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October / November 2016 Issue

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Dearest Readers,

Time really does fly! Summer is already gone, and Autumn is here!

I hope that you all take advantage of the wonders of Autumn and experience it to the fullest. The highlights for me are always the crisp cool air, and the trees showing off their brilliant coloured leaves before going to sleep for winter (great time for scenic drives).

Yes, there is just “something” in the air, that feeling, those smells, those colours, that definitely tell us that autumn is here.

Why not take some time out for yourself and curl up with this issue while sipping your first hot cocoa of the season? Inside you will find inspiration, humour, great recipes, and an all-around good time, and most importantly, a great selection of stores from which to choose for your crafting needs (when visiting don’t forget to say, ‘I saw you in the Country Register!’).

Our entire team here at the Country Register of Ontario wishes you a wonderful Autumn season and a Happy Thanksgiving too!

Thanks and best regards,

Harriet

P.S. Go to [www.OntarioCountryRegister.com](http://www.OntarioCountryRegister.com) to find our latest issues on line. And, we are also on Facebook, so please "like" us there too!

Calendar of Events

..... ONGOING .....

MAY 21 - OCT 10 My Corner of the World - Art Quilt Exhibition, Stratford

..... OCTOBER .....

- OCT 1 2016 Needle Arts Fair - Cataraqui Guild of Needle Arts, Kingston
- OCT 1 - 2 Madawaska Studio Tour Fall 2016, Barrys Bay
- OCT 1 - 2 Art in the Fields, Pontypool
- OCT 2 Jazz & Blues Concert, Uxbridge
- OCT 1 - 16 Fall Colours Train Trips, Uxbridge
- OCT 10 Happy Thanksgiving
- OCT 14 - 16 5th Annual Espanola Fibre Arts Festival, Espanola
- OCT 14 - 16 Historic Textiles & Fancy Goods of La Cloche & North Shore Regions, Espanola
- OCT 14 - 23 Agh World Film Festival, Hamilton
- OCT 15 - 16 20th Anniversary Quilt Show - Northshore Pins & Needles Quilting & Stitchery Guild , Espanola
- OCT 15 - 16 Lakeshore Art Trail 17th Annual Art Show & Sale, Mississauga
- OCT 15 - 16 Art Studio Tour & Art Sale, Richmond Hill
- OCT 15 - DEC 15 Woolly Block Adventure Fall 2016
- OCT 20 - 30 International Festival of Authors, Toronto
- OCT 21 - 22 Road to Friendship – The London Friendship Quilters’ Guild, London
- OCT 21 - 23 Annual Vintage Film Festival, Cobourg
- OCT 21 - 23 Vintage Film Festival, Port Hope
- OCT 22 - 23 Garden of Dreams – The Magic of Cloth ~ Act VI Quilt Show – Dufferin Piecemakers Quilting Guild, Mono
- OCT 27 - 29 Creativ Festival, International Centre, Mississauga
- OCT 28 - 29 Silver Extravaganza Quilt Show - The Durham Trillium Quilters' Guild, Oshawa
- OCT 29 - NOV 27 World of Threads Festival, Oakville
- OCT 31 Happy Halloween

..... NOVEMBER .....

- NOV 1 - JAN 31 Historic Textiles & Fancy Goods of La Cloche & North Shore Regions, Blind River
- NOV 5 - 6 4th Annual Holiday Gift & Craft Show, Sault Ste Marie
- NOV 5 - 19 River Arts Festival, Dunnville
- NOV 7 - 13 Hamilton Film Festival, Hamilton
- NOV 12 Lanark County Quilters’ Guild Fall Sale & Luncheon, Glad Tidings Pentecostal Church, Perth
- NOV 12 Christmas Craft Show, Mt. Forest
- NOV 17 - 20 Gourmet Food & Wine Expo, Toronto

..... 2017 .....

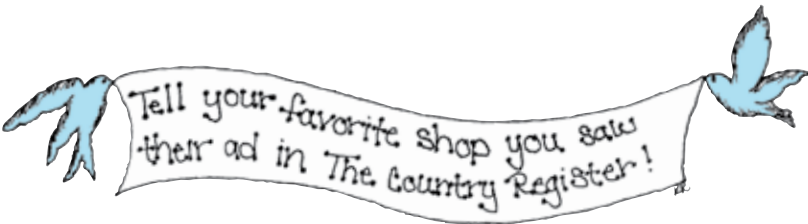
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Ireland: June 5-16, 2017 & June 19-3 , 2017; Scotland: Sept 13-24, 2107

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**Our Search for Cover Artwork –**

Across Canada and the U.S, you can always tell *The Country Register* by it’s 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](mailto:OntarioCountryRegister@gmail.com)

Meet our COVER ARTIST:  
Yvonne Callaway



Three years ago I left Montreal for Alexandria, Ontario. I LOVE the change! Folks here take time to look one another in the eye, chat & share stories. A walk to the post office takes 15 minutes because of the conversations – and I live across the street from it!

The move from Montreal to rural Ontario feeds my soul & imagination. The pace of life, mindset & knowledge of my country neighbours are stimulating. So is the daily interaction with nature.

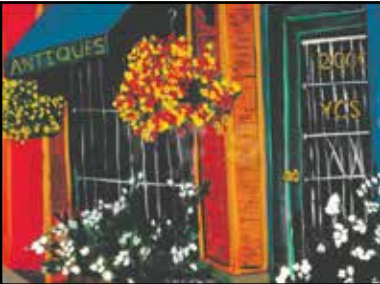
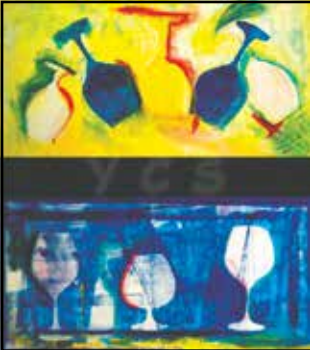
I’ve been painting and selling for 20 years. I work in acrylic & mixed media, creating whimsical views of life in brilliant colour. I have to paint, getting downright grumpy if kept from it for too long. I'm empathetic & capture subtleties of my subjects in dazzling colour. There is also a significant dose of frivolous eccentricity.

I began teaching acrylic painting in town this year. It is inspiring. Folks who hadn’t painted before are producing works of intense feeling & beauty. Their enthusiasm & questions keep me on my toes – if you want to learn something, teach it!

Fall was the first of a seasonal series and now belongs to a young couple in Montreal. At 40 x 30 inches (102 x 76 cms) the painting has presence & joy. It is an imaginary site, influenced in part by the Montmorency Falls outside of Quebec City.

My works are in corporate & private collections in Europe, North & Latin America. My current work - much of it farm-related - is dedicated to joy.

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## Town and Country Cooking

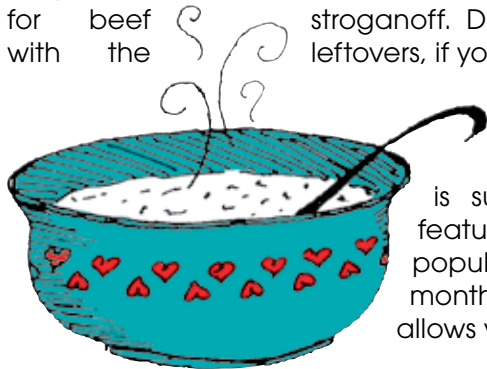
# No - Risk Bisque

By Janette Hess



Cool days call for hot, hearty soups. This fall, let bisque take you out of your chili-and-chicken-noodle-soup comfort zone. The term "bisque" once was reserved for soups with a seafood base, but current usage applies it to most any smooth-textured soup.

Rich Mushroom Bisque is for mushroom lovers only. Risk it, and you'll never again be satisfied with canned cream of mushroom soup. This bisque also can double as a sauce for grilled steaks or as a base for beef stroganoff. Don't be timid about experimenting with the leftovers, if you have any.



Butternut Squash Bisque is a perennial favorite. Despite its sophisticated taste and look, it is surprisingly simple to make. Soups featuring roasted red peppers also are popular, especially in fine restaurants. This month's Smokey Pepper Bisque recipe allows you to bring the elegance home!

### Rich Mushroom Bisque

- 2 tablespoons butter
- 2 tablespoons olive oil
- 1 medium onion, diced
- 1 pound fresh white mushrooms, cleaned and sliced
- 1 medium carrot, peeled and diced
- ¼ cup sherry (optional)
- ½ ounce dried porcini mushrooms
- 1 clove garlic, minced
- 1 teaspoon sweet paprika
- 1 teaspoon dried marjoram
- 2 cups beef broth
- 1½ cups water
- ¾ cup light cream ("half and half")
- 1 to 2 ounces blue cheese (¼ to ½ cup crumbles)
- Freshly ground black pepper

In large pot, heat butter and oil over medium heat. Add onion and sauté until onion is softened, approximately 10 minutes. Stir in fresh mushrooms and chopped carrot. Cook an additional 10 minutes, or until mushrooms release their liquid. Add sherry, dried mushrooms, garlic, paprika, marjoram, broth and water. Cover and slowly simmer until carrots and dried mushrooms are soft, about an hour. Remove from heat and cool slightly. Using food processor or blender, process mixture until very smooth. Return to pot. Add cream and heat through, taking care not to boil. Whisk in crumbled blue cheese 1 tablespoon at a time. Taste after each addition, stopping when desired saltiness is achieved. Season with freshly ground pepper. Makes approximately 6 cups soup. If desired, garnish with fresh chives and a swirl of cream.

Serving suggestion: If a chunky mushroom soup is desired, sauté an additional ½ pound of fresh mushrooms in 1 tablespoon butter. Add to soup before serving.

### Butternut Squash Bisque

- 1 medium butternut squash (2 to 2½ pounds)
- 2 tablespoons butter
- 2 tablespoons olive oil
- 1 medium onion
- 2½ cups chicken stock
- ¼ teaspoon black pepper
- ¼ teaspoon dried thyme
- 3-4 drops hot pepper sauce
- ½ cup light cream ("half and half")
- Salt to taste

Prepare squash by carefully slicing lengthwise and removing seeds. Wrap each half in aluminum foil and place on baking sheet. Roast at 375 degrees for approximately 1 hour, or until squash is very soft. Remove from oven. When cool enough to handle, scoop out flesh and set aside.

In large pot, heat butter and oil over medium heat. Add onion. Slowly cook and stir until onion is very soft, 15 to 20 minutes. Add squash, stock, pepper and thyme. Cover and simmer for 10 minutes. Remove from heat and cool slightly. Using food processor or blender, process mixture until very smooth. Return to pot. Add cream and heat through, taking care not to boil. Add salt, if necessary. Makes approximately 6 cups soup.

### Smokey Pepper Bisque

- 3 large, red bell peppers
- OR jarred equivalent of roasted red peppers, cleaned, rinsed and drained
- ¼ cup diced shallot
- 1 medium carrot, finely grated
- 1 teaspoon minced garlic
- 2 teaspoons smoked paprika
- 1 tablespoon flour
- 3 cups chicken stock
- 2 ounces smoked Gouda cheese, finely grated
- 2 ounces cream cheese
- 1½ teaspoons dried basil
- Salt to taste

If using fresh peppers, cut, seed and quarter peppers. Lay skin side up on rimmed baking sheet. Broil until skins are blistered and blackened. Quickly remove from oven and wrap in aluminum foil. When cool, peel away loosened skins and discard. Refrigerate until needed, up to three days in advance.

In large pot, heat butter and olive oil over medium heat. Add shallots and sauté until soft and fragrant. Add roughly chopped peppers, garlic and grated carrots. Simmer until vegetables are completely softened. Add paprika and flour. Stir to combine. Add stock and simmer for 20 minutes. Remove from heat and cool slightly. Using food processor or blender, process mixture until very smooth. Return to pot. Add cheese, cream cheese and basil; whisk to combine. Heat through but do not boil. Add salt, if necessary. Makes approximately 4 cups soup.

*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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## SANDY'S BROCCOLI CASSEROLE

1 head of broccoli                      1 can mushroom soup

1½ cups of cheddar cheese            ½ cup milk

1 box Uncle Ben's Rice (long grain & wild rice)  
cooked as per box instructions.

Chop the broccoli into bite size pieces. Add the cooked rice and cheese. Mix the soup and milk together and add to the broccoli and rice.

Bake 30 minutes at 350 degrees. Serve hot.



©2016 Lesley R. Nuttall. Lesley R. Nuttall is the author of "Secrets of Party Planning" and lives in Dryden, Ontario, Canada with her husband.

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## It's Party Time with Lesley

by Lesley R. Nuttall

### Sister's Reunion



What could be more fun than partying with three wonderful sisters? Every few years, my sisters and I have a Sister's Reunion. We are spread out across

Canada, so we meet at different locations. Last time, we met in Edmonton, Alberta, and this year we met in Winnipeg, Manitoba. Sister Julie and daughter Penny came from Thunder Bay, Ontario, Sandy and Don from Pinawa, Manitoba, Beryl and Rey from Edmonton, Alberta, and Craig and I from Dryden, Ontario. We also invited our cousin Joanne (like a sister) and husband Terry from Eagle River, Ontario to join us.

We are not only sisters, but all very best friends. Our parents must be so proud looking down from above to see us enjoying each other's company and having fun together. When we were kids growing up, we always seemed to be fighting over something; our clothes, whose turn it was to wash dishes or even whose turn it was to play with the little red car in the sand box instead of the rusty old brown cars. We've come a long way, and it's always party time when we get together.

We had all booked into the same hotel and on the same floor. I had booked a suite so we would all be able to sit around and visit. The afternoon was so much fun with hugs all around, jokes and catching up on each others lives. We do keep in touch via email and telephone, but it's so much better in person. We decided to bring in food for our first meal, making it more convenient and less formal than going out to a restaurant. Our first planned event was to go to the Rainbow Stage for a live musical Johnny Cash show, called, "The Ring of Fire." And what a fabulous show it was. So many musicians each playing so many different instruments. As I'm a "wannabe" musician, I was in musical Heaven as I love to play his tunes on my accordion. After the show, we returned to our hotel and walked down to the Club Regent Casino to play a few games.

The next morning, we met in the restaurant for a hearty breakfast. Our planned afternoon was to visit the Winnipeg Assiniboine Zoo. There was so much to see! There were monkeys, llamas, cougars, camels, tigers, a red kangaroo, and an ocelot which looked like an overgrown cat with spots. There was horse drawn wagon rides, and as sister Beryl has horses, we had to check out the horse barns. The Dinosaurs Alive was a new event with 15 lifelike dinosaurs that had lived across the globe. We spent a lot of time observing the three polar bears in the Aquarian like bubble, while they were swimming around, up and over the people watching, each bear doing their own thing, playing with their toys, or play fighting each other. It was very entertaining to watch.

On returning to our hotel, we were all hungry from the vigorous pace at the zoo, and so headed downstairs at the Casino for an elaborate buffet fit for a king. Although we had planned on going back to our suite for dessert, we all took advantage of the fabulous desserts they had to offer. The rest of the evening was spent visiting and taking part again in some games.

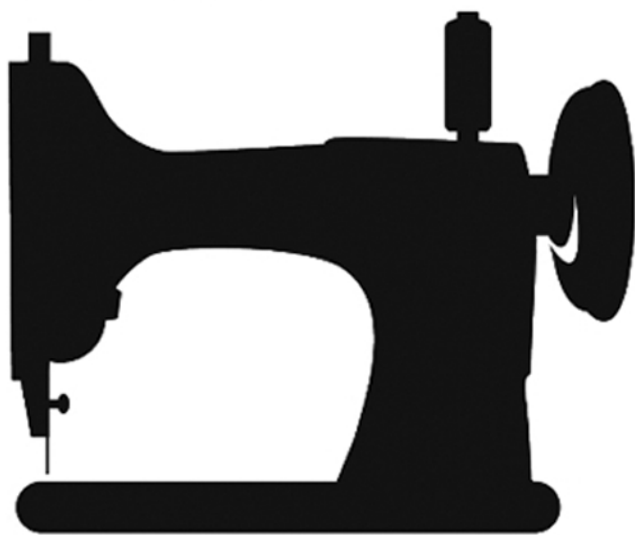
The next morning we drove 1½ hours out to Sandy and Don's home in Pinawa, MB. We spent some time relaxing on the deck in the sunshine, and then Sandy took us to a Craft Market. There were numerous different and interesting crafts available. I bought a little wooden plaque with a blue butterfly on it for my best friend's birthday, and it read, "Ever stop to think, and then forget to start again?" We both love blue butterflies, and we laugh about how forgetful we are getting, but now I'm thinking, "I hope we will still be friends!"

Sister Sandy and Don were terrific hosts and prepared a fabulous dinner of oven roasted potatoes, Don's scrumptious ribs, a salad and a broccoli casserole that I fell in love with. (I've included the recipe.) Sandy wowed us with her delicious lemon pie as well as a frozen strawberry dessert which was equally delicious. Of course, we had to try both.

After we spent time cleaning up, we all went downstairs. Don had a huge pool table which he encouraged anyone to try to beat him in a game. Penny was a pool shark and was the winner. They also had a beautiful old piano, so I had a great time playing it while my silly sisters danced. Sandy pulled out some of her old photographs, and it's always fun to look back at what we were doing 10, 20 or 30 years ago. The next day we were to get a ride on Don's pontoon boat, but the weather didn't cooperate. We took a whole lot of photos to last us until our next reunion, and then it was time to say goodbye.

It was a wonderful long weekend reunion, and I am so grateful to have my three sisters in my life! I wish you all the love and happiness of your family and friends and enjoy them while you can.

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Corrections to our pattern from last issue...

SUNFLOWER SPLENDOR

There are two errors in the pattern that affect cutting and piecing. Substitute these cutting instructions and check the piecing instructions.

Supply List 1.5m Blue 0807 will give 15" for Binding

New Cutting Instructions

Gold

- 1. Cut three strips 3"X Width of Fabric
  - a. Cut each strip into twelve 3" squares
- 3. Cut two strips 3 1/4"X Width of Fabric
  - a. Cut ten 3 1/4" squares from each strip
- 4. Cut one strip 2"X Width of Fabric
  - a. Cut sixteen 2" squares
- 5. Cut four strips 2 1/2"X Width of Fabric and trim to 34 1/2" long.

Red

- 1. Cut three strips 2 1/2"X Width of Fabric
  - a. Cut each strip into fourteen 2 1/2" squares
- 2. Cut one strip 4 1/2"X Width of fabric
  - a. Cut twelve 4 1/2"X2 1/2" squares.

Green

- 1. Cut six strips 2 1/2"X Width of Fabric
  - a. Cut one strip into twelve 2 1/2" squares
- 2. Cut one strip 2"X Width of fabric
  - a. Cut four 2" squares and four 1 1/2" squares.

Brown/Burgundy

- 1. Cut one strip 4 1/2" X Width of Fabric
  - a. Cut four 4 1/2" squares and four 3" squares
- 2. Cut one strip 3" X Width of Fabric
  - a. Cut fourteen 3" squares
- 3. Cut three strips 2 1/2"X Width of fabric
  - a. Cut each strip into fifteen 2 1/2" squares
- 4. Cut one strip 1 1/2"X Width of Fabric
  - a. Cut sixteen 1 1/2" squares.

Blue

- 1. Cut one strip 1 1/2"X Width of Fabric
  - a. Cut twelve 1 1/2" squares
- 2. Cut five strips 2 1/2"X Width of Fabric
- 3. Cut one strip 2"XWidth of Fabric
  - a. Cut twelve 2" squares
- 4. Cut three 3"X Width of Fabric strips
  - a. Cut each strip into fourteen 3" squares
- 5. Cut one strip 3 1/4"X Width of Fabric
  - a. Cut ten 3 1/4" squares
- 6. Set aside the remaining fabric for Binding.

Dark Gold

- 1. Cut one strip 5"XWidth of Fabric
  - a. Cut one 3" square and cut the remainder into two long 2 1/2"X34 1/2" strips
- 2. Cut six strips 2 1/2"X Width of Fabric
  - a. Trim two to 34 1/2", Trim four to 42 1/2"
- 3. Cut one strip 6 1/2"X Width of Fabric
  - a. Cut twelve 6 1/2"X2 1/2" squares and four 3"squares
- 4. Cut one strip 3 1/4"X Width of fabric
  - a. Cut ten 3 1/4" squares and three 3" squares
- 5. Cut one strip 3"X Width of fabric
  - a. Cut fourteen 3" squares

Quarter-Square Triangles

- 1. Make 36 Quarter Square Triangles (QSTs) using ten sets of Blue and Gold 3 1/4" squares and ten sets of Gold and Dark Gold 3 1/4" squares (this will make forty blocks).

Stars

- 1. Make 24 HSTs using 12 pairs of Gold and Blue 2" squares. Press. Square to 1 1/2".
  - 2. Make 8 HSTs using 4 pairs of Gold and Green 2" squares. Press. Square to 1 1/2".
- Assemble Stars
- 1. Sew the Blocks together in rows. The Brown squares in the center are 1 1/2". The Blue and Green corner squares are also 1 1/2". Make four blocks. Trim the Blocks to 4 1/2".

Chocolate Coconut Chews

- 6 oz pkg. chocolate chips
- 1.5 c. shredded coconut
- 1 c. chow mein noodles

Melt chocolate chips over hot water. Remove from heat and add coconut and noodles. Stir until well coated.

Line a cookie sheet with wax paper. Drop using a teaspoon onto the wax paper and refrigerate for min. 60 minutes.

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## Essential Oil EMERGENCY PREPAREDNESS KIT

By Wanda Headrick

Emergency Preparedness Month was in September, so I thought it would be fun to talk about seven essential oils to use for an Essential Oil Emergency Preparedness Kit, some reasons why they would belong there and share ways they can be used in case of an "emergency." The seven essential oils I would include in an Emergency Preparedness Kit are: lavender, tea tree, eucalyptus, Roman chamomile, peppermint, sweet orange, and lemon



### Lavender

In Aromatherapy there is a saying "If you have only one essential oil, have lavender." Considered to have relaxing, harmonizing and balancing properties -- all beneficial in an "emergency" -- lavender is non-toxic, non-irritating, non-sensitizing, and safe to use on children (most sources say after a baby is 48 hours old), the elderly and anyone in-between. In our family when there is a minor scratch, burn, wound or insect bite, we first wash the area with soap and water then apply a drop of lavender before covering the area with a band-aid. Since lavender has anti-bacterial, analgesic (decreases pain), restorative and sedative properties, the "emergency" is soon under control, the tears dried and the child is on their way to play again. This is why I often refer to my 14 grandchildren as my "Lavender Babies." A few drops of lavender added to the evening bath does wonders for calming active children at bedtime. The bedtime giggles can also be helped with a drop or two of lavender on the pillow case, the bed sheet or placed on a cotton ball inside the pillow -- a grandma trick!!

### Tea Tree

Next is tea tree, with its antimicrobial, antifungal, insecticidal properties, which have been recognized and used by the Australian Aborigines, who for years simply crushed the leaves in their hands and inhaled the oil to relieve colds and headaches, or added to a warm poultice for wounds. Tea tree was included in military first aid kits in tropical areas in World War II and is still used in dental, deodorant, insect repellent, disinfectant and air freshener products. One of my favorite uses for tea tree is for tick removal -- apply a drop of tea tree to a tick and it will soon either fall off or weaken so it can easily be removed. This works for humans or animals. I have even used tea tree around plants to discourage bad insects and bugs. Tea tree can be used like, or in combination with, lavender for minor wounds and scratches.

### Eucalyptus

Having just returned from visiting our son and family in Australia, eucalyptus is "fresh" on my mind. While in Australia, we visited the Blue Mountains just west of Sydney where many varieties of the Gum tree grow. The many types of eucalyptus essential oils are distilled from various different Gum trees. In the Blue Mountains, there is a "blue haze" that comes when sunlight shines through the moisture-filled mountain air, which has absorbed the eucalyptus essential oil from the gum tree leaves. The result is multiple "shades of blue" throughout the mountain area. That is why this region became known as The Blue Mountains. It is beautiful to see and relaxing to experience. The added benefit is the clean, crisp essence to the air that gives one a frequent light "whiff" of eucalyptus in the breeze as you walk through the mountains enjoying the beautiful waterfalls and various rock formations. Eucalyptus, commercially distilled since the mid-1800's, was used during WWI to help control a meningitis outbreak and during the influenza epidemic of 1919. With its analgesic properties, eucalyptus has been used to relieve insect bites and muscular aches and pains, but is best known for its decongestant effects on coughs, colds and respiratory issues. Feel like you are coming down with a cold or the flu? Just add a few drops to a room humidifier, a diffuser, on your pillow or bed linens, or -- my favorite -- add 6-8 drops to a tub of warm water and soak for 15-30 minutes. Eucalyptus is also great for repelling insects -- especially mosquitoes.

### Roman Chamomile

Considered one of the gentlest of essential oils, Roman chamomile is particularly good for relieving pain, headaches (including migraine), inflammation, insomnia, anxiety and stress. Chamomile flowers have been used for many years as a remedy for digestive disorders when taken internally as a tea and for skin issues when applied externally. The same analgesic, antiseptic, antispasmodic, sedative and digestive properties are found in Roman chamomile essential oil. Try 1-2 drops Roman chamomile mixed in one teaspoon olive oil to massage the abdomen for colic or an upset stomach. Apply one drop Roman chamomile to the base or temples of your head to relieve a headache. Mix two drops Roman chamomile, two drops lavender, and two drops eucalyptus into two teaspoons of olive oil to relieve your sore aching muscles. Want a good night's sleep? Apply one drop Roman chamomile and one drop lavender to each temple and under each ear -- then, snooze away!!

### Peppermint

Feeling tired, exhausted and worn out only to realize the day is just half over? Try smelling some peppermint essential oil. Better yet use a peppermint spritzer to spray the back of your neck and arms, then enjoy the revitalizing experience as you feel refreshed, renewed and ready to face the rest of your day. Peppermint is also wonderful in a room diffuser to "awaken the mind" in the early morning, after lunch, or in a car diffuser for that long drive home when traveling. With its analgesic, antiseptic, anti-inflammatory and decongestant properties, peppermint is good for relieving tired aching feet and legs, insect stings and bites, colds, flu and many other common issues.

### Sweet Orange

If you like being greeted by the warm morning sun as you open the window shades, you will love sweet orange essential oil. Refreshing, uplifting, often referred to as "sunshine in a bottle," the aroma greets you with the crisp fresh scent of citrus, then leaves you with a positive feeling of joyful warmth. Sweet orange, with its antidepressant, antiseptic, therapeutic properties, can add the joy of sunshine to the aroma of any essential oil blend as it also enhances the blend's therapeutic action. For a furniture polish, blend sweet orange essential oil in jojoba oil and enjoy the positive feeling you are left with when the household dusting is complete, instead of the tired exhaustion experienced after using commercially produced chemical products offered in the market today.

### Lemon

Lemon essential oil, with its refreshing, cooling, clarifying aroma, and its antiseptic, antimicrobial properties, is considered a mild detoxifier and good for relieving symptoms of colds and flu. I love it for cleaning my home. Put a few drops around your sink faucets and in the sink bowl, then scrub away the water stains and enjoy the refreshing, clean and uplifting aroma. On a stainless steel surface or a flat glass stovetop, it will leave a shine on the surface that will repel water spots for a few days before needing to be reapplied. An added benefit is the antimicrobial effect lemon oil leaves behind. Use lemon essential oil for cleaning counter tops, cutting boards and hard wood floors. Lemon, lavender, eucalyptus and or peppermint are all excellent essential oils to add to your laundry instead of commercial laundry softeners. A few drops can be added to the last rinse cycle of a load of laundry, or my favorite is to add a few drops of essential oils to a wet washcloth, then place the washcloth in the dryer with the damp laundry as they dry --- then enjoy the fresh aroma of your clean laundry.

Thank you for letting me share ways to use the seven essential oils in your Essential Oil Emergency Kit. Remember there are unlimited ways to incorporate the use of essential oils into your daily life, and this article introduces you to only a few. For more information and to purchase these oils either as an Essential Oil Emergency Kit or as an individual essential oil go to [www.flinthillsaromatherapy.com](http://www.flinthillsaromatherapy.com) or e-mail [info@flinthillsaromatherapy.com](mailto:info@flinthillsaromatherapy.com)

*Wanda Headrick, owner of Flinthills Aromatherapy, draws on her extensive knowledge of essential oils to share non-chemical remedies to keep readers and their homes healthy.*





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Supply List

- |  |  |
|--|--|
| 0.5m White Twist                             | Fat 8 <sup>th</sup> Blue Dots PMEA 1206    |
| 0.4m Blue Flowers PMEA 1204*                 | Fat 8 <sup>th</sup> Gold Squares PMEA 1205 |
| Fat 8 <sup>th</sup> White Flowers PMEA 1199  | Fat 8 <sup>th</sup> Pink Ovals PMEA 1200   |
| Fat 8 <sup>th</sup> Orange Flowers PMEA 1202 | Fat 8 <sup>th</sup> Stripe PMEA 1201       |
| Fat 8 <sup>th</sup> Grey PMEA 1203           | (*includes binding)                        |

Cutting Instructions

White Twist

1. Cut three strips 5"X Width of Fabric  
a. Cut each strip into eight 5" squares

White Flowers PMEA 1199

Cut three 5" squares

Orange Flowers PMEA 1202

Cut three 5" squares

Grey PMEA 1203

Cut three 5" squares

Blue Dots PMEA 1206

Cut three 5" squares

Gold Squares PMEA 1205

Cut three 5" squares

Pink Ovals PMEA 1200

Cut three 5" squares

Stripe PMEA 1201

Cut three 5" squares

Blue Flowers PMEA 1204

1. Cut one strip 5"

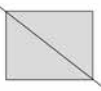
- a. Cut three 5" squares, cut a 2 ½" strip from the remainder to add to the binding strips if needed.
2. Cut three strips 2 ½"XWOF for binding.

Making the Pieced Blocks

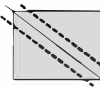
Half-Square Triangles

1. Make 40 Half Square Triangles (HSTs) using 20 pairs of White and different coloured 5" squares. Press. Square to 4 ½"X4½".

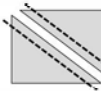
To make HST's: Place the two coloured squares on top of each other, right sides together. Draw a diagonal line from corner to corner. Sew a ¼" seam on either side of the drawn line. Cut the triangles apart along the line and press to the dark half.



Draw



Stitch



Cut



Press

Assemble the Rows

Sew the Blocks together in rows.



- |        |  |
|--------|--|
| Row 1  |  |
| Row 2  |  |
| Row 3  |  |
| Row 4  |  |
| Row 5  |  |
| Row 6  |  |
| Row 7  |  |
| Row 8  |  |
| Row 9  |  |
| Row 10 |  |

Layer, baste, quilt and bind. Don't forget the label. The real beauty of these simple quilts is in the details-sharp points, colour selection and great quilting!



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## The Knitting Savant

### Our Knitting Muses

By Andrea Springer



Nothing triggers the desire to knit quite like a cold snap. The hustle and flow of summer projects, vacations and family activities have demanded our attention. Then, out of nowhere, there's a subtle shift of light and temperature, and we yearn again for our needles and big piles of yarn. Ready to create a new season of projects, we stock our stash, gathering what we'll need to get us through, and start casting on stitches.

But where do we go when our creative bucket is empty? I've asked myself that question several times in recent months.

2016 has been a season of change for us – from new jobs and added responsibilities, to the loss of my dear father-in-law. Our LYS closed earlier in the year, so my regular knitting groups were meeting at new times and places that didn't fit my schedule – more change! Even personal knitting time, the creative outlet that's grounded me for years, has been at a premium because of this season of change. I wouldn't have missed a moment of this year for the world, but I realized I needed an intervention recently when I stood looking at all the yarn in my stash closet and couldn't come up with one project I wanted to make. My creative energies had been directed in other areas for months, and I was running on fumes.

Thank heavens for fellow knitters! Two friends who took sweater classes from me in recent years called to ask if I'd help them finish projects they didn't get done during class time, and it was the nudge I needed. Together, we looked at why they'd stopped working on the sweaters, ripped out what wasn't right, and they both finished their projects beautifully. They inspired me to go back to my own WIP's (works in progress) and finish a sweater I'd put away three years ago. Slowly but surely, they're helping me prime my creative pump with their inspired knitting and supportive friendship.

Knitting is a solitary activity by definition, but the energy and connection that's generated when a group of knitters get together can multiply creativity exponentially, not just around the table but for weeks after. A good knitting group is part class time, part show and tell, part pep rally, part recipe swap, part group therapy session; with a generous dose of belly laughs and a few "Double Dog" dare projects for good measure. Wine and food are a nice touch, but not as important as being able to add another chair around the table for a new knitter. It's "community" in the best sense of the term.

If you're lucky in your knitting journey, you'll spend time with "muses" who inspire you to jump off of creative cliffs with the things you make and who'll carry you along when you've failed to grow wings on the way down. If you can't find a group in your area, be someone else's "muse" and start one. You'll be glad you did!

Andrea Springer blogs at [www.knittingsavant.com](http://www.knittingsavant.com) where she helps folks remember that they have everything they need to be successful in knitting and in life. You can share comments or ideas with her at [andrea@knittingsavant.com](mailto:andrea@knittingsavant.com) or follow Knitting Savant on Facebook and Twitter



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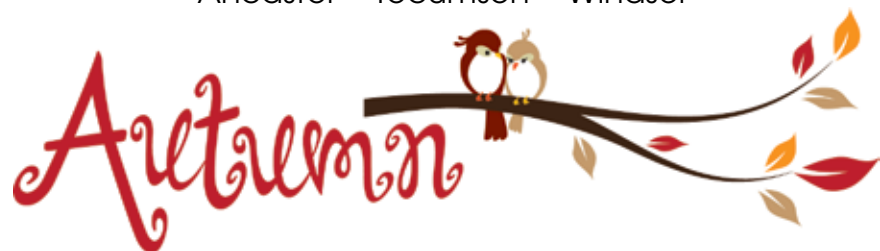
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## Camera's Last Stand

by Susan Springer



Back in the day, women would often carry "brag books" in their purses. These were little albums showing their kids' or their grandkids' photos. The modern version is on our cell phones with the addition of video capabilities that can be a blessing or a curse, depending on how the pictures were taken.

Years ago, I started compiling a special brag book that I entitled "My Non-Brag Book" with all the worst photos we ever took. It's been a source of great fun as we giggle and cackle at our collection of bloopers. It started with my Aunt Ruth Jean sending me a picture, taken by my cousin Jim, just as she was cleaning her teeth with her tongue—mouth closed. It made her look like a chimpanzee. I opened up the letter and kept giggling at the worst picture my aunt ever took. She had a wonderful sense of humor and wrote that her son told her when she saw the horrible photo, "Mom, the camera never lies." That started a fun book that I enjoy to this day. I've added a few photos of my own over the years.

One day, I fixed my hair in a modified "beehive" like my fashion conscious sister, Christy, and I honestly thought I looked hot. That same day, I went to a big box store and had a photo taken for my membership card and about croaked when I saw the photo. It was, to put it mildly, hideous. I have never worn that hairstyle again.

My next photo was for another ID card and I had lightened my hair and thought the blonde streaks looked like a million dollars. The photo with the new "do" made me look pasty and washed out. Another zinger in my hairstyling Hall of Shame. Now it is a bit of a fun thing. Instead of photo shopping 20 lbs off my figure and/or reshaping things a bit with a pair of shears, I just leave the dreadful photos as is and think, "Okay, another candidate for the non-brag book."

Of course, no one but those in the nefarious book and myself actually look at these nasty pictures, but it serves a couple of purposes for me. One lesson learned is a reminder that looks are truly not the end all and true beauty is not measured by a good photograph. We've all known the super vain soul who you can't stand to be around. I keep telling myself that we are all marching towards aging, which ultimately is the greatest equalizer of the impossible goal of youthful outer beauty lasting forever. Accepting a rotten photo now and then is the least of our worries and, in its own way, has great value in the lesson of humility. I am always amazed at how shocked I am to see a wretched photo of myself. I think it stems from a visit of sorts to those fantasy worlds imagining we are creatures in a romance novel who never had an ugly moment or could possibly look horrid in a photograph. We all know that in photos, angles of the camera matter—a lot.

I learned a neat trick while getting a photo for my new auto license. The woman manning the camera told me that I should think like a turtle. She said to look straight at the camera and then the second before taking the shot stick my neck out propelling the face forward. She proclaimed that this eliminates another nemesis of the photo you don't want "out there"—the double chin shot. It worked! Having taken a number of hideously horrid photos lately, I can now understand Jane Jetson, the cartoon character of the future. She would answer her videophone holding up a made-up mask with a perfectly coiffed hairstyle. Sounds good to me and meanwhile apparently the future is now. I'll see y'all at the beauty parlor!

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# Madeline's Musings

by Madeline Lister

## GRATITUDE EXPERIMENT

About a year ago I received a gift from my dear friend Judy-Ann Neal. Fresh from the printers, it was a copy of her book, *My Gratitude Journal*. A really quick read; one chapter, two pages, *My Gratitude Experiment*. The rest of the book was lined blank pages, with a simple inscription at the bottom of every other page: Steps to expressing gratitude: Blessing Surprise Absence Expression.

"Expressing gratitude is a choice we make", she wrote. "The more we express gratitude the more aware we become of God's blessings and presence in our lives. This lesson of expressing gratitude took conscious time and effort but the rewards were life-changing for me". In accepting the gift, I accepted the challenge.

If I was to express gratitude, I first needed to understand what gratitude was. A nod of my head? A gracious Thank you? Google told me gratitude was the quality of being thankful; a readiness to show appreciation for and to return kindness. The more I searched, the clearer the picture became. Gratitude wasn't just take-&-forget. There was a specific response called for, a to-whom and for-what component.

I found a Gratitude Quiz on [greatergood.berkeley.edu/quizzes](http://greatergood.berkeley.edu/quizzes), and took it. At the close of the exercise, they shared some practical "exercising" advice. One suggestion I especially liked was this: Write a Gratitude Letter. "Writing—and then delivering—a heartfelt letter of gratitude to someone you've never properly thanked can not only boost your sense of gratefulness but also strengthen your bond with them." Another exercise was to imagine my life without the good things I enjoy, then to write about what the "Absence" of that good would mean. How might my life be different; be less than it was?

**"The more we express  
gratitude the more aware  
we become  
of God's blessings and  
presence in our lives."**



## In This Land Of Little Rain

*Cowboy Poetry*  
by Jane Ambrose Morton



### Trail Driver

He spit the trail dust from his mouth.  
He wiped it from his eyes.  
He rinsed it from his hands and face  
and slapped it from his thighs.  
But that old cowboy never could  
leave the trail behind.  
He carried trail dust all his life,  
embedded in his mind.  
Years after, he still talked about  
trail driving days of youth.  
Young listeners, who'd not seen the herds,  
suspected he'd stretched truth.

They later wished they'd realized  
the stories told were true.  
They'd heard of life out on the trails  
from lips of one who knew.  
That special time in history  
will never come again,  
when cattle moved across the plains,  
and boys came back as men.

Great Grandfather, Harry Ambrose, played many roles in the old West. He homesteaded, prospected, freighted supplies to the mining camps, and ran cattle on the open range. In fact, he was one of the first to register his brands in Weld County, Colorado. I asked my dad if Harry told stories. "Yes," he said, "he told stories all right, but I'd heard them so many times that finally I didn't want to hear any more, so whenever he'd start, I got up and went outside to get away. Now I don't remember any of them."



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I concluded I really would aid to express gratitude. And for those expressions to have that life-changing affect in my life, I would need to remember them. Keeping a Gratitude Journal, like the one Judy'd given me, would not only highlight the positives in my life, but would help me stop taking things for granted. And so I started writing.

At first I focused on big things—the successful trip with my 96-year old Mother and my two sisters to Myrtle Beach, the bumps and mountains caring people got us through, and my understanding husband. I looked for thorns-and-roses times—our very sick daughter-in-law, the understanding of our son's boss when he needed time off to care for her, and the sweet peace of faith that held us all together. Before long the journal started filling up. The more I wrote, the more I needed to write; daily encounters that needed to be remembered. It became exciting. The found cheque and the failed fax, decisions honoured and heart cries heard, a dream job and turning 6.

The gratitude experiment has been an absolute success. Like a prescribed medicine, I put it out there with a full endorsement backed by practical experience. I'm thinking this Thanksgiving Day will be a good time to review my Gratitude Journal. Then I won't forget how "... expressing gratitude on a regular basis helps us survive the difficult times and be happier in the good times." *My Gratitude Journal*

Happy "gratitude experimenting" to you,

*Madeline Lister, Trent Lakes, Ontario Canada*

*PS I'd love to know your Gratitude exercises. Please share with me at [madelinesmusings@gmail.com](mailto:madelinesmusings@gmail.com). If you would like your own copy of My Gratitude Journal, contact Judy at [spendingtimewithgod@gmail.com](mailto:spendingtimewithgod@gmail.com).*



## Building Harmony HALLOWEEN

by Jeff Cappis

In honor of Halloween, I would like to offer you an Edgar Allen Poe inspired poem. For you Poe fans out there, I'll start apologizing in advance:

Once upon a weeknight dreary, watching TV tired and bleary,  
While Cathy slept with dreams of fancy in the room next door-  
I knew that she was sleeping and her blessed heart was beating,  
That her lungs were strongly breathing because I could hear her snore.  
Outside a fog was forming and a gentle rain began to pour.  
Only this and nothing more.

My mind was drifting out of me, watching something on TV.  
A fun old movie, that had moved me back in movie lore.  
But somewhere in my grog, a gentle sound had split the fog;  
My eyes half opened and I hoped it was a dream and nothing more-  
Outside the blackened night got mad and rain began to pour-  
Then a scratching met our door.

Instantly the noise got stronger; held my breath a little longer,  
Who was that or what was that, my both feet hit the floor.  
But the fact is I'd been sleeping, and the noise so gently creeping,  
I wasn't sure that I'd been dreaming of the scratching at the door.  
Then lightning cracked and the thunder made a roar!  
And a claw, claw, clawing began sawing at the wooden door!

The scratching and the clawing led to mounds of godless howling.  
I hid my ears, I curled my lip, it's louder than before!  
Then more lightening flashing, thunder crashing, raindrops splashing,  
And the demon started thrashing at my wooded outside door.  
In fear, I yelled out leave me I implore!  
Still the demon thrashed upon my door.

Standing with my nerves asunder, then a boom, exploding thunder,  
My eyes grew wide to see the swinging of the battered door.  
More lightening leading thunder flashed a light upon a wonder,  
There staggered from the rain a puppy soggy to the core.  
My demon wet and hairy wasn't scary anymore,  
He had a nasty look and left a puddle on the floor.  
Oh yeah—I'd let him out to do his business sometime there before . . .

Copyright by Jeff Cappis. Email: [jcappis@telus.net](mailto:jcappis@telus.net).



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## SAIL AWAY WITH ME ALL GOOD NEWS

This year marks the 30th Anniversary of the publication of my first book, *Heart of the Home, Notes from a Vineyard Kitchen*. And I am celebrating in wonderful ways: First, with a brand new, and expanded edition that includes new watercolors, lots of easy, homey recipes and quotes by distilled genius. It debuts September first, and hopefully will find it's rightful place into the Christmas stockings of newlyweds, aunties and sisters, moms, and best friends. ♥

And after that, we board the Queen Mary 2, departing NYC on September 8, for a transatlantic crossing. Visit my blog at [www.susanbranch.com](http://www.susanbranch.com) and do some armchair traveling, as we hide our readers in our suitcases and smuggle them onto the ship. Wander the back roads of England & Scotland with us, Sept. thru October, amid colorful fall foliage, along hedgerows, through gardens, into tearooms, castles and cottages, and to the wild places where it's rumored, the fairies still live. I promise to take lots of pictures! ♥



HERE ARE NO RULES OF ARCHITECTURE FOR A CASTLE IN THE CLOUDS. ♥ G.K. CHESTERTON

With Love from the Heart of the Home Come...

**Susan Branch**



## Tea with a TEA-riffic Teen



Grandchildren grow up even faster than children. And when our grandkids each turn thirteen, my husband, Milt, and I take them out for a special event of their choice. We've already celebrated with our two older teenage grandsons, but recently our granddaughter, Clara, became a teen.

### Celebrating Thirteen

For her celebration, Clara chose a tea outing. We often take her to tea at local tearooms. So to make this milestone special, she picked a tearoom new to

her and more than an hour away. We felt privileged to escort this lovely young lady to The Secret Garden in Sumner, Washington, a tearoom in a former mansion. Unfortunately, The Secret Garden almost became a hidden secret.

Since I'm directionally challenged, I programmed my GPS with the tearoom address and jotted down specific directions. I also allowed what I considered plenty of time in case I got lost (as I have in the past). When we picked up Clara, I confirmed our travel route with my son, and we were off!

### Detour Ahead

About halfway there, I saw a flashing sign: "Freeway entrance to I-5 south is closed; take alternate route." Oh no! So much for planning my route beforehand. My GPS no longer assisted me, so I exited the highway and stopped to ask directions. This detour meant we would arrive late for our reservation. Maybe I should turn around and go home.

Thank goodness for cell phones. I contacted my son, who guided me by phone through the maze of unfamiliar streets until I could find my own way. Meanwhile, Clara called the tearoom to tell them we were delayed.

### Dining in Style

When we arrived at the beautiful tearoom in the historic Herbert Williams house, I sighed with relief. We'd made it! We relaxed and perused the menu. Grandpa Milt and Clara ordered the Larkspur Luncheon Tea, which was served from a three-tiered stand. I ordered the Tulip Trio Tea, which included my three favorite salads (cashew chicken, orzo pea, and frosty cranberry) plus scones with yummy toppings. Our meals also came with teapots brimming with beverages of our choice. My Springtime Delight Tea was truly a delight and tasted like chocolate-covered strawberries. Milt's blend tasted like rhubarb pie à la mode, a flavor he savors. And Clara chose her favorite drink—hot chocolate.

After we finished our assorted dainty sandwiches, savories, salads, scones, sweets, and fruit, the waitress brought Clara a small chocolate bundt cake topped with whipped cream, multi-colored sprinkles, and a glowing candle for her birthday. This made a sweet finale to our teenage tradition!

### Memories to Savor

Driving home, we chatted about our teatime and gave the tearoom high ratings. We wished we could have avoided the detour and delay. However, we agreed we learned a few things on that journey. For instance:

- Persevere and don't give up. If I had turned around and gone home (as I considered), we would have missed our TEA-riffic experience with our teenage granddaughter.

- Unexpected delays test our patience. I was proud of Clara and complimented her for showing patience rather than complaining.
- Ask for help. We were thankful our son got us back on track.

For now, we cherish the memories of our afternoon with a beautiful teenage granddaughter, the satisfaction of overcoming a challenging detour, and the blessing of valuable lessons learned. In two years, we'll entertain Owen, and in seven years, Anna will become a teen. So our tradition will continue as we celebrate with our treasured teens.

In the meantime, I'll find other opportuni-TEAS to share a cuppa' tea at home or in tearooms. Won't you join me?

*Lydia E. Harris, who holds a master's degree in home economics, wrote the book, *Preparing My Heart for Grandparenting* (AMG Publishers). Her grandchildren call her "Grandma Tea."*

### From Lydia's Recipe File:

### Frosty Cranberry Circles

I developed this frozen salad recipe after eating the delicious cranberry salad served at The Secret Garden. It makes a refreshing addition to any meal, but keep it in mind for Thanksgiving dinner or any time you serve turkey. It also tastes yummy enough to serve as dessert!

#### Ingredients:

- 1 cup whipping cream
- 2 tablespoons powdered sugar
- 1 teaspoon vanilla
- 8 oz cream cheese, softened at room temperature
- 16-oz can whole berry cranberry sauce
- 1 tablespoon mayonnaise
- 1 8-oz can crushed pineapple, drained
- 1/2 cup chopped walnuts (optional)
- lettuce leaves

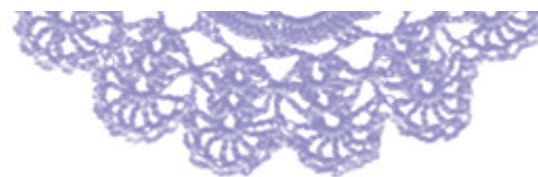
#### Directions:

1. Pour whipping cream into a medium-sized mixing bowl. Beat with mixer until stiff peaks form. Mix in sugar and vanilla. Set aside.
2. Place cream cheese in a large mixing bowl and beat one minute or until fluffy.
3. Add cranberry sauce and mayonnaise and beat until mixed.
4. Stir in drained pineapple.
5. Fold whipped cream into cream cheese and fruit mixture. Add nuts if desired.
6. To make frozen circles, spoon salad mixture into empty cans. Cover with plastic wrap and freeze with cans standing upright. Or spoon salad into muffin cups or a square pan. Cover with plastic wrap and freeze until solid, at least four hours.
7. Ten minutes before serving, loosen edges of frozen salad in cans using a table knife. Unmold, salad and cut into 3/4-inch thick slices. Serve on lettuce leaves. If made in a square pan instead of cans, thaw slightly and cut into squares.

**Variation:** Replace whipping cream, powdered sugar, and vanilla with 2 cups frozen whipped topping, thawed.

**Tip:** Beforehand, save empty cans from fruits or vegetables if you want enough cans to make all the salad into circles.

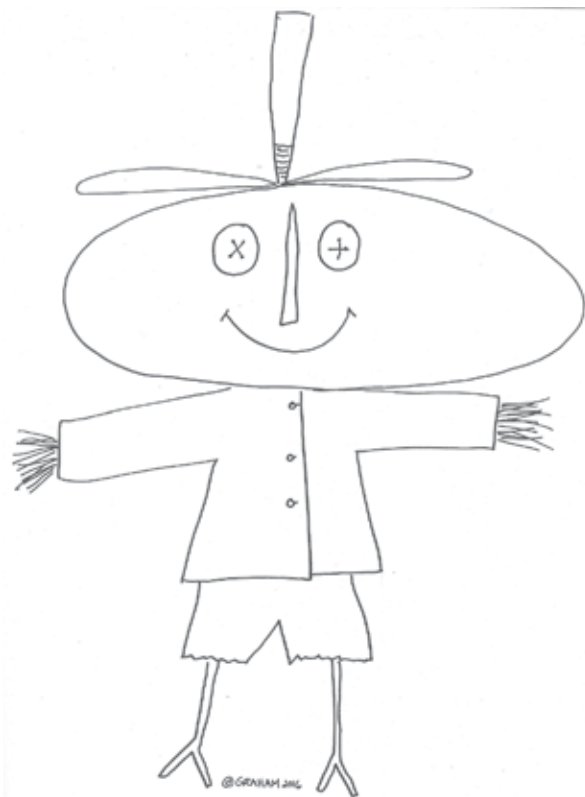
*Total recipe makes 5 to 6 cups salad or 10 to 12 1/2-cup servings.*



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## Gerry Scarecrow



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Designed by Kathy Graham

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Playful, Curious, Adventurous, Agile  
are just a few words that describe  
our pets of the Cat family.

It is said that

**Curiosity gives a cat all nine of its lives.**

A great quality for keeping life  
fresh and exciting. NASA named its robot on Mars  
"Curiosity" because its mission is exploration,  
investigation and learning.

Cats can also leap amazing distances compared to their  
body weight. A Leap of Faith is just that, a stretch  
beyond our comfort zones. A cat doesn't even run  
before it leaps, it simply springs into action.

## GIRLFRIEND WISDOM

May we observe and learn the lessons  
our cats strive to teach us:  
Be curious, playful and adventurous.  
Agility will keep you flexible and ready  
for your next big Leap of Faith.

Joy & Blessings, *Jody*

Girlfriend Wisdom is written and illustrated by Jody Houghton®.  
For color files of this writing, contact Jody at:  
[jodyhoughton@msn.com](mailto:jodyhoughton@msn.com) or [www.JodyHoughtonDesigns.etsy.com](http://www.JodyHoughtonDesigns.etsy.com)

Blind River

## Moving Day Blues

By Deb Heatherly

If anyone had told me a year ago that I'd be moving next week, I would have laughed and probably even have said 'never' as in, "I could never move, my husband would see how much fabric I have."



And, all joking aside, I would have added that it would take several things for me to move. I would have to have a hundred-year-old house that had already been restored (I restored an 1889 many years ago and loved it but was a lot younger at the time) or a wonderful log cabin. It would also have to have the kitchen of my dreams and a huge quilting studio.

But that would have been then and this is now—and I am indeed moving. No, I did not get my historic beauty nor did I get my log cabin. In fact, I am getting a three-level contemporary that is totally not my style and am moving into a house with stairs after having lived on one level all my life. Am I nuts? I have wondered about that since signing on the dotted line.

What I am getting is the quilting and design studio with the space I have always dreamed about and a kitchen that might actually make me want to cook. Hubby is getting a sunny yard with enough space to plant a garden and we are doubling our square footage, which gives the 'fur children' more space to run, play and shed. All of this combined was enough to make us 'bite the bullet.'

And so, as we approach moving day, we are both very excited, but I am faced with a dilemma. My husband knows that I have a lot of fabric

since I am a Creative Grids designer. He is fully aware of the double closet, four cupboards and the pie safe filled to the brim in my sewing room. What he does not realize is that many of the boxes in other parts of the house hold fabric as well. They are in 'disguise' and are part of the reason we are feeling a little crunched for space.

For instance, the box in the guest room closet that says 'fall clothes' with the 'f' circled is actually fabric in fall colors. One fall sweatshirt rests on top of the fabric so it really does contain 'fall clothes.' There are other boxes with a letter circled as well. Example: The box marked 'winter clothes' and a circle around the 'w' holds a white sweater on top with gorgeous tone on tone whites in the bottom. A box in another closet labeled 'plastic tubs' has a circle around the 'p' that stands for pieces and parts of quilts in progress. (The pieces and parts are in plastic containers within the box so the labeling is somewhat correct.) I know the 'code' so I know exactly where everything is when I need it.

With this move, however, I worried that my secret would be discovered. What will he think when he realizes? Will he call 'Hoarders' to have them do an intervention on his wife? I was getting a bit apprehensive until we were discussing the move last evening. Our discussion went a little like this.

"I've reserved two trucks," Dear hubby said with a smile.

"Two trucks," I asked, "Whatever for? I am sure we can get everything in one if we get a large one."

"Well," he said, "I figure we'll need one for the household things and one just to move your fabrics and keep it all together."

"I still think we can get everything out of the sewing room into one truck," I said.

Not missing a beat, Dear hubby responds, "Well since you are finally going to have the design studio and space that you need, I thought your 'fall clothes' and 'plastic containers' might want to join the other fabrics from the sewing room. Keeping it all together in one truck might make it easier on the other end."

I tried not to crack a smile but before long we were both laughing and I asked him how long he had known.

"For about a year," he said, "I was looking for a plastic container to put a few nuts and bolts in. Once I realized that 'plastic containers' did not mean what I thought they did, I realized other things might have a different meaning as well. The clincher was when I was looking for wrapping paper to wrap your birthday present and found a whole box of red fabric underneath. I realized then that the circled 'r' was code for red fabric and began to notice all of the boxes in this house with a circled letter."

"What you don't realize," he added, "is that I'm a fast learner. Those boxes of mine that say old clothes and have an 'x' marked in the corner are actually things for hunting and fishing."

With that, we were both laughing again. When we finally stopped laughing, all I could say was "If anyone helps us unpack, they are going to think we've both lost our minds."

*Deb Heatherly is the Creative Grids® designer who created both the Creative Grids® Cat's Cradle Tool and the Creative Grids® Strippy Stars Tool. Deb lives in the mountains of western NC and travels doing lectures, trunk shows and workshops on a variety of Creative Grids tools for both guilds and shops. Contact her at [Debscatsnquilts@aol.com](mailto:Debscatsnquilts@aol.com) to schedule a Creative Grids® in your area. Look for a feature story about Deb's Cats n Quilts in the 2016 fall issue of QUILT SAMPLER magazine that will be on the newsstands September 6.*

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Life in Skunk Hollow

Lessons From Behind the Cash Register

by Mrs. Julie A. Druck

Our youngest son, Eli, has recently started a job in retail. In the short time he's been working, he's already received quite an education in what it's like to work with the public! Some of his "lessons" have caused him to laugh or shake his head. But in general, his lessons have given him a whole new appreciation for those who serve as clerks and cashiers. In fact, Eli's been so impacted by his experiences that he's eager to put into practice several things he's found encouraging in his own time behind the register:

- 1.) Display an "attitude of gratitude:" A genuine "thank you" to someone who serves you goes a long way.
- 2.) Thank a clerk by name: As my son says, a nametag is a free invitation to show someone you care. Make the effort to read the tag and then thank them by name. Eli has found from experience that this is a HUGE encouragement. After all, doesn't everybody love to hear the sound of their own name?
- 3.) Engage in small talk: Keeping in mind that cashiers aren't just tools to get what you want but people who are helping you, interact with them. It only takes a moment to connect in some way. Asking them how their day's going or making a simple yet kind comment can lift a tired or discouraged spirit.
- 4.) Use some expression: Smile. Look them in the eye. Share a laugh. It will make them AND you feel good.
- 5.) Practice patience: Your clerk might be brand-new, overwhelmed, stressed out, tired or all of the above. Consider if the shoe were on the other foot: How would you want to be treated in the same situation? Is your time really too valuable to spend a little bit of it encouraging the person who is attempting to serve you?

Julie Druck is from York, Pennsylvania, and writes from her farm in Skunk Hollow. There she seeks to follow God by serving her family, keeping her home, and encouraging others. You can share comments with her at [thedrucks@netzero.com](mailto:thedrucks@netzero.com).

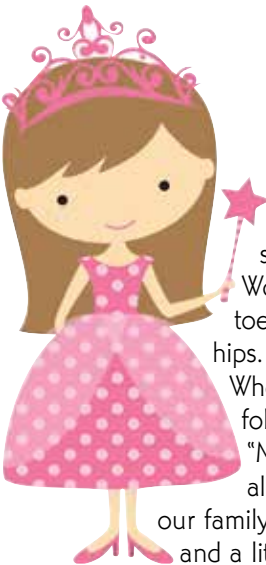
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Random Acts

by Maranda K. Jones

Dress Rehearsal

"I am "Woman Woman!" Presley proudly announced as she paraded through the house in her pajamas. With Wonder Woman's emblem on her tummy, sparkly gold sandals on her toes, she puffed out her chest and punched her fists to her hips. Hard to believe this once shy sister will turn seven this fall. When Presley was three, she once leaned her head over on her folded arms, resting on the arms of the chair and sighed, "Mama, I don't have any super powers." Assuring her that we all have different strengths, we talked about her special role in our family. She is the only one in our house who is both a big sister and a little sister. She fits the part of heroine well, always keeping the peace between her older brother and younger sister.

Presley's profession of choice would be a princess, rather than a peace-keeping superhero, and the line of dresses in her closet proves that point. From a maid who loses her glass slipper to a mermaid who loses her voice, she loves to dress up as her favorite princesses. She loves that they are daring and caring, strong, yet graceful. Those frilly dresses and shiny tiaras actually make her feel tough, brave, and empowered. Her confidence has grown through dramatic play, promising her the starring role in her own story that she has always deserved.

When she is not leading her own parade, Presley follows suit with her siblings in their costumes of choice. She may travel to space with an x-wing fighter pilot, serve as the sidekick sister to a cosmic explorer, or blast off to infinity and beyond with the one and only Buzz Lightyear. She sneakily spies and does detective work donning a fedora, giggling and grinning when discovered by her subject. She pens prescriptions, takes temperatures, and scrubs in for surgery when the other two Dr. Joneses need assistance in their medical clinic. She swordfights pirates, finds hidden treasure and holds her own alongside dark knights. She also deserves an award for supporting actress.

A wide variety in their wardrobe allows our children to change identities and become whomever they would like. They host ballroom dances while wearing their Sunday best. They put on aprons to serve in their restaurant, serving burgers and fries. They put out fires, arrest bad guys, and protect and serve just like our nation's finest. This dress rehearsal for life is why our box of Halloween costumes is never out of their reach. With just a quick change of clothing, our children conquer the world. We marvel at each new achievement, and it is our privilege to watch their personalities unfold more each day.

We often ask children what they want to be when they grow up, but we all know there is something wrong with that question. We know that we are right now. If we put off being until we are fully grown, we may discover that it has passed us by. Adults usually expect a response to that question with a noun: a doctor, a scientist, a librarian, a baseball player, just to name a few. We want children to be happy, healthy, and loved. We want children to know they do have super powers.

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Maranda Jones' new book **Random Acts**  
is now available at [amazon.com](http://amazon.com).  
The book includes her reader-acclaimed articles from the last decade.

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By Wendy Carmichael Bauld-Artist

As we find ourselves transitioning from summer to fall I wonder how many readers are already in the midst of planning a winter vacation? Many might be searching through brochures for just the right trip in anticipation of our long Canadian winter so I'd like to share a story with you of an experience I had after carefully planning what I thought would be a relaxing Caribbean vacation to St. Lucia. I feel it's my obligation to make travelers aware of the unfamiliar ocean currents in the Caribbean and even some of our lakes in this region.



In 2011, with suitcase in hand, packed to the seems with tanning sprays, bathing suits and other vacation essentials, I found my husband and I happily waltzing through the airport to one of those "Adults Only" 5 star luxury destinations. Upon our arrival in St. Lucia, we explored our way around the resort and came to realize just how grateful we were to be able to take the time to relax and leave behind all of the crazy busy schedule we had somehow subjected ourselves into accepting.

On the second day, it occurred to me that I had only sat poolside and had not visited the beach, yet each time I glared down the stone staircase, to the sandy path where beach meets water, I felt its call. My husband insisted I stay away from the ocean and warned, "We don't know these waters...especially the ocean" and even went so far as to try to entice me into booking a spa treatment instead, but it was really his way of hoping to distract me from swimming in the ocean in a strange and new country.

I have a BFF named Margaret and we have a pact. Every time we say goodbye to each other, prior to leaving on a Caribbean trip, we always sing out "the ocean's calling me". I smiled as I thought about my friend, because there I was on the beautiful island of St Lucia and it was certainly calling, so off I went to answer the call.

As I entered the welcoming and refreshing water, I decided to turn around and ride the wave. Suddenly, even though I was only in water thigh high, I felt a pull that I'm sure many of you have experienced while playing in the ocean. However, this one was strong. It was different. It was like nothing I'd ever experienced before. It came out of nowhere with ferocity and force and as I quickly tried to move away to restore my balance, it picked me up and slammed me into the ocean floor with an impact that shocked me to my core. Suddenly I felt extreme pain, anything beyond the normal intensity I'd ever experienced. Immediately, I knew I had broken my leg! I believe I must have been in shock and in complete denial that a serious injury could possibly be happening to me but with awareness, came the clarity that I was barely able to move, let alone swim, due to the agonizing pain. Now fully understanding the gravity of

my situation, I conjured up all the strength I could muster and struggled to feel for the ocean floor with my hands. Despite my attempt, once again, I was picked up and slammed violently but this time I was dragged out with a broken leg into much deeper water. I remember feeling as if the surf was an abdominal monster, clutching me like a rag doll and pulling me further away from the shore. Time seemed to stand still. I was in disbelief and the terrifying thought of possibly drowning became apparent. I thought about my husband, children, parents, and my entire life. I was in the hands of a monster and I suddenly came to the realization, that if I didn't survive, I would disappear into the ocean abyss without anyone ever knowing what happened.



This horrifying, unimaginable, factor now sparked me into action because as I was violently and repeatedly being tossed in the surf, I instinctively became very relaxed and decided to let go. Not let go of life, but to let go and not fight the monstrous ocean. It had me in its grip but all of a sudden my mind seemed to move into autopilot and I slowly began to compose myself and tried to stay calm. I must have been in pure survival mode but in retrospect, it was the right decision because that giant ocean released me and I began moving with the surf back towards shore. I suppose it was only a matter of a few minutes but it seemed like a lifetime. My eyes were burning with saltwater and I could barely see because my long tangled hair covered my face, however I continued my frenzied attempt to stay afloat. Gasping for air with sand blasted

into every crevice of my bathing suit; I used only my hands to propel myself through the turbulent waves. As I moved closer there was a sense of panic on the beach after hearing my frantic calls and it occurred to me that I was the focal point of all the hysteria. Again, it was surreal that this was transpiring, as I had now become the focus of a rescue. The beach goers were close enough that many rushed towards me and although several were flung and tossed about, they persisted and pulled me up on the beach. At last, the nightmare was over. I remember the welcome feeling of the damp sand below me but it was in this moment of severe distress and torturous pain, that I suddenly felt the kindness and compassion of the human spirit as my rescuers scurried around me to keep me safe and secure. I also remember the look of terror on my husband's face as he fired out directives to the large group of onlookers wanting to help. One person wrapped my leg with magazines; another tore off a t-shirt to be used as a make-shift cast. Unfortunately, after the rescue, a period of at least an hour passed as the resort furiously tried to call for an ambulance but when they were unsuccessful, I was rushed to the hospital in a garden truck and carried into their emergency department on a beach lounge chair. The local hospital searched for an available surgeon and consequently that night, surgery was performed on my leg due to compound spiral fractures

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(story continued from previous page)


of both the tibia and fibula. I spent the duration of my so-called “relaxing Caribbean vacation” in the hospital and flown home in a makeshift bed in business class 5 days later. After returning to Canada, I learned my injuries were far greater than expected and ended up having a subsequent surgery 18 months later. It’s been 5 years since my accident and although I’m considered handicapped, I’m doing remarkably well and continue to see myself fortunate to have survived.

Since returning from this incredible experience I researched everything I could find about the force and power of our oceans. A rip current is often referred to simply as a “rip tide,” which is a specific kind of water current found near beaches with breaking waves running out to sea; a rip current is strongest near the surface of the water. Swimmers caught in a rip may exhaust themselves by trying to swim directly against the flow of water. In contrast, an undertow occurs where waves are breaking over rips. The force of the wave pushes the outgoing water down, creating an undertow.

I will probably never know what kind of wave I endured, however, through all of the suffering, I am grateful to be alive as I escaped the fury of the ocean. Its beauty and healing nature lured me in but then its monumental force had tried to swallow me up. I’ve learned many lessons from the ocean; therefore, my respect has heightened for one of our world’s most spectacular, bewitching and natural elements.

Wendy Carmichael Bauld is an international artist residing in Burlington. Please visit [www.wendycarmichaelbauld.com](http://www.wendycarmichaelbauld.com) or ‘like’ her on Facebook.


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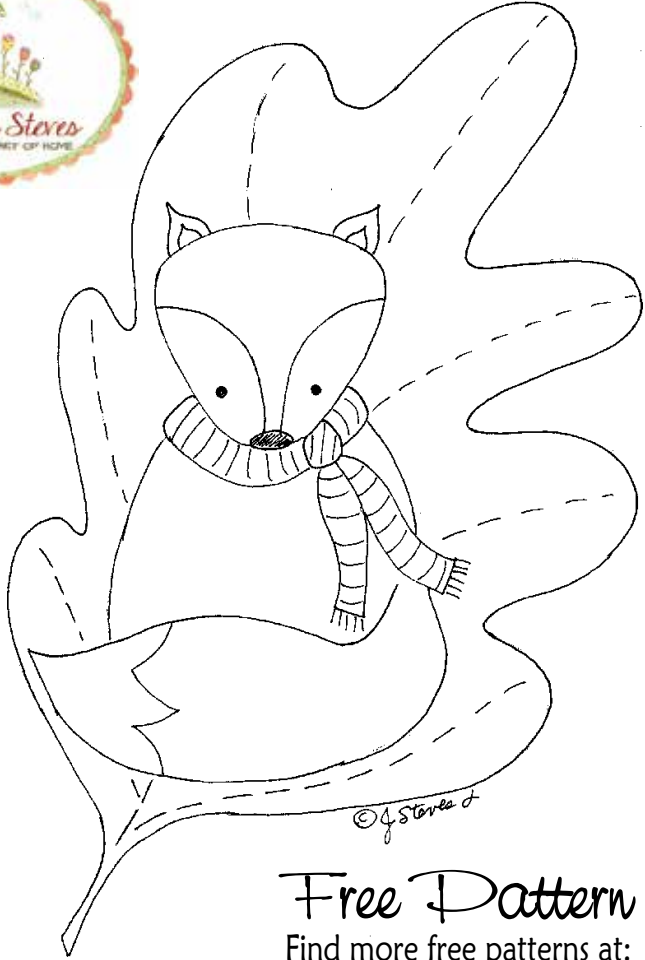
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