Information to be aware of:

Liz Marino handouts: our apologies that not everyone received a handout at our last meeting with Liz but they are posted on the Guild’s website. Also be sure to check out Liz’s blog: Knittingwithkarma.blogspot.com for more great tips.

Meetings are not all on the first Thursday: Please note the date AND day changes for a number of our meetings.

New: Social and help time: In order to provide our guest speakers with your undivided attention we will be offering social time from 6:00-6:45 with our meetings starting promptly at 7:00.

Knitting Guild membership dues: please pay your dues by 10/31 (see enrollment form on page 5)

Potluck on December 4th: Please be sure to RSVP by the November meeting to ensure we order enough of the main course. For the side dishes, please bring an index card listing the ingredients in your dish.

Save the date: April 16th is our annual yarn festival. Vendors from NYS and Pennsylvania will be at the Guild to help you build your stash.

The President’s Letter

Happy November/December! It’s hard to believe how quickly the year is progressing. I know that the cooler weather has given me the extra push to finish projects that were begun last year; not to mention the fun projects I want to begin. I’m sure many of you are in the same boat.

Our November meeting will be our DO-DADS DEMONSTRATION. Do you have items, objects or tricks you use to keep track of stitches, where you are in projects, or creating certain stitches? Share your tips and tricks with your fellow Guild members. Let Gina Passantino or Susy Palcic know if you are interested in helping out. What you may think is no big deal, might be a great revelation to your fellow knitters.

For our December meeting we will be having our annual potluck. The main course will be catered. We are asking Guild members to provide the side dishes. If your last name begins A-G we’re asking that you bring a salad, H-P appetizers, and Q-Z deserts. In order to have an idea of how much food to order we are asking that you let us know at the November meeting if you plan on attending. Also, for those of you who picked up a mitten kit please bring your completed mittens to the meeting. If you can’t make the December meeting, but made mittens you may also drop them off at the Embraceable Ewe.

Happy Knitting

Maureen
DDs Corner - Ravelry part 4

One of my favorite things to do when I log in to Ravelry, is to check out my favorite groups. I am a member of 87 groups!! Deb is a member of 97 groups!! I think I have some stalking to do!

If you have a favorite show, yarn, knitting needle or car, there's a group. There are groups for types of animals, moms, spinners, crocheters, designers, there's even a group of people who dye their own yarn with kool-aid! It's a great way for people to be together, virtually.

We share patterns, techniques, questions, pictures of our knitting, spinning, dying, crocheting, and of course our children and pets. We also show compassion and comfort in times of need, whether it be an illness or troubled time.

I especially love these groups while participating in KALs. When a designer starts a KAL, they will create a group or if they already have a group started, a new ‘thread’ (link to information on the knit-a-long) will be started. You simply find this group and at the top of the page, there will be a button to join this group, you simply have to click on this, and that's it, you're in! No tests, or qualifications necessary! We're just a click away from being together.

Last October we had the pleasure of attending the NY Sheep and Wool Festival, otherwise known as Rhinebeck. The months preceding our trip, I spent countless evenings scrolling through the many Rhinebeck groups, chatting with others from all over the world, about what knitted item we would be making and then wearing for the festival. We planned which vendors we would visit first (based on our virtual friend’s suggestions), and chose patterns we needed to buy yarn for. While visiting one of said vendors, we noticed buttons in which we could put our Ravelry name on. This would help us to put a face to a name when we had our Ravelry meet up. Just picture hundreds of people flocking to a picturesque area, with beautiful fall foliage in the background, coming together to meet up in person after only meeting previously in a ‘virtual’ group on Ravelry.

One of our favorite groups is 716Knits (our own Jenna Meyer.) Here you can join her sock clubs, find out about knit-a-ongs and share your 716 works in progress and finished objects. Jenna was kind enough to share one of her wonderful patterns with us. You'll find it on page 7-8 of this newsletter.

Jenna will be at our November 6th meeting from 6-7 with her Knit Buffalo mobile yarn truck and then again after programming, so please stop by to say hello to her.
Knit-A-Long (KAL) - fingerless mitts

The Knit-A-Longs (KAL) for this year are fingerless mitts. We introduced the two choices at the October meeting and had copies of the patterns. If you were unable to be at the meeting, the first pattern, Linda K's Yummy Mummy wristwarmers by Alexandra E. Brinck, is available on Ravelry. It has a short chart and it includes cables. The second pattern is by Lisa Tomko called In Love Til It Kills You Mitts. This is a fun pattern with an easy chart and slip stitch pattern. We have Lisa's permission to use this pattern but it now costs $5 on her Ravelry page. If you need the pattern, just send me an email and I can send it right out. Please check out her other patterns, they look great, I think I need the Kitten Poker Socks! We will have support before the meetings, if you need any help. During the March meeting, you can show off your lovely work, including information on yarn and modifications. Enjoy!

Susy Palcic

susanb819@gmail.com

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Newsletter--Deb Welch and Deniece Diamond

VENDOR SPOTLIGHT

Starting with this newsletter, the Guild is highlighting some of the vendors who will be at our annual Yarn Fest. There are lots of changes underway for Yarn Fest (Vendor Night) including a new date. Mark your calendars for April 16 and study up on the vendors participating!
LONGMEADOW FARM - Freedom, NY - Owner: Sandy Long

1. When did you start your business and how did you get involved in the Fiber business? “Longmeadow Farm started in 2008 after I stopped showing horses and once again filled my life with sheep and wool, which is my true passion.

2. "What type of fiber products do you sell? "My main focus is anything wool."

3. What makes your business unique? "Longmeadow Farm focuses on hand dying all of the yarn and fiber sold at the shop. Longmeadow Farm does not carry any brand name or commercial products, so you are buying a special, one-of-a-kind, unique item for that special something you wish to make."

SPIN MONKEYS - Tonawanda, NY - Owner: Tara Dailey

1. When did you start your business and how did you get involved in the world of Fiber? “I started knitting when my sister was pregnant with my first nephew. I started spinning just six months later, and dyeing yarn and fiber was just an extension of both of those processes for me. My Etsy shop opened in 2011.”

2. What type of fiber products do you sell? “Spin Monkeys carries all fingering weight yarn; fiber is combed top, also rolags that are rolled from my blending board.”

3. What makes your business unique? “I do a lot of kettle dyeing and layering of colors. Instead of hand painting the yarn in sections, which can then cause your item to "pool" or "flash", I generally apply colors using different techniques to help reduce the chances of unwanted pooling.”

716KNIT/KNIT BUFFALO – Grand Island, NY – Owner: Jenna Meyer

1. When did you start your business and how did you get involved in the Fiber business? “I began dyeing yarn about 5 years ago, first for myself, then friends started to ask for colors I was using.” 716Knit opened in 2010. The Knit Buffalo yarn truck opened July 2014.”

2. What type of fiber products do you sell? “716knit is known for having thick, self-striping yarn. I’m really proud to have established a place in the indie market with it. Knit Buffalo specializes in bringing amazing and unique, indie dyed yarns to customers.”

3. What makes your business unique? “My yarn company is the only one inspired by the Buffy-verse. 95% of my colorways are inspired by quotes from the Buffy the Vampire Slayer TV show. Knit Buffalo is unique because it’s a yarn truck!! It’s like a food truck, but instead of a burrito, you can buy yarn! Knit Buffalo is high in fiber and zero calories!”
Knitting is the New Yoga by Gina Passantino

As members of the Buffalo Knitting Guild it’s obvious we all love to knit. But did you know while you’re creating beautiful sweaters, shawls and scarves you could also be saving your brain and improving your overall health? Recent studies from noted medical groups provide ample evidence that knitting can ward off or manage issues such as anxiety, eating disorders and memory loss.

One such study published in the British Journal of Occupational Therapy found a distinct relationship between knitting and feeling a sense of calm and happy. People with eating disorders said knitting “helped clear their minds” and focus less on food preoccupations. Further, the sense of well-being and happiness was intensified when knitters took up their craft in groups: “knitting in a group impacted significantly on perceived happiness, improved social content and communication with others.” What a great reason to knit during your time at the Guild or to join one of the Guild’s satellite groups!

While many knitters can tell you their brains benefit from learning new knitting skills, scientific evidence now suggests knitting can delay memory loss. The Mayo Clinic is just one research center where the benefits of crafting on the brain, such as knitting, are being studied. A recent Mayo study concluded activities such as knitting can help cut the risk of “people who would develop memory loss in their 70-80’s by more than one-third.” Doctors say approximately 35 million people world-wide suffer from dementia and that number is expected to more than triple by 2050. These alarming numbers are just another reason to pick up those needles often, and to pass your love of knitting on to others as well.

Future editions of the Guild Cable will continue to focus on other ways knitting can benefit your health. Our Ravelry page also has a thread where you can share your own anecdotal evidence of how knitting has improved your life.

BOOK REVIEW: Indie Socks author Chrissy Gardiner  By Deb Welch

Have you ever bought a beautiful hand dyed skein of sock yarn knowing that you would save it for that perfect pattern. Well I can recommend a book for you. I am a self admitted sock yarn addict and love finding those unusual skeins from our favorite indie dyers. This book contains 34 different sock patterns that are broken into patterns for: mild, flavorful and spicy yarns. (Also known as semi solid, variegated and high contrast yarns.) Each pattern contains beautiful pictures as well as designers notes with suggestions on yarn colors and dye type to show off the beauty of the design. In addition each pattern is written and charted. The best part of the book is her ability to assist you with working with challenging color ways and choosing the best pattern to go with it. The book contains some great tips and tricks as well as my favorite: dyers profiles. The yarn used in each pattern then has a profile of the dyer to include their website. So if you are not a sock yarn collector yet, you can find some great dyers and start knitting these beautiful patterns.
Knitting Guild of Greater Buffalo Membership Application

Membership Includes:
* All Guild meetings and programs
* Our newsletter
* Access to the Guild's library
* Discounts at several area yarn shops
* Admission to seminars
* Learning and sharing with area knitters

$15.00 Guild membership dues for the 2014/2015 year must be included with the information below. Deadline for membership payment is October 31, 2014.

Current membership card MUST be shown after October 31 to participate in Guild meetings and activities.

* Check one: ______ Renewal ______ New Member

IMPORTANT: PLEASE PRINT LEGIBLY

* Name:______________________________________________________________

* Address:____________________________________________________________

* City, State, Zip:_______________________________________________________

* Phone:_______________________________________________________________

* E-mail Address:_______________________________________________________

Choose one:
__ I give permission to have all of the above information printed in the membership directory.

__ I do not give permission.

If you would prefer to have your card mailed, a stamped, self-addressed envelope must be included with this application. NEWSLETTERS WILL BE SENT VIA EMAIL unless you do not have access to an email account. Membership cards will be distributed at the Guild meetings.

Please make check or money order payable to the Knitting Guild of Greater Buffalo. Mail with this completed form to:
Knitting Guild of Greater Buffalo
PO Box 684, Williamsville, NY 14231-0684
Or pay with Paypal by going to our website: The Knitting Guild of Greater Buffalo.org and clicking Membership.
She Saved the World A Lot Shawl

By Jenna Meyer

Inspired by inner strength and the power of the chosen family which we weave our own personal story with – this simple shawl makes a statement with highly variegated yarn as well as semi-solid colors. Gauge is important because this pattern used almost all 225 yards of 716Boss.

Gauge: 20 sts x 46 rows 4" x 4" linen stitch

Materials:
1 skein of 716Boss (225 yards DK) heavily blocked
1 size US 10 47” Circular Needle
Tapestry needle, 2 stitch markers

Abbreviations
k – knit, p – purl, k2tog – knit 2 together, (p)m – (place)marker, yo – yarn over,
kyok – k1, yo, k1 into same stitch (2 sts increased), st(s) – stitch(es),
m1r – pick up bar between sts knit into front of st,
m1l – pick up bar between sts knit into back of st,
wyif(b) sl – with yarn in front (back) slip st

Cast On
Using Long Tail Cast On, loosely cast on 7 stitches
Row 1: k1, kyok, k1, m1r, pm, k1, pm, m1l, k1, kyok, wyif sl1
(Bold stitch denotes center stitch)
Row 2: k2, purl to last 2 sts, k1, wyif sl1
Stitch count: 13 sts

Linen Section
Row 1(RS): k1, kyok, *k1, wyif sl1* to marker, m1r, wyif sl1, m1l, *wyif sl1, k1* to last 2 sts, kyok, wyif sl1
Row 2: k1, kyok, *wyib sl1, p1* to last st before m, wyib sl1, p1, wyib sl1, *p1, wyib sl1* to last 2 sts, kyok, wyif sl1
Row 3: k1, kyok, *k1, wyif sl1* to 1 st before marker, k1, wyif sl1, k1, *wyif sl1, k1* to last 2 sts, kyok, wyif sl1
Row 4: k1, kyok, *wyib sl1, p1* to 1 st before m, wyib sl1, p1, wyib sl1, *p1, wyib sl1* to last 2 sts, kyok, wyif sl1
Repeat Rows 3 & 4 thirty (30) more times
Stitch Count: 217
Lace Section

Row 1(RS): k1, kyok, *yo, wyib sl1, k1, pass yo and sl st over k st* to last 3 sts (remove markers as you come to them), k1, kyok, wyif sl1

Row 2: k1, kyok, *yo, p1* to last 2 sts, kyok, wyif sl1

Row 3: k1, kyok, *yo, wyib sl1, k1, pass yo and sl st over k st* to last 2 sts, kyok, wyif sl1

Row 4: k1, kyok, *yo, p1* to last 2 sts, kyok, wyif sl1

Repeat Row 3

Repeat Row 4

Bind Off

Knit 1 stitch, then place back on left hand needle

*k1, k2tog and place sts back on left hand needle* repeat until 2 sts remain on right hand needle

Pass first st over last, cut tail, pull through last stitch.

Block to stretch wingspan of shawl and open lace section up.

Blocking wires are recommended
The sponsors who keep us happy in our craft:
The Newsletter of the Knitting Guild of Greater Buffalo

November/December 2014

Email: buffaloknittingguild@gmail.com
Website: buffaloknittingguild.org

Kindred Kreek Alpaca Farm
11932 Rapids Road
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