

Carolina Fiber Frolic Retreat

March 18-20, 2016 in Sapphire, North Carolina

Class Descriptions, Teacher Biographies and Hotel Information

FRIDAY CLASSES

Sapphire Memories – Jerry Spears – Hooked on Wool

3 hour class Friday 9 am-noon

Small project of a mountain vista created with simple rug hooking techniques using hand-dyed wool fabric provided as a kit with pattern on linen backing. Class limited to 12

Supply List: Items to bring if available: scissors, quilting or embroidery hoop no larger than 14 inches, rug hook. Instructor will have hooks and hoops/frames available for students to use. These items will be available for purchase after class if desired.

Material fee (payable to instructor in class): \$36 includes all materials for class project



Fair Isle – Heather Storta – KnitsbyHeather.com

3 hour class Friday 9 am-noon

Fair Isle knitting uses two or more colors per row to create gorgeous colorwork items. We'll cover the basics of Fair Isle and get the hang of working it while knitting a hat with a simple motif. Students should know how to cast on, bind off, knit, purl, knit in the round and basic decreases prior to this class. Students will learn: Yarn management, methods of tensioning for Fair Isle, yarn dominance issues, choosing colors for Fair Isle patterns, reading Fair Isle charts, decreasing in pattern, and weaving in ends. Class limited to 20

Supply List: Two contrasting colors of worsted weight yarn (a light color for background is ideal.) 100% wool yarn is recommended, Circular needles or dpns in size appropriate to the yarn (size 6 will work for most knitters, Circular needles or dpns in one or two sizes smaller, Stitch markers, Tapestry needle, Scissors.

Material fee (payable to instructor in class): \$2 for handouts

Homework: Using your chosen background color (and smaller needles – size 4 or 5 suggested), cast on 100sts. Join to work in the round, placing a marker at the beginning of the round. Work K2, P2 ribbing for 1.5 inches. Switch to larger needles and knit 4 rounds plain. Leave hat on the needles and bring to class.

FRIDAY CLASSES (continued)

Wool Breeds Short Course – Kate Larson – KateLarsonTextiles.com

3 hour class Friday 9 am-noon

Sheep around the world are beautifully diverse. Join us for an introduction to a range of sheep breeds and the characteristics of their wool. You will have a chance to handle fleeces and yarns from primitive, long wool, down-type, medium, and fine wool sheep. Kate will offer tips on choosing the right wool type for your next project and resources for finding breed-specific fibers. Leave class with a notebook of the breeds covered in class and a better understanding of how wool type impacts the durability, resilience, and drape of your textiles. Bring your spindle or wheel, knitting needles or crochet hook, to sample fibers and yarns. This workshop is open to knitters, crocheters, and spinners alike. Skills needed: Beginning knitting, crochet, or spinning skills. Class limited to 20

Supply List for Needle workers: A range of knitting needle or crochet hook sizes

Supply List for Spinners: Several spindles or a spinning wheel and its parts; hand cards (some will be available to borrow).

Material fee (payable to instructor in class): \$15 for yarns/fibers/handouts

Steeking – Heather Storta – KnitsbyHeather.com

3 hour class Friday 2-5 pm

Steeking provides a way to allow a knitter to knit a garment entirely in the round. It is especially useful in Fair Isle garments. Steeks can be used at cardigan fronts, armholes and necklines as well as many other places. Taking scissors to our hard work can be daunting, but don't worry – you will have help and guidance while you cut for the first time! Students should be comfortable knitting in the round & picking up stitches. Familiarity with crochet slipstitch and single crochet stitches would be helpful. We will cover several ways to reinforce your knitting prior to cutting. We will then cut our knitting! We will also cover picking up and knitting stitches at the steek seams, and ways to secure the steek edge. Class limited to 20

Supply List: Two homework swatches (pattern and instructions will be provided to registered students prior to class), spare yarn (more of the yarn you used for your swatches). Worsted weight - 100% wool (non-superwash) is strongly recommended. Needles (straight or circular), and crochet hook in size appropriate to your yarn, sharp scissors.

Material fee (payable to instructor in class): \$4 for handouts

Homework: Will be e-mailed to registered students prior to retreat

Spinning With Handpainted Fibers – Kate Larson – KateLarsonTextiles.com

3 hour class Friday 2-5 pm

Handpainted combed tops and dyed locks can be found in a plethora of colors. The way the colors mix and shade in the fiber is often what draws us in, but can look "muddy" when spun into yarn. Come learn a variety of ways to prepare, combine, draft, and ply these beautiful fibers to give you the yarn you want. We will work with several different types of wool and a few luxuries like silk and yak. Skills needed: Ability to spin and ply a basic yarn. Class limited to 20.

Supply List: A spindle or working wheel, extra bobbins, and lazy kate. You will need handcards for this class—some will be available to borrow.

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

SATURDAY CLASSES

Color and Creativity for Spinners – Kate Larson – KateLarsonTextiles.com

6 hour class Saturday 9am-noon and 2-5 pm

Inspiration is everywhere. The challenge for fiber artists is in translating interesting architecture, a sunset, or a memory into yarn and textiles. In this workshop, Kate will walk you through her own design process and help you begin a spinner's creativity notebook. Building upon color studies and explorations you develop in class, the workshop will cover fiber preparation and spinning techniques used to manipulate color, managing handpainted fibers for different color effects, finishing techniques, and more. You'll leave with an organized notebook filled with samples and ideas, and the tools needed to turn them into beautiful yarns. Skills needed: Ability to spin and ply a basic yarn. Class limited to 20

Supply List: A spindle or working wheel, extra bobbins, and lazy kate. You will need handcards for this class—some will be available to borrow. *Optional:* lace flyer if you have one, knitting needles, crochet hooks, or pin-looms for sampling.

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

Hooked On Sheep Saori– Jerry Spears – Hooked on Wool

3 hours class Saturday 9 am-noon

Hook a sheep mug rug using your own roving or handspun yarn. The instructor will have roving/fleece available if needed, as well as wool fabric to complete the background. Class limited to 12

Supply List: scissors. If you have them, please bring a quilting or embroidery hoop no larger than 14 inches, and rug hook. Instructor will have hooks and hoops/frames available for students to use. They will be available for purchase after class if desired.

Material fee (payable to instructor in class): Pattern of sheep on primitive linen is \$20. An additional \$5-15 for fibers from the instructor, or bring your own



Socks Ala Carte – Heather Storta – KnitsbyHeather.com

3 hour class Saturday 9 am-noon

Whether you have yet to knit your first sock, or you've knitted several, this class has something for you! We will cover the basics of sock construction – both cuff down and toe up – and different heel and toe treatments. We will also cover grafting and different cast ons for both cuff down and toe-up knitting. One or more 'class socks' will be knitted with the techniques each student wants to try out. **Skills students will learn:** Using dpns. Magic loop technique. Two circular needle technique. Cuff-down sock construction. Toe-up sock construction. Heel flap heels, short row heels. Wedge toes, spiral toes. Ideal cast ons for cuff down socks. Kitchener stitch. Cast on methods for toe-up socks. Plus any other sock technique that you want to learn, and we have time for, we'll cover! Students should know how to cast on, knit, purl, basic decreases and increases, knitting in the round with dpns or circular needles. No homework. Class limited to 10

Supply List: Sport or DK weight sock yarn - a wool blend is best. A light color is recommended. Stitch markers, Tapestry needle, Scissors. One set of 5 appropriately sized dpns – or circular needles long enough to magic loop. Size 4 or 5 will work for most knitters. Note: Sock newbies may want to bring both dpns and circs.

Material fee (payable to instructor in class): \$4 for handouts

SATURDAY CLASSES (continued)

Thrummed Mittens – Heather Storta – KnitsbyHeather.com

3 hour class Saturday 2-5 pm

Thrummed items are soft and cozy. They are also a good way to use some of the luxurious fiber you have in your spinning stash! We'll learn the basics of knitting mittens and working with thrums in this class. Skills student will learn: Basic mitten construction, and working thrums. Students should know how to cast on, knit, purl, knit in round, and do basic increases and decreases. Class limited to 20

Supply List: Worsted weight yarn - 100% wool or a wool blend is best. Set of dpns or circular needles (whichever you prefer) in size US7. Set of dpns or circular needles in size US6. Fiber for thrums: about 4 oz. of clean, long staple wool or other animal fiber. Note: Instructor will provide thrum fiber for additional material fee (see below). Stitch markers. Waste yarn. Tapestry needle. Scissors.

Material fee (payable to instructor in class): \$2 for handouts

Optional Materials Fee: \$8 for a 4oz thrum kit of cream/natural Corriedale wool.

Homework: Using smaller needles, cast on 40 sts. Place marker and join to work in round. Work 3 inches of K2 P2 ribbing. Switch to larger needles and work 3 rounds stockinette. Leave mitten on needles and bring to class.

SUNDAY CLASSES

Finishing School – Kate Larson – KateLarsonTextiles.com

3 hour class Sunday morning 9-noon

Washing, blocking, and fulling techniques for handspun yarns. After your yarn is spun and wound into a skein, what comes next? Finishing handspun typically involves washing, but the exact approach depends on the fiber and spinning method used and what type of textile you want to make. Wet finishing can be used to remove carding oils and excess dye, but can also add strength and durability or loft and halo depending on the method. This workshop will cover three common approaches to wet finishing: washing, fulling, and blocking. We will spin a variety of fibers and yarn types, ranging from singles to tailspun, and finish them using different techniques. You'll leave class with the skills you need to add a perfect finish to your handspun beauties. Skills needed: Ability to spin and ply a basic yarn. Class limited to 20

Supply List: Several spindles or a spinning wheel in good working condition, and spinning accessories you typically use.

Material fee (payable to instructor in class): \$10 for fibers

A Sampling of Short Rows – Heather Storta – KnitsbyHeather.com

3-hour class Sunday morning 9-noon

Short rows are a great way to add shaping and interest to items. There are many ways to work short rows. In this class we will sample several of the different ways to perform them. Skills students will learn: 'Wrap and Turn' short rows, Yarn over short rows, German short rows, Japanese short rows and others as time permits. Students should know how to knit, purl, and decrease. Class limited to 20

Supply List: Smooth, worsted weight yarn in light color, Working needles appropriate to yarn (size 7 or 8 will work for most knitters), Clasp style stitch markers or safety pins

Material fee (payable to instructor in class): \$2 for handouts

Homework: Cast on 30 sts. Work 1 inch in stockinette. Leave knitting on needles and bring to class.

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

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) & 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. Most 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 and sock yarn kits is limited. Your money will be fully refunded if we are unable to produce a bag or kit for you.
- 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 15th are eligible for a 75% refund of all class & registration fees. February 15th 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:

Kate Larson – KateLarsonTextiles.com

Kate loves using fiber arts as a bridge between her passions for art and agriculture. Her fiber journey has led her to a degree in soil chemistry, travels through northern Europe in search of textile traditions, and back to the farm where her family has lived for six generations. She keeps an ever-growing flock of Border Leicester sheep and teaches handspinning and knitting regularly in central Indiana and around the country. Kate is the author of *The Practical Spinner's Guide: Wool* (Interweave, 2015), and her articles and designs have appeared in *Spin-Off Magazine*, *Jane Austen Knits*, *Enchanted Knits*, *Knitting Sweaters from Around the World*, and more. She manages the [Spinner's Connection blog](#) at SpinningDaily.com and keeps her own blog at KateLarsonTextiles.com

Jerry Spears – Hooked On Wool

When her friend talked her into attending a rug hooking class, Jerry reluctantly went along, ***but she just didn't need another craft.*** Being an avid knitter, spinner, seamstress, quilter, and stained glass maker, how could she possibly have time for more -- as well as her day job and her family? But now, fifteen years later, rug hooking is her passion as well as her small business. Retiring in 2011 and moving from Northern Virginia to Western North Carolina with her husband Ray, she has traded corporate life for life as a fiber artist in which she designs, teaches, and does some pretty amazing things in the dye pot with wool fabric. You can find her at Maryland Sheep and Wool, SAFF, Shenandoah Valley Fiber Festival, Smoky Mountain Fiber Festival and on Etsy hawking her wares and trying her best to inspire everyone to try rug hooking. Jerry says that it's like "painting with wool" and has given her more artistic satisfaction than any other fiber craft.

Heather Storta – KnitsbyHeather.com

Heather is a TKG Master Knitter and a current member of the TKG Master Hand Knitting committee. She has been designing knitwear and teaching knitting for more than 8 years. Her designs have been published in *Cast On* magazine, as well as *Knitty* and elsewhere. When not knitting, designing, or teaching, she homeschools her two boys - and loves every minute of it! Heather can be found online at www.knitsbyheather.com and as knit1purl2mommy on Ravelry.