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# The Country Register

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# Calendar of Events

## ONGOING

- MAY 30 - SEPT 23** Color Improvisations 2: An International Exhibition of Contemporary Quilts - Toronto, ON
- JUNE 21 - SEPT 4** Row by Row 2018

## AUGUST

- AUGUST 2 - 13** Wales & Birmingham Festival of Quilts Tour - Celtic Quilt Tours ... pg.
- AUGUST 3** Tgifunk! Turbo Street Funk - Campbellford, ON
- AUGUST 3 - 5** St. Joseph Island Quilt Show & Sale - Richards Landing, ON
- AUGUST 3 - 5** Toronto Food Truck Festival - Toronto, ON
- AUGUST 3 - 5** Mill Race Festival of Traditional Folk Music - Cambridge, ON
- AUGUST 3 - 6** Island Soul - Toronto, ON
- AUGUST 7 - 8** Hastings! A New Musical - Bancroft, Perth, Belleville, ON
- AUGUST 8 - 12** Heritage Music Festival - Shelburne, ON
- AUGUST 9 - 12** TD Kitchener Blues Festival - Kitchener
- AUGUST 10** A Splash of Culture - Newmarket, ON
- AUGUST 10 - 11** TD Songs of Summer - Oakville, ON
- AUGUST 11** Orona Antique Festival - Orona, ON
- AUGUST 11** Port Hope Annual Arts Festival - Port Hope, ON
- AUGUST 12** Fibrelicious: A Food and Fibre Arts Festival - Peterborough, ON
- AUGUST 13 - 18** London Post - Tour Excursion - Celtic Quilt Tours ... pg.
- AUGUST 17 - 19** Small World Music Festival - Toronto, ON
- AUGUST 21 - 25** Muskoka Opera Festival - Bracebridge, ON
- AUGUST 23 - 26** London Bluesfest - London, ON
- AUGUST 24 - 26** TD Newmarket Music Festival - Newmarket, ON
- AUGUST 25 - 26** Art by the River - Amherstburg, ON

## SEPTEMBER

- SEPTEMBER 5 - 9** Jazz Sudbury Festival 2018 - Sudbury, ON
- SEPTEMBER 6 - 16** Fibre Content 2018 4th Biennial Juried Exhibition - Burlington, ON
- SEPTEMBER 6 - 16** Toronto International Film Festival - Toronto, ON
- SEPTEMBER 8** Canada's Only Guitar Trail - Blue Mountains, ON
- SEPTEMBER 12 - 16** CityFolk - Ottawa, ON
- SEPTEMBER 12 - 16** Guelph Jazz Festival - 25th Anniversary = Guelph, ON
- SEPTEMBER 14 - 16** The Simcoe County Quilt, Rug & Craft Fair - Simcoe, ON
- SEPTEMBER 14 - 16** Carmel Fine Art and Music Festival - Niagara Falls, ON
- SEPTEMBER 15 - 30** Niagara Grape and Wine Festival - St Catharines, ON
- SEPTEMBER 20 - 29** Charming Fall Shop Hop
- SEPTEMBER 29 - 30** Royal City Quilters' Guild 2018 - A Gathering of Quilts - Guelph, ON
- SEPTEMBER 29 - 30** Quilt Co. Show & Sale - Ottawa, ON pg.

## SAVE THE DATE

- OCTOBER 11 - 13** Creativ Festival @ International Center (Entrance 5) - Toronto, ON
- NOVEMBER 3 - 4** Twisted Stitches Quilt Show 2018 - Ajax, ON

## Dearest Readers,

Hello again dearest readers. Summertime is definitely here! We've had some hot days this summer. We plan to take advantage of the beautiful weather to do some camping. We love to be in the wilderness camping alongside the water. It is a wonderful way to disconnect from our everyday responsibilities. What are you doing to enjoy the sounds, tastes and smells of the season? Every summer has a story. What is yours? Spending time at the cottage, going camping in your RV, or just roughing it? Road trip perhaps? Or maybe just a "staycation"? So many things to do, places to go and memories to make. Summer was made to enjoy!

Where ever you are in our wonderful Ontario, I hope you are enjoying your summer travel and adventures.

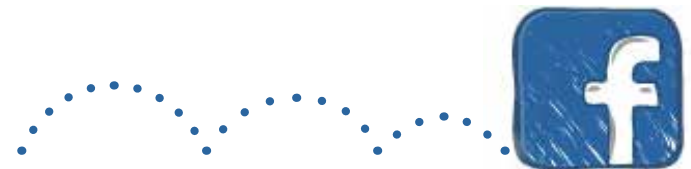
Our team works very hard on each issue and wants to help you make the most of your summer crafting activities. Take us along with you when you travel and use us a guide to the best shopping, events and activities.

As always, we are extremely grateful for your readership and continuing support. It is only through you, dear reader, and your support of our group of excellent advertisers, that allows us to bring the Country Register of Ontario to life! We appreciate you!

Thank you and have wonderful summer!

Cheers,

*Harriet*



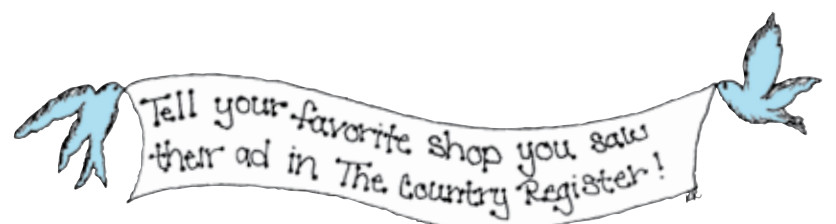
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*by Barbara Floyd, Founder*

If you are a reader of The Country Register chances are you use Facebook as well in this day of electronics. We have a very large readership that spans the USA and Canada. This next year marks our 30th year Anniversary which means a big thank you to our advertisers, publishers and readers!

Now perhaps you will give us a like on Facebook at The Country Register and see and learn things from other parts of the country, shared craft ideas, good recipes, all in addition to your local Country Register. This service is also free, just like The Country Register has been free to the readers all these years. Many of the individual publications also have a Facebook page for just your state or province that will also pop up when you search for The Country Register. "Like" both and consider it a bonus to your paper. Add to your Country Register experience and join us on Facebook.

Have a wonderful 2018 and thanks in advance for your online and offline support.





*Meet our cover artist:*  
**LISA STEAD**

Lisa Stead is an emerging contemporary artist specializing in representational & abstract works. She lives and works in London, Ontario. As a student of fine arts, graphic design & photography, one can appreciate how they have all strongly influenced her artistic style by the use of shape, colour and linear elements. Often Stead uses her own photographs as the starting inspiration to her pieces.



Her paintings are explorations of bold expressive colour highlighted with whimsical brush strokes and quaint subject matter. Her process of outlining, layering strong colours and washes, form balance, create depth and dimension. The finished composition reveals an ethereal and charming feel to both her representational and abstract works.

Lisa is represented by several South-Western Ontario galleries and her paintings are held in private collections. You can view more of her original pieces online. (Instagram @lisastead\_art, Facebook @lisasteadart) For commissions and inquiries please contact Lisa at [lisa@lisasteadart.com](mailto:lisa@lisasteadart.com).

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## THE ART OF QUILT GIVING

by *Gin Dupuis*

I started quilting 18 years ago as a way to pass the time while RV'ing in Florida with a quilting friend. I took to it like a duck to water and thought no one could love it as much as I did...and then I introduced quilting to my sister Diane Gallupe!

Little did I know that 16 years after she started her quilting journey, Diane would have made hundreds of quilts and given 98% of them away..

She started modestly by making 10 quilts the first year and did so without buying much fabric. She relied on donations of leftover scraps from my finished quilts and she found a true love of making quilts with little bits of fabric. She continued collecting scraps from everyone she knew and even those she didn't. She's been known to go through the trash bins at quilting retreats, saving pieces as small as 1 1/2 inches! Leftover blocks, unfinished tops, discarded UFO's have been rescued by Diane and turned into beautiful charity quilts.

Diane has made quilts for her children, her brothers and other sister as well as their children. She has also made quilts for cousins, aunts,

uncles and friends. Once she made her way through family members, she decided that she would start making charity quilts for her community.

My sister Diane is the kindest and most generous person I know and I'm not saying that because I love her. She has been a member of her Catholic Women's League for over 40 years, she has been president of the Mattawa Legion for the last five years and she has been helping others all her life. Once she puts her mind to helping someone, she's all in.

Once she started making quilts she didn't stop. Diane has made 12 quilts for the Critical Care Unit at the Mattawa Hospital in honour of our dad and his siblings. She made 24 quilts for the local Women's Shelter. She is making, along with her friends at the Mattawa Blue Skies quilters, 54 quilts for the new seniors' home there. Victoria's Quilts have received countless quilts for cancer patients, as has the Ottawa Dialysis Unit, and many, many more. Diane's generosity knows no bounds.

To say that Diane loves quilting is a huge understatement but I think that giving away quilts is what gives her the most joy and satisfaction. She has truly embraced the Art of Quilt Giving.

Diane is also a member of the Quiltco guild in Ottawa which is celebrating our 25th anniversary this fall with a quilt show. You can see about 200 of Diane's quilts and those of other members September 29 and 30 in Ottawa at the Glebe Community Centre which is centrally located at the corner of Third Avenue and Lyon Street. (see ad for details).



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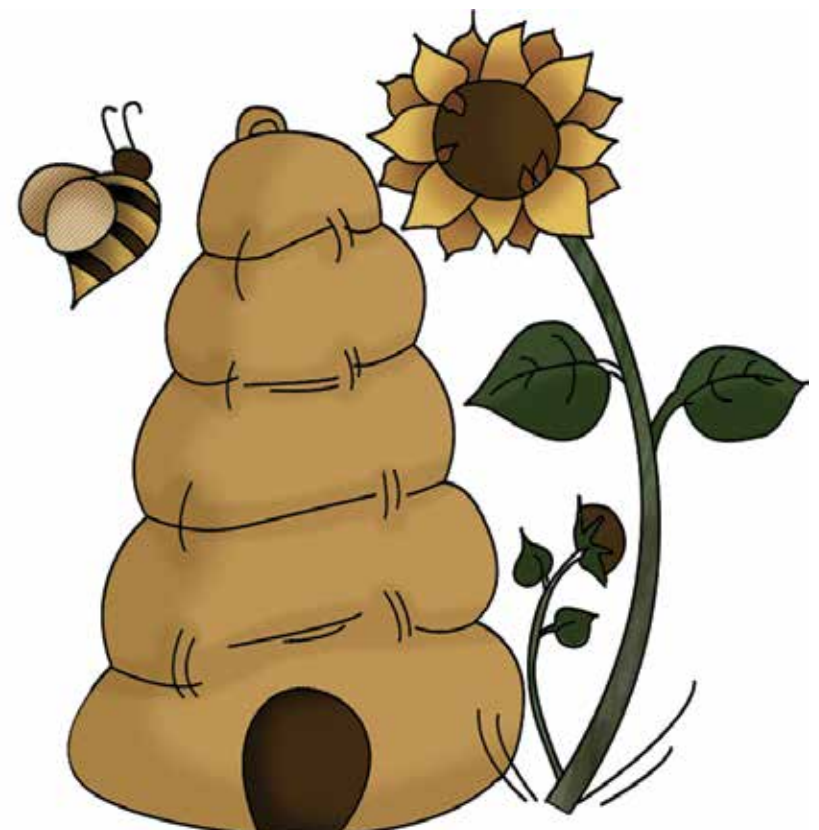
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## A Winner in a Weekend

### Row by Row Remembered, Part 2

by Madeline Lister

So there we were, my daughter Sara and I, four years ago on a June evening. Our shop was ready for the annual Row by Row Experience event, a summer shop hop of sorts, when quilters from across the continent literally dash from one quilt shop to another, gather patterns dictated by that year's theme, and make stunning "row" quilts.

Following the theme H2O, Falls by Light, our shop's "row", was hung, complete with its twinkling lights. On display were baskets filled with row kits, tiny bags of crystals, and strings of lights. Fastened to the privacy fence was Sara's large map of North America along with its bowl of colourful tacks for pinning the quilters' home towns. We took one final look around, sighed with anticipation, and turned out the lights.

For both the quilt shop owner and the quilter, the Row by Row Experience program does not disappoint. We knew the "behind the counter" experience. What we really wanted was the "road-tripping quilter" experience: gathering row patterns and kits, making a finished quilt using at least eight of those patterns, and winning a shop's 1st-quilt-back prize. But how to do that? We were a two-gal shop. And we certainly couldn't close during our regular Tuesday-Thursday hours.

Then we hatched this hair-brain idea: we'd visit participating shops, piece a quilt top from the row patterns we'd collect, and submit a completed quilt, all in a weekend. Thursday evening found us on our way to our cottage in Central Ontario, hubbies and five-year old Mackenzie in tow. This would be our project-gathering hub.

Friday dawned grey and rainy, but that did not dampen our spirits. Buckling Kenzie into her car seat, the five of us headed to our first shop. By closing time, we had covered over 200 miles, visited eight shops, collected amazing row patterns and kits, and were anxious to get started on our quilt.

Saturday night we headed back home from the cottage. Before sunup Sunday morning we set to work. Hardly a word passed between us. Sara strategized the fabric combinations, did the cutting, and stacked little piles beside the sewing machine; I did the piecing. Long chains



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Saturday: 9:30am-3:00pm

of half square triangles and strips inched out from behind the presser foot. Snipping, joining, more snipping, then pressing.

Gradually, blocks, then rows, began to emerge. Traditional Log Cabin and Friendship Stars. Multi-layered appliqué. 3D Prairie Points. Cathedral Windows. Horizontal rows. Vertical rows. Stand-alone blocks to fill in the creative layout we'd agreed on. By noon, the quilt top, a myriad of blue fabrics on a mottled white background, a clothesline of wrens "singing" in the rain", and a smattering of yellow dragonflies, was given its final pressing and was ready to be quilted.

Mounting the layers on our longarm quilting machine took only minutes, and I began the fun task of deciding how and where to bring life to the piecing. Using a simple theme of continuous loops and echoing, I kept up a steady flow of stitching. Right behind me came Sara, heat wand in hand, embellishing with crystals. Our "water" quilt fairly sparkled! I attached the binding with each advance of the quilt. By day's end it was ready for its finishing touch. Sara would do the hand binding, her specialty.

Now to meet the final challenge--to be the first to return a finished quilt to one of the shops whose row we'd used in our quilt. That meant traveling back to our cottage hub Monday morning. Excitement was in air.

By calling ahead we determined which shops had yet to receive a Row by Row Experience quilt. There was no guarantee, for it's a "first come, first to get the prize" program. After several unsuccessful calls, we were elated to find a shop still waiting for a quilt. But there was no guarantee. We were about a half hour's drive away. Should someone come in before we could arrive, it would be game over. We could hardly contain our enthusiasm.

I'm sure the car hadn't yet been turned off when Sara and I dashed across the parking lot and into the shop to present our quilt, panting all the while. The shop ladies were anticipating our arrival and had a great laugh at our expense. Amazed, they assured us we'd achieved our goal. They loved what we'd accomplished and immediately proceeded to hang our work in a prominent spot alongside their Row display. It would remain there for the duration of the year's program.

And, yes, we received the prize: the mandatory 20-piece bundle of Fat Quarters, pre-cut 18" x 22" fabric rectangles. Graciously, they allowed us to pick from hundreds on display. Since we'd used their pattern in our quilt, we also earned the Shop's Choice prize, an Omnigrid mini folding cutting mat/pressing board. Then there were high fives and hugs all around. Our Row by Row Experience had come full circle.

Today I look with fondness on this quilt as it hangs over the hall railing in my home. It ever reminds me of my quilting connection with my daughter and the love we share for this creative art form.

Until next time, happy quilting to you . . .

*Madeline Lister is a quilter and writer by heart and by trade. Having retired in 2015 from the quilt shop she founded with her daughter, Madeline fills her days creating with fabric and the pen, and traveling alongside her husband who suffers from an incurable case of wanderlust. Madeline writes from their farm in the peaceful wine region of Wilcox Corners, Ontario, Canada. She would love to exchange comments and ideas with you. Contact her by email: madelinesmusings@gmail.com*

For more information on the 2018 "Sew Musical" Row by Row Experience, visit [www.rowbyrowexperience.com](http://www.rowbyrowexperience.com).



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It's Row By Row time again! On your marks, get set... Oh, wait just a minute. Before you start off with enthusiasm and high expectations, take a quick look at a few lessons I've learned lately about the (fabric) hunt.

We recently spent two weeks in the Maritime Provinces. Although not in desperate need of more fabric, I never miss a chance to explore areas and shops new to me on the principle that quilting treasures are somewhere out there, and if I don't look I won't find them. At the first opportunity I googled the name of an outstanding quilt shop I had visited some years ago which had wonderful locally-made quilts for sale as well as an extensive selection of high-quality fabrics – in other words, a quilter's dream. Google said the shop was still there – same name, same village, still listed as a quilt shop. After an hour's drive, full of anticipation, we found the shop. It was now an upscale clothing shop with not a quilt in sight. What a letdown! An employee, when questioned, airily replied, "Oh, the place was sold and the new owner wasn't interested in quilts." What a loss.

### **Lesson One: Stores' websites are not always accurate.**

A few days later we searched for hours in another larger town for a quilt shop listed on line. When we finally gave up looking and inquired about its location from a resident of the town, we were told it had been closed for over a year. The website had not been taken down.

### **Lesson Two: Websites are not always taken down when no longer valid.**

Another day, June 9 to be exact, after a half-hour drive we arrived at an out-of-the-way shop only to find a sign on the door that said, OPEN JUNE 15 TO SEPTEMBER 30. We were not completely surprised, because we were in a "touristy" area, but we would have appreciated having had that information earlier.

### **Lesson Three: Online information is not always complete.**

We belatedly concluded that Country Register is by far the most reliable source of up-to-date information. Unfortunately the paper is not published in the area we visited, but if it had been we would have consulted it and saved several hours of driving and a certain amount of frustration. Country Register is published every second month, it is always current (closed businesses will not be advertising) and it is widely available, allowing the quilter to do some research before travelling. Many editions are even on line.

### **Lesson Four: Country Register is timely, reliable, and widely accessible, and therefore an excellent source of information.**

On a more positive note, we discovered more or less by accident and the phone book (yes, they're still available) other great shops, including a chain new to us. They were running a sale; I was able to buy some quality batiks there for an average of \$4.00 a meter.

### **Lesson Five: Be persistent. Don't let a few unsatisfactory experiences be discouraging.**


There's always a sale somewhere! Happy hunting!

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

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# The Dropped Stitch

by Sharon Greve

## Have Craft Bag—Will Travel



Vacations are a time to relax and decompress—right? But, as we all know, travel itself is stressful, especially air travel. However, knitting and crocheting have been proven to help reduce stress. Since most airlines limit carry-on bags to one personal item (purse or laptop bag) to be stored under the seat in front of you and one small suitcase in the overhead storage, place your craft bag and purse into the personal item bag. This assures your project will be with you and handy for long or delayed flights. The following travel pack checklist will help you pack your crafting bag for easy airport security and enjoyable flights.

### CRAFT BAG CONTENTS

**HOOKS AND NEEDLES:** Pack them for easy access. No rules disallow sewing needles. To be on the safe side, don't take your best hooks or needles. Crochet hooks are typically allowed with no issues. Pack plastic or bamboo hooks or knitting needles which are less threatening as weapons than aluminum or steel tools.

**SCISSORS:** These are often considered potential weapons. Pointed-tip metal scissors longer than four inches are banned from planes. Instead, substitute a pair of children's plastic scissors or a dental floss container with thread cutter.

**STITCH MARKERS:** Pack several as they are necessary for those unexpected pauses without losing your place or dropping stitches.

**PATTERN:** You can't work if the pattern is left at home. Minimize the directions on small sheets of paper on a small magnetic board so you don't have to juggle a large floppy sheet on your lap which will slide off.

**ROW COUNTER:** It's a necessary item to avoid being lost (leads to frustration) as to which row or stitch you are on with all the travel conversations, noise, and interruptions that take place in an airport and on planes. An offline phone app also works.

**YARN:** Include what you will use on each flight; pack the remainder in your suitcase.

Washable yarn is best. Turbulence can cause spills right onto your project. Lighter weights are best, such as worsted weight, sport, or DK. Bulky yarns demand too much packing space and they don't offer a lot of yardage. What a shame to quickly use up the yarn and find yourself sitting in an airport for hours with nothing to work on due to flight delays. Center-pull yarn skeins/balls are great because they don't move around and are less likely to fall off your lap to a floor space you can't reach. Leave color change projects at home. The many balls of color absorb suitcase space and more movement in your seat. Consider monochrome projects or variegated yarn.

**Crochet Thread:** Although thread is lighter than yarn, it's not a first choice for plane travel unless you are an experienced crocheter. Turbulence can cause the sharp hook point to jam into your hand, the needle to drop on the plane floor to who knows where, and the thread ball to roll somewhere undesirable. Also, thread requires more concentration than what you have on a long flight.

Remember you are on a vacation to enjoy yourself which includes feeling well. Don't craft continuously. Take short breaks, stopping every half hour for a few minutes. Stay alert for flight information to avoid stress.

Due to the closeness of plane seats, your arms won't fit naturally in your seat space which can cause tension in your wrists, pain in your neck and shoulders and even lead to headaches. Use a stitch marker in your work, set your project in your lap and release the tension from your body. If possible, do some micro-stretching, especially for hands and wrists, in your seat during short breaks.

Don't hesitate to use your overhead light to avoid eye strain while working in a low-lit plane.

TSA and airline guidelines are occasionally updated. Check the official list of prohibited items before flying. Traveling internationally? Double-check the above information as rules often differ and can be more strict at foreign airports than in the United States. A broken foreign rule can lead to a disastrous vacation. No one wants that experience!

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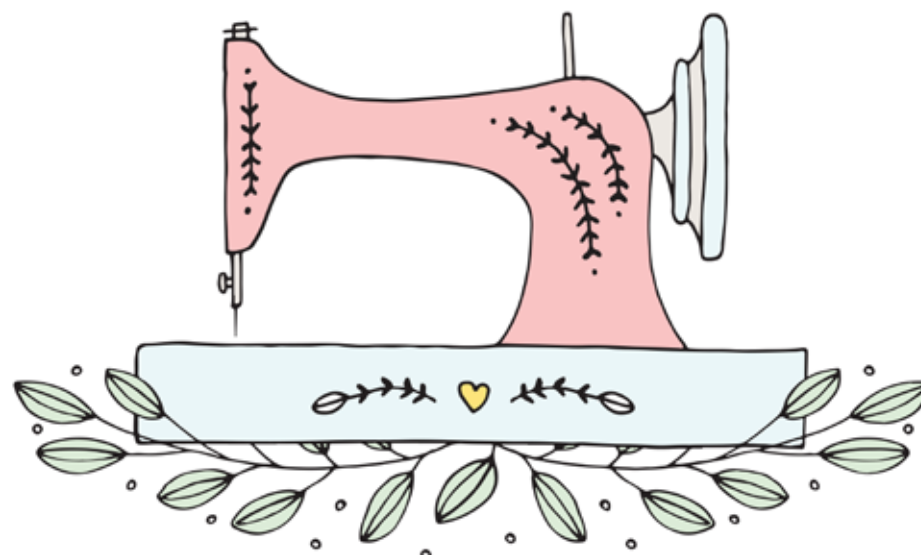


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
**GIRLFRIEND WISDOM:** Be aware today of all the small decisions you make and see them as Trust Muscle Builders so when Doubt comes knocking at your door you will be more confident and ready to answer the question and Soar on High!

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Doubt questions, "Who believes?" **FAITH** ANSWERS, "I!"

Joy & Blessings, 

Girlfriend Wisdom is written by Jody Houghton®. For color files of this writing contact Jody at: jodyhoughton@msn.com or www.JodyHoughtonDesigns.etsy.com

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The Knitting Savant

## Fashion Trends for Fall and Winter 2018

By Andrea Springer



Are you planning your projects for this winter? Are you looking for something to freshen up your own knitted wardrobe? I had the good fortune to attend the 2018 Summer Needle Arts Trade Show sponsored by The National Needlearts Association (TNNA) in June. In addition to acres of booths filled with lovely things for fiber folk, there were some great sessions with information about industry trends. One of my favorites was a presentation on the Fall/Winter 2018 Pantone Top 10 Color Trend report by Trisha Malcom, Editorial Director of Vogue Knitting Magazine.

The Pantone Color Trend Report is compiled from the fabric colors shown by designers in their upcoming collections during New York Fashion Week. According to Pantone, the color stories appearing on the "cat walk" are a key indicator of colors we can expect to see in all areas of design in the months to come. Here are some of the beautiful color highlights for Fall/Winter 2018:

**Red Pear (Pantone 19-1536)** – This rich, beautiful, wine red is lush and deep.

**Valiant Poppy (Pantone 18-1549)** – The second red in this color story, this bright and cheery hue is described by Pantone as "brave and outgoing."

**Nebulas Blue (Pantone 18-4048)** – While I don't necessarily think of a nautical blue as a color for fall or winter, this bright addition is a great fit as part of the overall color story.

**Ceylon Yellow (Pantone 15-0850)** – This is a great, bold mustard-y yellow. It's a gorgeous addition alongside the other colors.

**Martini Olive (Pantone 18-0625)** – This olive color with brown overtones works well as a balancing neutral color to the rich bright tones described previously.

You can see the other colors selected in the Pantone Color Trend Report by visiting [pantone.com](http://pantone.com) and click on "Color Intelligence" at the top of the page.

As far as knitwear designs, the trends for this fall and winter feel and look cozy. There are lots of designs that are oversized with plenty of cable and Aran designs as well as stripes and color blocking in bold geometric designs. For those of us who were knitting in the 1980s, there will be a pattern or two featuring shoulder pads (remember those?). You'll find plenty of slouchy hats and beret patterns to enjoy and some great designs featuring fun fur and fringe.

If you want to learn more about what's new for Fall/Winter 2018, fashion and knitting magazines are a great source of inspiration. You can also find great ideas on Pinterest by searching "Knitwear Trends". No matter your fashion tastes, or the taste of the person you're knitting for, I guarantee you'll find colors and designs to inspire your creative soul.

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

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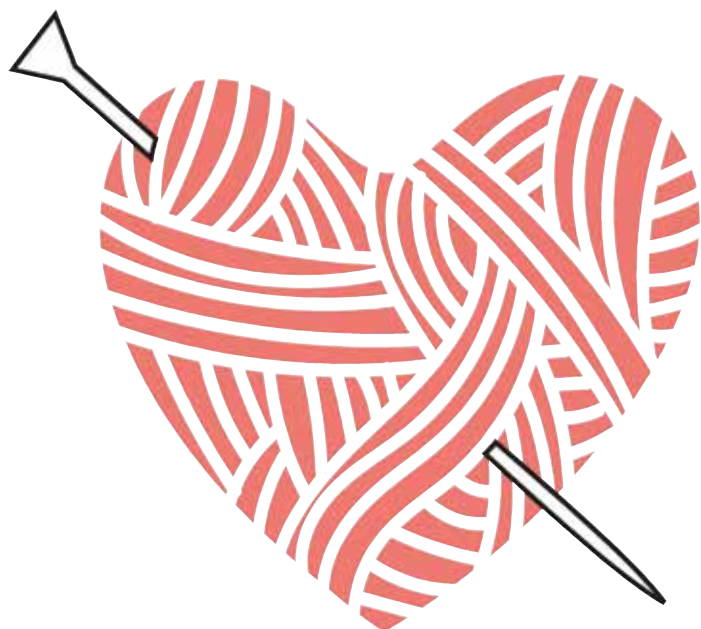
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## Clutter Happens

### When Collecting Takes Over—Purge!

by Julie Pirtle

Avid collectors have a penchant to have it all! Whatever it is that you are drawn to collect, chances are in your adventures you have collected duplicates. Gather your collections and sort them, putting like things together.

You probably don't need five red vintage Pyrex bowls so examine them, keep the best and release the rest. Selling the other four bowls will allow you to invest in other pieces that you are on the hunt for. If you find yourself with a huge collection that does not contain any duplicates, ask yourself if you are holding onto them because you like them or because they are just part of your collection. Keep the pieces that you treasure most. Again, keep the best and release the rest!

What if your collections are not something you have gathered, but were given to you? Many times, we find ourselves the keepers of our family's inherited treasures. Items that belonged to distant relatives are carefully packed away and follow us through our lives. Chances are you have such boxes packed away in the attic.

I have had clients whose homes were overflowing with antique furniture that they felt obligated to keep because it was passed down to them. I have a thought for those of you who find yourselves in this position. You are not obligated to remain the keeper of things! If you have heirloom furniture that does not fit your style, let it go. Unpack the boxes from generations past and decide which pieces speak to you, but don't pack them back up. If they are important enough to you to keep, then they deserve a

place in your day-to-day space. Find a way to incorporate them into your décor and ENJOY them! The rest of the furniture and items need to be released to the universe. Contact your relatives and ask them if they are interested in any of the treasures you are letting go of. Sell items of value. Anything remaining can then be donated to your favorite charity, giving other collectors the chance to discover them.

While I am on the subject of heirloom collections, I have found a common thread among my clients that is often perplexing—silver serving collections and china. Silver and china used to be the "things" that every new bride needed. These collections were revered and proudly passed down to the generations that followed (who, by the way, were getting their OWN collections of silver serving pieces and china when THEY got married! Generations later, these collections have multiplied and now sit in basements and attics, unused and packed away. Maybe you have such collections and are "saving" them to pass along to the next generation. Do your children a favor and ask them if they want them. If they don't, stop the guilt cycle of keeping things out of obligation and don't burden them with the responsibility of doing the same.

Another collection that almost everyone has way too much of is Christmas décor. We all love Christmas and the memories that it evokes. That is why going through your stash in December will never work. How can you get rid of that broken snow globe from days gone by when Bing Crosby is singing "Have Yourself a Merry Little Christmas" in the background? You can't. Believe me. So NOW is the time to go through it all and be ruthless! While there will always be ornaments and décor that you will never be able to get rid of, most of your Christmas boxes are filled with decades of purchases that have become chipped, torn or are no longer cute. Styles change and so does your sense of décor. Let everything go that you have not used in the last couple of years. If it is important enough to keep, pack it up. You will thank yourself at Christmas time because decorating will be a breeze.

Now for the tricky question. How can you display the items that you have kept? Some ideas that have worked with my clients involve decorating with them. One client had a large collection of the aforementioned silver serving pieces. They had sentimental value and so we made a beautiful wall display above her fireplace. Another client had been lugging boxes of his childhood toy trucks around for decades. They had moved with him all over the world but never came out of their packing boxes. We unpacked those boxes that had been closed up for forty years and he now displays them above his garage workbench. Both clients now enjoy these items on a daily basis as they bring joy to their lives.

Being overwhelmed with an abundance of items takes the joy out of what you have so carefully collected. Challenge yourself to go through your collections. Downsizing to a manageable number of items is liberating and allows you to enjoy them again.

*Julie Pirtle is a Professional Organizer and enjoys helping the "clutter challenged." She hails from Oregon and now lives in Mesa, AZ. She has been organizing her entire life and made the move to turn it into a business in 2012. Her business experience lends itself well to organizing everything from kitchens to garages but her passion for scrapbooking and crafting has attracted many to use her skills to create functional space in their crafting rooms.*







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# Pieces From My Heart

by Jan Keller

## Lollygagging

It's almost the Fourth of July. It hardly seems like summer started, yet we're about to celebrate our country's independence. That means the county fairs are right around the corner. Then, in no time, it will be time for school to start up all over again.

The way time seems to fly, it's important to enjoy the remaining summer season with fun-filled days spent enjoying family and friends.

When I plan a fun day, I usually set my sights on some special and fun destination. A few years ago, however, while enjoying a fun day with my friends Erin and Stephanie, I was reminded of a simple truth.

We started our day by taking a walk along a tree-lined stretch of a nearby river. Next we went to the tennis courts to roller skate, followed by lunch. After lunch we went bowling, and then returned for a final walk along the river bank.

The girls and I were in no hurry.

We had no destinations to meet, or schedules to keep.

The day had been purposely set aside for lollygagging to our heart's content. And outside, in the grandeur of nature, that's exactly what we did. Lollygag.

We watched ants.

We looked out for clumps of cactus (but not nearly so closely as we zigzagged to avoid stepping in the middle of numerous other clumps).

We discovered a special strain of grass that could be pulled apart and put back together, kind of like pop-beads.

We picked several varieties of vividly colored wild flowers.

We got down on our hands and knees and let the sandy river-bottom soil filter, grain by grain, through our fingers.

We found the bony remains of a cow carcass, as well as the tracks of many of the species of wildlife that make their home in the area.

Along the way, in the midst of some of nature's most interesting settings, the girls posed to have their pictures taken.

Our day was about over so it was time to head back to my car. That's when Erin piped up and said, "Gee Jan, I didn't know you could be this much fun."

That's when the truth hit me. Fun days aren't necessarily about going places or spending money.

They're about lollygagging.

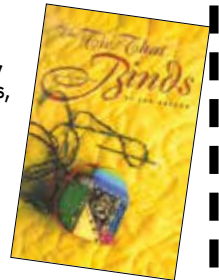


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Over The Teacup

**Doggie Afternoon Tea**

By Janet Young



As you know, if you have been reading past articles, I have been featuring unique teas that sometimes are being offered by tea establishments. So, this next tea about which I am writing certainly is in keeping with that trend, as you shall see.

If you are a dog owner and a lover of tea have I found a way to surprise your dog with a very special treat! The only drawback is that you would have to travel to England to the Coed-Y-MWSTWR in order to partake of this culinary delight. Tucked away in a beautiful country setting, this 17th century Victorian mansion is now an exquisite hotel that just happens to offer an outside-the-box afternoon tea for dogs. It may be far away, but alas, it is newsworthy enough to feature the highlights of this event, in hopes that one of our elegant hotels might follow suit and provide, the same offerings here in America, or perhaps do your own take at home.

Upon your arrival, you will be seated on the veranda, overlooking their well-manicured lawn and garden. This pet friendly hotel considers your pet to be a VIP (Very Important Pet), and when the tea is presented you will get that sense immediately. Your pet will be pampered with the following menu items that are all homemade:

*Bacon and Peanut Butter bone biscuits*

*Chicken and beef meatloaf*

*Salmon and sweet potatoes brownies*

*Frozen banana and yogurt paw pops*

The beverage comes in a bottle of Pawsecco or a bottle of Bottom Sniffer Beer for Dogs

(It is stated that there is no beer in the beverage)

Everything is made fresh to order, so it is advised that you make your reservation at least 48 hours in advance.

Next your afternoon tea will be served. That is a requirement when reserving the Doggie Afternoon Tea. After you and your pet have enjoyed your afternoon tea, you can walk on the grounds to enjoy the beauty of the landscape. And, if you bring your pet's doggie bed along, you can plan to stay the night with your pet, in a pet-friendly bedroom.

What a fun, unique way to spend time with your VIP. Who knows before long that opportunity may become available in our country. Until then, perhaps this menu has given ideas that you might be able to devise your own version of a Doggie Afternoon Tea. There are many pawsabilities. So, don't be afraid to embark on a new venture.

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



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From Lydia's Recipe File:  
*Cowboy-Cookie  
 Ice Cream Sandwiches*

**Ingredients:**

- 1 cup butter, softened
- 1 cup granulated sugar
- 1 cup brown sugar, packed
- 2 eggs
- 1 1/2 tsp. vanilla
- 2 cups flour
- 1 tsp. baking soda
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- 2 cups rolled oats (half quick-cooking and half old-fashioned)
- 1 cup semi-sweet chocolate chips (more if you wish)
- Ice cream (vanilla or favorite flavor)

**Directions:**

1. Preheat the oven to 350 degrees. Grease the baking sheet or cover it with parchment paper.
2. Cream together the butter and sugars. Mix in eggs and vanilla.
3. In a separate bowl, combine the flour, soda, baking powder, and salt. Mix dry ingredients into the creamed mixture until combined.
4. Stir in the oatmeal. Then add the chips.
5. Roll the dough into walnut-sized balls and place them on the cookie sheet.
6. Dip the bottom of a glass (one with a flat bottom) into sugar. Then use it to flatten the cookies. Dip the glass into sugar each time before flattening the cookies.
7. Bake 8 to 10 minutes, or until light brown around the edges. Cool the cookies slightly before removing them from the baking sheet.
8. Prepare the ice cream. For each cookie sandwich you'll need 1/4 cup ice cream. Place the ice cream between two pieces of wax paper and flatten it. Freeze the ice cream until you are ready to serve it.
9. Place one ice cream circle between two cookies. Eat them or freeze until ready to eat.

*Recipe makes about 3 dozen 3-inch cookies or 18 ice cream sandwiches.*

**Variations:** If you are not making ice cream sandwiches, add other ingredients of your choice to the cookie dough, such as coconut, chopped nuts, or raisins. Instead of flattening the cookies, drop them by spoonfuls onto the cookie sheet.



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## Round Up a Western Teatime!

Although I grew up on a dairy farm, I've never been a cowgirl. But that didn't stop me from corralling some of my family for a tea party with a Western flair. So while the weather is still warm, let's lasso some summer-sizzlin' fun. Here are a few ideas:

### Guests: Howdy, Pardners

Start by rounding up some wannabe cowgirls and cowboys of any age for an outdoor teatime. I invited my son and his wife with their three children aged seven to fourteen.

Keep the decorations colorful and simple. How about various colors of bandanas and cowboy hats? You could even provide kerchiefs for guests to wear at the party and take home afterwards.

If you like, add a crafty no-sew denim project to your table decor. All you need are worn-out blue jeans. Cut around the back pockets of the jeans. This will give you two layers of fabric—the pocket and the jean fabric. Wash the pockets. The frayed edges add to their appeal. Leave the pockets plain or decorate them with buttons, charms, or fabric paint. Set one at each place setting as a coaster for tea. Or better yet, fill the pockets with silverware (plastic is fine) and napkins. Red plaid paper napkins or colorful handkerchiefs would look cheerful.

If possible, serve your teatime on your deck or outdoors. Use casual dishes or paper plates and pint jars for glasses.

### Grub: Rustle Up Delicious Vittles

Plan a tasty menu with generous portions. Tiny tidbits don't fit a Western cowboy theme.

*Here are some menu ideas:*

**Saucy Sausage:** Select a fully cooked sausage ring such as kielbasa. Cut it into bite-sized chunks and simmer them in your favorite barbecue sauce. Serve with toothpicks.

**Pasta Salad:** Cook wagon-wheel-shaped pasta. Add favorite chopped veggies along with olives, salami, and cheese. Drizzle with Italian dressing, and refrigerate the salad to blend flavors before serving.

**Biscuits:** Serve large grand biscuits that come in a tube. Or make homemade buttermilk biscuits. The key is to cut them cowboy sized—about 3 inches in diameter. My favorite recipe is made with 2 cups flour, 1 tablespoon sugar, 2 teaspoons baking powder, 1 teaspoon salt, and 1/4 tsp. soda. Next, cut in 1/2 cup shortening and mix in 3/4 cup buttermilk. Knead the dough lightly, roll it out, and cut it with a 3-inch cutter or glass. Bake the biscuits at 450 degrees for 10 to 12 minutes. Serve them warm with butter, honey, and strawberry jam.

**Cowboy Caviar and Tortilla Chips:** A new recipe to me, this is simple to make with a can of black beans or black-eyed peas and shoepeg corn (small, sweet kernels of white corn that come in cans or frozen). Drain the cans. Add two chopped tomatoes, sliced green onion, diced red or green pepper, and chopped cilantro to taste. Add an oil-and-vinegar dressing made with 1/2 cup olive oil, 1/4 cup red wine vinegar, 1 clove minced garlic, 1/2 teaspoon ground cumin, and salt and black pepper to taste. The cumin and cilantro give this caviar a distinctive and delicious flavor. Just before serving, add chopped avocado if desired.

I made individual servings by layering some of the caviar in small

jelly-sized jars, alternating black beans, corn, green onions, and tomatoes. Next, I poured in the dressing, added a lid, and refrigerated the caviar to let the flavors blend. I spooned the rest of the caviar with dressing into a small bowl and refrigerated it for several hours. Later, I served it surrounded with chips to resemble a cowboy hat with the chips as a brim.

**Easy-Brew Iced Tea:** Make several quarts of iced tea or as needed for the size of your group. Place 4 teabags in each quart jar of cold water and refrigerate it for several hours. While the tea steeps, make lemonade ice cubes by pouring lemonade into ice cube trays or mini muffin tins and freezing. When serving the tea, remove the teabags, place two lemonade cubes into each chilled pint jar, and fill them with tea.

**Cowboy Ice Cream Sandwiches:** Cowboy Cookies with ice cream between two of them make a delicious ice cream sandwich. (See recipe.)

Add chunks of watermelon and fresh veggies to the menu for a hearty, delicious teatime.

### Grins: Laughter and Fun

You may want to horse around by having guests share a favorite adventure they have experienced with or without a horse. Or fill a basket with sayings or verses from Proverbs. Pass the basket around and let guests select a saying to read or they may share one of their own. I found websites with cowboy advice, such as, "The quickest way to double your money is to fold it over and put it back into your pocket."

Send guests home with some trail mix or a few cowboy cookies, without ice cream, placed in a baggie and tied with raffia. Although the party is over, I'm sure you and your guests will remember the grub and grins you shared for a long time.

I first used this Western tea theme for a Memorial Day party. But it could be used for Father's Day, Fourth of July, Veteran's Day, Labor Day or any summer or patriotic event. I hope you'll join me to round up some Western fun. Giddy-up!

*Lydia E. Harris, known as "Grandma Tea," wrote the book Preparing My Heart for Grandparenting (AMG Publishers). She holds a master's degree in home economics.*





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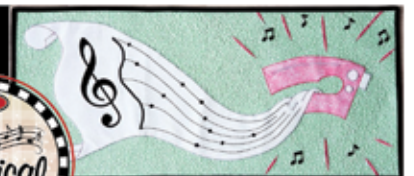
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## Random Acts of Kindness

by Maranda K. Jones  
Bright Babies

"What happened to that doll's hair?!" My sister was asked this question many times growing up. Her dolls were so well loved. She changed their clothes countless times, pulling pieces and stretching the snap closures until they fit, even if they were not the right size. One doll blew kisses when we squeezed her tummy, until my sister realized a toothpick might fit in that tiny mouth. It did, and then broke off. My dad performed surgery more than once for the same injury. Their faces were smudged and dirty, but my sister cleaned them up in the sink. She washed, combed, and cut their hair. One doll shared a constant look of surprise and fright with the three inches of blonde matted hair standing straight up. She was her favorite and it showed.



On the other hand, my dolls appear perfectly preserved. I was more meticulous with mine. They wore their original clothes and the hairstyle they were born with. I wrapped them in blankets, pushed them in strollers, and kept them neat and clean. They got the same attention as my sisters' dolls, but our methods were very different. I considered myself a collector and wanted to keep my dolls as perfect as possible.

We took their orders at our restaurant, serving them food prepared in our Strawberry Shortcake kitchen. My meals were plastic hamburgers and fries, easy to cook and easy to clean up. My sister actually needed to wash dishes after playing restaurant. Cookie crumbs filled the little plates and tints of Pepsi marked the inside of our teacups.

We took our dolls to school so I could teach them how to read and write in my well-ordered classroom. My sister was the voice of the unruly student who had more fun testing the teacher than reading quietly in her book. She was more free-spirited whereas I wanted to follow my lesson plans step by step. She gave me a lot of practice for my future career and in retrospect should receive more of my gratitude.

We share many happy memories of the years we spent playing together in the basement. We find those stories flying out of the boxes of toys as we go through our childhood belongings. Our own children now revel in these riches. They are eager to get their hands on the dolls that spent so many hours in our arms. As we watch our daughters play with our dolls from decades ago, we reminisce about their past adventures and what is yet to come. I have never seen our dolls smile brighter.

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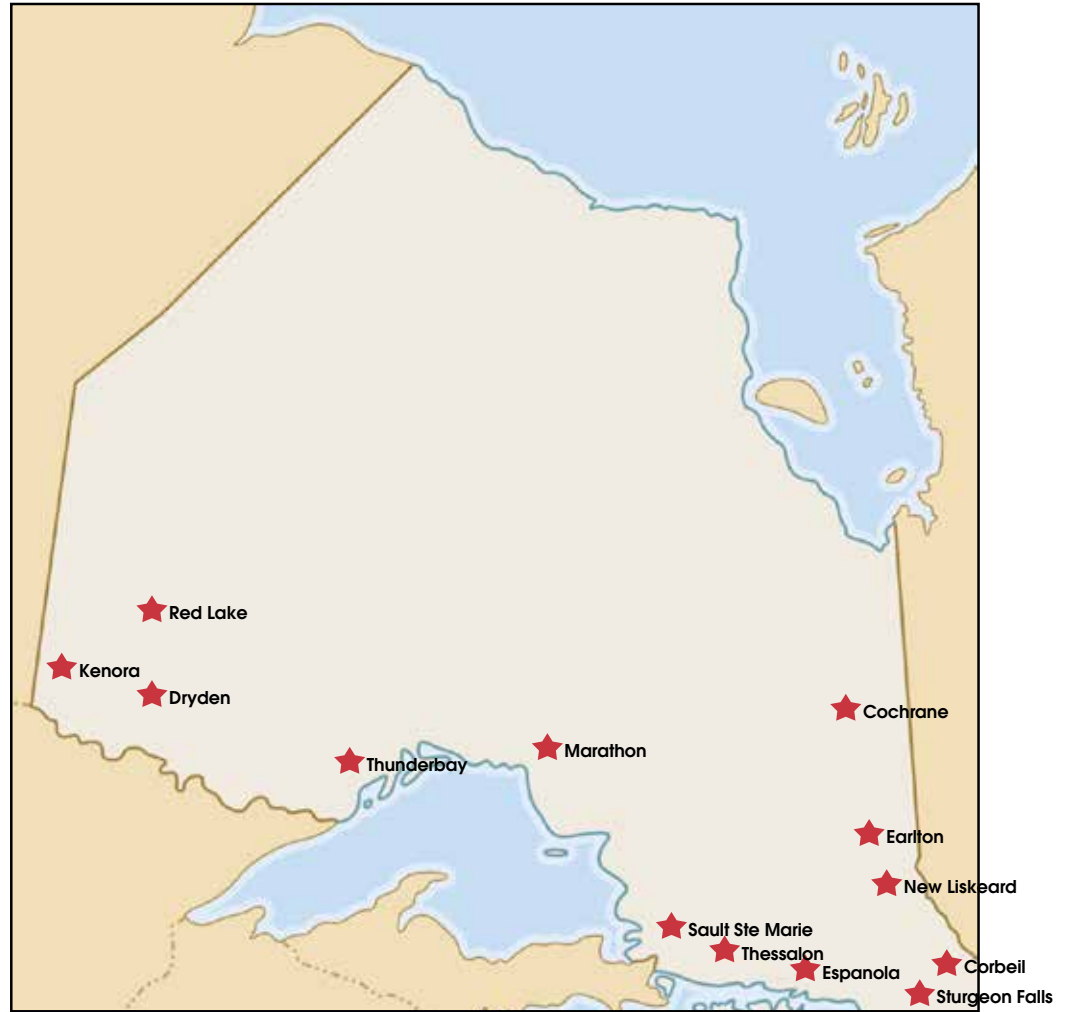
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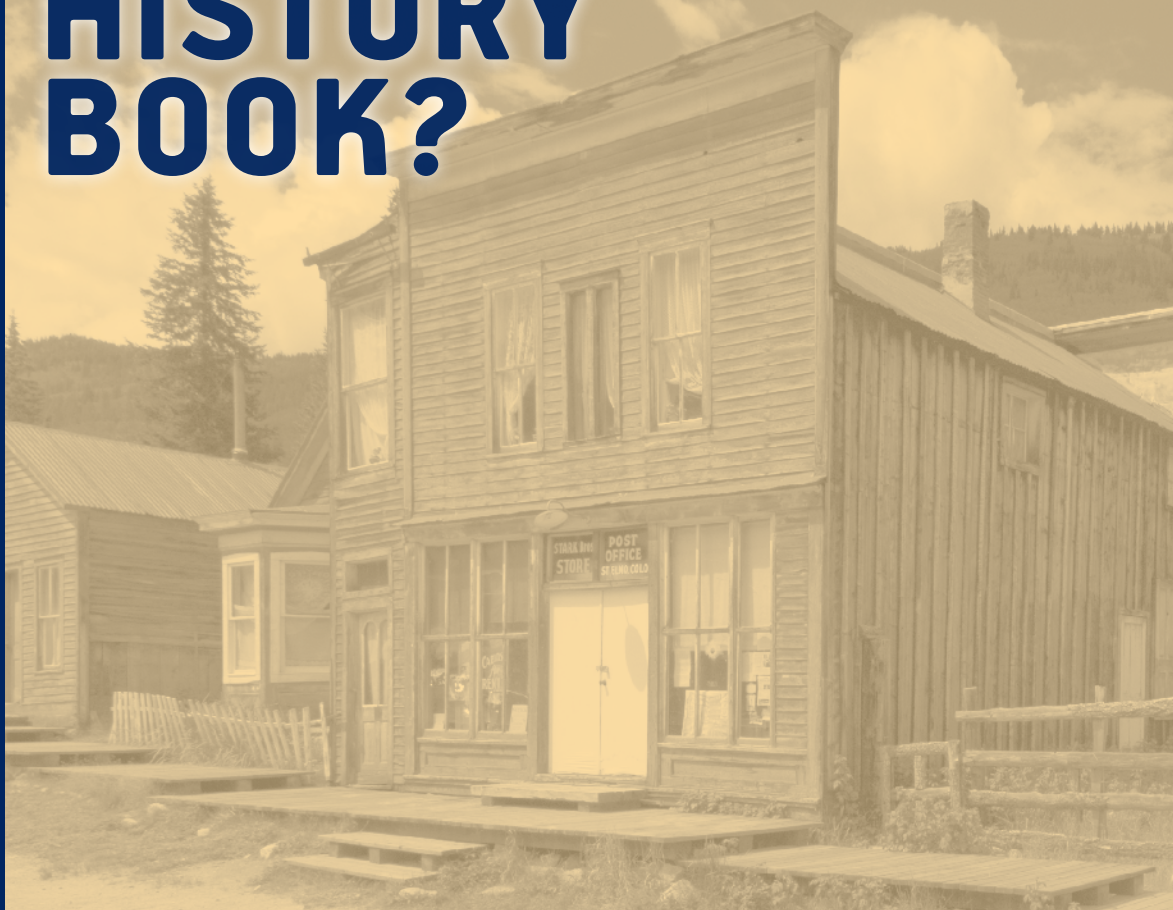
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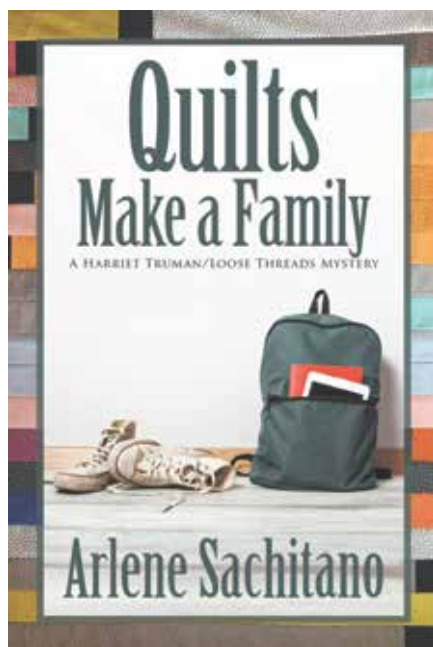


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### New Book Release

## Quilts Make a Family is Latest Harriet Truman/Loose Threads Mystery

Author Arlene Sachitano has just released the eleventh mystery in her Harriet Truman/Loose Threads series. Make a Family takes on the issue of older foster children.

Carla Salter, the youngest Loose Threads member, asks Harriet Truman and the rest of the group if they would be willing to make quilts for a group of older foster kids who are getting close to aging out of the system. Carla's been working with them as part of a class she's taking.

The quilters agree, only to find out they aren't the only people interested in helping the kids. A reality television show would like to search for DNA relatives for the children and film any reunions they can create. In addition to making quilts, the quilters are teaching the kids how to do mending and other life skills that will be useful when they age out of the system. When the TV people discover this, they ask to film the activity at Harriet's studio.

The kids' foster father is not pleased with the television people and believes they are taking advantage of vulnerable children. Harriet suspects his dislike stems from a possible loss of income for him if the kids find family.

When a murder disrupts the children's living situation, the Loose Threads step in as emergency foster parents, further involving themselves in a puzzling situation. The DNA relatives start showing up and Harriet is suspicious since they all seem to be older men. Another person suspects them as well and is found face down in the Strait of Juan de Fuca for their trouble.

Everyone seems to have an agenda when it comes to the foster kids, but do any of them benefit the children?

**Quilts Make a Family** is available as a paperback print book through amazon.com or barnesandnoble.com or as an e-book through Kindle, Nook and other popular formats. ISBN: 978-1612713809 (eBook), 978-1612713793 (Trade Paperback)

*A quilter herself, Arlene Sachitano started life as a military brat. Her dad retired and moved the family to the Pacific Northwest where she still lives. She started knitting, writing and sewing at a young age and still does all three. Until recently, a thirty year diversion into the high tech industry, along with marriage and children, prevented her from taking action on her desire to write novels inspired by her love of Agatha Christie. Arlene spends her days writing her novels, babysitting her grandchildren, quilting, knitting and promoting her books. She is active in the Harriet Vane Chapter of Sisters in Crime in Portland, Oregon.*

### Book Review

## The Coca-Cola Trail Is Part History, Part Travel Guild & Always Interesting

Did you know that Coca-Cola once sold the rights to bottle Coca-Cola throughout the U.S. for \$1.00? Or that Coca-Cola was first bottled in Vicksburg, Mississippi, not Atlanta? These are just two of the interesting stories revealed in *The Coca-Cola Trail—People and Places in the History of Coca-Cola* by author Larry Jorgensen.

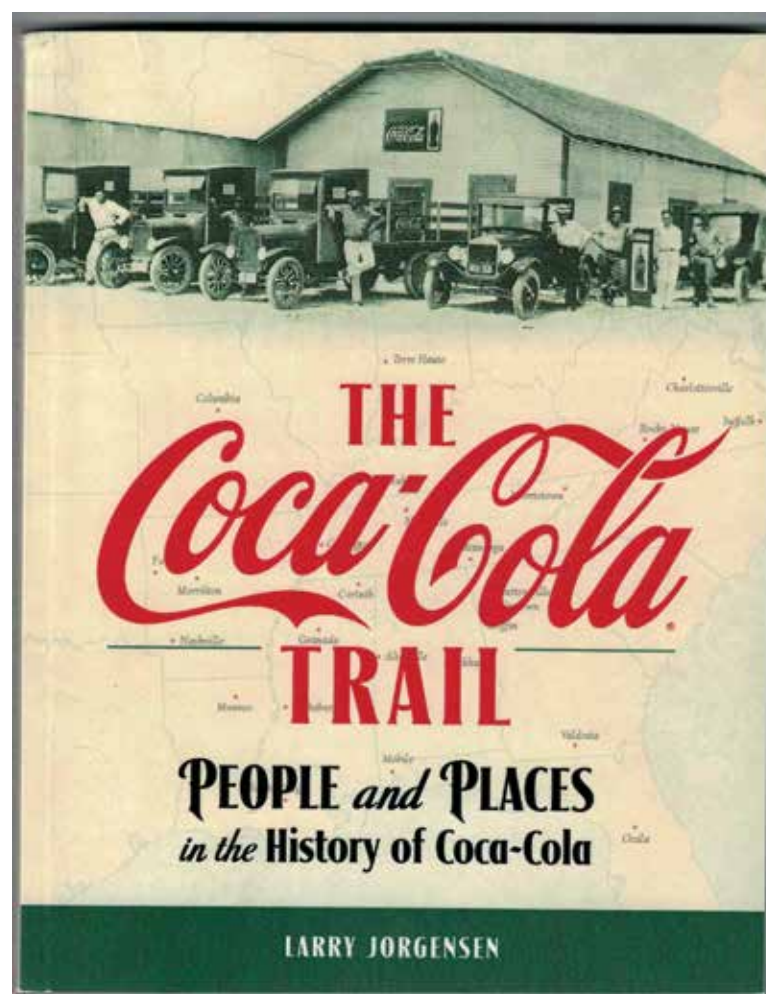
Thirty chapters and over 200 pages tell the real stories of those pioneer bottlers, the challenges they faced and how they were instrumental in creating the world's most recognized brand. The Coca-Cola Trail takes readers to places where Coca-Cola history is told through historic buildings, local museums, restored outdoor murals, memorabilia collections and related displays.

Its author spent over two years interviewing Coca-Cola families and conducting extensive research in current and former Coca-Cola communities. Historic photos and photos of modern day sites highlight each chapter. One reviewer says, "Part history, part travel guide but always interesting . . ."

The Coca-Cola Trail, a paperback book, is published by G.L. Management LLC. P.O. Box 633, Mansura, LA 71350. Library of Congress Cataloging-in-publication data ISBN 978-0-692-84430-4. The name Coca-Cola, Coca-Cola logo, and the word Coke are all registered trademarks of the Coca-Cola Company. The book is available on Amazon.

*A retired journalist, Larry Jorgensen is now writing books, freelance and media assignment projects. His experiences include weekly and daily print, radio news, television news and wire service reporting. He prefers to research and write about people and places in history.*

For more information, visit <https://thecocacolatrail.com>, contact the author at [gmanagement40@gmail.com](mailto:gmanagement40@gmail.com) or call 337-591-1937.







## Row by Row Experience®

### The SHAPE of Things to Come



Have you heard about the Shape of Things to Come?

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This summer when you collect the new row patterns for Sew Musical they will be in a variety of shapes. Shops are having fun creating their rows this year!

The rows and shapes will fit together in unlimited patterns. No two quilts will be the same!

This picture shows a few samples the shops saw at QuiltMarket last fall.

If you are a quilt shop (or you know a quilt shop) that wants to register for Sew Musical 2018, please contact [info@rowbyrowexperience.com](mailto:info@rowbyrowexperience.com). We will help make that happen!

*Happy Quilting from The team behind the scenes at Row by Row Experience*



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