

CREATOPIA™

ISSUE 3

Inspiration for Everyday Creativity

Paper Craft Pull-Out

Camp & Cabin Style

Summer
Fun & Games

Lazy Lake Days Summer 2021

STUDIO

Ahh...Summer!



INSPIRATION

lazy summer days
sunshine sparkles on the lake
cool water dances
-Haiku by Sarah Routman

EDITOR'S NOTE

Hello Summer!



Monette Satterfield, Editor

@Creatopia.Studio

Come savor the slower pace in this issue of the Creatopia™ Studio Collection: Lazy Lake Days. It's the season to be inspired by the warm days, soft nights, campfires, fireflies, barbecues, and picnics of summer wherever you choose to spend it.

Maybe you're taking that long-delayed trip for far-flung experiences or staying firmly at home and having your summer escapades right in your own backyard – either way, it's your time to let the summer wash over you and enjoy simple things of the season. Try a new family game or a new recipe and be sure to dip into the book excerpts we've got for you in this issue. You'll even find pages to color and a special pull-out section of collage paper craft for you to enjoy.

Big things are happening this season here at Creatopia™ HQ as well. Nicole and I have officially opened the Creatopia™ Community. I want to personally invite you to join us and help build a place that values and supports your whole creative soul. Find out more at Creatopia.Studio – I would love to welcome you there!

Whatever adventures your summer holds, let your creative light shine as bright as the summer sun to light your way.

Cheers!

Monette Satterfield

Artwork courtesy of Monette Satterfield



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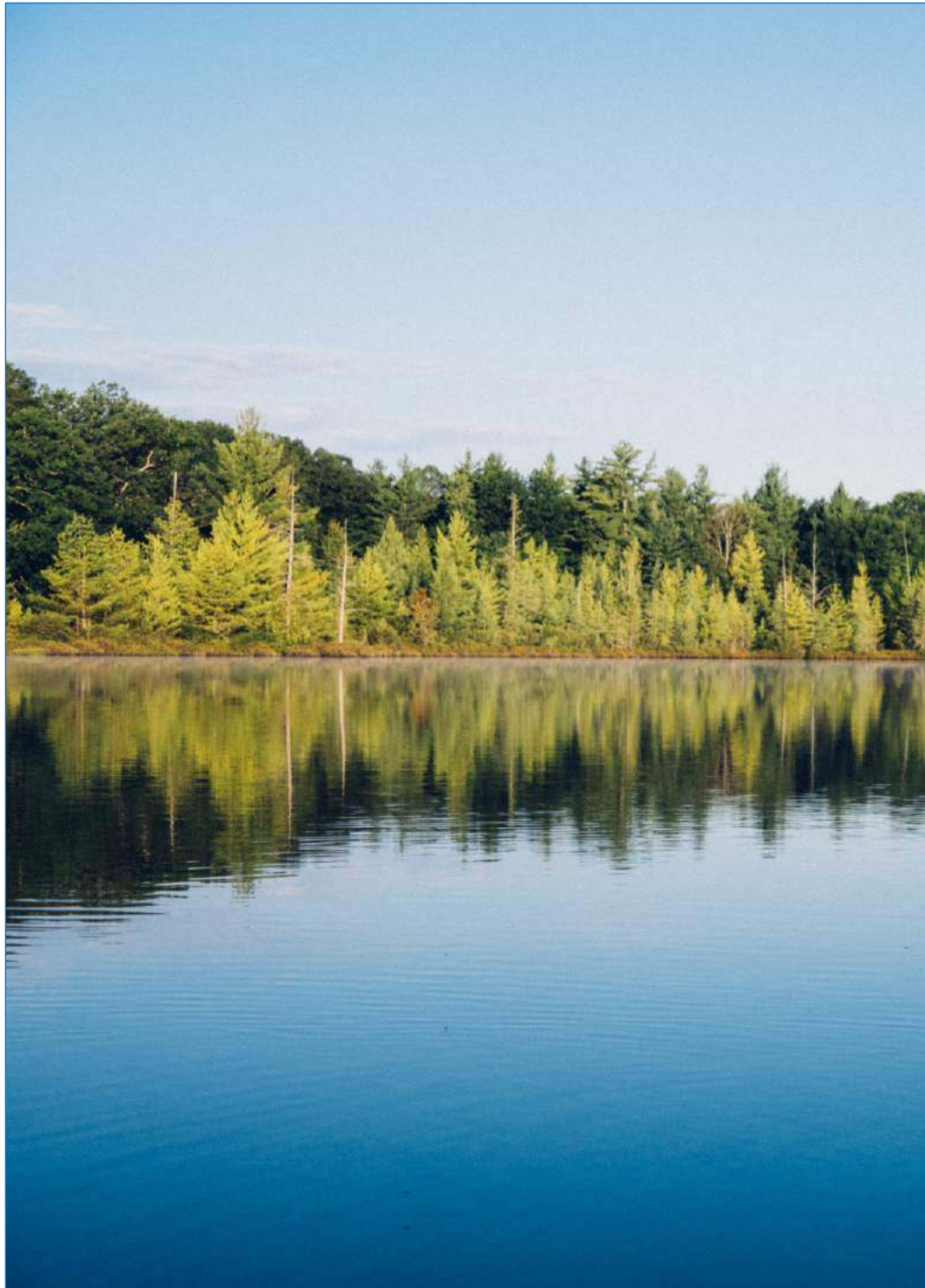
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CREATOPIA™

The Creatopia™ Community is Open - You're Invited!

Let's leave cheap and mass-produced to the factories!

Join our free, open community where you can connect with other creatives and find support and assistance in your journey to live a creative life. You'll find friendship and encouragement from the community along with Creatopia™ sponsored events and resources like classes, challenges, contests, magazine features and more.

Learn more and sign up at Creatopia.Studio



Our Contributors



Nick Armstrong is a dad, audio drama enthusiast, and award-winning serial entrepreneur at WTF Marketing. He's been a TEDx speaker and is the co-organizer of Fort Collins Comic Con and Fort Collins Startup Week.

www.SeleneRiverPress.com



Jenn Bierma is an author, healing practitioner and intuitive artist that creates pieces of visual and written art that speak to the divine gifts present in our daily lives. <https://spiritandherb.com>



Nicole Fende, aka The Numbers Whisperer®, helps coaches and creative entrepreneurs achieve sustainable prosperity. Nicole is the author of two books, designer of the card game Body Be Gone™, and Ringmaster of Creatopia™. <https://thenumberswhisperer.com/>



Sharon Hurley Hall (she/her) is an anti-racism activist, writer, and educator. She is committed to doing her part to eliminate racism and publishes an anti-racism newsletter. She is a NIFCA-awarded poet, and the author of Exploring Shadeism, an analysis of the colorism phenomenon in Barbados and the wider Caribbean. www.antiracismnewsletter.com



Shaylynn Jameson has been beading for over 20 years. Her passion for beading began when she was 8 years old. Her mom taught her the basics and her skills grew from there. Her designs have been published three times in Beadwork Magazine. <https://www.thistlebeads.com/>



Jennifer Ladd is a painter and art journalist who also writes poetry. She facilitates a weekly art journaling group for her family and friends and teaches paint nights. Jenn has accomplished many one-a-day for 365 projects including writing a piece of poetry everyday for all of 2018.

Our Contributors



Barbara Lager is poet and artist. She's been creating and successfully selling art for over 30 years. All of her creative endeavors are a bridge for my soul to walk home.

<http://www.lagergallery.com/>



Joanie Lewis has a PhD in Natural Health, believes in eating nature in its purest form, relying on whole foods for medicine and living your life as far from the world's influences as possible. She loves to garment sew, quilt, knit and has created a garden of herbs, vegetables, and flowers in her back yard.



Sarah Routman is a published photographer, poet, and coloring book artist. She celebrates and shares laughter regularly to help people destress, enhance health, and unleash joy and will soon release her first book about laughter. As a photographer, she finds beauty in places often overlooked by others.

www.throughsarahseyes.com



Gloria VanDemmeltraadt recently published her third novel, *Trouble in Deep Lake*, in the *Deep Lake* series, after the award-winning *Danger in Deep Lake*, and *Death in Deep Lake*. In addition to teaching classes on how to capture people's own stories, she has written many life stories for others and has helped more than a hundred hospice patients document their memories.

www.gloriavan.com



Cole W. Williams is the author of *Hear the River Dammed: Poems from the Edge of the Mississippi* (Beaver's Pond Press, 2017) as well as several books for children. Her poems have appeared in *Martin Lake Journal*, *Indolent Books* online, *Waxing & Waning*, *Harpy Hybrid Review*, *WINK*, and other noted publications

<https://www.colewilliams.com/>

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EVERYDAY CREATIVITY

Cabin Style

For something a little edgier, light up your space with a handcrafted custom neon sign. These modern signs coupled with the rustic simplicity of cabin walls will create a warm romantic ambiance in your rustic retreat. Make yours: CustomNeon.com





Photograph: Sarah Routman

CREATOPIA™

Colorful Sunflower Print Enamel Camping Mug Creatopia Exclusive Design

Modern and cheerful! This colorful sunflower print enamel mug will liven up your camping trip and your country kitchen. It's old-fashioned durable enamel that holds 12 ounces of coffee, cocoa (with marshmallows, of course!) or tea. It'd be especially adorable with wildflowers on the table.

Great for indoor and outdoor activities; it can keep up with a busy camp kitchen.

To Buy: Creatopia.Studio/Shop



EVERYDAY CREATIVITY

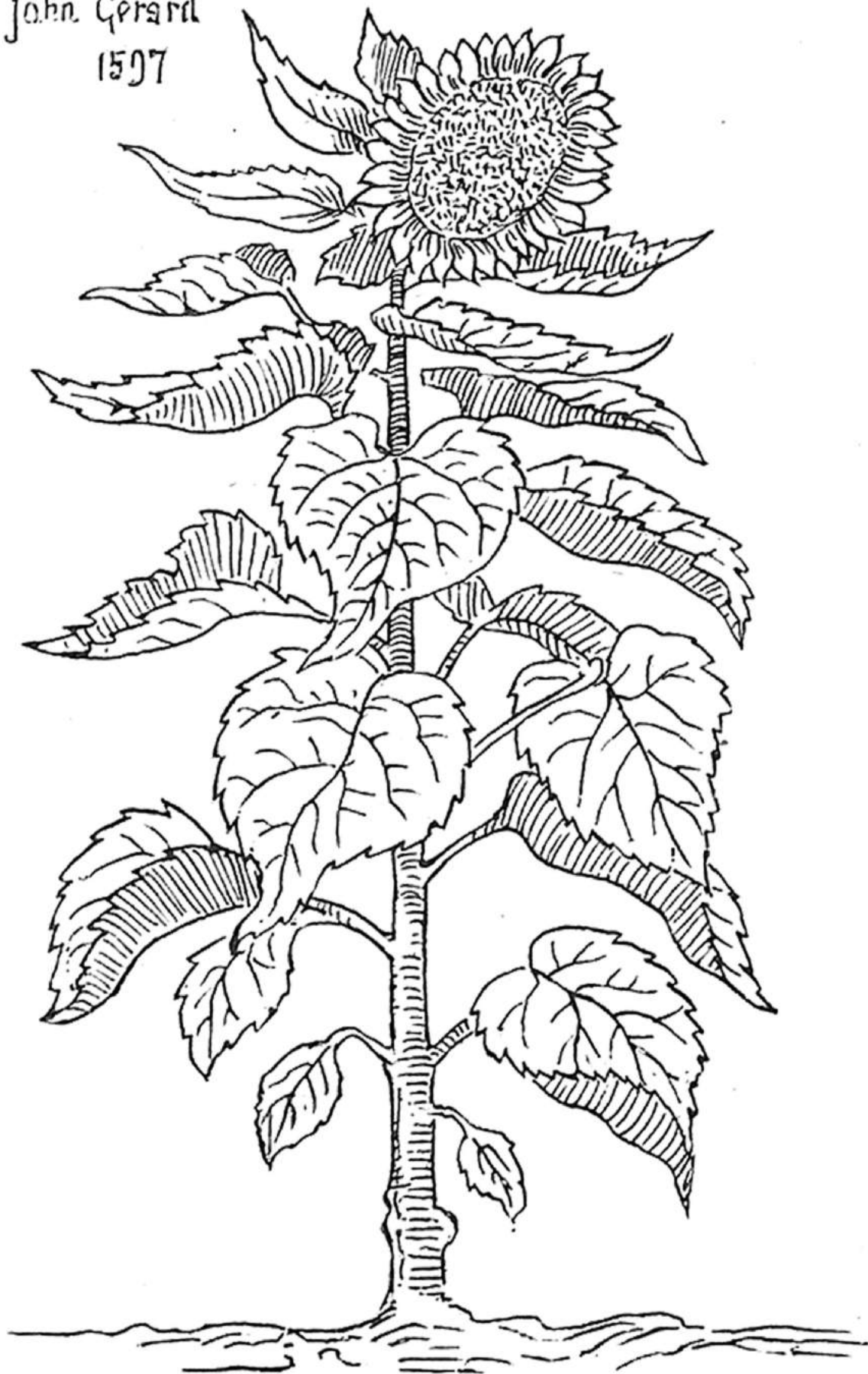
Coloring Fun

You're never too old to enjoy a little coloring fun! Enjoy the doodles of this Lazy Lake Days design plus the vintage sunflower illustrations on the following pages. While you can use any medium you like, markers will make the most colorful pages.



Design by Sarah Routman

John Gerard
1597





L. Hooper
1882

EVERYDAY CREATIVITY

Makers and Creators to Watch



Summertime, original art by Barbara Lager

From Barbara: "My art is created from hand anodized niobium and aluminum. Each piece of colorful metal is cut, chased, engraved, layered, carefully drilled and riveted together to create this design."

POETRY

Beautiful Words

[By Cole Williams](#)

Possibility

A boat is a vessel built
From our imagination

Only from our mind
We could will it to go

& go where we ask it
Every time, creating
Our own waves

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Photograph by Brent-Storm, Unsplash

CREATE PROSPERITY

Play and Profits in the Sand



By Nicole Fende

I love the beach, yet I live in a cold climate. When summer finally does arrive I itch to get outdoors, preferably to spend time on sugary sand next to large bodies of water.

But I have a business to run.

Sound familiar? Do you long to be lounging on a beach towel listening to the waves?

Help is here!

Learn how to play in the sand and grow your business profit.

Since we can't take the day to go to the beach, we'll bring the beach to us instead. You'll need two items to make this happen, however they are very inexpensive. They can be found at any craft store, and probably at most big box convenience stores.

- Clear Plastic Shoe Box ~ \$1
- Decorative Sand ~ \$3

Let's Hit the Beach

Take the lid from the shoe box, flip it over, and place it on your desk or other flat surface. Pour the sand into lid, don't overflow it. Presto - you've got a beach!

Run your fingers through it. Hold some in



CREATE PROSPERITY

Play and Profits in the Sand

your hand. Gaze at your mini vista. If you're really feeling ambitious prop a beach picture up behind it.

NOTE: If you have cats do not leave your beach unattended for long periods of time. It may be mistaken for a litter box.

Translating Play to Profit

I bet you're thinking...

How is this going to help my business?

Good question.

Here are a some ways you can turn your mini beach into a major profit booster.

Destress to Refocus

Stress is proven to reduce creativity and critical thinking. Stress saps your mojo, which is never good for an entrepreneur. Give yourself permission to take a break with your beach. I love to pick up the sand and then slowly let it fall back onto my "beach". Try closing your eyes and simply placing your hand on the sand. You'll be amazed at how it connects your mind to that relaxed beach mentality.

Give yourself 5 minutes, or perhaps the length of one fun summer song, and then return to work.

Change Your Perspective



CREATE PROSPERITY

Play and Profits in the Sand

No matter how brilliant we are (and let's face it – we rock!), we still get stuck in a rut. Our wheels spin, but nothing goes anywhere. This can be particularly frustrating when we see the bustle, activity and vitality of summer around us.

Shake things up by adding an unexpected object to your beach. Don't take long to pick the object, just grab and go. Use this scene to boost you out of that rut. In my case I picked a beautiful buffed agate stone (pictured at beginning). Like finance, it needed to be buffed and prepped before it was appealing to the masses. Hmm... lots of great insights to run with there.

Beach Analogies

Relate your business to a usual beach scene. What sells well on the beach? Why and to whom? How are people marketing things there? Beaches are a thriving economy that you can learn so much from. Take your business to the beach and prosper!



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WHEN YOU JOIN
MINTEDMORE

JOIN NOW

anne marie
alex haggerty
addison tate

UNIQUE DESIGNS,
LUXE QUALITY

The advertisement features a collection of school supplies on a light blue grid background. It includes a spiral notebook with a whale illustration, a notebook with a giraffe illustration, a notebook with a photo of two children, and a notebook with the name 'addison tate' written in cursive. A purple button with the text 'JOIN NOW' is positioned above the supplies.

WELL BEING

Jasmine - Scent of Summer



Beautiful White
Flowers, Hot Sunny
Days...



Moonflower Bodywash,
Recreate those exotic summer
nights.

To Buy: DirtyGirlFarm.com



Like jasmine on a warm sunny
day, custom cotton fabric.
Pattern: Calming Jasmine
designed by Miranema.

To Buy: Spoonflower.com



Moonflower Perfume Spray

To Buy: DirtyGirlFarm.com

Decorative Glass Diffuser, Bring
the scent and the beauty of
jasmine into your home.

To Buy: Amazon.com



Jasmine Essential Oil, Undiluted
eco-friendly cruelty-free essential
oil.

To Buy: Amazon.com

WELL BEING

Jasmine - Scent of Summer

Intoxicating scent ,
Blue-black Skies
Filled with Stars.



French Milled Bath Bar,
Triple French Milled ensuring
long lasting quality to clean
and moisturize.

To Buy: FigLinensandHome.com



Jasmine Tea, Bring summer
floral to your taste buds. This
organic tea is packaged in eco-
friendly and biodegradable
sachets.

To Buy: ArtofTea.com



Midnight Jasmine Soy Candle,
Hand poured in St. Louis using
eco-friendly soy wax.

To Buy: GlowCandleCo.Com



Jasmine Face & Body Lotion,
Enjoy the aroma of night
blooming jasmine with this
organic lotion.

To Buy: Amazon.com



Jasmine Bar Soap, Handcrafted
bar soap infused with raw cold
pressed organic coconut &
night blooming jasmine oils.

To Buy: Amazon.com

PLAYLIST

What to Listen to Now



Mdou Moctar, Afrique Victime, Tala Tannam, Contemporary Saharan indie music that runs from folksy to rock. Tala Tannam pairs perfectly with a warm summer day.

To Buy: [Amazon.com](https://www.amazon.com)



Noël Wells, It's So Nice! Played For Keeps, Indie folk with a dash of blues makes for great beach side music.

To Buy: [Amazon.com](https://www.amazon.com)



Danika Smith, Suit of Armor, Melancholy folk song for summer romance, the war between fear and hope.

To Buy: [Amazon.com](https://www.amazon.com)



PLAYLIST

What to Listen to Now

Akua, One's Company, Told You So, Electronic music infused with a soulful female vocalist should be played driving a convertible with the top down.

To Buy: [Amazon.com](https://www.amazon.com)



Yazmin Lacey, Morning Matters, Morning Matters, Greet the morning with the soulful sounds of Yazmin Lacey.

To Buy: [Amazon.com](https://www.amazon.com)



Rachel Chinouriri, Released as a single, Give Me A Reason, Close your eyes and be transported to a smoky New Orleans night club as you listen to this song.

To Buy: [Amazon.com](https://www.amazon.com)



COLLAGE PAGES

Summer Sunflower Cut & Collage



The following pages are a sample from *Cut and Collage-Summer Sunflowers: An Art Journaling and Mixed Media Paper Play Book*.

These golden sunflowers, butterflies and a perky bee will add a touch of summer to all your paper craft, collage and art journaling projects. To use the pages, tear or cut them out from the magazine.

About the book:

When is a book a toy? When it's for making art! This book is most definitely a toy. It's for you to cut up, tear apart and play with. Cut out and collage the images, use the printed papers in your journal and papercrafts, and use the cover cut-outs to embellish your creative projects. This book is perfect for your own creations of all kinds.

By: Monette Satterfield

Excerpted from the Summer Sunflower - *Cut and Collage: An Art Journaling and Paper Play Book* from Shiny Designs. Produced by Creatopia™ LLC

Buy on [Amazon.com](https://www.amazon.com)

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CREATIVE QUESTIONS

What brings out the kid in you?



What brings out the child in you?

Watching butterflies?

Tracking a leaf as it floats downstream?

Listening to a bee buzzing around a flower?

Do you pause and enjoy the moment, or shake it off, reminding yourself that you're an adult and have no time for such things?

Have you considered the benefit of giving yourself permission to delight in those brief moments of childlike wonder as you go about your day?

Maybe you feel that you have no time to take a vacation from your life, but you certainly could take brief moments to refresh body, soul, and spirit.

How?

By: Carolyn Hawkins



CREATIVE QUESTIONS

What brings out the kid in you?

* Find a quiet spot and sit still, close your eyes and take at least three slow, deep breaths out and in. Tip: To be able to take deep breaths, exhale the air in your lungs first, so there's plenty of room for fresh air.

* At the end of each day think of three things you're grateful for. It may be difficult at first to think of more than one, but you'll find that you notice more things for your list as you continue this practice. Write them down – it's fun to look back on them.

* Spend time with nature. Visit safe places outside. Take photos to enjoy later. Create your own nature spot in your home or office with a rock or shell, and a plant or two. Watch the sky and follow the changes in the clouds, sun, moon, and stars.

Start small and learn to appreciate the tiny, happy bits of life. Those little moments have a big impact.

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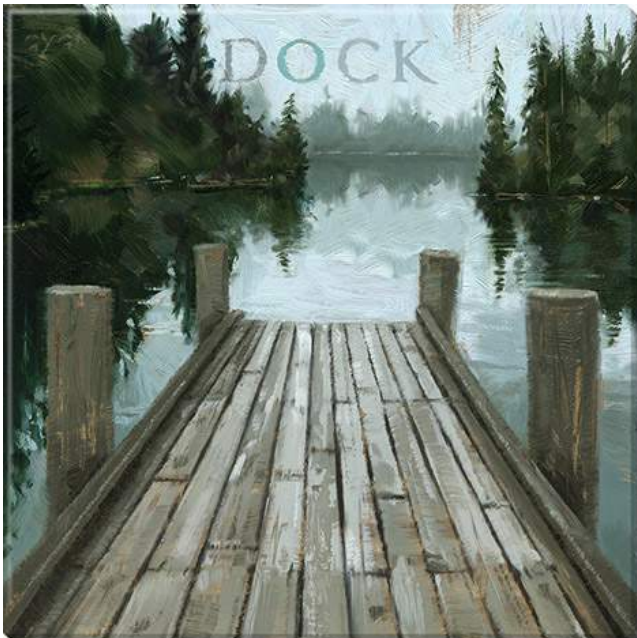
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HOME

Rustic Inspired Style

Cabin living doesn't have to be boring! Just because it's a camping cabin doesn't mean it can't have a little style. Bring in your own personality with a little bit of everyday creativity. Be inspired by these artists and their work.



Darrens' wife Megan explains how it began, "Darren decided to take his portrait career in a new direction and paint portraits of "things" instead of portraits of people." The collection caught on, and they've grown into an art company that creates and reproduces his work in the United States.

See the whole collection:

DarrenGygiHomeGollection.com

Find the perfect artwork in the "Lakeside" collection from artist Darren Gygi.



HOME

Rustic Inspired Style

Meet Anni from Magpie Mischief – Anni is a full-time potter and artist in the Midwest where she handcrafts each of her charming pieces herself. Find your next favorite things in her online shop:

MagpieMischief.com

Mini house for decorating your mini garden – it's handcrafted and painted so each one is unique.

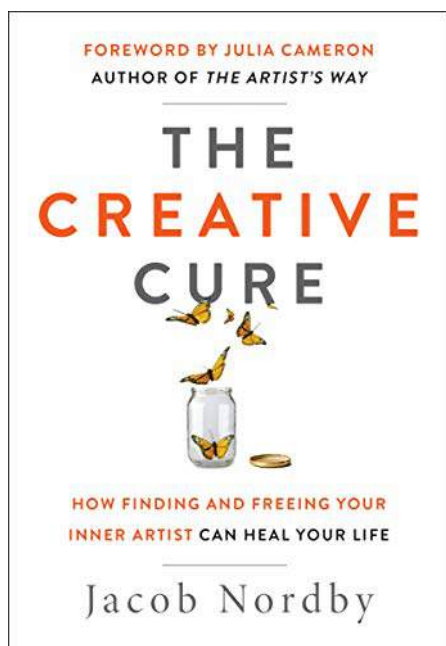


Easy breezy mason jar flower arranger – perfect for fresh-picked from the field flowers. This genius arranger keeps them in place in that mason jar or juice glass sitting in the cupboard.



BOOKSHELF

What to Read Next



The Creative Cure: How Finding and Freeing Your Inner Artist Can Heal Your Life, Jacob Nordby.

From the Publisher:

“By the time you finish reading this book, you will have the tools to establish a personal creative practice that can last the rest of your life. This practice will build your creative capacity, transform your core beliefs about yourself, and heal your connection to your inner artist.”

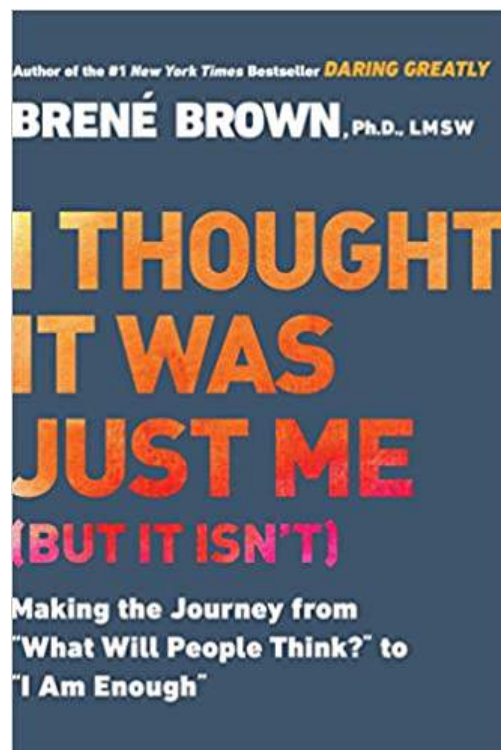
To Buy: [Amazon.com](https://www.amazon.com)

I Thought It Was Just Me (but it isn't): Making the Journey from "What Will People Think?" to "I Am Enough," Brené Brown.

From the Publisher:

"I Thought It Was Just Me shines a long-overdue light on an important truth: Our imperfections are what connect us to each other and to our humanity. Our vulnerabilities are not weaknesses; they are powerful reminders to keep our hearts and minds open to the reality that we're all in this together."

To Buy: [Amazon.com](https://www.amazon.com)



BOOKSHELF

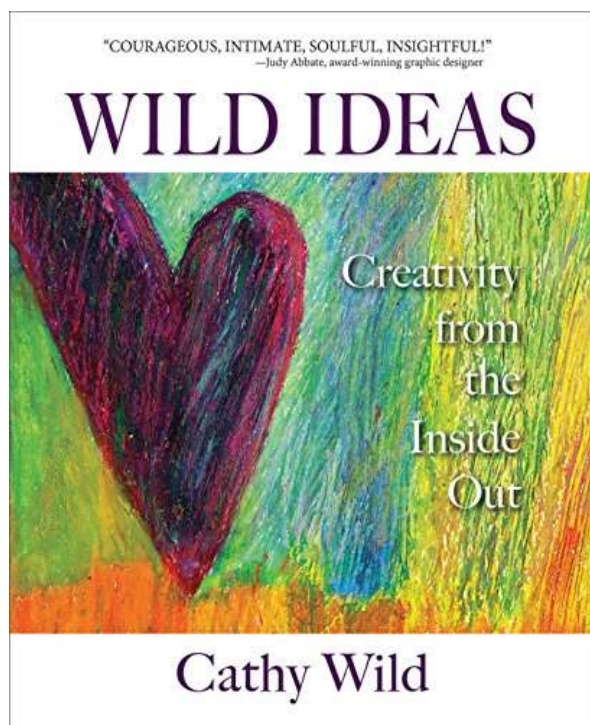
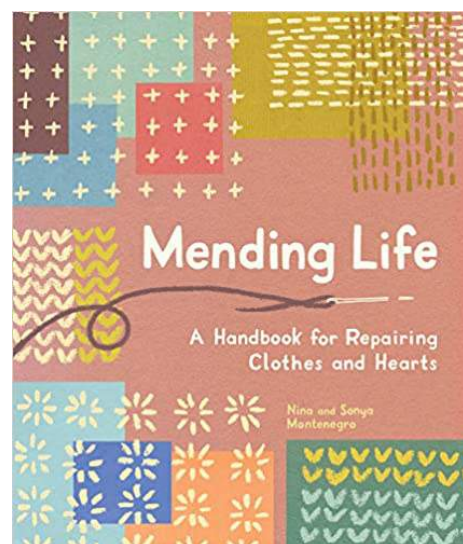
What to Read Next

Mending Life: A Handbook for Repairing Clothes and Hearts,
Nina Montenegro.

From the Publisher:

"You'll learn basic techniques such as patching... as well as things like (mending) a tear in a bedsheet or down jacket. Along the way, the authors share how the powerful act of mending strengthens not only the object we are repairing, but ourselves as well."

To Buy: [Amazon.com](https://www.amazon.com)



Wild Ideas: Creativity from the Inside Out,
Cathy Wild.

From the Publisher:

"*Wild Ideas: Creativity from the Inside Out* takes you on an intimate journey through the seven stages of the creative process. All along the way, counselor, artist, and writer Cathy Wild interweaves her own deeply personal story as well as provocative insights gleaned from her many years in private practice. Discover your authentic voice while exploring timeless themes that compel creative expression."

To Buy: [Amazon.com](https://www.amazon.com)

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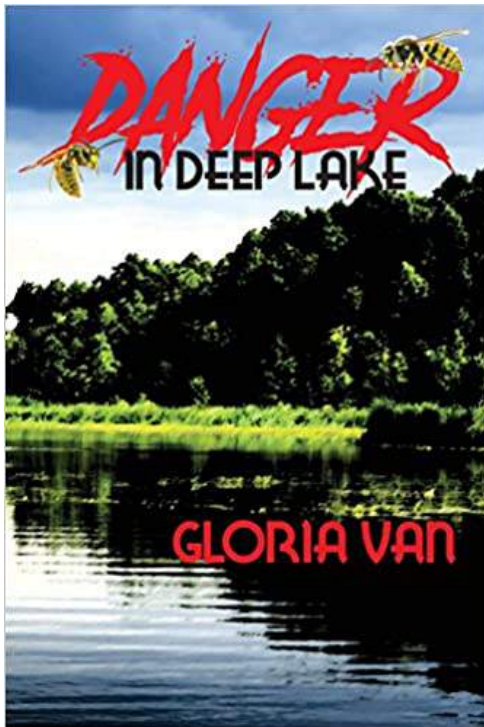
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BOOK EXCERPT

Danger in Deep Lake



By: Gloria VanDemmeltraadt

This excerpt is from a cozy mystery is set in a small town in rural Minnesota, not far from the metropolis of the state's Twin Cities.

Buy on [Amazon.com](https://www.amazon.com)

Prologue - 1992

Ten-year-old McKenzie Ward turned her head as she usually did when her best friend Otis suggested a spitting contest. It might be interesting to see how far they could spit a mouthful of water before it froze, but she had more important things on her mind.

After no positive response from Kenzie, Otis tried again. "Hey, after we win this contest, how about a good cowboy movie at Gramps'? Or we could throw stones off the trestle. Bet I can beat 'cha!"

They, and dozens of other eager kids had already climbed all over the city fire truck borrowed for the occasion. Kenzie and Otis were now sitting on two up-turned five-gallon buckets in front of a hole in the ice, waiting for the noon whistle blast from the fire truck to kick off the annual ice fishing contest on Deep Lake. The temperature that January day was a balmy three degrees Fahrenheit. Dressed in parkas, snow pants, and heavy boots, they had one

BOOK EXCERPT

Danger in Deep Lake, Continuation

short ice fishing pole between them, already rigged with one of Gramps' special hand-carved and hand-painted lures. Neither had any doubt that among the couple of hundred experienced adults and bunches of kids like themselves huddled around dozens of holes in the ice, the two of them would haul in the biggest walleye of the day.

There was a carnival atmosphere in the air, with laughter all around. There was also lots of stomping of feet in efforts to keep warm. Most of the adults were gathered around open holes in the ice and drinking something from steaming foam cups. Kids chased each other and skidded and slid in mock danger of getting too near the deep holes. Music played from battery operated boom boxes and poured from open-doored pickups scattered across the lake. With at least a foot of ice, driving on the frozen lake was not hazardous. Dozens of small fish-houses were placed strategically by veteran fisher-folk who spent many hours on the lake over the typical winter. Some of the fish-houses had small stoves in them for keeping occupants warm. They also had carpeting and padded benches, and always

a card table in case a game came up with drop-in visitors.

The annual ice fishing contest was the big winter event in the small town of Deep Lake, Minnesota. Named after the extraordinarily deep lake it bordered, the town was northeast of the major Twin Cities of Minneapolis and St. Paul. Happily for its residents, the town had avoided becoming a bedroom community of commuters to the Twin Cities. Instead, it somehow remained a small town of farmers and serious fishermen who loved the many area lakes and streams. The one major industry was a pickle and jam factory on the edge of town that provided jobs but didn't distract much from the town's rural character.

The contest brought many visitors, but they never stayed long in the severe cold. Winter in northern Minnesota is something you have to grow up with to fully appreciate.

When the spitting challenge suggestion failed, Otis said, "Okay, how about ugly faces?"

"You're on," and Kenzie yanked off her

BOOK EXCERPT

Danger in Deep Lake, Continuation

mittens to pull her cheeks out in an open-mouthed grimace. They flapped their tongues at each other and rolled their eyes, trying not to laugh while also trying to look as ugly as they could.

“Fweeeeeeeet!” screamed the whistle on the fire truck at noon on the dot, to signal the start of the fishing contest.

Kenzie and Otis grinned and blinked with ice-encrusted eyelashes, pulled on their puffy mittens and both yelled, “Dibs!”

Kenzie reached the pole first and dropped the hook-loaded lure into the frosty water at the bottom of the foot-thick hole. A spring bobber attached to the line smoothed out the jerkiness of jigging the swimming lure up and down and helped detect when fish took the bait.

Game on.

All over the lake noise abruptly stopped and fishing began in earnest. Prizes included a much-desired brand new snowmobile with all the trimmings, plus a heavy-duty ice auger to more easily cut through the ice, lots

of other fishing gear, and some hefty cash prizes, too. Hundreds of eyes peered into deep holes in the ice with greedy and anxious hope.

Twenty feet to the left of Kenzie and Otis someone heaved a medium-sized walleye onto the ice with a mighty roar. Also nearby, a kid they knew pulled in a tiny sunfish. Snickers drifted across the lake as others did the same thing.

Kenzie felt something touch her line. Fish are lethargic in the winter, so she wasn't surprised that it wasn't a hard hit. She jiggled the line and watched the bobber as it slowly sank under the water. Hanging over her shoulder, Otis grunted and Kenzie elbowed him out of her way. “I got something,” she said. She started to pull in the line. “It feels weird – and heavy.”

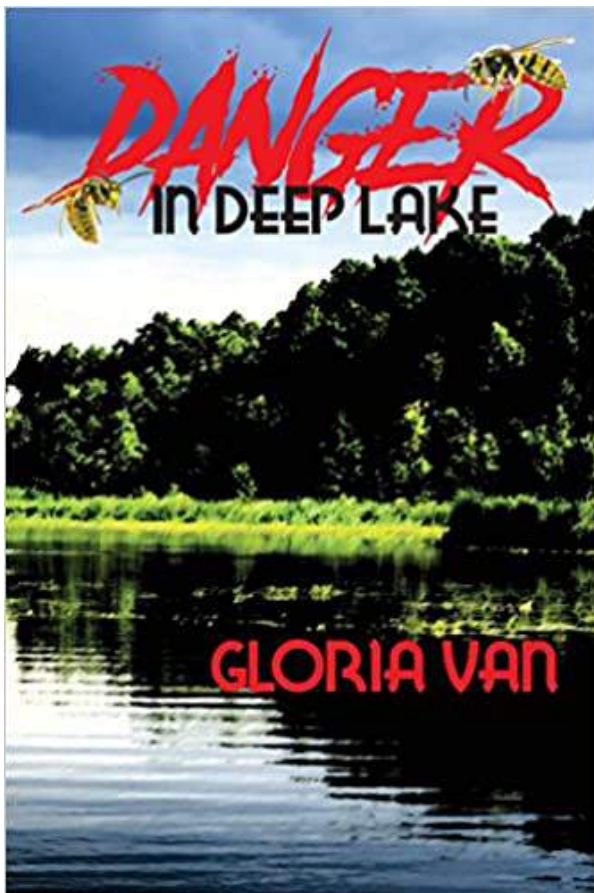
“Oh boy,” mumbled Otis, “you've probably got a tree or an old tire or something. You shoulda let me be first.”

Kenzie tore off her mittens and fell flat on the ice. She reached down into the hole to free her hook and grabbed what she

BOOK EXCERPT

Danger in Deep Lake, Continuation

thought might be a branch. She pulled it up through the hole and stared along with Otis at a brown and wrinkled human hand that laid there on the ice wrapped like a gift in her eight-pound fishing line. The arm it was attached to trailed back down into the dark and frigid water.



minted.

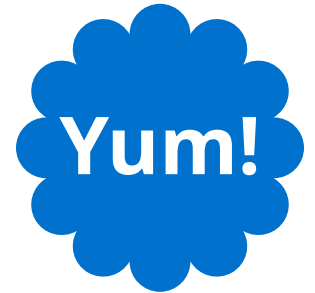
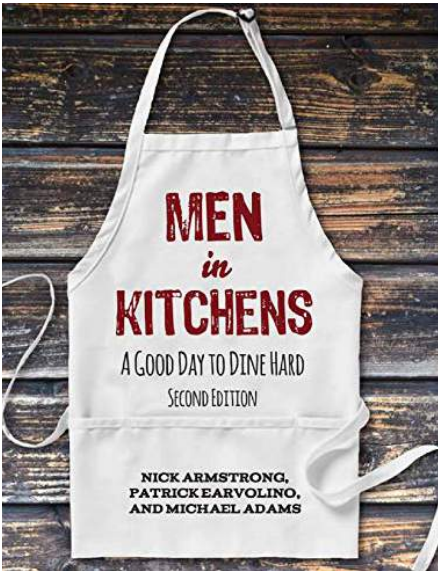
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Three framed artworks are shown on a white wall. The top-left piece is an abstract painting with soft, blended colors of pink, orange, and white. The top-right piece is a photograph of a dense forest of tall, thin trees. The bottom piece is a painting of a long, arched hallway with a dark carpet and light-colored walls.

FOOD

Delicious Turkey Meatballs



By Nick Armstrong

Excerpted and adapted from the book *Men in Kitchens: A Good Day to Dine Hard*, 2nd Edition available in multiple formats at SeleneRiverPress.com.

Buy at Amazon.com

Almost all of my favorite memories involve food. From family dinners and gatherings to the birth of my son, good food has always marked good times in my life.

Salsa, the first thing I ever made in the kitchen, marked the start of my entrepreneurial career. The best meal I ever cooked was the one that sealed the deal for my wife. My time with friends is always more fun and memorable with the addition of culinary creativity.

Fostering my own family traditions around food and what food means to us has been a key ingredient to a happy marriage, strong family ties, and a great work ethic. It's also how I take ownership of my family's health. Cooking, and cooking healthfully, not only makes me a better provider for my family but also a more useful husband and partner. My modest skills have even saved my wife time here and there—knowing the difference between “quartered” and “diced” and “sliced” is

FOOD

Delicious Turkey Meatballs

huge when it comes to prep work. And when mealtime rolls around, it feels good to know that I played a part in feeding my family.

I hope my turkey meatball recipe helps you start your own family traditions with food.

Meatballs are a go-to time saver. They're not only fast and fun to make but also great multitaskers and the melting pot of the kitchen. You can never run out of dishes to throw meatballs in or ingredients to throw in meatballs.

These can be customized to include your favorite meats and cheeses, or even leftovers you need to get rid of. They can be added to an existing recipe or served as a stand-alone appetizer.

For a delicious meatball sub, you can pair the following recipe with whole grain hoagie buns, fresh cheese, and marinara sauce. Or try them with curry cream-based pasta dishes, spaghetti squash, or brown rice. I tossed these with hot mango chutney mixed with chopped cilantro and mint for a tasty combo that went well with the curry flavor of the meatballs.

Meatballs are also a great cooking project for kids, combining two of their favorite things: making a mess and eating bite-sized food.



FOOD

Delicious Turkey Meatballs

Turkey Meatball

Cook time: 30 minutes

Makes approximately 64 meatballs

Ingredients

- 2 lbs. ground turkey or beef
- 6 cloves garlic, minced
- 1 onion, diced
- 2 jalapeños, seeded and diced, or substitute sweet bell pepper for a milder version (be sure to wear rubber gloves or thoroughly wash your hands when handling hot peppers)
- 1 1/2 cups fresh breadcrumbs
- 1/3 cup Worcestershire sauce
- 1/8 - 1 teaspoon cayenne pepper or more, depending on your tolerance
- 1 tablespoon sea salt
- 1 tablespoon fresh oregano, or 1 teaspoon dried
- 1 1/2 teaspoons curry powder
- 1 1/2 teaspoons cumin
- 1/2 teaspoon chili powder

Instructions

1. Preheat oven to 350°F. Grease a baking sheet or cover with parchment paper.
2. Combine all ingredients in large bowl. The mixture will be very sticky, so start by folding with a silicone mixing spoon, then mix by hand until well-blended.
3. Roll meat mixture into half-inch balls and place on the prepared baking sheet. Bake until browned on the outside and 165°F on the inside.



INTERVIEW

Dancing with Creativity



Interview with Jenn Bierma

Jenn Bierma is on a mission to bring balance back to life. With almost twenty years of business experience in a physical business encompassing a wellness center, a retail shop and an event center, the shutdown of March 2020 was a big change. It gave Jenn an unplanned but wholly fortunate break. She found a renewed sense of vision and felt that she was being called to balance, creativity, and artistry. That's when the planning for Spirit & Herb, LLC started.

Jenn feels that the past years have seen a strong focus on the negativity in the world. With the unpleasant topics dominating news and society around us, Jenn chose to focus on the positive because of her belief that we need to move through the negative moments to create the world we want to see.

She explains how this was the catalyst for her decision to focus on the positive, "After listening to so many stories of people stuck in the rut of repeating negative self-talk and/or projecting negative attributes onto people they don't know, I realized that I wanted to focus on creating something loving to help people move through that."

As part of her commitment to helping people clear away the old ideas and energies from their lives, Jenn started creating products to focus on the positive. She believes that positivity is one of the ways to experience love and is a mindset that focuses on being able to see the things around us that create joy.

That shift in thinking is core to her belief about the impact of positivity, as she says, "We allow ourselves to see that events that we perceive as negative may create change in our lives to bring us more joy. We begin to seek the silver lining."

While she is a strong advocate of the power of a positive mindset, Jenn is

INTERVIEW

Dancing with Creativity

mindful of the problems people often encounter by trying to ignore feelings they may think of as negative and try to pretend all is well.

Her advice to someone seeking to have more positivity in their life is to allow ALL the emotions. It's important to recognize that we are human, and part of the human experience is feeling a spectrum of emotions. She notes, "Once we can allow ourselves to feel our emotions, we can move past them. In other words, we need to give ourselves the attention we deserve and allow ourselves time to heal."

As a creator and maker, Jenn sees firsthand the relationship of positivity and creativity. Of the creative spirit, she says, "When we are in a space of positivity, we are in agreement with ourselves to allow joy to flow through us."

This agreement leads to the joyful flow and play of creativity. Jenn envisions it as a multi-faceted dance, "I believe that flow is like the dance of creativity. One day the dance might be slow and intentional with muted colors bringing a peaceful and calm mood. The next day it could be a soulful sway with rich colors guiding us to our favorite places and activities! Another day it might feel like a Latin dance with bright colors and fast movements."

Embrace positivity in your life and have more flow and joy – plus dancing!



Visit Spirit & Herb online:

[SpiritandHerb.com](https://www.SpiritandHerb.com)

Find Jenn's Positivity Affirmation Deck in the Creatopia shop: [Creatopia.Studio/Shop](https://www.Creatopia.Studio/Shop)



EAST COAST SUNRISE

The sea-fragrant air insinuates itself into your mind,
Wrapping itself around your waking dreams like a warm blanket,
Then gently touches your eyelids, your mouth, your body –
A lover's caress, to bring you out of sleep.
Outside, foam-flecked waves rear snowy heads
Then descend, emptying their essence onto the warm, waiting sand.
Undisturbed by the bustle of wind-blown clouds
The sun begins its daily trek across the sky.
You open sleepy eyes to a vibrant, verdant landscape bathed in beauty:
The chalky crests of nearby hills search out the heavens
While the springy mat of green grape-leaves invites your feet.
A taste of Eden.

By Sharon Hurley Hall



CREATOPIA™ SHOP

New Release - Positivity Deck



Words have power. Are you thoughtful about the words you use everyday? Using affirmations is a powerful way to be more intentional with the messages you send to yourself. We're excited to announce our release of the Spirit & Herb Positivity Box in the Creatopia™ shop. This lovely set of 31 affirmation cards was conceived of and designed by Jenn Bierma of Spirit & Herb to give you a effective tool to use more thoughtful and loving words with yourself.

We had a chance to talk with Jenn about her

Positivity Box and learn more about how it came to be. One of the first things that came out in our conversation is how important sustainability and care for the earth are to her. She takes great care to ensure that her products and components are carefully sourced from companies, families or individuals that are thoughtful of the sources, as she says, "they take great care in protecting the sacred gifts of our land."

Jenn explained the choices about use and re-use in the deck and the accompanying downloadable workbook. The deck itself is sturdy and created to be used repeatedly while the work-book is a printable downloaded PDF to allow users to tailor their use and avoid excess paper waste.



CREATOPIA™ SHOP

New Release - Positivity Deck

The deck itself is 3 inches square with the unusual feature of 3 rounded corners and one point. Jenn chose these two shapes specifically to bring more attention to the idea that, "people like to place themselves in a box of societal norms, old beliefs and labels." The messages in the box address these topics.

The one, pointed corner also has a deeper significance. As Jenn described it, "symbolizes the work that each of us is doing in our lives to recognize and honor our jagged edges as a beautiful part of who we are. Without these sharp, sometimes painful edges, we wouldn't be who we are."

Each box is beautifully wrapped and comes with a lovely crystal as part of the packaging. Jenn explained her decision and intention by saying, "as an energy work practitioner, the feel and vibration of my products is very important to me. Crystals are a great amplifier of the intentions that are set."

She wraps each deck with care and love and then sets the intention, "that each of my card decks will positively impact the person who receives it by creating an energy of honesty, love, compassion and healing." She charges the crystal itself with the intention before attaching it. As she says, "A little extra love and intention in the packaging never hurts!"



CREATOPIA™ SHOP

New Release - Positivity Deck

Words have power; the words you speak to yourself are the most important of all. The messages in this Positivity Deck are powerful words to yourself that are supportive, loving, and full of grace. These affirmations – messages from yourself to yourself – are a powerful self empowering practice to foster compassion for yourself and others.

The gentle colors and deeply affirming messages in this Positivity Box are daily affirmations to lift your mindset and thoughts into a gentle and loving view. Take each card and ask yourself if the message rings true or feels off – the important part is allowing yourself the thoughts and acknowledging them.

Each deck come beautifully wrapped in Spirit & Herb eco-conscious packaging with a BONUS clear crystal that brings extra love and intention to your deck.

Each deck includes:

- Thirty affirmation cards to give you a loving lift every day,
- One fill in the blank card to create your own powerfully personal message,
- Clear crystal to amplify the energy of your thoughts, and
- Link to the downloadable PDF workbook to gain deeper insights into the affirmations.

USD 25.99 plus shipping

To Buy: Creatopia.Studio/Shop



CREATOPIA™

Modern Country Graphic Sunflower Organic Cotton Tote Exclusive Creatopia Design



Tote your stuff in graphic style! This sharp modern sunflower gives a country farmhouse vibe while keeping you organized and stylish. It's certified organic too!

No more flimsy plastic ripping open and no more clumsy ugly bags - this one has room enough for your groceries, beach books and cabin gear. Grab yours and go!

To Buy: Creatopia.Studio/Shop



FUN & GAMES

Camp and Cabin Games



By: Nicole Fende

Going to the lake often involves a bare bones cabin. These cabins may not have big screen TVs, cable, gaming computers, or even (gasp!) the internet.

What to do when you're chased inside by the rain, mosquitos, or simply too much sun? Cabin games are a perfect solution for unplugged entertainment. To avoid groans or a suddenly empty room skip the dog eared copy of Monopoly and give these a try.

All three games are relatively short and fun to replay.

Breakdancing Meeples

By Ben Moy

Instead of rolling dice you have a handful of tokens shaped like little humans. Roll your Meeples to complete dance moves in timed contests.

Designer Ben Moy explains where the inspiration for Breakdancing Meeples came from, "Breakdancing Meeples was birthed at a rules read of a friend's prototype, when I had too much fun dropping the pieces on the table and seeing how many times I could get them to stand upright."

Buy on [Amazon.com](https://www.amazon.com)



2 - 4 Players



Ages 8+



Playtime: 5 Minutes

FUN & GAMES

Camp and Cabin Games

MonsDRAWsity

By Eric Slauson

Take turns memorizing, describing, and drawing kooky monsters in this silly party game for all ages. No artistic talent required.

Designer Eric Slauson on what he loves about the game, "Although I love the game for its surface-level laughter-inducing silliness, I'm happy that many players also appreciate the underlying exploration of the fallibility of memory and the importance of asking good questions."

Buy on [Amazon.com](https://www.amazon.com)



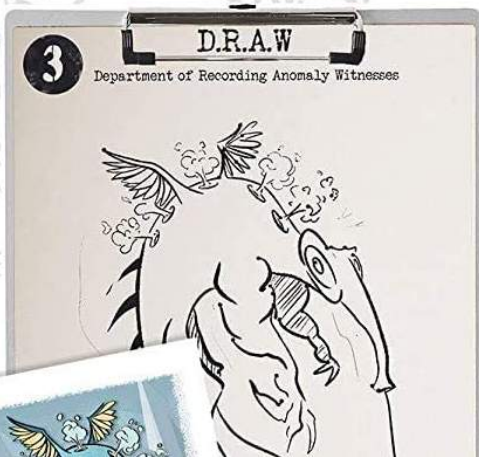
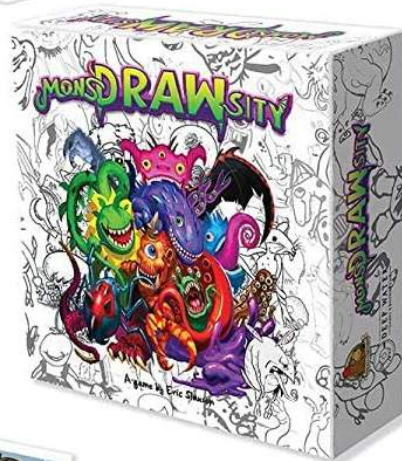
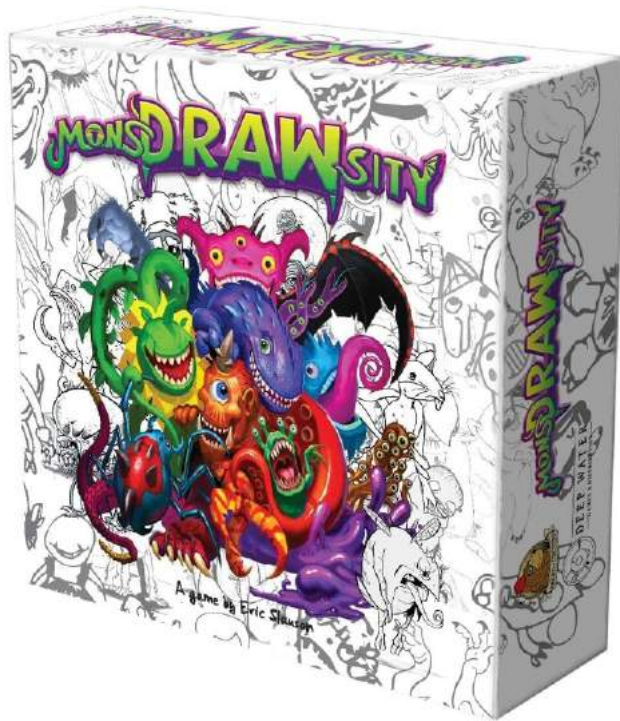
3 - 8 Players



Ages 8+



Playtime: 20 Minutes



Department of Recording Anomaly Witnesses		CASES CLOSED		TOTAL
AGENT #	AGENT NAME			
1	Martha			3
2	Nolan			5
3	Sam (Witness)			2
4	EJ			4
5	Matt			1
6	Travis			2
7	Jacob			0
8				
9				
10				

FUN & GAMES

Camp and Cabin Games

Stripes

By Maxine Ekl

Create your winning streak in this fresh, strategic card game. Easy to learn with unexpected depths this will appeal to newbies and card sharks alike.

Maxine Ekl, game designer, says, "I love that Stripes is for everyone — it's a fantastic family game and it's also a great filler for serious gamers!"

Buy at BreakingGames.com



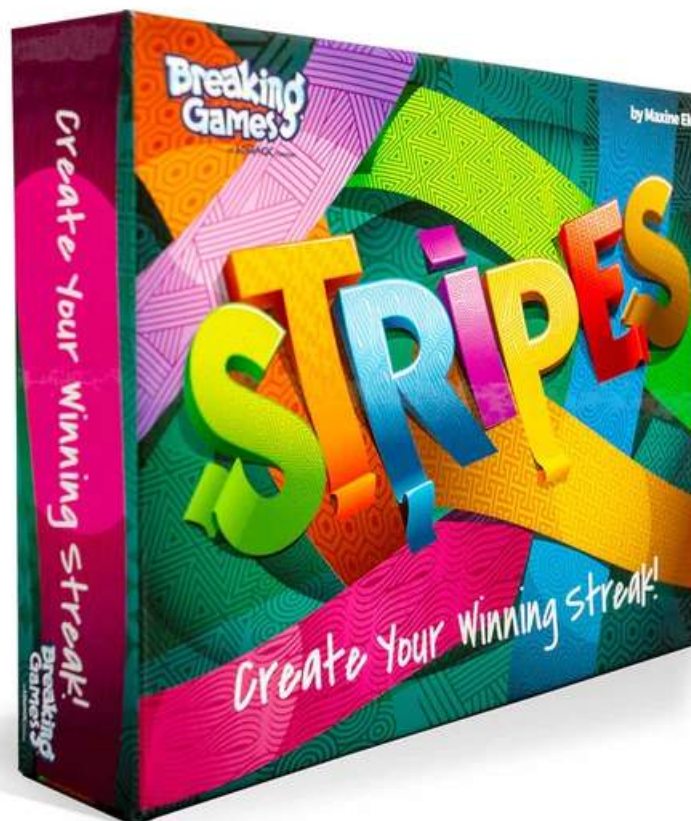
2 – 8 Players



Ages 8+



Playtime: 15 Minutes



WELLBEING

Dear Sweet Summer



Dear Sweet Summer:

How very excited I am that you have returned. You are the most awakening season of all because you fill us with life's most precious tools for which to heal: Vegetables, Fruits, Flowers and Herbs of every kind.

Whenever I think of you, Summer, the first thing that comes to mind are the many days we spent together laughing while stitching, crying while seam ripping and commiserating while we painted the sunsets and sunrises. Do you remember the time when we drank so much herbal iced cold tea that we began to float down the Mississippi?

I often forget that there are two things in this fragile life that are a guaranteed antidote to lift the stress right out of a woman's heart. The first is an uninterrupted lazy July day spent with your true Bestie where you can laugh until your ribs hurt and cry until there is not a single tear left inside you to shed.

The second thing is a continuous glass of herbal iced tea. Drinking iced tea spiked with every blossoming healing herb, brings forth a stronger root system within us that is not influenced by viruses or invading germs. There

By: Joanie Lewis

WELLBEING

Dear Sweet Summer

is no better time than July to reconnect with nature and to gather a handful of health, growing right before your eyes.

It's a true shame that dandelion is often looked upon as a troublesome weed in lawns, because it is nature's greatest healing aid for a woman's chronic inflammatory liver. Dandelion's healing properties fight against viruses, purify our blood, jump start a sluggish digestion, and fill us with a new sense of energy. The beneficial effect of drinking Dandelion Tea often is quite surprising.

For thousands of years, women have relied on dandelion for a remedy to eliminate toxins from their body. It contains an array of essential vitamins and minerals and inulin, a type of fiber which helps as a mild laxative.

Peppermint bestows a new strength within a woman's digestive system with its refreshing, renewing and rejuvenating power. Its stimulating effect can bring relief from any type of headache, assists your immune system to fight off illness and is a superb digestive aid that relieves gas and bloating.

My dear Summer, thank you for walking alongside every healing herb providing the

sunshine's laughter, the rain's tears and an overabundance of warmth and wellness to nourish our body, our mind and our spirit.

Give yourself permission to gently unfold and delve back into whatever it is that allows you to bloom.

Be still and know,

Joanie



WELLBEING

Dear Sweet Summer

Maybe Dandelion and Peppermint aren't blooming in your July garden, but they're readily available in the tea section of your grocery store. Always choose organic if available.

Recipe for Iced Herbal Tea

1 heaping teaspoon of herb

Example: ½ tsp of peppermint and ½ tsp of dandelion

1 cup of boiling water

Infuse for 5-10 minutes. Strain and add to a glass filled with ice. Add a drop of pure stevia or a bit of local honey if you preferred sweetened tea.

A Note From Joanie:

"I purchase my herbs from Essential Organics. I love who they are and have never been disappointed in the quality of the products I have received from them."

Learn more here:

<https://essentialorganicingredients.com/pages/about-us>



Compelling Breeze

A lovely breeze
Wants me to stay
As the hammock starts to sway

Absorbed in a good book
Sipping ice cold lemonade
The cool breeze on my skin
Entices me to stay
In the hammock's gentle sway

The lemonade dwindles
I set the book down
And close my eyes
The hammock rhythmically sways
Having enticed me to stay

No agenda
No rush
The day can slowly
Drift away
And that is okay
Choosing to stay
In the hammock's alluring sway
Is a lovely way
To spend the day

Poem: Jennifer
Ladd; Beaded Art
Jewelry: Shaylynn
Jameson



LAST PAGE

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Sunflower Ready to hang 16 x 20
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The new Creatopia™ Community is open and we'd love to see you there! It's a private, safe and intimate place for creators, collectors and everyone who loves creativity and the beauty it brings to life to gather and connect.

www.creatopia.studio/community/