

*join * Us!*

March 21, 2015
9 a.m. to 4 p.m.

Lake Sunapee Country Club
289 Country Club Lane
New London, N.H.

Cost: Adults, \$10, (\$8 online) Children, \$5 (\$3 online)

 www.kearsargemagazine.com/zingtosping

ZING into Spring *a fun, family friendly event!*

- Visit and learn from dozens of vendors, local business owners, nonprofit organizations, artists and craftsmen
- Free hourly activities include: a family yoga session, ballroom dancing class, belly dancing demo, and hands-on flower arrangements
- Watch live jewelry making with MJ Harrington of Newport
- Stay for lunch: food vendors on site include King of Cupcakes, Yia Yia's Creations and Pura Vida
- Sign up for a free chair massage, reiki session, lip balm making class, temporary tattoos, and more!

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Schedule of Events

All classes, lectures and hands-on activities are free, but you may need to sign up to reserve your space.

9:15 a.m.

Yoga for Every Body

Stretch and bend with

Brianna Renner

Namaste Newport

namastenewport.org

12:15 p.m.

Make Your Own Lip Balm!

Heather Albrecht

Honestly Simple Soaps

honestlysimplesoaps.com

9:45 a.m.

"Aging Gracefully"

Tips from Leigh Stocker

Summercrest

summercrest.net

12:45 p.m.

Drums Alive

Fitness Drumming with

Anne Poirier

The Hogan Center at Colby

Sawyer College

colby-sawyerathletics.com

10:45 a.m.

Ballroom Dancing

Swing with Natalie Miles

The Newport Ball Room

thenewportballroom.com

1:15 p.m.

"Self-Talk for Successful

Weight Loss"

Tim Drown

ATP Fitness Consulting & Coaching

11:15 p.m.

Flower Arranging

Learn from expert Allison Coy

Allioops! Flowers & Gifts

allioopsflowers.com

1:45 p.m.

Flower Arranging

Hands-on learning with pro Allison Coy

Allioops! Flowers & Gifts

allioopsflowers.com

11:45 p.m.

Belly Dancing

Learn Middle Eastern moves

with Amity Ollis

Raq-on-Dance

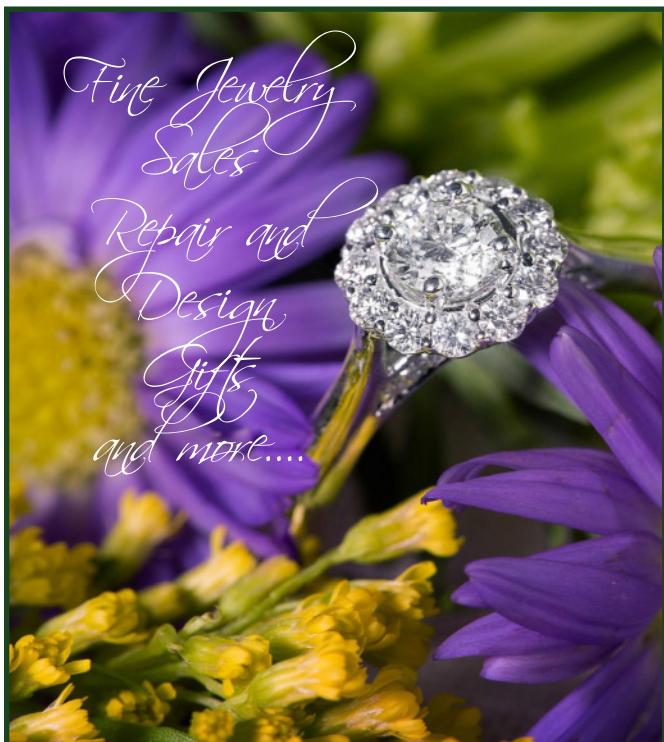
raq-on.net

Special thanks to our MC:

Marie Allen, Fun with Marie

funwithmarie.com

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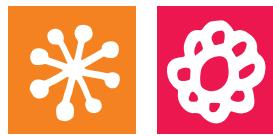
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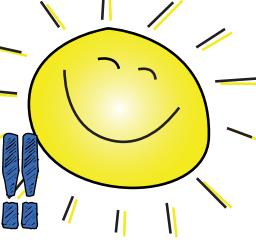
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Zing into Spring Vendors

This is only a partial line up of the great folks you'll see at our event!

AlliOops Flowers & Gifts
Artisan's of New London
ATP Fitness Consulting & Coaching
Avon/Brenda Saunders
Blackwater Mustard
Carrie Fradkin Fine Art
Clear Mountain Craft
Fiber Art by Susan
Honestly Simple Soaps
Infuse Me
Jo Shields Jewelry
Karma Soap
Kathleen Sirois Jewelry
King of Cupcakes
Leave It to Leslie
Michele's Gourmet Popcorn
Morgan Hill Bookstore
Myriad Yoga/Angie Follensbee-Hall
MJ Harrington & Co.
Namaste Newport
New London Hospital
Pura Vida
Raq-on Dance
Serendipity Boutique
Sew There!
Singing Whale Stained Glass
Spring Ledge Farm
Summercrest
Switchback Consignment
Tarte Café & Bakery
The Garden Spa
The Ink Factory
The Newport Ballroom
Totes with Tales
Trend Acupuncture
Yia Yia's Creations

Watch for updates on Facebook





Totes with Tales

As a teacher, Nancy Roy helped people develop their futures. Now she helps people celebrate their past in a touching and toting way.

BY Leigh Ann Root

Nancy Roy is sewing together memories, one stitch at a time, seamlessly bringing the past into the present.

Before you meet the creations you must meet the creator. The combination of a festive personality, intellectual mind and heart of gold make Roy unforgettable. It's no surprise she began her professional life as a kindergarten teacher, later a principal, and then a professor. Retiring after 20 years at River Valley Community College, Roy decided to follow a dream that brought her back to her roots. As the daughter and granddaughter of seamstresses, it was only natural that she, too, is a master at the machine. This combined with the creativity she inherited from her dad, a sign painter and designer, Totes with Tales was born.

Totes with Tales are one-of-a-kind creations, made out of recycled memories, and designed for function. The idea was actually birthed back in 2002, when a childhood friend's mother died. Roy transformed a favorite denim shirt of the mother's into a tote bag. This friend carried her lunch daily in this "tote with a tale" for more than 10 years. The toting of this memory warmed Roy's heart and stayed in her mind for years to come. There was one more creation, years ago, that also planted a seed for this unique bag business. "My parents owned 200 blueberry bushes and were often gifted blueberry items; clothing, napkins, placemats and such," she says. "I converted these beloved gifts into a tote, which my mom carried her favorite magazines in as she received chemotherapy treatments."

Today, Roy's sewing machine is busy carefully crafting carriers for

just about anyone; from a father's military uniform turned son's duffle to a grandmother's tablecloth transformed into a carryall. What makes her craftsmanship different?

Nancy Roy's customers bring her pieces of clothing, adored accessories and other keepsakes that contain special memories. Items range from childhood clothing and toys to sporting memorabilia, career reminders and military garb.

It's a number of different parts that makes the whole of her product a standout. She cautiously unstitches every previous stitch, allowing her to



This tote is made out of a hunter's shirt, a t-shirt and two dog collars.



Original tote materials include a Kermit shower curtain (mom), baby booties (dad), and great gram's needlepoint.

savor each precious piece for the new creation. She stays true to function as she mindfully puts the design together, keeping the next use in mind.

Never lost is the memory that Roy keeps close to her heart while she works. If you were to inspect one of her “works of heart,” you’ll typically find buttons on the bottom for material protection, old tags and logos prudently placed, and sensible pockets throughout. The outcome is a charming carrier to last another lifetime.

Roy’s customers bring her pieces of clothing, adored accessories and other keepsakes that contain special memories. Items range from childhood clothing and toys to sporting memorabilia, career reminders and military garb. A dialogue between customer and Roy ensues, where she gets to “know” the material



and learns the intention for the end product. She carefully deconstructs, lays out the material, and lets her creative juices flow. There may not be a clear plan as she begins, only a strong foundation of function. As she puts a couple of pieces together, the tote takes shape. Then many nooks, distinctive handles and playful pockets adorn the bag. A client may request an umbrella pouch or a place for keys but uncommon extras may be added during the process.

Her practical purposing of the

past has produced a niche business bringing together emotion and function. “When I hand the customer the finished tote with a personal tale, I am satisfied that I have honored their memories with a new treasure,” Roy says. **KM**

Leigh Ann Root is a freelance writer and the events manager for Kearsarge Magazine. She lives in Newbury, N.H., with her husband, Jonathan, and two children, Parker and Joleigh.

WEB

toteswithtales.com