

San Diego North Coast Knitters Guild

San Diego, California - www.ncknit.com

Number 206 - November 2014

Next Meeting:

Tuesday, November 4: 12:30-3:00 pm San Dieguito United Methodist Church 170 Calle Magdalena Encinitas, CA 92024

Program: Richard Nares

Emilio Nares Foundation: Philanthropy: Hats and Heroes



Co-Presidents Stacy and Sheila

Presidents' Letter

It's hard to believe November is here already. What does this mean for knitters?

The daylight hours are shorter and there's less time to garden, play tennis, hike, and walk. For those of us who grew up in colder climes, we may still hear our mother's saying, "It's nice outside, go out and play." We didn't go outside to knit, of course. In the long beautiful days of summer, we barely knit. We had to wait for the cold and snowy days for crafting. Here in lovely San Diego, waiting for snowy days is just silly. But we can use our longer evenings of autumn for needle time.

November means it is going to be cooler outdoors (or so we hope) and everyone could use another layer to keep comfortable. Wearing a knitted hat or scarf protects us from the early morning chill

while walking the dog. How about a pullover for an invigorating walk to the local coffee bar? A wrap or shawl of any color worn indoors staves off that moment when the heat must go on. Consider knitting an afghan to snuggle under.

This month also means Thanksgiving. We love getting together with friends and family, traveling to loved ones or staying local with those near and dear. We share a delicious meal and drink in the joy of companionship. And we give thanks. In appreciating our bounty, we can not help but know that there are those who have less to be thankful for. There are many many ways to help those in need. As knitters, we can knit.

Knitting for people we do not know is easy and pleasurable. There's no need to worry about size or fit or color. The item you make with care will find its way to a person who will cherish a handmade warming hat or scarf. Their day will be just a bit brighter because of your knitting. What a splendid way to celebrate November: giving thanks and knitting up warmth and comfort.

Sheila Kirschenbaum Stacy Mann Co-Presidents



2014 Meeting Schedule

November

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

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

1 Holiday Luncheon and Fashion Show

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Guild Programs

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.

January Program: Insider's Take on Yarn Bombing

Knitters are yarn bombing the world--covering trees, street signs, benches, and even bridges with colorful knitting. At the January 6 meeting we'll get the inside story on yarn bombing from our own Sara Stolz, who recently took part in a yarn bombing installation in Old Poway Park. She'll tell us all about how her group pulled it off--what yarns and techniques they used, how they designed and installed the project, how they dealt with park officials, how they coped with fit issues (what size is a sycamore tree, anyway?), and more.

Minutes of the SDNCKG Meeting October 14, 2014

Co-President Sheila Kirschenbaum opened the meeting by introducing the newest members to the

Guild. We currently have 331 members. She thanked Pagewood Farms for the pre-meeting workshop "Embellishing your Yarns."

Sheila reminded members that before the November 4 meeting there would be a book sale, which will include many books from Betty Gregory's library. Cash or checks will be accepted for payment.

Richard Nares Of the Emilio Nares Foundation will present "Philanthropy: Hats and Heroes" on November 4. Members will be given kits put together by philanthropy chair, Arlene Shaposhnick and we will be knitting hats during the meeting using worsted and bulky weight yarns. Please bring your needles for both weights of yarn.

Sara Smelt will give a workshop on the felted lariat on November 10. Ten members need to sign up for this workshop. The cost is \$50. Contact Anna Walden for more information. Visit Sara's website to see her designs.

The Holiday Luncheon and Fashion Show will be held at Morgan Run on December 1. Sign up now for the luncheon or send your reservation form and \$30 to Amy Sheridan. You may also sign up at this time if you will be displaying your creations during the fashion show.

The stash sale in September brought in \$2400. The unsold yarn was donated to the Braille Institute, a Guatemalan women's group, and a children's art class.

The Temecula retreat in January has 30 members attending. Payment is due in January. Contact June Bartczak if you are interested.

Members Teaching Members chair, Sue Tavaglione, had Sara Stolz's "Bird" workshop attendees show their knitted birds. Karen des Jardins showed her project bags. If you are interested in either bird, project bags, beginning crochet or another workshop let Sue know.

Knit for the Cure will accept donations of knitted items until October 27. Drop off is at Common Threads, Needle Craft Cottage, Yarning for You, Labor of Love, and the Knit for the Cure Headquarters in Claremont. Arrangements for pick up can also be made with Eileen Adler.

Anna Walden introduced Chuck Page of Pagewood Farms.

Show and Share concluded the meeting.

Respectfully submitted, Sandy Yayanos

Members Teaching Members Update

By: Sue Tavaglione, MTM Chair

Wow ladies! We are excited as we have the possibility of four different workshops:

- Beginning Crochet with Monica Clark
- Cloth Project Bags with Karen des Jardins
- New Hat Techniques, (including cast on, decreases, and closures) with Laura Cunitz
- Birds Project, a repeat workshop with Sara Stoltz

We are working on the dates, times and locations. Please let me know if you are interested in any of these workshops.

AND WE SAY "THANK YOU" TO THE LADIES SHOWING THEIR "BIRDS" AT OUR LAST MEETING! And don't forget the Marie Studer Upscale Sweaters will be shown at the December Fashion Show and Luncheon.

Contact me if you have any questions <u>sitava@</u> <u>sbcglobal.net</u>.

Philanthropy

By: Arlene Shaposhnick, Philanthropy Chair

I would like to thank everyone who has been knitting

for our charities... every hat and scarf is very much appreciated.

We are getting ready to deliver many of our donated items to the OZ Shelter for the homeless kids in San Diego and feel



fortunate that the weather has been mild, giving us plenty of time to collect all that is needed. Please remember the need is great and ongoing. Our winters are mild compared to other parts of the country, but are quite cold at night. Please have compassion for these kids who are living on our streets, in most cases, to avoid extremely abusive homes. Knit a warm hat and/or scarf; they are very much needed, loved and appreciated.

We are excited about the November meeting, which is all about philanthropy. You will be meeting our special guests Richard and Diane Nares and Gabby Vargas from the Emilio Nares Foundation and the gals from Tête-à-Tête Hats.

We will have a kit for each of you to knit a hat for

one of our soldiers, a homeless kid or one the many cancer patients in need of a comfy head covering. Remember to bring needles to knit with worsted and bulky yarn...you won't know which yarn you are getting until the meeting. Please remember all yarn for philanthropy is donated so we don't always get our favorite yarn or favorite color but the hats and scarves we create with this yarn are favorites and very special to those receiving them. Feel free to knit any style hat you like, you don't have to use our instructions...just knit! The Guild has a special thank you gift for everyone participating and we are sure you will love it. If you don't finish your hat at the meeting, no worries, just bring it to the December luncheon; we will be collecting them there. Or bring it in January...just knit it and turn it in!

Our year, 2014, is coming to a close and we would like to know if there are any charities that you, the members, would like to see us work with. Please contact me with any suggestions.

Thank you, Jeanette Olivier, for helping assemble so many of the kits for the meeting.

As always, there will be yarn and instructions at the meeting.

You can contact me at Arlene@shaposhnick.com

Help Session

The final 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!

San Diego North Coast Knitters Guild General Information

Co-Presidents: <u>Sheila Kirschenbaurm</u> and <u>Stacy Smith</u>. 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: SDNCKGnewsletter@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:

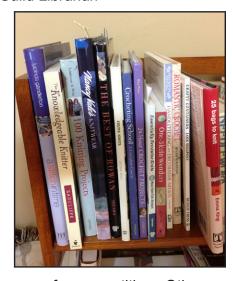
- AKG Group: It is called AKG, Advanced Knitters Group. Meets every Friday at 9:00 am at Old California Coffee Shop, Restaurant Row, San Marcos. Contact: Phyl Bates, 760-828-8286.
- Knit@Nite Group: Meets the first Wednesday at 6:00 pm at the Jewish Community Center in UTC. Contact Linda Erlich: 858-759-9509, 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.

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, 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 to the Guild from knitters like you. Bring checks or cash and shop at the start of the November meeting.



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 November Guild meeting.

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 November 4, 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

or

Laura Brubaker 858-337-4347 <u>Ibrubaker7@gmail.com</u>

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 signup sheet at the November meeting. 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 or Sara at 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 selectionA 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 HereDetach HereDetach HereDetach 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):	(If applicable) Menu A Menu B
A	mount Enclosed: \$

Retreat Update

By: June Bartczak, Retreat Coordinator,



Viña de Lestonnac

There's still time to put a deposit on a room for the January retreat at the Viña de Lestonnac Retreat Center in Temecula. We will be there

Monday afternoon to

Thursday morning, January 19-22, 2015. The total cost is \$405.00 for a single room and \$305.00 for a double room, meals included from dinner on Monday, January 19 to breakfast on Thursday, January 22, 2015. To hold your spot please send your nonrefundable deposit of \$100.00* per person for a single room or for a double to June Bartczak, Retreat Coordinator, 157



Via Monte d'Oro, Redondo Beach, CA 90277.

Viña de Lestonnac Retreat Center is in Temecula (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. Besides knitting and visiting with friends, there is plenty of good, home-cooked food and opportunities for hiking and massage.

*Final payments (\$305.00 for a single and \$205.00 for a double) will be due on or before the January 6, 2015 meeting.

Please make your check payable to SDNCKG.

Art of Knitting Exhibit

Former North Coast Knitter Guild member Judith Solomon's amazing collection of fiber textiles, tools and notions is part of the Palos Verdes Art Center's exhibit, "Six Weeks of Flber Madness." The exhibit, which runs through Nov. 19, includes performance pieces by "Sweaterman" and "Krel2go," and what is described as "an interactive installation that emphasizes yarn bombings' tendency to pop up in unexpected places."

Read more about Fiber Madness at <u>pvartcenter.org</u>. This would be a wonderful outing for fiber enthusiasts. Click for a <u>Google map</u>.

Sara Smelt's Felted Lariat Workshop

Sara Smelt, felt artist is returning to San Diego to

lead a workshop on November 10. Sara's felted flower workshop in March was a success so 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 cost of the workshop is \$50 which includes all materials. Sign-up by contacting Anna Walden



<u>awalden@me.com</u>. We need to have at least 10 paid registrations by the November meeting so sign up today! The felted lariat could be a great holiday gift for someone special.



By: Marie Fisher

You've just learned the awesome technique of Knitting Two Socks at the time. Congratulations!

But now you've got a tangled mess of yarn wrapped around your cable needles and hopelessly fused in your knitting bag.

That's okay! This video shows you how to prevent your yarn from EVER tangling again.

Remember, knitting two-at-a-time is supposed to be better and easier than any other method of knitting socks. And it is – I'll show you.

Here's how to keep your balls of yarn from tangling when knitting 2-at-a-time:

https://knitfreedom.com/two-at-a-time/keep-yarn-from-tangling

STAGE Your Knitting Without Pain

By: Eileen Adler

The very thing that captivates us is the rhythm, fluidity, repetition, meditative feeling - that "zen" state of mind, but this can also cause aches and pains. "Repetition brings recognition" but it can also bring regret. I offer this acrostic to STAGE your knitting without pain:

S – sit comfortably – comfy chair, put your feet up, great lighting, etc.

T – types of needles – circular or straight?; long or short?; wood or metal or plastic?

A – avoid repetition – English or Continental?; Eastern or Western or Combination?

G – gymnastics - wiggle your digits, stretch, and take breaks regularly.

E – enjoy different patterns – easy, a bit more challenging, or "don't talk to me, I'm counting!"

Check out these sites for more information.

http://agirlinwinter.wordpress.com/2010/07/16/tips-for-pain-free-knitting/

http://www.allfreeknitting.com/Tips-for-Knitting/29-tips-for-avoiding-knitting-pain

http://www.knittingguru.com/exercisesforknitters.html



By: Sheila Rodbell

It's A Song About Knitting!!!

Knitters will enjoy this new song called, "Knitting" by Robyn Landis from album WATERPROOF. I

happened to have two of my knitted pieces in the video and so learned of it during the production stage. http://youtu.be/KI5NIhWxkjM

A New Yarn Website

By Claudia Carlson

I've just discovered a new site, in fact, it's still dubbed as "beta". Check out: www.YarnSub.com It's a great way to learn more about yarns and find recommendations on how to substitute one yarn for another in most any pattern.

It's a database of 1,000's of yarns, more likely tens of thousands all crossed referenced and updated daily. To begin, it's politely powerful and helpful as you search your yarn by offering assistance in the familiar *Google-ese* fashion of hinting "did you mean..." when your search phrase is not exact. That alone is welcome for a tentative query. If you don't know your yarn's exact name, or manufacturer, this will surely get you there.

Once your target yarn is found, YarnSub will rate the matches it's found to substitute. The criterion which the site uses to evaluate the exchange are texture, weight, density, gauge, fiber content and qualities of the fiber (elasticity, drape, warmth etc.). You can be confident when your suggested substitutes are in the 85% or higher range.

For ease, you'll find 10 links to popular brands directly on the homepage, with 77 other "most popular" brands under the YARN DATABASE link, and then *hundreds* of others listed below those. Many of the yarns have photos, with more being added regularly. Other helpful aspects are links to buy certain yarns, as well as price indicators in the shopping standard of \$, \$\$, \$\$\$, method of denoting price ranges. For each yarn the site lists standard ball band information such as suggested needles, yardage length, content, weight, gauge, care and my favorite, texture (plied, stranded, felted, slubby, etc.) You'll also find a calculation for yardage differences when you select a substitute, the site has done the math for you!

You can sign up for a monthly newsletter, but I'm not sure what that will offer as they haven't issued one as of this writing. I can certainly find numerous ways to use this site, hope you will too!

2014 Guild Directory Updates & Corrections

By: Zita Gardner, Membership Chair

Simply clip and insert in your existing Guild Directory:



November 2014

The Guild welcomes new members:

Laura Cunitz
1620 Bella Vista Drive
Encinitas, CA 92024
760-890--7773
laura@knittingnuances.com
Ravelry: LauraCunitz

Bea Davis
3634 7th Avenue #11E
San Diego, CA 92103
619-299-7090
bdlilac@yahoo.com

Nancy Elkins
794 C Via Los Altos
Laguna Woods, CA 92637
949-374-8819
nancyelkins@comline.com

Barbara Friedman 11182 Promesa Drive San Diego, CA 92124 858-560-9991 unfoldings@aol.com Ravelry: unfoldings

Nancy A. Paris 12966 Camino Ramillette San Diego, CA 92129 858-521-9597 nparis62050@gmail.com Ravelry: nparis

Local Yarn Shops Moved to New Locations



Common Threads 191 N. El Camino Real #201 Encinitas, Ca. 92024 760-436-6119



Kat's Yarn & Craft Cottage 2112 Fourth St. Julian, CA 92036 Phone: 619-246-8585

Pagewood Farms Program Reviewed in Pictures



Guild Member's Book Being Published

By: Linda Hart

Linda Hart, leader of the Closely Knit group at the Solana Beach library, is soon publishing *Closely Knit*, a book by and about the group. *Closely Knit* has been meeting for over 11 years and now has over 175 members, aged 18 to 90.

Forty of the members submitted stories, many of whom you may recognize, as they are also members of our Guild. The stories convey the many ways that knitting enriches our lives and how friendships grow within a knitting group.

Signing parties are planned for the Solana Beach Library and at Yarning for You. Linda will be selling copies of the book at her Closely Knit meetings, and it will also be available on Amazon in paperback and as an e-book.

Linda can be contacted at: thehartofit@gmail.com

October Show and Share

Laura Cunitz shared three hats of her own design. The pattern is called "Heliosphere." The yarn is Berocco and Crystal Palace. Her technique includes a new kind of cast on and decreases and hat top.





Marcia Hammett shared a machine knit top from designer Sandy Cherry. The yarn is rayon, Skinny Majesty. The colors are subtle varigated greens.

October Show and Share

Barbara Friedman shared a scarf, called "Tre O Molte." The yarn was handspun by Valarie Yep. The content is wool, alpaca and cashmere. The colorway is brownish green.



Josephine Barkhousen shared a shawl, in Koigu. The pattern is "Carol's Kerchief" by Mary Nelson. It is 100%wool.





Linda Gumtz shared a sweater she designed in a cotton fiber. She purchased the yarn at the stash sale.



Marilee Chancey shared a crocheted market bag she designed. The wool was purchased at the stash sale and is very coarse. Color burlap.

Dierdre Michalski shared two silk scarves with needle felting texture. The kits were from Pagewood Farms.



Mary Barranger shared a Kaffe Fassett designed vest, "Playing with Persian Poppies." The vest won a Third Place at the Fair. She used a mixture of fingering weight yarns, with mixed content.



October Show and Share

Sue Tavaglione shared a top with Ruffled Yarn. The pattern which was from a Katia Book. She used Plymouth Linen Concerto and the Katia ruffled yarn. The rayon, linen and cotton yarn was in a blue green colorway. Sue also shared a toy bear with a ruffled sweater.





Sandy Yayanos shared a pullover in a white and off-white that she made 38 years ago. Looked like new!

Nathine Nelson shared a cardigan named "Sabine" designed by Julie Wisenberger of Coco Knits. The yarn is linen in a periwinkle color.



Karen des Jardine shared a cowl of her own design, it is constructed of three stockinette rings knitted in the round in a yarn called Sublime.



Susan Shock shared a child's jacket, "Tiered



Jacket", designed by Lisa Chemery. The yarn Marble Chunky, acrylic, was purchased at the Stash Sale.

Susan also shared a child's jacket, "Latte Baby Coat" by Lisa Chemery. The yarn is Encore



Chunky, acrylic and wool in a denim color.



Susan shared "Tinaease Cowl" designed by Tina Turner. The yarn is Zauberwolle, in Holly Blue color.

October Show and Share

Cheryl Goyer shared socks, which she designed. She also dyed the Knit Picks fingering that she used.





Mar Gee Farr Shared yarn she made from Pagewood Farms base, with needle felted flowers.





"Bird's of a feather flock together." Here are some of the results from Sara Stolz's "Bird" workshop that she hosted at her house.





Monica shared a "Feather & Fan Ribbed Tee", designed by Judy Croucher. This free pattern was knit in Classic Elite Yarns, Sainbel, in a crimson color.







Monica crocheted a basket using U-Knitted Nations Merino Rag Bumps, from Pagewood Farms. This 100% merino

yarn has a thin cotton cording running through the center of the yarn. The color is called Peaceful. She used about 150 yards and created as she went along.

Rita Kahn shared a knitted necklace, which was part of a Paint Chip Challenge from our Sister Guild. (No picture.)