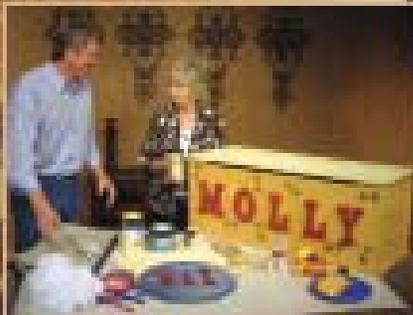


# *Creative Living* *with Sheryl Borden*

*-A New Dimension*



*5800 Series*

*Miscellaneous - Section 1*

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## Miscellaneous

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**Due to the size of this section, it has been separated into two sections in order for it to be downloaded more quickly. For instance, “Stress Free Tips for Overworked Moms” is in Section I on page 3, whereas “Your Turn to Win” is in Section II on page 10.**

# Stress Free Tips for Overworked Moms

## Tip #1: Stay Organized and on time.

Keep track of your family with a phone that does it all on the road. Laura's phone has GPS for lost soccer games, she checks email on the road, downloads recipes and keeps track of the family's busy schedule. [www.windowmobile.com](http://www.windowmobile.com)

## Tip #2: Stop dropping or losing your phone.

The new clip hanger saves you from stressing out with a ringing phone you can't find in your purse! Attaches to belt loops, purses and other places to stop dropping and stressful searching for your phone. [www.cliphanger.com](http://www.cliphanger.com)



## Tip #3: Kids runny noses in the car or on the road.

Be a savvy mom who is always prepared. Have a car kit, that includes a first aid kit, snacks and even a drink and by all means keep the "on the go" Puffs with lotion and the fresh scent of Vicks. [www.puffs.com](http://www.puffs.com)

## Tip #4: Awaken your senses when you walk into your home, your oasis.

After coping with a hard day outside in the world, it's time to come home to your private getaway - your home. That's why I use the new Febreze Destinations Collection as a "Scent Getaway" to bring energy and renewal to my home.



When I walk in and smell great scents like Hawaiian Aloha, Brazilian Carnival or Moroccan Bazaar, it brings exotic

fragrances from around the world to re-energize me and my home. [www.febreze.com](http://www.febreze.com) Available in Fabric Refresher, Air Effects, Candles and NOTICEables at all mass retailers, grocery and drug stores.

## Tip #5: No time to cook a home made meal?

No worries - feed your hungry brood in under 18 minutes with delicious pasta for 4 for under \$8. Use store bought when possible. [www.stouffers.com](http://www.stouffers.com)

COURTESY: Laura Dellutri  
Healthy Housekeeper, Inc.  
[www.lauradellutri.com](http://www.lauradellutri.com)

# Stress Free Laundry Tips

Most parents get frustrated when they look at the piles of laundry that need to be done every week. What can your family do to reduce your laundry load by 50%? With tough economic times, how can you keep your clothing wear longer so you can save more money on your clothing budget in the long run?

**1. Problem: Laundry is always piled up!** Decrease your laundry piles by 50% by wearing clothing jeans, shorts, dresses and some shirts twice. All it takes is a simple fabric refresher to get another wear out of the clothing.



**2. Problem: Laundry looks yellow.** Try new White Brite - it removes yellow stains from clothing.

**3. Problem: Clothing losing its shape and color after several washings.** New Tide Total Care provides value by keeping your clothes looking newer

longer. It helps maintain your clothing 7 ways.

**4. Problem: Clothing loses its fresh smell by the middle of the day.** Try new Bounce Awakening. It offers all day freshness to your clothing with little capsules built into the sheet that release themselves in the dryer onto your clothes.



As you wear your clothes throughout the day, the friction from moving around in your clothing will cause the capsules to "burst" giving you fresh smelling clothing all day.



COURTESY: Laura Dellutri  
Healthy Housekeeper, Inc.  
[www.lauradellutri.com](http://www.lauradellutri.com)

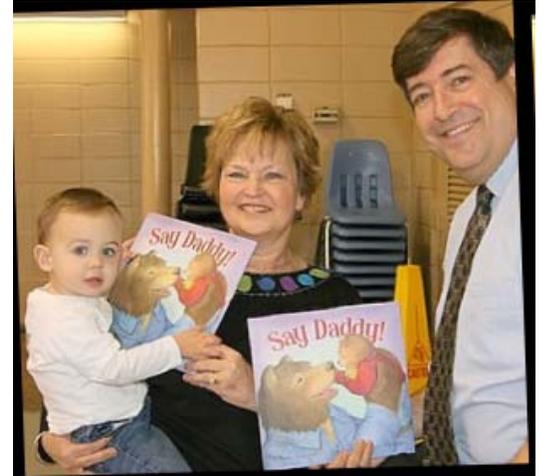
# READING IS MAGIC!

When asked what makes a student more successful, Michael Shoulders says, "Family involvement in education and parents reading to their children. Families who communicate about school, and families who read together produce more successful students."

Language is fascinating and exciting!

**COURTESY: Michael Shoulders**  
author & educator

[www.michaelshoulders.com](http://www.michaelshoulders.com)



## Refinishing the Adirondack Chair

The Adirondack chair originated at the camps and resorts of New York's Adirondack mountains during the late 1800s. It was the solution to adding a little comfort while in the wilderness, and has become an outdoor classic.

### WOOD FINISHING PRODUCTS:

**Recommended Finish** - Thompson's WaterSeal Advanced Tinted Wood Protector in Natural Cedar. (Also available in Honey Gold, Rustic Red, Nutmeg Brown and Coastal Gras)

**Alternate Finish** - Thompson's WaterSeal Waterproofer Plus Tinted Wood Protector, available in five colors: Honey Gold, Natural Cedar, Rustic Red, Nutmeg Brown and Coastal Gray.

### BEFORE YOU BEGIN

Good craftsmanship begins and ends with good work habits, so make the following steps part of your routine workshop practice. If you have any doubts or questions about how to proceed with a project, always discuss them with someone who has the answers.

- Carefully and fully review plans and instructions before putting a tool to the project lumber.
- Work sensibly and safely. Wear safety goggles and the appropriate respirator whenever making sawdust or working with thinners or other solvents.
- At the end of every work session, clean up your shop area and put away all portable tools.

### PROTECTING YOUR PROJECT

Any type of wood that's used outdoors needs protection from water damage. There are a variety of protective coatings available, including clear and tinted wood protectors and semi-transparent and solid stains. Each of these finishes has a different look and maintenance requirement.



We've chosen Thompson's® WaterSeal® Advanced Tinted Wood Protector in Natural Cedar to give complete protection. This product provides maximum strength waterproofing in a coating that also resists mildew and U.V. (ultraviolet radiation in sunlight) damage. This product can be applied to damp, freshly cleaned wood so you can clean and treat your project in one day. Plus, the transparent tint will give plain pine just the right amount of rich wood tone.

**Woodworker's Tip:** Always be sure to choose a waterproofer that exceeds industry standards for waterproofing on wood.

## STAINING AND FINISHING

### FINISHING TIPS

- Coverage: The approximate coverage of Thompson's® WaterSeal® Advanced Tinted Wood Protector on pine is 200 square feet per gallon. A gallon of Thompson's® WaterSeal® Waterproofer Plus Tinted Wood Protector will cover about 200 to 300 square feet.
- When you apply Thompson's® WaterSeal® Advanced Tinted Wood Protector or Thompson's® WaterSeal® Waterproofer Plus Tinted Wood Protector, do not mix it with other waterproofing products, because variations in the final appearance of the surface being treated may result. Also, do not thin these products.

### Recommended Finish

For maximum strength protection against water damage, use Thompson's® WaterSeal® Advanced Tinted Wood Protector.

Read and follow the directions found on the back of the can. Be sure that both surface and air temperature are above 50 degrees F and remain above freezing 24 hours after application. If you're working outside, do not apply product if rain is forecasted within 48 hours of application.

Before applying Thompson's® WaterSeal® Advanced Tinted Wood Protector, the wood surface must be free of all dirt, mildew, mold, waterproofer, wood stains and other contaminants. Then do a trial test before full application. The surface may darken slightly with application and color appearance is different when the wood is fully dry.

Shake or stir contents for a minimum of 2 minutes before use. Intermix all containers (of the same color) to be used to assure color uniformity.

Apply using a paint pad or brush. For small projects, a brush is the preferred applicator.

Apply only one thin, even coat. **DO NOT APPLY A SECOND COAT.** A heavier or additional coat will not improve performance or appearance. Avoid puddling. Tackiness will result if over-applied. May also occur after application if overnight temperature falls below 50° F within 48 hours of application. Drying time will vary depending on wood surface and humidity. Allow a minimum of 12 hours before using the chair.

Clean brushes and equipment with soap and water. Dry product can be removed with mineral spirits.

### Alternate Finish

Before applying Thompson's® WaterSeal® Waterproofer Plus Tinted Wood Protector, read and follow the directions found on the back of the can. Be sure that both surface and air temperature are above 50° F during application and for 48 hours after application, and if you're working outside, do not apply product if rain is forecasted within 24 hours of application.

Before applying this product over the entire surface, a small trial patch is recommended to verify color.

In most applications, only one light coat is necessary. Apply with a brush, roller, paint pad, or by dipping the piece into the product. Regardless of which application method is used, remove excess within 15 minutes by redistributing it to drier areas or wiping it off.

Oiliness and tackiness will result if over-applied or applied to wet or damp surface or if overnight temperature falls below 50° F within 48 hours of application.

Allow at least 48 hours to dry before you sit in the chair. Drying time will vary depending on the substrate, temperature and humidity.

**IMPORTANT:** If using oil-based Waterproofer Plus Wood Protector, place rags, steel wool and waste immediately after use in a sealed, water-filled metal container.

**NOTE:** For all waterproofing products, the length of protection will vary depending on environment. Perform the following splash test once a year to see whether reapplication is necessary. Sprinkle water on various sections of surface to be sealed. If water absorbs and darkens color of substrate within 5 seconds, the surface is porous and considered ready to be treated. If water beads up or otherwise sits on top of surface, then surface doesn't need protection at this time. For maximum protection from color change and other damage caused by the sun, reapplication is recommended every year. Vertical and horizontal surfaces will experience color changes at different rates.

**COURTESY: Bruce Johnson**  
**Minwax**  
[www.minwax.com](http://www.minwax.com)



**What are you experiencing in your organization?**

- \* Team conflict
- \* Dealing with a difficult team member
- \* Customer service complaints
- \* Poor grammar skills or emails that are ineffective
- \* Personality styles that clash
- \* Meetings that are not productive
- \* English as a Second Language

It's all about learning to COMMUNICATE effectively. Ruth St. Pierre has been helping organizations for over 18 years build effective communication skills. Her onsite training workshops are focused on the most crucial communication topics in the training industry.

If you are looking for an expert in building effective communication skills, Ruth St. Pierre will deliver. Her onsite training workshops turn the complex and theoretical into practical, user-friendly applications that will benefit your organization. Following is an outline for one of her popular workshops:

**Dealing with Difficult People**

For anyone who has ever had to cope with a difficult person, this seminar presents real-world, practical techniques for dealing with the behavior, plus coping skills to prevent the difficult person from becoming a negative, destructive influence.

Length of program: 1 or 2 days

**Module 1:** Identifying the Difficult Person – It's not as easy as you think!

- o A matter of personal preferences
- o Personality style assessment and analysis: difficult may be different
- o What makes a person "difficult?"

**Module 2:** Our Attitude, Our Reactions, Our Responses

- o Identify "hot buttons"
- o Making choices: when to confront, ignore, or call for help
- o Three-Step process for handling unacceptable behavior
- o Effective strategies to use with difficult people

**TECHNIQUES FOR SPECIFIC DIFFICULT BEHAVIORS**

**Module 3:** Dealing with Aggressive Difficult People

- o The "It's my way or no way" Style
- o The Angry Aggressive
- o The Bulldozer

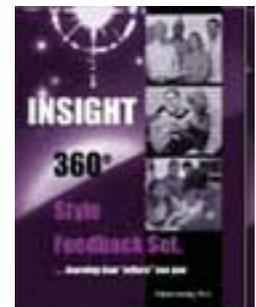
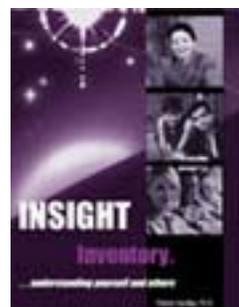
**Module 4:** Dealing with Passive Difficult People

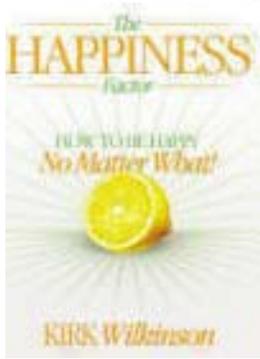
- o The Silent One
- o The "Yeah, whatever" Style
- o The Long-Suffering Whiner

**Module 5:** Dealing with Passive Aggressive Difficult People

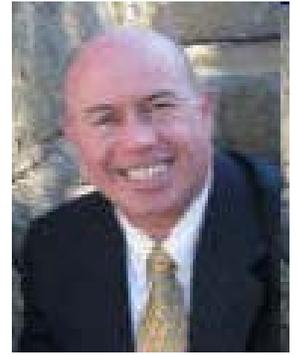
- o The Sniper
- o The Backstabber/Rumor Monger
- o The Footdragger
- o The "It's never going to work" or "That's a stupid idea" Person

**COURTESY: Ruth St. Pierre  
Creative Business Resources, Inc.**  
[www.ruthstpierre.com](http://www.ruthstpierre.com)





# The HAPPINESS Factor



## How do you react to good news?

Emotional Generosity includes how you react to good news. When someone shares good news you can be emotionally generous by being sincerely and honestly glad for them. In fact, in relationships, how you react to your partners' good news is a better indicator of the strength of your relationship than how you react to their bad news. Being happy for others creates happiness for yourself.

### The Law of Distraction

My dad always used to say that "how long a minute is depends on which side of the bathroom door you're on." I grew up thinking he was just being funny but soon realized just how true it is. A minute holding a crying baby is longer than a minute in my favorite restaurant. A minute on the treadmill is longer than a minute watching an action movie. A minute in the dentist's chair with a drill is longer than a minute eating ice cream. When we are doing something we like, time seems to fly by. When we are faced with doing something we dislike, then a minute seems to drag on and on and on.

You can use this to your advantage and unlock the secret of making time move faster. I call this the Law of Distraction – when you allow yourself to be distracted so that the unpleasant things you have to do don't seem so distasteful. Next time you are at the gym notice how many people are wearing headphones and listening to music. They are trying to distract themselves from the monotonous chore of exercising. The Law of Distraction works wonders and takes just a little practice.

Whenever you are faced with something you don't want to do or something you have to do though you dislike it – distract yourself with positive thinking. Listen to a favorite song, treat yourself to an ice cream upon completion of the task, or simply pick a reason to do the task that is meaningful and significant to you. You can distract yourself with positive thinking as much as you can be distracted by other things.

The Law of Distraction will help you enjoy things that you typically dislike. It will help you be happier. How long is a minute? Well, it's up to you!

### It's not what you're eating – It's what's eating you!

As a fan of the Biggest Loser, I can't help but be interested in the weight loss craze. Just over two years ago my wife had Lap-Band surgery to reduce the size of her stomach to enable her to lose weight. Guess what! A tool only works if you use it, and it really helps if you learn to use it right.

If you are finding it hard to lose weight while following your diet religiously maybe your ability to lose weight has nothing to do with what you are eating but more about what's eating you. As a preparation for Lap-Band surgery my wife had to see a Behavioral Psychologist where she learned that she is afraid of being hungry. As she has learned to deal

with the fear of being hungry she is able to lose more weight.

Are you hungry for food or something else? Perhaps you need to be 'filled' emotionally before you can have the weight loss you desire. There is no amount of food that can satisfy you emotionally. While food may be your vice, others turn to drugs, alcohol, exercise or anything else to fill this emotional void. While some of these 'filling' activities are healthy, most of them are not. As you consider losing weight, spend some time thinking about what needs filling: your belly or your emotions. Many times, comfort food is exactly that – giving you comfort through eating when what you really need is a great big hug! Next time, get a hug instead of dessert.

### **Refrigerators and invisibility**

I have been in many homes around the world and only rarely I have I seen a refrigerator without photos, drawings and important notes. I don't know how many days it takes but we stop seeing the things we put on the fridge as if they have become invisible. They don't really disappear; we just stop seeing them because they are so familiar. It takes special effort to keep paying attention to the things on the refrigerator so they don't become invisible to us. The same can happen to the people we live with. Unless we make a special effort to notice and acknowledge the people around us, they, too, can become invisible. Take the time today to express appreciation for those around you – don't let them disappear.

### **Turn your inner critic into your biggest fan**

Who is that voice talking in your head? You know who I am talking about. The one that says things to you that no one else dare say. The one that ignores your triumphs and

accomplishments and nitpicks every little thing you do wrong. You don't need to live with the constant nagging and criticism. You can change all that.

Your mood is a byproduct of your thoughts and thought process – not the other way around. If you are feeling down or in a bad mood you can mask the symptoms by taking something to improve your mood or you can attack your mood at the source – your thoughts. This can appear to be difficult because we are so used to hearing the play-by-play commentary from our inner critic. This inner critic only has the power we give it, and one way to reduce its effect is to simply dismiss the thought as trivial and non important. Just as you would dismiss bad advice as frivolous and unimportant, do the same to negative thoughts. By dismissing them you prevent them from taking root and spoiling what can be a great mood. By dismissing negative thoughts you can turn your inner critic into your biggest fan.

### **Are you too comfortable with disappointment?**

Are you so comfortable with disappointment that you now have come to expect it? When something good is about to happen to you do you automatically think about what is going to happen to spoil it? Maybe you sabotage your own success with unhealthy thinking or negativity. It is time to break out of your disappointment comfort zone and throw your negative self-talk out the window. I suggest you start a new conversation today, an internal conversation that sets you up for success. That conversation starts by creating a new story you tell about yourself – a story of success and joy. Not one of disappointments. Imagine it, visualize it and act upon it.

**Kirk Wilkinson**  
**Author of The Happiness Factor: How to be Happy No Matter What!**  
[www.thehappinessfactor.com](http://www.thehappinessfactor.com)

# FIRST THINGS FIRST: DEFINE CLUTTER

Does your home say ‘Come in!’ or ‘Abandon hope, all ye who enter here?’

It’s true—we can’t keep everything and keep a clean house. But how do we decide what to keep? How do we decide what’s meaningful in all the clutter? Until friends gently pointed it out to me, I never knew so much of what I pictured as valuable amounted to nothing more than junk. To develop a deeper understanding, I created expanded definitions for this foe called clutter.

## KNOW YOUR ENEMY

What is clutter? You will get different answers from different people. What holds value and utility to one person can hold the opposite to another.

**Trash:** Yes, one person’s trash can be another person’s treasure, but there are some things that are just plain trash.

**Unorganized things:** Be careful. Even organized things amount to clutter if you don’t use them.

**Unfinished projects:** I mean projects you have given up on. If you haven’t worked on it in more than a year, it is an unfinished project.

**Homeless things:** Good things become clutter when they are haphazardly strewn about.

**Unused goodies:** Consider frequency of use as well. You may want to keep the Christmas tree you use every year, but rethink the bicycle you haven’t ridden since college.

**Unnecessary duplicates:** Do you really need the extra blender?

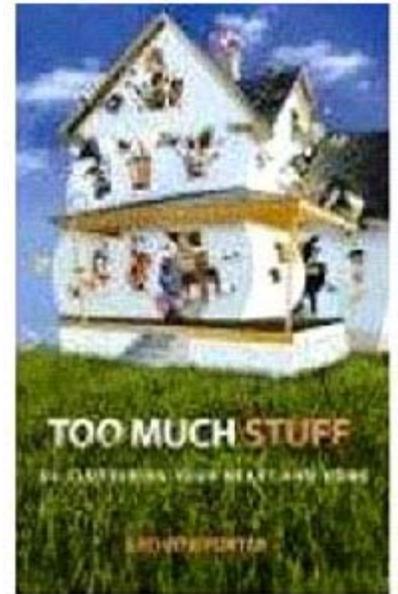
**Visually displeasing objects:** Why keep something you think is ugly? But be careful on this one. You may not like your kitchen table, but if it’s the only one you have, it’s not clutter.

**Broken items:** If that coffeemaker doesn’t work, then toss it and buy a new one.

**Clothes that don’t fit:** How long have you been holding on to those jeans in case you can ever squeeze into them again?

**Outdated or obsolete things:** Still using a pre-Pentium computer? If it does the job, fine. Just don’t keep it as a paperweight because you paid \$4,000 for something that today you can’t even give away.

**Too much of anything:** Do you really need 50 pairs of socks? The less you have, the less you have to clean!



Did you ever think there could be so many definitions for clutter? Becoming familiar with them makes it easier to say good-bye to our “stuffaholic” tendencies. To free ourselves from the things that enslave us to extra and unnecessary housework, we first need to recognize these collections around our home for what they are—clutter.

But clutter goes beyond those things invading our homes. It also steals space in our hearts. There is a psychological realm where collections of bad feelings and negative emotions dwell inside us, cluttering our hearts.

For more about clutter and dealing with it, you’ll enjoy Kathryn Porter’s book “Too Much Stuff.”

**COURTESY:** Kathryn Porter  
Author & speaker  
[www.clutterwise.com](http://www.clutterwise.com)