

northern fibers retreat

Celebrate all manner of fiber arts with inspiring class offerings and cozy community gatherings. North House Folk School, the Grand Marais Art Colony and the Northwoods Fiber Guild are partnering to focus on fibers in the heart of winter.

workshops & demos

Yoga for Fiber Folk with Kathy Horak

Friday, February 15 | 5:15-6:15 pm

Free for students | registration requested | held at GMAC

Sitting and crafting all day is good for the spirit but can be hard on the body! Join certified Iyengar yoga instructor Kathy Horak to learn how yoga can help prevent and relieve the aches and pains that cramp your creative self. Kathy will focus on simple stretches for the back, shoulders, wrists and hands that you can easily replicate at home: no special equipment (or spandex!) is required, just a willingness to learn. A free benefit for NHFS/GMAC students; \$10 for others. Pre-registration is required as space is limited, call North House (888-387-9762) or the Art Colony (218-387-2737) to sign up.

Fibers for Kids! with the Northwoods Fiber Guild

Saturday, February 16 | 9:30-11:30 am

\$15 per child/adult pair; ages 7+ | held at NHFS

Get ready to experience fun with fibers! Join skilled artists from the Northwoods Fiber Guild to create hands-on fiber projects designed specifically for kids – and a helpful adult. Students will learn how to knit a scarf, weave a mug rug on a 4-harness loom, felt with rocks, make handspun yarn, and explore the craft of string beading, paper weaving, and decorative kumihimo braiding. Everyone will leave with at least three completed projects. Participants age 7 years and up welcomed, and need to be accompanied by an adult.

Fibers for the Classroom: Mini-Workshop

for Elementary School Teachers with Northwoods Fiber Guild

Saturday, February 16 | Noon-1 pm (a crash course!)

Free for students | registration requested | held at NHFS

You're never too young to learn a love for craft. Northwoods Fiber Guild members and teachers have developed a number of simple projects using inexpensive materials that can be integrated into a classroom or group setting. Join them for a crash course in fibers for kids and leave with ideas and samples of things you can share with the kids in your life. Bring a lunch you can eat while you learn. Call North House (888-387-9762) or the Art Colony (218-387-2737) to sign up.

community gatherings

Fireside Fibers: Open Studio at North House

Thursday, Feb 14 | 7-9 pm

Celebrate Valentine's Day with fellow fiber enthusiasts. We'll have the fire lit and the tea pot on; bring your own projects to work on and enjoy the camaraderie of fellow students and instructors. Hosted by NHFS instructors Allen Holzhueiter and Kate Hartman (always willing to answer a knitting question or two), drop by and join in.

Lunch & Learn with Kim Knutson "Painting with Thread"

Friday, Feb 15 | 12:15 pm

at Grand Marais Art Colony | Catered by the Pie Place, Lunch \$12

Embroidery by machine isn't a new concept. However, most people think of machine embroidery as computerized machines sewing digitized designs. But what happens when you take away the computer and add an artist's hands? Within that simple sewing machine exists the ability to paint with thread. The stitching can be dense with many layers or light as a cobweb. Join us for a short, tasty chat and demonstration on free-motion embroidery. Pre-registration is required for lunch, drop-in with a bag lunch for free.

Show & Share at the Grand Marais Art Colony

hosted by Northwoods Fibers Guild | Friday, Feb 15 | 7-9 pm

Spark your creativity! Everyone is invited to bring any fiber project they are working on to share with the group. All participants will be invited to speak for a minute or two about their work and process in an informal, fun gathering. If time permits, work on individual projects with other fiber aficionados. Desserts, coffee and tea will fuel the conversation.

Lunch & Learn with Janine Kosel "Swedish Handknits"

Saturday, Feb 16 | 12:15 pm

At The Harbor Light | Reservations required; \$12

Author and teacher Janine Kosel knows that knitting is about more than having the right needles and reading a pattern: there is a whole cultural tradition woven into any knitted good. In her most recent book, *Swedish Handknits: A Collection of Heirloom Designs*, Janine includes not only patterns and knitting techniques from a variety of Swedish textile traditions, but also embeds personal histories, traditions and bits of Swedish folklore and culture. Janine will give a presentation on her work as part of the 3rd annual Northern Fiber Retreat, including discussion of her research, samples of her work, exploration of specific designs and answers to your questions.

Fireside Chat "Flame Painting" with Dan & Frances Hedblom

Saturday, Feb 16 | 6 pm | at Sivertson's Gallery, downtown Grand Marais

The art of flame painting is a unique process of torch work that causes a chemical reaction to turn copper a variety of beautiful colors. There are no chemicals, paints, or stains used in the process of bringing out the colors in the copper. Frances and Dan work together to design their works. Dan has 20 years of woodworking and carpentry experience, and Frances had no prior experience with the art. Their talents and teamwork result in beautiful artwork.

Fireside Fibers & Pie Social: Open Studio at North House

Saturday, Feb 16 | 7-9 pm

Once the Fireside Chat is over, return to our fireside at North House for an Open Studio session. Work on projects from your course (we guarantee there will be some mukluk makers hard at work) or bring a project from home: we'll have the woodstove lit & the tea pot on; bring projects to work on and enjoy the camaraderie of fellow students and instructors. Did we mention pie and ice cream? We'll have that too, so save room!

retreat coursework

Participate in a hands-on, positive learning environment and register for an event course. Registration required, tuition and materials fees vary. Visit www.northhouse.org or www.grandmaraisartcolony.org for more info and to register.



Bead Embroidery: The Pin Series with Jo Wood **2/14 | North House Folk School**

Discover the magic of "painting with beads" through your choice of seven different signature beaded lapel pin projects. A reflection of the art and craft of bead embroidery, artist Jo Wood will lead you through your choice of one or

two bead embroidered projects, time permitting. For the experienced and returning beader it's a unique, rewarding project to expand your creative palette of painting with beads. Jo's approach to 'painting with beads' is a reflection of both tradition and innovation. Preview Jo's work at jowoodbeads.com

Natural Plant Dyes: Tutorial for Spinners with Karen Rognsvoog **2/14 | North House Folk School**

Use dyes from nature to color roving or fleece! Learn the "process" of preparing a dye bath, the use of mordants to set the "fastness" and how mordants determine the color. Class members should bring natural colored roving, their own handspun or fleece to dye, and their spinning wheels to use while we wait for the dyes to be ready. Roving will be available for purchase from the instructor.

Icelandic Knitting Traditions with Allen Holzhuetter **2/14-15 | North House Folk School**

The classic Icelandic yoke sweater is a post-WWII knitting tradition with a distinct Icelandic twist. The Icelandic sheep breed is two-coated with a soft inner coat and very long glossy outer coat. When the wool was sent to the mill, it came back as roving, called lopi, and was ready to spin into yarn. In the 1920's an inspired knitter skipped the spinning stage and knit the pencil roving to create a soft, warm fabric. In this workshop, we will explore the tradition and knit a cap using lopi to introduce you to working with this special yarn. Students should be intermediate knitters.



Help Yourself To Knitting: Beginning Knitting Class **2/14-15 | North House Folk School**

This class is an enjoyable, two-day beginning knitting class which focuses not only on basic stitches and skills, but also on recognizing and correcting common mistakes which often frustrate the beginner. Topics include basic knitting skills, yarn basics and pattern reading. You will be provided with a beginning book, one pair of size 8 (Am) knitting needles, practice yarn and several easy project patterns to help you get started in this enjoyable craft and pastime. Children and adults may choose to participate together on this learning experience taking advantage of a special inter-generational rate.



Wheel You Be Mine? with Joan Farnam **2/14 | Grand Marais Art Colony**

Spend Valentine's Day enjoying wine and chocolates while making heart-shaped bowls. Participants will create both a wheel-thrown and hand-built ceramic bowl. No experience necessary, bowls will be glazed red and fired after class to be available for pick-up or shipping. A great activity for couples and singles alike who want to celebrate this holiday in an artful way.

Sew Your Own Wool Blanket Shirt with Carol Colburn **2/15-16 | North House Folk School**

Tired of synthetic 'fluff'? Clad your torso with the miracle fiber: wool. To craft a Wool Blanket Shirt, we'll enjoy a history lesson on the uses of this type of wool insulating shirt. We'll start with thick, fulled woolen blanket and you will learn the basics of patternmaking and construction as we walk through the sequence for measuring and cutting flat textile to fit the human form. Next we will cut panels for a warm tunic that's the cornerstone of a great winter wardrobe. You'll leave this course with a sound knowledge of garment crafting and a cozy shirt for the winter.

Penny Rugs: Woolen Mosaics with Karen Smaby **2/15-16 | North House Folk School**

Penny rugs use felted wool scraps to create a textile feast for the eye. Multicolored scraps are layered in contrasting and complementary colors then stitched into place. While they are called "rugs," the finished product is too beautiful to walk on, and makes a great table runner, pillow cover or placemats. Called "penny" rugs because the original template was a copper penny, these pieces have offered a frugal way to indulge in creative expression since the early 1800s. In this class, you'll design and finish one project, with the possibility of pursuing a larger piece.

Making Moosehide & Canvas Mukluks with Jo Wood **2/15-17 | North House Folk School**

Discover the traditional footwear of the north: mukluks. You'll be guided through the process of pattern making, and handcraft your own pair of hide mukluks. You'll learn to make a mukluk pattern on your own foot, then use it to cut out the leather and canvas pieces. The leather will then be hand-stitched and use of a sewing machine will help with the canvas seams and buttonholes. Sewing fear? Not to worry. Folks who have never sewed on a button have danced out of this class in their own new mukluks! Purchase booties or liners before the class.



Weaving a Winter Scarf with Traudi Bestler **2/15-17 | North House Folk School**

Weave a scarf for winter or to keep you cozy and stylish any time of the year. This class uses looms provided by the instructor and is suitable for new and beginning weavers, as well as those more advanced in their skills. We will visit the local yarn shop to select materials, and then return to North House to set up the looms and get to work. You will be able to wear your creation home!

Wooly Birds: Intro To Felting with Elise Kylo **2/15 | North House Folk School**

Any place where there are sheep and chilly temperatures, people have taken advantage of woolen fibers to create objects for warmth and protection. In this class we will use the ancient practice of felting wool to sculpt a purely aesthetic and charming flock of birds. Using recycled wool, students will make a rough bird form, then apply dyed wool roving over the form and through the mysterious process of agitation, hot water and soap, a felted bird will be hatched. Everyone will go home with a bird of their own design and an understanding of felting which could be transferred to other projects such as slippers, hot pads, etc.



Natural Plant Dyes: Tutorial for Weavers with Karen Rognsvoog

2/15 | North House Folk School

No matter your weaving skill level, choosing materials is always an exciting part of starting a new project. In this workshop you'll learn to use plants to dye fibers and materials for weaving projects. We'll cover mordants, how to grow your own dye plants, gathering in the wild, and the best way to store plant materials. We will dye some novelty yarns (bamboo, mohair, flax, soy, and silk) and unconventional materials (raffia, pina cloth, ribbon, feathers, etc.) for use in weft-face projects and embellishment. Take home a bundle of inspiring materials!

Ceinture Fléchée: Beginning Fingerweaving with Marie Westerman

2/15 | North House Folk School

Ceinture Fléchée was the intricate technique used in the Canadian interior to create the famous and colorful sashes worn by the voyageurs during the fur trade period. This course will introduce the basic finger weaving technique used to create those distinctive sashes. Each student will weave a two-color narrow strap using the chevron pattern, the most basic traditional pattern. During the course, the instructor will demonstrate some of the more advanced patterns. Students will have the opportunity to explore a more complex four-color chevron if they wish, or they may spend time completing the initial project.

Sculptural Knitting with Karen Searle

2/16 | Grand Marais Art Colony

We will explore uncharted knitting territory, using circular and diagonal knitting to create sculptures, vessels, and/or jewelry. We will work with yarns and non-traditional materials to design and shape 3-dimensional forms. Individual help with project design will be given. Examples of work by artists who use knitting as an expressive medium will inspire further explorations. This class can be taken individually or with Sculptural Crochet on February 17.

Knitting Socks: The Essential Craft with Kate Hartman

2/16 | North House Folk School

Why not knit your own socks? After all, "you can't go barefoot," as your mom used to say. In this day-long introduction to knitting socks, you'll be on your way to making your own socks for the rest of your life. Learn the skills to make socks including reading knitting patterns, circular knitting on double point needles, shaping the heel and shaping and closing the toe. You start on a model sock and are encouraged to bring a sock pattern you would like to make in the future. The instructor will guide you through the instructions.



Button it Up! with Nancy Seaton

2/16 | Grand Marais Art Colony

Finish your new sweater with your own fused glass buttons! In this half day class, students will make 12 original one inch buttons while learning the basics of fused glass. Each button will be an original design featuring a collage of colors, shapes and textures. Buttons can be picked up on Sunday morning.



Spinning Fibers on a Wheel with Alan Holzhuetter

2/16-17 | North House Folk School

The classic Saxony-style spinning wheel is still a symbol of the "olden days." Although the spinning wheel is no longer a household necessity for producing a family's clothing, many find great satisfaction in spinning their own yarns. In this two-day introductory spinning class, you will be introduced to fibers suitable for spinning, fiber preparation and spinning prepared fiber on a spinning wheel. Participants are encouraged to bring their own working spinning wheel. The instructor will have three wheels available for students to share.

Felting a Seamless Wool Vest with Elise Kylo

2/16-17 | North House Folk School

Using the wet felting process of wool, soap, water and agitation, woolen fibers can be transformed into a durable, beautiful and warm vest. Using wool batting, roving and yarns we will use the resist technique to create a very large pocket which you will wet felt to form a vest to fit you or someone you love. Some felting experience is helpful. Come with a sense of adventure and willingness to agitate the wool until it shrinks to fit you!

Beginning Millinery & Haberdashery:

The Blocked Felt Hat with Emily Moe

2/16-17 | North House Folk School



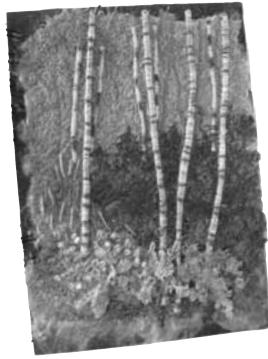
Minnesota's history is interwoven with the history of hat-making. Europe's hunger for beaver felt top hats drove the voyageurs into the heart of fur country. Most of the fur traded at Grand Portage eventually became felt hats. There is no softer, warmer or more pliant fiber as fur-felt.

We will use millinery fur-felt hat blanks to create hats using the same methods used by milliners since the 1300s (minus the infamous mercury), but our creations will reflect the character and personality of each student. The student will use mysterious and magical sound-ing materials -- melousine, ferrule, puzzle blocks and petersham -- to make a couture quality felt hat entirely by hand. Some sewing experience is helpful but not necessary.

Northwoods in Stitches with Julie Crabtree

2/16-17 | Grand Marais Art Colony

Create a piece of textured stitchery inspired by the northwoods to decorate the front of a journal or sketchbook. Students will use dissolvable stabilizer, snippets of fabrics, hand stitching and free motion machine stitching to create textured trees, foliage, birch trees, ferns, etc. Once completed, we will add beads and attach the piece to the front of a journal, which can be used to make notes and keep samples.



Rug Hooking: Beginning Technique with Carol Dunn

2/16-17 | North House Folk School

Fiber artists have a long history of finding ways to creatively use whatever materials they have on hand. Rug hooking offers just such an opportunity to craft beautiful and useful objects using simple materials. Hooked rugs are made by drawing narrow strips of wool fabric through a background fabric of cotton, linen or burlap with a curved hook much like a crochet hook. In this introductory course, students will learn the techniques of hooking & finishing by creating a small rug with a geometric design. A choice of color palettes will be available. Color planning, design and wool acquisition & processing will be discussed, though the focus of this course will be beginning techniques so that students can leave with a solid foundation.

Fibers for Kids with Northwoods Fibers Guild

2/16 | North House Folk School

Get ready for a tasty sampler of fiber fun. Join six skilled artists from the Northwoods Fibers Guild for five projects designed specifically for kids (and a helpful adult!). Students will weave mug rugs or book-marks on different styles of looms, build dream gatherers using local found materials, make journals, and explore the craft of decorative braiding, kumihimo. Everyone will leave with at least three completed projects. Participants need to be at least 7 years of age and be accompanied by an adult.

Create Your Own Designs in Fiber with Marie Westerman

2/16 | North House Folk School

If you want to create your own designs in fiber this workshop is for you. Whether you like Fair Isle knitting, tapestry weaving, appliqué, counted cross stitch or other embroidery, or bead weaving, we will discuss ways to generate unique patterns you can use. Using a simple scanner/copier, we will explore how to create line drawings and graphs, methods to size images and transfer them, and ways to plan individual projects. Bring an idea or inspiration; individual help will be provided.



Mittens: The Perfect Complement with Kate Hartman

2/17 | North House Folk School

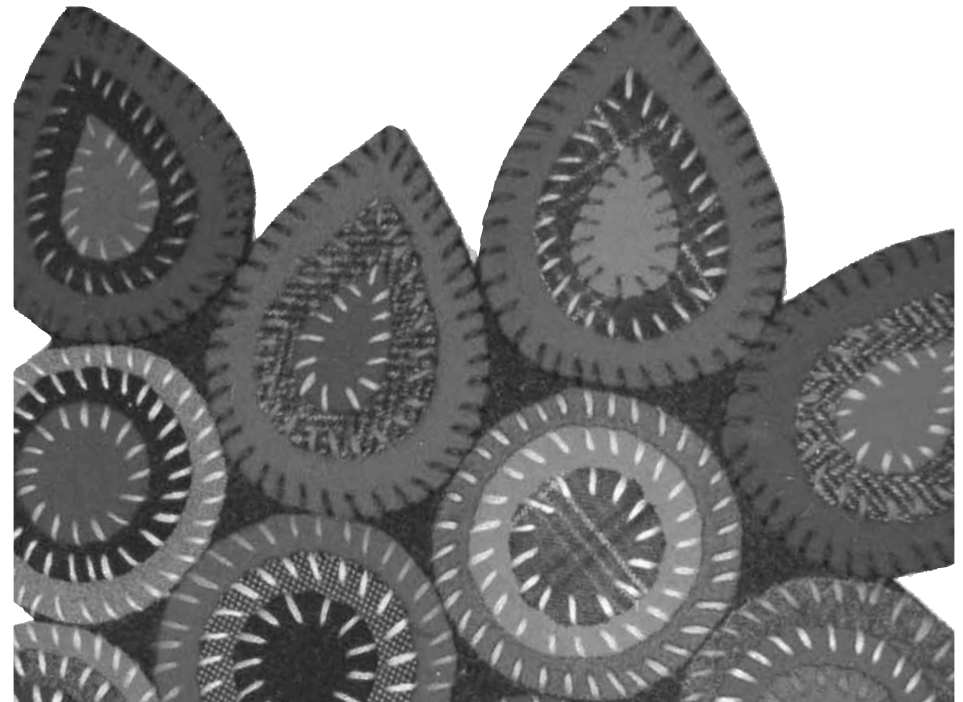
Learn to knit a pair of mittens and enjoy a life-long skill set for knitting warm mittens for yourself or to give as gifts for those fingerlings you care about. Learn to read knitting patterns for mittens, practice circular knitting techniques on double pointed needles, thumb techniques, closing the tip of the mitten and how to shape mittens for a good fit.

Sculptural Crochet with Karen Searle

2/17 | Grand Marais Art Colony

Students will explore using crochet artfully, for sculptures, vessels, and/or jewelry. Working with yarns and some unconventional materials, we will design and construct 3-dimensional forms. Individual help with project design will be given. Creative combinations of knit and crochet and examples of cutting-edge work by crochet artists will inspire further explorations. This class can be taken individually or with Knitting Sculpture on February 16.

**For more information or to register, please visit
www.northhouse.org & www.grandmaraisartcolony.org
or call 218-387-9762 (North House) or 218-387-2737
(Grand Marais Art Colony). We hope to see you there!**



what is...

north house folk school

North House Folk School is a small educational non-profit on the shore of Lake Superior in Grand Marais, Minnesota. We foster a non-competitive learning environment devoted to teaching traditional northern craft. We offer over 350 courses year round in everything from timber framing to woodworking to boatbuilding to fibers. Learn more and see a complete course schedule at www.northhouse.org.

grand marais art colony

The Grand Marais Art Colony is a non-profit art center that has nurtured creativity on the shores of Lake Superior since 1947. Located in the heart of the harbor arts village of Grand Marais, we offer a variety of year-round classes, events, exhibits and studio rental in visual arts, clay, fiber, glass, printmaking and more. We are dedicated to providing services to artists, promoting art education and nurturing art through an environment of creative excellence. For more info and a class schedule, visit: www.grandmaraisartcolony.org.

northwoods fiber guild

North House and the Art Colony are pleased to partner with the members of our local Northwoods Fiber Guild to host the Northern Fibers Retreat. The Northwoods Fiber Guild has over 55 members and meets bi-monthly to celebrate the many forms fiber can take. Each December, the Guild hosts a not-to-be-missed Holiday Open House and Sale with hundreds of handmade items at the Art Colony. During the Retreat, the Guild will host the Friday night Show-and-Share, as well as the Fibers for Kids program, which will be taught by Kay Rosenthal, Mary MacDonald, Cheryl Larsen, Penny Ortmann, Maxene Linehan, and Karen Cedarmoon.



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