



Creative Living with Sheryl Borden  
6100 Series



Miscellaneous - Section I



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## Seasonal Tips - Grower's Seasonal Guide

### Early Summer (June and July)

#### Lawn Care

- Feed your lawn with Fertilome Fertilizers.
- Your lawn can use iron and Fertilome Southwest Green Maker is ideal for this time of year.
- Don't forget to water deeply less often to get those roots deeper in the soil.



#### Tree and Shrub Care

- Regular lawn sprinkling won't get the roots of your shrubs.
- Deep water the established shrubs.
- Always check for signs of bugs on them.

#### Flowers

- Dead head spent blooms as necessary to encourage continued blooming. Fertilize your flowers during this time to keep them strong and blooming during your summer gatherings.
- If you have unwanted weeds in your garden, we recommend a product called KillzAll. It is a selective herbicide that will kill the weed but not hurt other plants or sterilize your soil.



#### Tips for drought conditions

- Mulch your flower beds and gardens with cypress mulch to hold moisture and continue watering deeply, less often.
- To keep weeds at bay in your vegetable garden and hold moisture in the ground, place a layer of black and white newspapers along your rows and put grass clippings on top.

### Summer (August to mid September)

#### Lawn Care

- Fertilize to hold the deep green color you desire.

#### Flowers

- Don't forget to fertilize. If you find your soil is drying out too quickly in your containers, next spring put a product called Soil Moist in your pots along with fresh soil. It is a water retaining polymer that will help keep them from drying out as quickly.
- Deadhead your flowers to keep them blooming through fall.

#### Tips for drought conditions

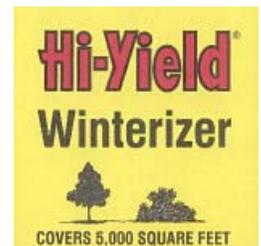
- Water before 8 am and after 7 pm for maximum water retention.
- Be careful not to water after 10 pm because you could develop fungus on your lawn.

### Fall (late September to mid October)

- Fall is for planting. Don't miss the opportunity to plant trees, shrubs, bulbs, perennials, and pansies!
- Even though winter is coming and plants appear to be dormant, root systems are still very active and should be watered if moisture is not received in the form of rain or snow.

#### Lawn Care

- In late fall, be sure to put your winterizer down. This will help your grass get the boost it needs prior to the harsh conditions of winter. It will also prepare it for the new growth in spring.
- Also, in late fall don't forget to put down soil activator. This will start the process of decomposition of thatch in your yard from the mowings of summer.



## Flowers

- After the first frost, trim your perennials down and empty your containers of dead plants. This late fall task will save you time in spring and allow you to hibernate over winter.



## Winter (November through February)

### Lawn Care

- Late Winter, before the temperatures rise and weeds emerge, definitely place a pre-emergent on your lawn area to prevent weeds from emerging in spring. This also gives your lawn a fertilizer boost in preparation for spring growth.



### Tips for drought conditions

- If we receive no measurable moisture, water your lawn to maintain moisture in the ground. The roots are still somewhat active during winter.

## Spring (March through June)

- Dust off the garden tools. It's time to get busy to ensure your yard is the best on the block!

### Lawn Care

- If you didn't apply pre-emergent, you still have time. Weeds can get out of control quickly and having the pre-emergent certainly helps keep those pesky weeds from emerging.

## Flowers

- When potting containers with new plants, always use fresh soil. Last year's soil is depleted of nutrients and who knows what pests are hiding in the soil ready to eat your plants' roots.
- Fertilize your flower beds right away to ensure the best growth and blooms early in the season.



**COURTESY: Curt Jaynes  
GardenSource Nursery &  
Landscaping**

[www.garden\\_source@yahoo.com](mailto:www.garden_source@yahoo.com)

## Choosing Happiness After

### Divorce:

A Woman's 52 Week Guide to Living a Positive Life

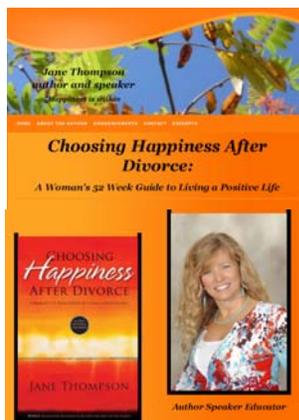
### HAPPINESS AFTER DIVORCE IS WITHIN YOUR REACH!

Divorce is devastating for all involved, but you have choices in how the experience affects you! Allow Jane Thompson to guide you through the difficult period following divorce and inspire you to choose the path to happiness! No matter how much time has passed since your divorce, this 52 week guide provides concrete methods for pulling out of despair and moving forward into the happy life you desire,.

- Gain inspiration to put anger and bitterness aside and choose love for yourself and children
- Overcome the stress and worry which accompany financial difficulties, dealing with the ex's new girlfriend or spouse, loss of friendships and making tough decisions
- Stop hoping happiness will occur and take action to be happy everyday

Thompson has lived through divorce and shares with you how to choose happiness regardless of life's circumstances. Happiness is a choice each person can make and though there will be sad or hard times, not allowing those moments to define you or to destroy you can make all the difference.

Additionally, each chapter contains a guided journal entry to help you explore your feelings and brainstorm ideas; suggested further readings sends you to seek advice from the experts and inspiration from others; and a recipe in each chapter provides a creative and fun way of bringing a smile to your face, and family and friends to the table.



**COURTESY:  
Jane Thompson  
Author & Speaker**

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

# flowerduet

## One Dozen Roses - Florist Style Arrangement



Always use commercial flower food to condition your roses. Rose leaves may be damaged by fresh flower food solutions that contain more than 2-3% sugar. Most commercial fresh flower foods contain 0.5-1.5% sugar.

### Prepping Roses for Cut Flower Arrangements

Many of the roses purchased in the U.S. are imported from South America. By the time you purchase your roses at the wholesale market, they might have been out of water for up to two weeks in a nearly frozen state! When you get them home, you need to make sure you condition them so that they last 7-10 days in your arrangement — here is how:

- Use clean, sanitized containers (vase or bucket)
- Fill with warm water (105° to 110° F)
- Add flower food to water (use correct proportions)
- Re-cut the stems at least 1/2 inch (cut under water to release trapped air bubbles)
- Remove any leaves that are below the water line (for the one dozen arrangement, keep the leaves on the upper stem for fullness)
- Before placing each stem in the arrangement, re-cut the stem to make sure it can drink up!

**TIPS:** 1) Build your arrangement like a wedding cake - large flowers on the bottom is the Largest Layer - then next make the middle layer of fewer stems with smaller heads. Finish the top layer with the tallest and smallest flower. 2) If you have to remove a stem or place it back into an arrangement where the stems are tight - slightly twist the stem between your fingers to gently coax it out or into place.

### Flower facts for this arrangement

Rose

Wax Flower

Salal (Lemon Leaf)



**Salal is a bushy shrub native to the Pacific Northwest.** Its dark blue berries are edible and are efficient appetite suppressants, with a unique flavor. Lewis & Clark ate them during their winter at Fort Clatsop. Salal has been used for its medicinal properties by local natives for generations. The leaves have an astringent effect, making it an effective anti-inflammatory and anti-cramping herb.

### The Rose is the national flower of the United States.

Were valued for their beauty and symbolism by the Greeks and Romans, cultivated by the Chinese and popular in Europe in the 18th century.

**A Dozen:** stands for "there are dozens of ways I care about you." **Two Dozen:** stands for the 24 hours in a day and tells that "you think about them every hour." **Three Dozen:** signifies a romantic attachment unlike any other. **Four Dozen:** means unchanging and unconditional love.

### Wax Flowers are endemic to Western Australia

They belong to the myrtle family and have flowers similar to those of the tea-trees. Wax flowers are great choices for filler instead of traditional baby's breath. They come in white, yellow, pink and purple.

**COURTESY: Casey Schwartz Flower Duet**  
[www.flowerduet.com](http://www.flowerduet.com)



## **Become a C. P. A. Create, Promote, Allow the best in your life**

Reclaim Your Personal Power NOW!

How many times have you heard someone (including yourself) say things like, “I just can’t seem to get ahead.” Or “My husband/wife doesn’t appreciate me.” Or, “It doesn’t seem to matter what I do, nothing ever turns out the way I want it.” Or, “Why does this always happen to me?” Most of us quickly and easily slip into dwelling on what’s missing or lacking, what’s wrong, what’s bad, or turning ourselves into victims of a situation.

We are our own biggest obstacle to CPA. No matter how small or how large the issue may be, we create the energy and set the stage for the type of experience we have. Our thoughts about the situation, the person, or the interaction affect the entire process.

### **Overview of CPA**

We **create** a life experience through our choices or attitude or mindset.

We **promote** a life experience when we give energy and attention to something or someone in a specific way.

We **allow** our experiences of life. It’s far easier to blame circumstances or someone else for the unpleasant or not-so-successful experiences of our lives.

CPA is all about taking responsibility for our life experiences, both positive and negative. If we don’t like what has happened or what is happening, it’s our responsibility to do something with it. Moving from “victim” mindset to “victorious” mindset requires a series of simple steps. Taking those steps can be hard work, however.

### **The CPA Process — How it works**

**Step 1 — Be honest with yourself!** Acknowledge what’s happening and how you feel about it.

**Step 2 — Use the Control/Influence exercise to identify areas that are within your personal power.** This is key to “taking charge” of your situation.

Acknowledging the situation, realistically assessing it and moving on to C/I starts us down the path to a better CPA. I may no longer have control over the things that happened in the past, but I DO have some control or influence over the way I proceed from here.

**Step 3 — Review your list of what you believe you do NOT control or influence about the situation.** Ask this question: “What pieces of this could I control or influence?” Add those to the left-hand column.

**Step 4 — Consider each item in the left-hand column of your list. Identify specific things you could do or say to create, promote or allow.**

**Step 5 — Determine what risks are involved for each action item. Then determine potential rewards for each action item.** Is the risk involved acceptable in return for the benefits you’ve identified? In business this is called “cost/benefit analysis” or “risk/reward analysis” This practice works in our personal life as well!

**Step 6 — Prioritize your action items.** It’s neither practical nor feasible to do everything at once. You might decide to begin with something small that involves little risk, then move on to other actions based on the results (or lack of it) that you experience. As you gain confidence or experience the benefits of your actions, you’ll open up to new ways of doing things or new ways of looking at the world and people around you.

**Step 7— Revisit your list and choose new “power tools” as often as needed.**

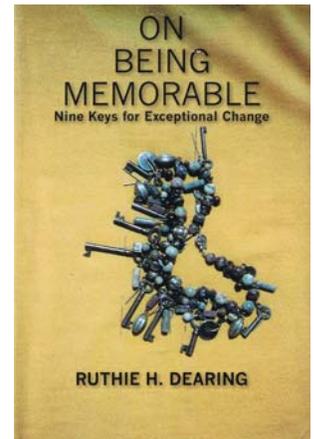
**Step 8 — Enjoy and CELEBRATE your positive results!** If the results are not what you want, rework the steps as often as necessary until you **Create, Promote, or Allow** the best possible outcome.

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

# On Being Memorable: Nine Keys for Exceptional Change

**On Being Memorable** provides a holistic approach to personal behavioral change combining a variety of different factors, including self-image, behaviors, creativity, power, good health, poise and altruism, bringing together all of these components using the STAR Approach to implement exceptional, lasting behavioral changes. Using the STAR Approach for change is different. Rather than trying to eliminate a weakness, concentrated efforts focusing on your positive characteristics and traits will cut in half the time and effort needed to create the new image you desire. When applied with discipline and commitment, the STAR Approach works through reinforcement of your positive attributes and behaviors to

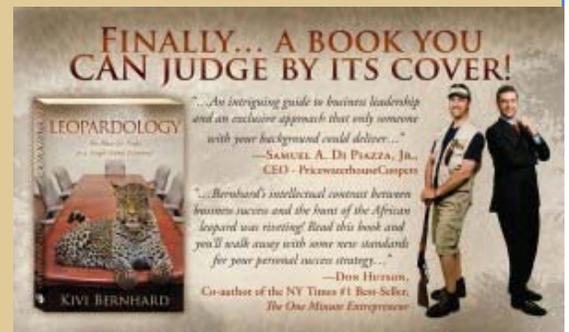
help attain your goal effectively and completely. **On Being Memorable** encourages and teaches new methods and strategies to reinforce successful skills and attributes that lead to positive behavioral changes and the creation of a most extraordinary and unforgettable person!



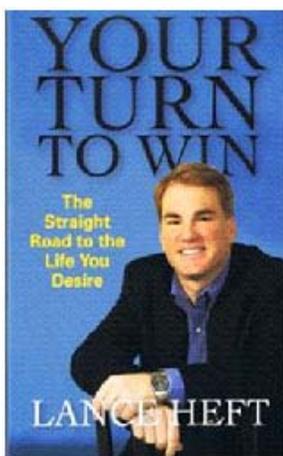
**COURTESY: Ruthie H. Dearing**  
Author

## Leopardology

As one of the most talented and sought after Professional keynote speakers today, Kivi Bernhard uses the hunting habits and techniques of the African leopard, the most successful feline predator on earth, to explore our “hunt” for success. Kivi seamlessly transitions between the “bush” and the “boardroom” with extraordinary platform skill that can only be described as captivating. With the aid of award winning video footage that is beyond riveting, Kivi will take your audience deep into the African bush on a virtual safari where he draws metaphors of personal and corporate success that will simply leave them spellbound!



**COURTESY: Kivi Bernhard**  
Kivi Bernhard International  
[www.kivibernhard.com](http://www.kivibernhard.com)



## Your Turn To Win: The Straight Road to the Life You Desire

Are you satisfied with your personal relationships, your self-image, or your career? If you aren't, then Lance Heft's groundbreaking program, *Your Turn to Win*, is for you.

- Do you feel that your life lacks true purpose? Does your life feel empty or lack meaning? If you are, then you need *Your Turn to Win*.
- Do you often feel that you can never reach your personal, professional, or financial goals? If that's how

you feel, then *Your Turn to Win* will change your life.

- Do you aspire to do or be things in your life, but fear gets in your way? Are you feeling trapped or stuck in your life? *Your Turn to Win* will teach you how to remove fear as an obstacle.

*Your Turn to Win* is a rare and unique gift. One that will ease your path through life, inspire and motivate you, and help you discover the life you desire. *Your Turn to Win* is filled with real-life stories that show you how the program works for real people in the real world.

**COURTESY: Lance Heft**  
Author, entrepreneur and businessman  
[www.lanceheft.com](http://www.lanceheft.com)



# Tips From the Healthy Housekeeper



## 10 Spring Cleaning Tips

1. Get Organized - Use tools that will save you time.
2. Start at the top and work your way down.
3. Turn on some great music, enlist helpers, and make a chore list.
4. Use extension dusters for the high surfaces.
5. Use vacuums that get behind and underneath your furniture. This will save wear and tear on your body!
6. Don't do windows the old fashioned way - newspaper leaves ink residue, paper towels leave lint behind. The best bet, microfiber cleaning cloths for small areas and a professional window squeegee for windows. That is the best way to get a streak free shine.
7. For hard floor surfaces, a Swiffer Wet Jet cleans better than a traditional mop and bucket. Just place a clean pad on the mop head and mop the floor. Say good-bye to bacteria ridden string mops forever!
8. Use lemon oil on all those porous wood surfaces that have suffered through the winter's dry heat. Not only will the lemon oil treat the wood and restore the moisture and shine to it, but it will cover most scratches from the pets or kids in the house that have "knicked up" your oak baseboards.
9. Tired of dusting so much? Maybe it's time to have your duct work cleaned. That will not only improve your indoor air quality, but it will help eliminate the dust that has settled in the vents and duct work.
10. 85% of the dirt that comes into your home comes from the bottom of shoes! No wonder those carpets always look so bad after the winter months! Call an ICCRC Certified Cleaner to come and thoroughly clean your carpets, and be sure to reapply carpet protector on the carpeting. (Normal foot traffic and carpet cleaning removes the carpet protector from the fibers over time.)

## Stressbuster Tips

Kitchen-related tasks typically take most of our household time. While the number of things that can go wrong, and the number of chores related to food preparation and cleanup can sometimes seem endless, I can't think of anything more satisfying than gathering the family around for a meal...unless it's gathering friends around, too.

However, although most people like the idea of having company for dinner, a special event, or a holiday gathering, many of them are reluctant to do it. They fear that entertaining will be expensive, time-consuming and exhausting.

But it's one of life's great joys to share good food, good conversation, and warm companionship. So all the following tips are offered in the hope and belief that they can make your cooking and entertaining free of stress and full of joy.

## One Pan Easy Meals

### Ragu Chili

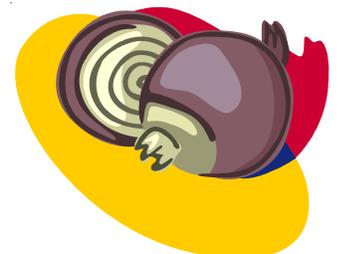
- 1 lb. of beef or turkey
- 1 onion, sauted
- 2 tsp. chili powder
- 1-2 cans red kidney chili beans
- 1 26 oz. jar Ragu Sauce or Fresh and Simple Ragu Pouch
- Uncle Ben's rice or pasta



Brown beef or turkey; drain. Add onion, chili powder, and beans. Add Ragu Sauce and pour over rice or pasta. Condiments: Salsa, cheese, tomatoes, jalapenos.

### Sloppy Joe

- 2 lb. ground beef or turkey
- 1 sauted onion
- 1/2 cup brown sugar



- 1/2 cup sweet relish
- 1 26 oz. jar Ragu for each pound of meat or Fresh and Simple Ragu Pouch

Brown beef or turkey in a pan; drain. Add remaining ingredients and serve on hamburger buns.

### Taco Salad

- 1 lb. ground beef or turkey
- 1 bag frozen peppers, onions, corn or black beans
- 1 Fresh and Simple Ragu Pouch
- 1 tsp. cumin **and** 1 tsp. chili, optional



Brown beef or turkey; drain. Add remaining ingredients.

### Quick Burrito

- 1 lb. ground beef or turkey
  - 1 bag frozen peppers, yellow squash, zucchini and onions
  - 4 tsp. chili powder and some corn
  - 1 Fresh and Simple Ragu Pouch
- Serve with tortilla shells



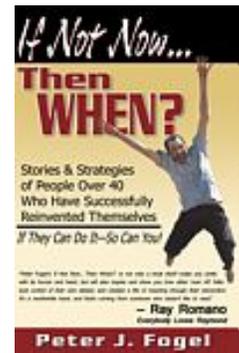
Brown beef or turkey; drain. Add vegetables and chili powder and corn. Add Ragu and serve with tortilla shells. Condiments: Salsa, cheese, tomatoes, jalapenos are optional.

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

## Think Reinvention Is Too Hard?

*“Fuggedaboutit”*

Hi, I’m Peter “The Reinvention Guy” Fogel, copywriter, reinvention expert and author of the book, *If Not Now... Then When? Stories and Strategies of People Over 40 Who Have Successfully Reinvented Themselves.*



For over 23 years I was a late night television comedian who also shared the stage with Robin Williams, Rosie O’Donnell, Jon Stewart, Denis Leary, and Ray Romano. I worked on such programs as Evening at the Improv, HBO’s Comedy Central, and Married, With Children. You might’ve seen me... you just didn’t know my name. Well, since then, I switched careers and transformed myself into an in-demand advertising copywriter and speaker.

**Make no mistake: If I can reinvent myself... so can you!**

If you have a friend, loved one, or you’re over 40 (or 39 1/2) and have a burning desire to change your “status quo” and live the life YOU want, then my book is your answer.

Get ready for a fun, inspirational and informative ride, and that’s because in *“If Not Now... Then When?”* you’ll discover:

- How to know if you should reinvent yourself (the answer may surprise you - page vii)
- The # 1 secret you can use to reinvent yourself right now (page 214)
- How your past performance is NOT indicative of your future success (page 34)
- The secret to finding your “defining moment” that will skyrocket you to new success (page 215)
- The number one error people make when switching careers (it’s deadly and not what the experts say.) (page 29)
- Ways to turn your passion into profits (page 119)
- Five useful tidbits to use when dealing with a mentor (page 13)

**COURTESY: Peter Fogel  
Author & Speaker**  
[www.reinventyourselfnow.com](http://www.reinventyourselfnow.com)



# The Living Circle

*Energetic Seminars & Keynote Presentations*

## **Nuggets of Gold**

Have you ever felt like you reached the end of the rainbow and didn't

find the pot of gold? Have you ever wondered if you are actually doing what you were meant to do? In this very stirring and popular keynote, Wilny will take you into his own journey searching for nuggets of gold sharing with you the nuggets that he found. Using an unforgettable acrostic, he will show you the difference between failure and success and the role fear plays in that process. You will laugh, some will cry, all will learn the true meaning of success and you will be inspired to find your own nuggets of gold in order to leave more than a memory, but a legacy.

## **The Impossible Dream**

We all have dreams, but few of us reach them. Why is that? This keynote provides the answer to that question and then shows the listener the 10 steps that must

be taken in order to reach the impossible dream. Wilny will teach you a different way to look at the word "impossible." He will show you how to turn your impossible dream into a possible reality.

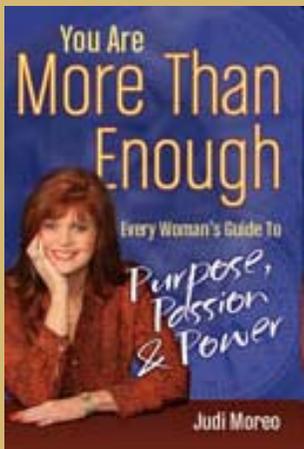
## **You Can Have it all!**

In this energetic and happy presentation, Wilny will share with you some of his secrets to a happy life. He will share with you secrets from the happiest people who have ever lived and show you what they have in common. This keynote is about throwing away the wheel that you are inventing and learning from those who have done what you want to do. Prepare yourself to laugh at yourself, to laugh at life and to laugh at your neighbors. By the end of this keynote, you will have specific tools for success, that when used, will get you everything you want.

**COURTESY: Wilny Audain  
The Living Circle**

## **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](http://www.judimoreo.com)**

# Miscellaneous Guests

**Wilny Audain**

The Living Circle  
6352 N. W. 201 Terrace  
Hialeah, FL 33015  
443-226-3165  
Fax: 305-621-3882  
[phtn@aol.com](mailto:phtn@aol.com)

**Kivi Bernhard**

Kivi Bernhard Int'l.  
2897 N. Druid Hills Rd. #273  
Atlanta, GA 30329  
404-832-8250  
[kivi@kivibernhard.com](mailto:kivi@kivibernhard.com)  
[www.kivibernhard.com](http://www.kivibernhard.com)

**Ruthie Dearing**

Dearing & Associates, Inc.  
9223 Osuna Place NE  
Albuquerque, NM 87111  
505-275-9005  
[ruthiedearing@yahoo.com](mailto:ruthiedearing@yahoo.com)

**Laura Dellutri**

Healthy Housekeeper, Inc.  
14216 Parkhill St.  
Overland Park, KS 66221  
913-208-5209  
[dellutril@aol.com](mailto:dellutril@aol.com)  
[www.lauradellutri.com](http://www.lauradellutri.com) or  
[www.healthyhousekeeper.com](http://www.healthyhousekeeper.com)

**Peter Fogel**

Author & Speaker  
8108 Summer Shores Dr.  
Delray Beach, FL 33446  
561-245-5252  
[peterfogelspeaks@yahoo.com](mailto:peterfogelspeaks@yahoo.com)  
[www.peterfogel.com](http://www.peterfogel.com)

**Lance Heft**

Po Box 26814  
Collegeville, PA 19426  
646-242-4846  
[Lance@lanceheft.com](mailto:Lance@lanceheft.com)  
[www.Lanceheft.com](http://www.Lanceheft.com)

**Curt Jaynes**

GardenSources Landscape &  
Nursery  
42405 US 70  
Portales, NM 88130  
575-356-8773  
[garden\\_source@yahoo.com](mailto:garden_source@yahoo.com)  
[www.gardensourcenm.com](http://www.gardensourcenm.com)

**Judi Moreo**

Turning Point International  
P. O. Box 231360  
Las Vegas, NV 89105  
702-896-2228  
[judimoreo@yahoo.com](mailto:judimoreo@yahoo.com)  
[www.judimoreo.com](http://www.judimoreo.com) or  
[www.turningpointintl.com](http://www.turningpointintl.com)

**Casey Schwartz**

Flower Duet  
P O Box 7000  
Redondo Beach, CA 90277  
310-792-4968  
[casey@flowerduet.com](mailto:casey@flowerduet.com)  
[www.flowerduet.com](http://www.flowerduet.com)

**Ruth St. Pierre**

Creative Business Resources, Inc.  
7808B Walnut St.  
Pleasant Valley, MO 64068-7605  
816-415-1681  
Cell: 816-304-6296  
Fax: 816-415-0868  
[ruth@ruthstpierre.com](mailto:ruth@ruthstpierre.com)  
[www.ruthstpierre.com](http://www.ruthstpierre.com)

**Jane Thompson**

5316 Meadowcrest Cv.  
Memphis, TN 38117  
901-761-6945  
[jane.hasenmueller@gmail.com](mailto:jane.hasenmueller@gmail.com)  
[www.choosinghappinessafterdivorce.com](http://www.choosinghappinessafterdivorce.com)

**Kris Wrede**

Kismet Potions  
10700 Academy Rd. NE, Ste. 721  
Albuquerque, NM 87111  
505-275-6508  
505-231-5257 (cell)  
[kismetpotions@comcast.net](mailto:kismetpotions@comcast.net)  
[www.kismetpotions.com](http://www.kismetpotions.com)