

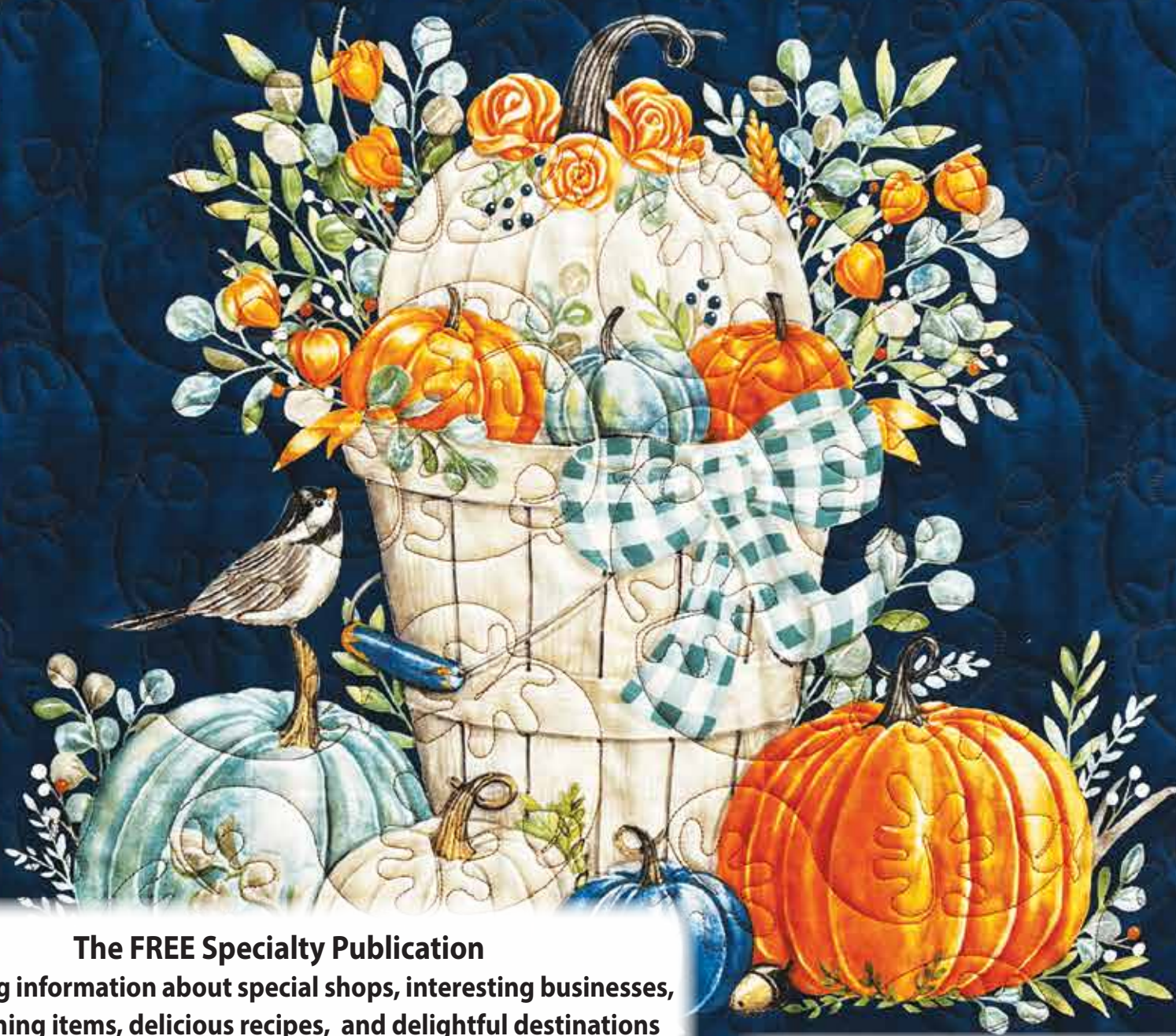
The Country Register™

Manitoba and Saskatchewan's Complimentary Guide to Specialty Shopping & Attractions

Pumpkin Kisses (and) HARVEST wishes

Oct/Nov 2023

Vol. 24, No. 1



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Keeping In Touch

Cindy and Joe Ashfield <old.stuff@sasktel.net>

Today, I see a forecast for a +26° temperature in mid-September, and as I write, I am wondering how long these warm autumn days will last. Talking to some of the local gardeners, I am hearing that gardens were good overall, which means that freezers are stocked with veggies for the winter and pantry shelves are lined with preserves. Fall is my favourite time of the year, bustling with harvests of one sort or another and getting my yard ready for winter. Best of all, though, is when I stop every now and again just to breathe in the seasonal change in the air & colour all around.

So, as you read this, has our first snow arrived? As a kid growing up in a small rural community, I had a lot of freedom to roam as I pleased. There seemed to be no worry about my setting off to play in my yard or anywhere within the few blocks that I considered my territory. Sometimes, my little brother would tag along, but mostly, there were lots of kids on the block to play with. There was a big hill behind our house, and when snow conditions were right, I could start at the top of the hill and ride my sleigh right down to the street below, coming up just short of the road. How exciting that was for a five-year-old! If my friend didn't have a sleigh, we would take turns, and even better would be the push at the top for extra speed on the way down. Sometimes, an older kid would come along with a wooden toboggan, long enough for a shared ride. We always seemed to know when it was time to go home for dinner... perhaps the town was testing their fire siren at 12:00 every day.

Well, time marches on. I still love the changing season, although it doesn't offer the excitement of my childhood. There is the satisfaction of knowing that all that can be done outdoors is finished now, and with the daylight hours so much shorter, there are more indoor activities to pursue. I rather look forward to this time as it offers a chance to pick up some of the unfinished projects that got stuck in a corner somewhere in the spring. These days, my version of multi-tasking is to put an audiobook in my disc player and sit in our sunroom knitting, quilting, or quilling with paper. Ahh, retirement certainly has an upside!

Our birds have made their seasonal adjustments, too. Joe notices ever-

increasing sparrow visitors, and they are once again joined by the collared doves. The crows that are congregating across the road from us these days are making their travel plans and will soon be gone, leaving only their cousins, the occasional raven, there. The peanut ring just outside the window is seeing more blue jays and woodpeckers again, too. It will soon be time to put out some suet as the weather cools.

By now, all the local fall activities are in full swing, which finds families busy with all their choices. Perhaps kids will be planning their Hallowe'en costumes. Are you making any plans for your Christmas celebrations? Still, in the midst of it all there is Remembrance Day. We enjoy the bounty and freedoms of this magnificent Canada because of "them."

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The Mistletoe Arts & Craft Sale is an excellent event that has spanned over 30 years. We look forward to our 32nd show where we can showcase very talented artisans' work.

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We are looking forward to seeing new and former exhibitors joining. If you are interested in being part of the exhibitor group, we welcome you. Check the poster for details.

The Mistletoe Arts & Craft Sale is the Assiniboia & District Arts Council's major fundraiser for the year. Monies raised from door admission goes towards arts related programming throughout the community.

Quotes:

"I'm so glad I live in a world where there are Octobers."

L.M. Montgomery, Anne of Green Gables

Saskatoon, SK

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Oktoberfest definitely isn't the wurst

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 Octoberfest 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 live 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 Octoberfest 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.



Saskatoon Quilters' Guild Featured Quilter 2023

Joyce Hansen will be the Featured Quilter at the Saskatoon Quilters' Guild Quilt Show on October 27 and 28, 2023 at Prairieland Park. She will have a booth at the show where you will be able to see her beautiful quilts and speak with her in person about her techniques and projects.

Joyce has been a member of the Saskatoon Quilters' Guild since 1993 and has been an active member during that time, participating in and holding many positions on guild committees. As well as pursuing many learning opportunities herself she has also made many presentations at guild events and is always willing to share her expertise. Her quilts have been exhibited and have received many ribbons and awards.

We hope that you'll come to Saskatoon to meet Joyce and see the many quilts being featured at our show as well as shop in our Merchant Mall and Guild Boutique. Follow us on Facebook or Instagram @saskatoonquilts for all the latest information. Tickets for the show will be available after September 4th from tickets@saskatoonquiltersguild.com.

Trivia: Chinaware

Dishes and cups are called chinaware because they are made of porcelain, and porcelain was first made in China and then exported. As they arrived in other countries, they gradually acquired the name chinaware to designate the fact that they came from China and were especially fine in quality and workmanship. Very little chinaware is currently made in China, but the name remains.



Saskatoon, SK



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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 cups sour cream
- ⅓ 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 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.

Saskatoon, SK

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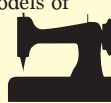
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2 Minute Lift

TWO MINUTE READS TO FLIP OUR SCRIPT

BY: KATHY J. SOTAK

In Celebration of Our Own Script

“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. 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 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.

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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 can of mushrooms, drained
- 1 onion, thinly sliced
- 1 lb. sirloin steak, sliced thinly, against the grain
- 2 Tbsp 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.

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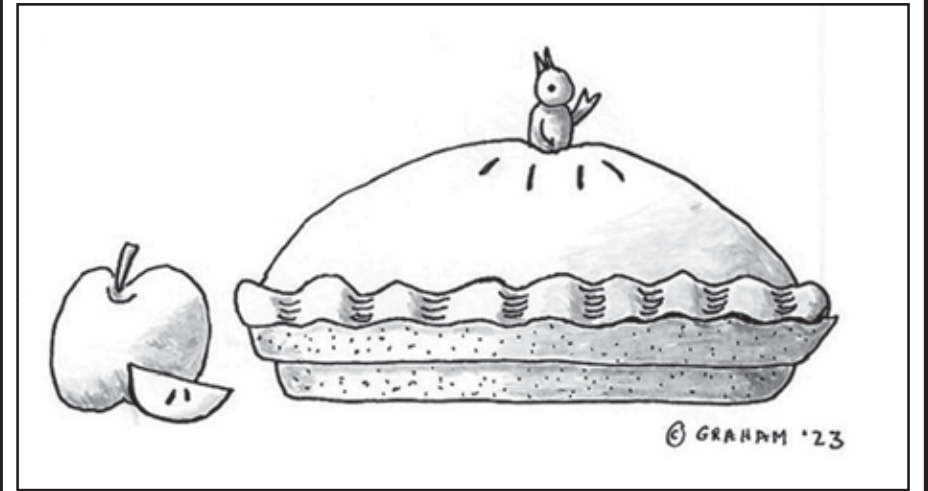
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It's snowing.

changes into pjs

I had so many errands to run.

lights a fire in the fireplace

So much laundry to do.

grabs fuzzy slippers

So many groceries to buy.

So much cleaning to do.

sits down at sewing machine

What a shame.

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Life Without ‘Buckets’

By Barbara Kalkis

Sudden flashes of enlightenment are so common that we even have a term for them. They’re called “Ah-Hah!” moments. However, I find that some of my instant insights are more like “Huh?!” moments. I realized this flaw a few years ago when I had the brilliant idea that my friend and I should attend a cowgirls-only weekend at a guest ranch.

Since the only horses we had ever ridden were actually ponies at summer fairs, and we were just tots at the time, and we’re both city people, you may ask, “How did you ever get this idea into your head?” Easy. It seemed like a good idea at the time. One of those “ah-hah” thoughts that should have been a “huh?” My other defence is that my friend agreed to it.

The ranch owners agreed to our desire to stay behind as all the other women climbed into the saddle every morning. While they cantered off for the day’s excursion, we hiked, explored the area (in the car) and lazed away afternoons reading and chatting. In the evenings we enjoyed conversations with the “cowgirls” over delicious dinners and homemade pies. Stunning scenery, perfect weather, peaceful days and star-filled nights made the entire experience idyllic. Or so I thought.

Checking out at the end of the weekend, I told the cashier that I would return sometime. Then the “Huh?!” moment arrived. As my friend completed her transaction, the cashier extended a warm invitation to return. I expected the same response I had given. Instead, she laughed airily and replied, “Oh no! I have too many other trips on my bucket list to ever return

here.” I turned to see the cashier looking stunned and realized that I had the same look on my face. But for different reasons. The cashier was clearly shocked at my friend’s rebuff. Me too, but I was more shocked to hear the term “bucket list” outside of a movie. Was I missing some important life requirement? Should I keep a list of my hopes and dreams as if they are items to be completed and checked off in order to move on to new adventures?

What’s in Your Bucket? Lists or Goals?

Since COVID-19, bucket lists have become more popular than ever. Parties, picnics, luncheons, and business events – gatherings small or large – seem to include a conversation about bucket lists. Once mentioned, a verbal ping-pong game begins. Who went where? Who didn’t go there but went somewhere else? Conversations morph into wilderness adventures, river and ocean cruises – taken two at a time! – elegant hotels, charming cafes, trendy night spots! The bucket lists are long enough to make Santa Claus’s head spin. They overflow with activities that take several years, a fat bank account and dogged determination to complete.

It’s great to have lists of things to do. We all have them, but lists are different than goals. Lists are tasks to be checked off. Goals are dreams that have a completion date attached to them. That is their beauty. Goals can be fulfilled at home or any place we choose. They are priorities for any time of the year.

Crafters are spontaneous thinkers, idea people. We fill our lives with art that we’ve created and with stashes that will become something at some point in time. As each season unfolds with its own palette of colours and life happenings, crafters see the potential to create new beauty. It doesn’t require a trip to see potential. Contentment and joy are not list items.

That’s not a “huh?” realization. It’s the “ah-hah!” moment to cherish.
©Barbara Kalkis. Barbara is a high-tech marketer and public relations consultant, but her first loves are teaching and writing. She’s the author of Little Ditties for Every Day: A Collection of Thoughts in Rhyme and Rhythm. Contact her at BarbaraKalkis01@gmail.com.



Creamy Herbed Pork Chops

This recipe was created 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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Reader Submitted Recipes

BANANA BREAD

Lorraine T, Weyburn

- 4 Tbsp butter
- 1 cup brown sugar
- 1 egg
- 3 ripe bananas, mashed
- 1 ½ cups flour
- ½ tsp salt
- 1 tsp baking powder
- 1 tsp baking soda
- Can add walnuts, pecans or chocolate chips
- *Recipe can be doubled



Cream the butter and brown sugar. Add the beaten egg. Beat until the mixture is light and fluffy. Sift the flour, salt, baking powder and baking soda. Alternate adding the flour and mashed bananas to the creamed mixture. Add in the optional ingredients.

Pour into a greased loaf pan.

Bake at 325°F. for 60 to 70 minutes

PISTACHIO DESSERT

Lorraine T, Weyburn

- CRUST**
- 1 ½ cups flour
 - ½ cup butter or margarine
 - 2 Tbsp sugar
- Mix and press into a 9x13 pan. Bake at 350°F for 10 minutes
- SECOND LAYER**
- 1-8 oz. pkg. cream cheese
 - ½ cup icing sugar
 - ½ carton, 9 oz. Cool Whip or Party Whip
- Beat the cream cheese and sugar and the topping until smooth. Spread over the cooled base.
- THIRD LAYER**
- 3 cups cold milk
 - 2-3 oz. instant pistachio pudding
- Beat the pudding and milk together. Pour over cream cheese mixture. Refrigerate. Before serving, spread the rest of the Cool Whip topping on top.

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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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), 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.

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Wealth

To show their contempt for wealth (“Who steals my gold steals trash”),
the original owners of the Venetian Palazzo Rezzonico,
after giving lavish banquets, used to throw the gold plate into the side canal.
However, a net had first been placed in the canal, and, after the departure of all the
guests, it was hauled in and the gold plate replaced in its repository.

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I Can Do This!

By Deb Heatherly

This year I had planned to make gifts for my family and friends and had every intention of beginning over the summer. My intentions were great, until life moved faster than I anticipated. Now, here I am with fall on my doorstep, once again wondering if I will be shopping instead of sewing this holiday season.

Like Santa I made a list and checked it twice. No one has been naughty and I want to make something really nice for each person on my list. Hmm . . . what can I make that they will really appreciate?

Food items like sugared pecans, fudge and mixes that make individual cakes in a mug should be a welcome treat. With careful deliberation, I added these beside several names and I can make all those items closer to time. For now, I'll sew cute little bags or stockings for them to go in. Or, maybe I'll make pillowcases to use as wrapping. I can whip those up in a weekend and will be able to present two gifts in one - I really like that idea!

Now that those gifts are decided, what about those I plan to quilt something for? I am thinking of table runners to the rescue! My strippy stars runner pattern goes together quickly and will work for everyone else on the list. I'll make some in a Christmas theme and others to match the recipient's kitchen color. I could even make them reversible so that they could be used throughout the year. That's something to ponder if I get busy right away.

With the Creative Grids® Strippy Stars Tool, the star points on the blocks are made from squares and strips, and as a bonus are super-fast. The star points float so there is virtually no way to cut off the points (okay, if you were taking ½" seam allowances you might, but that would be the only way). The Strippy Stars Tool helps you draw sewing lines for the star points and the strips are added by using those lines in a foundation piecing technique. I once made an entire quilt with 25 strippy stars blocks set on point in 6 hours. If my math is correct, that means I could make the 3 blocks needed for 8 runners in a day. This gives me hope that this gifting season will work out after all. Now to choose fabric and start sewing!

If you want to make strippy stars runners, the directions are found below.

Tool needed:

- The Creative Grids® Strippy stars Tool

Fabric needed:

Light Neutral: 2 FQs (Fat Quarters) of similar neutrals OR you can cut all these squares from the same color.

- From FQ # 1: Cut (12) 4 ½" light neutral squares for block corners
- From FQ # 2: Cut (12) 4 ½" light neutral squares for star point backgrounds

2 ½" strips: 4 strips WOF (Width of Fabric) for star points. These may be different for a scrappy look, or all the same.

Dark for block centers:

Cut (3) 4 ½" squares for block Centers. If you are using a cute design, you

could also fussy cut these squares.

Border: 1/3 yd: Cut (3) 3" strips WOF

Binding: 1/3 yd: Cut (4) 2 ½" strips WOF for binding

Directions:

- Use the Strippy Stars Tool to mark the sewing line on the (12) 4 ½" star point backgrounds. (Use the 4" line on the tool because the squares will finish at 4" when sewn into the blocks and all Creative Grids® Specialty Tools are all marked in finished sizes.)
- Using the direction that came with the Strippy Stars Tool and the 2 ½" strips to complete (12) star point units. (A strippy stars tutorial can be found in the files on my Grids Girls Facebook group. Simply join the group to access the files. There is also a video on YouTube)
- Add 4 ½" background corner squares to (6) of the star Points. Make (6) rows pressing to the corner squares.
- Sew a dark 4 ½" center square between the remaining star points. Make (3) rows pressing to the center square.
- Nest the seams and sew the rows into (3) blocks as shown. Press as desired. Blocks should be 12 ½" and will finish at 12".
- Sew the three blocks together side by side. Add borders, then quilt and bind.



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 at <https://www.facebook.com/groups/770429649800457>. Shop Owners are invited to join her group just for them at "Grids Girls for Quilt Shop Owners Only" at <https://www.facebook.com/groups/273593657256524>. Visit Deb's website at www.Debscatsnquilts.com.

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Town and Country Cooking

by Janette Hess

ALL-DAY GRANOLA

Granola’s not just for breakfast anymore!

This fall, bake a big batch of nutty, sweetly spiced granola to treat yourself first thing in the morning. Then, before indulging in a second bowl full, set aside enough to make snack-friendly Granola Oatmeal Cookies or dessert-appropriate Granola Apple Crunch.

Sweetened with honey and brown sugar, Harvest Granola features a seasonal blend of cinnamon and pumpkin pie spice. These flavors, along with the crunch of the granola, transfer deliciously to bakery-style Granola Oatmeal Cookies. Truly, these are the perfect cookie for fall.

In the recipe for Granola Apple Crunch, granola saves a few steps by standing in for traditional streusel topping. Served warm with an appropriate topping, this dessert will become a new fall favorite.

Harvest Granola

- 5½ cups old-fashioned oatmeal, divided
- ½ cup walnut pieces
- ½ cup pecan pieces
- 1 cup flaked coconut
- ¼ cup ground flaxseed*
- ¼ cup dark brown sugar
- ½ teaspoon pumpkin pie spice
- 1 teaspoon cinnamon
- ½ cup honey
- 1/3 cup canola or other vegetable oil
- 2 tablespoons water
- 2 teaspoons vanilla extract
- 1/4 teaspoon salt
- Cooking spray

Optional add-ins:

- 1 cup raisins or finely chopped dried apples
- ½ cup unsalted, roasted pepitas (a type of pumpkin seed)

Finely process ½ cup oatmeal. Transfer to large mixing bowl along with remaining oatmeal, walnuts, pecans, coconut, flaxseed, brown sugar and dry spices. Stir to combine. In separate microwave-proof bowl or large glass measuring cup, whisk together honey, oil, water, vanilla extract and salt. Heat for 10 to 20 seconds in microwave oven. Whisk to combine and stir into oatmeal mixture. Lightly spray 2 rimmed cookie sheets with cooking spray. Evenly spread granola mixture on cookie sheets; press down with fingers. Bake at 250 degrees for 40 to 45 minutes, rotating sheets and very lightly tossing mixture with flat spatula halfway through cooking process. Remove from oven when mixture is golden brown. Add additional ingredients, if desired. Allow granola to cool completely on baking sheets before bagging or transferring to airtight container. Granola will naturally break into a nice mixture of clusters and loose pieces. Makes approximately 7 cups granola.

*If desired, substitute an additional ¼ cup oatmeal, processed to fine, for flaxseed.

Granola Oatmeal Cookies

- ¾ cup (1½ sticks) unsalted, room-temperature butter
- 2 cups flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 cup packed brown sugar
- 1/3 cup white sugar
- 2 teaspoons vanilla extract
- 1 egg
- 1 egg yolk
- 1½ cups oat-based granola, such as Harvest Granola

Several hours before mixing up cookies, remove butter from refrigerator and allow to completely soften to room temperature. (Do not rush this step.) Line 2 cookie sheets with parchment paper. Stir together flour, baking soda and salt; set aside. In mixing bowl, beat together soft butter and sugars. Beat in egg, egg yolk and vanilla extract. Stir in dry ingredients before folding in granola by hand. Form dough into ¼-cup balls and place on lined cookie sheets. Bake at 325 degrees for approximately 15 minutes, or until cookies are set and edges are lightly browned. Allow cookies to cool slightly before sliding parchment paper and cookies onto counter. When cookies have cooled to room temperature, store in air-tight container. Makes 12 to 13 large cookies.

Granola Apple Crunch

- 4 or 5 medium apples, peeled, cored and sliced
- ¼ cup water
- 4 teaspoons lemon juice
- ½ cup sugar
- 2 tablespoons flour
- 1 teaspoon cinnamon
- 1/8 teaspoon salt
- 1½ cups oat-based granola, such as Harvest Granola
- ¼ cup (½ stick) butter, cut into small pieces
- Cooking spray

Place apples in sprayed 8- by 8-inch glass baking dish. Combine water and lemon juice; pour over apples. Thoroughly combine sugar, flour and cinnamon and salt; lightly toss with apples. Bake at 350 degrees for 45 minutes. Remove from oven and sprinkle with granola. Dot with butter. Return to oven and bake an additional 5 minutes, or until butter has melted. Serve warm with vanilla ice cream, whipped cream or a drizzle of vanilla icing. Makes 9 servings.

A trained journalist, Janette Hess focuses her writing on interesting people and interesting foods. She is a Master Food Volunteer with her local Extension service and enjoys collecting, testing and sharing recipes.

Scarcity

On a journey to Hanover, King George I stopped at a village in Holland for a short rest. While fresh horses were being readied, the King asked for two or three eggs, which were brought to him. The charge was two hundred florins. “Eggs must be scarce around this place,” said the King.

“Pardon me, sire,” smiled the innkeeper. “Eggs are plenty enough; it is kings that are scarce.”

The King smiled and paid.

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Stories of Yesteryear
Reader Submitted Stories
Stories From Down on the Farm
“Be Creative”



By Judy Ann Stupak

Someone gave us bags of wool. Not the nice clean stuff. This wool came "au naturel". Complete with clumps of straw, thistles and even manure. After washing, it was hand-carded with the use of paddles before being rolled on a drum. That was where us children came in. Having 7 had to come with benefits!

Water was scarce. All of our water needs came from the heavens above, or was hauled from town once a week. So, using a minimal amount of water, we spent many evenings washing, clipping, and cleaning. The wool was then used to make quilts out of old clothing - cut into large squares, avoiding holes and other worn or weak spots. They were hand-stitched using long-running stitches. These quilts were thick and warm. Although not pretty, they were a luxury on cold nights in a house that lacked central heat and had little if any insulation. We shared beds and we shared quilts. That way you didn't need as many. The biggest problem though, was that they were not washed very often. In order to wash them they had to be taken apart so that the wool and covers could be washed separately. Then the quilt was reassembled. Even though the quilts were tied, making the job of deconstruction and reconstruction easier, it was a job that did not happen often.

Mom came to Canada at 16. It was a strange culture. It was a strange language; she spoke 2 languages but neither one was English. She also had a serious medical condition that required several open heart surgeries. She was raising 7 children on a farm in poverty conditions, often alone. Her extended family did not live close, and she did not drive. But her faith and drive were strong. There was nothing that she would not try. She had to be creative. She had to be resourceful. She had to do everything.

The advantage of living on a farm is that resources are available even when money is not. Storage space is not an issue; nothing is thrown out. Over time you collect all kind of things - things found, things bought on sale or things that were given to you. If you needed something, you made it. Didn't have what you needed? No problem. You searched for appropriate substitutes. All objects were viewed with potential. Granaries, barns, sheds, boxes, cupboards - these were the stores we visited. One might contain glass, another wood, another boxes of old clothes, another tools and trinkets.

On one occasion mom needed extra large knitting needles for a loopy pattern that was popular at the time. Not having any, she searched for a substitution. Her solution was to use 2 welding rods kept stable at both ends with a narrow block of wood. She drilled holes at half-inch intervals (1", 1 ½" and 2") and inserted the welding rods. Instead of buying 3 different-size needles, she was able to use the one she made for all different sizes.

The clothes people gave us were my playground. I did not have toys, but here I was given complete freedom to experiment and be creative. Buttons. Zippers. Fabric. I spent hours sorting through the boxes, planning projects. If I wanted something new to wear, I had to make

it, but there was seldom enough fabric in any one item to make into something else. I was forced to make it work. Mix fabrics, mix patterns, adjust closures, and adjust sizes. Fortunately it was the 60's. Anything went.

Patterns were only guidelines. Mom and Grandma spent hours looking at patterns they could not read. It was the pictures that accompanied the patterns that helped them either work the pattern out or make it up. You would never have known that by looking at the fine lace tablecloths grandma made. Or the drapes that mom made.

Clothing in the stores became my benchmark. I could not buy them but I could look at how they were constructed. Even though I had to make my own clothing I did not want for them to look homemade. To this day, following a pattern is difficult for me.

The wool carding paddles and drum are still in our garage. They have not been used for decades. Somehow I just can't bring myself to get rid of them. Now that I am quilting, is there a chance I may use them? I might need to find some sheep first.

This is first of a 6 part series to appear in the pages of *The Country Register*.

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Nancy and Me and Mystery Makes Happiness Times Three!

by Barbara Kalkis

For some people, certain words are a turn-off. “History” comes to mind, along with “broccoli” and “work”. In today’s technology-driven society, “book” is another word that can shut down minds like a snapped window shade. I understand this. There’s nothing picturesque about holding a sometimes-heavy book inches from your nose. Clutching a lightweight phone is much easier. We can drift in and out of a story and take a selfie at the same time.

That all said, there’s an incredible number of us who treasure real books. No flicking fingers running across a screen here. We hard-core bibliophiles savor the feel of paper and turning every page. There’s a connection with a paper book that I don’t think can be duplicated on any screen.

My favorite genre is mysteries. I shadow the heroes as they snoop around the crime scene, uncover clues that the police have missed, and display exquisite timing in figuring out motive and means and bringing bad guys to justice. Agatha Christie, Dorothy L. Sayers, Helen MacInnes, Arthur Conan Doyle are early masters who always pulled a surprise out of their plots just as readers were wandering toward a wrong conclusion.

However, I became bored with the new heroes. They all seem tormented by guilt, bad childhoods, broken relationships – and worse. It was torture reading about their lives, let alone the actual crime. Fortunately, after being fed-up by the whining written word, I was rescued!

My Sister and Nancy Drew Rescue Me.

My sister recently spied four old Nancy Drew mysteries at a book sale and snagged them all for me. She, my eldest sister and I read every book in the series until we each became sophisticated high schoolers. With this one purchase, I’ve escaped the glare of an electronic device and am again enjoying clever mysteries in hardback book form.

The Nancy Drew books are considered classics. They deserve to be. Each

story begins with everyday incidents that can happen to anyone and then morphs into nefarious plots. A conversation in sign language becomes a secret code. A fire destroys a mansion that holds old secrets. A clock contains clues to a family feud. A vacation in Scotland reveals danger in the Highlands.

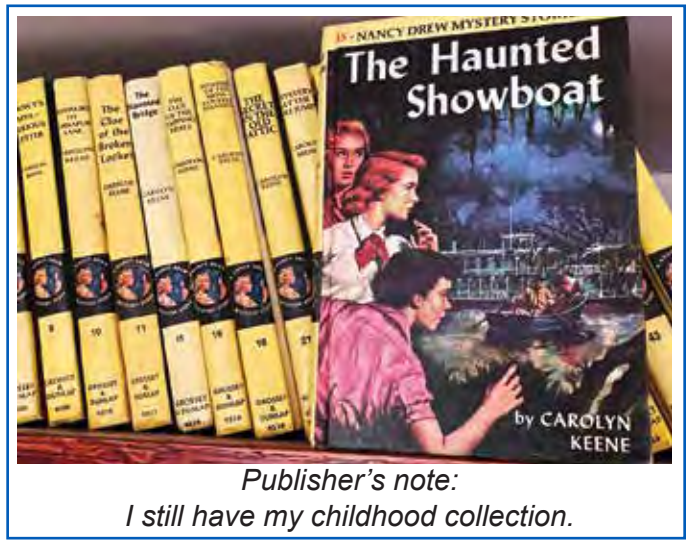
Begun in 1930, the series touched on crimes still relevant today: stealing, smuggling, blackmailing, cheating people, and conning the elderly out of their fortunes.

Beyond the mystery, we can relate to some aspect of Nancy’s life. She lives in a small town. Having lost her mother, Nancy is raised by her working dad, Carson Drew. Hannah Gruen is their faithful housekeeper who has a mothering role. Although popular, Nancy’s most trusted friends are two cousins, Bess Marvin and George Fayne. (Yes, a girl.)

Unlike many current heroes, Nancy’s character has depth. She is resourceful, as when she tapped a call for help. She dissects problems logically rather than emotionally, and then solves them. She asks her father for help, and their mutual love and respect is refreshing. She remains steadfast and determined when tied up, locked in a closet, thrown off a ship, run off a road, facing down criminals. She doesn’t wallow in self-pity. She comforts others. She doesn’t seek flattery, recognition, or remuneration.

The original Nancy Drew series lasted until 2003. I think the books remained popular because of Nancy’s character, as well as the stories. She’s a hero who shows us how to navigate life’s mysteries and enjoy a happy ending. Until the next adventure occurs!

©Barbara Kalkis. Barbara spends her time teaching, writing and working as a marketing consultant. She’s the author of Little Ditties for Every Day: A Collection of Thoughts in Rhyme and Rhythm. Contact her at BarbaraKalkis01@gmail.com.



Publisher’s note:
I still have my childhood collection.

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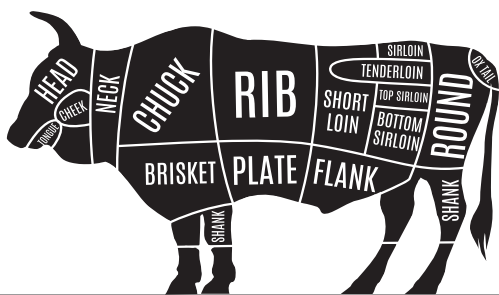
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Word Origins

SIRLOIN

There are many theories about the origin of this word, the most popular of which tells us that a particularly choice cut of meat once appealed so strongly to an English monarch that he bestowed knighthood upon it before settling down to a feast. He dubbed the steak Sir Loin. Credit has at various times been given to Henry VII, Charles II and James I, though it would appear the term was used long before the time of James I.

Others theorize that the word sirloin is actually an adaptation of the old French word curlonge, formed from sur, meaning “above” or “over,” and longe meaning “loin.”



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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 McIntoshs, 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.



Borderline Timing

By Kirby Gust

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.

Borderline Good is a series of fictional stories written by Kirby Gust. The stories are set in a fictional town on the Saskatchewan Manitoba boarder. All the characters appearing in this work are fictitious. Any resemblance to real persons, living or dead, is purely coincidental. A special thanks to my former high school principle, John. O. Smith, who has graciously and painstakingly edited these stories.



Oh NO!!!

Carl has a screw loose!!!

Or, maybe it was a nail! All Carl is sure of is that he dropped something while he was hurrying to open the store.

Whatever it was, he thinks he dropped it amongst the pages of The Country Register and he needs your help to find it.

Regular readers of The Country Register will know that Carl runs a small town store that sits smack dab on the Manitoba and Saskatchewan border, and that Carl fancies himself as a bit of a handyman, but his eyesight is not what it used to be. Can you help him find it?

It looks like this:

This is not a contest, just some fun for you, our readers.

Did you find

Carl's loose screw in our last issue?



It was on the front page

Carl must have dropped it on the bumper when he went out to check out the old truck that pulled up to Borderline Good.

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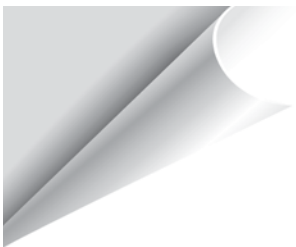
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Kirby's Korner

Eh List Celebrities

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 NBC 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. 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 Nielson, 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.

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

acorn	cold	deciduous	leaves	scarecrow
apple	cool	foliage	moon	spider
autumn	corn	football	orchard	squash
chestnuts	cornucopia	harvest	pinecone	squirrel
chilly	cranberry	hayride	pumpkin	sunflower
cider	crisp	jacket	rake	winterize
cobweb				



A Cup of Tea with Lydia

A Celebration TEA

By Lydia E. Harris

In September, many students head back to school and we celebrate Grandparent’s Day on September 10. In our family we also celebrate our son’s birthday, a relative’s wedding—and this year, the release of my new grandparenting book, *GRAND Moments: Devotions Inspired by Grandkids*. What events do you have to celebrate? Why not do so over a cup of tea!

My grandma friend, Val, wanted to recognize the release of my new book, *GRAND Moments: Devotions Inspired by Grandkids*. She had read each of the forty devotions as I wrote them and had encouraged me to keep writing. “We’ll go out for lunch to celebrate when you’re done,” she said. I looked forward to her kind gesture.

With the book finished, we decided to share a takeout lunch with tea on my deck rather than eating in a restaurant. The weather was balmy, and as Grandma Tea, I could live up to my title and prepare the setting for our Celebration Tea.

I set a cheery table with a lemon-yellow cloth and topped it with a table runner my oldest sister, Helen, had sewn for me when I wrote my first book—a grandparenting Bible study. Helen chose a colorful fabric with lots of children on it and wanted me to use it at my book signings. “Then you’ll always have children with you,” she said. It provides a warm, homey feel and I use it for many occasions.



Grandma Val brought a fragrant yellow rose from her garden that made a lovely centerpiece. The table looked beautiful with china teacups, teapots, and cloth napkins. The takeout meal from a nearby restaurant tasted delicious and seemed elegant served on my wedding china.

“I brought my favorite tea that you introduced me to,” Val said as she pulled out Peppermint Bark teabags.

“Shall I introduce you to a new tea blend?”

She was eager, so I brewed a teapot of Apricot Sunrise black tea.

While we savored the meal in the fresh air, a hummingbird flew by. “This is much nicer than inside a restaurant,” Val said, smiling. I agreed and read the thoughtful card she gave me.

For dessert, we enjoyed an unplanned smorgasbord. Val brought cupcakes and cookies, and I added rhubarb squares, lemon pie, and baked custard (from a recipe in my cookbook). We didn’t sample everything. Even so, Val commented, “I don’t know when I’ve eaten so much dessert!”

Of course, we talked about my newly completed book: *GRAND Moments: Devotions Inspired by Grandkids*. “I love stories about children,” Val said.

“Yes, I do too,” I replied. “I think many will enjoy the stories and quotes from grandchildren and how they relate to wisdom in the Bible.”

Val and I concluded our celebration with smiles, dancing tastebuds and prayers. We enjoyed our “grand moments” together. I hope you will have “grand moments” too as you celebrate a new season over a cup of tea.

From Lydia’s recipe file:

Grandma’s Blueberry Tarts

From *GRAND Moments: Devotions Inspired by Grandkids*.

Gather (Crust for Tart Shells):

- 1 cup all-purpose flour
- 1 tsp. sugar
- 1/4 tsp. salt
- 1/3 cup shortening or butter.
- 2 to 3 T. cold water

Make:

1. Preheat the oven to 450°. Spray muffin cups with nonstick cooking spray.
2. Combine the dry ingredients.
3. Cut in the shortening or butter.

4. Add water to moisten.
5. Mix well, and roll 1/8-inch thick on a floured surface.
6. With a 3-inch cookie cutter, cut 12 circles from the dough.
7. Place circles in muffin tins to make tart shells. Prick sides and bottoms 3 or 4 times to prevent puffing.
8. Bake for 5 to 9 minutes until lightly browned. Cool in muffin tin.

Makes 12 tart shells.

Gather (Fresh Blueberry Filling)

- 1 1/3 cups fresh blueberries, divided (You can substitute huckleberries if available)
- 1/2 cup granulated sugar
- 1 T. cornstarch
- 1 T. water
- 1 tsp. lemon juice
- whipped cream for topping
- fresh mint leaves for garnish, optional

Make

1. In a 1-quart saucepan, combine sugar and cornstarch.
2. Stir in water and lemon juice.
3. Add and mash in 1/3 cup berries.
4. Bring to a boil; simmer a few minutes to thicken, stirring frequently. Remove from heat.
5. When sauce is cool, gently stir in one cup fresh berries. Refrigerate until ready to serve.
6. Spoon berry filling into tart shells. Top with whipped cream. Garnish each tart with a sprig of mint and a few berries.

Lydia E. Harris is a tea enthusiast, grandmother of five (Grandma Tea), and author of In the Kitchen with Grandma: Stirring Up Tasty Memories Together, Preparing My Heart for Grandparenting, and her new release—GRAND Moments: Devotions Inspired by Grandkids. Her books are available through bookstores and online.



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		8						
5	9				8	6		
	8			7			2	9
2	3			6		7	8	

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

Answer on Page 22

Trivia

“Servus!” The informal Bavarian greeting, alongside the more formal “Grüß Gott” (groos got), is the only way you should greet your fellow revellers before embarking on your day of Oktoberfest festivities.



ASPEN GROVE

Quilting Stories with Sam



By Sam Hilhorst

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 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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1	7	6	4	8	9	3	5	2
3	5	9	2	1	7	8	6	4
8	4	2	6	5	3	9	7	1
9	1	5	7	4	6	2	3	8
4	6	3	8	9	2	5	1	7
7	2	8	5	3	1	4	9	6
5	9	7	1	2	8	6	4	3
6	8	4	3	7	5	1	2	9
2	3	1	9	6	4	7	8	5



Answer to Puzzle
from
Page 21



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FLIP OUR SCRIPT

BY: KATHY J. SOTAK

Let Me Introduce You To Jada

A story about Jada, Joy and her Job.

As soon as Jada touched my hair, her mouth gaped open and expressed, “I LOVE your hair!” This was last weekend’s salon visit with a new stylist. She caressed my hair like a potter molds their mud, and then it was time to get to work.

Her sheer enthusiasm for my head of hair caused me to ask her a few questions. How long have you been a stylist? What made you choose this as your profession? And so on.

She started her story of when she was a little girl, she LOVED to do people’s hair. Her siblings’ hair, her mother’s hair and all of her friends. With a big smile, Jada explained how grateful she is because she is able to do what she loves.



The artist at Big Stone Sculpture Garden took his joy and married it with his life.

(As an aside, one of the questions I asked is “What type of hair do you like cutting and styling the most?” Her answer was men’s hair, because their shorter haircuts are more technical in nature and she loves that challenge.)

Jada married her joy with her job. How lucky is she! Imagine a world where we all married our joy with our job. Imagine we all had the courage to take that path.

For me, in my late teens / early twenties I had very distinct joys emerge. Guess what? I let fear overtake my brain and I did not follow that path. Luckily, over the past twenty-plus years, I’ve discovered new joys. Even though I’ve chosen not to go back and re-start my career, I’ve discovered ways to weave new joys into my work.

How about you? Where are you at with the joy-job continuum? If you are one of the lucky ones – be grateful. If not – can you start to find ways to weave them in? I bet you can find a way to do it.

Even if you can’t find a way to marry them with your work, at least give yourself permission to experience a little more joy. Maybe you always wanted to learn how to play ukulele. Maybe you want to learn how to sail. Maybe you were sparked with joy in a painting class in college and haven’t touched a brush since. Give yourself permission.

After all, Jada is cheering us on!



Lap Afghan

I was asked to make up a crochet pattern that would be easy to follow when watching TV. This one took me three or four tries before I finally convinced myself to omit things like popcorn stitches and back post double crochets. I have designed it so any number of stitches can be added to make it as wide as needed for your needs without affecting the outcome. Just repeat the rows until the desired length is achieved to make it longer. As is, this will create a lovely lap afghan or baby blanket, or as all of my crocheting ends up ... a puppy blanket.

As I have stated in my other patterns, I am not a professional pattern writer, so my instructions might not be what you are used to. But I write them the only way I know how.

I have added a checklist below each set of rows to make it easier to follow while your mind is on something else.

You will need three 7oz (198 g) balls of medium yarn to make this 31-inch x 31-inch (79cm x 79cm) afghan. If you plan on making a larger afghan, you will need one 7 oz ball for every 2.2 square feet of finished afghan.

Stitches

- Ch – Chain
- Sc – Single Crochet
- Dc – Double Crochet
- Yo – Yarn Over

Ch 103, Yo and insert hook into 3rd chain from hook.

Row 1 – Dc across, Ch 1 and turn.

Row 2 – Sc across, Ch 1 and turn.

Row 3 – Sc across, Ch 2 and turn.

Row 4 – Dc across, Ch 1 and turn.

Row 5 – Sc across, Ch 1 and turn.

Row 6 – Sc across, Ch 2 and turn.

Row 7 – Dc across, Ch 1 and turn.

Row 8 – Sc across, Ch 1 and turn.

Rows 1 2 3 4 5 6 7 8

Rows 9 to 15 - Sc across, Ch 1 and turn.

Rows 9 10 11 12 13 14 15

Row 16 – Sc across, Ch 2 and turn.

Rows 17 to 24 - Repeat rows 1 to 8

Rows 17 18 19 20 21 22 23 24

Row 25 to 31 - Repeat rows 9 to 15

Rows 25 26 27 28 29 30 31

Row 32 – Repeat row 16

Row 33 to 40 – Repeat rows 1 to 8

Rows 33 34 35 36 37 38 39 40

Row 41 to 47 – Repeat rows 9 to 15

Rows 41 42 43 44 45 46 47

Row 48 – Repeat row 16

Row 49 to 56 – Repeat rows 1 to 8

Rows 49 50 51 52 53 54 55 56

Row 57 to 63 – Repeat rows 9 to 15

Rows 57 58 59 60 61 62 63

Row 64 – Repeat row 16

Row 65 to 72 – Repeat rows 1 to 8

Rows 65 66 67 68 69 70 71 72

Row 73 to 79 – Repeat rows 9 to 15

Rows 73 74 75 76 77 78 79

Row 80 – Repeat row 16

Row 81 to 88 – Repeat rows 1 to 8

Rows 81 82 83 84 85 86 87 88

Row 89 to 95 – Repeat rows 9 to 15

Rows 89 90 91 92 93 94 95

Row 96 – Repeat row 16

Row 97 to 104 – Repeat rows 1 to 8

Rows 97 98 99 100 101 102 103 104

Row 105 – Sc across. Tie off and work in ends.



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