



# The Country Register

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

April/May 2026  
Vol. 26, No. 4

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# Keeping In Touch... A Sermon for Laymen's Sunday

By Joe Ashfield submitted by Cindy Ashfield <old.stuff@sasktel.net>

This is Laymen's Sunday.

This is the one week in the year when the rank and file of the church plan and produce a one-hour worship service that reflects the grassroots of the church.

We should ask ourselves, are we really preparing a service, especially by and especially for laymen, or are we just imitating and copying the usual pattern in the easiest fashion? On an earlier, similar occasion, I served in a similar capacity to what I am doing today. I thought then that I accomplished what was expected of me.

Looking back at that day, and remembering my own feelings just after that day, I came to believe that actually I failed.

I read a fairly informative sermon. It was on the topic of Laymen's Sunday. But the reason I believe I failed is that it was some other layman's sermon, designed for some other congregation, at some other time. It was not concerned particularly with our church right here in Whitewood and how the issues affect us right now.

Doesn't Laymen's Sunday provide us with a unique opportunity? Could we not, and should we not, take advantage of this opportunity to organize things a little bit differently than we sometimes thought it would be nice to have it done? We could try it and test the reaction. We could say a few things that might need saying from the layman's point of view, and get these ideas out into the open rather than kicked around half-heartedly in private discussions amongst ourselves.

Instead, we turn Laymen's Sunday into "fill-in" Sunday, just getting by for that one hour when our minister usually does things for us. We are not alone; far from it. I imagine the majority of our churches today are doing the same thing.

We "fill in" on Sundays like this just as we "fill in" when it comes to church duties throughout the year. The majority of us say we are too old, too young, too busy, or just too inexperienced. We say we don't have any particular talents, so let George or John "fill in" for us and go back onto the boards they have served on for years. When our thoughts turn to church matters, we remain silent. George or John will "fill in" for us because they are good thinkers, and what they recommend will probably be all right. Why worry about going out to special services? The regular attenders will "fill in" the seats, and we won't be missed. No use going to the church picnic; the kids and younger ones will "fill in" all the activities, and we have nothing to contribute.

For us, as laymen of a growing church, this is not good enough. It is time we "fill

in" our own shoes and take a more active role in the church. Attending services is a good start.

When I put this on paper a couple of weeks ago, I wrote with great confidence that the laymen of this church, and most churches holding special Laymen's Sunday services, would respond in usual layman fashion — they will be absent today. The thought came to me, "What's the use of preparing anything special for this special service?" And this opened my mind to the distress our ministers must face each Sunday.

Can you imagine how disappointing it must be for a minister who devotes lengthy preparation to a stirring sermon he is very much enthused about and wrapped up in? He comes to church to share this stirring message with the congregation and finds he has done all this for only a handful of listeners.

Think about some of our ministers' recent sermons. Very thought-provoking, timely, touching local subjects and everyday problems, well researched with other theologians' advice passed on to us — they must take hours to prepare.

Could we not give up at least an hour to listen?

Getting back to "fill in," Bill does not, as we laymen let ourselves do, simply "fill in" by reading someone else's sermon.

This is one of the great benefits of small communities. Our clergymen know what is troubling us as a community or as individuals and can give us proven words of advice to guide us. If we do not recognize this great benefit, and seek only a short period of religion each Sunday to justify our claim to Christianity, we can accomplish this by staying home and phoning "Dial-A-Prayer."

I readily admit that the easiest part of a sermon like this, after crossing the first hurdle of deciding to write something at all, is to find the weaknesses in our structure and point them out. The methods of change, as always, are not as easily come by.

I feel, however, after considerable reflection, that there is one primary truth to keep before us as we search for the solutions, and that is that it is up to us as laymen to strengthen our church ourselves. The initiative to bring religion back into our lives and homes to a greater degree must come from within ourselves. The United Church is so structured that decisions rest not with our conferences, our presbyteries, or our ministers — they rest right here with congregations like ours.

Don't you think it is time we quit saying, "Let George do it," and started saying, "Let me do it?"

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**SASKATCHEWAN:**

- Carlyle:**
- Rusty Relics Museum ..... Pg.15
- Sew & Sews..... Pg.15
- Esterhazy:**
- Erin’s Pharmacy..... Pg.14
- Eston:**
- Riverside Quilts..... Pg.12
- Humboldt:**
- Haus of Stitches..... Pg.17
- Misty Gardens..... Pg.17
- Kinistino:**
- Prairie Charm Quilts..... Pg.20
- Kipling:**
- Paperclip Cottage Cafe..... Pg.15
- Maple Creek:**
- Kelli Dee Floral..... Pg.16
- Mistatim:**
- Cotton Meadow Fabrics..... Pg.20
- Moose Jaw:**
- Quilters Haven Sewing Centre..... Pg.16
- Moosomin:**
- Sew Creative & Interiors ..... Pg.14
- Nipawin:**
- Elaine’s Fabric & More ..... Pg.20
- Outlook:**
- Broderick Garden Centre ..... Pg.16

**Regina:**

- Bird Films..... Pg.21
- Dazzle Me Creative ..... Pg.12
- Grandmothers 4 Grandmothers..... Pg.21
- Humble Life Acres ..... Pg.14
- Regina Antique Mall..... Pg.21

**Saskatoon**

- Century Textile..... Pg.18
- Periwinkle Quilting and Beyond ..... Pg.18
- Prairie Lily Knitting ..... Pg.19
- Sew Charming Crafts..... Pg.19
- The Sewing Machine Store...Pg.13, 19 & 24

**Yorkton:**

- Colette’s Sewing Machines Plus..... Pg.10
- North 40 Fabrics ..... Pg.10
- Sunflower Art & Craft Market ..... Pg.11
- The Wooden Spool. .... Pg.10

**MANITOBA:**

- Arborg:**
- Sew Happy Quilts N More..... Pg.6
- Ashern:**
- Mama Bear’s Quilt Shoppe..... Pg.6
- Austin:**
- Big Wheel Quilt Shop..... Pg.9
- Brandon:**
- Brandon Sewing Centre Ltd..... Pg.24
- Fabriculous ..... Pg.12
- George Strange’s Bookmart ..... Pg.6
- Mama Bear’s Quilt Shoppe..... Pg.6
- Carman:**
- Mama Bear’s Quilt Shoppe.....Pg.6 & 12

**Gimli:**

- Lakeshore Quilters Quilt Show ..... Pg.9

**Morden:**

- Sasha’s Fabrics ..... Pg.3

**Oak Bluff:**

- Mook Fabrics ..... Pg.7

**Rosburn:**

- Gone Scroppin’ In Bloom ..... Pg.6

**Swan River:**

- Empty Bobbin Quilt & Fabric.... Pg.6, 12 & 24

**Thompson:**

- Needle’s Eye Fabrics ..... Pg.24

**Virden:**

- Flower Attic & Gifts ..... Pg.9

**Winnipeg:**

- Carellan Sewing Centre.....Pg.13 & 24
- KTR Sewing Centre..... Pg.3
- Mook Fabrics ..... Pg.7
- Red River Exhibition ..... Pg.7
- Quilt Canada..... Pg.2

**ALBERTA:**

- Finely Quilted (Fort MacLeod) .....Pg.12
- Mook Fabrics (Medicine Hat) ..... Pg.7
- Quilters Palette (Priddis).....Pg.12
- Sibbald Quilt Show (Sibbald) ..... Pg.12

**OTHER:**

- Finely Quilted ..... Pg.12
- Husqvarna/Viking..... Pg.13
- PFAFF..... Pg.24
- Quilt Canada..... Pg.2

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**In This Issue**

Keeping in Touch with Cindy Ashfield.....Page 3  
 Map page.....Page 4  
 Find this ad contest .....Page 5  
 Reader Submitted Stories: The Heart Remembers When .....Page 6  
 Letters Worth Writing Home About.....Page 7  
 Say Cheese! (Cream Cheese That Is).....Page 8  
 Crossword.....Page 8  
 Sudoku.....Page 8  
 The Little Quilt Show that Could.....Page 9  
 Did I Do That?.....Page 10  
 A Cup of Tea with Lydia.....Page 14  
 Humble Life Acres.....Page 15  
 Reader Recipes.....Page 16  
 2 Minute Lift: Building our Future: The Riverbank Exchange .....Page 17  
 Shawl We Dance?.....Page 18  
 Word Find.....Page 19  
 Piecing Life Together: Learning.....Page 20  
 How to Document Your Quilt.....Page 21  
 Writing from Life: Read More Books.....Page 22  
 Kirby's Korner.....Page 23

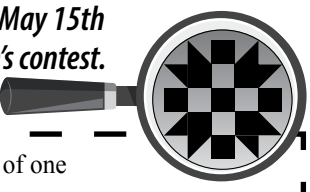
**Recipes**

Jalapeno Poppers (in story).....Page 8  
 Lemon Crinkle Cookies.....Page 14  
 Beurre Monté.....Page 16  
 Dip with Sour Cream.....Page 16  
 Coating for Chops & Chicken.....Page 16  
 Potato Cake.....Page 16  
 Sausage & Sauerkraut Balls.....Page 19  
 Shrimp Dip.....Page 20  
 New York Style Cheesecake.....Page 20  
 Clam Dip.....Page 22  
 Creamy Potato Soup.....Page 23  
 Creamy Casserole.....Page 23



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# Stories of Yesteryear Reader Submitted Stories

## The Heart Remembers When - By Sharon Atkinson

### Random Recollections

Lots more thoughts and memories still stored in my mind. I'm sure you have them too.

I have the old dresser that was in the bedroom of Auntie Grace and Auntie Doris. Uncle Joe said I could have it if I didn't alter it in any way. I nodded in the affirmative, but I quickly set to work to remove all those layers of shellac that had turned the dresser black. When Uncle Joe next came to my house, I (with some trepidation) showed him the dresser. It was now down to the original light maple, and my furniture stripping also revealed an accent piece in darker wood at the back of the dresser. I asked him what he thought, and he couldn't believe the transformation.

I also have a piece of the tin that was on the walls in the old sitting room (they always called it the sittin' room). I spray-painted it silver. I stained an old frame to go around it and attached a gold scone with glass chimney to the metal from the sittin' room walls. The dimensions are about 23" x 22". It is a keepsake and hangs above the electric stove fireplace in my living room.

#### ON THE ROAD AGAIN...

- My mother didn't drive neither did Auntie Sarah, Auntie May or your mother, my Auntie Beatrice. Auntie Doris, however, surprisingly did and seemed to be a confident and competent driver. Uncle Joe - confident - yes. But if you don't see another vehicle coming, why bother to stop at a stop sign?

#### Brandon, MB

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#### Swan River, MB

- Auntie May would take the back roads because she didn't have a driver's license, so that Auntie Doris and her could perm Alice and Marlene's hair when they were younger. Who can forget those home perms?

Always ended up being somewhat like Rice Krispies cereal. Snap, crackle and pop. Crisp to say the least, and almost impossible to get a comb through!

**AUTOMATICALLY TRANSMISSION.** That is what Grandpa called it. When we got a car that was automatic and not a standard transmission, we let him see how it worked. No shifting gears. Just put it into park, reverse, neutral or drive. He got in the vehicle, put it into Drive as we instructed him to do, and with his hands on the steering wheel, he just sat there. Had to tell him you still have to use the gas pedal to get anywhere!

#### WATCH YOUR LANGUAGE

- I noticed that they had a different pronunciation for certain words - my father included. Corduroy was pronounced CUD-ROY. The colour beige was BEE-GH. Swiss Chard was SWISS CHARGE. Chatelaine magazine was pronounced CHAT-a-lane. Not sure why they subscribed to that particular one, as it was certainly more centred around the metropolis of Toronto and did not have much in common with the prairies and their lifestyle.

- Uncle Joe was most impressed when you showed him your cell phone. He said that I should get one. I noticed, though, that he was pronouncing it CELLAR phone not cellular.

#### FORMATIVE YEARS

Our childhoods are not really that long of a span of years, and hopefully, we are lucky enough to achieve old age. But those all-important years do shape our futures. I think that SPECIAL PLACE and those SPECIAL PEOPLE instilled in us (or tried to) the principles of honesty, persistence, and gratitude being among them. They, like the rest of us, weren't perfect. Maybe a little stubborn, maybe a little prejudiced and slow to change at times - sure. But I don't think that many of us warrants a halo! We are each of us so unique with our own individual idiosyncrasies.

Part 3 of The Heart Remembers When. More to come over the next editions!

#### Rosburn, MB

#### Arborg, MB

# Letters Worth Writing Home About

by Kerri Habben Bosman

Since I could write, I have loved writing letters. One of my favorite gifts as a child was new stationery, the kind that came in a pretty box with matching paper and envelopes all bound together by a ribbon. I was the kid that couldn't wait to write "thank you" letters.

It helped that I saw family writing letters. Dad often used his clipboard with watermarked paper on top of a ruled guide so that each line he wrote would be properly spaced. His handwriting was exceptional, having grown up when penmanship was an indicator of character. Uncle Henry, who lived across the street from us, always had his old Royal typewriter on their dining room table except for family dinners. I loved using his typewriter. I'd leave him a note if he wasn't in the room and then the next time I came over one was waiting for me. When he died in 1992, I placed a typed note in his suit pocket. It read: "I came by to see you today. I pray that I shall live well enough to see you again."

Ten years later by coincidence, I became pen pals with the son of someone Uncle Henry knew in the 1930s. I never met Harold in person, but we were both writers. We sent works-in progress for the other's suggestions. We wrote for 12 years.

When I was 20, my dad suggested I write to the widow of a captain he'd worked with before retiring after 40 years as a ship dispatcher. He thought we'd have a lot in common. We did, and we telephoned and wrote letters for over 20 years. When Dad died in 2001, I called Jane, ready with the prepared speech I'd used in the "letting people know" calls. Except that when I tried to talk to Jane, my throat suddenly became a glob of wet marbles. Her response to my garbled words has stayed with me. "Old shipmates are always old shipmates."

Perhaps the most important letters I have ever written are the over 700 letters sent to my mother-in-law. I wrote to her at least two times a week

from when I first met her in 2019 to her passing in late 2025 at the age of 104. She lived 1,021 miles from us in Kenosha, Wisconsin. My letters shared all that was happening for us and all of our family here. Most of us rely on emails and texts now, but Mom didn't. She needed letters to be read and reread with a cup of tea and a cookie or two.

In person I called her "Mom," but in my letters I addressed her as "Mary," her given name. By the time Wayne and I married in 2020, she was 100 years old and had long been "Mom," and "Grandma Mary." With most of her peers no longer with us, I wanted her to see herself as she'd been her whole life.

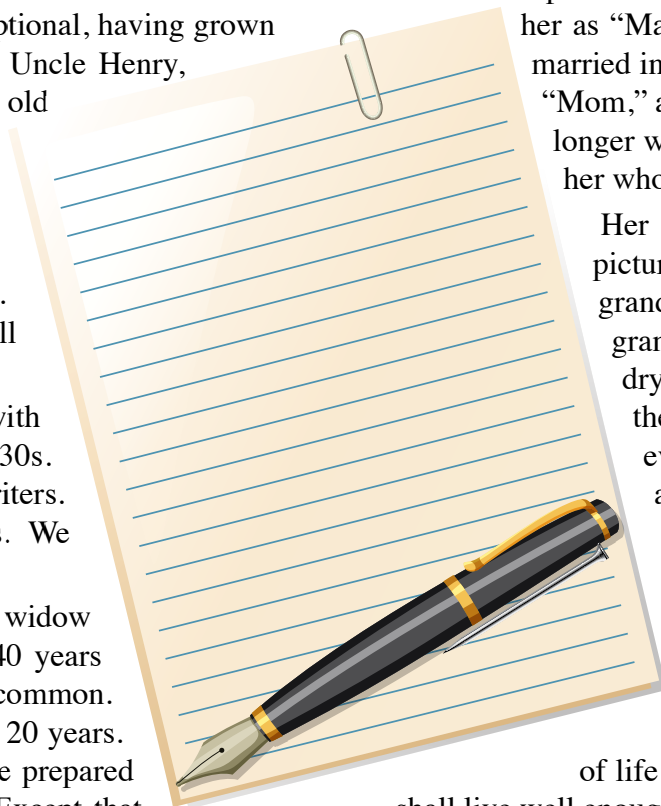
Her letters were written on handmade cards with pictures and details of the kids, namely her grown grandchildren, their spouses and ever growing great-grandchildren. She knew when laundry was in the dryer and what was for dinner. She knew how the garden was growing and how each of us was evolving too. Most importantly, she knew she was a part of each of us all the time. Each letter ended with: "Wayne sends his love, as do I. We think of you every day."

Selfishly perhaps, I miss writing to Mom. At 104 she had earned a peace beyond our temporal and limited world. But I am also comforted because old shipmates in our sea of life will always be old shipmates. And I pray that I shall live well enough to see her again.

*Kerri Habben Bosman is a writer in Cape Carteret, NC. Her email is 913jeves@gmail.com.*

*During a long, tedious speech, one guest whispered to another, "What comes after this speaker?"*

*"Wednesday," came the deadpan reply.*



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# Say Cheese! (Cream Cheese, That Is)

I love cream cheese. Truly. But in our house, it comes with a side of caution.

For my husband, cream cheese is less “spread the joy” and more “brace for impact.” He has gout, and certain rich foods can trigger an attack. If he spots cream cheese on a menu, he’ll often take colchicine preemptively, just in case. That may sound dramatic, but anyone who has experienced gout knows it’s no small thing.

Gout is a form of inflammatory arthritis caused by a buildup of uric acid in the body. When uric acid crystallizes in the joints, the result can be sudden, severe pain and swelling. Although it’s commonly associated with the big toe, gout can affect almost any joint — feet, ankles, knees, wrists, fingers, elbows, and even the spine. In fact, my husband’s first attack struck his spine, which was both unexpected and intensely painful. Our doctor jokingly suggested taking the medication with vodka, noting he was likely in for several uncomfortable days.

### So where does cream cheese fit into all of this?

Cream cheese itself is relatively low in purines compared to foods like organ meats or shellfish, which are well-known gout triggers. However, it is high in fat. While some research suggests that certain full-fat dairy products may not increase — and may even modestly lower — the risk of gout flares, moderation remains important. For us, that means enjoying cream cheese occasionally rather than generously.

### What Exactly Is Cream Cheese?

Cream cheese is a mild, soft, fresh cheese made from milk and cream. Unlike aged cheeses, it is meant to be consumed fresh and has a smooth, spreadable texture. Stabilizers are often added to improve consistency, and it’s available in a wide range of flavours, from plain to herb-infused to sweet varieties.

In the United States, cream cheese must contain at least 33 percent milk fat, giving it its rich, creamy character. Canadian standards are similarly robust. Regulations in other countries vary, but the defining feature remains the same: cream cheese is indulgent, smooth, and unapologetically rich.

### A Brief History of a Breakfast Staple

Cream cheese was first developed in the United States in the 1870s. William A. Lawrence, a dairyman from New York, experimented with French Neufchâtel cheese and added extra cream, creating a richer, softer product. His

innovation quickly gained popularity.

In 1879, Lawrence partnered with Samuel S. Durland to expand production. The following year, cheese distributor Alvah Reynolds began marketing the product as “Philadelphia Cream Cheese,” even though it was produced in New York. At the time, Philadelphia had a reputation for high-quality dairy products, and the name conveyed a sense of premium quality.

Reynolds later acquired the Empire Cheese Company to increase production under the Philadelphia name. After a factory fire, operations shifted to the Phenix Cheese Company, which eventually merged with Kraft. Under Kraft’s ownership, Philadelphia Cream Cheese became a widely recognized household brand.

### From Dairy Case to Cultural Icon

Over time, Kraft’s marketing helped elevate Philadelphia Cream Cheese beyond a simple spread. Memorable advertising campaigns featured whimsical imagery — floating bagels, heavenly kitchens, and the well-known “Philadelphia Angel.” These ads positioned cream cheese as an essential ingredient for both everyday breakfasts and special-occasion desserts, especially cheesecakes.

The combination of strong branding, consistent quality, and clever advertising helped cement cream cheese as a staple in North American kitchens.

### Canadian Production Standards

In Canada, cream cheese must be produced by curdling cream with bacterial cultures and forming the curds into a smooth mass. Specific stabilizers and preservatives are permitted within regulated limits, and only approved enzymes may be used in production. These standards ensure a consistent product while maintaining safety and quality.

### A Simple Jalapeño Popper Tradition

Despite his dietary limitations, my husband insisted that I include our favourite cream cheese recipe: jalapeño poppers.

The truth is, it’s less a formal recipe and more a practical solution. One summer afternoon, faced with an abundant jalapeño harvest and no desire to visit the grocery store, I improvised with what was in the fridge.

I beat together cream cheese and Montreal steak spice in a stand mixer, then fold in grated cheddar cheese. The jalapeños are sliced lengthwise, seeds removed and filled with the mixture. I bake them in a cast-iron pan in the oven or cook them on the barbecue at fairly high heat until the peppers are tender and the cheese is bubbling.

There are no precise measurements; everything is added by feel. Despite that — or perhaps because of it — they are always a hit. I’ve served them to guests and received generous compliments, which feels slightly undeserved given how simple they are to prepare.

For us, cream cheese isn’t an everyday indulgence. It’s something enjoyed thoughtfully and occasionally. But when it does make an appearance — especially tucked inside a jalapeño and bubbling hot — it’s worth the wait.

## CROSSWORD

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| <p><b>ACROSS</b></p> <ul style="list-style-type: none"> <li>1 Biblical letter (7)</li> <li>5 Extent (4)</li> <li>9 French castle (7)</li> <li>10 Immerse in liquid so as to clean (5)</li> <li>11 Swiss grated potatoes dish (5)</li> <li>12 Inhibition (4-2)</li> <li>14 That is to say (6)</li> <li>16 Central live TV presenter (6)</li> <li>18 Not familiar (6)</li> <li>19 Bags (5)</li> <li>22 Closes teeth on (5)</li> <li>23 Biblical king of Israel (7)</li> <li>24 Skin-covered conical tent (4)</li> <li>25 Alternatively (7)</li> </ul> | <p><b>DOWN</b></p> <ul style="list-style-type: none"> <li>2 Building schematics (5)</li> <li>3 Experts (11)</li> <li>4 Jokes (6)</li> <li>6 Having contact with (2,5)</li> <li>7 Martial arts sword (4)</li> <li>8 Frightening (7)</li> <li>10 Ice-cream dessert (6,5)</li> <li>13 Occurring (7)</li> <li>15 Mutant (7)</li> <li>17 Probable (4-2)</li> <li>20 Punctuation mark (5)</li> <li>21 Follow orders (4)</li> </ul> |
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~ Answer on Page 20 ~

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~ Answer on Page 20 ~

# The Little Quilt Show that Could

*This year's Lakeside Quilters Quilt Show, happening May 29 and 30 in Gimli, celebrates the group's 10th show.*



### A Quilt Show is Born

While most quilt shows are events planned by a single guild or quilting group, Lakeside Quilters grew out of the efforts of quilters from several communities in Manitoba's Interlake. In 2011, Shelley Redstone, owner of Keeper's Quilts in Winnipeg Beach, invited quilters from several groups to form a planning committee and volunteers stepped forward. The idea was to give area quilters a place to show their work, encourage the growth of quilting, and give vendors a place to get better known.

The first show was held in 2012 at the Winnipeg Beach Legion. Over the years, the show outgrew the Legion venue, and the event moved to the Gimli Recreation Centre in 2015, where it is still held today. What began as an annual event, the Quilt Show is now held every second year. In 2025, Lakeside Quilters held their first quilting retreat. The response was great and Lakeside Quilters plans to host a retreat every second year.

Then as now, volunteers are the lifeblood of the show. From the planners to the set up crews to the smiling faces greeting guests, Lakeside Quilters has always had a top notch team of volunteers.

Quilts are the stars of every show. Lakeside Quilters has had entries from creative makers across the province. This year promises to be no different. Registration for entries will be announced in April.

### Notable Events over the Years

Over the years, Lakeside Quilters Quilt Show has featured several special projects. 2014 began the Barn Quilt project. Composed of nine hand painted wood quilt blocks were created by Lakeside Quilters volunteers. The colourful, two foot by two foot blocks were raffled off at the show. A Barn Quilt Trail was part of the 2016 show with Lakeside Quilters joining with three other area quilt groups to form a trail people could visit. You can still see several barn quilts adorning the exteriors of businesses and homes in the area.

Also in 2016, five quilts shown that year were sent to the Winnipeg Art Gallery for their Crafted show. After that show, they were donated to Cancer Care and the Children's hospital. 2016 also saw the Lakeside Quilters Show

was named "Event of the Year" by the Interlake Tourism Association.

Regular visitors to the show may also remember the various presenters, demonstrations and workshops enjoyed at previous shows like the incredible collection of "Button Lady" Rita Wasney, or the beautiful work shown by the Textile and Fabric Artists of Manitoba, or the Fabric Collage workshop of the late Bonnie Dykes.

### Giving Back

Since its inception, Lakeside Quilters has donated profits from each show to a variety of area groups including the Winnipeg Beach School Meal Program, the Arborg Collegiate Track Fund, the Evergreen School Division Meal Programs, Nova House, Camp Stepping Stones, Heima er Best, Quilt Manitoba and the Westshore Community Foundation.

Donation quilts have been a part of every Lakeside Quilt Show. Quilts entered into this show category are donated to community groups for distribution. These have included Nova House in Selkirk, the Thelma Wynn project, and the Interlake Seniors Resource Centre.

### Coming Soon

Celebrating the group's 10th show, this year's show will feature an exhibit of the show's history and a special Mini-Quilt Challenge. As well, visitors can browse quilts and fabric art entered by creators from around the province. Vendors will include your favourite quilt shops and several artist booths. The Fat Quarter Café will be open throughout the show with delicious food and beverages, and the Rainbow Raffle will offer an array of great prizes. The popular selfie corner will return.

*For all the details on the show happenings, follow interlakequilters2026 on Facebook and Instagram, and on the web at lakesidequilters.ca*

### Wacky Definitions:

### LIPSTICK

1. A red menace women can't keep on and men can't wipe off.
2. Something which merely adds colour and flavour to an old pastime

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# Did I Do That? - By Deb Heatherly

Some of us may be old enough to remember that question coming from the mouth of Steve Urkel, played by Jaleel White, on the television show Family Matters. In 1989 he was slated for a single appearance, but the character was so well received that it became a break out role for him that lasted until 1998. You could not help but laugh at this line and the many others that became his trademark.

When I had my quilt shop, I often heard this question in another context. Time and time again it was said by customers picking up their sewing machines after they had been serviced. They were referring to the Ziploc bag of lint that our repairman always attached to their machines. The bags were a gentle reminder that their machines needed a little more love between projects.



When I saw some of these bags, I wondered to myself how the machine was still running. Many times, I heard, "It was running just fine and all of a sudden it refused to sew correctly." After seeing those bags, it was easy to figure out why.

Sadly, this happens to all of us. We are so excited about starting the next project that we forget about the lint that gets trapped inside the machine from our fabric and threads. It really is a good idea to clean out the bobbin area after each quilt and take the machine in for a professional cleaning once a year. Doing so helps the machine run smoothly and helps us continue to create for years to come.

Think of it like owning a car. The car needs oil changes, new wiper blades, new tires, etc. from time to time so that it can continue to get us from one place to the next. (Like your local quilt shop or the next shop hop!) Proper maintenance can help ward off costly repairs. (Money we could have spent on fabric at the local quilt chop.)

Knowing all of this, I was recently the one who was surprised at the amount of lint I cleaned out of my machine. I was on a deadline for several new patterns and had simply moved from one quilt to the next without stopping to clean. In fact, if I had not spotted lint trying to escape from the nether regions of the machine when I had to change my bobbin, I would probably still be stitching along.

"Ok, fine, I'll clean you out" I said.

Timmy, my furry studio helper sat quietly watching as I pulled out clump after clump and a few times a little paw tried to help.

"This is not good" I told him. "Mom has got to do better and I vow to clean after every quilt from now on."

He just looked at me and purred.

Funny, so did my machine after its little bit of pampering.



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

*Shop Owners are invited to join her group just for you, "Grids Girls for Quilt Shop Owners Only" <https://www.facebook.com/groups/273593657256524>.*

Visit Deb's website at [www.Debcatsnquilts.com](http://www.Debcatsnquilts.com).

## Trivia on Tea

All traditional teas—black, green, white, and oolong—come from the same plant, *Camellia sinensis*. The difference lies in how the leaves are dried, rolled, and fermented.

Iced tea became wildly popular in the United States after it was promoted at the 1904 St. Louis World's Fair when hot tea proved too warm for the summer crowds.

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- ☀ Sunflower attracts an average annual attendance of 2,500 - 3,000 shoppers each year!

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- ☀ **Location: Gallagher Centre, Yorkton SK**
- ☀ **2,500 - 3,000 Shoppers annually**
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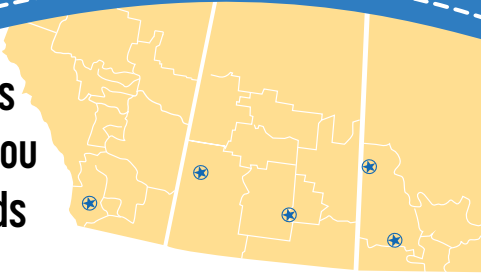
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**Did You Know These Things Had Names?**

1. When you combine an exclamation mark with a question mark (this this?!), it is referred to as an interrobang.
2. The space between your nostrils is called columella nasi.
3. The armhole in clothes, where the sleeves are sewn, is called an armscye.
4. The condition of finding it difficult to get out of the bed in the morning is called dysania.
5. Illegible handwriting is called griffonage.
6. The dot or an “i” or a “j” is called tittle.
7. That utterly sick feeling you get after eating or drinking too much is called crapulence.
8. The metallic device used to measure your feet at the shoe store is called Bannock device.

*HOW MANY OF THE ABOVE DID YOU ALREADY KNOW?*

**Sibbald, AB**

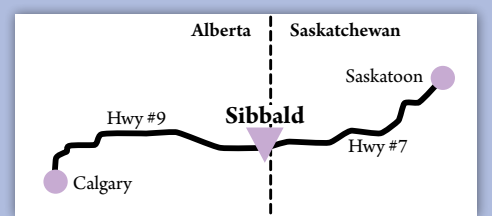
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Sibbald Quilt Show

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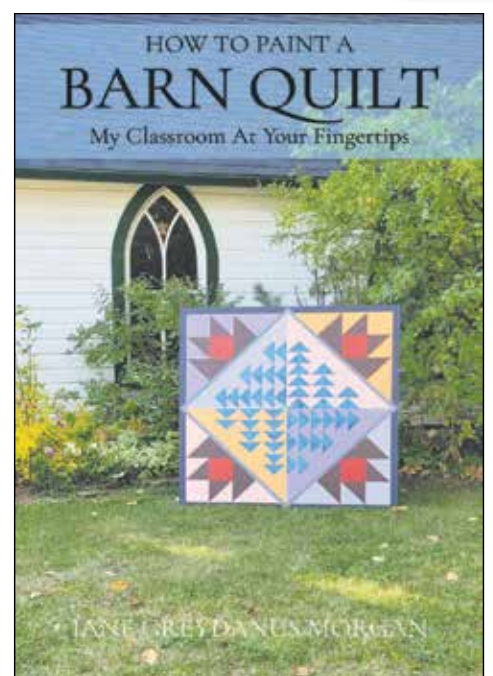


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# A Cup of Tea with Lydia

## A Milestone Nine-TEA-eth Party

By Lydia E. Harris

Colorful streamers, balloons and tablecloths waited to welcome the senior ladies who met weekly for tea and treats in the community room.

But this time they gathered to celebrate my sister Erna's nine-TEA-eth birthday. The rose and gold floral-print napkins and paper plates said: "90 Fabulous." Her three daughters and grandson had arrived early to prepare the setting.

### Tasty Treats

The buffet table held a delicious array of foods, including cranberry brie bites, a variety of crackers and a charcuterie board loaded with an assortment of cheeses, meats and colorful dried fruit. But the main feature was a homemade gluten-free three-layer vanilla cake with strawberry cream cheese frosting, topped with two large candles: a nine and a zero.

Other treats included homemade cranberry nut triangles, chocolate chip cookies, jam thumbprints and lemon crinkle cookies (see recipe). Oh my, what a wonderful tea time with sugar and spice and everything nice.

### Big Surprise

Twenty women from the retirement community, plus friends and relatives, came to honor Erna. But the big surprise was that her oldest daughter and grandson had flown from California to Michigan to help celebrate this milestone. How I wish I could have flown in from Washington State.

As usual, the women could select a teacup and teabag and brew their favorite tea. But today, wearing her crowning tiara, Erna reigned as queen.

As the ladies sipped their tea, they chatted and honored Erna.

"You are such a blessing."

"Thank you for adding fun and humor to our retirement community."

"You bring the best treats to our gatherings."

"We love and appreciate you."

Erna was all smiles, feeling treasured and blessed.

### Special Memories

Later Erna reported by phone, "The party was a lot of fun and very special!" At her apartment, she was surrounded by the party decorations and cherished the memories of a wonderful time.

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*Lydia E. Harris enjoys serving tea to family and friends. Her books include: Preparing My Heart for Grandparenting, In the Kitchen with Grandma: Stirring Up Tasty Memories Together, and GRAND Moments: Devotions Inspired by Grandkids. All are available at amazon.com or can be ordered through local bookstores.*

### Points to Ponder

The reason there are so few good talkers in public is that there are so few good thinkers in private.

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Young at heart and very talented, my sister Erna has had a memorable life and has blessed many. She wrote a Bible study guide for the book of Acts and coauthored a musical, *Who Is My Neighbor?* Most recently, in 2025, with the help of her daughter Lois, she published a book. Strong in her faith and wanting to showcase God, *He Was Always There: A Book of Stories and Miracles* by Erna Craven records events from her life, including our father's miraculous release from a Russian prison years before her birth.

After coming to America in 1929 with their two sons, her parents, Nicolai and Helena Siemens, added six girls to their family. I am blessed to be the youngest. Over the years, I've enjoyed many happy occasions and teatimes with my family and friends.

So how would you celebrate a special event or milestone birthday? However you make merry, I recommend rejoicing with family and friends over a cup of tea!

From Lydia's Recipe File:

### Lemon Crinkle Cookies

Delicious, soft and lemony

#### Ingredients:

- 1 cup granulated sugar
- ½ cup (1 stick) softened butter
- 1 tsp. vanilla extract
- 1 tsp. lemon extract
- 1 tbs. lemon zest
- 2 eggs
- 1¾ cups flour
- 1½ tsp. baking powder
- ½ tsp. salt
- ½ cup powdered sugar
- ½ to 1 cup lemon curd, homemade or purchased (optional)



#### Directions:

1. In a large bowl, cream together the butter and granulated sugar until light and fluffy.
2. Stir in vanilla extract, lemon extract and lemon zest.
3. Beat in eggs, one at a time.
4. Mix together the flour, baking powder and salt.
5. Add the dry ingredients to the creamed mixture. Do not overmix.
6. Cover dough and refrigerate for one hour.
7. Preheat the oven to 350° F.
8. Shape dough into 1-inch balls and roll them in powdered sugar. Place them two inches apart on a parchment-lined cookie sheet.
9. Bake for 13–15 minutes until edges are lightly brown and tops do not look wet.
10. Cool on the cookie sheet for 2 minutes. Then transfer to a cooling rack to cool completely.

Recipe makes about 3 dozen cookies.

**Variation:** For a burst of fresh lemon flavor, sandwich two cookies together with a teaspoon of lemon curd just before serving.

**Optional variation:** Sandwich two cookies together with cream cheese frosting. If using cream cheese frosting, store cookies in an airtight container in the refrigerator.

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By: RESHA & TIM from HUMBLE LIFE ACRES

## Age is just a number, unless we let it be a limit



This year I am turning the big 5-0. I have to say, first I had to recount the years to ensure that was the number it added up to. It sounds funny, I know. Want to know a secret? I have not been acknowledging my age number since I was 29. I still celebrate the day every year. I am just not focused on the age number.

I found that by being focused on the age number, somewhere in my mind this also created un-necessary urgency, pressure, comparisons, timelines and the list go on. It became a negative at the back of the mind. A limitation. So now I see it as levelling up. The truth is it doesn't matter how old we are. It does not define who we are or what we can do unless we let it. We can be 80 years old and be a kid at heart. It is more about how we feel.

The problem with attaching meaning to age is that it can quietly create invisible walls. When we believe we are "too old" to try something new or too this or that, we start shrinking our own potential. Our human spirit is not meant to be limited. It is all about perspective.

Each year we are blessed with another year. Every day that we wake up to a new day, it should be seen as that you are blessed to see another day. Gifted more time to add more depth to who we are. More understanding. More connections with others. More Love. More stories. More experiences. More clarity about what matters and what doesn't. With time often comes a powerful freedom: the ability to care less about expectations and more about authenticity.

When we release the idea that we must accomplish certain things by a certain age. Something beautiful happens. The pressure dissolves and the curiosity returns. The inner child begins to learn to play, have fun and dance. We begin living in the moment. Having gratitude for the smallest things and exploring our passions more freely.

Age then becomes what it was always meant to be. Not a limitation. Not an excuse. Not a barrier. Not something to be hyper focused on is a distraction from fully enjoying life. Our age is a collection of years that shapes who we are today. Celebrating our story.

The most important part? It is when we remember to take time to acknowledge the good in life. Gift yourself more moments of being in the moment – without the distractions. Discovering who you are without wearing all the hats. The heaviness of expectations placed on by others and losing who we are. Celebrate the journey.

Celebration does not always mean happiness. Sometimes it means acknowledging strength, courage and the space you hold in the most traumatic storms of your life. Sometimes the steepest mountain of experience that has tested our very soul, can run deep and hurt. It's important to be patient with ourselves. Talk to ourselves with love and understanding. Heal whatever that is. Its own journey of time. It is not for us to carry the heaviness or burdens for the rest of our lives. At some point we need to put the backpack down and leave it where it is to be free.

It is also about the beautiful moments you have experienced that you just want to last forever. Life is too short to be focused on the things we cannot change. We can't allow the bitterness to poison our entire being and over time define who we are. The antidote to bitterness is perspective, gratitude,

self-compassion and love. By shifting focus to what nourishes us, the lessons we can learn, observations, understanding and the resilience we've gained. We transform what once felt like poison into something profoundly empowering.

Life becomes lighter, our hearts more open, and our souls freer when we refuse to let bitterness take residence. Because at the end of the day, we are not defined by what we endure. Each day is gift if we choose to see it. Never lose sight of seeing the good of each day.

The other thing I have realized is that you are responsible for your own life force energy. No one else controls the spark that drives your passion, your joy, or your sense of purpose. While the world can influence, challenge, or even drain you, the ultimate responsibility for how you nurture and protect your energy rests with you. You water your own garden.

Guard it fiercely. Feed it with experiences, people, and practices that uplift you. Slow down and give yourself the time to just be. Release what depletes you, whether it's toxic relationships, limiting beliefs, or endless comparison. Your energy is sacred. It powers your creativity, your resilience, and your ability to show up for yourself and for others.

When you take ownership of your life force, you stop giving away your power to circumstances or other people. You start living with more intention. Choosing what you allow in and what you keep out. You become the alchemist of your own inner world, transforming challenges into growth, and ordinary days into moments of vitality. Your energy is your responsibility and your greatest gift. Protect it, honor it, and let it flow freely.

A wise woman in my life said: 'I can't care more about you more than you care for yourself.' That really resonated with me. I also realize that after so many years of taking care of others I have been neglecting some of the things for myself. This year I am working towards and more focused on self. Self-care, Self-Love, dealing with things I have been procrastinating. It is not easy when we are used to driving in the lane we have been in for many years. That is why there is beauty in perspective. We never stop growing and learning unless you stop it.

Much love,  
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# READER SUBMITTED RECIPES

## Beurre Monté

(Light butter sauce)

½ cup butter, cut into small pieces  
2-3 Tbsps water

Heat water in a small saucepan over low heat. Whisk in butter, one piece at a time, until fully melted and emulsified. Keep warm and use to finish sauces, vegetables, or seafood.

Maple Creek, SK

## Dip with Sour Cream

Mirian W., Plum Coulee, MB

2 cups sour cream  
1 cup salad dressing  
½ cup ranch dressing  
½ cup salsa  
2 Tbsp seafood sauce  
1 Tbsp Real Lemon  
2 cups shredded cheese  
1 can (16 oz.) cooked ham

Mix everything together. Chill 1 hour.

## Coating for Chops & Chicken

Nanny Rene, Regina, SK

2 sleeves of crackers – crushed into very fine crumbs  
1 cup flour  
1 Tbsp salt  
1 Tbsp white pepper  
1 Tbsp onion powder  
1 Tbsp garlic powder  
1 tsp cayenne pepper  
1 tsp paprika  
1 tsp curry powder  
1 tsp nutmeg

Mix all together. Store in a tightly sealed container. Keeps forever!

### METHOD:

Dip chops or chicken in flour, then in a beaten egg and milk mixture (1 egg to ½ cup milk), then in crumbs. Brown in hot fat. Finish cooking in a 350°F oven for about 20 minutes.

Drain browned meat on paper towels to remove excess fat. Bake on a cookie sheet in a single layer.

## Potato Cake

Mary R., Tisdale, SK

½ cup honey  
1½ cups sugar (or 2 cups sugar if you don't use honey)  
1½ cups mashed potato  
½ cup margarine

Beat well & add:

2 eggs  
½ cup cocoa  
1 teaspoon vanilla  
½ cup milk

Add alternately with dry ingredients:

2 cups flour  
2 teaspoons baking powder  
1 teaspoon cinnamon & nutmeg  
1 cup chopped walnuts & raisins if you wish

If you don't have enough mashed potato add applesauce. Sometimes before baking, I sprinkle chopped nuts & or choc chips mixed with 1-2 T sugar on top of cake instead icing  
Bake in greased pan 17x11 about 20 minutes for brownies, or 9x13 pan 35-40 at 350°F

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Straus looked at the beautiful goblet and said: "Ladies and gentlemen, I arrived in this country only a few hours ago, and my English, I fear, is not very good yet. I have, however, in these few hours learned two words which seem to me to be the most important in your language: one is 'swell' and the other is 'lousy.' So I thank you for this swell present, and will you please excuse this lousy speech!"

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# 2 Minute Lift

TWO MINUTE READS TO FLIP OUR SCRIPT

BY: KATHY J. SOTAK

## Building Our Future: The River Bank Exchange

For years, I've gone to the river bank to put love in the water. Five years ago, a woman would go to the river bank to get love.

Years later I met a new friend. She shared her healing journey, which included how she would go to the river – my same spot – to get love.

She's been cancer-free for five years.

For years, I've watched a petite, gray-haired woman working at our organic food store. I never talked to her, but was touched by her smile and grace. Years later in her retirement, I met her at a Reiki exchange class. I learned that she sent Reiki energy – a loving, healing energy – to everyone who walked into the store.

I was the recipient of her love, along with thousands of others. She was doing her work with a capital W.

Perhaps why they call it a river bank. Only instead of exchanging money, we are exchanging energy. Throughout life we are always in an exchange – both giving and receiving. What kind of energy are we giving out today? On those days we need to receive – don't worry, help is nearby.

The help may be invisible – so close your eyes and feel the deposit.

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The spot I mentioned, by the river bank. © Kathy J. Sotak

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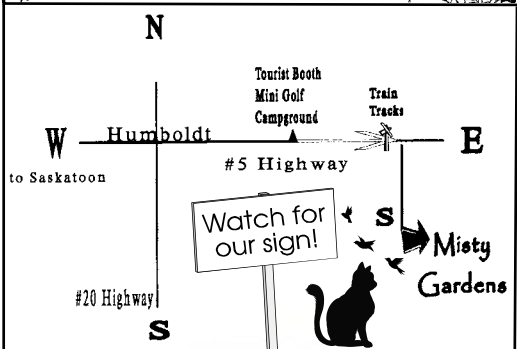


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# Shawl We Dance? - by Wayne M. Bosman

One of the things that first attracted me to Kerri were the old-fashioned shawls that she usually wore in both summer and winter. They were not the sort of thing that everybody wore, but she seemed to have one for every occasion or outfit. Though we met at social dance events where people were routinely playful, Kerri was more reserved than most, which I found intriguing. The shawls, though, that was a thing. I assumed that they were handmade, which also said something to me about her. Quiet but independent. Neither following the crowd nor trying to lead it. She was a more than competent dancer, but somehow whenever we danced together, I would say something that caused her to lose her place. It became an easily achieved challenge for me to cause a misstep in the course of a dance, sometimes remarking how the shawl matched her eyes. She wore a lot of blue. I had been dancing for almost 20 years and she less than one year, so maybe it wasn't so nice of me to break her concentration like that, but it was only a dance after all....

This went on for most of a year before I got a chance to ask her out. After an initial hesitation, she consented and the rest is history. But this is about the shawls really.

Kerri learned to crochet when she was 9 years old. Her mother and her grandmother were both avid handcrafters; it was natural for her to follow in their footsteps, or handsteps as it were. Kerri's mother had passed before we met. I soon discovered the inspiration behind the shawls that I had seen. The patterns went from very simple to extremely elaborate, with colors that covered the entire spectrum. The yarns were of all varieties, chosen for each project by function, form and whimsy. Wools from all over the world were included, along with cottons and occasional acrylics. As time went on, I developed an appreciation for the textures of the finer ones, getting subtle satisfaction from the softness and slight oiliness that came from the lanolin. How something could be gauzy and warm at the same time was a minor revelation.

Then came the giving. Kerri had often made shawls, blankets, hats without any idea who they would ultimately be for. Whether they ended up with a waitress or a young mother or child was a mystery to be solved at the correct moment, when gift and receiver appeared together. Those moments were and are met with the feeling that a certain grace exists and she gets to have a part in it. Her mother taught her that.

But back to the shawls.

At a certain point, it was time to clear out her mother's house. Hundreds of handmade items. Many, many shawls. Serendipity stepped in. My sister, Linda, is very active in her church groups in southeast Wisconsin. One of the groups provides prayer shawls for elderly or homebound people in the parish. Kerri's mother's shawls, made with love and care, found new destinations where they were needed and appreciated. Since then, a steady stream of prayer shawls and lap robes, handmade with love, have found their way to new owners. God willing, they will continue to do so.

But don't be concerned that Kerri is going to run out of shawls soon. We recently were waiting at a favorite restaurant when another patron admired the shawl Kerri was wearing. I joked that she had 40 more like it at home. A day or so later, Kerri took inventory. 56 shawls in the closet at that time with a few more destined for a Civil War exhibit at the History Museum. The blue ones match her eyes.

Wayne M. Bosman is a retired auto mechanic living in Cape Carteret, NC. His email is [wbosman1@gmail.com](mailto:wbosman1@gmail.com)

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# Sausage & Sauerkraut Balls

*I was inspired to search for and try this recipe because a friend said that it was something her mom used to make. She mentioned that she'd made it once herself but that her family was eating them as fast as the balls came out of the deep fryer!*

- 1 lb. pork sausage
- ¼ cup finely chopped onion
- 1 (14 oz. can sauerkraut, well drained and finely chopped)
- 2 Tbsp dry bread crumbs
- 1 tsp Italian seasoning
- ½ tsp prepared yellow mustard
- ¼ tsp garlic powder
- ¼ tsp ground black pepper
- 4 oz. cream cheese, softened
- 2 Tbsp dried parsley flakes
- ¼ cup flour
- 1 large egg, beaten
- ¼ cup milk
- 1 cup dry bread crumbs
- 1 tsp Italian seasoning
- 1 quart vegetable oil for frying

Heat a large skillet over medium-high heat. Cook and stir sausage and onion in the hot skillet until sausage is crumbly and browned, about 10 minutes. Drain grease and allow to cool slightly.

Transfer sausage mixture into a large bowl. Stir in drained sauerkraut, 2 tablespoons bread crumbs, Italian seasoning, mustard, garlic salt, and pepper. Combine cream cheese and parsley in a small bowl; mix into sauerkraut mixture. Cover and refrigerate for 1 hour.

Place flour into a shallow bowl. Whisk together egg and milk in another bowl. Place 1 cup bread crumbs and Italian seasoning in a third bowl.

Heat oil in a deep fryer to 375°F.

Shape sauerkraut mixture into ¾-inch balls. Coat balls in flour, then dip in egg mixture and roll in bread crumbs to thoroughly coat.

Working in batches, fry balls in hot oil until golden brown, 2 to 3 minutes. Drain on a paper towel-lined plate and serve hot.

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G	L	O	E	C	O	O	G	P	E	G	K	D	G	E	BAKED EGG
I	E	H	C	I	U	Q	A	G	E	T	G	E	G	G	BOILED EGG
O	G	L	L	E	M	N	G	C	K	G	G	G	D	G	EGG-FRIED RICE
A	G	O	G	I	C	R	L	K	E	G	F	E	E	N	EGGNOG
T	B	C	E	A	O	N	G	D	S	R	M	E	G	O	EGG ROLL
A	F	G	K	L	G	G	E	B	I	S	A	C	E	G	EGGS BENEDICT
T	G	E	L	I	K	L	E	E	G	C	Y	I	B	G	FRIED EGG
T	E	G	A	R	B	N	D	G	C	O	O	G	O	E	FRITTATA
I	E	G	E	M	E	R	E	G	G	T	N	G	I	D	MAYONNAISE
R	E	T	A	D	I	D	R	C	O	C	N	G	L	E	PANCAKE
F	A	R	I	C	E	E	R	D	D	H	A	E	E	L	PICKLED EGG
E	C	C	E	I	N	K	E	Y	G	E	I	E	D	K	POACHED EGG
S	T	G	R	T	C	M	A	D	G	G	S	L	E	C	QUICHE
N	E	F	T	R	T	O	E	B	T	G	E	G	G	I	SCOTCH EGG
L	G	O	P	O	A	C	H	E	D	E	G	G	G	P	SCRAMBLED EGG

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# Piecing Life Together: Learning - by Barbara Polston

I had the great good fortune of beginning 2026 by attending a week-long creative seminar. I enrolled in this course for several reasons. Having admired the instructor's work for many years, I was excited to learn her techniques. She works mostly by hand in wool and cotton fabrics, embellished by beautiful embroidery stitches using a great variety of threads. I was excited to learn more about hand embroidery and how stitch patterns and threads are chosen to work together for such intricate and beautiful results.

There was no pattern to follow – we were instructed to do our own thing and appreciate the Zen of hand stitching. We spent the first two days building the background upon which we would ultimately embroider. All our background elements were to be applique stitched in place sewing by hand. I love doing applique work, but all mine is done by machine. With a few words of explanation from the instructor, I jumped in and stitched for hours to finish that part of the process. By day three, we were beginning to sample embroidery stitches and threads – but not, as I had hoped to learn, surrounding our applique shapes. All our stitches were to create texture in the background. Finally, on day four, we began highlighting our applique elements with stitches. There was little instruction other than demonstrations of different stitches or products to consider employing. We were encouraged to just give things a try.

I was happy with the progress on my learning piece, but I still didn't think that I was getting what I thought I signed up for. That is, until the last day of class. Everyone stitched the morning away until midday. At that time, each of us laid our work at our place. All the students wandered the room, looking at everyone else's work, taking inspirational pictures of things we wanted to try at home. It was eye-opening! Every work was delightful, completely original, and different. I am so glad that I trusted the process, even more so when the instructor complimented my progress.

While I didn't necessarily get what I thought I signed up for, I learned so much! I learned that, despite not doing hand applique, that I can do it, and do it well. I learned that I know more embroidery stitches than I believed I did. I can look at illustrated directions for how to complete a stitch and do so successfully. I learned that I could create work without a specific plan and find satisfaction in the result. I learned that I am willing to give something a try – and remove it if

dissatisfied. I learned that slow stitching by hand is indeed Zen.

My sample work is far from finished. This is a project that can go on and on as new ideas to try present themselves. Did I get what I thought I was signing up for? No, I got so much more.

*©Barbara Polston, February 2026. Barbara is the author of Quilting with Doilies: Inspiration, Techniques, and Projects (Schiffer Press, 2015) and a series of children's books inviting young children to share in The Adventures of Puppy Brian (www.puppybrian.com). Barbara lives in Tucson, Arizona where she has failed at retirement, but is getting more time for sewing in a variety of forms. Contact Barbara at barbarapolstonquilter@gmail.com.*

## Shrimp Dip

*I remember having this dip back in the late '80s. I have a weakness for it, but how can you resist anything with shrimp?! This is a more upscale version than that one, as it uses frozen shrimp instead of canned.*

- 1 pkg. (8 oz.) cream cheese, softened
- ½ cup sour cream
- ¼ cup mayonnaise
- 1 cup seafood cocktail sauce
- 12 ounces frozen cooked salad shrimp, thawed
- 2 cups shredded mozzarella cheese
- 1 medium green pepper, chopped
- 1 small tomato, chopped
- 3 green onions with tops, sliced
- Assorted crackers

In a large bowl, beat the cream cheese, sour cream and mayonnaise until smooth.

Spread mixture on a platter or bowl. Top with seafood sauce. Sprinkle with shrimp, mozzarella, green pepper, tomato and onions. Refrigerate until serving. Serve with crackers.

## New York Style Cheesecake

*This is a family favourite, in fact, it is usually what I ask for as my birthday cake each year. And yes, I've had a lot of cheesecake over the years!*

- 1 cup graham cracker crumbs
- ¾ cup sugar
- ¼ cup melted butter, plus
- 2 Tbsp melted butter
- 1 ½ cups sour cream
- 2 eggs
- 2 teaspoons vanilla
- 1 lb. cream cheese (2 pkgs.), broken into small pieces

Preheat oven to 325°.

Mix together the cracker crumbs, ¼ cup sugar, and ¼ cup melted butter, and line the bottom of an 8- or 9-inch ungreased spring-form pan.

Blend sour cream, ½ cup sugar, eggs, and vanilla in a blender for 1 minute. Add the cream cheese. Blend until smooth.

Pour 2 tablespoons melted butter through the top of the machine. Blend and pour into the spring-form pan.

Bake in the lower third of a 325° oven for 45 minutes.

When baking is finished, turn oven on to broil. Broil the cheesecake until the top begins to show attractive spots of brown. Remove from oven.

Refrigerate for 4 hours, preferably overnight, before cutting and serving.

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To be 70 years young is sometimes far more cheerful and hopeful than to be 40 years old  
- Oliver Wendell Holmes

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### Answer to Crossword on Page 8

	E	P	I	S	T	L	E		S	I	Z	E
S	L	P	A						N	P		
C	H	A	T	E	A	U		B	A	T	H	E
A	N	C		G		A		O		E		
R	O	S	T	I		H	A	N	G	U	P	
I			A		S		A		C		A	
N	A	M	E	L	Y		A	N	C	H	O	R
G	O		I		O		A					I
	U	N	U	S	E	D		S	A	C	K	S
O	S		T		D		P		O			I
B	I	T	E	S		S	O	L	O	M	O	N
E		E			O		I		M		G	
Y	U	R	T		I	N	S	T	E	A	D	

### Answer to Sudoku on Page 8

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

# How to Document Your Quilt - *By Rachel Greco*

Every quilt has a story. Some we know and some we don't. You may know all about the quilter who made your quilt, but will those who come after you? One of the most valuable parts of a quilt is a written history of provenance, a written record of ownership of a work of art, used as a guide to authenticity or quality.

If you have inherited a family quilt (or made one yourself), you will want to document it. If you have any old family quilts you are keeping in the closet, it is probably time you took them out and documented what you know about them. There's a lot of information to gather, and it won't get any easier as time passes. Before memories fade and you forget what you know about them, here's what you should record. Write down as much as you know using all of the criteria listed.

If the quilter is still alive, talk with her or him about when and how they made the quilt. If possible, get a picture of her/him with the quilt and record any memories that you have. (Did you sleep under it as a child?)

If the quilter is no longer living, try to find those who remember them. Make sure you have the full name, where they lived, birth and death dates (years) and any stories about her/him that people remember. If there is special information about the quilt, record that as well. Document as much as you possibly can (picture of the quilter, copy of obituary, picture of the quilt from the past, etc.)

Add any history of how you received the quilt. Include names and biographical information of everyone who owned the quilt. Once you have recorded the history, keep a notebook or journal, register it with your local Guild or Historical Society's registry project, and keep it with the quilt.

The following is a list of the information you will want to record when documenting your quilt:

**Maker's Name.** Write down the maker's name, birth date and death date (if they have passed). Record this person's relation to you if there is one. Using the rule: who, what, when, where, why and how, write down what you know about this person.

**Name of the Pattern.** Write down any names you know for the quilt, including the popular references, and the name the quilt was referred to by your family.

**Condition.** Write down whether the quilt is excellent, good, fair, poor or deteriorating. Make a note of any stains or holes, what kind they are and where they are located. Write down any repairs that are made with the date made, if known.

**Technique.** Is this quilt pieced by hand or machine, embellished, stuffed, painted or stenciled, signed with ink, embroidered, etc.?

**Construction Style.** Does this quilt have a scalloped edge? Is it square, curved or cut-out at the corners? What are the borders? What type of binding was used?

**Is it a quilt top only?** If finished, did the quilter use hand or machine quilting, ties or tacks? Does it have all three layers? Is it thin or thick? Try to determine what type of batting was used.

**What types of quilting designs were used?** Were they straight lines, outline, stenciled or shapes? What color thread was used?

**How is the back put together?** Is it one piece of fabric or more? What colors or patterns? Is there a label? Is it signed or is there anything quilted into the quilt?

**Types of Fabric Used.** Is it cotton, silk, wool or of an unknown mixtures? Do your best to determine the fabric type.

**Overall Quality.** Professionals and collectors have personal scales for rating a

quilt. You might record whether this quilt is your favorite or most prized quilt or any other information that would help you.

**Estimate the Date.** Try to be specific. If you know a date, write it down. If you aren't sure, give any dates for when you have owned the quilt and anything anyone said when they gave it to you or you purchased it from someone.

**Where was the quilt made? How did it come to you?**

**Does the quilt have any special historic or family significance? Was the quilt made for a particular event or person? Were the fabrics or design chosen for a specific reason?**

**Does the quilt have any dates or lettering on it? What does it say?**

**Do you have any documentation about the quilt or quilt maker such as letters, pictures, or diaries?** Write down and include as much information as possible about the quilt and quilt maker.

**Take Photographs.** Take pictures of the whole front and back. Take several close-ups of the details and workmanship. Use natural light if possible. Take more pictures that you think you'll need; then pick the best ones that showcase your quilt.

**Memory Pocket.** You can make a muslin label for your quilt using a pigma pen to write information on a square or rectangle of muslin. Stitch this carefully to the back of the quilt, sewing only through the backing, not the face of the quilt. You can also make a memory pocket with a front, back and flap to use for storing your documentation papers. Sew to the back of the quilt as you would a label. Record basic information on the pocket itself, including "Remove Before Cleaning."

And finally, if you believe that this quilt has special significance to you, you might want to find a certified Quilt Historian near you who can help you by appraising the quilt. Most charge a fee; however, the information they give you could prove invaluable.

Remember, you may think your own quilt is significant only for you; however, generations to come may value your thoughts and documentation more than you will ever know.



Rachel Greco owns Grandma's Attic, a traditional quilt shop and a large online 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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Should you have any questions, please don't hesitate to contact us at [g4gregina@gmail.com](mailto:g4gregina@gmail.com) or visit our website at [www.grandmothers4grandmothersregina.ca](http://www.grandmothers4grandmothersregina.ca).

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## Writing From Life - By Jeanette Lukowski

# Read More Books

### Read More Books

I am an avid book reader. Are you? My go-to genres are always subject to change, but tend to lean towards Fiction more than any other. Sure, I've read a Science Fiction or Fantasy novel from time to time, but when I heard Margaret Atwood describe her novels as being more Speculative Fiction than Science Fiction, I paused.

In a world which doesn't seem to change too quickly—but when the changes come, they feel too sudden and disruptive to me—the increasing numbers of categories by which books are catalogued has felt somewhat overwhelming! As a child, the public libraries I visited in Chicago seemed to have two groups: Fiction on one side, Non-Fiction on the other side, and Plays—I later discovered—were found in a file cabinet near the circulation desk. Three groups.

As I grew older, I started to notice sub-categories: Mystery, which was my teenaged go-to, and Biographies, which helped with school research projects (like my fascination with Amelia Earhart).

These days, I walk into a brick-and-mortar bookstore, and see categorical labels extending into the twenties? Or more? Granted, the bookstore has double (or triple) the square footage of those public libraries of my youth, but still. In libraries from coast to coast, the Fiction novels are universally catalogued alphabetically, while Non-Fiction works are still catalogued according to the Dewey Decimal System.

I credit book clubs and college campus speaker presentations with expanding my reading horizons to now recognizing—and reading—sub-categories such as Historical Fiction (and the aforementioned Speculative Fiction).

If I'm being completely honest with both myself, and you, I was never a fan

## CLAM DIP

*Probably not a dip you'd want to serve to someone who isn't a seafood fan! Just a note: I've purchased canned clams at a dollar store and the grocery store. I by far preferred the grocery store brands, I found the discount clams rather gritty – anyone else experience this?*

- 8 oz. cream cheese softened
- 1 (6.5 oz. can) minced clams drained, juice reserved
- 3 Tbsps mayonnaise
- 2 tsp fresh lemon juice
- 1½ tsp Worcestershire sauce
- ¼ tsp garlic powder
- Black pepper, to taste
- Sliced green onions for serving, optional

Drain clams, reserving liquid.

In a medium bowl, use a hand mixer to beat cream cheese until fluffy.

Mix in the drained clams, mayonnaise, lemon juice, Worcestershire, garlic powder, and pepper. Gradually add clam juice, 1 tablespoon at a time, until desired consistency is reached.

Refrigerate for 30 minutes before serving. Top with sliced green onion if desired.

of history. In school, history classes meant nothing more to me than memorizing names and dates. Sometimes, places. I didn't care about "Charles becomes Henry" in France during the 16th century; I was just irritated that "IX" was followed by "III"? No mnemonic device to help me remember that.

Reading Historical Fiction, surprisingly enough, has changed me. Last month, for instance, I was reading a fictional work about women who served as nurses during the Vietnam war, and this week I am reading a novel presenting the perspective of the daughter of a historical figure from the turn of the century.

Never claiming to be based on actual transcripts of conversations, or explaining why a historical figure made any of the particular decisions he or she is recorded as making, the experiences of humans possibly impacted by those decisions are explored.

Thinking back to my earlier comments about Amelia Earhart, for instance, what if there was a book written from the perspective of an imagined neighbor, childhood classmate, or even love-interest of the missing pilot? While the novel wouldn't tell me what happened on that day in July of 1937 when she disappeared, might it not be fun for readers to imagine how flight training exercises with twenty- or thirty-year-olds felt before, during, or after her historic solo flight?

Maybe I should write it.





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## Oh NO!!! Carl has a screw loose!!!

**Did you find Carl's loose screw in our last issue?**

*Can you help him find it? It looks like this.*



by Wayne M. Bosman

family member has some meaningful keepsake to remind them of Mom every time they see it. Many of these are little ornaments or pictures that were made for her when her grandchildren were very young. Mom lived long enough to have great-great grandchildren who made her little things. Kerri kept Mom's soup ladle. I kept a cake plate that had survived potlucks and large family meals. I also brought home a herringbone scarf I wove for her a few years earlier. She was proud of it and proud of me for adding weaving to my life skills while in my 60s. She never ceased being proud of



It was on page 10.

**Carl must have dropped it when he dropped in for for cake with Wayne M. Bosman's mom.**

*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.*

*Not a contest, just a bit of fun for our readers.*



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# Kirby's Korner

## That's Such a Cliché

It's like they say...How often have you heard or used an old cliché or saying and simply accepted it, without pondering its actual meaning? I never do. I have always questioned the origins of sayings and the placement of words. In today's world of easy Google searching and AI assistance, you might think finding the answers to my questions would be easy. But you would be wrong. The internet often requires using a reputable source, like Webster's or a university website, to confirm details. Hopefully, I can hit the nail on the head with this article as I delve into the complexity of the English language.

My first bit of research into this topic surprised me. Before I became the publisher of the Country Register, I was a pressman for 26 years. I have run small single-sheet Heidelberg offset printing presses with an output of about 6,000 copies an hour. I also operated the large multi-page, multi-section Goss Metroliner. It could print a 4-section, 64-page newspaper at about 65,000 copies per hour. What I never had a chance to run was the old letterpresses. That is where the word cliché originated.

There is no way to prove it, but most agree that the cliché "mind your p's and q's" originated in the printing industry. Back in the lead type days, each letter was painstakingly set into a page-holding platform called a chase. Typesetters used these letters to form the words and sentences that made up a printed page. This was tedious work. It was made even harder because all the letters had to be placed into the chase in reverse order. This made the lower-case p's and q's easy to mix up. Apprentices would often confuse them when removing the letters from the chase and putting them back into the labelled letter cases. The higher up, or upper cases, held the seldom-used capital (upper case) letters. The easily accessible lower cases held the non-capitalized (lower case) letters. Journeymen typesetters would remind apprentices to "mind your p's and q's!" when putting the lower-case letters back into their cases, as it was the apprentice's job to put the letters back into their respective cases and not the job of the journeymen typesetter. Typesetters



could easily miss picking up the wrong letter when working quickly and grabbing letters out of the p or q cases.

The word cliché also comes from this process of typesetting. Each line of type was spaced apart using another piece of lead called a slug. Slugs had different thicknesses, which determined the spacing. This spacing was called leading (pronounced ledding) and uses a point system. A pica is 12 points, and 6 picas make up an inch. Typesetters worked at a blistering pace as they added lines of lead type to the chase and spaced the lines with slugs. The slugs made a clicking sound when placed into the chase. In French, this clicking sound is "cliquez" or "cliché," an onomatopoeia for the slugs clicking into place. Over time, the word cliché came to mean a phrase that is repeated often, just as the clicking sound of slugs being repeatedly put into place.

Sticking with the printing clichés, I believe another comes from the trade. I cannot find literature to prove it, but the letters, spacing slugs, and rule lines were held in place in the printing chase with a wedge called a quoin (pronounced coin). I truly believe this is where "to coin a phrase" originated—the phrase being held by a quoin. But I digress.

A cliché is similar but not identical to an idiom. Both are used to make a point or comparison. When someone hears an idiom, they almost certainly have heard or read it before. On the surface, it makes no sense. A cliché, on the other hand (see what I did there), is self-explanatory. An idiom can become a cliché if overused. A cliché will seldom become an idiom. "You can't have your cake and eat it too!" is an idiom. "You can't have it both ways" is a cliché. Yet both mean the same thing.

Time is of the essence here, so I will have to wrap this up. I hope I didn't put the cart before the horse when explaining clichés in this story. I also hope I didn't count my chickens before they hatched, thinking that anyone would actually read it.

Till next time. Keep your stick on the ice.

### Garden Trivia:

Apples are 25% air, that's why they float on water.

Peaches, Pears, Apricots, Quinces, Strawberries and Apples are all members of the Rose family.

Potatoes were first cultivated in Peru roughly 7000 years ago.

Sunflowers can be used to extract toxins such as arsenic, lead and uranium from contaminated soil.

Caffeine serves the function of a pesticide in Coffee plants.

### Creamy Potato Soup

*My testing of the recipe came about putting together the February/March edition of the paper. When it's deadline time, we put in some long hours – we both have day jobs. I was a little worried about how it would turn out (I am not a huge fan of some potato soups – wallpaper paste, anyone?), but this was lovely. I confess it was served with a store-bought French bread and a packaged salad.*

2 (14.5 oz.) cans chicken broth

4 cups cubed potatoes

¼ cup minced onion

½ tsp garlic salt

½ tsp seasoning salt

½ tsp sea salt

½ tsp cayenne pepper

½ tsp dried basil

½ tsp dried parsley

1 (8 oz.) package cream cheese, softened

8 slices smoked bacon, cut into 1/4-inch strips

Combine broth, potatoes, onion, garlic salt, seasoned salt, sea salt, cayenne, basil, and parsley in a slow cooker. Cover and cook until potatoes are tender on Low, 6 to 8 hours, or on High, 4 to 6 hours.

Use a potato masher to mash the potatoes in the slow cooker to preferred consistency. Add the cream cheese in spoonfuls to melt until smooth.

Place the bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain bacon slices on paper towels. Garnish the soup with the bacon.

### Creamy Casserole

*I think this casserole has been around a long time – it's a classic!*

8 oz. egg noodles

1 lb. ground beef

1 (15 oz.) can tomato sauce

1 (8 oz. package cream cheese

¼ cup sour cream

1 cup cottage cheese

½ cup chopped green onion

½ tsp garlic powder

2 Tbsp chopped green peppers

2 Tbsp melted butter

Cook noodles; drain and set aside.

Brown meat; drain.

Add tomato sauce to beef; remove from heat.

In a separate bowl, mix cream cheese, cottage cheese, sour cream, onions, garlic powder and peppers.

Butter a casserole dish and spread 1/2 the noodles in the bottom.

Cover noodles with 1/2 the cheese mixture, then 1/2 the meat mixture, then 1 more layer of noodles, then cheese mixture and then meat mixture.

Pour 2 Tbsp butter over top; press down slightly.

Bake at 375° for 1 hour to 1 hour 15 minute.

If drier casserole is desired, cook 15 minutes longer.




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