

# Creative Living with Sheryl Borden

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*"Beginning our 38th Season"*

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e-mail address: [sheryl.borden@enmu.edu](mailto:sheryl.borden@enmu.edu) Phone: 575-562-2112



## COME SEE ME

If you have time and would like to read my blog, you can go to: <http://sherylborden.wordpress.com/>

I would also like to invite you to "like" me on my [Creative Living with Sheryl Borden Facebook page](#). If it's easier, just type in "**Creative Living with Sheryl Borden**" in the Search Window, and it'll bring it up.

**H**ow time flies! It seems like yesterday that I wrote about starting the Fall semester's taping - and now I'm writing that the semester is over, and we won't start taping again until January 2014!

I only had two tapings in November - **Gary Barnes** taped on November 7th. He has written several books, is an international motivational speaker as well as a business entrepreneur. The books are "easy read," and I learned a lot. One of the segments was about "Things They Didn't Teach You in Business School," and this included the following five tips:

1. Success is not instantaneous
2. Be flexible
3. Start small and grow
4. Disagreements are good
5. Don't be afraid to delegate

Another segment dealt with "5 Reasons to Get a Handle on Your Debt Now," and he why this is important:

1. It lowers stress and anxiety
2. Paying interest is giving your wealth to others
3. It's never too late (to start)
4. Your debt will not go away by itself
5. Improve personal relationships.

Finally, Gary talked about the "5 Tools to Help Shape Small Businesses" and these are:

1. Create a Road Map
2. Cope with fear
3. Time control
4. Leverage your strengths and weaknesses
5. Manage your cash flow

Whether you are in a business or not, his tips were very



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helpful. Check out Gary's books on his website: [www.garybarnesinternational.com](http://www.garybarnesinternational.com).

On November 14th, I taped three segments with **Barbara Crawford**, a designer and owner of [Crawford Designs](http://Crawford Designs) and "Sewing Made Simple" Patterns. Barbara can do amazing things with fabric. Her first segment was on texturizing the surface of your fabric, whether it is an older piece of clothing or even ready-to-wear that is new and you want to add something special. She showed how to use 100% silk dupioni and barbed needles to create a textured surface that can be put in the washer and dryer to make it permanent and elasticized, too. Usually silk dupioni is used for linings, but with this technique, you can create beautiful garments and even purses. She also showed how to use Texture Magic, which is a sheet of polyester that shrinks 30% in all directions. You simply trace your design on the sheet and then use a light spray adhesive to hold the sheet to the back of the fabric. Stitch on the lines you drew and then hold a steam iron ABOVE the fabric, and like magic, you will create a ruched design right before your eyes!



Another segment showed how to use wool pebbles and water soluble stabilizer to create a beautiful embellishment for jackets or to make other items. You do it with free motion sewing and once you've finished the sewing, you dip the piece in water to remove the stabilizer and voila - you now have a "new" piece of fabric to use however you want to. She also showed a product called "Catch and Release" to create a print by removing the dye from a garment or piece of fabric. This product releases the dye to reveal what is underneath and in turn, you create a pattern of your choice.

And, finally she showed how to do Nuno felting, which is a Japanese word that means fabric. Her technique used a swimming pool "noodle" and bubble wrap to push the wool fibers through the silk to create a beautiful fabric. You'll have to see it to believe it.

I wish everyone a happy holiday season and Merry Christmas. Talk to you in 2014!

*Sheryl*

