

Individual Program Descriptions

Creative Living - #7800 Series

7801

9-4-19

- **Becky Johnson**, *Beckyhomecky's LifeUNITS*, explains that "the empty nest" has been replaced by the phenomenon of the "Intergenerational Nest" which is where three or more generations of a family are linked together.
- Using a drawing method known as Zentangle, **Pam Damour** will show how to create your own fabric. She'll also share several projects where she has used this method. Damour is owner of *The Decorating Diva*.
- Americans are falling short of their dairy recommendations and **Sarah Ryan**, a registered dietitian nutritionist with *DairyMAX*, will suggest three ways to incorporate milk, yogurt and cheese into your daily meals. These three food items provide nine essential nutrients which help maintain healthy weight and improve over-all diet quality.

7802

9-11-19

- **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.
- **Diane Tunnell** is an Independent Demonstrator with *Stampin' Up!*, and she's going to demonstrate how to use a brayer to apply ink to an embossing folder to create the background for a card. She also has some other techniques she'll show.
- *Creative Memories* spokesperson, **Diane Lampert** will show some items that you'll want for gift giving or to keep and use yourself! Their company offers twelve different card kits and each card is unique once assembled. Cards and envelopes are blank and lots of bonus items are included to embellish your cards.

7803

9-18-19

- **Sharon Barnes** is a therapist for Sensative and Gifted children and adults, and she will explain "The Hero's Journey for Highly Creative People" who may suffer from discouragement. She will tell about the four stages and talk about coping tools and skills that may be helpful.
- Heart disease and diabetes can be changed through diet, and **Chef Rhonda Beyreis** will demonstrate how to prepare raw taco meat that can be used in a variety of recipes to help with health issues.
- **Marjolaine Walker** is the owner and designer for *Twelve Stones Scrapbooking*. She will show a few sets of her own artist trading cards as well as demonstrate how to make them. Artist Trading Cards are miniature pieces of art that are traded with other artists.

7804

9-25-19

- **Susan Legits**, independent demonstrator with *Stampin' Up*, will show how to make a simple card and then use stamps, ink and paper to step it up with a little layering to make the card different. Then she'll do the process again with other supplies to make the card even better.
- Author, wardrobe consultant, and designer, **Nancy Nix-Rice** knows that most women wear the same few outfits over and over again. She's going to explain how to create a color column and then add accessories, different tops and bottoms and scarves to create new flattering outfits.

- Interior designer, **Kim Bailey** knows that opposite personalities attract but when you're trying to design a home together, conflict can often arise. She will share some tips on ways to create a beautiful home that both parties can enjoy and love. Bailey is President of *Kim Bailey Interiors, LLC*.
- **Laura Murray** is a quilter, author and designer, and her business is *Laura Murray Designs*. She's going to demonstrate how to use Paintstiks to embellish a variety of ready-made garments.

7806

10-9-19

- Cutaway applique is a technique that makes it easier to stitch shapes that are narrow, are very small, have multiple points or would be hard to handle if cut out in the normal way. Designer, author and teacher, **Becky Goldsmith** will demonstrate how to do this technique. Her business is *Piece O' Cake*.
- Author and manifesting coach, **Tonja Waring** says that the reason most people don't have what they want is because they haven't been taught to ask for help and the reason they don't ask is because they don't know what they want. She'll explain what she means by this.
- Decorator **Cassidy Self** will demonstrate how to collage a wall. She suggests starting with a theme, then working from one lower edge to the opposite side. She'll share some tips and techniques to hang accessories that will also make decorating easier. She is the manager of *Ashley Furniture HomeStore*.

7807

10-16-19

- **Erica Plank** is a designer and owner of *Unseen Hands*. She's going to demonstrate how to use oil-ink based pencils to color quilt fabric. She'll show the difference it makes if used on white versus ivory fabric.
- Why do most people find it hard to create a monthly budget? Budget counselor, coach and author, **Judy Lawrence** suggests planning ahead to make the process easier. She calls this the "Windshield" approach versus using the "Rear View Mirror-Only" approach of only tracking expenses.
- **Toufic Khayrallah or T.K.** is going to demonstrate how the Sirena vacuum system works to collect pet hair, allergens, dust and debris from carpet, upholstery and floors. This is especially important for those who suffer from various allergies. He is the CEO of *Sirena, Inc.*

7808

10-23-19

- **John Vollertsen**, also known as Chef Johnny Vee, is going to demonstrate how to make a flatbread and explain good kneading skills and grilling tips. He is the owner of *Las Cosas Cooking School* and this is just one of many classes he teaches.
- Interior designers and business owners **Katie Schroder and Erika Rundiks** will talk about how to create a space with pattern, especially using layers with patterns. They will demonstrate using different scales of patterns, such as stripes, organic and geometric shapes. Their business is *Atelier Interior Design*.

7809

10-30-19

- Are you more concerned with what others think? Do mistakes equal failure or the risk of rejection? Do you have a constant need for status or worth to maintain attachment or belonging? If you answered yes to any of these questions, you can see what perfectionism looks like. Author, **Jane Bluestein, PhD**, will discuss these and other traits to watch out for. Her business is *Instructional Support Services, Inc.*
- If entering your home makes you sigh and you just don't know what to do to remedy the situation, it may be time to talk to a professional decorator. **Latriece Brooks** will talk about how to rethink your space and your furniture plan, and then discuss accessorizing, rehanging artwork, and paying attention to texture and pattern. Her business is *Brooks Interiors*.

7810**11-6-19**

- **Susan Legits**, independent demonstrator with *Stampin' Up*, will demonstrate how to make ten cards in ten minutes using some basic stamping techniques and various craft supplies to transform the cards so that they are all different.
- After discovering how the lack of credible and easy-to-understand health information could negatively affect lives, **Joy Stephenson-Laws** decided to do something about it. She discovered the importance of nutritional testing. Her book is titled "Minerals: The Forgotten Nutrient."
- **Marjolaine Walker** is the owner and designer for *Twelve Stones Scrapbooking*. She's going to show how to decorate a monthly calendar page with stickers and scrapbooking supplies. She'll also show how to make a dashboard with an inspirational message.

7811**11-13-19**

- Author and speaker, **Gary Barnes** will explain how to create a GET statement and how that can help you create a vision. Unless you turn dreams into goals, you have no power. His latest book is titled "The Power of GET Statements," and his business is *Gary Barnes International*.
- Cookbook author, chef and teacher, **John Vollertsen** (known as Chef Johnny Vee) is going to demonstrate how to substitute gluten-free flours in cooking and baking to give those following a gluten-free diet new ideas for delicious recipes. He's the owner of *Las Cosas Cooking School*.

7812**11-20-19**

- Mood boards are a collection of inspirational images, colors and materials in a certain style or concept. Interior designer, **Lee Brown** says that mood boards are useful if you are working on just one room or remodeling your whole house and she'll explain how this works. She is the director of *Willow College*.
- **Marci Baker** is a quilter and author, and she's taught many people how to quilt. She'll talk about why we quilt, explain how each quilt tells a story and that most are not perfect. So, if anyone has tried to quilt in the past and been disappointed, Baker says "Yes, You Can Quilt!" and with her tips, you can. Baker's company is *Alicia's Attic, Inc.*
- **Nancy Siler**, formerly with *Wilton Brands*, is going to show lots of fun projects to make using candy melts. She'll talk about how to dip store bought cookies, as well as homemade cookies, how to dip and decorate pretzels, rice cereal treats and even spoons!

7813**11-27-19**

- **Gailen Runge** is the Creative Director with *C & T Publishing*, and she's going to explain what Kraft-tex is, how to use it to make bags, accessories, home decor items as well as scrapbooking and cardmaking. There are three styles of Kraft-tex now available and she'll show samples of each one.
- How about facing a different direction? Seamstress and owner of *All Dunn Designs*, **Patty Dunn** will share inspiration and step-by-step instructions on how to use facings as an outside accent in a garment. She'll show how to make the pattern adjustments as well as how to make your own designer facing.
- Designer, **Ann Butler** will show how easy it is to make paper piece quilt designs using a lightbox. The lightbox makes it easy to see the lines and to make sure the seam allowance is completely covered. You can also make sure you have the right size fabric for each shape you are covering. She is the spokesperson for *Artograph*.

7814**12-4-19**

- Interior designer, **Kim Bailey** will share some ideas for small improvements that can make a big difference when you remodel your home. She says these will also make your house feel more like a home. Bailey is President of *Kim Bailey Interiors, LLC*.
- Cookbook author, chef and teacher, **John Vollertsen** (known as Chef Johnny Vee) is going to demonstrate three recipes from the much beloved and traditional dishes of New Mexico. He's the owner of *Las Cosas Cooking School* and this remains one of his most popular classes.

7815**12-11-19**

- **Gailen Runge** is the Creative Director for *C & T Publishing*, and she's going to show how easy applique can be. The secret is the lightweight sew-in interfacing and fusible web that is used. Emojis are all the rage right now and you'll enjoy seeing ways to incorporate them in your sewing and home decorating projects. Her new book is titled "Sew Emojis."
- Writing coach and author, **Annalisa Parent** is going to show how some simple neuroscience-based exercises can help enhance creativity. Parent's book is titled "Storytelling for Pantsers" and she helps non-outliners work through the writing and revision process with ease. Her company is Date with the Muse, LLC.
- Registered dietitian and nutritionist, **Sarah Ryan** explains that milk offers great nutrition, is a healthy meal addition and provides more nutrition than many of the power drinks on the market. While all beverages hydrate, milk provides important nutrients your body needs. She represents *DairyMAX*.

7816**12-18-19**

- **Becky Johnson**, *Beckyhomecky's LifeUNITS*, will discuss why the Mediterranean diet promotes such a low incidence of heart disease and offers such a high life-expectancy rate. She will demonstrate several recipes from the Greek diet.
- **Natalie Bovis**, owner of *The Liquid Muse* will demonstrate some fun non-alcoholic drinks for baby showers and other occasions. Bovis will also share some home entertaining tips for syrups, juices, glassware as well as how to plan a fabulous baby shower.
- **Lisa Rojas** is going to demonstrate how to use Colorbox ink pads to turn old linens into something new, as well as using ink to dye lace and other fabrics. Her company is *Stampin' Queen Creations* and she is co-owner of *Bella Crafts Publishing*.

7817**12-25-19**

- **Dorinda Fox** is the President of *Inner Peace Movement Int'l.*, and she believes intuition is a direct experience of life. She'll talk about how intuition is expressed and how it gives us clues, impressions, sensations, ideas, warnings and indicators of what's coming to us. She'll explain what all this means.
- Artist and author **Jo Schwartz** will discuss her newly released book as she talks about pyrography, which means writing with fire. Her wood burning art will be demonstrated by replicating real people, and she says you do not have to be an "artist" to burn.

7818**1-1-20**

- **Ray Pawley**, retired zoologist, admits that he's not sure what purpose is served by mosquitoes! He says that mosquitoes are not only pesky, but as our climate warms up, more kinds of mosquitoes from the south arrive, some bringing new diseases. Pawley will explain how to push back on mosquitoes.
- **Michele Muska** is with the *Simplicity Creative Group*, and she's going to demonstrate several projects featuring the Boye Pom Pom and Tassel Maker. She'll discuss the types of fibers to use and then show some finished projects that are fun to make.

7819**1-8-20**

- **Erica Plank** is a designer and owner of *Unseen Hands*. She's going to demonstrate how to make handpainted signs using Oramask stencil film. She also has a video that shows how to do the lettering, background, and adding finishing touches.
- Designer and crafter, **Ann Butler** will show how to use a wooden wreath, various paints and No Bake Polymer Clay to create a variety of fall home décor items. She uses a push mold to create the leaves and then adds metallic shimmers for that extra special touch. Butler's company is *Ann Butler Designs*.
- **Karla Stockli** is the CEO for the *California Fig Advisory Board*, and she's going to talk about the many nutritional benefits of consuming fresh and dried figs. Ounce for ounce, figs provide a nutritional punch that is hard to match with any other fruit.

7820**1-15-20**

- **Dr. J Tim Rainey** will talk about the new ozonated water generator units that are available for home use. He'll explain what hydrogen water is and how it's made as well as the benefits of drinking it. He'll also talk about the difference between hydrogen water and alkaline water. Dr. Rainey is with the *Texas Institute for Advanced Dental Studies*.
- Professional artist **Brenda Pinnick** is going to explain the difference between painting with pastels and painting with chalk. She'll talk about the types of surfaces to use for pastels and show several examples of adding finishing marks on a painting.

7821**1-22-20**

- **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.*
- **Patty Dunn**, owner of *All Dunn Designs*, will demonstrate how to do the exposed zipper application that is so trendy right now. She'll also talk about which zippers work best for various garments.
- Recent studies show that cat obesity has risen over 90 percent since 2007, and people are beginning to look at their pet food as the source of health problems. **Will Post**, founder of *Hound & Gatos Pet Food Corp.*, will talk about five common cat health problems.

7822**1-29-20**

- **Heddy Saltz** is going to share lots of tips for growing orchids, and she says these beautiful plants can even be grown in the southwest. She'll show how to re-pot an orchid, how and when to water them, and she'll also let you know what to do to ensure a long life for these delicate flowers.
- **Eric Drexler** will demonstrate thread sketching by using Sulky Sticky Fabri-Solve to run through a printer. This prints the design onto a sticky back stabilizer that can be placed on a quilt top. After stitching, you simply wash the quilt, and the pattern and stabilizer dissolve away. He's with *Sulky of America*.

7823**2-5-20**

- As seniors look towards where they want to live in their platinum years, designers are realizing that changes need to be made in their living conditions. If you choose to "age in place" **Lisa Cini** has some ideas for various products that will be such a help in terms of safety, fitness and pets. Her business is *Mosaic Design Studio*.
- Bag making is always popular and **Roxane Cerda** is going to show a wide variety of bag books and patterns in an array of styles, methods, levels of difficulty and purposes. She'll demonstrate how to combine any of these projects with easy-to-use Fast2Fuse interfacing for a bag you'll love to use. Cerda is Acquisitions Editor with *C & T Publishing*.

7824**2-12-20**

- Interior designer **Lee Brown** questions why people worry about where to put furniture since we all use our rooms in a different way. She's going to talk about seasonal furnishings, the need for more light as we get older, as well as the need for less storage as children get older. She says that function is the most important thing in remodeling or redecorating.
- **Pam Damour** is owner of *The Decorating Diva*, and she's going to share some tips on making a perfect bag, including techniques for straps, bag bottoms and pockets.

7825**2-19-20**

- Writing coach and author, **Annalisa Parent** will explain what neuroscience tells us about fear and creativity. She uses a term called "emotional hijacking" and she'll tell what causes it, what effect it has on people and explain how to prevent it in order to stay in creative flow. Her book is titled "Storytelling for Pantsers"
- For many women the selection of a pair of jeans is difficult. Wardrobe consultant and author, **Nancy Nix-Rice** will share some concepts that can guide each woman to her ideal choice. She'll consider color, fabric, leg cut and style details as well as fit.

- **Patty Waid** is an event planner and marketer and works with various organizations to help them raise money. She wrote a booklet titled “Fun and Easy Ways to Raise Money at Your Next Event” and she’s going to share some tried and true ideas from this booklet. Her business is *Waid and Associates*.
- **David Fisher** is a self-taught soap maker, and he’s going to demonstrate the basic cold process of making homemade soap. He’ll show how to make the lye solution, how to weigh and melt oils and also how to prepare colors and scents.