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# The Country Register®

Dec-Jan 2016

Available across the U.S.A. & Canada

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HAPPY HOLIDAYS! MERRY CHRISTMAS! HAPPY NEW YEAR!



# The Country Register

Available across the U.S.A. & Canada

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## The Country Register of Ontario December/January 2016 Issue

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*Dearest readers,*

Christmas and New Years here already! Wow ...seems like yesterday! No complaints here though, this is my favourite time of year (sorry summer). Why is this season my favourite? Well lets see... there's snow, there's shopping, there's good food, there's shopping, there's cozy fireplace time... did I mention there's shopping?

All kidding aside, this wonderful season gives us the best time of year to reunite with our loving families and reconnect with traditions that go back all the way to our childhoods. Traditions that I, for one, personally cherish.

There is always something magical about this season. I know that while things can get busy, hectic and crazy at this time of year, I still always get a renewed sense of peace and wellbeing that can only be described as tranquility and contentment. The desire, the need, to give is also renewed and refreshed, and is strong.

In this joyous time I wish to express our team's heartfelt thanks for the gift you, our readers have given us at the Ontario Country Register, which is your time and your support. Without you supporting our fantastic advertisers, we would not be here.

*Happy Holidays! Merry Christmas! Happy New Year!*

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!

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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:  
Richard De Wolfe**



The Thousand Islands region of Ontario, Canada, was the perfect backdrop for a childhood filled with adventure for Richard De Wolfe, an artist who still identifies strongly with rural life. The forests, fields, and of course the mighty St. Lawrence River, made the wonders of nature come alive for him.

The art of Richard De Wolfe has been very popular ever since his first one-man show at the age of eighteen. That show was a sell out, supplying him with commissions for many months after. He went on to spend twenty-five years as an illustrator, producing paintings for

national and international corporations such as General Motors, Pepsi-Cola, and Sony.

"I believe that working as an illustrator was the best training I could possibly have had. The wide variety of subjects and tight deadlines forced me to hone my skills and become very proficient as a painter. I feel that many of the finest painters alive today are former illustrators," Richard says.

Richard's subject matter is wide-ranging and ever changing. He has painted landscapes and wildlife extensively, but also paints still-life subjects, farm and family scenes, boats, horses and just about anything that catches his eye and imagination. When asked what he wants to accomplish through his art, Richard says, "The important thing is to help people to see what I see and feel what I feel about a subject. What you paint is far less important than how you paint it."

Together with his wife Mary, Richard lives on a horse farm near Kingston, Ontario, where he can study and paint scenes of farm and rural life as well as the wildlife, which is all around him. Richard's work is available in prints as well as originals. He has participated in many prestigious art shows such as Wildlife Habitat Canada Stamp Competition, the Wye Marsh Festival, and Canadian Artist and Photographers in Communication Annual Exhibition. Richard is listed in Who's Who in Ontario.

Richard's originals and prints are available on the web at [www.rdwolfe.com](http://www.rdwolfe.com), or by email at [info@richarddwolfe.com](mailto:info@richarddwolfe.com).

**Supplementary Information:**

I grew up in Rockport, Ontario, and I was the 15th child in a family of

*(read more about Richard on p. 11)*





THE  
CHRISTMAS  
TREE ANGEL

by Lesley R. Nuttall

Have you given any thought, or wondered why  
An angel adorns our Christmas tree so high?  
It all began in the early 16th Century  
The first angel sat on top a tree in Germany.

The angel is a symbol of love and everlasting light  
A decorated tree with an angel is a beautiful sight!  
This holiday tradition has a spiritual touch  
In earlier times, it was said to ward off evil spirits, and such.

Our Christmas trees today give off such a mystic glow  
The children make decorations, which we never outgrow.  
We purchase ornaments of porcelain and fragile glass  
And a feather winged angel to give our tree more class!

There are illuminated angels, Santa's and the Bethlehem star  
Our sparkling tress can be seen from afar.  
Whatever our reason for an angel on top  
Some of us will never, anytime stop!



## Calendar of Events

### ..... ONGOING .....

**NOVEMBER 01, 2015 - FEBRUARY 16, 2016:** Stitched Together: The Art & Warmth of Quilts, Brampton  
**NOVEMBER 21, 2015 - JANUARY 31, 2016:** Ontario Power Generation Winter Festival of Lights, Niagara Falls  
**NOVEMBER 6, 2015 - JANUARY 30, 2016:** Our Cultural Fabric: The Origins of Bruce County's Quilts, Southampton  
**NOVEMBER 27 - DECEMBER 31, 2015:** Christmas in Cambridge, Cambridge  
**NOVEMBER 28 - DECEMBER 31, 2015:** Wonders of Winter, Waterloo

### ..... DECEMBER .....

**DECEMBER 01 - 31, 2015:** Jingles & Joy, Blue Mountains  
**DECEMBER 01 - JANUARY 03, 2016:** Light Up The Hills Festival of Lights, Georgetown Halton Hills  
**DECEMBER 03 - 06, 2015:** Christkindl Market - Canada's Original, Kitchener  
**DECEMBER 04, 2015:** Cayuga Light-Up Night & Santa Claus Parade, Cayuga  
**DECEMBER 04, 2015:** Annual Tree Lighting & Fireworks Event, Pickering  
**DECEMBER 04, 2015:** Celebrate Christmas, Bradford  
**DECEMBER 04, 2015:** Santa's Moonlight Shopping Party featuring the Festival of Lights, Bracebridge  
**DECEMBER 04, 2015:** Light of the Night, Almonte  
**DECEMBER 04, 2015:** A Taste of Christmas Past: Festive Food & Drink of Yesteryear, Burlington  
**DECEMBER 05, 2015:** Fergus Santa Claus Parade, Fergus, Ontario  
**DECEMBER 05, 2015:** Port Burwell Santa Claus Parade, Port Burwell  
**DECEMBER 05 - 06, 2015:** 2nd Annual Christmas, Antique & Bazaar Bonanza, Dundas  
**DECEMBER 05 - 06, 2015:** Christmas by Candlelight, Keene  
**DECEMBER 05, 2015:** Dunnville Light-Up Night & Christmas Parade, Dunnville  
**DECEMBER 05, 2015:** 47th Annual Windsor Santa Claus Parade, Windsor  
**DECEMBER 06, 2015:** Poinsettia Tea, Pickering  
**DECEMBER 06, 2015:** Christmas in the Village: Winter in the Woods, Greenwood  
**DECEMBER 06, 2015:** Grand Old Christmas Festival, Port Colborne  
**DECEMBER 06, 2015:** Bracebridge Annual Santa Claus Parade, Bracebridge  
**DECEMBER 07-14, 2015:** PUDDICOMBE POLAR EXPRESS-Puddicombe Estate Farms & Winery, Stoney Creek  
**DECEMBER 09, 2015:** Annual Tree Lighting, Aurora  
**DECEMBER 11-13, 2015:** The VPP Christmas Jamboree, Petrolia  
**DECEMBER 12, 2015:** Essex Santa Claus Parade, Essex  
**DECEMBER 12, 2015:** Christmas Tree-Lighting, Lively  
**DECEMBER 12 - 20, 2015:** Winterfest on Toronto's Waterfront, Toronto's Waterfront  
**DECEMBER 12, 2015:** Essex Santa Claus Parade, Essex  
**DECEMBER 12, 2015:** Straffordville Santa Claus Parade, Straffordville  
**DECEMBER 13, 2015:** Christmas on the Rails - Halton County Radial Railway, Milton  
**DECEMBER 13, 2015:** Christmas Festival, Elora  
**DECEMBER 13, 2015:** Christmas in the Village, Petawawa  
**DECEMBER 31, 2015:** New Year's Eve Pickering, Pickering  
**DECEMBER 31, 2015 - JANUARY 01, 2016:** New Year's Eve Concerts, Brockville  
**DECEMBER 31, 2015:** Richmond Hill - First Night, Richmond Hill  
**DECEMBER 31, 2015:** New Year's Eve Family Countdown, Pickering

### ..... JANUARY .....

**JANUARY 29, 2016 - FEBRUARY 15, 2016:** Winterlude -Ottawa-Gatineau, Ottawa Gatineau  
**JANUARY 29, 2016 - FEBRUARY 11, 2016:** Winterlicious, Toronto

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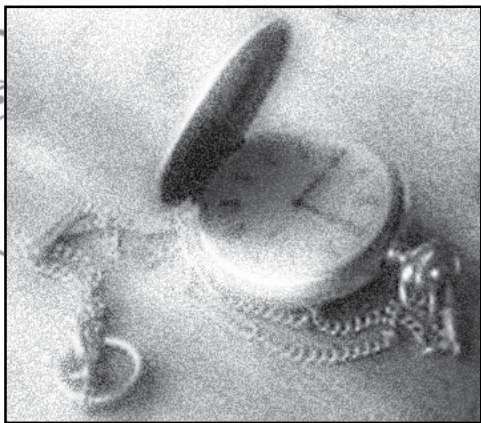
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## Building Harmony



## Christmas 2015 An Andolini Christmas

By Jeff Capps

Last year we had a typical Christmas. The snow covered the ground in a smooth white blanket, the air was crisp and the stars were out in all their glory. As an added bonus, you could read a newspaper by the moonlight, so, the forrest was well lit. It was a good night to build a fire (in the fireplace this time), and look at the view out our living room windows.

Our neighbors from down the road, Alfonso and Christina Andolini, had come by for a visit. They were very rich and when Christina got excited, the noise from all her jewelery could be heard throughout the house. She was much larger than Alfonso so he kept sliding towards her on the couch. They often talked over each other, stayed far too long and drank all our wine, but the bubbly company made the time pass pleasantly. I'm not sure how much they learned about us that night, but we learned a lot about them.

Amidst all the stories of their business successes and lavish trips, there was one story that I think took us to the core of who they actually are. I could listen to this story over and over again (and probably will). It occurred may Christmases ago.

Alfonso and Christina were immigrants from Italy. They stepped off the boat (well, actually a Boeing 707) back in 1970. With only a few hundred dollars and a little english, they set out to build a new life. The only valuable possessions they had were a gold necklace and a pocket watch: presents they had given each other on their wedding day.

They both worked odd jobs and got a 1 bedroom apartment. Times were hard, but these were resilient young people who knew how to stretch a buck. After rent and groceries, however, there never was much left in the well.

The first Christmas was particularly hard. They were away from their families. Still they had each other. Alfonso worked out a deal with the local grocer for a frozen turkey and Christina was determined to make the best dinner they ever had.

Alfonso puzzled over what to get her for Christmas. The light over the dinning room table was a single bulb hanging from an electrical wire. Christina always wanted a nice light fixture over the table. While out strolling one day, she spotted a fixture in a shop that reminded her of the one her mother had. Alfonso decided he needed to get her that fixture.

But how? He had no money. All he had was the pocket watch. He reasoned that it was worth at least as much as the light fixture. He could pawn it, give Christina a good Christmas, then get the watch back by working another part time at the grocery store.

That's what he did. On his lunch hour the next day, he went to the pawn shop and made his deal. Now all he had to do was remember where the shop with the fixture was. Oops.

A few days later, Christina was cleaning the apartment when she notice his watch wasn't in it's usual spot. She looked high and low for it, but all she found in it's place was a pawn ticket. Christina was a smart woman. She

realized he had pawned his only valuable possession to buy her a Christmas present. Knowing what it meant to him, she couldn't let that happen.

She reasoned that her necklace was probably worth as much as his pocket watch, so she decided to pawn it to buy him his watch back, then get the necklace back by working part time at the grocery store. That's what she did.

On Christmas morning they flipped a coin to see who got to open their present first. Alfonso won. Christina handed him a small box. He pulled off the ribbon and inside found his pocket watch! He was over joyed to have it back.

"I saw your pawn ticket," she said. "I couldn't bear to think of you without it." He smiled and with a tear, kissed her gently.

Now it was her turn. Alfonso handed her a big present. Excited, she quickly pulled the ribbons off, ripped the paper and opened the box. In it she didn't find a grand light fixture. Her smile softened. All that was in it was a single gold necklace.

"I saw your pawn ticket too," he said.

That night, under a single light bulb hanging from an electrical wire, they had the best turkey dinner ever. They both had a good laugh too, over how much trouble they'd gone to, giving each other things they already had.

And they still have them to this day: a watch, a necklace, and each other. The gifts that have added true value to their lives and keep on giving. With that, they are truly rich.

Merry Christmas from Harmony Acres.

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## TEA - THE HEALTHY DRINK

By Janet Young

January is National Hot Tea Month. As seen around the world in many cultures, drinking tea has proven to be beneficial to our health and well-being. So, if one of your resolutions for the New Year was to develop a healthier lifestyle, then why not add drinking tea daily to your list. Drinking hot tea contains antioxidants that help reduce the risk of cancer. Green tea, in particular, helps to reduce cholesterol, and stabilize blood sugar level.

If you are already a tea drinker why not experiment with different types of tea. For example, instead of a black tea, try a white or green tea. Or, stay in the black tea family, if that is your tea of choice, but try another flavor such as spicy (ginger) fruity (peach) dessert type tea (chocolate mint). Use loose leaf tea instead of teabags. You will be amazed by the difference in taste.

To help you get started, why not attend a tea tasting, or go to a tea shop and see if you can sample a few varieties. The tea expert should be able to help you identify the characteristics and notes of various teas.

Enjoy tea at a teahouse to experience the tea ceremony.

Read a few books about tea, and learn the proper way to prepare it.

Experiment with pairing certain foods with tea, or if you want to be even more adventuresome try cooking with it. There are cookbooks available to assist you.

Invest in a tea travel mug for tea on the run.

Study after study has shown tea is beneficial to our health, so why not start the New Year right. EDUCATE yourself about the art of tea. EXPERIMENT until you find a favorite type and brand. Then ENJOY!

Let's Drink To Our Health!

-Janet Young, Certified Tea and Etiquette Consultant, is a founding member of Mid-Atlantic Tea Business Association and freelance writer/national tea presenter. Visit her website at [www.overtheteacup.com](http://www.overtheteacup.com).



## SANTA'S SHORTBREAD COOKIE

*submitted by Harriet Ramos*

Looking for the perfect cookies for Santa on Christmas Eve? Try these delicious shortbread cookies and St. Nick will be sure to put you first on his list.



### INGREDIENTS

- 1 ¼ c. self-rising flour\*
- 1 stick (8 tbsp.) unsalted butter
- ⅓ c. sugar
- ½ tsp. vanilla
- 1 c. confectioners sugar for dusting

\*For best results, use store bought self-rising flour (not homemade). Commercial self-rising flour has a low protein content that yields a light and tender cookie. This flour is available in most grocery stores.

### INSTRUCTIONS

1. Preheat your oven to 325 F. Line 1 or 2 cookie trays with parchment paper.
2. Place the butter, sugar and vanilla into a food processor fitted with a metal blade. Process until light and fluffy. You can also use a stand or hand held mixer for this.
3. Sift the flour into the food processor.
4. Run the machine until the dough comes together. It should be a little crumbly and soft, but not too sticky. Tip the dough out onto a work surface, and bring the dough together to form a ball.
5. Flatten the dough into a disk and cover in plastic wrap. Chill for 30 minutes- overnight.
6. Roll the dough to about ¼ inch thick. Do this between 2 pieces of floured parchment paper. Floured plastic wrap will work too.
7. To keep them from sticking, dip the cookie cutters in flour and press into the dough. If the dough begins to soften, place it back into the fridge to chill, and then start again.
8. Using an offset spatula or butter knife, transfer the cookies onto a parchment lined cookie sheet.
9. Place in the freezer for at least 5 minutes prior to baking. This will help to keep its shape before going into the oven.
10. Bake for about 20 minutes (check at 15 minutes) or until lightly golden. Rotate the pans halfway through cooking to promote even browning.
11. Remove from the oven and cool for 5 minutes on the tray. Transfer to a wire rack.
12. When the cookies are completely cool, dust with powdered sugar.

*Serves: makes 30-40 mini cookies*

### NOTES

Cookies will keep in an airtight container for 1 week.



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## Random Acts

by Maranda K. Jones

### Good Looking

Point, click and pay! The gift is on its way!  
One last stop online...hope it gets here on time.  
"Shipped!" the email read.  
"Delivered!" the post office said.  
I had not seen it. I panicked a bit.  
All other presents were wrapped. Where is it?  
It'd been a week, so I made a call  
to the company where I had ordered it all.  
The customer service was lacking,  
but I did hang up with a number for tracking.  
I wrote down the code with numbers and letters  
hoping my next call would turn out better.  
The two hard-working ladies were not avail—  
They couldn't help while sorting the mail.  
"Come back this afternoon. We'll help then."  
I felt like I would never win.  
Back to the computer to check online  
where I found a date with delivery time.  
Another piece of the puzzle laid out!  
Was it really delivered? I had my doubts.  
Down to the post office I started to tread  
with info in my hand and hope in my head.  
On his way home, my husband stops.  
He brings in the mail and on the table it drops.  
Each afternoon his routine's the same.  
So why was the mail picked up early that day?  
"9:30 in the morning in your P.O. box..."  
So it fit behind the door with its turning lock."  
The packaged was picked up, but where could it be?  
I marched up the hill, ready to scream.  
I looked in all my best hiding places,  
every nook and closet, all possible spaces.  
I searched the whole house, tore each room apart.  
My husband looked outside through both of the cars.  
"Move things! Look under!" "I've looked everywhere."  
Another week went by. It just wasn't there.  
"It has to be here. I am losing my mind.  
I'll go out to the pickup and see what I find."  
An empty pop bottle and other trash,  
a ponytail holder on top of the dash.  
My husband on the other side  
holds up an envelope he suddenly spied.  
"Is this what you're looking for? From under the seat?"  
My shopping complete, my face filled with heat.  
"You've got to be kidding! What a relief!"  
My husband hung his head, knowing he'd caused me grief.  
I love that guy—he does the best he can.  
He is attractive, but is not a "good-looking" man.

© 2015 Maranda K. Jones



## Maple Honey Mustard Glazed Ham

submitted by Harriet Ramos

Let this honey-glazed ham decorated with aromatic herbs double as your Christmas table centrepiece before carving thick slices.

### Ingredients

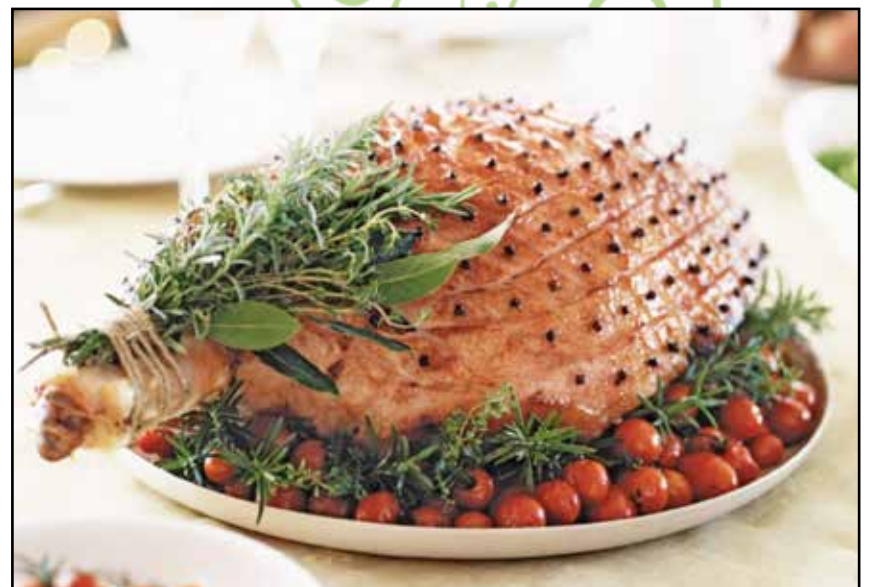
100g (1/2 cup, firmly packed) brown sugar  
80ml (1/3 cup) maple syrup  
80ml (1/3 cup) honey  
1 tablespoon Dijon mustard  
1 (about 8kg) whole leg ham, on the bone  
Whole cloves, to stud

**Step 1** Stir the sugar, maple syrup, honey and mustard in a bowl until the sugar dissolves.

**Step 2** Preheat oven to 170°C (340°F). Line a large baking dish with 2 layers of non-stick baking paper. Place an oven shelf in the lowest position. Remove all other shelves. Use a sharp knife to cut around the shank of the ham, about 10cm from the end. Run a knife under the rind around edge of ham. Gently lift the rind off in 1 piece by running your fingers between the rind and the fat. Score the fat in a diamond pattern, about 5mm deep. Stud the centres of the diamonds with cloves. Transfer to prepared dish.

**Step 3** Brush one-third of the glaze over the ham. Bake, brushing with glaze every 25 minutes, for 1 hour 30 minutes.

**NOTES:** Storage tip: To store leftover ham on the bone, reserve the rind in step 2. Swap it: For a different flavour, make a cranberry & orange glaze. Stir 2 x 275g jars Cranberry Sauce, 125ml (1/2 cup) fresh orange juice and 125ml (1/2 cup) port in a saucepan over low heat until combined. Strain through a fine sieve into a jug. Brush over the ham in step 3.



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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**The Dropped Stitch**  
by Sharon Greve  
**Gift a Hug!**

The advent of electronic communication has almost made putting pen to paper a lost art. Often the most meaningful, life-altering words are the ones expressed in a personal handwritten note or letter. Remember the excitement of

opening an envelope and unfolding the pages to discover treasured words of love and support? It's a gifted hug! Even when the pages are returned to the envelope, they are still available for another day's visit. The paper may become discolored and fragile, but the words and feelings expressed are timeless. It is a treasured gift because someone cared enough about you to create something just for you.

And, so it is with handmade gifts aka timeless treasures. They make us feel that someone loves us enough to donate so much time and skill to create something so special—just for us. Large projects such as afghans continue to offer warmth and love in every stitch over time, regardless of their condition. As a grandchild once said, "When I curl up with my afghan, I feel your arms around me, Grandma." Even toddlers continue to feel the love in their handmade baby blankie that becomes a security blanket to keep bedtime monsters away. Handmade sweaters, christening garments, and other baby items are so recognized as treasured gifted hugs that they are carefully tucked away to offer loving memories to future generations.

Treasured gifts trigger memories of the creators, somewhat like a personal visit. The annual unpacking of handmade Christmas stockings and ornaments kindle happy memories of special times and special people. Just like handwritten letters, these treasured traditions are lovingly tucked into a storage box to await another year's visit.

There's something personal and loving when we invest our time, creativity, and energy into gifts for family and friends at this joyous time of year. Sadly, so many people have never experienced a handmade gifted hug. Let's extend warm thoughts and care to those in need throughout the year.

Treasured gifting is beneficial to both parties. If we are interested in making a strong statement of caring and affection, one-of-a-kind handmade items are best. Our gift speaks volumes about who we are, what the recipient means to us, and the relationship between us. There is great satisfaction to know we have reached out and touched someone.

As with a handwritten letter or note, a handmade gift will be treasured over time because we took the time and effort in this fast-paced electronic world to create a gifted hug.

Santa's helpers are subordinate clauses!



SUDOKU PUZZLE								
5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

solution on page 27





(more about our cover artist continued from p. 3)

18 children. It was a case of "yours, mine and ours" and "cheaper by the dozen", just like the old movies by those titles. Both of my parents had seven children each when their first spouse passed away. That gave them a total of fourteen children when they married, although not all of them were still living at home by then. I came along a year later, followed by 3 more siblings, for a total of eighteen hungry mouths to feed. I have always been proud of the facts that even though my dad earned a very modest wage, we were all well cared for and had a wonderful and eventful childhood. My mother never worked outside of the home until my youngest sister was well along in school.

I attended a 2-room country schoolhouse in Rockport, Ontario, and my first teacher, Audrey Newell, encouraged me to draw and paint. In the middle of the eighth grade, the schools were centralized into one at Escott, Ontario. I entered the competition to create a school crest and my design was accepted and is still in use today.

I attended secondary school in Gananoque. At the end of the year that I graduated from high school, I held my first one-man show and sold out everything, much to my surprise and delight. After graduating from high school, I was anxious to pursue a career in art, and I decided to forego further studies. I felt the best way to make a living from drawing and painting must be commercial art (which I knew very little about) and I struck out for Toronto to make my fortune.

I spent many months pounding the sidewalks of Toronto, showing a naïve portfolio of work to an endless string of art directors, many of whom were kindly enough to take a few minutes of their time to give me advice if not encouragement. I refused to give up and finally a studio owner took me under his wing and offered me a job on a new community paper he was just starting in Markham, Ontario. I worked as a 'go-fer' and salesman and at night the boss would have me come to his home where he taught me basic layout, page assembly and general studio procedures. The next thing he did was to assign one of his experienced artists to come to Markham and work with me until I could handle most of the work myself. Eventually, I graduated to working in the art studio that he also owned in Toronto, where I was first back to sweeping floors, emptying trash cans and watching the pros and what they did. Every night and weekend I spent endless hours practicing my art, then showing the boss, until he finally allowed me to try my hand at finished art for a client. In those days, the big accounts were Sears, Eatons, The Bay, Canadian Tire and a few other large retail accounts. We did black and white line drawings for the most part, for newspaper ads and flyers.

After a few years experience in the studio, I struck out on my own as a free lance illustrator. I worked for many of the same clients and gradually added advertising agencies, production houses, designers and publishers to my list of clients.

In those early years working in Toronto, I married my high school sweetheart, Mary, and we raised our three children, Robert, Amy and Laura, who are all grown now. We lived north of Toronto, on a horse farm that we purchased for Mary to pursue her career as a professional riding coach teaching dressage and hunter disciplines. Our children all competed successfully on the Toronto area riding circuits and Laura showed hunter ponies at the Royal Winter Fair for several years.

In the early nineties, I turned full circle, away from illustration and back to my first love, painting, and began producing works for galleries and limited edition prints. Eventually, I left the Toronto area, and moved back to my roots, opening a small gallery on Division Street in Kingston. It was hard leaving the country life to live in the city, and after two years, we sold our home gallery and purchased an equestrian center at Odessa, where we live today, operating a busy riding school.

My philosophy on art is simple. A painting should move the viewer in a memorable way. It might make you angry, happy, sad, nostalgic, peaceful, humble, thoughtful, or any other emotion you may think of, but it should do something. I am not a creator of modern or abstract art; I like an image that is easily identifiable and conveys a message to the viewer. I want to create paintings that people will value for many generations. I paint the things that I love, often in the form of country life, nature, nostalgia and the boats and scenes of the 1000 Islands where I grew up and return to as often as I can

More art from our cover artist Richard de Wolfe



Clockwise L to R: *Fan Mail*, *The White Door*, *Winter Really is a Blast*, *Best Friends*



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## THE MULLIGAN

by Madeline Lister,



"I've something I want to show you," she said. Her nervous excitement played from her face to her hands as she fumbled with the box. I quickly caught her high spirit. My friend is a seasoned quilter; I anticipated complimenting her on yet another charming creation. What she laid before me made me wonder if she'd been to an oriental market, or worse yet, someone's yard sale. Cats! Cats!!! Cats. In every kitty persona a cartoonist can capture; in every flair and pigment an artist can put on a canvas; in flat relief, expectant, liberally stamped with gold embellishments, the large cloth rectangles stared back at me from the bottom of the box.

"Well, what do you think? Don't you just love them?!"

"How many are there?" I queried.

"Nine." She was familiar, obviously, with her box of cats.

"What do you intend to do with them?" I momentarily forgot that quilters haven't the foggiest idea what they'll do with most of what they stash away.

"Work them into a quilt. I was hoping you would help me with that. I haven't a clue." So began the collaboration between friends on another quilt.

First, the layout.

"Nine blocks, eh?" I was hoping she at least had a starting point.

"Yup." Silence. She was drawing a blank on these cats. I proposed a Circle of Nine\* arrangement and quickly sketched it; she said it was perfect.

Then we were off to the local quilt shops, on the hunt for fabrics to complement the mousers. I spread out what I deemed to be an ideal print. "Hope you won't be offended," she said, "but nope. Not what I had in mind." Well, so we didn't agree on everything. She apparently did, after all, have a notion of the effect she hoped to pull off with her felines.

Several months went by. I wondered if the cats had made it out of the box. And then one day I received an email, subject "top done finally". "I finally finished this top," she'd written. "I have ripped out and resewn enough for two quilts! Including the edges that I redid yesterday. Ran out of fabric so was really scrounging for the last few blocks and the two little ones I had to piece. Was rather bummed after all that work but decided it wasn't going to be judged; it wasn't going to hang in a quilt shop. It was just going to make me smile on gray days so I embraced those two little squares as part of the quirkiness I intended all along."

She included a picture. And my heart sank. One set of blocks wasn't consistent with our original design. But, maybe the misplaced cat wasn't really misplaced at all; perhaps she'd taken artistic license; maybe it was part of the "quirkiness" she'd intended all along. Trusting my sixth sense, I took the risk.

And she thanked me. Yes, it meant "unsewing" yet again, but when she sent the second picture, subject "fixed", these were her thoughts, "As I fixed this quilt I thought of so many lessons, the last one being: friends tell friends the truth in kindness. Friends don't allow friends to become discouraged. Friends show friends how to make life easier. You did all three. Thank you for being my friend."

Merriam-Webster defines a mulligan as a free shot sometimes given a golfer in informal play when the previous shot was poorly played. Isn't it time we allow others a mulligan, an extra shot, one more chance, or two? I sure hope there are mulligans waiting for you, whatever your game. Yes, even for quilters. And most definitely, between friends.

Happy quilting to you,

Madeline Lister, Trent Lakes, Ontario Canada

PS If someone's allowed you a mulligan, I'd love to hear your story. Please email me at [madelinelister@gmail.com](mailto:madelinelister@gmail.com)

\*Quilting a Circle of Nine, Pattern Book by Janet Houts & Jean Ann Wright, Laundauer Books, August 15, 2013



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By Wanda Headrick

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Black Spruce essential oil is considered to be non-toxic. It, along with all pure essential oils, should always be stored in a dark glass bottle with a tight fitting lid, away from sunlight and at room temperature or cooler. If keeping for greater than one year, it can be safely stored in the refrigerator.

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Ginger Essential Oil .....	30 drops
Nutmeg Essential Oil .....	30 drops
Black Spruce Essential Oil .....	18 drops

Blend above pure essential oils together in a 15 mL (1/2 oz) amber bottle. Allow the blend to set for four days for the blend to mature (this is called synergize in aromatherapy) as the essence of the blend will change for at least that long. If after four days, you wish to add more of a specific essential oil, you may do so to make the blend pleasing to your own specific smell preference. Once you have the essence to your liking, you can use it in a room or house diffuser, a humidifier, place drops of the blend on cotton balls in a glass bowl through-out your home or room, or place drops of the oil on pine cones or other natural ingredients like nuts, shells, leaves, seeds and berries to make your own potpourri.

To purchase the above Pure Essential Oils and other supplies go to [www.flinthillsaromatherapy.com](http://www.flinthillsaromatherapy.com) Or e-mail: [info@flinthillsaromatherapy.com](mailto:info@flinthillsaromatherapy.com) You may reach us by phone @ 620-394-2250. If you prefer to purchase the above blends pre-made, please contact us by phone or e-mail.

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.





# Salvage Store

by Marla Wilson

## Old Shutter Wall Decor

This is a simple project anyone can do and it can be customized for any decor or season. All you need is an old shutter. They are easy to come by at garage sales, flea markets and second hand stores. Leave the shutter as is, or paint it whatever color you prefer.

Now, the fun part. Use your imagination and any items of your choosing. I wrap the bottom of the shutter with fabric, usually burlap, or an old piece of cutter quilt, to form a pocket. Pull the fabric to the back of the shutter and staple it in place. Add anything you want to the pocket. For spring, flowers and ribbon are a good idea. For fall, leaves and sunflowers are great. Add a little scarecrow and hang it by your front door. For Christmas and winter, use pine, berries and a snowman, Santa or even a small rocking horse or teddy bear. For a year-round look, use some greenery and a wooden letter for your initial.

The possibilities are endless. Personalize it with your own style and favorite items. Just have fun with it.

Marla Wilson is the owner of The Rusty Wheel, a gift boutique in Scandia, KS. The shop features her floral designs and repurposed "junk," as well as kitchen and baby gifts, home decor and fashion accessories. Follow The Rusty Wheel on Facebook, or [www.therustywheel.vpweb.com](http://www.therustywheel.vpweb.com) or contact her at [stumpy1954@hotmail.com](mailto:stumpy1954@hotmail.com)



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## Harvest Your Own Pumpkin-Spice Latte

This is the time of year when just the word pumpkin makes people swoon. Everything from pumpkin lattes to pumpkin muffins to pumpkin soup invades our Facebook feeds and dominates our Pinterest boards. If you've found yourself pinning some of those recipes to your own boards to try someday, try processing your own pumpkin instead of relying on the canned variety. It's a great activity to enjoy with the kids and may even inspire them to bake some pumpkin cookies of their own.

To process your pumpkin the easy way, simply bake it in a 325 degree oven, whole, for about an hour. When a fork can be inserted easily through the skin, take it out and allow to cool. Now you can cut it in half to remove the seeds as easily as cutting butter.


After removing pulp and seeds, peel the skin from the flesh and place chunks of pumpkin in a thick-bottomed pot with a few inches of water. Simmer until all the water is cooked out and the volume is about half. Stir

**PEACE on EARTH**

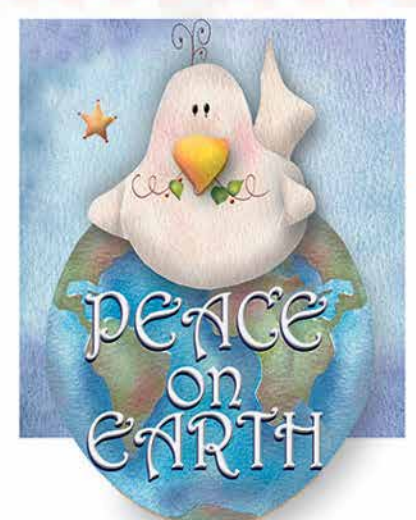
**What Can You Do To Promote World Peace?**  
 According to Mother Teresa,  
**"Go Home and Love Your Family"**

Many times we think that the problems in the world are outside of our personal areas of influence. We join campaigns for the rights of this group or that issue. And of course, it is good to be an active member of the community. This season reminds us of the values we hold for our loved ones.

**It is a time to be at home,**  
 a time to be fully present in our hearts and minds. The gift of listening, playing, caring for our families will expand into our neighborhoods, communities, and nation. Let's go home for the Holidays and love our families whether we can actually be at home, or if we need to take a breath, close our eyes, and be at home in our hearts.

Joyfilled Blessings,  


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frequently to prevent scorching.

Freeze your puree in quantities for your favorite recipes. It will keep in the freezer for six to eight months.

You use pumpkin puree just as you would canned pumpkin in pies, muffins, cakes, cookies and soups. In fact, that pumpkin-spice latte everyone keeps raving about only takes about two tablespoons of pumpkin puree.

To have the perfect portion for your afternoon indulgence, freeze the puree in ice cube trays. Once frozen, remove and store in zip-shut bags. Use in the following recipe.

## Pumpkin-Spice Latte for Two

### Ingredients:

1 ½ cups whole milk	2 tablespoons of pumpkin puree
1-2 tablespoons sugar	½ teaspoon pumpkin pie spice
1 teaspoon vanilla	1 tablespoon half and half cream
1 cup strong, hot coffee	Cinnamon

Heat the milk, pumpkin, and sugar until hot but not boiling. Remove from heat and add the spice, coffee, cream, and vanilla. Pour into two mugs. Top with whipped cream. Sprinkle with cinnamon.





## How Much Fabric To Buy?

by Marlene Oddie

Here is one of the questions that I often get asked by quilters, "How much fabric do you buy when you find just the right fabric, but you don't have a project in mind?"

Here are some factors to consider. Is the fabric a motif that you're collecting for some future project, a color that you just love, or a great deal you can't pass up? What size quilts do you like to make? Let's consider different components of a quilt and how you might think of them in terms of this great fabric you want to buy.

The center of a quilt typically consists of different components—including a background, a focus fabric, and an accent.

Center background fabric—likely used throughout the quilt top. Amount will significantly depend upon the size of quilt you might make. If a baby-sized, then a yard would probably do. If a king-sized, you might want to get 4 yards since you don't want to run out.

Center focus fabric—may be used throughout or it might be the fabric that you use to choose the color palette for all other fabrics, but just use it sparingly or in the border. If using it as big blocks throughout the quilt, you might want 2 yards, but also get several coordinating fabrics to go with it, maybe a yard each. If using it just as a single block, you might want 1/3 to 1/2 yard so you can decide later how big the squares will be. Sometimes it is just a fussy cut element from the fabric that you want to use. For example, for many years I've collected 1/3 yard of Snoopy prints. Growing up, I loved Snoopy and even had a store-purchased bedspread with a huge Snoopy cartoon on it. Why 1/3 yard? 1/3 yard is 12" and I might want to use 10.5" cut squares in a cartoon-style strip. A fat quarter would do the trick as well. Check that you're getting the motif element that you desire in that particular cut of fabric.

Center accent fabric—likely used sparingly but, depending upon the size of the quilt, you might need 1/2 yard. If you use the accent in the border or even in a faux piped binding, you might want a lot more; consider the notes below for border or binding fabric.

Borders often use more than one fabric, which could include border prints, accent strips or large motifs.

Border prints—usually printed on the length of fabric so buy the longest length of your quilt plus 1/2 yard to allow for fussy cutting if you are lining up the motif for a mitered corner. Make sure it has at least 4 borders printed across the width of the fabric; otherwise, if only 3 borders, you'll need at least twice the smallest dimension of your quilt plus a yard.

Borders with non-border prints—often the background is also used as one of the borders, so think of the longest length that you might need and purchase at least that much so you could cut the border on the length of fabric first and then use the remainder of the fabric in the center of the quilt. Being able to cut the border on the length of fabric gives you a much better chance of not getting ruffles in the border, even if using an accent strip that maybe 1/2" to 2" wide. Whether or not your border is just the accent strip, a large motif, a border print or something else, buy the length of fabric that is the longest length you'll need, based on the quilt size, that will be ideal.

Backing is often not given the consideration it should. This is an opportunity to provide another quilt if you are flipping it over and letting the quilting create the design. Wide backs (aka fat backs) are usually at least 108" wide (that's 3 yards!) and make putting your backing together very easy—likely no seams. These wide fabrics should be 'torn' off the bolt so that they are straight across the grain. If you send out to a long-arm machine quilter, make sure the backing is at least 4" to 6" larger in both directions than the size of your quilt top. Be sure to check with your particular long-arm quilter for their requirements. Backs are often not purchased until the quilt top is ready to be quilted, but if you come across a great deal on 44/45" width fabric, you may want to buy a sufficient amount for a back. If you make lap quilts, then 3 yards may be sufficient but if it is a king-sized, 9 yards is more likely.

Binding is a fun accent that is the final frame of the quilt. There are



several ways to do bindings, some include two fabrics (faux piped binding), but for a standard binding they are typically cut 2 1/4" to 2 1/2" wide across the grain of fabric. Curved bindings need them to be cut on the bias. Bindings might be the same as the last border fabric or a fun contrast, including a stripe or chevron. I tend to want a dark value as it may get a lot of wear and could soil easily. For a baby quilt, at a very minimum you might get by with 1/4 yard, but be safe and get at least 1/3 yard, preferably 1/2 yard, which will be sufficient for up to a generous lap size. Up to 108" x 108" you'd be best with at least 7/8 yard, so maybe just get a yard and be safe.

Happy fabric hunting and buying.

Marlene Oddie is an engineer by education, project manager by profession and now a quilter by passion in Grand Coulee, WA. She enjoys long-arm quilting on her Gammill Optimum Plus, but especially enjoys designing quilts and assisting in the creation of a meaningful treasure for the recipient. Follow Marlene's adventures via her blog at <http://kissedquilts.blogspot.com>, on <http://www.facebook.com/kissedquilts>, or stop by this summer during the Row by Row Experience.

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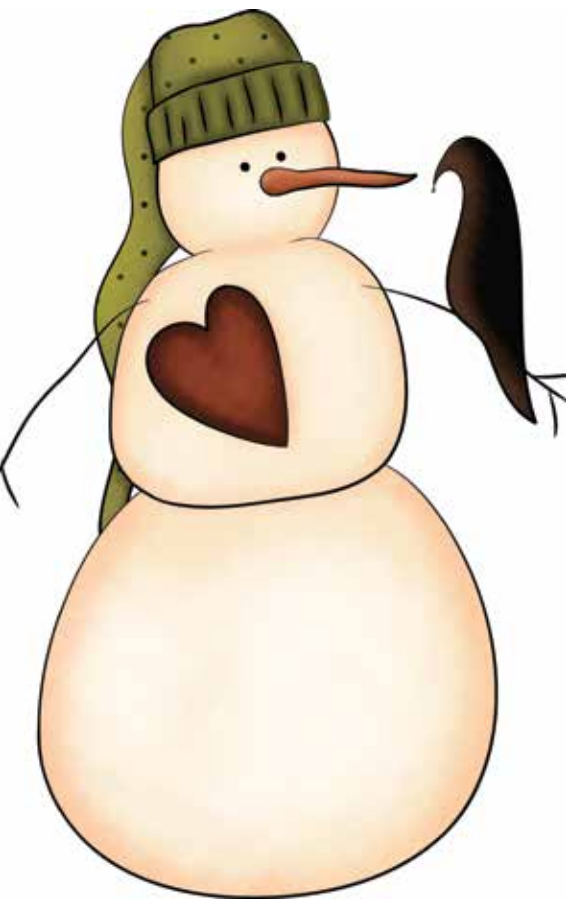
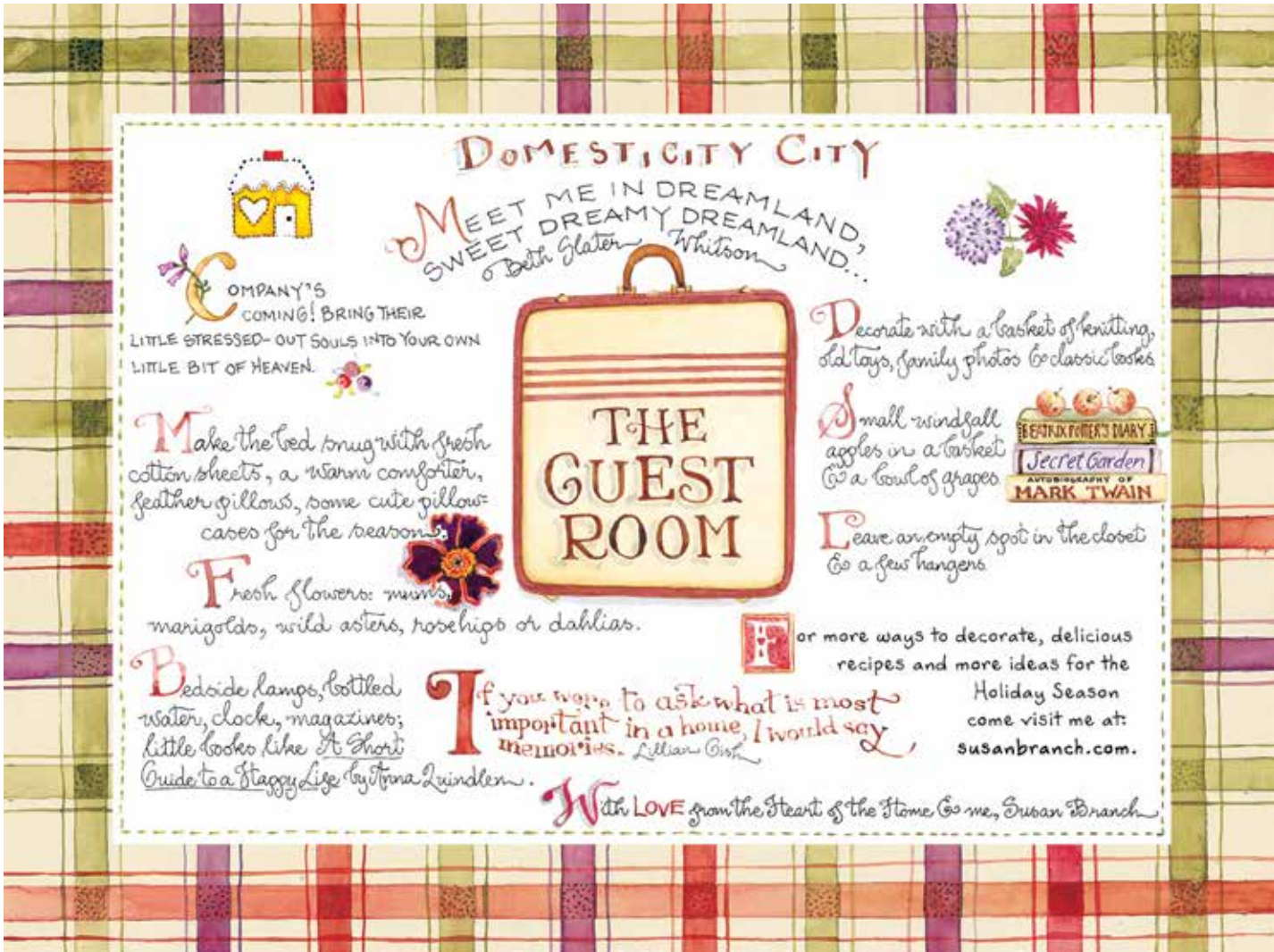
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Folk wisdom tells us that time seems to pass more quickly as one ages, and I'm beginning to think that, like most folk wisdom, there is a kernel of truth in there somewhere. Wasn't it just a few weeks ago that we wrapped our fragile Christmas decorations carefully before putting them away and taking down the tree?

Much of the rush to accomplish the impossible (an immaculate house, to-die-for Christmas baking, and the perfect present for everyone on our list) is pushed on us by commercial interests, of course. When we lived in the city, the department stores were displaying Halloween and Christmas items simultaneously, while the strains of "holiday music" drifted through the air while shoppers picked up treats for the little ghosts and goblins who would appear at their doors October 31. (In fact, I have seen fully-decorated trees in stores as early as September, along with back-to-school). In our small town commercialism isn't nearly as blatant, but even here we are beginning to plan Christmas events and get-togethers because time is marching on at an increasing rate.

If one feels obligated to have a stock of hostess, emergency and "small" gifts on hand (who doesn't?) and time is galloping past, there must be ways to lessen the stress, save time and add enjoyment to Christmas preparations. Many of us have participated in Christmas cookie exchanges, where each member of a defined group makes enough cookies of one kind to provide a pre-set number --usually a dozen-- to each member of the group, and in return receives the same number of cookies from other members, resulting in a variety of goodies for everybody. Economy of scale applies here. It is more efficient to make one huge batch of the same kind of cookie than to make several small batches of different kinds.

Why shouldn't the same process be used by quilters and crafters with hand-made "gifty" items instead of cookies? One person in the group might be a whiz at making a particular type of unique ornament, while others might specialize in such items as fast ("ten-minute") table runners, sewn coasters, Christmas-print kitchen towels or fancy seasonal pot-holders. Festive reusable gift bags made by one member could be used by all. If a number of group members, say ten, wanted to book a day to get together, they could spend that day working on their specialty projects, trade at the end of the day, and everyone would go home with nine different projects that someone else had made in addition to their own. Add a pot luck lunch, or perhaps a celebratory grand finale with wine and cheese, and you have the recipe for an enjoyable, productive day spent with friends. How about that?

What's more, you can grin to yourself and feel a little smug as you watch other people coping with crowds and cheesy canned Christmas music as they hurriedly search for the elusive one-of-a-kind gifts you already have stashed away at home!

Merry Christmas to you and yours!

Barbara Conquest writes her column from Blue Sky Quilting in Tofield, AB. © Barbara Conquest.







Christmas Word Scramble

Unscramble the words. Key is below.

- 1. \_\_\_\_\_ isnltel decoration consisting of thin strips of shiny metal foil
- 2. \_\_\_\_\_ tmstlieoe parasitic plant with white berries
- 3. \_\_\_\_\_ leishg light cart on runners pulled by horses or reindeer over snow and ice
- 4. \_\_\_\_\_ rnarmmret an object that adds beauty to something; a decoration
- 5. \_\_\_\_\_ yhrmr one of the gifts that the three wise men gave to Jesus
- 6. \_\_\_\_\_ vaiintty haunts a house
- 7. \_\_\_\_\_ anpmrge used by Mary as a cradle or bed for Jesus
- 8. \_\_\_\_\_ oshejh the husband of Mary (the mother of Jesus)
- 9. \_\_\_\_\_ daent the month leading up to Christmas
- 10. \_\_\_\_\_ gnlea spiritual being acting as a messenger of God
- 11. \_\_\_\_\_ onw water vapor from the sky that falls as white
- 12. \_\_\_\_\_ retesnp thing given to somebody as a gift.
- 13. \_\_\_\_\_ shepherd where dead people are buried
- 14. \_\_\_\_\_ ukrety bird like a large chicken, traditionally eaten at Christmas
- 15. \_\_\_\_\_ erirndere deer with large antlers found in some cold climates
- 16. \_\_\_\_\_ areckcr decorated paper tube that makes a sharp noise
- 17. \_\_\_\_\_ acnlde wax with a central wick (like string) which burns to produce light
- 18. \_\_\_\_\_ atsna Father Christmas
- 19. \_\_\_\_\_ riefclape space in a house where people light a fire for warmth
- 20. \_\_\_\_\_ yolhl an evergreen plant with prickly dark green leaves and red berries

1. tinsel 2. mistletoe 3. sleigh 4. ornament 5. myrrh 6. nativity 7. manger 8. Joseph 9. advent 10. angel 11. snow 12. present 13. shepherd 14. turkey 15. reindeer 16. cracker 17. candle 18. santa 19. fireplace 20. holly

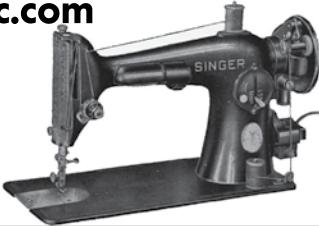


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Chalk Paint® colors

(We chose Duck Egg & Old White)

Paint brush

Bubble wrap

Leaf and foil size

Silver foil

Pencil with round eraser

Your choice of wrapping paper, boxes and bags



This unique holiday packaging was created by painting Chalk Paint® onto bubble wrap and simply stamping the gift boxes and bags as shown in the picture. You can customize your color to go with your décor. To add some glam to your packaging you can make metallic dots with silver foil and some leaf and foil size using the round eraser of a pencil as a stamp. Have fun experimenting and make it your own with Annie Sloan!

You can find other project, tips and techniques on the Annie Sloan website [www.anniesloan.com](http://www.anniesloan.com).

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### 2015 Mennonite Relief Auction Feature Quilt



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Renske Helmuth | Individual Blocks made by  
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Photo by St Jacobs Printery

### THREADS OF AFRICA

Africa has long held a fascination for the rest of the world. From expansive desert to dense rainforest, from breath-taking mountains to waterfalls to broad plains, from rich, bustling seaports to tiny, nearly forgotten villages, Africa is truly a beautiful and multifaceted continent. Sadly, it is also home to war, famine, poverty and disease.

This quilt is both a tribute to the beauty of Africa and an expression of the desire to do more to address the suffering of the people. The inspiration for the quilt arose after quilt coordinator Renske Helmuth travelled to Africa with her husband on a learning tour with the Canadian Food Grains Bank and the Mennonite Central Committee. Renske returned home with a collection of African fabrics and beads and her mind brimming over with memories of her trip. Before long she began to imagine capturing some of her memories in quilt form....and the idea for a group quilt project was born.

When she introduced the idea of an African-themed quilt to the other quilters at her guild, Waterloo County Quilters Guild, she soon discovered that many of her fellow quilters had connections to Africa as well. Some had travelled there themselves, or had friends or relatives who had worked in Africa as part of a mission group. Others had an involvement with Omas-Siskona, a local branch of the Stephen Lewis Foundation's Grandmothers campaign, which supports African grandmothers who are struggling to raise grandchildren orphaned by the AIDS epidemic. All women who participated in this quilt shared a desire to celebrate the beauty of Africa while reaching out to Africans in need. The blocks in this quilt were individually created and quilted, then joined together in a compelling mosaic that captures a glimpse of life in Africa—its people, its traditions, its landscape. Many authentic African fabrics, beads and buttons have been incorporated and participants used a wide variety of techniques, including piecing, appliqué and embellishment.

The blocks are as colorful and diverse as Africa itself and love and hope have gone into every stitch. The women who created this quilt send it out into the world with the hope that, one day, Africa's suffering will end, and that all will remain will be its beauty.

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## NOVA SEWING CENTRE



Is it time to get that next, great, new sewing machine? Sewing supplies, anyone? Been looking for that hard to find notion? Next time you're in Hamilton, Ontario be sure to stop by Nova Sewing Centre as they will fit the bill no matter what sewing item you're looking for!

Owned by sewing industry veteran Sean Queroub since 2011, Nova Sewing Centre is a one-stop sewing machine and sewing supplies store located right in the heart of the fabric district of Hamilton.

Nova has been serving customers for more than 30 years, being established by its' first owner, Leo Mattina, in 1980. Sean took the torch passed on by Leo (who is still a mentor to Sean) in 2011, and has not looked back!

We asked Sean to elaborate on what Nova Sewing Centre brings to its' customers, Sean tells us, "Our 3000squarefoot store features an extensive product line of machines, sewing notions, and a huge selection of zippers and specialty zippers, home décor trims, laces, buttons, quilting notions, embroidery and serger thread, steam irons, sewing machine parts and accessories for most brand names, as well as industrial sewing machines and industrial sergers." Goodies, goodies, and more goodies, I say!

Sean goes on to add, "Not only are we an authorized dealer for popular brands, such as JANOME, ELNA, SINGER, PFAFF and BROTHER, but we also offer a large selection of sewing machine cabinets, and we recently obtained the Madeira embroidery thread line."

When you are there, you quickly realize that The Nova Sewing Centre team is what makes this store such a special place and Sean is very quick, in turn, to give credit where credit is due, "Staff is the key to our business success, Susie Ferreira is our store manager and has been a Nova employee for over 16 years. Our friendly sales staff, Heidi, Sylvia, Ivana, Fred and Edward are all knowledgeable on the products we sell. Our staff has a combined experience of over 60 years in the sewing business and we use this experience and expertise in sewing, on a daily basis, to give our customers the absolute best service possible."

Even with the toughest to find items, Nova can usually get you what you need within a couple of days. Sean adds, "We're willing go that extra mile to make sure customers keep coming back!"

As holds true for most businesses it is the knowledge and experience of the owner when paired with a great and knowledgeable staff that makes for true success. Given Nova's continued success, Sean's background seems to be a perfect fit.

Sean's 20 plus year career started when he became a service technician at Janome Canada for 3 years, where he gained a tremendous foundation of knowledge on repairing some of the highest quality and technologically advanced machines on the market.

He continued learning not only machines, but the entire business end of things as well, and was subsequently promoted to sales manager

for Janome Canada. This position served to give him an even stronger understanding of the sewing machine business.

In fact, the sewing machine business has always been a part of Sean's life, as his family has been in the business for over 30 years. His father actually owned one of the largest Singer sewing machine dealerships with 9 stores.

Looking back at his journey in the sewing industry Sean, again, is thankful and shares a little more, "I would like to credit my father and mother Sal and Ruth Queroub for their vast knowledge of the sewing industry, and Janome Canada LTD for the opportunity to learn with best there is in the sewing machine industry. I would also like to thank Mr. Leo Mattina the original owner of Nova Sewing who has, and continues to be, a great mentor in day to day operations of our business."

Looking forward at what lies ahead, he also shares, "We are very excited about the future of our business. One of the most exciting things to happen is that we recently purchased the Sewing Super Store in London, Ontario, a dealership that has been located in the London area for close to 35 years, making Nova the largest sewing machine dealer in Ontario." Sean closes by saying, "We would love to continue to grow and one day soon become a Canadian household name in the world of sewing."

The location, the machines, the notions, the people... all winners in my humble opinion! Visit Nova Sewing Centre in Hamilton (or now in London too!), you'll be glad you did!

*Cheers!*

*Damaris Pederson*

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## The What, Where, & Why of STABILIZERS

In today's quilting world there is a variety of stabilizers available, each with special characteristics offering a multitude of design options. Stabilizers are often recommended for quilting projects, and the expertise offered by your quilting instructor or favourite shop will help you to choose the correct type for your project! Here are the basics...

### CUT AWAY STABILIZER

- Permanent
  - Eliminates pulled or sagging stitches
  - Excellent stretch resistance
  - Reliable; remains with fabric for continued stabilization through laundering & wear

### TEAR AWAY STABILIZER

- Temporary
  - Easy tear away removal
  - Prevents stitch distortion
  - Versatile; use one or more layers, then tear away layers separately to avoid pulled stitches

### WASH AWAY STABILIZER

- ✕ Temporary
  - Easy removal, with water
  - Great transfer medium
  - Ideal when you do not want any stabilizer to show on top or bottom

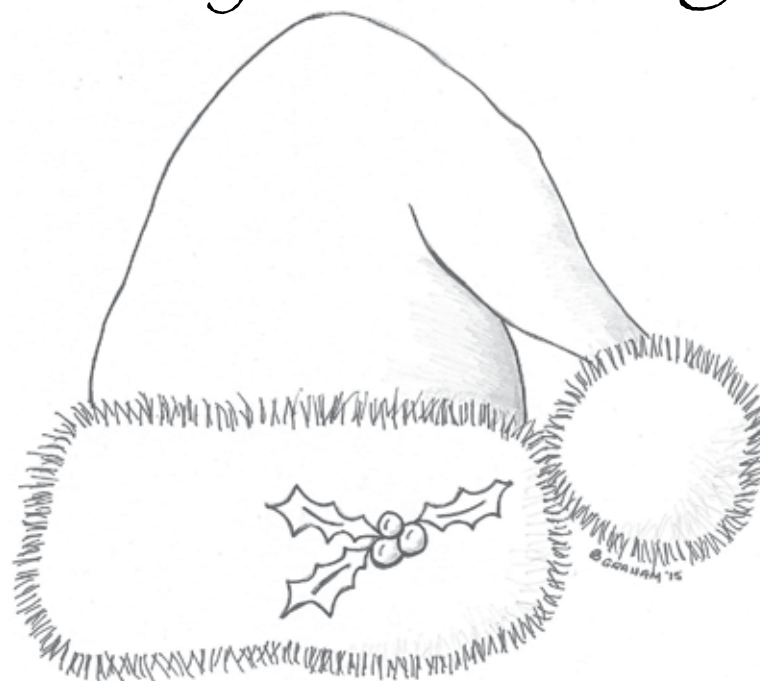
### HEAT AWAY STABILIZER

- ✕ Temporary
  - Disintegrates with (iron) heat
  - Brushes away easily
  - Perfect to use to avoid wetting item, or when tearing would cause distortion to stitches or damage to fabric

Marjorie Salavich, Certified SULKY Instructor  
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## Countryberries Designs



### Santa's Cap

This pattern is free for you to use. Please give the artist credit. Not for commercial use. Enlarge this pattern to your desired size. This quick pattern can be appliqued, needlepunched, hooked or even painted. It would be great to repeat as a border. Have fun!

Designed by Kathy Graham

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## Heart to Heart

by Wendy Carmichael Bauld

Well it's that time of year again! Christmas will soon be upon us and along with the cold blustery weather, that's predictably coming our way, comes that annual obsession in our quest for the right gift...oh...what to do!

It is said that the art of giving is to give from the heart without expecting anything in return and when you do that, you'll feel as much happiness as the person you're offering your gift to. Then why is it so painful at times to find just the right gift? I think we're caught up in the mindset of doing what's expected instead of doing what we "feel" at this time of year. After all, we are bombarded with commercials, flyers, billboards and even those annoying ads that pop up on social media, programming us to believe that if we don't buy a certain kind of gift, the receiver will most certainly be "disappointed".

This generation has seen an explosion of choices, facing consumers. In fact, most of the major department stores stock anywhere from 50,000 to 100,000 items! No wonder we're overwhelmed, as too many choices can be a distraction or worse, they can lead to "choice overload." Being inundated with every possible gift under the sun is all part and parcel of how our society currently operates and it can often cause a type of sensory meltdown. Yet, with that said, as we try to maneuver our way through the holidays there can also be an upside and something positive about it. One could argue that this tug of war we live in actually enhances the spirit of the season and you only need check out a window display of any major department store to verify that the stunning, eye catching decorations certainly help to excite the masses. Whatever your take, be it glass half empty or half full, I try to perceive it with a celebratory attitude and enjoy all of the commercialism but make my gift giving more about creating "one of a kind" gifts that come from the heart.

I've always found that I'm able to come up with some fabulous ideas that are not only fun to make but can also help achieve some wonderful downtime with children. In fact, anyone looking for ideas can benefit by exploring your creative side, to show how appreciative you are to people who enrich your life.

Each year, I've managed to set aside some quality time to enjoy all five of my grandchildren by spending time together to create some amazing gifts. Being an artist, I collect up many found items from around the house and you'd be surprised what one can come up with, if you keep an open mind. Old cards, textured items, paints, glue, ribbon, makers, tissue paper, fabric, you name it, it's about being original, innovative and experimental. I've tucked away odds and ends throughout the year in anticipation and it's a pleasure to finally gather it all up in my arms and drop my treasures onto my kitchen table. The very sight of

it will surely evoke an urge of creativity in even the most artistically challenged person! If you don't have these items around, a quick trip to the local dollar store and roughly \$25 can net an array of interesting items as there are literally thousands to choose from. Once all set up, it's a day of freedom, self expression and playfulness. It's as much about building memories as it is about building gifts and it's nice to just stop and give children our valuable time because it's one of the most precious things we have to offer them.

Our traditional gift building event began by showing my grandchildren how to cover inexpensive wooden box's with material and finishing off with beads and sequins. Another time, we decided to bake loaves of banana bread and after they cooled, we wrapped them in saran and then foil, topped with a hand tied red ribbon and an added touch of holly. One of their teachers loved the Toronto Maple Leafs, so we cut out a Leafs logo from a magazine, fixed it onto the foil and then wrapped with a blue ribbon and a touch of silver garland. Any theme can be created this way and it's only a matter of finding items that would be in keeping with that specific persons likes and incorporating them into the gift as they become more personal with just a slight modification.

Last year, I asked each of my grandkids to bring a photo of a special

person in their lives. We glued the photo to a plain inexpensive tree ornament and followed up with touches of sparkles, sequins and other festive materials. The very nature of a decoration is to add sparkle to a tree and these pretty, beautifully presented gifts did just that. We had also added the date so ultimately, each recipient of these personal ornaments, will continue to hang them on their tree for years to come. People enjoy being appreciated and a personalized gift of is a lovely way to express it.

As I take a nostalgic look back, some of my fondest memories during the holidays were moments spent with my siblings on a wintery December day, patiently waiting while my grandmother doled out supplies of old cards, wrapping paper, scissors and that ingenious recipe of flour and water glue, which I might add, always did the job. We created beautiful little hand made cards and decorations that we were so proud of and further inspired us to become imaginative and inventive each and every day. If you open that door of artistry it will continue and carry you through a lifetime.

I can't think of a family member, teacher or anyone of the many other supportive people in our lives, who wouldn't love to receive a hand made gift.

The more creative you are, the more creative you'll become. With 2016 is right around the corner, why not make your New Years resolution today by trying something different and pulling out your "genius"... and you might just be surprised at the artistry emerging from within!







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### Holiday Magic:

### *Celebrating What You Love*

by Simone Gers

Like my husband Tray and I, many of our friends are collectors and so much of the fun is decorating with all of our finds. Some of us like to switch things up moving our collections around, featuring different items and making what's old new again. Holidays provide many opportunities to change the feel of our homes by displaying great antique and vintage decorations.

Tray loves Christmas so much and has so many vintage ornaments that we often decorate several trees with different themes. This year, we decided not to limit ourselves just to those ornaments and we took the idea of vintage décor to a whole new level—we decorated with favorite collections.

We love old world globes and created a 'Peace on Earth' tree with them. We highlighted the lovely colors in the globes by pairing them with chartreuse and turquoise ornaments. To add dimension, we used traditional dove shapes to make different-sized cut outs, glittered them and had them take flight by hanging them from the ceiling at different heights. Gluing some to sticks and inserting them in the tree adds to the appeal. Wouldn't it be fun to start a new tradition with your children by having them help make decorations like the cutout doves?

Have you ever wondered what to do with your old punch cups? We had a ball using over 200 vintage cut-glass punch cups in our 'Good Tidings To You' tree. By hanging the cups bottom out, the light illuminates each like a crystal ball. We paired these crystal beauties with white Summer Everlasting flowers that we gathered in the Arizona countryside. With this tree, we brought the outdoors in and integrated a traditional activity of using native, dried plants. Wouldn't it be great to have a party with a punch-cup tree and then send everyone home with a cup ornament as a gift?

In a wildlife themed tree, we used a large plaster owl and large and small-feathered owls. Any vintage statuary or taxidermy could have easily been substituted for the owl. We continued bringing the outdoors in by using white and brown glittered pinecones and real birds' nests for ornaments. While this tree would be fabulous in garden rooms, dens, cabins or camps, it would really be the star in a 'man cave.'

Do you love to garden or, perhaps, collect vintage gardening items? Staying with an "outside-in" theme, we designed a tree featuring vintage birdhouses, old metal folk art flowers, old clay pots and natural branches. We love the scale of the birdhouse and metal flowers in contrast with the



Plaster Owl, large and small-feathered owls. White and brown glittered pinecones. Real birds nests. Use an old statue. Think outside the box.



Peace on Earth—old vintage globes, old new chartreuse and turquoise ornaments and white doves.



Punch Cup Tree—Over 200 vintage cut-glass punch cups. White, Summer Everlasting flowers.



Garden Tree—vintage birdhouses, old metal flowers, folk art, old clay pots and natural branches.

smaller items used for ornaments. If you had some old, colorful gardening tools, they could easily be wired to branches as ornaments.

Holiday decorating is a great time to celebrate creativity and fun. Upcycling garden items, statuary, taxidermy, punch cups, globes or any other vintage collection is an unexpected and unconventional way to feature what you love.

Designing unusual tree themes also allows you to enjoy traditions like making ornaments and using items from nature. Further the joy by creating the new pieces with family and friends. In addition, just think of the stories your family will tell about the time you used the garden statues to decorate the tree. Imagine your family wondering with smiles what you're going to have them make this holiday season.

When you embrace your collections with love and sprinkle in a little inspiration, magic happens. And isn't magic one of the joys of the holidays?

*Simone Gers began her antiques journey 35 years ago when she married Tray, an avid collector. They still have the first piece they bought together—a pegged farm table that was so decrepit it was behind the antique store—and they have been upcycling vintage finds ever since. The Gers own Gather A Vintage Market in Tucson, AZ, a monthly market. Simone has taught writing and literature at the college level for many years.*



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**SUDOKU PUZZLE SOULUTION**  
from page 10

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9	6	1	5	3	7	2	8	4
2	8	7	4	1	9	6	3	5
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LET'S STITCH



# Big Bear, Little Bear Cushion

DESIGNED BY SALLY ABLETT

## TO CUT

### Fabrics 1, 2 and 3:

- Cut 2, 7¼" x 7¼" squares, cut in half diagonally and then cut in half diagonally again (large triangles)
- Cut 1, 5¾" x 8½" (cushion back panels)

### Fabric 4:

- Cut 1, 12½" x 12½" (central square)



## MATERIALS

Fabrics used in this project are from the Big Bear, Little Bear collection by Lewis & Irene

- 46cm x 56cm (fat¼) of fabric 1 – Wigwam Woods on Milky Tea (A101.1)
- 46cm x 56cm (fat¼) of fabric 2 – Big Bear Little Bear on Milky Tea (A102.1)
- 46cm x 56cm (fat¼) of fabric 3 – Woody Diamonds on Brown (A104.2)
- 46cm x 56cm (fat¼) of fabric 4 – Big Bear & Friends Totem on Milky Tea (A105.1)
- 1m of fabric 5 – Bumbleberries in Off White (BB40)
- 62cm x 62cm (24½" x 24½") wadding
- 1 button
- 61cm x 61cm (24" x 24") cushion pad

## GOOD TO KNOW

- All measurements include ¼" seam allowance
- Press seams as you go for a neat finish
- Block size 24" x 24"

## TO SEW

### Cushion front – Flying Geese

- 1 Lay out your fabric pieces, two small triangles alongside one of your large triangles. Join along the short sides on the large triangle. Repeat for all 24 of your large triangles, remembering to press seams as you go.



### Making up cushion front

- 2 Lay out your Flying Geese blocks as in the diagram. Sew four Flying Geese blocks together in rows for the top and bottom border strips of the cushion.



- 3 Join these strips to the top and lower edge of the central square.

- 4 Next, join two sets of Flying Geese blocks together to form the top left and bottom right corner squares.

- 5 Sew the remaining Flying Geese blocks together in rows of eight for the cushion sides. Attach the two corner sections to these rows for the top left and bottom right corners, ensuring the points of the triangles are pointing in the correct direction.

- 6 Attach rows to the sides of the central square and press seams.

- 7 Place complete cushion front panel on top of your wadding and quilt as desired by hand or machine.

### Back of cushion

- 8 Join the three 5¾" x 8½" pieces together along the short sides, press seams.

- 9 On one of the long edges, fold a ¼" turning and then turn over again by another ¼". Sew in place.

- 10 Work a buttonhole, by hand or machine centrally on your pieced back panel work. Make sure it is the correct size to fit your of your button.

- 11 With right sides together sew the pieced back panel to the 8½" x 24½" fabric piece, along the long edge.



- 12 Take the 14½" x 24½" fabric piece and fold one of the long edges over by ¼" and then over again by ¼", sew in place.

- 13 Place cushion front right side up on a flat surface. Lay one backing rectangle right side down on top, aligning raw edges at bottom edge and sides. Add second backing rectangle on top right side down and aligning raw edges at top edge and sides. Pin in place. Folded edges should overlap by several inches in the centre.

- 14 Stitch around all four edges. Add a line of zig-zag stitches within seam allowance for additional strength. Turn right side out, neatening corners and insert a 24" cushion pad.



THIS COMFY, LARGE SIZED CUSHION USES FABRICS FROM THE ADORABLE **BIG BEAR, LITTLE BEAR COLLECTION** FROM **LEWIS & IRENE**. THE FLYING GEESE PATCHWORK BLOCKS MAKE AN ARROW-LIKE BORDER AROUND THE CENTRAL TOTEM SQUARE PANEL.



**Lewis & Irene** are a British, family run business with fresh, homegrown designs printed on high quality cotton. They sell to lovely craft and fabric shops in the UK and across the world through leading distributors. For more details visit [www.lewisandirene.com](http://www.lewisandirene.com)

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