

hippystrings
KNIT ALL THE THINGS
IN THE MOUNTAINS

May 2nd-5th, 2024

Overlander Lodge, Jasper AB
27010 Hwy 16

Itinerary

Wed. May 1st

8:00 pm

Robyn and Sherrill will host an informal Knit Night in their cabin for any participants who arrive early! Bring your favorite WIP!

Thurs. May 2nd

4:00-5:30 pm

Arrival & Check-In - Main Lobby

6:00 pm

Dinner

8:00-9:30 pm

Marketplace is Open

9:30 pm

Coffee/Tea/Hot Chocolate

Fri. May 3rd

8:30 am

Hot Breakfast

9:30-10:30 am

Yoga

10:30-1:30 pm

Knit the Perfect Fitting Sweater Pt. 1 (Group A)

1:30 pm

Lunch

2:30-5:30 pm

Knit the Perfect Fitting Sweater Pt. 1 (Group B)

3:30 pm

Coffee & Snacks

5:00-6:30 pm

Marketplace is Open

7:00 pm

Dinner

8:30-10:00 pm

Game

10:00 pm

Coffee/Tea/Hot Chocolate

Sat. May 4th

8:30 am

Hot Breakfast

9:30-10:30 am

Yoga

10:30-1:30 pm

Knit the Perfect Fitting Sweater Pt. 2 (Group A)

11:00-12:30 pm

Repairing Hand-Knit Garments (Group B)

1:30 pm

Lunch

2:30-4:00 pm

Repairing Hand-Knit Garments (Group A)

2:30-5:30 pm

Knit the Perfect Fitting Sweater Pt. 2 (Group B)

3:30 pm

Coffee & Snacks

5:00-6:30 pm

Marketplace

7:00 pm

Dinner

8:30-10:00 pm

Game

10:00 pm

Coffee/Tea/Hot Chocolate

Sun. May 5th

8:30 am

Hot Breakfast

11:00 am

Room Checkout

12:00 pm

Farewell

Check-in...

Robyn, Sherrill and the sisters from Cozy Up Knits will be near the lobby to greet you. You will receive a folder and name tag and of course an awesome SWAG BAG!

Our Goal for the Retreat

What could be better than spending a weekend in the mountains with your yarn, needles in hand, meeting new friends and learning some new skills?!

We want you to have a relaxing fun-filled time while you attend the retreat... and of course... **KNIT ALL THE THINGS!**

**Retreat
Cost \$2,362.50**

NON-REFUNDABLE Deposit of \$350 due Nov. 30th.
1st Payment of \$670.80 due Jan. 30th.
2nd Payment of \$670.80 due Mar. 15th.
Final Payment of \$670.80 due by Apr. 15th.

Outside food and beverages are permitted in your rooms, but not in the lobby or restaurant area. Liquor service will be available at your own expense Thursday, Friday and Saturday after 4:30pm.

Retreat Workshops

Perfect Fitting Sweater Class & Repairing Hand-Knit Garments

Perfect Fitting Sweater Class

Hi All, my name is Julie Ann Lebouthillier and I am the designer behind Twin Stitches Designs.

I'm a stay-at-home mom of twin girls and have a passion for knitting. My designing started in late 2018 and I love coming up with new patterns and challenging myself in my designs. I'm looking forward to sharing some of what I know with you at the upcoming retreat.

Learn ALL the tips to knit the perfect fitting sweater! Knitter's should take both classes to get the most out of it.

Day One: we go over all the technical items, sizing, measurements, yarns, adjustments, DOING OUR GAUGE SWATCH!

Day Two: we are going over the pattern itself casting on, choosing your size, learn how to read your gauge swatch and cast on the perfect fitting sweater.

Which sweater you ask!?

The lovely "What the Fluff" Pullover!!

Drop shoulder technique, seamless, and picking up stitches. DK weight, OR fingering held with mohair.

Course Overview: Are you tired of knitting sweaters that never quite fit the way you want them to? Join our "Perfect Fitting Sweater" knitting course. This course will teach you the skills and techniques needed to knit a sweater that fits you.

Course Objectives:

- Understand the principles of sweater construction and design
- Learn how to take precise body measurements for a custom fit
- Master various knitting techniques, including gauge, swatching, and yarn selection
- Gain confidence in adjusting patterns to accommodate different body shapes and sizes
- Cast on and knit your sweater!

What to Bring:

Follow this link <https://www.ravelry.com/patterns/library/what-the-fluff-2> to see required materials, and supplies. Kits will be available to purchase in the Market from all dyers.

Repairing Hand-Knit Garments

Helen is a fibre artist and woodturner. She enjoys being curious and exploring history, traditions, and new forms of craft. Her work has appeared in Spin Off magazine and Piecework magazine by Long Thread Media, Digits & Threads an online magazine for Canadian fibre and textile arts, crafts and industry, and also in the book 52 Weeks of Shawls with Laine Publishing Oy in Finland in addition to many other self-published patterns in knitting, weaving, crochet, quilting, sewing, and embroidery.

With a doctorate in education, in this workshop, she is combining her training in education with her passion for fibre arts and woodturning, to teach how to mend handknit garments with handmade wooden tools and a range of fibre art techniques.

We have spent so much time creating our lovely hand-knits, so of course we will wear and enjoy them! Over time, hand-knit garments needs some repair. This workshop will focus on how to repair your favourite hand-knit garments.

While some materials for this class will be provided, each participant will need to bring:

- Phone or camera for taking photos and videos of mending techniques
- Items for mending, ideally items in a range of yarn sizes (for example, an item knit in fingering or sock weight, and an item knit in DK-weight yarn or thicker). A range of fibres are welcome as well, as approaching a garment made with pure wool will differ than approaches used in cotton
- Complimentary or similar yarn to what was used to knit the garment. While the weight and fibre content should be similar, the colour does not need to be
- Scissors
- Darning needles of various sizes

Sign up for
these workshops
and perfect your
sweater knitting
& repairing
skills!

We are looking
forward to offering
these classes with...



MawdsleyFibreArts.ca

Hippy Strings Mountain Market

This year in the market we have three booths packed full of beautiful yarns and notions for you to shop.

Two booths will be filled with the fabulous yarns from Campfiber Yarns, and Fireweed Fibre Co. These dyers offer the most lovely, squishy bases dyed with gorgeous colourways.

We are excited to offer the following yarns in our Hippy Strings booth for you to enjoy.

- Farmers Daughter Fibers • Midknit Cravings
- West Coast Yarn Co. and More!

We will have a selection of needles, and a variety of great notions such as cords from The Knitting Barber, beautiful handmade bags, and so much more!

We Welcome Fireweed Fibre Co.

We are Erin and Trystan, two former Chefs originally from Northwestern Ontario, now living in Winnipeg. I had been offered a job at one of the top restaurants in the country, but as luck would have it, we moved to Winnipeg the same week the pandemic was declared and the restaurant had unfortunately closed their doors two days prior. With no jobs in the foreseeable future, we took this time to get settled into our new home. Which was great at first, but it got boring really quick.

As time went on, we started to look into different avenues to make money. Erin had already been dabbling in dyeing yarn for her own personal use when she first heard about the Manitoba Fibre Festival. Thinking, hey I can do that, she created a business name, logo and began dyeing what would become our initial run of colourways all within 2 months. The following year she was accepted into KnitCity Vancouver to which I jumped at the chance to go along for the trip.

Two years later we are now business partners, having done shows from Squamish to Montreal, and our yarn can be found in stores across Canada. Erin likes to make the joke that because of our partnership, she gets to spend her time creating and dyeing pretty things, while I get to do all the not-so-fun parts of owning a small business. All of our yarn and fibre is ethically sourced and we focus on bold, bright and anything but boring colourways. And we've since expanded out into monthly mystery sock clubs, advent calendars and so much more. We've had the absolute pleasure of meeting some truly amazing people during our 4 years in business. Including customers, fellow

yarn dyers and local yarn stores which is by far the best part of what we do. The travelling isn't too bad either.

Erin and Trystan
Fireweed Fibre Co

Meet Lora from Campfiber Yarns

"The desire to create is one of the deepest yearnings of the human soul."

This raw and deep quote by Dieter F. Uchtdorf speaks to my inner need to dream, design and create. Ever since I was little, I have felt the need to express myself through unleashing my creativity.

Through high school, my medium was sewing and art. Once I reached University, I went through creative withdrawal as my small space didn't accommodate the set up required for pattern making. My journey then took me through to a time worn craft that my grandmother taught me when I was young.

Knitting became my passion and my meditation. The repetitive process was calming and reassuring while filling that deep desire to create. There was something magical about being able to create a beautiful garment out of some fluff and sticks.

When my second child was born, I dug even deeper into my want to create and began dyeing my own yarn. I wanted the opportunity to help others on their creative journey and to help inspire others in this positive and supportive community. I am so thankful that I hope that you stay a while and find something that inspires you for your next project.

Cheers from a little studio in Sherwood Park, Alberta, Canada!



*** We will be bringing a swift and baller with us if anyone needs to use it!! ***



This year we are
DONATING 10% OF ALL SALES
in the Market to the
JASPER COMMUNITY TEAM SOCIETY
as a way of giving back to the community of Jasper.

Stretch & Relax

Join Jasper Wellness for a relaxing yoga session designed for all bodies and abilities to unwind, unbind and let go.

"Nurturing yourself is not selfish - It is essential to your survival and your well-being" - Renee Peterson Trudeau

Based in beautiful Jasper, Alberta, Jasper Wellness is a mobile business focused on people and their well-being.

Through Massage Therapy, Yoga, Doula Services and Wellness Offerings we take pride in meaningful service delivery with attention to detail, intention and care.

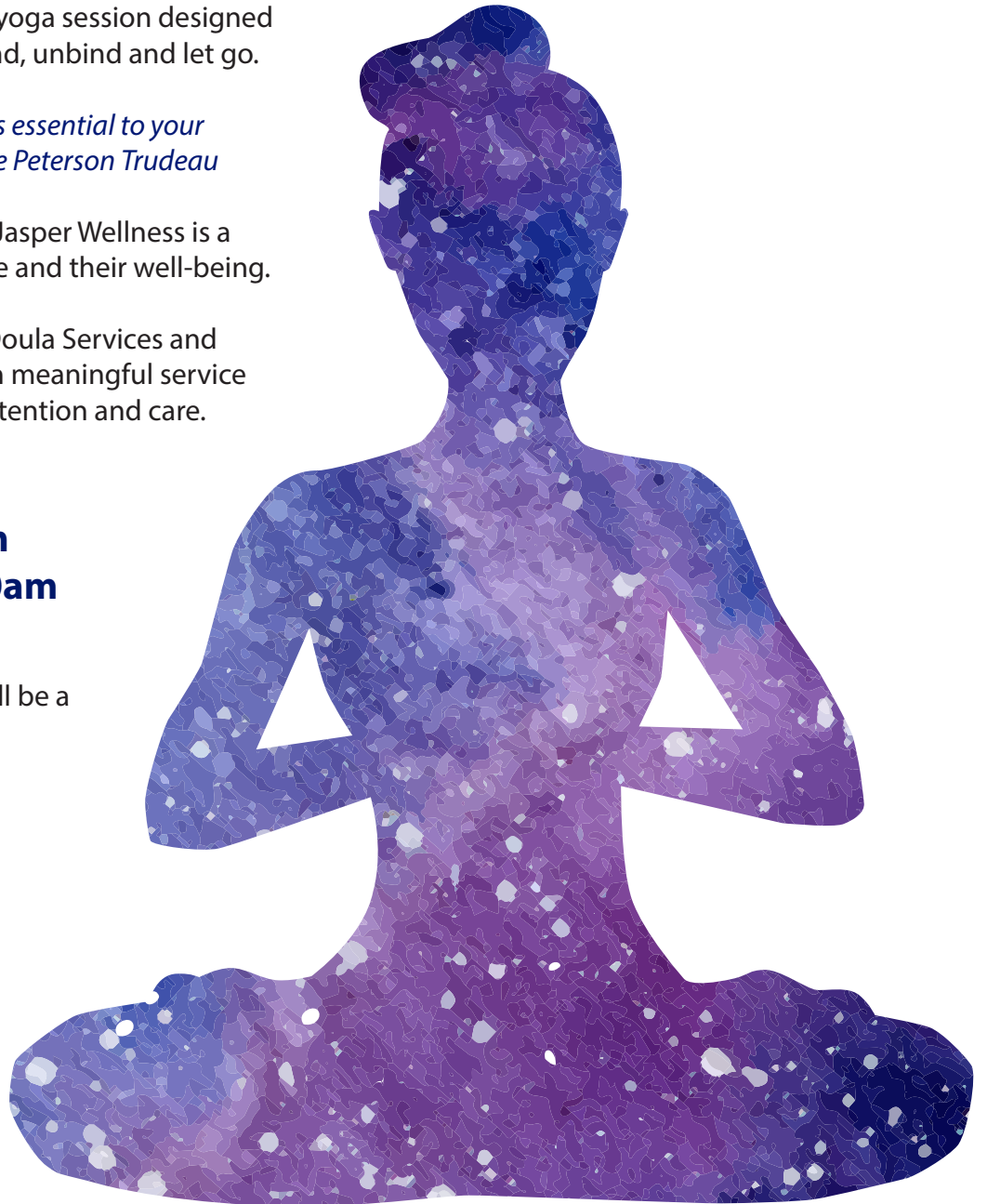
Book your spot NOW!

Friday - 9:30am-10:30am

Saturday - 9:30am-10:30am

What to Bring:

- Yoga Mat (if you can, but there will be a few available to borrow)
- Water Bottle
- Warm Lap Blanket or Wrap





The Overlander Mountain Lodge

The Overlander Mountain Lodge is nestled in the hillside just outside the East Jasper National Park Gates.

Although we are a scenic 35 minutes (50 km) drive to the town of Jasper, we love that we are removed from the jostle and bustle of downtown Jasper.



Driving Directions

From Edmonton

- Head west on the Yellowhead Hwy (Hwy 16) for approx. three hours
- Pass through the town of Hinton and continue west for approx. 15 minutes
- Once you pass the Jasper Gates Resort (on your left), we are just around the next bend
- The turnoff to the Overlander Lodge is located on the right (north) side of the hwy
- If you hit the Jasper National Park Gates, you've gone about two minutes too far!

From Calgary

- Head west on the Trans Canada Hwy (Hwy 1)
- Continue through Banff and Lake Louise
- Approx. 10 mins after Lake Louise, turn north along Hwy 93 and continue for approx. 2.5 hours
- There are many stops along the way, including the Columbia Icefields
- When you reach Jasper, head east on the Yellowhead Hwy (Hwy 16) and continue for 30 mins.
- Two mins. after exiting the Jasper National Park Gates we will be on the left!

*****Checkout will be 11:00 am on Sunday morning*****



Fantastic Food!

May 1st-5th, 2024

Friday Dinner

Beet Salad

pickled & shaved beets, whipped goat cheese, fennel, dill vinaigrette

Osso Bucco Style Braised Beef Short Rib

Pappardelle, broccolini, gremolata

Vegetarian Option:

Vegetable Pappardelle - broccolini, zucchini, spinach

Apple & Pear Tart with Cinnamon Cream

Coffee and a variety of teas

Saturday Dinner

Farm Green Salad

oven dried tomato, dry cranberry, smoked almonds, toasted pumpkin seeds, house vinaigrette

Oven Baked Chicken Supreme

chive mashed potato, farm vegetables, saskatoon jus or

Pan Seared Kuterra Salmon

rice pilaf, farm vegetables, buerre blanc, tomato caper sauce

Vegetarian Option:

Grilled Jicama

chimichurri, shallot pine nut puree, French lentil, charred spring onion, confit tomato

Chocolate Torte

whipped cream and berries

Saturday Breakfast

Family Style:

Freshly baked muffins, freshly cut fruit

Plated:

Free range

Orange, a

Saturday Lunch

Plated Lunch:

Roasted Mushroom Cappuccino - herb creme fraiche

Choice of:

Grilled Vegetable Wrap

Hummus, boursin cheese, grilled farm vegetables or

Chicken Pesto Sandwich

onion jam, white cheddar

Assorted squares, coffee and tea

Saturday Coffee Break

Vegetable display, chips & dips, popcorn

Coffee and a variety of teas

Sunday Brunch

Family style:

Assorted danishes, croissants, and freshly baked muffins, flavored yogurt, freshly cut fruits, berry smoothie shots

Plated:

Vegetable Frittata, Green Salad

Orange, Apple & Grapefruit Juices

Regular & Decaf Coffee and a variety of Teas

SAMPLE MENU
TO BE UPDATED CLOSER TO RETREAT

Weekend Forcast - Knitting with no chance of house cleaning or cooking!

A decorative blue header with a white mandala pattern on the left side. The pattern consists of intricate geometric and floral designs. The word "Questionnaire" is written in a large, white, sans-serif font on the right side of the header.

Questionnaire

Please fill out your information and email to:
hippystrings@gmail.com or hand in at the retreat

Name: _____

Instagram Name: _____

Ravelry Name: _____

Email Address: _____

Phone Number: _____

Emergency Contact and Phone Number: _____

Do you have any dietary restrictions? _____

Would you like to sign up for the Knit the Perfect Sweater Class _____

Do you have any questions for us? _____

Would you like to sign up for a yoga session? _____

What are you looking forward to most at the retreat? _____

A decorative footer with a white mandala pattern on a dark background. The pattern is similar to the one in the header but in a lighter shade. A quote is centered in the middle of the footer.

**“The yarn forms the stitches, the knitting forges the friendships,
the craft links the generations.”**

- Karen Alfke