



# Creative Living with Sheryl Borden

7400 Series - Crafts

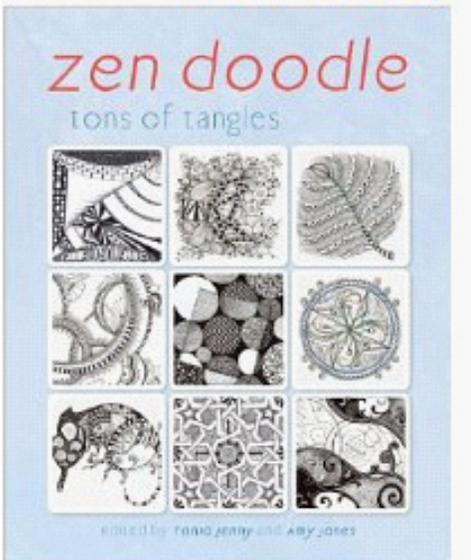


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# Zen Doodle



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](http://www.dpavcreations.blogspot.com)

# Creating Mandalas

Mandalas are created from the center out, whether it is with a dot or circle. The substrate you draw your Mandala on is usually white paper, drawn upon with black ink or pen. However, that being said, as you become more familiar with creating mandalas, you can start to explore and go beyond the usual. Mandalas are easy to draw. With a little bit of imagination and practice, you can take your mandalas to any level that is comfortable for you.

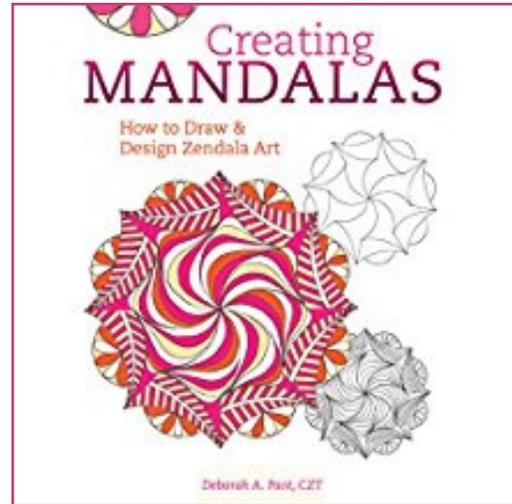
They can be as simple as a couple of lines, circles and patterns, or complex, with fine lines, a series of concentric circles and detailed patterns. Your mandalas are an expression of you, so remember, whatever you choose to do, enjoy the process.

## How to Create a Mandala

Here are some basic guidelines and suggestions to help you begin creating mandalas. This is the simplest way I know to start a mandala. The basic lines give you a starting point, but feel free to start your mandala any way you like.

Choose the type of paper you want to work on and the size. I usually work with a square about 6 1/2" x 6 1/2" (17cm x 17cm), but you can work on any size that is comfortable for you. Draw linear guides and establish your center. I start a mandala by drawing straight lines on the paper diagonally from the corners and then across (vertically and horizontally), lightly in pencil. This gives you a center point. With a pen, place either a dot or a small circle in the center. This is your beginning point.

Draw a circle. From the center point, using a compass, draw a circle (I do not usually measure; I just put something down to get me started). If you already have an idea for your center design, you can make your circle larger or smaller to accommodate your design. Start drawing lines, patterns and more concentric circles until you have a design you like. Always concentrate on the center of your mandala. This gives you an anchor point to focus on as your mind wanders. That being said, I do not always start in the center. Sometimes I work from the outside in because I can visualize the outside of the design before anything comes to mind for the center. Does that make a difference? For me, it does not.

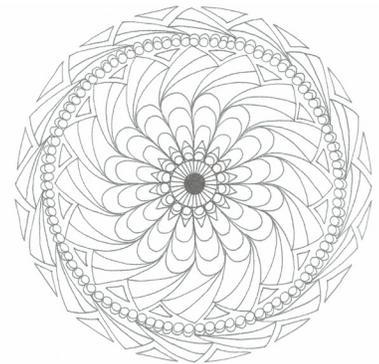


## Make A Sketchbook

“While working on this book, I made a mini 5” x5” (13cmx13cm) sketchbook, and on each page I drew a circle and some diagonal and cross lines. When I got an idea for a mandala, I worked out the pattern in that sketchbook.

## Repeating Patterns and Lines

When I was growing up, my mom had a ringer washer. You could actually see the clothes swishing back and forth. This mandala reminds me of that. The mandala was drawn using repetitive patterns and lines. I repeated the pattern around the center flower on the outside of the circle. Having them go in opposite directions made it look like the mandala was moving this way and that way, so I titled this design *This Way and That Way*. Visit [CreateMixedMedia.com/creating-mandalas](http://CreateMixedMedia.com/creating-mandalas) for extras.



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# Loom Knit Nesting Baskets

*Make a set of nesting baskets to hold crafting tools, and so much more. Fun and easy with loom knitting!*

## Step 1 - GETTING STARTED:

Download the PDF for a set of portable project instructions. Read through all of the instructions before beginning. (Go to [www.simplicity.com](http://www.simplicity.com))

## SIZE:

**Small** (24 peg loom): 4" (10 cm) tall x 3" (7.5 cm) interior diameter

**Medium** (30 peg loom): 4.5" (11.5 cm) tall x 4" (10 cm) interior diameter

**Large** (36 peg loom): 5" (12.5 cm) tall x 5" (12.5 cm) interior diameter

## MATERIALS:

- #6 super bulky weight yarn: Red Heart Grande (78% Acrylic / 22% wool, 5.29 oz (150 g), 46 yd (42 m). One skein per basket; colors used: Small: Aran, Medium: Wintergreen, Large: Oatmeal
- Boye® 24 peg loom
- Boye® 30 peg loom
- Boye® 36 peg loom
- Loom tool
- Yarn needle
- Thread in coordinating colors
- Sewing needle

## SPECIAL STITCHES: FLAT PANEL BIND OFF

Step 1: E-wrap and knit the first two stitches.

Step 2: Remove the loop from peg 2 and place it on peg 1. Knit off peg 1.

Step 3: Move the remaining loop on peg 1 back to peg 2; one peg bound off.

Step 4: E-wrap and knit peg 3. Remove the loop from peg 3 and place it on peg 2. Knit off peg 2.

Step 5: Move the remaining loop from peg 2 back to peg 3; two stitches are bound off.

Continue binding off each peg in the same manner until you only have one loop remaining on the loom. E-wrap this peg and knit off. Cut yarn leaving an 8" (20 cm) tail and pull through last loop to secure.

## I-CORD

Cast on desired number of pegs using e-wrap cast on. \*Pass working yarn behind the cast on pegs and then back to the beginning. Hold the yarn in front of the pegs without wrapping (flat stitch) and knit off each peg. Tug tube gently every few rows to set stitches. Repeat from \* until I-cord is desired length. To finish, cut yarn leaving an 8" (20 cm) tail. Thread tail onto yarn needle and insert needle through each stitch. Remove loops from loom and pull to gather. Sew securely, then insert remaining tail into cord and trim.

## DIRECTIONS:

Note: Directions for smallest basket are given first followed by medium and large size in parentheses ( ).

## SIDES OF BASKET

E-wrap cast on all pegs. Continue to e-wrap and knit until sides measure 5" (12.5 cm) / 5.5" (14 cm) / 6" (15.5 cm) when laid flat. Bind off using Flat Panel Bind Off. Cut yarn and weave in ends. Allow cast on edge to roll to form top edge of basket.

## BOTTOM OF BASKET

Cast on 2 pegs. Following directions for I-cord, coil and sew the I-cord into a circle as you knit until it is slightly smaller than the base of the sides.

## FINISHING:

Sew bottom to sides. Weave in all ends.

**COURTESY: Michele Muska**  
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# About Lovepop

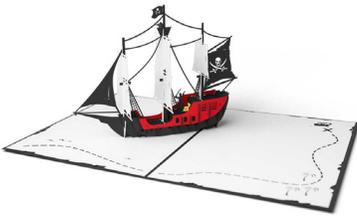
When that one-message-fits-all card from the drugstore isn't right. And a text isn't enough. Do something unexpected. Send a Lovepop.

A Lovepop is more than a card. The intricate 3D paper sculptures are designed by naval engineers on cutting edge software and then hand-crafted in the Asian art form of sliceform kirigami.

Whether it's a wedding or a birthday, if you're saying thanks or celebrating a co-worker's compulsive love of cats, we've got you covered.

Lovepop? What's different? **Everything.** We're reimagining cards and how you buy them.

## Art + Science



Lovepop's team of engineers and designers uses advanced ship design software to create the designs, and each piece of paper art is hand-assembled for impeccable finish craftsmanship.

## Stay there, we come to you

You'll see our shops in convenient locations (the train station, the mall, the lobby of your office building), and our mobile teams are always on the go.

## Skip the stamp, we send it for you

Rather shop in your pjs? When you order online, we can hand-write a message in your card and mail it directly, so you can send a personalized card from your phone in about a minute.



## Who are these guys shaking up the card industry?

Lovepop founders, Wombi Rose and John Wise, became best friends at Webb Institute training to become naval architects. After school, the duo traveled to Vietnam where they discovered incredible hand-crafted paper cards.

They headed back to Boston and put the cards in the hands of friends, family, and strangers - and watched. That moment when someone opened a card and saw the paper sculpture revealed for the first time became their obsession, and Lovepop was born.

The two launched Lovepop out of the Harvard Innovation Lab in late 2014.

## Lovepop + The Possible Project

We love The Possible Project. At Lovepop we embody the intersection of engineering and creativity, and embrace innovative new businesses, so we have found the perfect partner in TPP. At TPP, students are encouraged to think big and are taught the entrepreneurship skills to make their ideas come to life. Students who might not otherwise have the opportunity, come together to learn the skills to start and run their own businesses, and we love being a part of that process.

Lovepop and TPP are a perfect match, and after training students on advanced 3D modeling software, we've partnered to launch exclusive designs by students.

The Lovepop + The Possible Project collaboration series: [lovepopcards.com/lovepossible](http://lovepopcards.com/lovepossible)

**COURTESY: Wombi Rose & Atma Khalsa**  
**Lovepop Cards**  
[www.lovepop.com](http://www.lovepop.com)

# Single-Use Stencil: Freezer Paper

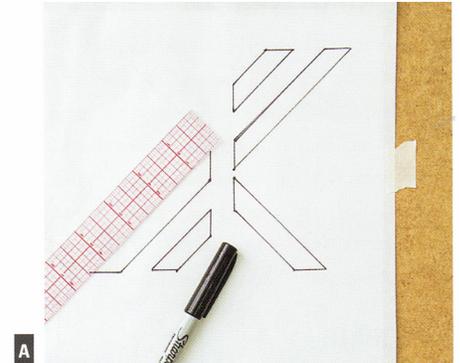
Freezer paper has a shiny plastic coating on one side and a dull paper finish on the other. (Freezer paper is not to be confused with wax paper, which will not work for these projects.) This affordable and readily available material is great to have on hand for straightforward, one-time use transferring motifs. The heat from your iron melts the plastic coating, allowing it to stick temporarily to the fabric, creating a perfect platform for transferring your motif.



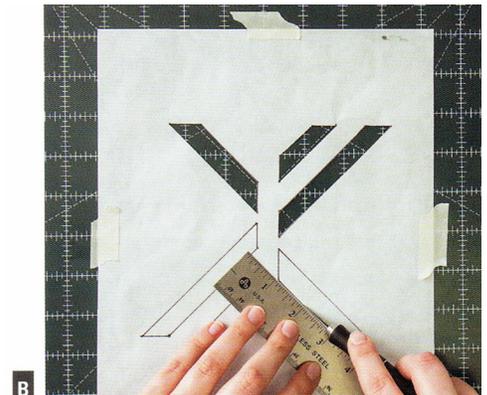
## MATERIALS

- Freezer paper
- Motif
- Tape
- Marker or ballpoint pen
- Craft knife (such as an X-ACTO)
- Cutting mat
- Iron and pressing cloth

1. Tape the motif, right side up, to your work surface. With the shiny side down, tape the freezer paper over the motif. Use your pen to trace the motif onto the dull side of the freezer paper. **Fig. A**

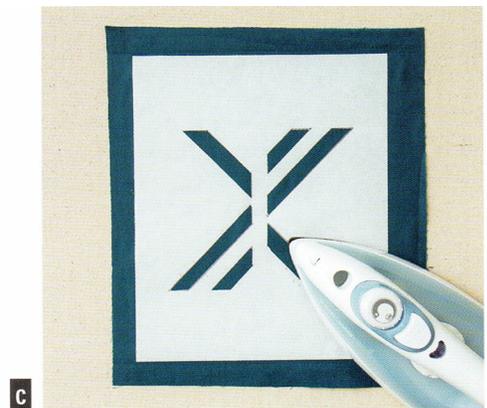


2. Follow the instructions for the project indicating whether you will cut the positive space or the negative space. When you are ready to cut, tape the traced image onto your cutting mat and use the craft knife to cut out the motif from the freezer paper. **Fig. B**



*note The cleaner your cut edge, the more crisply your image will transfer.*

3. Press your fabric to remove any wrinkles. With the shiny side down, place the freezer paper on the right side of the fabric. With a dry iron and a press cloth, using the heat setting appropriate for your fabric's fiber content, iron the freezer paper until the plastic on the shiny side melts and it adheres to your fabric. It will take only a few seconds. **Fig. C**

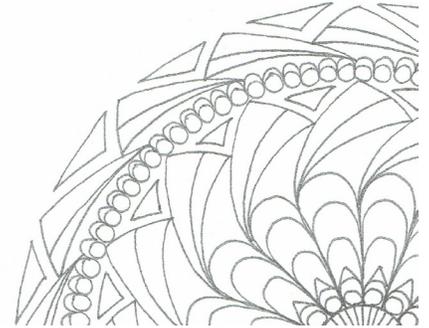


Additional projects and instructions are found in Jen's book she co-authored with Sarah Case. Titled "Transfer Embellish Stitch," it can be found in bookstores, online or at Jen's website.

COURTESY: Jen Fox  
Jen Fox Studios  
[www.jenfoxstudios.com](http://www.jenfoxstudios.com)

## Making Duck Tape Rosettes and Pouches

Marissa Pawelko represents Westcott Non Stick Scissors, and she will show how to make duck tape rosettes using their non-stick cutting tools and Duck Tape rolls and sheets. The rosettes can be made in different sizes, colors and patterns and are great for embellishing. They can be used in jewelry making (for corsages, necklaces, brooches), gifts and in home decor, too. Marissa will show the layering technique for creating outlined effects with Duck Tape sheets to create the band for a corsage.



The pouches can also be made in different sizes, colors and patterns, and they can be easily embellished, too. They are great for giving as a gift, holding gift cards, make-up, money, business cards, change, etc.

**COURTESY: Marissa Pawelko**  
**Modern Surrealist**  
 Westcott Brand Cutting Tools  
[www.modernsurrealist.com](http://www.modernsurrealist.com)

## SG Botanical Leaf Card

The organic feel of the paper and stamped imagery is further accented by a pretty button at the center. A beautiful example of a single stamp pattern you can create with Stamping Gear.

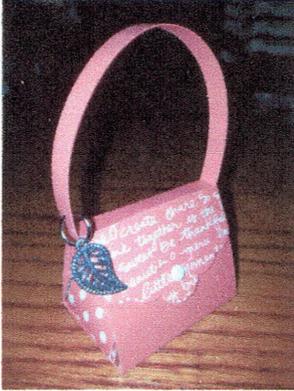


### Directions:

1. Download the General Guidelines, Tips, & Techniques for helpful information on using the Stamping Gear.
2. Fold a 9" x 5" piece of wood grain patterned paper in half to create a side-folding card.
3. We recommend that you experiment with your Stamping Gear on newsprint or white copy paper using the images you plan to use to see how they overlap. Try different placement of the stamp on the paddle or different spacing on the wheel or cog to see the results - there are no rules, just what appeals to you. You'll love trying new combinations! For this card, we used the inside of the round wheel.

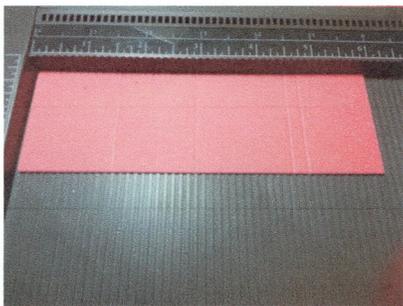
**COURTESY: Megan Thome**  
**E K Success Brands (formerly)**  
[www.eksuccessbrands.com](http://www.eksuccessbrands.com)

# Purse Treat Holder

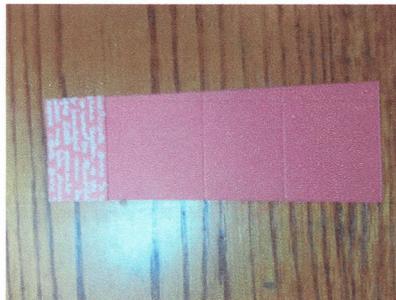


## Cardstock:

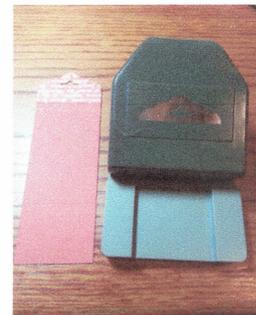
- 2" X 6" (color of your choice)
- 1/4" X 6" (color of your choice)
- 1 1/4" X 2" (coordinating Designer Series Paper - DSP)
- 2 pieces @ 1" X 3" (coordinating Designer Series Paper - DSP)



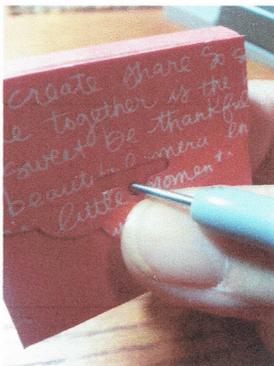
Score the 2" X 6" piece along 6" side at 1 1/2", 2 7/8", 4 1/2", and 4 3/4"



Glue the 1 1/4" X 2" designer series paper to the end of cardstock. This is from the 4 3/4" score line to the edge.



Punch end with DSP using the Scalloped Tag Topper punch.



Fold on all score lines to form the purse. Hold the flap against the side and punch a small hole for a brad.



Wrap two Hershey's Nug gets with the 1" x 3" DSP. Using glue dots, attach to the inside base of the purse.



**COURTESY: Diane Tunnell  
Stampin' Up!**

[www.stampwithwiladiane.stampinup.net](http://www.stampwithwiladiane.stampinup.net)

# Sha & Co.



## Tulip® Fabric Markers™

Tulip® Fabric Markers™ are nothing less than the best quality fabric marker available, with the richest pigments to provide true, intense and vibrant colors on fabric – resistant from fading through multiple machine washings.

Tulip® Fabric Markers™ are available in:

- **Six-Pack Bullet Tip** – three color combinations (Primary, Neon and Brights) packaged in a reusable storage pouch.
- **Six-Pack Dual Tip** - Three color combinations (Primary, Neon and Pastel)
- **Fine Writer Tip Pack** with 20 Assorted Colors
- **Fine Writer Tip Pack** with 12 Assorted Colors.
- **Fine Writer Tip 6 Packs** in two color combinations (Primary and Neon)



## Instructions

1. Wash T-shirt without fabric softener and do not dry.
2. Cover work surface with plastic table cover. Lay damp T-shirt on work surface.
3. Wearing gloves from kit, mix Lime dye according to package instructions. Fill bowl with water.
4. From bottle, apply dye along top one-fourth of T-shirt. Working quickly, wet paint brush and brush dye downward toward bottom of T-shirt. Dip brush in water as needed to move the dye and blend color, creating a darker look at top to lighter at the bottom. Continue until desired gradient is achieved. Cover with plastic table cover and let dye set 6-8 hours.
5. Rinse shirt in cold running water until water runs clear. Wash and dry shirt as directed.
6. Iron freezer paper to inside front of shirt to create stable drawing surface and prevent ink seepage to back of shirt.
7. Use Fabric Markers to write out holiday words, using different writing styles and drawing doodles around each word.
8. Use Tulip® Heat-Setting Tool to embellish design with crystals as desired.

**COURTESY: Shannon Bielke**  
**Sha & Co.**  
[www.tulip.com](http://www.tulip.com)

# Velvet Stamping Album



I love the look of stamped velvet. You can achieve such a beautiful look with a rubber stamp and an iron. The most important tip to remember about working on any project that has velvet stamping is to use the Rayon/Acetate velvet. It will cost a little more to

purchase, but it is the only way to achieve the look you want. The cheaper types of velvet will not do your project justice.

## Steps:

1. Stamp your image onto paper to determine your pattern.
2. Lightly spray the back side of velvet with water. Lay the stamp on the table with the rubber side facing up. Place the velvet right side down on the stamp image. Place the iron on the velvet for 5 seconds. Lift the iron straight up to avoid slipping.
3. Repeat pattern all over velvet.
4. Place the stamped velvet over the cardboard and adhere with the Fabri-Tac™ glue. Add black trim around the stamped velvet and adhere with the Fabri-Tac™ glue.
5. Secure the velvet stamped cardboard to the cover of a spiral bound photo album and then glue in place.
6. Adhere the rhinestone ribbon, floral stem and paper flowers to the front of the album cover with the Fabri-Tac™ glue. Add rhinestone brads to the metal keyhole. Attach the keys to a piece of gold thread.

## Materials:

- Spiral bound album
- Cardboard, 8 1/2" x 11"
- Velvet Rayon/Acetate, black, 10" x13"
- Trim, black
- Sheer ribbon, pale yellow
- Thread, gold
- Prima Marketing® Floral Stem
- Prima Marketing® Paper Flowers
- Prima Marketing® Rhinestone Ribbon
- Cardstock, off white
- Rhinestone and glitter frame
- Graphic 45® Metal Embellishments
- Rhinestone brads, (2)
- Floral Flourish rubber stamp
- Beacon Adhesives™ Fabri-Tac™

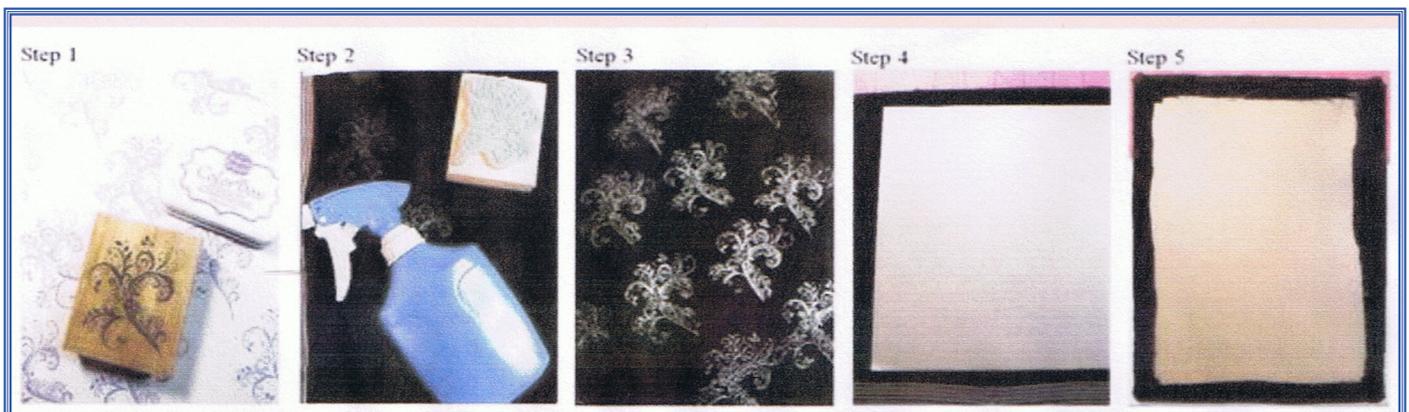
## Tools

- Computer
- Duetica™ Font, Mandolyn
- Iron
- Spray bottle
- Westcott Brand Non Stick® Scissors

7. Using the Duetica™ Mandolyn font, print out the saying on off-white cardstock. Attach the frame to the cardstock and cut out. Attach the keys to the back of the frame with a piece of tape. Attach the frame with the keys, the keyhole and the small black paper flowers to the album cover with the Fabri-Tac™ glue. See the picture for placement of the embellishments if needed.

**COURTESY: Lisa Rojas  
Stampin' Queen Creations**

<http://stampinqueencreations.blogspot.com>



# Artist Trading Cards

**Step one:** Adhere book pages or sheet music to your ATC using gesso applying it under and over each piece.

**Step two:** Add washi tape.



**Step three:** Randomly stamp on your ATC.



**Step four:** Apply a generous amount of Gelato and rub it in with your finger.



**Step five:** Use a black Big Brush Marker around the edge of your ATC.

**Step six:** Color your chipboard with a black Big Brush Marker. (RIGHT)



**Step seven:** Stamp your chipboard with a vivid color and adhere them to your ATC.

**Marjolaine Walker**  
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