

IN THE STUDIO WORKSHOP WEEK 2!

Welcome to 'In the Studio Workshop Week 2'! We are so excited to offer you seven new and innovative workshops to choose from. You can sign up for just one or for all seven; it is completely up to you!

All classes will be held online on Zoom. The Zoom link will be sent to you via email after registration and payment. Please read through the class descriptions carefully, and if you have any questions or would like to register, please email the instructor of the class directly.

- Please note that by registering for any classes in Workshop Week your email address will be shared with each of the seven instructors only for the purpose of organization and follow-up. You will not be added to any mailing lists.

BONUS

All registered students will also be invited to participate in two bonus Workshop Week events:

Workshop Week Gathering

Join all of the instructors and the other students for an online gathering. It will be held on **Wednesday, February 3rd, 2021, at 6:30 PM EASTERN for 1.5 hours**. This gathering is a place to chat, work on a piece in progress, or just sit back and listen to the conversation! The Zoom link will be sent the day before the hook-in to all students registered in at least one class.

Workshop Week Panel Discussion

Join us for a bonus episode of the series 'In the Studio' where the seven instructors will engage in a panel discussion and take your questions. It will be held on **Friday, February 5th, 2021, at 1:00 – 2:00 PM EASTERN**. The Zoom link will be sent the day before the panel discussion to all students registered in at least one class.

VENDORS

We are happy to have two great fiber art vendors offering a discount code for our February Workshop Week! A discount code for both shops will be given to students upon paid registration only, and we ask that you do not share it with those who are not registered.

If you are in **Canada**, you will enjoy shopping with the **Martina Lesar Hooked Rug Studio** in Caledon Ontario. Martina is a talented and experienced fibre artist and has a beautiful selection of wools, patterns, kits, supplies, and notions. To shop with Martina go to <https://martinalesar.com/>

If you are in the **United States**, check out **Parris House Wool Works** in Paris, Maine. Owned by Elizabeth Miller, this studio also carries everything you need for rug hooking: wools, patterns, kits, frames, three foundations, and for the punchers, some punch supplies. To shop with Elizabeth go to <http://www.parrishousewoolworks.com>

WORKSHOP OPTIONS



INTRO TO PUNCH NEEDLE RUG HOOKING

When: Sunday, January 31, 2021, 1:00 PM EASTERN

So, you're a rug hooker who's interested in what this punch needle thing is all about, maybe you've seen punch needle going nuts on Instagram. You're wondering if you might like to try a little project or two. Maybe your rug hook is bothering your arthritis. Why not use this time at home to experiment?

Punch needle rug hooking – with the “big” needle, not the little ones used in miniature punch needle or punch needle embroidery – is indeed a form of rug hooking. But we approach it from the back or the “loop-less” side. Maybe!?! That's one of the things we'll talk about in the class. In

addition to the basics.

Students will learn how to use the punch needle to make a small project that can be hung on the wall or used as a “mug rug.” The basic skill set will allow students to move on to larger projects like table runners, pillows, and rugs with confidence.

During the workshop students will:

- Transfer a simple pattern onto a monk's cloth backing;
- Prepare materials; and
- Begin punching the project.

We'll also discuss various ways you might choose to finish the rug when the punching is done.

No experience is necessary; you don't even have to be a rug hooker!

Materials Required:

- A frame of some sort (teacher will talk to each student about options upon registration);
- A pencil (or a “magic” pen) and Sharpie;
- Scissors; and
- A mind and spirit open to experimenting and FUN.

Students may source the following on their own or purchase a KIT from instructor (\$55 USD + S&H) to include:

- A boxed Amy Oxford punch needle, size 10 regular with stitch guide (makes ¼-inch loops and can be used with size 8 wool strips though class will be taught with yarn);
- A piece of monk’s cloth that will accommodate a couple of small projects; and
- A selection of wool rug yarns.

Class Fee: \$50 USD

The class is ONE SESSION, approximately 3 HOURS in length.

For more information or to register please email Laura Salamy at laura@highonhooking.com.

If one chooses to purchase a kit from the instructor, please include that in the initial email to the instructor.

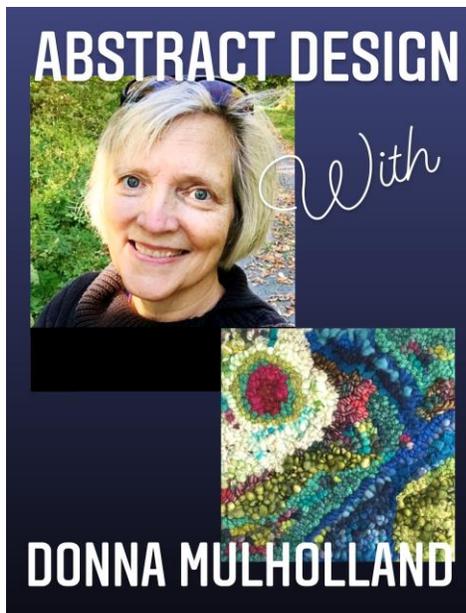
About Laura Salamy:

Laura Salamy is the hooker behind High on Hooking.

I’ve never been a “traditional” hooker, preferring to color outside of hooking’s more “typical lines.” Instead of limiting myself to wool, I prefer to use most any material I can get my hands on. Often that means cutting strips from old t-shirts and bed sheets. Up-cycling throw-aways to art is a priority for me. Our landfills are filling up. Or they’re already full. While certain projects benefit from virgin wools or other fibers, I like to do my little part to slow that process and make something lovely at the same time.

Laura’s work has been seen in various exhibits as well as [Rug Hooking Magazine](#); [ATHA Art of Rug Hooking magazine](#); Karen D. Miller’s book [Eyes Open to the World: Memories of Travel in Wool](#); and Judy Taylor’s [T-Shirt Treasures: Creating Heirloom Hooked Rugs from the Humble T-Shirt](#). She currently serves as President of the Adobe Wool Art’s Guild, New Mexico’s only rug hooking guild.

Learn more about her work at <https://highonhooking.com>.



REALITY IS NOT ALL IT'S CRACKED UP TO BE: PLAYING WITH ABSTRACT & NON-OBJECTIVE DESIGN IN RUG HOOKING

When: Monday, February 1, 2021, 1:00 to 4:00 PM EASTERN

In this class, you will learn about abstract and non-objective design. (For example, did you know that you don't have to "see things" in an abstract work? Don't worry, I'll explain that statement.)

You'll play with composition, shape and colour to design and create a 6x6" abstract or non-objective mat of your own.

Topics covered will include basic theory, current trends/inspiration, composition, colour planning and abstract appreciation.

Come play. The Zoom classroom is a safe place to play and try something new!

Materials Required:

- Backing fabric (linen, burlap or whatever you prefer) marked out to a 6" square
- Pencil and paper
- Sharpie marker
- Scissors
- Rug hook
- Yarn or wool strips (or whatever material you like to hook)
- Rug hooking frame or hoop
- A printout of the handout you will receive prior to the class

Class Fee: \$50 USD (Conversion will be made to CAD for Canadian students). Payment can be made by e-transfer for Canadian students, or a PayPal invoice will be sent to students outside of Canada.

For more information or to register, please email Donna Mulholland at info@donnamulhollandstudio.com.

About Donna Mulholland:

Donna Mulholland is a Canadian artist currently working in acrylic, collage, and fibre. Donna's work can be found in private and public collections across North America, in the UK, Europe, Australia and New Zealand. She's studied with artists and coaches across Canada and the United States. She's taught locally, provincially and online. Her work has most recently been exhibited at the University of New Brunswick Art Centre in Fredericton, New Brunswick, and at the Blue Crow Gallery in Toronto, Ontario. You can learn more about Donna and see her work at www.donnamulhollandstudio.com.



MATERIALS & TECHNIQUES: EXPERIMENTATION IN RUG HOOKING

When: Monday, February 1st, 2021, 6:30-9:30 PM EASTERN

In this workshop we are going to talk about expanding your creativity by looking at other techniques that you can combine with your rug hooking (embroidery, crochet, weaving, sewing etc.). We will also discuss how the use of other materials to supplement your yarn and wool strips can make your work more dynamic. Students will participate in some hands-on experimentation to emphasize the point that the sky is the limit when it comes to creativity in rug hooking!

Bring your imagination and an openness to try new things!

Materials Required:

- Backing material (linen, rug warp or whatever you prefer to use) marked out with two 5" x 7" rectangles.
- A sharpie marker
- A rug hook
- Scissors
- Paper and pencil
- Yarn or Wool Strips
- A rug hooking frame or hoop
- A yarn needle (or equivalent needle that is large enough to be "threaded" with yarn) and a needle and thread
- A few other non-traditional materials (a list will be provided to you before the class, and all will be everyday household items that will be easy to find)

Class Fee: \$50 US (Conversion will be made to CAD for Canadian students). Payment can be made by e-transfer for Canadian students, or a PayPal invoice will be sent to students outside of Canada.

For more information or to register, please contact Karen D. Miller at info@karendmillerstudio.com.

About Karen D. Miller:

Karen D. Miller is a fibre artist living and working in Ottawa, Ontario. She has had her work exhibited across Canada and the United States, and in Canadian and American publications as well as those in Europe and Australia. Her work has been featured four times in Rug Hooking Magazine's annual Celebration of Hand-Hooked Rugs. In 2020 she was invited to be a judge for the Celebration publication, as well as for the Green Mountain Rug Hooking Guild's online Hooked in the Mountains exhibit. She is a

frequent contributor to [Rug Hooking Magazine](#) and in 2019 her first book, [Eyes Open to the World: Memories of Travel in Wool](#), was published by Ampry Publishing. You can learn more about Karen and see her work at www.karendmillerstudio.com.



FROM TEXT TO TEXTILE: ART INSPIRED BY LITERATURE

**When: Tuesday, February 2nd, 2021, 2:00-4:30 PM EASTERN;
and Tuesday, March 9th, 2021, 2:00-3:30 PM EASTERN**

Finally, book club meets hook-in! Participants will adapt a literary text such as a poem, play, or novel into a design for a rug. Before the course begins, each student will choose a literary text that is personally meaningful. Through various exercises (based on the instructor's extensive experience with teaching literature), students will observe the text's mood, matter, and style and then translate that into a coherent visual pattern. Our objective is not to literally depict a scene nor to hook words from the text; instead, the kernel of this course is finding inspiration in an approach to language and communicating that visually. In the

first meeting, we will workshop, brainstorm, and simplify designs. In the second meeting, we will share progress, challenges, and solutions as we look toward embellishing and finishing the rugs in a manner consistent with their visions. All hand-hooking techniques and materials are welcome. Students should have some experience with hand-hooking as well as access to basic tools and materials.

Note: A good text choice is one that you've had a relationship with over several years. It should be a text that reads you as much as you read it. Please choose a text that is not already illustrated. Consider length and scope: for this experience, a sonnet would be a much better choice than *Paradise Lost*.

Materials Required: For the first meeting, you should have within reach a few sheets each of plain paper, graph paper, and tracing paper, ruler, pencil, eraser, paper scissors, pencil crayons, your annotated text to adapt, and the completed worksheets. For your project you will need red-dot pattern transfer material, Sharpie pens, good foundation cloth and your preferred fabric strips or yarn (hopefully you can use what's in your stash). For the second meeting you will need to have your partly-completed rug, paper/notebook, and pencil to jot down suggestions.

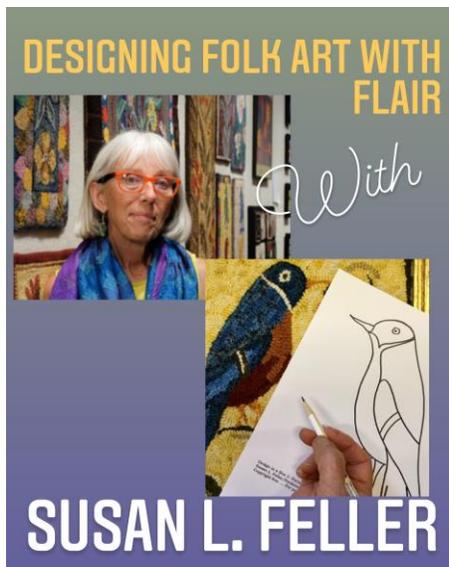
Sample featured in the class poster above: *Motherless Brooklyn* (based on the novel of the same name by Jonathan Lethem), designed and hooked by Nadine Flagel, 7" x 7", #4 - #8 cut reused wool on linen and cotton thread, 2020.

Class Fee: \$50 USD (Conversion will be made to CAD for Canadian students). Payment can be made by e-transfer for Canadian students, or a PayPal invoice will be sent to students outside of Canada.

For more information or to register, please contact Nadine Flagel at pretextstudio@gmail.com.

About Nadine Flagel:

Nadine Flagel is a self-taught textile and fibre artist whose mission is making art out of “making do.” She holds a Ph.D. in English Literature from Dalhousie University and teaches literature. Early next year Flagel will hold a solo exhibition at the BC Craft Council. She has written about textile art, created textile art for public art commission, and received grants to make art with youth. She is also a member of the Vancouver Guild of Fibre Artists and CARFAC. As a settler, Nadine lives and works on unceded land of the Skwxwú7mesh (Squamish), sə́ilwətaʔt (Tsleil-Waututh), and xʷməθkʷəy̓əm (Musqueam) peoples. You can learn more about Nadine and her work at www.pretextstudio.com.



DESIGNING FOLK ART WITH FLAIR

When: Tuesday, February 2nd, 2021, 6:30-8:30 PM EASTERN

Explore the history of the Pennsylvania German art form-frakturs. Topics include how they are related to illuminated manuscripts, discussing their unique elements and overall composition, the symbolism of motifs and ways to personalize your own design. References to dyeing colors included in the pdf provided when you register. After class there will be a personal consult as your design develops and colors are chosen.

Designing a pattern is the goal. Slides with original frakturs as examples are presented. Skills in class will help participants to study sources and create a personal, unique design.

Not just for rug hooking, this art style could be used in embroidery, applique', decorative painting.

Materials Required:

- An idea for your design (can be a personal theme or an event from your life)
- Pencil and paper (suggested size 24" x 36" for full pattern, or smaller if you want to make chair pads, placemats or wall art)

**** Purchase of the kit, "Design in a Box, Frakturs" is suggested, but not required for this session. If interested in purchasing, you can find the kit [here](#).**

Class Fee: \$50 USD

For more information or to register, please contact Susan L. Feller at rugs2wv@gmail.com.

About Susan L. Feller:

Susan L. Feller is an award winning fiber artist, author, and teacher. She is a frequent contributor to Rug Hooking Magazine and has had her work featured in and been a judge for their publication Celebration of Hand-Hooked Rugs. Susan frequently exhibits her work across North America. You can learn more about Susan and her work at www.artwools.com.



TRANSFORMING LIFE'S CHALLENGES INTO POSITIVE ART- WITH JOURNALING, SKETCHING AND YOUR CHOICE OF MEDIUM

When: Wednesday, February 3rd, 2021, 1:00-4:00 PM EASTERN.

We are all a center of attraction. What we focus on becomes our center of attraction. How do we move from a place of fear/anger/despair/ill health to attracting more of what we need in our life? In our art we have this power. Taking a difficult situation and turning it into positive art is empowering, healing and can become a center of attraction for yourself and others.

We will explore these ideas and more through journaling and sketching. Participants will create a piece of positive art. It can be a word or an abstract design inspired by the word.

All artists welcome. This class is suitable for rug hooking, embroidery, painting, stained glass, quilting and even just doodling.

Materials Required:

- Journal or paper and pens and pencils
- Enough backing material (such as rug backing for hooking, canvas for painting, embroidery cloth, etc.) to complete a small project (for rug hookers I suggest enough backing for a 16" x 16" piece) and materials to work with in your medium (i.e. wool strips, yarn, embroidery floss, paint)

Recommended: It is highly recommended you be familiar with the instructors two books [One Loop at a Time, a story of rug hooking, healing and creativity](#) and [One Loop at a Time, The Creativity Workbook](#). You can purchase copies of these books [here](#).

It is recommended you begin thinking about your word of inspiration for 2021 prior to the workshop.

Class Fee: \$50 US (Conversion will be made to CAD for Canadian students). Payment can be made by e-transfer for Canadian students, or a PayPal invoice will be sent to students outside of Canada.

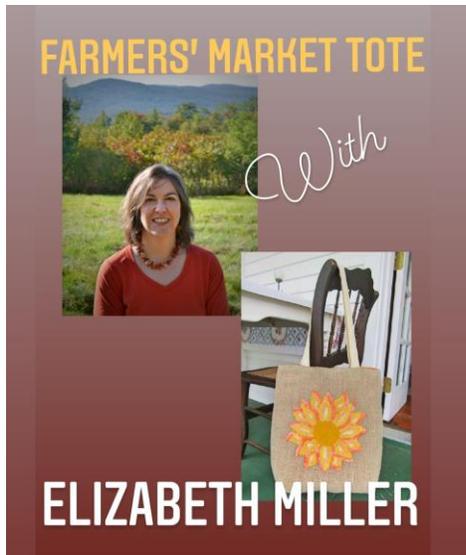
For more information or to register, please contact Meryl Cook at meryl@merylcook.ca

About Meryl Cook:

Colour, texture, joy and self-compassion are the key features of Meryl Cook's beautifully crafted hooked mats, her books about her journey from homeopath to artist and journal writer, and her journal writing practice. Meryl is the author of two books, [One Loop at a Time, a story of rug hooking, healing and creativity](#) (2016) and [One Loop at a Time, The Creativity Workbook](#) (2017).

What makes Meryl's process unique is the ties between her writing and design. This introspective process includes writing on the linen around the design to highlight the inspiration for each mat, selection of colours based on Chakra colour theory, and a technique of following the healing energy to produce an intuitive, abstract design. Each mat represents the next step needed in her life journey.

Since 2016, Meryl has spoken and taught creativity workshops across Canada and in the U.S. She is a juried member of Craft Nova Scotia. Her work has appeared in the Craft Nova Scotia Member's Exhibition in 2019 and 2020, and as a special exhibit at Sauder Village Rug Hooking Week in 2018. What began as a way of holding space for herself following breast cancer treatment has led Meryl to a career as an artist, and to working with corporate teams around well-being and engagement. You can learn more about Meryl and see her work at www.merylcook.ca.



FARMERS MARKET TOTE WORKSHOP

**When: Thursday, February 4th, 2021, 1:00-4:00 PM EASTERN;
and Thursday, February 18th, 2021, 1:00-3:00 PM EASTERN.**

Learn how to make an easy, quick-to-hook farmers market or project tote that reflects a commitment to environmental sustainability. Not only is this tote infinitely reusable vs disposable shopping bags, but you can use scrap or recycled materials to create it. I made my tote with leftover linen, quilting materials, cardboard from fabric bolts, short pieces of binding tape, repurposed buttons, and wool from my stash.

In this workshop you will have the opportunity to design your own bag, so start thinking about what design you'd like on the sides and what fabric you'd like to use for your liner. You might want to design something that reflects your environment, how you intend to use your bag, or your personal values.

I recommend unbleached primitive linen for the exterior foundation if you want a rustic look, but you could also use bleached linen or rug warp. I do not recommend burlap or monks cloth because the foundation shows and also needs to be very durable on the exterior. If you prefer to punch your design instead of hooking it traditionally, that is ok too. Just let me know at the beginning of the workshop so that we know which side of the foundation to trace your design on.

This class will be two sessions, the first to design and hook the exterior and the second to construct the bag. You will receive instructions for constructing the bag during the first session and can move ahead with that if you'd like in the interim, but we will have a session to do it together as well.

The tote bag shown is a project from my upcoming book, [Heritage Skills for Contemporary Life: Seasons at the Parris House](#), to be published by Down East Books/Rowman & Littlefield this coming spring.

Prerequisite skills:

- Basic rug hooking or punch hooking
- Very basic hand stitching- no need to be highly skilled in this!
- Basic sewing machine skills, just straight stitch

Materials Required:

- Exterior foundation, 32" x 20" (unbleached primitive linen, bleached linen, or rug warp)
- Coordinating quilting cotton for liner, 33" x 21"
- Coordinating quilting cotton for covering bottom insert, 9" x 13"
- Wool for hooking, cut to whatever width size you like (larger cuts go faster, example hooked in 8), or yarn, silk, tee shirt material, whatever you'd like
- Heavy cardboard piece for bottom insert, 4" x 12"

- Cotton twill rug binding tape for two handles, length of your choice
- Coordinating decorative buttons – 4
- Matching thread
- Sewing needle
- Sewing machine threaded with matching thread (although you can hand stitch it all if you prefer)
- Straight pins
- Utility shears or box cutters
- White or fabric glue with brush, or fabric grade permanent glue stick
- Fine point Sharpie
- Paper at least the size of the pattern you plan to design
- Pencil
- Eraser
- Ruler, yard stick, and/or quilting square
- Rug hooking frame or hoop
- Rug hook or punch
- Embroidery scissors
- Sewing scissors/shears

Class Fee: \$50 USD

For more information or to register, please contact Elizabeth Miller at parrishousewoolworks@gmail.com.

About Elizabeth Miller:

Elizabeth Miller is the owner and artisan at the [Parris House Wool Works](#) in Paris, Maine. She has taught workshops at numerous locations, including at the Squam Art Workshops, and the Sabbathday Lake Shaker Village. Her work has been featured in Rug Hooking Magazine and Making Magazine, and she has a line of originally designed, hand-hooked, home décor items available through the Beekman 1802 Mercantile in Sharon Springs, NY.

You can learn more about Elizabeth and see her work at www.parrishousewoolworks.com. Her upcoming book [Heritage Skills for Contemporary Life: Seasons at the Parris House](#), is available for pre-order.