

**The 19<sup>th</sup> Annual Okanagan Knitting Retreat**  
at Sorrento Centre, Sorrento, BC, Canada

Yoga and Knitting Retreat May 23-25, 2017

Friday Workshops May 26, 2017

19<sup>th</sup> Annual Okanagan Knitting Weekend Retreat May 26-28, 2017

Since 1999, the Okanagan Knitting Retreat has attracted knitters of all levels, from those who have only recently mastered the art of knitting and purling to those who are designing their own patterns. The purpose of the retreat is to develop independence and a deeper appreciation for the knitting process.

New this year is a **Yoga and Knitting Retreat** at the beginning of the week (May 23 – 25), followed by a choice of **three workshops** on Friday May 26, and then the **19<sup>th</sup> Annual Retreat** which will begin Friday evening and wrap up at noon on Sunday, May 28, 2017. You will be able to sign up for everything (take the week off work!) or a single Friday workshop and/or one of the five workshops that make up the traditional Weekend Retreat from Friday evening to Sunday noon.

If you choose the Weekend Retreat, you will see that the program, as in previous years, has been designed to appeal to a wide range of interests and skill levels. You will choose to attend one of the following five workshops:

1. Toe up socks, two at a time on either one or two circular needles, with Janet Armstrong,
2. Kathy Chapman will guide newer knitters in the intricacies of Fair Isle knitting,
3. Myriam Dostert will lead a lace workshop based on Elizabeth Zimmerman's Pi Shawl,
4. Anne Hearnden's workshop will introduce newer knitters to the techniques and instructions typically missing from patterns, and
5. Paulette Lane's workshop will be on how to work with all those wonderful fibres other than wool.

**Friday workshops:**

Anne's full day workshop will be offered on Friday as well so that newer knitters can attend this and then participate in another workshop during the Weekend Retreat. Kathy's Fair Isle (half day) workshop on Friday is aimed at knitters more experienced in knitting with two colours and wanting to fine tune their techniques. New this year is Rebecca Henry teaching a full day workshop on knitting with charts for both lace and cables.

**Weekend Retreat Check-in** 4 - 7 P.M. Friday, May 26, 2017. The program begins Friday at 7:30 P.M. in the Caritas meeting room and wraps up after lunch Sunday, May 28. Each of the five concurrent workshops begins with an introductory session Friday evening, continues on Saturday 9 AM – 4 PM, and finishes Sunday noon.

Sorrento Centre now welcomes well-behaved pets in the cabanas, apartments, and campground. A "pet fee" applies.

**Registration opens Friday March 3, 2017.** Contact Janet with any questions at [jarmstrongnow@shaw.ca](mailto:jarmstrongnow@shaw.ca) For more information about the centre, please see [www.sorrento-centre.bc.ca](http://www.sorrento-centre.bc.ca)

## Yoga and Knitting Retreat:

An invitation to contemplative practice with **Janet Armstrong and Sue Cairns**

**Dates:** Tuesday afternoon May 23 to Thursday noon May 25, 2017

Knitting and yoga...two mindful activities in one retreat. Arrive Tuesday afternoon and ease into retreat mode with a gentle evening yoga practise. Over the next day and a half, flow between contemplative knitting and yoga sessions that are designed to help you unwind and reconnect with your calm centre. The knitting project will introduce participants to the practice of contemplative knitting which is knitting with intention, imbuing each stitch with good wishes and affection for a recipient. The yoga sessions will be suitable for all levels of experience. Knitters should be able to knit and purl with confidence.

The emphasis in this retreat is more on the restorative aspects of a retreat rather than on the intellectual stimulation of a workshop.

**Fee:** \$150 includes yoga and knitting coaching, workshop handouts and materials, and morning coffee breaks.

The retreat project—a sampler of textured stitches including simple cables in a seaman's scarf.



A playful integration of knitting and yoga—the shoulder stand as a substitute for a yarn swift!! (Don't worry—this will not be part of the yoga practice during the retreat!)



## Optional Friday all-day workshop, 9 AM – 4 PM

Fee: \$80.00

### 1. What the Patterns Don't Tell You – Anne Hearnden

This workshop is the shortened version of the one offered during the 19<sup>th</sup> Annual weekend Retreat.

Start with the gauge. Do you check your gauge before you start? Why does it matter?

Then there's the cast on—which cast on should you use?

The instructions state: “Dec 1 st each end”. What kind of decrease and where should these be placed?

You will learn the answers to these questions and how to make minor changes to any knitting pattern to improve the finished look including sewing invisible seams.

Registration is limited to 8 to ensure everyone receives the attention they need.

Change your seams from this...



Using “mattress stitch” to sew an invisible seam...



...to this!



## Optional Friday all-day workshop, 9 AM – 4 PM

Fee: \$80.00

### 2. Knitting with Charts -- Rebecca Henry

Show me don't tell me!

Have you ever wanted to try a pattern but found the charts overwhelming? Do you already like using charts but shy away from patterns that don't include them?

In this class we will explore and discuss the different uses for charts. We will learn to read charts and knit swatches to better understand how the chart translates to our knitted work. We'll examine different samples of charts to see how they differ and discuss how the chart can show us characteristics of the knitting project before we pick up the needles. Finally we will create our own charts from written instructions. If time allows we will step into designing and learning how a charted design can be the beginning of a finished project.



## Optional Friday afternoon workshop, 1:30 PM – 4:30 PM

Fee: \$45.00

### A Fair Isle Tutorial – Kathy Chapman

Brush up your two-handed knitting. This short class is for intermediate knitters who have dabbled in Fair Isle and wish to fine-tune their techniques.



**The 19<sup>th</sup> Annual Retreat** begins at 7:30 PM Friday May 26, 2017.

Fee: \$150.00

Choose one of the following five workshops:

**1. Socks from the Toe Up, The Magic of Two at a Time – Janet Armstrong**

It's such a delight to finish both socks at once—not only is there no need to cast on for the second sock but you can create identical socks if you wish. Techniques to be covered will include at least two different kinds of toes and heels (some using short rows) on either two circular needles or one large Magic Loop. Ways of finessing the fit will be reviewed. A big advantage of knitting socks from the toe up on circular needles is the ability to try on and adjust as you go.

Two different toes  
on a Magic Loop



The workshop project: Two socks—two different toes and two different heels—on two circular needles



## 2. Fair Isle Knitting – Kathy Chapman

Are you comfortable with knitting in the round? Perhaps you've made a hat or mittens? Then you can make a cute little sweater for your tablet or mobile device.

Techniques for following a colour chart, two-handed knitting, and setting up and cutting a steek will be covered. We will also look at general knitting skills such as provisional cast on and 3 needle bind off.



Cutting a steek

### 3. Pi Shawl Explorations – Myriam Dostert

Elizabeth Zimmerman described the pi shawl as a project "which starts at the center, has absolutely no pattern, and only six shaping-rounds in the whole thing."

You will bring your own yarn and needles, and in the workshop you will plan out your shawl and start knitting from the centre.

The handout will include instructions for a simple pi shawl, and examples of lace patterns that work well. If you are feeling more adventurous you will be able to choose your own lace patterns and design all or part of your own shawl. You may not be able to put this project down once you start!



Myriam's latest pi shawl in progress



#### 4. What the Patterns Don't Tell You, or how to make your knitting project look better – Anne Hearnden

This is the longer version of the workshop presented Friday. Registration will be limited to eight to ensure everyone receives adequate attention and support.

Most mass produced knitting patterns give only the basic instructions to create the item that you want to knit. What is usually missing, unfortunately, are the instructions for techniques to make the project look better and easier to sew together. In this workshop you will learn many different ways to cast on, cast off, increase, decrease, how to fix mistakes without ripping your work out, sew invisible seams and use short rowing for shaping.



Various ways to cast on and different decreases.

A swatch with different types of increases and cast offs.



Sewing stitches to rows invisibly (e.g. sewing a sleeve into the body of a sweater)



## 5. **Fibre Facts *and why they matter for knitting* - Paulette Lane**

Explore, discuss, and sometimes curse the properties of fibres that make up your knitting yarns.

Learn how to work with or overcome the idiosyncrasies of some fibres, the types of garments best suited to the different fibres, and how to interpret the fibre combinations on yarn labels.

Learn about and feel the luxury fibres.

Learn how to successfully substitute one type/brand of yarn or fibre for another in a pattern.

Samples of yarn in most fibres used in knitting will be available for inspection/fondling.



## About the Instructors

**Janet Armstrong** is the coordinator of the Okanagan Knitting Retreat. The first retreat was held at Vernon's Camp Hurlburt in 1999, and in 2005 was moved to Sorrento Centre to accommodate the larger enrolment.

Janet is a self-proclaimed knitting evangelist, and feels strongly that knitting is always mindful, never mindless. She has several projects in varying stages of complexity and process, from socks and shawls to sweaters and knitted knockers.



**Sue Cairns** is a YAA certified yoga instructor of 7 years, though has practised for over 20. As an avid sportswoman and busy person she loves coming to the mat to find balance of body, mind, and spirit. Influenced by the Hatha tradition, her style is well rounded and brings strength, flexibility, and peacefulness. With mindfulness training and a keen interest in the role of how breath weaves together spirit and body, she continues to be drawn to the inner yogas. The magic of yoga, she believes, comes from within.

**Kathy Chapman** has been knitting off and on since the Year Dot but took it on as a lifestyle in the early 80's when Fair Isle dropped into her life. Currently, she enables knitting in Nelson and celebrates the moment when a knitter "gets it!" Kathy has also attended every Okanagan Knitting retreat.



**Myriam Dostert** has been knitting since she was nine years old, when her grandmother in Luxembourg taught her. Knitting is a pastime, a passion, and a comfort to her and she is happiest with a knit-in-progress tucked into her purse. Myriam hosts a small knitting group and enjoys working her 'knitting fairy' magic for her husband and friends. You can find Myriam on *Ravelry* as Myknits.

**Anne Hearnden** learned to knit in 1990. In 1991 she purchased Kelowna Yarn & Needlecrafts and after 25 years has semi-retired and passed the store to a new owner. Over the years Anne has helped countless number of knitters with a myriad of different problems and helped them improve their techniques to produce well finished hand-made projects.



**Rebecca Henry** started knitting at a very young age when her Nana first put knitting needles in her hands while visiting from England. She learned the basics but didn't start in earnest until her move to the Okanagan while attending university. Rebecca unpacked a box of her Nana's needles and yarn and thought to herself "I wonder". She now enjoys designing and publishing her own patterns (find her on *Ravelry* as Beckabee) and also teaching at Kelowna Yarn and Needlecrafts. When she's not knitting Rebecca is also an avid photographer and can often be found with camera in hand. Purses have grown to accommodate both knitting and camera.

**Paulette Lane** is a passionate knitter who has been designing since 1984 and teaching since 1999. She achieved her master knitter designation through the Knitting Guild of Canada in 1999.

She is a process knitter and takes great pleasure generating a pattern from an idea or an inspiration and seeing it through to the end, always learning something new along the way. She loves the architecture of knitting and believes that the details make the garment. Swatching is a favourite pastime and she enjoys trying new techniques.

Paulette's focus is on sharing information—helping knitters with their knitting challenges, and encouraging knitters to find their own reward with needles and yarn.





**Please Note:** When choosing the following apartments, suites, cabanas or camping sites, one person books and pays for these. Please indicate on the registration form who is sharing.

Three **APARTMENTS** (\$159.00 per night) Sleeps five people.  
2 bedrooms with two twin beds in one room and either a Queen or two twins in the other plus a pullout couch in the living room. Full kitchen, bedding, towels & private bath.

Three **SUITES** (\$139.00 per night) King or queen plus pullout couch, kitchenette, towels, bedding & private bath. Sleeps four people.

Six **CABANAS** (\$85.00 per night) 5 bunks + 1 double bed with electricity, fridge, electric heat & mattresses but no running water. Bring your own bedding and towels. The washroom with showers is nearby. Maximum 7 people.

**CAMPING** (The washroom with showers is nearby)

RV site (full hook-up: water, 30 amp power & sewer) \$45.00 per night

RV site (partial hook-up: water and 30 amp power) \$40.00 per night

RV site (partial hook-up: water and 15 amp power) \$35.00 per night

Tent site \$28.00 per night

**Alternate accommodation:** You could also choose to stay off-site if you live nearby or check into one of the many Bed and Breakfasts in the area. <http://www.sorrento-shuswap.ca/accommodations.php> The Shuswap Lake Motel and Resort (<http://www.shuswaplakemotel.com>) is right next door to Sorrento Centre.

#### **PET FEES**

Per pet in Cabanas and apartments \$10.00 per day

Per pet in campground \$5.00 per day

#### **Sorrento Centre Meals**

Hearty home-style cooking, using some seasonal produce if available from the Centre's own organic farm. Bring your own beverages (alcohol and otherwise) and snacks if you wish. Each lounge is equipped with a fridge, sink, coffee maker, kettle, and microwave.

#### **Meals Prices: (GST included)**

Breakfast \$10.50

Lunch \$12.60

Dinner \$18.90

No snacks are included. Instead, please bring your own to share. There will be a morning break in the dining room each day with coffee, tea and juice available.

Please do not hesitate to contact Janet with any questions at [jarmstrongnow@shaw.ca](mailto:jarmstrongnow@shaw.ca)

## **Sorrento Centre's Ability to Meet Dietary Needs**

The Centre strives to accommodate food restrictions; however they are unable to accommodate all dietary needs. With proper notification, Sorrento Centre is able to provide vegetarian, gluten-free, nut-free, fish/seafood-free and dairy-free options for meals.

Although they do take care in ensuring the least amount of cross contamination occurs, they are not a certified allergen-free facility and there is a risk of cross contamination. It is essential to check with Janet prior to registering for meals regarding whether the Centre will be able to meet your needs.

If you have dietary concerns that go beyond the capabilities of the food services department, please consider accommodation with refrigerators and cooking space that can be booked when you register. There are also common area kitchenettes (equipped with fridge, sink, kettle, and microwave oven) in each conference building available for storing food and preparing your own meals.



**Calculate the total owing:**

Program Fees:	
Yoga & Knitting	\$150.00
Friday Workshop Full day	\$80.00
Friday Workshop Half Day	\$45.00
Weekend Knitting Retreat	\$150.00
Total Meals	\$
Total Accommodation	\$
<b>Pet Fee/day</b>	
Cabana & apartment \$10.00 x ____ days =	\$
Campground \$5.00 x ____ days =	\$
<b>Total</b>	= \$

Indicate your Friday workshop choice in order of preference:

	What the Patterns Don't Tell you—short version (all day) with Anne Hearnden
	Knitting with Charts (all day) with Rebecca Henry
	Fair Isle Tutorial (1/2 day) with Kathy Chapman

Indicate your Weekend Retreat Workshop Choice in order of preference.

	Socks from the Toe Up, Two at a Time—with Janet Armstrong
	Fair Isle Knitting—with Kathy Chapman
	Pi Shawl Explorations—with Myriam Dostert
	What the Patterns Don't Tell You—expanded version—with Anne Hearnden
	Fibre Facts and Why They Matter—with Paulette Lane

A list with contact information will be provided to each participant. Do you want your name and address included on this list? YES NO

**Food allergies and intolerances if any**

Are you a vegetarian? YES NO  
 If yes, do you eat dairy\_\_\_\_, chicken\_\_\_\_\_, and/or fish\_\_\_\_\_?

Is there anything else we should know about you?  
 For example, any mobility issues—can you do stairs? Are you allergic to wool?

**Cancellation Policy:** On or before March 31, 2017, the fee will be refunded. After April 1, the fee will be refunded only if we are able to replace you. You may choose to send someone in your place.

**REGISTRATION OPENS MARCH 3, 2017**  
**Registrations received before March 3 will be returned.**

REGISTER IN ONE OF TWO WAYS:

- (3) By Mail on or after March 3: Complete the registration form. Make cheque or money order payable to **Janet Armstrong & Co.** Mail form and fee (or drop off) to: 3502-20th Street, Vernon, BC V1T 4C7 Canada
- (4) Online on or after March 3: Send payment via Interac e-transfer to [jarmstrongnow@shaw.ca](mailto:jarmstrongnow@shaw.ca) Complete this form on-screen, save it as a Word document with your name in the file name, and e-mail it to Janet.

Your registration will be confirmed when **both** completed form and payment are received.

**PLEASE MAKE A COPY OF THE COMPLETED REGISTRATION FORM FOR YOURSELF.**

**For more information, contact Janet Armstrong**  
 (250) 545-2474 or [jarmstrongnow@shaw.ca](mailto:jarmstrongnow@shaw.ca)