



September Greetings from Skein Lane,

We'd like to welcome you back from summer vacations and remind you that the holiday season is on the horizon. Time to start on those holiday gift projects. Let us know how we can help. Thank you for making our Hot August Days Sale in August a great success. We are happy to say, thanks to you, that we have some room for our new fall yarns.

NEW ARRIVALS

Louisa Harding's first yarn collection, [Gathering Roses](#) debuts at Skein Lane Labor Day weekend! Explore the beautiful fibers, rich colors and unique textures in this UK designer's new collection.

Trunk shows are rolling into Skein Lane starting this month. First up is a display of models from the [SigKnits](#) design collection distributed by Trendsetter Yarns. The Australian designer, Jane Slicer-Smith brings us beautiful swing coats, cardigans, capelets and drapes. Her coat kits offer beautiful textures and playful touches, and many involve colorwork. With that in mind, Skein Lane is pleased to present a very special intarsia class with Jane on September 17 at the Skein Lane Studio; there is still space available in this exciting workshop. Visit the website for a description of [Jane's Intarsia class](#) or contact the shop for more details 510.525.9276.

A rotating Colinette trunk show will arrive starting in mid-September and continue through the end of the year. See the latest designs using all their fabulous fibers at Skein Lane. In November, we'll host a Classic Elite trunk show, featuring their popular Inca Alpaca and Bazic Wool yarns.

In September we are expecting a shipment of Plymouth yarn including:
Eros Extreme – a very cool next-generation railroad ribbon
Fantasy Naturale – great all around medium weight cotton
Encore– multi-purpose wool/acrylic in many, many colors

HOT PROJECTS

We have a new ribbon scarf model on display at Skein Lane to show a new yarn coming this September from Plymouth. Eros Extreme is the next generation of railroad ribbons, and it's beautiful. Visit our website for the [complimentary pattern](#) and visit the shop to see this lovely scarf in person and choose your colors.



LEARNING AT THE STUDIO

Coming up soon, we have two sweater classes inspired by Elizabeth Zimmerman's designs and principles: the [Baby Surprise Jacket](#) (August) and [The EPS Sweater](#) (October). We hope you will join us for these fun sweater classes.

The ever-popular 10-week [Knitting Workshop](#) with Carolyn will start again for fall on Tuesday, September 6. We now have six sessions for you to choose from, some mornings and some evenings.

Please note that the [Intro to Weaving](#) class has been rescheduled to Sunday, October 2, 9am-5pm. We've just added Basic Socks – Toes Up!, Knitting Empowerment, and Beginning Crochet to the roster.

YARN EVENTS

To celebrate all the wonderful work you do, we would like to invite our customers to participate in the [Skein Lane Customer Fashion Show](#). Share your skill and accomplishments with others in this gallery show. Entries will be accepted October 8-14, on display October 15-23. Share your favorite items in knit, crochet, needlework, weaving and felting. Please join us to kick off the show with a party on Saturday, October 15, 4-6 pm at the Skein Lane Studio.

[The Knitting for Brains Trunk Show & Sale](#) is shaping up to be a very exciting event. This sale is a fundraiser for the National Brain Tumor Foundation (NBTF), and all proceeds go to the foundation. Marie Riehle, the event's organizer, has been assembling a wonderful collection of items for sale. We hope you'll come by and perhaps make a purchase to benefit the NBTF. You can also contribute a knitted item to the trunk show and sale - visit the website to contact Marie. This important benefit will be held on Sunday, September 25, 2-5 pm.

Take a break from your "yarn diet" and try out delicious yarns at the **Skein Lane Fiber Feast**, on Saturday, November 5th, 3-5pm. We'll serve up a tempting selection of yarns for you to knit up swatches in several "courses." It will be an afternoon to remember, and sure to whet your yarn appetite. A \$5 registration fee is required, refundable on your next Skein Lane purchase. Space is limited; please make your reservation by sending us an email to info@skeinlane.com.

SKEIN LANE KNOW HOW

This month's know how tip is all about taking care of your hands, wrists and arms when doing knitting and other needlework. The magazine *Arthritis Today* (Sept/Oct 2005) discusses the benefits of knitting and shares tips on keeping the joints pain-free.



- Take breaks every 15 minutes and do some stretches.
- Support your arms and hands with pillows or on the arm of a chair. Use a lumbar support for your back.
- Consider doing smaller projects, such as hats socks and scarves rather than sweaters and afghans, as these projects put less weight on the needles, leading to less stress on the joints.
- Most of all, if you are feeling pain, give your hands a good rest.

Try the following additional suggestions to help you knit comfortably:

- Bamboo needles, as they are lighter in weight and warmer to the touch than metal needles. Skein Lane offers Clover and Crystal Palace bamboo needles and hooks.
- Try projects with different needle sizes – medium weight yarns and needles size US 5-9 will not strain most hands. But try larger needles and yarn or smaller needles/yarns to see what is most comfortable for you.
- Therapy gloves offer support for the wrist and enhance blood flow, to help prevent aching wrists and hands. Skein Lane carries the product, Thergonomic Hand-Aids for just this purpose.
- Use a ball winder and umbrella swift to wind your yarn, rather than hand winding it. This product makes a skein into a nice neat package of yarn and gives you more knitting time. Winders and swifts are always available at Skein Lane.

Do you have a knitting timesaver? Got a hot crochet tip? If you would like to share your know how with other Skein Lane customers, we'll reward you. Submit by email your tip or helpful hint for knit, crochet, needlepoint, cross-stitch, embroidery, weaving or any fiber art. If our staff chooses it for the newsletter, we'll mention your name with gratitude, and even give you a prize for sharing. Submit your Know How to info@skeinlane.com.

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