

THE MONTHLY CABLE



Peggy's Purls By Peggy Baxter

"Here we go loopy loo, here we go loopy li, here we go loopy loo, all on a Saturday night. "Are you feeling a little "loopy"??? Thank you to all who stayed for my class on Edgy Knitting. I hope you'll find a use for the two techniques I showed you, making loops using I-Cord and Peggy's Picos. It's getting closer to the day when Stephanie and I will be moving to San Antonio and I am SO HAPPY that Jan and Ema stepped up to volunteer to be ESSS's Co-Presidents. I'm sure they will do a great job and that the membership will give them tons of support. Official voting will be at the June meeting, so I know you'll want to be present for the vote. I hope to see many of you at ESSS's next Sit' n Knit, June 12, 12:30-3:30 at the Joslyn Center. It's a nice informal way to get to know many of your fellow ESSS members. Bring a snack to share, your WIP, items for show and share and even a friend?

With much fiber love, Peggy B

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PS. WWKIP (World Wide Knit in Public Day) is June 11. Although ESSS members can Knit/crochet/spin and/or weave in public that day, remember you can do this anywhere. Many ESSS members will be meeting at 10AM at Wilson Park in Torrance. Bring some extra \$\$\$ as there will be the Farmer's market and I'm sure you'll want to pick up super fresh goodies. (we usually meet at the end of the market in front of the gym). Bring a chair, sunscreen and a sweater too.

June / July Program Notes

By Ann Wicker

A big round of applause to Peggy Baxter for the "Edgy Knitting" program she presented at our May meeting. We learned two different decorative knitted edges, one of which was Peggy's own design! If you were unable to attend the meeting, all the great information on Peggy's handout is available on our website.

At the suggestion of one of our members, the membership discussed and approved combining our June and July meetings. Our birthday potluck celebration and our thank you and farewell to Peggy will take place in June. Marilyn Burnside's Double-ended Tunisian Crochet mini-workshop originally scheduled for June will now take place in July. In place of a program in June, we will enjoy a potluck luncheon after our regular business meeting. So put those knitted/crocheted thinking caps on and decide what delicious dish you can bring. All paper goods, utensils and beverages will be supplied by the guild.

In July, our Double-Ended Tunisian Crochet mini workshop will take place. It will run for 3 hours from 1-4pm. The fee for the workshop is \$35 which includes instruction, materials and lunch.

During the workshop we will be making the Aida Cowl. Marilyn is providing, at a generous discount, all the materials needed to make the Aida Cowl in kit form. The kits include the pattern, yarn and double-ended crochet hook all packaged in a gadget bag.

In preparation for our mini-workshop in July, Merilyn will have a sign up sheet and kits available at the June meeting. You must pay the workshop fee prior to picking up your kit. The fee is payable in cash or check to Merilyn. Checks should be made out to: Colorways LLC.

Since the Koigu yarn in the kit comes in hanks, we would like to offer ball winding for those who need it at the June meeting. So could we have a few volunteers to bring ball winders and/or swifts to the meeting? Please contact me at wicker123@ca.rr.com if you are able to help out.

Please plan on attending our June meeting so we can give Peggy and Stephanie Baxter a rousing ESSS thank you and send-off.

Next Meeting:

June 18, 2016

10.30 am – 1.30 pm

at the Joslyn Center

April—June CAL/KAL 2016

By Kim Burk (aka nuts4fiber on Ravelry)

Starting with the KNIT Bobble Sheep Pillow: <http://www.ravelry.com/patterns/library/bobble-sheep-pillow-in-super-soft-merino> by Purl Soho. And since the world is short on similarly cute crocheted sheep, for our CROCHET bobble fun, we have three patterns by Sherry Rohekar, on Craftster:Lemon Meringue Pie, <http://www.ravelry.com/patterns/library/lemon-meringue-pie>, Fruit Tart, <http://www.ravelry.com/patterns/library/fruit-tart>, and Cherry Pie, <http://www.ravelry.com/patterns/library/cherry-pie>. You can find all of these free patterns on Ravelry! Please check out our Ravelry KAL/CAL thread for additional ideas and patterns. Many thanks to Angelia Robinson and Carol Hayes for their wonderful demos on crocheting and knitting bobbles at our April meeting! There are so many ways to make bobbles, and I hope you get a chance to try out some of the extra stitches that they included in their handouts! Bobbles are a great way to add texture and excitement to a project.

We'd love to see progress photos of your Bobbly Projects! Please share them on our KAL/CAL thread on Ravelry. Our Ravelry group is also a great place to ask questions if you have any. These are the "Official" patterns of the KAL/CAL, but please feel free to find others and surprise us with them at our June meeting! (

DON'T forget to bring your finished bobble items to the meeting this month

Charity Report

By Catherine McFarlane

Since our last report we have donated 64 items including 13 scarves, 9 chemo headbands, 7 hats, 1 pr fingerless mittens, 1 vest, 7 blankets, 8 dog blankets, 8 baby hats and 10 skeins of yarn to 6 different charities. This gives us a YTD total of 595 items.

Last Friday I mailed 24 red baby hats to American Heart Association to contribute to their last minute challenge of 100 hats before Thursday May 26. These hats came from a variety of sources including some of our members here. I am giving us credit for these which gives us a new YTD total of 619 items.

There are many ways of reporting your charity donations: The Charity Donations thread on the Sliptstitchers' Ravelry group; the donations sheet at the meeting; Email catherinemcfarlane@sbcglobal.net.

Oncology Nurses and Knitting

By Cathy McFarlane

Recently I read an interesting article in the Clinical Journal of Oncology Nursing. It was entitled "The Impact of a Knitting Intervention on Compassion Fatigue in Oncology Nurses." Compassion fatigue is the emotional exhaustion and stress that nurses can feel when caring for terminally ill patients. This contributes to high turnover rates and poor job satisfaction.

In this study participants worked with volunteers from Project Knitwell (<http://projectknitwell.org>), a nonprofit organization devoted to bringing the therapeutic benefits of knitting to people dealing with stressful situations. Knitting baskets and instructions by Knitwell volunteers were provided for the nurses. Participants worked in groups which provided time to debrief over stressful situations while knitting. Everyone made a square and the final project was framed and displayed on the unit. Nurses under 30 years of age experienced lower compassion satisfaction and higher burnout rates prior to the knitting intervention. Their scores improved after participating in the project resulting in lower burnout rates. Follow up survey comments were very positive. However, several nurses reported that although knitting was interesting and beneficial, they were really too busy to adequately participate.

In summary, a knitting intervention may help Oncology nurses manage stress and combat compassion fatigue. Of course this makes me wonder if ESSS should have a booth at the next Oncology nurses conference!

As a young nurse in Ireland back in the 70's, we were expected to show up for night duty with our knitting or risk Sister's disapproving glare and scathing remarks about our stupidity. We needed a quiet activity which would keep us awake and still allow us to carefully watch our patients. Sister knew only too well that reading nursing textbooks at 2am would never work. I guess we were all dedicated "Knit Nurses". On a personal note, I am moving to a new job as a Staff Educator for an Oncology Unit and guess what, based on the current evidence in the literature, my knitting will be moving with me!

Upcoming Events

Event	Date	Location
June Sit and Knit	June 12th, 2016 12.30 – 3.30pm	Joslyn Center
WWKIP day	June 11th	10:00AM - 2:00PM, Wilson Park, Torrance
2016 YKGA Conference	July 13-16 2016	Charleston, South Carolina

May Meeting Minutes

President (Peggy B): Called meeting to order at 10:30 AM and welcomed members.

Guests: Paige, a friend of Marilyn and Joan (from Boise, Idaho, visiting friends) (Jacqueline Camacho & Felecia McClendon were written on the attendance sheet). No new members

Recording Secretary (Charlene K. & Linda J): Minutes were in newsletter, approved as written.

Corresponding Secretary (Sylvia G): Sent thank-you notes and gift cards to Carol Hayes and Angelia Robinson for the knitting and crocheting bobbles workshop. And a thank-you card to Peggy Baxter with good wishes for her new adventures.

Treasurer (Peggy A.): Absent, Peggy Baxter read the report. Income: \$89.00 Expenses: \$619.95 Balance as of May 18, 2016: \$8,352.05

Co-Vice President (Ann W. & Stephanie B): Stephanie absent. Ann made announcements: We will combine the good-bye to Peggy and the July ESSS birthday potluck in June. We will have Marilyn's workshop in July. Marilyn will bring kits to the June meeting, everything you need + lunch included in the \$35 price. Bring cash or check. If you already bought the kit, Marilyn will work out a cost for lunch only. Info will be in the newsletter.

Today's program will be "Edgy Knitting" by Peggy Baxter. Ann asked for anyone interested in running for President for the next 6-months to come forward. Jan Sandys-Renton and Emma Koppelman said they were willing to be Co-Presidents. Voting at June meeting.

Membership (Laura G.): 45 members at the April meeting. No new members. Renewals are coming up in July \$30 per year. She will have Jackie put the renewal form on the website so members can download, print and return with their fee.

Members at Large (Patti I. & Lenora S): Laura announced the old "can at large" has been retired and showed the new official "box at large".

COMMITTEE REPORTS:

Charities (Renee H. & Cathy M.): Renee showed and read two thank-you cards. Cathy announced the donations as of our last meeting were 619 items!

Merchandise (Sarah S.): Available, see Sarah to purchase.

Webmaster (Jacki B.): Is working on re-doing the merchandise page.

Raffle (Brandi D.): Lots of good items brought in, take a look and buy tickets. Also if you win, please bring something in next month.

Newsletter (Sarah W.): Please send articles or info for the newsletter

Photography (Jan S.): All pictures are on the website

Coffee & Refreshments (Ema K.): Thanks to all who contributed refreshments and money for the coffee.

Historian (Betty D.): Has started another scrapbook. Peggy B. will be giving Betty items at the next meeting.

Hospitality (Toni S.): Absent. Kathy B. reported, some people forgot their badges and paid the \$1 "fine" and reminded everyone to sign in.

El Segundo Liaison (Laura S.): Working on an extended time for the July workshop.

KAL/CAL (Kim B.): Working on the next item. Info will be on the website/Ravelry/newsletter

Workshop (Nancy L.): absent

OLD BUSINESS:

1. Tabled until next month when Linda Jensen returns.

2. Vote for new President (or Co-Presidents)

NEW BUSINESS

No new business

Raffle & Refreshments

By Charlene Kirkland

Show and Share:

Joan Whitten / Showed her prize from VKL
 Jacki Breisacher / Shawl / Foxy Knits "Bracket Form" / Koigu
 Kim Burk / Shawl / "Reminisscarfe" / Malabrigo Finite
 Carol Hayes / Socks / Loopy Ledges Ewe
 Carol Hayes / Shawl / Ravelry "Vertizontal" / Bluemoon Fiberarts Light
 Angela Robinson / own design / Felted market bag (before) / Brown sheep lanaloft soft
 Susan Greenberg / Shawl / Nora Gaughan "Chock" / Woolfolk "Far" yarn
 Janice Young / Cardigan / Hannah Fettig "Featherweight Cardi" / tosh merino lite
 Jacki Breisacher / Toy / no pattern / KnitPicks Wool of the Andes
 Chinda Wongngamnit / Pullover / Interweave "Apres Surf" / yarn from China
 Ellen Bloom / Toy / Wonky Sheep / Red Heart yarn
 Lenora Stewart / Scarf / Stephen West's "Knit 'n Slide"
 Marilyn Burnside / Scarf / Ravelry "Foreign Correspondent's Scarf" / Koigu lace
 Dagny Tennyson / Ravelry "Nypheres" / Blue Heron EMC
 Sylvia Greer / knit sculpture, original design / mixed & felted
 Karen Eakin / Scarf / Denise Bell "Madema Scarf" / Spring Valley VFD Alpaca
 Ema K / Cardi / "Portage" / Malabrigo Arroyo
 Laura Stone / Scarf / Ravelry "Bowties are Cool" MKAL / Malabrigo Sock, Twist Confetti
 Meeting adjourned.
 Short break.
 Today's program: "Edgy Knitting" by Peggy Baxter
 Respectfully submitted, Charlene Kirkland

Noticeboard

Charlene Kirkland writes:

I found this link while reading a knitting blog and though others would be interested in it too. There are six short videos of the Moeke-Yarns fiber mill in Romania.

<http://www.moeke-yarns.com/index.php/traditional-fiber-mills-in-romania>

It sure made me appreciate all the work that goes into making lovely yarns for us to use.

All ESSS members receive 25% off everyday at Maddie Made It in June

Maddie Made It -
 2929 Rolling Hills Road,
 Torrance, CA. 90505.



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Thank you All for your
 support at
 Vogue Pasadena.

Next event Trunk Show at Alamitos Bay Yarn Co
 August 2016