



## CLWYD WEB

July 2008

[http://www.spindizzy.net/clwyd\\_web](http://www.spindizzy.net/clwyd_web)

Registered Charity no. 518270

### Next Meetings and Events

July 19 <sup>th</sup> Guild meeting, Llysfasi	Felting - Several types of felting to try.
July 24 <sup>th</sup>	Frabricreations – Preview Day for Association of Guilds of Weavers, Spinners and Dyers Exhibition in Liverpool. The Guild can send 2 members.
Aug 1 <sup>st</sup>	Partial Solar Eclipse J First contact 09:27 BST Last contact 10:06 BST. Max (coverage ~17%) 10:16 BST With the usual warning - <b>don't stare directly at the SUN! (See Back Page)</b>
August at Homes	Tues 12 <sup>th</sup> Aug. Jane Sat 16 <sup>th</sup> Aug. Teresa
Mon. 25 <sup>th</sup> Aug. (Bank Holiday)	Joyce could do with some more volunteers for the Cilcain Show.
Sat. 6 <sup>th</sup> Sept	Llandegla Show - contact Janet
Sept 20 <sup>th</sup> Guild meeting, Llysfasi	Bangladesh Orphanage Weaving Project - Rubina Porter

#### Felting: What to bring

The following items will be useful (don't worry if you can't find everything – we can share). A couple of towels, bubble wrap and netting to cover work. Jug (water bottle) and soap (washing up liquid.) Wooden roller or dowelling, plastic carrier bags. Merino wool for felting (or maybe some of that alpaca). Cotton muslin or cheesecloth or an open weave synthetic to felt onto if you want to try Nuno felting (or if you want to risk starting at the pricey end, silk chiffon). Decorations – threads, pre-felt, muslin or silk pieces and perhaps some plastic to protect the floor where you're working.

If you want to felt a hollow like a bowl, some flexible plastic or cling film wrapped shape for a template (you can use a disc to get a bowl started) and I can bring my mobile phone shape!

#### Open Garden Report:

Spinners arrived at Janet's house on the Open Garden day to grey skies and the promise of rain. For the first hour it alternately drizzled and lashed down. May and Joyce took refuge in the conservatory and four brave souls huddled under the gazebo. Then it miraculously cleared, the sun came out and a steady trickle of visitors started arriving. They seemed to enjoy the demonstration - whenever I looked there was always a little group standing round watching and asking questions - and in the end, after all my worries, we had a magnificent display of cakes and scones. I thought the garden looked all right too. After this week when the Erwrys Gardening Club are visiting we shall have made over five hundred pounds, a quarter of which comes to us - at least another workshop! Thanks to everyone who helped, brought cakes, bought plants and so on.



#### CAFOD Weaving Day (Katja and Jane):

Recently Katja asked me to help with a craft project for the CAFOD Family Day at Pantasaph (CAFOD is the aid agency she works for). We would be weaving the world. Quite a challenge!

We decided to use recycled and junk materials as part of a sustainability theme. Everyone attending was asked to weave a small section and in addition the children were given a miniature "world" loom to take away. I spent long hours warping up cardboard circles! Having overcome such problems as non-stick continents and homeless blankets..... (don't ask!), we had a wonderfully productive day. We were particularly impressed by the teenage boys who beavered away at their looms unstintingly! The younger children went home proudly brandishing their

work - new weavers in the making???

After 5 hours we had 2 colourful worlds – the land and the sea woven on 1M square cardboard circles (just lucky my new patio table came packed flat!!!!). The land decorated by floral sequinned continents and the sea home to a family of exquisite sparkly fishes that were kindly donated to us.

## The Back Page

*Joyce has run out of Lidl cotton DK in French Navy – anyone got any or see any on sale, please contact her before buying though  
Ashford Chunky Spinner still for Sale. Contact web manager*

## **The Spinners body**

*The Guardian 01.07.08 – courtesy of Myra – a different sort of spinning perhaps, but some of this sounds familiar to me!*

*Key muscles used*

*Legs, especially the back and front thigh muscles - quadriceps and hamstrings - and the muscles of the upper torso which contract to hold the body in position.*

*The look*

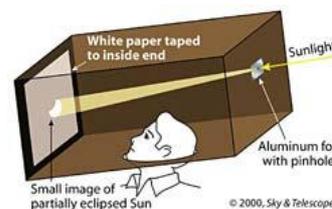
*Spinning is predominantly an aerobic activity but the leg muscles can also be challenged in a similar way to weight training depending on the resistance level that the stationary bike (wheel) is set to.*

*This creates a physique with low body fat (!) but with potential for chunkiness in the thighs (!) There is a tendency for a roundness of the shoulder adductor muscles, which we use to shrug, drawing the shoulders in. Spinners may find themselves with a fuller posterior (!) because while the buttock muscles will be contributing to some of the leg propulsion, the seated position means that the hip extensor muscles of the buttock and thighs which lift and tighten the butt (!) are not being used.*

**Eclipse Watching - Pinhole projection.** *Sky & Telescope illustration.*

*The simplest safe way to view a partial solar eclipse is to watch the Sun's image projected onto a piece of paper. Poke a small hole in an index card with a pencil point, face it toward the Sun, and hold a second card three or four feet behind it in its shadow. The hole will project a small image of the Sun's disk onto the lower card. This image will go through all the phases of the eclipse, just as the real Sun does. Experiment with different size holes. A large hole makes the image bright but fuzzy; a small hole makes it dim but sharp.*

*For a better view, you can reduce the amount of daylight shining on the viewing card by enclosing it in a long box (right). A much better way to do pinhole projection can be arranged at a window indoors. Find a room with a Sun-facing window, turn out any lights, and pull the shades. Arrange for sunlight to enter through a small hole punched in a card near the top of the window. Set up a white piece of paper across the room to catch the Sun's image. Again, experiment with different size holes to get the best, sharpest view. (Of course, don't look through the hole directly at the Sun! Look only at the spot of light that falls on the paper.)*



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