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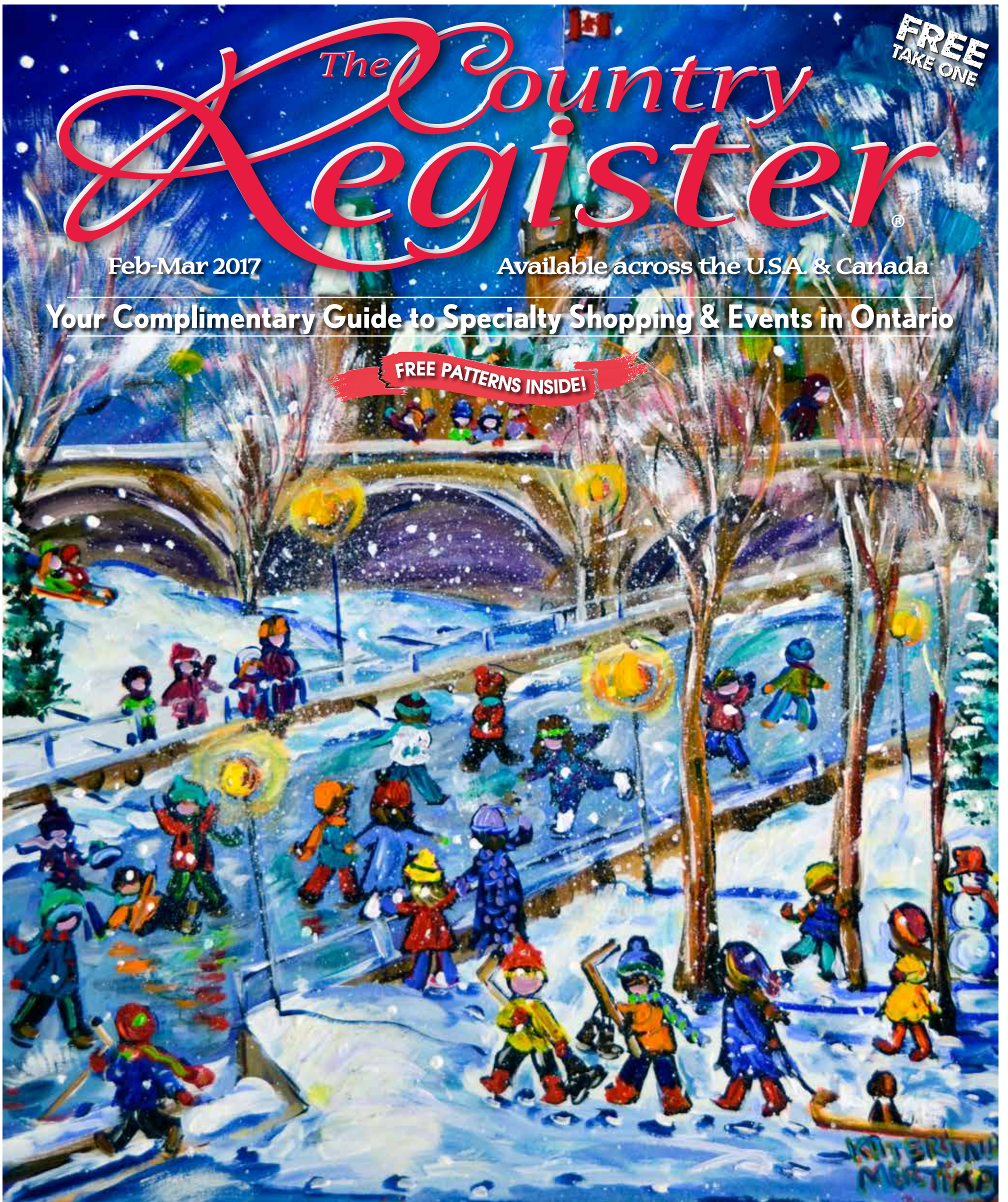
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The Country Register of Ontario
February / March 2017 Issue

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Calendar of Events

FEBRUARY

- FEB 02 - FEB 05** Feb Fest. Kingston
- FEB 03 - FEB 20** Winterlude, Ottawa-Gatineau
- FEB 03 - FEB 12** Bon Soo Winter Carnival, Sault Ste. Marie
- FEB 03 - FEB 05** Winterama, New Lowell
- FEB 03 - FEB 05** Goderich Winterfest, Goderich
- FEB 04 - FEB 05** Barrie Winterfest, Barrie
- FEB 04** GRCA's Family Cross-Country Ski & Snowshoe Day at the Ganaraska Forest, Port Hope
- FEB 04 - FEB 05** Lunarfest, Toronto
- FEB 04 - FEB 20** Winterfest, Hamilton
- FEB 09 - FEB 12** Td Ottawa Winter Jazz Fest, Ottawa
- FEB 10 - FEB 12** Kuumba, Toronto
- FEB 10 - FEB 12** Sportsfest, Port Colborne
- FEB 10 - FEB 12** South Porcupine Winter Carnival, Timmins
- FEB 10 - FEB 11** Toronto Winter Brewfest, Toronto
- FEB 11** Reel Paddling Film Festival, Port Hope
- FEB 11** Orillia Winter Carnival, Orillia
- FEB 12** Friends of Music present Cecilia String Quartet, Port Hope
- FEB 12** WinterFest, Vaughan
- FEB 13** Braden's Hot Chocolate Festival, Dundas
- FEB 14** Happy Valentines Day
- FEB 15** Colin James: Blue Highways Tour, Brockville
- FEB 17 - FEB 19** Ottawa Winter Brewfest, Ottawa
- FEB 18** Fire & Ice, Perth
- FEB 18 - FEB 20** Voyageur Winter Carnival, Thunder Bay
- FEB 18** Winter In The Wild @ Algonquin Provincial Park, Algonquin Park
- FEB 19 - MAR 12** Taste of Burlington Winter, Burlingto
- FEB 19 - FEB 20** Frosty Fest, Brantford
- FEB 20** Arctic Adventure, Aurora
- FEB 24 - MAR 05** Northumberland Players present Joseph and the Amazing Technicolor Dreamcoat, Port Hope
- FEB 24** Fort Town Concert Series: The Belle Epoque, Prescott
- FEB 24** Battle of the Bands, Haliburton
- FEB 26** La Jeunesse Youth Orchestra present "in the Spotlight", Port Hop
- FEB 26** Chili-willy Cook off, Brantford

MARCH

- MAR 01 - MAR 03** Celebrating the Past. Igniting the Future – FEO Annual Conference, Sault Ste. Marie
- MAR 03 - MAR 05** Greater Hamilton Home & Garden Show, Hamilton
- MAR 03 - MAR 05** Ottawa Maple Festival, Ottawa
- MAR 04** A Ball in the Regency Style, Niagara-on-the-Lake
- MAR 04** 40th Annual Sleeping Giant Loppet, Pass Lake
- MAR 04 - MAR 26** Bronte Creek Maple Syrup Festival – Bronte Creek Provincial Park, Oakville
- MAR 05** Fergus Wedding Showcase, Fergus
- MAR 10** Scandals and Scoundrels Pub Crawl, Peterborough
- MAR 10 - MAR 11** Southwestern Ontario Pet Expo, Chatham
- MAR 11 - MAR 26** Buckhorn Maplefest, Buckhorn
- MAR 11 - MAR 18** Irish Real Life Festival, Kitchener
- MAR 11 - MAR 12** Sugar Shack T. O., Toronto
- MAR 12** Gala Celebration of Oscar Peterson, Port Hope
- MAR 16** Weaving Words: Speakers Series, East Gwillimbury
- MAR 24 - MAR 26** Muskoka Arts & Crafts 38th Annual Spring Members' Show, Bracebridge
- MAR 29 - APR 09** Willy Wonka! at the Capitol Theatre, Port Hope
- MAR 29 - APR 09** Summer Sidewalk Sale, Port Hope
- MAR 31** Fort Town Concert Series: La Traviata, Prescott

APRIL

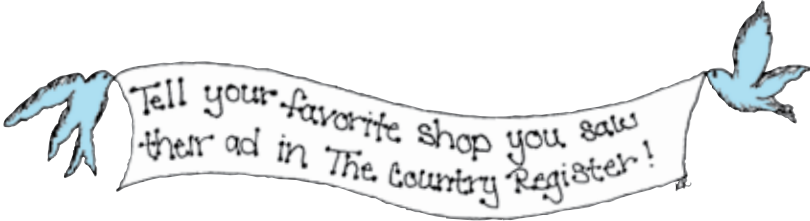
- APR 28-28** Creative Festival, Toronto

UPCOMING

- JUNE 14-17** Quilt Canada, Toronto

In this Issue

- About Our Cover Art 4, 5
- Free Patterns 14, 23
- Recipes.....11, 15, 18,19



Dearest Readers,

Happy Winter everyone!

Here at home in Ottawa there has been a lot of snow, but hardly any of those “Polar Vortex” blasts we hear about, so temperatures have been a bit warmer than average for the most part, which I am very thankful for. Looks like the groundhog won’t be seeing his shadow this year!

This wonderful milder weather allows us to still take advantage of all the winter activities we all love so much, but without the frost bite! We personally love to skate, cross country ski, and go sledding with the kids.

How is your winter going? Are you staying active as well? I certainly hope so!

Enjoy what remains of this wonderful season, because before we all know it Valentine’s Day will pass us by, the days will get just a little longer, and just a little warmer, and then viola, Spring will have sprung by the end of March!

Oh, and just a thought, why not observe National Flag Day on February 15th as well? In my opinion it’s a great way to start celebrating our beautiful Nation’s 150th b-day!

That’s it for now, my dear readers, and as always, please tell ‘em you saw it in the Country Register :)

See you next issue!

Best regards, *Harriet*



Meet our cover artist: Katerina Mertikas

Katerina Mertikas is a self-taught artist who was born in Tripoli, Greece. She and her family (Patrinos) immigrated to Canada in 1960; first to Montreal and then to Ottawa. Her two daughters were originally the inspiration of her work, and now she happily depicts her grandchildren in her works with a renewed energy of watching them grow.

She had her first show in Ville Saint Laurent in 1989 and has been showing ever since. Painting spontaneously, in bright, bold acrylic paint, she captures what she feels and what her memory retains.

Katerina classifies her own work as naïve expressionism, trying to convey to the world the message of love, peace, innocence, and friendship. Katerina explains, “I love vivid colours. I love the feeling the painting creates within me—especially when depicting children in all their joys and excitement. I try to capture the special, happy moments in our daily lives on every canvas I paint.”.

Just back from a week in Washington, D.C. teaching art to high

(read more about Katarina on next page)

(continued from previous page)

schools through Youth Art for Healing—a non-profit organization that brings works of art created by youth into healthcare environments to provide a sense of comfort, inspiration, and healing—Katerina doesn't slow down—ever. She paints late into the night, and devotes most of her spare time to her five grandchildren who are the inspiration for her joyful paintings.



In 1999, Katerina received a YMCA-YWCA Womens of Distinction Award.

In 2012, Koyman Galleries, along with Katerina Mertikas, produced a limited edition print to be sold with proceeds benefiting the Children's Hospital of Eastern Ontario (CHEO) in Ottawa. During her November 2012 art show at Koyman Galleries, the CEO of CHEO along with other notables from CHEO, were on hand to take part in this major announcement. This limited edition print is only the first installment of a series of limited edition prints that will be benefiting CHEO throughout the years.

In 2013 Katerina was awarded the United Way Community Builder award for her work in charity, dedication and commitment to the city of Ottawa.

Two years ago, Katerina was inspired to create a painting called Honouring My Father after the tragic event that took place at the National War Memorial in Ottawa. Her painting of Cpl. Nathan Cirillo raised over \$75,000.00 for Cirillo's son, and Ottawa Mayor Jim Watson hosted a special event to unveil the original painting in the Mayor's boardroom.

Katerina is a mentor to many women in the Ottawa community and she helps others in the community by speaking at various events, and teaching children a career in the arts is possible and worthwhile. Katerina gives back to many Ottawa and Canadian organizations like the Ottawa Food Bank, Breast Cancer Foundation, the Children's Hospital of Eastern Ontario, Sick Kids Hospital, and more.

UNICEF partnered with Katerina in 1993 to produce greeting cards, and they've continued to her use her art work ever since. UNICEF partnered with Hallmark to sell Katerina's cards, which are available at Pier 1 Imports, IKEA, UNICEF stores, and many fine galleries across Canada. Katerina was the first Ottawa artist to be selected by UNICEF and was on the cover of their international brochure. Her best-selling cards provide much needed funds for children worldwide.

The Canadian Lung Association selected Katerina's art work as their Christmas Seal in 1994. Again, Katerina was the first Ottawa artist to be chosen. The Canadian Juvenile Diabetes Association also commissioned a print by Katerina to raise funds for their cause. Katerina granted this royalty free and gave them the rights to sell her print for this fundraising cause.

Katerina's images were selected three times by Sick Kids Toronto Hospital as the images and cards for the winter fundraising campaign. The Children's Aid Society in Ottawa and Toronto also used her art work for holiday cards that benefited and raised funds for their charity.

Thank you Katerina for all of your continuing contributions and generosity to our community and the world! We are truly honoured to share your works with our dear readers. Be sure to check out more of Katerina's on her website, www.katerinamertikas.com.

Our Search for Cover Artwork —

Across Canada and the U.S, you can always tell *The Country Register* by its cover. Our publishers seek to find cover art or photos from the province/state the paper represents. To that end, we are seeking the work of artists from Ontario to feature on our covers. The art must be in good taste and consistent with the theme of the papers.

If you would like your work to be considered, please send an email indicating your interest to OntarioCountryRegister@gmail.com

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Madeline's Musings

by Madeline Lister

The Promise

It was a cold blustery day. Inside, I sat facing the door where patrons of the buffet were coming and going; most were in a considerable hurry to be out of the elements. I focused on my food. That is, until a nasty draft sent shivers up my legs. Close that door, I instinctively thought. For the next few minutes, there'd be no closing that door.

An elderly lady, wrapped in her fur-collared coat, was struggling with a door much bigger and heavier than she. No attempt was made to come in; just to keep it open. Her arm extended beyond where I could see. Slowly a stooped figure came into sight beyond the doorway. With uncertain steps, large gaitered feet shuffled over the threshold. And she allowed the door to gently close behind them.

With one hand on the back of a booth and the other held tightly in hers, he cautiously made his way toward where I sat. Her eyes never left him; she whispered softly to encourage him; patrons nodded, and smiled their support as they crept along. Using all her strength, she guided him into the booth behind me. He sank exhausted onto the seat, and closed his eyes. He'd made it.

Having removed her coat, and certain he was comfortable, she set out for the food bars. In short order, she was back, carefully balancing a bowl of steaming soup. Setting it in front of him, she tucked his napkin at his neck, placed a spoon in his hand, and waited. Gnarled fingers did their best to respond, and a hand that once, without a thought, knew exactly where the hungry mouth was, just couldn't find it any more. Sweetly she bent over him and wiped the dribbles from his chin. Soup time would be a bit longer tonight.

Turning around on my bench, I caught her eye and smiled. She smiled, then resumed her task. The bowl now empty, she set it aside. With a grace that comes with age and patience, she walked to the bountifully laden buffet. And the game plan I'd observed with the soup was repeated with the dinner. Not a morsel did she eat until he was satisfied. Only then did she find something for herself.

I was in awe. Not that I stared at them, mind you, but my own meal grew cold as out of the corner of my eye I watched this beautiful story unfold. He never said a word; his gaze was only forward, and blank; he could do little to help himself. But he was the darling of her date; she, his princess-in-waiting. I had to know their secret.

Turning around and tapping her shoulder, I let my hand rest on the back of the booth.

"Excuse me, but I've been watching you, waiting on your husband. You are an inspiration to me," I stammered, the lump in my throat larger than a dinner plate.

Again, she smiled; a soft, kindly smile, wrinkles playing at the corners of her glistening eyes.

"Honey, it's what we promised each other." She spoke in a regal faraway voice.

"God bless you," I said.

"Thank you. And you also." She patted my hand, then briefly held it.

It was a chance encounter, but one seared in my memory and on my heart these many years hence. More vivid than boxes of chocolates, red hearts, or long-stemmed roses. A simple act of love for the one she cherished more than life itself.

Until next time,

Madeline Lister, Trent Lakes, Ontario Canada

madelinesmusings@gmail.com

PS Do you have a love story you'd like to share? I'd love to hear from you.

MARY BROOKS PICKEN

The Sewing Industry's Most Influential Woman



Modern Sewing has its many influential people who have shaped the way you sew, where you sew, and how yaou sew. We know the names of Eleanor Burns, Nancy Zieman, Alex Anderson and many talented women who introduced us to new ways to design and fabricate everything from quilts to home décor. These women are held up in modern times as leaders in the sewing industry and their means of delivery has been in large part through television and the internet along with many published books.

Let me introduce you to the most influential woman that literally transformed thousands of women from ordinary clothing menders, to clothing specialists, capable of making a living and improving their homes with their sewing machines. At a time when most women were not able to vote, and less than 10% worked outside the home, a widowed woman from the Midwest moved East and began the most fascinating and influential career in sewing I believe I have ever witnessed.



Her name is Mary Brooks Picken, and if you stop for a moment, and look through your library of sewing books, you may find *The Singer Sewing Book*, published by Singer in 1949, and written by this remarkable woman. This book is the authority on proper sewing technique covering everything from dressmaking to rugmaking. Although, upon closer inspection of your library, you may find several of her books, since she wrote 91 during her career. I find writing 91 books exceptional. Why? By the time she was 28 years old in 1914, Mary had already written 64 textbooks and two dressmaking courses for the popular International Correspondence School located in Scranton, Pa.

Widowed at the age of 25, she was recruited by the school and opened the Women's Institute under the ICS parent company. Courses offered at the institute were in sewing, dressmaking, millinery, and cooking. At 35 years of age, Ms. Picken had earned the role of Vice President for the Women's Institute and a million dollar structure was built across the street from the ICS June 3rd, 1920.

The 125,000 women enrolled mainly from the United States, but also internationally, earned the praise from many influential sources including the U.S. commissioner of education at the time, P.P. Claxon. "In America at least, the home is the most important of all institutions" for it is the home that establishes the "physical, mental, and moral education" of children." During the same period from 1920 thru 1925 Mary was editor of her quarterly publication, *Fashion Service*, and enrollment at her institute doubled to 253,000 enrollees.

Women from all over the United States wrote to Mary praising the school, and its education courses for improving their skills all around. In addition to earning money on the side to help support their family, women were opening businesses and supporting themselves. During early 1920s, "Most women were housewives, but by this time, a significant number of women did work outside the home, or even within it to earn money. Figures released when the cornerstone of the building was laid show for every 100 women enrolled in courses, 63 were married, 34 were single and three were widowed. Sixty-three percent of students studied to meet or enhance the requirements of their own home. Out of every 100, 17 planned to establish their own businesses, nine to prepare for a position in a business and 11 for both home and professional roles." (Kashuba, 2011)

Having accomplished the monumental task of opening a school advancing women's domestic skills, Mary moved forward and "begins a career in advertising with Singer Sewing, Dennison Crafts, and The Spool Cotton Company" (Barickman 2010). The Women's Institute survived until

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1937, due to a downturn from the Great Depression. In 1939 Mary opened the Mary Brooks Picken school on Madison Ave. in New York. She also released 3 books on fashion that same year.

During World War II there was a huge revitalization in sewing and women were encouraged to repurpose old clothes. The women who had completed courses from the Women's Institute were skilled in accomplishing this and many were writing to magazines about what they had altered and renewed. By 1942 fabric sales were up by 50 percent over the previous year, and in 1943 70 million patterns were sold over the counter.

In 1949, Mary at the age of 63, wrote *The Singer Sewing Book*, which in 2 years sold 380,000 copies, and at its completion of printing sold over 8 million copies. At the age of 74, she was syndicated, writing a weekly column that reached 300 newspapers. Not much is written about her golden years, and she died the 6th of March, 1981 at the age of 94.

Mary Brooks Picken led an extraordinary life, and not only made a wonderful career from sewing and writing, but directly influenced women to take pride in their craftsmanship, and encouraged other towards entrepreneurship. I wonder today how many of Mary's techniques are being replicated as "new" or "modern" in the sewing industry. Her methods taught women to abandon the ordinary, mundane task of sewing, and instead put their new skills toward making their homes and family fashionable and stylish. Mary Brooks Picken, an exceptional woman, whose techniques are still utilized today in everything we sew.

For further reading I encourage you to pick up a copy of *Vintage Notions* by Amy Barickman. The book is a compilation of patterns, techniques, recipes, and other things taught by Mary Brooks Picken at the Women's Institute.

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Rosewood - Bois de Rose - Essential Oil (Aniba rosaeodora)

By Wanda Headrick

Setting in front of the blazing fireplace on this cold, dreary, winter day, wondering what oil to share with you, the nostalgic essence of Rosewood entered my memory. Like the warmth of a burning wood fire, Rosewood is an exotic essence that brings comfort to the mind and relaxation to the body.

Rosewood – Bois de Rose (Aniba rosaeodora) essential oil is produced by steam-distillation from a tropical, medium-sized wild growing evergreen native to the Amazon basin. Rosewood essential oil is also occasionally water-distilled from chipped wood of the Aniba rosaeodora. This colorless to pale yellow liquid is a refreshing, rather exotic odor of sweet-woody, floral-spicy-peppery odor that “grows” on a person.

Rosewood essential oil first became of interest and importance to the fragrance industry due to its linalool content. Following the invention of synthetic linalool and the discovery of a cheaper source of linalool in Ho Leaf Oil from China, the production of Rosewood essential oil has declined. While Rosewood essential oil is not considered to be from a threatened species, the A rosaeodora species tree has been heavily exploited in the Amazon region of South America. Trees with an acceptable trunk diameter for distillation take 10 years to produce. Very few trees exceeding the 30cm (approx. 66 inch) girth can be found within 20 km of river banks of navigable rivers. This is the only means of bulk transportation in the

Amazon region. Young branches of wood provide high yields of oil, but are rejected on site in favor of more readily portable trunk wood. This results in up to 60 percent of the wood biomass being left on site and therefore wasted. Further waste and loss occurs in sawing and chipping of wood prior to distillation, and oil recovery is often inefficient due to outdated equipment. New and better distillation possibilities are being investigated and are promising.

Rosewood essential oil is considered to have antidepressant, antiseptic, bactericide, cephalic (an agent that clears and stimulates the mind), cytophylactic (encourages growth of new skin cells), deodorant, insecticide and stimulant properties according to the aromatherapy industry. Linalool is the main chemical constituent (80-90%) in rosewood essential oil, but there are at least 11 other chemicals widely known to exist in its chemical composition, including 1,8cineole, geraniol, and citronellal to name just a few.

Rosewood essential oil is considered to have the ability to create a feeling of calm without inducing drowsiness. Another characteristic is its ability to create an overall balancing effect from its uplifting and enlivening properties. It is a good oil to use when feeling stressed, depressed or dragged down by the burdens of life. It is also considered to be effective in alleviating headaches and anxiety. Rosewood essential oil has been found beneficial for sensitive, aged and damaged skin or skin affected by acne or dermatitis. This would be due to its antiseptic, bactericide and cytophylactic chemical properties. It is considered a very safe oil to use on the skin and, due to its antiseptic properties, makes an excellent oil to use in a deodorant. Its cytophylactic properties make it a good choice for aged, dry or wrinkled skin. Its calming effect, without drowsiness, make it a favorite for use by those who practice meditation or mindfulness for relaxation and pain control. In Chinese medicine, it is an oil that is considered beneficial to open the Crown Chakra. Rosewood is also considered an aphrodisiac.

Calming Nighttime Facial Blend	
Pumpkin Seed Oil.....	2 ounces
Grapeseed Oil	1 ounces
Joboba Oil	1 ounce
Rosewood Essential Oil	20 drops
Frankincense Essential Oil.....	10 drops
Lavender Essential Oil	30 drops
Geranium Essential Oil	10 drops
Rose Essential Oil.....	5 drops

Blend all the above oils together in a 4-ounce glass amber bottle with a tight fitting dropper lid. You can use it immediately, but remember that the essence will not fully mature for four days. As always you can add more or less of any essential oil listed to make or change the essence to your personal liking.

Relaxing Spa Blend	
Rosewood Essential Oil	80 drops
Sweet Orange Essential Oil	150 drops
Lavender Essential Oil	250 drops
Cedarwood Essential Oil	80 drops
Sandalwood Essential Oil	40 drops

Blend above pure essential oils together in a 15 mL amber bottle with a tight fitting Euro-dropper insert lid. This blend can be used immediately, but the essence will change over at least four days. After the essence has reached its mature scent, you can always adjust the essence to your personal liking by adding more of a specific essential oil you like to make the scent your own.

To use: place 8-20 drops of the Relaxing Spa Blend in a glass cup with a tablespoon of whole milk or ½ and ½ and add to it ¼ cup Dead Sea Salt or Pink Himalayan Sea Salt. Dissolve this mixture in a tub of warm water. Soak and enjoy for 30 minutes.

You can also place 6-20 drops of the Relaxing Spa Blend in a room humidifier or diffuser, or add the same amount of drops to a glass bowl full of cotton balls and place in a room to diffuse. Never blend or store Pure Essential oils in a plastic container.

For Pure Essential Oils and supplies contact Flinthills Aromatherapy, Inc., www.flinthillsaromatherapy.com or by e-mail or phone @info@flinthillsaromatherapy.com. Phone # 620-394-2250

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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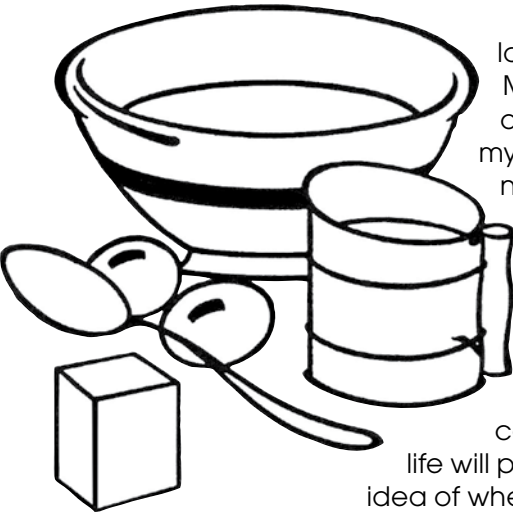
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Cooks Library with Patsy

By Patsy Terrell



At the Tallgrass Writing Workshop last year in Emporia, author Max McCoy said, “Write from the inside out,” during his presentation about mystery writing. When I reread my notes later, the first thing that came to me was that we should live from the inside out.

Max was saying that in mystery writing you have to know the nuances of the story – where you’re going with it. While we can’t know all the twists and turns life will present to us, it is helpful to have an idea of where we’d like to go.

Admittedly, this is not easy work. Knowing ourselves, our motivations, our weaknesses and the events from the past that affect us today is a tall order. But, I think it’s a worthy one. It often means facing things we would rather keep hidden, even from ourselves. Perhaps most diligently from ourselves.

But when we know ourselves inside out, we are able to look at the world through a less cloudy lens. We can question our reactions because we understand our motivations.

One of the things I know about myself is that I have a drive to create. Sometimes that happens with words, sometimes with paint, sometimes with occasions. In all of these things it’s about creating a connection.

I am confident that connection is one of the most important tasks we have in our lives. What other purpose do we have?

We learn about ourselves by interacting with others. We observe how they respond to things and ponder the applications for our own lives. It’s possible because of the connections we have built.

One of the things often with us when we’re making connections with other people is food. From birthday cakes to family celebrations to lunches with friends, food gives us a way to build traditions and make memories. Our recipe this month is one I’ve shared with friends many times over the years. You can whip it up in just a few minutes and it cooks in the microwave.

Brownies

- 2 eggs
- 1 cup sugar
- 1/2 cup margarine, melted
- 1/2 cup flour
- 1/3 cup cocoa
- Salt to taste
- 1/2 cup nuts, optional

In mixer beat eggs, blend in sugar and melted butter. Add flour, cocoa and salt and mix. Stir in vanilla and nuts.

Pour into ungreased microwave safe dish. I use an 8 by 8 glass dish but a glass pie plate will do, too.

Microwave at medium (50%) for 6 minutes. Turn quarter turn and microwave at 100% for 1-3 minutes until mixture begins to dry on top.

Patsy Terrell makes brownies and friends whenever possible. See more recipes and stories at cookslibrarywithpatsy.com.

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Prescription for Adventure Kids Are Still Kids

By Naomi Gaede-Penner

I didn't grow up with a TV, Internet, smart phones or electronic devices. We think kids have changed and can't entertain themselves without these amenities. Some can't. Some can.

When my father was the Public Health physician at the hospital in Tanana, in Interior Alaska, we lived on the medical compound in a village of 300. There was one playground, no amusement park or museum, and an uneven sidewalk for roller-skating and chalk-drawings between our duplex and the hospital.

At one time, the hot water pipes from the hospital that led to our duplex were rerouted. During that time, the scalding hot pipes were elevated 24 to 30 inches above ground. These were perfect for my sister, Ruth, and I to fry mud pies. Sizzle they did! Did Mom worry? She was probably just happy to have two of her four kids playing outdoors. The pipes were to be buried in deep trenches. Some of us grade-schoolers crawled into the moist ditches. We dug roadways along the sandy walls for our small trucks and cars.

Then my father took a position at the Browning, Montana hospital. Mom had packed our household goods in 55-gallon heavy cardboard soap barrels. Those barrels entertained us for hours as we climbed inside and rolled down the back yard into a ditch – giggling and shrieking all the way.

Within nine months, we moved to Tulare, California. In our backyard was a gigantic tree with a trunk about 6 feet across – and partially hollowed out. That made a delightful playhouse for me. My brother, Mark, and Ruth, found pleasure in the slugs and snails. We all learned about the word “metamorphous” with the tadpoles Mom brought home from Mooney's Grove and put in a bucket. Bored? Never.

A year later, we returned to Alaska, this time to Soldotna. Behind our rented house was a wood-frame greenhouse with torn plastic crackling in the breeze. While Ruth and I made mud pies, Mark attempted to fly from the greenhouse upper trays. Who knew he'd become a bush pilot? Somewhere, we found a long 12-by-2-inch plank and put it across an empty 55-gallon drum of aviation fuel. We rocked and rolled on the homemade teeter-totter, trying to dislodge our sibling at the other end. Always an avid reader, I found western novels a previous renter had left. I had enough imagination that I didn't need a screen in front of me to play out the drama.

Six months later, we moved to a different house. Upstairs, under the peaked roof, was an apartment. Ruth and I were ecstatic that no one lived there. We moved in with our dolls, cribs and medical gear of cotton, gauze, tongue depressors and tubing. We had a top-notch hospital.

In winter, Dad flooded the area behind the house, and we ice-skated to the Sugar Plum Fairy played on our record player. At one point, Mark chucked the hand-me-down white figure skates from his sisters for actual hockey skates. He spent quite some time tumbling into snow banks as he learned to stop.

A library was started in a room on the backside of Dad's clinic. I kept my nose in sequels of Cherry Ames Nurse books, along with exciting biographies of Harriet Tubman, Florence Nightingale and Louis Pasteur; the words painted pictures in my mind.

Decades later, in an era of television, Netflix, video games and iPads, my six-year-old grandboy comes over. He rides his bike while I walk my dog. He builds a “water park” in my raised-flower-bed-turned-sandbox. Egg cartons, yogurt containers and milk jugs disappear from my recycling bin to be transformed into rockets, sandbox cities and forts, or holders for rocks we've found on our hike in a canyon. He and his pals are excited as they use their imagination, work together and have fun. We bake cupcakes and sew beanbags.

“I love having my boys play with your grandson!” says my neighbor. “He's so creative and fun!”

The day is over. No requests for TV, laptop, or smart phone games. On the way back to his house, we stop at the car wash. He gasps in delight and hangs on tightly as the hose shoots out water full force. He looks like a fireman.

“This was the best day in my life!” He exclaims.

Mine, too.

(By the way, I don't play Trivial Pursuit. I didn't watch enough TV.)

Find and purchase Naomi's Prescription for Adventure books, at www.prescriptionforadventure.com or by calling 303.506.6181. Follow her on Facebook (Prescription for Adventure) or read her blogs at blog.prescriptionforadventure.com.

Celtic Quilt Tours

A young company founded by a couple of adventure-loving quilters, Celtic Quilt Tours treks a wee bit differently than other tours. Travelers visit famous stops in Ireland, like the Blarney Stone and the Guinness Factory in Dublin, while Scottish travelers visit Culloden Battle Field and the Old Town of Edinburgh, to mention but a few stops. Not only do travelers enjoy the pub experience, but the tours are interspersed with stops at fabric and wool shops, textile mills and exhibitions.

A few years ago, Kim Caskey (Edmonton, AB) and Debbi Cagney (Houston, TX) were each hosts for a tour through Ireland with another company and – long story short – they thought they could do things a bit better. “We discussed ways we could include the local quilting community and give our travelers a true experience of quilting in other countries. Partnering with the best of the best in the industry (Journeys Connect and Kerry Coaches driver/guides Tony and Ian), not surprisingly, we very quickly began offering these fabulous tours with great success.”

“Quilting has come a long way from the utilitarian quilts made in the early days. Quilters are a diverse group – traditional, modern, art quilter, women and men from a variety of backgrounds, all with a passion to express themselves in the art of quilting,” says Kim. “With the availability of quality fabrics, specialty shops and quilt guilds, quilters are sharing and exchanging ideas, taking lessons and exploring their own creative and artistic sides like never before,” explains Kim. “To expand our quilting network through the friendships made on these tours has been absolutely wonderful.”

Most touring quilters (and non-quilting friends) come from Canada

and the United States, though they have been joined by other enthusiastic travelers from Australia, Mexico, The Netherlands, Ireland and Scotland. The level of expertise covers the range from fledgling beginner to accomplished and award-winning quilters. “All you need is a love of travel, an interest in meeting new people and a willingness to have fun,” says Kim.

Kim and Debbi pride themselves with the level of service offered to each traveler. “We limit our tours to just one coach (~40 travelers), allowing for excellent customer service and a more intimate, get-to-know-each-other kind of tour.” Direct contact with their travelers includes telephone, email and a detailed monthly newsletter, providing all the answers and details needed for a trip of a lifetime. “We stay in touch with everyone each month prior to travel with a newsletter, providing up to date details of their tour. We introduce the special quilters we will meet, the quilt shops we will visit and historical information on the sights we will explore.”

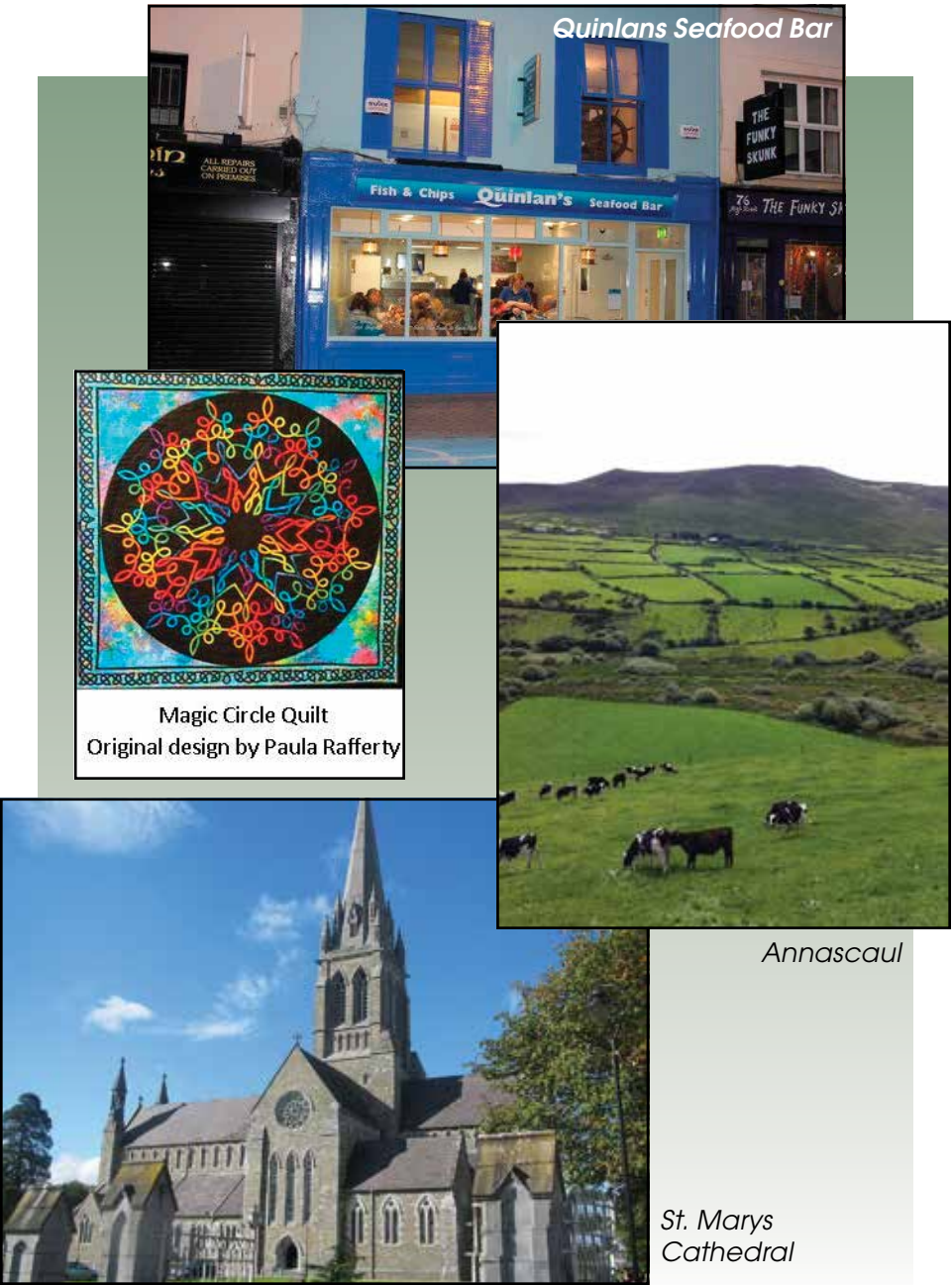
Over time, many friendships have been formed with other quilters around the world. “One special friendship is with Ann Hill, a prolific quilter in Scotland, well known for her work with Alzheimer Scotland. Ann joined us in Ireland in 2014 as a guest speaker at our International Gathering of the Guilds event. Following her presentation, she asked when we were coming to Scotland,” explains Kim.

As a result of that invitation, Celtic Quilt Tours traveled through Scotland in 2015 on the first-ever quilt tour of Scotland! Ann provided us with a fabulous quilt class opportunity, pairing each of our 40 travelers with a Scottish quilter (and their machine). “Such great fun was had in this mammoth quilt class!” They enjoyed a second tour through Scotland in September 2016, and continue their partnership with Ann and other quilters from all parts of Scotland.

At Quilt Canada 2016, Celtic Quilt Tours hosted the first International Gathering of the Guilds in North America. Expert art quilter Paula Rafferty of Limerick, Ireland was the guest speaker. Paula entertained the crowd of more than 200 with her “Journey of an Art Quilter” presentation, including her work as the Director of Art Therapy in the Limerick Prison for Men. “Paula’s contribution to the world of quilting is inspiring. We can’t wait to see what she has in store for us this June, as she will lead our exclusive quilt class during our tours in Ireland.”

Plans are well underway for a tour to Wales in 2018 (August), including a visit to the famed Birmingham Quilt Festival, as well as a return tour to Ireland (June). “We are thrilled with the interest in our tours, selling out every year! We are grateful to meet such wonderful people and blessed to welcome so many return travelers every year. We must be doing something right!” says Kim.

Please visit www.celticquilttours.com for more information. Contact Kim Caskey at 780-288-9008.



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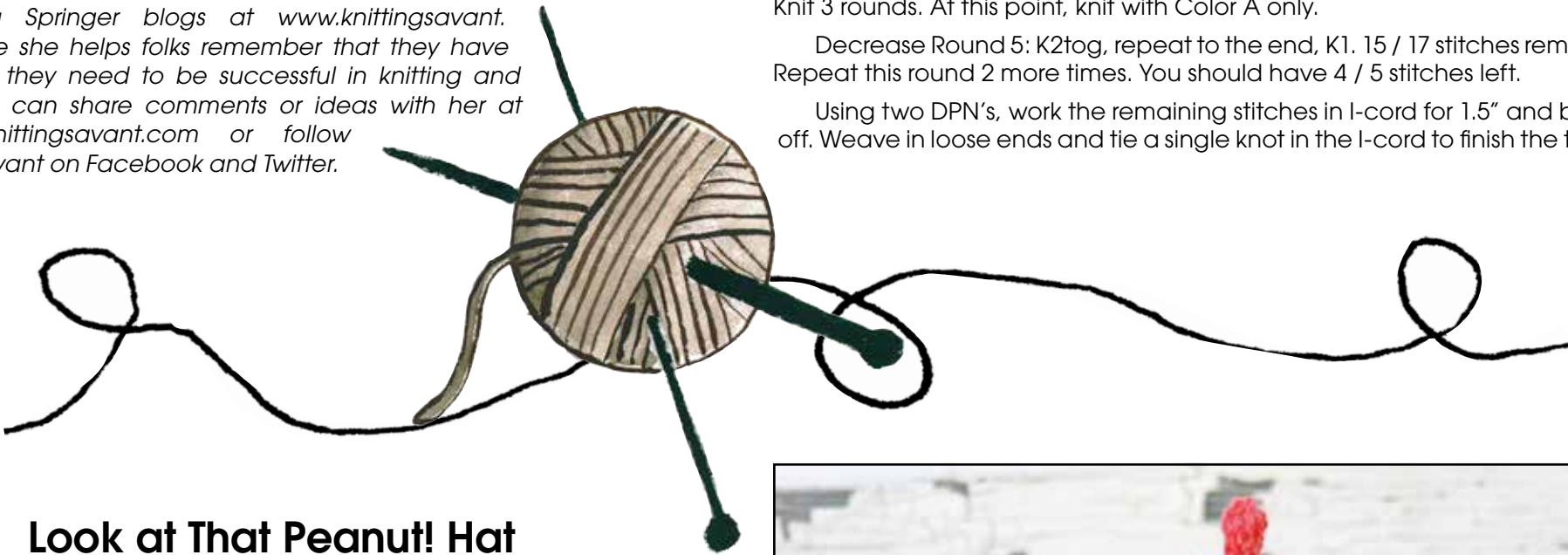
By Andrea Springer



Like many of us, I check social media daily to see what’s up the world. One of my favorite parts of my feed is the babies. We have a daily ritual of sharing the photos our family and friends post of their little ones, usually with the exclamation, “Aww, look at that peanut!” After a day of grown up challenges, these little faces are a shot of sunshine.

We welcomed new “peanuts” to our family and neighborhood recently. I designed this simple rolled brim hat for gifts, using a striping method called the Helix Technique that eliminates the color “jog” that happens when knitting in the round. Three colors are used in each round, each working progressively, section by section, creating a “helix” of color. This pattern is topped with an I-cord knot and is a simple gift to frame that sweet baby face!

Andrea Springer blogs at 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 or follow Knitting Savant on Facebook and Twitter.



Look at That Peanut! Hat

This simple rolled brim hat pattern uses the Helix technique to knit stripes.

- Sizes: Baby (14” circumference) / Toddler (16” circumference)
- 3 colors of DK weight yarn (A, B, & C), approximately 125 yards total
- Needles: US #6 – can use DPN’s and/or 40” circular using the Magic Loop method
- Notions: Stitch markers, tapestry needle

Pattern

Cast on 77 / 88 stitches. Join to work in the round, being careful not to twist. Place a marker at the beginning of the round. With Color A, knit until the hat measures 1.25” from the cast on edge. The edge will roll naturally.

Next Round: K 25/ 29. Place marker. K 26 / 29. Place marker. K 26 / 30. The beginning marker is here. If you’re using DPN’s, you can arrange the stitches on three separate needles.

Begin Helix Technique Striping:

Helix Round 1: Knit 25 / 29 to the first marker with Color A. Drop Color A. Pick up Color B and knit to the second marker. Drop Color B. Pick up Color C and knit to the beginning marker.

Helix Round 2: Continue knitting past the beginning marker with Color C to the first marker, where Color A will be waiting. Drop Color C. Pick up Color A and knit to the second marker. Drop Color A. Pick up Color B and knit to the beginning marker. Make sure not to pull the first stitch in the transition too tight so it doesn’t pucker.

Continue in this manner, picking up the waiting color at the first and second markers, and knitting with the color picked up at the second marker to the beginning marker and then on to the first marker (you will work two sections in each round with a single color). Work until the piece measures 4.25” / 4.75” from the rolled brim.

Decrease Round 1: Decrease 2 / 3 stitches evenly around. 75/85 stitches remain.

Decrease Round 2: K2tog, K3, repeat to the end. 60 / 68 stitches remain. Knit 5 rounds.

Decrease Round 3: K2tog, K2, repeat to the end. 45 / 51 stitches remain. Knit 5 rounds.

Decrease Round 4: K2tog, K1, repeat to the end. 30 / 34 stitches remain. Knit 3 rounds. At this point, knit with Color A only.

Decrease Round 5: K2tog, repeat to the end, K1. 15 / 17 stitches remain. Repeat this round 2 more times. You should have 4 / 5 stitches left.

Using two DPN’s, work the remaining stitches in I-cord for 1.5” and bind off. Weave in loose ends and tie a single knot in the I-cord to finish the top!



Town and Country Cooking

Eating In

By Janette Hess

Nothing says “Happy Valentine’s Day” quite like chocolates and a candlelight dinner. This year, treat your loved one -- or loved ones -- to an elegant home-cooked meal and save the restaurant reservations for a less crowded evening.

Consider serving pork tenderloin or marinated salmon as your main course. Add a favorite salad and a side dish, light the candles, and let the compliments begin! Serve your own home-made truffles as a chocolate-filled finale. Then smack your lips or raise a toast. Either would be an appropriate for the occasion.

If your special someone still has his or her heart set on taking you out, thank your lucky stars and then simply tuck these recipes in your “go-to” file for an upcoming birthday, anniversary or holiday celebration. They’ll keep.



Creamy Cocoa Truffles

- 1/3 cup unsalted butter, melted
- 1/2 cup unsweetened cocoa powder
- 2 1/2 cups powdered sugar
- 5 tablespoons heavy cream
- 1 1/2 teaspoons vanilla extract
- 1/2 teaspoon almond extract

Coating options:

- Finely chopped nuts (pecans, hazelnuts, walnuts or toasted almonds)
- Finely chopped coconut (regular or toasted)

In medium mixing bowl, combine melted butter and cocoa powder. Add powdered sugar; stir to combine. Gradually add cream and extracts; beat until smooth. Chill mixture until firm. When firm, form into 1-inch truffle balls, working quickly to keep melting to a minimum. Return truffles to refrigerator. When again firm, roll in desired coatings and place in foil or paper candy cups. Cover tightly and chill until serving time. Makes 22 to 24 truffles.

Toasted Almonds: Place desired amount of blanched, slivered almonds in skillet. Cook and stir over medium to medium-high heat until almonds turn golden, approximately 5 minutes. Quickly transfer from skillet to prevent burning. Chop when cool.

Toasted Coconut: Evenly spread desired amount of sweetened, flaked coconut on rimmed baking sheet. Bake at 350 degrees for 7 to 9 minutes, stirring occasionally and watching closely. Immediately remove from oven as soon as coconut is nicely browned. Transfer to separate dish. Crumble or chop when cool.



Pork Tenderloin with Shallot Relish

- 1 trimmed pork tenderloin (approximately 1 1/2 pounds from center or thick end)
- 1 tablespoon butter
- 1 tablespoon olive oil
- 1/2 cup diced shallots (approximately 3 bulbs)
- 1 teaspoon minced garlic
- 2 teaspoons Dijon mustard
- 1 tablespoon Worcestershire sauce
- 1/4 teaspoon salt
- 1/4 cup chopped parsley
- 1/4 teaspoon dried thyme
- Additional salt and pepper for seasoning pork

To make shallot relish, heat butter and olive oil in medium-sized skillet over medium heat. Add shallots; sauté just until softened, about 5 minutes. Add garlic, mustard, Worcestershire sauce and 1/4 teaspoon salt; stir to combine. Add parsley. When heated through, set mixture aside. Place tenderloin on rimmed baking sheet or oven-proof dish. Pat dry and then rub with thyme and approximately 1/2 teaspoon each of salt and pepper. Spread shallot relish on top and sides of tenderloin. Roast tenderloin at 425 degrees for 30 minutes, or until internal temperature reaches 155 degrees. Allow tenderloin to rest for 5 minutes before slicing. (Temperature will continue to climb during resting period.) Makes 4 servings.



Sesame Salmon

- 4 5- to 6-ounce salmon fillets
- 1/2 cup lower-sodium soy sauce
- 1/3 cup rice vinegar
- 1/4 cup sugar
- 1/4 cup sesame oil
- 2 teaspoons Asian or Thai chili sauce
- 1/2 teaspoon garlic powder
- 1 tablespoon sesame seeds

Place fillets in shallow dish. In separate dish, make marinade by whisking together soy sauce, vinegar, sugar, sesame oil, chili sauce and garlic powder. Set aside 1/4 cup of marinade for later use. Pour remainder over fillets and let stand for 15 minutes, turning at least once. Transfer fillets to foil-lined baking dish. Before discarding marinade, drizzle each fillet with small amount (approximately 1/2 teaspoon) of the mixture. Bake fillets on upper rack of 475-degree oven for approximately 8 minutes, or until salmon is opaque throughout and flakes easily. While fillets are baking, heat reserved marinade in microwave oven. To serve, place hot fillets on presentation dish, drizzle with heated marinade and sprinkle with toasted sesame seeds.

Toasted Sesame Seeds: Place sesame seeds in small skillet. Cook and stir over medium heat until seeds begin to darken, about 5 minutes. Quickly transfer from skillet to prevent burning.

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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A Cup of Tea with Lydia

by Lydia E. Harris



Fond-of-You Par-TEA

When my husband and I took our granddaughter to a fancy tearoom, Clara loved all the food. But she was especially impressed with the last course: chocolate fondue. Dipping fruits into melted chocolate was a new, delightful experience. She licked her fingers and gave us a chocolate-TEA smile.

Since it's a new year with Valentine's Day around the corner, we have a great opportunity to show love to family, friends, and neighbors. So let's use a fondue theme and plan a fond-of-you par-TEA. Here are some ideas to create sweet teatimes for adults and children.

Invitations

Decide whom to invite, and then send a simple invitation, such as this one:

You're invited to a party

that's all about you.

It's a fondue par-TEA

because I'm fond of you.

Setting

Since this tea is about showing love and appreciation, make your guests feel extra special by creating an atmosphere that says, "I'm fond of you." These ideas will help you say welcome:

- Use cheerful colors for the tablecloth and napkins.
- Place a short, personal note by each place setting that tells guests what you appreciate about them.
- Make heart-shaped menus that list the foods you'll serve and tape them to popsicle sticks or straws. Tie a ribbon around the stick or straw, and place one by each person's plate. This makes a nice souvenir.
- If you have photos of your guests, include their framed pictures as part of the table centerpiece.
- Play relaxing background music your guests will enjoy.

Menu

For a one-course dessert teatime, chocolate fondue is always a big hit. Here's an easy recipe:

Chocolate Fondue

Ingredients:

Milk chocolate chips (about 1/4 cup per person)
White chocolate chips, if desired
Favorite fruits, such as strawberries, pineapple, dried apricots, grapes, bananas
Pound cake or angel food cake cut into bite-sized cubes
Pretzel sticks
Marshmallows
Sprinkles, shredded coconut, chopped nuts: optional, to dip chocolate-covered foods into

Directions:

1. Melt chocolate chips in a microwave-safe bowl according to package directions. It works well to microwave the chips in individual glass custard cups for each person, or use a fondue pot.
2. Set out assorted fruits, cake, and extras for dipping into chocolate.
3. Use fondue forks, small forks, or fancy toothpicks to spear the foods for dipping.

If you plan to serve a main dish as well, start with cheese fondue. Here's a recipe our family has enjoyed for years.

Cheese Fondue

Ingredients:

French bread, cut into bite-sized chunks
16 ounces cream cheese, cut into cubes
1 3/4 cups milk
1 teaspoon dry mustard, or to taste
2 to 3 ounces chipped beef or chopped ham
1 green onion, sliced

Directions:

In a double boiler: (Or cook in the microwave.)

1. Heat the cream cheese and milk until the cream cheese is melted.
2. Remove from heat. Stir in dry mustard. Add chipped beef and onion.
3. Serve in bowl with bread chunks arranged around it. Or give each person a small bowl of cheese fondue and pass the bread.

4. Use forks to spear bread and dip into cheese fondue.

Variation: This fondue also tastes delicious spread on toasted English muffins.

For more fondue recipes of different types, check out *The Fondue Bible*, a book often available in libraries.

Optional Ideas

1. If you have photos of your guests, make placemats to use and give as gifts. Use cardstock for the background, add photos, and cover with clear contact paper. Or have them laminated.
2. Make heart-shaped teabags to use or give as party favors. See directions in Lydia's idea file.
3. During teatime, play a fond-of-you game using sweet words. Each person says something she likes about the person seated on her right. Then reverse the order and say something kind about the person on the left.
4. Make heart-shaped cards for people you're fond of (someone at the par-TEA or elsewhere). Plan to deliver or mail the cards for those not

(story continues on next page)



Mount Forest • Shakespeare • Wyoming

- at the party. Perhaps include a poem or Bible verse, such as:
- “I have loved you with an everlasting love” (Jeremiah 31:3). God has always loved us and always will.
 - “Nothing can separate us from God’s love” (Romans 8:38). Nothing that happens to us can separate us from His love.

Whom could you invite to a fond-of-you teatime? Friends, neighbors, family? My three youngest grandkids are always eager for a tea party—especially if there is chocolate.

I’m ready to sweeten the lives of others with a fond-of-you teatime. Will 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 Idea File:

Heart-Shaped Teabags

To make your own heart-shaped teabags you’ll need tea filter bags and loose tea.

1. Purchase disposable tea filter bags made to fill with tea. (Available online and teashops.) Cut them into hearts 2 to 3 inches wide.
2. Place two hearts together and stitch together by hand or with a sewing machine using red polyester thread, leaving a one-inch opening to fill with loose tea.
3. Fill with your favorite tea. Czar Nikolas St. Valentine tea is a delicious blend with a rose flavor. (You can find it online or at European grocery stores.) Add a clean string with a tag and stitch the rest of the way shut.
4. Enjoy a heart-TEA cup of tea.





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Heart to Heart

by Wendy Carmichael Bauld

Recently, it was a nice surprise to have been away at a conference, only to find out my husband had surprised me with tickets to the January 27th performance of "Dancing With the Stars." We were at a conference at Caesars, Windsor, where coincidentally the live version of the television show was playing at the Coliseum. We attended the 8:00 pm show with stellar "floor" tickets, row 7...not bad seats at all and not surprisingly, it was an absolutely full house.

It brought back a flood of memories of our daughter, Laurie Ann, who had danced her way to adulthood. During the show, I watched in wonderment and felt as if I was reliving those backstage moments and the large stage productions that I had spent hours, months and years sitting through, as the mother of a dancer. My daughter's artistry and being on stage had naturally propelled her to gravitate into modeling. She grew up behind the camera and was a print model with an agency in Toronto, often seen in advertisements & flyers for companies such as Sears and The Bay. She did fashion shows, several TV commercials, had a small part in a Kung Fu Episode and an



almost two-year stint as a model on Canada's "The Shopping Channel." Now as a successful business owner and designer, she's moved into the world of co-host of an exciting and fun television series called "We Mean Business TV." Coming from a family of artists, musicians, singers, and dancers... it's no wonder Laurie Ann opted to gravitate to another but different creative venture. I don't think it's uncommon for "artsy" people to sort of morph into other innovative projects within the context of the arts, so it's not a far stretch for many to go into television.

"We Mean Business" is a new independent TV series airing on CHCH TV. The series mission statement is "to show our thousands of viewers why you are an expert in your particular field through this educational and fun TV program". They

feature businesses in and around Hamilton and the GTA in the way of Business News, Infotainment, and Educational Content. A couple of weeks ago I received a call from her asking if I would pick up our grandchildren from school as she was shooting all day on location at the Toronto Interior Design Show with co-host and executive



producer Hal Roberts. Hal was a National Parliamentary Reporter in Ottawa for the Sun News Network and cohosted a national business show, which aired on BNN called Canadian Business Spotlight. He was also a national anchor/reporter and as a senior producer on a national news current affairs program on Global, won a Crystal Communicator award. Both are particularly skilled at understanding the broader context of business but the chemistry between Hal and Laurie is strongly aligned and together they naturally bring a fresh sense of exciting and fun entertainment by showing the viewers why you are the expert in your field of business.

Needless to say, my weekend conference at Caesars in Windsor was a blast, but brought back many nostalgic flashbacks of my time as a mom taking my daughter to dance and later attending ballets and live stage productions she participated in. I'm very aware of the work and dedication it takes to be a dancer but Dancing With The Stars is on a whole other level. With Val Chmerkovskiy at the helm, the live show was a thrill to experience as we were treated to about a two hour action packed show with costumes that dazzled and sparkled and footwork that left you in awe. Whether you're a parent with a child in dance or just an avid fan of the show, I highly recommend it when it comes to a venue in your area. You'll find yourself happily leaving the theatre with a rhythm in your step and a smile on your face. In these uncertain times we live in, it's a wonderful reminder of how exhilarating a moment of entertainment can be.

My daughter Laurie Ann Bauld wears many hats and her career continues to joyfully evolve. Branching off as co-host will be another adventure as she continues to dance and work as a choreographer, when not in front of the camera.

If you know someone who feels they are an "expert in their field" of business and would like to be profiled on "We Mean Business," please contact Laurie Ann Bauld at 289-707-0399 for further information.

Wendy Carmichael Bauld is an international artist residing in Burlington. Please visit www.wendycarmichaelbauld.com or 'like' her on Facebook.



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GIRLFRIEND WISDOM

BE

KIND

do unto others as you would have them do unto you

count your blessings 1 by 1

let your

LIGHT SHINE

Let's imagine our world if we all followed the above advice. Each phrase is tried and true, words we have heard since we were children, words our grandparents told us, words in the Bible, words inspired for songs, all good and worthy of consideration for daily living. Kindness is a really really powerful act. While waiting in a grocery store line recently, a man in front of me, with lots of food in his cart, offered that I could go ahead of him, as I held a single bag of apples. "Oh, I said, Thank You", as I stepped ahead of him. As I completed my purchase, I turned to him and said, "Thank You for Your Kindness". It surprised him and me too! That little extra word, **Kindness**, made a huge difference in my expression of gratitude for his act of kindness. We always say it is the little things in life that matter, and on that day I was reminded how true it is. My GIRLFRIEND WISDOM for today is to lengthen your statements of appreciation to:

"Thank You for Your Kindness!"

and feel your heart sing.

Joy & Blessings, Jody

Girlfriend Wisdom is written and illustrated by Jody Houghton®.

Color files of this writing and artwork are available: www.JodyHoughtonDesigns.etsy.com

The Intuitive Seasons of Trees

by Kerri Habben

Many winter mornings as I sip my coffee, I linger at the kitchen window. From here I can see our backyard stretching to the neighbor's fence, part of our garden, and the bench that my grandfather gave my grandmother many years ago. In warmer months I sit there and also sip my coffee.

I can also see trees. The pine trees, partially enmeshed in wisteria, and the edge of the sycamore towards the side of the house. The sycamore is a story unto itself for all of the precious shade it provides.

Mostly from my place by the window I ponder the silver maple Dad planted years ago. It is surrounded by presently mottled nettle interspersed with decaying sycamore leaves. For now our maple is unadorned, bare after an autumn frenzy of fallen leaves.

Some, I know, find that an empty tree evokes a sense of loneliness or loss. As if something is lacking that is inherently supposed to be there. A dear friend of ours offers a refreshing perspective upon leaves emerging and then descending. When the seasons are warmer, leaves are thriving to protect us from the full heat of the sun. When the seasons are cooler, those leaves fall so that all of the light and warmth can reach us.

With that thought, winter becomes a benediction for a year of seasons, a living prayer of gratitude that our needs were so kindly and truly fulfilled even as we may have taken these change of seasons for granted. It is a blessing that these transformations occur even when we cease to be fully amazed by them.

I'm quite thankful that Mother Nature is in charge of the seasons. If it were dependent upon us humans, we'd bring in "experts" to improve upon her ageless system. After much discussion a committee would be formed, more analysts consulted, and financial advancement for some would ensue. Undoubtedly that season would be behind schedule, if it happened at all. However, a brand new year is the last good time to bemoan our limitations. If a tree did that it would never have the wisdom and courage to keep growing.

From my spot at the kitchen window I can also study the elaborate construction of the maple tree with the morning light upon it from the east. The trunk spreads into different arms, and the branches extend out to limbs, which become tendrils reaching towards the sky.

These tiny endings-or are they beginnings-captivate me. They are not unlike our hopes, our dreams, and our sincerest efforts. We, too, grow from our roots and keep extending ourselves, reaching for what matters most to us, something more lasting and greater than ourselves. Something beyond our hesitant tendrils' full understanding, yet knowing it is there nonetheless.

A tree also is an example of letting go when it is time to let go. To release something when it no longer serves us to our full potential. Then that very tree somehow knows when it is time to begin once more and flourish anew. A tree remains rooted, yet bends with the wind, and evolves over time, all the while following and trusting some intuitive response to the season in which it finds itself.

On a winter's morning as I sip my coffee I raise my eyes upward to the tips of the branches. I savor the season that it is, yet sense the new leaves just waiting to emerge.

Kerri Habben is a writer, photographer, and crochet instructor living in Raleigh, NC. An avid crocheter and knitter, she learned these skills from her grandmother and mother. Many of her yarn creations she donates to those in need. Kerri has gathered a decade of essays she is working to publish. She can be reached at 913jeeves@gmail.com



Building Harmony



Snow on the roof

By Jeff Cappis

I have no patience for winter. It’s cold. It keeps you in the house. It comes fast and it stays too long. Oh sure, it’s beautiful in the beginning with the trees and grounds covered in a soft white. We have hundreds of post card images of a first snow that was so beautiful we just had to snap a picture. What you’ll never see is a picture of the carnage that goes on afterwards.

You’ll never see pictures of the skid marks on our snowy driveway that stop at a tree, or the yellow and brown spots our dog Max left in the snow not too far from the front door. (We don’t need thermometers, we can tell how cold it is by the distance Max is willing to go). We live close to the mountains so we’re used to digging out after a snow.

One year though, it snowed for 3 weeks straight. Inside we could hear the roof creaking under the weight. Aw #%\$&! Constantly plowing the driveway and digging out the dog was bad enough, now I had to climb a ladder up to a cold and windy roof?! Once up there I was shocked to find the snow there was up to my chest!

Luckily the snow was sitting on a layer of ice pebbles that had formed in the fall. All I had to do was cut out large blocks of snow and with a little grunting, push them off the roof. The first couple of blocks worked well. From where I stood, I could see these snow mammoths slide away and disappear over the edge followed by a loud womp! Unfortunately with the third one I got to see all this up close when I went off the roof with it.

About a half hour later, Cathy let Max out to do his business. He took two steps (because it was cold) and was finishing up on a snowbank before he realized there was a hand sticking out of the snow. That was the warmest my hand had been all day. Luckily Max likes to dig so I was back up on the roof within 20 minutes. Thanks pal.

The next 20 cubes tumbled off the roof without a hitch. It took me the rest of the afternoon but when I was done, a great feeling of accomplishment came over me. The roof was clear. I’d beat the snow! I was a real man among men! Maybe I could make it through winter after all. Suddenly I didn’t mind the cold so much.

It wasn’t until I walked off the roof and down a snow bank that I realized I’d piled 8 feet of snow up against the house- all around the house! I’d covered all the windows and doors. Only the roof and a few chimneys were sticking out of the snow. The sun was setting and I began minding the cold again.

Aw @#%\$&!!!!!!!

I dug a tunnel to the front door. As I opened it to go in, Max raced out past me. Inside Cathy was waiting for me with her arms crossed. I closed the door and started to cry. Max scratched to come back in.

Well, there is always tomorrow and the next day I awoke warm and refreshed. I started to get a little disillusioned when I realized the sun had been up for an hour, but no light was coming in through any of the windows. Cathy showed me great support and encouragement by throwing my winter clothes on me, putting a coffee in my hand and shoving me out the door.

The best course of action seemed to be digging a trench around the outside walls, then work at shoveling all the rest away. Three hours of digging later, I had trenched half way down the living room wall when the trench collapsed. I was solidly stuck between the snow and the house. Couldn’t move. Couldn’t breath. That could have been the end of me, but luckily Cathy was vacuuming the living room carpet and saw my face and hands pushed up against the window. She opened it and let me in. Then she gave me heck for getting snow on the carpet.

Well, needless to say, I gave up. We could get in and out of the house O.K., but the view out the windows sucked for about 2 more months. The heat from the house melted the snow that froze into a block of ice that encased the place. It did eventually melt away by July though, washing away any evidence that either Max or I had been there.



Maybe I have no patience for winter because it’s cold and it keeps you outside the house.....

Copyright by Jeff Cappis. Email: jcappis@telus.net.



Free Pattern

Find more free patterns at:
JacquelynneSteves.com



Use this pattern for embroidery, wool applique, punch needle or rug hooking, painted projects or whatever your imagination can dream up! Reduce or enlarge pattern as desired.
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We love to see the projects that you have made from our patterns. If you decide to post projects based on one of our patterns on a blog or website, please give design credit to Jacquelynne Steves. Thank you!

Cindy Bee's

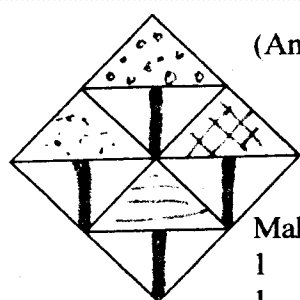
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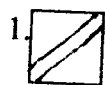


(Another idea for those 6" squares)

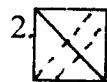
FALL TREES

Makes 2 tree units:

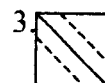
- 1 6" square background
- 1 1" x 9" brown strip (tree trunk)
- 1 6" square fall color for tree



Press long seams of brown strip under $\frac{1}{4}$ ". Sew or appliqué diagonally to background square. Trim ends to shape of square.



Draw a diagonal line on back of Background Square – opposite of the brown strip.



Place fall Color Square and background square right sides together. Sew $\frac{1}{4}$ " inch on both sides of the diagonal line.



Cut diagonally on drawn line. Press seam towards fall color. You'll have two tree blocks. Sew 4 different tree blocks together.

This very simple pattern is good for quilters who collect 6 inch charm squares or have a collection of squares. Pattern can be resized. Applying the trunk strip is easy enough for a beginner. Pattern was written by a fellow Florida reader and can be used/shared among quilters but not sold. Provided by RPM.



Northcott announces the Trans-Canada Block Party

Celebrate Canada's Sesquicentennial with Northcott

Northcott is pleased to announce the launch of the Trans-Canada Block Party on February 1st, 2017. Over 100 brick-and-mortar quilt shops across Canada are coming together to celebrate Canada's Sesquicentennial by creating a free quilt block pattern to represent their shop. All shops are exclusively using Northcott's Canadian Sesquicentennial fabric collection by Deborah Edwards for their block design. Consumers are encouraged to travel from shop-to-shop across Canada and collect the many different blocks along with collectible pins and provincial fabric panels.

"Celebrating Canada during this milestone is important to Northcott. We take pride in being a Canadian company and we wanted to celebrate in a special way," said Brian O'Rourke, President/CEO of Northcott. "We're thrilled with the response from shops thus far and hope this celebration will benefit small businesses and spread this sense of patriotism across the country."

The Trans-Canada Block Party will be narrated by Mrs. Bobbins and her three friends on Northcott's Trans-Canada social media platforms. Mrs. Bobbins is a cartoon by Julia Icenogle, published weekly by Kansas City Star Quilts.

Mrs. Bobbins is an illustrated character well known for her witty quilting humor. Follow along with these four crazy quilters as they travel across the True North in search of Trans-Canada Block Party quilt shops and free block patterns while exploring landmarks along the way!

Quilts of Valour Canada Challenge

Northcott has partnered with Quilts of Valour Canada and Bernina to present a challenge that gives back to the brave men and women from the Canadian Armed Forces who serve our nation. Consumers can create a quilt using Northcott's Canadian Sesquicentennial fabric and send it to Northcott for judging by June 1, 2017. The top 15 quilts will be exhibited at Quilt Canada 2017 in Toronto, Ontario from June 14-17. The top three quilts will win prizes based on a Viewer's Choice vote at the show. All entered quilts will be donated to QOV.

National Quilt Challenge

Northcott has partnered again with Bernina to extend the fun in a national challenge. Consumers are required to create a quilt using a minimum of 6 blocks collected from the Trans-Canada Block Party and submit a photo of the quilt to Northcott for a chance to win. The top 13 quilts will be awarded prizes and will be featured on Northcott's social media where consumers will vote for a national winner.

About Northcott

Northcott Silk Inc. is an International Distributor and Converter of fine cotton printed fabrics for the quilt, craft and home decor industries. Northcott is known for "cottons that feel like silk" and popular brands such as Stonehenge, Artisan Spirit, ColorWorks Premium Solids and Toscana. Northcott fabric can be found in retail stores and quilt shops world-wide.

Ask your local quilt shop for details or visit www.bit.ly/NorthcottTCBP for a list of participating shops, the block party map, contest requirements and more information.

WWW.NORTHCOTT.COM



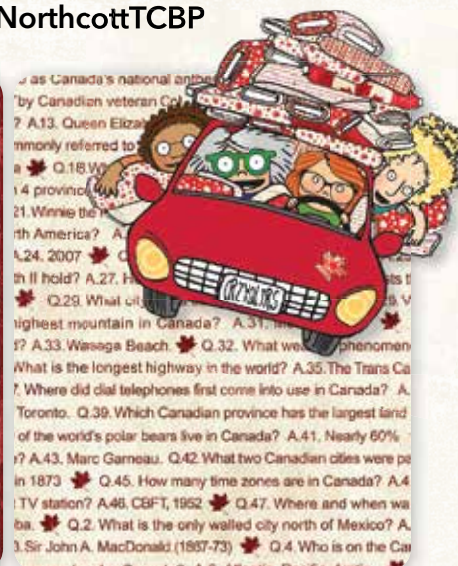


CANADIAN SESQUICENTENNIAL

by Deborah Edwards

Celebrate Canada's Sesquicentennial with Northcott!

Over 100 quilt shops across Canada have made free block patterns using Northcott's Canadian Sesquicentennial collection. Starting February 1st you can travel to participating shops and collect the blocks. There are also two exciting challenges to participate in with great prizes from Northcott and Bernina! Mrs. Bobbins and her friends will be travelling to every participating store collecting blocks, Sesquicentennial fabric, Provincial Pins and Panels. Their journey will be narrated on Northcott's Trans-Canada Block Party Facebook Page - www.facebook.com/NorthcottTCBP



Collectible Pins & Panels

17 Pins



13 Provincial Panels

Visit www.bit.ly/NorthcottTCBP for:

- List of participating shops
- Trans-Canada Block Party Map
- Quilts of Valour Canada Challenge details
- Northcott's Canadian Quilt Challenge details
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Our Labor of Love

by Marlene Oddie



If you are a quilter, then you understand the labor of love a quilt takes to make. If you are not a quilter, then maybe you would like to understand the general process involved. Whether you are making a quilt for yourself, a loved one or a worthy cause, it requires a variety of materials and a lot of time.

Some quilts are made for functional use while others are made as pieces of art. These are two very different distinctions and you might choose materials very differently depending upon the

intended use of the quilt.

Let's first define the difference between a quilt and a blanket. A quilt has at least three layers and is stitched all the way through (the quilting!). A blanket is a single layer and typically does not have stitching throughout although it may have an edge on it to finish.

Whether you're making an art quilt or a functional quilt, you need a basic idea or design—even if you just want to do something in an improvisational way. If it is a very specific design, you might draw it out on paper, graph paper or even use software, such as Electric Quilt. I love using EQ because I can design in black and white for contrast and then color it. I can even work with the same look of the actual fabric and get a true visual of the quilt before I have ever cut one piece of fabric! There are many genres of styles, plenty for everyone to find their favorite! There are many patterns that have been designed with written instructions. You can make a similar quilt, adapt it to your liking or make it precisely the same. It is great to have inspiration but be sure to provide credit indicating where it came from in your label as well as in any public setting.

When you have a design in mind, the next step is to source your fabric. Whether from your personal stash or the latest arrivals at your local quilt shop, there are always fresh ways to put fabric together. The industry now provides pre-cut fabric in various shapes to assist those who prefer not to do much cutting.

There are basic tools used for most quilt making. Most quilters now use a rotary cutter, ruler and mat vs. marking a shape and cutting with scissors—but you could do that, too. Even for fussy cut elements where a shape is drawn, you can still use a ruler and rotary cutter to get a great straight line cut. My good cutting scissors are now mostly reserved for when I trim a binding join at the sewing machine. Given the variety of shapes and styles of quilts, there are many cutting and shape tools available.

Piecing the quilt top together may often be referred to as quilting but it really is just the piecing. Once the top is completed, batting is added underneath and then a backing fabric. The back of the quilt might be one piece or several pieces stitched together. Regardless, it is typically a

bit larger than the top so you have something to hold onto in the quilting process.

Quilting might be tied, quilted by hand or on a machine. On a domestic machine or a sit-down mid-arm, the three layers are moved around the needle in order to stitch out the quilting design. On a mid or long-arm machine, the quilt is loaded onto rollers and the machine is moved (like on roller skates) to create the design. It might be moved by hand or computer controlled.

Designs can range from a simple meander to being highly customized. Or you can consider the theme of the quilt and use an overall coordinating edge-to-edge design.

There are various weights of thread that can be used in the quilting from very heavy 12 wt to very fine 100 wt. What type you use will depend upon the style and desired use of the quilt. Hand quilting thread is typically heavier than machine quilting thread.

When finishing an art quilt, you might use a facing instead of a binding but either is considered acceptable. Functional quilts may be bound in one of several ways. Traditional and show-quality bindings are finished to the back with hand stitching. For durability, consider finishing completely by machine. There are a variety of techniques and gadgets available. My go-to for functional quilts is to finish to the front completely by machine. You will find detailed steps and photographs in my co-authored book, *You Can Quilt!*, available nationwide and published by the American Quilter's Society.

Don't forget to create a label for the quilt. Consider giving the quilt a name, indicate who it was made for and by, when, where and the design source. On the back of the quilt, attach the label on the lower left.

Ultimately, quilts are made with lots of love. Every quilt maker hopes the recipient understands the love intended with the gift of a quilt. Now that you know a little bit about it, try making a quilt?

Marlene Oddie is an engineer by education, a 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. 2016 Home Sweet Home row kits (Heartwarming) and plates (My Stash Is Lgl) are still available at <http://www.kissedquilts.com/shop.html>. Follow Marlene's adventures via <http://www.facebook.com/kissedquilts> and her blog at <http://kissedquilts.blogspot.com>.





Color Pop!!

Mystery Quilt 2017 for The Country Register
Designed by Ann Jones

For questions contact Nine Patch Quilt & Fabrics, Nevada, MO
www.ninepatchnevada.com or 417-667-7100 or ericaskouby@gmail.com

This quilt is a very modern quilt if you choose to use white or off white for the background. There is a lot of background so this will allow for some pretty quilting. It is not necessary to use white or off white, but we would suggest something that is solid or reads solid and that give a high degree of contrast to the other colors that you use so they will POP! Quilt size will finish 80X90". This quilt does not have an outside border. Additional fabric would be required if you desire to add one.

Yardage needed:
Background: 7.5 yards. This can be white, off white or a combination of neutral shades

Block 1
Color A: ½ yd
Color B: ½ yd
Color C: ½ yd

Block 2
Color D: 1/4 yd

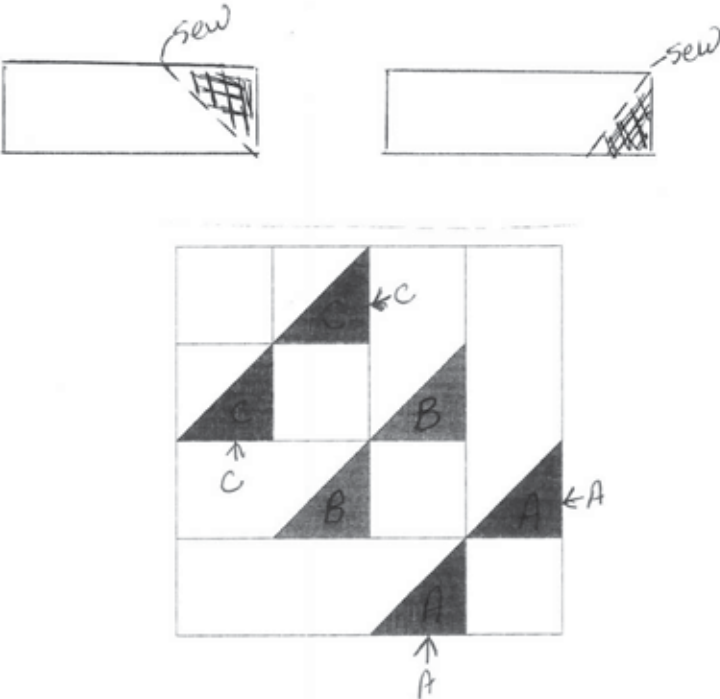
Block 3
Color E: ¼ yd
NOTE: If you only want to use 3 colors in this quilt then purchase 1 yard each of A, B and C and use the additional fabric for colors D & E. Ann used 3 colors. Erica used 5 colors.

PART 1:
Block 1 – you will make 36 of these blocks. Block size: 12 ½" X 12 ½"

Cutting instructions for 1 block:
Background fabric: Four (4) 3.5" squares
One (1) 4" square
Two (2) 3.5" X 6.5" rectangles
Two (2) 3.5" X 9.5" rectangles

Color A: Two (2) 3.5" squares
Color B: Two (2) 3.5" squares
Color C: One (1) 4" squares
Match your 4" squares. Mark the diagonal on the background square. Sew 1/4" on each side of the marked line and cut down the center to form 2 Half-square Triangles. Press towards the color. Square up to 3.5". You should now have Two (2) half Square triangles.

Mark the diagonal on each of the Color A and Color B, 3.5" squares. Color B will be sewn to the 3.5"X 6.5" rectangles per the diagram. Color A will be sewn to the 3.5" X 9.5" rectangles per the diagram. After these are sewn, press towards the color. You may leave the layers or you may cut away the excess. If you cut away the excess, be sure to cut 1/4" from the sew line. Make sure your rectangle is still measures the correct size. Assemble block per diagram.



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