



Inspire Your Heart with Art

Red is officially my favorite color for 2014. It is such a versatile color, and goes with just about everything, but this year it is taking on a whole new meaning. I'm jumping into Go Red for Women, part of the American Heart Association's campaign to increase heart health awareness.

I know what you are thinking — another New Year's resolution that will probably last until January 15. But I'm not going to go all out at break-neck speed. I'm going to make simple changes and, hopefully, build from there.

The first step of my plan this year is to start taking better care of myself—body, mind, and spirit. Painting and enjoying friends are high on my to-do list.

We all know the benefits of painting. It allows us to creatively express ourselves, reduces stress and anxiety, provides an additional mechanism for communicating with ourselves and others, and promotes integrative learning. Painting with friends amplifies these benefits, plus we just have fun. What could be more heart healthy than that?

I'm going to start my heart-healthy year by throwing a simple Paint Party, during which I will create the journal I'll be using throughout 2014 to track my successes. I plan to track my painting progress as well in this journal. This is a great little project from Naomi Ullum CDA. The actual pattern will work on any flat surface, so if my friends aren't interested in the journal cover, it will also make a great tray.



Wear Red on February 7, 2014 in support of the Go Red campaign

I am committed to completing—not just starting—at least one painting project per month. I plan to work in mediums that I have not tried. In addition, I want to recruit at least three of my non-painting friends to be sisters in paint.

We will be eating much healthier at this party, too. But there is absolutely no reason to give up great-tasting food, so the menu will be diverse and will have something for everyone.

We will to begin the party by getting our blood flowing. Since one of my paint-sisters has limited mobility, we will be chair dancing.

PARTY PLAN MENU

PINK SALMON CAKES w/ ARUGULA PESTO
SPINACH & BROCCOLI SALAD
CHICKEN, MUSHROOM & WILD RICE CASSEROLE
APPLE CRANBERRY CRISP

Drinks include

HOT ORANGE SPICED APPLE CIDER
PETIT SYRAH RED WINE

(Recipes included in these pages.)

LET'S GET MOVING

CHAIR DANCING/BALL DANCING:

1. Turn on some music.
2. Sit on a chair or a stability ball.
3. Now dance, wave your arms, wiggle your hips, make figure eights, bounce, tap your feet, and have fun.

The movements will strengthen your body, as well as get your blood pumping. Try some wrist or ankle weights, or resistance bands to work in some resistance if you want. Just make it fun.

HULA HANDS AND HIPS:

1. Get two Frisbee rings or small hula hoops (you can also use the Pilates rings).
2. Put them around your wrists and try to make them spin in circles.
3. Think wrist/hand hula hooping and you will get it.
4. Likewise, sit on a stability ball and make figure eights with your hips.

Both are fun and will get your heart rate up, even if you can't stand. This exercise is especially great for painters—we need to keep our upper body and arm strength to hold the paintbrush.

WALKING:

I'm planning on starting a walking program, which is one of the reasons I wanted to paint this Red Stroke-work Journal cover. I know myself too well—if I don't keep a record, it is easy for me to fall back into old habits. One of my sisters in paint has agreed to join me on our walks as she is feeling the same pressure to get a little healthier in 2014.

Walking is a form of aerobic exercise and is one of the easiest ways to increase your physical activity and

improve your health, according to WomanHeart (The National Coalition for Women with Heart Disease). Physical activity increases your heart rate, strengthens your heart, and increases blood circulation through your body, bringing more oxygen and nutrients to your organs. Exercise also increases your lungs' ability to take in oxygen, lowers blood pressure, helps to reduce body fat, and improves blood sugar and cholesterol levels.

Recommendations before beginning:

- Have a checkup before beginning an exercise program. If you have heart problems, your doctor may want to do tests to find out how much activity your heart can safely handle.
- Start out slowly at first, with a warm-up in the beginning, a faster pace in the middle, and a cool-down at the end.
- To stay motivated walk with friends, coworkers, or pets. Set goals you can reach.
- Use a pedometer to count your steps. Wear it all day and try to take at least 2,000 more steps a day than you normally do, gradually increasing your steps over time.
- Try to do at least 2½ hours of moderate exercise a week. One way to do this is to be active 30 minutes a day, at least 5 days a week.
- Keep a journal of your activities. Progress is the best motivation.

WATER AEROBICS:

I hope to incorporate water aerobics into my schedule, as well. Maybe I'll actually get the paint out from under my nails while doing it. I'm doing this more because I love the pool, and it is low-impact exercise for the whole body. The water acts as resistance to strengthen and tone muscles.

The trick to making exercise heart-healthy is to maintain the correct heart rate. I will need to know my maximum heart rate before I can calculate my target heart rate for water aerobics. The most basic way to calculate your maximum heart rate for land exercise is to subtract your age from 220.

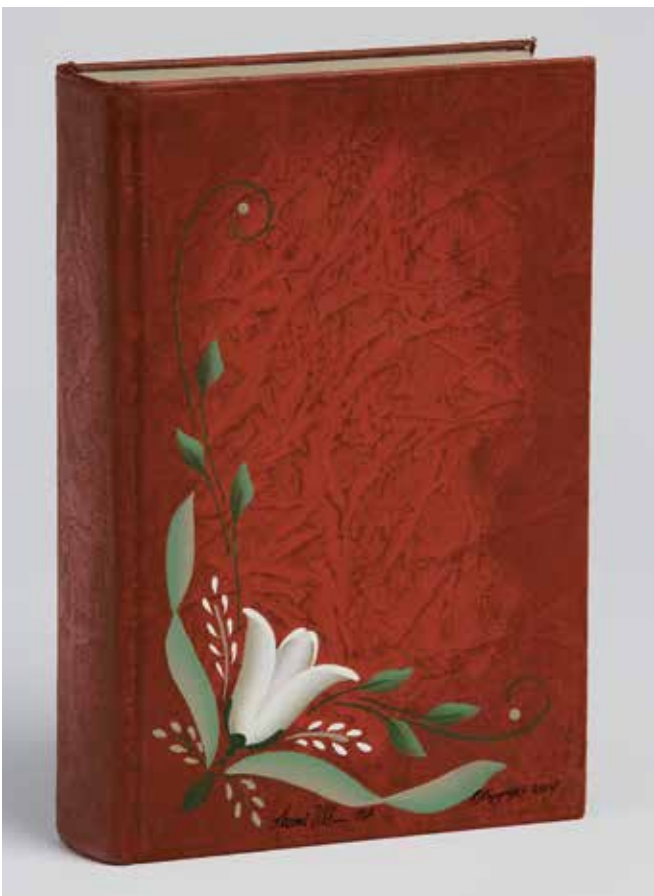
The target heart rate (the pulse I should maintain during land exercise) is between 60% and 80% of my maximum heart rate. The target rate for water aerobics is the land rate minus 17 beats.

My plan is to alternate walking and water aerobics. I'm signing up at the local YMCA today.



Inspire Your Heart with an Art Project

by **NAOMI ULLUM cda**



Create your own journal/scrapbook to track your progress throughout 2014.

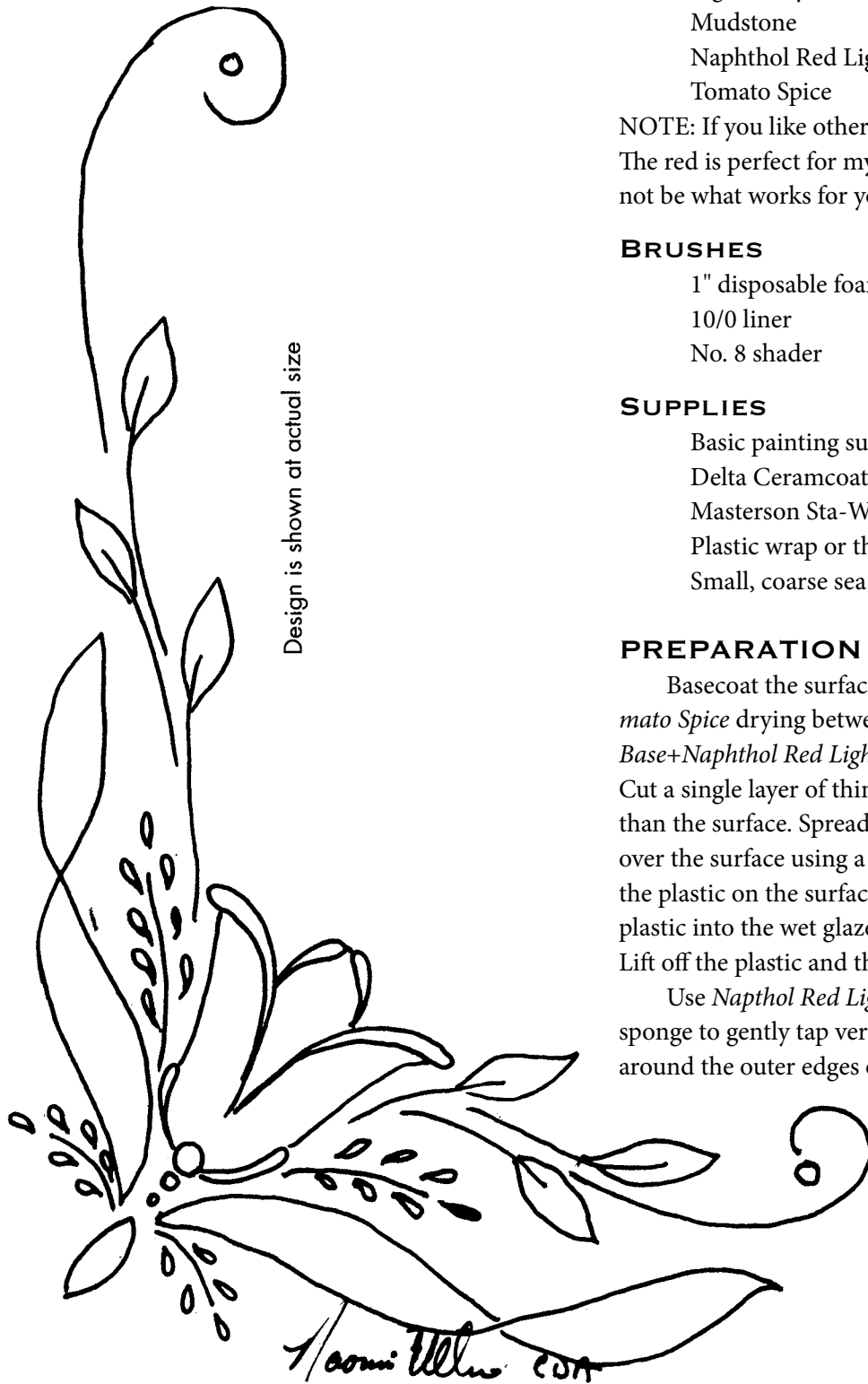
Strokework is your introduction to the wonderful world of painting. As your hands, fingers, and arm learn to cooperate with your imagination, the quality of your painting will quickly improve. Keep up the practice. Remember it's good for you!

SURFACE

We are using a canvas (paintable) scrapbook or canvas paper to cover a blank book. Canvas covered scrapebooks are available through Dalee Book Co. (WWW.DALEEBOOK.COM), or at your local craft store. I used a larger format book measuring 10-7/8" x 12-1/2", but size is not important.

This simple strokework pattern is great for any flat surface. (It would work very well on a metal or wooden tray or plaque.) Just remember that you will need to prepare a wood surface by sanding it smooth and removing dust. Next seal with a good all-purpose sealer. You may need to sand again after the sealer has dried, and then apply another coat. You may also wish to add sealer to your first basecoat.

For a metal surface, wash with soapy detergent water with a little white vinegar added. Rinse in hot water with white vinegar added, and then rinse again in clear water. Allow to thoroughly dry. Seal using a good all-purpose sealer. It may take a few coats, so allow each coat to dry before applying the next.



Design is shown at actual size

SUGGESTED PAINT

Use acrylic paints that are available at your favorite art supply dealer or craft store. In this case, Naomi used: DELTA CERAMCOAT ACRYLICS

Dark Forest Green
 Green Sea
 Light Ivory
 Mudstone
 Naphthol Red Light
 Tomato Spice

NOTE: If you like other colors, feel free to experiment. The red is perfect for my heart-health theme, but it may not be what works for you.

BRUSHES

1" disposable foam brush
 10/0 liner
 No. 8 shader

SUPPLIES

Basic painting supplies
 Delta Ceramcoat Faux Finish Glaze Base
 Masterson Sta-Wet Palette
 Plastic wrap or thin plastic trash bag
 Small, coarse sea sponge

PREPARATION

Basecoat the surface with two smooth coats of *Tomato Spice* drying between coats. Mix *Faux Finish Glaze Base+Naphthol Red Light* (4:1) in a small container. Cut a single layer of thin plastic to a size slightly larger than the surface. Spread the glaze evenly and quickly over the surface using a 1" foam brush. Loosely place the plastic on the surface, and then smash the wrinkled plastic into the wet glaze by gently patting the surface. Lift off the plastic and throw it away. Let dry.

Use *Naphthol Red Light* and a small, coarse sea sponge to gently tap very small amounts of paint around the outer edges of the surface. Roughly cover

one inch of the surface around the outer edge creating a boarder effect, and soften the inner edge with very little border paint on the sponge so it fades nicely to the inside. Let dry.

Trace the design onto tracing paper. Align the tracing with the surface and secure with low-tack tape. Slide white graphite paper under the drawing. Trace the outline of each object from the line drawing to the surface with a stylus. Hint: Use the appropriate amount of pressure to transfer the image without denting the surface. If any lines are too dark, use a kneaded eraser to lighten them.

LET'S PAINT LEAVES

Use a no. 8 shader. Practice S-strokes on scrap paper before painting on your surface. Leave the strokes somewhat transparent, or apply a second coat as necessary, for opaque coverage.

To paint the small leaves, dip one corner of your brush into *Dark Forest Green* and the other into *Green Sea*. On the wet palette, sweep back and forth in one place, carefully blending the two colors together in the middle of the brush. Place the brush with the lightest color on top as indicated on the color Step-by-Step, and pull in the direction of the arrow. Add pressure as you pull, and then lighten the pressure, lifting the brush to the chisel edge to form the end point.

To paint the two long leaves at the base, dip one corner of the brush into *Mudstone* and the other into *Green Sea*. Start the stroke with the *Mudstone* to the inside, and turn the brush over for the other half of the leaf.

TULIP

Dip one corner into *Mudstone*, and the other into *Light Ivory*. On the wet palette, sweep back and forth in one place, carefully blending the two colors together as before. Place the lightest color toward the inside of the flower.

CENTER PETAL: Place the brush in the position indicated, and pull in the direction of the arrow. Add pressure as you pull, lifting the pressure to form the end point. Let dry.

OUTER PETALS: Place the brush as indicated, and pull the other petals, again keeping the lightest color to the inside.

Using the no. 10/0 liner brush, form the comma-

strokes at the top of the petals as follows: Thin a small amount of *Light Ivory* with the brush; this thinner paint will slide off the brush more easily. Load the brush with a little of the thin paint, and then load the tip of the bristles with unthinned *Light Ivory*. Practice on scrap paper. Bring the brush down with pressure, and then lift to a fine point as you proceed in the direction of the arrows, as indicated on the Step-by-Step.

STEMS

Add a little water to *Dark Forest Green*, thinning it slightly. Using a no. 10/0 liner, place the gentle curves that form the stems, beginning nearest the flower and ending with the small leaves. Place the tendrils and the stems of the filler flowers beneath the long leaves. Add the comma-strokes at the base of the flower.

FILLER FLOWERS

Add stems of slightly thinned *Mudstone* to the upper set of filler flowers. Load a tiny amount of *Light Ivory* to the tip of the liner, and place the seeds that line the stems of the filler flowers. Place seeds of *Mudstone* on the lower set of stems.

FINISHING

Fill in the diamond in the lower, left-hand corner of the design with thinned *Dark Forest Green* using the no. 10/0 liner. Imagine a straight line bisecting the center petal of the flower, and extend it downward in your mind to guide your placement of the dots below the flower. Use the handle end of the liner brush to add the dots; as you place them, decrease their size. Place the dots far out in the curls of the tendrils with *Mudstone*.

Allow the entire piece to dry overnight. Varnish with your favorite polyurethane varnish, following manufacturer's instructions. Multiple coats may be needed depending on the surface you used. Dry thoroughly between coats.

artist's sketch

Naomi Ullum CDA has been painting and teaching for over twenty years and has been a member of SDP since 1995. She passed her CDA certification in 2000, and MDA floral in 2010. She is an active teacher at the SDP classroom on Monday mornings, and in her own studio in Hutchinson, Kan. She teaches art history, painting, and drawing at Central Christian College of Kansas. Her style is usually realism, and she loves the logical step-by-step approach to creativity with quality. You may contact Naomi through her studio at Special Treasures Studio, 2611 E. 3rd, Hutchinson, KS 67501; (620) 694-0269; or email NULLUM@COX.NET.

STEP-BY-STEP



Paint Party

January
2014

Inspire Your Heart with an Artful Menu

PINK SALMON CAKES WITH ARUGULA PESTO

Yields: 8 servings • Prep time: 35 minutes

Ingredients:

Salmon Cakes

- 4 6 to 7-ounce cans boneless, skinless wild Alaskan salmon, drained
- 1 cup dry whole-wheat breadcrumbs
- 2 lemons
- 4 Tbs. low-fat mayonnaise
- 2 Tbs. chopped fresh cilantro
- 2 Tbs. butter (or soy substitute)

Pesto

- 2 cloves garlic
- 10 cups baby arugula
- 1 cup finely shredded Asiago cheese
- 1 cup toasted pine nuts
- 1/2 cup extra-virgin olive oil
- 1/2 tsp. sea salt

Directions:

Pesto

1. Using a food processor, mince the garlic. Stop machine.
2. Add arugula, cheese, pine nuts, oil, and salt. Pulse and then process until mixture is a smooth paste.
3. Refrigerate.

Salmon Cakes

1. Flake the salmon into a bowl, removing any small bones or skin

2. Add the juice of one lemon to the salmon.
3. Add breadcrumbs, mayonnaise, chopped cilantro to the bowl.
4. Mix gently. With your hands form 8 patties, approximately 1-inch thick. Allow to sit for 5 minutes to mingle flavors.
5. Heat butter over medium heat in a non-stick skillet. Add salmon cakes and cook, turning gently after approximately 3 minutes.

Cut the remaining lemon in half. Cut each half into 4 wedges. Place the salmon cakes on the plate. Add dollop of pesto on top and serve with a wedge of lemon.

SPINACH AND BROCCOLI SALAD

Yields: 8 servings • Prep time: 15 minutes

Ingredients:

- 10 ounces fresh spinach, torn
- 3 cups fresh broccoli florets
- 1 cup shredded carrot
- 1 tsp. salt
- 1 can (8 ounces) sliced water chestnuts, drained
- 4 Tbs. sunflower kernels

Dressing:

- 1 medium cucumber, peeled, seeded and chopped
- 1/2 ripe avocado, peeled and chopped
- 1/4 cup chopped green onions
- 4 tsp. white wine vinegar
- 1 clove of garlic, minced
- 1 tsp. honey
- 1 tsp. fresh dill, minced

Directions:

1. Combine spinach, broccoli, carrots, water chestnuts, and sunflower kernels in a large bowl.
2. In a blender, combine cucumber, avocado, green onions, white wine vinegar, garlic, honey, and dill. Mix until creamy.
3. Pour dressing mix over the salad mix. Combine gently. Refrigerate for 10 minutes before serving.

CHICKEN, MUSHROOM AND WILD RICE CASSEROLE

Yields: 8 servings • Prep time: 60 minutes

Ingredients:

- 1/2 lb. wild rice (consider a wild rice blend that includes black wild rice— *Zizania Palustris*)
- 2 lbs. boneless, skinless, organic chicken breasts trimmed
- 2 Tbs. extra-virgin olive oil
- 2 lbs. Shitake (or Portabella, if you prefer) mushrooms
- 2 leeks, chopped
- 1 cup dry sherry (not cooking sherry, the real stuff)
- 2 cups fat-free milk
- 1/2 cup grated Parmesan cheese
- 1/2 cup reduced-fat sour cream
- 1/2 cup fresh parsley, finely chopped
- 2 cups French-cut green beans (frozen or fresh)
- 1/2 cup almonds, sliced
- Salt and black pepper to taste
- All-purpose flour for thickening (approx. 1/4 cup)

Directions:

1. Cook the rice according to instructions provided on the box or bag.
2. Cook the chicken breasts in a large skillet by adding lightly salted water. Bring to a boil. Cover. Reduce heat and cook until chicken is fully cooked (approximately 15 minutes). Drain, and set aside to cool.
3. Pre-heat oven to 350°F (175°C).
4. Over medium heat, sauté leeks in olive oil until they start to turn brown. Add chopped mushrooms and continue to sauté until the liquid has been released and evaporated (approximately 12 to 15 minutes). Add sherry, increase heat to high, and cook until most of the liquid has evaporated.
5. Reduce heat of the mushroom mixture to medium. Add milk and some flour. Bring to a simmer, approximately 1 minute. Stir in Parmesan, sour cream, parsley, salt, and pepper. Remove mixture from heat.
6. Cut the chicken into small cubes.

7. Coat a 9" x 13" baking pan with non-fat cooking spray. Spread an even layer of rice on the bottom of the pan. Next add the chicken, followed by the green beans. Pour the prepared leeks and mushroom sauce evenly over the green beans. Sprinkle with almonds.
8. Bake the casserole until it is bubbling and the almonds are golden brown (approximately 30 minutes). Let stand for 10 minutes before serving.

APPLE CRANBERRY CRISP

Yields: 8 servings • Prep Time: 15 minutes

Ingredients:

- 6 cups apples, peeled and thinly sliced
- 1 1/2 cup fresh cranberries
- 2 Tbs. cane sugar
- 1 tsp. apple pie spice (or just cinnamon)
- 3/4 cup quick-cooking rolled oats
- 3 1/2 Tbs. packed brown sugar
- 2 Tbs. all-purpose flour
- 2 Tbs. butter

Directions:

1. Preheat oven to 375°F (190°C).
2. Spread apples and cranberries evenly on the bottom of a prepared (non-stick cooking spray) 2-quart baking dish.
3. In a small bowl, add cane sugar and 1/2 tsp. apple pie spice (or cinnamon). Stir. Sprinkle over apple and cranberry mixture in baking pan. Toss to coat.
4. Combine oats, brown sugar, flour, and 1/2 apple pie spice (or cinnamon) in a small bowl. Using a pastry blender, cut in butter until crumbly. Sprinkle oat mixture evenly over apple mixture.
5. Bake for 30–35 minutes or until apples are tender. Serve warm.

HOT ORANGE SPICED APPLE CIDER

Since it is still very cold in most of the Northern Hemisphere, this is the perfect drink to finish the meal on a cold night.

Yields: 8 cups • Prep Time: 15 minutes

Ingredients:

- 8 cups apple cider (no sugar added)
- 1 large orange, sliced into 1/4" rounds
- 4 cinnamon sticks
- 4 whole cloves (strong flavor)
- 6 star anise pods

Directions:

1. Build a spice sachet by wrapping cinnamon sticks, star anise pods, and cloves in a small piece of clean, fine cheesecloth. Set aside.
2. In a large saucepan over medium heat, simmer apple cider, orange slices, and spice sachet for approximately 10 minutes. Note: If you see any foam or sediment floating on top of the liquid, skim off with a spoon and discard.
3. Remove from heat and let stand for 5 minutes.
4. Strain the mixture before serving. Serve warm with a cinnamon stick or star anise pod as garnish.

PETIT SYRAH RED WINE

Consider serving a nice red wine with dinner. But just one glass—there are still calories to consider. There are a number of studies that suggest a glass of red wine with dinner is good for you.

For over 10 years, research has indicated that moderate intake of alcohol improves cardiovascular health. In fact, in 1992 Harvard researchers included moderate alcohol consumption as one of the "eight proven ways to reduce coronary heart disease risk." Research has suggested that red wine specifically is the most beneficial to your heart health. The cardioprotective effect has

been attributed to antioxidants present in the skin and seeds of red grapes.

Scientists believe the antioxidants, called flavonoids, reduce the risk of coronary heart disease in three ways:

- By reducing production of low density lipoprotein (LDL) cholesterol (know as the "bad" cholesterol)
- By boosting high density lipoprotein (HDL) cholesterol (the good cholesterol)
- By reducing blood clotting. Furthermore, consuming a glass of wine along with a meal may favorably influence your lipid profiles following that meal.

Researchers at the University of California tested a variety of wines to determine which types have the highest concentrations of flavonoids. Their results concluded that the flavonoid favorite is Cabernet Sauvignon, followed closely by Petit Syrah and Pinot Noir. Both merlots and red zinfandels have fewer flavonoids than their more potent predecessors. White wine had significantly smaller amounts than the red wine varieties. The bottom line: the sweeter the wine, the fewer the flavonoids. Dry red wines are your best bet for a flavonoid boost.

Here's to a heart-healthy 2014!

To learn more about heart disease in woman and Go Red Day

- American Heart Association at www.goredforwomen.org
- National Heart and Lung Institute at www.nhlbi.nih.gov/educational/hearttruth/materials/wear-red-toolkit.htm
- Mayo Clinic at www.mayoclinic.com/health/heart-disease/HB00040
- WomenHeart: The National Coalition for Women with Heart Disease at www.womenheart.org

Go Red on February 7, 2014