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## Meet our cover artist:



### Deb Strain

An art teacher for nine years, Deb Strain left teaching in 1994 to devote herself to her family and the development of her own art. Her husband, three children and twin grandsons are her pride and joy. Their beloved Saltbox home is filled with laughter, creativity and love. It is in the peaceful woods surrounding their home where Deb finds her inspiration. Drawing on memories of growing up in Ohio and times spent with family and friends, she seeks to convey a kinder, gentler way of life.

"Art is my passion, but my "real-life" love is my family," explains Deb. "My two daughters are both artists and my husband and son are our biggest supporters. We are very fortunate to share such a wonderfully bonding interest." Deb feels continually blessed by her family's closeness and being able to follow her dream to create art and share it with others. Her art can be found world-wide on a number of products from fabric to greeting cards to figurines.

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

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



## Free Pattern



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

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## A Lifetime of Collecting Part 1: Canadian Handwoven Jacquard Coverlets from the Dennis and Sylvia Mills Collection:

### New Exhibit at the Mississippi Valley Textile Museum

**Almonte, ON-** A new exhibit is coming to the Mississippi Valley Textile Museum on October 21, 2023! *A Lifetime of Collecting Part 1: Canadian Handwoven Jacquard Coverlets from the Dennis and Sylvia Mills Collection*, guest curated by Dr. Adrienne D. Hood. Coverlets from the MVTM's collection will be displayed at the Museum from October 21 to December 23, 2023. The exhibit opening will take place on October 21, from 2pm - 4pm.

Dennis and the late Sylvia Mills can trace their roots to long-established Ontario families. Meeting when they were both secondary school teachers, they began a life of collecting together. Dennis had been a serious collector of Canadiana since his teen years, with a special fascination with handwoven textiles, while Sylvia's engagement with fabric had manifested in her own collection of vintage clothing and fashion accessories. Both of these avid collectors moved beyond simply acquiring objects and became committed to researching and showcasing them through conferences, seminars, and special exhibitions. As Dennis says, "collecting is not about gathering (or hoarding) artifacts, but unveiling the stories within and around them."

Dennis Mills' collection of Canadian handweaving was inspired by the work of Royal Ontario Museum curators, Dorothy and Harold Burnham, whose research on Canadian handweaving culminated in their seminal 1972 exhibit and publication of the same name, *Keep me Warm One Night: Early Handweaving in Eastern Canada*. Recently, the Mississippi Valley Textile Museum acquired Dorothy Burnham's papers and a group of volunteers contacted Dennis to explore the possibility of borrowing some of his artifacts for an exhibition of Canadian handweaving related to the Burnham archive. This, in turn, led Dennis to consider donating his comprehensive and well-documented collection to the museum, beginning with the most spectacular examples – 19th-century jacquard coverlets. He chose these lovely textiles as the first part of his donation because they derived their patterns from a series of punched cards (in effect, an early computer) and thus "are a significant link between the handweaving cottage trade and the mechanized industrial mills of the late nineteenth century in the Ottawa Valley."

The exhibit is curated by Dr. Adrienne Hood, a professor emerita of History at the University of Toronto and formerly curator of Canadian Textiles at the Royal Ontario Museum. Her books include: *The Weaver's Craft: Cloth, Commerce and Industry in Early Pennsylvania* and *Fashioning Fabric: The Arts of Spinning and Weaving in Early Canada*. This exhibit will showcase the first installment of the Dennis and Sylvia Mills collection and provide a preview of what is to come.

### Quote

"I am excited to work with this stellar collection of well-preserved and documented Canadian textiles. The 50 beautiful coverlets in this exhibit are representative of the work of a highly-skilled group of 19th-century weavers. Not since the ROM's 1986 exhibit, *Canada's Handwoven Heritage*, that I curated in honor of Dorothy Burnham, have so many Canadian jacquard coverlets been shown at once. Brought together here, they are a testament not only to Ontario's 19th-century history, but also to the dedication and knowledge of collector Dennis Mills in amassing this important collection and donating it to the MVTM." - Adrienne Hood, Guest Curator

"The Mills' coverlet collection has been a wonderful and significant addition to the Museum, showcasing Canadian handweaving at such a pivotal point of industrial and cottage manufacturing, and we're so happy to share it with our community." - Michael Rikley-Lancaster, Executive Director/Curator, Mississippi Valley Textile Museum

### Contact

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

# Labeling Your Quilt

by Marlene Oddie



When you get to the very last step of your quilt, it might be easy to forget or not bother, but what happens to a cherished quilt when one day you are gone and the recipient's child is wondering where the quilt came from? Have you seen beautiful quilts at the local thrift shop, cast away by a family member who may not understand the sentiment behind the quilt?

Early on in my quilting journey, it was explained to me that a label on a quilt is a fundamental part of documenting this craft. These quilts can generally last longer than our lifetime, so having the information about the quilt attached to it with a label is the simplest way we can keep track of its origin. You might find other unique details at <https://marketplace.unl.edu/iqm/fabrics/quilt-label.html>.

So, what should be in a label? When I'm doing sample quilts, I often include more technical specifics that help those who will be working with the samples -i.e., the fabric collection used, sizing and batting content. But in general, labels should include:

Name of the quilt - yes name it, make it fun, tie it into the sentiment of the reason the quilt was made.

What is the reasoning for making the quilt or gifting the quilt - refer to the occasion in which it is being given or created.

Is it based on someone's published pattern? If so, what is the name of the pattern and who designed/published it?

Who pieced it? - Probably you, so print your name or sign it.

Who quilted it? - If it is you, then you might want to combine with the item before and this one just by saying Made by - you're doing it all. But if you Quilt for Hire or had someone else do the quilting, it is appropriate to recognize their contribution to the quilt.

Location and Date - You can be as specific or not with this but given it a general location (I do the quilting in Grand Coulee) and at least the year should be sufficient. If it is on a special occasion, you might include a specific date closer to the top and disregard the year shown here at the bottom.

As a long-arm machine quilter for hire I am willing to create labels such as the example shown here using my inkjet printer and I sign them where my name is shown. These can be printed on pre-treated fabric that is iron-on or sew-in or use Bubble Jet Set 2000 to pre-treat your own fabric and then fix the printing with Bubble Jet Rinse before drying and sewing the label onto the quilt back. There are pre-printed styled labels that you can easily write on with a fabric pen the information you deem appropriate. You might also machine embroider a label or have pre-printed/woven signature labels/ribbons that you can sew into the binding giving it at least some connection to the maker. Labels should be adhered in the lower left corner if facing the back or peel back the lower right corner when facing the front.

May your quilt's label be the connection to the legacy you have left behind.

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



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## Borderline Timing

by Kirby Gust

*Borderline Good is a fictional series of stories I have started writing for our readers of the Manitoba & Saskatchewan Country Register. It may have some appeal to other readers of the Country Registers.*

It was the Tuesday after Labour Day, the first day of school for the local kids, and one of Carl's favourite days of the year. Carl's wife, Mary, had already been going to the school where she teaches for a few weeks, preparing lessons and classrooms for a new group of students. For Carl, however, these last few weeks of summer were no different than any of the other weeks of summer. Once school is let out in late June and the kids no longer gather in front of Borderline Goods to wait for the bus, the bus that will take them to the next town over for school, Carl's days at the store in these summer weeks just don't have the same appeal to Carl as the rest of the year.

As we all know, Carl's store Borderline Goods, or "Borderline Good" as it reads on the old wooden sign outside, sits smack dab on the Saskatchewan-Manitoba border. Because of this unique placement, Carl changes his summer opening hours but never his closing time. Carl closes the store at 5 p.m. every day. Tuesday to Saturday in the summer, that is. The store is closed on Sundays and Mondays in the summer, but only on Sundays the rest of the year. Being on the border, the store, that is, allows Carl to accommodate both provinces. Carl uses Saskatchewan time all year round, and therefore, he opens the store on Saskatchewan time and closes at 5 p.m. Saskatchewan time. At least after the first Sunday in November, he does. Carl changes his closing time to Manitoba daylight savings time after the second Sunday in March.

During July and August, Carl can find no reason financially or personally to open the store any earlier than 9 a.m. On the other hand, Carl has no real reason to open at 7:30 a.m. from Labour Day until the end of June either. He only does it for the kids who gather outside waiting for the bus during the school months. In the spring and fall, the kids rarely come into the store. When the weather is right in the fall, the boys throw a football around, and in the spring, it's a baseball that gets lobbed back and forth. The girls nowadays mostly look at their phones and giggle now and then, but during the cold winter months, they all, boys and girls alike, huddle inside the store out of the cold. A service that adds very little to the cash register but fills the cockles of Carl's heart to overflowing.

On the first day of school, most kids are excited to return and see their friends. Others, not so much; it is still school, after all. But one thing they all look forward to is seeing Carl again. But not half as excited as he is to see them.



TWO MINUTE READS TO FLIP OUR SCRIPT

by Kathy J. Sotak

## In Celebration of Our Own Script

**TOTAL READ TIME: 3.5 MINUTES**

*"Through our yeses and nos, we create our life." – Charles Eisenstein*

I blew right past the noticing of my 50th post on [www.2minutelift.com](http://www.2minutelift.com). So instead, I'm honoring this 53rd post – fitting for today's title. It has been rewarding to share this connection with you, this ongoing dialogue between us as we read these "short reads to flip our script."

My name is Kathy Jean Sotak. Some of you know me, most of you don't. I've lived at least a dozen lives and crave the evolution of the next. I could give you more detail, but it's not that interesting. What's more relevant is that you are nodding your head, thinking "me too."

The only thing to know is that each new version was a rebirth from the last. Each success and failure were lessons in meaning. Every decision, a diving deeper into the cells of my soul. Each chapter, a series of yeses and nos. I stood up to the choice point of every belief, value and program that hitched along but didn't belong. At every interval, setting fire to the fears that choked my voice and actions. The shedding of each chrysalis made room for more grace, peace, love and understanding.

With a website as my chosen community space, there are many tips and tricks for how to increase readership, engagement and grow social media presence. I've studied them all. At the end of the day, it's a manipulative formula because it's subliminally tricking you. It's conning you into doing something for me, and I don't like that. I don't write to hit key metric thresholds – I write for today's conversation. So, I faced another choice, do I stay on the script of defined success, or do I step off the clearly marked path?

I've written my own script, of course. Because of my disagreement with the prescribed engagement formula, I've stopped directly sharing publications and related promotions on social media. I don't need their formula. Today, the only way I start our conversation is via [www.2minutelift.com](http://www.2minutelift.com) and email publications (sign up here for easy delivery to your inbox).

You and me – we aren't here for loud parties with the music turned up loud. This is where we pull up a chair into this cozy living room for an intimate heart to heart. This exchange may touch your heart without me knowing. Sometimes, you reply to my emails or post a comment on the blog. For some of you, your heart is sparked to share with a friend or five, or on your social media of choice. Please I know I love it all. Whatever you do, however you engage with me and the rest of the world – do it from your own script, not the pre-written script of the masses.

*Thank you for pausing to honor this 53rd post. We'll have to see where we'll be at on the 106th exchange. I would be honored if you choose to continue this journey with me in this artful and soulful community living room.*

*"You humming heaven here on earth. Learning new music at dusk. No longer capitalizing your fear. Flowers. All the flowers you become." – Jaiya John*

*Thank you for reading! I love your email replies or comments on the site, to hear what resonated most with you.*

*This email is the primary way I share these stories. If inspired, pass along a lift to someone else's day, by forwarding to a friend or share on social:* <https://2minutelift.com/script/>

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*Thank you for reading!*

*Kathy J. Sotak, founder and writer at 2 Minute Lift*

# Aspen Grove Quilting's Stories with Sam ...

Hi friend! It's been a Country Register issue since we last chatted, and I am ready to reconnect with all of you again.

Summer – what a wild season that was. I don't know if you all feel the same: summer flew by, yet it also seemed to last forever. Does that make sense? The fun moments never seemed to last long enough, the laughter and giggles ending. With the daily duties continuing with additional snack requests, extra laundry, bonus dishes and late nights. Sometimes it seemed like routine would never return.

This summer I had four mobile kids, all with opinions, and all with ideas of what they wanted their summer to include. Some wanted camping, others a day at the zoo, one wanted a trip to the States, beach days, going to Stanley Park, golf cart rides, and the list goes on. To accomplish as many bucket list goals as possible my husband and I set up a weekly goal of doing one local attraction and then one further day trip per week. In addition, I signed two kids up for swimming lessons, one for soccer starting in August, plus planted a garden to feed 500 (just kidding, but we definitely fed more than ourselves), canning, farming, an influx of quilts (thanks guys), volunteering for local boards, attending all the local parades and festivals, baking for my brother's wedding oh my gosh, I see where my kids get it from ...and the list goes on.

To say that we had a jammed packed summer anticipated is an understatement. However, very quickly I recognized that this was not going to work. It was going to be impossible to meet everyone's expectations, mine included. My husband continues to work full time during summer months, and to do this on my own was stressing me out and making me dread the summer. By the second week of swimming lessons and the quickly approaching end of school, we sat the kids down and told them that they all could pick one far away thing to do, and one local activity. Their eyes lit up and they started their little chatter. Phew, I was so worried they would be disappointed we couldn't do everything, but they were so excited to have the ability to make summer plans that they didn't care it was only one thing.

After a humorous discussion, lasting much shorter than I expected, they had decided on their choices. Prioritizing for my littles was actually quite simple. Camping, rides at a local festival, and a trip to the states were at the top of their list. What I thought would be an extra stressful summer trying to fit in everything and all the things very quickly was narrowed down and prioritized.

Prioritized – that was the key. Again, from the viewpoint of my littles my perspective changed. This summer I had to prioritize what was important to me as myself, a wife, a mom, and a quilter. As "Sam" my love language is time, so spending time doing something just for me, by myself energizes me. I love operating our equipment on the farm, so I grasped the moments to mow grass, mulch the gardens, and even took a week leaving the kids to custom farm. As "mom" and a "wife" I chose to relinquish some volunteer positions and invest that time into moments spent with my kids and husband. Bonus evening golf cart rides, evenings walking the yard and garden, moments watching the kids pick flowers and chokecherries. The "quilter" in me also had to prioritize this summer. My passion and my heart is in longarm quilting. I love watching a quilt top become a quilt. Bringing dimension to the quilt top, building on the story of the quilt, working with the quilter – it fills my cup. Yet I found myself wanting to make this, or quilt that, or try a new pattern, or test this new to me technique. Prioritize! The reminder from my kids, before the fast pace of summer began helped set my goals as a quilter. I was able to decide what needed to be accomplished and in what priority. This enabled me to set boundaries and timelines that would respect my family and business as a unit. In doing this, I was able to stress less, enjoy more, and soak in the summer thoroughly.



I hope your summer was had moments to cherish and hope to hear from you soon. And yes, we did knock off their three bucket list goals. Cabin with their cousins, the states with my cousins, and a whole day of rides at the Corn & Apple Festival – bucket list checked! See you next edition – chat soon.

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## Oktoberfest Definitely isn't the Wurst

by Colleen Gust

Feeling a little Brat-ty today as Oktoberfest has absolutely moved me to cheers. I hope you'll be im-Pretzed by this story.

The Munich Oktoberfest is known as the world's largest Volksfest (folk festival), featuring a beer festival and a travelling carnival. It is held every fall in Munich, Bavaria, Germany. It is a 16 to 18-day folk festival running from mid September to around the first Sunday in October. Locally, it is called d'Wiesn, after the slang name for the fairgrounds, Theresienwiese. Oktoberfest is an integral part of Bavarian culture, having been held since 1810. There have been years without celebration, though. Due to World War I, Oktoberfest was cancelled from 1914 to 1918. In 1923 and 1924, Oktoberfest was cancelled due to hyperinflation. During World War II, (1939 to 1945), Oktoberfest was not held. After the war, from 1946 to 1948, Munich celebrated with an "Autumn Fest" instead.

The Munich Oktoberfest originated when King Ludwig I married Princess Therese of Saxe-Hildburghausen in October 1810. The citizens of Munich attended the festivities held on the fields in front of the city gates to celebrate the royal event. The fields were named Theresienwiese ("Theresa's Meadow") in honour of the Crown Princess and have kept that name since. However, the locals have abbreviated the name simply to d'Wiesn. This wedding party launched what is now the annual Oktoberfest tradition, with the festivities growing from year to year.

Since 1950, the festival opens with the same routine: At noon, a 12-gun salute then they tap the first keg of Oktoberfest beer with the proclamation "O'zapft is!" ("It's tapped!").

During Oktoberfest, it is common to wear Bavarian hats (Tirolerhüte), which contain a tuft of chamois hair. Historically, the more tufts of chamois hair on one's hat, the wealthier one was considered to be. Today due to the invention of imitation chamois, this tradition has declined.

To keep Oktoberfest, appealing for seniors and families, a "quiet Oktoberfest" was developed in 2005. The orchestras in the tents only play brass music until 6:00 p.m., for example, traditional folk music. I might not be a senior, but I think I'd be leaving at 6:00 p.m. too, which is probably good as I've been eating so much sausage & cheese that my clothes barely fit me anymore... You can say it's really the Wurst Käse scenario.

Other cities across Canada and the world also hold Oktoberfest that are modelled after the original Munich event. Canada hosts the world's second-largest Oktoberfest in Kitchener-Waterloo. Many of the Canadians of German ethnicity near Kitchener and Waterloo. This is considered Canada's most famous Bavarian festival and was founded in 1969. Since then, Kitchener-Waterloo Oktoberfest has evolved into a much larger festival. While Oktoberfest is perceived as a festival with sausages and giant pitchers of cold beer, it is so much more than that. There is a range of family-friendly activities, music and competitions. While we celebrate Oktoberfest in Canada, we do bring over the tradition of wearing traditional German clothing. The Lederhosen and Bundhosen from the 18th century are traditional clothes for men and the dirndl dress for women.

My husband did ask if he was "Posin' with the lederhosen" for this story. I know, I'm acorn-y person.

### Sage Pork Chops with Apple Cider Pan Gravy

The sauce on this is delicious, plus it's easy to prepare. It also cooks up quickly, which is vital if you're trying to get supper on the table on a weeknight!

- 4 pork loin chops
- ½ tsp salt
- ¼ pepper
- 3 Tbsp dried sage leaves
- ¼ cup flour
- 2 Tbsp butter
- 2 Tbsp vegetable oil
- ½ cup chicken stock
- ½ cup apple cider or juice
- ¼ cup whipping cream



Sprinkle the pork with the salt and pepper and rub in the sage. Dip in the flour to lightly coat.

In a large skillet, heat the butter and oil over medium heat. Brown the pork on both sides. Remove from the pan.

Add the chicken stock and apple cider to the skillet. Bring to a boil, and stir to loosen the browned bits from the pan. Add the cream. Cook and stir until thickened. Reduce the heat to medium. Add the pork. Cook covered until the pork reaches at least 145°F. approximately 5-7 minutes.

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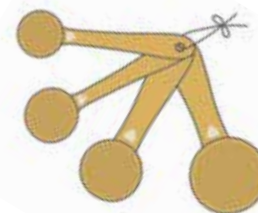
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### Pork Chops in Vinegar

I know this sounds unusual, and I was sceptical myself, but this is a fun way to add variety to the standard breaded pork chop.

- 4 pork chops (8-10 oz.), either boneless or bone-in
- 1 cup flour
- 3 cups fine bread crumbs
- 6 large eggs, lightly beaten
- Sea salt
- Vegetable oil, for frying
- 2 cups white wine vinegar, divided



Use the smooth side of a meat mallet to pound the pork chops as thin as possible without tearing the meat (about 1/4" thick). If using pork chops with the bone, pound the meat up to the bone but leave the bone in place.

Toss the pork chops in the flour until well coated. Dip the floured pork chop in the eggs, tapping off the excess, then dredge in the bread crumbs until evenly coated. Dip the pork chop again in the eggs, coat it a second time in the bread crumbs, and sprinkle both sides with the salt, to taste.

Heat about 1 inch of oil over medium-high heat in a large cast iron skillet or sauté pan (large enough for a pork chop to lay flat) until very hot. Test the oil by adding a few bread crumbs; they should sizzle. Add pork chop to the skillet and fry until golden brown, 2 to 3 minutes, flip, then brown the other side, about 2 minutes longer.

In a second, pre-heated oiled skillet, add the cooked browned pork chop and pour ½ cup of the vinegar evenly over the surface of the meat, and cook over medium heat, flipping the pork chop occasionally, until the vinegar has mostly evaporated, about 5 minutes. Transfer the pork chop to a plate, let rest for 5 minutes, and serve.

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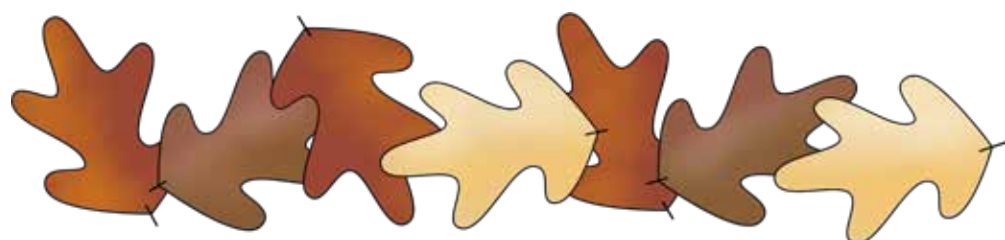
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## German Apple Cake



We have two apple trees in our yard, and I always try to utilize our harvest. I had to try this recipe as it looked quite pretty with the hasselback (sliced not quite all the way through, in thin even layers) cut apples. Our garden apples are a bit smaller than McIntoshes, so I prep a couple of additional apples.

5 small McIntosh apples peeled, quartered and cored  
1 Tbsp lemon juice freshly squeezed  
1 tsp cinnamon  
2 eggs  
½ cup granulated sugar  
1 tsp vanilla extract  
¼ cup milk  
¼ cup butter melted and cooled slightly  
1 ¼ cups flour  
1 tsp baking powder  
¼ cup icing sugar for garnish

Preheat oven to 350°F. Prepare a 9" fluted pan with removable bottom or a spring form pan by greasing the bottom and sides very well. Place the prepared pan on a baking sheet.

Prepare the apples. Peel, quarter and slice off the core portion of each apple (you should have 20 quartered pieces). To cut the apples hasselback style, with a sharp knife slice the tops of each piece 6 times, close together, without cutting right through. Place the apples in a medium-sized bowl and toss with lemon juice and cinnamon. Set aside.

In your mixing bowl combine eggs, sugar and vanilla on medium low speed. Add milk and melted butter and stir again until well combined.

Add flour and baking powder to wet ingredients slowly until all the flour has been absorbed and the batter is smooth. Batter will be thick.

Spread batter into the prepared pan smoothing it evenly. Arrange apples on top of batter with the scored sides up leaving at least a ½" or 1" border around the outside edge of the pan so the apples are not touching the edge of the pan. Press the apples down lightly.

Bake for approximately 45 minutes until the cake is lightly golden-brown. Cool cake in the pan on a rack for 30 minutes then transfer cake from the pan to a platter. Sprinkle cake with icing sugar.

## Sour Cream Plum Kuchen

Kuchen means "cake" in German. This recipe is a personal favourite of mine as I'm a massive fan of anything with plums. Plus, it uses up some of my apple jelly stash. I think I have enough made to last until we retire!

1 lb. of plums  
2 Tbsp packed brown sugar  
½ tsp cinnamon  
½ cup butter softened  
1 ½ cups granulated sugar  
3 eggs  
1 Tbsp grated orange or lemon zest  
1 tsp vanilla  
2 ¼ cups flour  
1 ½ tsp baking powder  
½ tsp baking soda  
¼ tsp salt  
1 ½ cup sour cream  
1/3 cup vegetable oil  
¾ cup apple jelly



Grease and flour a 10-inch (3 L) springform pan; set aside.

Pit plums and cut into 1/4-inch thick slices. In bowl, toss together plums, brown sugar and cinnamon; set aside.

In a large bowl, beat butter with granulated sugar until fluffy. Beat in eggs, 1 at a time, beating well after each addition. Beat in orange/lemon rind and vanilla. In a separate bowl, whisk together flour, baking powder, baking soda and salt. In small bowl, stir sour cream with oil. Stir flour mixture into butter mixture alternately with sour cream mixture, making 3 additions of dry ingredients and 2 of wet ingredients. Scrape into prepared pan; smooth top. Arrange plums in concentric circles on top, leaving about 1/2 between circles.

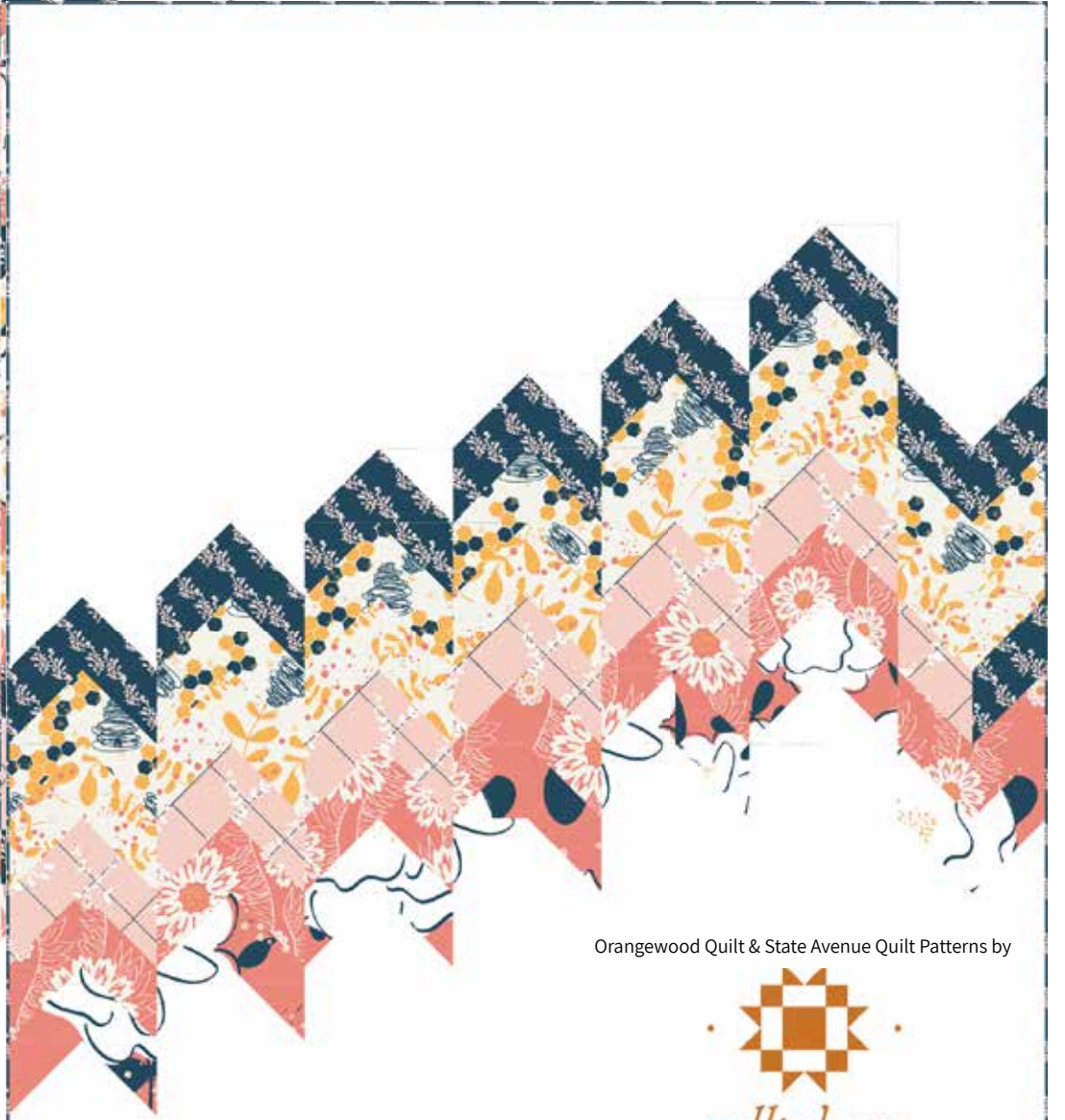
Bake in a 350°F oven until cake tester inserted in the centre comes out clean, about 1 hour and 20 minutes. Let cool in pan on rack for 10 minutes. Remove side of the springform pan.

Transfer cake to serving plate. In small saucepan or microwaveable dish, melt apple jelly, and brush over top of cake. Serve slightly warm or at room temperature.

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DESIGN

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- Jess



## The Gift of Tea

Christmas and gifts go together like a cup and a saucer. So why not give the gift of tea this holiday season? Your tea gift could be an invitation to come for tea, to share tea in a tearoom, to deliver tea, or to mail a tea party in a box. I enjoy giving and receiving tea in all these ways.

### Come for TEA

Sharing hospitali-TEA in my home is my favorite way to give the gift of tea. My recipe for a memorable teatime includes: a pretty setting, tasty tidbits, and a relaxed time to chat.

For easy hosting, sometimes I order the food from a local tearoom. Other times I buy special foods from the market such as mini croissants, chicken salad, and fancy desserts. This gives me more time to set a lovely table and relax with my guests.

No time to invite someone for a festivi-TEA this December? Consider a coupon gift for a cuppa' tea in the New Year. That will extend the holidays for both of you. For a very dear friend, you could even give the coupon in a teacup.

### Go Out for TEA

Taking someone to a tearoom for tea makes a sweet and generous gift. My husband and I have enjoyed taking our granddaughters to tea since they were old enough to hold a teacup—and now they're 12 and 19!

During the holidays, my Sweet-TEA and I gift each other with a jaunt to one of our favorite tearooms. Their festive settings, special menus, and our time together create warm, lingering memories. Plus, I gather ideas for serving tea at home, such as the recipe included for Tree-mendous Treats made with pretzel sticks and melted mint baking chips.

### Par-TEA to Go

Brighten the life of someone who is unable to get out by delivering a par-TEA. Make arrangements with them, and pack everything you need in a basket or box. I use a soft cooler with straps and fill it with teacups, delicious foods, tea, and a tablecloth or placemats. Sometimes I bring a small gift or flowers. Then we enjoy tea together.

I've delivered and served tea to friends in their homes, in hospitals, and in retirement communities. It cheers their day and mine.

### Mail a Par-TEA

This fun idea works well for out-of-town friends or relatives. Last Christmas I mailed my Arizona pen pal a tea party in a box. It included a few decorations, holiday paper plates and napkins, assorted teas, hot chocolate mix and candy-cane stirrers, her favorite cookies (see recipe for Everyone's Favorite Cookies), a scone mix and jam, and a book of Christmas stories, which included one of mine. The note inside said: "Wish I could serve you tea in person. Since I can't, here's a tea party in a box." I added my teatime blessing: "Dear God, as we fill our teacups, fill our hearts with love, joy, and peace. As the tea warms our bodies, may Your presence warm our hearts and friendship."

Would you like to gift someone with tea—in person, in a tearoom, to go, or by mail? Or give a coupon to share one or more of these tea gifts in the future? Whenever you give a gift to someone, you're also giving yourself a gift, because "it is more blessed to give than to receive" (Acts 20:35). God bless us everyone!

*Lydia E. Harris is a tea enthusiast, grandmother of five, and author of In the Kitchen with Grandma: Stirring Up Tasty Memories Together and Preparing My Heart for Grandparenting. Her books are available at Amazon.*

From Lydia's Recipe File:

### Everyone's Favorite Cookies (Brun Kaker)

(From Lydia's cookbook: In the Kitchen with Grandma, page 158.)  
For special holidays, add a few colorful sprinkles before baking.  
The key ingredient is golden syrup (available online and at some grocery stores).

**Prep time:** 15 minutes

**Baking time:** 15 to 20 minutes for each baking sheet of cookies

#### Ingredients

- 1 cup butter, softened
- 1 cup granulated sugar
- 2 T. powdered sugar
- 2 T. golden syrup (e.g. Lyle's)
- 1 tsp. vanilla
- 2 cups flour
- 1 tsp. baking soda

#### Directions

1. Preheat the oven to 350°.
2. In a large bowl, cream together the butter, sugars, golden syrup, and vanilla.
3. In a medium-sized bowl, combine the flour and baking soda.
4. Add the dry ingredients to the creamed mixture, 1 cup at a time. Mix until blended. You may want to mix it by hand.
5. Divide the dough in half. Form each part into 2 long rolls, about 1½ inches around.
6. Place 2 rolls of dough on an ungreased baking sheet. Bake the cookies for 15 to 20 minutes, or until the rolls have flattened and are lightly browned.
7. Remove the cookies from the oven and place the cookie sheet on a cooling rack. Using a pizza cutter or knife, cut each rope into diagonal strips 1-inch wide. Allow the cookies to cool slightly before moving them from the pan to cooling racks. When cool, store the cookies in a covered container.

*Makes 3 to 4 dozen cookies.*



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Fill in the puzzle so that every row across, every column down and every 9 by 9 box contains the numbers 1 to 9.

## Autumn

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

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M	D	G	S	P	I	D	E	R	J	J	P	S	A	C	F	H	M	Y	K
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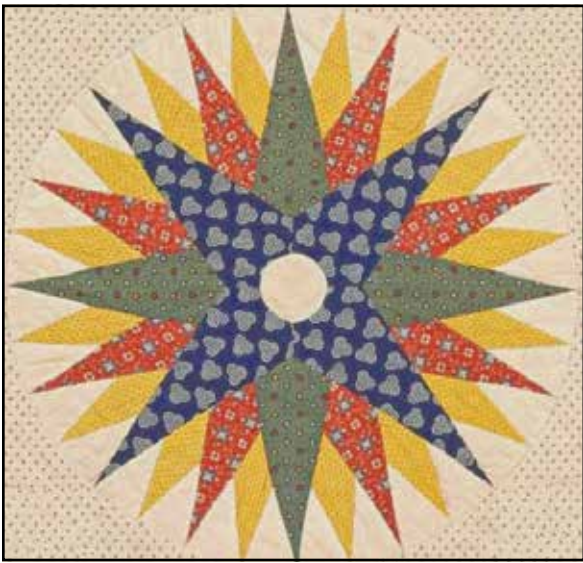
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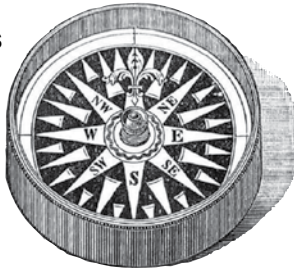
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## The Mariner's Compass Quilt Pattern

by Rachel Grecco

During the early to mid-1800s, Mariner's Compass quilt patterns were very popular. According to Quilt Historian Barbara Brackman, they were among the earliest named quilting designs in America. These quilt blocks are quite intricate and require skill in setting them together so that they lay flat. Other names for this type of quilt block include Rising Sun, Sunburst, Chips and Whetstones, and Sunrise.



Instead of originating from a square design, Mariner's Compass quilts are created from a circle with radiating points. The number of radiating points and designs vary, but they usually contain from sixteen to thirty-two radiating points or rays. This quilt pattern may have originated in 18th Century England, with the earliest documented Mariner's Compass style of quilt found in Britain. It is not known whether this quilt was actually called a Mariner's Compass, as documentation accompanying it showed a date of 1726, but did not include a name.

Although the exact design source is not currently known, it is highly possible that these types of quilts have their origins in the wind rose, a meteorological and nautical design element that is often found on compasses, maps, and monuments.

Maps and nautical charts often included a compass rose for displaying the orientation of cardinal directions, as well as their intermediate points. Sometimes called *wind rose* or *Rose of the Winds*, the compass rose is found in almost all navigational systems, including nautical charts, non-directional beacons, omnidirectional range systems, and global positioning systems.

The wind rose, along with the similarly designed compass star, was very ornate. At a time when sailors heavily depended on the wind for navigation, the wind rose was used to show cardinal directions—east, west, south and north—as well as intermediate directions. They contained from four to thirty-two points and were featured on charts and maps from as early as the 1300s.

Early American quilts with the mariner's compass style of design were most often found near the Atlantic Coast where the shipping and fishing industries were centered, thus giving credence to the idea that the nautical wind rose was used as inspiration for the quilt block.

The skill level required to create a quilt block resembling a wind rose increases depending on how many points the block contains. The more points a block has, the harder it becomes to piece each sharp point.

Today, the Mariner's Compass style of quilt block can be created using paper piecing methods, making it much easier to construct than those made by hand in the 19th Century.

Rachel Grecco owns *Grandma's Attic*, a traditional quilt shop and a large on-line store in Dallas, Oregon. She has written several books and patterns and runs *Grandma's Quilt Club*, a monthly quilt class where participants collect quilt blocks, learn about quilt history, and make new friends. Learn more at <https://grandmasatticquilting.com>.

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## Kirby's Korner

*Eh List Celebrities*

by Kirby Gust

My wife and I recently did something we never do. We went on an actual date. Thanks to our hectic work schedules, we usually call our trip to the grocery store "date night," even at 9 a.m. on a Saturday. Well this time we went to the movies. My Big Fat Greek Wedding 3 was opening at the local theatre, and we made the time to see it.

My recent columns have had a theme about Canadian celebrities and how they almost become bigger than life when they become stars. Getting back to My Big Fat Greek Wedding, I was surprised when I sat down to write this issues column that when I googled "famous Canadian actors" (I wanted to make sure I wasn't missing anyone), one name I thought would be on all the lists was somehow missing...Nia Vardalos.

In 2002, Vardalos turned her one-woman stage show about her life into a screenplay, and with help from Tom Hanks and his wife Rita Wilson, Vardalos was able to turn her life story into a motion picture. My Big Fat Greek Wedding was a low-budget independent film with a budget of only 5 million dollars, but after its release in February 2002, it slowly gained popularity. It was never number one on the box office list, but it grossed

\$368.7 million worldwide and is considered one of the best romantic comedies of the 21st century. The movie still holds the record for history's highest-grossing romantic comedy domestically. It was nominated for 11 awards, winning only one, the People's Choice Award for Favorite Comedy Motion Picture.

Why Nia Vardalos' name isn't on any top Canadian Actors list is beyond me.

When you think of Canadian film stars, it's hard not to mention Mary Pickford. Born in 1894 in Toronto, Ontario, she would become one of the most prominent stars of her day. In 1909, she appeared in 51 films. She was only 15 years old at the time. She would go on to star in 52 feature films in her career. In 1916, she agreed on an acting deal that made her the first-ever actress to sign a million-dollar contract. The only other actor to surpass her stardom at the time was Charlie Chaplin.

Fast forward one year, and another famous Canadian actor was born in New Westminster, British Columbia, by the name Raymond Burr. Burr would be featured in over 50 films before moving to television in 1957 to Play Perry Mason and later Ironside.

Fast forward a few years before the present time, and we find Brendan Fraser winning the Oscar for Best Actor for his portrayal of Charlie in The Whale, the first Canadian to ever win the award. The Whale was yet another low-budget film with a Canadian lead that performed well at the box office, primarily due to the critical acclaim Fraser received for his performance in the lead role.

You must live under one big soundproof rock if you haven't heard about the new Barbie movie. Barbie, the movie was released on July 9th, and as of September 10th, it has grossed 1.4 billion worldwide. It had a record-breaking debut weekend and became the fastest Warner Bros. film to reach one billion at the box office. The film has two leading stars, one of them Canada's own Ryan Gosling as Ken. The movie also stars another Canadian Actor, Simu Liu, as tourist Ken. Liu is known best to me for his role in Kim's Convenience.

Ryan Gosling co-starred alongside another famous Canadian actor, Rachel McAdams, in the hit movie The Notebook. Though it wasn't a huge box office success, it did find its way into people's hearts. Oh, and it also had my favourite actor, James Garner.

Saturday Night Live has been a stepping stone for quite a few Canadians. Created by fellow Canadian Lorne Michaels in 1975, one of the first cast members was Ottawa native Dan Aykroyd. Aykroyd was initially hired as a writer for the show but became a cast member before the series went on air. Aykroyd would spend 4 seasons on Saturday Night Live before leaving the show. One of his characters on the show was that of half of the Blues Brothers. The Blues Brothers became a real band and started to travel doing live gigs in 1978. They would go on to record the album Briefcase Full of Blues. The album would sell 3.5 million copies and become one of the best-selling blues albums of all time. Aykroyd would later co-write and star in both The Blues Brothers Motion Picture and Ghostbusters. The Blues Brothers is the second-best performing movie based on Saturday Night Live sketches, and Ghostbusters was the number-one movie for seven consecutive weeks in 1984.

Mike Myers, a Scarborough Native, became a Saturday Night Live cast member in 1989 and was on the show until 1995. He would one-up Dan Aykroyd and have the best-performing movie based on a Saturday Night Live sketch with Wayne's World. He would then make a trilogy of Austin Powers movies and become the voice of the beloved ogre, Shrek.

Jim Carrey took a different path to stardom than Dan Aykroyd and Mike Myers, but not for the lack of trying. He auditioned for S.N.L. three times and was rejected three times. His third and final try at S.N.L. found him losing out to fellow Canadian Phil Hartman. He still found his way to fame with sketch comedy, though. After years of doing standup, he became a cast member of In Living Colour, a short-lived show that helped him get noticed and land his first significant acting role as Ace Ventura: Pet Detective. He would make quite a few hit movies in the late 90s; most notable of the bunch was Dumb and Dumber, the highest-grossing holiday season movie of 1994.

My job here listing Canadian superstars and those that got their starts on sketch comedy shows would be incomplete without mentioning a Canadian-produced sketch comedy called Second City Television, or as all Canadians know it... S.C.T.V. The show was on the air from 1976 to 1984. The last 3 seasons aired not only in Canada but also on N.B.C. in the United States. It is one of only a handful of Canadian shows that successfully moved to an American network. John Candy would become the series' biggest star, but that did not mean the others were left unknown.

(story continues on next page)



## Beef Stroganoff

Traditional and easy for a work night, what more can you ask for? I try to use fresh mushrooms instead of canned, but sometimes canned is far more convenient (and inexpensive). Another budget tip is to substitute hamburger for the steak. This recipe also warms up well in the office microwave, if you're packing a lunch.

2 Tbsp salted butter, divided  
 8 oz. button mushrooms, sliced, or a can of mushrooms, drained  
 1 onion, thinly sliced  
 1 lb. sirloin steak, sliced thinly, against the grain  
 2 Tbsp unbleached all-purpose flour  
 1 cup beef broth  
 ½ tsp dry mustard, or 1 Tbsp whole grain mustard  
 2 whole dill pickles, sliced in half, then sliced thinly, lengthwise  
 1 Tbsp tomato paste  
 ½ cup sour cream  
 ½ tsp salt  
 ½ tsp ground black pepper

In a large skillet, heat 1 Tbsp of butter. Saute the mushrooms in the butter over medium high heat for 2 minutes. Remove the mushrooms from the pan and set aside.

Add the remaining 1 Tbsp butter to the pan and heat until melted. Add the onions to the butter and saute for 1-2 minutes.

Toss the beef slices with the flour and add them to the skillet. Cook until browned, 2-3 minutes.

Add the beef broth, mustard powder, pickles and tomato paste to the skillet along with the cooked mushrooms, scraping the bottom of the pan to pick up any stuck bits.

Simmer the mixture over medium heat for 10-15 minutes, until the beef is cooked to your liking.

Place the sour cream into a small bowl and mix a little of the broth from the skillet with the sour cream to warm it. Pour the warmed sour cream mixture into the saucepan and mix to combine.

Add the salt and pepper, to taste.

Serve the stroganoff with potatoes, rice, or noodles, of your choosing.



## Creamy Herbed Pork Chops

This recipe was adapted when boneless pork loin chops were on sale, and the dairy in the fridge was getting close to its expiry date. I also had no idea when my husband could leave the shop, so I was trying to create a supper that would work with his schedule.

4 thick-cut boneless pork loin chops or 6-8 medium-cut  
 1 tsp Montreal steak seasoning, or to taste  
 ¾ cup flour, or as needed  
 1 Tbsp dried basil  
 1 Tbsp dried sage  
 2 tsp Better Than Bouillon, or 1 stock cube/puck  
 5 Tbsp butter, divided or as needed  
 1 tsp black pepper  
 2 ½ cups milk  
 ½ cup sour cream  
 2 Tbsp cornstarch

Preheat the oven to 325°F. Season pork chops on all sides with steak seasoning. Place the flour in a small bowl and dredge the pork chops.

Melt 2 tablespoons butter in a large skillet over medium heat. Add pork loin chops and brown. Transfer chops to a casserole dish.

Add the remaining butter to the skillet so that about 3 tablespoons of pan drippings remain. Stir the Better Than bouillon and pepper into pan drippings and cook for 1 minute. Add the cornstarch to the milk and mix well. Gradually whisk in milk mixture and sour cream and bring to a simmer over medium heat; cook, stirring constantly, until thick and bubbly, 4 to 6 minutes.

Pour the creamy gravy over the pork chops. Cover the casserole dish and bake for 1 hour. Pork will be fork tender.

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(story continued from previous page)

Catherine O'Hara, Eugene Levy, Martin Short, and Rick Moranis became Hollywood household names.

As in my other columns about Canadian musicians and T.V. stars, I could go on and on to no end, listing name after name of Hollywood stars with their roots in Canadian soil. Some of note are Seth Rogan, Ryan Reynolds, Keanu Reeves, Donald and Kiefer Sutherland, Leslie Nielsen, Christopher Plummer, Michael J. Fox and Tommy Chong.

I'm unsure what the mathematical equation is to understand why Canadians become such massive stars once they get their so-called foot in the proverbial door of fame. Maybe it's hard work, perhaps it's luck or a bit of both. Though I have my own idea of why they succeed, it includes both luck and hard work, but with a please and thank you added in, and of course, more than a few "I'm sorry" s added in. Even in the entertainment world, being likeable must go a long way to success.

SUPPORT YOUR LOCAL QUILT GUILD

Ajax	<i>Twisted Stitchers Quilt Guild</i> For information about our guild please go to our website <a href="http://twistedstitchersquiltguild.com">twistedstitchersquiltguild.com</a>
Alliston	<i>Quilting Corners Guild</i> We meet at St Johns United Church at 7pm on the first Tuesday or each month, except January.
Almonte	<i>Almonte Quilters Guild</i> We meet at the Almonte Civitan Club, 500 Almonte Street Active at 7:00 pm from September through June (no meeting in December).
Ancaster	<i>Ancaster Quilter's Guild</i> We meet at the Marshall Memorial United Church, 20 Gilbert Ave. at 7pm on the 3rd Wednesday of each month from September to June.
Arnprior	<i>Arnprior District Quilt Guild</i> We meet at the Christian Education Centre, 257 John St. N. at 6:30 pm on the fourth Wed. of each month from Sept. to June.
Barrie	<i>Simcoe County Quilters' Guild</i> We meet at the Simcoe County Museum, 1151 Hwy 26, Midhurst at 1:00 pm on the Fourth Thursday each month except the 2nd Thursday in Dec and 3rd Thursday in June, from September to June. <i>Kempentfelt Quilt Guild</i> We meet at the Lion's Gate Banquet Hall on Blake Street, the 3rd Thursday of the month from 7-9pm <i>Barrie Modern Quilt Guild</i> We meet at Grace United Church, 350 Grove St. East the last Thursday of the month, on alternate months from September to May - 7pm and on various Saturdays during the alternate months, for Activities and Workshops, from October to June.
Belleville	<i>Quinte Quilters' Guild</i> We meet at the Recreation Centre, 116 Pinnacle Street. At 7:00 pm on the first Wednesday of each month.
Binbrook	<i>Binbrook Country Quilters' Guild</i> We meet at the Binbrook United Church, 2623 Binbrook Rd. 7:30 pm the last Monday of the month from Sept - Nov and Jan - June.
Bracebridge	<i>The Pine Tree Quilters' Guild of Muskoka</i> We meet at the Bracebridge Memorial Arena, 169 James St at 1:00 pm on the 2nd. Thursday of the month from September through June.
Brampton	<i>Brampton Quilters Guild</i> We meet on the 4th Thursday of each month from September to June at 7:30 pm. Meetings are held at Jim Archdekin Recreation Centre, 292 Conestoga Dr, Brampton.
Brantford	<i>Brant Heritage Quilters</i> We meet at St George United Church at 7:30 pm. on the second Thursday of the month.
Brockville	<i>The Thousand Islands Quilters' Guild (TIQG)</i> Meets the 4th Thursday of the month at 7pm both in person and zoom except July/Aug/Dec at the Bethel Christian Reformed Church located at 117 Windsor Dr., Brockville, On K6V 5V5. Library opens at 6:30pm.
Buckhorn	<i>Buckhorn Area Quilters' Guild</i> We meet at Hartley Hall, St. Mathews / St. Adian Anglican Church at 9:00 a.m. on the last Wednesday of the month (excluding July, August and December).
Burlington	<i>Halton Quilters Guild</i> We meet at the Mainway Recreation Centre, 4015 Mainway Dr. at 7:00 pm on the first Thursday of the month from September through June).
Caledonia	<i>Caledonia Grand River Quilters' Guild</i> We meet at 7pm on the 2nd Wednesday of the month from September through June.
Cambridge	<i>Busy Hands Quilters Guild</i> We meet at the Preston Scout House, 1580 Queenston Road at 9:30 am on the third Monday of each month.
Chatham	<i>Chatham-Kent Quilters' Guild</i> We meet at St. Paul's Congregational Church, 450 Park Ave W at 7pm on the third Wednesday each month, except December.
Collingwood/ Wasaga Beach	<i>Slope to Slope Quilters' Guild</i> We meet at the Wasaga Beach RecPlex, 1724 Mosley St, the first Thursday of the month, 7-9 pm, September to June.
Cornwall	<i>Cornwall Quilters Guild</i> We meet at St. Mathews Lutheran Church, 1509 Second St West at 7pm every third Monday evening from September through May.
Courtice	<i>Clarington Quilt Guild</i> We meet at Faith United Church, 1778 Nash Road, Courtice on the 3rd Thursday of each month from 1 – 3 p.m. We are a day time Guild
Dryden	<i>Sunset Country Quilters' Guild</i> We meet at 84 St. Charles Street at 7 pm on the 4th Tuesday of each month.
Dunnville	D.O.T.S. Quilt Guild (Dunnville's Own Tiny Stitchers). We meet at Maple Creek Community Church, 110 Inman Rd. @ 6:30 pm on the first Wednesday of the month from September to June.
Elliot Lake	<i>Elliot Lake Quilt Guild</i> We meet at Gentle Shepherd Church, 3 Ottawa Ave. at 7:00 pm on Tuesdays from September through June.
Elmira	<i>The Elmira Needle Sisters</i> We meet at the Elmira Mennonite Church at 7:00 pm on the fourth Monday of the month.
Espanola	<i>North Shore Pins &amp; Needles Stitchery Guild</i> Meetings are held every 4th Wednesday of the month, upstairs at the Legion Hall, 370 Annette St. at 7 p.m. Sept-Nov & Jan.-May first meeting free
Etobicoke	<i>Etobicoke Quilters Guild</i> We meet at Neilson Park Creative Centre - 56 Neilson Dr. at 7:00 pm on the third Monday of the month.
Georgetown	<i>Halton Hills Quilters Guild</i> We Meet at 8958 Trafalgar Rd, Georgetown, ON L7G 4S5. 6:45pm till 9pm from September till June on the fourth Monday of the month.
Gloucester	<i>Common Thread Quilt Guild</i> We meet at Le Mouvement D'Implication Francophone D'Orléans (MIFO), 6600 rue Carriere in Orleans at 7:30 pm on the second Tuesday of the month from September through June.
Goderich	<i>Goderich Quilters' Guild</i> We meet once a month on the 2nd Tuesday.
Grimsby	<i>Grimsby Quilters' Guild</i> We meet at the Livingston Activity Centre at 7pm on the third Thursday of the month.
Guelph	<i>Royal City Quilters' Guild</i> 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: <a href="mailto:lfag.president@gmail.com">lfag.president@gmail.com</a> or our web page: <a href="http://lfag.LononFriendshipQuiltGuild.com">lfag Lonon Friendship Quilt Guild</a>
Manitoulin Island	<i>Island Quilters Guild</i> We meet at the Community Hall in Mindemoya at 7:00 pm on the third Thursday of the month from September though June.
Markdale	<i>Queen's Bush Quilters</i> We meet at Annesley United Church, 82 Toronto St. at 7:00 pm on the 1st Tuesday of the month from September to June.
Meaford	<i>Georgian Quilters Guild</i> We meet at the Meaford Opera House, Sykes St. at 1:30 pm on the 3rd Thursday of the month.

Mississauga	<i>Cawthra Senior's Centre</i> We meet at the Cawthra Senior's Centre at 7:30pm on the first Thursday of the month (except July and August).
	<i>Mississauga Quilters Guild</i> We meet at the Tomken Twin Arenas at 7:30 pm on the first Thursday of the month (except July and August).
Miramichi	<i>Miramichi Quilt Guild</i> We meet at the Seamans Hospital at 7:00 pm every Tuesday and 10:00 am every Thursday.
Mount Forest	<i>Four Corners Quilters Guild</i> We meet at the Mount Forest & District Sports Complex at 7 pm on the second Tuesday of the month from September to June. For more information email <a href="mailto:4cornersquiltersguild@gmail.com">4cornersquiltersguild@gmail.com</a>
Napanee	<i>Heritage Quilters Guild</i> We meet at the Strathcona Paper Center at 7:00 pm on the third Tuesday of each month from September through to June.
Newmarket	<i>The Region of York Quilters Guild</i> We meet at the Newmarket Community Centre, 200 Doug Duncan Drive on the fourth Wednesday of the month from September through May.
	<i>Moraine Quilt Guild</i> We meet in the hall at St. Andrew's Presbyterian Church - 484 Water Street, Newmarket at 9:30 am - 12 Noon for Social Sew and 1:00-3:30 pm for the Meeting on the first Wednesday of each month year round.
Niagara Region	<i>The Niagara Heritage Quilters' Guild</i> We meet at 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. <a href="http://www.commonthreadquiltguild.ca">www.commonthreadquiltguild.ca</a>
Orono	<i>Ganaraska Quilters Guild</i> We meet at the Seniors Activity Centre. 200 Station St. W at 7:15 pm on the last Wednesday of the month.
Oshawa	<i>Durham Trillium Quilters'</i> We meet at the Zion Christian Reformed Church 409 Adelaide Ave. E, Oshawa at 7:00pm every second Monday Sept.- June
Ottawa	<i>Ottawa Valley Quilters Guild</i> Our guild 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 <a href="mailto:ottawavalleyquiltersguild.org">ottawavalleyquiltersguild.org</a>
	<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: <a href="mailto:parisquiltingbees@gmail.com">parisquiltingbees@gmail.com</a> .
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.
Petawawa	<i>Pembroke Log Cabin Quilters</i> We meet every 3rd Tuesday of the month during the school year in the basement of 1163 Victoria Street. Our social time begins at 6 pm and meeting at 7 pm. Email: <a href="mailto:pembrokelogcabinquilters@gmail.com">pembrokelogcabinquilters@gmail.com</a> . FB: Pembroke Log Cabin Quilters, Web page: <a href="http://pembrokelogcabinquilters.ca">pembrokelogcabinquilters.ca</a>
Pickering	<i>Rouge Valley Quilters' Guild</i> We meet at Peace Lutheran Church, 928 Liverpool Road, Pickering at 7:00 pm on the 4th Monday of the month September through May, excluding December.
Port Loring	<i>Argyle Quilters Guild</i> We meet at the Lions Den in Arnstein on the second Thursday of the month.
Port Perry	<i>Port Perry Patchers</i> We meet at the Hope Christian Reform Church, 14480 Old Simcoe Rd. in Prince Albert at 7:00 pm on the third Monday of the month, at 7 p.m. from March to December.
Prince Edward	<i>Prince Edward County Quilters' Guild</i> We meet at the BCR Church in Bloomfield at 7:00 pm County on the second Wednesday of each month.
Rayside	<i>Rayside Balfour Quilting and Stitchery Guild</i> We meet at the Chelmsford Arena (upstairs) 215 Edward Avenue, Chelmsford, Ontario at 7:00 p.m. every Monday from September to May.
Renfrew	<i>Quilt Guild Renfrew &amp; Area</i> We meet at the Horton Community Centre, 1005 Castleford Road, Horton from 1:00 pm to 3:00 pm on the second and fourth Tuesday of each month from September to June.
Richmond	<i>Richmond Area Quilters Guild (RAQG)</i> We meet at the Richmond Legion, 6430 Ottawa Street at 7:30 on the third Wednesday of each month.
Ruthven	<i>Erie Shores Quilter's Guild</i> We meet at the Ruthven-Olinda United Church every third Tuesday.
Sarnia	<i>Sarnia Quilters' Guild</i> We meet at the Redeemer Christian Reformed Church 5814 Blackwell 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 &amp; District Quilting &amp; 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. <a href="https://www.pnag.ca">https://www.pnag.ca</a> .
	<i>Toronto Modern Quilt Guild</i> We meet at The Workroom Studio, 46 Nobel St Studio 102 at 3:00 pm on the last Sunday of each month.
	<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.
Waterloo	<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
Whitby	<i>Kindred Hearts Guild</i> We meet at the Whitby Baptist Church on the third Tuesday of the month.
Windsor	<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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## Being Socially Kind

by Barbara Polston

I saw one of those Facebook posts again. A quilter posted a picture of her recently completed block, doing so to solicit advice with a desire to improve. Her post began, "Please be kind..." This told me that she had posted before and probably felt dragged over hot coals with the negative comments she received. I am sure it took a lot of courage, and perhaps the passage of time, to risk posting again. Sadly, I see these types of posts with more regularity than seems necessary.

It seems that our creative muscle is sensitive and easy to damage, sometimes beyond repair. I remember a grade schoolteacher criticizing a drawing of which I was proud. She found nothing worthy in my effort. I did not draw, other than doodles in margins, for quite some time after that.

Several years ago, I designed and made a wall quilt to showcase a crochet doily my mother made circa 1939. The doily was made from variegated thread that, according to Mom, had just been introduced to the market. The thread changed through a range of soft colors – pinks, blues, greens, and yellows. The doily was set on a circle of white cloth in the middle of a blue and white log cabin pattern. Given the nature of the doily and its history, I chose to use the traditional red for the log cabin centers. Although my quilting was not perfect, I was happy with my quilt and entered it into a show. While there, I eavesdropped on two women commenting on it, only to be met with such hurtful negativity. My heart was crushed. Visiting with a friend, I shared what I had heard and how hurt I was. Her advice, "You did not make the quilt for those ladies. You made it for yourself and your family. If you love your quilt, if your family loves your quilt, that's all that matters." The quilt hung over my family room fireplace for many years; I loved it every time I saw it.

I have held on to my friend's advice and shared it with others feeling crushed by negative comments, more than once. But I remember the hurt inflicted by my grade schoolteacher and two anonymous women at a quilt show.

Of course, we do not like every quilt, every painting, every drawing, every embroidery that we see. Social media makes it too easy to share our dislike without regard to the person who will read those comments and have their creative muscle damaged, perhaps beyond healing. Maybe, if we see someone asking for advice, and we have nothing positive to contribute, we should just scroll by without comment. If we have something constructive to say that we believe will help the maker improve, perhaps we could find something to complement and frame our criticism gently. For example, "Love your central design. Consider stronger contrast against the background to really make it pop."

I hope we can all work together to be socially kind and keep those creative muscles healthy!

©Barbara Polston, Tucson, Arizona, 2023

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



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## Quilt & Textile Tours

# Traveling with a group.... the best way to see the world!

Have you ever wanted to see other parts of the world, combining your love of quilting and textiles with your interest in travel? Curious to see what quilting and textile art is all about in other countries? So are we.

Kim Caskey and Linda Timms offer fabulous quilting and textile tours around the world. If there is one constant in every country we've visited, it would be that well-known fact that quilters are quilters worldwide. We have met such warm and generous people on our travels, both individual travel experiences and together with our tour groups. We have met and connected with some of the world's foremost industry leaders and formed lasting friendships with quilters around the world.

It's always interesting to experience quilting in another country. Of course, quilting in Canada and North America is huge and often leads the way for the rest of the world, or so we like to think. What is particularly interesting of quilting in France, Italy, Ireland, and the UK is their use of specialty fabrics – like linen and lace, Tawna Lawn cottons, woollens, tweeds, and tartans within their projects. The quality of these specialty fabrics is extraordinary and adds such a flavour to basic patchwork and projects.

Not only do our travels take us to the must-see places like the Eiffel Tower, Palace of Versailles, or Notre Dame Cathedral in France, Burano lace, Murano glass, and wineries in Italy, Blarney Castle, Cliffs of Moher, Book of Kells and the odd pub in Ireland, etc., but we also arrange exclusive and private activities through some of the most interesting textile venues.

Visits to centuries old haberdasheries and flea markets of France, Liberty Fabric Mill and Aurifil Thread Factory in Italy, The Ros Tapestries, Avoca Handweavers and Triona Design in Ireland, Jen Jones Welsh Quilt Center in Wales, Liberty of London, William Morris Gallery in London – to name just a few. We also arrange stops at local quilt and patchwork shops, and frequently organize an exclusive quilting class led by an international instructor.

Our tours are often scheduled to coincide with a national or international quilt festival - Birmingham Quilt Festival in the UK (August), European Patchwork Meeting in France (September), Quiltmania Quilt Festival in Nantes (April), etc. Visits to these festivals are always very inspiring and motivating, not to mention full of interesting fabrics and textile items to add to our stash.

Of course, not all our travelers are quilters. Our clients are a very diverse group. We've had quilters of all ages and skill levels, their non-quilting friends, and spouse or family members join us. We are overwhelmed with the kind comments we regularly receive. Word of mouth has spread like wildfire, as our tours are most often sold out within a month of announcing registration is open.

Traveling with a group of like-minded people is the best way to meet new people with an instant bond. Many single travelers join us and are quickly welcomed by the whole group. "Summer camp on wheels" is often used to describe the atmosphere on tour!

Each tour is priced to give our travelers the best value, while providing a high level of comfort, service and travel experience. Our tour itineraries are meticulously planned and include special, exclusive, and private events not seen on any other tour, setting us apart from other group travel experiences. We limit our tours to one coach each (~20-30 travelers), allowing everyone to get to know each other. All you need is a love of travel, interest in meeting new people, and a willingness to have fun!

So, if you've ever wanted to see other parts of the world in a safe and fun environment, we'd love to have you join us!

Kim Caskey; Kim Caskey Tours; [www.kimcaskey.ca](http://www.kimcaskey.ca); [kim@kimcaskey.ca](mailto:kim@kimcaskey.ca)

Linda Timms; Blue Barn Quilt Co.; [www.bluebarnquiltco.com](http://www.bluebarnquiltco.com); [info@bluebarnquiltco.com](mailto:info@bluebarnquiltco.com)





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