

## **Sheila Frampton-Cooper**

*Expressing Yourself: One Piece at a Time*

[www.Zoombaby.com](http://www.Zoombaby.com)

### **Class Description:**

Explore the mystery and excitement of creating a pieced abstract quilt with little or no plan. Students will be given several options in which to compose their design, and choose whatever feels right for them. We will discuss basic design and composition, color and value, quilting, and most importantly trusting your instincts. Sheila will demonstrate construction techniques for sewing curved seams and discuss some of the challenges you may run into with spontaneous design and piecing. This can be a Master Class and every level in between. Wherever you are is where we will start from. Each student receives ample one-on-one time in this workshop.

### **Supply List:**

- 100% cotton fabric, preferably solids LIGHT/MED/DARK VALUES FOR EACH COLOR (details below)
- At least one yard each of neutral colors. (see below)
- Sewing machine
- Needles (I like SCHMETZ Microtex Sharps 70/10)
- Neutral thread for piecing (I suggest very pale gray)
- Seam ripper, scissors and thread snippers
- Rotary cutter (with extra blade)
- Ruler (optional)

- Cutting Mat (at least 24” for cutting width of fabric)
- Table top lamp (optional)
- Multi-plug extension cord with surge protection and a 3 prong adaptor if needed for classroom outlets
- Iron with auto shutoff and tabletop iron pad (depending on the power situation, you may have to share. If you have a small travel size iron, that would be best.)
- Small spray bottle (for water)
- Sketchbook (for note taking, drawing etc.)
- Regular pencil
- White pencil
- White flannel for your design wall
- If you are bringing your sewing machine and it has a knee lift, please bring it.
- You will be using solid colored fabric in this workshop. I know many people do not have this in their stash. You may purchase fat quarter packs to give you more variety without having to buy a lot of fabric. Also, you may choose your palette in advance and purchase multiple values in each color you use. For example, If you like blue, make sure you bring a very dark blue, a very pale blue, and a few values in between.
- If you choose gray for your neutral, make sure you bring a very light shade (close to white) as well as a light/medium. I suggest

bringing grays and creams, but keep them on the light side. Bring black or brown (at least a half yard of each). For example, if you want to use earth tones, you might want very dark brown or black, if you are using cooler colors, a charcoal/black would be nice.

Please feel free to email with any questions regarding fabric or anything else for the workshop.