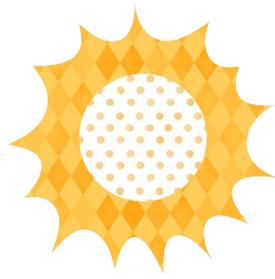


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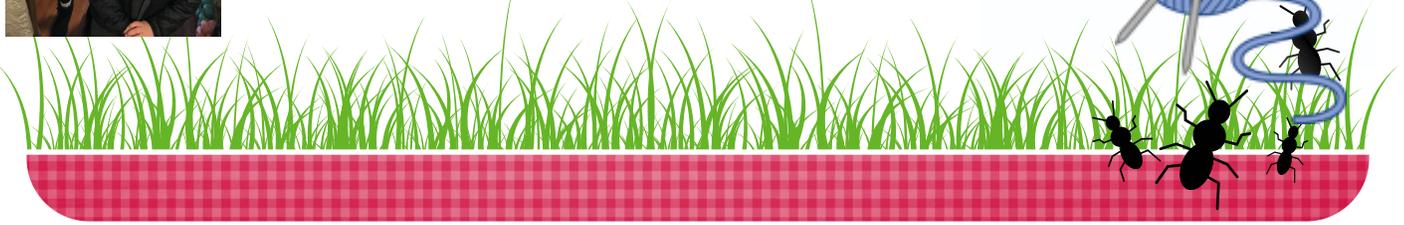
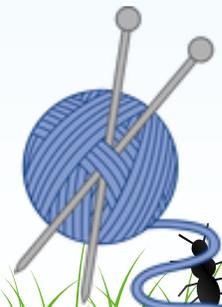


# Winterberries Yarn

## A peek at LOCAL YARN STORE DAY!!



Thank you to all of you that supported our Local Yarn store on Local Yarn Store Day! Machette Shoppe was there with her beautiful yarn. We had Sandi from Frelinghuysen doing "fairy hair". For those who don't know it's silk glittery strands that are knotted into your hair. They can be washed, curled, dyed, so they are practically worry free for you! The kids loved them, and some of the adults as well. Sandy will be back in June, so watch for that!!! We had a good turnout, and always enjoy seeing you all! We appreciate one and all!



# Wearing Wool is better for skin than Synthetics

## by Heather Chalmers—April 30, 2019

Wearing natural fibers like wool is not only better for the environment, but also your skin health, research shows.

Research bio-product and fiber technology science team leader Stewart Collie said wool was the world's most sophisticated fiber in terms of its structure and composition. "These give the wool fiber its amazing functionality."

For the skin health project, AgResearch created special garments that had the upper back portion split in two, with one half made from wool and the other polyester.

"We then got volunteers to wear these garments for many weeks. Every few days the volunteers came into the lab and measurements made of their skin to gauge any differences between the two sides," Collie said. The research used techniques and instruments developed to test the efficacy of moisturizers. "We adapted these to find out how different textiles you wear next to the skin may affect skin health."

Previous research had shown that sufferers of the skin condition eczema had shown a reduction in symptoms after wearing fine merino wool next to the skin. Other studies also showed improved skin health on feet from wearing wool socks, compared with synthetics.

"We found that skin under merino wool showed better hydration and less redness.

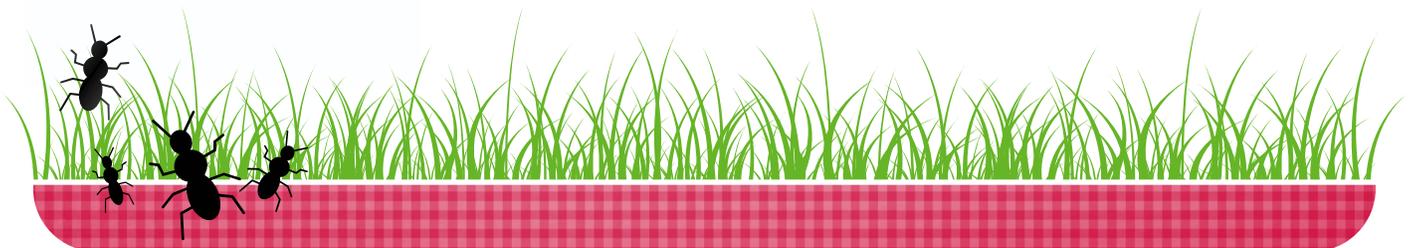
"While the affect was only small, subtle affects can be important if you are wearing clothes against your skin for days or weeks," Collie said.

Similar research done by the New Zealand Merino Company showed that a sample of merino fabric was completely degraded after nine months' burial, compared to synthetic, which failed to degrade at all.

Wool's ability to break down in the marine environment also made it more sustainable than synthetic alternatives.

Studies indicated that large amounts of microfibers of up to 5 millimeters were entering oceans, particularly from clothing and other materials in washing machines, where they can come loose and travel with water into drains to the sea.

In the ocean, smaller microfibers can be eaten by marine life and end up in the food chain.



## Wearing Wool is better....continued

Every year, 122 million tons of plastic enter the marine environment. Of this, 3.2m tons was micro-plastics less than 5mm in particle size, with 20 per cent of this textile fiber.

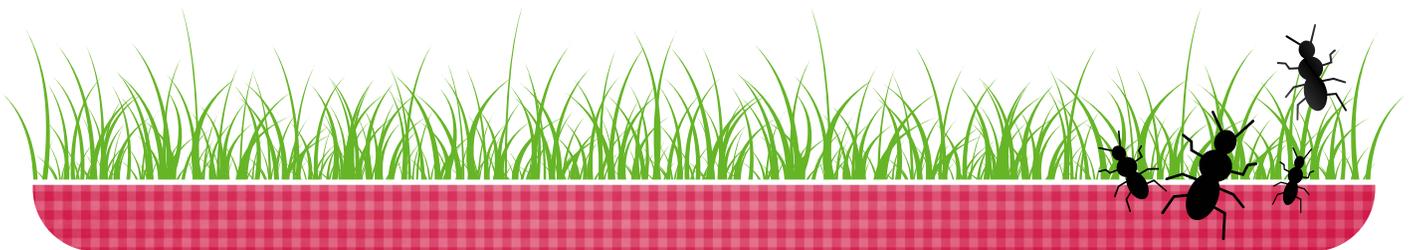
"A lot of research has been done to determine where these fibers come from and where they end up in the environment, but we wanted to know about their ability to biodegrade," Collie said.

AgResearch used equipment at the forestry research institute Scion to test how samples from woolen clothing and carpets biodegraded in controlled salt water conditions, compared with samples from synthetic alternatives.

After 90 days, 30 per cent of the wool sample had biodegraded completely, whereas polyester was unchanged "and will be in the environment for a long time", Collie said.

There were already lots of good reasons to chose wool; it was fire retardant, breathable, comfortable, improved indoor air quality and resisted odors, he told the Grow 2019: Agri Summit in Christchurch, he said.

"You can now add two more. It will make you healthier and it won't be a burden on the environment for years to come."



## A little info about Cat Sandwich Yarn!



All our yarn is dyed inside our home, in a dedicated studio space.

Each skein is like a blank canvas, which I get to paint however my heart desires. So much fun!

It's a true labor of love and a work of art.

I hope our yarn brings you joy when you touch it and work with it



Stop by to check it out!



# MAY 2019



SUN	MON	TUE	WED	THU	FRI	SAT
<b>Winterbeings</b> <i>NYC</i> 468 State Route 94 Columbia, NJ 07832 (908) 496-8353	<b>Business Hours</b> Mon-Tues 10-5 Wed-Fri 10-8:30pm Sat-Sun 10-5pm	<b>OLD RUSTED CHAIR TRUNK SHOW</b> MAY 1-31	<b>1</b> BEGINNER KNITTING OR CROCHET 2:50-4:50 \$8 + MATERIALS SPRING/SUMMER KNITS 6:50-8:50PM \$8 + MATERIALS	<b>2</b> SOCK KNITTING CLASS 6:50-8:50PM \$8 + MATERIALS	<b>3</b> FROM THE ASHES CROCHET SHAWL CLASS 6:50-8:50PM	<b>4</b> SPRING/SUMMER PORCH KNITTING KNIT ALONG 1-5
<b>5</b> SUMMER GARMENT CLASS 11-2 BULLSKNITTERS KMIT-A-LONG 2-5	<b>6</b> SPINNING AND WEAVING WORKSHOPS BY APPT CALL TO SCHEDULE	<b>7</b> BEGINNER KNITTING OR CROCHET 2-4 \$8 + MATERIALS	<b>8</b> BEGINNER KNITTING OR CROCHET 2:50-4:50 \$8 + MATERIALS SPRING/SUMMER KNITS 6:50-8:50PM \$8 + MATERIALS	<b>9</b> SOCK KNITTING CLASS 6:50-8:50PM \$8 + MATERIALS	<b>10</b> FROM THE ASHES CROCHET SHAWL CLASS 6:50-8:50PM	<b>11</b> SPRING/SUMMER PORCH KNITTING KNIT ALONG 1-5
<b>12</b> SUMMER GARMENT CLASS 11-2 BULLSKNITTERS KMIT-A-LONG 2-5	<b>13</b> SPINNING AND WEAVING WORKSHOPS BY APPT CALL TO SCHEDULE	<b>14</b> BEGINNER KNITTING OR CROCHET 2-4 \$8 + MATERIALS	<b>15</b> BEGINNER KNITTING OR CROCHET 2:50-4:50 \$8 + MATERIALS SPRING/SUMMER KNITS 6:50-8:50PM \$8 + MATERIALS	<b>16</b> NO CLASSES OPEN 10-5	<b>17</b> NO CLASSES OPEN 10-5	<b>18</b> NO CLASSES OPEN 10-5
<b>19</b> NO CLASSES OPEN 10-5	<b>20</b> SPINNING AND WEAVING WORKSHOPS BY APPT CALL TO SCHEDULE	<b>21</b> BEGINNER KNITTING OR CROCHET 2-4 \$8 + MATERIALS	<b>22</b> BEGINNER KNITTING OR CROCHET 2:50-4:50 \$8 + MATERIALS SPRING/SUMMER KNITS 6:50-8:50PM \$8 + MATERIALS	<b>23</b> SOCK KNITTING CLASS 6:50-8:50PM \$8 + MATERIALS	<b>24</b> FROM THE ASHES CROCHET SHAWL CLASS 6:50-8:50PM	<b>25</b> SPRING/SUMMER PORCH KNITTING KNIT ALONG 1-5 SIP & KMIT PARTY 5-10PM *SNACK & BEVERAGE SIGN UPS
<b>26</b> SUMMER GARMENT CLASS 11-2 BULLSKNITTERS KMIT-A-LONG 2-5	<b>27</b> SPINNING AND WEAVING WORKSHOPS BY APPT CALL TO SCHEDULE	<b>28</b> BEGINNER KNITTING OR CROCHET 2-4 \$8 + MATERIALS	<b>29</b> BEGINNER KNITTING OR CROCHET 2:50-4:50 \$8 + MATERIALS SPRING/SUMMER KNITS 6:50-8:50PM \$8 + MATERIALS	<b>30</b> SOCK KNITTING CLASS 6:50-8:50PM \$8 + MATERIALS	<b>31</b> FROM THE ASHES CROCHET SHAWL CLASS 6:50-8:50PM	CLASS INSTRUCTORS MARY JANE GAGLIARDI NATALIE BURGER STEPHAMIE SOSNOVIK SAYSHA GREENE

**NOTE CHANGED HOURS ON May 16th and 17th!**

Just wondering....

What would interest you that could be done in a group that you would enjoy? We want to offer things that people would like to do that could be yarn related, but possibly other things as well...thoughts????? Something you want to learn?? Please shoot us an email with some ideas....



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YOU MUST HAVE SOME IDEAS

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HAPPY  
MOTHERS DAY  
TO  
YOU

