

CREATIVE LIVING WITH SHERYL BORDEN

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This has been a great month for taping! I had the pleasure of working with nine guests in October, and I learned so much. Can't wait for you to see the segments yourself.

On October 6th, I worked with **Clare Rowley** and Meryl Ann Butler. Clare is the inventor of Creative Feet Presser Feet and is a sewing, embroidery and quilting educator. Now if you thought presser feet were just presser feet - wait til you see the ones from Clare's company, Creative Feet LLC. Using the Pearls 'n Piping foot, she showed how to gather different fabrics. Then she used the Sequins 'n Ribbon foot and showed how to sew down sequins.

She showed how to create napkins using the Satinedge presser foot that she invented for a blind and deaf sewer in 1986.

And, finally, she showed

another of her inventions, the Octi-Hoops. She showed how to stipple using a straight stitch and these remarkable Octi-Hoops. With these hoops, you can do free motion quilting as well as embroidery and no puckers EVER, no sore hands, and Clare says that less skill is required than when using other methods. She developed the Octi-Hoops for sewers with various disabilities, including ones who were blind, deaf and a woman who had had her left hand amputated. She showed us how this sewer is now able to sew, quilt and embroidery using straps made from lingerie elastic and a safety pin - it's very ingenious. And, wait until you see the painted sewing machine Clare uses. She promised to come back and tape a segment on how to paint your machine. (I hope it's soon!)



After Clare finished, I taped four segments with **Meryl Ann Butler**, author of "The 90-Minute Quilt." After see-



ing her demonstrations, and reading the book, I think I can do this! In fact, I told Meryl Ann that I would send her a picture of my finished creation (so I guess I'd better get started!) Her method is unique, and even if it takes us beginners a little longer, it's still amazingly simple - especially when you consider you are doing the piecing and quilting at the same time. In addition to doing three quilt segments, she also showed how to make some quick 'n easy bolster pillows - ideas from her 90-Minute Quilt book.



On October 13th, I had three very interesting guests. **Marisa Pawelko** was here about a year ago, so it was nice to see her again and to learn some new and creative craft ideas. Her business is Modern Surrealist, and she's both a designer and a crafter. She was representing Westcott Brand Cutting Tools, and she showed how these Titanium bonded and non-stick cutting tools worked with sticky duct tape. In fact, I had never seen so many different colors, designs and styles of duct tape!

Marisa showed us how to make duct tape bracelets, head bands, necklaces, and pouches -- all made with duct tape! Since she was kind enough to leave some of her supplies, I got busy the following weekend and made up lots of these items for our church's turkey dinner/bazaar. (I'll let you know how they sell.) I didn't even know that duct tape came in sheets, did you?

Right after Marisa finished taping, I had the pleasure of meeting her sister, **Christy Kabbani** and her business partner and friend, **Nicky Poloski**. These ladies are the founders and owners of Two Mothers Foods in Naperville, IL. The concept of their business is to provide delicious food that is "clean," which means it is free of high allergens, low nutrient density ingredients, sugar, rendered animal products, artificial colors, flavors and preservatives. They actually prepare the food for their children's elementary school, and the kids return the tiffins or bandanas (which the food is served in), and these can be washed and reused. They are proud of the fact that in the two years since they started their business, they have generated only two containers of garbage. They are also proud of the fact that Two Mothers Foods gives about 40 pounds of vegetable, grain and other vegetarian "waste" each week to feed chickens and pigs in the local area. They compost all vegetarian waste that cannot be used for animal feed, which saves another 50 gallons of landfill waste a week. If you would like more information on this business, you can visit their website - you'll find it quite interesting. (If you're like me, and didn't know what a tiffin was, they are pictured in front of Christy on the set.)



This brings us to October 20th, and I only had one guest that day. (The other guest rescheduled for November 17th.) **Latriece Brooks** is the owner of Brooks Interiors in Clovis, NM, and she's an interior decorator. The first segment involved her re-decorating our entire mantle and wall area, and she showed how to do layering and showed ways to bring in elements of nature, which is perfect for this time of the year.

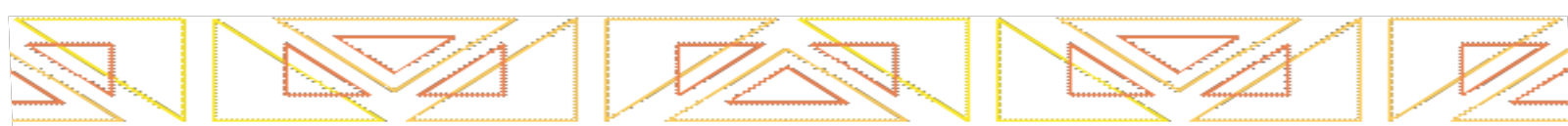
Have you ever had trouble hanging pictures, making photo groupings or deciding how high or how low to hang pictures? According to Latriece, this is a common question her clients have. She taped two segments on hanging pictures, and she showed us lots of new picture hanging hardware that makes the job much easier than just using a hammer and nail!



My last taping for October was on the 27th, and I had FOUR guests. We were busy that day! The first guest was **Judy Novella**, marketing manager with Fairfield Processing Corp., in Danbury, CT. Judy has been here before, so it was fun to see her again. She taped four segments, including ways to use quilt blocks in table runners and on pillows, making a preemie baby doll and cloth diapers (environmentally friendly!), and making pillows and purses using Fusi-Boo fusible batting. My absolute favorite segment was the first one on making a Tech Tote since I love electronics and take them everywhere with me. This slim travel tote is not for a beginning sewer, but with a little practice, I think anyone could make it -- and what a great gift it would be for that "computer-geek" person in your family.



People always ask me where I "find" my guests! One of the best ways is if another guest recommends someone, which is how I became acquainted with **Karen Eckmeier**, quilter, author and educator. Judy recommended Karen, and they traveled to Portales together on their way to Houston for the big quilt show. You can imagine our surprise when we actually had snow on the 27th! Since they are both from Connecticut, they said it didn't bother them at all -- especially when the roads were clear when they had to travel back to Amarillo, Texas to catch their Houston flight. Karen's business is called The Quilted Lizard, and as I've had lots of quilting guests on the show, I assumed she would be showing something similar. Well, was I surprised when she actually show using a rotary cutter and mat and just randomly cutting the pieces for her quilts and wall hangings. She referred to one segment as Accidental Landscapes (and she has a book by the same name) and right before our eyes, she turned a bunch of scrap fabric into a beach scene! It was amazing. Another segment was called Happy Villages, collage of step and window shapes that magically turned into a village. The third segment was called Rowdy Roosters, and it was one of her new series of quilt patterns called Circle of Friends. And, last but not least, she showed us how to make a beautiful jacket from a ready-made sweatshirt, and it featured a technique she calls Wearable Waves (see the one she is wearing in the picture to the right. I love any type of quilting, but I can assure you, you'll be amazed at what Karen does with her rotary cutter!





And, last, but certainly not least, I taped four segments with two cookbook authors who were just “kicking off” their book promotion tour. **Kimberly Reiner** and **Jenna Sanz-Agero**, are friends, colleagues and co-authors of “Sugar Sugar” which is filled with almost 300 pages of mouth-watering, delicious recipes. But what makes this book different from any other cookbook I have or have reviewed, are the individual stories that accompany each recipe. Of course, the photography is beautiful, but just reading the stories that the recipe submitters shared brings back so many memories that I think we can all relate to. If you have someone in your family who is “known” for his or her special recipe, be sure to write it down and add your own story so that these

recipes can be passed down from generation to generation. Kimberly and Jenna refer to themselves as the Sugar Mommas, and they demonstrated making princess cutout cookies, showed how to make slice ‘n bake cookie dough into gifts for any occasion, and actually made homemade marshmallows. Had you ever thought about making marshmallows? I have to admit, that is probably the last thing I would ever make, but after tasting the Sugar Momma’s version, I may decide to forego the store bought version. My favorite segment was when they showed how to make Seaside Toffee, and it is the best toffee I’ve ever eaten. Luckily, there were two pans left from the taping. I shared one with a co-worker, Candra Reynolds, who is so much help on the days we tape, and I took one pan home and shared it at a birthday party I was hosting for two special friends. It was a big hit!

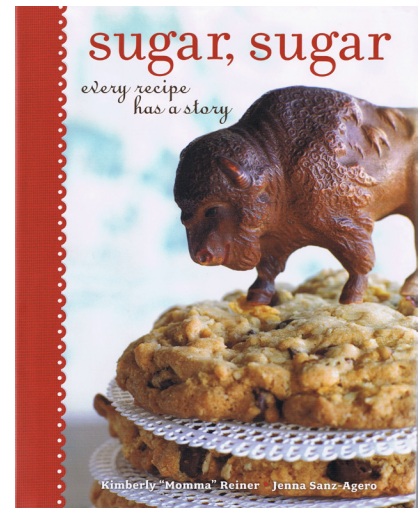
We talked about how we tend to only made candies and other confections during the holidays, and then we asked ourselves “Why not make them during the year?” So, in case you’d like to either get a head start on your holiday baking, or maybe you would like to just make a special treat for your friends or family -- or if you’ve had a bad day, it’s sure a tasty pick-me-up. Here’s Kimberly and Jenna’s version of Seaside Toffee, which makes 3 to 4 pounds of toffee.

- 2 cups finely chopped toasted almonds (divided) *
- 24 oz. semisweet chocolate chips (about 4 cups, divided)
- 2 cups (4 sticks) butter, at room temperature
- 2 cups granulated sugar
- 3 tablespoons water
- 1 tablespoon vanilla extract

Spread 1/2 cup of the toasted almonds in a single layer across an ungreased 15 1/2 x 12-inch rimmed baking sheet. Next, spread 2 cups of the chocolate chips evenly across the sheet and set aside until the toffee is prepared.

Melt the butter in a saucepan over medium heat. Stir in the sugar and water. Continue to stir occasionally until the sugar dissolves. Bring the mixture to a soft boil and continue cooking, stirring only occasionally, until the mixture has a peanut butter color and a candy thermometer reads 300 degrees F. (about 25 minutes.) This is the hard-crack stage, when syrup dropped into ice water will separate into threads that will break immediately when bent. Remove the mixture from the heat and add the vanilla and 1/2 cup of the remaining almonds. Stir well to combine. Carefully pour the toffee on the baking sheet over the nuts and chocolate. Cool for 5 to 10 minutes, until the candy begins to set. Sprinkle the remaining 2 cups chocolate chips over the toffee. Use a knife or an angled spatula to spread the chocolate evenly over the toffee as it begins to melt. Spread the remaining one cup almonds over the chocolate. Place the baking sheet in a cool, dry place to set overnight. Use a knife to break it into pieces. Store in an airtight container.

* To toast almonds, place them in a single layer on a baking sheet lined with parchment paper. Bake at 350 degrees F. for 5 to 10 minutes, until the nuts are slightly browned.



My dear friend, **Connie Moyers** presented her annual holiday program in October this year, and I wanted to share some of her tips on decorating with pumpkins, gourds and other seasonal flair. Connie is the Extension Home Economist for Roosevelt County in Portales, NM.

- Try putting mums inside your carved pumpkins for a seasonal flower pot. It's great inside as a table decoration or outdoors on the porch or deck.
- Add dried leaves around your party trays of food for an easy decoration that adds good atmosphere.
- Use Fall colors - orange, burnt orange, yellow, deep green and purple to add some seasonal colors. Buy inexpensive pillows, throws or flowers in these hues.
- Add small pumpkins for festive luminaries to line your walkway. Clean out the pumpkins, use a small drill (small pumpkins can be difficult to carve) to make small holes in the pumpkin and insert tea lights to light your guests' path to your door.
- A carved-out pumpkin makes an unusual container to serve food, such as fruit or soup. Or fill a large pumpkin with ice and use as a cooler to keep drinks cool. This works especially well for smaller-sized kids' drinks.
- Add dried leaves to store bought potpourri to make it more seasonal.
- Spiced candles will add a warm autumn aroma to your home. Baked apple, nutmeg, cinnamon or French Vanilla scents work best.
- Invest in some Fall floral plates, dishes, cups and saucers to give the kitchen a seasonal look.
- Since apples are in season, they make a great decorating tool; a big bowl can serve as a simple but lovely centerpiece (especially if you combine several types with varying colors and markings.)
- Use family photographs to enhance the seasonal decor; put out pictures of the kids or grandkids in Halloween costumes, raking leaves, or doing Fall activities.
- If you don't want to cut out a Jack-O-Lantern, paint a face on your pumpkin with black acrylic paint.

I wish all of you a very blessed Thanksgiving. I hope you enjoy time with your family and friends and say a special prayer for all the things you have to be thankful for. And, don't forget to pray for the safety of our military men and women.

Sheryl

Since these segments won't air for several months, I wanted to go ahead and give you the guests' e-mail addresses and website addresses, and you can browse at your leisure or contact them directly.

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