



Special Guest Artist in Perth Exclusively for the 2008
WA CRAFT, Quilt & Stitch Show * August 1, 2 & 3.



Claremont Showgrounds

Helen Cowans * Artists Statement: *The colourful, contemporary textile art of Helen Cowans reflects a love of many hand and machine embroidery techniques. Work is mainly inspired by science, landscape and eastern cultures and includes a range of items from 3D structures to large wall hangings. She is an award winning, qualified tutor and has published and exhibited both nationally and internationally.*

Web site: www.helencowans.co.uk. Blog: www.textilegoddess.blogspot.com

During the show, come and meet Helen at her display area which is located **next to The Thread Studio's exhibitor stand**. She will also be presenting two fabulous workshops each day.

After the show Helen is staying on in Perth to present a two day hands on workshop. This is a truly unique opportunity to learn from a highly skilled & gifted artisan. Please make your bookings ASAP.

**After the show hands on workshop *
"Towers of Flowers" (2 day course)**

Learn how to create the famous towers as seen in *Stitch Magazine* and *Quilting Arts Gifts*. For this workshop we will recreate the flowery towers; you will learn both the embroidery techniques (which are also great for pictures) and the construction details. Expect to work hard but produce beautiful work. Sewing machine required.

Dates : Tuesday 5th & Wednesday 6th August

Time : 9am until 4pm

Venue: The Mount Claremont Community Centre (in the Tuart Room)

Fee for the two days : \$170.00

Payment by cheque to : True Blue Exhibitions – PO Box 270, Wembley 6913

Queries : Mareene Aitken * True Blue Exhibitions 08 9387 5979

mareene@trueblue-exhibitions.com.au



Requirements list

Here is the requirements list for “Towers of Flowers” * two day hands on workshop

- Sewing machine (don't forget bobbins, leads, instruction manuals, spare needles, feet etc), ordinary sewing foot and free machine (darning) foot if you have one and are confident with Free Motion Embroidery.
- Extension lead.
- Hoop.
- Machine threads in green – either a variegated or two or three shades of green.
- Light or medium shade of green cotton fabric for outside (plain not patterned), space dyed / painted is the best to have, plain will be fine. A fat quarter will be enough.
- Green (or colour to tone with flowers) cotton fabric for inside. A fat quarter will be enough.
- Bits of fabric to cut up – in greens, yellows, and flower colours (pink, blue, purples etc). *Please make sure printed fabrics look good on both sides if you plan to chop them up.*
- Cotton fabric to form main flowers – think of two colours e.g. pink and yellow, blue and purple.
- Bondaweb sheet* (not the thin tape).
- Supamend powder*
- Green wire (not the thin florists wire, must be able to hold a curl in place)*
- Pelmet vilene*
- A4 size foam board*
- Hand threads in green, yellow/orange and in your flower colours.
- Small beads in greens and yellow/orange – round seed beads and long thin bugle beads.
- Green beading thread or a strong quilting thread.
- Scissors – paper and fabric
- Small scissors
- Needles, including a beading needle and a large sharp needle
- Thimble
- Pliers
- Paper
- Ruler
- Pencil
- Scalpel / Stanley Knife (if you have one)
- Cutting mat (if you have one)
- Marker pen