

Individual Program Descriptions

Creative Living - #7000 Series

7000 "40th Anniversary Series

9-2-15

- A "look back" at some of the guests and topics that have been featured throughout the 40 years of "Creative Living with Sheryl Borden."

7001

9-9-15

- Designer and seamstress, **Patty Dunn** will show how to weave fabric strips to make a quilted pieced look. She'll also show placemats and purses that have been made with this technique called "line dancing." She is the owner of *All Dunn Designs*.
- **Patty Waid**, owner and operator of *Waid & Associates*, says creating beautiful centerpieces is like adding "jewelry" to your event. She'll present a close look at the basic elements of design that help to set the foundation for building centerpieces with a "wow" factor.
- **Kerri Forrest** represents *Bernina Sewing Machine*, and she's going to talk about sergers. She'll explain what they can do, how to select one and then demonstrate some of the basic stitches by working on a tee-shirt. Unlike traditional sewing machines, sergers trim the fabric, sew the seam and finish the edge at the same time.

7002

9-16-15

- Floral designer, **Carly Cylinder** will show how to use two different techniques when working with horsetail, which is a type of bamboo. The final product looks like an advanced floral arrangement! Her company is *Flour LA* and *Flour LA Jr*.
- Ever wonder how designers actually knit their couture designs? **Dean Cheek** is a designer who will show a few techniques for ribbing and making cables to give us an understanding of how small knitwear manufacturers work. He'll also show some glamorous finished garments he's made to show the versatility of his knitwear.
- **Jamie Alcorta**, owner of *Walls of Art*, will show how to use paint on columns or any other accessory to make them coordinate with other hardware and metal fixtures which are shown in today's new home construction.

7003

9-23-15

- **Diane Tunnell** is an Independent Demonstrator with *Stampin' Up!*, and she's going to show how to make a card using a technique referred to as Emboss Resist. She'll tell what supplies are needed, show how to heat the embossing powder and then show how to add additional color, if desired.
- If you really want to impress your family and friends, watch carefully as **Nancy Siler** demonstrates making a regal rainbow ruffle cake. Siler represents *Wilton Brands*. It "almost" looks too good to eat – but not quite.
- **Gary Barnes** has successfully built three businesses from the ground up. He will share his success tips with others by telling five things they don't teach you in business school. His company is *Gary Barnes International*.

7004

9-30-15

- **Marisa Pawelko** is a designer and crafter, and she's written a craft book on projects made from duct tape. She'll show some crazy cool ideas for making everything from jewelry, fashions, hair accessories, handbags and much more. Her business is *Modern Surrealist*.
- **Ray Pawley** is a retired curator with the Chicago Zoological Parks, and one of the species he managed was hummingbirds. He's going to talk about these various species of hummingbirds, talk about feeding them and share the recipe he uses for attracting these tiny birds.

7005**10-7-15**

- **Elena Etcheverry** is the founder and ED for *Charity Wings*, and she will show some upcycling and distressing techniques featuring DecoArt Chalky Finish paints. They go on with one coat and require no sanding or use of primers, and she works with these products through her non-profit organization.
- Artist, designer and model, **Monica Duran** is on a mission. Although facing terminal cancer, she has found a way of helping other women through her creative artwork. She discusses how pain is reflected in each painting, and even how illness has influenced her modeling career. Her company is *Monista Arts & Designs*.
- What's for lunch? The answer is kale but what is kale? **Carol Fenster** is an author and nutritionist, and she will explain what kale is, show various varieties and explain why it is so good for us. She'll also show how to make kale chips. Her company is *Savory Palate, LLC*.

7006**10-14-15**

- **Deborah Pace** is an artist and designer, and she's going to explain what a Zentangle is, tell how it got started and what supplies are needed. She'll also talk about all the different surfaces you can use to create this art form. Deborah's company is *AarTvarK Cre8tions*.
- Cookbook author, chef and teacher, **John Vollertsen** (known as Chef Johnny Vee) is going to talk about the latest craze in fast food – it's called food truck cookery. He'll even demonstrate some of the food items that are the most popular to make and sell. He's the owner of *Las Cosas Cooking School*.

7007**10-21-15**

- **Chef John Csukor** is a culinary consultant to the *California Fig Advisory Board*, and he's going to talk about compelling flavors, visuals and nutrition as well as how to incorporate the satiety factor of a meal. Figs will be the center stage as John prepares vegan and gluten-free recipes.
- According to the American Federation for the Blind, there are increasingly more people who are experiencing eye problems. **Dr. Edward Kondrot** says this is especially true for those over the age of 65. He'll discuss some tips to help seniors protect their vision. He is the founder of *Healing the Eye & Wellness Center*.

7008**10-28-15**

- **Emily Tatak** is the Assistant Culinary Specialist with *Wilton Brands*, and she's going to demonstrate how to use fondant to create a variety of woodland animals, including a fox, an owl, and a raccoon.
- **Patty Waid**, owner and operator of *Waid & Associates*, is an event planner, and she knows how important it is to be able to locate items quickly for an upcoming event. She'll share some tips and tricks that can alleviate some of the chaos and make life easier!
- What's the first thing you would think of doing if a wild animal happened to get into your home? **Ray Pawley** says you need to immediately take charge with a calm, clear head. He has several suggestions that might come in handy someday. Pawley is a retired curator with the Chicago Zoological Parks.

7009**11-4-15**

- Interior decorator, **Latriece Brooks** will explain why having an Interior Decorator involved in your remodeling or building projects can save money in the long run. Having someone you like and trust can help develop your scope of work as well as your financial budget. Brooks' company is *Brooks Interiors*.
- **Diane Tunnell** is an independent demonstrator with *Stampin' Up!* If you're a crafter, you have probably already learned about using embossing folders but have you ever tried a technique called "Double Dry Embossing?" She will demonstrate this technique and show several cards she's made with this.

7010**11-11-15**

- Adventure writer and photographer, **Yvonne Lanelli** will share some suggestions for ways to make money while traveling to your exciting destinations. This includes writing, presentations on cruise ships and even organizing your own tour group.
- **Nancy Siler** represents *Wilton Brands*, and she's going to show how to do a variety of techniques that make decorating cupcakes, cookies and other delicacies even easier. This includes ways to fill a cupcake, how to spatula ice a cupcake and even make various swirl designs.
- Recent studies show that cat obesity has risen over 90 percent since 2007, and people are beginning to look at their pet food as the source of health problems. **Will Post**, founder of *Hound & Gatos Pet Food Corp.*, will talk about five common cat health problems.

7011**11-18-15**

- "What goes around comes around." Remember that saying? People are still antiquing furniture but the products are just different. **Connie Moyers** is with the *NM Cooperative Extension Service*, and she's going to show how to make your own DIY chalk paint recipe and then show how to use it on a variety of projects.
- **Diane Romick**, President and CEO of *Castle Design Studio*, will explain how optical illusions can change the perception of space when designing an interior. She'll show how different illusions apply to a room.

7012**11-25-15**

- **Marisa Pawelko** is a designer and crafter, and she's teamed up with Sizzix to show how to make some easy and fun custom cuff bracelets using shape cutters from her collection. She'll also show a wide variety of materials for making a bracelet. Her business is *Modern Surrealist*.
- Power Up! What makes breakfast the best meal of the day? Registered dietitian and author, **Pat Baird** is going to answer this question, and discuss the use of MyPlate in determining what to eat at every meal. She represents the *National Got Milk Campaign*.
- **Megan Thome** is a former spokesperson for *EK Success Brands*, and she's going to show a variety of border punched projects from scrapbook layouts to cards to home décor.

7013**12-2-15**

- **Clare Rowley**, President of *Creative Feet LLC*, will show how to use acrylic paint and a template to add designs to sewing machines and sergers. She uses Stick and Rinse as a removable template and water soluble paint for painting. She has lots of different designs to show.
- When we talk about rubber stamping, we usually are referring to craft making, but **Julia Usher**, chef and cookbook author, will show how to actually rubber-stamp or wafer-paper an already top-coated cookie. She'll explain the type of ink pad to use and other tools for the project – and they are completely edible.
- Designer and crafter, **Ann Butler** will show how to use a wooden wreath, various paints and 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. Butler's company is *Ann Butler Designs*.

7014**12-9-15**

- **Marci Baker** is a quilter and author, and she's taught many people how to quilt. She'll talk about why we quilt, explain how each quilt tells a story and that most are not perfect. So, if anyone has tried to quilt in the past and been disappointed, Marcia says "Yes, You Can Quilt!" and with her tips, you can. Baker's company is *Alicia's Attic, Inc.*
- **Maria Benardis** will talk about how to adopt stress free cooking at home by having the right energy in the kitchen. This includes music, color, measurements and a sense of humor. Her book is titled "*Cooking & Eating: Wisdom for Better Health.*"
- **Kerri Forrest** represents *Bernina Sewing Machine*, and she's going to explain what a double-cord presser foot can do and demonstrate using it. She explains that it can be used with any utility, decorative or quilt stitch, and she'll also show how to do couching and piping with this foot.

7015**12-16-15**

- Artist, designer and model, **Monica Duran** has created a collection of hand crafted leather purses and jewelry in addition to her artwork. These items all coordinate with her daughter's designs, which she'll tell about. Her company is *Monista Arts & Designs*.
- Designer and crafter, **Shannon Bielke** will show how to use regular dominoes and a few simple craft products and turn them into jewelry, books, ornaments and more. Bielke's company is *Sha & Co*.
- **Dianna Effner** is an artist and the owner of *Dianna Effner Porcelain Dolls*, and she's going to show several dolls wearing tee-shirts and other garments that are decorated with transfer art. She'll show how she uses various transfer sheets for her projects.

7016**12-23-15**

- **Erica Plank** has come up with a great tool for quilters – it's a 9" seam pressing template that guarantees perfect corners every time. It is designed for seam pressing only, and you use a dry setting (not steam) on the iron. She'll demonstrate its use while making a Cathedral Window quilt block. Her company is *Unseen Hands*.
- **Charlene Patton** is with the *Home Baking Assn.*, and she loves to talk about family traditions and recipes that can be shared and passed from generation to generation. She'll demonstrate a favorite from her newest cookbook "Baking with Friends."

7017**12-30-15**

- What is a Zentangle? **Deborah Pace** is an artist and designer, and she's going to explain what a Zentangle is and how it got started. She'll also talk about different methods of making quilts using Zentangles on fabric. Her company is *AarTvarK Cre8tions*.
- For many women the selection of a pair of jeans is difficult. Wardrobe consultant and author, **Nancy Nix-Rice** will share some concepts that can guide each woman to her ideal choice. She'll consider color, fabric, leg cut and style details as well as fit.

7018**1-6-16**

- Author and fitness guru, **Kate McKay** is going to talk about the role metabolism plays in fitness. She'll also share suggestions for five meals per day and says it's all about portion control. Her book is titled "*Living Sexy Fit...at Any Age.*"
- **Debra Quartermain** is a designer and crafter, and she's going to demonstrate kitty sock crafting, which is a takeoff from years ago when making sock monkeys was so popular. This is an easy and fun craft that children will especially enjoy doing. Her business is *Debra Quartermain Design*.

7019**1-13-16**

- Artist and crafter, **Dana Pomroy** has a unique line of animal caricatures made from paper mache. She will talk about the process of making and shaping the animals and then demonstrate how to paint the adorable creatures. Some are almost life size.
- **Marty Van Ness** is a spokesperson and home economist for *Butterball*, and she's going to do a demonstration called Turkey 101, which teaches new cooks simple recipes, entertaining ideas and cooking tips to help them become a pro.
- 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 that help reduce allergens in the home. Laura Dellutri is a life and style expert with *Healthy Housekeeper, Inc.*

7020**1-20-16**

- If you like to make Halloween costumes or play clothes for your kids, you'll really enjoy the project **Carina Gardner** will demonstrate which results in an octopus costume. She is the Creative Director and Designer for *Carina Gardner, Inc. and Carta Bella Paper Company*.
- **Chef John Csukor** is a culinary consultant to the *California Fig Advisory Board*, and he's going to demonstrate how easy it is to cook with figs and present simple, on the go snack bars and power bars that are packed with flavor and sustainable energy.
- Designer and crafter, **Ann Butler** will show how to use specialty stamps to stamp out a real quilt. The stamps are created without a lip so you can easily place them next to each other to create awesome art, mixed media pieces, backgrounds and more. Her company is *Ann Butler Designs*.

7021**1-27-16**

- **Connie Moyers** is with the *NM Cooperative Extension Service*, and she's going to talk about growing herbs and then share some recipes and ideas for using them. Some of her ideas include making pesto, cucumber salad, cilantro dressing, and other tasty treats.
- Fashion designer, **Orlando Dugi** is going to show how to dye silk fabric as he shows us his Red Collection. He uses the cochineal beetle, an insect native to South America, to dye the fabric. He says that Duchess silk sateen/organza is the best quality of silk to color and he'll explain why.
- **Emily Tatak** is the Assistant Culinary Specialist with *Wilton Brands*, and she's going to demonstrate how to make a gumball cupcake. These would be adorable favors or decorations at a child's birthday party, or for an afternoon get together.

7022**2-3-16**

- **Clare Rowley**, President of *Creative Feet LLC*, will demonstrate how to cut Polar Fleece fabric using Stick and Rinse Tape. She'll also show how to quickly finish the edge of this extremely stretchy fabric by using her Sequins and Ribbon presser foot.
- Cookbook author, chef and teacher, **John Vollertsen** (known as Chef Johnny Vee) believes in using the freshest ingredients available at his *Las Cosas Cooking School*. He's going to demonstrate chicken stock preparation as he prepares a simple Tuscan Chicken soup with Cannellini Beans and Escarole.

7023**2-10-16**

- **Destini Duran**, fashion designer, will talk about her journey to become a designer and tell how she works with her mother who designs accessories for all of her collections. She loves to use prints and out of the ordinary designs and expresses her love of art through her designs. Her business is *Destinista Fashion*.
- Gazpacho is a cold vegetable soup with tomatoes as the main ingredient. **Carol Fenster**, a nutritionist and author, will demonstrate her version of gazpacho that offers a time-saving shortcut. Even those who are gluten intolerant can eat it since she doesn't use bread as a thickener. Her company is *Savory Palate*.
- Interior decorator, **Latriece Brooks** is going to show how to ensure that you hang pictures at just the right level. She'll also discuss the various tools that make picture hanging much easier. Brooks owns *Brooks Interior*.

7024**2-17-16**

- Author and fitness guru, **Kate McKay** is going to talk about how to create a life vision and explain why it is important. She says that it takes 21-28 days to establish a new habit, and this is as true for weight control and fitness as for other areas of our life. Her book is titled "*Living Sexy Fit...at Any Age.*"
- **Lisa Rojas** is going to demonstrate how to create a no-sew pillow with a faux quilting technique using a new line of rubber stamps and inkpads. Her company is *Stampin' Queen Creations*.
- **Sara Robbins** is the director of Dairy Confidence with *DairyMax*, and she says that health authorities agree that low-fat and fat-free milk and milk products are an important and practical source of key nutrients for all people – including those who are lactose intolerant. She'll talk more about this.

- **Chef John Csukor** is a culinary consultant to the *California Fig Advisory Board*, and he's teamed up with another chef, **Sophia Greenia** to demonstrate the use of figs in an array of delicious and crave-worthy beverages. Figs' versatility shines through with these delectable libations.
- **Rae Cumbie** is a custom dressmaker, artist and designer, and she will talk about the benefits of unlined jackets and then show some beautiful seam finishes. These include a French seam, a rolled edge seam and bias binding using a Hong Kong finish. She is President of the *Association of Sewing and Design Professionals*.

- **Maria Benardis** will talk about some of ingredients in ancient Greek recipes. She explains that their healing and medicinal use in ancient times is still current even today. Her book is titled "*Cooking & Eating: Wisdom for Better Health.*"
- For many people, selecting the right fabrics for quilts is the biggest hurdle. **Marci Baker** will show how to pick fabrics knowing that it will look great when you are finished. She'll go over values, a palette of colors and show how to use a color wheel with a viewing window to aid in the process. Baker's company is *Alicia's Attic, Inc.*
- **Kimball Starr** is an interior designer, and she is going to talk about some of the challenges of small space living and then present solutions for the overall look of the space. She always considers activities that the space allows as well as adequate storage. Her company is *Kimball Starr Interior Design*.