

Creative Living

with Sheryl Borden



6900 Series - Miscellaneous

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Miscellaneous

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READY, SET, PACK, GO!

Preparation makes life easier

I. Money matters.

A. Call credit and debit (ATM) card companies to advise them of your travel, especially international travel. Money matters but travelers' checks don't.



ATM cards with no fees are your best choice for getting money, especially overseas. (To avoid scams, use machines in banks rather than stand-alones. Cover the keyboard with your hands to block hidden cameras. If the card sticks, that machine has a "skimmer" which illegally records your account and PIN number. Pull your card out immediately and find another machine.)

B. In many countries - not in Europe - American "ones" and "fives" are accepted as easily as local currency. But, make sure that yours are "clean," no tears nor excessive wear, etc.

II. Copy the first two pages of passport, fronts of all credit cards (not the back with security codes and signature), and handwrite the Lost or Stolen phone numbers. Carry copies in places separate from your credit cards and money in case of loss or theft.



III. Carry extra passport picture. If your passport is lost or stolen, a copy and extra picture will facilitate a replacement.

IV. Call the cell phone company and verify voice and data rates. If traveling abroad, data charges can run into hundreds of dollars.

V. Packing:

A. Verify luggage specifications on airline website and measure your pieces. Check www.tsa.gov for prohibited items.

B. Begin a packing list as soon as you make reservations. Plan each day's activities and assure that every item does at least double duty. Plan on washing undies, socks, etc. when you shower. Wrinkled is OK.

C. Begin packing a week or two ahead. Waiting until the night before leads to forgotten items. Check items off your list as you pack, then keep the list at

home. If your luggage is misplaced and you need to make a claim, that list will verify what was inside.

1. Plan to wear heavy items--walking shoes, jackets, etc.

2. Roll clothes in tissue paper to prevent or reduce wrinkles.

3. Wrap plastic bags around liquids.

4. Weigh luggage at home to assure yours is not overweight.

5. Include an itinerary and contact information inside.

6. Attach multiple labels on the outside. (Use P.O. box or business address if possible on labels) Consider wide tape with airline information and hotel information wrapped around your luggage.

7. Take a picture of your luggage with your cell phone or a camera in case it's misplaced. You can show the baggage clerk what it looks like.

D. Pack these items in your carry-on luggage - never in checked luggage: passport, medications, money, credit cards, camera, phone, chargers, SD cards.

1. You are allowed one quart-size zipwlock bag with liquids 3 ounces (100 ml) or less.

2. If traveling overseas, you will need an adaptor and maybe a voltage converter. (Many electronics are already dual voltage; check first.)

3. Measure and weigh carry-ons.

VII. Security matters.

A. Separate money and credit cards in different places in case of theft.

B. Consider neck or waist wallet for valuables and/or a vest with many pockets.

C. "Bling" invites theft. Wear only simple jewelry, cheap plastic watch.

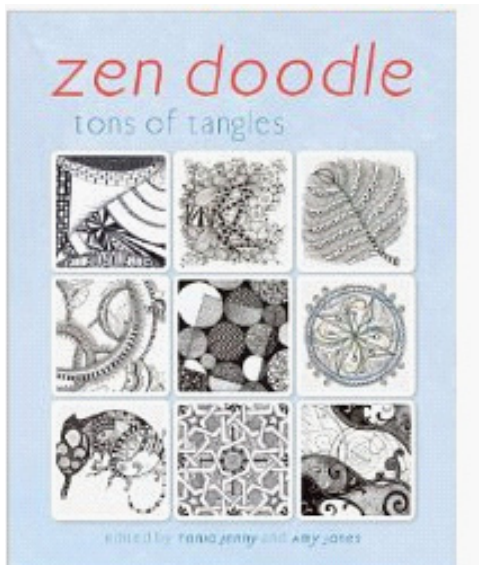
D. Notify Post Office to hold your mail.

E. Notify neighbors and close relatives of plans and provide contact numbers. **Do not post on social media!**



COURTESY: Yvonne Lanelli
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Zen Doodle



Sometimes beginning a Zen doodle masterpiece can seem daunting. Once we've started, it's easy to get into the flow and relax, but how or with what direction do we actually start?

This is where basic (or not-too-basic), familiar shapes, objects or forms come in handy. As June Crawford says, "I never really begin a doodle with a plan in mind. I like to start with a circle and let the doodle develop as it goes."



Sometimes when I create a Zendala, I don't know where to start. By placing an X or cross in the center, I then have something to work with other than a blank tile. Zendalas are typically worked from center out, but I don't always know what I want to start with, so I will mark the center and then work from the outside in - as I did in this piece titled Zendala - Leaves & Fish.



1. Draw 2 lines with a pencil from each corner of the tile. Draw a small center circle, and with a compass draw a 2" diameter circle and then a 2 1/2" diameter circle. Erase the pencil lines after going over the circles with a pen.



2. Add a design in the center and then at each corner of the tile.



3. Embellish your design & add shading as desired.

**COURTESY: Deborah Pace
AarTvark Crea8tions**

www.dpavcreations.blogspot.com



The mission of the Charity Wings Art & Craft Center is to be an inspiring place for people of all ages to Gather, Give Back and Create; as well as to partner with other charities to give free classes to those who can benefit from the Hope, Happiness, and Healing that art can provide!



The Charity Wings Art & Craft Center opened its doors April 2013 in San Marcos (San Diego), CA. Partnering with other non-profits all over the world, the Charity Wings Art & Craft Center hosts free classes and events for their beneficiaries on site or through live streaming technology, providing the hope and healing that only art can provide. Serving as a hub for the arts and crafts community, Charity Wings Art & Craft Center memberships support non-profit programs as well as give members access to open studio time, classes, events and opportunities to give.

COURTESY: Elena etcheverry
Charity Wings
www.charitywings.org

flowerduet Tropical Combo

GINGER & ANTHIRIUM: Look to make sure there are no brown or black spots on the flowers and try to avoid a brown tip.

Long Term Care For Your Cut Orchids & Anthurium

Most cut orchids and anthurium will last longer as stems than as single blooms; a cut orchid arrangement will last longer than a boutonniere.

Flowers should be as fresh as possible. If they appear a little wilted, they can be submerged in warm water for a few minutes. After stems are purchased and brought home, 1/2 inch (approximately 2 cm) should be cut from the base of the stem with a sharp knife - if possible while the stem is submerged in water - then place the stems in a vase.

Step 1: Use a deep container and floral foam.

Step 2: Start with your two Gingers and place in the back of the foam, then add the larger heliconia in front.

Step 3: Place your Anthirium in front and accent with orchids; fill in with Ti Leaves or Palm Fronds.



Flower Types used in this floral design:

This is a set to purchase Ginger



This combo is sold at Trader Joes. It contains 2 Heliconia, 2 gingers, & some tropical leaves. We added some other greenery and the Anthurium, native to the tropical Americas and the Pacific Ocean islands west to Indonesia. Heliconias are an important food source for forest hummingbirds.



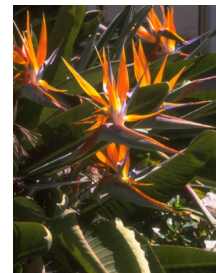
Ginger is thought to have supernatural values in chasing away evil spirits. Although more popularly known as a spice, the gingers' flower is one of the more widely used tropical plants. Many gingers have medicinal uses from helping asthma to relieving stomach aches.

Anthurium



The gift of **Anthurium** confesses a man's intense attraction. Also known as the tail flower and the flamingo flower, the Anthurium manages somehow to be both comic and impressive. Native to South America, these flowers in northern latitudes will survive in a heated greenhouse.

Bird of Paradise



The **bird of paradise** suggests something strange and wonderful is about to occur. Native to southern Africa, this flower attracts a particular species of bird that shares its colors, orange with a touch of dark blue. In Asia it is also known as the crane lily for its shape, which resembles a folded paper crane.

**COURTESY: Casey Schwartz
Flower Duet**

www.flowerduet.com

INTRODUCING THE NEW CHILDREN'S BOOK SERIES

WE'RE ALL DIFFERENT BUT WE'RE ALL KITTY CATS

The Bully & The Wonder Cat

"My name is Carlos and I have no fur."

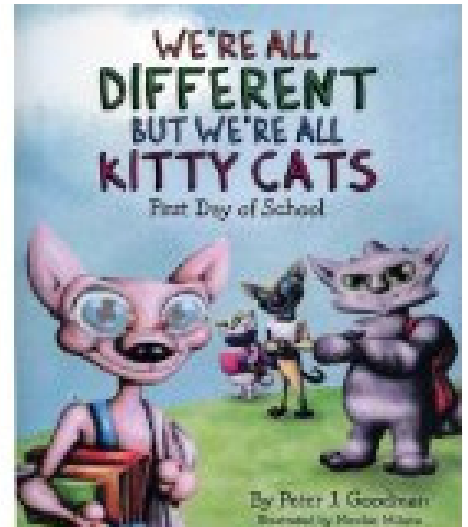
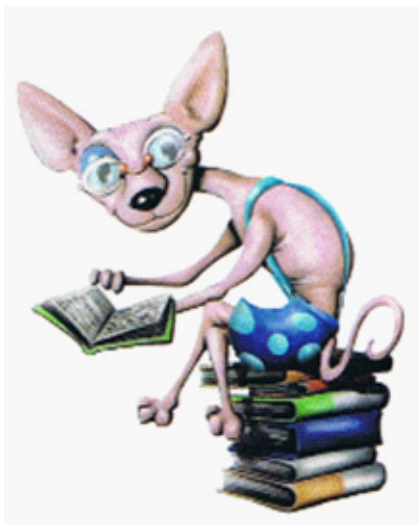
A kitty cat with no fur? How strange thought the other cats, laughing and giggling at Carlos. Hurt and embarrassed in front of the class, he sits down at his desk and begins to cry.

After class, Vinny, the school bully, picks on Carlos. When two of their classmates witness this event, they stand up for Carlos. With the support of his mother and teacher, Carlos finds something on the inside that makes him just as unique as he is on the outside. And as he gains confidence, he also gains friends.

As the story unfolds, the reader will see how Carlos deals with and overcomes his insecurity and ultimately triumphs in the end.

Set in schoolroom situations that every child will recognize, a gaggle of feline friends shows the way to respect and friendship as Carlos the hairless cat faces the challenge of being different.

The first in a series that brings adults and children together to discuss important social issues, the book includes discussion prompts and fun facts for parents to facilitate engagement and learning at storytime. A charming story told in brightly-written prose with popping illustrations, children will be entertained as they discover with Carlos and his schoolmates that what matters most is that we are all different, and this means we all share something in common.

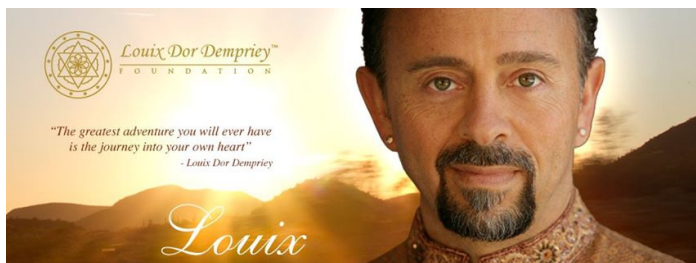


About the author

Peter J. Goodman is a multi-media children's author. His Kitty Cats book series bring adults and kids together to discuss important social issues from early childhood. The series encourages discussion and dialogue through thought provoking narratives. Peter's first book, Win-Win Career Negotiations, was published by Penguin Books in 2002, and he has been featured in the Wall Street Journal, the Washington Post, the Chicago Tribune, and Publishers Weekly. He currently resides in Washington, DC.

COURTESY: Peter J. Goodman
Author
www.learn2g.com

Louix Dor Dempriey Foundation



In a society where the paradigm of "I consume therefore I exist" one can ask himself what is the meaning or the use of having a real life Guru, or even if there is really a need for a Guru in modern times? The answer is Yes. Louix Dor Dempriey is a spiritual master who has made it his mission to help others restore their inherent divinity and live in unconditional love. Using contemporary and practical tools, as well as examples from his own journey to God-realization, Louix teaches how to attain self-mastery and lasting inner peace and joy. His non-denominational, timeless expressions of Divine truth guide people from all spiritual and religious paths, as well as all social, economic, and cultural backgrounds, to create peace, unity, tolerance, compassion, humility, and love amongst all the peoples of the world.

His seminars, retreats and workshops focus on helping people with everything from finding inner peace and forgiveness, to eating a diet that is more in alignment with nature.

Weaving timeless truths into sage counsel, Louix empowers everyone to attain self-mastery over life circumstances. He selflessly offers his wisdom to all who seek his guidance with an open heart.

In 2007, the Louix Dor Dempriey Foundation in Laguna Hills, CA was established to help spread his teachings and to serve individuals and communities worldwide, through its educational programs and humanitarian service initiatives.

COURTESY: Louix Dor Dempriey
Spiritual Master & President/CEO
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Post Traumatic Stress Disorder

- Post traumatic stress disorder is often referred to as PTSD. It is a mental health condition that is a type of anxiety disorder.
- PTSD usually follows a stressful life event, such as being in combat, being assaulted, or experiencing domestic abuse. Following the incidents, the person "re-lives" the experience, may have flash-backs, nightmares, and strong, uncomfortable reactions to the event.
- PTSD usually disturbs one's day-to-day living, making it difficult for them to go about their normal routine. Therapy can help these people to address the situation.
- The prevalence of PTSD is that 7-8 percent of the total population will experience it at some point in their life. However, when it comes to military members, the number of those who experience it is much higher.
- Up to 20 percent of those who served in the Iraq and Afghanistan wars experience it; 10 percent of those who served in the Gulf War, and 30 percent of Vietnam veterans experience it.
- Guardians of Rescue has an animal therapy program, through their Animals Helping People Program, that helps military members with PTSD. The program pairs PTSD trained therapy dogs with veterans who need the therapy.
- The program has been successful in pairing numerous dogs with military members. They are ready to provide the assistance to others as well. Treated, people can overcome the issue and go on to live a normal life. Left untreated, they can often go on to experience depression, alcohol or drug addiction, and related medical conditions.

COURTESY: Matthew Festa
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