

*Creative Living
with
Sheryl Borden*



Miscellaneous Section

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Easy Papermaking - <http://www.arnoldgrummer.com/>



Clutterwise™ Workshops
Clutterwise.com provides decluttering workshops by *Too Much Stuff* author Kathryn Porter to help your group or organization learn to manage stuff and more. Our workshops are perfect for retreats and banquets!

Get Clutterwise™!

Wouldn't we all like to have a house with rooms beautiful enough to be featured in a magazine? Yet for some of us, creating a presentable home feels like an impossible dream. Now, there is hope. Kathryn will help you attack the attitudes and

behaviors that cause messy homes. Get equipped to kick the clutter to the curb and rid the habits that keep inviting the clutter back.

Design Made Easy

Kathryn will teach you the basics of streamline design for a coordinated look that's easy to clean. Learn low-cost decorating strategies and get tips for major projects.

Empty Nest Organizing

Older adults have special issues when it comes to clutter. Don't let your home become a storage facility for hobby items from long ago or a campground for the possessions of your adult children. Kathryn will teach you how to tackle the clutter so you can enjoy your home to the fullest.

Get Your Kids to Clean

Do your kids hate to clean? Do you wish they would clean more often without you having to ask them? This jam-packed session on creative cleaning will leave you with new strategies to motivate the whole family!

Chronic Disorganization 101

Do you or a loved one suffer from a perpetually messy home? Find out what it means to be chronically disorganized and where to get help. Includes Q & A time and lots of handouts.

The Organized Man

Men need help with organizing issues too. Want to maximize your garage space? Simplify your schedule? Declutter your rooms? Organize the stuff in your home? Make housekeeping easier for those you live with?



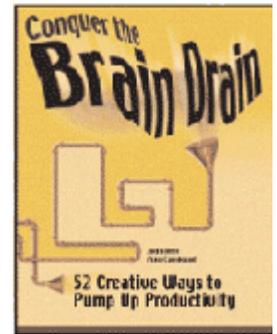
COURTESY: Kathryn Porter
Author
www.clutterwise.com

Your Leadership Role

Conquer the Brain Drain:

52 Creative Ways to Pump Up Productivity

Are you using your creative energy to make your business more successful? Conquer the Brain Drain is about tapping into the creative wellspring we all possess. If you're on a team – or especially if you manage one – learning to think creatively and teaching others to do so will boost productivity, improve morale and inspire your team to greater success.

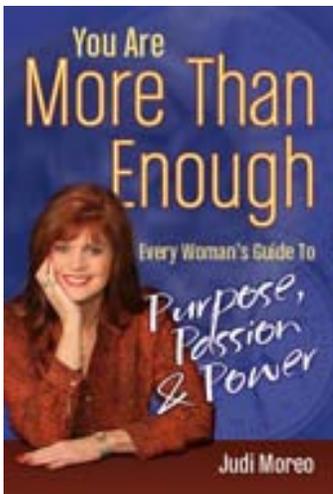


Short deadlines, downsizing, increased expectations and the need to do more with less all contribute to "status quo" thinking. Solving business problems and generating new ideas and strategies can't be accomplished using the same old brain-draining methods. If you keep doing what you've always done, you'll keep getting the same old results. If you want to build an innovative, creative, problem-solving team, then you need a new approach.

Here's What You'll Learn:

- Idea-generating techniques you can use individually or with your team
- Problem-solving strategies that address the root causes of the challenge
- Decision-making tools that build consensus between team members and great results
- 52 Mind Workouts that pump up productivity
- Team activities that create cohesion and creativity
- Insightful style assessments that enhance communication between team members

You Are More Than Enough: Every Woman's Guide To Purpose, Passion & Power



For more than 20 years, Judi Moreo has traveled around the world, speaking each day to audiences from 50 to 3000 people. She asked the participants if anyone ever felt that they were meant to be more than they were or achieve more than they had accomplished so far. More than 75% of the audience raised their hands.

In this high pressure, high stressed, fast paced world, most of us set our dreams aside just to get by. In this powerful book, Judi shares the ideas and techniques she used which clarified her path and made easier her journey to becoming the person she knew she could be.

The life you've always dreamed of is within your reach. This is a heart warming, myth shattering, personal development course filled with practical techniques and illustrated by real life situations.

COURTESY: Judi Moreo
Turning Point Int'l.
www.judimoreo.com



Perennial Planting

Dr. Mark Miller

Blue star not only blooms in spring, it provides great fall color with its foliage.

So you've wisely decided to plant perennials in your garden (or maybe you've inherited a few). But now what?

When planting perennials, the most important issues revolve around using the right plant for the right place. Sun-loving perennials will obviously not prosper in a shady spot, and shade-loving plants may wither, yellow – or even die – in full sun. Know your growing conditions before you plant! There are perennials for every climate and condition – just make sure you match them up. If you have a continually moist place in your garden that receives a lot of sun, consider planting a perennial there that would like those conditions. You might want one that would grow no taller than about 12 inches, have fine texture, offer seasonal interest, and sport pink or purple flowers. A good choice would be germander (*Teucrium chamaedrys*), and it's flourishing.

Your garden soil is like your house foundation. Make sure your soil is right, and plants should thrive where they're planted for years. I like to work compost, manure, old leaves and even shredded bark mulch into the soil before planting to increase organic matter content. (Give that a try, and your perennials will thank you for it.)

If you live in an area with clay-heavy soils, you must be vigilant about good drainage. One piece of advise is "Twice as wide, about as deep and a mound in the middle." That means the hole should be dug twice as wide as the rootball to allow for a nicely mixed backfill of garden soil, maybe some peat moss or compost and a little granular fertilizer – all tossed like a salad before putting back in the hole around the plant.

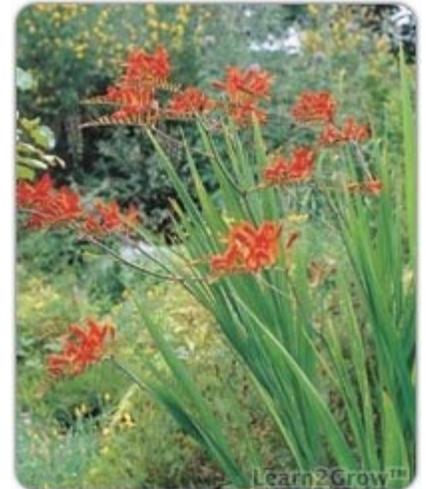
The hole is dug about as deep as the plant's rootball, but I advocate a little mound in the bottom of the hole. This allows the rootball to sit on top of the mound and not drown as if in a bowl when the hole is full of water. If the perennial is pot-bound or has a firm tangle of roots, I lightly break up the bottom of the rootball and try to disentangle some of the roots before planting it in the hole. After planting, the perennial should appear to be at the same soil level as it was in the pot.

Planting techniques can vary depending on where you live and what type of conditions you have. For gardeners living in an arid part of the US, I've seen perennial holes dug specifically to resemble a bowl to hold water, and the plants may be planted slightly lower than the soil level they were in the pot.

The key is to be aware of the growing conditions and regular planting techniques for your area!



Blue star



Lucifer' crocosmia



Teen Dating Violence - Breaking the Silence

Dating violence can be tough to talk about honestly. It can be uncomfortable to bring up and embarrassing to acknowledge. But with dating violence a fact of life for many teen couples, we've got to break the silence.

A Typical Dating Violence Scenario

Brenda is 15 and has never had a boyfriend before. She recently started dating Frank. She thinks he is so cute. Her friends all tell her how lucky she is because she has a boyfriend. At first, Brenda thought it was sweet that Frank began calling her all the time. He always wants to know whom she is with, where she is, and when she'll be home. He has told her that she was meant to be with him and him only, forever.

Recently, Frank has started belittling her in front of his friends, insulting her, and telling her she is fat. He doesn't want her to spend time with certain of her friends - he thinks they are a bad influence. He threatens to break up with her if she won't do what he says, and that no one else will ever want her. Brenda wants to make Frank happy. In fact, she'll do anything to keep her boyfriend. She thinks this is what being in a relationship is all about.

Sound familiar? Unfortunately, many teens face this same dilemma. Relationship violence often starts as emotional or verbal abuse and can quickly escalate into physical or sexual violence. And although many teens know at least one student who has been a victim of relationship violence, most parents either don't know it exists or don't know it is an issue.

Although there are no "perfect" ways to lead a discussion about relationship or dating violence, emphasizing some of the following points can help you focus on the facts while providing some general information to get teens talking.

Relationship Violence

- A pattern of behavior used by someone to maintain control over his or her partner.
- It can take the form of verbal, physical, emotional, or even sexual abuse.
- Relationship violence is not about getting angry or having a disagreement.
- In an abusive relationship one partner is afraid of and intimidated by the other.

How often does it happen?

- 24% of female homicide victims are between 15 and 24 years old.
- 70% of severe injuries and deaths occur when the victim is trying to leave or has already left the relationship.
- Relationship violence is the number one cause of injury to women between the ages of 15-44.
- 63% of boys ages 11-20 arrested for murder were arrested for murdering the man who was assaulting their mother.
- 38% of date rape victims are young women between the ages of 14 and 17.
- 70% of pregnant teenagers are abused by their partners.

Who is involved?

- Relationship violence occurs between two people who are currently or formerly involved in a dating relationship.
- The abuse can begin at a very young age, as young as 11 or 12 years old.
- Friends of the couple are usually aware of the abuse and may be drawn into the situation.

Where can it happen?

- Relationship violence can occur at school — in the hall, in the classroom, in the parking lot, on the bus, at after-school activities, at a student's workplace, at a school dance, or at a student's home.
- In teenage dating relationships, the abuse is often public with peers witnessing the abuse; however, the abuse can also occur in private.

Signs that you are in an abusive teen dating relationship.

- Is one partner afraid of the other? Afraid to break up with the other?
- Does one partner call the other names, make the other feel stupid, or tell the other that they cannot do anything right?
- Is one partner extremely jealous?
- Does one partner tell the other where they can and cannot go or who you can and cannot be with or talk to?
- Does one partner tell the other that no one else would ever go out with them?
- Is one partner being cut off from their friends and family by the other partner?
- Does one partner feel if they say no to sexual activities they will be in trouble?
- Does one partner feel pushed or forced into sexual activity?
- Does one partner say it's the other's fault or that the other caused them to be abusive?
- Does one partner shove, grab, hit, pinch, hold down or kick the other?
- Is one partner really nice sometimes and really mean at other times (almost like they have two personalities)?
- Does one partner make frequent promises to change or say that they will never hurt the other again? Or do they say that the other is "making too big a deal" out of it?

If you can answer "yes" to any of these questions, then your partner is being abusive towards you. You may want to look at your relationship more closely and find out more about teen dating violence.

YOU HAVE THE RIGHT TO A HEALTHY RELATIONSHIP.

What You Can Do:

Look around your community. Is there someone you know who might be affected by relationship violence? Remember that anyone can be a victim. If you suspect relationship violence, there are places you can go for help and information, people you can talk to about the problem. Get help from someone you trust. Do something before the relationship gets worse or the violence increases. By reaching out, you may save someone's life, including your own.

COURTESY: Donna Mowrer
Deputy District Attorney
9th Judicial District

It's your turn to win

What is Stopping You from Living Your Dream?

The answer could very well be YOUR behavior. Each year, many people plan and set goals, and year after year things end up the same for a vast majority of individuals. The goals and visions remain as just that with no major changes to support these dreams.

Mistakes need to be examined and used as tools for change. It makes no difference whether the goal is changing behavior in relationships, diet changes, healthy living, or a major career change.

Making major, or even minor life changes, can be compared to an endurance race. Have you ever wondered what it's like to train for professional sports, professional dance, or even amateur endurance races? You've heard the saying, "No pain, no gain."

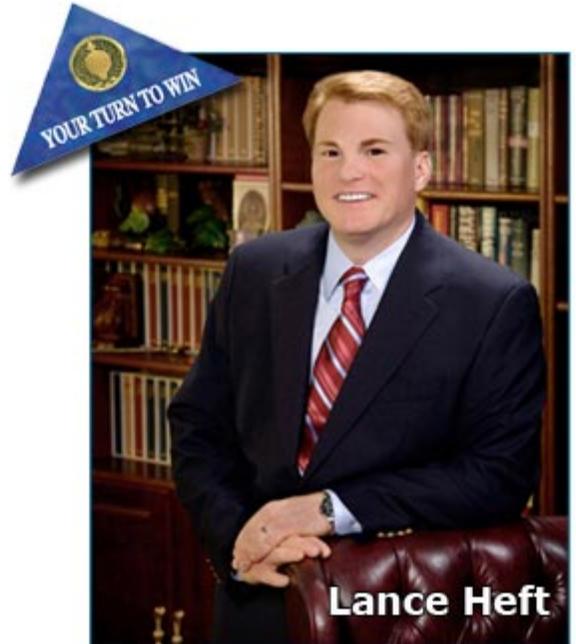
The classic endurance displayed by the great, Michael Jordan is beyond inspiring. He said, "My attitude is that if you push me towards something that you think is a weakness, then I will turn that perceived weakness into a strength. My body could stand the crutches but my mind couldn't stand the sideline.

"I can accept failure. Everyone fails at something. But I can't accept not trying. I've missed more than 9000 shots in my career. I've lost almost 300 games, and 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."

On this note, a word of caution to any parents who might be reading this article. The wisdom contained in Jordan's beliefs does not give you a license to push your kids into athletics, dance, or a profession because it's always been a dream of yours...it has to be their dream, not yours. And, whatever the activity, it should be fun.

Many years ago when I took a management course, it was filled with great information. The one tip that I want to share applies to correcting your kids, your employees, or anyone in your life. It's called the CCC approach — Compliment, Criticism, Compliment. For example, "You were great and your swing was perfect. We just have to work a little on your running speed. I'm so proud of you!" CCC works every time, even with the big "kids" in your life.

One of the main reasons that lead me to develop the "Your Turn To Win" program is that throughout my life I've witnessed patterns with people...employees, friends,



associates — many of whom unknowingly repeat the same negative patterns over and over. I began to see this central struggle with people who were trying to achieve goals. Any goal can be achieved if you keep four main elements as your guide — desire, commitment, responsibility and outlook. These four things have been instrumental in building the life I enjoy and I use them everyday.

Making career or life changes will never be a smooth process, but the responses of people who fail, or make mistakes can be critical. I've seen people so down on themselves that they feel worthless because of failure. That's why I cite the examples of Michael Jordan. Mistakes, or failures never stopped him, they made him stronger.

Failure is a major problem for some people who view mistakes and failures as absolutes. Failure can be a learning experience. Hard work, persistence, and effort are part of the formula but, one of the surest ways to success and happiness is recognizing what gets in your way on the journey towards those things. We cover these points in detail with step by step guides and exercises in the "Your Turn To Win" program.

Several years ago, I helped a young woman who was on her way to becoming a doctor. I received a call from when she was close to finishing her education. I was happy to hear from her, but saddened to learn that she was so unhappy, she wanted to quit med school. She had finally realized that her real ambition was dancing and she wanted to leave school immediately.

I asked her to meet with me and to wait before making any major decisions. During our sessions, I helped her examine her goals, realize that she had made a commitment, and recognize that she had many thousands of dollars worth of educational debt that would have to be paid.

There was also the issue of paying off her educational debt on a dancer's salary that is not always the most secure way of making a living. I then gently suggested that she could still have a career in medicine and realize her desires as a dancer.

Because this vibrant young woman finished her education, she was able to secure a high paying job with a major pharmaceutical company. She is now able to fulfill her dancing aspirations during the evening and on weekends. She has it all — security, fantastic benefits and her dancing.

According to the latest trend reports, baby boomers won't have the luxury of retiring the way many of our parents did, and many of them don't really want to retire, but they'd like to pursue new options. In some cases, when people do retire, it isn't always the ideal choice. And, unfortunately, this realization doesn't always happen until after retirement.

According to our research, most people realize all of their retirement dreams within six months after retiring — whether it's a trip to an exotic country, moving to a warmer climate, playing golf, tennis until you drop, sleeping until noon every day, or going back to college.

We had one client who retired at age 69 after working six days a week, 16 hours a day for over 40 years. His wife wanted to move to a warmer climate where they could relax and enjoy life. She thought they would travel and he wanted to play golf and bowl, but there were never any discussions about these details.

He was somewhat happy, but he missed his staff so he became CEO of the house, and the self-appointed maintenance chair for the three building condo. Once a month, he paid a visit to the manager with a mental list of things that needed to be fixed. Nothing was ever written down, it was all in his head after inspecting all three buildings. His wife was miserable and felt cheated.

We were very successful in helping them work out there issues once we were able to get them to open up and really discuss things. The hurt, frustration and the anger were also issues that we helped them deal with. He's golfing and bowling, but he's now the VP of their condo board, and yes, you guessed it — the real maintenance chair. She's working part-time for a travel agent, giving travel seminars, and they're also traveling.

For some, retirement is great, but for others, it's disaster. Some people need redirection because nothing has to be written in stone.

My program can help you explore your passions, whatever they might be. Whether you're planning to change professions, retire, create a nonprofit foundation, or start your own business, my program can help you explore discover what you are capable of physically and mentally.

"Your Turn to Win" will teach you how to break out of that comfort level of familiarity and discover the power of vision, commitment and determination. My goal is to open your eyes to a new way of thinking; one that will inspire you to fulfill your deepest desires and share with the world your unique gifts.

I am living proof that people can accomplish anything in life they desire. — this is the way I have lived and continue to live my life on a daily basis. I don't buy that somehow I'm different from others because I'm not. I did not come from a privileged background, but I know the meaning of hard work. There is no reason that others cannot do what the son of a steel worker and secretary could do. I firmly believe that people can accomplish their goals, the same way I did.

It is never too late to start a new project, profession, or direction. I have been passionate about many things in my life, and my mission is to share my unique and effective methods for life change and empower others to realize their full potential and create a more fulfilling life.

Trust in the belief that you can and will accomplish your dreams. Don't be the one who's stopping YOU.

COURTESY: Lance Heft

www.lanceheft.com



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See

And finally ... You can see a visible clean.

**COURTESY: Laura Dellutri
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