

# The Open Cable

Newsletter of The Salt Lake Knitting Guild

January 2016, Vol. 103

## President's Message:

Some friends and I have been talking about setting knitting goals for 2016. I'm not usually the sort of person who makes resolutions or sets goals at the beginning of the year. I'm the kind of knitter who tries new techniques when a pattern calls for them and learns as I go, so it's been interesting to me to listen to my friends and be part of their plan-making for the year.

For example, one friend wants to finish all of her UFOs and WIPs by the end of the year. Another wants to finally knit herself a sweater. Another friend is determined to finally get better at colorwork and stranded knitting.

What I find most interesting about these discussions is the focus and planning my friends are putting in place to help them achieve these goals - be it making a list of what they want to get done per month, or even something as simple as de-cluttering their knitting areas. Starting their knitting year with a clean mental slate and new focus to their knitting helps them accomplish more.

And what's better than successful knitting?

So I'm taking cues from my friends and looking at what I want to knit this year. But making knitting resolutions is tricky - I'm suddenly realizing that I want to "knit all the things."



Do you have any knitting resolutions or goals?  
What systems are you putting in place to make them achievable?

-Meika

## ~ January Meeting ~

### Saturday Workshops!

Join the guild **on Jan. 9, from 1-4 p.m.**, for a series of mini-workshops! We'll meet at the Good Shepherd Lutheran Church in Sandy, 8575 South 700 East (up the road from Unraveled Sheep — where the November meeting was held).

You'll be able to choose **three 45-min. classes**, from among four options:

- Working with Variegated Yarns
  - Cast-ons and Bind-offs
  - Cabling without a Cable Needle
- Introduction to Charts (*Strongly recommended if you aren't very familiar with charts and plan to take a class with Nancy Bush!*)

**Please see pg. 5 for homework and material requirements for the classes!** No alcohol or vending is allowed in the church, but feel free to bring snacks to share. This was a great event last year, and we look forward to a repeat.

Saturday is also the kick-off for our **2016 Mystery Yarn Swap** — see pg. 4 for details!

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Saturday will also be a great time to secure your spot in the **Spring Workshop with Nancy Bush**, and learn from a renowned expert in Estonian knitting traditions. This workshop will be held over the weekend of **March 12-13**.

Class Choices are:

1. Knitting Estonian Lace (3 hrs. - Saturday, 3/12)
2. Nordic Color -- Roositud, an Inlay Technique from Estonia (3 hrs. - Saturday, 3/12)
3. Three-Sided Scarf from Haapsalu (6 hrs. - Sunday, 3/13)

## News from Our Yarn Shops

**Hemstitched Heirlooms, 585 West 2600 South, Bountiful, 801-298-8212**  
[www.hemstitchedheirlooms.com](http://www.hemstitchedheirlooms.com)



Happy New Year, from Hemstitched Heirlooms!!

Consider taking a knitting class this New Year! We have three new teachers. Aubrey and Cherie will be teaching beginning knit. Aubrey is an expert crocheter and knitter. She will be teaching Circle Mitts from Ravelry. Cherie has designed this Celtic knot ball from scratch.



Have you ever wanted to knit a sweater? Now's the time, you will learn the steps from start to finish. Reading the pattern, choosing the yarn, gauging, seams, buttonholes and picking up stitches. You can choose from birth to 7 years, boy or girl, shawl or V-neck cardigan. Come join Cheryl Hardy for this very informative class.



Mark your calendar for our Annual Superbowl Sunday Event, February 7, 2016.

See you then, The gals at Hemstitched Heirlooms.

**Intrepid Tulips, sarah@intrepidtulips.com, 801-913-1276**  
[www.intrepidtulips.com](http://www.intrepidtulips.com)

**Last chance to join Intrepid Tulips Color Clubs - Sock or DK weights!**

**Registration date extended to January 20 for Guild members only!**

Every month Intrepid Tulips will explore new colors of **Sock**, our 75% superwash wool/25% nylon fingering weight yarn (**\$78**) or **DK**, our 85% Polwarth wool/15% silk DK weight yarn (**\$85**). Monthly, we'll send each Club member a 100 gram skein, dyed exclusively for the Color Club. Two shipments will be Variegated and one will be Monochromatic. Each month's yarn will be dyed in an exclusive Club colorway available only to members at this time.

**You will receive...**

- 1 skein of yarn, hand-dyed in a new, surprise colorway and delivered to your doorstep in January, February, and March.
- Members wanting two skeins of each Club colorway can save shipping fees by adding a Second Skein option to their order.
- Shipping is included in your membership fee.

Yarns will be mailed in the fourth week of January, February, and March next year. To join, email [Sarah@IntrepidTulips.com](mailto:Sarah@IntrepidTulips.com) with your chosen yarn weight, and your email address. We'll email you a PayPal invoice.

**Kamille's, 1100 W 7800 S #6, Gardner Village, West Jordan, 801-282-0477**  
[www.kamilles.com](http://www.kamilles.com)

We are celebrating 8 years in business!! Join us January 16th from 11am to 4pm for our annual birthday bash!!

Enjoy our employee discount (25% off) on everything, a extra discount every hour and you can enter to win a grand prize!!

**Knittin' Pretty, 1393 West 9000 South, West Jordan, 801-676-9933**

[www.knittinpretty.com](http://www.knittinpretty.com)

Come by the shop to see Ella Rae's Lace Merino. It's tightly spun, so it has a fantastic twist that will keep your knitting looking fresh and won't split on you. We have an assortment of lovely tonal shades. Even though it's named 'Lace Merino', it's actually a fingering weight, so it would be great for all projects from socks to fine gauge sweaters.



Start on stockings for 2016! Our wonderful heirloom stocking class is back. Learn sock basics & fair isle. Basic knit & purl are the only required skills. Class will be Wednesday, January 13, 20, 27 and February 10 at 5:30 p.m. Class series is \$35 if yarn is purchased at Knittin' Pretty. Must be registered by January 6th.

**Unraveled Sheep, 9316 South 700 East, Sandy, 801-255-6833**

<https://unraveledsheep.wordpress.com/>

As we start a new year, I have been thinking about goals and how they can be achieved. I would like to challenge each of you to develop new knitting goals. My suggestion to each of you is that you challenge yourself to learn a new technique. Unraveled Sheep is here to help you.

We will be having classes in many techniques such as cables, lace, and beading. Also, on Friday afternoons, we will be having a support group. Each week a new subject will be featured. There will also be information on the Unraveled Sheep's blog (see above). Check out Unraveled Sheep on Facebook, also. I have lots of great ideas. Let's make 2016 the year of exploration, challenges and knitting successes.

**The Wool Cabin, 2020 East 3300 South, Salt Lake City, 801-466-1811**

[www.woolcabin.com](http://www.woolcabin.com)

Hello from The Wool Cabin... Time to start the new year with a new project! We have filled the shop with new ideas!

Espresso from Berroco is a new bulky yarn with wonderful colors for those who cannot tolerate wool...come see! Our newest shop models from free Ravelry downloads are the Nordic Hat and Bubble and Squeak Cowl, both great easy colorwork to brighten these gloomy days!



As always, our website has classes and the latest additions to the shop. Happy Knitting!

**Wasatch & Wool, 1635 West Redstone Center Drive, Suite G130, Park City, 84098**

[www.wasatchandwool.com](http://www.wasatchandwool.com)

Everyone at Wasatch and Wool would like to wish all of you a very happy and wonderful new year. We thank you for your business and support in 2015 and hope to see you again soon in 2016.

Just in time for winter knitting, we've added a few new yarns: Tahki Yarns' Poppy is a super bulky blend of acrylic, wool and a touch of mohair. You can quickly knit it into a hat or a scarf. The ten flowers on each skein make this yarn even more fun. The flowers are moveable as you knit, so you can place them where you would like. Each colorful flower has a painted wooden bead in the center. The yarn comes with a pattern in the ball band, but there are many more creative projects that you can make with this yarn.





Zealana RIMU is a scrumptious, hardwearing DK weight yarn. It is blend of 60% fine New Zealand merino and 40% brushtail possum which makes it a great choice for garments that need to go the extra mile and be machine washable while maintaining its soft and comfy feel. The yarn is a perfect choice for hats, mitts and cowls.

We now carry Freia Fine Handpaints Ombre in three different weights: sport, worsted, and super bulky. Freia Handpaints Ombre are gorgeous simply yarns change color as your project progresses. The color runs are long and consistently even from dye lot to dye lot due to Freia's meticulous dying process. The yarn is spun from Colorado-raised sheep and hand-painted in California.



\*Just a quick note that Plymouth Encore is our yarn of the month. It will be discounted by 10% the entire month of January. Please check our newsletter or website for February's yarn of the month.

Classes: Basic Brioche Knitting— Monday, January 25, 2016 from 6:15-8:15pm. The Brioche Stitch creates a lofty widely ribbed fabric great for cowls, scarves, hats and even sweaters. Though it might seem intimidating at first, possibly because of the yarn overs or the abbreviations used in the patterns, it can be learned with a bit of effort and the beauty of the fabric is wonderfully rewarding. In this class, the student will learn one and two color brioche knitting. For more details on the class, please contact Wasatch and Wool. Building Blocks, our progressive skills KAL will be held on Monday, January 18 from 6-8pm.



Other KAL's: Ambiguous by Michelle Hunter, Wednesdays, January 13, 27, February 3 and 10 from 11-12:30pm. Kickoff the New Year by ramping up your knitting skills with a stunning two-color cowl using HiKoo Sueno (formerly Frog Tree's Pediboo.) The stranded cowl (also known as Fair Isle knitting) will feature lessons on hand positioning, yarn dominance and managing floats. The cowl can be knit in two sizes to fit your style.

We will be focusing on socks in February and March so check your email from Wasatch and Wool or the website for more details. Knit Nights continue on Tuesdays from 6-8pm. We will start meeting on Saturdays from 11 to noon (please feel free to stay later), beginning January 16 to knit blankets for the animals waiting for adoption at Nuzzles and Co in Park City.

Best, Margaux

Coming back for a second year is our **Mystery Yarn Swap**, which will also kick off at the January meeting! This resulted in some beautiful projects last year.



To participate in the swap, you'll need to:

- 1) Bring approx. **200-300 yards** of yarn (any weight) that night in a plain brown bag. If possible, note the fiber type on the bag (for allergies) and whether it will felt.
- 2) Turn in your bag, and receive another (unknown) knitter's bag in return.
- 3) In the time up until to the **April meeting**, create a project using that yarn. Feel free to combine it with yarns from your stash, or embellish it in other ways. If you purchase anything supplemental, please keep it to a minimal amount.
- 4) Bring the project back on **April 13th**, and gift it back to the original yarn owner.
- 5) Welcome back your own yarn, now knitted up into a project!

\*\*Obviously, there is an element of surprise in the swap, but we hope you'll take the plunge! It's a fun chance to make something for another guild member, and to receive something unique yourself.

## Mini-Workshop Preparation! — Choose 3 of the following classes

### WORKING WITH VARIEGATED YARNS

**Materials:** Several hundred yards of variegated yarn, appropriate needles for chosen yarn weight

**Homework:** Prior to class, cast on 5-6" worth of stitches in your yarn and work 1" in garter stitch.

### CAST-ONS AND BIND-OFFS

**Materials:**

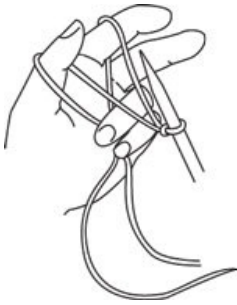
Worsted weight yarn (light, solid color, tightly plied and elastic is best), enough to knit several smallish swatches

Straight and/or circular needles, size 7, 8 or 9 -- the size you prefer for your yarn

Double Pointed Needles, same size as above

Crochet hook, size G, H, or I to go with the needles

**Homework:** Each class will get to choose which of seven cast-ons and six bind-offs they most want to learn:



#### Cast-ons:

Cable  
Knitted  
Twisted German  
Provisional  
Picot  
I-cord  
Circular

#### Bind-offs:

Icelandic  
Sewn  
Jeny's Surprisingly Stretchy Bind-off  
Three Needle  
Picot  
I-cord

Prior to class, knit two stockinette swatches (4" wide by 2" long) in the class yarn, same or contrasting color.

Do not bind off; leave the stitches on a spare needle, a piece of yarn or a stitch holder.

### CABLING WITHOUT A CABLE NEEDLE

**Materials:** Smooth, light-colored worsted weight yarn, size US 8 needles (pointy tips STRONGLY RECOMMENDED!)

**Homework:** Prior to class, cast on 22 sts and work the following rows —

Row 1 (WS): k5, p2, k8, p2, k5

Row 2 (RS): p5, k2, p8, k2, p5

Row 3 (WS): k5, p2, k8, p2, k5

### INTRODUCTION TO CHARTS

**Materials:** Worsted weight yarn in a light color (to read and see your knitting), knitting needles in appropriate size, pencil for note taking. Optional — Ruler/ Straight edge, highlighter tape, post-its, or magnet board

**Homework:** Description — This session is designed for anyone who would like instruction on chart basics. We will first study charts for lace and make a practice piece. If there is time, we will discuss charts for color knitting. For those who want to take Nancy Bush's Estonian Lace sampler class but are squeamish with charts, elect this as one of your sessions.

*There will be 15 minutes between each class to rest, munch, and mingle — see you there!*

# KNITTING HEALTH: REPETITIVE STRESS AND YOU

By Megan Goodacre, <http://www.tricksyknitter.com/knitting-health-repetitive-stress-and-you/>

I've knit more in the last 12 months than I have in my entire life. I did a quick inventory just now... In the last year, I've finished 46 projects. Is that right? Yup, just counted them again. Mostly sweaters, mostly for adults. That doesn't include little things like swatches, washcloths, bookmarks, hats. And it doesn't include the things I've 3/4 finished and frogged. I don't know how many miles of yarn that accounts for, but it does explain why my hands and wrists are a little gnarled, and a little sore.

So let's talk about some hard truths: knitting is repetitive and may lead to strain on the wrists and hands. Here's a little info on knitting injury prevention, treatment, and knitting technique. (Okay, before we start, read the **\*\*fine print**).

## Repetitive Motion Injury

Also called Repetitive Motion Disorder (RMD's), Repetitive Stress Injury (RSI's). From the [National Institutes of Health](#):

*Repetitive motion disorders (RMDs) are a family of muscular conditions that result from repeated motions performed in the course of normal work or daily activities. RMDs include carpal tunnel syndrome, bursitis, tendonitis, epicondylitis, ganglion cyst, tenosynovitis, and trigger finger. RMDs are caused by too many uninterrupted repetitions of an activity or motion, unnatural or awkward motions such as twisting the arm or wrist, overexertion, incorrect posture, or muscle fatigue. RMDs occur most commonly in the hands, wrists, elbows, and shoulders, but can also happen in the neck, back, hips, knees, feet, legs, and ankles. The disorders are characterized by pain, tingling, numbness, visible swelling or redness of the affected area, and the loss of flexibility and strength.*

Well, that doesn't sound like much fun does it? If knitting is anything, it's repetitive. The hands and wrists are complicated pieces of machinery, with many moving and interlocking components. And like machinery, they need to be maintained and treated with respect. *Hands: Strict Limit 2 per customer.*

## Carpal Tunnel Syndrome

Although this belongs to the above category of Repetitive Motion Injuries, it deserves a paragraph to itself. The median nerve is a big ol' nerve that goes from the shoulder to the hand, and is key to movement and feeling in your thumb, hand and wrist. The median nerve reaches your hand through the carpal tunnel at the base of the wrist. Any swelling in the carpal tunnel area puts pressure on the median nerve, causing things like tingling, pain, and weakness. Carpal tunnel syndrome can occur from making small repeated movements, and, like other RMDs, you might not realize that it's happening until you're already injured. Carpal Tunnel Syndrome, left untreated, may require surgery.

## RMD Prevention

(Warning: I'm going to use a lot of exclamation marks).

**Rest** your hands! Take frequent, regular breaks. Don't wait until your thumb is tingling and your veins are popping.

**Move** your body! Knitting means sitting in the same position for long periods. Get up and walk around, do something else. Also good for preventing Knitter's Butt.

**Listen** to your body! Yes, I know, you just need to finish one more row. But if you feel a twinge or tingling, or any kind of malaise in your body, don't ignore it.

**Rest** your hands! Yes, again, because I don't believe you did it the first time.

**Stretch!** Shoulders, arms, wrists, fingers, neck, back.

## RMD Home treatment

This is what helps me. Did you read the **\*\*fine print**?

Use **R.I.C.E.** for inflammation and strains. Do all these together, for about 10 minutes per hand:

**Rest!** Yes, that's also how to prevent injury. How convenient!

**Ice!** A cold pack. Don't be silly, don't put it directly on your skin.

**Compression!** A little pressure, but don't get crazy with it. I put my ice pack in a pillow case and wrap it snugly.

**Elevation!** Rest your hands on a pillow.

It also helps to sit on a couch and demand that family members fetch you tea and cookies.

## Ergonomics

We usually use this term in the workplace. It means adapting your workplace to your body (rather than the other way around) for comfort and injury-prevention. Although we associate ergonomics with the height of our office chairs, or the distance of the monitor, it applies to knitting as well.

### **Things to keep in mind for knitting ergonomics**

**Where and how you sit.** Sit with your feet on the floor, in a chair, and try not to hunch. When adjusting your posture, try to engage your abdomen. Yes, it sounds boring. I like to knit with my legs curled under me, on the bed, watching a movie on my iPad with one eye and my knitting with the other. Don't do this.

**The position of your arms.** Try this as a test: sit comfortably at a table, put your arms out on the table in a relaxed and comfortable position. Take note of the angles at your elbow, wrist, thumb. When you knit, try to get to that comfortable, natural position. Don't knit like Gollum protecting his precious ring. Gollum is wicked and does not follow Good Ergonomics.

**The tools you use.** Treat yourself to smooth, lightweight needles. Use circular needles for large projects.

**The yarn you're using.** The thicker the yarn, the more your hands have to work.

**Variety.** Do other thing besides knit! Gasp! This keeps your body happy.

### **How you knit**

Ah, here's the meat of the issue. It can get controversial when you start talking about Continental vs. English. (Continental means holding the yarn in you left hand, and fishing the yarn through; English means holding the yarn in your right hand and wrapping it around the needle. Also known respectively as "picking" and "throwing"). I learned to knit right-handed, but now I knit both left and right-handed. I find that both styles have their advantages.

Here's what I've concluded, from personal experience. It's not so much which style you use (picking or throwing). It's how you move, and how much.

### **The basics to follow (in knitting, but this applies to typing, sewing, driving)**

**Avoid tension.** Listen to your body, not just the big muscles, but the tiny ones too. You might easily notice that your neck and shoulders are tense, those are big muscles screaming at you in loud voices. But also listen to the tiny voices from Whoville in your fingers and thumbs. For example, I notice that my left thumb, regardless of whether I'm knitting left or right handed, tends to pinch the needle, putting a little extra pressure on the base of the thumb. This creates a tiny knot of tension in the muscles of the thumb. That tiny knot is easy to ignore, but turns into an injury after a few thousand stitches.

**Make small, efficient movements.** This is the biggest change I've made recently. Slow down your knitting, stay relaxed, and see how small you can make your movements. Keep the working yarn close to the tip of the needles. You're not conducting an orchestra. Or calling a cab. Or hitching a ride. So many analogies. Do you jog? You know how in running, you should watch the horizon and keep it as level as you can? You want to use as much energy as you can to move *forward*, not up and down (or backwards, as it sometimes feels when I jog). It's the same thing with knitting.

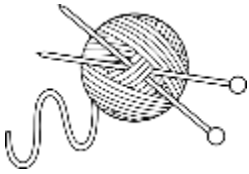
**Don't break the wrist.** You'll see this in office ergonomic posters. This means keeping the wrist in a natural position, without twisting or bending it. I'd take it one step farther and say **Don't break the hand.** Think of your hand, wrist, fingers as a single unit. Avoid splaying out your fingers too much, or relying too much on one area of your hand to do the work. If you move a finger, make sure the hand goes with it. (I can hear you saying, That's crazy, move my whole hand? That's *more* work, not less. Ah, see my previous point about making small movements). This is a common problem at the keyboard too: we flick out the pinky or the thumb because it's quicker, but it's better to move the whole hand.

Just imagine you are the Queen. Look at her excellent waving ergonomics: no splaying, twisting or bending.

### **\*\*The fine print**

This article contains research from various health sites as well as anecdotal information from my own experience. Don't use any of the information on this page to substitute for the advice of a health professional. Correct diagnosis and treatment for injuries shoudn't come from a knitting blog. Durh.





The Salt Lake Knitting Guild

P.O. Box 2342

Sandy, UT 84070

Join our **Ravelry** group and follow us on **Facebook** (both under "Salt Lake Knitting Guild") for changes of venue and other information!

### Upcoming Events, 2015:

- January 9** — Saturday Mini-Workshops
- February 10** — Ravelry Ins and Outs
- March 9** — Illusion/Shadow Knitting
- March 12-13** — Spring Workshop with Nancy Bush!
- April 13** — Lace
- May 11** — Annual Fashion Show
- June 8** — Summer Knitting
- July 13** — Summer Knitting
- August** — Great Basin Fiber Arts Fair

### 2014-2015 Officers:

- President** – Meika Jensen  
(meika@sisna.com)
- Vice President** – Sarah Marsden  
(sarah@intrepidtulips.com)
- Secretary** – Sarah Scott  
(sarah@randomnetworks.com)
- Treasurer** – Jennifer Wollesen  
(jwollesen@gmail.com)
- Newsletter** – Katy Carroll  
(katinka31knits@gmail.com)
- Hospitality** – Mary Hanz (marisia28@aol.com)
- Librarian** – Mary Zollo  
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- Photographer/Web** – Amy Hargreaves  
(wunx@computerlizards.com)