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ARIZONA

June-July 2026

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# The Country Register of Arizona

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## The Deadline for the August-Sept Issue is July 1st for Ads & Articles.

**Our feature articles will focus on Antiques, Collectibles and Vintage**

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## Index for June-July 2026

Special Events..... 3, 6, 9-11

Pine • Prescott • Prescott Valley • Verde Valley ..... 3

Globe-Miami • Tucson..... 4

Mesa • Scottsdale .....5, 7

Plain Country Ads ..... 6

Phoenix..... 7

Glendale .....7, 9

Carefree & Cave Creek..... 8

California..... 10-11

Oregon • Nevada..... 11

Services ..... 12

Fiber Arts, Yarn, Knitting & Needlework ..... 13

Professional Services ..... 14

Quilting, Sewing & Needlework Events ..... 15

Quilting, Sewing & Needlework..... 16-20

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## Traveling with Purpose

by Julie Pirtle

I have very fond memories of summer vacations. Looking back from a parent's perspective, it is very clear how much time and effort was spent by my parents to make our vacations fun. With that being said, my Dad was a "get there now with no frivolity" kind of guy. Me on the other hand? I wanted to stop and read historical markers and stop at every roadside wonder.

The saying "It's about the journey, not the destination" rings true with me. The journey can be just as much fun as the destination! Our country is rich with history and whimsy. Taking the time to experience it all adds such a layer of richness to a trip.

Share your route with your children and challenge them to come up with interesting (or crazy) stops they'd like to experience. Being part of the planning can give them ownership in the upcoming adventure. If you have no kids on board, challenge yourself!

Bring an empty tablet or journal and make daily entries. Include funny things that happened, places you visited and people you encountered. Encourage children to do the same.

If you are the kind of person that likes to document your trips with souvenirs, be sure to bring along a storage envelope. Make sure that it is large enough to hold brochures, maps, etc.

The journaling and souvenirs will come in very handy when it's time to make your photo album (whether it's scrapbooked or digital). It's so nice to have everything in one place and to also have written notes when it's time to create.

Be CURIOUS! Stop at the historical markers. They are there for a reason. Take in the information. Look at the scenery and imagine what it was like when history was taking place.

Have FUN! Unlike my Dad, my husband will stop to let me look at anything (bless his heart!). The last time we did this was for a Flintstone roadside attraction in Arizona. It had life size simulations of their cars.

On that same trip, we found ourselves standing on the corner in Winslow, Arizona. Of course, we had to take photo opportunities at both attractions! It still makes me smile whenever I see the pictures.

Don't RUSH! Enjoy the culture, people and geography. It's memory making time.

Packing items to make the trip more convenient is also important. Of course, ample supplies of water and weather appropriate items are a must. However, there are a few items that I always include when traveling. Hand sanitizer. A roll of paper towels for spills. Disinfectant spray for hotel rooms. Zip lock bags are great to have on hand for emergency ice packs or the shell collection you found on the beach. Chip clips for snack bags. Anything that will make life easier!

So, get on the road little doggie! Stop and look at that largest ball of string. Take a picture. Preserve the memory. You will be glad you did.

(P.S. Don't forget to strap Grandma to the top of the car before you head out. They do it in the movies, right?!?!?) We've got this vacation thing down. I know we do!

Julie Pirtle lives in Eagle Point, Oregon. She is a Professional Organizer and owner/operator of **Clutter Happens**. She also works with clients nationally through video consultations. The Clutter Challenged can reach her on Facebook: clutterhappens or email her directly: clutterhappens@yahoo.com



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A Cup of Tea  
with Lydia

by Lydia E. Harris

**Creating Beau-TEA-ful Floral Bouquets**

by Lydia E. Harris

"Your table looks lovely," my friend said as she admired the bouquet I had arranged for our teatime. My favorite part of serving tea is creating a lovely setting. If possible, I like to include fresh flowers on the table along with the pretty teacups, linens, and tasty tidbits. Whether tea parties are simple or sumptuous, fresh flowers create a fragrant and beau-TEA-ful welcome.

Would you like to try your hand at arranging a floral centerpiece? If so, here are some tips to get started.

**Quick and Easy Arrangements**

1. Select flowers and greenery from a local market or your garden. Choose mixed bouquets to complement your dishes and table linens for a spring garden feel. Or pick a single accent color for a more striking look. If possible, arrange the centerpiece the



day before so you can focus on preparing food on the party day. Set the bouquet in the coolest part of your home overnight so flowers won't open and wilt.

2. Use an upright vase that fans out at the top and allows flowers to spread naturally rather than stand at attention. A neutral or clear vase will complement rather than compete with the arrangement. Fill the vase about three-fourths full of water. Keep the flowers in water until you are ready to arrange them.

3. Arrange the flowers in your hand, adding one flower stem at a time until the head of the bouquet looks attractive and is the size you wish. Hold the bouquet next to the vase to determine the proper height. Then use a sharp knife rather than scissors to cut the stems diagonally to the correct length. Scissors pinch the stems shut so they cannot drink water. Remove the leaves below the water line to eliminate decay and to extend flower life.



4. Place the flowers in the vase and let them fan out. Then trim the stems of the outer flowers slightly shorter. Be sure the bouquet is low enough so guests can see one another across the table. For added color, tie a ribbon around the mouth of the vase to coordinate with the napkins. Add more water as needed and enjoy your lovely bouquet.

5. For a spur-of-the-moment tea time or when you do not have time to arrange flowers, simply float blossoms and leaves in a glass bowl. Flowers like camellias and hydrangeas work well for this.

**Creativi-TEA**

Glass vases or bowls aren't the only option to use for containers. Anything that holds water will work. To make a small bouquet for a card table, use a cup and saucer, a small cream pitcher or even a gravy boat.

For a larger table, consider a teapot. One of my favorite containers is a cracked floral teapot I bought at a rummage sale for a nickel. I place a small jar inside to hold water and arrange the bouquet so ivy trails over the sides to hide the crack. Select any container with personali-TEA.

Fresh flowers perk up not only your table but your guests as well. The welcoming beauty and fragrance of flowers cheerfully announce that "It's Time for Tea!"

To add a special touch, you could serve flowering tea at your teatime. (See Lydia's Idea File for more information.)

After teatime, I sometimes send the flowers home with guests so the beauty and fragrance of our time together can linger.



I'm ready to plan a beau-TEA-ful teatime. Won't you join me?

*Continued on next page...*

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Cup of Tea with Lydia, continued from previous page...

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

**Lydia's Idea File: Flowering Tea Balls**

April showers bring May flowers and sometimes they even bloom in teapots. You can purchase flowering tea balls to brew tea. The tea balls are made by hand-stitching tea leaves and flowers together in various shapes before drying them. When you brew a blooming tea ball in glass cups or teapots you can watch them unfurl before your eyes, creating delicious tea along with a beautiful display. Adding them to a menu is like serving champagne or caviar—it seems elegant and a bit extravagant.

Local tea merchants or tearooms may sell flowering teas. Or check the internet for other sources. Many can be found on Etsy, including organic ones. Flowering tea adds a special delight to teatimes. They also make popular gifts, especially for occasions like Mother's Day.



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*Building Harmony*  
**A Cold and Furry Night**

by Jeff Cappis

It was one of those stormy Friday nights. The rain was driving down and lightening was flashing constantly all around. Cathy and I were intrigued by the storm as the thunder rattled our house. Our dog Waldo didn't take it quite so easily though. He either tried to find a place to hide, (like behind a toilet) or huddled close to us when the thunder clapped. We had to keep an eye on him so he didn't piddle on the floor in fear. That was fine with him. He liked to stay close.

Later on that night Cathy grew tired and went to bed but I was still watching the storm. Something about these storms draws me to them. There is a smell to the rain and the sound of it driving down. The flash of light and eventual boom. Wow. I decided to step outside to experience it first hand.



There is a good spot for this just outside the garage door. The eves protected me (barely) from the rain and I got a good view of nature's fury. The trees on our property were whipping around with the wind. I was in awe. Then I heard the door close behind me and latch.

I was locked out. Drat. I considered ringing the doorbell but this would mean waking up Cathy. After careful consideration I looked for another option.

At least I was mostly protected under that eve for the moment and the show was spectacular.

Every time the forrest lit up I could see every leaf and every blade of grass for just an instant. Between lightening flashes the forrest was mostly dark, except for a small solar light some forty feet away.

Boom! Cool! Flash! Wow! Boom..... This was going on for a while when I noticed something out of the corner of my eye. Something moved in front of that solar light. It cast a silhouette towards me through the mist.

In the brief flashes of light I could see it was close to the ground with spiky wet fur violently shaking off water. Between the flashes it let out out a horrible howl. Then the forrest would go dark again.

Still I could tell through that faint shadow in the mist, that it was getting bigger, or closer. I was blinded by another lightening flash. Again, darkness and a sinister howl.

Now I could hear it panting. It even let out an occasional snort. I tried the door. Still locked. I dare not move or make a noise. Perhaps it hadn't seem me. With the rain driving down, the wind a few blinding flashes, the immediate booms and all that howling I was getting pretty unhinged.

Now I could smell what ever it was and it was rank and close by. There were noises all around and I wasn't sure what to trust.

Suddenly it leapt at me... knocking me to the ground hard. I could feel it's weight as it landed on me and even more: it's claws on my chest! It growled and howled. It drooled on my face as it came ever closer.

In the lightening flashes I could see it's spiked wet fur and it's teeth up close. It's breath stank. It gave out one last howl as I prepared to lose my entire face and then...It licked me.

Then it wagged it's tail. What? After a moment my heart settled down. Turns out Waldo had sneaked outside with me and got lost in the rain. He was wet, lost and scared but more than happy to find me. He tried to lick my entire face off. Things went from scary to just kinda gross.

The door stayed locked so we hung out under that eve and watched the storm. Waldo even started to enjoy it. He was soaked, but we had fun.

All of this made me wonder: Why do dogs smell when they get wet?  
 © Jeff Cappis 2026 jcappis@telus.net

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## Age Matters - Only if You're Counting

by Barbara Kalkis

I was feeling pretty perky about the country's 250th anniversary and even planning a family gathering until I had a conversation with a casual acquaintance. In a somber voice, he mentioned that he is old enough to remember our country's 200th anniversary. The thought of clearly remembering a major event 50 long years ago made him feel old. Realizing that I also fondly remembered 1976, my perky attitude died as quickly as a mosquito hit by a bug zapper.

Rather than dwell on how I've spent the last 50 years, I decided to consider age in a disciplined, logical manner. Difficult to do. After all, society is consumed by the ages of everyone we know and those we don't know but who are related to those we do know. We color our hair to hide the gray. We erase wrinkles with magic creams and medical procedures. We work out at fitness clubs with gusto and the determination of professional athletes. Health foods become meal staples. Conversations dwell on ways to stay healthy, what vitamins to take, how to maintain balance, how to be a 'super-ager;' avoiding unrefrigerated leftover foods that create toxic bacteria. (Cooked rice! Who knew???)

Taking a different approach, I took out a packet of 1976 quarters that I still have. Remember them? Yes, you may admit it. A colonial patriot is beating a drum; adjacent, 13 stars representing the colonies encircle a flaming torch. Below it are the immortal Latin words, "e pluribus unum," or "from many one," that beautiful concept of a diverse population united by love of country. The words, "United States of America...Quarter Dollar" circle the coin's edge. Every essential image packs just under 1-inch diameter.

Then I started to consider things older than I am. When in doubt, think about crafts. My first thought was that stitching things together had to have occurred on the final day in the Garden of Eden. On a more logical trend, I remembered spinning fibers and weaving linen into clothing and tanning animal skins into hats, coats, shoes happened in our earliest history. anonymous painters like the one of Lascaux, France's ancient caves, covered the walls with vivid likenesses of racing horses, deer and bulls.

In America, weaving, shaping bowls and grinding grain were mainstays of natives and, later, Pilgrims. Quilting was a mandatory job to make blankets. Children embroidered alphabet samplers with decorative stitches. Cooking was required to survive.

In the late 1800s, astute homemakers wrote books that elevated every housewife's tedious role into "craft". Suddenly, it wasn't just cooking anymore. Authors instructed readers how to design nutritious meals, sew clothing and decorative items. Most importantly, the books explained how to create budgets and manage household expenses under the title of "home economics."

With that history in mind, I feel better about age. As with all the anonymous people who lived in North America or came to it, building, creating, designing, inventing, painting, "making do" and doing what was necessary to make a home was the start of crafting. Folks just didn't know it then. Today we have the luxury of crafting for comfort, beauty and celebrating our imagination to make something beautiful or useful. Crafting is the heart of every national anniversary. It's not about numerical ages on a personal or even a national level. It's about ensuring that the age we live in and our own stage of life build on the past, celebrate the present and gift the future with new talents and new perspectives. Happy birthday, America! Here's cheers for the next 250 years!

©Barbara Kalkis, 2026. Barbara is a writer, teacher and marketing consultant. Her poetry book is *Little Ditties for Every Day: A Collection of Thoughts in Rhyme and Rhythm*. She believes happiness lies in not thinking about age - hers or anyone else's.



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## Taurus the Bull, Tea and Me

by Barbara Kalkis

I am not a believer in astrology or horoscopes, but I learned that some traits of my April birthday sign, Taurus the Bull, hit uncomfortably close to home. It is true that I am logical and goal oriented. I like to think I'm dependable, loyal and a hard worker, but sometimes stubborn and slow to accept change. (Finally! An excuse for why I've not remodeled my kitchen!). However, if I dwell too long on the longer list of a bull's "earth signs," I visualize myself on an 1800s farm, stolidly plowing a field or dragging a covered wagon from St. Joe, MO, to Sacramento, CA gold country. Not a pretty picture.

One source states that Taureans love good food and great meals. Right! Supposedly, we are great cooks. Wrong. Unless you want 10 different ways to make canned tuna fish. My favorite meals are those with easy-to-be-with friends. One such group is my cardmaking group. Every month we meet for breakfast in a cozy mom-and-pop café. My go-to breakfast there is two poached eggs, potatoes and rye toast with coffee. Yes, I know I'm supposed to be talking about the wonders of tea, but it's important to understand that there's always an exception to the rule. Part of it is a matter of taste. Somehow, coffee and eggs cooked in any style just go together in terms of flavors. The other part is that I've never really found a restaurant that makes good hot tea.

This insight occurred to me one morning as we gathered. We all ordered coffee, except for Denice. She had ordered tea. While we were drinking hot coffee, I observed that her tea bag was floating aimlessly around in her cup, like a goldfish in bowl. The water was just too cool for the tea's flavor and color to be released. That's when I reconfirmed my restaurant rule to drink coffee or iced tea "out" and hot tea "in."

My kitchen may be light on exotic herbs and spices, unless you count sea salt as "exotic," but I have a plethora of tea varieties, ranging from white tea to green tea to black tea to herbals, from fruited teas to florals and fermented brews. Coffee aficionados can rave about the merits of Columbian versus Ethiopian coffee beans, but those comparisons fade against tea. You cannot put a rose or chrysanthemum, ginger or peppermint in coffee unless it's the froth on top of a drink that isn't really coffee. If you have a cold, drink tea with lemon. An upset stomach? Tea with ginger. Stressed? Chamomile. Celebrating summer? Peach tea. Crave a standby at lunch? Jasmine works fine. Need a sweetener? Use honey. Tea easily adapts to flavors. Consider Genmaicha tea combines roasted rice with Matcha tea for a smoky, tasty exotic flavor. Try putting rice in coffee and see what that gets you.

Preparation time is an important difference between tea and coffee. Coffee is fast. Place coffee grounds in a pot or pop a packet in a coffee machine and in moments you have hot coffee. Tea takes time. Boil water. Place a tea bag or an infuser containing tea leaves into the pot. And wait. Wait until the tea diffuses the water with flavor. In shops, coffee drinkers expect their drink to be made and paid for in an instant. With tea, we know that good drinks take time. Tea slows the pace of life to a moment that lets us grapple with whatever emotion we are feeling. Somehow, tea makes everything manageable. Even learning that your astrology sign contrived to hit some of your personality traits right on target.

©Barbara Kalkis, 2026. Barbara loves writing, teaching communications, and consulting on high-tech topics. Her poetry book is Little Ditties for Every Day: A Collection of Thoughts in Rhyme and Rhythm. Contact her at BarbaraKalkis01@gmail.com.



## Life - to be Continued

by Wayne M. Bosman

Last year was a momentous and chaotic one for our little family with the passing of both my daughter and my mother, but life continues on. With spring's annual rebirth going on all around us comes an inspiration to see what life has in store for us in this new season of life. While I am still slowly opening my eyes and heart to the joy of life, Kerri has already started exploring hers.

For her, the place to start was to revisit things that she has enjoyed in the past. She has always loved local history and been an avid seamstress. She has spent the last few years teaching preschool to indulge her love of young children. A natural meeting point of these things fell into place for her this spring.

When we moved to the North Carolina coast a couple of years ago, a new local history opened up. Because life can be busy, we never had time to explore the history of the region. We had passed right by the History Museum of Carteret County many times, always vowing to stop in. We have time now. What we found was an opportunity for her to pursue three of her loves.

The museum started a program aimed at opening up fourth graders to how their area was settled and grew to what it is now. Kerri fit right in. Over the years she made a number of true to period dresses that she wore giving tours at historical sites. Most of them still fit, although some apparently shrank or something....

She augmented them with new dresses and aprons that she spent enjoyable evenings creating. One of her characters that she got to portray for the Museum program was a locally well-known woman who was a Civil War era spy for the Confederacy. Miss Emeline spent the war smuggling supplies to Confederate soldiers across Union lines.

Continued on page 14...

# The Importance of Dreams

Dreams are one of the longest standing mysteries in the universe. We can dream of things in our sleep or we can daydream of possibilities for our life. Whether night or day, I have come to believe that dreams hold a power in our lives beyond our realization. Here are two ideas why:

Some nighttime dreams are just an interesting conglomeration of things our minds are processing. However, I think we've all had a dream or two sometime that we just knew was more than a dream. One of mine came a few years ago. Whether you believe in Angels or not, I had a dream that something from Heaven told me to pray for my mother. When I asked why, I felt a reply of "Health" and it felt urgent. I asked my mother if she had been to the doctor lately. She showed me a spot where her dermatologist had frozen a mole off her arm with liquid nitrogen. I asked her to have it checked again. She knew I had dreams and feelings, so she went without question. The doctor who checked it scheduled emergency surgery to remove melanoma that had spread so deeply that it was within a hair's distance from her lymphatic system. I might still have my mom today because she and I trusted a dream.

As for daydreams, I have a theory that I would love for you to put to the test: When we daydream with a sense of appreciation and joy in our hearts, without any expectation, that dream goes out into the universe and it comes to us in extraordinary ways. Even small things apply. For instance, I thought to myself a couple of times, 'Wouldn't it be nice to have some soft pink peonies in my yard?' I even looked at them in the store, but with some big expenses that had come up, I just couldn't justify buying flowers. A week later, I was out for a walk and stumbled upon a large paper bag marked Free peonies. What are the chances of that? Peonies! I looked up and said, "Thank You."

Starting today, I invite you to trust your dreams: your sleeping dreams and your daydreams, big and small. Follow your instincts. Imagine the possibilities with gratefulness and joy. Allow your mind to wander and your heart to listen. You just might notice that your dreams aren't so fantastical after all. You might find that some dreams are truly whispers from your soul.

Shelby Kottemann is an author, teacher, and empathic reiki therapist. She created Loves Nature LLC to help others create heart-centered lives. You can reach her at [contact@inlovesnature.com](mailto:contact@inlovesnature.com). Visit her website at [www.inlovesnature.com](http://www.inlovesnature.com).



Emily Dickinson, was a very wise woman! Her connection with nature and virtues like Hope, take us to a more profound level beyond wishful thinking. Hope perseveres through trials and helps us maintain our moral integrity.

Hope is the combination of the desire for something and the expectation of receiving it. When Ms. Dickinson connects the concept with nature it gives us a visual and sensual experience. I can just hear that little sparrow singing a song about flying to her babes still within the shell of her eggs.

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*Jody*

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We have two giveaway winners from our last issue. We have another give away in this issue, so make sure you enter!

Jeannette Ip from Fremont, CA will receive a \$25 Gift Certificate to be spent at her favorite *Country Register* advertiser, **The Granary Quilt Shop** in Sunnyvale, CA.

*Threads of the Past* by Lanie Tiffenbach will be sent to Connie Howard of Bella Vista, CA. Connie picked up her copy of *The Country Register* at Blue Iris Quilt Shop in Palo Cedro, CA

We love hearing from our readers about how they enjoy *The Country Register* and use it to hunt for great finds, interesting items and special events. In this issue, there is another \$25 Gift Certificate giveaway so be sure to enter and tell us where you pick up the paper. Remember to take a copy with you when you travel in and around Arizona, California and Northern Nevada this Summer!





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## Back Porch Break

by Nancy Brummett

### Time for 'Yardening'

As we move into summer it's time to think about gardening again. Or is what you do really "yardening" instead? There's a difference, you know.

First, the wardrobe differs drastically. Gardeners wear floppy straw hats, sturdy pants with big pockets and loops for hanging tools, and clogs. Yardeners work in the yard wearing a hat from Disney World, cut-off blue jeans, and the tennis shoes they bought the year they graduated from high school.



Then there are the tools themselves. Gardeners have tools with matching handles. Each tool has a special function—and a special spot in the wooden gardener's bench at the end of the day. Yardeners are more likely to be out digging with an old serving spoon from the kitchen. They just toss it in the kids' sandbox once they have the petunias in the ground.

Gardeners have a master calendar for all their gardening tasks, such as dividing seedlings, rotating rose bushes, whatever it is Martha Stewart finds to fill up her calendar even in the dead of winter. They wouldn't even dream of pulling weeds unless it was on the schedule.

Yardeners, on the other hand, may lapse into their yardening tasks quite spontaneously. I once talked to a freelance artist who explained she had missed her deadline because she went out to get the mail and noticed a few weeds growing by the mailbox. Naturally, she stopped to pull them up, and four hours later she was still out in the yard pulling weeds. I understood completely. That's yardening at its best.

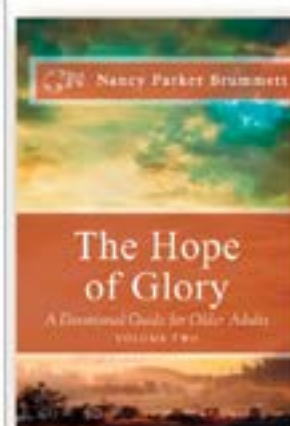
If you see people strolling their grounds, or setting up tents for a garden party, they are probably gardeners. Yardeners are more likely to be seen standing in their front yards on a Saturday morning drinking coffee, contemplating brown spots, and staring down the dandelions. The only grounds on their minds are the ones in the bottom of the coffee mug.

Of course gardeners don't have to deal with dandelions because, you guessed it—they don't have any. The anti-weed substance spread with their lawn fertilizer takes care of them. Yardeners, on the other hand, wield little spray bottles of environmentally friendly "Dandelion DOA," and pop each stubborn dandelion root up with an old screwdriver. (The screwdriver conveniently fits in the back pocket of the cut-off jeans and is equally useful for setting the choke on the lawn mower.)

The aesthetic results differ, too. Gardeners carefully coordinate the shades of green they combine in any given area of the landscape, and are careful to plant flowers which bloom sequentially, clustered in color groups of cool or hot tones. Yardeners, however, are happy whenever anything turns green, and they've been known to water weeds for weeks before realizing they weren't zinnias.

Gardener or yardener? Whichever you are, it's time to get out there. And remember, those dandelions grow while you sleep.

Nancy Parker Brummett is an author and freelance writer in Colorado Springs, CO. Follow her on Facebook, Instagram and Linked In or subscribe to her blog posts at [www.nancyparkerbrummett.com](http://www.nancyparkerbrummett.com).



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**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.*



**Silent Salute**

They are not scarlet poppies fluttering in the breezes as of long ago.

But, determinedly, gently, they are planted row on row.  
Nor do they fade as daybreak bows to dusk and twilight.  
No, they keep solemn watch throughout the bleakest star-less night.

These sentinels stand for those who can no longer speak or share

Tales of sacrifice, fear, determination, dedication and care  
To fight when country and duty called  
In any land around the world.

Yes, in red, white and blue the flag of our birth proudly waves  
Next to each name etched in the cold stone of a grave.  
Stay a while and remember. Give thanks to this silent multitude  
That cannot speak but earned the flag of honor and gratitude.

~Barbara Kalkis ©2025

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*Life, continued from page 8...*

The voluminous skirts of the era coupled with a lady's personal modesty gave her plenty of hiding places. Kerri stitched together a slip with pockets capable of holding a pair of boots, two pairs of pants, bandages, sewing articles and an entire ham without looking out of place. She put her hair up in a way common to the era and hid notes in her hair that she gave to the fourth graders during their field trips.

The children loved it all. Opening a window for them to a time when there was no internet, no television or even radio. Telephones were not yet invented, much less cell phones. Cars? No. Malls? No. For most families, a trip to town was a major undertaking to sell what they produced or to buy what they couldn't. Kerri would come home from the museum excited and enchanted by the questions the children asked, and how some children's eyes lit up when something caught their imagination.

Kerri, for her part, started sewing things by hand whenever she could, to try to make everything as true to life as possible. No more zippers, which weren't invented yet. Elastic, invented in 1820, was technically okay, but the likelihood of it being available here was small. Buttons, hooks and ties were the order of the day. Dyeing by hand was common, especially with indigo as a local cash crop. She hasn't tried that yet.

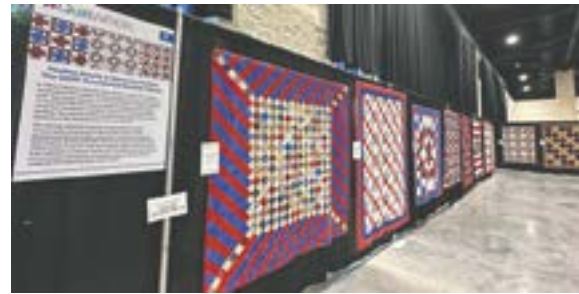
For Kerri, Spring has sprung. For me, the first tentative shoots are emerging from my fallow soil. I hear the birds more now, insistently calling out their springtime message. I look over my unfinished projects and actually finishing some! I look out at the ocean, waiting for the schools of fish to migrate through, following a rhythm that only they understand. I stay still, grateful that I have a life to be continued.

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



## America 250 Exhibit Tour - Quilts of Valor

The America 250 Exhibit made its debut at the American Quilter's Society QuiltWeek event in Daytona Beach, FL in February 2026. The exhibit features 25 quilts, including 12



new quilts showcased in the All Star Quilts of Valor: 2nd Edition book and 12 exclusive designs created with the Northcott/Quilts of Valor Foundation Semiquincentennial Quilt Panel. Together, these quilts represent a heartfelt, national "thank you" to those who have served.

This special traveling exhibit will continue its journey, appearing at all remaining AQS QuiltWeek shows across the country through 2026. Following its Paducah appearance in April, the exhibit will be showcased at the remaining stops nationwide:

- Grand Rapids, MI (August 19–22)
- Columbus, OH (September 23–26)

During each American Quilter's Society QuiltWeek event, the Quilts of Valor Foundation honors Service Members and Veterans by awarding them with Quilts of Valor—recognizing their service, sacrifice, and dedication to our nation.

To learn more about the Quilts of Valor Foundation, including how to nominate a Veteran, become a member, make a Quilt of Valor, or shop to support QOVF, visit: <https://www.qovf.org>

*Photo credits: Robin Koehler, Quilts of Valor Foundation Board Member.*



## What's July For???

Pox on the unjust tax on tea,  
 Fie on the ships that prowl the sea,  
 Nay to the soldiers that stalk the streets,  
 Muskets and marches do not frighten we  
 Who call this land our own country.

In Philadelphia colonies debate and bicker,  
 Forfeit their freedom or stand bravely with her?  
 One vote secures peace; the other means war.  
 What are the risks? Is it worth dying for?

In Boston town the decision's been made:  
 Prepare and wait for a signal to raid  
 The docked ship that holds the troublesome tea,  
 And dump it into the cold, dark sea.

In Philly, Jefferson drafts a declaration  
 Of liberty for an independent nation.  
 Each signature is an act of sedition.  
 There will be no turning back or words of contrition.

Signed, sealed and delivered on July four  
 The deed is done; the land will be at war.  
 With General Washington in the lead,  
 New Americans fight to the end, do not concede.

Three centuries later we clutch fragile peace,  
 Knowing we must ensure it does not cease.

~Barbara Kalkis, © 2025

## For the Love of Quilts: White Mountain Quilt Show Returns August 13 & 14 Pinetop, AZ

One of the White Mountains' most beloved creative traditions is returning this summer as the White Mountain Quilt Show: "For the Love of Quilts" opens its doors on August 13 & 14 from 9 a.m. to 4 p.m. at St. Mary's Parish, 1915 S. Penrod Lane in Pinetop, AZ.

Hosted by the local Card Tricks Quilters organization and community partners, the show celebrates the artistry, heritage and storytelling woven into every stitch. Visitors can expect a vibrant display of quilts ranging from traditional patterns to bold contemporary designs, each crafted by talented makers from across the region.

This year's theme is, *Happy Birthday USA*, highlighting the passion and dedication behind the craft and a patriotic theme. Organizers say the show is more than an exhibition – it's a gathering place for creativity, connection and inspiration. Attendees will enjoy:

- \* Over 100 quilts on display, showcasing local and regional talent
- \* Vendor Booths featuring fabrics, tools and handmade good
- \* Demonstrations for quilters of all experience levels
- \* Craft Boutique to start your holiday shopping early
- \* Raffle Quilt supporting veterans through Walking Down Ranch & Show Low Elks Charities.

A welcoming, family-friendly atmosphere that celebrates community and craftsmanship, admission is \$5 with proceeds supporting future quilting events and community arts efforts. Whether you're a seasoned quilter, a curious beginner or simply someone who appreciates beautiful handmade work, the White Mountain Quilt Show offers a colorful, uplifting experience for all ages.

If you're interested in submitting a quilt for the show, go to [www.cardtrickschapter.com](http://www.cardtrickschapter.com) for more information. Quilt entries are due by July 25th and membership is not required.

For more information or event updates, organizers encourage the community to follow local postings and spread the word. As always, the heart of the show is the people who come together – for the love of quilts, and for the love of community.

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Strawberry Patchers is a chapter of the Arizona Quilters Guild



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Quilt entries due by **July 24, 2026**—need not be a guild member to enter. Entry fee is **\$10.00**.

For more information  
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## Emergency!

We have family dinner every Wednesday and Sunday. Our Wednesday dinners are referred to as "Wacky World Wednesday" and we sample foods from different cultures and ethnicities, mostly from local restaurants. One of our family, an elderly man in his 80s, is always most excited about what we will eat, where we are ordering from and who is picking up the food. I generally hear from him by mid-afternoon on Wednesday. Until a few weeks ago.

I had not heard from him so I reached out via text. No response. I tried calling, several times, but he did not answer. Getting concerned, I decided to do a welfare check. I found him on the floor of his shower, unable to move. He had been there since late Tuesday afternoon, about 24 hours.

I called 911 immediately and he was transported to the hospital, a Level One Trauma Center. He suffered a traumatic spinal cord injury in his neck requiring emergency surgery. After 10 days in ICU, he was transferred to a rehabilitation hospital where he is working to restore pre-accident abilities.

His recovery is very slow going. I keep thinking this situation is reflective of things you read about, where individuals who have these types of injuries fight their way back to any sense of normalcy, relearning how to walk and do the things most of us take for granted. The family is still in a "wait and see" mode, hoping for the best and fearing the worst.

What does this have to do with my quilting and crafting? I've not been able to do much lately but have managed to carve out some spaces of time here and there. I completed some bibs and burp cloths for a daughter's friend having her first baby. I've done a bit of cross stitching. These spaces of creativity have given me the opportunity to think about something other than the challenges facing our family member and what this may mean for our family dynamic.

Ultimately, I am very grateful for the ability to do the things I used to take for granted. I can dress and feed myself. I can walk and drive my car, enjoying all the freedom that comes with those simple tasks. I can cut and sew fabric and embroider thread on cloth. I am very blessed indeed.

©Barbara Polston, April 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.

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**Scraps and Crafts, What Could be Better?**

by Deb Heatherly

Summer is a great time to pull out your scraps and put them to use! Scraps not only make great scrap quilts but fun crafts as well. Here are a few ideas for scrap projects to make with your grandchildren or other young people in your life. You can also donate scraps to a friend teaching a summer camp or to someone teaching crafts at Bible school.

For the youngest, cut a variety of colorful squares, rectangles and triangles from the scraps. Add paper, crayons or colored pencils, ribbon or twine and a glue stick, and you have everything you need! These items will be like paint to a young artists mind. As an added bonus you will be teaching about shapes. Small rectangles can be the petals and leaves for a flower. Triangles can be the sails of a boat. Small squares can be eyes and a rectangle can be a mouth on a funny face. The ideas are endless.

Older children, with a bit more patience, might enjoy using small snips in a collage. Tiny pieces can be glued to a drawing they create or use a coloring book page as the backdrop. Color the drawing or page first, then glue tiny bits of like colors on the page. Provide tweezers to help them carefully place the small bits and scissors for needed trimming. As a bonus, provide them with a small clear Christmas ornament in which they can place leftover bits. This ornament will memorialize a fun day.

Those old enough to use a rotary cutter and sewing machine (with supervision of course), are sure to love making the popular "hot dog" pillowcases. If you are not familiar with these, just google "hot dog pillowcase" for a tutorial. The term comes from the technique of rolling up the fabric and then pulling it out on one end. When I owned my quilt shop, this was always a favorite project for my kids club. They loved making them for themselves and as gifts. If you have an embroidery machine, let them personalize them! The look of fascination and delight as they watch the machine stitch out their name always made me smile.

Another favorite of my kids club was anything that lets them play with buttons. This mini flag is a perfect project to celebrate our country's 250th. You will need (1) 6 1/2" square of blue, (3) 1 1/2" x 7 1/2" and (2) 1 1/2" x 12 1/2" strips of red, (2) 1 1/2" x 7 1/2" and (2) 1 1/2" x 12 1/2" strips of white. Sew the 1 1/2" x 7 1/2" strips together and add to the right of the blue square. Sew the 12 1/2" strips together and add below. Sew on buttons in the blue square in any formation. (I added some white chenille on the white strips but that is optional). You can make this into a mini quilt or add a back to make it into a pillow.

Summer is for memories and nothing could be better than creating those memories with the younger generation. When you take the time to instill the love of creation, you do more than just use up a few scraps, you plant the seed of creativity that will last a lifetime. Who knows, the craft you teach today could be a craft they will pass on for generations to come.



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)

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**Giveaway Winners from April-May**

We have one giveaway winner from our last issue. We love giving away prizes! Melissa Faux of Sun City, AZ will receive a \$25 Gift Certificate to her favorite Country Register advertiser, **Arizona Quilts** in Surprise, AZ. Melissa said this is her favorite shop because, "They are always helpful and have a great selection of fabric."

We love to hear from our readers about how they enjoy *The Country Register* and use it to discover great finds and fun events. In this issue, there is another \$25 Gift Certificate giveaway and a book giveaway so be sure to enter and tell us where you pick up the newspaper.

Take a copy with you as you travel around Arizona visiting your favorite shops and finding new shops and events to explore!

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KISSed Quilts

## Celebrate Earth Day!

by Marlene Oddie

In celebration of Earth Day, I'm sharing two new designs with fabrics shipping June 2026 to a local quilt shop.

I revisited an old friend when using a new Lumin Fabrics/Island Batik collection – Fossil Finesse. I originally designed this 'jewels' quilt in 2009 for a wedding. The version was called Peacock Jewels. With this new collection I used two slightly different background whites so you can see uniquely bordered jewels but also see white stars. The jewel tones and motifs in this fabric collection felt perfect for this quilt pattern. I enjoyed custom quilting it to really show it off!



Earth's Essence is another Lumin Fabrics/Island Batik collection shipping soon. I used a fat quarter bundle of the collection to make this City



Windows pattern. It really maximizes the use of a fat quarter and shows off some of those larger print elements in the collection.

Ask at your local quilt shop that carries Island Batik fabrics for these fabrics and patterns.

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



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## IN THE GARDEN

We cut our kitchen garden right out of the center of our lawn & put a picket fence all the way around it. Here are some ideas for other gardens.

- Butterfly Garden
- White Garden
- Water Garden
- Herb Garden
- Knot Garden

- The Secret Garden
- Perennial Garden
- Wildflower Garden

- Potted Garden
- Cutting Garden
- Hummingbird Garden
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Find lots more about the garden in Susan's new Summer Book at [www.susanbranch.com](http://www.susanbranch.com) ~ Happy Spring! 'Tis the Season!