

School Calendar

This Week

Thursday, January 21
Board Meeting 6:30 pm

Saturday, January 23
Workday - 4th Grade

Looking Ahead

Monday, January 25
Tea & Play at Morning Glory

Wednesday, January 27
1st and 2nd grade Parent Evenings 6:30 pm

Thursday, January 28
3rd grade Play 9:00 am & 6:00 pm

Monday, February 1
Faculty In-Service - School Closed

Tuesday, February 2
5th grade Parent Evening 6:30 pm

Monday, February 8
EC In-Service - NO EC CLASSES

Thursday, Feb. 11
Winter Assembly 6:30pm

Friday, Feb. 12
Grade School ice Skating

Monday, Feb. 15 - Friday, Feb. 19
WINTER BREAK - NO SCHOOL

How to Contact Us

info@rivervalleysschool.org
lc@rivervalleysschool.org
bot@rivervalleysschool.org
pc@rivervalleysschool.org

There will be no After-School Program with Josh Laker tomorrow (Wednesday 1/20).

Attached to the Current this Week:

Spring After-school Program Forms
February/March Afternoon Garden Registration
Spring Garden Gate Registration
February Lunch Menu

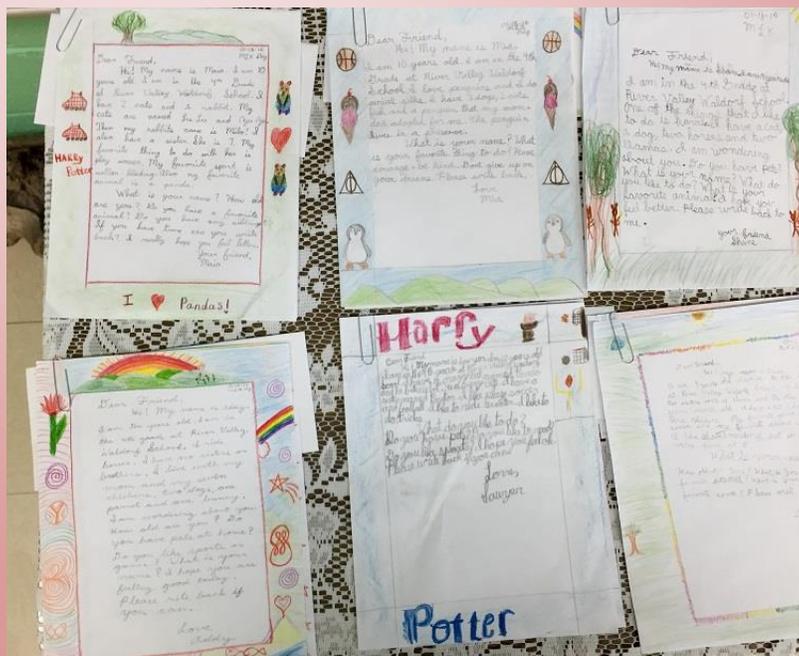
Parent Council Study Group Starts Tonight

Biography work is a wonderful way to explore and gain insight into the unique experiences and events that make us who we are. Come join us, Tuesday, January 19th @ 6:30 pm to begin to study the phases of development as expressed in Anthroposophy. This will be an invigorating opportunity for self-reflection in addition to learning more about your child's development. We'll be using the book, Why on Earth? The Practice of Human Becoming, by Signe Eklund Schaefer. Photocopies will be available, but we encourage you to obtain a copy of the book.

This will be a recurring event lead by TreeAnne McEnery, RVWS Pedagogical Chair. The group will meet once each month, alternating between the 3rd Tuesday at 6:30 & the 3rd Wednesday in the afternoon. Registration is helpful, but not required. Contact Tiffany Robinson or TreeAnne with questions, or if you'd like to participate. Watch the Current for notices each month. We hope to see you on tonight.

Martin Luther King, Jr. Day

Yesterday, in honor of Dr. Martin Luther King, Jr. fourth graders designed stationery and wrote letter to children at the Children's Hospital of Philadelphia.



Parent Council Corner

The next Parent Council meeting will be on Wednesday afternoon January 20th at 2:00 at Homestead.

Anyone who has Winter Fair feedback is welcome and encouraged to send it to pc@rivervalleysschool.org. We appreciate any kind of feedback! Please place your comments in the box in the lobby.

From Administration

WELCOME FRIENDS!

Please introduce yourself, and be sure to update your copy of the directory:

Luke Marciano and Brandon Dodd have joined Morning Glory Preschool.

Valentina Henwood has joined her sister Sofia in the Moon Room.

Mytro Riley (brother of Aubrey Dwulet-Brady in the Star Room) has joined the 5th grade.

Box Tops for Education

We raise money for our school by collecting Box Tops for Education. We earn 10 cents per box top and our goal is to raise \$1000 this year. They can be found on many products that you buy at the grocery store.

Please bring in your Box Top coupons and place them in the basket in the lobby. For more information and a list of participating products, the website is:

<http://www.boxtops4education.com/>

There is also a program with ShopRite whereby the school can earn eBoxTops. If you have a ShopRite Price Plus card, please register at:

<https://www.shopriteformyschool.com/> Every bit helps!

Amazon.com and RVWS

Right now, RVWS is part of the Amazon Smile program – you can designate RVWS as your beneficiary of choice.

Tis the season for online holiday shopping...If you shop through Amazon you may designate River Valley Waldorf School to receive .5% from your purchase. There is no extra cost to you on your purchase. Simply place your Amazon orders through Amazon Smile, and designate RVWS as your chosen charity. The site will remember your preference, so you only need to do this once. In order to register for this program, please follow these instructions: Sign in to <http://smile.amazon.com> on your desktop or mobile browser.

From your desktop, go to Your Account from the navigation at the top of any page, and then select the option to Change your Charity.

From your mobile browser, select Change your Charity from the options at the bottom of the page. Type in River Valley Waldorf School and our name should appear for you to select.

We are also in the process of becoming an Amazon Associate – which will mean a much larger percentage of everyone's shopping will be paid to RVWS. That part is a bit more complicated and we are in the process of getting the proper links set up on our website and arranging the necessary routing. Stay tuned for this part!

SPRING GARDEN GATE REGISTRATION NOW OPEN

Registration for the Spring Session of our lovely parent-child class is now open! Bring your little one – tell a friend or two! Relax and refresh yourself in a supportive environment with other parents of young children. Bring your parenting joys and dilemmas to share. Quietly observe how your child navigates, what it means to explore playing in a group, perhaps learn a new craft, song or story to bring into your life at home.

Monday's class is held at Morning Glory Preschool in Doylestown, Tuesday through Friday classes are here at RVWS. This session begins the week of February 8th and finishes up the week of June 6th. Garden Gate is not just for mommies! Dads, grandparents or caregivers are welcome to attend with children under 3 ('new' 3's are also welcome).

A registration form is attached to this week's Current. You can also find it on our website.

Contact Molly MacDonald or Cindy Schretlen in person, by phone or email with any questions (mmacdonald@rivervalleyschool.org, cschretlen@rivervalleyschool.org).

Mending Help Needed

Several costumes from the Shepherds Play are in need of loving care. They need minor mending, nothing requiring a great deal of skill. If you have the time and the inclination, please let Robbie know.

Thank You

Many thanks to Lynne Allbaugh for going way above and beyond in her efforts to get our school in shape for the new cleaning company to maintain. She's been going into all of our nooks and crannies, (even the infirmary) organizing, de-cluttering and making them shine so that our service will then be able to maintain them!

If you happen to be here late in the day, be sure to wish a warm welcome to Kanessa and Santiago who are the team from Interstate Building Maintenance who are cleaning our school.

Thank you Pamela Hobson for your administrative support in the morning. We appreciate it.

Thank you Rebecca DiCandia for your continued commitment to getting the Current ready every week and for your artistry in doing so.

From the Faculty

What the Children are Learning:

First Grade – Math

Second Grade – Language Arts

Third Grade – Drama/Language Arts

Fourth Grade – Math

Fifth Grade – Mesopotamia

Sixth Grade – Business Math

Seventh Grade – Wish, Wonder and Surprise

Eighth Grade – Physics

7th Grade News

Nils Nyberg, RVWS seventh grader, is a tinkerer. Last December he brought to school one of his latest projects, a quad copter hover machine. Nils did not get a kit with instructions and assemble it the Ikea way; he pretty much built it from scratch buying only the essential pieces and making the rest by hand from wood, plastic and metal scraps. It took Nils many, many hours of trial and error but he finally got the quad to fly beautifully. Since then Nils has added a camera and a better control system, all at a fraction of what it would have cost to buy the machine already put together and a lot more fun! Nils' choice of simplicity in the materials adds a home/handmade esthetic to his work reminiscent of the inventors of the early 20th century. Nils is a great student and our school is providing a unique environment for him to grow and discover every single day.



A New Opportunity

Every child works at his or her own pace in Handwork and sometimes a project does not get completed by the end of the year. Miss Till is offering after-school opportunities (free of charge) for help with current or past handwork projects. She will be offering these most Tuesdays 3:30 - 4:30. Please get in touch with her to let her know to expect your child. mtill@rivervalleysschool.org

From the Leadership Council

What we are working on?

What are we working on?

Working with TDC on teacher mentoring and evaluation.

Looking at the math curriculum in the grade school.

IAT evaluation with the Board of Trustees

The LC has open hours every Tuesday from 3:30-4 for anyone who would like to meet with us. If you have a question or a concern, please stop by. All are welcome.

Building & Grounds

School Work Days

Below is the calendar of the upcoming workdays. Please note that some changes have been made from the school calendar. Please RSVP to Mary K. Till (mtill@rivervalleysschool.org), to let us know if you will attend. This way we can plan what projects can be undertaken. Mary K. Till and Lynne Allbaugh - Building and Grounds

2015-2016 Work Days

TBD - 5th grade

January 23 - 4th grade

February 27 - 3rd grade

March 12 - 2nd grade

April 23 - 1st grade

May 14 - Early Childhood

From the Community

Shakespeare and the Mystery of the Human Being

Waldorf School of Princeton welcomes actor Michael Burton on Friday, January 22, at 7:30 p.m. for a unique performance. The event is co-sponsored by the Princeton Group of the Anthroposophical Society.

"Shakespeare and the Mystery of the Human Being" revolves around the dilemma spoken aloud by Hamlet when he says, "To be or not to be?" The question means so much more than just does one go on living- it means HOW is a person going to live? With truth, with authenticity, or in a manner that turns their life into a lie? Through seventeen different excerpts from Shakespeare's plays Michael Burton unfolds this meditation on what it means to be a human being. Join us for this entertaining and thoughtful presentation, and celebrate the 400th year since Shakespeare's death. A donation of \$10 per person is suggested at the door.

Michael Burton has worked with artistic speech and drama in various ways for over 35 years—as a writer, speech performer, actor, speech therapist, and voice teacher. He is the author of In the Light of a Child (Anthroposophic Press, 1988), Steiner's Soul Calendar turned into poems for children. He has written and performed one-man plays about Rembrandt, Beethoven, and Dag Hammarskjold. He is based in Sydney, where he practices speech therapy and chiophonetics (a form of speech and soul therapy in which sounds are brought into contact with the body).

Go to: www.princetonwaldorf.org to learn more.

Essential Oils and Emotions at SuperNatural Salon and Spa

Please join us for Essential Oils and Emotions where we will learn how to use essential oils to promote emotional wellbeing. It will be held at SuperNatural Salon and Spa-121 Delaware Rd Riegelsville, PA on Sunday, January 24 at 1:00. We will be making Sunshine Blend, Worry Eraser and Balance roller bottle blends as well as lavender and cedarwood bath salts to help encourage restful sleep. The cost is \$5 per item and includes wrapping supplies. Please RSVP to: takerootoils@gmail.com by Friday, January 22nd. Hope to see you there!

Piper Hill Dance

A quaint studio in a private setting where you can escape for an hour or more each week. Leave the stress outside and dance, exercise or meditate. Enjoy the music, movement, reviving your inner spirit. We offer Zumba®, Qi Gong, SharQui® Tuesday evenings and Wednesday mornings. 7078 Easton Rd Pipersville, PA 18947 484.366.2320 piperhilldance@gmail.com

Piano Lessons

Daytime, afternoon, evening lesson times available for Private Piano Instruction in Frenchtown.

Adults and children.

MaryBeth (mom to Jaida - 1st grade) 908-672-3455

Ottsville Traditional Arts Center

Musicians' Workshop and Dance Party!
with Andrew & Noah VanNorstrand, Julie Vallimont, and Rachel Bell

Sunday, Jan. 31st

3 - 4:30: Musicians' Workshop (\$15)
4:30 - 6:30 French Bal Folk Dance Party (\$15)
\$25 combined ticket!

Musician's Workshop

Come discover the captivating, energizing world of French dance tunes! Get an overview of the different kinds of tunes that are used for dances in the current French bal folk scene. Then learn to play a couple of the tunes-- we'll play something trancey and mysterious, like a hanter dro, and something zippy and fun, like a bourree. We'll work on how to play those tunes in a French style and how to match them up with the dances. Be sure to stick around for the dance party and get a chance to play the tunes that we worked on for a portion of the dance! At least intermediate proficiency on an instrument is helpful for this workshop, although beginners are welcome to sit in and glean as much as they can.

French bal folk dance party

Join dance teacher Rachel Bell along with musicians Andrew & Noah VanNorstrand (of Great Bear Trio) and Julie Vallimont (of Nor'Easter) for an exciting French bal folk dance party! No experience necessary, and no need to bring a partner. All dances will be accessible, and all steps will be taught. We'll do beautiful, trancey dances from Brittany in circles and spirals. We'll do raucously fun dances from Central France like bourree and chapeloise, and more! Come immerse yourself in the European bal folk experience! RSVP ottsvilletradarts.weebly.com.

Every Wednesday

Open Jam with Richard Finch

6:00-8:00 pm • \$5 suggested donation

More at ottsvilletradarts.weebly.com • 250 Durham Rd. Ottsville Pa.

Coming to Yoga Loka

Meditation for Complete Beginners with Lori Thatch
Saturday 10:30-11:30 am begins 1/23

Stress Clinic with Bonnie Pariser
Fridays 6:30-8:30 pm - 2/19, 3/4

Yoga for Back Care with Bonnie Pariser
Sundays 11:45-12:45 pm Begins 1/24

TRE (Tension and Trauma Reducing Exercises) with Bonnie Pariser
Sundays 7:00-8:00 pm 1/17, 2/7, 2/21
Wednesdays 11:00 am-12:00 pm - 1/27, 2/10, 3/16

For more information and to register visit the website at www.Yoga-Loka.com

Waldorf Weekend at Sunbridge Institute

Foundations and Fundamentals of Waldorf Education
January 29-30

Presentation, discussion, and hands-on activities to explore the basis and basics of Waldorf Education, for new and prospective Waldorf teachers, staff, parents, and all lovers of education.

Instructors:

Anna Silber (Early Childhood Years and Elementary Curriculum)
Harlan Gilbert (High School Curriculum)
Laura Radefeld (Eurythmy)

Friday, January 29, 7pm-9pm

Saturday, January 30: 9am-5:30pm

\$185 in advance / \$200 at the door (space permitting); includes lunch & snacks

To register go to: https://sunbridge.formstack.com/forms/waldorf_weekend_jan_2016

NOTE: This is our last Waldorf Weekend of this school year.

New Cycle in 2016 of the Foundation Studies Program in Princeton

The new cycle for the Foundation Studies at the Waldorf School of Princeton will begin in the winter of 2016. This is the sixth cycle and the fourteenth year of the program. Over one hundred people have participated in our studies, some for personal development, some for the first step towards a professional life in Waldorf Education, and others to enhance the work in which they are already engaged.

The program covers Rudolf Steiner's basic books, and gives a foothold into his immense body of lectures and written works. Anthroposophy is dense and difficult to read independently at first without the foundational understanding offered in the program. After this five semester course, one can more easily delve into the many topics within Anthroposophy, i.e., education, agriculture, Eurythmy, the Arts, healing arts, medicine, and spiritual investigations such as karma.

The course meets 8 times per semester on Saturday mornings, at the Waldorf School of Princeton, from 8 am to 1 pm. We follow the school calendar and try to meet the needs of students' and parents' schedules when possible. Each morning includes a lecture, discussion, and two artistic workshops that enliven the concepts covered. Often the courses offered are Eurythmy and an artistic experience such as painting or sculpture. Guest teachers are invited to present other topics, for example, Speech or Biography. We now offer summer courses so that students can potentially finish in 15 months and begin teacher training if that is a path they wish to pursue. The cost per semester is \$600-800 sliding scale fee. The course provides a unique opportunity to form a small community together, sharing thoughts and partaking of small meals brought by the students. We have seen new friendships develop, and former friends become closer through the meaningful, shared experiences. The program is open to any interested adult of any age or background.

Faculty:

Elan Leibner lectures and leads discussions for the program. He was a class teacher at the Waldorf School of Princeton for 18 years. After that time he taught at Emerson College in England training Waldorf teachers. For the past five years he has been the Chair of the Pedagogical Section Council of North America and editor of the Research Bulletin for Waldorf Education. He mentors and evaluates teachers in Waldorf Schools around the country.

Pamela Shafer facilitates the program and offers artistic workshops. She has been the sculptural arts teacher at the school for 16 years and the fine arts teacher for the middle school for 3 years. She has been a potter for 35 years and has also worked with college students, the elderly, and in hospitals for 15 years before finding the Waldorf movement.

Tertia Gale has been teaching Eurythmy in the Foundation Program since it began. Before that she taught Eurythmy at the Waldorf School of Princeton for 20 years and was one of the founding members of the school. Her roots in Anthroposophy reach back even further to her work at the Fellowship Community in Chestnut Ridge, NY, supporting the elderly in conjunction with the work of Anthroposophical medicine.

If you are interested please contact Pamela Shafer at foundationprinceton@earthlink.net.

Travel Opportunities

MAR 30 – APR 14: Centro de Terapia Antroposófica, Lanzarote, Canary Islands, Spain. In Search of Self-Renewal: Eurythmy Retreat and Nature Drawing with therapeutic eurythmist & artist Jason Yates and arranged by Sarnia Guiton. 604-740-0676 sarnia@sophiaservices.ca www.sophiaservices.ca

AUG 4 – 20: A Kenyan Eco-Safari -Through Goethe's Eyes with naturalists Mark Riegner & Anthony Mwaura, arranged by Sarnia Guiton. 604-740-0676 sarnia@sophiaservices.ca www.prestigeholidayskenya.com
www.sophiaservices.ca

For more information go to their website or call 604-740-0676.

PAGSL SOFTBALL SIGNUPS (1/4/2016 to 2/14/2016)

Palisades Area Girls Softball League has open registration from now until February 14th for the Spring 2016 season. Please check out our new website for more information about the league:

<http://www.palisadessoftball.org/>

For online registration and additional details go to:

<http://www.palisadessoftball.org/registration.html>

Email questions to pagsl@palisadessoftball.com

COMMUNITY SCHOOL PROGRAMS

* Adult Volleyball will be held on Thursdays, beginning on January 7th at PALMS @ 7:30PM! See you then!

Walk in's welcome! Cost is \$5/night

* Warrior Workout is held every Tuesday and Thursday evening in the High School's Chris Creveling Fitness Center beginning at 6:30PM. Walk in next week! Cost is \$8/night

* Men's Pick Up Basketball continues through the winter - Mondays 6PM and Saturdays 3PM in PHS Purple Gym (Route 412 side). No fee

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* Country Line Dancing is held each Friday night from 7-10PM in the high school cafeteria! Walk in and join the fun! Cost is \$6/night

GIRLS' FASTPITCH SOFTBALL PITCHING CLINICS

Girls 10+ years old, Thursdays - Feb. 11, 18, 25, and March 3, 2016. 6-7 p.m. PHS Gold Gym, \$10 per night.

Instructor: Donna M. Reiss

Students must provide a catcher (preferably a parent who will work with them at home). Students should also bring something to kneel on as some drills are done from a kneeling position. Basic mechanics will be reviewed and instruction will be individually based on each student's ability.

***If you are interested in having your daughter participate in these clinics, **ADVANCED REGISTRATION IS REQUIRED**. Please contact Donna Reiss with registration information (name, daughter's age, contact phone number) or any questions or concerns at atdmr1@lehigh.edu or by phone at 484-239-8655.

VISIT SILVER CREEK ATHLETIC ASSOCIATION SITE FOR BASEBALL/SOFTBALL REGISTRATION

<http://silvercreekaa.weebly.com/registration.html>

Upper Bucks Code Blue Shelter

If you or someone you know is lacking indoor shelter in Upper Bucks County during periods of extreme, life-threatening weather (temperature or wind chill of 26F or below between 12/1 and 3/31 your neighbors and friends are ready to help at the Quakertown Masonic Lodge, 501 W. Broad Street, Quakertown, PA 18951 from 9 pm to 7 am the following morning. We'll have hot meals and breakfast as well as shelter.

Car rides will be provided from Turkey Hill on Rt. 611 in Ottsville at 8:20 pm and Perkasio Square Shopping Center at 8:30 pm. Call 267-450-5191 to request a ride. To find out if the shelter is open contact the Code Blue Status Line: 215-274-5241 or 267-450-5191 after 1 pm.

Knife Sharpening

I am McCaslin Miles, an RVWS student. I will sharpen all of your blades - hatchets, chef knives, pocket and hunting knives and many more. (The only knives I cannot sharpen are Asian style, 15-degree cooking knives; sorry).

Prices are \$5 per knife, \$4 for four or more knives, \$3 per knife for repeat customers. Satisfaction guaranteed. Email me at: edgesharp2003@gmail.com

Muck and Gold

Third grade parents, Chris Bodwitch and Scott Gallagher, have started their new (re)learning lab to offer unique classes, workshops and performances rooted in experimentation, collaboration and self-discovery.

Please visit muckandgold.com to learn more about them and register for classes beginning January 20th

Protecting Our Children

Joining Together to Prevent Substance Abuse in Our Community

Monday, February 1, 2016 | 7:00 pm

Palisades High School Audion

35 Church Hill Road | Kintnersville

Palisades School District's PACT Coalition has partnered with St. Luke's University Health Network and Penn Foundation to offer education, awareness, and prevention strategies to address substance abuse in our community.

Presenters

Dr. Keith Baker, Emergency Medicine Resident at St. Luke's University Health Network. Dr. Baker will speak about synthetic drugs, including signs and symptoms of someone who is under the influence as well as prevention strategies.

Gordon Hornig, MSW, LSW, Coordinator of Penn Foundation's Mobile Engagement Services. Gordon will speak about underage drinking and the abuse of prescription painkillers and heroin.

Science Says Knitting Makes Humans Warmer And Happier, Mentally

by Robert Locke

“Properly practiced, knitting soothes the troubled spirit, and it doesn't hurt the untroubled spirit either.” – Elizabeth Zimmermann

My mother was a great knitter and produced some wonderful garments such as Aran sweaters which were extremely fashionable when I was young. She also knitted while my father drove, which caused great amusement. I often wondered why she did that but I think I know the answer now.

Knitting is good for your mental health, according to some research studies. The Washington Post mentions a 2013 survey of about 3,500 knitters who were asked how they felt after a knitting session. Over 80% of them said they definitely felt happier. It is not a totally female occupation as more and more men take it up to get the same benefits. Harry Styles (One Direction) enjoys knitting. So does Russell Crowe although he does it to help him with anger management!

The Neural Knitwork Project

In Australia, Neural Knitworks was started to encourage people to knit and also become aware of neuroscience and mental health issues. Knit-ins were organized but garments were not the only things created. The knitters produced handmade neurons (1,665 of them!) to make a giant brain. The 2015 project will make more neural knitted networks (neural knitworks) and they will be visible online. You can see some more examples of woolly neurons on the Neural Knitworks Facebook page.

While people knitted, crocheted and crafted yarn, they listened to experts talking about mental health issues such as addiction, dementia, depression, and how neurons work.

The knitting and neural connection

The human brain has about 80 billion neurons. Learning new skills, social interaction, and physical activity all help to forge neural connections which keep the brain healthy and active. They are creating networks to control movement and make memories. The knitters learn that as they create the woollen neurons, their own neurons are forming new pathways in their brains. Their creations are mimicking the processes in their brains to a certain extent. At the same time, their brains are registering new and interesting information as they learn interesting facts about the brain and how it works. I love the knitworks and networks pun. What a brilliant idea!

More mental health benefits from knitting

Betsan Corkhill is a physiotherapist and has published some results of completed studies on her website, appropriately named Stitchlinks. She conducted some experiments herself and found that knitting was really helpful in reducing panic and anxiety attacks.

“You are using up an awful lot of brain capacity to perform a coordinated series of movements. The more capacity you take up by being involved in a complex task, the less capacity you have for bad thoughts.”- Betsan Corkhill

(continued next page)

Knitters feel happier and in a better mood

Ann Futterman-Collier, Well Being Lab at Northern Arizona University, is very interested in how textile therapy (sewing, knitting, weaving and lace-making) can play an important role in mood repair and in lifting depressive states.

She researched 60 women and divided them into three different groups to do some writing, meditating and work with textiles. She monitored their heartbeat, blood pressure and saliva production. The women in the textiles group had the best results when their mood was assessed afterwards. They were in a better mood and had managed to reduce their negative thoughts better than those in the writing and meditation groups.

“People who were given the task to make something actually had less of an inflammatory response in the face of a ‘stressor’.” – Dr. Futterman Collier

The dopamine effect on our happiness

Our brains produce a chemical called dopamine. This helps us to feel happy, more motivated, and assists also with focus and concentration. We get a boost of dopamine after sex, food, exercise, sleep, and creative activities.

There are medications to increase dopamine but there are lots of ways we can do it naturally. Textile therapy and crafting are the easiest and cheapest. We can create something and then admire it. In addition, this allows for a little bit of praise and congratulations. Although this is likely not your goal, all these can boost our dopamine and we just feel happier and more fulfilled. These are essential in facing new challenges and coping with disappointment in life.

“Sometimes, people come up to me when I am knitting and they say things like, “Oh, I wish I could knit, but I’m just not the kind of person who can sit and waste time like that.” How can knitting be wasting time? First, I never just knit; I knit and think, knit and listen, knit and watch. Second, you aren’t wasting time if you get a useful or beautiful object at the end of it.” – Stephanie Pearl-McPhee, *At Knit’s End: Meditations for Women Who Knit Too Much*.

If you thought knitting and textiles were for old ladies, think again!