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Meet our cover artist:

Rebecca Barker

Art has always been a part of Rebecca's life. Her Father was a dairy farmer and her Mother was an artist since she was a baby, painting Christmas tree ornaments. Consequently, she grew up with paint and paper in-hand. She attended the Fine Arts program at Ohio University (Athens, Ohio) and received her BFA degree.

On her family's dairy farm quilting and collecting old quilts was a pastime for the Barker women. Rebecca's natural appreciation for quilts and the country landscapes became the subject she choose to paint. She developed a line of paintings she calls "QUILTSCAPES". The old time quilt pattern is depicted in the painting with the quilt. For example, the LOG CABIN quilt has a painting of a log cabin in the background. Several paintings have the quilt images subtly mixed in to the landscapes while others have the quilt hanging on a clothesline in the foreground. Rebecca paints her quilts in acrylic on masonite board. The quilt patterns come from quilt history books and quilt shows. "I do not make up the patterns. I love the designs of old time quilts". She creates her own colors and materials in the fabrics. "I do not work from real quilts because the colors have to match the landscapes". Her style is described as realistic, with clean, clear colors and sensitivity to composition and texture.

She shows her work on her web page and has produced a line of note cards, limited edition prints, two books and gift items.

She lives on the west side of Cincinnati in an old Victorian style home which also serves as her studio.

"My work is meant to honor the beauty of the old time quilts and their makers"

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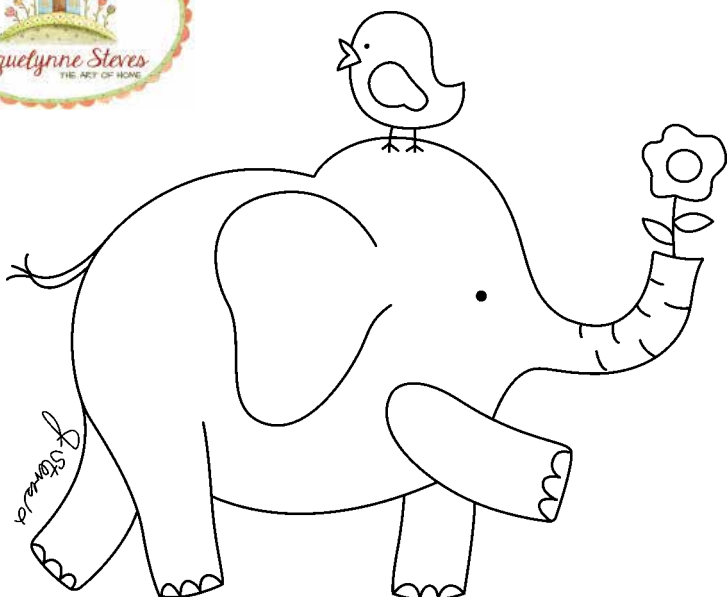
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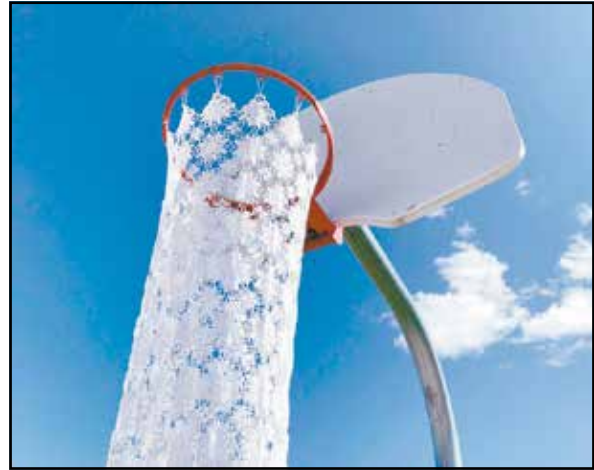


Free Pattern



Free Embroidery Pattern – May not be sold or used for commercial purposes. Use this pattern for embroidery, wool applique, punch needle or rug hooking, painted projects or whatever your imagination can dream up! Reduce or enlarge pattern as desired.

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Post Up: New Exhibit at the Mississippi Valley Textile Museum

Almonte, ON- Mallory Tolcher's *Post Up* will be displayed at the Mississippi Valley Textile Museum (MVTM) from August 12, 2023 to October 7, 2023. Tolcher is a Canadian-based interdisciplinary artist and athlete who challenges societal norms, redefining femininity within the typically male-dominated realm of sport. *Post Up* is a series of textiles installed on metal rims and wooden backboards, reimagining the conventional basketball net through the intricate, domestic, and traditionally feminine medium of crocheted lace.

Firmly planted in the gendered realm of femininity and domesticity, lacework and crochet have been integral to women's creative expression, serving as profound forms of artistic craftsmanship that often went unrecognized within patriarchal systems. Like basketball, lace allows creativity, improvisation, and skill within a structured arena. Tolcher draws on these similarities to juxtapose the perceived hyper-feminine with the hyper-masculine, subverting restrictive gender norms within the realms of sport and domesticity.

Sponsored by the Municipality of Mississippi Mills as part of their Bicentennial Celebrations, the MVTM is proud to host this exhibit for the community. The community has been immersed in textile manufacturing and fibre arts for its 200-year-long municipal history, making *Post Up* a fitting exhibit to bring to Almonte as both the birthplace of James Naismith, inventor of basketball, and the Little Manchester of North America.

Quote

"There are many interesting conversations that *Post Up* can inspire, and the Mississippi Valley Textile Museum is looking forward to being a forum for these discussions. The systemic gender binary has shaped both the sports world and the world around us, and it's important to question, challenge, and think critically about these enforced norms." - Michael Rikley-Lancaster, Executive Director/Curator, Mississippi Valley Textile Museum

Contact

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About Mississippi Valley Textile Museum

The Mississippi Valley Textile Museum is committed to collecting, preserving, and telling the stories of the local mill workers and labour history, while offering an open, inclusive space for the local community and visitors from across the globe. If you wish to enquire about Museum and its operations, please visit the website at: <https://mvtm.ca/mvt2/>

*Featured Image from Nothing But Net - 2020 © Mallory Tolcher



This exhibition is presented to you as part of the Mississippi Mills Bicentennial Celebrations; the Mississippi Valley Textile Museum is proud to be hosting this exhibit as part of it.

Improvising!

by Barbara Polston

I consider myself a traditional quilter. Even when creating art quilts, I use traditional techniques. When piecing, I work to make intersections match. If points are part of the design, I try my best to make sure they fall exactly where they should without cutting off the tips with an errant seam. All my projects have a plan for what they will look like when complete.

The Quilt Alliance, a nonprofit organization dedicated to document, preserve, and share the American quilt heritage, is marking its 30th Anniversary with a Block of the Month sew-along. (You can learn more by visiting their website, www.quiltalliance.org.) Once a month, for nine months, members receive a free pattern for a quilt block. Each of the patterns is designed by a different, well-known quilt artist. Participants are encouraged to post photos of their finished blocks on social media, tagging the designers and the Quilt Alliance. I am participating in this celebration and look forward to receiving each new pattern...well, for the most part.

Last month's block was a nod to "improvisational quilting." What is that?, you may ask. An improvisational quilt is defined as one made without specific intention. One of the most common forms used to create such quilts is the sewing of random pieces of fabric together with no regard to straight seams. There is no worry if block joins meet precisely. One undertakes the process without knowing exactly what it will look like in the end.

Given my predilection for precision piecing and a solid vision of my end point, tackling this block of only 12 inches square literally struck fear in my heart. The designer shared their method, which was to just sew fabric together in haphazard rows and then trim the resulting pieced fabric down to the desired size. The pattern did acknowledge those of us who would find this challenging. Directions were given to cut some 30 pieces of fabric to specific sizes and a layout was provided to stitch to an improvisational-looking result. This confused me even further. If one followed a precise pattern, how would that be improvisational? I procrastinated until the next pattern arrived in my inbox. With a need to move on to the next month's block, it was time that I took on this improvisational challenge.

I decided to just "do my own thing." I cut strips of fabric and pieced them together, varying the width of the exposed fabric. These strips were cut to a generous length and then sewn together. As planned, the created fabric was larger than needed and trimmed to size. Whew! I did it! Put that block in the "done" column.

Sometimes we need to improvise. You may discover you are lacking an ingredient for a recipe under way and must improvise a substitution. A colleague is absent and you are called upon to make a presentation with little preparation. Based on your knowledge, you improvise and present. The need to improvise, I believe, is a rare occurrence. I learned that improvisational piecing and quilt-making is not something I would choose to do, but I also learned that, if necessary, I can improvise.

©Barbara Polston, Tucson, Arizona, June, 23, 2023. Barbara Polston, the author of *Quilting With Doilies: Inspiration, Techniques, and Projects* (Schiffer Press, 2015) and *Meet Puppy Brian and Puppy Brian and the Grey Cat* (www.puppybrian.com), lives in Tucson where she has failed at retirement, but is getting more time to stitch in a variety of forms. Contact Barbara at barbarapolstonquilter@gmail.com.



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TWO MINUTE READS TO FLIP OUR SCRIPT

by Kathy J. Sotak

Are You On The Mend? **How To Repair Even Stronger**

Most weeks I head down to the discount floral shop and treat myself to a bouquet. Some weeks the choice is traditional carnations, roses or daisies. This week my choice was bursts of fun green puffs intermixed with delicate white flowers that you have to lean in to notice their beauty.

Flowers spark joy for me, like kayaking does for my husband and the ocean for my son. Why do I love flowers so much? Because of the countless lessons and metaphors that they share with me.

For example, this morning I was telling a friend about my prized echinacea plant in the front yard. Last year it towered at nearly four feet tall, bursting with blooms and served as a pit stop for butterflies, bees and other insects. I would often make a pit stop myself to admire this ecosystem right in the front yard.

This year however, I haven't seen any blooms. The deer keep eating the echinacea down to the ground. There is no bud in sight. My friend and I contemplated, "How can the plant possibly bloom, when it is in a constant state of repair?"

Think about a time in your life when you were in a state of repair, either mentally, physically or even spiritually. Were you able to flower at the same time? Perhaps you could, with great effort. Likely, not. As a physical example, I've been mending a back injury for the past several months, with pain shooting through my core at most basic moves. I wasn't flowering. I've gone through many emotional trials, the most significant was the loss of my first son. As grief and sadness surged through me, I wasn't flowering. Spiritually, over time I've swayed closer or further away from source. When I've swung furthest away – I wasn't flowering.

When we are not flowering, we are mending. The beauty of mending, is we end up as stronger plants, with more bold and beautiful flowers.

Each of us likely are mending something right now. Today, these flowers, along with my mending echinacea bush are reminding me to practice compassion with every interaction. Especially with yourself. This is the medicine we can offer each other to result in more strength and more beauty – when we are ready to flower.



You Say Tomato, I Say Tomahto

by Colleen Gust

Let's NOT Call the Whole Thing Off, because tomatoes are the unsung heroes in the culinary world. And if I've planted an earworm in your mind with that song, let's give credit to Ella Fitzgerald and Louis Armstrong for the most famous version. That line has become a catchphrase, meaning "What's the difference?" or "It's all the same to me." Now, let's dig into the juicy details. We all know that technically tomatoes belong to the berry family, but remember: knowledge is knowing that a tomato is a fruit, but true wisdom lies in knowing that you should never put it in a fruit salad.

Now, let's unravel the great tomato confusion: are they fruits or vegetables? This conundrum even sparked a legal dispute in the United States back in 1887. U.S. tariff laws imposed a duty on vegetables but not on fruit, which made the tomato's status a matter of legal importance. Luckily, the U.S. Supreme Court came to the rescue on May 10, 1893, declaring the tomato a vegetable. Their reasoning? Well, vegetables are usually served with dinner and not dessert. Case closed!

The tomato's journey began in western South America, Mexico, and Central America. The Mexican Nahuatl word "tomatl" gave birth to the Spanish word "tomate," which eventually led to the English word "tomato." The Spanish explorers brought the tomato plant to Europe, introducing it to other parts of the continent during the 16th century. It thrived in Mediterranean climates, and cultivation kicked off in the 1540s. It didn't take long for people to start eating tomatoes in Spain by the early 17th century.

Here's a fun fact: when tomatoes arrived in Italy, they were mainly grown for ornamental purposes and were used merely as tabletop decorations. It wasn't until the late 17th or early 18th century that they made their way into local cuisine. The tomato's knack for mutation and creating different

varieties played a vital role in its success and spread throughout Italy. However, they weren't initially embraced by the general population as a staple food due to their less filling nature compared to other fruits available at the time. Not to mention, some toxic and inedible varieties discouraged many from experimenting with different types.

Today, numerous tomato varieties are cultivated worldwide, thanks to the wonders of greenhouses that allow year-round production.

Now, here's where things took a bit of a detour. The modern garden and commercial tomato varieties we enjoy today might not be as tasty as their predecessors. Why? Well, breeders focused on developing tomatoes that ripened uniformly red, resulting in a decline in taste and sugar content. Before this uniform trait was introduced, most tomatoes had higher sugar levels during ripening, making them sweeter and more flavorful. Nonetheless, tomato growers continue to strive for improved yield, shelf life, size, and resilience to environmental pressures and diseases. Do you know what type of tomato smells the best? A Roma!

Now suppose you're looking for a more natural approach to disease and pest control in your tomato garden. In that case, you can rely on plants with strong scents, like alliums such as onions, chives, and garlic, as well as aromatic mints like basil, oregano, and spearmint. Marigolds are another great option. These plants are believed to mask the scent of the tomato plant, making it harder for pests to locate or find an alternative attack point. Another handy tip is to plant asparagus and tomatoes together. Asparagus plants contain Asparagusic acid, which repels nematodes known to attack tomato plants.

When it comes to growing tomatoes, irregular supplies of water can cause the growing or ripening fruit to split. Apart from cosmetic damage, these splits can allow decay to start. Luckily, growing tomatoes have a remarkable ability to heal themselves after a break occurs. On another note, there's a deformity called cat-facing that can affect tomatoes. It can be caused by pests, temperature stress, or poor soil conditions. Cat-facing results in deep indents, rough scars, puckers, uneven ripening, and sometimes segmented appearance. Despite its less appealing look, the tomato usually remains edible.

(story continues on p. 21)

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"Hey, you look like a jellybean—a bright red jellybean!" quipped a teenage friend, referring to the shiny bright red coat I was wearing.

"Don't you like it?" I asked, allowing my insecurity to surface.

"Yeah!" he replied. Then, after a big grin spread across his face, he added, "If the fire alarm sounds, you're all ready to go!"

I like my jellybean coat. When I first saw it, I was reminded of a cinnamon candy apple. Not only is the coat a vibrant and shiny color, but I got it for an incredibly low, low price. I was so proud of my lucky find it never occurred to me maybe the price was so cheap because nobody else would buy it.

Over the years I walked out the door wearing my jellybean coat countless times. I enjoyed my red coat because I felt totally alive, bursting with energy, and noticed—just like summer's beautiful bright blossoms in a myriad of colors that help make summer such a beautiful season!

An early trailblazer of women television personalities was Virginia Graham. Her "Girl Talk" program aired each weekday afternoon way back when I was a teenager. My favorite Virginia Graham quote is, "If you're going to be as big as a barn you might as well paint it a pretty color!"

Me? I think red is a very pretty color, and I wear red all year—not just when celebrating Christmas and Valentine's Day.

I consider red slacks basic to my wardrobe, and I can't remember a time when I didn't own at least one pair.

After recently buying a new pair of red slacks to replace my old faded red pair, I've been reassessing my thinking.

This reappraisal is due to the reaction of a friend who, after learning of my purchase, with a tone of astonishment commented, "I wouldn't own red slacks!"

"Why wouldn't you wear red slacks?" I incredulously asked.

"I'd feel so—so conspicuous!" she replied.

Since that conversation, I've been taking my own confidential survey by asking anyone and everyone, "Do you own red slacks?"

The results are in, and I've become aware that red is a very controversial color. Women either wouldn't think of wearing red or wear red and think nothing of it.

My final decision about personally wearing red shall remain confidential though noticeable and obvious!



©2023 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 719-749-9797, or writing: Black Sheep Books, 11250 Glen Canyon Drive, Peyton, CO 80831

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The Season of High Summer

by Donna Jo Copeland, farmeress

Spring has been a season of I'm here, now I'm not. Seem to be wearing out flannel sheets and my trusty wool barn sweater. Just when I dig out a tank top and cutoff jeans, evening finds me rooting around for jeans, sweater and wool sox.

As I write this sitting in the swing beneath a huge water maple, I face a days old calamity. My Siamese cat who should be safely snuggled in the loom house, has spent the last 3 days in the upper branch of said tree. Higher than I can reach with my extension ladder. I'm worried and about to play the little old lady card and call the fire department. Damn cat. If I am ever tempted by another Siamese, intervention please.

This summer I have offered a unique opportunity... to weave on Lady Mary, a 200-year-old barn loom. I warped with cotton thread, red for July. The 4 lucky weavers can weave a textile (about 28x54) using their choice of wefts-- cotton rags, wool fabric, wool roving and locks. A chance to be a part of historical textile making. And in the loom house sitting in the sheep pasture surrounded by dye gardens. No electricity, just country farm life.

I have set up a few times at the local farmers market on Tuesday evenings. Very disappointed, few shoppers despite a great selection of garden produce, plants, jellies and sweets, homemade goods and wool. Nice location on a main street with a 4 way stop, beautiful church lawn, paved parking. But people fly by on their phones, too immersed in themselves to stop and shop local, interact with their neighbors. Very sad.

A friend who is a therapist said she treats most of her clients for depression. Recommending putting down cell phone, turning off tv and computer, going outside, walking, gardening, maybe get a pet. But they just want someone to listen to them complain and give them a pill. Geez.

In my 74 years of farming I can honestly say I have never been bored. Always choices, adventures, long to-do lists, fiber, chores and animals liberally sprinkled with laughter and love.

Sometimes I am overwhelmed but I find a path not taken by many and it's ok. In the echoes of my mind I hear my Scottish ancestors "aye gel" and so I put on my big girl jeans and boots, get to it.

Reading what I just wrote I may have given you a rosy picture. It ain't like that here.

My 150 plus year old farmhouse is crumbling and there is no money to fix roof, ceiling, bathroom or foundation. No hot water, cold in kitchen sink. Wood stove for heat in one room, hand pump for livestock and garden water. When the wind blows in winter the curtains billow.

But amazingly I am happy, content. Yes, a bit of ease in my living conditions would be grand. I feel blessed to have my animals, my fiber and garden work, farm upkeep. That old sage, bloom where you are planted, resonates in my core. I do the best I can. Thankful in the simple doing.

And in the doing I figure I have 20 more years of farming, animals, fiber and joy. So, I have been paring down what I can do, what I enjoy mixed with what I have to do (housework and dishes go here). I have been selling off some of my hand pieced quilt blocks and tops. With the nerve damage in my hand from cat scratch fever I can no longer do fine hand sewing.

There is a cool fiber trail, Come Bye that I have joined running thru August 31. Shops and farms in Indiana, Michigan and Ohio are joining forces to invite you to Come Bye. And in partner with The Hand Maiden, come and natural dye! Check my Facebook page for details. I'm here by appointment and by chance. I'm still judging county fairs after 50 years.

When it's hot I love a chilled pie

Arizona Lemon Pie

In a blender put

1 large lemon, cut up

4 large eggs

1/2 cup soft butter

1 t. Vanilla

1 1/2 cups sugar

Blend til smooth, pour into a 9-inch pie shell. Bake at 350 for 45 minutes. Cool completely chill in refrigerator for 4 hours.





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- Debby



PH0244 Circles of Life

PH0245 Happy Stripes

PH0246 Dizzy Daisies

PH0247 Leafy Greens

PH0248 Pumpkin Patch

PH0249 Falling Leaves



Making Memories with a Simplici-TEA

Sometimes the simplest get-togethers create the sweetest memories, especially if you share a cup of tea.

We hadn't seen our friends Ron and Tami for many years. Now they were coming to Seattle to visit relatives, hear a world-renowned singer, and visit Milt and me. It would be a treat to connect with them again.

Tami and I both love all things tea, so I asked, "Would you like to join us for tea and scones?"

"I'm not eating flour or sugar," Tami replied. "But a cup of tea would be perfect."

With lots of tea choices and numerous individual teapots, we could sample several blends.

Since I was baking custard for my grandkids the day before our guests were coming, I also made custard without sugar for them—just milk, eggs, salt, vanilla, and a dusting of nutmeg on top. Quick and easy.

Then, to my delight, the mailman delivered a large tray of dried fruit and nuts from my pen pal. The label didn't include processed sugar, so I could share my gift with Ron and Tami.

As I prepared for our teatime, the sun shone and a lilac-scented breeze blew—perfect for afternoon tea on our upper-level deck. The shade of the canopy and the surrounding trees gave our deck the feel of a treehouse. For a friendly welcome, I set the table with linens, silver tableware, fresh lilacs, and floral china plates, cups, and teapots.

We began our teatime by smelling different teas and selecting flavors to try. Paris tea and green Earl Grey tea with lavender won the first round. Ron and Tami enjoyed sipping new flavors and thought the tea assortment was the entire menu. But surprise! I brought out a large platter with dried fruit and nuts. I also served the custard in colorful egg-shaped ramekins and offered fresh blueberries to sweeten the pudding. They savored it all.

One of the best parts of sipping tea with friends is catching up on each other's lives—taking time to listen, care, share our hearts, and pray. In a sense, time seems to stand still as you linger over tea. But at the same time, it seems short and flies by. All too soon our simplici-TEA was over, and it was time for photos, hugs, and fond farewells.

To my delight, later Tami emailed, "Time together with you and Milt over tea was the highlight of our trip."

"How could that be?" I asked her.

"You made everything so special for us, and the day was absolutely perfect."

"But you spent time with relatives and heard Andrea Bocelli, right?"

"Yes, everything was amazing. But your tea was a pleasant surprise. Ron and I thoroughly enjoyed it."

Of course, we enjoyed the sweet teatime with them as well.

From their appreciative response, here are my tips: 1, 2, 3 for a simplici-TEA.

1. Set a pretty table.
2. Offer a fragrant tea assortment.
3. Surprise guests with easy-to-prepare nibbles.

Sometimes the simplest teatimes create the sweetest memories.

Until our next teatime—adios, aufwiedersehen, goodbye, and adieu. May God bless you!

Lydia E. Harris is a tea enthusiast, grandmother of five (*Grandma Tea*), and author of *In the Kitchen with Grandma: Stirring Up Tasty Memories Together* and *Preparing My Heart for Grandparenting*. Watch for her new devotional book for grandparents, scheduled to release in September for Grandparents Day. Her books are available through bookstores and online.

From Lydia's Recipe File:

Grandma's Yum-Delicious Baked Custard

(From *In the Kitchen with Grandma*, page 160)
Healthy and easy to make. A favorite of Grandma Tea's grandchildren.

Gather

- 2 cups milk, scalded
- 2 large eggs
- 1/3 cup sugar (omit for sugar-free)
- 1 teaspoon vanilla
- 1/4 teaspoon salt
- nutmeg to sprinkle on top

Cook:

Preheat oven to 350 degrees.

1. Microwave milk on high about 3 minutes to scald it.
2. In medium-sized bowl, beat eggs slightly.
3. Mix in sugar, salt, and vanilla. Then stir in milk.
4. Pour into a 1 1/2-quart baking dish or 5 or 6 custard cups.
5. Set custard dish(es) in a pan and fill pan with 1 inch of water.
6. Lightly sprinkle nutmeg on top of custard.
7. Bake for 45 minutes if made in a baking dish, until a table knife inserted 1 inch from the edge comes out clean. If made in custard cups, test for doneness after 35 minutes.
8. Serve warm or chilled. Refrigerate leftovers.

Makes 6 servings



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Writing From Life

by Jeanette Lukowski

Returner? Donator?

An episode of a comedy show from years ago keeps hitting me sideways these days, as the focus of the particular episode was about “re-gifting” something someone gave you, but you never use. Meant to make us, the audience, giggle, it also left me questioning the protocol for such situations. I lost track of the question as other things in life drew my attention away—until about a month ago.

I am in the thick of helping someone downsize. It is one of those painful struggles, as she keeps referring to her new apartment in the senior rental community as “the nursing home.” It’s not a nursing home. It’s supposed to be independent living on her terms, right?

My problem is “the stuff.” She’s not good at letting any of it go. The rationale is what doesn’t make sense to me, last week, I asked about passing a set of glasses to someone else who has just moved to a new apartment. “Oh, none of those glasses are mine,” the woman replied.

Wait. They are in your kitchen cupboard, where they have been for about 20 years. If that doesn’t make those glasses yours, who do they actually belong to?

“Those glasses were a gift to my mother. They should go back to the couple who gave them to her as a gift.”

Let me pause here and describe the plain, clear glass glasses. They are as generic as anything you might find on the retail shelves of any big-box store, or gracing the table of any restaurant as water goblets. Seriously, they are plain, nondescript glasses. The recipient of the original gift is deceased; it’s also quite possible the gift givers are deceased as well. Why can’t they just be passed along to someone else in need?

This past January I received an email announcing that a dear friend from school (3rd through 12th grades) had passed. Having been regular correspondents since we headed our separate ways for college—then life—I knew she was battling cancer. I even made her a special placemat when the prognosis worked its way towards terminal. She didn’t invite me to visit her; I didn’t ask to visit because I knew this second marriage was suffering from issues which pre-dated the cancer diagnosis. So the placemat was a little piece of my heart, mailed off the many miles to my friend whose hand I could not hold.

I mailed the placemat in July and sent her more regular letters of chatty nonsense until her husband’s email reached me in February. My friend had died in January.

I privately mourned my own loss—then cringed when his third or fourth email arrived in my mailbox with a photo of the placemat. “Did you make this for her?” he asked.

“Yes, I did.”

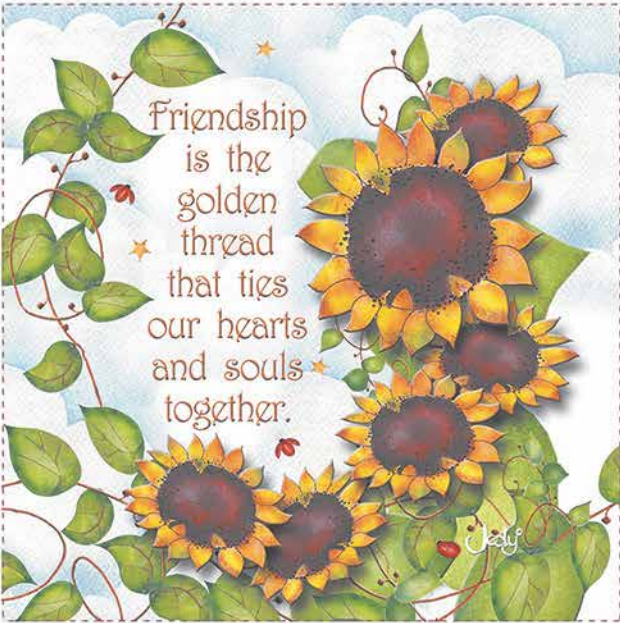
“She kept it by her side up until the end,” he replied a week later.

I smiled—and then quietly prayed that he not send it back to me.

© Jeanette Lukowski 2023. Jeanette is a mother, grandmother, teacher, and author who lives in Mankato, MN. She is inspired by the lives of strong women. Her email address is: writingfromlife@yahoo.com



GIRLFRIEND WISDOM



Friendship truly is a Golden Thread that ties our hearts and souls together. If you and your friend have trust, equality, compassion, honesty, and independence, you already have the foundation of a strong and healthy friendship. It often takes time and effort to foster deep, and meaningful friendships. Time is a key element here - a quick check in - a text message, “Thinking of you today - have a great one!” It all adds up in deepening a heart-felt friendship.

GIRLFRIEND WISDOM:

Send a quick note to a friend today - maybe you will get one in return and you will have a great day too!

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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Random Acts

by Maranda K Jones

Two Scoops

“Vanilla, please.” I will pick vanilla every single time. My favorite flavor may be the simplest, but it always makes me happy. And ice cream does make me happy! The happiest and simplest summer moments involve ice cream.

Once you have put away the gardening gloves that spent the sunny day pulling weeds, moving rocks, and watering flowers, you wipe the dust off your face and wash your hands. “One scoop or two?” is music to your ears as you grab a spoon for the two scoops in the bowl. Pop the top on the chocolate syrup and pour it on. Cut up strawberries before you sprinkle the sweet treat with black pepper. Add a little whipped cream to the top and enjoy the perfect sundae. The chocolate and strawberries add sweetness to a full day of play. The cool creaminess feels like the perfect pay for a hard day’s work.

My sister and I often helped outside, much like mentioned above. When we were too young to fight over who would drive the riding lawn mower, our mom enjoyed the time on the tractor, and we pulled weeds out of the rock bed. Then one of us would get distracted by the kittens playing with the leaves, telling the other to watch. We’d pull a long stem of grass and extend our arm toward a fluffy feline, offering it as a toy hoping to entice a kitten into our laps for some cuddles. Then the mama cat would remind the kittens they were barn cats in training and not pets. Duchess would carry the kittens by the scruff back to the litter and teach them to hunt. We watched and listened to her communicate, correct, and coach her babies with amazement and admiration at their hunting instincts. We filled her bowl with milk, an ice cream sundae in feline form.

While feeding the cats, we would feed the dogs too. Giving them time to eat before the next game of fetch, we would scoop and rake to make sure they had a clean yard to play in. And us too! After putting the shovels back in the garage, we passed by the ball bin and grabbed a basketball. We aired it up and gave it a test bounce before starting our game of “horse.” We both loved to dribble and shoot, so we never needed reminders to practice. Dad always managed to squeeze in a game or two, getting us to spell H-O-R-S-E before he did, and then he would go back to his D-I-Y projects around the house.

Mom parked the mower and picked green beans from the garden. We snapped the ends while she ran the water and prepped the rest of supper. Dad soaked and lit the charcoals before adding the burgers to the grill. We ran through the sprinklers to cool off and clean off before sitting down on the patio together. To the west we could see the sun stretching down toward the mountains behind the freshly mown field. At the table we could see the family who worked and played together, sitting down for a simple meal. We talked, laughed, and enjoyed our cookout. As usual, as we were finishing up, my dad asked, “What’s for dessert?” And as usual, my mom answered, “We have ice cream!” Then with his best waiter skills, Dad took orders for flavors and amounts. “One scoop or two?” And I always picked vanilla.

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





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Summer Memories

by Janet Young

With summer on the horizon, what favorite place do you like to visit each year? Or what are some of your favorite summertime treats that you enjoy, that perhaps come from that one area of the country that famously sells your favorite treat. Examples might be Philadelphia Cheesesteaks, Boardwalk Salt Water Taffy, and Pennsylvania Dutch Soft Pretzels. The list can go on and on.

But what makes these treats so special that we include them in our itinerary when planning our annual vacation? Is it that the soft pretzel or the pizza is so extraordinary that we go out of our way to include that in our trip to the beach for example? Or, could it be nostalgia. The fond childhood memories we hold dear from which we do not depart. Like memories of going to the beach with our parents. Whatever the enticement, we can't wait to share this experience with our children. Perhaps that is how you happened upon these treats, or continue to visit the same area year after year, because it was introduced to you as a child from your parents.

Summertime is about making family memories. It is a time to kick back and relax and have fun. For as the years go by, these summertime vacations will become more cherished, as you realize that your children

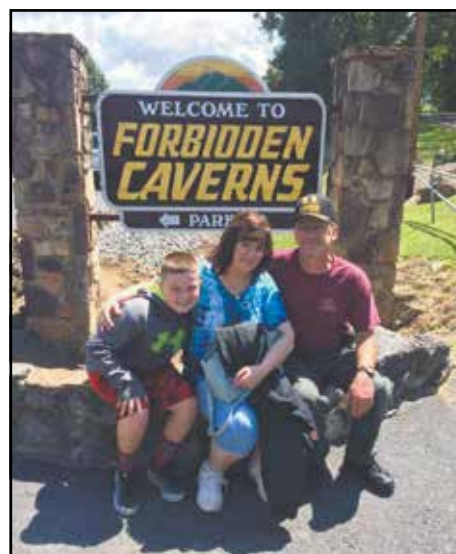
will soon be grown and on their own. But then the cycle repeats itself. For it will be your adult children's turn to institute a favorite place to visit or a special treat indigenous to that area.

There is just something about making memories that will ride you through all of life. Because there will come a time, perhaps when you can no longer go on the trips you used to take, and all you will have are all the memories of what was; and the hope that because of what you instilled at an early age in your children, that your grandchildren will be able to experience the same memories brought forth from years of visits to favorite vacation spots.

So, the next time the family gathers together and one of the kids says, Mom, remember the time we etc., etc. you will have happy thoughts of time spent together under the warm summer sun, laughing and taking in all the sights that you can recall today with laughter and joy.

We lost a few summer vacations because of Covid, so let's make this the year you can begin again to create summertime memories. It is all there waiting for you to make it happen!

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



Making Memories

by Deb Heatherly

School's out for the summer and, as my husband Phil and I watched a bus load of kids excitedly exiting the bus with various shouts of "no more school" and "hurray for summer," we began a conversation about our childhood memories of summer break.

Mine included trips to the beach with friends, sleep overs, family trips to Gatlinburg, fishing with my dad and getting up early to beach-comb for shells when the tide was just right, swimming in our pool, and having family cookouts in the backyard. I can remember that excitement of the last day of school and looking forward to what the summer days ahead would bring. I cherish each of those memories and can't help but smile when I think of them.

During this conversation, I found that my memories are quite different from Phil's. I grew up near the coast and he grew up in the mountains. This gave me pause as I guess I always assumed that, as kids, we all did the same types of things.

To my husband, who was born and bred in the mountains, summers of his childhood took on an entirely different meaning from mine. His summers were spent working many long hours in the garden to prepare for the winter. Then, when work time was over, he was free to go camping on the mountain with friends in an old abandoned cabin. He recalled doing crazy things that boys that age find amusing.

As Phil told me about the pranks he pulled on his friends, I was left in tears because I was laughing so hard. All I could think was I'm sure my mom was glad that I never thought sticking a Pepsi bottle in a fire to see how long it would take to explode sounded like a good idea. Or that trying to pull a sleeping bag out from under a friend while he slept—like you see magicians do to dishes on a tablecloth—was a smart thing to do. Let's just say that it worked and his friend stayed asleep until he got cold sometime later. It's a wonder that the laughter of the others did not wake him because I can image these boys were pretty impressed with themselves.

It's funny that "grown up" summers are very different. Now, it's our grandson Luke with whom I long to make memories. He is our daughter Tarrah's son and they live several hours away so we must squeeze in as much as possible in the precious few days we are together. When here,

(story continues on next page)

(story continued from previous page)

I know that Luke and his Poppy—as he calls his grandfather and I’m Maggie—will go fishing, just like I know we will all go to play miniature golf and eat at a local restaurant that he and his Poppy call “Skins.” Of course, that is not its real name and this is a joke between the two of them.

Depending on the weather, we might spend a few hours tubing down the river and we always go to a movie if there is something playing that interests him. We will do as much as we can in the time he is here because this grandma knows that in a few short years everything will change. Before we know it, Luke will be off to college. Then, in the blink of an eye, he’ll find his soulmate, get married, and start a family of his own.

What is my hope? It’s that one day he and his wife will be watching excited children exit the bus for the last time in a school year and he’ll say to her, “What are your favorite memories about summer as a kid?”

Once she shares her memories, I hope he will say, “Well, let me tell you about spending time in the mountains of NC with my Maggie and Poppy. I remember that I once wiped my shoes on Poppy’s back when we were fishing because I got goose poop on them and Poppy just laughed. And once when I was tubing down the river with Maggie and my mom, Maggie killed a ginormous spider. One time we planted magic jelly beans and the next morning they had grown into lollipops. And we cooked hotdogs outside over a fire pit and made s’mores, too! And...and...and...

My wish is that there are a lot of “ands” in Luke’s story and that the memories we make now will make him smile for many years to come.

Deb Heatherly is a designer for Creative Grids® rulers and the author of eight popular pattern books. You can contact her at Debscatsnquilts@aol.com or call the studio, Deb’s Cats N Quilts Designs, at 828-524-9578. Creative Grids® fans are invited to join her Facebook group, “Grids Girls,” for tips and inspiration at <https://www.facebook.com/groups/770429649800457/>. Shop Owners are invited to join her group just for them at “Grids Girls for Quilt Shop Owners Only” at <https://www.facebook.com/groups/273593657256524>.



Jams and Jellies

by Judy Sharer

Do you have a favorite jam or jelly, or do you, like me, enjoy them all?

Growing up, I was the child that helped Dad pick berries. My other sisters were afraid of snakes and, “That’s the girls’ job,” my brothers would say to get out of work. I didn’t mind picking berries and I wasn’t afraid of snakes. Dad and I would take our pails and be off. We always picked in the mornings when it was cooler.



Dad knew just where to go to pick each kind of berry, and what time of year to pick them so they were perfectly ripe. Blueberries were my dad’s favorite. He called the jam that Mom and I made with them “liquid gold”. Everyone in the family knew when a jar of blueberry jam was open, Dad got first dibs.

After a morning of picking, when we got the berries home, it was my job to fill the sink with cold water and wash the fruit. I remember standing on a step stool to reach the sink.

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After measuring, sweetening, and cooking, I remember listening to make sure each jar lid popped which meant they were sealed.

When Dad retired, he planted blueberry bushes, red raspberries, strawberries, and grapes in the back yard. Also, there was a crabapple tree, and we made jelly from that fruit every other year. Crabapple wasn’t a favorite.

Today, my cupboard is always filled with three or four kinds of homemade jams and jellies. My favorite, you might ask? You guessed it – blueberry. Dad’s favorite is my favorite too! Spread on a hot biscuit, scone, or topping a scoop of vanilla ice cream, the warm memories of picking with my dad and cooking with my mother come flooding back.

Why not make some jam and jelly memories of your own this year?

--Judy Sharer is the author of a historical western romance/family saga series titled *A Plains Life*, published by The Wild Rose Press. All four books are available online wherever books and eBooks are sold. If you’re a quilter, you’ll enjoy Judy’s series with a thread of quilting throughout the story. Visit Judy’s website judysarar.com for more details.

SUPPORT YOUR LOCAL QUILT GUILD

Ajax	<i>Twisted Stitchers Quilt Guild</i> For information about our guild please go to our website twistedstitchersquiltguild.com
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 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 (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> We meet at St. Paul's Congregational Church, 450 Park Ave W at 7pm on the third Wednesday each month, except December.
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 & 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> 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.
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 Russell 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 Celebrations, 35 Lindsay St. N 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: lfag.president@gmail.com or our web page: lfag Lonon Friendship Quilt Guild
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). <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 4cornersquiltersguild@gmail.com
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 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> 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 the Royal Canadian Legion, 215 Mississauga St. E. at 1:00 pm on the 3rd Wednesday of the month.
Orleans	<i>Common Thread Quilt Guild</i> Meets the second Tuesday of the month at 7pm at MIFO, 6600 Carriere St, Orleans. www.commonthreadquiltguild.ca
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 continues to meet on the ZOOM platform because of the covid-19 pandemic situation. Our normal in-person meetings will resume some time in 2022. The meetings are usually held the second Monday of every month September to June, at the Riverside United Church, 3191 Riverside Drive, Ottawa ON, K1V8N8. Our email address is ottawavalleyquiltersguild.org
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. <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).
Paris	<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: parisquiltingbees@gmail.com .
Penetanguishene	<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.
Perth	<i>Lanark County Quilters Guild</i> We meet at Lions Hall, Perth Fairgrounds at 7pm on the 4th Tuesday of the month.
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 & 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 Sdrd, 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 & District Quilting & 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. <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.
Toronto	<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. https://www.pnag.ca . <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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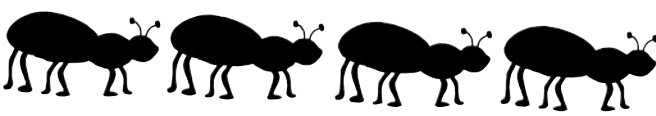
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(story continued from p. 7)

Now, let's talk about what to do with your tomato bounty! If you find yourself with an over abundance of tomatoes, one great solution is to can them. Canned tomatoes come in various forms, but taste tests indicate that whole tomatoes packed in juice are often perceived as fresher-tasting compared to those packed in purée. Whenever I see canned tomatoes, I can't help but think of my sister's favorite comfort food: a tin of tomatoes topped with saltines, salt, and pepper, and cooked until it's bubbling.

Allow me to share my basic recipe for fresh garden salsa or Pico de Gallo. Now, I often make substitutions—parsley instead of cilantro, for instance (because my friend swears cilantro tastes like soap!). And as for jalapenos, well, that's a matter of personal preference. Some years, we've grown knock-your-socks-off hot peppers. And when making a large batch, I confess, I cheat a little and use my food processor to do the chopping. Here's a little salsa-dancing joke for you: What's the worst thing about salsa dancing? Getting the tomato stains out afterward!

Pico de Gallo Recipe

- 2 large tomatoes, chopped
- ¼ yellow or white onion, chopped
- 1-2 jalapenos, finely chopped
- 1 garlic clove, finely grated
- 1/3 cup cilantro leaves, finely chopped
- Juice of 1 lime
- Salt

Gently toss the tomatoes, onion, jalapeños, garlic, cilantro, and lime juice in a small bowl; season with salt. Allow the flavors to blend by letting the mixture sit uncovered.

To wrap up our tomato-filled journey, I'll leave you with a quote by Lewis Grizzard that captures the joy of a homegrown tomato. He once said, "It's difficult to think anything but pleasant thoughts while eating a homegrown tomato."



Pepper Steak

I have been making pepper steak since our early married days. Working for newspapers, both of us had indeterminate quitting times, so a meal that came together quickly was a must.

- 1 lb. round steak, cut into 1/4-inch x 2-inch strips
- 1 Tbsp. paprika
- 2 Tbsps. butter
- 1 can (10-1/2 ounces) beef broth
- 3 garlic cloves, minced
- 2 medium green peppers, cut into strips
- 1 medium onion, thinly sliced
- 2 Tbsps. cornstarch
- 2 Tbsps. soy sauce
- 1/3 cup cold water
- 3 fresh tomatoes, peeled and cut into wedges

Sprinkle the meat with paprika. In a large skillet, melt the butter over medium-high heat. Brown the steak strips. Add the broth and garlic. Simmer, covered, for 30 minutes. Add green peppers and onion. Cover and continue to simmer for 5 minutes.

Combine cornstarch, soy sauce and water; stir into meat mixture. Cook and stir until thickened. Gently stir in tomatoes and heat through. Serve over rice.

Tomato Pie

I'm always looking for ways to enjoy tomatoes. This pie works well for us, as often on our days off we don't have set mealtimes. I can bake it earlier in the day and then add a salad and it's a quick meal.

- 5 roma tomatoes, sliced
- 2 stems of fresh basil leaves (approx. 10-12) , chopped
- ½ cup green onion, chopped
- 9-inch pre-baked pie crust
- 1 cup mozzarella cheese, shredded
- 1 cup freshly shredded cheddar cheese, shredded
- ¾ cup mayonnaise
- 2 Tbsps parmesan cheese, grated
- Salt & pepper to taste

Preheat oven to 350°F.

Place the tomatoes in a colander in the sink in a single layer. Sprinkle with salt and allow them to rest for 10 minutes.

Use a paper towel to pat-dry the tomatoes and make sure most of the excess juice is out. If there is too much moisture in the pie, it will be soggy.

Layer the tomato slices, basil, and onion in pre-baked pie shell. Season with salt and pepper.

Combine the grated cheeses and mayonnaise together.

Spread mixture on top of the tomatoes and sprinkle parmesan cheese on top.

Bake for 30 minutes or until lightly browned. Allow to rest for at least 15 minutes before cutting and serving.

Cherry Tomato Pasta

We always plant too many tomatoes and look for ways to use them up (our coworkers will only take so many). This recipe requires a bit of planning, so it's not something you can throw together after work. Although, cutting the tomatoes the night before makes the next night's supper easy.

- 10 cups cherry tomatoes, halved
- ½ cup olive oil
- 4-6 cloves garlic, minced
- 18 large basil leaves, julienned, plus extra for serving
- ½ tsp red pepper flakes, or more to taste
- 1 tsp salt
- ½ tsp pepper
- 1 lb. linguine or other thin pasta
- 1 ½ cups Parmesan cheese (grated), plus extra for serving

In a large bowl, combine the cherry tomatoes, olive oil, garlic, basil leaves, red pepper flakes, salt, and pepper. Cover with plastic wrap, and set aside at room temperature for about 4 hours.

Cook the pasta al dente according to the directions on the package. Drain the pasta and add to the bowl with the cherry tomatoes. Add the cheese and some extra fresh basil leaves and toss well. Serve with the extra cheese.

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Tomatoes

Words can be found in any direction (including diagonals and can overlap each other)

V	O	A	V	B	I	G	G	Y	U	H	P	Y	B	Q	S	L	X	H	W
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G	E	M	B	E	Q	U	W	M	E	U	X	F	C	H	E	R	R	Y	M
F	N	D	B	U	X	M	U	N	U	R	B	R	P	U	Y	B	T	B	O
A	U	Q	M	O	G	V	I	L	Q	L	H	I	B	N	O	M	E	L	O
X	V	A	Z	Z	F	V	O	F	D	A	P	E	H	J	F	C	K	L	L
R	W	M	H	C	Q	M	Q	Y	D	M	J	D	V	S	X	W	A	I	R
N	I	G	Y	N	O	U	Y	N	T	O	F	L	B	J	X	O	E	X	I
F	Q	Q	B	D	V	C	G	L	E	R	E	W	R	X	O	X	T	W	E
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C	H	U	R	M	G	P	S	Q	Q	C	O	G	X	A	L	L	Y	Y	W
O	S	L	G	R	R	E	G	N	A	R	O	S	V	S	G	L	B	W	T

Beefsteak	Fried	Jewel	Roma
Brandywine	Golden	Krim	Sunshine
Bush	Grape	Lemon	Vine
Cherry	Green	Orange	Yellow
Cocktail	Heirloom	Plum	Zebra
Early	Hybrid	Purple	

Sausage and Tomato Bake

To soak up the sauce, we serve this with a baguette or sourdough bread. This is just about my husband's favourite tomato recipe.

- 4 lbs. tomatoes
- 2 sprigs each of fresh thyme, rosemary
- 4 bay leaves
- 1 Tbsp dried oregano
- 3 cloves garlic, chopped
- 1 500 g pkg of Johnsonville sausages or similar
- Olive oil
- Balsamic vinegar
- Sea salt and freshly ground pepper

Preheat the oven to 375°F in a roasting pan large enough to take the tomatoes in 1 snug-fitting layer. Put in all your tomatoes, herb sprigs, oregano, garlic and sausages. Drizzle generously with the olive oil and balsamic vinegar and season with salt and pepper. Toss together, place the sausages on top and pop the pan into the oven for half an hour. Give the pan a quick stir and turn the sausages over. Put back into the oven for 25-30 minutes. *This creates an intense tomato sauce. If you prefer a thicker sauce, lift out the sausages and place the pan on the stove to cook down. Season with additional salt and pepper to taste.

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