

Individual Program Descriptions

Creative Living - #7900 Series

7901 3-10-20

- **Susan Legits**, independent demonstrator with *Stampin' Up*, will start with a black and white party décor and use it as is or add a pop of color to create another party theme. She'll show how to change elements to transform a basic design into a party theme for every occasion.
- **Marisa Pawelko** is a licensed designer for *Sizzix*, and she'll show how to create easy and fun custom cuff bracelets using the shape cutters from her collection. She'll also show a wide variety of materials including Rowlux and adhesive rhinestone sheets by *The Buckle Boutique*.
- Designer, **Jen Fox** will show how to use fabric scraps to make simple, fun greeting cards for any occasion. Jen's company is *Jen Fox Studios*.

7902 3-17-20

- Interior designer, **Kim Bailey** is President of *Kim Bailey Interiors, LLC.* and she's going to discuss bathroom remodeling. She'll talk about different floorings, his and her sink areas, lighting and new technology for bathrooms.
- **Janet Stahl** is with *Butterball*, and she's going to talk about new turkey breakfast options, quick and easy morning recipes and demonstrate how to make breakfast fun with and for the kids. She stresses that turkey isn't just for the holidays.
- Designer and crafter, **Ann Butler** will show how to use a no-bake polymer clay in assorted colors to create variegated clay sheets. From the sheets, you can then create postcards, bracelets, frames and much more. Ann's company is *Ann Butler Designs*.

7903 3-24-20

- 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 see what perfectionism looks like. Author, **Jane Bluestein** will discuss these and other traits to watch out for. Her business is *Instructional Support Services, Inc.*
- **John Vollertsen**, also known as Chef Johnny Vee, is going to demonstrate how to cook with Moroccan Tagines and prepare a preserved lemon couscous dish. He is the owner of *Las Cosas Cooking School*
- **Ann Butler** and **Lisa Rojas** are publishers of an online magazine called *Bella Crafts*. Each issue is "chock" full of photographs, instructions, projects and ideas for crafts of all types, as well as new products on the market. Various designers and crafters are featured, along with their area of expertise.

7904 3-31-20

- Writing coach and author, **Annalisa Parent** is going to explain how timing is key to finishing a long-term creativity project, such as a novel, and getting the book published. 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*.
- **Shelly Nutt** is the Executive Director for the *Texas Peanut Producers Board*, and she's going to talk about the "power of the peanut." She emphasizes how important it is to pack protein rich plant-based nutrients into our diets, especially when you're exercising and working out hard.
- **Lisa Rojas** is a mixed media artist and designer, and she's going to show how to make a beautiful velvet stamped photo book. Who knew you could stamp on elegant fabric such as velvet? Her company is *Stampin' Queen Creations* and she's the co-founder of *Bella Crafts* on-line magazine.

- **Ray Pawley** is a retired zoologist and he recognizes that there are many people who have a passion for animals but are unable to possess and care for them. Collecting animal-themed coins has become very popular recently. He refers to this hobby as a "Coin Zoo" and anyone can enjoy participating.
- **Julene DeRouchey** is with the *Kansas Wheat Commission*, and she's going to talk about various bread sculptures designed for the Summer months. She says these items are great for bake sales, tailgates, holiday parties or for community service projects. "Dough therapy" is great for all ages.

- **Dr. J. Tim Rainey** will talk about the difference between the Ozone water and the Ozone layer and explain how ozone water is made. Dr. Rainey is with the *Texas Institute for Advanced Dental Studies*.
- 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*.

- **Dorinda Fox** is the President of *Inner Peace Movement Int'l.*, and she says that we are energy and science tells us that energy can neither be created nor destroyed. It just changes form. She'll talk about how enthusiasm is an indicator of life energy on a personal level.
- **Ray Pawley** is a retired curator with the Chicago Zoological Parks, and one of the species he managed was hummingbirds. He's going to discuss the various species of hummingbirds, talk about feeding them and share the recipe he uses for attracting these tiny birds.

- 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*.
- For many people, selecting the right fabrics for quilts is the biggest hurdle. **Marci Baker** will show how to pick fabrics so you'll know that it will look great when you are finished. She'll go over values, a palette of colors and show how to use a color wheel with a viewing window to aid in the process. 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!

- **Patty Waid** is an event planner and marketer and works with various businesses and organizations to help them with various projects. She knows the importance of saying thank you to donors, and she'll show some unique ideas to create thank you messages that will make lasting impressions. Her business is *Waid and Associates*.
- **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 and with different types of fabrics.
- **Curt Jaynes**, owner of *GardenSource Nursery and Landscaping*, is going to demonstrate how to use a smart pot to grow vegetables, flowers, herbs and fruit. This tough, weatherproof fabric is used to create raised beds that need no assembly and they can easily be moved.

- **Natalie Bovis**, owner of *The Liquid Muse* will talk about organic mixology, and she says you can grow your own herb garden for some unique cocktails. She'll demonstrate an edible cocktail featured in her cookbook titled "Garden to Glass."
- **Ray Pawley**, retired zoologist, is going to talk about how to get the most out of your zoo visit. Zoos and aquariums are among the most popular family attractions in the world. Pawley will talk about what items to bring when visiting zoos as well as some do's and don't's.

- Designer and crafter, **Ann Butler** will show how to use inks and stamps to create backgrounds for lots of different projects, including cards, scrapbooks, fabric designs, and much more. Butler's company is *Ann Butler Designs* and she's also the co-founder of an online magazine called *Bella Crafts*.

7911

5-19-20

- Author and manifesting coach, **Tonja Waring** says that there are basically six steps of the manifesting process and it begins with being clear on what exactly you want and then ask and it will be given. She will go over each step and explain how celebrating your success sets you up to have more success in life.
- Although more and more people are wanting to learn to sew, it's not for making clothes. Most new sewers are interested in making home décor items or clothing for children. But whatever the reason, **Shannon Wooton** will present a Sewing 101 course that will be applicable to all. She is with the *New Mexico Cooperative Extension Service*.

7912

5-26-20

- **Lee Clayton Roper** is the founder and President of *A Well-Seasoned Kitchen*. She's going to explain how to correctly handle fresh herbs, tell what to do with excess herbs, such as drying or freezing them, and she'll demonstrate how to use dried herbs in cooking.
- **Karla Stockli** is the CEO for the *California Fig Advisory Board*, and she's going to discuss the historic significance of the fig, talk about the fig industry and explain why fig consumption is on the rise.

7913

6-2-20

- **Kim Sanders** represents the *Embroiderers' Guild of America*, and she's going to show how to use silk ribbon and familiar embroidery stitches to create some beautiful projects. She says this technique is a great place for those new to embroidery to begin their stitching journey.
- Floral designer, **Carly Cylinder** will show how to use two different techniques when working with horsetail, which is a type of bamboo. The final product looks like an exotic floral arrangement! Her company is *Flour LA* and *Flour LA Jr.*
- **Diane Tunnell** is an Independent Demonstrator with *Stampin' Up!*, and she's going to demonstrate how to make a miniature paper purse that can hold candy treats or other small items. This is a very simple project but is very impressive when you see how easy it is to make.

7914

6-9-20

- **Hilarie Dayton** is the owner of *Little Stitch Studio*, and she teaches classes on making various types of totebags. She's going to show and tell the construction process and the best way to put the pieces together. She'll also discuss different strap options to ensure comfort and fit.
- **Alex McKinnon** is the founder and CEO of *Kinn, Inc.* By using the most sanitary option for a pet bowl, pet parents can be more confident that their pet is not being exposed to harmful germs and are maintaining an adequate level of hydration. His product, the Kinn Kleanbowl, can help solve some of these problems.
- Gazpacho is a cold vegetable soup with tomatoes as the main ingredient. **Carol Fenster**, a nutritionist and author, will demonstrate her version of gazpacho that offers a time-saving shortcut. Even those who are gluten intolerant can eat it since bread isn't used as a thickener. Her company is *Savory Palate*.

7915

6-16-20

- **Chef Rhonda Beyreis** will demonstrate how to make sure the enzymes in our food work for our bodies instead of causing health issues. She'll show how to make a Raw Chocolate Mousse which shares the value of these enzymes. Her company is *Tranot*.
- **Shannon Brinkley** is an author, designer and teacher and will explain the difficulties of transferring an image onto fabric and then having to reverse it or change it. She'll demonstrate using step outs and then show some finishing options.
- **Karla Stockli** is the CEO for the *California Fig Advisory Board*, and she's going to talk about the versatility of fresh and dried figs. Figs lend themselves to a diverse culinary experience since they can be used in desserts, main dishes and more.

7916**6-23-20**

- 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." She'll also share the truth about multi-vitamins and mineral supplements.
- **Barbara Crawford** is a crafter and designer, and she's going to demonstrate some techniques that result in texturizing the surface of fabric, older clothing, new garments or other items. It's called "Catch and Release," and you can turn a mundane item into something new and exciting. Her company is *Crawford Designs* and "Sewing Made Simple" Patterns.

7917**6-30-20**

- **Dr. J. Tim Rainey** will talk about the ozonated water trays and explain why ozone water is safer for patients. He'll explain the benefits of using these trays and tell who would be good candidates for this treatment. Dr. Rainey is with the *Texas Institute for Advanced Dental Studies*.
- **Cindy Falk** is the Nutrition Educator and Co-Director for the *National Festival of Breads*. When we think of Spring, flowers are blooming, Easter is coming, along with Mother's Day and Graduations which give lots of occasions to celebrate. Falk is going to demonstrate making some bread sculptures that just take a few kitchen tools and lots of imagination. There's no limit to the baker's art in shaping bread.

7918**7-7-20**

- Author, wardrobe consultant, and designer, **Nancy Nix-Rice** knows that some women have difficulties wearing scarves. She explains that scarves add polish to most outfits, they can be used to link unexpected color combos and can direct the focal point where you want it to be.
- **Catherine Jordan** represents the *Embroiderers' Guild of America*, and she's going to show examples of embroidery work which have been painted using Jacquard Textile paints. She'll demonstrate how to mix the paints and then how to add them to the fabric.

7919**7-14-20**

- **Lisa Cini** is an interior designer who works with seniors and elderly. She will explain what she means by the "Love Method: Light, Optimize, Visual and Ease" and how using this system will increase independence and dignity and allows the care-giver the flexibility to adapt to their loved one's every-changing needs.
Her business is *Mosaic Design Studio*.
- 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*.

7920**7-21-20**

- **Dorinda Fox** is the President of *Inner Peace Movement Int'l.*, and she believes that each of us has a unique purpose, although there can be great similarities. This is what makes us unique and what you are here to experience, learn from or share is based on that uniqueness.
- **K. C. Cornwell**, owner of *G-Free Foodie*, will share some of the newest and healthiest gluten-free snacks now available. Even if a person isn't gluten-intolerant, the products now available are good for every member of the family.
- 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.

7921**7-28-20**

- **Natalie Bovis**, owner of *The Liquid Muse*, will explain the history of mixology, and tell how it ties in to American history. Then she'll demonstrate some of the current mixology trends.
- **Diane Tunnell** is an Independent Demonstrator with *Stampin' Up!*, and she's going to demonstrate how to make a double slider card, focusing on cutting the pieces needed and then gluing it together.

- Author and manifesting coach, **Tonja Waring** says that there are four domains of manifesting: the law of vibration, divine guidance team, reticular cells which open our minds to see and experience what we want and the free will to get what we want. She'll explain each one of these domains.
- If you enjoy doing cross stitch, you may want to step up to a process called pulled and drawn thread embroidery. Pulled and drawn thread embroidery have a rich history appearing in different ethnic clothing as ways to adorn cloth and household linens. **Kim Sanders** represents the *Embroiderers' Guild of America*.
- **Mitch Teller** is President of *Softlites*, and he's going to explain how to change or update kitchen cabinet hardware to transform the look and take the cabinets from boring to exciting.

- Writing coach and author, **Annalisa Parent** says that many creative types experience frustration when their creativity won't go in the direction they want it to. She'll talk about learning styles, working in a "writing gym" environment and give examples of how to make writing easier. Her company is *Date with the Muse*.
- **Chef Rhonda Beyreis** will talk about lactose intolerance and explain how it's affecting Americans today. She also states that some people can get addicted to cheese. She plans to demonstrate making raw cheddar cheese to use in lots of different favorite recipes. Her company is *Tranot*.
- **Patty Waid**, owner and operator of *Waid & Associates*, says creating beautiful centerpieces is like adding "jewelry" to your garment. She'll present a close look at the basic elements of design that help to set the foundation for building centerpieces with a "wow" factor.

- Budget counselor, coach and author, **Judy Lawrence** says that "modern overload" is making it difficult to manage spending. Pre-retirement is often a wake-up call for setting up a budget. Lawrence will explain her Budget Kit Workbook for the 21st century.
- Registered dietitian and nutritionist **Sarah Ryan** explains that the DASH diet incorporates 3 servings of dairy each day plus a balance of the other food groups. Simple swaps make the DASH diet easy to follow for breakfast, lunch and dinner. She represents *DairyMAX*.
- Designer and crafter, **Shannon Bielke** will show how to use regular dominoes and a few simple craft products and turn them into jewelry, books, ornaments and more. Bielke's company is *Sha & Co*.

- **Pam Damour** will show six of the over twenty finishing techniques she features in her newest book and they are all made on the serger, which makes sewing so much faster and more professional looking. Damour is owner of *The Decorating Diva*.
- **Hilarie Dayton** is the owner of *Little Stitch Studio*, and she's going to share some techniques for home sewers to be better prepared when making bags out of leather, faux leather and even Kraft-tex. She'll demonstrate which machine feet, needles, thread and other equipment is needed for sewing with leather.
- **Lisa Rojas** is a crafter and designer, and she's going to show how to make a beautiful crystal floral jewelry set using a crystal sheet from Connie Crystal. The jewelry has a diamond-like sparkle and 100% clarity. Her business is *Stampin' Queen Creations and Bella Crafts* on-line magazine.

- According to budget counselor, coach and author, **Judy Lawrence**, once people started tracking their spending, they often found they started spending less and saving more, all with no or very little impact on their overall lifestyle. Her business is *MoneyTracker.com*.
- **John Vollertsen**, also known as Chef Johnny Vee, is going to demonstrate how to prepare two fried chicken recipes unlike anything your mother ever made. Next time you're crazy for fried chicken, check out these two recipes.