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The Country Register of Ontario
April/May 2022 Issue

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Our Search for Cover Artwork —

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

Meet our cover artist: Rebecca Barker

Art has always been a part of Rebecca's life. Her Father was a dairy farmer and her Mother was an artist since she was a baby, painting Christmas tree ornaments. Consequently, she grew up with paint and paper in-hand. She attended the Fine Arts program at Ohio University (Athens, Ohio) and received her BFA degree.

On her family's dairy farm quilting and collecting old quilts was a pastime for the Barker women. Rebecca's natural appreciation for quilts and the country landscapes became the subject she choose to paint. She developed a line of paintings she calls "QUILTSCAPES". The old time quilt pattern is depicted in the painting with the quilt. For example, the LOG CABIN quilt has a painting of a log cabin in the background. Several paintings have the quilt images subtly mixed in to the landscapes while others have the quilt hanging on a clothesline in the foreground. Rebecca paints her quilts in acrylic on masonite board. The quilt patterns come from quilt history books and quilt shows. "I do not make up the patterns. I love the designs of old time quilts". She creates her own colors and materials in the fabrics. "I do not work from real quilts because the colors have to match the landscapes". Her style is described as realistic, with clean, clear colors and sensitivity to composition and texture.

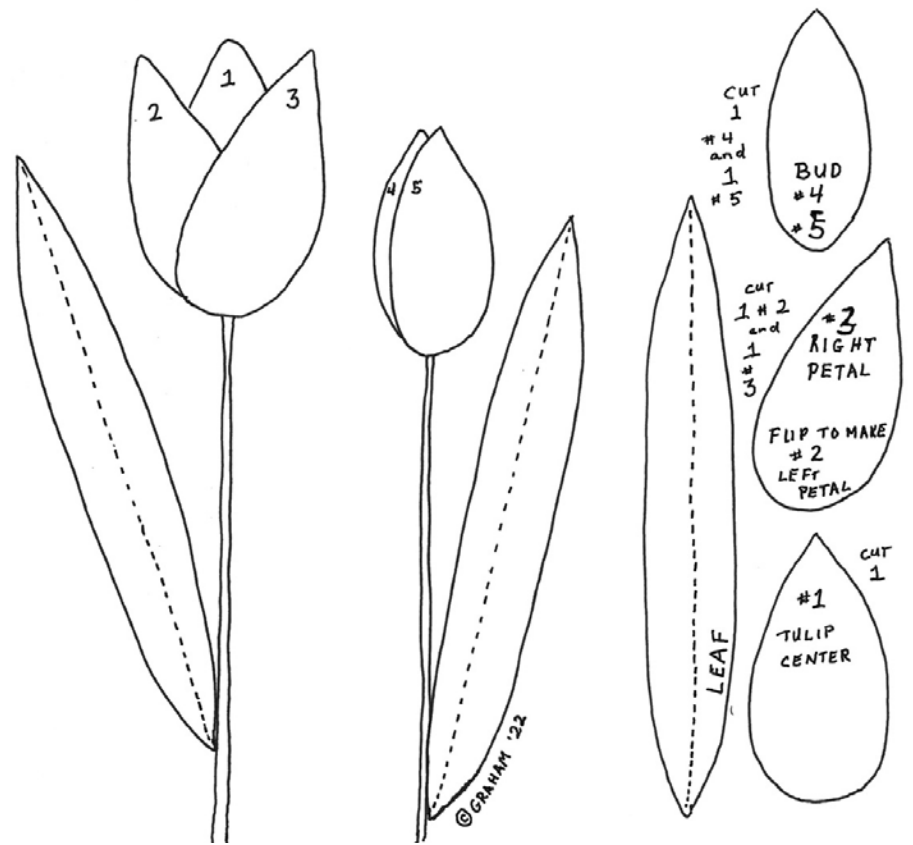
She shows her work on her web page and has produced a line of note cards, limited edition prints, two books and gift items.

She lives on the west side of Cincinnati in an old Victorian style home which also serves as her studio.

"My work is meant to honor the beauty of the old time quilts and their makers"

Rebecca Barker's Quilts, 1085 Willow Ave., Glendale, OH 45246
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Spring Tulips

Designed by Kathy Graham

This pattern is free for you to use. Please give the artist credit. Not for commercial use. Decide on a project such as a wool appliqued table runner. Create a pattern using as many flowers as you wish. Enlarge this pattern to your desired size. Iron fusible webbing, onto wool (1 piece large enough for all pattern pieces in that color) following directions on package. Cut out individual pieces. Remove paper backing pieces. Arrange flower pieces on your background piece and iron according to webbing directions. Using 3 strands of embroidery thread, whip stitch the pieces in place. Back stitch down the center of the leaves. If your project is small you can omit the embroidery. Fuse a piece of wool or cotton to the back of your background piece. Blanket stitch around the edge of your project using a contrasting color thread.

Have fun!

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Calendar of Events

APRIL

2022	CQA/ACC RE-RUN QUILT ALONG - WWW.CANADIANQUILTER.COM/QUILT-ALONGS JOIN THE FACEBOOK GROUP "CANADIAN QUILTERS ASSOCIATION-QUILTING PROJECTS"
APRIL 2 & 3	SPRING BLOOMS HANDMADE ARTISEN MARKET - BRAMPTON, ON
APRIL 8	POP UP SALE OF CRAFTS, CRAFT SUPPLIES, VINTAGE & ANTIQUE LINENS - ORILLIA
APRIL 9	STONE ROAD MALL HANDMADE ARTISEN MARKET - UELPH, ON
APRIL 9	SP'EGG'TACULAR EASTER EVENT - BRULINGTON, ON
APRIL 9 & 10	MARKHAM HOME & LIFESTYLE SHOW - MARKHAM, ON
APRIL 10	LONDON DOLL & TEDDY BEAR SHOW & SALE - SPRING - LONDON, ON
APRIL 16	CRAFTADIAN SPRING - HAMILTON, ON
APRIL 20 - 22	LCQG SPRING RETREAT AT THE MCINTOSH COUNTRY INN - MORRISBURG, ON
APRIL 23 - 24	CAMBRIDGE CENTRE HANDMADE ARTISEN MARKET - CAMBRIDGE, ON
APRIL 28 - 30	HILLS AND VALLEYS QUILT SHOP TOUR - COOKSTOWN, CREEMORE, MAXWELL, MOUNT FOREST, SHELBURNE ON
APRIL 30	GEORGETOWN MARKET PLACE - GEORGETOWN, ON
APRIL 30 - MAY 1	SUNSET QUILTER'S GUILD QUILT SHOW - DRYDEN, ON

MAY

MAY 1 - 29	CONTACT PHOTOGRAPHY FESTIVAL - TORONTO, ON
MAY 5 - 8	ORIGINALS SPRING CRAFT SALE - OTTAWA, ON
MAY 6 - 8	COMMON THREAD QUILT SHOW - OTTAWA, ON
MAY 7	SUNSHINE FIBRE FEST - ORILLIA, ON
MAY 7	SPRING IN BLOOM CRAFT SHOW - OTTAWA, ON
MAY 13 - 23	CANADIAN TULIP FESTIVAL - OTTAWA, ON OR ONLINE AT TULIPFESTIVAL.CA
MAY 14	FIBRE ARTS FESTIVAL & SALE - PETERBOROUGH, ON
MAY 27 & 28	"MAKING MEMORIES" QUILT SHOW, NEW MILLENNIUM QUILTERS' GUILD - MILDMA, ON
MAY 27 & 28	RETROFEST - ONLINE ONLY AT FACEBOOK.COM/RETROFEST
MAY 28	FERGUS FIBRE FESTIVAL - FERGUS, ON
MAY 28	MILTON MALL HANDMADE ARTISEN MARKET - MILTON, ON

JUNE

JUNE 3 & 4	QUILTS IN BLOOM 2022 BY HAMILTON QUILTERS' GUILD - JERSEYVILLE, ON
JUNE 11	KAWARTHA YARN & FIBRE FESTIVAL - FENELON FALLS, ON
JUNE 14 - JULY 16	LOTW QUILTER'S GUILD 35TH ANNUAL QUILT SHOW - KENORA, ON
JUNE 15 - 18	QUILT CANADA "RECONNECTED" - VANCOUVER, BC

2023

SEP 24 - OCT 6, 2023	ITALY 2023 CRAFT, CULTURE & CUISINE TOUR - REGISTRATION NOW OPEN - WWW.BLUEBARNQUILTS.COM - ITALY
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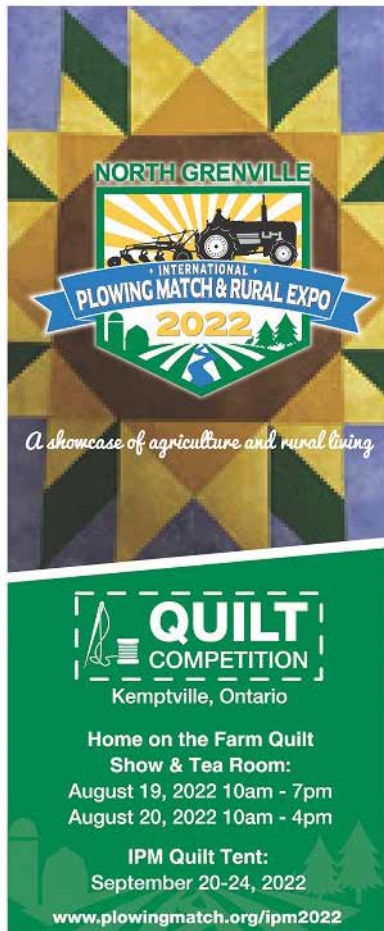
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IPM and Quilt Show coming to Kemptville

The International Plowing Match (IPM) is coming to Kemptville, Ontario from September 20 to 24 to be held on the former Kemptville College campus. In conjunction with the IPM the "Home on the Farm Quilt Show & Tea Room" will take place on August 19 and 20 at the W.B. George Centre in Kemptville.

There will be a variety of vendors who will be selling items of interest to quilters at both the quilt show and plowing match. The tea room at the quilt show will be hosted by the Kemptville District Hospital Auxiliary. Other features at the quilt show will be a bed turning and demonstrations.

The IPM is held annually in Ontario, except for the past two years due to the pandemic. It is North America's largest outdoor agricultural and rural expo and can attract over 80,000 visitors over the five-day event. The IPM is organized and run by a local volunteer committee and the Ontario Plowman's Association.

The 2022 IPM Quilt Committee is made up of five groups who have come together to plan, organize and execute the quilt show. They are the Kemptville Quilters Guild; The Thousand Islands Quilters Guild; the Upper Canada Quilters Guild; Victoria Quilts Canada, Kemptville Branch, and the Kemptville District Hospital Auxiliary. The members of these groups are planning to hold a quilt competition with all the quilts submitted being on display at the quilt show. They can also be viewed at the IPM Quilt Tent.

There are a variety of categories of interest to all levels of quilters, fabric artists and sewers. First, second and third prizes will be awarded in most categories in the amount of \$100., \$75., and \$50. Entries to the quilt competition will be for work completed after August 2020. The entry fee is \$10. with one entry maximum per category by an individual.

There are two classes for youth to show their quilting skills, one for youth under 13 years of age and the other for youth between the ages of 14 and 18 years. They can use any category and any technique. There is no entry fee for the youth with one entry allowed per youth.

The quilt competition categories include Art Quilts, which should be an original design; Crib or Toddler Quilts, these can be for a child or home decor; Miniature Quilts, entry must be a reduced scale and miniaturization of a full-size project; Pandemic Projects, these can be items such as a table runner, tote bag, tree skirt, wearable art; Wall Hangings; Applique Quilts where applique is the predominant technique; Pieced Quilts where the piecing is the predominant technique; Modern Quilts, modern quilt designs often reflect minimalism, asymmetry, use of negative space, improvisational piecing, solids or modern prints and alternate grid quilting; Quarantine Quilts, these quilts could include quilts made with re-purposed material such as shirt quilts, jean quilts or memory quilts. The categories are also broken down by method of quilting.

Printed panels may be used in a number of categories. Panels would have added borders and/or blocks.

A special category will be Barn Quilts, these are constructed on wooden or graphic sign boards approximately 24"x24". The winner of this competition will be chosen by viewers' choice. For further information on the quilt categories as well as the entry form and rules, go to www.plowingmatch.org/ipm2022/get-involved/quilt-competition

As an added incentive Stitch by Stitch quilt shop in Kingston and the Brother Sewing Machine company are offering two sewing machines - The Cutie-Patootie SE 600 Quilting and Embroidery Machine to be prizes in two draws. The first machine will be for an entry into the quilt competition and the draw will take place at the quilt show on Saturday, August 20 at 2 p.m. The second machine will be for anyone attending the quilt show and also those who toured the IPM Quilt Tent during the plowing match and that draw will take place on September 24 at 2 p.m. in the quilt tent.

Another draw will take place at the same time for the raffle quilt. This quilt was made up with 25 blocks from the Quilt Block Challenge which took place earlier in the year. Tickets will be available from the members of the five groups mentioned above as well as at the quilt show, fall fairs and the plowing match.

The 2022 IPM website is www.plowingmatch.org and over the course of the coming weeks and months more information will be posted as it becomes available.

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Fly Away

13" x 14 1/2" (33 cm x 37 cm)



Fly Away

- Solid cream: 6" x WOF (15 x 110 cm)
- Batting: 15" x 17" (38 cm x 43 cm)
- Backing: 15" x 17" (38 cm x 43 cm)
- Matching sewing and quilting threads

Before you start:

- Read the pattern all the way through to the end.
- All given measurements are without seam allowance, unless mentioned otherwise.
- Measurements for this project are given both in inches as well as in centimeters. Choose the unit of measurement that you prefer to work with and stick with that to finish the whole project.

Cut:

Color	Use	No. of pieces	Dimensions/template
15 assorted fabrics	Patchwork blocks	42	Template A
Cream	Patchwork blocks	42	Template A
NV 210 502	Border	2	1 1/2" x 9" (3,8 x 22,9 cm)
		2	1 1/2" x 10 1/2" (3,8 x 26,7 cm)
NV 210 301	Corner blocks	4	1 1/2" x 1 1/2" (3,8 x 3,8 cm)
NV 210 202	Binding (seam allowance is included!)	1	2" x 55" (5 cm x 140 cm)

Assembly:

Join the diagonal (long) sides of 1 assorted triangle and 1 cream triangle to make a square.
Repeat to make 42 blocks in total.

Arrange the blocks, making sure that the cream triangle of each block is in the top left corner and a colored triangle is in the bottom right corner, in 7 rows of 6 blocks each.
Join the blocks and then join the rows.

Join the 1 1/2" x 10 1/2" (3,8 x 26,7 cm) blue border strips to both sides of the quilt.
Join the 1 1/2" x 1 1/2" (3,8 x 3,8 cm) red corner blocks to the ends of the 1 1/2" x 9" (3,8 x 22,9 cm) blue border strips and join the borders to the top and bottom of the quilt.

Quilt as desired.

Finish the quilt with the sand binding, according to the 'General instructions'.

Happy quilting!

Requirements



NV 210 101

3" x 6" (8 x 16 cm)

Patchwork blocks



NV 210 102

3" x 6" (8 x 16 cm)

Patchwork blocks



NV 210 103

3" x 6" (8 x 16 cm)

Patchwork blocks



NV 210 201

3" x 6" (8 x 16 cm)

Patchwork blocks



NV 210 202

5" x WOF (12,5 x 110 cm)

Patchwork blocks + binding



NV 210 203

3" x 6" (8 x 16 cm)

Patchwork blocks



NV 210 301

5" x 10" (12,5 x 25 cm)

Patchwork + corner blocks



NV 210 302

3" x 6" (8 x 16 cm)

Patchwork blocks



NV 210 303

3" x 6" (8 x 16 cm)

Patchwork blocks



NV 210 401

3" x 6" (8 x 16 cm)

Patchwork blocks



NV 210 402

3" x 6" (8 x 16 cm)

Patchwork blocks



NV 210 403

3" x 6" (8 x 16 cm)

Patchwork blocks



NV 210 501

3" x 6" (8 x 16 cm)

Patchwork blocks



NV 210 502

12" x 15" (30 x 38 cm)

Patchwork blocks + border



NV 210 503

3" x 6" (8 x 16 cm)

Patchwork blocks

General Instructions

Layering the quilt

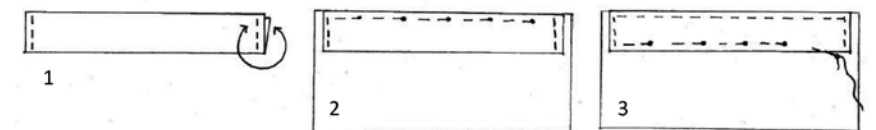
Iron the quilt top and the backing. The backing and the batting must be approximately 4" (10 cm) larger than the quilt top. Place the backing wrong side up on a flat surface and tape the backing to the surface to keep it in place. Lay the batting on top of the backing and smooth it out evenly. Then add the quilt top, right side up. Pin the three layers together and baste it, or baste the three layers at once with an upholsterer's needle in horizontal and vertical rows forming a 4" (10 cm) grid. Start in the centre of the quilt top and work to the outer edges of the quilt.

Quilting

Start quilting in the center. Quilt as desired.

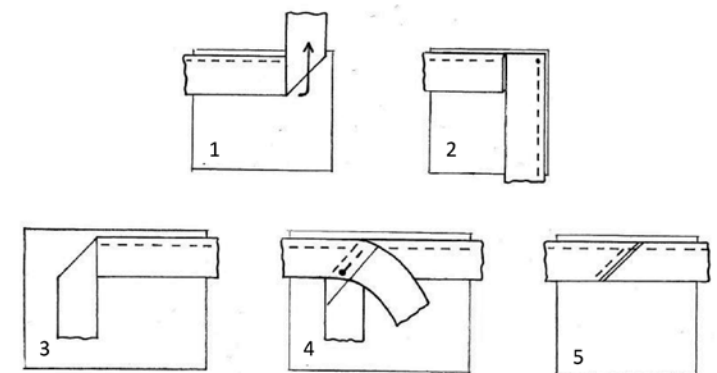
Hanging sleeves (optional)

Cut a strip 5" (12 cm) wide for a small(er) quilt or 8" (20 cm) wide for a bigger quilt by the width of the quilt. Fold the strip lengthwise with right sides together and hem both sides of the strip. Turn the sleeve right side out and press. Place and pin the seam allowance of the sleeve parallel to the seam allowance at the back of the quilt. The seam allowance will be sewn together with the binding (see Binding). Hand stitch the other side of the sleeve to the back of the quilt.



Binding

Join the strips for the binding end to end to make one long strip. Fold the long strip in half lengthwise, wrong sides together, and press. Stitch the binding strip to the edge of the quilt, using 1/4" (0,5 cm) seam, mitring the corners as you go. Refer to the diagrams below for details.





Celebrating New Life with Egg-ceptional Gatherings

Kites flying, daffodils blooming and chicks hatching. Spring into the joy of new life with egg-ceptional celebrations. This year Easter falls on April 17, which is also my husband's 78th birthday so we have plenty to celebrate!

Easter Traditions

I've enjoyed many Easter traditions from childhood to grandparenthood. As a young child, on Easter morning, I would hop up and look under my bed for my Easter basket filled with candy and treats. For breakfast, we ate colored hard-cooked eggs and mother's homemade Paska, a lemon-flavored sweet bread with frosting and sprinkles on top.

When I became a mother and later a grandmother, we continued these traditions. Paska remains our family's favorite Easter bread. With five lively grandchildren, we added the fun of hunting for plastic eggs indoors or outdoors, depending on the weather.

When I hide eggs for the grandkids, I use a different color of egg for each grandchild, preparing about a dozen for each child. According to their ages and interests, the eggs are filled with candy, money and little gifts (or coupons for gifts). Sometimes one egg is left empty to represent Jesus's empty tomb. Or one egg might include a slip of paper with a verse, such as, "He is not here: for he is risen, as he said" (Matthew 28:6).

Birthday Traditions

Since we will celebrate Easter and Milt's birthday on the same day, we'll add his favorite German chocolate cake for dessert. I'll use a cake mix but prepare homemade German chocolate frosting with coconut and pecans. I'll bake a small 5-inch round layer cake for Milt and make the rest of the batter into cupcakes. Then with icing choices, the family can frost their cupcakes with chocolate, vanilla or German chocolate frosting. We may also make a long list of things we appreciate about Milt—and there are plenty.



Spring Teas

But we don't wait for birthdays and holidays for spring teas. Our youngest granddaughter, Anna, has enjoyed tea parties with us in tearooms and at our home since she turned two. Most par-TEAS have been simple ones at our home with Grandpa. These don't involve a big production. All it takes for a sweet time is a child-sized teacup, a teapot filled with peach herbal tea, a little spoon and sugar cubes.

The goodies or lunch foods come from whatever we have available. Sometimes we prepare a scone mix together and add white chocolate chips and raisins. Other times we simply open the cupboard and refrigerator doors and use what we find. Graham crackers, marshmallows and chocolate chips mean smores in the microwave. It's not so much the food or the occasion that is important—it's the time and love shared.

With warmer spring weather ahead, I'll host family gatherings outdoors on our deck, placing a pretty tablecloth on the table and arranging perky daffodils or tulips for the centerpiece. Rolling Pancakes (crepes) and Bacon Knots from my cookbook (*In the Kitchen with Grandma*) or Scotch Eggs (see recipe included) might be perfect for the menu. Or I may even ask family members to pick up their favorite takeout foods and I'll pick up the tab.

Join me and spring into the new season by creating or recreating traditions. A prepared setting and favorite foods served with love make any gathering egg-ceptional.

*Lydia E. Harris is known as "Grandma Tea" by her five grandchildren. She is a tea enthusiast and the author of *In the Kitchen with Grandma: Stirring Up Tasty Memories Together* and *Preparing My Heart for Grandparenting*. Her books are available on amazon.com.*

From Lydia's Recipe File:



Scotch Eggs

I first enjoyed Scotch Eggs in a tearoom. Since then, I've seen varied recipes for them in a tea book and cookbook. If you like hard-cooked eggs and breakfast sausage, you'll enjoy this easy, tasty recipe.

You'll need:

- 6 hard-cooked eggs, shells removed
- 1½ pounds ground pork breakfast sausage (your favorite blend)

Directions

1. Preheat the oven to 400 degrees.
2. Divide the sausage into 6 portions (about ¼ pound for each).
3. Roll each portion into a ball; then flatten it to an oval about 5 inches long.
4. Wrap each egg completely in sausage. Dip your fingers in water and smooth together the seam and any cracks.
5. Place wrapped eggs in a baking pan with sides.
6. Bake for 30 minutes or until sausage is well done.
7. Cut eggs in half and serve warm. Pass mustard if desired.

Makes 6 portions

Tip: You can prepare the eggs and sausage through step five the day before. Cover the pan with plastic wrap and refrigerate it until ready to bake. Uncover to bake.

Variation: Some recipes suggest rolling egg/sausage balls in dried breadcrumbs before baking. Bake at 375 degrees for about 30 minutes until sausage is cooked and bread crumbs are golden brown.

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What Defines an Entrepreneur?

by Barbara Kalkis

It takes an independent personality to be a business owner. We're people who claim to be team players—as long as we're team captain. We promise to play nicely in organizational “sandboxes”—and then take over, directing bucket assignments and sandcastle construction. In snowball fights, we're the ones in ice forts with 100 snowballs at the ready.

If a colleague or friend mentions a problem, stumbling-block, hurdle or catastrophe, we have a solution for it—along with a plan of action, milestones, due-dates and budgets. You don't like Plan A? We've got Plans B and C. Choose one. We have the organizational skills and energy to get all jobs done ourselves. (*Think “Lone Ranger” with a trusty partner and fast horse.*)

We are the entrepreneurs of the world, the risk-takers. Looking back, I know that this independent streak—to my parents' dismay: “How will you ever get married??”—was partially the reason for first becoming a teacher. (*Ready-made audiences!*) Later, after a series of corporate management positions, I walked out, following my heart to become a marketing consultant and create my own future.

Now, after two years of Covid restrictions and vaccinations, it's intriguing to see how independent businesses have fared. Many have disappeared. Some have survived but are languishing. Others have prospered and emerged as winners. What's the difference?

The Defeated.

Many business owners decided it was a good time to sell off, quit, retire, find other jobs or stay home. Supplier closures, shipment delays, products and parts trapped in container ships, staffing problems—all of it sapped patience and pocketbooks. Struggling in a world that had radically changed was just too much work and stress.

The Hangers-On.

Some entrepreneurs clung to their business. Some reduced business hours. Others navigated around restrictions and maintained a business-as-usual attitude. They hung on but did not significantly modify or update their business model or their market image. This may work for a time but I think it is not a recipe for long-term success. The pandemic changed consumers.

The Winners.

This is my favorite group! These business owners utilized down-times to paint their shops, move and update displays, purchase efficient inventory and accounting systems, launch online newsletters and classes. Demonstrators created and sold ready-made craft kits and spiked them with freebies. They expanded customer access by setting up websites and email accounts. They tapped into social-media platforms. They took advantage of companies like VistaPrint® to revamp their company image with low-cost business cards, signs and banners.

In short, they gave their businesses a face-lift that changed them from a simple bricks-and-mortar storefront to a contemporary business with the same electronic platforms as any global corporation. The result: Today they reach and attract customers in every town everywhere with computer access.

The most successful business model blends a bricks-and-mortar shop with an electronic presence to savor the best of both worlds. Despite shutdowns and online buying, I still want to escape the house and be somewhere different. I like store environments and seeing people—not just computer images. Creative environments energize me and lift my imagination. Chatting with other shoppers inspires new ideas and teaches me about products and techniques that other crafters use. Sitting next to someone in a class sparks conversation and laughter.

In free moments, browsing websites and watching videos is relaxing. But I do not order items from third-party aggregators. I order directly from business owners so they receive the full product cost.

Independent business owners are the foundation of North America's culture, contributing billions of dollars to the economy. Yes, big businesses represent ever more revenues and global clout, but entrepreneurs represent a country's spirit. You can't beat that.

Oh, and yes, I did manage to get married. To an independent business guy!

©Barbara Kalkis is an educator, consultant and author of *Little Ditties for Every Day...A Collection of Thoughts in Rhyme and Rhythm*. Contact her at BarbaraKalkis01@gmail.com.

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Yvonne Hollenbeck

What's Good For The Goose

"What in the world do you need with more cloth?"

I heard from my cranky old spouse,
after spending that day on a Shop-Hop with friends
and bringing the sacks in the house.
He went on expounding on how much I spent
and why would I need anymore,
when all of my stash would fill Tashmah Hall
...I've enough to start my own store!

I let him spew off and when he was through,
I smiled, then I kindly replied
that all I had bought was too cheap to pass up,
(although I'll admit that I lied).
He then let me know, like he's done many times,
how his grandma and mama made quilts,
and they were all made from whatever they had;
I guess so I'd harbor some guilt.

And their supplies would fit into one drawer,
why, they spent not so much as one dime
on patterns or notions or high-dollar cloth,
using feedsacks and scraps most the time.
When he had completed his trip through the past,
I smiled and then said, "I agree,
that's just how my mama and grandma made quilts;
I guess their thrift never passed on to me.

And they used an old frame that my granddaddy built
from strips of some hardy old wood.
He sawed them by hand and sanded them smooth
and those frames sure did work mighty good.
And gramps wasn't blessed with a shop full of tools
like some men I know have these days;
he somehow made do with what little he had
and provided in so many ways.

Like making sure the family had plenty to eat;
he seemed to have skill and good luck
with only one gun and with one fishing pole
and no fancy 4x4 truck.

Oh, I know things were much different back then,
but he'd be shocked at these modern-day fellas
for the money they spend and the gadgets they buy
at those sporting goods stores, like Cabellas."

Well, it was sure quiet the rest of the eve;
his attitude changed quite a bit.

Now when I come home with more quilting goods,
he no longer pitches a fit.

'Cause, *What's Good For the Goose is Good For the Gander*,
a phrase that my grandma would say.

It sure hit the mark that time I came home
after making the shop-hop that day.

Watch for Yvonne's new book, to be published later this year

© Yvonne Hollenbeck
Yvonne Hollenbeck, from Clearfield, SD, performs her original poetry throughout the United States, captivates audiences in her wake. She is one of the most published cowgirl poets in the West and is not only a pop banquet and civic entertainer, but also co-writes songs with many western entertainers. Yvonne also pen weekly column in the "Farmer-Rancher Exchange" and writes articles about life in rural America in various publications throughout the West. For more information, visit <https://www.yvonnehollenbeck.com>

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Random Acts

by Maranda K Jones

Cleansing Rain

As the calendar flips again
And a new month shows its face,
We renew our spirits and zest for life,
Welcoming change with growth and grace.
The season for spring cleaning
Right on time, months three and four,
Sweeping us off our feet,
Bringing beginnings to our door.
A clean slate, a fresh start,
A chance to be renewed.
Beauty will surround us with
Bright and beautiful blooms.
Right outside our windows
Buds and sprouts adorn the yard.
Curb appeal is easy--
Clearing your mind may be hard.
The inside is what matters.
It's more than tidying your home.
It's purifying your heart,
Making your choice be known.
Pull back the curtains,
Open the window to your soul,
Let the light shine in
And prepare to be made whole.
Leave behind the darkness of winter.
Move forward to greener land.
Walk through showers of cleansing rain
As Jesus takes your hand.

© 2022 Maranda K. Jones



Maranda Jones' new book **Random Acts**
is now available at amazon.com
The book includes her reader-acclaimed articles from the last decade

Writing from Life

by Jeanette Lukowski

Punch Cards



I don't know about you, but my wallet seems to carry more store loyalty discount cards (aka punch cards) than anything else these days. Stores are quick to offer them, it costs nothing to join—why not just say, “Yes! Thank you,” when asked if you would like to start a punch card.

My collection started simply: the grocery store I frequent weekly, the gas station where I stop for the Sunday paper as I head home, the quilt shop in town.

Then I started adding ones that made sense, too: the stitching shop in my mother's town, the quilt shop I frequent once a year during a shop hop, the gift shop I discovered twenty miles out of town from my daughter's home, the toy store my mother and I would visit each time we visited my granddaughter. I even have a punch card for a drug store which rewards me for bringing in my own bag!

It's been almost fun collecting those punch cards. They even tell a tale as you flip through the collection, and note the type of store or the state from which they procured. Yes, it's getting a bit more difficult to close the wallet due to the bulk—but what's wrong with collecting discounts? (Once each card gets filled with punches, I will earn a discount to be used towards my next purchase.)

But this past Christmas, I hit the bump in my road of collecting-punch-cards: What happens when a business gets sold?

I went to the toy store to purchase some Christmas gifts for my granddaughter. I had one full punch card in my wallet, and a second half-filled (because they were happy to start a new one for me when, on a previous visit I had been unable to locate the first one). Finally, I was going to reap the reward of my loyalty!

Or not. “I'm sorry,” the clerk began, “but we are the new owners. That green punch card belonged to the previous owners. This is our punch card,” the clerk continued, showing me a purple and pink punch card. “Would you like me to start one for you?”

Wait. What? I don't get my promised \$10 off on my purchase? So much for “Rewarding Loyal Customers,” as the card itself proclaims.

“We tried alerting everyone to the change,” the clerk explained while waiting for me to extract my payment form from the same wallet. “We put ads in the paper and commercials on the radio about it.”

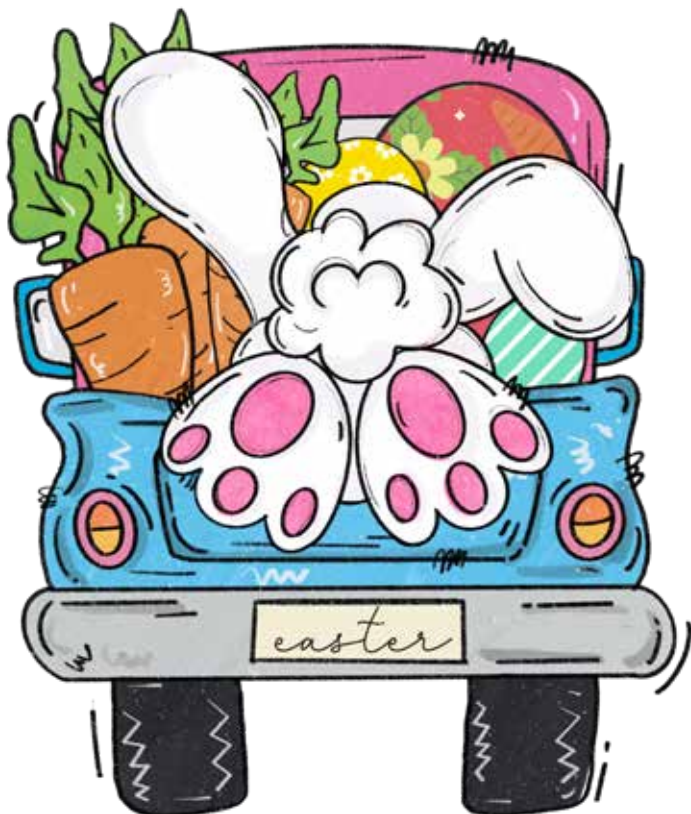
Of course. I don't live here.

“Would you like me to throw those cards out for you?” the clerk offered, hand extended.

“No, thanks,” I muttered as I sadly placed them on the top of the collection, and shoved the stack back into my wallet.

Hope the same doesn't happen when I go to the stitching shop in my mom's town; I have a fully punched card to redeem for \$20 in fabric.

© Jeanette Lukowski 2022. Jeanette is a mother, grandmother, teacher and author who lives in Mankato, MN. She is inspired by the lives of strong women. Her email address is WritingFromLife@yahoo.com



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How British Afternoon Tea Tradition Began

by Rachel Grecco

Tea was first introduced in England in mid-1600, brought from China by the Dutch East India Company. At first, it was served in coffee houses, catering solely to men and very expensive. Once it became popular in coffee houses, tea houses began to open in London. Here, men and women would enjoy a cup of tea or purchase it for home use.

Anna Maria Stanhope, the 7th Duchess of Bedford, was a Lady-in-Waiting to Queen Victoria between 1837 and 1841. During this time, most people in England only ate two meals—a large breakfast late in the morning and a late dinner around 8 or 9 p.m. Hungry in the afternoon, Anna asked her servants to bring her a cup of Darjeeling tea and a little bit of bread with butter, biscuits [cookies], and cakes. She began sharing this custom with her friends and the notion of 'Afternoon Tea' soon became quite popular.

The Queen, learning of Anna's teas, fell in love with the idea and began hosting fancy dress tea parties. She was known for having a slice of lemon with her tea as well as having a light cake with butter cream and fresh raspberries, which later become known as Victoria Sponge Cake.

By the late 19th century, high society ladies gathered in the drawing room dressed in floor length gowns, long gloves and elegant hats for Afternoon Tea. The concept of Afternoon Tea spread to the middle class when tea prices became more affordable.

Today, Afternoon Tea continues to be held throughout England—in the home, upscale hotels, department stores, neighborhood cafes and tea rooms. The practice has also spread throughout the world, including in Canada and the United States. Afternoon Tea can take the form of a short break with a cup of tea and small cookie or a three-course event with cakes, scones, cream, sandwiches, savories and other confections.

Rachel Grecco owns *Grandma's Attic*, a traditional quilt shop in Dallas, OR. A quilt historian and avid reader, she gives talks on a variety of topics related to women. She has written several books and patterns and runs *Grandma's Quilt Club*, a monthly quilt class where participants collect quilt blocks, learn about women's history and make new friends. Learn more at <https://grandmasatticquilting.com>.

April Showers Bring May Flowers

by Marlene Oddie



My mother's favorite flower is an Iceland poppy—so delicate and providing beautiful color in the late spring and early summer. While I was growing up, she used to plant them each year in our front yard.

Northcott Fabrics has created a beautiful digital print collection called Modern Love. It is designed by Deborah Edwards and Melanie Samra featuring pink and purple poppies and many coordinating prints. As promised last year, here is my latest design—Floral Flourish.

This queen size (80" x 91") design uses simple 5" squares (so charm pack friendly!), a focus fabric (in this case running yardage), an ombre for framing the focus fabric and the outer border (fussy cut for maximum impact) and a multicolored background to pull it all together. The pieced suspended border in the middle requires some careful calculations so it all comes together correctly. Getting your seam allowance correct is key, too!

Tip: when sewing a pieced or cross-grain section to a lengthwise-grain section, put the lengthwise-grain section on the top of your seam when putting it through the machine. The cross-grain and pieced type sections will move and adjust better to your pinning spots if it is on the bottom and closest to the feed dogs.

Interested in this kit or others? Fabrics have finally arrived for several quilts I've featured in recent months. I've got a limited quantity of kits and yardage available at my website. There is an ombre wide-back to go with this one as well! The small squares—I've got plenty of yardage for other projects—they are beautiful! Two fabrics have the word 'love' written on them.

Have you got a stunning panel or running yardage you'd like to show off? How about using this pattern to put it together? This design goes together quite quickly.

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. Fabric, patterns, kits and templates are available at <http://www.kissedquilts.com>. Follow Marlene's adventures via <http://www.facebook.com/kissedquilts> and <https://www.instagram.com/marlene.kissedquilts/>.



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A Long-Anticipated Masterpiece

by Annice Rockwell

After the long season of winter where all is seemingly silent and still, nature was in fact working miracles under the surface of snow. Ever-productive and ever-working, nature patiently waits for the perfect moment to reveal her long-anticipated masterpiece—spring. With ever-so-subtle hints greeting us kindly when we are awake to them, we feel almost honored to have the chance to bask in the comfort of the first warm, sunshiny day. We treasure the happy little blooms of the bluets bursting through the sun-warmed ground. We look ahead to full-blown spring when we witness the frozen, frosty ice that once provided winter skating joy to the town's children on Sunset Pond, begin to thaw to slowly reveal the welcomed open water characteristic of happy spring.

Her Familiar Return

Despite our attempts to hold on to the feeling that comes with that first hint of warmth, nature often reminds us that she is still the one in control. But our delayed gratification somehow makes that full transition to spring even more rewarding.

As we hear the familiar chirps of the returning birds as they make their friendly presence known to us again, we are reminded of the comforting cycle of nature. We are restored by the powerful patterns on which we can depend even in troubled or uncertain times. The essence of nature's unfolding masterpiece can be felt through all of our senses. On a midday hike through seemingly untraveled trails, the scent of earth rises up to greet us and we awaken to it. The trail itself offers hints as to the welcomed transition to spring. A tightly woven bird's nest recently built into the tallest laurel bough is symbolic of a hardworking mother bird expecting more than just the arrival of spring. In the local maple swamp the beavers have been busy gathering saplings and making our rural landscape somehow new to us now. The green tufts of growth on the stream suggest that winter is indeed coming to a close, and with just a little more patience spring will grace us with a spectacular beauty all her own.

Unrivaled Energy

As we look ahead to the days of spring, we often feel recharged with a sense of energy that is unrivaled. Perhaps it is because this new spirit of renewal was truly earned. We tend to feel gratitude for the lengthening days of sun, and it provides us with the much-needed time to work outside preparing our yards for the season to come. Whether we are building a new garden bed or designing handcrafted birdfeeders to highlight a special spot just off of our country porch, we are naturally drawn outside to enjoy the beautiful, soulful energy of spring. As careful observers we note spring's progression as we tend to our outdoor tasks. Little by little our surroundings take on more vibrant colors through nature's artful hand. Yellow daffodils surprise us with their tall, proud proclamation and bold, red tulips take center stage as focal points for our new gardens. Our lawn, once donning a frozen carpet of gray, is now springing to life in green as nature completes her remarkable transformation. And somehow as we feel this beautiful masterpiece all around us, we have a deeper knowing. We know that just like nature, after our long, seemingly still winter, we too will now break through to bloom.

--Annice Bradley Rockwell is an educator and owner of Pomfret Antiques. She is currently working on her book, *New England Girl*. NewEnglandGirl2012@hotmail.com

SUPPORT YOUR LOCAL QUILT GUILD

Ajax	<i>Twisted Stitchers Quilt Guild</i> For information about our guild please go to our website twistedstitchersquiltguild.com
Alliston	<i>Quilting Corners Guild</i> We meet at St Johns United Church at 7pm on the first Tuesday or each month, except January.
Almonte	<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).
Ancaster	<i>Ancaster Quilter's Guild</i> We meet at the Marshall Memorial United Church, 20 Gilbert Ave. at 7pm on the 3rd Wednesday of each month from September to June.
Arnprior	<i>Arnprior 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 8958 Trafalgar Rd, Georgetown, ON L7G 4S5. 6:45pm till 9pm from September till June on the fourth Monday of the month.
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.
Gwillinbury	<i>Gwillimbury Quilt Guild</i> We meet at the Sharon-Hope United Church, 18648 Leslie St. at 1:00 pm on 4th Monday of the month from September through May.
Hagersville	<i>Haldimand Quilter's Guild</i> We meet at the Hagersville United Church at 7:00 pm on the first Monday of the month from September through June.
Haliburton	<i>Haliburton Highlands Quilter Guild</i> We meet at the Stanhope Community Centre, 1095 North Shore Rd, Algonquin Highlands at 1:00 pm on the second Wednesday of each month.
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. <i>Limestone Quilt Guild</i> Meeting Area usually is – Kingston Senior Centre, 56 Francis Street, Kingston, Ontario, but we are on zoom right now. We meet on the first Wednesday of each month at 7 pm on zoom.
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.
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 Septemrber 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.
Orleans	<i>Common Thread Quilt Guild</i> Meets the second Tuesday of the month at 7pm at MIFO, 6600 Carriere St, Orleans. www.commonthreadquiltguild.ca
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>Ottawa Valley Quilters Guild</i> Our guild continues to meet on the ZOOM platform because of the covid-19 pandemic situation. Our normal in-person meetings will resume some time in 2022. The meetings are usually held the second Monday of every month September to June, at the Riverside United Church, 3191 Riverside Drive, Ottawa ON, K1V8N8. Our email address is ottawavalleyquiltersguild.org <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.
Owen Sound	<i>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).
Paris	<i>Paris Quilting Bees</i> We meet on the 3rd Wednesday of the month from September to June at the Paris Fairgrounds at 7 PM. For information email: parisquiltingbees@gmail.com .
Perth	<i>Lenark 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>Pieceful Nights Quilters' Guild of North Toronto</i> meets the second Wednesday of each month. During COVID-19 meetings will be held via Zoom. Guests welcome. https://www.pnag.ca . <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. <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.
Wasaga Beach	<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.
Waterloo	<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 Quilters' Guild</i> We meet at Royal Canadian Legion Branch 594, 5030 Howard Ave., Windsor, ON N9A 6Z6 at 9:00 a.m. the first Wednesday 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.

Slices of Life - Handing Down Special Stuff

by Sherry Osland

There are certain things that tend to denote the "stage" of life we are in. For instance, I no longer take much pleasure in window shopping and/or shopping in general because that means an accumulation of things. My stage right now is to get rid of things!

Not long ago, I was perched on a stool in a corner of our basement working on just that. I had a box for trash, a box for Goodwill and one "maybe" box. As in, maybe one of my kids might want some of this someday (but I'm more and more doubtful of that!) A couple years ago, I went through things in what had been my daughter's room. While going through the drawers of her vanity, I texted umpteen pictures and asked if she wanted any of it boxed up for her to pick up. (She's in the "in-her-own-house-now" stage! Yea!) No. No. No. No. With each broken-record-NO, I was getting the sneaking suspicion that if she didn't want any of HER old special stuff, she was never going to want any of MY old, but VERY SPECIAL (!) "stuff" either.

I think of the things I've yet to uncover in my Special Stuff Boxes. I spent one summer between my junior and senior years in college as a nanny for a family outside Katonah, New York. On my days off, I would take the 45-minute commuter train into the City, and I came home with a few things from that experience -- thankfully, mostly pictures.

Upon graduation from college, I took a teaching position in Perth, West Australia, and I have special things from that 15-month period. Then, two friends and I backpacked home for 3 ½ months through Southeast Asia and Europe and I have special things from that time as well. As a teacher, I always kept my eye out for things to have in my future classroom (for example: charcoal temple rubbings, etc. -- stories for another day.) Again, I'm thankful for the number of pictures that can more easily be handed down to my children vs "stuff" that they can refuse to take.

A person can never guess the memories of the special things that will stand out more than others down through the years. Amongst friends, I've had the random occasion to tell about one of my souvenirs from my time in Australia. . . a sperm whale's tooth! Yes, a TOOTH, of all things! I'm not sure why it comes up, or why it has become one of "the" more talked about souvenirs of mine, it just has. Maybe because it is such an unlikely thing to have, I don't know. This, too, is a story for another day. For all that I've shared about it, I've never even thought about looking for it. I just knew it was somewhere in all that STUFF packed up before we moved into this house TWENTY years ago. I've never been "up" for the search it would take to find it. Even if I did want to find it and then did . . . what then?!

With this background, imagine my surprise when I opened one of the boxes on that day not so long ago and there -- in a red-lidded, Strawberry Jam Bear Jar were my left-over Australian coins, my 3" spring-loaded kangaroo toy, and . . . my 4" long WHALE'S TOOTH!! Weird and strange probably, but I was overjoyed. I smile now thinking about finding it. Plus, it's sitting on the desk next to my computer. In case you're wondering what I'm going to do with it from here . . . I have NO IDEA! The thing I think of is to someday share it with my grandkids. When I hold it, I marvel at its untold story. Perhaps when I put it in their hands, they'll feel the wonder of it too. Hopefully, they'll imagine the ocean where it lived, the thousands of miles it traveled, the wild and wonderful world it saw. I just know it's not going back in a box for another 20 years. I will hope to pass it on to become part of someone else's "special stuff".

For everyone in my same age/stage of getting rid of things, it has, sadly, become common knowledge that our children's generation no longer wants those things that we got handed down from our parents (china, crystal, silver flatware, etc.) Different generation, different times. As for my children and all the things they DON'T want of mine, I am so very thankful that they DO want my quilts. One day, out of the blue, and after the NO, NO, NO, NO day, my daughter called and said, "Mom, there's one thing of yours I DO want." I said, "What?" "Your Bible." (Ahhh, be still my heart). Closely followed with a chuckle and "Do you know how many times your name is in the margins?"

Written by Sherry Osland of Praise Works Quilting in Abilene, formerly writing the Quilts That Redeem column for The Country Register. For examples of quilting (as well as pictures of Hand-braided rugs and Quilts That Redeem books, for sale) go to: facebook.com/praiseworksquilting Contact information: sherryo51@hotmail.com or 785-263-5528.



Town and Country Cooking

by Janette Hess

Out of Hibernation

Now that spring officially is here, our appetites are ready to come out of hibernation.

Our stomachs are growling for fresh produce and brightly flavored dressings, and these salad combinations fit the culinary bill. Citrus Poppy Seed Dressing is the key addition to each salad, because its sweet, lemony essence blends perfectly with a spring rainbow of fruits and vegetables.

The recipe for Poppy Seed Slaw puts a seasonal spin on the traditional cabbage salad, while Citrus Spinach Salad features a unique blend of orange sections, avocado chunks and sliced red onion. Spring Chicken Salad proves that poppy seed dressing and rotisserie chicken were made for each other, especially when combined in a salad of greens, strawberries and toasted walnuts.

These sweetly dressed salads are sure to rouse any drowsy taste buds!

Citrus Poppy Seed Dressing

- 1/3 cup sugar
- 1 teaspoon dried mustard
- ½ teaspoon salt
- ¼ teaspoon onion powder
- 1 cup canola or other vegetable oil
- ¼ cup tarragon vinegar or white wine vinegar
- 2 tablespoons lemon juice
- 3 tablespoons orange juice
- 1 generous teaspoon fresh lemon zest
- 1 tablespoon poppy seeds

Combine sugar and dry seasonings in large measuring pitcher. Whisk in oil, vinegar, juices and lemon zest. Stir in poppy seeds. Add to salad mix of choice. Makes 1¾ cups dressing.

Poppy Seed Slaw

- 1 16-ounce package slaw mix
- 1 large carrot, grated
- 3 stalks celery, very thinly sliced
- 6 green onions, with tops, diced
- 1 cup or more Citrus Poppy Seed Dressing

Place vegetables in large salad bowl. Starting with 1 cup, add desired amount of dressing. Toss to combine. Makes 12 servings.

Citrus Spinach Salad

- 2 navel oranges, cleanly peeled and sectioned
- 8 ounces baby spinach, tough stems removed
- 1 ripe avocado, peeled and chopped
- ½ cup thinly sliced red onion
- ½ cup or more Citrus Poppy Seed Dressing
- ¼ cup crumbled feta cheese for garnish, if desired

Cut orange sections in half, trimming tough ends, if needed. Remove any seeds. Place oranges and all vegetables in large salad bowl. Starting with ½ cup, add desired amount of dressing. Toss lightly to combine. Sprinkle with cheese, if desired, and serve immediately. Makes 8 to 10 servings.

A trained journalist, Janette Hess focuses her writing on interesting people and interesting foods. She is a Master Food Volunteer with her local Extension service and enjoys collecting, testing and sharing recipes.

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Life's Recipe

by Becky Van Vleet

Not so long ago, I was going through my 45-year+ recipe box I received for a wedding shower gift. You know, the kind with tabbed dividers that hold three by five lined cards and you actually write out recipes! I had not browsed through it for quite some time, and I was hunting down a specific recipe. My fingers stumbled upon "Life's Recipe" on a piece of paper that was nestled in with other cards behind my "Meat" divider.

I recognized it from years long gone by. Before continuing my specific recipe search, I paused a moment to read it. And then I drew a breath and pondered on the ingredients and instructions for "baking" this recipe. I have never discovered the author. I am thinking someone never got credit for how this life recipe has traveled around to thousands of readers all over the world. But then again, when I read it, I'm sure the person who wrote the recipe would not even want the credit.

Maybe you've never seen this, or maybe you have, but a re-read could be beneficial for many of us. Enjoy!

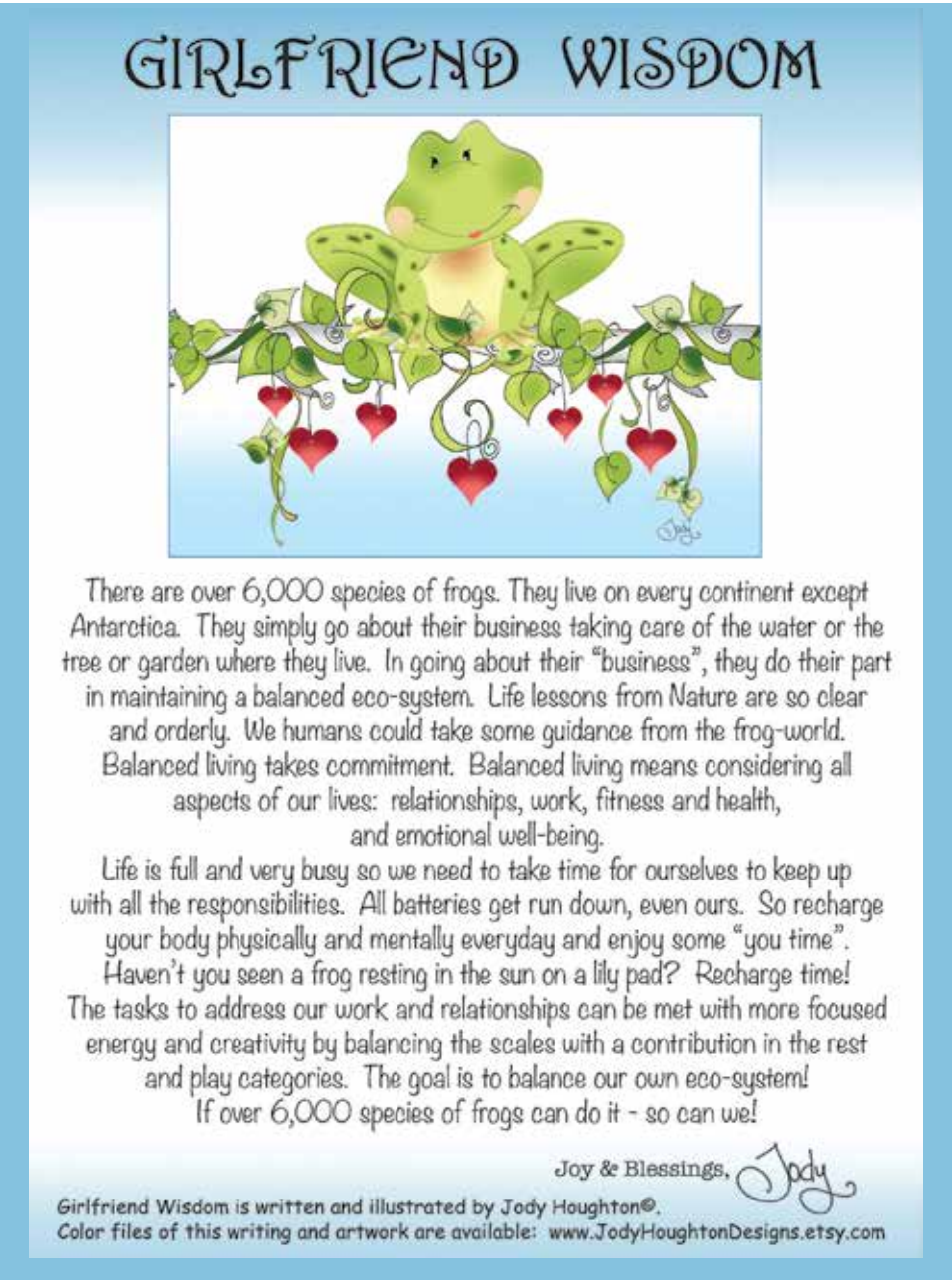
LIFE'S RECIPE

- 1 Cup good thoughts
- 1 Cup consideration for others
- 2 Cups sacrifice for others
- 3 Cups forgiveness
- 2 Cups well-beaten faults



Mix these thoroughly and add tears of joy and sorrow and sympathy for others. Flavor with little gifts of love and kindly service. Fold in 4 Cups of prayers and faith to lighten other ingredients, and raise the texture to great heights of good living. After pouring all this into your daily life, bake well with the tear of human kindness. Serve with a smile!

Becky Van Vleet, a retired school administrator, lives near Colorado Springs with her husband Troy. They are the parents of four grown children and enjoy spending time with their eight grandchildren. Becky is a children's picture book author, and her website is devoted to family stories and creating memories: www.beckylvanvleet.com



GIRLFRIEND WISDOM

There are over 6,000 species of frogs. They live on every continent except Antarctica. They simply go about their business taking care of the water or the tree or garden where they live. In going about their "business", they do their part in maintaining a balanced eco-system. Life lessons from Nature are so clear and orderly. We humans could take some guidance from the frog-world. Balanced living takes commitment. Balanced living means considering all aspects of our lives: relationships, work, fitness and health, and emotional well-being.

Life is full and very busy so we need to take time for ourselves to keep up with all the responsibilities. All batteries get run down, even ours. So recharge your body physically and mentally everyday and enjoy some "you time". Haven't you seen a frog resting in the sun on a lily pad? Recharge time! The tasks to address our work and relationships can be met with more focused energy and creativity by balancing the scales with a contribution in the rest and play categories. The goal is to balance our own eco-system! If over 6,000 species of frogs can do it - so can we!

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

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Spring Cleaning! Clean Out, Donate, & Organize

by Deb Heatherly

This year, spring cleaning in my studio will be a continuation of the organization that began in January.

After my recent article, *The Final Answer*, many of you have let me know that you really identified with my organizational dilemma. Sometimes it's hard to know where to put things and how to organize them so that you can easily find them when needed. Here are a few tips from my studio to yours.

First, items that you only use occasionally do not need to be as accessible as items used weekly. In my case, that's my embroidery machine and other crafting supplies. I typically only embroider when I need a quick gift for Christmas and normally only use craft supplies like glue sticks, glitter and beads around that same time. I recently realized that I could put these seldom used items out of sight. There's no need for them to take up valuable real estate in my studio if I am not using them but once a year. These things are now behind closed doors in built-in cabinets where they are easily accessible but not taking up visual space in my work area.

Second, containers to help with organization do not have to cost a fortune. Look around and rethink items you already own. For example, an antique pie safe is a great space for fabric storage. An unused dresser can be used to hold a variety of things, while its top can be covered and become an ironing surface. Add a sewing themed skirt around three sides of your cutting table to create more "out of sight" storage while adding a bit of visual fun to your workspace. Baskets and bins can corral smaller items while still keeping them visible and, in many cases, create beautiful eye candy. Organization is a snap inside the drawers of your sewing machine cabinet with plastic trays purchased from the dollar store.

Ephemera can get out of hand. Get rid of sewing and quilting magazines, keeping only the ones with patterns or articles you plan to use at a later date. Donate the ones you no longer need to your local library, nursing home, thrift store or guild. Look at your quilting books, supplies and fabric in the same way. If you no longer need the information in a particular book or if a fabric no longer holds the appeal that it once did, think about passing those things along to someone just starting out. It can be expensive to start our wonderful hobby and passing along unused books, material or supplies can be a blessing to a new quilter.

Finally, about that yardage I mentioned in my last article. You know—the mountains of fabric that I just tossed into my closet for another day? Well many of you let me know that you were waiting, not so patiently, for a solution to that quandary so that you could follow suit. Rest assured that mine is now neat and tidy. I conquered the mountain and it's now sorted by color or theme and labeled so that I can easily place my hands on just what I need. Red, blues, golds, novelty, etc., all now have a place of honor in my walk-in closet and have drawers to 'live in' where every color can easily be found.

This meant moving out items that did not need to be in easy reach by moving those things to new locations or donating them and then filling

that space with functional storage. It took several days to sort things and decide what to keep, what to donate and what to throw away but this was time well spent. While I looked at some really nice—but very pricey metal pull-out drawers—in the end, I settled on several inexpensive Sterilite drawers in a wide width placed side by side under metal closet shelving that my husband installed. Measuring the space and careful planning was the key to success.

To me, getting organized is like a breath of fresh air. Being able to put my hands on just what I need, when I want it, is a great feeling. Now as long as I don't buy anymore fabric, I think I'm good to go. But, between you and me, we'll see how long that lasts.

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 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, Creatively Yours, and her newest, The Build A Quilt Workbook. 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 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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The Fight is On!

Mystery Quilt 2022 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

PART 2: Block 3 – 6 ½" X 6 ½" square- (Cut 33) – Color Set 3

Easy! Cut your blocks from Fabric G and set them aside for later!

PART 2: Block 4 – Flower block 6 ½" X 6 ½" - (Make 23) – Color set 4

For EACH block, Cut:

Fabric H:

1 – 1 ½" X WOF – cut 1 strip from each of your 4 shades – In diagram I will call the shades H1, H2, H3 and H4

Fabric I:

1 – 1" X WOF (dark green for flower stems)
2 – 1 ½" X WOF
1 – 1 ½" X 2 ½" rectangle (total of 23 needed)

Fabric J:

4 – 1 ½" X WOF
4 – 1 ½" X 2 ½" rectangles (total of 92 needed)
4 – 2 ½" X 2 ½" squares (total of 92 needed)
2 – 1 ½" X WOF (these will be sewn to Fabric H)
2 – 1 ½" X WOF

With right sides together, sew an H strip to a J strip (1 ½" X WOF) Sew a light H to a J; a medium H to a J; etc. Set the seam with your iron DO NOT Press open yet. Square up one end of each fabric set and sub cut into 1 ½" segments. Press the blocks towards the darker fabric. You will be making 4-patch blocks. From these sub cuts.

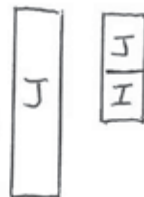


Stem of the Flower: Sew 1 ½" WOF Fabric J on either side of the 1" X WOF Fabric I (dark green). Press towards dark on both sides. Now you are going to fussy cut your stems. Lay the J/I/J strip vertically on your cutting table and place the edge of the ruler in the MIDDLE of the green strip diagonally. Using a thin marker, draw a 1 ½" line down either side. See diagram A. You need 23-1 ½" squares when you are done. The leaves are next. Right sides together, sew a 1 ½" X WOF Fabric I (dark green) to 1 ½" X WOF Fabric J. Press seam. Square up an end and sub-cut into 1 ½" segments. Press to the dark fabric. Right sides together, sew I/J segment to the 1 ½" X WOF Fabric J strip. Make sure the J strip is on the left side and the I/J segment is on the right with Fabric I towards the bottom. See Diagram B.



Diagram "A"

Diagram "B"



Sew a "stem" block to a 1 ½" X 1 ½" Fabric I piece. See diagram for placement. Then sew to a Fabric I rectangle. Refer to Diagram for assembly of the block. Make sure the light/medium(H1/H2) 4-patch block is in the top left corner and the H3/H4 4-patch is the center block.







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