

# northern FIBERS RETREAT

Feb 15-20

A weekend of fibers coursework & community gatherings in Grand Marais, MN. More info at [NorthHouse.org](http://NorthHouse.org) and [GrandMaraisArtColony.org](http://GrandMaraisArtColony.org)



Grand Marais



North House Folk School  
Grand Marais, MN  
218-387-9762 | 888-387-9762  
[www.NorthHouse.org](http://www.NorthHouse.org)



Grand Marais Art Colony  
Grand Marais, MN  
218-387-2737  
[www.GrandMaraisArtColony.org](http://www.GrandMaraisArtColony.org)

## 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.

## community gatherings friday, feb 17

**"Peace Fibres: Stitching a Soulful World" with Karen Lohn**

**Lunch & Learn | Noon | at North House Folk School**

**Catered by The Crooked Spoon | \$12/person**

Fibres offer an amazing web of connection and intersection of the good (spirituality), the true (science), and the beautiful (art). Psychologist and author Karen Lohn of Grand Marais will share stories, slides, and inspiration from her book *Peace Fibres*. Through personal experience and international travel, Karen has captured the unique role served by fibres in developing peaceful relationships across generations and across cultures.

**Show & Share | 7-9 pm | Free**

**at Grand Marais Art Colony, hosted by the Northwoods Fiber Guild**

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 about their work and process in an informal, fun gathering. If time permits, work on individual projects in community with other fiber aficionados. Desserts, coffee and tea will fuel the conversation.

## saturday, feb 18

**"What Can You Make Paper Out Of?" with Nancy Daley**

**Lunch & Learn | Noon | at Grand Marais Art Colony**

**Catered by The Pie Place | \$12/person**

The question should really be: What can you NOT make paper out of, since paper can be made of almost any fiber. What you want to use the paper for will determine what you use to make it. Participants will be able to see, smell, and handle papers made out of many different fibers, and watch a simple demo you can do in your kitchen.

**Concert & Called Dance with McInnis' Kitchen**

**7:30 pm | \$15 adults/ \$8 12 and under (\$5 off for Fiber Retreat students)  
at North House Folk School, hosted by the North Shore Music Assn.**

McInnis' Kitchen performs music inspired by the traditional Celtic music encompassing a colorful history of immigration, uprooting and relocation, and a celebration of life and culture in their most basic forms. Bring your knitting & your dancing shoes; listeners and dancers all welcome!

# 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](http://www.northhouse.org) or [www.grandmaraisartcolony.org](http://www.grandmaraisartcolony.org) for more info and to register.

## **Natural Plant Dyes: Tutorial for Spinners with Karen Rognsvoog** 2/15 | 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.

## **Transforming Fiber into Art with Carolyn Halliday** 2/15-16 | Grand Marais Art Colony

Have you achieved a certain level of technical success in your textile work but are itching to communicate more, or further challenge your viewer? In this class we will leap from tradition into contemporary art as students develop the ability to analyze their fiber work beyond the confines of technique. We will examine contemporary fiber artists and students will complete an artist statement as a baseline for developing work. This class is individually driven, with studio time, private tutorials and mentoring.



## **Bead Embroidery: The Pin Series with Jo Wood** 2/16 | 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](http://jowoodbeads.com)

## **Natural Plant Dyes: Tutorial for Weavers with Karen Rognsvoog** 2/16 | 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!

## **Beginning Knitting Class with Kate Hartman** 2/16-17 | North House Folk School

This two-day beginning knitting class 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 intergenerational rate.

## **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.

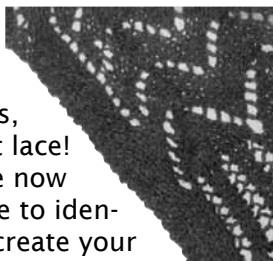
## **Easy Weaving on a Cardboard Loom with Traudi Bestler** 2/17 | North House Folk School

The principles of weaving are basic, and you don’t need a fancy loom to make quality objects. Use a simple cardboard loom to make two styles of bags: with a flap and without. Students will finish two or three bags during the day, and learn basic weaving. All materials provided by the instructor, but students are welcome to bring yarns they wish to use. Student in this course many be interested in Kumihimo-Japanese Braiding offered the next day to make straps for their bags.



### **Lace Knitting: An Intro with Shawn Glidden** 2/17 | North House Folk School

Throw me a lifeline, my yarn overs are growing and my ssk's are slipping! Discover how yarn overs, ssk's, k2togs come together to form beautiful knit lace! These abbreviations might look incomprehensible now but after a fun day of knitting lace you will be able to identify, execute, and even combine them in ways to create your own lace designs. While knitting a lace sampler scarf, you'll learn to read charts, written directions and how to use that lifeline! If you are comfortable knitting and purling join to explore lace knitting.



### **Natural Plant Dyes: Tutorial for Quilters with Karen Rognsvoog** 2/17 | North House Folk School

Quilters! Ever wonder why the quilts and tapestries found in museums have maintained their colors for years and sometimes centuries? Quilters, spinners and other fiber artists have been using natural plant materials to color their fibers, thus maintaining the longevity of the color by mordanting, or "setting the fastness." Students will learn the process of mordanting and how to prepare dye baths from plant materials. Cotton and silk squares will be available for dyeing for your quilt project or any other fabric project you have in mind.

### **Sculpting with Wasp Paper with Kathleen Baleja** 2/17 | Grand Marais Art Colony

Experience the joy of creating art with organic materials. In this class, students will create a small sculpture using wasp nest paper and papier mache techniques. Small pottery bowls, saki glasses, or tennis balls will be used as a base form for the sculpture which students will then embed with materials such as fiber, feathers, twigs, etc. Once the work is dry further embellishments will be pursued with thread, beads or organic materials. Papier mache materials and wasp nests supplied.

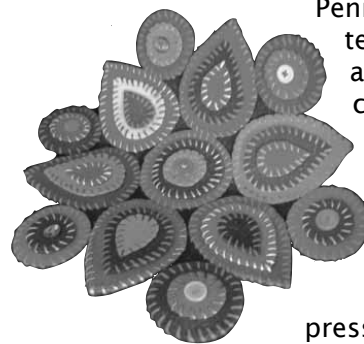


### **Felted Hats with Patty Doherty** 2/17-18 | North House Folk School

Felting is a magical transformation that takes place when heat, moisture and agitation are applied to wool. The result is a matted, non-woven seamless product of comfort and style. This class begins with a historical overview and discussion of suitable fleeces, preparation of wool and various methods of felting. Using washed and carded wool, you'll prepare batts, and then with the use of a washboard, hot soapy water and a lot of elbow grease, you'll start to bring shape and form to the brimmed hat of your choice.



### **Penny Rugs: Woolen Mosaics with Karen Smaby** 2/17-18 | 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.

### **Sew Your Own Wool Blanket Shirt with Carol Colburn** 2/17-18 | 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.



### **Freya's Fantasy Filigree** 2/17-19 | North House Folk School



It is said that Freya, the Nordic goddess of love wagered all to acquire the beautiful "Brisingamen" necklace fashioned by dwarves. The medieval texts do not describe what the necklace looked like but we can imagine that Scandinavian filigree work was a signature element. Using twisted fine silver wire we will create a beautiful pendant fit for a queen! We will use the same tools and techniques of traditional filigree incorporating a contemporary "twist" in design. Previous metalworking experience is helpful but not required. A willingness to work with hand tools and soldering equipment are a must. All tools and materials provided.

**Making Moosehide & Canvas Mukluks with Jo Wood**  
**2/17-19 | 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 workshop.

**Create Your Own Designs in Fiber with Marie Westerman**  
**2/18 | 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.



**Fibers for Kids with Northwoods Fibers Guild**  
**2/18 | 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 bookmarks 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.

**Intermediate Knitting Skills with Kate Hartman**  
**2/18 | North House Folk School**

You've learned the basics of knitting—you're comfortable with knitting and purling, you can increase and decrease. Take some time to go beyond the basics. Students in this course practice and learn alternative, special purpose cast-ons and bind-offs including "invisible cast-on" and "3-needle bind-off" seams, reading patterns, keeping your place, grafting (the "seamless seam") and getting the stitch gauge to make a garment that fits. Knitters with previous experience of all kinds are welcome to join in on the fun for this one-day workshop.

**Kumihimo: Japanese Braiding with Traudi Bestler**  
**2/18 | North House Folk School**

In this one day workshop, you'll focus on kumihimo—a centuries old Japanese braiding technique. After a brief look at history, we will learn to make 8, 16 and 24 strand braids to be used as handles for bags or purses, and as necklaces and bracelets. Learn to make your own kumihimo disks, how to design colors and patterns, and a few jewelry techniques.

Students who enroll in the course may wish to enroll in Easy Weaving on a Cardboard Loom, offered a day earlier, in which they would make woven bags.



**Origami I with Kathleen Sheridan**  
**2/18 | Grand Marais Art Colony**

Learn the Japanese art of paper folding! The tradition started in the 17th century and has become a modern art form. In this class you will learn to transform paper into a finished piece of art; a decoration, a geometrical shape, a useful item, an animal ... the list is unending! Continue your learning experience in Origami II on February 19.



**Kiln-carved Fused Glass with Sharon Frykman**  
**2/18-19 | Grand Marais Art Colony**



This is a fun introduction to glass fusing. Simply cut fiber paper shapes with scissors & exacto blades and stack them in the kiln. Then melt your glass over these images to achieve beautiful, intricate designs with very little glass

cutting required. This is a great class for beginners and advanced students alike!

**Latvian Mittens with Allen Holzhuetter**  
**2/18-19 | North House Folk School**

In an on-going series of courses exploring the rich traditions of northern knitting, Allen offers a new course, the Latvian Mitten. Latvia, a Baltic nation, has a knitting tradition that reflect its regional folk culture with distinct variations in pattern and style. During the class we will explore the history and design of these colorful and complex patterns. Students will have the opportunity to begin and work on a pair of mittens, and leave with an understanding of the skills and processes needed to complete them at home.





### **Northwoods in Stitches with Julie Crabtree**

**2/18-19 | 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, add beads and attach the piece to the front of a journal, which can be used to make notes and keep samples.

### **Silk Painting Scarves with Karen Rognsvoog**

**2/18-19 | Grand Marais Art Colony**



Painting on silk is a centuries-old art form originating in Asia. In this class, students will use natural plant dyes to color the background of the silk scarves for their painting projects. They will then use a Japanese Sumi-e brush to apply colors and designs. Other techniques include direct painting on silk with fabric paints, how to use a resist to prevent the

paint from spreading, color mixing, composition and using silk salt for special effects. Students will bring home three unique silk scarves.

### **Square to Round Black Ash Baskets with Dennis Chilcote**

**2/18-19 | North House Folk School**

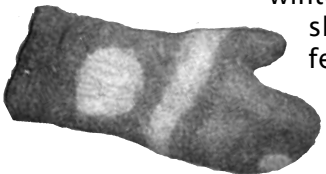
Black ash splint and birch wood are widely available across the North, and have been put to good use by basket-bakers of many cultures for centuries. In this course, students will craft a basket with a unique shape, moving from square to round, and use two classic materials: black ash splint to weave the basket, and birch wood to create rims and handles. Techniques for preparing black ash splint will be taught, as well as preparation of birch wood.



### **Wool Felting: Matching Scarf and Mittens with Elise Kylo**

**2/18-19 | North House Folk School**

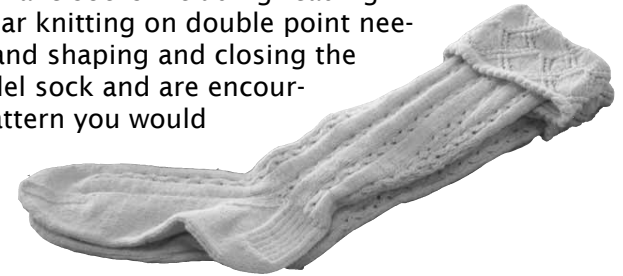
Synthetic vs. sheep? Wool is still an unmatched favorite fiber for winter warmth, comfort and beauty. In this workshop you will learn the ancient technique of wet felting, using colorful wool roving and batting to create mittens and a scarf. Students will learn the basics of wet felting, how to create forms without knitting and a variety of felting methods. Students may register for the first day only and complete a scarf at reduced rate of \$75.



### **Knitting Socks: The Essential Craft with Kate Hartman**

**2/19 | 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 these sometimes daunting instructions.



### **Origami II with Kathleen Sheridan**

**2/19 | Grand Marais Art Colony**

Learn more about the art of paper folding as you build on previous knowledge of origami. Students will create complex models and learn more about the art of paper folding. Students must have previous experience with origami or have taken Origami I.

### **Tablet Weaving with Traudi Bestler**

**2/19 | North House Folk School**

Not all types of weaving require complex equipment or techniques. In this one day workshop, you will learn how to use simple cards with holes in the corners to create a mini “loom” for weaving narrow bands. The bands work well as book markers, handles for bags, hatbands, and trims for table linens or garments. Weaving tablets were found in Norway as early as 600AD. We can use this ancient technique to create modern textiles based on ancient designs.



**For more information or to register, please visit  
[www.northhouse.org](http://www.northhouse.org) & [www.grandmaraisartcolony.org](http://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](http://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](http://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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