

CALGARY SEWS

NEWSLETTER

Summer Sewing



Calgary Frocktails 2026

TICKETS AVAILABLE NOW!



Calgary Frocktails is back for its fourth year!

Imagine a room full of people who love sewing as much as you do, all dressed in their handmade creations. Add cocktails, delicious bites, a runway, goodie bags, door prizes, and plenty of inspiration — that's Frocktails!

Join us on Saturday, October 24 for the most anticipated night on Calgary's sewing calendar.

[Click Here for Tickets](#)

[Click Here for more details](#)

Tickets always sell out - just sayin'!

Calgary Frocktails only happens with the support of sewing businesses in Calgary and area. We'll be sharing more info about our sponsors and donors on our website and on social media but until then, **a heartfelt thank you** to the following sponsors.

Presenting Sponsor: **[Rick Rack Textiles](#)**

Experience Sponsors: [Anna-Zoe Patterns](#)
[Emmaline Bags](#)
[Fits Sew Well](#)
[Goldyn Studio](#)
[Marshall Fabrics](#)
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A Look Inside My Sewing Room

Anne Dale, owner of **My Sewing Room**, has a very fitting email handle, 'The Queen of Everything'. It's a name suggested by her husband and business partner, Michael, when her preferred domain name was taken, and he had to describe his "amazingly capable" wife. When you get to know her backstory in the creative sewing world, you see that it fits perfectly.

Destined to sew, she got a Vocational Sewing and Design Certificate in the Home Economics program at James Fowler High School in Calgary. She was an overachiever, and by 16 years of age, she was able to own her first car from her sewing proceeds. She also credits a high school job at a dry cleaner for teaching her a lot about alterations and fabric.



Anne with a new line of Indian block print fabric

She married young, so to help support her family, she registered her first business at the age of 18, Alluring Adornments by Anne, specializing in hair accessories. She operated this business for 20 years and even added garments to the mix.

Anne then went to university to pursue a career in teaching home economics but was turned off at the prospect of moving to a remote community and having to teach other core subjects.

So, she worked at several jobs that gave her a great breadth of experience in the sewing and fashion industry, from embroidery and piece work at home to making fencing jackets and working in retail stores.

She went on to make costumes and hats and holds a Millinery Certificate from the Banff School of Fine Arts for film and theatre. She has worked on many films as either a 'stitcher' or special effects buyer. A popular quilting store in Calgary hired her to teach sewing, and this is where she learned to quilt.

"Anything I've ever wanted to do or try, I've done it," says Anne when reflecting on her career. She loves to learn and is continuously seeking new skills and methods, particularly using new technology. Her favourite thing to do, however, is to teach others.

She opened My Sewing Room in 2001 on her 38th birthday, originally on Elbow and Heritage Drive, and relocated in 2006 to the current location on Heritage Drive and Macleod Trail, making it Canada's largest creative sewing centre. While the store focuses on quilting fabrics and supplies, she is proud of her Bernina, Brother, industrial and HandiQuilter machine lines, plus a myriad of notions, kits, bags, garment fabrics, and specialized items like horsehair interfacing. Michael oversees the machine repair and sharpening services. They also offer pattern printing, long arm quilting and sewing courses. Calgary Sews is grateful for the meeting and workspace that they provide for monthly sewing workshops.

And the Queen of Everything offered some fitting final words, "*I want people to have as much fun creating as I do. Try something new and don't stop learning.*"

My Sewing Room generously supports Calgary Sews for its monthly Meetups.

**8228 Macleod Trail SW, Suite 148 | Calgary T2H 2B8
403 252 3711**

Community Sewing Day

WITH GOLDYN STUDIO

Goldyn Studio, a Calgary sewing school, is hosting Sew Together - a Community Sewing Day on **Sunday, August 16**, and everyone is welcome.

While Calgary Sews has a Meetup group, we know that joining a group isn't for everyone. This is a great opportunity to enjoy a day of sewing alongside others with no membership or ongoing commitment.

If you'd like to spend the day sewing with friends, we'd love to see you there! You can find more information and register [here](#).

Calgary Stampede

SHOWCASING GARMENT AND BAG SEWING

Calgary Sews represented garment sewing at the Calgary Stampede! As one of the Creative Arts & Crafts guilds, we displayed me-made garments, bags, and children's clothing, and demonstrated how to sew scrunchies.

We also gave away a free week of kids' sewing camp at **The Sewcial Hub** to one lucky winner. Our goal is to encourage more people to discover the joy of garment sewing. *Thank you to our volunteers and everyone who stopped by!*



(m)ARTkit Thrift

ARTS/CRAFTS THRIFT STORE

Looking for affordable craft supplies? **(m)ARTkit Thrift** Store is a creative thrift shop dedicated to makers, with a fantastic range of donated craft supplies for pretty much everything including sewing!

They also welcome donations of many craft and sewing supplies. They aren't currently accepting garment fabric but they are accepting notions and printed sewing patterns.

🎄 Christmas in July is happening now, making it the perfect time to stock up on festive crafting supplies!

6230 Centre St SE | Calgary T2H 0C6

(587) 225-9758

hello@martkitthrift.com

Sewing for Little Ones

BY REBECCA TWEED

Part 2 (Continued from the May newsletter)

Below are some additional sewing patterns for children that really add a little whimsy for their imaginations to go wild.

Twig + Tale (@twigandtale)

Nature-inspired designs that make you feel like you're in a fantasy novel. Based in New Zealand, so pricing is a bit higher for Canadians, but the designs are truly unique.

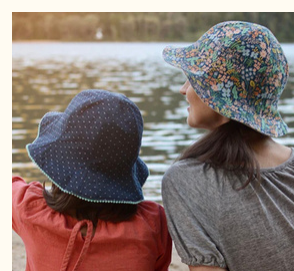
Pathfinder Vest + Animal Add-Ons (Vest: \$20 CAD. Add-on: \$10 CAD)

A whimsical and highly customizable vest with options for closures, hoods, and collars. The optional animal add-on pack includes 14 different creatures, making it perfect for dress-up, Halloween costumes, or everyday imaginative play. A bit of a splurge, but a memorable one.



Petal Wrap Dress + Sunny Hat (Free)

A simple and cute wrap dress pattern and a sun hat you could coordinate with it, offered for free.



Leaf Satchel (\$26 CAD)

Comes in two sizes, including one for children. Perfect for little outdoor adventures to hold notebooks, snacks, magnifying glasses, and extra space for collecting. I'm planning to make matching ones for my daughter and I for our walks. Includes both written instructions and a video tutorial.



Continued on page 5.



Nina Loves to Sew (@nina.loves.to.sew)

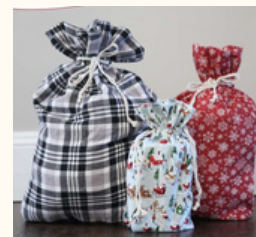
Quilted Fairy Wings (Free)

A magical project for any fairy-loving child or butterfly enthusiast. Would be great for exploring the butterfly exhibit at The Calgary Zoo.

Peek-a-Boo Pattern Shop (@peekaboopatternshop)

Drawstring Gift Bags (Free if you join the Facebook Group or subscribe to their newsletter)

Reusable fabric gift bags in multiple sizes. A simple, eco-friendly alternative to wrapping paper that you can use again and again for many different occasions.



Upcoming Meetups

- July 25 Household objects in the sewing room
- August No Meetup
- Aug 16 Meetup members invited to Goldyn Studio Community Day of Sewing
- Sept 17 Sewing Machine Spa Day

*Topics subject to change. Events are open to members of the Calgary Sews Meetup Group. For info on the Meetup group [visit here](#).

Your voice in the Calgary sewing community

This is your newsletter! Have a favourite fabric store, indie designer, pattern, or local sewist to spotlight? We'd love to hear about it. You can also share a short story, review, or reflection on your own sewing adventures — no need to be a professional writer, just share what you love!

@CalgarySews | calgarysews@gmail.com

WWW.CALGARYSEWS.CA

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