



# Joie

the art of joyful living

Frolic  
Issue #6

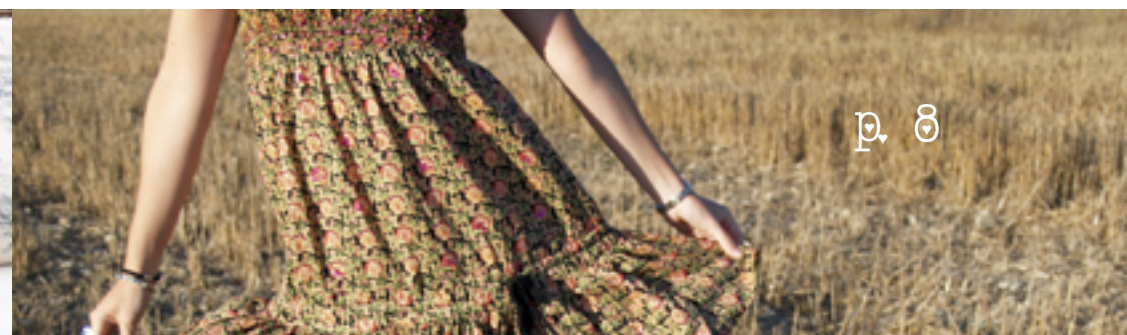


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Front & back cover by Diana Santisteban



## Editor's Note

Spring will soon be upon us here in the Northern Hemisphere and even though the winter was unseasonably warm, I am so looking forward to spring. I come out of my hibernation in spring, both physically and mentally, and I feel more myself than I do over the winter. Spring is my time to frolic and I hope yours as well.

frol·ic

n. 1. Gaiety; merriment; fun and frolic.

2. A gay, carefree time.

3. A playful antic.

intr.v. frol·icked, frol·ick·ing, frol·ics

1. To behave playfully and uninhibitedly; romp.

2. To engage in merrymaking, joking, or teasing.

adj. Archaic

Merry.

- TheFreeDictionary.com

So, frolic is the theme of this issue #6 of JOIE and in its page, I hope you find much that makes you want to frolic!

xoxo, Jen

P.S. All of the content in this issue is original work created just for you by myself and my amazing contributors. Learn more about them on the following pages.



Read  
Indie  
Fixx

Joie  
Archives

Background by Samantha Walker



# Contributors



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Heather Buzzard is a freshly hatched graduate of Emory University, where she studied creative writing, sociology, religion and environmental science.



Gabrielle Brittney is an artist and designer from New York, where she is inspired by the beauty in every day things.  
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You can find Samantha Walker's designs on anything from fabric, to craft supplies and even wall decor.  
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Background by Samantha Walker





FRILLY  
FROLIC FUN

















## FRILLY FROLIC FUN

Photographer :: Nerea Ortigueira

Photo Assistant :: Sandra Grandmontagne

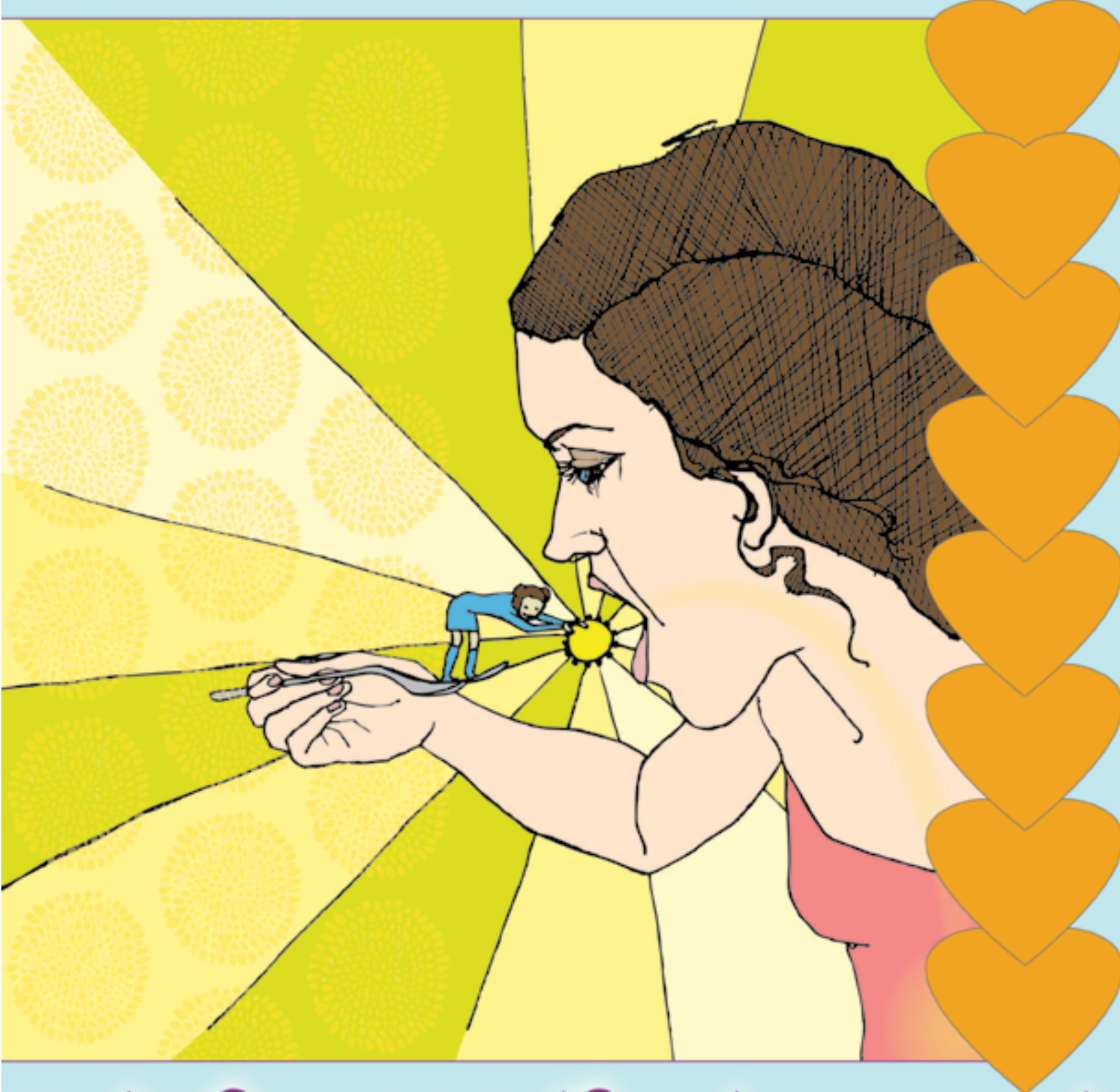
Models :: KPV Model Team





# Feed Your Soul:

♥ the free art project ♥



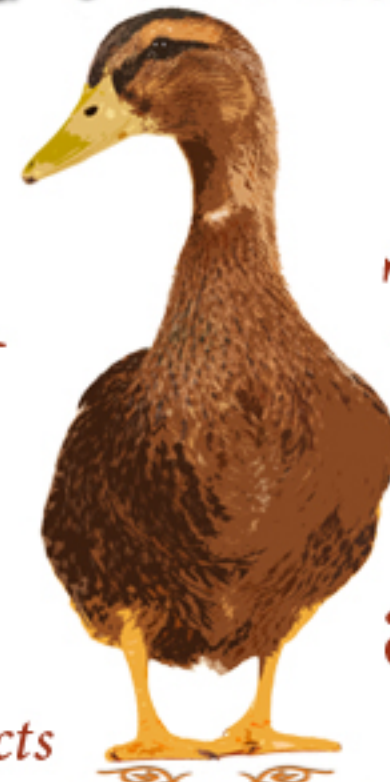
[indiefixx.com/feedyour soul](http://indiefixx.com/feedyour soul)

artwork by Jessica Gonacha

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# NOVA COCKTAILS

In New Orleans, cocktail culture prevails. We're a city with no mandatory closing time, drive-through daiquiri joints and the ability to drink on the street whenever we please. (Just make sure you get a to-go cup for that beer - no glass containers allowed

outside.) We're also known for inventing our own signature cocktails and perfecting others. Here are just a few classic New Orleans cocktails; how to make them and where to find them while you're in town.

STORY & PHOTOS BY MALLORY WHITFIELD AND ARTWORK BY HELEN ENTWISLE



## THE SAZERAC & RAMOS GIN FIZZ

**Where to get it:** The Sazerac Bar, The Roosevelt Hotel, 123 Baronne Street

Both of these are classic old-school cocktails invented here in New Orleans, and both can be found at one of NOLA's most famous institutions - The Sazerac Bar at The Roosevelt Hotel. The hotel was recently renovated and is worth a visit for a peek at the lobby alone.

### *Ramos Gin Fizz Recipe*

3 dashes Lemon Juice  
2 dashes Lime Juice  
3 dashes Orange Flower Water  
1 1/4 oz. Dry Gin (Gordon's)  
1/4 of one Egg White  
1 Tbsp Powdered Sugar  
3 oz. Milk

Add the contents to a cocktail shaker with plenty of ice. Shake very well until good and frothy, strain into a cocktail tumbler.

### *Sazerac Recipe*

3-4 dashes of Herbsaint (120 proof)  
2 oz. Rye or Bourbon blended whiskey  
3-4 hearty dashes of Peychaud bitters  
One long, thin twist of lemon  
Sugar cube, water, club soda—optional

Place Herbsaint in a well-chilled Old Fashion glass. Tilt glass to coat sides completely and pour off excess Herbsaint. Place Rye and Peychaud bitters into cocktail shaker with ice cubes. Shake for 30 seconds and strain into prepared glass. Twist lemon peel over drink and drop in gently.





## CREOLE BLOODY MARY

**Where to get it:** Atchafalaya Restaurant, 901 Louisiana Ave

What better way to cure the excesses of late-night drinking than with a little hair of the dog at Atchafalaya's bloody mary bar? We like our bloody marys extra spicy around here, and you'll find every manner of toppings to add to your weekend brunch cocktail, from pickled okra and green beans to bacon and horseradish.



### ***Creole Bloody Mary Recipe***

1 cup Vodka  
4-1/2 cups chilled tomato juice  
2 tablespoons lime juice  
1 tablespoon Worcestershire sauce  
4-6 dashes Tabasco hot sauce  
Celery salt and black pepper

Add the contents to a cocktail shaker with plenty of ice. Shake very well until good and frothy, strain into a cocktail tumbler.

For garnish: celery stalks, lime slices and all manner of pickled veggies

## BEEBMOZA

**Where to get it:** The Fly, riverfront park behind Audubon Zoo

You're probably already familiar with the mimosa, the Sunday brunch standard comprised of champagne and orange juice. Well...what happens when a bunch of hipsters pretend to be fancy with a picnic and a few rounds of croquet at the riverfront park, but they don't have the money for champagne? Miller High Life, the champagne of beers, will surely do in a pinch! Hence the beermosa was born!

### ***Beermosa Recipe***

Combine 3 parts cheap beer (preferably Miller High Life) with 2 parts chilled orange juice and serve in a champagne flute. Fancy!





## PIMM'S CUP

**Where to get it:** Napoleon House, 500 Chartres Street

Invented in London, but perfected in New Orleans at the Napoleon House, this is the perfect refreshing cocktail for drinking outdoors on warm days. The best part? It's super simple to make at home - you just need a bottle of Pimm's liqueur, some lemonade, Sprite and a little cucumber to top it off.

### *Pimm's Cup Recipe*

Fill a tall, 12 oz glass with ice and add 1 ¼ oz of Pimm's #1  
 Add 3 oz of Lemonade  
 Top off with Sprite or 7-Up  
 Garnish with cucumber



















## **Retro frolic**

Photography :: Diana

Santisteban

Model :: Tyler @ Wilhelmina

Models

Mua :: Jaday Martines

(Adorned Faces)

Hair :: Elle Delgado

Wardrobe Stylist :: Kymalia

Martin (The Stylogist)





*Planning*

*a tea party*

*Story & photos by Jasmine Norrie & artwork by Samantha Walker*

Historically speaking, the humble (and the not-so-humble!) tea party has its origins in a handful of different traditions, the names of which are no doubt familiar to you, though the accompanying traditions may be somewhat more obscure. ‘High Tea’, for example, might evoke images of pinky fingers on fancy tea cups and dainty cucumber sandwiches – but it was actually an end of day working class meal consisting of heavy dishes such as meat and vegetables served in gravy, fish, casseroles, and dark breads. There is some debate as to the origins of the name, with some suggesting it refers to the high benches it was served at, while others suggest it refers to the time of day – high referring to the well advanced time of day at which the meal was eaten. Whatever the case, it was certainly not the fancy affair we associate with tea and crisp white linens!



Afternoon Tea, on the other hand, you are likely more familiar with. Oddly enough, it is also known as ‘Low Tea’, for the low garden and tea tables it was served upon. In the nineteenth century, the British typically ate two meals a day; breakfast early in the morning, and dinner, taken quite late in the evening. In between, those so inclined would have an afternoon snack consisting of tea and sandwiches or other baked goods – such as scones. The Duchess of Bedford is credited with having turned this simple afternoon snack into the fancy soiree we think of today; the socialite inviting friends over for fashionable gatherings featuring tea, sandwiches, scones and

other delicacies. The novelty of the afternoon tea party gradually became so popular that it became a favourite pastime for cultured society, synonymous with elegance, scones, ladies of leisure – and of course tea!

Throwing your own tea party is not unlike throwing your own picnic: there’s no right or wrong, just various traditions you’re welcome to pick and choose from as they suit your needs. If you’re marking a special occasion, a fine start would be to send out elegant, hand-crafted invitations. You might even like to specify a dress code encouraging your lady friends to dress in their finest frocks and frou-frou.







Specify a time – traditionally tea parties are an afternoon affair, but they're no less successful as a brunch! – and a place. Afternoon Tea is often available in specific tea rooms in hoighty toighty hotels, but for our purposes (and harkening back to the soirees of the Duchess of Bedford and her ilk), a garden is just as dandy, if not more so. For want of a garden, or in times of poor weather, a bright and airy room will do the trick.

While Tea Parties are not typically a 'decorated' or thematic affair (unless you're hosting a Mad Hatter's party, ala Alice in Wonderland), they are elegantly appointed: think crisp white table linens, fine china, vases of flowers, plump cushions. If you're hosting your Tea Party outdoors, putting out a handful of sun hats and hand-fans adds a thoughtful touch to the occasion! Don't feel that everyone has to be seated together around one table – consider creating garden vignettes: groupings of two to three chairs placed around

the garden, a table of herbal tea here, another of scones and milky tea there. Encourage people to move and mingle!

As the name suggests, the most common beverage to be found at a Tea Party is tea, however Champagne is an increasingly popular option. I like to provide a bit of both! Include a few options; herbal teas, and more traditional teas, with plenty of milk options and sugar. For those who don't like champagne, Moscato and Rosé are sweet and look quite pretty in the glass. A jug of water never goes astray.

Foods generally consist of both savoury and sweet options. Try savoury sandwiches (egg, cucumber, or chicken are common), savoury muffins, and a cheese platter, balanced with sweeter options such as scones served with cream and jam, biscuits/cookies such as madeleines or macaroons, and fruit platters. Other options to consider could be mini quiches, scrolls, cupcakes, cake – think finger food in bite sized pieces!



Most importantly, relax and have fun! To get you started, I've included my mother's Date and Pumpkin Scones recipe, and my father's Apple and Rose Geranium Jelly recipe. Delicious and just right for a tea party in the garden!

### **Date and Pumpkin Scone Recipe**

2 cups (260 grams) flour  
1/3 cup (70 grams) sugar  
1/2 teaspoon ground nutmeg  
1/2 teaspoon ground cinnamon  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
1/2 cup (113 grams) cold unsalted butter, cut into pieces  
1/3 cup (50 grams) Medjool dates  
1/3 - 1/2 cup (80 - 120 ml) buttermilk  
1/2 cup (120 ml) cooked pumpkin  
1 teaspoon pure vanilla essence

Combine dry ingredients in one bowl and then rub butter in. Set aside. Combine all wet ingredients in a separate bowl. Combine the two until they form a dough. Transfer to a lightly floured surface and knead lightly (don't overdo it).

What you do from here is entirely up to you – personally I simply roll them into roughly circular shapes and throw them straight onto a lightly greased baking tray, but my mother insists on using her 'scone cutter', and I know some people prefer to shape them into something resembling a cake that can be cut into triangular wedges. Bake for 20 minutes or until a skewer comes out clean.

### **Rose Geranium & Apple Jam Recipe**

6 large Granny Smith apples, coarsely chopped  
1 big lemon, coarsely chopped  
Sugar (varies)  
Rose Geranium leaves

Add the apple and lemon to a large pot – cores, skin and all. Cover in 6 pints (3.4 litres) of water. Simmer until apple is soft. Strain through muslin overnight

without squeezing the pulp (this would cause haziness in the resulting jelly).

The next morning, measure the fluid into jam pot and add cup for cup of sugar. Simmer until the jelly sets when tested. Finally, when bottling, place a Rose Geranium leaf or two in each jar and pour the hot jelly over them. The Rose Geranium will float somewhere near the top of the jar, and lend a beautiful rose taste to the apple jelly.







*Equestrian Chic*  
by Danmi Lee

















# *Equestrian Chic*

Make up/hair and Concept :: Laura Naish

Photography :: Danmi Lee

Styling and Wardrobe :: Amy Jane Lazell

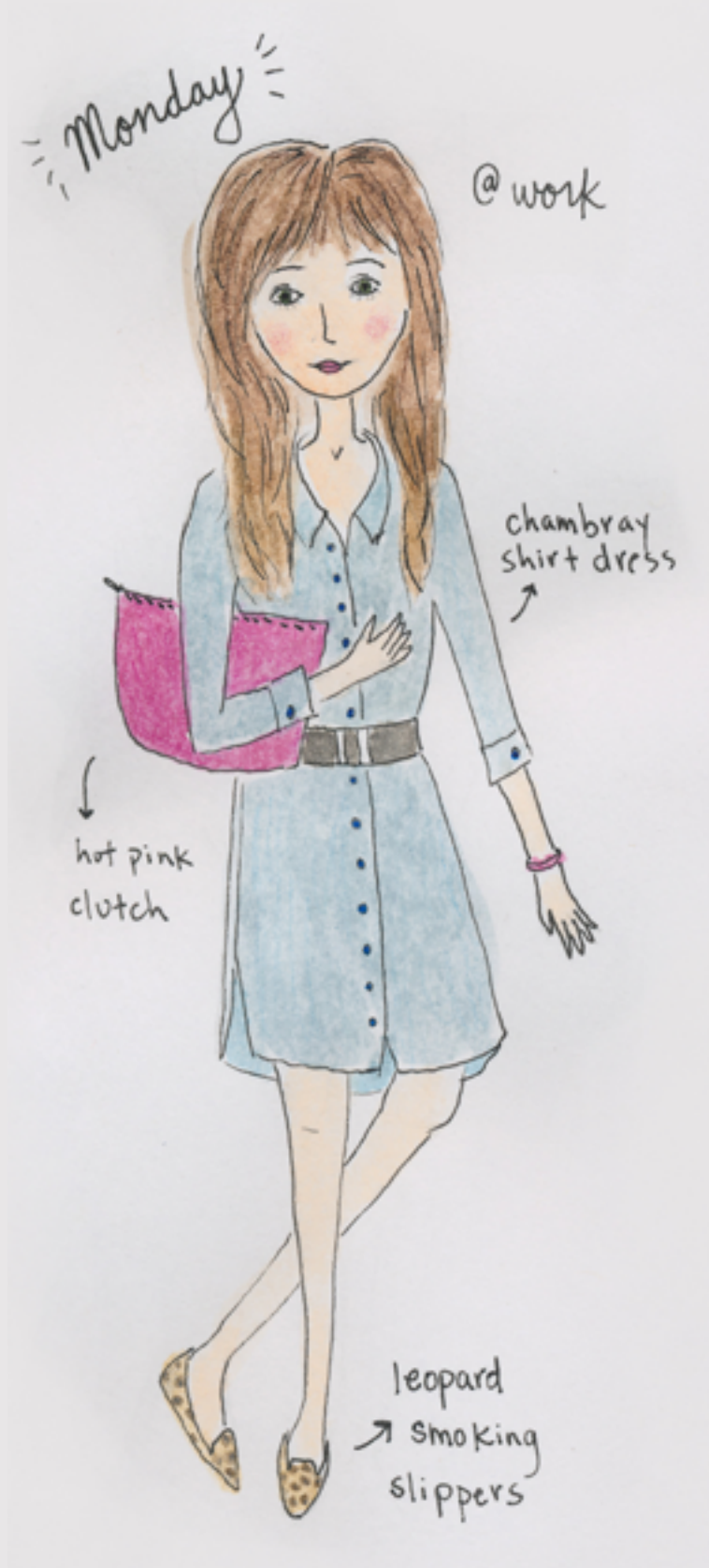
Models :: Anastasia Sanders and Nina Boldt

Horses :: Sarah Dykes (Candy and Misty)



# What I Wore

a week in the life of the perfect wardrobe



By Gabrielle Brittney



Thursday



♡ Friday

♡ date night ♡









# *Creative Writing Corner: Frolic*



*Artwork by Jordan Kay*

## *Cheer Along the Day*

we go outside, we run outside  
we cheer along the day  
for inside's where we eat and sleep  
but outside's where we play  
and where this path we're making ends  
none of us yet can say  
we go outside. we run outside  
we cheer along the day

*- Dave Striepe*



### *Dress Up Party*

put on your grandma's gambling dress  
and I'll put on this lamp  
then on your face you should affix  
this ragged postage stamp

and I'll put on this bucket shoe  
while you wear Nancy's mop  
this potted plant will do nicely  
as an elegant hat-top

we'll march along the streets at dusk  
the summer air so clean  
and have the strangest dress-up party  
the world has ever seen

- *Dave Striepe*

### *All You Care to Care*

all you can eat flower buffet  
seed and feed back to back  
it was the after work crowd who made  
an actual sound  
they wore halves proper  
they share their heads with each other  
fire side by side twisting knobs  
the Pluto was a bit underwater  
from a cone dripped world sliced thin  
don't smile, please  
you know that scares the cats

- *Heather Buzzard*

### *July*

Remember the night  
the sky opened up  
and poured down  
as we danced across the blacktop,  
in water up to our ankles?

We rolled down the windows,  
turned up the radio,  
ruined the upholstery, and  
staged a tango lesson,  
switching partners back and forth  
so we would all know how to lead  
and follow.

Water beat against us  
while we twirled and dipped, tiny  
whirlpools  
swirling in our wake;  
Soaked to the skin,  
warm through and through.

- *Elis Bradshaw*

### *Pretend*

Took a walk today  
to see what there was to see

I proceeded to bump into a tree  
and pretend that I forgot my name

(Wanted to see what it was to be)

Got bored  
and took a nap among the moss

Awoke at home  
only slightly aware that mischief  
had been afoot

- *Jen Wallace*



# Color

by Caitlin Cooper











Color

Photography :: Caitlin Cooper

Model :: Lynsey Christensen

Styling :: Jessica Stampley

Assistant :: Ben Ewing





# Mischief is Magic

When I was a little girl, my Big Daddy (yes, I'm from a true Southern family) called me "Con-Arty." Seems I was always up to something, scheming, with a twinkle in my eye. What can I say...I had plans. Playful plans. Didn't we all when we were wee ones? "I want a cookie and I'll do what I can to get it!" was a favorite game. I suppose you could argue that it's manipulation, but then what about those games and mischiefs that weren't about getting something? The ones that were pure play? Pure joy?



## I didn't let getting older stop me from playing...

- The time I dressed up as my dad's (imaginary) secretary "Phyllis" and took notes for my parents.
- The time I won a bet with my sister and became "Queen for 80 Days."
- The time I put on all 28 pairs of my roommate's pajamas at the same time.
- The time I bound and gagged my roommate's noisy, interactive stuffed animals.
- The time I caught a duck and left it in a frat boy's dorm.
- The time I "decorated" a guy friend's apartment with, um, feminine articles.
- The time I made a surprise visit to meet a best friend's new baby.
- The many times I've hid behind doorways to scare the buhoobey out of my husband.

These are all expressions of the real me. I know I'm at my best when I'm playful. Up to something. A little bit naughty, but with a good heart. This is what feels like home to me. And somewhere in my late 20s, I lost it.

I'm not quite sure how it happened. I just know that somewhere along the way, I got muted. Diminished. Watered-down.

Finding it again has been finding my way home. Nothing feels so good as being comfortable in your own skin, and for me, that has meant reigniting that spark. That mischief. And ironically, sometimes I have to go out of my comfort zone to get back into my comfort zone. To let that spark start a tiny, devilish, good-natured fire.





It comes down to lightness, openness, creativity, innovation, surprise, novelty, and laughter. The more I seek little moments of these qualities and experiences, the more my life goes forth with ease. The better my business does. The better my relationships are. The richer my life is.

So I seek out mischief, novelty, and play. And if you'd like to do the same, I have some suggestions to get you started. Many of these I've done myself, and the rest I look

forward to trying. Each one is the opportunity to create a memory, push boundaries, and live a little more deeply. Mischief is magic. Enjoy.

**20 things for more play, novelty & general mischief**

- 1. Have sex anywhere outside your house.
- 2. Pay a stranger's bill or toll.
- 3. Leave a note in a book at the library.
- 4. Do something magical for a child who's not your own.
- 5. Have a conversation with a homeless person.



- 6. Commit a friendly photo bomb.
- 7. Do a vanity photo shoot. Professional or not. something fun.
- 8. Handwrite a thank you note to a mentor and send it.
- 9. Send Valentines. The month is not important.
- 10. Cook something for someone. A surprise.

- 11. Spend an hour with an animal.
- 12. Ask for presents.
- 13. Wear the same pair of shoes all week. Really.
- 14. Leave a dollar bill in an unexpected place.
- 15. Go somewhere public

and sketch a picture of someone. Give it to them.

- 16. Give a friend a birthday gift they will love that costs no money.
- 17. Draw or paint one of your dreams.
- 18. Get rid of 1/2 of something--your books, clothes, tupperware, etc.
- 19. Write a sincere or hilarious ode to someone & sing it for them.
- 20. Need a do-over? Throw yourself a New Year's Eve party any time of year.





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Photo by Nerea Ortigueira



Contribute  
to Joie!

I am looking for  
artists, writers &  
photographers  
who want to

contribute to the next  
issue. Send me an email with  
samples of your work. I'd  
love to see what you've got  
& maybe work with you.

Email

I am also taking ad reservations for  
Issue #7. Click [here](#) for rates & specs.

Look for the next issue of  
Joie in the Summer of 2012.



Photo by Danmi Lee





Issue 7 coming in Summer 2012!