

Each One, Teach One



DFA GENERAL MEETING

SATURDAY FEB 1

10:00AM – 12:00PM @ DFA

**Introducent a new Study
Group: Pop Up Spin!**
Learn more within.

MID-COLUMBIA LIBRARIES &
DESERT FIBER ARTS GUILD PRESENT



FIBER & FRIENDS

Monday, February 3 at 6 pm

Kennewick Library | 1620 S. Union St.

Calling all knitters, crocheters, weavers,
spinners, embroiderers, and other fiber artists!
Join the Desert Fiber Arts Guild at the
Kennewick library for an evening of creativity
and comradery as we work on individual
projects and share tips and tricks.

STUDY GROUP DATES

- Feb 1 – Great Wheels 1–3pm Richland Library
- Feb 3 – Basketry 1–4pm DFA Studio
- Feb 4 – Great Wheels 6:30–8:30pm Richland Library
- Feb 5 – Tapestry 1–3pm DFA Studio
- Feb 5 – Great Wheels 1–2pm Traveler Espresso
- Feb 6 – Sticks & Hooks 10am–12pm DFA Studio
- Feb 6 – Handcrafting 7–8:30pm Zoom
- Feb 10 – Rigid Heddle 1–4pm DFA Studio
- Feb 11 – Drawloom 10am–12pm DFA Studio
- Feb 11 – Great Wheels 6:30–8:30pm Richland Library
- Feb 12 – Great Wheels 1–2pm Traveler Espresso
- Feb 12 – Band Weaving 6–8pm DFA Studio
- Feb 13 – Sticks & Hooks 10am–12pm DFA Studio
- Feb 13 – Handcrafting 7–8:30pm Zoom
- Feb 15 – Pop Up Spin 1–3pm DFA Studio
- Feb 17 – Basketry 1–4pm DFA Studio
- Feb 18 – By the Book Knitters 6–8pm Richland Library
- Feb 18 – Great Wheels 6:30–8:30pm Richland Library
- Feb 19 – Great Wheels 1–2pm Travelers
- Feb 20 – Sticks & Hooks 10am–12pm DFA Studio
- Feb 24 – Rigid Heddle 1–4pm DFA Studio
- Feb 25 – 4-6-8 Weaving 10am–12pm DFA Studio
- Feb 25 – Great Wheels 6:30–8:30pm Richland Library
- Feb 26 – Great Wheels 1–2pm Traveler Espresso
- Feb 26 – Band Weaving 6–7pm DFA Studio
- Feb 27 – Sticks & Hooks 10am–12pm DFA Studio
- Feb 27 – Handcrafting 7–8:30pm Zoom

Allied Arts Take Down: Feb 1, 1-4pm, @ Gallery at the Park

ALLIED ARTS AWARD WINNERS

**Congratulations to
Yulia Ely and Cindy Jewell
on their awards at the Allied Arts Show!**

Yulia Ely won the Artistic Merit Award for her beautiful shawl. Our judge said she loved the look and feel of the fabric and was impressed with how many different types of fiber she used. Yulia combined wool, alpaca and other yarns to form this felted shawl.



Cindy Jewell won the Mary Thomas Award for a garment with this fabulous men's sweater. This was Cindy's third try at making the perfect sweater for her husband. He wore one of her other sweaters to the reception.

Our judge said she loved the feel and drape of the sweater, as well as the design.



Cindy and Yulia were each awarded a \$50 check and a certificate. Congratulations to our winners!

Our judge was Jan Nilsson, who holds an MFA from the School of Art at the University of Washington. She has studied tapestry, fiber design and weaving. You can see some of her pieces at Gallery in the Park. She was a joy to visit with.

Behind the Scenes at DFA By Betsy Dickinson

It's a wrap.

The Allied Arts Show is over. It was the final event of our 50th Anniversary year, and what a success it was!

Yulia Ely and Cindy Jewell were our winners for the Artistic Merit Award and the Mary Thomas Award respectively.



The reception, hosted by the Gallery, was well attended. And recently Apple Valley News did an interview that was aired on January 24th and 25th. You can view it on their website.

At the Board meeting on Saturday, the 25th, we decided to add two more awards to the Allied Arts show. Best Use of Color, and an award for best Challenge interpretation.



» Continued on next page »

Behind the Scenes at DFA

continued.

Eight new members attended New Member Orientation on January 25th. Our guild is growing! And it was great to see their interest in participating on the Board and in Community Outreach, as well as the study groups. Some of them are already working on new projects.

Thanks to Cindy Jewell for organizing a few members to introduce a Home School group to the fiber arts at the Gallery exhibit. It was a great success. Kathy Thorndike said the kids wore out before the volunteers did. Those kids are the future of fiber arts. We look forward to more opportunities like that.

Spring is quickly approaching. What that means for the guild is forming a nominating committee for new officers. Voting will occur in April or early May. Guild members will also vote on the proposed budget.

Let a board member know if you would like to be on the nominating committee. Committee members will reach out to study groups to review board positions that are available. The board is currently determining what positions will be open. Stand by.

***Enjoy the longer days and have
more fun with fiber.***

Betsy Dickinson

**Here are some more beautiful
pictures from Allied Arts!**



The Green Corner

By Susan Schmieman

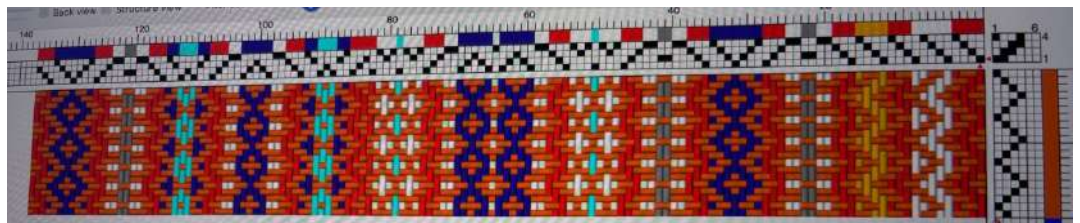
Unraveling sweaters has become my new go-to for relaxing. After unraveling more sweaters than I can count the past couple months, I decided it was time to start using it on my loom. I have chosen to weave place-mats from up-cycled cotton sweaters.

Since it is not probable to get four or more place-mats from one sweater, I have multiple colors in the 3 ½ yard warp. A McMorran balance is a handy tool to determine if your various cottons are of the same gauge. I had to double two of the cottons as those cottons were of a lighter weight.

To my great delight, there really has not been a problem with this four shaft project. I unraveled two or three orange sweaters so I should have ample yarn for the weft.

After weaving a sample, washing and drying, shrinkage in the warp was nearly 20%. The weft lost about ½" in a 13" weaving width.

This drawdown shows half the warp threading.



A good YouTube for learning how to unravel sweaters is:

<https://www.youtube.com/watch?v=88Xc4vhE79c>

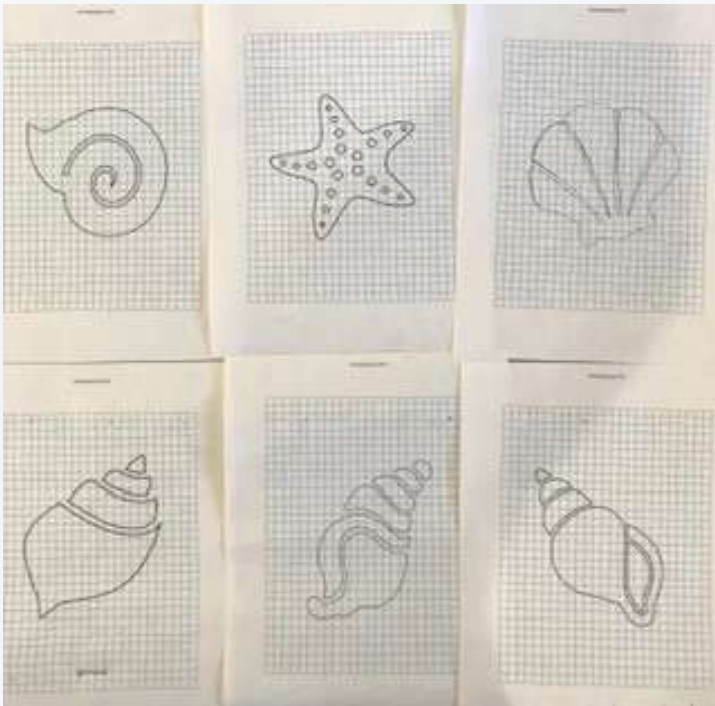
She does a good job with a basic pullover sweater showing you important details. However, she suggests not using wool but I would disagree unless it is your very first unraveling project. See you in the thrift shops!

I am currently reading *Mend! A Refashioning Manual and Manifesto* by Kate Sekules. The facts of the textile industry are staggering. But more on mending and refashioning next month. If you don't have to buy something, don't! Creative reuse is a better choice.

RIGID HEDDLE

Our Rigid Heddle study group is beginning a very interesting new project. Last September, Dorothy Mucha introduced us to transparency weaving. This month, Carol Kaminsky is leading us in learning to do transparency weaving. It has open balance weave background and woven pattern following a cartoon.

In this photo, Carol is holding a photo of her cube of Transparency weavings that is on display in our show at Allied Arts.



The photo above shows the cartoons Carol followed to weave the patterns.



HANDCRAFT GROUP

The Handcraft Group meets regularly on Thursday evenings from 7 p.m. to 8:30 p.m. via Zoom.

The group has had a nice time finishing up gifts for Christmas and working on a variety of projects.

Sue S. showed us her finished weaving project. Peggy L. worked on a knitted hat. Shawna K. worked on the quilt for her son's wedding. Sheila D. finished hemming her latest dress.

Stop by and show us what you are doing!

For a link to the meeting please contact Peggy Larreau at plarreau@ncua.gov

LONELY DRAWLOOM LONGS FOR WEAVERS

Weavers of all skill levels, welcome to the drawloom!

Although the drawloom in the guild house may look intimidating, it is quite easy to weave on. If you know how to throw a shuttle you can do it.

The Drawloom Study Group invites you to give it a try by spending an hour or two weaving a small motif that can be used in a greeting card, a lavender sachet, or perhaps even a patch on a pair of torn jeans.

Motif charts are available and may include hearts, snowflakes, shamrocks, flowers or Easter eggs. Or, you can create your own. Just contact a coach to get you started.

To schedule a time, contact:

Susan Schmieman:

weaveyourartout@gmail.com

or

Judy Rice:

Judyann361475@outlook.com



Photo and creation by Carol Kaminsky



NEW SPINNING GROUP

A message from Carol

The DFA board has approved of our new spinning group, "Pop Up Spin". We will meet one Saturday a month at the DFA Guild Studio. We will be open from 1:00 in the afternoon for a couple of hours.

Pop up, because we will be working around other events being held at the guild, such as the board meetings, workshops (if any), and general meetings.

Our next Pop Up Spin is scheduled for **Saturday February 15th at 1:00 pm.**

I will be the contact person for this group. Please feel free to contact me with any question or concerns.

Carol Kaminsky

Cell: 650-575-1720 | Home: 509-619-0233

5 STRETCHES TO KEEP YOU COMFORTABLE AT THE LOOM

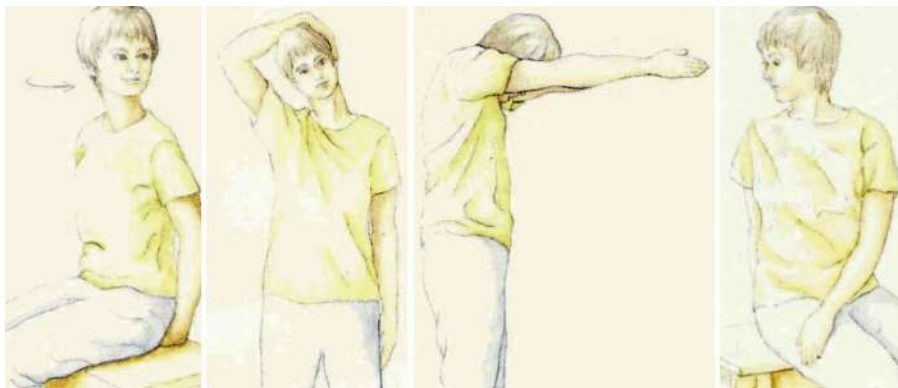
Article originally from Handwoven Magazine.

Written by Claudia Chase and Pam Altomare, Dec 10 2024

[Read the original article here](#)

What's your most essential weaving tool? Think about it for a moment, and you'll realize that none of your looms, shuttles, warping boards, or reels is worth a sneeze without your capable body. Yet many of us frequently work with aches in our neck, arms, shoulders, back, or hips.

We developed the following group of yoga stretches to help weavers reduce physical tension and strain, and increase their ability to focus and concentrate. Of course, before beginning this or any exercise program, check with your health care provider to be sure that these movements are appropriate and safe for you to do.



Start With Good Breathing and Posture

When you concentrate on weaving, your breaths tend to be shallow and short, which builds tension in your body. Deep breathing allows more oxygen to enter every one of your cells, and promotes relaxation.

To breathe correctly, place your hands on your abdomen and breathe in deeply and fully so that you can feel your breath push your abdomen forward. As you exhale fully, feel your abdomen draw closer to your spine.

Weavers often sit at their looms with shoulders falling forward, spines curved, and chests caved in. This kind of posture guarantees shallow breathing, and results in stiffness in the neck, shoulders, and back.

To sit correctly, begin with your arms at your sides. Slowly lift your shoulders toward your ears, allowing your spine to stretch up. Roll your shoulders back and let them sink naturally into place. This motion removes the slump from your back and aligns your seated body. Imagine a silk thread pulling gently on the crown of your head and a straight line running from your ears through your shoulders to your hips.

All the stretches described here begin with this posture: breastbone lifted, shoulders rolled back, and head balanced so that your ears are aligned with shoulders.

5 STRETCHES TO KEEP YOU COMFORTABLE AT THE LOOM

continued.

1. Neck Smiles

This gentle two-minute exercise relaxes your neck, shoulders, and facial muscles.

Sit in your new posture and rest your hands behind your back, fingers interlaced and palms down.

Lift your breastbone, inhale deeply, and turn your head toward one shoulder, looking behind you. Exhale and drop your chin gently to your chest—you will feel the back of your neck open up. To the count of ten, inhale and sweep your chin up and around to look behind your other shoulder. Exhale and drop your chin gently to your chest until you feel the back of your neck opening up.

Turn to each side five times, followed by three complete breaths with eyes closed.



2. The Rainbow

Stand in correct posture with your feet hip-width apart, pelvis gently tucked, and hands at your sides with fingertips stretching downward.

Take a deep breath in, feeling it right down into the soles of your feet. As you breathe out, stretch your neck to the side, your right ear approaching your right shoulder.

Breathe in again, continuing to stretch down through your arm, fingertips, and foot, and sweep your right arm up and over your head, placing your right palm over the left ear.

Exhale while gently pressing your head toward your right shoulder and stretching your left fingertips toward your feet. Enjoy the stretch in the side of your neck.

To release, gently remove your hand from your head, bring your arm down to your side, and your head back to center position. Repeat the sequence on the other side.

3. The Butterfly

Standing in correct posture, breathe in, and with palms facing forward, stretch your arms up and out to shoulder level, as a butterfly would open its wings. Breathe out, pressing chin to chest, drawing your arms together until palms meet. Open your shoulder blades and stretch through your fingertips, touching biceps to ears as you achieve maximum stretch.

Breathe in as you open your arms wide, lift your breastbone to expand your chest, and tilt your chin to the sky. Your wings are now open wide. Repeat this sequence five times.



5 STRETCHES TO KEEP YOU COMFORTABLE AT THE LOOM

continued.



4. The Ahhhhh! Stretch

If we had to pick just one stretch to get us through long hours at the loom, this would be it.

Sit on the side of your bench in correct posture with your feet planted firmly on the ground hip-width apart. Clasp your hands together behind you, letting them rest on your bench.

Inhale deeply. As you exhale, fall forward from the waist, vertebra by vertebra, beginning at the bottom of your spine until your torso rests on your thighs and your neck hangs from your shoulders, weighted by your head. Exhale and lift yourself slowly upright.

Keeping your hands clasped, draw them back down to the bench. Release your hands and bring them around to rest on your thighs, returning to correct posture. Take three full breaths and notice that the tension has vanished from your body, compelling you to sigh, "Ahhhhh!"

5. The Twisted Skein

Begin the last stretch by sitting at the edge of your weaving bench in correct posture. While inhaling, press firmly into your feet, place your left hand on your right thigh, and with your right hand, grasp the edge of the bench behind your back.

With your head, neck, and torso moving as a unit turn your body to the right, eyes looking over your right shoulder, left hand drawing your right thigh toward the left. You are stretching your back by twisting your body, neck, and head in one direction and the lower half of your body in the opposite direction.

Exhale, relax your body, and return to correct posture. Take one full breath before repeating this stretch in the opposite direction.

Before returning to weaving, take a moment to gently lift and roll your shoulders from front to back to front.



As you begin weaving again, assume your new posture and see how long you can stay in it. The more you practice these stretches, the easier it will be to sit correctly while weaving, and the longer you'll be able to weave without pain. And when you do feel tension, you'll know how to release it so you can resume your favorite activity—weaving.

Article originally from Handwoven Magazine.
Written by Claudia Chase and Pam Altomare, Dec 10 2024
[Read the original article here](#)

WEAVING LOOM FOR SALE

Harrisville Model T4 (4 shafts / 6 treadles)

36" Wide



Stock pictures
have been used
because the
loom is currently
tied for storage



Asking \$475

Items included with this loom:

- More than 800 heddles (~220 per shaft). Most are new stainless steel; some are Texsol
- A front beam canvas tray, made by Bob at Gilmore Looms in Stockton, to keep tools, spools, rulers, scissors, etc. very handy while weaving
- Lease sticks
- Raddle
- Stainless steel reeds
- Shuttles

Weight: 70 lbs

Castle height: 42"

Height to Breast Plate: 26"

Unfolded floor space: 42" x 32"

Folded floor space: 42" x 13"

Other specifications:

- Includes 4 harnesses, 6 treadles
- Includes 8, 10, and 12 dent reeds and approximately 600 wire heddles

If interested, contact Nancy Kelly-Girvin

Call or text: (509) 521-1965

Email: nancykg3@gmail.com

FOR SALE – RIGID HEDDLE LOOM & STAND

10" Ashford Samplit Loom & LOOM STAND



Pictures are mostly stock pictures because the loom and stand have been disassembled for moving. It is very easy to put back together.

Asking \$175

This fun little loom is perfect for taking to classes and workshops.

Features:

- Built-in Second Heddle Option
- Weaving Width: (10ins)
- 1.4 kg (3lbs)
- 7.5 dent reed & 10 dent reed
- Threading Hook
- Ratchets and Clicker Pawls so your warp never unwinds unintentionally.
- Natural Finish

**Samplit
Loom
stand**



If interested, contact Nancy Kelly-Girvin

Call or text: (509) 521-1965

Email: nancykg3@gmail.com

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Thank You!
From all of us at
Martha's Cupboard

Thanks so much for your generous donations that will help those in need in our community.



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