



# TELARAÑA TIDINGS

Newsletter of Telarana Fiber Arts Guild  
Telarana.org

February 2025

**East Mesa Christian Church**  
706 S. Greenfield Rd, Mesa

**Feb.12**  
**Doors open at noon,**  
**meeting at 1pm**



Hi everyone!! Here we are in February. Where did January go??? This is the month of hearts and chocolates and little men shooting arrows all over the place!! Romance is in the air and so is our guild auction!

I will leave the details to Winnie and Ruth later in this newsletter. I just want to encourage all members to participate. Whether in the silent auction, the regular auction or having your own table to sell, come and be part of the fun. I know with Bill as our auctioneer it will be a ton of fun. And bring your cash ready to buy!! Our March meeting will be the mini-workshops. Is there a technique you would like to see or teach during the mini's? If so contact me or Ruth Hal-lowj.

See ya all on the 12th!! Nancy

## **Silent and live auction**

**Our February meeting will be an opportunity to add to your stash or clear out your stash and closets. We will have a silent auction for smaller or less expensive items and Bill Oliphant will be auctioneer for more expensive or unique items. Some members may want to have a table of items they want**

**to sell, giving 15% to the guild (Must have a sales tax number.) Check your drawers and closets for donation potentials and needs.**

**We expect a variety of fibers, equipment and finished products. There is a good amount of fabulous fine knitting or weft yarns on both auctions. You might want to invite your knitting friends.**

**Bring cash to speed up check out. Credit card processing will be available for larger purchases.**

**This is always a fun event!**

## **Telarana Board Members:**

**President: Nancy Ryan**  
**VP/Programs: Ruth Hallows**  
**Past President: Lee Killpack**  
**Treasurer/Exhibits: Cindy Reynolds**  
**Secretary: Carol Gordon**  
**Demonstrations: Nancy Wanek**  
**Federation: Paula Rudnick**  
**Historian: Russ Johnson**  
**Hospitality: Judy Sirkis**  
**Library: Karen Kehlenbach**  
**Membership: Deb Barr**  
**Newsletter: Sharie Monsam**  
**Publicity:**  
**Ways and Means: Winnie Johnson**  
**Website: Linda Wade**  
**Workshops: Jean Lavell**  
**Workshop Assistant: Judith Emerson**

## Workshops

The Telarana guild will offer a two-day course on tapestry weaving techniques, creating unrealistic faces, taught by Winnie and Sharie. The class will be taught on 2 separate Saturdays, location pending, end of February into March. Even though details are still being finalized, this is notice of the upcoming workshop, registration will be shorter than usual.

The **Arizona Desert Weavers and spinners** are putting on a workshop, Western Sakiori Scarves, with, Amanda Robinette, the traveling Federation Teacher. Workshop is March 29 & 30 for \$90. Amanda will be teaching a style of Japanese weaving using recycled materials. URGENT: If anyone is interested in taking Western Sakiori Scarves, by Amanda Robonette please contact workshop coordinator, (Jean 425 478 7608) There is only a few spaces left and they will close registration soon.

**Telarana & Amanda Robinette** (Federation sponsored Teacher). Our guild has the opportunity to bring Amanda here in mid-April for a 2-day workshop. Attached is the flyer on potential classes. ARE you INTERESTED?

**Amanda Robinette Valencia,**  
California [westernsakiori@gmail.com](mailto:westernsakiori@gmail.com)

**Brief Bio:** Amanda Robinette is a professional fiber artist who has achieved the Olds College Master Weaver Levels I and II status. She also has a background in environmental science, and her current weaving practice explores recycling, frugality, and the joy of creative destruction through rag weaving. Teaching and practicing Tai Chi is her other passion. She has been teaching and lecturing in the fiber arts for 10 years, and is the author of *Weaving Western Sakiori* and the developer of the Tai Chi for

Weavers workshop and DVD and the Tai Chi for Fiber Artists workshop.

**Fees:** Her fees for teaching fiber arts classes and for lecturing are \$200 for a half day of teaching or lecturing, and \$350 for a full day of teaching or a half day of teaching plus a lecture. The fee for a two-hour tai chi class is \$250.

**Schedule:** Amanda is available any time during March and April 2025. She is happy to stay in guild members' homes, as long as she has a private bedroom and bathroom.

### Current Workshop and Lecture Offerings

**Western Sakiori Scarf (2 days, but could be done as 1.5 days if paired with lecture on the History of Sakiori Weaving)**

**Maximum students: 14**

**Space requirements: Enough room for each student to set up their loom and have sufficient space to work, plus an additional three work tables**

*Sakiori* is a form of cotton rag-weaving used by the rural poor in Japan from the mid18<sup>th</sup> to the mid-20<sup>th</sup> centuries to make durable, warm cloth for work garments and other utilitarian textiles. Sakiori is relevant to the modern-day world, where textile overproduction creates an abundance of potential materials and reducing waste in the textile stream has taken on a new urgency. In this workshop, you will learn more about the fascinating history and use of traditional sakiori fabric, as well as how to use the discarded luxury materials readily available to us in North America to make our own version of sakiori. The class will cover rag selection and preparation, weaving, and finishing techniques. Equipment required: Any floor, table, or rigid heddle loom

Skill level: Able to warp and weave independently

**Weaving with T-shirts (including Making T-shirt Yarn 3 ways) (1/2 – 1 day depending on skill level of participants; can be negotiated with individual guilds)**

**Maximum students: 14**

**Space requirements: Enough room for each student to set up their loom and have sufficient space to work, two work tables for instructor, half table for each student for rag preparation**

T-shirts are an abundant source of rags for weaving items like rugs and placemats, and can even be made into yarn for crochet and other crafts. It's a great way to use up the old t-shirts from your household, or to create a memory piece from a family member's shirts. However, the inherent stretchiness of knitted t-shirt fabric can cause problems with selvages and draw-in if they are not prepared correctly. In this workshop, you will learn how to make stable, non-stretchy t-shirt yarn three different ways, depending on the type of yarn you would like to have and what your intended project will be. You can then choose to start a set of placemats or a rug to finish at home.

Equipment required: Any floor, table, or rigid heddle loom

Skill level: Able to warp and weave independently

**Sweater Harvest (1/2 – 1 day; negotiated with individual guilds)**

**Maximum students: 14**

**Space requirements: Half work table space for each student, electrical outlet, one work table for instructor**

It seems that we all end up with old sweaters we don't wear anymore. They have gone out of fashion, or we moved to a different climate, or they have pulls or other damage. Thrift shops also tend to have a lot of discarded sweaters. How can we rescue the fiber used to make them so that we can upcycle them into something new? In this workshop, you will learn how to select sweaters, deconstruct them, prepare the yarn for re-use, and even how to do the math (with a simple formula) to adapt a knitting pattern for your harvested yarn! This process isn't just for wool—cotton, linen, and other plant fiber sweaters can also be harvested and make lovely warm weather wear. And, of course, the yarn can be used for weaving or spinning. Equipment required: No special equipment needed. A skein winder or niddy-noddy is helpful, though!

**“3-6-60” Novelty Yarn Scarves (1/2 – 1 day; negotiated with individual guilds)**

**Maximum students: 14**

**Space requirements: Enough room for each student to set up their warping board or mill and loom and have sufficient space to work, two additional work tables**

Novelty yarns look so fun, but how many times have you wondered what you would actually make with it and how you can make it look good? I developed my 3-6-60 technique to make random-warp novelty yarn scarves that can be fun, classy and stunning. This technique allows you to use novelty yarns (any kind, as long as it *sorta* fits through your heddle and reed) in the warp, without any tension problems at all. All of the designing is done in the warp, so the weaving is fast and easy. These are great sale items as well, because they work up fast and use inexpensive materials. In this workshop, you

will make several warps and weave as many scarves as you can get through during the day, then make the others at home later.

Equipment required: A floor or table loom with a 6-dent reed, or a rigid heddle loom with a 5-dent reed

Skill level: Able to warp and weave independently

### **Tai Chi for Weavers (2 hours)**

Tai Chi is an ancient Chinese martial art now widely practiced to reduce pain, improve balance, and more. It's easy, requires no special clothing or gear, and can be done virtually anywhere. Tai Chi for Weavers is designed to specifically address the ergonomic issues of weavers. We rely on our bodies just like we rely on our equipment. We expect performance and we are frustrated when discomfort, pain, exhaustion, or injury prevents us from doing what we love. In this workshop, you will learn how your body can work better for you so your weaving time can be more rewarding.

**Maximum students: 14**

**Space requirements: A chair for each student, and space for each person to spin in a circle with arms extended sideways without hitting an object or another student. An electrical outlet, and each student must have an unobstructed view of the instructor. Please limit your enrollment to the number of students who can achieve these requirements in the space you have.**

Equipment required: none

Fee: \$250

### **Tai Chi for Fiber Artists (2 hours)**

**Maximum students: 14**

**Space requirements: A chair for each student, and space for each person to**

**spin in a circle with arms extended sideways without hitting an object or another student. An electrical outlet, and each student must have an unobstructed view of the instructor. Please limit your enrollment to the number of students who can achieve these requirements in the space you have.**

If your guild is interested in my Tai Chi for Weavers workshop, but you have more spinners and other fiber artists than weavers, this workshop is for you. You will get the same introduction to the benefits of tai chi, but specifically geared for tension and posture issues of any fiber artist (or office worker, for that matter!).

Equipment required: none

Fee: \$250

### **Lectures:**

#### **The History of Sakiori**

Sakiori (which simply means 'rag-weaving') was a technique practiced by the Japanese rural poor from approximately the mid-18<sup>th</sup> through the mid-20<sup>th</sup> centuries, who had, until then, relied on bast fibers alone. New cotton cloth was unattainable for all but the upper classes due to economic and sometimes even legal reasons; thus, purchased cotton rags were the mainstay of sakiori, and the resulting cloth was used mainly for clothing. This is distinct from the European and North American rag-weaving traditions, in which worn-out clothing and household textiles were used mainly to make rugs for the house. In this lecture, learn more about the fascinating history of sakiori in Japan, why its reliance on rag weaving is unique in world history, and why the principles of sakiori matter to us today.

**Tai Chi and Fiber Arts, a Perfect Pairing!**

We love our time spent engaging in the fiber arts. A lot of people have office jobs they don't love quite as much. What do these two things have in common? Muscle tension, pain and stiff joints from repetitive motions or too much sitting, of course!

The solution to these problems is to *move*! It might sound too good to be true, but there is an exercise that relieves muscle tension, alleviates pain, and increases joint mobility— *and* is relaxing, low-impact, and doesn't require any exercise gear or equipment. By spending a little time taking care of our bodies, we can keep doing the things we love to (or have to!) do.

This miraculous exercise is tai chi, an ancient Chinese martial art that is mostly practiced today for health and wellness. I began practicing tai chi and weaving at the same point in my life and quickly realized that they go hand in hand for physical and mental health. In my lecture, I will talk about the history of tai chi and what it is all about, as well as my own life journey that brought me to it (and weaving). We will take a look at some of the many scientific studies that support the effectiveness of tai chi for improving conditions as diverse as osteoarthritis and heart disease, and why I call it a 'gateway exercise'.

## Upcoming Shows



**Holland Center** in Scottsdale will have its third Annual Navajo rug/ jewelry show, Feb.21-23.

**Heard Museum Indian Market** March 1, 2.  
(Our own vice president, Ruth Hallows will be a demonstrating artist.)

**MAC Annual Craft Show** opens Feb. 14

**S'edav Va'aki (Pueblo Grande Museum)**  
**Annual Technology Day**, March 8<sup>th</sup>. Telarana has booth to demo and teach children to weave.

## Telarana Guild Board Meeting January 29, 2025

**Attendees:** Nancy Ryan, Cindy Reynolds, Carol Gordon, Paula Rudnick, Linda Wade, Russ and Winnie Johnson, Lee Killpack, Sharie Monsam, Deb Barr, Ruth Hallows, Jean Lavell, Judith Sirkis, Karen Kehlenbach, Judith Emerson

**Secretary's Report:** Nancy R presented the minutes of the last Board meeting of September 25.

Board voted to approve minutes.

**Treasurer's Report:** Cindy reported the guild checking balance is \$4619.54. Zorn scholarship still has \$380. Money the Board okayed for a CD is due Feb 9 - \$8084. The CDs have gained us \$288.

Board agreed that extra funds can continue to be put in short term CDs.

**Old Business:** December guild sale was a success, but there is concern about the number of members who had things in the sale. There were only 11 participants who contributed and the board agreed to try to encourage and plan for more participation next year or the sale may not be viable in the future.

**New Business:** There was a discussion about a fund raising idea of a calendar. An example was shown and some members commented on past

calendars made. Cindy pointed out that the guild was good with funds. Discussion tabled.

### **Committee Reports:**

**Federation:** Paula talked about guild input on future workshop asking ideas for who, when, and how presented. Paula gave a reminder that the Federation has grants available for a guild and/or an individual. Check with Paula and/or the Federation website for more information. Nancy agreed to complete a questionnaire from the Federation.

The Fiber Arts Festival presented by the Federation is going to be at Camp Verde again in April 2026.

Many volunteers are needed for the event. Help is needed for arranging vendors, sponsors, teachers, demonstrations, set ups, etc. Telarana has offered to prepare the goodie bags that are given to event participants. Winnie will coordinate the effort with others pitching in. Next Federation meeting is in April. Paula will let us know any updates. Telarana can publish guild events with the Federation by contacting Carol Burns.

**Programs:** Ruth announced the February guild meeting is our silent auction. It was a roaring success last year. Come early if you are bringing things for the auction. Tables can be requested if you want to make money from your stash with a percentage going to the guild. Members can bring guests. Cash is preferred, but credit cards can be used for large purchases. Cindy will email former members.

The March meeting will have mini workshops. If you have a teachable skill you would like to share in a 20-30 minute session, there will be a sign up sheet at the February meeting. Cindy would like to see more hands-on interactive presentations. Guild is looking into having traveling teacher, Amanda Robinette present. Jean is checking dates for a possible workshop. Nancy suggested Laurie Fagen, local artist and vice president to the new Fiber Arts Center of AZ. to present at a future meeting.

**Demonstrations:** Nancy W is not in AZ to help with demonstrations at the S'edav Va'aki Museum (Pueblo Grande) the second weekend of March. If you are interested in demonstrating for this or another event, please let a Board member know.

Ruth Hallows has been chosen as a demonstrating artist with her beautiful Chikit and Raven weaving styles at the Heard Indian Days event March 1 and 2. Plan to attend to support her.

**Historian:** no report

**Hospitality:** Ready for February auction with guild members and guests.

**Library:** Board has chosen Lou Killpack to assist Karen with library at guild meeting. Thanks Lou!

**Membership:** We currently have 71 members.

**Ways and Means:** Winnie said she is good with raffle items.

**Website:** Linda Wade stated that the guild website host transition is done and the site is up and running. Let Linda know if you have any issues accessing the Telarana.org site.

**Workshops:** Jean stated that Winnie and Sharie are planning a Tapestry workshop. A possible theme is "faces" for a small piece. More information to come.

**Newsletter:** Sharie asked that items for the January newsletter be sent to her by this Sunday.

Meeting adjourned 8:35.

Respectfully submitted, Carol Gordon, Secretary