



# Fill Your Cup Annual Retreat

Dates: October 25<sup>th</sup> thru 27<sup>th</sup>, 2019

Location: [Ozark Retreat Center](#), 10357 Eland Road, Neosho, MO 64850

Event organizers: Rachel C, Missy N, Shelly M, Suzan M

Fee: Members, entire retreat = \$100 per person

Members, Saturday only = \$75 per person

Non-members, entire retreat = \$125 per person

Non-members, Saturday only = \$100

This fee covers meals and lodging throughout event. Please bring your own bedding and toiletries.

**Class options:** All class fees are paid directly to the teacher at the event. Class descriptions are on page 3. Attending classes is not required. Feel free to bring your own fiber art project to work on instead of, or in addition to, taking classes.

Friday evening (6:30 to 8pm):

- Woolly Feather Tree, Part 1 - \$5 if using instructor's wool; free if bringing own materials

Saturday morning (10am to noon) – Your choice:

- Wool Wreath - \$5 if using instructor's wool and wreath form; free if bringing own materials
- Basket Weaving, Class A (10 student limit) - \$10
- Harness Loom Weaving (6 student limit) - \$10 to 15 (class description on attached schedule)

Saturday afternoon (2 to 5pm) – Your choice:

- Zendoodle Painting - \$5 if using instructor's box; free if bringing own object to paint
- Basket Weaving, Class B (10 student limit) - \$20
- Harness Loom Weaving, continued from morning session

Sunday morning (9 to 10:30am):

- Woolly Feather Tree, Part 2

**Registrant Info:**

Name: \_\_\_\_\_ Home/Cell Phone: \_\_\_\_\_

Mailing address: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency contact/Next of kin: \_\_\_\_\_ Relation to you: \_\_\_\_\_ Phone: \_\_\_\_\_

Known food allergies or sensitivity, type of reaction: \_\_\_\_\_

The full amount or a \$50.00 deposit must be paid by **October 1<sup>st</sup>**. Any remaining balance must be paid by **October 15<sup>th</sup>**. If the full amount is not paid by this deadline, you will forfeit the \$50 deposit and your spot will be opened up for others.

Payments can be made by PayPal ([fiberfolksswmo@gmail.com](mailto:fiberfolksswmo@gmail.com)), by check or cash. **No registration will be accepted without the full payment or a \$50 deposit.** Return this registration form to Rachel Cody, 4881 Lawrence 1225 Rd, Ash Grove, MO, 65604 or by email to [hess4farm@gmail.com](mailto:hess4farm@gmail.com).

- PayPal (Send to [fiberfolksswmo@gmail.com](mailto:fiberfolksswmo@gmail.com))     Cash     Check (made out to "Fiber Folks of SWMO")

## Fiber Folks of SWMO Fill Your Cup Annual Retreat

	Friday	Saturday	Sunday
Time	10/25/2019	10/26/2019	10/27/2019
7:00am		Yoga with Tom	Faux-Mosas & Fiber
7:30am			
8:00am		Breakfast	Breakfast
8:30am			
9:00am		Name Tags & Bags; Felt Animals	<i>Your choice:</i> Wooly Feather Tree, Part 2
9:30am			
10:00am		<i>Your choice:</i> Wool Wreath	Personal Time
10:30am			
11:00am		Basket Weaving – Class A	Scavenger Basket Finale
11:30am		Beginning 4 Harness Weaving Personal Time	
12:00pm	Set Up ( <i>organizers only</i> )	Lunch	Departure
12:30pm			<i>(Lunch NOT provided)</i>
1:00pm		Group Activity	
1:30pm			Tear Down
2:00pm	Meet & Greet  Pick a room  Explore  Play (Scavenger Hunt clues given every 30 minutes)	<i>Your choice:</i> Zendoodle Painting	
2:30pm			
3:00pm		Basket Weaving – Class B	
3:30pm		Beginning 4 Harness Weaving, Continued	
4:00pm		Personal Time	
4:30pm			
5:00pm	Dinner	Dinner	
5:30pm			
6:00pm	Name Tags & Bags	Homemade Gift Exchange	
6:30pm	<i>Your choice:</i>		
7:00pm	Wooly Feather Tree, Part 1	Line Dancing	
7:30pm	Personal Time		
8:00pm	Roast & Toast	Roast & Toast	
8:30pm			

## Basket Weaving - Class A



In this class, we will make a garlic or small onion basket. This is a simple basket. Both baskets in the picture use the same pattern; the larger one was woven with a wider base. Students should be able to finish a basket in less than 2 hours.

Instructor: Mary McCreery

## Basket Weaving - Class B



In this class, students will make a small square basket with decorative side and rim. This basket is slightly more complicated than Class A. The original pattern for this basket showed small bells or buttons sewn on so there are opportunities for students to get creative after the basket is finished.

Instructor: Mary McCreery

**Beginning 4 Harness Weaving:** Learn the basics to get you started with a 4 harness loom. Students should bring a 4 harness loom if they have one.

- ✓ Name the parts of a loom,
- ✓ How the different parts work together,
- ✓ Dress (warp) the loom,
- ✓ Intro to reading a draft (pattern),
- ✓ Trouble shooting, and
- ✓ Weave a sample!

Instructors: Gary Hansford and Lee Rodriguez

## Wooly Feather Tree



This little tree is 12" tall and built with a dowel rod, floral wire, & tape, fringed wool, and lots of glue. Messy, but very cute. This is broken up into two days because we will make the limbs on Friday and let them dry fully before assembling the tree on Sunday. I will have wool for you to use but if you would like to hunt down the perfect color for yourself you will need a fat quarter (18" x 21") of wool. You will also leave with instructions on how to make several different size trees ranging from 8" to 20" should you enjoy it. If you have questions just holler at me ~rae

Instructor: Rachel Cody, [hess4farm@gmail.com](mailto:hess4farm@gmail.com)

## Wool Wreath



This is a Styrofoam floral wreath with clean raw fleece pinned into it with floral pins. I will provide Jacobs wool for this project (blackish/brownish/whiteish/gray mix). Feel free to bring your own if you would rather have a different color. If you have questions just holler at me ~rae

Instructor: Rachel Cody, [hess4farm@gmail.com](mailto:hess4farm@gmail.com)

## Zendoodle Painting



Take a creativity break with zendoodle painting! Create intricate designs by completing small areas of patterns at a time. Start with basic shapes, then add to them to create patterns inside patterns. There are no mistakes in Zendoodling and no right or wrong way. Literally, it's all good in zendoodling! We'll have basic boxes to paint, but students can bring their own paintable object/container.

Instructor: Shelly McIntyre

**Fiber Folks of SW Missouri**  
Annual Fiber Retreat  
*Medical Information Form\**

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Emergency contact/Next of kin: \_\_\_\_\_ Relation to you: \_\_\_\_\_

Phone number: \_\_\_\_\_

Doctor(s): \_\_\_\_\_

Hospital preference: \_\_\_\_\_

Medical condition(s) you're receiving treatment/medication for: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Medicine(s) you're currently taking:

Prescription: \_\_\_\_\_

\_\_\_\_\_  
Over-the-counter: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Known Allergies:

Drug: \_\_\_\_\_ Type of reaction: \_\_\_\_\_

Food: \_\_\_\_\_ Type of reaction: \_\_\_\_\_

Other: \_\_\_\_\_ Type of reaction: \_\_\_\_\_

Past surgeries, illnesses and/or injuries: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**\* To be used in a medical emergency only!** Place this completed form in a sealed envelope with your name on the outside. If you experience a medical emergency, the sealed envelope will be provided to the ambulance personnel or person transporting you for medical treatment. The sealed envelope will be returned to you at the end of the retreat.