

# Reed and Weave

Inland Empire Handweaver's Guild

[www.iehg.org](http://www.iehg.org)

July 1, 2011

## IEHG MEETING CALENDAR

Mon, July 11th The

July meeting will be at  
Maggie's home in  
Diamond Valley near  
Hemet

August will be hosted by  
"The Mountain Weavers"  
At the home of Camille  
Babcock



Get Together July 11th at Maggie Aguirre's home  
9:30 to afternoon

Date: July 11th, 2011

Where: 7914 Mickelson Way Hemet, Ca

\* Please RSVP 951-325-8116 if coming so I can leave your name at gate.

When: 9:30 a.m.- until ?

Bring: Lunch will be provided

Come spend the day socializing and working on a project of  
your choice such as spinning, beading, knitting, etc.

Or learn how to make a coiled rag basket.

Bring some old clothline rope and a large eye tapestry needle if you  
already have it, otherwise I will have supplies here.

Directions to Maggie's home are on the last page of this newsletter.

## IEHG Officers

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909 985-8916

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*Camille Babcock*

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Webmaster-Larry Keen



## Greetings from Gail

The June gloom is gone and summer has hit with a vengeance...  
HOT, HOT, HOT! Time to sit in the cool house and weave  
and spin and redo that yarn cabinet!

Our June luncheon/fashion show was wonderful with so many  
beautiful things see. And so many of the challenge items  
finished GOOD JOB everyone!

Our year round meeting plan is about to begin with the first get  
together at Maggie's, a little bird told me that she has some fun  
things for us to participate in but please send back an R.S.V.P.  
Mark you calendar for July 11th.

There will be a Board Meeting in the afternoon, as always our  
Board meeting is open to all members, so won't you come and  
help us make IEHG plans for the future?

Happy Weaving,

*Gail*



**FOR MORE INFO:**  
Contact IEHG President  
**Gail Marlow-Dickey**  
[Gailmmd@gmail.com](mailto:Gailmmd@gmail.com)  
909-985-8916  
or visit us at  
[www.iehg.org](http://www.iehg.org)

## *Inland Empire Handweavers Guild*

- ❖ **Meetings:** The second Monday of each month
- ❖ **When:** September through June at 9 a.m.
- ❖ **Place:** San Bernardino County Museum  
2024 Orange Tree Lane, Redlands, CA  
California St exit off the I-10
- ❖ **Dues:** \$20 per year

**Come to a meeting as our guest, we welcome you.**

### **For your amusement.....**

This in from an alert reader in Yucca Valley, CA:

**Knitting delays dementia** Neuroscientists at the Mayo Clinic in Minnesota, US, have been studying the benefits of crafts in reducing memory loss. In case you ever needed proof that knitting is good for you, here's the story. Nearly 200 people between 70 and 89 took part in the study. The results showed that regularly taking part in craft activities such as knitting or patchwork can reduce memory loss by 40%. It appears that watching hours of television increases the risk of memory loss, so to make the most of knitting's essential benefits, switch off the telly and stick with the knitting. The UK's Alzheimer's Society has come to similar conclusions, and believes that certain activities, including knitting, can enable the brain to develop reserve brain connections that can delay dementia. What better excuse do you need to go shopping for a new pattern or two, and get those needles clicking



### **WEAVING & SPINNING CLASSES**

**Tri-Community Adult Ed.** Weaving and Spinning classes in Covina, Mon & Tues 9 am - 3: 30 pm, Wed. 7-10pm. \$35 for a 12-week class. All equipment supplied, first project free yarn! 626-331-0682.

**Riverside Spinners** meet Tuesday mornings, 10 am-Noon at St. Michael's Episcopal Church in Riverside. Call Lynda Yoho, 951-351-4542, for information.

**3<sup>rd</sup> Sunday Spinners, Weavers... Whatever!** Meets 11am-2pm, at Massage Rx in Rancho Mirage. Bring any fiber related item you are working on. Contact Mariellen Boss, 760-328-2790, for information.

**Weaving for the Not So Sure** in the Palm Springs area. Learn to weave on a rigid heddle and/or small tapestry loom. Classes and projects customized for you. If you are interested, contact Mariellen Boss, aka The Rigid Heddler at [tactilespirit@dc.rr.com](mailto:tactilespirit@dc.rr.com).

### **October 7, 8 & 9th 2011**

**Inland Empire Handweavers Guild presents Crimp & Create.** A three day weaving work shop with Diane Totten This is a on-loom workshop exploring a new direction to take fiber using the woven Shibori technique for both warp and weft. Skill level: Beginner to Advanced. Loom required 4 shaft min 8 or more is better. Registration fee: \$150.00 ( A deposit of \$75.00 will reserve your space, the balance is due at or before the September 2011 guild meeting)

IEHG-WEST meets the first Saturday of the month from 1:00pm to 4:30pm.  
Contact Gail Marlow-Dickey for more info on location 909-985-8916

**From HGA rep, Susan Horton:** HGA is looking for volunteers in all sorts of capacities, to help with organizing and planning Convergence, beginning now, and volunteers to help during the conference in July 2012. Anyone interested in volunteering for Convergence should go to HGA's website [www.weavespindye.org](http://www.weavespindye.org)

## CLASSES AND WORKSHOPS OFFERED BY GAIL

**Weaving 101: The complete Introduction to Weaving.** A 3-day Studio Class with hands-on individual instruction. Learn how to Weave on a Floor or Table Loom, Plan a Weaving Project, Select Yarn, use 2-Warping Techniques, Dress a Loom, and Weave 2-projects. Loom and Yarn supplied

**Weaving on a Triangular Loom.** A hands-on Studio class with individual instruction. Learn how to Weave on a Triangular Loom, the loom that warps its self as you weave. Learn three weaving techniques, Plan Projects, Select Yarns, and finishing Techniques.

**Weavers Cupboard** in Rancho Cucamonga, CA

- Equipment for Weavers and Spinners... Looms... Triangle Looms... Spinning Wheels... Shuttles... Accessories.
- Studio Classes on Standard Loom & Triangular Loom Weaving & Ridged Heddle Looms

Call Gail Marlow-Dickey (909) 985 – 8916, (909) 239 – 7908

email

**Gailmmd@Gmail.com** or go to **www.weaverscupboard.com**



October 8th & 9th 2011 10:00 to 4:00pm **FIBER ARTS FIESTA!!**

The Museum Weavers from the Antique Gas & steam Engine Museum are hosting the first ever Vista Fiber Arts Fiesta to celebrate American Craft week. The Fiesta will take place at the Antique Gas & Steam Engine Museum in Vista. More info...[www.VistaFiberArtsFiesta.com](http://www.VistaFiberArtsFiesta.com)

There are over two hundred books, videos and periodicals available to members in the **IEHG Library**. A complete list is available at meetings and on the website. Contact Linda Ward if you wish to check out some items.

**No raffle this month, save your items for the fall.**



**Inland Empire Handweavers Guild**

c/o Camille Babcock

P.O. box 60

Lake Arrowhead, Ca 92352

**You have to get warped to  
weave!**



## **DIRECTIONS TO MAGGIES HOUSE**

Directions from the 10 in Beaumont.  
Take CA-79S (Beaumont Ave or also called  
Lambs Canyon) to Hemet. Continue S  
past Romona Expy (becomes Sanderson) to W  
Florida Ave and turn Right and R  
again onto Four Seasons Blvd. (gate access  
required)  
Turn R onto World Cup Ave, Take 1st right R  
onto Baugh Ln. Turn L onto  
Mickelson Way and 7914 is to left facing you.