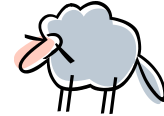


# WOOL GATHERINGS...



## **The Monthly Newsletter of the Golden Fleece Spinners' Society**

*The mission of the Society is to preserve and perpetuate the art of hand spinning; to promote interest in spinning by educating the public through demonstrations, lectures, displays, and news/social media; and to provide instruction and social life in spinning for its members.*

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**Next Meeting: Saturday February 18th, 2023, 10:00 AM  
Zoom Meeting**

### **Yoga for Crafters and Mindful Making with Val Bechteler**

**Note this is a Zoom meeting, you will receive a meeting link from Val prior to the meeting.** Below are a few words from Val about the class and what you will need:

*I will talk about mindfulness and how it relates to our creative side and how to foster it. And we will have some experiences of mindfulness through some very gentle yoga done either sitting on a chair or on the floor. It will include some breathing and movement, simple enough for most bodies. Do what you can, you don't have to do it all and always take care of yourself. Follow what the doctor tells you not to do.*

*You don't have to have your Zoom camera on. Or if on, the computer / phone camera can be higher than you if you are on the floor and I only see a little of you or none at all is fine too.*

*What you need to be ready:*

- *A kitchen type chair- without arms or twirling is preferred but is do-able if that's all you have. A pillow on it is fine too.*
- *If you want to be on the floor- a blanket or yoga mat and a pillow or cushion to sit on is also nice.*

*Bring a beginner's mindset. Nothing to achieve. Just show up. "My body is doing the best it can and has served me all of these years to get me here today. I am perfect the way I am."*

Start thinking about donations for the **March auction**. Each member is asked to contribute two items which can be yarn, fiber, knitting, spinning and weaving books, eggs, plants, fiber equipment, basically things that are spinning, knitting and weaving-related.

## **JANUARY MEETING**

The meeting was called to order by President Jill Robinson at 10:15 AM.

The meeting began with the news that Clara Rose Thomas, an original member of Golden Fleece and mother of current member Bruce Thomas, was seriously ill. She is out of the hospital and recuperating. A get-well card was put on the table for all to sign. All wished her a speedy recovery.

Name tags and signup sheets for hostess and treats duty for future meetings is on the front table.

Treasurer's Report. The guild treasury holds \$5659.72 as of the time of the meeting.

Nicole Massenzio will be leading the guild presence at the Maker Faire on April 1, 2023 at LeMoyne College. She will be there all day and is looking for members to join her for part or all of the time. She has a signup sheet on the table or please contact her directly. For more information on the Maker Faire, see <https://syracuse.makerfaire.com> She is also looking for small amounts of spinnable fiber to include with make-your-own spindle kits.

The February meeting will be via Zoom. Member Val Bechteler will be leading us in an exploration of Mindfulness and Yoga for Spinners.

We will need volunteers for the April Fiber Frolic. Jill will be reaching out by email soon and should have a signup sheet at the March meeting. The regular guild meeting for April will be on the fourth Saturday.

Guild members were informed of the Alison Altafi fiber art exhibit at the Everson from March 18th to April 30th. Alison was a guild member, her website is at [loominariumfiberart.com](http://loominariumfiberart.com).

Members were reminded to start collecting items for the annual Guild Auction in March.

Clothing Order: Everyone should have received the order form by email by now. Linda collected orders and will continue to take them until February 18th. The minimum order for each item is five. The form can be printed, completed, and mailed, emailed or texted to Linda.

Sarah Durling proposed that the guild consider participating in the Everson Christmas tree sale. The guild would have to obtain an artificial tree and decorate it for the fund raiser. It would both be a fun project and a good opportunity to let more of the community know about us and what we do. Sign up is sometime in the Fall and Sarah volunteered to act as point person.

The business meeting was then followed by Show and Tell.

## **Announcements**

Marilee Williams reported on an Oswego couple that collects and sends items to the Polish- Ukrainian border, where volunteers pick up and distribute to where most needed. She has been collecting clothing, bedding, personal hygiene products, medical supplies and toys as well as yarn, needles and crochet hooks. If you wish to donate goods, Marilee would be happy to deliver them, contact her. More details can be found at <https://gofund.me/93e4c205> and the Help Ukraine Facebook group <https://www.facebook.com/groups/385518963435684>.

The current exhibit at [ArtRage Gallery](#) on Hawley Avenue in Syracuse highlights 30 years of life in one Ukrainian village.

## **Events for your Calendar (\* indicates we provide spinning demonstrations)**

|                   |   |
|-------------------|---|
| February 19, 2023 | <a href="#">Tina Turner Knits Fiber Arts Festival</a> , Rochester, NY |
| April 1, 2023     | <a href="#">Syracuse Maker Faire</a> , LeMoyne College*               |
| May 13, 2023      | <a href="#">Shepherds Wool Market</a> , Rush, NY                      |
| June 9-10, 2023   | <a href="#">CNY Fiber Arts Festival</a> , Bouckville, NY*             |

## **2022-2023 Calendar and Programs** (at the church unless otherwise noted)

|                    |  |
|--------------------|--|
| September 17, 2022 | Welcome to New Members, Luncheon, Market Day                             |
| October 22, 2022   | Skill Sampler, Cotswold Breed Study                                      |
| November 19, 2022  | Charity Knit and Crochet   |
| December 17, 2022  | Holiday Party  |
| January 21, 2023   | Roc Day Celebration  |
| February 18, 2023  | Yoga for Crafters and Mindful Making with Val Bechteler,<br>Zoom Meeting |
| March 18, 2023     | Guild Auction  |
| April 15, 2023     | Fiber Frolic at Beaver Lake Nature Center                                |
| April 22, 2023     | Open Spin  |
| May 20, 2023       | TBD  |
| June 17, 2023      | Guild Picnic   |
| July 15, 2023      | Open Spin, Onondaga Lake Park  |
| August 19, 2023    | Open Spin, Onondaga Lake Park  |
| August 26-27, 2023 | Guild Weekend at the NYS Fair Wool Center                                |

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