

Individual Program Descriptions

Creative Living - #7500 Series

7501

3-7-18

- **K. C. Cornwell**, owner of *G-Free Foodie*, will share some of the newest and healthiest gluten-free snacks now available. Even if a person isn't gluten-intolerant, the products now available are good for every member of the family.
- **Patty Dunn**, owner of *All Dunn Designs*, will demonstrate how to do the exposed zipper application that is so trendy right now. She'll also talk about which zippers work best for various garments.
- Making a wrap for a wine bottle will be demonstrated by floral designer, **Casey Schwartz**, co-owner of *Flower Duet*. This makes the gift even more special!

7502

3-14-18

- 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*.
- **Catherine Jordan** represents the *Embroiders' Guild of America*, and she's going to show examples of embroidery which have been painted using Jacquard Textile paints. She'll demonstrate how to mix the paints and add them to the fabric.
- Creative director and designer, **Carina Gardner** will demonstrate a variety of projects and patterns that are easy for kids to do as parents help them learn to sew. Gardner's businesses include *Carina Gardner, Inc.* as well as *MiniLou* and *Carta Bella Paper Co.*

7503

3-21-18

- **Patty Dunn** is the owner of *All Dunn Designs* and she's going to show how to use fabric scraps and fussy cutting to create unusual personalized cards. She'll also show how she applies fabric to the card stock.
- **Rae Cumbie** is the Creative Director for *Fit for Art Patterns*, and she'll review some of the iconic details that make jeans recognizable. Then she'll demonstrate how to develop a well-fitting pattern, tell what tools are needed, and show how to make multiple pairs of jeans at a time so the techniques become second nature.
- **Roxane Cerda** will introduce a range of coloring books that are unique in that the pages are pulled from the world of quilts and fabric. She says that coloring is not only fun, but it reduces stress and is a good way for everyone to learn more about color combinations. Cerda is Acquisitions Editor with *C & T Publishing*.

7504

3-28-18

- **Jen Fox** will show how to use deColourant to add a personalized touch to sewing projects. DeColourant is a paste that removes dye from natural fibers in unexpected ways yet it doesn't jeopardize the integrity of the fabric. She is the owner and designer with *Jen Fox Studios*.
- **Shelly Nutt** is the Executive Director for the *Texas Peanut Producers Board*, and she's going to share some recipes to power up your morning featuring delicious, nutritious peanuts. She'll also talk about the four types of peanuts and explain their differences.
- Decorator **Cassidy Self** will demonstrate how to collage a wall. She suggests starting with a theme, then working from one lower edge to the opposite side. She'll share some tips and techniques to hang accessories that will also make decorating easier. She is the manager of *Ashley Furniture HomeStore*.

- **Dorothy Brown** is going to talk about non-traditional sashiko which is an old Japanese embroidery technique used to strengthen fabric or to mend them. It was traditionally used on indigo fabric. Today sashiko is a decorative embroidery stitch done on one layer of fabric. Brown owns *International Fabric Collection*.
- **Elizabeth Somer**, a registered dietitian and author, will give us the low-down on what foods and nutrients can help to protect your brain and keep you smart today and down the road. She's a part of the *Beautiful Minds* program.
- **Marjolaine Walker** is the owner and designer of *Twelve Stones Scrapbooking*. She's going to show how to decorate a monthly calendar page with stickers and other scrapbooking supplies. She'll also show how to make a dashboard with an inspirational message.

- **Shannon Brinkley** is an author, designer and teacher and will talk about the satin stitch and the benefits of finishing applique pieces in this way. She'll discuss stabilizers, thread selection and stitch settings and share several finished quilted examples.
- Do you have boxes and boxes filled with photos? **Diane Lampert** represents *Creative Memories*, and she'll show how to organize your photos without becoming overwhelmed, and sort them into categories to eventually go into scrapbooks to create your own legacy.
- **Karla Stockli** is the CEO for the *California Fig Advisory Board*, and she's going to 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 with any other fruit.

- **Marci Baker** is a quilter and author, and she's going to talk about what to do if you come across an antique quilt and what questions you should ask before buying it. She'll also tell how to find an appraiser specific to quilts. Baker's company is *Alicia's Attic, Inc.*
- **James Fallon** is a Snore Report Brand Ambassador with *Snore Metrics*. He's going to discuss the effects of snoring on a person's relationship and talk about some of the major issues associated with snoring along with the risk factors that cause snoring.
- 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, and he has several suggestions that might come in handy someday. Pawley is a retired curator with the Chicago Zoological Parks.

- **Sarah Ryan** is a registered dietitian nutritionist with *DairyMAX*, and she believes that when kids help in the kitchen, they are building lifelong skills. Also, when kids help out, they are more likely to eat healthy foods too! Cooking is an important skill to learn and build upon.
- **Dr. Charles Broz** is the assistant professor of culinary arts at *Eastern New Mexico University*. He will demonstrate two different saucing and plating techniques for two very different results. One technique uses contrasting sauces based on oil and vinegar and the second one is more structured and rigidly designed.
- **Charlene Patton** is with the *Home Baking Assn.*, and she's going to show how to make Play Clay and will explain how this simple activity can teach children so much about cooking and baking.

7509

5-2-18

- **Bruce Johnson** is the spokesperson for *Minwax*, and he's going to share some new uses for vintage crates and old boards. Whether you use actual vintage crates or buy unfinished ones, you can turn these into decorative and functional items to use around the house.
- **Dr. Robert Lebby** is a certified sleep doctor, and he's going to talk about what easy changes we can implement to reduce anxiety and ensure better sleep. He'll discuss diet and lifestyle changes to help achieve a good night's sleep and discuss risks associated with not sleeping properly. He's with *The Center for Sleep and Wellness*.
- **Curt Jaynes** will show some new products on the market for water-retaining plants, including a polymer that's also good for gardens, lawns, trees and shrubs. His business is *GardenSource Nursery and Landscaping*.

7510

5-9-18

- **Patty Dunn**, owner of *All Dunn Designs*, will demonstrate how to needle sculpt a doll's face to make a puppet that looks very life-like. She uses a nylon hose, stuffing and needle and thread to make some very easy stitches for the doll's face. She also provides a pattern for reference.
- **David Fisher** is a self-taught soap maker, and he's going to demonstrate the basic cold process of making homemade soap. He'll show how to make the lye solution, how to weigh and melt oils and also how to prepare colors and scents.

7511

5-16-18

- Professional artist **Brenda Pinnick** is going to explain how to paint a desert scene using plein air techniques. She'll also make suggestions for creating this art form if you are unable to paint outside and explain how to make changes in your palette.
- **Michele Muska** is with the *Simplicity Creative Group*, and she's going to demonstrate the new twelve needle deluxe electric felting machine as she makes some beautiful felted cuffs to wear as bracelets or to attach to garments.

7512

5-23-18

- **Michele Muska** is with the *Simplicity Creative Group*, and she's going to demonstrate several projects featuring the Boye Pom Pom and Tassel Maker. She'll discuss the types of fibers to use and then show some finished projects that are fun to make.
- **Roxane Cerda** is the Acquisitions Editor for *C & T Publishing*. There is a wide variety of bag books and patterns in an array of styles, methods, levels of difficulty and purposes, and she'll show some of these. By combining these projects with easy-to-use Fast2Fuse interfacing you'll get a bag you'll love to use.

7513

5-30-18

- Interior designers and business owners **Katie Schroder and Erika Rundijs** will talk about how to create a space with pattern, especially using layers with patterns. They will demonstrate using different scales of patterns, such as stripes, organic and geometric shapes. Their business is *Atelier Interior Design*.
- Artist and author **Jo Schwartz** will show how to woodburn celtic knots. She'll talk about how to prepare the wood and how to use a pattern with graphite paper; this process involves leaning or tilting the work as you burn and it's done in layers. She'll also demonstrate her "smooth shading technique."

7514

6-6-18

- Pop-up cards are all the rage, and *Lovepop* cards are designed for any occasion or gift. **Wombi Rose**, co-founder, will show how to use paper cutouts and simple shapes to customize and personalize any card you choose.
- Registered dietitian and nutritionist, **Sarah Ryan** explains that milk offers great nutrition, is a healthy meal addition and provides more nutrition than many of the power drinks on the market. While all beverages hydrate, milk provides important nutrients your body needs. She represents *DairyMAX*.
- **Marjolaine Walker** is the owner and designer of *Twelve Stones Scrapbooking*, and she's going to show some card projects made with coloring pages. She'll demonstrate using dual brush pens and the different ways to color with them.

7515

6-13-18

- **Sarah Ryan** is a registered dietitian nutritionist with *DairyMAX*, and she explains that not all “milks” are created equal. She’ll compare other types of milks to cow’s milk, which is affordable and easy to find. Even if someone in your family has lactose intolerance, they can also enjoy milk and dairy foods.
- **Carol Vander Stoep** is a dental hygienist, author and myofunctional therapist. She’s going to talk about the mouth’s central role in health. She says that cavities and gum disease are just symptoms of unbalanced ecosystems in our bodies. Her book is titled “*Mouth Matters.*”

7516

6-20-18

- **Catherine Jordan** represents the *Embroiders’ Guild of America*, and she is going to demonstrate making filigree ornaments. She’ll explain the process of printing a design on tissue paper and then stitching through the paper and removing it.
- **Carol Fenster** is the author of numerous gluten-free cookbooks and she’s going to demonstrate gluten-free cooking for two when baking bread. She’ll talk about how to convert your kitchen to small-scale cooking and the importance of accuracy in measurements. Her company is *Savory Palate LLC*.
- **Kristina Rachel** is a jewelry designer, and she’s going to show how to take care of jewelry, whether it’s sterling silver, gold, base metal, or even leather and gemstones. Her company is *Rachel Claire Collection*.

7517

6-27-18

- **Deborah Pace** is the owner of *Aartvark Cre8tions*, and she’s going to show what all can be done with file folders. This includes making a book, making lap books, and after using up all your file folders, she will show how to make new file folders with patterned cardstock.
- **Julia Usher** is a chef and cookbook author and makes decorated cookies look absolutely unreal – but they are definitely edible. She’s going to talk about different icings and show when to use each one as she does marbling and top coating on prepared cookies.

7518

7-4-18

- Artist and author **Jo Schwartz** will discuss her newly released book as she talks about pyrography, which means writing with fire. Her wood burning art will be demonstrated by replicating real people, and she says you do not have to be an “artist” to burn.
- **Laura Murray** is a quilter, teacher and author, and she’s going to demonstrate using Paintstiks in a one, two and three layer design, along with curved borders, to create one-of-a-kind Exotica quilt blocks. Her business is *Laura Murray Designs*.

7519

7-11-18

- Decorators and sisters, **Cassidy Self and Megan Hamilton** will talk about how to start a home remodeling project and which room to start with. Then they will discuss choosing flooring, cabinets, countertops and backsplashes. Their on-line decorating business is called *Sage and June*.
- Designer **Atma Khalsa** is going to show how to use craft paper and wire to make a bouquet of flowers that never die. These unique flowers become a photo frame and can be displayed in a vase or used in a card.

7520

7-18-18

- **Michelle Ontiveros** is a clinical mental health counselor, and she’s going to explain how using mindfulness in everyday activities can improve our health and emotional wellbeing. She’ll suggest different daily activities to help achieve this goal.
- **Casey Schwartz** is a floral designer and co-owner of *Flower Duet*, and she’s going to show how to create an impressive bud vase with a spray of orchids, and also a classic trio of roses with added greenery and filler.

7521

7-25-18

- **Shelly Nutt** is the Executive Director for the *Texas Peanut Producers Board*, and she's going to talk about the "power of the peanut." She emphasizes how important it is to pack protein rich plant-based nutrients into our diets, especially when you're working out hard.
- **Shannon Brinkley** is an author, designer and teacher and will explain the difficulties of transferring an image onto fabric and then having to reverse it or change it. She'll demonstrate using step outs and then show some finishing options.
- **Bruce Johnson** is the spokesperson for *Minwax*, and he's going to show how to stain and create a photo display frame. Using an old empty picture frame, Johnson will turn it into a unique and easy way to display photographs, notes, lists, etc.

7522

8-1-18

- **John Vollertsen** (also known as Chef Johnny Vee) will demonstrate several recipes featuring Cajun cooking. Crazy for Cajun is one of the popular classes he teaches at *Las Cosas Cooking School* and the recipes are all New Orleans specialties.
- Professional artist **Brenda Pinnick** is going to explain the difference between painting with pastels and painting with chalk. She'll talk about the types of surfaces to use for pastels and show several examples of adding finishing marks on a painting.

7523

8-8-18

- **Eric Drexler** is with *Sulky of America*, and he's going to show how to create a 3-D wing for a dragonfly using a water soluble stabilizer. The wings are drawn on to the stabilizer and then the project is hooped and sewn. The stabilizer then washes away and only the thread wing remains.
- **Dr. J. Tim Rainey** will talk about some of the problems facing pediatric dental patients and explain how heavy sedation can be avoided. He also says that prevention is the most effective treatment for decay for all patients, and he'll show some products that can be very useful. He's with the *Texas Institute for Advanced Dental Studies*.

7524

8-15-18

- **Marci Baker** is a quilter and author, and she's going to talk about the tradition of hand piecing and how relaxing it can be. She'll demonstrate various sewing techniques, discuss fabric selection and show numerous quilts she has made herself. Baker's company is *Alicia's Attic, Inc.*
- **Diane Lampert** represents *Creative Memories*, and she's going to show how to assemble a complete scrapbook album within an hour. She'll focus on the Fast2Fab bundles which are themed for easy arrangement and make a perfect gift album for someone special.
- **Clare Rowley** is the President of *Creative Feet LLC*, and she's going to demonstrate how to cut Polar Fleece using Stick and Rinse Tape and then show how to quickly finish the edge of this stretch fabric using her Sequins and Ribbon pressure foot. This results in a fleece baby blanket with yarn binding.

7525

8-22-18

- **David Fisher** is a self-taught soap maker, and he's going to demonstrate the basic melt and pour method of making homemade soap. He'll show how to cut and weigh the soap base, how to add fragrance and then show how to make two different basic soaps – one decorative and one more rustic with botanicals.
- Designer and crafter, **Barbara Crawford** will show how to take a sweatshirt and turn it into a fitted, princess seamed jacket that is figure flattering and easy to make. She says the princess seams will shave off about ten pounds! Her company is *Crawford Designs*.

7526

8-29-18

- **John Vollertsen** (also known as Chef Johnny Vee) recently contributed to a beautiful coffee table book that celebrates the history of Santa Fe's historic La Fonda Hotel. He is going to demonstrate three recipes drawn from the era when La Fonda was a proud member of the Harvey Hotel Group. Vollertsen owns *Las Cosas Cooking School*.

- **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 it.