

Crochet Extra

159th Edition-October 2019

The first week of the school holidays has passed—where myself and my son went camping.—yes I took plenty of crochet projects with me, but I did so much fishing, boating, paddle boarding and walking that I didn't get to do as much as I hoped. But it was a lovely week away.

However after the Sunshine Coast Crochet Retreat it was a much needed break. The retreat was a great and busy weekend. 47 ladies in all attended and learnt 6 new techniques. The Saturday evening was very entertaining as we had a parade of shawls and cowls that participants had entered into the competition and viewed the many projects for showand-tell. There are many talented ladies out there. You can see some of the photos from the weekend in our newsletter and watch a video assembled by one of the participants.

We also feature this month our customer corner—many of the items are from our workshops where participants stretched their skills with new projects. Congratulations to Deb H, Little Mountain for winning a \$25 voucher for her submission.

Our workshop this month is making mandalas and raising money for breast cancer. There are two different mandalas depending on your skill level.

- Connie's Ray of Hope by Emily Littlefair—for advanced beginners
- 2. Anemone Mandala by Maria Limnell for more experienced crocheters

Book your spot—Tuesdays 9.30—11.30 or Wednesdays 5.30—7.30.



Until next time

Lynda

Crochet Australia PO Box 285 Yandina Qld 4561.

(07) 5472 8586.



Mindful Crocheting

We've all heard the term, and how mindful crocheting (or crafting) can be good your health. But what really is 'mindful crochet'?

Mindfuless—is a mental state that is focusing on the present moment. The act of crocheting, and indeed many crafts, bring the body and mind together to focus on completing a single activity, thereby clearing wandering thoughts. It is the repetitive motion in crochet in particular that is key to helping block out troubling thoughts and develop a state of inner calm.

With the rise in mental health issues arising from the stresses and pressures of modern living, practicing mindful crocheting (or crafting) can reduce anxiety and depression and improve overall wellbeing. One study into crafting noted that these repetitive actions 'distracted' or 'distanced' individuals form negative emotional cognitive states and relaxed them.

What can you do to get yourself to a mindful state when you crochet?

- Find a comfortable spot to crochet—whether it be by yourself or in a social group— and find a comfortable position that you can stay in for the duration of your activity.
- Make time—whether it be 10 minutes or several hours, establish a regular time to crochet.
- Take your time with the project you choose—don't rush—and focus on each stitch as you make it. Practice gentle, deep and even breathing.
- Find a project you enjoy—not one that requires a lot of concentration such as learning a who new stitch/ technique.

Writing this got me thinking about what projects I like to do and what puts me in a relaxed state. While I love to learn new techniques and playing with colour and design, to relax I focus on something simpler and repetitive. I feature these and the yarns I like to use in our section—Look What We Found. Or try this mindful mandala pattern by Bodhi Life Crochet.



Email: info@crochetaustralia.com.au Website: www.crochetaustralia.com.au Facebook: www.facebook.com/crochetaustralia ABN: 31 595 069 229

Customers' Corner

Thank you everyone for sending in pictures of what you have been making in the past quarter. We feature below some comments and masterpieces submitted by customers. Send us a photo of your masterpiece (by email or on our facebook page—www.facebook.com/crochetaustralia), telling us which book it came from and which yarn or thread you used, and be in the draw to win a \$25 voucher in October 2019 (see conditions on our website). Please also add any tips you've picked up when making them. Congratulations to Deb H, Little Mountain for winning this month's voucher.









Basket workshop with Caitlin Jeffreys.

Using basket bases and lanka t-shirt yarn/double strands of fiddlesticks superb acrylic yarn





Deb H Little Mountain QLD

Michelle T Sippy Downs QLD

Learnt to crochet at Crochet Australia—and completed these beginner scarfs using Fiddlesticks Superb 88







decorated this corset with bobbin lace using Lizbeth metallic thread

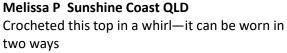




Brenda L Yandina QLD

Crocheted this peg bag made with a basket base and nylon—her own design.







Fran D Maroochydore QLD Alpine Shawl made with a

whirl







Amigurumi workshop—patchwork giraffes prepared by participants—using Dazzle and Catona



Mosaic workshop—all made with catona cotton





Mosaic placemat made with cartona and excel metallic yarn

Sandals workshop—made with catona or scrap yarn from participants' stash



Tegan H Sunshine Coast QLD

Crocheted the baby blanket with a whirl and crocheted this bee mobile using stonewash cotton/ acrylic yarn—her own pattern



Megan M NZ

My parcel arrived today - thank you so much! I love, love my free gift. And guess what - 9 of the balls you sent me matched the dye lot of a ball I managed to find in Christchurch. It's just awesome!

Visiting hours:

Susan T SA

Mon-Fri: 9am-3.00pm

Sat: 1st Saturday of each month 9am—12pm

Workshops: Tues 9.30am—11.30am, Wed 5.30pm—7.30pm

Lessons: Tues 12.30pm—2.30pm, Wed 5.30pm—7.30pm

Order three ways (See front page for contact details):

Secure shopping cart, phone or mail.

We ship Monday, Tuesday, Thursday and Friday. We endeavour to ship all orders received before 12pm on these days, and orders received after this are shipped on the next day we ship.



Barbara W Brisbane

Crocheted this shrug that can be worn several ways using cotton



Thank you ... I must say what great service!



Fay P Nambour QLD Crocheted this poncho for her granddaughter using 4 ply Almina Cotton

Lyn E Lugano NSW

The dreamcatcher shawl is her favourite and she has made another one in a Whirl





Chris G Summerland Point NSW

Crocheted this beanie and headband with Fiddlesticks Superb 8 Acrylic and this sweater with Papyrus cotton/silk yarn

Julie H Deception Bay QLD

Thank you so much for your amazing service, we have received our items already!!



Cheryl V Nanango QLD

Tatted this beautiful doily with Lizbeth #20 thread—two colours



Crocheted Matinee Jackets



Pauline P Mardi NSW

Crocheted this matinee jacket from the book BK 19 Crocheted Matinee Jackets

Noeleen G Gunnedah NSW

Crocheted the small Ubuntu kit and won first prize in the local show and crocheted a second one with Fiddlesticks Superb 8 acrylic yarn





Sunshine Coast Crochet Retreat 2019 - Take your Crochet to the Next level!









Shawl Competition



Instructors

















Show and Tell





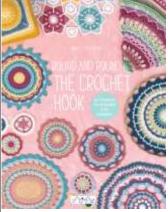






Look What We Found

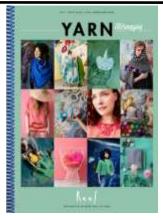




T6330 Round & Round the Hook \$38.00 ** Very Heavy



871045 Learn to do Bavarian Crochet \$25.60



YB7 Yarn Bookazine No 7 \$23.50 * Heavy



DB1296 Boho Crochet \$47.50 ** Very Heavy



LA75013 Pineapple Doilies \$10.50



871750 Miniature Doilies \$24.50



LA3588 Extra-Special Doilies \$20.15



871728 Amazing Crochet Afghans \$24.50



871628 Doily Afghans \$18.50



871626 Corner to Corner Lap Throws \$19.50



LA7135 Scrappy Afghans \$20.50



LA7082 Corner to Corner Baby Afghans \$13.50



871760 Snuggly Baby Blankets \$24.50

* and ** Indicates heavy books, therefore higher postage costs



LA5949 Baby Afghans \$19.50



STC21119 Crochet Therapy

\$41.50 ** Very



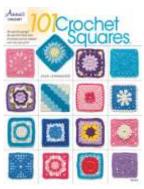
877523 Pamper Yourself \$14.20



STO20396 Beyond the Square Motifs \$37.50 ** Very Heavy



LA5135 Crochet prayer Shawls \$25.00 * Heavy



871629 101 Squares * Heavy \$32.00



871509 Caring Crochet \$20.50



8717396 Fiddle Mats, Muffs & Cuffs \$21.50



161044 Fast, Easy Fun Crochet \$24.50



LA5574 Cute & Cosy Caps \$15.30



SP1222 Simply Stunning Crochet Bags \$26.50



LA6890 Mindful **Mandala Afghans** \$23.50



LA4590 Snappy Wraps \$14.95



COT4WHIRL Whirl 4 ply Cotton/Acrylic \$36.50 a

ball



COT8CATONA Catona 8 ply cotton \$4.40 a ball



PAT044 Mandala Throw \$9.50

LA7222 T-Shirt Yarn Home Décor \$19.50

* and ** Indicates heavy books, therefore higher postage costs



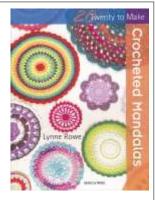
871510 New Methods for Crochet Socks \$22.95



CMPATC007 White with **Blue Beads Suncatcher** \$5.00



SP0634 Crocheted **Hearts 20 to Make** \$14.50



SP14348 Crochet Mandalas \$18.50



SP8819 Crocheted Granny Squares 20 to Make \$13.50



SP1194 Crocheted Purses 20 to Make \$15.50



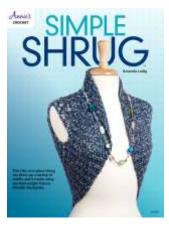
LA56035 Crochet **Embellishments** \$11.50



SU01 Sophie's Universe \$48.00 ** Very Heavy



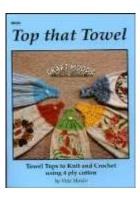
885152 Zigzag Crochet Jacket 885231 Simple Shrug \$12.95



\$12.50



TX537 Girls Top \$5.00



BK04 Top That Towel \$13.50



CMPATC079 Jug Cover with Cup & Saucer \$5.00



CMPATC081 Jug Cover with Teapot \$6.00



CMPATC080 Jug Cover with Cream Jug \$5.00



COTBABYLO Babylo cotton thread #10, #20 and #30

* and ** Indicates heavy books, therefore higher postage costs