



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

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## Mafiosa of the Month : Amy Smock of Designs de Luna

### What would you like us to know about your business?

My business started as a hobby. I love making jewelry but it got to the point where I had already given jewelry to every friend and relative for Birthdays, Christmas, ect.... and I had already made my self like a 100 pieces of jewelry and I know a girl can never have too much jewelry, but at some point it does get a little overwhelming just sorting through it all when you are trying to get dressed in the morning!!! Eventually I figured if I wanted to keep making jewelry I would need to figure out something to do with it all so that is how I got the idea to start selling!

### Why DIY?

I got bored watching TV! I know that doesn't sound very grand but I can't stand just sitting around so I started spending my evenings crafting instead. Then once I started crafting it opened a whole world and I started meeting with other crafters which really fuels my creativity! I also love to buy DIY because I love to own unique items!

### If you could have any superpower, what would it be?

I would want the same superpower that Batman has, unlimited money!

### What is your favorite breakfast food?

Sausage, but don't read too much into that!

### Do you install toilet paper so that you pull from the top or the bottom of the roll?

From the top! That is the ONLY acceptable way to do it, and if it is on backwards in my house I actually take it off and flip it so that it is correct!

### If you had a million dollars how would you spend it?

Sadly a million dollars just isn't "that" much money anymore! I would move somewhere warmer (like Hawaii ) because San Diego is just too cold for me, brrr! I would buy a half million dollar house (which probably isn't even that big) and live cheaply off of the other half million for as long as I could stretch it! My favorite hobby is snorkeling which is pretty much free and I am the queen of coupons so I think I could last awhile!



### What is the last book you read?

"Transit: Around the World in 1424 Days" I am fascinated by our beautiful world and someday I want to see all of it!

### If you were a car, what kind would you be?

I would be a Toyota Corolla, on the inside it is dependable, lasts forever, gets great gas mileage and it's not uppity like those new hybrids, but on the outside I would have it be some wild color like neon purple.

### What tradition from your childhood would you like to pass on to your children?

My bed time was 8pm, but I could stay up until 8:30pm if I was in bed reading. My parents were so clever, kids will do anything to avoid going to bed and this got me to read more and I did great in school and I still read at bedtime now as an adult.

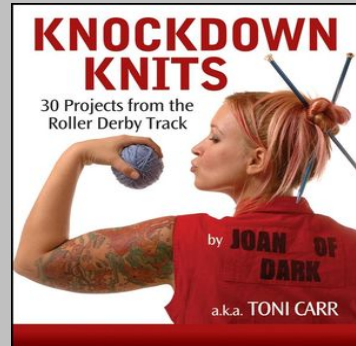
## CRAFTY LIBRARY:

## KNOCKDOWN KNITS—30 PROJECTS FROM THE ROLLER DERBY TRACKS BY JOAN OF DARK ( NAPTOWN ROLLER GIRLS ) aka TONI CARR

While visiting one, of the many, message boards I visit, I saw a post about a new knitting book - all roller derby related projects! The book is "Knockdown Knits—30 Projects from the Roller Derby Track" written by skater/knitter Joan of Dark aka Toni Carr. How fun! I had to order it right away! I'm so glad I did, and I recommend this as an addition to your craft book library - especially if you are a knittin' derby gal! There are a lot of fun derby inspired projects to choose from including wearables like the Slinky Leg Socks, and matching Slinky Arm Socks, both are dressy enough to wear out at a night on the town! Are you on the "injured list"? How about knitting yourself an arm sling or some cushions for your

crutches? Even if you're not a derby skater, you will find projects that can be used anytime like the On the Move (Felted Skate Bag), designed in the messenger bag style. Need a smaller bag? How about the You're a Star Tool Bag knit in a fun star shape complete with a wrist strap—cute enough to carry anytime! In addition to all the projects, there's fun derby facts throughout and illustrated knitting techniques as well!

Want to pick up a copy of this book for yourself? Visit [joanofdark.com](http://joanofdark.com) for a link to order one online, and links to the Naptown Roller Girls, and the Aggressively Awesome Stitches Etsy shop.



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### Meet Some Local Knitters on Skates: Our Crafty Friends From San Diego Roller Derby (SDRD) !

Did you know that we have local derby skaters who are knittin' when not hittin'? We do! NPCM founding member, Teresa, skate name Velvet Klaw has been a guest on DIY Netwrok's "Knitty Gritty" hosted by Austin Craft Mafia member Vickie Howell!

**Velvet Klaw # 10\*31—Favorite kind of needles:** Bamboo.  
**Favorite yarn:** Lamb's Pride bulky. Love the hot pink!  
**Currently knitting:** I'm trying to finish a Valentine's heart shaped pillow. I got a little bit behind schedule. Next will be the felted skate bag from "Knockdown Knits". I just bought a copy!

**Mia von Carnage # 187—Favorite kind of needles:** Metal.  
**Favorite yarn:** It's an Alpaca blend. I also like this yarn I found at the

dollar store which is really soft! **Currently knitting:** I'm finishing a scarf. My next project will be a bolero jacket. My next project will be a bolero jacket.

**Linnea Collins "Fresh Meat" Skater i.e. new recruit—Favorite kind of needles:** Not to be a needle snob but I am a little addicted to the Adi Turbo. I like my needles metal, smooth and fast. I knit almost everything on circular needles. **Favorite yarn:** I love anything natural and soft, bamboo, alpaca, soy, cotton & wool blends. **Currently knitting:** I am a little ADD (with) my knitting. On my needles right now I have a sweater, a blanket, a nautilus (yes like the animal) and a couple of hats. I really want to make a bathing suit, maybe if I knit fast enough I can get in shape and finish by summer!  
**Visit:** [SanDiegoRollerDerby.com](http://SanDiegoRollerDerby.com) for more info. about the league!

## CRAFTY HOW TO: SACHETS FOR YOUR SKATES AND ONE FOR YOUR BAG!

### What you will need:

- A pair of socks (new or recycled)
- A pair of skate laces (new or recycled) or 1/2 yd. of ribbon
- Heavy duty craft punch (or scissors)
- Aromatic cedar chips (can be found at your local craft store or pet supply shop)



### What you will need:

- A t-shirt (new or recycled)
- Scissors
- Lavender or other potpourri

### How to make it:

Lay the socks flat and cut the length down, if they're long socks, so that they would fit above the ankle. Next, use the craft punch or scissor and make a row of holes about one inch down from the top and one inch apart. Now, open the sock and fill with the cedar chips. The cedar will not only help to make the boots smell better, but they also absorb moisture. Skates can get very sweaty! Take the laces, or ribbon, and thread through the holes pulling the top closed. Tie with a knot or bow and there you have them! Your skates will be smelling great! Of course, you can also use these sachets in shoes too.

### How to make it:

Take the t-shirt and lay flat. Cut two large squares (approx. 6 inches) from the shirt around the design, if there's something printed on your shirt, take care to cut around it so it will become part of the sachet. Now take your scissors and cut fringe two inches in length and 1/2 inch in width around the perimeter of the squares. Next, using the fringes, tie the front and back squares together leaving a few inches open. Now, fill with your lavender or potpourri and tie the remaining fringe. Now you have a simple and fragrant sachet for your skate bag, gym bag, or to put in a dresser drawer.

MADAME CRAFTINA'S  
HOROSCOPE

## SPRING INTO A HEALTHY NEW YOU!

Spring is almost here and coming out of the holiday season into a new blossoming season of sunshine and change should reflect in ourselves and in our crafts too! To keep our health and energy on the up and up, Madame Craftina has supplied some wonderful diet and health tips perfectly suited for each astrological sign.

**Pisces:** It takes little effort for the Pisces to maintain good health but what they do need to watch out for is over-indulgence. Focus on a well balanced diet, plenty of rest and a lil bit of exercise. Eat foods rich in iron and minimize your use of table salt and coffee.

**Aries:** Aries people with a very busy and active lifestyle need to maintain good health and balance. They should avoid salt and liquor and eat plenty of tomatoes, beans, spinach, broccoli, bananas and swordfish. It is also very important that Aries' enjoy their meals.

**Taurus:** Bulls should have asparagus, beets, spinach, pumpkin, cranberries, raw nuts, fish and seafood in their diets and avoid carbs and rich, heavy foods. Taurus people tend to like fattening foods so should avoid over-indulgence and discover the empowering activity of walking.

**Gemini:** It is the time to switch from coffee and stimulants and try an herbal tea instead! The twins need relaxation as part of their diet and foods that are rich in potassium chloride such as peaches, plums, apricots, tomatoes and

green beans. Also plenty of calcium is important for the Gemini.

**Cancer:** Crabs need to avoid their impulsive tendencies towards sweets like pies, cakes, ice cream and candy. Everyday should include fresh fruit, vegetables, lean protein and lots of calcium. And rather than a negative dining experience, a pleasant mealtime should be ensured for Cancers.

**Leo:** Lions enjoy the fine things in life, including food and wine, and should eventually learn to balance their diet for optimum health. Leos should continue to enjoy beef and poultry and other foods rich in iron like spinach, dates and raisins. Daily vitamins from sunbathing are very beneficial to the lion.

**Virgo:** First thing to avoid: WORRYING! Virgos should focus on getting away! Also spicy food, gravies, and fried foods should be avoided and leafy greens, whole wheat, whole grain foods, oats, almonds, melons, pears and apples should take their place. Virgos will notice themselves feeling better if they switch from sugar to honey.

**Libra:** Balance is the main focus in every aspect of a Libra's life. They should balance their diet too by avoiding too much beef and pork, and eat seafood, fish, and poultry and things like strawberries, apples, brown rice, and oatmeal instead. Plenty of water rather than alcohol, carbonated drinks and anything bad for the kidneys is beneficial for the Libra

as is pleasant music.

**Scorpio:** A new dietary goal for scorpions is to say no to that second drink! This will change how they feel and will see improvements in their skin. Scorpions should enjoy fresh cherries, bottled water and sticking to the basics; fresh fruit, veggies and whole grain breads. Also try eating smaller meals.

**Sagittarius:** On the go types like Sags need to keep their energy and fats, starches, and alcohol just do the opposite. Sags should avoid cream, butter, candy and chocolate and stick to a high protein diet with lots of raw salads, fruits, veggies and whole grains. Moderation is key to a healthy lifestyle except when referring to water intake, a lot is good!

**Capricorn:** Goats need to maintain a diet high in protein and calcium and should avoid alcohol and highly spiced foods. Oranges, cabbage, kale, broccoli, potatoes, almonds and oats are good foods for Caps and a fresh, raw salad a day is recommended highly. Plenty of water and long relaxing walks will keep Capricorns at their best.

**Aquarius:** Aquarians will benefit better from their snacky nature if what they choose to snack on is better for them. 'Good' snacks include vitamin C rich foods, almonds, pecans, walnuts, apples, peaches, and pears. Also Aquarians water element is reflected in foods essential to their diet like ocean fish, tuna, lobster and shellfish.

## MA MANGIA

## THIS ST. PATRICK'S DAY -

## ENJOY SOME TRADITIONAL IRISH SODA BREAD!

In honor of St. Patrick's Day we thought it would be fun to find a traditional Irish recipe to share with you. After searching around a bit, we came across a website devoted to preserving the authentic recipes for Irish soda bread and encourages modern bakers to "get in touch with their Irish roots". Even those of us without Irish roots can still learn a little history and enjoy this daily staple of the Irish. Be sure to visit the website and learn some history—and then have something great to eat! Happy St. Patrick's Day!

**You will need:**

3 cups (12 oz) of wheat flour  
1 cup (4 oz) of white flour (do not use self-rising as it already contains baking powder and salt)  
14 ounces of buttermilk (pour in a bit at a time until the dough is moist)  
1 teaspoon of salt  
1 1/2 teaspoon of bicarbonate of soda.  
2 ounces of butter if you want to deviate a bit.

**Method:**

Preheat the oven to 425 F. degrees. Lightly crease and flour a cake pan. In a large bowl sieve and combine all the dry ingredients. Rub in the butter until the flour is crumbly. Add the buttermilk to form a sticky dough. Place on floured surface and lightly knead (too much allows the

Shape into a round flat shape in a round cake pan and cut a cross in the top of the dough.

Cover the pan with another pan and bake for 30 minutes (this simulates the bastible pot). Remove cover and bake for an additional 15 minutes.

The bottom of the bread will have a hollow sound when tapped to show it is done.

Cover the bread in a tea towel and lightly sprinkle water on the cloth to keep the bread moist.

Let cool and you are ready to have a buttered slice with a nice cup of tea or coffee.

**\*\*This recipe can be found at [www.sodabread.info](http://www.sodabread.info).**





**WHO IS KEEPING SAN DIEGO CRAFTY?**

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

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

**Penni Hawkins** of *p-starr products*  
www.p-starr.com

**Amy Smock** of *Designs de Luna*  
www.designsdeluna.com

**Meagan Rae Longtin** of *Meagan Rae Designs*  
www.meaganraedesigns.com

**Karen Jorgenson** of *Altered Provisions*  
www.alteredprovisions.com

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

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**Crafty Black Book: Upcoming Events for March** *March is National Craft Month!*

**FRIDAY MARCH 6TH:**  
**SAN DIEGO LIVING SHOW**—Our next craft segment airs at 9 am on channel 6

**SATURDAY MARCH 14TH:**  
**ST. PATRICK'S DAY PARADE & FESTIVAL**

Did you know that San Diego has an annual St. Patrick's Day celebration? You're sure to see some fun & creative costumes, floats, and other festive fare. The event happens on Saturday, March 14th in Balboa Park and begins with a parade at 11 am. The parade starts at 6th & Juniper, goes up 5th Ave., to Upas St., and continues down 6th St., ending at 6th & Laurel. Be sure to say hi to our friends from the San Diego Roller Derby who will be taking part in this year's parade! Visit [stpatparade.org](http://stpatparade.org) for all the info!

**SUNDAY MARCH 15TH:**

**2 STICKS & A DJ**

Get your knit on with DJ Jen, Tina, and DJ Tony at the Whistle Stop Bar every first & third Sunday! Join other hip knitters at 3 p.m. for an afternoon of fun! Enjoy a drink & some tunes while knitting with others. It's more fun that doing it alone!

**TUESDAY MARCH 17TH:**

**ST. PATRICK'S DAY**



**TUESDAY MARCH 24TH:**

**SAN DIEGO LIVING SHOW**—Our next craft segment airs at 9 am on channel 6

**CRAFTY CONSPIRACY CRAFT NIGHT**

Consider yourself crafty or want to learn to be? Join the NPCM at **Filter Coffee House** on the fourth Tuesday of each month for a fun night of crafting! Our next get together is happening **Tuesday, March 24th from 7 to 9 PM**. Bring your own project to work on and enjoy some of the tasty treats they have at Filter. The chocolate cake is fantastic!

**LOOKING AHEAD TO MAY!**

The San Diego North Park Craft Mafia will be bringing you another Sunday, Crafty Sunday in May and also the 2nd Annual Spring Line Up on My 17th! Stay tuned for more details!