



Next General Meeting: September 6, 2016 • 12:30-3:00 pm
Morgan Run Club & Resort • 5690 Cancha de Golf, Rancho Santa Fe, CA

Upcoming Guild Programs

By: Tina Rounsavell,
 Program Chair ~ Programs@sandiegoknitters.com

SEPTEMBER 6: Stash Sale at Morgan Run

By: Lynn Koch ~ StashSale@SanDiegoKnitters.com

Bring cash and checks, and empty shopping bags to haul away your treasures! Our Annual Stash Sale will take place at the September meeting. This year we have yarn, accessories, books, and finished garments – all donated by our members. This is a fundraiser and money raised from the sale helps to pay for our Guild programs throughout the year. Sorry, but we cannot accept debit and credit cards.

Following the Stash Sale, we will have a brief business meeting. Show and Share wraps up the meeting, as always. There will be no name tags at this meeting.

Please do not try to enter the room before 12:30 p.m. Lynn, her volunteers, and the Morgan Run staff will be busy setting up.

OCTOBER 4: Linda Hart, "How Knitting Changes Lives"

Twelve years ago, a shy mother at Linda Hart's children's school asked her, "Will you teach me to knit?" This simple, hesitant question changed Linda's life. Teaching this one woman to knit led to Linda being asked to lead the Closely Knit group at the Solana Beach library, and her experiences in this group led her to write her book, Closely



Knit, published in 2014. The group has been meeting for 12 years and now has 200 members. Recently, Closely Knit members encouraged her to publish her first original design: the Weaverly Scarf.

A Guild member and retired psychologist, Linda is looking forward to sharing what she has learned from leading this group and writing her book. She'll focus on the importance of our knitting friendships and stories. She will also tell us how to maximize the health benefits of our knitting, based on the latest research she has studied. For more information about Linda, visit <http://www.thehartofit.com>.

NOVEMBER 1 : Carson Demers, "Bringing Comfort Back to Knitting: My Ergonomic Journey"

Knitter and physical therapist Carson Demers will show why ergonomics matters to your comfort and longevity as a knitter. He will offer four workshops November 2 and 3.

- "Knitting Happily Ever After: Ergonomics for Knitters"
- "Swatchbuckling"
- "KnittRX"
- Ergonomics for Fiber Enthusiasts"



We'll begin taking sign-ups at the end of September. Watch this newsletter and our website for details. For more information about Carson, visit <http://www.ergoiknit.com>.

2016 Programs

September 6 Annual Guild Stash Sale

October 4 Linda Hart
How Knitting Changes Lives

November 1 Carson Demers
Bringing Comfort Back to Knitting:
My Ergonomic Journey

**December 5 Holiday Luncheon and
Fashion Show**

Dates subject to change.

President's Message

I can hardly believe we're nearing the end of summer. I see back-to-school ads and hear the lament of friends whose teenagers are off to college for the first time. I'm reminded of the impending change of seasons in my hometown of Philadelphia, when the weather cools down a bit, days get shorter, and our routines change rhythm after summer vacation. Here in San Diego we're blessed with warm, sunny weather year-round; sure enough, that has many benefits beyond the obvious.



I no longer collect vast quantities of wool yarn. In fact, you're likely to see some of my relinquished stash this month. I don't save as many long sleeve pullover patterns. There's little need to make mittens, hats or scarves, other than what I knit as gifts. I've just gotten rid of 20 years of knitting magazines. My knitting has been pared down to match my San Diego lifestyle. But do you know what the biggest gift of this change of seasons is? I now have room for new yarn, time for new friends, and energy for new creative pursuits. And I'm so glad this Guild is a part of my creative journey. See you at the Stash Sale!

Minutes

from the Meeting on August 2, 2016

By: Liz Knapp (acting as secretary)

President Liz Knapp welcomed visitors and members to start the meeting. Guests and new members were acknowledged. Dessert and beverages were served. The Guild received a financial bequest last year from a member who passed away, Ellen Hesterman. Because of this gift, we have been able to hold meetings at Morgan Run while our regular meeting place is being renovated. The Program Chair, Tina Rounsavell, read remarks from Colleen Davis, the founding President of the Guild and friend of Ellen's. The fashion show inspired by Ellen was conducted with emcee Barbara Levine, followed by show and share.

Afterwards, Liz conducted the business portion of the meeting. She called upon several chair persons for reports:

1. Stash sale donation deadline is August 5. Sorting and pricing will be done the following weekend(s) by Lynn Koch and her team. Bring cash and checks only for the Stash Sale.
2. Janet White had lots of free patterns for making projects for several charities. She said the need for these demanded that the garments be turned in by the November meeting in order to be delivered to recipients on schedule.
3. Eileen Adler described her new design for knitted breast prostheses, "Soft Solutions." Pattern is available for free at [yarning for you](#) and [Needlecraft Cottage](#) and on Guild's website. Share a Knit will be making these at the next gathering. The Crochet Ribbon bracelet event was very successful.

Liz reiterated the need for volunteers to work with Gwen Nelson on the nominating committee. Newer members are encouraged to try a volunteer position next term, as it is a good way to get to know more of our group on a personal level. The door prize tickets were pulled, Mar Gee's centerpieces were distributed, and the meeting was adjourned.

Retreat Update

By: June Bartczak, Retreat Coordinator ~
Retreats@SanDiegoKnitters.com

We now have nine members signed up for our next Guild Retreat at Vina de Lestonnac Retreat Center in Temecula, which is scheduled to begin with dinner on Monday, January 16, 2017 and go through lunch on Thursday, January 19. The total cost is \$422.00 for a single room, \$322.00 per person for a double room and \$292.00 per person for a triple, meals included as noted above. To hold your spot, please send your non-refundable deposit check made out to SDNCKG to June Bartczak, Retreat Coordinator, 157 Via Monte d'Oro, Redondo Beach, CA 90277. The total costs are the same as last year, as are the deposits: \$150.00 for a single, \$100.00 per person for a double and \$75.00 per person for a triple. There are all-day kitchen amenities, including a coffee machine, hot water for the various teas supplied by the Retreat Center. The knitting room is well-lit with overhead lights and there are outdoor patio options for knitting. There are sofas and chairs available, as well as conference chairs. Vina de Lestonnac Retreat Center is located among the vineyards in the heart of the Temecula Valley wine country at 39300 De Portola Rd., Temecula, CA 92491. The website is www.vinadelestonnac.com. Besides knitting and visiting with friends, there is plenty of Charity's good, home cooked food!!

Nominating Committee

The term of Guild's current officers expires in January. New officers will be installed in January. The Guild needs one or two members to serve on the Nominating Committee with Gwen Nelson. You will be asked to identify prospective Board members to serve as President, Vice President and Secretary. The Coordinator positions will be open as well: Stash Sale, Library, County Fair, Webmaster, and more. Current coordinators are welcome to continue serving in their positions for another term. Please contact Liz Knapp President@SanDiegoKnitters.com or Karen des Jardins VicePresident@SanDiegoKnitters.com

Library

By: Brigit Pitcarin and Scarrain Gomes ~
Librarian@SanDiegoKnitters.com

Do you have a library book buried at the bottom of your knitting bag? There's never a fine for overdue books at the Guild! Please remember to return your books at the next meeting. While the library is being housed offsite, if you want to sign out a book, please e-mail the librarians at Librarian@sandiegoknitters.com and we will have your book for you at the following meeting.

Members Teaching Members

By: Sue Tavaglione and Eileen Adler ~ MTM@
SanDiegoKnitters.com

The crochet Ribbon Candy Bracelet class was held on July 27th at the home of Peggy Redler. It was a great class and everyone finished their bracelets. As one attendee said, "Thank you so much; it was such



fun!" Member & instructor Eileen Adler remarked, "The best part was observing all the sharing and helping that you can see in

so many of the pictures. Peggy Redler's home was perfect and she was a wonderful hostess."

Consider teaching a class yourself, or be the hostess and take a class for free. Contact Sue to make all the arrangements.



Share-A-Knit

By: Eileen Adler & Arlene Shaposhnick ~
ShareAKnit@SanDiegoKnitters.com

Our First Annual Summer SAK Splash will be a truly gorgeous morning was enjoyed by 12 wonderful knitters at our 1st Annual SAK Summer Splash. All attendees received our new Soft Solution, aka, Softie necklace. Eileen Adler has given us a fabulous new design that is easier to knit and more comfortable for the wearer. In short, she nailed it! Say hello to our Soft Solutions...Softies. Check out the Guild website for the instructions. The completed Softies can be dropped off to: Janet White in Philanthropy at any Guild meeting, Yarning for You, The Needlecraft Cottage and The Black Sheep.

The need for our Softies is great. We have all been touched by someone who is or has been affected by Breast Cancer. If you have never knit a Softie and would like to learn, Eileen Adler and Arlene Shaposhnick will be teaching classes at Yarning for You and The Needlecraft Cottage. Watch for the class dates!

A special Thank You goes out to everyone that attended the SAK event and who has been knitting the Softies for us...we love you all.



Photo, Back Row Left to Right: Cary Sullivan, Sydnie Wauson, Donna Royal, Janet White, Lois Chaddock, Winter Tatum.
Front Row: Arlene Shaposhnick, Eileen Adler, Peggy Redler, Susan Ludwig, Marva Ross, Mary Brown.

San Diego North Coast Knitters Guild General Information

Membership in the Guild is open to everyone, regardless of your craft. Membership expires for all members on January 31. Dues are \$25 annually. Here is a printable [membership form](#).

Send all submissions by the 15th of the month to: President@SanDiegoKnitters.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: Thea Lazarevic, 760-638-0897.

✿ 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.

KNITTING

The ball of wool got smaller and smaller as it ran across the rug,
reflected upon the untrained eye it looked just like a bug

The cat was intrigued, decided to pounce!
but the ball just carried on dancing and lost another ounce
Getting quite frantic now it's dancing got faster and faster,
the needles did their work the scarf got taller
but the ball just got smaller

Spotlighted by sunlight due to clement weather, disappearing!
It had reached the end of its tether.

Nick Moore ~May 13, 2013

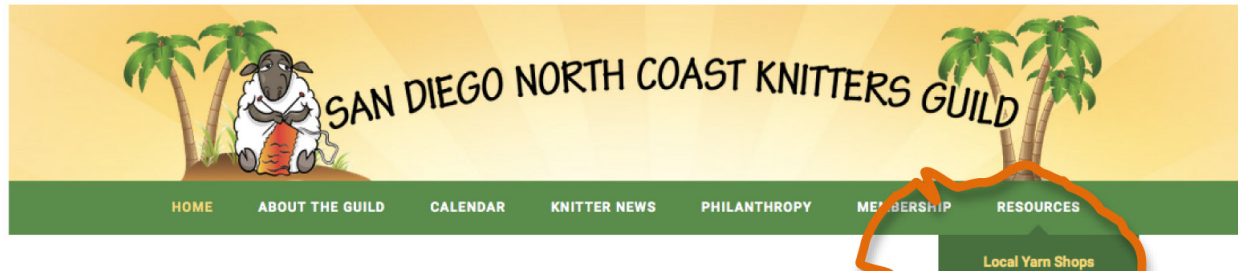


Website Tip of the Month

By: Sheila Kirschenbaum, Webmaster ~ Webmaster@SanDiegoKnitters.com

Where's My LYS?

Find an up-to-date listing of all local yarn shops on the Guild website: www.SanDiegoKnitters.com



Click on Local Yarn Shops

See an up-to-date list of shops...

Aranitas Yarn By Sofia

2925 Lincoln Avenue

San Diego 92104

(619) 674-8480

↗ [Google Map Aranitas Yarn](#)

New address (2014)

Common Threads

191 North El Camino Real #201

Encinitas 92024

(760) 436-6119

fiberartshop.com

↗ [Google Map Common Threads](#)

New feature! Locate a LYS! Click on [Google Map!](#)

Show & Share August (check out more photos on [Ravelry](#))



Sydnie Wauson's lace shawl is In My Mother's Garden by Louise O'Neill. The pattern is designed for variegated yarn and Sydnie used Potluck Luxury Sock yarn, a blend of wool/silk/alpaca. Her [notes](#) are on Ravelry.

Sydnie also showed [Pava](#), a beaded lace shawl from Susanna IC. Knit with beads in Potluck Supersock Silk, this is a donation for a scholarship fund raffle. (Donating a handknit item to your favorite cause is a wonderful way to give back!)



Tina showed the **Yipes Stripes Cowl** knit by **Barbara Levin**. Barbara used Neighborhood Fiber Co. worsted weight wool. The Ann Weaver pattern takes 85 yds each of 5 different colors and is a great technique-builder for all skill levels.

Eileen Adler had several versions of **Ellen's Scarf**. Ellen Hesterman made use of every inch of specialty yarns and here is the free pattern: Select 6-8 foot lengths of colorful, fun yarn. Gather 10-20 lengths and hold them together. Lay the yarn out in a long strip. Tie an overhand knot in the center, and then tie overhand knots evenly spaced out from the center knot. Leave long fringed ends. That's all there is to it!



Karen des Jardins wore a vest of her own design that she began in last year's Jane Thornley workshop. She used a white t-shirt as a template for size and shaping and yarn from her stash. Karen's vest won Honorable Mention at the 2016 County Fair!



Sandy Yayanos modeled her [Wave Pattern Wrap](#) from Vogue Knitting Holiday 2003. She used stash and ribbon yarns to great effect.

Louise Shappee, Sandra Zinn and Eileen Adler modeled the **Music Harmony Cowl** designed by Eileen. This close up shows unique construction that allows the piece to be worn at the neck or as a headband.



Show & Share August (check out more photos on [Ravelry](#))



Marie Skillman showed her **Diaphanous Shawl** in cobalt blue Cascade Ultra Pima cotton. This free crochet pattern can be found [here](#).

Diana Long knit Stephen West's **Vertices Unite**. She used Madelinetosh Light, Anzula Milky Way and Squishy, hand dyed Australain wool yarn, and Schulana Kid Paillettes (the "bling"). She took the workshop in March and says she "so enjoyed getting out of the box and their inspiration!"



Tania Marshall used twenty different sock yarns (about 15 grams of each – what a great stash buster!) for the Stephen West pattern **Unicorn Parallelograms**. [Tania's Ravelry photos](#) are better than the one I took.



Claudia Carlson knit the **Merinda Shawl** by designer Ambah O'Brien. She used Colour Mart 50/50 merino and silk in pink, black and gray. She says the unique construction made it a fun project. Her result is lovely!

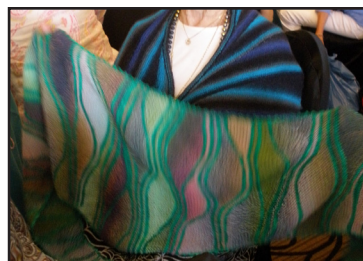


Eileen Adler and **Louise Chappee** modeled another of Eileen's designs, the Tippet. A tippet is historically a woman's long fur scarf or shawl worn

around the neck and shoulders. Eileen designed this shoulder wrap pattern to suit the knitter: using yarn from worsted to bulky and inserting side panels in a stitch pattern of your choice, this is a great pattern for knitters of all levels. Why not try a knit-a-long in time for holiday gift giving?

Valerie O'Grady modeled the **Wingspan shawl** in dramatic turquoise, black and purple wool. She also showed the **Autumn Fusion Shawl** knit by **Dolores Rodriguez**.

This swing knitting pattern by Brigitte Elliott shows off the long color repeats of Zauberbäll yarn beautifully.



The contrasting garter ridges are knit in Cascade Heritage Solids. See more of Dolores' photos and notes on [Ravelry](#).

Show & Share August (check out more photos on [Ravelry](#))



Irina Anikeeva modeled her own design, [Spring's Eve Cardigan](#). The pattern was designed for local yarn company Baah Yarns and uses their La Jolla 100% merino fingering weight yarn. It's knit from the top down using raglan construction and US#4 needles. It has a cabled panel in the back and on



the shawl collar and lapels. This pattern is being offered to Guild members at a discount; see "Knitting on the Web" for more information.



Tania Marshall had knit the [Mermaid Tail](#) lap blanket using Ella Rae Seasons yarn, a wool/acrylic/nylon blend. Tania made her version as an open blanket from the top down to about one foot from the tail. This

allows the wearer to toss it off easily – smart!

Vivian Forseth modeled her [Volt Shawl](#). This design from Grace Anna Farrow used five colors of Knit Picks Alpaca Cloud fingering yarn and a contrasting yarn for the accent. More photos and notes on [Ravelry](#).



Brigit Pitcairn models her [Broken Wings Scarf](#) from designer Joji Locatelli. Brigit dyed the Malabrigo yarn herself on a visit to the Malabrigo factory in Uruguay! That is the epitome of souvenir yarn, wouldn't you agree? Well done, Brigit.



Vivian Forseth (right), Marie Skillman (center) and Linda Guntz (left) took a Nuno felted scarf class with Jean Degenfelder and showed their

artful results. Start with a silk chiffon scarf blank, lay down wool roving in your own design, and add water and some elbow grease. The results are lovely. Maybe one of you can teach a class...MTM. anyone?

Sue Tavaglione showed two sweaters. Vertical stripes of railroad yarn add interest to the [Fayla Reiss' Tuxedo Stripes](#) olive cardigan. (right) Knit in reverse stockinette wool-blend yarn, Sue says the seaming was not as easy as



regular stockinette. Her green lace cardigan (left) was knit in Sirdar Country Style DK acrylic.



① Berroco Bingo! **Berroco Bingo** is easy to play: mark off any 10 items on the sheet and submit by Aug. 31. 10 winners chosen at random; no purchase necessary. Get your bingo card and the rules at http://media.berroco.com/knitbits/Bingo_Card.pdf

② **Not My First Rodeo** by Amy Williams is a linen stitch triangular shawl that is the perfect size for a neckerchief or bandanna. It uses one skein of highly variegated sock yarn and #7 needles.

③ **Yamamichi-mon** is a tee that is knitted straight from bottom up and has accent of side vents. Reverse stockinette stitch and vertical lace pattern will make it cool and airy. Free on Ravelry in English and Japanese.



④ The **Strasbourg Vest** has a unique pleated collar that can be cinched or expanded with drawstrings through knitted eyelets. Knit just one garment and wear it many different ways.

⑤ The **Mini Pumpkins** pattern uses up scrap yarn and makes a fast weeknight project.

⑥ Tammy Bailey's **Vlad Shawl** pattern is written in several languages and there are 2 knit-a-long discussion groups with lots of useful information.

⑦ Irina Anikeeva is offering a 30% discount on her **Spring's Eve Cardigan** to show her appreciation for the constant support and interest she receives from Guild members. The regular price is \$8. Use the coupon code GUILD for the discount and download the pattern from Ravelry.

✓ Click on these two links for wonderful audio clips that you can listen to on your computer or smartphone:

- Wisconsin Public Radio's Joy Cardin Show interview with [Clara Parkes](#).
- **Podcast** "Stuff Your Mom Never Told You" Episode about Knitting.

✓ Thanks to Carol Myers for sharing this blog post: [How to relax your cast-on](#).



Guild Directory New Members

By: Zita Gardner, Membership Chair Membership@SanDiegoKnitters.com

I have enjoyed being the Membership Chairman for three years, but it's time for someone new to take over. It's a fun job to keep track of our membership and to meet the new members. If you have basic familiarity with spreadsheets and are willing to handle money, this is the job for you! Call or e-mail me if you would like to know more about this position me (I am in the directory).



September 2016

Welcome to our NEW members:

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Ravelry ID: tntc

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