



The Power of You Newsletter



FALL/WINTER 2008

September 2008

Hello everyone! Wow, that summer flew by, didn't it? However, my sister, Wendy, and I were just lamenting this morning about how sick we are of tank tops and T-shirts and that we want to wear our sweaters! As I write this, it is about 23°C above and gorgeous outside but I think that the summer weather is on its last legs. It is definitely time to get into the stores and get your pick of the new Fall clothes! Here is what in store for you in this edition of "The Power of You" newsletter:

- *Prepping for Fall/Winter*
- *Fashion Trends for Fall/Winter 2008-09*
- *Help, I Have Nothing to Wear*
- *New Seminar Offering: "Aging Beautifully"*
- *Janise's Favourite Picks*

PREPPING FOR FALL/WINTER

- Clean out your closet. Take all of your summer clothes out of your closet and drawers and put them in storage. A closet in a spare bedroom and/or Rubbermaid containers is a good place to store "out of season" clothes. Bring out your winter clothes and hang them in outfits rather than by color or type (see my article on "clustering" below).
- Buy a couple of fashion magazines or read my "Fashion Trends for Fall/Winter 2008" list and make a list of items to shop for to update your wardrobe. Always depend on classic pieces for your basic wardrobe and add coloured and/or printed pieces per season to update it.
- Shop early in the season to get the best selection, most color options and sizes.
- If you are thinking you don't have any money to buy new clothes for the Fall, how about starting today by putting away \$100 a month in a special account so you can buy new clothes twice a year?

FASHION TRENDS FOR FALL/WINTER 2008-09?

Women:

- Can you say "purple, purple, purple"! Oh my goodness, it has been a long time since I have seen such a singular color influence for a season. It is everywhere! There are also other jewel tones out there ... fuchsia, teal, royal blue and bright greens. Add one or two pieces or accessories into your wardrobe, but don't go crazy because next year they may be "out".
- Watch for color graduation (dark to light; akin to tie-dying) in shoes, bags and garments
- The important neutral is grey ... again, along with black and brown.
- Menswear-inspired fabrics and styles are prevalent - bow-tied blouses, pin-striped pants and jackets, wide-legged trousers, vests, plaid accessories, etc.
- Coloured and patterned tights are huge, especially paired with coloured shoes
- Shoes are sky-high or wedges
- One-shoulder blouses & dresses will be big for evening wear

Men:

- There is an “Englishman” trend we are seeing with tweeds and plaids for jackets, mixed with the solid jewel-tone shirts.
- French-cuffed shirts with cufflinks are making a big comeback!
- Casual shirts are accented with embroidery and de-construction (seaming on the outside) details
- Scarves are the big fashion accessory for men

HELP, I HAVE NOTHING TO WEAR!

Do you open your closet and look at its overstuffed contents and mutter, “Help, I have nothing to wear”? Do you go out and shop for an event or occasion and then never wear that item or outfit again?

Solve all of these dilemmas with a concept I get so much positive feedback about at my seminars. It is a concept called “clustering”. A “cluster” is simply a small group (6 – 12 pieces) of color-themed clothes that mix and match to meet a particular role or need in your life. For example, you might create a cluster for the office, a cluster for travel, a cluster just for golfing, etc. A successful cluster would consist of 2-3 bottoms (pants, skirts, shorts, jeans, etc.), 4-5 tops (blouse, T-shirt, shell, turtleneck, crew-neck sweater, collared shirt, etc.), and 2-3 layering top pieces, such as a jacket, vest, cardigan, v-necked sweater, etc.

So, how does one begin to build a cluster? First, find an “inspiration” piece that you love to inspire your color choices. It might be a patterned blouse, a striped sweater, a woven jacket, or a funky scarf. There are two basic rules when selecting items for your cluster. Firstly, each piece you purchase must go with at least 2-3 other pieces in the cluster. Secondly, each piece should be different in style, color, texture, type, even formality, to give you lots of options. For example, don’t go out and buy 2-3 turtlenecks in different colors because you will soon tire of them. Instead, you should purchase a variety of pieces such as a T-shirt, a short-sleeve sweater, a blouse, and a turtleneck, for example.

Before you are tempted to buy that one new item, ask yourself, “Do I have 2-3 pieces at home I can wear this with?” If not, ask yourself, “Then, am I prepared to buy 2-3 pieces today to go with it?” If not, I suggest you leave it on the rack before you add another “orphan” to your wardrobe and contribute further to your “Help, I have nothing to wear” closet.

If you need a visual example of clustering, check this month’s issue of “Lou Lou” magazine (September 2008), pages 63 – 72. Even though I don’t love all of the looks they put together, they did create 30 different looks out of 21 pieces and it might help you see the possibilities.

If this whole concept overwhelms you, give me a shout (403-503-0415 or janise@goj3.com) and I can take you out “personal shopping” and help you to put a functional cluster together.

NEW SEMINAR OFFERING – “AGING BEAUTIFULLY”

In addition to my other seminar offerings (“*Dressing the Body You are Currently In*”, “*Dress for Power*”, “*Help, I Have Nothing to Wear*”), I have recently put together a new seminar for 50+ women called “**Aging Beautifully**”. As one wise person said, “Aging is inevitable, but getting old is optional.” Amen! This seminar is about aging beautifully ... not fighting aging with plastic or cosmetic surgery procedures. Instead, learn how to grow old with style! Learn how to avoid the “looks” that can age you and how to dress your body and apply cosmetics appropriately after 50. For more information on this, and other seminars that I provide for organizations, please see my website, www.goj3.com, under “Seminar Offerings”.

JANISE'S FAVOURITE PICKS

Like Oprah's famous list, here are a few products I am loving right now:

- **Banana Republic White Collared Blouses** – Looking for the perfect white blouse, ladies? Banana has them! The fabric is luxurious and the tailored fit is amazing.
- **Jane Maxlash² Lash Defining Mascara** – It's the PERFECT mascara. It goes on without clumping, lengthens your lashes and you can keep applying it (layering) for darker & thicker if you want. Only available at some Zeller's stores (Chinook Centre, for sure).
- **Clean & Clear Oil Absorbing Sheets** – I carry these everywhere for taking the shine off of my face without removing make-up or piling on more powder. Available at Shopper's Drug Mart.
- **MAC Moisture Cover Concealer** – This creamy concealer covers well and never gets cakey or sits in lines. It's the best one I have ever used! Available at MAC counters or stores.
- **Life Defy Facial Cleansing Cloths** – These wonderful alcohol-free and oil-free cleansing clothes are great for travelling or quick removal of your "face" when you've stayed up too late and are ready to fall into bed. These cloths even remove waterproof make-up easily and gently. Available at Shopper's Drug Mart (Life Brand).
- **Sephora Keep Khol Waterproof Liner** – Anyone else have problems with eye-liner bleeding and running under your lower lashes? I do! This one stays put ... thank you Sephora! Available at Sephora stores (Chinook Centre, Market Mall) in black or brown.
- **Dove Energy Glow Body Lotion** – Want to hang on to your summer tan longer or just not look so awfully white? Try this light lotion with built-in self tanner. It looks natural and smells great!

On a personal note, I have decided to return to the use of my maiden name following the finalization of my divorce this past summer. Effective immediately, I am changing my name from "Schmode" to "Bachler" (pronounced batch-ler).

If you would like to book an appointment with me to help edit and organize your closet, to do some shopping for the Fall, or to book a seminar presentation for your organization, call me at 403-503-0415, or email me at janise@goj3.com.

*Blessings,
Janise*

REMEMBER ... good clothes open all doors!

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