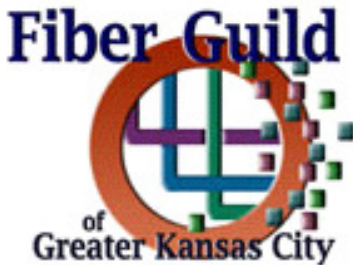


FEBRUARY NEWSLETTER

Check out our website: <http://www.kansascityfiberguild.org/>



WELCOME TO ALL NEW MEMBERS!

We meet at Old Mission
United Methodist Church,
5519 State Park Road,
Fairway, KS 66205.

The north door of the church
is the closest to the meeting
room.

Donations for the food
pantry are a welcome way to
give back for the use of the
meeting room.

INCLEMENT WEATHER POLICY

When schools and public
events are closed due to
weather, guild meetings will
not be held that month.

February Program

We will be revamping our KC Fiber Guild name tags at the February meeting. Members who don't need to work on their name tags can bring handwork to keep them busy or assist new members with a new tag.

Members will need to bring any supplies needed to create new tags or to rework and repair old ones.

ATTENTION: All Fiber Guild Members

We need each of you to bring "**do-dads**" (bits of things...rhinestones, scraps of lace or yarn, fiber, almost empty ribbon spools, small to medium stickers, markers, glitter glue, almost empty paint pens, etc. like for scrap-booking) **to the Feb. 12th meeting** to be used in building our 'enclosure item' for the KAWS goody bags.

We need each member to also bring **at least one large brown paper grocery bag** (two if possible).

We're having a **CONTEST** with **PRIZES** for the next part:
Do you have a favorite *cartoon, quote, thought* or *tip* for/about weaving or fiber? Bring a copy of it to the February meeting.

Prizes will be given for the best top 8 or 10 to use in the booklets. Each member will present their entry during *Show and Tell* – the ones that get the most reaction will be the winners.

A work session to put together the booklets will be scheduled soon, so consider volunteering – it's gonna be fun!

Join our group on Ravelry!

Group Name: Fiber Guild of Greater Kansas City

Website: <http://www.ravelry.com/groups/fiber-guild-of-greater-kansas-city>

NEWSLETTER SUBMISSIONS

Articles and announcements for the newsletter are due the **20th of the month.**

Please send them to your newsletter editor,
Christine Long Derks

Christine@treasuregoddess.com

EMAIL CHANGES

Please let me know of any email changes. Send your old and new email to make sure you don't miss any newsletters.

WEAVERS GUILD

Meetings are on the second Thursday of each month at 10am in the Rose Room at Loose Park

5200 Wornall Road
Kansas City, MO 64112

If you're in the Fiber Guild, you are welcome to attend Weavers Guild meetings!

Be sure to check out the Weavers Guild website:

<http://www.kcweaversguild.org/>

Announcements

Reminder:

The Kansas City Fiber and Weavers Guilds are hosting the KAWS conference in Parkville on June 6-9th, and we will need everyone's help to put together a seamless event. To that end we will need a few volunteers to work on various committees.

Right now, we are looking for 2 or 3 people to staff the registration desk on the evening of the 6th and the morning of the 7th. We're also looking for 2 people with some graphics experience to be responsible for signage within the event space and signage leading people to the space from the highway. Finally, we need one person from the fiber guild, and one from the weavers guild to work together to make up nametags for our volunteers, participants and vendors.

At the show we will also need people to set tables for lunch, help people find their way around, and possibly assist a few folks in getting themselves and their sewing machines up a flight of stairs or across the parking lot.

If you are interested in any of these tasks, please contact Leslie McLaughlin or Carol Ann Parker as soon as possible.

Art Yarn fiber study group forming

Looking for folks who have been making art yarn/textured yarn who are interested in expanding their skills. This is not a "learn to spin" group. Please have some knowledge of spinning art/textured yarn. We will start meeting in early 2014.

Contact Teri Plemel at fiberterian@gmail.com if you are interested in participating.

Directory Committee Notes

The 2014 Combined Guild Directory will be ready for the February Guild meetings. We have had a few questions and issues come up. The guilds are separate groups, who share a few things. You are always welcome at both meetings.

You may be a Guild Officer and vote only for the guild in which you pay dues. We do share books and rental equipment with each other. If you change back and forth, the membership date in the directory will show the last year you paid at that guild, ie: WG-14 or FG-13. If you plan to join the famous "25 Year Club" and become a "Lifetime Member", you must pay for the same guild every year for 25 consecutive years.

If you paid extra to have your directory mailed, those will go out after the February meetings. If you forgot to send in your membership for this year, we will put you on the next update list, but it will be too late for the Creative Hand Art Show. Each guild orders one book for each paid member, so yours will only be available at the guild meeting where you paid dues.

Thanks for a great sign up, we have over 150 total members!

Upcoming Fiber Events

Missouri Fiber Retreat

March 7-9, 2014 Located on the university farm near Jefferson City, MO. Matt Nowak will be teaching traditional wet-felting techniques to make a felted purse while several of our members will also be teaching classes and having their vendor booths to sell yarn, roving, fiber, equipment, etc. Registration starts Dec 1st and it usually fills up quickly. Contact Matt Nowak: matthew.c.nowak.civ@mail.mil.

Website: <https://sites.google.com/site/fiberretreat2011/>

Art and Soul, Mixed-Media Art Retreat

March 19-23, 2014 Mixed Media Classes/Workshops

Online Registration Open Now

Elms Hotel and Spa, Excelsior Springs, MO

Website: <http://www.artandsoulretreat.com/retreat-KC-retreat.php>

Knitting in the Heartland

April 4-6, 2014 Knitting & Crochet classes and Vendor Market put on by Sunflower Knitters' Guild

Featured Teacher & Keynote Speaker: Fiona Ellis

Crowne Plaza Hotel, 12601 W 95th Street, Lenexa, KS 66215

Classes fill up fast, register online:

Website: <http://kithkc.com>

KAWS 2014 Kansas Alliance of Weavers and Spinners

June 6-9, 2014 Workshops, keynote speaker Susan Bateman, fashion show, vendor market and guild displays

Downtown Parkville, MO

Website: <http://www.kansasweavers.com/retreat.html>

For Sale

Teri Plemel is selling a 7 foot triangle loom made by Hideaway Homestead Looms. It is a 7 foot triloom that can be adjusted down to 6 foot. It is sturdy and very well made. (Includes easel stand as well as an instructional book) She is asking \$250 but will accept reasonable offers. fiberterian@gmail.com or 913-620-8023.

STRETCHING - AVOID INJURY

In the Olden Days, doctors often saw people for "Weavers Bottom", a form of bursitis usually caused by prolonged sitting on hard surfaces such as a weaving or spinning stool. Doctors still treat this injury, now called "Ischial Bursitis". Take hourly breaks to stretch, walk about and use good posture to avoid this injury.

Knitter's Elbow (or Tennis Elbow) is a form of tendonitis. This can be also be avoided by taking breaks. Stop every hour and do simple stretches. Rotate your wrists, stretch your fingers, shake your arms. While knitting, crocheting or spinning, use good posture. Sit up straight in a comfortable chair. Keep your shoulders down and arms relaxed.

Make it a point to walk about and take a drink of water during your long creative sessions. You will be healthier and more productive too!