

CALGARY SEWS

NEWSLETTER

Sew News



Show Off Your Stitches

CALGARY STAMPEDE CREATIVE ARTS & CRAFTS

Show off your sewing skills by entering this year's Creative Arts & Crafts competition at the Calgary Stampede!

Anyone can enter. You don't need to be an expert, and your work doesn't need to be perfect. In fact, the lovingly made, beautifully imperfect pieces created by real people are often the most inspiring.

More than 500,000 Stampede visitors walk through the displays each year. Your sewing (or knitting, painting, beading, decorated cake, or other handmade work) could be the piece that inspires someone else to start creating too.

Entry deadline is June 19.

Entry brochure with details is [HERE](#), and entry form [HERE](#).

There are dozens of categories including traditional skills such as sewing, quilting, painting, ceramics, and woodworking - plus new techniques like 3D printing, interlocking bricks, and digital drawing. And share this with the littles in your life. Future competitors (those under age 18) don't pay an entry fee!



A FEW OF THE 2025
GARMENT ENTRIES



Save the Date!

**SATURDAY, OCTOBER 24
TICKETS ON SALE IN JULY**

Hot tips for sewists

YOUTUBE SITES TO CHECK OUT

Evelyn Wood – a lifelong dressmaker who shares her love of sewing vintage clothing while also building the skills and confidence of her viewers. Her new videos series builds on beginner skills and leads to advanced techniques. Even if vintage style isn't your thing, you are sure to learn a lot.

Thoughtful Creativity (Alisa) – teaches sewing through a variety of projects from small gifts to clothing. She also shares how to create blocks and modify them into different styles, mending, using scraps in garments and she inspires anyone to sew.

Thanks to Andrea Collins for submitting these sites!

Volunteers needed

Calgary Sews is part of the Art Show at the Calgary Stampede! As a recognised Guild, we spend one day during Stampede sharing our love of garment sewing with visitors to the Western Oasis.

Our day is **Friday, July 3**, and we're looking for about 10 volunteers to each take a 3-hour shift to chat with visitors and encourage the art and craft of garment sewing.

It's a fun way to represent our sewing community — and volunteers receive free admission to the Stampede Grounds.

If you'd like to join us, please email CalgarySews@gmail.com ASAP.



SOME OF OUR 2025
VOLUNTEERS

Sew a Pet Bed



Got scrap fabric around? Turn it into comfort for a pet in need by sewing a simple bed for donation to [Parachutes for Pets](#), a Calgary-based charitable organisation that helps people and pets during emergencies and hardship.

They're looking for beds sized to fit small kennels (finished size about 12" x 18" / 30cm x 45cm). Nothing fancy needed — just soft, washable comfort for animals going through difficult times. You'll find easy ideas, tips, and supply information [on our website](#).

If you have beds to donate, please contact CalgarySews@gmail.com.

Cow Prints for Calgarians

Here are some of the cool things we learned on our recent tour of the Marshall Fabrics store including our love of 'cow prints':

- all fabric is sourced from Canadian suppliers but imported Internationally; a small amount of denim is produced in North America
- they cater to many and carry everything from leather to lace
- they still carry printed patterns
- colours currently popular are sage green and plum
- they have an abundance of fleece
- they carry lines of ethically produced, organic fabrics



Marshall Fabrics
104A - 5716 First Street S.E., Calgary
Just east of Chinook Centre

Slow Fashion Affirmation

CONGRATULATIONS CALGARY SEWISTS!

You may not realize this, but you are part of a growing trend creating your own 'slow fashion' that you thoughtfully customize to your body, taste and lifestyle.

Sewists often opt for classic styles and high-quality fabric like cotton, linen and wool for a longer shelf life. Using recycled materials and restyling garments is another way to stick it to the 'fast fashion' habit created by the garment industry. This 'throw away' culture is increasingly hard on our environment both in textile production then dealing with unwanted garments.

Canada generates approximately 500 million kilograms of textile waste annually, with over 85 per cent ending up in landfills. The average Canadian discards 37 kilograms of textiles per person each year!

So, when you are asked about your sewing and mending, let your inquirer know that you are busy creating a more sustainable future by making your own wardrobe and mending items to extend their use. If you want to take it a step further, share your sewing knowledge and teach someone how to sew a hem or button so that they too, can be part of this growing trend.

Away With the Paper!

DONNA AND AMBER PROJECT NEW POSSIBILITIES

At the March Meetup, members Amber Parkhill and Donna MacDonald shared what they know about projecting digital sewing patterns directly onto fabric, eliminating the need to print, tape, and cut out paper patterns.

Donna referenced the [Projectors for Sewing](#) Facebook group which is favoured by the projector sewing community as she discusses types of projectors, setup, troubleshooting and operation of various models of projectors.

Amber has been using a free software called [Inkscape](#) that projector sewists use to modify patterns before projecting them onto the fabric. She adds that the same software can be used to modify any digital PDF pattern regardless of if you are going to print it.

[Patternprojector.com](#) is a free web app that also helps to calibrate projectors for sewing. Watch for an upcoming ZOOM Meetup where Amber has offered to demonstrate the Inkscape software.

You will need to do your research to find a projector model that has the throw distance, brightness and resolution that you need if you are interested in purchasing one. Mini projectors are available for around \$120. A ceiling mounting bracket will be an extra cost. Short throw projectors are more costly.

Many pattern companies are starting to offer digital pattern files designed for projection.



AMBER



DONNA
WITH PROJECTOR

Sewing for Little Ones

BY REBECCA TWEED

Part 1

If you've mostly sewn for yourself, I can imagine trying to find good children's patterns can be overwhelming. There's a lot out there, and not all of them are worth your time or fabric. Avoiding low quality or AI generated patterns can be tricky, especially on Etsy. I started my sewing journey last year with children's clothing and still sew predominantly for my daughter (Poppy, 2.5y), so I wanted to share a handful of trusted designers and go-to patterns to help you sew for the little ones in your life.

Tiny Folk Patterns (@tinyfolkpatterns)

A great source for thoughtfully designed, yet perfectly simple children's patterns.

Ash Vest (\$9 CAD on sale)

A quilted, reversible tie-front vest that works beautifully with a wide range of woven fabrics. Quilting cotton, corduroy, flannel, or fleece are all great, as long as one side is lighter weight. My daughter picked her own quilting cotton fabric for this one and absolutely loves wearing it. A great unisex option.



Clover Pant (\$9 CAD on sale)

A simple, comfortable design made for movement and play that includes an optional back pocket. I made a few pairs recently in a lightweight bamboo-cotton chambray and added decorative stitching to the pockets. Because the design is so clean, it really shines in fun prints too. Bonus: these are fantastic for potty training, quick and easy to push down and pull back up.

Daisy Set (\$16 CAD)

An adorable tank-and-shorts set that looks just as good worn together as it does mixed into a wardrobe. I recently completed my first Daisy Set in a poppy-print linen slub to the excitement of my daughter.



Vintage Vibe Stuffed Animals (\$9-12 CAD on sale)

Perfect for rounding out a handmade gift. These stuffed animal patterns are often on sale and add something extra special alongside garments.

... Continued from page 5

Oh Me Oh My Patterns (@ohmeohmysewing)

Clear instructions, beginner-friendly designs, and consistently cute results. Also offers women's patterns.



Flutter Pinafore (\$10 CAD)

A quick and satisfying make, with or without the ruffles. The instructions include step-by-step photos, making it especially approachable. This is one of those patterns that always turns out adorable, no matter the fabric.

Woven Overalls (\$10 CAD)

A simple unisex overall pattern that can be a completely different vibe depending on fabric choice. You can go classic with chambray or gingham, or playful with bold prints.



MORE TO COME IN THE NEXT NEWSLETTER!

Upcoming Meetups

May 23 - Sewing Western Wear (Waitlist)

June 13 - Day of Sewing (Registration opens May 13)

July 25 - Topic TBA

*Topics subject to change. Events are open to members of the Calgary Sews Meetup Group.

YOUR VOICE IN THE CALGARY SEWING COMMUNITY

This is your newsletter! Have a favourite fabric store, indie designer, pattern, or local sewist to feature? We'd love to hear from you. Share a quick review, story, or sewing reflection — no professional writing experience required, just your enthusiasm for sewing.



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