



Next Meeting: Tuesday, March 3: 12:30-3:00 pm

San Dieguito United Methodist Church • 170 Calle Magdalena Encinitas, CA 92024

Upcoming Guild Programs

By: Tina Rounsavell, Program Chair ~ cmrouns@aol.com

March 3: Grace Akhrem

Grace Akhrem will present "A Better Way" at the meeting March 3. A designer and teacher from the Los Angeles area, Grace will show off her designs and talk about her background as a knitter. Check out her patterns on Ravelry or [her web page](#).

Space is still available in her workshops on March 4-5. Learn how to copy any sweater you see in "Design Your Own Sweater," an all-day workshop March 4. On March 5 Grace will teach two 3-hour workshops. In the morning class "Mistakes and More Mistakes" you'll learn how to fix the knitting mistakes we all make and venture into fearless frogging. In the afternoon class "Modifying a Garment for Your Body and Yarn Choice," you'll learn how to customize a pattern for any yarn in any gauge and how to create a better fit for your body. The cost for the full-day workshop is \$50. The half-day workshops are \$30 each. Contact me at cmrouns@aol.com and I'll save you a spot.

If you have already enrolled in a workshop, please print the materials list and handouts on our [website](#). Two of the workshops have homework. (Don't worry, it's just a swatch.) Knitter's graph paper can be found



Grace Akhrem wears one of her designs.

online at websites such as [The Knitting Site](#). It's free to download and print.

April 7: Vintage Revisited Fashion Show

How is your vintage knitting coming along? The April Fashion Show and Challenge will celebrate knitting's glorious past. The challenge is to use or adapt a vintage pattern to create a new piece. Choose a pattern from any era and recreate it or use it as the beginning of something entirely new. Bring along the pattern to show us, too.

To find vintage patterns on Ravelry, go to the pattern browser and type "vintage patterns" in the search box. You can filter the results as usual with the pull-down menus in the left-hand column (Category, Availability, Craft, Attributes, and so on). The Ravelry Wiki lists numerous online sources [here](#). Etsy also has vintage patterns that sellers have scanned. Search for "vintage knitting patterns." Just browsing will give you lots of ideas--along with a few jolts of "what were they thinking!?" (Hand knit bathing suits, anyone?)

Remember, the project doesn't have to be for yourself. Consider a sweet old-fashioned baby sweater or maybe something for your house. Or, if you have been knitting for a while, bring us something genuinely vintage from your closet to share.



What will you knit?

Our President's Comments

What a mild winter we're having! I'm from Philadelphia and my granddaughter lives in Massachusetts; I'm knitting furiously to send warm and wooly things to my loved ones who are freezing on the East Coast this month.

Every day I that I spend in the southern California sunshine is a day spent living in gratitude. Don't you agree?

I've received a few comments and suggestions from members via e-mail and Ravelry. Keep'em coming! Some housekeeping items for us all to remember: Please silence your cell phones during the meeting. If you're expecting a call and will need to step out to take that call, please sit in the back or on the aisle next to the door. Arrive early or stay after the meeting to socialize. It is disruptive to those around you and disrespectful to any speaker when we talk to each other during a presentation or the business meeting. Please, if you can't hear a speaker or a question from the audience, let us know by raising your hand. We'll be glad to adjust the microphone!

Show and Share is a highlight of every meeting for me. You inspire me to tackle new techniques. I see your projects and discover patterns I never would have liked otherwise. I want to see your sweater from every angle, to feel your yarn, and to get a close up look at your handiwork. You clearly put your heart and soul into your work. We want to hear all the details of your projects but time doesn't permit extended Q&A. We're trying to remedy this by linking to your projects on your Ravelry page, as you'll see later in this issue. We're also asking you to limit yourself to one garment each month so no one will feel rushed. A new member remarked that Show and Share is intimidating to her; she doesn't feel her knitting is good enough in comparison. Yikes! That's the opposite of what we want for this part of our meetings. What do you think about having a special Show and Share for first-timers or new members? Of course, if you want to share but don't want to stand up front, let me know before the meeting and I'll find a model for your project.

On Groundhog Day, Punxutawney Phil predicted another six weeks of winter for the rest of the country, and my sympathies are with all the knitters who are suffering from 'cabin fever.' To show our support, let's knit warmth and love into our stitches this spring.

Happy knitting, everyone.

Liz Knapp



2015 Meeting Schedule

March

- 3 **Grace Akhrem:** A Better Way
- 4 **Workshops:** Design Your Own Sweater
- 5 **Workshops:** Mistakes and More Mistakes (am)
Modifying a Garment For Your Body and Yarn Choice (pm)

April

- 7 **Challenge & Fashion Show:** Vintage Revisited

May

- 5 **Anna Walden:** Romping with Ruffles, Playing with Extra Fabric
- 6 **Workshop:** Romping with Ruffles

June

- 2 **Sivia Harding:** Seduced by Beads
- 3 **Workshop:** Sideways Lace
- 4 **Workshops:** Bead Whimsy (am)
Knotty Scarflet (pm)

July

- 7 **Annual Summer Potluck Luncheon**

August

- 11 **(* Meeting on 2nd Tuesday)**
Liz Knapp: Pins and Needles: Social Media for Our Guild

September

- 1 **Annual Guild Stash Sale**

October

- 13 **(* Meeting on 2nd Tuesday)**
Ashley V. Blalock: Keeping Up Appearances

November

- 3 **Jean Degenfelder:** Inspired Felting
- 4 **Workshop:** Inspired Felting

December (* Luncheon on 1st Monday)

- 7 **Holiday Luncheon and Fashion Show**

***"We are very smart knitters
and we're getting smarter all
the time." ~ Jane Thornley***

Minutes of the SDNCKG Meeting January 6, 2015

Liz Knapp, new president of the Guild, opened the meeting with an enthusiastic welcome to all and a statement of her appreciation for the opportunity to serve as President. She extended a special greeting to the guests and new members who were present. She reminded the audience that dues for 2015 were payable by March 4 for a member to be included in the printed directory. In response to a question, she reminded us that the current issue of the newsletter is always available on the web <http://www.ncknit.com/newsletter> until the next one is published.

Program: Program Chair Tina Rounsavell said a few words about the two days of workshops and then she then introduced Jane Thornley, Jane is from Nova Scotia and her artistic knitting has been a subject at various knitting conventions and on Ravelry.

Jane's topic was Free Range Knitting. She encouraged knitters to evoke impressions and feelings from your surroundings as a means of making your knitting more interesting. She showed slides of garments that she had made as her husband John exhibited the garments themselves. The slides illustrated a variety of creative sources such as scenic views, paintings, and objects that led Jane to her designs. Her designs include techniques such as short rows, intarsia, frequent yarn and color changes and almost any stitch pattern--any way she can express the idea she wants to represent. Her mission is to have knitters think of your own work artfully. Her website includes additional examples of her Inspired Knitting.

Announcements: Liz Knapp reminded members to use the many resources on our Guild web page and to participate in the Guild's Ravelry group. Forum topics include a guest speaker wish list, monthly programs, show and share photos, and whatever our members post. She suggested starting a discussion thread for carpooling to meetings and encouraged members to share your own knitting interests in this venue.

March's guest speaker is Grace Akrem. Her program is titled "A Better Way."

Eileen Adler presented information for her Members Teaching Members class on March 19 to construct felted backpacks.

June Bartczak presented details for the next knitting retreat at Palos Verdes on May 18-21 and deposits are now being accepted.

Arlene Shaposhnick, Philanthropy Chair, announced that a new group has a need for comfort scarves for abused women and members who like

to knit scarves can fill a need. The Guild continues to support Operation Gratitude with caps; helps homeless kids with blankets, and donates soft hats to cancer patients.

Barbara Levin conducted the Show and Share session.

Phyllis Bates, Secretary

Philanthropy

By: Arlene Shaposhnick, Philanthropy Chair

Donations are accepted at each meeting. If you can't make it to a meeting, contact Arlene@shaposhnick.com to make other arrangements.

- **Tête-à-Tête** Hats provides handmade hats free of charge to chemotherapy patients, hospitalized infants and children, and others in need of head coverings.

- **Oz Shelter Services:** Oz provides temporary residential services to teens, counseling services for their families, and shelter to runaways and/or homeless youth seeking a safer alternative and/or to return home.

- **Handmade Especially for You** distributes "comfort" scarves to shelters for abused women.

- **Operation Gratitude** accepts donations of scarves and hats to support troops, veterans, new recruits, wounded warriors and emergency first responders.

County Fair News

By: Carolyn Balkwell

Let's have a San Diego North Coast Knitters' "Fair to Remember" with a strong showing of entries by our talented members. Items relating to the 100th anniversary of Balboa Park or to veterans are especially encouraged. Home and Hobby entries are matched to the Veteran's Museum for this year's Fair.

All entries must be made online (www.sdfair.com). The deadline for entering is by 12:00 midnight Friday, May 8. No late entries will be accepted. Knitted items entered in the Fair must be delivered between 12:00 noon and 7:00 PM on either May 19 or May 20.

San Diego North Coast Knitters will be demonstrating our craft on Wednesday, June 10, Thursday, June 11, and Friday, June 12. Members interested in volunteering to demonstrate may sign up with Carolyn at the March Guild meeting. A pass for Fair entry will be supplied to each person for the day they work at our demonstration table.

Members Teaching Members

By: Sue Tavaglione ~ stava@sbcglobal.net

March 19

FELTED BACKPACK - with Eileen Adler

Backpack purses are really a necessity because the weight is evenly distributed on both shoulders, making carrying your purse much more comfortable. Learn several techniques as you navigate thru this project. It's an artistic, colorful, and practical accessory that is fun to complete.

Class will be held from 10:00 am to 1:00 pm at the home of Annette Friedlein in Encinitas. There are four spots remaining and the cost is \$30 (payable to the instructor).

To register, e-mail eileenadler@san.rr.com



Knitting for Health

March 28

Linda Hart is giving a talk on "Knitting for Health" that is free and open to the public at the Solana Beach Library at 2 p.m. on March 28th. Linda is a Guild member, the author of "Closely Knit," and the leader of "Closely Knit," which has been meeting at the Solana Beach Library for over 11 years and has nearly 200 members. She is going to cover some of the latest, fascinating research findings on the beneficial physiological and psychological effects of knitting and knitting groups, and on how women reduce stress differently than men. Come and bring your knitting! For more information, contact Linda at hartreis@gmail.com.



By: Marie Fisher

["5 Ways To Relieve Knitting Back, Shoulder, and Neck Pain - Demo by Esther Gokhale"](#)

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. A printable membership form is available on the Guild [website](#).

Send all submissions by the 15th of the month to: liz.knapp.louise@gmail.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: Phyl Bates, 760-828-8286.

✿ 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.

STASH SALE UPDATE:

Mimi Sevimli will begin
accepting your donations
in March

Retreat Update

By: June Bartczak, Retreat Coordinator

Thirty-three members enjoyed our Temecula Retreat at Viña de Lestonnac. We had great weather, great food, and most of all, great company! With so many knitters, we naturally split into smaller groups. Members changed as people moved from inside to outside and back again, and according to interest in the various projects being worked on. Everyone stayed on campus this year, preferring to get exercise by walking the grounds. A good time was had by all, with the possible exception of Jo Ellen who had to leave early for a doctor's appointment. She waited until after lunch to leave, though. Charity, our favorite chef was preparing it!

The Spring Retreat, at the Mary and Joseph Retreat Center in Palos Verdes, is from May 18-21, 2015. Nine members signed up at the February meeting. The deposits required are \$100.00 for a double and \$150.00 for a single. Mail your deposit to me at 157 Via Monte d'Oro, Redondo Beach, CA 90277 or pay at the Guild Meeting. The total cost is \$355.00 per person for a double and \$460.00 for a single. That includes 3 nights lodging and 9 meals, the first of which will be dinner on the 18th, and the last of which will be lunch on the 21st. The Retreat Center is located at 5300 Crest Road, Rancho Palos Verdes, CA 90275. The grounds are lovely, the views are wonderful, there's hiking on the Palos Verdes Peninsula with trailheads nearby within walking distance. There are 3 yarn shops with a 6 or 7 mile radius. It's about a 2 hour drive from the San Diego area. The website is www.maryjoseph.org; check out the photos if you're planning to come. There's a communal dining room with indoor and outdoor seating. Although there is no pool, a masseuse is available on site if you make reservations in advance. Contact June for more information.

Retreat Review in Pictures

(photo on right) Patt Miller models an exquisite Aran Sweater knit by Janet Stewart



(photo below) Sheila Kirschenbaum and Ann Dumanis lend moral support in the finishing process.



(photo on right) Retreat coordinator June Bartczak enjoys a well-deserved break for her own knitting.



View more photos by visiting our Ravelry Forum.

Renew Your Guild Membership

By Zita Gardner, Membership Chair

The Guild membership year is February 1, 2015 to January 31, 2016.

Thanks to the 235+ new and renewing members who have already paid their 2015 dues!

If you wish to be included in the 2015 Member Directory, your payment must be received by Wednesday, March 4, 2015.

1. Download and print the form in this newsletter or on our website.
2. Fill it out, following the directions carefully.

3. Attach either \$25 cash (exact change, please) or a check made out to NCKG for \$25.
4. Mail your form and payment to Zita Gardner at the address on the membership form OR....
5. Turn in your form and payment at the membership table at the March 3rd meeting, where it will be happily accepted.

Our dues support the wonderful programs at our meetings, our philanthropies, the directory, and other benefits we enjoy. Your attendance and your financial support are important and greatly appreciated.

337 members enjoyed the Guild in 2014!!

Let's top that in 2015.

Guild Directory New Members

By: Zita Gardner, Membership Chair

Simply clip and insert in your existing Guild Directory:



March 2015

The Guild's New Members
*They will be included in the
new directory*

Josephine B. Needleman
Barkhousen no email

Laureen Bloomer
lsbloomer@cox.net

Mary Ann Fallet
mfallet@roadrunner.com

Ruth Stark
ruths92007@yahoo.com

Susan Waskiewicz
RSCHAHW51@cox.net

New Yarn Shop

Labors of Love
116 N. Main Avenue
Fallbrook, CA 92028
760-451-3452
JeanW.Trygstad@gmail.com



Library News

Check our new books!

Topsy-Turvy Inside-out Knit Toys by Susan B. Anderson and *Sweater Design in Plain English* by Maggie Righetti.

Suggestions are always welcome in our [Ravelry Forum](#)

Show and Share

Please print/write clearly.

Name _____

Your Ravelry I.D. _____

Item _____

Pattern Name _____

Designer _____

Yarn Name _____

Yarn Fiber _____

Notes _____

Philanthropy

Please print/write clearly.

Name _____

Fiber Content _____

Washing Instructions _____

Personal Comments _____



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

Mary Barranger wears her Collared Jacket from Vivian Hoxbro's "*Shadow Knitting*." She used Berroco Ultra Alpaca and Noro Kuryeon. Since the pattern was written for fingering yarn, Mary recalculated the gauge to convert to worsted weight. For more details and photos, check out Mary's [Ravelry page](#).



Cheryl Goyer's [Convergence Top](#) by designer Linda Skuja was crocheted using short rows and a self-striping yarn. The blend of cotton, wool, nylon and silk makes Noro Tailo sock yarn a perfect choice for Southern California.



Annette Friedlein (L) and Colleen Davis (R) wear sweaters designed and knit by Colleen, who used the color orange as her starting point. The jacket on the left adds fuchsia and purple and features quilting, couching and surface design techniques. The jacket on the right includes mitered squares, nuno felting and pops of gold and purple in a red-orange color scheme.



Sue Zois and her twin sisters model shawls knit by Sue. Sal (L) wears "*Love Potion No. 5*" by m1 Designs. Jane (R) wears "*Tre o Molti*" (which means "Three or Many") by Anthony Casalena. Both shawls include Crazy Zauerball yarn, Plucky Knitter Primo Fingering, and Mountain Colors Crazyfoot. To honor the twins, Sue used the same yarns in both shawls, but knit different patterns that reflected each sister's individuality. Sue's own shawl is the Dreambird pattern from Nadita Swings, knit in Twisted Sisters Zazu.



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



Laura Brubaker knit and felted this basket using Cascade Eco-Wool as the base color. By adding Prism and Oink yarns and other goodies from her stash, she now has a color-matched

piece of home decor that is perfect for her teal color scheme.

Melody Wagner's Neon Socks remind us that even yarns that have lived in our stash for years have a chance to be knit into something wonderful. These fun socks feature stranded knitting on the foot and 3-D pops of color in the cuff.



Nathine Nelson's version of this [crop top](#) sweater was knit in Wool-Ease Thick & Quick. The pattern is free.



Julie Alvar's "Fox Paws" stole by Xandy Peters is a work of art. In fact, it was featured at the January 2015 TNNA Trade Show in the Baah! Yarns booth. She has notes, video links and pattern tips on her [Ravelry page](#).

Is anyone interested in doing this pattern as a knit-a-long?



Guild Vice President Karen des Jardins used Cascade Casablanca yarn for her version of *L'Enveloppe*, designed by Sally Melville. Karen's notes regarding matching the colors are on her [Ravelry page](#).

Marie Skillman showed two versions of the *Buttercream Shawl* from Interweave Crochet Spring 2014. Her rose and olive version was worked in SMC Egyptian Cotton. For her pink version and to see all the photos from the February meeting [click here](#).





San Diego North Coast Knitters Guild 2015 Membership Form

The Guild 2015 membership year is February 1, 2015 to January 31, 2016.

Membership dues for RENEWING members are \$25, no matter when paid.
Membership dues for NEW members are \$25 when joining by August 31. Dues for NEW members joining September through December are \$35, and that amount covers membership for the remaining months of 2015 and all of 2016.

Bring completed form and a \$25.00 check payable to SDNCKG to a Guild meeting or mail to:

SD North Coast Knitters Guild
c/o Zita Gardner, Membership Chair
9902 Helix Mont Circle
La Mesa, CA 91941

Name: _____
(As you would like it to appear in the Directory and on your nametag.)

I am a: ____ RENEWING Member; **Complete form ONLY ONLY ONLY IF
your information has CHANGED in the past year.**
____ NEW Member; Fill in your information below.

Street Address: _____

City, State & Zip Code: _____

Telephone: _____

***E-Mail:** _____

If you do not have access to e-mail, please ask a friend or relative to receive your e-Newsletter. We will send the link to them to print for you. Enter that e-mail address here.

Ravelry ID: _____

Paid memberships received after March 3 will not be included in the 2015 Directory.

Membership information may NOT be sold or used for any purpose other than official Guild communication and individual communication of a personal nature between Guild members.