

## Self Portrait- A FUN workshop in Discovery “THIS is ME!”

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Marylouquilt designs.com      Marylouweidman.blogspot.com and  
Mary Lou and Whimsy Too (my blog-simply google)

This is a no stress, fun approach to getting to know who you are and where your artist will carry you in making a one of a kind quilt all about YOU  
For a class we learn how to do border blocks and go on with our story too. We learn the worth of details and things that make us who we are!  
Please bring the following for this workshop

Notebook, pencil, eraser

Freezer paper -take some off the roll and fold it and tuck it into your bag...then you aren't carrying such a heavy holder.

Sewing machine in good working order, Don't forget plug in's, foot pedal etc.  
new needles

Thread, scissors, needles (both hand and sewing machine), ripper, pins and anything you normally use when you make a quilt

Rotary cutter, 9 inch ruler and 3 1/2" ruler and other sizes you like, mat board

Small paper bag and tape for threads and snips of fabric-mat board

Any sewing supplies that YOU like to have to sew with.

A paper and pencil and eraser for drawing ideas

A bag to put scraps and threads in is nice and makes your area neater.

For fabric bring:

\*1 Yard piece for the **center** of your quilt-dark dark or light light- this is for behind the story of your self portrait-you will also need a large 2 yard piece for the background of the border , **don't confuse this with that** (see below)(this is if you do a larger quilt-I will also talk about doing a smaller piece. My pieces are bigger and bolder which people like to see and after all this is about YOU (your best friend :0)

\*Fabric for flesh-Buy a tone on tone print such as a small check, teeny specks, tone on tones...

NO solid fabrics as they don't work (NO one has one solid color on their skin except Gumby) NO pink or sherbet orange-

You want tan, gold, honey,cream, soft cheddar, for soft skin tones-for more color a warmer tan with as much color as you would like clear up to eggplant (Afro-American) which makes lovely skin tones.

\*A small chunk of off white (cream) for eyes if you need it.

**\*Hair fabric-something with lines in it and value- swirls if you want curly hair and straight lines if your hair is straight. Color doesn't matter as much as you might think.**

**\*Now put together a palette of a lot of great colors. You won't need huge pieces. A dress or top and skirt might need bigger pieces like 1/2 a yard. The rest of the pieces you need can be 1/3 yard cuts or smaller. If you want a house in there or say a huge horse, buy accordingly.**

**Otherwise for details, you need chunks that have texture and great color. I stay away from anything with white in it also unless your whole stash has whites in it.**

**\*Pick three main colors and bring a large selection of those three colors so your quilt has harmony. If you select cheddar, blue and red for example bring 15 to 20 of each and make them blend. If you bring a red and white calico, it isn't going to pull into a red, green, and orange on black large rose for example.**

**So, to make sure you have this, I am saying it again.**

**Pick 3 colors, then bring a nice variety (15 of each or more) of these colors that are pretty together.**

**Do not bring junk from leftover projects your Aunt Patty did and expect me to magically make them wonderful. Picasso couldn't do that and I can't either.**

**:0) I've tried. I don't mean for this to sound harsh but sometimes I have to try to be a miracle worker with someone's old stash. :0)**

**\*Think fabrics for clothes, shoes, purses, animals, hats, flowers, leaves, houses, roof lines, collars, belts, signs, a car, doors, windows, chimneys, hearts, bugs, butterflies, antiques, collections, instruments, jewelry, written music, newsprint, letters (printed on fabric to say things), the Moon, cake or pastries or anything you might need to build your quilt. Use your imagination here!**

**\*\*\* Now the big surprise in case you did not know is that I do my borders first and I am going to begin the class with showing you samples, talking about color and setting a color palette with your quilt canvas. Because we don't have a huge amount of time I am going to demonstrate many ideas and let you choose which things you choose to do. Please know that this is a Process class and you will be bringing out your inner artist to come out and play. It is so much fun!**

**For the BORDER you will need: A MUST**

**2 yards of background fabric-black is excellent but you can use any light light fabric or dark dark fabric that is a tone on tone and not too busy. Do not bring a medium fabric for this. Mediums do not make a good background for any**

**quilt and you don't want a mushy quilt. Remember the background of your border will be this fabric that you choose. This is NOT the center of your quilt. It is the frame around your quilt.**

**Now that you have your background BORDER fabric, bring a great selection of colors that go and that you like. This is also your palette and more is always better than less. If you don't bring much, you will not have a good palette to work with and it is harder to make something wonderful. You will be using small pieces of these fabrics to set a color palette for your quilt. This is what can make your quilt a prize winner and I have had many of them come out of my classes.**

**Remember- Your border stash is different from your story self portrait stash. You need both.**

**This sounds more complicated than it is and you will learn lots about process, being a true artist and what you have to say that will surprise even you with a self portrait. I can't wait.**

**Please bring any clippings, greeting cards, cartoons etc, that you like for ideas on your quilt.**

**Embroidery floss, buttons, little treasures can all be a part of this quilt and if you like to work with wool too, there is no reason not to put some wool in. I like to make my little treasures of wool like a pretty heart for the person to hold with a name or a nice truism.**

**This class is a lot of fun and can provide you with a way to leave a lasting and wonderful quilt left for generations about YOU!**