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2015

NEWS

Amu's

NEEDLEPOINT SUPPLIES AND CLASSES

Winter Market is Coming!

After you have enjoyed the holidays, join us for the market and find some things to treat yourself.

Plane and hotel reservations have been made. Event registration has been checked off my "to do" list. Baby is resting up for the 3-day ordeal of another huge Winter TNA market. It all begins on Friday January 8th, with Sample It pre-show shopping frenzy and Needlepoint Showcase brimming with finished models and breathtaking new painted canvases along with tools, ideas, knitting yarn, counted thread patterns and more.

Jill and I will go armed to the teeth with cameras, notepads, clipboards, iPads, iPhones, chargers, Smart Pen and any other organization or information-capturing device known to man. We go forth where no woman

has gone before (every market is a new experience) to search out the best, brightest, most clever, and just darn cute stuff on the planet. Baby will steer us, lead us and occasionally desert us all over the showroom floor. The old girl has a slightly wobbly wheel and few sags and wrinkles which were not there in years past but she still has a game spirit and a sassy mouth (which fortunately few people can hear). At home Kirsten is on cyber-control of the entire process. She magically finds and fixes the problems with our photos, the details scribbled on undecipherable pages, and answers questions round-the-clock for inquiring viewers.

This is show activity at its best and absolutely not to be missed. Mark your calendars as the newsfeed will begin late Friday, January 8th, and follow through each day of the weekend, concluding Monday, January 11th when the show ends. Tuesday we all collapse...two of us on an airplane and one probably still sitting in her chair snoring peacefully at her computer.

WHAT'S INSIDE

Exercising

Could needlepoint be hazardous to your health? Find out small things to do to help.

pages 4-5

What's New

We have tons of new accessories to show you in this newsletter.

page 6-8

Home Study

We have started our new home study. Check out the progress here, and find out how to sign up.

page 9

Gallery

We have had many fabulous finishes by our customers. They just might inspire you for your next project.

page 13-14

Amy's

the book club

Continuing Education for Needlepoint



***We begin with the
animal kingdom...***

The Mysteries of Needlepoint Book Club are loose-leafed chapters to add to your continuing education of Needlepoint. The newest chapter in this series, Chapter 5 "Forensic Reconstruction: Part I," will soon be filling our postal carrier's truck and winging its way to homes around the world. Without the aid of scuba gear, swamp buggy or Jurassic Park vehicle, readers will be exploring stitching options for marine life, amphibians and reptiles (both real and imaginary). This chapter, and the next, will cover the various issues we encounter when stitching living things. Stitching, like any art form, can run into questions and problems of how to develop a design to best represent an artistic component. The best way to enhance those design elements is to break them apart, analyze what makes them tick and then look for a pattern, thread or color which will build them into the shape and mood we desire.

The Mysteries of Needlepoint Book Club is a mail-order class in needlepoint which arrives at your doorstep to be studied and enjoyed at your leisure. A correspondence class on making each needlepoint project you stitch just a little bit better than the previous one you worked.

There is no time limit, no sign up deadline. The Mysteries of Needlepoint Book Club & Casebook are available for purchase anytime you are ready. Book Club is only available as a complete set of all six chapters, but scheduling your shipments can be adjusted to fit your schedule. Casebook Chapters are ordered individually from Needle Little More; buy the ones you want, when you want.

Amy's

the casebook

Continuing Education for Needlepoint

The Casebook is an "interactive" workbook. The lessons from the Mysteries of Needlepoint chapters are reviewed using strategies like open questions, fill in the blank, multiple choice, etc. The exercises are sequenced very carefully so that the level of difficulty increases slowly.

Last month we covered backgrounds...

Last month we had some hands on practice on what you've been learning in Amy's



Now you can grab a pumpkin pie or candied apple magnet to go with your casebook canvas. from Rogue \$18⁰⁰

Next month...

As the Mysteries chapters now move into more theme-related content, the Casebook will delve into more detail on how to stitch specific subjects.



you're not sitting pretty!

Needlepoint health issues

Do your ankles/legs swell after sitting and stitching? Do you have tingling or numbness in your fingers while you are stitching? Is your stitching giving you a pain in the neck, wrist, back, or elsewhere? We have a few helpful tips which may lessen some of your symptoms.

If you have swelling in your lower extremities when you sit for long periods of time, you may wish to try adding a few of these tips to your habits.

1. Drink more water. Water not only hydrates your whole body (including brain and joints), it also works as a natural diuretic so it will FORCE YOU to follow tip #2.
2. Get up and move frequently. Every 30 minutes, get up and walk a little bit. If you have to, set the timer on your cell phone.
3. If possible, elevate your feet/legs while you are sitting. If you can't elevate your feet, keep your feet flat on the floor. Do not cross your legs or ankles.
4. Between movement breaks get in the habit of doing stationary leg exercises. Start with your feet flat on the floor with your knees bent at a 90° angle. Pull your legs up, rocking up on your toes until you feel your calf muscles tighten. Hold that position for a count of 5 seconds. Go back to feet flat on the floor for 5 seconds, then lift the front of your feet, rocking back on your heels until you feel the muscles on the front of your legs tighten and hold that position for a count of 5 seconds. This will help keep the blood flowing in your legs.



If you experience unexplained hip or lower back pain, take a virtual look at your body while you are sitting. You may be cocking your hips too far back which will arch your lower back, or too far forward which will bow your lower back. You might even be cocking your hips to one side or the other which will curve the lower back to the side.

1. Elevating your feet slightly, about 6 inches, on a small footstool or box can sometimes ease lower back pain.
2. Be aware of what you are doing. After you have been stitching for 30 minutes take an assessment of your posture and correct it to relieve stress and pain when possible.

don't freeze

Make sure you get up and move around on a regular basis!



you might need a hand!

Needlepoint health issues continued

If you have tingling or numbness in your fingers when you sit and stitch for long periods of time, you may need to exercise or stretch your wrists, arms and upper back. When you become engrossed in your project, you may be holding parts of your body in an unnatural position for long periods of time without being aware of it. Like an athlete, you must stretch and move to stay limber and prevent damage to muscles, joints and nerves.

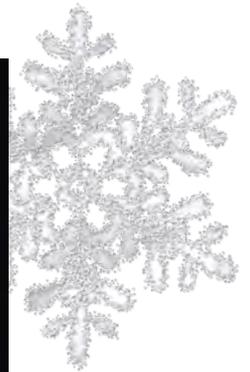


1. Before you sit down to stitch, stretch! Flex your fingers, extending them as far out and apart as you can. You can do "spider pushups" by placing your fingers and thumbs tip to tip between your hands and push against the opposing fingers.
2. Your wrists can be stretched as well. Hold your arms straight out in front of you and pull your hands up with your palms pointing away from you, stretching the muscles along the bottom of your arms. Hold that position for a slow count of 10, then return to a relaxed hand position for a count of 10. Next, pull your hands down with your palms facing your body, stretching the muscles along the top of your arms. Hold that position for a slow count of 10, then return to a relaxed hand position for a count of 10. Repeat as needed during long stitching sessions.
3. Rotate your neck occasionally to loosen those muscles. Lift your shoulders together and one at a time. Arch your back and by all means be aware of your posture to keep your spine as straight as possible while sitting for long periods of time.
4. Be aware of how you hold your shoulders. If you are raising one shoulder higher than the other while you stitch, you are NOT keeping your spine straight.

just arrived

While we picked up quite a few of Elizabeth Turner's fun new Buddie Magnet Trees which stole the show this past October, we still have some lovely white ones in the shop, which will showcase your holiday magnets beautifully.

magnet tree \$32⁰⁰



new tools to spoil you



Merry L Stitching Tools hit the “ball outta the park” with their new needle vials. The vials are long enough for most every needle you would ever use for needlepoint. The beaded cork stoppers are available in many colors (plus special requests) and have a snug fit to hold your needles safe. I picked up several colors so I can color-code my needles for a fast grab when needed.

Needle Vials
by Merry L Stitching Tools
\$12⁰⁰ each



questions and orders and we will take it from there.

We have a few one-of-a-kind Zecca laying tools available for great Christmas giving.

This multi-ringed mahogany laying tool is 5.25 inches long. With a nicely turned handle, it is



Mahogany Ringed Tool
by Zecca
\$100⁰⁰



light-weight and easy to hold.

Spalted wood is from a tree which has been struck by lightning. This 4.25 inch laying tool is carved out of Spalted Tamarind. The dramatic and beautiful black streaks and patterns are a testimony to the power of nature.



Lightning Struck Tool
by Zecca
\$100⁰⁰

Amy's

new tools to spoil you

New tool maker hits the scene...Totally Fob-ulous stitching fobs. The fobs are individually handmade with polymer clay, Swarovski crystals, and other assorted glass and stone beads. Two sizes, many designs and custom orders are accepted for special themes and colors. These tools are by special order only, so contact us with your choices,



Large Scissor Fobs
by Totally Fob-ulous
\$42⁰⁰ each



Smaller Tool Fobs
by Totally Fob-ulous
\$25⁰⁰ each

WireLace

Good News on WireLace®, the 20% discount continues and we hope to offer this as a permanent price reduction!!!

You will find this on the Just Spotted page on our website.

Pre-discounted Price range:

- 1mm, 10 yd spool \$13⁵⁰ to \$16⁵⁰
- 3mm, 5 yd spool \$12⁵⁰ to \$18⁵⁰
- 6mm, 1 yd spool \$ 4⁴⁰ to \$ 8²⁰
- 12mm, 1 yd spool \$ 8⁰⁰ to \$13⁴⁰





pumpkin parade

Are they headed for a party, trick-or-treating, or another fun holiday event? Who knows, but let's join in the fun on Melissa Shirley Designs Pumpkin Parade.

As with all Home Study Projects, there is no deadline for signing up to participate. As long as the painted canvases are available from the designers we will make the Home Study Projects available to you. Pumpkin Parade has been very popular and our hardest job has been keeping up with the demand for more canvases, threads, and stretcher bars. If you are interested in signing up for Pumpkin Parade or any of our previous Home Study Projects, give us a call at (901) 458-6109 and we will work out a starting date for you.

Kits #1 & #2 cover all of the background areas of land and sky, now we are on to the parade of witches and black cats....

Kit #3 includes the instructions for our Leader Witch sporting a jaunty orange ribbon on her modish Halloween Hat. This girl is setting a lively pace for her companions.

Kit #4 builds the little cart behind our leader and her sister witch who is not quite so happy to be pushing the cart from behind. Although this auburn-curved girl may be grumbling about her position, she is still enjoying her inclusion in the group. All of the canvas Jack-O-Lanterns are also included in Kit #4 along with the finishing detail of baby lace along the bottom of the orange and green striped skirt. .

Amy's

the singles club

take a sneak peek at this exciting new adventure

What is a Singles Club? It is the perfect needlepoint companion. Each Singles Club is themed and consists of three small carry-along projects which can be worked in any environment. Each of the three designs will be mailed once a month over a three month time period. Whether you are commuting to work on a train, flying to distant destinations, or sitting in a waiting room, these are engaging projects that do not need a laying tool and very little stripping of thread since they are predominantly all worked with A SINGLE STRAND of thread. These are small canvases that will fit into a Ziplock bag, so you can leave your big tote at home. The stitches and techniques are not selected to be easy, just portable. The Singles Club is geared to intermediate level stitchers. The stitches and techniques selected are not meant to be easy, just portable. Prices will vary due to canvas and thread prices.



Singles Clubs being offered in 2016:

SPRINGTIME SINGLES CLUB
HALLOWEEN SINGLES CLUB
CHRISTMAS SINGLES CLUB

with more clubs to be added as they are developed.

Please call or E-mail us with your questions and we will try to fill you in on the details as they develop. Watch for your February Newsletter for photos and details on the 2016 Singles Clubs.



Want a test run?

We are offering a small "teaser" Singles Club project if you would like to try it out. This is not one of the series canvases, just a Singles Club Sample kit featuring Associated Talents Seahorse Mini Ball Ornament.



Seahorse Ornament
by Associated Talents

| | |
|---------|--------------------|
| canvas | \$27 ⁵⁰ |
| guide | \$25 ⁰⁰ |
| threads | \$38 ²⁵ |



10

Amy's

holiday happiness

Try your hand at answering our Winter Trivia Quiz.

How to win -- The first person to figure out all of the correct answers and E-mail their entry will win the Grand Prize Gift Box. Absolutely no purchase is necessary. To be eligible for the Grand Prize you must E-mail your answer to amys3808@aol.com complete with your name and contact phone number. But wait, there are more chances to win...every entry, right or wrong will be entered in a drawing for three additional prizes to be awarded by random drawing. Each winner will be notified by E-mail or phone before we leave for market January 8th so you might choose to use your prize when selecting something new during the TNNA Winter Market.

There are four great prizes (see below) to be won. They will be awarded the first week of January 2016, just in time for market orders. Please submit your answers via E-mail to amys3808@aol.com. Deadline for all entries is December 24th by midnight, and all prizes must be used by April 14, 2016. Winners will be contacted directly so be sure to include your name, E-mail, and phone number.

- Grand Prize Winner receives Gift Box valued at \$260**
- 2nd Prize 20% off next order**
- 3rd Prize 10% off next order**
- 4th Prize free shipping on next order**

TRIVIA QUESTIONS

1. What is the first day of 2015 Northern Hemisphere Winter?
2. What is the first day of 2015 Southern Hemisphere Winter?
3. How many sides to a snowflake?
4. When & where were the first Winter Olympics held?
5. How fast does the average snowflake fall?
6. Where do Monarch Butterflies spend the Winter months?
7. List 5 survival techniques of animals.
8. How big was the largest snowflake ever observed?
9. What is the anniversary date of the WWII Pearl Harbor bombing?
10. How many snowflakes are hidden in this newsletter?
11. Which of these questions has nothing to do with Winter?



**our annual
sale!**

attention holiday shoppers!

**Make your list and check it twice.
Doesn't matter if you've been naughty or nice.
Come browse through our Website or visit our store
to find wonderful needlepoint goodies galore.**

Our December Sale starts Monday December 7th thru Thursday December 31st. Every item in the shop will be discounted 25% off of regular price. This is the perfect time to pick up a great deal on canvases you have to have, threads you need for a current or future project, or replace that old worn out pair of scissors with a new sharp pair to improve your tool box. But that's not all, maybe you need a stitch book or two, how about a nice big tote bag to carry your treasures, even the finest of needles are discounted this month. We have gadgets and whatnots, thingamabobs and whozits coming out of our ears. You would think that Dr. Seuss lived here if you could see all the stuff.

Sale prices are not available on Home Study Projects, Book Club, Amy's Stitch Guides and special orders.

While you are waiting for the sale to begin, try your hand at our fun Winter Trivia Quiz.

11

Amy's

amazing finishes

We are often asked how we will finish a piece...

We thought you might like to see how our most recent Home Study pieces were finished.

Gold chain, jade rings, and beaded knot design ornament all surround this hard padded wall hanging. The tiny gold zigzag along the edge is one of the many details which this finisher used to enhance the design called Exotic Orange, one of our current Home Study Projects (see Sheherezade Part One) using a canvas designed by JP Sligh of Labors of Love.

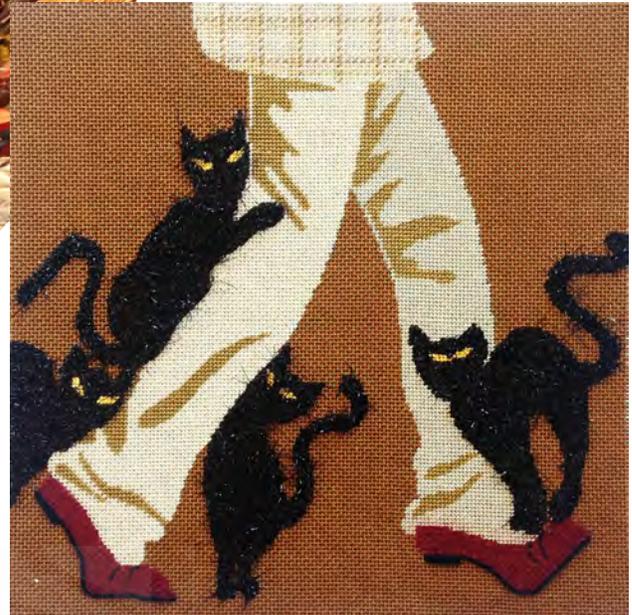


The inner pillow and lining of this flapped pillow case are made from beautiful pink kimono silk. The pillow case shell of turquoise raw silk and fabulous beaded fobs are the perfect companions to "frame" Lover's Paisley, one of our current Home Study Projects (see Sheherezade Part One) using a canvas designed by JP Sligh of Labors of Love.

customer gallery



Thanksgiving House
from Melissa Shirley
stitched by Cindy McKown
guide by Amy Bunger from her
Home Study, with additions by
Cindy



Lint Roller
from DJ Designs
stitched by Laura Bruhns



Halloween March
by Liz Goodrich-Dillon
stitched by Kathy Brewer
guide by Amy Bunger

customer gallery



Christmas Stocking Ornament
from A Collection of Designs
stitched by Marilyn Caul

Girl with Bunny Ornament
Nutcracker Ornament
from Rebecca Wood
stitched by Marilyn Caul

Summer House
from Melissa Shirley
stitched by Martha Heroux
guide by Amy Bunger from
her Home Study



Needlepoint Boxes
from DJ Designs
stitched by Karen Jetton