

Northcoast Knitting Guild Newsletter

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November-December 2018 Newsletter

The current password for members-only content on our website is
knithappy

Regular meetings are held the second TUESDAY of each month (except December) at 7:00 PM at the [Ross C. De John Community Center](#), 6306 Marsol Rd. in Mayfield Heights (behind Golden Gate Plaza, just west of the I-271 Mayfield Road Exit).



Looking for somewhere to sit and knit?
Find a [list of member-sponsored knit-ins](#) on our website!

Welcome New (and Returning) Members!

Elaine Pavlik
Alexis Graves
Ludmilla Sorkin

Upcoming Meeting Programs

November 13 Guild Meeting: Annual NCKG Holiday Celebration

NO MEETING IN DECEMBER

January 8 Guild Meeting: Annual Member Swap

For more information on upcoming programs, see our [Programs page!](#)

President's Message

Submitted by **Bess DeTardo Antol**

On mastery...

What does it take to master something? What skills or topics do you feel you have mastery of and what do you feel you would like to master?



I recently read an article that claimed that several famous successful people “find one hour a day for deliberate learning” (sources: 1), sometimes also called “the 5-hour rule” (sources: 2). While I’m not going to turn into an Oprah Winfrey or Bill Gates no matter how many books I read, I do think there is value to the idea that 5 hours a week of deliberate daily learning or practice can have an impact. What would be the impact of 5 hours a week of deliberate practice in knitting?

On a good week, I probably spend about only 4-6 hours a week knitting (yes, this is why I rarely finish anything). While I’m knitting, and I’m racking up inches on my current project, I am not typically spending all of that time actively learning. If it’s a new stitch pattern, I’ll probably have the hang of it in a few hours. If it’s a new knitting technique like beading, it similarly might take a few hours. If it’s a sister needlecraft, it might take me way longer to feel fluid (I’m

looking at you, Tunisian Crochet) because my base level of comfort with the craft is lower. Shaping for sweaters, socks or other fitted garments is something I feel like I have to re-learn each time, because I don't do it often enough (I haven't made a sweater in about 10 years). If that is the case, am I learning and improving while doing my typical daily knitting?

I would argue that I do still gain a bit of skill even when I'm just knitting along on an established or simple project, but perhaps at a slower rate. While I'm a passenger in the car, or waiting for an appointment, I'm often paying a bit of attention to my tension and my speed. Sometimes I challenge myself to hold the needles or yarn a slightly different way, in order to improve my ergonomics and efficiency. But less so if I'm watching an intense T.V. show, listening to an audiobook, or chatting with friends. Then my fingers are just moving automatically and I can't do anything complicated.

But by contrast, when I was completing the TKGGA Master Hand-Knitting Level I (sources: 3), I was much more deliberately and proactively learning about knitting. Not just the hand skills, but also the various methods and reasons for shaping techniques, cast-ons and bind-offs, and the real knitty-gritty of gauge. During those days (in the B.C. or "Before Child" era), 5-10 hours a week of focused reading, study, and swatch knitting for a period of time was doable, and the impact on my learning was tremendous. I felt like my understanding of knitting was leaping forward by decades compared to my previous rate of learning.

Another metric of mastery is the "10,000 rule" made famous in a book called *Outliers* (sources: 4), but building off of other works about expertise. In this much-debated take on mastery, becoming an "expert" in a subject or skill requires putting 10,000 hours into it (sources: 5). Subsequent studies have chipped away at this concept, demonstrating that the importance of amount of practice depends on the subject or skill being practiced (sources: 6).

So what does that mean for knitters? While most knitters I have met probably knit at least 10 hours per week, I would argue, based on my own experiences, that not all knitting involves learning at the same rate. I would say for myself, that I only knit with mindful aim to improve skill or understanding (rather than mindlessly knitting), about half of the time. So I extrapolate that most knitters, if they are getting about 5 hours per week of deliberate and thoughtful knitting practice, would take about 40 years to master knitting. That sounds about right to me. Knitting designers and teachers probably get far more than 5 hours per week of focused knitting accelerating their rate of mastery accordingly.

Of course, mastery probably not anyone's sole goal in knitting. And gaining expertise isn't even a desire for some. The act of knitting is its own pleasure, the product of knitting a fluffy and delightful reward. Knit for beauty, knit for gifting, knit for charity, knit for calming agitated feelings, knit for thrift, knit for the love of fiber, knit to be part of a play of strings that has been a human art for centuries. Mastery is not a necessary pursuit. But if you are pursuing mastery, thank you for sharing with your fellow guild members. We all have learned things that we can share, whether on the 100th hour of the journey or the 10,000th.

Sources:

An hour a day for learning: <https://medium.com/the-mission/the-5-hour-rule-if-youre-not-spending-5-hours-per-week-learning-you-re-being-irresponsible-791c3f18f5e6>

"The 5-hour rule" <https://www.entrepreneur.com/article/317602>

TKGA Master Hand-Knitting program: <https://tkga.org/certification/master-hand-knitting/>

Synopsis of the Outliers book: [https://en.wikipedia.org/wiki/Outliers_\(book\)](https://en.wikipedia.org/wiki/Outliers_(book))

"The Making of an Expert": <https://hbr.org/2007/07/the-making-of-an-expert>

"Deliberate Practice and Performance in Music, Games, Sports, Education, and Professions: A Meta-Analysis", Macnamara, B. N., Hambrick, D. Z., and Oswald, F. L. Psychological Science Vol 25, Issue 8, pp. 1608 - 1618

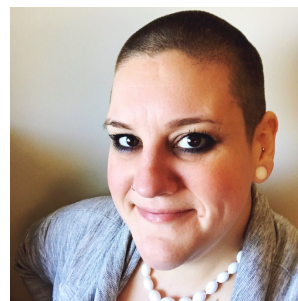
First Published July 1, 2014 <https://doi.org/10.1177/0956797614535810>

Email the President!

Letter from the Editor

Submitted by **Christine Parker**

Well, the honeymoon period with our exchange student is over, and she has abandoned the scarf she started when she first got here and I'll be honest, I don't even care. I was so thrilled when she asked me to teach her to knit two months ago, but she didn't stick with it, and you know what, I am totally ok with that. In fact, I'm *glad* she didn't throw herself 10,000% into my beloved hobby, because then I'd have to share my yarn with her. And I hate



sharing. I can tell we're a real family now, because we are getting on each others nerves and arguing and leaving dishes in the sink and hairballs in the drain and I don't care if the cats get on the counter anymore or if beds get made and mommy really, really, really needs some more alone time.

My husband and I don't have kids. (We have dogs, but they don't count because they can't talk back.) We decided to host an exchange student because we thought it would incorporate all the best parts of being a parent, with none of the negative side effects. We thought hosting a highly intelligent, well-behaved 17-year-old would be like living with a little adult. We thought she'd be pretty much raised at this point in her life, mostly independent, and able to care for herself. We thought we'd be getting a well-adjusted house guest—a new friend who would take care of herself and help with the chores.

We were wrong.

Turns out, even 17-year-olds still need parents. Our kid is amazing—she's ridiculously smart, perceptive, intuitive, and helpful. She is silly and makes us laugh and gets awesome grades. But she's also still a kid navigating an entirely new country with a weird new culture and weird new people and social customs and slang words. She has freedoms now that she never had growing up in Thailand. Her Thai boarding school was structured down to the minute, and on the weekends she went home to high-ranking military parents and a big house full of siblings and close relatives. Now she's an only child (if you don't count her host "sisters," two cats and two dogs). She's struggling to make friends in her new American school and at home she has so much free time that she doesn't know what to do with herself.

So she's spending a lot of time with me.

Like, *a lot* of time. Like, *all* her time.

Learning to knit taught me patience and perseverance. There's no instant gratification in knitting. Completing projects takes time—sometimes years! When I discover a mistake six inches back in the lace pattern I'm working on, I can just tink back to the mistake, fix it, and keep going. If I forget to add a lifeline, I can just frog that sucker and start over. It's painful to undo all those hours of work, but it *is* possible. But when my exchange daughter whines about homework for the millionth time, I can only grit my teeth and walk away... I can't send her back to Thailand just because I'm irritated.

There's no "starting over" here. This is it. This is our one chance to help this almost-but-not-quite-adult person develop skills she'll need to navigate adulthood: communication, empathy, problem-solving, independence. As parents, host-parents, grandparents, relatives, guardians, friends, and caregivers of young humans, we can only move forward. It's not like knitting; if we screw up, we can't go back and re-do it. If I make a mistake and do parenting wrong, I can't travel back in time and have a do-over.

But moving forward is hard. I'm exhausted—but only mentally, because luckily 17-year-olds sleep through the night. I'm working on setting healthy boundaries with our student, and practicing self-care while I simultaneously force her to practice independence. ("Moooooommm, you're sooo meeeean!") When I-Tim first arrived in the US and asked me to teach her to knit, I was *stoked*. I thought knitting would be something we could share and bond over. I imagined taking her to her first local yarn shop, and presenting her with her first skein of luxury merino-cashmere-alpaca blend yarn. I dreamed of the day she completed her first knit scarf and the look of pride on her little face as she proudly wore it to school. I fantasized about lazy Sundays spent watching all my favorite old movies, cuddled on the sofa in a hand-knit blanket, mugs of tea steaming at our elbows and our knitting projects in our laps.

But now I'm so thankful she lost interest because now I have my knitting *allllll* to myself again. I can lock myself in my bedroom with my knitting and my headphones and my audiobook, and for a few hours I don't have to worry about grades or Homecoming dresses or what to make for dinner. All I have to do is concentrate on the soothing repetition of my stitches and the pleasing tension of my yarn as it slips through my fingers. My knitting is the escape I need from this crazy crash course in caring for another person.

Knitting lets me unwind, relax, and chill out.

All by myself.

♡ CHRISTINE

Questions or comments about this issue? Email the Editor!

Memories of Founding Member, Jan Stephens

Janet Johnson Stephens, one of our founding members, passed away on Saturday September 22, 2018 surrounded by Bob, her husband, and her daughters. Jan was a special person who always shared her immense knitting knowledge with an open heart with her fellow knitters.

[An article about Jan](#) was published in TKGA's K2TOG March 2017 newsletter in which Jan was called a "TKGA legend" who "generously shared her knowledge and expertise with TKGA for over 40 years." Jan's obituary can be found [here](#).

Below, our members share their comments and memories of Jan.

Jan Stephens is the reason I am a member of North Coast Knitting Guild. I attended a TKGA Conference in Columbus sometime in the 1990's. I had some time between classes and was sitting and knitting as everyone usually does at these events. Jan came up to me and introduced herself. She noticed from my name tag that I was from Northeast Ohio and told me about the guild. She invited me to join and I did. I remember many meetings with Jan sharing knitting insights and giving programs. She was an outgoing and fun lady. We will miss her.

—**Kathy Mates**

At one of the Guild's Cedar Hills weekend knitting retreats, and after Jan had sat next to me for a while, she turned towards me, and said in the kindness of ways "You could get a lot more knitting done if you stopped admiring it after each row." I still love that comment and still admire my knitting after each row; and often think of Jan when I do.

—**Sandy Hardy**

Jan was a special friend of mine for more than 40 years.

I first met Jan when I attended her knitting class at the University Heights Library more than 40 years ago.

I had no idea then how she would impact my life. She taught me to love knitting and, through the years, it got us through troubled times. Jan was never too busy to write a pattern for me or correct some of my many mistakes. Her daughter Karen became our treasured baby sitter.

When Jan's health was failing, she wanted to move closer to her daughters.

She said, "You are going to miss me, so I want to introduce you to Judy Riga and John at Susan Yarns." And so a new chapter began in my life.

Jan has touched so many lives with her many talents and caring ways.

Rest In Peace, dear one.♥

—**Nancy Gilbert**

In 2001? I attended the last Stitches East convention that was held at Valley Forge, Pennsylvania.

At one of the events for all attendees, I won a drawing and the prize was a book of historical knitting patterns. I immediately thought of Jan because she had frequently expressed an interest in historical textiles. I was happy to give the book that I had won to Jan and she often commented to me afterward how much she appreciated the gifted book.

I joined the North Coast Knitting Guild sometime in the early 1990's. I remember coming to my first meeting and being warmly greeted by Jan and made to feel welcome.

—**Paula Rand**

Back in the mid 80" I was living in Cleveland Heights. There was a craft fair each Fall outside the Skating Rink. I entered a couple of sweaters there and Jan was the judge. She gave excellent critiques of my work and I was in awe because I recognized her name from Knitting World where she published patterns. After dropping off the items I turned to my husband Bill and said, " There's Jan Stephens. She's a published pattern writer"., like I had just met royalty. She was knitting royalty to me. Since then I have gone on to meet many other pattern writers and royalty but I'll never forget that first time.

—**Sue Crowe**

Roc Day

The NCKG's annual Roc Day will be held at **Mo Doerner's** house, 15850 Arbor Trail, Newbury 44065 on Saturday, January 12th from 10:30 AM to 4:00 PM. It is a pot luck lunch and Mo will provide tea, coffee and a cold beverage. Mo has 2 cats and a dog. Please RSVP to Mo at 216-561-2578 or moknits@suddenlink.net.

Roc Day/St. Distaff's Day marked the time when women would return to work after the December holidays, resuming their household duties including spinning. The name of this day isn't after an actual Saint but rather after the distaff: a tool used to wrap fiber around to keep it out of the way while spinning. This handy tool became the symbol of the importance of spinning during Medieval times when women of all classes even upper class took part.



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“What kind of sheep does steel wool come from?”



10K ALL THE WAY!

Are you an established knitter who would love to share your passion?

Or, are you a person who admires all the fabulous things your knitter friends, family and co-workers are creating?

Join skacel on November 10, 2018, as they challenge the knitting community to create 10,000 New Knitters in one day! skacel will be providing FREE kits to new knitters to make a pair of fingerless mitts in partnership with established knitters and the Local Yarn Shop (LYS).

Here's how it works:

As a new or established knitter, you can pick up a free *NEW KNIT KIT* from [The Artful Yarn](#) and other [participating LYS](#).

Established knitters can use this kit to teach someone how to knit on November 10th! By pairing a new knitter with a source of help, they will be more likely to finish the project and develop their skills further.

Be sure to share your experience via social media by tagging @10000NewKnitters and using #10000NewKnitters in your posts!

Future knitters (newbies) can visit a [participating LYS](#) to pick up their free kit on November 10th and receive help from the staff, or members of the knitting community.

Each kit comes with a ball of Special Edition Sueño Worsted in Natural, a pair of US8 (5mm) addi Linos straight needles and a pattern to create beginner-friendly fingerless mitts.

Find an LYS in your area:

Check out a list of our [Participating Yarn Shops](#) to see where you can pick up a kit!

Tune in on November 10th for a step-by-step video that will show how to knit this project. Viewers can pause, rewind, and access this video for free upon its release on [10000NewKnitters.com](#) and the skacel [Facebook page](#).

SIGs (special interest groups)

The next SIG will be on January 14, 2019 at the Orange Library, 31975 Chagrin Boulevard, Pepper Pike 44124, in Meeting Room A, the Hope Room. We have the room from 5:30 pm to 8:30 pm. We'll start around 6:15 pm. The topic is felted clogs/slippers. Please bring your pattern, the supplies listed in your pattern, and your notions bag.

Some suggestions for patterns – some are paid patterns and some are free or available in the library:

[Felted Clogs \(AC33\)](#) by Bev Galeskas

[Natural Comfort Felt Slippers \(AC89\)](#) by Bev Galeskas

[Felted Moccasins](#) by Bev Galeskas in the book *Felted Knits* which is available in the library

[Family Classic Felt Slippers \(AC15\)](#) by Bev Galeskas

[Marsh Felted Slippers](#) by Claudia Olson

[Family of Slippers](#) by Chris de Longpré

Contact **Mo Doerner** if you have any questions or to let her know you will attend. All are invited to join this SIG.

Formalizing mastery with the TKGGA Master Hand Knitting Program

Submitted by **Bess DeTardo Antol**

Why would you want to be a Master Hand Knitter?

While knitting mastery is in the eye of the beholder, if you want to put it on your resume, it helps to be able to point to a publication or credential. Anyone who wants to be more involved in the knitting industry, as a designer, teacher, or knitting judge, might want to be able to put “Master Knitter” on their resume.

More than that, the TKGGA Master Hand Knitting certification is more of a crucible than a feather for your cap. The process of testing drives learning and a quest for excellence. You don’t have to start the program as a “master”, but you will end up a master if you complete the three levels of the program. If you enjoy challenging yourself to learn more about knitting, this might be a program to consider.

Who decides who is a “Master Knitter”?

You may be aware that our guild is affiliated with the national organization, The Knitting Guild Association (TKGA). The TKGA not only provides organizational and promotional support for our guild, but they also produce a twice yearly digital magazine of patterns and knitting technique articles, a number of knitting correspondence courses and some certifications. The certifications are Master Hand Knitting, Knitting Judges, Technical Editing, and Knitting Instruction.

When you enroll in the Master Hand Knitting program, you receive the instructions for the first level. When you complete each level, you ship your materials to a TKGGA Committee Co-Chair who will evaluate your knitted work, your answers, and your reports. These Co-Chairs are selected among volunteers who have successfully completed the whole Master Hand Knitting program.

Who is this program good for?

Might be a good fit if you...

- Enjoy independent learning
- Enjoy a challenge
- Do well with written instructions
- Enjoy researching technical knitting information
- Take constructive feedback well
- Do well with progressively difficult tasks over a very long period of time
- Have a lot of perseverance

Might be a bad fit if you...

- Prefer working with a teacher
- Do not find motivating one of the following:
 - either goal of learning challenging material, OR
 - goal of external knitting accolades
- Have difficulty sticking to a goal over multiple projects and/or a long period of time
- Feel you are at a very low or very high level of knitting skill/knowledge at this time

Regardless of where you fit on the above table, if you are interested in the program, I recommend checking out the TKGGA Ravelry group for additional perspectives on who this program best

suits: <https://www.ravelry.com/groups/the-knitting-guild-association-tkga>

Building skills

Many people, before they jump headfirst into the Master Hand Knitting program, take one or more of the TKGGA correspondence courses to prepare.

These courses prepare you for the technical demands of the Master Hand Knitting program, and are not face-to-face but are guided by an instructor:

<https://tkga.org/education/correspondence-courses/>

What is Level I like?

Every few years, the Master Hand Knitting committee updates the requirements. I passed Level I way back in 2010, and a few things have definitely changed since then, but the overall format is largely the same. You register and receive a packet of detailed instructions. You prepare a giant binder which will include specific swatches that you are asked to knit with excellent tension demonstrating different techniques that you must research yourself. You answer a series of technical questions about those swatches. You write about gauge and a report about blocking. And finally, you do a project (currently a mitten) that demonstrates your mastery over the techniques you demonstrated and wrote about in the other parts of the program. It is all researched on your own, not lead by an instructor, and you must cite two references for each question (e.g., you give a url for an internet video that showed a technique, and you cite a magazine article).

You ship your giant binder off per directions, and many weeks later you get the binder back with detailed feedback about each aspect of your work. You may be asked to resubmit one or more parts of your work. I have to say that the letter I received on my initial Level I submission, telling me what I needed to revise and resubmit, was one of the kindest, gentlest critiques I have ever received. And I learned so much from researching and retrying those techniques.

The whole experience was terrific, and I learned a lot. But it was also a lot of work, and there is a time limit of one year to complete Level I. If you don't complete it in one year, you are subject to the next updated set of directions, meaning you may have to redo some of your work to match the current requirements. You may also have to pay a small fee if it has been a very long time since you last got directions.

I started the program but never finished...

Even if you (like me), do not finish (it is on my "someday" list), I think the benefits of even doing the first level are tremendous. I gained so much confidence in my skills, corrected issues that I didn't even know I was having, and improved my tension marvelously. But I really like independent study, challenges, and writing little reports.

If you think you might like to go back to it, there are things you should know.

The time limits are now more defined. If you do not finish in time, you will need updated instructions, and you may have to pay a small administrative fee.

<https://tkga.org/certification/frequently-asked-questions-for-master-hand-knitting/>

Also, I found out that you can and should request the updated packet from the previous level(s) you finished if you are going onto new levels after a hiatus.

So as I'm toying with the idea of finally tackling Level II, I also requested the updated packet for Level I. I'm reviewing the things that are new so that I am ready for what they will ask me to do in Level II which, of course, builds on the new Level I. They ask for a mitten now for the final Level I project instead of a hat. Though I have knit mittens before, I am going to do the new project and all of the questions for my own edification. For example, I know a couple of ways I have dealt with the thumb-hole gap before, but I haven't researched to find out the best solution. That is the kind of thing new Level I graduates are expected to work out.

TKGA Scholarships

As you may know, when a NCKG guild member passes away, unless they have designated a particular charity that they prefer, the NCKG guild makes a donation to the TKGA Scholarship in the guild member's name. Anyone wishing to apply for a scholarship for the TKGA Master Hand Knitting certification, or another TKGA certification or correspondence course should check out this page: <https://tkga.org/member-resources/scholarship-program/>

NCKG Book Club

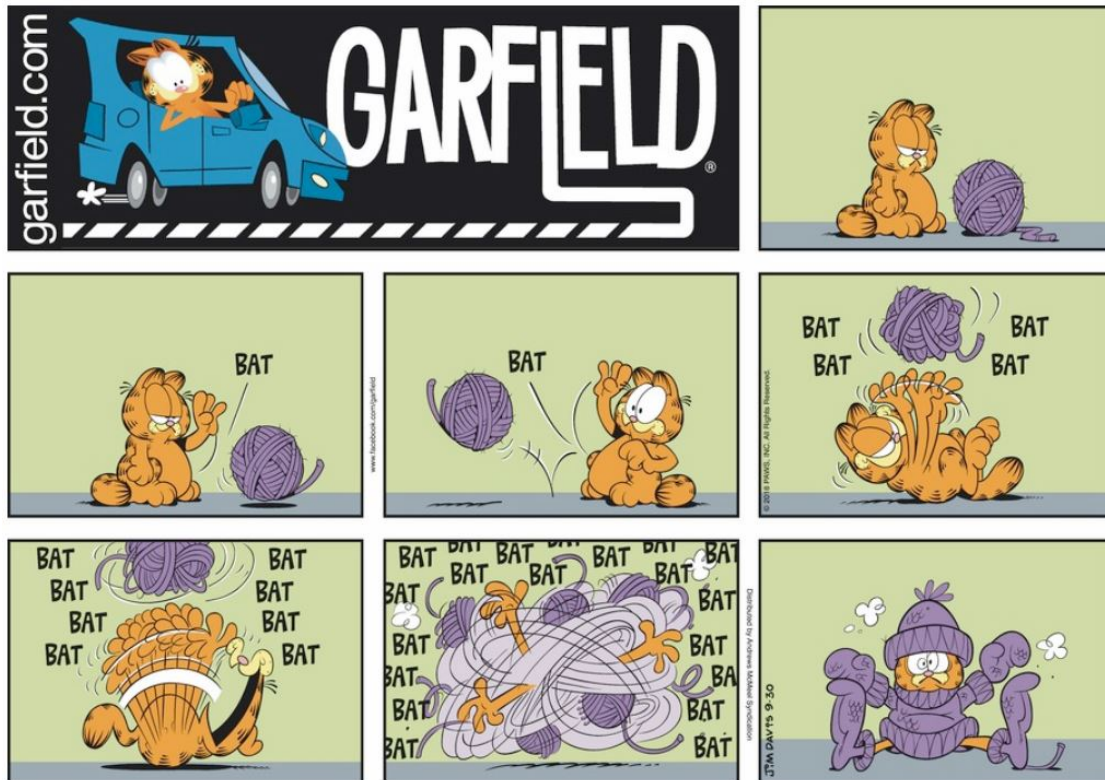
The next meeting of the NCKG Book Club will be on January 20th, 2019 at 2:00 PM at Panera Bread (4301 Richmond Road, Warrensville Heights, Ohio 44122).

We will be reading *The Book Thief* by Markus Zusak.

Gift idea!

A membership to Northcoast Knitting Guild makes a great gift for your knitting friends or family members!

Starting in January, guild memberships are reduced to \$10.



November 13, 2018 Annual NCKG Holiday Celebration

Join fellow guild members as we celebrate the upcoming holiday season and share a festive dinner together.

The NCKG Board has decided to celebrate our members and all they do for the guild and our projects. This year's Holiday Party will be catered by Mario Fazio's. There is no need to bring a pot-luck item.

What to Bring: Please consider bringing a Holiday Exchange Gift of \$10 or greater value. This is optional but will be a lot of fun for the participants.

Our January 8 meeting program will be our NCKG Annual Member Swap. Guild members are invited to bring yarn, patterns, books and/or knitting tools priced to sell. This is a great way to either enhance or clear your stash. Any member in good standing is welcome to sell and all members are encouraged to come prepared to buy.

Calling All Vendors

The NCKG would like to extend an invitation to any guild member who wishes to vend at the guild's next vendor night, April 9th, 2019. Guild members are being given the first opportunity to request and reserve one of the limited spaces. If you own a yarn shop, online shop or any knitting related business and would like to reserve a space, please contact **Nancy Istenes** at 330-634-6698.



Our member **Louise Vouk** was published in the [Knitting 2019 Day-to-Day Calendar](#) by Susan Ripley.

Her pattern Warm & Chunky Hat is on Friday 3/1/19.



NCKG Member Profile

We'd love to get to know more about you! Do you feel comfortable sharing a bit about yourself? If so, please share below. Who knows? you might be featured in an upcoming newsletter!

Return promptly to:

Christine Parker
553 Dickerson Rd.
Willowick, OH 44095
csparker6@gmail.com

Your Name: Nancy Intiras

Family life: (marital status? children? grandchildren? animals? etc.)

Single, no kids, no pets, and a big stash :)

Work life:

Audio producer + Content Coordinator for a non-profit ministry

Social life: (hobbies other than knitting!)

Hmm... I also spin + weave! I guess I focus on a lot of fiber play!

Knitting Information:

How long have you been a guild member?

1 1/2 years

At the present, what level of knitting are you at?

I am an advanced level knitter.

How often are you able to knit?

I can knit every evening, when I'm not working in other fiber disciplines

Who taught you, when, and why did you begin to knit? (give a little history if possible!)

My mom, who was a National Orange champion in knitting, taught me to knit when I was 4.

What is your favorite kind of knitting?

My favorite kind of knitting is fair isle + cablework

I guess it was genetic... the love of knitting!

Have you ever had any disastrous projects?

My goodness yes! Haven't we all? Some times a project just isn't meant to be :)

Any funny stories with your knitting projects?

None that I can think of.

What are you particularly proud of? Have you received any awards for any of your projects?

I'm happy to be able to improve my knitting skills. I've won several blues + roses at my local CO fair. It's a privilege to encourage others

Where do you get most of your information? (books, certain person, conferences)

When I started knitting I used books + patterns, but now I have a number of general knit patterns books (the kind with photo samples) + design books - I usually design my own structures.

Describe your knitting (colorful, conservative, simple, intricate, basic...)

Inventive - I like to try new designs... what works best for the yarns :)

What are some words of wisdom you would tell a beginning knitter?

I would say - give yourself permission to learn + to make mistakes. Also, be willing to try new things, even if you're happy with your stable of techniques!

to up their knitting game!

SNOWDAYS

If there's ever a question whether our guild will meet on a night with bad weather, we cancel if Mayfield schools are closed. Please do NOT call the community center. Instead, you can [check here](#). Of course, common sense trumps all; if you don't feel good about coming out, please stay safe and stay home!



Yarn Discovery Tour Winners

Winners in the Yarn Discovery Tour Prize Basket GiveAways are announced on the YDT website at yarndiscoverytour.com.

Winners of shop baskets are on the Visit The Shops page and YDT winners are announced on the Home page. Congratulations to all the winners and participants.

Shoppers who visited all the shops receive a free t-shirts and should contact the shop where they finished the YDT to pick up theirs.



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