL

**September 21, 2018**—Sewing workshop with Marla Kazell, United Presbyterian Church, Peoria, IL

[www.peoriaasg.org](http://www.peoriaasg.org)

**September 22, 2018**—Sew Special '18 with Marla Kazell, United Presbyterian Church, Peoria, IL

[www.peoriaasg.org](http://www.peoriaasg.org)

**November 3, 2018**—Annual Meeting with Kate Varness, Organization Expert, United Presbyterian Church, Peoria, IL

**November 3, 2018**—Make It With Wool Contest, United Presbyterian Church, Peoria, IL [black1959@aol.com](mailto:black1959@aol.com)

**November 17, 2018**—One -Day Sewing Retreat, United Presbyterian Church, Peoria, IL

### TASTE OF ASG TRIAL MEMBERSHIP

Have you thought about joining the American Sewing Guild but wanted a “test drive” first? Here's your chance! ASG is providing a limited time offer: Sign up for a 60-day Trial “Taste of ASG” Membership for only \$10! You can get a full 60-day unlimited access to everything ASG has to offer.

- Full access to the Members Only area of the ASG website
- ASG's Online Sewing Education Library of classes, webinars and videos
- Member's Only special offers and discounts
- Electronic copy of *Notions*, ASG's Quarterly Publication
- Special pricing from ASG partners such as Craftsby and University of Fashion
- Entrance to chapter meetings, neighborhood and special interest groups and events

### COUNTY FAIRS

Our chapter provides prizes for five area county fairs: Fulton, Marshall-Putnam, heart of Illinois, Knox and Champaign.

Best of Show Winner will receive a Rosette plus \$25 in “Guild Bucks” to be used for one or more local program sponsored by the Central IL/Peoria Chapter of the American Sewing Guild. “Guild Bucks” can be used for Sew Special, Sewing Retreat, June Luncheon, American Sewing Guild dues and more. They cannot be used for the Stash Sale.

All “Bucks” must be redeemed through the Central IL/Peoria American Sewing Guild Chapter Treasurer.

### ILLINOIS STATE MAKE IT WITH WOOL



Have you started your Illinois State Make It With Wool project? 2018 is the 57<sup>th</sup> year of the Make It With Wool contest in Illinois. Contact Marilyn Donoho, 7450 W County Line Road, Paw Paw, IL 61353, (815) 627-9422, or [black1959@aol.com](mailto:black1959@aol.com), for more information and entry forms.

The MIWW contest offers the opportunity to focus attention on the beauty and versatility of wool; encourages the use of wool fabric or yarn in sewing, knitting, crocheting, spinning and weaving wool fabrics and yarns; offers the opportunity to compete for valuable prizes.

Start sewing your wool garment now for next year! It would be nice to have more ASG members in the competition. ASG members receive a \$10 discount off the state entry fee. The Garment Group as well as the other Neighborhood Groups, is willing and able to offer assistance if you need it. The Central IL/Peoria Chapter ASG is a sponsor of the Illinois State Make It With Wool contest. This year, it will be held November 3, 2018 at the annual meeting which will be held at the United Presbyterian Church, Peoria, IL

### 2018 ASG CONFERENCE

The 2018 ASG Conference will be held July 12-15, 2018. The conference will be at the Westgate Las Vegas Resort, 3000 Paradise Road, Las Vegas, NV 89109.

Corporate sponsors this year are Baby Lock, Elna, Sulky and Threads.



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## AROUND THE NEIGHBORHOOD



ASG members may attend any and all Neighborhood Group meetings in the Central IL/Peoria Chapter and anywhere around the country. Prospective members are encouraged to attend two meetings before joining the chapter.

Please contact the Neighborhood Group leader to confirm monthly meeting times, programs and locations, especially if you are traveling a distance. Programs sometimes change.

WHERE	JUNE	JULY	AUGUST	CONTACT
<b>Chapter Advisory Board (CAB) 1 pm, E. Peoria Library Members are welcome</b>	<b>6/15/18</b> CAB Meeting			<b>Cyndy Monier</b> <b>Chapter President</b> (309) 364-3831 <a href="mailto:csewingconcept@yahoo.com">csewingconcept@yahoo.com</a>
<b>BLOOMINGTON/ NORMAL 2<sup>nd</sup> Saturday, 10 am</b>	<b>6/9/18</b> Finish items for Chapter Show & Tell	<b>7/14/18</b> Sit and Sew	<b>8/11/18</b> Sit and Sew	<b>Angela Slama</b> (309) 825-8183 <a href="mailto:sewsilly4ads@hotmail.com">sewsilly4ads@hotmail.com</a>
<b>CHAMPAIGN/URBANA 3<sup>rd</sup> Tuesday, 1 pm Champaign Public Library, 200 W Green St, Champaign</b>	<b>6/19/18</b> Sewing With the Serger Dorothy Deem's home	<b>7/17/18</b> No meeting	<b>8/21/18</b> Community Service Activity	<b>Sharon Gerth</b> (217) 367-7652 <a href="mailto:shrngerth@gmail.com">shrngerth@gmail.com</a> <b>Kathy Hatch</b> (217) 355-1213 <a href="mailto:kathyhatch@gmail.com">kathyhatch@gmail.com</a>
<b>FULTON COUNTY 4<sup>th</sup> Thursday, 1 pm Wallace Park, Canton 11:30, lunch optional</b>	<b>6/28/18</b> Ruffler Jan Webster	<b>7/26/18</b> Fasteners	<b>8/23/18</b> Sewing for Christmas	<b>Sue Barnabee</b> (309) 647-0111 <a href="mailto:scbarn@gmail.com">scbarn@gmail.com</a>
<b>GARMENT SEWING 3<sup>rd</sup> Saturday, 10 am North Branch Library, Peoria</b>	<b>6/16/18</b> Trunk Show Patty Schmidt	<b>7/21/18</b> Fasteners	<b>8/18/18</b> Lining an Unlined Jacket	<b>Sue Barnabee</b> (309) 647-0111 <a href="mailto:scbarn@gmail.com">scbarn@gmail.com</a>
<b>GALESBURG 3<sup>rd</sup> Monday, 6-7:45 pm Galesburg Library</b>	<b>6/18/18</b> All Things Kitchen	<b>7/16/18</b> Christmas in July	<b>8/20/18</b> Upcycling	<b>Pat Pearson</b> (309) 344-2670 <a href="mailto:galesburgsews@outlook.com">galesburgsews@outlook.com</a>
<b>PEORIA EVENING 2<sup>nd</sup> Tuesday 6 pm Lakeview Library, Peoria</b>	<b>6/12/18</b> Pillows Kim Caywood	<b>7/10/18</b> Vintage Items to Show	<b>8/14/18</b> Men's T-Shirts	<b>Pat West</b> (309) 925-3395 <a href="mailto:songbirdww@comcast.net">songbirdww@comcast.net</a> (309) 453-6682-C
<b>WOODFORD COUNTY 3<sup>rd</sup> Thursday 3-5 pm Eureka Public Library</b>	<b>6/21/18</b> More Ways to Tie Scarves	<b>7/19/18</b> How to Use a Binding Foot	<b>8/16/18</b> Field Trip to Peddler's Way – Coordinating Fabric	<b>Robin Staudenmeier</b> (309) 370-2696 <a href="mailto:erstauden@gmail.com">erstauden@gmail.com</a> <b>Carol Luginbuhl</b> (309) 923-6861 <a href="mailto:rclug@outlook.com">rclug@outlook.com</a>



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## A WORD FROM YOUR COMMUNITY LIAISON



Happy Spring Everyone!

Our first community sewing day was Friday, April 20 at the North Branch Library in Peoria. A big thank you to the approximately 12 guild members who worked on Anti-Ouch Pouches for breast cancer patients. With the help of the ladies who sewed their hearts out that day and Patty Schmidt (who brought 106 pouches she had made at home), we were able to donate 100 pouches that day.

The Anti-Ouch Pouch is a pillow that hangs from the shoulder, fitting snugly under the arm to cushion the area after breast surgery or during radiation treatment. The wedge shape gently holds the arm away from the body when the user is standing. There is a great need for these pouches in the Peoria area...1000 a year! The Guild's goal is for everyone to sew 18 in 2018!

If you can't attend our sewing days, please consider getting together with fellow sewists in your area and stitch up some of these pouches. They will be available in kits from each Neighborhood group leader. They are very much appreciated by the ladies who use them. The instructions for making them can be found on our website [www.peoriaasg.org/anti-ouch-pouch](http://www.peoriaasg.org/anti-ouch-pouch).

Our next community sewing day, September 7 at North Branch Library, will benefit the Crittenton Center. We will be working on bibs and cot sheets. If you have any flannel or cotton fabric you'd like to donate, please bring to the sewing day or let me or any other member of the CAB know. We also need Roc-Lon Blackout Lining Fabric for the back of bibs. This is available at JOANN's in their home dec fabric.

Our summer retreat is scheduled for August 27-29 at the Chiara Center in Springfield. This is a new location for our retreat. I look forward to seeing everyone there. It's a great time to finish those UFO's or start something new. It's also a great time to get to know your fellow American Sewing Guild Members. It's nice to be able to get away for a couple days and do nothing but sew. No cooking, cleaning...just sewing, talking, laughing and having a good time. Mark your calendars and join us for a stitching good time!

Kim Caywood, Community Liaison

## SUMMER DREAM SEWING RETREAT '18

Do you dream of uninterrupted sewing in a tranquil location offering comfortable accommodations, great food and beautiful scenery? Turn your dream to reality and register for the annual summer sewing retreat scheduled for August 27-29th at the Chiara Center in Springfield, IL.

Bring any project you desire, as much or as little sewing paraphernalia, and enjoy 3 days and 2 nights of sewing bliss with like-minded sewing enthusiasts.

Registration fee includes room, food, access to a well-lit sewing area and wooded grounds with walking paths. The facility is fully handicap accessible. Space is limited to the first 10 participants, so register early to avoid disappointment. More info will be available upon registration. Please fill out this registration form and mail promptly to secure your spot.

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### SUMMER RETREAT REGISTRATION

Name \_\_\_\_\_

Address \_\_\_\_\_

City: \_\_\_\_\_ ZipCode \_\_\_\_\_

Email \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Room preference Members SINGLE @ \$224 \_\_\_\_\_ DOUBLE @ \$182 \_\_\_\_\_

(NON MEMBER: Please add \$20.00 to above room rates)

Make checks payable to Central Illinois Peoria ASG

Mail checks to Kim Caywood, 1441 W. Cimarron Dr, Peoria, IL 61614

Your check is required to hold your place. Contact Kim Caywood with questions at 530-701-4940 or [kimkwould2010@sbcglobal.net](mailto:kimkwould2010@sbcglobal.net).

Registrations due by August 1st. Sorry **NO** refunds unless ASG cancels the retreat.



**Pattern for Growth**



## MEET KIM CAYWOOD, COMMUNITY LIAISON



My sewing story begins with my maternal grandmother. She lived with my family from the day my parents got married. She had her own room with a sewing machine and other daily essentials. I remember her making crazy quilts using squares of newspapers as her base...her version of paper piecing! I still have one of her quilts and a pillow she made with a crazy quilt cat on it. She did some fabulous hand embroidery and was a great teacher showing me how to do all the intricate stitches. She also was a knitter and would knit all her grandchildren mittens every Christmas. She used me as her "hand model". She also darned socks and I keep her sock darning on a shelf in my sewing room.

My next adventure in sewing was with my mother. She was a beautiful seamstress and a perfectionist. On days that I had orthodontist appointments we would spend the day "in the city". Going to the city was a big deal as it was an hour's drive and "the city" had way more to offer than the country town I grew up in! We would go to lunch at our favorite restaurant (another big deal) and go to a fabric store called Alfred's. I remember the gentleman that owned the store was a rotund, cigar smoking man.

My mom also took Stretch and Sew classes and she made me the most comfortable pair of underwear I ever owned! I still have her patterns and books plus the fabric she never used from Stretch and Sew. I also have a coat and cape she made for me when I was 5 years old. They have been passed around to countless little girls and have always found their way back to her. They have stood the test of time and are in great shape today. I plan on passing them to my Great Niece when she is big enough to wear them. My mom tried to teach me sewing but I soon lost interest as her perfectionism kept me ripping more than sewing!

I bought my first sewing machine when I was pregnant with my daughter in 1985. I did small projects and don't really remember anything I made at that stage. I did quite a bit of sewing for other people when we lived in Japan in the early 90's. Now I wish I was more into sewing when we lived there because I probably could've found some awesome fabrics. My biggest project was a couple of floppy eared bunnies with outfits for all the holidays.

When we came back to the states, my sewing was on and off for a few years until I started working at JOANN's. My "stash" GREW and GREW thanks to that employee discount. But, working full time took time away from being creative!!!! During that time I made Halloween costumes for my daughter and myself and I taught a Christmas Tree Skirt class which was very popular. I entered my original tree skirt in the local fair and won Best of Show! Unfortunately, my sewing suffered for the next 20 years or so due to working full time.

That brings us to the present day! JOANN's is in the past and I only go there to shop now. A couple of years ago I upgraded my embroidery machine and I love using it to create free standing lace and in-the-hoop decor items.

Since joining the Sewing Guild I have ventured into more challenging projects like working with knits and have made some really cute outfits for my great niece. I really enjoy participating in the Neighborhood Group meetings and other activities the Guild presents. Being a Guild member has sparked my creativity and given me new friends and wealth of sewing knowledge. I am currently Community Liaison on the CAB.

**NEWSLETTER DEADLINES:** August 1, November 1 February 1 and May 1 Send information to Sue Barnabee, 21795 E Barnabee Rd., Farmington, IL 61531, or [scbarn@gmail.com](mailto:scbarn@gmail.com) (309) 647-0111.

## SUMMER PICNIC

The summer picnic/potluck on Tuesday, July 28 at the Tremont Community Center, 215 S. Sampson Street in Tremont, IL from 4:00 to 8:00 pm. The potluck is hosted by the Peoria Evening Neighborhood Group of the Central Illinois/Peoria Chapter of the American Sewing Guild. All members and guests need to bring is a dish of food to share. The meat, beverage and table service will be provided and there is no cost to attend. RSVP to Pat West at [songbirdqww@comcast.net](mailto:songbirdqww@comcast.net) or call or text (309) 453-6682.

We will also include a "mystery swap" for those who wish to participate. Bring one sewing-related item (fabric, notions, trims, books, etc.) that is either gift wrapped or contained in a bag so you can't see what it is. As always, you are welcome to bring "show and tell" items.

## CHAPTER CHANGE OF ADDRESS

You should address mail for the chapter to Cyndy Monier, Central IL/Peoria ASG, 1115 Yankee Lane, Sparland, IL 61565-9760.

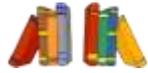


**Pattern for Growth**



Summer (June, July, August) 2018

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## FROM THE BOOKSTORE



### Smart Fitting Solutions, Kenneth D King



In “Smart Fitting solutions”, Kenneth King tells us how to fit any figure and solve any challenge. No matter what our shape or size, he will show us how we can make garments that fit! Kenneth is a couture designer and popular. He explains how to sew clothes that fit by understanding where the real fitting problem is and how to fix it.

**PART I**, Understanding Good Fit, teaches us how to study your figure, evaluate the clothes you wear, the smart fitting alteration method and how to make a muslin.

**Part II** tell us how to read the wrinkles and learn to fix them.

**Part III** explains how to alter the pattern.

The afterword is all about the results.

**Appendix 1** explains the essential measuring points.

**Appendix 2** is all about wearing and design ease.

**Appendix 3** shows us how to make the full bust adjustment.

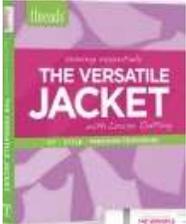
**Appendix 4** goes into the rotation of darts.

**Appendix 5** demonstrates the three-step sleeve.

ISBN: 978-1-63186-856-6

[www.tauntonstore.com/kenneth-d-king-s-smart-fitting-solutions#collateral-tabs](http://www.tauntonstore.com/kenneth-d-king-s-smart-fitting-solutions#collateral-tabs)

### Sewing Essentials: The Versatile Jacket, Louise Cutting



Louise Cutting is a master at precision techniques for sewing jackets. Jackets can be intimidating enough. The fitting is sometimes the straw that broke the camel’s back. But, Louise Cutting simplifies the complex. In her video class, “Sewing Essentials: The Versatile Jacket”, she walks you through every facet of sewing a perfect-fitting jacket. She also covers patch pockets, banded collars, set-in sleeves, and easy ways to add fresh styling to a favorite pattern.

Louise makes Jackets look like they’re custom-made for you. Now you can easily gain the know-how and the confidence to sew jackets that fit great – not just okay, but really and truly great. Everything that you need to do can be found in Sewing Essentials: The Versatile Jacket. Louise demonstrates simple, practical techniques for solving common problems associated with jacket construction and jacket alterations. You will find the answers you’ve been looking for!

Here are just some of the topics covered: One pattern, many variations, alterations, preparing the fabric, jacket front and front facings, jacket back and yoke, the collar, the yokes, the sleeves and finishing.

[www.tauntonstore.com/sewing-essentials-the-versatile-jacket](http://www.tauntonstore.com/sewing-essentials-the-versatile-jacket)

### Design Your Own Wardrobe, Mary Ray



“Design Your Own Wardrobe”, Mary Ray is an engaging instructional video appropriate for all sewing skill levels. One of the industry’s top designers and instructors demonstrates her savvy approach to creating a fresh new wardrobe that flatters your body type, emphasizes your personal style, and maximizes your options.

First, you’ll start with basic considerations such as lifestyle, body type, and comfort level. Then you need to think about the best color palette for you. You’ll see how you can tweak patterns and how to mix what you sew with what you buy.

Next, you’ll learn how to plan your wardrobe, and get essential sewing and fitting tips along the way. You’ll learn how to use different fabrics and prints to best advantage. By designing around key pieces, you’ll end up with a versatile wardrobe that offers almost unlimited possibilities.

Mary demonstrates how favorite patterns can be the basis for sewing key pieces that mix, match, and work together. She also shows how to coordinate a wardrobe around fit, color, fabric, and function. Never again say, "I have nothing to wear," because you'll have an amazing wardrobe that suits your lifestyle and works for almost any occasion.

Extra content includes: measurement worksheet, garment checklist, resources, color quiz, and selected articles from Threads.

[www.tauntonstore.com/catalogsearch/result/?q=Design+Your+Own+Wardrobe](http://www.tauntonstore.com/catalogsearch/result/?q=Design+Your+Own+Wardrobe)



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## COMMUNITY SERVICE PROJECTS

**NOTE:** Be sure to report any charitable sewing you have done to your neighborhood group leader or to Charolette Cronin (309) 253-4276 [charlottecronin@comcast.net](mailto:charlottecronin@comcast.net)

### ANTI-OUCH POUCH



Anti-Ouch Pouches (AOPs) were designed by chapter member Deon Maas. This underarm hanging pillow is intended to add a little comfort to people's lives during a stressful, painful time. The pillow hangs from the shoulder, fitting snugly under the arm to cushion and ease the pressure of the underarm and breast area after breast surgery, upper body surgeries or during radiation treatment.

Tens of thousands of anti-ouch pouches have been lovingly sewn and donated to breast centers across the United States. The American Sewing Guild featured the Anti-Ouch Pouch as the 2008 National Community Service Project. Read more at [www.asg.org/?s=Anti+Ouch+Pouch](http://www.asg.org/?s=Anti+Ouch+Pouch).

This will continue to be an ongoing project for our chapter. We take them to the OSF Susan G Komen Center and Methodist Diagnostic Center in Peoria. Digital mammography detects so many more cases of breast cancer thus increasing the need for AOP's. We would appreciate help making AOPs. If you have questions, contact Deon Maas at [tommaas@mymctc.net](mailto:tommaas@mymctc.net) or Sue Barnabee, [scbarn@gmail.com](mailto:scbarn@gmail.com). Follow this link [www.asg.org/files/community\\_service/Anti\\_Ouch\\_Pouch.pdf](http://www.asg.org/files/community_service/Anti_Ouch_Pouch.pdf) for the pattern.

Please consider donating soft fabric, stuffing or completed AOPs. We donate hundreds every few months in our area at OSF Komen Center and Methodist Diagnostic Center.

### ANGEL GOWNS OF CENTRAL ILLINOIS



Loss of an infant leaves a sorrowful emptiness in the arms and hearts of their families who never were able to bring the child home from the hospital. It can be an isolating time, especially as parents try to find clothing in which to bury their tiny babies.

The Chillicothe Christian Church is coordinating the project to make Angel Dresses from wedding and formal gowns. The Angel Dresses are for babies who never recover in the neonatal intensive care unit at Children's Hospital of Illinois at OSF St. Francis Medical Center in Peoria.

The gowns are made for baby boys and girls to serve as baptismal/end of life gowns. Navy, gray and black are used for pant sets for the boys. The gowns are made to fit the small premature babies. One wedding dress can make up to 10-12 Angel Gowns. Each little outfit comes packed in a special, pretty keepsake box. In the box, along with the gown, is a handmade blanket and hat and booties.

Over 100 wedding dresses have been donated since the project began. There is a need for pink, blue or black gowns. They currently have a supply of wedding dresses. They also need ribbons, lace, buttons, thread and other notions, cash donations or JOANN Fabric gift cards to purchase sewing supplies. Dresses do not need to be cleaned before you send them. Unless your gown has been trashed, sewers have had lots of luck spot cleaning and working around damage.

ASG members can contact Sue Barnabee, [scbarn@gmail.com](mailto:scbarn@gmail.com) (309) 647-0111 to make donations or for more information.

### CRITTENTON CHILD DEVELOPMENT CENTER



*...protecting and nurturing  
children and families.*



Crittenton Development Center serves Central Illinois children and families by providing loving child care and a 24-hour staffed crisis nursery.

The center is in constant need of bibs. You can donate them directly, contact a CAB member for pick up or bring them to a chapter/neighborhood meeting. The pattern is on the web site. [www.peoriaasg.org/CommunityServiceCrittenton.html](http://www.peoriaasg.org/CommunityServiceCrittenton.html)

Our chapter donates custom-made bibs, crib and cot sheets, burp pads and wash cloths to help defray the costs of purchasing these items. Those patterns are on the web site link above. Crittenton staff members have said the items our chapter provides are "much higher quality" than those they can purchase. Please consider helping. Supplies to make the items will be provided for you.

This year we will help support Crittenton Development Center by collecting coupons for baby items. Since these are time limited, gather your coupons periodically and mail them to Crittenton Development Center, 442 W John H Gwynn Jr Ave, Peoria, IL 61605.

Our support at Crittenton Child Development Center is done by donating items that they need. This is a project we will be continuing. Contact Kim Caywood for information at [kimkwould2010@sbcglobal.net](mailto:kimkwould2010@sbcglobal.net).



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## NEIGHBORHOOD GROUP CHAIRMAN



Greetings, Fellow Sewists! Just a very few months ago our chapter president, Cyndy Monier, approached me with a great idea. Martha Gamble, who was serving as your Neighborhood Group Coordinator had suggested that our skill sets and enthusiasms might be a better match if we “switched” jobs. That sounded like great fun to me.

Writing minutes was something I only did because I knew it needed to be done and frankly, I was often so involved in the conversations that I struggled to take good notes for the minutes. At our most recent CAB meeting in April the appropriate motion was made and approved. The “switch” is now official.

I am tickled to say that I am now your new Neighborhood Group Coordinator! So much fun. I am looking forward to attending each of the neighborhood groups over the next few months and getting to know all of you better.

I will also be learning this role and how I can be of the most help to you.

Please contact me with your ideas and suggestions. My contact info is [charlottecronin@comcast.net](mailto:charlottecronin@comcast.net) and 309-253-4276.

Charlotte Cronin, Neighborhood Group Coordinator

**NANCY’S NOTIONS:** 10% off entire order. Use source code 189411-5223. Not valid at special events, on the purchase of gift certificates or for class registration. Limit one source code per order. This discount cannot be combined with any other promotions. It expires July 30, 2018.

### 2018 ANYONE CAN WIN!



Anyone Can Win is the ASG equal opportunity sewing event because any U.S. ASG member who enters has a chance to win, regardless of sewing expertise or experience. If the entrant is a Junior Member, the “18 and under” category needs an ASG sponsor. But it isn’t necessary for the sponsor to have been involved in sewing the entry. We just want you to encourage young people to enter. The sponsor’s name and ASG membership number must be included on the entry form.

Go to the Members Only section of [www.asg.org](http://www.asg.org). Click on the Contest 2018 banner, fill out the entry form, follow the easy instructions to upload and label your photo (only one photo per garment, please). That’s it!

The deadline for entries is midnight EDT, July 1, 2018. Making more than one garment? Enter them all. The more garments you enter, the greater your chances of winning! Four winners will be chosen electronically at random—two “over 18” ASG members and two “18 and under” entrants. The first “over 18” member selected will receive a set of Clover Nancy Zieman@Bordeaux Ultimate Scissors and Shears; PLUS the Clover three-piece ruler set; PLUS the Clover Wedge Iron.

The second member selected will receive an assortment of A&E Intrassa premium polyester thread.

The two “18 and under” winners will receive gift cards from Nancy’s Notions —the first for \$100 and the second for \$50. Both young winners will also receive one-year ASG Junior Memberships.

An online gallery of all the submissions will be on the ASG web site—a virtual fashion show for your enjoyment!  
<https://www.asg.org/resources/contests/>

### CENTRAL IL/PEORIA CHAPTER ON THE WEB

Our chapter website has been redesigned so you can find the information you seek more quickly and easily. Be sure to check out our newly re-designed web site at [www.peoriaasg.org](http://www.peoriaasg.org). Pat West is responsible for maintaining our presence in cyberspace. If you are wondering what’s going on in our chapter or your neighborhood group, take a look on the website!



**SEW-CIETY NEWS** is the quarterly newsletter of the Central IL/Peoria Chapter of the American Sewing Guild (ASG) located in Peoria, Illinois. The American Sewing Guild is a non-profit organization of home sewers. Its purpose is to provide information, education and programs for its members and the community. Membership to ASG is open to the public. The chapter has neighborhood groups in Peoria, Woodford County, Fulton County, Bloomington/Normal, Galesburg and Champaign/Urbana. See page 6 for details about the neighborhood groups.



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*the  
quilt corner*

**AREA QUILT CLUBS**

- Gems of the Prairie Quilters, Peoria--1<sup>st</sup> Wednesday, 6:30 pm
- Handi Quilter Club, Quilt Corner, Morton--2<sup>nd</sup> Monday of odd numbered months.
- Peddler's Way Quilt Co, Washington--1<sup>st</sup> Thursday, 1 pm
- Prairie Points, Peoria--2<sup>nd</sup> Saturday, 10 am
- Sew Sassy, Project Linus, Urbana--1<sup>st</sup> Thursday, 5 pm
- The Piecers of the Heartland, Canton--2<sup>nd</sup> Monday, 6:30 pm
- The Quilt Corner, Morton--3<sup>rd</sup> Monday, 10:00 am & 6:30 pm

**AREA EMBROIDERY CLUBS**

- Fulton County Machine Embroidery Club, Big Racks, Canton--2<sup>nd</sup> Wednesday, 11:45 lunch, 1 pm
- Galesburg Sewing Center, Galesburg--1<sup>st</sup> Monday, 1 pm (not January or July); 1<sup>st</sup> Thursday, 6 pm (not January or July)
- Prairie Points, Peoria--4<sup>th</sup> Monday, 2 pm & 6 pm
- Sewing Center II, Peoria--1<sup>st</sup> Wednesday, 10 am & 3<sup>rd</sup> Thursday, 6 pm (December)
- Sewing Studio, Normal--3<sup>rd</sup> Saturday, 12:30-2:30 (not December)
- Sew Sassy, Urbana--2<sup>nd</sup> Tuesday, 1-4 pm; 6-9 pm; the following Thursday, 10:30 am-1:30 pm

See ads for phone numbers and web sites



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## ASG DISCOUNTS AT AREA STORES!

**Galesburg Sewing Center:** ASG members receive a 10% discount. ASG card must be presented.  
**Peddler's Way Quilt Co:** Customer discount  
**Sewing Studio:** 10% discount.  
**Sew Sassy:** 10% discount.  
**The Quilt Corner:** Punch card

**MEMBERS:** Bring your ASG card when you shop!

**RETAILERS:** This article is extended to our advertisers and national sponsors. If we missed your store or there are changes, please be sure to let us know.

## ADVERTISING RATES

<b>Business Card (3 1/2")</b>	<b>\$15.00</b>	<b>Full Page (9 3/4" X 7 1/2")</b>	<b>\$75.00</b>
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<b>1/2 Page (4 3/4" X 7 1/2")</b>	<b>\$50.00</b>	<b>Special Mailing</b>	<b>\$75.00 Plus Postage</b>

## ASG ONLINE!



At [www.asg.org](http://www.asg.org) go to [www.asg.org/members-only/videos/#](http://www.asg.org/members-only/videos/#) to choose videos and projects for those brand new to sewing, as well as those who are experienced in sewing and would like to sharpen their skills. If you have class ideas, send an e-mail to [ramona@asg.org](mailto:ramona@asg.org) with suggestions.

## NEWSLETTERS ARE DIGITAL!



If your e-mail address has changed recently, please contact Carol Luginbuhl, Membership Chairperson, at [rlug@outlook.com](mailto:rlug@outlook.com) or (309) 868-3441 to update your account. If you would like to receive a printed copy, send your name and address to Sue Barnabee, 21795 E Barnabee Road, Farmington, IL 61531.

## SEWING MACHINE COMPANY WEB SITES

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Chapter Central IL/Peoria

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***SEW-CIETY NEWS***

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