

Circle Your Choices:

Meal Packages

Thursday Dinner to Friday Lunch \$ 35.00

Friday Dinner \$ 16.00

Saturday Breakfast to Sunday Lunch \$ 65.00

Sunday Dinner and Monday Breakfast \$ 25.00

Total Meals _____

+**Accommodation** (from prev. page) + _____

+**Program Fee** + **\$135.00**

=**Amount Owing** = _____

Register and pay on line at
www.janetarmstrong.com/Register.php

Or
Make cheque or money order payable to

Janet Armstrong & Co.

Mail to:
Janet Armstrong,
3502-20th Street,
Vernon, BC V1T 4C7 Canada

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

Transportation to and from the Kamloops airport can be arranged through Janet. Do you need this service? YES NO

Food allergies if any _____

Are you a vegetarian? YES NO
Is there anything else we should know about you? (e.g. mobility issues...) _____

Which workshop are you interested in?
(Circle one)

Knit Until it Fits
An Introduction to Lace
Contemplative Knitting

About the Instructors

Janet Armstrong coordinated the first Okanagan Knitting Retreat with Gloria Hanson and Wendy Henderson in 1999. Fibre feeds her soul—whether she sews, knits, spins or quilts. Janet is a self-proclaimed knitting evangelist, and feels strongly that knitting is always mindful, never mindless! She teaches locally, and at national and international fibre art retreats and conferences. Find out more at www.janetarmstrong.com and <http://janetknitsandstitches.blogspot.com>

Paulette Lane of Vancouver is a passionate knitter who has been designing since 1984 and teaching since 1999. Her focus is on sharing information with knitters, to raise the level of awareness and encourage new knitters, young and old, male and female, to find their own reward in two sticks and some string. Her patterns have been published by the online knitting magazine, www.knitnet.com and are included in Briggs and Little's *Knits from the North Country*. She was the Editor of Accord Publishing's Page-a-Day Knitting Calendars for 2005-2007, and for the last eleven years has edited and published the West Coast Knitters' News for the West Coast Knitters Guild. This is her third year teaching at the Okanagan Knitting Retreat. Paulette creates personalized patterns for knitters and sells kits, patterns, and booklets under the name, *PLANE Images*.

Myriam Dostert has been knitting for most of her life, and loves to teach others how to improve their knitting skills. She has taught knitting classes for both adults and children of all ages for the last six years, and she taught her husband to knit four years ago so that she could have an in-house knitting buddy (and he knits her socks and sweaters!). When Myriam is not knitting she works as a learning assistance and ESL teacher at a Surrey elementary school, and sponsors a lunch-time knitting club.

Cancellation Policy: On or before April 15, 2010, the fee will be refunded. After April 15, the fee will be refunded only if we are able to replace you. A supply list and further information about Sorrento Centre will be sent once your payment has been received.

For more information, contact
Janet Armstrong (250) 545-2474 or
jarmstrongnow@shaw.ca

*Start
with
One Stitch...*

**Our 12th
Annual Okanagan
Knitting
Retreat**

Sorrento Centre
1159 Passchendaele
Road
Sorrento, BC
Canada

May 27 - 30, 2010

Start with One Stitch...

Choose one of these workshops.

Knit Until it Fits (Paulette Lane) Learn to knit a garment starting with only one stitch. No gauge calculation required. Triangles, rectangles, and other shapes are knit separately in garter stitch and then easily and quickly joined together to form the garment. This technique works with any weight of yarn, monochromatic or multi-coloured. In this workshop you will knit a small sampler learning a quick and easy neck shaping technique. There will be time to design and start a garment for yourself if you choose.

An Introduction to Lace (Myriam Dostert) If you've been wanting to try your hand at lace but were intimidated by the charts and secret codes, then this is the workshop for you! We will look at the different ways in which lace is used, and then focus on the knitting of shawls, stoles, and scarves. Subjects to be covered will include different beginnings and endings, shaping, chart-reading, lifelines, edgings, blocking, and how to deal with mistakes. You will come away with enough confidence and knowledge to plunge into the lace-knitting world.

Contemplative Knitting...Knitting for Peace and Comfort (Janet Armstrong) Like meditation, knitting calms the mind with its gentle repetitive rhythms. Feed your soul by creating something beautiful—a prayer shawl that will give comfort and pleasure. Knit with intention, imbuing each stitch with love and affection for the recipient, and then literally wrap that person with your warmth and good wishes. In this workshop, participants will design and knit samples of different prayer shawls as well as learning how to knit in community (how two people can knit on the same shawl at once). Confidence, and thus mindfulness, increases with skill-building therefore time is built in for learning new skills, e.g. selvedge stitches, casting on in different ways, darning in ends and splicing yarns inconspicuously.

There will be an "open house" Saturday afternoon so that you can see what's happening in the other workshops.

Program Fee \$135.00 All workshops are suitable for experienced beginners and beyond.

Check-in 4 - 7 P.M. Friday, May 28, 2010. The program begins at 7:30 P.M. in the Caritas meeting room and wraps up after lunch Sunday, May 30. A block of rooms has been reserved for Thursday and Sunday nights if you wish to arrive earlier or stay later for some unstructured knitting fellowship with other participants. Meals will be available if there are 10 or more people. The additional meals and accommodation must be requested on the registration form and included in your payment.

Accommodation Choices (Costs per night in Canadian Dollars)

LODGE ROOMS
(with bedding, towels & private bath)
Single \$55.50 per night
Two people sharing (per person) \$41.00 per night

Please Note: When choosing the following apartments, suites, cabanas or camping sites, one person books and pays for these. Please co-ordinate the registrations and *if at all possible* send the forms and cheques in one envelope. Please note on the registration form who is sharing.

Two **CASITA APARTMENTS** (\$132.50 per night: 2 bedrooms with 2 twin beds each, 1 pull-out in sitting area, full kitchen, bedding, towels & private bath). Maximum 5 people per apartment.

Three **SUITES** (\$107.00 for double or queen plus pull-outs and kitchenette, towels, bedding & private bath.) Maximum 4 people per suite.

Six **CABANAS** (\$62.00 for 5 bunks + 1 double bed in each with electricity, electric heat & mattresses but no running water. Bring your own bedding and towels). Maximum 7 people.

CAMPING RV site (full hook-up) \$38.00
RV site (partial hook-up) \$29.50

Meals Hearty home-style cooking. Food allergies can be accommodated. Bring your own beverages (alcohol and otherwise) and snacks if you wish.

Meal Packages Outlined on registration form.

REGISTRATION FORM

Name _____
Address _____
Postal Code _____
Phone (daytime) _____
Phone (evenings) _____
e-mail _____

Circle Your Choices: Accommodation

I am requesting accommodation for (circle all that apply) Thursday, Friday, Saturday, Sunday nights

Lodge Room (per person per night)
Single room \$55.50 x ___ nights = _____
Shared room \$41.00 x ___ nights = _____
(Room mate's name _____)
Yes, please assign me a room mate if possible.

Apartment (\$132.50 per night)
_____ nights x \$132.50 per night = _____
(Sharing with _____)

Suite (\$107.00 per night)
_____ nights x \$107.00 per night = _____
(Sharing with _____)

Cabana (\$62.00 per night)
_____ nights x \$62.00 per night = _____
(Sharing with _____)

Camping RV (per night)
Full hook-up:
_____ nights x \$38.00 per night = _____
Partial hook-up:
_____ nights x \$29.50 per night = _____
(Sharing with _____)
Combined length of RV + vehicle _____

Accommodation Total _____
(registration form continues over)