



# SHALL WE KNIT?

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Judging by what we've been selling lately I think everyone has figured out that winter is coming! And what could be better than new warm mittens, especially with Kate Atherleys new mitten book here to teach you all the ways of mitts & gloves.

Every year we do a Christmas display with some kind of theme that we could *What Would Staff Gift?* This year we are all doing mitts (thanks to Kate) so for the month of December if you want to see some pretty mitts or to get some ideas - come on in and we will show off the newest mitts.



I was talking to a long-time customer today and she mentioned that she didn't know that we had gift cards. So I just thought I would remind you that you should remind your family and friends that gift cards make a great Christmas gift. Or if you prefer something easier to cast on, then make sure that you pop into the shop and fill out a gift registry card. It's like a bridal registry but for knitters (or spinners, or crocheters, or needle felters...). You can put whatever you want on a card that we keep in the shop and then when someone comes in wondering what to get you, we can be helpful and point them in the right direction.

On the bottom of the back page of the newsletter is a little section you can cut off, fill out and put on the fridge - sometimes being obvious helps.



## Under-Appreciated Finished Object (UAFO) Fundraiser Year 4 - November 18<sup>th</sup> - December 23<sup>rd</sup>

Despite three successful fundraisers, we still have poor UAFOs tucked away. Fabulous projects we had to make RIGHT NOW, the results of bouts of startitis; you know what we mean. But now, the poor finished object just isn't making us happy. Instead of relegating them to a corner, make them useful again - submit them to Year 4 of the juried Under-Appreciated Finished Object Fundraiser.

Last year we raised over \$1000 for Learning for Humanity and this year we hope to exceed that result.

If you'd like to donate an under-appreciated finished object to the fundraising sale, please drop it off at Shall We Knit? before November 30, 2017. Please tag your objects ahead of time with some basic information.

Forms can be found here

<https://shallweknit.ca/faq.php#UnderAppreciated>

We are now a drop off point for Knitted Knockers. We have samples, patterns and yarns available.



From their website : *Knitted Knockers are special handmade breast prosthesis for women who have undergone mastectomies or other procedures to the breast. These soft comfortable lightweight prosthesis are available for FREE. They are knit with love by our wonderful volunteers. Some women find traditional breast prosthetics too expensive, heavy, sweaty and uncomfortable. Also traditional prosthesis often cannot be worn for weeks after surgery. Knitted knockers on the other hand are soft, comfortable, beautiful and when placed in a regular bra they take the shape and feel of a real breast. Knitted knockers can also be used to fill the gap for breasts that are uneven and easily adapted for those going through reconstruction by simply removing some of the stuffing. Some women prefer to weight their knocker with a pebble or a small stitch in bra to keep them in place. The knitted knocker can also be used in your prosthetic bra or in a post-op camisole as a lightweight choice.*

<http://knittedknockerscanada.com/index.html>



What does it take to make a real difference in a world of poverty? FIDA/pcH is an organization that invests in men and women in Haiti to equip with the means to be able to provide for their children. Haiti is considered one of the poorest countries in the Western

Hemisphere and is often viewed as having little hope to become anything more than that. It is a challenge to look beyond "what the poor are not and what they cannot do" and to choose to see the poor as human beings with the abilities and resources to rise above their adversities.

It is possible.

Our Boxes to Beads (B2B) is a wonderful opportunity to fundraise for our investment-based approach in addressing the fundamental issues of poverty; to truly make a difference that is respectful and appropriate. We deliver the cereal boxes to Haiti where Haitian men and women cut and twirl them into "beads" which are then linked into colourful bracelets. FIDA/pcH pays fair market value for the bracelets and returns them to Canada. We then partner with various retailers to sell each bracelet for \$10. The proceeds are then reinvested in Haitian enterprise, completing the cycle of a revolving business model. This model is the truest form of sustainable development; providing a long-term strategy for those who were once poor, to be productive and responsible parents, and to never again be forced to give up their child to an orphanage. The Boxes to Beads program offers a most unique opportunity for businesses to become an integral part of the solution in terms of alleviating poverty; giving hope and dignity where it did not otherwise have hope to exist.



## 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.



### 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 preforming 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."*

### Garter Adventure with Janelle

First Thurs. of each month starting Jan. 4<sup>th</sup> \$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 starting January 11<sup>th</sup>

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

Starting Jan. 25<sup>th</sup> 6:30 - 8:30

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.

### 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.

### Beginner Knitting with Kerry

Sat. Nov. 18<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.

### 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!

### Beginner Knitting part 2 with Kerry

Sat. Nov. 25<sup>th</sup> 1:00 - 3:00 \$25

Skill Level: Just past beginner

This class is for beginners with a bit of experience: I'll assume you know how to cast on, knit, purl, and bind off, but if you need a bit of practice that's fine - I'll review these at the start of class.

What I teach for the rest of the class depends on the interests of the students. Potential topics include increasing/decreasing, fixing mistakes, circular knitting, reading a pattern, finishing a project, etc. So bring your questions and any projects you're working on!

### Drop Spindle with Tabi

Thurs. Jan. 11<sup>th</sup> & 18<sup>th</sup> 6:30 - 8:30 \$50

Drop Everything...and Learn to Spin on a Drop Spindle!

If you've ever been curious about spinning, drop spinning is the easy way to get started. Best of all, it's as portable as your knitting. You'll learn the Secret of Twist, how to Draft, Spin and Ply on the drop spindle, a little Ancient History, Global Perspective and Animal Husbandry. I always bring some special fibers and spindles for the second class including Turkish and Supported Spindles. You will begin a whole new love affair with yarn.

### Toe-Up Socks on 2 Circulars with Lynne

Sat. Jan. 13<sup>th</sup> & 27<sup>th</sup> 1:00 - 3:00 \$50

Learn how to make the most of your sock yarn by starting your socks at the toes, and knitting up until you run out of yarn! We will start with a seamless toe made with a Turkish cast-on. In the second class we will work through a wrap-and-turn heel and options for casting off a stretchy sock cuff. We'll discuss sizing socks and making adaptations for different fit issues.

This class is suitable for beginner sock knitters, provided they have some experience knitting in the round. The "two-circular method" will be used for our socks, but no previous experience with this method is necessary.

Students must be able to knit and purl confidently and without assistance, and should have some familiarity with basic increases and decreases.

### The Campbell Glen Colourwork Hat with Kate

Sat. Jan. 27<sup>th</sup> 10:00 - 12:00 \$50

Suitable for even the newest knitters, this class will teach you everything you need to know to be a confident Fair Isle knitter, and get you well on your way to making this wonderful hat project. It looks gratifyingly complicated, but is remarkably simple and fun! You'll master reading the patterns and charts, and working with multiple colours without tangling or twisting. Along the way I'll share tips and techniques for making your finished project look its very best.

\*\* Skill Level: Advanced Beginner -knitters must be confident with casting on, knit and purl; experience working in the round not necessary

### Closure: Buttons & Holes & Zippers, Oh My! With Kate

Sat. Jan. 27<sup>th</sup> 1:00 - 3:00 \$50

This class is all about two key garment finishing details: dealing with buttons and zippers. We begin with a discussion of buttonholes: what's the best method to make them, how to keep them tidy and neat. And then once you've got the holes, we talk about how to attach the buttons to make sure they stay on and don't get loose. And then, of course, if you don't want buttons, zippers are an option. We'll talk about how to insert a zipper into knits.

### Custom Mittens with Kate

Sun. Jan. 28<sup>th</sup> 10:00 - 12:00 \$50

Winter is coming! It's never the wrong time of year to prep for the cold weather. We'll show you how to create a custom mitten - regular or fingerless! - for any hand, and any yarn. Use up your stash and keep your friends and family warm. Along the way we'll share tips for making hand-mittens as warm and possible - from yarn choice to lining strategies, and help you deal with problem areas like ill-fitting or holey thumbs.

### The Good, the Bad and the Pooling: Working with Variegated Yarns with Kate

Sun. Jan. 28<sup>th</sup> 1:00 - 3:00 \$50

This session is all about how to 'read variegated and hand-dyed yarns, to predict how they will work up, and stitch patterns for making them look their best. We'll explore how to break up the colour changes, planned pooling, and how to combine them with other colours for best effect.

Bring: Any yarns you're having trouble with, or want assistance with



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I have made out a wish list at Shall We Knit? Go in and ask for help to find me the right gift☺

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