

ASDP NEWS



Happy New Year! Have you made New Year's resolutions yet? Or do you bother with fresh goals for the new year? If the answer is 'no,' why? Could it be because resolutions tend to get lost by February? Is it really an overused, loosely spoken notion? Perhaps you have a really good dream for yourself, but every year it *seems* to be the same ole thing. I would like to offer a new perspective on how to make this year different from the rest. Make it your best year ever. It's going to require some change. A new way of thinking.

The first step is to envision your best life for this year. With the ending of one year marks the beginning of a new year full of opportunities for the taking. Sew, decide what you want. Do you want to start a new process or project in your creative space? Do you want to take a dream vacation? Will you bring in "the Parlor" and finally hire that personal assistant?

Once you have that figured out, believe it with every cell of your being that it will happen. Feel it! Create a dream vision board with motivational quotes that move you and pictures that symbolize your dreams for 2024. Visit your dream vision board every single day at least once for 5 minutes.

JANUARY 2024

NEWSLETTER HIGHLIGHTS

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Discuss List



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Stay acquainted with it. Make a plan for achieving it and then take that first action step. Take the top 3 goals and set aside one hour each day to focus on them, whether it's 20 minutes for each on the daily, or one hour on one goal a day. Your dreams deserve the time. How else will they come true, right?

Be sure to not let reality tell you how it's going to be. You bend reality to your dreams. Remember to spend no more time in the past. As the billionaire said in the book "The 5am Club", "...your past is a servant that has made you all you now are-not a companion to spend much time with in your present or a friend to carry into your spotless future." Sew, shed the past of unfinished business, dust the old goals off, and pick them back up again, provided to you still, deep down, want them. Put that dress back on the form and re-evaluate. Make that phone call to connect with someone who can partner with you on your new idea for a garment project. Dust off the module you left off with and restart your journey to MSDP certification. You can do it. You know you can. Believe.

And that's another thing. What is your word for 2024? What word ignites a small flame in your heart? If you need help, google a list of 'word of the year' possibilities and see what speaks to you. Claim it. Write it down. Print it on special paper and put it on your wall by your sewing machine and cutting table. See it. Feel it. Everyday. (By the way, my word is 'BELIEVE'. It has carried me when my belief was shaky and small.) You can also take it a step further with a mantra for your year. A few words that give you a little spark of confidence and drive to hold your head up high with the belief you are doing it. You have what it takes. And you will earn this best year ever. (My mantra is 'High Society Dressmaker'. I write it down every day in my planner for a little confidence boost. It works!)

Finally, be mindful of your thoughts and the words you speak. "As a man thinketh, so is he." In other words, keep your thoughts aligned with your vision for this year. Speak it into being. It's speaking the truth in advance. Think, speak, and live as if it's already happened. Believe it. Focus on plenty rather than lack. No more wasting energy on thoughts of negativity or on the words of naysayers. Keep all your energies on your dreams and the most fantabulous year ahead.

Cheers!

-Michelle Loggins

To further your motivation, here are a few that I referenced in the article:

Podcasts:

**She Means Business Show
by Carrie Green**

**The Resilient Mind
Robin Sharma**

Books:

**"She Means Business"
by Carrie Green**

**"The 5am Club"
by Robin Sharma**

Share Your Expertise!

Are you passionate about your field of expertise? Do you have valuable insights and knowledge to share with others? If so, now is the perfect time to step into the spotlight and showcase your expertise by submitting a presenter proposal.

5 Reasons Why You Should Submit a Presenter Proposal

1. Make an Impact at Our Conference:

Presenting at our conference allows you to share your expertise with a diverse audience of professionals eager to learn and grow. Whether you have a unique perspective, innovative strategies, or proven best practices to share, your presentation has the power to inspire, educate, and empower others.

2. Contribute to Professional Development:

By sharing your knowledge and experiences, you play a crucial role in advancing the professional development of your peers. Your insights can help attendees overcome challenges, explore new opportunities, and stay abreast of the latest trends and developments in your field.

3. Expand Your Network:

Presenting at our conference provides a valuable opportunity to connect with other industry professionals, build relationships, and expand your network. You'll have the chance to engage in meaningful conversations, exchange ideas, and collaborate with like-minded individuals who share your passion for excellence.

4. Shape Future Educational Offerings:

Beyond the conference, your presenter proposal helps shape our educational programming throughout the year. We use the proposals we receive to develop additional workshops, webinars, and seminars that address the needs and interests of our community. Your contribution doesn't just end with your presentation—it serves as a catalyst for ongoing learning and growth.


5. Enhance Your Professional Profile:

Presenting at our conference is not just a chance to share your expertise—it's also an opportunity to enhance your professional profile and establish yourself as a thought leader in your field. Your presentation demonstrates your knowledge, credibility, and commitment to advancing your profession, which can open doors to new opportunities and elevate your career.

Submitting a presenter proposal is easy and straightforward. Simply complete the [proposal form](#), and you'll be on your way to sharing your expertise with our community. Whether you're a seasoned presenter or considering presenting for the first time, we welcome proposals from professionals at all stages of their careers.

Don't miss out on this chance to make a difference, connect with your peers, and shape the future of our educational programming. Submit your presenter proposal today and join us in creating an engaging and impactful conference experience for all attendees.

We look forward to receiving your proposals and celebrating the wealth of knowledge and expertise within our community. Together, let's inspire, educate, and empower one another to reach new heights of success!



Presenter Proposal Form

2024 Annual Educational Conference

Soaring to Success Portland, OR | October 22-27, 2024

The ASDP Educational Conference is a multi-day conference that brings together entrepreneurs, established and emerging professionals, students, and enthusiasts in the fields of sewing and design. We are seeking proposals from potential educators for business or skill-based classes to keep conference attendees up-to-date on all the latest issues, trends, and techniques. Additional information is available the [ASDP website](#). Please email any questions to education@sewingprofessionals.com.

The deadline to submit proposals for the 29th Annual Educational Conference is **1/31/2024**.

All submitters will be notified on or before March 1st. Please submit a separate proposal for each class.

Class proposals are accepted on a rolling basis for each conference year. Conference typically occurs in October and the location varies year to year around the United States. All class days and time schedules will be determined at the sole discretion of ASDP. All teachers are offered a stipend and access to discounted rates.

Continuing A Local Tradition

For the past few years, I have worked with a local high school to create custom garments for the school's May Day Court. The school tradition, ongoing since 1920, was interrupted by the COVID-19 pandemic by a two-year hiatus. Along with events that involve the student body and community, the May Day Court meets for months to practice for a presentation, dancing a waltz, and a contemporary dance.

The project typically consists of nine or ten gowns plus coordinating ties and pocket squares. For years, the gowns have been based on the same design, with occasional modifications for a covered neckline or sleeves. During the bleary days of winter, it is a project full of color!



Working with a limited budget, I focused on where my time had the most impact. I'm looking to find a balance between custom work and costume work. I made individual cotton mock-ups for each bodice size but didn't mock any skirt panels. Instead, mock-up bodices were marked for waistline and measured for skirt length while wearing the purchased petticoats. While visible seams were sewn with matching thread, basting and inner construction steps were done in batches with either a light or medium-tone thread.

Last year presented an opportunity for me to hone my content creation skills while working on the gowns. Experimenting with lighting and camera setups, I captured a range of colors and textures, documenting the project's progress. This year, I aim to further enhance project documentation by incorporating labeled photographs alongside written instructions.



ASDP Leadership

As a volunteer-managed trade non-profit, we understand the importance of finding and retaining qualified individuals to serve on our board. We recognize the challenges and complexities that come with this responsibility, and we deeply appreciate our volunteers for stepping up to the plate and answering the call to serve.

We are thrilled to welcome President-Elect Teresa Nieswaag, having served as President previously, she brings fresh perspectives, ideas, and enthusiasm along with a strong understanding of our organization. After completing a partial term, VP of Communications, Stephanie Mendes is continuing on the board for another term. Our Treasurer, Carol Phillips, will serve a partial term, through December 2024. We are looking for individuals to serve in open board positions and would like to start training someone for the Treasurer position early to facilitate the transition.

Together, we are a diverse and dynamic community united by a shared passion for our organization's mission and vision. Through our collective efforts, collaboration, and dedication, we will continue to make a positive impact and drive meaningful change in our industry. Once again, thank you to our previous, continuing, and incoming board members for your invaluable contributions to our organization.

Words from the President-Elect

Thank you for your confidence and support in the election to Pres elect for a second time. It was just about 10 years ago I last had the honor of serving on this board at which time I learned a lot about the internal workings of our association. I found it a wonderful way to get to know and learn from other members' business and life experience, meeting individuals I probably would not have met had I not been on the board of ASDP.

Aging and change seem to be constants in life and change seems to be a constant in a growing organization. One thing that has not changed in ASDP is our hope to continue growing our membership numbers along with attracting younger business owners. Working together, our very "established" members and those newer to this business can learn much from each other.

Having said this, I would encourage any member interested in making the most of their membership to consider either serving on our board or at least volunteering when asked, to be a part of a committee or helping in some way through the year and at national conference. There is nothing like the face-to-face interaction of conference, you really need to experience it for yourself!

Again, thank you for your confidence in allowing me to serve another board term, I look forward to working with all of you.

~Teresa Nieswaag

Member Recommended Reading

Sewing website SewCanShe is managed by sewing enthusiast Caroline. On her website, she offers projects, patterns, video tutorials, sewing tips and tricks on her blog, and a newsletter, as well as the 2 sewing books she has written.

[15 Transferable Skills That You Never Knew Sewing Could Teach You](#)

Recently she posted this article reviewing 15 transferable skills that are learned through sewing that are not always recognized while sewing. It's an interesting read, along with other blog posts that you may find useful in your sewing practice!

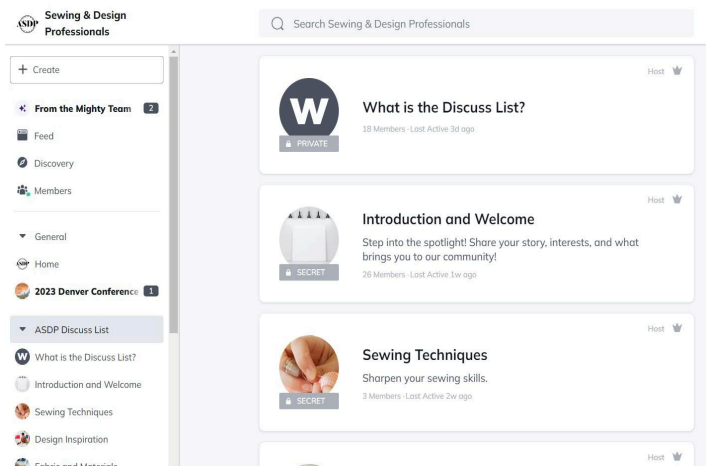


Do you have a go-to blogger or content creator whose work you absolutely love? We're on the lookout for great content to share with our membership and want to feature sewing, fashion and design, and entrepreneurship oriented resources. Drop us a line with your recommendations, and we'll feature them in our upcoming newsletters.

Send your recommendations to communications@sewingprofessionals.com or reach out to us on social media. We can't wait to discover your favorites!

The new Discuss List is open to all members!

Within the ASDP Community Space, members have access to the ASDP Discuss List as well as specialized resources and curated content. The Discuss List is a private ASDP member space to freely connect, share, and collaborate with like-minded individuals.



Additional information about Discuss List and member news can be found on the ASDP Member pages of the newsletter.

Join ASDP

Member Center