

Aug 31, 8:36 PM

Mary Ellen Dahlke: has this chat started?

Aug 31, 9:19 PM

Carol AnneWall: Hello!

Aug 31, 9:25 PM

Patricia Moore: No Mary ..hello to you and Carol

Aug 31, 9:25 PM

Jennifer (Moderator): Hello! 5 more minutes....

Aug 31, 9:26 PM

Patricia Moore: waiting patiently....not

Aug 31, 9:27 PM

Jennifer (Moderator): hehe... I am furiously typing up my notes!

Aug 31, 9:28 PM

ShannonMinner: Hi

Aug 31, 9:30 PM

Carol AnneWall: I'm working on two layouts while I'm waiting. I forgot to add two more topics to my daughter's high school album. I've decided it will be her birthday present in October.

Aug 31, 9:30 PM

Jennifer (Moderator): ALRIGHT, HELLO AND WELCOME TO THE AUGUST MEETING OF THE SIMPLE SCRAPPER BOOK CLUB!

Aug 31, 9:31 PM

Jennifer (Moderator): TONIGHT WE ARE DISCUSSING WIRED TO CREATE!

Aug 31, 9:31 PM

ShannonMinner: Testing...

Aug 31, 9:31 PM

ShannonMinner: Hmmm, my other browser wasn't posting my messages after I typed them in and pressed Enter.

Aug 31, 9:31 PM

Cindy March: Hello Everyone

Aug 31, 9:32 PM

Melanie Ritchie: Hi all!

Aug 31, 9:32 PM

Patricia Moore: greetings

Aug 31, 9:32 PM

Jennifer (Moderator): THE FORMAT WE FOLLOW IS PRETTY SIMPLE... I'LL SHARE SOME QUOTES FROM THE BOOK ALONG WITH A DISCUSSION QUESTION. YOU'RE INVITED TO PARTICIPATE WHETHER OR NOT YOU'VE READ THE BOOK.

Aug 31, 9:32 PM

Jennifer (Moderator): TO KICK THINGS OFF.. ANY FIRST IMPRESSIONS OR GUT REACTIONS?

Aug 31, 9:33 PM

ShannonMinner: I didn't read it

Aug 31, 9:33 PM

Tiffany Mitchell: I didn't get into it as much as some of the others in the past.

Aug 31, 9:33 PM

Cindy March: I just couldn't get into this month's book. I tried.

Aug 31, 9:33 PM

fancyscrapper: I didn't read it either, but I am here to hear others' thoughts on it!

Aug 31, 9:33 PM

ShannonMinner: I did buy it

Aug 31, 9:33 PM

Jennifer (Moderator): I FOUND THIS TO BE A QUICK AND FAIRLY EASY READ. THERE WERE SOME INTERESTING OBSERVATIONS THAT I FELT COMPELLED TO RELAY TO MY DH. IT WAS NOT THE MOST EXCITING, BUT FOR SOME REASON I FOUND IT MORE DIGESTIBLE THAN SOME OF THE OTHERS.

Aug 31, 9:33 PM

Patricia Moore: agree with Tiffany & Cindy

Aug 31, 9:34 PM

Melanie Ritchie: I got it out of the library and I don't know where I put it! There, I admit it.

Aug 31, 9:34 PM

Carol AnneWall: I know some professional creatives (artists, writers), I found most of the book really nailed their personalities and thought processes.

Aug 31, 9:34 PM

Jennifer (Moderator): LOL MELANIE

Aug 31, 9:35 PM

WendyKiely: Listened to the audio book and it was just a bunch of facts gathered and put together. Often contradicting

Aug 31, 9:35 PM

ErinnWenrich: Agreed, not super exciting, but I did bookmark quite a bit of it, a few revelations, many things that I also wanted to read to my DH, and also a few things that related to my DD.

Aug 31, 9:35 PM

Cindy March: My copy is from the library and is probably overdue.

Aug 31, 9:35 PM

fancyscrapper: I had not heard of it before today, and will have to find it at my library.

Aug 31, 9:35 PM

BettyLouKoffel: I listened to the audio book but didn't enjoy it as much as many of our other books. I did finish it though

Aug 31, 9:35 PM

Carol AnneWall: I could also see myself, in it too.

Aug 31, 9:35 PM

ShannonMinner: I am a librarian, I am just going to put that out there

Aug 31, 9:35 PM

Guest927 (Guest): i read the whole thing. the information was good. the last chapter i found the most fascinating. i think some of the concepts could have been summed up. there was a lot of facts or evidence.

Aug 31, 9:35 PM

fancyscrapper: Cindy, you sound like me.

Aug 31, 9:35 PM

Candace: Melanie

Aug 31, 9:36 PM

Jennifer (Moderator): I'VE GOT A LOT OF QUOTES TONIGHT. I THINK OUR DISCUSSION AND CONNECTION OF SOME OF THESE IDEAS MIGHT BE MORE COMPELLING THAN THE BOOK ITSELF.

Aug 31, 9:36 PM

Carol AnneWall: LOL

Aug 31, 9:36 PM

fancyscrapper: Go for it Jennifer!

Aug 31, 9:36 PM

Patricia Moore: gr8 Jeffifer

Aug 31, 9:36 PM

Jennifer (Moderator): QUOTE // pxx - "Highly creative work blends together different elements and influences in the most novel, or unusual, way, and these wide-ranging states, traits, and behaviors frequently conflict with each within the mind of the creative person, resulting in a great deal of internal and external tension throughout the creative process."

Aug 31, 9:36 PM

AleceNewell: I liked it mainly because I have a "creative " mind child and it gave me great insight

Aug 31, 9:36 PM

Jennifer (Moderator): QUESTION // Q1. What kinds of tension do you experience while scrapbooking?

Aug 31, 9:37 PM

NicoleKann: Good evening!

Aug 31, 9:38 PM

Jennifer (Moderator): ONE FOR ME IS THE TENSION BETWEEN WANTING TO ORGANIZE AND WANTING TO CREATE

Aug 31, 9:38 PM

Carol AnneWall: Some anger, especially when my choices in color doesn't seem right. I am really hard on myself.

Aug 31, 9:38 PM

AleceNewell: Style versus story

Aug 31, 9:38 PM

fancyscrapper: My tension comes when I over think what direction to go instead of just "going with the flow." So for me the tension is avoidable if I don't over think it.

Aug 31, 9:38 PM

Jennifer (Moderator): TENSION BETWEEN PERFECTIONISM AND CREATIVE EXPRESSION

Aug 31, 9:38 PM

Cindy March: Not having enough room to spread out. Not being able to find something, paper or embellishments, I know I have.

Aug 31, 9:38 PM

Candace: Hmm. I get stressed when I can't find a picture I am sure I printed for a specific layout.

Aug 31, 9:39 PM

Carol AnneWall: Nailed it, Jennifer

Aug 31, 9:39 PM

BettyLouKoffel: Tension over finishing or starting something for my latest idea.

Aug 31, 9:39 PM

Guest927 (Guest): did i write too much journaling? did i write enough? will others find this interesting as i do?

Aug 31, 9:39 PM

NicoleKann: I think my tension comes during layout/design. I want to love it every time. But I take forever.

Aug 31, 9:39 PM

Melanie Ritchie: Hmm, if I allow myself to think too much, there is tension. If I just lose myself in the creativity, there is no tension. So I guess the tension relates to how much I allow myself to think rather than do.

Aug 31, 9:39 PM

fancyscrapper: The mess I tend to leave behind the last project. Cleaning up is not a strength for me.

Aug 31, 9:39 PM

PamelaMontagno: Constant battle between creativity and organization

Aug 31, 9:39 PM

Jennifer (Moderator): OOOH.. INTERESTING MELANIE!

Aug 31, 9:39 PM

fancyscrapper: Melanie, ditto.

Aug 31, 9:39 PM

Melanie Ritchie: Yeah, what fancyscrapper said!

Aug 31, 9:40 PM

BettyLouKoffel: I also have the tension of organizing or creating.

Aug 31, 9:40 PM

Guest927 (Guest): also if i have super high expectations about wanting to use a product or make a really great layout & then i finish it, & i'm like meh. that didn't turn out as good as i thought or wanted it to.

Aug 31, 9:40 PM

EdithBanks: Wanting to create verses not wanting to leave my chair

Aug 31, 9:40 PM

NicoleKann: Very true Melanie. I definitely think too much.

Aug 31, 9:40 PM

AleceNewell: Obviously I'm not too organized I don't find tension there

Aug 31, 9:40 PM

Jennifer (Moderator): HEHE alece

Aug 31, 9:41 PM

Jennifer (Moderator): QUOTE // pxxxi - "Those who derive enjoyment from the act of creating and feel in control of their creative process tend to show greater creativity than those who are focused exclusively on the outcome of their work."

Aug 31, 9:41 PM

fancyscrapper: Edith, amen.

Aug 31, 9:41 PM

Jennifer (Moderator): QUESTION // Q2. What parts of the memory keeping process do you most enjoy?

Aug 31, 9:41 PM

Cindy March: Buying supplies.

Aug 31, 9:41 PM

Teaching Assistant - Kim Edsen (Moderator): I enjoy the planning process and deciding on/writing the story

Aug 31, 9:41 PM

fancyscrapper: Ohhhh, that's such an interesting quote, Jennifer!

Aug 31, 9:41 PM

ErinnWenrich: Right now I'm scrapbooking from dining room table, which is our eating table. Lots of tension there. I working on having a designated space, but it will take time

Aug 31, 9:41 PM

Guest927 (Guest): savoring the moments, the art, expressing thoughts everything except photo editing.

Aug 31, 9:41 PM

BettyLouKoffel: Once I let myself go and just work, I love almost all parts.

Aug 31, 9:42 PM

Tiffany Mitchell: writing the story....picking which products to use for it and finishing a project.

Aug 31, 9:42 PM

AleceNewell: Matching story with photo to tell exactly what I want

Aug 31, 9:42 PM

BettyLouKoffel: I think that fits with what Melanie said earlier.

Aug 31, 9:42 PM

Guest927 (Guest): cute paper & products are fun too

Aug 31, 9:42 PM

BettyLouKoffel: I really hate stopping....that's why 15 minutes a day of creating is a challenge

Aug 31, 9:42 PM

Candace: I agree with Betty Lou. Love most parts. Whatever I am in the mood for.

Aug 31, 9:43 PM

ErinnWenrich: Everything except the photos, the collecting, the editing. I don't have a good workflow for that yet. working on that too

Aug 31, 9:43 PM

EdithBanks: Most parts

Aug 31, 9:43 PM

BettyLouKoffel: Candace, yes, some days I want to do something else but there are times I love each piece. Best to choose today's work based on my mood

Aug 31, 9:44 PM

NicoleKann: Taking the photos. Writing our stories. Combing the two.

Aug 31, 9:44 PM

Carol AnneWall: I like playing with the photos the best. Editing, cropping, touching up.

Aug 31, 9:44 PM

Melanie Ritchie: I think I love taking photos and capturing snippets of conversation the most. Matching them up on paper makes me happy.

Aug 31, 9:44 PM

Carol AnneWall: I also like journaling. Writing things down, recording the history and thoughts.

Aug 31, 9:44 PM

Tiffany Mitchell: I don't enjoy organizing my photo orders to have things to scrapbook, but I enjoy the rest of the process....

Aug 31, 9:44 PM

Candace: Betty Lou, YES!!

Aug 31, 9:45 PM

Jennifer (Moderator): QUOTE // p11 - "Adults who are more playful report feeling less stressed, being better able to cope with stress, and having greater life satisfaction and other positive life outcomes."

Aug 31, 9:45 PM

Jennifer (Moderator): QUESTION // Q3 Do you consider yourself playful? What is one way you do or can play in your hobby?

Aug 31, 9:46 PM

Tiffany Mitchell: I like participating in challenges. Trying to use a specific product, story topic, or sketch.

Aug 31, 9:47 PM

fancyscrapper: I love making albums out of things that were never meant to be albums; aka, light bulb boxes flattened out, cds, chipboard boxes, chocolate boxes, etc. So yeah, I guess that's playful.

Aug 31, 9:47 PM

Mary Ellen Dahlke: Pockets, flaps and things that surprise me or someone looking at the page

Aug 31, 9:47 PM

Candace: Matching papers and embellies, creating the layout, painting, creating cards....

Aug 31, 9:47 PM

EdithBanks: Using humor or sarcasm in titles and journaling

Aug 31, 9:48 PM

Melanie Ritchie: I agree wholeheartedly with that quote. I used to be more playful. I think the way back in to being more playful is setting time aside to dabble. 15 minutes a day of trying a new technique with no judgment, or playing with inks and stamps with no worries over whether it will be useable.

Aug 31, 9:48 PM

fancyscrapper: Also, I've been doing this for many years so I have so many products, sometimes I just challenge myself to use something I have not used in a long time. (Fabric, Stamps, etc)

Aug 31, 9:48 PM

BettyLouKoffel: Being playful is not always easy for me. Melissa's SS Live helped.

Aug 31, 9:48 PM

NicoleKann: I'm not playful ENOUGH. I did enjoy out of the box scrapping challenges in the past. Like fancyscrapper, I liked using unorthodox embellies. I don't do that often enough. Or use paint at all.

Aug 31, 9:48 PM

Teaching Assistant - Kim Edsen (Moderator): I'm generally a serious person, but I am playful from some aspects - trying new things, playing games with my family. Hobby-wise I wouldn't say I'm terribly playful but I do like to use color and pattern and dabble in new projects

Aug 31, 9:48 PM

Cindy March: I need to become more playful.

Aug 31, 9:48 PM

fancyscrapper: How about eyelets? Remember those?

Aug 31, 9:49 PM

fancyscrapper: Zippers!

Aug 31, 9:49 PM

fancyscrapper: So many fun ideas to play with!

Aug 31, 9:49 PM

Jennifer (Moderator): WOW, ZIPPERS ON A PAGE?

Aug 31, 9:49 PM

fancyscrapper: You betcha!

Aug 31, 9:49 PM

Carol AnneWall: Serious. That's me when scrapping.

Aug 31, 9:49 PM

Candace: Carol, Serious or focused?

Aug 31, 9:49 PM

Teaching Assistant - Kim Edsen (Moderator): One year I tried to make 'play' my 'One Little Word' for the year...I was always forgetting to make time to play...and it became more of a burden than a help so I changed mid-year

Aug 31, 9:50 PM

NicoleKann: I still love eyelets!

Aug 31, 9:50 PM

PamelaMontagno: Love to try new things

Aug 31, 9:50 PM

fancyscrapper: Me too Nicole!

Aug 31, 9:50 PM

AleceNewell: I'm very left brained in my work so any time I get to be crafty seems like play

Aug 31, 9:50 PM

Carol AnneWall: Candace, serious. I

Aug 31, 9:50 PM

fancyscrapper: Kim, what did you switch to?

Aug 31, 9:50 PM

Melanie Ritchie: I have 1000s of eyelets. What to do with them!

Aug 31, 9:50 PM

Carol AnneWall: My focus wanders too much.

Aug 31, 9:51 PM

Jennifer (Moderator): QUOTE // p24 - "People who enjoy a high frequency and intensity of inspiration in their daily lives tend to be more open to new experiences and report feeling greater absorption and flow in their activities."

Aug 31, 9:51 PM

Jennifer (Moderator): QUESTION // Q4. What are your favorite sources of inspiration for scrapbooking?

Aug 31, 9:51 PM

fancyscrapper: Melanie, fold down corners and attach them with eyelets.

Aug 31, 9:51 PM

BettyLouKoffel: Kim, I could see myself doing that...my play is trying to perfectly scrap the page in my mind! Ha!

Aug 31, 9:51 PM

AleceNewell: Nature is great inspiration

Aug 31, 9:51 PM

fancyscrapper: Pinterest maybe.

Aug 31, 9:51 PM

Melanie Ritchie: I'm going to start an eyelet Pinterest board!

Aug 31, 9:51 PM

BettyLouKoffel: Classes or kits

Aug 31, 9:51 PM

Cindy March: Fancy scrapper-I have a baggie of mini pastel zippers I don't know what to do with.

Aug 31, 9:52 PM

Carol AnneWall: Magazines

Aug 31, 9:52 PM

Tiffany Mitchell: Classes.

Aug 31, 9:52 PM

Teaching Assistant - Kim Edsen (Moderator): @fancy scrapper...I actual don't remember!

Aug 31, 9:52 PM

NicoleKann: When I was doing art projects during the 100 day project I definitely was in the flow!! I have never reached that feeling with scrapping though.

Aug 31, 9:52 PM

Melanie Ritchie: Lol, were on same page, fancyscrapper!

Aug 31, 9:52 PM

Candace: I have no eyelets, but lots of brads and buttons!

Aug 31, 9:52 PM

EdithBanks: You tube

Aug 31, 9:52 PM

fancyscrapper: Cindy, I laid some open on the page and made my photos peek out of them. Great pop of color and texture!

Aug 31, 9:52 PM

Cindy March: Pintrist

Aug 31, 9:53 PM

BettyLouKoffel: I use Spark but I find myself reading it when I'm not able to scrap (traveling, tired, etc.) and sometimes forget my inspiration before I get to use it

Aug 31, 9:53 PM

Tiffany Mitchell: I can be inspired by the products themselves sometimes.

Aug 31, 9:53 PM

Teaching Assistant - Kim Edsen (Moderator): Simple Scrapper sketches/templates, Spark, Instagram

Aug 31, 9:53 PM

Candace: Cindy, I just swooned thinking about things to do with the little zippers! Fun!

Aug 31, 9:53 PM

fancyscrapper: Right?!

Aug 31, 9:53 PM

Cindy March: I'll try it Fancyscrapper.

Aug 31, 9:53 PM

ErinnWenrich: other scrappers I follow on Pinterest and Instagram. So many great layouts!

Aug 31, 9:54 PM

Melanie Ritchie: I use the Member sketches and use my photos and paper as inspiration. I am inspired by lots of stuff I see online but I don't remember it when I'm at my craft desk. Just what is in front of me!

Aug 31, 9:54 PM

PamelaMontagno: There is so much out there not enough time

Aug 31, 9:54 PM

ErinnWenrich: and sometimes the products

Aug 31, 9:54 PM

Jennifer (Moderator): FOR ME, IT'S TYPICALLY MY PHOTOS/MEMORIES.

Aug 31, 9:55 PM

Jennifer (Moderator): QUOTE // p26 - "To nourish and sustain motivation toward a creative goal, we must not only fall in love with a dream of our future self, but also love the process of becoming that person - including all the unglamorous, everyday hard work."

Aug 31, 9:55 PM

Jennifer (Moderator): QUESTION // Q5. Does this quote offer any insight into times when you have lost motivation?

Aug 31, 9:55 PM

fancyscrapper: No one in my family really cares about my scrapping, so years ago I let myself decide I am not under pressure to record memories so much as needing to take time to be creative and charge the batteries of my soul!

Aug 31, 9:56 PM

NicoleKann: I still love browsing the creative magazine section of Barnes and Noble. And Pinterest.

Aug 31, 9:56 PM

BettyLouKoffel: I've recently recognized that spending time working with my photos lets me have photos in the back of my mind and when I see a sketch that fits, I am all ready to go.

Aug 31, 9:57 PM

PamelaMontagno: Yes it is the joy of doing it

Aug 31, 9:57 PM

ErinnWenrich: Jennifer, that was one of my fav quotes!

Aug 31, 9:57 PM

fancyscrapper: I don't find creativity to be hard work (referencing the quote).

Aug 31, 9:58 PM

Tiffany Mitchell: There was one quote that stuck with me that I bookmarked it. "Simply dreaming about what we want can actually make us complacent-we're already mentally enjoying the fruits of our desired outcome, so we may be less willing to take on the sacrifices and drudgery required to make the outcome a reality." I found this to be totally true.....

Aug 31, 9:58 PM

AleceNewell: I think sometimes I just have to sit down and start. I gain motivation as find photos and stories I want to share

Aug 31, 9:58 PM

fancyscrapper: So true, Alice.

Aug 31, 9:59 PM

fancyscrapper: Alece (sorry, autocorrect messed your name up!)

Aug 31, 9:59 PM

ErinnWenrich: I definitely need to love the 'process' (from the quote) more. And yes to what Alece said. Just start.

Aug 31, 9:59 PM

Melanie Ritchie: Reminds me of the idea that you have to do something for 10000 hours before you can master it. I find that motivating.

Aug 31, 9:59 PM

Jennifer (Moderator): OH, TIFFANY.. I 100% AGREE.!

Aug 31, 9:59 PM

fancyscrapper: You are right, Melanie! I love that!

Aug 31, 10:01 PM

Jennifer (Moderator): SO THIS NEXT QUOTE IS A BIT, BRASH... BUT IT GAVE ME SOME FOOD FOR THOUGHT.

Aug 31, 10:01 PM

Jennifer (Moderator): QUOTE // p28 - "People who are hopeful tend to create learning goals. Those without hope tend to adopt mastery goals."

Aug 31, 10:01 PM

Jennifer (Moderator): QUESTION // Q6. What kind of goals do you set?

Aug 31, 10:01 PM

Candace: I also find that stretching beyond my usual creative comfort zone helps me to "get into the groove" better. If that makes sense!

Aug 31, 10:01 PM

JessicaUrrutia: Here late, hello you all!

Aug 31, 10:02 PM

fancyscrapper: Jennifer, I seem to be missing the pith of that quote. What does it mean to you?

Aug 31, 10:02 PM

AleceNewell: I remember reading this and wondering what mastery goals are and how they differ from learning goals

Aug 31, 10:02 PM

ErinnWenrich: Definitely hopeful. I thought that quote/idea was very...like a slap.

Aug 31, 10:02 PM

Teaching Assistant - Kim Edsen (Moderator): Often I don't necessarily want to learn or master, I just want to tell my stories and play with pretty paper

Aug 31, 10:02 PM

fancyscrapper: Amen, Kim.

Aug 31, 10:02 PM

Carol AnneWall: Doesn't everyone want to master, or become the master of their process?

Aug 31, 10:03 PM

JessicaUrrutia: Learning refreshes me...

Aug 31, 10:03 PM

Candace: I don't really think about mastering anything creative, just learning, doing and enjoying it.

Aug 31, 10:03 PM

Guest927 (Guest): i thought the mastery goals were if i win this award or get to this place of mastery, than i will be better

Aug 31, 10:03 PM

Jennifer (Moderator): LEARNING GOALS SUPPORT PERSONAL GROWTH AND IMPROVEMENT.MASTERY GOALS, LIKE SELLING A CERTAIN NUMBER OF RECORDS, ARE LESS FOCUSED ON GROWTH AND MORE FOCUSED ON OUTPERFORMING OTHERS.

Aug 31, 10:03 PM

JessicaUrrutia: But I don't like to complicate my crafting life...so don't look to try everything everyone else may be doing. hehe

Aug 31, 10:03 PM

Cindy March: I just want to enjoy the process.

Aug 31, 10:03 PM

fancyscrapper: Mastering it has a feel of "finishing learning" in some ways.

Aug 31, 10:04 PM

AleceNewell: So mastery goals are more like measured success

Aug 31, 10:04 PM

Carol AnneWall: Mastery to me is understanding why I put the brad here, rather than there. Why I use that font instead of the other font. There

Aug 31, 10:04 PM

fancyscrapper: Interesting, Jennifer.

Aug 31, 10:04 PM

JessicaUrrutia: Agree Cindy...at least with my scrapbooking.

Aug 31, 10:04 PM

Carol AnneWall: There's a heavy dose of learning on the way to achieving mastery.

Aug 31, 10:04 PM

fancyscrapper: That's good, Carol Ann

Aug 31, 10:05 PM

Melanie Ritchie: I think it goes back to "playing". I get lost in my scrapbooking because I'm playing. While I do have a goal of completing the layout, I'm not putting any thought on

that. I'm immersed in the act of playing with photos, paper, words. I figure it will come together when I'm done playing.

Aug 31, 10:05 PM

Tiffany Mitchell: I find sometimes giving more value to how many likes I got for something rather than accomplishing the project.....

Aug 31, 10:05 PM

Jennifer (Moderator): THIS IS JUST FROM THE BOOK... NOT MY OPINION. THERE WERE SEVERAL SECTIONS LIKE THIS THAT CHALLENGED ME. ALSO IN THIS CHAPTER ABOUT HARMONIOUSLY PASSIONATE VS. OBSESSIVELY PASSIONATE.

Aug 31, 10:05 PM

Teaching Assistant - Kim Edsen (Moderator): Mastery-wise I think different people have varying opinions about what that would mean to them

Aug 31, 10:05 PM

Jennifer (Moderator): THE OBSESSIVELY PASSIONATE FREQUENTLY EXPERIENCE ANXIETY WHEN ENGAGED IN THEIR WORK.

Aug 31, 10:05 PM

fancyscrapper: Perhaps "Mastery" in scrapbooking implies a confidence in one's own style and process. Not needing to follow others so much?

Aug 31, 10:05 PM

JessicaUrrutia: I think I definitely go for learning goals.

Aug 31, 10:06 PM

Teaching Assistant - Kim Edsen (Moderator): fancy scrapper, I could get behind that!

Aug 31, 10:06 PM

Jennifer (Moderator): MAYBE THE WAY TO LOOK AT IT IS.... LEARNING GOALS WOULD BE TO EXPLORE A NEW TECHNIQUE EACH WEEK... THAT REQUIRES HOPE, A CONFIDENCE IN YOURSELF, A BELIEF IN YOUR WILLPOWER AND CONSISTENCY

Aug 31, 10:06 PM

BettyLouKoffel: I'm definitely interested in personal growth, i think one of the things that irritated me about the book was that the author defined and used words in ways that required one to review and review and review his definition.

Aug 31, 10:07 PM

Jennifer (Moderator): WHEREAS, THAT YOU WANT TO CREATE 10 LAYOUTS IN 10 WEEK... IMPLIES THAT YOU NEED A NUMBER BECAUSE YOU DON'T HAVE THE HOPE FOR YOURSELF THAT YOU COULD OTHERWISE.. THAT WOULD BE MASTERY GOALS.

Aug 31, 10:07 PM

BettyLouKoffel: Not sure that it is important to remember/use his terms but more to look at yourself as you read.

Aug 31, 10:08 PM

fancyscrapper: That feels like a good description, Jennifer.

Aug 31, 10:08 PM

Jennifer (Moderator): ALRIGHT.. MOVING ON

Aug 31, 10:08 PM

AleceNewell: I see better now Jennifer thanks!

Aug 31, 10:08 PM

Carol AnneWall: Sounds like me

Aug 31, 10:08 PM

Jennifer (Moderator): QUOTE // p30 - "Mind wandering consumes an average if 47 percent of peoples' waking hours."

Aug 31, 10:08 PM

Jennifer (Moderator): QUESTION // Q7. Are you prone to mind wandering? Do you have any specific triggers?

Aug 31, 10:08 PM

fancyscrapper: YES! I'm awake.

Aug 31, 10:08 PM

NicoleKann: Lol

Aug 31, 10:08 PM

Melanie Ritchie: I'm having an aha moment here. In my scrapbooking I am not obsessively passionate. I just enjoy it. However, I can say in my design work I can be obsessively passionate and it is stressful! I think the difference must be that I'm overly focused on the outcome/mastery when it is design work. With scrapbooking, I don't worry about mastery and just enjoy the journey.

Aug 31, 10:09 PM

BettyLouKoffel: fancyscrapper, that about sums it up.

Aug 31, 10:09 PM

NicoleKann: Well said Melanie! Same here.

Aug 31, 10:09 PM

Cindy March: Most of the time.

Aug 31, 10:09 PM

fancyscrapper: Good thoughts, Melanie! I think that's as it should be.

Aug 31, 10:09 PM

ErinnWenrich: Oh my. My percentage has to be much higher. :/

Aug 31, 10:09 PM

AleceNewell: My mind wanders more when I have a big event, project or conflict brewing

Aug 31, 10:10 PM

fancyscrapper: Erinn! Too funny!

Aug 31, 10:10 PM

Jennifer (Moderator): MELANIE, I THINK THAT IS WHY I NEED TO DO FEATURED ARTISTS FOR OUR SKETCHES.... I AM OBSESSIVELY PASSIONATE WHEN IT COMES TO LAYOUTS THAT ARE FOR THE BUSINESS. MY OWN DEMONS GET IN THE WAY.

Aug 31, 10:10 PM

ErinnWenrich: Same, Melanie.

Aug 31, 10:11 PM

Candace: Mind wandering.... I think of it as processing, thinking, creating, rather than mind wandering, which seems negative. Thinking beings (humans) are going to think about things!

Aug 31, 10:11 PM

Jennifer (Moderator): MY MOM ALWAYS WONDERS WHY IT TAKES ME SO LONG TO DO ANYTHING.

Aug 31, 10:11 PM

Jennifer (Moderator): I THINK MY MIND WANDERS A LOT.

Aug 31, 10:11 PM

AleceNewell: 😊😊😊 Candace

Aug 31, 10:12 PM

EdithBanks: Scrapbooking and card making is the only time my mind doesn't wander

Aug 31, 10:12 PM

Carol AnneWall: I live in a daydream world. I am so much in my head, I shut everything else out. To my detriment, I may add. I can create a layout several times in my head before I actually do something.

Aug 31, 10:13 PM

JessicaUrrutia: I love when my mind wanders to the right things...is like a mental break. I actually set an hour in my day between work, school, and BEFORE cooking to "think" about things I like.

Aug 31, 10:13 PM

Candace: Good idea, Jessica!

Aug 31, 10:13 PM

Jennifer (Moderator): LOVE THAT JESSICA

Aug 31, 10:13 PM

Melanie Ritchie: I'm sorry I almost missed this part... my mind was wandering. 🤖

Aug 31, 10:13 PM

Teaching Assistant - Kim Edsen (Moderator): Melanie

Aug 31, 10:13 PM

Cindy March: That's a great idea Jessica.

Aug 31, 10:14 PM

Cindy March: Ha ha Melanie.

Aug 31, 10:14 PM

JessicaUrrutia: I notice it refreshes me, and I get to "think" about whatever I want. This week one day was Photos, another was read a book, another time I made a short Bible study I created about mercy....it calms me.

Aug 31, 10:14 PM

Jennifer (Moderator): SO THIS NEXT QUOTE WAS ONE OF MY FAVORITES IN THE BOOK

Aug 31, 10:14 PM

Jennifer (Moderator): QUOTE // p38 - "Showering insulates us from the external world so that we can focus all our attention on our inner desires, daydreams, and memories - thereby increasing the likelihood that our mind will come up with creative connections?"

Aug 31, 10:14 PM

Jennifer (Moderator): QUESTION // Q8. Do you have lightbulb moments in the shower?

Aug 31, 10:14 PM

AleceNewell: I think authors made good point that social norms frown on mind wandering, day dreaming, solitude as not productive

Aug 31, 10:15 PM

AleceNewell: The shower is my happy place

Aug 31, 10:15 PM

Cindy March: My lightbulb moments come during Jazzercise.

Aug 31, 10:15 PM

Jennifer (Moderator): I LOVE TO SHOWER.

Aug 31, 10:15 PM

Tiffany Mitchell: I find showers very therapeutic. I definitely come up with ideas in the shower.

Aug 31, 10:15 PM

Teaching Assistant - Kim Edsen (Moderator): I have on occasion, but I don't think more so than any other mind wandering moments out of the shower!

Aug 31, 10:15 PM

Carol AnneWall: The women's bathroom at work is my place to solve problems.

Aug 31, 10:15 PM

NicoleKann: Sometimes in shower. But especially when I'm gardening or weeding.

Aug 31, 10:15 PM

fancyscrapper: I often shower with my hubby, so, um, not so mind wandering. Sorry if that's TMI.

Aug 31, 10:15 PM

Mary Ellen Dahlke: Hot tub for me!

Aug 31, 10:16 PM

Jennifer (Moderator): I HAD A RECENT IDEA ABOUT EXPLORING THE IDEA OF "WHAT IF?" WITH YOU ALL.... GOING BEYOND THE "WHAT IF YOU COULD START FROM SCRATCH?" QUESTION TO EXPLORE OTHER WHAT IF'S....

Aug 31, 10:16 PM

Melanie Ritchie: Hmm, not really. I used to have my best thoughts and ideas when I nursed my babies. Not sure if it was my mind being free to wander or the oxytocin but I had oodles of ideas!

Aug 31, 10:16 PM

Jennifer (Moderator): LIKE WHAT IF ALL YOUR SUPPLIES WERE LOST, WHAT WOULD YOU REPURCHASE RIGHT AWAY

Aug 31, 10:16 PM

EdithBanks: Yes -in the shower

Aug 31, 10:16 PM

fancyscrapper: Paper.

Aug 31, 10:16 PM

JessicaUrrutia: With a busy hubby and three little ones usually knocking at the door, NOPE, at least not as often! But, I can see many of my "lightbulb " moments at the gym, while I'm doing my workouts. I wish I had a paper and pen with me at times. Plus I dream of stamping...haha! While working out.

Aug 31, 10:17 PM

fancyscrapper: Cooking. I get ideas while cooking.

Aug 31, 10:17 PM

fancyscrapper: Chopping veggies, etc.

Aug 31, 10:17 PM

Carol AnneWall: Cardstock, pens, adhesive, and lots of brads.

Aug 31, 10:17 PM

Melanie Ritchie: Lol, fancyscrapper!

Aug 31, 10:17 PM

Guest927 (Guest): pens, paper, adhesive, paper trimmer

Aug 31, 10:17 PM

JessicaUrrutia: Melanie, that happened to me too! I loved nursing my babies for that privacy/solitude time I got.

Aug 31, 10:17 PM

ErinnWenrich: This is scary, but when I am driving...I have the best ideas, work out the hardest conflicts. Then I wonder how I got to where I was driving. Yikes.

Aug 31, 10:17 PM

Candace: Favorite scissors, adhesive and paper. Print out a few pix and I would be good to go.

Aug 31, 10:17 PM

Jennifer (Moderator): I DO THAT TOO ERINN

Aug 31, 10:17 PM

JessicaUrrutia: Agree fancyscrapper! Cooking when alone....hehe!

Aug 31, 10:18 PM

Tiffany Mitchell: I would get a kit subscription and buy my fave adhesives and cutting tools.

Aug 31, 10:18 PM

ShannonMinner: I can't turn my mind off. I am currently chatting here, folding laundry, walking by the sink and washing some dishes, and shopping for a pedometer on Amazon.

Aug 31, 10:18 PM

JessicaUrrutia: Right away I would get....hmm...stamps, ink, doilies and yardstick!

Aug 31, 10:18 PM

fancyscrapper: Erinn, use your phone to make an audio recorded note!

Aug 31, 10:18 PM

Teaching Assistant - Kim Edsen (Moderator): definitely patterned paper and the necessities: adhesive, trimmer, scissors, ruler, etc.

Aug 31, 10:18 PM

JessicaUrrutia: oops..cardstock..not yardsticks. lol

Aug 31, 10:18 PM

Cindy March: Paper and punches.

Aug 31, 10:18 PM

EdithBanks: Adhesive, my cricut some paper and embellishments

Aug 31, 10:18 PM

ErinnWenrich: fancyscrapper Great Idea!

Aug 31, 10:18 PM

Melanie Ritchie: I'd buy white card stock, a couple paper kits, pens, adhesive and a photo printer.

Aug 31, 10:19 PM

Jennifer (Moderator): QUOTE // p48 - "Solitude isn't just about avoiding distractions; it's about giving the mind the space it needs to reflect, make new connections, and find meaning."

Aug 31, 10:19 PM

Jennifer (Moderator): QUESTION // Q9. Do you prefer to scrapbook alone or in groups?

Aug 31, 10:19 PM

Melanie Ritchie: Shannon is the pedometer to count the steps for all the stuff you're doing?

Aug 31, 10:19 PM

fancyscrapper: Definitely alone.

Aug 31, 10:20 PM

fancyscrapper: I LOVE groups, but don't get much scrapping done.

Aug 31, 10:20 PM

Cindy March: In a group. The more the merrier.

Aug 31, 10:20 PM

Guest927 (Guest): alone

Aug 31, 10:20 PM

Tiffany Mitchell: I am more productive alone, but I enjoy the social time if I have the pages all preplanned.

Aug 31, 10:20 PM

JessicaUrrutia: Shannon, when I do laundry I get great ideas too!

Aug 31, 10:20 PM

ErinnWenrich: Same as Tiffany

Aug 31, 10:20 PM

ShannonMinner: No, the pedometer is for a work place challenge.

Aug 31, 10:20 PM

Teaching Assistant - Kim Edsen (Moderator): Ditto Tiffany and Erinn

Aug 31, 10:20 PM

fancyscrapper: It's the mundane that frees the mind, right?

Aug 31, 10:20 PM

NicoleKann: Alone. But still need a couple yearly crops too.

Aug 31, 10:20 PM

Candace: For years I mostly scrapped with others. Now I mostly scrap alone. Took a long time to transition. Now I agree with Tiffany.

Aug 31, 10:21 PM

Melanie Ritchie: I like scrapping with a few friends but honestly that's more about being able to share a hobby and hang out. To get anything done I need to zone out and focus. To do so I must be alone.

Aug 31, 10:21 PM

ShannonMinner: JessicaUrrutia - All I keep thinking about is all of the other stuff I have to do. Then in 5 minutes I have forgotten what it was.

Aug 31, 10:21 PM

PamelaMontagno: Paper

Aug 31, 10:21 PM

Jennifer (Moderator): I SPEND A LOT OF TIME THINKING WHEN I CREATE... IT DOESN'T SEEM TO MIX THAT WELL WITH BEING SOCIAL

Aug 31, 10:21 PM

EdithBanks: In a group - that's how I started - creative memories crops

Aug 31, 10:22 PM

NicoleKann: Agree Jennifer!

Aug 31, 10:22 PM

Melanie Ritchie: True Jennifer! I process a lot when I'm creating.

Aug 31, 10:22 PM

fancyscrapper: I can't take enough stuff with me to a crop (sewing machine, anyone?), so I like being in my own space to scrap.

Aug 31, 10:22 PM

fancyscrapper: Edith, I got my start with Creative Memories too!

Aug 31, 10:22 PM

JessicaUrrutia: LOL! Shannon, that's why I carry paper with me almost anywhere to take notes when I ACTUALLY remember what I need to do next! LOL

Aug 31, 10:22 PM

NicoleKann: Me three!

Aug 31, 10:22 PM

Jennifer (Moderator): JESSICA... THAT LEADS TO MY NEXT QUESTION!

Aug 31, 10:23 PM

Jennifer (Moderator): QUOTE // p100 - "The ultimate goal of [Joan Didion's] exercise in documentation was not to create an accurate log of her activities but rather to come to better know "how it felt to be me."

Aug 31, 10:23 PM

Jennifer (Moderator): QUESTION // Q10. Do you journal regularly? If so, what do you get from it?

Aug 31, 10:23 PM

JessicaUrrutia: I love creating with others if we are sharing a project, but if I'm designing I like the quiet.

Aug 31, 10:23 PM

ShannonMinner: I do bullet journaling of our days events. It helps me down the road when I go to scrapbook or need to know when I did a certain event. It helps to jump start my memory for journaling on a scrapbook page or PL page.

Aug 31, 10:23 PM

JessicaUrrutia: I am a very extroverted person who delights and refuels in solitude. I just recently understood WHY I need so much time alone after social events.

Aug 31, 10:24 PM

Candace: I write lists, quotes, haiku, seldom traditional journaling.

Aug 31, 10:24 PM

Melanie Ritchie: I used to blog as my journal. It was cathartic. Hmm, maybe I should get back to it.

Aug 31, 10:24 PM

NicoleKann: Journaling helps me purge my frustrations first. Then open up the space for the ideas to flow.

Aug 31, 10:24 PM

[Cindy March](#): I journal to process and make sense of my emotions.

Aug 31, 10:24 PM

[Tiffany Mitchell](#): I try to journal on a regular basis, but with the intent to scrapbook it later. Usually for Ali Edwards Story themes since I subscribe to her stamp kit. I then always have a story to scrapbook later....

Aug 31, 10:24 PM

Teaching Assistant - Kim Edsen (Moderator): I do journal regularly and I think it gives me a chance to reflect, to vent, and to feel that no matter what, my stories are documented somewhere

Aug 31, 10:24 PM

Guest927 (Guest): yes. i journal to release emotions, or process things, to remember funny or happy things, quotes, or express myself in artsy ways.

Aug 31, 10:24 PM

[fancyscrapper](#): I do journal fairly regularly. I find it gives me the freedom to sort of "shape" my memories with my words so that later when I read what I wrote, I remember things the way I recorded them (with the slant I want to remember, so to speak).

Aug 31, 10:25 PM

ErinnWenrich: I used to blog too. I now do more of a bullet format in my paper planner. But I wouldn't exactly call it journaling.

Aug 31, 10:25 PM

ShannonMinner: I love my alone time, or as my boys and I call it my "peace and quiet". My husband has been working out of state for the last 4 weeks and has come home for two of those weekends. There are times when I don't really mind this.

Aug 31, 10:25 PM

JessicaUrrutia: I journal every single day. Prayers, thoughts, quotes, Bible verses, stories...Oh dear! I have more journals than scrapbooks in my life.

Aug 31, 10:26 PM

NicoleKann: Oh I also enjoy my gratitude journal.

Aug 31, 10:26 PM

ShannonMinner: I am trying to get in the habit of writing more. I keep a blog but also want to try my hand at writing a book.

Aug 31, 10:26 PM

Jennifer (Moderator): QUOTE // p102 - "This impulse to record and create meaning of the little details and moments of life is arguable the birthplace of art, and it starts with being awake to the moments of our lives as they are passing. It begins, in other words, with mindfulness."

Aug 31, 10:26 PM

fancyscrapper: That's awesome Jessica!

Aug 31, 10:26 PM

Jennifer (Moderator): QUESTION // Q11. What roles does capturing small everyday moments play in your scrapbooking hobby?

Aug 31, 10:26 PM

BettyLouKoffel: I journal thoughts and concerns and about quotes from my reading several times a week. I've just started trying to write something about my day in the day one app as often as possible.

Aug 31, 10:26 PM

fancyscrapper: Such a big role!

Aug 31, 10:27 PM

Guest927 (Guest): the main role

Aug 31, 10:27 PM

BettyLouKoffel: Oh look I meant to talk about the last question and now I've answered this one.

Aug 31, 10:27 PM

fancyscrapper: I feel that the little moments are the ones I'm most likely to forget, so they are my favorite subjects to scrapbook. Like the time we made pickles.

Aug 31, 10:27 PM

Melanie Ritchie: Yes, that's the essence of the hobby for me! Mindfulness. Capturing beauty in the everyday. Capturing the little moments that make my life mine.

Aug 31, 10:27 PM

JessicaUrrutia: Haha! Fancyscrapper, my hubby doesnt think moving with so many journals is so funny.Hihi! I carry my journals with me to every state Ive been, since I was a teenager.

Aug 31, 10:27 PM

[fancyscrapper](#): We don't do that all the time.

Aug 31, 10:27 PM

[Tiffany Mitchell](#): I think scrapbooking makes me more mindful. Mindful of how I spend my time or how I don't spend my time. Makes me aware of what I may be missing or what to be thankful for.

Aug 31, 10:27 PM

ErinnWenrich: I feel the sum of my life is made up of all the small everyday moments. And something they are the sweetest ones.

Aug 31, 10:27 PM

BettyLouKoffel: I wish I had more info about my impressions of times past. That's why I'm doing more of it today.

Aug 31, 10:27 PM

Jennifer (Moderator): OOH.. JUICY QUESTION AND RESPONSES!

Aug 31, 10:28 PM

ErinnWenrich: Also I remember as a child looking at my mom's photo books and loving the small little details that were in the photos and that she was explain to me. My daughter is interested in the same things.

Aug 31, 10:29 PM

Jennifer (Moderator): I LOVE THAT TOO ERINN

Aug 31, 10:29 PM

[fancyscrapper](#): I have a scrapbook my Dad made when he was like, 10. SOLID GOLD!

Aug 31, 10:29 PM

Jennifer (Moderator): AWESOME!

Aug 31, 10:30 PM

JessicaUrrutia: Evernote has made journaling easier for me lately. I have several folders. DREAMs- like true dreams when I wake I write them right away, IDEAS, Encouraging things I hear, FOR SCRAPBOOKING-Small stories about my day or kids. Then I have my regular journal that I write on in my morning time.

Aug 31, 10:30 PM

Carol AnneWall: Everyday moments are the main part of my photography.

Aug 31, 10:30 PM

Jennifer (Moderator): ALRIGHT, ONE LAST QUESTION FOR TONIGHT.

Aug 31, 10:30 PM

Jennifer (Moderator): QUOTE // p186 - "Creative self-expression opens us up to who we are and invites us to explore and express our own unique set of qualities and experiences, to

play with ambiguities, and to connect the dots in a way that they've never been connected before.”

Aug 31, 10:30 PM

Jennifer (Moderator): QUESTION // Q12. What is one thing you've learned about yourself, your family, or the world through scrapbooking?

Aug 31, 10:31 PM

[Cindy March](#): To be kinder to myself.

Aug 31, 10:31 PM

NicoleKann: Goodnight all! I gotta run. I really enjoyed this book discussion. Thank you.

Aug 31, 10:31 PM

Teaching Assistant - Kim Edsen (Moderator): I've learned how much I have to be grateful for and that the design 'rules' for scrapbooking also apply to clothing and home decor

Aug 31, 10:31 PM

[Melanie Ritchie](#): Woah, that's deep. Hmm, I've learned that life is fleeting and things change. Embrace things in the moment.

Aug 31, 10:31 PM

PamelaMontagno: That family is very important so you have to capture the memories

Aug 31, 10:31 PM

JessicaUrrutia: Love your words Melanie!

Aug 31, 10:31 PM

[Tiffany Mitchell](#): Perspective. The same event can have different meaning or significance to different people.

Aug 31, 10:31 PM

[fancyscrapper](#): I have found that I love the free expression, and the fact my family isn't expecting anything from it means I am totally free from any outside pressure and can just create for ME. An amazing reality for a homeschooling mom!

Aug 31, 10:31 PM

Teaching Assistant - Kim Edsen (Moderator): to celebrate connections

Aug 31, 10:32 PM

ErinnWenrich: scrapbooking is part of my self-care. and my scrapbooking is better all around when I'm taking care of myself in other areas as well

Aug 31, 10:32 PM

[Melanie Ritchie](#): Thanks Jessica!

Aug 31, 10:32 PM

Candace: Things that connect us through the generations. Like my son and my dad's (and my connection to music. And my daughter and her great grandfather's love of farming.

Aug 31, 10:32 PM

EdithBanks: Gratitude for the experiences I've had with my family

Aug 31, 10:32 PM

fancyscrapper: Erinn, me too!

Aug 31, 10:33 PM

Jennifer (Moderator): I AM CURIOUS WHAT THE RESPONSES WOULD BE TO THIS ONE HOUR AGO...

Aug 31, 10:33 PM

ShannonMinner: I have learned that I have given my children and family lots of experiences. We go out and do things together.

Aug 31, 10:33 PM

Jennifer (Moderator): YOUR BRAINS ARE ALL PRIMED FOR DEEP THOUGHTS!

Aug 31, 10:33 PM

JessicaUrrutia: I homeschool too fancyscrapper....I believe I am more the student than the teacher.

Aug 31, 10:34 PM

ErinnWenrich: Shannon, Yes! I've also learned that our family needs much less stuff and we focus much more on doing things together.

Aug 31, 10:34 PM

JessicaUrrutia: I think I am learning in life is not all about me me me. I am glad I a still learning.

Aug 31, 10:35 PM

ShannonMinner: Yes, your kids will still see that you are Jessica and hopefully grow up wanting to learn still too.

Aug 31, 10:35 PM

Jennifer (Moderator): THIS WAS DELIGHTFUL LADIES. THANK YOU ALL FOR JOINING ME FOR THIS MONTH'S BOOK CLUB DISCUSSION.

Aug 31, 10:35 PM

JessicaUrrutia: Yes indeed Shannon!

Aug 31, 10:35 PM

fancyscrapper: I've enjoyed it very much!

Aug 31, 10:35 PM

Cindy March: Thank you Jessica.

Aug 31, 10:35 PM

Jennifer (Moderator): NEXT MONTH WE ARE READING "THE WELL LIFE": https://www.amazon.com/dp/B01M0L7OWK/ref=as_li_ss_tl?_encoding=UTF8&colid=1DLESZSPNWWV1C&coliid=I1YEYUQSQUP5JJ&linkCode=ll1&tag=simplscrap06-20&linkId=f674be50c46b61187ec3132c0d5ffba7

Aug 31, 10:35 PM

Melanie Ritchie: Thank you! Night night all!

Aug 31, 10:36 PM

ShannonMinner: Thanks for hosting us again. I love this book club idea every month.

Aug 31, 10:36 PM

JessicaUrrutia: Thanks Jennifer...I grow with every chat.

Aug 31, 10:36 PM

ErinnWenrich: thank you! g'night!

Aug 31, 10:36 PM

fancyscrapper: This month I'll try to get the book! Ha!

Aug 31, 10:36 PM

Teaching Assistant - Kim Edsen (Moderator): Night all!

Aug 31, 10:36 PM

fancyscrapper: Sweet sleep to all!

Aug 31, 10:36 PM

Candace: Thanks. Have a great night all!

Aug 31, 10:37 PM

Jennifer (Moderator): TAKE CARE ALL AND HAVE A WONDERFUL HOLIDAY WEEKEND! THE NEXT ISSUE OF SPARK WILL BE AVAILABLE TOMORROW, ALONG WITH NEW MEMBER DOWNLOADS FOR SEPTEMBER!

Aug 31, 10:39 PM

PamelaMontagno: Thanks Jennifer

Aug 31, 10:39 PM

ShannonMinner: Good night. Off to shop for a pedometer