



facebook LIVE: 5.03.17

Stretch Therapy

Well, hello everyone! It's Wednesday, so it must be Facebook LIVE and here we are in Redwood City, California. We're chatting today about a favorite project, Stretch Therapy, by Grace Noland. This easy-to-string design uses calming colors, energizing stones and charms with meanings. We're excited to share with you what we know about Stretch Magic and fabric elastic and other tricks up Kate's sleeves. And we're thrilled to introduce you to Grace in front of the camera, who is not only our videographer for Facebook, but an amazing jewelry designer. So, with no more fanfare, let's get started!

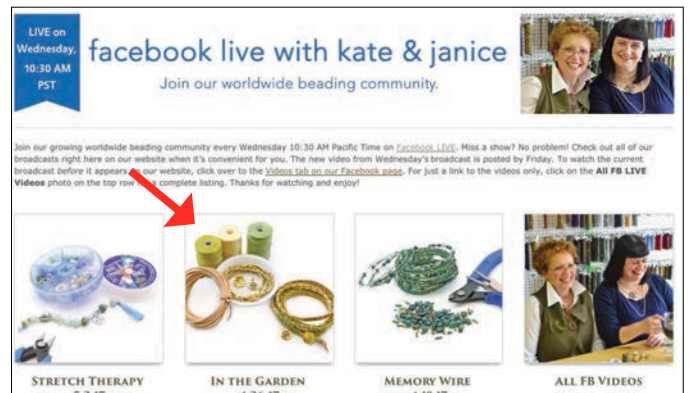
~Kate and Janice and Grace

Before the ladies even started on today's project, Kate wanted to show off her "arm candy." Closest to her red sweater, she is wearing Debut and then a Free Tip Friday project, Looming with Tiny Beads. For the loomed pattern template and links to products, [click here](#). The bangles closest to her hand are new and will be featured soon.



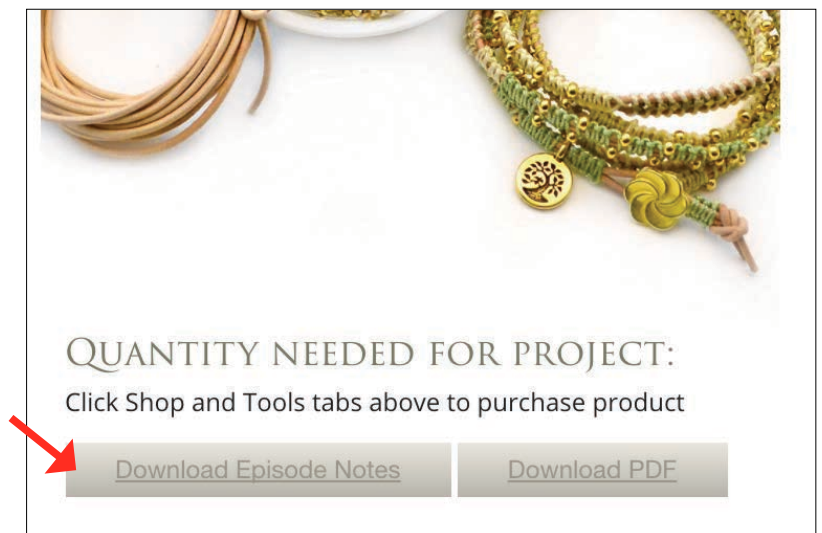
Kate and Janice mention our blog, The Bead Table. If you haven't had a chance to see it or haven't visited recently, it's chock full of ideas and posts.

And, if you are new to Episode Notes for Facebook LIVE, visit [facebook live](#) on our website and click on a recent episode.

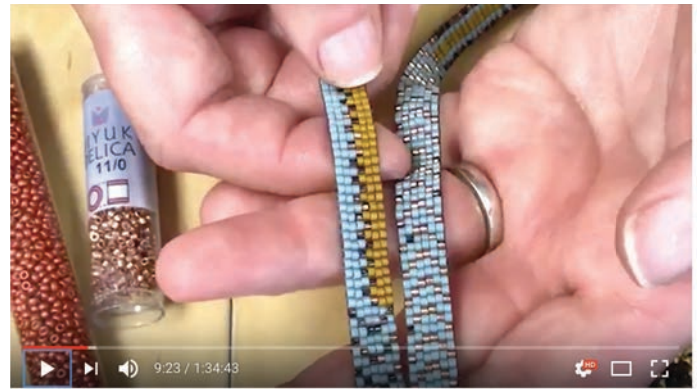


If Episode Notes are available*, you'll see a button near the photo that links you to them.

*We apologize, but we began writing Episode Notes with our April 5, 2017, Bollywood Segment.



We did some housekeeping about beads we wanted to bring to your attention. It's not always going to happen, but some of the new metallic coatings on Japanese and Czech beads are not as permanent as we would like them to be. We discussed Unions in Lava Red and Miyuki Delica Metallic Copper. Just be aware that the new coatings are, in fact, coatings that can wear away.



At minute 16:00, Kate and Janice opened the mail and shared the lovely crochet project done by Gitte of Denmark. Last week we announced that Emily Miller will be teaching bead crochet with us on Facebook LIVE and so Gitte sent this lovely email with photos of a necklace she made. Thank you, Gitte!



Hi Kate and Janice,

I hope you've had a great and creative weekend.

Last week you talked about crocheted jewelry, so I want to show you a piece that I made for my mom.

It consists of 3 separate wires which have been crocheted with beads in between every other stitch and with 15 clean stitches in each end. I then braided all three together and wrapped the ends and finished with a small bead and wire wrapped loops to attach the clasp.

I love this design - it's very "forgiving" and you can use all kinds of beads; different types and different sizes! And best of all: No two projects are alike!

Once again THANK YOU SO MUCH for bringing so much joy into my life with your inspiration and the opportunity to connect with other "bead-aholics" around the world ♥

God bless 🙏🙏 See you tomorrow ♥

Love and hugs,
Gitte

And just before we started on this week's project, a viewer remarked on Janice's necklace. Actually, she's wearing two long double-wraps from the old days of The Bead Shop.

Both are strung on SoftFlex .014 and use a variety of beads that are now considered rare.



We were also asked about color and want to make sure you know about our Color Collection, where you can shop by your favorite colors. And, for anyone interested in our upcoming retreat, Color by Design, all the details will be posted on our site May 15. Please save the dates: September 15-17, 2017.



It was so fun to introduce Grace Noland to the viewers. Grace is always behind-the-scenes doing the camera work and, as our Graphic Designer, creates visuals and content for our website. It's really nice to switch things up and and bring Grace out into view.

Welcome, Grace!



In sharing her story about being raised by two strong women who love antiques and vintage jewelry, Grace revealed she is attracted to opposites. She loves to design with brights and darks and her Prairie, Mirage, is a fabulous example of that.



It took no time for Grace to give Kate background on how we created Stretch Therapy. It really grew out of the amazing materials we collected from our Vintage Finds, Dakota Stones, tassels, charms, metal beads, and simple Padre beads.



And most with larger holes, Mood (aka Mirage) Beads are so much fun to add to your stretchies. They are a real conversation piece. As your skin temperature changes, the bead's color changes! It evolves with your moods!

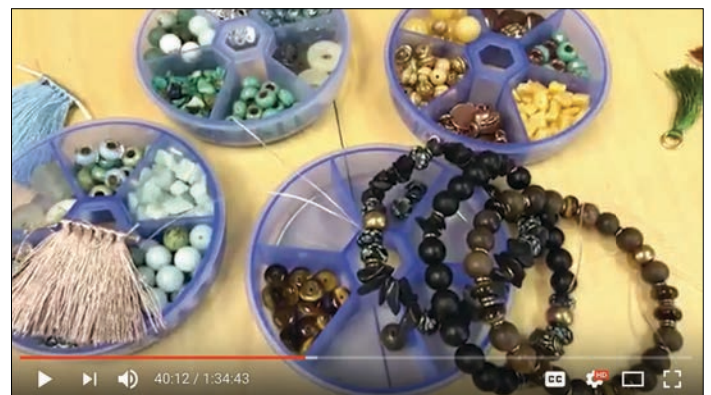


Tassels add so much to this design: interest, texture, and dimension; creating additional visual appeal.

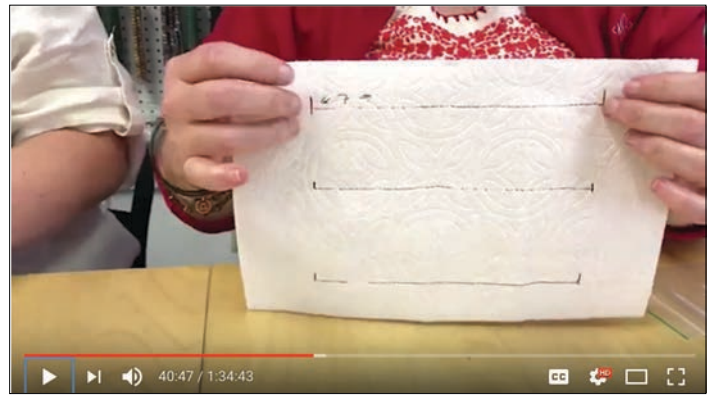
For those of you who missed Kate wire-wrapping tassels on Facebook LIVE 1.4.17, here are links to Awakening Tassel Earrings and Facebook LIVE Mala with a Tassel Episode, both very popular projects.



For a short time, and for this Episode in particular, we created collections of beads in three colorways that will net 3+ Stretch Bracelets. We're calling them Om in Water, Sun, or Earth. Sorry, but collections are very limited and will be available for just a short while. We also now have Little Storage, the cutest little cache pot.



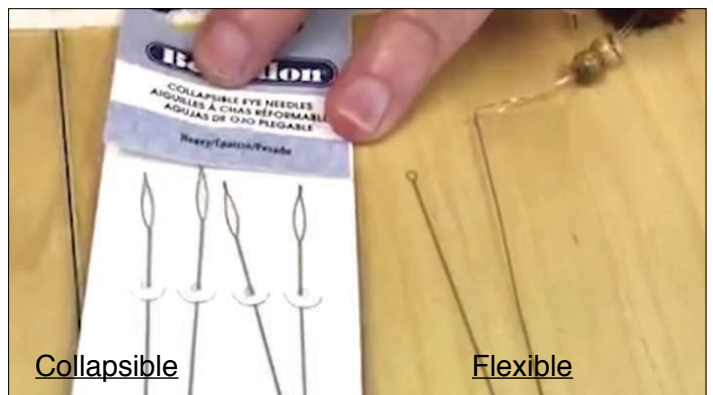
It's easy to create a bead surface that helps you lay out your patterns and, at the same time, help the beads resist rolling around. Pencil the length you want on a paper towel for three bracelets and start laying out your patterns. As Kate put it, "So you don't use up all of your glamour in one strand."



There's a large-hole bead for hiding the knot and the tassel becomes another element, just like a bead.



And when it comes to needles, the one critical for stringing on tassels successfully is the Flexible Eye. In the Stretch Therapy Handout, both Collapsible and Flexible needles are listed. However, for the fine-stringing required for tassels, the Flexible is essential.



For Stretch Magic, we like the .7mm/82 foot spool. It's heavy enough it can be used singly but still thin enough you can double it and it will fit through most beads.

The bead Kate is stringing on is 6mm High Desert Picture Jasper. And remember, as you're stringing, don't stretch! The stretch factor comes in when you are putting them over your wrist or ankle.



This is a good section of the episode to watch Kate removing the tassel from the "mother cord" and flattening the needle so she can thread the tassel onto the Stretch Magic. The tassel Kate is using is Brown.



Working on a plastic bag surface, Kate makes sure to secure the thread that's holding the tassel together with a dab of GS Hypo Cement on each side. Give it time to rest.



Kate demonstrates "resting" glue. :)



Next up, at 57:20, Grace asks Kate to demonstrate how to use a jump ring to turn a tassel into a pendant, perfect for stringing or creating earrings. Kate recommends threading a 7mm-16 gauge* jump ring carefully through the tunnel at the top of the tassel. Kate uses Chain Nose and Bent Nose Pliers.



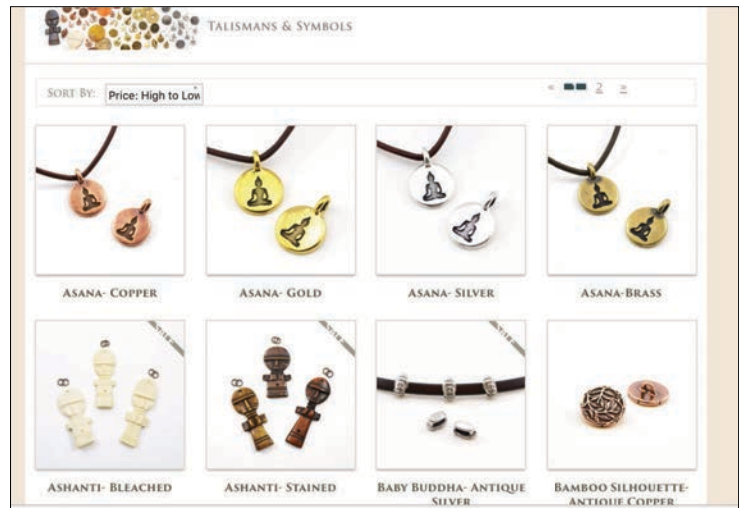
*Kate says 18 gauge, but intended to say 16.

Grace spoke about a wonderful collection of charms and buttons she feels “speak” to her when she is creating jewelry with meaning.

She calls it the

Talisman and Symbols Collection.

When she is designing for a specific person or theme, she will head first to this collection.



For Grace’s Om- Water sample,
she used:

8mm Belize Amazonite,

Bright Silver Tierra Heishi,

8mm Safe Haven Tree Agate,

6mm Twilight Light Sapphire,

Amazonite and Turquoise Chips,

Green Serpentine Lantern Bead,

a Jade Ring and Little Earth Charm Ant. Silver



Kate is getting ready to close her sample,
here are the materials she used:

10mm Yellow Jade

6mm High Desert Picture Jasper

Copper Czech Roller Bead

Crystal Yellow Rainbow 6mm Fire Polish

Brown Tassel



Kate demos knots using thread elastic and then shows us how she likes to close Stretch Magic using two 2mm silver crimp tubes.

Kate uses the 4-in-1 Crimping Pliers and Xuron Maxi Shear Flush Cutters.



We coming to a close for the week. Didn't Grace do a great job in front of the camera and Emily behind it? We apologize if the audio was not in synch this week. We appreciate that you stuck with us.



We just want to mention that next week we're going to really dive in to SoftFlex and crimping. Kate mentions a design challenge we did with [Sarah Oehler from SoftFlex](#). There is a post of the video on [SoftFlex's Facebook Page](#).



[10mm Yellow Jade](#)
[6mm High Desert Picture Jasper](#)
[Crystal Yellow Rainbow 6mm Fire Polish](#)
[Copper Czech Roller Bead](#)
[Brown Tassel](#)
[Stretch Magic .7mm](#)



Roller Beads in
[Lt. Turquoise](#)
and [Aqua/Gold](#)
[8mm Belize Amazonite](#),
[Bright Silver Tierra Heishi](#),
[8mm Safe Haven Tree Agate](#),
[6mm Twilight Light Sapphire](#),
[Amazonite](#) and [Turquoise Chips](#),
[Green Serpentine Lantern Bead](#),
a [Jade Ring](#), [Little Earth Charm Ant. Silver](#)
and [Stretch Magic .7mm](#).

