



San Diego North Coast Knitters Guild

San Diego, California – www.ncknit.com

Number 197 – February 2014

Next Meeting:

Tuesday, February 4, 2014: 12:30-3:00 pm
San Dieguito United Methodist Church
170 Calle Magdalena
Encinitas, CA 92024

Program: Susan Ludwig and Pattye Brewer,
The Coral Reef Project

Presidents' Letter



Co-Presidents Sheila and Stacy

This a great time to start some new projects. Our holiday knitting is (mostly) finished and the Winter Olympics will give us a chance to sit and knit while we follow our favorite athletic competitions. Were we in any other part of the country, we would say that cold and snowy weather was keeping us indoors. In lovely, sunny San Diego, we must make time indoors to try something just a little challenging.

The Guild is a readily available resource to help us find that new project. Sit down at a monthly meeting or a sub-group and look around. Nearby, a knitter is working on something you admire. Go over. Say hello and ask her about her project. Find out if she is enjoying the project, then ask where the pattern comes from and how the yarn was chosen. Learn about the modifications to the pattern made by the knitter. Guild knitters are always happy to share with other knitters.

The next step you can do in your head. Banish those thoughts that suggest you are not

experienced enough or dedicated enough to make a complex garment. Your sister knitters in the Guild and the resources of the Guild can help you overcome these challenges.

Help for knitting dilemmas is available. Guild members can guide you through complicated instructions, fitting questions and pattern modifications. What does an abbreviation mean? What is the best way to block? Sometimes, the best help is a recommendation to rip back or, even, rip out. We find that the more we knit back to our mistakes, the easier it gets to do it the next time a mistake happens. And the practice we get from re-knitting helps make us experienced and better knitters.

Guild Help Sessions are scheduled four times each year. New this year to the Help Session is the participation of a designated "sage advisor." Each sage is an experienced knitter who can work with you in solving problems. Come to the next Help session on February 11, one week after the Guild meeting, and meet with Sage Advisor Barbara Levin. A special bonus of this Help Session is a brainstorming session to get you started on a garment for the April Fashion Show: Redo, Remake, Renew.

You can, with help from another knitter, get over that bump in the knitting project. You can, with help, figure out a way to meet the challenges of something new. Cast on something different and new for the new year, and learn and be inspired by knitting and your own knitted projects.

Sheila Kirschenbaum
Stacy Smith

Renew Your Guild Membership.

➔ NOW ➔

See pages 3 and 9 for info.

Remaining 2014 Meeting Schedule

March

- 4 **Sara Smelt:** Felt Like You Never Felted Before! The Evolution of Felt From Ordinary to Extraordinary!
- 5 **Workshop:** Felted Flowers

April

- 1 **Challenge and Fashion Show:** Redo, Remake, Renew

May

- 6 **Judy Graham:** Knitter to the Stars

June

- 3 **Franklin Habit:** Impractical Magic: The Other Side of Weldon's Practical Needlework
- 4 **Workshops** 4 nights
- 5 **Workshop** 2 days!
- Lace Finings: Before, During and After
- Felted Textiles: Playful and Powerful Patterns for Practice
- Jacquard: Garter Stitch Gone Wild
- Bavarian Twisted Stitch

July

- 1 **Annual Summer Potluck and Program:** Making the Most of Pinterest and Ravelry

August (☼ Meeting on 2nd Tuesday)

- 12 **Susan Lazear:** East Meets West
- 13 **Workshop:** East Meets West

September

- 2 **Annual Guild Stash Sale**

October (☼ Meeting on 2nd Tuesday)

- 14 **Robin Page:** Pagewood Farm Trunk Show
- 14 **Workshop:** Embellishing Your Own Yarns (workshop after meeting)

November

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

December (☼ Luncheon on 1st Monday)

- 1 **Holiday Luncheon and Fashion Show**

February Program

Guild members Susan Ludwig and Pattye Brewer (Marine Biology Professor at Palomar College and educator at Birch Aquarium) will present a program on the Coral Reef Project

Pattye and Susan will be our guides to the origin of the beautiful creatures of coral reefs and the toll on them caused by environmental stress. Join us as we construct our own coral reef! Search your stash for yarns in all shades of white (for corals that are dying), as well as 'healthy' colors: shades of red/orange, greens, blues. Get started early: knit and crochet patterns are available on the Guild's website and linked below. We'll continue knitting at the meeting and assemble a knitted coral reef that will be exhibited in a local venue. Everyone who contributes a piece of "sea life" will be acknowledged in the exhibit.

Click on the links below for knit patterns:

[Nautilus Shell](#) [Iridogoria Coral](#)
[Anemone and Clownfish](#) [Sea Anemone](#)
[Brain-Coral](#)

And here are two crochet patterns:

[Crochet Coral](#) [Bullion Coral](#)

March Program

On March 5 felt artist Sara Smelt will share her gorgeous creations and her excitement about felting. Felt is the oldest textile known, the ancestor of knitting and crochet as a way to make fabric, and an incredible fabric — natural, eco-friendly, warm, breathable, soft, malleable and naturally antimicrobial. Sara will talk on Tuesday about the evolution of felt from ordinary



to extraordinary. On Wednesday morning Sara will teach Guild members her techniques for making felted flowers. Sara says, "One of my favorite things is to see the faces of first-time felters as they see

the magical transformation of wool roving into felt fabric."

Check out her work on Etsy and The Red Brick Gallery, Ventura. Register for Sara's workshop at the February meeting or contact me, Anna, via email: awalden@me.com



Our April Fashion show, Redo, Remake, Renew, will feature your knit pieces that have been rescued or renewed in small or major ways. Here's one sweater recycled into a messenger-style bag. Garments can become anything and anything can become a garment! Check out our Pinterest page at

SDNorthCoastKnitters Guild for ideas and come to the Help Session on February 11 if you would like to brainstorm about your projects.

Anna Walden
Program Chair

Minutes of the San Diego North Coast Knitters Guild Meeting, January 7, 2014

Sheila Kirschenbaum welcomed over 175 members and guests. She said membership dues at \$25 could be given to Zita Gardner, Membership Chair, at the table today or send them to her by mail.

An editor is needed for our Newsletter. Please contact Sheila if you have the skills to help with this project.

A Help Session is planned for February 11 in either room 6 or 10 at the United Methodist Church and Barbara Levin will be the Sage Advisor to help with your knitting project. Anna Walden will be having a brainstorming session for the April 1 Fashion Show: Redo, Remake, Renew. Photograph your garment before making your alterations so the before and after can be appreciated.

Philanthropy chair Arlene Shoposhnick added knitting for homeless teens to the Guild charity program. These children are in shelters and outreach programs and they will appreciate hand-knitted warm items. Tête-à-Tête and Operation Gratitude are the charities we currently support. Contact Arlene if you need yarn and patterns.

Retreat coordinator, June Bartczak, has signed up 22 for the retreat to Vina de Lestonnac in Temecula, January 20-23. Details for the April 28-May 1 retreat to Santa Barbara will be in the newsletter.

Library books may be signed out for one month; books are due at the next general meeting.

Members Teaching Members will have two workshops in the coming months, one featuring Eileen Adler teaching a class on hipsters/wraps and another with Claudia Carlson teaching about using color and texture for creating scarves. Let Sue Tavaglione know if you are interested and the dates you can attend so she can schedule classes.

On February 4 Susan Ludwig and Pattye Brewer will be presenting the Coral Reef Project. Knitted animals and plants representing reef organisms will be put on display. Members can contribute to the project by knitting items at the February 4 meeting. Bring scraps of yarn and fabric plus your knitting needles to the next meeting.

Knitting for the Cure raised over \$4000 through the sale of donated knitted items.

Eileen Adler presented "His-Story, Her-Story, A Knitting Story."

The meeting concluded with Show and Share.

Respectfully submitted,
Sandy Yayanos

It's Time to Renew Your Guild Membership

Our Guild membership year ends on January 31, 2014 and a new membership year begins on February 1. Please download the membership form on our website or print out the membership form on the last page of this Newsletter.

Complete your form and bring it with your check (payable to SDNCKG) or *exact change* in cash to the February meeting. A limited number of printed forms will also be available for those unable to print the form.

Membership dues for 2014 are \$25.

Help Session on February 11

Whether you're looking for assistance with a knitting problem, need a little design guidance, or just want to get together with like-minded yarn lovers, come to the Help Session. There will be a volunteer member to mentor at each meeting, and everyone is welcome to attend.

The first Help Session of 2014 is on Tuesday, February 11, 2014, noon to 3:00 pm. It will be in Classroom 6 or 10 at the San Dieguito Methodist Church, the same place as the monthly Guild meetings. Barbara Levin will be the Sage Advisor, who can help answer your knitting questions.

At the February Help Session there will also be a brainstorming session for the April Fashion Show whose theme is Redo, Remake, Renew. You'll have an opportunity to get ideas for transforming outdated, ill-fitting or out-of-favor garments. Bring one with you and gather ideas.

Help Sessions will continue throughout the year. Come to one or all of the following sessions:

Tuesday, May 13, noon to 3:00 pm;
Sage Advisor Eileen Adler

Tuesday, August 12, 10:30 am to 12:30 pm;
immediately before the Guild meeting;
Sage Advisor Zita Gardner

Tuesday, November 11, noon to 3:00 pm;
Sage Advisor Sandy Smith

Use and Play with Stash Yarns!

New Members Teaching Members workshops are ready for knitters! These workshops are taught by Guild members to Guild members.



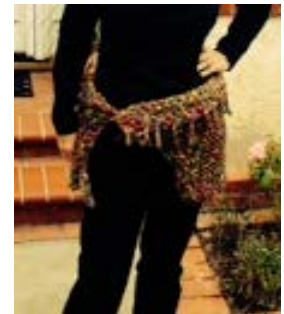
They are fun, easy and affordable opportunities to learn a new skill or explore a new pattern. Sign up at a meeting or contact MTM Chair Sue Tavaglione about these new workshops: Claudia Carlson has a workshop planned around her *Popper Topper* and/or *Amika* patterns that were available during the

Stash Sale. You will need a collection of yarns with a variety of colors and textures. Step out of the box or choose a favorite base color. You will receive a color wheel, a great color/theory handout, and learn a fancy, lacy cast-on and bind-off. The workshop will be three hours and cost \$30. The date and location will be determined.

Eileen Adler will be teaching her *Cuddler Wrap*, a comfy wrap that may be worn in several ways. Two are shown in the photos, right. The workshop will be three hours and cost \$30. The date and location will be determined.



For Eileen's project you will need 200 yards of bulky yarn. Homework in advance of the workshop: Cast on 25 stitches on US 17 circular needles (at least 24 inches long) and work in garter or seed stitch for 30 inches. You will learn 1-row 2-stitch buttonholes, SSK bind-off, SSKI, S2KP, YO, I-Cord and twisted cord. You will also need US 10.5 double-pointed needles.



Let me know if you'd like to host a MTM workshop in your home. For hosts, the workshops are free, and you get to share learning with Guild members. Finally, if you'd like to share a skill with Guild members, or if there's a skill you'd like to learn from another Guild member, let me know.

Sue Tavaglione
Members Teaching Members Chair
sitava@sbcglobal.net or 951 684-3252

Show and Share

Photographs from Show and Share at the Guild's monthly meeting will be back next month. Remember to fill out a Show and Share form, found next to the nametags, before the program begins. After you share your item, please remember to get your photograph taken.

Philanthropy 2014

Here we are, it's only February and we got off to a great start for 2014. I want to thank all of you who have knitted items and signed up to knit items for our charities. The recipients are in need and are very appreciative of the beautiful items they receive.

This month we are featuring patterns for two-hour scarves and easy knit hats for Operation Gratitude; hats, scarves and 45-minute mittens for our homeless kids in San Diego; and we have several different patterns for kids through adult hats for Tête-à-Tête. I will have these patterns and yarn (if you need) ready to go in kits at the February meeting. You can find me at the end of the tables set up at the meeting.

Please visit and volunteer to help the Guild help others. We also have Guild note cards to attach to each item you knit. On the cards you can write your name if you wish and/or a brief message of love and encouragement. We ask that you also include the fiber content of all items on these note cards.

If you can't attend the meetings but would like to knit something for our charities, please contact me by email.

Please bring any yarn that you are not using to the meetings to be used in the kits...you know where to find me. This is the Knitters Guild...we have knitters but always need yarn.

Thanks again to all of you,

Arlene Shaposhnick
Philanthropy Chair
Arlene@shaposhnick.com

Newsletter News

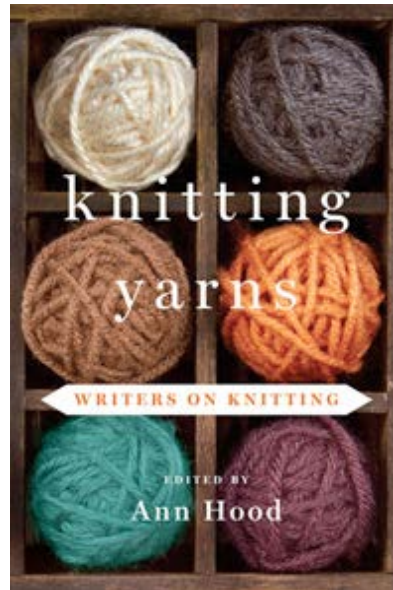
Co-Presidents Stacy and Sheila are filling in as interim editors of the Newsletter for a short while. If you'd like to dust off your journalism skills and help out, let us know.

Submit an article to the Newsletter, or ask a question, or share a compliment. Use our *new* Newsletter email address:

SDNCKGnewsletter@gmail.com

A New Book About Knitting

Knitting Yarns: Writers on Knitting
Ann Hood, Editor



Why does knitting occupy a place in the hearts of so many writers? What's so magical and transformative about yarn and needles? How does knitting help us get through life-changing events and inspire joy? In *Knitting Yarns*, twenty-seven writers tell

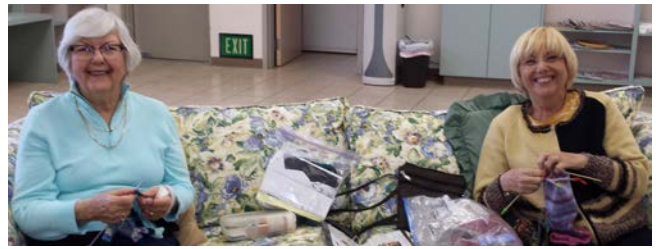
stories about how knitting healed, challenged, or helped them to grow.

Barbara Kingsolver describes shearing a sheep for yarn. Elizabeth Berg writes about her frustration at failing to knit. Ann Patchett traces her life through her knitting, writing about the scarf that knits together the women she's loved and lost. Her essay title speaks to many of us: "How Knitting Saved My Life. Twice."

Knitting a Christmas gift for his blind aunt helped Andre Dubus III knit an understanding with his girlfriend. Kaylie Jones finds the woman who used knitting to help raise her in France and heals old wounds. Sue Grafton writes about her passion for knitting. Jane Smiley, Anita Shreve, Elinor Lipman and Alison Lurie each contribute thoughtful essays. Also included are five original knitting patterns created by Helen Bingham. Poignant, funny, and moving, *Knitting Yarns* is sure to delight knitting enthusiasts and lovers of literature alike.

Book discussion, Guild knitters? Let's meet to discuss *Knitting Yarns*. If interested, send a note to the [editors](#).

Guild Retreats to Temecula and Montecito



Lois Friedlander and her sister, Beverly Karpf, (both shown above) came with us on Beverly's way home to Florida. Beverly enjoyed herself so much, she has already put next year's retreat on her calendar.



Princesses Diana Rathbun and Sara Stoltz

Our recent retreat to La Vina de Lestonnac was attended by 22 Guild knitters, and a good time was had by all!!

While most enjoyed knitting and chatting in the well-lit, com-fortable knitting room and outdoor patio, a few went to the near-by Santa Rosa Plateau Ecological Reserve for hiking with Toni Wong. An inveterate hiker as well as knitter, Toni led groups of four through the reserve on Tuesday and Wednesday morning.



Lupe Smith

Patt Miller did the "happy dance" twice, having finished two beautiful wraps, one with Thea Lazarevic's help on the bind off.



Dolores Hoffman

Projects were started and projects were completed. In addition to knitting needles, embroidery and needlepoint needles made appearances.

Besides enjoying the company of our sister knitters, we all enjoyed delicious cooking by Charity, the new chef at Vina de Lestonnac. We all gave our compliments to the chef!! The desserts were quite lovely, tasty and "worthy of eating," as Stacy Smith pronounced them.



Freddie Cusack and Carolyn Balkwell

We would love to have you join us next year! We have reserved space at La Vina de Lestonnac in beautiful Temecula beginning January 19 to January 22, 2015. Deposits are the same as this year: \$81 for a single and \$61 for a double (or triple).

Our next retreat to Casa de Maria in Montecito near Santa Barbara is scheduled for April 28 through lunch on May 1, 2014. We will be knitting in the Teresita Room this year as we have in several years past. Extra lighting will be provided for the evening hours. All the sleeping rooms have been updated, and the grounds are really well suited for meandering, walking or hiking as a counterpoint to sitting and knitting. There are gardens, meditation sites and a labyrinth to relax your "knitted brow."



Sara Stolz, Thea Lazarevic and Betty Gregory in Temecula

Reserve your space by sending your deposit to me or giving it to Treasurer Diana Rathbun at the February meeting. The non-refundable deposit is \$300 per room; so if you are reserving a single, it's \$300; \$150 each for a

double; and \$100 each for a triple. Please send your deposit to me at:

157 Via Monte d'Oro
Redondo Beach, CA 90277

June Bartczak,
Retreat Coordinator

Many thanks to Wendy Telford and Stacy Smith for their wonderful photos taken at the Temecula retreat.



Patt Miller and Wendy Telford, doing a "happy dance."

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 dues are \$25 annually and expire for all members on January 31. A printable membership form is available on the Guild website (ncknit.com) and in this newsletter.

Newsletter Submissions

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 interim [editor](#) for rates and more information.

Guild Sub-Groups

- ✿ **AKG Group:** It is called the 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, 858-597-9054.
- ✿ **RN Group:** RN stands for "Rather Normal." Meets the fourth Tuesday from 10:00 am to noon at the Encinitas Senior Center (1140 Oakcrest Park Drive, cross street is Balour). Contact: Gwen Nelson, 760-720-5420.

Knitting on the Net

Magnolia Hat

Knit with Aran weight yarn on #8 and #10 needles with 180 yards of yarn. It's worked in the round and in spite of its appearance, has no cabling.

www.ravelry.com/patterns/library/magnolia-16



Minutia (Tiny Sweaters)

Berroco has done free patterns for mini sweaters since 2008. Here's a page with links to them all:

www.berroco.com/pattern-listing/all/all/all/all/all/all/all/all?search=minutia



Cat Cocoon

This cat cave is knit with two strands of Cascade 220 held together on #15 needles and felted.

www.ravelry.com/patterns/library/cat-cocoon



Easy Hipster Cowl

Knit in light fingering yarn on #3 needles. There are two versions of the pattern available — see the description on the Ravelry page to choose your version.

www.ravelry.com/patterns/library/easy-hipster-cowl



Slipper Socks

From Dream in Color yarns. These bulky yarn slipper socks are a quick knit.

www.ravelry.com/patterns/library/slipper-socks-7



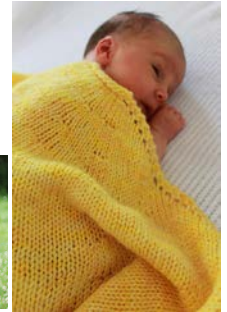
Baby Sunshine Blanket and/or Shawlette

This semi-circular piece is knit from the top down with DK weight yarn on #8 needles.

Some of the knitters on Ravelry

have discovered that the pattern also makes a perfectly sized shawlette. You could create a blanket for the baby intended to become a shawlette for Mom later.

www.ravelry.com/patterns/library/baby-sunshine



Knitting Tips and Tricks by Sandy Smith

An occasional feature in the monthly newsletter which includes useful knitting information. The emphasis is on the truly new and/or unusual. If you have any tips, please email them to sksmith@san.rr.com.

Steam Those Pompoms

From the blog Yarnerinas comes a handy tip on making pompoms. These Minnesota knitting teachers picked up a hint for better looking pompoms from a student in one of their classes. Go to the blog post for December 23 for details and cautions: <http://mlegan.wordpress.com/>

Avoid that nasty twist when joining to knit in the round.

We've all done it — cast on and joined to knit in the round. From Webs, the East Coast yarn store comes this handy tip. Before joining, use clothes pins to check the twist. For more info go to <http://blog.yarn.com/tuesdays-knitting-and-crochet-tip-be-careful-not-to-twist/>



San Diego North Coast Knitters Guild 2014 Membership Form

The Guild 2014 membership year is February 1, 2014 to January 31, 2015.

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 2014 and all of 2015.

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 4 will not be included in the 2014 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.