

Individual Program Descriptions

Creative Living - #7700 Series

7701

3-5-19

- Interior decorator, **Lee Brown** will discuss the pros and cons of wallpaper and tell how it's changed through the years. Not only are there hundreds of patterns to choose from, there are different backings, coatings and even removable products. Wallpaper opens up an enormous library for decoration. Brown is the director of *Willow College*.
- **Catherine Jordan** represents the *Embroiderers' Guild of America*, and she's going to show examples of stitched bookmarks and discuss adult and youth literacy outreach programs the Guild participates in. She'll explain the process of painting on felt and stitching a variety of designs on bookmarks.
- **Sarah Ryan** is a registered dietitian and nutritionist with *DairyMAX*, and she wants everyone to get to know their dairy farm families who work hard to produce the dairy foods we all love and enjoy. She'll demonstrate a couple of her favorite recipes, including a salad in a jar and antipasto on skewers.

7702

3-12-19

- Interior decorator, **Latriece Brooks** will show how to "make a grand entrance" so that your home portrays an inviting and cozy feeling. From your curb through the front door, she will explain how to choose colors and styles that make your home more welcoming. She is the owner of *Brooks Interiors*.
- **Carina Gardner** is the Creative Director and Designer for *Carina Gardner, Inc.* and *Carta Bella Paper Co.* She's going to show how to teach children to sew by using the Bella Stash Bag pattern she created. She'll also show how to make the bag without a pattern. She covers all the basics of sewing in this project.

7703

3-19-19

- **Kristine Widtfeldt** is the CEO of *Chalk Couture*, and she's going to demonstrate how to use a silk screen to transfer removable chalk paste to create artwork on a chalkboard. She'll also show how to add colors to the paste, how to correctly apply the product and tell how to care for it.
- Based on his new book titled "The Power of GET Statements," author, **Gary Barnes** will explain how to reboot your brain for success. He'll also explain why just setting goals doesn't always work. His company is *Gary Barnes Int'l*.
- **Bruce Johnson** is the spokesperson for *Minwax*, and he's going to show how to use dresser drawers to create an under-the-bed storage bin. This home storage solution is so easy and attainable for even first time DIY'ers.

7704

3-26-19

- **Jen Fox**, owner of *Jen Fox Studios*, will show an example of one simple bag pattern and explain how to modify it to reflect your own personality through various sewing techniques, such as quilting, embroidery, monograms, applique, adding leather and felt and several more.
- Designer, **Lisa Rojas** will demonstrate how to create a beautiful wall hanging from paper and rubber stamps. Rojas is co-owner of *Bella Crafts Publishing*.
- **Michele Muska** is with the *Simplicity Creative Group*, and she's going to show the new Boye Loom Knit kit for bulky projects. She'll show how to use the various sizes of looms to make a set of three nesting bowls. She will also demonstrate how to cast on and bind off with this unique knitting kit.

7705**4-2-19**

- Designer, **Ann Butler** will show how quick and easy it is to add color to lace, trims, fabric, wood and other surfaces using Crafter's Ink. Butler's business is *Ann Butler Designs* and *Bella Crafts Publishing*.
 - **Patty Dunn** is a seamstress and teacher, and she knows how hard it can be to find patterns for every sewing project. She says that making matching dresses for little girls and their favorite dolls can be done with a few simple changes to the pattern. She'll show how easy it is to redraft doll dress patterns. Her company is *All Dunn Designs*.
- Dr. Robert Lebby** is a certified sleep doctor at the *Center for Sleep and Wellness*. He's going to talk about how to determine if you have a sleep disorder, explain what risks are associated with sleep disorders and suggest some devices and remedies that are recommended for someone who snores.

7706**4-9-19**

- **Curt Jaynes**, owner of *GardenSource Nursery*, is going to explain why having houseplants is good for you and your health. He will show a variety of plants, talk about caring for them, and explain what health benefits they provide.
- Designer, author and teacher, **Becky Goldsmith** will explain how color clarity affects depth perception in quilting. She will show actual quilts, along with photographs, to demonstrate this concept. Her business is *Piece O' Cake*.
- **Charlene Patton** is the Executive Director with the *Home Baking Assn.*, and she says it's easy to adapt almost any recipe for special needs, such as allergies, gluten-free or to boost whole grains. She'll demonstrate how to determine alternative ingredients, talk about food safety, and discuss how to encourage kids to learn to bake.

7707**4-16-19**

- Retired zoologist, **Ray Pawley** will talk about how goldfish make excellent pets that can be kept in the home with children too young to be trusted with a dog or cat. He'll explain how to care for these non-tropical fish, what to feed them and how to set up and care for their fish bowl.
- Designer, **Ann Butler** will show how to use a projector to trace and enlarge images for crafts, quilting, kids' projects and much more. She represents *Artograph*.
- Do you know what room of the home is the most popular to renovate? According to **Andy Wells**, it is the kitchen. He is going to share tips for homeowners who are considering a kitchen remodel. He is the Vice President of Product Design with *MasterBrand Cabinets, Inc.*

7708**4-23-19**

- Sewing instructor, **Nancy Lovett** will share some tips for doing applique and making the process much easier. She will share some new products and tools on the market that are designed specifically for applique sewing.
- What is a Zentangle? **Deborah Pace** is an artist and designer, and she's going to explain what a Zentangle is, tell how it got started and what supplies are needed to do this type of artwork. She'll also talk about what surfaces you can use. Her company is *AarTvark Cre8tions*.

7709**4-30-19**

- Spring cleaning is a deep cleaning and should be done more than once a year. **Becky Johnson** will discuss how to get motivated to deep clean our home using products that not only work well, but are less expensive than the store-bought variety. Johnson's company is *BeckyHomecky's Life UNITS*.
- **Roxane Cerda** will demonstrate how to create various sewing and craft projects using Kraft-Tex, a rugged paper that looks and feels and wears like leather but sews, cuts and washes like fabric. Cerda is Acquisitions Editor with *C & T Publishing*.

7710**5-7-19**

- **Kate Chu** is the owner of *Chu's Consulting and pressed-flowers.com*, and she's going to give an introduction to working with pressed flowers. She'll talk about what supplies and tools are needed, show how to use the flowers in various ways and talk about storing the delicate leaves and petals.
- **Sharon Barnes** is a therapist for sensitive and gifted children and adults. She says that creativity is not always what it's cracked up to be! Barnes says that sometimes children are at a disadvantage because of their abilities and that even though it can be fun, it can also be a great burden to them and to their parents.

7711**5-14-19**

- **Erica Plank** is a designer and owner of *Unseen Hands*. She's going to show a new quilt technique that makes it easier to create the Drunkard's Path quilt, which is a long-time favorite of quilters. She'll show an easy way for those who do not have a curved foot for their sewing machine.
- **Sarah Ryan** is a registered dietitian nutritionist with *DairyMAX*, and she believes that when kids help in the kitchen, they are building lifelong skills. Also, when kids help out, they are more likely to eat healthy foods too! Cooking is an important skill to learn and build upon.
- President and designer, **Kim Bailey** is going to discuss over-all remodeling and talk about the function of each room, tell how to set up a budget and timeline and explain where to find inspiration for whatever project you're undertaking. Bailey's company is *Kim Bailey Interiors, LLC*.

7712**5-21-19**

- **Kari Child** is the Creative Marketing Manager for *Chalk Couture*. The project she will demonstrate uses a chalkboard, chalk transfers and chalk paste. She will then show a simple but fun ombre technique to make the project more unique.
- Designers, **Ann Butler** and **Lisa Rojas** are co-owners of a growing craft publication called *Bella Crafts Publishing*. The two will show samples of each of their magazines and explain the changes that have taken place through the years. They have also added e-books to their collection.
- **Ray Pawley** is a retired zoologist, and he says that for children 8 years and up a Guinea pig may be a suitable choice for a pet. Guinea pigs are rodents that reproduce rapidly, are non-allergenic and come in different colors.

7713**5-28-19**

- **Chef Johnny Vee** (John Vollertsen) will demonstrate making paella, as well as discuss paella pans and give a brief history of how paella came about. He'll also share some tips on having a successful and delicious product. He's the owner of *Las Cosas Cooking School*.
- **Laura Murray** is a quilter, teacher and author, and she's going to demonstrate using Paintstiks in a one, two and three layer design, along with curved borders, to create one-of-a-kind Exotica quilt blocks. Her business is *Laura Murray Designs*.

7714**6-4-19**

- **Kate Chu** is the owner of *Chu's Consulting and pressed-flowers.com*, and she's going to demonstrate what types of flowers work best for pressing, talk about storage of these delicate flowers and then show lots of examples for using them on home décor items.
- **Casey Schwartz** co-owns the *Flower Duet*, and she is going to demonstrate how to bundle flowers together to keep them organized when working with a tall vase. She'll also show how to create a grid atop the vase opening.

7715**6-11-19**

- **Dr. Jane Bluestein** will discuss perfectionism and tell how it can create tremendous stress and anxiety in life. She will reference her newest book *Perfection Deception*, as she talks about how parents can avoid raising a perfectionist child. Her business is *Instructional Support Services, Inc*.
- "What goes around comes around." Remember that saying? People are still antiquing furniture but the products are just different. **Connie Moyers** is retired from the *NM Cooperative Extension Service*, and she's going to show how to make your own DIY chalk paint recipe and then show how to use it on a variety of projects and furniture.

7716**6-18-19**

- Imagine cutting a hole in a block of fabric and then sewing a circle of another fabric into the empty space. Designer, author and teacher, **Becky Goldsmith** will demonstrate how to pin and sew a set-in circle, and she says this technique is as easy to sew as any other curved seam. Her business is *Piece O' Cake*.
- **Shelly Nutt** is the Executive Director for the *Texas Peanut Producers Board*, and she's going to share some recipes to power up your morning featuring delicious, nutritious peanuts. She'll also talk about the four types of peanuts and explain their differences.
- **Jen Fox**, owner of *Jen Fox Studios*, will show how to turn a quilt block into wall art. She suggests using vintage blocks, extra blocks or improv blocks from fabric scraps and reimagine them as wall art. She'll also show how to stretch a block over a canvas frame for hanging.

7717**6-25-19**

- **Latrice Brooks** will show how to combine talents in order to grow your business. In her case, she combined her talents of interior decorating with being a realtor, and the two complement each other and she'll explain how. She is the owner of *Brooks Interiors*.
- **Carol Fenster**, a nutritionist and author, says that black quinoa is becoming more widely available and adds color, variety and texture to our diet – in addition to being good for us. Her company is *Savory Palate*.
- **Catherine Jordan** represents the *Embroiders' Guild of America*, and she is going to demonstrate making filigree ornaments. She'll explain the process of printing a design on tissue paper and then stitching through the paper and removing it.

7718**7-2-19**

- Interior decorator, **Lee Brown** will discuss 5 simple steps to eliminate clutter in the home. With her ideas, anyone can cure the "clutterbug" and create a well curated, personal, functional space for yourself and others. Brown is the director of *WillowCollege*.
- **David Fisher** is a self-taught soap maker, and he's going to demonstrate the basic melt and pour method of making homemade soap. He'll show how to cut and weigh the soap base, how to add fragrance and then show how to make two different basic soaps – one decorative and one more rustic with botanicals.

7719**7-9-19**

- **Gailen Runge** is the Creative Director for *C & T Publishing*, and she's going to discuss a relatively new product called Kraft-Tex as she demonstrates how to use it to make easy wristlets. This project only uses a little Kraft-Tex and two notions and no sewing is required.
- **Dr. J Tim Rainey** will talk about dentistry for young adults and tell what he means by the "\$6000 death spiral." He believes dentistry should be transformed to what is called a patient-centered health science. He's with the *Texas Institute for Advanced Dental Studies*.

7720**7-16-19**

- Based on his new book titled "The Power of GET Statements," author, **Gary Barnes** will explain what happens in the brain when we actually write GET statements. He'll talk about how to create 8 to 10 GET statements and explain how to use them to achieve success. His company is *Gary Barnes Int'l*.
- Chef **Johnny Vee** (nee John Vollertsen) will demonstrate how to use store bought wonton wrappers to make salmon dumplings as well as a dessert. He is the director of *Las Cosas Cooking School*.

7721**7-23-19**

- **Susan Legits** is an independent demonstrator for *Stampin' Up!* She's going to demonstrate making various containers, cards, gift card holders and party favors just by transforming patterned paper through folding. The best part is you don't even have to measure the paper to transform it into something useful.
- **Dorothy Brown**, owner of *International Fabric Collection*, will talk about the properties of silk and show how to quilt using Dupioni silk. Since Dupioni silk has a tendency to unravel, it's important to use a lightweight iron-on stabilizer to make it more manageable.

7722**7-30-19**

- **Sharon Barnes** is a therapist for sensitive and gifted children and adults. She is going to discuss how highly creative people can learn to overcome discouragement. She'll talk about how the Hero's Journey can be helpful to a highly creative person.
- Interior decorator, **Latriece Brooks** will explain why having an Interior Decorator involved in your remodeling or building projects can save money in the long run. Having someone you like and trust can help develop your scope of work as well as your financial budget. Brooks' company is *Brooks Interiors*.

7723**8-6-19**

- Chef **Johnny Vee** (John Vollertsen) will demonstrate two yummy and easy recipes to add to your brunch repertoire. He'll also discuss setting up a brunch for maximum effectiveness and talk about other recipes that are good choices. Vollertsen is the owner and operator of *Las Cosas Cooking School*.
- **Dr. J. Tim Rainey** will talk about biomimetic dentistry and the importance of maintaining the correct pH balance in our mouths. He strongly believes we should turn the need for repair of decay and treatment of periodontal disease from a "need" to a "choice" through education. He's with the *Texas Institute for Advanced Dental Studies*.

7724**8-13-19**

- President and designer, **Kim Bailey** is going to discuss kitchen remodeling and talk about the flow and function of the room, show how to update cabinets or how to replace cabinets as a whole. Bailey will show some of the new materials that are being used, including quartz, granite composite and sink designs. Bailey's company is *Kim Bailey Interiors, LLC*.
- **K C Cornwell**, owner of *G-Free Foodie*, will discuss some of the newest gluten-free box meals on the market, and she'll explain why they have become so popular. Besides food items, there are also jewelry, clothing and fragrance subscription boxes available, and she'll tell why they are great for trying out new ideas, products or hobbies.

7725**8-20-19**

- **Erica Plank** is a designer and owner of *Unseen Hands*. She's going to demonstrate a technique called Twilling which makes a beautiful stitch. She will also show how to do twilling on quilts, table runners as well as other fabric samples.
- Quilter and designer, **Laura Murray** will demonstrate how to use Shiva paintstiks and StarBuilder stamps for texture to create wall hangings, jacket embellishments or holiday decorations. Murray's business is *Laura Murray Designs*.

7726**8-27-19**

- If you've ever said "But I don't have anything to wear," you'll want to pay attention as **Becky Johnson** explains how our enemy is our wardrobe. She's going to share some tactical tips for winning the wardrobe war. Johnson's company is *BeckyHomecky's Life UNITS*.
- **Bruce Johnson** represents *Minwax*. He says that funky and functional charm are the buzzwords today, and he'll share a couple of ways to find new uses for discarded pieces, such as ladders and old drawers. He'll show how to turn these items into towel racks, centerpieces, and even a new wall display.
- **Connie Moyers** is retired from the *NM Cooperative Extension Service*, and she's going to talk about what she calls the "poison purse." She says we need to be wary of the danger of many common items we probably all have in our purses or pockets.