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HILLCREEK FIBER NEWS

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Carol Leigh's
HILLCREEK FIBER STUDIO

Autumn, 2011, Vol XXIX, No 2

Event Calendar for 2012

Subscription \$8.00/year for two issues

Autumn Greetings, Fiber Friends!



Our world is in continuous flux — climate change, political stalemate, high unemployment, technological advances, and financial unrest. These are anxious, changing times. The world as we knew it 15 years ago will never be the same. We as a nation need to take a deep breath, try to ascertain where we are headed, and re-tool, re-train, and re-invent our future. We need to truly learn what is most important to us and our future. Do we really need all those materialistic, throw-away objects which clutter our surroundings, gobble our finances, and pollute the environment? Do we really need to belong to so many organizations, attend so many meetings, and be so many places which gobble up our time and energy? When was the last time we just sat on the porch, watched the cars go by, visited with our neighbors, puttered in the garden, or read a good book? Too long ago, I bet.

As we all grow older we find our life situations changing. With the passing of both parents this past year my siblings and I are feeling orphaned. To whom do you now turn to to share life's troubles and joys? We're feeling the void. And now our youngest, Rose, has grown up and moved away — too far away. Yup, empty nest syndrome setting in!

Other changes are happening as well. Daughter Rebecca is now sole owner of True Blue Fiber Friends (TBFF Yarns and More) and has developed new knitting patterns. See Pages 8 and 9 for her story and pictures.

A new book on natural dyeing has been published, *Harvesting Color* by Rebecca Burgess who attended a Missouri Dye Workshop here at Hillcreek Fiber Studio a couple years ago. The book features the dyes we harvested, as well as those she harvested with other dyers around the country. See Page 3 for a book review. Contrary to popular myth, my last name is NOT "Leigh." This book does, however, propagate this myth.

Last April, as a reward for finally finishing our book *Continuous Strand Weaving Method*, Rose and I attended the international natural dyeing conference ISEND (International Symposium and Exhibition on Natural Dyes) in La Rochelle, France. See Page 4 for a report and pictures from that trip.

Earlier this week I returned from one of the wettest fur trader rendezvous re-enactments ever, the 10-day national Eastern Primitive Rendezvous near Carrsville, VA. We nicknamed it Raindezvous! Truly "rain" and "rendezvous" are synonymous. See Page 10 for a report.

As I travel long distances across the United States I've
(continued on page 3)

Carol Leigh's Specialties
and
HILLCREEK FIBER STUDIO
for weaving, spinning, and dyeing
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7001 S Hill Creek Road, Columbia, MO 65203

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or the toll free number:
1-800-TRI-WEAV (874-9328) for placing orders

Web Site: www.HillcreekFiberStudio.com
with an on-line Shopping Cart WebStore

SUBSCRIPTION RATES:

Annual subscription rate for *Hillcreek Fiber News* is \$8.00 for two issues, Spring and Autumn. Single Copy, \$5.00. Students and customers with purchases during the year of \$20 or more will receive a complimentary issue.

CLASSIFIED AD RATES:

For a listing under **Equipment/Fiber Sources** or other classified columns, please remit \$10 by March 15, 2012 for inclusion in the Spring, 2012 issue. Limit ad to 30 words in addition to your name, address & phone number. (See Page 11.) Circulation is now around 7000 fiber-interested people.

WEAVING STUDIO HOURS:

Hillcreek Fiber Studio is a working studio & mail order service. Please call **573-874-2233** or **1- 800-874-9328** before planning a trip to the Studio. **Studio hours** are: **Tuesday through Saturday**, 9 am to 5 pm, by appointment only. At other times, please leave a message and we will return your call ASAP.

DEALERSHIPS

carried by **Carol Leigh's HILLCREEK FIBER STUDIO**

ALLIANCE IMPORTS Dyes

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ASHFORD Spinning Wheels, Looms and Tools

EARTHUES Natural Dye Extracts

LOUËT Spinning & Weaving Tools & Supplies

HANDWEAVERS GUILD OF AMERICA Shuttle, Spindle & Dyepot

HARRISVILLE Friendly Looms

INTERWEAVE PRESS Books and Magazines:

Handwoven, Spin-Off

SCHACHT SPINDLE CO. Looms, Wheels & Supplies

SNIPES Weaving & Spinning Tools

SPRIGGS CUSTOM WOOD PRODUCTS Adjustable Triangle, Square, and Rectangle Looms; Navajo & Inkle Looms; Drop & Navajo Spindles; Warping Boards; Maru-dai

THE SPINNING STUDIO St Blaize Combs

UNICORN BOOKS every type of fiber-related book

VICTORIAN VIDEO PRODUCTIONS

YARNS and FIBERS: BROOK'S FARM YARNS, BROWN SHEEP CO, Carol Leigh's Nature-dyed Riata,

CRYSTAL PALACE, DRAGON TAIL,

ELLEN'S 1/2 PINT, FIESTA YARNS,

FROG TREE, GREAT NORTHERN, HARRISVILLE,

JAGGERSPUN, LOUËT, MAYSVILLE,

OAK GROVE, PERLE COTTONS,

SOUTHWEST TRADING, Ashford TEKAPO,

VERSEIS/FOXFIBRE, WEAVING SOUTHWEST

Partial Listing - MISCELLANEOUS Items

Sterling & Pewter Jewelry by Ram's Horn

Brass Shawl & Kilt Celtic brooches by Mountain Forge

Handmade Bookmarks/Notecards by Moosetrack Studio

Lucets by Peggy Ledrich

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HILLCREEK FIBER STUDIO WEEKEND & LONGER WORKSHOPS

Taught by **Carol Leigh Brack-Kaiser**
Instructor, unless otherwise noted

2011

- Nov 5 - 7..... **CONTINUOUS STRAND WEAVING ON TRIANGLE, SQUARE, AND RECTANGLE FRAME LOOMS**
- Nov 13 - 18..... **NAVAJO WEAVING WITH SARAH NATANI**

2012

- June 24 - 29 **FIBER FURLOUGH ONE: SPINNING, DYEING, FELTING**
- July 1 - 6 **FIBER FURLOUGH TWO: WEAVING OF ALL TYPES**
- Sept 8 - 9 **MISSOURI DYE PLANTS**
- Nov 3 - 5 **CONTINUOUS STRAND WEAVING ON TRIANGLE, SQUARE, AND RECTANGLE FRAME LOOMS**
- Nov 11 - 16..... **NAVAJO WEAVING WITH SARAH NATANI**

PRIVATE WEAVING AND SPINNING LESSONS ARRANGED BY APPOINTMENT

Floor Loom Weaving, Beginning Spinning, Spinning Designer Yarns, Ancient Dyes, Continuous Strand Weaving, and Navajo Weaving workshops will again be offered during the winter and spring of 2013.

Tuition: Two days, \$140; three days, \$195; four days, \$260; five and 1/2 days, \$345. Workshop with guest instructor, \$445. Tuition includes hot lunches. Deposit of one-half tuition will hold a space for you. Bed & Breakfast available at the Studio: \$50/night. Airport shuttle available from St. Louis and Kansas City airports to Studio. Also, some flights arrive at Columbia Regional airport. Call toll free to reserve space in a class or two: **1-800-TRI-WEAV (874-9328)**

reflected on road signs and on ways to stay mentally alert while driving. Perhaps you'll find them of interest.

Road Signs: "Education Pays" I certainly agree. Rather than the short-sighted practice of laying off teachers to "balance the budget," wouldn't it make a lot more sense to hire MORE teachers to invest in the future generation so they will be better prepared to earn a living and cope with the changing world of the future?

"Obama says jobs are needed. The EPA is taking away jobs!" I don't agree. How do people make the obtuse connection between looking out for our environment so the world will be healthier for the human race to sustain itself, with losing jobs? If it costs more to stay healthy isn't it worth the expense? If polluting the world in order to make a buck is more important than a healthy environment, we will all suffer in the long run. How short-sighted can people be?

Why are we laying off needed teachers, police, and other government workers, and cutting programs which help children learn and stay in school, just to "balance a budget," thus causing MORE unemployment, and less earnings taxes to help fill the coffers and pay bills. What ARE we thinking? We have been cutting off our nose to spite our face, only making the future worse: more people unable to pay their mortgages, more homeless people on the street, more dissatisfied people doing crime, stealing to provide for their families, or making and selling drugs to provide an income. Emphasis on "balancing the budget" provides "Short-term gain which equals long-term pain." Why not INVEST in our country's future by hiring MORE teachers and developing more and better training programs to prepare our people for new opportunities so we'll have a stronger economy in the future? Put people to work developing environmentally friendly energy sources and fixing our deteriorating infrastructure. Why are people wanting to cut back Environmental Protection Agency legislation? That's not "putting people out of work!" It might cost corporations a little more to satisfy such requirements, but the long term alternative creates a world more dangerous and life-threatening. Cutting good programs only makes our future that much worse! Over the centuries as technologies improve, certain trades have become obsolete. This is nothing new. We must quit whining, and INVEST in developing new trades which will be useful in the future and which won't cause harm to our environment in the process. Our wise native Americans knew centuries ago that we are only loaned the use of the land, we don't own it. We must respect it so it will be able to continue to provide for us and our descendants for seven generations in the future. We should leave it a better place than when we found it instead of trying to use up all its resources.

If creating jobs in the USA is so important, why do publishers send their books to China to be printed? USA printing companies are closing their doors due to lack of business. Why do we as consumers buy clothes and textiles made overseas? USA textile mills have become almost non-existent, putting thousands of textile workers out of jobs due to lack of business. Why do we buy food grown in Mexico? Transportation of food uses a lot of environmentally polluting energy. Why aren't we willing to pay a little extra for quality goods made in the USA, or for food grown locally? Don't we want to keep our workers employed? We as consumers have a responsibility to help stimulate our own economy. Let's be proud to support "Made In America" products!

Now I'll get off my soap box! Thanks for listening.

Book Review

Harvesting Color, how to find plants and make natural dyes by Rebecca Burgess, photos by Paige Green, 180 pages, \$22.95. Rebecca clearly points out the dangers of synthetic dyes to our environment and health. She advocates ecological means of gathering natural plants. She studied with several natural dyers from around the country, including in California, on the Navajo reservation, and in Wyoming, as well as the Missouri Ozark region at Hillcreek Fiber Studio. She advocates using only alum and iron as mineral salts to fix the color. Rebecca gives good background information on identifying and gathering over 35 plants and their recipes for dyeing, and offers historic information. Also mentioned are plants for growing in one's garden, such as Japanese Indigo and Zinnias. Scattered throughout the book are a few knitting projects and spinning tips.

Report on ISEND (International Symposium and Exposition on Natural Dyes)

If you ever have an opportunity to go abroad, take advantage of it. Keep your eyes and ears open. The world around us views the world, living, eating, exercising, environment, ecology, politics, so much differently than we do in the USA. It's an eye-opener!

Rose and I flew into Paris and rented a car for our stay in France. We explored Paris for 24 hours before heading for southern France. Rose took some great pictures while in Paris, including bridges, buildings, lights reflecting on the river, Eifel tower at night, and more. See her flickr site for hundreds of great pictures - http://www.flickr.com/photos/rose_budphotos. We took the two-hour double-decker tour bus for a general overview of the city and stayed on the third floor of a narrow hotel overlooking the Seine River and the Notre Dame Cathedral.



Next day we headed for Lectoure in southern France to visit Denise and her enterprise of Bleu de Lectoure where she raises woad and develops it as a pigment for use commercially for paints, dyes, and more. Bi-products from woad seed oil, which is high in Omega-3, is used in medicine as well as for soaps, body oils, and more. We have been carrying her woad powdered natural dyes since we met her and her late husband at the international dyer's conference in Ames, Iowa in 2002. Woad was Europe's blue for centuries before indigo was introduced in the 1500's. We stayed overnight in Lectoure in an ancient hotel, Hotel Bastard, with a room overlooking the picturesque countryside. While waiting for our food in a little café, I wove with natural-dyed loops on a potholder loom I brought for keeping busy during such times. (Don't laugh. Other people bring their knitting. Why not a small loom?) Well, the waitress/owner exclaimed when she saw it that SHE had woven on a potholder loom as a child! It's universal — even in France!

We learned several lessons while driving France's countryside. If you want to get anywhere in a hurry, you need to take the toll roads. Off roads go through country villages every 5 to 10 kilometers. Toll roads are expensive, but fast. Rest areas are placed every 10 to 20 kilometers, with petrol and eateries every 30 kilometers. Speed limit on toll roads is 130 kilometers per hour (approximately 80 miles per hour). Toll booths take credit cards, so going through is quick and efficient. We drove through several vineyards. Different areas of France produce different types of beverages: burgundy, champagne, chablis, and more.

The week-long dye conference was held along the Atlantic, in an old fishmarket converted to a conference center, in La Rochelle. Rose and I stayed in the Youth Hostel near by where we met several conferees also staying there. 550 conferees from 60 countries attended — very few from the USA. 10-20 minute power point presentations, on a wide variety of subjects pertaining to natural dyes, were presented in both French and English every day from 9 to 3 p.m., with gourmet lunches laden with fish and other sea products. 8-10 dye workshops with dyes and techniques from around the world were presented from 3:30 to 6 p.m. Conferees could explore any or all of the workshops. Some offered samples to take home. There were posters of dye research and projects. Vendors from around the world offered finished products, dyes, books, and more. Wednesday was field-trip day. We went to the sea side to experience dyeing purple from the snails which feed off oyster beds. The oyster farmers were so appreciative we were capturing these predators of the oysters that they gave us trays of oysters on the half shell for our picnic lunch — Rose and my first experience eating them!



We returned to Paris along a northern route, visiting both the ancient medieval castle town of Vitre and the Chartres Cathedral along the way.

Hillcreek Fiber Studio 2011 - 2012 Workshop and Event Calendar

Date	Workshops/Events	Location
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2011

Oct 14 - 16.....	New York Sheep & Wool Fest, vendor, Bldg 22	Rhinebeck, NY
Oct 21 - 23.....	Southeast Animal Fiber Fair, vendor	Asheville, NC
Nov 5 - 7	CONTINUOUS STRAND WEAVING , Hillcreek Fiber Studio	Columbia, MO
Nov 13 - 18	NAVAJO WEAVING - INTERMED TO ADVANCED , with Sarah Natani, HFS	Columbia, MO

2012

January 11-21..	Alafia River Rendezvous	Homeland, FL
February through May: Teaching Sabbatical		
Mar 9 - 11	Fiber Retreat, Lincoln University Extension, Vendor, Continuous Strand Weaving	Jefferson City, MO
May 4 - 6	Maryland Sheep & Wool Fest, Vendor	West Friendship, MD
June 8 - 16	Midwestern National Rendezvous, Bloody Lake State Park	Woodford, WI
June 24 - 29.....	FIBER FURLOUGH ONE: Spinning, Dyeing, and Felting Beginning Spinning, Spinning Special Fibers, and/or Spinning Designer Yarns, Dyeing and Painting with Natural Dyes, Felting Wet and Dry, HFS	Columbia, MO
July 1	Blue Party, True Blue Fiber Friends	Columbia, MO
July 1 - 6	FIBER FURLOUGH TWO: Weaving of all Types: Continuous Strand weaving on Triangles, Squares, and Rectangles; Navajo & Kilim Tapestry; Pile Carpet; Four to eight-shaft weaving on Floor and Table Looms; Rigid Heddle, Inkle, Tablet, Finger Weaving, HFS	Columbia, MO
July 13 - 15.....	Fiber "U" - Fun, Fiber & You! A MOPACA event, Vendor, CSW class	Lebanon, MO
July 15 - 21.....	Convergence International Weaving Conference	Long Beach, CA
July 29-Aug 3 .	Christianson Native Crafts Workshop, Continuous Strand Weaving	Shannondale, MO
Aug 8 - 13	Family Reunion/ Memorial for Hudson Brack	Willow, NY
Aug 15 - 19	Michigan Fiber Festival, Allegan County Fair Grounds, Vendor.....	Allegan, MI
Sept 8 - 10	NATURAL DYEING: Missouri Dye Plants , Hillcreek Fiber Studio	Columbia, MO
Sept 19 - 29.....	Eastern National Primitive Rendezvous, Sutler, seminars: continuous strand	OH
Nov 3 - 5	CONTINUOUS STRAND WEAVING , Hillcreek Fiber Studio	Columbia, MO
Nov 13 - 18	NAVAJO WEAVING - INTERMED TO ADVANCED , with Sarah Natani, HFS	Columbia, MO

All workshops are taught by Carol Leigh Brack-Kaiser, unless otherwise noted.
Events in BOLD and ALL CAPS are workshops offered at *Hillcreek Fiber Studio*

Call 1-800-TRI-WEAV (874-9328) to register for weaving, spinning, and dyeing workshops.
Bed and Breakfast at Hillcreek Fiber Studio is available for students.

Scholarship opportunity If you would like some financial assistance
to attend a Hillcreek Fiber Studio workshop, please inquire about our Scholarship Fund.

Workshops Offered at Hillcreek Fiber Studio

Nestled in the Little Bonne Femme Creek Valley amidst woods and pastures in view of a major state park Hillcreek Fiber Studio offers the serenity for a true get-away. Let someone else do the cooking. Just focus on learning a new skill or on exploring an older one. Cuddle up with a book from over 800 titles on the shelves. Relax. You deserve some quiet time for yourself.

Workshops at Hillcreek Fiber Studio allow the student to immerse her or himself in the study and exploration of a number of textile-related subjects. We offer sessions in Spinning, Natural Dyeing, Four & More Shaft Weaving, Navajo Weaving, and Continuous Strand Weaving. We periodically add classes in Spinning Special Fibers, Spinning Designer Yarns, Children's Fiber Weekend, Inkle & Tablet Weaving, Felting, Knitting, Dyeing with Lesser-known Ancient Dyes, among others, as the demand warrants. In the past we've added special workshops with guest instructors in subjects such as mushroom dyeing, and kumi-himo. Let us know what subjects interest you!

* * * * *

CONTINUOUS STRAND WEAVING METHOD ON TRIANGLE, SQUARE, OR RECTANGLE LOOMS **Two or three days Nov 5 - 7, 2011.** In two days students can complete a full 7-foot Triangle Shawl using the simple, unique continuous-thread method. Or choose to stay three days, take your time and learn a few intermediate or advanced techniques, such as twill, leno lace, and double weave, or color patterns such as log cabin, tartan plaids and color blending, or create wearable and household textiles on the square or rectangle loom.

BEG, INTERMED & ADVANCED NAVAJO WEAVING: **Five and one-half days, Nov 13 - 18, 2011.** Guest instructor Sarah Natani has become family. This will be her fifteenth visit to Hillcreek Fiber Studio. Sarah's focus will be on Intermediate and Advanced Navajo Weaving techniques, including twills and two-faced structures (different design on each side) by using 4-shed techniques. Carol Leigh will assist beginning weavers. Sarah shares stories and traditions of her culture.

FIBER FURLOUGH ONE, Spinning, Dyeing, Felting: **Five and one-half days, June 24 - 29, 2012.** Focus on Spinning: beginning, designer yarns, and/or special fibers; Nature Dyeing, immersion of fibers and yarns, and/or fabric and yarn painting; and Felting, both wet and dry needle techniques, for vessels, wearables, and/or whimsical sculptures, Locker Hooking. Dye and spin your own designer yarns.

FIBER FURLOUGH TWO, Weaving of all Types: **Five and one-half days, July 1- 6, 2012.** Focus on what you can do with yarn: Rigid heddle, Four and more-shaft structures, Navajo, Continuous strand on triangle, square or rectangle, Tapestry, Inkle, Tablet, Kilim, Pile Carpet, Fingerweaving, Kumi-himo braiding, Lucet cordage, Macrame. Obviously, no one person can explore it all, but you may choose one, two or three types to explore during the week. And what you don't have time to explore yourself you can observe others doing.

Students may choose both **Fiber Furlough** weeks for a **10% discount** on both tuition and B&B for both weeks. Create a true heirloom by designing the whole textile process - weave something the second week from the yarn you created the first week!

NATURAL DYEING, MISSOURI PLANTS: **Two-day weekend, Sept 8 - 9 2012.** A full color spectrum will be obtained from foraged plants within walking distance of Hillcreek Fiber Studio — red from pokeberries, blue, lavender and green from elderberries, yellows and oranges from flowers, browns and blacks from trees. Students will go home with over 60 dye samples on wool, cotton, and raw silk fabric. They may bring items of their fiber medium to dye: fiber, yarn, fabric, basket reed, quills, buttons, etc.

BEGINNING/INTERMEDIATE FOUR TO EIGHT-SHAFT WEAVING: **Four days: Not offered in 2012.** **Beginning students** will warp their loom twice, complete two projects, learn threading and weaving techniques and how to read and understand pattern drafts and basic weaving theory. **Intermediate students** will work independently on projects with guidance from the instructor. They may choose to weave a "Colonial Weave Structure Sampler," "Tartan Dancing Shawl" or another project of their choosing.

BEGINNING SPINNING/ SPINNING DESIGNER YARNS/ SPINNING SPECIAL FIBERS.

Not offered in 2012. **Beginning students** will learn basics of spinning, choosing and skirting fleece, cleaning, carding & combing techniques, spinning on spindles and on a variety of spinning wheels.

Not offered in 2012. **Designer Yarn students** will learn color & fiber blending and Navajo 3-ply techniques. They will create novelty yarns such as slubs, knop, marl, core-spun, loop, and feather yarns, among others.

Spinning Special Fibers students will dress distaffs and spin Flax, unwind cocoons & spin Silk from several preparations, spin Cotton and other Fine Fibers on charkas & taklis, and will Comb Wool.

ANCIENT DYES: Two-day weekend, Not offered in 2012. Explore the more commonly used Ancient Dyes of Brazilwood, Indigo, Madder Root, Cochineal, Logwood, Osage Orange, and Cutch. Premordanting and altering color with afterbaths are covered. Obtain a full color spectrum and go home with dozens of colors on wool roving, yarn, raw silk, and cotton fabric.

BEGINNING & INTERMEDIATE NAVAJO WEAVING: **Four days: Not offered in 2012.** Students will warp their looms and learn basic Navajo weaving techniques and color joins. The experience will include readings and discussions of the Navajo/Diné culture. Most students will finish a sampler, learning finishing techniques for the tight ending.

Private Spinning Lessons, Two three-hour sessions are recommended for beginning students. \$25 per hour. Dates and times To Be Arranged.

Tuition: Two days, \$140; three days, \$195; four days, \$260; five and 1/2 days, \$345. Guest instructor tuition \$445 for Sarah Natani's class. Tuition includes a hot, nutritious lunch every day. Deposit of one-half tuition will hold a space for you. Bed & Breakfast is available at the Studio: \$50 per night. Airport shuttle service available from St. Louis, Kansas City, and Columbia Regional airports to our front door. Call toll free to reserve space in a class or two: 1-800-874-9328 (TRI-WEAV).

Sale Items

	<u>Current Price</u>	<u>Sale Price</u>
For Weavers:		
Ashford Wooden Upright Swift, includes Table Clamp	\$ 130	\$ 99
Harrisville 24-inch Standing Tapestry Loom	250	185
Ashford 24-inch 4-shaft Folding Table Loom, Completely Assembled — Lacquer finish	695 (kit)	670
Schacht 25-inch 4-shaft Tapestry Loom with Table Stand	161	141
For Spinners:		
Ashford Double Treadle Kit (Lacquer Finish) for Traditional or Traveler Spinning Wheel	170	137

Gift and Shopping Suggestions**For Youngsters and Young of Heart:**

Full line Harrisville Friendly Loom products for young people and beginning weavers, including Easy Weavers, Lap Looms, and Potholder Looms with cotton loops.
Metal Potholder Looms and Nature-Dyed Wool Potholder Loops by Carol Leigh

For Dyers:

Carol Leigh's Sampler Dye Kit — Six Traditional Dyes, PLUS Alum and Cream of Tartar.
Enough of each to yield a rainbow of rich colors on more than four pounds of wool or other protein fiber. Complete Recipes \$79

Carol Leigh's Complete Dye Kit — Seven Traditional Dyes, PLUS Ten Mordants and Dye Aides to yield over 50 rich hues on more than eight pounds of protein or cellulose fibers.
Complete recipes 149

Focus on Indigo Dye Kit by Bex Oliger — Two Indigo Recipes and ingredients for each: one for emersion dyeing of protein fibers, one for shibori and ikat dyeing on cellulose fibers. Enough dye for four pounds of fiber. 49

For Weavers:

Full line of Schacht looms and accessories: 4-shaft 16-inch Wolf Pups, 4 and 8-shaft 26-inch Baby Wolves, 4 and 8-shaft 36-inch Mighty Wolves, 8-shaft 12-treadle Floor Loom
Call for prices and value-added packages. Made in the USA!

Full line of Frame Looms for Continuous Strand Weaving: Spriggs Adjustable Triangle, Square, and Rectangle Looms, Two sizes each of Hillcreek Fiber Studio Travel Triangle, Square, and Rectangle Frame Looms, and Spriggs MiniMod Looms. Made in Missouri, USA of Missouri wood products.

Book: *Continuous Strand Weaving Method, Techniques and Projects for Triangle, Square, and Rectangle Frame Looms*, by Carol Leigh Brack-Kaiser, Rose E. Martin photographer.
468 pages, 164 in color. Many weaving and color techniques, surface design and finishing techniques. Over 190 projects, appendices for yardages, yarns, knit and crochet edge techniques, loom building instructions, and more. Gallery of 35 other weavers' unique creations.
Proudly printed in the USA. Soft cover, \$64, Hard cover \$74.

For Knitters and Weavers:

Luscious Nature-Dyed Riata Yarns: 3-ply (silk, kid mohair, merino blend) 375 yards, 8 ounces \$39

Call 1-800-874-9328 (TRI-WEAV) or check web site (www.hillcreekfiberstudio.com) for complete descriptions and pricing information.

For Holiday deliveries, please order as early as possible to assure timely delivery.
We will make every effort to deliver your gifts on time.

TBFF Yarns & More

Your Fiber Arts Store

FORUM SHOPPING CENTER

1400 Forum Blvd, Suite 10
Columbia, Missouri 65203

573-443-TBFF (8233)

tbffl@centurytel.net

www.truebluefiberfriends.com

BREAKING NEWS from Bex!!

True Blue Fiber Friends is now known as TBFF Yarns & More, Your Fiber Arts Store! After 12 years of managing yarn shops in Columbia, I am now majority owner of this one! Can I get an "Oh Yeah!!"? I must throw out a huge thank you to my BFF Shella (yes, we are still friends) for sticking with me this long and helping me get the shop set up. I would also like you all to give a hearty fiber addicts' welcome to Linda Glover, a long time angel member of TBFF and my new "silent" partner. No worries, we will continue to specialize in Natural Fiber, local/ domestic/ fair trade and Independently dyed yarns. As always, we are here for you so you tell us what YOU want! We will continue to have Hot Topics classes on Saturday mornings and may add a few other classes soon. We have expanded our basic lines and are looking for even better products and classes to bring you in the future! Here is a sampling of some of the changes and things to look forward to from TBFF Yarns & More.

YARN:

We now carry **Brown Sheep Nature Spun**, 100% domestic, moth proofed wool in 66 colors of worsted weight. We would be happy to order the fingering, sport or bulky weight of this classic yarn for you, too! We just received a large shipment from **Mountain Colors Yarns** including new color ways in **Crazyfoot** sock yarn and **Winter Lace** silk/merino. Oh...if you get a chance to stop by the shop, you can fondle our pet skein of **Jeanette** (65% cashmere/35% silk). This yarn will be special order only because I'm afraid our customers would pet it to death in the store! Have you checked out **Kollage's** new recycled blue jeans yarn called **Riveting**? They have excellent pattern support for this fun and comfortable sport weight yarn.

NEEDLES:

In addition to our normal selection of **Skacel Addi** products, including the interchangeable **Clicks** needles in Turbo, Lace and Bamboo, we now stock **Knitpicks Harmony** interchangeable needles. We also have the **Harmony** in double points and the smaller fixed circulars plus lots of popular knitpicks tools and supplies! We can order any needle tips or cables you need from Knitpicks, so just let us know.

BOOKS:

Our selection of knitting and crochet books has grown smaller over the years, but that's okay! Every book we now carry for sale has been personally vetted by me to be sure it is worthy of my customers. I will no longer carry every book that comes on the market, but you can be sure that every book I carry is worth the money you'll spend. I may even have a few you'll never find at the big box book stores.



Brown Sheep Nature Spun Worsted

PATTERNS

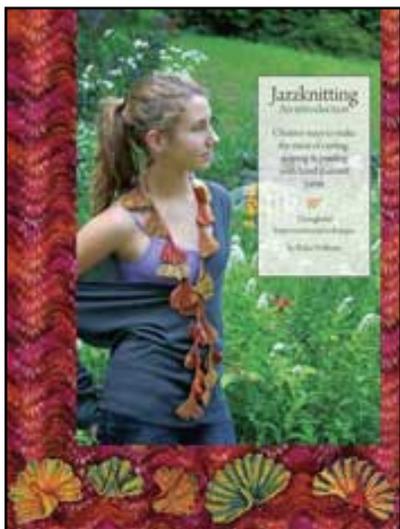
I have been busy writing more patterns! My latest is “The Hills are Alive” hat and scarf using a Twisted Triple Moss stitch from my favorite pattern stitch library, the Austrian three book compilation by Lisl Fanderl called Bauerliches Stricken 1, 2, & 3, due for reprint this spring! Call me if you would like the pattern before it gets on our web site. It will also be available on Ravelry soon. I have two sweater patterns in test knitting right now as well. Watch for them on “Knitty” emag this Spring and on Ravelry.



“The Hills are Alive” Hat and Scarf



Charlie in Bex’s new “The Hills are Alive” Scarf



Have you heard of JazzKnitting? If you like playing with hand-dyed yarns, or have gobs of left over hand-dyed sock yarn like me, you will love this new technique from Ilisha Helfman. We just got her book in stock (\$20) and are eagerly negotiating for her to come teach a JazzKnitting Workshop in Columbia. Stay tuned to our web site for more information coming as soon as we know a date! Go to her web site at www.followthethread.com to see her incredible gallery of designs!

Our web site will be going through some changes in the next month or so. We hope to have our online shopping cart up by mid-November for your Christmas shopping convenience. As of now, we are still found at www.truebluefiberfriends.com. Be sure to tell your family about our new refillable Shopping Gift Cards for TBFF Yarns & More!

Notes on Staying Alert during Long Drives

As many of you know, we have often driven hundreds of miles to trade shows, sheep and wool festivals, conferences, and fur trader rendezvous'. Often while I'm driving through the night I have thought that I should write some tips for staying alert during such long hauls. We almost always have last minute urgent tasks which need to be done before leaving, in addition to making looms and packing for the show, so we never have time for the luxury of staying overnight at a hotel along the way if we are to "get there" in time to unload and set up for the show.

Pointers for staying alert:

1. Keep mind alert with math questions such as: how many miles to the next large city, what will the odometer reading be when we get there, how long will it take, how many miles per hour are we averaging, including stops.
2. Mentally design or build something, step-by-step. I often design the booth layout for the show. I've also been known to build a fancy log cabin, log by log.
3. Read all road signs. Focus on them and their meanings. (Hence the previous article.)
4. Do isometric exercises to keep the blood flowing to all parts of the body:
 - a. Put vehicle on cruise control, put both feet on the floor board and push hard to lift buttocks off the seat, squeeze *gluteus maximus* muscles.
 - b. Put one arm over your head and press against the ceiling. Make fingers crawl along the ceiling to stretch arms and shoulder muscles. Reverse arms.
 - c. Massage tight muscles under the shoulder blade by reaching over your shoulder and rubbing firmly. Reverse arms.
 - d. Press one finger at a time against the steering wheel to stretch each finger, as pianists do to loosen fingers before a concert.
 - e. Do chin exercises: tilt head back slightly and stretch lower jaw forward to stretch neck muscles.
 - f. Do yoga belly snap by first squeezing all air out of lungs, suck stomach in, then snap it out several times in a row. Repeat.
 - g. Tilt and stretch head from side to side, stretching neck muscles.
 - h. Stretch ankles. Often ankles swell when sitting for long periods of time. Rotate each foot to stretch ankles in each direction.
5. Pull stray whiskers from your chin with your fingernails — always good for 10 minutes or more, as it takes several attempts on each whicker before success!
6. Eat dark chocolate and drink Mountain Dew!
7. Pull in at a rest area or exit and stretch, take a short walk, drink and splash water on your face. If all this fails, take a little nap. It's better to be a little late than to not arrive at all.

If you have some of your own ideas, perhaps you'll share.

Report on EPR rendezvous From 3.5 average rainfall to 29.5 this September in Virginia, this was certainly a wet one. Bare feet was the fashion foot wear of the event - too wet for shoes. It was great to catch up with old friends and to get acquainted with new ones. Gotta love it! -- and the period music at night!

Memorial for Hudson Brack

Herman Hudson Brack, my father, born March 10, 1920, passed quietly in his sleep August 28, 2011. He had been coping with emphysema, dementia, and the loss of his companion and wife of 69 years. Hudson served during WWII as a Lieutenant and communications officer in the Navy, traversing both oceans many times during the war. He was an industrial engineer for Proctor and Gamble for 16 years, and an administrator for the Reformed Church in America at their headquarters in NYC. He earned his Masters in Higher Education Administration and owned a small country general store in Willow, NY until he retired in 1983. He is survived by his 6 children, 8 grandchildren, and 11 great grandchildren across the USA. He lettered in tennis and cross country track at Lafayette College, used to play the ukulele, sang baritone solos in the church choir, and loved good jazz music. He was full of good humor, loved a play on words, and was well liked by all.



Becky weaving a sash

Carol Leigh and her dyed roving

CLASSIFIEDS: Equipment/Fibers

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PA 15101; 800-925-2412

2012 Event Contacts

Alafia River Rendezvous, Jan 11 - 21, 2012,
Homeland, FL. *Booshway2012@yahoo.com,*
www.floridafrontiersmen.com.

Michigan Fiber Fest, August 18 - 20, 2012, Allegan
County Fair Grounds, Allegan, Michigan.
www.michiganfiberfestival.org

Fiber Retreat, March 9 - 11, 2012, Jefferson City,
MO. *carroll-bartlettl@missouri.edu*

Eastern Primitive Rendezvous, Sept 19 - 29, 2012,
Ohio *www.nmlra.org, www.nrlhf.org*

Maryland Sheep & Wool Festival, May 4 - 6, 2012,
Howard County Fairgrounds, West Friendship, MD.
www.sheepandwool.org

Midwestern National Rendezvous, June 7 - 16,
2012, Bloody Lake State Park, Woodford, WI. Sue
Cruse, *nmlra.org, nrlhs.org.*

We hope to see you at these events!!

Fiber "U" - Fun, Fiber, and You! MOPACA event,
July 13 - 15, 2012, Lebanon, MO. Liz Mitchko, 417-
533-5280, *info@whirlwindranch.com*

Convergence Weavers' Conference, July 15-21,
2012, Long Beach, CA. *www.weavespindye.org*

Christianson Native Craft Workshop, July 29 - Aug
3, 2012, Shannondale, MO. Nita Pace, 2014 Ann Ave-
nue, St. Louis, MO 63104, 314-260-9826, *cncwdirector*
@gmail.com

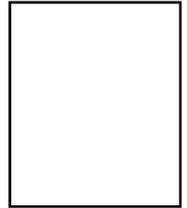
All of our products may be ordered on our toll-free line:
1-800-TRI-WEAV (874-9328)
or on our Website: *www.HillcreekFiberStudio.com*
with a secure "Shopping Cart" WebStore

We accept MC/Visa/Discover

AUTUMN, 2011 ISSUE

HILLCREEK FIBER NEWS

Carol Leigh's Specialties
HILLCREEK FIBER STUDIO
7001 Hillcreek Road
Columbia, MO 65203

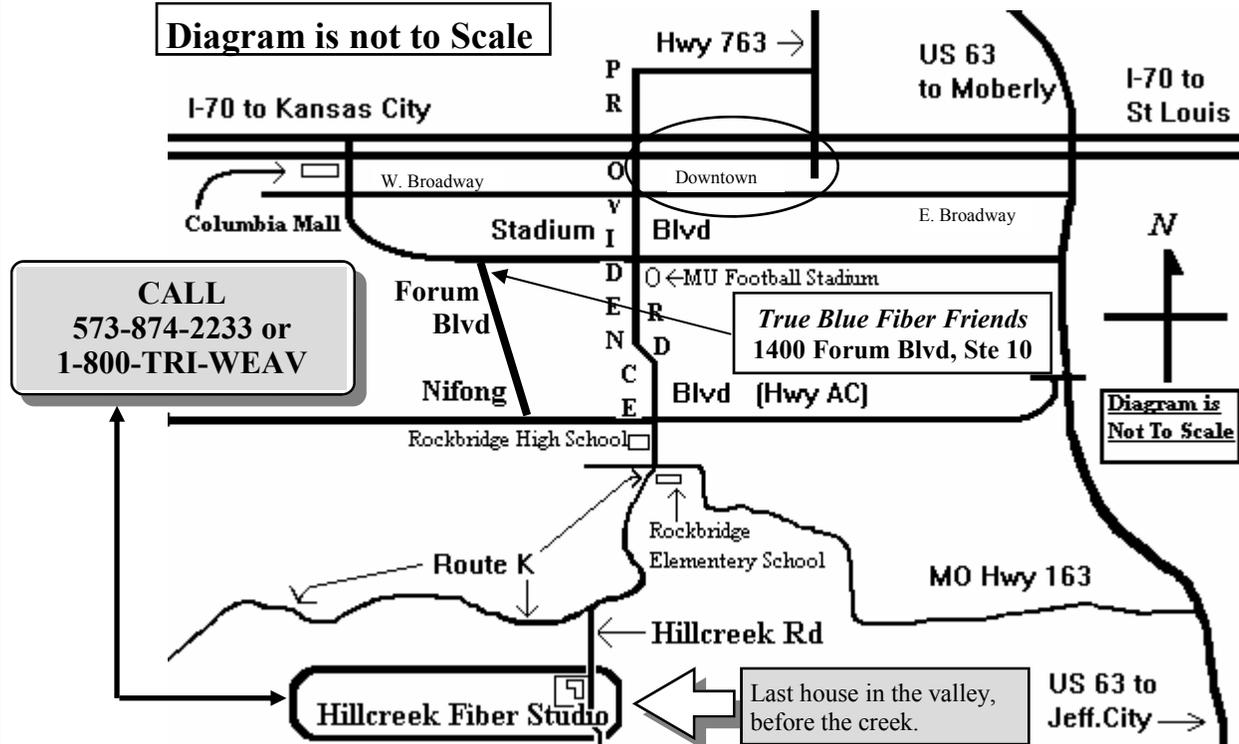


Return Service Requested



Directions to visit *Carol Leigh's Hillcreek Fiber Studio*

Diagram is not to Scale



Before coming to the STUDIO, GIVE US A CALL so we won't miss YOU