

Individual Program Descriptions

Creative Living - #6500 Series

6501

3-6-13

- Cookbook author and chef, **John Vollertsen** (more commonly known as Chef Johnny Vee) will compare the different brands of knives available in stores today and explain the parts of the knife, proper holding and cutting skills. He also owns and operates *Las Cosas Cooking School*.
- Designer, **Laura Bray** is going to show how to make a cute birthday decoration that can be used year after year. She's going to create candles with Velcro brand fasteners on them so you can add to it each year. She represents *Velcro USA, Inc.*
- Designer and digitizer, **Laura Waterfield** is the owner of *Laura's Sewing Studio*, and she's going to demonstrate insertion lace machine embroidery, which creates an heirloom design that can be done on most fabrics. The secret to this technique is to use a wing needle, which she'll show.

6502

3-13-13

- Cookbook author and dietitian, **Carol Fenster** will show how to get more fiber in the diet with whole grain products, which are the primary source of fiber. Her company is *Savory Palate, Inc.*
- *PartyLite* consultant, **Christine Alt** will show how to change decorations with each season by using clear glass candle holders. She suggests starting with timeless, versatile accessories that lend themselves to different candles.
- **Bruce Johnson** is the spokesperson for *Minwax* and he's going to show how to make a versatile serving tray for entertaining as well as create a table centerpiece that can be changed to compliment your décor or season.

6503

3-20-13

- **Dianna Effner** is an artist and designer, and her company is *Expressions, Inc.* She's going to talk about porcelain as a medium for making dolls and explain "the magic moment" which occurs when the doll is removed from the mold.
- **Nancy Nix-Rice** is a wardrobe consultant and author, and she's going to show how to conquer chaos in the closet as well as share some organizing ideas for accessories and purses. Her book is titled "*Looking Good.*"

6504

3-27-13

- **Michele Muska** is with the *Simplicity Creative Group*, and she's going to demonstrate the new 12 needle deluxe electric felting machine as she makes some beautiful felted cuffs to wear as bracelets or to attach to garments.
- **Evelyn Terhune** is the owner of *Ozark Crafts*, and she's going to show how to use ordinary shaving cream and acrylic paints to create a marbled effect on fabric which can then be used for a variety of projects.

6505

4-3-13

- **Clare Rowley** is an inventor and owner of *Creative Feet*, and she's going to make napkins using the Satinedge presser foot she invented for a blind and deaf sewer in 1986. Since this presser foot guides the fabric itself, even children or adults with physical and visual challenges can enjoy sewing.
- There is a lot to consider when buying candles, and **Melanie Thayn** is going to talk about what to look for and how to get the most from the candles you buy. This includes burning time, wicks, fragrance, and more. She's an independent consultant with *PartyLite*.
- With Florida strawberries, you can enjoy a taste of summer all winter long. **Sue Harrell** represents the *Florida Strawberry Growers Assn.*, and she'll talk about the growing season, selection, storage and much more as she prepares a Strawberry/Banana smoothie for a quick and healthy breakfast.

6506

4-10-13

- **Meryl Ann Butler** is an author and quilter and she's going to share some time saving techniques for quilting based on the concepts in her book on making a quilt in 90 minutes. She'll also show several finished quilts made with these techniques.
- Extension Home Economist, **Connie Moyers** will demonstrate "Homestyle in a Hurry." She explains that homestyle means cooking like your mother or grandmother used to do, but with new shortcuts, it can be done much quicker and easier.

6507

4-17-13

- Business partners, **Christy Kabbani and Nicky Poloski** will explain their concept at *Two Mothers Foods* and how they compost all vegetarian waste in order to save landfill space. They will also talk about steps they take to control nutrient waste.
- Designer and crafter, **Ann Butler** will show how to take a wooden wreath and various paints and a No Bake Polymer Clay to create a variety of fall home décor items. She uses a push mold to create the leaves and then adds metallic shimmers for that extra special touch. Ann's company is *Ann Butler Designs*.
- **Pat Baird**, *Country Crock*, will talk about healthy school lunches and snacks and look at some quick and easy ways to make nutritious lunches and snacks at home.

6508

4-24-13

- **Judy Novella** is going to show how to take a "Block of the Month" quilt and adapt it to create home décor accessories, including a flanged pillow, a lumbar pillow and a decorative table runner. She represents *Fairfield Processing Corp.*
- Author, **Peter Goodman** has written a children's book and will discuss one of the issues he addresses. It has to do with engaging children in talking about social and emotional issues and how to help all children deal with bullying behaviors. His business is DreamBIG.
- **Karla Stockli** represents the *California Fig Advisory Board*, and she will talk about the many nutritional benefits of consuming fresh and dried figs. Ounce for ounce, figs provide a nutritional punch that is hard to match by any other fruit.

6509

5-1-13

- Quilter and author, **Karen Eckmeier** will show how free-form rotary cutting of fabric strips that are layered can "accidentally" create a beach scene on a quilt. Her company is *The Quilted Lizard*.
- **Theresa Cifali**, mixed media artist and owner of *The Altered Canvas*, will show how to make dimensional canvases using a gel medium and heavy bodied acrylic paint. By adding a quote and/or a picture, it becomes a gorgeous piece of home décor.

6510

5-8-13

- Most women are looking for ways to look ten pounds thinner. **Nancy Nix-Rice** is a wardrobe consultant and author and she's going to demonstrate on herself how to make changes that will result in a slimmer and more flattering look. Her book is titled *Looking Good*.
- Cookbook authors, **Kimberly Reiner and Jenna Sanz-Agero** will demonstrate making a delicious seaside toffee and tell the story about how this annual tradition first originated for the holidays. These ladies are referred to as The Sugar Mommas and their cookbook is "*Sugar Sugar: Every Recipe Has a Story.*"
- **Connie Crawford**, President, CEO and Designer for *Fashion Patterns by Coni*, will show to fit and design knit garments and will show sketches of various knit designs. She'll illustrate the various knit fabrics and stretch elements.

6511

5-15-13

- Quilter and designer, **Laura Murray** will demonstrate what she calls "playing in the grid." She will show how to use a paintstik primer on the background fabric and then use the grid as a guide for your quilted creation. Murray's business is *Laura Murray Designs*.

- **Vincene Parrinello** is the founder of *Wai Hope Organic Skincare* and she's going to talk about some of the actual chemicals used in skincare products, and explain how they may be contributing to serious health problems.

6512

5-22-13

- **Bonnie Matthews** is the co-founder of *Freekeh Foods* and she says that Freekeh is the perfect whole grain for vegetarians because it's flavorful and still provides an abundance of nutrients, such as protein and fiber that can be difficult to find as a vegetarian.
- **Barbara Trombley** is President of *Art Institute Glitter, Inc.*, and she's going to show how to work with a product called fantasy film, and make lots of "things with wings" – and they are quick and easy to make.

6513

5-29-13

- **Casey Schwartz** is a floral designer and co-owner of *Flower Duet*, and she's going to show how to line a glass vase with different types of greenery and then take all of one type of flower, lay them down, gather them together and chop the stems and then drop them into the vase. This technique is called "chop and drop."
- **Connie Moyers** represents *Mrs. Cubbison's Kitchens* and she's going to talk about the abundant selection of pre-packaged salads now available in most supermarkets, as well as all the add-ons that can be used, including croutons, tortilla strips and wonton strips.
- Motivational speaker, **Sue Hansen** says that finding your passion is predicated on the notion that you are aware of your purpose in life. She will explain how to know what you stand for and what is important to you in order to achieve this way of life. Her business is *Sue Hansen Speaks*.

6514

6-5-13

- **Debra Quartermain** is a designer and crafter, and she going to demonstrate kitty sock crafting, which is a take off from years ago when making sock monkeys was so popular. This is an easy and fun craft that children will also enjoy doing. Debra's business is *Debra Quartermain Design*.
- Quilter and designer, **Laura Murray** will demonstrate how to use Shiva paintstiks and StarBuilder stamps for texture to create wallhangings, jacket embellishments or holiday decorations. Murray's business is *Laura Murray Designs*.

6515

6-12-13

- Designer and crafter, **Shannon Bielke** will show how to use Tulip's new fabric markers to decorate all sorts of items, including baby clothes, bags, tee-shirts and more. Bielke's company is *Sha & Co*.
- **Pat Baird**, *Country Crock*, cites research that shows that families who eat together tend to communicate better. She's going to demonstrate some recipes that will make your table a magnet for family dinners.
- Designer and author, **Cindy Losekamp** says you can "slice them, shorten them, lengthen them and much more" and she's talking about making a jacket from a sweatshirt which she'll demonstrate. Her company is *Sew Artfully Yours*.

6516

6-19-13

- **Julia Usher** is a pastry chef, author & food stylist, and she's going to demonstrate a speedy way to add impressive cookie detail by wafer-papering, which refers to the application of wafer paper to cookie tops using corn syrup as the "glue."
- Author, **Peter Goodman** has written a children's book and will discuss the steps parents and teachers can take to protect children from bullying and self-blame, while building resilience. His business is DreamBIG.
- **Laura Dellutri** is going to share some quick and easy tips to cut down on coughs and colds to keep the entire family healthy. Laura's company is *Healthy Housekeeper, Inc.*

6517

6-26-13

- Apparel designer, **Laura Keith** will demonstrate how to sew a custom-fit swimsuit using easy sewing methods that are handy for any stretch knit fabric as well as for swimwear fabric. Her business is *Laura Keith Apparel Design*.

- **Donna Salazar** is a professional crafter and designer, and she's going to show how to make a framed butterfly wall decoration that includes a quote to make it personalized for the recipient. Her business is *Donna Salazar Designs*.

6518

7-3-13

- **Cindy Falk** is with the *Kansas Wheat Comm.*, and she's going to show how to use a bread machine to create some delicious breads and it's so easy.
- **Sue Hausmann** is with *Sulky of America, Inc.*, and she's going to explain what hemstitching is and demonstrate the technique of wing needle hemstitching, which resembles the way ready-to-wear looks.

6519

7-10-13

- **Karen Eckmeier** is an author and quilter and her business is *The Quilted Lizard*. She's going to demonstrate a fabric collage of step and window shapes that magically turn into a village. It's amazing how the tulle color can change the mood of the village!
- **Casey Schwartz** is a floral designer and co-owner of *Flower Duet*, and she's going to show some tricks of the trade with wiring some flowers to make small pieces of art to wear on your lapel or wrist.
- **Dianna Effner** is a designer of doll molds, and she has even figured out a way to use 3-dimensional dolls in scrapbooks. She'll show how to press the molds as well as how to paint them. Her company is *Expressions, Inc.*

6520

7-17-13

- **Nancy Siler** represents *Wilton Brands*, and she's going to show how to create oriental designs for cakes using fondant, a gum paste mold and buttercream icing. When you work with fondant, it make cake decorating very professional looking.
- **Kris Wrede** is an aromatic alchemist and natural perfumer, and her business is *Kismet Potions*. Kris will explain what essential oils and base oils are and tell why they are ideal for various skin types. She'll show how to use them for a beautiful glowing appearance.

6521

7-24-13

- **Michelle Dudash** is a registered dietitian and spokesperson for *California Raisin Marketing Board* and she's going to explain how to economize your kitchen by choosing foods that add flavor and nutrition without breaking the bank.
- Author and doll maker, **Terese Cato** has been making sculpted dolls for years. She will show how to sculpt the doll's face before it is attached to the body. Her book is titled "*Make Cloth Dolls. A Foolproof Way to Sew Fabric Friends.*"

6522

7-31-13

- Did you know you may be sleeping with over 2 million dust mites in your bed every night? **Laura Dellutri** will show some products on the market to help reduce allergens in the home. Laura is a life and style expert with *Healthy Housekeeper, Inc.*
- **Clare Rowley** is an inventor and owner of *Creative Feet*, and she's going to show how to sew on decorative trims like ribbons onto a piece of fabric, using the Sequins 'n ribbon foot that she invented to sew down sequins. This is especially useful when making small items, like doll clothes.
- **Sandy Grossman-Morris** is going to show how a plaid needlepoint design is created by repeating certain "setts" of numbers that can be individualized for each person. This results in a one-of-a-kind design. Her company is *Sandy Grossman-Morris Design*.

6523

8-7-13

- **Nancy Siler** represents *Wilton Brands*, and she's going to show how to give a butterfly cookie a painted effect using thinned royal or cookie icing to create kaleidoscopic patterns. Then, she adds other items for added flair.
- **Lisa Rojas** is a mixed media artist and designer and she's going to be using Graphic 45 papers, a vinyl record and embellishments to create a beautiful wall hanging. Her company is *Stampin' Queen Creations*.

- **Marty Van Ness** is a spokesperson and home economist for *Butterball*. She's going to talk about "go to" recipes for family celebrations, including snack ideas for kids, healthy lunch ideas, and ideas for using leftover turkey. She also has innovative turkey recipes for dinnertime.

6524

8-14-13

- Designer, **Laura Bray** is going to show how to create your own fabric designs using an assortment of Tulip Fashion paints and dyes. She says this will elevate your craft and sewing projects to new levels. She represents *ilovetocreate.com*.
- **Rebecca Peck** represents *Amate Studios*, and she's going to show some different styles of jewelry blanks and how to make custom photo jewelry with UV resins, which imitate the look of more expensive jewelry.
- **Terrell Sundermann** is going to demonstrate making a window valance for either an inside mount or an outside mount. Her business is *Terrell Designs*.

6525

8-21-13

- **Judy Novella** is going to show how to use Fusi-Boo fusible batting and a pillow insert filled with polyester fiberfill to create the decorative tabs on a fast, fun, fan-tabulous pillow! She represents *Fairfield Processing Corp.*
- There is a new program called 5210 Mayors' Challenge that promotes healthy eating and physical activity in schools and at home. Extension Home Economist, **Shannon Wooton** will explain what this is and why it's important. She's with the *NM Cooperative Extension Service*.
- **Cindy Losekamp** is a teacher, author and designer and she's going to show how to combine a quilting and an embroidery machine to make pillows, wallhangings, garments, and of course, quilts. Her company is *Sew Artfully Yours*.

6526

8-28-13

- **Sandy Grossman-Morris** is going to show how to incorporate ribbon as embellishment when doing needlepoint project and designs. Her company is *Sandy Grossman-Morris Design*.
- Motivational speaker, **Sue Hansen** says "As crazy as it sounds, it takes a lot of energy to live a simple life." Hansen will explain what she means by this and tell us what steps she suggests to getting that liberated feeling. Her business is *Sue Hansen Speaks*.
- Sewing instructor, **Nancy Lovett** says that piecing fleece to make quilts is very bulky. She's going to show a non-traditional technique that reduces all of the bulk and results is a very beautiful quilt.