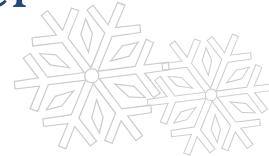


# Marin Knitters Guild Newsletter



## MARCH 2013 \*



### MARIN KNITTERS' GUILD

#### FEBRUARY 9, 2013 MEETING MINUTES

Programs Chair Caroline Archer substituted for our president, Marilyn Klag, who was unable to attend the meeting. Eleven members and Jennifer Rockwell, our speaker, attended the meeting. Caroline also took notes for the minutes as our secretary (me) was unable to attend. Nazee Fard stepped into the photographer's chair and took the Show & Tell pictures.

#### TREASURER'S REPORT AND ANNUAL DUES

Treasurer Dana Dunn reported that the treasury has \$721.97 after paying today's speaker.

#### MEDIA AND OTHER REPORTS

**Our Website:** Nazee Fard discussed the status of our Yahoo! account and indicated that Yahoo! was charging too much. She had asked the Guild via email for approval to search our new options. Her request was approved, and she has since created a site through GoDaddy.

**Our Flyer:** Radhika Sitaraman discussed our new flyer and its related costs. The group approved printing 200 for about \$54. Additional flyers can be printed later. Phyllis Camp suggested that the flyer be mounted or put in a stand. Radhika is going to check this out.

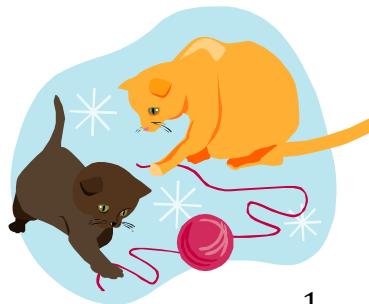
**Nazee's Prayer Shawl Book:** Nazee discussed the publicity surrounding her book on prayer shawls – *Prayer Shawls from the Heart* – that honors her sister. The Novato Patch recently published her press release. The beautiful book is available through this link:  
<http://www.lulu.com/spotlight/PrayerShawls>

**Stitches West:** Several members will be attending Stitches West, February 22-24, 2013, at the Santa Clara Convention Center. We look forward to their reports at the March meeting.

#### CHARITY PROJECTS

Many of us work, on a voluntary basis, on lots of projects for charity including blankets for cats adopted through the Marin Humane Society, chemo hats for UCSF, Mt. Zion and other hospitals, prayer shawls for distribution by our host, St. Luke's, six-inch squares for the Sonoma Blanket Project for foster children, scarves and hats for the homeless for distribution by St. Anthony's in San Francisco, and doll clothes for Caroline Archer's [Stitchinforkids.org](http://Stitchinforkids.org) project for children at Oakland Children's Hospital, UCSF and Lucile Packard Children's Hospital.

*"Properly practiced,  
knitting soothes the  
troubled spirit, and it  
doesn't hurt the  
untroubled spirit either."*  
– Elizabeth Zimmermann



## FEBRUARY GUILD PROGRAM

Jennifer Rockwell, Presenter

At 11:00, our speaker, Jennifer Rockwell, who has been a personal trainer, nutritionist and massage therapist in Tiburon for 17 years, introduced herself and shared some ideas to improve the health of knitters.

She explained that Massage Therapy is key to relaxing the tension in muscles involved in repetitive movement overuse, mentioning products like Sombra which is a cream that relaxes muscles and warms the skin as part of a massage.

Jennifer suggested sitting on an exercise ball as you knit which helps build abdominal strength and improves balance. She also suggested getting your arms higher (placing the knitting on a cushion) which will reduce neck strain from looking down. The importance of stretching is a key part of reducing tension, and Jennifer led us through multiple stretches and discussed various pieces of equipment that can help focus on specific muscles.

Tools for knitters to help prevent chronic pain are exercise balls, bands, and foam rollers. Suggested books for reference reading are *Stretching* by Bob Anderson, *Abs on the Ball* by Colleen Craig, and *Pain Free* by Pete Egosque. Most of these can be found on amazon.com or at local exercise equipment stores.

If any members need instruction or therapy, feel free to contact Jennifer at [handson06@yahoo.com](mailto:handson06@yahoo.com) or at 415-845-4570. Her studio is located at 1550 Tiburon Blvd., Suite B, Tiburon, CA 94920.

This was a program not to be missed!

Marin Knitter's Guild

## SHOW & TELL AND YARN EXCHANGE

We showed off our Works In Progress (WIPS) and completed projects including an amazing shawl and an intricate sweater.



*Amazing rippled shawl*

### **Knit Happens!!**

### **If I'm a Sitting', I'm a Knittin'**

### **Got Yarn!!**



## FUTURE GUILD PROGRAMS

Please send Caroline Archer, Programs Chair, your ideas for our future meetings. Here are upcoming programs:

**March 8** – Stitches West, a discussion on what you saw, purchased, learned, show and tell, etc.

**April 13** - Crab Stitch with Nazee Fard and Phyllis Camp.

Later this spring, we will have a discussion of the suggestions made at our December meeting for future Guild program.



*Front view of intricate sweater*



*Rear view of Intricate sweater*



## 2013 Officers

*President –  
Marilyn Klag*

*Secretary –  
Jane Cooperman*

*Treasurer –  
Dana Dunn*

*Programs Committee –  
Caroline Archer  
Christine Bo-Lin  
Elaine Johnson*

*Newsletter  
Radhika Sitaraman*

*E-Mail:  
[marinknittersguild@yahoo.com](mailto:marinknittersguild@yahoo.com)*

*We are on the Web!  
[www.marinknittersguild.org](http://www.marinknittersguild.org)*



## MEMBER INFORMATION

### **MARIN KNITTERS GUILD NEWSLETTER: *Reminder*:**

Please email information for the 2012-2013 *Newsletters* to Radhika Sitaraman at

[radhika\\_sitaraman@yahoo.com](mailto:radhika_sitaraman@yahoo.com)

She will publish information on websites, pod casts or blogs on knitting or other related crafts.

**MEMBERSHIP:** The only requirement for joining our Guild is an interest in knitting and crocheting. New and experienced crafters are equally welcome.



**YAHOO GROUPS LIST:** Marin Knitters Guild members who are not receiving Yahoo Group emails, should email [marinknittersguild@yahoo.com](mailto:marinknittersguild@yahoo.com) to get on our distribution list.

**PHOTOS:** Members may access additional Guild photos on our Yahoo! website.

Respectfully Submitted by Jane Cooperman, Secretary



### Volunteers

*Charity – Claire Miller  
Marin Fair Liaison – Elaine Johnson  
Website & Yahoo! List – Nazee Fard  
Name Tags – Dana Dunn  
Church Liaison – Leona Thoelecke*



## About Our Organization...

The Marin Knitters' Guild is the official chapter of [TKGA](#) (The Knitting Guild Association) in Marin County, California. The guild was established in 1987 to promote interest in the craft and workmanship of knitting. While our name states Marin Knitters' Guild, today our membership hails from the counties of San Francisco, San Mateo, Solano and Sonoma as well as Marin.

Knitters with all levels of experience are welcome to participate. We encourage beginners to join and learn from the experienced. The Guild draws on talent and expertise of its membership and the knitting and fiber-arts community at large for programs and workshops.

Visitors are welcome to all Marin Knitters' Guild meetings. We ask that you join us with your paid membership on your second meeting, so that we may continue to support our programs. Dues are \$30 annually, payable at the September meeting, and include a monthly newsletter containing the previous meeting's minutes.

We have mini-workshops in most meetings offered by experienced guild members or local knitting teachers. In addition, we work for charitable causes, group projects and go on fun field trips. From time to time, we invite National teachers to have workshops for us. These workshops allow for a more intensive study of design or technique.

We meet at St. Luke's Presbyterian Church, 10 Bayview Drive, San Rafael, CA 94901.