

# Carolina Fiber Frolic Retreat

## March 16-18, 2018 in Sapphire, North Carolina

### Class Descriptions, Teacher Biographies and Hotel Information

#### FRIDAY CLASSES

##### **Take Flight: Knitting Your First Lace Shawl – Denise Bell**

3 hour class Friday 9 am-noon

A newer knitter may tire quickly of garter stitch scarves, socks, and hats. When that happens, you might want to knit a simple small shawl and learn a few skills. In this class we'll cover chart reading, pattern repeats, simple lace, and the basics of triangle construction as you begin the Monarch Shawl. Class limited to 20

**Supply List:** Bring a 400-500 yard caked skein of fingering weight yarn, a size 6 or 7 US circular needle (24 or 32 inch), and your usual knitting kit. Pattern is included in the class handout.

##### **Rare Breed Trek: Hands on Exploration of Historic Sheep Breeds – Amy Manko**

3 hour class Friday 9 am-noon

In this class we will compare, contrast, prep, and spin the fleece of 3-5 heritage or rare breeds of sheep, learning both history and applications for today. Students must be able to spin a continuous thread. Class limited to 15

**Supply List:** Please bring (or arrange to borrow), basic fiber prep equipment including wheel or spindle, hand cards, combs, flicker, etc.

**Material fee** (payable to instructor in class): \$30

##### **Yarn Dominance: Be the Boss of Your Knitting – Denise Bell**

3 hour class Friday 2-5 pm

In this class we'll tackle a small stranded project to demonstrate yarn dominance. What is a dominant yarn? It's the yarn with the prominent visual presence. How you knit will affect this dominance.

The best wools for stranded work are those commonly referred to as sticky wool - Shetland, Icelandic, and Norwegian wool yarns are ideal. Sticky yarns have fibers that grab onto other yarns. And when things get sticky it's time to show your knitting who is boss.

Smooth wools, blends, and superwash yarns just don't get the job done - especially if you plan to steek, or cut, your project. Why ever would you be so brutal as to cut your knitting? Steeking is an excellent method that allows the knitter to work in the round, especially with two (or more!) colors of yarn instead of working back and forth battling knits and purls in pattern. We'll do a quick and easy steek on your class swatch. Class limited to 20

**Supply List:** Bring two high contrast colors of sticky wool in fingering weight. One light color and one dark color. Size 3US dpns, darning needle, crochet hook, scissors, and your usual knitting kit.

##### **Homework to be completed prior to class:**

Using size 3US double point needles with fingering weight wool, cast on 39 stitches using the long tail method. Knit 5 rows (garter). The choice is yours whether you cast on with the dark or the light-colored wool.

## **Beginning Rigid Heddle Loom Weaving – Suzy Hokanson**

3 hour class Friday 2-5 pm

You will learn all you need to know to get started weaving on your new (or still in the box) rigid heddle loom. Assemble the loom and prepare the loom so that you can weave and get started with the fun! You will know how to wind a warp, dress your loom, tie on, weave and prepare a shuttle with weft. By the end of the workshop weaving terms will no longer seem like a foreign language. Fringe and finishing techniques will also be discussed. You will see all the possibilities of what this portable, affordable style of loom can do. Class limited to 12

**Supply List:** Rigid Heddle Loom, 100 grams 200-250 DK or worsted weight yarn

Additional yarns for weft (any weight – the greater variety the better), Scissors, Small screwdriver (if assembling your loom), 15 sheets of printer paper or paper on a roll about 140” in length

## **Sheep to Skein: Processing Raw Fleece for Funsies – Amy Manko**

3 hour class Friday 2-5 pm

Ever walk through the fleece sale at the local Fiber Festival and think “this fleece is GORGEOUS – and so CHEAP! I should process it myself!” only to lose your nerve and walk away because HOW do you do that?? Then this class is for you! We will talk about how to choose a great fleece – things to look for when selecting your next fiber adventure. We will discuss flaws that can be fixed and deal-breakers, then we’ll do it ourselves! 4 oz of raw fleece will be provided for hands-on experience. We will cover all the steps from dirty, raw fleece to ready to prepare to spin. We will also discuss the best methods for preparing the clean fleece for spinning, including flicking, spinning from the locks, carding and combing. Skill level: Students must be able to spin a continuous thread. Class limited to 15

**Supply List:** Please bring (or arrange to borrow), basic fiber prep equipment including hand cards, combs, flicker, etc. Please wear old clothes – something you don’t mind getting wet or dirty, or bring an apron.

**Material fee** (payable to instructor in class): \$20

## **SATURDAY CLASSES**

### **Fiber Across the Wheel – Amy Manko**

3 hour class Saturday 9am-noon

Based on my article for PLY Magazine, this class explores how different fibers behave when treated similarly. We will spend 3 hours sampling and playing with different fiber types using the same techniques to discover how they are similar and different in the way they “like” to be handled. If you are an “All Merino All The Time” spinner and want to stretch your wings, a newer spinner wanting to Try All The Things, or a spinner who just wants to Expand Your Horizons, this class is for you. We will explore 5 different fibers in this class and maybe even discover a new favorite! Students must be able to spin a continuous thread. Class limited to 15

**Supply List:** Please bring (or arrange to borrow), basic fiber prep equipment including wheel or spindle, 5 bobbins (preferred) or equipment to skein off samples to reuse bobbins (small niddy noddy, ballwinder or the like)

**Material fee** (payable to instructor in class): \$25

### **Catch and Carry: The Subtle Effects of Armenian Knitting – Denise Bell**

3 hours class Saturday 9 am-noon

This style of stranded knitting, made famous by the haute couture house of Schiaparelli in 1927 with the Bowknot Sweater, uses two colors, with the motif color carried throughout on both patterned and non-patterned rounds. The technique of carrying both colors and catching the floats allows the motif color to

peek through on solid rounds giving a subtle heathered effect. We'll practice the technique on a simple pair of fingerless mittens, the pattern for which will be supplied in class. Class limited to 20

**Supply List:** 2 balls (one light and one dark) of contrasting color non-superwash wool in fingering weight (approx. 125yds each) Preferably a sticky wool such as Shetland or Icelandic. Size 2 US and 3 US dpns.

**Homework to be completed prior to class:** Using the long tail cast on method, dark colored yarn, and size 2 US dpns cast on 48 stitches (leave a 6-inch tail) Purl all stitches. Join to work in the round. Work 12 rounds of k2, p2 ribbing. Switch to size 3 US dpns and knit one round even.

## **Clothing 101- Suzy Hokanson**

3 hour class Saturday 9 am-noon

Discover how to create a unique, one-of-a-kind piece of wearable art from your fabric whether it be hand-woven, knit, crochet or quilted. Learn to prepare and then analyze your fabric to pick the perfect basic pattern to compliment your textile. Create a number of samples in paper to remember constructions ideas. Determine the right seam for your project. Explore how to combine techniques to enhance the edges or use left over pieces of your treasured fabric to create something special. Conquer your fear of cutting into your precious fabric. For the beginner or more advance seamstress.. Class limited to 12

**Supply List:** Fabric of your choice that you would like to make into a garment (washed and/or fulled if appropriate), Notebook and/or graphpaper, Pencil and Pen, Scissors for paper cutting, Scotch or washi tape

## **Fractally Speaking – Amy Manko**

3 hour class Saturday 2-5 pm

Are you tired of your usual and predictable barber pole skeins? In this class, we will look at hand-dyed fiber braids differently. Create spectacular skeins by learning to control the color repeats in your fiber through fractal spinning. We will prepare and spin samples to find our new favorites. Students must be able to spin a continuous thread. Class limited to 15

**Supply List:** basic spinning equipment including wheel or spindle

**Material fee** (payable to instructor in class): \$20

## **Improvisational Weaving – Saori © Inspired Rigid Heddle Weaving – Suzy Hokanson**

3 hour class Saturday 2-5 pm

Unleash the fiber artist that is within you! This is the perfect way to use your left-over bits of yarn from other projects; those deliciously textured, colorful yarns and bits and pieces that you have in your stash. Get your Zen on and explore several techniques for playing on your loom by being bold and adventurous! It's always fun to do the exploring with others because we learn so much from each other. Delight in the freedom of weaving with no patterns, no rules, no mistakes.

Saori © is a registered trademark that has evolved into a weaving philosophy based on the ideas of its 100+ year old founder, Misao Jo. However, you don't need a Saori loom to weave a gorgeous, freestyle fabric that can become everything from a scarf or tablemat to a woven utterly you garment. The rigid heddle loom works beautifully and is portable, affordable and packs away into an easily stored small box when not in use. Class limited to 12

**Supply List:** a pre-warped loom at least 8-10" wide (or take Suzy's Rigid Heddle Weaving Class on Friday to warp your loom), a variety of yarns in different colors and textures, treasures (ideas: locks of fiber, novelty yarns, add-ins, leftover bits of yarn, anything that you might feel will be fun to have in your creation), at least 2 stick shuttles, scissors, paper and pencil, embroidery needle

## SUNDAY CLASSES

### **Nuno Felting – Suzy Hokanson**

3 hour class Sunday morning 9-noon

Make a scarf using the wet felting technique of nuno felting. The name is derived from the Japanese word 'nuno' meaning cloth. The technique bonds loose fiber, usually wool, into a sheer fabric such as silk gauze, creating a lightweight felt. Class limited to 12

**Material fee** (payable to instructor in class): \$15

### **Stress Free Steeking – Denise Bell**

3-hour class Sunday morning 9-noon

You've heard about cutting your knitting, and maybe freaked out a bit about the prospect, but there's no real need to stress about it. Once you learn the right wool to use, a few good ways to prep the project, and how to process the stitches after you've cut them, you'll be fine. Students will work on a small sample of peerie bands, fortify the project, snip, snip, snip, and then stabilize the cut stitches. A variety of stitch patterns will be included in your handout. Some two-color knitting experience is helpful. Class limited to 20

**Supply List:** Students need to bring their usual knitting kit, size 3US needles, either dpns or a small circular. Bring good scissors, either perle cotton or embroidery floss, 3-5 colors of Shetland, Icelandic, or otherwise "sticky" wool in jumper or fingering weight. Bringing both light and dark colors will help with contrast, and this is a good opportunity to use small balls or oddments. Please do not plan on using merino, silk, alpaca, or blends.

**Homework to be completed prior to class:** Cast on 67 stitches with Main Color (MC) and work 3 rows back in forth in garter stitch. Join to work in the round. Knit 2 rounds stockinette.

## ANSWERS TO FREQUENTLY ASKED QUESTIONS:

### **Housing: You Must Make Your Own Accommodation Reservations.**

#### **Here are two options:**

The **Hampton Inn & Suites** in Sapphire Valley NC (828-743-4545). The Hampton Inn is a 2-minute drive from the lovely Sapphire Valley Resort where all retreat events take place. You must **call** the hotel directly and mention the **Carolina Fiber Frolic** to book at the block rate of \$89/night. Room rate includes a hot breakfast. Their website will not show the block room availability or price, you must call the hotel directly.

If you and your family/friends would prefer to rent a townhome: **FoxHunt Townhouses** are about a 10-minute drive down the road from the lovely Sapphire Valley Resort. To book a townhome for the event, call 828-743-7667 or visit [spmresorts.com](http://spmresorts.com).

### **Food**

Meals will be served buffet style so you may fill your plate with items you love, and leave behind those you don't. Vegetarian options will be available but other dietary accommodations cannot be guaranteed.

### **Significant Others**

Yes, significant others are welcome to join you for your trip to the mountains of North Carolina. There are lots of activities in and around Sapphire. Yes, there are significant others in attendance every year! There are 2 options on the Registration form if they would like to join the group for meals. If you need information on golfing, hiking, etc., just let me know [Jan@CarolinaFiberFrolic.com](mailto:Jan@CarolinaFiberFrolic.com) & I'll be happy to provide you with links.

### **Policies:**

- Attendance at the Retreat is limited by the space we have available as well as the desire to keep the Carolina Fiber Frolic an enjoyable event for those who attend. If the retreat fills before your registration is received, you will receive a full refund.
- Classes are offered on a first come, first serve basis. If a class is filled before your payment arrives, you will be eligible for a full refund of the class fee. We will also maintain a waiting list and will notify you if a space becomes available. Class supply lists are included here and should be read before coming to the retreat as some classes have preparatory activities. Some classes have an additional material fee that is paid directly to the instructor in class. Please come to class prepared to pay any Materials Fee noted for your class selections.
- There will be special Carolina Fiber Frolic Spring 2018 Colorway fiber and yarns available from one of the vendors at the retreat.
- Cancellation policy (for all class and registration fees): Cancellations received in writing before February 15<sup>th</sup> are eligible for a 75% refund of all class & registration fees. February 15<sup>th</sup> and after, fees are non refundable. Carolina Fiber Frolic and Jan Smiley are not subject to any liability associated with injury or damages incurred at or as a result of travel to/from the Carolina Fiber Frolic Retreat.

## Information on our Instructors:

### **Denise Bell – [LostCityKnits](#)**

When she was growing up, Denise always performed some kind of handwork. When she learned to knit she was instantly addicted. Wherever she looks, Denise sees patterns, so it's no surprise that her knitting emphasis is lace.

Travel and spending time in the natural world provide inspiration. She recently visited Shetland and Scotland to delve further into the history of fine lace knitting. Her business, Lost City Knits, named for the community nearest her Oklahoma farm, offers fine hand-dyed yarns and original designs. When not knitting, teaching, dyeing, or designing, Denise puts her pattern-seeking abilities to work solving cryptic crossword puzzles, and because no one can do just one thing, she also kayaks on lakes and streams near her eastern Oklahoma home. Along with her husband, she is the author of the book *Ultima Thule: Patterns Inspired by the Shetland Islands*, and *Deep Roots: Patterns Inspired by the Tallgrass Prairie*.

### **Suzy Hokanson – suzyhok on Ravelry [www.suzanneworkhokanson.com](http://www.suzanneworkhokanson.com)**

Drawn to the idea of creating something totally unique, Suzy experiments with the surface. Her handwoven and nuno-felted pieces are like paintings; the loom or fabric becomes her canvas where she plays with different colors, textures and fibers to create something special – something that could never be reproduced by a machine – human and warm and vibrant. Improvisation, free weaving, zen, being in the moment: these are all part of the wearable art and wall artwork that Suzy creates.

Suzy is inspired by the aesthetic of the Bauhaus, an art school in Germany that existed between WWI and WWII and the Japanese aesthetic of wabi sabi. After visiting the various Bauhaus sites in Weimar, Dessau and Berlin, she wrote a book about the weavers of the Bauhaus as her Masters thesis in art history from Goddard College. In 2005 Suzy received a Japan Fulbright Memorial Fund Scholarship and spent several weeks in Japan exploring the culture & discovering the fiber arts and traditions of Japan. These experiences inform her art.

The textures and colors in all kinds of fibers from silk, wool and alpaca to cotton, linen and the manmade rayon fibers fascinate Suzy. Using her own handspun yarn in her fiber art adds vitality to the piece. These techniques take time, but she enjoys every single part of the process. Suzy's hope is that by owning a piece of her artwork you find as much joy as she had in the creating it!

Suzy and her husband Bob and their Portuguese water dog, Kizi have a condo on Whitemarsh Island outside of Savannah, GA. Summers are spent living on their sailboat on Lake Champlain in upstate New York where Suzy continues to create her fiber art.

### **Amy Manko – [TheRossFarm.com](http://TheRossFarm.com)**

Amy Ross Manko is the Chief Executive Farmer of The Ross Farm and with her husband "Scooterpie the Shepherd Guy" and their son, lives on a 170 acre sheep farm in Southwestern Pennsylvania that's been in her family over 120 years and is on the National Register of Historic Places. They raise nine breeds of Heritage and Rare breed sheep and produce natural, breed-specific yarns and roving from the flock. Her passion is preservation, and through her classes hopes to encourage others to "Preserve rare breeds. one skein at a time."