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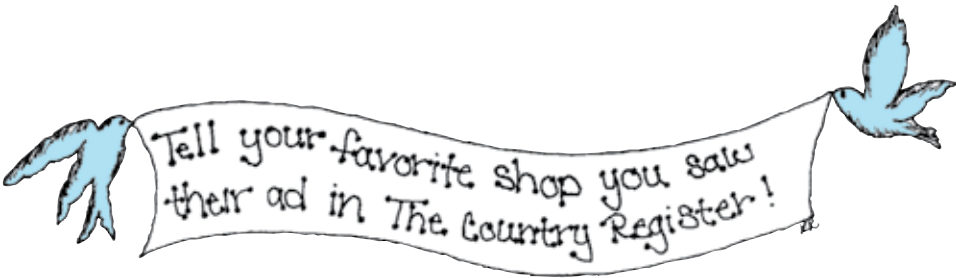
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The Country Register of Ontario
August / September 2019 Issue

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Calendar of Events

..... AUGUST

JUL 30 - AUG 10	Creative Hands, TAP Centre for Creativity - London
AUG 3RD & AUG 15TH	Simply, Shane Norrie Contemporary Gallery - Stratford
AUG 10TH	Kingston Sheepdog Trials Sheep to Shawl, Grass Creek Park - Kingston
AUG 12TH	All about Weaving – for Kids 8 to 13, Artisans Centre - Peterborough
AUG 14 - AUG 18	Twist 2019 Festival , Complexe Whissell,- Saint-André-Avellin, QC
AUG 18TH	Textile Day at Westfield Heritage Village - Rockton
AUG 20 - AUG 22	Black Sheep Textile Festival - Summer's End Workshop Series, Common Craft Sudio - Elora
AUG 21ST	Felting for Teens in August, Artisans Centre - Peterborough
AUG 24TH	Fibre Spirit Festival 2019, Barrie Curling Club - Barrie
AUG 25 - OCT 6	Woven By Hand: Contemporary Canadian Tapestries, Maison du citoyen - Gatineau, QC

..... SEPTEMBER

SEP 5 - SEP 8	Paper piecing Judy Niemeyer's way by Sherida Giddings - inspiredgetaways.ca
SEP 7 - SEP 8	Almonte Quilters Guild Quilt Show, Almonte Civitan Community Hall - Almonte
SEP 7 - SEP 8	London Modern Quilt Guild Quilt Show, Grosvenor Lodge - London
SEP 10 - SEP 13	Open Retreat - inspiredgetaways.ca
SEP 14 - SEP 15	Lakeshore Creative Stitchery Guild 2019 Exhibition, Stewart Hall - Pointe-Claire, QC
SEP 14 - SEP 15	Threads of Friendship Quilt Festival 2019, Faraday Community Centre - Bancroft
SEP 14 - OCT 4	Hanging By A Thread 2019, Queen Elizabeth Park Community and Cultural Centre - Oakville
SEP 15 - JAN 5	Connections Fibre Artists group exhibit - Fergus/Elora
SEP 16 - SEP 18	"Appliqué techniques" by Marie-Claire Charette - inspiredgetaways.ca
SEP 20 - SEP 21	QuiltX 2019 @ Pyramid Recreation Centre - St. Marys
SEP 20 - SEP 22	Richmond Fair 175th Birthday Quilt Show of 175 quilts, Richmond Arena - Ottawa
SEP 27 - SEP 28	Black Sheep Textile Festival - Bo Peep Market, Common Craft Sudio - Elora

..... OCTOBER

OCT 4 - OCT 23	Couleurs d'automne / Autumn's Colours, La Pai Gallery - Ottawa
OCT 5TH	2019 Needle Arts Fair - Seniors Centre - Kingston
OCT 17 - OCT 19	Creativ Festival Toronto Fall 2019, The International Centre - Missauga
OCT 17 - OCT 21	8th Annual Espanola Fibre Arts Festival - Espanola



Meet our cover artist Betty Abbott



This issue's cover artist is Ontario resident, Betty Abbott. In speaking to Betty, we found out that she learned to rug hook in Nova Scotia after she retired. After moving to the Trenton area 3 years ago she joined the awesome rug hooking group of ladies at Mary Ann's, Andjareena's Place, where they meet weekly. Creating beautiful rug hook pieces has become her leisure time "go to".

As Betty mostly hooks pieces for her family and friends we feel extremely lucky to bring you her art.

This issue's beautiful piece is a recreation, by Betty Abbott, of "Cottages by the Lake" by Karla Gerard. Enjoy!

Dearest Readers,

It has been a beautiful summer so far! In celebration of this wonderful season I thought I would share some of my favorite summertime recipes with you.

What would summer be without Sangria I ask you! Well, wonder no more and try this...

Sangria A 'La Moe

- 4 x 750 ml bottles of red sangria wine
- 1 x 750 ml bottle of good dry red wine
- 1 x 750 ml bottle of good dry white wine
- 13 oz inexpensive brandy
- 3 cups gingerale
- 3 oranges
- 3 limes
- 3 lemons

The day before serving:

Combine all liquid ingredients in a large glass container. Slice fruit thinly and add to liquid.

Refrigerate overnight to allow flavors to mellow – the way you and your friends will feel when drinking this brew. I have no idea how many this will serve, so feel free to experiment using ½ or 1/3 of the quantities above if you want – You know your friends better than I do!

Need a snack to go with your sangria? Try this pleasant variation on Spinach Salad:

Spinach Salad with Sour Cream Dressing

- ½ cup mayonnaise
- ½ cup sour cream
- 2 tbsp green onion, chopped
- 2 tbsp parley, minced
- 1 tbsp vinegar
- 2 tbsp lemon juice
- 1 to 2 garlic cloves, crushed
- Fresh spinach – enough for 4-6 people (after it has been washed and torn into bite-sized pieces)
- 1 cup fresh mushrooms sliced

In blender, combine mayonnaise, sour cream, onion parsley, vinegar, lemon juice and garlic. Toss spinach and mushrooms with the dressing and serve.

Recipes from Winners – More Recipes from the Best of Bridge

Speaking of recipes, look for our cookbook give away in this issue.

Harriet

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



POLYNESIAN BOUQUET

BLOCK 4

Finished Block is 15 ½ Square

*Designed by Phyllis Moody
Copyright March 2012*

Block 4

All measurements given for background blocks and stems include a 1/4 inch seam allowance.

Add seam allowance to appliqué pieces.

Cut ¾ inch wide on bias to make small stems. Iron in half. Stitch in place down the center and fold over to hide the raw edge, slip stitch the edge.

For large stems cut 1 ¼ inches wide on bias. Iron in half. Stitch in place down the center and fold over to hide the raw edge, slip stitch the edge.

To prepare your background: Cut 18 inch Square for background fabric. Fold in half in each direction, lightly press with dry iron (this will be your center reference marks for placing your pattern). Use your favorite method of transferring pattern layout.

Use your favorite method for preparing appliqué pieces.

Note: Pre-cut freezer applique papers are available for purchase at Phyllis Home Decor (514-425- 0775)

Supply list

- Fat 1/8 each of 2 purple
- Fat 1/8 of yellow gold
- Fat 1/8 each of 2 greens
- Fat 1/8 each of 2 reds
- Fat ¼ of brown for stems

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- Bird Trio 50435
- Feather #3 50113
- Feather #2 50112
- Rose of Sharon # 2 50343
- Rose of Sharon 50342
- Circles 1 ¼ 50636

(Enlarge by approx. 270% to get a finished block of 15-1/2" Square)



*Phyllis Moody
Copy Right
March 2012.*

Block 4

Celebrating 30 Years of Publishing

Part VI by Barbara Floyd

Today I looked at the Feb-March issue of *The Arizona Country Register* for 1993. This issue's covers showed the artwork that was going to be coming out on *The Country Register Collection & Cookbook* later that February. One thousand of these spiral bound books were printed and it is still my favorite go-to cookbook in my cupboard. That's probably because it is filled with lots of good family recipes compiled for family reunions and great memories. Every once in awhile a used copy shows up on Amazon for some exorbitant price. My own copy is priceless.

I see two ads from The Shops at Catlin Court that is part of Historic Downtown Glendale, AZ. One is The Country Maiden and the other is Bears & More. They are still operating in the same locations now 26 years later and so congratulations go to both, not only for still being destination shops but also for supporting and supplying *The Country Register* to their customers. That is a real testimony of happy advertisers.

By April 1993, there were a few more publishers added to our growing list including Northern California, Oregon and Upper State New York/Vermont. The others on the list were mentioned in last month's story.

Our June-July 1993 issue not only had well known Mary Engelbreit art on the cover but we were sporting new logo artwork at the top of the front page by artist Jan Harvey. That logo would be used for many years to come. We have also added publishers in Central California and Southern California and now California has one publisher combining the whole state. By the very next issue in 1993, we added North Dakota, Virginia and, because I had three of my four children living in S. E. Washington, I started the paper there and published in Washington for many years. By the next issue, we had a publisher in Hawaii and, by the end of year 1993, Florida was added to our list. The Florida edition, today, is always more than forty pages packed with specialty shops, many of them related to the quilting industry. For 10 years now, the Florida paper has been published by Amy and Dave Carter whose names you see on many of our Eastern U.S. editions. In fact, Amy's parents, Merle and Gail Taylor, started the Maryland edition about 22 years ago. As a family, they now publish eight Country Register editions on the East Coast.

Heading into 1994, our list of publishers had grown to include

Nebraska-Iowa and Indiana. For many years now, Nebraska and Iowa have had separate successful papers. The fun part about Nebraska is that I was its publisher at the time I retired from publishing and my graphics designer was from Nebraska. When Lolly Konecky, from Wahoo, Nebraska, came to work for me, little did we know that down the road she and my long time office manager, Barb Stillman, would partner to eventually become the publishers of Arizona, Washington-S. ID, Oregon, Nebraska, and *The Antique Register* (in Arizona only). As of the beginning of 2019, they also have become owners of The Country Register, Inc., that licenses the newspapers. They have added California as well as North and South Carolina to their publishing list and they operate under Barlo Media.

This makes me officially retired. Some days I am just officially tired. But then I have to remind myself that is probably normal when you are looking at 80 years of age square in the face. How in the world did I ever get to this stage so suddenly? Maybe it wasn't so sudden. I was just busy and happy and enjoying doing *The Country Register* for thirty of those years and was not counting the years as they flew by.

This was to be a series of six articles—a year's worth of stories. Maybe the publishers and readers won't mind if I just keep this series going on a smaller scale. I just looked at the April-May 1994 issue for Arizona and it was the first edition with full color on the front and back and centerfold—a big milestone in printing. It was our annual "tea" issue and there were eight tearooms in the Phoenix area advertised and featured....in full color in that centerfold. It looks awesome! Our publishers' list now extended this issue to include S. Texas and my middle daughter, Barbra-Jean Skalleberg, started *The Country Register of Georgia*.

Until next time, farewell.

Barbara Floyd enjoys her downsized lifestyle in Phoenix, AZ, and her visits to see children, grandchildren and a great grandchild in Tri-Cities and Walla Walla, WA, Cumming, GA, and Ft. Wayne, IN. She created and volunteers to put together Love of Junk, Walla Walla's Vintage Market on her oldest daughter's farm in Walla Walla each June. She can be reached at barbara@countryregister.com.



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Celebrating 30 Years of Publishing

Most Often Used Recipe

Marilyn's Granola

from Barbara Floyd's Kitchen

I did not have to think too long about which recipe from The Country Register Collection & Cookbook would come out on top of the pile of most often used recipe. The recipes were from our family cookbook made in 1990. Hands down it would be sister Marilyn's Granola. With a few variations, I would often make triple batches of this delicious granola.

When I spent summers in Walla Walla, WA, on the Swenson Farm, it never lasted long. Before I left, I would try and leave some freezer bags of it stashed away so they didn't forget Grandma had been there. When family comes home for holidays to Arizona, I try and have it on hand.

Marilyn's Granola

- 6 Cups Old Fashioned Oats
- 1 Cup Wheat Germ or Bran
- 1 Cup Sesame Seeds
- 1 Cup Sunflower Seeds
- 1/2 to 3/4 Cups of Raisins, Cranberries,
- 1 cup chopped, whole or sliced Almonds and wide Unsweetened Coconut (Can use regular coconut as well)
- 1/2 Cup Honey
- 1/2 Cup Canola Oil or Coconut Oil
- 2 t. Vanilla

Mix dry ingredients. Warm honey with oil and add vanilla. Mix all together and spread on cookie sheets thinly on parchment paper. Bake 15-17 minutes or until lightly browned at 325 degrees. Wait until cool to put into airtight container or freezer bags.

Good as a snack, served with almond or whole milk or Greek Yogurt.

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Salvage Style

Jewelry Organizer and Wine Cork Board

By Marla Wilson

These are two very quick, easy and useful projects, made from items normally discarded to the trash bin.

Jewelry Organizer

I love old chair parts. There are so many things you can do with them. This project is made from the decorative part of the chair back. The rest of the chair was totally past saving. I removed the piece with a jig saw, filled the holes left from disassembly, sanded and painted it. I added small cup hooks to the underside as well as on the front. It doesn't get much easier than that!!!



Wine Cork Board

I had a very odd size cupboard door tucked away in my stash of odds and ends. I don't know what type of cupboard it was from, but it was really narrow. I sanded it and painted it a fun color. Next, I arranged the corks in a random pattern. I had to cut a few of them to fit. I use a serrated knife to cut them. When I was satisfied with the look, I glued the corks down one by one, using wood glue. When it was dry, I added a hanger to the back. Use push pins to attach notes and photos. I like it because it will fit in a long narrow space yet hold a lot of photos.



Marla Wilson is the owner of The Rusty Wheel. The shop features her floral designs and repurposed "junk," as well as kitchen and baby gifts, home decor and fashion accessories. Follow The Rusty Wheel on Facebook, or www.therustywheel.vpweb.com or contact her at stumpy1954@hotmail.com.

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Ajax	<i>Twisted Stitchers Quilt Guild</i> We meet at the Ajax Legion at 7pm on the 2nd Tuesday on any month from September to June.
Alliston	<i>Quilting Corners Guild</i> We meet at St Johns United Church at 7pm on the first Tuesday or each month, except January.
Ancaster	<i>Ancaster Quilter's Guild</i> We meet at the Marshall Memorial United Church, 20 Gilbert Ave. at 7pm on the 3rd Wednesday of each month from September to June.
Amprior	<i>Amprior District Quilt Guild</i> We meet at the Christian Education Centre, 257 John St. N. at 6:30 pm on the fourth Wed. of each month from Sept. to June.
Barrie	<i>Simcoe County Quilters' Guild</i> We meet at the Simcoe County Museum, 1151 Hwy 26, Midhurst at 1:00 pm on the Fourth Thursday each month except the 2nd Thursday in Dec and 3rd Thursday in June, from September to June. <i>Kempenfelt Quilt Guild</i> We meet at the Lion's Gate Banquet Hall on Blake Street, the 3rd Thursday of the month from 7-9pm <i>Barrie Modern Quilt Guild</i> We meet at Grace United Church, 350 Grove St. East the last Thursday of the month, on alternate months from September to May - 7pm and on various Saturdays during the alternate months, for Activities and Workshops, from October to June.
Belleville	<i>Quinte Quilters' Guild</i> We meet at the Recreation Centre, 116 Pinnacle Street. At 7:00 pm on the first Wednesday of each month.
Binbrook	<i>Binbrook Country Quilters' Guild</i> We meet at the Binbrook United Church, 2623 Binbrook Rd. 7:30 pm the last Monday of the month from Sept - Nov and Jan - June.
Bracebridge	<i>The Pine Tree Quilters' Guild of Muskoka</i> We meet at the Bracebridge Memorial Arena, 169 James St at 1:00 pm on the 2nd. Thursday of the month from September through June.
Brampton	<i>Brampton Quilters Guild</i> We meet on the 4th Thursday of each month from September to June at 7:30 pm. Meetings are held at Jim Archdekin Recreation Centre, 292 Conestoga Dr, Brampton.
Brantford	<i>Brant Heritage Quilters</i> We meet at St George United Church at 7:30 pm. on the second Thursday of the month.
Brockville	<i>The Thousand Islands Quilters' Guild</i> We meet at the Royal Canadian Legion,180 Park Street at 7 pm on the 4th Thursday evening of the month. No meetings December, January, July and August.
Buckhorn	<i>Buckhorn Area Quilters' Guild</i> We meet at Hartley Hall, St. Mathews / St. Adian Anglican Church at 9:00 a.m. on the last Wednesday of the month (excluding July, August and December).
Burlington	<i>Hilton Quilters Guild</i> We meet at the Mainway Recreation Centre, 4015 Mainway Dr. at 7:00 pm on the first Thursday of the month from September through June).
Caledonia	<i>Caledonia Grand River Quilters' Guild</i> We meet at 7pm on the 2nd Wednesday of the month from September through June.
Cambridge	<i>Busy Hands Quilters Guild</i> We meet at the Preston Scout House, 1580 Queenston Road at 9:30 am on the third Monday of each month.
Chatham	<i>Chatham-Kent Quilters' Guild</i> We meet at St. Paul's Congregational Church, 450 Park Ave W at 7pm on the third Wednesday each month, except December.
Cornwall	<i>Cornwall Quilters Guild</i> We meet at St. Mathews Lutheran Church, 1509 Second St West at 7pm every third Monday evening from September through May.
Courtice	<i>Clarington Quilt Guild</i> We meet at Faith United Church, 1778 Nash Road on at 6:30 pm on the 3rd Thursday of every month.
Dryden	<i>Sunset Country Quilters' Guild</i> We meet at 84 St. Charles Street at 7 pm on the 4th Tuesday of each month.
Elliot Lake	<i>Elliot Lake Quilt Guild</i> We meet at Gentle Shepherd Church, 3 Ottawa Ave. at 7:00 pm on Tuesdays from September through June.
Elmira	<i>The Elmira Needle Sisters</i> We meet at the Elmira Mennonite Church at 7:00 pm on the fourth Monday of the month.
Etobicoke	<i>Etobicoke Quilters Guild</i> We meet at Neilson Park Creative Centre - 56 Neilson Dr. at 7:00 pm on the third Monday of the month.
Georgetown	<i>Halton Hills Quilters Guild</i> We Meet at the Cultural Centre, 9 church St. at 7:15 pm on the fourth Monday of the month (Sep-Nov, Jan-Jun)
Gloucester	<i>Common Thread Quilt Guild</i> We meet at Le Mouvement D'Implication Francophone D'Orléans (MIFO), 6600 rue Carriere in Orleans at 7:30 pm on the second Tuesday of the month from September through June.
Goderich	<i>Goderich Quilters' Guild</i> We meet once a month on the 2nd Tuesday.
Grimsby	<i>Grimsby Quilters' Guild</i> We meet at the Livingston Activity Centre at 7pm on the third Thursday of the month.
Guelph	<i>Royal City Quilters' Guild</i> We meet at Three Willows United Church, 577 Willow Road at 7:00 pm on the second Tuesday each month from September until June.
Gwillinbury	<i>Gwillimbury Quilt Guild</i> We meet at the Sharon-Hope United Church, 18648 Leslie St. at 1:00 pm on 4th Monday of the month from September through May.
Hagersville	<i>Haldimand Quilter's Guild</i> We meet at the Hagersville United Church at 7:00 pm on the first Monday of the month from September through June.
Haliburton	<i>Haliburton Highlands Quilter Guild</i> We meet at the Stanhope Community Centre, 1095 North Shore Rd, Algonquin Highlands at 1:00 pm on the second Wednesday of each month.
Hamilton	<i>Hamilton Quilters Guild</i> We meet The Church of Resurrection, 435 Mohawk Rd. W.at 7:00 pm on the 2nd Wednesday of each month from September through August.
Ingersoll	<i>Oxford Quilters Guild</i> We meet month at the Ingersoll Creative Art Centre, 125 Centennial Lane (in Victoria Park) at 7:00 pm on the first Wednesday and 9:00 am on the first Thursday of each month.
Kanata	<i>The Kanata Quilt Guild</i> We meet at the Glen Cairn United Church, 140 Abbeyhill Dr. at 9:30 am on the second Wednesday of the month from September to June.
Kemptville	<i>Kemptville Quilters Guild</i> We meet pm at the Kemptville Pentecostal Church 1964 County Road # 43 at 7:00 pm on the second Monday of the month (except for holiday Mondays).
Kenora	<i>Lake of the Woods Quilter's Guild</i> We meet at St. Louis Catholic Church, 912 Superior St in Keewatin at 7 PM on the second Thursday of the month.
Kingston	<i>Kingston Heirloom Quilters</i> We meet at St. Johns Anglican Church Hall in Portsmouth Village at 9:30 am on the first Tuesday and 7:00 pm on the first Thursday of each month.

Kingsville	<i>Erie Shores Quilters' Guild</i> We meet at the Kingsville Arena, 2nd floor at 7p.m. on the third Tuesday of the month.
Kirkton	<i>Huron, Perth Quilters Guild</i> We meet at the Kirktown/Wooddham Community Centre at 9:00 am on the second Tuesday of the month from September through May.
Kitchener - Waterloo	<i>The Waterloo County Quilters Guild</i> We meet at the Parkside Community Room of the Parkside Arena in Waterloo at 1:30pm and 7:30 pm on the third Wednesday of the month.
Lambton	<i>North Lambton Quilt Guild</i> We meet at the Port Franks Hall on the 4th Wednesday of the month.
Limestone	<i>Limestone Quilters' Guild</i> We meet at The Senior's centre in Kingston at 7:15 pm on the first Wednesday of the month.
Lindsay	<i>Lindsay Creative Quilters' Guild</i> We meet at Celebrations, 35 Lindsay St. N at 1:00 pm every 2nd Monday of the month except for October, December and June.
Manitoulin Island	<i>Island Quilters Guild</i> We meet at the Community Hall in Mindemoya at 7:00 pm on the third Thursday of the month from September though June.
Markdale	<i>Queen's Bush Quilters</i> We meet at Annesley United Church, 82 Toronto St. at 7:00 pm on the 1st Tuesday of the month from September to June.
Meaford	<i>Georgian Quilters Guild</i> We meet at the Meaford Opera House, Sykes St. at 1:30 pm on the 3rd Thursday of the month.
Mississauga	<i>Cawthra Senior's Centre</i> We meet at the Cawthra Senior's Centre at 7:30pm on the first Thursday of the month (except July and August). Mississauga Quilters Guild We meet at the Tomken Twin Arenas at 7:30 pm on the first Thursday of the month (except July and August).
Miramichi	<i>Miramichi Quilt Guild</i> We meet at the Seamans Hospital at 7:00 pm every Tuesday and 10:00 am every Thursday.
Napanee	<i>Heritage Quilters Guild</i> We meet at the Strathcona Paper Center at 7:00 pm on the third Tuesday of each month from September through to June.
Newmarket	<i>The Region of York Quilters Guild</i> We meet at the Newmarket Community Centre, 200 Doug Duncan Drive on the fourth Wednesday of the month from September through May.
Niagara Region	<i>The Niagara Heritage Quilters' Guild</i> We meet at Merrion Community Centre, 7 Park Ave., St. Catharines on the third Wednesday of each month.
Nobleton	A chapter of the <i>Modern Quilting Guild</i>
Norwich	We travel to various locations in Southern Ontario on a rotating basis. <i>Quaker Quilt Guild</i>
Orangeville	We meet at 89 Stover St N, Norwich at 9:30 am on the second Monday of the month. <i>Dufferin Piecemakers' Quilting Guild</i>
Orilla	We meet at the Orangeville Event Centre at 7:30 pm on the third Monday of the month from September through June.
Orono	<i>Orillia Quilters' Guild</i> We meet at the Royal Canadian Legion, 215 Mississauga St. E. at 1:00 pm on the 3rd Wednesday of the month.
Oshawa	<i>Ganaraska Quilters Guild</i> We meet at the Seniors Activity Centre, 200 Station St. W at 7:15 pm on the last Wednesday of the month.
Ottawa	<i>Durham Trillium Quilters'</i> We meet at the Zion Christian Reformed Church 409 Adelaide Ave. E, Oshawa at 7:00pm every second Monday Sept.- June <i>Almonte Quilters Guild</i> We meet at the Almonte Civitan Club, 500 Almonte Street Active at 7:00 pm from September through June (no meeting in December). <i>Ottawa Valley Quilters Guild</i> We meet at St. Anthony's Soccer Club at 7:30 pm on the first Monday of the month.
Perth	<i>QuiltCo</i> We meet at the Trinity Anglican Church in Old Ottawa South on the second Monday evening of the month except July and August.
Pickering	<i>Owen Sound Bluewater Quilters' Guild</i> We meet at the Harry Lumley Bayshore Community Centre, 1900 3rd Av E at 7:00 pm every third Monday from March to December (except May which is on the second).
Port Loring	<i>Lanark County Quilters Guild</i> We meet at Lions Hall, Perth Fairgrounds at 7pm on the 4th Tuesday of the month.
Port Perry	<i>Rouge Valley Quilters' Guild</i> We meet at Peace Lutheran Church, 928 Liverpool Road, Pickering at 7:00 pm on the 4th Monday of the month September through May, excluding December.
Prince Edward	<i>Argyle Quilters Guild</i> We meet at the Lions Den in Arnstein on the second Thursday of the month.
Renfrew	<i>Port Perry Patchers</i> We meet at the Hope Christian Reform Church, 14480 Old Simcoe Rd. in Prince Albert at 7:00 pm on the 3rd Wednesday of the month from September to June.
Richmond	<i>Prince Edward County Quilters' Guild</i> We meet at the BCR Church in Bloomfield at 7:00 pm County on the second Wednesday of each month.
Ruthven	<i>Quilt Guild Renfrew & Area</i> We meet at the Horton Community Centre, 1005 Castleford Road, Horton from 1:00 pm to 3:00 pm on the second and fourth Tuesday of each month from September to June.
Sarnia	<i>Richmond Area Quilters Guild (RAQG)</i> We meet at the Richmond Legion, 6430 Ottawa Street at 7:30 on the third Wednesday of each month.
Sault St. Marie	<i>Erie Shores Quilter's Guild</i> We meet at the Ruthven-Olinda United Church every third Tuesday.
Scarborough	<i>Sarnia Quilters' Guild</i> We meet at the Redeemer Christian Reformed Church 5814 Blackwell Sdrd, Sarnia at 7pm the first Monday of each month.
Simcoe	<i>Stitches From The Heart Quilt Guild</i> We meet at the Senior's Centre on Bay St at 7pm the last Monday of the month.
Stittsville	<i>Rouge Valley Quilters' Guild</i> We meet at Peace Lutheran Church, 928 Liverpool Road, Pickering at 7:00 pm on the 4th Monday of the month September through May, excluding December.
St Marys	<i>Twilight Quilters' Guild of Norfolk County</i> We meet at the Old Wyndham Church, 30 Glendale Crescent at 7:00 pm on the second Monday of the month.
Stony Creek	<i>Norfolk County Quilters' Guild</i> We meet at the Vittoria & District Community Centre on the first Tuesday of each month except October.
Sudbury	<i>The Quilters Club</i> We meet at the The Pretty Street Community Centre at 7:00 pm on the third Monday of the month.
Sutton	<i>The Stonetowne Quilters' Guild</i> We meet at the End Zone Room of the Pyramid Centre at 9:30 am on the third Tuesday of the month from September to May.
Thunder Bay	<i>Stoney Creek Quilters Guild</i> We meet at the Royal Canadian Legion, 12 King Street East, at 6:30 pm on first Wednesday of the month from September to June.
Toronto	<i>Sudbury & District Quilting & Stitchery Guild</i> We meet at 140 Durham Street at 7:00 pm on every Tuesday from September to April.
Wasaga Beach	<i>The Georgina Pins and Needles</i> We meet at the Knox United Church 34 Market Street at 7:00 pm on the first Tuesday of the month from September to June.
Waterloo	<i>Thunder Bay Quilters' Guild</i> We meet at Calvin Luthern Church on Edward Street at 7:30pm on the 3rd Monday of each month from September to June.
Whitby	<i>Etobicoke Quilters' Guild</i> We meet at the Neilson Park Creative Centre at 7:15 pm on the third Monday of the month.
Windsor	<i>Toronto Modern Quilt Guild</i> We meet at The Workroom Studio, 46 Nobel St Studio 102 at 3:00 pm on the last Sunday of each month.
York Region	<i>York Heritage Quilters Guild</i> We meet at the Toronto Botanical Gardens on the 3rd Tuesday of every month from September through May.

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Over The Teacup As The Seasons Change

By Janet Young



Just as the seasons of nature change; so, we go through the different seasons of life. There comes a time when we start to wonder if we are making a difference. Or, for that matter, what are we bringing to the table of life. After all, your children have all been raised and have jobs and families of their own. Perhaps, on a more personal level, you are winding down or have completely left the job market, and now you find yourself wondering some days, are you really making a difference in someone's life. What, if anything, am I contributing? Or, to put it another way, what is my purpose in life?

This is especially true as we approach our eighties and nineties. Our bodies are growing weaker, and perhaps, spending most of our days sitting in a recliner. There is so little we can do, or so we think that we soon fall into our self-made trap of believing we no longer count...that there is little of value that we can contribute to others.

Well, I must say that my mother who is 92 years young, and is living in a nursing home is still teaching me how to live a fulfilling, rewarding life no matter her circumstances. She is influencing people at the home in ways



she never would have imagined at this stage of life. How? With her sweet, gentle spirit, she is uplifting staff and family and all those around her. Let me explain.

On a recent visit, while waiting for my mother to return to her room, a nurse came in and asked me if I was her daughter. When I replied yes, she got all excited and proclaimed how much she loved my mother. She went on to say how she enjoys my mother so much. Her sweet spirit, her upbeat attitude, her sense of humor, even her singing all brings this dear staff member such joy. She said she can come to work some days, feeling a little down, and by the time she leaves my mother's room, she leaves uplifted with a sense of joy and happiness. Later, I shared that story to my mother, encouraging her to know how she is impacting people. But, she just shrugged it off. I'm sure to her it is not a big deal, because she lives this way every day. I honestly don't know how she keeps that joy, but I like to think it is a gift from God. For He is taking care of her, and allowing her to enjoy her remaining time here.

One of her favorite lines she uses when I am leaving is, "Have a good day. I know I will." Now I find I am saying that. And her great grandson is now using that phrase as well.

Like life, the seasons of nature come and go. For example, in the fall the beauty of nature blooms as the trees turn from green into brilliant colors of orange and yellow and red. In the winter the snow falling quietly on a cold winter's eve, gives us comfort as we snuggle by the fire or under our soft, cozy blankets. What I'm trying to say, is that there is beauty in all seasons of life, just as there is in nature. It's up to us. So, to all who are reading this, I say, "Have a good day. I know I will."

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

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Building Harmony

Episode 65: The Ax in the Wood

By Jeff Capps

I'm the oldest living male on this property so I guess that makes me the man of the house. Lord of the manner. King of the castle. Don't tell my wife.

Naturally I have to prove myself worthy around here, so, among other things, once a year I go out and chop enough fire wood for the winter. It can take weeks. I actually enjoy chopping wood. It's a zen thing and it gets my male ego pumping. When I'm done, I can once again proclaim myself man of the house. Lord of the manner. King of the castle. Don't tell my wife.

Bringing warmth to my family on those many cold winter nights is my way of protecting them. I know that with every swing of that ax I'm creating another half hour's worth of heat so I press on.

One summer afternoon I was out swinging the ax when my grandson Kane came out. "Is that hard?" he asked. I told him it was actually pretty easy if you do it right. Now, being man of the house, Lord of the manner, King of the castle, (don't tell my wife), I decided to show him how it's done. My ego got the best of me and I pulled out a pretty big stump of wood and placed it on the chopping block.

"Watch this!" I said, getting ready to amaze him. My plan was to split that big piece in two with one big swing and impress Kane with my strength. No doubt the kid would be in awe of this King.

I lined up the stump with my ax. Then putting on a good show with a few quick deep breaths, I gave Kane a hero's wink and a smile before I swung my mighty ax into the wood.

Crack! The sound echoed through the valley and into the hills. Birds took to flight and deer bound off into the forest. But- the stump didn't break. The ax head sank itself deep into the stump.

"Well sometimes the wood doesn't break on the first swing," I said with authority and confidence. "This won't be a problem." My confident smile quickly drew to a scowl when I couldn't get the ax out. Man, that sucker was really stuck.

"It's kind of like King Arthur," said Kane. "You know, the sword in the stone. This is the ax in the wood. Can I try?" Heck, if I couldn't get it out, no way he could. But I thought it couldn't hurt to try. He sure tried. He tried lifting it, hanging from it, kicking it, and even tried using his secret super powers. No luck.

As fun as it was watching him try, Cathy called us in for supper so we had to give up. All through dinner he talked about how he was going to get the ax out of the wood and become King of the acreage. We would have to proclaim him King Kane of Harmony Acres. He even made a crown, but wouldn't put it on until he got the ax out of the wood. In the mean time he would have to remain a simple lowly servant- like his grandfather.

He tried for days to pull that ax out, but it just wouldn't budge. I had to hand it to the little guy, he was tenacious. After a month had gone by, I realized that winter was closing upon us and I needed that ax to chop the last of the wood. It was hard getting it out.

It took me almost a half hour but I finally got the ax out of the stump. Just then Cathy came by. "You put that back. If Kane sees this he'll be heart broken. You know how much he wanted to be the one to do it." Well Cathy was right, but I needed the ax. So, I pushed it gently back into the slit on the stump and called for Kane.

"You can do it this time," I told him, "I have faith in you." He smiled and went into a speech. "With the pulling of this ax from the wood, I proclaim myself King Kane of Harmony Acres!" With that, he grabbed the handle and pulled on it. The ax still wouldn't come out so I gave the stump a kick and it released. "Ta-da!" he yelled, trying to lift the ax over his head. I grabbed it before he could drop it.

"I am the king and you are my servant," he began to sing and dance around. "You gotta do what I say. I'm the boss of you." Well, what ever. A little annoyed, I went back to chopping wood.

Kane was a little hard to deal with for a while after that. That crown went on his head and wouldn't be taken off. Sometimes he'd boss me around or make me kiss his ring. Cathy thought it was pretty funny and encouraged him, but we all know who is the real man of the house. Lord of the manner. King of the castle- right?

Don't tell my wife.

© 2019 Jeff Capps. Jeff is a writer and cartoonist who lives in Bragg Creek, Alberta.



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The Powerful Art of Quilting

A quilt is a symbol of comfort, support, and love. A quilt often evokes strong emotions for both the recipient and the maker. A quilt is definitely a functional piece of art. First, I will share what quilting means to me and then I will share what I have been told by others.

When I make a quilt what do I feel?

As I make and design each quilt, I think of the person I am gifting this to and review memories, infuse my desires of peace and prosperity for this person, and just generally feel compassion and creativity in my heart. Sewing quilts allows me to show this love to family, friends, and neighbors, to celebrate happy events and milestones in my loved one's life, and to bring comfort to others in times of grief. Making quilts is a creative quest that satisfies my need to see and feel beauty in the everyday. It is a way to focus on the here and now, a kind of free-flowing meditation. Here is one of the few horse quilts I have made for girls in our family as they connect with their beloved four-legged teacher and companion.

Quilts and Celebration

Who can resist making a baby quilt? Just about any excuse will be reason to look for special fabrics and patterns. My grandchildren came quickly... four babes in four years. I was in my glory making a couple quilts for each. Of course, they needed a holiday baby quilt to go along with one for their birth. And then a play quilt. Oh, I was a happy Grammie sewing, sewing, sewing for these precious bundles. There is something so heartfelt in sewing for babies and I have since found reasons to make more of these smaller blankets for others in the family, neighbors, friends, workers. Yes, any excuse will do because a quilt really does make everything better!



Other important milestones are anniversaries, weddings, and graduations. Once again, this is an opportunity for me to dream, pray, remember each person as I cut, stitch, baste, quilt and bind. But my favorite quilt belongs to the Christmas season. Each are so much fun to plan and gift to family members. This season has also afforded me the chance

to make also sew smaller projects like wall-hangings, pillowcases and placemats. The rationale is that it won't take as much time, but with that I tend to extend the list of receivers to EVERYONE!! I do have a confession and am curious. Does anyone else have a separate stash of just holiday fabric???

Sew Your Grief

I have found that making a quilt for someone bereaved or who is seriously ill is more a gift to myself than to the recipient. I want to do something, and say something that is meaningful and sincere, but am unsure. Sewing a quilt says what is in my heart. As a school counsellor, I made quilts for families who lost their child unexpectedly. Those losses are unthinkable to any parent. The next quilt was made for a longtime neighbor and friend. Our daughters have been friends since grade school and have been witness to each other's wedding vows. When this beautiful and passionate young woman was diagnosed with cancer four years ago, I did not know what to do or say. Of course, I made a quilt for each of them. Here is the quilt I made for the daughter.

A quilt is an iconic symbol of comfort and can feel like being wrapped in another pair of arms. And quilters by nature are a generous and compassionate group of people. In times of great loss, the quilting community rallies and sends out the call for donations. Some recent Canadian examples were the Alberta Flood (2013), Fort Mac Murray Fires (2016) and the Quilts for Broncos (2018). Another way to sew your grief is to make a quilt from the shirts of your beloved. I met a wonderful woman last weekend who was widowed 9 months ago who was finishing a quilt for her son's birthday. She cut and sewed material from his father's shirts to make a 'man's shirt quilt'. Such a powerful healing journey, as she stitched these pieces from shirts she had washed and ironed over many years. And such a tangible memorial for her adult son in receiving such a loving tribute to his father.

Often, groups of quilters band together to form guilds to share a strong, everlasting kindred bond. There they support each other in learning new techniques, share their recent finishes, and also make charity quilts for their communities. These are given to places like the local hospitals, cancer centers, family shelters, and hospices. I know the deep comfort of wrapping myself and my husband each night in quilts donated to the palliative ward. We knew that generous anonymous hands and hearts were part of our final days.

On a national level, there is a drive to provide quilts for to injured or ill military members, past and present. At this time, Canadian has over 45,000 injured veterans. To date, Quilts of Valor-Canada has presented close to 12,000 quilts. Their goal is to donate 20,000 quilts by the year 2020. There is even an ongoing international campaign to make a million pillowcases for foster children. Once again, I believe that, yes, a quilt makes everything better!

Receiving a quilt

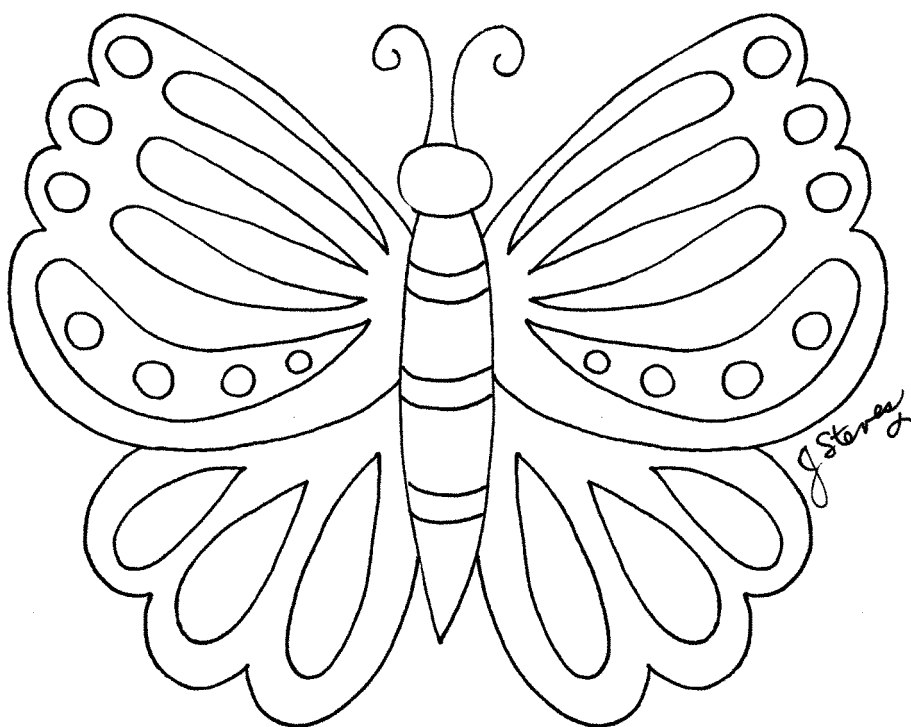
I have not received a quilt from someone... yet. So, I asked some family and friends what their experience was like when they were gifted with a quilt. The very best response I ever heard was when I was told by my daughter who for years had chastised me for spending so much money on buying fabric "to only cut it up and sew it back together!" Of course I did not listen to this voice of reason, and went on to make many quilts for her two daughters. But it was when her second daughter responded so happily and hugged the 'bunny quilt', that my own daughter later said, "When I'm a Grammie, I want to make quilts for my grandbabies like you do. Every quilt shows how much you care for us!". Quilts are personal and signify the special and unique relationship between the maker and the receiver.



I'm always in awe of the mastery and beauty of these works of art whether I see them at a quilt show or enjoy the work of my friends. I am also very proud to call myself a quilter, even though I believe I'm still only an advanced beginner. I am so fortunate to have this hobby in my life and the community around me who call themselves quilters. I know the satisfaction in making a functional yet lovely object with my own hands and heart. In conclusion, this quote found on Facebook sums up how I attempt to work and feel when making a quilt. "Quilters.....cut with hope; stitch with grace; quilt with dreams; bind with laughter; and share with love."

Contributed by Brenda Gibbs, owner of Quilt Designs in the Yard, Saskatoon SK. Read her blog on www.QuiltDesignsintheYard.com

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Collection Complete?

by Deb Heatherly

Let's face it...most, if not all quilters, are also collectors. While the items we collect may vary, we find ourselves always on the hunt for "one more" to complete the collection. The original collection may have started with something that sparked your interest as a child, or a gift that somehow became a collection.

I have to laugh and tell you a comical story here.

I once had a friend who acted thrilled to receive a tiny porcelain pig on her birthday. In actuality she hated pigs because of an incident in her childhood on her grandmother's farm. Still, she had been taught to always show enthusiasm when receiving a gift and so she did. One would have thought she would have won the lottery as she played the part of the happy recipient. Imagine her surprise to receive two more pigs during the next year from people who had witnessed her "happiness." More pig-themed gifts followed on birthdays, Mother's Day, Christmas and "just because." Soon, they were taking over her home and after years of pretending, she was finally forced to confess. She told me that, if one more pig came through her door, she would scream.

Thankfully, I started my obsession with antique toy sewing machines all on my own. It was 1982 and I can still remember the thrill of purchasing my first tiny Singer. I loved placing it in vignettes with antique quilt blocks, dolls or teddy bears, which I also found myself collecting.

That little machine always held a place of wonder for me. I imagined the little girl who played with it and the joy on her face at finding it under the tree on Christmas morning. (Perhaps this is not how it came to be in her possession, but I loved this scenario and played it over and over in my head.) I wondered what type of things she stitched and if the little toy had the same magnetic pull with her that they now do to me.

Through the years, I've found others to add to my collection in an array of colors and styles. A few were added as gifts from others but most were my finds on "treasure hunts" when traveling. Stopping at yard sales and antique stores became a way of life when I was on the road. Unlike my friend and her "pig farm," I could always make room for one more.

I married my husband eleven year ago and he likes to tell others that I only married him to get his machine collection—which we added to mine. (True, he did have a vary rare Toy Singer with its writing in Script, but we won't tell him that this sealed the deal.)

Through the years, I have loved and treasured each and every one but always dreamed of owning what to me was the pinnacle—a red toy Singer. While reading up on their history, I learned that very few red or blue ones were made. That's all I needed to know. In my mind, if had a red one, my collection would be complete. I had seen them in pictures and even come across a few on eBay but they all ended selling for a lot more than I was willing to pay. Never had I actually seen one in person. That elusive little red machine would be the "icing on the cake" if only I could find one. It did not matter that there were now over 100 little machines living in my home. I would be finished collecting once I found this prize and it was in the spot reserved just for it.

After 37 years of collecting, I will have to admit that I was beginning to lose hope when I found one on Facebook marketplace. Thinking it too good to be true, skeptical me had to ask if it was original, which it was. Its price was still high but my loving husband told me I "needed" it. (I think it was more likely that he was tired of hearing me talk about it and foresaw vacations without having to stop at every antique store along the way.)

As luck would have it, my little prize was only 30 minutes away and soon the deed was done. It was mine and sitting proudly in its special spot. I have to admit that it made me smile and made my heart go pitter-patter. I could hardly believe that, after so many years of searching, one was finally mine.

A few days after the purchase, as I gazed lovingly at my long-awaited beauty, my husband came over and placed his arm around me.

"You did it," he said. "Your, collection is complete."

I guess he expected an instant response of "Yes, it is." But I did not answer and he turned to look at me, waiting for a response.

"Well, almost," I replied.

"What do you mean almost?" he said. "You've always said that this was all you needed."

"Well that was before I had one," I said. "Now we can start looking for a blue one."

He just shook his head and walked away. Somehow, I think he knew we

would not be finished—but I guess hope springs eternal.

Deb Heatherly is a designer for Creative Grids® rulers and tools. When not in her studio, she is on the road doing Creative Grids® lectures and workshops for guilds and shops across the country. She is the designer of the Creative Grids Cat's Cradle tool, Strippy Stars tool, Turbo 4 Patch, Ultimate Flying Geese tool, and Cat's Cradle XL. She is the author of the books 'Cat'itude, Strippy Stars, 4-Patch Panache, The Ultimate flying Geese Book, and Catitude XL. Visit her website at www.Debcatsnquilts.com. Creative Grids® fans are invited to join her Facebook group page- Grids Girls, for tips and inspiration <https://www.facebook.com/groups/770429649800457/>. You can contact her at Debscatsnquilts@aol.com.

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Sault Ste. Marie



Town and Country Cooking

Relish This!

By Janette Hess

As gardens and produce stands begin to wind down for the season, we all need to make one last effort to thoroughly enjoy the fresh vegetables, fruits and herbs of summer. What better way to relish these flavors than with – you guessed it – freshly prepared relishes, salsas and tapenades? Highly versatile, these plate-enhancing concoctions may be served as dips, sides and toppings.

Hot and Sweet Corn Relish relies on a fresh peach to amplify the subtle sweetness of the corn. Red Pepper Salsa offers a slight change from normally tomato-intensive salsa and, with only 8 calories per tablespoon, is an excellent choice for health-conscious eaters.

Olive Tapenade offers an intense Mediterranean flavor experience. Serve it with pita bread and hummus for a satisfying, Mediterranean-style snack, or simply use it to perk up your next sandwich. Please note that shoppers finally have more options in the olive section of their supermarkets. Reduced-sodium Spanish olives are now generally available, as are canned, pitted green olives packed in water and sea salt. Both offer a nice respite from traditional, exquisitely salty Spanish olives.

Hot and Sweet Corn Relish

- 2 ears sweet corn, husks and silks removed
- 1 fresh jalapeno pepper, diced (seeds and ribs discarded)
- 2 tablespoons diced red onion
- 2 tablespoons lime juice
- 1½ teaspoons sugar
- ¼ teaspoon salt
- 1 medium fresh peach, peeled, pitted and diced
- Fresh cilantro, if desired

Wrap corn in waxed paper or place in covered glass dish. Place in microwave oven and cook at high power for 3 minutes. Plunge corn into ice water to cool quickly. When corn is cool, drain and pat dry. Cut corn from cobs; set aside. In medium bowl, combine diced pepper, diced onion, lime juice, sugar and salt. Add corn and diced peach. Toss and stir. Add finely chopped cilantro, if desired. Refrigerate until serving time. Best if used within 12 hours. Makes approximately 1¼ cups relish.

Serving suggestions: Use as a dip for corn chips, as a relish with grilled chicken or seafood, or as a condiment with Mexican or Southwest food.

Red-on-Red Salsa

- 1 large red bell pepper, cut in half and seeded
- 2 Roma tomatoes
- ¼ cup diced red onion
- 2 teaspoons red wine vinegar
- ¼ teaspoon chili powder
- 1/8 teaspoon salt

In food processor, lightly blend ½ red pepper and both tomatoes. Hand-dice remaining ½ pepper. Combine all ingredients in medium bowl. Refrigerate until serving time. Makes approximately 1 cup salsa.

Serving suggestions: Use as a dip for chips or as a topping with Mexican or Southwest cuisine.

Olive Tapenade with Feta Cheese

- 1 cup reduced-sodium Spanish olives with pimiento
- ½ cup pitted kalamata olives
- 1 clove garlic, roughly chopped
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons fresh lemon juice
- 1 teaspoon fresh, chopped basil
- 1 teaspoon fresh, chopped oregano
- ¼ cup crumbled feta cheese

Rinse olives; drain well. Place all ingredients except feta cheese in food processor. Process into spreadable mixture, stopping processor several times to scrape down sides. Transfer to bowl and fold in cheese. Refrigerate until serving time. Makes approximately 1 cup tapenade.

Serving suggestions: Serve as a dip with pita chips, pita bread or hummus, or spread on ham or turkey sandwiches.

A trained journalist, Janette Hess focuses her writing on interesting people and interesting foods. She is a Master Food Volunteer with her local Extension service and enjoys collecting, testing and sharing recipes.

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Quilting with Barbara

Guilt. We've all felt this emotion from time to time, sometimes earned, sometimes not. For some of us it seems to be lodged in our DNA. There are so many things to feel guilty about: I'm not a good mother, wife, daughter, friend... I should have worked harder on that last project... The meals I prepare aren't always balanced... my house never looks like the ones in magazines... I should have been kinder to that overworked person at the checkout... Mea Culpa!

Recently I read somewhere that there is something else some quilters feel guilty about – sending their tops out to a professional quilter to be finished, thinking they cannot truly say it is their own work if they don't sew every stitch themselves. Think about this: the quilter/piecer has (1) chosen the pattern; (2) picked – and often agonized about – the colours; (3) cut and sewn the blocks; and (4) assembled the parts into a harmonious whole. The professional merely stitches the layers together in the pattern chosen by the maker of the top. So why should the maker feel guilty?

Does she feel guilty because she can change a tire but has the garage do it? Does she feel guilty because she calls a plumber to unplug her sink although she knows how to do it? Does she feel guilty when she hires someone to cut grass or shovel sidewalks although she is capable of doing both? Or does she cringe when on a busy day she picks up a fast meal at the deli rather than cooking one from scratch? Probably not. In all these cases help for the task at hand is appreciated, and the services of a professional make life a little easier. So it is with quilting. A stack of unquilted tops can be guilt-inducing; in that state they are of no use to anyone, except as a reminder of work not done. The longer they stay unfinished, the greater the guilt and the more insurmountable the task seems.

True, having someone else do your quilting is more costly than doing it yourself, but if you consider the professional's investment in equipment, classes, time and materials, the charge becomes understandable. Your pattern, fabrics and time probably weren't free either!

So give yourself a break this summer. Get some help with your backlog so you can begin anew in the fall doing what you truly enjoy – choosing patterns, colours and creating beautiful tops – without even a twinge of guilt.

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



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Tribute Quilts

by Marlene Oddie

For several years the Row by Row Experience™ event has become popular during the summer months. Have you made a quilt from rows you have collected? Ever find that the theme reminds you of a friend or loved one and so you collect enough to make a quilt for them? I consider this a tribute quilt.

Last year's theme was 'Sew Musical' and my own shop design used the principal of refraction because Pink Floyd used it on his Dark Side of the Moon album that is now considered a top iconic album cover. My dad, a retired high school physics teacher, was instrumental in helping me make the decision to go with this design.

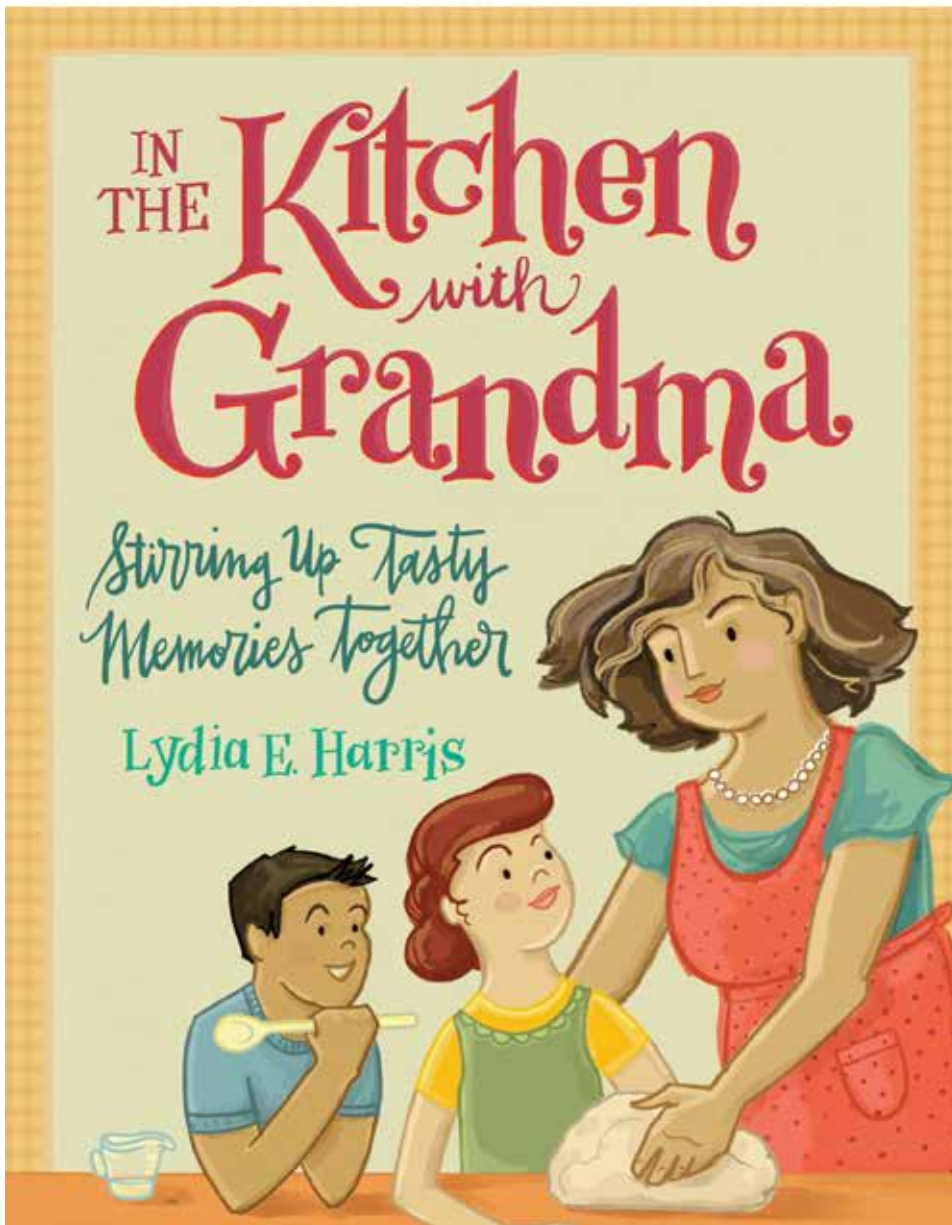
Unfortunately, my dad's health was declining throughout last summer. I kept seeing rows across the country that reminded me of him. For example, back when the U.S. was about to land on the Moon, he bought a TV so we could watch it. He always was fascinated by space. He also did the sound

for a select high school touring choir for many years. Through various online and personal connections, I started collecting rows that reminded me of him and started telling a story about his interests and some of mine.

After his death, I learned of an event happening at the school he taught at for 38 years and knew I had to put this quilt together and donate it for them to raise monies for roadwork repairs at the school—an in lieu of flowers memorium my mother designated at the time of his death. I have named it Tribute to RB.

For more information about this year's Row by Row Experience™, check out the map and all details at www.rowbyrowexperience.com and incorporate some stops in your summer travel plans.

Marlene Oddie (marlene@kissedquilts.com) is an engineer by education, project manager by profession and now a quilter by passion. She enjoys long-arm quilting on her Gammill Optimum Plus, but especially enjoys designing quilts and assisting in the creation of a meaningful treasure for the recipient. Patterns, kits and fabric are available at <http://www.kissedquilts.com>. Follow Marlene's adventures via <http://www.facebook.com/kissedquilts>, <http://kissedquilts.blogspot.com>, instagram [marlene_kissedquilts](https://www.instagram.com/marlene_kissedquilts) and pinterest [marleneoddie](https://www.pinterest.com/marleneoddie).



New Cookbook Available

In the Kitchen with Grandma

is Released by Lydia Harris

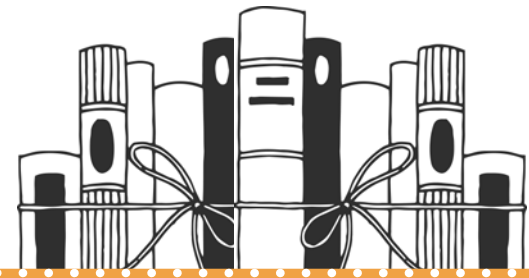
"Grandma, you're a good cook," Lydia Harris's seven-year-old granddaughter Anna told her. Then Anna added, "But when I cook with you, it tastes better!"

Country Register readers of "A Cup of Tea with Lydia" will be pleased to learn that Lydia Harris (aka Grandma Tea) has just released a new cookbook: *In the Kitchen with Grandma: Stirring Up Tasty Memories Together*. This delightful cookbook includes 100 yummy recipes and more than half are gluten-free. Organized by seasons and special days, these grandma-approved and grandkid-tested recipes are ranked by difficulty so you can always find a recipe that fits any child's age and skill level.

Grandma Tea has been cooking with her five grandkids since they were old enough to lick a spoon and she loves developing and testing recipes with them. During the past ten years, her recipes have appeared in children's magazines such as *Pockets*, *Clubhouse Jr.*, *Clubhouse*, and *Brio*.

Grandmothers and grandchildren will love making and eating the foods. Plus, they will make lasting memories as they chat together using "A Spoonful of Sharing" discussion prompts. Anyone who works with children or who wants to stir up simple, tasty recipes can enjoy this cookbook. From Frosty Floating Snowmen in January to Peppermint Angel Cake in December, the delightful recipes can be cooked all year long.

Just in time for Grandparents Day, September 8, *In the Kitchen with Grandma* is available on amazon.com, barnesandnoble.com, Christianbook.com, and HarvestHousePublishers.com. For more information, you can connect with Lydia Harris on Facebook or at LydiaHarrisBooks@Gmail.com.



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GIRLFRIEND WISDOM

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Church Ladies

Neighborhood
Group

Crafty Ladies

Quilt Guild

Service Club



Belonging to a group to work together to create a project or fill a need in your community is one of the greatest gifts you can both give and receive. When we come together as a group, our work becomes lighter, our joy bigger, our service expands, and our generosity blossoms. I have witnessed the Quilts of Valor presentations at several quilt guild shows. "The mission statement of the Quilts of Valor Foundation is to cover service members and veterans touched by war with comforting and healing Quilts of Valor." The heartfelt words and honor of the presentations bring tears to your eyes. And when the Veteran is wrapped in a handmade quilt of red, white, and blue, tears of honor, appreciation, and awareness of sacrifices made on their behalf touch us all very deeply. The projects that can be accomplished as a group multiplies beyond the expectations of any original idea.

GIRLFRIEND WISDOM: Join a group, or start a group to work together for an unmet need in your community. You will find that the joy in giving of your group's time and talent will grow and take on a life of its own. Its a wonderful journey creating a joyfilled life for certain!

Joy & Blessings, *Jody*

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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