THE MOTHER OF ALL

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

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From the President's desk...

Happiness is a Needle and Thread Away: New Data on Mental Health Benefits of Knitting

Turns out, it is possible to knit yourself into a better state of mind.

Clinical psychologist Ann Futterman-Collier who runs the Well Being Lab at Northern Arizona University, is studying what Arizona Public Radio station KNAU calls "Textile Therapy" — the emotional benefits of knitting, as well as crocheting, weaving and quilting.

"People basically have a vacation from their problems," she tells KNAU. "They can forget about what's bothering them, and they get into something in the moment that energizes them, that leads to the repair in mood."

Futterman-Collier studied 60 women suffering from various levels of stress. She had them either work with textiles, write or meditate. During their respective activities, the women kept track of their moods. And for good measure, Futterman-Collier also took saliva samples, monitored their heart rates to determine their stress levels and measured their inflammation. She then compared the stress-reducing results of each of the three activities.

"Textile handcraft making was associated with the greatest mood repair, increases in positive, decreases in negative mood," she tells KNAU. "People who were given the task to make something actually had less of an inflammatory response in the face of a 'stressor'."

Futterman-Collier's conclusion jibes with other research on the benefits of handcrafting hobbies. In January, Yahoo Makers looked at three similar projects:

- Betsan Corkhill, a licensed physiotherapist and founder of Stitchlinks.com, published a report of knitting's health benefits, which she says includes curbing anxiety attacks. "You are using up an awful lot of brain capacity to perform a coordinated series of movements," she said. "The more capacity you take up by being involved in a complex task, the less capacity you have for bad thoughts."
- A very small (38 participants) study in the Eat Weight Disorders journal found knitting had positive effects on women suffering from eating disorders.
- A study in the OTJR: Occupation, Participation and Health journal cited the benefits of needlecraft in blocking negative thoughts, calming oneself through repetitive motions, and providing opportunities to socialize in knitting groups and social circles.

As for her own textile therapy study, Futterman-Collier tells KNAU: "People basically have a vacation from their problems. They can forget about what's bothering them, and they get into something in the moment that energizes them, that leads to the repair in mood."

So if that old saying is true and "idle hands are the devil's workshop," hands that are busy knitting might be the workshop for positive thoughts.

Written by: Sid Lipsey/ https://www.yahoo.com/makers/happiness-is-a-needle-and-thread-away-the-mental-113527012940.html

Next Meeting:
April 4th at 10 AM
Northtown Community Center
2202 E. Waltann Lane, Phoenix, AZ

April Program: Traditional Indigo Dyeing in Nigeria with Gasali Adeyemo

Tapestry Weavers bring Snacks & Goodies
Doors open at 9 AM – Come early and mingle

WORKSHOPS

Indigo Dyeing with Gasali Adeyemo

We will have a 3 day workshop over 4 days. We will do a full day on Friday 04/03/2015, half day on Saturday 04/04/2015 after the meeting, a half day on Sunday (Easter) afternoon 04/05/2015 and a full day on Monday 04/06/2015. I know this is Easter weekend but anyone who would rather come to Easter lunch at my (Collyer's) house and talk to Gasali is more than welcome.

Cost is estimated at $150 if we can fill the class of 15. Cost will be closer to $200 if we have a class of 10. If you would like to attend please let me know as soon as possible.

Since Telerana did Gasali's workshop on wax or batik resist, we will be doing the cassava paste resist which is what he taught 2 years ago at Intermountain Weavers Conference.

Gasali Adeyemo will be our speaker for the April meeting on Saturday 04/04/2015. – *Collyer Ekholm*

Backstrap Weaving and Advanced Pebble Weave with Laverne Waddington

Laverne will do a one day workshop on basic backstrap weaving on Thursday 11/05/2015. This can be a short class for people who do not want to commit to more, a review for those who feel they learn best with a review first or for those who do not want to attempt advanced pebble weave workshop without some preparation. Laverne assures me that even those who have never done any backstrap weaving will do fine in advanced pebble weave. Cost is estimated at $50 if we fill the class of 8.

Laverne will do a 3-day advanced pebble weave class on Friday 11/06/2015, Sunday 11/08/2015 and Monday 11/09/2015. Cost for this class is estimated at $175 if the class of 8 fills.

Laverne will speak at the guild meeting on Saturday 11/07/2015.

I would like to have a deposit of $50, due by the May meeting so that we can publicize it over the summer to the other guilds. - *Virginia Glenn*

INTEREST GROUPS

DAYTIME SPINNERS

Third Wednesdays at 10 AM 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.

DESERT WEAVERS

This beginners group meets the second Wednesday of each month at 10am. Doors open at 9:30 AM to socialize. Northtown Community Center, 2202 E. Waltann Lane, Phx, 85022. Bring your hand held or tabletop loom with materials to weave. You are welcome to bring your bag lunch. Meetings are about three hours long. For more information, contact Dave Kish at davidjetea@yahoo.com or (602) 686-2054.

Intermountain Weavers 2015
A Conference for Fiber Artists

July 23-26, 2015 in Durango, Colorado. Now offering 3-day and 1-day workshops! More information and online registration at http://www.intermountainweavers.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.

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ADWSG Membership Form

Please print or type and send with your check for **$20** made payable to **ADWSG** to:

Elaine Rowles
7262 W. Charter Oak Rd.
Peoria, AZ 85381

The following information is for publication in the membership roster:

Name (s): _____

Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____ Phone: _____

☐ I prefer that my email address is not published and is used for email notices only.

Newsletter Delivery: ☐ Regular Mail (USPS) ☐ Email

Membership Type (Check One):

☐ Individual Membership - $20
☐ Family Membership - $25
☐ Student Membership - $10

I'd like to help on the day of the meeting.

☐ Set-up ☐ Clean-up ☐ Anything else

Interests (Check up to five):

☐ Bobbin Lace
☐ Basket Weaving
☐ Coiling
☐ Crochet
☐ Demonstrating (Events)
☐ Dolls & Dolls Clothes
☐ Dyeing
☐ Embellishments
☐ Knitting
☐ Felt Making
☐ Garments

☐ Paper Making
☐ Restoration
☐ Raising Sheep
☐ Smocking
☐ Solar Dyeing
☐ Surface Design
☐ Tatting
☐ Teaching (Classes)
☐ Tapestry

☐ Weaving
☐ Bound Weave
☐ Coverlets
☐ Double Weave
☐ Multi-Harness
☐ Name Drafts
☐ Overshot
☐ Rya
☐ Rugs
☐ Navajo Weaving
☐ Card Weaving

☐ Inkle Weaving
☐ Rigid Heddle
☐ Spinning
☐ Spinning Cotton
☐ Spinning Flax
☐ Spinning Silk
☐ Spinning Wool

Sheep Shearing at the Dozers'

This year's shearing with Aimee Leon is scheduled for

Thursday, April 2, starting at 9:00 am.

We will be shearing about 7 sheep, followed by a pot luck lunch for those who want to stay after shearing.

Anyone interested in coming please contact Jody at

602-674-9450 or jody@dozerlane.com

to confirm.

Shearing will be done in the field at 1540 W. Frier Dr., Phoenix.

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. 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

Tempe Yarn & Fiber

1415 East University Drive
Tempe, Arizona 85281
480-557-9166
tempeyarn.com

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Check Our Website or Call for Class Schedule!
FIBER CREEK
371 Garden St., Ste. D
Prescott, AZ 86305
928.717.1774
agoodyarnprescott.com

~ Classified Ads ~

For Sale

Great Wheel - Melissa Davis

I am selling my beautiful great wheel. I just don't have room for it (I know that is surprising, but I moved my office into its corner). It has a 'miner's head', circa 1860-1880, pre industrial revolution. I have the needle it came with and one my neighbor made me for spinning a larger quantity. Please call me & let me know if you want to see it - **623-512-9672.** I am listing it for $500., but will do less than that for a guild member who will care & love it.

Felting Machine - Melissa Davis

I am also selling my HuskyStar felting machine. I listed it for $130. It has only been used once. Again - I will give a guild member a better price. Call **623-512-9672.**

Louet Spinning Wheel - Barbara Gronemann

A Louet S10 spinning wheel from Holland is for sale. It is in wonderful working condition. For $250 the wheel includes 3 spools, an Ashford Niddy Noddy and a New Wool Winder. If interested e-mail Barbara Gronemann at **bgronemann@aol.com** or phone at **480-991-0341** in Scottsdale

Contact me with items for sale or sought after
Caroline Wise (caracolina@gmail.com).

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abellinger@cox.net

ADWSG WEBSITE:
http:/www.adwsg.org

CALENDAR EVENTS

- **Apr 2, 2015** - **Sheep Shearing at the Dozers** - More information in this newsletter
- **Apr 8 - 12, 2015 - Maricopa County Fair** - State Fair Grounds, Phoenix For more info http://www.maricopacountyfair.org/
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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
18660 N Cave Creek Rd. #244
Phoenix, AZ 85024