



# HANDCRAFTS MONTHLY



## JUNE GATHERINGS

### JUNE 9

10:00 to noon at Sewing World in the upstairs classroom, 136 71 Ave. SE  
If you wish, please bring along a snack to share. Remember to park in the rear and to mention us when you shop. Stay on for the Picnic Carrier Demo. No registration needed.

### JUNE 25

1:00 PM to 3:00 PM at Sharon Kimmel's, 114 Confederation Villas NW. Gate code is 01818.  
Stay on for the Picnic Carrier Demo.

Please RSVP at [kimmels@shaw.ca](mailto:kimmels@shaw.ca)

## JUNE at a glance

**June 8** - Clay Workshop Part 2.

**June 9** - Sewing World Gathering and Picnic Carrier Demo.

**June 14** - Knit in Public Day, River Park Church

**June 25** - Gathering and Picnic Carrier Demo.



*I'd rather be a cupcake than a tart.*

## NEWS FROM HANDCRAFTS COMMITTEE

### PICNIC CARRIER DEMOS

Picnic season is just around the corner, right? Stay on after the June Gatherings when Janice Meeking will do a demo on a cute little picnic carrier. This handy carrier will be a quick project for quilters and other sewers.

### CLAY WORKSHOP PART 2.

Day two of the Clay Workshop will take place on June 8. Attendees will glaze their fired items.

### KNIT IN PUBLIC DAY - River Park Church

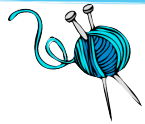
Join us for a leisurely day of socializing, knitting and other fibre undertakings (Crochet is definitely allowed) during our second Knit-in-Public outing, this year at River Park Church, 3818 14A Street SW.

We will be gathering on the church grounds between 10:00 AM and 2:00 PM. Come for a few minutes or

come for the day. Bring a chair, a lunch or snacks, beverage, sun protection and a project - or two. Washroom facilities will be accessible and we can move inside to the foyer if it rains - but it won't!

If there is a technique that you are struggling with, there may be someone on hand who is an expert. It is a great place to give or get some help. And we will be part of a world-wide event.





## KNIT NOTES



## SEW WHAT?

### STRETCHES FOR KNITTERS

First, the bad news: knitting may not be a contact sport, but knitters are vulnerable to injuries that can be devastating to productivity and sanity in the short run and debilitating in the long run. But there's good news, too: most of these injuries are completely preventable with a few minutes of care every time you knit.

#### MIND THE HANDS.

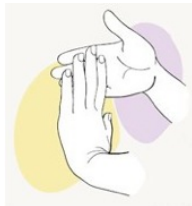


Show your fingers some love and maintain dexterity with this stretch. Starting with your dominant hand, bend each finger backward one at a time for about 20 seconds each. Be sure to keep your wrist straight. Then bend all your fingers back together for

another 20 seconds.

Repeat with the fingers on your other hand.

#### IT'S ALL IN THE WRIST.



Your wrists do a lot of the heavy lifting during knitting. Keep them limber by bending your entire hand back at the wrist for 20 seconds, starting again with your dominant hand. Breathe mindfully while you're holding the stretches.

Repeat with your other hand.

#### WATCH YOUR HEAD



A good trick to avoid strain in your neck is to look down with your eyes, not your head.

If that's not easy for you, this stretch will help: bend your chin toward your chest and hold for 20 seconds.

#### MAY I BEND YOUR EAR?



Move your right ear toward your right shoulder as if you're trying to touch it. Hold for 20 seconds. Repeat on the left side and hold for 20 seconds.

The above article is an excerpt from Interweave Knits. Now the word is that sitting too long is also bad. I knit standing up most of the time because my posture is better and it encourages me to move around once in a while. Burns more calories too!

### POT HOLDERS

Square, rectangular, heart-shaped, circular, fingertip, fold in half, pocket, itty bitty or casserole size. Use your imagination to create potholders, hot mats or fingertip covers as all are great sellers. Make simple 8" squares, more intricate shapes or fold-over casserole pot holders. Small shapes with fold-over pockets can be used as handle or microwave finger mitts.

The basic design is one layer of heat-resistant batting (Insulbrite), one layer of regular batting, two outside washable, brightly-coloured fabric pieces and binding, including a small loop for hanging.

The fabric pieces may simply be squares of interesting fabric or they may be quilted blocks that you have created. There are many patterns, instructions and ideas on the internet. Check Pinterest or this [link](#) to allfreeseewing. Have fun!

#### BASIC BUTCHER APRON

##### FABRIC:

Firmly woven washable, cotton or cotton blend

##### POCKETS:

Line them for strength and durability  
Cut the lining slightly smaller than pocket.

8 1/2" x width of fabric - makes 3 pockets

8 1/2" x 16" - makes 2 pockets

8 1/2" x 7 1/2" - makes single pockets

##### STRAPS:

Neck - 3" x 18". Attach by sewing firmly to top of bib or make adjustable with Velcro, buttons or D-ring.

Ties - 2 straps 1 1/2" x width of fabric

Continuous Strap - Join 3 pieces 1 1/2" x width of fabric

##### EXTRAS:

Adjust sizes to make smaller or larger or matching parent/child aprons.

Coordinate prints for pockets and straps.

If you have lighter weight fabric, double it or make it reversible.

Use fabric scraps to make matching potholders.

Download these notes and a schematic pattern on the PATTERNS page - accessible from [HANDCRAFTS](#).

