



# SHALL WE KNIT?

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Thank you to everyone who stopped by our booth at the Woodstock Fleece Festival. I think I heard that it was record attendance - it sure felt like it.

We have added a few new classes to the website since the last newsletter and didn't want anyone to miss out so go take a look. Steeking terrify you? Erin will calm the fears and have you cutting your knitting in no time. Or is it time to learn a new heel or get help with the heel you've always done? Lynne has made 100's of happy sock knitters. And we haven't forgotten the crocheters. We have a couple of crochet classes added to the list from very beginner to "not your Grandma's granny square". Maybe this is the winter you learn a new skill. Knitting, Crochet, Spinning - we have classes for all of it!



Exciting news! Kate Atherley's new book *Knit Mitts* will be here this week! I see a lot of mitts in my future and can't wait to get my hands on my copy.

## The Perfect Fit is at Your Fingertips!

Why settle for boring store bought mittens and cold fingers, when you could knit the warmest, best fitting pair yourself? With *Knit Mitts* as your guide, you'll have the comprehensive information you need to create snug, warm, and practical mittens and gloves--right in the palm of your hand.

Inside, knitting expert Kate Atherley offers solutions to common problem areas: stretchy cast-ons for cuffs, fixes for thumb gaps, tricks for working the tiny circumference of glove fingers. She also addresses yarn choices and knitting techniques for easy care and maximum warmth. Through basic mitten and glove recipes, Kate explains how to measure a hand, assess your yarn selection and gauge, and ultimately customize patterns—including the 10 gorgeous ones inside--to make the best fitting mitts for you and your loved ones. Because the very best mitts are knit to fit!



## An RMT is in the House with Joanne

Thurs, Nov. 23<sup>rd</sup> 6:30 - 8:30

OR Sat. Jan. 13<sup>th</sup> 10:30 - 12:30

\$10 fee goes to Learning for Humanity

Have you ever wondered if having a few headaches monthly was normal? Is tingling into your fingers when you wake up in the morning ok provided it goes away once your up and moving? The answer to the above questions is no. Its not ok to have tingling into your fingers or to have regular headaches. We as knitters open ourselves up to various shoulder, neck and arm issues. Even the best posture that we adopt along with the length of time we sit knitting does open us up to injury later down the road.

Carpal Tunnel

Tendonitis at the elbow

Headaches

Tingling into the hand or weak feeling grip

These are all symptoms/conditions that massage therapy can successfully help with.

I've been a Registered Massage Therapist for over 5 years. In that time, I have had more than a few knitters on my table. They didn't come in because they are knitters, they came in because their Doctors' recommended general massage for various aches and pains. After listening to me educate them about what massage can do for them, they confided to me that they were having "issues" with their elbow etc. Some were thinking about giving up the craft or had cut back on how much they knitted. I think its sad to hear that someone has to cut back on their knitting because they experience pain while performing a craft that gives such joy. (except when the pattern doesn't work out)

During this 1.5-hour class you will learn how to identify if you are having issues with your neck, shoulders and arms. If you are not having issues now, we will talk about what to watch for, so recovery time will be shortened when issues arise. We will talk about proper posture. I will teach you some simple self massage techniques and stretches for your forearms to help keep issues at bay. For part of the class, we will treat ourselves to self massage and sugar scrub to your hands. AND as always, I am available to answer any and all of your questions.

Join us for a fun, informative class that could lengthen your knitting obsession.



## CLASSES, CLUBS, HELP...

### Guided Project Class

Alternate Tuesdays 11:30 - 12:30 (check website for dates)  
The popular guided project class is perfect when you need help but can't wait for a special class and you need more than we can help with over the counter. This is dedicated time when you can sign up ahead of time, come with whatever project you are working on, and get help. You can pick a single project and get help with it each week along the way, or you are welcome to bring a new problem to each class and get help with something new each time. Guided Project class is a book as you go - you pay \$10 for an hour of guided time.

### Heel Help - Short Row - A Revisit with Lynne

Thurs. Oct. 26<sup>th</sup> 6:30 - 8:30 \$25

Since 2009, hundreds of sock knitters have taken a toe-up sock class with Lynne. Some have requested a refresher heel class, to work through the steps of constructing a short row heel with some guidance at hand. There's a lot to keep track of at the same time in that heel! Get help to summit heel mountain AND forge through to foot valley.

This class will primarily be of interest to students who have already taken a toe-up sock class with Lynne. Registration is open to other sock students, but **students MUST have sock experience and MUST already be familiar with working on two circular needles.**

### Learn to Crochet with Erin

Sat. Oct. 28<sup>th</sup> 10:30 - 12:30 \$35

This class is for absolute beginners or those working on basic skills. We'll start at the very beginning (a very good place to start) and cover all the basics - from how to hold your hook and tension yarn, to making your very first crochet stitch. Crochet hook, yarn, and a simple washcloth pattern are included in the class.

### Beginner Spinning with Tabi

Thurs. Nov. 2<sup>nd</sup> & 9<sup>th</sup> 6:30 - 8:30 \$50

Learn how your wheel works, the Secret of Twist, how to spin a single and ply using your wheel. You'll also learn about yarn construction and different spinning techniques.

### Ravelry Roadmap with Janelle

Thurs. Nov. 2<sup>nd</sup> 6:30 - 8:30 \$25

New to Ravelry and wondering what all the fuss is about? Have an account but not sure how to make the most of it? Janelle will guide you on a tour of Ravelry, providing you with a "road map" through the features and benefits of this essential site. This workshop will introduce you to the main features of the site such as forums, groups, "friends," adding projects and stash, and using the advanced search features to figure out just what you can do with those leftovers or impulse purchases in your stash. Bring a laptop/tablet and digital photos of your stash (optional) for a hands-on experience.

### Not Your Grandma's Granny Square with Erin

Sat. Nov. 4<sup>th</sup> 10:30 - 12:30 \$25

Granny squares are a timeless classic but have come a long way from the brown and orange blankets your granny had on her sofa in the '60s and '70s! In this class we'll learn how to crochet in the round, how to change colour, how to read a pattern (both written and charted), how to increase, and how to make a classic granny square. It's up to you if you choose to re-create the retro colour scheme of your Gram's 1972 afghan or modernize it.

### Beginner Knitting with Kerry

Sat. Nov. 4<sup>th</sup> 1:00 - 3:00 \$40 includes materials

Want to learn to knit, but don't know where to start? This is the class for you! In this class, you'll learn the very basics of knitting: casting on, the knit stitch, the purl stitch, and binding off. No prior experience needed.

### Thrummed Mitts with Erin

Sat. Nov. 4<sup>th</sup> 10:30 - 12:30 \$25

Thrummed mittens originate from Newfoundland and Labrador where they know what cold winters are! "Thrumming" is a technique in which bits of wool roving are knitted into the mitten to create an inner lining that, with wear and use, will felt into an insulating layer making the mitten more windproof. In this class we'll learn how to make thrums and how to knit them securely into mittens. Pattern included with class (women's size). Here's to toasty warm hands this winter!

### Learn to Crochet with Erin - DAYTIME

Tues. Nov. 7<sup>th</sup> 1:30 - 3:30 \$35

This class is for absolute beginners or those working on basic skills. We'll start at the very beginning (a very good place to start) and cover all the basics - from how to hold your hook and tension yarn, to making your very first crochet stitch. Crochet hook, yarn, and a simple washcloth pattern are included in the class.

### Fading Fast with Lynne

Wed. Nov. 8<sup>th</sup> 6:30 - 8:30 \$25

Have you seen all the buzz about the "Find Your Fade Shawl" on Ravelry by Andrea Mowry? Knitters have gone bananas for this shawl project where the designer uses a technique which she called "Colour Melting" to blend different yarns into one another. The technique isn't new - around a decade ago the knit world was going mad for "Charlotte's Web" using the same blending method - but the catchy name and updated designs are really inspiring.

In the first part of this class we'll talk about the Fade patterns specifically, how to do "colour melting", and what other patterns might lend themselves to fading as well. We will talk over some different approaches to choosing colours, and look at some examples. For the second part of the class, students are encouraged to bring yarns from their stash that they want to use in a fade (we will have tags so they can be kept separate from the shop's stock) and then we will go play in the sock room with the hundreds of options there and help everyone to "find their fade".

### asic Mittens with Lynne

Sat. Nov. 11th 9:30 - 12:30 & Nov. 25th 10:00 - 12:00

Fingerless mitts are one of those great projects that knit up quickly enough to make great gifts out of a small amount of yarn. In this class we will knit a baby-sized mitten in worsted weight wool, to learn all the parts of mitten anatomy with less knitting than an adult mitten. (Students will also receive a pattern for ladies' mittens and are guided to make an adult mitten as homework.)

Techniques taught will include casting on and knitting in the round (using either dpns or two circulars), gusset shaping, picking up a thumb, and proper cast off.

### Club Cardy with Lynne

Starter class Sat. Nov. 11<sup>th</sup> 1:00 - 3:00

\$25 (if doing just starter)

Thurs. Nov. 23<sup>rd</sup>, Jan. 8<sup>th</sup> Mar. 1<sup>st</sup> & 22<sup>nd</sup>. \$100 for all 5 classes

Have you always wanted to tackle a sweater? Or maybe you've made one or two but not been happy with your results? Come join a bunch of knitters while we all make ourselves a cardigan with some expert guidance. (Why a cardigan? Because it's a wardrobe staple that includes all the "tricky" parts. Once you've made one, a pullover is a cinch!) Custom Fit (CF) is a knitwear solution developed by a woman called Amy Herzog who is both a software developer AND a knitwear designer that helps us create sweater patterns that are custom fit to you. Your yarn. Your tension. Your style elements. Only one size in the instructions!

In order to create the pattern, CF needs three kinds of input: very specific body measurements we take in-house with our CF-trained staff, information we take from a swatch you knit and the yarn's ball band, and the sort of sweater and fit that you want (cardigan or pullover, neck style and depth, sleeve length, etc.).

- measurements taken by CF-trained staff
- recommended for new sweater knitters as well as those who have only made a few, or who have had limited success with previous sweaters

### Heel Help - Flap & Gusset with Lynne

Thurs. Nov. 16<sup>th</sup> 6:30 - 8:30 \$25

Since 2009, hundreds of sock knitters have taken a toe-up sock class with Lynne. This class provides a new option to work the heel - a toe-up "flap & gusset" construction - that can be used in place of the short row heel in the original class.

This class will expand your sock repertoire and perhaps be the start of a collection of sock toes, heels and pattern stitches that can be used interchangeably, like a sock flip book. The flap & gusset heel has a deeper and wider fit than the short row heel, which may offer a better fit for those who find the short row heel too shallow.

This class will primarily be of interest to students who have already taken a toe-up sock class with Lynne. Registration is open to other sock students, but students **MUST** have sock experience and **MUST** already be familiar with working on two circular needles.

### Steeking with Erin

Sat. Nov. 25<sup>th</sup> 10:00 - 12:00 \$25

Steeking is a traditional technique, often used in fair isle knitting, which allows a knitter to work continuously in the round. Once the knitting is complete, openings are created

by cutting along a centre column of stitches. Steeking is often used to make cardigan fronts, armscyes, neck openings, pockets, and more.

In this class we'll practice steeking on a small project - a coffee cup cozy. We'll learn how to reinforce steek stitches, cut our knitting (gasp!), and neatly tuck in and tack down the edges on the wrong side to create a tidy facing. Lastly, we'll learn how to pick up stitches along the steeked edge. You'll go home with a finished coffee cup cozy, a badge of honour for bravery, and the skills necessary to steek your next sweater!

### Garter Adventure with Janelle

First Thurs. of each month starting Jan. 2018 \$15/mo.

*Suitable for advanced beginners.*

All aboard for the 4th season of Garter Club! We'll continue to meet monthly as we explore techniques used in the ever-growing selection of beautiful garter shawls. Whether you make one shawl or finish six, all are welcome and everyone works at their own pace. Topics may include short rows, colourwork, beading, and attached edgings - although club input does influence topics covered.

### Building with Lace with Janelle

2<sup>nd</sup> Thurs. of each month January - December 2018

A new skill building club! Knit a beautiful lace shawl, meet once-a-month for ten months, from September to June (two classes are double in length) - once you're signed up you can attend as many or as few as you need. Each class builds on the lace skills learned in the previous month. By the end you'll have a stunning shawl to wear with pride. We work through skills including pattern reading, swatching, working with lace charts, different types of increases and decreases, knitting lace, Japanese stitches, attached edgings, and blocking. Additional techniques include simple cables, wrapped stitches, bobbles, knitting with beads, nupps, and circular lace patterns. You'll walk away from this class with confidence, knowing how to read and evaluate lace knitting patterns and knit them!

### Knit Afghan Squares 2018 with Lynne

One Thurs. evening ea. Month

We've changed the name from our tongue-in-cheek "Square Dancing" but the content remains the same: this class is a once-a-month meeting for a year - once you're signed up you can attend as many or as few as you need. The class is a great way to improve your skills with only a small amount of knitting - a block - each month, and at the end of the year you have an afghan. We work through skills including pattern reading, swatching, basic charts, seaming, and blocking. And we learn how to do simple patterns of purls & knits as well as cables, slipped-stitches, mock cables, increases & decreases and even lace!

Another bonus of this class is that it is priced lower than our regular class cost. Only \$15 per session, plus a one-time purchase of a pattern book at \$21.50, it's a small investment in building your knitting repertoire. We do ask that you purchase your afghan yarn at Shall We Knit? Approximately 7 skeins of Cascade 220 or an equivalent are needed, and we will hold your yarn for you and allow you to purchase it as you use it. 2017 will be our fifth year offering this class - dozens of students have taken part already.