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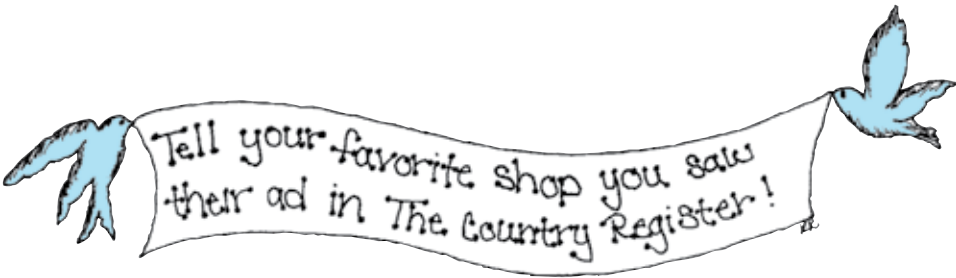
In this Issue

About Our Cover Art 4
Free Patterns 21
Map. 22
Recipes 4, 5, 8, 17
Quilt Guild Guide 18

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Meet our cover artist:

Kait Roberts

Kait Roberts describes her artwork as imaginative, loose, lively and full of color. She prefers a non-studied approach with space for imperfections, capturing an interesting and striking impressionistic moment, balancing realism with abstraction. "Color combinations, travel and mundane moments inspire me to paint often and not fear mistakes" says Kait. She feels that painting is natural, therapeutic and aligned with her deepest sense of self. Kait paints daily at her studio in the heart of downtown Cincinnati where the aliveness of the city pulses and intersects with her call to create. Her work hangs in public and private collections from Los Angeles to New York.



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



You're Simply the Zest!

Kirby and I are fans of tart flavours. I'm one of those people that if there is a lemon garnish on my plate or drink, I'll eat it. So, this month the focus is on lemons and their uses.

We really are fans of the fruit, we even splurged and purchased a lemon and a lime tree at the greenhouse this spring, and they currently in planters on our back patio.

They are setting fruit, which is pretty exciting – I'm really curious to see how big the fruit will get. The leaves when you rub them smell amazing too!

Did you know.... The origin of the lemon is unknown, though lemons are thought to have first grown in northeast India, with the genetics of the lemon showing that it is a hybrid between bitter orange (sour orange) and citron. Lemons entered Europe near southern Italy during the time of Ancient Rome. The lemon was later introduced to the Americas in 1493 when Columbus brought lemon seeds on his voyages. Spanish conquest then helped spread lemon seeds.

In 1747, James Lind's experiments on seamen suffering from scurvy involved adding lemon juice to their diets, though vitamin C was not yet known as an important dietary ingredient.

With its high amount of acid, lemon, like vinegar, is a terrific cleaning agent. The acid in lemons is antibacterial and antiseptic, and it acts as a natural bleach. The citrus smell of lemon is so refreshing and just makes you think "clean" ... just keep in mind that while lemons and lemon juice can do a great job with many household chores, it is not a disinfectant.

While it's common knowledge that the pith of the lemon causes the bitterness in lemon this is actually incorrect. If you're ever in the kitchen with a bit of time on your hands and a lemon, try tasting the components separately. You'll find the pulp sour, the zest a bit floral with just a tad of bitterness, and the pith will have no flavour. What happens though is if you combine the pith and the zest this triggers a chemical reaction between the two which intensifies the very slight bitterness of the zest.

Lemons even played a part of my childhood, for those of you who remember the Nancy Drew Mystery books, they inspired many a child to use lemon juice as invisible ink, developed by heat. I know I did this many a time using a toothpick as my pen!

Lemon juice can be used to increase the blonde colour of hair, acting as a natural highlight after the moistened hair is exposed to sunlight. This is due to the citric acid that acts as bleach. My hairstylist isn't going to be

impressed with me mentioning this as I'm pretty certain she's had to repair other clients' hair over the years from this!

Lemon Chicken Piccata

This is more my thing than Kirby's, although he's happy enough to eat it! While the recipe calls for boneless, skinless breasts I often buy bone-in and do the deboning myself. If I'm feeling lazy, I don't even bother with that and just increase the cooking time. I make the dish with the capers as both of us enjoy them.

Serves 2

2 boneless, skinless chicken breasts - butterflied

½ cup flour

salt

pepper

1 egg

¾ cup bread crumbs or panko crumbs

5 Tbsp butter

Juice of 1-2 lemons (about 1/3 cup), reserving the lemon halves

½ cup chicken stock

2 Tbsp capers, coarsely chopped (optional)

Preheat the oven to 400° F.

Place each chicken breast between 2 sheets of parchment paper or plastic wrap and pound out to 1/4-inch thick. Sprinkle both sides with salt and pepper.

Mix the flour, 1/2 teaspoon salt, and 1/4 teaspoon of pepper in a shallow plate. In a second plate, beat the egg with a fork. Place the bread crumbs on a third plate. Dip each chicken breast first in the flour, shake off the excess, and then dip in the egg and bread crumb mixtures.

Heat 1 tablespoon of butter in a large saute pan over medium to medium-low heat. Add the chicken breasts and cook for 3 minutes on each side, until browned. Place them on a sheet pan and allow them to bake for 5 to 10 minutes while you make the sauce.

To make the sauce: Over medium heat, melt 1 Tbsp of the butter in the saute pan and then add the lemon juice, chicken sauce, the reserved lemon halves, 1/2 tsp salt, and 1/4 tsp pepper, and the capers. Boil over high heat until reduced in half, about 2 minutes. Off the heat, add the remaining 3 tablespoons of butter and swirl to combine.

Discard the lemon halves and spoon on the sauce over the chicken, and serve with a wedge of lemon for additional zip.

Lemonade Concentrate

I have no idea where this recipe came from originally, other than my Mom used to make it at least once every summer. I've continued the tradition of having this in our fridge during the hot months, as Kirby also loves it. We have done variations over the years...limes work great instead of lemons and we've also made it using a combination of sugar and Splenda™. One of our favourite ways to have it is to make carbonated water in our Soda Stream™ and add the concentrate to make sparkling lemonade. I know that the citric and tartaric acid can be a bit difficult to find. I usually can locate them both in health food stores though, and I have sourced the tartaric acid in a wine making store.

2 oz. (57 g) of citric acid

1 oz. (28 g) of tartaric acid

5 cups of sugar

Juice & finely grated rinds of 6 lemons

6 cups of boiling water

Mix all of the above together, and add when cooled

2 lemons juiced

When cooled, strain if you like (we never bother).

Store in fridge.

Creamy Key Lemon Squares

The fact that this recipe contains sweetened condensed milk makes the taste more reminiscent of a Key Lime Square. It's a little bit different in taste than a traditional lemon square, plus it's quick and easy to make.

- ½ cup unsalted butter
- ½ cup icing sugar
- ¼ tsp salt
- 1 cup flour
- 4 large egg yolks
- 1 can sweetened condensed milk
- 3 lemons juiced (about ¾ cup)



Preheat oven to 350° F. Butter an 8" square baking pan.

To make the crust: Beat butter, sugar and salt until light and fluffy. Add the flour and mix until just combined. Press the dough into the bottom of the pan. Prick the dough all over with a fork. Bake until lightly golden - 15 to 20 minutes.

To make the filling: In a large bowl, whisk together yolks, condensed milk and lemon juice until smooth. Pour over the hot crust in the pan, and return to oven, and bake until the filling is set - 25 to 30 minutes. Cool completely in pan.

Cowgirl Poet, Quilter, Entertainer



Yvonne Hollenbeck

Quilters Paradise

In these days of mass confusion, dreams of false hope and elusion
There's an ever-ending search for better life;
So I dreamed up an idea, and I'll kinder put it to ya
'bout a safe-house called a Quilters Paradise.

We will live there quite tribunal in a style of life, communal
Where all we have to do is quilt all day.
There'll be no duties for the women, no cookin', or no cleanin'
Where not a bit of work gets in our way.

There will be some cleanin' ladies and a day care for the babies
And we'll all have private rooms in dormitories;
And a rec hall for the hubbies full of TV's and hot tubbies
Where they can all hang out and tell their stories.

But the best thing of it all will be a great big Quilters Hall
Where there you'll meet your friends and quilt all day.
There'll be lots of quiltin' tables and a snack bar stocked with bagels
And what a place to quilt the time away!

But there's just one minor problem that will need a little solvin'
It's the task we'll have of financing this thing;
If one could win a lottery the problem would be solved, you see
But that will never happen, so it seems.

So the next best resolution that might be the right solution
Would be to start a new religious rite;
We could get a TV program full of patchwork and devotion
And solicit funds for this lovely paradise.

And those of you that's teachin' could surely take up preachin'
Performing miracles before our eyes!
With all the money we could raise, we'll all join hands and then give praise
As our dream comes true of a Quilter's Paradise!

© Yvonne Hollenbeck; 2021

Yvonne Hollenbeck, from Clearfield, SD, performs her original poetry throughout the United States, captivating audiences in her wake. She is one of the most published cowgirl poets in the West and is not only a popular banquet and civic entertainer, but also co-writes songs with many western entertainers. Yvonne also pens a 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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Nourishing our lives with Playtime is a valuable summer activity.

Playtime is important for adults for the same reasons it's beneficial to children - it helps activate our bodies and minds. It could involve a girlfriend getaway, dancing, singing, arts and crafts, quilt retreats or a myriad of other activities that get us motivated and engaged in life.

The joy of Play always evokes giggles and laughter, storytelling, memory-building, and just plain old fun! A good round of laughter is medicine for both body and soul. The Mayo Clinic website reports that "laughter is a great form of stress relief and that's no joke!" It continues with benefits stimulating our heart, lungs, muscles, and brain activity.

Long-term it improves our immune system and can relieve pain and improve mood.

GIRLFRIEND WISDOM: Doctor "Playtime" orders:
Get out in the sunlight and schedule Playtime today!

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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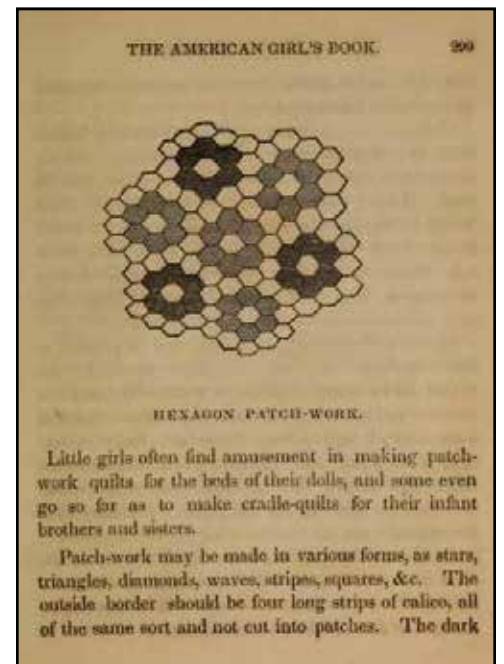


First Quilt Pattern Printed in America

by Rachel Greco

A popular quilt pattern of the 1830s was the Hexagon pattern, also known as Honeycomb or Mosaic Patchwork. This pattern, the oldest quilt pattern printed in America, was first published in 1831. Even before its publication, there were many American quilts of this style, as evidenced by those quilts that have been found and documented with dates far earlier than this first publication.

Research has shown that the hexagon pattern appears to have originated in England as far back as the 18th Century. Templates for these quilts have been found in England and were made as early as 1770, although the earliest known (and documented) American-made hexagon quilt is dated 1807.



Most of these early hexagon quilts were made using the English Paper Piecing Method, which consisted of first creating a paper hexagon pattern for each hexagon. Fabric was then cut one-fourth inch larger than the paper pattern for a seam allowance. The fabric was turned down over the edge of the paper pattern and basted in place. After completing a number of these hexagons, the edges of two pieces were lined up, front sides together, and whip stitched into place. Fabrics used included chintz or calico with color patterns ranging from dark to light brown or sometimes blue. A design appeared when six of these hexagons were sewn together to form a ring.

In 1831, the pattern Hexagon Patch-Work appeared in American Girl's Book or Occupation for Play Hours, written by Eliza Leslie, a well-known 19th century American author. A note accompanying the illustration explained that this type of patchwork could be made "in various forms, as stars, triangles, diamonds, waves, stripes, squares &c." The author described how to sew the hexagons together to create a ring and then how to connect each ring to create a quilt.

In the January 1835 issue of Godey's Ladies Book, editor Sarah Hale printed the design and instructions for creating a hexagon quilt. The text accompanying the pattern read, "Perhaps there is not patchwork that is prettier or more ingenious [...] than the hexagon, or six-sided, this is also called honey-comb patchwork."

One hundred years later, hexagon quilts continued to be popular. Unlike earlier 19th century hexagon quilts, by the 1930s, these quilts were bright and cheerful. A typical hexagon ring might consist of a solid yellow for the center, with colorful prints and solids in subsequent rows. They began to be called "Grandmother's Flower Garden," which could be a result of a hexagon pattern that appeared in the Grandmother Clark catalog. In this presentation, the rings were surrounded by a field of white or green to accent the design. Each hexagon was then hand quilted one-fourth inch away from each seam line. And, like their predecessors, all of the work was done by hand.

In her book, Clues in the Calico, published in 1989, Quilt Historian Barbara Brackman has noted that the hexagon design "sustained its popularity across the decades, changing from chintz to silk to wool to calicoes, first in brown cottons, then grays and then pastels."

Today, 1930s style hexagon quilts or their component parts can be found in antique shops, people's attics and flea markets. Although not many are made today, hexagon quilts are reminiscent of days gone by and these quilts continue to be a crowd favorite.

Rachel Greco owns Grandma's Attic, a traditional quilt shop in Dallas, Oregon. A quilt historian and avid reader, she gives talks on needlework as well as the role of women in American history and their connection to fabric. She has authored several books and patterns, and runs Grandma's Quilt Club, a monthly quilt class where participants collect quilt blocks, learn about quilt history and make new friends. Look for her at <https://grandmasatticquilting.com>.

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From Lydia’s Recipe File:

Cheese Stick Pencils

Make this tasty pencil to serve, or supply the ingredients and let everyone make their own edible pencil. This idea is write on.

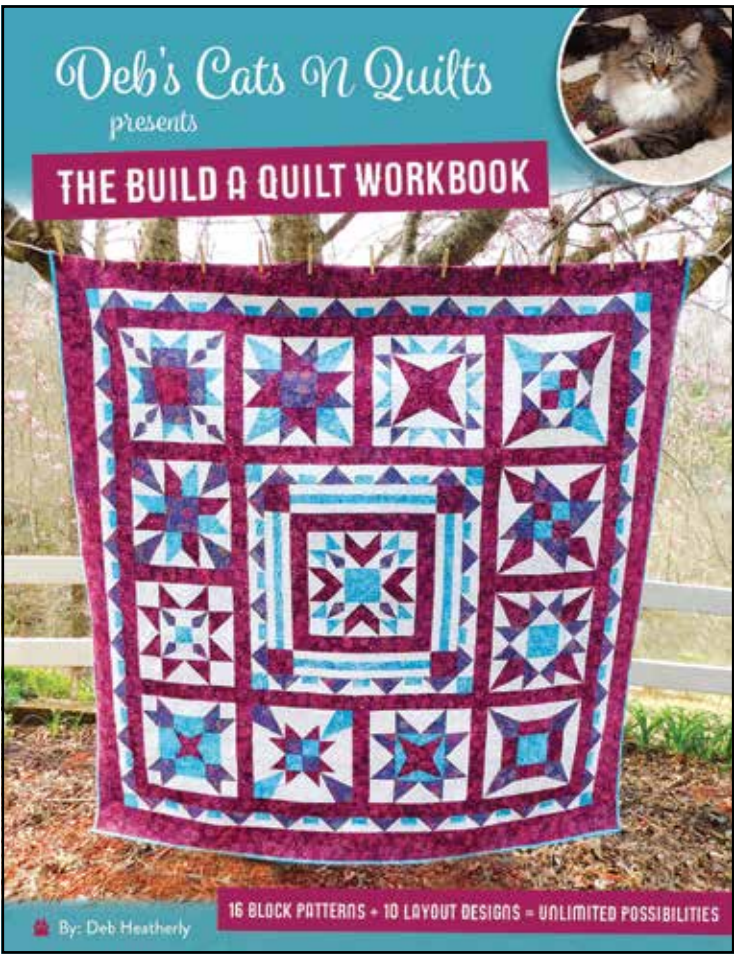
Ingredients:

- Cheddar or mozzarella cheese sticks
- Sliced ham, 1/2-inch thick
- Bugle corn snacks (1 per pencil)
- Raisins (1 per pencil)
- Mustard



Directions:

- For each pencil, cut one end of a cheese stick flat.
- Cut a small circle of ham for an eraser and attach it with a dab of mustard to the end of the cheese stick.
- Break off the upper part of a Bugle and use the pointed end. Press it onto the other end of the cheese pencil.
- Shape a raisin to become the lead in the pencil. Carefully push it onto the end of the Bugle point.
- Make enough pencils for each person to have one or more.



Deb's Cats n Quilts
New from Deb Heatherly:
The Build a Quilt Workbook

Are you ready for a new project? Deb Heatherly’s latest book may be just what you're looking for to inspire your creative spirit. The Build a Quilt Workbook contains directions for 16 blocks and 10 quilt layouts.

All of the blocks use the Creative Grids Kitty Cornered Tool- CGRDH5, some in combination with the Creative Grids® Ultimate Flying Geese Tool- CGRDH4. As an added bonus, the Build a Quilt Workbook can be used with any block that finishes at 12". Simply choose your favorite block, or a variety of blocks and insert them into the quilt design layouts found in the Workbook.

No matter what size project you want to make, this Workbook contains a layout for you—from simple settings, to on-point settings as well as 2 medallion settings. Choose your favorite blocks and begin building your own unique quilt. With so many blocks and numerous layout options, the possibilities are endless!

NOTE: Grids Girls Block Party Patterns #1, #2, #5, #6, #7, #8, #10, #13 and #14 all have blocks that finish at 12". They can all be used with the layout designs in the workbook as well as the blocks from the 'Cat'apult and Whiskers n Catnip block of the month patterns.

The Build a Quilt Workbook by Deb Heatherly, Palmer publishing, is scheduled for release on July 1, 2021. The soft cover book is 8.5 in. x 11 in., 60 pages and the retail price is \$19.99. The Workbook will be available at <http://www.debscatsnquilts.com>.

Deb's Cats n Quilts Designs is the home of Creative Grids Designer Deb Heatherly. To keep up with what's going on in the studio and Deb's activities, follow her on Facebook and join her online group "Grids Girls." You can learn more about Deb at <http://www.debscatsnquilts.com/about-me.htm>.



Pieces From My Heart

by Jan Keller

Summertime Taste Sensations

It was our dream-come-true vacation when several years ago my husband and I traveled to New Zealand. After the very long flight we boarded a cruise ship and visited many towns on both the north and south islands. We found the country to be as beautiful as we'd always imagined and the New Zealanders exceedingly friendly.

We enjoyed all of our shore excursions, but I was especially excited to sign up for a visit to a sheep ranch which included lunch with the family who owned the ranch. In addition to watching the shepherd and his trained sheepdog herd the sheep, I was eager to see inside a typical New Zealand home—and to taste typical New Zealand home cooking.

My husband John and I thought New Zealand seemed like a perfect place to live. The weather was wonderful and reportedly moderate all year. We were surprised to learn that there is no need for screens in New Zealand. They don't have flies or bugs. In warm weather they simply leave their doors and windows wide open. In addition, they also don't have any snakes.

Our visit to New Zealand was in January, because the seasons are reversed, we delighted in the summertime taste sensations our hostess served family style in her back yard. In addition to almost every imaginable barbecued meat offering, her menu included a couple of simple salads with ingredients I never realized could be so complementary. I'm sharing these salad recipes with you because they were simply sensational—and perfect for serving at your next backyard gathering!

WATERMELON, CUCUMBER AND ONION SALAD

Watermelon, cut in chunks	Cucumbers, sliced
Onion, thinly sliced	2 tablespoons Salad Oil
2 tablespoons White Vinegar	1 tablespoon Brown Sugar
2 tablespoons Mint, chopped	1 cup White Wine

This recipe, as given to me, did not indicate amounts of watermelon, cucumber or onion—but don't worry because this aspect of the recipe is flexible. Watermelon would be primary, cucumber secondary, and onion complementary. You can play with the amounts of each as you prepare and combine them. The remaining ingredients should be mixed together, poured over the salad and tossed. The dressing is adequate for a medium-sized salad.

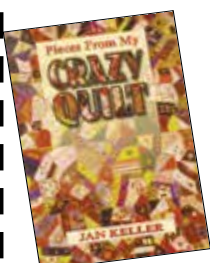
STRAWBERRY AND MUSHROOM SALAD

Fresh Strawberries, sliced	Fresh Mushrooms, sliced
French Salad Dressing, of choice	1-2 tablespoons Mint, chopped
Fresh Lemon Juice	Sour Cream

This recipe, as given to me, did not include specific amounts of most of the ingredients, but the recipe is flexible. Simply slice the strawberries and mushrooms together in a bowl. Mix together French salad dressing, mint, lemon juice, and sour cream according to taste and toss together with the fresh strawberries and mushrooms.

©2021 Jan Keller. No reprint without permission. Jan shares other pieces of her life in her books, *Pieces From My Crazy Quilt*, and *The Tie That Binds*. These books can be ordered by calling 719-866-8570, or writing to: Black Sheep Books, 11250 Glen Canyon Drive, Peyton, CO 80831

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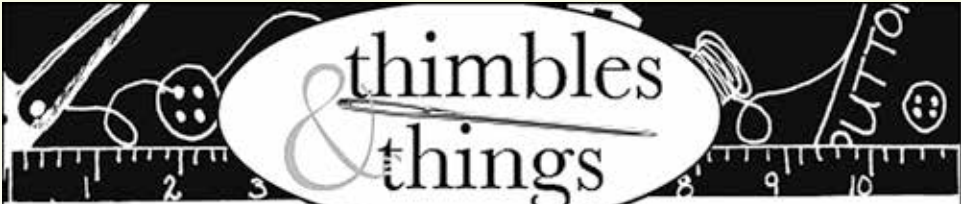
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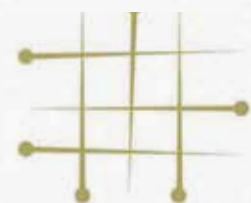
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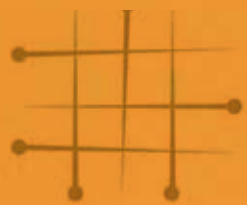
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A Cup of Tea with Lydia

by Lydia E. Harris




The ABCs of a Back-to-School Par-TEA

This fall is a real celebration of going back to school. Although the 2020-2021 school year ended with many students attending classes online, now we hope schools will be open and classes will be held in person face-to-face. So, let's have a par-TEA to celebrate! Here are some ABCs to get started.

A. Whom will you invite?

Anyone can celebrate back to school. Young school kids and their moms would enjoy a par-TEA. But back to school is also a milestone for college students and teachers. And since September 12 is Grandparent's Day, an intergenerational tea would be fun.

Here's how I hosted a back-to-school tea for my three school-age grandkids, their mom, and me.

B. How will you decorate?

The pencil boxes at the Dollar Store inspired me to plan this par-TEA. Purchase supplies needed for school and place them in a basket as a centerpiece. Include pencils, pens, crayons, scissors, erasers, paper pads, and notebooks. Then let the kids take them home after the teatime.

For a cheerful table, decorate with primary colors: red, yellow, and blue. I kept things casual with paper plates and placed a napkin and pencil beside each plate. I also set small chalkboards as welcome signs by each place setting. My grandkids enjoyed writing messages and playing word games such as hang-man on their chalkboards.

Or, if you want to fuss a bit, make a bouquet of paper flowers using pencils as flower stems. Cut out colorful construction paper or tissue-paper flowers and slip them on the eraser ends. Place them in a small pot or glass to make an arrangement. Each guest can take a pencil or two home when they leave. This pencil bouquet would also make a cute gift for a teacher.

School and books go together, so it seemed a good time to put out some of the colorful storybooks I had collected and read to the grandkids over the years. Now they could choose ones they wanted to take home and keep. One book they especially liked was *Rainy Day Games: Fun with the Animals of Noah's Ark*.

C. What will you serve?

Instead of a fancy tea menu, how about serving after-school snacks? My grandkids enjoy eating popcorn, cheese, and apples, so that was part of my menu. I served gluten-free popcorn, a large bowl of different kinds

(story cont. on next page)

Hamilton

(story cont. from page 14)

of colorful apples, and mozzarella and cheddar cheese sticks. Their mom sliced the apples they chose, and they helped themselves to the popcorn.

I also had cream cheese spread and miniature marshmallows available so they could make Great Grins, a recipe from my cookbook. Two red apple slices become the lips, miniature marshmallows are the teeth, and the cream cheese holds them together.

Another way to launch the school year with popcorn, cheese, and apples is to make the rocket snack recipe found in my cookbook. A cheese stick is the rocket, half an apple becomes the launching pad, and the popcorn is the exhaust.

For older students or teachers, change the menu to mini bagels with strawberry-flavored cream cheese and topped with fresh strawberry slices. Or spread bagels with cream cheese with herbs or vegetables and add thinly sliced cucumbers. If you wish, also serve Cheese Stick Pencils. (See recipe.)

Sweets are always a hit, so I made frosted apple-shaped sugar cookies. They looked cute served from my daughter's lunch box from her grade-school days. My granddaughters were hungry for coconut, so we filled paper muffin liners with shredded coconut to add more sweetness. (At Grandma's house you get what you want.)

Of course, every tea par-TEA needs one or more tea blends. For our teatime, we sipped my grandkids' favorite Country Peach Passion herbal tea with sugar cubes.

Whether you or someone you know is going back to school or not, why not plan a par-TEA? Any time is a good time to build friendships over a cup of tea.

Sipping once, sipping twice, sipping tea is always nice.

Lydia E. Harris holds a master's in home economics and has been writing this tea column for 22 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*.

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As Nature Takes Confident Charge

by Annice Rockwell

During the months of summer, we are surrounded with bountiful reminders that the beauty of nature is now at its peak. All of our dreams from a winter's afternoon planning our summertime gardens and spring mornings spent tending to planting and weeding, bring us now to a garden we can be proud of as nature takes confident charge. With summer underway, our job now is to just sit back and enjoy all that is to come.

Early morning glimpses of the striking, tall, red stands of beebalm remind us of nature's continuity as they appear to bloom on almost the same day each year—the day that we celebrate our nation's independence. These explosions of color provide us a sense of meaningful connection and even more so when our friendly hummingbird makes her speedy way to their beautiful red blooms. A leisurely morning may also bring us to our planted vegetables that are beginning to show such promise as a complement to an evening midsummer meal or a crisp, cool snack in the middle of a hot, summer day. Without a doubt, our efforts of spring yield a reward in summer that goes far deeper than a refreshing temporary treat.

Nature's Splendid Summer

Summer months provide us a much-needed reprieve from the hard work of spring. Our time can be spent more effortlessly now and for that we are grateful, for we have earned it. We can often indulge in afternoons spent under a huge tree that provides mottled shade so we can enjoy a favorite book with a tall glass of lavender lemonade by our side. We can now linger over a second cup of coffee as we observe our sweet flock of chickens chirping with delight when we share corn from our gardens right off the cobs. Summertime also lets us linger in the joys of more creation. With more time for leisure, our souls are often fueled by a desire to create. Projects planned earlier in our year can now be accomplished with more ease and with a fresh eye. With the calm of summer our ideas can come freely full circle until the cycle begins again. Whether our creativity brings us an innovative idea for a fresh summer meal or whether it brings us to a larger project of designing a new room for our home, summer months also provide us the luxury of sharing our creations. Friends and family can visit and happily linger to enjoy much-deserved time together surrounded by the magic of nature's splendid summer.

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



Town and Country Cooking

By Janette Hess

Stratford



Abundant Salads

From heat and humidity to cucumbers, tomatoes, onions and peppers, summer is the season of abundance. Luckily, garden-fresh summer foods make hot weather more palatable.

Cucumber Salad is a simple, old-fashioned side dish that delivers great crunch and flavor. To guarantee the signature crunch, use salt to draw excess moisture out of the cucumbers before assembling the salad. If refined sugar is an ingredient you wish to avoid, replace it with agave nectar. Either way, the "sweet and sour" taste is achieved.

In Potato Salad with Cucumbers, salt once again is used to draw excess moisture out of the cucumbers. This encourages crunchiness and keeps the salad from turning soupy. Cucumbers make the salad lighter and a bit more refreshing than traditional potato salad.

Spanish-inspired gazpacho is a cold soup, but this summer try its traditional ingredients as a salad. If desired, add a modern twist in the form of diced avocado.

Cucumber Salad

- 3 cucumbers
- ½ yellow onion
- ¾ teaspoon salt
- 3 tablespoons sugar OR 2½ tablespoons light agave nectar
- 3 tablespoons white or tarragon-flavored vinegar
- ½ red or yellow bell pepper, diced

Peel cucumbers and cut in half lengthwise. Scoop out seeds. Slice. Cut onion into rings; cut rings in half. In large bowl combine cucumbers and onions. Add salt. Toss. Refrigerate 2 to 3 hours. Drain well. Mix vinegar and sugar or agave nectar. Combine with cucumbers. Add diced bell pepper. Makes 6 servings.

Potato Salad with Cucumbers

- 3 large russet potatoes, baked or boiled in skin
- ½ cup Italian salad dressing, regular or reduced fat
- 4 green onions, including tops, sliced
- 2 stalks celery, trimmed and diced
- ½ teaspoon celery seed
- Freshly ground pepper
- 2 cucumbers, peeled, seeded and chopped
- ½ teaspoon salt
- ½ cup mayonnaise, regular or reduced fat
- ½ cup sour cream, regular or reduced fat
- 1 teaspoon Dijon mustard

Peel and dice potatoes when cool enough to handle. Place in large bowl and toss with salad dressing, onions, celery, celery seed and generous sprinkling of ground pepper. In separate bowl, toss chopped cucumbers with salt. Refrigerate both bowls for 2 to 3 hours. One-half hour before serving time, combine mayonnaise, sour cream and mustard. Fold into potato mixture. Return to refrigerator. At serving time, drain cucumbers very well and stir into potato mixture. Makes 10 to 12 servings.



Gazpacho Salad

- 3 cups cucumber chunks or slices
- 3 cups peeled, seeded tomatoes, cut into chunks
- ½ cup diced celery
- ½ cup diced red bell pepper
- ½ cup diced red onion
- ¼ cup fresh, chopped parsley
- 2 cloves garlic, diced
- 3 tablespoons red wine vinegar
- 2 tablespoons olive oil
- 2 teaspoons Worcestershire sauce
- 1 5½-ounce can (or equivalent) "hot and spicy" tomato-vegetable juice
- Salt and pepper to taste
- 1 avocado, peeled and diced (optional)

Combine vegetables, parsley and garlic in large bowl. In separate bowl, whisk together vinegar, olive oil, Worcestershire sauce and juice. Pour over vegetables. Add salt and pepper to taste. Just before serving, stir in diced avocado, if desired. Makes 10 to 12 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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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.
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 Sldr, 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'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.

Building Harmony

Doors

by Jeff Capps



Besides living the life of a poor country writer, I am also a poor country renovator. (That's poor as in "little money," not the other thing.)

I do all kinds of work: plumbing, electrical, tiling, painting, etc. When someone has a problem, they call me. One particular day I got a call to go fix a broken door in one of my apartments. A guy named Ken answered the door and invited me in. I looked around. The apartment was in good shape and well kept.

"Glad to see you. Come on in." He showed me to a bedroom in the back. "This is my daughter's room."

As I inspected the door, I noticed a "To Do" list written on the backside in black felt marker:

To Do:

- 1) Eat a dragon
- 2) Tame the wind
- 3) Access psychic powers
- 4) Fly
- 5) Be invisible
- 6) Eat 500 pizzas

"My daughter's idea," Ken went on, "She's four. I wrote it out for her."

A foot below the To Do list was a hole in the door. That's the reason I was there. Below that was more felt marker:

- 7) Kick a hole in the door

That one wasn't very neatly printed and had a nasty check mark next to it.

"My daughter and I had an argument. I told her to go to her room. She stormed off, slammed the door, then kicked a hole in it."

"Pretty good kick for a four year old," I replied.

"I wrote the last point to remind her she's already done this and doesn't need to do it again. She said she was sorry," he said apologetically.

Then we both had a little laugh. I set about replacing the door.

It was a simple job. I'd done it many times before. The thing about working alone is you have time to think about things as you quietly go about the work. Of the dozens of doors I've replaced, this one stuck with me. Maybe because it was a bit of an intimate look at the relationship between a man and his daughter. It was a piece of their history. Also, it made me wonder how you would go about eating a dragon and how many pizzas I've consumed.

Funny thing about doors. They are everywhere and they have a profound effect on us. They define our spaces. Sometimes they keep us in; sometimes they keep us out. We open them to welcome other people and sometimes we close them to be alone. You can slam it to show you're mad or close it gently when you're thoughtful. If only doors could speak. What stories they'd tell.

Thankfully every bathroom has a door on it, and a lock is a good idea, too.

But doors don't open or close by themselves. (If they do, they're broken and people call me.) No, we open and close them ourselves.

I often think about doors I should have opened instead of closed. I wonder what would have happened if I hadn't opened the door to my wife. I'd probably still be a poor writer/contractor living alone or maybe a rich movie star—but probably not.

Anyhow, the point is that doors of all kinds are important and life is all about knowing when to open them and when to close them. Also, it's important to call the right people when they're broken.

I kept that little girl's door and hung it in my shop to remind me that sometimes it's okay to think like a child; maybe even kick a door once in a while. I haven't been able to tame the wind, fly or become invisible but I am working on the 500 pizzas.

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The Dropped Stitch

by Sharon Greve

Got Stash?



What a silly question. Right? It's especially true if you are a knitter. Life moves along and then wham! Your yarn stash has grown into a monster inventory. Perhaps the following shopping knitter's logic sounds familiar:

1. It talked to me—called my name.
2. It will go with the yarn I bought last year.
3. It's so pretty; I'm sure I'll use it someday.
4. It's a great price—probably won't be there tomorrow.
5. It's less expensive and more fun than a psychiatrist.
6. It won't break, need dusting, feeding, walking, or watering.
7. It's non-fattening.
8. I can store it in the car trunk and nobody will know.
9. It's allowed on airplanes—my new travel companion.
10. Oh, what the heck! At this age I need all the yardage I can get!

The big question now is how to control your stash. Consider the following tips for de-stashing:

1. If you can actually see your yarn, you are more likely to use it. Out of sight-out of mind!
2. Shopping in your stash saves time and money as well as depleting your inventory.
3. How many UFO's (Unfinished Objects) are hiding in your stash? Which ones do you really want to complete? What is needed for completion? Set a deadline to finish them. Donate the unwanted UFO's.
4. Give yourself permission to reduce yarns you don't like. It might have cost you a fortune or been a gift, but if you don't want to use it, don't! Donate, swap, or sell those unwanted yarns. Finding a home for yarn that's waited years for its moment in the sun is therapeutic—and reduces stash.
5. Use open baskets or pretty bowls to display your favorite yarns. Stash on display can double as home décor. They last longer than flowers.
6. Have leftovers from larger projects? Make up knitting kits of colors and textures in unexpected ways for last-minute gifts to minimize the stash. Include inspirational patterns, if possible.
7. Sort remaining stash by color within each weight range. Color wheels are helpful but arranging dark to light with the eye is less complex. Because knitters are creatures of habit and buy what appeals to them, chances are, your yarns will combine harmoniously.
8. Sort by yarn type. Yarns of the same construction share certain characteristics, but sometimes fiber content has a greater effect on the way the yarn feels and balances after knitted. Nothing is concrete for selecting or substituting yarns, but knowing something about their construction does help.

There is no right or wrong way to sort or organize your yarn stash. Focus on what you have and what you want to use, and be a more conscientious shopper and knitter.

Enjoy De-stashing!

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The Layers of Magic

by Kerri Habben Bosman

Sometimes a memory climbs through the decades and I am 9 years old again. I listen as a ball lands on a piece of wood. This ball was slightly smaller than a tennis ball and had a harder composition. It swirled with colors and it bounced incredibly well. It made the most satisfying thunk as it rebounded off the stone floor. My grandmother kept the ball on a shelf next to the door to their screened-in porch. Beside the ball lived a narrow piece of siding about ten inches long and four inches wide.

Sometimes I merely bounced this ball in the porch, making it climb as high as I could without hitting the ceiling. I wasn't allowed to play with a ball inside yet there I was surrounded by walls made of screens.

Therein lies some magic.

I can still feel the sweat prickling my skin and, also, the respite from the summer sun. More than that, I sense the people who were with me then. My grandmother and grandfather, whom I called Huba and Poppy, and my grandmother's brother and sister, Aunt Wilma and Uncle Henry. Each of these steady, loving people lived across the street from us when I was growing up. I was lucky to have daily doses of what felt like two sets of grandparents.

The ball and siding game was a summer ritual for us. Huba and I stood on opposite ends of the rectangular porch. Usually Uncle Henry, with his gentle precision, would place the piece of siding in the center of the floor. The wood was slightly warped and rocked back and forth.

We threw the ball to each other trying to hit the siding and also have it project the ball to the other person. Poppy and Aunt Wilma would count how often we achieved this. Sometimes we simply tallied up when the ball made that delicious cracking sound against the wood. We kept a mental score but no one ever won or lost.

I wonder if the adults enjoyed it as much as I did. I believe they did, as there was always laughter. Perhaps they appreciated it even more than I did. Unlike a child, they knew the true value of a carefree moment.

Huba and Uncle Henry each had more important things to do than simply play with me. Poppy and Aunt Wilma had larger concerns than the amount of times a ball struck a piece of siding. Both of the latter were either using a walker or in a wheelchair. Poppy struggled with Parkinson's disease and Aunt Wilma was limited by carotid artery disease. Huba and Uncle Henry were their caregivers. My mother, while caring for her own family, assisted them with whatever they needed.

Every day, Huba did laundry and remade beds. She and Uncle Henry assisted Poppy and Aunt Wilma with washing, dressing and walking. Yet they found time for a child's fascination with a ball and a piece of siding.

They gave me a summer memory I could carry with me through all the seasons of my life. They were teaching me how to live through their ability to balance each challenge and every joy. It is a lesson I didn't know I was learning until I needed it later on.

Therein lies more magic.

These years later, I treasure the privilege of being a bonus grandparent to my husband's seven grandchildren. When I am with them, I feel my grandparents and Aunt Wilma and Uncle Henry. I sense how they lived and loved. Then I do my best to carry it on.

Therein lies the complete magic.

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.



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Ancaster	The Quilt Rack.....	pg. 10
Barrie	All About Sewing Machines	pg. 2
Barrie	Hummingbird.....	pg. 16
Brampton.....	Brampton Sew N Serge	pg. 2, 10
Brockville.....	Taylor's Sewing.....	pg. 9, 24
Cornwall	Auntie Em's	pg. 6
Cornwall	Ron's Fabrics	pg. 6
Dryden	The Quilting Trunk.....	pg. 21
Espanola.....	Cindy Bee's Quilt Shoppe ...	pg. 20
Harriston.....	The Quilt Jeannie	pg. 10
Hamilton	Hamilton Sewing.....	pg. 2
Hamilton	U-Quilt-It.....	pg. 15
Ingersoll	K & A Quilt Studio	pg. 2, 15
Kanata	Maker Savvy	pg. 9
Kemptville	Kemptville Fabric Shoppe...	pg. 9
Kingston.....	Stitch by Stitch	pg. 2, 24
Maxwell.....	Threads That Bind.....	pg. 16
Mount Forest.....	Creekbank Sewing	pg. 15
Mount Forest.....	Knotty Pine Fabrics.....	pg. 14
Mulmur.....	The Retreat at the Farm	pg. 14
New Liskeard	Gem Sewing	pg. 20



North Bay	The Sewing Machine	pg. 2, 24
Old Castle	The Sewing Shoppe	pg. 10
Orleans	Quilty Pleasures	pg. 5, 24
Ottawa	Sew -Jo's	pg. 2
Ottawa	Sewing Machine Hospital...	pg. 24
Perth.....	Perth Fabrics	pg.9
Petrolia	Stitcharie	pg. 2, 14
Pincourt	Mad Moody Quilting Fabrics ..	pg. 8
Prescott	Watergirl Quilt Co.	pg. 8
Russell	Quilter's Barn & Gifts	pg. 6
Sault Ste Marie	Life's A Stitch.....	pg. 19
Severn	Thimbles & Things.....	pg. 11
Severn/Orillia.....	Century House Quilting	pg. 24
Shakespeare	The Quilt Place.....	pg. 16
Stratford	Sew & Save Centre.....	pg. 17
St. Marys	Kalidoscope of Quilts.....	pg. 16
Sudbury	Gem Sewing (NEW LISKEARD)	pg. 20
Teeswater.....	Sanity Hill	pg. 10
Thunder Bay	Circle of Friends	pg. 21
Tiny	Forest Toad Retreat	pg. 10
Woodville	Bolts & Bobbins	pg. 9
Wiarton	Mothers' Fabric.....	pg. 14

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