

Creative Living with Sheryl Borden

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“Celebrating our 43rd Season”

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COME SEE ME

I would like to invite you to “like” me on my [Creative Living with Sheryl Borden Facebook page](#). If it’s easier, just type in “**Creative Living with Sheryl Borden**” in the Search Window, and it’ll bring it up.

Happy New Year! I hope you are already beginning this new year with lots of creative projects in mind! I bet we’ll have some guests on this semester who will inspire you even further. I just wish I could remember all the interesting tips, techniques, recipes, etc. that I learn as I’m taping so I can try them out myself - when time permits. I do want to take this opportunity to tell you how much I appreciate you watching “*Creative Living*” when possible. We are continuing the 7600 Series through March 2019 and then the 7700 Series will begin. I’m working on the new booklet that will accompany the series, along with all the other elements that go with a new series.

I’d like to share some of the guests who came last Fall but who were not featured in one of our Creative Living newsletters. October was a busy month, and I had the pleasure of working with Kim Bailey, Becky Goldsmith, Erika Plank, Chef Johnny Vee and Jane Bluestein. Let me tell you about each of them.

Kim Bailey is a designer with Kim Bailey Interiors, LLC in Carrollton, TX. She taped one segment on “How to Work With Your Partner to Create a Best Dressed Room.” When more than one person is remodeling or redecorating a room or an entire apartment or home, there has to be some give and

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take. Kim shared lots of good ideas and examples with us. In another segment, she talked about how small improvements can make a big difference and make your house feel more like a home. You may have heard that remodeling kitchens and bathrooms can be the most difficult and expensive rooms to undertake. Kim will address each of these areas. And, her final segment had to do with "over-all" decorating, and she talked about room functions, research, timelines and more. It was a real pleasure to meet and work with Kim and her daughter, Lauren Bailey, who traveled with her and helped so much in setting up props for each of the segments. Kim's website is: <https://kimbaileyinteriors.com>.



Another delightful guest I taped with was **Becky Goldsmith**, and she's a quilt designer, author and teacher who has been in business for over 25 years. Her company is called Piece O'Cake, and she's from Sherman, TX. Becky began by talking about how color clarity affects depth perception in quilting. The second segment was on cutaway applique for small shapes. Cutaway Applique is a technique that makes it easier to stitch shapes that are narrow, very small, have multiple points or would be hard to handle if cut out in the normal way. Her last segment was on set-in circles. Sound hard? Imagine cutting a hole in a block and then sewing a circle of fabric into the empty space. That is a set-in circle, and Becky says they are as easy to sew as any other curved seam - and you may agree after seeing her technique. You can go to Becky's website at: www.pieceocake.com.



Another guest was **Erika Plank** of Unseen Hands. She was here in 2015, but has now moved to Frontenac, KS. It was so nice to renew our friendship and see what she has been working on. Her first segment was on coloring on fabric with pencils, and of course, she had great sample quilts to show us. Another technique she demonstrated is called Twilling, and I was amazed at the beauty of the stitch this made. Most quilters have heard of or made "The Drunkards Path" quilt, and Erika showed us her version which she titled "Quilters' Wine a Lot." She showed an easier method to make this popular quilt especially for those who do not have a curved foot for their sewing machine. And, besides quilting, Eri-



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ka has started a side venture where she hand paints signs. There are even kits available on her website so you can refer to them for the steps involved. Her website is: www.unseenhands.net.

Our favorite chef, Johnny Vee (John Vollertsen) taped three very unusual food segments this past Fall. One was on Flatbread and Shish Kabos. He focused on good kneading skills and grilling tips. If you want to impress your guests (and yourself) with your next brunch, be sure to catch the segment called Beautiful Brunch. John demonstrated two yummy and easy recipes perfect to add to your brunch repertoire: berry yogurt and granola parfaits, sweet crab plus eggs benedict and easy blender hollandaise sauce. The recipes are on the Creative Living website: <https://www.kenw.org/post/recipes-johnny-vee>. I hope you'll try them. Last but not least John taught us to prepare paella which was delicious. He also discussed paella pans and gave a brief history of the recipe and shared some tips to ensure your success when preparing Spanish Chorizo, Chicken and Seafood Paella. John's website is: www.chefjohnnyvee.com.



The last guest for 2018 was my dear friend, **Dr. Jane Bluestein** who has just released her newest book titled "The Perfection Deception." It is subtitled "Why trying to be perfect is sabotaging your relationships, making you sick, and holding your happiness hostage." Jane talked about what is wrong with perfectionism, what perfectionism might look like, risk factors for developing perfectionistic beliefs and behaviors, and how to avoid raising a perfectionist. I told Jane that I hesitated to read her book at first because I knew I would recognize myself in much of it. But I persevered and found her comments, ideas and stories very interesting. Her book is available on Amazon.com, and at other major bookstores or on her website at: <https://janebluestein.com>.



We'll start taping February 1st for this new semester - with a new crew - and I'll keep you up-dated. Hope 2019 is a wonderful year for all of us.

Sheryl

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