

Cablegram



April 2: Fiber Frenzy!

We would say that this is a chance to make some room in your stash..... but odds are you will fill that space pretty quickly with someone else's stash. (Ok, that might just be me.....) Do you have some yarn or tools in your stash that you once thought was a great idea, and know you wonder why? Price it to move, and bring it to Fiber Frenzy on Wednesday, April 2.

Some important rules:

1. Only current Guild members wearing name tags can sell.
2. Anyone can buy.
3. You are the boss of what you are selling, the price at which you sell, and the money you receive, and the humane disposal of your leftover unsold stash. In other words – set your prices, mark them clearly, and bring money for change. If you have yarn that you want to donate for Knit It Forward, please speak with Susan Parke.
4. Doors will open for set up at 6:30. We will have the usual tables and chairs available.

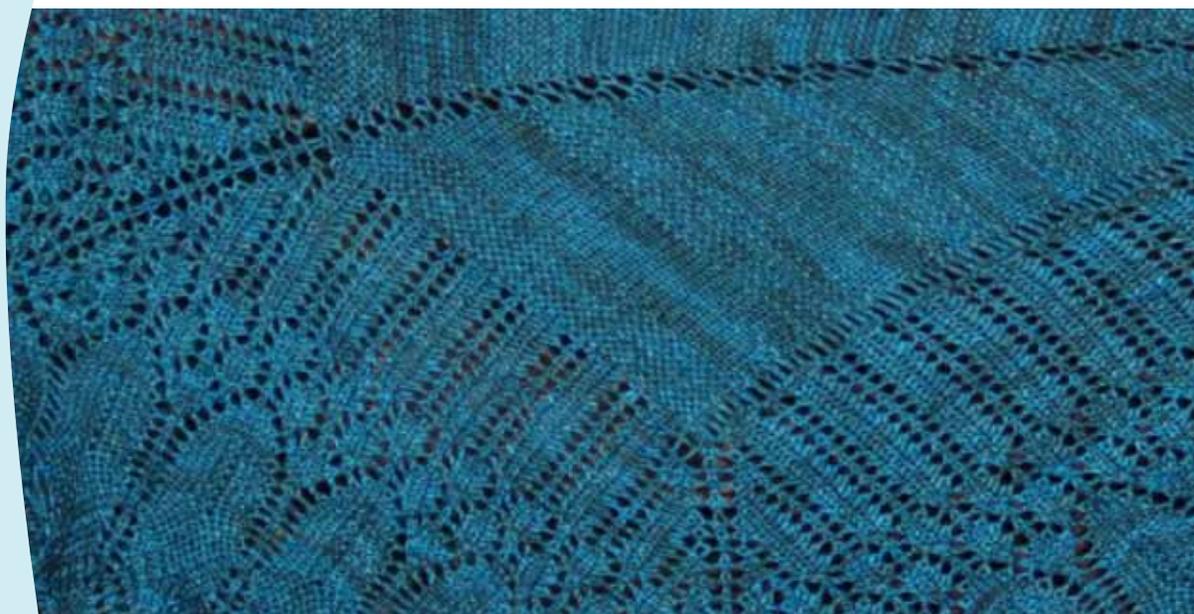
5. SELLING BEGINS AT 7:00pm after announcements!

— Susan Parke, Program Co-Chair

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Looking Ahead:
 May 7,
 Vicky Eberhart:
 Bunny Gold Angora

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 KNITTERS GUILD
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From the President:

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In the recent CNN article, "This is your brain on knitting" <http://www.cnn.com/2014/03/25/health/brain-crafting-benefits/>, it expounds on how knitting can decrease depression, anxiety and diminish chronic pain. It likens knitting to meditation, "you forget yourself. You feel part of something larger." Stress is controlled or reduced and our bodies fight off inflammation as well as the repetition motion "activates the parasympathetic nervous system" and wards off the fight/flight symptoms that come with PTSD. Knitting is said to increase the dopamine in the brain so is considered a "natural anti-depressant" and keeps us YOUNG! We do not snack so much and we kill less people! That is true! I haven't killed anyone since I started knitting !!

What is the downside to knitting? A kink in the neck for not giving yourself a break, an out of control stash, and smuggling yarn in the house to avoid conversation with a non-knitter. People used to say they cannot knit because of arthritis and we know now that it is not the case, studies show it can be beneficial, and anecdotally I have heard from one of our fellow SKG members that knitting helps her manage arthritis and serves as a good medicine.

In the article in KNITTY, <http://www.knitty.com/ISSUESpring03/FEATarthritis.html> the author, Bonne Marie Burns states, "although there are no guarantees (or cures), knitting is an excellent way to maintain and continue developing the flexibility in my joints."

Personally, I am gripped and love indulging in this passion. I am thrilled to have a couple of projects on the needles and numerous more on my queue. I have worked on my ability to be patient, allowed for a personal time out when my project took a turn, and enjoyed the new insight and growth from these experiences. I have also laughed and found new friendships based on this JOY!

"In the nineteenth century, knitting was prescribed to women as a cure for nervousness and hysteria. Many new knitters find this sort of hard to believe because, until you get good at it, knitting seems to cause those ailments.

The twitch above my right eye will disappear with knitting practice."
— Stephanie Pearl-McPhee, *At Knit's End: Meditations for Women Who Knit Too Much*

— Charla Jaffee, President

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: \$25 per year, \$15 after July 1

Library cart open 6:30 to 7pm

Only members may check out books.

View book list on www.librarything.com

username: *LibrarySKG* password: *SKGMember*

Cablegram is published monthly. Send stories and photos to editor@seattleknittersguild.org.

www.seattleknittersguild.org

Knit It Forward

We currently have 13 Camp Erin bears (provided to Camp Erin by Blue Bear Car Wash) available for check-out to work with on sizing and pattern work. There are also three patterns written specifically for this bear, if you'd rather not worry about sizing (check our [Ravelry group](#) or facebook page).

We have 6 outfits – and we are hoping for many many more as we have committed to dressing 60 bears. We would love to have outfits as much as possible – sweaters and pants, or dresses with maybe hats or mini shawls or headbands to match, anything like that. I know some of you are knitting some fun outfits right now, like karate outfit, and cheerleader outfit ... that is great!

We have several more months of knitting – bears have to be completely dressed by first week of August. Please think about using the One Skein KAL as your project.

If you want to check bear out – please see either Susan or Paulette at meetings to get on the list for check-out.

— Paulette Hauck, Program Co-Chair

Membership Notes

Welcome to new members:

Dorothy Roer
Lori St. Kitts (Ravelry name dalilover)

It is now possible to renew your membership online at <https://squareup.com/market/seattle-knitters-guild> If you renew using this link, please remember to enter your Ravelry name in the 'optional info' box.

— Lisa Burlingame, Membership



Mariners Stitch 'n Pitch - Save the Date!

It is that time of year again and we're thinking baseball!!!! This year the game is Thursday, July 24th at 7:10 vs the Baltimore Orioles. We are starting a list of people who would like to join us at the game. If interested, click [here](#).

— Nanette Wielenga, Treasurer

One Skein Knitalong

I know with all the rain spring like weather ... July seems so very far away, but honestly, it will be here any day now. SO HAVE YOU STARTED YOUR KNIT-A-LONG PROJECT YET?

Just a refresher, we voted on ONE SKEIN projects, which as you know really can cover a whole host of garments, projects and fun. You could even combined two with one, knit a one-skein project for the Knit-It-Forward program (Camp Erin Bears) this year. Personally I'm working on a toy bear to go with one of the bears as part of the outfit. This should be such a fun KAL, because it really is so wide open. Get your needles going!

— Paulette Hauck, Program Co-Chair



Looking Back: Vogue Knitting Live Seattle

We had a great time at Vogue Knitting Live this year, and we hope all of you who shopped or had classes also had a great time. Thanks to everyone who stopped by to say hello. We were lucky to get a great location for our gorgeous booth, and from there we saw lots of familiar faces and also lots of new faces. Four baskets, filled with yarn and other fibery goodness, were raffled off. Many visitors commented on the Camp Erin bears and how cute they were, and we couldn't help but share how fun they are to knit clothes for. Some of the instructors stopped by too, and we hope to be able to get them to visit us next year.

Several members took classes, and we can't wait to hear how they went and what projects will be inspired by them. I know my classes were interesting but also challenging - trying out new techniques always is. Finally, of course, we shopped ... and shopped ... and then shopped some more. What a great marketplace! Besides the purchases everyone would expect (yarn, notions, and bags), I bought some art to hang on my wall at work, and I wonder which of my colleagues will comment on it first. They might actually avoid commenting on it at all, because they know once they get me started talking about knitting, it never ends.

— Mae Oberste, Marketing



Looking Back: Glass Artist Carol Milne

Carol Milne learned to knit at the age of ten. She has been creating sculptures since 1980s and working with glass since 2000. Her first knitted glass work dates back to 2005.

Carol creates her fabulous glass sculptures from led crystal using the lost wax casting following these steps:

1. Make something in wax.
2. Surround the wax in mold material.
3. Melt the wax.
4. Mold goes into the kiln, melt glass into the space left by wax.
5. Remove mold.

She starts with wax strings of different diameters. Since wax is sticky, you can't knit with it so Carol bends the wax strings into zigzags like unraveled knitting and weaves the zigzags together into knitted wax. All the wax strands have to touch so that the glass could flow so she adds little bits of wax to all the connection points. Then she creates a mold out of plaster and silica mold material layering it until mold is about 1.5 inches thick. With larger pieces that are around 18 inches tall this means that with the mold it might weigh a hundred pounds or more!

Next she melts the wax out with a carpet steamer (and she can reuse the wax!). The piece moves into the kiln where glass melts into the hollow space. The sculpture stays in the kiln for five days, the first 24 hours are at the top temperature of 1500 degrees and the rest of the time is used to cool the glass slowly. Once the piece has cooled down, the mold gets broken to bits with a dremel tool and the last parts of it get pressure washed away. Up to this point there is no way of knowing if glass actually filled all the spaces. This is also the time to find out what the color the piece is. Sometimes colors mix and blend and sometimes they stay separate, it is totally unpredictable.



Carol Milne sees her work as a metaphor for social structure of the individual: the strands are weak by themselves but strong connections bring strength and integrity to all.

Check out more of her work at
<http://www.carolmilne.com/>

— Anu Slorah, Newsletter



Knitters' Calendar

April 4- 6, [Sheep-to-Shawl Women's Retreat](#), Brookings Oregon
 April 4- 7, [Lantern Moon Retreat](#), Mount Hood, Oregon
 April 5- 6, [Alpacalooza](#), Ridgefield, Washington
 April 10-13, [Sheperds' Extravaganza](#), Puyullup, Washington
 April 18- 20, [Columbia Gorge Fiber Festival](#), Hood River, Oregon
 May 15- 18, [LYS Tour](#), Puget Sound, Washington
 May 26- 27, [Fiber Train](#), Nampa, Idaho
 June 20- 22, [Black Sheep Gathering](#), Eugene Oregon
 September 27- 29, [Flock and Fiber Festival](#), Canby Oregon
 October 3- 5, [Nordic Knitting Conference](#), Seattle, Washington
 October 4- 5, [Knit City Fiber Festival](#), Vancouver, British Columbia
 October 18-19, [Fiber Fusion Northwest](#), Monroe, Washington
 November 8- 9, [Knit Fit](#), Seattle, Washington



Seattle Knitters Guild Calendar

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|-------------|---|
| May 7 | Vicky Eberhart: Bunny Gold Angora |
| June 4 | Karen Alfke: Sweater Design, Knit and Fit |
| July 2 | KnitAlong: One Skein Project |
| August 6 | Ice Cream Social |
| September 3 | Back-to-School Mini Classes |
| October 1 | Annual Market Place: Shop and Socialize |
| November 5 | Rebecca Danger: Toy Design |
| December 3 | Holiday Party |

Speakers are subject to change

