

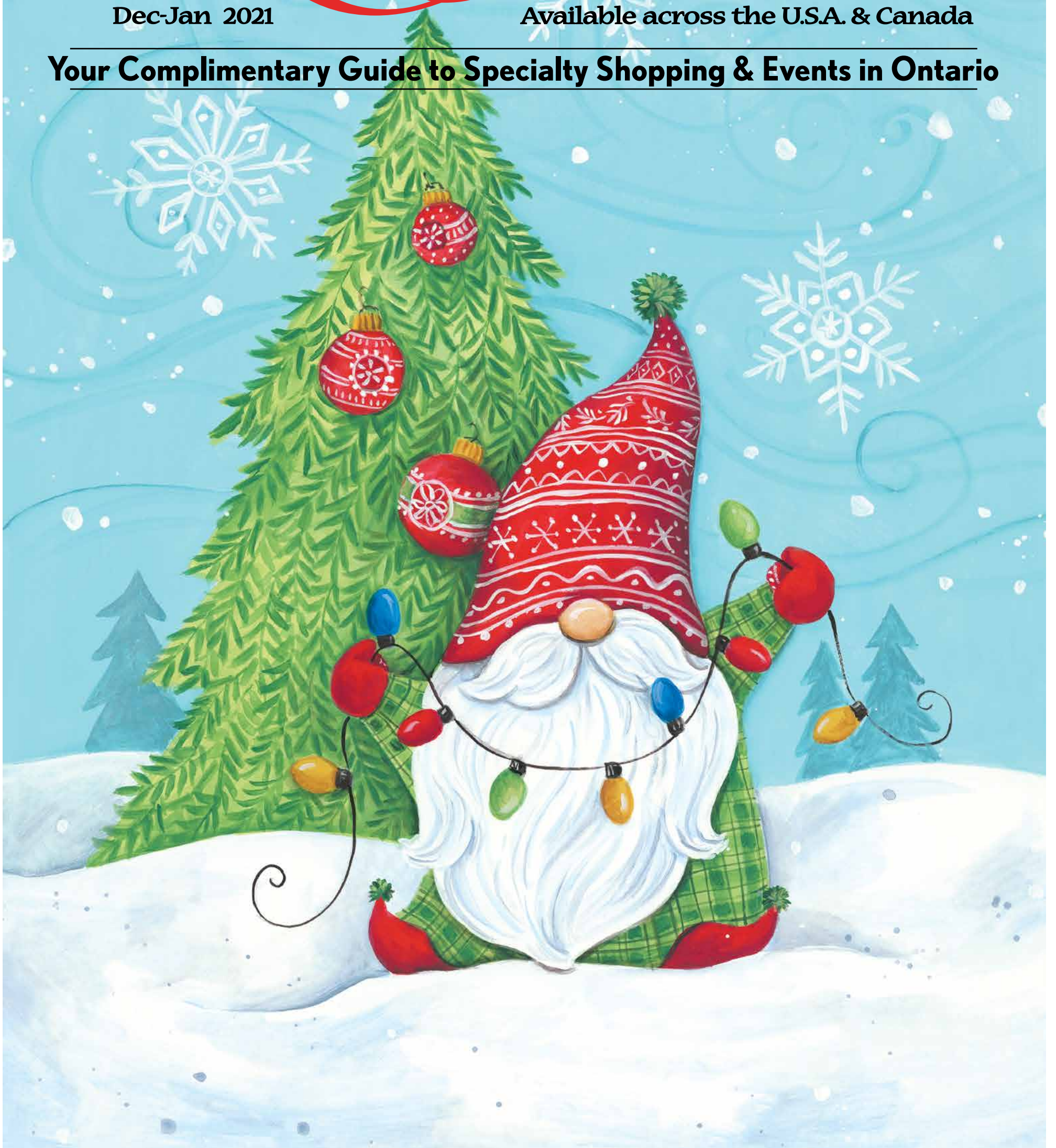
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**The Country Register of Ontario
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Meet our cover artist: *Diane Kater*



Diane Kater began her artistic journey at a very early age, drawing and coloring her way through childhood. Continuing into a more learned environment, she participated in a commercial art program in high school and then onto art school where she graduated with an associate's degree in advertising and design. She worked in the commercial field as an art director of an advertising agency until she branched out onto her own and specialized in graphic design.

In 1991, she met Judy VonStein of Imaginating, Inc. and ventured into a needlework designer, designing cross-stitch and quilt patterns. Her painting talents led her to her current agent, Penny Lane Publishing.

Today, she produces a range of interchangeably styled still-life paintings in acrylic medium. A "country-esque" theme shadows over much of her work as she captures the essence of home. Diane's paintings are soft and comfortable. She believes country is homemade and handmade, but most of all provides a feeling of comfort that she wishes to draw her viewer into.

To view Diane's art prints, go to www.PennyLanePublishing.com or call Penny Lane Publishing at 800-273-5263 for more information.

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Across Canada and the U.S., you can always tell *The Country Register* by its cover. Our publishers seek to find cover art or photos from the province/state the paper represents. To that end, we are seeking the work of artists from Ontario to feature on our covers. The art must be in good taste and consistent with the theme of the papers. If you would like your work to be considered, please send an email indicating your interest to OntarioCountryRegister@gmail.com

Dearest Readers,

Christmas is almost here! Even though this Christmas is going to be very different from years past, it is still time to celebrate and be grateful for everyone and everything in our lives! This weekend we will be putting up our tree and sprinkling more decorations around the house than ever before. The extra Christmas cheer brings us much joy and hope for a brighter year. My husband will still be cooking our Christmas turkey (just a much smaller one!) with all the fixings for our virtual family Christmas Dinner. We are still celebrating with our family, just a bit differently, after all it still is Christmas time!

During these trying and difficult times, it is so important to do things to keep ourselves relaxed, grounded and to keep positive, whether through crafting, quilting, prayer, yoga, bubble baths or just connecting with loved ones through zoom. It is also important to remember reach out, if we can, to those who are struggling by being available to listen, give hope and help out in anyway. We can, and will, all get through this together! I have faith and a feeling that next year will be a great one, a year of rebirth and new possibilities!

I would like to take a moment to thank all those who make *The Country Register* of Ontario possible. A sincere Thank You to all our valued advertisers and you, our dear readers, you all make *The Country Register* possible. Thank you, Cathy Shoemaker, our very, talented graphic designer. Thank you to our ever expanding group of cover artists, who most generously contribute their art for our covers. Thank you, Eddie Parkes and Metroland Media for doing such an excellent printing job. Thank you to all the columnists and contributors that bring us the most entertaining and informative articles, recipes, quilt patterns, poems, stories, etc.

We wish you all a healthy, happy and cheerful holiday season and a Very Happy New Year!

Harriet

It's Party Time with Lesley

by Lesley R Nuttall

Virtual Party Planning

The holiday season is getting closer, but this year it won't be like any other Thanksgiving or Christmas celebration we have had. We can still celebrate, but in a very different way! As most of us now do video chatting on our phones or computers, we can still see and have a conversation with our parents, grownup children and grandchildren, or friends; but just not be able to throw our arms around them for a big hug! So, our virtual parties are now beginning, and we can make them "almost" as much fun as being together!

Start your planning and set up the time when you will make that special call. For us older folks, it's always a joy to talk to our children on special occasions, but also a thrill to be able to talk to the grandchildren or even great-grandchildren.

If you have small children and are planning on calling your parents, have the children start making drawings or something special they can "show and tell" to their grandparents. Children have great imaginations and their projects could give them a lot of pride to show it off to their grandparents. If one or two of the children play a musical instrument, this would be a wonderful time to let them entertain. Children also love to sing! We have a three and a half year old great grandson who loves to tell jokes, which he does on our regular calls! He is so funny and we love it!

You can still set up your beautiful Thanksgiving table to show off when you make your special call. Make it look inviting with some form of Thanksgiving object such as the Horn of Plenty with a colorful tablecloth and napkins. I always like to use my "turkey candles" but in all the years I have used them, I've never lit them. I just use them for my center piece. You can also do your video chatting sitting at your attractive table setting. In Canada, we celebrate Thanksgiving in October—and even this year, there is always something to be thankful for!

With lots of time before Christmas, you can start planning on what you would like to do during your virtual visit. Christmas is always a wonderful family time. You can still make a memorable day of it! You could do a walk around your home making a video to show your beautiful decorating talents. Set your table with a beautiful red or white table cloth and matching or contrasting napkins. Add your good china and crystal. Place tall candles on either side of your favorite center piece. Those who have spent many Christmas days dining at your home will remember the fantastic times they have enjoyed there!

Plug in your Christmas tree and sit near it to open the gifts from whomever you are talking to. The children would have fun opening their gifts in front of the tree as they are talking to the grandparents via video too. The grandparents would be equally thrilled to see the grandchildren's faces as they open their gifts.

Yes, this year will be different as this whole year has been; but with the love in our hearts we can all make the best of a bad situation. These memories that you make this Christmas will be something to cherish as this year comes to an end.

I am a big collector of quotes, and the following are some of my favorites:

LOVE is the most powerful force in the Universe!

Author unknown

LOVE is the only game that two can play, and both can come out winners!

Elizabeth A. Kutsche

Every time we love, every time we give, it's Christmas!

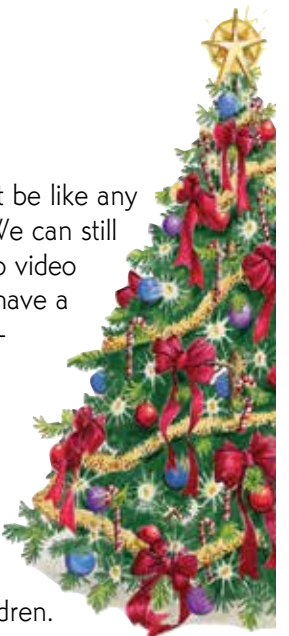
Dale Evans

Christmas is a holiday that we celebrate—not as individuals, nor as a nation, but as a human family!

Ronald Reagan

Get your planning party hats on, and take part in this different holiday season with some loved ones—even though you are far apart! Enjoy the Season!

© Lesley Nuttall is the Author of *Secrets of Party Planning*, and lives with her husband in Dryden, ON, Canada



Rosemary At Christmas

by Wendi Rogers, PhD

Rosemary (*Salvia rosmarinus* Spenn., synonym *Rosmariunus officinalis* L.) is an evergreen shrub belonging to the mint family that can take the place of a small pine or spruce tree in table-top decorations. When live or simulated trees are not welcome in an apartment, a rosemary plant may provide a festive option. A potted rosemary plant in winter needs bright light and protection from cold drafts.

Rosemary evolved along the Mediterranean coast in warm, well-drained and dry conditions. That said, dry rosemary needles are dead leaves, so you need to water when the soil is just-dry. Rosemary needs a clay pot so the soil can breathe. Painting the exterior of the terra cotta red pot with acrylic craft paint -- I prefer dark green -- before planting can add color to holiday decorations. Ribbons on the rosemary pot also provide seasonal color and a festive look. Depending on the size of your rosemary plant, you can decorate the shrub with miniature decorations or individual strands of tinsel.

Growing rosemary from seed requires patience, because rosemary can take three weeks to germinate and most varieties have low germination rates. It is easiest to invest in rooting hormone powder and start rosemary cuttings in a growing medium 10 weeks before your last spring frost. It is best to replicate a loam with a handful of sand, Mediterranean soil conditions, with a soil temperature of around 70 F (21 C). Rosemary enjoys neutral to alkaline soil conditions with soil pH between 7 and 7.8. Rosemary plants grown in the garden do not transplant well so any plants you wish to bring inside before frost need to be planted in pots. When outside in garden soil,

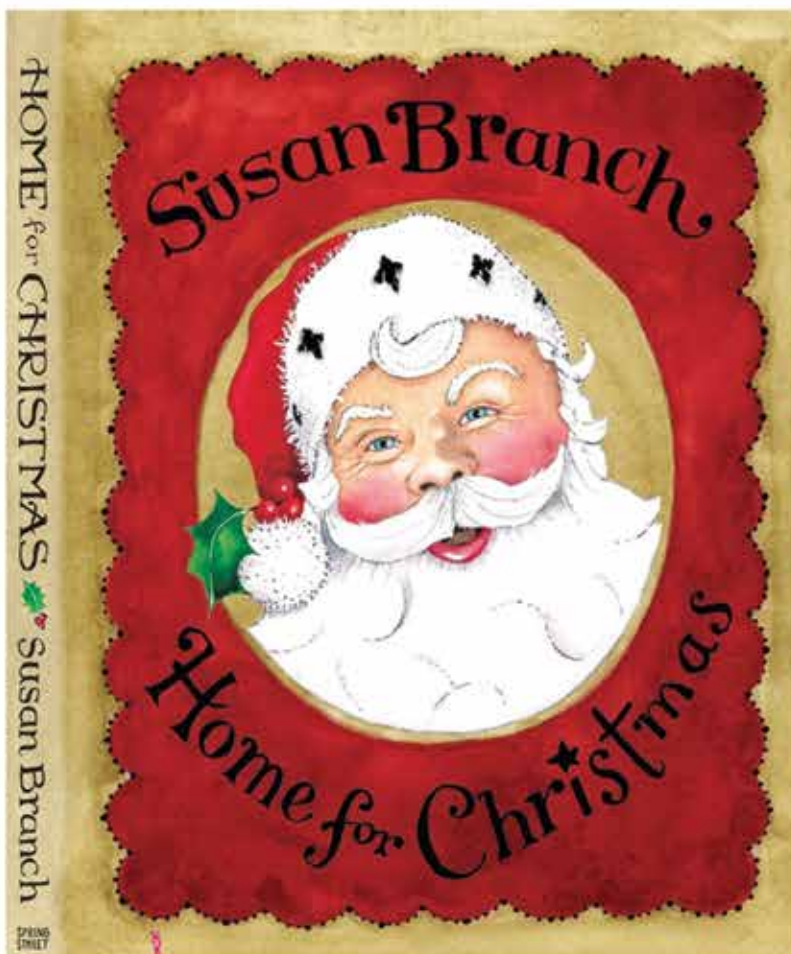


rosemary does best in USDA hardiness zones 7 through 11. For those of us in USDA hardiness zones 6 and lower, rosemary must spend the winter inside a climate-controlled environment. After purchasing a rosemary plant, I immediately re-pot the plant so the mixed potting soil-sand supports the rosemary roots. When well cared for rosemary can live for years. The oldest known cultivated rosemary shrub is thought to be over 30 years old.

As an aromatic herb, rosemary has been used for thousands of years for culinary and medicinal purposes. Rosemary's first known mention is on a cuneiform stone tablet dated to 5000 BC. The herb was used by ancient Egyptians and Greeks in burial rituals. Rosemary arrived in the Americas with Europeans in the early 1600s. In the Language of Flowers, rosemary signifies remembrance. Folklore considers it good luck to keep a rosemary plant by the front door to welcome friends and to honor friends no longer with us. In the play "Hamlet" (1609) by William Shakespeare (1564-1616) the character Ophelia in Act 4, Scene 5 makes a bouquet saying, "There's rosemary, that's for remembrance; pray, love, remember,". Rosemary at the holidays is a way of remembering friends and family and keeping memories of their lives with us.

Wendi Rogers lives in Wabaunsee County, Kansas, and began gardening when she started and sold her first marigold seedlings when she was 8 years old. She has a Ph.D. in Agronomy from the University of Missouri, a Master of Science in Animal and Range Science from North Dakota State University and a Bachelor of Science in Biology from Fort Hays State University. She likes to help people grow their own food.

'Cause we need a little extra Christmas this year . . . ♥



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Do you AnglePlay®?

by Marlene Oddie

Many years ago I became aware of a template method of patchwork piecing called AnglePlay®. Margaret Miller designed the method and developed templates that give you perfect points when you sew two half rectangle triangles into a rectangle. Many of us have done this with squares, but a rectangle? That can be very tricky with the weird angles at the corners.

Some years ago you may remember that I was in the McCall's Quilt Design Star challenge. The year before, Julie Luoma was also in the same challenge and I admired her designs. She wrote me during my season and affirmed my work.

A few years go by and I got to meet Julie at a local quilt show where she and her husband were in their Off the Wall Quilt booth. They had purchased the AnglePlay® system from Margaret and were now making the templates themselves and promoting the system. It took some time to realize all the connections from our past but, when Julie wanted a pattern tester last year, I decided to get out the templates I had never used and test her pattern—Urban Lights (see pic). I learned a lot but, most importantly, I gained confidence in a new shape to use when designing quilts!

During this pandemic, Julie put her thinking cap on and started creating a bigger online presence—including offering AnglePlay® teacher certification through several online sessions. I jumped at this chance to go through the certification process from my own home!

With that process under my belt, I've been developing new designs and class options to offer online. Interested? Let me know! You can find AnglePlay® instructors at <http://www.offthewallquilt.com>. Watch for several new patterns and class offerings coming out in 2021.

Sometimes we may not understand in the moment how a connection made will impact our future. As we head into 2021, may your connections be meaningful and productive.

Marlene Oddie (marlene@kissedquilts.com) is an engineer by education, project manager by profession and now a quilter by passion in Grand Coulee, WA, at her quilt shop, KISSed Quilts. She quilts for hire on a Gammill Optimum Plus, but especially enjoys designing quilts and assisting in the creation of a meaningful treasure for the recipient. Templates, patterns, kits and fabric are available at <http://www.kissedquilts.com>. Follow Marlene's adventures via <http://www.facebook.com/kissedquilts> and <https://www.instagram.com/marlene.kissedquilts/>.



Here's why ... if you care, I love to make the bear!

by Kim Klintz

My husband and I are probably stingier with our time, than we are with our money. We feel the need to go faster more than the drive to save, I guess. In our careers, this pace has gripped us. The fact is, what we are forced to make and to do, is slapped together, sloppy, ugly, doesn't work properly and isn't what we'd love to turn out. We're forced to put out crappy/cruddy and quickly!! Our employers want money and money means fast, fast, fast. We hate to rush but we always do. We like things to last but they fall apart, we love to linger over the meals but never have the time. So, we craft.

I made my first bear September 2009 and to date, I've made almost 300+ bears. I love making them, can't wait to finish them, always excited to start the next and hopefully will never stop. I have met extraordinary teddy bear artists from Colorado and around the world who befriend and encourage me.

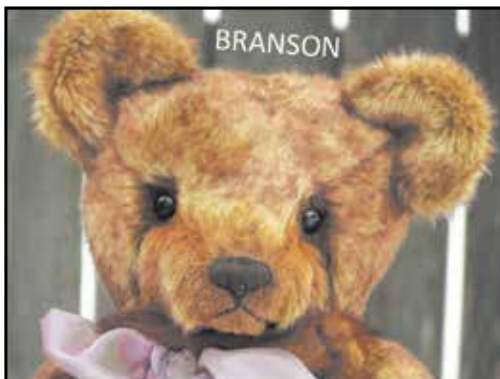


A nice lady at a craft show said to me once, "it's like your Prozac, I get it?" I was thinking no, not really. I'm not depressed or crazy. But in the bear room, it's for me. I get my own way, I please only me, I don't need to run it by someone or have it checked.

Nothing is STAT in the bear room. It's a therapy of a different kind. The art of slow, take your time and be perfect on every stitch, every seam, the pace is more relaxed and I feel in charge of all the creation outcomes without the pressure of a rapid pace.

How I got started is a long story, but the short version is this, I couldn't afford a STEIFF teddy bear so I set out to make my own. Well, I made Penny from a pattern in a book, my very first bear and I couldn't believe I did it and with no machine, all hand sewn and so forth. She wasn't a Steiff, not even close. I thought to myself, "Well...., if I make the nose a little longer here, reposition the ears...higher on the head I think, change this over there.... then came the next bear, then the next and that's how I got hooked. I'm in my eleventh year of bear making and can't wait to start the next bear.

The American history behind teddy bears is an interesting one. In the United States, two immigrant candy shop owners grew the American teddy bear craze with the help of an American president, who refused to shoot a bear cub. The couple made a replica bear for their shop window; they named him "Teddy's" bear." The teddy bear craze is not just an American story but a historical world phenomenon, like a pandemic only much nicer and not so hard on the economy. In fact, the teddy bear craze is littered with tales of rags to riches, what bear artist wouldn't want to be a part of the teddy bear story?



For more information on Klintz Family Bears, call:

Kim Klintz is a Personal-Care-Worker, home wine maker, and a creator of stuffed bears and other adorable things. Kim lives with her adorable husband Jerry in beautiful Longmont, Colorado. When not in the bear room you can find us in the garden, cooking in the kitchen or out on our mountain bikes.

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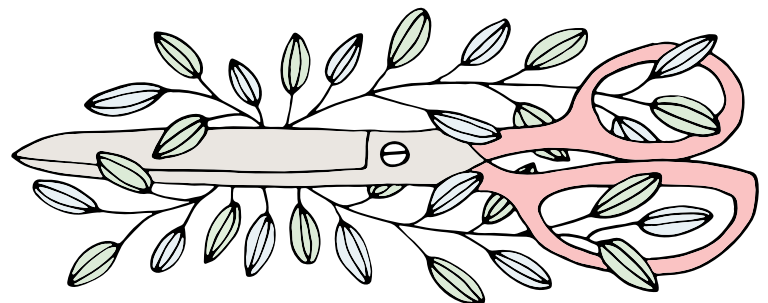
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A Bucketful of Thoughts For A New Year, Revisited

by Kerri Habben Bosman

Contemplating a new year, I find myself remembering an epiphany during a visit to the dollar store.

A unique setting, I know. However, I have learned to appreciate lessons wherever they arrive.

The following exchange occurred over three years ago. I first wrote about it over a year after my mother had been diagnosed with brain cancer and eight months after she passed away. I offer you a revised version of that original article.

A warning. There are some gentle bathroom references.

During Mom's illness, she needed a bedside commode. Having grown up with a grandfather and a great-aunt in a wheelchair I was prepared for this.

The problem was that I didn't have the original bucket for the commode. I searched the garage until I found every option. One bucket fit, but it was too high. Another didn't fit at all, but an old metal one seemed to fit just right. The pivotal word in that last sentence is "seemed."

One day everything which could be in the bucket was indeed therein. Whereupon the bucket fell through onto the carpet. I uttered a phrase that I cannot write here. It was, however, a most accurate sentiment.

The next time Mom and I went out, I stopped at the dollar store. I bought every bucket they had. Yes, one of them did fit the commode perfectly. Now to the moral of the story.

At the checkout the clerk rather robotically rang up my purchases, and I asked, "How are you today?"

He gazed at me with empty eyes and said quite wearily, "Just trying to get through the day."

I looked at him for a moment. My first thought was, "I have shoes older than you." My second was "well, at least you're honest." My third almost escaped on a sigh: "Do you have any idea why I am buying all these buckets?"

Thankfully I paused until my fourth thought, which was: "You don't know why he is struggling any more than he knows why you need a bucket."

I smiled as I handed him \$4.00 and change.

"How about this," I suggested. "I'll think good thoughts for you, and you think good thoughts for me. Who knows? It just might get better for both of us."

He smiled back at me. His dull eyes lit up for a precious instant.

We live in a harshly reactive world. People are ever more connected by technology, but we sometimes forget how to genuinely and kindly give. If I had immediately responded to my friend at the dollar store, at best, I would have been derisive and, at worst, self-absorbed and defensive. I am grateful I waited.

If we all lived on mountain tops, it would be easy to seek our best selves in our solitude. But we don't. We live in the thumb tacks and sometimes dirty details of life. One of our strongest resources in traveling this sometimes tenuous journey is helping one another. We are often each others' greatest gift.

I shared with Mom about our exchange that day in 2017. She said, "Maybe one day you'll write about this." So I did. When I first set this story down, I could not have imagined the quietly beautiful way my life would evolve.

From that place of gratitude, I submit an enduring hope as we begin new calendar. Whatever the circumstances of each of our lives, 2020 was a very different and in some ways quite a surreal year. I hope that this coming year brings each of you much goodness and joy. May we each become our best selves and be each others' greatest gifts.

Kerri Habben Bosman is a writer in Chapel Hill, NC. She is currently working on a book of essays and poetry. She can be reached at 913jeeves@gmail.com.





Building Harmony 2020: A Big Toe Christmas

by Jeff Capps

I am older now and have been around the block a few times so you can imagine that, after sixty some odd years of Christmases, it can become routine. I'm not complaining. I enjoy it. But as you get older, you trade magic and hope for wisdom and practicality. That's why god gives us grandchildren.

Christmas is a magical time of year for them. It is a time when dreams can come true and certain miracles are expected. Kids have it figured out. You just believe and some how wishes come true.

When my grandson Kane was 3 years old, he wanted a fire truck for Christmas. He loved trucks. He was still learning to speak clearly so all he could say was "fwi tuk." At first, we couldn't exactly tell what he was saying but, when he saw one on TV, he jumped up and down and pointed at it. "Fwi tuk! Fwi Tuk!" Oh, fire truck.

Of course, Christmas morning he got a fire truck. He was ecstatic. Watching him excitedly unwrap the present and pull it out of the box was great. Even more than that, watching him brought back a memory of when I was about his age.

My thing was a tow truck called "The Big Tow." I'd seen it on TV. It made tow truck noises. It had flashing lights and the crane worked. Wow! The kids in the commercial looked happy with it, too. So, I wanted one.

They started those darned commercials in September, so it was a long wait until Christmas. Even though I couldn't write, I started a letter campaign to Santa in October. It cost my mother a fortune in stamps, but I made sure we mailed every one. Each week she walked with me to the mailbox because I wasn't allowed to cross the road by myself.

Seeing that TV commercial over and over was driving me insane and I talked about that tow truck every chance I got.

I'd done all a kid could do. I told my parents about it and mailed probably a hundred letters to Santa. All that was left was to believe it would come. I had dreams about that tow truck for three long months. That's more like 300 months in kid years.

The best dream though, came on Christmas Eve. When I was finally able to sleep, I had a dream that I was at the North Pole.

There was an elf next to a big machine with lots of lights and buttons. He pulled a letter off the stack on his desk. "Elizabeth wants a microscope." He pushed a button and a microscope popped out onto a conveyor belt.

Next letter: "Jeff wants a Big Toe." Then a big toe popped out onto the conveyor belt. Another elf whacked him on the shoulder. "Not toe... a Tow!" The first elf pressed a button again and a Tow Truck came out this time.

The tow truck went down the conveyor belt to another elf who stuffed it in a box. Then it went to another elf who painted the stuff on the box. Another elf wrapped it and the last elf put a ribbon and a bow on it. Then it continued on the belt until it was dropped into a big bag on the back of Santa's sleigh.

Once it was there, Santa let out a "Ho, ho, ho" and slapped the reins. Five reindeer (I couldn't count) and Santa's sleigh zipped off into the night sky.

They went through snow; they went through rain. They even went through a chocolate and whipped cream storm that got Santa and the reindeer all sticky, but they pressed on.

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Somewhere over our house they hit turbulence and my present bounced out of the bag. It fell straight down to the house, into the chimney, bounced out of the fireplace and rolled under the tree.

And that's where I found it the next morning. Mere words can't express the joy I had unwrapping the present I'd known would come. Pure Christmas magic.

All that came back in an instant as I watched Kane unwrapping his present. Remembering my experience and seeing the joy on his face made me remember what believing in magic was like. I truly got to be a kid again and forgot about wisdom and practicality. Pure Christmas joy.

Years later my mother told me about how she and my father went to every department store in town before they found one. I played with that tow truck for at least an hour before I got bored and lost it in my toy box. I don't have the truck anymore, but I still know that magic works—thanks to my grandson Kane.

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jcapps@telus.net



A Covid Holiday Season

by Julie Pirtle

It's in the air. Temperatures are cooling down. Leaves on trees are doing their artistic paintings with brilliant colors of red and gold. Stores are piping in post-Halloween Christmas music. (Does it seem that it comes earlier every year?) It's the time of year for festivity, family and gift giving. A time for sparkling lights and time-honored traditions. A time for parties and gatherings.

2020 has left us little mental time to prepare for this season of holidays. Most of us still have our calendar page flipped to March! We have lived what seems a decade in eight months, yet time has passed so quickly that we can't get past the fact that St. Patrick's Day has come and gone.

I have found myself wondering what this season will look like in my family. There won't be any travel. No hugs. No gathering around the Christmas tree. Many of us are unemployed. Financially stressed. The climate of our country is disturbing. It sort of makes one want to throw in the holly jolly towel and pretend like it's not happening.

But, here's the thing. Christmas IS approaching and it is up to us to take what seems to be impossible and make it beautiful in other ways. Remember Linus? Poor Charlie Brown had a rather ugly Christmas tree. Linus saw the beauty in it and gave up his precious blanket to make the impossible possible. I think we need to change up the "norm" of what this season usually is and think about what it could be!

When it comes to just getting through the holidays, I think it's important to make this season as familiar as possible. Don't allow for any possibility of the Grinch entering your space! Keep your holiday traditions even if you won't be with family and even if you are alone. Put up that tree. Deck the halls. Bake the special cookies and prepare that holiday meal. Curl up with a cup of tea, turn out the lights and watch the twinkling of your tree. Breathe it all in.

Gift giving is one way to be more aware this year. In these times, many people are in need of just basic things. Seriously. If Christmas had happened last spring, I'm sure you would have been happier receiving a package of 48 rolls of toilet paper vs. that hundred dollar bracelet that you had your eye on! Take a deep look of understanding into the lives of those you care about and how these eight months have impacted them.

"Coupon Books" can be created with acts of service that you commit to giving to them. If you have a neighbor who is shut in, offer delivery of a home cooked meal every week. The friend who has been laid off could surely use a grocery or gas gift card. Young families with babies would love a gift package of diapers and wipes. Almost anyone on your list would appreciate a "Covid Basket." Include disinfectant spray, wipes, hand sanitizer and, for fun and giggles, a roll of that afore mentioned coveted toilet paper.

Homemade gifts are also an option. All of you crafters, quilters and knitters out there can go through your best of intentions "someday" craft projects and get them done! It's a great way to downsize your clutter—and you know how much this Organizer loves to see that happen!

Are you feeling a financial strain? Need gifts for family members? Maybe it's time to take a look at the family heirlooms you may have displayed or (gasp!) have in boxes somewhere in your house. If the items don't speak to you, consider who in your family would appreciate them and wrap with a note that describes the item, how old it is, who owned it through the generations and its significance. It will be such a personal gift. Bonus—this, too, will help with your clutter!

Perhaps your family will decide not to exchange gifts this year. Instead,

give the gift of acknowledgement. Write a heartfelt note that shares a special memory you have of them. Tell them how and why they are important to you.

Maybe this year with all of its hardships will slow us down. It will remind us that it is not about the gift giving or the Christmas cards that just "must" be sent. It's not about having perfect décor or the hustle and bustle of the self imposed expectations we put upon ourselves. No matter what your personal beliefs are, I think we all have one thing in common—that the Holiday Season brings us a sense of comfort. We escape into warm memories of Christmases past. We hope for peace and goodwill to others. We smile more often. Life is softer.

Thank you, Linus, for teaching us that there is beauty and peace to be found if we just take the time to see them. ("It's a good tree, Charlie Brown.") Let's ring in the New Year by counting our blessings and making the extra effort to show kindness to all who cross our paths. Let's make it a "Good YEAR, Charlie Brown." C'mon. We've got this! I know we do.

Julie Pirtle is a Professional Organizer and owner/operator of Clutter Happens in Mesa, AZ. She also works with clients nationally through Video Consultations. The Clutter Challenged can reach her at clutterhappens@gmail.com, Facebook:/clutterhappens or her website www.clutterhappens.com.

The Dropped Stitch

by Sharon Greve



The Warmest Fiber on Earth

The long, dark outer coat of the musk-ox flows almost to the ground where skinny whitish legs stick out at the bottom. Its enormous head has an elongated snout topped by curvy horns flowing down the sides of its head, then flip upward. Its shoulders are above its head; its back is shaped like a saddle, with a patch of light fur just behind the shaggy shoulders.

Musk-oxen are misnamed because they have no musk and are not oxen. In 1725, French explorer Nicolas Jereemie named them *beuf musque* (musk cattle) because they were unknown to Europeans. But, the name prevailed. It's been noted that musk oxen are more like their cousins—sheep and goats. Both animals have two-toed hooves and horizontal pupils in their dark brown eyes. Musk-ox milk is extremely rich and thick, more than heavy cream.

But, the primary musk-ox product is the soft undercoat. It's named Qiviut, pronounced Ki-vee-ute which means down or underwool in the Eskimo language. Translated to English, it means the soft, grayish-brown wool of the rare arctic animal—the musk-ox. It is known as one of the most luxurious and expensive fibers in the world, often called the "golden fleece of the arctic." Qiviut is eight times warmer than sheep's wool and softer than almost any other fiber.

An adult musk-ox can shed up to five or six pounds of qiviut every spring. The fiber covers the entire body except for the nose, lips, eyes, and hooves. It also covers the short legs which are almost out of sight when the guard hairs are full length. French explorer Nicolas Jeremie stated it was "impossible to tell which end is the head" because the long guard hairs and fluffy qiviut seem to hide so much of the animal.

Musk-oxen are not sheared to harvest their fleece. The animals are combed in the spring at musk-oxen farms when they are shedding naturally. Handlers use afro picks to gently remove the fiber without damage or hurting the donor. After the fiber is harvested, sorters separate the different body parts due to the fiber variance of quality and length. Dirty fiber is, of course, washed. A processing plant removes the guard hairs and only the soft down is spun into yarn. Sometimes the qiviut is dyed or blended with other fibers like silk or merino. Then, the soft brown fiber is spun into yarn and—voila!—the knitting begins.

Most qiviut fiber is a by-product of hunting. Musk-oxen once roamed as far south as Virginia during the last ice age. Today they live only in Canada and Alaska on the North American continent. Palmer, Alaska is the only place in the world qiviut is gathered for a useful product.

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Kathy originally designed this piece as a project in her college silk screening class many years ago. Her dad liked the pattern and had her print it as the family Christmas card.

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Designed by Kathy Graham

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Amnprior	<i>Amnprior District Quilt Guild</i> We meet at the Christian Education Centre, 257 John St. N. at 6:30 pm on the fourth Wed. of each month from Sept. to June.
Barrie	<i>Simcoe County Quilters' Guild</i> We meet at the Simcoe County Museum, 1151 Hwy 26, Midhurst at 1:00 pm on the Fourth Thursday each month except the 2nd Thursday in Dec and 3rd Thursday in June, from September to June. <i>Kempfenfelt Quilt Guild</i> We meet at the Lion's Gate Banquet Hall on Blake Street, the 3rd Thursday of the month from 7-9pm <i>Barrie Modern Quilt Guild</i> We meet at Grace United Church, 350 Grove St. East the last Thursday of the month, on alternate months from September to May - 7pm and on various Saturdays during the alternate months, for Activities and Workshops, from October to June.
Belleville	<i>Quinte Quilters' Guild</i> We meet at the Recreation Centre, 116 Pinnacle Street. At 7:00 pm on the first Wednesday of each month.
Binbrook	<i>Binbrook Country Quilters' Guild</i> We meet at the Binbrook United Church, 2623 Binbrook Rd. 7:30 pm the last Monday of the month from Sept - Nov and Jan - June.
Bracebridge	<i>The Pine Tree Quilters' Guild of Muskoka</i> We meet at the Bracebridge Memorial Arena, 169 James St at 1:00 pm on the 2nd. Thursday of the month from September through June.
Brampton	<i>Brampton Quilters Guild</i> We meet on the 4th Thursday of each month from September to June at 7:30 pm. Meetings are held at Jim Archdekin Recreation Centre, 292 Conestoga Dr, Brampton.
Brantford	<i>Brant Heritage Quilters</i> We meet at St George United Church at 7:30 pm. on the second Thursday of the month.
Brockville	<i>The Thousand Islands Quilters' Guild</i> We meet at the Royal Canadian Legion,180 Park Street at 7 pm on the 4th Thursday evening of the month. No meetings December, January, July and August.
Buckhorn	<i>Buckhorn Area Quilters' Guild</i> We meet at Hartley Hall, St. Mathews / St. Adian Anglican Church at 9:00 a.m. on the last Wednesday of the month (excluding July, August and December).
Burlington	<i>Halton Quilters Guild</i> We meet at the Mainway Recreation Centre, 4015 Mainway Dr. at 7:00 pm on the first Thursday of the month from September through June).
Caledonia	<i>Caledonia Grand River Quilters' Guild</i> We meet at 7pm on the 2nd Wednesday of the month from September through June.
Cambridge	<i>Busy Hands Quilters Guild</i> We meet at the Preston Scout House, 1580 Queenston Road at 9:30 am on the third Monday of each month.
Chatham	<i>Chatham-Kent Quilters' Guild</i> We meet at St. Paul's Congregational Church, 450 Park Ave W at 7pm on the third Wednesday each month, except December.
Cornwall	<i>Cornwall Quilters Guild</i> We meet at St. Mathews Lutheran Church, 1509 Second St West at 7pm every third Monday evening from September through May.
Courtice	<i>Clarington Quilt Guild</i> We meet at Faith United Church, 1778 Nash Road on at 6:30 pm on the 3rd Thursday of every month.
Dryden	<i>Sunset Country Quilters' Guild</i> We meet at 84 St. Charles Street at 7 pm on the 4th Tuesday of each month.
Elliot Lake	<i>Elliot Lake Quilt Guild</i> We meet at Gentle Shepherd Church, 3 Ottawa Ave. at 7:00 pm on Tuesdays from September through June.
Elmira	<i>The Elmira Needle Sisters</i> We meet at the Elmira Mennonite Church at 7:00 pm on the fourth Monday of the month.
Etobicoke	<i>Etobicoke Quilters Guild</i> We meet at Neilson Park Creative Centre - 56 Neilson Dr. at 7:00 pm on the third Monday of the month.
Georgetown	<i>Halton Hills Quilters Guild</i> We Meet at the Cultural Centre, 9 church St. at 7:15 pm on the fourth Monday of the month (Sep-Nov, Jan-Jun)
Gloucester	<i>Common Thread Quilt Guild</i> We meet at Le Mouvement D'Implication Francophone D'Orléans (MIFO), 6600 rue Carriere in Orleans at 7:30 pm on the second Tuesday of the month from September through June.
Goderich	<i>Goderich Quilters' Guild</i> We meet once a month on the 2nd Tuesday.
Grimsby	<i>Grimsby Quilters' Guild</i> We meet at the Livingston Activity Centre at 7pm on the third Thursday of the month.
Guelph	<i>Royal City Quilters' Guild</i> We meet at Three Willows United Church, 577 Willow Road at 7:00 pm on the second Tuesday each month from September until June.
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Hamilton	<i>Hamilton Quilters Guild</i> We meet The Church of Resurrection, 435 Mohawk Rd. W.at 7:00 pm on the 2nd Wednesday of each month from September through August.
Ingersoll	<i>Oxford Quilters Guild</i> We meet month at the Ingersoll Creative Art Centre, 125 Centennial Lane (in Victoria Park) at 7:00 pm on the first Wednesday and 9:00 am on the first Thursday of each month.
Kanata	<i>The Kanata Quilt Guild</i> We meet at the Glen Cairn United Church, 140 Abbeyhill Dr. at 9:30 am on the second Wednesday of the month from September to June.
Kemptville	<i>Kemptville Quilters Guild</i> We meet pm at the Kemptville Pentecostal Church 1964 County Road # 43 at 7:00 pm on the second Monday of the month (except for holiday Mondays).
Kenora	<i>Lake of the Woods Quilter's Guild</i> We meet at St. Louis Catholic Church, 912 Superior St in Keewatin at 7 PM on the second Thursday of the month.
Kingston	<i>Kingston Heirloom Quilters</i> We meet at St. Johns Anglican Church Hall in Portsmouth Village at 9:30 am on the first Tuesday and 7:00 pm on the first Thursday of each month.
Kingsville	<i>Erie Shores Quilters' Guild</i> We meet at the Kingsville Arena, 2nd floor at 7p.m. on the third Tuesday of the month.
Kirkton	<i>Huron, Perth Quilters Guild</i> We meet at the Kirktown/Wooddham Community Centre at 9:00 am on the second Tuesday of the month from September through May.
Kitchener - Waterloo	<i>The Waterloo County Quilters Guild</i> We meet at the Parkside Community Room of the Parkside Arena in Waterloo at 1:30pm and 7:30 pm on the third Wednesday of the month.
Lambton	<i>North Lambton Quilt Guild</i> We meet at the Port Franks Hall on the 4th Wednesday of the month.
Limestone	<i>Limestone Quilters' Guild</i> We meet at The Senior's centre in Kingston at 7:15 pm on the first Wednesday of the month.
Lindsay	<i>Lindsay Creative Quilters' Guild</i> We meet at Celebrations, 35 Lindsay St. N at 1:00 pm every 2nd Monday of the month except for October, December and June.
Manitoulin Island	<i>Island Quilters Guild</i> We meet at the Community Hall in Mindemoya at 7:00 pm on the third Thursday of the month from September though June.
Markdale	<i>Queen's Bush Quilters</i> We meet at Annesley United Church, 82 Toronto St. at 7:00 pm on the 1st Tuesday of the month from September to June.
Meaford	<i>Georgian Quilters Guild</i> We meet at the Meaford Opera House, Sykes St. at 1:30 pm on the 3rd Thursday of the month.
Mississauga	<i>Cawthra Senior's Centre</i> We meet at the Cawthra Senior's Centre at 7:30pm on the first Thursday of the month (except July and August). <i>Mississauga Quilters Guild</i> We meet at the Tomken Twin Arenas at 7:30 pm on the first Thursday of the month (except July and August).

Miramichi	<i>Miramichi Quilt Guild</i> We meet at the Seamans Hospital at 7:00 pm every Tuesday and 10:00 am every Thursday.
Napanee	<i>Heritage Quilters Guild</i> We meet at the Strathcona Paper Center at 7:00 pm on the third Tuesday of each month from September through to June.
Newmarket	<i>The Region of York Quilters Guild</i> We meet at the Newmarket Community Centre, 200 Doug Duncan Drive on the fourth Wednesday of the month from September through May. <i>Moraine Quilt Guild</i> We meet in the hall at St. Andrew's Presbyterian Church – 484 Water Street, Newmarket at 9:30 am – 12 Noon for Social Sew and 1:00-3:30 pm for the Meeting on the first Wednesday of each month year round.
Niagara Region	<i>The Niagara Heritage Quilters' Guild</i> We meet at Merrion Community Centre, 7 Park Ave., St. Catharines on the third Wednesday of each month.
Nobleton	A chapter of the <i>Modern Quilting Guild</i> We travel to various locations in Southern Ontario on a rotating basis.
Norwich	<i>Quaker Quilt Guild</i> We meet at 89 Stover St N, Norwich at 9:30 am on the second Monday of the month.
Orangeville	<i>Dufferin Piecemakers' Quilting Guild</i> We meet at the Orangeville Event Centre at 7:30 pm on the third Monday of the month from September through June.
Orilla	<i>Orillia Quilters' Guild</i> We meet at the Royal Canadian Legion, 215 Mississauga St. E. at 1:00 pm on the 3rd Wednesday of the month.
Orono	<i>Ganaraska Quilters Guild</i> We meet at the Seniors Activity Centre, 200 Station St. W at 7:15 pm on the last Wednesday of the month.
Oshawa	<i>Durham Trillium Quilters'</i> We meet at the Zion Christian Reformed Church 409 Adelaide Ave. E, Oshawa at 7:00pm every second Monday Sept.- June
Ottawa	<i>Almonte Quilters Guild</i> We meet at the Almonte Civitan Club, 500 Almonte Street Active at 7:00 pm from September through June (no meeting in December). <i>Ottawa Valley Quilters Guild</i> We meet at St. Anthony's Soccer Club at 7:30 pm on the first Monday of the month. <i>QuiltCo</i> We meet at the Trinity Anglican Church in Old Ottawa South on the second Monday evening of the month except July and August. <i>Owen Sound Bluewater Quilters' Guild</i> We meet at the Harry Lumley Bayshore Community Centre, 1900 3rd Av E at 7:00 pm every third Monday from March to December (except May which is on the second).
Perth	<i>Lanark County Quilters Guild</i> We meet at Lions Hall, Perth Fairgrounds at 7pm on the 4th Tuesday of the month.
Pickering	<i>Rouge Valley Quilters' Guild</i> We meet at Peace Lutheran Church, 928 Liverpool Road, Pickering at 7:00 pm on the 4th Monday of the month September through May, excluding December.
Port Loring	<i>Argyle Quilters Guild</i> We meet at the Lions Den in Arnstein on the second Thursday of the month.
Port Perry	<i>Port Perry Patchers</i> We meet at the Hope Christian Reform Church, 14480 Old Simcoe Rd. in Prince Albert at 7:00 pm on the 3rd Wednesday of the month from September to June.
Prince Edward	<i>Prince Edward County Quilters' Guild</i> We meet at the BCR Church in Bloomfield at 7:00 pm County on the second Wednesday of each month.
Rayside	<i>Rayside Balfour Quilting and Stitchery Guild</i> We meet at the Chelmsford Arena (upstairs) 215 Edward Avenue, Chelmsford, Ontario at 7:00 p.m. every Monday from September to May.
Renfrew	<i>Quilt Guild Renfrew & Area</i> We meet at the Horton Community Centre, 1005 Castleford Road, Horton from 1:00 pm to 3:00 pm on the second and fourth Tuesday of each month from September to June.
Richmond	<i>Richmond Area Quilters Guild (RAQG)</i> We meet at the Richmond Legion, 6430 Ottawa Street at 7:30 on the third Wednesday of each month.
Ruthven	<i>Erie Shores Quilter's Guild</i> We meet at the Ruthven-Olinda United Church every third Tuesday.
Sarnia	<i>Sarnia Quilters' Guild</i> We meet at the Redeemer Christian Reformed Church 5814 Blackwell Sdrd, Sarnia at 7pm the first Monday of each month.
Sault St. Marie	<i>Stitches From The Heart Quilt Guild</i> We meet at the Senior's Centre on Bay St at 7pm the last Monday of the month.
Scarborough	<i>Rouge Valley Quilters' Guild</i> We meet at Peace Lutheran Church, 928 Liverpool Road, Pickering at 7:00 pm on the 4th Monday of the month September through May, excluding December.
Simcoe	<i>Twilight Quilters' Guild of Norfolk County</i> We meet at the Old Wyndham Church, 30 Glendale Crescent at 7:00 pm on the second Monday of the month. <i>Norfolk County Quilters' Guild</i> We meet at the Vittoria & District Community Centre on the first Tuesday of each month except October.
Stittsville	<i>The Quilters Club</i> We meet at the The Pretty Street Community Centre at 7:00 pm on the third Monday of the month.
St Marys	<i>The Stonetowne Quilters' Guild</i> We meet at the End Zone Room of the Pyramid Centre at 9:30 am on the third Tuesday of the month from September to May.
Stony Creek	<i>Stoney Creek Quilters Guild</i> We meet at the Royal Canadian Legion, 12 King Street East, at 6:30 pm on first Wednesday of the month from September to June.
Sudbury	<i>Sudbury & District Quilting & Stitchery Guild</i> We meet at 140 Durham Street at 7:00 pm on every Tuesday from September to April.
Sutton	<i>The Georgina Pins and Needles</i> We meet at the Knox United Church 34 Market Street at 7:00 pm on the first Tuesday of the month from September to June.
Thunder Bay	<i>Thunder Bay Quilters' Guild</i> We meet at Calvin Luthern Church on Edward Street at 7:30pm on the 3rd Monday of each month from September to June.
Toronto	<i>Etobicoke Quilters' Guild</i> We meet at the Neilson Park Creative Centre at 7:15 pm on the third Monday of the month. <i>Toronto Modern Quilt Guild</i> We meet at The Workroom Studio, 46 Nobel St Studio 102 at 3:00 pm on the last Sunday of each month. <i>York Heritage Quilters Guild</i> We meet at the Toronto Botanical Gardens on the 3rd Tuesday of every month from September through May.
Wasaga Beach	<i>Yorkshire Rose Quilters' Guild of Toronto</i> We meet at Danforth Mennonite Church, 2174 Danforth Avenue at 7:30 pm on the second Wednesday of the month from September through May.
Waterloo	<i>Slope to Slope Quilters Guild</i> We meet in the Community Hall at the Wasaga Stars Arena at 7pm on the first Tuesday of the month September through June. <i>The Waterloo County Quilters' Guild</i> We meet the Albert McCormick Community Centre at 1:30 pm and 7pm on the third Wednesday of each month from September through June
Whitby	<i>Kindred Hearts Guild</i> We meet at the Whitby Baptist Church on the third Tuesday of the month.
Windsor	<i>Windsor's quilters Guild</i> We meet at Fogular Furlan Club, 1800 E.C. Row at 9:30 am and 7:00 pm on the first Tuesday of the month from September to June.
York Region	<i>The Moraine Quilt Guild</i> We meet at the St. Andrews Presbyterian Church at 1:00 on the first Wednesday of the month.

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GIRLFRIEND WISDOM: Seek out those special Teachers who have made a difference in your life and let them know how much you appreciate who they are and how they added value and wisdom to your life. Many times we move on too quickly and forget to look and give back where great value was given to us.

Joy & Blessings, *Jody*

Girlfriend Wisdom is written and illustrated by Jody Houghton®.
Color files of this writing and artwork are available: www.JodyHoughtonDesigns.etsy.com

Who's Ready to Hibernate?

by Deb Heatherly

As the temperatures cool and the days grow shorter, I look forward to all of the wonderful things that accompany this season. I find great joy in wearing comfy sweaters and boots, eating goodies made with apple or pumpkin, and watching the glorious changes of color on the trees all around me. And, while all of these things are wonderful, I particularly look forward to what my husband calls my hibernation period.

As a designer and speaker, most years I am on the road teaching and lecturing from mid-March until late October. Once home, it's time to hunker down and sew nonstop during the cold winter months. All of the designs flitting around in my mind plus those hastily sketched in the occasional spare moment between events can finally come to life. Like a squirrel gathering acorns to prepare for the approach of the cold days ahead, I gather my fabric and start to prepare.

My husband has watched this cycle for years and tends to stay out of my way when the gathering begins. He is always amazed that the madness that ensues eventually takes the form of new quilts and patterns. While hibernation to a bear means a period of sleep, my hibernation and the days leading up to it are full of activity.

How do I get ready? First, I tidy up fabric and take mental inventory of the colors I plan to use. Bits and pieces as well as yardage get folded and sorted by color. Some pieces get returned to their original storage locations, while others are set aside to be used in a new hibernation project. Next, I sort my thread to make sure there is plenty on hand. If needed, spools are purchased to add to the stash. In step three, all of my rotary cutters get fresh blades and scissors get moved back to where they are supposed to be. (As opposed to where they have ended up in the previous months.) Finally, bobbins are wound and design sketches are placed with fabric stacks, each ready for creation to begin.

The entire process really does make me think of the squirrels outside my studio window as they busily go back and forth adding to their supplies. (If only I had their never-ending energy.) In a recent article, Jamie Allen stated that a new study from professors in the Department of Psychology at the University of California at Berkeley claimed that tree squirrels use a mnemonic technique called "spatial chunking" to sort out and bury their nut scores by size, type and, perhaps, nutritional value and taste. When they are hungry later, it is theorized they can remember where to find what they want. Hmmm...sounds a bit like sorting fabric to me. Now if only I could remember where I put the blue floral and the teal companion print.

For our friends the squirrels and for this quilter, it's an exhausting process but one that is necessary to get prepared. I might be tired from the preparation but I'll be ready and truly enjoy my time when hibernation begins. The hardest part of the entire process will be deciding what new design to sew first.

Deb Heatherly is a designer for Creative Grids® rulers. When not in her studio, Deb is normally on the road doing Creative Grids® lectures and workshops for guilds and shops across the country. She is the designer of the Creative Grids Cat's Cradle tool, Strippy Stars tool, Turbo 4 Patch, Ultimate Flying Geese tool, Cat's Cradle XL, and the new Kitty Cornered tool. She is also the author of the books: 'Cat'itude, Strippy Stars, 4-Patch Panache, The Ultimate Flying Geese Book, Catitude XL, and Creatively Yours. Visit her website at www.Debcatsnquilts.com. Creative Grids® fans are invited to join her Facebook group, Grids Girls, for tips and inspiration. Grids Girls members have the opportunity to participate in exclusive Grids Girls mystery quilts two times each year. <https://www.facebook.com/groups/770429649800457/>.

Quilt Shop Owners, you are invited to join the group above and Deb has an additional Facebook group just for you. "Grids Girls for Quilt Shop Owners Only. <https://www.facebook.com/groups/273593657256524/>

You can contact her at Debscatsnquilts@aol.com or call the studio, Deb's Cats n Quilts Designs, 828-524-9578.

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Town and Country Cooking

By Janette Hess



Asian inspiration

Savvy cooks know that soy sauce packs a super-salty flavor punch. So, what happens when a marinade recipe combines soy sauce with fresh ginger, minced garlic and other intensely flavored ingredients? The Asian flavor punch becomes a mealtime knock-out.

Basic Marinade may be used alone to enhance a variety of meats, or it may be used as the seasoning foundation for more complex recipes. Just beware! The chili sesame oil and the fresh ginger are fairly spicy. If a milder marinade is desired, simply decrease the amount of chili sesame oil or substitute regular sesame oil.

In the recipe for Soy-Sauced Chicken with Roasted Peanuts, peanut butter adds nutty richness to the basic marinade. Dry-roasted peanuts then confirm the tasty suspicion. The recipe for Sesame Shrimp Noodles also makes delicious use of the basic marinade. The resulting dish – some would call it a "noodle bowl" – truly is Asian-inspired.

Basic Marinade

- 3 tablespoons lower-sodium soy sauce
- 2 tablespoons brown sugar
- 1 tablespoon chili sesame oil
- 1 tablespoon rice vinegar
- 2 teaspoons freshly grated ginger
- 2 teaspoons freshly minced garlic

Whisk together all ingredients and use as marinade for chicken, shrimp, pork or salmon.

Soy-Sauced Chicken with Roasted Peanuts

- 1 recipe Basic Marinade
- 2 tablespoons creamy peanut butter
- 1 pound boneless, skinless chicken breasts (approximately 2)
- 2 teaspoons corn starch
- Generous ½ cup unsalted, dry-roasted peanuts
- ¼ cup chopped, fresh cilantro OR 2 sliced green onions
- Steamed rice for serving

Lightly warm peanut butter in microwave; whisk into marinade. Trim chicken breasts, cut in half and place in slow cooker. Cover with marinade. Cook on low for approximately 2 hours, or until chicken is cooked through. Transfer chicken from slow cooker to cutting board. Whisk 2 teaspoons corn starch into cooking sauce. Cut or pull chicken into large chunks. Return to slow cooker and add peanuts. Gently toss chicken chunks and peanuts with sauce. Serve over rice. Garnish with cilantro or green onions. Makes 3 or 4 servings.



Spicy Sesame Shrimp and Noodles

- 2 tablespoons sesame seeds
- 1 pound raw, medium-sized shrimp, peeled and deveined*
- 1 tablespoon peanut oil
- 1 recipe Basic Marinade
- 2 eggs, lightly beaten
- ½ cup regular or lower sodium chicken broth
- 2 teaspoons cornstarch
- 8 ounces rice noodles, cooked according to package directions
- 3 or 4 sliced green onions

Heat large, non-stick frying pan or wok over medium low heat. Add sesame seeds to dry pan. Cook and stir for 2 to 3 minutes, or until just starting to brown. Remove seeds from pan and set aside. Heat oil in same pan over medium heat. Add shrimp. Stir and toss every 15 seconds until shrimp turn pink and opaque. Remove shrimp from pan and set aside. Add eggs to pan; scramble until set. Remove from pan and set aside. Pour marinade into pan. Whisk in broth and cornstarch. Cook and stir until thickened. Combine with noodles, shrimp, eggs and 1 tablespoon sesame seeds. Toss together. To serve, garnish with sliced green onions and remaining sesame seeds. Makes 4 generous servings.

*If using frozen shrimp, thaw and drain.



→ **Aviary** ← © Bethan Janine for dashwood studio


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A Cup of Tea with Lydia

by Lydia E. Harris



Tea Party in a Bag— A Sweet Surprise

Challenging times require creativi-TEA. So why not turn a quarantine into a quaran-TEA?

While my sister Ruth was in lockdown because of the corona virus, I wanted to celebrate her 83rd birthday. Since she wasn't allowed to have visitors or leave her retirement community, I couldn't do the usual—take her to tea or invite her to my home for lunch. But I could deliver a tea party in a bag!

I baked Ruth's childhood favorite maraschino cherry birthday cake—a white cake with chopped cherries and walnuts mixed in (see recipes online). I made a small two-layer cake with fluffy frosting and topped it with three cherries, placing a candle in each one for the three in 83.

The next morning, her birthday, I became inspired to prepare more than cake and began planning a tea party in a bag. I looked in my refrigerator and pantry and used what I found, creating an impromptu menu—rolls filled with chicken salad, veggie sticks with ranch dip, fruit ambrosia with coconut and rice, chips, and a packet of raspberry herbal tea bags.

Then I looked through my gift bags and found a pretty one with a teapot and pansies, and packaged everything in it except the cake.

For a gift, I wanted to give her 83 of something, so I made spiced pecans and counted out 83 (about one and one-half cups). In a separate pretty box, I placed 33 slips of paper with affirming memories of her love and kindness to me over the years. They included memories such as:

*Christmases at your home were always fun. We didn't have a lot of money, so for our daughter Anita's first Christmas (she was 6 months), you gave her a shoebox full of baby food. You are always practical.

* You excel at sewing and other creative skills. You're an example of the Proverbs 31 woman, whose hands are not idle.

*You have been a good role model for me during all the seasons of life. I am blessed to have you for an older sister.

I learned that Ruth was allowed to go into a meeting room with windows and see her visitors. I set up an appointment, and we talked by cell phone as I stood outside. The staff made sure she got the cake and tea party in a bag.

Later Ruth emailed, "Thank you for all the food. The cake and sandwiches are delicious. That was more than I needed, so I'll enjoy the rest tomorrow. The nuts are tasty, but I especially like the notes on paper."

Other family members brightened her day with cards, gifts, email messages, and telephone calls to sing happy birthday.

Another time, I dropped off a bouquet of flowers picked from my garden along with homemade blackberry pie. She surprised me with a blue facemask she had sewed for me.

The virus limited my usual party plans and necessitated creativi-TEA with a quaran-TEA. Nonetheless, my tea party in a bag turned out to be a sweet surprise! Ruth even made a little booklet using the affirming slips of paper and wrote a poem about her covid birthday.

So even when times are challenging, we can make the best of things and celebrate.

Lydia E. Harris holds a master's in home economics and has been writing this tea column for 20 years. No wonder her five grandkids call her "Grandma Tea." She is the author of *Preparing My Heart for Grandparenting* and *In the Kitchen with Grandma: Stirring Up Tasty Memories Together*. Her books are available at [amazon.com](https://www.amazon.com), [barnesandnoble.com](https://www.barnesandnoble.com), and [Christianbook.com](https://www.Christianbook.com).



My Covid Birthday Party

How can I celebrate my birthday
At the age of eighty three
When I can't leave my apartment
And my friends I cannot see?

I could have a pity party
That won't bring me any joy.
I could do some exercises
Since I'm such a tomboy.

But to have a birthday party
You really need some friends
To let you know they love you
With the greetings that they send.

My best friends are my family
Who are always there for me
And this year in isolation
They sent many cards to me.

My sister brought a tasty lunch
And a special birthday cake.
Others brought some food
And flowers to decorate.

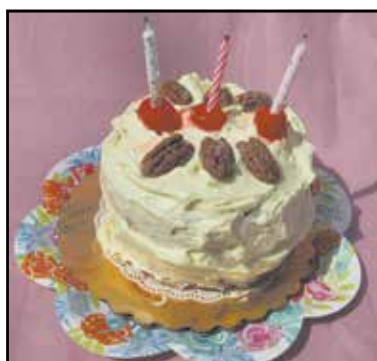
I was given slips of paper
To encourage me each day.
I made a special little book
The Good Words to display.

Days later I received some flowers
And some homemade berry pie,
Which the staff delivered to me
My taste to satisfy.

So when you're isolated
You still can celebrate,
If you have a loving family
Who God's love will radiate.

With Thanks and Love to my Family

Ruth Roetcisoender 2020



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S A N A X K R I S T N E S E R P O

C B D Q H F N T S A N T A

F S C L P X L A Y

C H Y

ADVENT

CHESTNUTS

COOKIES

FIREPLACE

GIFT

MISTLETOE

SANTA

SNOW

TINSEL

WRAP

CANDY

CHIMNEY

ELVES

GARLAND

HO

PRESENTS

SINGING

STOCKINGS

TREE

WRAPPING

CHEER

CHRISTMAS

FAMILY

GATHERING

LIGHTS

RUDOLPH

SLEIGH

STUFFING

TURKEY

YULETIDE

A map of the Lake of the Woods region, showing the international border between Canada (to the west and north) and the United States (to the east and south). The lake is depicted in blue, and the land areas are in tan. Several towns and cities are marked with red stars and labeled:

- Red Lake
- Kenora
- Dryden
- Sioux Lookout
- Thunderbay
- Marathon
- Sault Ste Marie
- Thessalon
- Espanola
- Sturgeon Falls
- Cochrane
- Earleton
- New Liskeard
- Corbeil

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Mount Forest.....	Creekbank Sewing.....	pg. 12
Mount Forest.....	Knotty Pine Fabrics.....	pg. 11
Mulmur	The Retreat at the Farm.....	pg. 15
New Liskeard	Gem Sewing	pg. 19
North Bay	The Sewing Machine	pg. 2, 24
Old Castle.....	The Sewing Shoppe	pg. 14
Orillia/Severn.....	Century House Quilting	pg. 24
Orleans.....	Quilty Pleasures	pg. 9, 24
Ottawa	Make Sew Create	pg. 6
Ottawa	Sew -Jo's	pg. 2
Ottawa	Sewng Machine Hospital	pg. 24
Perth	Perth Fabrics	pg. 7
Petawawa	Algonquin Sewing	pg. 6
Petrolia	Stitcharie.....	pg. 2, 12
Pincourt.....	Mad Moody Quilting Fabrics...	pg. 7
Russell	Quilter's Barn & Gifts	pg. 9
Sault Ste Marie	Life's A Stitch.....	pg. 19
Shakespeare	The Quilt Place	pg. 12
Stratford	Sew & Save Centre	pg. 12
St. Marys.....	Kalidoscope of Quilts.....	pg. 12
Sudbury.....	Gem Sewing (NEW LISKEARD).....	pg. 19
Thunder Bay.....	Circle of Friends	pg. 22
Woodville	Bolts & Bobbins	pg. 7
Warton.....	Mothers' Fabric	pg. 15

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A Holiday to Remember

The 2020 holidays will be different for all of us, but that doesn't mean we can't fill them with celebratory spirit.

Many of us will look back at these trying days with mixed emotions. Perhaps our usual holiday traditions cannot take place this year but instead open the door to innovative ideas and creative solutions to keep spirits merry and bright.

Family gatherings will certainly be affected. Relatives from near and far may not make it to the dinner table. We may not be able to hold cookie making parties and go shopping like we used to, or gather in large groups and attend parties, but there are still many traditions we can enjoy. The traditional holiday dinner is always a highlight. Stockings always need to be hung by the chimney with care. Putting the star on the top of the decorated tree and turning on the lights for the first time is a yearly delight. Lighting the candles, singing songs, and toasting the New Year are all special traditions that celebrate holiday spirit. And tuck everyone into the family car for a tour of decorated homes - always a fun adventure.

If it isn't already a tradition, this year is perfect for a holiday card and lively family newsletter to brighten the spirits of those we can't be with. Perhaps share a special memory of a past holiday that will make the recipient smile. Or include a recipe card with a favorite treat the whole family will enjoy like Grandma's cake or cookie recipe to pass on to generations to keep traditions alive. Make sure to include photographs, maybe one of someone who is no longer with us to keep their memories alive. A good old-fashioned telephone call or video chat to reminisce is without parallel. Just hearing a loved one's voice gives comfort.

True, this year will be different. But instead of bringing on the blues, realize the more restricted things are, the more creative we can become. Hopefully, sometime in the near future, we'll look back at 2020 with newfound memories and perhaps a few new traditions.



Judy Sharer is the author of A Plains Life series published by The Wild Rose Press. Book One, Settler's Life and Book Two, Second Chance Life are now available wherever on-line books are sold. Book three titled Civil War Life will be released soon. Judy's sweet historical romances which have a thread of quilting throughout the family saga series. Visit Judy's website for more details. judysharer.com



I'm a Little Bit Jelly

Mystery Quilt 2021 for The Country Register

Designed by Ann Jones

If you have any questions contact Erica at Nine Patch Quilt & Fabrics, Nevada, MO
ericaskouby@gmail.com or 417-667-7100. Miss one of the parts?
Check www.countryregister.com

Dig out those Jelly Rolls that you have no clue what to do with because this quilt was designed just for you! It can be as scrappy as you want or not scrappy at all. A great way to use up all of those 2.5" strips you have collected too! Finished quilt measures 96X96". Pressing your seams in critical and using a 1/4" seams allowance is too if you want your blocks to fit! You may also need to USE YOUR PINS!

Fabric Requirements:

Fabric A (for the main block): 3 jelly rolls OR 100 strips 2.5" X44" long

Fabric B: 1 1/2 yards We suggest this reads as a solid or tone on tone for corner squares (1/2 yd) and sashing squares (1/4 yd) and binding (3/4 yd). It can be subtle or bold, depending on how much focus you want on this fabric)

Fabric C: 1 jelly roll OR 40 strips 2.5"X44" OR 640 2.5" squares!

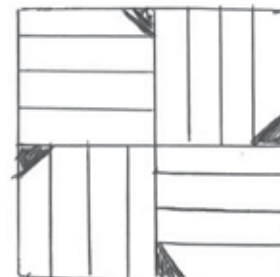
PART 1: Modified Rail Fence Block Finished block is 16.5X16.5" (Make 25)

Using Fabric A. Sew 4 strips together lengthwise. Press seams in one direction. This should make a 8.5" wide strip set. Sub cut into 8.5X8.5" blocks. After sewing all of your strip sets together you should have 100 strip set blocks.

Using Fabric B: Cut 100 2.5" squares. You will sew the 2.5" square to the top right corner of each of your rail fence block. You may want to mark the diagonal on the square before sewing. If you prefer, cut off the excess and press toward the 1/2 square triangle piece.



Randomly select 4 of your modified rail fence blocks and sew them together into 25-4 patch sets, turning the rails as shown in the diagram, making sure your half square triangles "move" around the finished blocks. Press your seams. Should measure 16.5" X 16.5".





Winter Wonder: January

Winter is so under-rated!

People complain about the bitter cold, the blustering wind, the mounding snow,
The false hope of a 'spring thaw' that morphs into a winter storm.
But winter is truly a time of wonder!

In the coldest months, without leaves, trees reveal their true shape.
Last spring's secret nests perch openly in notches of bare branches.
Stars gleam with vivid brilliance, glittering in air frozen by long silent nights.
January air mirrors the warmth of life when we see our breath leave our body.
It is all there for patient, searching eyes.

We become connoisseurs of weather in winter. We know snow!
We know the clouds that harbor snow;
The fluffy powder for making snow angels or sledding or skiing;
The airy snowflakes right for tasting on our tongues;
The dense snow for shaping a snowman, a fort and snowball supplies;
The snow hiding treacherous ice beneath.

January holds all these gifts,
Just as it hides the surprises of spring under its snowy blanket.
January is the first step toward all the promise and potential of the year.
Enjoy it all!

~Barbara Kalkis©



From Lydia's Recipe File:

Sugar 'n' Spice Pecans

Recipe from Lydia's cookbook
In the Kitchen with Grandma, pages 92–93.
Easy to make; crunchy and sweet to eat or
to share as a treat. Gluten-free.

Prep time: 10 minutes
Bake time: 70 minutes
Makes: 5 cups

Ingredients:

5 cups pecan halves
1 egg white
1 teaspoon water
1/2 teaspoon vanilla
1/2 cup granulated sugar
1/2 teaspoon cinnamon
1/4 teaspoon salt



Directions:

1. Preheat the oven to 225 degrees.
2. Prepare baking pan with parchment paper or grease lightly. Use two 9x12 pans or one jellyroll pan.
3. In medium-sized mixing bowl, beat egg white and water until the mixture is foamy. Stir in vanilla.
4. Add egg white mixture to pecans. Stir until pecans are well coated.
5. Combine sugar, cinnamon, and salt. Sprinkle over pecans. Stir to coat thoroughly.
6. Spread pecans in a single layer on prepared baking pan(s) with sides.
7. Bake the pecans for 70 minutes. Stir them every 20 minutes.
8. Leave on baking sheet until completely cooled.
9. Store in airtight container.



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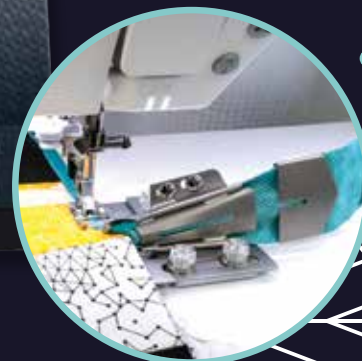
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