

# Individual Program Descriptions

## ***Creative Living - #8000 Series*** ***“The 45<sup>th</sup> Anniversary Series”***

**8001**

**9-2-20**

- **RW: Kate Chu** represents [pressed-flowers.com](http://pressed-flowers.com), and she's going to share some of the new and exciting things that are going on in the field of pressed flowers, including new presses on the market and how to use the microwave for pressing.
- **Kari Child** is with *Chalk Couture*, and she's going to demonstrate how to apply permanent and colorful Chalkology Ink to a Chalk Transfer on a fabric pennant banner. This will create a hanging sign with some darling accents.

**8002**

**9-9-20**

- **Tonja Waring** is an author and manifesting coach. She's going to explain how to design your ideal business and how to develop your image and build your network. Her book is titled *The Power of Manifesting*.
- **Casey Schwartz** is a floral designer and co-owner of *Flower Duet*, and she's going to show some tricks of the trade with wiring flowers to make small pieces of art to wear on your lapel or wrist. This is how the pros make boutonnieres for weddings and promos.
- **RW: Vivian Lavinskas** will show how to use leftover cotton and cotton blend remnants to make a bread basket that is simple enough for even beginning seamstresses. It also makes a great hostess gift. She's with *Singer Sewing Co*.

**8003**

**9-16-20**

- **RW: Clare Rowley**, President of *Creative Feet LLC*, will demonstrate how to embroider on stretchy fabrics using the Octi-Hoops along with Stick and Rinse stabilizer.
- **Lesley Riley** is a teacher, author, quilter and designer and she's going to show how to work with TAP or transfer artist paper that allows you to iron images onto virtually any surface, from wood to glass to fabric to metal. TAP is inkjet printer compatible, it's washable and crack-resistant on fabric.

**8004**

**9-23-20**

- **Judy Lawrence** is a budget counselor/coach, author and founder of [moneytracker.com](http://moneytracker.com). Judy is going to explain how to outline all yearly periodic expenses which many people overlook when they're setting a budget. This might include taxes, dues, trips, gifts and others.
- **RW: Cookbook author and chef, John Vollertsen** (more commonly known as Chef Johnny Vee) will demonstrate how to cook with inexpensive and versatile shrimp. He owns and operates *Las Cosas Cooking School*.

**8005**

**9-30-20**

- **RW: Debbie Caffrey**, *Debbie's Creative Moments*, will show how to fine tune your rotary cutting skills as she discusses safety and ergonomics of rotary cutting. Accuracy and efficiency are also rotary cutting basics.
- **Nancy Nix-Rice** is a wardrobe consultant and author, and she's going to explain how to create "semi-columns" with different colors or even with printed fabric or garments. Her book is titled *"Looking Good."*

**8006****10-7-20**

- **RW: Karla Stockli** is the CEO for the *California Fig Advisory Board* and she will talk about fresh fruit and figs as a popular item for desserts, as well as share some of her favorite ways to incorporate figs into desserts.
- **Kymberly Meade** is the Marketing Coordinator with *TexaSweet Citrus Marketing, Inc.*, and she will demonstrate how to entertain with grapefruit and oranges and show how to make an elegant centerpiece with these fruits. Other tips include the health benefits and proper selection of citrus fruits.
- **Patty Dunn** is a teacher, designer and owner of *All Dunn Designs*. She's going to demonstrate how to color lace using liquid paints. She'll show how to get a watercolor look or apply with shaving cream for an antique look. She has lots of samples and garments to show how coloring can be applied.

**8007****10-14-20**

- **Hilarie Dayton** is a teacher and owner of *Little Stitch Studio*. She's going to talk about bag construction which will include flat pattern making with gussets. Besides showing the 3 different shapes of gussets, she'll show how to insert one and how it can influence the design and overall shape of the bag.
- Since so many people spend a great deal of time in front of a computer screen, this experience is now being called "computer vision syndrome." **Dr. Edward Kondrot** will talk about preventative measures that can be taken to help keep the problems to a minimum. He is with *Healing the Eye & Wellness Center*.
- **RW: Barb Chauncey** will tell about a website that's great for preparing digital scrapbook pages, and you only pay if you print. Her business is *A Barb Chauncey Design*.

**8008****10-21-20**

- **RW: Author and registered dietitian, Carol Fenster** will introduce a new cookbook she's written titled "Gluten-Free Cooking for Two." She'll tell why she wrote the book, show some new appliances and bakeware that are perfect for smaller servings and also demonstrate some delicious dessert recipes from her book.
- **John Vollertsen** is known as Chef Johnny Vee and he's going to talk about how to make perfect pasta. This is one of many classes he teaches at his cooking school and it's called *Las Cosas Cooking School*.

**8009****10-28-20**

- **RW: Margaret Peot** is an author, artist and painter, and she is going to show how to make inkblot butterflies that can be mounted in a shadowbox or in a frame for display.
- **Ray Pawley** is a retired zoologist and he says that if your orchids or other plants have a fly or small insect problem, you should think about getting a "flypaper" plant that can attract, capture and devour the small pests that land on their leaves. He'll tell about

**8010****11-4-20**

- **RW: Chef John Csukor** is a culinary consultant to the *California Fig Advisory Board*, and he's going to talk about and demonstrate how to prepare savory and flavorful California figs. He'll prepare simple and trendy Korean style barbeque full of bold flavors and use it over a variety of grilled proteins.
- **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.
- What is a barn quilt? **Shannon Wooton** is with the *New Mexico Cooperative Extension Service* and she's going to explain how to prepare the wood for your barn quilt project. She'll also go over taping, painting and tell how to build your trail.

**8011****11-11-20**

- **RW: Michelle Dudash** is a registered dietitian and spokesperson for *California Raisin Marketing Board* and she's going to explain how to economize your kitchen by choosing foods that add flavor and nutrition without breaking the bank.
- **Cindy Falk** is with the *Kansas Wheat Commission*, and also serves as the Co-director for the National Festival of Breads. Cindy says that winter is a great time to turn on the oven, warm up the house and shape some festive holiday breads and rolls. It's also a great way to get more active.

**8012****11-18-20**

- **RW: Kathryn Porter** is a book author and has coined a phrase she calls Clutternomics -- or making the economy of clutter work for you. She'll explain how to de-clutter our homes and lives so we can have more room and more time for the things that are truly important to us.
- Owner and designer, **Jen Fox** will show how to reimagine tired or dated leather garments or old purses and turn them into lightweight leather jewelry. She does this with special paint pens. Her company is *Jen Fox Studios*.
- **Kristine Widtfeldt** is the CEO of *Chalk Couture*, and she's going to demonstrate how to apply removable, colorful Chalkology Paste onto different elements of a Chalk Transfer to create a custom chalkboard Pantry Sign.

**8013****11-25-20**

- **RW: 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.
- Stumpwork is embroidery that is raised off the surface of the fabric or even completely free standing from fabric. **Kim Sanders** is a teacher and designer for the *Embroiderers' Guild of America*. It is similar to collage since a variety of embroidery techniques may be used in any single embroidery.

**8014****12-2-20**

- **Julia Usher** is a pastry chef, author & food stylist, and she's going to demonstrate how to stencil on cookies, which is not a difficult technique. She says "If you can stencil paint on a wall, then you can stencil icing on a cookie." Her most recent book is *Julia Usher's Ultimate Cookies*.
- **RW: Sandy McCauley** will show a Klic-N-Cut, which is great if you are in to scrapbooking or card making, or really if you just enjoy doing crafts of any kind. Her company is *Accugraphics Sales*.

**8015****12-9-20**

- **RW: 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*.
- **Shannon Bielke** is a crafter and designer, and she's going to show the beauty and versatility of clayboard, which can be used in many ways, from artwork, to jewelry, boxes and more. Her company is *Sha & Co*.
- **Ray Pawley** is going to show how to "spice up" our indoor garden and he does this by introducing a small species of lizard called an Anolis. The lizard requires very little attention, even less than a goldfish, and the entire family will enjoy watching the lizard's activities.

**8016****12-16-20**

- **RW: Eleisha Ensign**, Executive Director of *TexaSweet Citrus Marketing, Inc.*, will demonstrate making a light, healthy flavorful dish using unique ingredients, including Quinoa, an amino acid-rich protein seed.
- **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.
- **Kari Child** is the Creative Marketing Manager for *Chalk Couture*. She's going to demonstrate how to apply colorful Chalkology Paste to a Chalk Transfer to create a custom set of house cutouts for Do-It-Yourself home décor. These are especially fun to make around the holiday season.

**8017****12-23-20**

- **RW: Bruce Johnson** represents *Minwax* and will talk about getting and keeping your kitchen organized while bringing some charm, color and character into the room. He suggest using inexpensive unfinished boxes along with a variety of Minwax products.
- If you're like most of us, you probably have a surplus of photos and fabric fragments in boxes or drawers. **Lesley Riley** is an author and designer, and she's going to show how to make collages that are a quick and fun way to commemorate a special day, person, place or time, and most importantly use up old scraps or recycle old clothing, curtains or tablecloths. You can frame it and proudly hang your fragment Fabric collage on your wall.

**8018****12-30-20**

- **RW: Theresa Cifali** is a mixed media artist and owner of *The Altered Canvas*. She will show how to make dimensional canvases using a gel medium and heavy bodied acrylic paint. By adding a quote and/or a picture, it becomes a gorgeous piece of home décor.
- Did you know your wardrobe can help improve communication? **Nancy Nix-Rice** is a wardrobe consultant and author, and she says that our face is about 12 % of our total body but provides over 80% of our visual communication. She will explain how we should make our face the focal point when people look at us and how this is so important in establishing relationships.

**8019****1-6-21**

- **RW: Mary Lee Chin** is a registered dietitian and spokesperson for the *California Raisin Marketing Board*, and she will talk about nutrition recession: or what to do with the food budget as the economy flags, sags and drags.
- **David Mirassou** is a wine expert and a sixth-generation winemaker. He believes that food and wine enhance one another and are best shared with family and friends with everyday foods on everyday occasions. His business is *Mirassou Winery*.
- **Kim Sanders** is an embroidery teacher and designer who represents the *Embroiderers' Guild of America*. Smocking is embroidery on pleats or embroidery that causes the fabric to pleat. We usually associate smocking with children's clothing, but English smocks were originally men's garments because the smocking provided elasticity for easy of movement.

**8020****1-13-21**

- **RW:** What makes breakfast the best meal of the day? Registered dietitian and author, **Pat Baird** is going to answer this question, and discuss the use of MyPlate in determining what to eat at every meal. She represents the *National Got Milk Campaign*.
- Chef, **Hillori Hansen** will demonstrate some easy to prepare heart-healthy meals that can be prepared ahead of time. She is the culinary specialist with *Whole Foods Market* and has lots of ideas and recipes she'll share.
- **Lee Clayton Roper** is the founder and President of *A well-Seasoned Kitchen* and an author as well. She explains that ginger is a flowering plant, originally from Southern Asia. The interesting fact is that we eat the root – not the plant. Besides fresh ginger, it can also be purchased crystalized or ground and she'll talk about both.

**8021****1-20-21**

- **RW: 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.*
- 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*.
- **Lisa Gammill** is active in the Chaves County Homemakers' Club and she's going to show how to make a variety of items using cement. She'll talk about supplies needed, tools required, and how to use molds for different projects.

**8022****1-27-21**

- **RW: Sandy Grossman-Morris** is going to show how to incorporate ribbon as embellishment when doing needlepoint projects and designs. Her company is *Sandy Grossman-Morris Design*.
- **Charlene Patton** is with the *Home Baking Assn.*, and she's going to show how to make Play Clay and will explain how this simple activity can teach children so much about cooking and baking.
- **Hilarie Dayton** teaches both adults and children how to make totebags. She will go over some finishing details, including hardware, pockets and embellishments.

**8023****2-3-21**

- **RW: Lance Heft** is a businessman, author and entrepreneur and has written a book titled "*Your Turn to Win*." Lance will talk about tips for women re-entering the workforce, or working from home in a "home-friendly" business. He'll also explain a key point that prohibits most people from pursuing their dreams.
- **Michelle Ontiveros** is a clinical mental health counselor and she's going to explain what mindfulness is and why it's so important to keep us calm and self-regulated. She says it's important to be aware of our physical and emotional state.
- **Connie Moyers** is a retired Extension Home Economist she's going to talk about growing herbs and then share some recipes and ideas for using them. Some of her ideas include making pesto, cucumber salad, cilantro dressing, and other tasty treats.

**8024****2-10-21**

- **RW: Teresa Wagner**, DairyMax, will demonstrate making a child friendly and creative recipe that is low cost and easy to make and looks as good as it tastes. It's a beef stew parfait -- and it really is served in a parfait glass.
- **Terrell Sundermann** is going to demonstrate making a "Four Diamond Roman Shade," which she says is the most requested design she gets. Her business is *Terrell Designs*.
- To paint or not to paint – that is the option! **Lesley Riley** is a designer and author, and she's going to show how to create a faux printing with Transfer Artist Paper. The polymer on TAP transfers seals canvas fabric much like gesso does, allowing you to print right over a transferred image.

**8025****2-17-21**

- **RW:** We know that lots of people are facing tough times, but according to **Kirk Wilkinson**, we shouldn't under-estimate our ability to cope. He will talk about this and other ways to stay positive in tough times. His book is called "*The Happiness Factor*."
- **Catherine Jordan** represents the *Embroiderers' Guild of America*, and she's going to show several items featuring cross stitch reversible embroidery including coasters and bookmarks. She'll also demonstrate how to work a straight line which is reversible with the double running stitch and reversible cross stitch.
- **Julene DeRouchey** is a Nutrition Educator with Kansas Wheat. She says that dough sculpting is a creative, unique form of art that teaches many skills. When working with youth, they can learn math from measuring ingredients, literacy by reading the recipes and science teaches ingredient functions.

**8026****2-24-21**

- **RW: Nancy Siler** always has something new to show in the way of cake decorating and this time it has to do with a cake made with rice crispies. She calls it a Crispy Twist Cake. Nancy is with *Wilton Brands*.
- **Lee Clayton Roper** is the Founder and President of *A Well Seasoned Kitchen*, and she was recommended to me by a dear friend, Carol Fenster whom some of you may remember. Today she's going to share ten tips for hosting a dinner party.
- **Kristine Widtfeldt** is the CEO of *Chalk Couture* and she's going to demonstrate how to apply removable colorful Chalkology Paste with an ombre technique onto a Chalk Transfer. She's going to make a chalkboard desk sign with a pillar stand.