



SEPTEMBER 2012

Forget Football. Let's Paint

Okay, I admit it ... I'm not a football fan. In fact, I'm not sure I can even name more than one or two teams. But here it is, autumn, and it seems that the vast majority of my family (men, women, and kids over 13) are glued to the TV, watching college and professional football. Only the little kids don't seem interested. So, I'm all about spending time with the little ones. The best way to do that is through painting projects and food.

Leaves are falling, and kids love to play in the leaves. The air is crisp, and perfect for a walk. Grab the kids and we will need a basket to gather beautiful leaves; then head for the park, the country, or another place that is full of nature and lots of trees.

PARTY PLAN

Our menu for cooking with the kids includes food for everyone—even the coach potatoes in front of TV:

MENU

MANGO SALSA & CHIPS
SPICY/SWEET MIXED NUTS
GRANDMA'S FAVORITE KID CHILI
TACOS & MANGO CHEESE QUESADILLA
NO-BAKE YUMMY (Cinnamon) ROLLS

Drinks include:

HOT MULLED APPLE CIDER
APPLETINI

FOOTBALL TEAM THEMED DRINKS

(adults-only—recipes available at stilettoSetSports.com)

(Recipes included in these pages.)

NATURE WALK WITH KIDS

Our paint project is going to require some sturdy fallen leaves. So, while the older kids and adults are settling in for a day of games, let's take a walk. Since kids like to do more than put one foot in front of the other, here are some walk activities.

1. GATHERING LEAVES. We will be need a nice selection of fall leaves for our upcoming paint project. Maple leaves are the best for this project, but any sturdy leaves with nice shapes will do. Look for leaves with interesting shapes and texture.
2. GIVE ME FIVE. This is a basic categories game to play as you walk. The kids will need to give five examples in any one category. For example, "give me five kinds of trees." Kids probably can't identify the trees, but they can call out the names. This gets them focusing on the nature around them. Some suggestions for categories are: bugs, birds, wildlife,

flowers, rocks, etc. ... To keep it interesting, pepper your categories with fun stuff like five kinds of ice cream, holidays, friends' names, etc....

3. WHO'S LOOKING AT YOU? Simply have the kids look around to see what kinds of wildlife may be looking back at them. Take a clipboard with pen and paper to write down all the wildlife you find. Once you get back, the kids can spend time finding more information about the wildlife on the internet.
4. MICROSCOPE HIKE. This is a great game for future painters. You will need a magnifying glass for everyone. As you walk, use the magnifying glass to see the world around you in a different light. Look

carefully at a tree trunk, or a cluster of mossy rocks. Turn over stones to see who might be living underneath. Look at the leaves you are gathering to see the construction of the leaf. Use your hands to take a second "look"—what does it feel like?

5. SO, WHERE ARE WE? You will need clipboards, paper, and pen. You would be surprised how creative and fun this can be. Simply create your own maps of the area as you walk. It turns your walk into a mini exploration adventure.

Keep all the papers you create on the walk. These will be great to add to the scrapbook we will be painting.

PAINT PROJECT

SCRAPBOOK MEMORIES



There is no better way to spend your time with little kids than giving them new experiences, teaching them new artistic ways to express themselves, and creating a scrapbook to help store the memories.

SURFACE

A canvas (paintable) scrapbook or canvas paper to cover a blank book. Canvas covered scrapbooks 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. Pick what is right for your purposes.

SUGGESTED PAINT

Use acrylic paints that are available at your favorite art supply dealer or craft store.

- Black
- Dark Green
- Maroon
- Medium Green
- Metallic Gold
- Orange
- Yellow
- Yellow-Green



NOTE: If you like other colors, feel free to experiment. I went for an autumn color theme.

SUPPLIES

- 1" sponge brush
- All purpose water-based sealer
- Assorted leaves or rubber leaf stamps
- Gold ink pen (optional)
- No. 1 liner brush
- Paper towels

LET'S PAINT

SCRAPBOOK COVER

STEP 1: Use the 1" sponge brush to basecoat the entire surface with a mix of *Dark Green* + *water-based sealer* (1:1 ratio).

STEP 2: Using a damp paper towel, crumbled up, pounce a mix of *Medium Green* + *water-based sealer* (1:1 ratio) over the entire surface, being sure to let some of the *Dark Green* show through.

STEP 3: Using a damp paper towel, crumbled up, pounce a mix of *Yellow-Green* + *water-based sealer* (1:1

ratio) over the entire surface, being sure to let some of the *Dark Green* and *Medium Green* show through.

STEP 4: Using the 1" sponge, paint a *Black* stripe down the length of the spine of the book; about 1.5" to 2" from the left side, depending on the size of your book.

STEP 5: On either side of the *Black* stripe, using a liner brush and a "shaky hand" method, outline the stripe in *Metallic Gold*, leaving small spaces here and there.

STEP 6: Taking the leaves you have collected on your walk, decide where you want your leaves to appear on the cover. You will be using the actual leaves as a stamp.

STEP 7: Using the 1" sponge brush, one leaf at a time, paint the back of the leaf in a slip-slap fashion with two or three of the colors you choose (I like to use colors I see in the leaf). While the paint is wet, place one leaf at a time with the paint side down facing the surface. Cover the leaf with a paper towel folded into quarters, and press the leaf down to transfer the paint onto the surface. (Optional: use a leaf rubber stamp, just add paint to the surface of the stamp and apply.)

STEP 8: Loosely outline the edge of each leaf with *Metallic Gold*, using a liner brush and a "shaky hand" method, leaving small spaces here and there. Gently pull the leaf off the surface. The goal is to leave paint and an imprint of the leaf on the surface.

STEP 9: Using the liner, use *Black* and *Metallic Gold* to enhance the features of the leaves (such as veins).

STEP 10: If desired, add squiggle lines between the leaves, using the liner brush and *Metallic Gold*.

STEP 11: Using the liner brush and *Metallic Gold*, write MEMORIES, or the child's name, down the *Black* stripe. The letters may be in block style or brush-stroke style. Accent the block-style letters with dots, using the handle of the brush dipped in a puddle of paint.

FINISHING: Allow all the paint to dry thoroughly. Using the 1" sponge brush, seal the entire surface with *all purpose sealer*.

SCRAPBOOK PAGES

If you want to decorate pages for the scrapbook, use the same method of leaf painting and detail work, but only put two or three leaves per page. This will allow room for photos and other keepsakes.

MEMBER PROJECTS

If it is too cold to go outside, or you want to start some of your holiday painting, there are three — yes, 3 — great holiday projects that are downloadable from the SDP website at WWW.DECORATIVEPAINTERS.ORG. Simply log-on as an SDP member, and click on Bonus Projects.

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SNACK FOR SANTA

BY JEAN ZAWICKI

Jean Zawicki, known for her Santas, has created this wonderful cookie tray that is fit for hanging.



ELEGANCE IN RED & GOLD

BY ROBIN MANI

These timeless ornaments will add a touch of classic beauty to your home décor over the holidays.



CHRISTMAS ORNAMENTS GALORE

BY AVIS BRAUN-POYHOEN CDA

This wonderful holiday plaque is easy to paint, and makes decorating fast and simple.



MENU

Forget Football. Let's Paint.

MANGO SALSA AND CHIPS

Yields: 4–6 servings • Prep time: 15 minutes

Ingredients:

- 3 ripe mangos
- 2 jalapeño peppers (add another if you like spicy)
- 1/2 medium-sized red onion, chopped coarsely
- 1/4 cup fresh cilantro, chopped coarsely
- 1 large fresh lime, juiced (lemon can be substituted)
- 1–2 Roma tomatoes, chopped
- sugar to taste
- Favorite corn chips

Directions:

1. Mix all the ingredients in a bowl.
2. Refrigerate for 1 hour to allow flavors to blend
3. Serve in a bowl with corn chips

IT'S NUTS TO YOU

Yields: 8 cups • Prep time: 15 minutes • Total: 1 hour

Ingredients:

- 1 egg white
- 1/2 cup sugar
- 1 tsp. cinnamon
- 1 tsp. salt
- 1 lb. shelled pecan halves (4 cups)
- 4 cups Corn Chex cereal
- 1 cup salted peanuts

Directions:

1. Pre-heat oven to 225°F (107°C).

2. Line a cookie sheet with aluminum foil.
3. Whisk the egg white until it forms stiff peaks. Blend in sugar, cinnamon, and salt.
4. Stir in pecans and stir gently, making sure that all the pecans are coated.
5. Spread pecans in a single layer on the cookie sheet and bake approximately 45 minutes, or until the coating is dry to the touch. Cool.
6. Mix with Corn Chex cereal and peanuts. Serve.

SPICY/SWEET MIXED NUTS

Yields: 14 servings • Prep time: 30 minutes

Ingredients:

- 2 tsp. vegetable oil
- 8 cups salted mixed nuts
- 1 1/3 cup strawberry jelly
- 4 Tbs. paprika
- 6 tsp. cumin
- 1 cup brown sugar

Directions:

1. Combine oil and nuts in a medium bowl, set aside.
2. Melt jelly, 2 tsp. paprika, and 2 tsp. cumin over medium heat at 260°F (126°C) until the hardball stage.
3. Quickly remove from heat and pour over nuts. Stir with a wooden spoon to evenly coat nuts.
4. Allow to cool for 5 minutes.
5. Combine brown sugar, remaining cumin and paprika. Sprinkle over nuts and stir. Serve.

GRANDMA'S FAVORITE KID CHILI

This chili was developed with a child's palate in mind.

Yields: 1 large pot full

Prep Time: 30 minutes • Total Time: 1 hour, 30 minutes

Ingredients:

- 2 lbs. lean ground chuck or sirloin
- 1 cup chopped yellow onion (can be sweet onion)
- 1 can dark red kidney beans
- 2 can mild chili beans
- 2 cans stewed tomatoes
- 1 package McCormick mild chili seasoning
- 1 clove garlic (less, depending on kids taste)
- 1 tsp. salt
- 1 tsp. black pepper
- 2 Tbs. brown sugar
- Shredded cheddar cheese (optional)
- Bread bowls (optional)

Directions:

1. Brown ground chuck (or sirloin) with onion in large skillet. Drain grease. Add garlic, salt, and pepper, and fry until beef is well done.
2. Transfer beef to large kettle and add all remaining ingredients.
3. Cook over medium-low heat for 40-50 minutes. Simmer longer to melt the favorites, if desired.
4. Serve in bread bowls and sprinkle with cheddar cheese for a hardy autumn meal.

FESTIVE TACO MIX

This is a mild taco. For spice lovers, simply increase the heat with hot sauce and/or extra ground chilies.

Yields: 4 cups enough for 12 tacos

Prep Time: 5 minutes • Cook Time: 15 minutes

Ingredients:

- 2 cups corn (canned or frozen)
- 1/2 medium sized yellow onion (not sweet)
- 3/4 lb. ground turkey (can substitute pork or beef)
- 1 Tbs. vegetable oil
- 2 tsp. ground cumin
- 1 tsp. dried oregano
- 1 tsp. paprika
- 1/2 tsp. ground red chili (or chili powder)
- 1/2 tsp. salt
- 1 lime, juiced

Side Toppings:

- shredded cheddar cheese
- shredded lettuce
- diced tomatoes
- diced green onion
- diced jalapeño peppers
- taco sauce or salsa (mango salsa is great here)
- taco shells

Directions:

1. Heat the oil in a skillet with onion. Cook on high until onions soften (about 1 to 2 minutes).
2. Stir in corn, cumin, oregano, paprika, and ground red chile. Cook mixture until lightly brown (2 to 5 minutes). Place mixture in bowl and set aside
3. Brown turkey (meat) with salt on high in the same skillet, breaking up the meat until crumbly. Cook until meat is no longer pink (about 5 to 8 minutes). Drain grease (if needed).
4. Stir corn mixture back into the skillet with the meat.
5. Add the lime juice and cook until heated.
6. Serve in bowl. Everyone builds their own taco.

MANGO-CHEESE QUESADILLA

Yields: 1 Serving • Prep Time: 10 minutes

Ingredients:

- 1/3 cup fresh mango, finely chopped
- 1/3 cup shredded Monterey Jack (or other cheese)
- 1 flour tortilla
- 1 Tbs. red onion, chopped
- Pinch of cumin and chili powder
- Butter to spread on tortilla
- Salsa or taco sauce

Directions:

1. Butter one side of tortilla. Place buttered side up in pre-heated, non-stick skillet over medium heat. Let heat for about 15 to 30 seconds. Flip and reduce heat to low.
2. Add cheese, mango, and red onion to top of tortilla, leaving a 1/2" margin around the edges.
3. Sprinkle with cumin and chile powder.
4. When cheese is melted, flip one half of tortilla over the top of the other half, closing the sides with melted cheese.
5. Remove from heat. Slice in wedges and serve with salsa.

NO-BAKE YUMMY ROLLS

This is a dessert that can be made completely by the kids. They will love helping out in the kitchen, and even the guys in front of the TV will love to snack on these tasty treats.

Yields: 4 servings

Prep Time: 10 minutes (longer depending on “kid time”)

Ingredients:

- 2 slices of white bread
- 2 Tbs. butter
- 2 Tbs. cinnamon sugar
- 2 Tbs. confectioners’ sugar
- 1/8 tsp. water (as needed)

Directions:

1. Trim the crust off the bread with a knife. With a rolling pin, roll the bread slices until extremely flat, but do not tear through the slices.
2. Butter the bread on one side. Sprinkle with cinnamon sugar.
3. Roll up the slice until tight. Cut the bread roll into 1" wide spirals.
4. Mix the sugar with water to make a thin frosting. Drizzle frosting over the spirals.

HOT MULLED APPLE CIDER

Ingredients:

- 2 quarts apple cider
- 1/2 cup brown sugar
- 3 sticks of cinnamon
- 1 dash nutmeg
- 1 tsp. whole allspice
- 1 whole cloves
- Orange wedges

Directions:

1. Combine brown sugar, allspice, cloves, nutmeg, cinnamon, and cider in large sauce pan.
2. Bring to a boil. Lower the temperature, cover and simmer for 20 minutes.
3. Remove from the heat, and strain out herbs.
4. Serve in mugs, while warm, with orange wedges.

FOR ADULTS ONLY:

APPLETINI COCKTAIL

Ingredients:

- 2 oz. vodka
- 1 oz. green-apple schnapps
- Apple twirl

Directions:

Pour ingredients in cocktail shaker with ice cubes. Shake well. Strain into chilled martini glass. Serve with apple twirl garnish.

FOOTBALL TEAM THEMED DRINKS

In creating this Paint Party Plan, I stumbled on to a website called Stiletto Sports (www.stiletto-setsports.com) and they have some of the most wonderfully football crazy ideas, including a list of team specific cocktails for the football season. Here is just a sample:

- Atlanta Falcons: The Scarlett O’Hara & The Rhett Butler
- Buffalo Bills: The BDubbz Cure
- Chicago Bears: Da Bears-tini
- Jacksonville Jaguars: Teal Squeal

The advertisement features a background of vertical wood grain. On the left is an image of a Platinum Visa card with a decorative floral design. The card displays the number 4118 3212 3456 7890 and the name John O. Public. To the right of the card, the text reads "SDP Platinum Visa® and YOU!" in large, bold, white letters. Below this, a blue banner contains the text "A valuable partnership" and the InTrust Bank logo, which consists of a stylized 'I' and the words "INTRUST Bank".

Visit our InTrust at instrustbank.com/SDP