

Creative Living with Sheryl Borden

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“Celebrating our 42nd Season”

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I apologize for being negligent in sending out the “monthly” Creative Living Newsletter as planned. As someone recently told me “life happens” and I will use that as my excuse.

We started this Fall semester with our first guest on September 6th - and also with our new crew! I’m always so excited to see who I will be working with. My student assistant is “Red” Ryan, a sophomore from South Dakota and she is a real joy to know and to get to work with. Below is a picture of some of the crew - others have joined since this picture was taken.



L-R: Shane, Orlando, Red, Don, Ryan and Braylan Not pictured are Elizabeth and Tristan.

COME SEE ME

I would 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.

Our first guest was **Becky Johnson**, a former home economics teacher and speaker from Adrian, TX. Becky showed lots of products you can make at home to not only clean with but to save money at the same time. She demonstrated making Glass Sparkle, Laundry Snow, Fabric Fluff and Milk Bath. Check out: <http://www.kenw.org/term/tips-techniques-creative-living>



“But I don’t have anything to wear!” Is this your battle cry? The enemy is our wardrobe and the battlefield is our closet. Becky

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also taped a segment on Your Hardcore Wardrobe, and it enables you to come up with your own 10 steadfast pieces that will take you from day-to-day to formal occasions to travel.

Another segment was titled “Emptying the Intergenerational Nest.” This is a take-off from the Empty Nest Syndrome of the 1980’s. It deals with three or more generations of a family being linked together and can be a huge challenge for everyone living under the same roof.

And, finally she prepared a buffet featuring all Mediterranean foods and she explained the nutritional benefits of eating like the “Greeks” do. Check out: <http://www.kenw.org/term/creative-living-recipes> for some of Becky’s recipes.

My second guest came on September 13th and her name is **Kate Chu** (pictured below) and, she’s the owner of Chu’s Consulting (pressed-flowers.com) and she lives in Anaheim, CA. In looking through the files, I found that Kate was here in November 2008, so it was so much fun to “catch up” with each other. Kate taped three segments on various aspects of pressing flowers, and using them in various ways and on various surfaces. Everything she showed was beautiful and very inspiring.



On September 18th, I taped six segments with **Sharon and Gary Barnes**. I had worked with Gary in 2013 but I had not met Sharon before. Sharon (pictured above right) is a therapist for Sensitive and Gifted children and adults and lives in Littleton, CO. I found all of her segments fascinating and surprising in some aspects. If you have a gifted child (or if you are a gifted individual yourself), you may relate to some of the aspects she talked about. The acronym is CASIGY: **C** = Creativity, curiosity and complexity, **A** = acutely awareness, **S** = super sensitivity, **I** = intensity, introvertedness, and sometimes also **G** = giftedness. **Y** = you or someone you may know. I know you’ll find this information very relevant, especially in light of the tragedies many communities have experienced (teenage suicides, school shootings, movie theater rampages, and more.)

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Gary has written a new book titled “The Power of GET STATEMENTS: Simple strategies to reboot your brain for success.” I hadn’t heard of GET Statements, but it means a future result stated in the present tense. He talked about changing negative beliefs utilizing affirmations, explained why goal setting doesn’t always work, how to create a GET statement by first creating a vision and that has to do with



dreams. He also talked about why we should set December 15th as our date of accomplishment rather than making it December 31st! I think you’ll be surprised.



Susan Legits, (pictured to the right) an independent Stampin’ Up! demonstrator from Albuquerque, NM, taped four fun segments with me on September 25th. The first one was entitled Minamalist Party Decor where she showed how to start with a black and white party decor and use it “as is” or add a pop of color to create an entirely different design/theme for every occasion.



The next segment was called “Step It Up” because she showed how to make a simple card with stamps, ink and paper and then stepped it up by layering and then stepped it up another notch by adding texture and shine. It shows how cards can go from good to better to best.



The third segment was an interactive segment as I got to help create 10 cards in 10 minutes or less. This gives you a stack of cards that are ready anytime you need them.

Lastly, Susan showed how to start with double-sided patterned paper and how just using simple folding techniques (that don’t require measuring), you can transform it in to something useful, functional and beautiful. Since I love anything to do with paper crafting, I was so pleased to learn all these new techniques.



Til next time,
Sheryl