



Creative Living

with Sheryl Borden

6600 Series
Miscellaneous
Section



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Miscellaneous

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Creating a Victorian-Themed Tussie-Mussie Hand-tied Bouquet

f l o w e r d u e t

What is a tussie-mussie? According to the Royal Horticultural Society: "Tussie-mussies are posies assembled from a carefully chosen selection of flowers and herbs, usually to convey a specific message."

What does "tussie-mussie" actually mean? The word is sometimes spelled "tuzzy-muzzy". The word "tuzzy" refers to the Old English word which means a "knot of flowers". Muzzy refers to the damp moss wrapped around the stems to keep them moist.

Victorian bouquets: Sizes carried by Victorian ladies varied from small breast posies to huge bouquets measuring sixteen inches across – the larger – the more fashionable.

Language of Flowers: Victorians believed flowers had special meanings associated with them. Today, we'll choose from a selection of flowers to send our own special messages to our friends and loved ones. Have fun and happy posey-making!



Sisterly Love = I made this Tussie-Mussie for my sister

- Marigold: Affection (for each other)
- Celosia: Silliness (we are very silly)
- Yarrow: Health (always)
- Basil: Best wishes (for the future)
- Myrtle: Joy (she brings me joy all the time)
- Rose: Love (I love her very much!)

Flower Recipes: Below are the flowers we'll be using today and themed bouquets you can create with the flowers.

Love	Pinks, Greens and White	Meanings
Spray Roses	Dark Pink	Thankfulness
Button Mums	Green	Long Life, Cheerfulness
Alstroemeria	White	Strength
Stock	White	Lasting Beauty
Fern	Green	Sincerity, Fascination

Memorial or missing loved ones	Reds and Greens	Meanings
Classy Rose	Reds	Harmony, joy, luck
Zinnia	Orange	Thoughts of Absent friends
Statice	Purple	Never-ceasing remembrance
Rosemary	Green	Remembrance
Mint	Green	Warmth of feeling

Friendship	Yellows and Oranges	Meanings
Large rose	Yellow	Friendship
Gerber - mini	Yellow/Orange	Friendship
Solidago	Yellow	Encouragement, good fortune
Peppermint Scented Geranium	Green	Comfort

Horizontal Floral Design

1. Secure a piece of foam within the confines of the container wrapped in the leaves.
2. Establish the framework height and width.
3. Insert the 5 Callas deeply into the foam angling them downward into the foam.
4. Insert the 3 Anthirium on the other side to balance it,
5. Place the ti leaves in the back to mimic a bow.
6. Finish with the orchids to fill in and extend length.



This design has 3 Anthuriums, 5 Ti leaves, 5 Calla Lilies, & 5 Dendrobium Orchids

Don't be tempted to add too many flowers. Keep the profile of the design low.

Dendrobium Orchids



Also known as Singapore orchids, these spray flowers come in lavenders, pinks, greens and whites. Individual blossoms are great for corsages or leis. Vase life is 7-10 days. Often best if soaked in water for 15 to 30

Anthurium



These cut flowers last 2 to 3 weeks or more; however they do bruise easily, so handle with care. They like humidity so mist often with water. If the bracts look wilted, immerse entire stem in water for 15 to 30 minutes.

Ti Leaves



Also Codiaeum (koh-die-EE-um) - Variegated, or Solid Green leaves. Vase life 1-3 weeks.

For extensive tips on buying flowers, conditioning flowers and designing, visit: flowerduet.com/

Sunflower Topiary - Using Wet Florist's Foam



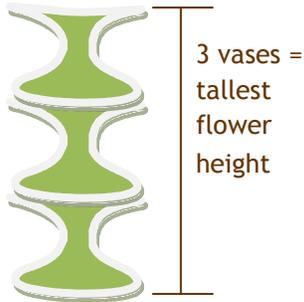
Floral Foam: When working with floral foam, be sure to soak the foam thoroughly with water and floral food. Let the foam piece sink in a bowl or bucket on its own. Don't force it down into the water or you may create dry air pockets inside the foam. Water foam every day with water and floral food to keep your flowers looking fresh.

Design principles: To help determine the height of your tallest flower and therefore your design, first measure the height of vase (Example: Vase = 5". Multiply vase height by 3. Tallest flower would be 15".)

First: When creating a topiary design, place one stem in at a time.

Second: Fill in the base. Start with greenery.

Finally: Accent the base with flowers in the same color as your main topiary flower or more of the same topiary flower.



"You may know that the peony is Jeannin's, the hollyhock belongs to Quost, but the sunflower is mine in a way."
Vincent van Gogh (written in a letter to his brother Theo)

Flowers & Greenery used for this arrangement

Sunflower



The sunflower often follows the sun which is how got its name. Sunflowers can drink a lot of water. Be sure to use a vase that holds plenty of water and can support the weight of the flowers. The tallest sunflower grown on record was 25 feet tall.
More: sunflowerusa.com

Spray Rose



Spray roses have clusters of blooms 2 to 3 inches in diameter. Blooms come in red, yellow, white, and pink or combinations of those colors like yellow with red fringe or Rhumba roses. Clean spray roses the same way you do single stem roses - carefully!
More: rose.org

Protea



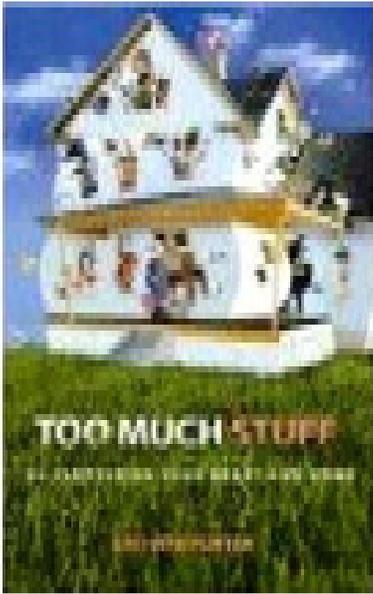
The Proteaceae are an ancient family, probably one of the oldest groups of flowering plants. Most Protea will dry without shedding leaves or petals and may be readily used in dried flower arrangements which will last for many years.
More: californiaprotea.org

Leather Fern



Foliage should be free of yellow tips. Place stems in 2- 3 inches of tepid water. Do not add floral preservatives to water. Slant cut smaller pieces off of frond for all size needs. Slant cut stem for easy insertion into floral foam.
More: ccfc.org

**COURTESY: Casey Schwartz
Flower Duet
www.flowerduet.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

Sue Hansen Speaks!

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“The Need to Lead”

Once upon a time there was this leader. He was a most powerful leader. The people that served in his stead were devoted and faithful. They would do most anything he asked of them. He shared his ideas, and asked for their ideas. When he came up with outrageous edicts, he would listen to his constituency about why it wouldn't work, and then try something new. He was a leader who could not only see the consequences of his actions, he could vision clear into the future about what obstacles they might have to cross. This was a leader who, when faced with adversity, could rise above the fray and take the criticism without blaming his devoted followers. This was a leader that would not institute change without discussing the changes first to understand the impact of those changes. This was a man that when things didn't go his way, he didn't berate and humiliate others. He treated everyone with respect and dignity. This was generous leader and when he made money he shared the money - okay, not all of it, but he shared nonetheless. This was a man that, when faced with devastating financial problems, had everyone on his team stand by him, take a salary cut and continue to work through the financial difficulties until the company got back on its feet again. This was a leader to respect, a leader to admire, a leader to revere...strive to be that kind of leader.

Most of us at one time or another must brush off our “leadership” skills and actually use them. Whether you are the leader of a Girl Scout troop, a support network, a service club or a loosely organized outing with friend's, great leadership skills really do matter.

I think most of us have come across what we know to be weak leaders, but have you really given thought to how you are going to act when you find yourself elected as the president of the Lion's Club for example. What is a good leader, you ask yourself, how can I maximize my impact?

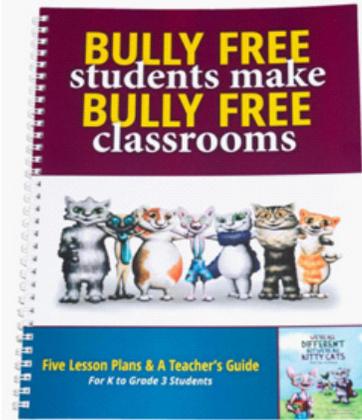
Leadership is caring for the people you will lead.
Leadership is having the skills to set clear goals.
Leadership is honing your communication skills so you can clearly share the goals and vision.
Leadership is possessing the ability to see into the future; anticipating, planning and strategizing where you will take your team.
Leadership is having passion for the mission.
Leadership is hard, be persistent, be fair, become a great leader.



To book Sue for your next meeting, retreat, or event call 970.252.0800 or email sue@suehansenspeaks.com

COURTESY: Sue Hansen
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Bullying Prevention Curriculum For K-3 Students



Importance of Curriculums to Teach About Bullying

- A large percentage of bullying takes place in and around the school building, as well as in after school programs and during extra-curricular activities. A lot of bullying today also takes place in the form of cyberbullying, which includes texting and online forms of harassment.
- It is impossible for teachers, child care workers, and coaches to see what is occurring between children all the time. In addition, bullies are often purposefully and/or intuitively aware of spots that are out of sight of the adults in charge.
- Young children learn best through a combination of explanation and experience, with the latter providing a powerful influence because it augments intellectual memory with sensory/motor memory and emotional meaning.
- Curriculums based on this premise are more likely to be effective teaching tools and can be implemented by parents, child care workers, and teachers.

Tips for Creating A Bully Free Classroom

Bullying is a common problem, and schools don't want it there anymore than the students. Both can come out ahead if schools place an emphasis on addressing the problem in a variety of ways - one being to integrate bullying prevention education as part of the curriculum.

Below are 10 additional things that schools can do to help prevent and address bullying: Bully Free Students Make Bully Free Classrooms

- 1. Focus on prevention.** When you begin working on bullying as a school-wide issue, place the emphasis more on preventing it so that it is not as big of a problem to begin with.
- 2. Establish a committee.** Create a task force at the school to focus on bullying. That committee should include members from staff, teachers, parents, and students. Together, they can work together and have their input considered.
- 3. Create a plan.** Within the committee, work together to create a bully-prevention plan for the school. Include what the consequences will be if people are found to be bullying others.
- 4. Start early.** It is never too early to start working with children about treating others with kindness, respect, and acceptance. Start at the earliest grade that the school has, leaving no children out of the plan.
- 5. Keep it going.** As children work their way through the school, advancing to the next grade, reinforce the bully-prevention message. They need to hear the message every year, as opposed to it being given to them only once.
- 6. Think multiple methods.** Children learn in different manners. Some learn by listening, others learn by hands-on projects, and still others learn by watching. Try to incorporate multiple ways to get the bully-prevention message across to students. Include things like books, plays, games, movies, and more.
- 7. Encourage peer advocacy.** When students go from being bystanders to being "upstanders," attempts to address bullying will be more successful. Students should be taught to stand up for other students.
- 8. Teach w n bullying prevention,** students still need to know what to do if it happens to them. Teach them acceptable ways to handle bullying if they do encounter it.
- 9. Work with parents.** Parents want a bully-free school as much as teachers, staff, and students do. Nobody wants their child to come home in tears after a day of being bullied. Get the parents involved in the bully prevention effort in order to make it more successful.
- 10. Evaluate and adjust.** Once or twice per year, give the students an anonymous survey to fill out, where they can answer questions about bullying on the school campus. This will provide a look at how the students feel about the school atmosphere, and will give staff the chance to see if the bully-free plans need to be re-evaluated.



COURTESY: Peter Goodman
DreamBIG
www.kittycatsbook.com



Animals Helping People

This program aims to provide information and resources relating to the training, treatment, and placement of therapy dogs. There is a wide range of conditions and afflictions affecting people who can benefit from a higher quality of living with the addition of a therapy dog in their life. From those suffering from autism to people with physical limitations imposed by birth defects, MS or debilitating strokes, or Post Traumatic Stress, the presence and assistance of a therapy dog can make a tremendous difference in the details of everyday life.

For people suffering from psychological conditions, such as post traumatic stress disorder, the presence of a therapy dog can also make a huge difference, improving day to day outlook and offering hope for the future. Through the Animals Helping People Program, Guardians of Rescue will provide assistance to identify the appropriate resources for those in need and expedite the process of getting help to those who need it.

Next Generation Guardians: Humane Education

The Next Generation Guardians are a group of young people from all walks of life. Their goal is to “learn the ropes” of animal rescue, and be the change for our future. This program is a very important aspect of our mission. It is presented at public middle schools, high schools, Boy & Girl Scout troops, vocational schools and residential facilities for at risk youth. This program encompasses a number of animal welfare related topics, such as:

- How to recognize the signs of animal abuse and neglect, and how to report it in the proper manner.
- How to fight animal abuse and help defend creatures that cannot do so themselves.
- Why dog fighting is wrong and morally reprehensible and why it cannot be tolerated.

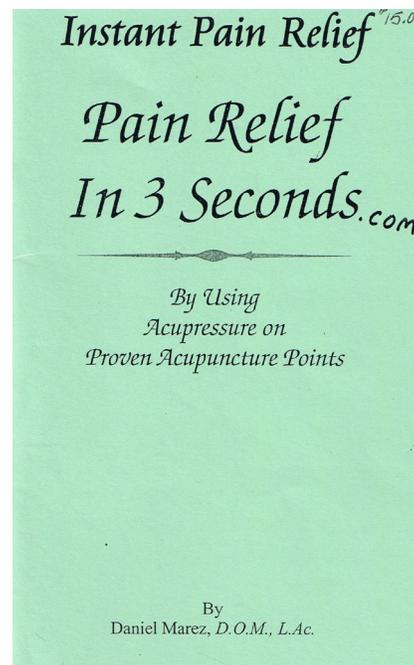
To further the impact of our Humane Education program and further empower students, Guardians of Rescue works with schools and school districts to organize food and supply drives to benefit their local shelters, and assist them with our “Sponsor a Shelter Pet” initiative.

COURTESY: Matthew Festa
Guardians of Rescue
www.guardiansofrescue.org

Pain Relief in 3 Seconds

According to Dr. Daniel Marez, D.O.M., L.Ac., this book is not designed to teach acupuncture, teach the history of acupuncture, or explain what acupuncture is used for. This book is to teach how to relieve pain instantly. “I want to simplify, simplify, simplify,” he says.

This book is not intended to diagnose, cure or prevent any disease. If a condition persists, please contact a medical professional. The information presented in this book should not be construed as medical advice. The testimonials provided are individual cases and do not guarantee that you will get the same results. Please see your local licensed acupuncturist for best results.



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