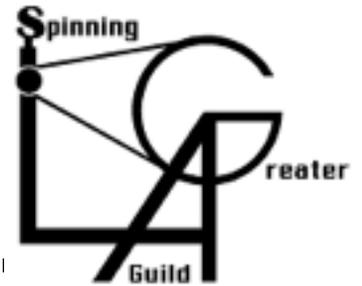


Website: [www.glasg.org](http://www.glasg.org)  
RAVELRY Group: [www.ravelry.com/groups/glasg](http://www.ravelry.com/groups/glasg)  
Yahoo Group: <http://groups.yahoo.com/group/GLASG>



### **2016 MEETINGS**

January 23	February 27	March 26
April 22	May 28	June 25
July 23	August 27	September 23
<b>October 22</b>	November 26	December-No meeting due to Chi

### **IN THIS ISSUE**



- **January: Supported Spindling Made Easy—Who?**
- **February: Growing, Harvesting, Ginning, and Spinning Cotton**
- **April Workshop: Gayle Vallance**
- **December Holiday Party**
- **Events and Outreach**
- **Membership Renewal Application 2016 dues are due!**
- **Fund Raiser: Toyota 901 Knitting Machine Raffle**



#### January Program:

Supported Spindling Made Easy  
By

Miki Lawrence, Loan Nguyen, Eileen Duffy, and Jan Larson

#### January 2016 Guild Presentation: Support spindle spinning (made easy)

The January Guild presentation will be focusing on techniques and tools for spinning on a supported spindle. We have a fun "group" presentation planned, as there are many different ways to use a spindle. Miki, Loan, Jan and Eileen will share the "ins and outs" of spinning supported!

Our presentation will be an introduction to support spinning dynamics and tools, what to look for in a support spindle, which style of support spindle will work with which fibers, tips on buying from current spindle makers, as well as examples of some hand crafted support spindles. Immediately following the presentation, we will have a group "mentoring" session. Make sure to bring a support spindle, if possible, although we will also have a few "learning" spindles for members to use during the session. Learn from people who love to use support spindles!

1. \* Members should bring any support spindles which they already own, as well as a support spindle bowl (or any small smooth-bottom bowl will work). Also, bring any fibers which you would like to spin on your support spindle for

evaluation. meeting. We have some fibers which were donated for guild use, but members are also encouraged to bring a handful of fibers to card and use during the spinning session after the presentation. Plan to arrive at 9 a.m. to take advantage of this opportunity.

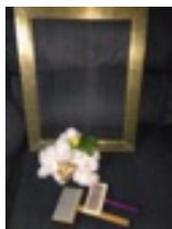
2. \* There will be a group fiber carding "mentor" session **immediately before** the guild



## **February Program:**

### **Growing, Harvesting, and Spinning your own Cotton**

**Presented by Jan Larson**



### **MAKE YOUR OWN "COTTON GIN"**

**Mentoring session will take place from 9:15-10:00am.**

**Please bring a wooden picture frame 11 x 14 (thrift stores are great for this); 1/4" (\*important, note the size); wire cutters (I will have a pair if you don't have any) and a staple gun with staples. Also bring a metal dog brush or flicker.**

**Growing cotton in Southern California has never been easier! Join Jan as she talks about her own experiences in growing cotton, harvesting, various ways of ginning, and spinning. Feel free to bring your spinning wheels, takali's, support spindles, and Charka's. Seeds will be available for all for those motivated cotton farmers!**

# Spring Workshop with Gayle Vallance

GLASG welcomes Gayle Vallance to Los Angeles!!!

Friday, Saturday, and Sunday April 22nd-24th 2016

Workshops are as follows:

**\*\*Hand carded rolags and woolen spinning\*\*** Friday 9:30-4:30pm (Full Day Workshop)

This workshop will discuss the types of fibres best suited to hand carding. Hand carding technique will be reviewed so that rolags are prepared that are easy to draft, and create yarns with a woolen character using a traditional woolen long draw and the cotton longdraw. Woolen spun yarns will then be combined in 2 and 3-ply yarns and cables.

**\*\*Using a Long Draft to Speed Up Your Spinning\*\*** Saturday 12-6 pm (Full Day Workshop)

Every spinner feels frustration when there are so many projects planned, but so little time to spin. Often spinning can be speeded up without sacrificing yarn quality just by using long drafting techniques. This class will teach how to distinguish between the many spinning techniques referred to as the "long draw". It will clarify terms such as: woollen long draw, unsupported long draw, double drafting, point of contact, short draw at a distance, long backward worsted draw. It will teach each technique and show why it is best for a specific type of yarn.

**\*\*Spinning Merino Top: Let Me Count the Ways\*\*** Sunday 9:30am-4:30pm (Full Day Workshop)

Merino is one of the finest of the sheep wools. It can be used for spinning lace weight to bulky yarns, but care must be taken to limit its tendency to pill and felt. Commercial combed top contains fibre that has been combed and straightened, making it ideal for spinning worsted yarn, but it also has the potential for use in other yarns through carding and blending. Instruction will be given to spin lace weight, sport weight and bulky yarns in a variety of colours, using plying and cabling techniques. We will ply with other fibers for differential shrinkage, and card merino with silk and synthetic fibers for novelty effect.

**\*\*Class Fees:**

§65 per class for Guild Members that includes materials and parking where applicable

§95 for 1 class; §65 per class thereafter for Non Guild Members that includes Guild Membership, materials, and parking where applicable

Payments can be made by check either at our Guild Meeting, sent to our PO (GLASG.org for addy) or by PayPal in which classes would be §67 EACH to cover handling fees: [Membership@glasg.org](mailto:Membership@glasg.org) PLEASE include a note that states the payment is for Gayle's workshop and for which classes.

**\*\*15 Participants per class.\*\***

**Workshop Locations:**

**\*\*Friday and Sunday\*\***

**Westside Pavilion**

**Address: 10800 West Pico Boulevard, Suite 312, Los Angeles, CA 90064**

**\*\*Saturday\*\***

**St. Andrew's Church**

**11555 National Blvd**

**(normal Guild Meeting Location)**

If you would like to attend any of the above classes, please contact Jan Larson or Jesse Brennan.

***HAPPY NEW YEAR!***  
***GLASG HOLIDAY FUN***



**Everyone had a delightful time at our Annual Holiday Party!**

**DUES for the 2016 year are now due. Be sure to pay at the next meeting or via PayPal. Application is on the last page of this Newsletter.**

### ANNOUNCEMENTS

- The guild will now be hosting guest vendors. The most current schedule is posted on Ravelry.
- Jan Larson is selling padded Spindle/ Project Bags that can also be used as a distaff. They are \$20 each. Contact her at [Cajan\\_2002@yahoo.com](mailto:Cajan_2002@yahoo.com)
- Berta is selling covers for hand carders and flickers. Members can email her the dimensions and she will price the cover.

### EVENTS & OUTREACH

**WOVEN GOLD: TAPESTRIES OF LOUIS XIV** The Getty Center (Brentwood) *December 15, 2015–May 1, 2016* Colorful and glittering tapestries, handwoven after designs by the most renowned artists, were the ultimate expression of status, power, taste, and wealth. As patron, heir, and collector, Louis XIV (reigned 1643–1715), vastly augmented the prestigious French royal collection of tapestries. Displayed within his palaces while in residence and in outdoor courtyards on feast days, these monumental hangings embodied and proclaimed his magnificence. With rare loans from the French state, this major international loan exhibition, exclusive to the Getty, presents a selection of grand tapestries that evoke the brilliance of the Sun King's court.

***THE RED THAT COLORED THE WORLD*** The Bowers Museum, Santa Ana, October 31, 2015-February 21, 2016 Red, with its brilliant hue and broad cultural history, has inspired artists' imaginations and seduced viewers for millennia. Artists and dyers for centuries strived to find the color source to rival the best reds of nature, and to express the spirit, symbolism and sustenance of life. Their quest ended in the Aztec marketplace of 16th-century Mexico, where Spanish explorers encountered the American cochineal bug. *The Red that Colored the World* translates the cochineal story into three dimensions, following the precious bug juice and its use in art from Mexico to Europe to the U.S. and beyond. <http://www.bowers.org/index.php/exhibitions/upcoming-exhibitions/417-the-red-that-colored-the-world>

**WOVEN GOLD: TAPESTRIES OF LOUIS XIV** The Getty Center, December 15, 2015–May 1, 2016 Colorful and glittering tapestries, handwoven after designs by the most renowned artists, were the ultimate expression of status, power, taste, and wealth. As patron, heir, and collector, Louis XIV (reigned 1643–1715), vastly augmented the prestigious French royal collection of tapestries. Displayed within his palaces while in residence and in outdoor courtyards on feast days, these monumental hangings embodied and proclaimed his magnificence. With rare loans from the French state, this major international loan exhibition, exclusive to the Getty, presents a selection of grand tapestries that evoke the brilliance of the Sun King's court. TMA/SC is working with the Getty to organize and/or co-sponsor a program in conjunction with this exhibition.

**ROYAL HAWAIIAN FEATHERWORK: NĀ HULU ALI'I** This exhibition features the distinctive art, culture, and history of Hawai'i with the first exhibition of Hawaiian featherwork on the U.S. mainland, developed in partnership with the Bernice Pauahi Bishop Museum, Honolulu. The exhibition will feature approximately 75 rare and stunning examples of the finest featherwork capes and cloaks in existence, as well as royal staffs of feathers (kāhili), feather lei (lei hulu manu), helmets (mahiole), feathered god images (akua hulu manu), and related eighteenth- and nineteenth-century paintings and works on paper. August 29, 2015 – February 28, 2016 de Young Museum, San Francisco Museums of Fine Art for more information: <https://deyoung.famsf.org/exhibitions/featherwork>

April 8-10—Conference of Northern California Handweavers, Modesto, CA Registration open January 4, 2016

June Estes Park Wool Festival

June Black Sheep Wool Festival

**Ongoing:** The Orange County Spinning Guild is an informal group. Margaret Trousdale

([sciencetcher@gmail.com](mailto:sciencetcher@gmail.com)) is now arranging meetings and can provide information on their locations.

More events can be found on our [Ravelry Group](#)

# Opportunity Drawing

## Greater Los Angeles Spinning Guild

### February 27, 2016



## Toyota KS 901 Knitting Machine

### Package includes:

- Toyota KS 901 machine
- 8 Pattern books
- Punching Machine #10
- Knit Tracer
- Stand
- Service Manual
- Parts Catalog
- 6 packs of blank punch cards
- Envelope of patterns
- Basic techniques workbook #1 and

**\$10 per ticket/ \$10.50 paypal**

Tickets will be available for sale at the January 23rd meeting, or on-site before the drawing on February 27th.

Tickets are also available through Paypal ([membership@glasg.org](mailto:membership@glasg.org)) for \$10.50 each. Be sure to include your name and contact information and a note that the payment is for the raffle.

Greater Los Angeles Spinning Guild  
2016  
MEMBERSHIP APPLICATION / RENEWAL



**\$30** for one year \$15 after July 13, 2016

Please complete the form below and submit with your check payable to **GLASG** by hand to any GLASG board member, or send to:

**GLASG Membership Committee**  
**P.O. Box 64454**  
**Los Angeles, CA 90064**

You may also make dues payment by PayPal by following these steps:

- Log on to your own PayPal account
- Click on "send money"
- Enter "membership@glasg.org" as recipient and "Service" from the "Payment" tab as the transaction type. Do not check "personal transfer" or anything from that tab.
- Enter \$30.00 as the amount, and enter your name in the "Comments" section so we know without a doubt who is renewing their membership.

Mail in or hand in a completed copy of this form. *The information below will be made available to members in our Member Roster, published in a secure area of our website. If you wish any item to be omitted from the published Member Roster, please check the box at the left of the item.*

**Omit from  
Published  
Roster**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

*Renewal:* Please correct the Roster as shown above.

*Roster Correction Only:* My dues are paid through 2016, just correct the Roster as shown above.

**Membership Committee use only:**

Date dues given

Date Received: to Treasurer:

Check No.: Check Amount:

This membership term begins (date): Ends: 12/31/2016

Recap of November's Program presented by Ann Davis:

## “Joy of Discovery: Fiber and Twist”

By Ann Davis

*‘Man is that he might have joy’*— is a philosophy I was raised with. Joy is experienced as the opposing force which brings balance to the challenges of mortal life.

**What is Joy?**—Includes elements of, but is more than: amusement, recreation, fun, delight, pleasure, satisfaction, achievement, accomplishment, enrichment, relaxation, calm, tranquility, gratification, contentment, peace, harmony, fulfillment, happiness.

Martin E. Seligman, Ph.D. calls it “**Authentic Happiness**” = living a full life, with abundant positive emotion, gratification, and use of signature strengths in the service of something larger than yourself.

“**Optimism**” is a crucial element of authentic happiness. Dr. Seligman defines it as “the power of non-negative thinking”<sup>1</sup>

### **Suggestions for increasing happiness (joy):**

1. Inject into your life as many events that provide pleasure as you can, but spread them out.<sup>2</sup>
2. Surprise and spacing keeps pleasure from becoming habitualized. Find the optimal spacing.<sup>2</sup>
3. Grace is part and parcel of the dance well done<sup>3</sup>
4. Play by definition is the prototype of gratification<sup>4</sup>
5. Savoring is the awareness of pleasure and of the deliberate conscious attention to the experience of pleasure. Sharing, absorption, sharpened perception, memory building, self-congratulation all increase the savoring of a pleasure.<sup>5</sup>
6. Practice mindfulness: allow yourself to see the present moment anew—shift perspective to make a stale situation fresh<sup>6</sup>
7. Connect with others. Your joys are multiplied when you share them with another human being.

**Why do you spin?** Certainly not to provide the essentials of life. In this day and age, spinning is a recreational choice, not a requirement for survival.

**What draws you to spinning?** Many of the things listed previously as elements of joy come into my life through spinning.

**What keeps you spinning?** For me, it is discovery, growth, sense of accomplishment, creativity, and the element of meditation.

## Joy of Discovery

*The journey of discovery (or learning) is a valid end in and of itself.*

Discovery can be a joy in and of itself. You don't need any other reason than the desire to explore. Projects are not required, but they can extend and enrich the journey. No amount of reading or classes can replace the experience of working your way through pounds and pounds of fiber. It takes hundreds of hours to become skilled at anything, thousands to become expert. Expert need not be your goal, it is only one of the many options open to you on your journey of discovery.

1. *Try All the Things.* Once you start looking at individual elements you can play with, unseen paths of exploration come into view.
2. *Explore new fibers.* New experiences bring a fresh element into your spinning, and create an element of surprise. Try something different! Go beyond what you know. You may find an unexpected new favorite.
3. *Develop new skills.* Whether it be a drafting style, piece of equipment, or yarn design, that new skill may be the path to discovering new joys with old favorites, or that unexpected new favorite fiber you recently tried.
4. *Stretch your existing skills.* Take advantage of mentoring opportunities. Classes, retreats, demos in public all give opportunity to learn from someone sitting next to you in both formal and informal environments.
5. *Play.* It almost always involves mastery and engenders flow, for a child (or adult) of any age.<sup>4</sup>

### Some pathways to explore:

1. *Twist*: test ratios in singles or plying. Find the extreme limits and find the “sweet spot” for the fiber in your hand.
2. Test every variety of *drafting style* you can think of.
3. Play with *fiber prep*. Combed, carded, batts, hand prepped and commercial.
4. Embark on a *breed study*. A couple ounces is like waving at someone from across a room. A couple pounds and you are well acquainted, up close and personal.
5. Play with *color*. Warning: slippery slope ahead!
6. Try all the *finishing techniques*. Find which serves you best in which situation.
7. *Vary individual details* or steps in producing your yarn with the fiber in hand.
8. *Yarn design*- Whole books have been written on yarn design. Try what appeals to you, try what seems odd to you.
9. Take a “*scientific approach*” then take a “*free spirit*” approach. Or vice versa. You might hate one and love the other, but you might learn one small thing that makes an impact on your knowledge base. Trying a learning style that is not your norm can inform and enrich your experience.
10. *Build your skill set*. Choose one thing you are challenged by, then set up a practice or study regimen. Approach it like learning a musical instrument. Repeated and thoughtfully practiced exercises increase your abilities. What was once a weakness can become a signature strength.
11. *Study the body motions* of yourself and other spinners. What are they doing to achieve the yarn they are creating? What eases physical stress, and what makes it worse? What increases efficiency? What increases meditation?

**How do you find the joy when frustration hits?** You have a choice: stay frustrated, or find the joy. Recognize that “mistakes” are where the greatest learning happens. No experience need be wasted. Choose to grow from it. You know what *didn't* work and what to avoid in the future.

1. *Relax*: your emotions & thoughts, your body (hands & posture)
2. *Take a break*. Switch to something familiar and spend a Zen moment while you mentally re-group.
3. *Re-examine the situation*. Look for alternative approaches. This is the perfect opportunity to experiment.
4. *Change what you can*. Prep, fiber, equipment, environment, your body, your perspective.
5. *Seek advice from the wise*: books, YouTube, videos, classes, other spinners.

**Things that determine success:** aptitude, motivation, optimism, focus on the changeable, skill in generating alternatives. <sup>7</sup>

1. “Learned Optimism” by Dr. Martin E. P. Seligman, Ph.D. pg. 15
2. “Authentic Happiness” by Dr. Martin E. P. Seligman, Ph.D. pg. 106
3. Ibid, pg. 112
4. Ibid, pg. 216
- 5.
6. [Ibid, pg. 107](#)
- 7.
8. [Ibid, pg. 110](#)
9. “Learned Optimism” pg. 101

## GLASG.ORG

We now have a section on the website for members' spinning stories. If you would like to post your experiences with spinning, send pictures and your story to [editor@glasg.org](mailto:editor@glasg.org).

The GLASG website is updated at least every month. We would like to have more input into the website. Please send [editor@glasg.org](mailto:editor@glasg.org) pictures and articles that are labeled. If the pictures have people, please send a note that the people in the picture agree to have their picture put on the internet. We will take your word on this. Please include either a caption to go along with any pictures.

**If you have uploaded any spinning related videos to YouTube, please forward the information to [editor@glasg.org](mailto:editor@glasg.org). We will list the videos under resources. Thank you.**

Guild members may place a "for sale" advertisement in the newsletter. Email [editor@glasg.org](mailto:editor@glasg.org) your information for the ad. These ads are not for commercial ventures.

**Thursday Night Fiber study in Torrance—Spinning, Fiber Preparation, Band Weaving, Crochet, Beginning Knitting, Needle Felting—Openings are again available, no charge 5-8 p.m. by appointment only. [GwenPowellSpinner@gmail.com](mailto:GwenPowellSpinner@gmail.com)**

**If you have anything to be added to the newsletter, please send it to [editor@glasg.org](mailto:editor@glasg.org) by the 10<sup>th</sup> of the month. Thank you.**