



*An Artist Newsletter*  
by Becca Rahn



One of the tasks I do fairly often as an artist is to put together proposals or applications for things: workshops, conference presentations, exhibitions, partnerships, and art shows. I had a lot of things with deadlines this month and unfortunately a whole lot of rejections, one after the other. Which can do a number on your mental health. There's a new study (in the links below) that says "Scientists find that taking part in creative activities boosts people's sense that life is worthwhile, their happiness, and their satisfaction with life" which I think is totally true! So I think that means I need to take a little time to do some creative things that aren't just work for me. What's the creative activity that's giving you a little mental health boost right now? Cooking? End of summer gardening? Knitting? Tap dancing? Tell me about it!

what's new?



YOUTUBE.COM

**Handmade Meets Digital: Pattern Design Techniques Of Becka Rahn (Interview)**

Make your own patterns at <https://repper.app>Exciting announcement: We decided to start d...

Artist Interview

# Handmade meets digital



I did a really fun interview with Michel at Repper about pattern design. This is the app I show in my "[Surface Design for Fabric & Paper](#)" class and it's been a favorite tool for years, so it was fun to talk to them about how I use it.

See the interview at YouTube

classes



## Advanced Embroidery: Oyster

I've added the second class in my advanced embroidery series: oyster stitch! Oyster stitch is a variation on the chain stitch and makes nice petals or leaves. You can find the class [over at Skillshare](#).



## "Not Even A Mouse" Ornament Sew-along

[Registration Deadline October 1](#)

It's a mouse napping in a teacup and just about the cutest ornament I have ever seen. Designed by Larissa at mmmcrafts, I'm leading a sew-along to help you through stitching all the steps on Zoom.

- I'm also teaching a **Newsletter & Blog Basics** class for [Carver County Libraries on October 22](#).
- Registration opens on October 1 for a [woven tapestry class with Dakota County Libraries](#) on November 12 and 26.





On the studio table this month:

**Business Cards:** I needed to reorder some business cards and decided that they needed something [fun on the back so I designed a gridded pattern of Stanley.](#)

**Notions:** The last time I used my serger, the light bulb got really hot and they don't make cooler LED replacements for it, so [I found these self-stick lights to use instead.](#) They work great!

**Samples:** I finished up the live version of my Sashiko-Inspired Squares class last week and decided to make little pencil bag from one of the samples. The [on-demand version of the class](#) is available all the time on my website.



We are having a lot of fun playing [Lorcana](#), which is a Disney-themed card game. It's a collectible game, meaning you can buy endless mystery booster packs of cards, but you don't **need** to get anything but a [couple of starter decks](#) to have a lot of fun with the game! Games are quick (20 min) and easy to learn; great for 2 player, but playable with more; and it's very thematic. It's a race to get to 20 points, while knocking your opponents characters out of the game, but you have to wait for the "ink" to dry before you can send them on a quest or have them sing a song.

links you'll love

- Goldfish Love Fibers is doing a trunk show at [Knit & Bolt](#) in NE Minneapolis on October 26. Handdyed yarn & beautiful silk/wool embroidery thread. (Doreen is the other half of [Two Fish Fibers](#) with me.)



- A super simple tutorial from Lolli & Grace about [how to get rid of those knots that happen in your thread](#) as you embroider.
- A cool [behind-the-scenes peek](#) from the Royal Opera Ballet of re-making playing card themed tutus from Alice in Wonderland.
- Amazing process of [making a faux fur from cattails](#). The text is all in Russian(?) so I'm missing some of the details, but it's fascinating.
- A video showing [how to use a laying tool for embroidery](#). I always just use my needle, but this is a cool demo.
- If you love Halloween like I do, I have made both of these Halloween ornaments and they turned out great. [Halloween Moth by Lolli & Grace](#) and [Vampire Cats by The Hoop in Hand](#).
- I've been enjoying this book series: [Overdue by KT Hanna](#). *"The Library once stood proud as a beacon of magic and power. For 500 years, it has been broken. Quinn can barely handle her own life. When the Library of Everywhere discovers her compatible magical signature, suddenly she is the sole existing potential Librarian."*
- A study from the UK says: [Arts and crafts improves your mental health as much as having a job, scientists find](#)
- I could eat the entire batch of these [balsamic marinated mushrooms](#) all by myself. My favorite so far has been to layer a bunch on an english muffin topped with a poached egg. Yummy!

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