



## San Diego North Coast Knitters Guild

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

Number 199 – April 2014

### Next Meeting:

**Tuesday, April 1, 2014: 12:30-3:00 pm**  
**San Dieguito United Methodist Church**  
**170 Calle Magdalena**  
**Encinitas, CA 92024**

**Program: Challenge and Fashion Show**  
**Redo, Remake Renew**

### Presidents' Letter



*Co-Presidents Sheila and Stacy*

Spring is in the air. Even if you haven't finished up your winter wool and warm knitting, you might want to start thinking about what knitwear you will be wanting to sport in the warmer months. But, hey, there are a few other things we would like you to think about as well. What do you want from your membership in the San Diego North Coast Knitters Guild?

What roles does the Guild play in your knitting life? Do you want to learn a new technique? Do you want to cast on a garment you've never knit before or even considered knitting? Do you want to meet knitters in other states and other countries? Do you want to become a Master Knitter certified by The Knitting Guild Association? Think beyond where you are to where you would like to be.

The Guild's Board plans interesting, educational and entertaining activities. Sometimes we get it right and the Guild meeting overflows with knitters or a class is booked beyond capacity. Other times, we don't do as well and a workshop with just two registrants is cancelled.

Help us make the Guild fit more of you. Let us know what you would like to see the Guild offer to you, the members. More helpful than telling us what you would like, is to volunteer your time, your thoughtfulness and your energy. To keep the Guild growing and even surviving, new people will have to step up and take part. Think about how you will step up for the Guild.

This year we are lucky to have some new people taking committee positions. We are thrilled to have Monica Clark as our new Newsletter editor. A long-time member of the Guild, Monica is an experienced graphic designer. Monica says she "took a deep breath and dove in," and this issue is her first for the Guild. Our new philanthropy chair is Arlene Shaposhnik. She recently joined the Guild and has done an excellent job at reinvigorating our philanthropy activities. Arlene's enthusiasm has been contagious. She added another charity to support, and created knitting kits to help entice members to knit a small project to support those in need.

For volunteer organizations to survive, new ideas and new input is essential. Not everyone is able or wants to participate by chairing a committee. But each of you can make a difference in the Guild by sharing your opinions and preferences on activities and workshops that our Guild can offer. Each of you can give the Guild a stronger role in all our lives. So "Spring" forward and get involved. Participate and communicate!

Keep on knitting and sharing,  
Stacy Smith  
Sheila Kirschenbaum

## Remaining 2014 Meeting Schedule

### April

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

### May

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

### June

- 3 **Mary Scott Huff:** Everything I Need to Know I Learned From Knitting
- 4 **Workshops**
- 5 **Workshops**
- ① Eeeek Steeks
- ② Feeling Edgy
- ③ Mad Hatters
- ④ Start to Finish

*Four different  
over two days!*

### July

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

### August (\* Meeting on 2<sup>nd</sup> Tuesday)

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

### September

- 2 **Annual Guild Stash Sale**

### October (\* Meeting on 2<sup>nd</sup> 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 1<sup>st</sup> Monday)

- 1 **Holiday Luncheon and Fashion Show**

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## Guild Programs

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

**April Program:** The program will be our Redo, Remake, Renew Challenge and Fashion



Show. Some of you have given some hints about the projects you have been working on and we can't wait to see what all of you will have to share. Please send "before photos" if you have them to Anna Walden at [awalden@me.com](mailto:awalden@me.com) so they can be shown to the group. Let her know if you have a garment to show in the Fashion Show so we can arrange the lineup. Even if you have something at the last minute, just let us know on the day. Complete the form on page 11 with info on your "re-" project and bring it with you on Tuesday. We are sure we will all be amazed as always by the innovative solutions you will come up with!!

### May Program

What do Barbra Streisand, Forest Gump, and Freddy Krueger have in common? Come to the May 6 meeting and learn the answer from the "Knitter to the Stars," Judy Graham. Judy will share her journey from Indianapolis to Hollywood and reveal the inside scoop about the entertainment industry as it relates to her unique knitting career.

## Sara Smelt Program Review

Sara Smelt gave a superb presentation on felt at last month's Guild meeting. We learned the history of felt and various technique for making felt, and saw beautiful examples of items made from felt. The workshop on Wednesday was filled to capacity, and Guild members happily took home the felt flowers we had made.

The felt flower workshop was such a hit that plans are afoot to invite Sara to give another creative workshop for Guild members. If you are interested in taking a workshop to make a felted flower lariat, let us know by sending an email to [SDNCKGnewsletter@gmail.com](mailto:SDNCKGnewsletter@gmail.com). Also, keep watch in the Newsletter for a date and time.

Sara mentioned in her presentation an amazing video showing the creation of a stunning, hand-felted, hand-beaded dress. The video is titled, *The History of One Dress*, and it shows the entire process of designing and making the felt dress. Diana Nagorna, a Ukrainian felt artist is the star. Click on the link below to watch the video. <https://www.youtube.com/watch?v=t-3pA1LgIIQ>

For further exploring of felt art and felting, Sara recommends several books. They are:

*500 Felt Objects - Creative Explorations of a Remarkable Material* by Nathalie Mornu

*The Complete Photo Guide to Felting* by Ruth Lane

*Art in Felt & Stitch: Creating Beautiful Works of Art Using Fleece, Fibres and Threads* by Moy Mackay

*Uniquely Felt: Dozens of Techniques from Fulling and Shaping to Nuno and Cobweb, Includes 46 Creative Projects* by Christine White

*1,000 Artisan Textiles: Contemporary Fiber Art, Quilts, and Wearables* by Sandra Salamony and Gina M. Brown

## Minutes of the SDNCKG Meeting March 4, 2014

Sheila Kirschenbaum, co-president of the Guild, welcomed members, new members, and guests to the meeting. She announced that the Guild membership year ended January 31st and urged members to renew by tomorrow, March 5 so that membership information may be included in the Directory that will be distributed in April.

Sheila mentioned that a list is being compiled of those who have knitted or crocheted "coral" pieces for The Coral Reef Project presented by Guild members Susan Ludwig and Patty Brewer last month. These names will be included whenever this work is on display.

New, orange bookmarks that contain the current program for the year have been distributed.

Today, Sara Smelt, felt artist, will present the program, "Felt Like You've Never Felted Before! The Evolution of Felt From Ordinary to Extraordinary!" and a workshop on felted flowers on Wednesday, March 5 from 9am-noon.

The April program, "In House Challenge and Fashion Show: Redo, Remake, Renew" will be presented by Guild members. Anna Walden is providing details for participation. Please see the website for details and let Anna know if you want to be in the program. However, feel free to bring a project to the fashion show at the last minute.

In June, Mary Scott Huff, designer and teacher will present "Everything I Need To Know I Learned From Knitting". Mary will also give four workshops.

Mary Brown, San Diego County Fair Coordinator, encouraged Guild members to enter the fair competitions. Anyone who would like to enter something for the exhibit may get information from the Fair website. She reminded members that deliveries to the fairgrounds must be made

on May 20 or 21. Our Guild demonstration days at the fair are June 11, 12, and 13. To participate contact Mary or sign up at the April meeting. Those members who enter the competition or help on demonstration day will be given a free ticket to the fair.

Philanthropy chair, Arlene Shaposhnick, reported that 50 items were given to the teen program and were greatly appreciated. Members were encouraged to continue knitting for Operation Gratitude, Tété-a-Tété Hats and the Homeless teens in the Oz Program at YMCA in Oceanside. She announced that the Wednesday evening sub-group, Knit@Nite, will be knitting hats for charity at their meeting tomorrow.

Retreat News: Contact June Bartczak, retreat coordinator for the Casa de Maria Santa Barbara retreat April 28-May1, 2014. The costs are: single, \$481.50, doubles, \$396 each, and triples \$340.50 each. Deposits are \$300 per room.

Members were reminded that books may be taken out from the library, but should be returned the following month.

The most recent program of Members Teaching Members, Claudia Carlson's Popper Topper/Amika Workshop, in February was very successful. Garments will be shown next month during "Show & Share."

Members were encouraged to suggest ideas for workshops, e.g., a new skill, a pattern, etc. Please contact Sue Tavaglione, MTM chair.

Felt artist Sara Smelt presented the program today.

Stacy announced members who participated in "Show and Share".

Sheila informed us that Guild member Mary Beth Hull passed away. A Celebration of Life will be held at UCSD on Sunday, March 9 at 2:00. For more information, contact Diana Rathbun.

The meeting was adjourned by Sheila.

*Respectfully submitted by Barbara Pearson*



# Philanthropy

By: Arlene Shaposhnick, Philanthropy Chair

## ***Making a Difference One Hat at a Time...***

The women behind Tête-à-Tête Hats



This is how it's done... A 14-year-old girl, with her own health issues, accompanies her mom to the hospital and while waiting there notices chemo patients wearing scarves that she didn't think were pretty or comfortable. She knew something as simple as a comfy handmade hat would make a difference so she went home and knitted some hats for them. Out of her empathy and thoughtfulness Tête-à-Tête Hats began. Her name is Taylor and today she donates hats not only to towns all over San Diego County but also to hospitals and individuals all over the U.S. She is helped by her sister Paige and her mom Shelley.

Shelley recently sent an update on her incredible family: "Taylor graduated from Canyon Crest Academy last year and was accepted to UCSD. UCSD allowed her to defer her enrollment due to health problems. She has an implantable cardiac loop recorder to evaluate her for a pacemaker due to pauses in her heart rhythm. Her condition is called cardioinhibitory vasovagal syncope. This stems from a malfunction of her autonomic nervous system and she also experiences many more symptoms. She is a huge animal lover and also loves to read. Taylor is considering a career in Psychology or possibly veterinary medicine.

Paige is a junior at Canyon Crest Academy. She plays guitar, sings, and writes her own music. She loves to run and is on the track team at CCA. She is interested in pursuing a career as an equine therapist (psychologist who uses

horses for therapy). She would love to perform for you sometime!

Taylor and Paige have a younger sister, Alyssa, who is a freshman at CCA. Alyssa is in theater and will be performing in 13 The Musical through ACT San Diego in late March.

I am a stay-at-home mom and I write knitting patterns in my spare time. I have been published in Interweave Knits a number of times and my most recent pattern will be in Noro Magazine Spring 2014."

Guild hats have been donated by Tête-à-Tête Hats to many facilities including Scripps Hospital, Scripps Mercy Hospital, Rady Children's Hospital, St. Jude Children's, Little Company of Mary, Torrance Memorial Hospital, Scripps



*Here are more hats and scarves made by Guild members . . . Thank You.*

Polster Breast Center, San Diego Cancer Center, Ronald McDonald House, Cedars-Sinai Medical Center, Miracle Babies, Birthline of San Diego, Medical Oncology Associates, American Cancer Society, Hats for the Homeless and The Mayo Clinic. Hats have also been sent to individuals in California, Utah, New Jersey, Ohio, Illinois, Montana, Florida and Michigan.

For our spring and summer donations to Tête-à-Tête, Philanthropy is in need of lightweight yarns and hats. We need lightweight acrylic, cotton and cotton blend yarns. Please go through your stash and bring in your leftover lightweight balls of yarn, large and small...we will take it all



*These hats were made with leftovers of Tahki Cotton yarn.*

and create easy knit kits. A hat can be made from small amounts of different colors and textures of yarn. If you love to knit or crochet flowers, please do. We will attach them to simple hats to make them a little more special. Let's help Tête-à-Tête Hats succeed: donate yarn and get out your needles and KNIT!

We are also collecting hats and scarves for Operation Gratitude and will continue until September when they will be sent to the organization. Please use only subdued colors like navy, gray, black, maroon, olive and military colors. These hats must be marked with fiber content. You can do this on the tags that we attach from the Guild. There are instructions on the Guild website along with answers to questions you may have.

Please also keep knitting for our homeless teens. We will be collecting warm hats and scarves through the summer and would like to have them ready *before* the cold weather arrives. Our quick knit kits using wool blends or bulky weight yarn are perfect for these items.

As you can see, our needs are great. Please take the time to knit for one of our charities. As Taylor said, "it doesn't take that long." Help the recipients of helping organizations like Tête-à-Tête, Operation Gratitude and Oz Homeless Shelter for Teens and Families. Bring all your hats, scarves and yarn to Guild meetings. If you can't attend, please contact me at [arlene@shaposhnick.com](mailto:arlene@shaposhnick.com) and I will make arrangements to get your knitted items and yarn. Thanks in advance for your donations.

## Members Teaching Members Workshops

*By: Sue Tavaglione, MTM Chair*

What do we love most about yarns? The COLORS, first and foremost. Yet choosing colors for our projects can have a mystery about it. There is additional interest in another "Color Workshop" by Claudia Carlson, at possibly a different location.

What makes a color scheme work? What makes you say "oohh, that's gorgeous," even when it's not your favorite colors? Why do some knit items just look so professional while others appear mediocre? The answers lie in *color harmony*,

choosing color based on simple (yes really!) mathematical structures.

You can learn, understand and apply scientific color theory when choosing your next masterpiece.

The 3-hour workshop fee is \$30.00 plus a \$4 materials fee for a color wheel printed on card stock with nine black masks. You may choose to print your own color wheel if you like from the same supplied color wheel in .PDF format, which will be emailed to workshop attendees. It's easy, and *you can do it!*

To reserve your space or with any questions, contact: Sue Tavaglione ([sjtava@sbcglobal.net](mailto:sjtava@sbcglobal.net) or 951-684-3252) Claudia at: ([cdcarlson.contact@gmail.com](mailto:cdcarlson.contact@gmail.com) or 619-818-8310).

## Newsletter News

All members are invited to submit an article to the Newsletter, ask a question, or share a compliment. Use our *new* Newsletter email address: [SDNCKGnewsletter@gmail.com](mailto:SDNCKGnewsletter@gmail.com)

## Next Help Session on May 13, 2014

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 member volunteering as sage and mentor at each meeting, and everyone is welcome to attend.

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

All Help Sessions take place in classroom 10 at the San Dieguito United Methodist Church.

## La Casa de Maria Retreat

*By: June Bartczak, Retreat Chair*

Come to this pleasant and relaxing Guild knitters retreat in Montecito, near Santa Barbara. The grounds are beautiful, inviting strolls in the gardens, meditating on the labyrinth or just quiet observation to balance all your knitting time. We are booked for 4 days and 3 nights from April 28 through May 1 2014.



La Casa de Maria is located within walking distance of Montecito where there are lots of interesting shops. Besides knitting and visiting with friends, there is plenty of good food and opportunities for hiking, swimming and even a massage. This year massages cost \$65 for one hour and \$95 for 1½ hours. I will help with scheduling; once scheduled, the appointment is subject to cancellation fee. Additionally, all the

rooms at La Casa have been updated and redecorated.



You may drive or take Amtrak. Please let me know if you are traveling by train, we leave at 9:25 am from San Diego. I'll send you details separately. The La Casa website is [www.lacasademaria.org](http://www.lacasademaria.org)

The total cost is \$481.50 for a single room, \$396.00 for a double room and \$340.50 for a triple. This includes 12 delicious meals served cafeteria style. The entire amount is due by our April 1 meeting. For a single, it's \$481.50; for a double, \$396.00; and for a triple, \$340.50. Send your check made payable to SDNCKG to the Retreat Chair, June Bartczak, 157 Via Monte d'oro, Redondo Beach, CA 90277.

## Guild Membership Directory

The Guild 2014 Membership Directory will be available at the April meeting. It has loads of useful information for Guild members. Do you need to contact another member? Do you want to consult the Guild bylaws? Do you want to know the date of the next Help Session? What is on the program at the October meeting? And what is the date of that meeting? All this and more is in the 2014 Directory. Pick one up at the meeting on April 1 or May 6, or at Knit@Nite on April 2 or May 7. If you are unable to attend one of these meetings, please ask a friendly member to pick one up for you. *Directories will not be mailed.*

The Guild membership year ended on January 31. Renew by filling out a 2014 Membership Form, available on the Guild's website, and sending the completed form with your \$25 check to *Membership Chair* Zita Gardner. Renewals happily accepted throughout the year.



## San Diego County Fair Coming in June

By: Mary Brown, San Diego County  
Fair Coordinator



### *Now's the time to get ready for the Fair.*

This year the theme is The Fab Fair. Everyone in the Guild should consider entering into the competitive exhibits in Home & Hobby. We do such wonderful knitting that we should show it off for all to see. In addition to the ribbons and cash awards that the Fair provides for winners, our Guild gives two awards: Best Original Design and Best Workmanship. Each winner gets a \$50 cash award and 2015 Guild membership (worth \$25). No matter whether you are a great designer or a wonderful technician (or both), you have an opportunity to win one of these two awards. And, if you don't win these, win an award directly from the Fair. Visit

[www.sdfair.com/index.php?fuseaction=exhibits.h  
ome\\_hobby](http://www.sdfair.com/index.php?fuseaction=exhibits.home_hobby) and sign-up.

Also, we'll be demonstrating at the Fair for three days, June 11, 12, and 13. We can have up to eight people per day exhibiting. A representative will be sitting at the back table at both the April and May meetings (June if we need it) to take the names of those who would like to demonstrate. We would prefer that you commit to a full day. However, if you are unable to do that, we will take half-day commitments. Please note, however, that we will get free entry tickets for only eight people for each day. Priority for free tickets will go to those who commit for the entire day and leftover tickets will be distributed to half-day participants on a first-signup basis. Tickets will be distributed at the June meeting.

If you have any questions please contact Mary Brown at [mary.brown2@cox.net](mailto:mary.brown2@cox.net) or call 760-450-4050.

## March Show and Share



Dana Lovelace showed a "Knitted Ruana" from *Folk Shawls* by Cheryl Oberle. Knitted from side to side in a variety of blue stash yarns. A collar helps with the fit.



Maggie Whitson showed a jacket made in a class with the designer Eileen Adler. The yarn is Malabrigo in desert colors.



Amy Sheridan shared "Basic Crewneck" by Ann Budd. She used Knit Picks Swish, a wool superwash, in grey. It is done in a basket weave stitch from one of Barbara Walker's books.

Mary Brown showed two scarves. "Novelle" from Erika Shmerika Designs. Yarn is Forbidden Woolery, a wool and nylon blend, in a grey and denim. She found the pattern on Ravelry.



Mary's second scarf was "Thinking of Waves" designed by Connie Peng. She used sock yarn in a blend of wool/nylon in a fuchsia and Purple colorway. Pattern found on Ravelry.

Mary also showed a shawl call "Nymphalidea" by Melinda VerMeer. Knitted from Schoppel Wool Zauberboll Crazy and Malabrigo in a wool/nylon blend. The colorway is denim and the pattern is free on Ravelry.



Claudia Carlson shared a scarf based on "Stick 'Em Up" designed by Gina Wilde. She made the scarf from Silken Straw and

Sanctuary by Alchemy. She made it larger, and added eyelets to create a lace look.

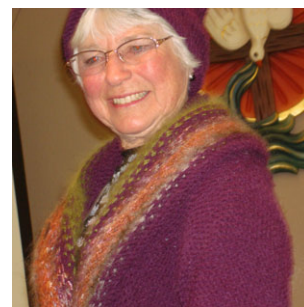
Rita Kahn showed a scarf she designed and knitted in “yarn” created from newspaper plastic bags.



Sandy Yayanos shared three items. Knitted on 10 air flights to, from and in Myanmar, the pattern is “Seashell Shawl”, by Kristin Omdahl, from Knit ‘n Style, October 2007. Yarn is mohair from Karabella, super kid mohair/ wool/polymid in a grey color. Yarn is held double on size #4 needles.



Sandy also made “The Canadian-Winter Hat” twice, once for our philanthropy project benefitting homeless teens and once for her daughter. The designer is Sally Melville from her book *The Purl Stitch*. She used stash and Icelandic wool in grey / blue and black.



Kerry Nare shared a scarf called “Sculptured leaves Cowl” by Iris Schreier. She used Artyarns cashmere, wool/nylon blend, colorway H14. The pattern is from the designer’s February KAL.



Thea Lazarevic shared a shawl called “Dunes” by Gina Wich, published in Knitty, First Fall 2011. The 100% cotton yarn is Twisted Sisters Daktari. The colorway is peach and purples. It took 720 yards on #7 needles.



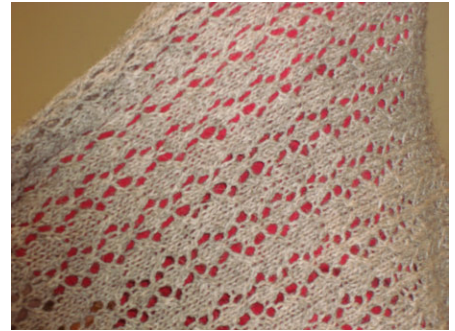
Sandy also showed “Dream Catcher Cardigan” by Annie Modesitt from Interweave Knits, Winter 2014. The main color is Adrienne Vittadini’s Donata. The yarn is alpaca/acrylic from the stash sale in purple color. Contrasts were from her stash.



Karen des Jardins shared a cowl that she designed. She used Twisted Sisters yarn called Lust, a mohair/silk blend in a chocolate color. It is bias knit, includes a provisional cast on and Kitchner join.



Virginia Wilson showed a lace shawl. The body is the cat's paw stitch pattern and the edging is in the pattern old shale. Knitted from North Ronaldsay yarn from a trip she took to North Ronaldsay Island. The wool yarn is a blend of natural colors from sheep are confined to the rocky shore and eat only seaweed.



Sheila Kirschenbaum and Stacy Smith shared skirts, "Drops pattern 128-17." Sheila knit her skirt in four wool blend sock yarns: Fabel, Regia, Sock It To Me and Nature Spun. Stacy knit her skirt in Colinette Jitterbug, three colors, Slate, Bright Charcoal and Toscana. The skirt is all garter stitch and knit side to side.



## March Meeting Program Team



*Pictured above: (Left to Right) Co-President, Stacy; Program Co-Chair, Anna Walden; Co-President, Sheila; Program Presenter, Sara Smelt.*

Elizabeth Primrose-Smith shared "Linen Top" by Kat Coyle. The yarn is Rowan Panama a viscose/cotton/linen blend in rust. The top is two rectangles.



## 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 ([ncknit.com](http://ncknit.com)) and in this newsletter.

### Newsletter Submissions

Send all submissions by the 15<sup>th</sup> of the month to: [SDNCKGnewsletter@gmail.com](mailto: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 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, 858-587-9054.

✿ **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, 760-720-542

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## Redo, Remake, Renew

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

If you remember: What were the original pattern and materials that you used?

Why did you decide to redo this garment and what did you change?

What materials did you use/add/subtract in the remaking of your garment?

Any interesting thoughts or experiences in this process you would like to share?