



NORTHERN *Fibers* RETREAT

Feb 10-14, 2016

More INFO:

NORTHHOUSE.ORG

888-387-9762

GRANDMARAIARTCOLONY.ORG

218-387-2737

in Grand Marais, MN

COMMUNITY GATHERINGS

THURSDAY

7 pm | Fireside Fibers Open Studio and Sheep Clothing: A Primer

Warm yourself by the woodstove and bring your own projects to work on with fellow fiber enthusiasts. At 7:30, sheep farmer Janis Reuter will offer an informal presentation on wool. She'll discuss varieties, characteristics of sheep breeds and an ease-of-use continuum. Janis lives on a farm in east central MN with about 6 dozen sheep and assorted other farm animals. Instructors Allen Holzheuter and Kate Hartman will be on hand to answer knitting questions.

FRIDAY

Noon | Lunch & Learn: Norwegian Wool: Treasures in a Telemark Stabbur

Join Carol Colburn to learn about an international fibers project in Vinje, Telemark. There, in a two-week workshop weavers created vadmél cloth of Norwegian indigenous Spelsau wool, and processed the cloth using the power of a mountain stream, with a reconstructed water-powered fulling mill (stampa). Carol and two Norwegian master weavers led the cooperative project, and over a 10-year period, four international groups of weavers have now joined! *Pre-registration required for catered lunch.*

5–7 pm | Fibers Retreat Instructor Exhibition

Fibers Retreat instructors will have their work on exhibit and for sale at the Art Colony from February 3–28. Join us for the opening on February 12 between 5–7 pm and enjoy seeing the broader spectrum of work Fibers Retreat instructors have created.

7 pm | Show & Share hosted by Northwoods Fiber Guild

The Fibers Retreat Show & Share is a cherished event of the weekend when retreat participants can come together and share the work they have done, whether past or present. Bring something from home or from a retreat class to share. Informal and fun—all welcome.

SATURDAY

Noon | Lunch & Learn: Hand-carved Stamps for Printing

Jeanne McGee is a Twin Cities-based designer, printmaker, and textile artist who explores the form, color, and intricacies of the natural world. McGee teaches at Highpoint Center for Printmaking and has won national awards for her lampshade prints that showcase original woodcut designs. During the lunch & learn she will demonstrate hand-carving stamps for printing on fabric. *Pre-registration required for catered lunch.*

5:30-6:30 pm | Yoga for Fiber Folk

Join a certified yoga instructor to learn how yoga can help prevent and relieve the aches and pains that cramp your creative self. Focus on simple stretches for the back, shoulders, wrists and hands. If you have a yoga mat bring it along, but not required. Free for NHFS/GMAC students. *Pre-registration required.*

7:30 pm | The Sámi and Their Textiles with Featured Speaker Laura Ricketts

The Sámi people of Scandinavia have a beautiful tradition of textiles most commonly seen in their national costume (called gákti in the North Sámi language). While the Sámi knitting tradition is not as old as their ancient traditions of spinning and weaving, it nevertheless is a unique textile practice which mirrors the beauty of their gákti. Join featured speaker Laura Ricketts as she draws on five years of research, to talk about Sámi spinning, weaving and knitting, and some regional differences in textile patterning. The Sámi are Scandinavia's only U.N.-recognized, indigenous people, and their traditions and culture reflect a unique Northern lifestyle.

HOW TO REGISTER

Course tuition and material rates vary. For more information or to register for courses, please visit either the Art Colony or North House websites.

To register for Lunch & Learns or Yoga session please call North House or the Art Colony. Menus for Lunch & Learns are available online. If you are not interested in a catered lunch you are welcome to bring your own meal and enjoy the speaker for free.

ABOUT THE RETREAT

Cook County celebrates artists and lifelong learning. The Northern Fibers Retreat is a collaborative effort of three local organizations:

- > **North House Folk School**
www.northhouse.org
- > **Grand Marais Art Colony**
www.grandmaraisartcolony.org
- > **Northwoods Fiber Guild**

SCHEDULE OF EVENTS

| | community gatherings | art colony courses** | north house courses** |
|-------------|---|--|---|
| th 2/11 | | Feb 10-12 / Birds & Botanicals Quilting Bee: Six Surface Design Techniques | Feb 11-12 / Bead Embroidery Feb 11-12 / Beginning Knitting Feb 11-13 / Broom-Corn Broom Feb 11-14 / Deerskin Mittens with Aniishiinaabe-Style Beadwork Feb 11 / Skolt Sámi Sampler Feb 11 / Spinning Series: At the Wheel Feb 11-12 / Inkle Loom Building |
| fri 2/12 | 7 pm / Open Studio & Sheep Clothing Primer / NHFS Noon / Lunch & Learn / UCC Church (across the street from Art Colony)* 5-7 pm / Exhibit Opening / GMAC 7 pm / Show & Share / GMAC | | Feb 11-12 / Felted Baskets Feb 12-14 / Nature's Insulator: Sew Your Own Wool Blanket Shirt Feb 12 / Karesuando Mittens: Swedish Sámi Mittens from the Far North Feb 12 / Spinning Series: Preparing Fibers Feb 12 / Lace Knitting Intro |
| sat 2/13 | Noon / Lunch & Learn / UCC Church (across the street from Art Colony)* 5:30-6:30 pm / Yoga / UCC Church (across the street from Art Colony)** 7:30 pm / Featured Speaker: Laura Ricketts / NHFS | Feb 13 / Button it Up with Glass! Feb 13-14 / Print on Clay Feb 13-14 / Cut Paper Art Feb 13-14 / Hand Printed Lampshades | Feb 13 / Fibers for Kids Feb 13 / Knitting Socks Feb 13-14 / Penny Rugs: Woolen Mosaics Feb 13-14 / Norwegian Needlecraft: Hardanger Feb 13 / Birch Bark Mason Jar Basket Feb 13-14 / Felting for the Kitchen Feb 13 / Spinning: Exploring Fibers Feb 13-14 / Inkle Loom Weaving Feb 13-14 / In Search of Color: Winter Natural Dye Workshops |
| sun 2/14 | | Feb 14 / Fiber Art Mug Cozies | |

* Advance registration required for catered lunch

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