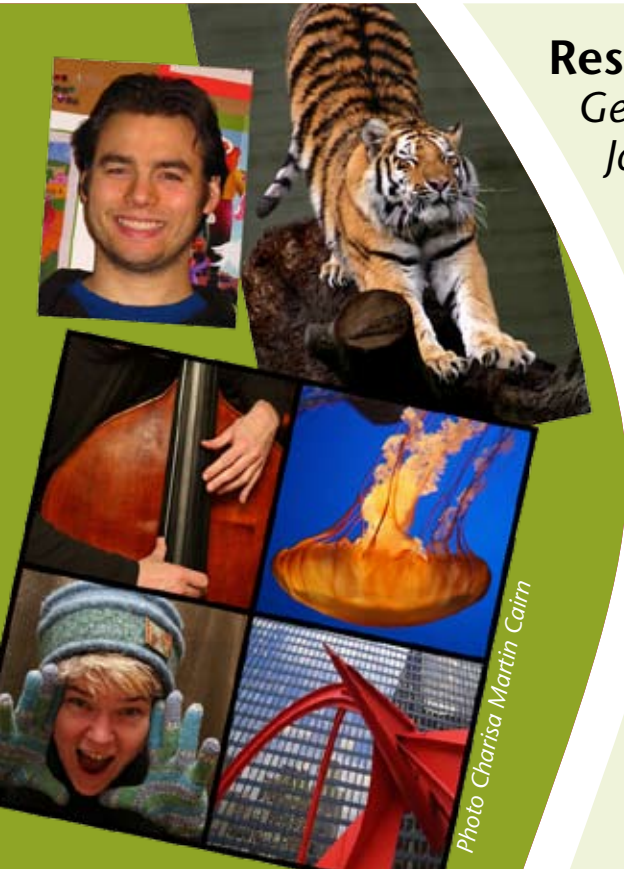


# Cablegram



## Resolutions For The New Year Get Fit and Show Off Your Knitting! January 6, 2010 from 7-9 pm

Made any New Year's Resolutions? Any *knitting* New Year's Resolutions? To get you started thinking about some, we'll present two mini-workshops at our first meeting of the year: **Wednesday, January 6, 2010 at 7:00 p.m.** at the Wedgwood Presbyterian Church.

We're all guilty of knitting too long at one sitting, so we've asked **Jeremy VanBuren**, certified Corrective Exercise Specialist (National Academy of Sports Medicine) and all around great guy, to give us some tips on how to remind ourselves to take breaks and stretch those muscles that get sore and tight. Wear comfortable clothes and be prepared to get up and *s-t-r-e-t-c-h-!*

Since many of us have discovered Ravelry, we love documenting our work, but taking pictures of knitted garments is tricky, and often our photos don't show our work to its best advantage. It's frustrating to have spent months on a project only to have the final photo look flat and lifeless, dark and dingy. **Charisa Martin Cairn**, photographer and knitter, has some marvelous ideas and tips about how to take photos of our knits, using the most basic of cameras, so we can all achieve greatness in the photography department. Lights, camera, action!

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**Looking Ahead:**  
February 10: Jane Slicer-Smith  
Madrona Fiber Arts Retreat  
Guest

**(Note February change of  
meeting date!)**

See back cover for more info

## What a Party!

### December Holiday Party Meeting

At least 90 people showed up for the SKG Holiday Party meeting on December 2nd, including a few guests and family members of all ages. Despite the large turnout, the current economy and earlier date, we received enough prize donations to combine with the gift certificates bought by the Guild for just about 80% of those holding raffle tickets to receive a prize.

The gift exchange table also overflowed with packages piled two deep as members entered the holiday spirit. The food tables groaned while we kept adding more room for dishes brought by our large crowd. Those of us with allergies



Pat Brunner

*Continued on page 4*

## Board Members

**Thanks goes to following members who volunteer their time:**

**Terri Peña, President**

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*dandelion on Ravelry*

**TBD, Vice President**

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## Resolutions For The New Year *continued from cover*

We guarantee after this meeting we will all be healthier, happier and more productive knitters. Bring it on, 2010!

For more added fun, we will have some raffle prizes to give out — a few solicitations came in after our Holiday Party — so we'd like to distribute those. We'll also have a basket of goodies to raffle off, to kick off our first fundraiser of the year. NOTE: Our original presenter, *Tanya Paraieux of Knit for Life*, was forced to cancel due to a death in her family. We know many of you were looking forward to her presentation, and learning more about this amazing woman and her worthwhile organization. We hope to schedule Tanya's talk for another meeting date later this year.

### Notes from the Board

At December's Board meeting Program Co-Chairs Debra and Mary B revealed the speakers they had contacted about providing programs for 2010 meetings. Wow. They have an impressive list and as soon as dates are firm, we will release the calendar.

The KAL for 2010 has been chosen. Most votes were cast online via Ravelry. The Holiday Party was another opportunity to mark your choices. The two projects with the most votes are Evelyn Clark patterns and Girasole by Jared Flood.

The Summer Social is such a fun event, and this year we will add to the fun by incorporating the KAL and the Social. This year's Social will be a great place to ask questions, get support, and show off progress.

The Raffle Basket will be back in January as well as a door prize drawing for new and renewing members. — *Terri Peña*

### News From Your Program Chairs

Hang on to your hats, folks, 'cause we're going to hit the deck running in 2010! Debra and I have some fabulous meetings planned. We won't spill all the beans just yet, but be assured we have commitments for some wonderful speakers.

To get us started, we'll kick off the New Year with a mini-class style meeting with "New Year's Resolutions" as the theme. We'll learn some great stretching exercises to keep us limber and some photography tips to show off our finished objects to their best advantage. (All details can be found on page 1 of the Cablegram.)

Coming attractions include Jane Slicer-Smith for February. Jane is in town for the Madrona Fiber Retreat, traveling all the way from Australia. Her new book, *Swing, Swagger, Drape* has enjoyed great reviews and is one of the newest acquisitions in the Guild library.

Heidi Parra of The Artful Ewe in Port Gamble will be here in March to show us her latest dyeing achievements, with the Fiber Frenzy coming up in April. We've planned lots of fun knitting-themed raffle baskets, and some new knitting quizzes, since you enjoyed that so much last year.

Keep your eye on the website for details once we've got them all nailed down — and of course, notice of upcoming meetings can always be found in the Cablegram! — *Mary B & Debra Fox*

## Membership Notes

Kathy Hightower

### Time to Renew!

Please plan to renew your membership for 2010 by January 31, either in person at the January meeting, or by mail. The membership form is available on our web site: [www.seattleknittersguild.org/join.html](http://www.seattleknittersguild.org/join.html) Dues remain \$22 per year. You do not need to fill out the membership form unless your contact information has changed from last year. Mail to: Seattle Knitters Guild, PO BOX 15341, Seattle WA 98115.

If you are renewing in person at the January meeting, we would prefer checks, they are much easier to keep track of! If you need to pay in cash, please bring exact change (\$22) and put it in an envelope clearly marked with your name. Members renewing at the January meeting (and those who renewed at the December holiday party) will be eligible for a special door prize drawing at the January meeting!

### New members

Please welcome new members Keisha Reis of Seattle and Christine Bear of Bellevue.



Kathy Hightower

## Knitter's Calendar

This month's listings include several introductory lace knitting classes for brushing up on your lace knitting techniques. KAL here I come.

- ☞ January 2, St. Distaff's Day Spin In, Cavelero Mid High, 8220 24th St. SE, Everett WA
- ☞ January 15-17, Jule Castner Winter Knitting Retreat at Semiamoo Resort and Spa contact [jule@gatheringstitches.com](mailto:jule@gatheringstitches.com)
- ☞ January 19th and 26, Lace Knitting class, 6:45 to 8:45 PM, [Weaving Works](#)
- ☞ January 25, Introduction to Lace Knitting class, 6 to 8 PM, [Village Yarn and Tea](#)
- ☞ February 1 and 8, Lace Washcloths using Hemptathy class, [Village Yarn and Tea](#)
- ☞ February 11-14, Madrona Fiber Arts Winter Retreat, Hotel Murano, Tacoma WA, [Madrona Fiber Arts](#)
- ☞ February 20, Easy Lace Cowl class, 1:30 to 5:30 PM, [So Much Yarn](#)
- ☞ March 2 (four Tuesday sessions), Triangular Lace Shawl class, 6:45 to 8:45PM, [Weaving Works](#)
- ☞ March 6, Japan & China Cruise, Knitting & Crocheting with Lily Chin, [www.craftcruises.com](http://www.craftcruises.com)
- ☞ March 11-14, NWRSA Camp Burton Spinning Retreat, Vashon Island WA, contact [lakeam@msn.com](mailto:lakeam@msn.com)
- ☞ April 6, Introduction to Lace Knitting class, 6 to 8 PM, [Acorn Street Shop](#)
- ☞ April 10-11, Whidbey Weavers Guild Spin-In, Oak Harbor High School WA, [www.whidbeyweaversguild.org](http://www.whidbeyweaversguild.org)
- ☞ April 15-18, Shepherds Extravaganza, Puyallup Spring Fair, WesternWashington Fairgrounds, [www.shepherds-extravaganza.com](http://www.shepherds-extravaganza.com)
- ☞ May 23, Musk Ox & Glaciers Alaska Cruise, Knitting with Lucy Neatby and Donna Druchunas, [www.craftcruises.com](http://www.craftcruises.com)
- ☞ June 10, Bermuda Cruise, Knitting, Crocheting & Beading with Lily Chin & Joyce Renee Wyatt, [www.craftcruises.com](http://www.craftcruises.com)
- ☞ July 4, Canada & New England Cruise, Knitting with Leslye Solomon & Jill Deal, [www.craftcruises.com](http://www.craftcruises.com)
- ☞ July 9, Baltic Cruise, Knitting & Beading with Chris Bylsma & Chrissy Day, [www.craftcruises.com](http://www.craftcruises.com)
- ☞ August 14, Scotland, Ireland & England Cruise, Knitting with Sally Melville & Beth Brown-Reinsel, [www.craftcruises.com](http://www.craftcruises.com)
- ☞ Oct.15th-17th 2010, Nordic Knitting Conference, Nordic Heritage Museum, [www.nordicmuseum.org](http://www.nordicmuseum.org)
- ☞ October 22, Australia & New Zealand, Knitting & Crocheting w/ Jenny King and Lily Chin, [www.craftcruises.com](http://www.craftcruises.com)



Evanne Vaivadas



(LEFT TO RIGHT) Debra Fox & Julie Axberg



Members enjoying the festivities



Christina Cheng

### Hospitality

Thank you to everyone for such a warm welcome at the December Guild Meeting. There was some interest in my appetizer so per request here's the recipe. Enjoy!

### Crab Rangoon

3 - 8oz. packages of cream cheese – room temperature  
 6 garlic cloves – minced/diced finely  
 ¾ lbs imitation crab meat (or substitute real crab meat)  
 1 bunch of cilantro, leaves only (no stems), diced finely  
 1 bunch of green onions, diced finely  
 ¼ tsp paprika  
 ⅛ tsp of salt (optional)  
 ¼ tsp white pepper (optional) (or cayenne if you like it spicy)  
 2 packages of wonton wrappers (about 80 wrappers, the thicker the skin the better)  
 1 raw egg beaten  
 Sweet Chili Sauce  
 Enough Canola oil (or an oil with high smoke point,

### What a Party!

*Continued from cover*

appreciated the ingredient lists many included with their contribution. The turnout for this year's event did deplete some supplies, like plates and forks, faster than board members had anticipated when stocks got checked in preparation but a bit of substitution didn't seem to dampen spirits as people lined up by table for their turn at the spread of food.

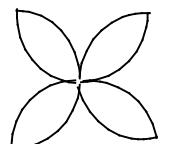
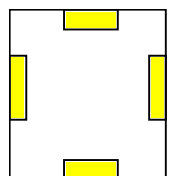
Program co-chairs Debra Fox and Mary Berghammer handled the raffle duties, with some spelling by Guild president Terri Pena so they could eat, too. Though none of the three have what one would think of as a soft voice, the size of the gathering still made a large set of jingle bells necessary to get the attention of members as they called raffle ticket numbers. Cheers greeted each reply of 'That's me' as numbers were announced.

Those businesses who did donate this year gave generously. Among the gifts I saw unwrapped were two sets of Options Interchangeable Harmony wood needles, a large black Lantern Moon knitting tote with silk scarf, patterns, several books, and hand-dyed yarns from various vendors. We'll thank those who contributed in a separate listing (*See Debra Fox's story page 6*) but I will say I thought we received some great donations in a time when many of our regular contributors had to think twice about whether they could do so this year. Please let them know how much we appreciate their generosity with your patronage when you can.

May the season be kind to all our members, old and new, and we look forward to seeing all of you next year. — *Karen Jo Gustafson*

i.e. Peanut, Safflower, Sunflower) to cover the top of the wonton, use a deep fryer if you have one or use a heavy skillet (for even heating). Add oil to the cold pan, heat over med-high heat to 350-375 degrees F. Don't overcrowd when frying.

1. Mix all the ingredients together, except for the wrappers, egg, oil, and sauce
2. Take one wrapper and scoop about one rounded teaspoon size of the mixture onto a wonton wrapper
3. Dabble egg in the yellow zones of the wrapper and bring the yellow zones into each other and press together to create a 4 sectioned flower
4. Drop stuffed wonton into heated oil and fry until golden brown, remove from oil and drain off any excess oil
5. Serve with sweet chili sauce





### And a Good Time Was Had By All!

December 2nd members came together to celebrate knitting, fellowship and good food at our seasonal holiday party. Program Co-chairs Mary Berghammer and Debra Fox mc'd the festivities and began immediately handing out prizes. We enjoyed delicious food from homemade crab wontons, corn casserole, sweet and savory brussel sprouts (who knew?), salted caramels, cookies, cake and much more. Board members set up for and cleaned up after the event.

The Guild purchased \$25 gift certificates from local yarn shops and secured great donations from a number of shops. We were also pleased to be gifted with great donations from companies local and far away for our members. Prizes were also donated by several Guild members. All in all, over 70 prizes were handed out to the assembled knitters.

*We wish to graciously thank the following shops, knitters and companies for their support of the Seattle Knitters Guild and our holiday party. It is great to come together to knit, eat and celebrate but we all know it is really fun to win a prize.*

Acorn Street	KnitPicks	Tricoter
Bad Woman Yarns	Mountain Colors	Village Yarn and Tea
Berroco	Pacific Fabric & Yarns	Weaving Works
Brown Sheep Yarn Company	Renaissance Yarn	Kristine Jackson
Churchmouse Yarns	Skacel	Lizabeth Coller
Hilltop Yarn	So Much Yarn	Karen Jo Gustafson
Fiber Gallery	Sundara Yarns	
	The Knittery	

## Book Review

*Knit One Below* by Elise Duvekot

When we asked on the Guild's Ravelry group what books members would like to see added to our library, more than one person requested *Knit One Below*. Though I can't say that Elise Duvekot originated knitting into stitches in the previous row, she has done a thorough job of developing a style of knitting based on this technique.



Karen Jo Gustafson

The main stitch pattern used by Duvekot uses one-by-one columns of knit-one, knit-one-below. When done with alternating colors on each row this stitch develops vertical columns of colors while knitting with only one color at a time. For flat knitting, double point or circular needles allow slipping back to the beginning of the row every other row so the second color can then get knit or purled across on the same side as the first. Duvekot claims that this pattern, though thicker than stockinette, feels less stiff than slipped stitch patterns or stranded color work.

It also produces a much shorter and wider gauge of stitch, about 1 stitch per three rows as compared to the 2 to 3 or 5 to 7 ratio of stockinette. Because of this gauge difference, the first part of the book discusses changes in technique needed with the specifics of selected ones in the appendix. Cast-ons must be much looser and more flexible to allow for the wider width of the pattern's stitches. Duvekot recommends an e-loop cast on done toward the tail of the yarn, sometimes with extra stitches that are knit together in the first row or done with two strands of yarn. For casting off she uses a sewn cast off or a cast off incorporating yarn overs to produce extra stitches and width. Increases and decreases must be done in pairs to maintain the alternate color pattern. Stitch pick ups need a different ratio and many standard edging stitches, such as ribbing, have too different of a gauge so she mostly uses garter stitch for edgings.

Some things apparently work more easily with the knit-one-below technique. Side seams in sweaters can be picked up and bound off using the three-needle method to produce a column of contrast color that looks like part of the pattern. Short rows require no wrapping. Because every other row of her intarsia patterns use a single contrast color worked all of the way across, no loose stitches form at the edges of the color changes on the intarsia rows. She's also devised a way to do a one-by-one cable stitch against a contrasting colored background.

XXR Books of Knitting Universe publishes *Knit One Below* so the patterns lay out in their typical style. Everything is easy to read in a crisp font that's large enough with plenty of white space on the pages. The left hand column contains basic information on each pattern such as gauge, yarn, needles, etc. Basic stitches are written out for at least 4 rows separately from the pattern. Anything more complex than the garter stitch or I-cord edgings have both charts and written instructions. These run across the top of the page with the schematics. Besides copious measure-



ments, because of the different nature of these stitch patterns the numbers of stitches and decreases also appear on the schematics in a red font. Anything unusual in the pattern gets a little explanation

in a side bar. Each pattern usually has one full-page photo, not on the same page as the pattern, but special details or back views get a second smaller photo. The one issue I have with the layout is that the 9 1/2 by 10 inch size of the page will make it hard to photocopy patterns for one's own personal use.

I always find it hard to actually find the errata for XXR books. *Knit One Below* does have a few, which can be found [here](#).

This book has a lot of garment patterns with a chapter each on Vests, Cardigans and Jackets, Sweaters, and a catchall that has such things as skirts, one with a matching top, an asymmetrical tabard and a camisole shaped with increases and decreases that result in a chevron pattern. I didn't find most of them that thrilling as garments I'd wear. Most have no side shaping and use a drop or modified drop shoulder. I'm sure this works best with the fabric created by this technique and gives a nice space on which to show off variations of it, but I'll only wear so many of that style. Still, Duvekot manages to create an amazing variety within this shape with variations such as alternating stacks of columns, using the presentable but different reverse side, knitting from side to

side, striping one set of columns in many variations while keeping the other solid, using the nature of a 2x2 version to break up pooling in a variegated yarn, and creating patchwork effects by using intarsia for one set of columns.

I was attracted to two projects in the Cardigans and Jackets section. Parisienne, a check-patterned Chanel-style jacket, is one of the few with set in sleeves. Three needle bind-off seams and the garter stitch edging done in alternating rows of the two colors around neckline, front opening, hems, pocket edges, and the cuffs with their buttoned slit give it the right



level of finishing for the style. In the zippered cardigan Yin Yang, her contrast cables edge the opening and run down the sleeves with the colors reversed on either side. A V-inset at the back neck both shapes the shoulders

and gives the front opening a V-neck shape without interrupting the columns of color. To stabilize the heavy piece the zipper runs all of the way up to the shoulder seam, allowing the wearer to choose the depth of the V opening. She does specify two 32" separating zippers in the yarn colors so the color pattern can continue in the zipper color. This is a nice touch but will leave you with a second two-colored zipper.

A section of baby and children's items include an intarsia blanket, a bonnet with or without a ruffled edge in the pattern stitch, a baby jacket which could also be done without ruffles, booties, and

a child's sweater alternating garter ridges with column patterns that I might be tempted to translate to adult size.

The sections that prompted me to buy a copy of this book were the accessories. One of the features of the stitch pattern is that the reverse side, though different, looks interesting and presentable. Although you're dropping the stitch in the current row as you knit the one in the row below, these floats end up encased in what Duvekot describes as columns of flying swallows. That means a color work scarf doesn't have a wrong side with floats or ugly stitches. Also, she's devised a method of knitting a round piece with curving wedges of column increases that she uses first as the base of a felted bag and then as the crown of a hat pattern with a number of variations, my favorite being the pillbox. Even without felting, a hat in this pattern stitch would be thicker than usual and warm while also very interesting. She's also capitalized on the warmth and flexibility of the stitch to create mittens, fingerless gloves, wristers, stocking caps and beanies. The most beautiful piece, though, has to be the center-out square shawl done in light and dark shades of grey Kid Silk Haze.



In the introduction Duvekot says she originally started working with knitting into stitches in the row below while trying to figure

out a simple way to incorporate two colors of yarn into a sock. Here she's included a chapter with tips on how to use this technique to liven up basic socks and a table of stitch counts to use for the altered gauge. She also presents a sock pattern with cuff variations, one or two-color options, pinwheel heels and toes that can be done in alternating rounds of two colors, and a cable option.



She ends with a stash buster section showing a cropped vest, two afghans, and a stole. In these one set of columns uses a single unifying color while the other uses up smaller amounts of several yarns, with ends in some left to create fringe.

All in all, after going through this book I'm very glad I signed up for the all-day hat workshop taught by Duvekot at Madrona. I think it's a technique that I'd really enjoy in some applications but on my own I might let it languish in my To Do pile rather than tackling the learning curve. I don't think it will be hard, just different and requiring some fiddling at first. For those who like a little challenge and something different, "knit one below" technique would be all that, without piling on complexity in the projects themselves. We do now have the book in the Guild library. — Karen Jo Gustafson

EDITOR'S NOTE: Here's the Errata link again for folks not using the pdf version of the newsletter.

[www.knittinguniverse.com/books/bookscorrections/KnitOneBelow/knitonebelow.pdf](http://www.knittinguniverse.com/books/bookscorrections/KnitOneBelow/knitonebelow.pdf)

SEATTLE KNITTERS GUILD  
 PO BOX 15341  
 SEATTLE WA 98115

**Notes From Your Editor**

Dreaming of warmer weather? Yes, me too — for instance a trip back to Utah to lounge and knit in the heat at Mexican Mountain. Lovely. Let me know what you’re dreaming of. I received a note this month, a nice kudo:



Margarite Hargrave

*Hi Margarite,  
 WOW! The newsletter looks great. Clean and crisp.  
 Thank you for giving up your knitting time to do the letter. See you on the 2nd. Always Spinning, Sandi*  
 Thank you Sandi. Ok, now tell me what you’re dreaming of for February. — Margarite Hargrave

**Seattle Knitters Guild**  
*(Est. 1985)*  
 Meetings every first Wednesday of the month 7pm  
 Wedgwood Presbyterian Church  
 8008 – 35th Ave. NE, Seattle  
*(NE corner of 35th and 80th)*  
 Visitors always welcome. Parking available in the lot behind the church or across from the south side of the church on 80th.  
 Dues: \$22 per year, \$11 after July 1  
 Library cart open 6:30 to 7pm  
*(Only members may check out books.)*  
**Cablegram** is published monthly. Submit stories and photos to [editor@seattleknittersguild.org](mailto:editor@seattleknittersguild.org) by the 2nd Saturday following the meeting.  
[www.seattleknittersguild.org](http://www.seattleknittersguild.org)

Board Meeting	Cablegram emailed	Member Meeting	Topic
December 9	December 30	January 6	Get Fit and Show Off Your Knitting! Jeremy VanBuren, certified Corrective Exercise Specialist and Charisa Martin Cairn, photographer and knitter
January 13	February 3	February 10	Jane Slicer-Smith, Madrona Fiber Arts Guest
February 17	February 24	March 3	Heidi Parra of The Artful Ewe in Port Gamble