

MONTHLY MESSAGGERO

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

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Bead Shop Hop, Support Your Local Bead Store!



Do you know all the great local bead stores in Southern California? This September 8th thru 11th and 15th thru 18th take a tour of 29 participating bead stores stretching from San Diego to Ventura, then out east to San Bernardino county and everything in between. Sponsored by Beadalon each store will offer there own unique Make N' Take projects, demonstrations, trunk shows or special surprises.

Never been to a Shop Hop before? This is a great way to get out and see your local stores, meet other bead enthusiast, and learn some new fun techniques. To get started visit one of the participating stores on or after September 8th and pick up your passport with map and lanyard.

The map is divided into 3 regional routes covering participating stores on the Hop, but you have 2 weekends and can travel at your own pace. Visit each store check out the great specials and and get your passport stamped. At the end of the Hop you will turn your passport for a prize drawing. If you visit every store in one region you will be eligible for a prize basket worth \$100, each of the 3 regions has 1 basket to give away. If you make it to all the stores in all 3 regions you are eligible for a \$500 gift card good at any of the Shop Hop stores, and the grand prize, a gum ball machine full of beads! Be sure to stop at Ocean Sky Beads in Ocean-side to check out the gum ball machine trophy.

The lanyards, offered for \$3.99, are a plain black pouch you can wear around you neck and store your passport in. Wait did I say plain black? I meant to say blank canvas you get to decorate and show off. Make sure your lanyards are awesome because by purchasing one you are entered into a design contest. So glam it up and be sure to wear it at each store cause the prize for the best lanyard is a \$100 gift card. Also offered are the official Shop Hop collectors pin, free to the first 25 Shop Hopper at each store on September 8th. These pins can be also be purchased later during the Shop Hop for \$3.99.

This year Shop Hop promises to be a lot of fun, it is put on by the Southen California Local Bead Association in which each participating store is a member of. So grab your beading friends and hit the road. I'm planning on taking it easy the 1st weekend with my Mom and then going at top speed during weekend 2nd with a fellow beading friend. Whatever your speed, wherever your location get to the Shop Hop and see what our local bead stores have to offer.

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>.

CRAFTY HELP:

ASK DR. MUERTA FOR CRAFTY HELP & ADVICE!

Dear Dr. Muerta: I've recently gotten out of a long-term relationship and I'm not used to doing anything by myself. I don't even have any hobbies left. Do you have any idea how I should get started having fun again?

Dear Newly Single: Ah, that's a hard one, it really is! Changing one's life to fit into the life of someone else is hard but then to unlearn that and go back to being on one's own, that is probably even harder. One of the first things to do is go to your friends and reach out. If you've been neglecting old friendships, work on getting them in order. Tell your friends and family that you're looking to get back into your life, that's a good place to start. Another thing to do is find any community groups that hold similar interests as you are. There are always craft groups, athletic groups, activity groups, church groups, and so on that will get you out of the house and into meeting new people. Try out different classes such as painting or various crafts at community colleges or adult extensions. And do all those things you were waiting for someone else to do for you! Buy flowers, go up in a hot air balloon, go horseback riding, any of those fun things you never thought you'd do. Go out there and enjoy yourself!

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

CRAFTY HOW-TO:

MAKE YOURSELF THIS LOVELY ROBIN EGG PENDANT!



Materials:

3 blue stone beads, 12mm

Silver wire, 20 gauge

Pliers including one round, and one with wire clippers

Cut off a piece of wire at least a foot in length, and string the three beads in the middle.

Wrap the wire around, so the three beads form a triangle. Wrap it around a few times, twisting the ends together at least once to make it tight.

Keep wrapping the wire around, looping it through to get the nest shape, you can make it as big or as small as you'd like. The more wire you wrap around, the bigger it will be. Also, make sure to loop the wire around both around and through, to make it secure. Cut piece of wire at least a foot in length to add to your nest as needed, making sure to wrap the ends around another piece of wire so no ends are sticking out.



Finished pendant

Once you have the nest how you would it, cut a piece of wire about 8 inches long for the loop. Form a loop with the round pliers and attach the loop through the top of your pendant. Weave the ends through the nest and secure them. Twist the top loop to make it tight and face the direction that you want.

Once your pendant is finished, put it on your favorite cord or chain and wear! There are endless possibilities with this as you can use any kind of bead, stone or glass, in any size, and any color of wire.



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

MA MANGIA

LOW-FAT & FULL OF FLAVOR!

Tropical Sangria

- 1 (750-ml) bottle red wine
- 1/4 cup orange liqueur, such as Triple Sec or Grand Marnier
- 1 orange (unpeeled), thinly sliced
- 1 lime (unpeeled), thinly sliced
- 1 (8- ounce) can pineapple chunks packed in 100% juice, with juice
- 2 cups naturally flavored lime or lemon-lime seltzer or club soda
- Sliced citrus fruit, for garnish



Nutrition Information Calories
215 • Protein 0 g • Carbohydrate 12
g • Total fat 0 g Saturated fat 0 g •
Cholesterol 0 mg • Fiber 0 g • So-
dium 10 mg

1. Combine the wine, orange liqueur, orange and lime slices, and the entire can of pineapple, including the juice, in a large pitcher. Stir, and store in the refrigerator for at least 4 hours (or overnight).
2. To serve, strain out the soaked fruit if desired. Pour the chilled seltzer into the pitcher, and stir to combine with the wine.
3. Serve over ice, and garnish with fresh sliced fruit.

Low-Fat Baked Jalapeño Poppers

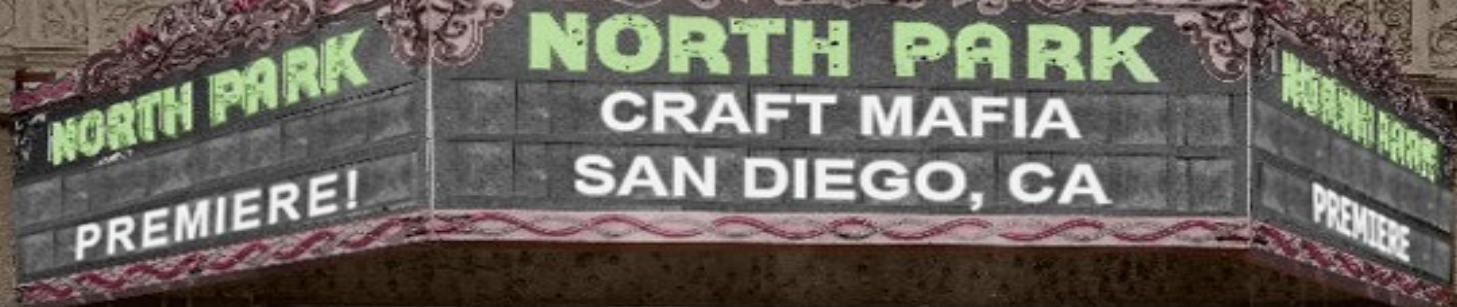
- 12 jalapeño peppers, sliced in half lengthwise
- 4.5 oz light cream cheese
- 5 medium scallions, green part only, sliced
- 2 oz shredded low fat sharp cheddar (I used Cabot 50%)
- 1/2 cup egg beaters or egg whites, beaten
- 1/2 cup panko crumbs*
- 1/8 tsp paprika
- 1/8 tsp garlic powder
- 1/8 tsp chili powder
- salt and fresh pepper
- spray oil



Nutrition Information Calories
Servings: makes 24 • Size: 2 pop-
pers • Old Points: 1 pts • Points+: 2
pts
Calories: 61.6 • Fat: 2.7 g • Protein:
4.2 g • Carb: 5.3 g • Fiber: 0.7 g

1. Preheat oven to 350°. Wearing rubber gloves, cut peppers in half lengthwise and scoop out the seeds and membrane.
2. Combine cream cheese, cheddar and scallions in a medium bowl.
3. Combine panko, paprika, chili powder, garlic powder, salt and pepper in another bowl.
4. Fill peppers with cheese filling with a small spoon or spatula.
5. Dip peppers in egg beaters.
6. Place pepper in panko mixture, using a spoon to make sure all the seasoning doesn't fall to the bottom of the bowl.
7. Spray a baking pan with oil spray. I lined my pan with parchment for easier cleanup. Lightly spray the peppers with a little more oil spray.
8. Bake in the oven for about 20-25 minutes, until golden and cheese oozes out.
9. Remove from oven and serve immediately. **Serve** hot.

Recipe Source - <http://www.cosmopolitan.com> & <http://www.skinnytaste.com>



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

We will be announcing our new members
 next month!

**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.

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

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

HOLIDAY HIT LIST

Vendor Application

Apply Online NOW

This event sells out every year,
 so apply early!

www.SanDiegoNorthParkCraftMafia.com
info@sandiegonoorthparkcraftmafia.com
 858-272-4276
 P.O.Box 711773
 San Diego, CA 92171

Back
 to
 School!

Crafty Black Book: Upcoming Events for September



FRIDAY, SEPTEMBER 2ND

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-SUNDAY SEPTEMBER 8-11 & 15-18

BEAD SHOP HOP

29 stores, 8 days, and over \$4000 of prizes to be won! This event is sponsored by Beadalon & Soft Flex, and planned by the Southern California Local Bead Store Association. This is a great opportunity to see all of the stores in different areas. The cover story of this month's newsletter has a great article about the Bead Shop Hop. It's free to participate, and fun with friends.

<http://www.sclbsa.blogspot.com>

THURSDAY, SEPTEMBER 8TH

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

*Due to schedule changes, we are moving this event to the 2nd Thurs. of the month. **Crafty Conspiracy of Stitching 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) 7pm - 9pm**

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: craftnight@sandiegonoorthparkcraftmafia.com
 135 E Broadway, Vista, CA 92084 7p.m.-9 p.m.

**Next month we will have our Sunday Crafty Sunday,
 Day of the Dead Show!
 Mark your calendars, October 16!
 Join our email list, to get the vendor info!**