



## And we're back!!!

Suddenly it's the end of March already and we're well into 2019! The first few Wednesdays of the year have been well supported so far, with busy hands and lots of projects on the go. Our first Wednesday Workshop - our Dyeing Day - was held on the 27th Feb and lots of fun and colour ensued. Photos and story on page 2.

On our second Wednesday we sorted and divided up that huge bale of synthetics and blends, and I think nearly everyone took something home. Floor space re-claimed!

We also had great representation at the Wodonga Alpaca Show again, and much fun was had by those attending the Annual Harrierville weekend.

Our AGM is rapidly approaching, and Members are asked to consider if they would like to stand for any of the Committee positions for 2019 - 2020. I'm sure Heather will say more in her report.

We're busy sorting our our 2019 Calendar, with WorkShops in the planning. Stay tuned and check the Calendar/Diary for more.

Ed.

## Presidents Report, March 2019

Welcome back to 2019!

It is good to see everyone again after the Christmas break and to be back into our routine of meetings and workshops.

Thank you to Vivien and Ann for working away over the break to be able to put an application to the Albury Council for a grant to revamp our rooms. Fingers crossed we have some success.

Our dyeing day was once again a fun day with both expected and unexpected results. Robyn's angora rabbits came to visit on that day and they were lucky to go home still with lovely white fur.

Our AGM is coming up in April, so please put some thought into nominating yourself or someone else for a position. If all the positions are filled then it is easier all round and it is rewarding to be able to keep such a great group as ours running smoothly. All positions will be declared vacant, some members have already indicated they will nominate for jobs, but there will still be some to fill.

We still need ideas for workshops to run on the fourth Wednesday of each month, at the moment we are looking for someone to teach the skill of Inkle loom weaving.

I hope those attending the Wodonga and Holbrook Shows and the Harrierville weekend all have a enjoyable time.

Heather.

### Committee 2017 - 2018

#### President:

Heather Mulqueeny  
02 6024 6579

#### Vice President:

Debbie Carpenter  
0400 612237

#### Minute Officer:

Joy Barnett  
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#### Secretary:

Communications/Events  
T.B.A. (if interested please  
contact the President)

#### Assistant Secretary:

Amanda Bartels  
0410 475 873

#### Treasurer:

Ann Leonard  
02 6026 2703

#### Assistant Treasurer:

Jane Manning  
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#### Newsletter Editor:

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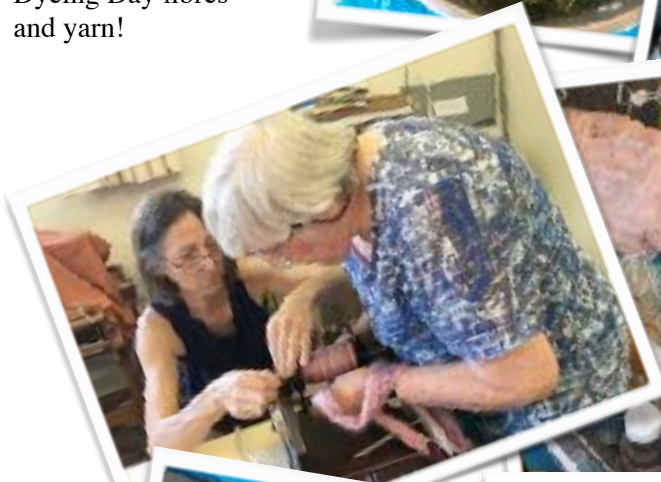
[www.facebook.com/  
AWHSG](http://www.facebook.com/AWHSG)

## Wednesday Dyeing Day 2019

Wednesday the 27 of February was a lovely day - not too hot, not too cold, a little breezy for carding outside but lovely weather for dyeing. There were pots of Landscape and Jacquard acid dyes on the simmer, dye being extracted from rhubarb leaves and various other natural dye sources on cooking, the microwave was doing a brisk business with food colouring and another pot on the stove top element. There was yarn and roving, fleece and fibre of all sorts and lots and lots of colour. We even had a visit from some sweet and super soft angora bunnies.

Some spinners joined those outside, while others worked inside out of the breeze.

We're looking forward to seeing what gets made from our Dyeing Day fibres and yarn!



## HOUSE Keeping Our work rooms clean.

There is a list on the notice board of tasks that can be done weekly, monthly and annually that will keep our kitchen, bathrooms and work areas clean. When you see a job that needs doing, please attend to it and sign off on the list, alternatively you might like to "claim" a job for a month or two or the year. If so please indicate that you have it covered on the list. Thanks.

### OH&S - Keep the floors clear.

A gentle reminder to all, please tuck your handbag, workbag, spare equipment etc. away, under the table, or in a safe place to reduce the chance of trips and falls. Thank you.

## Show & Tell - December 2018

Our last but not least Show & Tell for 2018

**Robyn Walker:** Pin loom squares, spun skeins wool, crochet

bowls, knitted beanies.

**Gail:** Embellished felted shawl

**Pam:** Knitted jacket

**Kylie:** Cowl, hand spun lace to make into cowl

**Robyn Cooper:** Baby jumper, lacy shawl

**Rachael:** Digital Art

**Jane:** Socks, woven scarf, fabric tartan scarf

**Debbie:** Xmas place mats, crochet bag

**Anne:** Embroidered Camel – free standing lace



## Gone but not forgotten ...

... lastly a great big **THANK YOU** to everyone that made our **2018 Christmas Meeting** and nibbles such a popular success!



## Show & Tell - February 2019

**Robyn Walker:** Hand spun and knitted blue woollen vest, Purple knitted face washer

**Debbie:** Crochet white baby jacket, Pin Loom cushion cover pink/black

**Viv:** Felted bag, Felted vase or thermos cover

**Rachel F:** Textiles information folders compiled for her Class at school

**Rachel Wheeler:** Artwork designs

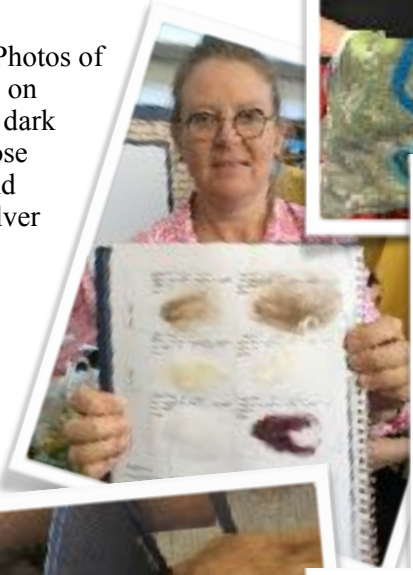
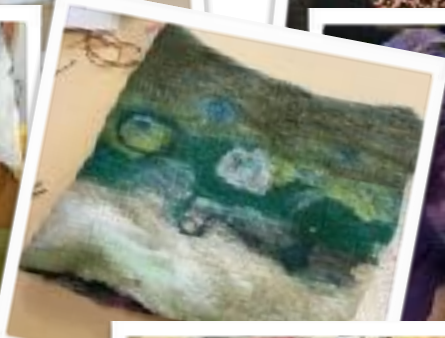
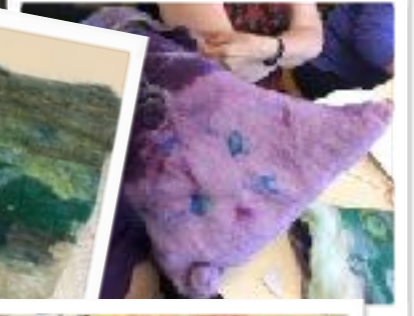
**Kathy Wheeler:** Multi coloured fleece English Leicester, Felting in frames, Spun blue wool English Leicester

**Kathy Porta:** Bag of fleece for carding

**Jane:** Cashmere & tencil spun to shawl, Set of 6 placemats, Cloth, Celtic shawl, Tartan Twill

**Julie:** Photos of scarves on loom – dark grey, rose grey and light silver

**Ella:** Single spun knitted shawl



## Show & Tell March 2019

**Robyn Walker:** Slippers, Face Washer

**Debbie:** Crochet baby jacket, Pin Loom blanket made with Bendigo wool

**Viv:** Felted scarves and matching bags

**Rachael:** Framed "chocolates"

**Kathy Wheeler:** Needle felted flowers and baby lamb – from pipe cleaner to lamb!

**Jill:** Knitted Jacket with fibre swatches made at Guild

**Kylie:** Shawl

**Robyn Cooper:** Knitted hat

**Joy Dawson:** Dyed wool using blackbean

**Gail:** Crochet drawstring bag using commercial linen/jute fibre

**Bev:** Dyed wool, knitted cardigan and woven runner "stars & moon"



## Wet Felting Workshop



Our first Workshop for the year was held on Wednesday the 27 of March - wet felting workshop using a resist with Vivien - making 3D pod/bowl/glasses case/small bag.

Looks like the participants had heaps of fun, and all manner of felted objects started to emerge by lunch time!



The following discussion was posted recently on one of my FaceBook fibre related feeds. As usual some interesting insights and opinions from fiberistas all over the world.

## You have a nice soft, raw wool. You scour it and it becomes harsh. WHY?

- Cleaning product was either too harsh or you went over board cleaning and roughed up the scales I would add conditioner to relax the scales and return softens to the fiber.
- Too much alkaline detergent...I would give it a rinse with a mild vinegar/water solution.
- Over scoured with the wrong shampoo/agitation, and/or rapid temp changes. Another big one is not washing properly, example: too much fiber to water ratio. The fibers need plenty of water to penetrate thoroughly, resulting in excess lanolin if packed too much into wash water. If too much lanolin, the fiber can feel almost “crunchy “ due to excess lanolin clinging back onto wool as it dries! Especially if the water was too cool!!
- From my personal experience, using too much soap. When I first started out, I did two, even three, washes with soap, and then the wool would come out dry and make that harsh sound when pulling locks. Now I mostly just soak, drain, soak, drain, if that doesn't get most of the dirt, or if there are dirty tips, I let it soak overnight to loosen the dirt and work the tips out the next day. THEN I add the soap, just once and just enough to get it clean (I have my soap in an old mustard bottle which I eyeball and squirt into the water), then my rinses. You can still feel some lanolin in the wool after it's dry, but it's clean and not too greasy to work with. It's also scoured enough to take dye, which will also melt some of the grease off in the process, but not so much that the wool feels too dry post-dyeing and is still nice and soft to the touch.
- In order of likelihood based on feedback:
  - 1) Overly alkali cleaning.
  - 2) Not adequately rinsed, the scour can leave deposits.
  - 3) Agitating during the scour can cause pre-felting.
  - 4) Inappropriate scour can lift the yarn cuticle.
- I think it depends on what you mean by “scour”. So at a commercial mill scouring is done with a mild sulphuric acid which dissolves all VM and removes the lanolin along with a detergent. What many people find “itchy” is actually microscopic amounts of sulphuric acid in the fibers in contact with sweat. Since most home processing does not include chemical treatment then it is down to the fiber and the detergent you use. I have not found any fibers that are courser after washing than before.

**CONCLUSION: So many conditions can make wool harsh. pH of soap, water temperature, rough handling or even over washing/scouring.**

## Handspun yarns *Reprinted from Treadles, The Victoria Guild Newsletter*

Our minimum pricing for handspun yarns has not been reviewed since 2014. We understand that the market value of raw materials has increased during this period and to ensure you receive a fair price for your labour we have updated the minimum price list as below:

Fibre type	Cents/gram
Natural wool	30c/g
Commercial dyed wool	35c/g
Hand dyed fibre	40c/g
Mixed dyed fibre	45c/g
Special fibres e.g. silk, camel, alpaca, cashmere	50c/g

## Debunking the myth that wool is an allergen



*An excerpt ...*

The Woolmark Company\* brought together a multidisciplinary collaboration of allergists, immunologists and dermatologists who are internationally recognised in the fields of eczema and contact dermatitis, and a leading wool textile chemist, to re-examine the issues. Their task was to review the historical literature during the past 100 years and critically assess the validity of those claiming wool is an allergen.

This high-powered group of professionals from across the world concluded that the evidence to date fails to support the notion that wool is an allergen. The historical papers that implicate wool as the cause of allergic reactions on the skin have important limitations that counter their findings. In fact, studies with fewer limitations and stronger 'skin prick testing' methodology demonstrate no evidence of allergy to wool.

Importantly, it was found that any skin irritation caused by garments is due to the incidence of coarse fibres protruding from the fabric (ie diameters greater than 30 micron) and that this cause is independent of fibre type. Skin irritation can just as readily be caused by coarse synthetic fibres as by coarse wool fibres.

Furthermore, recent studies suggest that contemporary superfine or ultrafine Merino wool with their reduced fibre diameters do not provoke itch, are well tolerated and in fact benefit eczema management.

It was also found that known allergens applied during textile processing are minimally present in wool garments today given current industry practices and are unlikely to lead to allergic reactions.

*\*The Woolmark Company is a subsidiary of Australian Wool Innovation, a not-for-profit enterprise that conducts research, development and marketing along the worldwide supply chain for Australian wool on behalf of about 60,000 woolgrowers that help fund the company.*

**For the complete article go to this link:**

<https://www.woolmark.com/about-wool/wellness/debunking-the-myth-that-wool-is-an-allergen/?enforce=true&fbclid=IwAR2er1du5PDHS-9BbsmqoDZPghBfnqrxZevF-fsf6XxescIiZ3DczZhVTGY>

*Photo credit: from the Australian Sheep & Wool Show Woolcraft: 2014 Feature Breed – Merino*



## Antibacterial properties of fleece

*Sheep's wool has long had a reputation for antibacterial and antimicrobial properties. The thin waxy coating of wool fibre contains fatty acids that inhibit the growth of mould, mildew and bacteria. This means that woolen items do not need regular washing and will smell fresh after repeated use, unlike synthetic fibres. And now alpaca fibre is joining the list of naturally antibacterial fibres:*



*Alpaca Owners Association (USA) Documents Antimicrobial Properties Of Raw Alpaca Fiber.*

LINCOLN, Neb. — December 3, 2018 — Alpaca Owners Association (AOA) announced recent laboratory testing results revealed that raw alpaca fiber possesses antibacterial properties.

“While the effect is modest, it is likely comparable to the natural antibacterial properties of scoured sheep’s wool,” said Bud Synhorst, Executive Director of AOA. “This will increase the interest of alpaca fiber within the active apparel industry.”

The outdoor and sports apparel industry has seen increased interest in antimicrobial textile products from active consumers who want products that are odor resistant. The industry has largely addressed this demand by treating fabrics with chemicals that inhibit bacterial growth.

While highly effective at suppressing bacteria on the garments short term, Synhorst noted that in most cases those chemicals are lost over time as the garment is used and washed, resulting in a loss of antibacterial effect. This has led some market observers to raise environmental concerns regarding the resulting presence of the chemicals in water and soil.

By contrast, the antibacterial properties of the keratin component of animal fibers, including alpaca, are a more natural and durable alternative to chemical treatment.

“This is another reason that high-quality animal fiber textiles remain in demand,” he said. “They can be a good fit for consumers looking for durable clothing that is grown and manufactured in ways that are sensitive to the long-term health of the environment.”

Posted December 3, 2018. Source: Alpaca Owners Association, Inc. (AOA)



## For Sale:

Ashford Traditional Spinning Wheel in very good condition. The wheel comes with 3 bobbins, a lazy Kate and a niddy-noddy. Ph.: Heather 0407529062. \$200 (or best offer).

## Albury Wodonga Handweavers & Spinners Guild Program - 2019

Please note: Workshops are a Work In Progress - watch your Guild emails for notifications.

<b>April 10<sup>th</sup></b>	<b>AGM</b>
April 17 <sup>th</sup>	Casual Workday
April 24 <sup>th</sup>	Diagonal weaveing on a pin loom, Ann & Julie
<b>April 27<sup>th</sup> Saturday</b>	<b>Wangaratta Wool Day (Milawa)</b> also Sth Coast & Sthn Tablelands Black & Coloured Sheep Day at Robertson
April 30 <sup>th</sup> - May 25 <sup>th</sup>	<i>Four Legs - Working with Wool</i> Exhibition and Workshops Tuesday to Sunday, 10:30am - 4pm Creators Artspace, Gateway Village, Lincoln Causeway
May 1 <sup>st</sup>	Casual Workday
May 8 <sup>th</sup>	Business Meeting
May 15 <sup>th</sup>	Casual Workday
<b>May 18<sup>th</sup> &amp; 19<sup>th</sup></b>	<b>Canberra Wool Expo, Old Bus Depot Markets</b>
May 22 <sup>nd</sup>	Knitting a Versatile Beret Pattern, Jane & Kylie
May 29 <sup>th</sup>	Casual Workday
June 5 <sup>th</sup>	Casual Workday
June 12 <sup>th</sup>	Business Meeting
June 19 <sup>th</sup>	Casual Workday
June 26 <sup>th</sup>	
July 3 <sup>rd</sup>	Casual Workday
<b>July 5<sup>th</sup> – 7<sup>th</sup></b>	Craft Alive Wodonga
<b>July 6<sup>th</sup> _ 14<sup>th</sup></b>	<b>Wangaratta Stitched Up Festival (inc. Scarf Exchange)</b>
July 10 <sup>th</sup>	Business Meeting
July 17 <sup>th</sup>	Casual Workday
<b>July 19<sup>th</sup> – 21<sup>st</sup></b>	<b>Bendigo Wool &amp; Sheep Show</b>
July 24 <sup>th</sup>	
July 31 <sup>st</sup>	Casual Workday
August 7 <sup>th</sup>	Casual Workday
August 14 <sup>th</sup>	Business Meeting & Guild's Birthday
August 21 <sup>st</sup>	Casual Workday
August 25 <sup>th</sup>	Silk Spinning - Heather

## Albury Wodonga Handweavers & Spinners Guild Program 2019cont.

<b>September</b>	<b>Yerong Creek Weekend</b>
September 4th	Casual Workday
September 11th	Business Meeting
September 18th	Casual Workday
September 25th	
October 2nd	Casual Workday
October 9th	Business Meeting
October 16th	Casual Workday
October 23rd	
<b>October 30th</b>	<b>Rooms closed (Albury Show)</b>
<b>November 6th</b>	<b>Rooms closed (Albury Show)</b>
November 13 <sup>th</sup>	Business Meeting
<b>November ?</b>	<b>Mirambeena Arts and Craft Fair 10am - 2pm</b>
November 20th	Casual Workday
November 27th	
December 4th	Casual Workday
December 11th	Business Meeting, <b>Christmas Lunch</b>

### Business Meeting - Morning Tea Roster

Date		
10 <sup>th</sup> April	Julie	Jane
8 <sup>th</sup> May	Pam	Debbie
12 <sup>th</sup> June	Ann	Bev
10 <sup>th</sup> July	Joy D	Vivien
14 <sup>th</sup> August	Needed	Needed
11 <sup>th</sup> September	Rhonda	Ella
9 <sup>th</sup> October	Kathy P	Needed
13 <sup>th</sup> November	Robyn W	Needed

