



*Conveying the most important messages between the DIY, fashion and independent arts communities and yours*

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## I Wanna Easter Egg, I Wanna Easter Egg! - The History of the Easter Egg.

Even as a grown up, and especially now that I have my own son, I love decorating Easter Eggs! The Easter eggs that we know are those Paas-dyed and stickered eggs, with that white wax crayon used to scribble our names on the eggs before popping them into the dye, right? The tradition of using painted eggs as a symbol of rebirth and life actually goes back over 2,500 years ago with the Zoroastrian New Year's celebration of Nowrooz, during the spring Equinox. Early Christians adopted the symbol of the egg to represent resurrection and new life. In the Greek Orthodox and Eastern Catholic Church, the Easter egg is painted red to symbolize the blood of Christ.



American Easter eggs

One of the most often used techniques for decorating Easter eggs is the batik or wax resist method. The most famous of these is the Ukrainian eggs called pysanka. A dear friend of mine made me a goose egg using this method with a design from one of my Day of the Dead tattoos. The wax is applied and removed between dipping the egg in various colors of dye, the wax keeping certain parts of the egg from absorbing dye. Another famous type of Easter egg is the Fabergé egg. The first Fabergé egg was commissioned in 1885 by Czar Alexander III as an Easter gift for his wife.



Pysanka – Ukrainian painted eggs



Fabergé Egg

Along with the painting of eggs for thousands of years, there are also traditional games associated with the Easter egg. Here in the United States we have the classic Easter egg hunt, as well as the Easter egg roll, which has been made even more well-known from the annual Easter Egg Roll at the White House each spring. In many European countries, the game of egg tapping or hitting is played, where by the two players bang hardboiled eggs together until one egg breaks. The player with the broken egg is the loser and then has to eat the broken egg. In Germany and the United Kingdom eggs are placed on the ground and then must be danced around, and the dancers must not break any of the eggs.

However you color your eggs or whether you stick to the delicious Cadbury Crème Egg, there are so many ways to enjoy the tradition of the Easter egg, either as a religious symbol or as a symbol of the new life of spring. (PS: the title of the story comes from an old Bugs Bunny cartoon, one of my favorites).



My Day of the Dead Tattoo Egg

## CRAFTY HELP:

## ASK DR. MUERTA FOR CRAFTY HELP &amp; ADVICE!

**Dear Dr. Muerta:** Do you have any advice on how to photograph jewelry for websites such as Etsy? I'm trying out a few things and I can't really seem to get the pictures to turn out.

**Dear Photo Phriend:** It is tricky, that's for sure! When setting up my Etsy shop I found that getting the right photographs of jewelry and art to be the most challenging aspect of it, by far. When I started, I didn't have easy access to a super fancy camera. I did have a decent point-and-shoot with flexible settings for light and a macro setting for close-up shots. I use natural light lamps to light my jewelry, and I never use the flash. I take a many, many pictures, from different angles and varying distances. Then I edit, crop and adjust the photos in a simple photo editing program, to get them just right. Best thing about digital photography is that you can take a billion photographs and it won't cost you a thing. My friend Kat has a cool set up with the natural light lamps shining through the sides of a translucent white plastic storage box that she stands up on one end. This filters the light for her glass jewelry and removes glare and bulb reflections. Of course the interwebs are a great place to get real advice from real photographers. The trick is to start experimenting and keep messing around until you find what works for you. Make sure your pictures are not blurry and not too dark, so that people won't skip over your jewelry for jewelry with a better picture!



Photo: <http://blog.makezine.com>

Please email your questions for Dr Muerta about life, death, art or anything else to: [ask\\_dr.muerta@sandiegoparkcraftmafia.com](mailto:ask_dr.muerta@sandiegoparkcraftmafia.com)

## CRAFTY HOW-TO:

## A SPRINGTIME BANDEAUX FOR ANY OCCASION!

Hats can add so much to a bright spring outfit. If you don't think you can wear a hat, why not try this "Veiled Springtime Bandeaux"! I came across this great tutorial at [www.SewMamaSew.com](http://www.SewMamaSew.com) and thought I would create something to wear this Easter Sunday! I made a few modifications to the tutorial in order to make it a "no sew" project that would be a bit simpler and quicker. Visit their website for the complete original tutorial.

## Supplies Needed:

- Coordinating fabrics – I used 100% cotton but any plain weave fabric should work
- Matching felt
- Matching thread
- Hand sewing needle
- Hot glue gun & glue sticks
- Jewel-It Glue
- Beads of your choice
- Russian Netting (also called Russian Veiling)
- Headband
- Scissors



Photo: [SewMamaSew.com](http://SewMamaSew.com)

First, you will make the rosettes. Take your fabric and measure 1 1/2 inches on the selvedge edge and snip with scissors. Tear the fabric into a strip. Fold the strip with wrong sides together and tie a knot in the end. This will become the center of your flower. Now, fold your fabric around the center at a 90 degree angle and secure with a some hot glue. Continue to fold, wrap, and glue, until the rosette is the size you like. Fold the fabric end under and glue to secure. Cut off any remaining fabric. Repeat these steps until you have made the desired number of rosettes. For this project I made five rosettes.

After you finish making the rosettes, it's time to add some beads! Add a little Jewel-It glue in the center of the flower and place the beads on top. Let dry.

Now use some hot glue to attach the rosettes to the headband. Cut a piece of felt that is a little smaller than the flowers. This will become the back of the headband. Set aside.

To create the veil, lay out the netting. Choose a width of veil that is pleasing to you. When cutting the netting, cut in the middle of the squares to give a finished edge. Gather the end of the netting in your fingers and glue to the back of the rosettes on one end. Repeat on other end. Use hot glue to attach the felt piece to the back of your rosettes. I decided to go for a less formal look and left the veiling off. That's it! Now you have a fabulous bandeaux! Make one for any occasion.

## Variations:

I used a headband that was covered with ribbon. You can also cover the headband with matching fabric by wrapping with a strip of fabric securing with hot glue. If you don't want a full headband, try attaching to a hair clip instead! You can also make this a simpler project by using new silk flowers or vintage millinery flowers.



My finished "no sew" version of the bandeaux..



MADAME CRAFTINA'S  
HOROSCOPE

## WORDS OF WISDOM FOR A GREAT MONTH

**It's getting warmer and all the more beautiful outside! Let Madame Craftina share some words of wisdom with you about what to expect for the month of April!**

**Aries (March 21-April 19):** Happy Birthday Aries!!! Besides your earthday, this month will also be about forgiveness. You will realize life is too short to be angry.

**Taurus (April 20-May 20):** Let April be the time you passenge rather than drive; in all aspects of your life!

**Gemini (May 21-June 20):** You seem to be encountering some difficulty this month financially. Try cooking meals at home instead of dining out, to save a little cash. You may find something else you're really good at it!

**Cancer (June 21-July 22):** Springtime is time to smile! Be sure to let go of the little things and direct any unpleasantness in the appropriate direction.

**Leo (July 23-August 22):** Your lesson for this month Leo, is the classic rule! Do unto others as you would have them do unto you. Say nice things to people and it will be a domino effect!

**Virgo (August 23-September 22):** It's time to get rid of some of that clutter! Make space for new and make a new space!

**Libra (September 23-October 22):** You always appreciate what your friends have to say but be sure to not lose your own voice this month Libra.

**Scorpio (October 23-November 21):** Just because you think it, doesn't mean you have to say

it! Watch your mouth this month Scorpio! Watch your stinger!

**Sagittarius (November 22-December 21):** You sure do work hard Sag, so play hard too! Schedule some down time and spend time with some friends!

**Capricorn (December 22-January 19):** You Goats tend to get real excited about what's to come. But remember the present! The gift of now is one to be extra grateful for!

**Aquarius (January 20-February 18):** As wonderful as it is to be a great leader, it is equally as fantastic to be a great team player!

**Pisces (February 19-March 20):** You are a multi-faceted individual with many beautiful qualities! Be sure to not write yourself off as a one-note.

## MA MANGIA

## PUCKER UP WITH THIS TANGY LEMON TREAT!

These lemon bars are sure to add a smile with their bright color and tangy sweetness - and they're low in calories and fat! Visit [Cooking Done Light.com](http://CookingDoneLight.com) for more light and healthy recipes!

**Ingredients**

- 1/4 cup confectioners' (powdered) sugar
- 3 tablespoons unsalted butter, softened
- 1/2 cup whole wheat pastry flour
- 3 eggs
- scant 3/4 cup granulated sugar
- 2 tablespoons freshly grated lemon zest
- 1/3 cup fresh lemon juice
- 3 tablespoons all-purpose flour
- 1/2 teaspoon baking powder
- 1/8 teaspoon salt
- additional confectioners' sugar, for dusting

Makes 12 servings (squares). Per Square: 66 calories, 2 g total fat, less than 1 g saturated fat, 0 g trans fat, 14 g carbohydrates, 3 g fiber, 6 g added sugar, 4 g protein, 46 mg sodium, 92 mg cholesterol.

**Directions**

Preheat the oven to 350 degrees and lightly spray the bottom of an 8 inch square baking pan with nonstick spray.

Beat the 1/4 cup of confectioners' sugar and butter on medium speed until creamy. Gradually add the 1/2 cup of pastry flour and mix on low speed until the mixture is crumbly. Press the mixture into the bottom of the prepared pan and bake until just golden brown (about 10 to 12 minutes). Cool on a wire rack and lower the oven temperature to 325 degrees.

While the oven temperature reduces, whisk the eggs on medium speed until foamy. Add the granulated sugar, lemon zest, lemon juice, 3 tablespoons of all purpose flour, baking powder and salt and whisk until combined. Pour the mixture over the baked crust and return to the oven until "set" (about 20 to 25 minutes - do not touch the filling with your fingers or it will stick to them and you will have a big dent in your bars!) Cool completely on a wire rack, then cut into 12 squares and dust with confectioners' sugar.

*Just for reference, traditional lemon bars have 197 calories, 8 g total fat, and 5 g saturated fat. This version- for the same sized serving- has 66 calories, 2 g total fat, and less than 1 g saturated fat!!*



**Recipe Source - <http://cookingdonelight.com/blog>**



**WHO IS KEEPING SAN DIEGO CRAFTY?**

**Teresa Salazar** of *Velvet Klaw*  
[www.velvetklaw.com](http://www.velvetklaw.com)

**Svea Komori-Ang** of *Belle Pepper Couture*  
[www.bellepeppercouture.com](http://www.bellepeppercouture.com)

**Meagan Rae Longtin** of *Meagan Rae Designs*  
[www.meaganraedesigns.com](http://www.meaganraedesigns.com)

**Kim Klem** of *Artista Muerta*  
[www.artistamuerta.com](http://www.artistamuerta.com)

**THE SAN DIEGO NORTH PARK CRAFT MAFIA WAS FOUNDED IN SEPTEMBER 2007 AND IS DEDICATED TO CRAFTING, FASHIONING, STYLING AND CREATING THEIR SAN DIEGO.**

**WATCH US ON TV EVERY MONTH!**

**@ 9am San Diego Living Channel 6**

Can't wait? Check out Our YouTube page!

The North Park Festival of the Arts will be on May 15th!  
SIGN UP FOR OUR SPRING LINE UP SECTION & be seen by 30,000+people!

<http://www.sdnpcm.com>

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**Crafty Black Book:  
Upcoming Events for April**

**FRIDAY, APRIL 1ST**

**FRIDAY NIGHT LIBERTY-FIRST FRIDAY EVERY MONTH**

Friday Night Liberty is a monthly first-Friday evening of FREE open artist studios, galleries and events throughout NTC Promenade Arts & Cultural District. Free parking & Admission. The Freedom to explore, wander and enjoy our growing cultural campus. **Starts at 5 p.m.** <http://www.ntcpromenade.org/what.php>

**SATURDAY, APRIL 2ND, INTERNATIONAL PILLOW FIGHT**

This day all around the world, people will be pillow fighting! **Event starts a 5-8pm @ the fountain in Horton Plaza.** <http://www.facebook.com/event.php?eid=197884513575369>

**SUNDAY, APRIL 3RD, THREAD SHOW**

Curated Indie Design and Fashion @ Horton Plaza **Event time: 11am-6pm**  
<http://www.threadshow.com/index.php>

**SUNDAY, APRIL 10TH, CRAFT ON BROADWAY**

Modern Craft Show in Vista. Come by and check out the goods, and get a bite to eat at Sonic, Allen's Alley or Yellow Deli. Gift bags for the first 50 shoppers, **Vendor spaces available.** 11am-6pm, <http://www.craftonbroadway.com>

**TUESDAY, APRIL 26TH**

**CRAFTY CONSPIRACY AT VELVET KLAU STUDIO**

Our monthly craft get together! Plan on bringing something to share and a chair. Come hang out, craft, craft swap, just get away for a bit at our Crafty Conspiracy. Please RSVP for this event. Contact us by emailing us at: [craftnight@sandiegonthparkcraftmafia.com](mailto:craftnight@sandiegonthparkcraftmafia.com)

**Velvet Klaw Studio, (At the NTC Promenade), Studio #203, 7p.m.-9 p.m.** <http://sandiegonthparkcraftmafia.com/events.html>

**FRIDAY, APRIL 29TH, BEADER'S NIGHT OUT**

29 Stores all over Southern California will be open late for this event. There will be make & takes and many other surprises in store for this fun evening of creativity. All stores will have different activities. **Most of the stores will have the event from 5pm-8pm.** Check with your local store for the event times. <http://www.sclbsa.blogspot.com> **SD bead stores participating: Bead Gallery, Beads & More, Beads, Crystals & More, The Black Bead, The Bouncing Bead, Dancing Bear Indian Trader, Mountain Beadworks, Ocean Sky Beads and Oskadusa.**