

HANDCRAFTS MONTHLY



JULY AT A GLANCE

- ☐ **JULY 11** - Second Monday Gathering at Sewing World.
- ☐ **JULY 21** - Pet Bed Sew-along.
- ☐ **JULY 28** - Fourth Thursday Gathering at the Legion.
- ☐ **Sock Rock Mini Demo** after each Gathering



"Pumpkin" Pet Bed

JULY GATHERINGS

JULY 11

10:00 AM to noon, Sewing World
136 71 Ave. SE in the upstairs
classroom.

If you wish, bring along a snack to share. Remember to park in the rear of the store. Please thank them for their support when you shop.

JULY 28

1:00 to 3:00 PM, Royal Canadian
Legion, 606 38 Ave NE.

The Legion provides this venue to us free. Please, no outside food or beverages as these are available from their snack bar. Consider a food bank donation as a thank you.

NEWS FROM HANDCRAFTS COMMITTEE

PET BED SEW-ALONG

Join Carol Spring for a Sew-along to make Pet Beds for BB&B. There are 3 types of beds to work on: The Pumpkin Bed, which was very popular with cat owners; the Rectangular Flat bed, best suited for dogs; and the Tied Pillow, for pets or humans. These are popular items for the sale and it is a great opportunity to also visit and work along side a few good friends.

WHEN:

July 21 10:00 AM to 3:00 PM, attend for all or part. The tied pillow takes only a morning or afternoon.

WHERE:

Carol Spring's - Address provided when you sign up.

REGISTER:

Sign up on [REGISTER](#) and see photos and full details. Maximum of 5 - No experience required for the Tied Bed. Sewing experience required for the Pumpkin and Rectangular Beds.

BB&B DROP OFF DATES

We encourage you to drop off items at Gatherings as you complete them to enable Custodians to understand their inventory but if you cannot attend gatherings or have last minute items, September 30 and October 1 have been earmarked for final drop off. North and south locations and times will be published close to the dates.

SOCK ROCK MINI DEMO

Hang around after both Gatherings in July and Janice Meeking will tell all she knows about socks; well, maybe not everything but lots of things. Janice is bi-sockual - she knits them toe up or top down and multi-sockual - she knits them two at a time; no single-sock syndrome. The ability to feature great socks at 2016 BB&B would be welcomed and Janice can tell us what we need to know about knitting a great pair of socks. She has even convinced me to knit some.

KNIT NOTES

FIDGETY FIDGETS

A fidget muff, quilt/activity mat/pillow or apron is made with a variety of colours, textures and fibres and has added fabric, buttons, zippers, Velcro and/or lace to calm restless hands. Whether knit, crocheted or sewn, a "Fidgety" helps adults with dementia or Alzheimer's to keep their hands and minds occupied.

Muffs

Find a variety of patterns on [RAVELRY](#) for a double-layer muff; knit or crocheted using different weights and colours of yarn. Firmly attach objects to both the inside and outside using buttons as stabilizers.

Quilts

Attach items like zippers, pockets, cloth to roll, doilies, buttons, belt clips or Velcro to 8" squares and sew six squares together to make a placemat-sized quilt. Use non-slippery fabric such as lightweight fleece or flannel on the back so it will stay on the person's lap. Use batting - or not - depending on the weight of the fabrics.

An alternative is to start with a placemat and attach items to it. The same applies to small pillows.

Aprons

Make a butcher-style apron from firmly-woven fabric and attach a variety of items and textures. Make the neck band adjustable by using a Velcro closure. Check [PATTERNS](#) for Dawn Bolger's butcher apron template.

Guidelines

Use a variety of textures and colours. the Fidgety must be interesting but not overwhelming; six to ten different items work well.

Fidgeties must be SAFE. Items must be attached very securely. Use crochet cotton but do not use fishing line. Do not attach items with sharp edges.

Fidgets must be washable. In assisted-living homes, items are washed often in a regular load using very hot water. Attached items must also be washable.

Include a way to securely fasten the Fidgety to a chair, walker, wheel chair or side of a bed. Staff is not able to constantly pick something up and there may be health issues for something that keeps falling on the floor.

The internet is an excellent source of ideas for Fidgeties. Google Fidget Quilts or Fidget Aprons and see what you can find.

Check [PATTERNS](#) for sources and links. Fidgeties may be donated to other charities or included in 2016 BB&B.



SEW WHAT?

DIAPER BAGS

There are a few Bag Ladies in our group and wouldn't it be grand to turn our cranks to make a few diaper bags? A few years ago we had two diaper bags and someone drove all the way from Edmonton to buy the one shown on Sneak Peek. There are lots of good patterns on line, some free and several to purchase.

[OH BABY](#) is a free pattern for a really BIG diaper bag; rather suitable for Baby Hughie. However, it can be downscaled very successfully.



[A pattern set for a bag, change pad, bottle bags and shoulder strap](#) is sold by Kindred Quilters for \$13 and, yes, it includes all these items. Permission is granted for selling if you buy the pattern.

[Mrs. H](#) has a very stylish "Nappy Bag" with lots of features and Samantha grants permission for finished bags to be sold.

But in truth, any basic bag pattern can be adapted to a diaper bag.



What does it take?

Choose easy-care fabric and it need not be baby-themed. Remember that a modern mom will carry this beauty. Add pockets - lots and lots of pockets - both inside and outside, and not just pockets for baby things, add phone and key pockets for mom. A nice addition is a shoulder strap or the ability to convert to a backpack. Hands-free is a boon. A waterproof interior is nice but not essential. Consider a matching change pad if you have fabric left.

So try one of these Diaper Bag patterns or try adapting a pattern you already have. Do a search on diaper bag patterns and you'll be pleasantly surprised.

As always, be certain that you have permission to sell the finished product.