



# San Diego North Coast Knitters Guild

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

Number 205 – October 2014

## Next Meeting:

**Tuesday, October 14: 12:30-3:00 pm**  
**San Dieguito United Methodist Church**  
**170 Calle Magdalena**  
**Encinitas, CA 92024**

**Program: Robin Page:**  
**Pagewood Farms Trunk Show**

## Presidents' Letter



*Co-Presidents Stacy and Sheila*

Knitting is such a pleasure. Even making mistakes and ripping are aspects that can give us pleasure. Whether we wear or give the product we can have a sense of satisfaction and accomplishment in ourselves. Many of us have found that a small mindless project is the perfect calming activity for waiting in doctors' offices, on long air flight or car trips. Time passes, and we are able to chat or lose ourselves as we see fit.

Wherever we go we have the chance to visit yarn stores and fiber venues to enrich our craft. Shopping for yarn while traveling near or far or even perusing the Stash Sale bargains gets the creative juices flowing, sensing possibilities, not to mention the pure bliss of the tactile experience. It is very interesting to see what kind of yarn is being carried in various places and how the selection reflects the culture and often the climate. Shops in Singapore will carry a

vastly different stock compared to shops in Norway.

Searching on Ravelry we can find knitters in all corners of the planet. We know that the history of yarn and its making can be found in the farthest reaches of Mongolia or Peru or in our backyard, in the long history of the Native American's, famous for weaving incredible rugs and blankets. We find many ethnic groups expressing individuality in their fiber crafts. We are no different.

While in other countries we can find yarns and fiber intrinsic to the culture and appropriate for the taste and climate, with a global economy we may find fibers coming from Peru in Norway. Alpaca for example is soft, warm and nice to have next to the skin. It can be dyed easily and blended with silk to create an even more luxurious product. In Norway you can find it in shops, as a single fiber, blended with silk or even in forms that would normally be associated with mohair. There are fewer decorative yarns but infinite pallets for Fair Isle or Norwegian classic styles. So like the sea traders of old searching for spices and fine silks, we find products with exotic origins being sold all over.

In the United States we have some of the best stores with wide selections, giving us the full joyous fiber shopping experience. And if that isn't enough, the internet tops it off. The world has become small and with a click of the mouse we can get questions answered about yarns and fiber. Ravelry is a wonderful resource for information, regarding yarns, patterns, and even knit groups all over the United States and the world. Going to South Bend, Indiana or Bakersfield, California? How about Beijing? You will find treasures to explore by searching for people or groups in your travel locations. You can even do a route search on Ravelry to find the yarn shops along your way.

Near or far, we have a path. Creating with sticks and string is a passion. Follow it and let it take you on a wonderful adventure.

Stacy Smith  
Sheila Kirschenbaum

## Remaining 2014 Meeting Schedule

**October** (\* Meeting on 2nd Tuesday)

**14 Workshop:** Embellishing Your Own Yarns  
(*workshop BEFORE meeting*)

**14 Robin Page:** Pagewood Farm Trunk Show

**November**

**4 Richard Nares, Emilio Nares Foundation:**  
**Philanthropy:** Hats and Heroes

**December** (\* Luncheon on 1st Monday)

**1 Holiday Luncheon and Fashion Show**



## Guild Programs

**October Program: Robin Page: Pagewood Farm Trunk Show**

*By: Anna Walden and Diane Seaberg,  
Program Co-Chairs*

Robin and Chuck Page of Pagewood Farm will be with us on Tuesday, October 14, for a talk about their experience as owners of a company that brings us wonderful, creative and diverse fiber offerings. Robin is the creative force behind Pagewood. She spins yarns incorporating lots of bits of different fibers. She dyes all of the Pagewood yarns and other fibers as well including antique lace and ribbons. She also embellishes yarn and fibers with needle felting and other techniques.

Robin will be sharing some of her yarn embellishing techniques Tuesday morning from 10:00 to 1:00 p.m. The class is now before the Guild meeting. It was originally scheduled from 3:00 to 6:00 pm after the meeting but has been changed to Tuesday morning. If you would like to join Robin Tuesday morning please contact Anna Walden at [awalden@me.com](mailto:awalden@me.com) to sign up. A list of supplies needed for Robin's workshop is on the Guild website. If you have already signed up and cannot make it at the new time please contact Anna Walden.

### November Program

Our November Program is all about philanthropy. We'll be knitting hats from kits put together by Philanthropy Chair Arlene Shapashnick. We'll hear from Taylor De Vries and Shelley Gerber the founders of Tête-à-Tête Hats, one of the charities supported by Guild knitters. Tête-à-Tête, began in San Diego and provides hats to cancer patients here and all over the U.S.

We'll also hear from Richard Nares, a founder of another local organization. Two years after losing

their precious son, Emilio, Richard and Diane Nares started the Emilio Nares Foundation. The goal of the foundation is to assist families with children who are battling childhood leukemia and other forms of childhood cancer. Richard will speak about some of the many ways children and their families are helped: "Ride with Emilio," "Loving-Tabs" Healing t-shirts, which are specially designed for chemo treatments, Patient Advocacy, and family support. Richard was a 2013 top 10 CNN Hero, created to honor individuals making extraordinary contributions to their communities. Gabriela Perez – Vargas, Programs Coordinator for the Foundation, will share stories about teaching parents to knit during the long hours of treatment, with some very positive results.

## Minutes of the SDNCKG Meeting September 2, 2014

Sheila Kirschenbaum, President, called the meeting to order. She announced the procedure for the Stash Sale and discussed how the income from the sale benefits the Guild programs.

October 14 Meeting: Robin Page will present the Pagewood Farm Trunk Show at the October 14 meeting. Her workshop, Embellishing Your Yarn, will immediately follow the general meeting at 3:00 pm. Members were encouraged to sign up early in order to have time to get the supplies they will need for the workshop. There is a \$25 fee for this workshop. Details will be in the newsletter.

Membership: Zita Gardner welcomed the new members and said the Guild now has 320 members.

Nominating Committee: Sandy Yayanos encouraged members to volunteer or recommend a member to fill board or committee positions for the following two years. Contact her or Barbara Pearson with your thoughts.

Holiday Luncheon: Mar Gee Farr, Coordinator, thanked members for returning their afghan swatches and asked members who still have swatches to mail them to her as soon as possible. Sign up sheets for the fashion show will be available at the October meeting.

Retreats: The January retreat to Temecula has twenty participants. The May retreat will be at Mary and Joseph Center in Rancho Palos Verdes. The center is not only close to the ocean but also near three yarn stores. The dates and costs for these retreats are in the newsletter. Deposits for the retreats should be sent to June Bartczak.

Book Sale: In November books that are not needed in our library will be on sale. Members were asked to

bring books they would like to donate to this sale to the October meeting.

**Philanthropy:** Donations are still needed for all three charities the guild supports. Summer weight yarns and hats are needed for Tête-à-Tête, knitted winter hats and scarves for the Oz Programs at the YMCA, and hats in warm, dark neutral colors for Operation Gratitude.

**Members Teaching Members:** Both the Marie Studer and Sara Stolz classes are full. Contact Sue Tavaglione if you are interested in additional classes.

**Local News:** Sheila announced that there would be a yarn bombing at the Grove this weekend and a Yarn Crawl is slated for September 18-21 in San Diego. This is a great way to support the local yarn stores.

**Knit for the Cure:** Eileen Adler will be collecting knitted items that will be sold with the proceeds going to support breast cancer research. Several local yarn stores will also accept donations.

**Stash Sale:** Members enjoyed bargain shopping for donated yarn.

Respectfully submitted,  
Sandy Yayanos

## **Members Teaching Members: NEW CLASS Added October 8**

*By: Sue Tavaglione, MTM Chair*

We just had a very unique, creative “Upscale Sweaters” workshop with Marie Studer that had the attendees a little nervous to pick up those scissors and cut into the sweaters they had brought with them. But that didn’t last very long after seeing and trying on some of the wonderful samples that Marie had for inspiration. Then it really got exciting! The scissors got going, the sewing machines started whirling, and we became so amazed at how different and fun every ones project turned into.

Marie is offering another MTM class on Wednesday, Oct. 8 from 10:00 am to 4:00 p.m. at Marie’s Carlsbad studio. The cost for Guild members is \$45 and is limited to 6 people. Contact me today if you would like to attend [sjtava@sbcglobal.net](mailto:sjtava@sbcglobal.net).

You’ll need to bring three or four sweaters you don’t mind cutting up and a sewing machine. (Marie has three machines available if you are unable to bring one.)

## **Philanthropy**

*By: Arlene Shaposhnick, Philanthropy Chair*

Wow...here it is October, already! We have been collecting hats and scarves for all of our charities and delivering and shipping them all year. I am sure you all realize how special each hand-knitted item is to the recipient and how thankful each person is. The notes that have been attached to a lot of our hats and scarves have been heartwarming. Thanks to all of you who have been knitting for Philanthropy, you are all special.

Don’t forget each of our charities, Operation Gratitude, Tête-à-Tête Hats and the Oz Program, the need is great.

Our November Meeting brings lots of excitement. Richard Nares of the Emilio Nares Foundation us speaking on Philanthropy: Hats and Heroes. CNN hero, Richard Nares, and Gabby Vargas will explain the special role that knitting plays at the Emilio Nares Foundation. The goal of the foundation is to assist families with children who are battling childhood leukemia and other forms of cancer.

We will also meet Taylor De Vries and Shelley Gerber the founders of Tête-à-Tête Hats, the organization that brings our hats to cancer patients and hospitals all over San Diego and other parts of the U.S. Learn how it all started and why it is so important.

Last but not least, we will be giving to all members kits with yarn, hat instructions including extra fun instructions not given out before, and various creations that may be attached to the hats. In each kit there will be a special thank you gift from the Guild for participating...you are going to love it! Please bring needles to the November meeting to work on worsted weight and bulky yarns.

If anyone is in need of yarn or instructions please contact me. Also, if anyone is interested in helping out with Philanthropy please contact me [arlene@shaposhnick.com](mailto:arlene@shaposhnick.com) with any questions or special requests.

## **Help Session**

The last Help Session of the year is scheduled for Tuesday, November 11 from Noon to 3:00 pm. Come join Sage Advisor Marie Fisher for three hours of problem solving, creative inspiration, or just plain knitting on your current project. We’ll be in Classroom 10 at the San Dieguito United Methodist Church. Hope to see you there!



# Update on Guild Retreats

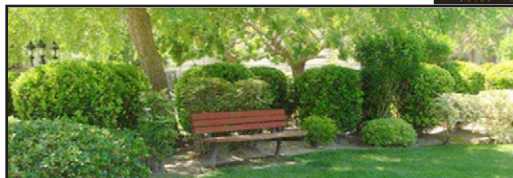
By: June Bartczak, Retreat Coordinator,

Our next San Diego North Coast Knitters Retreat is scheduled to begin January 19 at dinner, through lunch January 22, 2015. We currently have 27 members signed up. The address of La Viña de Lestonnac is 39300 De Portola Road, Temecula, CA 92592. Visit their website [www.vinadelestonnac.com](http://www.vinadelestonnac.com).

The knitting room is well-lighted with overhead lights and includes outdoor patio options for knitting. There are sofas and chairs available. More small tables have been promised. The sleeping rooms accommodate a maximum of three people, with two twin-sized beds and one ottoman-pull-out bed. Last year, we had one triple with no complaints! There are all-day kitchen amenities, including hot water for various teas, supplied by La Viña. Breakfast, lunch and dinner are included in the total price which turns out to be the same as it was last year: \$405.00 for a single, \$305.00 for a double, and \$265.00 for a triple.

The deposit is \$100.00 per person, regardless of the type of accommodation. You may pay your deposit at a meeting (until November, 2014) or send it to the Retreat Coordinator: June Bartczak, 157 Via Monte d'Oro, Redondo Beach, CA 90277.

For 2015, our Spring Retreat will be at a new place, Mary & Joseph Retreat Center located at 5300 Crest Road, Rancho Palos Verdes, CA 90275 from May 18 to May 21, 2015. The grounds are lovely, the views are wonderful, there's hiking on the Palos Verdes Peninsula, with trailheads nearby within walking distance, there are three yarn shops within a six mile radius, AND it's about a two hour drive from the San Diego area!! The website address is [www.maryjoseph.org](http://www.maryjoseph.org). Prices for the three nights and nine meals are \$460.00 per person for a single and \$355.00 per person for a double. As a comparison, last year at La Casa singles cost \$481.50, doubles were \$396.00 and triples were \$340.50. The accommodations are quite similar to those at La Casa, each room having its own bathroom; they are basic,



like at La Casa, with no TV, phone or internet connection.

There are photos on the website which I encourage those interested to visit. There's a communal dining room with some tables outside as well as indoors. There's no pool, but a masseuse is available on site with prior-made reservations, more information for which will be posted in future newsletters. Any questions, you may email or call me.

Deposits of \$150.00 for a single and \$100.00 per person for a double will be accepted beginning in February 2015. Maybe dates at La Casa will mesh with our needs for the following year, we'll see.

## Sara Smelt's Felted Lariat Workshop

Sara Smelt's Felted Lariat Workshop

We are delighted to announce a return visit by Sara Smelt, felt artist extraordinaire. Sara's felted flower workshop in March was enjoyed so much that we asked Sara to return to teach another workshop. She will teach her Felted Lariat Workshop on Monday, November 10, from 10:00 am to 2:00 pm. The workshop will take place at the church. We're working out the cost and will announce it and other information at the October meeting and on the Guild website. Sign-up by contacting Anna Walden [awalden@me.com](mailto:awalden@me.com).

## November Guild Book Sale

By: Gwen Nelson, Guild Librarian

A used book sale will take place at the beginning of the November meeting from 12:30 to 1:00 pm. Used books on knitting, crochet, beading, weaving and other crafts will be sold to benefit our Guild. Many of the books were in the Guild library and have been culled to make room for newer titles. Other books were donated for the Stash Sale but only yarn was sold then. If you have knitting books or other crafting books that you'd like to clear from your library and donate to the sale, bring them to the October meeting.



# Knit For The Cure 2014

By: Eileen Adler

Staying Alive, written by the Bee Gees for the soundtrack of Saturday Night Fever, was released in December 1977. Decades later, medical associations have found that the song is useful for people administering CPR in emergencies with its steady beat being an excellent means of keeping to the proper compression rate in the procedure. Stayin' Alive, Stayin' Alive - Ah, Ah, Ah, Ah...

With the gift of our hands and the beat of our knitting needles, we can save lives too with Knit for the Cure which was founded in 2004 and has raised over \$50,000 – over \$5,000 was raised just last year. Hundreds of items have been collected here in San Diego and sold at Komen Foundation events across the county, including the Race for the Cure® in San Diego's Balboa Park, which occurs on the first Sunday in November, November 2.

Look through your stash and think about what might be knitted: a hat, scarf, fingerless gloves, a headband, even shoelaces and Eileen has patterns for you to whet your appetite! 75% of the funds raised from our creations remain here in San Diego to cover every step of the breast health journey – from education, outreach, mammograms, and diagnostics, to

surgeries, chemotherapy, radiation and material and financial support like meals, mortgage payments, child-care, prosthetics, and wigs. The remaining 25% of each dollar raised funds national research to discover the causes of breast cancer and, ultimately, its cures. Every 13 minutes, one woman in the U.S. will lose her life to breast cancer, but women and men diagnosed with early stage breast cancer have a 99 percent survival rate.

Eileen will accept donations at the October Guild meeting, in her classes, and at her Knitting Circles. You can also drop them off at one of our most appreciated reception sites listed below. Donations are accepted through October 27.

## San Diego Affiliate of Susan G. Komen

4699 Murphy Canyon Road, Ste. 102B,  
San Diego, CA, 92123



## Yarning for You

1001 W. San Marcos Blvd, Ste. 180  
San Marcos, CA 92078

## Needlecraft Cottage

870 Grand Ave.  
San Diego, CA 92109 (Pacific Beach)

## Common Threads

191 N. El Camino Real #201  
Encinitas, Ca. 92024 (New Address)

## Labors of Love

116 North Main Avenue  
Fallbrook, CA 92028

***We Live Here. We Race Here. We Save Lives Here. We Give Hope Here. We Knit Here!***



Submitted by: Marie Fisher

## How to pick up or fix a dropped knit stitch. . .

Whoops! So you've messed up your knitting — bad. You've got a dropped knit stitch (or more than one), and it's way down there. That's okay! After you watch this video, you won't care how far down your stitches have gone — I'm going to teach you how to rescue them! You don't need a crochet hook, either.

<http://www.youtube.com/watch?v=9rQ1lm49l6Q&list=PLCD750238C14ECFBB>



Mary Brown's San Diego County Fair blue ribbon winner in Original Design was featured in the Fiber & Quilt Show at the Escondido Municipal Gallery.



# San Diego North Coast Knitters Guild General Information

Co-Presidents: [Sheila Kirschenbaum](#) and [Stacy Smith](#). Sheila and Stacy welcome your comments and questions. Click on our names to send us an e-mail.

Membership in the Guild is open to all knitters, regardless of skill level. Membership expires for all members on January 31. Dues are \$25 annually. A printable membership form is available on the Guild [website](#).

## Newsletter

*Monica Clark, Editor*

Send all submissions by the 15th of the month to: [SDNCKNewsletter@gmail.com](mailto:SDNCKNewsletter@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.



October 10, 2014



## 2014 Holiday Luncheon & Fashion Show

*By Mar Gee Farr and Laura Brubaker, Holiday Luncheon Coordinators*

The Holiday Luncheon is *Monday December 1* at Morgan Run Club & Resort in Rancho Santa Fe.

Reservations are being taken by Amy Sheridan. The reservation form is in this Newsletter and on our Guild website under the "Forms" tab, and copies will be available at the October and November Guild meetings.

Return your reservation form with payment, a check for \$30 per person payable to *San Diego North Coast Knitters Guild*, at the Guild meeting on October 14, or mail to:

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

All reservations will be held at the door on the day of the Luncheon.

If you have any questions about the Luncheon, please contact:

Mar Gee Farr  
630-624-6634  
[MarGeeFarr@cox.net](mailto:MarGeeFarr@cox.net)

or

Laura Brubaker  
858-337-4347  
[lbrubaker7@gmail.com](mailto:lbrubaker7@gmail.com)



## Fashion Show

Sara Stolz and Diana Rathbun are Co-Chairs of the Fashion Show 2014. They are looking forward to assembling a variety of beautiful garments made by the multi-talented members of our Guild. Please enter garments that have not been shown at a previous Guild meeting. There will be a sign-up sheet at the October and November meetings. If you are unable to attend either meeting, please email a description of your garment and any comments you wish to make about the yarn, pattern or experience to Diana at [diana.rathbun@att.net](mailto:diana.rathbun@att.net) or Sara at [miyakefan92064@aol.com](mailto:miyakefan92064@aol.com).



**Annual GUILD Holiday Fashion Show & Luncheon**

**Monday December 1, 2014**

**(Reservations MUST be received by SUNDAY, November 23, 2014 )**

- Arrival:** Please do not come before 10:30AM!
- Drawing Tickets:** **10:30AM – 11:30AM** Our “Opportunity Drawing” items will be displayed in the Moonlight Room 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:** [Morgan Run Club and Resort](#) Phone [858] 756-2471  
The Club is located approximately 3 miles EAST of I-5 at 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 Wrap** - Delicious chicken salad with grapes in a wrap, served with a side fruit cup.
- On The Table:** Bread, butter & water.
- Dessert:** Chef’s surprise selection....A trio dessert sampler!
- 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: \$ \_\_\_\_\_

**All Checks Must Be Received No Later Than November 23, 2014. Please help us by RESERVING early!**

## 2014 Guild Directory Updates & Corrections

By: Zita Gardner, Membership Chair

Simply clip and insert in your existing Guild Directory:



### October 2014

**The Guild welcomes  
new members:**

Marie Bowman  
3260 Lloyd Street  
San Diego, CA 92117  
858-270-4132  
mbowman001@san.rr.com  
Ravelry: sdmarie

Susan Harris  
7717 Sierra Mar Drive  
La Jolla, CA 92037  
858-243-1015  
vsusanharris@hotmail.com  
Ravelry: 1949shopper

Linda Hart  
2683 Via de la Valle #G513  
Del Mar, CA 92014  
858-755-4699  
hartreis2@gmail.com  
Ravelry: lindahart

Jean Igoe  
6729 Green Gables Avenue  
San Diego CA 92119  
619-463-0825  
jigoe2@att.net  
Ravelry: jeanigoe

Helen Mandell  
510 First Avenue  
San Diego, CA 92101  
562-666-6031  
hmandell@gmail.com  
Ravelry: hmandell

Claire Pollitt  
3301 Meridian Avenue  
San Diego, CA 92115  
clairepollitt@gmail.com  
Ravelry: skinanny

Marilyn Prall  
528 Stable Ridge  
El Cajon, CA 92019  
619-994-3330  
maprall@sbcglobal.net  
Ravelry: maprall

Jessica Hill Trujillo  
(2014 Fair Guild Award Winner)  
9803 Old Tree Lane  
Santee, CA 92071  
619-889-6873

