

# Carolina Fiber Frolic Retreat

## March 24-26, 2017 in Sapphire, North Carolina

### Class Descriptions, Teacher Biographies and Hotel Information

#### FRIDAY CLASSES

##### **Create a Felted Notebook – Paddy Lynch**

4 hour class Friday 9 am-noon & Saturday 1-2 pm

Need some place to jot down all those great project ideas, or book recommendations, or a dozen other things you need to remember, but don't quite trust your brain to keep track of? This little felted notebook is the perfect solution- small enough to keep in a purse or pocket, with lots of pages, and a snug closure to keep all those good thoughts safe and sound. Class limited to 8

**Supply List:** small, sharp scissors, an interesting button with a shank, tapestry needle (large eye), beading needle/thread/beads or small buttons to embellish the cover, 2 towels, ruler, sponge

**Material fee** (payable to instructor in class): **\$40.00** includes the following materials for each participant: felting mats, soap, bubble wrap, and netting, pre-felt for notebook cover, pre-felt pieces, wool yarn and pencil roving for surface design, HeatBond and Ultrasuede for lining, hand-torn signatures/pages, waxed linen for stitching in signatures



## Natural Dye Rainbow Pot – Martha Owen

3 hour class Friday 9 am-noon

Get many shades quickly! If you are new to natural dyeing or a true scientist, enjoy the exploration of the magic inspirations that come out of a dye pot using several chunky natural dye stuffs at once. In this hands on "anything is good" class, experience one of a kind but related combinations that give colorways fast! Mordanted wool will be provided as teams are formed and dye pots are constructed. Martha generally dyes fleece but this method works well on yarn. Please contact instructor if you are a knitter or weaver who prefers to dye yarn! Divide the spoils and throw further handfuls in for mixed source exhaust pots. No experience necessary. Class limited to 16

**Supply List:** A big bucket, a towel, small plastic bags.

**Material fee** (payable to instructor in class): \$28 includes mordanted wools, dyestuffs, notecards & string for labeling dyed wool, handouts

## Shetland Sky & Sea – Denise Bell – [LostCityKnits.com](http://LostCityKnits.com)

3 hour class Friday 9 am-noon

The themes of sky and sea are frequently represented in Shetland designs. Would you expect anything less from the beautiful but hard-to-reach islands located where the Atlantic Ocean meets the North Sea?

In this fine lace class we'll look at two specific Shetland stitches, the Bird's Eye and the Cockleshell. Both stitches require a bit of concentration but are well worth the effort when a traditional Shetland lace shawl is your goal. Class limited to 20

**Supply List** Students need to bring size 4US or 5US circular needles. Sharp-tipped needles are essential with lace knitting. Students should have on hand stitch markers along with their usual knitting kit containing scissors etc. Teacher will provide handouts and lace-weight yarn for class swatch



## Introduction to Brioche– Ann Weaver – [AnnWeaverKnits.com](http://AnnWeaverKnits.com)

3 hour class Friday 2-5 pm

Intrigued by brioche stitch projects but intimidated or confused by instructions? In this workshop, you'll learn one-color and two-color brioche stitch. After two hours of doing brioche, you will feel like a master and will be ready to take on more complex brioche projects if you like. The workshop includes a detailed photo tutorial on working brioche stitch and suggestions for avoiding and fixing mistakes in brioche stitch. We also will discuss how colors interact in brioche stitch.

The workshop is based on the Rothko Cowl pattern, which showcases the interactions among three colors in brioche stitch. Class limited to 15

**Skills needed:** Knitting, purling, and working in the round **Techniques covered:** One-color and two-color brioche stitch, lifelines, and color interactions in brioche

**Supply List:** Three colors of worsted-weight yarn: 100 yards, 150 yards, and 200 yards, 24-inch circular needles in Size 6, 7, and 8. We will use only the Size 8 in class, Stitch marker, A copy of the pattern Rothko Cowl (available for purchase online through Ravelry for \$5), Tapestry needle (for lifelines and troubleshooting)

**Homework:** Come with at least one color of yarn wound, ready to knit! If you would like to choose your second and third colors after you see examples of color interaction, no problem! Or, bring a bunch of yarns from your stash to choose from.



## Handcarding For Woolen Spinning/The Long Draw – Martha Owen

3 hour class Friday 2-5 pm

Survey and explore the art of efficient hand carding and learn to spin fast and with your hands far apart! Hand carding takes practice but is worth it. Fiber preparation has the greatest impact on a peaceful spinning experience. Discover alternative hand positions to create lofty woolen yarns. Discuss and witness thread and fabric fulling. For continuing spinners who can spin a continuous thread. Class limited to 12

**Supply List:** spinning wheel with at least 3 bobbins, maintenance tools, hand cards, small bottle of baby oil, small towel and apron, knitting needles or crochet hook to quickly sample your finished yarns

**Material fee** (payable to instructor in class): \$5 for fibers Wool (angora, alpaca, home dyed wool) suitable for hand carding, vessel for fulling.

## SATURDAY CLASSES

### Making The Most of Hand-Dyed Yarns – Ann Weaver & Karida Collins from [AnnWeaverKnits.com](http://AnnWeaverKnits.com) & [NeighborhoodFiberCo.com](http://NeighborhoodFiberCo.com)

3 hour class Saturday 9am-noon

Are you attracted to the many types of multicolored yarns available from hand-dyers but uncertain about how to use them? In this class, Karida will discuss the various methods of hand-dyeing yarn and the results these methods produce in your work. We'll identify the method used to dye many example skeins and will visit the marketplace to see additional samples of each. Then, we'll show examples of projects worked in each type of hand-dyed yarn at various gauges and on various yarn weights. Then, Ann will present stitch patterns that show off hand-dyed yarns and provide a pattern for a cowl designed to showcase hand-dyed yarns. To wrap up the workshop, we'll do more shopping for hand-dyed yarns for your projects and begin working on your cowls or another hand-dyed project of your choice! Class limited to 15

**Supply List:** 24-inch circular needle in size appropriate for chosen weight of yarn. The cowl pattern will be available in two weights: fingering and worsted. For a fingering-weight cowl, bring a US Size 5 needle. For a worsted-weight cowl, bring a US Size 8 needle. If you are unsure what weight you'd like to use, bring both! Stitch markers, Hand-dyed yarns from your stash you'd like to discuss and possibly use for your cowl. Bring any yarns you have, and we'll talk about how they'll work up and suggest patterns!



## Yarn Design & Color Using Hand Cards, Drum Carder & a Hair Comb! – Martha Owen

3 hours class Saturday 9 am-noon

Curious continuing spinners, gain inspiration and skill at making the yarn you have in mind. What gives a yarn personality? Prepare (carding, drum carding, combing or not at all!) and spin lovely natural sheep shades, hand dyed locks of wool or work with the lovely solid top and space dyed rovings that you have brought from home! Start beyond the basics to delve into production techniques from color inspirations. Touch on spinning methods, wheel set ups, plying ideas and lessons in consistency. For beyond beginning spinning students. Class limited to 15

**Supply List:** A dyed braid of wool or other solid top/roving/wool from your stash, a spinning wheel in workable condition, extra bobbins, regular maintenance tools and an oil bottle, your special spinning chair if you need it, hand cards, 2 bobbins, at least half filled with freshly spun singles, knitting needles, crochet hook or small loom for making (quick!) fabric samples, favorite photos or postcards for color inspiration, Show and tell examples, (your handspun efforts and/or finished pieces).

**Material fee** (payable to instructor in class): \$10 for Wool, washed, and in several sheepee colors/textures and vegetable dyed solid and rainbow experiments, some angora goat and rabbit hair, several pairs of hand cards, drum carder, card stock/tape

## Possibilities of Pi – Denise Bell – [LostCityKnits.com](http://LostCityKnits.com)

3 hour class Saturday 9 am-noon

Whether you learned about Pi Shawls from reading an Elizabeth Zimmermann book, from seeing them in Ravelry, or admiring them on display in a museum, you already know they are round and use the precision of the mathematical formula Pi for increasing the size of the shawl. Don't let that math scare you!

When knitting a square, rectangle, or triangle shawl you have numerous options on how to begin, including bottom-up, side-to-side, and top-down. A Pi Shawl, on the other hand, always starts in the center and grows in circumference. In this class we'll start by learning the Emily Ocker cast on, then using an easy-to-understand mathematical formula and stitch dictionaries, we'll begin a shawl swatch using lace weight merino, which will be supplied by the teacher.

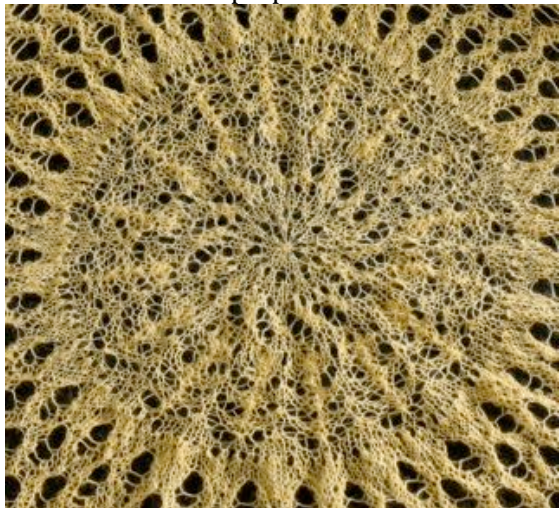
Circular shawls are particularly fun because they are knit in the round. The rest rounds are knit rather than purled, so progress goes quickly.

We'll start on double point needles and move to a small circular needle as we progress in class. You'll learn the Pi Shawl formula and tips on choosing stitch patterns to enlarge your swatch. We'll talk a little bit at the end of class about blocking and various ways to wear a circular shawl.

(If you are proficient using the Magic Loop method, feel free to bring a circular needle the appropriate size although we will NOT be learning or discussing Magic Loop in this class.) Class limited to 20

**Skills Used:** Ability to execute standard increases and decreases, and basic chart reading.

**Supply List:** Size 4 or 5US dpns (5 needles), Size 4 or 5US 24" circular needle, and a small crochet hook. ALL class needles need sharp tips! Your favorite Stitch Dictionary, stitch markers, scissors, and your regular knitting kit.



## Yipes Stripes-Intermediate Techniques for Striping Ann Weaver [AnnWeaverKnits.com](http://AnnWeaverKnits.com)

3 hour class Saturday 2-5 pm

In this workshop, participants will learn new techniques for creating stripes by knitting a cowl designed to teach these techniques! **Skills needed:** Knitting in the round on circular needles; knitting using two colors per round

**Techniques covered in class:** Braids, Neatly carrying unused colors while striping, Two techniques for jogless stripes, Turned hems, Slipped-stitch patterns that use only one color per round Class limited to 15

**Supply List:** US Size 6 24-inch circular needle, One stitch marker, Worsted-weight yarn in five colors, approximately 100 yards of each. You can mix and match different worsted-weight yarns if you like! A copy of the [Yipes Stripes pattern](#) (purchase online through Ravelry for \$5)

**Material fee:** \$5 for [Yipes Stripes pattern](#) – purchase ahead of time to complete homework

**Homework:** Begin knitting your cowl! Begin under INSTRUCTIONS, and work to the Turn Hem heading



## Wrapped in Warmth – Shetland Hap Shawls – Denise Bell - [LostCityKnits.com](http://LostCityKnits.com)

3 hour class Saturday 2-5 pm

Not all Shetland shawls are knit from skinny yarn and can pass through a wedding ring. While we love those that do, the traditional Shetland Hap Shawl is generally knit with jumper (fingering) weight yarn in the natural colors of true Shetland bred sheep. In this class we're going to add a little twist to the traditional everyday Shetland shawl. Bring three to five solid-colored fingering-weight non-superwash wool yarns to class. While the traditional choices are natural sheep colors, your swatch need not be so. Scraps of 100-200 yards are perfectly fine for our swatch. *(There is a time and place for multi-color superwash sock yarns, but this is neither.)* For this class you'll choose one of your colors as your main color and plan the others to coordinate a pleasing palette. We'll discuss traditional techniques and color placement in class and work on a swatch to learn the basics of modern Half Hap Shawl construction. Class limited to 20 **Skills required for this class:** Ability to execute standard increases and decreases, and basic chart reading.

**Supply List:** Students should bring a size 5US or 6US circular needle(s) in both 24 and 32 inch length (or interchangeable cords), stitch markers and the usual knitting kit. Also bring three to five solid-colored fingering-weight non-superwash wool yarns of 100-200 yards each, and colored pencils or crayons in shades representing your chosen swatch colors with maybe a few more to play around with. (Instructor will supply graph paper.)

**Homework:** *Using the color chosen as your MC (Main Color) knit a triangle shape beginning with one stitch, leaving a 6" tail, increasing one stitch EVERY row in the following method (both front and back) until you have 55 stitches. Increasing method: \*Yarn over, knit across to the last stitch, knit into the back of the loop of last stitch\*. Turn and repeat until you have 55 stitches. Do not cut or break working yarn.*



## SUNDAY CLASSES

### **Skinny on Lace – Denise Bell - [LostCityKnits.com](http://LostCityKnits.com)**

3 hour class Sunday morning 9-noon

While it's true that any type of yarn can be used to make lace and that there are many wonderful works made from heavier yarns, there is something special about a lace shawl made from lace-weight yarn. There is no need to be lace-phobic!

If you've admired light-weight shawls that lift with a gentle breeze and weigh next to nothing but felt intimidated by wispy yarn, it's time to get your skinny on. Learn from a self-acknowledged lace junkie the basics of triangle shawl knitting and start your own lace-weight shawl in class. We'll discuss chart reading symbols, pattern repeat boxes, odd and even rows, no stitch, yarn choices, and lifelines. You'll learn the basics of lace shawl construction. By the time class is over you will have a start on your very own lace shawl and the confidence to complete it. Class limited to 20

**Skills required for this class:** Ability to execute standard increases and decreases. We will learn basic chart reading in class for those students unfamiliar with charts.

**Supply List:** Students need to bring a size 4US or 5US circular needle with sharp tips. Students should have on hand four stitch markers along with their usual knitting kit containing scissors etc. One skein of SOLID colored lace weight merino or wool yarn of at least 700 yards. Since this is a beginning lace class fibers such as silk, alpaca, mohair or bamboo are not recommended. Save those for a later use.



### **Seven Ways to Knit – Martha Owen**

3-hour class Sunday morning 9-noon

Bring your yarn and needles—we are going to start knitting! Curious knitters of all experience levels, examine several ways to carry and tension yarn for knitting. Martha began collecting knitting styles as a way to give tired hands a break and also as a way to become friends with knitters she has met on her travels. She actually knows more than seven ways! For continuing knitters. Not exactly a how to knit class but a technique class that may improve your knitting experience and interest. Class limited to 15

**Supply List:** light colored smooth WOOL yarn and appropriate sized straight and circular knitting needles

## Color Theory Albers Cowl - Ann Weaver [AnnWeaverKnits.com](http://AnnWeaverKnits.com)

3 hour class Sunday 9-noon

Whether doing stranded knitting, intarsia, stripes, or modular patterns, knitters are constantly faced with color choices. The Albers Cowl, one of Ann's designs, is a perfect opportunity to experiment with color by using small amounts of yarn and simple techniques. The goals of this workshop are to expand the knitter's color vocabulary and confidence in color combination choices and to teach Log Cabin knitting techniques like picking up and knitting stitches.

This workshop will present the basics of color theory, like lightness, hue, and complimentary colors. Each student will receive a color wheel for future use. The different interactions of color (for example, complimentary colors) will be explored using my extensive collection of swatches and yarns from the shop (if available).

Students will have a chance to shop for a selection of yarns after the color theory portion of the class, so they'll have a chance to get some new colors for their Albers Cowls if they like.

After a discussion of color theory, the workshop will focus on the Albers Cowl. Knitters will learn how to measure gauge in garter stitch, neatly pick up stitches from both horizontal and vertical edges, and keep it all *really square*. If time allows, the workshop will also cover the sewn bind off and mattress stitch (used to join the three squares of the Albers Cowl). Although the only stitch used is the knit stitch, this class is a great chance for knitters to learn and improve finishing techniques while beginning an Albers project.

**Skills needed:** Casting on and knitting garter stitch; experience knitting with fine (fingering- weight) yarn on small needles

**Supply List:** [Albers Cowl pattern](#) (\$5 through Ravelry), US Size 2 straight or circular needles (any length) Fingering weight yarn for the first square (at least two colors)

**Materials Fee:** [Albers Cowl pattern](#) (\$5 through Ravelry)

**Homework:** Knit the center square of one of the blocks (cast on 30 sts and knit 59 rows, then bind off).





## 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). Rate for the townhome is \$125/night (sleeps up to 6 people)

### **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 2016 Colorway fiber and yarns available at the retreat – no pre-order is necessary.
- 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:

### Ann Weaver [AnnWeaverKnits.com](http://AnnWeaverKnits.com)

Ann Weaver sees knitting patterns in container ships, Tom Waits lyrics, *Moby-Dick*, classic cocktails, and the work of artists like Josef Albers and Mark Rothko. When she is not traveling to teach knitting workshops, Ann lives in Baltimore, where she works as a freelance editor and writer and spends her free time volunteering and working to bring change to her community. You can follow Ann on Instagram and find her designs Ravelry, where her username is [weaverknits](https://www.ravelry.com/users/weaverknits)

### Denise Bell - [LostCityKnits.com](http://LostCityKnits.com)

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. Denise is a nationally recognized teacher and member of TNNA. 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 *Ultimate Thule: Patterns Inspired by the Shetland Islands*.

### Martha Owen

Martha Owen began her adventure in spinning at the John C. Campbell Folk School, (founded in 1925), in Brasstown, North Carolina in 1978. Since 1980 her extended family has included sheep (currently Corriedale, Romney, Shetland) and French angora rabbits. Martha became a member of the Southern Highlands Craft Guild in 1988, is Resident Artist at the John C. Campbell Folk School in spinning, knitting, felt making, and dyeing, and was co-owner of Yarn Circle, a store catering to fiber enthusiasts. Also a banjo player and known to tell a story or two, Martha's interest in sheep and wool, music and dance, have carried her quite literally and joyfully around the world. Her children say she is a wool nerd but her sheep say she is outstanding in her field! She has been teaching spinning, natural dyeing and knitting design since 1984. She taught her first class of thirteen students how to card and spin with a one month old nursing in a wind up swing as her assistant. That baby is 33 now! You can find Martha on Facebook: [MarthaOwenWoolens](https://www.facebook.com/MarthaOwenWoolens)

### Paddy Lynch

As an educator, Paddy spent most of her professional life in elementary classrooms. She understood early on what a powerful tool the arts were in learning, and that children needed the opportunity to use their hands, bodies, and voices to make and express meaning. Her curiosity about the social, emotional, and cognitive influences on learning eventually led to her earning a Ph.D. in Elementary Education in 2005.

When lesson plans and paper grading permitted, Paddy dabbled in the fiber arts, influenced by her mother and grandmother, who were both fine seamstresses. She began quilting in the 1980's, and won first place in the Bele Cher Quilt Show in 1984. After retiring from teaching in 2010, she discovered felt making, a craft that resonated with her Scandinavian roots. Coupling her love of literacy with fiber, Paddy loves creating resist-dyed, felt-covered journals, embellished with stitching and beadwork, but she has recently begun dabbling in garment making with felt as well. Her felted vest, Cosmos, won Best in Show as well as first place in the 2015 Southeastern Animal Fiber Fair. In her work with fiber, Paddy's desire is to make ordinary things beautiful, to synchronize form with function, and to lend the pleasure of fine craft to everyday life.