



**Next General Meeting: October 4, 2016 • 12:30-3:00 pm**  
Morgan Run Club & Resort • 5690 Cancha de Golf, Rancho Santa Fe, CA

## Upcoming Guild Programs

By: Tina Rounsavell,  
Program Chair ~ [Programs@sandiegoknitters.com](mailto:Programs@sandiegoknitters.com)

### OCTOBER 4: Linda Hart, “How Knitting Changes Lives”

Twelve years ago, a shy mother at Linda Hart’s children’s school asked her, “Will you teach me to knit?” This simple, hesitant question changed Linda’s life. Teaching this one woman to knit led to Linda being asked to lead the Closely Knit group at the Solana Beach library, and her experiences in this group led her to write her book, *Closely Knit*, published in 2014. The group has been meeting for 12 years and now has 200 members. Recently, Closely Knit members encouraged her to publish her first original design: the Weaverly Scarf.



A Guild member and retired psychologist, Linda is looking forward to sharing what she has learned from leading this group and writing her book. She’ll focus on the importance of our knitting friendships and stories. She will also tell us how to maximize the health benefits of our knitting, based on the latest research she has studied. For more information about Linda, visit <http://www.thehartofit.com>.

### NOVEMBER 1 : Carson Demers, “Bringing Comfort Back to Knitting: My Ergonomic Journey”

By day, Carson is a physical therapist who runs an ergonomics program for a San Francisco Bay Area medical center. Every other moment, he’s knitting,

spinning, designing, teaching, writing, or otherwise up to some fiber fun with a watchful eye toward ergonomics. His passion and experience in fiber arts combine with his expertise in physical therapy and ergonomics to create a unique skill set that he eagerly shares with the fiber community at local yarn shops, guilds, and major knitting events across the country. He is a regular contributor to Ply magazine. His aim is to keep us all creating healthfully and comfortably ever after. Carson will offer four workshops while he’s here.



Wednesday morning, November 2, he will teach “**Knitting Happily Ever After: Ergonomics for Knitters.**” Learn how your knitting technique affects your body and how some simple changes can keep you knitting comfortably and safely ever after.

Wednesday afternoon Carson will offer “**Swatchbuckling.**” Bring improved ergonomics to life in your knitting technique. You’ll swatch to improve your posture, comfort and efficiency and look at ways to add movement to knitting to avoid stiffness and injuries caused by disuse.

Thursday morning, November 3, he will present “**KnittRX.**” Tired muscles, sore joints, and aching backs and necks needlessly plague too many knitters. This class will teach you fun ways of “fiber care” for the most important project you make—YOU!

Thursday afternoon is “**Ergonomics for Fiber Enthusiasts.**” Do you do more than knit or spin? This class takes inventory of the ergonomic pros and cons for a variety of fiber arts including weaving and finer needle work. You’ll learn to identify ergonomic risk in your craft and discover techniques to prevent injuries, including improved posture, stretching and exercise.

All workshops will be held at San Dieguito United

Methodist Church, 170 Calle Magdalena, Encinitas. Morning workshops are from 9 am to 12 noon. Afternoon workshops are from 1 pm to 4 pm. Watch our website and your e-mail for information about homework, supplies and handouts.

The workshops are \$30 each. Contact me at [Programs@sandiegoknitters.com](mailto:Programs@sandiegoknitters.com) and I'll save you a spot. We'll also take sign-ups at the October and November meetings.

For more information about Carson, visit his website: <http://www.ergoiknit.com>.

## 2016 Programs

- October 4 Linda Hart**  
How Knitting Changes Lives
- November 1 Carson Demers**  
Bringing Comfort Back to Knitting:  
My Ergonomic Journey
- December 5 Holiday Luncheon and Fashion Show**
- Dates subject to change.*

## President's Message

**Twenty Years!** --- Can you believe that next year marks the 20th Anniversary of our Guild? A celebration meeting is planned for January. We'd like to collect a variety of stories and experiences from members and archives.

The organizers are looking for anecdotes, reminiscences, tales ... or a good yarn ... any experience in the long ago or recent years.

If you have something to add, contact us by email. Write your story or arrange for a time to chat and we'll do the rest! If you would like to join the event planning committee, contact the organizers at:

[20years@sandiegoknitters.com](mailto:20years@sandiegoknitters.com)

I hope many of you got out and about for the San Diego Yarn Crawl last week. I spent my yarn budget at our stash sale but managed to find a little extra for a fingerless glove pattern and a gift for a friend (a starter set of interchangeable needles – I'm getting her hooked on quality tools). We'd like to hear about your favorite things from the Crawl so please stop by the Ravelry forum and share your stories.

Until next month, Liz



## Minutes

### from the Meeting on August 2, 2016

By: Phyllis Bates

President Liz Knapp called the meeting to order, welcomed guests and new members, and outlined the procedure for the events of the day. Eileen Adler spoke about the Share a Knit classes she has scheduled for the next few weeks. For one class the knitters will produce knitted neckpieces which can be kept by the knitter or given to the Guild's charity efforts. The pattern for the scarf is on the Guild website under the Philanthropy heading. She also spoke of the knitted "Softies" which will be the project donated to breast cancer patients. After the brief business session, there was a Show and Share Session and the stash sale of donated books and yarn.

## Philanthropy

by Janet White, Philanthropy Chairman  
[Philanthropy@SanDiegoKnitters.com](mailto:Philanthropy@SanDiegoKnitters.com)

Hello Members,

I will be stepping down as Philanthropy Coordinator at the end of the year. If you have thinking about this position but are unsure about the time commitment and responsibilities, please feel free to contact me for information. The position is surprisingly simple and can, of course, be shared with another member. I will be sending donations to Becky's House and Emilio Nares Foundation in October and to Rachel's Shelter in December. I look forward to hearing from one or more of our dedicated philanthropic knitters! And, thanks to all who have made such beautiful and generous donations.

Janet

## Library

By: Brigit Pitcarin and Scarrain Gomes ~  
[Librarian@SanDiegoKnitters.com](mailto:Librarian@SanDiegoKnitters.com)

Do you have a library book buried at the bottom of your knitting bag? There's never a fine for overdue books at the Guild! Please remember to return your books at the next meeting. While the library is being housed offsite, if you want to sign out a book, please e-mail the librarians at [Librarian@sandiegoknitters.com](mailto:Librarian@sandiegoknitters.com) and we will have your book for you at the following meeting.

## Share-A-Knit

By: Eileen Adler & Arlene Shaposhnick ~  
[ShareAKnit@SanDiegoKnitters.com](mailto:ShareAKnit@SanDiegoKnitters.com)

Our last SAK gathering for this year will be on Thursday, October 20 from 9:30 am to 12 noon at the Solana Beach Library (157 Stevens Avenue, Solana Beach; please park in the lower parking lot.). This SAK event will be very different from all of the others because we are going to focus on the “garden” in Sarah’s Garden Scarf. We’ll learn four embroidery stitches: Spider Web Flower, Lazy Daisy, French Knot, and the Stem Stitch. **Please start your scarf and knit 8” or more in length BEFORE THE SAK SESSION.** Bring along oddments of “flower” colors and green for the stem and a tapestry needle that will easily accommodate the yarn you are working with. Please RSVP to Eileen Adler: [ShareAKnit@sandiegoknitters.com](mailto:ShareAKnit@sandiegoknitters.com)

### Sarah’s Garden Scarf

**MATERIALS: YARN:** 200 to 250 yards of knitting worsted weight yarn

**NEEDLES:** US 10 (6mm) needles

**NOTIONS:** tapestry needle

**SIZE:** 5” wide and between 50” and 60” long

**GAUGE:** about 18 sts + 24 rows = 4” but gauge isn’t critical for this pattern

Sarah’s Garden Scarf is a multiple of 6 sts + 3 (+ 2 selvage stitches)

Cast on 23 stitches – all slipped stitches are slipped purlwise with yarn in back

Rows 1 and 3: k1, \*slip 1, k1, slip 1, p3\* repeat to last 4 sts: slip 1, k1, slip 1, k1

Row 2: k1, p3, \*k3, p3\* repeat from \* to last stitch: k1

Row 4: k1, purl to last stitch, end k1

Rows 5 and 7: k1, \*p3, slip 1, k1, slip 1\* repeat to last 4 sts: p3, k1

Row 6: k4, \*p3, k3\* repeat to last stitch, k1

Row 8: k1, purl to last stitch, end k1

Repeat Rows 1 to 8 for pattern.

End on Row 4 or Row 8. Bind off.

8		-	-	-	-	-	-	-	-			
		-	-	-	s		s	-	-	-		7
6					-	-	-					
		-	-	-	s		s	-	-	-		5
4		-	-	-	-	-	-	-	-	-		
		s		s	-	-	-	s		s		3
2		-	-	-				-	-	-		
		s		s	-	-	-	s		s		1

Repeat these 6 sts

Chart Legend	
	knit on RS and WS
-	purl on RS and WS
s	slip this stitch purlwise with yarn in back

## Take a Workshop and Help the Guild

By: Tina Rounsavell,  
 Program Chair ~ [Programs@sandiegoknitters.com](mailto:Programs@sandiegoknitters.com)

Our Guild spends a big part of its budget on programs. Most members understand that the Guild pays for programs with membership fees and our two big fundraisers, the Stash Sale and the Holiday Luncheon. The third big source of income for programming is the fees we charge for workshops. The workshop fees go to the Guild, not to the teachers. The teachers charge us a flat fee for each day of teaching. Whether five people sign up for a workshop or 20 do, our cost is the same.

When workshops are full, as for Stephen West and StevenBe, the fees cover the whole cost of the workshops and some of our other expenses as well. We provide airfare, a hotel room, meals, and local



transportation for all of our out-of-town speakers, and we pay the church for the use of the classroom. Each out-of-town speaker costs the Guild around \$2700.

So if you’re hesitating about signing up for a workshop, you have two good excuses. First, Guild workshops are a bargain compared to Stitches, Vogue Knitting Live, and other knitting events. Teachers like Carson Demers bring us the same classes they teach at those events. Because the Guild subsidizes the cost, you pay around \$30 per workshop instead of nearly \$100 (plus the cost of your plane tickets and a hotel room). Second, when you sign up for a workshop, you’re helping our Guild pay for the wonderful speakers we enjoy.

Carson Demers’ workshops in November will be your last chance in 2016 to take a Guild workshop. He’s offering two of the same workshops he’ll be teaching at Stitches West in February, plus two more not available at Stitches. Consider signing up. You’ll not only have a great time learning more about our craft, you’ll be helping our Guild.

## Retreat Update

By: June Bartczak, Retreat Coordinator ~  
[Retreats@SanDiegoKnitters.com](mailto:Retreats@SanDiegoKnitters.com)

We now have 14 members signed up for our Guild Retreat at Vina de Lestonnac Retreat Center in Temecula. The event begins with dinner on Monday, January 16, 2017 and goes through breakfast on Thursday, the 19th of January. The total cost is \$422.00 for a single room, \$322.00 each for a double room and \$292.00 each for a triple. This includes all meals as noted above. To hold your spot, please send your non-refundable deposit check made out to SDNCKG to June Bartczak, Retreat Coordinator, 157 Via Monte d'Oro, Redondo Beach, CA 90277. The total costs are the same as last year, as are the deposits: \$150.00 for a single, \$100.00 per person for a double and \$75.00 per person for a triple.

There are all-day kitchen amenities, including a coffee machine, hot water for the various teas supplied by the Retreat Center. The knitting room is well-lit with overhead lights and includes outdoor patio options for knitting. There are sofas and chairs available, as well as conference chairs.

Vina de Lestonnac Retreat Center is located at 39300 De Portola Rd., Temecula, CA 92491, among the vineyards in the heart of the Temecula Valley wine country. The website is [www.vinadelestonnac.com](http://www.vinadelestonnac.com). Besides knitting and visiting with friends, there is plenty of good, home-cooked food by our favorite chef, Charity.

## 2016 HOLIDAY LUNCHEON & FASHION SHOW

By: Mar Gee Farr

The Holiday Luncheon & Fashion Show will be held on Monday December 5th at Morgan Run Club & Resort in Rancho Santa Fe. Reservations are being taken by Amy Sheridan. Make checks in the amount of \$30 per person, payable to San Diego North Coast Knitters Guild. Your ticket will be held at the door.

***Return your reservation form with payment to:***

Amy Sheridan  
4250 Robbins Street  
San Diego, CA 92122  
858-455-6508

If you would like to participate in the Fashion Show please complete a form describing your item and return it to Willa Cather **before November 25th**. REMEMBER, your Fashion Show items must not have been previously shown.

***Send your fashion show form to:***

Willa Cather  
292 High Drive  
Laguna Beach, CA 92651

Both forms are in the newsletter, on our [Guild website](#), and at the October and November Guild meetings. Space is limited so reserve your spot early. If you have any questions about the Luncheon or Fashion Show, please contact Mar Gee Farr at 630-624-6634.

## San Diego North Coast Knitters Guild General Information

Membership in the Guild is open to everyone, regardless of your craft. Membership expires for all members on January 31. Dues are \$25 annually. Here is a printable [membership form](#).

Send all submissions by the 15th of the month to: [President@SanDiegoKnitters.com](mailto:President@SanDiegoKnitters.com). Short articles relating to knitting in general, and the San Diego North Coast Knitters Guild in particular, are encouraged.

Notices and announcements of a commercial nature may be placed as paid advertisements. Send an email to the above email address for rates and more information.

### Guild Sub Groups:

- ✿ AKG Group: It is called AKG, Advanced Knitters Group. Meets every Friday at 9:00 am at Old California Coffee Shop, Restaurant Row, San Marcos. Contact: Thea Lazarevic, 760-638-0897.
- ✿ Knit@Nite Group: Meets the first Wednesday at 6:00 pm at the Jewish Community Center in UTC. Contact Linda Erlich: 858-759-9509, and check the schedule on the Guild's [website](#).
- ✿ I-15 Group: Meets every second and fourth Wednesday at 9:00 am at Panera in Carmel Mountain Ranch. Contact: Mimi Sevimli, 858-722-8128.
- ✿ PA Group: PA Group knits "Practically Anything." Meets every Monday from 1:00 to 3:00 pm at Panera in Solana Beach. Contact: Jean Moore, 858-587-9054.

# Show & Share September (Check out more photos on [Ravelry](#))



**Karen des Jardins'** hat is "**Reasons to Be Cheerful**" from designer Elizabeth Felgate. The stranded colorwork motif features a flower at the top of the crown. Karen also showed the **Pincha Shawl** by Pinpilan Wangsai. She used 2 skeins of Koigu KPPPM Merino

yarn. The design is achieved through short rows. The word Pincha means peacock feather in Sanskrit and the pattern is free.



**Karen Bochinski** knit the adorable Ole, a mascot doll for her monthly fiber gathering at Norway Hall in Vista. She used Knit Picks Wool of the Andes Sport yarn. Check out her Ravelry project page because you can see every stage of the pattern! The pattern is **Magnus Ragnar the Victorious Viking** from Rebecca Danger.



**Sydney Wauson** brought in another lovely shawl, the **Girdle of Melian Shawl**. It's built in five wedges with a curved neckline and the stitch motifs represent the four seasons. Sydney's notes and photos are [here](#).



**Sheila Kirschenbaum** modeled **Gretel**, a pattern from Julie Weisenberg (Cocoknits). Sheila use Jaeger cotton /silk blend yarn purchased at the 2014 stash sale. She also showed the **Petal Cowl** by Xandy Peters. The pattern was designed to show off the long color changes in Noro Silk Garden Sock yarn and this is Sheila's third time making the pattern.



# Show & Share September (Check out more photos on [Ravelry](#))



**Lynne Davidson** brought three pairs of socks and a cowl to Knit@Nite. The cowl is

**Infinito** by Joji Locatelli. The brown socks are **Evergreen Socks** by Madeline Gannon.



The red **Pair of Hearts Socks** are by Donna Edgar and the pattern is free.



**Rita Kahn** was so inspired by the MTM class last month that she's been crocheting bracelets non-stop. She showed several made of yarn and even one made with recycled plastic grocery bags.

**Julie Lanner** from Knit@Nite is making a Halloween mask that resembles Frankenstein's monster. She still has to add eyes and a mouth, yet she had us all laughing at the great use of eyelash yarn for the hair.



**Sharna Shachar** modeled her **Mint Bullseye Sweater** at Knit@Nite. She modified the Jennifer Hansen pattern at the sleeves and cuffs and camouflaged a mistake at the neckline with a knitted flower. She used Malabrigo Silky Merino yarn.



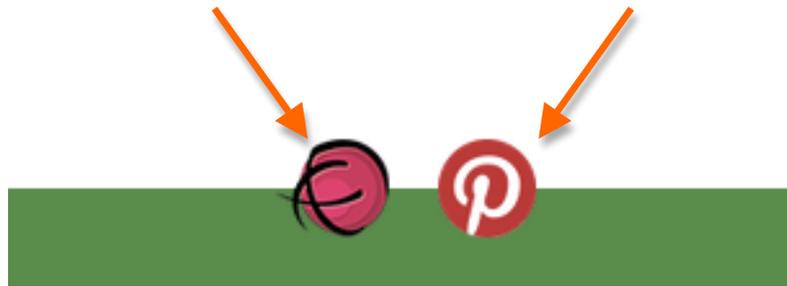
## Website Tip of the Month

By: Sheila Kirschenbaum, Webmaster ~ [Webmaster@SanDiegoKnitters.com](mailto:Webmaster@SanDiegoKnitters.com)

Link to Ravelry and Pinterest  
From the Guild Website

[www.SanDiegoKnitters.com](http://www.SanDiegoKnitters.com)

Click on the icon at the bottom of every page to link to the Guild's  
Ravelry group page or Pinterest board!



# 4-night Cruise from San Diego to Vancouver, BC April 25-29, 2017



Holland America Nieuw Amsterdam \*\*\*\*\* (5-star ship)  
**Ocean View from \$299\*/person;**  
**Balcony from \$399\*/person, double occupancy**

\* Pricing based on double occupancy  
and subject to availability.  
\$200 refundable deposit due at time of booking.

Final payment due February 1, 2017

**Contact Mary Fallet, Avoya Travel.**  
**[Mfallet@roadrunner.com](mailto:Mfallet@roadrunner.com); 760-438-2799**



① [Owl Sweater & Hat](#) for newborn to 18mos., knit in DK weight cotton.

② [Knitted Woodland Superheroes](#) from Willow Yarns can be knit with any weight yarn to create different size toys. Just use a needle 2 sizes smaller than usual for that yarn.

③ [Retro Waves Shawl](#) from Drops Design uses bulky self-stripping yarn and is loosely knit on #10.5 needles. The artful curves are formed by short rows.



④ The elegant [Escargot Hat](#) is a free pattern on from [Knitty.com](#). It is knit in one piece, from the brim to the top. It reminds me of the Roaring Twenties.

⑤ Better Dorm Boots are the perfect gift for everyone. Knit [plain](#) or with a bit of chunky [lace](#), you will find plenty to like about this project. It is a speedy knit on large needles, knit flat then seamed.

⑥ The [Brick Pullover](#) is a classic raglan sweater that can be customized with stripes, a colorblock design, stitch patterns, sleeve length, and more. See the many projects completed by other knitters and find inspiration to knit your own.

⑦ The [Hollenhorst Scarf](#) can be knit out of almost any weight yarn and is suitable for men and women. It is the perfect project that requires just enough concentration to keep it interesting, but not so much counting that you can't talk or watch TV while knitting it. It is a good choice for our charities too.

✓ Great article from Knitting Daily with [Yardage Estimates](#) for Sweaters in Standard Yarn Weights (fingering, sport, worsted, bulky)

✓ In this story from the Financial Times, read about the origin of the [Fair Isle Jumper](#) (aka, pullover sweater). Lots of British terminology and spelling, and a good reason for a vacation.



**San Diego North Coast Knitters Guild**  
**2016 Holiday Luncheon & Fashion Show**  
Monday, December 5, 2016

**Fashion Show Sign-Up Form**

Please use a separate form for each item.  
Maximum of three items per member.

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

Telephone Number: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Item You Are Showing: \_\_\_\_\_

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

Designer's Name: \_\_\_\_\_

Source of Pattern: \_\_\_\_\_

Name(s) of Yarn(s) Used: \_\_\_\_\_

Yarn(s) Description: \_\_\_\_\_

Color way(s): \_\_\_\_\_

Name of person modeling or showing the item: \_\_\_\_\_

Helpful hints, suggestions, modifications or comments about the knitting process:

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**Completed forms are due by Friday, November 25, 2016.**

Please bring completed sign-up forms to the October or November Guild meetings, Knit@Nite meetings or mail to Willa Cather, 292 High Drive, Laguna Beach, CA 92651. If you have any questions, please contact Willa at 657-203-9904 or send an email to: [wcather@me.com](mailto:wcather@me.com).



**Annual GUILD Holiday Fashion Show & Luncheon  
Monday December 5, 2016**

**(Reservations MUST be received by Friday November 25, 2016)**

- Arrival:** Please do not come before 10:30AM!
- Drawing Tickets:** 10:30AM - 11:30AM Our "Opportunity Drawing" items will be displayed for you to peruse & purchase tickets.
- Lunch Is Served:** 11:45AM - OPEN seating with 10 guests per table.
- Fashion Show & Drawing:** Immediately following Lunch!
- Location:** **Morgan Run Club & Resort**  
5690 Cancha De Golf  
Rancho Santa Fe, California 92091
- Directions:** [www.morganrun.com](http://www.morganrun.com) Phone: (858)756-2471  
The Club is located approximately 3 miles EAST of I-5 at the Via de la Valle EXIT or S-6.
- Menu Choices:**
- A) **Salmon Caesar Salad** – Crisp Romaine lettuce w/ Parmesan cheese, crouton rusks, charbroiled salmon & classic Caesar dressing.
  - B) **Chicken Salad - Delicious** signature club chicken salad on lettuce, with fruit.
- On The Table:** Bread, butter & water.
- Dessert:** Chef's surprise dessert!
- Beverages:** Coffee, tea & iced tea will be served at your table. A **CASH** bar will be available for wine, soda, juices and mixed drinks throughout the event.
- Cost:** **\$30.00 includes tax and gratuity!**

---Detach Here-----**RESERVATION FORM**-----Detach Here-----**RESERVATION FORM**-----Detach Here---

**Send to:** Amy Sheridan 4250 Robbins Street, San Diego, CA 92122 phone:(858)455-6508  
**Write your menu choice(s) on the form & your check!**  
**Make checks payable to San Diego North Coast Knitters Guild**

**Name of Member:** \_\_\_\_\_ Menu A\_\_\_ Menu B\_\_\_

**Name of Guest(s):** \_\_\_\_\_ Menu A\_\_\_ Menu B\_\_\_  
(If applicable)

Amount Enclosed: \$ \_\_\_\_\_

**Direct any questions about the Luncheon or Fashion Show to Mar Gee Farr at 630-624-6634.  
ALL CHECKS MUST BE RECEIVED BY November 25, 2016. Please help us by RESERVING early!**