

Madison Bead Society Newsletter

Vol. 24 No. 6/7

www.madisonbeadsociety.org

April/May 2014

April Meeting: Fuzzy Fiber Earrings

When: April 28th, 6:30 p.m. **Where:** Oakwood Village University Woods **Presenter:** Sue Smith

Born at our earring workshop last year, Sue perfected her technique which can also be used for necklaces and bracelets. They work up fast so be prepared to make several pairs. Instructor will bring a variety of sari ribbons and yarns from her stash for you to use, drinking straws, and a fabric cutting mat and wheel.

Materials needed:

Colorful fabric scraps cut into strips that are 3" to 12" long & 1/4" to 1/2" wide (2 per earring pair)

And/Or

Colorful yarn remnants, you will need two matching pieces 8-12" long per earring pair

Craftwire: 22ga and 28ga in your favorite color (gold, silver, black, etc.)

3-5mm beads to end-cap your fiber bead, 4 per earring pair

2 1/2" earring head pins (if you can't make your own)

ear wires

Other Supplies/Tools Members should bring to workshop:

Scissors and glue (epoxy or white)

Ruler, marking pen or pencil

Bead/craft mat

Glitter or paint if you want to decorate your fabric

Wireworking tools: wire cutters, round pliers, half-round pliers



May Meeting: Discussion of selling and buying online

When: May 19th, 6:00 p.m. **Where:** Hawthorne Branch Public Library **Panel:** lead by Chris Mode
2701 E. Washington Ave.

The Pinney Library was not available for May so we're moving to the Hawthorne Library on East Washington; however, the Hawthorne Branch closes as 8:00 so the meeting will start at 6:00 p.m. (No board meeting in May.)

Have you thought of selling on Etsy or similar Web site? Have you shopped online for finished, handcrafted items? The panel will go over some of the basics and answer some of your questions. The Hawthorne Library does have WiFi if you want to bring a laptop or tablet to follow along.

Since the meeting will be shorter than usual, if you have specific questions please bring them to the April meeting or email them to info@madisonbeadsociety.org.

UW Hospital Display 2014

This May, MBS will again have a display at the **UW Hospital**—this is the 10th time we have displayed there. It is a chance for the society to reach out to potential new members and gives us an opportunity to sell. Display items are sold through the Hospital's gift shop (20% of sales are donated to the Hospital's art fund). Last year was our best ever. Fourteen artists submitted 95 pieces and every artist sold at least one piece. We also broke our sales record – 31 pieces sold for a total of \$1331.00. Let's set another record this year.

You may drop off your submission (no more than 4 pieces) at *Madison Bead Company* (515 S. Midvale Blvd., Suite 2) during the week of April 21-27. Your last chance to submit something is at the April MBS meeting. Each item needs to be accompanied by a card (available at *Madison Bead Company* or the April meeting), giving the artist's name, title or name of the piece, technique used, and the price (tax not included). If you do not want to sell a piece, write NFS next to the price (a value is required for all items for insurance purpose). Each item, plus card, needs to be in its own small plastic bag, and the 4 small plastic bags need to be in a larger plastic bag. This permits the exhibitor to pick and choose items for the display. The exhibitor will have a nice variety to work with if we collect 60-80 pieces. We will send an email if we have fewer than that and need more.

Wally Brinkmann will return all unsold items, as well as checks or cash for items sold, at the June MBS meeting. Let her know if you need your items before that date. Any items not picked up at the June meeting will be available at *Madison Bead Company* a couple days after the meeting. Wally will send a check to the Hospital's art fund amounting to 20% of all items sold. Artists who had items sold are required to reimburse her.

Email Wally if you have any questions (webgoddess@madisonbeadsociety.org).

This is your brain on ... crafting

A recent article on CNN.com, "This is Your Brain on Knitting," begins with the story of a woman suffering from severe panic attacks and anxiety after her brother's death. She was skeptical when her husband gave her knitting needles, but she learned to knit and discovered the more she knit the more absorbed she became and the less she thought catastrophic thoughts. Psychologist Mihaly Csikszentmihalyi calls it "flow" – a few moments of time when you are so absorbed in an activity, nothing else seems to matter. And it's the secret to happiness according to Mr. C. Occupational therapists are using flow to help patients regulate strong emotions or prevent irrational thought.

And you've heard of dopamine, right? The neurotransmitter released by the brain when you do something pleasurable? It's a natural anti-depressant and there's evidence to support crafting's dopamine effect.

Neurologists say our brains are flexible and can adapt even in old age. Intellectually stimulating activities can prevent cerebral atrophy and delay dementia. Crafting involves different areas of the brain – memory, attention span, visuospatial processing, and problem solving. (http://www.cnn.com/2014/03/25/health/brain-crafting-benefits/index.html?hpt=he_bn6)

So go out there and get crafty; the more complex the better.

2014 Meetings and Events

February 24th @ Oakwood Village West

Herringbone Wire Weave Earrings by Meredith from Madison Bead Company

March 21-23 — Art Glass & Bead Show @ Alliant Energy Center (see page 4)

March 24th @ Meant to Bead \$

Working with two-hole beads — Shannon is the instructor.

April 28th @ the Oakwood Village West

Our own Member-at-Large, Sue, is the instructor for Fuzzy Fabric Earrings

May – University Hospital display (see page 2 for more information)

May 19th (Third Monday) @ Hawthorne Branch Public Library, 2707 E. Washington Ave.

Discussion of selling and buying on sites like Etsy. Chris Mode will lead a panel.

May 28 to June 9 — Bead & Button Show @ Wisconsin Center, Milwaukee

June 23rd @ Oakwood Village University Woods

July 28th @ Diakonos in Stoughton

Project to be determined

August 25th @ Oakwood Village University Woods

Annual meeting and elections

September 22nd @ TBD

October 27th @ Oakwood Village University Woods

November 24th @ TBD

More information and supply details in future newsletters.

\$ – There is a fee for this workshop

Pinney Branch Library

204 Cottage Grove Rd.

Madison, WI 53716

<http://www.madisonpubliclibrary.org/pinney>

Oakwood Village University Woods (formerly Oakwood Village West)

6201-6225 Mineral Point Rd.

Madison, WI 53705

Heritage Oaks Building

<http://www.oakwoodvillage.net/downloads/campus-map-uw.pdf>

Head Bead Column: Retail Therapy

Well, I enjoyed myself a little too much at the Art Glass and Bead Show. Don't get me wrong, I like everything I bought – it was just more than I intended to spend, like, twice as much. Bracelets for everyone this Christmas!

But it's another shopping opportunity I want to discuss in this column. The owner of Eclectica and The Bead Studio, Irina, stopped by the MBS table and offered to give our members a day of shopping at 20% off plus a make-and-take project at a reduced price. But what day do we pick? I think a Saturday is the best choice and I lean toward a Saturday in June, July, or August. I'll be polling people at the next two meetings so check your calendars. I'll also be looking for volunteer drivers to carpool to Brookfield and back.

Pat Reichert, Head Bead and Newsletter Editor

MBS and Facebook

Friend us
on
[Facebook.](#)



Are you on Facebook? Go to <https://www.facebook.com/madisonbeadsociety> and send MBS a friend request (you may be prompted to log in, close that window and you'll see "Beadsociety Madison" and a button "Add Friend"). When accepted, MBS postings and links to the newsletter will show up on your Facebook page.

2013-2014 Officers

| | | |
|-----------------|--------------|--|
| President | Pat Reichert | president@madisonbeadsociety.org |
| Vice President | Ingrid Stark | vicepresident@madisonbeadsociety.org |
| Treasurer | Nancy Bryan | treasurer@madisonbeadsociety.org |
| Secretary | Nancy Volk | secretary@madisonbeadsociety.org |
| Member-at-Large | Susan Smith | |

2013-2014 Committee Chairs

| | | |
|-------------------|-----------------|--|
| Program Chair | | |
| Web Goddess | Wally Brinkmann | webgoddess@madisonbeadsociety.org |
| Show Chair | Ingrid Stark | showchair@madisonbeadsociety.org |
| Show Promotions | Liz Jones | showpromotions@madisonbeadsociety.org |
| Membership | Pat Reichert | membership@madisonbeadsociety.org |
| Newsletter Editor | Pat Reichert | newsletter@madisonbeadsociety.org |

Questions? Email info@madisonbeadsociety.org