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Across Canada and the U.S. you can always tell *The Country Register* by its cover. Our publishers seek to find cover art or photos from the province/state the paper represents. To that end, we are seeking the work of artists from Ontario to feature on our covers. The art must be in good taste and consistent with the theme of the papers. If you would like your work to be considered, please send an email indicating your interest to [OntarioCountryRegister@gmail.com](mailto:OntarioCountryRegister@gmail.com)

### Meet our cover artist:

#### Katie Doucette

Katie Doucette was born and raised in Saugatuck, Michigan, also known as the Art Coast of Michigan. From a young age, Katie loved to paint and draw and make art of all kinds. She was inspired by her great grandmother's beautiful penmanship, so she learned to write in cursive almost as early as she learned to write. Whimsical lettering has always been her favorite.

Katie has always loved redecorating her house, and after she was married, she began to create decor for her own home. In 2011, Katie and her husband scraped together enough money to start a small gift shop, with the help of her parents. Their budget to buy inventory was tiny at first. To make ends meet and grow the business, Katie started making small wooden plaques for the shop at her kitchen counter. Her little signs were a hit, and she began selling them to gift shops throughout Michigan.

In 2015, Katie began licensing her artwork. Katie's art can be found in numerous gift shops throughout the country, as well as many online shops. Her passion is spreading inspiration and positivity to the world, one illustration at a time."

To view Katie's art prints, go to [www.PennyLaneFineArt.com](http://www.PennyLaneFineArt.com) or call Penny Lane Fine Art at 800-273-5263 for more information





Prescription for Adventure

The New Year – A White Blanket of Snow

by Naomi Gaede Penner

The storm shrieked all night, and the poorly insulated house felt colder than usual. The red, hot water bottle in Ruth’s bed had long lost its warmth, and the 4-year-old climbed out of her crib and snuggled next to her year-old sister, Naomi, in the narrow twin bed. Their father, Elmer Gaede, didn’t heat the house much. Too expensive, the Kansas farm boy reckoned. He was up to his ears in medical school loans and hoped to make back the money by working as a neophyte physician at the well-paying Public Health Native hospital in Anchorage, Alaska.

When the northern darkness broke, around 10 a.m., on that January day, the pastel sunshine revealed a sparkling winter wonderland with snowdrifts up to the roof on one side of the house and not much on the other.

The girls’ father waded out into the snow with a grin. Their mother, Ruby, peered out a partially concealed window, holding their newborn son and swaying side to side, like mothers do to calm their babies. She glanced down at the girls, who were on their tiptoes, reaching up to wipe the damp blur off the window pane.

“Put your snowsuits on, girls, and see what Daddy is doing.”

And so they did, struggling with their matching red rubber boots. Out the door they went, letting a rush of frosty air into the house, and looking like cute bandits with wool scarves pulled over their noses.

“Up here!” shouted their father.

They shielded their eyes with mittened hands and found him on the roof. The twosome climbed the mountain of snow, huffing and puffing, to meet him, and then slid down on their backsides – giggling all the way. Over and over, they trudged up to the roofline until a rumble down the street caught their attention.

“Here,” their father said with outstretched hands. “Let’s look over the edge.”

They grasped the gloved safety net and proceeded to the peak of the roof. Below, a large machinery truck lumbered along, spewing snow out a funnel. Their mother had seen it, too, and later remarked to her husband, “That was just like the augers on the farm!”

The January blizzard of 1956 was the family’s introduction to life in Alaska. Friends at the (Swedish) Bethany Baptist Church where they attended thought nothing of it. People like the Olsons, Lindmans, Lindstroms, and Carlsons merely chuckled and commented, “Nothing like Pillager.” “Nothing like Duluth.” “Nothing like weather around the Great Lakes.”

The calendar page with benign carrot-nosed snowmen and women had introduced a blustery new year, and the Gaede family had no idea what else 1956 would bring their way.

“Life in this Alaska Frontier will be an adventure,” said the father, digging around for his hockey skates.

“I hope I can keep my children warm,” murmured the mother, making hot cocoa for the girls.

And thus, it is with each of us. The New Year starts like a clean, white, untrodden snow-blanketed field, waiting for us to venture a footprint, make a trail, wave across it to a newcomer, or invite someone to join us for what might be an ordinary day or a most unusual year.

Come on! Let’s go!

Naomi is the author of five, almost six, non-fiction Alaska books. See [www.prescriptionforadventure.com](http://www.prescriptionforadventure.com). She can be reached at [prescriptionforadventure@gmail.com](mailto:prescriptionforadventure@gmail.com) or (303) 506-6181. “Alaska Bush Pilot Doctor” and “The Bush Doctor’s Wife” are available on Amazon in paperback and e-book formats. You can follow Naomi on Facebook at “Prescription for Adventure.”

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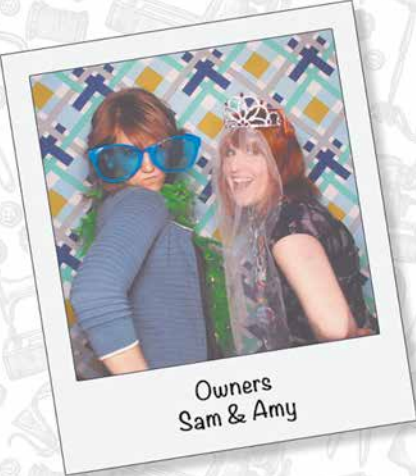
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## Breezy Manor Farm Recipe

### Simple Chicken Soup

It's winter, soup time!

In a large crockpot put 4 chicken thighs, 1 pound cut up carrots, 3 ribs of celery cut up, salt, pepper and either rosemary or sage.

Cover with water, cook on low several hours (about 6) until chicken is done, remove skins and bones, add noodles either bought or homemade, as full as you like. You may need to add more water. Cook until noodles are done. Even better heated up next day.

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Designed By  
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## Become Inspired Decorating, Entertaining and Living in the Early American Style

### Quality Quietude

With the bustling holiday season behind us, there is no doubt we may feel a genuine need for a reprieve. And in many cases, that is just what winter provides. As we go outside into our yards during one of the first real snowstorms of the season, we may recognize the unrivaled depth of silence. The trees, the ground, all of nature is blanketed under the secret of snow and our world has been beautifully transformed. This stillness brings with it an opportunity for us to match nature's quality quietude.

### Landscapes of Change

Creating our own interior landscapes of change is one of the joys of country decorating. It is at this time of year after the tree has been taken down and all our decorations have been packed away, we have a clean slate to reinvent our spaces and make them a secret sanctuary to ward off the chill of winter. New arrangements of furniture by the hearth invite intimate conversation and storytelling over a piping hot bowl of beef stew on a cold Sunday evening. A recent purchase of a schoolmaster's desk in early blue can turn a vacant corner of a room into a colonial vignette complete with a stately Windsor chair, early leatherbound books and a stoneware inkwell with a turkey feather quill. A small country cupboard that was found at a local antique shop can transform a room into a quaint winter retreat when it is filled with antiques like blue-decorated stoneware, early woven rye baskets, redware and antique pewter. Woven textiles in colonial colors like soldier blue or tavern mustard are a wonderful way to change the look of a room. They can be layered beautifully among our favorite pieces to lend the perfect country accent. Antique quilts can also be hung or folded to fit in cupboards to add dimension and style.

Perhaps one of the best investments for winter to create a serene environment would be lighting. Beautiful lighting in the form of stoneware lamps with handcrafted hexagon shades, antique whale oil lamps which come in enticing forms or electrified tin candle lamps which create an inviting, primitive tone are all choices that create a signature country look. The ambiance that lighting can create is something that is a true blessing all winter and beyond.

### Blessings of Time

The quiet of our winter months often provides time to dream and to plan. Sometimes our very best ideas come to us in the months of winter. We have time to spend thinking more deeply about things and often with less distraction, so our ideas have time to incubate and grow.

Another blessing of winter is the chance it gives us to view things in a different perspective. Just as the landscape around us affords us a completely new view of our world, it also gives us a chance to explore the different surroundings which in and of itself is restorative.

This winter, embrace the special moments of stillness. Experience the fresh-fallen snow in a wooded glen to feel the depth of its silence. Take days that are slower-paced and use them to create your own sanctuary to enjoy. And as you gaze out upon the beauty of winter, remember that Her secret is always the promise of the coming spring.

*Annice Bradley Rockwell is an educator and owner of Pomfret Antiques. She is currently working on her book, New England Girl. [NewEnglandGirl2012@hotmail.com](mailto:NewEnglandGirl2012@hotmail.com)*



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# Putting the Art of Patterns into Practice

By Barbara Kalkis

Life is full of ironies. For example, I'm a terrible cook but own more than 30 cookbooks and hundreds of recipes untouched by buttered and floured fingers. I'm the same way with patterns. In fact, I could be the poster-girl for patterns of every kind. My house is filled with them. They line cupboard shelves. They are stuffed into magazines and books. They are stacked in my craft room. Others stand in alphabetical order by subject in drawers meant for business: Cardmaking, Cooking, Crochet, Embroidery, Exercise, Knit, NOK (Next-of-Kin), Quilting, Sewing, and so on. You get the idea. It's not as if I toil at all these activities. I don't, but I can never tell when I will become interested enough to take up some new hobby and perhaps even excel at it. I'm very optimistic in that view.

Patterns are promises for success. Gifted artisans create patterns for the rest of us to follow in making a quilt, crocheting a sweater, or paper-folding an origami-style greeting card. Then every activity we tackle can supposedly be mastered once we learn the craft's unique vocabulary: mountain fold/valley fold; chroma, blooms; ch3, scx24, sl st; log cabin, double wedding ring, sawtooth, monkey wrench; flange and J bolts. Even recipes with their international vocabulary like "mise en place", "mirepoix", "the holy trinity" are simply a pattern for making a dish that looks exactly like the one in the video or magazine photo. Supposedly, by following the pattern meticulously, you can glide to smooth completion of your project. (I, of course, do not know this by personal experience but have heard about it.)

These days, there are even patterns for preserving your wishes after you sail into the great beyond. A NOK kit tells you exactly how to assemble your crucial documents and records, so you can leave your affairs in perfect order for your successors. No beneficiary fights over who gets the silverware.

My mother taught my sisters and me how to use patterns for all kinds of crafts, but my collection really grew out of a lifelong love of reading harrowing mysteries and armchair spy novels. Yes, there is a connection. John LeCarré, Ian Fleming, Agatha Christie, Helen MacInnes, and an army of other writers all include the concept of patterns in their stories. The running theme in these two genres is that success in crime or espionage requires the ability to spot coincidences and understand the unique pattern they form. Ian Fleming, who worked in British Naval Intelligence, defined the discovery of patterns this way: "Once is happenstance. Twice is coincidence. Three times is enemy action." Andrew Horowitz, stated it more simply in his novel, Moonflower Murders: "Everything in life has a pattern, and a coincidence is simply the moment when that pattern becomes briefly visible."

Those quotes have stuck with me as words of wisdom. They reveal more than a twist on the crafter's definition of the word "pattern". They demonstrate the role that patterns play in our life experiences.

Everywhere in life, something nudges us to create a pattern. The seasons instruct us to plant seeds, nurture them, and enjoy the benefits of harvest. Work life enforces a pattern of how we spend our weeks. Patterns help us bring order to our everyday activities, going to the gym, taking the kids for lessons, lunch with friends.

While the new year is young and we are feeling fresh and energized with resolutions and visions for the months ahead, it's the perfect time to design new life patterns that will enrich our days. Here's cheers for every successful pattern you design!

-©Barbara Kalkis, 2024. Barbara spends her time writing, teaching, and working in high tech. In off-hours, she studiously follows patterns for making greeting cards. She's author of Little Ditties for Every Day...A Collection of Thoughts in Rhyme and Rhythm. Contact her at BarbaraKalkis01@gmail.com.

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## At Least We're Not Living at the North Pole

by Becky Van Vleet

Fierce gusts of frigid wind whipped through the air, carrying with them huge snowflakes that danced and twirled in a white blur. The Colorado skies opened up where we live and dumped more than two feet of snow in an autumn snowstorm, necessitating three consecutive days of school closures. As my husband and I ventured out of our house five days later, we were met with mounds of snow that towered eight feet high and more, scattered all over the city from plowing efforts. We were finally able to make our way to church, picking up our granddaughter Amara, age six, along the way. As soon as we backed out of her driveway, I couldn't help but comment on all the snow and how bad the roads were at our house. How difficult it was to even get out of our neighborhood. Amara's immediate response was simple yet profound: "Well, Nana, at least we're not living at the North Pole!"



What? Out of the mouths of babes. Another lesson to learn from a grandchild! Mine keep me humble. I reflected on Amara's comment later in the day. I believe her point was, let's look on the bright side of things. Yes, indeed.

In the last ten years, anxiety has become a growing concern, not just among adults, but children as well. The Anxiety and Depression Association of America reports that 3.1 percent of Americans are affected by some anxiety disorder. While this may seem like a small percentage, it equates to approximately 6.8 million people in the United States. Yikes. Not good.

I like what Helen Keller advised. She said we need to be like sunflowers. When we keep our faces to the sunshine, we won't see the shadows. This inspiring woman was blind, yet she still offered this gem of wisdom to strive for positivity.

I've heard it said when we exercise appreciation, our gratitude muscles will respond. Speaking of muscles, it only takes 17 muscles to smile but 43 muscles to frown. Could frowning lead to unwanted facial wrinkles? (I don't think I want to go there.) On the other hand, I've never heard of any negative side effects from smiling and laughing. Have you?

I like what the apostle Paul writes in Philippians 4:4. "Rejoice in the Lord always. I will say it again; rejoice!" There must be something to this. Paul repeated it. I think he'd appreciate Amara's outlook. When we choose to look on the bright side of life, we'll empower ourselves to lead a happier, more fulfilling existence.

As the new year begins, many of us are making resolutions. We have various aspirations and goals in mind. Perhaps if we all resolve to focus on the bright side of things, we'd experience more peace and joy. Thank you, Amara, for this reminder!

Becky Van Vleet, a retired school administrator, lives near Colorado Springs with her husband, Troy. They are the parents of four grown children and enjoy spending time with their nine grandchildren. Becky is a children's picture book author, and her website is devoted to family stories and creating memories: [www.beckyanvleet.com](http://www.beckyanvleet.com).

## Random Acts

by Maranda Jones

### Always Will

The picture my mom painted when I was a little girl still hangs in the hallway. And probably always will. Its bright colors and clear message say everything our hearts have always felt. And probably always will. "There's no place like home...except Grandma's!" Even though we are moving in and making it our own, it still feels like Grandma's house and probably always will. There are stacks of memories in every room. This one welcomes us home and sends us on our way each day as we pass the knotty pine closet.

My sister and I spent a lot of time with her in this house, spending the night often. Not just weekends and holiday breaks, but



weeknights too. Since Grandma was the school secretary for all of my academic years, she had to be there before most, and our breakfast was ready bright and early on those mornings. I remember getting up prior to sunrise and watching her put on makeup in the mirror in the lavender bath. Those walls are the same color they've always been and probably always will. I had never given much thought to the walls and structure of her home until recently.

Moving our three children, and our two decades of collected items as a married couple, into her home has shown us how practical this house is. There is not an inch of wasted space, and everything has a purpose. The cabinets give us ample storage for towels, sheets, dishes, food, and more. The kitchen counters are lower than most because my grandmother was short in stature. This works to my benefit because I am too. My six foot tall grandfather thought of little things like this to make this life easier for my grandma, and she was forever grateful. In the nights I spent with her during her last week of life here on earth, still in her own home, she told me repeatedly, "Your grandpa built me the perfect house. This home has served me well."

These conversations carved their way into my mind and heart, and probably always will. In my lifetime, my grandma had never once referred to my grandfather as that title. She called him by his name, Vernon, in every story she ever told us, and she told us many, at least one a day. She only called him "your daddy" when talking to my mom and uncle. They have been missing him for over 50 years. He died at a young age but has always been in their hearts and always will. In my grandma's last days, he became my grandpa. This well-loved popular man, whom I never had the opportunity to meet, felt closer than ever.

I started thinking even more about them as she was still here in her home of over sixty years, a house that served her well in every stage of life. Raising two children, hosting her granddaughters, and enjoying her great grandchildren were all realized under this roof. My kids' toys were always within reach in the front closet, and they haven't been able to move them yet. So, there they stay. We are in no rush to clear out those little reminders of how welcome we have always felt. We feel so honored to call this our home, feeling comforted in our grief without Grandma, remembering the memories we made here within these walls and out.

As I look out the window I see the trees I attempted to climb in my younger days and the pastures where I learned to drive. Grandma's green Pontiac and the old blue Ford drove many miles as we checked cows, fixed fence, and caught falling stars as she said, "Money, money, 'fore the week's over!" Now my kids are taking those paths among the terraces during the day and counting more stars as the coyotes howl at night.

The days and nights at our new address have been filled with peace, quiet, comfort, and joy. I pray they always will.

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**Maranda Jones' new book *Random Acts* is now available at [amazon.com](https://www.amazon.com)**  
***The book includes her acclaimed articles from the last decade!***



# This Farm Girl's Life Was a Patchwork Quilt

by Nancy Nash

My Aunt Phebe grew up on a farm in Illinois prior to WWII. The farm lacked electricity until the late 1930s, and the house had no running water until after she had left. Her family was hard-working and loving, and she soon learned to cook, sew, and garden. She delighted in attending a one-room school for her elementary education.

At the age of twelve, she contracted pneumonia and landed in the hospital, where she almost died. The experience implanted a desire to become a nurse, which she subsequently did. In later years, she was employed in private duty, with her last client living to be 103.

When she was 15, young Phebe started driving her Aunt Margaret to town to trade the eggs her aunt's hens had produced for butter, salt, and flour. No drivers' licenses were required in the state, although that was soon to change. The process of obtaining one was simple: if you were tall enough to place 25 cents on a bank teller's counter, you were given a license. My Aunt Phebe got hers, and she remained an excellent driver all her life.

My aunt married and moved to Massachusetts, where my uncle owned a quarry filled with dinosaur footprints embedded in layers of rock. He sold footprints and presided over a museum/display room that attracted many visitors, including busloads of schoolchildren. My aunt delighted in working there, meeting people from all over the nation and occasionally from other countries as well. But as she and my uncle settled into a home and began to raise three sons, the skills she had learned as a farm girl were also much in evidence.

Aunt Phebe tended a small garden and cooked delicious hearty meals. Much of the cellar functioned as a pantry, with row upon row of canned goods and preserves and a freezer full of meat. It was colorful, well-organized, and neat. Her kitchen expertise earned her a role in many

a church supper.

Sewing found its way into the house as she made her own clothes. One cold winter, she devised her own pattern for pullover shirts to be worn by my uncle and my father. This was before synthetic fleece was popular, and I don't remember the fabric she used, but I would guess it was a wool felt. Snugger than a sweatshirt, the garment fit well under a heavy jacket and was dense enough to protect against winter winds.

Aunt Phebe made quilts. She had started doing so as a young girl, using wool from sheep on the farm. For her children and grandchildren, she made patchwork quilts for use as bedspreads, even one with a dinosaur motif!

In later years, she and I travelled to other towns to look at quilt exhibits. I recall our amazement in viewing a beautifully hand-sewn comforter comprised of hundreds of small pieces of fabric forming an intricate geometric pattern. We learned that a petticoat in the 1700s might be quilted to trap body heat in cold weather. In my mind's eye, I see a "crazy quilt" consisting of bright patches that seemed to glow against their background of dark velvet, like stars in a night sky. It had been created locally in the 1800s and was truly a work of art.

In a sense, Aunt Phebe's life was like a patchwork quilt designed of varied images and an array of colors. She used skills learned as a farm girl growing up in Illinois to tend to the needs of her small-town Massachusetts family and friends. Her values of hard work, generosity, and kindness transferred into every setting she found herself in, much like patchwork images and colors spilling onto the "canvas" of a comforter.

©2024. Nancy J. Nash. Nancy J. Nash is the author of *Mama's Books: An Oregon Trail Story* and *Little Rooster's Christmas Eve*, each available on [amazon.com](https://www.amazon.com). She has a B.A. in English composition from Mount Holyoke College and an M.F.A. in Writing for Children from Simmons College. She can be reached at [nancynash341@gmail.com](mailto:nancynash341@gmail.com)

# Cozy Quilting Days

by Janet M. Bair

When the days are gray and every morning looks like it is already four o'clock in the afternoon, I put on my yellow sweater, take my Vitamin D and make sure I have enough material to last me through the next snowstorm.

In winter, I sew for summer. Only the most cheerful and bright cotton prints will do. If there are no flowers outside, at least I can work with flowered fabrics. Crock-pot dinner cooking, I use the kitchen table to cut and cut more fabric. I usually cut out far more than I have time to sew. As the snow piles up, I turn my focus to sewing, rather than nervously watching people's cars slide dangerously down our hill. Even the snowplow got stuck one year on the ice.

I have only been quilting for a few years. Since my sewing room is not air-conditioned, I find it hard to quilt in the summer. So, the winter days are cozy times to work with a heavy quilt piling up on my lap. Last year I pieced several quilt tops in the summer but left the full quilting until winter.

Of course, after I finish a quilt, I need to make sure I have another project to work on. After a snowstorm, there is something special about getting shoveled out and driving off to the fabric shop. Going inside a brightly lit store with bolts and bolts of vibrant colors does something to my heart. Even if I don't buy anything, just seeing the colors inspires me.

I browse slowly through the various sections but I am always drawn to the batiks. Their brilliant dyes and abstract patterns spark my imagination as I try to think of what I could make next. I linger over the blue shades, which remind me of the ocean. I have bought far too many pieces of blue batik prints, just because they were beautiful. I can always find a new pattern to try. Or simply get a Fat Quarter. I reluctantly leave the fabric shop and go to the grocery store on my way home.

Inspired again, I start pulling out pieces to go with whatever new fabric I bought and lay it out on our living room rug. I really should have a design wall but our house has so many bookcases, there isn't room for one. The pieces lie there for a few days until I figure what colors go best together before I start cutting and sewing.

Quilting takes a lot more time than I realized. The winter season is perfect for catching up on projects, organizing and watching my local quilt shop's online tutorials to learn new skills. I am realizing that there are far more quilting projects than I will have time for in my life but I can honestly say, I will never be bored!

© Janet M. Bair of Ansonia, CT. You may contact her at [librarybair@hotmail.com](mailto:librarybair@hotmail.com)

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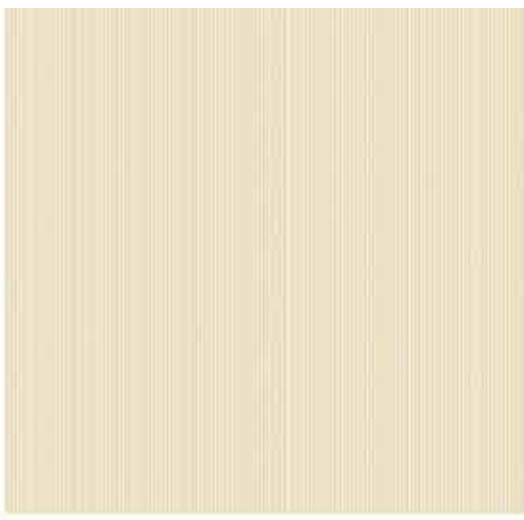
Joyfulness makes your Heart Sing!

Cheerfulness, Contentment, Merriment, Gratification, Exuberance, Jubilation, Enjoyment, Gladness - all synonyms for being Joyful! Many times we confuse Happiness with Joyfulness or vice-versa. We might not perceive the difference at first but after thinking more deeply about it, we will likely come to the realization of the difference. Happiness is temporary. It's a personal emotion that can change quickly depending on outward experiences in our day to day lives. Joy is an inward feeling, like gratitude. You may find a natural action of placing your hand on your heart. It is a deep and meaningful expression. Joy connects people to each other, while happiness consists of momentary connections. Finding true joy can be found through volunteering to help others in any way that highlights your personal gifts or experiences. In this time of new beginnings the Girlfriend Wisdom is: Make it a goal to seek ways that nurtures Joy and count the times when your hand automatically comes to your chest and honors your heart as it sings!

Joy & Blessings, Jody

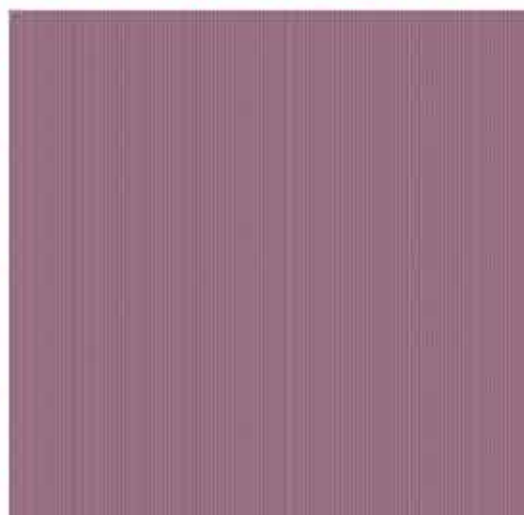
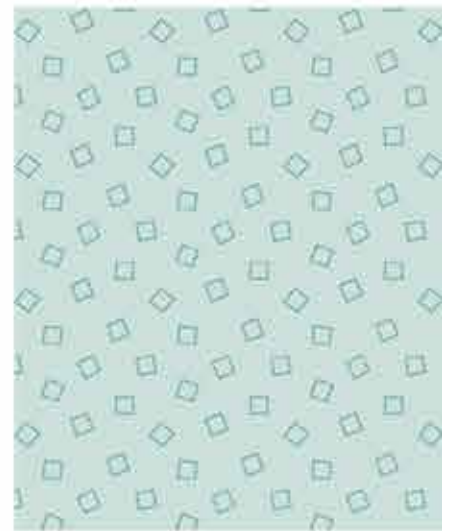
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# Future Heirlooms





# Pieces From My Heart

by Jan Keller

## It's in the Fabric!

"Do you love me?" is a question I incessantly asked my husband in the early years of our marriage. I asked him so often John must have tired of answering! It seems I not only needed to be told that I was loved, but I also appreciated being the recipient of demonstrative love in action.

Many years ago, John demonstrated his love beautifully and from time to time I like to reflect upon that day when we stopped at the mall to enjoy lunch and a movie. After eating, but before the movie started, we had a little time to shop. John headed off in one direction to look at men's stuff, while I went the other way in pursuit of any really great buy.

At the appointed time, we met for the movie. At the conclusion of the movie as we were strolling through the mall to get back to our car, I said, "There's a dress I saw I'd really like to show you. I kind of liked it and wondered if you would too. Do you mind if I show it to you before we go home?"

"Oh really," John replied. "I also saw a dress I thought you'd like."

I just knew he was joshing me. I couldn't imagine he would have taken time to look at dresses—much less find one he thought I'd like. Deciding to call his bluff, I coquettishly said, "Oh really? You show me the one you found first."

As we walked down the corridor, I tried not to indicate which direction to head or which store was the one where I found the dress I liked. Yet, when we got to the correct store, John turned in and led the way.

I looked at him in disbelief when he actually headed down the correct aisle.

As I was thinking, "Man, this guy is really lucky to come this close," as he stopped right in front of the T-rack where 'my' dress was on display.

After picking my chin up off the floor, I looked at him and said, "I can't believe it! That's the very dress I wanted to show you."

At his encouragement I tried the dress on. After modeling it, John said, "Get it if you want it. It could be your valentine present." Instead, after realistic consideration, I hung it back on the rack. It was expensive and I really didn't need it. Besides, this demonstration of his love is a treasured memory is a gift I'll always have to hold in my heart.


It's in the fabric of these seemingly simple day-by-day experiences over the last 57 years that the tapestry of a shared love becomes so evident the question of love no longer needs to be asked. In life's common and unremarkable events, love has a way of weaving an all-encompassing and vital web of sustaining support to relish and reflect on in times of challenge as well as joy.




©2025 Jan Keller No reprint without permission Jan shares other pieces of her life in her books, *Pieces From My Crazy Quilt*, and *The Tie That Binds*. These books can be ordered by calling 719-866-8570, or writing: Black Sheep Books, 11250 Glen Canyon Drive, Peyton, CO 80831

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# We've All Got Per-son-al-i-ty!

by Barbara Kalkis

It was during a long drive that I heard an old song called, "Personality" by Lloyd Price. The catchy tune caught me, but it was the lyrics that held me. Like most contemporary songs, it repeated the same lines again and again, making it easy for me to sing along to it. Unlike contemporary songs it was completely upbeat. No sarcasm, cynicism, sadness, or groveling. No, this is a song about a man rhapsodizing about his love because of one quality, her personality.

What captivated me is that the singer never describes her physical appearance. Listeners never learn the color of her hair or eyes, how she dresses or how seductive she is. It is a love song purely about her character. Her "personality" is in the way she walks, talks, smiles, charms (when was the last time you heard that word?) and loves. And - bonus! - she's got "a great big heart"!

Besides memorizing the words as I screeched along, the lyrics made me think about the concept of personality. Over the past two years, I've traveled to many different cities and states. In each trip the cities were vastly different in unexpected ways. They were all in the United States but each city had its own cuisine, landscape, style and culture. Viewed together, they exuded vastly different personalities.

Pittsburgh has an industrial vibe that captures its steel-making history, along with vast numbers of bridges mapping its geographical location on three rivers. In Boston, buildings flaunt a colonial architectural element. The street names, landmarks and historical sites are constant reminders and tributes to its revolutionary spirit.

Tucson snuggles into its Sonoran Desert home with exotic cactus landscaping, Puebloan architecture and a color palette of browns, oranges, golds and reds that drench its searing sunrises and fiery sunsets. Across the state line, Palm Springs vibrates with a fresh, energetic spirit through multitudes of namesake palms. Its architectural style somehow captures both the stark lines of mid-20th century modernism and the casual-cool personality of southern California at play.

These were all pleasant travel reflections that I could have put aside, except that I couldn't get that song out of my mind! I kept humming it at odd moments and was doing so when I gathered the mail one day. The mail carrier had dropped several issues of Country Register in my mailbox. As I drifted through the pages of one issue after another, the advertisements caught my eye. For some reason I realized that I was looking at the personalities of the shop owners in their ads.

Almost without thinking I started to study the shop names. It seemed they fell into personality types. Birds are popular sources for names: like The Blue Crow, The Bird Nest, Red Cardinal Quilting. Some choose animals, like Red Fox Yarns. Barn Door Quilts and Prairie Point Junction exalt rural life. Others tell exactly what they do, like Loving Stitches, Compass Star Quilts, Cactus Quilting, The Sewing Room, Calico House, Nuts and Bolts Fabric, The Copper Needle. (Names were chosen spontaneously while writing this article).

I learned several things by getting attached to "Personality." First, six years of voice lessons was not one of my better investments. Second, we can groom, change and refine our personality - just like cities. Third, we all have a personality style. Some folks know theirs all their lives. Others reveal it purposely or accidentally, as in choosing a business name. Some of us must think deeply about it. But it's worth the time because personality is like a secret ingredient to a gourmet dish. It flavors life in the most charming ways!

©Barbara Kalkis, 2025. Barbara writes, teaches and consults under the business name Maestro Marketing & Public Relations. It was chosen as she watched the maestro conduct an entire orchestra in perfect unison.





## Pouring Out Love

The new year is a perfect time to turn over a new leaf—a tea leaf, of course. Let's warm our winter days with favorite tea blends or try new ones. There are many choices: black, green, white, oolong, flavored teas, and herbal tisanes.

With virtually no calories and lots of antioxidants, tea is good for our health. Green tea, which is unfermented, is considered especially beneficial. If you haven't developed a taste for it, try a flavored green tea such as Bigelow's Constant Comment.

Besides the health benefits of tea, a tea break reduces stress. The ritual of brewing, sipping, and relaxing with a fragrant cup of tea provides a soothing interlude.

I especially enjoy sharing a cup of tea with others. When my niece stopped by to drop off a family Bible, I asked, "Do you have time for a cup of tea?" She did. A pot of Apricot Sunrise tea (Ahmod Tea) and homemade gingersnaps sweetened our visit.

With Valentine's Day around the corner, a heart-TEA theme and a rosy brew sound inviting. Why not pour out your love to others over a cup of tea?

### Guest List

When deciding whom to invite, consider who needs a touch of love. One year my guests included singles—single because of death, divorce or never married. I wanted to extend my love to those who didn't have a sweetheart. I have also hosted teas for those who needed extra TEA-L-C, such as a terminally ill friend, an elderly neighbor, and frazzled moms of preschoolers.

### Menu Ideas

The menu can be simple or fancy, depending on time and energy. When I'm in the simplici-TEA mode, I serve only tea and dessert or tea with scones and fresh fruit. Even a full three-course tea doesn't need to be elaborate: finger sandwiches and fruit, scones and dessert.

My neighbor gave me a tin of Republic of Tea's Hibiscus Superflower Tea. It's heart-healthy, caffeine free and brews up a rosy color. Another tea to consider is Harney & Son's Valentine's Day tea. It's a chocolate black tea blended with pink rosebuds.

Do you know someone who needs a touch of love? To put "heart" into teatime, try these ideas for Valentine's Day or anytime.

1. Turkey sandwiches with cranberry heart centers. (See recipe.)
2. Scones cut into medium-sized hearts with a cookie cutter. Brush with melted butter and sprinkle with red-colored sugar before baking. Serve with butter and red jam or jelly.
3. Rolled sugar cookies, cut into small hearts and filled. Using a  $\frac{3}{4}$ -inch heart-shaped cutter, cut out the center of half the cookies. These cookies with cutouts become the top half. Bake the cookies, then put two cookies together with raspberry jam or pink peppermint-flavored frosting. The filling shows through the cut-out heart cookie placed on top.
4. A "heart-TEA" bowl of soup garnished with toast hearts. Toast bread slices, butter and sprinkle with herbs or garlic powder, cut into hearts and place on top of soup.

As I consider these ideas, I'm reminded that "God has poured out His love into our hearts" (Romans 5:5 gnt). Now I'm ready to pour my heart into a teatime for someone who needs love. Will you join me?

Lydia E. Harris is a tea enthusiast and the author of three books for grandparents: *GRAND Moments: Devotions Inspired by Grandkids*, *In the Kitchen with Grandma: Stirring Up Tasty Memories Together* and *Preparing My Heart for Grandparenting*, all available at [amazon.com](http://amazon.com).

From Lydia's Recipe File:

### Turkey-and-Cranberry Tea Sandwiche

Make plenty. Guests will gobble them up.

#### Ingredients:

- 4 slices wheat bread
- 4 slices white bread
- 8 slices deli turkey
- Jellied cranberry sauce
- Mayonnaise

#### Directions:

1. Lightly spread wheat bread with jellied cranberry sauce.
2. Top these 4 bread slices with 2 turkey slices on each.
3. Lightly spread the white bread with mayonnaise.
4. With mayonnaise side up, cut out four tiny hearts with  $\frac{3}{4}$ -inch cookie cutter, one in each corner of the slice.
5. Place the white bread on the turkey, mayonnaise side down.
6. Slice cranberry sauce the thickness of the bread. Cut tiny hearts from the cranberry sauce and slip them into the heart-shaped holes cut in the bread.
7. Trim crust and cut into four square sandwiches. Chill until ready to serve.

Makes 16 sandwiches.







Phoebe  
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Fresh Flower Chamomile Tea

**Ingredients:**

1 handful of fresh chamomile flowers (increase petal amounts for stronger tea)

8 ounces boiling water

2 apple mint leaves OPTIONAL

**Directions:**

Harvest the fresh flowers by removing the entire flower head from the stem. Rinse the chamomile flowers in warm water and pat dry. Chamomile tea made using freshly harvested flowers. If necessary, it is possible to store flowers in the refrigerator for up to 48 hours. Wrap the petals in a wet paper towel and store in an airtight container.

Boil water in a tea kettle or large pot on the stove. Infusion tea kettles are the best option for fresh flower teas since they have built-in devices to keep the petals separated. Alternatively, you can use another infusion device such as a tea ball or cheesecloth as a makeshift tea bag. Always use pure or spring water and not hot tap water when brewing tea to preserve flavors.

Place flower petals in an infuser and let the tea steep in the kettle or pot for 5 minutes.

Remove the flower petals and optional mint leaves before pouring into a teacup. Enjoy!

Lavender and Chamomile Tea

**Ingredients:**

1/2 cup fresh chamomile flowers

1/2 cup fresh lavender flowers

1/2 cup apple mint leaves

2 whole lemons - juiced

1/4 cup honey

**Directions:**

Place flower petals in an infuser and let the tea steep in the kettle or pot for 5 minutes.

Spiced Chamomile Tea Latte Recipe

Enjoy this naturally caffeine-free, warmly spiced, aromatic chamomile tea latte recipe as a relaxing hot beverage any time of day. It is as easy to make as steeping tea!

**Ingredients:** Bottom of Form

1 cup plain unsweetened almond milk

1 tablespoon looseleaf chamomile

1/2 teaspoon pure vanilla extract

1/4 teaspoon ground cinnamon

1 pinch ground cloves

Sweetener to taste (such as honey, maple syrup, stevia, etc.)

**Directions:**

Add the almond milk and chamomile to a small pot. Bring to a simmer over medium heat, and then cover the pot and let it steep for 5 to 10 minutes.

Mix in the vanilla, cinnamon, cloves, and sweetener to taste.

Strain the mixture 2 times through a fine mesh sieve.

To make it frothier, you can use a hand-held frothier.

\*\*Chamomile/lavender is an edible herb and looks fabulous to decorate cake or cupcakes. \*\*

Look For The Beauty

By Michele Hardman

My home base is a small, Hallmark type town, nestled in the Midwest, with a population of only around 2,000 residents. I hear a lot of folks complain about the winter weather here for about three or four months every year. They don't like the single digit temperatures, the below zero wind chills, the overcast, gloomy looking days. They complain about the bare, stark trees that now have no leaves on them.

Higher electric bills for a few months since we now have to run the furnace and additional space heaters to stay comfortably warm, and use lights for longer periods in the day because it gets dark outside by 5pm. It can be treacherous driving on slick, snow covered roads, and people worry about falling on ice covered steps. All of these things are real, legitimate concerns in these parts from about December-mid March.

But I'm an optimist. I choose to look for the beauty in many situations. So instead of focusing on all of the above, instead, here's what I see during the winter. I still see a beautiful landscape outside, only now it has tree limbs that have been frosted with white snow. Icicles hang from power lines and porch roofs, glistening in the sunlight (if it's sunny that day.) Overcast days make the dark green evergreen trees pop against the contrasting background, as do any of the winter shrubs that produce brightly colored berries. I also do a little photography on the side and have gotten some gorgeous shots from the winter

(story continues on next page)



(story continued from previous page)

landscapes. My little bird friends still flutter and chatter at my feeders, only now there may be some new visitors around for a few months. Instead of complaining about being cooped up indoors, I savor this

time to light some cinnamon or vanilla scented candles, have the cozy fireplace going, and bake some bread or other seasonal favorites that make the whole house smell wonderful. No, I can't wear sleeveless shirts and flip flops for a little while, but now I get to enjoy some new attire in my boots and snuggly jackets. If the roads are slick and hazardous, it's the perfect time to stay home more often and do more writing, more artwork, read a new book, or finish some of the little projects around the house that I haven't gotten back to in a bit. Or snuggle up on the couch under a comfy blanket on a lazy Sunday afternoon and watch some feel-good movies.

As with most things in life, what we choose to focus on makes a big difference in how we feel and how happy our lives are. And also, as with most situations, there is beauty to be found if we'll just look for it. See how much of it you can find each day this winter.

KISSed Quilts

# The Life of a Show Quilt

by Marlene Oddie

Many years ago I designed this 'inverted' version of my 1892 Rondure quilt. The blocks are skewed on the golden ratio and was a concept I came up with during the McCall's Quilt Design Star Challenge in 2011. This version makes a larger quilt and so I opted to make the original version during the contest. The version shown here is the 'inverted' version and sat in my design stack for many years. After working on developing a pattern for the original and hosting a class to make it, we worked through the pattern to make it a bit simpler and published it.

One of my testers, Nancy C., made several colorations and ultimately expressed interest in making one of these 'inverted' versions. We worked together to curate the Jinny Beyer fabrics, starting with selecting the border print and then choosing colors for the center elements that complement the border. Nancy carefully pieced it. For several years it awaited quilting. When I discovered that the borders had not been cut to symmetrically miter at the corners, I re-did them. It then sat for a while longer.

During Covid, I decided it was finally time to focus on quilting it. I wanted to quilt it for showing in large, juried, international shows so my creative juices needed to be flowing. I almost finished it in late 2021 but ended up coming down with Covid myself. I finally got it back on my quilting table in late 2022 and finished it up. Nancy named it 24 Karat Rondure—there are 24 electric blue jewels.

Now it was time to enter it in various shows. It was juried into all five 2023 AQS shows. Paducah is the only one of their shows that returns judges comments. So I finally got some constructive feedback and was able to correct slight variations in the binding against the printed edge of the border. During 2024 it was juried into Road to California; Mancuso Quilt Fest, South Carolina, Pacific International Quilt Fest, Santa Clara, CA and Quilt Fest Pennsylvania (Best Interpretation of the Theme). It was also displayed at Tri-Cities Kennewick, WA Quilt Show, Minnesota Quilt Show (1st Place Ribbon), Spring Fling Fronen Steppdecker Odessa, WA Quilt Show (People's Choice), Lincoln County Fair (Superintendent's Award) and WSQ Spokane Quilt Show (2nd Place Ribbon).

Grateful to my dear friend Nancy C. for this wonderful collaboration. May this quilt stand to show how I've valued our good times together and inspire others to consider design elements that can also be found in nature –the golden ratio.

Marlene Oddie (marlene@kissedquilts.com) is an engineer by education, project manager by profession and now a quilter by passion in Grand Coulee, WA at her quilt shop, KISSed Quilts. She quilts for hire on a Gammill Optimum Plus, but especially enjoys designing quilts and assisting in the creation of a meaningful treasure for the recipient. Fabric, patterns, kits and templates are available at <http://www.kissedquilts.com>. Follow Marlene's adventures via <http://www.facebook.com/kissedquilts> and <https://www.instagram.com/marlene.kissedquilts>

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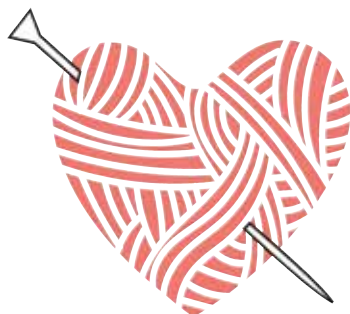
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## They Call it "Planned Obsolescence"

by Ed Cuneo

In case you are wondering what that means, it means that things made today will break within a (very short) amount of time.

The rationale is that the consumer will consume more and keep the economy moving. I'm sure some very smart marketer or Wall Street person dreamed that up.

Sure there are things to be replaced often in one's life. Undergarments for one. But not everything should be made so that it can't be fixed again.

Fortunately there are several things in my life that were made before the advent of planned obsolescence.

For example, my shovel that I use for snow. In the exact parlance of hardware it is known as a grain shovel. And originally that's what it was used for. When I was a kid my grandfather put me to work in the corn crib shoveling cobs into bags so that they could be brought to the gristmill. So that shovel is well over 60 years old. But with the exception of a crack in the aluminum of the shovel's mouth, it still shovels snow (when we get it!) like it was bought yesterday. The mouth is also wider than the grain shovels sold today. Needless to say, it is the envy of the other men in the neighborhood when it comes to shoveling snow and I've entertained offers for it many times but where can you get a piece of such quality today?

The same goes for the desk that I am writing this on. I know it is well over 100 years old but it was built of such quality that it still holds its utilitarian value. The joinery is quality craftsmanship and the birdseye maple is not some cheap imitation. The drawers are made for real application not to look good.

I think it is a queer notion that things are made to break today so that we buy more which means someone has a job somewhere. Well, back in the day, someone did have a job when these things needed fixing. He was called the fix it man and his store was the fix it shop. If your appliance needed work and you couldn't fix it yourself then it was a job for the handy or fix it man. My all time favorite fix it man is a fictional character by the name of Emmett from the TV show Mayberry RFD. Even though Emmett is fictional what he does and how he does it (when he's not busy talking to the other town characters) really happened a long time ago.

In real life my hero fix it man was Grandpop, a child of the Depression, who fixed everything because he only spent money on things of genuine necessity. My favorite memory of him fixing things was always finding a way to fix something by ingenuity on his John Deere M. The person who coined the phrase "fixing it with baling wire and spit" was watching Grandpop when he thought of the saying.

Probably the one thing that drives me crazy when it comes to planned obsolescence is sunglasses. The quality and price of sunglasses is ridiculous. The rate at which I was going through sunglasses was costing me almost \$100 a year (I refuse to pay hundreds of dollars for what they call quality sunglasses). Frankly, the sunglasses market is a racket.

This summer I managed to find a nice pair of sunglasses of the vintage persuasion. From the first time I picked them up I could feel the quality. All of the material was solid and well put together. The lenses were real glass not plastic. I do have a jinx when it comes to sunglass health and these vintage sunglasses were no exception. After a month the glasses became unhinged on one side. But instead of being one piece they came with a small screw that you could replace. So I got my jewelry kit out and put a new screw in and replaced the other screw on the other hinge as well. Problem solved! And I didn't have to discard them or buy new overpriced junk.

Humans have a way of circling back to things - "What's old is new". We can't keep throwing things in the trash every time they break. The waste and defiling of the environment is a concern but sooner or later the materials of such things will become scarce. Out of necessity things will become better built again.

Until that time I continue to use tools and other things (I didn't talk about the quality of the clothing I still wear that doesn't get thrown out every other year) and not only appreciate the workmanship that went into their production but also the fact that I can fix them when they need to be.

Copyright 2024 by Ed Cuneo. Ed is a former school teacher who grew up on his grandparents' farm in South Jersey and still owns the last 14 acres of it where he spends more time dreaming than farming.



# 2025 The Year of Dreams

By Janet Young

And so, it begins, another brand-new year. But even though, January's cold keeps us in the house it gives us an opportunity to dream, to relax, and even to plan perhaps another new adventure in our life. For example, what would you do differently this year? What changes would be necessary to achieve that goal? How can you make this year one of the most incredible years ever!

I know what you are thinking. Because your life is so overwhelmingly busy, you can't imagine making any changes. But that is exactly the point. This is the time of the year when the activities stop for the most part. So, what better time than NOW!

To get started determine to set aside time each day in January and February to relax. If that means curled up in a blanket on the couch, or sitting by the fireplace, or just enjoying a nice hot chocolate or a warm cup of tea, you are on your way to unwinding and freeing your mind. As an added bonus, play soft background music, and before long you will be in a comfort zone that allows you to think more clearly, and this is the time to dream about your future.

Do you want to continue going in the direction you have been going? And, there is nothing wrong if you are completely satisfied. Or, do you want to make some changes? This is your time to dream big, or to take baby steps. For by setting the course and striving each day to do something that will ultimately get you to that place, you will eventually realize your dream.

Attention Crafters: Do you dream of having a craft room? If so, is there a spare bedroom or attic or basement that could be transformed into your very own space? If not, is there a nook or small area that you could turn into a place to do your crafting? Already have a craft room? Then perhaps, it is time to think of how you can more efficiently use your space. Through reorganizing how you are storing your supplies, you may discover you have more space to work or to collect more materials.

The choice is yours. Don't delay. Make 2025 the year of dreams come true.

© Janet Young is a Certified Tea and Etiquette Consultant, Co-Founder of Mid-Atlantic Tea Business Association, and prior owner of Over The Teacup



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## Piecing Life Together

# Word of the Year

by Barbara Polston

I have never been much for making New Year's resolutions. I have tried different things over the years. Setting goals I would like to accomplish has been one. Over the past few years, I have settled on choosing a word of the year. One word that will color my decisions and choices as I move through the year. "Patience" one year and "Change" another were successful standouts. For 2025, I have selected "Accept". This word just popped into my head, with I believe, good reason.

The recently concluded year has been a bit of a challenge for me. After spending most of my adult life in the "Look, Mom, no cavities!" camp, my January 2024 checkup had me embarking on a year's worth of dental work including an implant and several crowns. It was hard for me to accept. After a hearing test in my 40s, the audiologist told me I had close to "super hearing." That became my personal belief about myself. A hearing test in 2024 found hearing loss necessitating the addition of hearing aids to my daily wardrobe. Finally, in October, I fell victim to a nasty virus. Feeling poorly for weeks, I've been left with lingering joint pains. It was hard for me to accept that this might just be me now.

When my oldest daughter visits from out of state we gather nightly as a family for dinner. I've always been the chef, preparing the menus and meals every night. I've noticed that she has started to take over a meal or two during each of her visits, kindly reminding me that I'm doing a lot of cooking for holiday meals and deserve a break. I think it's a way of letting me know I'm getting older and may not be as capable as I've always thought myself to be. While I appreciate her thoughtfulness and a break from meal preparation, for part of me it is hard to accept.

This sounds like a pity party. When I talk to friends and hear their woes, I feel very blessed. I am still able to work, get my daily steps in and enjoy sewing and stitching. Some of my friends have not been so lucky.

Why do I sound like I'm singing a version of "Woe is Me?" Because all these changes, coming so quickly, have been hard for me to accept. My self-image has always been one of a confident, capable person. One who does not need to ask for help. One who is in total control of herself and her surroundings. Thinking that I may no longer be that person is hard for me to accept.

For 2025, I will work on being able to accept who I am now. I will be honest with myself about my limits and make allowances for the fact that I am aging. I will celebrate those things that I can do and let go of those things I can't. Let's check in at the end of 2025 and see how I did!

©Barbara Polston, January 2025. Barbara is the author of *Quilting with Doilies: Inspiration, Techniques, and Projects* (Schiffer Press, 2015) and a series of children's books inviting young children to share in *The Adventures of Puppy Brian* ([www.puppybrian.com](http://www.puppybrian.com)). Barbara lives in Tucson, Arizona where she has failed at retirement, but is getting more time for sewing in a variety of forms. Contact Barbara at [barbarapolstonquilter@gmail.com](mailto:barbarapolstonquilter@gmail.com).



SUPPORT YOUR LOCAL QUILT GUILD

Ajax	<i>Twisted Stitchers Quilt Guild</i> For information about our guild please go to our website <a href="http://twistedstitchersquiltguild.com">twistedstitchersquiltguild.com</a>
Alliston	<i>Quilting Corners Guild</i> We meet at St Johns United Church at 7pm on the first Tuesday or each month, except January.
Almonte	<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).
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.
Arnprior	<i>Arnprior 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>Kempentfelt 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 56 Salmon Avenue, Bracebridge, Ontario 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 (TIQG)</i> Meets the 4th Thursday of the month at 7pm both in person and zoom except July/Aug/Dec at the Bethel Christian Reformed Church located at 117 Windsor Dr., Brockville, On K6V 5V5. Library opens at 6:30pm.
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>Halton 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> Meetings are at 7:00 pm on the 3rd Thursday of the month. Meetings are held at St. Paul's Congregational Church at 450 Park Ave. West, Chatham, ON. <a href="http://www.ckquiltguild.com">www.ckquiltguild.com</a>
Collingwood/ Wasaga Beach	<i>Slope to Slope Quilters' Guild</i> We meet at the Wasaga Beach RecPlex, 1724 Mosley St, the first Thursday of the month, 7-9 pm, September to June.
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, Courtice on the 3rd Thursday of each month from 1 - 3 p.m. We are a day time Guild
Dryden	<i>Sunset Country Quilters' Guild</i> We meet at 84 St. Charles Street at 7 pm on the 4th Tuesday of each month.
Dunnville	D.O.T.S. Quilt Guild (Dunnville's Own Tiny Stitchers). We meet at Maple Creek Community Church, 110 Inman Rd. @ 6:30 pm on the first Wednesday of the month from September to June.
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.
Espanola	<i>North Shore Pins &amp; Needles Stitchery Guild</i> Meetings are held every 4th Wednesday of the month, upstairs at the Legion Hall, 370 Annette St. at 7 p.m. Sept-Nov & Jan.-May first meeting free
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 8958 Trafalgar Rd, Georgetown, ON L7G 4S5. 6:45pm till 9pm from September till June on the fourth Monday of the month.
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> Monthly meetings are held at 7pm (Eastern) on the 2nd Tuesday of each month from September through June. Monthly meetings are virtual and feature a guest speaker. A Zoom link to the meeting will be emailed to all members and registered guests the day before the Guild's Meeting.
Gwillimbury	<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.
Kincardine	Kincardine Sunset Quilters Guild. We meet the second Wednesday of every month except July and August, at 10 a.m. in the basement of St. Anthony's Church on Russel St. in Kincardine.
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. <i>Limestone Quilt Guild</i> Meeting Area usually is - Kingston Senior Centre, 56 Francis Street, Kingston, Ontario, but we are on zoom right now. We meet on the first Wednesday of each month at 7 pm on zoom.
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.
Lindsay	<i>Lindsay Creative Quilters' Guild</i> We meet at Jennings Creek Christian Reform Church, 206 Angeline St. N., Lindsay ON at 1:00 pm every 2nd Monday of the month except for October, December and June.
London	<i>London Friendship Quilters Guild</i> We meet the 2nd Thursday of the month from September to June. The meeting usually runs from 7pm to 9pm. We are located at St. George's Presbyterian Church, 1475 Dundas Street, London, Ontario N5W 3B8. To contact us: <a href="mailto:lfag.president@gmail.com">lfag.president@gmail.com</a> or our web page: <a href="http://lfag.LononFriendshipQuiltGuild">lfag Lonon Friendship Quilt Guild</a>
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.
Markham	<i>Markham Towne Quilters Guild</i> General meeting first Thursday of every month (September-June). 11 Church Street, Markham <a href="mailto:markhamtownequilterquid@gmail.com">markhamtownequilterquid@gmail.com</a> .

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). <i>Mississauga Quilters Guild</i> 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.
Mount Forest	<i>Four Corners Quilters Guild</i> We meet at the Mount Forest & District Sports Complex at 7 pm on the second Tuesday of the month from September to June. For more information email <a href="mailto:4cornersquiltersguild@gmail.com">4cornersquiltersguild@gmail.com</a>
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. <i>Moraine Quilt Guild</i> We meet in the hall at St. Andrew's Presbyterian Church - 484 Water Street, Newmarket at 9:30 am - 12 Noon for Social Sew and 1:00-3:30 pm for the Meeting on the first Wednesday of each month year round.
Niagara Region	<i>The Niagara Heritage Quilters' Guild</i> We meet at Merriön Community Centre, 7 Park Ave., St. Catharines on the third Wednesday of each month.
Nobleton	A chapter of the <i>Modern Quilting Guild</i> We travel to various locations in Southern Ontario on a rotating basis.
Norwich	<i>Quaker Quilt Guild</i> We meet at 89 Stover St N. Norwich at 9:30 am on the second Monday of the month.
Orangeville	<i>Dufferin Piecemakers' Quilting Guild</i> We meet at the Orangeville Event Centre at 7:30 pm on the third Monday of the month from September through June.
Orilla	<i>Orillia Quilters' Guild</i> We meet at ODAS Park, 4461 Fairgrounds Road, Orillia at 1 PM on the third Wednesday of each month except July.
Orleans	<i>Common Thread Quilt Guild</i> Meets the second Tuesday of the month at 7pm at MIFO, 6600 Carriere St, Orleans. <a href="http://www.commonthreadquiltguild.ca">www.commonthreadquiltguild.ca</a>
Orono	<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.
Oshawa	<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
Ottawa	<i>Ottawa Valley Quilters Guild</i> Our guild meets both in-person and on the ZOOM platform September to December and April to June and only on ZOOM for the January, February and March meetings. The meetings are held the second Monday of the month. In-person meetings are at the Riverside United Church, 3191 Riverside Drive in Ottawa. Email: <a href="mailto:ottawavalleyquiltersguild.org">ottawavalleyquiltersguild.org</a>
Owen Sound	<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.
Paris	<i>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).
Penetanguishene	<i>Paris Quilting Bees</i> We meet on the 3rd Wednesday of the month from September to June at the Paris Fairgrounds at 7 PM. For information email: <a href="mailto:parisquiltingbees@gmail.com">parisquiltingbees@gmail.com</a> . <i>Georgian Bay Quilters Guild</i> Meets every month from September to June at the Penetanguishene Arena, 61 Maria St, Penetanguishene, Ontario. Monthly meetings (except for December & June) are the 4th Wednesday of the month at 6:30 p.m. December & June meetings are the 2nd Wednesday of the month with the June meeting starting at 6:00 p.m.
Peterborough	<i>Kawartha Quillmakers' Guild</i> Meetings are at the Westdale United Church, 1509 Sherbrooke Street, Peterborough on the first Wednesday of each month at 9:30 am.
Perth	<i>Lanark County Quilters Guild</i> We meet at Lions Hall, Perth Fairgrounds at 7pm on the 4th Tuesday of the month.
Petawawa	<i>Pembroke Log Cabin Quilters</i> We meet every 3rd Tuesday of the month during the school year in the basement of 1163 Victoria Street. Our social time begins at 6 pm and meeting at 7 pm. Email: <a href="mailto:pembrokelogcabinquilters@gmail.com">pembrokelogcabinquilters@gmail.com</a> . FB: Pembroke Log Cabin Quilters, Web page: <a href="http://pembrokelogcabinquilters.ca">pembrokelogcabinquilters.ca</a>
Pickering	<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.
Port Loring	<i>Argyle Quilters Guild</i> We meet at the Lions Den in Arnstein on the second Thursday of the month.
Port Perry	<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 third Monday of the month, at 7 p.m. from March to December.
Prince Edward	<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.
Rayside	<i>Rayside Balfour Quilting and Stitchery Guild</i> We meet at the Chelmsford Arena (Upstairs) 215 Edward Avenue, Chelmsford, Ontario at 7:00 p.m. every Monday from September to May.
Renfrew	<i>Quilt Guild Renfrew &amp; 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.
Richmond	<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.
Ruthven	<i>Erie Shores Quilter's Guild</i> We meet at the Ruthven-Olinda United Church every third Tuesday.
Sarnia	<i>Sarnia Quilters' Guild</i> We meet at the Redeemer Christian Reformed Church 5814 Blackwell Sldr, Sarnia at 7pm the first Monday of each month.
Sault St. Marie	<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.
Scarborough	<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.
Simcoe	<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.
Stittsville	<i>Norfolk County Quilters' Guild</i> We meet at the Vittoria & District Community Centre on the first Tuesday of each month except October.
St Marys	<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.
Stony Creek	<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.
Sudbury	<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.
Sutton	<i>Sudbury &amp; District Quilting &amp; Stitchery Guild</i> We meet at 140 Durham Street at 7:00 pm on every Tuesday from September to April.
Thunder Bay	<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.
Toronto	<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. <i>Etobicoke Quilters' Guild</i> We meet at the Neilson Park Creative Centre at 7:15 pm on the third Monday of the month. <i>Pieceful Nights Quilters' Guild of North Toronto</i> meets the second Wednesday of each month. During COVID-19 meetings will be held via Zoom. Guests welcome. <a href="https://www.pnag.ca">https://www.pnag.ca</a> . <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.
Waterloo	<i>York Heritage Quilters Guild</i> We meet at the Toronto Botanical Gardens on the 3rd Tuesday of every month from September through May. <i>Yorkshire Rose Quilters' Guild of Toronto</i> We meet at Danforth Mennonite Church, 2174 Danforth Avenue at 7:30 pm on the second Wednesday of the month from September through May.
Whitby	<i>The Waterloo County Quilters' Guild</i> We meet the Albert McCormick Community Centre at 1:30 pm and 7pm on the third Wednesday of each month from September through June
Windsor	<i>Kindred Hearts Guild</i> We meet at the Whitby Baptist Church on the third Tuesday of the month. <i>Windsor Quilters' Guild</i> We meet at Royal Canadian Legion Branch 594, 5030 Howard Ave., Windsor, ON N9A 6Z6 at 9:00 a.m. the first Wednesday of the month from September to June.
York Region	<i>The Moraine Quilt Guild</i> We meet at the St. Andrews Presbyterian Church at 1:00 on the first Wednesday of the month.



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# Writing From Life

by Jeanette Lukowski

# Technology

In a True Confessions sort of way, today's story begins with a truth about me: I have a Love / Hate relationship with technology. Perhaps one third of my days pass with me being indifferent to having a smart phone, one third finds me annoyed with the constant warning "pings" my 2023 car generates...but yesterday, the remaining one third celebrated an adventure with my elderly mother—brought to fruition thanks to the help of those two technological devices.

We were sitting in Mother's local public library, checking the library's computer for the next title one of her monthly book clubs will discuss. My job would be to climb the umpteen stairs to a very high second floor, extract the book from the shelf, and bring it back downstairs to Mother while she waited near the circulation desk.

Finding the title in the computer, Mother turned to me: "Where is Little Falls? North or south?"

"North," I quickly replied. I drive north to visit my mother several times a month; the town she was asking about is, in turn, further north.

"No one comes that way," she replied rather sadly. "The computer shows that they have one copy on the shelf."

Since I was already spending the night with Mother (to accompany her to an early morning doctor appointment the next day), I pulled my smart-phone from my purse—merely out of curiosity. I punched the town's name into the mapping program, and discovered: "It's 37 miles away. Want to go?"

My smart-phone clock had already displayed the time as 4:08pm, and the roads were still clear of weather—an important factor for a late November driving adventure.

Mother's interest was piqued...but she's still the pragmatist. "Do you have their number right there?"

Affirmative.

"Call them first, to make sure they have it in hand."

Again, the smart-phone made it easy. One finger's touch on the search engine's screen, and my phone switched over to dialing mode.

A few minutes later, the librarian confirmed that the book was in her hand. Without confirming the plan with Mother, I told the librarian we would be on our way, and disconnected the call.

Getting out of the city's traffic took a bit longer than I had anticipated though, and I began to get nervous about the time. (My map feature said we would arrive by 4:58pm.) Thanks to the Bluetooth connection between my car and my phone, I was about to call the librarian again at 4:41pm. "Would it be easier if I just gave you Mother's library card information now? That way you can leave the book outside the door, if we don't get there before you close."

The librarian graciously reassured me that everything would be fine, as they don't leave at exactly 5pm, but she took the library card information anyway.

Returning to Mother's apartment later that evening, I realized that I *am* pretty spontaneous. Technology was just the tool which aided me in accomplishing the task.

Next challenge?



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by HELEN BLACK

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