



BSNM Newsletter

February 2023

The mission of this newsletter is to inform our members of the activities, events, and classes in the local beading community and to provide a forum where members can share beading knowledge and techniques.

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This newsletter welcomes new ideas from members and solicits articles and items of interest. Any special events taking place in your life (birthdays, anniversaries, condolences needed, new job, moving, births, weddings, awards, trips, transitions, etc.)? All manuscripts are subject to editing. The editor does not assume responsibility for the accuracy of information contained in the articles received. Please send all contributions for the newsletter to the editor in care of the Bead Society of New Mexico.

From the President

Hello Members,

Exciting, surprising, delightful. That's how I would describe the English Tea Parlor Gala at our January meeting. It was exciting to see so many members gathered together. Surprising, because the Board underestimated how many people would attend (but we are so glad you came!). Delightful to talk to so many members from near and far. And did I say we have new members? Several people joined at the meeting. I hope you will keep attending the meetings and classes. And I would like to thank the Board members Helen Yackel, Deb Cole, Jill Bartel, Pat Verrelle, Claudette Jaramillo, and Laurye Tanner for the delicious food and teas and wonderful raffle baskets.

We have an exciting year being planned. There will be classes in polymer clay, bead embroidery, macramé with leather and pearls, seed bead bracelets, and epoxy clay. The Board is also contacting nationally known bead artists to teach classes or have a weekend retreat. Plans are underway for a summer trip and there's much more.

BSNM has been invited to join with the rest of the Albuquerque Fiber Arts Council to create an exhibit at the Albuquerque Sunport during March 2023. The theme of the exhibit is "Spotlight on Guilds." The Bead Society would have a 2-foot wide space to showcase beaded jewelry and other beaded items. If we are going to participate in this event, **we need someone to coordinate and organize the items for display.** You would work with BSNM's representative to the Fiber Arts Education Committee, Liz Reisinger.

BSNM will also have a display at the Cherry Hills Library during May 2023. We are working on a theme and what kind of items we will display. **We need someone to work with the Board to coordinate and organize items for display.** We are also looking for someone to teach a class at the library during May. Something simple that all skill levels could achieve.

Don't forget the annual Swap Meet is this month at our general membership meeting on Tuesday, February 21st. We will have a brief business meeting and then conduct our annual Bead Swap! **Please bring a cloth to cover your wares until we get to the swap portion of the meeting.** And, please, no buying before the swap begins. Your membership must be up to date to participate in the swap.

Also at the February meeting there will also be **beads to purchase** from the large donation that BSNM received. Please bring cash or check for your purchases. The Wi-Fi is unreliable at the church, making credit card payments difficult.

Please renew your membership if you haven't already done so. Our ability to hold classes and hire professional artists depends on you. **If you have already received your 2023 membership card, please make sure the expiration date is December 31, 2023.** You can correct your card if necessary.

See you soon!

Barbara Rosen, BSNM President, 301-351-3303,

beadsocietynm@gmail.com, www.beadsocietynm.org,
www.facebook.com/BeadSocietyNM/



Upcoming Events

February 4

Polymer Clay Bead-Making Class

Saturday, February 4, 2023 1:00 am to 3:30 pm
Heights Cumberland Presbyterian Church, 8600 Academy Rd. NE

Pam Troutman will teach this polymer clay bead-making class.

Made with polymer clay, these beads look like rolled paper. This is a great way to use up scraps of clay. Scraps from this project can also be used for hand-formed focal pieces (see photo for example).

Class fee: \$40 (no kit fee)

Students must bring their own supplies:

- Pasta machine (find in second-hand shop or at craft stores)
- Polymer clay in assorted colors (one block for the main color and scraps of different colors for the confetti pieces; students can share colors if desired)
- Piece of 12x12 inch smooth tile for cutting
- Tissue blade and 12-inch metal straight edge or ruler with metal edge
- Toothpicks and a block of floral foam to stick finished beads in for transportation home

Supplies can be purchased at most craft stores.

Students will need a toaster oven to **bake their beads at home after class.**

Students will be able to make enough beads for one necklace and earring set, and if you are super-fast, two or more sets.

Baking takes 20 minutes per batch and cannot be done during class time. Jewelry making is on your own time.

Minimum class size is 5 students, or class will be rescheduled.



February 13

Board Meeting

Monday, February 13, 2023 11:30 am to 1:30 pm

Please note change of date for this month. And remember the meeting is at Laurye's house.

The Board will meet to conduct the business of the bead society. Board members please plan to attend.

February 21

General Meeting

Tuesday, February 21, 2023 6:00 pm to 8:00 pm
(set-up, social time, and buying raffle tickets beginning at 5:30 pm)
Heights Cumberland Presbyterian Church, 8600 Academy Rd. NE

We will have a brief business meeting and then conduct our annual **Bead Swap!** **Please bring a cloth to cover your wares until we get to the swap portion of the meeting. And, please, no buying before the swap begins.**

Your membership must be up to date to participate in the swap.

We will have beads for sale from a large bead donation that we received.

Masks are optional. We must wipe down the tables and must be out of the room by 8:30 pm.

March 24-26

Whole Bead Show

Friday-Sunday, March 24-26, 2023
Friday-Saturday 10:00 am – 6:00 pm, Sunday 11:00 am – 4:00 pm
Santa Fe Community Convention Center, 201 W Marcy Street, Santa Fe, NM

Admission is free (no tickets needed)

This show is open to the general public. No pre-registration is required or offered.

Wholesale: Bring a copy of your state-issued resale license to purchase as a wholesale buyer.

Parking: Santa Fe Community Convention Center Municipal Garage, 119 South Federal Place

Hours: daily, 7:00 am to 12 midnight

Rates: \$1 for the first hour, \$2 for the second hour and each hour after. \$12 maximum

For a list of vendors, go to <https://wholebead.com/showssf23/>

Welcome Visitors and New Members

Welcome to all our **visitors: Dannelle Garcia-Gundlach's husband; Helen Yackel's daughter-in-law and granddaughter; members of Twyla Caudill's family, Betsey Vantrello** (beader and owner of Beyond Beadery); **and Nikia Angel** (beader, instructor, author of *Easy Crystal Stitching*, and organizer of bead retreats). Nikia lives here in Albuquerque and Betsey recently moved to Tijeras from Colorado. **Forgive me if I've forgotten to mention any of our visitors.**

Welcome to **new member Mary Sharp-Davis.**

Library Exhibit

BSNM will have an exhibit at the Cherry Hills Library for the month of May in 2023. We need someone to work with the Board to coordinate and organize the items for this display.

What kind of exhibit do you think the Bead Society should present? All jewelry? Jewelry and non-jewelry? Should we have a bead challenge to solicit items for the display? Please send the Board your thoughts and ideas at beadsocietynm@gmail.com

We are also encouraged to present a class or workshop on beads and/or jewelry making. A bracelet-making class (stretchy or memory wire) has been suggested, with BSNM providing kits for the class. Any other suggestions? Would anyone like to conduct a class or a demo? Please let us know at beadsocietynm@gmail.com

(This is strictly an exhibit – no selling – similar to the displays we've had in years past in the library at the South Broadway Cultural Center.)



Board members (clockwise from left) Helen Yackel, Pat Verrelle, Laurye Tanner, Claudette Jaramillo, Deb Cole, and Jill Bartel **gathered at Pat's house to price beads** from the large bead donation we received in 2022.
photo by Barbara Rosen

Time to Renew Your Membership

A friendly reminder to renew your annual membership to continue receiving the full benefits from BSNM (such as buying and selling at the annual swap meet; reduced-price classes; special sales from our business members; and field trips). We need your support this year for the future of the Bead Society.

Cost is \$35 for individual membership, \$45 for household membership, \$55 to \$200 for business membership (depending on desired level).

You can renew with a credit card on our website, www.beadsocietynm.org/. (This is a secure website.)

Or mail your check to:

Bead Society of New Mexico
Attention: Membership
P.O. Box 91655
Albuquerque, New Mexico 87199

Date on Your Membership Card

If you have already received your 2023 membership card, please make sure the expiration date is December 31, 2023. You can correct your card if necessary.

Donated Beads for Sale

BSNM has recently received several donations of beads – both relatively small amounts and entire estates. The Board members and other volunteers have been going through these donations, taking inventory, and pricing the beads. **We will have a portion of these beads for sale (at very good prices!) to our members at the general meetings beginning at the February 2023 meeting.**

Several members have made suggestions about how to spend the money from the sale of these beads. These suggestions include a resin class with Susan Lenart Kazmer, a 2- to 3-day retreat with instructors, and a trip to Madrid or Gallup. If you have an idea of how you would like to see these monies spent, please contact the Board at beadsocietynm@gmail.com



January Gala Recap

Wow! What an amazing tea party! (If you weren't there, you missed a great time.) Several people wore hats or fascinators. There was lots of conversation and laughter as we played "Whose Clues?" and tried to guess which obscure fact belonged to which person. Thanks to Claudette Jaramillo for organizing this game. We had one attendee who found six clues, one attendee who found five clues, and four attendees who found four clues. All of these winners received certificates for \$15 worth of beads and findings from a bead estate donated to BSNM.



Everyone listening during the business portion of the meeting.

It was great to see several of our business members attending the tea party: Dannelle Garcia-Gundlach (The Beaded Iris), Alice Helstrom (Alice Helstrom Studios), Anna Holland (Dorje Designs), Pamela Nunnelly (Alex's mom; New Mexico Bead Company), and Robert Steinberg (Stone Mountain Bead Gallery).

Thank you to Pat Verrelle and Laurye Tanner for creating the teapot centerpieces that decorated each table. They were so lovely! One attendee at each table got to take to centerpiece home – based on whose last name came last in the alphabet at their table. Congratulations to **Dannelle Garcia-Gundlach, Susan Ryan, Cody Slater, Tiffany Tandysh, Denise Tapia, Pam Troutman, Joyce Wolfe, and Claire Yackel** (Helen's granddaughter and, at four years old, our youngest attendee – attending her first tea party).





Laurye Tanner presenting Claire Yackel with her teapot door prize.

There was also a lot of excitement about the raffle baskets representing tea-growing and -consuming areas of the world. Thank you to our business members who donated some of the items in the baskets: A Few of My Favorite Beads, Baskets of Africa, The Beaded Iris, Mama's Minerals, and Stone Mountain Bead Gallery. These baskets wouldn't have been possible without you.



Marcia Newman won the Tea and Beads of England and India basket. The contents of this basket included English Breakfast tea, chai tea, shortbread cookies, jam, amethyst, agate, sunstone, moonstone, carnelian, and a bead-themed puzzle.



Cody Slater won the Tea and Beads of China and Japan basket. The contents of this basket included Japanese green tea, oolong black tea, tea cozy, coaster, mug, pearls, Chinese crystals, Japanese seed beads, vintage Japanese crystals, and a bead-themed notebook.



Joyce Wolfe won the Tea and Beads of Russia basket. The contents of this basket included Russian Caravan tea, lemon tea, jam, vintage Russian nesting doll, charoite, shungite, malachite, opal, rhodonite, amber, and a bead-themed mousepad and mug.



Linda Gregory won the Tea and Beads of Africa basket. The contents of this basket included rooibos tea, mint tea, beaded rhinoceros, iolite, tourmaline, African-made beads from Ghana, African-made paper beads, vintage African trade beads (Venetian millifiori glass), vintage Mali wedding beads (Czech glass), steel and silver earrings, African basket, and a bead-themed mug.



Lucky **Linda Gregory** also won the Tea and Beads of Indonesia and Vietnam basket. The contents of the basket included jasmine green tea, Cottaganga black tea, vintage monkey-pod wood tray, pearls, peridot, coral, clear quartz, bumblebee jasper, Indonesian-made glass beads, and a bead-themed canvas tote bag.



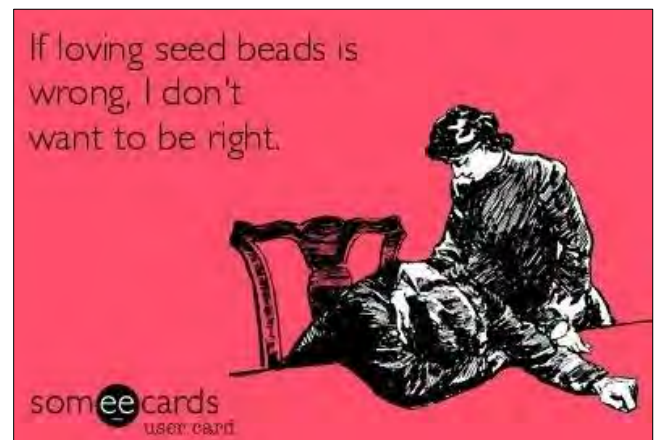
Claire Yackel giving Laurye Tanner some "love" after receiving her teapot door prize.

February Birthstones

Birthstones for February include amethyst, onyx, and pearl, with amethyst being the traditional stone for the month.

Birthstones for the zodiac sign of Aquarius (January 20 – February 18) include amethyst, aquamarine, angelate, blue chalcedony, and sapphire.

Birthstones for the zodiac sign of Pisces (February 19 – March 20) include calcite, turquoise, pearl, fluorite, and rose quartz.



Support Our Local Businesses

A Few of My Favorite Beads: Call 505-974-1645 or come by to see our latest beads. We carry seed beads, crystals, and other bead items for your projects.

Baskets of Africa: We have an abundance of baskets to choose from. Come see our great selection of beautiful artisan-made, fair-trade baskets. Call 505-323-2315 for appointment or go to info@basketsofafrica.com.

Beadweaver of Santa Fe: We are still offering a 10% discount to BSNM members.

The Beaded Iris: We offer 10% discount to BSNM members, as well as our punch cards for future savings. Come on into the store and rediscover all the beads, crystals, delicas, findings, thread, and other products you need to complete your beautiful project. **Open beading on Wednesdays.** Store hours are Mon. through Thurs. 10am to 5pm; Fri. through Sat. 10am to 4pm. Sun. closed. Phone: 505-299-1856; email: beadedirisstore@aol.com.

Glorianna's Beads (Santa Fe): 70 West Marcy Street, Suite B. Phone: 505-982-0353. Open Tues-Wed and Fri-Sun 10:30am to 4pm.

Mama's Minerals: Bead Society members get 15% off on regular-priced merchandise. You can buy beads in bulk every day for up to 25% off. Larger discounts up to 30% off our newly restocked clearance beads. Mama's Minerals proudly supports local artists. www.MamasMinerals.com.

Meltdown Studio: Check out our **new and returning classes** (Repoussé Concho Cuff, Mohave Half Moon earrings, Pearl & Turquoise Double Ring, Double Feather Ring, Teardrop Shield Earrings) at <https://www.meltdownstudio.com/group-classes-1>.

New Mexico Bead Company: New Mexico Bead Company is located at 4111 Louisiana NE, Albuquerque (north of Montgomery). 505-243-2600. Website: <https://www.nmbead.com/>. New 8mm round stone beads, new stone fetish beads – including amethyst.

Santa Fe Jewelers Supply: Open 9:00am to 5:00pm. Curbside pickup, mail order, or visit our showroom today! Order on our website at www.sfjs.net day or night. Phone: 505-988-9157.

Stone Mountain Bead Gallery: We're open Mon. through Sat. from 11am to 6pm; Sun. 12:30pm to 4:30pm. Call 505-385-2200 to arrange contactless pickup. **30% off for BSNM members.** Back issues of *Bead&Button* magazine are 50% off.

Thomason Stone Supply: Store hours are Mon. through Sat. 9am to 5pm (winter hours). You can place an order by calling us at 888-353-9934 or 505-268-9934, or by filling out a contact form on our website, <https://www.thomasonstonesupply.com/>.

Thunderbird Supply Company: See our website (<https://www.thunderbirdsupply.com/>) for online and in-store specials. Store hours: Mon.-Fri. 9am-6pm; Sat. 10am-5pm.

Treasures of the Gypsy/Gypsy Raven: Treasures of the Gypsy Show Room is open by appointment, as well as for classes. Please contact Pamela Armas to schedule your appointment at 505-847-0963, or email her at gypsytreasures@cs.com

Beading Groups

Laurye Tanner's house: Beginning November 18th, **every Friday at 1:00 pm.** Bring your beads, thread, needles, beading matt, etc. – whatever you need for the project you are working on. Also bring your own beverage. 3100 Camino de la Sierra NE, Albuquerque, 87111. You **must RSVP** as there is limited space. laurvert@yahoo.com

Bosque Farms: Do you live in the Bosque Farms area? Join BSNM member Kathy Jost at the Bosque Farms Community Center for the **BFCC Bead Group on the 2nd and 4th Thursday of the month from 2:00 pm to 5:00 pm.** Bosque Farms Community Center is located at 950 N Bosque Loop in Bosque Farms, New Mexico. Phone: 505-869-5133.

Placitas: This beading group is taking a break for the winter months. We'll let you know when they start meeting again.

Placitas Library Call for Artists

Due to an overwhelming response, we regret to inform you that artists' submissions can no longer be accepted for the "New Mexico: Sense of Place" exhibit, which will be on display March 18 through April 27, 2023. If you have already submitted to this exhibit, thank you! We look forward to receiving your work on March 17th at 11:00 am. Our exhibit coordinator, Margaret Bruch, will be in touch with you soon for additional details.



Vintage Mardi Gras Beads

Fat Tuesday, or Mardi Gras, is Tuesday, February 21, 2023. Mardi Gras parades are usually held during the Carnival season in New Orleans and other cities, which officially begins on January 6 (the Twelfth Night of Christmas) and ends on Fat Tuesday.

The tradition of throwing Mardi Gras throws to spectators during the parade started with the second procession of the Twelfth Night Revelers in the early 1870s with an individual dressed as Santa Claus passing out gifts to spectators as he passed by. Using glass bead necklaces as *lagniappe* ("a little something extra") or throws became popular in the mid-1920s, and carried on throughout the 1930s, along with pressed metal coins (doubloons) representing each Krewe (an Old English term for crew), and continued into the 1940s.

It is said that the Krewe of Rex began the tradition of bead throws by tossing inexpensive necklaces of glass beads down to the crowds. These glass bead necklaces were from Czechoslovakia. These renowned factories were well known for hand crafting beads in vivid colors, and unique shapes – much more vibrant than the typical glass or plastic beads you see today. The necklaces were usually about 16 to 18 inches long, had a clasp, and often had an attached paper tag that said "Made in Czechoslovakia." The use of color, shape, and form varied from one necklace to the next, with no two necklaces exactly alike. Czech Mardi Gras necklaces were originally strung using a cotton thread that has naturally aged and weakened over the past 70 to 100 years and, thus, are easily prone to breakage. Some necklaces were made with uranium glass beads – these beads glow yellow-green under ultraviolet light.



Typical Czech glass Mardi Gras necklace

With the German invasion of Czechoslovakia in 1939, Czech production of the glass Mardi Gras necklaces was halted and was never again resumed. When thrown, the necklaces would sometimes hit the ground causing a very slight chip or scratch in the glass bead. Eventually, due to cost, liability, and political change, the custom of throwing glass beads was discontinued.

Beginning in the 1950s, glass beads were replaced with plastic beads. In the 1960s, some plastic bead necklaces resembled the older glass bead necklaces. Unfortunately, Hurricanes Hugo and Katrina and the Flood of 2011 have had a great impact on availability of glass bead necklaces. Today, these Czech glass

Mardi Gras beads are not only highly collectible but are becoming increasingly scarce with each passing year.



Plastic Mardi Gras necklaces from the 1950s and 1960s

Mardi Gras in New Orleans is known worldwide as the largest free show on earth. If you are going to the Crescent City for Fat Tuesday, expect to catch and see a variety of modern plastic bead necklaces in all shapes and sizes. These beads come in an assortment of shimmering vibrant colors: the traditional carnival colors – royal purple (representing justice), emerald green (representing faith), and shiny gold (representing power) – as well as festive colors of red, white, blue, black, silver, orange, navy blue, flamingo pink, and white pearl.

Beads belong to Mardi Gras just as much as Mardi Gras belongs to the City of New Orleans! You can drive down St. Charles Avenue any time of the year and still see them hanging in the huge oak trees that line the road. If you grew up in New Orleans, seeing those wayward strands was a daily reminder that carnival season was always just around the corner! A stroll down the French Quarter any day of the year will always reveal many beads still hanging on the wrought iron balconies. Beads are a large part of life in New Orleans year round.



Vintage Czech glass Mardi Gras necklaces in various colors, styles, and lengths.

Gem of the Month – Blue Chalcedony

Chalcedony is a type of microcrystalline quartz with a softly opaque appearance caused by fibrous patterns in its structure. It occurs in large mass formations perfect for cutting, crafting, and tumbling. When polished, chalcedony has a smooth almost silky feel, as well as a gently luminous hue.

Blue chalcedony has a very particular shade, a soft yet intense pale blue. The blue hue of the stone occurs **because of the "Tyndall effect", which is defined as light scattering by colloid-sized particles.** The color can range from a light transparent blue to a solid baby or sky blue.



Blue chalcedony

A good portion of the chalcedony on the market today comes from one single region in Turkey. Blue chalcedony is the oldest trade material from the Anatolia region of Turkey and this area is believed to have been extracting blue chalcedony since 2500 B.C. Chalcedony has been used in jewelry for thousands of years.



Turkish blue chalcedony beads

The name "chalcedony" was originally "kalsedon," which comes from the name of ancient Anatolian port of Kalkedon. The name is still used today for any related materials with the same chemical composition. In ancient times, most of the stamps or seals in Europe and Middle East were made of chalcedony due to its hardness and durability. Today, these seals can be found in many museums in Europe and Middle East.



Ancient chalcedony pieces

The Romans have called chalcedony a "lawyer stone," as those who hold it seem to have success in the court. Chalcedony is also known as the **speaker's** stone, the stone of one who must measure his words. It encourages reflection and meditation, its gentle radiance preparing us for action but helping to hold back words we might regret. The great Roman orator, Cicero, is said to have worn one around his neck.

Chalcedony was considered a sacred stone by the Native American Indians, using it to promote stability during their ceremonial activities. It is still in use today for meditations, and as a pathway for receiving successful thought transmissions.

Also considered a nurturing stone, chalcedony absorbs negative energy and dissipates it before it can be passed on. It promotes brotherhood and good will, opening the mind to new ideas, instilling feelings of benevolence and generosity.

As a stone of peace and peace-making, blue chalcedony encourages stillness and calm in the home for those at odds with one another, vying for their place in the pecking order. It is also beneficial for daily journeys to work, or stressful trips involving children.

Chalcedony is said this stone is good for blood circulation, balance, memory and speech, and that it helps with learning languages and expression. It is also dissolves any negativity around the throat chakra area, easing throat problems (such as soreness or coughs) and restoring the ability to communicate clearly.

Even though blue chalcedony is mined in numerous places in the world, the quantity of rough material reaching the market is limited, which accounts for its reputation as a somewhat rare—or, at the very least, uncommon—gem material. Some of the most common deposits of blue chalcedony are found in parts of Turkey, Indonesia, Montana, Africa, and Malawi.

Blue chalcedony is a birthstone for the zodiac sign of Aquarius (January 20 – February 18).

Necklace Unearthed in Medieval Woman's Grave is a 'Once-in-a-Lifetime Discovery'

Molly Enking, December 8, 2022,

<https://www.smithsonianmag.com/smart-news/once-in-a-lifetime-medieval-necklace-discovered-in-early-female-church-leaders-grave-180981256/>

Researchers say the woman may have been an early Christian leader with a large fortune.

Earlier this year, the Vistry Group, a housing developer, commissioned an archaeological evaluation of the land it planned to build on in Northamptonshire, England. Nobody had high expectations for this plot of land, which wasn't near any ruins, churches, or old landmarks.

But just before the dig wrapped up, archaeologists discovered the remains of human teeth. Then, something began to sparkle.

"When the first glints of gold started to emerge from the soil we knew this was something significant,"

Levente-Bence Balázs, a site supervisor at the Museum of London Archaeology and leader of the dig, says to *BBC News'* Andrea Pluck. **"However, we didn't quite realize how special this was going to be."**

The archaeologists had discovered an early medieval grave—and while most of the skeleton had decomposed, an ornate 30-piece gold necklace remained. Dating to around 630 to 670 C.E., it was made up of Roman coins, gold, garnets, painted glass, and semiprecious stones; a large cross pendant was at its center. Alongside the necklace, two pots and a copper dish were also unearthed.



A photo of the necklace discovered in England, alongside a depiction of what it may have once looked like.

Museum of London Archaeology

The find, as the *Washington Post's* Leo Sands puts it, is "being hailed as the most significant female burial site from the era discovered in Britain."

Because of the necklace's presence, the researchers think the grave belonged to a woman—and not just any woman. According to the *Guardian's* Amelia Hill, experts think that the necklace's owner was "one of the first women in Britain ever to reach a high position in the church."

"It is an archaeologist's dream to find something like this," said Balázs when the museum announced the discovery on Tuesday, per the *Guardian*.

When researchers removed blocks of soil to study, X-rays revealed a second large, elaborate cross. Beside it, they also found unique silver casts of human faces with blue glass eyes.



An x-ray image of the cross, alongside faces cast in silver. Courtesy of the Museum of London Archaeology

Due to the extravagant artifacts, experts think their owner was a woman of great wealth, as well as a religious figure—"both an abbess and a princess, perhaps," writes the *Guardian*.

The find captures a unique moment in history, when two distinct religious traditions were at play at the same time. **"Burying people with lots and lots of bling is a pagan notion, but this is obviously heavily vested in Christian iconography, so it's that period of quite rapid change,"** says Simon Mortimer, an archaeology consultant who worked on the project, per the *Associated Press'* Jill Lawless.

After the researchers finish their analysis, the artifacts will go on display at a local museum.

"This find is truly a once-in-a-lifetime discovery—the sort of thing you read about in textbooks and not something you expect to see coming out of the ground in front of you," says Mortimer in a statement. **"It shows the fundamental value of developer-funded archaeology."**

A Bead-aholic's Prayer

Please grant me
courage to stay only a few minutes
 in a bead store ...
strength to buy only what I, alone,
 can lift ... and
wisdom to tell the difference between
 plastic and glass.

originally presented by Pat Crawford
 (member of the New Mexico Bead Society)
 at a meeting in about 1997)

Lisa Lehmann on Making Jewelry for Mental Health

by Jill MacKay, January 17, 2023,

https://www.interweave.com/article/jewelry/lisa-lehmann-making-jewelry-for-mental-health/?oly_enc_id=7354A2943523A3R

Lisa Lehmann is a goldsmith and graphic artist who creates stylish jewelry by hand in her Michigan studio. She has been a full-time jewelry artist for 22 years and uses making jewelry and writing about it as one of her tools for coping with depression. Lisa attributes her success as a jeweler to being herself, sharing her story, making connections, and working hard.

Lisa says, "After my third child was born, I was diagnosed with postpartum depression. The problem was that it never went away. I felt sad and isolated and just couldn't shake the feeling of darkness. I was happiest when I was teaching my kids or immersed in a jewelry project. Those activities seemed to alleviate the darkness and let in some light."

We asked Lisa to tell us about herself and her business, Lisa Lehmann Designs, along with how she deals with bad days.



Each of Lisa's designs is meticulously handcrafted using 100% recycled metal. Her designs are part of her story that she shares with clients. Pendant by Lisa Lehmann Designs.

Q: When did you start making jewelry?

LL: I was pregnant with my fourth child and truly burned out in the graphic design business I had created and run the previous 10 years. I was looking for something more creative. Something I could do with my hands. I stumbled into beadwork, which ignited a passion, but I knew there was more I wanted to learn. I was hungry for it! I went back to school and took classes in metalsmithing. Once I held that torch in my hand I was hooked.

Q: You have spoken openly about some of your mental health challenges. How does it help you to share your experience?

LL: Speaking and writing about my challenges has been a huge benefit in two ways. By speaking about what I'm facing and dealing with, I don't allow the darkness to have power over me. I call it out. I say what's there. And by saying these things other people have been able to see themselves. To know they are not alone. What I have heard most frequently is "thank you for saying exactly what I was feeling."

I didn't have the words to express it. Now I know I am not alone."

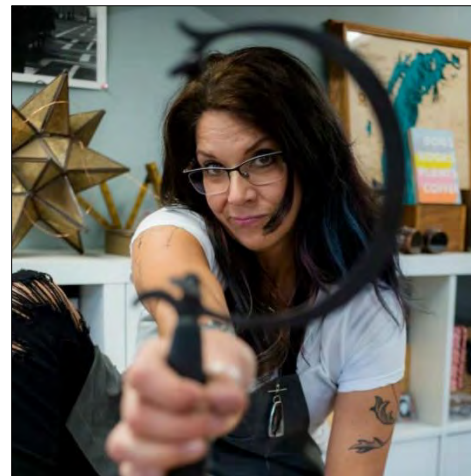


Lisa believes different stones speak to us at different times in our lives. She says, "Sometimes it's the meaning, sometimes it's the color, sometimes it's just a gut feeling." Labradorite Bracelet by Lisa Lehmann Designs.

Q: What is your best quality as a jewelry designer, and your favorite jewelry making technique?

LL: To me, my jewelry is a conduit for my passion to connect with people. I love their stories. I love knowing why a certain piece of jewelry speaks to them. I value that more than the actual dollar.

Currently my favorite thing to do is remodel someone's jewelry that has been sitting in a drawer into something they love and can't wait to wear. Those pieces often have stories connected to them and I feel a great privilege in giving those stories new life.



Lisa is honest with her customers when she needs a self-care day, saying on Facebook, "Please forgive me if you are waiting on jewelry or drawings or responses to email. But please know, I am doing my very best."

Photo courtesy of Lisa Lehmann.

Q: How do you keep going professionally when things become dark?

LL: There have been times when I could barely make myself go to the studio. But knowing other people are depending on me, my family, my customers keep me going. Along with meds and counseling. I am not saying it is easy. But it helps me take the next step, then the next.

Q: Do you have any wisdom to share for people who are suffering from mental health challenges?

LL: First, know you are not alone. Tell someone. Anyone. Find help. If medication is recommended, then take it. It does not make you weak. It does not make you less. It makes you incredibly insightful. Then spend time journaling how you are feeling. Why you think you are feeling this way. Get it out. Don't let the darkness of depression tell you what to do. And find little things in each day that bring you joy. Experience those things. That first sip of coffee. A puppy in your lap. The smell of your **little one's head**. Sunshine on your face. Whatever it is, find it, experience it. Rinse and repeat.

How to Knot Gemstone Mala Beads the Right Way

T. McLaughlin, January 6, 2022,
<https://www.interweave.com/article/beading/how-to-knot-gemstone-mala-beads/>

It seems that no matter what I do or where I go in life, my beads follow me. Even after finishing my 200-hour yoga teacher training program, the beads are following me into my yoga and meditation practice. Here are four steps to make your own mala beads using gemstones.

Meditation has always been a tiny bit of a challenge for me. Wait, did I say tiny? Maybe more than tiny. When I was pregnant with my son, I took a childbirth class that focused on breathing and meditation techniques to deal with labor. I remember getting frustrated because I found myself so relaxed as I practiced that I would fall asleep! At the time, the instructor assured me that it was a good thing. It was for childbirth, but when I sit and do regular meditation, I need something else to help me focus. **That's why I love to use gemstone mala beads for keeping my mind engaged while in meditation.**

I prefer to use knotting techniques when I make my gemstone mala beads, just the way I prefer to knot my strands of freshwater pearls so that one bead flows into the next. It makes for a particularly lovely, tactile experience when I'm meditating with my gemstone mala beads, and when I'm feeling inspired, I can wear them around my neck, just like a beaded necklace.



Even if you don't meditate, you can learn how to make a strand of knotted gemstone beads for supple beaded necklaces and bracelets. Here are some basic tips and techniques to get you started!

Tools & Materials for Knotting Mala Beads

- Assorted gemstone beads in your choice of size, shape, and stone
- S-Lon cord or silk thread (size F silk thread is a good choice for pearls or small gemstone beads)
- Clasp or other finding for finishing your strand of beads
- Scissors or thread cutter
- Beading awl
- Glue (optional)

How to Knot Gemstone Beads

Follow these steps to knot gemstone and mala beads.

1. Select a thread.

Take into account the size of the gemstone beads that **you're using, the diameter of the bead hole, and the weight of the beads.** Silk thread is a great choice for smaller, lighter gemstones like 4mm amethyst, garnet, or citrine. (Thinking spring with those colors!) When I **make my gemstone mala beads, or if you're using a strand or two of larger, heavier beads (around 8mm in size),** I prefer to use S-Lon cord. **It's the same** beading cord that I use for beaded kumihimo, and it knots beautifully between gemstones, too. Added bonus: it comes in dozens of colors, so chances are, I can find something to perfectly match whatever gemstones I choose.



2. Test knotting.

I like to make a few test knots with my gemstone beads and thread to make sure that the knots **won't** disappear into the bead holes. If you find that your gemstone beads swallow up those knots, try double-knotting between beads. Or, use something like a flat washer or other spacer bead to make a smaller hole on either side of your beads. **You don't** want to get a long strand of beads strung onto your cord and then find out that your knots are too small!

3. String your beads first.

To begin your knotted gemstone project, you'll want to cut a length of cord and string your beads on the cord before you begin. A general rule of thumb is that a **wingspan's length of cord is good for a longer necklace** made with larger beads. I use about 10 feet of cord

for a 36-inch strand of knotted beads. To reiterate what my good friend Jill Wiseman teaches, cord is cheap. **It's easier to have leftover cord at the end of your project than it is to have to add a new cord 3/4 of the way through your stringing project!**

Once you've cut your cord, tie a knot about 8 inches from one end. String on all your beads in the order desired for your finished piece. Then tie another knot about 8 inches away from the opposite end of the cord. You can also use one of these professional finishing techniques for knotted strands of beads before you get started with the rest of the knotting. (Just make sure you slide your clasps and other jewelry findings onto your cord with the rest of the beads!)

4. Basic knotting technique.

Slide the first gemstone bead all the way down to the **"empty" end of your cord.** Make a loop by passing the end of the cord with the single bead under the rest of the cord with the remaining beads. Pick up that gemstone bead and drop it down right into the center of the loop. **Don't tighten it into a knot just yet!**

Holding the loop in your non-dominant hand, pick up your beading awl with your dominant hand and slide it into the loop from the bottom. Gently tighten that loop around the awl, and use the awl to slide that knot **down so that it's snug up against your gemstone bead.** Slide the next bead down, make the loop, and use the awl to slide the knot down against the bead. Repeat **until you've finished knotting your strand of beads.** Add your finding or closure on the other end, maybe using a little drop of glue to secure everything, and trim your threads.



Meditative Gemstone Knotting

What I've found through making new strands of mala beads using things like rudraksha (organic seeds) beads and gemstone beads is that the process of knotting itself has a meditative quality for me. The rhythm of sliding and knotting gemstones induces a relaxing, peaceful state of mind in me. **That's very useful** when I make a mistake and have to somehow undo a tiny knot in that silk cord. And I love the **simplicity of using just a plain ol' beading awl** for my knotting. **It's light in my hand, it's easy to use, and best of all, it's inexpensive.**

And then there's the gemstones themselves. My interest in the metaphysical and symbolic properties of gemstones has been renewed through my meditation practice with my mala beads. **I'm always on the lookout for new gemstone beads now.** Using knotted gemstone beads as part of my meditation practice is really helping me to focus my mind and my energies on the positive!



**ALL YOU NEED
IS LOVE....AND
SOME REALLY
NICE BEADS**

New Workshops at Gypsy Raven Studio/Gallery

All workshops will be held at Gypsy Raven Studio/Gallery located at 111 W. Broadway, Mountainair, NM 87036. For multiple day workshops, Pamela Armas will make arrangements with local hotels with special rate discounts for those that need overnight lodging. Lunch and dinner can either be brought by the attendee or B Street Deli has a good menu for take-out.

To sign up for any of the workshops, contact Pamela Armas by email at gypsytreasures@cs.com and she will email you a form to fill out to register for class. Mail form and check made out to Pamela Armas to: Pamela Armas, PO Box 748, Mountainair, NM 87036. Phone: 505-847-0963. **Maximum of 10 students per workshop. No cancellation refunds within 72 hours of workshop.**

Waterfall Journal

**Saturday, February 11, 2023;
10:00 am to 5:00 pm**

In this one-day workshop you will make a 9 in. x 6 ½ in. journal made all from paper. The book is a tri-fold rectangle composition which includes 8 pages, 4 pockets, 1 enclosed book tucked inside a large pocket, and a waterfall of pages. This is the perfect book to hold ideas, make notations, and tuck away little treasures. The light colored example is made from commercial craft paper (Tim Holtz) with coffee dyed pages. The dark colored example is made from gel print and coffee dyed papers. You can bring your choice of papers to construct your book.

Cost: \$100. Workshop fee of \$100 is due on January 11, 2023. Receipt of your workshop fee will hold your place. Material list will be sent to you once you register.



Exploring #Post Consumer Art and the Gel Plate with Robyn McClendon

~~Tues., February 28 – Wed., March 1, 2023;
10:00 am – 5:00 pm~~ **This workshop is full**

**Fri., March 3 – Sat., March 4, 2023;
10:00 am – 5:00 pm** **Additional dates; Sign up now!**

NOTE: On the evening of Feb. 27, students (those who wish to attend) are invited to a "Meet the artist/meet the students" gathering.

Why #Post Consumer Art Project? Robyn is an artist living in the Sonoran desert of the American Southwest. She loves the desert life, the ways in which it has added to not only her strength as a being living on a giving, abundant Mother Earth but it has enhanced her visual vocabulary as the language of her emotions has deepened. She, like many of you, has always been concerned and aware of the amount of consumer waste that she personally contributes to the planet. Even sooner than the past 2 years with the global shutdowns and the need to order on line more! She couldn't bear to throw all those packaging envelopes and boxes away so she sought ways to use them in her studio during her art explorations. She shared this journey with her community and they collectively named this project

#postconsumerart!

In this two-day workshop Robyn will introduce methods to work directly on the gel plate using traditional block printing inks to create decorative and textured papers with paints, inks, and spray dyes. We will take those papers and incorporate them into a book structure using paper packaging, envelopes, and cardboard boxes as the substrate. The focus is to explore creating our own papers using symbols and shapes from our personal visual vocabularies to create powerful and significant dialogues in our artwork, additionally exploring the book format "as art" and the various ways this medium is a compelling form of creative and artistic expression.

Cost: \$545 (no kit fee). Workshop fee of \$545 is due on January 10, 2023. Receipt of your workshop fee will hold your place. Material list will be sent to you once you register.



Rio Rancho Bead Estate

Jerome Nunez, of A Few of My Favorite Beads, knows of a bead estate in Rio Rancho with beads for sale at a discount. There are some stipulations to buying:

- You must call Jerome and make an appointment to go to the bead estate (it is not at his shop)
- The bead estate is only available on Tuesdays
- Limit of 3 people at a time
- Jerome will drive you to the bead estate

To make an appointment or if you have any questions, call 505-974-1645.

Studio Space Available

Business partners Sally Jewell and Sally Williams have opened a 1,700-square-foot studio in the Hoffmantown Shopping Center at Menaul and Wyoming for all fiber arts crafts. They offer guilds, groups, or individuals a meeting space, a gathering work space, or an opportunity to use the space to teach classes.

The partners are both mothers and work full time, so the space is currently open Fridays and Saturdays, but will open and host any group when requested.

The Sewing Place Abq
8252 Menaul Blvd. NE, Albuquerque, NM 87110
thesewingplaceabq@gmail.com, 505-705-2952
www.thesewingplaceabq.com

Fiber Arts Council

The Albuquerque Fiber Arts Council is looking for candidates who are interested in promoting fiber arts in New Mexico to fill board positions. If interested, please go to <https://abqfiberartscouncil.org/fiber-arts-council/> to fill out an application. (This is different than being BSNM's representative to the Council.)

The Albuquerque Fiber Arts Council was formed in 1997 to provide the opportunity for local fiber guild members to show their work to the public. It has grown from six guilds then to almost twenty. The Board of Directors has seven members who are dedicated to continuing the tradition of hosting the Albuquerque Fiber Arts Fiesta every other year. As a 501(c)3 organization, the proceeds from the Fiesta provide funding for other public shows and scholarships.

The Council is also seeking individuals interested in working on the marketing committee. If you would like to be involved and work with a great team promoting Fiber art, please email michellejackson@quiltfashions.com

Bead Store for Sale

After 30 years in retail and 50 years in jewelry, imports, and wholesale, **Robert Steinberg, owner of Stone Mountain Bead Gallery (voted Albuquerque's Best Bead Store), is selling off his huge accumulation beads, jewelry, and world handicrafts.**

Included are thousands of strands of vintage Czech beads; African trade beads; gemstone and mineral beads; Native American turquoise and heishi; and more. Also loads of silver and gemstone jewelry; Bali silver beads; wood, ceramic, glass, brass, and stone beads; Swarovski crystals; costume jewelry; seed beads by the pound; and handicrafts, art, and jewelry from Nepal, India, Tibet, Thailand, Bali, and Turkey. Collectables and statues – oriental, Native American, dragons, skulls, Buddhas, malas, and rosaries.

Quantity discounts!

Also, building for sale: retail space on Route 66/ Central Ave. in popular Nob Hill neighborhood. 5,000 square feet currently divided into two stores. Signage and huge parking lot.

Contact: Robert Steinberg
Stone Mountain Bead Gallery
4008 Central Ave. SE, Albuquerque, NM 87108
Phone: 505-260-1121
Email: rsteinberg50@comcast.net

Fundraiser for Barbara Butcher

Barbara Butcher, who has been battling cancer, had a stroke earlier this year that left her with limited use of her right arm and leg. Consequently, she will probably need 24-hour assistance going forward.

To help combat this expense, Jerome Nunez of A Few of My Favorite Beads has volunteered to sell the leftover stock from Barbara's former store, The Beading Heart of Santa Fe. **Sales are cash only. All monies will go to Barbara for her medical expenses.**

You must make an appointment to purchase these beads. Please call Jerome at (505) 974-1645.

Jerome says he can accommodate appointments 7 days a week, beginning at about 11am, but says that Wednesdays are probably the best days.

All items are upstairs at Jerome's store (up a spiral staircase). If you are unable (or unwilling) to climb the stairs, Jerome said he is willing to bring boxes down to you – if you have an idea of what you are looking for.

Put Fiber Arts Fiesta 2024 on your calendar for April 11-13, 2024!

It will be here before you know it!

Keep in Your Thoughts

Jill Bartel, whose father has been in the hospital and rehab, and is now back home but will require surgery
Nina Forrest, who survived her brain surgery (she's in her eighties!)

Pat Verrelle, whose husband recently had cancer surgery
Mary Ellen Merrigan, whose husband recently received cancer treatment

If you would like to send a card or note of encouragement to any of these members, please address the envelope to them **in care of the Bead Society of New Mexico, P.O. Box 91655, Albuquerque, New Mexico 87199**, and we will ensure that they get your messages.

Happy Birthday

Sally Moore

Patti Farley – February 20

If your birthday isn't listed here, please let us know at beadsocietynm@gmail.com so we can wish you a Happy Birthday!

Get More Information on the BSNM Website

■ **Classes:** For classes taught by our business members and other non-BSNM-sponsored classes, go to <https://beadsocietyofnewmexico.wildapricot.org/Bead-Time> for dates, times, and descriptions.

To review class details and to register online, log in to the BSNM website with your email and password and go to the event page <https://beadsocietyofnewmexico.wildapricot.org/Meetings-Classes-and-Events>.

■ **Craft Shows and Other Events:** To see upcoming shows that our members are involved in, go to the Members Art Shows listing at <https://beadsocietyofnewmexico.wildapricot.org/Art-Shows>. Also, if you have an art show you are participating in, don't forget to send the information and event link to beadsocietynm@gmail.com so we can include your event.



BSNM Financials Available on Website

The monthly and annual financial reports for the Bead Society of New Mexico are now available in the "Members Only" section of the BSNM website (you must have/create an account on the website to access these documents). Go to www.beadsocietynm.org and log in to the website (click on "Log In" in the far upper right corner of the homepage; you need to register first if you haven't done so before). Hover over the "Members Only" section on the right end of the categories bar with your mouse and click on "Financials" in the drop-down menu. Then click on the document you want to read. (You may need to temporarily disable your pop-up blocker since the documents may open in a new window or tab).

2023 BSNM Calendar

The following is the calendar for BSNM meetings and events for 2023. **Dates and events are subject to change.**

General meeting, 3rd Tues., 6:00pm	Board meeting, 2nd Tues., 11:30am	Classes	Special events
Jan. 17	Jan. 5		Annual gala
Feb. 21	Feb. 13	Confetti polymer beads	Annual bead swap
March 21	March 14		Whole Bead Show
April 18	April 11	Basic Bead Embroidery	
May 16	May 9		
June 20	June 13		
July – no meeting	July 11		Field trip?
August 15	August 8	Macramé with Leather & Pearls	
Sept. 19	Sept. 12		State Fair
Oct. 17	Oct. 10		Elections
Nov. 14	Nov. 7		
Dec. – no meeting	Dec. 12		

As of January 11, 2023



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SoftFlex loves to support bead societies, as they are the backbone to our beading community. We have a coupon code for BSNM members. Just enter the code **BeadSociety10** at checkout. Coupon gives 10% off of each item, but it does not apply on top of other discounts and there is a limit of 4 uses per customer. No expiration date.




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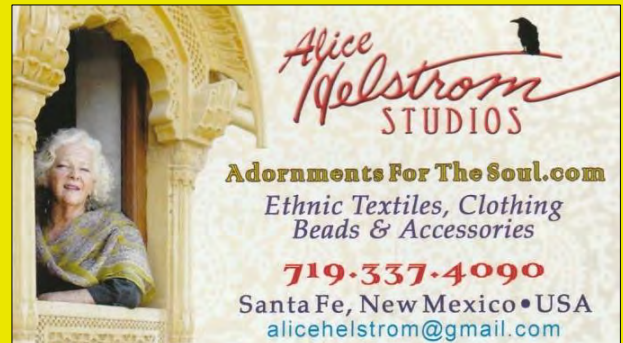
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Get Your BSNM Discount

To get your BSNM discount at our business members' stores, you must show your current membership card. They won't accept expired cards or membership renewal emails or a letter from your mom!

Don't lose out. Be sure you have your 2022 BSNM membership card and show it when you make a purchase.

Procedure for Submitting Articles for Publication

Producing a quality monthly publication as well as maintaining an up-to-date website and Facebook page is not an easy task. We have three people who work hard to ensure that our members have the most timely and accurate information possible. But these tasks take lots of time and can't be done properly without the assistance of our members. Please remember to follow these procedures when submitting information to be shared with the general membership:

- Send all information to beadsocietynm@gmail.com
- Please send just one topic per email and be sure to include the topic in the subject line and indicate that the topic is for publication.
- Do not send articles or information as a response to another email; send a new, separate email.
- Be sure that any artwork, etc., you send is copy-ready in a format that can easily be downloaded and copied – preferably as an attachment (JPG, TIF, or PNG, or incorporated into a Word document).
- Please send complete information. The members of the Communications Committee are not mind readers. ☺ Please provide full names of persons, full addresses and contact information, dates and times, etc.
- Information to be included in the Newsletter MUST be received no later than the 20th of the prior month. Information received after that date will be shared via social media and on the BSNM website, and used for the following month's publication if appropriate.

2023 Board of Directors

The Board of Directors currently meets on the second Tuesday of the month in person.

Members are welcome to attend.

President	Barbara Rosen
First Vice President - Special Events and Workshops.....	
Second Vice President – Programs.....	Pat Verrelle
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Membership Recruiter.....	
Fiber Arts Council Representative.....	
Fiber Arts Education Committee Representative	Elizabeth (Liz) Reisinger

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