

KNITABILITY

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BY SHERRY IRIS

WHAT'S INSIDE THIS ISSUE?

MARIE CURIE SOCK QUEST - MEET CAMILYN CRANE - KAYS CUSTARD CREAM CUPCAKES

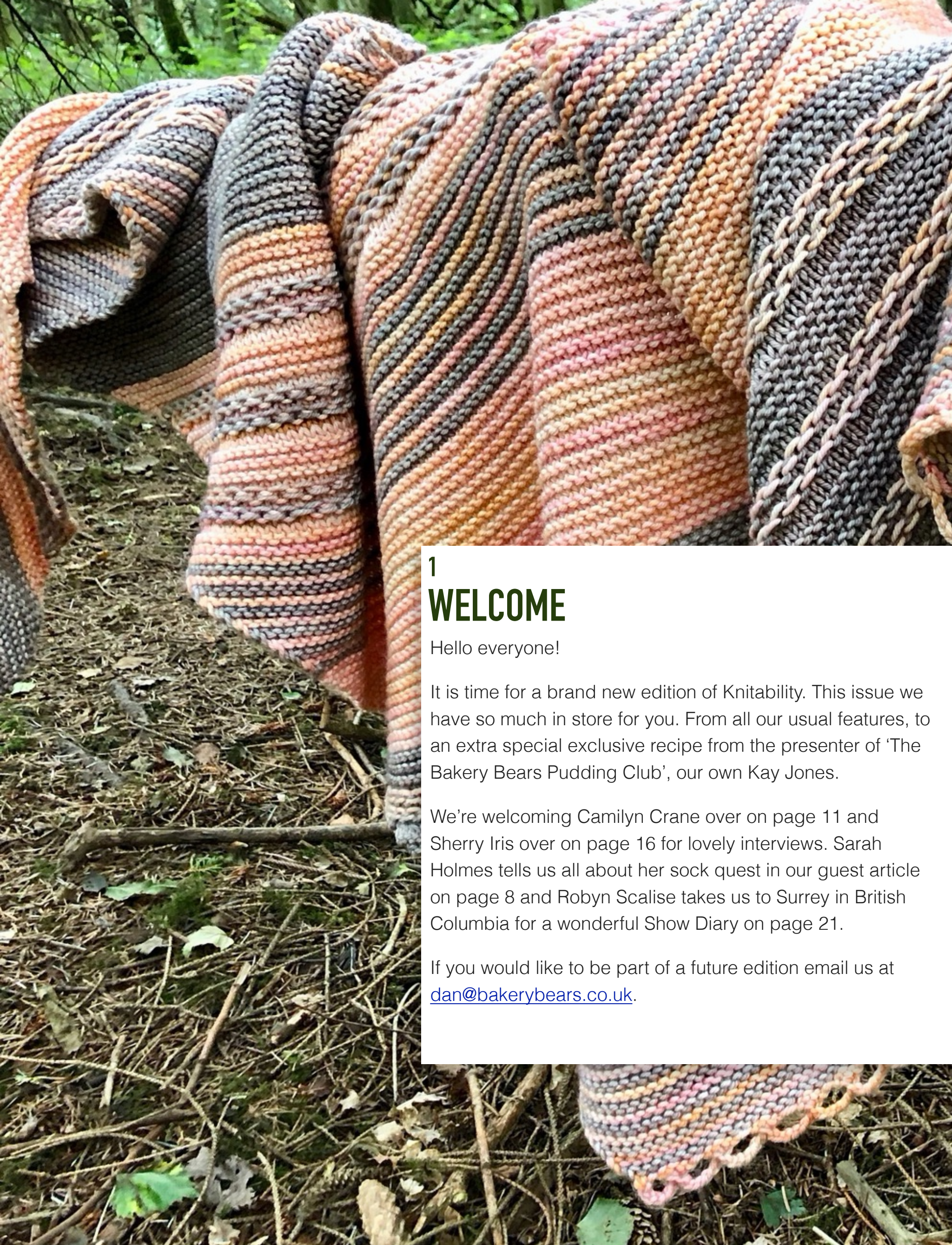
PLUS YOUR UP TO DATE VIDEO LISTING FOR ALL BAKERY BEARS PATRONS





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WELCOME

Hello everyone!

It is time for a brand new edition of Knitability. This issue we have so much in store for you. From all our usual features, to an extra special exclusive recipe from the presenter of 'The Bakery Bears Pudding Club', our own Kay Jones.

We're welcoming Camilyn Crane over on page 11 and Sherry Iris over on page 16 for lovely interviews. Sarah Holmes tells us all about her sock quest in our guest article on page 8 and Robyn Scalise takes us to Surrey in British Columbia for a wonderful Show Diary on page 21.

If you would like to be part of a future edition email us at dan@bakerybears.co.uk.



EXCLUSIVE PATRON CONTENT

HIGHLIGHTS FROM THIS MONTHS VIDEOS



The 2019 season of 'The New Adventures of the Bakery Bears' is now complete. You can watch the extended version of the final episode of the season, ['Hartlepool's Hidden History'](#) [here](#).

Have you been watching Dan's garment knitting series? He's just over half way through his 'Return to the Centre of the Yoke', you can watch him ponder 'Why he knits' [right here](#).



This month Kay took a deep dive into 'Pendle Chunky Yarn' in her latest 'Quick Review'. You can take a closer at this yarn and find out exactly what Kay thinks of it [right here](#).





HAVE I BEEN DOING IT WRONG?

BY DAN JONES

Folks, the title says it all. About six years ago I started knitting and I have a feeling that my approach has been wrong the whole time! Now do not panic, I am not referring to technique. This is all about the mental aspects of knitting. So what precisely am I going on about? Well, I shall tell you, but to do that we are going to need to go back to the very beginning.

It all starts with a question, why did I start knitting? As many of you will know, it was to try and relax a crowded brain. I had been in quite a serious car accident and was suffering with post traumatic stress disorder. To put it simply, I just could not switch off. So under the tutelage of Kay, I cast on a scarf and the rest as they say is history. The concentration I needed to apply to the simple act of just knitting stitches, forced my brain to clear itself of the backlog of noise. Within day's I started to feel not just like myself again, but even better. It is a road many of us will have travelled, and it is the reason I fell in love with knitting instantly.

It also created a problem, because my perception of what knitting 'is' was shaped in this moment of relaxation. This has led me on a constant quest to place myself on the leading edge of my abilities. I don't know if you have ever been there? It is a tremendous place to be and I will try and explain how you can find your leading edge.

Imagine that your knitting ability is like a peaked mountain, every time you learn something new, the mountain gets a little bigger. The things you know well lie at the bottom of the mountain. They are the lovely solid base that holds up everything that you have placed on

top. But the things you find hard, the techniques which require you to really concentrate just to get right, are the ones you find on the top of the mountain.

If you spend all your time around the bottom of the mountain, doing things you know well, you are likely to forget how to get back up to the top again. But if you spend all your time on the top, you will most probably fall off that leading edge, and you will have to start climbing all the way back up again. So for me, the perfect knitting pattern sees me starting at the bottom of the mountain and climbing all the way to the top, all in one project! That approach to knitting saw me try and knit through the whole of 'Sock Architecture' by Lara Neel, which ended in failure. But it also saw me tackle my first ever yoked sweater in last years 'Journey to the Centre of the Yoke', which ended in success.

That led me to 2019 and my quest to knit a yoked cardigan. This, I thought, would be the ultimate challenge. But there was a problem, about sixteen inches of plain knitting straight up the body of the sweater. Let me tell you, this is knitting about as far removed from my 'leading edge' as you could possibly imagine! Anyone who knows me will know, the times I have struggled with projects are when I am not mentally challenged. This usually leads me to totally disengage with the enjoyment of the project, knitting becomes a chore and not a joy. So how could I possibly overcome this challenge?

The answer really is a simple one, the only way I could possibly knit through sixteen inches of plain knit stitches,

That really is what lies at the core of the realisation that plain knitting doesn't have to be boring knitting.

As I enter the final few inches of that dreaded sixteen, I am left with the feeling that perhaps knitting the 'Clayoquot' has taught me more about knitting than I ever could have imagined.

was to change the way I mentally approach the act of knitting. In the past, when I have tried to knit simple patterns at the times when I normally knit, it just hasn't worked. So instead of doing the same thing and expecting a different result, which is of course the definition of insanity, I have done something different. I have kept my complicated projects going at night time and I have looked for new knitting time, through the day, to tackle the simple projects.

The results have been a revelation! I have been stunned at the amount of time through the day I spend waiting for computers to work, the kettle to boil or sat in the car on the school run. Instead of impatiently clicking on a mouse, constantly checking emails on my phone or looking at social media for another time that day, I have been knitting.

Not only have I felt so much better, I have actually been much more productive in my day. I am getting my work done quicker and without even realising it, the sixteen inches of plain knitting has

become five inches. All without messing with the routine which drew me to knitting the first place.

That brings me back to the question of this article, have I been doing it wrong this whole time? Of course I haven't. We each have a unique journey into how we started to knit. I think that journey shapes the type of knitter that we are. I will always enjoy knitting on my 'leading edge', but that does not have to define every project I ever cast on. Whilst I have been a process knitter, casting on the 'Clayoquot' has led me to appreciate more the product which I am creating. Yes it might have lots of plain knitting in it, but sometimes less is more.

That really is what lies at the core of the realisation that plain knitting doesn't have to be boring knitting. As I enter the final few inches of that dreaded sixteen, I am left with the feeling that perhaps knitting the 'Clayoquot' has taught me more about knitting than I ever could have imagined. ***Of course the process is marvellous, but when you're creating the perfect product, that really is heaven!***





KAY'S CUSTARD CREAM CUPCAKES

WITH KAY JONES

I came up with the idea of these whilst watching a recent video from Ali (littledropsofwonderful).

She made a cake from a Nigella Lawson recipe that had custard powder as one of the ingredients, and this made me think of adapting it to create some little cupcakes.

Custard Cream biscuits are one of my absolute favourites, and it's rare that a day goes by when I don't indulge in one (or two....). Dan's not really a fan of biscuits but both Bryony and I love them. They are the perfect walking snack, and of course you can't beat dunking a Rich Tea in a steaming cuppa.

These cupcakes take no time to whip up, and are utterly delicious. The batch I made had disappeared within a couple of days, and I can see them being something I will make on a regular basis.

So, do you fancy making some too? Here's what you'll need.

Cakes:

- 130g self raising flour
- 130g caster sugar
- 130g butter (room temperature)
- 30g Birds Custard Powder
- 2 large eggs (mine weighed 132g in their shells)
- 2 tablespoons of milk

Buttercream:

- 100g icing sugar
- 20g Birds Custard Powder
- 60g butter (room temperature)
- 1-2 teaspoons of boiling water

Method:

1. Pre-heat the oven to 180 degrees celcius and then pop some cake cases into a muffin baking tray. I used the deep muffin cases. The recipe will make 10 cupcakes.
2. Place all of the cake ingredients into a bowl and beat together with an electric mixer. This will only take five minutes or so. You want your mixture to be light and fluffy and a soft dropping consistency.
3. Divide the mixture between the cake cases and bake for about 20 to 25 minutes. They should be risen and golden in colour. Remove from the oven and let them cool completely on a wire rack.
4. To make the buttercream, place the ingredients in a bowl and at this stage just use 1 teaspoon of water. You can add a little more if the mixture is too stiff. To avoid a cloud of

icing sugar all over your kitchen, begin mixing it together with a fork and then move to your electric mixer when it's combined. Beat the buttercream for a good five minutes, until it's very whippy in appearance. You can't over beat buttercream so the longer you beat it, the better.

5. You can now swirl a blob of buttercream over each of the cupcakes. If you want to be fancy you can pipe it on, but I'm the opposite of fancy, so I just use a blunt knife.
6. Just before you serve them, cut up a few Custard Cream biscuits and place a piece on top of each cupcake. Make sure you do this right before you serve them as the biscuit will go soft otherwise.

Share with your friends and family (or not !) and enjoy !!!! Even Dan adored these delicious cakes and we hope you love them too.





THE MARIE CURIE SOCK QUEST

BY DR. SARAH HOLMES

Three years ago, a friend of mine messaged me to say she had spotted a yarn being sold in aid of Marie Curie by her local yarn store. Two pounds from every ball was being donated to Marie Curie so I couldn't wait to buy some – it combined my love of yarn with my love of the job! I am lucky enough to have one of the best jobs in the world, although it can be a bit of a conversation stopper to be honest - when I tell people what I do, they tend to start talking in hushed tones and look very sad.

I am a Consultant in Palliative Medicine, which means I am a doctor specialising in providing care for people with life limiting illnesses – I can't cure their illness, but I work to make sure that they have the best possible quality of life at the end of their lives. I work for a charity called Marie Curie which provides care and support for people living with terminal illness, and their families, and I am based in the hospice in Bradford, Yorkshire – one of nine Marie Curie hospices around the U.K. I know it sounds depressing (and sometimes it can be a very sad place) but the hospice is really about living –

people are surprised that it is filled with so much laughter and I feel incredibly lucky to work there. I can't tell you how privileged I feel to be let into people's lives at such a difficult time.

Every year we give a small gift – usually toiletries, chocolates etc to each patient in the hospice on Christmas Day – so when I heard about the limited edition Marie Curie yarn I decided it would be nice to knit all my patients in the ward a pair of socks made with the special yarn for them to open on Christmas Day: 16 pairs in total. For many of the 16 patients in the hospice, it might be their last Christmas and I wanted to do something that really demonstrated how much we cared.

I posted a photo of my knitting and mentioned my idea on Instagram and suddenly things took off. People started messaging saying they would like to help and socks in Marie Curie yarn started flooding in from around the world – Dubai, New Zealand, France, USA and all corners of the United Kingdom. We went from making enough pairs for every patient

in the Bradford Hospice to supplying all nine Marie Curie Hospices – two hundred and twenty nine pairs in total. I will never forget my ward round on Boxing Day that year – I went to see a man who was sadly dying. His family had popped out of the room to get themselves a drink, but on his bedside table was a handwritten sock wrapper. As he slept peacefully his feet were toasty in a beautiful pair of hand knitted socks. I knew every stitch had been knitted with love and I felt the kindness of strangers warming the room.

The next year, Cityknits.co.uk again worked with West Yorkshire Spinners to produce a second limited edition Marie Curie yarn and I couldn't resist running the #mariecuriesockquest again. This time over 300 pairs of socks flooded in from around the world, all in Marie Curie yarn, which meant we had enough for all the hospice patients again and spare pairs of socks to give to some of the patients' relatives. One lady told me how touched she had been that she had received a pair too – 'I knew you would care for my husband, but I am so overwhelmed that you would care for me like this too.'

This year I'm trying to spread that feeling a little bit further. As well as knitting for all two hundred and twenty nine patients, I'm trying to get enough socks so that at least one loved one of every patient can also receive a pair of socks. So for the #mariecuriesockquest2019 we're aiming for four hundred and fifty nine pairs of socks!

Obviously I can't manage that alone, so if you'd like to help, I'd really be incredibly grateful. Here's how you can get involved:

- **Knit a pair of socks** (any adult size is fine, although we are sometimes short of the larger pairs so if you could manage a larger size that would be great). Please use either one of the limited edition Marie Curie yarns by West Yorkshire Spinners (there is still some of last year's available to buy from Cityknits.co.uk), the recent FlowerPower yarn by Eden Cottage yarns, or any yellow yarn (to match the Marie Curie emblem which is the daffodil). Any pattern, or just plain vanilla socks, is absolutely fine as long as it is in one of the above yarns





- **If you don't have time to knit socks then you can help by sponsoring another knitter to knit on your behalf** – buy some of the Marie Curie yarn for another knitter to use or donate some of your leftover Marie Curie or yellow yarn. Please contact me (@sherlock_knits or @flowerpowerfund on Instagram) if you'd like to be a Yarn Angel and I can pair you up with a knitter

- **If you can't afford to knit socks, but would like to donate**, you can do so by buying the Marie Curie Quest Socks on Ravelry (all profits go to Marie Curie) or donate directly at mariecurie.org.uk

Please send finished socks, by December 5th to give me enough time to package them all up and post to the other hospices, to:

Dr Sarah Holmes

Marie Curie Hospice Bradford

Maudsley Street

Bradford

BD3 9LE

Thank you SO much to each and every knitter that is joining in and helping – ***I can't tell you how much it means to me, and most importantly to the patients and their families. You are all fabulous!***

MEET THE DESIGNER

AN INTERVIEW WITH CAMILYN CRANE



Ladies and gentlemen, boys and girls. One of things we love to do here at Knitability is shine a light onto new and exciting designers that might just be new to you. This issue we welcome one of those wonderful designers. She is the designer of the gorgeous ‘Pebbles Sweater’, she also runs an Etsy shop called ‘Golden Pine Creations’ and she is of course the wonderful Camilyn Crane. Camilyn welcome to Knitability! Tell us the story of how you started knitting?

Learning to knit actually started as a way to avoid doing my homework in college. I wanted to be doing something interesting and productive when taking a break from my coursework—watching a show or browsing the internet is fun and all, but I would start to feel guilty for doing that instead of homework!

One of my previous roommates knitted a little bit when I was living with her, and though I wasn't living with her anymore, I remembered the knitting and decided to try it out. I'm completely self-taught; I used YouTube videos to learn the basics and it just kind of took off from there. I still use it now as a way

to relax and take a break, especially with three kids! And I really enjoy being able to make clothing items for me and my family. There's nothing quite like creating something beautiful from scratch and knowing it was your two hands that made it.

And then of course came crochet, how did that come about?

Crochet came a few years later. Our extended family had just welcomed three new babies into the family (including my own), and I was knitting baby blankets as gifts for my sisters-in-laws. I found out very quickly that I didn't like knitting blankets. I couldn't seem to keep the edges even and square, and I didn't like having all that yarn weighing down on my needles. And so, I decided to teach myself crochet.

Same story there—I used YouTube to learn the stitches and started making baby blankets. I love YouTube. I still use it when learning something new with knitting and crochet. I don't crochet nearly as much as I knit; I've tried out crocheting hats, headbands, and other small projects and just found

I like the knitted versions better. But when I need to make blankets, crochet is my go-to.

Over the years you must have created some wonderful projects and we would love to know what knitted project you are most proud of and also what crocheted project you are most proud of?

This may sound a little dorky, but the knitted project I'm proudest of is probably the first thing I successfully knitted, a scarf I made for my brother. Honestly, it's an ugly piece of work. He likes yellow, and so I had picked out this golden yellow yarn. It's the cheap stuff since I was in college and had no money. I don't even know if he still has it—I've never seen him wear it, and I don't blame him. The scarf was just a simple garter stitch, and ended larger than I started; I remember I kept thinking I was dropping stitches, and would pick them back up to fix it. But I was really just picking up extra stitches on accident.

There was a lot of frustration that went into that scarf, which is a little ironic considering I was supposed to

be knitting to relax. The entire project was a huge learning experience for me, and I just remember being so proud when I finished it. And even though it looked horrendous, it really gave me the self-confidence to keep knitting.

The crochet project I'm most proud of is a granny square blanket I made for my mom. It was my first time doing granny squares. I nearly made a different type of blanket because when I first started making the squares they were turning out lumpy and not pretty at all. But I wanted to make a blanket that would 'fit' my mom, if that makes sense, and I knew the granny square design would be perfect. It took a few trial runs with different hook sizes and patterns, but I finally found one I liked and went for it. My mom said she loved it—though, since she's my mom, of course she would say that!

And then of course came the designing, tell us, how did you know to release your first design?

Well, I initially started my Etsy shop to sell knitted or crocheted items I made, and so I didn't have one





‘first’ design. I made a few different ones all at once to list. It was soon after making the baby blankets for my sister-in-laws, and so I started designing baby blankets to sell. And since I enjoyed knitting hats, I listed some knitted hats as well. It didn’t really occur to me to use someone else’s pattern when making the blankets and hats, and at this point I didn’t even know about Ravelry.

I didn’t want to copy or be a ‘knock-off’ of someone else’s hard work. And so, I started teaching myself the different stitches and worked on combining them in ways I liked. To make sure my items were consistent when I made them, I wrote down my pattern. And it wasn’t long after that I saw the advantage of selling the pattern instead of the finished item—a lot less material and time, and no shipping costs!

Like knitting and crocheting, I figured out how to create patterns on my own. There was a lot of trial and error in the beginning. But I had done quite a bit

of technical writing in college, and writing a pattern wasn’t much different, so I sort of dove in head first. My patterns have certainly improved with each design, and having people test my designs has easily been the biggest help in creating patterns that people enjoy.

Whereabouts in the world are you based and what is the knitting scene like for you locally?

I live in southeast Idaho, by the Bear Lake, right in the heart of the Rocky Mountains. It’s a pretty remote area; we’re a small farming community with lots of little towns dotted around, and the nearest shopping is at least an hour and a half drive over the mountain. So, there isn’t much of a knitting or crochet scene, and definitely no local yarn stores.

All the yarn I get I need to order online. The one exception is one sister-in-law (who lives near me) started hand dyeing wool yarn to sell a couple years ago, and I can occasionally get a skein or two from



her if she has any extras. I've got dreams of raising my own sheep for the wool so I can make my own yarn and have an unlimited supply. But that's going to be a few years in the future if it happens at all!

Even though there not much here in the way of knitting groups or a local yarn store, there is loads of inspiration for my designs. We get a few feet of snow in the winter and it sticks around until at least the end of March. Perfect weather to bundle up in handknit items! And I honestly think I live in one of the prettiest places on earth. We're only three hours away from Yellowstone and Grand Teton National Park, and the mountain views here are breath-taking. It would be impossible to not get inspired while living here.

Now Camilyn, we love your 'Pebbles Sweater' it's just so cute! Tell us the story of that design?

The Pebbles Sweater started out as just a warm, basic sweater for my two oldest. During the summer, our family—and there's a lot of us since we all live near each other—likes to get together and roast hot dogs and visit. Nearby the fire pit is a creek that all the nieces and nephews get absolutely soaked in. They love playing in that creek, but summer nights get cold so us parents always need to bring a warm jacket or sweater for the kids to change into. That's where the Pebbles Sweater came in.

I designed it to be a nice, thick, warm sweater—but definitely with washable yarn as my kids were usually dirty along with being wet. I also tried to make it something both my children would like to wear, which I was only sort of successful at. My daughter loves her sweater; my son only wears his after much weeping and wailing.

Any picture you see of him wearing it was obtained with bribery. It was the first sweater I've designed, and I was pretty pleased with the way it turned out. I'm a fan of simple, classic looking clothes, even for kids, and I think the Pebbles Sweater fits well with that. And, naturally, I named it for all the rocks and pebbles the kids would play with in the creek.

If you're not designing something, what are you normally knitting on? For Dan its cabled or colour work garments for Kay its socks and blankets, but what about you?

It changes a lot, depending on my mood and the season. Right now I'm working on Christmas presents, and somehow a number of the patterns I chose involve lace. So I've been doing a lot of lacework. It has been fun and challenging since I haven't done much of it before.

Come fall and winter I start working on lots of knit hats—my kids always seem to be losing theirs, and I quite enjoy making them. Recently I've been making more sweaters, both for me and my kids. I'm still trying to convince my husband to let me knit him a sweater, but he isn't much of a sweater-wearer, so it may never happen.

And when you are casting on one of these projects that you love, are there any specific designers you look for?

I really love Dani Sunshine's designs for children's pullovers and cardigans. I made one of her sweaters for my daughter recently and it was adorable (though, since my daughter is just a toddler, she immediately went out and wrecked the sweater. But that's another story). I also love all the designs of



Kathryn Folkerth; in my opinion, she really nails the simple and classic look that I like so much.

I haven't really done any colourwork sweaters, but when I do, I want to try out one of Kristin Drysdale's designs. I think they're gorgeous, and I love that she bases the designs off of her Scandinavian heritage. Maybe after all my knit Christmas presents are done, I'll have some time to cast one on.

Sadly we all do need some rest time from knitting and reading is one of our favourites. So Camilyn, what is the best book you have ever read and why do you think it's the best?

I don't think you could have given me a harder question! I love reading, and have read so many good books I think it would be impossible to choose the 'best' book. One of my absolute favourite books is *Gone with the Wind*, and I will always recommend people read it if they haven't already. Scarlett O'Hara is such a wonderful character to read; I go from hating her to loving her, and am constantly getting frustrated with her decisions.

She's a very human character with loads of flaws and lots of mistakes, and like us, doesn't always learn from her mistakes the first time. In my opinion, there aren't many books out there that have such a realistic character and story. I just love it.

Final question Camilyn, you have just been left on a desert island, 'Castaway' style. But instead of Wilson, you can take one make of needles and one brand of yarn, but which would they be?

Lets see; the only brand of needles I have used much is Knit Picks, which I quite like. So I would take my Knit Picks interchangeable needle set. Is that cheating since it's like six different needles? As for the brand of yarn, I'd like some Sugar Baby Alpaca from Wool and the Gang. I've never used this yarn before, but it's definitely on my wish list!

Thats it! You made it Camilyn, thank you so much for spending time with us today and we wish you and your family a wonderful rest of 2019.

Find Golden Pine Creations here

<https://www.ravelry.com/stores/golden-pine-creations>

MEET THE MAKER

AN INTERVIEW WITH SHERRY IRIS

SHERRY
IRIS



Anyone who has seen an episode of ‘The Bakery Bears Video Show’ recently will know that Kay has a new obsession. She is addicted to ‘Sherry Iris’ yarns! So we knew that we could not wait another edition of Knitability without welcoming the wonderful Sherry to Knitability. Sherry, its so wonderful to meet you! Now, we have a feeling we have more in common with you than we realised, tell us what you did before you started spending your days with yarn, textiles and paint!

Thank you so much for inviting me – such a pleasure. While I’ve always been attracted to artier pursuits, it took me a while to get there. Back when I was at an all-girls school in Kent – I remember suggesting to a teacher that I wanted to be a fashion buyer but that was batted away quite quickly. Instead, I went into a career in international banking. Given that it took me two attempts to get my GCSE Maths, I don’t think I received the best careers advice! I worked in special accounts looking after overseas clients’ share portfolios. A world away from what I do now.

I worked in banking until I met Keith - love at first sight - and left to raise our family. We have three sons. When they were in secondary school, I dipped my toes back into the world of work. I had a degree in English by then, and went into education. I worked in education for about ten years – from early years through to sixth form. I also used to help with organizing exams. That was stressful!

That IS absolutely amazing given Kay used to be in banking and Dan used to be a teacher. Has knitting and crafting always been a huge part of your life?

I honestly don’t remember learning to knit – it’s just something I’ve always done. I can hear the clicking of my nan’s needles now. She used to make hand-knitted clothes for my dolls. They were always the highlight of my Christmas.

It was my aunt who taught me to crochet. She was very talented and was very patient while I was learning. Despite her best efforts, I’ve never scaled the heights to reach her abilities.

I learned a little sewing at school, but it wasn't until a friend of mine started teaching me, when I was a teenager, that I really took to it. We spent our Saturdays sewing and I was so impatient to wear my 'creation' that I would go out that evening with safety pins in place!

Dolls come into focus again here - I spent many hours sewing them clothes. Knitting cardigans for our sons and crocheting blankets was such a pleasure. But somehow, over the years, the amount of time dedicated to 'making' seemed to diminish. Having lived in Kent all my life, a move to the Cotswolds provided an opportunity to be more creative with my time...

So how did your transition into the wonderful world that IS Sherry Iris come about?

Education is a career ruled by the clock. Bells ringing for lesson changes, staff meetings and parent meetings, public exams – there is a very strict

timetable in education -there has to be. Moving to Gloucestershire, and latterly to Devon, offered the opportunity to do things differently.

Comments over the years (“you should sell your embroidery”) began to come into focus and the idea of having my own business took hold. Sherry Iris are my first and middle names – Iris is my mum's name -my mum had to be a part of this. The freedom of creating and not being rigidly timetabled... was intoxicating. I began making glasses cases and embroidered bags. I used to have a stand in a craft market and loved the interaction with the public. Yarn dyeing is something that has been an absolute joy.

Your embroidery is just stunning, where do you find your inspiration for a new subject and how do you go about turning your inspiration into a finished piece?

Oh, thank you so much :) My inspiration is nature - the great outdoors. Being outside is quite simply





when I'm happiest. Whether it's walking on Dartmoor, a local beach, or in the countryside near where I live: being outside just brings me peace. And peace brings creativity. I always come back from a walk with pockets full of cones, seed heads or fallen leaves.

Birds are a particular love of mine – I could spend an entire day just sitting watching and listening to them. Birdsong is so therapeutic. Take the time on a walk to stop and listen - you'll be amazed at what is right next to you. Once home from a walk, I will often do a quick sketch or watercolour, and I'll start working on the embroidery using that as inspiration... or out come the dye pots!

This is fascinating stuff Sherry, did you have any formal art training or is this just a work flow you have developed yourself over the years?

I'm completely self taught. I have always sketched and painted. I doodle incessantly. I find it very difficult to just sit – I always have to be doing....

something. I drive my family crazy as I'm always drawn or doodling when they're talking to me!

We understand that you are a lover of books, so are we! What are some of your favourites and do you find inspiration for your creativity in the books that you read?

Books make the world go around, right? I can get completely lost in a book and after I've finished reading a novel, it will stay with me like an old friend. I recently decided to study for a Masters in Creative Writing (I'm currently on a study break), and I have had to read a huge amount of literature as part of my studies. I enjoy such a wide range of genres and authors and have many favourites.

As a child, I used to love visits to the local library and Jane Austen's *Pride & Prejudice* was the first book I was allowed to borrow from the adult section. I can remember moving my bookmark down the page as I was reading – captivated. Jane Austen still has my heart. We've had many yarn colourways inspired by her novels and characters. Another one of my



all-time favourites was Thérèse Desqueyroux by François Mauriac - I read it first in sixth form and it was the first yarn colourway I ever dyed up!

Over the years Sherry you must have knit some wonderful projects. I think we all have favourites don't we, those projects which stand out from the crowd. We would love to know what your favourite or favourites have been!

When I started work in the city, I worked in the NatWest Tower. It was in the 80s – all power dressing and padded shoulders. I had knitted a long length cardigan (all the fashion then..) in an oatmeal Donegal yarn. I wore that to bits and was so proud of it. I can't imagine how I must have looked amongst all those shoulder pads!

I also still have all the little baby cardigans I knitted for our boys - I love that they were wrapped up in those. Recently I'm absolutely besotted with sock knitting – pulling on a hand knitted pair of socks is just bliss

Your artistic tendencies clearly have rubbed off on your family, because your son works with you too doesn't he?

I had an uncle who was the most talented artist, photographer and wood carver. I still have some of his carvings and his cameras. I think when you are surrounded by such things, it rubs off on you. Christopher, like all of our sons, would spend hours drawing and painting when he was younger.

Christopher is a very talented writer and poet and is in the process of writing his first novel, having recently graduated with his masters. I'm just absolutely over the moon that he works with me now – he is one very equal half of Sherry Iris, though perhaps the slightly quieter half. He spends hours photographing wildlife, and he'll then paint from those snaps and sketches. Nature is the inspiration for both of us. If he photographs a bird, Christopher will paint it and I will embroider it!





We know through first hand experience how difficult it can be to integrate yarn dyeing with your home life, how do you go about finding the right balance so you can keep producing such wonderful skeins!

Honestly, I'm still learning how to fit it all in! My day starts early and I try to get all the admin done straight away - answering e-mails etc. Customer care is the highest priority for me and I have gained some lovely friends in my customers. Household chores also tend to happen very early in the day and my ironing board doesn't get used quite as often as it used to!

Christopher and I will then get together to discuss the day's work and any ideas that we have spilling out. At the moment we are both working on the Vintage Yuletide Yarn Advent Calendar. I split my time between yarn dyeing and embroidery/bag making. I enjoy both equally. We also share the artwork for the clubs and the yarn celebration boxes we create.

Mondays tend to be packaging days when orders from Friday's shop update are posted out. The rest of the week will be a mixture of working on pre-orders, embroidery, dyeing up new colourways and working on larger projects such as our celebration boxes. On Friday we get everything ready for the shop update which involves creating

the listings and taking photographs. That's always the plan but it can a little hectic!

Now Sherry, its the last question and its a tricky one! You're about to be left on a desert island and you just have time to grab one book before you go. What would it be and why?

One book! Only one?! Gosh that's difficult! I think it has to be a book that is like an old friend. I have so many old friends - Anne of Green Gables (from my childhood – and don't get me started on Enid Blyton..), Northanger Abbey, Far From the Madding Crowd, David Copperfield, a whole host of Joanna Trollope novels... but the book that I'm itching to read again, that is full of the most wonderful characters, is A Suitable Boy by Vikram Seth - and it's a tome so it would keep me going for a while. Could I just squeeze in a Harry Potter and perhaps Jane Eyre – nobody would know.... and that back pocket of my backpack would be perfect for Rebecca.. shhhhhh

Sherry you totally did it! It has been such a pleasure getting to know you a little better. We wish you and all your family a wonderful end to 2019.

You can find Sherrys website here
<https://www.etsy.com/shop/SherryIrisDesign>



SHOW DIARY – FIBRES WEST

BY ROBYN SCALISE

Welcome to Fibres West, a small country fibre festival held at the postcard pretty Cloverdale Agriplex, located in the greener part of Surrey, British Columbia, Canada.

Living in the city does not give many opportunities to venture further out to the green countryside of neighbouring cities, except when yarn is involved. Every year for the last three years, my mum and I have had the opportunity to visit the wonderful Fibres West. This event is held at the Cloverdale Agriplex, a red barn usually home to rodeos and country fairs, complete with a bucking horse statue, bleachers and the Chuck Wagon Cafe. The drive to Fibres West is fairly short and is mostly highway but, thankfully, the monotony is punctuated with beautiful views of snow capped mountains, lush green fields (as you get closer to the venue), and working farms.

Fibres West has been occurring annually for 11 years and always showcases the fibre delights of local Canadian makers with a smattering of vendors from across the border into Washington, USA and

beyond. A total of 76 vendors were in attendance at this year's Fibres West, along with free lectures, paid for classes, free drop in area for kids and, unlike other shows, 3 daily prize draws for baskets of goodies. This year was also a little different from previous years in that there was a table taking food donations for the Surrey Food Bank in exchange for winding attendees yarn.

Vendors at Fibres West not only focus on ready-to-knit yarn, but also sell such goodies as fibre, drop spindles, project bags, wool wash, knitting needles, weaving supplies, stitch markers, knitters jewelry, handmade buttons and much more. There are also pattern designers, podcasters and several local yarns shops vending including the organizers Penelope Fibre Arts, an LYS also located in Surrey, B.C.. The most notable and well known knitwear designer wandering around the marketplace was none other than local designer Sylvia McFadden AKA Soft Sweater. A well known yarn dyer vending at Fibres West included the lovely Sweet Georgia Yarn. While being tempted by all on



offer we went to Fibres West with two purchases in mind, the first was a sweater quantity of yarn from Canadian company Briggs and Little to knit a colourwork Tin Can Knits pattern (a very Canadian project indeed!) and the second was to replenish our interchangeable needle sets with needles and cables. Fortunately, we were successful in the first purchase (the Mountain Mist sweater by Tin Can Knits is now on the needles) but unfortunately we were unsuccessful in the second as we were unable to find the needles and cables we needed.

Added bonuses of the day included a welcome by two bald eagles perched in a tree in the Agriplex car park, and many compliments on my new Wool and Honey sweater (by Andrea Mowry), and my mums Caribou

cardigan (By Tin Can Knits). Speaking of the car park, there is an ample amount of free parking for the event. When we left the Agriplex to eat our packed lunch, a must if you wish to avoid the limited food options at Fibres West, we spotted a Heron perched in the same tree as the eagles were occupying only three hours earlier.

As usual, we thoroughly enjoyed our annual trip to Fibres West, and highly recommend this fibres event to all that can attend.

For more information about this event please visit <https://www.fibreswest.com/>

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EPISODE 2 - FOFFANOS

EPISODE 3 - ORIGINS

EPISODE 4 - BETTY'S

EPISODE 5 - WATERHOUSE KITCHEN

EPISODE 6 - MAINSGILL FARMSHOP

EPISODE 7 - CROSS VIEW TEA ROOMS

EPISODE 8 - BARKERS 1882

EPISODE 9 - CLARENDONS

EPISODE 10 - TOPIARY CAFE

EPISODE 11 - CROSS LANES CAFE

EPISODE 12 - CLERVAUX CAFE

THE BAKERY BEARS PUDDING CLUB & MORE

DID YOU KNOW YOU CAN NOW FOLLOW ALL OUR BAKING SHOWS VIA THEIR OWN PAGE ON OUR WEBSITE? KEEP UP TO DATE WITH OUR BAKING SHOWS HERE [HTTPS://BAKERYBEARS.COM/BAKING/](https://bakerybears.com/baking/) OR TAP ON A TITLE BELOW

Gold edition – SEASON 1

[SYRUP SPONGE & CUSTARD](#)

[SPOTTED DICK](#)

[WINIFRED PUDDING](#)

[SUMMER FRUITS ROULADE](#)

[RASPBERRY CHEESECAKE](#)

[MILLIONAIRES SHORTBREAD](#)

[APPLE PIE](#)

[PLUM PUDDING](#)

Gold edition – SEASON 2

[EVES PUDDING & ICE CREAM](#)

[LEMON & POLENTA DRIZZLE CAKE](#)

[STICKY TOFFEE PUDDING](#)

[COCONUT CAKE](#)

[BREAD & BUTTER PUDDING](#)

[LEMON & MERINGUE CUPCAKES](#)

[APPLE & RHUBARB CRUMBLE](#)



[France - Beef Bourguignon](#)

[Italy - Torta di Lamponi](#)

[Egypt - Falafel's](#)

[England - Custard Creams](#)

[Russia - Pirozhki](#)

[Canada - Butter Tarts](#)

[Cherry Scones and a cup of tea](#)

[The Best Chocolate Cake](#)

[Kays Best Mincemeat](#)

[Perfect Christmas Cake](#)

[Dan's Favourite Cake](#)

WHAT'S IN STORE WITH THE BAKERY BEARS

FIND OUT BELOW WHAT WE HAVE PLANNED FOR THE NEXT THREE SHOWS!

IN EPISODE 138, KAY RETURNS FOR HER FINAL ROUND OF KNIT OR FORFEIT! WHAT WILL HER FINAL SCORE BE?! AND WHO WILL WIN OUR NEXT SPECIAL PRIZE?

IN EPISODE 139, ITS TIME FOR THE FINAL ROUND OF KNIT OR FORFEIT AND CROWNING OF THE CHAMPION OF 2019. WE'LL ALSO BE AWARDING OUR FINAL SPECIAL PRIZE OF THE SEASON

IN EPISODE 140 ITS TIME FOR THE VERY FIRST NEW ADVENTURES OF THE BAKERY BEARS CHRISTMAS SPECIAL!! WE'LL BE UNCOVERING THE STORY OF CHRISTMAS AT YORK MINSTER

KNITABILITY ISSUE 23 WILL BE OUT 18TH DECEMBER 2019



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Huge thanks to all our contributors this month! If you would like to get involved, email us at dan@bakerybears.co.uk