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# *The Country Register*®

Oct-Nov 2015

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# The Country Register®

Available across the U.S.A. & Canada

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*Dearest readers,*

Autumn is such a special time of year. The long days and heat of summer have finally given way to cooler, crisp weather, and shorter days. And, as if in approval of these happenings, the leaves share with us their yearly display of colourful brilliance.

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

And it is a busy time too... school has started, Thanksgiving is only a few days away, Halloween is at the end of the month, projects put off during the wonderful summer must now get done, etc, etc!

Our team has been busy too, and we are again extremely pleased and proud to bring you the third issue of The Country Register of Ontario, your complimentary guide to specialty shopping and events in Ontario.

Why not take some time out for yourself and enjoy this issue. Inside you will find inspiration, humour, yummy recipes, and an all-around good time, as well as a great selection of stores from which to choose for your crafting needs (when visiting don’t forget to say, ‘I saw you in the Country Register!’).

Have a wonderful autumn!

Thanks and best regards,

*Harriet*

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

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*Our Search for Cover Artwork –*

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

If you would like your work to be considered, please send an email indicating your interest to [OntarioCountryRegister@gmail.com](mailto:OntarioCountryRegister@gmail.com)



**Meet our cover artist:  
Danielle Paré**

Meet our cover artist for this issue, Ottawa born Danielle Paré. Mainly self-taught, Danielle has been painting professionally, as well as teaching art, for over 20 years.

After working with watercolour and experimenting with other media, Danielle gravitated towards, and adopted, acrylic on canvas as her medium of expression. Her favourite subjects are colourful still life, floral and landscapes that are appreciated for their joyous and uplifting moods. Her unique style is defined with simple stylised shapes, pure colour harmonies and expressive brushstrokes.

Danielle has participated in many juried individual and group exhibitions and her paintings can be found in many collections across Canada and the United-States. She is represented by ESPACE 33 Art gallery in Aylmer, Avenue Art in Montreal, Santini and Sienna Galleries in Ottawa and Rockland, Ontario.

In her own words, Danielle gives us some insight into her artistic persona, “Painting is for me the best way to express my passion for creative work, design and colour. I am constantly moved and inspired by the beauty of nature, flowers and the ever changing feel of the seasons.

My style, which is constantly evolving, focuses on simplified shapes and vibrant color. I am influenced by great colorists like Matisse, Bonnard and Van Gogh, and my paintings are my way of creating and spreading positive energy. I love working with direct and energetic brushstrokes, which creates a lot of energy and movement in my work. This energy is very present in the marks that animate the surface of the paintings where beautiful passages of thin transparent paint contrast with more thick and opaque matter.

Each painting is a new challenge to explore and perfect my personal expression. Creative work is essential to my life and sharing this passion with others is always a privilege.”

Thank you Danielle, we are thrilled to be able to share your art with our readers!





# Calendar of Events

## ..... OCTOBER .....

**SEPTEMBER 12 - OCTOBER 4:** Harvest of Quilts 2015, Bobcaygeon  
**SEPTEMBER 12 - OCTOBER 4:** Hanging by a Thread, Oakville  
**OCTOBER 1 - NOVEMBER 1:** Pumpkinferno at Upper Canada Village, Morrisburg  
**OCTOBER 1-4:** Caledonia Fair, Caledonia  
**OCTOBER 1-31:** 401 Fall Quilt Run, from Prescott to Oshawa  
**OCTOBER 1-31:** Haunted Fort Night, Thunderbay  
**OCTOBER 1-31:** Monster Month, Elora  
**OCTOBER 2-3:** Leaf Peepers Shop Hop, Ottawa Valley  
**OCTOBER 2-3:** Beau's Oktoberfest, Vankleek Hill  
**OCTOBER 2-4:** Woodstock Woodworking Show, Hamilton  
**OCTOBER 3:** Everything Quilts, Lindsay  
**OCTOBER 3-4:** Quilts on the Rocks 2015, Sudbury  
**OCTOBER 3-4:** Scotiabank Nuit Blanche, Toronto  
**OCTOBER 3-4:** Apple Harvest Craft Show, Meaford  
**OCTOBER 3-4:** Madawaska Studio Tour Fall 2015, Barry's Bay  
**OCTOBER 3-12:** Fall into Nature, Milton  
**OCTOBER 5:** Pratie Oaten Irish Festival, Owen's Sound  
**OCTOBER 6-12:** Norfolk County Fair & Horse Show, Simcoe  
**OCTOBER 9-12:** Ball's Falls Thanksgiving Festival, Jordan  
**OCTOBER 10-11:** Wild Lands Film Festival, Owen's Sound  
**OCTOBER 10-12:** Salmon Tour and Tasting, Owen's Sound  
**OCTOBER 10-12:** Buckhorn Harvest Craft Show, Buckhorn  
**OCTOBER 15-17:** Creative Festival - Fall, Toronto  
**OCTOBER 16-17:** Waterloo County Quilters' Exhibit, Waterloo  
**OCTOBER 16-18:** Espanola Fibre Arts Festival, Espanola  
**OCTOBER 16-18:** 17th Annual Quilt Show & Sale, Mitchell  
**OCTOBER 17-18:** Georgina Pins & Needles Quilt Show, Sutton  
**OCTOBER 24-25:** Strolling Down Quilters Lane, Teeswater

## ..... NOVEMBER .....

**NOVEMBER 1-FEBRUARY 16:** Stitched Together: The Art and Warmth of Quilts, Brampton  
**NOVEMBER 6-7:** Quilt Show - Celebrating 10 Twisted Years, Ajax



## Autumn Thoughts Upon "Auld Lang Syne"

by Keri Habben

I often find myself somewhat reflective with the natural shift of seasons. In late winter I begin to watch the garden and the trees for the first signs of awakenings. I savor planting the flowers and tending them so that they will be healthy and full during summer. Then, of course, gradually the lush abundance dwindles. The leaves become a colorful testimony to autumn's true message.

With every bit of color we are compelled to treasure the moment, to study the intense beauty, knowing that all too soon the hues will fade. Those once new leaves shall return to the earth once more.

As autumn arrives it always strikes me how quickly the year has slipped by. Therefore, it did not surprise me that, as I was in the kitchen early one morning, I found myself softly singing a languid, almost spiritual version of "Auld Lang Syne," stopping at some of the lyrics in particular. I searched the Internet for the words and history of the song.

On New Years Eve, I prefer to quietly be with those I love and who love me. The ball drops in Times Square and the clock ticks down. We remember the recent and far past and we gratefully welcome the coming year.

Of course, what actually happens is simply another end to one night and the beginning of the next day, as has been for all the ones before and those yet to be. Which brings me to the line I wistfully paused upon: "We'll take a cup of kindness yet." I suddenly realized that all of the other words are subjective and past tense, but this phrase looks hopefully to the future.

I've also been pondering kindness, particularly for some months. Last autumn fostered roots that led into a winter of uncertainty. Ultimately spring offered its precious rebirth and became a summer of blessedly ordinary days. Throughout these seasons, my mother and I were the recipients of many acts of kindness with unending love and friendship, all of which we are extremely grateful for.

In the best and worst of times (and every one in between), we try to be kind. It takes so little effort and is refreshing to look beyond oneself to truly see those around us. I've been noticing how often I am a part of or witness to others making this world a better place simply by being kind. I come away thankful for the goodness that yet breathes in this world of ours.

We are often too indignant, readily prepared to be angry with little cause. We can all grow too busy to truly pay attention to those around us. No one is immune to all of the negativity that surrounds us. Sometimes it is all too simple to forget that the beauty of our world is partially created collectively by every one of us—one moment and one kindness—at a time.

Which brings me back to "Auld Lang Syne," which translates directly to "Old Long Since." In my research I read verses I've never heard sung. One lingers in my mind: "And there's a hand, my trusty friend! And give us a hand of yours! And we'll take a deep draught of good-will for long, long ago."

With apologies to Robert Burns for taking liberties with his poem, I'll add my own amended timeless hope.

**So here's to the days of "old long since"  
and the young ones yet to be,  
we'll take and prayerfully give  
a cup of kindness yet.**

*Keri 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. Keri has gathered a decade of essays she is working to publish. She can be reached at [elhserenade@earthlink.net](mailto:elhserenade@earthlink.net).*



In the Hoop Embroidered Mug Rug

By Ivana



brother  
at your side



I started sewing when I was 9 years old and my dolls needed a new wardrobe. Over the years sewing has provided a way to have unique prom dresses, graduation gowns and many other special outfits for events. I remember seeing the Brother 150 embroidery machine many years ago when they were first introduced. It was mesmerizing watching the machine create a colorful embroidery design. I remember thinking that one day I wanted to own a machine just like it. Fifteen years ago I started working at the Sewing Superstore located in London, Ontario. It's so much fun working with customers to help them achieve one of a kind projects for their special occasions. With the advances of technology we now have access to tools that allow us to quickly create very personalized gifts, home decor and quilting projects.

I wanted to create a nice easy project to decorate my dining room table for the fall holiday season. My first item is a little embroidered mug rug. These would also make a great hostess gifts when visiting friends and relatives. I took a photograph of a pumpkin with my digital camera and imported the image into Brother PE Design 10 digitizing software. The applique wizard allows me to turn a photograph into an applique design. I choose applique stitches to give the project a more handmade feel. Once my design was completed I saved my design onto a USB stick.

The Brother ScanNCut machine recognizes embroidery files allowing the machine to cut all your little shapes. Hurray, no more printing templates and cutting small shapes for hours! I choose a light and dark shade of orange and fused an iron-on fabric applique contact sheet onto the back of my 4" squares. Using the standard mat, I carefully stuck both fabrics down. Here's the really neat part: your machine will scan your fabric and show you on screen where your fabric is. After my fabric was scanned I chose the large pumpkin outline shape and placed it over the top of my dark orange fabric. I added my 3 smaller shapes over the top of my lighter colored fabric. Using the 400% zoom feature on the built in screen I made sure that all my pieces were within my fabric and that no pieces overlapped. I then press Ok and chose the cut function. Now watch how quickly the machines cuts perfect shapes for your entire project! I love quick and easy projects that can easily be finished during a rainy afternoon.

My particular mug rug stitched in the hoop with the embroidery machine. Even the perfect micro stippling was sewn using the embroidery machine. The final step was finishing the mitered corners and using a feather stitch. It took longer to choose the right shades of thread and wait for the iron to heat up, than to sew a little mug rug.

The Sewing Superstore has been a sewer's destination for all sewing supplies and sewing knowledge for over 30 years. Every sewing machine includes owner lessons to help customers reach their full sewing potential. As technology has evolved becoming more computerized the staff at the store continue to help customers with their new purchases including on-site service of machines.

Visit **the Sewing Superstore at 1120 Wellington Road South in London** to pick up your own kit to make this project. [www.sewingsuperstore.com](http://www.sewingsuperstore.com)  
**First 25 customers from The Country Register will receive their project kit free!**

Countryberries Designs



Jack

This pattern is free for you to use. Please give the artist credit. Not for commercial use. Enlarge this pattern to your desired size. This pattern was designed as a wool applique. The eyes and teeth can be mismatched buttons or wool. The vine is embroidered. This pattern can be embroidered, needle-punched, hooked or even painted. Have fun!

Designed by Kathy Graham

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# WHAT'S ON TREND

by B. Kent

This summer has been a hot one and the hottest trend has been adult coloring books.

Adult coloring books come in a wonderfully diverse collection of ideas to use in a multiple of ways. Adults get much joy from these books, because coloring can often be a cathartic calming activity after a busy day.

So for us fiber artists trace one of the delicate designs onto your favorite cloth with a pigma pen, pull out your leftover cross-stitch floss, perle cotton threads, maybe some new razzel dazzle threads found in a local quilt shop or yarn store some fun yarns and ribbons and stitch your way to a happy place.

Use your stitched pieces in a purse, pincushion, cushion covers and any other idea you can dream up. Designs from "Fantastic Cities " by Steve McDonald are perfect for line drawing on your machine, all you need is a perfect 50 wt. thread drop your feed dogs on your favorite machine and sew free form lines to create a great piece of art. One last thing take some crayons or Copic markers and color away. Have fun experiment and see what you can create!



Pumpkin Patch Coloring Page courtesy of *The Graphics Fairy*





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# SOUP'S ON!

by Harriet Ramos

It's autumn, the weather is cool and crisp, the leaves are turning and you've been out and about enjoying the weather... odds are, you've worked up an appetite!

As great way to top off just about any autumn day, why not make some lovely, soothing, heartwarming soup for you and yours.

The two recipes that follow are near and dear to my heart and are truly homemade family creations. Use them as a guide, but by all means feel free to embellish and make them your own!



## Yummy Lentil Soup

### Ingredients:

- 1 cup brown lentils
- 1/4 cup olive oil
- 1 tbsp minced garlic
- 1 onion minced
- 1 large carrot, chopped
- 4 cups water
- 1 pinch dried oregano
- 1 pinch, crushed dried rosemary
- 2 bay leaves (you can also use bay leaves for garnish)
- 1 tbsp tomato paste
- Salt and pepper to taste

### Directions:

1. Place lentils in a large saucepan or shallow pot, cover with 1 inch of water. Place over medium-high heat and bring to a boil; cook for 10 minutes, then drain lentils into a strainer.
2. Dry saucepan, pour in olive oil, and place over medium heat. Add garlic, onion, and carrot. Cook and stir until the onion has softened and turns translucent, usually about 5 minutes. Pour in lentils, water, oregano, rosemary, and bay leaves. Bring to a boil. Reduce heat to medium-low, cover, and simmer for 10 minutes.
3. Stir in tomato paste and season to taste with salt and pepper. Cover and simmer until the lentils have softened, 30 to 40 minutes, stirring occasionally. Add additional water if the soup becomes too thick.

When serving, garnish with some fresh ground black pepper and a bay leaf. Easy and sooo yummy!

## Hearty & Spicy Minestrone Soup

### Ingredients:

- 2 small onions, chopped
- 2 cloves garlic, minced
- 4 medium carrots, chopped
- 4 small potatoes, diced
- 2 stalks celery, chopped
- 2 small size cans of tomato sauce
- 2 medium size cans (approx 540ml) chicken or vegetable broth
- 1 medium size (approx 540ml) can of kidney beans, drained.
- 2 tbsp chopped fresh parsley (for the soup, but save some for garnish as well)
- Good quality cooking oil (sunflower, canola, etc)
- Salt to taste (careful, the broth definitely will have and the beans will most likely already have salt!)
- Fresh ground black pepper to taste
- Parmesan cheese (garnish)

### Directions:

1. Pour just enough oil to cover the bottom of a large saucepan or shallow pot. Heat on medium-high until hot and add chopped onions and finely minced garlic. Cook until slightly brown and add some pepper... do not burn!
2. Lower heat to medium-low or low, add chopped carrots and celery and sauté for about 10 minutes. Add more pepper.
3. Add broth, tomato sauce and potatoes, increase heat and bring soup to a boil.
4. Add kidney beans and parsley, lower heat to simmer.
5. Cover and continue simmering for at least 45 minutes.
6. Taste, and add pepper to your desired level of spiciness.

When serving, garnish with parmesan cheese and fresh parsley sprigs... get ready to enjoy!





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## Heart to Heart Music & Yoga

by Wendy Carmichael Bauld

John William Bauld's story is one of taking control of life, seizing the moment, and living out his passion. We all have those moments where we try to find a deeper meaning in our lives and these concepts, are unquestionably, in keeping with the month of October. Living in this beautiful country, as proud Canadians, we are blessed to give thanks and celebrate "Thanksgiving" during a time of harvest, where changing leaves are a welcome sign that crisp, cooler, fall weather is on its way. With all of its joys, dinners and celebrations, John's story is really in keeping with this wonderful time of year, one of gratitude, peace, happiness and giving back.

After having a wonderful career as a photographer for a community newspaper, along with the fact that he had previously worked as a musician in a very cool rock band, John decided to do what only the bravest of men do. He made a choice to give up that fast paced, intense life of a photojournalist and rock star, and trade it all in for a more balanced peaceful lifestyle. He had been a practitioner of yoga for about 10 years prior, and then made the decision to follow his heart or listen to his instincts and sort of recalculate, if you will. His life changing juncture came during a yoga class while he was lying in Savasana, a Sanskrit word meaning "Corpse pose." He was hit with what seemed like a natural transitional idea or a sort of an ah-ha moment, asking himself the question, why not put his teachings of yoga together with music? That very question was the beginning of John's path to performing music called Kirtan, in not just yoga studios but other main event venues. In fact he is the creator of an annual festival and gathering, in rural Burlington, called Anandafest, bringing together world-class yoga teachers, performers, speakers, and vendors, providing an inspirational day of yoga, music & peace.

Kirtan is type of specific music and participating in it is an easy way to experience freedom from the daily chatter of the mind as it helps keep the mind stay centered and peaceful while instilling the whole being with bliss. It is a mode of Bhakti, the yoga of loving devotion, which sublimates lower emotions into supreme love, and is said to be the easiest, surest way to self-realization. In our high paced lives, I'm sure we can agree that we'd all certainly welcome more bliss in our lives! The ancient Sanskrit mantras or Kirtan, contain powerful healing and transformational energies that help reconnect us to the center of our being or our true self.

Some time passed and as a musician in the yoga world, John was becoming fairly well known, performing in studios, in and around the GTA. It was at this time that he decided to travel to California to cut his album with acclaimed, Grammy-nominated producer Ben Leinbach and friend Bobbyji. Shortly after the release of the CD, he teamed up with musician and fellow yogi, Shonna Brown, who holds a degree in Kinesiology along with three yoga teacher-training diplomas. Together they both decided to travel to the Sivananda Ashrams in two locations including Bahamas to complete the highly disciplined and intense TTC course, followed by the ATTC (advanced) in New York. Studying the philosophy directly from the ancient texts in a retreat environment earned them both the title of Acharya M.Y. Master Teachers. Having already completed training previously at Kriplau in Massachusetts, Brown's decision to accompany him and revisit the teachings presented in another lineage, would prove to build on their

relationship. It is important to note, that this twosome is not as concerned with diplomas, degrees or worldly validations, and there's absolutely no doubt they were well earned, but to John and Shonna, it's more about the gift of sharing their sweet sounds, often encouraging participants to join in which creates a sense of inclusion and unity. Hence the beginnings of the duo of John William Bauld Music with Shonna Brown and their path together in performing this beautiful, healing music.

I think most people are aware that yoga has become extremely popular especially in recent years. I myself have practiced yoga and it's now part of my daily routine to help keep me strong and balanced. That's the key, balance. In our very busy day-to-day lives we can often feel out of balance whether physically, mentally, or spiritually, which may lead to experiencing emotions such as sadness, anxiety, frustration, or even anger. Even people with the happiest of lives can experience an enhancement of life through the teachings of this ancient wisdom. Yoga can be a wonderful tool not only helping us stay physically healthy but it can also keep us centered and grounded so we are more apt to deal much better with the everyday problems that are thrown our way.

John William Bauld and Shonna Anapurna Brown are in the process of launching their new website: [musicandyoga.com](http://musicandyoga.com) and continue spreading the love that they hold dearly in their heart for this special kind of offering. They are passionate about uniting yogis near and far and have made it their life's work to continue to bring peace and mindfulness which helps in balancing the planet. Their Classical Hatha yoga class infused with live mantra music (Kirtan) is a combination of postures, breathing exercises and meditation and the vibrational power and healing properties of the song and sounds open energy channels and psychic centers in the body, resulting in improved health overall mood and increased feelings of happiness joy and relaxation. Together they perform their live music throughout Ontario, Canada and the United States. For a listing of performances at venues throughout Ontario, please visit: [musicandyoga.com](http://musicandyoga.com) or "like" them on Facebook at [facebook.com/JWBSB](https://facebook.com/JWBSB)

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## Fermented Foods and Health

by Jennifer Dunavan MS, RD

Cultures from around the world have been lacto-fermenting foods for centuries (kimchi in Korea or tepache in Mexico). Our early colonial American ancestors preserved cabbage, beets, onions and other garden produce through lacto-fermentation. With the passing of time, lacto-fermentation in American kitchens has become a lost art. Times are changing and lacto-fermentation in home food preservation is making a comeback as the process is easy to do and offers mega health benefits.

### The Process

By combining purified water, salt, spices and chosen vegetables inside a closed vessel (with limited oxygen) lactic acid is created, which naturally preserves food for extended periods of time. Inside the closed container is also an exponential growth of good bacteria, specifically the *Lactobacilli* probiotic strain.

### The Health Science

The creation of probiotics with lacto-fermented foods is literally medicine for our gastrointestinal system. It is estimated that 75% of Americans suffer from some sort of adverse gastrointestinal symptom (gas, bloating, diarrhea, constipation, pain). An explanation for these symptoms could be an imbalance of bad to good bacteria in our large intestine.

Tipping the balance back in favor of more good bacteria could remedy many negative gastrointestinal symptoms. This can be accomplished by consuming daily servings of fermented foods either store bought (yogurt, kimchi, kombucha, kefir) or what is produced from the home kitchen or probiotic supplements. It is important to also consume a healthy diet low in refined grains and sugars (the best food for the bad gut bacteria to thrive) and high in whole grains, fruits, vegetables and fiber (the best food for the good gut bacteria to thrive).

### In the Kitchen

Lacto-fermentation can be as expensive as you want to make it. Investing hundreds of dollars in lacto-fermentation supplies is quite easy to do. For beginners, glass canning jars and plastic lids offer a very inexpensive place to start. As mentioned earlier, ingredients needed to ferment foods include purified water, sea salt, spices and a chosen vegetable. Easy recipes to start would be with carrots or green beans—fresh from the garden and cleaned well—by buying organic from the store or through a food cooperative. There is a bit of science to knowing how long to leave the canning jars on the counter to ferment but online research or books on the topic will provide direction. Timing can be 2 days to 3 weeks depending on what vegetable and what room temperature foods are fermenting at. While jars are fermenting, they do need to be “burped” once a day by opening the lid to let any gas escape. While foods are fermenting, one can actually see the bubbly action—this is supposed to happen as it means lactic acid and probiotics are being created! Once fermentation is complete, foods are placed inside the refrigerator for long term storage.



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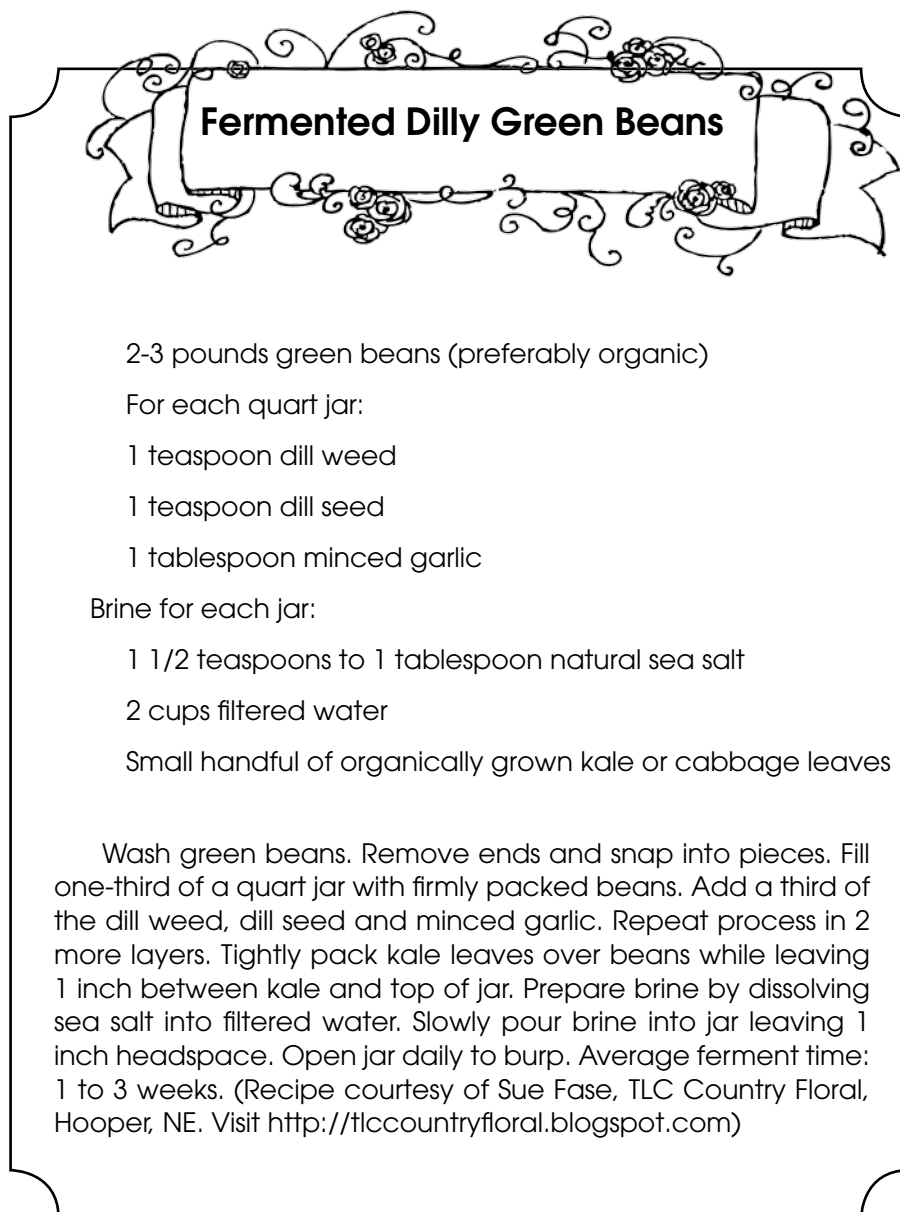


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- 1 teaspoon dill weed
- 1 teaspoon dill seed
- 1 tablespoon minced garlic

Brine for each jar:

- 1 1/2 teaspoons to 1 tablespoon natural sea salt
- 2 cups filtered water
- Small handful of organically grown kale or cabbage leaves

Wash green beans. Remove ends and snap into pieces. Fill one-third of a quart jar with firmly packed beans. Add a third of the dill weed, dill seed and minced garlic. Repeat process in 2 more layers. Tightly pack kale leaves over beans while leaving 1 inch between kale and top of jar. Prepare brine by dissolving sea salt into filtered water. Slowly pour brine into jar leaving 1 inch headspace. Open jar daily to burp. Average ferment time: 1 to 3 weeks. (Recipe courtesy of Sue Fase, TLC Country Floral, Hooper, NE. Visit <http://tlccountryfloral.blogspot.com>)

Jennifer Dunavan is a registered dietitian with Hy-Vee Food, Inc, a Midwest retail grocery chain.





Madeline’s Musings...  
HER CHOICE

The shoreline trail is crowded; lighthearted cyclists and skaters swerve warily around clusters of evening strollers and walkers. My recently-retired husband and soon-to-be-retired sister strap on their gear and join the mass. Choosing to go on foot, I amble along the water’s edge. A refreshing breeze floats in off the lake; languid waves wash up on the pebbly beach. I lapse into a world of my own.

*How do you get off life’s incessant merry-go-round? If you drag your foot, will it slow down? Can you jump? If you call out to the operator, will he stop it? Truth be told, there is neither a safe nor easy way to get off a merry-go-round that’s being a merry-go-round. Up and down, up and down, ‘round and ‘round, ‘round and ‘round. The honky-tonk music plays on. Everyone around you laughs. Don’t they know the senselessness of it all? The hopelessness? Don’t they know the fun doesn’t last?*

A firm hand on my shoulder jolts me out of my musing. “You need to go back to the car. Your sister has fallen.”

“How badly?” I ask. “Don’t know,” he replies. There is no wit in my husband’s usually-can’t-be-trusted voice. This is serious. I lengthen my stride, navigating as best I can the maze between me and the parking lot. While yet some distance from my goal, I hear her laugh. I slacken my step, thinking my DH had over-dramatized yet again. But not so. The fall has been real; the pain is real. And so is her laughter. Though the extent of damage is unknown, she laughs. She laughs at the fuss the gathered crowd had made over her; at the anxiety of her family; at the suggestion that we call an ambulance. Mostly she laughs at herself. Always the optimist, she had laced on her roller skates and disappeared into the crowd. What freedom! The wind in her hair, the rhythmic stride. And then, the fall.

It would be almost midnight before she’d be settled in for whatever sleep her fatigued body could muster. And another three days before she would be able to make the 2-hour trip back to her home. Massive unsightly bruises would divulge to a limited degree the tearing that had occurred inside her leg. Many weeks of laborious exercises and exhausting physiotherapy lay ahead.

My sister possesses a tenacious spirit; one dictionary defines her as holding together, cohesive, not easily pulled asunder, tough. She’s a survivor; cancer, death of a granddaughter, numerous physical and emotional setbacks. More than that, my sister is a believer. She gets busy with each day, knowing that God works in and through all the affairs of her life. She’s quick with a kind word; she defends the defenseless; she laughs.

I remember now my musing on life’s merry-go-round. Often I want it to stop; to get off. Then I look at my sister. She embraces life; each up and down, every go around is a divine opportunity. No getting off the merry-go-round for her. Filled with boundless hope, she chooses to sing with the music.

Until next time...happy quilting to you.  
Madeline Lister, Trent Lakes, Ontario

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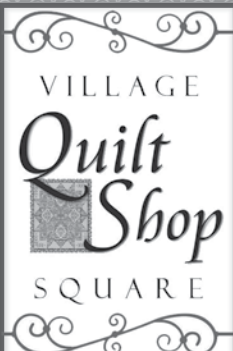
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- 1 small onion, minced
- 2 stalks celery, chopped
- 2 carrots, diced
- 3 tablespoons dried parsley
- 1 teaspoon dried oregano
- salt and pepper to taste
- 2 cubes chicken bouillon
- 2 cups water
- 3 potatoes, peeled and cubed
- 1 1/2 cups cubed cooked turkey
- 3 tablespoons all-purpose flour
- 1/2 cup milk



### Directions

Preheat oven to 425 degrees F (220 degrees C). Roll out bottom pie crust, press into a 10 inch pie pan, and set aside.

Melt 2 tablespoons butter in a large skillet over medium heat; add the onion, celery, carrots, parsley, oregano, and salt and pepper. Cook and stir until the vegetables are soft. Stir in the bouillon and water. Bring mixture to a boil. Stir in the potatoes, and cook until tender but still firm.

In a medium saucepan, melt the remaining 2 tablespoons butter. Stir in the turkey and flour. Add the milk, and heat through. Stir the turkey mixture into the vegetable mixture, and cook until thickened. Cool slightly, then pour mixture into the unbaked pie shell. Roll out the top crust, and place on top of filling. Flute edges, and make 4 slits in the top crust to let out steam.

Bake in the preheated oven for 15 minutes. Reduce oven temperature to 350 degrees F (175 degrees C), and continue baking for 20 minutes, or until crust is golden brown.



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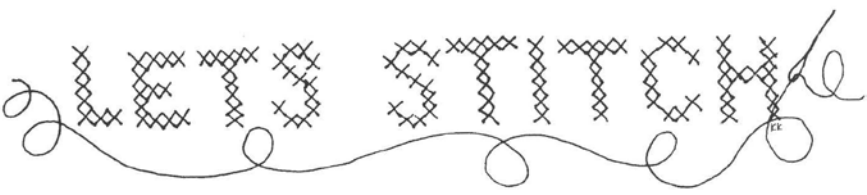


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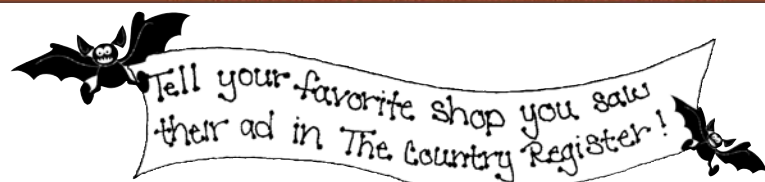
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## THE CHEESECAKE FACTORY PUMPKIN CHEESECAKE

by Todd Wilbur

I have made this cheesecake around Thanksgiving, when the pumpkin spices are calling!

### INGREDIENTS (SERVINGS 8)

1 1/2 cups graham cracker crumbs	1 cup canned pumpkin
5 tablespoons butter, melted	3 eggs
1 cup sugar, plus	1/2 teaspoon cinnamon
1 tablespoon sugar	1/4 teaspoon nutmeg
3(8 ounce) packages cream cheese	1/4 teaspoon allspice
1 teaspoon vanilla	whipped cream

### DIRECTIONS

Preheat oven to 350 degrees F.  
 Make the crust by combining the graham cracker crumbs with the melted butter and 1 T sugar in a medium bowl.  
 Stir well enough to coat all of the crumbs with the butter, but not so much as to turn the mixture into paste.  
 Keep it crumbly.  
 Put foil partway up the outside part of an 8-inch springform pan.  
 Press the crumbs onto the bottom and about two-thirds of the way up the sides of the springform pan.  
 You don't want the crust to form all of the way up the back of each slice of cheesecake.  
 Bake the crust for 5 minutes, then set aside until you are ready to fill it.  
 In a large mixing bowl combine the cream cheese, 1 C sugar, and vanilla.  
 Mix with an electric mixer until smooth.  
 Add the pumpkin, eggs, cinnamon, nutmeg and allspice and continue beating until smooth and creamy.  
 Pour the filling into the pan.  
 Bake for 60-70 minutes.  
 The top will turn a bit darker at this point.  
 Remove from the oven and allow the cheesecake to cool.  
 When the cheesecake has come to room temperature, put it into the refrigerator.  
 When the cheesecake has chilled, remove the pan sides and cut the cake into 8 equal pieces.  
 Serve with a generous portion of whipped cream on top.

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Halloween Word Scramble

Unscramble the words. Key is below.

- |           |            |                                                                 |
|-----------|------------|-----------------------------------------------------------------|
| 1. _____  | orhrr      | shock or fright                                                 |
| 2. _____  | goebynma   | fictional scary person, used to frighten children who misbehave |
| 3. _____  | ctirk      | joke or other act of deception                                  |
| 4. _____  | tauendh    | place frequented by ghosts                                      |
| 5. _____  | adenlc     | wax object with a wick in the middle                            |
| 6. _____  | sthgo      | haunts a house                                                  |
| 7. _____  | natelnr    | type of lamp                                                    |
| 8. _____  | nbolig     | small, ugly, mischevious creature that caused trouble           |
| 9. _____  | tsomntoeb  | large upright stone placed at the head of a grave               |
| 10. _____ | olbdo      | red liquid running through veins and arteries                   |
| 11. _____ | tkesonel   | person's inner frame of bones                                   |
| 12. _____ | etsfiavl   | celebration or special event                                    |
| 13. _____ | etermecy   | where dead people are buried                                    |
| 14. _____ | paritipaon | transparent, ghostly figure                                     |
| 15. _____ | arlokcw    | a male witch                                                    |
| 16. _____ | migtenarh  | scary, bad dream                                                |
| 17. _____ | raithwcft  | magic practised by witches                                      |
| 18. _____ | atrte      | candy collected on halloween                                    |
| 19. _____ | npkra      | trick or practical joke                                         |
| 20. _____ | kbrosctiom | used by witches to fly                                          |

1. horror 2. bogeyman 3. trick 4. haunted 5. candle 6. ghost 7. lantern 8. goblin 9. tombstone 10. blood 11. skeleton 12. festival 13. cemetery 14. apparition 15. warlock 16. nightmare 17. witchcraft 18. treat 19. prank 20. broomstick



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Photo by St Jacobs Printery

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

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

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

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

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As an encore to that success and to ensure that no creative script goes unread, Carla has also launched two free magazine and blog sites: QUILTsocial and KNITmuch. Meet the talented designers behind the pages - stitchers, embroiderers, quilters, knitters and crocheters - see their work, learn their secrets and share their love of the Needle. And, for a chance to win a special anniversary gift! Stop by A Needle Pulling Thread - Booth #723

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Did you know, that many of our machine companies launch their latest machines to consumers at Creativ! You can browse, compare and try before you buy all the major brands of sewing, quilting, embroidery and quilting machines.

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There's so much on offer this year... awesome exhibits (some with a fabulous Winter Wonderland theme), how-tos and insider secrets. Plus, craft challenges and fabulous fashion shows all included with your admission. And, here some sneak peeks at some of the highlights:

## A Crochet Winter Wonderland

The Crochet Crowd, is one of the largest online interactive communities in the world. Lead by Michael Sellick, aka Mikey, they are preparing their exhibit with a jingle in their stitches. They've been hard at work to create one of the largest and most awe inspiring crochet exhibits to date. It's a tribute to Christmas and wintery themes. Standing on guard will be 8 ft. tall Nutcrackers all done up with fancy crochet stitches that have taken them 2 months to create. Even crazier is their 16 ft. diameter crochet igloo created with the help of hookers from around the world, who have been sending in their snowflakes (3,000 so far with more to come) to join together to cover this massive structure. And, then there's the Swarovski bling and chandelier that will add sparkle. See wacky and life-like elves and to top it off, an awesome yarn tree standing almost 14 feet tall. You can get hooking and knotty with Mikey, Diva Dan and their elves at The Crochet Crowd - Booth #605

## Crystal Ninja Coming to Creativ!

In Canada of the first time... Recognized worldwide for her artistry, expertise, and professionalism, Kellie DeFries, aka the Crystal Ninja, and her crew of highly skilled designers, produce the most outrageous crystal designs on planet earth -- all created with SWAROVSKI crystals. Kellie's crystallization work appears with alarming regularity on TV, in celebrity swag bags, on the stars (and their cars), and swanky properties all over the world. When Swarovski gets a request for something extraordinary, like Beverly Hills wanting to add yet more sparkle to their iconic Rodeo Drive street signs, they call Kellie and the Crystal Ninja is on it. Kellie's artistry and skill is unparalleled. She is a bona-fide inventor and can't wait to share tips for Gluing, Fun with Ceralun and Crystalized Manicures. Dreamtime Creations & Swarovski Create Your Style Pavilion - Booth #409

## Meet The ANPT Cast

It's a milestone curtain call as Carla Canonico celebrates the 10th anniversary of her magazine, A Needle Pulling Thread!

## Bespoke Tailoring: The Inside Story

Like any good story, "Men of the Cloth" is filled with passion and mystery while unfolding the tapestry of its characters' lives! This inspiring documentary portrays three Italian master tailors whose devotion to their Old World craft is akin to religion. Creativ Festival and George Brown College host this exclusive screening from the vision of New York filmmaker Vicki Vasilopolous. Vicki got her first glimpse into the world of Italian tailoring while working as a men's fashion reporter, and quickly realized that there was a greater story waiting to be told. Join Vicki, a panel of bespoke experts (Michael Nguyen, Don Fabien Lee and Pedro Mendez) and along with moderator Kenneth D. King for this unique and enlightening experience. Innis Theatre (University of Toronto) - 7pm Wednesday, October 14th. Tickets only \$15 plus HST.

## Fibre Fantasy, Spinning one Tale at a Time

We're so excited as we've so much for knitters, crocheters and fibre enthusiasts this year. You can again take a walk down fibre walk in search of sumptuous fibres and yarns in addition to finding yarn tastings and knitting vendors throughout other parts of the show floor. Here's something you won't want to miss! For the first time ever the complete Yarnia - Age of Winter Exhibit is unveiled to the public. Come see how the team at Yarnspirations has brought a beloved children's book to life in yarn... walk through the world of Narnia from The Lion, The Witch and The Wardrobe... all recreated in crochet and knitting are the Ice Queen, the train station, Mr. Tumnas and more! Yarnspirations - booth #1113.

Tickets are \$16 adult, \$14 for seniors, \$4 youth, 3-day passes \$30 or \$5 for students. Buy tickets online at [www.creativfestival.ca](http://www.creativfestival.ca) and not only can you save \$2 on adult and senior tickets when you enter PROMO CODE: SAVE2N but you could win 1 of 3 - \$1750 shopping sprees. Conference classes are extra. And, just by attending you may be the lucky winner of the \$10,000 Janome Dream Sewing & Crafting Studio.

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## WHAT ARE ALL THESE FEET FOR ANYWAY!?

by Ed Salavich



If you missed Part One of this Specialty Feet Series, pick up the August/September edition of The Country Register at your favourite quilt shop!

### MORE SPECIALTY FEET!

#### Left Edge Top-Stitch Foot:

Guides your top-stitching and edge-stitching perfectly, to give you a beautiful top-stitch!

#### Edging Foot 'J':

Use to make overcast stitches at the edge of your fabric to prevent it from curling.

#### Zipper Foot:

Designed so you can stitch on either the left or right side of the zipper, it is also used for piping or cording. If your machine has the adjustable needle position = bonus! There is also an invisible zipper foot available.

#### Pintuck Foot:

Make beautiful pintucks using straight stitching in a variety of lengths.

#### Bias Binder Foot:

Big time saver when binding the edge of your project! Takes raw biased strips of fabric, folds it, flattens it and finishes it, all in one step!

#### Cording Foot:

Stitch in place three rows of decorative cords all at the same time! Also use as a guide for applying a single cord or for Couching. Could be a 3, 5 or 7 holed foot.

#### Gathering Foot:

Instantly gather light to medium weights of fabric, using a straight stitch.

### SOME CLEAR SPECIALTY FEET

#### Clear Seam Guide Foot:

Guides your edges equally when joining fabrics, using the metallic edge guide.

#### Clear Piping Foot:

Very good visibility for accuracy when placing piping.

#### Clear 2-3 mm Embellishment Foot:

Embellish with small pearls, beads, etc.

#### Transparent 'B' Foot:

Your stitches pass smoothly in the groove, under the foot.

#### Clear 'B' Edge/Joining Foot:

Guides decorative stitches over a seam or a marked line. The groove allows stitches to flow smoothly.

#### Maxi and Mini Bead Foot:

4 mm and 6 mm. Place strings of pearls, beads, etc. under foot and stitch in place.

#### Fancy Trim Foot:

You can decorate and embellish with round sequins.

**Make a point of visiting your local quilt shop for information or to participate in a Specialty Feet Class!**  
**AND... add your favourite feet to your Christmas Wish List!**



# Cindy Bee's Quilt Shoppe

## Quilting Passion and Creativity in Espanola

In your travels west, you will surely want make a stop in the small town of Espanola, Ontario (about an hour West of Sudbury) and check out Cindy Bee's Quilt Shoppe.

Owned by Cindy Bergeron, Cindy Bee's Quilt Shoppe is a thriving small business set back in Espanola's industrial area. It is unassuming from the outside but when you open the door you find yourself in a cozy but large space; walls lined with a wide variety of cotton prints, batting, and all the notions you could ever hope for! Past all the fabrics are a small lunch room, Cindy's long arm machine, and a large classroom area that is usually full of quilters – whether for registered classes or groups working on their "PHD's (Projects Half Done).

A lifelong sewist and quilter, Cindy learned to sew from her mother and sisters as a young girl. As an adult, she got her start passing down her passion and knowledge for sewing and quilting by teaching her own daughter. Cindy tells us, "I agreed to teach a mystery quilt for our guild. Being nervous, as it was my first time teaching, I decided I needed a guinea pig. I figured, if I can teach a 12 year old novice how to do it, then I know I'll be able to teach everyone else." Little did Cindy know that her first one person class, held in a small sewing room in a bedroom of her house, with the biggest long arm she could get in the room packed into it, would be the start of something big. This humble beginning would soon lead to her own business where she could help others grow as quilters, as well as continue to grow herself.

Cindy explains the interesting circumstances of how her business became a reality, "My husband bought the property where we are now with the idea that after his lease expired at his current location, he would move

his automotive business there. Since that was 3 years away, I asked him, 'Let me have it for a quilt shop and if it doesn't work out when the lease is up you can have it back'. After a year and a half he came to me and asked 'I'm not getting it back am I?' He was right!" It's now been 8 years and Cindy Bee's Quilt Shoppe is still going strong.

Cindy credits her success to the help of her strong network of friends, family, and peers. Pat Jacobson from Country Quilters in Sudbury, Ontario, the store Cindy had frequented before opening her own, mentored her through the process of starting up. Her sisters Carol Linton, and Pat Bernatchez, have been in the store helping run it from the beginning, her daughter Tiffany Bergeron does her book work, as well as serving as a sounding board and editor, for the patterns and classes Cindy creates. Last, but certainly not least, are Cindy's "BFF's", Gloria Bailey, Ros Leroux, and Sharon Myles, who help out in the store and help Cindy "keep on track".

Cindy reflects, "The 8 years have flown by. Stock has increased to over 1800 bolts of fabric, I've gone from my small long arm to an APQS long arm that can fit a king sized quilt! I've recently added an embroidery machine to my collection and am starting to do work with it as well. This year we decided to do a retreat weekend – which is now twice a year! I feel incredibly lucky to have my hobby turn into my job, I don't feel like I have a fabric retail store, I feel like I have a very big sewing room with a huge fabric stash I get to share, and everyone is welcome!"

Make sure to visit Cindy and her "fabric stash" in Espanola, you will be very glad you did!

Cheers,  
Damaris Pederson and Tiffany Bergeron



Cindy Bee's

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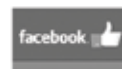
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# A Cup of Tea with Lydia

by Lydia E. Harris



## The Gifts of Teatime

Anytime is teatime. But the holidays especially invite us to share “the cup that cheers.” So pour yourself a cup of tea, and let’s unwrap these gifts of teatime—beau-TEA, taste-TEA-ness, simplici-TEA, and hospitali-TEA.

### Beau-TEA

Serving tea offers a wonderful opportunity to create a lovely setting. An inviting table says, “Welcome; I expected you and prepared for you.” Fabric tablecloths and napkins, colorful centerpieces, and china cups and saucers create a beautiful ambiance. No china? Don’t let that stop you. Decorative paper plates, cups, and napkins can also create a welcoming table.

One guest looked at my pretty table with fresh flowers, paper doilies, and floral teacups and asked with tears in her eyes, “For me?” She felt loved because I took time to prepare a special place for her. Other guests have expressed pleasure and gratitude when I seated them in a comfy living-room chair and placed a tea tray with food before them. Or on a frosty winter day, sometimes I set a cozy table in front of the blazing fireplace for a warm teatime.

### Taste-TEA-ness

After our eyes feast on the beautiful setting, our taste buds savor the delicious foods. Crustless tea sandwiches, melt-in-your-mouth scones, and buttery shortbread are scrumptious staples on tearoom menus. Some of my tearoom favorites are chicken salad served in a croissant and warm scones spread with lemon curd and Devonshire cream.

When I serve tea in my home, I may use shortcuts and purchase Fisher scone mix, Trader Joe’s lemon curd, and chicken salad from the deli. Sometimes I even serve an unconventional menu using whatever I can easily prepare from what is on hand. Then I carefully arrange the food on plates for eye appeal. Of course, there are plenty of tea choices (with and without caffeine) plus sugar cubes and honey!

### Simplici-TEA

The tea menu can be simple or elaborate. Tea, all by itself, draws people together. A relaxed chat over a cup of herbal or black tea warms a guest’s life. You could add cranberry-orange scones or a favorite sweet. If you want to be elaborate, prepare a luscious three-course tea with scones, tea sandwiches, sweets, and any extras you wish to include. Cucumber-and-cream-cheese sandwiches are always a popular, easy-to-make choice.

### Hospitali-TEA

The greatest gift of tea is the warmth of companionship. As tea and conversation flow, budding friendships bloom and strong relationships grow.

I recall the time my niece and her out-of-state friend came for a breakfast tea. I had fun setting a pretty table and preparing a unique menu from ingredients I had available. Although I had not met her friend before, we shared a lovely time. Later, this new friend commented to my niece, “Having tea was one of the highlights of my trip.”

My niece told me, “You planted many seeds in her life through your hospitality, conversation, and tea.”

I smiled as I thought of the soothing pleasures of our teatime. We took time to linger, chat, savor our tasty food, and create rich memories.

After sipping hundreds of cups of tea with others in tearooms and in my

home, I am thoroughly steeped in tea. Teatime has truly been a wonderful gift to me, and it makes a great gift for others. Both children and adults will enjoy the delights of teatime.

With our teapots beckoning us, let’s invite family and friends to “come for tea.” Together we can enjoy the beauty, tastiness, simplicity, and hospitality of teatime.

I’m ready to brew a pot of Sugar Plum Spice herbal tea to share with others. Won’t you join me?

*Lydia E. Harris holds a master’s degree in Home Economics. She is blessed with five grandchildren who call her “Grandma Tea.” Lydia authored the book, Preparing My Heart for Grandparenting (AMG Publishers).*

From Lydia’s Recipe File:

### Cheery Cheese Gift

This simple cheese gift served with crackers and veggies makes a festive appetizer or snack.

#### Ingredients:

- 8-ounce package of cream cheese, slightly softened
- 1 celery stalk, washed
- dried fruits, Craisins, or sprinkles for decoration
- large round crackers
- cucumber and radishes, sliced
- strawberry jam (optional)

#### Directions:

1. Place celery stalk on cutting board with rounded side up.
2. With a vegetable peeler, cut thin strips of celery for ribbon.
3. Wrap celery strips around the cream cheese to look like ribbon on a package.
4. Add celery leaves in the center to look like a fancy decoration.
5. Add bits of dried fruit or sprinkles to look like wrapping paper with a design.
6. Arrange cheese gift, crackers and veggies on a serving plate.

**Sweet variation:** Instead of veggies, serve cheese and crackers with a side of strawberry jam. You can also replace the crackers with small bagel halves, bagel chips, or scones.





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705-673-2443

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**TORONTO**  
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# JANOME

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**Handi  
Quilter®**

Designed by a Quilter, for Quilters.®

# INFINITY<sup>26</sup>



## PACKAGE INCLUDES:

HQ Infinity® 26-inch longarm | Stitching speed of up to 3,100 precision stitches per minute  
Comfort-Fit™ handlebars with integrated micro handles | Quilt-View™ camera with Quilter's Eye technology  
12-foot professional Gallery Frame™ with HQ Precision-Glide Track® System and HQ Gallery Leaders (set of 3)

Versatility and precision  
for a variety of styles,  
techniques and projects.

Adaptable, intelligent, creative, and strong. These words encompass everything that you are as a quilter. These same words perfectly describe the HQ Infinity 26. Just as you continuously evolve your quilting designs and methods, this is the machine that adapts along with you. From the flexible stitch regulation to the adjustable handlebars, every aspect of the Infinity is designed to work with you and the way you quilt. No other machine is as innovative, powerful, and feature-rich as the HQ Infinity 26. Whether you quilt for yourself or others, you deserve a quilting machine that looks as beautiful in your home as your custom quilts. Welcome to the best way to finish quilts.

## ALL HQ LONGARMS FEATURE:

- HQ Warranty: 10 years casting, 5 years electrical and mechanical\*
- Designed, engineered, and assembled in the U.S.A.

\* New Feature

## HQ Avanté®

Smooth stitch precision  
integrated with the quality  
that quilters demand.



## PACKAGE INCLUDES:

HQ Avanté 18-inch longarm | 10- or 12-foot Studio Frame® System with HQ Precision-Glide Track System and three HQ leaders | Stitching speed up to 2,200 precision stitches per minute\*  
Front Power Switch\* | Easy-Set Tension™\* | Front and rear touchscreens

## HQ Pro-Stitcher®

Computerized quilting  
to make your creative  
ideas a reality.

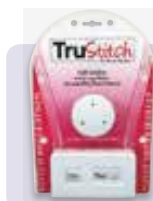


## PACKAGE INCLUDES:

Touch-screen tablet with HQ Pro-Stitcher software  
EZ Carriage™ | Computer-guided or free-motion quilting  
Record free-motion designs for future use Art & Stitch®  
Design Software | More than 1,000 designs\*  
Compatible with HQ Infinity™, HQ Fusion®, HQ Avanté®

## HQ Sweet Sixteen®

Discover the freedom  
of free-motion  
quilting with a  
sit-down longarm.



TruStitch® offers full visibility  
stitch-regulation for the HQ  
Sweet Sixteen. Whether you  
are free-motion quilting, doing  
ruler work, or embellishing  
your quilt, it's easy to maintain  
beautiful, even stitches with  
TruStitch.



Shown with  
Adjustable  
Quilting Table.

## PACKAGE INCLUDES:

HQ Sweet Sixteen 16-inch Sit-down longarm | 36-inch by 30-inch Adjustable Quilting Table  
Color touchscreen | LED Light Ring | Easy-Set Tension™\* | Quilt clock, alarm and timer

## HQ Fusion®

Integrated HQ technology  
and engineering for the  
functionality quilters need.



## PACKAGE INCLUDES:

HQ Fusion® 24-inch longarm | 12-foot Fusion  
Frame with HQ Precision-Glide Track® System and  
three HQ leaders | Stitching speed up to 2,400  
stitches per minute\* | Easy-Set Tension™\*  
Front power switch\* | Front and rear touchscreens

## For Customer Inquiries please contact the following:

**Dominion Sewing Centre**  
879 Kingsway, Sudbury, ON P3B 2E4

705 673-2443

**Dori's Sewing Studio & Quilt Shop**  
3 Loon Lake Rd., Sioux Lookout, ON P8T 1J9

807 737-3674

**Fun With Stitches**  
1977 Old Highway #2, Belleville, ON K8N 0A5

613 966-4715

**Hamilton Sewing Machine**  
1564 Main St. W., Hamilton, ON L8S 1E7

905 527-6794

**Krafty Kennedys**  
2711 Dingman Dr., London, ON N6N 1G3

519 681-0015

**Quilting Confections**  
Unit #2, 3393 County Rd. 42, Windsor, ON N9A 6J3

519 250-8888

**Sew & Save Centre**  
149 Downie St., Stratford, ON N5A 1X2

519 271-9660

**Sew Crafty**  
1068 Rideau Ferry Rd., Rideau Ferry, ON K0G 1L0

613 264-1547

**The Pickle Dish Quilt Shop and Studio**  
113 Bridge St., Carleton Place, ON K7C 2V4

613 212-8770

**The Quilt Store (Evelyn's Sewing Centre)**  
17817 Leslie St., #40, Newmarket, ON L3Y 8C6

905 853-7001