



# Knit One Purl Two

Marcia Hammett, Editor

January, 2008

## *Marin Knitters' Guild Newsletter*

### General Meeting

Saturday, January 12, 2008  
St. Luke Presbyterian Church  
10 Bay Drive  
San Rafael, CA  
10:00 a.m. - 12:00 Noon

### Officers For 2007/2008

Co-President	Nazanin Fard/Diane Sack
Programs	Nazanin Fard
Treasurer	Dana Dunn
Secretary	Cindy Morgan
Newsletter	Claire Miller Marcia Hammett
Kim Huynh	Website/Yahoo Group

### Marin Knitter's Guild Website:

[www.marinknittersguild.org](http://www.marinknittersguild.org)

Webmaster: Kim Huynh

**Please check the website for information on our meetings, projects and membership.**

### President's Message

Diane Sack/Nazanin Fard

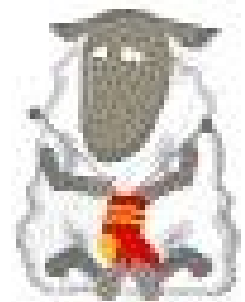
Happy New Year!!!

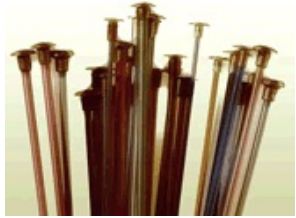
If the first few days of 2008 are any indication of the year to come, it looks to be an exciting one.

We are sure you are resting from all that holiday knitting but this year's line up of exciting programs and workshops will get you back in the groove.

We look forward to seeing all of you at the next meeting and again we wish you a very Happy and Healthy New Year.

Diane and Nazee





## Programs

### **“Round Robin” of Knitting Techniques**

**With:**

**Nazanin Fard, Diane Sack, Stephanie Lafayette, and Elaine Johnson**

**Nazee will share hints on buttonholes and the provisional cast-on.**

**Diane will present two handed Fair Isle knitting.**

**Stephanie will show the Mobius cast-on.**

**Elaine will demonstrate the three-needle bind-off technique.**

*Bring supplies for the technique classes. Mostly plain light color yarn, knitting needles to match the yarn, crochet hooks and swatches for the 3-needle bind off and the buttonholes sessions.*



### ***Someone's In The Kitchen With . . .***

This month's recipe is from:

Cindy Morgan

#### **Cabbage Saute**

This is a flavorful side dish.

½ green cabbage – shredded. (You can use prepared cabbage just don't use angel hair.)

1 red onion, chopped into long pieces

Olive Oil (Use your best judgment on the amount)

2 Tbs. Real bacon bits

Red pepper flakes (optional)

Instructions: In a large frying pan, heat enough oil to sauté the onions until they begin to smell good then add the cabbage. Saute until cabbage is wilted. After cooking, stir in bacon, salt & pepper to taste. For a bit of fire, put in a pinch or two of red pepper flakes.

This dish is good heated, room temperature or cold out of the frig.

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# December Minutes

## Treasurer's Report

The Guild Account has \$2,129.49 and  
November's rent has been paid.

## Attendance

Twenty-two (22) members attended the meeting

## Old Business

Marcia and Nazee are working on the October 08 retreat/workshop with Joan Schrouder.

## New Business

No new business

## Media Report

Great article in November 20, 2007 issue of the IJ about knitters and crocheters who used unusual medium for their art. For example, one young woman knit plastic shopping bags into a wedding dress.

## Group Project

Several members have started their group project. Looking Good!!!

## Raffle

Marie Bonano was the winner of this month's raffle.

## Knit Tip

### **Needle transfer**

When you are knitting very big triangle or curved-bottom shawl, after many increases you have many hundreds of stitches on a very large circular needle. At some point you need to determine just how big the shawl is end to end so you can determine how many more increases you need to do before binding off.

Rather than weaving a thread through all the stitches and taking the time to take them off the needle and then lay it out and then put them all back on the needle without losing a stitch, I take a few 14" long straight needles and transfer sections of the stitches onto these needles, spread the shawl out end to end and simply transfer the sections back onto the circular needle. It takes just a few minutes!

— *Ronni Lynn Spoll*  
*Lehigh Valley PA*

*from Knit Net*

## Web News:

Check out these great patterns.

- The Coney Hat

<http://inahappycamper.eponym.com/Coney%20Hat.pdf>

- Wedgie Scarf – suitable for both men and women.

<http://inahappycamper.eponym.com/Wedgie%20Scarf.pdf>

Please submit your favorite recipes, tips or other content to [marciahammett@msn.com](mailto:marciahammett@msn.com)