



MAKE IT
YOURSELF!

Easy

autumn crafts!



Settle into the changing seasons with fun projects you can make in a few hours!

By Marilyn Workman

The days are growing shorter and the weather more unpredictable; how will you occupy yourself when the wind is howling and it's raining buckets?

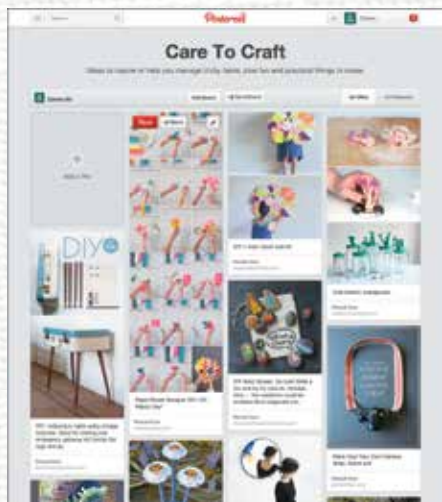
This is a good time of year to unearth the knitting needles, dust off the woodworking tools, or learn a new craft.

We've provided instructions for some easy projects, and ideas for a cornucopia of other crafts to try.

Need more inspiration?

Visit local art, craft, and embroidery exhibitions.

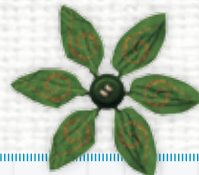
If travel is difficult, spend a few pleasurable hours at www.pinterest.com



While you're there, search for CarersAir to visit the www.carersair.net.nz Pinterest board! It includes a substantial library of Care To Craft ideas: cookery, gifts, sewing, and practical or inspiring craft suggestions.

If you are passionate about a topic, person, or craft, you could create a Pinterest noticeboard of your own!

Pinterest has become an absorbing hobby for many, and is a great way to share ideas and connect with others who share your interests.



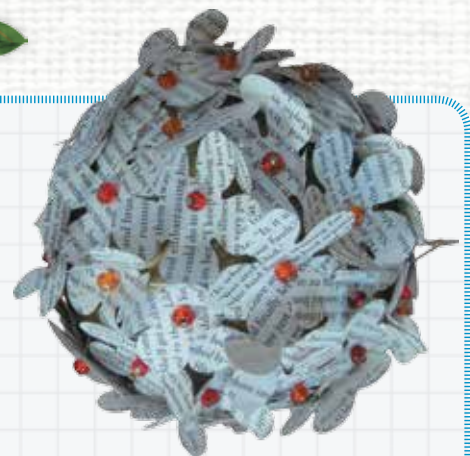
FLOWER BALL

What you need

- Styrofoam ball, any size you wish (ours is 41cm)
- Large paper punch (we used a 4.5cm punch)
- Fiskars Burst punch or similar (from craft stores)
- Tissue paper (we used a dull gold metallic, torn into strips)
- White glue or any liquid glue
- Glass beads
- Pins
- Old paperback book

How to make

Decoupage tissue paper strips all around the Styrofoam ball. It doesn't have to be tissue paper; anything that will mold around the ball will work. Let dry overnight.



Punch out lots of the flower petals. The flowers in the photo are from an old paperback. Other fun ideas: punch the flowers from magazines, catalogues, or any paper that has some weight. Lay a flower on the ball and insert a pin through a glass bead, then into the centre of the Styrofoam ball. You can add a bit of glue to the end of each pin so they stay in position. Cover the ball completely.



SOCK CUP COSIES

What you need

- Pair of fun socks
- Buttons, old jewellery, or whatever embellishments are fun for you

How to make

Cut sock 14cm from the top. Fold outside to inside. Zigzag to hold the top edge inside the sock, or hand sew or use a few dots of glue; it needs very little. Option: roll the top of the sock down the front of the cosy for a decorative finish. Add embellishments to finish if desired (we used a few bits of old jewellery). >



IDEAS

Arts, Crafts + Practical Hobbies

Here are just a few options you might like to consider!

Painting
Sketching
Knitting
Crochet
Weaving
Patchwork

Macramé

Relive the '70s: make plant pot hangers, vests and bags using this intricate knotted string technique.

Embroidery

Hand and machine
Cross stitch

Marquetry

Inlaid woodwork using thin slivers of different woods to make pictures, platters, furniture.

Carving

Bone, wood and stone

Puzzle making

Jigsaws, children's early learning puzzles like fitting the animal or shape in the correct hole etc.

Quilling

The art of curling strips of paper and placing them to make your own special designs or pictures – great for cards.

Quilting

Not to be confused with quilling!

Scrapbooking

Jewellery making
Woodwork

Toy making

Cuddly animals, dolls and teddy bears, and wooden or metal toys.

Decorative baking

Cake making
Sugar craft

Model making

Plastic, wood, matchstick, lolly stick, paper/card.

Collage

Book binding
Leather crafts



RIBBON BOOKMARKS

What you need

- ❑ Ribbons (the bookmarks in the photo are between 30 and 50cm long)
- ❑ Buttons
- ❑ Old jewellery

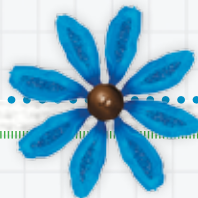
How to make

Cut the ribbon to the desired length of your bookmark (include extra to tie ends).

Sew on the buttons, or tie on jewellery odds and ends.

Let your imagination run wild.

These are so easy and lots of fun!



PAPERCLIP BOOKMARKS

What you need

- ❑ Coloured paperclips (ours are 5cm long and 1cm wide)
- ❑ Ribbons should be less than 1cm wide

How to make

Cut ribbon to desired length (we used about 20cm).

Fold the ribbon in half. Insert the looped end through the top of the paperclip.

Insert the cut ends through the loop to fasten the ribbon to the clip.

Trim to desired length.



MAKE LAVENDER SACHETS OR WANDS TO KEEP BUGS AT BAY AND LINENS SWEET. YOU'LL FIND INSTRUCTIONS FOR LOTS OF THESE EASY PROJECTS ON GOOGLE OR IN LIBRARY BOOKS!





Arts, Crafts + Practical Hobbies

BLING BALL

Use your old costume jewellery or favourite pieces that have sentimental value! You can easily pluck a piece off to wear on special occasions. Our bling ball also makes a special gift for weddings or anniversaries, or as an alternative to wedding posies!

What you need

- ❑ Styrofoam ball, any size (the one we used has a circumference of 32cm)
- ❑ Tissue paper (we used a dull gold metallic, torn into strips)
- ❑ Old pieces of jewellery (brooches, earrings, pieces of necklaces; it doesn't matter if they are broken or missing stones)
- ❑ Small glass beads with holes
- ❑ Straight and U shaped pins (you can buy the U shaped pins or make your own from wire)

How to make

Decoupage tissue paper strips all around the Styrofoam ball (if you don't have tissue paper use other decorative paper; anything that will mold to the ball will work). Let the paper dry overnight. Lay a jewellery piece on the ball and insert a pin through a glass bead to hold it in



position (you can add a bit of glue to pin ends for extra grip). As you add more jewellery the ball will get heavy. Use enough pins to hold jewellery securely. Display your bling ball where you'll see it often and where it will catch the light!

TIP If you don't have enough old jewellery to make a bling ball, you can often find bulk 'lots' on TradeMe or in op or secondhand shops. Ask friends for old bits they no longer want! You can also buy beautiful handcrafted bling balls at craft websites such as www.etsy.com (search for wedding ball).

- Poker work
- Pottery
- Stained glass
- Glass painting
- Ceramics decoration
- Mosaics
- Beading
- Furniture making
- DIY
- Nail art
- Glass blowing
- Dollhouse and furniture making
- Sewing
- Dressmaking
- Origami
- Bonsai or espalier gardening
- Ships in bottles

Canal craft/folk art

Painting flowers, birds, animals or bright patterns on utilitarian objects like pails and watering cans. This used to be done to beautify the long boats which were home to those moving goods through the canals in the 'olden days'.

Word craft

Writing poetry or fiction
Calligraphy
Graphic art

Floral art

Fresh or artificial flower arranging. Artificial or paper flower making.

Other Help + Advice

Galleries and gift shops may be able to direct you to local artists and craftspeople who are happy to share their skills with you.

Libraries are also amazing sources of information, and the staff will generally be a fount of knowledge about what's available in your area. Of course, you will also find instructional books on almost any hobby you care to name, yours for the borrowing. As well, if you don't have a computer at home, they will be able to help you access and navigate useful websites. Libraries are a terrific resource – do use them! ➔



Create attractive fabric sachets for lavender or potpourri, then stitch the edges or zigzag on a sewing machine. Hang your sachets from a cord or ribbon or place them in drawers or in your linen or hot water cupboards!

Classes & useful information

Ass'n of NZ Embroiderers Guilds

www.anzeg.org.nz

There are many Guild branches throughout New Zealand (and the world). They have regular meetings in members' homes to enjoy sociable stitching and conversation, as well as monthly workshops where experts cover different aspects of the art, and help is available to 'troubleshoot' any difficulties with your work. Annual weekends away for more intensive instruction are also popular. See the website for more information and to find a Guild near you.

The Floral Art Society of NZ

www.fasnz.org.nz

This informative website has a useful map to help you find a branch in your area. Regular meetings and workshops provide a sociable environment where you will make new friends as you learn more about your craft.

Bone Carving

www.carvingbone.co.nz

Phone (03) 546 4275

If you are able to get to Nelson and are interested in the art of bone carving, you will want to attend one of the one day classes on offer. Stephan also works in wood (making musical instruments) and paua shell, but bone is his preferred medium.

Courses Direct

www.coursesdirect.co.nz/art-design-courses

Phone (0800) 325 277

Distance learning or online. You can call them or chat online as well as search their comprehensive website. Courses are not free but there are flexible payment plans or occasional discount offers. There are dozens of courses to choose from, as diverse as floral arts, photography, and carpentry, to name but three.

Word or number puzzles

Enthusiasts will find many websites to help but these will certainly get you started:

www.crossword-compiler.com or

www.puzzlefast.com

UNIQUE CUPPAS!



QUILTED COSY

What you need

- ❑ Make a small quilt block that will work as centre of the cosy. Sew additional fabric all around the block so it measures at least 9x30cm.
- ❑ Fabric back, approximately 9x30cm
- ❑ Batting, same size as fabric
- ❑ Elastic hair tie
- ❑ Button or other item for closure
- ❑ Cardboard sleeve from your favourite takeaway coffee shop

How to make

With right sides of fabric together, lay batting on one of the wrong sides. Open out the cardboard sleeve. Lay it on top of the fabric sandwich. Cut out around sleeve, leaving about .5cm for a seam allowance. Insert hair elastic between the two fabric pieces. Sew all around, leaving a space to turn right side out (about 6cm works). Turn right side out. Slip stitch closed the gap used for turning. Sew your closure on the opposite side of the elastic.

CROCHET COSY

What you need

- ❑ 30g of worsted weight or chunky wool yarn
- ❑ Size 1 crochet hook
- ❑ 2 buttons
- ❑ Needle for darning in ends
- ❑ Finished Measurements: 10.5cm wide x 26cm long

How to make

With two strands of worsted weight yarn or one strand of chunky weight yarn, chain 15 and turn. Single crochet in second chain from hook. *Single crochet across. Chain 1. Turn. Repeat from * for 23cm. On last row, single crochet 3. Chain 5. Single crochet to last 4 stitches. Chain 5. Single crochet to end. Turn. To finish, single crochet in each stitch and bind off. (We skipped the stitch before and after each chain to ensure

our cosy didn't bulge). Darn in ends, sew on your buttons, and boil the kettle for afternoon tea!





CHOOSE FUN BUTTON CLOSURES!

CAT AND ELEPHANT COSIES

What you need

- Fabric for front and back, approximately 9x30cm
- Batting, same size as fabric
- Hair elastic
- Button or other item for closure
- Cardboard sleeve from your favourite coffee shop

How to make

With right sides of fabric together, lay batting on one of the wrong sides. Open out the cardboard sleeve. Lay it on top of the fabric sandwich. Cut out around sleeve, leaving about .5cm for a seam allowance. Insert hair elastic between the two fabric pieces. Sew all around, leaving a space to turn right side out (about 6cm works). Turn right side out. Slip stitch closed the gap used for turning. Sew the button or other closure on the opposite flap of the elastic.



KNITTED COSY

What you need

- 40g of worsted weight or chunky wool yarn
- Size 8 needles
- 2 buttons
- Needle for darning in ends
- Finished Measurements: 10.5cm wide x 26cm long

How to make

With two strands of worsted weight yarn or one strand of chunky weight yarn, CO 18 and knit in garter stitch for 9" (23cm)

K2, BO 3, K7, BO 3, K1

K2, CO 3, K7, CO 3, K2

Knit 4 more rows of garter stitch and BO loosely

Darn in ends, sew on your buttons, and you're ready for a refill!



Classes & useful information

Spotlight

www.spotlight.co.nz

Phone (0800) 276 222 (local calling charges may apply)

Dozens of different classes in many types of art and craft are offered by Spotlight – and they have a great range of materials, too. Some courses are free but for others there is a small charge.

Bunnings

www.bunnings.co.nz/our-services/in-store/diy-workshops

Free of charge, Bunnings will teach men, women and children DIY and practical skills. Bunnings staff will also help you make the right purchasing decisions for your projects.

Mitre 10

www.mitre10.co.nz/guides_and_advice

Phone (0800) 4 MITRE 10 (0800 4648 7310)

Phone the 0800 number to find your nearest Mitre 10 store. Mitre 10 provides advice and how-to videos at its website and you can always get some coaching about your latest DIY project (and the materials you'll need for it) instore from knowledgeable staff.

Evening Institutes

Your local schools and colleges may offer courses in the evenings or during vacations and it is worth asking around locally for other community-based learning options.

TIP Your local independent art and craft shops, as well as haberdasheries and hobby shops, might also offer classes – just ask!

Nationwide telephone numbers have been given where available. If there is no number, contact your local branch or call in to find out more. >

Gifts

from the heart!



Crochet, knitting and macramé are crafts men can enjoy too, says **Frank Gaze**. He welcomes each new addition to his family with a lovingly handcrafted gift (and maybe a poem)!

Let me introduce Polar Bear. Here he is with his Tam O'Shanter and scarf, ready for the northern hemisphere winter.

He is waiting for the visit of No 4 granddaughter, Sophie Rose, at two months of age.

The hat was not in the original pattern, but he looked cold with a bare head, so I improvised! I also wrote a poem for her homecoming last Christmas (*opposite*).

Over about the last 40 years, when a baby has arrived in the family I have



made a crocheted article for them, sometimes a pram blanket, sometimes a jacket, booties and bonnet.

And occasionally, for adults, bed socks or a tie.

When waistcoats were fashionable I crocheted two for my own use, but they were thrown out with the style years ago.

If acquaintances raise a surprised eyebrow that a mere male would dare to crochet, I point out that knitting, macramé and crochet were developed from the craft of making fishing nets, traditionally a male skill.

EARLY START

I have been interested in textile crafts off and on for a long time.

No wonder, because my grandparents ran a wool business that manufactured jerseys, underwear, and swimming togs!

My grandmother's home was full of pictures, stools and cushions featuring tapestry decorations, and I once tried my hand at a very small one.

She also was always knitting – old waste balls of wool were transformed into bright jumpers, which were shipped off to cold hospitals run by the Leprosy Mission.

During World War II schoolchildren were encouraged, along with everyone else, to knit scarves and balaclavas for the men fighting overseas.

I was given a pair of knitting needles and a ball of khaki wool and, after much cajoling, produced a length of fabric which could charitably be called a scarf. I gave it to the teacher and it was sent off to keep a soldier warm in the North African desert.

I never touched a knitting needle again, but crochet is different: I took it up as an adult, and have found the patterns and stitches fascinating.

LIFELONG LEARNING

As a young adult I worked as a teacher in India, in an area where many of the people



Son Terry and daughter Julia wearing kapa haka uniforms made by family members.

were from tribes which had migrated from southern China a few hundred years ago.

They made clothes with a gadget called a back-strap loom. This consisted of two pieces of bamboo, one tied at each end to the wall, and the other secured with a strap around the waist.

The warp threads were wound around these two bamboos, which the shuttle containing the wool thread was thrown through.

Alternate threads were lifted and lowered by a thin piece of wood which served as a heddle, and tension was increased or released by leaning forward or back with the torso as the weaver sat on the ground.

After the worker had woven two lengths roughly the size of a bath towel, they were cut apart and sewn along their lengths to make a garment like a sarong.

Patterns embroidered into them

decorated the women's garments, and changed each year according to fashions: peacocks one year, elephants the next, and so on.

Men's ones were simpler.

Later, back in New Zealand, I bought a 500mm rigid-heddle loom, which could sit on an ordinary table.

I learned to make cushions, scarves, wall hangings and shoulder bags.

We were living on a lifestyle block and some of these items were made from our own wool, which my wife had spun.

In order to complete the straps for the bags, I made an inkle loom from old pieces of wood and long bolts from the hardware shop.

I also tried sewing, but found my skills unequal to the task of making my own shirts; ties for Christmas presents were my only semi-success.

LASTING INTEREST

When Sophie's Mum was a little girl, she and her brother wore kapa haka uniforms made and decorated with cross stitch by several members of the family, including their Grandad and me.

But it is crochet which has been my lasting interest, as Polar Bear demonstrates.

So males of New Zealand, when you retreat to your shed, do not forget to leave a corner for textile craft, so that when you can no longer switch on the lathe or pick up the welding torch you will still have the skill and strength to grasp a crochet hook!



Frank lives in New Plymouth and spent many years teaching. He has been involved in a variety of community organisations over the years, from Trade Aid to Restorative Justice. Frank's favourite sport is sailing, and he enjoys music, gardening and walks with his wife, Margaret. Frank and Margaret have three children and five grandchildren. Readers might enjoy Frank's interesting blog, which can be found at www.gazefrank1.blogspot.co.nz



Frank's decorative needlework on a woven shoulder bag.



Coming Home

Ring the Christmas bells once more:
We hear she's coming home!
String the lights around the door;
Is she coming home?
Christmas news we can't ignore
Makes us joyful to the core,
That's what Christmas cheer is for.
Sophie's coming home.

Ready for the donkey ride,
We hear she's coming home.
Mum along and Dad beside;
Is she coming home?
Out to Heathrow let them glide
To Terminal 3 and straight inside;
The checkout desk is open wide –
Sophie's coming home.

Sheep are milling round each gate:
We hear she's coming home.
Some are running minutes late;
Is she coming home?
They'll miss the plane at this slow rate,
We hope they haven't got to wait,
Let them come home fast and straight!
Sophie's coming home.

At luggage check are three wise kings;
We hear she's coming home.
Looking through her feeding things:
Is she coming home?
Bottles, tins and teething rings,
Parcels full of Christmas blings,
Cards with angels folding wings:
Sophie's coming home!

An angel in a captain's cap
(We hear she's coming home)
Checks each wheel and wing and flap;
Is she coming home?
Another angel marks a map,
A third's adjusting Mummy's strap
And puts the babe in Daddy's lap:
Sophie's coming home!

Sing the Christmas carol loud!
We hear she's coming home.
Shout the news and swell the crowd!
Is she coming home?
Angels lift her through the cloud,
Shepherds wait with shoulders bowed,
Mortals swell with feeling proud:
Sophie's coming home!

Christmas, 2013 



SIMON BROAD'S *Garden Tips & Crafts!*

In the past I have been accused of going on about the rehabilitation side of gardening, but I make no apology for this.

It's a subject I feel I can knowledgeably discuss, as it worked for me personally after my life-threatening stroke five years ago.

I have heard fellow disabled people say "I can't garden due to my disability", but my friends, family and partner know the "can't" word is not part of my vocabulary.

My partner Michelle suffers from severe depression and uses our flower gardens as her own form of rehabilitation and relaxation.

Gardening is an activity we both enjoy to stay active and for its calming benefits.

It works for us; maybe it can for you, too!

The Garden

Summer has come and gone and we are now into autumn.

This can be a busy period in the garden with planting of winter vegetables.

Remember, the growth will not be the same as in the months of spring.

It can be downright frustrating being a

gardener at this time of year due to the lack of immediate progress, but rewarding when you go out and pick a cabbage for dinner.

It beats paying the exorbitant prices in the supermarket at this time of year, so hang in there!

Getting the garden ready for a new season and anticipating the good things you'll soon be able to pick and eat is in itself calming, purely for the rehabilitation aspect.

If you are not that interested in having an autumn garden, how about getting it ready for spring planting by putting on plenty of homemade compost and animal manure, or giving the garden a dose of lime or an all-purpose fertiliser (both wouldn't hurt).

Then fork it over and give your garden a rest over winter.

It will benefit from this TLC and so will your pantry.

I cannot stress enough the importance of ground preparation!

"A well prepared plot will reap rewards."



Make it yourself!

I don't for one minute profess to be an expert in the art of making crafts. That side of our little enterprise is left entirely in my partner Michelle Hawker's more than capable hands.

She can often be found in our kitchen making her very popular bath salts (*opposite, above*), which we sell from



home along with other handcrafted goods and produce from our garden.

Michelle also sells knitted crafts, and the clickety-clack of her needles is a common sound in our house.

But this article is not about what we make. No, it is about you!

We hope you enjoy our suggestions about easy things to create at home with your garden produce and maybe a few beachcombing finds.

✳️ **Try making your own seed raising trays out of a common egg tray or container.** Just fill each small compartment with seed raising mix and put a seed or two into it, give the tray a little water, then keep the tray moist during germination. Once your seedlings are big enough to plant out,

carefully cut each compartment to create individual plants which can be transferred into your garden as they are, or give a tray or two away as gifts to gardening friends.

✳️ **Another thing that people enjoy, especially older people, is a basket of homegrown veges in a nice homemade container with a ribbon tied around it.** Don't worry about looking girlish you blokes, I make these baskets myself on a regular basis and I am certainly not girlish, just ask Michelle. The recipients of these parcels will think you're the cat's whiskers!

✳️ **How about making your own potpourri?** Just remove the petals off



Pickles, Preserves, Bottling + Jams

While Michelle is in charge of the crafts side of our enterprise, I am the boss when it comes to making pickles, preserves, bottled fruit, and jams.

We make all of these on the premises "with love", as Michelle says, from our own garden produce, such as raspberries and plums from our tree.

Let's not forget my homemade pesto, added to our range of items for sale after I experimented last year and found that my pesto tasted better than



the bought stuff (according to those who have purchased it).

I have just bottled some beetroot and made plum jam and will soon be churning out more jams, preserves, and pickles.

As you can imagine, there is never a dull moment in the Broad-Hawker household.

But we find these activities calming, and they keep us active in mind, body and soul.



roses or any other flower which has a strong scent, then put them in a deepish container and sprinkle a bit of the wife's perfume on the mixture. That might get you into trouble: try adding some scented oils instead, then do the potpourri up in a pretty cloth, tie a ribbon around it, and give it as a gift.

Try your hand at making a hanging pumice arrangement! Gather some pumice from the beach, carefully drill a hole right through each piece, and thread the pieces onto strong string or wire. These can be hung in trees, under the eaves of your house, above the flower garden, or at any vantage point where they can be viewed and enjoyed. Pumice strings also make attractive gifts!

Our neighbours Mike and Jackie, who live a few houses up the road, are extremely good gardeners and make wonderful wooden pukekos.

They gave us some for our gardens, and while their pukekos don't exactly scare the cats away, they look really nice. We visit Jackie and Mike regularly and never come home empty handed. Plus, if we ever need a hand to do something we are unable to manage ourselves, they are more than willing to help. Lovely couple, and great neighbours!

Our article is dedicated to Michelle and Lance's Mum, Bev Blackburn, who passed away peacefully in January. RIP Bev. FC

Treasure hunting!

Michelle and her brother Lance, who now lives with us, are regular beachcombers at Foxton Beach.

They often take Grunt the dog for a walk along the beach and gather copious amounts of driftwood, shells, plants and knickknacks.

Nothing is safe when they are around, and there is hardly enough room in the car for poor old Grunt on the way home!

When I hear the engine idling down our driveway, I shudder to think what they have on board this time.

But it all gets used and adorns our flower gardens. (Michelle is banned from crossing the fence into my vegetable garden, though she *has* tried!)

The stuff they gather actually looks really good, and fear not, the beauty of the sand dunes is exactly the same when they leave the beach as when they arrived; they take only the flotsam and jetsam.

You may, like Michelle, enjoy beachcombing and find it a great source of items to beautify your garden!

