



INSIDE THIS ISSUE:

HOLIDAY HIT LIST 1

Get in on the best DIY holiday crafting event in San Diego.

By Svea Komori-Ang

ASK DR. MUERTA!

Crafty ways to get re-inspired craft wise.

2

By Dr. Muerta

CRAFTY HOW-TO

Make some recycled tin can luminaries.

By Svea Komori-Ang

MA MANGIA 3

Gluten Free for the summer!

By Ma Mangia

UPCOMING EVENTS

Take a Friday Night Liberty, go to a Pow-Pow, or Comic Con

4

By Svea Komori-Ang

Holiday Hit List Vendor Application is LIVE!

Hi there San Diego North Park Craft Mafia Vendors,

We are very excited to announce to you, our friends and colleagues of the DIY craft community that we are now selling our vendor spaces for the very popular Holiday Hit List. This year our event is back and bigger and better. We will have our event at the NTC promenade in Liberty Station. We will have over 60 spaces available, but as we have in the past, we will sell out our spaces. We are offering a discounted early bird special on the booths.

The spaces will include a table and chairs, if you want to have electricity, we can provide you with a hook up. Also there is free wifi at the McMillan center, so it's a great way to run credit card transactions if you do that over the internet. There is a lot of parking and there are a lot of restaurants near by.

We have a lot of ways that we will be advertising our event. We have a lot of exciting things planned, so yaay!

For your ease, we have included the link to the Vendor FAQ page.

<http://sandiegonorthparkcraftmafia.com/HHL/HHLFAQs2011.html>

Things to remember, the early bird discount ends on July 31, and we will sell out! Don't wait too long to sign up.

We are accepting swag for the swag bags, so keep that in mind.

The San Diego North Park Craft Mafia's 5th Annual

holiday hit List

December 4, 2011 - Noon to 6 p.m. @ the NTC Promenade in Liberty Station

Apply Now online!!!

**Advertise
with us!**

**Contact us
at:
SDNPCM.COM**

CRAFTY HELP:

ASK DR. MUERTA FOR CRAFTY HELP & ADVICE!

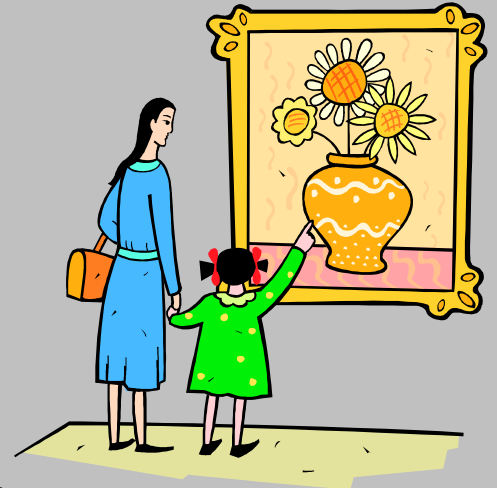
Dear Dr. Muerta – I've been creating art since I was little, painting and drawing, and I have enjoyed making quilts and crocheting. Lately, though, I've had zero creative inspiration and I haven't picked up a brush or pencil or piece of fabric or yard in months. Do you have any suggestions on how I can get inspired to start getting back into my creative life?

Dear Angsty Artist – As a painter and crafter myself, there is nothing more frustrating than stalling artistically! Arg! Any artist will have at least a moment of that feeling, peering into the creative bucket and finding nothing. There are lots of ways to knock stuff loose, though. One way that I really enjoy is trying out some totally new medium. If you paint with oil, try ink and watercolor. If you're into drawing black and white, trying using color pencils!

Another great way to get inspired is to get out and see the art, music or film of another artist. See a band, go to an art museum, an arboretum or formal garden, go somewhere that you've never gone before. Here in San Diego we have all music, art, photography and history all in one place at Balboa Park. That's a great way to spend a day.

The best way to get over your angst is to keep trying to create and be inspired! Doodle in a notebook while watching television. It doesn't have good, no one else will see it, but maybe you'll get the idea that will knock things loose.

Please email your questions for Dr Muerta about life, death, art or anything else to: ask_dr.muerta@sandiegonthparkcraftmafia.com



CRAFTY HOW-TO:

RECYCLED CAN LUMINARIAS

Supplies Needed:

- Canned food cans
- Nails in different sizes
- Hammer
- Sharpie Pen
- Paper
- Scissors
- Safety goggles
- Floral wire, heavy gauge for hanging

Start your project by eating some of the food in your pantry that is in cans. Fun right? Well this is the perfect opportunity to take those cans that you would throw away, into romantic whimsical can luminarias! They will brighten up your little gatherings and barbeques.

Collect the cans in different sizes. Clean them out and make sure that the top where the lid was cut off isn't sharp. If you have a nail file, or sand paper, that will do the trick. Fill them up with water and freeze them. The ice will allow you to punch holes in the can sides and not dent the can shape.

Cut out pieces of paper in the same size as the original label for the cans. Draw designs of stars or swirls with a sharpie pen. Once the water is completely frozen, bring out and place on side. Tape the paper to the can.

Place the can on a cutting board on a towel. Put your safety goggles on. Protect those eyes.

Use the hammer and nail to punch a hole along the pattern. Space

your hole punching about 1/2" less/more depending on the design. Remember more holes means more light.

The picture



Image taken from <http://sowing3seeds.blogspot.com/2010/06/4th-of-july->



shows what the cans would look like if you painted them. There instructions with pictures on this website: <http://sowing3seeds.blogspot.com/2010/06/4th-of-july-festiveness.html>

You can make a handle to hang to luminaria, just be careful because the heat rises from the candle, and it can get hot. Suggested candles that work for these beautiful decorations would be those short tea lights that you can get at Ikea or any craft store.

Make your holiday celebrations festive and have fun making the decorations to make it festive. Happy Fourth of July!

MA MANGIA

GET GLUTEN FREE THIS SUMMER!

Visit Gluten Free Spinner.com for lots of tasty gluten free recipes. Here's a sampling to try at your next summer picnic!

Hawaiian Chicken Sandwich

- 4 boneless, skinless chicken breasts
- 3/4 cup San-J International Wheat Free-Gluten Free Teriyaki Sauce
- 4 thin slices of gluten free deli ham
- 1 small can Dole pineapple rings (contains 4 rings)
- 4 thin Slices Swiss cheese
- 1 large onion, cut into rings, sautéed until tender but still crisp (or on grill)
- 1 bottle Jonathan's Q Gourmet Honey BBQ Sauce for dipping
- 8 slices gluten free multigrain bread (I prefer Udi's multigrain)

Key Lime Pie Crust

- 1 pkg Mi-Del gluten free Pecan Cookies
- 4 Tbsp butter, melted
- 2 Tbsp sugar (can omit if you prefer not as sweet)

Filling

- 1 - 14 oz can sweetened condensed milk
- 2 egg yolks
- 1 whole egg
- 1/2 cup key lime juice or the juice of limes to equal

Recipe Source - <http://www.glutenfreespinner.com/2010/03/hawaiian-chicken-sandwiches.html>
<http://www.flavorsofmumbai.com/>

Hawaiian Chicken Sandwich - Directions

Pound each chicken breast to 1/2 " thickness and put all 4 into a resealable bag. Pour the teriyaki sauce into the bag, squeeze out air, and seal. Move the chicken around in bag to ensure they are all coated with sauce. Return to refrigerator and allow to marinate for at least 4 hours.

Using non-stick spray or olive oil, lightly oil the grates of grill and preheat on med-high. Reduce to medium and grill the breasts 4-6 minutes on each side until lightly browned. They are thin so they'll cook fast. With the second turn of the chicken, grill the four pineapple rings and the 4 slices of ham - just until grate marks show and they are warmed.

Assemble:

While still on the grill and fully cooked, turn off grill and first lay 1 slice of ham on top of the chicken breast, then 1 pineapple ring, and finally 1 slice of cheese. Close the lid and allow cheese to melt. Remove from grill and cover with foil.

Toast 8 slices of your favorite gluten free multigrain bread and lightly butter. Lay one loaded chicken breast on a slice of toast, top with the sauteed onions and place the second piece of toast on top to create the sandwich. Repeat with remaining to make 4 sandwiches. Slice on diagonal and serve with the BBQ sauce on the side for dipping. We also serve Trader Joe's Ridge Cut Salt & Pepper Chips.



Photos by Gluten Free Spinner

Key Lime Pie - Directions

Preheat oven to 350 degrees

Blend the cookies in food processor until evenly ground into crumbs. Combine cookie crumbs, melted butter and sugar with a fork until well blended and press into 9" pie plate that has been sprayed with non-stick spray. Bake for 8-10 minutes in 350 oven until golden brown. Remove and set aside to cool.

Blend condensed milk and lime juice until combined. Add the eggs and beat for 2-3 minutes. Pour into prepared crust and bake 350 for 15 minutes.

Cool and refrigerate at least 2 hours. Serve with fresh whipped cream.

Try this variation: I made the same recipe above for Easter with two changes - the crust and topping. For the crust, use Pamela's Simplebites chocolate chip mini cookies (omit the sugar in recipe) and follow as written. I topped the pie with whipped cream, strawberries, and blueberries. Oh Joy! It was quoted, "The Best Ever!"





WHO IS KEEPING SAN DIEGO CRAFTY?

Teresa Salazar of *Velvet Klaw*
www.velvetklaw.com

Svea Komori-Ang of *Belle Pepper Couture*
www.bellepeppercouture.com

Kim Klem of *Artista Muerta*
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.**

Check out all of our crafty
“how-to” videos!

<http://www.youtube.com/northparkcraftmafia>

HOLIDAY HIT LIST

Vendor Application

Now available online!!

**Mark your calendars!
Our event sold out last
year, so apply early!**

SDNPCM.com

www.SanDiegoNorthParkCraftMafia.com
info@sandiegonthparkcraftmafia.com

P.O.Box 711773
San Diego, CA 92171



Crafty Black Book: Upcoming Events for July



FRIDAY, JULY 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. Lots of crafty vendors to shop from too!

5 p.m. to 8 pm - <http://www.ntcpromenade.org/what.php>

FRIDAY, SATURDAY & SUNDAY, JULY 1ST-3RD PECHANGA POW WOW

This powwow is at the Pechanga Casino in Temecula. They have an awesome fireworks display on Saturday night at 9pm.

<http://www.pechanga-nsn.gov/%5Cuploadedcontent%5Cpage%5C1%5CPechanga%20Pow%20Wow%202011.pdf>

SATURDAY, JULY 16-17TH SAN DIEGO PRIDE FESTIVAL

San Diego Pride's famous cultural Festival includes multiple stages of entertainment, more than 80 musicians, bands, comedy and dance performers, 300 participating vendor booths, an Art exhibit, cultural presentations, and great food. <http://www.sandiegopride.org/festival.htm>

WEDNESDAY, JULY 21ST-JULY 24 SAN DIEGO COMIC CON 2011

This is a great way to keep in touch with the world of comic books and tv, movies, and everything to do with the entertainment industry! If you are lucky enough to get a ticket. It's a lot of fun to go to. Here's the info:

<http://www.comic-con.org>

TUESDAY, JULY 26TH CRAFTING CONSPIRACY AT DANCING BEAR INDIAN TRADER

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

135 E Broadway, Vista, CA 92084 7p.m.-9 p.m.

<http://sandiegonthparkcraftmafia.com/events.html>