

Carolina Fiber Frolic Retreat

March 15-17, 2019 in Sapphire, North Carolina

Class Descriptions, Teacher Biographies and Hotel Information

FRIDAY CLASSES

Fine Tune Your Spinning Wheel – Kate Larson

3 hour class Friday 9 am-noon

Class limit: 15

Understanding how your spinning wheel works is a key factor in creating the yarns you want. All types of spinning wheels, like people, have a comfort zone. Learning more about tension and speed adjustments will help you move your wheel out of its comfort zone and test the full range of its abilities. We will spin a variety of fibers and talk about different spinning methods, wheel maintenance, and how to put it all into daily practice. Skills needed: Ability to spin and ply a basic yarn.

Supply List: A working spinning wheel and its parts, extra bobbins, and lazy kate.

Materials fee (payable to instructor in class): \$5 - includes: Fibers, handouts, and recordkeeping materials.



Winter Cardinal – Kathy Donovan

3 hour class Friday 9 am-noon

Class limit: 10

Have you been seeing needle punching on Pinterest and Instagram? Have you been hearing about needle punching with yarn (not fabric strips) on your favorite knitting podcasts? It's a great 'new' way to see & use your yarn stash!

Have you tried the DMC Mini punch needle? Love the look but frustrating and hard to see? If knitting with worsted and fine yarns is your first choice, the #14 Mini Oxford Punch Needle is designed for "mini" punch yarn projects. The seven inch cardinal pattern is on traditional linen, which becomes the background. Different skills apply when using the #14 versus #10 Regular Punch Needle (used in the Saturday Lamb class). The frame, pattern and yarn will be provided. Different options to finish the project will be discussed.

Supply List: embroidery scissors with a point

Material fee (payable to instructor in class): \$15 includes yarn, pattern, and use of frame & punch during class

Note: Either this class, or the Lamb class on Saturday morning, are a prerequisite for Sunday morning's Stash Away Class.

Beyond Basic Cast Ons & Bind Offs – Heather Storta

3 hour class Friday 9-noon

Class limit: 15

A well-planned and executed cast on and bind off can take a piece of hand knitting from ‘nice’ to ‘professional’. Different cast ons and bind offs have different strengths and weaknesses. Come learn how to go beyond the long tail cast on and the basic bind off. Join Heather and learn several different ways to begin and end our knitting so that your cast ons and bind offs behave how you want them to! We will learn Cable Cast On, Single Crochet Bind Off, Chained Cast On, Lace Bind Off, Slip Knot Cast On, Jeny’s Surprisingly Stretchy Bind Off, plus several others as time permits!

Supply List: Smooth, solid, light-colored worsted weight yarn, Working needles appropriate to yarn (size 7 or 8 will work for most knitters), Needles one or two sizes smaller than working needles, Needles one or two sizes larger than working needles, Crochet hook in size similar to working needles, Tapestry needle.

Vibrant: Blending and Spinning for Color Effects – Kate Larson

3 hour class Friday 2-5 pm

Class limit: 15

Modern spinners have a bounty of dyed locks, rovings, and combed tops at our fingertips. While much of what we buy is ready to spin, we can also dive in and make our own blends and adapted preparations. In this workshop, we will prepare and sample a variety of yarns—tweed, marled, ombré, and more—while exploring color interactions and basic color theory. Learn to create several different preparations and blends using your handcards, and you’ll also have a chance to try your hand at color blending on a hackle. Skills needed: Ability to spin and ply a basic yarn.

Supply List: A spindle or working wheel, extra bobbins, lazy kate, and handcards. Spindlers: bring a lazy kate or gear for your preferred plying method.

Materials fee (payable to instructor in class): \$10 includes Fibers, handouts, and recordkeeping materials.



Tips and Tricks to “Master” Your Knitting - Heather Storta

3 hour class Friday 2-5 pm

Class limit: 15

Baffled by gauge swatches? Having trouble with tension? Want to improve your cast ons and bind offs? This class is for you! Join us for this eclectic, fast-paced class that is full of Heather's tips and tricks to make your knitting shine. We will cover blocking and measuring gauge quickly, then move on to perfecting your cast ons and bind offs, taming your tension, ways to join new yarns, weaving in ends, joining to work in the round, cabling without a cable needle, and loads more! Even more advanced knitters will come away with some new tricks!

Supply List: Blocked Homework Swatch *, Smooth, light-colored, worsted weight yarn, Contrasting waste yarn in similar weight (Instructor will also have some on hand), Working needles appropriate to yarn (size 7 or 8 will work for most knitters), Tapestry needle, Pen and paper to make notes, Ruler or tape measure, Calculator.

***Homework swatch:** Using a solid, light-colored, smooth, worsted weight yarn, cast on 30 stitches with appropriate needles (size 7 or 8 will work for most knitters.) Work 5" of stockinette stitch. Bind off. Please block your swatch before class. Ideally: soak in lukewarm water, then lay it flat to dry, uncurling the edges and pinning square – without stretching the swatch.

SATURDAY CLASSES

Spinning Sound Singles Yarn - Kate Larson

3 hour class Saturday 9am-noon

Class limit: 15

A singles yarn is, by its very nature, unbalanced. Twist is typically added to these yarns in one direction, but never balanced with plying. Why spin a singles yarn? They give us unique color blending options, interesting texture, and maximize our spinning time. Singles yarns can have drawbacks, such as decreased durability, over-twist, and reduced loft. By better understanding twist, exploring techniques, and no-fuss sampling, we can spin useful, beautiful, sound singles yarns. Skills needed: Ability to spin and ply a basic yarn.

Supply List: A spindle or working wheel, extra bobbins, and lazy kate.

Materials fee (payable to instructor in class): \$10 includes: Fibers, handouts, and recordkeeping materials.



Spring Lamb - Kathy Donovan

3 hours class Saturday 9 am-noon

Class limit: 10

If you search “Pinterest” you see Oxford Punch Needle yarn projects! Curious? Want to try it? Oxford Punch Needle is easy, fast and fun. I will supply the frame, #10 Regular punch needle, pattern and 100% wool rug yarn. The #10 needle uses bulky, two strands of worsted or three strands fine yarn. You will learn the skills to make any size rug project and the benefits of rug yarn. This project is completed using a “Whipping” method, which you will finish after class.

Spring Lamb Class info continued:

Supply List: embroidery scissors with a point

Materials fee (payable to instructor in class): \$15.00 includes Rug Yarn and pattern

Note: Either this class, or the Cardinal class on Friday morning, are a prerequisite for Sunday morning's Stash Away Class.

Black Mountain Mitts – Julie Cashin

3 hour class Saturday 9 am-noon

Class limit: 12

This Charming pattern by Ashley Wilson is the perfect introduction to color work in the round for the newer color work knitter. These lovely mitts work up quickly and serve as the perfect introduction into color chart work and offer the opportunity to explore 2 handed stranded knitting. We will cover catching floats, reading charts, tension, and create a simple gusset. Skills required: Must be able to recognize and execute knit and purl stitches, previous DPN experience helpful.

Supply list: 2 contrasting colors of worsted weight yarn such as Malabrigo Rios, MadelineTosh Vintage, Berrocco Vintage, Amano Warmi, US size 6 DPNs (six inch length), Small 1 ¾" stitch holder, Locking stitch marker

Homework: PURCHASE & PRINT THE PATTERN (\$5) from RAVELRY: Black Mountain Mitts by Ashley Wilson Using your contrast color or tree color, cast on 40 stitches and divide evenly onto 3 DPNs (12, 12, 16) being careful not to twist sts. Join PURLING your first round. Knit 8 rounds. STOP. If you have any questions on the homework or supplies please email Julie at julie@buttonjarstudio.com



Cabled Yarns: A Spinners Study in Twist – Kate Larson

3 hour class Saturday 2-5 pm

Class limit: 15

Are you looking for stronger sock yarns or light-weight long wool skeins? A classic cabled yarn is simple: take two two-ply yarns and ply them together. This endlessly adaptable recipe creates a range of yarns that balance durability, elasticity, and loft. However, much of the success of handspun cables depends upon our use of twist and understanding of fiber character. Join Kate as she discusses easy strategies for managing and measuring twist, staying consistent, and the many options cables offer. Skills needed: Ability to spin and ply a basic yarn.

Supply List: Several spindles or a spinning wheel in good working condition, several bobbins, a lazy kate, and spinning accessories you typically use. (Spindlers: bring a lazy kate or gear for your preferred plying method.)

Materials fee (payable to instructor in class): \$10 includes: Fibers, handouts, and recordkeeping materials.

Today's Granny - Julie Cashin

3 hour class Saturday 2-5 pm

Class limit: 12

As a knitter, I am drawn to all the gorgeous hand dyed fingering weight yarns out there. I am also a crochet granny square fanatic, and so I combined the two to create this beautiful granny square scarf. This class is jammed packed with technique beyond the basic granny square. We will work from a schematic, learn how to eliminate the gaping hole in the center of granny with the magic ring, join new colors, weave in ends and the cherry on top...JOIN AS YOU GO. No one wants to sew all those blocks together! This simple join as you go technique will change your view of granny! Prerequisites: MUST have some basic crochet experience.

Homework: Brush up on the single crochet and double crochet stitches prior to class

Supply List: A minimum of 3 contrasting colors of fingering weight yarn in the following quantities:

MC/background 600 yds, CC1 middle round 400 yds, CC2 center round 200 yds **OR** bring a collection of scrap colors to play with. Crochet hooks C and/or D, Scissors .

No material fee, Julie will provide the pattern



SUNDAY CLASSES

Knitting with Handspun Yarns – Kate Larson

3 hour class Sunday morning 9-noon

Class limit: 15

Handcrafted yarns are lively, distinctive, and can be a real joy for knitters. Handspun can range from smooth and traditional to funky and textured—and sometimes a bit of both in the same skein. Join Kate to learn some simple approaches to making the most of handspun yarns by better understanding twist, spinning style, and yarn finishing techniques. We will discuss different knitting stitches, choosing the right needle size, and project ideas as you sample some of the delicious handspun yarns Kate will bring for you to taste test. Skills needed: Basic knitting skills (cast-on, bind-off, knit stitch, purl stitch).

Supply List: Knitting needles US #5, 6, 7, and 11 (double point, single point, or circs); scissors; pen or pencil; and any additional knitting notions you typically use. Optional: Additional needle sizes and handspun yarns in your stash you would like to talk about.

Material fee (payable to instructor in class): \$15 kit containing yarns, handouts, and recordkeeping materials.

Stash Away – Kathy Donovan

3 hour class Sunday morning 9-noon

Class limit: 10

NOTE: Required to attend one - either the Winter Cardinal or Spring Lamb - Oxford Punch Needle Class first!
If you search Pinterest you'll see Oxford Punch Needle yarn projects! Lots and Lots of them. Curious? Want to try it? You already own a stash of yarn, right? Bring bulky, worsted and fine yarns in your favorite colors to this class. Yarns can be acrylic, wool, fancy, cotton or anything you want to try. I will supply the frame, needles and foundation cloth. You will design a small 6" by 6" square or round pattern. Punch with your stash! Discover your creativity! Finishing your project is covered in the prerequisite Cardinal or Lamb Oxford Punch Class.

Supply List: Bring a gallon size zip lock bag of yarns/scraps from your stash, embroidery scissors.

Material fee (payable to instructor in class): \$10 includes novelty & different size yarns as well as use of frame & punch during 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. 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.

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. 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 2019 Colorway fiber and yarns available at the retreat that will coordinate with the Limited Edition 10th Anniversary project bag.
- 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:

Julie Cashin - Julie comes to the Carolina Fiber Frolic with 20 years of teaching and yarn shop experience, she has a line of patterns Buttonjar Knits on Ravelry and a passion for color earning her the title "The Princess of Pretty"! Her love of embellishment and whimsical color combinations inspires the best in her students prompting them to play with color and scale. A simple twist on the traditional granny square motif using beautiful hand dyed yarns recently lead her down a new path in teaching crochet. Julie lives in Davidson, NC with her husband D and Scottie dog, Duke. You can follow along on her creative adventures via Instagram: buttonjarstudio



Kathy Donovan - Raising heritage Karakul sheep is the second best decision after my husband! Their fleece has been spun and woven in oriental Persian carpets for centuries. I create rug yarn from their long coarse fiber to use with the Oxford Punch Needles. The skeins are hand-dyed for punch needle kits, whipping yarn for hooked rug edges, wall hangings, pillows and floor rugs. Weavers use the yarn to make strong durable floor rugs. Combining teaching and sharing my sheep's heritage is my joy. Giving students a new interest and skill changes lives. Punching is rhythmic and relieves stress. Knitters can use their stash of sock yarn to bulky yarns, even novelty yarns. Fiber artists love the use of color, design and texture.

Prior to shepherding, I worked for IBM and taught seminars for years. I have experience teaching hooking, punching, knitting, and also braiding shepherd rugs with roving. I have worked with the County 4-H program for ten years. Introducing families to raising heritage sheep, chickens and turkeys is time invested to the future. Founder of Checkmate Farm 2004 Certified Oxford Punch Rug Hooking Instructor since 2014



Kate Larson - 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, a return to the farm where her family has lived for six generations, and the editor's seat at *Spin Off Magazine*. She keeps a flock of Border Leicester sheep and teaches handspinning and knitting throughout the United States. Kate is the author of *The Practical Spinner's Guide: Wool* (Interweave, 2015) and several videos, including *How to Spin Yarn to Knit* (Interweave, 2016). Her articles and designs have appeared in *Spin-Off Magazine*, *Jane Austen Knits*, *Enchanted Knits*, *Knitting Sweaters from Around the World*, and more. Follow her woolly adventures at KateLarsonTextiles.com



Heather Storta - Heather is a TKGA certified Master Knitter, Tech Editor and Knitting Instructor. She is a current Co-Chair of the TKGA Master Hand Knitting committee, as well as a member of the *Cast On* editorial committee and the editor of TKGA's K2TOG newsletter. She has been designing knitwear and teaching knitting for over 10 years. Her designs have been published in *Cast On* magazine and *Knitscene*, as well as *Knitty* and elsewhere. Heather resides in the Charlotte, NC area and is a stay-at-home and homeschooling mom of 2 boys. When she is not knitting, designing or teaching (her boys or knitters!) she can be found spinning yarn, reading or in the outdoors camping and hiking with her family. She can be found online at www.heatherstorta.com

