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The Country Register®

Aug-Sept 2015

Available across the U.S.A. & Canada

Your Complimentary Guide to Specialty Shopping & Events in Ontario



The Country Register®

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8

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Dearest readers,

Our team is extremely pleased and proud to bring you our second issue of The Country Register of Ontario, your complimentary guide to specialty shopping and events in Ontario.

I sincerely hope you enjoy this issue and pick up an extra few copies to share with a friends, neighbors and relatives.

Take this issue along with you when you travel this summer and you will have a fantastic directory of premium retailers, events and festivals that will be sure to add to your adventures!

Also keep in mind that a subscription may be a nice gift to someone who cannot get out and about to pick up the paper at one of our advertisers.

Speaking of our advertisers, please support them! Without our group of excellent advertisers this paper would not be a reality. When visiting them, Please, don't forget to say, "I saw you in The Country Register!", they will be delighted.

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Have a great summer!
Thanks and best regards,
Harriet

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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

Meet our cover artist:
Wendy Carmichael Bauld from Burlington, Ontario



Our wonderfully colourful (yes, we LOVE purple!) and vibrant cover art for this issue is titled "Field of Irises" and is by Ontario native, Wendy Carmichael Bauld. What makes her tick artistically? We'll let Wendy tell you in her own words...

"I draw inspiration from my happy childhood growing up in a quaint picturesque village in the Guelph area of Ontario, Canada. My training in classical drawing grounded me and it was only when I felt I had become proficient in the basics, that I made the leap to paint with acrylic and then oil.

As an artist, I'm forever evolving and growing, and often my style of painting changes because of what I've seen, traveling and exhibiting around the world. New ideas, thoughts and concepts are manifestations of my experiences, and I am therefore very much an experimental artist which often forces me to happily step out of my comfort zone.

I've recently been working with the new acrylic mediums which have been a vehicle in opening myself up to the abstract world. Being creative takes me to a higher level of consciousness, into an almost meditative state, and it becomes a spiritual journey, a connection between balance, harmony and peace.

My aim is that my work will resonate with the emotions of the viewer and ultimately transport them to another dimension of time and space where they can experience a sense of inspiration, to a place where raw emotions touch the soul."

Beautiful art Wendy! And thank you for the very inspirational glimpse into your creative world.

Please make sure to visit Wendy's website, www.WendyCarmichaelBauld.com for a look at more of her stunning work.



"It is the close relationships with friends and family, in which we find the passion, courage and desire to create" WCB

Calendar of Events

..... AUGUST

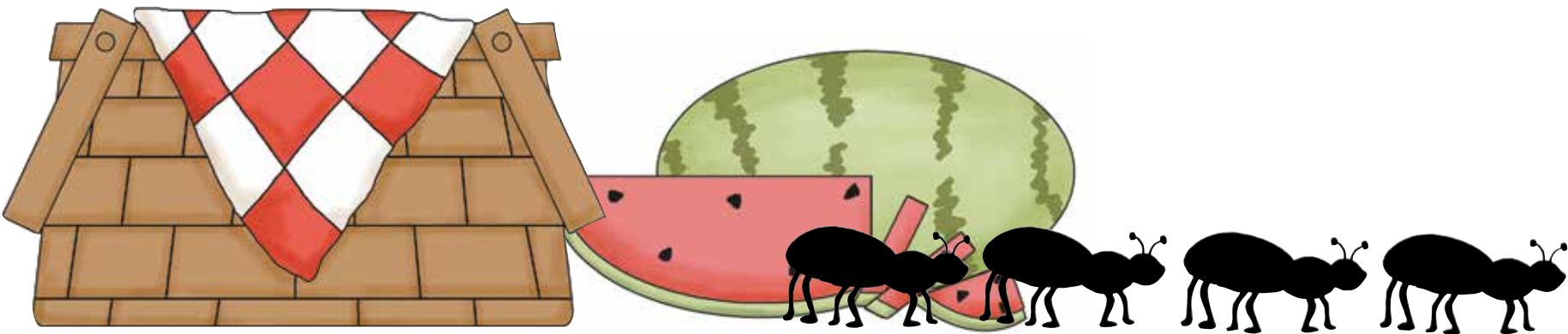
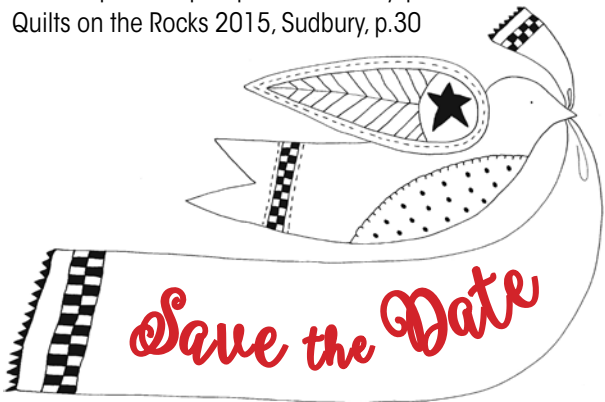
AUGUST 1: Session Muskoka Craft Beer Festival, Bracebridge
AUGUST 1-3: Village Beach Party, Blue Mountains
AUGUST 1: Coal Train Music & Blues Festival , Cobourg
AUGUST 1-2: Canal Days Indoor Craft Show, Port Colbourne
AUGUST 1: 20th Annual Campbellford Waterfront Festival, Campbellford
AUGUST 6-9: The Navan Fair, Navan
AUGUST 6-9: Brockville RibFest, Brockville
AUGUST 6-9: Summerfest, Cochrane
AUGUST 6-9: TD Kitchener Blues Festival, Kitchener
AUGUST 7-29: Port Hope Festival Theatre – “Singin’ In The Rain”, Port Hope
AUGUST 7-8: Antique & Flower Show and Sale, Lakefield
AUGUST 7-8: TD Downtown Oakville Jazz Festival, Oakville
AUGUST 7-9: Krinos Taste of the Danforth 2015, Toronto
AUGUST 7-8: Barrie Rhythmfest, Barrie
AUGUST 7-9: Puppets Up! International Festival, Almonte
AUGUST 7-9: Orillia Waterfront Festival, Orillia
AUGUST 7-9: The Kingsville Folk Music Festival, Kingsville
AUGUST 7-9: 160th Campbellford Seymour Fair, Campbellford
AUGUST 8-9: Perth Garlic Festival , Perth
AUGUST 13-16: Textile Traditions Days, Keene
AUGUST 13-16: Durham Festival, Durham
AUGUST 13-16: Lindsay Ribfest, Lindsay
AUGUST 14: Great Taste Fashion Show, Orangeville
AUGUST 14-16: 24th Annual Dockside Festival of the Arts, Gravenhurst
AUGUST 14-16: Cowapolooza, Woodstock
AUGUST 14-16: Northumberland Rotary Ribfest, Cobourg
AUGUST 14-16: Hastings Waterfront Festival,, Hastings
AUGUST 14-15: MUSICwestport, Westport
AUGUST 14-16: Riverfest, Elora
AUGUST 15: Festival of Textiles, Keene
AUGUST 15-16: Balloonapalooza, Windsor
AUGUST 15-16: Buckhorn Fine Art Festival, Buckhorn
AUGUST 18-21: Muskoka Opera Festival, Bracebridge
AUGUST 20: Peach Tea at Hutchison House Museum, Peterborough
AUGUST 20-23: Summerfolk Music & Crafts Festival, Owen Sound
AUGUST 21-23: Waterfront District BIA Ribfest 2015, Thunder Bay
AUGUST 21-23: Tweed Tribute to Elvis Festival, Tweed Fairgrounds
AUGUST 21-30: The Capital Fair, Ottawa
AUGUST 27-30: Limestone City Blues Festival, Kingston
AUGUST 28-31: Meaford International Film Festival, Meaford
AUGUST 28: IlluminAqua, Welland
AUGUST 29-30: Art by the River, Amherstburg

..... SEPTEMBER

SEPTEMBER 3-7: Canada’s Largest Ribfest, Burlington
SEPTEMBER 4-7: Jazz Sudbury Festival, Sudbury
SEPTEMBER 4-6: Downtown Sudbury Ribfest, Sudbury
SEPTEMBER 4-7: Hot & Spicy Food Festival, Toronto
SEPTEMBER 5-7: Mount Forest Agricultural Society Fall Fair, Mount Forest
SEPTEMBER 5-6: St. George Fall Antique Fair and Sale, St. George
SEPTEMBER 10-13: Orono Fair, Orono
SEPTEMBER 10-13: Shores of Erie International Wine Festival, Amherstburg
SEPTEMBER 11-13: 31st Annual Vegetarian Food Festival, Toronto
SEPTEMBER 11-13: Kingston Ribfest & Craft Beer Show, Kingston
SEPTEMBER 11-13: All Canadian Jazz Festival, Port Hope
SEPTEMBER 11-13: Ribfest, Aurora
SEPTEMBER 11-13: Tim Hortons Southside Shuffle Blues & Jazz Festival, Mississauga
SEPTEMBER 11-13: Niagara Food Festival, Welland
SEPTEMBER 12-27: Niagara Wine Festival 2015, St. Catharines
SEPTEMBER 18-20: Owen Sound Ribfest, Owen Sound
SEPTEMBER 18 - OCTOBER 2: Leading Ladies, Cambridge
SEPTEMBER 18-20: TD Brantford International Jazz Festival, Brantford
SEPTEMBER 19: The Word on the Street, Kitchener
SEPTEMBER 24-27: Ancaster Fair, Ancaster
SEPTEMBER 26-27: NYVA Art Show and Sale, North York
SEPTEMBER 26-27: Quilt Co. Show & Sale, Ottawa, p.11
SEPTEMBER 26: Colourfest, Bracebridge
SEPTEMBER 27: The Word On The Street, Toronto

..... OCTOBER

OCTOBER 1-31: 401 Fall Quilt Run, from Prescott to Oshawa, p.10
OCTOBER 2-3: Leaf Peepers Shop Hop, Ottawa Valley, p.11
OCTOBER 3-4: Quilts on the Rocks 2015, Sudbury, p.30



More about our cover art...

"FIELD OF IRISES"



by Wendy Carmichael Bauld

We just had to share Wendy's story about what inspired her to create this issue's cover art piece, "Field of Irises".

Wendy tells us,

"I used to explore the fields and forests with my older sister in a little

village near Guelph, Ontario, where I grew up. Those were days of such innocence and joy and I'll always carry the memories of them with me as long as I live.

Our explorations would result in a burning curiosity of our surroundings.

Once, we came upon a milkweed for the first time and as we picked one of the pods from the plant, upon popping it open, the feathery seeds shot out and floated all around us. That's when my sister and I made a discovery that milkweeds were really a source of magical powers, they were the bearers of granting every wish, much like Alladin's lamp.

As we investigated further into the woods, suddenly, and amongst the earthy colours, our eyes would catch sight of some brilliant hues of purples, mauves and blues... Irises... peeking through like a bashful child hiding behind her mother's apron....they were so perfect, and it's almost as if they were smiling at us. Having pushed their way up through the weeds, branches and bramble, it was our desire to pick them but we knew better. They, in their perfect form, belonged to the forest.

This painting is a lovely memory of those summer days of my youth and each time I see an iris in someone's garden, I'm reminded of these special childhood memories and of course, I always remember to smile back."

A lovely story that reminds us of just how whimsical and fun summer can truly be. Thanks again Wendy!



POTATO SALAD

Serves 10-12

Every family thinks their potato salad recipe is the BEST. I've put some really great but less traditional potato salad recipes in my books, but this is the one we ate at home. Old-fashioned, the mayo melts into the hot potatoes & eggs & makes bowl-licking de rigueur! If your family hasn't hooked up with a potato salad worth fighting for, try ours, which is. ♥

7 large Idaho potatoes
7 eggs
2 c. mayonnaise
1 3/4 c. minced red onion
3/4 c. sweet pickle relish



3-4 celery stalks, diced
1 tsp. celery seed
1/2 tsp. salt (or to taste)
lots of freshly ground
black pepper



Peel potatoes, halve them & drop them into a big pot of boiling water & cook till fork tender. Meanwhile, hard boil eggs. Peel them, put them in a big bowl & mash them with a potato masher to the chunkiness you like them to be. Drain potatoes, cut them into bite-sized pieces & add to bowl along with other ingredients ~ stir gently. Chill. ♥

From The Summer Book by Susan Branch

For more delicious summer recipes go to susanbranch.com

Building Harmony



The Outhouse

by Jeff Capps

Our property came with an old outhouse. The little wooden shack was located in a place it had no business being—out in the woods, a fair running distance from the house. I couldn't imagine trudging that far through the snow for a bathroom emergency. After seeing it, I sure appreciated spacious heated bathrooms with indoor plumbing.

I can't say I ever cared for it much. After first finding it, my inclination was to tear it down for firewood, but Cathy and all our neighbors thought it should stay. You see, in our county you can't build outhouses anymore and this one had been grandfathered in. Big deal,

all you really need is a tree or a bush and they're everywhere around here.

Anyway, I lost the popular vote and the outhouse stayed. It kind of creeped me out a bit so I never really looked inside. Didn't want to. The forest had been growing around it for years so it could stand there mostly unnoticed.

As it turned out, one weekend my wife Cathy was away and I thought I'd do some yard work. I do this to get "brownie" points for when she gets back. I always try to put some in the relationship bank for when I need them. (It never works.) So, I was working around the meadow when I happened across the old outhouse.

"What is it about this damned outhouse that everyone seems to like?" I wondered to myself. There was brush growing around it, but the door was still accessible so for once I decided to look inside. There were two small windows on either side of the door, covered by yellow opaque plastic that I'm sure someone screwed on during the 1970s.

Expecting a bad smell (because it is after all an old outhouse), I pinched my nose and opened the creaking door. Actually, there was hardly any smell inside at all. The only bad scent I got seemed to be coming from outside. The smell began to get stronger. Sniffing the breeze, I turned up wind only to see a bear eating berries not 25 feet away.

About that time the bear saw me, too. Now, I've gotten plenty of cheap advice on what to do if you encounter a bear. Some say run downhill. Some say act aggressive and make lots of noise. Hmm. Others say play dead. Yeah, right. One guy said to pee all around to mark your territory and the bear won't enter it. Sure, maybe I should just pee on the bear.

I decided I could run for it—or I could duck into the outhouse conveniently located behind me. Suddenly the outhouse was lookin' pretty good. Beside, I can't walk across my living room without tripping, let alone 150 yards with a bear on my tail. He started lumbering towards me so I jumped inside and latched the door. I heard a little rustling as he walked around. He grunted for a minute. Then he started scratching the side of the outhouse. That was un-nerving. It wasn't a hard clawing like you'd expect, but just constant like he was sharpening his claws.

I couldn't see through the opaque windows, they just basically supplied light, but I could tell after a while that the sun was going down. Looking around all I found were a lot of old spider webs and a hard, wrinkled old roll of toilet paper. Occasionally the bear would stop clawing for a while, only to start again just when I was beginning to believe he had gone.

This is how it went on into the night. My legs were getting tired from standing. After all, the only seat in the place had a big hole in it. I tried to pass time by pacing—one step to the left, one step to the right. I tried negotiating with the bear. I tried singing old Beatles songs to it. I even tried being quiet so it might just forget about me and go away. Nope.

Hunger and thirst were also beginning to work at me, but on the plus

side though, no problems going to the bathroom.

Constantly, all through the night was this rustling sound with intermittent clawing on the wall. And the smell! That bear really needed to take a shower. Darn near drove me crazy. So much so, that by sunrise I had devised a plan.

At exactly 6:45 a.m., I kicked open the door like some Hollywood hero. With a hard roll of toilet paper in my hand, I was prepared to bean the bear in the head. While he was stunned, I would beat it for the house. I didn't say it was a good plan.

Instead, I wound up stepping into a big pile of bear poop. The bear was nowhere to be seen and the only movement I saw was some branches scratching against the outhouse in the breeze.

I feel pretty foolish so don't tell anyone else this story.

I can't say I appreciate the outhouse any more than before, but I have found at least one more reason to keep it.

Copyright by Jeff Capps. Email: jcapps@telus.net.



Therein Lies the Magic

by Kerri Habben

Sometimes the memory climbs through time and I listen as a ball lands on a piece of wood.

My grandmother kept this ball, slightly smaller than a tennis ball and with swirls of color, on the bookshelf right beside the door to their breezeway. Most of the time the ball sat quite happily in the very corner of a lower shelf with a narrow piece of siding about ten inches long and four inches wide.

Sometimes I just bounced this ball in the breezeway, never in the house, since throwing a ball was for outside. Still, with the screens all around, playing there felt like I was still a little bit inside. I could feel like I was doing something slightly forbidden even though it was fully allowed.

Perhaps my grandmother knew that all along, and therein lies the magic.

I can feel the sweat prickling my skin and the respite from the heat of the sun. Who I see first, though, are the people with me: Poppy, my grandfather; Huba, my grandmother; and my great-aunt and great uncle, Aunt Wilma and Uncle Henry. All of these loving people lived directly across the street from us when I was growing up, so they were each an abiding influence upon me on a daily basis.

Anyway, there we all were in the breezeway, some sitting in folding lawn chairs. Huba and I stood on opposite ends of the room, each of our backs to a door. One door went to the driveway, the other to the back yard. Someone, usually Uncle Henry with his gentle precision, would place the piece of siding carefully in the center of the floor. The wood was a bit warped and rocked slightly back and forth.

Huba and I would throw the ball back and forth, which I know you figured out some paragraphs ago. But, of course, there is always more to a story than first meets the eye.


We each tried to hit the siding and then bounce it to the other person. Those watching would count how often we managed to do both, and sometimes we'd count how often the ball bounced in between us. We kept a mental tally, but somehow no one ever won or lost.

Looking back, I wonder if the adults



(Story continues on p. 11)

GIRLFRIEND WISDOM



WISDOM

"A wise old owl lived in an oak
The more he saw, the less he spoke.
The less he spoke the more he heard.
Why can't we all be more like that bird?"

This revised nursery rhyme from 1875 is the origin to a common saying, "Wise as an old Owl". In our everyday language an age old saying might pop up. We know basically what they mean, but it is interesting to research their origins, and very easy with the computers we use today. How many times have you said,
A little birdie told me?

The origin of that saying is from the Bible, Ecclesiastes 10:20, "Do not revile the king even in your thoughts, or curse the rich in your bedroom, because a bird of the air may carry your words, and a bird on the wing may report what you say".

GIRLFRIEND WISDOM:
Let's take a lesson from age old wisdom and proven by time.
May we listen more when a friend speaks,
and may we be mindful of our words when we do speak.

Joy & Blessings, *Jody*

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Kathy's Peony

Submitted by Sylvia Young, Ontario

This 38" square art quilt is a tribute to my friend, Kathy Blake, who passed away in May of 2013.

Kathy and I met at work 36 years ago. She was an avid gardener who taught me a lot about perennials. When she had to move from a house to a rented flat, she planted her favourite perennials in my back yard to save them until she could afford a new house. The peach heritage peonies loved their new sunny location and multiplied like crazy over the 5 years that we took care of them. When Kathy came to relocate the plant to her new house, thankfully, a bit of root got left behind and multiplied to fill the space again. I take photos every year as the blooms open up to worship the sun.

I learned to dye fabric at classes given by Elaine Quehl, a local fabric artist. When she offered to teach a class on how to make an art quilt from a photograph in the fall of 2012, I jumped at the chance and chose one of my peony photos. I dyed all of the fabrics for the peony, leaves and backing myself. The background fabric was purchased from Elaine. This quilt took two years to complete. I had started it before Kathy died but had to put it away while I mourned her passing. This winter, I started beading the center in January and finished the quilting in late March. Kathy's Peony hangs in our living room, a reminder of my dear friend and the many happy times we spent together.

Kathy's Peony will be on display at the Quilt Co. Show and Sale, September 26 & 27, 2015 at the Glebe Community Centre in Ottawa.



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It's Party Time with Lesley

by Lesley R. Nuttall

Summer Time

SUMMER TIME..... It's a wonderful time of the year to be outdoors. With summer well underway, this would be a great time to invite friends over for a BBQ party. I know by this time everyone has had numerous meals done on the barbecue. I have a few different ideas for a fabulous party and your guests will love the change.

Planning a BBQ party may sound easier than any other party, but for it to be successful you still must take the time to plan out each segment of the party.

First, you must decide if you will send out printed invitations or make a friendly phone call to your guests. Decorating can be as simple or as elaborate as you would like. A colorful table cloth would brighten any area. If you have a flower garden, place an arrangement of flowers on the table. Streamers and potted plants would add color as well. If the party extends into the evening, add some twinkling white lights around the deck.

An essential part of any party is the food. If there will be children or young people attending this party, you may want to add their favorite hot dogs and/or hamburgers. But for a change for the adults, I am adding a recipe for BBQ chicken drumsticks. They make a great addition to the main course. They can be prepared ahead and placed in the refrigerator until cooking time.

A vegetable treat that can also be prepared ahead of time, is the vegetable skewers or Shish Kabob's. These are easy to make. You could also plan on making a potato salad and a coleslaw, or one of your special salads in advance. Corn on the cob—cut in 3 to 4 inch pieces could be cooked on the barbecue or even on the stove in boiling water.

We all stress over what to have for dessert, but you really don't need anything elaborate. After a large meal, a light dessert is always welcome. Some watermelon, a fruit tray, a dish of ice cream or even a bowl of cold jello could be satisfying.

A finale for the evening could be a bonfire, (if it's allowed in your area) at which time the guests could roast marshmallows and even make S'Mores. This could even be part of your dessert.

So, try a different format for your BBQ entertaining and enjoy some time with friends, the sun and fresh air Have a wonderful summer

BBQ CHICKEN DRUMSTICKS

Chicken drumsticks

Make a dry rub from the following ingredients:

1 tbsp ground allspice	1 tbsp seasoning salt
2 tsp paprika	1 tsp garlic powder
1 tsp onion powder	1/4 tsp cinnamon
1/4 tsp black pepper	

for hotter rub, add 1/4 tsp cayenne pepper

Mix the ingredients together and rub on the chicken drumsticks.

Refrigerate for 4 to 24 hours. Store the remaining spices in a tight container for next time.

Set your grill for indirect heat. If your barbecue doesn't have a drip pan, place a pan in the middle under the grill to catch the drips. Place drumsticks on grate over drip pan.

Cook for about 1 hour at 350°F. Check internal temperature and it will be done at 180°F.

Let chicken rest for 5-10 minutes before serving.

GRILLED SKEWERS OR SHISH KABOBS

Arrange fresh vegetables on the skewers such as: zucchini, cherry tomatoes, red or green peppers, onions and mushrooms. Brush lightly with olive oil, sprinkle with salt and pepper and spices of your choice. Cook on the barbecue until tender.

Other ideas for skewers are:

Ham or chicken with pineapple marinated in pineapple juice.

Pork marinated in Teriyaki sauce

Grilled salmon marinated in honey, soya sauce and ginger

Shrimp marinated in spicy tomato sauce

Chicken and vegetables brushed with pineapple juice, brown sugar and soy sauce.

© 2015 Lesley R. Nuttall. Lesley lives with her husband in Dryden, ON, Canada. Lesley is the Author of "Secrets of Party Planning." Reach her at lesleyrose@shaw.ca



(Therein Lies the Magic continued from p. 6)

enjoyed it as much as I did. Maybe they enjoyed it even more because, unlike a child, they knew the true value of a carefree moment.

Huba and Uncle Henry both had other, more important things to do than simply play with me. And Poppy and Aunt Wilma had larger concerns than the amount of times a ball struck a piece of siding. Both of the latter were either using a walker or in a wheelchair by then—Poppy from Parkinson’s disease and Aunt Wilma from carotid artery blockage. Huba and Uncle Henry cared for them.

Every day, Huba changed their bed linens that were usually wet by morning. She remade the beds and laundered the sheets. She and Uncle Henry assisted Poppy and Aunt Wilma with washing and dressing. Huba did most of the cooking but Uncle Henry did some as well.

Somehow they found time for a child’s fascination with a ball and a piece of siding. They gave her a summer memory she could carry with her through all the seasons ahead. A memory that endures with both young spirit and a wise philosophy.

Perhaps they knew that all along, and therein lies the magic.

Kerri Habben is a writer, photographer and historian living in Raleigh, NC. An avid crocheter and knitter, she learned these skills from her grandmother and mother. She donates many of her yarn creations to those in need. Kerri has gathered a decade of essays she is working to publish. She can be reached at elhserenade@earthlink.net.

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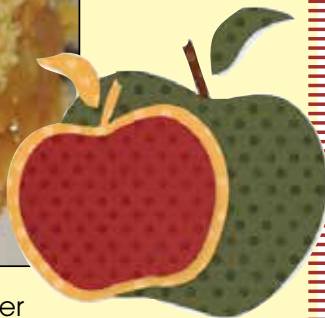
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Nothing brings back childhood memories more than the smell of a cake your mom used to make. When this delicious, moist apple cake is baking in my oven, the aroma along with the anticipation of that first bite make me feel like I'm a kid again. Enjoy!

My Favorite Apple Cake Recipe



- | | |
|---------------------|--|
| 2 eggs | 2 tsp baking powder |
| 1 c sugar | ¼ tsp salt |
| 1 tsp vanilla | 6-8 McIntosh apples, pared & thinly sliced |
| ½ c oil | ½ c brown sugar |
| 3 tbsp orange juice | 2 tsp cinnamon (or more if desired) |
| 1 ½ c flour | |

- Beat eggs, sugar and vanilla until fluffy. Beat in oil.
- Add liquid alternately with dry ingredients and beat just until smooth.
- Spoon half of batter into slightly greased 9" square baking pan and spread evenly with rubber spatula.
- Sprinkle apple slices with sugar and cinnamon and place evenly to create a complete apple layer.
- Cover with remaining batter.
- Bake at 350 degrees for 50 to 60 minutes, until nicely browned.

Submitted by Harriet Ramos



Deviled Eggs Anyone?

- | | |
|------------------------|------------------------|
| 6 hard boiled eggs | 2 tbsp minced shallots |
| salt & pepper to taste | 1 tbsp minced celery |
| ½ tsp dry mustard | 1 tbsp pimento minced |
| 2-3 tbsp mayonnaise | |

Cut hard boiled eggs in halves, lengthwise. Remove yolks carefully keeping the egg whites in tact for filling. Mash yolks and remaining ingredients and mix well. Refill whites with egg mixture, mounding slightly. Garnish with paprika and bon appétit!

Submitted by Harriet Ramos

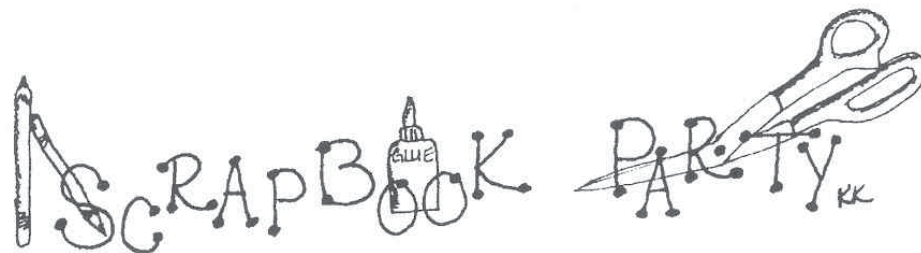
Waistline Reducing Shrimp Taco's with Citrus Slaw

Adapted from Real Simple Magazine I like to stay under 400 calories for dinner, this gives me a lot more play during the day. If you want to reduce it by even more calories, skip the tortilla.

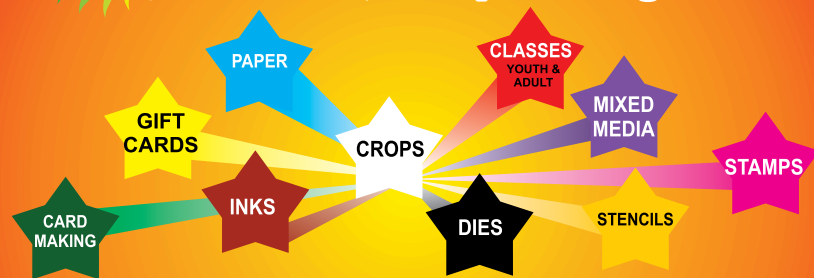
- 1 lb. Peeled and Deveined Shrimp (medium size)
- ¼ cup Fresh OJ
- 2 Tbsp. Lime Juice
- 2 Tbsp. Sour Cream
- Sea Salt and Pepper
- ¼ of a Small Cabbage Shredded
- 2 Ears of Corn Off the Cob (or you can thaw and use frozen corn)
- 1 Jalapeño Seeded and Chopped
- 1 Tbsp. Olive Oil
- 8 Corn Tortillas



Starting with the OJ down to the salt and pepper on the list, whisk it all up and add the cabbage, corn & jalapeño. Let this sit, with an occasional toss, while you prepare the rest of the meal. Season the shrimp with a little salt and pepper and then cook them on the charcoal grill. If you are in a hurry, no problem, just sauté in a little olive oil for 2-3 minutes. Heat the corn tortillas in a little olive oil until they are heated through. Put them all together for a slim Shrimp Taco!



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Does scrapbooking hold a special place in your heart? It certainly does for me. I have always loved the way you can bring so many parts of your life, so many memories, together in so many amazing ways.

Meet a wonderful couple who definitely share my passion for this art form. They are Tom and Carole Fulton, and they own Crop A While Scrapbooking Centre located in Orleans, Ontario, just east of Ottawa.

Between them, Tom and Carole have extensive experience in graphic arts, as well as in managing their own businesses. Tom has had his graphic arts business, Prairie Desktop, since the early 1990s. Carole, who has a formal business education (MBA), is also a trained graphic artist, and has been managing her own consulting business for 15 years.

Scrapbooking entered the picture for Carole back in the 1980's when she started putting together and preserving her family memories and travels. Tom who "saw the light" in 2003, has been involved in scrapbooking since he and Carole came together that very same year.

For their retirement years, the Fultons knew they wanted to continue scrapbooking, but they also knew they wanted to share their knowledge and talents with as many fellow crafters as possible. The idea came to them to create a warm and relaxing place where crafters could come and exchange ideas, try new techniques and find the tools and products for their next paper craft projects. This moment marked the birth of Crop A While.

As part of the planning and preparation for Crop A While, Tom and Carole visited dozens of scrapbooking stores and suppliers across Canada. "When we visited a new place we would find the local scrapbooking store and talk to the owner or manager. We found the community very welcoming and generous in sharing their experiences - both good and not so good." As well, their long-time family friend, Marilyn Fortin, contributed her extensive experience as a scrapbooker and former owner of a craft business, to the business planning and set-up process. The end result was a notebook full of great class and workshop suggestions, helpful hints on set up and decor, invaluable information on trends and cycles in paper arts, and details on lessons learned.

All told, the planning and preparation process took about two years, but after years of running their own businesses, the Fultons understood the demands of starting a new business venture. Crop A While became a reality and opened its' doors for the first time on September 14, 2013.

Crop A While's 1800 square foot facility includes a retail shop filled with all manner of scrapbooking goodies and a comfy work area for classes and crops. The store carries a wide range of tools and supplies for paper arts such as scrapbooking, cardmaking, art journaling and mixed media projects. The work area can accommodate up to 17 people and is equipped for a variety of classes, workshops, crops and even special events such as birthday parties.

Crop A While is primarily owner staffed, with Tom and Carole usually right there to greet you. They also enjoy the help and support of friends and a small team of client volunteers who help out with the many day-to-day details of running a retail store.

Crop A While provides a variety of paper arts classes from beginner to advanced. And, although the Fultons lead some of the classes, Crop A While has a growing roster of new and established instructors from Ottawa's paper arts and fine arts community. Each instructor brings her unique experience and expertise to the techniques and projects she teaches.

Remember when I mentioned above that Crop A While is just filled



with goodies? Well, it's true, and then some. Crop A While has significantly expanded its product lines since it opened two short years ago. On opening day they featured about 2,700 products focused mainly on scrapbooking supplies and tools. While the shop was still in the process of getting to know its clients before widening its selection, in early 2014, the owner of another local Ottawa shop retired and closed her shop. Clients turned to Crop A While to fill the void created, and a swift expansion into stamps, dies and card making supplies began. A short time later brought client requests for assorted textures and pastes and materials used for art journals and canvas projects. Today, the shop carries more than 14,000 products (a more than 5-fold increase!) aimed at scrapbookers, card makers, and mixed media artists. Since no store can carry it all, Crop A While will also special order items not carried as regular stock.

In the future, Crop A While will expand the variety of classes and special events to provide more opportunities for creative fun and relaxation. In the coming years Crop A While is planning to launch a series of technique nights - short two-hour workshops focused on particular techniques or products, as well as special weekend retreats both in-town and away.

As Crop A While celebrates its second anniversary, Tom and Carole would like to say "Thank You to all our clients, suppliers, friends and families who have so enthusiastically supported us through our start-up years."

Next time you are in the Ottawa area be sure to pay Tom and Carole a visit. They can help you frame your memories so that they last a lifetime, and make the process fun to boot!

Cheers!

Damaris Pederson



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Madeline's Musings... Ode to the Summer Quilt



The warm weather had come. Hot water no longer made the radiators crackle and hiss. The heavy cream bedspread would remain on the top shelf of the closet until again the maples put on their crimson coats.

Our summer quilt was a Dresden Plate. Each block resembled a flower more than a plate, so was also known as Aster, Dahlia or Sunflower. All its "petals" radiated from an inner circle and were of every hue and print a scrap box could produce. We thought it looked like the crazy quilt our mother had pieced, only more sensible. The flowers had been

applied on snowy white squares, then brazenly sashed together with the same sunshiny yellow yard goods of the central circles. It was simply a top; no backing, no batting. Exposed seams revealed the fine strong stitches that held the pieces together. Some said it was unfinished; my sister and I didn't know the difference.

The Dresden Plate quilt block design rose to popularity in the early 1900s, reflecting the romance of the Victorian Era. Our mid-century version had been donated to a group that sorted and mended clothes for the needy. Having no label, there was much room for "romanticizing". Was it to have been a treasured wedding gift? Did she dream of tucking it around her children on frosty winter nights? Perhaps some illness cut short her work. Was the joy of the task undermined by the grind of life, and the quilt was set aside? Whatever the reason, one day, the summer quilt came to our house.

My sister and I shared a three-quarter-sized bed. During the day, our quilt was simply a cheery bedspread. But at night it took on a life of its own. No Twister mat for us! Try keeping your balance on a tufted mattress while stretching from the top corner to the middle bottom. No wonder, over time, the seams began to pull apart and the appliqued wedges frayed. When a toe wandered a tad too far across that imaginary my-side/your-side line, the centre sashing settled the dispute. Its soft off'-washed cotton was a gentle buffer against the drafts of a cool summer's night. Sleepy whispers were heard only by quilted petals.

There came a day when the tattered Dresden Plate wasn't worth keeping any more. Wadded up, it went back to the ladies who sorted and mended. Over the years, there's been boarding school, then college, and now a home of my own. I've made more quilts than I can count. Yet, that summer quilt has never quite been forgotten. Someday, I'll make a scrappy Dresden Plate with sunny yellow sashing. I'll play Twister with my granddaughter, like her great auntie and I used to do. And while I piece together a story about my childhood quilt top and the quilter I never knew, she'll slip into dreamland...some warm summer's night.

Until next time...happy quilting to you.

Madeline Lister, Trent Lakes, Ontario

P.S. If you have a childhood quilt memory you're just bursting to share, please email me at madelinesmusings@gmail.com. I'd love to hear from you.



The Cat Who Took a Bath ... and Loved an Old Quilt

by Deb Heatherly

I laughed to myself as the bathroom door creaked open. There was no need to look because I already knew who had walked in the door. Elsie was here for her nightly bath.

"Crazy Cat," I said to myself.

Although the first few weeks of my daughter's departure for college had seemed difficult for her, Elsie soon seemed to settle into her new routine. While I still occasionally caught her gazing longingly at the door to my daughter's bedroom, I had noticed that those times were getting fewer. Soon Elsie had come up with better things to occupy her time. Training her "furless" mom was at the top of her list.

I smiled as I remembered the first night that she had come into my room dragging a bright orange string and how I soon learned that Elsie loved to chase and play with it. She also had a keen memory for when she had done so on previous days. Bedtime was now playtime and she would not be discouraged otherwise.

"Not tonight," I told her as I tried to slip into bed.

"Brrppp," went her little chatter.

"Yes, I know you think we are supposed to do this every night, but I'm too tired tonight," I told her. I tried to close my eyes and curl up to go to sleep, but was keenly aware of two little eyes staring at me through the darkness.

"Go away," I said, as I gave her a gentle nudge. Slowly and ever so softly her long, soft whiskers caressed my face. I knew I was no match for her kisses and quiet chatter.

"Please," she seemed to say, "just for a little while."

"Ok, ok, I give up," I said to her as I turned on the light.

Back and forth she went, chasing the bright orange string, as happy and content as a child with a new toy. It really took so little to make her happy, I thought.

"Gee, Elsie," I said, "if only people had your outlook on life."

Food and water, an occasional pat on the head, playtime with her favorite string, her nightly bath and a nice warm quilt to curl up on were all she seemed to ask for in life. It was the last two about which we had differing opinions.

Never had I owned a cat that actually liked water. Elsie not only liked it, she demanded it. "I thought cats washed themselves," I told her to no avail. "Real cats do not take baths."

She just purred, stretched up on the side of the old footed tub reached her paw out to me, touching me softly on the arm.

This ritual had become as common as the expected bedtime play. I knew without a doubt that she would not leave the side of the tub until I had taken my wet hands and run them across her silky black and white coat.

"Are you happy now?" I asked. The thunderous purr that followed said it all. Soon the door would creak open just a crack and she would be gone.

I never paid attention to where she went after her bath. I just assumed she retired to her favorite spot in the bedroom window. I guess I should have known that where Elsie was concerned, I should expect the unexpected.

This night, as I dried myself and donned my pink fuzzy robe, I remembered a list I had started earlier in the day and went to retrieve it. As I entered the sunroom, there was no need to turn on the lamp, as a soft glow from the moon gave enough light to see what I needed. Quickly I gathered my papers and headed toward the living room. I was almost out the door

when a movement in the corner caught my eye. Startled, I turned on the light to find Elsie rubbing herself on an antique star quilt that sat folded in the corner.

"That is not a towel," I huffed indignantly as I pushed her off. "I rescued that quilt from under a car where the guy was using it to change his oil. It deserved to be loved and treated with respect after all it's been through. It does not need a wet kitty rubbing wet fur into its poor old fabric."

Elsie just sat there giving me her famous stare. As I finished refolding it and brushing off the offending fur, I placed it back in its place of honor. Elsie then jumped back in the middle and stretched to cover its length. "Purr, purr," went her little body as she closed her eyes.

"But, Elsie," I said, as I plopped down beside her. "Didn't you hear what I said?"

Slowly she opened her eyes and cocked her head to one side. For what seemed like minutes we sat and stared into each other's eyes.

Maybe it's true that the eyes are the windows to the soul. For those few minutes spoke volumes, and in them, I realized that maybe it was time to see things from her point of view.

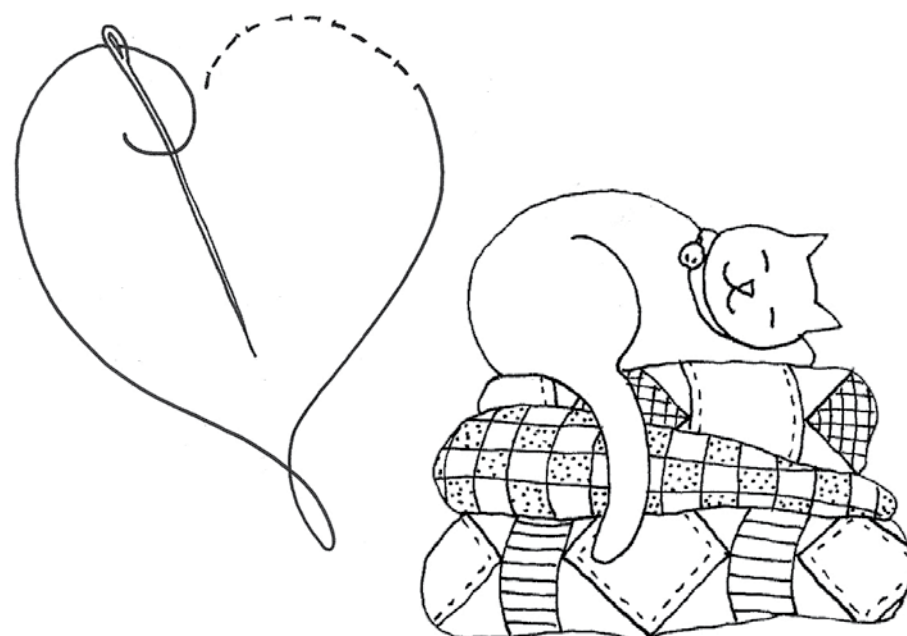
"It deserves to be loved and respected," I said to her again.

As she returned my gaze, she seemed to ask, "Well isn't that what I'm doing?"

It was at that moment that I had to agree, for isn't that what quilts are intended to do? Didn't the maker probably count her hours of work as mere pleasure as she stitched a quilt that she hoped would comfort and warm those she loved? In rescuing this quilt from its grimy car repair duties, hadn't my intent been to return it to its former position of being loved? The man had asked for \$5 which I gladly paid, not because this was an heirloom, (its abuse had seen to that), but to simply give the quilt a happier place to reside. Was I not accomplishing this goal?

As if realizing that she had won, Elsie once again stretched and jumped onto the faded patchwork. Soon she was purring contentedly and was fast asleep. I, on the other hand, sat for a while gently stroking her soft warm body and contemplating the lesson learned from my feline friend. Clearly, Elsie loved this old quilt as much I did and, together, we had made sure that this quilt was once again being treasured. Although threadbare in places and stained in others, Elsie saw only a soft place to snuggle and had claimed this quilt as her own. If quilts could show emotion, I knew that this one had to be smiling.

Deb Heatherly is the owner of Deb's Cats N Quilts in Franklin, NC. Deb is a creative grids ruler designer and her new Creative Grids Cats Cradle Tool was introduced at Spring Market in May. Her new book, 'Cat'itude was also introduced at market and is a companion to the new creative grids cats cradle tool. To see a video about Deb's new ruler visit Deb's Facebook page at www.Facebook.com/DebscatsnquiltsFranklin or her web site at www.Debscatsnquilts.com. You can also view the videos on the Creative Grids USA Facebook page or the Creative Grids USA website.



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Serendipity: making happy and unexpected discoveries by accident (Oxford English Reference Dictionary)

What part does serendipity – some would say luck – play in everyday life? Well, let me tell you...

Two or three days before we were to leave on our four-day drive to attend the Machine Quilters Showcase annual event in Cedar Rapids, Iowa, my sister-in-law phoned to tell me the spring issue of Quilt Sampler (Better Homes and Gardens) was on newsstands. There weren't any featured shops on our direct route, but – for the first time ever – there was an insert titled "Quilt Sampler Passport; Twenty Years of Quilt Sampler Shops" which listed, with addresses, shops still in business that had been featured in the publication over the last twenty years. These featured shops are the crème de la crème of each year's complement of shops in the U.S. and Canada. The list was even sorted by region, a big help for Canadians like me who aren't sure where every state is located – there seem to be so many!

A number of the shops listed on this "passport" were on our route after all. Serendipity!

Upon walking into the first of these establishments, the Quilt Connection Etc. in Rapid City, South Dakota, the first objects to catch my eye were panels based on two of Vincent van Gogh's flower paintings which we have seen, admired and coveted in Europe, one in the Musée d'Orsay in Paris. Now, as soon as I make it, we can have our very own version in fabric rather than oils. Serendipity!

While we were in Rapid City we found that seldom-seen relatives lived within a few miles, and that their schedule and ours would mesh long enough to allow a visit and lunch. Serendipity!

At one point on our way home through Montana we needed to stop for gas. As we slowed down entering the town of Glasgow, out of the corner of my eye I spied a sign reading Plaid Quilt Shop. Serendipity! It was only fifteen minutes until closing time, and we had strict time limitations, but who can resist fate? On one of the counters lay three bolts of a beautiful mostly-blue batik which had arrived at the store only that morning – not an uncommon occurrence at a quilt store. However, I was soon informed that this fabric had been designed by the owner of the store, it featured a local theme, and it would be available for purchase only at that store for the foreseeable future. And I was right there. And now I have some. Double serendipity!

Have a serendipitous summer.

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



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Over the Teacup

Playing Is Not Just For Kids

By Janet Young

By the time you are reading this, your child's summer vacation is most likely at the midway point. So, if you are like most parents, you are desperately trying to find ways to keep them entertained. Well, why not join them in play? Did you know that there are benefits to playing for both the adult and the child? Through play you release stress, thereby refreshing your mind and body. Play increases energy and triggers creativity, while helping you to feel your best.

If you are a working parent, set aside a time that suits your schedule, even if it is only 20 minutes a day, say before dinner to engage your child in play. Through play, you are creating a bond that fosters trust and a more intimate relationship with your child. Laughter is medicine for the soul, as sometimes a tense situation can deescalate quickly through laughter, especially when dealing with a child.

Board games and card games are a good way to communicate. If your child is like most children, you are trying to limit the amount of time they spend playing video games, so I would not suggest playing those kinds of games.

Make sure you give your child your undivided attention. Turn off any distractions such as cell phones etc., to insure that you will enjoy uninterrupted play with your child. Make sure the play is age appropriate. Even a one year old will enjoy your time spent with him rolling on the floor in laughter.

Put on some music, and dance. Set up a movie theatre atmosphere and show a funny video. Play dress up, and perhaps have a tea party. How much fun would a tea party be, especially if Dad were to put on a bow tie or even wear a tiara and join in the fun?

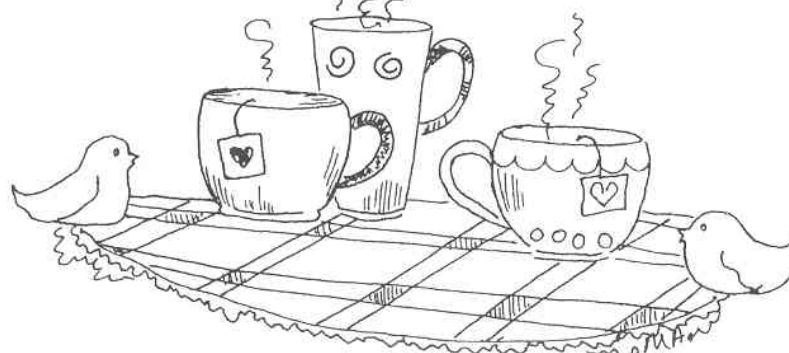
Go for a walk, ride your bikes, read, have a picnic in the backyard for lunch one day, there are numerous ways you can celebrate summer with your family. In pretend play let your child dictate what he wants to do. Never force play or prolong it. Your child will signal when he is ready to move on to another activity.

Granted none of these ideas for entertaining your child is new or even trendy as in video games and other electronic gadgetry, but the key is YOU. Do you involve yourself in their play? Do you seek out fun ways for them to spend their time? (Even doing chores will go much quicker, if you can find a way to make the task fun). I'm not suggesting that you have to spend all day playing with your child. Remember in the beginning of this article I said even if it is only 20 minutes a day, you are saying to your child: you are important, I care about you, we are family.

Time is fleeting. It won't be long before they will be on their own. Enjoy the time you have now. Make it fun, and when they are grown, they will want to do fun things with you.

Never stop playing. As George Bernard Shaw so aptly put it, "We don't stop playing because we grow old, we grow old because we stop playing." Now go out and play, and have a fun day!

—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.



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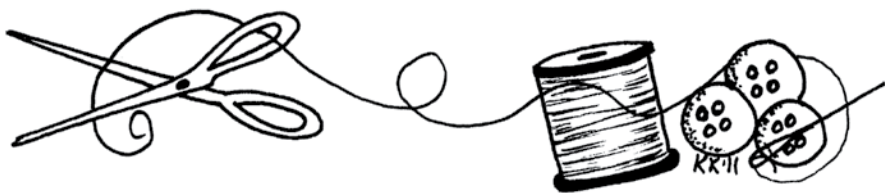
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Back Porch Break

by Nancy Parker Brummett

Letting Go of Luggage

I have difficulty emotionally letting go of both cars and luggage. Once I've driven a car for eight or nine years and it has taken me safely wherever I wanted to go, trading it in seems like such a betrayal. Likewise, it's hard to let go of a suitcase that's collected memories like the stickers they used to put on the old steamer trunks.



Yet trading up to a new set of luggage had become a necessity for my husband and me. Even though we didn't particularly want new luggage, we needed it. No really. We'd already had the zippers on the old set repaired once, and had resorted to using paper clips for zipper pulls. Each bag in the set is pretty well coated with tarmac engine oil, the faux leather trim is scraped off in many places, and the linings are ripped and holey. It was time.

I look at the new bag we bought (shown on the right) and it's exciting to imagine all the places it might go with us as we move into Act 3 of our lives; but I look at the old bag on the left and remember all the places it's been.

I have so many memories of the old bag laying open on our bed as I struggled through packaphobia before any one of the trips I've been blessed to take—often with a cat or two curled up inside hoping to go along unnoticed.

That bag has been on numerous trips to visit grandchildren over the last 10 years or so since I bought it on sale at Sears...one of a nesting set of three for about \$100. (The day I bought it I never dreamed it would last this long.) It's carried Christmas gifts, birthday surprises, stuffed animals...you name it.

I can't begin to remember all the vacations this bag has taken, but I know we pulled it for what felt like miles over cobblestone streets in Venice a few years ago as we were looking for our hotel. That may be why the wheels are a bit wobbly. It was also on our 25th anniversary trip to California in the Summer of 2013. Did it enjoy traveling the Pacific Coast Highway from the back of our rental car as much as we did from the front seat?

Maybe my affection for luggage stems from the fact that, like a long lost friend, I'm always so happy to see it again after a separation. When my bag emerges from the belly of the airport onto the carousel at my destination, my heart skips a beat and I'm silently screaming, "There it is! My bag made it!"

I know suitcases don't have feelings (well, I don't think they do!) but just before taking this one out to the donation pile I wanted to stop and acknowledge how grateful I am for all the times it traveled alongside me, showed up when I needed it most, and fulfilled its purpose well. May the same be said of me some day.

Nancy Parker Brummett is an author and freelance writer in Colorado Springs, CO. "Like" her author page on Facebook, or to learn more about her life and work, visit www.nancyparkerbrummett.com.



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Knitting Savant



Wrapped in Love

By Andrea Springer

It's a known fact, knitters gotta knit. We're most content when our hands are holding needles and creating that thing we see in our mind's eye. As for our finished objects, some stay with us, and some we send it out in the world to be enjoyed by others.



I've shipped loads of knitted items off to friends and family with the hope they'll use them and know they're wearing a little bit of my love. However, a few weeks ago, I received a package in the mail from Cousin Diane, containing a scarf I'd knit for her mom - our dear Aunt Kay.

She was going through her things and wanted to make sure this simple item found its way back to Kansas.

Over the years, Aunt Kay has been a bright light among the Springer cousins. One of 10 children, she was born in the middle of seven brothers, and in that position learned to hold her own and speak her truth. Aunt Kay and her family lived in the city and, as a farm kid; I thought the way she dressed and sparkled was glamorous. As adults, she welcomed our visits. I'll always remember a weekend trip with cousins to her home in Des Moines. Each day started with family trivia challenges; there were prizes for cleaning our plates, and glasses of wine over cards. As we left, she sent each of us off with beautiful china pieces from her own cupboard as keepsakes of our visit. I'd venture a guess that each of my cousins has a great tale or two to tell about her. She has loved us all with abundance.

About 10 years ago, Aunt Kay was admiring a scarf I was wearing at a family gathering, so I came back and knit her one of her very own. It was a simple garter stitch design, showing off yarn that was full of colors she loved. She reported she wore it often and got a few compliments when she did. It gave me great pleasure to think I'd made a small contribution to her continued style and sparkle.

While our aunt has continued to show us all how to age well, this past year has thrown health challenges her way. We're facing the realization she's mortal, a point driven home as I hold her scarf in my hands. I realize how lucky we've been to have her in our lives, that everyone should have an Aunt Kay. She's ending her journey with us, and her wants are much simpler. As Diane writes, "she is no longer accessorizing" but she is still wrapped in care and love - the things she needs for the next phase of her journey.

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Random Acts

by Maranda K. Jones

At Home



"If you had heard me sing, you would not be asking me that question!" I smiled and replied honestly when the principal and superintendent asked if I would be interested in teaching music during my interview for the preschool director position. "All kidding aside, I would be happy to help wherever needed." That's what you do in a small school. That's what you do in life.

It has been almost fifteen years since my first teaching interview, when I was fully aware of how the young and inexperienced candidate nervously glanced at her skirt to make sure her slip was not showing. I was ready to teach and wanted a job. The principal and superintendent threw questions my way, and I swung at every one like I was up to bat with two outs and the game on the line.

"Would you be interested in teaching language arts?" "What about drama?" "Would you be willing to sponsor yearbook?" "How comfortable would you be teaching computer skills?" "How would you like to coach?" As most eager applicants, I gave ready and willing replies. Then they asked a question I could not answer as easily. "Who has had the most impact on your life?"

I knew the answer. I could not speak. The loss was new.

Mrs. Thisted.

I thought about my high school English teacher and yearbook advisor. I was in her room each morning and again when the bell dismissed school at three o'clock. I enjoyed every word we read for four years. Mrs. Thisted taught me the proper way to pronounce "forehead" and let me drive her Eclipse. We translated Beatles songs into Elizabethan English and learned Shakespeare. Oh, the Shakespeare! Mrs. Thisted spent summers in England with ol' William himself, or so she made it seem. She lived the magical life of a teacher.

Throughout high school, Mrs. Thisted was my mentor, guiding me in classes and closely following my academic career. We usually discussed goals and progress over lunch at the local restaurant. After graduation, we became closer friends and continued our lunch dates. One day I drove to her home on Inspiration Drive, an appropriately named street, determined to buy lunch now that I was in college. She would not hear of it. "As long as you are a student, I will pay for your lunch! I do not care if you are getting your doctorate." I did not argue with her. I knew that tone of voice in her New England accent all too well.

Mrs. Thisted had asked me to visit with the seniors about college. I had just transferred campuses and had just changed my major from journalism to business. I hardly felt qualified to talk to seniors, only three years younger. I felt inexperienced and wondered why I was doing this. Out of obligation, I supposed. I told the upcoming graduates about my tutoring job at the Writing Center on campus and how much I loved working with students. Then my mentor asked me to tell the class why I was a business major. I drew a blank. I saw Mrs. Thisted smile. I suddenly knew why I was there. I changed my major the very next day and returned to my high school love—English.

I enjoyed pursuing my new degree, but was worrying about passing the senior comprehensive exam. I once again turned to my trusty advisor for counsel. The response I got was life altering. The woman who had encouraged me to strive for high grades was now telling me that grades did not matter. She told me to spend more time with my family. She told me to spend more time with my boyfriend, and he might just turn into a husband.

"My husband has been my rock," reads the last letter I received from her. She lost her battle to cancer, but not before she shared these words of wisdom with me, her perpetual student. Life is not about straight A's and perfect test scores. Life is about people.

"Mrs. Thisted, my high school English teacher," I answered after what felt like an eternity. The words came more readily now. "She taught me more than just literature. She taught me about life and became my friend."

When I walked into my first classroom, I looked into the eyes of my students and felt at home. I have been at home, literally, with my children for the last few years. It feels like I am starting over again as I return to the classroom this fall. I hope to be half the teacher mine was, but I know that will be impossible. No one will fill her shoes, but I am happily following in her footsteps.

© 2015 Maranda K. Jones

Maranda Jones' new book **Random Acts**
is now available at amazon.com.

The book includes her reader-acclaimed articles from the last decade.

Aromatherapy/Essential Oils

Rosemary
Essential Oil
(Rosmarinus officinalis)

By Wanda Headrick

The rosemary plants are turning green and sending out new sprigs in my flowerbed. Just walking by, you catch the faint refreshing, uplifting aroma of Rosemary. The essence was so enticing; that I even picked a few sprigs to add to some grilled salmon the other day, and it was delicious!



Rosemary essential oil is steam distilled from the flowering tops, leaves and twigs of the “Rosmarinus officinalis” evergreen perennial shrub and its numerous sub varieties. It is native to the Mediterranean region and grows wild in abundance in this area. Rosemary is one of the strongest aromatic plants and also one of the most widely used medicinal plants. Ancient Egyptians burnt sprigs as incense and placed sprigs in the tombs of pharaohs to help them recall their former life. The Greeks and Romans considered it a symbol of loyalty, remembrance and scholarly learning. Wherever solemn vows were made, garlands and headdresses of rosemary were worn as an emblem of trust and constancy. The Moors planted rosemary scrubs in their orchards to ward off pests. Queen Donna Isabella of Hungary was known to use rosemary in a face wash, thinking it would ward off advancing age by rejuvenating and restoring her youthful looks. Since Rosemary has been used to preserve meat, there may be some substance to her idea!

Rosemary essential oil was distilled as far back as the 13th century and considered one of the most valuable stimulating, invigorating essential oils to promote circulation, energy and strength. Today we know rosemary essential oil has therapeutic properties as an analgesic, antidepressant, astringent, diuretic, hypertensive, rubefacient, stimulant, tonic and others. Rosemary is often considered a good analgesic for rheumatism, arthritis and tired, stiff, overworked muscles. Its invigorating, stimulating effect is considered helpful for poor concentration, memory and mental exhaustion. Rosemary has been used extensively in hair care products as a stimulant for hair growth and prevention of dandruff. Its rejuvenating properties make it popular in skin care products.

Rosemary essential oil is non-toxic, non-irritating and non-sensitizing. However, it should not be used during pregnancy or while breastfeeding and by persons suffering from epilepsy, fever or high blood pressure.

Tired - Mind Stimulating Spray

- Sweet Orange Essential Oil60 drops
- Laural Leaf (Bay) Essential Oil 10 drops
- Peppermint Essential Oil.....5 drops
- Rosemary Essential Oil40 drops
- Cedarwood Essential Oil40 drops

Blend the above pure essential oils in a 4-ounce aluminum or glass bottle with a spray atomizer lid. Add enough distilled water to fill. Shake and enjoy using in your environment, clothing, body and linens. Always test spray before spraying on cloth/clothing to make sure no stain from any natural coloring in the oils will show.

Tired Muscle Massage Oil

- Eucalyptus Essential Oil5 drops
- Tangerine Essential Oil30 drops
- Ginger Essential Oil 10 drops
- Rosemary Essential Oil 10 drops
- Lavender Essential Oil..... 15 drops
- Frankincense Essential Oil..... 15 drops
- Black Pepper Essential Oil..... 10 drops
- Cypress Essential Oil.....20 drops
- Patchouli Essential Oil.....5 drops

- Blend above pure essential oils in the following carrier oils:
- Emu Oil.....3 ounces
 - Sweet Almond Oil4 ounces
 - Vitamin E Oil..... 15 drops

Blend the pure essential oils and the carrier oils together in an 8-ounce amber or cobalt blue glass bottle with a tight fitting lid. Mix well. Use as a whole body massage. The essence of the blend will change over at least a four-day period as the oils blend together and enhance each other in essence and effect.

To purchase Pure Essential Oils and other supplies go to www.flinthillsaromatherapy.com. Or e-mail: info@flintheillsaromatherapy.com. We can be reached by phone @1 620-394-2250.

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.

Piecing Life Together

True Generosity

by Barbara Polston

It is often said that quilters are generous givers. Ask a group of quilters to sew for a charity and you are bound to have an eager group of volunteers. Recently, this was reinforced for me in dramatic fashion.

It’s a sad fact that children must sometimes be removed from their birth families and placed into foster care. This isn’t because they are bad kids; the fault generally lies with their parents. Children are removed due to problems like parental substance abuse, domestic violence, maltreatment, neglect and more. Bless the families, whether strangers or kin, who step up to take these traumatized children into their homes and offer them loving care.

When children are removed, it’s generally an emergency. There’s no planning and packing as if they were going on an extended holiday. A few items are thrown into a large, black plastic garbage bag. Loved things, favorite things, are often left behind. Many of the children have nothing that they can truly call their own.

Last Saturday, a group of 24 volunteer sewers gathered at a local quilt shop to make quilt tops. The group completed 25 tops that will soon become finished quilts through the efforts of yet additional volunteers. These quilts will then find their way to foster children. The quilts will be theirs to keep and nothing wraps a child in a hug like a lovingly made quilt.

Sewers of all experience levels were welcome. What was most impressive was that we had two volunteers who, while interested in sewing, had never touched a sewing machine. They were successful in completing their projects and you should have seen the smiles on their faces! Holding up their completed tops for the admiration of the group, they cried, “Please take my picture!” Smart phones came out and photos were snapped.

How generous that these new sewers each left their first-ever quilt top to become a gift for a child who needed it more than they did. How generous that they were each happy to leave with a photo and a story to share with their family and friends.

Suze Orman says, “True generosity is an offering; given freely and out of pure love. No strings attached. No expectations. Time and love are the most valuable possessions you can share.”

Thank a generous quilter for sharing her time and love. I just did.

Barbara Polston is the author of Quilting with Doilies: Inspiration, Techniques, and Projects (Schiffer Books, 2015) and an award-winning quiltmaker. You can see Barbara’s quilts, join her on Facebook or book her class and lecture offerings at www.barbarapolston.com. She was inducted into Arizona Quilters Hall of Fame in 2013. Barbara, who has lived in Phoenix, Arizona, for almost 30 years, is calmly quilting in Studio Narnia. ©Barbara Polston, Phoenix, AZ, May 2015.

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WHAT ARE ALL THESE FEET FOR ANYWAY!?



by Ed Salavich

Remember the little box of goodies that came with your sewing machine? Well... check it out! Dig out those feet and try them for a variety of purposes. Be sure to visit your favourite quilt shop to request information and perhaps participate in a demonstration.

Roller Foot:

For any stitch. Sews fabrics with uneven levels. The textured rollers aid in evenly feeding top and bottom layers of fabric.

1/4" Seam Foot:

For straight stitch, center needle position only. A must for quilters! Used for stitching 1/4" and 1/8" seams.

Clear 1/4" Piecing Foot:

For clear visibility, with 1/4" and 1/8" guides, great for pivoting and turning corners.

Quilter's 1/4" Piecing Foot:

Sew a scant 1/4" seam allowance! Markings for 1/4" and 1/8".

Clear 'B' Edge-Stitching Foot:

With a guide for top stitching and edge stitching. Also excellent for achieving that desirable scant 1/4" seam allowance.

Stitch-In-The-Ditch Foot - Clear 'B' Edge/Joining Foot:

Guides top-stitching, and use for joining trims to an edge. Easy to follow a marked line on a pattern. Clearly see the seam you are stitching in the ditch. Guides decorative stitches over a seam or a marked line. The groove allows stitches to flow smoothly under foot.

Open Toe Foot:

Sew tapered and decorative stitches. Stitches flow through the tunnel.

Blind Hem Foot:

For Blind Hem, straight stitch topstitching, and decorative stitch for topstitching. The adjustable guide allows you to sew nearly invisible blind hems. This versatile foot can also be used as a guide for accurate edge stitching and seaming.

Flat Felled Foot

Like the typical jeans seam. Used in home decor and a special binding technique.

Applique or Open-Toe Foot:

For medium width zigzag, with stitch length shortened to 0.5 or 1 for a Satin Stitch. Any decorative stitch. Use this foot to sew appliques and other decorative satin stitches. The open area at the toe of the foot enables you to clearly see the stitch path. The underside of the foot has a wide channel that allows dense stitches to easily glide under the foot.

Darning Foot:

For straight or zigzag stitch. Used for darning or free-motion sewing, and quilting. The feed dogs are either dropped or covered, and the fabric is guided by hand. This allows "free" movement of the fabric in any direction. The tiny hoop on the darning foot presses the fabric against the needle plate, allowing better stitch formation. Use free-motion sewing to monogram, thread-paint, or quilt by outlining or stippling.

Interchangeable Dual Feed Foot with Changeable Presser Feet

Designed to evenly feed layers of fabric, and/or batting. Perfect for quilting requiring precise pattern matching.

Changeable 1/4" Guide Foot:

Use with the Interchangeable Dual Feed Foot for straight stitch, and hand-look quilt stitch.

Closed Free Motion Spring Foot:

Offers great visibility around the foot when free-motion quilting. Has markings as stitch guides.

Free Motion Echo Quilting Foot:

More control when free-motion quilting. Foot markings offer the ability to follow a continuous curved quilting pattern, or a straight line.

PLUS:

The Edge/Quilting Guide: Used for wide seam allowances, pintucks, top-stitching, or channel quilting. Perfect for quilting small projects yourself on your home machine.

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Quilting Word Scramble

Unscramble the words. Key is below

1. _____

snaeig

Working in extra fabric where two pieces do not align precisely, especially when sewing curves
2. _____

hsignsa

The fabric that separates the Blocks, framing them and making the quilt larger
3. _____

prwa

The threads which are put on a loom under tension and raised and lowered to allow the weft to pass through
4. _____

iftom

The design element, image or drawing used on a quilt block or for an appliqué
5. _____

wsaps

An exchange among a group of quilters of either fabric or blocks with some set ground rules as to theme, color, design, etc
6. _____

inrgino

Moving the iron while pressing can distort fabrics and seams so term "_____" is distinguished
7. _____

qappueil

Done by hand, machine or with fusible web - small pieces of fabric are sewn or fused to a background fabric to form designs.
8. _____

bdreors

When the batting fibers poke through the quilt fabric
9. _____

isnizg

Product used to add body or stability to fabric making it seem easier to handle
10. _____

ngtbati

The layer in the middle of a quilt sandwich between the top pieced layer and the backing
11. _____

howkaptcr

The basic method of making a quilt by sewing many small pieces of fabric together
12. _____

gnkbcai

The back fabric of a quilt in the 3 layers: top, batting, "_____".
13. _____

minuls

A plain, usually undyed cotton fabric, available bleached or unbleached
14. _____

nsaigbt

Long stitches used to hold fabric layers or seams in place temporarily and usually removed after final sewing.
15. _____

rngia

The lengthwise and crosswise threads of a woven fabric
16. _____

nmolgar

A quilting machine used by professional quilters in which the quilt is held taut on a frame, allowing the quilter to work on a large
17. _____

olft

A descriptive term for the thickness, height and resilience of quilt batting
18. _____

ehgnseit

The term used to describe a fine weave quality of "Muslins" cotton muslin fabric

1. easing 2. sashing 3. warp 4. motif 5. swaps 6. ironing 7. appliqué 8. borders 9. sizing 10. batting 11. patchwork 12. backing 13. muslin 14. basting 15. grain 16. longarm 17. loft 18. sheeting

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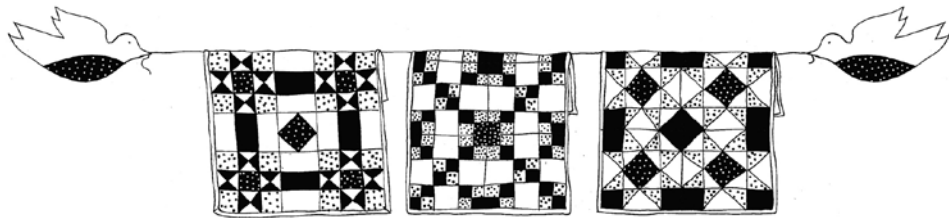
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A Cup of Tea with Lydia

by Lydia E. Harris



Creating Beau-TEA-ful Birthdays

When I told my teenage grandson I would soon turn seventy, he asked, "What have you been doing all those years?"

I laughed. "Well, for one thing, I raised two children, and one is your mother." He smiled and nodded. "Then, after that, I've spent time with my five grandchildren."

Although I chuckled at Peter's question, it prompted me to think about my past seventy years and jot down highlights from each decade. When our family gathered to celebrate my birthday, I shared these milestones with my grandkids and others attending.

Beau-TEA-ful Memories

1. First ten years: I was born as the ninth child and sixth daughter in my family. I lived on a dairy farm in Blaine, Washington, and walked one-quarter mile to and from school.

2. Teen years: I participated in music, drama, and sports, graduated from Blaine High, and headed to the University of Washington.

3. Twenties: I earned both a bachelor of science and a master's degree and taught junior and senior high. I married my college sweetheart, and we became proud parents of Anita and Jonathan. Tough economic times came when my husband lost his job, so we moved to California.

4. Thirties: I enjoyed raising two children in the California sunshine. Six years later, we returned to Washington to live near our relatives.

5. Forties: During these busy years with teens, we supported our kids in their music, drama, and sports events and helped our elderly parents. Big changes took place when my parents died and Anita left for college.

6. Fifties: Our family expanded with in-laws, then four grandchildren. I developed a love for all things tea and began writing for publication. I was also diagnosed with a serious illness.

7. Sixties: We joyfully welcomed our fifth grandchild. I published a grandparenting book and continued to write, speak, and spend time with my family.

I'm glad my grandson asked me that thought-provoking question. It nudged me to reflect on my life and to thank God for His help during seasons of difficulty and blessing.

Beau-TEA-ful Gifts

At my birthday party, I received seven roses and a gift bag containing seven envelopes. The instructions said, "Since you're turning seven-TEA, we're giving you a gift of seven teas." The envelopes contained gift certificates to local tearooms along with cash to go out for tea at my favorite tearoom. Two envelopes held coupons for teas that my daughter and daughter-in-law would prepare and serve—for a grand total of seven teatimes. What a perfect gift for me!

It didn't take long to spend the cash and gift certificates, enjoying these tea outings with grandkids, family, or friends. Now I look forward to the two remaining in-home teatimes.

Beau-TEA-ful Ideas

Perhaps you'd like to give a similar birthday gift to a tea-loving friend or relative. This idea would work well for someone turning four-TEA (four teas), six-TEA (six teas), seven-TEA (seven teas), eight-TEA (eight teas), or even nine-TEA (nine teas).

Or you could simply include one or two teatimes as a beau-TEA-ful gift. One of them could be a dessert tea served in your home. Prepare hot or

iced fruit-flavored tea along with my fruit tart recipe. Another could be an outing to a tearoom. Although high tea is lovely, celebrating with dessert and tea, or salad, scones, and tea is also wonderful.

Another idea: Make a card that says, "I wish you a beau-TEA-ful birthday," or "I wish you a boun-TEA-ful year." Inside, tape three or more packaged teabags and pen a personal note.

I'm ready to create beau-TEA-ful memories for others. Won't you join me?

*Lydia E. Harris, who holds a master's degree in Home Economics, is blessed with five grandchildren and authored the book, *Preparing My Heart for Grandparenting* (AMG Publishers).*

From Lydia's Recipe File:

Fresh Fruit Tarts

Beautiful, delicious, and easy to make.

- 1 roll (16.5 oz) refrigerated sugar-cookie dough
- 1 container (12-oz) whipped cream-cheese spread
- 1/2 cup apricot preserves, divided
- fresh fruits (kiwi, nectarines, raspberries, strawberries, blueberries, or blackberries)
- canned mandarin oranges, drained

1. Cut cookie dough into 1/2-inch slices. Bake as directed until light brown around the edges. Cool.
2. Warm apricot jam in the microwave until runny.
3. Combine cream cheese and two tablespoons apricot jam. Spread one tablespoon cream-cheese mixture on each cookie.
4. Arrange three or more fruits on each cookie in a colorful, attractive pattern.
5. Using a pastry brush, glaze fruit with warmed jam to create a shiny look.
6. Chill until time to serve. If possible, serve within an hour after assembled. *Makes 16 tarts.*



Tart Variations:

1. Holiday Tarts: Select fruits that complement the color theme for each holiday, and add a seasonal pick. For example, on Independence Day, top the white cream cheese with red and blue berries. (In Canada, use red and white fruit.) Add a small flag pick in the center if desired.
2. Large Tart: Flatten all the cookie dough into a circle on a 12-inch pizza pan or cookie sheet. Bake until firm and light brown. When cooled, top with cream-cheese mixture, fruit, and glaze. Cut into wedges, and serve with whipped cream if desired.
3. Gluten-free Tarts: Purchase or bake gluten-free sugar cookies and top with creamed-cheese mixture, fresh fruit, and glaze.

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