



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

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Art As Therapy



I've read several news articles lately regarding the therapeutic nature of arts and crafts. It is so relevant these days when so many of us are taking fewer vacations, buying fewer luxury items and overall getting a lot less material satisfaction day to day. My mom and a couple of her friends asked me to give them a painting lesson a few years ago. One of her friends was terrified to pick up a paintbrush, she kept saying, "I can't paint, I can't paint!" I assured her, if a person can move, she can paint. She finally picked up the brush and tentatively started to paint. Now a few years later, she is selling her beautiful paintings out of her home studio!

There are so many ways to be creative in our day to day lives, so go for it! Altering costume jewelry that's been sitting around, repainting and decorating old furniture (my local thrift store always has great stuff to repurpose for super cheap), drawing or coloring with your kids, making collages out of National Geographic (maybe a dream collage of places you'd like to go), whatever! There is a psychological benefit to being creative. It not only helps your mind stay active and gives a sense of accomplishment but it can also make your living space more beautiful. The internet, too, is a great place to find ideas, patterns and directions for all sorts of craft and art projects. This newsletter, too, has weekly ideas to make something fun. And stop telling yourself that you're not artistic or creative. Everyone is an artist, they just don't know it yet.



CRAFTY HELP:

ASK DR. MUERTA FOR CRAFTY HELP & ADVICE!

Dear Dr. Muerta: My sister and her husband are horrible gift-givers. Every year at Christmas, they either re-gift something that they got as a gift, or she grabs something out of her house and wraps it up for me (I recognized the vase she gave me last year from something I saw on her dining room table several years ago). I'm not a materialistic person, but her gifts make me feel like she doesn't care about me or my feelings. Should I say something?

Dear Just-Give-Me-A-Starbucks-Gift-Card: In my experience, when it comes to family and it is not a life-or-death situation, it is often easier to let it go. When it comes to the foibles of my own family and my in-laws, I find talking to my husband about them behind their backs, laughing at it and letting it go often ends up with the best result. Your sister might not have enough money to go out and get everyone the perfect gift, so she skimps when it comes to the person she knows will love her anyway (sucks to be you). Or she might just hate the holiday shopping (I love it but my husband tears his hair out). Either way, snicker at it later after everyone goes home, and start a Goodwill pile. Also, you might try to introduce her to holiday shopping events like the Holiday Hit List where she'll be introduced to a whole new world of one-of-a-kind gift items!

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



CRAFTY HOW-TO:

MORE FUN WITH DUCT TAPE! FABRIC SWATCHES!

Creating with duct-tape has become a very trendy craft. You can make anything out of duct-tape from wallets and belts, to full on clothing and other accessories. This month the San Diego North Park Craft Mafia is giving all you artists a quick tutorial on how to make 'fabric' swatches from only duct-tape. From there, let your imagination go wild with your duct-tape designing!!!!

You will need:

- Duct tape (in various colors)
- Scissors (cuz your fingers are gonna hurt if ripping tape over and over)
- Embellishments (beads, rhinestones, grommets; optional)
- Dress form (for designing clothes; optional)

To create a 'fabric' swatch:

Cut multiple pieces of duct tape according to the length necessary for your design and lay flat with sticky side up. Start with the first piece, flat and sticky side up and take another piece and lay it flat on top of the first piece, sticky side down and stick it halfway down the width of the tape so that you have sticky side showing still on top of the first piece, and now on the bottom back side of the second piece. You will be alternating each piece of tape so that there is always half of the tape's sticky side exposed. When you have your desired size of tape 'fabric', fold over the top and bottom edges of exposed sticky tape to create a sort of binding to the swatch and trim the sides with your scissors to clean up the edges.

Multiple swatches can be taped together or even attached with duct-tape straps to create garments. Long strips of duct-tape ribbon can be woven to create a more intricate design. The possibilities are endless! Let the imagination and skills you already possess take a sticky turn with this new medium to craft with!

-Meagan Rae, North Park Craft Mafia



MADAME CRAFTINA'S HOROSCOPE

IT'S IN THE CARDS!

This month, Madame Craftina will be carefully meditating on tarot cards to use as insight into all your futures. May many blessings come into your life this fall and especially this October.

Libra (9.23-10.22) 8 of wands: You are excited about the path you are on and hoping all ends well. It sure does. The activity you are undertaking is indeed a successful one just be aware of internal conflict and jealousy.

Scorpio (10.23-11.21) 8 of swords: There are possible tough times concerning you Scorpion, but your inner strength will guide you through. Be sure to keep your eyes open and use your intuition. If it doesn't feel right, it probably isn't.

Sagittarius (11.22-12.21) 5 of wands: A card of double meanings. One says the strife you are witnessing is all a façade, an act. Don't fall for it Sag. The other says it is a card of prosperity, money, gain. Of course we all hope for it is the latter.

Capricorn (12.22-1.19) 9 of swords: This is the time to get out there Captain. All those things

you've been meaning to do are waiting for you. Beware of self imprisonment and stagnancy.

Aquarius (1.20-2.18) 7 of swords: I believe this card to be a sign for you Aquarians. Someone who seems to be talking your ear off and babbling may actually have worthwhile things to say as well as important things for you to hear. Do not dismiss this good advice.

Pisces (2.19-3.20) 3 of pentacles: This is a card of honor and nobility. Your work or trade is something that you take pride in and you should continue to focus your efforts here. The payoff will be great.

Aries (3.21-4.19) the Star: One meaning says bright forecast and great hope. And another reminds you to also keep a watchful eye on your most important belongings, including yourself.

Taurus (4.20-5.20) the Hanged Man: There is wisdom and divination within you Taurean. Your senses of intuition and prophecy are especially apparent this month. Remember selfless acts.

Gemini (5.21-6.20) 10 of swords: You twins may find yourself in a state of absolute power or advantage this month, but act modestly because it is not necessarily permanent. Be sure to define your success by your own standards, rather than others' falsehood.

Cancer (6.21-7.22) King of cups: There is a man who studies business, law, creative arts and sciences. He is a fair man and of great intelligence. He is responsible and will be there for you in various manners.

Leo (7.23-8.22) 3 of swords: Your heart is longing for what it so desires. The division or absence is weighing heavy on you but your heart is not completely broken. You will get through this. Perhaps it is a good time to take a trip and visit your love.

Virgo (8.23-9.22) 10 of cups: October is the perfect time for stillness and appreciation. Stop and look around. Soak in all that is fantastic around you. Your family and friends, nature and your home are all areas where you are truly blessed. Feel your contentment.

MA MANGIA

ANYONE FOR BRAINS & BLOODY APPLETINIS?

Blood Candy Rim

1 c. Sugar
1/2 c. Karo Syrup
1/2 c. Water
Red Food Coloring

Directions:

Combine sugar, syrup and water. Cook without stirring to hard crack stage – which is 300 degrees F, use a candy thermometer to check. Add red food dye.

Turn off heat. While the mixture is still hot but not boiling, dunk the top of the cocktail glass into the mixture to create the red rim. Tip the top of the rim to part way down the glass – whichever you prefer. Flip the glass right side up to cool and cause “drips” as it hardens on the glass! Once hardened keep chilled.

The Appletini Martini

2 oz. Vodka
1/2 oz. Apple Pucker Schnapps or
1/2 oz. Apple Juice or Cider

Combine liquid ingredients in a cocktail shaker with crushed ice. Shake well. Strain into a chilled cocktail glass with the candy rim.

Keep the Appletini mixture really cold and adjust the pucker to suit your taste. Enjoy!



1 8 oz pkg cream cheese
1 12 oz can of cream of mushroom soup (concentrate)
1 cup whole milk
1/2 cup mayonnaise
2 Tbsp butter
2 Tbsp olive oil
1/4 cup chopped onion
2 Tbsp chopped garlic
1 lb cooked shrimp, chopped in small pieces
1/2 lb imitation or real crab meat, cut into small pieces
1/4 cup jarred pimentos (liquid drained)
2 Tbsp jalapeno pepper sauce (green or red)
2 Tbsp Knox unflavored gelatine dissolved in 1 Tbsp of lemon juice
1 pound of cubed bread or crackers to serve with dish



Recipe Source - <http://simplyrecipes.com>

Directions

In saute pan cook chopped garlic and onion in butter and olive oil until golden and soft. Meanwhile, slowly melt creamed cheese, soup, whole milk, mayo, shrimp and crab meat. Cook until creamy and seafood is incorporated. Add pimento, pepper sauce and unflavored gelatin with lemon juice. Cook dip until bubbling for about 2 minutes and cool at room temperature.

Once cooled scoop the pate mixture into an oiled mold- you can find one at Amazon for around \$10. Place in fridge to be chilled. When you are ready to serve, turn upside on a plate and it should slide out nice and easy leaving you with a perfectly gross but delicious brain pate. If you don't have a brain mold you can use a round bread loaf and cut middle from round bread loaf to make a bowl. Place the cooled dip into the bread bowl, add eyes using green olives on the front on the bread bowl and a mouth with a red pepper. You can also use a small knife to draw some patterns in the pate after it has cooled and add red dye to give it more of a brain look.



WHO IS KEEPING SAN DIEGO CRAFTY?

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

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

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

www.SanDiegoNorthParkCraftMafia.com
info@sandiegonoorthparkcraftmafia.com
P.O.Box 711773
San Diego, CA 92171

WATCH US ON TV!
Every Month on
San Diego Living
Channel 6 @ 9 am

Can't wait? Check out Our YouTube page!

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

HOLIDAY HIT LIST
APPLICATIONS
Now available!
Mark your calendars!
HolidayHitList.com

It's Halloween
time!! What are you
going to be??

Crafty Black Book: Upcoming Events for October

FRIDAY-SUNDAY, OCTOBER 1ST-3RD OKTOBERFEST

Drink some beer, check out the vendors and have some fun! Be sure to visit Belle Pepper Couture at Centifonti's if you are in the area.

8363 La Mesa Blvd, San Diego, 91942

www.lmvma.com/SeasonalEvents/Oktoberfest.aspx

SATURDAY, OCTOBER 2ND SOUTH PARK HARVEST WALKABOUT

All of the shops stay open later, it's going to be a nice evening for walking about. :-) We have heard that you would want to stop by the Whistle Stop. There's going to be some craftyness going on there!

30th & Juniper St, Starts in the evening. - www.mim.io/663f5

WEDNESDAY, OCTOBER 6TH SKATEWORLD'S ROLLER DISCO BIRTHDAY PARTY

It's true! Skateworld has been keeping' the good times rollin' since 1975! Join in the celebration at their roller disco birthday party! Sure to be a fabulous event! Come dressed in your 70's best and you might win a prize! \$7 admission includes skate rental, a ticket for the opportunity drawing, and a piece of birthday cake! What could be better? ALL AGES welcome!

Visit website for more info: www.FriendsOfSkatworld.com

6:30 pm - 9:30 pm @ Skateworld - 6907 Linda Vista Rd - 92111

SUNDAY, OCTOBER 17TH SUNDAY CRAFTY SUNDAY, EL DIA DE LOS MUERTOS

Come celebrate El Dia de los Muertos with the Craft Mafia. There will be many cool vendors at our show! Also, 50 free sugar skulls to the first shoppers at our event! (1 per family) **Queen Bee's Art & Culture Center, 3925 Ohio St. San Diego 92104 1pm-6pm, www.sundaycraftysunday.com**

SUNDAY, OCTOBER 24TH CANINE CARNIVAL

Come and check out the dog costumes and cool stuff. There will be a dog costume contest and parade.

Dusty Rhoads Park, Sunset Cliff Blvd at Nimitz 10am-4pm

www.oceanbeachkiwanis.org/page4.php

TUESDAY, OCTOBER 26TH CRAFTY CONSPIRACY

Our monthly craft get together! Come hang out, craft, craft swap, just get away for a bit at our Crafty Conspiracy. We hope to see you there! **NEW LOCATION at the NTC Promenade in Liberty Station! Velvet Klaw Studio - 2690 Historic Decatur Rd. Ste. 203 (upstairs) 7pm-9pm - www.sdnpcm.com/events**

SUNDAY, OCTOBER 31ST DIA DE LOS MUERTOS

This is a great event in North County! It shouldn't be missed!

San Luis Rey Mission, Oceanside, CA - www.msrlrdiadelosmuertos.com/