

Carolina Fiber Frolic Retreat

March 20-22, 2015 in Sapphire, North Carolina

Class Descriptions, Teacher Biographies and Hotel Information

FRIDAY CLASSES

Drafting: The Long and Short of it - Abby Franquemont www.Abbysyarns.com

3 hour class Friday 9 am-noon

What's the difference between long draw and short draw? Does it matter? Why should you choose one or the other? What difference does it make in your finished yarn? Are some fibers or preparations more suited to one or the other? What do people mean by woolen and worsted? We'll talk about those subjects, and learn to execute a range of drafting methods with a variety of fibers. **Supply List:** Bring a wheel and/or spindle. Materials fee is included in the class fee. Class is limited to 18 students

Intro to Yarn Dyeing – Angie LeNoir and Stephanie Stotts of Kismet Fiber Works www.KismetFiberWorks.com

3 hour class Friday 9 am-noon

Students will dye yarn for two different projects. We'll dye a variegated yarn by painting one skein, and your 2nd dye project will be to hand paint an ombre skein from a special sock blank (a pre-knitted piece of fabric that you will later unravel to knit your project). Both projects will be dyed using commercial grade acid dyes. We'll discuss color theory, techniques, inspiration and what to knit with yarn dyed in these particular ways. No experience necessary

Material Fee: \$40 (to be paid to instructor in class) covers all yarns & dyes needed. **Supply list:** gloves & apron to protect your clothing. Class is limited to 12 students

START & FINISH A class on Cast Ons & Bind Offs - Charles Gandy <http://www.ravelry.com/designers/charles-d-gandy>

3 hour class Friday 9 am-noon

What do you do when the pattern says Cast On? Do you use a long-tail cast on? A cable cast on? A knitted cast on? What about getting fancier...with a provisional cast on, tubular, picot, or even a frilled cast on? This class will get you STARTED with a review of many of the tried and true ways to cast on as well as some new and different ones. We will discuss how to choose which is the best. Once we get going, then we will need to FINISH, so we will learn to Bind Off in exciting, and hopefully unexplored techniques.... techniques for any creative knitter. **Supply List:** 1 skein of neutral colored worsted weight yarn and appropriate size needle (6, 7, or 8 — circular or straight — your choice!) plus a few yards of a contrasting color of worsted weight yarn. Class limited to 20 students

Blending Board Basics – Kristen Nicholas

2 hour class Friday 9-11 am

You don't need an expensive drum carder to blend fibers for spinning or felting; you just need a little imagination, fiber, and a blending board! Come join this fun class to make batts and rolags – those wonderful little rolls of fiber that are so easy to spin. We'll blend colorful roving with add-ins like Angelina, Firestar, Sari silk, bamboo, locks and more. No experience needed. **Material Fee:** \$25 (paid to instructor in class) for fibers. Class is limited to 10 students

Plying Basics - Abby Franquemont www.Abbysyarns.com

3 hour class Friday 2-5 pm

Often overlooked, plying is actually it's own skillset. There are many plying structures which bring different benefits to your yarn, and this class will help you decide which you'd like to use and make sure you can get that done. We'll cover the differences between singles, 2-ply, 3-ply, more than 3-ply, cabled yarn, and crepe yarn. **Supply List:** wheel in good working order and/or a spindle you like, a lazy kate and at least four bobbins. Optional: niddy noddy or skeiner, ball winder or nostepinne. This class is not for the absolute beginner; you must already be able to produce singles. Materials fee is included in the class fee. Class limited to 18 students

FRIDAY CLASSES (continued)

Beginning Rigid Heddle Loom Weaving- Suzy Hokanson - www.suzanneworkhokanson.com

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! By the end of the workshop weaving terms will no longer seem like a foreign language. You will know how to: wind a warp, dress your loom, tie on, weave, and prepare a shuttle with weft. Fringe and finishing techniques will also be discussed. You will see all the possibilities of what this portable, affordable style of loom can do. **Supply List:** 100 grams/200-250 yards of DK or Worsted weight yarn for warp. Additional yarns for weft, those can be any weight... the greater variety the better, scissors, small screwdriver (if assembling your loom), 15 sheets of printer paper or paper roll of a comparable length (140"). Class limited to 12

Finishing 101 – Charles Gandy - <http://www.ravelry.com/designers/charles-d-gandy>

3 hour class Friday 2-5 pm

Hate seaming? Then this class is for you. We will take the mystery and dread out of seaming while we explore all types of seaming needed to finish your projects in a professional...almost invisible...way! Side seams, shoulder seams, reverse stockinette seaming, easy Kitchener, garter stitch grafting, three-needle bind offs...all will be covered. So get your tapestry needles out and come join the fun! **Note:** Homework is required for this class – you'll need to knit swatches before class in order to have something to practice your finishing techniques! Homework instructions will be e-mailed to participants along with their registration confirmation. Class limited to 20

SATURDAY CLASSES

Spinning For a Project - Abby Franquemont www.Abbysyarns.com

3 hour class Saturday 9am-noon

Do you have a project for which you'd love to spin, but you don't even know where to start? How do you figure it out? Then once you think you know where to start, how do you make sure you actually hit the mark? How do you get it all done and stay on track? How much fiber do you need? How can you be sure you'll end up with enough yarn? What if you don't? If you're looking for answers to these questions, or just that kick in the right direction to take on a planned project, this is the class for you. You'll outline a project and we'll step through the planning and execution cycle.

Supply List: wheel &/or spindle you like, kate, extra bobbins. Materials fee is included in the class fee. Class is limited to 18 students

Saori-inspired Rigid Heddle Loom Weaving – Suzy Hokanson www.suzanneworkhokanson.com

3 hours class Saturday 9 am-noon

Unleash the unique Zen-like freestyle weaving that is within you! This is the perfect use of all those deliciously textured, colorful handspun yarns and bits and pieces of yummy locks. 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. Enjoy the freedom of weaving Zen-like Saori-inspired weaving -- no patterns, no rules, no mistakes. Saori® is a registered trade mark that has evolved into a weaving philosophy based on the ideas of it's 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 in a box! Participants in this workshop will weave a scarf or table runner or anything else the finished fabric wants to be. **Supply List:** a pre-warped loom 8-10" wide (sign up for the Beginning Rigid Heddle Loom Weaving workshop on Friday afternoon if you need to learn how to warp your loom), a variety of textured handspun and/or commercial yarns for weft as well as treasures like locks of fiber, novelty yarns, add-ins, leftover bits of yarn, anything that you might feel will be fun to have in your creation. You will also need at least 2 stick shuttles, scissors, paper and pencil, embroidery needle. Class limited to 12 students

SATURDAY CLASSES (continued)

Substitiary Locomotion – Melissa Schoenwether www.withmeldotcom.wordpress.com/words-with-mel

3 hour class Saturday 9 am-noon

Remember *BedKnobs and Broomsticks*? The incredible spell Miss Eglantine Price (Angela Lansbury) was determined to master? Substitiary Locomotion! Well let us try our hand with this as it pertains to magical knitting!

This class is designed for knitters wanting to understand and implement substitutions in knitting: fiber types (and blends), yarn weights and colors. We will center the class on how these three factors can completely alter, for better and worse, how our knitting project turns out in the end. To avoid wasting money, time and energy, discover important characteristics designs use with the recommended yarn as well as things you can take artistic license with...but not at the cost of your knitting self esteem! **Note:** There will be fun creative activities to do weeks leading up to the retreat. You will receive a PDF study guide as well as activities to do before, during and after your class. **Supply List:** Bring a variety of sizes of knitting needles, a pen or pencil & notepaper **Material Fee:** \$10 (paid to instructor in class) includes a special keepsake bag with: printed course materials, an assortment of fiber tufts to study and use in and after class, a variety of sample yarns to knit and study, a pattern specifically designed for class and access to online help before (available Feb 15th) and after the class at the Frolic. Class is limited to 12 students

Spinning Self-Striping Yarn – Abby Franquemont www.Abbysyarns.com

3 hour class Saturday 2-5 pm

Have you ever wanted to spin your own self-striping yarn from dyed fiber? We'll work with both fiber that's been hand-painted in multiple colors, and multiple colors of solid-dyed fiber, to spin self-striping singles – and you'll learn about planning and plying methods to achieve a variety of color effects in plied yarns as well. You must be able to spin and ply a basic two-ply yarn, but we'll discuss chain plying and three-ply yarns too. **Supply List:** Wheel or spindle, extra bobbins, kate. Materials fee is included in the class fee. Class is limited to 18 students

Oh Sweater! My Sweater! – Melissa Schoenwether www.withmeldotcom.wordpress.com/words-with-mel

3 hour class Saturday 2-5 pm

Knitters are skillful people with strong ideas, beautiful thoughts and untapped creativity. You as a knitter have undoubtedly had visions of adding a cable here, a bobble there, here a lace panel...or two. This class will help you take those thoughts from your head and put them in to your hands, creating YOUR SWEATER! This class offers knitters the opportunity to take a basic sweater pattern (provided by Mel) and objectively think through stitch pattern ideas as you create one of your own. As you study your ideas you will discover an appreciation of what goes in to designing a sweater, as well as gain confidence in altering bits and pieces OR ENTIRE SWEATERS for yourself. **Supply List:** Bring a variety of sizes of knitting needles, a pen or pencil & notepaper **Material Fee:** \$15 (paid to instructor in class) includes: Printed materials for class, Downloadable materials, Yarn to use during class, Sweater pattern to knit as is or to customize as taught in class, "Mel's Must Have" knitting notions and goodies, Access to an on-line forum to help prepare students *before* class (available Feb 15th) so that class can move swiftly and we can learn as much as possible! **Note:** This class will require a bit of creative homework before class. Class is limited to 12 students

Indigo Dyeing! - Kristen Nicholas

4 hour class **Saturday afternoon 2-5 pm** and continued on Sunday morning 8-9 am (to rinse fibers)

Indigo is like magic – mix it up, get it just right, dip your fibers in the yellowish green vat, once, twice, three times - yes, I said yellowish green - and you're saying, where's the magic in that? The magic happens when you lift the fiber out of the vat. Once the air touches the fiber, it starts to oxidize, and turns into that beautiful shade of blue we call Indigo. Now that's magic! We'll dye merino wool roving, locks, silk and yarn. If you have an undyed 100% cotton T-shirt you'd like to Tie Dye, bring it with you along with some rubber bands. No experience needed. **Material Fee:** \$35 (paid to instructor in class) includes fibers and dye supplies used in class. Class limited to 10 students

SUNDAY CLASSES

Indigo Dyeing! - Kristen Nicholas

4 hour class Saturday afternoon 2-5 pm and continued on **Sunday morning 8-9 am** (to rinse fibers)

Indigo is like magic and the magic continues on Sunday morning.

Efficient Spinning - Abby Franquemont www.Abbysyarns.com

3 hour class Sunday 9 am-noon

Do you wish you could make more yarn faster? This is the class for you! You'll work with your default drafting method and get personalized feedback on how you spin and where your bottlenecks are. You'll learn to get the most out of your wheel, how to set up for efficiency, how to measure your productive rate, and exercises to practice to improve your spinning speed. **Supply List:** wheel &/or spindle you like, kate, extra bobbins Materials fee is included in the class fee. Class is limited to 18 students

Zoom Loom Weaving - Suzy Hokanson www.suzanneworkhokanson.com

3 hour class Sunday 9 am-noon

It's amazing how versatile a little 4x4 inch pin loom can be! Schacht® has perfected these little looms for easy use. They're portable enough to tuck it in your bag and carry with you anywhere, anytime. Come with your own Zoom Loom (or similar pin loom) or buy one at the Frolic. You will learn to warp and weave on your loom a variety of ways. By combining woven squares you can create just about anything! **Supply List:** Bring a variety of yarns (handspun and/or commercial sari silk or pieces of thinly torn cotton fabric), 6" and 3" tapestry needles (they come with your loom), and scissors. No experience necessary. Class limited to 12 students

Create a Felted Notebook - Paddy Lynch

If you are like most people, you need some place to jot down all those great project ideas, or book recommendations, or a dozen other things you want to remember, but don't quite trust your brain to do. 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. In class, we will use a piece of black or white merino pre-felt for the cover and create a design for it with smaller colored bits of pre-felt. Using olive oil soap and warm water, the design will be felted to the base, and then we will dry the cover by ironing it. When our pieces are completely dry, we'll line our booklet with Ultra suede, stitch in the pages, and create a closure with waxed linen and a button. If time allows, we can embellish the covers with beads/buttons. No experience necessary. **Material Fee:** \$35 (paid to instructor in class) includes felting mats, soap, bubble wrap, and netting, pre-felt for notebook cover and surface design, Heat Bond and Ultra suede for lining, hand-torn signatures/pages, waxed linen **Supply List:** small, sharp scissors, an interesting button with a shank, tapestry needle (large eye), beading needle/thread/beads or small buttons for the cover, 2 towels, ruler. Class limited to 8 people

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.

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

Food

Prior to the retreat, you will receive an e-mail with menu options. You need to respond to that e-mail with your choices, as well as with any information about dietary restrictions to ensure that the caterer has time to prepare and to accommodate special needs

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 always some significant others in attendance and several 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 & 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.
- The number of retreat bags is limited. Your money will be refunded if we are unable to produce a bag for you.
- Cancellation policy (for all class and registration fees): Cancellations received in writing before March 1st are eligible for a 75% refund of all class & registration fees. March 1 or 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:

Abby Franquemont www.Abbysyarns.com

Abby Franquemont, author of bestselling spinning book *Respect The Spindle*, is steeped in the fiber arts since birth. The daughter of field anthropologists studying textile production, she was raised largely in the rural Andes of Peru, where she learned to spin, weave and more starting at the age of five. In 2006, she left a successful career in information technology in order to write and teach full-time about the fiber arts, particularly spinning. Why spinning? Abby says it's the most fundamental of the fiber arts – the one upon which the most others depend – as well as the most at risk of being lost and the hardest to pass down in any way other than hand to hand. Abby is technical, passionate, inquisitive, and informed; she has taught individuals and groups of all ages, skill levels, and combinations thereof. Her classes are among the first to sell out wherever she goes; her book, instructional DVDs, magazine articles, and blog are widely recommended; and her down-to-earth approach is empowering for students of all levels.

Abby has taught and lectured at large events including The National Needlearts Association (TNNA), Golden Gate Fiber Institute, the Spin-Off Autumn Retreat (SOAR), Sock Summit, the Taos Wool Festival, and New York State Sheep & Wool (Rhinebeck), Southeastern Animal Fiber Fair (SAFF), Fibre East in Bedfordshire, UK; not to mention many of the finest fiber, knitting, and crafting shops in the USA, along with weaving, spinning and knitting guilds nationwide and a select group of private retreats, seminars and workshops. Her writing has appeared in Spin-Off, Spindlicity, Interweave Knits, Twist Collective, Entangled, SpinKnit, Knitty, and more.

Angie LeNoir and Stephanie Stotts of Kismet Fiber Works www.KismetFiberWorks.com

Stephanie's mother first showed her the beauty of textiles and all the stories that they can tell; a culture captured in cloth, a medium of self-expression, a moment memorialized. Angie's fiber story started when her young old son asked for a sheep for his birthday (ask her to tell the rest of the story during the retreat). Kismet Fiber Works is collaboration between Angie and Stephanie creating unique, beautiful hand dyed yarn for fiber artists. All Kismet Fiber Works yarn is dyed with colors specially formulated by Stephanie and Angie in their home studios, and the yarn is sourced from a local Virginia company. They honor the entire life of their yarn: from field, to fiber, to you the artisan.

Charles Gandy <http://www.ravelry.com/designers/charles-d-gandy>

Charles Gandy, a TKG Master Knitter, learned to knit at the young age of four from his mother, a designer and shop owner. He designed his first sweater three years later and continues to create today. A two-time winner in the recent Knitter's Magazine "Think Outside the Sox" contest, three of his designs are featured in the new book of the same name: "Dread Sox", "Snake in the Grass" and "Pedicure Polka Socks". His own book, *The Embellished Sock: Knitted Art for the Foot* features eighteen creative sock patterns and numerous techniques and is available in yarn shops nationwide. His latest collection "Crazy Socks" for REGIA Yarns was recently introduced. His other designs are widely published in leading magazines and he is a popular teacher at workshops and conferences.

Kristen Nicholas

Kristen began sewing at a young age but it was her creative spirit, love of color, texture, and the smell of raw wool, that naturally led her to explore other fiber arts. Taking a raw fleece, washing it, dyeing it, carding it, and either spinning or felting it, brings her great joy. She readily admits the process is what excites her, not necessarily the finished product (as in actually knitting something from her many skeins of hand-spun yarn!). In addition to her current fiber adventure as Chairman of the [Southeast Fiber Forum](http://SoutheastFiberForum.com) she's taught beginning drop spindle and drum carding classes at Carolina Fiber Frolic Retreats, SAFF, and Friends and Fiberworks.

Melissa Schoenwether MskiKnits on Ravelry - www.withmeldotcom.wordpress.com/words-with-mel

Melissa "Mel" Schoenwether is a wife to one, mother to three and friend to all, which is very apparent through her video podcast Singled Handed Knits. She has been immersed in knitting for over 12 years, after being mentored one-on-one almost daily for 9 months by an amazing crafter who taught her the art of knitting, but more importantly, the art of *sharing* knitting. Mel is passionate about all things fiber related, from the source of the yarn...to the yarn itself...to the incredible handiwork it can become. More than knitting, Mel loves Knitters and reminding them how amazing they are. She moved from her home of Kauai, Hawaii to knit, live and love along the Carolina Coast.

Paddy Lynch

Paddy attended her first Carolina Fiber Frolic in 2013 and instantly knew she'd found her people. At her home studio outside Asheville, she focuses on wet felting and embellishment of bags, journals, and other gorgeous wool items. Her gentle manner & attention to detail will ensure that you leave her class with a lovely personal notebook that will evoke fond memories of the spring Carolina Fiber Frolic retreat. We're so happy that she's agreed to share her talents with us.

Suzy Hokanson – suzyhok on Ravelry www.suzanneworkhokanson.com

Suzy has been creating in fiber since she was about 6 years old when her mother patiently taught her to knit. After receiving a potholder loom for her birthday she became addicted to creating a wide variety of things from her small loom by putting pieces together. She has been spinning for 38 years and weaving for 32 years on everything from cardboard looms to computerized Jacquard looms and EVERYTHING in between. Three years ago Suzy and her husband moved to Savannah, GA after she retired from teaching art in upstate NY where she shared her joy of weaving with her students - preschoolers through adults. Suzy currently is the president of the Fiber Guild of the Savannahs and has served as president of the Black Sheep Handspinners Guild of Ithaca, NY as well as the Hudson Mohawk Weavers Guild of Albany, NY. A fascination with the weavers of the Bauhaus, an Avant guard art school in Germany which existed between 1919 and 1933 led Suzy to research and write a book, *Woven: a Bauhaus Memoir* about the weavers there.