

# FIBERWORKS - THE FLYING NEEDLE

June 2016

319-352-5464

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Out of local area use 1-800-307-4103.

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**All Iowa Shop Hop June 1-30:** It is time for the statewide hop again. The fabric, designed by Debbie Mumm, is here and will be for sale starting on the first. There are five different bolts. The feature fabrics have a winter holiday theme with woodland animals, evergreen trees and Come Home to Iowa in two prints and a stripe. We also have two

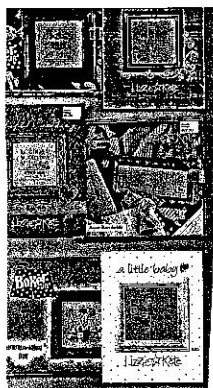
bolts with red or beige backgrounds with swirls, snowflakes and the Iowa Star on them to accessorize. Blender fabrics in Essentials Gem (jelly rolls) and 5 Karat Mini (charm square) packs to accent come in a red and green assortment or tans. The AISH magazine is on sale now for \$6.00 and has your store directory, passport and five patterns using the Iowa fabrics and blenders. We hope to have another pattern or two from Three Jars Full using these fun fabrics.

Reminder – we will be OPEN on Mondays in June for this hop from 10-5. There are lots of nice prizes – the more shops you visit, the bigger they get. There is a bus tour arranged by Sew Great Tours to each region. You can get more info on that web site as to cost and dates.

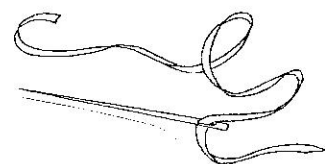
**Row by Row 2016:** The theme for this year is Home Sweet Home. Can't wait to see what Jennifer comes up with as we just loved the frog from last year's water theme. I could even find you a kit for the frog if you want. Whose home will she choose? I bet it will have some cute buttons on it. We will know by June 21<sup>st</sup> when this hop begins. We have a new license plate in stock. If you missed last year's we do have a few of those left, too. No passport to stamp, but the first person who takes their finished quilt with at least eight different shop's rows into a store will win 25 fat quarters. Be watching the facebook pages for pictures of rows as they are submitted. This is the Iowa one <https://www.facebook.com/IARowbyRowExperience/>



**Mark your calendars for a trunk show from Lizzie Kate:** You can always count on this designer for cute designs. We will have some "boxer" and "little" kit models in the store during the month of September. It's great to see these up close and personal. Other LK news, the newest summer mystery called "Spooked!" will be coming out in 3 parts beginning mid-June. It will use a special color of Weeks Dye Works made just for this project. Be sure to reserve yours by giving us a call.



**Collective Stitch:** This is the first year and is sort of like a Row by Row for cross stitchers. Stop in at participating shops and pick up a free autumn themed pattern between July 1 and Aug 15. The Stitcher's Village will award a grand prize from a random drawing. Details on [collectivestitch.com](http://collectivestitch.com). We will have a local drawing and a prize for the first one who brings in our design completed. Three Jars Full, Jennifer &/or Rachel, will be doing our pattern. All of the designs will later be available in one volume for purchase after the 15<sup>th</sup>.



## TECHNIQUE TIP:

### Our pastime IS good for us!

I am sharing parts of an article that was on QuiltWoman.com blog – go there for other helpful info. Hobbies like sewing and crafting have long been recognized for their health benefits. Participating in arts is relaxing, engaging and can have significant health benefits. But quilting, a study by Glasgow University found, is "uniquely" good for you. The study concluded that the use of bright colors was uplifting, the activity distracted from the stress of work, and quilting offered challenges such as math and geometry. It also increased confidence and had an important social side in that the strong social network fostered the formation of strong friendships. Sharing with others and receiving positive feedback boosted self-esteem and self-confidence and increased motivation to improve quilting skills. Quilters in the study often donated quilts to charities/worthy causes and this gave their quilting added purpose. Making decisions like what dimensions to use and what size to cut the pieces are all left brain activities that help keep your mind sharp. The visualization of the project and decisions about colors, textures and types of fabric also contribute to good mental health. Relaxation was an important part of stress release. Pressing the fabric, cutting, piecing and quilting are all familiar, repetitive tasks that offer inner peace with a feeling of accomplishment when the project is finished.

While this study may have focused on quilting, I think you can see the same benefits from other needlework techniques. I know one of my customers said the doctor told him the repetitive motion of moving his arm while cross stitching was good for his heart. You just need to remember to get up and move around while you are working rather than stay in one position for too long. I know many of my best friends are those I have met through stitching. I'm a believer in the benefits.

WHAT'S NEW!

**Kits:** Mill Hill – Beaded and Buttoned kit – Happy Halloween, Sugar Skull; **Other Stuff:** Zirkel – magnetic pin cushions; Weeks Dye Works – 30 count Watermelon linen; Signature Thread – 40 wt. cottons in lovely variegated colors 700 yd spools; Patty Young Designs – colorful straight pins with spades or spear heads; **Fabric:** Quilting Treasures – Amazing Grace (with words on panel), Creepy Hollow, Outdoor Adventure (for campers and vintage trailer people); Paintbrush Studios – Into the Woods (fall); Benartex – Booville (Halloween), more Chromo zones; Studio E – Winter Bliss (snowmen); Henry Glass – Harvest Blessings; Blank – Boo Crew (great skeleton panel), Down on the Farm; Wilmington – AISH fabrics Come Home to Iowa.

**CROSS STITCH:** **Just Nan:** Romeo the Groom Mouse, 25<sup>th</sup> Anniversary Peacock Garden Scissor Roll (these are both limited editions); **Amy Bruecken Designs:** I'd Rather Bee Stitching; **Blackbird Designs:** Sweet Land of Liberty, Tulip & Lily, Climbing the Trellis, The Rarest of Flowers; **Rosewood Manor:** Three Butterflies, Hearts of the Kingdom, Wise Owl; **The Needle's Notion:** Bandana Ranch; **Stoney Creek:** Santa Claus Lane, Quilted With Love (6) Home, Simplify, Believe, Cherish, Hope, Renew, More Blizzard Buddies; **Xs and Ohs:** Charming Cupcakes; **Waxing Moon:** Spring Things; **Imaginating:** Let's RV, Let's Get Styled; **Marnic Designs:** Cat's Like Chips, Cats Never Too Many; **Lizzie Kate:** Yearbook Double Flip-It Jan/Feb, Mar/Apr, May/Jun, For We Walk By Faith; **Keslyn's:** Little Christmas Tree, Ornaments – Golden Moss, Honeywood Green, Burgundy Night, Lilac Wine; **Kathy Barrick:** London Zoo; **Bent Creek:** World of Color Red; **With Thy Needle & Thread:** Stitch in Time, Spring Frolic at Bunny Hill, Spring Delivery, Land of Liberty, Liberty For All, Forget Me Not; **La D Da:** Peacock Band Sampler; **Plum Street Samplers:** Sunflower House, Jeans & Weenies; **Abby Rose Designs:** Sweet Land of Liberty; **Tempting Tangles:** Twilight Star Light, Daybreak Star Bright; **Faithwurks:** Shamrock Scissor Fob; **Ink Circles:** Reflections of London; **Foxwood Crossings:** First Noel, Frosty Grants; **Heartstring Samplery:** Handprint on My Heart, Grand Old Flag Pin Drum; **Vals Stuff:** There's a Hare in My Candy, How Does Your Garden Grow; **Country Cottage Needlework:** Gingerbread Village 6 & 7; **Northern Expressions:** Shades of Plum; **Little House Needlework:** Hometown Holiday – Schoolhouse, Four Freedoms; **Threadwork Primitives:** Peacock Garden Pin Box.

**OTHER:** **Canvas:** Handblessings – Pines in the Snow Ort Box; Laura J Perin – Spring Surprises; DebBee's Designs – Glitz & Glamor Citrine and Copper, Baskets, Blooms and Butterflies.

Happy Stitching!

*Karel*



*Canterbury Designs, Inc.*

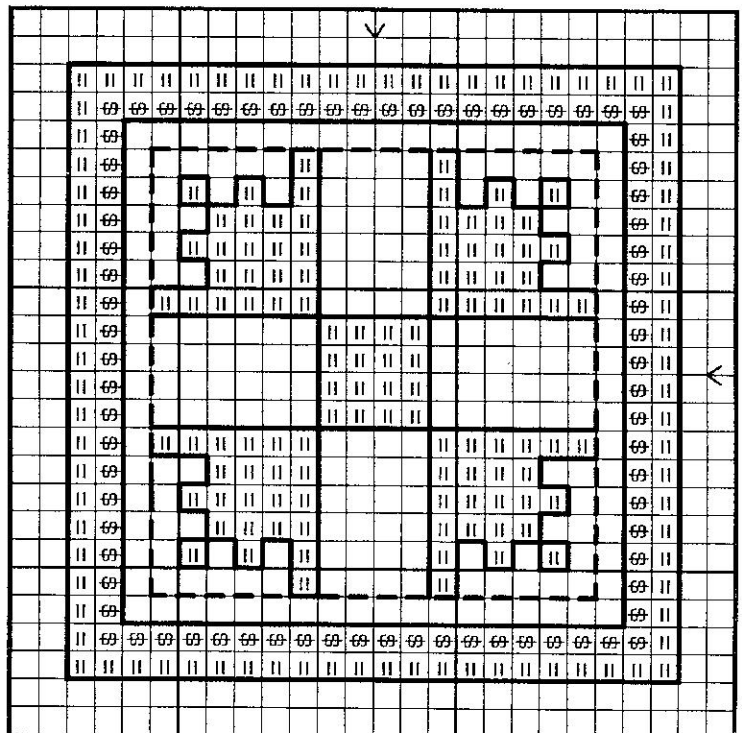
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Augusta, GA 30917-4060  
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This chart is compliments of your favorite needlework shop. It is distributed FREE OF CHARGE to shops and is NOT TO BE SOLD. However, permission is granted to photocopy or reprint for customers or for use in newsletters. Thank you and Happy Stitching!

CODE DMC COLOR

\$ 221 Shell Pink-Vy. Dk.  
= 501 Blue Green-Dk.  
--- 221 Shell Pink-Vy. Dk. - BS with 1 strand where dashed lines are shown.  
500 Blue Green-Dk. - BS with 1 strand where straight lines are shown.

Miniature Bear's Paw - Design Area 22(h) x 22(w)



## SIT AND STITCH – COME AND JOIN US!

"Sit and Stitch" will "officially" be on June 23<sup>rd</sup>, July 28<sup>th</sup>, August 25<sup>th</sup> from 5-8. During this time you can come to the shop and work on whatever project needs the most attention. If you need any assistance or have questions how to do things, I can help you with those as well. We have some friends that want to stitch together more than once a month and often come in on other Thursdays of the month that they are free. All are welcome.

**Thank you** to Canterbury Designs and Elizabeth's Designs for sharing their free designs for the newsletter.

**CLASSES:** If you would like to learn some specific technique or work on a specific project, let me know. We will schedule a custom class at your time choice and expertise level.

These are some of the classes we have offered before: counted cross-stitch, beyond cross-stitch which would include adding specialty stitches, stamped cross-stitch/embroidery, canvaswork - needlepoint, hardanger, pulled thread, drawn thread, bargello, petite point on silk gauze, knotted work, smocking, temari balls, knitting, crochet, duplicate stitch, myreshka drawn work, tatting, bridge stitching (darning stitch), beadwork (peyote, herringbone, right angle weave, square stitch, brick stitch), huck embroidery (Swedish weaving), Brazilian embroidery, silk ribbon embroidery, punch needle, locker hook, stumpwork, blackwork, beginning piecing for quilting, paper piecing for quilting, fusible applique, crazy quilts, bargello quilts, felt applique, free lace for scarves/shawls, framing and mounting tips, finishing pillows, finishing standups, finishing in a box shape, tassels, etuis, stitch notebooks. Just let me know your pleasure.

**Upcoming specials:** Christmas in July = July 19-23

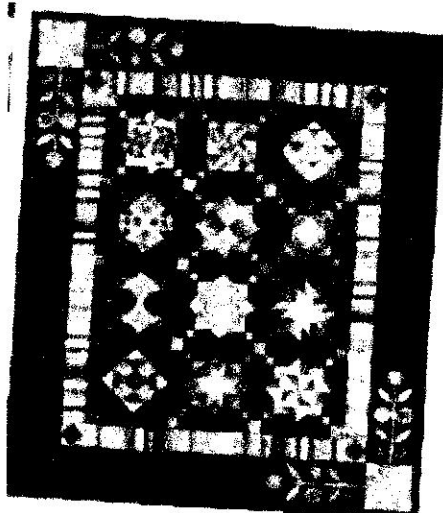
Buy one kit at regular price get a second half off = August 16-20

**Newsletter Delivery:** If you would prefer an email when it is posted on our web site rather than receiving a mailed copy – save paper and postage, let me know. You will receive a blind copy sent to me, Karol Simmer, so no one else sees your address, with the link to the web page. Please be sure to allow/approve emails from karol@myfiberworks.com so they don't get rejected or end up in your spam folder.

Congratulations to Roxanne – she won the Block Stop Hop bag of goodies.

**Construction update** – Next week, the Bremer Ave bottle neck should be gone. Thank goodness. You are always welcome to use the back door to get into the shop if it is more convenient, but the front entrance, with parking in the street, should return shortly.

**Block of the Month:** I have decided on our next block of the month, finally. It will be a pattern by Nancy Rink Designs called Amish with a Twist. It has sixteen solid colors on a black background and finishes to approximately 88" x 105". In the middle are 12 different geometric blocks set on point with a rail fence border and a floral applique on two corners. If you don't like to do applique you can leave it off and repeat the four patch block in the corners. It is a very cheerful looking piece and will be \$15.00 per month for 12 months. We will start as soon as I get the last colors in that it needs. If you are interested, please let me know so I can have enough patterns in stock.



**Online needlework show:** The next show will be August 1-3. Mark your calendars to go look through the vendors to see what you must have. The site is needleworkshow.com. Then just let me know your list before it closes.

# NEWSLETTER SUBSCRIPTION REMINDER:

Please note the date on your mailing label. Your subscription will expire a year **after** that date unless you let me know you would like to keep receiving the newsletter. Please keep me advised of any address changes, as well. Thank you!

Fiberworks

108 E Bremer Ave

Waverly, IA 50677

Return Service Requested

All IOWA Shop Hop

June 1-30

Row BY Row Experience

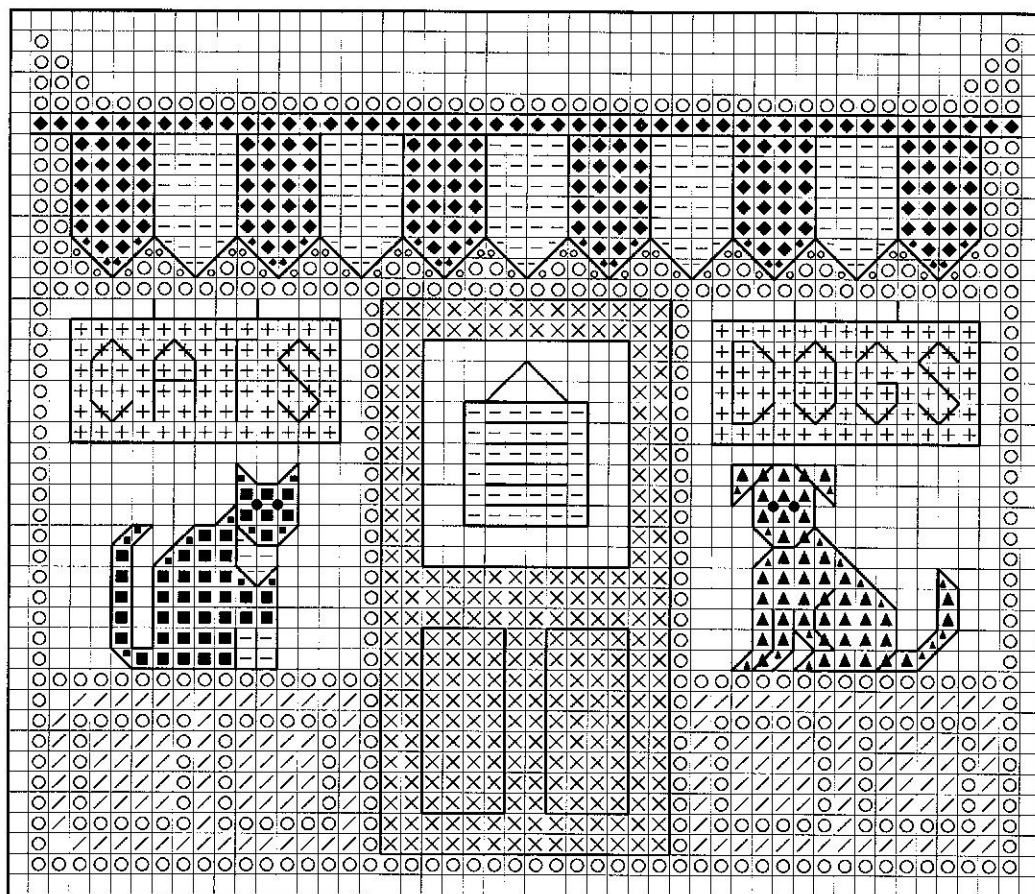
June 21- Sept 6

STANDARD

PRESORT

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## Town Square PET STORE

Stitch Count: 48w x 39h  
28 Ct. Flax Cashel Linen

### Weeks Overdyed Floss

- ▲ Chestnut
- X Collards
- O Havana
- + Honeysuckle
- Kohl
- ◆ Lancaster Red
- / Pebble
- Whitewash

- DMC 310 Black - French Knot

Cross stitch and backstitch over two fabric threads using two strands of floss. When cross stitching with Overdyed floss, complete each stitch as you go to achieve the most color variation. All backstitch: DMC Floss #310 (one strand)