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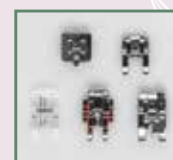
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April/May 2023 Issue

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He loves to create artwork in various styles including artwork that is modern, contemporary, colorful, striking, calming, trending and sometimes playful!

JP is a believer, a business owner, a photographer and graphic designer. He is passionate about arts, calligraphy, graphic design and photography. JP has won prizes and mentions in national and international photography contests.

To view Seven Trees Design artwork, go to www.PennyLaneFineArt.com or call Penny Lane Fine Art at 800-273-5263 for more information.

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Aspen Grove Quilting's Stories with Sam ...

Throughout the month of March, I participated in a social media event called #IGQuiltFest. Amy Ellis Quilter & Designer (@amyscreativeside) on Instagram hosts this event every March. It is an opportunity for individuals to share photos and stories of some of their favorite tools, best tip ever, recent finishes, fabric storage and more! It's a fun event, so make sure you check it out on Instagram and see what other like-minded individuals are sharing. You might even find a neat way to upcycle some left-over fabric, or giggle along at some "what was I thinking" moments.

"Creative Hands" was the topic on day four and immediately the reference of wearing many hats came to mind. If you are unfamiliar with this phrase it refers to having many jobs, roles and responsibilities. As the topic of the day inspired my social media post, I took a twist on the common forementioned phrase. Many of us who are involved in crafting trades likely echo the following perception: that we use our hands in place of hats in our roles and responsibilities most often.

Looking into this theme I wanted to take the opportunity on social media to recognize how creative hands are so much more. Sometimes we are so focused on what we want to achieve and how we are going to do so, that we forget about the little contributions that our hands bring to those around us.

Hands that hold. Hands that comfort. Hands that nurture. Teaching hands, leading hands. Inspiring hands, hands that create, hands that celebrate. Hands to grow with, learn with and laugh with. Likely, multiple descriptions of the above-mentioned hands fit into your life, and perhaps like mine it can be seen passing down from one generation to the next.

Supportive hands – the evidence of supporting hands can be seen through many generations in my lineage. Often my grandma could be found helping and supporting her students and their parents, teaching arts and crafts and sewing to locals. She was a loved teacher and member of her community, often found supporting them by donating her time, energy and money. Her actions of supporting passed down to my mom, who encouraged me to continue the characteristic. Helping out a neighbor, donating to local food banks, dropping off food at a friend who is struggling, volunteering with local organizations, and encouraging others to do the same – support comes in all forms and at all levels of community.

Mixed in with supporting is the never-ending process of learning and we often find our hands participating with our mind. Recently my mom and I were in the sewing shop finishing up a lovely spring project. The Tulip Season quilt was almost complete and only a few long seams remained. Then it was time to celebrate our highly anticipated project. I grabbed the quilt top with its coordinating 3" border and started sewing. Coming to the end of the strip I noticed that I had accumulated a large excess of fabric – the ends were no longer lined up. I quickly joked at mom saying she must have cut it incorrectly and she scooted over to check out the problem. The first question out of her mouth was "did you pin it"? I looked at her and straight faced replied "I don't pin it, I wing it". After finishing her laughing, she again re-taught me the importance of pinning long seams.

Just simply looking at my work I knew that she was right. I needed to end my stubbornness to save some time (and seam ripping) by absorbing to her lessons. Her tiny, creative hands reached over and took the quilt to the tabletop. Her fingers swiftly worked to pin two pieces together. The next four long seams were pinned by my mom to emphasize the lesson, again. Four perfectly lined up seams resulted through this teaching and learning with her hands. Few words were exchanged during this lesson, her hands doing all the teaching. Plus, my previous lessons about the significance of pinning sped up the process.

As I reflect on the relationship that my parents and I have, I can clearly see the importance that hands have in our lives. We guide and live so many of life's moments through our hands. My hands are filled these days with little hands, looking to guide them, encourage them and support their creative minds. To be a part of these moments is such a blessing. Encouragement and teaching, loving and supporting, joking or nurturing – I wish to continue building these moments with my family, and I strive to encourage another generation of creative, kind, loving hands.

Share some of your favorite stories of someone's hands molding a positive experience. Send us a message through our email, website, or social media. I'd love to here if that experience has been passed to the next generation. See you next edition – chat soon!

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Writing From Life

by Jeanette Lukowski

Experimentation

This month’s sewing project is a wedding shower gift for a friend’s youngest daughter. Since this friend has three daughters, the challenge has been to make different quilted gifts for each of their weddings. This project, then, is a scrappy heart wall hanging, which in its pre-sewing state measured 38” square.

Although I made a different scrappy heart project for a friend last year, the two projects are definitely different. For one thing, the first heart finished at a modest 14” x 18” size.

Beyond size, the first heart followed a pattern designed as a traditional bed quilt. Although the pattern repeated the hearts over and over in neat and tidy rows and columns, I extracted enough details to make one singular heart. By contrast, this current project follows an idea presented by my angel-of-inspiration (she who encourages me to try new things) after she took the class paired with a quilt guild presentation we had attended together. The focus of both the presentation and the class: creating projects utilizing a 2-1/2” grid fusible base. My friend created several projects using the technique; this scrappy heart is my first.

Some quilters purchase a kit from the quilt store, but I am more interested in experimentation; quilting is my experimental playground. Thus, the curiosity about the technique—and the birth of this particular project that has no specific pattern to follow. Rather, I simply printed the picture of my friend’s heart project, and counted the squares.

My first task was finding a store in my area which sold the fusible grid. (I like to shop “local,” which means wherever I feel like driving on any given day.) I carefully did the math in the store in October, and placed the bag in the sewing room when I got home.

Unfortunately, when I finally began the project in January, I discovered I didn’t purchase enough fusible! Adaptation shrunk the design a bit, but I continued cutting 2-1/2” squares of fabric to match the changes.

For those who don’t like to pin, the fusible grid is definitely a contender! Just lay out the fabric within the grid lines, apply warm iron, and presto! The fold lines appear without much nudging.

The “shrink” when seams were added kind of shocked me, though. The heart and background unit went from 38” square down to 30” square. Ah, but the precision of those matching, nested seams.

Will the extra layer of fusible make it difficult to quilt? The next wild-card I will face as I proceed.



Which brings me around to classes. One part of me thinks I would enjoy taking a class from a local quilt store because I like the challenge of trying new techniques! The other part of me becomes reluctant, though, when I learn that participants are told which specific fabrics the instructor or store have selected.

What if I want a different color or theme? Will I be able to take the class if I don’t buy “that” fabric? Hmmm.

© 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

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Random Acts

by Maranda K. Jones

Take Five

Girl Happy, the best Elvis Presley movie ever made, shows spring break at its finest! Fort Lauderdale was the place to be, and everyone was headed to Florida. Shelly Fabares plays Valerie, the well-behaved daughter of a Chicago mobster named Big Frank. Her father thinks she needs a chaperone, however, and hires a band to follow her on holiday without her knowing. Elvis leads the band as Rusty Wells, and well, just thinking of the music and mayhem makes me smile!

Being the sensible, rule-following girl she is, Valerie could have taken care of herself, and self-care seems to be the theme of most modern spring breaks. Not everyone is heading to Fort Lauderdale as they were in the past. Swimmers started going there for training in the 1930s when the Olympic sized pool opened. Many swim coaches thought that was a great idea, as did other young people, and crowds continued to grow out of control through the 1960s when this musical romantic comedy was released.

This movie is the perfect escape. We all need a little escape now and then. We need a break. We need to take five.

A guest speaker at our school stressed the importance of taking care of ourselves. She said the practice of taking action to preserve or improve one's own mental and physical health is vital to our well-being. It is important to take care of ourselves before we can effectively help others, whatever line of work we follow. Following her advice that suggests even the smallest action might make a difference, think about what you could do if you were able to take five.

Take five days. Enjoy a getaway to a favorite place or explore somewhere new. Not everyone has a five-day vacation from school in the spring, but those who do may spend their time traveling. A five day stay-cation at home could also be the ultimate time off, especially for someone who is always on the go.

Take five hours. Learn a new recipe, and take the time to shop, prepare, and enjoy the meal. Prep your lunches for the week or pick out clothes for the days ahead. Tackle a project and feel that sense of accomplishment. Try something new or do something you already enjoy. Catch up on sleep. Visit a friend, spend time with family, and show love to someone. An afternoon walk with your pet could get you outside and moving. Be a tourist in your own town. Go off the grid, turn off your phone, and appreciate the silence.

Take five minutes. Sip a cup of coffee. Eat a piece of dark chocolate. Call a friend. Send a text. Watch a funny video. Think of someone to forgive. Send a thank you note. Stand in the sunshine.

Take five seconds. Name five things you're grateful for. Name five things you've accomplished. Rub lotion on your hands. Stretch your neck. Yawn. Pray. Smile. Choose to be happy.



© 2023 Maranda K. Jones Presley, Elvis, performer. *Girl Happy*. MGM, 1965.

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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

GIRLFRIEND WISDOM

Appear
When Cardinals
Angels are near.

The origin of words and sayings is a great interest of mine as a writer. Many times in everyday conversation with friends and family, we use ancient terminology and don't every think about it. When I designed this chubby little red Cardinal for my fabric panel, it made we wonder - where and when did this saying start? Research tells me that "When Cardinals appear Angels are near" ... has been associated with divine messengers since Christian times. According to some religious traditions, cardinals are believed to be the embodiment of angels. The cardinal is a beautiful bird and its bright red color has long been associated with faith and strength.

GIRLFRIEND WISDOM: Faith and Strength are desired qualities in our daily lives and if a chubby little bird can bring joy and add to our Faith and Strength - I'm going bird watching!

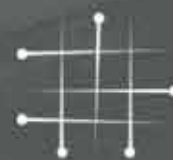
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A Letter to My Mother, Five Years Later

by Kerrl Habben Bosman

Dear Mom,

I know that you don't need this letter contemplating the fifth anniversary of your passing. It is more for me, the one who is compelled to recognize you and this benchmark in some concrete way. I struggled at first because the words were buried too deeply.

Yet here I am, because I couldn't not write to you.

It is March again. You passed away on the 13th. You and I had 45 full years together and I am thankful for every moment. We were given the time to be mother and daughter and best friends and to share and grow together in every evolution of our lives.

I hope that you know how much fulfillment life has brought to me. As your illness progressed to its end, I know that you worried what the future would bring.

A year and a month after you passed away I found the right someone to love—the man I'd been waiting for all of my adult life. My husband, Wayne, amazingly has many of the traits that I treasured in you. He is steadily, authentically and unapologetically himself. He gives me the same true measure of honesty you always did. He also knows exactly what to say to me when my self-deprecative streak rises up. Most importantly, he loves me and our family with a complete and unrelenting dedication. And I love him and them the same way.

Looking back, I know that I grieved quietly for you. That was because you were and are such a part of me. I know that, in some ways, I am very different than I was when you were alive. However, that is what time and healing ask of us, as you and I experienced together more than once.

I like living in the present. Every moment I am given will never occur exactly that way again. And in doing so, I readily treasure every day of my life and the people I share it with.

(continues on p. 23)

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Pieces From My Heart

by Jan Keller

Do You Believe This?

“I am the resurrection and the life. He who believes in me will live, even though he dies; and whoever lives and believes in me will never die. Do you believe this?”

Amy believed.

Though a beautiful and happy eleven-year-old, Amy was aware she was somehow ‘different’. Her ‘differentness’ was caused by Down’s Syndrome. Still, Amy always attended Sunday School. It was the highlight of her week. Amy never missed.

Because of Amy’s ‘differentness’, she was placed back in the second grade class. It wasn’t her choice, that was just the way it was.

The other children in the class were kind to Amy, yet she had never been totally accepted. She never really belonged to the group.

On Easter Sunday, the teacher gathered the children in the class together and said, “We’ve been studying and learning about new life for several weeks. Today, I want each of you to go out into the church yard and find a symbol of new life.”

The teacher then gave each child a plastic egg—the kind pantyhose used to come in—and said, “When you find an example, put it in your egg and bring it back to class.”

When the children finally returned to class they gathered around the table. In eager anticipation, the first egg was opened. In it was a flower in full bloom. “That’s beautiful! I love flowers” said Sarah.

The children were delighted when, as the second egg was opened, a butterfly fluttered out.

“That’s cool!” exclaimed Adam. “That’s really cool!”

When the third egg was opened, much to everyone’s surprise, it was empty. There was nothing inside.

“Somebody didn’t do it right,” the children grumbled to their teacher.

Just then, the teacher felt Amy tugging on her sleeve.

“That egg is mine, said Amy, with a tear in her eye. “I did do it right. It’s empty just like the tomb. Jesus’ tomb was empty.”

The children became quiet and a long silence followed. In that hush a transforming miracle happened and the barrier separating Amy from her classmates crumbled. The children learned to accept and appreciate Amy.

Reaching out to Amy, not just with their arms but also with their hearts, the children took her in.

Amy was released from her ‘differentness’.



* * * * *

The following summer Amy died.

Amy had been small and frail so her parents had known Amy wouldn’t live out her life to adulthood. A virus her body was unable to shrug off claimed her.

Her funeral, held at the church, was typical—except, right at the end, several nine-year-old children walked down the aisle and placed a symbol of their love at the center of the communion table.

Their token of remembrance was not flowers—to cover and mask the reality of death. No. These children brought a plastic egg—an old discarded holder of pantyhose.

After placing the open empty egg on the table, they turned to face the puzzled family and friends who had gathered to say goodbye to Amy. Then, in a united voice, these children repeated the lesson Amy had taught them—a lesson they would never forget. “The tomb is empty.”

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Life is like a quilt, pieced together from a unique patchwork of memories, friendships, joys, and challenges. In each of these books, syndicated columnist Jan Keller is down to earth and refreshingly transparent as she opens the door to life’s dreams, triumphs and struggles in a heart-warming way that will touch you forever. You’ll love the way she spins ‘yarns’ that weave the pieces of a treasured tapestry into a vivid depiction of life and love.

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Easter Memories and Hope

Spring blooms with fresh hope and energy. We see new life all around us as tulips bloom, chicks hatch and baby bunnies are born. Spring includes several holidays—the main one being Easter, which is one of my favorites.

I love Easter because of special traditions and memories, but mostly because we celebrate the triumph of Jesus's resurrection. My childhood Easter memories include awaking on Easter morning to find a plate of candy and surprises under my bed. I also recall the joyful music and messages at the church where I grew up.

Now, decades later, I still enjoy church services and treats, but I also enjoy sharing flowers and tasty foods with others. When our children were young, we prepared and delivered the goodies together. Later, my grandkids helped me.

Maybe you would like to try some of the ideas we used: Oatmeal cookies molded into Easter eggs and decorated with frosting; Sugar cookies cut into crosses and decorated with sprinkles; Chocolate no-bake cookies shaped into nests and filled with green coconut "grass;" and jelly bird eggs.

For an inexpensive "basket," we decorated empty plastic produce containers from berries or tomatoes, adding paper handles. We filled them with Easter grass and homemade goodies.

Hot cross buns also make a wonderful treat to share with others. I've included an easy, tasty recipe from my cookbook. They go well with a few packets of tea, such as Earl Grey or mild-flavored Darjeeling.

For gifts of flowers, I buy large bouquets and divide them into smaller ones, adding greens from our yard. For a recent Easter, I purchased a dozen roses, then went door to door and handed each neighbor a rose and said, "Christ a-rose!" This brought a smile and the simple reminder of the Easter message.

Each Easter I recall the greeting my father taught me as a child; the one he learned in Russia as a boy. "Christ is risen!" Dad exclaimed and I joyfully replied, "Christ is risen indeed!" Why not proclaim this message of new life and hope in your home this Easter?

Lydia E. Harris is a tea enthusiast and the author of two books for grandparents: *In the Kitchen with Grandma: Stirring Up Tasty Memories Together* and *Preparing My Heart for Grandparenting*, both available at amazon.com.



From Lydia's Recipe File: Hot Cross Buns

Start with frozen rolls, add fruit and spices and create a yummy aroma in your kitchen. Add frosting crosses to celebrate Easter. Taken from Lydia's cookbook *In the Kitchen with Grandma: Stirring up Tasty Memories Together*, page 35.

Prep time: 25 minutes

Rising time: 1 hour or longer

Baking time: 15 to 20 minutes

Gather Rolls

- 18 frozen yeast rolls
- ½ cup golden raisins
- ½ cup brown sugar
- 1 tsp. cardamom
- 1 tsp. cinnamon
- 1 egg
- 1 T. water

Frosting

- ½ cup powdered sugar
- 1 T. softened butter
- 1 tsp. milk
- ¼ tsp. vanilla

Make

Thaw the rolls according to the package directions until you can cut through the dough but the rolls are still cold.

While the dough thaws, mix together the raisins, brown sugar and spices.

Grease or spray a 9 x 13-inch pan with nonstick cooking spray.

1. To make each hot cross bun, combine one and one-half rolls. On a lightly floured surface, press the rolls together and flatten the roll to a 3-inch circle. Add about 1 tablespoon of the filling mixture and press it into the flattened dough.
2. Roll up each bun like a jelly roll and then shape it into a round ball by tucking the ends underneath. Place the rolls into the baking pan with the seam on the bottom and the rounded side up.
3. Shape all the rolls and place them in the pan, leaving spaces between them for them to rise.
4. Cover the rolls and set them in a warm place to rise for 1 hour or until they fill the pan.
5. Preheat the oven to 350°.
6. Before baking, beat the egg with a fork, add 1 tablespoon water and brush the buns with the egg glaze.
7. Bake the buns according to the package directions, about 15 minutes or until the buns are brown. Remove the pan of rolls from the oven and place it on a cooling rack.
8. While the rolls cool, mix together the frosting ingredients. If the frosting is too thin, add more powdered sugar. If too stiff, add a few more drops of milk.
9. When the rolls are completely cool, add the crosses. To make crosses on the buns, snip off a small corner of a plastic sandwich bag. Add frosting in the snipped corner and seal the bag. Squeeze the frosting through the hole to make a cross design on each roll.

Makes 12 buns.

Shortcut: Use ready-made frosting for the crosses.



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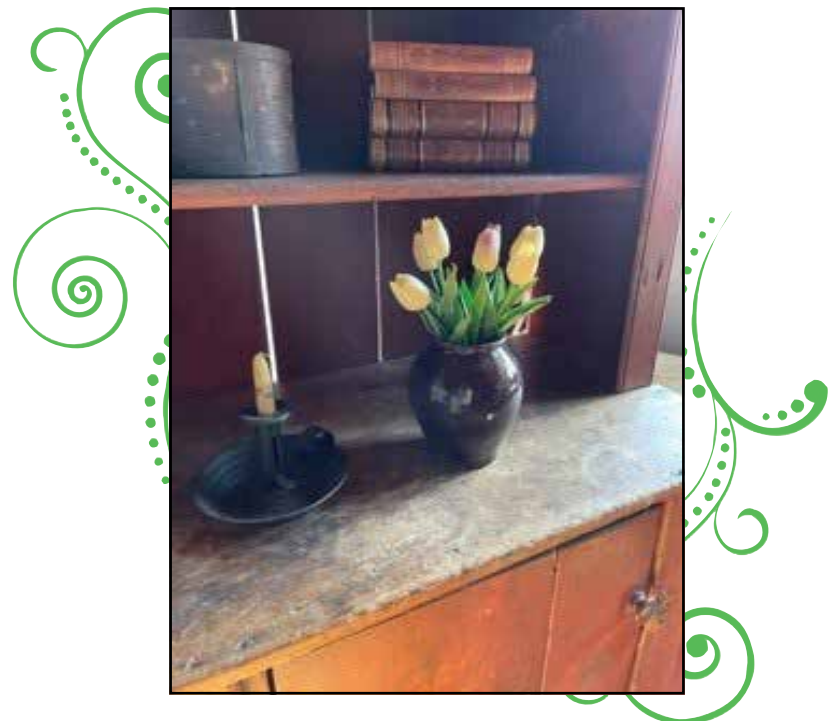
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Become Inspired Decorating, Entertaining and Living in the Early American Style

by Annice Rockwell

Abundant Country Blessings

As the long months of winter draw to a close, we eagerly await the brighter days of spring. With each lengthening day, we feel a sense of wonder at all of the small miracles unfolding around us. The traditional return of some of our cheerful feathered friends reminds us of how connected to nature we can feel when we observe with patience. The sprouting-up of proud yellow daffodils revealing their bold beauty gives us joy even on the rainiest of days. And as we move forward alongside these abundant country blessings, we begin to feel more awakened to the remarkable season that awaits.

Celebrations of Renewal

One of the most soulful tasks of spring is being outside to notice a return to a brighter landscape slowly filling in with green. The pink-brown magnolia buds begin to reveal their secret too. And as we take time to carefully tend to our walkways, our garden paths, and our window boxes the memory of winter fades and is replaced by the magic of spring. Our country thoughts turn to creating areas of color in our yard. Whether it is planting vibrant flowers in well-loved antique crocks or deciding to paint our exterior doors a new colorful salmon for a fresh change, the season of spring is our chance to enliven our landscape and our homes as a personal celebration of renewal.

Powerful Promise of Spring

Country shops that weathered the storms of winter are now filled with the promise of spring. Antiques shows and shop events bring a welcomed end to our cabin fever as we gather with a group of friends to spend a day shopping for special touches of history and of spring. Early spring gathering baskets filled with fresh green herbs, cobalt-decorated stoneware crocks with floral brush designs overflowing with fresh tulips greet us in country storefront windows. And shop owners offer new spring candle scents like "Settler's Wash Day," and "Lemon Shortbread," displayed beautifully among bright woven textiles and hand-selected antiques.

Our perfect shopping day brings us back in touch with each other as we happily peruse all of the treasures country shop owners worked so hard to gather for us just in time for the season of change. This spring spend time observing nature's beautiful transition. Take time to reward yourself for coming through the cold days of winter by sharing an unexpectedly warm spring day with friends. And as you embrace all of the bright and lively blessings around you, let that same energy inspire you as you remember that nature always holds the powerful promise of 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

Have an Egg-stra Special Day

by Colleen Gust

I went to the store today and bought some really oddly shaped eggs. Now I can't find them, and I think they've been mislaid. I'm hoping this article won't be mislaid as it gives a brief overview of why eggs are eggs-ellent! I hope I don't crack under pressure and scramble my words in this story.

Egg yolks and whole eggs are excellent protein sources widely used in cookery. Due to their protein content, some countries list eggs as Meat in their Food Guide.

Eggs were forbidden during Lent in the Middle Ages because of their richness, although the motivation for eliminating eggs during Lent was not entirely religious. This reduction in egg consumption allowed farmers to rest their flocks and limit the need for chicken feed during a time of year when food stocks were usually at a low ebb. Domesticated chickens are descended from a wild Asian fowl, with the fowl laying about a dozen eggs each year during the breeding season. The modern chicken, however, has an egg production of more than three hundred eggs each annually and to lay eggs year-round. So, it's not because the hens eggs-ercise.

How can you tell if an egg's been boiled or not? Eggs-ray vision. Now, I don't have that, so if you need to know if an egg is hard-boiled, set it on a countertop and give it a quick spin. Then, tap your finger on it to stop the spinning. Eggs that are cooked will spin easily and fast and stop quickly. Raw eggs take longer to get going and don't stop as quickly.

Have you ever wondered why in Europe, it is common to keep eggs out on the counter while we refrigerate them here? When a hen lays an egg, it has a "bloom" over the shell. The bloom is a protective layer that protects the egg from bacteria getting inside by sealing the 6,000-8,000 shell pores. North American commercial egg producers spray their eggs with a sanitizer before they package them to reduce the risk of bacteria contaminating the egg. The "bloom" is removed when eggs are washed, leaving the egg pores open to potential new bacteria. If eggs are left unwashed with the bloom intact, you can place them on your kitchen counter. Unwashed, room-temperature eggs keep for about two weeks.

The dried egg industry developed around 1878, long before the rise of the frozen egg industry. The dried yolk and egg white turn into a light-brown, crumbly substance. Dried egg production significantly expanded during World War II for use by the troops. We can all remember jokes from the TV show M*A*S*H about dried eggs. And who remembers that M*A*S*H stands for mobile army surgical hospital?

The egg carton is a Canadian invention; it was invented in Smithers, British Columbia, in 1911 to solve a disagreement about broken eggs between a farmer and a hotel owner.

I saw a sign earlier that said "Free Range Eggs." I've never heard of Range Eggs, but at least they were free to take! I'm sure our neighbours to the south and in the U.K. wish eggs were free – reports say that their egg prices have increased by 60% due to the shortage caused by the avian flu. They've become very eggs-pensive and an egg-stravagance.

Chicken eggs are widely used in various dishes, from sweet to savoury, including many baked goods. Eggs are commonly prepared by scrambling, frying, poaching, hard-boiling, soft-boiling, omelettes, and pickling. Why do so many people love a boiled egg for breakfast? It's so hard to beat.

They also may be eaten raw, although caution must be taken to avoid salmonella. Fun fact, your body receives almost double the protein from a cooked egg than a raw egg.

As a cooking ingredient, egg yolks are used as an emulsifier. They are also used as a thickener, as in custards and salad dressings.

Every part of an egg is considered to be edible, although the eggshell is usually discarded. Ground eggshells are added to food to deliver calcium. Also, many people place them around tomato plants to leach calcium into the soil.

I'm a huge cooking/food show watcher, but none of the show hosts have particularly enjoyed this take on eggs. While I'm pretty open to trying most foods, I don't think I "shell" go out of my way to sample a Century or a hundred-year-old egg. The egg is preserved by coating an egg in a mixture of clay, wood ash, salt, lime, and rice straw for several weeks to several months. Once complete, the yolk is dark green and creamy with

(continued on page 21)

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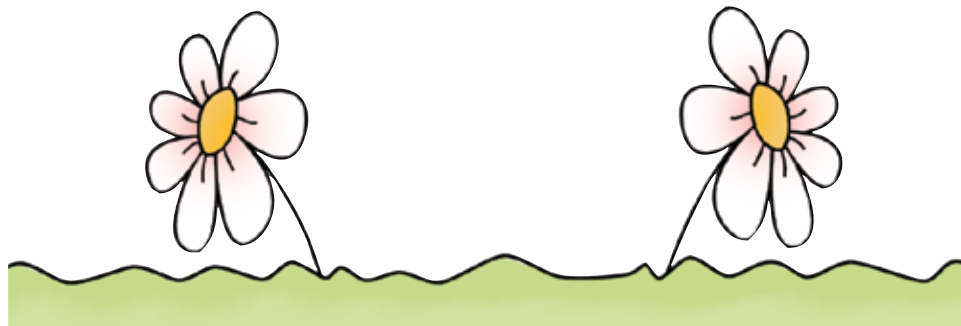
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There comes that morning moment in early spring when my own sap recognizes it is time to shake off the winter blankets and rise up to greet the day. Outside our bedroom window the first robins are heralding the changing season and I receive their trilling announcement with eager anticipation. It's time to get cracking! I have no doubt that mercurial March will yet produce the occasional snowy weather, but an underground message to "Rise up!" has gone forth and this cycle of vegetation resurrection cannot be thwarted.

Here at Sweetmeadow, unusually balmy days in January confused the dandelion blossoms and I even saw a few courageous hyacinth spears poking up beneath the rose bushes. I quickly pulled another coverlet of straw over their heads and told them to please go back to sleep – it's not time to get out of bed yet! But now, in-between episodes of March's madness, all nature is joyfully answering the call to get back to the business of growing.

When I was young we lived on a little 4-acre, 2-cow farmette in western St. Louis County. My mother and I would set out in early spring to gather a "mess of greens." She taught me to identify such vegetal delights as poke, dock, lamb's quarters, dandelion, and sorrel. I can close my eyes and clearly recall wearing a brother's hand-me-down flannel jacket and the regulation head scarf tied beneath my chin. I would hike up the little hill and down through the pasture happily helping to scout out the special plants we would cook up for supper. After washing the herbs carefully, mom would simmer them in a vinegary water. Perhaps a little bacon grease, onion, and black pepper. All of us would devour this "mess" as if it was not actually something so very nutritious for us! I doubt many folks continue "picking poke" much these days. I imagine the current modern homesteaders do. And folks with some land and an interest in herbs. And folks with a kindly grandma who wouldn't want to waste those good spring tonic foods "out there just free for the pickin'." That little farmette is still there in St. Louis County but it is now up to its gills in suburban sprawl. I like to think that those herbs' children and their children's children continue to thrive. I may put on a scarf and go back to look some day.

Hands down, one of my favorite things about early spring is the return of the Spring Peepers. *Pseudacris crucifer*. The teensy little chorus frog with a voice heard around the country. Our peepers make their concert arena in a little pond here at Sweetmeadow but I have also heard rapturous performances emerge from lowly watery road ditches. This is strictly an all-male musical as the little guys are singing their hearts out to impress the ladies. It works for this lady!

I've done a little research and it seems that this next "Spring Forward" (March 12) may just be the last one ever. Debates have gone on for years regarding the continuing purposes of "preserving daylight" in North America. Beginning in the U.S and many European countries during WWI as an effort to conserve fuel needed to produce electricity, the act of varying our timekeeping has gone through much legislative hash and rehash. The latest legislation passed by the U.S. Senate would make the twice-annual clock manipulation end in 2023. Which I think means that when we change to standard time in November, that is the way time will stay. The decision isn't final as I am writing this. The bill has yet to be signed by the President. But I, for one, will echo a senator's quip: "This is a change whose time has come."

We are excited about the upcoming births of five babies on the farm. Besides raising steers, we have groomed five lovely Gelbvieh cow-mamas for calf "production." We have petted and spoiled these girls for over 2 years and this month they will make us proud as they deliver to us our first grand-cows. Decades ago when I became a farmwife one of the first lessons Hubbins taught me was, "DO NOT name the meat!" And with good reason, I soon found out. But this is different! These ladies will be with us

(continued on next page)

(continued from previous page)

for a long time and their individual personalities are a joy and delight. Naming them was easy. Their characters and markings just sort of named themselves. Ella Mae, Ginger, Sally, Liza Jane, and Rustie Rae. It took my farmboy husband a while to memorize the five names, preferring to refer to them by their ear-tag numbers. How unimaginative is that? But he got used to the names as he became the Chief of Treats and Back-Scratching for his affectionate herd. I can't wait to see their babies.

As garden-time returns to the outdoors, I must switch up the creative projects going on indoors. It is comfy working on a large crocheted afghan in my lap during the chilly winter weather but once it turns nice outside, it is no longer cozy but cumbersome. I finished the popular Attic24 (U.K. website) Hydrangea Stripe Blanket in February just as the seed company catalogs begged my attention. Also getting put away for the season are the wool applique kits I like to hand sew in fall and winter. I thoroughly enjoyed finishing up another month of Bertie's Year by Bonnie Sullivan. Much of my imagination is now engaged in the kitchen garden planning, but I always want to have something artful going on in my studio besides. This spring and summer I will be sewing two matching twin-bed quilts for an upstairs guest room. I had all kinds of elaborate patterns dreamed up for almost a year but a couple weeks ago, while visiting a local quilt shop, I saw on display a most delightful and very simple design that I knew would be perfect for this room. The pattern is Flair by Keri for Villa Rosa Designs. This pattern is just perfect for ease of picking up and putting down between all the running in and running out I will be doing soon. It seems every facet of our lives, from hobbies to homekeeping, are guided by the changing seasons. And isn't that wonderful?

After years without rhubarb (our stint in Texas deprived me of all my old-fashioned favorites such as peonies, daffodils, forsythias, lilacs, hydrangeas, and rhubarb!), we will get to harvest our first rosy stems of "Pie Plant" this month. I love mixing the fruit (vegetable!) with strawberries for jam and pie, but I'll share a simple chilled soup that is delectable. My Texan friends will likely find frozen rhubarb at the local H.E.B. and those of you who live near Amish bulk stores should find bags of it already diced up in their cold storage unit. Rhubarb Soup is very pretty served in glass goblets or tea cups for Easter celebrations. Happy Spring!

*In the spring, at the end of the day,
you should smell like dirt.*

Margaret Atwood

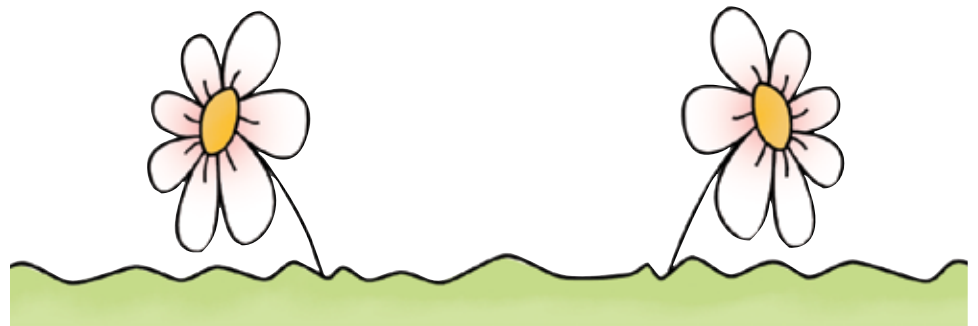
Sweetmeadow Farm is located in the beautiful Missouri Ozarks. Lori and her husband are semi-retired and enjoy relishing the seasons on their small farm. Lori can be contacted at sweetmeadow812@gmail.com.



Rhubarb Soup

In a heavy bottomed saucepan add ½ lb. (about 2 cups) diced rhubarb, 2 cups water, heaping 1/3 cup white sugar, and 1 teas. vanilla. Bring to a boil then simmer for 25 minutes. Return to medium heat and add to the pot a mixture of 1 tablespoon cornstarch to ¼ cup of water. Stir continuously until thickened. Blend until smooth. Chill before serving. A dollop of whipped cream and a mint leaf for garnish is nice. A variation is to add a cup of cooked strawberries and a pinch of cinnamon.

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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 Conesoga Dr, Brampton.
Brantford	<i>Brant Heritage Quilters</i> We meet at St George United Church at 7:30 pm. on the second Thursday of the month.
Brockville	<i>The Thousand Islands Quilters' Guild</i> We meet at the Royal Canadian Legion,180 Park Street at 7 pm on the 4th Thursday evening of the month. No meetings December, January, July and August.
Buckhorn	<i>Buckhorn Area Quilters' Guild</i> We meet at Hartley Hall, St. Mathews / St. Adian Anglican Church at 9:00 a.m. on the last Wednesday of the month (excluding July, August and December).
Burlington	<i>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.
Four Corners	<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
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>

Mississauga	We meet at the Meaford Opera House, Sykes St. at 1:30 pm on the 3rd Thursday of the month. <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.
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 <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.
Owen Sound	<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 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.
Sudbury	<i>Sudbury & District Quilting & Stitchery Guild</i> We meet at 140 Durham Street at 7:00 pm on every Tuesday from September to April.
Sutton	<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.
Thunder Bay	<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.pnqg.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.
Whitby	<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.
Windsor	<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 <i>Kindred Hearts Guild</i> We meet at the Whitby Baptist Church on the third Tuesday of the month.
York Region	<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. <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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Zen Garden

by Marlene Oddie

When I first started designing for Island Batik, I did a quilt called Woven Braid. I revisited that design recently with slightly different value colorations and using the new Zen Chic collection from Island Batik. The Zen Garden quilt emerged!

This quilt is made by two colorations of the same block. It starts with the first six logs being exactly the same fabrics. Then the blocks are split into two groups and each group gets their own fabrics (similar values but different prints) for the remaining logs. Each block is sort of a quarter of a log cabin block and the center is not the lightest value. By alternating the block colorations there is more interest to the eye. There are also lots of opportunities for other settings of the blocks.

The quilting is 'Jessica's Ginkgo' pantograph from Urban Elementz that was inspired by the ginkgo print in one of the fabrics.

The pattern includes yardages and directions for five quilt sizes.

Here are a few examples of the other settings:



Island Batik has created this beautiful Zen Chic collection. The fabric collection has beautiful shades of green and purple and some mixed color prints as well. It is shipping now.

Ask for this collection and new pattern at your local quilt shop or find the pattern on my website.

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>

(continued from page 15)

a strong odour of sulphur and ammonia, while the white becomes a dark brown gel. I've heard the ammonia waft and flavour can be rather intense

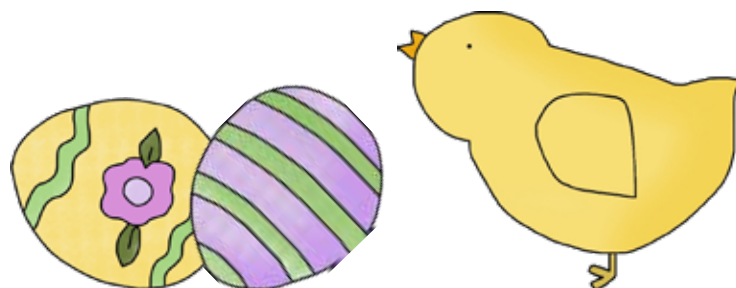
I hope everyone got their fill of puns, 'cause I'm a comedy-hens, wise-"crack" er or a practical-yolker. The topic of eggs gave me food for thought at my day job - whenever you mix a cookbook with a computer manual, you will wind up with an egg-shell spreadsheet.

Colleen Gust is an avid baker and gardener and lives with her husband outside of Regina, Saskatchewan. Kirby and Colleen Gust are publishers of the Manitoba & Saskatchewan Country Register.

Classic Quiche Lorraine

I know there is a saying that real men don't eat quiche, but my husband loves quiche. Of course, he has a hearty appetite, so there usually aren't many leftovers.

- 1 pie crust; partially baked, still warm
- 4 ounces bacon; 1/2" pieces, cooked
- 2 large eggs
- 2 large egg yolks
- 1 cup milk
- 1 cup heavy cream
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/8 tsp nutmeg
- 1 cup cheddar cheese; grated



Preheat oven to 375°F degrees and adjust oven rack to the center position. Gently press a square of aluminum foil into the pie shell; evenly distribute 1 cup or 12 ounces of ceramic pie weights over the foil (you can also use dried beans). Bake for 20 minutes. Carefully remove foil and weights.

Have the filling ready when the crust comes out of the oven - you will want to put the ingredients into the WARM pie shell. (If you have a cold shell, put it in the oven for a few minutes to heat.)

While the crust is baking, cook the bacon.

Whisk together eggs, yolks, cream, salt, pepper and nutmeg in a medium bowl.

Distribute cheese and bacon evenly over the bottom of the warm pie crust. Pour in egg mixture to about 1/2 inch below the top of the crust. If your pie plate is on the smaller side, you may have some left over - you can place any extra in a small custard cup in a larger container of hot water and bake for about 15 -20 minutes alongside the quiche.

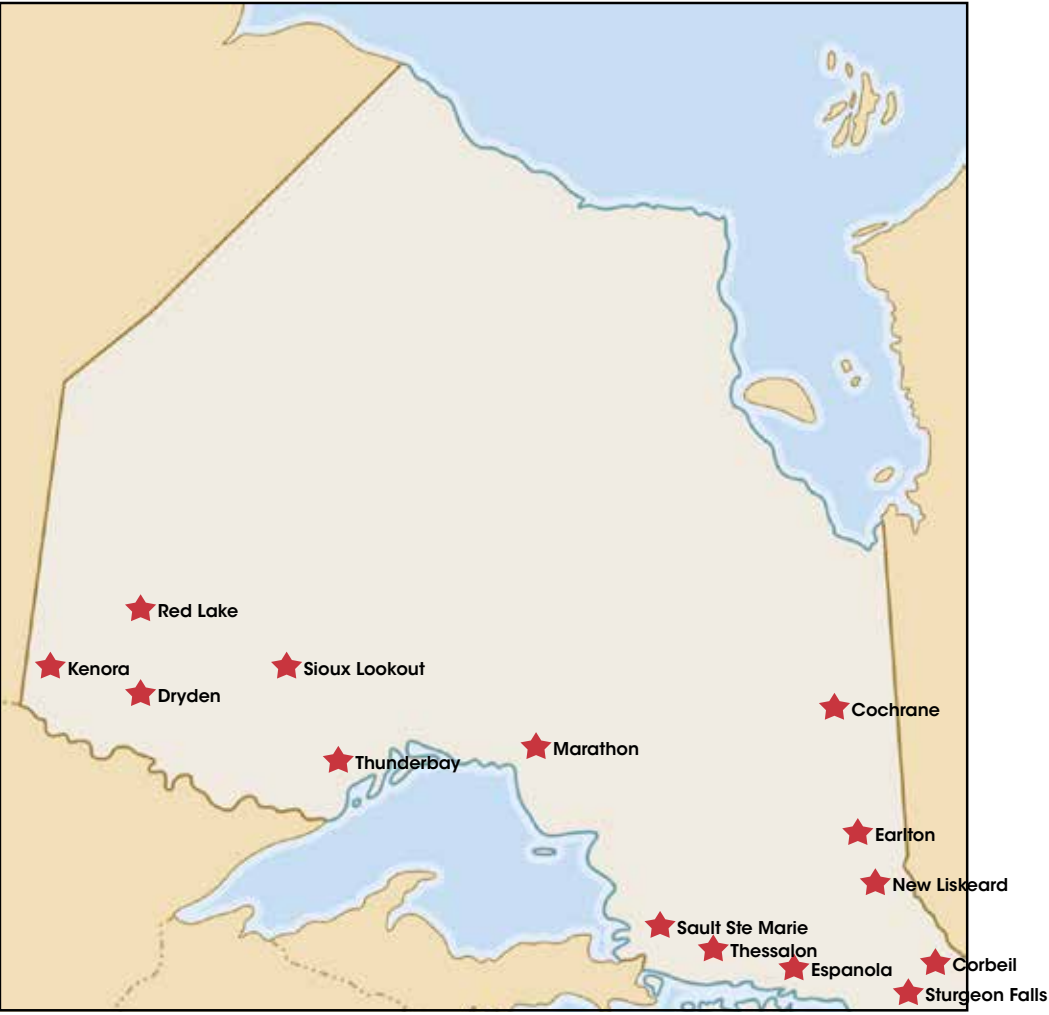
Turn oven down to 350°F degrees. Bake the quiche until lightly golden brown and a knife blade inserted about one inch from the edge comes out clean, and the centre feels set but is still soft like jello, 30-35 minutes.

This quiche will be worryingly soft when first removed from the oven but will continue to cook and set as it rests. Transfer the quiche to a rack to cool for at least 10 minutes. Serve warm or at room temperature.



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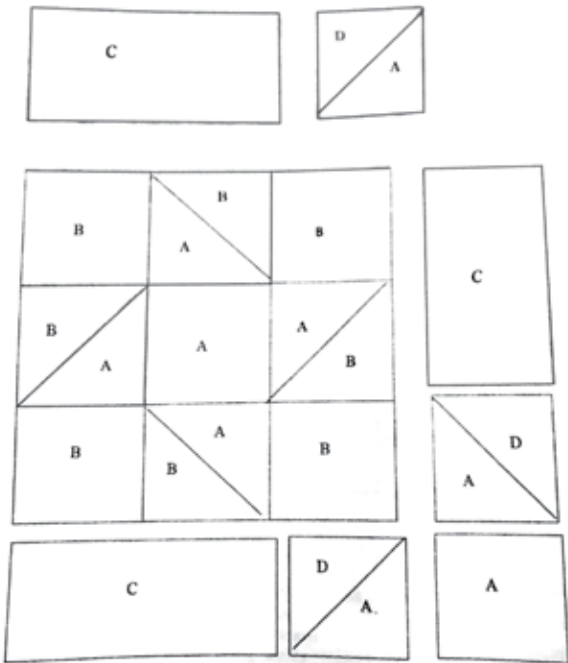
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Part 2 of 3

Lay out the block per the diagram, using Four 2 1/2" Fabric B squares and One 2 1/2" Fabric A square along with your half square triangles. Be sure your Fabric A is in the correct position before sewing or you won't see your star!

Sew Fabric C rectangle to your Fabric A/D half square triangle (make 2). Sew 2 1/2" Fabric A square to one of the sections. Assemble per diagram. You will be making 16 of these blocks. They should square up to 8 1/2". You will have a total of 16 blocks.



Twisted Star

Mystery Quilt - 2023

Designed by Ann Jones, Nevada, MO

If you have any questions contact Erica at Nine Patch Quilt & Fabrics, Nevada, MO
ericaskouby@gmail.com or 417-667-7100. Miss one of the parts?

Check www.countryregister.com

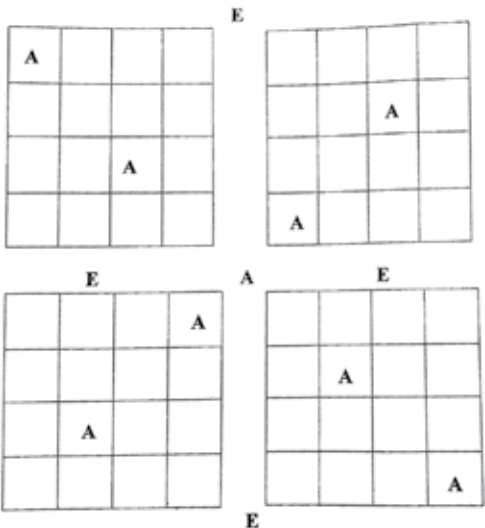
Piecing the Quilt Top:

Now that you have 16 blocks made, let's put them together. Cut the following for sashing # 1.

Sixteen - 2 1/2" X 8 1/2" of Fabric E

Four - 2 1/2" squares of Fabric A (cornerstone)

Following the diagram, sew Four of the friendship blocks together using sashing strips and cornerstone. You will make Four of these sections. Make sure you pay attention to where your Fabric A blocks are!



Make four of these sections, paying attention to where the "A" blocks are.

Once you have these four sections together, cut 4 - 2 1/2 x 16 1/2 inch strips of Fabric E and 1 - 2 1/2 x 2 1/2 inch square of Fabric A. Lay the sections out and piece together using the Fabric E for the sashing and the Fabric A square as your setting sashing.

(continued from p. 9)

But I can also look into the well of yesterday and no longer ache. I can dip a bucket into it and drink of the past with a fulfilled and thankful heart. I can feel the joy, sorrow, hope, renewal and everything in between. The past and the present bubble together in a beautiful symmetry.

You remember how we used to stop at a memorial in Northeast Pennsylvania every year on the way to our favorite spot in Ontario. The stone was for a lady named Josephine Miller. We never knew her but the poem for her resonated with us. The line that I always return to is this, "So when all that is left of me is love, give me away as best you can."

That is how I honor you. Your love is there when I pour coffee for Wayne and myself in the morning. It is in every stitch of everything I knit or crochet. It is in every bit of food that I prepare. Your love is in the two letters a week I write to Wayne's mother, who is 102 years old. She has a youthful spirit with an enduring faith and quiet wisdom. She, too, loves all of us with a complete and unrelenting dedication.

Your love is what makes strawberries jump into the grocery cart because the grandchildren enjoy them. It is why I bake them cookies just because the sun rose that day.

It is not for me to yet know what it all means in the great beyond. Yet, I always imagine you enfolded within an essence of the purest, the truest and the most enduring love.

Hug everyone for me. I'll keep on giving your love away, one moment at a time.

Love,
Kerri

Kerri Habben Bosman is a writer in Chapel Hill, NC. Her email address is 913jeeves@gmail.com



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