THE MOTHER OF ALL

Newsletter of the Arizona Desert Weavers and Spinners Guild, Inc.

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MOA Deadline
15th
September - May

From the President's desk...

I recently came across a report on the benefits of volunteering. It said that a 2013 review of 40 international studies suggests that volunteering can add years to your life – with some evidence pointing to a 22 percent reduction in mortality. A separate study found that seniors who gave 100 hours or more annually were 28 percent less likely to die from any cause than their less philanthropic counterparts. The study further suggests that volunteers enjoy health benefits including improved physical and mental health as well as greater life satisfaction and reduced depression. Several studies show that volunteers are less likely to get heart disease. Also, when patients with chronic or serious illness volunteer, they receive benefits beyond what can be achieved through medical care.

Volunteers must engage in a certain amount of volunteering in order to derive the health benefits. The study suggests volunteering for two or more organizations and volunteering 40 or more hours a year. Volunteering improves your personal sense of purpose and accomplishment, enhances your social networks, and reduces both stress and disease risk. You know that when you go somewhere where you know a lot of people you have more fun than if you know no one. Volunteering introduces you to people with similar interests.

The benefits of volunteering last long after you stop volunteering. A study in the journal *Psychology and Aging* revealed that adults over the age of 50 who reported volunteering at least 200 hours in the past year were 40 percent less likely than non-volunteers to have developed hypertension **four years later.** Also, you still know the people you met while volunteering.

As we approach election time, I would like you to reflect on your satisfaction with life. ADWSG cannot exist without volunteers, yet the hours required are not many. There may be a flurry of time involved at the beginning of your term, or a few hours one or two days a month, but there is typically no set schedule for you to fulfill your obligation.

I became President of the Guild because no one else would step forward and I was not willing to give up my Guild. I also volunteer weekly for another organization and my partner is out for a while for medical reasons. All week I was thinking how nice it would be to have the break this week, but a substitute was found so I went in. When I walked in the door, my attitude of being bummed that I didn't have the extra hours to do stuff at home immediately changed to "I am so glad I am here today."

Volunteering is a gift to yourself in the best possible way. What's your excuse?

See you at the meeting!

Beki Welsch

Next Meeting:
February 1st at 10 AM
Northtown Community Center
2202 E. Waltann Lane, Phoenix, AZ

February Program:
Rita Beeson from the Arizona Fiber Mill in Prescott Valley will be our Speaker

Board Members Bring the Goodies!

EDUCATION GRANT

Are you interested in learning a new technique or want to dip your toe into a new fiber art? Are you hesitating to do this because you lack the funds? You may be in luck. Each year the Guild awards a $250 education grant to a member who would like to further their knowledge in weaving, spinning, dyeing or other fiber arts. Applications are now being accepted and can be as simple as a sentence or two about what you would like to study. The money can be used for materials, for attending a workshop or conference such as Fibers Through Time, or for whatever you need for your studies. The only requirement is that you give a program about what you learned to the Guild sometime in the next Guild year. The deadline for applications is the end of the March meeting. We usually get only two or three applications so the odds of you being selected are great. Give your application to any Board member or Elaine at the membership desk.

For more information, contact Beki Welsch at bekown@yahoo.com or 602-997-4512.

GUILD OFFICERS WANTED

As we have entered the new year, it is time to fill some board position that will go vacant by summer. We seriously ask the membership to consider stepping up. Says Georgian Ferrante from the Daytime Spinners:

"Volunteers are needed to fill the executive board positions for President, VP of Programs and VP of Workshops. Taking a position on the board is a great way to make new friends, contribute your ideas, and express your appreciation for all the years of pleasure and inspiration the guild has given to all of us. If you are interested in volunteering for one of these positions please contact me at georgianf@cox.net. I will be glad to discuss any questions you may have. Don't delay.
Entry deadline for nominees is Feb. 1st"

On the next page is a description of some of the offices, to give you an idea of the expections that go with them.

INTEREST GROUPS

DAYTIME SPINNERS

First Wednesdays at 10 a.m. at Northtown Community Center, 2202 E. Waltann Lane, Phx, 85022. Bring your luncheon/beverage, & join us for a day of spinning. Contact Georgian Ferrante. georgianf@cox.net or 480-948-3705 for more information.

TAPESTRY STUDY GROUP

Meets after the monthly general ADWSG meeting at Northtown Community Center, 2202 E. Waltann Lane, Phx, 85022. Bring your luncheon/beverage along with any type of loom with warping yarn and various types of yarn for tapestry weaving. For more information, contact Mary Conti at mariaconti@cox.net or 425-788-5012. All are welcome.

Position Descriptions, Per the By-Laws:

President:
The President shall preside at all meetings of the members and of the Board and shall have all the general powers and duties which are normally vested in the office of the President of a corporation. The President shall appoint the chairperson of all standing and special committees, subject to approval of the Board.

Vice-President:
The Vice President shall assist the President and fulfill the duties as assigned by the Board. In addition the VP of Programs shall chair all activities related to the planning of programs. In addition the VP of Workshops shall chair all activities related to the planning of major workshops and shall act as liaison officer between the Corporation and other guilds within the State of Arizona.

Secretary:
The Secretary shall keep the minutes of all meetings of the Board & the annual meeting of the general membership. They shall keep the permanent records of the corporation, keep a roll of the members of the Board and their attendance at all meetings, conduct all official correspondence, notify members of Board meetings and chair the nominating committee.

Treasurer:
The Treasurer shall receive all funds of the Corporation, deposit them in a bank, and disperse the same on authorization of the Board. The Treasurer shall maintain all financial records of income and expense and shall report to the Board at each meeting to be filed with the Secretary. The Treasurer shall prepare an annual budget to be approved by the Board at the beginning of each fiscal year and certify a year-end financial statement prepared by an outside accountant at the end of each fiscal year.

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Contact Information: Jerry@tri-plyfibers.com

GUILD RENTAL EQUIPMENT

Our guild has equipment for rental if you are interested in trying out a new technique or looking for equipment for a classs, e.g. for FTT 2014. Several members are storing the various items however you can contact me for rental details.

Sue Garber
602-482-3255 or Sue.garber@cox.net

Guild Rental Equipment List:

Table Looms		Weaving Width
1	8 Harness Leclerc	22 max
1	4 Harness Rasmussen	24
Floor Looms		
1	4 Harness Baby Wolf	
1	4 Harness Pendleton	36

Other Types of Looms

1	Inkle Loom	
1	Tapestry	18

Spinning

1	Louet S10 Spinning Wheel with 2-bobbin Lazy Kate attached
1	Ashford Traditional Wheel
1	4-bobbin Lazy Kate
1	Drumcarder
1	Cotton handcarders
1	Wool handcarders
1	Swift
1	Niddy Noddy
1	30" Navajo Style Spindle

Telarana Guild's Booth wins "Best in Show" at Mesa Art Fair

From the newsletter "Telarana Tidings":

The Mesa Arts Festival was a huge success for Telaraña; we won Best of Show! This award comes with a $1,000.00 monetary prize, automatic acceptance to next year's show and a waiver of the 2014 booth fee. 19 Guild artists participated and produced almost 300 amazing pieces for the show. All were admired and well received with sales totaling over $3,000.00. This was quite a feat, a major effort on the part of the Guild, and we thank everyone who contributed to the success of the event. We already look forward to next year's show!

Tempe Yarn & Fiber

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tempeyarn.com

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e-mail: yarn@fiberfactory.com
Visit our website: www.fiberfactory.com

Fibers Through Time 2014 Raffle Donations Requested

Please bring Federation Raffle items to the February 1 meeting. Items may we woven, knitted or jewelry, anything you would enjoy receiving in a raffle. Fiber, yarn, tools, equipment, candy, cups, glass items as I said anything you would enjoy receiving. We could use a basket—is there a basket weaver out there who wants to donate something especial?

In other news, registrations for Fibers Through Time is open until the end of January! Please check out the website at http://www.azfed.org for workshops and registration form.

Guild Member's Art Installation to be Featured at the Chocolate Affaire Festival in Glendale

The Chocolate Affaire Festival in Glendale is a very "sweet" and fun festival the weekend before Valentine's in downtown Glendale.

Saskia Jorda has sent word that she "will be making a installation titled 'Fluttering Hearts,' that involves a few thousand heart-shapped butterflies made of felt and wire that will be clustered around trees, lamp posts and other vertical elements forming a love path at the festival site."

More info about the festival: http://www.glendaleaz.com/events/chocolateaffaire.cfm

Dale Chihuly Glass Exhibit at Desert Botanical Garden

My mother and I spent a fun day at the Desert Botanical Garden end of last month, to see the Chihuly Glass. The Botanical Garden is a magical place any time of the year, but adding the glass adds quite another level. Or, if you like the Garden, but feel like you've seen it all, conider revisting while the exhibit is going on. The exhibit will be in Phoenix until May 18, 2014. David Kish also sent me the great tip that there is free entry to the Garden on the 2nd Tuesday of each month. Just go to the ticket booth for a wrist band.

More information: http://www.dbg.org/

ADWSG Jewelry

Silver logo pins and earrings are available for purchase at the monthly meetings. The "sheep with the woven coat" pins are $20, and earrings are $40. See Elaine Rowles for availability.

FIBERS THROUGH TIME 2014
FIBER ARTS SHOW
CALL FOR ENTIRES

Attention Fiber Artists: The Fibers through Time Conference, "A Fiber Oasis" Fiber Arts Show has monetary awards! We gave $1000 in awards in 2012 and hope to match or better that this year! You can enter up to 2 items with an entry fee of $10 each item. The entry application must be in by March 31st. The entry form is on the website http://www.azfed.org or you can call me and I will send you one. You may have someone else bring in or pick up your fiber pieces but I need a written note from you attached to the pieces or entry form. Thank you for your participation! Sharie Monsam, sharie@arizonabaskets.net 480-964-8744

Fibers through Time 2014 Show Awards:

HGA Award of Excellence

Surface Design Association Award of Excellence

Complex Weavers Award of Excellence

National Basketry Organization Award of Excellence

American Tapestry Alliance Award for Excellence

Best of Show

2nd Place Best of Show

3rd Place Best of Show

Viewers' Choice (all categories)

Best New Fiber Artist (all categories)

Jean Gardner Memorial Award for Weaving

Jean Gardner Memorial Award for Spinning

Harriet Rein Memorial Award for Surface Design

Award for Other Fiber Arts (needle arts, paper, etc.)

Shelby Adams Memorial Award for Tapestry

John I. Skau Memorial Award for Basketry

Jean George Memorial Award for Woven Clothing Construction

Larry Coveney Memorial Award for Excellence in Navajo, Navajo style, or Southwestern Rug Weaving minimum size 28" X 42" with other criteria:

Type of Weaving: Traditional Navajo or Navajo-style, woven on an upright loom using side corns, without fringe or Southwestern Technique, employing Southwestern Native American designs, woven on a floor loom, with or without fringe.
Materials: Warp: wool or carpet warp
Weft: pure wool
Size: Not less than 28" by 42", excluding any fringe
Attention will be paid to clarity of designs (including joins), symmetry, and selvedges.

~ Classified Ads ~

For Sale:
The Guild has a used 4 harness, 6 treadle, Leclerc loom. 60 inch weaving width, double back beam, includes reed and 2 shuttles. Available in Phoenix
Contact Anita Bellinger 602-679-9526

For Sale:
Harrisville 50" 8-shaft / 10-treadle loom for $2000.00
Actual loom width is 55".
The loom is a rising shed, jack action loom and is no longer made by Harrisville. It is made with kiln dried New England rock maple and includes a tool tray which fits onto the castle.
Loom includes matching adjustable bench, high castle tool tray, 3 reeds, stick shuttle, extra treadle chains, two other shuttles, and assembly instructions.
A warping mill is also FOR SALE SEPARATELY.

NOTE the loom is in Colorado and may be delivered if pick-up is not possible. That would have to be arranged by the buyer / seller.
NOTE I do not have information on the height or depth of the loom, but it may be available on line at http://www.harrisville.com/
NOTE the Harrisville 36" 8-shaft 10-treadle loom currently sells for almost $2500 and is 42" wide by 34" deep (when unfolded) and 42" high.

If interested, call 623-584-8342.

For Sale:
Fine Gauge Knitting Board - "The Tadpole" in original packaging with tool and instruction book. $10.00 Contact David Kish 602-686-2054

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ADWSG WEBSITE:
http:/www.adwsg.org

CALENDAR EVENTS

- **February 5 - 9, 2014** **Tubac Festival of the Arts** - Tubac AZ, 9am - 1pm - For more info: http://gilbertartwalk.com
- **February 7 - 9, 2014** **Running of the Gourds Festival** - Wuertz Farm, Casa Grande - For more info: http://wuertzfarm.com/Annual_Gourd_Festival.html
- **February 12, 2014** **Flowing Lines in Weaving**- Telarana Guild Program with Bonnie Inouye - For more info: http://www.telarana.org
- **February 21 - 23, 2014** **Fountain Hills Art Fair** -For more info: http://www.fountainhillschamber.com/the-great-fair.asp

MOA DEADLINE
15th of every month From September to May
Visit our guild's website: http:/www.adwsg.org

First Class

c/o Caroline Wise
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