



North Coast Knitters Guild

San Diego, California - www.ncknit.com

Number 141 – February, 2009

The Guild Meeting

Tuesday, February 3, 2009 12:30pm

San Dieguito United Methodist Church
Assembly Room
170 Calle Magdalena, Encinitas

Special Trunk Show & Lecture On Folklore Embroidery Designs

Leora Raikin will present a trunk show/lecture on African Folklore Embroidery Design. She will take us on a visual safari using the African Folklore Embroidery designs as the medium to explain and educate us about the people of South Africa, the art forms of the different tribes such as basket weaving, doll making and beading, etc. She has a newly released book called *Safari through African Folklore Embroidery*. For more information about her, go to www.aflembroidery.com.

◆ THINGS TO DO IN NOVEMBER

- Arrive at **12:30** for the monthly meeting –do not enter the room early unless you are setting up for the meeting.
- Bring your knitting creations for sharing.
- Bring your check if interested in participating in the Workshop with Leora on Wednesday 2/4/09.
- Bring your charity items.
- Remember to turn off your cell phone.

Special Speaker Workshop Wednesday, February 4, 2009 9:00am to 4:00pm

San Dieguito United Methodist Church
Classroom In Main Building Near Courtyard

Tuesday's speaker, Leora Raikin will be doing a 6-hour workshop on Wed, Feb 4. There will be a sign-up sheet at the Feb meeting, or you can mail a check now to reserve your spot. Send checks to: Colleen Davis- 530 Stratford Dr, Encinitas, 92024. The workshop will be \$70. Kits will be available at the guild meeting for \$18 and \$28. This is an extraordinary opportunity to participate in something unusual and be inspired by other cultures and hand crafts. For more information about her, and to see the various kits available, go to www.aflembroidery.com.

◆ PRESIDENT'S MESSAGE-BARBARA LEVIN

A new year... a new regime?

Although that mythical North Coast Knitters President's gavel has been passed again, I did not run on a platform of change. I have some mighty big (and mighty high) shoes to fill in taking over from Thea. I hope to lead The Guild in expanding on the work that Thea, and Colleen before her, have done. And I know that won't be easy!



North Coast Knitters has always been a guild for those who are passionate about knitting. But it's impossible to develop a passion without building skills to sustain it. Long ago we became much too large of a group to learn and practice new techniques during our monthly meetings. Several alternatives for learning developed over the years – and I am pleased to announce we are adding another this year.

About eight or nine years ago, we realized we didn't have to depend on national knitting conventions to be exposed to the knitting world's best-known instructors. Colleen has worked very hard over the past few months to put together programs and workshops that continue that tradition. Most notably, we will be bring in **Susanna Hannson** (www.oneofsusannas.com) and **Myra Wood** (www.myrawood.com), balancing Susanna's traditional Swedish techniques with Myra's free-form.

About the same time we started the Workshop Program, we saw the need for informal group knitting sessions (for stitchin', bitchin', socializin' and consuming enough caffeine and sugar to fuel it all) and the Sub-Groups began. If you haven't joined one of the sub-groups listed at the end of this newsletter, you need to check them out.

(Continued on Page Two)

◆ PRESIDENT'S MESSAGE CONTINUED...

A few years ago, we realized we had a deep reservoir of teaching talent within our own membership, and Members Teaching Members was born. These are small classes in members' homes taught by talented ladies, many of whom have taught at yarn stores and national conventions and/or are published designers. There's a small fee charged for each participant, which goes to pay the instructors for their generous time and efforts.

This year, we are adding yet another learning element to the line-up. Sandy Smith has kindly volunteered to set up Quarterly Finishing Workshops. Finishing is the bane of many a knitter's existence, and we hope that by turning this into a group experience, participants will be not only assemble a sweater or two, but pick up a few tips and tricks in the process! These workshops will be held quarterly and will be free of charge. A date for the first one will be announced at the February Meeting and Newsletter.

If you have any suggestions, please contact me or one of the other NCK Guild Officers. We are all volunteers, so we need both your patience and your help. But we all want you to be as passionate about knitting and the fiber arts as we are. Looking forward to a great year with all of you, and of course our passion of knitting!

Barbara Levin

◆ JANUARY MEETING

North Coast Knitters' Guild
General Membership Meeting
Tuesday, January 6, 2009 - 12:30 p.m.
Barbara Levin presiding
121 members and guests present

Nominating committee chairperson Linda Erlich presented the slate of officers and board members for 2009. She then introduced Barbara Levin, our newly elected president, who thanked the old board for past service and welcomed new board members. Sandy Smith received special accolades for her years of dedicated service as newsletter editor and webmaster. Three members will be assuming these duties. Barbara welcomed a record number of new members and guests and asked past president, Thea Lazarevic, to say a few departing words. Barbara then reminded members of the January knitting retreat in Temecula as well as the TNNA convention at the San Diego convention center. Marika Nonaka recently returned from Japan where she participated in the sock contest and fair sponsored by the Okamoto Corporation. She returned the 78 socks she had collected, together with several photographs of the display. She thanked guild members for making the event a great success. Marsha

Wenskey discussed philanthropy projects and displayed several beautiful scarves that will be donated to the Womenheart organization. She reminded us to start collecting yarn for our annual fundraiser in September. Colleen Davis, newly elected program director, distributed bookmarks printed with this year's schedule. The February meeting will feature Leora Raikin, an African embroidery designer. In March we are expecting Japanese knitting designer, Mr. Hirose (The Prince) who will be presenting a trunk and fashion show. Mariko Nonaka will act as interpreter. The annual potluck will follow, as our Japanese guests have requested a sampling of "American food". Our guests will then participate in our "show and share".

Colleen announced a new in-house program called **"The Challenge"**. Focusing on the trend of "eco-friendly, green and recycled materials" this challenge will focus on the use of these materials in making a shawl. In June, a fashion show of these recycled, non-traditional fibers will follow. Prizes will be awarded in three categories.

Sandy Smith announced plans for quarterly workshops to assist members in reading patterns and finishing garments. Meetings will be at the church and will be free of charge.

Barbara Levin introduced our guest speaker, Dr. Shawn Robek, a certified "active release" practitioner. He was assisted in his presentation by Kristine Brooks, the artist behind Curious Creek Fibers. Kristine had suffered for years with nerve impingement in her neck and was unable to knit. A few sessions with Dr. Robek, plus home exercises, allowed her to return to her favorite occupation. Shawn's chiropractic and sports rehabilitation clinic is located in Hillcrest. His website is www.robek.com. Dr. Robek presented a very comprehensive demonstration of specific exercises to alleviate discomfort due to poor knitting posture. He urged us to practice these exercises at home and to take frequent breaks from our beloved hobby. (Dr. Robek has provided the Guild with a great written guideline for helpful exercises, including photos. The file is a bit large to email out, so we will post it on the Web Site next week, and have copies available at the Feb. meeting.)

Sandy Smith conducted the "show and share".

Notes by Ellen Hesterman, Secretary

◆ THE 2009 ECO-FRIENDLY CHALLENGE

Colleen announced a new in-house program called **"The Challenge"**. Focusing on the trend of "eco-friendly, green and recycled materials" this challenge will focus on the use of these materials in the making of a shawl. The shawl can be either triangular, rectangular, irregular or whatever. At least 50% of the knitted items needs to be recycled or eco-friendly materials. Yarns

from your stash do not qualified as “recycled”. The garment has to include some knitting, but can include other hand crafts such as crochet, needle-felting, weaving, etc. In June, a fashion show of these items will be presented and voted on. Prizes will be awarded in three categories. Some of the eco-friendly fibers include: soy, corn pineapple, bamboo, jute, raffia. Recycled could include: silk, cotton, wool, string, leather, etc.

Here are two web sites to start exploring more on eco-friendly knitting and our awareness of this new trend. Copy and paste these URL’s into your browser to view:

http://www.yarnmarket.com/knitting/Eco-Friendly_Fibers-670.html

http://www.treehugger.com/files/2007/05/eco_friendly_ya.php

◆ SHARING

We print abbreviated summaries of shared items which provide enough information to allow you to follow up on items you might like to knit. The summaries are prepared using the sharing slips filled out by the participants – who need to put more than their first name down in order for the items to appear in the newsletter.

Now for a quick reminder about sharing rules:

If you share an item during the monthly sharing, it cannot be worn in the Holiday Luncheon fashion show. Shared items **MUST BE FINISHED** --- unless it’s near Christmas when the rules are relaxed so that you can share an item before it’s shipped off to its recipient.

- Rosie Berkowitz: Shrug using Alpaca Wool from yarn sale - \$5.00.
- Maria Hoham: Scarf for Priscilla. Free Berrocco pattern. Used two skeins of leftover Crepe yarn from a sweater. Size 6 needles. 1-cord edges.
- Liz Knapp: Men’s sweater. Pattern: Cobblestone Pullover by Jared Flood (*Interweave Knits* Fall 2007). Yarn: Lonesome Stone 50% Alpaca/50% Wool (2.5 oz. skeins). Colorway: Mountain Man
- Phyllis Bates: Examples from knitting lace daily class. Cotton DMC yarn. Size 2 needles.
- Agnes Gale: Purple/Dusty pink sweaters. *Vogue Knitting*, Spring/Summer 1988. Purple yarn – cashmere/merino wool. Pink yarn – silk/bamboo/merino wool. Chevron pattern and buttons on shoulder.
- Linda Erlich: Sweater from *Vogue*, Fall 2006. Berrocco Ultra Alpaca, green colorway.
- Sandy Smith: Dead Fish Hat made from scrap yarn.
- Barbara Levin: Lace doillie from Judy Gibson’s Member Teaching Members Class. Hanne Falkenberg Mermaid Jacket.
- Thea Lazarevic: Long sleeve open lace sweater. Pattern from *Family Circle*, Spring 1998. Celery green silky blend yarn from Guild yarn sale. Size 5 needles. Adjust for this needle size – very “tricky”.

◆ MINI RETREAT IN JANUARY

We hope everyone enjoyed the Mini-Retreat in Temecula January 19-21st and we want to hear all about it at the February Meeting! We will summarize the fun in our next Newsletter. A special thank you goes out to Jo-Ellen Gould for coordinating the logistics of this retreat, and to Jean Moore for handling the funds (and providing moral support).

◆ RETREAT IN JUNE, 2009 MARK YOUR CALENDARS!

**La Casa de Maria Retreat- June 1-4, 2009
Montecito (near Santa Barbara)
<http://www.lacasademaria.org>**



If you did not attend the retreat in Temecula—mentioned above, why not join us this June at the La Casa de Maria retreat center in Montecito, CA. We have a reservation for 4 days and 3 nights from June 1st to June 4th. . The total cost for a single room is \$428.25 and for a double room is \$349.50 (All meals are included.) To reserve your spot, send your non-refundable deposit of \$300 for a single room or \$150 for a double to our treasurer Jean Moore 4050-50 Porte La Paz, San Diego, 92122 by March 1st. If you haven’t been on this pleasant and relaxing trip sign up and find out what you have been missing. Besides knitting there are opportunities for hiking, swimming and even a massage. You may prefer to drive, or you can join the majority of members from San Diego who will be traveling on the Amtrak. Jo-Ellen Gould- Retreat Chair- 858 947-5167

◆ MEMBERS TEACHING MEMBERS

This is an on-going program and future classes will be announced shortly. For questions, please contact EileenAdler 858-731-1921 or Susan Ludwig 760-436-0453.

◆ PHILANTHROPY

The Hat Box Foundation is a newly established volunteer-based non-profit organization whose mission is to make and distribute handmade hats to people fighting cancer and other life threatening illnesses. Locally the foundation distributes hats through Rady Children’s Hospital and the San Diego Cancer Center in Encinitas. Guild members who wish to donate hats to the Foundation can bring them to me at meetings and I will arrange to get them to the Foundation.

Marsha Wensky

◆ KNITTING ON THE NET

● TORBAY CARDIGAN

Knit from the top down with finished bust sizes from 34 to 55, this worsted weight cardigan is the kind of basic sweater you grab as you run out the door. An added bonus is the short row shaping added at the bust which prevents the front hem from pulling up. It's from the online knitting magazine *Inside the Loop* at

<http://www.theinsideloop.com/Issue4/Patterns/torbay.html>



● SUPER NATURAL STRIPES SWEATER

A top down sweater for sizes 0-6 mos, 6-12 mos, 18 mos and 2-3 years. Written at a gauge of 4 stitches per inch, the pattern uses Blue Sky Organic Cotton. See it at

<http://fpea.blogspot.com/2007/07/free-pattern-fridays-super-natural.html>

(While you're on this website, take a look at her amazing free pattern archive.)

● LACY CHUNKY THROW

This throw is knit with chunky yarn on size 19 needles at a gauge of 5 1/2 stitches to 4 inches. If the thought of knitting on such large needles makes your hands hurt, cast on more stitches with smaller needles and yarn.

<http://www.classicelityarns.com/pdf/LacyChunkyThrow.pdf>



● Saucy

These socks are knit with sock weight yarn on size 1 needles. The cable pattern comes out looking lacy. See

<http://www.cidermoon.com/CM0127.pdf>



● PROMETHEAN POCKET HAT

This basic beanie is perfect for the southern California walker – it has a pocket sized to fit an IPOD. This is the perfect pattern to learn how to add a knitted pocket – it includes pictures of each step in the process. Find it at

<http://stringornothing.wordpress.com/2009/01/08/promethean-pocket-hat/>



◆ UPCOMING FIBER EVENTS

- February 26 to March 1: Stitches West in Santa Clara, CA.
- March 14-15, 2009 San Diego, CA Machine Knitters Guild of CA Seminar- contact Vivian (619) 440-3449

◆ NCKG IN PRINT

Many of you design. Let the Editors know where your latest masterpiece is published so we can share it with members!

◆ VIA PHONE, EMAIL, MAIL AND FRIENDS

Maggie Diederich's mom, Jane Roberts, passed away last Wednesday. Maggie is an active member of NCKG and her mother was also active, until poor health prevented it. Nevertheless, Jane continued to make hats for infants and contributed literally bushels of them over the past several years. Jane attended the RN group when possible. She was a quiet, dignified lady, and we are very sorry for the family's loss.

Ellen Hesterman, as secretary of the guild, mails get well/condolence cards to members. Please let her know, via e-mail, of anyone in need of this special service Contact Ellen at ewhest@att.net.

◆ TKGA

The Knitting Guild Association publishes *Cast On* magazine, holds conventions and regional meetings for knitters, certifies the accomplishment of knitters in its Master Knitting Program, and trains judges for knitting shows. Individuals join the organization by payment of dues of \$27 annually to: TKGA, 1100 Brandywine Blvd, Zanesville OH 43702-3388 (www.tkga.com)

◆ NORTH COAST KNITTERS GUILD

Our President is Barbara Levin. Her email address is: BLevin7751@aol.com . For a list of Board Members please visit the Web Site at www.ncknit.com .

Open to all knitters, regardless of skill level. Dues are \$20 annually and expire for all members on January 31. Make checks payable to North Coast Knitters and mail to Jean Moore, Treasurer NCKG, 4050-50 Porte La Paz, San Diego, CA 92122. Please include your name, mailing address, telephone, and email and tell us if you want to receive your newsletter via regular mail or email. The minutes of Board meetings and the monthly Treasurer's report are available at the membership table each month.

◆ CONTACT INFORMATION

Newsletter Editors "The Sisters": Siobhan Rosenberg e-mail hockeymom@cox.net; and Deirdre Michalski e-mail dsmichalski@cox.net . (Please email both of us on all communications. Thank you.)

Our Web Site: For information about membership, meetings, workshops, local yarn shops, etc. visit www.ncknit.com.

Web Master For Our Web Site:

Heather Broadhurst is the website person and her email is hjnb@boddame.net . Yarn shops are encouraged to check their listings and provide updates to our Web Master. We'd also like to hear about trunk shows and special guest teachers at your shops – we'll put them on the website and in the newsletter.

Member Rosters: Members may get a copy at general meetings or request a mailed copy from Sherri Fisher. For Changes please forward them to: Sheri Fisher at SheriRob1@aol.com .

◆ WELCOME NEW MEMBERS!!!

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◆ SUB GROUP MEETING SCHEDULE:

If you'd like to attend a sub group meeting, call the contact listed below first – holidays and availability of meeting places sometimes change the meeting schedules.

- **AKG Group**, 9am every Fri, Old California Coffee Shop, Restaurant Row, San Marcos, Maggie Dederich, 760-942-4159
- **EKG Group**, 10:30am, 2nd Tues, home of Lillia Brown 760-634-1638
- **Knit@Nite Group**, 6pm, 1st Wed Jewish Community Center. Linda Erlich, 858-759-9509 but check the schedule on the website to confirm dates.
- **I-15 Group**, 9am to 11am, 2nd and 4th Wed, Panera in Carmel Mountain Ranch, Sheri Fisher, 858-530-2385.
- **PA Group**, 1:00pm to 3:00pm, every Monday and Thursday at the Needlecraft Cottage, Call Jean Moore, 858-587-9054, for more information. It's called the PA group, which means we knit practically anything and is open to practically anybody
- **RN Group**: 10am, 4th Tues - Gwen Nelson, 760-720-5420 at the Encinitas Sr. Ctr. at 10:00 a.m. We are just "rather normal, intermediate knitters; we're open to any level knitter, but do NOT teach knitting."

North Coast Knitters' 2009 Proposed Agenda

Jan 6: Program: "Posture Corrective Exercises for Knitters" by Dr. S. Robek---Announce Our "Green and Recycle" Challenge.

Feb 3, 4: Program: Trunk Show/Lecture on African Folklore Embroidery design by Leora Raikin. Workshop (one 6-hr) to follow on stitching techniques for completing an African Folklore Embroidery design (chain stitch, satin stitch, French knots, bullion stitch); Students can choose from ten different basic kits which will include design, needle, braid of brightly colored threads, stitch diagram and beads – cost \$18 or \$28.

Mar 3 (Tues): Potluck: We will have our annual pot luck meal (instead of July).

Program After the potluck, Mariko Nonaka will give a short report on her recent knitting-related trip to Japan. The original program and workshop by Mr. Hirose, a famous designer from Japan, had to be cancelled.

April 7: In-House Program: Fashion Show on coats and jackets. Yarn sale from TootsieP.

May 3: (Sunday afternoon) 3-hr **workshop** on "Great Beginnings."

May 4 (Monday) 6-hr **workshop** on Bohus technique

May 5: (Tuesday morning) 3-hr **workshop** on Japanese short rows.

May 5: Program: Lecture/trunk show by Sussana Hanson on Bohus history.

June 2: In-House Program: The "Challenge" fashion show – Shawls
Possible fund-raising yarn sale.

July 7,8,9: Program by Brecia Kralovic-Logan from Santa Barbara presenting "Creating Color Pools: An intuitive approach to color for the fiber artist." Workshops to follow. Topics TBD.

Aug 4: Program: Kristi Porter from San Diego will be talking and showing samples from her new book "Knitting in the Sun".

Sep 1: In-House Program – Yarn Tasting – Your favorite yarn and why.

Oct. 6: Program: Myra Wood from Los Angeles will be giving a lecture/trunk show on freeform crochet lace and freeform knitted lace.

Oct. 7: (Wednesday) **Workshop** to follow. Topic TBD.

Oct. 8: (Thursday) **Workshop** to follow. Topic TBD.

Nov 3: Program: Fayla Reiss will be giving a lecture/trunk show on Needle Felting garments.
Workshops to follow. Topics TBD.

Dec 7: Holiday Lunch and Fashion Show

Color Key: Program, Speaker Workshops and Special Events/Parties

It's time to renew your membership -

Please fill out the form below and bring it to the next meeting
OR

mail it and your check for \$20 to
Jean Moore
4050-50 Porte La Paz, San Diego, CA 92122

Newsletter by Email - what you need to know if you choose email

1. Add our mailing address to your address book - it's ncknit@sbcglobal.net. If you don't, your email program will probably think the newsletter is spam.
 2. If the newsletter bounces for any reason you'll miss that month's newsletter and be returned to regular mail the next month. If you use a special spam-blocking program and it rejects our newsletter or asks for manual confirmation, you'll be returned to regular mail.
 3. If your email address changes, let us know before you miss a newsletter. Email us at ncknit@sbcglobal.net with the new address.
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2009 North Coast Knitters Membership Form

Name as you want it to appear in the directory and on your name tag:

Mailing address (if the address on your mailing label is incorrect):

Street:

City and State:

Zip Code:

Telephone:

E-Mail:

Newsletter Options - check one:

- Send my newsletter via regular mail
- Send my newsletter to the e-mail address listed above

I am a

- new member
- renewing member

Return Address:

**Sheri Fisher
11245 Forestview Lane
San Diego, CA 92131**

TIME TO RENEW YOUR MEMBERSHIP!!!