



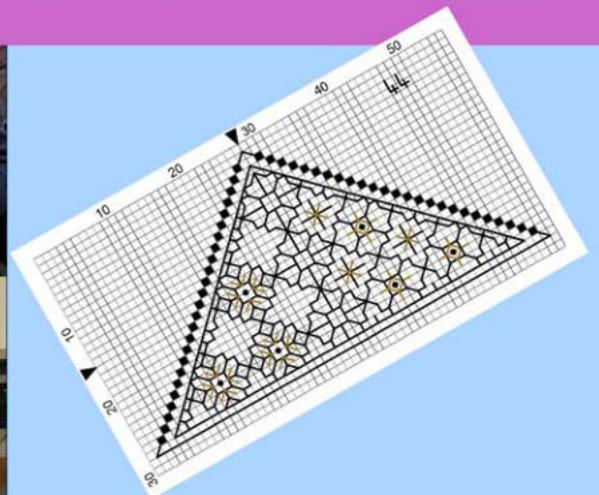
Blackwork Journey Blog

February 2024

The value of hobbies!



*Blackwork Journey
Triangle Trail
E-Book EB0029*



New E-book!



*Winter walk along a coastline steeped in history and one of my favourites places!
Chichester Harbour and the ancient village of Bosham, West Sussex, England*

February and thoughts of spring

January was wet, windy and dull. Flood warnings, storms and a sharp Artic blast caused disruption to travel and chaos to many people across the UK, so to see the early signs of Spring was a welcome relief. The daffodils are pushing their way through the

sodden ground and the nights are getting shorter.

Being confined to home by the weather does have some advantages though. Time was spent designing and stitching, sorting threads, ordering new fabrics and kitting and printing charts for workshops and finally, the latest e-book 'Triangle Trail' was finished.

EB0029 'Triangle Trail' - New e-book from Blackwork Journey

This is the largest and most complicated e-book that I have designed for the website and whilst it was going to be uploaded on January 1st, it took longer than I anticipated to put together. There are 135 pages of text, diagrams, charts and photographs illustrating the beauty of blackwork.

Two master charts are included, one for colour and one for black and gold, covering 91 geometric shapes and 78 motifs. The whole design can be stitched as displayed on the master chart, or there are numerous smaller variations which can be selected and arranged to suit the embroiderer, ranging from a simple four block design to more complex ones.

My blackwork sampler was worked on Zweigart 25 count Lugana. I have added a simple pulled thread work and back stitch border to finish the hanging.

The designs can also be worked on Zweigart 28 count evenweave and 14 count Aida. If Aida blockweave fabric is used be aware there will be some split blocks.

The **Master Chart** consists of:

65 Triangles

26 Quarter Triangles

78 Motifs

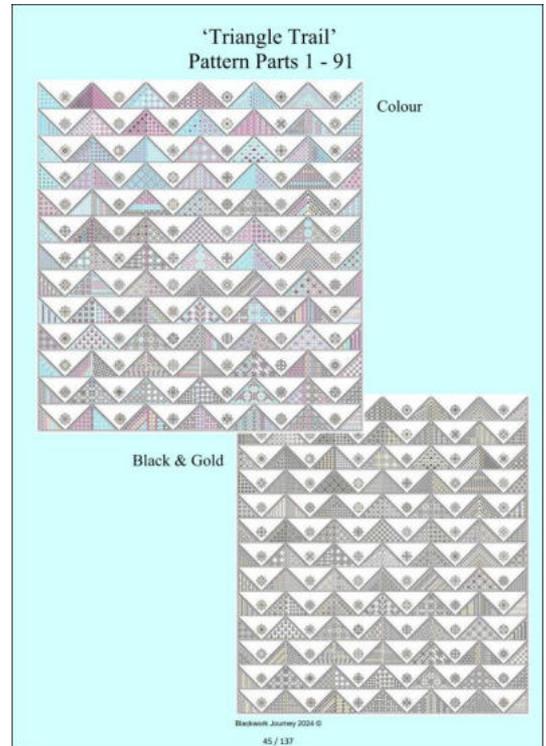


Blackwork Journey

Triangle Trail

E-Book EB0029

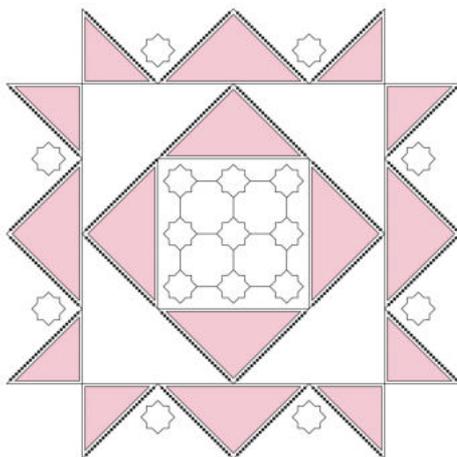
Stitches: 324 x 351 stitches plus border!



Stitch the full design as shown, or choose your own pattern size and layout from the selection provided or create your own layout from the master chart.

Alternative layouts

These are just a few of the possible combinations:



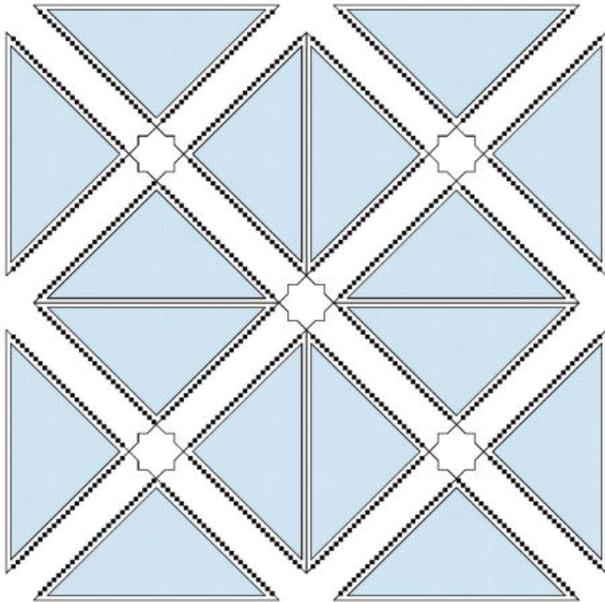
8 Triangles, 8 Quarters, 17 Motifs

Design area: 11.86 x 11.86 inches

Stitches 166 x 166

Fabric: Zweigart evenweave 28 count white or antique white or, Zweigart Lugana 25 count, 14 x 14 inches

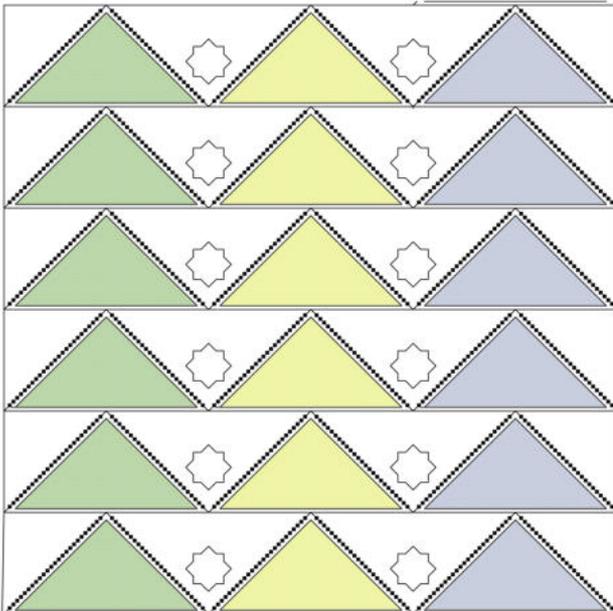
16 Triangles, 5 motifs



Design area: 9.57 x 9.57 inches

Stitches: 134 x 134

Fabric: Zweigart evenweave 28 count white or antique white or, Zweigart Lugana 25 count, 12 x 12 inches



18 Triangles, 12 Motifs

Design area: 11.86 x 11.86 inches

Stitches: 166 x 166

Fabric: Zweigart evenweave 28 count white or antique white or, Zweigart Lugana 25 count, 14 x 14 inches

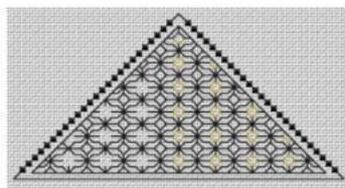
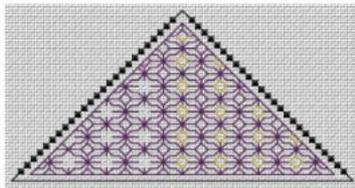
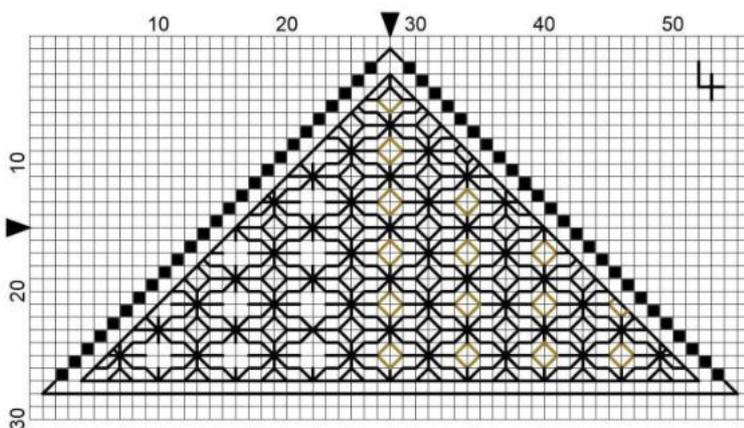
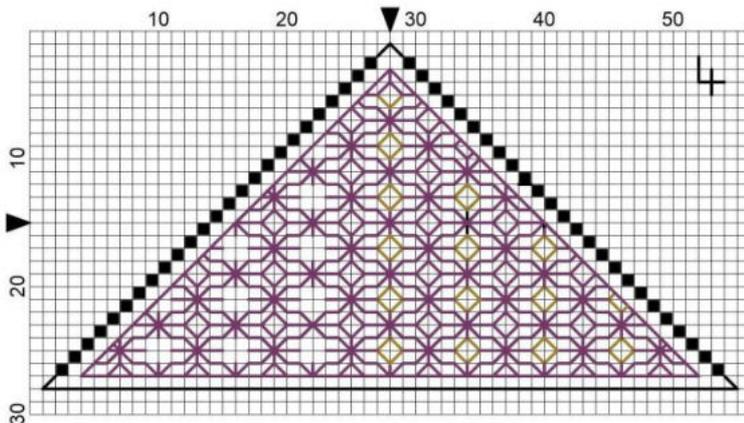
The e-book is divided into three sections:

- 1. The Introduction and chart layout**
- 2. Master charts – Colour, Black and Gold and Motifs**
- 3. Pattern Pages 1 - 91**



**To save paper and ink only print out the pages that you want to use in your design.
Keep the pattern pages on your computer for reference**

a. Colour b. Black and Gold



Pattern 4 Triangle worked on evenweave - a. colour and b. black and gold

Pattern Pages 1 -91

This is the blackwork reference book. Look through the pages, select the patterns of choice and print them as required.

Each triangle and quarter has its own pattern page containing of numbered colour and black and gold charts and photographs of the patterns worked on evenweave fabric.

Example of a pattern page containing all the information necessary to complete the triangle

Defining the shape

The framework for each triangle has been worked in cross stitch rather than back stitch. A back stitch line outlines the filler patterns. This is worked in one thread of stranded floss.

The cross stitch outline was worked in Cotton P rle No.12. Two strands of floss can be used as an alternative.



Metallic threads were used in the black and gold design and my thread of choice was Rainbow Gallery Petite Treasure Braid. Copper metallic thread can be used as an alternative to gold.

How will the PDF be delivered?

This is a large e-book and it will be delivered in two ways:

1. A **link** to the complete book will be sent by **G-mail**. Click on the link to download and save the book to your computer.
2. Three separate PDFs will also be sent to the reader as a back-up in case the reader is unable to open the link.

New Publications 2024

'Just Cross Stitch' Spring 2024 on sale now, featuring my 'Clover Blackwork'.



'Clover Blackwork'



Why do I need a hobby?

Since the Covid -19 pandemic many people have had more time to themselves than before and rather than reading or watching television, they are looking at new ways of filling their days with new interests. It has been recognised by the medical profession for many years that having an interest outside work has positive effects and a considerable amount of research has been carried out across the world to evaluate the benefits.

Having a hobby enriches my life and gives me the opportunity to develop new skills and enhance the ones that I already have. Everyone is unique and has different interests. What appeals to one person will not necessarily inspire someone else, but once you have found a new interest it can be all consuming. It is something new to talk about and to share new with others, so let us look at some of the many benefits.

Structure

Having a hobby can add structure to a day. Set aside time for an interest and if possible, build a little 'me' time into your day. Whether it is gardening, crochet, knitting or embroidery, time set aside every day is time well spent!

Reducing stress

If we are involved in something interesting there is less time to think about worries or health issues. If many hours are spent on your own, it becomes even more important to have a positive aspect in daily life and this can be helped by having an interest that you are enthusiastic about.



My thanks to the ladies of 'Knit and Natter' in Bolton UK for their joy in life!

Self-worth

Trying something new and succeeding promotes feelings of joy, satisfaction and pleasure. It also gives you something to share with others and the chance to pass on new skills and to talk about what you do. Many people underestimate the value of what they do and what they have to offer. New skills can be passed on to the younger generation and often we are the ones that have the time to do so.

It may even lead to a new career! I started Blackwork Journey after many years of teaching and found a positive way of filling my retirement years and passing on what I have learnt to others through talks and day school in this country and overseas.

Patience

Learning a new skill or a new hobby takes time and can be challenging, but there is great satisfaction when a goal is achieved, a project completed and even more pleasure when this success can be shared with others whether family, friends or a social group. If you are really interested and involved in a new hobby there is no time to be bored, but always something new to look forward to.

Increased knowledge

We are never too old to learn something new and to use those new found skills in other aspects of our life. As our knowledge and skills grow so does our self-confidence. It also enables us to look round with fresh eyes at other opportunities and new ways of using what we have learned.

Social interaction and new friends

Hobbies bring people with shared interests together, whether it is a 'Knit and Natter' group, a quilting group, a needlework class or something entirely different. When people are widowed, on their own or suffer from ill health, social interaction becomes important as a support network.

The role of the internet cannot be underestimated in bringing people of shared interests together, especially when they live in isolated parts of the world, or war zones, have health problems and are confined to home. The Facebook groups in Blackwork Journey developed significantly over the period of isolation caused by the Covid-19 pandemic. They continue to grow and support people with shared interests worldwide.

To sum up:

I have worked with many people over 50+ years of teaching and have never failed to appreciate the benefits gained by having a satisfying, creative interest. In many cases, it means the difference between a life with little or no structure to an all-consuming passion which affects every area of living, friendships and motivation.

If you are hesitating, be brave and look for something new to learn. I am sure you will never regret your decision!

I hope you have enjoyed reading the Blog. If you have any queries please contact me at:
lizalmond@blackworkjourney.co.uk

Happy stitching, *Liz*