



**Next General Meeting: November 1, 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](mailto:Programs@sandiegoknitters.com)

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

If knitting has ever caused you sore joints, an aching back or a stiff neck, you'll be glad to hear what Carson Demers has to say at our November 1 meeting.

By day, Carson is a physical therapist who runs an ergonomics program for a San Francisco Bay Area medical center. Every other moment, he's knitting, spinning, designing, teaching, writing, or otherwise up to some fiber fun--with a watchful eye toward ergonomics. He combines his passion and experience in fiber arts with his expertise in physical therapy and ergonomics to create a unique skill set that he eagerly shares with the fiber community at local yarn shops, guilds, and major knitting events across the country. He is a regular contributor to Ply magazine. His aim is to keep us all creating comfortably ever after.

**Carson will offer four workshops while he's here.** These are the same classes he teaches at events like Stitches. In fact, he's offering two of the same workshops he'll be teaching at Stitches West in February plus two more not available at Stitches West this year.

Because the Guild subsidizes the cost, you pay only \$30 per workshop instead of nearly \$100 plus the cost of plane tickets and a hotel room. In addition, when you sign up for a workshop, you're helping our Guild pay for the wonderful speakers we enjoy.



★ Wednesday morning, **November 2**, Carson will teach **"Knitting Happily Ever After: Ergonomics for Knitters."** Learn how your knitting technique affects your body and how some simple changes can keep you knitting comfortably and safely ever after.

★ Wednesday afternoon Carson will offer **"Swatchbuckling."** Bring improved ergonomics to life in your knitting technique. You'll swatch to improve your posture, comfort and efficiency and look at ways to add movement to knitting to avoid stiffness and injuries caused by disuse.

★ Thursday morning, **November 3**, he will present **"KnittRX."** Tired muscles, sore joints, and aching backs and necks needlessly plague too many knitters. This class will teach you fun ways of "fiber care" for the most important project you make—YOU!

★ Thursday afternoon is **"Ergonomics for Fiber Enthusiasts."** Do you do more than knit or spin? This class takes inventory of the ergonomic pros and cons for a variety of fiber arts including weaving and finer needle work. You'll learn to identify ergonomic risk in your craft and discover techniques to prevent injuries, including improved posture, stretching and exercise.

Carson helped us choose workshops that don't duplicate each other so you can take more than one. But don't delay. These workshops are filling quickly.

All workshops will be held at San Dieguito United Methodist Church, 170 Calle Magdalena, Encinitas. Morning workshops are from 9:00 am to 12:00 noon. Afternoon workshops are from 1:00 pm to 4:00 pm. See our website for information about what you need to bring. There is no homework, and handouts will be supplied in class.

The workshops are \$30 each. Contact me at [Programs@sandiegoknitters.com](mailto:Programs@sandiegoknitters.com) and I'll save you a spot. We'll also take sign-ups at the November meeting.

For more information about Carson, visit his website: <http://www.ergoiknit.com>.

## 20th Anniversary Program January 3, 2017

To highlight our twenty years as a guild, a celebration meeting is planned for January. We are collecting a variety of stories and experiences from members 'old' and 'new'. The organizers are looking for anecdotes, photos, reminiscences, tales, or a good yarn. Please share any experience in the long ago or recent years to help us present a robust program. If you'd like to contribute, we'd love to hear from you. Write your story or arrange for a time to chat and we'll do the rest!

Contact the organizers at

[20years@sandiegoknitters.com](mailto:20years@sandiegoknitters.com)

## 2016 Programs

### November 1 Carson Demers

Bringing Comfort Back to Knitting:  
My Ergonomic Journey

### December 5 Holiday Luncheon and Fashion Show

*Dates subject to change.*

## Extended Board Meeting

All Board members and Coordinators are invited to attend the final meeting of the year. The incoming slate of officers and volunteers will be presented to the Board.

All members are welcome to attend.

**When:** Tuesday, November 1st 9:30 – 11:30 a.m.  
(before the general meeting)

**Where:** San Diego County Credit Union  
Community Room  
501 N. El Camino Real  
Encinitas, CA 92024

*Please park in the upper lot  
behind the building*

R.S.V.P. to Karen des Jardins,

[VicePresident@sandiegoknitters.com](mailto:VicePresident@sandiegoknitters.com)

## President's Message

I recently returned from a visit see to our grandchildren in Georgia. I was apprehensive about this trip because I see them only once a year. I never had kids of my own and feel awkward around them. Their other grandmother relocated to Georgia to be nearby, and she sees them several times a week. She has the resources to spoil them. How could I hope to compete, when she can buy expensive gifts and share all the milestones in their lives?

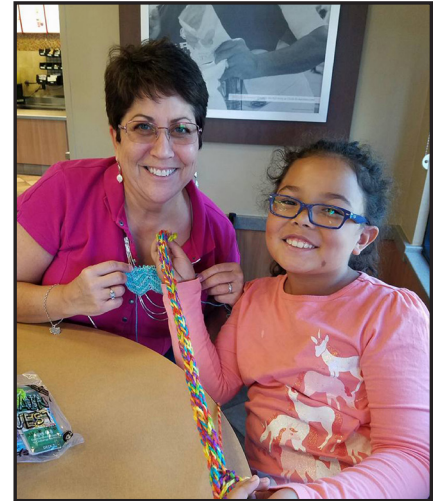
Well, our nine-year old granddaughter is no longer a shy little girl but a creative person with opinions of her own. After introducing me to her new baby brother, all she wanted to do was learn to finger knit! We shopped for chunky yarn and then sat together for hours on end. I can't describe how gratifying it was to share this with her. We knit side-by-side for hours. "Someday I want you to teach me how to knit with needles, Nana." We also went bowling and talked a lot. I stopped being nervous, let myself relax and had some fun just being myself with her.

I learned an important lesson. When I compare myself to others, I don't feel that I measure up. When I allow myself to experience something without comparison, I have a fuller, more healthy and pleasant experience. I've known this for a long time about my knitting; I was pleased with what I made until I compared it to others' work. I stopped doing that years ago when I joined this guild. Now I happily wear (or give as gifts) what I knit. My pleasure starts with the hours of pattern browsing and yarn selection, it continues through the hours of knitting, and I even like the finishing process. The garment is not always the goal. For me, the joy is in the journey.

May you always find joy and contentment in your knitting, and may this guild be one path along your way.

With warm wishes,

Liz





## Minutes

### from the Meeting on October 4, 2016 held at Morgan Run Country Club

By: Phyllis Bates

Vice President Karen des Jardins conducted the meeting. She welcomed guests including some members of the Closely Knit Group.

Tina Rounsavell, program chair, spoke about the program for November and the classes that are scheduled in conjunction with it. She urged members to take advantage of the classes and to sign up promptly for them. She introduced Linda Hart, who spoke on the benefits of knitting and "How Knitting Changes Lives."

After the presentation, Karen conducted a brief business meeting. She announced that the guild meetings would return to Founders Hall at the San Dieguito United Methodist Church beginning in January, where we had been meeting previously. She then announced several chairs who gave information about their activities:

- Gwen Nelson, chair of the Nomination committee, said she still had two positions to fill: Secretary and Chair for the June pot luck. She asked for suggestions and/or volunteers. The slate will be announced at the November meeting.

- Amy Sheridan has been accepting reservations for the Holiday Luncheon and would continue to do so via mail. If the limit is reached, she will automatically begin a back-up list to be used in case of cancellations.

- Eileen Adler showed a scarf of the kind that would be needed for her class on embellishing knitting. Scarves can be kept or donated to the guild's philanthropy projects. She also said she would continue to accept Softies and "knitted knockers" for women with breast cancer.

- Janet White urged those who have been working on philanthropy projects to finish them and turn them in so they can be distributed at the time when they are most useful.

Karen then mentioned that she had information for anyone who was interested in entering a quilt in the Valley Quilters Show to be held in February. Barbara Levin introduced the participants in the Show and Share activities.

## 2016 HOLIDAY LUNCHEON & FASHION SHOW

By: Mar Gee Farr and Willa Cather

The Holiday Luncheon & Fashion Show will be held on **Monday December 5th** at Morgan Run Club & Resort in Rancho Santa Fe. Space is limited so reserve your spot early!

Reservations are being taken by Amy Sheridan. Please complete the reservation form which can be found in this newsletter, at the November meeting, and on our Guild website. Return your reservation form with payment to:

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

Make checks in the amount of \$30 per person, payable to **San Diego North Coast Knitters Guild**. Your ticket will be held at the door.

If you would like to participate in the Fashion Show, please complete a form describing your item and return it to **Willa Cather** before November 25th. Forms for the Fashion Show are also in this newsletter, at the November meeting, and on our Guild website. REMEMBER, your Fashion Show items must not have been previously shown.

### CALLING ALL "VERTICES UNITE" & "DOODLER" KNITTERS

If you have knit one or both of these Stephen West shawls, please sign-up to be in this year's Fashion Show. We want to see how many variations of these two projects have been made by our Guild members. Sign-up at the November meeting or complete the Fashion Show form and send it to:

**Willa Cather**  
**292 High Drive**  
**Laguna Beach, CA 92651**  
**657-203-9904**

If you have any questions about the Luncheon or Fashion Show, please contact: **Mar Gee Farr at 630-624-6634**.

## Retreat Update

By: June Bartczak, Retreat Coordinator ~  
[Retreats@SanDiegoKnitters.com](mailto:Retreats@SanDiegoKnitters.com)

Participation at our annual Winter Retreat to Vina de Lestonnac in Temecula, from January 16-19 2017, has already been reserved by 25 members. The setting is lovely and the food is delicious. This year the total cost for a single is \$422. For a double it's \$322 per person. To join us, make your deposit check out to SDNCKG: \$100 for a double; \$150 for a single room and \$75 for a triple. The deposits need to be made by the November meeting, with the final payment due by the January 2017 meeting.

Vina de Lestonnac Retreat Center is located at 39300 De Portola Rd., Temecula, CA 92491, among the vineyards in the heart of the Temecula Valley wine country. The website is <http://www.lestonnacretreatcenters.com>

## Members Teaching Members

By: Sue Tavaglione ~ [MTM@SanDiegoKnitters.com](mailto:MTM@SanDiegoKnitters.com)

Sara Stolz is teaching an exciting new workshop, Fabric Bead Necklace Wednesday, November 9 from 10:00 am to 12:00 noon at Sara's home in Poway.

Materials \$20 + \$8

Please bring the required supplies: needle-nose and regular pliers, scissors. There is no homework.



Space is limited to eight members. Sign up and get directions at the November meeting. Sara will have a sample at the November meeting.

## Library

By: Brigit Pitcarin and Scarrain Gomes ~  
[Librarian@SanDiegoKnitters.com](mailto: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](mailto:Librarian@sandiegoknitters.com) and we will have your book for you at the following meeting.

## Philanthropy

by Janet White, Philanthropy Chairman  
[Philanthropy@SanDiegoKnitters.com](mailto:Philanthropy@SanDiegoKnitters.com)

It is almost the Holiday Season, and I am preparing to deliver all of your lovely knitted items to a variety of shelters and hospitals. There is still time left, though! I will pick up items at the November meeting and at the Holiday Luncheon. If possible, **please roll the items and put ribbons on them for gift-giving.** Thank you for all of your donations throughout the year. There have been so many, I stopped counting!

## TKGA News

Effective October 31, TKGA will become a Master Knitter run, independent, 501(c)3 non-profit organization. The affiliation with the Crochet Guild of American and Offinger Management Company ended and the newly-formed organization moves forward with our own team in place. There is a dedicated team of volunteers leading the way in technical editing and proofreading, the redesigned digital-only Cast On magazine, membership, record keeping, IT, correspondence course programming, the website, and the Master Hand Knitting Program.

If you are currently in the Master Hand Knitting Program, be sure to go to the TKGA website for all the policy changes coming in November. If you are a TKGA member, there are new Mini Courses on the way! And have you seen the wonderful Knitted Pumpkins pattern in the current newsletter?! Finally, as a 501(c)3 nonprofit, your donations to TKGA are tax-deductible. Visit the [TKGA Donation Page](#). To help today. No gift is too small; every dollar makes a difference.





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

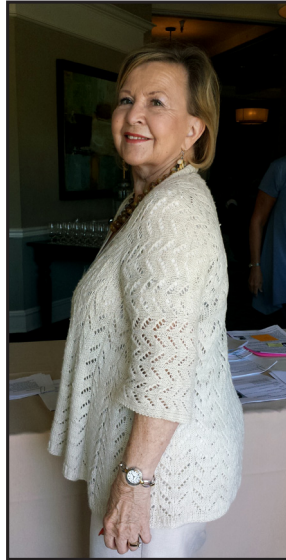


**Irina Anikeeva** modeled her [Montgolfier Hat](#) and [Idina Shawl](#). Both are designed by Irina and available on Ravelry. The unisex cabled hat is knit in Malabrigo Rios Merino yarn and is featured in Interweave Knits, Holiday 2016. The crescent shawl is worked top-down with a lace border in Baah! Yarns Manhattan, a blend of Merino and cashmere.

**Hanna Sudik's Tokyo Shawl** is a design from Marianne Isager. Hanna used Madelinetosh Merino yarn and says this is an easy knit. For a pre-blocking photo, visit [Hanna's Ravelry page](#).



**Marit Folts** modeled her very first garment: **Hitofude Cardigan** in Cascade Venezia. The Merino/silk yarn shows off the allover lace pattern beautifully. Marit learned to knit in her home country of Norway, but she quit 30 years ago. She started again two years ago and this is the lovely result!



**Colleen Davis** designed the **Cool Breeze Cardigan** in various multicolored yarns of many fibers. This design features short rows, with one kimono-style sleeve and one origami-style sleeve. Truly on-of-a-kind!



**Karen Bochinski** is wearing a cotton top, shorts, and bag made of fabric handwoven and sewn by her! She will be teaching MTM classes beginning in February 2017 for members interested in learning to weave.

**Cary Sullivan** showed a trio of chemo hats for kids. The **Lil' Knitting Angel Hat** pattern is from Nicky Epstein.





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



**Mary Brown** brought two **cardigans** of her own design. She incorporated various fingering yarns and sock yarns of wool, cashmere and silk in harmonious and pleasing color combinations.



**Monica Clark** wears the **Izzy Kimono** by designer Jo Allport. The pattern is designed for Queensland Collection Cairns yarn, a blend of cotton and acrylic. Monica used the specified yarn, saying it was wonderful to work with. The pattern was fast and fun to knit! Monica also brought her **Isadora Cowl** by Louisa

Harding. She used Amitola Grande wool/silk yarn; both pattern and yarn were souvenirs from a visit to a unique yarn shop in Mount Holly, NJ.



**Marilyn Neilsen** brought her adorable sloth **Laid Back Larry**. This pattern came in a kit by James c. Brett. The yarn is faux fur and chunky. The kit can be ordered at [www.jamescbrrett.co.uk](http://www.jamescbrrett.co.uk). *A portion of the cost goes to a charitable organization.* Marilyn's top is a Sirdar pattern that uses three colors of Sirdar Ella DK yarn, a cotton/acrylic/polyester blend. This is also a kit.

**Kerry Nare's Scroll Stitch Scarf** is a free pattern on Ravelry. Kerry used Baah! La Jolla Merino yarn and found the color pooled in a zigzag pattern. Said Kerry, "This is something of a miracle... I couldn't have done this if I tried!" More photos on [Kerry's Ravelry page](#).



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



**Sue Tavaglione** brought two very different scarves that feature knitting with beads. Sue wears a **Bow Scarf** knit in Rowan Kid Silk Haze with beads added for a bit of weight. She is holding a **Beaded Scarf** knit with a single skein of Koigu sock yarn and 700 beads pre-threaded onto the yarn.

**Valerie O'Grady & Rosie Halvorson** are all smiles in their matching Berroco [Lavandin Pullovers](#). Both ladies knit their sweaters in Berroco Corsica yarn, 90% cotton/10% cashmere.



**Julie Alvar** wore two knitted garments. Her pullover is the **Aviara Pullover** from our own Irina Anikeeva. She used Wollmeise "Pure" superwash fingering weight Merino yarn to achieve great definition of the twisted stitches that travel the body of the sweater. More photos and Julie's notes are on her [Ravelry page](#). The **Lovely Leaf Skirt** is a Hemp for Knitting pattern. Julie used the recommended Allhemp yarn and varied the needle size to get the A-line shape she wanted. More notes and photos [here](#).



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"But unvented - ahh!  
One un-vents something; one unearths it; one digs it up, one runs it down in whatever recesses of the eternal consciousness it has gone to ground. I very much doubt if anything is really new when one works in the prehistoric medium of wool with needles. The products of science and technology may be new, and some of them are quite horrid, but knitting? In knitting there are ancient possibilities; the earth is enriched with the dust of the millions of knitters who have held wool and needles since the beginning of sheep. Seamless sweaters and one-row buttonholes; knitted hems and phoney seams - it is unthinkable that these have, in mankind's history, remained undiscovered and unknitted. One likes to believe that there is memory in the fingers; memory undeveloped, but still alive."

Elizabeth Zimmermann,  
Elizabeth Zimmermann's Knitter's Almanac

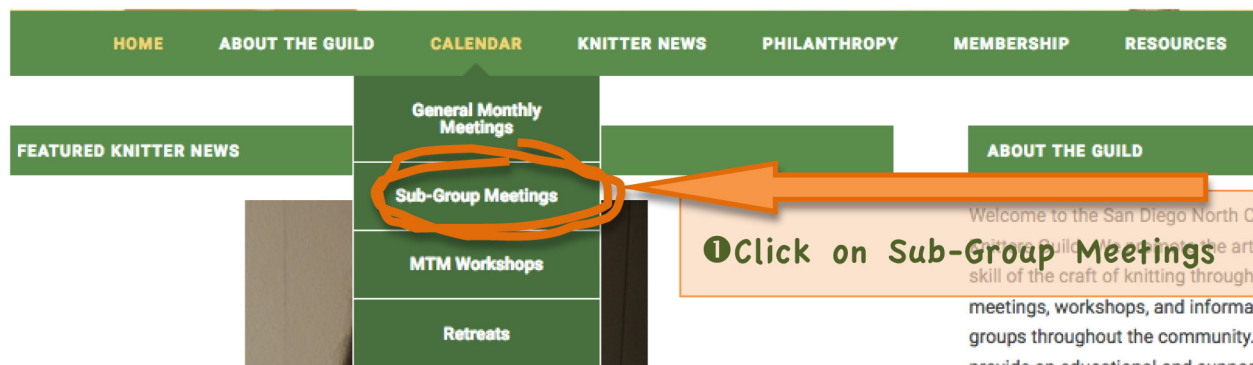
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# Website Tip of the Month

By: Sheila Kirschenbaum, Webmaster ~ [Webmaster@SanDiegoKnitters.com](mailto:Webmaster@SanDiegoKnitters.com)

## Visit a Guild Sub-Group Meeting! Expand Your Knitting Opportunities Meet Other Knitters Get Knitting Support and Advice



### ① Click on Sub-Group Meetings

### ② See a list of all Guild Sub-Groups

#### Sub-Group Meetings

##### SUB-GROUPS: OPPORTUNITIES TO KNIT WITH GUILD MEMBERS

Sub-groups are informal meetings of Guild members that provide us with more opportunities to knit our friendships together and knit together in groups. We knit and chat, we share projects in progress, we share yarn, we share our knitting dilemmas and we find solutions. There are no formal programs or organized teaching at sub-groups. Sub-groups meet monthly and weekly and twice a month, and they meet during the day and in the evening. We meet at coffee shops and community centers all over San Diego county.

Guild members interested in starting a new Guild sub-group in their neighborhood should contact Guild President Liz Knapp at [President@SanDiegoKnitters.com](mailto:President@SanDiegoKnitters.com) for more information.

##### KNIT@NITE

Day: First Wednesday  
Time: 6:00 p.m. - 8:00 p.m.  
Location: Lawrence Family Jewish Community Center, 4126 Executive Drive, San Diego, CA 92037 [+Google Map](#)  
Contact: Linda Erlich at [KnitAtNite@SanDiegoKnitters.com](mailto:KnitAtNite@SanDiegoKnitters.com)

Knit@Nite is an informal gathering of knitters at all skill levels. This Guild sub-group is the only evening get-together of the Guild. Knitters who are unable to attend the Guild's general monthly meeting are especially welcome. You can confirm the Knit@Nite schedule [here](#).

##### AKG GROUP

Day: Every Friday  
Time: 9:00 a.m.  
Location: Old California Coffee House Restaurant Row, 1080 W San Marcos Boulevard, San Marcos, California 92078 [+Google Map](#)  
Contact: Thea Lazarevic at (760) 638-0897 or [HolidatLuncheon@SanDiegoKnitters.com](mailto:HolidatLuncheon@SanDiegoKnitters.com)

AKG stands for Advanced Knitters Group. The name says it all!

##### I-15 GROUP

Day: Second and fourth Wednesday  
Time: 9:00 a.m.  
Location: Panera Bread, Carmel Mountain Plaza, 12156 Carmel Mountain Road, San Diego, CA 92128 [+Google Map](#)  
Contact: Mimi Sevimli at [I15Subgroup@SanDiegoKnitters.com](mailto:I15Subgroup@SanDiegoKnitters.com)

Knitting and snacks...is anything better?

##### PA GROUP

Day: Every Monday  
Time: 1:00 p.m. - 3:00 p.m.  
Location: Panera Bread, Solana Beach Town Center Shopping Center, 667 San Rodolfo Drive, Solana Beach, CA 92075 [+Google Map](#)  
Contact: Jean Moore at [PASubgroup@SanDiegoKnitters.com](mailto:PASubgroup@SanDiegoKnitters.com)

### ③ See Sub-Group Meetings in November and beyond... All are listed in one place!

#### • Knit@Nite

WEDNESDAY, NOVEMBER 2 @ 6:00 PM - 8:00 PM

#### • AKG Sub-group

FRIDAY, NOVEMBER 4 @ 9:00 AM

#### • PA Sub-group

MONDAY, NOVEMBER 7 @ 1:00 PM - 3:00 PM

#### • I-15 Sub-group

WEDNESDAY, NOVEMBER 9 @ 9:00 AM - 11:00 AM

#### • AKG Sub-group

FRIDAY, NOVEMBER 11 @ 9:00 AM

#### • PA Sub-group

MONDAY, NOVEMBER 14 @ 1:00 PM - 3:00 PM

#### • AKG Sub-group

FRIDAY, NOVEMBER 18 @ 9:00 AM

#### • PA Sub-group

MONDAY, NOVEMBER 21 @ 1:00 PM - 3:00 PM

#### • I-15 Sub-group

WEDNESDAY, NOVEMBER 23 @ 9:00 AM - 11:00 AM

#### • AKG Sub-group

FRIDAY, NOVEMBER 25 @ 9:00 AM

#### • PA Sub-group

MONDAY, NOVEMBER 28 @ 1:00 PM - 3:00 PM

### ④ Click on any listing for more details and a map to the meeting





❶ Cynthia Combs' free [Veined Leaf](#) pattern can be worked at a large gauge for a face cloth or potholder, or fingering weight embellishments (think Christmas tree ornaments and gift tags)

❷ [Baa-ble Cowl](#) in worsted weight yarn by Deb Jacullo. Officially named "[I'll Pack a Cowl for Rhinebeck](#)", this pattern uses a simple chart and large gauge so the confident beginner can try stranded colorwork.

❸ [Rozanna's Socks](#) by San Diego designer Renate Kamm are soft and structured. The pattern is available as a free download in English and German.



❹ [Dragonfly](#) by Aistė Butkevičienė is a pullover with openwork sleeves. The design uses several features to improve garment fitting and the generous amount of ease makes this a perfect pullover (and sweatshirt alternative) for southern California. The pattern is available in English and Russian.

❺ Lots of knitted ornaments, because it's never too early to start knitting for the holidays. Here are seven pattern links to get you started:

- 1) [Balls-Up](#)
- 2) [Christmas Balls](#)
- 3) [Cabled Globe Ornaments](#)
- 4) [Tiny Holiday Sweater Ornaments](#)
- 5) [Yarnspiration Knitted Ornaments](#)
- 6) [Felted Bell Ornaments](#)
- 7) [Holiday Heart Ornaments](#)

❻ [Tailwind](#) by Clara Falk is a triangular garter stitch shawl. Knitting from one corner to the other allows you to use any yarn and make it any size you like. An I-cord edging on the short sides will hide the color changes and give your shawl a finished look.

**San Diego North Coast Knitters Guild**  
**2016 Holiday Luncheon & Fashion Show**  
Monday, December 5, 2016

**Fashion Show Sign-Up Form**  
Please use a separate form for each item.  
Maximum of three items per member.

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

Telephone Number: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Item You Are Showing: \_\_\_\_\_

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

Designer's Name: \_\_\_\_\_

Source of Pattern: \_\_\_\_\_

Name(s) of Yarn(s) Used: \_\_\_\_\_

Yarn(s) Description: \_\_\_\_\_

Color way(s): \_\_\_\_\_

Name of person modeling or showing the item: \_\_\_\_\_

Helpful hints, suggestions, modifications or comments about the knitting process:

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**Completed forms are due by Friday, November 25, 2016.**

Please bring completed sign-up forms to the October or November Guild meetings, Knit@Nite meetings or mail to Willa Cather, 292 High Drive, Laguna Beach, CA 92651. If you have any questions, please contact Willa at 657-203-9904 or send an email to: [wcather@me.com](mailto:wcather@me.com).





**Annual GUILD Holiday Fashion Show & Luncheon**  
**Monday December 5, 2016**  
**(Reservations MUST be received by Friday November 25, 2016)**

- Arrival:** Please do not come before 10:30AM!
- Drawing Tickets:** 10:30AM – 11:30AM Our “Opportunity Drawing” items will be displayed 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:** [www.morganrun.com](http://www.morganrun.com) Phone: (858)756-2471  
 The Club is located approximately 3 miles EAST of I-5 at the 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 - Delicious** signature club chicken salad on lettuce, with fruit.
- On The Table:** Bread, butter & water.
- Dessert:** Chef’s surprise dessert!
- Beverages:** Coffee, tea & iced tea will be served at your table. A **CASH** bar will be available for wine, soda, juices and mixed drinks throughout the event.
- Cost:** \$30.00 includes tax and gratuity!

---Detach Here-----**RESERVATION FORM**-----Detach Here-----**RESERVATION FORM**-----Detach Here---

**Send to:** Amy Sheridan 4250 Robbins Street, San Diego, CA 92122 phone:(858)455-6508  
**Write your menu choice(s) on the form & your check!**  
**Make checks payable to San Diego North Coast Knitters Guild**

**Name of Member:** \_\_\_\_\_ Menu A\_\_\_\_ Menu B\_\_\_\_

**Name of Guest(s):** \_\_\_\_\_ Menu A\_\_\_\_ Menu B\_\_\_\_  
 (If applicable)

Amount Enclosed: \$ \_\_\_\_\_

**Direct any questions about the Luncheon or Fashion Show to Mar Gee Farr at 630-624-6634.**  
**ALL CHECKS MUST BE RECEIVED BY November 25, 2016. Please help us by RESERVING early!**

# Guild Directory New Members

By: Zita Gardner, Membership Chair [Membership@SanDiegoKnitters.com](mailto:Membership@SanDiegoKnitters.com)



## November 2016

### Welcome to our NEW members:

Linda Amundsen  
16731 Callado Court  
San Diego, CA 92128-2615  
619-977-1713  
[amundson19@gmail.com](mailto:amundson19@gmail.com)  
Ravelry ID: 2knitorknot

Joan Davis  
1120 Via Mil Cumbres  
Solana Beach, CA 992075  
858-755-9081  
[solanajoan@sbcglobal.net](mailto:solanajoan@sbcglobal.net)

Dawn Frank  
1872 Azul Vista  
San Marcos, CA 92078  
858-413-6174  
[dawn@franklyfab.com](mailto:dawn@franklyfab.com)  
Ravelry ID: FRANKLYFAB

Iby Heller  
899 E. Charleston M402  
Palo Alto, CA 94303  
650-223-7155  
[hellergg@aol.com](mailto:hellergg@aol.com)  
Ravelry ID: ibyheller

Karenina  
POB 178381 (West Clairemont)  
San Diego, CA 92177  
858-775-3566  
[KarenTheGreat88@gmail.com](mailto:KarenTheGreat88@gmail.com)  
Ravelry ID: KinSD

Lisa McCament  
37130 Van Gaale Lane  
Murrieta, CA 92563  
760-745-0852  
[arachne47@gmail.com](mailto:arachne47@gmail.com)  
Ravelry ID: arachne47

Isabelle Paulsen  
315 Encino Drive  
Vista, CA 92083  
760-758-2393  
[xstitchers@cox.net](mailto:xstitchers@cox.net)

