The Year of the Fit Presents  
Peggy Sagers  
Saturday, March 24, 2018 5:00 p.m. – 9:00 p.m.  
Residence Inn – 1760 Pineland Rd., Duluth, GA 30096

The Year of the Fit is pleased to present the first of several programs starting with Peggy Sagers, creator of Fit2Stitch and Silhouette Patterns. Peggy is offering a special fitting class just for ASG Atlanta members. Non-members will not be permitted to register. This is a very special opportunity for our ASG Atlanta members to have access to one of the best in fitting.

In this class, attendees will come with a completed muslin of either Silhouette 3400 (3-piece yoga pant) or Silhouette 3200 (woven dress pant). Directions for making the muslin will be provided to registered attendees before the class. Peggy will drape each of the participants, so this is not a hands-on sewing workshop - it is a watch and learn while she drapes. Watching Peggy drape will reinforce the learning so you’ll be able to drape your own pants – and help your friends to get the best fit.

You will learn not only how to drape, but the concepts of Length, Depth and Circumference will be taught as they apply to pants. Also, how to use the French curve and you will understand grain line and additional styling details that can be applied to other pant patterns.

Participants must arrive with a completed muslin of one of the two selected patterns. This is not a sewing workshop, but you will go home with your muslin draped by Peggy, and pinned just for you.

Applicable Sewing Level: Confident Beginner/Intermediate

COST = $99 PLUS $10 for the pattern. Registration fee is NON-REFUNDABLE unless there is a waiting list. This class is for ASG MEMBERS ONLY. Registration begins on-line January 1, 2018 at www.asgatlanta.org and ends on March 01, 2018. Registration is limited to 20 participants. If this class fills, Peggy will add a second class for Sunday, March 25th from 9 a.m. to 1 p.m. at the Georgia Association of Water Professionals in Marietta, GA.

Questions? Contact Melanie Leigh at 770-655-6271 or by e-mail at asg.education@asgatlanta.org
Fitting is Not Rocket Science... Or Is It?
by Shirley Dozier

HAPPY NEW YEAR... MAY WE ALL BE BLESSED WITH ALL THE SEWING TIME WE WANT IN 2018!

Note: For the purposes of this article, when I say sloper I mean a basic master pattern that has some ease.

I have some very exciting news as we kick off the New Year. Our chapter has declared 2018 as the Year of the Fit so gather all those UFOs, fitting questions and patterns that you haven't tried yet and bring them to the experts. We have a year full of fitting programs lined up, as well as some other fun and interesting events to dazzle you with inspiration. In putting together the fitting programs for 2018, Melanie Leigh and Kay Kenimer (our two new co-chairs for Education) and I talked with many people about how best to proceed. Some questions we asked were:

- How did you learn to fit yourself?
- Who taught you the most valuable fitting lessons?
- How long did it take for you to become the accomplished seamstress you are?

We learned that this is not a cut-and-dried process: it is an evolution. It takes a serious commitment on your part requiring time and effort. There are many ways to go about getting a great fit – draping, tissue fitting, transferring measurements, using pattern design software, team up with a fitting buddy – just to name a few. You could also work with a professional either individually or in a group. However, for some of us this can be rather costly. All these methods lead to getting that elusive sloper.

If you have not read the article by Judith Neukam titled Sloper Solutions in the January 2018 Threads magazine, don't wait another minute. It could not have been timelier.

Personally, I would love to feel confident in making a garment without first making two or three muslins. Below are some issues I struggle with when starting a new garment. How about you?

- What measurements are most important in determining a size for starters?
- How much ease is necessary in a woven? In a knit?
- How do I change a pattern meant for a woven if I want to make it out of knit?
- How do you determine cup size?
- How do you make a full bust adjustment?

We will kick off the Year of the Fit in March with Peggy Sagers teaching pants fitting. Details for this class are located elsewhere in this newsletter as well as on the website. Other programs we have planned are:

President's Perspective continued on Page 3
President's Perspective continued from Page 2

- Using your sloper on a commercial pattern: taught by Deanne Smith and Glenda Hays
- Ask Pam: Bring two or three garments that need tweaking and ask Pam Howard for advice on making just the right adjustment.

Other programs planned for the year are Bag Making, taught by Patsy Spencer, a Beginner Embroidery Class and an In-The-Hoop Embroidery Project. Stay tuned for more announcements – it's going to be a great year of sewing.

A Chapter Awards Program was initiated recognizing volunteers who went above and beyond in contributing to the success of ASG Atlanta.

We migrated to a new communication tool, MyGrove, as a means of including all our members in the online discussions, notification of events and sharing tips and techniques with other chapters.

Our Publicity Chair, Janine Maffett, improved our Facebook Page and created a Facebook Group for our chapter.

We exhibited at the Original Sewing and Quilting Expo in Gwinnett County for our 21st year to promote awareness of the American Sewing Guild, Atlanta Chapter.

Via Facebook we discovered a Young Designers group located in Athens, Georgia and we are fostering a relationship with them.

The Common Threads Resale Shop was a huge success this year. It was advertised in many different places and we had over 50 non-members attend. The net profit was over $3,000.00.

We held a National Sewing Month contest via our Facebook Group, drawing a winner at random each week and an overall winner for most posts for the month.

We sent a donation to help several ASG members in Houston replenish their sewing rooms after the effects of Hurricane Harvey.

A sewing icon, Nancy Zieman, lost her battle to cancer this year. She was truly a treasure to our craft and will be dearly missed.

The new officers for 2018 were elected at our Annual Meeting in October. Five CAB members completed their terms on December 31, 2017. Please join me in thanking them for their service to our chapter. They are Lucylle Shelton (2nd Vice President – Special Events), Susan Vinson (Secretary), Judy Stewart (1st Vice President – Education), Yvornnie Rice (Community Service) and Jeanette Cogdell (Webmistress). They have all served us well.

I’m looking forward to another exciting year as your President. Feel free to contact me with any comments or suggestions you might have for improving our chapter. My phone number is (770) 378-6735 and e-mail is sdozier426@gmail.com.

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Our own ASG Atlanta member Patsy Spencer will teach you to make the Glenda Convertible Clutch. Patsy has been sewing for over 50 years with a passion for garments, handbags, crafts, and home décor. And she’s not afraid to fire up the glue gun if there’s a wreath to be made.

In this class, you will learn to sew up the Glenda Convertible Clutch, a pattern from Swoon Patterns. You will learn to use focus fabric for impact, home Dec fabric for a sturdier bag, as well as your favorite cotton fabrics for a more casual look.

Included in that fee will be hardware and all interfacing (pre-cut for you) used in this pattern. You must purchase the pattern from Swoon Patterns (see What to Bring). A steam press will be provided to fuse your interfacing quickly.

**Applicable Sewing Level: Intermediate**

**COST = $35 ($45 non-members),** Registration fee is NON-REFUNDABLE unless there is a waiting list. Bring your own lunch and something to snack on.

Registration begins on-line January 1, 2018 [www.asgatlanta.org](http://www.asgatlanta.org) and ends on February 14, 2018. Registration is limited to 10 participants.

**Questions?** Contact Patsy Spencer 770-714-6032 or by e-mail at spencer1581@gmail.com
by Janine Maffett

In 2018 we will hold several “Fifth Saturday” and “Fifth Sunday” events to take advantage of the extra day on the weekend. These are organized sewing days where you bring your machine and supplies and spend the day sewing with ASG friends. Think of these as an in-town sewing retreat!

At least one of these days will be devoted to charity sewing, while others may be focused on specific projects or skills (fitting, garments, crafts), or how about a finish those UFOs day!

Please mark your calendar for these dates and watch for details! We welcome volunteers to assist in managing these events. If you’re able to be the responsible party, please raise your hand and contact Janine Maffett at asg.publicity@asgatlanta.org

- Saturday, March 3
- Saturday, June 30
- Sunday, July 29
- Saturday, September 29
- Sunday, September 30

Don’t Miss a Single Event in 2018

by Janine Maffett

Our education and special events teams have put together a fantastic calendar of events for 2018. Some events will certainly sell-out, so be sure to stay in touch with us:

1. Read our Newsletter, “Sew It Goes”. (Since you're reading it now, keep reading!)
2. Sign-in to MyGrove (mygrove.co) and join ASG Atlanta plus any of the Neighborhood and Special Interest Groups that pique your interest. You'll get notices of all events and activities.
3. Join our Private Group on Facebook to chat, visit, and share your projects.

If you have not yet signed on to MyGrove, we encourage you to take a minute to set up your profile and decide how often you’d like reminders and notices. In just one week, 3 different members listed great sewing items (tables, machines) for sale or give-away on MyGrove. There are also tutorials and project ideas that you won’t find anywhere else. If you’re not on MyGrove, you’re missing out! As always, please contact me directly if you’re having issues with MyGrove or the Facebook Group. Janine Maffett asg.publicity@asgatlanta.org
I didn’t know that you sew!

by Janine Maffett

Recently I’ve had random conversations with two different coworkers and discovered that they sew. One is an advanced sewer and makes most of her professional garments, the other sews a bit of home dec but is interested in learning how to sew garments. Neither knew about the American Sewing Guild, but both were intrigued.

And then in November I attended a workshop at one of our sponsor retailers – Discover Sewing – and sat at a table with five other women. Three of them had never heard of ASG! You just know that I gave them our website address and directed them to our Facebook page! Our members are our best marketing tool. If you find your membership in ASG Atlanta valuable, please share with friends, acquaintances and even strangers. If someone admires one of your “me-made” garments, tell them about ASG and pass along our website (www.asgatlanta.org), or invite them to a Neighborhood or Special Interest Group meeting.

Remembering Nancy

by Eileen Davie

She was (and still is) one of the sewing world’s rock stars. She was very gracious, refined and genteel, yet a true powerhouse in the sewing community – and those of us who watch her television programs and YouTube videos hoping to gain ideas, inspiration and knowledge will truly miss her.

In October of 2010, I was lucky enough to attend an event where she was one of the featured “stars” and it was truly a wonderful experience. In her soft, refined voice she related anecdotes about her sewing experiences and some of her life history (Bell’s Palsy was a topic) – how she originally started out sewing clothing and graduated to other things throughout her long and storied career. At the time of the event, she said that her current passion and favorite thing to create was landscape quilts. Like many of us, her journey throughout her much-too-short life was one of exploration of all the things she could create with a sewing machine. Although she was much more talented and innovative than I could ever hope to be, I longed, in the few short hours that was allotted for her presentation, to be like her. Unfortunately, reality sets in and you realize that people such as her are one in a million.

I will never forget the day the picture was taken. It was after her presentation and people were lined up to have a photo opportunity with her. As I expected it would be, her demeanor was kind and accommodating – like we were the most important people in her life at the moment.

Thank you, Nancy, for sharing your insights, your knowledge and your incredible spirit with us. There will never be another like you.

Eileen Davie and Nancy Zeiman

Become a Neighborhood Group Leader

There is always a need for new Neighborhood Group (NG) Leaders. Not only do occasional vacancies create openings, but the greater Atlanta area has lots of room for the formation of new groups. The following is a brief position description:

- Preside at NG meetings; guide meeting pace and content
- Guide the group in planning programs
- Serve as the contact person for the group, receive phone calls from interested new members and guests
- Serve as liaison between the NG and the CAB
- Plan and work on community service projects
- Submit information regarding activities for CAB reports
- Maintain and update lists of current NG attendees
November found the Spoolin' Around crew very busy! We expedited the usual planning meeting for 2018 programs, also shared easy to make gift ideas and had our usual "show and tell" time that is always an inspiration! Below are pictures of some of our group's proud accomplishments which ran the gamut from caps for a cancer survivor friend in need of fun fresh fashions to detailed wall hangings, seasonal pumpkins and more! We always end our meetings with a fun treat as we went out to lunch and continued the flow of ideas.

Submitted by Angela Mitchell

The Sewing Exchange neighborhood group held their Christmas luncheon on December 5th, 2017. Each one of them brought toiletries for persons in need wrapped in 1 yard of fabric as a Christmas present. They exchanged fabric among themselves and donated the "goodies".

Submitted by

L to R: Mary Cowthon, Vivian Hanson, Mary Michaels, Mattie McMillan, Margie Jones, Glee Francis, Nancy Hernandez.

The “Goodies”

New Members

Kassondra Coxson  Danette Smith
Sewrifics

Submitted by Diana Quinn

In October 19 Sewrifics members met for their annual three day retreat at Forrest Hills Resort in Dahlonga, GA. The group worked on individual projects ranging from the simple to the complex. Lori Williams the master of getting the group to commence on a project suggested the Accordion Pouch and from Shabby Fabrics. The group watched the YouTube Tutorial https://www.youtube.com/watch?v=_PD7CiM1tO4 and away they went on making the pouches.

Accordion Pouches

In the spirit of giving, the Sewrifics group was once again asked to make quilts for the Calvary Children's Home by Robin Jones, owner of Cottontail Quilts. This year there were seven quilts that were needed. In a blink of an e-mail the group volunteered to make them. The quilts and pillowcases were delivered to Robin in time for Christmas!

Renewing Members

Jennifer Allgood
Oticca Beamer
Margo Bricker
Clare Burmeister
Sherry Carter
Karen DeGood
Desiree Doucet
Mary Jean Dunn
Beth Gereben
Joyce Glass
Vanessa Jackson
Cynthia Jones
Margaret Lambert
Delores Lane
Bette Martell
Elizabeth McAlister
Mattice McMillan
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Kelly Nagel
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Debbie Proctor
Pat Putnam
Diana Quinn
Toni Steedly
Nancy Stickell
Mary Thurmond
Sherri Van Brunt

Discounts to Know

Threads Subscriptions
Order Online: www.asgatlanta.org.
Or Order by Mail: Please make your check payable to: American Sewing Guild & send to: ASG-Atlanta Treasurer, 56 Emerson Hill Square Marietta, GA 30060
ASG discount prices are as follows: 1 year: $29.36; 2 years: $46.96; 3 years: $66.16

Sew News
$17.98 per year. Either write code v383sg on renewal or subscription form, or reference it when calling for a renewal or new subscription 800-289-6397.

Creative Machine Embroidery
$19.95 per year (6 issues). Either write code v4LASG on their renewal or subscription form, or reference it when calling for a renewal or new subscription - 800-677-5212.
Community Service

ASG Atlanta Community Service Project

2018 Community Service Projects:
- Surgical Gowns and Caps for Bears for Children's Hospital - Egleston
- Placemats for Meals on Wheels
- Adult Bibs and Walker Caddies for Nursing homes

More projects will be announced as the year goes along

For more information contact:
Patsy Spencer, Community Service Chair 2018, e-mail: asg.communityservice@asg.org or by phone 770-714-6032.

Quilting/Surface Design Workshops with Valerie Goodwin

Friday and/or Sat/Sun/Mon, February 16-19, 2018

For more details and registration:
Map Haiku (Feb 16) or Favorite Places (Feb 17-19)

Southeast Fiber Arts Alliance
3420 W. Hospital Ave. Suite #103
Chamblee, GA 30341

www.fiberartsalliance.org
THE AMERICAN SEWING GUILD, INC. is a non-profit organization of home sewists. Its mission is to serve with the highest integrity and to provide the broadest possible range of information, education, assistance and support to the sewing individual. Membership in the Guild is open to the public. For information, contact the ASG-Atlanta Membership Chair Eileen Davie at asg.membership@asgatlanta.org

What's all the BUZZ About ???

ASG WannaBees.........

Do you have friends who sew but don't yet belong to the American Sewing Guild? Well, time to get those WANNA BEES Involved.

Invite them to your neighborhood group meeting. A non-member can visit two times and then they must join ASG in order to continue to come to ASG neighborhood group meetings.

Invite them to an ASG class. Go to www.asgatlanta.org and click on “Upcoming Events” and see all the wonderful sewing classes Judy Stewart has lined up for us.

Facebook Pages

[Facebook Page: American Sewing Guild Atlanta Chapter
Facebook Group: Private Group – American Sewing Guild Atlanta]

Fast Membership Renewals Online: http://asg.org/html/join.html
The Chicago Connection

by Sandie Hendler

The internet is an amazing tool for reaching people who are not ASG members. We advertised our Common Threads and Resale Shop on Facebook and a wonderful site called EstateSales.net.

Kim from Chicago found our ad which said “vintage patterns” and contacted me within hours of posting. We were able to sell her more than 50 patterns, sight unseen. She has e-mailed me photos of her daughter’s prom dress and wants to stay in touch with us for our sale next summer. I thought you would enjoy seeing this.

Barbara Moss has a friend, Heather Webster, who runs an internet based Vintage Pattern company in Marietta. She has been buying our leftover patterns for several years and is a good source for patterns. Her address is hwebster@wizults.com.

Please remember that donated fabric and notions are being neatly stored in my basement (husband is not thrilled but I love ASG). If you have things to donate before our next Common Threads or find/hear about people willing to donate, just e-mail me at sewingsandie@gmail.com.

Ergonomics

by Joi Bostic

Recently in the Atlanta Chapter’s Sew Fitting Neighborhood Group, Rita Kennedy presented a program entitled, “Perfect Sewing Space for Any Body.” As a Doctor of Chiropractic, Rita provided wonderful information about ergonomics and sewing. She emphasized two main points: one, to do an ergonomic assessment of one’s sewing studio; and two, how to treat your body during sewing.

First off, Rita provided a definition of ergonomics as defined by the Dorland’s Medical Dictionary. Ergonomics is the science relating to man and his work, embodying the anatomic, physiologic, psychologic, and mechanical principles affecting the efficient use of human energy.

Ergonomic Assessment

The first thing to consider is your sewing machine height. Rita indicated that for the average length torso, the bed of the sewing machine should be about 9 inches above the seat of your chair. One should choose a chair with an adjustable seat height and back rest positions. This seat needs to be adjusted to the point that the elbows are at a 90° angle while resting on the bed of the sewing machine. When sitting in your chair, your hips and knees ought to both be at 90° angles while the feet are flat on the floor. If your feet are not flat on the floor, you may want to consider getting a foot rest to raise your foot pedal. This could be angled a bit to prevent strain in your ankle.

The height of the cutting table and ironing board should actually be different. When considering the height of the cutting table it should be positioned 6 inches below the level of your elbow. Now for most people the 36-inch height which is the kitchen counter top height will work. But if you are taller, you should consider raising your cutting table to be 6 inches below your elbow. When trying to find a comfortable height for your ironing board, Rita suggested about 3 inches higher than your cutting table. Because your iron MAY BE heavy, it should be handled as close to your body center of gravity as possible.

So you should measure the height of your seat, sewing machine bed, cutting surface, and pressing surface. Once you have these measurements, you should compare them to what is actually ideal for your body. For your seat, you may have to use a cushion to raise you up high enough.

Ergonomics continued on Page 12
Ergonomics ... continued

Your Body During Sewing

When you sit down to your sewing machine or your serger, you should make sure that your body is centered to the needle position. Many times, we find ourselves leaning in our seats in order to see the needle or watch where the fabric is aligned with marks on the throat plate. This practice is very harmful to our bodies. Rita pointed out that many times the reason we do this is because of poor lighting. So just as a quick review, good lighting is a must to reduce eye strain. Rita specifically indicated that you should have broad spectrum light for seeing your project and the opportunity to match colors.

To increase your comfort while sitting, the back rest on your seat should be adjusted so that your lower back has good lumbar support. If your chair CANNOT be adjusted, then you may need to use a pillow. Another idea that Rita provided is to place two door stops behind your machine. This will tilt the sewing machine slightly forward which will help prevent you from slouching while sewing. PERIODICALLY, CHECK YOURSELF TO BE SURE YOU ARE SITTING UPRIGHT AND NOT SLOUCHED OVER YOUR MACHINE.

One of the things that sewers are guilty of is trying to plow through a project to get it completed. This often times leads to fatigue and an increased amount of mistakes. To combat this, Rita suggest a five minute break every 30 minutes or so for stretching and changing positions. One idea is to have a separate ironing station which will force you to get up from your seat to do your ironing.

Rita suggested a few stretching exercises that will help to rejuvenate the body while sewing and taking those breaks. To reset the posture, put your arms out to your side, turn the thumbs out with the palms facing forward. You should feel a stretch across the chest and it pulls your back and shoulders in line.

Another exercise Rita considered was just doing some simple shoulder rolls. Roll your shoulders back a few times, (NEVER ROLL FORWARD!) then forward a few times and repeat until you really feel that rejuvenation in your shoulder area.

Another exercise Rita provided is called approximating your wings. It's really simple. Lying down on your side, stretch your arms straight in front of you, then lift one arm TO THE VERTICAL AND BACK DOWN. This works the small muscles between your shoulder blades. You should do this on both sides and do it a few times on each side. You can also add a hand weight to help strengthen your shoulder and upper back areas.

THE PICTURE BELOW ON THE RIGHT IS INCORRECT. IT IS AN ENTIRELY DIFFERENT EXERCISE.

Armed with all of this information, all of us should really EVALUATE our sewing spaces. We should definitely get our measurements, make sure we’re taking breaks and really have fun sewing for a long time to come.

Community Service

Donna McCommas donated this fabric to a young Girl Scout to decorate the nurses area for her Gold Awards. Great job!

ASG donated Christmas stockings for the BENTON HOUSE residents.
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Kennesaw, GA 30144  770-427-9947
www.ashbysewing.com
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- # of Ads
- No. of words: ______ x 40 cents per word.
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(Minimum charge $6.00 per ad) For ASG-Atlanta Chapter members, the first 25 words are free with no minimum charge.

**Total Display and Classified:** $_______

- All advertising must be sewing related.
- All copy and full payment must be received by the 1st of the month prior to publication.
- Sew It Goes is published bimonthly in January, March, May, July, September and November.

**PAYMENT:**

- Check enclosed in amount of __________ payable to American Sewing Guild

Mar/Apr 2018 deadline is February 1, 2018 for Articles, Advertisements, Events & Flyers.