

February  
2018

ROVINS

## Message from the President

My weather app tells me that our roller-coaster January will go on confounding expectations to the end. After a deceptively spring-like day on Wednesday, Thursday brought a new layer of ice and a tumble in my driveway. Bruises and strains; nothing broken. Be careful out there. It takes more than the inconstancy of Ithaca weather to keep the Black Sheep off balance, though; the storm that derailed our Roc Day plans had not even wound down when it was met by a counter-flurry of regrouping, rethinking, rescheduling, and reimagining, and we are pleased to announce that, by dint of admirable energy, dedication, flexibility, creativity and enthusiasm on many sides (thanks to all of you), the party will go on. You are all invited to join us for our March Fiber Madness celebration:

### ROC DAY RESPUN

**Saturday, March 10, 10:00-4:00**

In between, while some of you will be away at the retreat, the rest of us will gather on February 10 for a relaxing day of spinning and catching up on the news of the winter. It will be great to get together with you all, now that the days are getting longer and the promise of spring is on the horizon.

—Wayne

February 2018

Next meeting is on February 10<sup>th</sup> from 11am-3pm, and we'll have

## a relaxed time of spinning

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The Black Sheep meet from 11am - 3pm on the 2nd Saturday of each month at All Saints Church Parish Hall, Route 34B, in Lansing, NY. Exceptions are possible-see location changes in the latest newsletter!

## Hat Competition

Since Roc Day had to be postponed to the 10<sup>th</sup> of March, there is still a chance to participate in the hat competition. Even for those who had a too busy holiday time to get anything done. Here are the rules again:

### Show What Hand Spun Yarn Can Do in a Hat

Use any technique for a hand made hat that uses 100% of your own hand spun yarn and of your own making. That means the hat can be knit, naalbinding, woven, crocheted, knit/fulled, etc. The hand spun can be any fiber(s), plies, or colors. Only hand spun yarn, no beads, no ribbons, no feathers, no shells, sticks or stones, etc.

If you want to enter more than one hat in the competition, they must be different techniques or patterns. For example with 2 knit hats, 1 Fair Isle/1 cabled. Or 3 hats, 1 knit/1 crocheted/1 woven. Or 3 hats, 1 intarsia knit/ 1 rib knit/ 1 woven. Or 4 hats, 1 knit/fulled/ 1 brioche knit,/1 lace knit/ 1 crocheted.

A small sample (12 inches or so) of the hand spun yarn used should accompany the hat. The hats need to be turned in at the competition table by 11 AM in order to be up in time for them to be numbered and displayed and time for people to vote on them. Hats will be judged by the public as each person entering will receive a voting ballot to be deposited in a large container labeled Vote for Your Favorite Hat. The prizes will be announced at 1:30 PM just before the auction. There will be first, second and third prizes.

Hat entries may be donated to the Chinese Auction, however this is not mandatory. You can take your prize winning creation back home with you, if you like.



Featuring small New York State Indie Dyers

**Sunday, February 25, 2018, 10am-4pm**

**RIT Inn and Conference Center**

5257 W. Henrietta Rd. Henrietta, NY 14467

For more details, as the date gets closer, contact us at:

The Knitting Circle  
1387 Fairport Rd. #885  
Fairport, NY 14450  
Phone: 585.442.8002

Tina Turner KNITS

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## Fiber News

### Upcoming BSHG Meetings:

**February 10<sup>th</sup>, Relaxed Spinning**  
11am-3pm

**March 10<sup>th</sup>, Roc Day Respun**  
10am-4pm

### Fiber Events and Craft Fairs:

#### Winter Recess Fiber Arts Festival

Monday, February 19<sup>th</sup>, 10am-4pm

La Tourelle Resort and Spa

1150 Danby Rd (96B)

Ithaca, New York 14850

<https://www.facebook.com/Winter-Recess-Fiber-Arts-Festival>

#### Knitting Circle Fiber Arts Festival

Sunday, February 25<sup>th</sup>, 10am - 4pm

RIT Inn and Conference Center

5257 West Henrietta Road,

<http://tinaturnerknits.com>

## Spinning Injuries

### Threats in Fairy Tales and Real Life

By Angelika St.Laurent

Spinning seems like a reasonably safe hobby. Nevertheless, injuries do occur. The most famous spinning-related injury, well-reported by the Brothers Grimm, involves pricking one's finger on the pointy edge of a metal spindle. After an extended period of sleep, one finds oneself kissed by a complete stranger. In the story *Mother Holle*, the industrious stepdaughter pricks her finger on a spindle. While trying to wash the blood from the wool, she falls into Mother Holle's realm.

These days, pointy metal spindles are less common than in previous centuries, though some great wheels and chakras might still have them. However, wool combs and flickers quite frequently cause puncture wounds to hands and fingers. While modern spinners are usually spared century-long naps or housekeeping duties with old weather deities, puncture wounds to the hands should still be taken seriously, since they are particularly prone to infections. Make sure that you are up to date with your tetanus shot before combing wool. This is especially important if working from raw or fermented fleece. If you sustain multiple puncture wounds, or the wound is not healing quite right, a trip to the physician's office might be advisable.

Much more common than puncture wounds are repetitive motion injuries. These too are addressed in fairy tales: In a lesser known variation of Rumpelstiltskin, called *The Three Spinners*, the unfortunate maiden tasked with spinning rooms full of flax is helped by three fairies. These three show up at her wedding ceremony sporting flat feet from treadling, flat thumbs from drafting, and hanging lips from licking. The groom quickly decides that the beauty of his bride is more important to him than even more riches, so the young queen is spared from further spinning duties. Most repetitive motion injuries are less disfiguring, but can be painful and quite persistent.

A year and a half ago, I contracted tendonitis in both arms. The main reason was stubbornly drafting out a hard to draft fiber. A month of total abstinence from all fiber arts cured all the problems on my left arm, which was only lightly affected. The right arm, not so much. Sharing this experience with my fellow spinners I was surprised how many had similar experiences. Since then, I have learned a few things:

- First, hard to draft fiber, compacted top, bad blends etc. are not worth the pain. Use this fiber for a felting project or throw it out. Fiber is replaceable, but arms are not.
- Do not ignore pain. Pain is the body's warning system. If spinning hurts, stop and rest, even if it doesn't hurt much. If the pain persists after stopping, it is time for an extended break from the fiber arts and possibly a visit to the physician.
- Right posture is extremely important. A spinner should sit upright, with relaxed shoulders. For proper drafting, the thumb should be bent, not straight. The hand should be in a neutral position. Allowing the hand to bend inwards or downwards at the wrist while spinning stresses the tendons of the underarm. Wrist braces can help to ensure that the hand is held in proper position.
- Activities that are not spinning related can cause the same repetitive motion stresses. These can include knitting, typing, using touch screens, cutting vegetables, and sharpening pencils. If you can't completely avoid these activities, at least wear braces.
- Even after professional treatment, tendonitis that had been initially ignored for too long, can come back much more quickly than when it was contracted for the first time.

Spinning life can continue after tendonitis. Here are a few things I found helpful:

- Braces that hold hands and thumbs in the right position can help avoid recurring injuries. They also serve as a tangible reminder for moderation.
- Warming muscles before spinning or knitting and cooling them with ice after the activity can protect from further injuries. However, *never* use warmth on an already inflamed body part.
- Massaging affected areas with arnica gel or salves.
- Frequently stretching the affected hand backwards and to both sides can alleviate stress on the tendons.
- Ambidextrous spinning. Drafting with both hands reduces the stress put on the dominant hand.
- Choosing a spinning style that is easiest on the hands. Personally, I found long draw spinning easier on my arms than worsted spinning.
- Wearing amber bracelets. Natural amber is supposed to be anti-inflammatory. Amber necklaces are sometimes used to relieve the pain of teething toddlers.

Spinning affects not only hands and arms, but also the back and legs. Frequently, these complaints are related to posture. When sitting down to spin, be sure to sit upright in a comfortable position. A hard spinning chair is more likely to result in a better posture than a cushy sofa or armchair. When treadling, the knees should never rise above the hips.

Treadling can also cause abrasive, arthritic like pain in knees and ankles. Switching to a different treadling style or potentially an e-spinner can help.

Moderation is the key. In fairy tales, unlucky maidens are forced by greedy kings to spin whole rooms full of fiber into golden yarn overnight, facing the threat of death if the task isn't performed by morning. The stories tend to end with the questionable ending of the maiden marrying the king. (Probably also under the threat of death—for which maiden in her right mind would marry such an unpleasant character otherwise?) Luckily, we modern spinners do not have to save our lives by spinning through the night. Loved ones, who are truly deserving of our hand-made goods, will be just as appreciative of the gift if it comes a week or even a month or two later than initially planned. Spinning less can be the way of spinning longer.

## Lovely Spinning Animation

Andrea Love was commissioned by HansenCrafts to make an animation to introduce the new Hansen Minispinner. The 2:17 min long felted animation called “[Revolution](#)” can be seen on youtube. ([link](#))

Thanks to Cathy Chestnut and Sharon Gombas for passing this one along.



## Membership Form

*Please type or print*

Date: \_\_\_\_\_

### DUES Record:

2018	2021
2019	2022
2020	2023

Name \_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

Preferred email: PRINT NEATLY \_\_\_\_\_

Phone # \_\_\_\_\_

This information will be shared with registered guild members. If you wish to remain anonymous, please let Louise Henrie know.

Please list your wheel(s) \_\_\_\_\_

Do you spindle spin? Yes or No (circle)

Do you Knit? Weave? Crochet? Dye? (Natural or Chemical?):

Would you be willing to share your skills with other members (ie: teach beginners, present a meeting topic, demo to the public, etc?)

If you raise fiber animals, please list them here \_\_\_\_\_

We need your help on committee(s). If you would like to volunteer, let our president, Wayne Harbert, know!!!

Roc Day

Programming

Newsletter

Membership

Website

Outreach

Treasurer

Our newsletter is distributed electronically. If this is a problem, please contact Angelika St.Laurent. Please fill this out and either bring it to a meeting or mail it with your check for \$20 to: Louise Henrie, 417 2nd Street, Ithaca, NY 14850



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To place an ad

The cost for ads is \$5.00 per month for non-members. Current members may submit one business-card sized classified ad per month for free. Send a check made out to BSHG to our treasurer, Louise Henrie, 417 2nd Street, Ithaca, NY 14850. Send the ad in digital form to the newsletter editor, [angelika@simonstl.com](mailto:angelika@simonstl.com). Black & white business cards are published free for current members.



### CHEMUNG VALLEY FIBER ARTS GUILD



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