

# WHAT THE KNIT!

A 501(c ) (3) Corporation  
P. O Box 21594, Bakersfield, CA 93390  
August 2017 Newsletter



**August 12, 2017 Guild Meeting**  
**9:00 a.m. to Noon**  
**1300 17<sup>th</sup> Street Room 1B**

**Educational Topic: Stranded Knitting**

## **Homework**

With a smooth solid color, worsted weight (#4) yarn, CO 40 stitches. Join in the round being careful not to twist. Knit 4 rounds. Do not break yarn. Bring homework, plus a contrasting yarn of the same weight, to the guild meeting.

*Suzanne Brvan*

We meet the 2<sup>nd</sup> Saturday of each month from 9:00 a.m. to noon. Typically, we meet at the Superintendent of Schools Bldg, 2000 K St., but meeting location changes from time to time depending on room availability.

### **Website/Blog:**

<http://what-the-knit.org>

Email:

[admin@what-the-knit.org](mailto:admin@what-the-knit.org)

Ravelry:

<http://www.ravelry.com/groups/what-the-knit>

Facebook:

<https://www.facebook.com/groups/whattheknit/>

### **Statement of Purpose:**

The purpose of the *What the Knit!* Guild is essentially that of The Knitting Guild Association, to provide education for knitters at all levels of ability and communication to advance the quality of workmanship and creativity in their knitting endeavors.

For the majority of members knitting is just a hobby, so our primary goals are to have fun, make new knitting friends and improve our knitting skills.

*Affiliated with The Knitting Guild Association.* [www.tkga.org](http://www.tkga.org)

*There is no wrong way to knit. ... We should all agree to stop correcting each other and deal with the more important issue. How wrong crochet is.*

*~Stephanie Pearl-McPhee*



# Sweet Memories

I was working on sorting my digital photos and found this gem! This was taken around 1979 - 1980 & I am second from the left (I am sure you could tell!). The photo was taken and published in our local newspaper, "The Halesowen News" and is of myself, three of my fellow Girl Guides, and our two leaders (the ones wearing hats).

We were presenting blankets we had knitted (we all knitted squares which we then sewed together) to an elderly persons home. The lady on the right was the person who ran the home. I cannot remember how many blankets we made now, but I do remember us getting together to knit the squares. We earned our knitting badge, which I am sure does not exist any more! The lady third from the left, next to me, is my mom.

*Jacqui Engstrand*

Now, let us all take a deep breath and forge on into the future; knitting at the ready.

*Elizabeth Zimmerman*

## Inappropriate Knitting

At last month's Guild meeting, I asked many of you to name places you felt were inappropriate to knit. Some of you simply looked at me like I was crazy – There is no such place, your eyes seemed to say. After a bit of a struggle, a few of you came up with the following:

- During sex.
- While eating at a restaurant.
- In a bounce house (clearly).
- In church.
- At a funeral.
- While using the toilet.
- During a code blue in the O.R.
- While driving (passenger is a go)
- At a wedding.
- On a water slide.
- While playing tennis.
- While grocery shopping.
- Insert your answer here: \_\_\_\_\_.

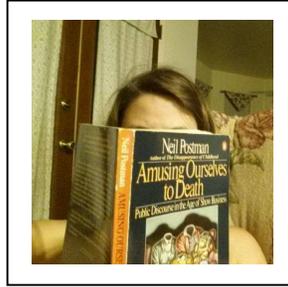
*Linda Alvarado*



Don't forget that the last day to enter the fair is August 25. It's only \$3 per item and will really help support knitting in Kern County! Entries need to be taken to the fair grounds on September 14 or 15. If you can't go at those times, there are several guild members who would be happy to take or pick up for you! The catalog is located here: <http://www.kerncountyfair.com/p/participate/competitive-exhibits>. Scroll down to get to the entry form.

*Rene Petrowsky*

# Book Review



Knitting Comfortably: The Ergonomics of Handknitting  
by Carson Demers, Ergo I Publishing, 2016.

Carson Demers is one of the rare knitters best known for something other than his knitting. As an Ergonomic specialist in Physical Therapy as well as an experienced knitter, Carson teaches classes on how to knit without strain. His new book *Knitting Comfortably* is a comprehensive volume covering everything from setting up an ergonomic knitting workspace to not injuring yourself in a pre-holiday knitting rush. Carson uses knitting analogies to break down how everything from your chair shape, your knitting needle material, the twist of your yarn, and the type of knitting bag you carry, impacts your body physiologically and how you can make changes to reduce strain on your joints and muscles. He also includes tips on what to do if you are already experiencing over- or underuse stress and has a whole chapter on stretching, complete with photographs, which would benefit all knitters. And that holiday crunch? First, be realistic about what you can complete in your timeframe. Then, he recommends making sure you have projects of varying yarn weights and complexity so you don't get repetitive strain injuries. This book is available to borrow from the What the Knit library.

Extension stretch:

"This stretch is meant to counteract the face-down position so common among knitters. Do it very gently and slowly; don't do it if you've been told you have pinched nerves in your neck.

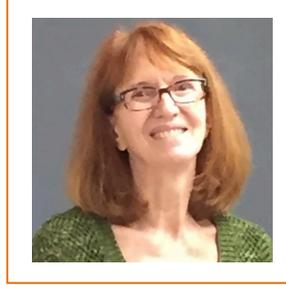
Sit tall and imagine you have a piece of yarn tied to an imaginary button on the top front of your shirt. Imagine the yarn being pulled gently to the ceiling, raising your chest and rib cage until your spine is erect.

Maintaining this posture, slowly lift your chin in an upward arc until you feel a little resistance in the muscles at the front of your neck.

Return to starting position and repeat if you'd like."

*Amanda Swanson*

# President's Message



Hello Knitters,

Our meet and greet turned out to be very productive. Everyone really enjoyed the two sessions and lots of great ideas for moving the guild into the future were generated. We will hold a meet and greet after the elections next year too.

We want to get our guild directory going - in process. This will tie in with the new improved website - We need help with the website to make it look more professional. It is becoming more involved than originally planned. Of course when we started it, we only had twelve members and now we have over 100. So Claire C., Cindy McBride and Linda A. are taking this on as a joint project. They are exploring avenues to achieve our goal and hope to have it completed by year's end.

We would like the website to be a hub of our "official business" directory, minutes from meetings, calendar, pictures, blog, etc. There will be a members' only area that will keep members information private except for what they want to reveal to other guild members.

We would like Ravelry to be our basis for knit-a-longs, pattern and yarn searches, etc.

We would like to use Facebook for our general communications and day-to-day gabbing.

When we have a visitor or new member attend a guild meeting, our greeters - Rita and Janie - will assign a volunteer buddy to the new person, and the buddy will make sure the new person gets settled in, is included in a group at a table, and is involved in conversation.

Ron and his sister Heidi are planning a new yarn store with an opening date sometime in December of 2017. Yay!

Members are interested in having a guild T-shirt with a logo of the guild. We're checking into this as well as other possibilities.

We are going to start instituting knitting 911 tables at either the guild meetings or the Social Saturdays. This will be a fix it station for those needing help.

If you have any ideas generated by this list, be sure to share them with a board member or at the guild meeting.

See you in August!

*Suzanne*

# knitted knockers knit off



Join What the Knit, for our first Knitted Knocker Knit Off! You are encouraged to knit or crochet as wild, crazy and creative a pair of knockers you can think of and submit them to help raise awareness about breast cancer and the knitted knocker program. Come up with a theme for your knockers & submit them to Jacqui Engstrand at the Breast Center at Adventist Health Bakersfield with a \$25 entry fee by September 15. (Entry fee will go towards the knitted knocker program). The knockers will be on display at the AIS cancer center October 1 through October 12. There will be three categories for winners: Best Brand, Most Creative and People's Choice. Patients, visitors & staff will vote on the people choice awards when they are on display. Winners will be announced at the cancer centers VIPink event October 12 which is a night of fun for all to also raise awareness about breast cancer. Hope to see some creative, fabulous entries! See the flyer on our website under Knitted Knockers Knit-Off Details and also attached to this newsletter.

*Jacqui Engstrand*

*Some of us knit as a sacred exercise. Some of us knit to keep from killing people. ~ Anonymous*

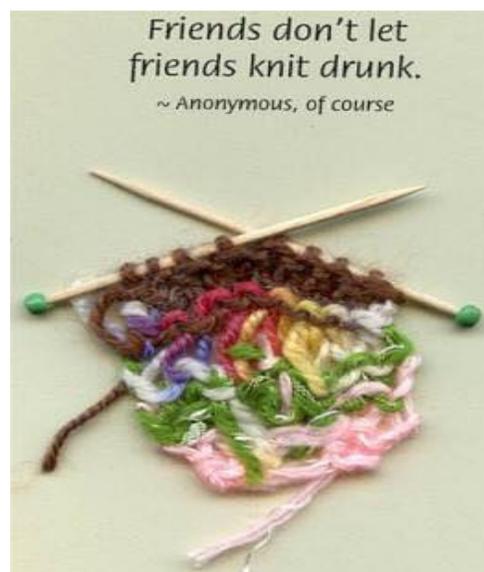
# Tripping for Needles

After seeing so many of our Guild members use and love the Hiya Hiya needles, Desi Anderson, Libby Romero and I decided to take a girls day trip to The coast where Yarn & Beads is located to see what it had to offer. The store is located at 225 W. Grand Avenue in Grover Beach, phone number (805) 668-2333. It is open Tuesday-Saturday from 10 a.m. – 5 p.m. It offers open knitting and crocheting on Tuesdays from 10-12, Wednesday 2-4 and Fridays 10-12. Julia Powers is the manager and is very helpful. It has a great variety of yarns, needles, beads, accessories and more.

We ended our day of buying yarn, beads, accessories (and, yes lots of Hiya Hiya needles) by going to Brad's in Pismo for lunch with Fish and Chips, Shrimp and Clam Chowder.

We plan to go again to Yarn & Beads, plus try and hit another store in San Luis Obispo. Maybe we will join the open knitting one day and pick up some more Hiya Hiya needles. If anyone knows of other stores on the Central Coast, please give me a call at (661) 809-6455 so that we can plan another girls' day.

*Kathy Stanley*





The journey's end ... what's not to love about binding off? It's different from casting on, when the yarn is a new acquaintance and you're not sure what roads the pattern will lead you down. There's the excitement and anticipation and curiosity. But when this moment comes, there's a satisfied weariness, a closure. You and your yarn are fully bonded, having discovered your strengths and weaknesses. And just as in life, you either love or hate one another.

— Noël Carroll



Did you know that there are people out there who actually enjoy untangling yarn? Yeah, I know, weird, right? There's even a Ravelry group called "Knot a Problem" dedicated to going where most knitters fear to tread. Check 'em out! I know of two people in our Guild, Stacey Hungerford and Desi Anderson, who enjoy this endeavor. I'm not saying they're looking for work, but I do know they enjoy the challenge of bringing order to a mess o'tangles.

# Begin Again

*Success consists of going from failure to failure without loss of enthusiasm. ~  
Winston Churchill*

Winston Churchill could very well have been talking to knitters when he said these words. I have far more UFOs (unfinished objects) than I have completed projects, because either I was in over my head when I chose the pattern or the pattern instructions were simply wrong. There's something about fiber and needles that keeps us coming back. New or experienced, we all begin again.

*Linda Alvarado*

## This and That

Suzanne still has room in her knitting classes at the Levan Institute. You can register right up to the day class begins.

[Levan Institute Knitting Courses](#)

Suzanne also has posted several great new YouTube videos on seaming and on making uniform holes in yarn-overs.

[Seaming Stitches to Stitches](#)

[Seaming Row to Row](#)

[Adjusting Yarn-Over Sizes](#)

Speaking of learning and help with knitting, even though we have tons of fun this is really the primary purpose of What the Knit! Knitting guild.. There is a formal educational topic at least ten out of the twelve times the Guild meets formally, but you can also get one-on-one help at all of our informal meet-ups listed on the front page of the newsletter.

Send newsletter submissions: Linda Alvarado at [spiritpath7@gmail.com](mailto:spiritpath7@gmail.com)

## Eastern Uncrossed Knitting with Justyna Lorkowska by Claire Christian

I attended a knitting class in Dublin, Ireland on July 15<sup>th</sup>. The teacher flew in from Poland to show eleven ladies how to practice the Eastern Uncrossed Knitting method. One of the students drove down from Belfast and the rest were Dubliners. No prize was given for the farthest flung attendee, but I glowed nonetheless, basking in a creamy sunlit room in the early 18<sup>th</sup> century Georgian townhome. Sea breezes billowed through the large open windows upsetting our paper tea cups and instructional hand-outs. Ahhhhhh, bliss!



[Holyrood Shawl by Justyna Lorkowska](#)

Justyna Lorkowska, our instructor is active on Ravelry and has a website [Lete's Knits](#) too. Please look her up! She has lovely shawl designs and other patterns. Justyna is a kind, upbeat instructor with patience and know-how to spare. She began by asking each of us what method we currently use and why we wanted to learn another. Most attendees had experienced some physical pain from their fingers to their shoulders and neck and wanted to find a more ergonomic method. And/or they wanted to learn to knit faster. I just wanted to take a knitting class in a foreign country. Everyone except me was a Western knitter who “threw” their yarn. If you’ve ever tried to change your method and/or style of knitting, you know the feeling of being all thumbs at first. There was a lot of moaning and gnashing of teeth, but we got the hang of it by the end.

Justyna carefully explained that all knitters use one of three “Methods”. How we hold and tension the working yarn is all about personal knitting “Style”.



In **Western Knitting**, the leading leg of the stitch is on the front side of the needle. Knit stitches are worked by inserting the working needle through the next stitch’s front loop from left to right and the yarn is wrapped clockwise around the working needle before being pulled through. Purl stitches are worked by inserting the working needle through the front loop from right to left and the yarn is wrapped counter-clockwise.

In the **Eastern Knitting** method, the leading leg of the stitch is on the back side of the needles. Knit stitches are worked by inserting the working needle through the next stitch’s leading (back) loop from left to right and the yarn is wrapped counter-clockwise around the working needle before being pulled through. Purl stitches are worked by inserting the working needle through the leading (back) loop from right to left and the yarn is wrapped clockwise.

Then there is **Combination Knitting**, where Knit stitches are worked through the back loop and Purls are worked through the front loop and both stitches are wrapped clockwise.

All of this is easier demonstrated than described. The finished fabric for all three looks identical. The challenge comes when you use a pattern. K2togs become SSKs if you want your stitches to lean the right direction. Most designers, including Justyna, default to the Western method when writing patterns. We practiced a stitch pattern in Eastern knitting, each of us trying to wrap our brains around the mirror image of what we were accustomed to. It was a great lesson in stitch anatomy and will help me when I need to “read” my knitting or that of another knitter.

Justyna pointed out that most yarn is manufactured to twist in one direction only and the eastern knitting method will open up the yarn as you knit which may slightly alter the appearance of the fabric. This doesn’t seem to bother the Russians, Latvians and other Eastern European knitters!



# Knitted Knocker Knit-Off

You can knit to raise awareness about breast cancer and help support local women at the same time!

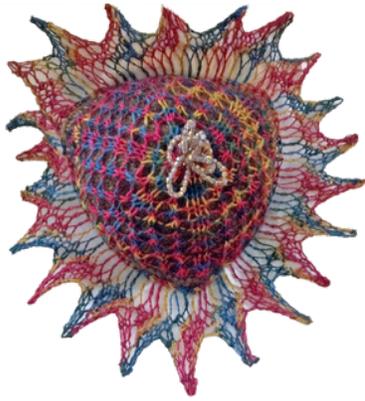


One out of every eight women will be diagnosed with breast cancer in their lifetime. There are over 50K mastectomies performed in the U.S. each year. Prosthetics can be expensive, hot and heavy; **Knitted Knockers** are soft, light, huggable and can be worn in a regular bra. Best of all, they are free and made by caring volunteer knitters & crocheters for those who need them. They do it because they care and want to make a difference.

We invite you to participate in a contest that will have a far-reaching impact: bring attention to **Knitted Knockers** as an alternative to traditional prosthetics and raise money for more to be knitted and handed out to women in Kern County.

(see reverse side for details)





## The knitted details:

- Create your own 'themed' knitted or crocheted knockers
- Choose any yarn you want!
- Make it fun!
- Basic knit and crochet patterns for knockers are available online at [knittedknockers.org/make-a-knocker](http://knittedknockers.org/make-a-knocker)
- Submit them for exhibition and judging with the winner announced during VIPink, Oct. 12!
- There is a \$25 entry fee (entry proceeds go to Knitted Knockers AH Bakersfield)
- Your submission(s) will be displayed inside The Adventist Health AIS Cancer Center Lobby
- All entries will also be showcased on Facebook



### There are three categories for judging:

1. Most Creative
2. Best Theme
3. Peoples' Choice

If you have questions, please e-mail [Jacqueline.Engstrand@ah.org](mailto:Jacqueline.Engstrand@ah.org)



### Your entry form and payment must be received by September 15, 2017

Please drop off submissions and payments to:

Jacqueline Engstrand  
The Breast Center  
2700 Chester Ave.  
Bakersfield, CA 93301

\$25 Entry Fee Paid via check

**Please make checks out to Adventist Health Bakersfield.**

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

Address: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_

Please included a description and/or the 'about' your knitted knockers with your submission(s).

