



Fiber News & Updates

March 2021 Vol. 11, Issue 7

Valley Fiber Art Guild ~ www.valleyfiberartguild.org

~ Looking Ahead ~

2021

Mon. Mar. 15: General Meeting

Online: ZOOM

"How String Changed the World"
Cameron Taylor-Brown

Mon. Apr. 19: General Meeting

Online: ZOOM

*"Art Off the Reservation:
Contemporary Native American Art"*
Judy Tracy

Mon. May 17: General Meeting

Online: ZOOM

*"Make and Take: Weaving
Over Stone"*

June – August:

*Summer Break – no meetings
scheduled*



Valley Fiber Art Guild



Membership \$25/year

www.valleyfiberartguild.org

~ President's Message ~

Hello fellow Creators,

I can hardly believe that is March 2021. Just seemed like it was Christmas the other day. Spring has sprung. The sound of landscapers with their blowers are in the air.



I have racked my brain about what to write about this month and - - I came up with nothing. Yup, nothing. Blank slate.

I was stressing out about not having anything to say. So, I just want to say that I did write a book review for this month and that will have to be good enough from me this month. It is a really great book and I hope you take the time to read it sometime. Last month's speaker was wonderful.

Thank you, Kaye, for your fabulous presentation on Theorem Painting. Her presentation video will be up on our website soon.

This month's speaker is Cameron Taylor-Brown. Her presentation will be another first-class presentation directly from California via Zoom. Check out the details in this newsletter. See you all there on March 15th at 9:30 a.m.

Adrift in a big ocean looking for the next adventure,

Captain Peggy McGaughey



March 15th Program

**HOW STRING CHANGED THE WORLD:
AN EXPLORATION OF FIBER AND HUMAN INGENUITY"**

by Cameron Taylor-Brown ~ Fiber Artist and Educator

Traces of ancient flax - colored, twisted, spun and cut - show that textiles were already an integral part of human life 35,000 years ago. Discover why humans first twisted fibers into thread, and how this invention revolutionized early cultures. Track the history of flax, wool, silk and cotton in the ancient world, view textiles through Maslow's Hierarchy of Needs, and explore how string and textiles are woven into language and identity.

Reminder - - This meeting will be held on Zoom. Look for the Zoom link to arrive in your email inbox the day before this meeting.



Coming April 19th . . .

**“Art Off the Reservation:
Contemporary Native American Art”**

...“Baskets and Pots? Not on this journey!”

Join us, as Judy Tracy explores the reshaping and rethinking of Native American art in paintings, sculptures and fascinating wearables.

Don't forget . . .

To share your Valentine's Exchange photos

If you participated in our February “Valentine Exchange,” make sure that you snap a photo of the gift you received. Email it to Dagmar at: dagmunn1@gmail.com

Photos will be published in the April newsletter and shown during the March meeting in a special show and tell.

TAG — *The Art of Giving*

I'm longing for our group meetings. Zoom has definitely filled in a gap, but it's just not the same. During my time at home, I did accomplish a long-term goal of mine which was to use my partial skeins. After finishing a project, there was always the dilemma of what to do with the leftover yarn. It was WAY too pretty to throw away! I always promised myself that I'd do something with it and I'm pleased to say, I have.

Some of the yarns were knit to make colorful gift bags and used during the holidays for presents. For some reason I kept making more and decided to use them for TAG gifts; next year I'll be filling them with scarves, gloves, cowls and/or toiletries, etc.

Thanks to all of you who provided presents for TAG this past year. Valley Assistance bagged 180 large bags with gifts from several organizations. They were very pleased with the items donated from our Guild. I hope we will continue to provide presents for years to come.

Please take care of yourself and I look forward to seeing you in the fall.

Jane Tempel, TAG Chairperson



Library Notes - *Greetings from the Library!*

It's been a quiet month for the library. I have a few books and DVDs here at my residence if anyone is interested in checking out what I have available. Please email me if you would like a list of what titles I have at my house.

Currently, the CPAC is being utilized for COVID vaccines, and the dates that it is closed off aren't yet listed. Please be aware that if there is a desire to check out other materials that I do not currently have here, then there will be a delay to retrieve them from our collection at the facility.

Our fearless leader Peggy has written a great review of one of the new acquisitions to our collection. Yes, it is currently available to be checked out, so please let me know if someone is interested in reading about the ergonomics of knitting (and other fiber arts for that matter!).

As always, the online library is available 24/7 for browsing at <https://www.librarycat.org/lib/VFAG>

Also, stay tuned, as there will be a book sale in either April or May. Details to be forthcoming. I have boxes of wonderful fiber related books and magazines that were donated, and which sadly are too many to add to our limited library storage at CPAC. There will be bargains galore!

Until next month, happy creating!

Melanie Fritz, VFAG Librarian



TOTEMS

We all admired the Totems that Sue Norris shared at last month's show and Tell.

If you are interested in learning how to create your own, her instructor was J. Michelle Watts and her web site is:

<https://www.jmichellewatts.com/>

~ Book Review ~

Knitting Comfortably: The Ergonomics of Handknitting, (4th edition, Carson Demers)

Note from Peggy: This book is for anyone using their hands in their craft, not just knitting.

Since around Christmas time, I have had problems with my arthritic thumbs hurting. I know I overdid the crocheting, embroidery, stitching, and sewing during lockdown and last summer, and want to help my hands still be active for the rest of my life.

The Board okayed the purchase of this highly informative book to put into our VFAG library. It cost \$47 plus shipping, so it is such an honor to have this in our library.

Chapters 1 - 4 deal with the technical part of how my body works to do what it does. I found this part interesting, but I was not interested in the technical part as much as the 'how to fix it' part.

Chapters 5 -11 detail the 'fix' part of the equation. Some of the highlights I enjoyed were different needles and their exertion on my hands and arms including knitting style, knitted patterns, repetition in stitch patterns, shape of needles, shaft length, exercises, and much more.

Chapters 12 deals with how we use our computers. Some of you may already know this stuff but I did not know some of what they talked about, which will help me in my computer activities.

Chapter 13 outlines how to implement changes into our lives.

Just a few of the things I learned that I will be implementing are:

How I am holding my needles for knitting, embroidery, and crocheting
Also, my body position, arm position, temperature, sounds and lighting diversity, using different needles with different tension. Demers opines that the whole purpose of writing about all these things is to allow us to be able to do our handwork longer and less stress on our bodies so we can continue even as we age.

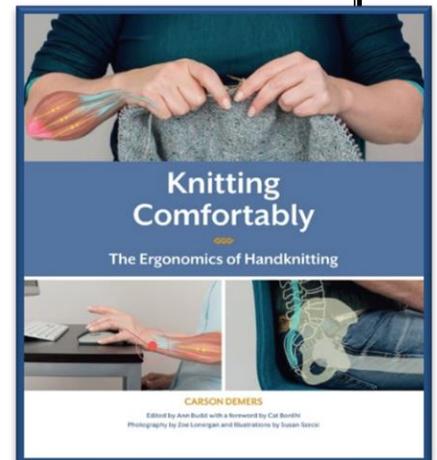
Quote from the book: *"Although you might not experience discomfort, knitting created sub-maximal fatigue and costs you energy. Be sure to replenish it to keep yourself knitting comfortably."*

Even though I have done little knitting recently (mostly crochet and embroidery), this book is for everyone who uses their hands, eyes and arms in any handwork.

I hope you enjoy it as much as I did, because I would highly recommend it to anyone in the arts.

Getting better every day,

Peggy McGaughey



ESTATE SALE

Because we have sold our house as we made changes in our lives, we are planning an estate sale with *J and J*. We will miss you all—the guilds and art groups have been an inspiration.

Ilene Sorenson

Dates: March 11 and 12

Time: starts at about 8

**Address: 866 E Catkins Pl., Sahuarita, AZ
(Madera Highlands)**

Everything goes! Furniture, household items, yard decorations, pots, tools, potted plants and, patio furniture ~ Specialty items include art glass, book art, some antique furniture and tools ~ Some of Ilene's fiber arts work including: Kumihimo jewelry, felted wall art, framed fiber art work and, handmade Xmas ornaments ~ What else? Ilene's *stash* including some tools of the trade —Inkle loom, bead spinner, fiber scale, paper trimmers and, gel plate ~ Other materials include: yarns, dowels, fleece, beads, and some art books.

For questions:

Email Ilene at: ilenersorenson@gmail.com

Or call: 1-360-544-2749



Support our Members

Marie Gile will be one of the artists participating in the Tubac Open Studio Tour. The tour is from Friday, March 12th through Sunday March 14th (10 a.m. to 4 p.m. each day).

Marie's "studio" is in her home, and she will be featuring her hand dyed scarves and garments, as well as hand-bags that she made from my handwoven fabrics. She will also have paper and encaustic collages and Sacred Vessels.

Marie's address: 3581 S Via De La Gaviota~ in Canoa Hills Town Homes -on the SW corner of Pato and Gaviota.

Marie's phone: 520-305-4680; email:

mgile117@gmail.com

<https://tubacarts.org/open-studio-tour/>

GREEN VALLEY • AMADO • TUBAC • TUMACACORI • NOGALES

Open Studio Tour

March 12, 13 & 14, 2021

Open Studio Artists' Exhibit • February 26 to April 4
Open Studio Tour • March 12, 13 and 14 • 10am to 4pm
Gallery Night • Friday, March 12 • 4pm to 7pm

TUBAC GALLERY GUIDE PAGE 24

Hidden Treasures of the Santa Cruz Valley presented by Tubac Center of the Arts, Tubac, Arizona
Tesoros ocultos del Valle de Santa Cruz son presentados por El Centro de las Artes de Tubac, AZ
www.TubacArts.org • 520-398-2371

Our Fiber Friends from Afar - - Paying It Forward!

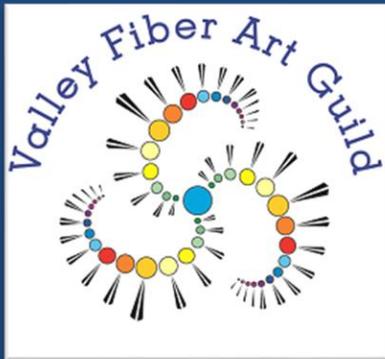
Recently our webmaster Kay was contacted by LouAnne, a Girl Scout troop leader from Wyoming. LouAnne described how, since their Girl Scout meetings have gone remote, they're always looking for online material so the girls can keep having fun learning and work towards earning their badges from home.

While they were working towards their Textile Artist badges, they discovered our Valley Fiber Arts Guild website.

Leah, one of the girls in the troop wanted to "pay it forward" by sharing with us a resource she came across that's all about weaving and spinning:

<https://www.wristbandexpress.com/content/all-about-weaving-and-spinning/>

We thank Leah for her positive contribution and inspiration
for all of us to keep paying it forward!



WE NEED YOUR HELP!

How lucky we are to be part of the Valley Fiber Art Guild, a vibrant organization that provides fellowship & inspiration for its members! It's through the generous sharing of experience & ideas that we continue to inspire, challenge & educate ourselves regardless of whether we're able to meet in person or connect virtually.

To expand opportunities for virtual learning, the Program Committee is in the process of putting together a resource of Guild Members and Study Groups that have learned techniques by taking classes online & may be willing to share their experience with fellow Guild Members.

If you would like to share what has inspired you online or if you have any specific information about an online class that you think would inspire others, please take a moment to share your information & experience & contact one of the following members of the Program Committee by phone call or email.

Sudie Durham at 520-548-4138 or, susandurham@cox.net

Marge Lind at 520-207-3606 or, mjlind69@gmail.com

February Show and Tell



Eileen Coyne

A Kumihimo lanyard for face masks out of embroidery floss. And a Kumihimo necklace using larger beads.



Barb Ilse



Big Bead project



Big Bead project



Kumihimo mask lanyard

JoAnn Haydocy



Diane Mikolyzk

Two Kumihimo mask lanyards that I made as part of our February "Zoomihimo" group project



Dale Box

Latest Kumihimo projects from Dale Box in London Ontario



Dale made crepe paper flowers from a class in Craftsy. She gave this bouquet to her mom who's in assisted living for Valentines in lieu of an in person visit.



She also made these little mice from a free pattern at Annie's Homemade to go with her stuffed kitten.



Jol'ene Northup

This is a table runner and placemats, done in Rep weave. Light tan was substituted for black in the table runner to add contrast.



Kay Burrows

Knitted Copper Wire



Marie Gile



Merry Warner

Tunic made using African mud cloth purchased at the Gem show last year. Weak spots in the fabric were covered with handmade yo-yo's.



Pam Roederer

This is a Kumihimo project the group has been working on this month. It is a lanyard for a face mask.



Sue Helle

Finished a wall grouping of clay pot, applique/quilted wall hanging, and Tenerife weaving on a gourd piece.



She also completed wet felted bowls.



Sue Norris



~ Correction ~

This piece by Sue Durling, had the wrong description in last month's newsletter. The correct description is: "Little strips of tatting that are appliqued. The idea came from a booklet called *Tatting Goes West*, published by a shop in Custer, SD."



VALLEY FIBER ARTS GUILD

GENERAL MEMBERSHIP MEETING

FEBRUARY 15, 2021

Meeting called to order at 9:39 via Zoom

Peggy introduced our guest speaker, Kaye Miller. Kaye has had a long and varied career in art and teaching, finally landing in Green Valley where she joined our own Green Valley Fiber Arts Guild.

Kaye has been exploring the art of "Theorem Paining: The Original Paint by Numbers",

This is a historic painting technique which became popular in the early 1800's in the United States. Kaye explained to us that is called theorem because in this art form, parts come together to form a cohesive and aesthetically pleasing whole. Theorem painting uses multiple stencil overlays to for a cohesive complex image. This artform originated in China where it was called "Pith Paintings" which referred to the bark used as a canvas. The bark gave a softened texture. The British loved this texture but could not duplicate it as they were not able to grow the trees used in China and instead substituted low nap velvet. Oil paints are the most widely medium but water colors can also be used. Historically the colors were daubed on wool pads and then applied to the velveteen ground. This gave a primitive, folk art quality. The usual subjects were baskets or decorative bowls overfilled with fruits and flowers. This art form was taught to girls in schools during the 19th century. In 1994 two books were published on the history and "how-to" of this topic. The Abby Aldrich Rockefeller Folk Art Museum of Colonial Williamsburg has the largest collection of theorem paintings.

Kaye's original interest with theorem painting came as a result of her background in biology and her history of living in various regions of the United States. She wanted to use this medium to portray more realistic depictions of the flora of the regions she has lived in.

Continued on next page

Kaye's process is to first select an appropriate design for her inspiration, then to trace her design, determine which components can be on the same stencil. Draw images onto the stencil and accurately cut the stencils. She then selects her canvas, brushes and paints. After all of this careful preparation she paints with the stencils in a predetermined order. She has taken this art form in a new direction with transferring her painted images to fabric and incorporating the images into quilts.

Kaye has shown us an admirable level of artistry and creativity. We are proud of our members and their accomplishments.

The meeting resumed after a brief break.

Minutes of the January 2021 general meeting were accepted as presented.

Ann Pyper, Treasurer, reports the guild has \$9472.93 in our account.

Committee Reports:

Baskets: Debi Brunner reported that this group has lively zoom meetings with demonstrations, discussions and lots of inspiration.

Beading: members are "showing and telling" via zoom meetings.

Knitting: Members gather together via Zoom to work on independent projects.

Kumihimo: Now known as Zoomihimo, has set a new and exciting challenge for next month. Contact Diane Mikolyzk for the details.

Mixed Media: Peggy McGaughey will demonstrate her mixed media necklace making techniques at Canoa Historic Ranch, weather permitting.

Spinning: Is enjoying meeting in the lovely Desert Meadow Park

Weaving: Last month shared record keeping methods and this month will share weaving techniques.

Programs

Debi Brunner reported that Cameron Taylor Brown will zoom with us from California on "How String Changed the World" on March 15. She recommends checking out her website prior to the program.

Show & Tell

Kay Burrows did a seamless job of producing a lovely Power Point of the photos members submitted to her of their show and tell items. This format made it much easier to see those all-important details very clearly. Thank you, Kay.

The latest challenge of the Kumihimo group was to use large scale beads and to make lanyard for a mask. Eileen Coyne, Barb Ilse Dale Box and Diane Mikolyzk all rose to the challenge. Barb used "cheap" plastic beads for a rich effect, Dale made crepe paper flowers for her mother who is unable to tend to live flowers and a family of adorable felt mice. Diane made a lanyard for an elegant tatting embellished "RGB" mask. This group rose and surpassed their challenge.

Joann Haydocy made matching earrings for her kumihimo necklace.

Jol'ene Northrup wove a 92" runner using a variety of geometric patterns. The matching placemats each featured one of the patterns from the table runner.

Continued on next page

Kay Burrows is knitting copper wire with truly lovely results using ISK starter. She is using it to make necklaces.

Marie Gile wove 7 yards of tapestry fabric which she uses to make small handbags with warp fringe. She will be selling these at her open house.

Merry Warner made a tunic from African web cloth.

Pam Roederer showed her kumihimo face mask lanyard.

The variety and scope of items produced by our members is frankly awe inspiring.

Sue Helle assembled a wall grouping of clay pot and applique and quilted pieces that reflect the images in the clay pots. She also needle-felted an assortment of bowls.

Sue Norris answered a quilting challenge using a variety of textured fibers in a seascape. She also made 3 totems using embellished patches made of fabric and beads wrapped around a 2"x4" board. Many members agreed that this could be a future workshop for our group.

Valentine Exchange: 17 members are participating in the Valentine Swap. So please deliver your gift to its recipient by the end of the month and don't forget to submit a photo of your gift to Dagmar.

The meeting adjourned at 11:12 AM.

Respectfully Submitted,

Martha Fine, Secretary

The Membership Chairperson position is open -- and needs to be filled.

How about YOU?

This is a volunteer position and is a great way to meet and get to know your guild members.

Basic duties:

The person who holds this position must have a computer and printer.

- 1. Receives mailed-in membership forms and payments.**
- 2. Payments are passed along to the Treasurer.**
- 3. Membership forms are collected and recorded to create and maintain a current roster which is updated monthly.**
- 4. Print labels for name tags that are used at in-person meetings.**
- 5. Supervises and runs the membership table at in-person meetings.**
- 6. Attends monthly Board meetings (currently on Zoom).**

Note: If two people are on the committee, they can share responsibilities and have back up.

If you are interested in volunteering -- now, would be a good time to begin in order to attend Board meetings and learn from Pat, our current membership chairperson. The position officially begins May 1, 2021.

~ Study Groups ~

Study Groups are open to all **current guild members**. Learn a new technique, share ideas and resources or just enjoy the friendship. **In response to the COVID-19 pandemic and national recommendations for social distancing, study group meetings have been modified.** For more information about a particular group or the current topic of the month please contact the group leader.

Note: "OTM" refers to "of the month."

Basketry:

Holding meetings via Zoom on the 1st Thursday OTM at 9 AM, to share techniques, book reviews, and show and tell. Debbi Brunner – misseyb@gmail.com

Beading:

Holding meetings via Zoom and will continue meeting this way through June 21. Usually meets the 2nd Thursday OTM; 9:00 a.m. Karen Gabriel – karengary115@gmail.com

Braided Rug:

Instruction offered on an individual need to learn basis. If interested, please contact: Gretchen Ramsey - grandmagretchen@cox.net (393-6179)

Clothing:

Currently not holding meetings. Usually meets the 4th Thursday OTM; at 9:30 a.m. at Desert Hills Lutheran Church. Kristine Sells and Paula Sween are the co-leaders. Kristine Sells – cksells1961@gmail.com Paula Sween - sweenpaula@gmail.com

Crochet:

Currently not holding meetings. Usually meets the 3rd Thursday OTM at 9:30 a.m.; at Sunrise Point Clubhouse.

Knitting:

Contact group leader for current meeting details. Currently meeting via Zoom, on the 4th Tuesday OTM; 9:30 a.m. – 12:00 noon. Sarah Price - sprice1013@yahoo.com

Kumihimo:

Holding monthly meetings via Zoom at 1 pm (AZ time). An email will be sent 3 weeks before each meeting to identify the current project. We meet the 4th Wednesday OTM; 1:00 - 3:00pm. Co-leaders: Eileen Coyne and Judy Model. Group Contact / Communication Director: Diane Mikolyzk - dianemik46@gmail.com

Marudai:

Due to the continued closure of Friends-in-Deed, this group will suspend all in-person meetings until further notice. Usually meets the 1st Thursday OTM; 12:30-3:00pm at Friends in Deed. Pam Roederer - roederers@gmail.com

Mixed Media Fiber:

Meets the 1st Monday OTM; 1:00 p.m. This month we will meet at the historic Canoa Ranch Lake Park (off I-19 Frontage Rd on east side of I-19 about a mile south of the Santa Rita hospital. We will be sitting by the lake. Co-leaders: Donna Lambert - DonnaDo3203@gmail.com and Elaine Cselenko - elaine52@yahoo.com

Rigid Heddle Weaving:

No meetings scheduled. **NEW!** Meeting times changed to the 3rd Tuesday OTM; 1:00 – 3:00 p.m. Marilyn Wrucke - mwrucke2@gmail.com

Spinning:

“Spin in the Park” will continue to meet at the Desert Meadows Park (north end by the Butterfly garden ramadas) from 10:00 AM until 12:00 PM, on the 3rd Wednesday of the month. Please contact the group leader for a current update on activities and plans. Usually meets the 3rd Wednesday OTM, 10:00 a.m.; Ann Pyper - pyperann52@gmail.com

Tapestry Weaving:

Currently not holding meetings. Looking at Zoom opportunities. Usually meets the 2nd Wednesday from 9:30 to 12:00 at Quail Creek Kino Center - - in the conference room. Contact Debra Brown - debrabrown15@icloud.com or Lila Stoffel - lstoffel@loretel.net (520-648-0792) or April Boysen - gaboysen1@gmail.com (720-545-7748).

Weaving:

Meeting monthly via Zoom. Usually meets the 2nd Monday OTM, 1:00 p.m., in the Conference Room of Quail Creek Kino Center. Cindy Wolf – pclobo2@gmail.com or phone: 608-343-6765.

Newsletter Editor:

Dagmar Munn dagmunn1@gmail.com