

The Country Register

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

August/September 2026

Vol. 26, No. 6



The FREE Specialty Publication
containing information about special shops, interesting
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Sew Happy Quilts n More

10 Years?! Where has time gone?



My mind wanders back, down memory lane, to where it all started....

I was working in Ontario at the time and had come home for the July long weekend. At breakfast, on my last day at home, my father sprang the surprise on me – there was a small fabric business in town that was potentially for sale. If he would buy it, would I come home and run it? Wow! That was beyond my wildest dreams, so I promptly gave a positive response. Almost 2 months later, I moved back to the home farm.

I had one crash-course day of training, and the keys were officially handed to us on September 1, 2016. Sink or swim, here we come! Whenever I would attend any quilt or shop-related event, I always felt like the spring chick; freshly hatched, soggy wet, and peeping hard. Everyone else was so much older, wiser, and more knowledgeable than me.

Three years into business, the unforgettable Covid experience hit us. Repeatedly I marvelled and was honoured at the support my customers provided. Such loyal, dedicated people! It's only because of them that we thrived and grew by leaps and bounds those years! Other shops said they suffered drastically during Covid. I could not relate – my customers kept me hopping, literally! We had no choice but to be creative in those days. Many were the times I stacked 5-10 bolts on my office chair and rolled it to the door for the customer to choose from. Other times a customer would let me know she was coming “just for a visit”. When she arrived, I would go out, and we could replenish our social tank in the great outdoors. Such memories!

And now we are nearing ten years! Incredible!

Looking back, I wonder how I ever survived. How did I do it? I have a number of people to thank for their support. First of all, my Lord and God. He strengthened me. My parents, who had to stand behind me after making such a large investment. A rep, who also became a mentor in my early days and beyond. And, of course, my customers. I learned so much from them! To this day, I still love learning from my customers! They are the best teachers around!

I would like to take this opportunity to again say THANK YOU! Without you, my loyal customers, I would not be here. Thank you for teaching me. Thank you for supporting me. Thank you for being more than customers – in many cases, we have become good friends.

Our 10th anniversary sale dates will be **October 1-3, 2026**. Plans for the sale? **Thursday, October 1**, will be the biggest day. In the morning, there will be a presentation on the Canadian line of interfacing and stabilizers (Behind the Seams), along with fabric reps from Northcott and Camelot, and a notions rep from H. A. Kidd. There will also be door prizes every hour, games to win additional prizes, storewide sales, homemade goodies, and more ideas still in the dreams. *This is an event you won't want to miss, so schedule it into your calendar today!*

Triple Brittle

This is Lareina's from Sew Happy Quilts n More favourite fall-time snack, but she says that it must be stored in an air-tight container or it goes stale very fast.

- 1 cup raw pumpkin seeds
- ¾ cup raw sunflower seeds
- ¼ cup sesame seeds
- 1 tsp vanilla
- 2 tsp cinnamon
- ½ tsp sea salt
- ⅓ cup maple syrup

Line a 9x13 pan with parchment paper. Combine everything and spoon onto pan, pressing 1/8" thick, slightly thinner in the middle than outside edges.

Bake at 325°F for 40 minutes. Remove from heat and cool completely. Break into pieces.

Arborg, MB



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10 ANNIVERSARY
Years Specials

Check out the
STOREWIDE SALES
October 1-3, 2026

Thursday, October 1

- presentation of Canadian interfacing and stabilizers (Behind the Seams)
- Northcott & Camelot fabric reps
- H. A. Kidd notions rep

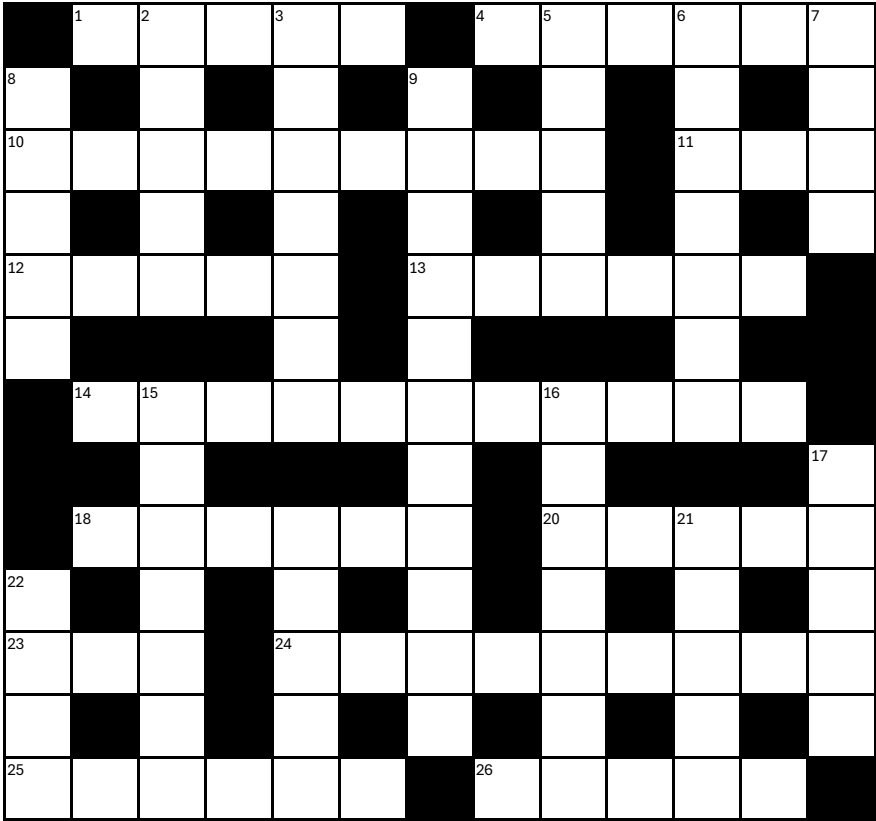
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Fleece
Longarm Quilting

Notions
Yarn
Zippers



Monday- Friday 9-5 Saturday 10-4. Closed Sundays and holidays.

CROSSWORD



ACROSS

- 1 Follow, as in advice (3,2)
- 4 Text format settings (6)
- 10 Certain subatomic particles
- 11 Gunk (3)
- 12 Frenzy (5)
- 13 Carnival (6)
- 14 Combining (11)
- 18 Act as a substitute (4,2)
- 20 Summoned via a PA system (5)
- 23 Beverley, to her friends (3)
- 24 Forces (9)
- 25 Ridiculous (6)
- 26 Secret supply (5)

DOWN

- 2 Unsoiled (5)
- 3 Appalling act (7)
- 5 Experience (5)
- 6 Become less dark (7)
- 7 'Scram!'(4)
- 8 Appears (5)
- 9 Formal meetings (11)
- 15 Indigenous inhabitants (7)
- 16 Laid out, as a book (7)
- 17 One who composes elaborate poetry
- 19 Daily news journal (5)
- 21 Young women (5)
- 22 Swedish pop phenomenon (4)

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WINNERS

Last issue’s winner of
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Stories of Yesteryear



Reader Submitted Stories

Just a Couple More Random Remembrances.. - By Sharon Atkinson

One thing that they had that few of us did back then - was a walk-in closet of sorts. It could be entered from the hallway and (I think) the kitchen entry room. They seemed able to store so much in that space. I always thought of it as being like Mr. Dressup's Tickle Trunk. They stored their coats, old wooden handmade toys, among other things. I remember two of those handmade toys in particular.

One was a wooden pull toy with a string and had thread spools for the wheels. The other was wooden pieces of different sizes in a box-like structure with a blank space. The pieces were marked as maybe a piano, couch, table, etc. And the object was to move different pieces of said furniture to another part of that room. How about Peter and Paul, where they would affix a small piece of paper to a particular finger on each hand? Come back, Peter, or come back, Paul. Fly away, Peter, or fly away, Paul. Amused us until we figured it out. A bit of sleight of hand going on there.

Actually, they stored their flour in a large metal barrel in Uncle Joe's bedroom. There was a piece of material down to the floor that covered up the barrel and the wooden top. On top of that barrel was an old oil lamp to be used when the power went out, and a snow globe with an RCMP officer seated on a horse.

BE CAREFUL WHAT YOU WISH FOR..

Our meals at home were simple. My mother, though, was a fairly good cook. BUT definitely not steak! I was told that **steak was supposed to be a special treat**. You couldn't even saw through the steak she put on our plates. She overcooked it, and it was probably from a cheaper cut of steak. I used to say that if this was what rich people ate, I hoped that I was never rich, as I would rather eat baloney. Be careful what you wish for! I didn't like steak until I was much older and realized what it was suppose to taste like.

FAMILY RECIPE

YORKSHIRE PUDDING - Gracie Tenant's recipe

3/4 cup sifted flour, 1/4 teaspoon salt, 1 cup of milk, 2 eggs

Put flour and salt in a bowl. Add enough milk to make like heavy cream. In another bowl beat eggs until thick, add remaining milk. Combine the two mixtures and beat until large bubbles appear on the surface. Let stand one hour. Put hot fat into pan or muffin tins. Pour in mixture. Bake 20 minutes at 425 degrees.

Have to admit that I use a package of Club House these days to make Yorkshire pudding.

GRANDMA'S COMFORT FOOD*...it was Auntie Doris, of course, who made it (my Mom made this too when we got cold after being outside). In a pan, put some canned tomatoes. On top of the tomatoes, place a layer of soda crackers, then some sliced raw onion. Salt and pepper. Heat up on stove on medium heat until the crackers get soggy. Ready to dig in! I think it works to do it in the oven too.

*Neither one of my grandmothers made cookies. Auntie Doris did all the cooking and baking. My maternal grandmother served bought cookies.

That other grandmother lived in a small second-floor apartment in Moose Jaw with my grandfather and originally two of my mother's brothers. Their electric stove had only two burners and no window in the door of the oven. Lived across from a small grocery store. It was like living in a tenement building, and the bathroom was shared with the other tenants on the floor! In many ways, it was such a contrast in lifestyles and personalities compared to my paternal grandparents' life on the farm.

Grandpa, tell me about the good old days. Sometimes it feels like the world's gone crazy. Grandpa take me back to yesterday

When the line between right and wrong didn't feel so hazy. Take me back into the past.....

The lines from that song always resonates with me.

That farm and that house, now abandoned and alone. The ravages of time have sadly changed it all. Poignant words from a song that always elicits a tear from me....

If I could just come in

I swear I won't take nothing but a memory...

FROM THE HOUSE THAT BUILT ME.

My journey back in time is almost done. I now mentally walk through each room of that old house. Reluctant to leave. Maybe I'm in search of a remnant of a memory or some reminder that I can take with me. But it is time to close the door. Close the gate to the little front yard and begin the journey back down that desolate country road, and head toward the highway and a place to wherever each of us now calls home.

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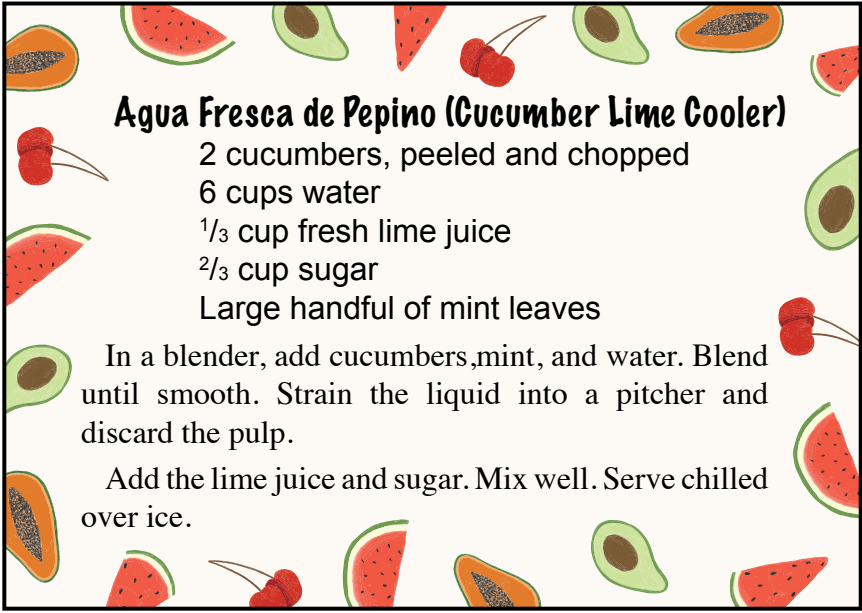
Prairie summers are a fleeting blessing—a handful of golden weeks when the sun lingers well into the evening and the gardens are growing, so it’s no wonder I want to spend every possible moment outdoors. After all, who wants to be trapped inside making pastry when there’s a sunset to catch or a lawn chair with your name on it?

On hot afternoons, I try to keep the heat out of the kitchen—the only thing that should be roasting is the sun! Charcuterie boards are my summer secret: the gouda standard for easy, crowd-pleasing food. Just pile up deli meats, cheeses, and garden veggies, and you’re set.

I am fortunate to have a couple of very large platters (although they’re a bit of a pain to store—seriously, does anyone have a cupboard tall enough?). On those, arrange thinly sliced deli meats and an assortment of cheeses—creamy brie, tangy goat’s cheese, aged cheddar, or Boursin. Fill in the gaps with crisp radishes, baby carrots, garden cherry tomatoes and sweet snap peas. Add bowls of pickled beans or beets, and scatter sprigs of fresh dill and basil for colour and aroma. My girlfriends are convinced that fruit deserves its own VIP section, so I always fill a separate platter with strawberries, blueberries, raspberries and grapes. I guess you could say my fruit platters are always the apple of everyone’s eye.

Don’t forget a selection of breads and crackers: crusty baguette slices, rye crisps, or even Ritz crackers (because sometimes nostalgia tastes best). If you have it—local honey, tart crabapple jelly (or garlic jelly if you’re feeling wild), and grainy prairie mustard (I like the one from Gravelbourg). The beauty of a charcuterie spread is that it encourages guests to graze, chat, and catch up, possibly while debating who gets the last piece of brie (always, my friend - Jody!), as the sun slowly sets.

I have an iced tea maker that I drag out each spring - our family is fond of real iced tea with a splash of homemade lemonade concentrate. Last summer, I had an abundance of cucumbers and made the following recipe several times. I confess, my husband was a little iffy on trying it the first time, but he loved it!



Agua Fresca de Pepino (Cucumber Lime Cooler)

2 cucumbers, peeled and chopped
6 cups water
1/3 cup fresh lime juice
2/3 cup sugar
Large handful of mint leaves

In a blender, add cucumbers, mint, and water. Blend until smooth. Strain the liquid into a pitcher and discard the pulp.

Add the lime juice and sugar. Mix well. Serve chilled over ice.

We are very fortunate to have a large yard with separate areas. In the back corner, we have a gazebo with seating, and that’s where we will have movie night. More than a decade ago, I requested a projector for my birthday. It’s time for an upgrade (technology and cord changes now make setup frustrating), but it is a highlight of our summer entertaining, or even nights when it’s just the two of us. By June, we have friends asking when the next

movie night is. This summer we have requests for *Mama Mia*, *Eurovision*, and *Return to Me*. We have had theme nights too - James Garner in *Pillow Talk* and the *Support Your Local Sheriff* movies was one theme.

The true spirit of summer entertaining is about simplicity and togetherness. On the prairies, summer may not last long—but the memories made around the table linger long after the days grow short again.

Smash Burger Tacos

This is a fun idea for supper as you can do fusion tacos too – ground pork with tzatziki, ground pork with an Asian salad and wasabi.

- 1 lb. lean ground beef
- 1 tsp Kosher salt
- ½ tsp black pepper
- 4 flour tortillas
- 1 cup cheddar cheese, shredded
- 1 cup shredded iceberg lettuce
- ¼ cup diced onion
- Mustard, ketchup, pickles



Season the ground beef with the salt and pepper and divide into 4 balls. Lay the tortillas out on a clean surface and place one beef ball on each. “Smash” each ball down with the bottom of a measuring cup until flat and covering the tortilla.

Heat a large non-stick frying pan over medium high heat. Place as many tacos that will fit in the pan without touching, beef side down. Cook undisturbed until beef is golden brown, 2-3 minutes.

Flip the taco, add cheese, and cook the other side another 1-2 minutes, until the tortilla is golden and beef is cooked through. Remove from heat and top with lettuce and onions. Add on your favourite burger toppings and fold in half like a taco.

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Weeding the Summer Garden - by Kerri Habben Bosman

I weeded our garden this summer morning before the swelter of the day snuck in. I worked beneath a nicely overcast sky, surrounded by a quiet breeze with the slightest hint of rain in it. I migrated from garden bed to garden bed, welcoming each arriving thought as I listened to the world breathe.

I talked to the tomatoes and smiled at the watermelon. I checked the cucumber plants, happy to see that more were growing after yesterday's harvest. I shook my head at the plethora of mint, swiping my hand across it to bring forth its aroma. I pondered the tiny purple flowers on the thyme. I transplanted seven pepper plants to a better spot, silently apologizing as I uprooted them. I secured them gently but firmly into their new place and watered them right away with a promise to come back soon.

My husband, Wayne, says it is an act of faith to plant a garden. Each winter as our seedlings sit in the front window, we eagerly await each new stage of their development. We plant dormant seeds with prayerful hopes, hoping that our care, their environment and uncontrolled circumstance will support their growth into the best plant they can be. We rejoice from the first tendrils to the last vegetable or flower when autumn is coming upon us. We clear out for the last months of the year and wait to start all over again.

Much of our summer garden began on a winter's day in January when I brought out all the seeds we'd saved from last year. Zinnias, marigolds, peppers and tomatoes. The beans, carrots, sugar snap peas we had to buy. And of course, I bought plants. Except for spoiling grandchildren, we are frugal. With Scottish and German backgrounds between us, we cannot escape it. However, putting me in a plant nursery in late April with a credit card is possibly more dangerous than sending a shopaholic to the mall. Thankfully, I have a lot of willpower, but often something beautiful and new to me simply jumps into my cart.

We bought our cucumber plants from our 16 year-old grandson, Hunter. He grew them in his high school horticulture class and then they had a plant sale. Cucumbers don't always grow well here at the coast. Because he planted the seeds and nurtured them, we especially wanted them to bear fruit. Even if it were just one cucumber, his efforts would be a success. We are grateful to be enjoying many a cucumber salad.

And, like I said at the beginning of this article, I plucked out the ever-tenacious "Pflanzeichwillnichtus." (This is my very own botanical name for a weed. It is a combination of German and Latin, meaning "plant that I do not want). Along the way, I made mental notes as to how the plants I do want are growing, deadheading as I go. I find a bit of irony in weeding, as I meticulously cull a concentrated area, I am also focusing on the entire garden. I feel the surrounding beauty and the grace of being alive. This creates a precious cohesion, an acceptance of all that is and all that is not.

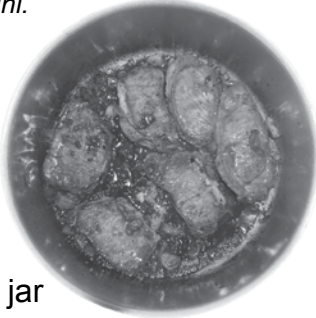
Our garden of life these last few years has been partially fertilized by loss and sorrow. They churned up the soil of who we are and these emotions are still breaking down into nutrients that will somehow serve us. Yet, through it all, we resettled our roots, trusting the journey in this strange soil, and we were given enough water and enough light to grow into a new season.

Now, I must go to check the transplanted peppers, smile at the cucumber plants and pause gratefully at the tender, tiny flowers of thyme.

Kerri Habben Bosman is a writer living in Cape Carteret, NC.

Pork Chops with Pepperoncini

You can also use your slow cooker for this recipe. You'll note that the pork chops aren't seasoned before browning – that's because of the pepperoncini liquid – we find that the vinegar gives enough salt to the recipe. Depending on your salt tolerance, you might want to go with the lower end of the pepperoncini vinegar. And, yes, this recipe can have a bit of a kick from the pepperoncini.



- 6 1" thick pork shops
- ¼ cup oil, divided
- 10 cloves garlic, whole
- 6-8 pepperoncini, chopped
- ¾ cup wine (or ¾ cup chicken broth)
- ¾ cup chicken broth
- ¼ to ½ cup vinegar from the pepperoncini jar
- ¼ cup parsley, minced

Heat a large Dutch oven over medium-high heat with 2 Tbsps of the oil. Pat the pork chops dry. Add the chops to the pan and sear until browned on both sides (about 3 minutes per side). Remove the chops to a plate and tent with foil.

Lower the pan heat to medium and add the garlic and remaining oil. Sauté until the garlic is golden.

Next, add the pepperoncini and stir. Add the wine, chicken broth, and vinegar, then turn the heat to high. Bring the sauce to a boil and reduce by a third, then turn the heat to low.

Place all the pork chops in the sauce. Cover, with the lid very slightly cracked, and let simmer for 1-1 ½ hours, or until the pork is very tender. Every 20-30 minutes, turn the chops over to achieve even cooking. Once cooked, stir in the parsley.

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Answer on Page 16

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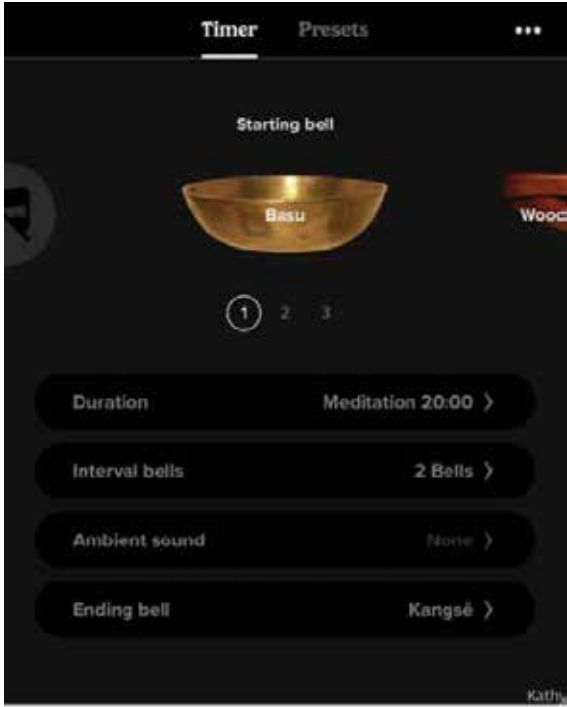


2 Minute Lift

TWO MINUTE READS TO FLIP OUR SCRIPT

BY: KATHY J. SOTAK

If You Give a Human a Pan



A snapshot into the Insight Timer phone app, which has been instrumental in developing my daily meditation practice.

We blinked and are now over halfway through the decade. This ten-year cycle began so painful and jolting that we don't want to mention it. I met a woman last week who referred to 2020 simply as "*The Pan*" and I love it. I'm going to adopt it because I've been wanting to eradicate the word "*pandemic*" from my vocabulary. Besides, the number 2020 deserves to retain a positive connotation. It means **clear vision**, after all.

At the start of *The Pan*, I spiraled deep into fear's trap. I became glued to the news, watching two red dots on the map explode into uncontrollable blobs overtaking land masses. It was more accurately a measure of fear uprising than case count rising. Erratic thoughts overtook my mind and body.

Then a miracle occurred. I didn't like the coursing sensations running through my body, so I made a choice: I turned off the news and went inward. Instead of opening the media I closed my eyes. I learned how to meditate.

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accountable to my new practice. After my meditation time completed, I read a passage in the book *A Course in Miracles* to take me deeper into stillness. Then one day, a nearby plant started talking to me. The next day, another plant. Some told stories of my ancestors, while others shared lessons from former pets, once-in-a-lifetime trips, or impactful friends. They spoke louder and louder, and eventually I had no choice but to write them down.

I began sharing these short stories on social media in a series entitled "*Plant Diaries*." Every few days, I would publish a new vignette inspired by one of my houseplants. There were over thirty in the series. (Yes, I have over that many houseplants!) Friends found it uplifting and encouraged me to keep going, which has led to this [2 Minute Lift](#) blog format. I'm grateful to have a faithful email following and am featured in print publications across the continent.

This regular practice has extracted and healed deep wounds such as old regret, resistance to what is, and lack of forgiveness. I've now given myself permission to live in a fuller expression of who I am. For example, I've dove into my innate gifts around healing with energy medicine. I gained the confidence to step onto this path and have trained in modalities such as Holy Fire Reiki® and shamanic medicine. I've trained as an end-of-life doula and started volunteering with a local hospice organization, which is something I've been wanting to do for over two decades. I'm not making a career change, rather I'm simply living more authentically, in the signature of who I really am. I'm prioritizing the life I want to live versus waiting for the distant "someday."

You can start to see how this is a sliver into my real-life version of *If You Give a Mouse a Cookie*.

Here's my official version of this classic story:

When *The Pan* floods you with fear, you decide to turn off the news and start meditating.

When you start meditating, you realize that you are safe. You were just feeling the external world, not yours.

When you realize you are safe, you have the courage to go deeper inside of you.

When you go deeper, you realize you've never gotten to know yourself.

When you embark on the quest to truly know yourself, you start seeing areas where you are not aligned to *You*.

When you start living in alignment to your own authenticity, life expands with a richer color palette. You switch off auto-pilot and become more present, because you are curious about what else you will discover.

When you become more present, you notice there is a lot of life to love.

When you start living from this place of love – you realize **fear was a required illusion**, with the goal of catalyzing you to make a choice to go inward.

When you go inward, you realize **this is where peace lives**.

Then, all you have to do is sit down and say hello.

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KISSed Quilts - by Marlene Oddie

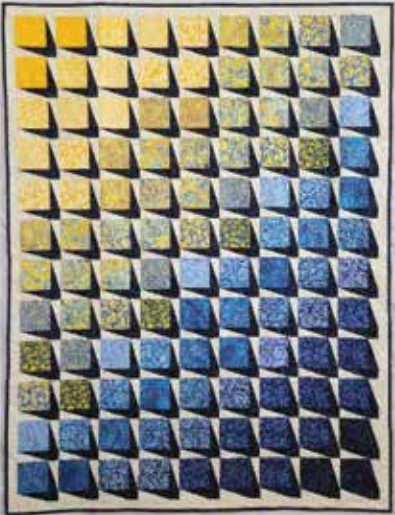
Take a Ride Into the Countryside

For over a decade I have been designing quilts with Island Batik fabrics. They are now a division of Lumin Fabrics and I'm honored that they asked if I'd put my name to one of the fabric collections designed by Jerry Khiev. I selected this beautiful blue and yellow collection – *Countryside Charm* – as my first Signature Collection.

Various values of blue and yellow create a pleasing palette that is just happy! The motifs are a variety of floral patterns, leaves and small petal shapes.

I've designed four primary patterns and a couple of them have bonus designs included.

Angled Shadows – you may recognize the block that I designed last year as part of our All Pacific Northwest Shop Hop event. This version of it doesn't include any sashings and has a consistent background throughout the quilt. This is easily constructed when using AnglePlay® templates for the half rectangle triangles. Having angled shadows is something new to our industry! Enjoy the 3-d effect.



Honeycomb – Used my newly designed Half Hexi template, that maximizes the use of a 10" square and can cut a half or whole hexi, the setting elements and corners, to make this quilt. The template has holes where the 1/4" intersections are to help facilitate marking your seam start and stop points. Bonus: Make a simple wallhanging with your favorite fabrics. This concept could be used with any collection.

Sintra Entrada – This one may be familiar, but looks quite different than one you might

have seen a few years ago. This is because I'm using a light medium value blue consistently for the vertical rectangle instead of a darker value. This may look difficult to construct but uses strata techniques to make it simple. This tile pattern can be found at the entrance of Sintra Palace in Portugal. I've chosen to color it quite differently.



Hearts-a-Bloom – Using the corner-to-corner technique you'll get bonus half square triangles. So I used them in a bonus design—*Windy Pinwheels*. You could also just make one block set and frame it as a wallhanging.



These fabrics, templates and patterns are shipping to your local quilt shop now. If you need patterns, templates, fabrics and/or kits—please ask!

Marlene Oddie, of Grand Coulee, WA, is an engineer by training, a project manager by profession, and a quilter by passion. At her quilt shop, *KISSed Quilts*, she quilts for hire on a Gammill Optimum Plus and especially enjoys designing quilts and helping create meaningful keepsakes. Fabrics, patterns, kits, and templates are available at kissedquilts.com. Follow Marlene's adventures on Facebook and Instagram.



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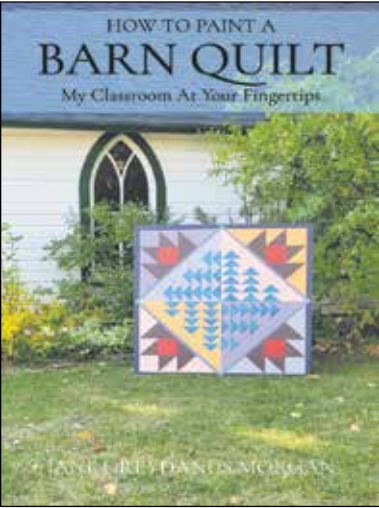


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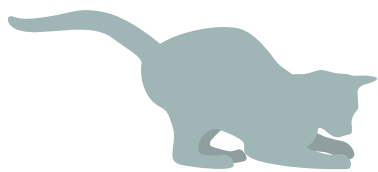


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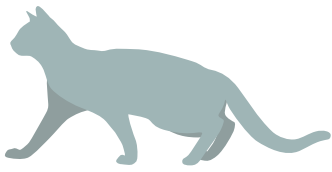
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Avoiding ‘Cat’-astrophe

- by Deb Heatherly



Let’s face it, cats are as drawn to quilting do-dads as much as we are. A game of bat the spool across the floor and under the furniture can keep the most curious feline amused for quite some time. Thimbles can be used for the same type of feline hockey game. Jelly roll strips can be dragged from room to room with the pride of capture in a game of ‘kill the snake,’ while expensive cat toys sit idle. If your fur babies are anything like mine, a simple cardboard box and a few dropped supplies create imaginative play and contentment like nothing else.

Which brings me to this true story.

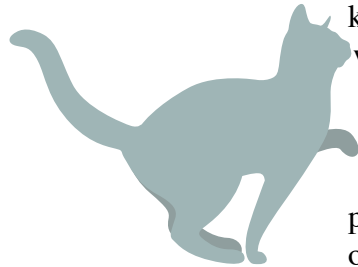
At my previous studio it became obvious that our Max loved fabric strips. So much so, that if I was working with strips, I got in the habit of giving him his own strip to play with. If I did not, he would wait until I was not looking, jump on the cutting table, and then drag my strips, one by one, up the stairs. They were always deposited near his toy box for “safe keeping” and easy to retrieve later, albeit a little worse for wear with teeth and claw marks.

Because I was used to his obsession, I thought nothing of his continued habit a few years later when we moved. Much to his delight, during this particular project, I cut an extra black strip just for him.

“Here you go,” I said to him. “A snake just for you.”

He happily grabbed my offering and began to carry it around. I swear I could see him smile.

For days he carried it up and down the steps. For some reason, this black strip held his attention longer than others ever had. The black strip was never left near his toybox, because he seemed to always be dragging it somewhere. Maybe deep down, because of the fabric color, his primaeval instincts had kicked in and to him it really was a snake. This went on for over a week.



Having gotten used to finding it on the steps, I simply stepped over it and left his toy where I knew he would find it a bit later. On this particular day, I was in the process of stepping over the strip, when much to my surprise, the

strip began to wiggle and move. I am sure I walked on air and gasped for air when I realized that this particular strip was indeed a black snake and not a strip at all.

“Snake! Come quick!” I called to my husband

He thought I was joking at first because he too had been stepping over Max’s pretend snake for days, but he soon realized that something in my tone needed further investigation. Minutes later a broom, a dustpan, and a bit of maneuvering to keep Max from grabbing this ‘strip that moved’ and the snake, who was probably as scared as I was, was safely taken out to the woods and released.

For days I wondered...had the snake just found its way inside or had I actually been stepping over what I thought was a black strip for several days? I am glad that I will never know for sure.

In the meantime, no more black strips for Max. Hot pink and neon orange seem like a much better choice from here on out.

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.

Inspiration

A great musician one day visited the celebrated painter Matisse at his home on the shores of the Mediterranean. He asked Matisse, “What is your inspiration?”

“I grow artichokes,” replied Matisse. “Every morning I go into the garden and watch these plants. I see the play of light and shade on the leaves, and I discover new combinations of colours and fantastic patterns. They inspire me. Then I go back into the studio and paint.”

Surely, if artichokes can provide inspiration for a great artist, the common things in life we so often overlook must hold much of inspiration for us.

- John H. Crowe

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Ann’s Lovin’ Ewe

57 Questions of Life

With the passing of a loved one, we lose generations of knowledge, thoughts, wisdom, and a resource of history. No more can we find the answers to our questions. That thought begs us to consider what words are important to leave behind. Thoughts about this were spurred after reading *The Frozen River*.

Author Ariel Lawhon claims she “collects” people for her novels. Ironically, she “collected” 1780’s midwife Martha Ballard at her OB-GYN when she picked up *Our Daily Bread* and read the August 1, 2008 devotional about an 18th Century midwife who had delivered over a thousand babies and never lost a mother.



You could record:

- Something your kids or grands said that day
- Something your kids did or learned that day
- Some wise advice they gave you
- Some wise advice you want to give them

Memories are important. Recently someone sent me a decade-old letter my grandfather had written in a November birthday card to his son, Abram. Since it was near Christmas, Grandpa wrote about Baby Jesus having swaddling clothes then compared it to when their family fled Russia and my grandmother had no diapers for their six-day-old infant Abram. But someone had donated a few shirts and so his young wife cut off the sleeves and turned them into diapers! This was a precious fact I added to my novel.

Then she discovered that Martha Ballard’s daily medical notations became a legacy and medical and historical record compiled and turned into a biography by Laurel Thatcher Ulrich on which Lawhon based *The Frozen River*.

So you see, Martha would be forgotten and her medical wisdom lost were it not for the fact that her words still have power.

- What about you?** What words do you need to record for future generations?
- Blank Book.** If you’re like me, you probably have a blank book like Martha’s just sitting around the house. Or you could pick up a pretty one for your nightstand. It’s not a diary, but a place to collect:
- Nightly thoughts
 - Favorite Bible verses
 - Beautiful quotes and sayings
 - Something you learned that day
 - A line from a book you read
 - Memories

OR you could record memories of your kids or grandkids. During Covid when I daily walked the eight-mile trail with my friend Barb, she told me funny and poignant stories of her grands. “I hope you’re recording these!” I’d tell her. I didn’t want the stories lost or forgotten because I knew her grands would one day appreciate the re-telling.

I only knew this fact because it was written in a letter and saved and passed down to me. Whether emails, letters, or journals, find a way to record and preserve memories.

I was blessed to interview my grandparents about their escape from Russia and the child they left behind. These memories became the novel *The Remnants: One Family’s Escape from Stalin’s Russia* which will be available in October 2026. Please go to my website at www.AnnMarieStewart.com to learn more.

Your Questions. To help with your *own* research, I have compiled a list of questions from AmericanAncestors.org and VisitingAngels.com that can help YOU prompt loved ones to tell you about their lives. Or use the questions to start recording for the generations who follow you. You can download the 57 questions off my website at AnnMarieStewart.com, then print and start writing, talking and listening.

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Ann Marie Stewart’s novel *THE REMNANTS: One Family’s Escape from Stalin’s Russia* comes out October 2026.

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Kim Caskey Tours

Colour Your World

When someone says, "Colour Your World," our minds often jump to fabric shops bursting with beautiful bolts of cotton or baskets overflowing with vibrant skeins of wool. As quilters and textile artists, we naturally gravitate toward colour. We study it, collect it, combine it, and sometimes even obsess over finding just the right shade!

But I've come to realize that the richest colours aren't always found in our sewing rooms. Sometimes they're discovered while standing on a windswept Irish cliff, wandering through an ancient village, or sharing stories with fellow travellers over a cup of tea.

Travel has a remarkable way of changing how we see colour.

Ireland is often described as "The Emerald Isle," but that barely scratches the surface. The brilliant greens of the countryside are only the beginning. There are the deep purples of the heather-covered hills, the golden glow of evening sunlight on centuries-old stone castles, the vivid reds and blues of cheerful village storefronts, and the ever-changing blues and greys of the Atlantic Ocean. Even on a misty day, Ireland seems to shimmer with subtle colour.

As textile artists, we notice these things differently. We see patterns in ancient stone walls, quilting designs hidden in Celtic carvings, the texture of weathered wood, and colour palettes reflected in wildflowers, stained glass, and historic tapestries. Inspiration seems to wait around every corner.

One of my favourite moments on every tour is watching fellow travellers begin to see the world through fresh eyes. Cameras come out. Sketchbooks fill with ideas. Conversations turn to fabric choices and future quilt projects. Inspiration becomes contagious.

Our 2027 Ireland Quilt & Textile Tour has been carefully designed to celebrate this creative spirit. We'll visit remarkable places like the Ros Tapestries, where Ireland's medieval history is brought to life through extraordinary needlework. We'll experience the heritage of Irish linen, explore traditional weaving at Avoca Handweavers, discover beautiful woollens and lace, and meet talented artisans who continue to keep these treasured crafts alive. Every stop offers new colours, textures, and stories waiting to find their way into your next quilt.

The beauty of travelling with fellow quilters is that everyone notices something different. One person falls in love with an unexpected colour combination, others photograph interesting architectural details, while someone else is inspired by a centuries-old embroidery technique. By the end of the journey, everyone returns home carrying a little piece of Ireland—not just in their suitcase, but in their creative heart.

I've often said that the quilts we make tell the story of our lives. Every fabric we choose reflects a memory, a place, or a moment that meant something to us. Travel simply adds new chapters to that story.

So, this season, I encourage you to colour your world in whatever way brings you joy. Visit a new quilt shop. Try a technique you've never attempted. Take a scenic drive. Explore a local museum. Or perhaps dream a little bigger and join a group of like-minded quilters on an unforgettable adventure.

You may discover that the most beautiful colours you'll ever bring home aren't tucked inside a shopping bag—they're the memories that inspire every stitch you make afterward.

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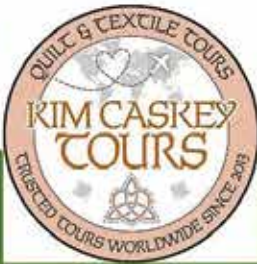
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The Inner Critic - by Shelby Kottemann

When you have a creative spirit, that never goes away. It follows you everywhere you go. Creativity and art are expressed not just through quilting and sewing but through the way we dress, how we express our thoughts in words, in the way we live our lives.

Children express their creativity best. With no filter and no abandon, they create and share with the world. I remember in my little girl days, I used to sit and draw for hours. Time disappeared, and I got lost in the moment. I learned the piano with curiosity and openness.

Then, in my teen years, a not-so-friendly voice came along. Suddenly, my second time practicing a song should have been perfect and those drawings had glaring flaws. That voice robbed my joy for creating and replaced it with pressure.

Though I'm ashamed to admit it, I don't create as much these days. In a way,

Saskatoon, SK

it's because I'm afraid of myself. Isn't that a funny concept? Well, I'm looking to change this, and it starts with a beginner's mind and the expectation that I will make mistakes. I'm practicing the act of telling myself, "I'm learning." or "I'm practicing." Along with it comes trusting myself that, if I can't fix a problem, I can turn any flaw into something even more beautiful. I'm creative after all.

Putting this all to practice, I recently made a needle book. I fell a half-inch short on my outer piece of fabric- no room for the seam! Well, I used pinking shears on that edge and hand stitched embroidery across the line where the seam would have been, turning a mistake into an opportunity for beauty and detail. My project turned out even better for it. I'm learning that, in all the pressure I was applying to myself over little things, I was missing out on so many opportunities to be the creative spirit that I am and allow my wings to soar. I'm doing much more of that now! If you've ever felt some of these same things, fly with me.

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. Visit her website at www.inlovesnature.com.

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Reader Submitted Recipes

Sweet & Sour Zucchini

Mary R., Tisdale, SK

Serve as a vegetable or salad

- 1½ tablespoon chopped onion
- 1 cup white vinegar
- ½ chopped green pepper if desired
- ½ cup diced celery
- 7 small zucchini sliced thin 1/8 to ¼ inch
- ½ to ¾ cup liquid honey
- 1 teaspoon black pepper
- 1/3 cup salad oil
- 1 teaspoon salt

Combine all ingredients in large container. Cover & refrigerate overnight. You can drain and serve chilled or room temperature. I used a pierced spoon & took out what I wanted & if not all eaten put it back into the brine. Kept well.

Makes 2 quarts

Baked Sticky Rhubarb Pudding

Marilyn K., Moosomin, SK

Prep Time: 15 minutes, Cooking Time: 40 minutes, Total Time: 55 minutes

For the Rhubarb Base:

- 2 cups rhubarb, chopped
- ¼ cup brown sugar
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract

For the Sticky Sauce:

- ¾ cup boiling water
- 1/3 cup brown sugar
- 2 tablespoons butter

For the Pudding Batter:

- 1 cup all-purpose flour
- ½ cup brown sugar
- 1 ½ teaspoons baking powder
- ¼ teaspoon salt
- ½ cup milk
- ¼ cup unsalted butter, melted
- 1 egg
- 1 teaspoon vanilla extract

Directions: Preheat oven to 350°F (175°C). Grease an 8” baking dish. (Marilyn mentions that she uses a bigger casserole dish).

Toss rhubarb with brown sugar, lemon juice and vanilla. Spread evenly in the bottom of the dish.

In a mixing bowl, whisk together flour, brown sugar, baking powder, and salt. In a separate bowl, mix milk, melted butter, egg, and vanilla.

Add wet ingredients to dry and stir until just combined. Pour batter over the rhubarb.

In a heatproof bowl or measuring cup, mix boiling water, brown sugar and butter for the sauce. Carefully pour over the batter without stirring.

Bake for 35-40 minutes, or until golden and set on top. The sauce will sink and thicken underneath.

Let cool slightly before serving. Best enjoyed warm with cream or vanilla ice cream.

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Uber Entrepreneurs Really Are the “Ultimate”

- by Barbara Kalkis

We all know about Entrepreneurs. They’re business stars who start a company in some random space, like a garage, basement or living room. Their idea takes hold, so they rent/lease/buy a building and grow their customer base until they are a household name, then a global brand. Next, they “graduate” from entrepreneur to multi-millionaire status and get invited to newsworthy parties, award ceremonies and weddings in far-off places that the rest of us must book at least 12 months in advance with a stiff reservation fee. I wonder how those entrepreneurs have time to jet around the world to fun events. Perhaps they don’t have to work the typical 40 hours a week because they have people to do their day-to-day tasks.

I never really thought much about the mechanics of becoming a global entrepreneur and a jetsetter until I visited my sister who lives in a small town. One day, while she attended a meeting, I set off down the main street to explore and shop for souvenirs. After two blocks, it hit me! There was not one national name-brand above any doorway. It was a mirror image of the small town we had grown up in.

The street was dotted with restaurants, cafes and diverse shops whose owners had a long local heritage or distant homeland. The Four Hands Bakery derived its name from the baker (wife) and her husband (employee). The jeweler inherited the business. The candy shop chocolates and flavored popcorn treats were produced by area independent businesses.

All those places were fun to pop into and browse around, but it was a tent sign on the sidewalk that stopped me. One side said, “Shopping Counts as Cardio, Right?” The other side proclaimed, “When You’re Broke But You Strongly Support Treating Yourself.” The messages were humorous, but there was a kind of self-acknowledgement that opening a gift shop was an act of bravery. Or lunacy. Of course, I went in!

The shop nearly sang with unique eclectic, **handmade** quilted, knitted, embroidered, woven, sewn, painted, carved, metal-worked, brewed and some batch-manufactured items randomly placed, luring the visitor from display to display. Three times around the shop and chatting with the owner, it dawned on me. This wasn’t just a store. The owner isn’t just a businesswoman. She is an Uber Entrepreneur. In fact, the entire street was the product of people who are Uber Entrepreneurs.

Uber Entrepreneurs are not folks who introduce a new app or program or widget that can blast water faster than a fire hydrant, roast a chicken in minutes or make you healthy by eating specialty foods that you would never eat when your mother cooked them and there’s no way you’re starting now.

Lots of people may have the entrepreneurial gene. But Uber Entrepreneurs are the ultimate. They take the chance to do what they love. They accept challenges. They create a business and own every aspect of it. They’re the ones who work behind the table at craft shows. They are the ones who seek out other Uber Entrepreneurs intently making things for pure enjoyment and the feeling of doing something different, beautiful, startling, strange, humorous or thought-provoking. They’re the ones who focus their energy on creativity. Money is not the top priority. It can’t be. Their ventures are too risky!

Every time we step into an independently owned shop or visit a church craft show or attend an art festival, we become part of their adventure. We understand that creating something unique isn’t a business. It’s a true calling, wrapped in the spirit of courage.

©Barbara Kalkis, 2026. Barbara is an entrepreneur with her own business and book, **Little Ditties for Every Day: A Collection of Thoughts in Rhyme and Rhythm**. But she’s no match for Uber Entrepreneurs! Write her at BarbaraKalkis01@gmail.com.

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Answer to Crossword puzzle on Page 3

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

Answer to Suduko puzzle on Page 8

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

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Hardy Yarrow for Prairie Gardens

Yarrow (*Achillea millefolium*) is a resilient and versatile perennial that has proven itself to be an exceptional choice for gardeners in Saskatchewan and Manitoba. Adapted to the challenging climates of these Canadian Prairie provinces, yarrow offers both beauty and practical benefits, making it a staple in native and ornamental gardens alike.

One of the primary reasons yarrow thrives in Saskatchewan and Manitoba is its remarkable cold hardiness. Able to withstand harsh winters and periods of drought, yarrow is well suited for zones 2 and 3, which encompass much of the region. Its drought tolerance makes it ideal for low-maintenance gardening and xeriscaping, where water conservation is important. Yarrow's adaptability to a wide range of soil types, including poor and sandy soils, further enhances its suitability for Prairie gardens.

Yarrow's colourful blooms are another reason for its popularity. The plant produces flat-topped clusters of tiny flowers atop slender, upright stems. While the native species features white or pale pink flowers, cultivated varieties come in a spectrum of vibrant hues, including yellow, gold, red, pink, and lavender. These blossoms attract pollinators such as butterflies and bees, supporting local ecosystems throughout the growing season.

In addition to its ornamental value, yarrow has a rich history of traditional use. Indigenous peoples and early settlers valued it for its medicinal properties, using it to treat wounds, fevers, and digestive ailments. Its common name, "soldier's woundwort," reflects its reputation for staunching bleeding. Today, yarrow is still appreciated by herbalists for its anti-inflammatory and astringent qualities, although it should be used with caution and proper knowledge.

For the best aesthetic effect, yarrow is often planted in drifts or clusters, where its feathery, fern-like foliage and vibrant flower heads can create a naturalistic, meadow-like appearance. It pairs beautifully with other drought-tolerant perennials and grasses, such as coneflowers and ornamental fescues. Yarrow's upright habit and long-lasting blooms also make it a favourite for cutting gardens and dried floral arrangements.

Overall, yarrow's adaptability, colourful palette, traditional uses, and visual appeal make it a standout choice for gardeners in Saskatchewan and Manitoba seeking a low-maintenance yet striking perennial.



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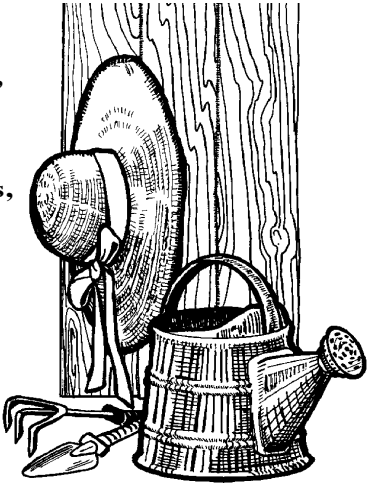
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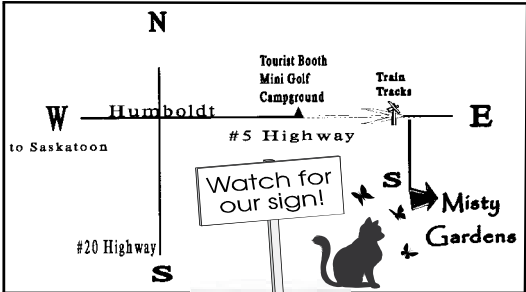
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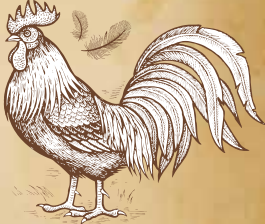


Humble Life Acres

Inspired by Nature, Gratitude & Living in the Moment

By: RESHA & TIM from HUMBLE LIFE ACRES

The Fox Family and Hen House



Most people assume a fox living beside a chicken coop is a disaster waiting to happen. After all, foxes and hens have been cast as natural enemies for generations. But what happens when a fox quietly takes up residence, and the expected chaos never arrives? The story of a fox and a henhouse isn't always one of conflict. Sometimes, it's a lesson in coexistence, curiosity, and the surprising balance that exists in nature when we take the time to observe and allow. It is a delicate harmony that can exist between wildlife and the places we call home.

What most do not realize is that the fox mom is looking for a safe home to start her family. As more land is transformed into managed landscapes, there are less places for nature creatures to seek refuge. To just be. To exist and to thrive. Sadly, there is a mindset that the threat of wildlife on the land results in taking that life without regard. Sure, it is somewhat of a threat. But, since when did things get to the point that the belief that every wild animal must be eliminated simply because it exists nearby? More of that mindset has become the normal, to where we are without understanding, even eliminating nature's medicine cabinet. When our first response is to eradicate rather than understand, we risk disrupting the delicate balance of entire ecosystems. The animals we fear, the plants we call weeds, and the medicinal herbs we overlook all play a role in supporting biodiversity, pollinators, soil health, and the interconnected web of life.



By taking extra precautions, such as securing a chicken coop with adding a second layer of heavy-gauge wiring and lighting to mitigate threats within our control. That is when you can have foxes living right beside a chicken coop. Confidence through observation that the environment will be successful for both. For years, we have solar predator lights around the chicken coop, which have worked great, until this year. How solar predator lights work is that they are two red flashing lights that mimic the eyes of larger and night predators. What I didn't realize is that they may have failed, but they work in a different way, which was to protect the fox and her six beautiful kits from other predators.

Observation is one of the most valuable tools for living cohesively with wildlife. By paying attention to animal behaviour, seasonal patterns, and the rhythms of the natural world, we can better understand how to share space in ways that benefit both humans and wildlife. Observation replaces assumptions with knowledge. Fear with understanding. This is how we have two large dogs, a fox family, and chickens in the run, all living cohesively, respectfully and in harmony together.

We noticed that over a period of time, the mom fox would move the kits, which she did to a nearby culvert. We believe that due to the threat of nearby predators like coyotes, she has moved them back into the safety of our space. Sadly, there are four kits from the original six left.

In the early mornings, we observe her time with the kits. They are so happy to be with their mom, playful and carefree. The connection between mom and her kits is one of love and deep adoration. In the evenings, we have observed her sitting by herself and taking a moment to watch the sunset. Perhaps getting some much-needed peaceful time after being away for most of the day, hunting for food on a consistent basis.



This has been an amazing and honouring experience. We were able to keep close observation while keeping a respectful distance with the use of security cameras. It is unbelievable when you have a fox family in the camera view, and behind them are chickens roaming around in the run. The foxes do not care at all what the chickens are doing. They are there because it is a safe place to be, which happens to be on five acres of land, surrounded by thousands of acres of cultivated land.

Our journey started when we moved from city life to country life five years ago. When we arrived, the land was very disrespected. In our first year, we hauled 60 cubic yards of garbage off the land. There were no birds, wildlife or signs of life. With love and respect of the land. With care and determination. By revitalizing and with conservation efforts. We now have hundreds of species of birds that nest. Wildlife, including species at risk that seek refuge on our five acres.

Rooted in nature and committed to preservation. Our connection to the earth runs deep. Respect for the land, we advocate for responsible land stewardship, conservation and the protection of wild habitats. The importance of land stewardship is a responsibility for us all that walk the earth.

Stay tuned for our documented video journey with the Fox Family.
Much love,
Resha & Tim ~ Humble Life Acres

Word Find

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

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Cooking With The Oldies: My Special Moment Missed - by Barbara Floyd

A long time friend was coming in Mid-May for a visit and asked if I would mind having a "tea" so she could see mutual friends from years back. Of course this put me in the entertaining mode and I was delighted to invite the guests, plan the menu and set the stage for a fun spring and hopefully sunny afternoon on the patio. Plans were moving right along and I started baking some goodies, getting the kitchen rather messy, when the Monday prior to the event the flu bug hit hard. It rendered me rather helpless and down for two days but by Wednesday I was back up for short times trying to mark one more thing off of my to do list. I gave in to buying the flavored iced teas and lemonades all prepared and saved lots of mess and time. The drinks would be served out of a collection of glass pitchers making them look rather special. To the plain lemonade sprigs of fresh crushed basil were added for flavor. Coffee and hot tea were on the menu but with the heat I figured there would be few takers. The lemon curd for the scones was purchased as was the rhubarb jam.

By Friday it felt good to have the yard clean up crew here cleaning the patio and front entry and driveway. By late that afternoon it felt even better having a cleaning lady come and clean up my messy kitchen. There was no way I was going to make it all happen if those jobs were mine and they usually are. By Saturday I was just happy to go get more groceries, run a few errands and made the egg salad from pre-boiled and peeled eggs from Costco. I always wondered who bought those...well this was a good way to save more time. They tasted fine with lots of sweet finely diced sweet pickles, pickle juice, mustard, fresh dill finely chopped, chives and salt and pepper. The Devonshire Cream could be made that day and consisted of heavy cream whipped stiff with vanilla and powdered sugar added along with dollops of cream cheese beat in but not enough to make it smooth. All of this was familiar and learned back in the days when our family had tea rooms. This day before the event was the day when the cloth napkins and rings for them were gathered, serving platters made ready, tablecloths and tables gotten out.

A cardboard box was arranged under the white tablecloth for some height to display food on and was covered by a hand crocheted tablecloth of my mothers. It went well with the vintage glass sandwich plates I had collected in Walla Walla last summer. The matching cups were used for fresh fruit brought by one of the guests.

When the doorbell rang and the first guests arrived I rushed to put on a tea apron that has hung in my tablecloth closet for years...maybe over 20! It was to be my big moment of looking very proper. It has two tea cups embroidered on it and is very white fine cotton, so unlike me! After the party was over, a couple close friends lingered and one of them asked me about my apron. She was wondering what the other side of the apron looked like. Much to my dismay I looked down to see the back side of the apron, the knots from the embroidery. My big moment and grand entrance had not been so grand after all. As you may have guessed, I rarely use an apron but you can be sure if I ever have another tea event I will check which way I put the apron on!



Barbara Floyd, Founder of The Country Register

Airplane pioneers Wilbur and Orville Wright, a taciturn duo, hated to make speeches. Once at a luncheon, they were scheduled to speak before a group of inventors. The toastmaster called on Wilbur.

"There must be some mistake," stammered Wilbur.
"Orville is the one who does the talking."

The toastmaster turned to Orville. The latter stood up and said. "Wilbur just made the speech."



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**Charcuterie
Bread Dip**

*No real recipe, but ingredients.
Measure as your heart guides
you. I had friends who popped in
after work one day and ended up
staying to sample this. It was a hit!*

- Olive oil
- Balsamic vinegar
- Cubes of cheese (I used
cheddar and a herb & garlic)
- Stuffed olives (pimento,
garlic, etc.)
- Cubed and chopped salami
(I used garlic/parmesan
salami which I cubed, and
a regular salami which I cut
into matchsticks)
- Grated parmesan
- Chopped pepperoncini
- Baguette or crackers

Place a generous amount of
olive oil and balsamic vinegar
in the bottom of a rimmed dish.
Add remaining ingredients
and stir. Serve with bread or
crackers.

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Pieces From My Heart

by Jan Keller

Summertime Taste Sensations

It was a dream come true when my husband and I traveled to New Zealand many years ago. After our very long flight, we boarded a cruise ship and visited many towns on both the north and south islands. We found the country to be as beautiful as we had imagined and the New Zealanders were exceedingly friendly.

We enjoyed all of our shore excursions, but I was especially excited to sign up for a visit to a sheep ranch which included lunch with the family who owned the ranch. In addition to getting to watch the trained shepherd herd the sheep, I was eager to get to visit and see inside of a typical home—and taste a New Zealand home-cooked meal.

New Zealand seemed like a perfect place to live. The weather was wonderful and reportedly moderate year around. One very surprising feature was that homes don't require screen doors. There's no need. They don't have bugs or flies. In warm weather they simply leave their doors and windows wide open. As an added bonus, they also don't have snakes.

Our visit was in January, but because the seasons are reversed, we were delighted by the summertime taste sensations our hostess served picnic-style in their backyard. Along with a variety of barbecued meat offerings, the menu included a couple of simple salads that combined ingredients I never realized could be so complimentary. I am sharing these recipes because they were simply sensational—and perfect for serving at any backyard gathering!

WATERMELON, CUCUMBER & ONION SALAD

Watermelon, cut in chunks	Cucumbers, sliced
Sweet Onion, thinly sliced	2 Tablespoons Salad Oil
2 Tablespoons White Vinegar	1 Tablespoon Brown Sugar
2 Tablespoons Mint, chopped	1/4 cup White Wine

This recipe as given to me did not indicate amounts for the watermelon, cucumbers or onion—but don't worry about it because the recipe is flexible. The watermelon is primary, cucumber is secondary, and onion is complimentary. Play with the amounts as you prepare and combine them.

The remaining ingredients should be mixed together, poured over the salad and tossed. The dressing is adequate for a medium-sized salad.

STRAWBERRY & MUSHROOM SALAD

Fresh Strawberries, sliced	Fresh Mushrooms, sliced
French Salad Dressing of choice	1-2 Tablespoons Mint, chopped
Fresh Lemon Juice	Sour Cream

Again, this recipe is flexible. Simply slice the strawberries and mushrooms into a bowl. Mix together the French dressing, mint, lemon juice and sour cream according to taste and toss together with the strawberries and mushrooms.

©2026 Jan Keller No reprint without permission Jan shares other pieces of her life in her books, *Pieces From My Crazy Quilt*, and *The Tie That Binds* These books can be ordered by calling 719-866-8570, or writing: Black Sheep Books, 11250 Glen Canyon Drive, Peyton, CO 80831

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Habits

An old story tells of a father who, in guiding his son, told him to drive a nail into a post every time he did an evil thing, and to withdraw one nail each time he did a good act. The son did so but regretted that he could not pull out the nail holes. So with the record of every life, we may amend, change our program, turn over a new leaf - but some flaws remain. Habits long continued become hard to break. The nail holes stay, and they remind us of bad decisions.



Law Matters

with Ruth Pradzynski

A LEGAL COLUMN



Should I Add a Family Member to My Title?

Why would you add a family member?

Frequently, people ask lawyers to add one or more of their children to the title of their property as Joint Tenants for estate planning purposes. Property held in joint tenancy passes directly to the surviving joint tenant upon death, without having to go through probate.

What are the benefits of Joint Tenancy?

Joint tenancy means that when you die, the property goes directly into the name of the surviving joint tenant without having to pass through probate. This can save both time and costs to the estate.

What are the risks of Joint Tenancy?

In Saskatchewan, the intention of the transferor (the person transferring the property) must be made clear. Otherwise, this can create significant problems.

You may simply be adding your child to the title to help facilitate your estate planning. However, the

child may view the transfer as a gift of your property. "Mom gave the whole property to me." This may become their attitude, even though your intention was that the property be divided equally among all of your children after your death.

The transfer is a complete transfer of an ownership interest. You will no longer be able to sell or mortgage the property without the consent of the new co-owner.

If your relationship with your child later becomes strained, you cannot force them to transfer the property back to you. As a result, you lose control over your property.

If your child has financial problems or debts, adding them to the title could result in liens or claims being registered against your property by their creditors.

Adding children to title may also have tax consequences, which should be carefully reviewed with your tax advisor before making any changes.

What can I do to lessen the risks of Joint Tenancy?

The key issue in joint tenancy is the intention of the transferor.

Ideally, the transfer of title should be accompanied by either a Trust Agreement or a Gift Agreement that clearly documents the transferor's intention.

Without this documentation, once the transferor dies, disputes over what their true intentions were can become complicated, leading to costly court battles and, in many cases, a broken family.

Ruth Pradzynski is a lawyer with A.R.E. Law in Regina, Saskatchewan.

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I Much Prefer Quilts Over Quills

Growing up on the farm sometimes comes in handy once you move to an urban centre. We are in a small community that butts up against another small community, and both are only a short drive from a major city. Our lot is quite large at half an acre, and we live right across the road from some large acreages and not far away from a creek bed and the bald prairie. So it is not surprising for us to see and/or hear animals that are usually considered part of rural life.

We have more than a few families of squirrels that love to feed from our bird feeders. We hung the main bird feeder just outside of our bedroom window so the cats and us (mostly the cats) could lie in bed and watch the many species of birds we have as they flutter down to the feeder and help themselves. It's not uncommon to look out the window and see 10 or more House Finches clinging to whatever they can get their grip on and peck away at the seeds. What we really didn't plan on was how entertaining it would be to watch the squirrels do the same thing.

There is about a 3-foot chain that supports the bird feeder from the underside of the soffit. The squirrels launch themselves out of the nearest tree branch onto our roof; from there, they will shimmy down the chain, pop the top off the feeder and lower themselves in headfirst. We have given up on putting the lid back on the feeder. Sometimes we will see one of the cats with its eyes fixated on the feeder for no reason, until we look more closely and see the furry tail of a red squirrel twitching inside the feeder.

We are also quite used to seeing deer. Both whitetail and mule deer. In the winter, the deer even use our community walking paths so they don't have to trudge through the snow. You learn to slow down while coming up to a crosswalk because the deer don't follow normal crossing etiquette. They will just quietly bound out of the trees on one or the other side of the road and cross to the other side. We have been fooled more than once, thinking that after five or so cross in front of us that that must be the end of them. It's not uncommon to watch as 15 or 20 saunter across the road in front of us.

Coyotes are not seen very often in our community, thankfully, but you can hear them almost every night. As I stated before, we live right near a creek bed, and some nights the coyotes sound like they are howling from the neighbour's yard across the street, where their backyards slope right down near the creek. It's an unnerving yet somehow quite comforting sound. To me, anyway; to Colleen, it's just unnerving.

Hawks and owls are also common sights where we live. When our house was being built 20-some years ago, there was a pair of Great Horned owls that would perch themselves in the rafters of our garage. They must have been sorely disappointed the day they installed our garage door, and they no longer had access. That same pair of owls stayed in the area for a few more years until the building boom swallowed up the prairie around us faster than the owls could adjust.

Moose are often in the area and have been spotted right in town. I once saw a mother and her two calves grazing on the local ball diamond. We have even had a black bear in town. Most of the animals I have mentioned are seldom bothered by humans. The bear did not fare as well as the others once wildlife officials became involved. We have seen the odd skunk shuffling its way along the backyard fences, but we have never seen a raccoon, which surprises me. They were always a nuisance on the farm, and I have been to Toronto, where they not only live, but thrive.

This brings me to the story I was getting to when I mentioned that growing up on the farm can be a good thing sometimes. This late spring, I was mowing the lawn and found the telltale signs of a critter in our trees. As I was walking back from the compost bin with my freshly emptied lawn-mower clipping catcher, a piece of tree bark fell out of the tree and landed right in front of me. Having seen this on the farm many times, I knew what it was straight away. I tried in vain to see where the culprit was that was chewing the bark off of our trees. Not seeing anything, I concluded that the bark must have been caught up in some leaves during the night and only fell once the wind rustled the leaves enough. Once I gave up trying to find the intruder in our tree, I looked down to the ground where the piece of bark had fallen and found many more just like it. There was about a 4-foot circle in the lawn that was sprinkled with small pieces of bark about a half-inch wide and 3 to 5 inches long. I knew right away that my instincts were correct; we had a porcupine in our midst.

That was about 6 weeks ago. Since then, about once a week, I find a new circle of bark chips somewhere in our yard. I was up early one morning to let one of our dogs outside, and even though it was a deathly calm morning, I could hear the distinct sound of leaves and branches rubbing together. I have now heard it; we have just never been able to catch a glimpse of our intruder. We know it, or they come to visit now and then (please just be it!). I have checked all corners of our property for a daytime rest site and, as of yet, have not found any sign that the critter has spent the day with us, as porcupines are nocturnal and sleep during the day. I am not sure where it calls home, or if it also comes to our yard to forage or just to wear down its front teeth; porcupines, much like beavers, have front teeth that never stop growing.

To get to the point of my story, all I can say is that if it ever does decide to spend the day with us, we never run into it, and there is no need to update this story even if I have many quills to write with.



Quips

George Bernard Shaw was once invited to speak at a dinner where the speeches had been far too many and far too long for the patience of the audience. They waited expectantly for Mr Shaw, who was last to speak. When the roar of applause had subsided, "Ladies and gentlemen," he said, "the subject is not exhausted, but we are," and sat down.

- C. Kent Wright,
Unaccustomed as I Am

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Keeping In Touch

Cindy Ashfield <old.stuff@sasktel.net>



Saying that we have had a wet spring floating us into summer is probably an understatement in our area. And, just for a change, a few blistering hot days were thrown in.

I have always found when travelling the "less travelled road", that I have discovered all manner of hidden gems along the way; talented artisans doing what they love to do. A stop at the Moosomin Antique Store a while ago led me to a watch and clockmaker. And where should I find this fellow? He lives and works on a small acreage a few kilometres down the road from Spy Hill, SK. Spy Hill is a village located near the potash mines. It got its name because the surrounding hills were used as lookout points long ago.

I still enjoy old clocks at home, and some needed attention. My friend Lois also had an old family clock that had never worked for her. We gave Marek Glodek, at Marek's Clock Shop, a call. Because he was travelling through Whitewood soon, our clocks, a mantle and a cuckoo that were mine and Lois' went home with him. About a month later, the call came that our beautiful clocks were ready to come home, so we set off for Spy Hill. Here is a little of Marek's interesting story.

Marek began his training as a watchmaker at age 16, when his initial schooling was complete. His father was a mechanic, but had an interest in watches and clocks. The family's spoken language was German. His family were living in Poland, which was occupied by Russia at that time. So advanced training also included learning the Russian language, as well as other skills. He studied watchmaking and mechanics. It was three days at school and the rest of the week at a work placement. This training took three years. You know how sometimes you are led in the right direction. Well, that seems to be Marek's path, and an introduction led him to a private jewellery store in Germany. He honed his skills under the guidance of a master clock maker. Living in Germany, he also took further training in Switzerland and Germany. He worked there for fifteen years and has certification from well-known watch companies such as Rolex, Omega, Longines and others.

Then there was another of those chance meetings. While holidaying in Spain, he met a well-known Canadian jeweller from Victoria. They became acquainted, and an invitation to come to Canada to work in the jewellery

store was offered. So Marek worked there for some time on renewed visa permits. The store eventually was sold, and it was decision time for Marek. He became a Canadian citizen and opened his own business, making his home in Victoria. All went well for a while, and then Victoria became a very expensive place to live and work. It was time for another change. He and his wife considered Nova Scotia, but it was the other side of the country and not for them.

Marek took another chance when he happened upon the "for sale" ad for the acreage he and his wife call home. It is one of those beautiful little prairie nests surrounded by hills and trees and fields. It became theirs. I asked Marek, "Why is this your life's work?" His answer, "Because I love doing it!" How many people can actually say that? Our beautifully restored clocks are a testament to his skill. Lois' two hundred-year-old heirloom sits in a special spot and chimes the hour and half hour, reminding her of her mother and who gave it to her. Marek thought the clock was made in Connecticut. I wonder if it was made by Seth Thomas clock makers? My mantle clock was made in Germany, likely in the forties. It also reminds me of the hour, chiming it out appropriately, and the half with one chime. The white cuckoo clock was a gift from the family of a dear friend of mine. It was also German-made & brought back to Canada after a visit to Germany. My great-grandkids get a kick out of hearing the little bird remind them of the time.

You may find Marek at his email address: marekglodek51@gmail.com . He has a website. Look for Marek's Clock Shop. Or, Marek and his wife and their German Shepherd are "just down the road" from Spy Hill. I hope your summer brings you something special to tuck in your memory bank to conjure up some cold winter night. Perhaps you have taken one of those "roads less travelled". Til next time in The Register, I hope you are having a great summer.

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.

Commercial Production: Kellogg's began making premade bars in 1995.

Did You Know? In the 1950s, a fourth gnome named "Pow" was briefly introduced, representing a parent sound. The Krispies are naturally gluten-free, making them popular with celiacs.

Kinistino, SK
Prairie Charm
Quilt

Rhubarb Trivia
Rhubarb is botanically a Vegetable. Despite its common use in sweet desserts, rhubarb is a vegetable.

It was on page 12.
Carl must have dropped it when he was grabbing a bowl of Rice Krispie cereal.

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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Italian Pasta Salad

I will give a bit of a warning, if you are using the full amounts of pepperoncini and the juice, it might be a tad "zingy". I gave a container of this salad to a friend, and her mom was visiting her and texted her at work, to ask, "where did you get this salad?" as she wanted to pick some more up!

PASTA SALAD

- 1 lb. fusilli pasta
- 1 (15-oz.) can chickpeas, drained and rinsed
- 1 pint cherry tomatoes, halved
- 1 cup diced bell peppers
- ¾ cup sliced pepperoncini peppers
- ¾ cup pitted kalamata olives, halved
- 1 cup Parmesan cheese, grated
- ¾ cup mozzarella cheese, cubed
- 2 to 3 cups fresh baby spinach, roughly chopped

ITALIAN DRESSING

- ½ cup extra-virgin olive oil
- ¼ cup red wine vinegar
- 2 Tbsp pepperoncini brine (from the jar) or fresh lemon juice
- 3 Tbsp minced onion
- 2 garlic cloves, minced
- 2 tsp. dried oregano
- ¾ tsp kosher salt
- ½ tsp black pepper

Cook pasta in a large pot of salted water until al dente. Drain, rinse with cold water, and set aside.

ITALIAN DRESSING: combine olive oil, vinegar, pepperoncini brine, onion, garlic, oregano, salt, and black pepper in a large liquid measuring cup or bowl; whisk well.

PASTA SALAD: In a large bowl, combine drained pasta, chickpeas, tomatoes, bell peppers, spinach, pepperoncini peppers, olives, Parmesan, and mozzarella. Pour dressing over top and toss well to combine. Refrigerate for at least 1 to 2 hours before serving.

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