

# Individual Program Descriptions

## Creative Living - #6000 Series

---

**6001**
**9-8-10**

- **Laura Dellutri** is a life and style expert with *Healthy Housekeeper, Inc.*, and she's going to share some energy saving tips as well as a quick recipe that can be made ahead of time and cooked with needed.
- **Jann Johnson** is a crafter and will show how to make a baby shower "cake" using actual baby clothes. Then she'll show how to make a yo-yo pillow with crystals, and patchwork potholders. She represents *Styrofoam, Beacon Adhesives, 3M ScotchBrand and I Love to Create*.
- **Nancy Siler** will show how to decorate a cake that looks like it's been painted with watercolor paints. Nancy is with *Wilton Brands*, and she always has something unusual to share.

---

**6002**
**9-15-10**

- **Michele Muska** is with *Simplicity Creative Group*, and she's going to show how to use a new rotary cutting machine from Simplicity and a "leftie rightie" ruler to make some creative knitted and crocheted purses.
- Wouldn't it be nice to have a wreath that would work for multiple seasons? **Michele Robertson**, a floral designer with *Hestand's Floral & Gifts*, will show how to make minimal changes to a wreath so it can be repeated each season or holiday, as desired.
- Chef and cooking school owner, **John Vollertsen** (known as Chef Johnny Vee) will share some great kitchen gadgets that make cooking easier, faster and altogether more fun. He uses new and unusual kitchen tools when teaching his classes as well as in his restaurant.

---

**6003**
**9-22-10**

- **Sue Harrell** represents the *Florida Strawberry Growers Assn.*, and she'll talk about the growing season, selection, storage and more as she prepares a Strawberry Spinach salad. Sue's advice is "8-a-Day (of strawberries) for good health."
- **Patsy Shields** is a national educator with *Sew Better Seminars*, and she explains that cotton theory quilting is a method in which all fabrics are quilted first, and then put together – thus you are never left with an unfinished quilt top. It's a fast, easy quilting method and a great way to use your embroidery machine to embellish as well as quilt.
- Designer and digitizer, **Laura Waterfield** is the owner of *Laura's Sewing Studio*, and she's going to demonstrate a technique she calls "hoop 'n quilt machine embroidery." Laura says this technique makes an impossible quilt 'possible' and there is NO piecing in the hoop.

---

**6004**
**9-29-10**

- Author and sewing expert, **Barb Chauncey** will demonstrate making a variety of denim purses based on designs from her latest book. Her company is *A Barb Chauncey Design*.
- **Patty Mastracco** represents the *U. S. Potato Board*, and she's going to talk about how to make potato salad three different healthy ways, all of which can be prepared in under 30 minutes.
- **John Sandbakken** is with the *National Sunflower Assn.* and he's going to demonstrate how to bake using sunflower products. He'll also explain what sunbutter is, explain how sunflowers "follow" the sun," and tell why we should include sunflower seed products in our diet.

---

**6005**
**10-6-10**

- **Catherine Carrigan** knows that many people struggle with sugar cravings and food addictions. She will explain the "4S and P Program" she has developed to empower clients to conquer these cravings. Her business is *Total Fitness*.
- **Laura Dellutri** is a life and style expert with *Healthy Housekeeper, Inc.*, and she's going to share some tips for the savvy pet parent, including how to save money on pet food, how to clean up pet hair, and how to clean messes from carpet.
- **Elle Swan** is an author and motivational speaker, and she's going to talk about creating a new look for a new career. She'll discuss making positive first impressions, the importance of appearance when pursuing a new career, and even talk about an online presence when changing careers.

---

**6006**
**10-13-10**

- **Eleisha Ensign** is the Executive Director of *TexaSweat Citrus Marketing, Inc.*, and she will demonstrate two easy, healthy breakfast options with grapefruit to show a new way to eat grapefruit for breakfast.
- **Janet Pray** is the president and owner of *Islander Sewing Systems*, and will show how to make a double green shopping bag. It's called "double green" because not only does it replace plastic or paper bags at the store, it's made from used or discarded jeans that are being recycled.
- **Evelyn Terhune** is the owner of *Ozark Crafts* and according to her, "It seems anything 'retro' is popular once again." Terhune will demonstrate fabric tinting with crayons, which is a great technique that even younger children will enjoy as much as the older ones will.

## 6007

10-20-10

- Author, **Kivi Bernhard** talks about the hunt for profit in a tough global economy. His book is titled "Leopardology" and he compares critical business thinking with the hunt for the African leopard.
- **Jean Gilles Dean** is a quilting expert, and she's going to show how to create kaleidoscopes using large print fabrics. She also has samples of finished quilts and quilt tops using square and/or diamond blocks.
- Designer and digitizer, **Laura Waterfield** is the owner of *Laura's Sewing Studio*, and she's going to demonstrate insertion lace machine embroidery, which creates an heirloom design that can be done on most fabrics. The secret to this technique is to use a wing needle, which she'll show.

## 6008

10-27-10

- **Lauren Ferguson** will show an easy way to repurpose vintage book covers for pennies on the dollar and they make a perfect keepsake for your travels. Lauren is a mixed media artist and her company is *Everything Altered, LLC*.
- Author and designer, **Cindy Losekamp** will show an amazing new way to embellish any type of clothing. This updated type of silk screening uses no frames or emulsion ...just a little time. Her business is called *Sew Artfully Yours, Inc.*
- **Kris Wrede** is an aromatic alchemist and natural perfumer, and her business is *Kismet Potions*. Kris will talk about the history of precious and wonderful essential oils and rare floral absolutes, which are key to creating a mellifluous blend. She'll demonstrate the basics of the art of aromatic blending.

## 6009

11-3-10

- Designer, **Laura Bray** shows how easy it is to make bright and whimsical headbands for children – or even for adults to wear. Her company is *Katydid-Designs*.
- **Pam Damour** is known as the *Decorating Diva*, and she's going to show how to use a pillow template and cut out a pillow to eliminate the "dog-ears." She'll also demonstrate putting in a zipper and attaching welt cording.
- If you thought lights were lights, guess again! Event planner, **Patty Waid** will share some creative lighting options for special events, including flora-lites, battery and flameless candles, rice lights, touch lights, and the popular twinkle lights.

## 6010

11-10-10

- **Tylen Caffrey**, an independent scrapbooking consultant, talks about preserving memories in order to leave a legacy as she shows how to develop a one-of-a-kind "lifebook."
- **Judi Moreo** is a motivational speaker and an author, and she's going to talk about her book titled "Roadmap to Success, which deals with attitude, controlling our thoughts, purpose, and our behavior, and how these effect our journey to success. Judi's company is *Turning Points Int'l*.
- With the economy putting a strain on all of our wallets, we are looking for ways to serve our family nutritious meals for less money. **Christine Palumbo**, *Honeysuckle White and Shady Brook Farms*, will demonstrate some budget-friendly turkey meals that cost under \$15 to feed a family of four!

## 6011

11-17-10

- Decorators and authors, **Edie Van Breems and Rhonda Eleish** will show how to paint and wax wooden frames which is the same technique for transforming much larger pieces of furniture in your home. Their business is *Eleish Van Breems, Ltd.*
- **Carol Fenster** knows that eggs are one of the hardest ingredients to replace in baking because they bind ingredients, leaven and emulsify oil and water. She'll share tips for success when baking without eggs. Her business is *Savory Palate, Inc.*
- **Kris Wrede** is an aromatic alchemist and natural perfumer, and her business is *Kismet Potions*. Kris says that the word "perfume" is a Latin derivative of "per-fumem" meaning 'through smoke.' Kris will share a history of fragrance from Cleopatra to Chanel as she talks about the art of perfumery.

## 6012

11-24-10

- Author and quilter, **Norah McMeeking** will discuss and demonstrate paper foundation piecing for patchwork quilts. This method is extremely accurate and keeps oddly shaped patches from being distorted during sewing. Her book is titled *Bella Bella Quilts*.
- Author and designer, **Laura West Kong** will show how to use fusible machine appliqué and hot-fix crystals to make fabric covered button jewelry. She'll also show some jewelry made with different finished buttons. Her book is titled *Fast Fun and Easy Fabric Cover-Button Jewelry*.
- **Connie Moyers** represents *Western Research Kitchens*, and she will demonstrate making numerous salads just by changing the ingredients. She'll also share a way to encourage children to eat their veggies by adding crunchy croutons to a salad or using them as a snack food.

## 6013

12-1-10

- "Up cycling" is a new term meaning to restyle older clothing, not to be confused with recycling. **Barbara Crawford**, owner of *Crawford Designs* and designer will show how to take 2, 3 or 4 clothing items from the closet, cut them apart and put them together in a fresh, new way.
- **Judy Novella** is with *Fairfield Processing Corp.*, and she will talk about the strict requirements regarding rayon from bamboo and how all products made from bamboo are under close scrutiny by the FTC due to deceptive claims about the product.
- **Terrell Sundermann** is going to demonstrate making a double Roman Shade which is a two-shade system mounted on one board which can easily be made at home. The front is a typical Roman Shade, and the back is a sheer Roman Shade. Her business is *Terrell Designs*.

## 6014

12-8-10

- **Pam Damour** is known as the *Decorating Diva*, and she's going to show easy it is to make a perfect mitered corner, making a placemat with mitered corners, and interchangeable inserts for different holidays and seasons.
- **Margot Potter** will share a quick and easy wire wrapping project from her book *Bead Chic*. The end result includes crystals and pearls to create a striking flower power earring design. Her business is *The Impatient Crafter*.
- Speaker and author, **Kirk Wilkinson** will talk about how to eliminate stress. He points out in his book, "The Happiness Factor," that "stress kills – happiness heals." He suggests one way to eliminate stress is to learn to under react, which is the opposite of "freaking out", and he'll tell us ways to accomplish this.

## 6015

12-15-10

- Do you have drawers, tubs and shoeboxes full of pictures – or hundreds of photos on your computer? **Tyleen Caffrey**, an independent scrapbooking consultant, teaches how to begin to organize all those photos and tells how to bring structure to your clutter.
- **Bruce Johnson** is going to show how to re-do a teen's bedroom on a budget. He'll also explain how the environmentally friendly bedroom re-do features soap and water cleanup. Bruce is the spokesperson for *Minwax*.
- Chef and cooking school owner, **John Vollertsen** (known as Chef Johnny Vee) will demonstrate making delicious decadent desserts, but the best part is that the recipe is simple and easy to make – it just looks complicated.

## 6016

12-22-10

- **Debbie Caffrey**, *Debbie's Creative Moments*, will show step by step how to test for accurate seam allowances and correct alignment of triangles in quilting projects.
- **Vivian Lavinskas** will show how to add surface texture and flair to garments and accessories with snail or box-pleated ruching. This is a fun filled project where your imagination offers many possibilities for creativity. She's with *Singer Sewing Co.*
- If you like brownies, you'll love the variations **Nancy Siler** has to show us. She'll make brownie pops, elegant brownies, and even cute and easy brownie rounds all using the same brownie recipe. Nancy is with *Wilton Brands*.

## 6017

12-29-10

- **Laura Dellutri** will share tips on how to change your life from chaos to calm and make your home an oasis to come home to. Her company is *The Healthy Housekeeper, Inc.*
- **Judy Novella** is with *Fairfield Processing Corp.*, and she will explain how their polyester fiber is made in part from recycled plastic bottles, which are cleaned, sanitized and converted into flakes and then reprocessed into second generation polyester fiber.
- Talk about a giant cupcake! **Nancy Siler** is going to demonstrate using a giant cupcake pan on the market, and she'll show several different ways to decorate it for different occasions. Nancy is with *Wilton Brands*.

## 6018

1-5-11

- **Rita Fuentes** is an independent consultant with *PartyLite*, and she says that not all candles are created alike! It's what you can't see that defines the real art of candle making and this determines whether you get a good clean burn.
- Author, **Jane Thompson** will talk about dating and choosing a second mate based on her book "*Choosing Happiness After Divorce*." She will also share some suggested resources, as well as demonstrate a recipe titled "I Don't Pesto Pizza for One!"
- Designer and digitizer, **Laura Waterfield**, owner of *Laura's Sewing Studio*, says that fringe flowers add additional dimension to embroidery designs. She'll demonstrate several types of fringe flowers that can be made with an embroidery machine.

## **6019**

**1-12-11**

- Whole grains and beans are healthy, low-cost options for 3% of Americans who are vegetarians. **Carol Fenster** will demonstrate cooking gluten-free vegetarian dishes that all of the family will enjoy. Her business is *Savory Palate, Inc.*
- **Pamela Kelly** works with the *Museum of New Mexico* in Santa Fe. She will show how simply changing fabrics on sofas chairs or bedding or utilizing accessories can give a piece of furniture or room a completely different feel – traditional to transitional, mountain retreat to elegant city, arts & crafts to ethnic.
- Color diffusing paper is a fabric-like paper with great texture and beautiful results are guaranteed! **Sara Mower** will show how to create spectacular patterns and effects using water-based markers, paints, crayons, glitter and this special paper. She represents *Roylco, Inc.*

## **6020**

**1-19-11**

- Crafter, **Marisa Pawelko** will show how to create relic boxes, which are miniature time capsules that can capture special memories for any occasion. They are also considered three dimensional scrapbooks, and are great conversation starters, too! Her company is *Modern Surrealist LLC*.
- **Nancy Siler** is going to demonstrate making whimsical and elegant treats featuring candy bark made with candy melts and numerous embellishments. Nancy is with *Wilton Brands*.
- **Laura Dellutri** is a life and style expert with *Healthy Housekeeper, Inc.*, and she's going to show some new products on the market that just might make your life more stress free. These include a Shiatsu pillow, a foot bath, a sound spa, and a single-serving coffeemaker – just to name a few.

## **6021**

**1-26-11**

- **Kathryn Porter** is a book author and speaker who has coined a phrase she calls "Clutternomics." She'll tell ways to tackle that clutter that accumulates in the kitchen drawers, under cabinets and even in the pantry and refrigerator.
- Author and professional speaker, **Peter Fogel** talks about reinventing yourself and relates stories and strategies of people over 40 who have done just that. Peter talks a lot about the importance of humor in our lives – for more peace and tranquility.
- **Judy Novella** is with *Fairfield Processing Corp.*, and she will show how to make a pillow headboard and easy throw pillows using patterns you can download on the internet.

## **6022**

**2-2-11**

- **Curt Jaynes** is the owner of *GardenSource Nursery & Landscaping*, and he's going to talk about using organic products on your yard and in the flower beds and garden. You may be surprised at some of the products he recommends using.
- **John Sandbakken** is with the *National Sunflower Assn.* and he's going to share some veggie ideas using sunflower products. He'll explain the role of healthy oils in the diet, tell what sunflower oil is primarily used for and compare it to olive oil.
- Author and designer, **Laura West Kong** will show how to use fusible web and cotton fabric to decorate handmade cards. She says you can use a pattern or learn to cut freehand shapes, and then have fun embellishing them with no-sew pen stitching. Her book is titled *Fast Fun & Easy Fabric Cover-Button Jewelry*.

## **6023**

**2-9-11**

- **Aris Kefalogiannis** is the CEO of *Gaea Products* and he's going to show the Greek style of serving baked potatoes. The secret ingredients are sea salt, Greek yogurt, Gaea extra virgin olive oil and a dab of olive paste.
- **Sara Mower** will show how to make a variety of fun and easy-to-do projects using a colorful line of richly printed design papers, including elements inspired by nature, culture, different eras and more. She represents *Roylco, Inc.*
- **Kim Reddin** represents the *National Onion Assn.*, and she's going to demonstrate three basic ways to cook onions on the stovetop: sweating, sautéing and caramelizing. Each method creates an onion flavor galore taste.

## **6024**

**2-16-11**

- **Vivian Lavinskas** is with *Singer Sewing Co.* and she's going to show how to make a one-of-a-kind placemat using random rows of stitching to create individual compartments to hold buttons, appliqués, and other floating objects. You can select seasonal themes or any other notion or accessory.
- Sewing instructor, **Nancy Lovett** shows numerous samples of fleece blankets with a variety of easy no-sew or easy to sew edges. These edges can be used on garment and home decor items as well. She'll also show how to use the new Edge Perfect Blade that cuts holes that are perfectly spaced for weaving, crocheting and knitting.
- Stencils are a classic art form. **Sara Mower** will show how to easily create beautiful art work by simply tracing. You can even use the edges to create coordinating frames and borders. She represents *Roylco, Inc.*

**6025**

**2-23-11**

- Author and designer, **Cindy Losekamp** will talk about the origin of stumpwork, which was always done by hand...till now. She'll demonstrate machine embroidery using dimensional flowers on sweaters, sweatshirts and quilts. Her business is called *Sew Artfully Yours, Inc.*
- For all you chocolate lovers out there – how about a chocolate fondant gift cake? **Nancy Siler** is going to demonstrate how to cover a cake with fondant to look like a giant gift, and she will even tie it up with an edible bow! Nancy is with *Wilton Brands*.
- Everyone knows that breakfast is the most important meal of the day. **Teresa Wagner** is a registered dietitian with *DairyMax*, and she's going to prepare some tasty breakfast treats that are nutrient rich – besides being delicious.

**6026**

**3-2-11**

- **Ava Green** is a designer and her company is *Terri's Yarns and Crafts*. She's going to demonstrate sponge painting on fabric, which she says is a great project for kids to do when they are bored from being inside on a rainy day.
- **Sandy McCauley** represents *Accugraphic Sales, Inc.* and they make a machine called a Klic-N-Kut. She will demonstrate how the machine can cut fabric, felt and styrene. Then she'll show additional samples of other items this amazing machine can cut.
- Did you know you may be sleeping with over 2 million dust mites in your bed every night? **Laura Dellutri** will show some products on the market to help reduce allergens in the home. Laura is a life and style expert with *Healthy Housekeeper, Inc.*