



# Rockwell Collins Craft Club

## August 2010

This Month  
at a Glance

It's that time of year again . . . Back to School Time ! The time all parents look forward too. There have been lots of school supply sales and it always reminds me that no matter how much I begged, I never got to have that big box of 64 crayons with the built-in sharpener. Who doesn't love a nice new notebook though, or a fresh pencil that's never been used and has a nice sharp tip?

☀ This month's charity project is still school supplies or money to buy some. If you've already taken advantage of the sales, bring your stuff. If not, we can use \$\$\$\$ too, as Arlys has bought some stuff she found while shopping that was too good a deal to pass up. Last month's collection was taken to Henry Davidson and most of this month's will go to the Teacher's Store.

☀ This month "Two Jennifers" will be joining us to teach us how to make a necklace. It will be a one inch square of glass or plastic (I'm not sure which) and your kit will also contain a chain for your necklace. If the chain does not suit your style, you can always use something else. They will have monogram letters and other 'artwork' to choose from. There will be enough of the "liquid" to make a couple more necklaces, so they will also have some extra supplies on hand for you to purchase.

☀ Last month's domino pin/magnet went quite well. We found those nice dominoes at Toys'R Us, in case you are wanting more.

☀ Congrats to Christine Bohl and her husband on the birth of their twins !!!!! A boy and a girl, Henry and Isabella. We miss you, Christine, hope you can join us again soon. Bring the babies for a visit.

**Rockwell Craft Fair 2010** — The two days for 2010 registration are over and there still are some slots available.

Tags are \$2.50 per bundle (approximately 100 tags per bundle).

Setup is Wednesday November 3rd. Fair dates are Thursday November 4th, Friday November 5th and Saturday November 6th.

If you did not attend one of the registration dates, please contact Jan O'Brien at 377-8111 to set up an appointment.

<p><b>Next Meeting:</b> <b>Wed August 18</b> <b>at 4:30 Main Plant</b></p> <p><b>Cafeteria</b></p>
<p><i>The Bullion Crochet Stitch</i></p> <p>Pages 2-3</p>
<p><i>Hand Massage Tips</i></p> <p>Page 4</p>
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# The Bullion Stitch

By Jean Leinhauser

It's an old stitch that through the years has been called by various picturesque names: the Caterpillar stitch, the Worm stitch, the Coil stitch, the Roll stitch and the Puerto Rico Rose stitch, among others.

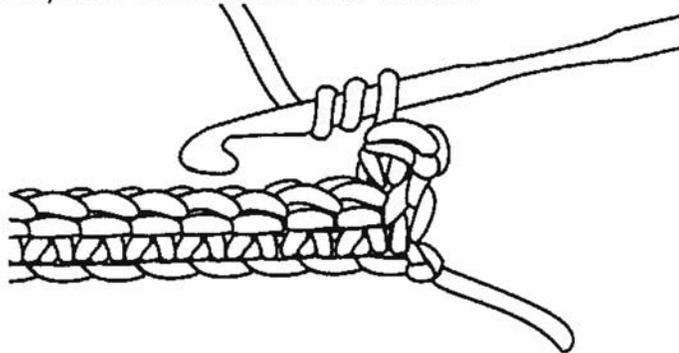
The stitch is great fun to do, but it does take some practice. It's really just a variation of the hdc: the thread or yarn is wrapped around the hook several times instead of once as for the hdc; then the hook is inserted in the next stitch, and the yarn is pulled through the resulting coil all at once. When you've mastered the stitch, you'll pull the yarn through the entire coil in one smooth motion. But in the beginning, you may wish to pull through one loop at a time.

Here are the basic steps for this interesting stitch, which adds wonderful texture to any project.

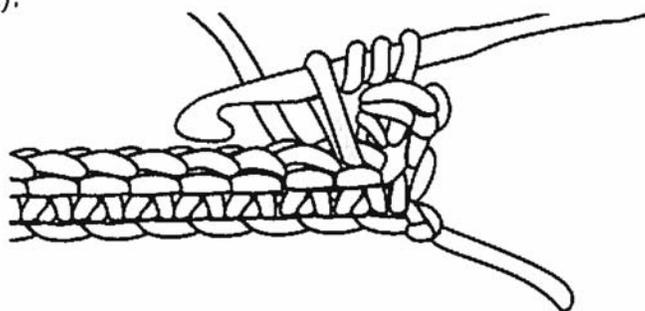
## Bullion Practice Piece

**Row 1:** Ch 9, sc in 2nd ch from hook and in each ch across, turn.

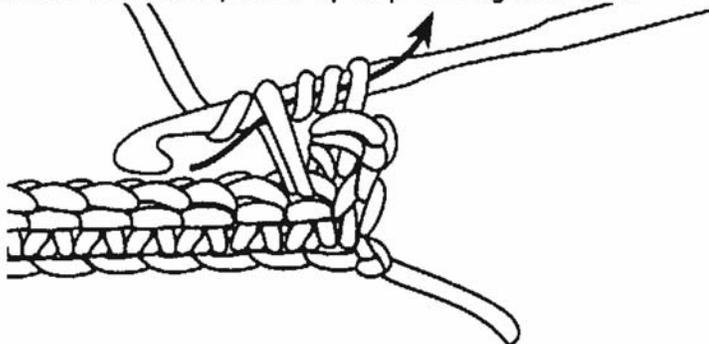
**Row 2:** Ch 2, hdc in first st, then work Bullion st as follows:



**Illustration 1:** Yo hook twice (be sure to wrap the yarn over the shank of the hook, not over the tapered throat).



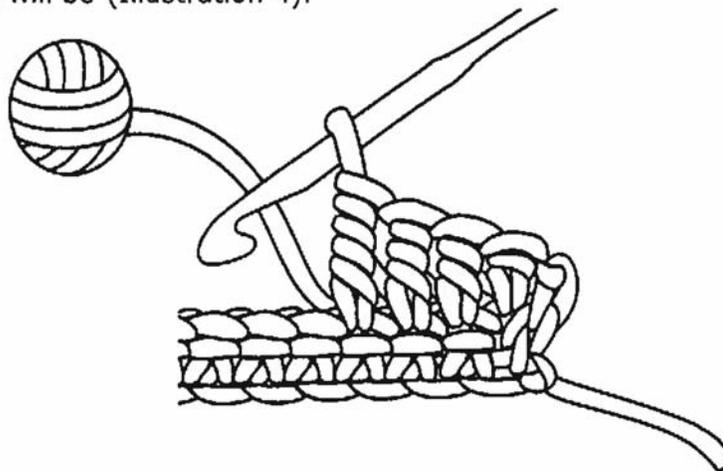
**Illustration 2:** Insert hook in next sc; draw up a lp to length of a sc.



**Illustration 3:** Yo and draw through all lps on hook.

That basically is a short bullion stitch. Now let's make it more challenging.

In Illustration 1, yarn over hook 3 times, complete as before. Now try Illustration 1 with 4, 5, 6 or more yarn overs. You'll see that the more times you wrap the yarn over the hook, the taller the stitch will be (Illustration 4).



Although the Bullion stitch can be made with just about any size or type of yarn or hook, it looks best done with a crisp thread such as crochet cotton. Softer yarns give a looser, not quite as tight, coil which is still attractive.

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May your sorrows be patched and your joys quilted.  
A day patched with quilting seldom unravels.

## Here's some tips for your hands:

**Hand Massage:** With the thumb of the left hand, massage the palm of the right hand.

At the same time, wrap the fingers of the left hand round the outside of the right hand and massage.

Massage for one minute. Repeat with opposite hand.

**Clench and Fan:** Clench your hand into a tight fist and hold for five seconds.

Release smoothly, extending the thumb and fingers into a fully stretched position

and hold for five seconds. Repeat five times for each hand.

**Thumb Stretch:** With the left hand, gently pull the thumb of the right hand away from the thumb

and down toward the forearm. Hold for five seconds. You should feel the stretch in the base

of the thumb, palm side. Repeat for the left thumb. Five repetitions, alternate thumbs.

**Wrist Stretch:** Hold the right hand in front of the body, palm facing out, fingertips up,

fingers together. With the left hand, grasp the right hand's outstretched fingers and gently pull

the fingers back toward the body. Hold for five seconds. You should feel the stretch in the

wrist area. Repeat for the left wrist. Five repetitions, alternative wrists.

**Wrist Circles:** With hands in front of the body and elbows held at a comfortable angle,

gently rotate the wrists. Five repetitions in each direction. Good work! Now you're ready to

knit in comfort!

## Happy Birthday!

### August

3rd—Rita Urbanek

11th—Lynn Mitchell

24th—Jean Strait

26th—Dee Roman

### September

6th—Jan Berridge

15th—Thelma Goettsch



*Before Prozac, there was quilting.*

## 2010-2011 Officers

### Club President

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