
Albury Wodonga HandWeavers & Spinners Guild Inc.



PO Box 629, Albury NSW 2640 | eMail: awspinners@gmail.com

PRESIDENT'S REPORT - August 2015

Thank you to all who helped AWHW&S Guild celebrate 45 years. It was lovely to see so many visitors who braved the weather to travel, thank you for attending. The food was delicious and plentiful and the tea and coffee never ending, thank you all for your donations of food and time spent in the kitchen making drinks and washing dishes. Thank you for help setting up and packing up and for all the "little bits and pieces" that added to the day.

For me the highlight of the day was "show and tell" and the conversations, the impromptu demonstrations and the sharing of ideas that flowed from it.

It was a lovely way to celebrate our 45 years, I hope you all enjoyed the day as much as I did.

Heather.

Is knitting "the new yoga"?

Extracts from a review of a study and survey conducted by UK-based knitting therapist Betsan Corkhill.

Research shows that knitting and other forms of textile crafting such as sewing, weaving and crocheting have quite a lot in common with mindfulness and meditation — all are reported to have a positive impact on mind health and well-being.

Here are 10 ways crafting with friends may improve mind and brain wellness:

- Mental challenge and problem solving
- Social connection
- Mindfulness
- Development of hand-eye coordination, spatial awareness and fine motor dexterity
- Learning and teaching
- Focusing attention and thoughts on a task
- Encouraging active creativity
- Gives a sense of pride and achievement
- Teaches patience and perseverance
- Facilitates memory formation and retrieval

The full article can be read at <http://www.mindbodygreen.com/0-14252/why-crafting-is-great-for-your-brain-a-neuroscientist-explains.html>

Committee 2015-2016

President:

Heather Mulqueeny
0260 246579

Secretary:

Position vacant.
Volunteer nominations welcome.

Vice Secretary:

Ruth Mitchell
0402 019869

Treasurer:

Debbie Carpenter
0400 612237

Newsletter:

Kathy Wheeler
0439 696878

Public Officer:

Helen Spears

Publicity Officer:

Ruth Mitchell
0402 019869

Library & Equipment Officer:

Position now vacant

Hostess Duties

October 14th Robyn Cooper

November 11th Pam Jowett

December 9th Heather Mulqueeny



Show and Tell – August 2015

Rachael very proudly took us outside to show us the Alpaca trailer she has just purchased; it is divided into three so that she can fit in the girls, the boys and the babies.

Kathy showed us a photo of her new English Leicester lambs, 4 girls and 2 boys. She also passed around a sample of the English Leicester fleece which display lustrous, long locks that takes dye extremely well.

Pam has completed a magnificent Japanese inspired quilt that features panels of Sachiko sewing.

Ann gave us a report on the World Cup Netball in Sydney; on her one day off she did visit the Petlyn Fibre Shop.

Kylie is spindling some First Edition and has washed some mohair fleece ready to card.

Christine displayed her Striped Baby Surprise jacket

Debbie was wearing a cowl, last seen it was still in the knitting stage, a hand spun, beautifully soft alpaca scarf and striped socks for her son in law.



For all sorts of reasons including our 45th, shifted meeting dates and members being away, the September meeting was short, uneventful, and does not have a Presidents Report. But we do have ...

Show and Tell – September 2015

Faye showed knitting of a toy “Mickey Mouse” baby blocks using magic squares. She also showed a baby jacket.

Kathy showed some of her carded fleeces.

Robyn showed a knitted scarf that she has made for a charity.

Kylie is practising crochet

Pam showed a crochet rug called “Commemorative Rug” in colour Shades of our Forces.

Ann showed a collection of her handspun alpaca.

Heather showed a toy elephant in crochet.



Insect Infestation and your Fibre Stash

Prevention is better than cure.

- Establish a quarantine area away from your usual stored fibres to keep newly acquired bags of fleece, yarns and other textiles until you have time to tip them out in the sunlight and have a good look for insect infestation.
- Freezing, heat and chemicals will kill insects in the flying, pupal and larval stages, but not the eggs. Eggs are designed to survive.
- Insects do not like to be disturbed, so every few months expose the fibre to light and move them around a bit.
- Block the smell of the protein in your fibre by using, lavender, cedar herbal remedies and even sweet smelling soaps, washing the fibre before storage will also help.
- Tightly packed wool seems to last a lot longer than loosely packed wool.
- Heavy plastic containers with tight fitting lids have served me well, do not keep them in direct sunshine however, as moisture damage can occur as a fresh fleece contains water, which can sweat when left in plastic in the sun.
- Store your textiles, garments etc. after they have been laundered, remember that moths love sweat and food stains.
- Mothballs /flakes made from naphthalene or paradichlorobenzene are effective, but should be used with caution, (wash hands, wear gloves) and the treated fibre should be very well aired before use.
- Please check that your fibres, fleeces yarns etc. are free from insect infestation before bringing them into the guild rooms, as we do not want an infestation to spread to the textiles we have there.

These are only some of the preventative measures I have read about and used, I hope they are of help to you.

Heather.

For Sale

Electric Spinning Wheel for jumbo spinning. \$150. Contact Faye Hoffmann on 0409 521161

Kerri Robb has contacted us with items for sale that belonged to her late Mother. Christine and I visited her to give her some idea of prices etc.

Almost all of the items come with all the necessary bits and pieces, we just have not listed them here. If anyone is interested in the items please phone Kerri to arrange a time to visit her. The items include:

- Ashford Rigid heddle loom 80cm, in excellent condition
- Vintage Rigid Heddle Loom in original box with instructions, in good condition
- 4 shaft loom table loom 30 inches Sheridan, in good condition
- Inkle loom
- 3 wool winders
- 1 comb winder
- Roberta electric wheel 2 bobbins
- Ashford electronic jumbo bobbins with lazy Kate
- New Ashford Flicker,
- Netting shuttles.new , 4 larger and 4 smaller
- Assorted weaving and spinning books including Ashford book of Weaving by Anne Field, Weavers book by H. Tidball, Beginning Spinning by Truda Cox
- Tapestry loom large 40inches
- Plenty of yarn for weaving and knitting

Contact Kerri 02 60251160

For the Diary:

Oct 31 st , Nov 1 st	Albury Show
November 5 th 2015 to February 24 th 2016	Christmas at the Johnston Collection, Melbourne. https://www.johnstoncollection.org/house_museum_tours

Workshops, Work Days and Meeting Days:

October 7 th	Casual Workday
October 14 th	Meeting
October 28 th	Rooms closed (Albury Show) Workshop meeting Debbie's, details t.b.a.
November 4 th	Rooms closed (Albury Show)
November 11 th	Meeting, Remembrance Day
November 25 th	Christmas Lunch
December 2 nd	Casual Workday
December 9 th	Last Meeting for the Year, followed by a shared Christmas Lunch
February 3 rd 2016	Return, Casual Workday

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AWHW&S Guild - 45th Birthday 12th August 2015

“I want to read to you some information about fashion in 1970

“A fashion revolution occurred ...

“Polyester was the material of choice and bright colours were everywhere. Men and women alike were wearing very tight fitting pants and platform shoes. By 1973, most women were wearing high cut boots and low cut pants.

“Early 1970s fashion was a fun era. It culminated some of the best elements of the 60s and perfected and/or exaggerated them. Some of the best clothing produced in the 1970s perfectly blended the mods with the hippies.

“Just when it seemed pants couldn’t flare any more (bell bottoms, anyone?), the flare was almost gone. By the late 1970s the pant suit, leisure suit and track suit was what the average person was sporting. Every woman had a cowl neck sweater in her closet and every man had a few striped v-neck velour shirts.

“Tunics, culottes and robes were also very popular. Sometimes it’s hard to tell which dresses were meant to be worn at home, and which ones were for a night on the town.

“Chest hair, medallions, polyester, butterfly collars, bell bottoms, skin-tight t-shirts, sandals, leisure suits, flower patterned dress shirts, sideburns and, yes, tennis headbands.

“There is one common theme throughout fashion in the 1970s: pants were tight fitting. And it is probably the first full decade in which women could be seen wearing pants in every walk of life.

“It’s also hard to miss the fact that colour almost completely disappeared by 1979. Earth tones, grays, whites and blacks were back in full force, as people had apparently tired of the super bright tones of the early 1970s.

“It is against this fashion background that Mrs Rees became the founding President of AWHW&S Guild and Pam and Faye two of the founding members and here we are today.”

And so with that introduction from our current President Heather, and the cutting of the cake, the Albury Wodonga Handweavers & Spinners Guild 45th Birthday Celebration was underway.





The formalities were brief, and the ohhs and ahhs over the Show-and-Tell pieces, informal demonstrations, and friendly discussions over a lovely morning tea spread filled the time until early afternoon, as visitors, guests and members departed and numbers slowly dwindled.

A big thank you to every one for all the things they contributed to the day, a special thanks to Lance Meng for his help setting up.

The day was a most enjoyable celebration of our 45 years with 28 people attending and representative groups from fellow Guilds from as far afield as Corowa, Wangaratta, Tumut and Wagga.

