



# North Coast Knitters Guild

San Diego, California - [www.ncknit.com](http://www.ncknit.com)

Number 143 – April, 2009

## The Guild Meeting

**Tuesday, April 7, 2009 12:30pm**

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

Join us for a fantastic Fashion Show with over 60 coats and jackets. A big "thank you" to Sara for coordinating this great showing of our Guild's talent.

Also, we will have a Yarn Sale with Virginia Gibbs from TootsieP. (This will include: discontinued, overstocked yarn at \$2 to \$6 a ball, a selection of color coordinated kits with 20 to 30 small balls in each, finished (need collars & blocking) sample garments using Trendsetter's Jacquard yarn in sizes medium to extra large, AND Samples of silk scarves that are embellished with roving - kits to go with silk scarves. Virginia's web site is [www.tootsiep.com](http://www.tootsiep.com) .

### ◆ THINGS TO DO IN April:

- Arrive at **12:30** for the monthly meeting and do not enter the room early unless you are setting up for the meeting.
- Bring your Jackets if contributing to the Fashion Show!!!
- Bring your knitting creations for sharing.
- Bring your check if interested in participating in the May Workshops.
- Bring your charity items.
- Remember to turn off your cell phone.

### ◆ PRESIDENT'S MESSAGE-BARBARA LEVIN

The top 10 reasons you should get your newsletter online...(with my apologies to David Letterman)



10) Last year, the guild spent about \$1,500 printing and mailing the newsletter.

9) That doesn't include the cost of staples.

8) You get the newsletter sooner online than you do in the mail. Somewhere, someone pushes a magic button and alerts email subscribers when the newest newsletter has been posted on the guild's website, days ahead of mail delivery. Read it on your screen, or print it out.

7) The copy you print out yourself has fewer germs than the copy that came through the mail. (Think about it!)

6) You get more online than you do in the mail...including color photos and clickable links to FREE patterns.

5) With a hardworking, creative web-mistress and two (count 'em – two!) newsletter editors, plans are afoot to expand the not-to-be-missed features and information we make available to members. Since the newsletter is limited for cost reasons to eight pages, the printed and mailed version may not contain everything that's on the web version.

4) As soon as we figure out what those new, not-to-be-missed features are, we'll tell you. Keep checking the website for updates.

3) Signing up to get the newsletter online means you have to give us your email address. We won't share that address with any other organization, and will only rarely use it ourselves. The last time we used that e-mail list for anything other than the newsletter was when the church parking lot was closed last year.

2) Did I mention it cost \$1,500 last year to print and mail the newsletter -- and postage goes up next month?

And the #1 reason to get your newsletter online:

Gwen Nelson's husband has faithfully and diligently handfolded and taped shut the newsletter for six years, without complaint or fear of backaches and paper cuts. That's 100-some copies 11 times a year for 6 years! Free Jack Nelson!

If you want to change your subscription to online, send an email with your first AND last names to [sherirob1@aol.com](mailto:sherirob1@aol.com), or pick up a change form at the next meeting.

**Thank you!**

**Barbara Levin**

## UPCOMING MAY PROGRAM

**May:** Guest Speaker is **Susanna Hansson**.

She is coming from Seattle to lead workshops and is an expert on Bohus knitting. She will also be holding interesting workshops on Sunday, Monday and Tuesday morning, prior to our meeting. You can sign up for her Workshops at the April Meeting. Make checks payable to: North Coast Knitters, as we always do. *(Note: Even if you mail a check to coordinator, or our Treasurer, you make the checks out to North Coast Knitters.)*

**Sun, May 3-Great Beginnings Class:** Learn different types of cast-ons such as long-tail, crochet chain, tubular cast-on and a picot cast-on. This class is suitable for advanced beginners and intermediate knitters with an interest in technique and detail. Cost: \$35, Time: 9am to 12 noon, Place: TBD

### **Great Beginnings Workshop**

#### **SUPPLIES:**

- Yarn: Smooth worsted weight (or heavier) yarn in two contrasting colors. Please choose colors that are not too similar and not too dark because then it will be hard for you to see what you are doing. (Cascade 220 is a great choice but any SMOOTH wool yarn will work). If your yarn comes in hanks, please wind them into balls ahead of time so you are ready to start knitting at the beginning of class.
- Needles to match your yarn (Aim for a gauge of 4.5 - 5 stitches/inch)
- Crochet hook
- Size to correspond to your needles
- Usual knitting supplies
- Scissors, stitch holders, stitch markers, an extra knitting needle, etc.

#### **HOMEWORK:**

None

**Mon, May 4- Bohus Stickning:** This workshop includes a slide presentation and discussion of the Bohus Stickning industry. The hands on portion will be using fine yarns and small needles, explaining the use of color and purl stitches on the right side of the fabric. This class is suitable for intermediate to advanced knitters with an interest in the history and culture of knitting. A kit is required for this class. Cost: \$70, Kit: \$22 Time: 9am to 4pm, Place: Methodist Church annex



### **Bohus Stickning Workshop**

#### **SUPPLIES:**

##### **Necessary:**

- Appropriate size needles
- The gauge in genuine Bohus garments is approximately 8.5 - 9 stitches/inch. Because you will not have had an opportunity to do a gauge swatch ahead of time with the yarn we will be using, I suggest you bring a selection of needle sizes. What size needles you end up using depends on whether you are a loose or tight knitter. You may want to bring several sets from among the following: 1.75 mm/US 00, 2.0 mm/US 0, 2.25 mm/US 1, 2.5 mm/US 1.5, 2.75 mm/US 2, 3.0 mm/US 2.5, and 3.25 mm/US 3.

The class project is a pair of wristlets, worked in the round. **Please note that you are expected to know how to knit in the round prior to the workshop.** Bring whatever type of needle you prefer for knitting in the round (double points, two pairs of circulars, or one long circular needle for magic loop technique).

Don't forget your glasses if you rely on them and bring plenty of patience!

**Optional:** Any Bohus style garments you have collected or made. A magnetic pattern holder with a magnifying line marker. A battery powered light source.

#### **HOMEWORK:**

None

#### **CLASS PROJECT:**

Susanna will supply kits with yarn imported from Sweden and instructions for the wristlets (together with a comprehensive handout). Cost US \$22/person.

**Tues, May 5- Japanese Short Rows:** This is another form of short row technique. It is slightly more challenging to learn but is the most polished form of short rows. It avoids the "stair-step" of typical short rows. This class is suitable for advanced beginners and up. Cost: \$35, Time: 9am-12 noon, Place: Methodist Church annex.



Shortrow shaping without stair-steps!

~ ~ ~ ~

To learn more about this exquisite form of Swedish knitting (Bohas), you can ask your local library for Wendy Keele's book, "Poems of Color," or go to some of the following websites:

<http://www.oneofsusannas.com/bohusclass.htm>  
(Sussana Hanson's site).

<http://www.knitty.com/ISSUEwinter08/FEATtexturize.php>  
(using Bohus techniques to add texture to your knitting).

<http://www.solsilke.se/> (Solveig Gustafasson is a Swedish hand-dyer who sells Bohus sweater kits. Click on the link "Bohus Stickning." Check prices and availability by sending an email through the link "Kontaka mig.")

<http://www.shopswedish.com/bohusknitting.html> (hat and scarf kits from the Swedish Institute gift shop in Minneapolis).

"Poems of Color" is available at this link and also at Schoolhouse Press ([www.schoolhousepress.com](http://www.schoolhousepress.com)).

### For Japanese Short Rows Workshop

#### **SUPPLIES:**

1. Smooth, worsted weight wool (Cascade 220 is perfect) or cotton in two contrasting colors. Keep both colors light to medium in value so you can see easily what you are doing.
2. Needles to match your yarn (aim for a gauge of approximately 19-20 stitches/4 inches). Circular needles (24" or longer) are VERY STRONGLY recommended. If you prefer to work on straight needles then please bring a 24" circular needle in the same size as the needles you use to make your swatches so that you can complete one part of the in-class lesson on the circular needle. The circular needle will make it much, much easier.
3. An extra needle in the same size you used to make the swatches.
4. Seven locking ring stitch markers (the pink/turquoise markers from Clover that look like small safety pins are perfect).

#### **HOMEWORK:**

Make two swatches according to the directions below, using one of your colors. We will continue knitting on both swatches using the contrasting color.

I am giving you a choice about how big to make your swatches. This is because I am trying to create a way for speedy and deliberate knitters to complete in-class knitting at roughly the same time. Often, everyone shows up to class having made the smaller size swatches. This defeats the whole purpose of the idea. **Please, if you are a speedy knitter, make the bigger swatches and if you like to take your time, choose the smaller ones.**

1. Cast on 45 stitches or 30 stitches. Work 5 rows of ribbing. Continue in stockinette until the swatch measures approximately 3 inches high (end after you have completed a knit row). Leave about a 4" tail and keep the swatch on the needle, ready for you to begin a **purl** row.
2. Knit a second, (almost) identical swatch. On this swatch you should be ready to begin a **knit** row. Cut the yarn (4" tail) and leave the swatch on the needle.

### ◆ MARCH MEETING MINUTES

North Coast Knitters' Guild  
General Membership Meeting  
Tuesday, March 3, 2009 - 12:30 p.m.  
Barbara Levin presiding  
94 members and guests present

President Barbara Levin opened the meeting by welcoming new members and guests and requesting that potluck dishes be placed on the long side table. She announced that Dr. Shawn Robek will be returning on Tuesday, April 14 to conduct an exercise class and suggested that students bring along a yoga mat or towel.

A board meeting will be held prior to the April general meeting. Members were urged to receive their guild newsletters online and to sign up for the April in house fashion show on coats and jackets. Colleen Davis announced that Susanna Hansson, our scheduled speaker in May, will be arriving the Sunday before our general meeting to conduct an afternoon workshop. Susanna will also be conducting an all day workshop on Monday and a morning workshop on Tuesday, both at the church. Susan Ludwig discussed two upcoming MTM workshops: Colleen Davis will be teaching a 3 hour class on short rows April 17 and Masumi

Aycock will demonstrate how to recycle old yarn at a 2 hour class on April 22. At this point, members were asked to line up for the potluck lunch. There was a great variety of dishes to choose from, all provided by members and guests. After the meal, Mariko Nonaka spoke about her recent trips to Japan where she met with local designers as well as the publisher of a popular knitting magazine. The magazine, printed in Japanese, will be available next month and features an article on North Coast Knitters, most specifically Colleen Davis and freeform knitting. Although Japanese knitters usually prefer a more rigid style of knitting, many seemed fascinated by Colleen's creations. Flora Kuritsky displayed her collection of hand made Japanese dolls to an appreciative audience. The Show and Share was conducted by Sara Stolz.

Ellen Hesterman, Secretary

### ◆ OUR GUILD WEB SITE IS A WEALTH OF INFORMATION AND CONSTANTLY UPDATED!!



Please check the web site out frequently. It offers a wealth of information and is being updated and improved every day! A big thank you to **Heather Broadhurst**, our webmistress, who has been hard at work expanding the North Coast Knitters' web site, [www.ncknit.com](http://www.ncknit.com). She'll be adding more and more information to it over the coming months (including Linda Erlich's recipe for the scrumptious sweet potato casserole from the March potluck).

In addition to posting upcoming guild events, we are contacting all the local yarn stores and asking them to send us information on their special events. You can turn to the web site for: changes to information to what was published in the newsletter, a list of local yarn stores, invaluable links to internet information you want to know ... it's all on (or coming soon) to our web site.

Heather is researching ways to expand the site's storage capacity. You may soon be able to check old newsletters and photos from guild events.



Be sure to add the web site link to your "Favorites" list, and plan to check in regularly!  
[www.ncknit.com](http://www.ncknit.com)

### ◆ THE 2009 ECO-FRIENDLY CHALLENGE

Colleen will have a sign up sheet at the April Meeting.

This 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.yarnmarket.com/knitting/Eco-Friendly_Fibers-670.html)

[http://www.treehugger.com/files/2007/05/eco\\_friendly\\_ya.php](http://www.treehugger.com/files/2007/05/eco_friendly_ya.php)

### ◆ SHARING AT MARCH'S MEETING

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.)

Sharing was brief due to the Potluck Event...however Our Guild is FAMOUS for its creativity, so please bring your items in to share with everyone, and if you are too shy, we will find someone to share it for you!!!!

- **Linda Erlich:** Shawl, with free pattern from the Internet Revontuli Shawl. Colorway was Purple and Green and made with Noro Kureyon Sock Yarn.
- **Beverly Stone:** Stuffed Panda Toy made with free on-line pattern from Lion Brand. Colorway was black and white with fun fur safety eyes. Added Pebbles in Panda's tush for weight.
- **Liz Knapp:** Shawl- Pattern was Sheer One-Piece from "Lacy Little Knits". Colorway was Rojo Coralita and yarn was Berocco "Jasper".
- **Eileen Adler:** V-Neck Cardigan in Buttery Yellow colorway. Yarn was Cascade- Prima Tencel (50% of each). Three different knit and purl combination patterns were used, with simple shaping and

finishing. Buttons were by Sylvia, and instead of button holes, Eileen made closures with i-cord.  
Tip: Eileen uses the sleeve to determine her gauge.

## ◆ SPECIAL EVENTS

### **Active Release Exercises for Knitters** **Tuesday, April 14<sup>th</sup> @ 2:00PM**

Dr. Shawn Robek, who in January had us all up on our feet practicing stretches, will be back in April. He will lead a stretching and exercise class, teaching techniques specially geared toward knitters.

This class will be Tuesday, April 14, at 2 p.m. in the same room our general meeting is held in. Wear clothes suitable to exercise and bring a large towel or yoga mat -- you will be doing floor exercises. This class is limited to 30 people, and there will be an \$8 donation. Sign up at the next meeting, or mail a check made payable to North Coast Knitters Guild to Jean Moore, 4050-50 Porte La Paz, San Diego 92122.

Shawn is a chiropractor who uses Active Release Technique and specializes in sports medicine. You can read more about him at his web site, [www.robek.com](http://www.robek.com). Shawn works with athletes from the Olympic Training Center in Chula Vista and the PGA. They suffer from many of the same repetitive stress injuries that plague knitters. If you recognize yourself as one of the long-distance runners of the knitting world, you owe it to yourself to take this class.

### **San Diego County Fair-**

June 12 to July 5 (closed Mondays June 15 & 22).

The San Diego Fair is ramping up for "Music Mania" and our guild is ramping up for a stellar display this year. You can enter on-line ([www.sdfair.com/entry](http://www.sdfair.com/entry)) or with a paper copy which will be available at the guild meetings; the deadline is Wednesday, May 6. Garments must be delivered on Wednesday, May 27 or Thursday, May 28 from 12 noon to 8:00PM. Need a personal touch? Call the fair office at (858) 792-4207.

In past years our guild has hosted a demonstration table. Linda Erlich and I (Eileen) will be hosting two days each and we'd love to have company! Specific dates will be announced in the next newsletter.

Who is eligible to enter? ALL OF US! There are so many categories to select from but remember: only two are allowed per class and each one is \$6.00. According to the State Rules, an Amateur is "a person who engages in an event or activity as a pastime rather than a profession while a Professional is a person who engages in an event

or activity as a livelihood rather than a hobby". Still vague because many of us glean a little income from our work but do not earn a livelihood. At the meeting I attended on February 28, in summary, a professional is one who earns money in any amount or any capacity.

The dates: June 12 to July 5 (closed Mondays June 15 and 22). The times: Admission gates open: 10:00AM Saturday and Sunday; 11:00AM other days; Admission gates close: 11:00PM Friday and Saturday; 10:00PM other nights; Grounds close: Approximately midnight Friday and Saturday; approximately 11:00PM other nights.

The fee: Daily admission costs: adults are \$13.00; ages 6 to 12 and 62+ are \$7.00; children under 5 are free. June 16, Tuesday, is \$2.00 day!

Parking is \$10.00 per vehicle (\$15.00 for RVs) in the Fair's paid parking lots. Every day of the Fair, free parking and shuttle service is available at Horsepark, two miles east of the Fairgrounds. On weekends and Friday, July 3, free parking and shuttle service is available at Mira Costa College's San Elijo campus and Torrey Pines High School.

*Eileen Adler -- Special Events Coordinator*

## ◆ **SPRING RETREAT DATE CHANGED TO MAY 18-21<sup>st</sup>....MARK YOUR CALENDARS!**

### **La Casa de Maria Retreat- May 18-21, 2009**



Mark your calendars. In order to avoid a conflict with the June 2<sup>nd</sup> Guild Meeting the date of our La Casa de Maria retreat has been changed from June 1st to May 18th-21st. All else is the same: The total cost for a single room is \$428.25 and for a double room is \$349.50 (All meals are included.) To reserve a spot send your nonrefundable deposit of \$300 for a single room or \$150 for a double room to our treasurer Jean Moore 4050-50 Porte La Paz, San Diego, 92122.

Visit the La Casa web site at <http://www.lacasademaria.org> to see what they have to offer.

If you still need convincing talk to one of our members who has either attended La Casa in the past or joined us at the Temecula retreat. In January we spent two nights and three days relaxing at the Vina de Les Tannoc Retreat Center in the heart of the Temecula wine country. In addition to knitting and sharing in a comfortable environment, our stay included a rewarding field trip to Murietta for shopping at the neat Daily Fiber Yarn Company store. The retreat was such a success that most of those who attended agreed they would like to do it again next year and for one more night!

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

From Eileen Adler: Knitting can be a solitary art -- sitting at home in your comfy chair, music in the background, pondering each stitch, each row, each piece, until a garment evolves. We are social beings, so although this image is picturesque, it's not my reality. I want to share and enjoy the fruits of my labor; come alive with each stitch along the way. But whatever avenue we choose to meander; as Richard Stine would say, *"It is simple. We are where we should be, doing what we should be doing. Otherwise we would be somewhere else, doing something else."*

Interested in something else? We have two innovative classes taught by wonderful teachers coming this spring. "How to Recycle Yarn" with Masumi and "You Gotta' Learn Short Rows" with Colleen Davis. See below for all the details, or check out our web site at: [www.ncknit.com](http://www.ncknit.com).

*"When you change the way you look at things, the things you look at change."* Wayne Dyer

**Short Rows and Partial Row Knitting- Colleen Davis**  
**Date and Time: Friday, April 17 1:00 to 4:00 PM**  
**Cost: \$30**  
**Location: This will be hosted by Susan Ludwig in her home.**

This class is rated at an "easy" skill level but resulting in varied and eye-catching patterns with the observer wondering "how did you do that?" Colleen is an experienced teacher who creates fun, excitement, and challenges all the while assisting in a very nurturing way to reach mastery. The main knitting is in stockinette stitch and learning how to wrap and turn is completed in a few strategically placed steps -- but the results are fabulous!

### **Homework:**

- 1) With #6 circular needle, c/o 20 sts with Color 1. Knit 4 rows in stockinette st. Cut yarn. Leave sts on needle.
- 2) With #6 straight needle, c/o 20 sts with Color 1. Knit 3 rows in stockinette st. Do not cut yarn. Leave sts on needle.
- 3) With #7 straight needles, c/o 15 sts with Black. Knit 3 rows in garter st. Cut yarn. Put sts on holder.
- 4) With #7 straight needles, c/o 20 sts with Black. Knit 1 row. Cut yarn. Leave sts on needle.

### **Recycling Knitted Items Into New Garments- Masumi Aycock**

**Date and Time: Wednesday, April 22 12:30-2:30 PM**

**Cost: \$20**

**Location: This will be held at Masumi's home in Encinitas.**

Don't know what to do with that old sweater that is so dated you'll never wear it again but you just love the yarn so there it sits? Masumi Aycock has the perfect solution! We've all enjoyed the wonderful sweaters she has fashioned from once-knitted garments and now she is going to teach her secrets that she learned from her mother. Start reviewing your sweaters so that you can bring one or two for the yarn you wish to recycle and reuse. This class is rated as "easy" but the information will bring an entirely new perspective to your knitting: you will learn how to identify a (store bought) garment made of continuous yarn, unravel the sweater, wash and dry the yarn, and how to wind it into balls. Masumi will teach us how to avoid tangles and marks that could spoil the finished garment. From sweater to "knittable" yarn -- all in a two-hour class

### **QUARTERLY FINISHING DAYS**

**Dates: June 9, Sept. 8 & Dec. 8**

**Time: 12:30 to 3:30 PM**

**Cost: Free to Members**

**Where: San Diego United Methodist Church Classroom Building**

The first class was March 10<sup>th</sup> so hopefully Sandy will share with us how that went.... Do you love knitting and hate finishing? Do you have more than a few un-seamed sweaters lurking in your closet? Do you need to work in all those yarn ends on that wonderful Fair Isle sweater before the moths finish it for you in an unintended way? Finishing days are for you.

Every three months, the Guild will host a free "Finishing Day" for members. Bring your almost-finished items and work on them together. The Guild will provide the room, chairs and tables and resource knitters to answer finishing questions. It might be just the jumpstart you need to get you going.

For more information, contact Sandy Smith [sksmith@san.rr.com](mailto:sksmith@san.rr.com) or 858-566-3397.

### Upcoming Class Suggestions.....

You're knitting looks great but wait, what is that -- a hole? A mistake? Who wouldn't love a class on correcting mistakes? This class is slated for later in the year -- there is help out there!

We're also toying with the idea of a sweater knit-along for those of us who would enjoy moving beyond scarves. But we need your help with this one; please contact Susan or Eileen with your thoughts, ideas, and most importantly, if this is a class you'd like us to facilitate. For questions, please contact Eileen Adler 858-731-1921 or Susan Ludwig 760-436-0453.

### ◆ PHILANTHROPY

**Heartscarves-** Please continue to knit lacy, lightweight red scarves for the recovering heart patient. I want you to check out the link to a beautiful free pattern that incorporates a lace heart motif. [www.knitculture.com](http://www.knitculture.com), then go to their blog to sign up and get the free pattern.

Our second focus is to knit soft, comfortable **Chemo hats** for the Hat Box project. You may pick up a free pattern at my table in the back, or feel free to find your own favorite. Remember how sensitive the bald head may be and knit accordingly. Plush, soft, light. Men's colors and styles would also be appreciated.

Thirdly, please keep working on the **Helmet liners or basic scarf**, in military colors and 100% wool. Please visit the site, [www.citizensam.org](http://www.citizensam.org), for answers to all your questions.

Thank you all for your continued support of our charitable projects. I hope that by focusing on the three charities mentioned above, we will have a greater impact in giving and simplify my job in distribution of the items donated. I will always be interested in new ideas for outreach. We can refocus our knitting as needed. Keep in touch with the basket in the back. Drop off your donation each month and make a difference. Thank you.

Marsha Wensky

### ◆ KNITTING ON THE NET

#### ● SCRAPPY SOCKY STRIPY CARDI

This baby cardigan is knit in 3 colors of scrap sock yarn in sizes: 0-6, 6-12, 12-18, and 24 months. It's knit on #1 and #2 needles at a gauge of 7 st/in and is worked from the bottom up with no seaming.

<http://fpea.blogspot.com/2009/02/free-pattern-friday-scrappy-socky.html>



#### ● BATH MAT

The "yarn" for this 18" by 36" bath mat is actually cut from two twin size sheets and knit on #19 needles.



<http://www.cocoknits.com/knit/interiors/ragbathmat.html>

#### ● TOPAZ BABY DRESS

This worsted baby dress is a quick knit, particularly if you omit the colorwork. It's written for sizes 3, 6, 12 and 18 months. Knit in cotton, it would make a sundress for a California baby.

<http://www.knitty.com/ISSUESpring09/PATTtopaz.php>



#### ● KNITTED FELTED BEADS

This is an easy knit and a great introduction to hand felting. Each bead is knit quickly with bulky wool on #13 needles and hand felted. The hand felting would be a great kid project --- send them to the backyard with water and soap and then help them string the results into bracelets and necklaces.

<http://www.littlehouseinthesuburbs.com/2009/01/knitted-felted-beads.html>



#### ● FLIT AND FLOAT SCARF

This light and airy scarf is a good choice for California but not for beginning knitters. It's knit on #4 and #6 needles and uses charts.

<http://www.knitty.com/ISSUESpring09/PATFlitfloat.php>



### ◆ FOR THOSE WHO DID NOT ATTEND STITCHES WEST.... WE ASKED WILLA CATHER TO SHARE HER INSIGHTS....

#### Opening Day: Intarsia Design Challenge

This was a presentation put on by Lucy Neatby, Elise Duvecot, Jane Slicer-Smith and Nicky Epstein and of course, Rick Mondragon. The discussion covered the new interest in Intarsia knitting. Each one of these designers explained and demonstrated the creative process they follow to design a colorwork garment. Elise has just released a new book, *Knit One Below*. The designers all have an individual approach and we were taught some practical "how to's" as well. Cotton is never chosen by these designers for Intarsia. Lucy Neatby

drew cartoon “stitches” to illustrate the joining of colors. It was effective, and she has a tattoo to match! Unsuccessful designs are *prototypes*, not failures. “If you don’t know where you are going, any road will do” Henry Ford. This session emboldened me to try intarsia with a freer hand. I have one of these designs on my **To Do** list.

### **Focus on SOX with Cat Bordhi**

Cat is a charming teacher and her lecture and slide show wandered through history, a lesson on short row wrap and turn, and on to ideas coming in her next book. She really thinks of knitting in an architectural, structural way. Her enthusiasm is delightful and contagious. I don’t even wear shoes, and I knit socks from her book New Pathways. She was able to explain the basic rules of sock knitting so I felt I did not need a pattern to make a sock that was comfortable and useful. She instills confidence in the average knitter.

### **The Fashion Show**

There were several dresses and skirts. Finer gauge knitting is back, as well as stoles and shawls. The shrugs were new and innovative, and many of the garments were asymmetrical. There were very clever shapes in the modeled garments and ingenious methods to avoid finishing. Our local *Twisted Sisters* had a ruffled flirty suit and a stunning coat and vest in the show. Lots of color blocking that included textural stitches were shown. Purple is the hot color for Spring/Summer '09.

*Thank you so much Willa for sharing this with us and if others have some information, we would love to hear from you and add it to the next Newsletter! Send it to The Sisters....*

### **◆ NCKG IN PRINT**

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

### **◆ VIA PHONE, EMAIL, MAIL AND FRIENDS**

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](mailto:ewhest@att.net).

Sara Stolz is in our thoughts this month as she is having shoulder surgery and we will miss her while she is recovering.

### **◆ 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](http://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](http://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](mailto:hockeymom@cox.net); and Deirdre Michalski e-mail [dsmichalski@cox.net](mailto: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](http://www.ncknit.com).

### **Web Master For Our Web Site:**

Heather Broadhurst is the website person and her email is [hjnb@boddame.net](mailto: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](mailto:SheriRob1@aol.com) .

**The 2009 Membership Directory is printed and will be distributed at the April Meeting. For Members Only.**

**ATTN BOARD MEMBERS: There will be a Board Meeting prior to the next Guild Meeting. Please join us at 11:00 AM @ CoCo’s if you are on the Board.**

### **◆ WELCOME NEW MEMBERS!!!**

No new members this month, only renewals.....

## ◆ TIPS AND TRICKS FOR KNITTERS

### Joining Stitches In The Round

I found this in a hat pattern and it can be applied to any "in the round" knitting. It calls for casting on an extra stitch and of course warns about being careful not to twist the row, then "Pass the first cast on stitch over to the left needle, and knit the first two together." This makes a really nice closure for the first row and I'm sure going to use it on all my "in the round" work. I'm sure many know about this but I've never seen it written in a pattern this clearly. Louise Anderson

### ◆ 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, 2<sup>nd</sup> and 4<sup>th</sup> 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, 4<sup>th</sup> 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."

**Return Address:**

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