

Olympia Chapter ASG is proud to present **Anne St. Clair**, and her amazing way with fitting and teaching how to make your own custom bras.

Bras can be torturous contraptions for women. With jabbing under-wires and puffs of padding, it's difficult to feel the wonder or miracle of it all through the discomfort. The alternative to bruising brassieres is to craft a custom bra with the help of professional seamstress Anne St. Clair, aka "The Bra Lady". Anne travels the country leading lingerie & knit fabric lectures and bra workshops when she isn't operating her fabric store in Wichita, Kansas, which specializes in lingerie, stretch fabrics and notions.

Anne's been in the business for 26 years, ever since she made her first custom bra (Jan 19, 1984),

She's become a convert to comfort. "Eighty percent of women are wearing the wrong bra," Anne says.

"The problem with the ready-to-wear industry is they create bras for the masses, not individuals." Therefore she saw a need to become a supporter of proper support. In order to help others find comfort and confidence, Anne developed her own bra pattern and instructional book. Now you can learn to make your own custom bras in your choice of fabrics and colors!

Space is limited to 20 students in the Sit and Sew classes.

**Friday, May 14<sup>th</sup>: Fittings: 4-6 pm** for all attendees, if you cannot make this time line and are taking the class on Sunday you may come at the end of day on Saturday.

**Friday, May 14<sup>th</sup>: Lecture 6-8pm**  
Anne will speak on the issues of bras, fitting and so much more.

**Saturday, May 15<sup>th</sup>: Sit and Sew  
9am to 8pm**

Kit Fee: \$60 - please make your check payable to Anne St. Clair. You will need to bring your sewing machine in good working order with the power cords and all of the notions listed on the back side of this brochure. You will complete one bra and your kit contains enough to make two more bras. You will also receive a generic pattern and your own customize pattern.

**Sunday, May 16<sup>th</sup>: Sit and Sew**

Same as above



## OLYMPIA CHAPTER

Presents



## Anne St. Clair

Seminar & Sit & Sew

**May 14-15-16, 2010**

**Friday – 14<sup>th</sup> fittings 4-6pm  
Friday lecture 6-8pm  
Saturday – 15<sup>th</sup> 9am -4pm  
Sunday – 16<sup>th</sup> 9am-4pm**

Best Western  
2611 East "E" Street  
Tacoma, WA 98421  
253-272-7737

Good Day Ladies:

I am looking forward to our upcoming workshop together. The following is information that I request before the event so that I am better prepared when I arrive.

I need the following measurements taken in your best fitting bra (don't laugh, just do your best). It is best to have someone else measure you. If that is not possible, make sure that your arms are at you sides (elbows lowered) when measuring.

**Rib Cage (just below the bust taken TIGHT)**

**Fullest Bust - do not press in on your breast tissue**

**Chest (just above the bust taken TIGHT)**

**What is your current Bra Size?**

**What fitting issues are you having?** breast tissue overflows the cups, back rides up, straps fall off your shoulders, center front does not lay against your body if yes how far away from your body, underarm is too low/high or any others not mentioned.

Would you like to have a **BEIGE** or **WHITE** bra kit? The bra kit will include enough of the following for three (3) bras: power net, tricot, elastics, channeling, hook & eye closures, thread & twill tape>. Your pattern will be either the Elite (sizes 30AA-44DD) or Queen Elite (sizes 34D-48H).

**What was the last thing that you sewed and when????**

You will need to bring basic sewing supplies: scissors, seam ripper (even though we will not have to use), size 75/11 or 70/10 universal, stretch or ballpoint machine needles, 50mm Glasshead pins preferably 1.375" long. **<Quilting pins are too thick>**

I will have available: Marking pens, Schmetz universal 75/11 needles, glasshead pins, lightweight scissors & seam rippers.

I would like to have all of the above information by **May 5th**. email it to [ndlnookfab@aol.com](mailto:ndlnookfab@aol.com) If you do not get a reply from me within a couple of days after you have sent your information, please send it again.

We are going to have a great time together.... even though it will be somewhat intense....

i.e. lots of information to absorb.

And above all HAPPY SEWING !!!!!

Anne St Clair  
Needle Nook Fabrics  
Elite Bra Patterns  
"Intimately Yours,  
Bras That Fit"

## Registration

Check the box next to the appropriate session(s)

Session	ASG Member	Non-Member
<input type="checkbox"/> Friday Lecture & Saturday Class Includes lunch	\$120	\$140
<input type="checkbox"/> Friday Lecture & Sunday Class includes lunch	\$120	\$140

Amount Enclosed \_\_\_\_\_

ASG Members will be given registration preference  
Registration deadline: April 30, 2010

**Make checks payable to:**

**ASG Olympia**

Send to:  
Millie James  
2323 7<sup>th</sup> St. SE #D103 Puyallup, WA  
98374

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_