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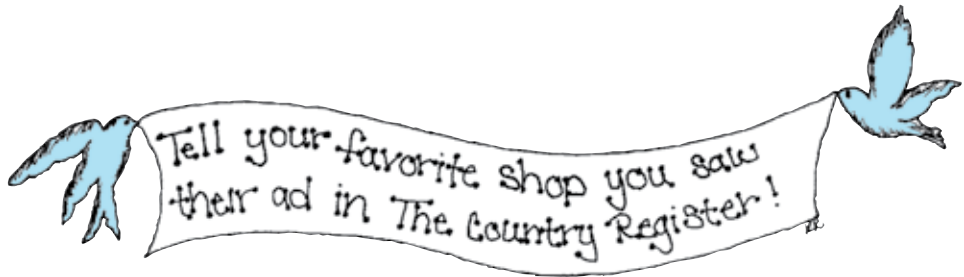
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Meet our cover artist:

Diane Kater

Diane Kater began her artistic journey at a very early age, drawing and coloring her way through childhood. Continuing into a more learned environment, she participated in a commercial art program in high school and then onto art school where she graduated with an associate's degree in advertising and design. She worked in the commercial field as an art director of an advertising agency until she branched out onto her own and specialized in graphic design.

In 1991, she met Judy VonStein of Imagining, Inc. and ventured into a needlework designer, designing cross-stitch and quilt patterns. Her painting talents led her to her current agent, Penny Lane Publishing.

Today, she produces a range of interchangeably styled still-life paintings in acrylic medium. A "country-esque" theme shadows over much of her work as she captures the essence of home. Diane's paintings are soft and comfortable. She believes country is homemade and handmade, but most of all provides a feeling of comfort that she wishes to draw her viewer into.

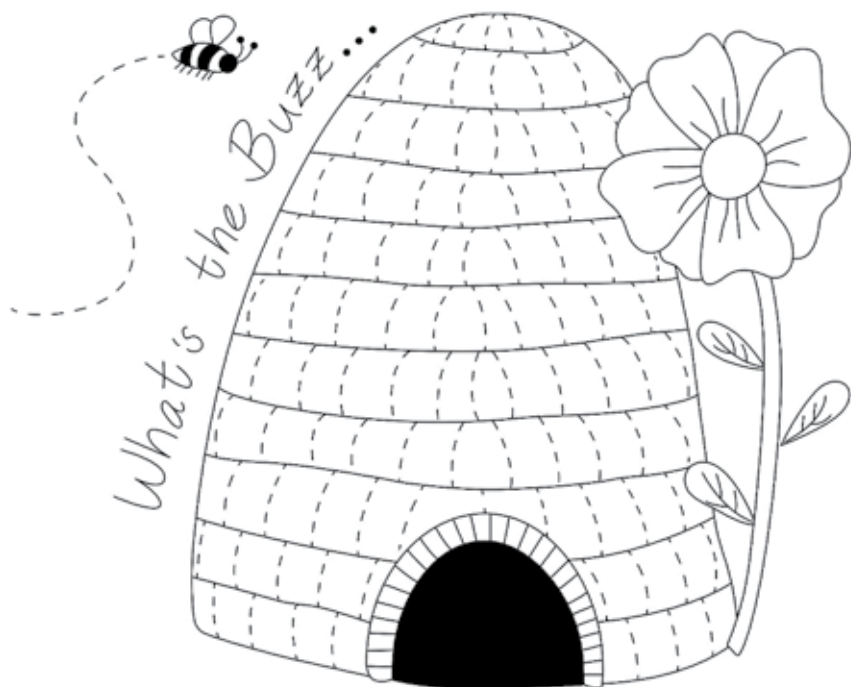
To view Diane's art prints, go to www.PennyLaneFineArt.com or call Penny Lane Fine Art at 800-273-5263 for more information.

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Ten Things I Love About Summer

by Nancy J. Nash

Rare days.

The poet James Russell Lowell wrote:

"What is so rare as a day in June? Then, if ever, come perfect days...."

You wake up in the morning, and the sun is shining in a clear blue sky that holds a few puffy white clouds. You don't need a sweater. The air is comfortably warm and dry, and life seems perfect. This is a rare June day, the month when summer officially makes its debut. Birdsong is everywhere.

Ice cream.

It's the universal treat. I'm reminded of this as I sit in our local "homemade" ice cream shop. People stand in line to choose all sorts of flavors, from black raspberry to mocha moo. It doesn't matter if you are young or old, or what your ethnicity or walk of life. Is there a person anywhere who doesn't like ice cream?

Outdoor eating.

Whether it's a juicy burger or fresh potato chips or a slice of sweet watermelon, food seems to taste better outdoors!

Trees.

The light green leaves of May have given way to the darker greens of June. Somehow, I think of the trees in our yard as grand and gentle guardians of us humans. They are there, quiet and sturdy, as we come and go in our busyness.

Deer grazing in a meadow.

Recently I spotted a doe with a fawn in the back pasture. The fawn was so tiny that it fit under the doe and craned its neck, evidently seeking to nurse. Then it walked and pranced and followed its mother. A week later, I saw them again. As the doe leapt gracefully across the pasture, the little one followed like a streak of lightning. Deer are among the loveliest of animals, are they not?

Fireflies.

The pasture behind our house is a showcase for these bioluminescent insects at the start of summer. At first their briefly flashing pinpoints of light appear chaotic, but then they seem to form patterns, as if an invisible conductor is orchestrating musical notes made visible in the darkening night. Who doesn't find them fascinating?

Fireworks.

You know there are fireworks nearby when you hear a loud boom and see a flash of light above the horizon. The skyline on evenings around the Fourth of July is filled with sparkling kaleidoscopes of colors. Fireworks never cease to amaze me as they shimmer against the night sky before dropping from view.

Porch breezes.

Whether you're repotting a plant on the back porch or watching the world go by from the front porch, gentle breezes are welcome friends. Have you ever noticed how even a warm August breeze can be soothing to the soul?

Flowers.

The variety of colors, sizes, and shapes delight us. Do we ever tire of looking at them? My favorites include Queen Anne's lace, pansies, verbena, and Sweet William. Simple or intricate, bright or muted, natural or elegant, they invite us to abandon our cares.

Katydid and crickets.

They begin to sing in August, reminding us that the season is beginning to wind down. Take time to savor summer's lingering sounds!

© 2025 Nancy J. Nash. Nancy J. Nash is the author of *Mama's Books: An Oregon Trail Story*, and *Little Rooster's Christmas Eve*, each available on amazon.com. She has a B.A. in English composition from Mount Holyoke College and an M.F.A. in Writing for Children from Simmons College. She can be reached at nancynash341@gmail.com



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Spectacular Summer Luxuries

by Annice Bradley Rockwell

The warm, hazy months of summer are some of the most anticipated ones of the year. With more daylight hours to enjoy, we can take delight in outings with family and friends that are relaxing, spontaneous and fun. To celebrate the season of summer, taking in the sights and sounds of a traditional Main Street parade is one of the inspiring luxuries of a country life. Streets lined with vibrant American flags are also filled with people young and old ready to share in a celebration of freedom. Groups of proud, uniformed Veterans are joined by the hometown Little League teams, Girl Scouts and local Fife and Drum Corps. Huge American flags wave beautifully in the summer breeze as the symbolic sound of cannon fire harkens back to days of the past. Small children waving petite flags of glory are filled with wonder as their very own American town comes together in moments of unity and collective joy.

Quaint Coastal Towns

Quaint coastal towns are fully alive and bustling on these warm summer days. Boutique shop doors are wide open to welcome eager buyers to sample their wares and to see the latest summer displays of seascape paintings, handcrafted jewelry of colorful sea glass and hand-stretched saltwater taffy.

Ice cream shops stay open extra late to catch the attention of the spectators who enjoyed a band concert by boat at the white town gazebo. A fireworks display once all is pitch black is a special grand finale on a day well-spent with friends. Unexpected precious moments of solitude also tend to greet us more frequently on these long, summer days. We might finally have time to enjoy a long morning walk into town, taking in all of the sights and sounds of summer. Passing by Middle Cove we see all the boats docked in the snug harbor ready for the day. Cozy restaurants are getting ready to welcome out-of-town guests who will undoubtedly want to return. And the local historical society is advertising a "Plein Air" event that catches your interest as a perfect summer afternoon activity with a best friend to try your hand at watercolor painting.

In Full Bloom

Summer provides us with the perfect opportunities to indulge in newfound joys. We will often have time to practice and refine a recently acquired soulful skill. Without a doubt, the long-anticipated season of summer is one to be treasured. It is when nature's beauty is in its fullest bloom—and usually so are we. So, this summer embrace the happiness that this special season affords. Recognize nature's powerful proclamation of pride. And as you see the splendor in its full glory, you may begin to see it reflected beautifully within.

--Annice Bradley Rockwell is an educator and owner of Pomfret Antiques. She is currently working on her book, New England Girl. NewEnglandGirl2012@hotmail.com

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Yvonne Hollenbeck

Old Eagle Eye

He can tell if a heifer is starting to calve, I swear from a mile away,
and see if he needs to go pull the calf by just simply looking that way.

He can see if a windmill is working or not from his horse on a faraway hill,
and tell what direction the wind's coming from by watching the tail on the mill.

He knows if a coyote or badger is near by watching the tracks in the sand,
and see if a staple is loose from a post on the fence that encircles his land.

He's got eyes like an eagle for finding new calves their mamas have hidden all snug;
so why can't he see the mud on his boots that he's tracking all over my rug?

Order Yvonne's new book, "A Stitch in Rhyme" at
www.yvonnehollenbeck.com — just \$15 + \$3.50 postage.

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Yvonne Hollenbeck, from Clearfield, SD, performs her original poetry throughout the United States, captivating audiences in her wake. She is one of the most published cowgirl poets in the West and is not only a popular banquet and civic entertainer, but also co-writes songs with many western entertainers. Yvonne also pens a weekly column in the "Farmer-Rancher Exchange" and writes articles about life in rural America in various publications throughout the West. For more information, visit <https://www.yvonnehollenbeck.com>

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Pieces From My Heart

by Jan Keller

Berry Good Donuts!

Simplify ... that seems to be my adopted life objective. I used to pride myself on baking and cooking yummy meals and treats, but no longer. Is my identity wrapped up in garnering praise and compliments in exchange for hours spent in the kitchen? I think not ... especially in the summer!

Many months ago, I happened upon an online photo of a jazzed up glazed donut, and I saved it to my desktop. I didn't want to forget what I considered a truly great idea for an easy-does-it dessert. I thought the photo presented what might be an especially appropriate refreshment or dessert idea to serve at a shower, luncheon or tea party.

Recently, and on an absolutely ordinary day, I came home with everything needed in hand—fresh strawberries, glazed donuts, and a spray container of whipped cream. When my husband was engrossed in front of the television, I very carefully sliced across a couple donuts with a sharp serrated knife. (Honestly, that was the greatest challenge to putting together this show-stopping dessert. Once that was done, all I had to do was spray whipped cream on the bottom half of the donut, top it with a few slices of strawberries, and then cover with the donut's top half. For a little extra pazazz, I filled the donut's hole by spraying a dab of shipped cream and topping it with another strawberry slice.

When our "Berry Good Donuts" were ready to sample, John and I both paused for a moment because they looked almost too good to eat ... but soon we both took a bite and simultaneously agreed our donuts were really berry, berry good!

Since that first taste test, I think a variation might be to get glazed donut holes, cut them in half, fill with a dab of whipped cream and a strawberry slice for a yummy miniature "Two Bite Berry Good Donut Delight."

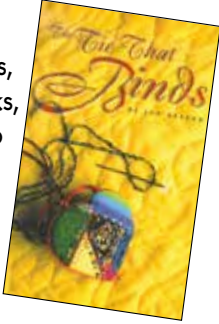


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How Do You Choose Fabric?

By Deb Heatherly

People have told me time and time again that choosing fabric is the hardest part of the process when making a quilt. When I owned my quilt shop, customers would tell us that they just did not know what would look good together, once the quilt was complete. Here are a few suggestions.

If you have a local shop, go in and let them help you. My employees had "a great eye" and loved helping customers put together stunning fabric combinations. Once you voice your preferences such as bright, muted, floral, novelty, etc., let them point you toward those fabrics and help you audition pieces that look great together.

Do you have a fabric in your stash that you've had forever because you absolutely love it, but have no clue what to use it for? Take that fabric with you to your local shop and ask them to help you pull companion fabrics that will make you smile. There's nothing like being surrounded with lots of options and many times the perfect combo might contain fabric you would never have purchased on your own. Be open to suggestions but remember you have the final say.

Kits are another great way to pick your next project. Many times, shops will have a sample hanging that catches your eye. They already have that fabric or something similar in a kit, so it's a win, win! You already know you are going to be happy once the quilt is finished because it will look similar to the one that was in the shop. Grab that kit and let the fun begin!

What about a scrappy project? To me using scraps is like visiting old friends. I love to reminisce about the quilts that each of the fabrics was used in. For a challenge, toss them in a bag and without peeking, vow to use each one in the order they were pulled. This can be a fun thing to do with a group of friends. You can even take turns pulling from each other's bags. Laughter and fun are sure to follow.

Finally, let the project go to the dogs, or in my case cats. When unsure of a fabric to begin, lay out several on the floor and let your dog or cat decide. Max loves this game and will quickly walk on them all and then pick one to lay on. When we play that game, I always take his 'advice' and begin selecting companions to go with his choice. It makes for some interesting quilts and you never know what will jump start your next masterpiece.

My last piece of advice is to just do it! Start sewing and see what evolves. Every quilt is a work of art and there is always someone who would love to snuggle under it, build forts with it or use it on a teddy bear picnic. Get sewing and think of the possibilities.

Deb Heatherly is a designer for Creative Grids® rulers and the author of eight popular pattern books. Creative Grids® fans are invited to join her Facebook group, "Grids Girls," for tips and inspiration, and two free mysteries each year. <https://www.facebook.com/groups/770429649800457/>. Shop Owners are invited to join her group just for you, "Grids Girls for Quilt Shop Owners Only" <https://www.facebook.com/groups/273593657256524>.

Visit Deb's website at www.Debcatsnquilts.com.

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LIFE IN SKUNK HOLLOW

by Julie A. Druck

Project Day at Grandma's

Several months ago, our second son, Caleb, and his wife, Abby, stopped in at our house one Sunday afternoon with their newborn son. My daughter-in-law had been wanting to look through the piles of photo albums that represent Caleb's childhood (and that of his two brothers). She's been wanting to see if little Wesley looks like his daddy as a baby. As my husband and I sat in the living room with them, each paging through a different album and exclaiming over this and that, it was such a joy to relive and remember so many happy memories. Having been a stay-at-home mom, as well as homeschooling the boys, I had the privilege of lots and lots of hours of creating memories with them, memories full of good books, field trips, fun projects, and all sorts of learning together.

That Sunday afternoon of remembering inspired me to think about how I might cultivate similar times and memories in the lives of our grandchildren. So . . . I came up with the idea of Project Day at Grandma's. Our oldest son and his wife have four children, ages 2-8, so now is the perfect time to introduce them to some of the fun and enriching projects that I did with their dad and uncles long ago. So once a month I began borrowing my four older grandchildren for the morning, and we "do projects" (as the kiddos love to call our escapades). Of course, before they come, Grandma does some planning and prepping to insure some level of order on Project Day!

What do we do?

- We bake something in the kitchen as a teatime treat, served later with tea in the same children's tea set in which I served tea to their dad and uncles. While we nibble and sip, I read them various seasonal books from the growing library in our home.
- We do a craft project of some sort. Project books from the library were once my main source of ideas, but Pinterest provides much inspiration at one's fingertips!
- We also do a nature project which usually involves a walk around a portion of the farm. It might be some type of craft project involving nature materials and/or we work on our nature journals. Again, another carryover from the last generation's childhood, they each have a designated journal in which we do a specific project for that month - drawing a leaf with colored pencils, painting a picture of a flower from the garden, etc.
- Sometimes, we'll pop popcorn, and I'll introduce them to a short story from my childhood via video that usually corresponds to a holiday (think "Charlie Brown's Thanksgiving" or "Here Comes Peter Cottontail").
- And there will occasionally be a special game - sometimes a board game, a party game, or one that's homemade.

On Project Day the time flies, and I make sure to take photos of the kiddos and their doings. Those photos get placed in a new batch of photo albums for the next generation to browse through one day and remember yet another childhood of sweet memories. And the gift goes on . . .

© 2025 Julie Druck is from York, Pennsylvania, and writes from her farm in Skunk Hollow. She'd welcome your comments at thedrucks@netzero.com.



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Challenge Yourself

by Diane L. Murtha

How do you get to Carnegie Hall? Practice, practice, practice. Practice will improve your quilting too, but I'd like to suggest another way. Challenges!

Like many of you, I started with traditional quilts. I always admired the beautiful quilts my grandmother made with few tools and fabric choices. So, challenging myself to use primarily what I had and to always quilt it myself, has been my basic philosophy. Then I got hooked on challenge projects.

I have participated in over 50 challenges. I don't have an art or design degree, so I rarely know what I am doing, but I always have a lot of fun, and I usually learn something. Challenges have completely reinvigorated my love of quilting, and they can inspire your designs and quilting too.

The reasons I love challenge projects may also appeal to you. They are usually a smaller sized quilt, for example 12"x12", 20"x20", and even as small as 5"x7". Due to their relatively small size, there is less commitment in fabric, time, and money. And you are free to play with a color pallet (the required fabric) you might not normally use or a technique (required theme) you haven't used before. Maybe after trying something new in a challenge, you will have the confidence to use it in a full-size project. I find this very exhilarating. It forces me to grow. You learn something every time you try something new, even if it's you NEVER want to do that technique again! I have experienced this a time or two.

By challenging yourself you can:

- Learn new techniques or expand a current skill.
- Exercise creativity.
- Become inspired.
- Achieve recognition or a goal, for example, sell a piece, become published, exhibit at a special location, copyright a pattern, or win an award.
- You might reinvigorate your fiber passion like I have.

Challenges allow you to release your inhibitions, so be bold. Try varying block size. Use bold color combinations. Try asymmetrical or another offset layout. Experiment with an uneven or irregular edge, or a unique binding. Add hand stitching in a contrasting color. How can it be wrong? Become a trend setter!

Of course you can simply play on your own, but if you are like me, a structured challenge helps. There are several types of challenges, both informal and formal. Quilt guilds offer informal member challenges. Major and local quilt shows (like QuiltCon) hold annual challenges. Fabric stores and manufacturers (like Cherrywood Hand Dyed Fabrics, Riley Blake Designs, FreeSpirit Fabrics, etc.), pattern designers, and thread and tool



companies also offer opportunities to be creative. Art Quilting magazine offers a Reader Challenge every issue, as do other magazines.

There are numerous free or low-cost on-line events for everything from free motion quilting, improv piecing, stash busting projects, and quilt-alongs offered by quilters and designers.

Find other ways to challenge yourself. Try new things. Practice your free motion quilting on a charity quilt or volunteer in other ways to push your creative limits. We all keep left-over and rejected blocks or find give-away items at a guild meeting. Challenge yourself to make something of them. Read quilt magazines, especially articles, don't just look at the patterns. I bet you will find useful information in every article to add to your toolbox for future use. Utilize the talent within your quilt guilds by asking a member for help learning something. Attend lectures at guild and quilt shows. Again, even if the topic isn't "your thing," chances are you will learn something. Listen to podcasts and watch YouTube videos. Watch demonstrations and try new tools, notions, and rulers at quilt shows. Yes, sometimes they try to sell something, but not always.

Take a class either on a new technique or as a refresher on previous skill. Ten years ago, I took a modern improv class from Jacque Gering, best known for walking foot quilting, before I even knew what modern quilting was. I also tried walking foot quilting and love it!

Try a new or different tool. How many of you have bought something and not used it? I can tell you why I haven't. I was comfortable using my routine go-to method and it would take a little extra time to stretch and try something new. But I promise, it's worth it. Give that drawer or basket full of new tools a try. If you incorporate any of these practices, you'll add to your quilter's toolbox and increase your skills and confidence. It's helped me, and it will improve your modern quilting too.

Inspiration is truly all around us. Make a new habit of looking at everything through a quilter's lens. I keep a binder of photos and ideas for future reference.

- Remember, not every mistake is a ruined effort. Re-think it. Consider how you might incorporate it into your current project or a future one.
- Our spouses and non-quilting friends are not thinking of the Quilt Police, or our limitations when they offer ideas. It's up to us to learn the skill to incorporate their ideas in some way.
- Any magazine can be a great source of inspiration. Look at colors, shapes, and texture of the clothes and accessories in a fashion magazine. Notice wall color, floor rug designs, and furniture shape and texture in home magazines.
- Adult coloring books can have great free motion quilting ideas.
- Use your photos. And children's drawings, which tend to be simple, and bold in color choices. Children haven't yet been told a tree can't be purple.

I love sharing my enthusiasm and excitement about challenges. Quilters often express to me that I inspired them to finally try something they have wanted to do. I hope I have done that for you!

Diane L. Murtha is an award-winning quilter, fiber artist, author, and international lecturer and instructor. Quilting for over 50 years, she gravitated to art quilts and discovered she loves challenges. Her quilts and articles are included in books, 30+ magazines, and multiple juried exhibits and international shows. Diane published her first book, Artful Insights in Fiber: Quilted Bits of Wit & Wisdom in March 2023. She currently resides in Iowa. Learn more at: www.dianelmurtha.com or follow on [@dianelmurtha](https://www.instagram.com/dianelmurtha)

Prescription for Adventure

What's the Plan?

by Naomi Gaede-Penner

"We saw the funnel cloud and heard the sirens," said Megan, tears streaming down her face. "I didn't have time to think ... just grabbed the baby and ran for the dugout shelter."

"I'd heard the forecast for continued rain ... then there was a knock on my door. I was told to evacuate immediately. I found my purse and hurried to the car." Julie's voice broke.

"I never thought it would happen to us," Bob said, shaking his head in disbelief. "Everything went up in smoke...birth certificates, passports, wedding pictures..."

The spring of 1969 was alarmingly dry in the Soldotna-Kenai area of Alaska. Dense spruce trees populated our 80-acre homestead with parched underbrush beneath. A tinderbox. A fire waiting to happen.

On May 23, my siblings, Mark (14) and Mishal (12), were riding their bikes around the dusty circle in front of our house, while Ruth (17) watered the horses. Suddenly, Mark looked up. "What's that?!" he said in horror. Dark smoke with orange flames leaped above the trees a half-mile away.

Dad was in town delivering a baby. Mom and I were in Kansas. With no parents to tell him what to do, and not even his bossy oldest sister, Mark commanded Ruth and Mishal, "We have to get out of here! NOW!"

"What do we take?" screamed Ruth.

"Just grab something!" shouted Mark. "Throw stuff in the trunk of the Chevy."

Mishal flew up the stairs with a lumpy pillowcase full of who knows what.

Mark grabbed clothes from Mom and Dad's closet then dashed downstairs to his bedroom, returning with his most prized possession — his mountain goat skin.

"What about the horses?" cried out Ruth.

"Just get in the car and drive ... the fire is coming down our main road. I can hear it! I can smell it! We have to go on the back trail."

"It's ... it's ... too narrow and rough," replied Ruth.

"We can do it, let's go."

In 1969, our family had no strategy for wildfire evacuation. It was assumed that Dad, and even Mark, would fly out our private airplanes, and the womenfolk would somehow manage the livestock, but there had never been a sit-down family talk.

In 2025, that changed.

"Naomi, it's as dry as the spring of 1969," Mark said over the phone. "There is a fire ban on the Kenai Peninsula, Kodiak, Anchorage ... Tomorrow night, we are formulating a plan."

And so, they did.

- Documents and mementos selected.
- Grab-and-go bags beneath their beds.
- Plywood sidings attached to the trailer, which was hooked to the truck — if they had time to gather more items.
- Mark's Piper Super Cub moved from the hangar to the Gaede airstrip.

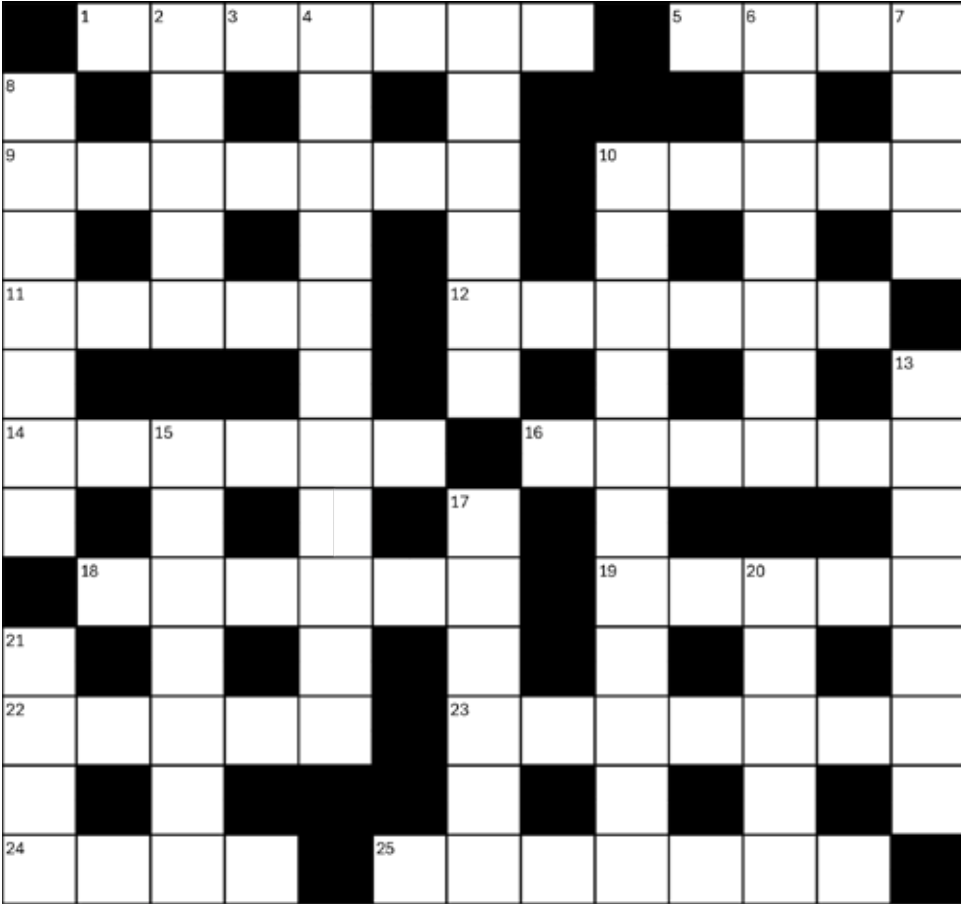
With that incentive, I needed to get a grip on life-threatening emergencies in my own environment. I live on the edge of prairie-land where tornadoes come close and red-flag warnings are common. But what was critical to take? I didn't have much room in my Honda CRV and less with a mid-sized dog.

- I went through each room deciding what could/could not be replaced. (Alaska artifacts, my old rolling pin, my mother's recipe box, and acorns from the centuries-old oak tree in Ukraine where my ancestors had conducted business with a handshake.)
- I added essentials: day planner, medications, computer back-up drive, glasses, dog care, my pillow.

- I printed this list in bold red phrases.
- I took my passport and legal papers to my safety deposit box.
- Fortunately, many of my family movies and photos were already scanned.
- What troubled me the most was saving my parents' letters, collected from the early 1950s, as well as historical documents I'd accumulated over the decades. I knew I could never transport three to four filing drawers of folders to my car — and in a hurry! Nor would they all fit! Thus, I bought a docu-scanner, which could scan 20 or more pages at a time – in an instant.
- I need to keep fresh batteries in my flashlights and my car filled with gas.

There's no such thing as a perfect plan, and I hope I never need to evacuate, yet, I won't be completely without direction. Now, I'm less anxious and I'm grateful for my home with treasures of my grandparent's dishes, quilts, and small hand-cranked ice cream maker.

Read the rest of the homestead fire story in *"The Bush Pilot's Son,"* by Mark A. Gaede and Naomi Gaede Penner. Find Naomi and her non-fiction Alaska books at www.prescriptionforadventure.com. Some books can be purchased on Amazon. All books can be acquired by calling (303) 506-6181. Follow her on Facebook: Prescription for Adventure.



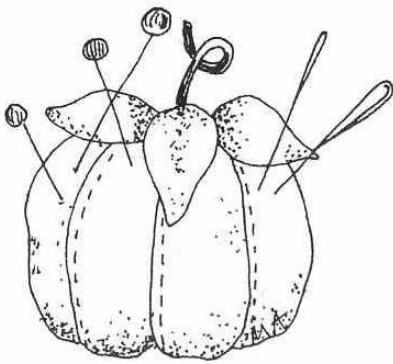
ACROSS

- 1 Sugar (7)
- 5 Rewrite (4)
- 9 This or that person (7)
- 10 Put on (5)
- 11 Happen after (5)
- 12 Mix socially (6)
- 14 Yarn (6)
- 16 Relaxed (2,4)
- 18 Compel (6)
- 19 Hebrew 'A' (5)
- 22 Extraterrestrial (5)
- 23 Not in a joined-up writing, perhaps (7)
- 24 Position (4)
- 25 Repudiating (7)

DOWN

- 2 Swellings (5)
- 3 Working together (11)
- 4 Fume (6)
- 6 Educational award (7)
- 7 Christmas delivery? (4)
- 8 Claims to be true (7)
- 10 For no good reason (11)
- 13 Techniques (7)
- 15 Constructed again (7)
- 17 Persons in general (6)
- 20 Ingested (5)
- 21 Boys (4)

(solution can be found on p. 23)



Don't Forget to Renew Your Quilt Guild Membership!

by Janet M. Bair

In the swirl of summer activities, it's hard to even think of fall. But summer is often the time to renew your Quilt Guild membership. Our guild has a late fee, probably so would contribute enough to be able to pay the speakers for the meetings on time. Besides listening to interesting speakers and learning new skills, I have enjoyed our quilt guild's "Show and Tell" each month immensely. I love seeing what other members are making, looking at the colors they chose and I can appreciate all their hard work.

One of the many blessings of being part of a quilt guild has been the generosity and sharing from other guild members. There is a table at our meetings where members can put out fabric, lace, ribbon, yarn, patterns, and quilting magazines and books that they no longer need. As a newcomer to the quilting world, I have really appreciated the opportunity to pick up quilters' magazines and extra fabric. Most of what I sew goes to charity, so this has been a huge blessing.

I also sew a lot for my two granddaughters. Recently, my daughter was given seven 18 inch "American Girl style" dolls! Her two girls were thrilled. One of them asked for a doll sweatshirt but when I looked through all of my patterns, I didn't find one.

Sadly, I went to Joann Fabrics one last time before they closed to look through their patterns. This has been my favorite fabric and crafts store for fifty years. I found a doll sweatshirt pattern but it was \$24! I don't even like spending that much on a shirt for myself let alone for a doll.

To my amazement, when I went to my quilt guild meeting, someone had donated over fifteen brand new doll patterns the exact size I was looking for. Among the patterns was one for a doll sweatshirt. Proverbs 10:22 came to my mind: "The blessing of the Lord, it maketh rich, and he addeth no sorrow with it."

Besides the many fabric pieces, I have gained, I have made some very special friends over the past three years. If you ever had any doubts about joining a quilting group, don't hesitate any longer. The benefits and the inspiration from a group are well worth the membership fees.

- © Janet M. Bair of Ansonia, CT. You may contact her at librarybair@hotmail.com

Making an Old Singer Sing

by Wayne M. Bosman

My name is Wayne and I am a sewing machine addict. If there were meetings to cure this condition, I wouldn't go to them anyway. I picked up my love of sewing machines very young and have no desire to lose it now.

Some of my earliest memories involve Mom working at her old treadle sewing machine. With my little brother, Ron and I sitting almost in her way, both of us fascinated with the way the treadle made the big wheel go around. Mom's machine had been converted to an electric motor by then, but we loved to play with the treadle. Ron grew up to design and build assembly lines for a living. I worked 49 years as an automotive and aircraft mechanic. Is that where it started?

Mom's old Singer was retired in 1972, replaced with a Sears Kenmore. That machine now sits next to our dining room table, where Kerri makes a point of using it for everything she makes for my 8 grandchildren. She tries

to pass along some of the love that Mom put into the machine.

Fifty years ago, the old treadle machine moved upstairs to the unused attic bedroom that my brother and I had shared. One of my nieces claimed it while still in her teens, and there it sits, twenty-some years later, waiting to be part of her grown-up life.

Mom is 104 now but still fourteen years younger than that sewing machine. She is fortunate enough to still live in the house that she and my dad bought in 1946, and that machine is still in that attic. A few times a year we drive the 1000+ miles from North Carolina to her home in Wisconsin. We stay with Mom for a few weeks. We don't do much while we are there. At 104, she simply can't. She and Kerri spend time sitting at the kitchen table solving the world's problems and talking over recipes. I mostly poke around and look at old things.

On my last visit, I decided it was time to examine the old Singer machine in the attic. No one had used it since Mom got the "new" machine in 1972. Unlike many sewing machines, it was not moved out to the barn and forgotten. The lovely old sewing machine table looked the same as it did when it was retired. I wish that I aged that well.

I opened the table and rotated the machine into position. The handwheel didn't turn, but I was undaunted. I travel with sewing machine oil and tools. Doesn't everyone? I vacuumed all the accessible parts and oiled judiciously. After a few applications, I got the needle bar unstuck and the machine rotated freely. Fifteen minutes later she was ready for a test run. Beautiful straight stitches!

I brought a sample to Mom and sat down to hear her stories about her first sewing machine. The machine had been my grandmother's. She got it soon after she and Grampa married. After Mom displayed a talent and inclination to make her own clothing during the Great Depression, Grandma passed the machine on to her. It served her well for many years, from making diapers and baby clothes to cowboy shirts for her four sons. When my younger sister was born in 1957, only the patterns changed. Doll clothing came next, but having time to sew with five growing children limited her time at the machine.

The old Singer may stay in the attic there for quite a while yet before it migrates to its' next home. The classic cabinet is its' main attraction to the current generation. For me, the years of work that Mom did with it have given it an aura of love that sticks to each stitch.

Wayne M. Bosman is a retired auto mechanic living in Cape Carteret, NC. His email is wbosman1@gmail.com.

Quinoa Salad

This salad keeps well in the fridge, so it makes it a good option for packing for lunch, or if you know you have a busy few days coming up and won't have time to spend in the kitchen.

- 1 ½ cups quinoa, rinsed and well drained
- 3 cups water
- ¼ cup plus 2 tablespoons olive oil
- 2 lemons – juiced and zested
- 4 garlic cloves, minced
- 6 Tbsp minced fresh parsley
- 4 Tbsp minced fresh mint
- 1 ½ tsp salt
- 1 cup cherry tomatoes, halved
- 2 mini cucumbers, chopped
- 1 medium sweet red pepper, chopped
- ½ cup chopped red onion

In a large saucepan, cook and stir quinoa over medium-high heat 3-5 minutes or until toasted. Add the water; bring to a boil. Reduce heat; simmer, covered, until liquid is absorbed, 12-15 minutes. Transfer to a large bowl. Cool slightly.

In a small bowl, whisk oil, lemon zest, lemon juice, garlic, parsley, mint and salt. Add vegetables to quinoa; drizzle with dressing and toss to combine. Cover and refrigerate until ready to serve.

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Happy quilting!
Ellen



Celebrating Eight-TEA Years of Life

Years before my birth, God began weaving my life through the prayers of others. Unbeknownst to my parents, my five sisters were praying for a baby sister.

My mother had already given birth to eight children and was approaching 44 years of age, so another child was not on her prayer list. Nonetheless, when my sisters saw used baby clothes hanging on the clothes line to dry, they knew their prayers were being answered.

As my birth approached, my brothers predicted, "It's going to be a boy. We already have too many girls."

"Did you pray about it?" the girls asked.

The boys sheepishly hung their heads.

"We did!" exclaimed my sisters with confidence, "and we prayed for a girl."

I'm thankful God answered their prayers with my birth. After my mother's long delivery, the doctor said I was a dead baby. I've been proving him wrong for 80 years.

In the Bible, Psalm 90:10 (nkjv) states, "The days of our years are seventy years; and if by reason of strength they are eighty years." So here I am!

You only turn 80 once, but thanks to God, family and friends, I celebrated my birthday several times.

Birthday Gifts and Cards

My celebrations started early when a colorful quilted placement arrived, designed and sewn by my sister's twin daughters. The instructions said to use the placement to create a lovely setting when I sipped tea. What a wonderful marker to remember this milestone.

Another package came from my pen pal and also highlighted my love for tea. It included refreshing mint tea, pound cake and paper birthday plates and napkins for teatime with my husband. She also sent a charming necklace with teacups dangling from its chain.

A gorgeous rose bouquet, gifts, a check for \$80 and cards from family and friends—filled with love, kind words, and sometimes a tea bag—added to the celebration. I even received a tasty homemade peach-mango pie.

Birthday Gatherings

For my first celebration, two of my close friends took me out for lunch. The menu of soup, salad and breadsticks was delicious, but the best part was catching up with my friends.

One friend's gift included homemade banana bread and delicious Almond Bars (see recipe) to savor over a cuppa' tea. The other friend downsized her teacup collection and shared four of her lovely teacups with me. They won't sit idle. I've already shared tea and cookies with others using these gifts. Can you ever have too many teacups? Perhaps. But I like too many.

My second party was a family birthday lunch with our children and grandchildren, with some arriving from out of town. The meal included my favorite homemade foods, topped off with the best-ever chocolate birthday cake made by my granddaughter. We also enjoyed a Zoom call with our out-of-state grandson, who had recently completed four years in the army and then married.

My third par-TEA was with my 87-year-old sister and her granddaughter. They arrived with a huge helium balloon, a kalanchoe plant with bright yellow flowers and a homemade hummingbird cake with cream cheese frosting. I opened my cupboard with fragrant teas and prepared a pot of

peach herbal tea and a second teapot of Harney & Sons Birthday Party tea, which makes a pink brew with a fruity flavor.

With so many gifts and celebrations, I certainly felt loved and honored. My sister Erna, now nearly 90, wrote in her card to me, "I'm glad you were born! You brought joy to the rest of the girls growing up. And then you brought joy to countless others! God knew what He was doing when He created you. Enjoy God's presence with you every day and the love that we sisters, relatives, friends, book readers and others still have for you."

I'm sure my sisters had no idea what they would set in motion by praying for a baby sister. Now I've gone from baby to eight-TEA.

You don't need to turn 80 to celebrate. You can turn any birthday into a par-TEA. Choose your favorite teas and treats and celebrate God's gift of life to you.

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

From Lydia's Recipe File:

Almond Bars

Makes 2 dozen or more bars, depending on size.

Gather

- 1/2 cup (1 stick) butter, softened
- 1 cup granulated sugar
- 1 egg
- 1/2 teaspoon almond extract
- 1 3/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 tablespoon milk
- 1/2 cup sliced almonds

Make

1. Preheat the oven to 325 degrees.
2. In a large bowl, cream together the butter and sugar. Mix in the egg and flavoring.
3. In a medium-sized bowl, mix together flour, baking powder and salt.
4. Combine the dry ingredients with the creamed mixture.
5. Press the dough into the bottom of a well-greased 9x13-in. pan. Use moistened fingers to smooth the top of the dough.
6. With a pastry brush, brush a little milk across the top of the dough. Sprinkle with sliced almonds. Lightly press the almonds in.
7. Bake 18–20 minutes or until beginning to brown around the edges. Do not let the bars brown.
8. Cool in the pan for 5 minutes. Then cut into bars with a knife. If too soft to cut, cool longer.
9. Carefully transfer the bars to a wire rack. Cool completely before icing.

Icing

- 1 cup powdered sugar
- 1/4 teaspoon almond extract
- 1 to 2 tablespoons milk

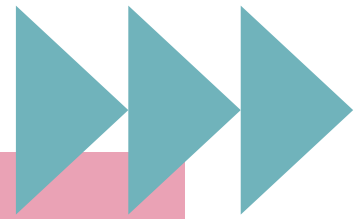
To make the icing:

1. Add a tiny bit of milk at a time to the powdered sugar.
2. Add flavoring to the icing.
3. Tip: If too thick, the icing won't drizzle nicely over the bars. If too thin, the icing will melt into the bars. If unsure, test a bit of it on the edge of one bar before drizzling the icing over the entire batch.
4. When icing is firm, store Almond Bars in a covered container. Place wax paper between layers of cookies.





Flying Cabin Quilt by Woven Ladybug



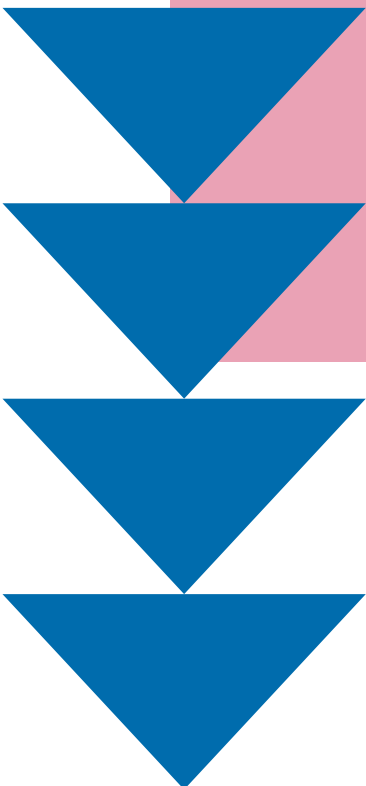
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GIRLFRIEND WISDOM



Trends - how does that happen?

Trends are spread by people! One by one, either creating a product that emulates a design or even a phrase. Remember, "Where's the Beef?", or noticing a style of jeans that you decided looked great so you purchased them, then your friends liked them too, and the **trend** was growing. Right now, if you notice, Highland Cows are everywhere! Folks are purchasing the actual cows, and images of the cute - long hair creatures are everywhere. They are a current trend!

GIRLFRIEND WISDOM:

Let's start a Trend of Kindness! All it takes is a moment to be nice, to smile at a person as you stand in line, or pass them by on the street. Nod your head as you make eye contact with a stranger. Kindness is contagious, we can make it a Trend! Have fun!

Joy & Blessings,

Jody

Girlfriend Wisdom is written and illustrated by Jody Houghton®.
Color files of this writing and artwork are available: www.JodyHoughtonDesigns.etsy.com

Life on my farm

by Donna Jo Copeland, farmeress

The Winds of Change

In the pre-dawn, listening for the first birdsong, I'm quiet. First cup of tea, piece of chocolate. Charlie at my feet. Sheep grazing on the hillside. No breeze. Soft and quiet morning. Waiting.

Change is coming, is here. Weather is weird. Mud everywhere here in my realm. I'm soggy. My garden spot, on a hill, on June 1 is still ankle deep in mud, overgrown. So, I change.

I half-filled feed sacks with muck and barn leavings, planted tomatoes and cucumbers in them, set the sacks along one side of the hay hoop house in the backyard. Peppers, beans and cabbages in filled card board boxes. I have lots of feed sacks and we manufacture muck and barn leavings daily. Wool skirtings strewn on the ground for weed control.

Successful? Well we will see.

A huge change in my realm. Bonnie Prince Charlie has come to be Master of Breezy Manor. Born in March, he is young but his Aussie Border Collie genes are strong and he is a quick learner. The bad thing is I haven't had a pup in a long time and I had forgotten how much energy and time he needs.

The house cats find him annoying. Barn cats are still voting. Sheep are interested. Goats butted the fence. Chickens scatter. Bunnies thinking.

I spend a lot of time picking up, watching Charlie explore his realm. At my age I never thought about a pup, but life changes.

Bowing to age I realize I am a crone, wizened maven of things wool, garden, livestock and mess. As such I must share my knowledge and experiences.

July, August and September will be a time for fiber celebration here on my wee place.

In the Loom House I will thread the 4 harness Dorset loom (only 40 years old) for tea towels or a wool scarf, students' choice. Peg looms are popular so I will offer a chance to weave a wool rug on one of mine. Chair pads will be made with rug hooking or wool braiding. Spinning as well.

And what would summer be without natural dyeing from gathered dyestuffs...weather permitting.

Details and information will be posted on Breezy Manor Facebook page.

Our everyday lives are so filled with noise, stress. Wool has a magical quality. Just the touch of fiber grown on gentle animals can calm your spirit whether it's Sheep, goat, llama or bunny. Sharing that love is a requirement for being a wool maven. We need to train those who follow us.

We must keep the love and wonder of yarn, old looms, natural dyeing, old ways alive. The winds of change can blow it all away if we aren't careful.

One of my simple enjoyments is taking pencil to paper. I write all my articles out in longhand before I type them off to my editor. I also write thank you notes, birthday cards, and checks.

Let's make this summer a simple time.

Love, peace, fiber and enjoyment to you all.

Grandmother's Green Beans

Pick a mess of green beans from the garden early in the morning. Break them on the porch with Grandmother. Gather 2 or 3 onions.

Wash well, chop onions. Put in a large kettle with a ham bone or some fried bacon, cover with water, simmer several hours

You will need biscuits: 2 cups flour, 2 T. Baking powder, pinch of salt, 1/2 cup butter, enough milk to make a dough. Knead well on a floured surface. Cut biscuits. Put on greased baking pan. Bake at 425 til brown.

Fresh brewed iced tea too!



TWO MINUTE READS TO FLIP OUR SCRIPT

by Kathy J. Sotak

Try This Simple Antidote

I grew up in a house with a heartbeat. At the center of the beat were two singing parents. My mother was the primary music teacher and beautiful singer; my father on the other hand sang to be silly – making mundane chores go quicker. The beat was enabled by two pianos, an organ, guitar, ukulele, flute, saxophone, trumpet and a big bin of tambourine-like joys.

Although they had a tough, around-the-clock farm and ranch life, my parents’ smiles prevailed more than any pain. The current of the house was love. This current fueled the heartbeat of the house, which was a ribbon of music – on the radio, through our fingers or the vibration of our voices.

I wonder where my song is today. I now stop to listen to the heartbeat of my own household. I hear the clang of video games, the bang of the kitchen cupboards or personal playlist on private headphones. Rarely do I sing or crank the volume on my happy playlists anymore. When did that stop? Was it out of respect for my husband’s different musical interests? Was it to avoid sounding archaic to my teenager with more trendy taste? Or was it my own doing, walking further away from the fire in my heart?

It may be time to turn the dial on the frequency band. What if I started singing to be silly or humming my heart? Would the current of my house change? Would daily struggles be dissolved? Would peace pierce through our obstacles?

“In many shamanic societies, if you came to a medicine person complaining of being disheartened, dispirited or depressed, they would ask one of four questions:

- 1. When did you stop dancing?
- 2. When did you stop singing?
- 3. When did you stop being enchanted by stories?
- 4. When did you stop being comforted by the sweet territory of silence?”

– Gabrielle Roth, founder of 5 Rhythms

There was another influential person in my youth who sang the same notes: Aunt Rosella. She lived just down the road from us and we saw her at least twice a week. She always had a smile on her face, usually accompanied by humming. Aunt Rosella hummed when she cleaned, hummed when she drove, hummed when she rolled dough.

Why was she humming? I’ve never asked her, to this day. Is this why she always gleamed a smile? Now that I think of it, I’ve never seen someone hum a tune with a frowning face.

“The medicine of the future will be music and sound.” – Edgar Cayce

Scenes from history flash through my mind. I see a movie screen of those building the American Railroad singing the famous song, “I’ve been working on the railroad, all the live-long day.” I see depictions of earlier times, with thousands of workers chanting in unison while they build great structures. I see tribal times, when we all sat around the fire, singing and drumming.

“If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.” – Nicola Tesla

Perhaps humming, drumming and singing is the antidote to the hardness of life. It’s the soothing salve that vibrates away our pain. It’s the original medicine that has been around since the birth of humanity.

I’ll have to ask my Aunt Rosella about her why. What does she think about while she hums? Is it a prayer? Is she humming the gratitude for her blessings? Is she humming a ribbon of love to all who hears her sweet sound?

In the meantime, I’m giving it a go. Consider joining me in humming, drumming or singing. It’s our own custom antidote, the original medicine to keep our heartbeat filled with love.

Thank you for your support. Let me know what lift this provided to your day by commenting at <https://2minutelift.com/match/>

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Summer Salads: *Lettuce Celebrate the Season!*

by Colleen Gust

When the sun is out and the heat is on, there's nothing quite as cool as a cucumber as a fresh summer salad. Whether you're tossing up garden greens, chopping up fruit, or stirring up a hearty pasta salad, summer is the perfect time to romaine calm and eat something light, flavorful, and full of crunch.

Of course, summer isn't just about what's on your plate—it's about soaking up the sunshine, making melon-choly memories fade away, and spending grate times with the people who matter most. Whether you're chillin' on the patio, firing up the grill, or chasing kids through the sprinkler, there's something about warm evenings and golden hours that just brings everyone to the table. The heat might be on the cob, but the laughter, stories, and seconds of salad help keep things cool. After all, nothing beats a meal shared with family under a sunny sky—and if you can't stand the heat, just grab a fork and leaf it to the salads to save the day.

The beauty of summer salads is that they're un-beet-ably versatile. You can turnip the flavor with sweet corn, juicy tomatoes, creamy avocado, or stone fruits like peaches and nectarines. Add some grilled chicken, shrimp, or tofu, and you've got yourself a full meal in a bowl. A handful of nuts or seeds can bring that satisfying crunch, and a sprinkle of cheese—goat, feta, or parmesan—makes everything cheddar late than never.

Now let's pasta time with the real picnic MVP: pasta salads. These bad boys are grate for BBQs, potlucks, and lunches on the go. They can handle the heat, stay tasty at room temperature, and are best made ahead—so you can shell-ebrate stress-free hosting. Go classic with rotini, veggies, and Italian dressing, or penne your own twist with Mediterranean flavors: olives, sun-dried tomatoes, feta, and basil.

Don't be afraid to mac out with different kinds of pasta—just make sure it's short and sturdy enough to hold onto your dressing. And speaking of dressing, it's the thyme to get creative. Store-bought will do in a pinch, but nothing beats a homemade vinaigrette. Try lemon and olive oil, a honey-Dijon blend, or a creamy avocado-lime drizzle to turnip the flavor.

Grain-based salads like quinoa, couscous, and bulgur are also having a grain old time during summer. They're light, filling, and full of personality. Quinoa pairs beautifully with black beans, mango, and lime for a tropical twist, while bulgur leaves us speechless when mixed with fresh herbs, tomatoes, and lemon juice in a classic tabbouleh.

Whether you're picnicking, poolside, or just trying to avoid turning on the oven, summer salads are your go-to dish. They're radishing, refreshing, and ready to steal the spotlight at any meal. So grab your biggest bowl and get dressing—because these salads are kind of a big dill.

Mexican Street Corn Coleslaw

This one is definitely a winner in our house. I made a double batch, and it kept well through the week. You can also cheat and just use premade coleslaw mix to save time!

- 4 cups shredded green cabbage
- 1 cup shredded red cabbage
- 1 cup frozen corn kernels, thawed
- ½ cup diced red onion
- ½ cup chopped cilantro
- ½ cup feta cheese, crumbled
- 1/3 cup mayonnaise
- Juice and zest of 1 lime
- 1 tsp chilli powder
- Salt & pepper to taste

Toss the shredded cabbages, corn, red onion and cilantro in a large mixing bowl.

Whisk together the mayonnaise, lime juice and zest, chilli powder, salt and pepper in a small bowl. Toss together the cabbage mixture with the dressing. Fold in the feta cheese.

Chill for a min. of 30 minutes before serving.

Deli Pasta Salad

I’ve also heard this called a “Grinder Salad,” with its origin being Italian-American slang for a dock worker, among whom the sandwich was popular. This salad is excellent for those hot days when you’re hungry but don’t want to sit down (or make the effort) for a full meal.

- 500 g/1 lb. pasta, your shape of choice, boiled until al dente and cooled to room temp
- 2 cup lettuce (any variety), finely shredded
- ¾ cup salami, cubed into small pieces (I used a dry style of salami)
- ¾ cup cheddar cheese, or marble, cubed into small pieces
- 2 cups cherry tomatoes, halved
- 2 cups cucumber, chopped
- ¾ cup sliced green olives
- 4 Tbsp olive juice
- ¾ cup finely sliced pepperoncini pepper (optional)

DRESSING

- 1 cup mayonnaise
- 2 Tbsp Dijon mustard
- 2 Tbsp red wine vinegar
- 2 garlic cloves, minced
- 2 tsp dry oregano
- 2 tsp Italian seasoning
- 1 tsp salt
- 1 tsp pepper

Combine the cooled pasta, shredded lettuce, salami, cheese, tomatoes, cucumber, and green olives with juice and pepperoncini in a large serving bowl.

Mix the mayo, mustard, red wine vinegar, garlic, oregano, Italian seasoning, and salt and pepper in a measuring cup. Taste and adjust the seasonings as desired. Pour the dressing on top of the salad and mix.

Chill for at least 2 hours to allow the flavours to combine.

Cowboy Caviar

This versatile recipe can be served as either a salad or a dip with tortilla chips. My husband loves recipes like this because the salad can be kept for days in the fridge. This is just the base recipe, so feel free to add ingredients like avocado or Kalamata olives for extra flavor.

SALAD

- 3 tomatoes seeds removed, diced
- ⅓ cup diced red onion
- 1-19 oz./540 mL cans of black beans
- 1-19 oz./540 mL cans of chickpeas
- 1 ½ cups frozen corn kernels, thawed
- 1 bell pepper, diced
- 1 red onion, diced
- 1 large cucumber, diced
- ½ cup pickled banana peppers, diced
- 1 jalapeño seeds removed, finely diced
- ⅓ cup chopped fresh cilantro or parsley
- 1 ½ cups of feta, crumbled

DRESSING

- ⅓ cup olive oil
- 2 Tbsps fresh lime juice
- 1 Tbsp of Dijon
- ¼ cup red wine vinegar
- ¼ cup pickled banana pepper juice
- ½ tsp salt
- ½ tsp black pepper

In a large bowl, mix the salad ingredients. In a small, separate bowl, whisk together the dressing. Pour dressing over the salad, and combine.

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Writing From Life

by Jeanette Lukowski



Public Opinion

A number of months ago, an online quilter presented viewers with an interesting cheer of encouragement: “If you have ever considered entering your work into a quilt show,” she said, “do it!”

I don’t know if those were her exact words, or if they merely represent the way my brain retained the message. What I do know is that her words hit their mark! Yep, this is the year I am jumping off the couch. I’m sharing my unprofessional quilting abilities with the public in very intentional ways—eek!

First up: a contest with what I think of as a local quilt store. I didn’t pursue this competition with the goal of winning. Rather, I really just wanted to see if my work would be good enough to be accepted into their collection of pieces to be displayed at quilt shows for the year. For the woman who doesn’t have the courage to share finished projects with her local quilt guild, this is a huge leap! I blame (or credit) this year’s fabric colors and theme of the contest, as they intrigued me. After the required fabrics and thread arrived, I pulled out a sketch pad and plumbed the depths of my creativity. It took longer than I expected to complete the small (20” square) project—partly because I was hesitant to begin, and partly because the techniques I experimented with were new to me—but I was able to submit my application fee and submission photographs a week before the deadline. (The verdict will come sometime this month.)

The second leap: I submitted a larger (approximately 80” square) quilt project to the county fair for the town in which I now live. I had purchased the fabric for this project in December 2023, and finished binding the quilt before I moved in March 2025. Inspired by the quilt shop’s owner, this project is built around a



theme presented by a fabric designer. The unconventional designs embodied in the fabrics might be the exact thing which peaks the interest of younger people, and I’m totally in support of drawing new quilters into the ranks! (If my first, small project isn’t accepted by the quilt store’s contest, I’m thinking I will

add it to the county fair’s summer exhibit.)

My dear friend is a phenomenal quilter, and shares her work all of the time. She shares at monthly guild meetings on a regular basis, and has been awarded a number of blue ribbons on projects she has submitted to her county fair (too many for me to count anymore). Does she question her ability as much as I question mine? Or, is she just motivated to share because we both agree that the world needs a bit more beauty?

Although I’m nervous to hear what people think about my projects, I will admit that the “anonymity” of these two venues gave me a bit more confidence to “just submit!” as the online quilter encouraged viewers. I’m nervous, but exhilarated!

© Jeanette Lukowski 2025. Jeanette is a mother, grandmother, teacher, and author who lives in Alesandria, MN. She is inspired by the lives of strong women. Her email address is: writingfromlife@yahoo.com

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>Kempenfelt Quilt Guild</i> We meet at the Lion's Gate Banquet Hall on Blake Street, the 3rd Thursday of the month from 7-9pm <i>Barrie Modern Quilt Guild</i> We meet at All About Sewing 565 Unit 1-M, Barrie Ontario the last Thursday of alternative months from September to May - 7pm and on various Saturdays during the alternate months, for Activities and Workshops, from October to June.
Belleville	<i>Quinte Quilters' Guild</i> We meet at the Recreation Centre, 116 Pinnacle Street. At 7:00 pm on the first Wednesday of each month.
Binbrook	<i>Binbrook Country Quilters' Guild</i> We meet at the Binbrook United Church, 2623 Binbrook Rd. 7:30 pm the last Monday of the month from Sept - Nov and Jan - June.
Bracebridge	<i>The Pine Tree Quilters' Guild of Muskoka</i> We meet at 56 Salmon Avenue, Bracebridge, Ontario at 1:00 pm on the 2nd. Thursday of the month from September through June.
Brampton	<i>Brampton Quilters Guild</i> We meet on the 4th Thursday of each month from September to June at 7:30 pm. Meetings are held at Jim Archdekin Recreation Centre, 292 Conestoga Dr, Brampton.
Brantford	<i>Brant Heritage Quilters</i> We meet at St George United Church at 7:30 pm. on the second Thursday of the month.
Brockville	<i>The Thousand Islands Quilters' Guild (TIQG)</i> Meets the 4th Thursday of the month at 7pm both in person and zoom except July/Aug/Dec at the Bethel Christian Reformed Church located at 117 Windsor Dr., Brockville, On K6V 5V5. Library opens at 6:30pm.
Buckhorn	<i>Buckhorn Area Quilters' Guild</i> We meet at Hartley Hall, St. Mathews / St. Adian Anglican Church at 9:00 a.m. on the last Wednesday of the month (excluding July, August and December).
Burlington	<i>Halton Quilters Guild</i> We meet at the Mainway Recreation Centre, 4015 Mainway Dr. at 7:00 pm on the first Thursday of the month from September through June).
Caledonia	<i>Caledonia Grand River Quilters' Guild</i> We meet at 7pm on the 2nd Wednesday of the month from September through June.
Cambridge	<i>Busy Hands Quilters Guild</i> We meet at the Preston Scout House, 1580 Queenston Road at 9:30 am on the third Monday of each month.
Chatham	<i>Chatham-Kent Quilters' Guild</i> Meetings are at 7:00 pm on the 3rd Thursday of the month. Meetings are held at St. Paul's Congregational Church at 450 Park Ave. West, Chatham, ON. www.ckquiltguild.com
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> Monthly meetings are held at 7pm (Eastern) on the 2nd Tuesday of each month from September through June. Monthly meetings are virtual and feature a guest speaker. A Zoom link to the meeting will be emailed to all members and registered guests the day before the Guild's Meeting.
Gwillimbury	<i>Gwillimbury Quilt Guild</i> We meet at the Sharon-Hope United Church, 18648 Leslie St. at 1:00 pm on 4th Monday of the month from September through May.
Hagersville	<i>Haldimand Quilter's Guild</i> We meet at the Hagersville United Church at 7:00 pm on the first Monday of the month from September through June.
Haliburton	<i>Haliburton Highlands Quilter Guild</i> We meet at the Stanhope Community Centre, 1095 North Shore Rd, Algonquin Highlands at 1:00 pm on the second Wednesday of each month.
Hamilton	<i>Hamilton Quilters Guild</i> We meet The Church of Resurrection, 435 Mohawk Rd. W.at 7:00 pm on the 2nd Wednesday of each month from September through August.
Ingersoll	<i>Oxford Quilters Guild</i> We meet monthly at the Ingersoll Creative Arts Centre, 125 Centennial Lane (in Victoria Park) the first Thursday of the month at 2:00 p.m. and 7:00 p.m. and also have virtual only meetings for the months of January, February and March. A zoom link is emailed to all members and registered guests the day before the Guild's meeting.
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> We meet on the first Wednesday of the month. September to December we meet at Our Lady of Lourdes church hall, 490 Days Road, Kingston Ontario. January to April we meet on Zoom. Doors open at 6:45, with meetings starting at 7:00 pm.
Kingsville	<i>Erie Shores Quilters' Guild</i> We meet at the Kingsville Arena, 2nd floor at 7p.m. on the third Tuesday of the month.
Kirkton	<i>Huron, Perth Quilters Guild</i> We meet at the Kirktown/Wooddham Community Centre at 9:00 am on the second Tuesday of the month from September through May.
Kitchener - Waterloo	<i>The Waterloo County Quilters Guild</i> We meet at the Parkside Community Room of the Parkside Arena in Waterloo at 1:30pm and 7:30 pm on the third Wednesday of the month.
Lambton	<i>North Lambton Quilt Guild</i> We meet at the Port Franks Hall on the 4th Wednesday of the month.
Lindsay	<i>Lindsay Creative Quilters' Guild</i> We meet at Jennings Creek Christian Reform Church, 206 Angeline St. N., Lindsay ON at 1:00 pm every 2nd Monday of the month except for October, December and June.
London	<i>London Friendship Quilters Guild</i> We meet the 2nd Thursday of the month from September to June. The meeting usually runs from 7pm to 9pm. We are located at St. George's Presbyterian Church, 1475 Dundas Street, London, Ontario N5W 3B8. To contact us: lfqg.president@gmail.com or our web page: lfqg.LononFriendshipQuiltGuild
Manitoulin Island	<i>Island Quilters Guild</i> We meet at the Community Hall in Mindemoya at 7:00 pm on the third Thursday of the month from September though June.
Markdale	<i>Queen's Bush Quilters</i> We meet at Annesley United Church, 82 Toronto St. at 7:00 pm on the 1st Tuesday of the month from September to June.

Markham	<i>Markham Towne Quilters Guild</i> General meeting first Thursday of every month (September-June). 11 Church Street, Markham markhamtownequilterguild@gmail.com .
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 Merriion Community Centre, 7 Park Ave., St. Catharines on the third Wednesday of each month.
Nobleton	A chapter of the <i>Modern Quilting Guild</i> We travel to various locations in Southern Ontario on a rotating basis.
Norwich	<i>Quaker Quilt Guild</i> We meet at 89 Stover St N, Norwich at 9:30 am on the second Monday of the month.
Orangeville	<i>Dufferin Piecemakers' Quilting Guild</i> We meet at the Orangeville Event Centre at 7:30 pm on the third Monday of the month from September through June.
Orilla	<i>Orillia Quilters' Guild</i> We meet at ODAS Park, 4461 Fairgrounds Road, Orillia at 1 PM on the third Wednesday of each month except July.
Orleans	<i>Common Thread Quilt Guild</i> Meets the second Tuesday of the month at 7pm at MIFO, 6600 Carriere St, Orleans. 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>Offawa Valley Quilters Guild</i> Our guild meets both in-person and on the ZOOM platform September to December and April to June and only on ZOOM for the January, February and March meetings. The meetings are held the second Monday of the month. In-person meetings are at the Riverside United Church, 3191 Riverside Drive in Ottawa. Email: 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 Mario St. Penetanguishene, Ontario. Monthly meetings (except for December & June) are the 4th Wednesday of the month at 6:30 p.m. December & June meetings are the 2nd Wednesday of the month with the June meeting starting at 6:00 p.m.
Peterborough	<i>Kawartha Quillmakers' Guild</i> Meetings are at the Westdale United Church, 1509 Sherbrooke Street, Peterborough on the first Wednesday of each month at 9:30 am.
Perth	<i>Lanark County Quilters Guild</i> We meet at Lions Hall, Perth Fairgrounds at 7pm on the 4th Tuesday of the month.
Petawawa	<i>Pembroke Log Cabin Quilters</i> We meet every 3rd Tuesday of the month during the school year in the basement of 1163 Victoria Street. Our social time begins at 6 pm and meeting at 7 pm. Email: pembrokelogcabinquilters@gmail.com , FB: Pembroke Log Cabin Quilters, Web page: pembrokelogcabinquilters.ca
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. <i>Norfolk County Quilters' Guild</i> We meet at the Vittoria & District Community Centre on the first Tuesday of each month except October.
Stittsville	<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.
St Marys	<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.
Stony Creek	<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. <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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A promotional banner for GEM SEWING. On the left, two diamond-shaped logos represent the 'New Liskeard' and 'Sudbury' locations, each with a phone number (705-647-4849 and 705-525-4449 respectively). In the center, it states 'Authorized Dealer For:' followed by logos for Janome, Elna, Brother, Singer, and Husqvarna Viking. On the right, a large 'OPEN 24/7' graphic is shown next to a '100% Customer Satisfaction' seal. The website 'GEMSEWING.COM' is prominently displayed at the top right. A blue bar at the bottom lists services: Sales & Service, Onsite Certified Service Technician, Expanded Learning Centres, Custom Embroidery, Long Arm Service, and All Quilting Supplies.

The Guinea with Nine Lives

by Becky Van Vleet

What fun it is for this Colorado grandma to visit her daughter and son-in-law's homestead in Tennessee. Add two sweet granddaughters, and life doesn't get any better. I've never seen a more glorious garden which produces everything under the sun it seems. Picking fresh blueberries is a wonderful way to start the day. And I never mind sharing a few with the chickens and guinea fowl that meander around the property.

At my last visit a few weeks ago, I noticed one of the guineas was a little standoffish, not quite as social. But I soon learned from my granddaughters, Belle and Ava, that Ginny Guinea boasts nine lives. Really? I thought only cats could brag about that.

Ginny developed a limp her first year when one of her legs tangled with a wire in the guinea run while she was trying to scamper away. With her limp, she was never quite able to travel around the yard at the same speed as the other guineas. No matter. She hobbles where she wants to go, continues to lay her precious eggs, and never complains.

But birds of the air have taken notice of her slowness. The hawks in particular. No doubt their birdbrains have accurately assessed that a wounded guinea wanders around on the homestead. Easy prey. But the hawks are apparently clueless for Ginny's perseverance. She holds her own. No hawk as yet has been able to carry her off for a tasty snack, though they've tried. Belle and Ava have witnessed the attempts after threatening hawks alerted them to run outside to check. Poor Ginny would be hiding in bushes minus feathers.




Photo by Belle



After one vicious attack, Ginny was a bareback. All her feathers across her back had been stripped by a greedy hawk. The girl was bleeding. Belle and Ava didn't think she'd survive. But they hoped for the best as they gently placed the suffering guinea back in her coop. And with tender loving care, Ginny made a comeback.

But one day, Belle thought for sure Ginny had succumbed to a menacing attack. She'd trained their labrador, Luna, to join the family rescue team. On this particular day, Belle yelped at the alarm squawk from the guineas. All were protected after all, and especially Ginny. Unlike the hawks, Belle counted the chickens and guinea pigs. All were accounted for except Ginny.

Belle's heart sank. She summoned her mother and Ava to the yard for the rescue mission, if there would even be one. When Belle discovered a fresh-plucked guinea feather, then another, then another, she followed the trail until she noticed a big pile of feathers next to a tree. Calling out to her mother and Ava, she thought for sure the hawk had flown away with Ginny for an appetizing lunch. The evidence pointed to Ginny's demise.

But then—Belle heard a faint cackle from a bush. Could it be Ginny? No. Belle and Ava thoroughly investigated the bush. Not once, but twice. About to give up, Belle and Ava sauntered to the house, grieving. But another chirp drew them back. And there was Ginny, standing upright next to the bush, minus a few feathers, as if to say, “Were you worried about me?”

Not only did Ginny recover and grow her feathers back again, she continues to humbly strut around their homestead today. Unassuming. Persevering. Overcoming. Thank you, Ginny. Good character traits for all of us.

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



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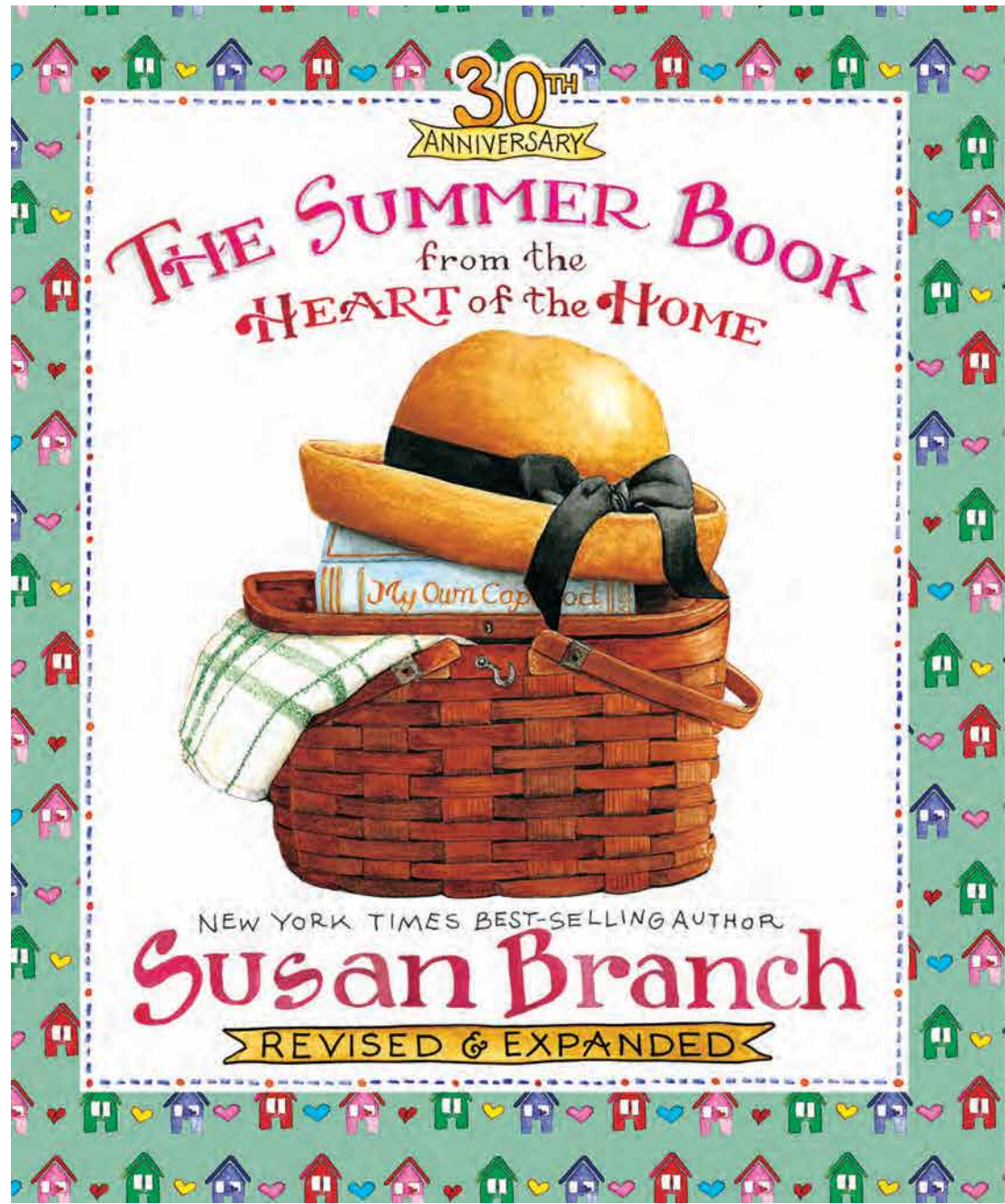
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(solution to the puzzle on p. 11)

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