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SEWING BY THE SEA

WHAT MAKES YOU FEEL GOOD?

Researchers find new “highs” for folks every day. They have isolated the “feel good” chemicals in the brain and studied what triggers are needed to release those chemicals. In some cases it is a food (chocolate is the most obvious) and in other cases it is an activity, such as running or winning at the slots. It is this rush that makes us addicted to certain behaviors - we like the “feel good” feeling. Technology has brought on a new list of triggers: receiving a cell phone call, a text message, or an e-mail. Gamers get the rush from video games; extreme athletes from the ultimate race or free solo rock climb; some shoppers just get their rush from spending money on commodities or beauty products or treatments while others find theirs in locating a bargain. As long as an activity is safe and does not pose a financial or social burden on the family, there's no harm.

So that brings me to most of you reading this newsletter: what makes you feel good? Is it the planning of your next project, the selecting and coordinating fabrics, the actual sewing, the completion of the task, or all of the above? Personally, I enjoy the plan and design the most. But, I meet ladies who tell me that they just love the sensory stimuli from the texture and colors of the fabric and can't help themselves from adding to their stash. Some find relaxation in the repetitiveness of piecing blocks or hand quilting; yet others derive great satisfaction in completing a job well done. And, I know that for some it is the final act of giving away the project to some appreciative friend or even stranger that brings the “rush.” Wherever you are on the spectrum, I think I can safely say that our “feel good” moment is a good moment for society, too! While some addictions are harmful and some are beneficial only to the addicted one, I believe that the world is a better place because a quilter has made a quilt for someone they love!

Summer Hours

Mon. -Friday:

9:30 - 6:00

Sat.:

9:30 - 5:00

Sunday:

12:30 - 4:30

Closed

4th of July

Anniversary Sale June 24 to 27

Enter to win daily
door prize!
Storewide Specials
Free barbeque
Friday night 5 to 7

Block of the Month; It is time to sign up for our next block of the month. It is a combination appliquéd/pieced scrappy quilt with houses as the central motif. It costs a total of \$120 for the 12 month program. Blocks can be mailed. We will also meet several times during the year to spur you on or help you with some blocks. First meeting: June 30 from 10 to 1

Quilters' "Cruise"

We won't be using a ferry this year, but we will be cruising with our machines! We will work at the shop and travel to the shore for our lobster feed! \$45 includes sewing class and lobster bake.
August 13



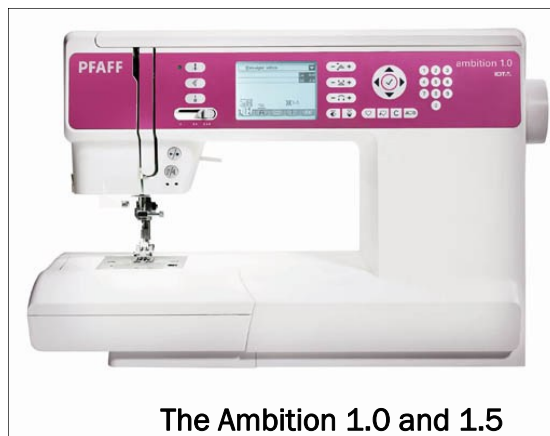
Maine Quilts

Augusta Civic
Center

July 29 - 31

We're in booth
#1!

INTRODUCING A NEW PFAFF!



The Ambition 1.0 and 1.5
Computerized

PFAFF Ambition

Finally, the return of a solid computerized machine under \$1000! Ambition 1.0 and 1.5 both feature our favorite "bells and whistles" as well as alphabets and a touch screen on the 1.5. Machines are arriving now! Test drive one in June and enter Pfaff's contest to win one!

UPCOMING CLASSES

Contain It! Make these fun storage bins in 3 sizes. Use decorator pieces or reinforce quilting cottons. **Friday June 17** from 10 to 12:30. \$25 includes pattern.

Paper Piece for Pfaff Club: Make perfect small pieces using paper as the foundation. Class at 2 to 4 and at 6 to 8. Free to new owners, \$10 others.

Embroidery Club - Let's make cards! : We will sew on watercolor paper! **Wednesday, June 29** at 10 to 1. Free to Pfaff owners who purchased here; \$15 to others; all embroidery machines welcome.

A-line Skirts: Select a basic a-line pattern with a zipper. We will measure, fit and sew in one evening! Beginners welcome.

Wed., June 22 from 6 to 9 \$15 plus pattern.

Tide Pool Treasures Quilt: Friday night 6 to 9 July 1 and Saturday July 2 from 9 to 4 Collect a variety of "sand dollars", "ocean water" and "seaweed" to make this fun quilt. We will begin on Friday night 6 to 9 and return on Saturday from 9 to 4 to complete the top. Not too hard a quilt, but a little much for beginners. \$35 plus book and materials.

Rent-a-Table- July 13 from 10 to 1 and 2 to 5. Bring your own project with which you need help or a technique you would like to learn plus your tools and pattern needed. \$12 per session, \$20 for both.

Bear Island Bag: Use a photo transfer of a lighthouse to make a pictorial flap on a shoulder bag, **July 8** from 10 to 3. \$25 includes photo

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Hot Shots: Hilary Hudson has returned! She will be teaching this easy quilt using a pattern by Debbie Boles. Select any size, but larger quilts may not get finished in the 3 weeks. **July 11, 18, & 25** from 6 to 8:30. \$25 plus pattern and materials.

Floor Quilts at Deanna's: We will go to Deanna's cottage on the shore and make floor cloths in her "bait shed." Lots of fun and a great location! **Sat. July 16** \$25 plus materials.

Woven Placemats: July 20 from 1 to 5 We made the rugs, now on to the placemats. Gary doesn't know it yet, but we need frames! \$15 plus frame

Flamboyant Pillow: Appliqué and embellish this large flower pillow or make 3 pieces into a wall quilt. Pattern is from the same book as **Tide pool Treasures**. \$15 plus pattern and materials. **Sat. July 23** from 9 to 3

Pfaff Club - New Owners: July 26 Project to be announced

Lily Pocket Purse with Deanna: This Lazy Girl Design is perfect for a day of shopping and it is small enough to make several to coordinate with your many styles! **Deanna Davis** will instruct. **Tuesday, Au-**

gust 2 and 9 from 5:30 - 8:00. \$20 plus pattern.

Dog Days of Summer Wear: Make a dog collar, a leash, and a chew toy! We have all the hardware so I will instruct you in making items for your favorite canine! **Friday August 5** from 9:30 - 1:00. \$18 plus materials.

Rent-a-Table: Thursday August 11 from 10 to 1 and 2 to 5. Bring your own project with which you need help or a technique you would like to learn plus your tools and pattern needed. \$12 per session, \$20 for both

Let's Face It - It's a Clock!: A quilted clock! How fun! Come with an original idea that will fit your décor and I'll help you put a face on it! **August 10 and 17** from 5:30 to 8:30. \$25 includes pattern because we will design it!

Jacket Time: As fall approaches, we might need a light jacket. Make this easy fitting pattern from Great Copy. **Thursdays August 25 and Sept. 1** from 1 to 5 \$25 plus pattern and materials.

Purple Mountain Majesty: Another class using the same Debbie Mumm book as Tide pool and Flamboyant Pillows, this one is more of a wall hanging or back of the couch type. Yes, I am using purple, but you don't have to. **Friday night August 26** from 6 to 9 and **Saturday August 7** from 9 to 4. \$35 plus book and materials.

20th Anniversary Sale

June 24 - 27

Barbeque Friday 5 to 7

Fat Quarters: \$1.50

Batiks: \$7.25/yd.

Westminster: \$7.25/yd.

Flannels: \$4 - \$7/yd.

Flat Folds: \$2.00/yd.

All fabric: at least 20% off

Can you believe it? We were 7 years on MDI and it has been 13 years in Trenton! When I think about the past 20 years, I think of the wonderful folks I call friends and customers. Many of our first supporters are still here, still shopping, still sewing. Others of our talented friends have passed on, but are not forgotten. They have left us with patterns and lessons in sewing we will never forget!

Thank you to all.

**30% off
Pfaff Feet
and
Accessories
(in stock only)**

Notions, Battings, Interfacing

25% off

Aurifil Thread 1,422 yds. only \$6.90

Books

30% off

(and no shipping!)