

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



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## SCLBSA Bead Shop Hop - A Route 3 Review

I had a blast hopping with my Mom last year, but this year's left last in the dust. We started the Hop at my local store, the Black Bead in Ocean Beach. This store is great! Case after case is stuffed with every type of bead you could imagine. Each case offers multiple trays of beads and every time you look you will see something new. Be sure to take the time to check in the window to see the extra layer of coolness they have there.

Our next stop was Dancing Bear Indian Trader in Vista. My favorite perk of this store is the offerings of hard to find and ever changing fabric by the yard. I was also really impressed with the feather selection and diverse styles, from steam punk to southwest. I love how this store mixes a little bit of what is new and hot with tried and true classics. From there we jetted over to Ocean Sky Beads in Oceanside where I spent hours picking through the spread of beads, charms, and findings. My favorite feature of this store is the single bead pricing, especially the metal spacing collection, and the awesome bargain bin.

Then we headed down the coast to Beads, Crystals & More. This is a great place to match up a project or start a new one as the store is arranged with islands of color. Keeping on the 101 we when to Oskadusa. OkWho? Ask about the name when you visit, its a great story. This store always offers classic beautiful products with a touch of something different. This visit I was intrigued by the oxidized and fire torched copper beads and findings. Ending our coast trip was Beads and More in Pacific Beach. I love the personal atmosphere at this store and customer interaction. We spent a great deal of time just playing, designing and going through the collection of itty-bitty Peruvian ceramic beads.

Our next day started up in Julian at Mountain Beadworks, an elegant store specializing in the unique hand picked. I love they way this store feels like a personal workshop and I picked up some great center pieces. Despite the distance this store is a must see for any bead fan. We got a treat since it was Sunday there was a farmers market at neighboring Wynola Farms Marketplace. Be sure to check them out on Sundays from 11-4. We then detoured back to San Diego proper for Bead Gallery of Mira Mesa. Here I fell in love with some unique chocolate brass finding. I was also impressed with the section of resin work tools and findings.

Heading out east, we checked out the new kid on the hop, P & P Beads of Santee. This store was a great find with lots to see. I loved the way the store was centered around the crafting table and 4 regulars were beading away. Our next stop was The Bead Boutique of El Cajon. At this stop I found some pin back findings I had been keeping an eye out for the entire hop. If you visit this store remember it is tucked away behind JoAnn, just be sure to ignore the construction.

Finally we ended the day at the Bouncing Bead in La Mesa. I like this store for the great selection of buy by the piece findings. I was also interested in the selection of steam punk and leatherwork items featured in classes. Be sure to look next door at Two Sisters & Ewe for your yarn needs. Our last store was a trip up to Bead Island of Murrieta. Bead Island has moved to a new location since I had last been out and now have 3 times as much space. I loved going through the selection of vintage beads and the featured Halloween table. Aside from being a well organized event, all the stores were very excited to see us hop-ping. Each store had their own unique offering of specials, and Route 3 came together and did their own charm bracelet with a charm from each shop. So if you loved the Shop Hop or couldn't make it this year, there is no reason to wait for next year for more fun!

### Check out up coming events for out local San Diego Stores -

**Bead Island-** 15% off new large hole beads from India and new products & classes for metal stamping and resin.

**Dancing Bear Indian Trader-** Has Halloween Mania all October with a 4 week scavenger hunt and gift basket prize. Also a free class each week for matching necklace, earrings, ring and bracelet.

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## CRAFTY HELP:

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

**Dear Dr. Muerta:** I am having a really hard time figuring out what to do about my kids' Halloween costumes. When I was a kid, my mother made all of our costumes, and we were required to help her. We had a very small budget and did a lot of supply shopping at thrift stores. Now that I have kids, should I just give them the store-bought costumes I so wanted when I was a kid? The quality has increased so much and the price is not prohibitive for our family. On the other hand, I really did learn how to sew, how to be creative and how to work within a budget when creating our own costumes from scratch. I'm totally at a lost about what to do. Help!

**Dear Costume Crusader:** This is a tough one, and it's certainly something I've struggled with myself as my son gets older, and more able to take on projects such as a costume. Up until now I've relished in buying a fancy new costume for him every year. My childhood was like yours, full of thrift store Halloween costumes. I think that it's great to have your kids get creative for their own costumes, and come up with something that's inexpensive, creative and handmade. My advice is to give it a try and see what you and your kids can come up with doing the handmade and thrift store thing. It will teach them all of the skills you mentioned, increase their creativity, help them learn how to do more with less, and teach them the value of their own handiwork. If they **MUST** buy something, let them get an accessory at a costume store (like vampire teeth, or a wig) instead of the whole thing. But I think it's important to set a budget for the whole thing, and stick with it!

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

## CRAFTY HOW-TO:

## HALLOWEEN SCARF MARIONETTE!



Halloween is on the prowl soon and the time is coming to give those around you a fright. Ghosts, goblins and skeletons all make their debut at this time of year. If you want to give your friends a scare, combine the flowing movement of a ghost, a staring skeletal face and bony hands to reach out and touch the brave. By combining these three elements a Halloween scarf marionette is born! For centuries marionettes or string puppets have provided entertainment for all drawing the audience into a world of fantasy and curiosity. Tricking the viewer in to believing they are alive. Halloween is a time for tricksters to emerge. Are you ready to trick your friends?

- 1 skull
- 2 skeletal hands
- 1 24 in x 24 in square cut of fabric
- 1 36 in x 36 in square cut of fabric
- 1 ping pong ball
- 2 large beads
- 1 spool of fish line
- 1 spool of either ribbon or string
- 1 11 in cut piece of ½ in wooden dowel
- 1 8 in cut piece of ½ in wooden dowel
- 1 screw
- 1 needle
- 1 pair of scissors
- 1 drill with small drill bit
- 1 screwdriver

To make the body, start by drilling holes in the top and bottom of the skull, in both the wrists of the hands and through both sides of the ping pong ball. Cut one yard of fish line and tie one bead at one end of the line. I used spider wire braided fish line for demo; however, regular nylon fish line will work just as well. Thread the fish line through the ping pong ball, the center of the 24 in x 24 in square cut piece of fabric and the skull. Tie the second bead just above the skull. This will keep the skull, fabric and ping pong ball in place. In order to make the cloak and arms, fold one edge of the 36 in x 36 in square cut of fabric approximately 4 inches in towards the center of the cut. Along the folded edge measure downwards approximately 18 inches and then approximately 3 inches inwards. This is the point in which you will thread the line through two layers of fabric with the folded edge facing downwards lying on top of the skull. Once the line is threaded through a knot should be tied above the fabric in order to keep the fabric in place. To form the hood, the 36 in x 36 in square cut piece of fabric should then be draped around the skull leaving an opening for the skeletal face to show through. A piece of ribbon or string should then be cut and tied around the neckline of the marionette, between the base of the skull and the 24 in x 24 in square cut piece of fabric. To attach a hand, cut one yard of fish line and tie the hand on to one end of the line. Take a frontal bottom portion of the cloak and thread the fish line through the layer of fabric drawing the hand under the cloak. Gather some fabric around the base of the hand and tie a string or ribbon around the gathered fabric. This will form a wrist and the arm of the marionette. Do the same with the other hand. To create the controller for the marionette, a hole must be drilled at the end tip of the 8 in cut piece of ½ in wooden dowel and in the center of the 11 in cut piece of ½ in wooden dowel. Forming a T-shape with the 11 in piece of wooden dowel being at the top of the T-shape and the 8 in piece of wooden dowel forming the base a screw can be screwed through the two holes. It is a good idea to add a glue of some sort to reinforce the joint. Holes must then be drilled through the top of each end section of the T shape for the strings of the marionette to be attached. To string the marionette, the desired height must be decided and the head string attached by tying it first to the end section of the base of the T-shaped controller. For this example, I chose for my marionette to have the height of 2 ft. between the top of the head string and the controller. I determined the height based on what is most comfortable for me as the manipulator of the marionette. In many circumstances it is usually best to attach the head first on a marionette. This is because the head strings usually bear the most weight in supporting the body and is usually the highest point of elevation for most marionettes allowing for proper judgment of the additional string lengths. It is also helpful to have someone hold the controller for the marionette while the judgment of height is decided and the attachment of the strings. Once the head has been tied, the hands can now be attached. To determine the proper height of the hands, one must play with one hand string trying to determine the best height based on the desired effect of movement. My desired effect was to have the hands outwardly stretched based on the concept of a ghostly movement. I strung my hands based on the shoulder height of the marionette, making sure as not to have the hands above the shoulder height or too far below the shoulders. Based on this controller design this position allows me to attain a ghostly effect. After the first hand's height has been determined and is attached to the end section of top portion of the T-shape, the second hand may be attached. Decision for the second hand's height is usually based on the decided height of the first hand to be attached. I attached mine to be generally the same approximate height. Once this is all done you are ready to scare your friends, play tricks on trick or treaters or just have fun with a ghostly goblin that is ready to come alive!

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**Ocean Sky Beads-** One on one classes come on in and ask about our upcoming Knotty-Do-It-All Classes.

**Beads, Crystal & More-** Mention the Shop Hop for 10% off classes in October.

**Oskadusa-** Will be celebrating their 20th year anniversary in October with an open house party, and will have a Holiday Trunk Show in November. Check their website for detail and great upcoming classes.

**Beads & More-** One on one free classes, check out the notes on Beads and More's Facebook page.

**The Black Bead-** Check out their website for details on a 20% off coupon.

**Beads & More-** One on one free classes, check out the notes on Beads and More's Facebook page.

**The Black Bead-** Check out their website for details on a 20% off coupon.

**The Bouncing Bead-** 2nd Wednesday is the Bead Party from 5-9 featuring 10% off you purchase during the party, see website for details.

**The Bead Boutique-** Classes on Demand, check out website for detail on bring 2 friends and get 20% off class.

**P & P Beads-** Check out their website for Halloween classes including a polymer clay pumpkins and witch earrings.

**Bead Gallery-** 2 new classes in October, check website for details.

**Mountain Beadworks-** Just opened a new coffee shop next door and Nov 5th and 6th is the semi annual Ancient Bead Trunk Show, check out their website for details.

Want more info? Check out <http://sclbsa.blogspot.com/> for all the latest info and for a list of participating stores and follow the Facebook page at <http://www.facebook.com/SCLBSA>.

## MA MANGIA

## GRANDMA ESTHER'S APPLE CAKE!

My Great-Grandma Esther taught me how to make this delicious cake. She was a fantastic cook who could make cakes from scratch, and was allergic to eggs, so this recipe is egg-free. It is one of my favorite cakes and always disappears quickly at my house.

### Ingredients

- 4 heaping cups of sliced apples (about 3-6 apples depending upon apple size)
- 1-cup sugar
- 2/3-cup oil
- 2 cups flour
- 1 tsp baking powder or soda
- 1 tsp cinnamon
- 1/2 tsp nutmeg (can substitute ginger, allspice, or cloves OR use them all if you like)
- A pinch of salt

Mix sugar with apples when finished slicing, cover and let sit for one hour to draw some of the juice from the apples. Grease bunt pan (an angel-food cake pan will work too) and pre-heat oven to 375 degrees. Mix oil in with apples. Mix together dry ingredients in a separate bowl then mix them with the apples.

Bake for 35-45 minutes and check with tooth pick. Cool in the pan for a few minutes before turning it out on to a cooling rack to cool completely before transferring it onto a cake plate.

### My Gluten-Free Version

My Grandma Darlene is severely gluten intolerant and I recently figured out that I am intolerant of it as well. Gluten is the protein found in wheat, barley and rye that gives dough elasticity (why it can be tossed around so much to make a pizza crust) and gives breads and cakes a chewy texture. I have been working on a gluten-free version of this cake so I can still eat it. Gluten-free flours have far less elasticity and absorb less liquid than wheat flour, so gluten-free batters need to be dryer and tend to result in a more crumbly cake. My Grandma is also diabetic, so I chose to put less sugar in the apples. Since there was only 2/3 cup of sugar, the apples produced less juice which helped balance out the different wet to dry ingredient ratio needed for converting from a regular to gluten-free recipe. The Xanthan Gum is a thickener added to help it stay together better, but it is not 100% necessary.

So, to make the gluten free version: Use 2/3 of a cup of sugar instead of one cup. Substitute 2 cups of a gluten-free pancake or baking mix for the two cups of regular flour. (Bisquick now makes a GF one that is at the regular grocery store.) Add 1/2 tsp Xanthan Gum. All other ingredients are the same, and the baking time tends to be more towards the 40-45 minute mark.

The gluten-free apple cake in the picture is the third one I have made, but it is also the most crumbly because my grandma really wanted walnuts in ours. So, I added one cup of chopped walnuts, and it fell apart when I transferred it to the cake plate. Still trying to figure out how to fix that problem. . . at least it tastes good and that's what really counts. Adding walnuts to the regular version would not make it fall apart like the GF one did.





**WHO IS KEEPING SAN DIEGO CRAFTY?**

Teresa Salazar of *Velvet Klaw*  
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Svea Komori-Ang of *Belle Pepper Couture*  
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Lindsay Harold of *Rae Wolf Designs*  
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Robin Priest of *R Priest Ellgy Co.*  
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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.**

We are a 501(c)6 nonprofit organization.

*"Sunday, Crafty Sunday" Celebrates  
el Dia de los Muertos!*

Presented by the San Diego North Park Craft Mafia

**Sunday, October 16th 2011**  
at the **Centro Cultural de la Raza**  
2004 Park Blvd. - 92101  
(in Balboa Park)  
Noon - 6 pm

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



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



**FRIDAY, OCTOBER 7TH  
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>**

**THURSDAY, OCTOBER 13TH  
CRAFTY CONSPIRACY OF STITCHING**

We have so much fun at our monthly craft night that we're adding a second night just for those who like to sew! Bring your machine and get going on your sewing! There's no fee to join in and we welcome everyone. We do ask that you please RSVP if you are planning to attend so know to expect you! Send a note to:  
[info@velvetklaw.com](mailto:info@velvetklaw.com)

**7pm - 9pm at the Velvet Klaw Studio in the NTC Promenade in Liberty Station—Barracks 19 Bldg.  
2690 Historic Decatur Rd. Studio 203 (upstairs)- 92106  
(across from Con Pane Cafe)**

**SUNDAY, OCTOBER 16TH  
SUNDAY CRAFTY SUNDAY, DIA DE LOS MUERTOS EDITION**

100 free sugar skulls and marigolds to shoppers. Free event. Kids craft corner. There will many artisans featuring merchandise Dia de los Muertos themed. Want to be a vendor at this event? For more information, check out the website: <http://www.SundayCraftySunday.com>  
**12 p.m. to 6 pm @ Centro Cultural de la Raza, 2004 Park Blvd. - 92101**

**TUESDAY, SEPTEMBER 27TH  
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: [crafternight@sandiegonoorthparkcraftmafia.com](mailto:crafternight@sandiegonoorthparkcraftmafia.com)  
**7p.m.-9 p.m., 135 E Broadway, Vista, CA 92084**

**THURSDAY-SUNDAY OCTOBER 27TH-30TH  
SOME LIKE IT HAUNT**

4 nights of Live Bands, Costumes, Swing Dance Competitions. It's going to be an amazing event. There will be beginner lessons every night. Bands include: Trio Gadjoo feat. Isela LeClair, Dean Mora, Jonathan Stout & Campus 5 and Stompy Jones. <http://www.somelikeithaunt.com>