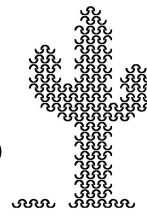


# CACTUS CABLERS



Winter/Spring, 2005

E-NEWSLETTER

Vol. 17, No. 1

## Letter from the President



I wrote this and then rejected it. But I just read my emails and decided to go with it anyway!

The email was from a very dear friend. She's in her early 40's and she had just had a Mastectomy. I taught my friend how to sew when she was 12 yrs. old. The email said even though the cancer was found on a mammogram, it was all in the milk ducts and it was a good decision to go with the mastectomy. Her mother had passed away in 1985 with breast cancer and her two sisters have had troubles as well but nothing like Sheryl's.

That in and of it's self would not have bothered me except I happened to go into a thrift store and bought two books. (Besides fabrics, I like books best!) Reading the backs or the inside cover gave me no indication that the books were anything other than what I thought they were ~ Mysteries. Both of the main characters in each book had had Mastectomies!

Now, nobody has to hit me in the head with a 2x4 to let me know they were telling me something. I'm covered, I do self exams and go for annual check-ups, but if this letter causes just one person to pay attention then it was worth it to write such a serious letter. Pay attention to what your body tells

you and remember that breast cancer is not just a woman's problem, it's a man's also.

Terri

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## Stitch Game

We will be starting a stitch game soon. We did one a number of years ago and our new members are excited about having the opportunity to learn new stitches via the same means. Terri created a design with several advanced stitches that we will be following. We will give the instructions on a month to month basis and hopefully everyone will participate and have a great and unique project in the end

## PROGRAMS

### March 16<sup>th</sup> – Lace Smocking – Terri Kilgore

Terri's mind raced with new ways to use smocking stitches when she discovered lace smocking!! Now she will be showing us how to achieve the same effects with our smocking!

Terri will teach her original designs and explain how to layer the stitches for a lace look.

Please bring a **pleated sampler, floss, needle and thread snips**. If your sampler is light bring dark floss and if your sampler is dark bring light floss.



### April 20<sup>th</sup> – Pin Weaving or Lattice Weaving - Ethel Walker

Do you have a little bit of this and a little bit of that in your ribbon collection? If so, don't throw it away! Ethel is going to show us how to take those leftover pieces and create a whole new piece of fabric to use! Make a yoke or bodice or even sleeves from your new fabric. This will be fun ~ you won't want to miss it!

Supply list to be e-mailed at a later date. Or contact Ethel prior to the April meeting.



### May 18<sup>th</sup> – Teneriffe Lace Buttons – Phyllis Kroupa

We all know that the buttons can make or break a garment. These buttons will be perfect for that next special outfit. Teneriffe lace was popular in the early 1900's. The small varied designs make beautiful buttons. Phyllis will be teaching us a simple design called Sun Lace that will be used to cover a button mold.



### June 15<sup>th</sup> – Beaded Smocking - Pat Mencke

Pat will be teaching us how she made those gorgeous beaded and smocked grapes on her beautiful little doll dress.

This is a stacked cable design completely covered with tiny little beads.

**July 20<sup>th</sup> – Angel Wing Workshop ~ Everyone!!**

This will be our annual summer workshop ~ we will be working on the construction of the *Angel Wings* gowns that we are now making for the hospitals. We need help from everyone who is available. The gowns will be constructed and put into kits to be handed out for smocking.

Please contact Terri to sign up for what you will need to bring.



**Refreshments**

We are in need of volunteers to fill out this year's refreshment schedule!

**March 16<sup>th</sup> – Bring a salad or dessert to share and your own beverage.**

**April 20<sup>th</sup> - ???**

**May 18<sup>th</sup> - ???**

**Sit & Stitch**  
(aka Stitch & Bitch!)

**April 5<sup>th</sup> – Phyllis Kroupa**

**May 3<sup>rd</sup> - ???**

We meet the first Tuesday of each month at 10 a.m. unless otherwise announced. **We are focusing on Angel Wing gowns or the dolls for the ASDB at each Sit & Stitch.**

Bring a salad or dessert to share for lunch. The hostess will provide the beverages. Please call (or e-mail) the hostess if you are planning to attend – if you don't, you might not have a chair! If you need directions to any of the homes for the next meetings, get in touch with the hostess.

**Ongoing Community Service Projects**

**UMC, TMC & St. Joseph's – Angel Wing gowns in several sizes, hooded blankets & knitted caps**

**Arizona School for the Deaf and Blind - "Joanie doll"**

Our service commitments are ongoing. We have a workshop for the Angel Wing gowns scheduled for midsummer. If you knit, please keep the supply of knitted caps coming ~ the hospitals can use all we can supply!

We will be scheduling a workshop to make the embroidered doll and clothes for the ASDB. .



## Padded Lace Shaping & Pressing Board

Many of you have seen some of us with this pressing/pinning board. It comes from one of our charter members, Kathleen Kopca, who passed away several years ago. Kathleen was a professional seamstress from England and this was one of her favorite pressing aids and tips!

### MATERIALS:

2 fabric boards (free from fabric stores)

Warm & White Cotton batting (does not pull apart - available at JoAnn's & most quilt shops)

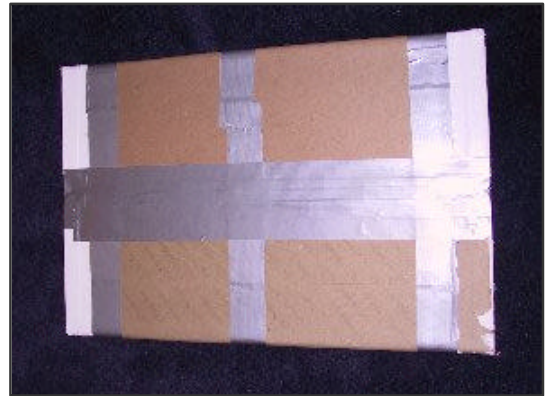


3/4 yd. 1" gingham fabric

Duct tape & hot glue

1. Hot glue the long edges of the fabric boards together.
2. Tape the boards together lengthwise and crosswise with duct tape to strengthen them.
3. Tightly wrap the taped boards with the cotton batting. (I used four layers of the batting for my pressing board. Use your own preference for how padded you want your board.) Whip stitch the batting together along the ends and the side.

4. Lay your padded board on a single layer of the gingham and bring the fabric over the board to cover it completely. Allow a 1/2" seam allowance all the way around (one side will be on the fold and will not have a seam). Cut the fabric to size. Remove from the board and stitch the long sides together and across one end. Turn right side out and slip over your padded board. This should be a very snug fit.
5. Slip stitch the open end closed.



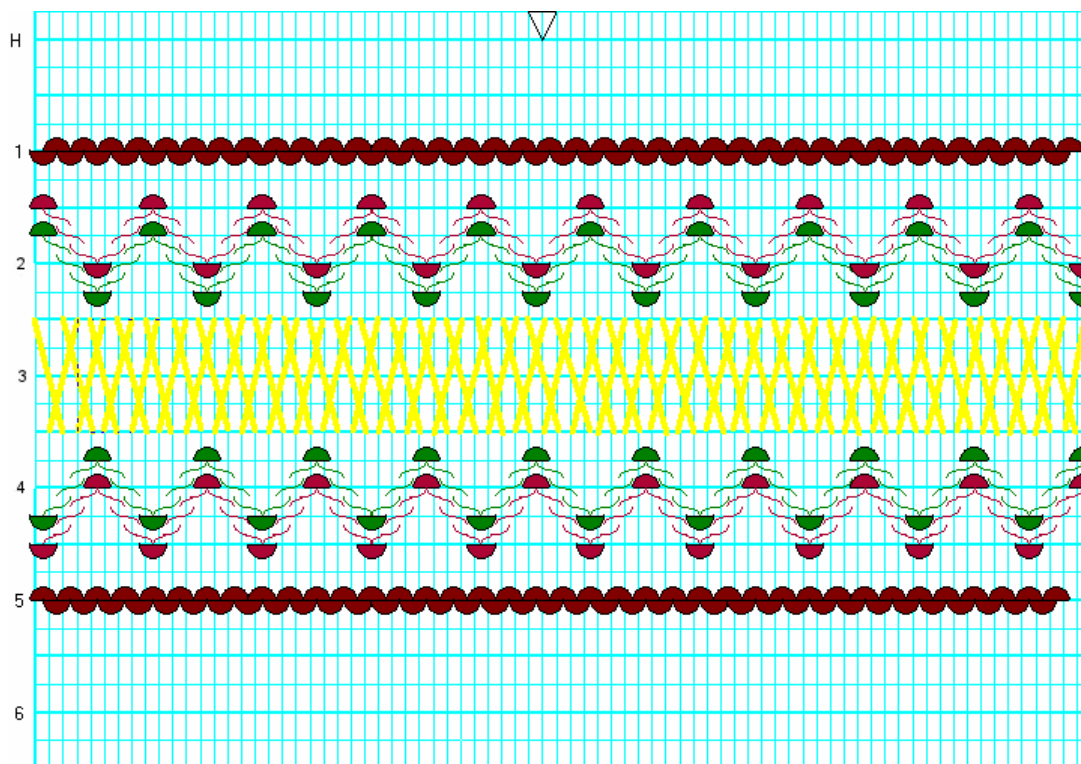
### Variations:

1. Use only one board for a narrow pressing board.
2. Cut a board in half and reinforce the open end for a very small pressing board.
3. Use muslin and a quilter's permanent pen - draw lace-shaping templates onto fabric before sewing the cover.



## Jill

By Phyllis Kroupa



- Row 1:** Cable across in brown beginning with a down cable  
**Row 1 ½:** Three step trellis down to row 2 in red  
**Row 1 ¾:** Three step trellis down to row 2 ¼ in green  
**Row 2 ½:** Herringbone stitch down to row 3 ½ in yellow  
**Row 2 ¾:** Three step trellis up to row 3 ¼ in green  
**Row 4 ½:** Three step trellis up to row 4 in red  
**Row 5:** Cable across in brown beginning with an up cable

Phyllis created this lovely design for the porcelain doll she won at our Holiday party!

## Free Projects



Linen Placemat Bag by Connie Palmer

**M**ore free projects again!!!

Surf on over to Martha Pullen's site:

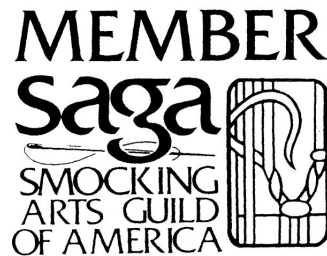
<http://www.marthapullen.com>

You can find instructions for this project and many more! What a great project for your spring wardrobe ~ can't you see all the gorgeous Brazilian Embroidery stitches we've learned through the years in each of the squares?

### Cactus Cablers' Smocking Guild c/o Linda Richards

E-mail: [cactuscablers@yahoo.com](mailto:cactuscablers@yahoo.com)

Website: [www.cactuscablers.org](http://www.cactuscablers.org)



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