

# Creative Living with Sheryl Borden

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## Beware the Ides of March

We've all heard the term "Beware the Ides of March," but do you know what it means? I didn't -- so I looked it up and found it rather interesting -- I hope you do, too.

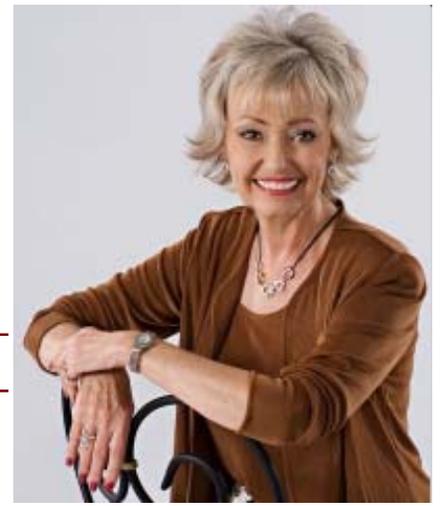
The soothsayer's warning to [Julius Caesar](#), "Beware the Ides of March," has forever imbued that date with a sense of foreboding. But in Roman times the expression "Ides of March" did not necessarily evoke a dark mood --it was simply the standard way of saying "March 15." Surely such a fanciful expression must signify something more than merely another day of the year? Not so. Even in [Shakespeare's](#) time, sixteen centuries later, audiences attending his play *Julius Caesar* wouldn't have blinked twice upon hearing the date called the Ides.

The term Ides comes from the earliest Roman [calendar](#), which is said to have been devised by [Romulus](#), the mythical founder of [Rome](#). Whether it was Romulus or not, the inventor of this calendar had a penchant for complexity. The Roman calendar organized its months around three days, each of which served as a reference point for counting the other days:

- **Kalends** (1st day of the month)
- **Nones** (the 7th day in March, May, July, and October; the 5th in the other months)
- **Ides** (the 15th day in March, May, July, and October; the 13th in the other months)

The remaining, unnamed days of the month were identified by counting backwards from the Kalends, Nones, or the Ides.

So, the Ides of March is just one of a dozen Ides that occurs every month of the year. Kalends, the word from which [calendar](#) is derived, is another exotic-sounding term with a mundane meaning. *Kalendrium* means account book in Latin: Kalend, the first of the month, was in Roman times as it is now, the date on which bills are due. So now, we know what it means!



Let's back up to February, and I'd like to tell you about some upcoming segments I had the pleasure to tape with some very nice guests. **Kimberly Reddin** is the Director of Public and Industry Relations with the National Onion Assn. in Greeley, CO. I had not worked with anyone from this association for a long time, so it was a lot of fun to meet and work with Kim. She talked about growing onions, harvesting, cutting them (and how to avoid the tears!), as well as storage and handling. Also, she prepared some delicious recipes which all of our crew enjoyed.



Another guest had been on the show in 2005, but I hadn't seen her since -- and she's been busy writing books and teaching classes. It was so nice to renew our friendship and work

with her. **Cindy Losekamp** is an author and designer and her company is called Sew Artfully Yours, Inc. in New Trenton, IN. Cindy taped four segments on crocheted laces and edgings by machine, bobbin work, silk screening, vintage techniques, and sweatshirt transformations. She is a very talented person, and it was fun to be with her again.

Another guest was **Tyleen Caffrey**, and she's a social worker, scrapbooker and morning show DJ, which is where I met her. In May of each year, I do a media tour of the area radio stations to promote our station's online auction, and Tyleen was working the morning I was there. We found out we both love to do cardmaking and scrapbooking -- and the rest is history. She taped three very "crafty" segments that I know you'll enjoy seeing.



Another very creative person whom I met for the first time was **Laura West Kong**, and she, her mother and 9-year old daughter were here on February 18th from Loma Linda, CA. Laura is an author and designer and has



just recently published a new book titled *"Fast, Fun & Easy Fabric Cover-Button Jewelry"* by C & T Publishing. Laura showed how to make our own coffee cuffs (to avoid those hot drinks), button brooches, using vintage fabric to cover button crafts, and making applique cards using fusible web and fabric. These were really cute cards -- I'm anxious to try this technique myself.

The same day, I met and worked with **Norah McMeeking**, another author and designer with C & T Publishing. Norah lives in Santa Barbara, CA, and she brought some beautiful photographs of floors from Italy to show us -- and then she showed how she transformed the inspiration into quilt patterns. Her book is titled *"Bella Bella Quilts,"* and it's a wonderful resource for anyone interested in quilting. The large quilt in the picture is the cover of Norah's book. Norah also



demonstrated piecing on paper foundations and showed how to draw a continuous line compass pattern -- something all mathematicians will enjoy! I continue to be amazed at the interest there is in quilting, and I think that's wonderful.

And, last but not least, I had the pleasure of meeting and working with **Peter Fogel**, a stand up comedian who has certainly led an interesting life. He's written a book titled "If Not Now...Then When" and it contains stories & strategies of people over 40 who have successfully reinvented themselves. Peter says, "If they can do it - so can you!" He is from Delray Beach, FL.



When Kim was here, she demonstrated several unusual recipes, but the one that was everyone's favorite was a Creamy Onion Dip. Several of my students (who run cameras for us) had no idea you could "make" your own onion dip -- it didn't always have to come from the grocery store! And, once you've tasted homemade onion dip, you'll agree that there is no comparison. I hope you'll try this recipe sometime.

### CREAMY ONION DIP

- 2 cups finely chopped onions
- 1 Tbsp. olive or vegetable oil
- 1 tsp. paprika
- 1 cup regular or light sour cream
- Salt & pepper, to taste



Heat oil in large skillet. Add onion; cook over medium heat stirring often, 3 minutes, or until barely tender. Stir in paprika. Combine onion mixture and sour cream in medium bowl. Add salt and pepper, to taste. Cover, refrigerate until ready to serve. Makes 10 servings or 1 2/3 cups. To serve in onion bowl: cut off top third of large red onion. Trim

small edge off root end to make flat support. Peel onion. Scoop out inner layers, leaving outer two layers intact. Spoon dip into hollow onion.

I mentioned that I enjoy doing scrapbooking, but I have to admit that mostly I glue down pictures and label them, but I don't do much journaling. When Tyleen was taping with me, one of the segments she did was on "Scrapbooking: My Life Journey." She made some excellent points about the importance of recording special times in our lives -- whether they are happy or sad times.

## Why "My Life Journey"

- Archive your life journey
- Piece together your history
- Path to understanding your memories
- Promotes positive grasp of identity
- Maintain connections
- Help recognize your individual worth

We encounter a spectrum of emotions over the course of a lifetime. These emotions are triggered by the events in which we come across. We often find ourselves in difficult situations that are very personal. You may find yourself coping with these heart wrenching events in various stages. Perhaps you may need a creative way to release the stress, anger, sadness or frustration you may feel.

I would like to introduce "My Life Journey: Healing through the Art of Scrapbooking."

When we plan to scrapbook, we focus on weddings, birthdays, and vacations. Often, we skip unpleasant moments in our lives because of the pain it causes rather than embracing and preserving those memories in our creative expression.

Research shows that using creative outlets improves mental health and emotional well being. Taking the steps to preserving your memories will



enhance self-esteem, and deepen the journey of self discovery.

Tyleen is a social worker who advocates improving the quality of life for all who have encountered troubling times in their lives. She started offering "My Life Journey" as a workshop, seminar, or monthly support group to help understand the importance of developing lifebooks/scrapbooks in order to preserve lasting memories while healing. By combining art, writing, poetry and journaling, participants learn the effects scrapbooking has on the healing process of traumatic experiences. Participants are able to bring moments to life while cherishing memories.

Even if you don't scrapbook, you might like to share these thoughts with anyone you know who does this type of craft.

Since these segments won't air for several months, I wanted to go ahead and give you the guests' e-mail addresses and website addresses, and you can browse at your leisure or contact them directly.

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*Sheryl*