



The Country Register™

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

June/July 2024

Vol. 24, No. 5

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Keeping In Touch

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



I got an interesting parcel in the mail the other day. When I presented the card left in my box, and the postmistress brought it to me, I nearly turned it down. The return address was a flour mill, Flourist, located in B.C.! I knew that I hadn't ordered anything, but the package definitely had our correct address on the label, so it came home. Curious, I opened it up and found a 2 kg bag labelled, "Fresh Milled Grain & Premium Dry Goods". Flourist. Organic Sifted Marquis Wheat Flour.

I am an enthusiastic bread baker, known to family but not otherwise well known. Who could have sent me this? A-h-h! The "light bulb" came on, and I recalled a phone conversation from my sister that ended with a casual, "Oh, by the way, I've sent you an old-fashioned kind of gift." Some time had passed & I had forgotten about it. I wondered why Marilyn had thought this flour so special, and checked out the Flourist website. It turns out this Marquis wheat was grown on an organic farm in Saskatchewan near Vonda. The Flourist company advertises that the wheat is milled, bagged in a paper bag, stitched together with string, & mailed on the same day. I emailed the company & asked if they would consider a store in Saskatchewan, where so many of their products are grown. I am just eating my last slice of toast (the heel) made from Co-op flour and will try this Marquis flour next. Marilyn also sent me her recipe.

This parcel also put me in mind

of our reputation years ago, in the prairies, "The Bread Basket of the World." Thinking about how this came about, put me in mind of Seager Wheeler, a well-known Canadian farmer, also known as "The Wheat King of the Prairies." He won five world wheat championships early in 1900. He was self-taught and developed Marquis10B, which developed and matured earlier so it could be harvested before the weather changed drastically. If you are looking for a day trip, the Seager Wheeler Farm is a National Historic Site located near Rosthern, Sask. I wonder, is there still a fall competition where farmers submit samples of various grains which are judged against other competitors? I know that our hard spring wheat has the reputation of being prized worldwide.

As I write this, we have been going through a rather rainy spell here, and farmers are either out seeding wherever possible or are anxious to get out on the land. The rain will help the hay crop along on our farm this year. I am cleaning flower beds & planting them with lettuce and other vegetables. This is a bit of a test, so we'll see how it turns out. My son said to me recently, "No matter how much technology/society seems to change, spring always comes and bursts to life the way it always does". He has just retired to his beautiful little farm in Saskatchewan.

I mentioned the Seager Wheeler site, but there are many interesting places, probably not far from you, that could

be "a day away" and perhaps a picnic lunch. We are a land of grainfields, leisurely seeking the sun and so much more. Our busy campground in Whitewood is a "destination" for many travellers looking for a game of golf or a swim in the pool while the kids are playing in the splash park. When evening rolls around, there may be a ball game to watch. You might take your dog to the dog park for a bit of free time. There is much to do outdoors these days, so best get at it. Til next time in "The Register".

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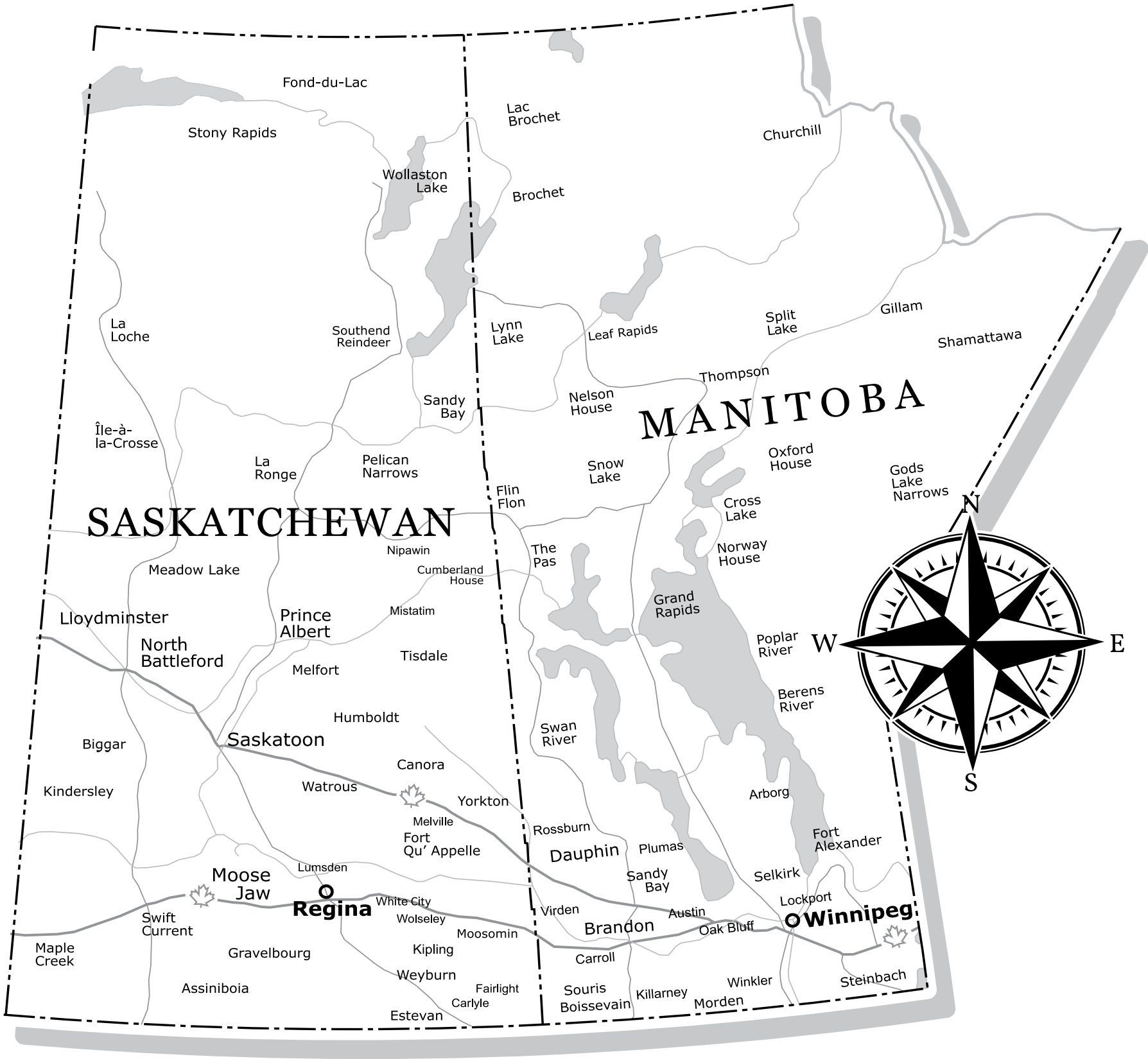
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2 Minute Lift

TWO MINUTE READS TO FLIP OUR SCRIPT

BY: KATHY J. SOTAK

The Wizard of Oz and the Path of Enlightenment



Getting creative with how to find courage. Sometimes you just need to sit on it.

Our family has a tradition called “Saturday Night Movie Night.” The kids gorge on bowls of popcorn, the dogs grind on their favorite toy and my husband and I put up our feet. Over the past two years we’ve watched many series such as: *Marvel* (over twenty-five – I’ve lost count), *Star Wars*, *Jurassic Park*, *Back to the Future*, *Honey I Shrunk the Kids*, *Jumanji*, *Ghostbusters* and more.

Last Saturday we watched *The Wizard of Oz*, the classic created eighty-five years ago. While it’s just a fun children’s movie on the surface, there are hidden meanings behind the movie which are fun to explore. One says it was a fictional representation of the political climate of the late 1800s. My favorite theory is that the characters and journey depict the path to enlightenment.

The **punchline** of course, applicable to any of the above interpretations, is **you already have what you seek**. We learn that Dorothy had the ability to get home the whole time. The Scarecrow didn’t need someone to give him a brain. The Tin Man already had the kindest heart ever, and the Lion was able to **muster great courage** before he knew he had any.

I have a special fondness for the lion. I’m born in the astrological sign of the lion (Leo), I have lioness hair and I’m fiercely independent. Most importantly, like the lion character in the movie, I have **shed layers of**

my own fear along my life journey and have had to **muster my own courage**.

From my lens, courage comes in only two forms: **the courage to do something and the courage to say something**. One of these two has been harder for me – the courage to speak my truth. My whole life I’ve eagerly listened to friends’ desires yet held my own locked in my heart. I’ve encouraged others to set boundaries but never bothered to speak my own. I’ve cheered on stories of those who stand up for their beliefs while I’ve nodded my head in silence.

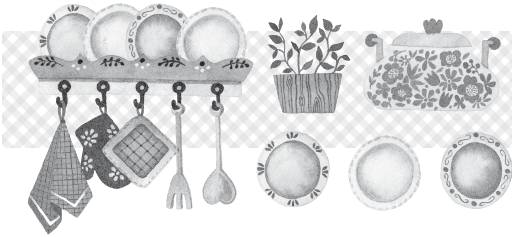
Two girlfriends have called me over the past 24 hours with embers of courage catching fierce wind within them. Take gauge of your courage level. Are there sparks that are asking to be ignited?

Courage is asking to be unleashed this week. I’ve learned the only way to loosen one’s throat chakra is through exercise. Writing to you today, having this courage to publish my voice in blog and print publications is creating new muscle memory. This has led to further stretching and strengthening, such as my newfound skill of setting boundaries, communicating my needs and prioritizing my wants. This exercise has helped me find my courage along my yellow brick road towards enlightenment.

Back to the punchline, I’ve had it all along. You do too. **You already have what you seek**. It just takes seeing it and believing it. If we don’t pay attention to what is igniting within us, we will only travel in circles on our yellow brick road.

Let’s lock arms together and muster our courage within to take the next step. Will it be scary at times? Incredibly. Will we see new sights, make new friends and reach our own Emerald City, however each of us define it?

Without a doubt.



READER SUBMITTED RECIPES

Apple Cake

One of our readers very kindly sent in this recipe and we’ve lost your name. We sincerely apologize for this. We adopted a kitten this year, and he has scattered everything off our desks, including the to-be-typed documents.

- 6 medium apples (or 4 bigger MacIntosh apples) peeled and sliced
- 6 Tbsp granulated sugar
- 1 Tbsp cinnamon
- 1 Tbsp baking powder
- 1 Tbsp vanilla
- 4 eggs
- 2 cups sugar
- 1 cup vegetable oil
- 3 cups flour

Preheat oven to 375°F. Grease an angel food cake pan.

Place the apples in a medium bowl. Stir in the sugar, cinnamon and baking powder. Then add the vanilla and let stand while you make the rest of the cake.

In the bowl of a stand mixer using the whisk attachment, beat the eggs for about 3 minutes on high speed. Gradually add the sugar and continue to beat for 3-5 minutes, until mixture is thick and increased in volume. Reduce speed to low and add in the oil.

Remove the bowl and stir in the flour. Then fold in the apples. Transfer to the angel food pan and bake for about 60-70 minutes until a toothpick comes out clean and internal temperature is 180°F.

Let cool in pan for 10 minutes and then remove cake to a wire rack to cool. Place on a serving plate and drizzle with an icing sugar glaze or dust with icing sugar.

Cake is better the next day!

Rhubarb Crunch

Linda F., Morden, MB

Pan: 9x9” Time: 40 min Temp: 350 °F.

- 4 cups rhubarb, cut up fine
- 1 cup sugar
- 2 tbsp flour
- 2 tsps butter

Crumb topping:

- 1 cup sugar
- 1 cup flour
- ½ tsp baking powder
- ½ tsp salt
- 1 beaten egg

Butter pan. Put washed & cut rhubarb in pan. Sift over it the flour & sugar & dot with butter.

Topping:

Sift together sugar, flour, baking powder & salt & add well beaten egg. Spread this mixture over rhubarb. This is a crunchy dessert. Can be served with whipped or ice cream. 8x8” pan can be used – but 9x9" is better! Enjoy!

Confetti Squares

Lorraine T., Weyburn, SK

- ¼ cup butter or margarine
- ½ cup peanut butter
- 1 cup butterscotch or chocolate chips
- 2 cups mini marshmallows

Melt butter, peanut butter and chips in saucepan. Stir until melted and smooth. Take off heat and let it cool off.

After ½ an hour stir in marshmallows and put in greased 8” square pan. Chill until cool and firm. Cut into serving pieces.



WORD SEARCH

Hotel Lobby

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

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Wacky Definitions:

Kindergarten Teacher
A person who makes little things in life count.

Humboldt, SK



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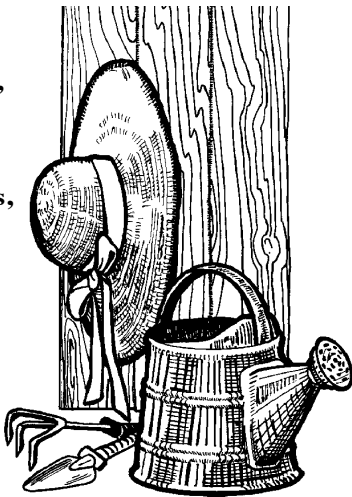
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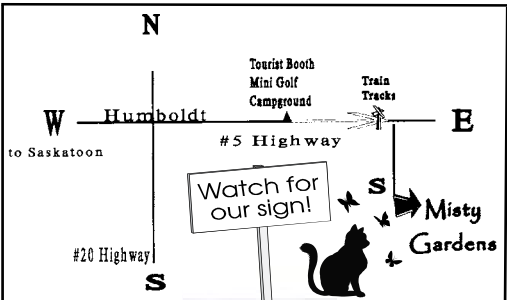
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Back Alley Tour in Melfort



The Back Alley Tour is a one-day artistic show and sale in Melfort that started as a way to showcase the many incredibly talented people that live in NE Sask. It happens on a Thursday in part "because we live in lake country, but also because it's the night before the Melfort Fair Parade that kicks off Fair weekend, so many people are on holiday and back in the area," says Sandra Dancey who co-organizes Back Alley Tour along with Cal Gratton, Melfort Chamber Executive Director. "This also means it doesn't conflict with many other summer art shows that happen

on the weekend. The artists seem to appreciate that."

This will be the 8th annual Back Alley Tour, having only missed one year due to Covid restrictions. Artists need to bring their own tables and chairs for display but also do not pay a fee to participate, making it attractive on both sides. Artists such as Carla Tyacke, well-known across western Canada for her farm and wildlife pieces, has been a part of Back Alley tour since its inception. The alley where the



festival happens includes two of Tyacke's murals, one commissioned by the Melfort Legion in honour of the 100th anniversary of poppy sales in Canada, as well as a mural by Linsey Levendall (pictured left) who specializes in portraits in a variety of mediums that are in public spaces and private collections around the world. You will find hand-crafted cards by Audra Fawcett, Pennylane Pottery, TLBouvier Quilting, Kyla Lewis pottery and weaving, Jim Mason steampunk fish, Ramsey's Custom Blacksmithing, the Melfort Wood Carvers and Turners, Wingnut Glass art and much more! "Every year has new participants and a different configuration of work from artists across Saskatchewan," says Dancey.

The Prairie North Co-op stage provides entertainment throughout the day from local musicians, including "The Lenvale Elevators" (pictured) local favourites and presents a scholarship award to a high school grad from the area that is pursuing a creative/arts-related career later in the day.



Back Alley Tour continues to grow and is drawing in artists from a bit further out each year. It helps having the Melfort Legion right beside the festival. It's open for snacks and refreshments throughout the day.

Dancey says, "We love having the ability to promote the many talented people in our area. They are what makes life worth living, and they deserve to be showcased!"

This year's Back Alley Tour will happen Thursday, July 18 from 2-8 pm, a half block east of Main Street in Melfort. If you have any questions or would like to be part of the event, please contact Northern Lights Gallery at 306.752.4930 or find them online.

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Jokes!

BUSINESS

Farmer Jones bought Farmer Smith's sorrel mare for \$100 cash. Smith got to thinking that since Jones paid the price so willingly, the mare must be worth more. The next day, he bought the mare back for \$200. Later Jones again bought the mare - for \$300. This kept going on until the price went up to \$1,500.

Then, a horse trader from another province came on the scene and bought the horse from Smith for \$2,000. Hearing of this, Jones hurried over to Smith and berated him. "You are a fool, selling that mare. Both of us were making a good living off of her!"

Rhubarb Yogurt Popsicles

I finally replaced my old hard plastic popsicle mould with a new silicone-style one—a vast difference. In case you are in the market for one, it's so much easier to get the popsicles out. I've made more than my share of yogurt popsicles...we had a little dog that was addicted to them! This recipe shows the needed amount of rhubarb. I usually stew a pot full and take out what I need.
Makes approx. 10 popsicles

- 12 oz. rhubarb (3 big stalks), cut into pieces
- ½ cup sugar
- 2 Tbsp water
- 1 ¼ cups full-fat Greek yogurt
- Milk or cream to thin the yogurt

Add the rhubarb, sugar, and water to a medium saucepan and bring to a boil, stirring constantly. Turn down the heat and cook until the rhubarb becomes soft about 20 minutes.

Puree the rhubarb with an immersion blender or food processor. You should have about 1 cup of puree. Refrigerate until chilled.

Mix the yogurt with a bit of the milk to thin it out. It should still be thick but creamy. Mix the yogurt and chilled rhubarb puree together, taste and add additional sugar if needed. Pour into the popsicle moulds, and insert the popsicle stick. Freeze until firm.

Variation: If you want a marble effect, start with the yogurt and spoon alternate layers of yogurt and rhubarb into the mould until filled. Insert a chopstick into each mould to stir just a bit to mix the layers.

Melfort, SK

The Back Alley Tour

Thursday July 18 • 2-8 pm Melfort SK



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Dog PAAWS (Pet Assistance & Walking Service)

In response to the “Keeping In Touch” article by Cindy and Joe Ashfield, which delved into their bond with dogs, Dog PAAWS (Pet Assistance and Walking Service), a non-profit organization serving Regina and slated for expansion in 2025, reached out to us to spread awareness of their organization.

Dog PAAWS is a FREE service that addresses the needs of dog owners facing mobility challenges. The organization assists with dog walking, transportation to veterinarian and grooming appointments, and delivery of essential supplies. It is provided by volunteers with criminal record checks who wear a photo ID and who have completed a detailed application. The owner completes their Pet Profile. Both parties are recruited through brochures and a Facebook Regina Dog PAAWS group (please join). The matching process starts with a Meet and Greet where the volunteer/ owner meets with one of us. If compatible, an agreement is signed, and then the two work out a schedule that is best for all involved. Either party may terminate as needed. We then repeat the process if needed. Our diverse volunteer base includes those who need to practice English or are dog lover students but cannot have one, as well as those with a community service credit assignment from high school classes. Volunteers can be couples and walk alongside can be family members, too!

Recognizing the profound benefits of the human-animal bond, supported by research from institutions like Harvard University’s HABRI, Dog PAAWS strives to alleviate the emotional distress associated with surrendering pets due to mobility constraints. This bond has significant benefits or major health consequences if surrender is the only option. Owners dread this happening, and this adds to isolation, fear, loneliness, and social/mental health concerns. Dog PAAWS also supports fostering arrangements as needed and ‘walk-along’ opportunities for the dog owner, even for a short distance.

Dog PAAWS is flexible, offering multiple walkers for wonderfully energetic fellas and temporary support due to illness. You tell us the needs, volunteers tell us their preferences—we make it work. We also help the owner/dog get to the vet or groomer.

HOW TO GET INVOLVED—Whether you need our services or want to help out someone in your community, there is a place for you to join our growing community! Please email us at dogpaaws@gmail.com OR call (306) 525-0170 for our services. For volunteering opportunities, please email us at dogpaaws.volunteers@gmail.com. Look us up on Facebook! Regina Dog PAAWS.



Writing From Life

by Jeanette Lukowski

Color Theory

As I round out the last of the five Disappearing 9-Patch table runners I am making for family and friends with the same anchor fabric, I realize it’s time for me to really learn some quilting Colour Theory lessons.

Not suggesting that my colour choices for the five different runners have been bad! I’ve just been really surprised by the dramatic differences between them.

My quilting practice was something I embarked on kind of by accident. As a youth, I had made most of my own clothes; my foundations began, then, with the leftovers from those projects. Sort of.

Actually, I first jumped into the pool of quilting when I purchased a quilt from a quilt store: a wall hanging with animals that still graces my living room. (Three years ago, I discovered a quilting friend in another part of the country had purchased the same kit—made with different background fabric colours—at the same time. All those years of thinking I had an “original,” this was the first time I really started thinking about kits and pre-cuts.)

Anyway, although my journey began with a pre-assembled kit, I was later encouraged to use the leftovers from my garment-making days as my grandmother had—and here’s the box with those practical pieces, my mother said.

Self-taught as I was, I applied my clothes-making colour matching-and-coordinating skills to my quilts. Looking at just one tree at a time, I created a very colourful forest! Yep, most of the quilts I make are deemed “busy,” or “vibrant,” or whatever other nice euphemism kind people select. I point out how the piece next to each carries through some common colour, but when you step back to look at it as a whole...the term “scrappy” quilt is often the defining label.

Sigh.

My defense of being practical and using from what I have is often deemed to be great for quilts being donated to kids, or other charities, but.

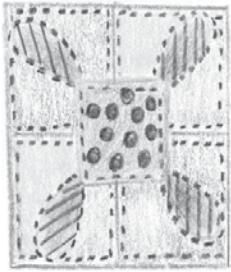
I never liked the “but,” because I never really understood what I was doing “wrong” in the assessor’s opinion. Until I finished the fourth of the five table runners—and realized that I could not see the design when I stood a few feet back. The previous three table runners had “popped” from that same distance, because the contrast between fabrics had been greater. This, then, was my “ah HA” moment, at last.

Colour theory is different between garment making and quilting. I’m sure there are lots of books, online videos, and even classes which teach these principles. (My email box might even get flooded with suggestions of sources or classes from wonderful readers once this article gets published.)

I guess I didn’t realize there was so much to learn about quilting. I’ve heard about Blenders; I’ve heard about balancing out yellow in quilts. While I’ve heard a lot, I never understood the value [ha ha, punny] of these comments.

In the meantime, I must use up more scrappy leftovers!

© Jeanette Lukowski 2024. Jeanette is a mother, grandmother, teacher, and author who lives in Mankato, MN. She is inspired by the lives of strong women. Her email address is: writingfromlife@yahoo.com



Helpfulness:

A mother had been lecturing her small son, stressing that we are in this world to help others. After considering this for some time, he asked somberly, “What are the others here for?”

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Types

The following correction appeared in a small town newspaper:

“Our paper carried the notice last week that Mr. John Jones is a defective on the police force. This was a typographical error.

Mr. Jones is really a detective on the police farce.”

Moose Jaw, SK

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The Junk Drawer

By Colleen Gust

I think every house has at least one. Ours in the kitchen, right by the fridge. We also have another drawer filled with miscellaneous "stuff" in the china cabinet. That one at least has a theme – paperwork! Rulers, pens, notebooks, and random pieces of paper, and we have managed to cram in a deck of Dutch Blitz cards.

I am convinced that all junk drawers are connected. For every person saying, "What's this?", there's someone saying "I'm sure it was in here...". Our kitchen junk drawer isn't even really junk. I prefer to call it a holding place for miscellaneous items I don't want to throw out. I've even purchased a few metal drawer organizer bins to create divisions for the chaos. At the front is the important divider containing the glasses care – little bottles of glass cleaner, and some used to death raw silk homemade glass cleaning cloths. My husband and I have worn glasses since we were little; cleaning our glasses is just part of our morning routine.

Just past that are frequently used items – a multi-head screwdriver, lint roller (we have pets), scotch tape, pens, and grocery list paper. I always have a selection of rubber bands wrapped around the screwdriver and the lint roller, and the width of the elastic band determines which handle they get wrapped around. The rubber band protocol is about the extent of the organization

The further back in the drawer, the more random the items become. White cotton string for tying a roast, fancy Japanese Washi tape, which I can't bring myself to use because they are so pretty. Oh well, they still bring me joy just sitting there. There's a flashlight with what I will assume are dead batteries. We're prepared for the next power outage (sorta).

So, why am I sharing what's in my junk drawer? It dawned on me that, in some ways, junk drawers are like friends and family.

Just like a junk drawer contains a diverse array of items, friends and family bring different personalities, backgrounds, and experiences to your life. Each friend is unique, contributing their own "item" to your collection of relationships. A junk drawer may seem chaotic initially, but it holds familiarity and comfort. Similarly, friendships can be messy yet provide a sense of belonging and support in life's ups and downs.

And, like a junk drawer may hold hidden gems amidst the clutter, friendships often reveal unexpected depths and qualities in people that you may not have initially noticed. Like a junk drawer, friendships require occasional attention and maintenance. Whether it's tidying up the drawer or investing time and effort into nurturing friendships, both are worth the effort for the value they bring to your life.

Outlook, SK

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Jokes

Art
The first prize for sculpture in a modern art show went to a curiously shaped piece bearing the sign: "The sculptress made this entirely with her tongue."
Someone questioned the exhibitor, "Who is this talented sculptress?"
"My cow," he answered, "That's her salt block!"

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Now in its 4th year, River and Rail ArtVenture is a free, self-guided tour that encourages you to explore, indulge and create memories with our Makers in Elbow, Broderick and Outlook as well as rural venues nearby. Makers are the local artists, artisans and agricultural entrepreneurs who are ready to welcome you to their studios, show and explain what they are passionate about, and offer a wide variety of products you can take home with you.

This idea for this venture originated in 2018 and grew in response to the need to provide rural artists with a way to promote and develop their market in our South East Sask region. Volunteer developers Susan Robertson and Janet Akre had a vision to bring visitors from all over the province to experience the people and talent here. Tourism Saskatchewan provided key starting capital, recognizing the potential of the tour's widespread draw. Since then, support has come from many partners and the tour has hosted many visitors from all over, rural and urban.



While the Makers and the towns they represent have varied each year, we are still committed to quality, development and support. This year, additions that we have embraced are live theatre, Indigenous artists, and Living Books at the Library. In each of our 19 venues, Makers will warmly welcome you.

The Tour takes place Saturday, June 22 and Sunday, June 23 from 10:00 am to 6:00 pm daily. Start where you like and plan your own ArtVenture! Look for the



venue signs and flags once you get close. For so much more information, a map and a printable PDF brochure, check out the excellent website at www.riverandrailartventure.ca

What else can you add to the weekend? There are golf courses, all that Lake Diefenbaker offers and homestyle restaurants. Stay overnight, spend an evening hiking, biking, or just relaxing around the campfire to the sounds of the prairie. This is an immersion into the soul of West Central Saskatchewan.

If you have already been on the River and Rail ArtVenture, you know that this is no ordinary gallery tour. If you haven't, check it out online, on Facebook and on Instagram. Then come for the real deal on June 22-23. You'll be glad you did!

BASIC GINGER SAUCE

This recipe is a favourite. My husband will ask me to make it, especially if we have a less-than-optimal cut of meat.

2 Tbsp minced ginger	3 Tbsp lemon juice
1/2 - 3/4 cup of onion, diced	3 Tbsp vinegar
1/4 cup soy sauce	

Chop the onion into fine pieces. Peel and mince the ginger.

In a food processor, blender or immersion blender – blend all ingredients until smooth.

Serve with steak, chicken, seafood, vegetables or rice.

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A Cup of Tea with Lydia

A Bridal Blessing Tea

By Guest Columnist, Laura Lee Leathers

When I learned my friend and fellow tea enthusiast Laura Leathers was planning a spring blessing tea for her granddaughter’s wedding, I asked her to be a guest columnist and share her plans. Here’s Laura, sharing about her event:

My only granddaughter, Abby Kate, was engaged to be married, and I wanted to do something special for this momentous occasion. So, I planned and hosted a Bridal Blessing Tea.

Invite Your Guests

I wrote the invitation as a poem and included instructions for the teatime. You can change the names and adapt the poem for your tea party.

ON NOVEMBER 10, 2023,
MORGAN HUTTON GOT DOWN ON BENDED KNEE
AND ASKED ABBY KATE LEATHERS,
“WILL YOU MARRY ME?”

TO CELEBRATE THEIR UPCOMING WEDDING,
A BRIDAL BLESSING TEA IS PLANNED.
TO MAKE IT EXTRA MEMORABLE,
COME WITH A TREASURE IN HAND.

A PERSONALIZED WOODEN BOX
WILL BE GIFTED TO PLACE INSIDE THEIR HOME
TO HOLD MEMENTOS AND KEEPSAKES
FOR ALL THE YEARS TO COME.

YOUR ADVICE, LETTERS, CARDS,
OR BOOKS WILL BE LOVINGLY PLACED INSIDE.
WHEN JOYS AND CHALLENGES COME THEIR WAY,
YOUR WISDOM CAN BE THEIR GUIDE.

The hostesses created invitations (time, date, and place) using a download from Etsy and printed them professionally. We mailed the invitations and poem cards three weeks in advance. The guest list included the bridesmaids and the bride’s and groom’s mothers and grandmothers.

Bless the Bride

At the tea party, guests who brought cards and letters with advice for Abby read them aloud. She placed them in the unique walnut keepsake box with the bride’s and groom’s names and wedding date engraved on the top.

Then the ladies stood, making a circle around Abby, who sat in the middle. Those who desired prayed blessings for Abby, the groom, and their marriage. Guests wiped tears from their eyes and shared hugs after this meaningful time.

Time for Tea!

Antique white and off-white linen tablecloths graced the tables. We used floral teacups, saucers, and plates from my tea collection. Each place setting included silverware, cloth napkins, and napkin rings.

A three-course tea menu followed. We served assorted dainty tea sandwiches: cucumber-and-cream cheese; strawberry-and-cream-cheese; ham-and-Boursin-cheese pinwheels; chicken salad in croissants; and tomato-bacon-bit tea sandwiches (recipe included).

Next, came warm scones with lemon curd, Devonshire cream, and raspberry jam. The final course followed with fresh fruit and decadent homemade desserts: buttery wedding cookies, toffee squares, mini brownies, and lemon squares.

Several weeks in advance, I ordered a caffeinated tea blend from Harney & Sons called Wedding, A Tea for Marriage. It’s a pleasing blend of white tea, lemon and vanilla flavors, and a touch of pink rosebuds and petals.

As a gift, the bride received a personalized tin of 30 sachets of wedding tea. The mothers and grandmothers each received a personalized tagalong tin with five sachets. I made a gift bag for each bridesmaid using a blue teapot and teacup printed fabric, tucked three sachets inside, and tied it with a blue ribbon.

A Thank-You Note

Later, Abby sent me a thank-you note saying, “I loved the bridal tea party. The letters and the keepsake box were extra special. My bridesmaids are still talking about the lovely event.”

I am thrilled that I could bless my granddaughter with a Bridal Blessing Tea. It’s an experience we will both remember and treasure.

Laura Lee Leathers is a freelance writer, speaker, and the founder of Tea Time Treasures, a ministry and a business. Visit her website: www.lauraleeleathers.com.

Lydia E. Harris has written “A Cup of Tea with Lydia” for more than 20 years. She is the author of three books for grandparents: GRAND Moments: Devotions Inspired by Grandkids; In the Kitchen with Grandma: Stirring Up Tasty Memories Together and Preparing My Heart for Grandparenting. All are available on Amazon and wherever books are sold.

From Laura’s Recipe File:
Open-Face Tomato-Bacon-Bit Tea Sandwiches

Ingredients:

- 10 slices bread (white or wheat)
- 1 cup mayonnaise
- 1/3 cup fully cooked real bacon bits
- 2 T. chopped green onions (include onion and greens) (optional)
- 1 cup grape tomatoes, sliced
- sprigs of fresh parsley or basil

Directions:

- Combine mayonnaise, bacon bits, and green onions. Chill to blend flavors.
- Cut bread slices into desired shapes with cookie cutters, such as hearts, flowers or circles. Make two sandwiches from each slice.
- When ready to make the sandwiches, generously spread filling on the bread. Place tomatoes on each open-face sandwich. Garnish with a sprig of parsley or fresh basil leaf. Serve immediately.

Serves about 6 to 8: Two or more tea sandwiches per person.

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The Gift of Today and Living in the Moment of your Journey



What seeds are you planting?

You may think this is related to planting gardens and flowers. While it is that time of year, this is about abundance mindset. This is something that we are never really taught as a life skill and really should be. We are the creators of our reality. What we say and do along with how we think, project out in the world and the words we say all have an impact.

Think of it like a painting. Words and thoughts are the paint colors. If you want abundance vibes, you are going to use vibrant yellows, greens, pink, purples, and blues which represent positive words and thinking. If you are always saying and thinking the worst; then it's like taking a big grey brush of paint. Smearing it all over the canvas 24/7 for 365 days of the year.

An abundance mindset is viewing life's possibilities as limitless, encouraging us to approach situations and challenges with optimism and generosity. Focusing and acknowledging what you have. Not what you lack or perceive as lacking. When you learn to have and live an abundance mindset, you are working on your vibrant painting. Let's be real. Do some days and life events have rainstorms and a bit of grey clouds? They sure do! The key is to let it be temporary, honoring what that is. Acknowledging and moving through it to a resolution. Being mindful. Cautious that it does not become deep seeded. When there is super out of control focus on the negative side of things, it takes over your painting.

Let's talk about blessing in disguises. A great example of this is having to be somewhere and your tire goes flat. Super inconvenient and not at all what you have time for. However, this is life stuff that happens. It is an opportunity to get it fixed and resolved. The blessing in disguise is that it did not blow out or happen while driving on the highway. Or when you're in the middle of your vacation. Another example is being delayed by a train when you need to be somewhere. Rather than allowing it to write off your whole day and being so upset thinking that your day is now ruined. Acknowledge it and understand that it is not in your control. A perspective to consider is what if it was a blessing in disguise? Think of it like this. What if there was no train and you proceeded as status quo but that day there was something different that may have occurred as a result.

Blessing in disguise moments we often do not get to see the result and the why. In rare occasions we do. The next time you are delayed by the train, slow vehicle, someone who cuts you off in traffic, it may be saving you from something else.

Life happens and so do things. When they do, they are defining moments to work through until you get to a solution. Those are the moments that should never define or let it impact your whole day. If we are choosing to see and point out all the things that are going against us, not working out, and the negative. Then, it becomes the focus. It grows and becomes this vortex of pointing and noticing everything that is wrong. Worry, fear, overthinking and negative thoughts. If we do not recognize that is happening, then it keeps getting collected up until it becomes the big grey painting. Then we can no longer see the good that is around. It robs us of time. Impacting those around us and it also creates more experiences like it.

There are extreme events in life that happen which can be so significant that we start from scratch.

We are a seed in the dark soil that sees a spark of light. When we allow the light to get brighter and we grow and heal. In time, can start seeing vibrant colors again. I have personally been through something so traumatic that it takes time to heal. What I also have learned from this experience is that you cannot divert, ignore, or just think it's going to go away. We are not taught to heal, communicate, look in the mirror and feel through the process. It is easier to stuff it down and never talk about it. When really, we need to let it come to light. Go through the healing process and work on repairing it from the inside. Otherwise, it is like a time bomb that can go off at any time. We can only heal ourselves. Having compassion, love and understanding for ourselves during this process.

What we focus on grows like a garden. Each day we choose how we see things. What colors we are painting with and seeds we are sowing. Either you're watering your seeds and mind garden with the good stuff dealing with the odd stormy cloud. Or, you're tending to the vortex garden.

When you start turning off the noise around, and make the choice not to give energy to the things that don't feed your garden. You can start finding

clarity. What helps significantly is understanding and reminding ourselves of what is in your control vs what is out of your control. Reflecting on the things you are grateful for and the already good things in your life. When you look at it from that lens there are a ton of amazing things.

If you choose abundance mindset, you will experience a life of growth, positivity, which in turn attracts more abundance in your life. Understanding that life things happen and there is a solution to most everything. Don't see it as ruining your day and give it that power. Give and acknowledge the good already in your life. Each day you get to choose. If you are speaking grey paint, then it will give you more grey paint. If you speak and think more colorful paint, then your world and life will become more magical.

Resha & Tim
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Quotes

Rules

There are two great rules of life the one general, and the other particular.

The first is that everyone can, in the end, get what he wants, if he only tries.

That is the general rule.

The particular rule is that every individual is, more or less, an exception to the rule.

Samuel Butler

Esterhazy, SK

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16

S U D O K U

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

Answer on Page 16

Wacky Definitions:

Subtlety
The art of saying what you think and getting out of range before it is understood.

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2 Minute Lift

TWO MINUTE READS TO FLIP OUR SCRIPT

BY: KATHY J. SOTAK

Plant Diaries



I've been spending a lot of time with thistles lately. What are they teaching me?

I've got a bit of a problem here and it's called thistles. As a gardener who refuses to use poisonous weed killer, I'm on my hands and knees every spring, negotiating with the thistles.

I stab my knife down vertically until I can hear the satisfying "pop" of the weed coming up from its long single root. Over the past two weeks I've heard over a thousand pops. But unbeknownst to me, the thistles are thriving.

Underground, thistles send long horizontal runners. Thistles can pop up anywhere along its vast root network. In other words, there's no cutting thistles down. There's no killing them. Every time that I try to kill the thistles, the plant says *no thank you*. Their roots make new life points in the runners below.

In other words, I'm helping them thrive.

Have you ever been cut down, but you ended up thriving instead? Has a negative experience ever created a new life point within you?

Me too.

Sometimes in our daily routines we can forget to notice the new life points, i.e., opportunities, that are created. All we need to do is send energy there and it can pop up into the sun and flourish. Yes, circumstances may try to cut you down, but we are a thriving species.

What do you have running through your network that is begging to be born?

When we experience something that goes against our ability to thrive, it clarifies a new path. If we see something opposite of our value system, it redirects us to walk the path towards our value system.

We can easily be fooled with the illusion that life is static, programmed and predictable. I'm taking a lesson from the abundant thistle plant, realizing that

there are many nodes in which I can send my energy – it may be left, right and zig zag all at once.

What is my ultimate lesson from the thistle plant? That the **unpredictable, zig zag line** is the best path to thriving... and likely the most fun.

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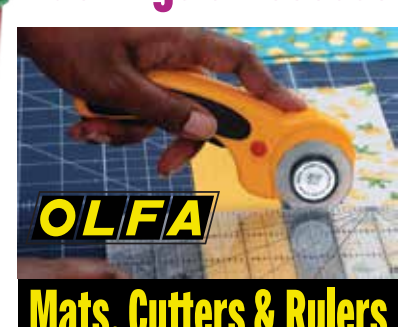
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Kirby's Korner

Is the grass greener or just green?

Walk into any garden centre or hardware store in late May or early June, after the garden planting season has passed, and you will find an abundance of lawn care items. These items range from small dandelion digging tools to large riding lawn tractors.

Most industries suffered during the COVID-19 pandemic; landscape suppliers and landscaping companies were not among them. According to industry statistics, the amount of money spent in Canada during the pandemic on landscaping increased by 1.8%. According to IBIS World, landscaping in Canada has an annual revenue of \$14.8 billion. This does not include monies spent by do-it-yourself homeowners. According to Statistics Canada, household spending at garden centers and retail stores has increased by 7.5%, with total sales in 2021 of 4.7 billion dollars. Landscaping, gardening and lawn care account for 109,000 Canadian jobs.

As a kid, I remember spending most of my summer mowing the yard on the farm. From about 1979, when I was old enough to push the lawn mower, until 1986, when a severe drought plagued the prairies, I would start mowing the lawn around the farmhouse, outbuildings and garden patches in late May. I would finish cutting the last strip of grass just in time to start all over again. Anyone who has mowed the lawns on a farm knows it is nothing like mowing a city lawn.

Yards were not manicured or seeded with lawn grass in those days. Instead, it was native prairie grass that would sometimes grow in small mounds, making pushing the mower quite tricky at times, and this was not the only obstacle to overcome when mowing. The prairie winds would blow in all kinds of garbage that needed to be picked up along the way. For this, Dad had secured an old ice cream pail to the lawnmower's handle. I remember finding all kinds of things over the years. Some that I likely ran over many times before noticing. It never surprised me to find a sizable rock or two every time I mowed the yard; I will never know where they would come from all of a sudden. Likely, the frost would push them up in the winter, and more times than not, the lawnmower blade would find them before I did. I once found an old, rusted monkey wrench, and implement hitch pins were common to find near where the

cultivators and seeding equipment were routinely parked. One other thing to watch out for was spear grass. If you left this to go to seed, it would fill your pant legs and socks with its barbed seeds.

One thing that I used to find is still found today in our yard, bones. On the farm, the dogs were often given the bones from steaks or roasts to chew on as a treat. Sometimes, they would find their own bones, such as a deer leg, or dig up a cow or pig hoof from the pit where we discarded animal waste after butchering. Today, we

that provides a lush green lawn during the hottest times of summer when other grasses are dormant. The downfall of Bermuda grass is its plant hardiness Zone of 7 – 10, well above any prairie hardiness zone. Because of this, Bermuda grass seed will need to be reseeded every year.

Choosing your favourite grass seed for the prairies is easier than selecting a fertilizer. Most lawn fertilizers are mostly fillers used to bind the ingredients together. After the fillers are taken into consideration, the rest

never see these 3 numbers on a bag of lawn fertilizer.

N or nitrogen helps the grass grow and maintain its green colour. P, or phosphorous, stimulates root growth and helps the grass seed sprout. K or potassium (potash) helps grass withstand stresses like disease or drought.

Most lawn fertilizers of today have very little to no phosphorous or potassium. Phosphorous promotes root growth and helps plants produce fruit, such as grass seeds. Most homeowners do not want their laws going to seed; they want them to keep growing all season long. Potassium has been replaced with iron. Iron plays a crucial role when it comes to chlorophyll production. Chlorophyll is the green pigment that makes lawns look lush and healthy. Iron also helps the lawn grasses be more stress tolerant.

Working at a hardware store, I am often asked, "Which fertilizer is best for my lawn?" My answer always starts with a question, "How often do you want to mow your lawn?"

If the answer is once a week, I steer them towards the fertilizer with a nitrogen percentage of 16 or lower. If they like mowing their lawn every 3 or 4 days, I would suggest one with a nitrogen level closer to 33.

The old saying goes, the grass is always greener, but knowing how much time and money it takes to have a lush green lawn, is it really?



purchase soup bones to give the dogs to chew on. More than once, I have either tripped on or run over these well-loved treats where they are hidden in the grass for future gnawing. A bone can harm both the lawnmower and the lawn mower. Just like my dogs when it comes to these bones, I can never worry too much.

Mother Nature chose to make her growing of grass in the prairies easy. She chose hardy grasses like the aforementioned spear grass, wheat grasses, and brome grasses, all of which are hardy and easy to grow. However, none of them are welcome on a well-manicured lawn.

Most lawns on the prairies consist of three cool-season types of grasses. It usually consists of Kentucky bluegrass, red fescue, and ryegrass. All three of these grasses are cold and drought tolerant; however, in the heat of summer, they like to go dormant. This dormancy can cause them to stop growing and turn brown. Heavy watering will keep these grasses from going into dormancy because the excess water in the soil will keep the grass cool. Homeowners who love a lush green lawn all season long will overseed each spring with Bermuda grass. Bermuda grass is a warm-season, fast-growing grass

of the ingredients are listed by percentage. Nitrogen is the first number listed on the N-P-K chart on the bag. Everyone knows there is a numbering system for every type of fertilizer that looks like this, 20-20-20.

20-20-20 is a typical springtime fertilizer used in garden soil and flower beds. However, you will

Know-How

Two farmers at a fair were fascinated by a booth where little plastic balls bobbed on top of water jets. Customers were offered substantial prizes if they successfully shot any of the balls off its perch. One of the farmers spent six quarters in a vain effort to pick off one ball. Finally, his friend pushed him aside and picked up the rifle.

"Watch how I do it," he said. He took a single shot. All six balls disappeared.

As they walked away from the booth, laden with prizes, the unsuccessful one marvelled, "How did you ever do it?" he asked.

"It just took knowing how," explained the winner. I shot the man working the pump."

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SUDOKU

ANSWER

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

Optimism/Pessimism

A pessimist sees only the dark side of the clouds and mopes; a philosopher sees both sides and shrugs; an optimist doesn't see the clouds at all - he's walking on them.

-D.O. Flynn



Borderline Power

by Kirby Gust

Carl takes great pride in keeping the inside of his store, Borderline Goods, or Borderline Good, as it reads on the sign outside, neat, tidy and clean. Regular readers of the *Country Register* know that Carl and his wife, Mary, run a small-town grocery store handed down through Mary's family since it first opened in the late 1800s. The original store was being built by Mary's great-grandfather at the same time as the railroad tracks were being laid near the soon-to-be village of Jonathon. Stefan, Mary's great-grandfather, became friends with some of the railroad workers, and one night, they played a practical joke on Stefan; using some railroad equipment and a lot of muscle, they moved the soon-to-be store that Stefan was building during the night. It was nothing more than pure coincidence that they happened to set the building smack dab on what would eventually become the border between Saskatchewan and Manitoba.

Most of what is left of the small town is now on the Saskatchewan side of the border, which is fitting because when Canada started using postal codes in 1971, Jonathan was given an S0G postal code instead of an R0M one. The reason for this is easy to explain. Stefan, Mary's great-grandfather, was the first postmaster in the area, and the general delivery post office was inside the store. The counter of Borderline Good is on the Saskatchewan side of the store, and being general delivery, one must go to the counter to ask for your mail. Just above the wooden cubby shelves that hold the mail is a sign with the store's motto: "Our quality service is borderline good; our goods are borderline quality."

Mary is a schoolteacher who works at the school in the next town over, leaving Carl to work and take care of the store. Carl takes great pride in running and maintaining the store. For Carl, though, taking care of the front façade and the inside of the store is not enough. Carl would love it if the store had an area outside other than the small place between the back of the store and the back alley. The store sits on the corner of Railway Avenue and First Street. When the new Credit Union was built in the 1960s, only a tiny breezeway was left between the two buildings on the store's west side. On the east side, there is only a sidewalk between the store and the street. Other than the two flower pots Carl has framing the store's front door, he has nothing else alive to take care of in the summer.

This explains Carl and Mary's yard. Their home is one of only about 20 in the whole town, and most are regularly maintained, but Carl and Mary's is a standout, and it's not because of a lush lawn or perfectly manicured hedges. It's Carl and Mary's garden and flowers that stand out.

Their house is a basic bungalow with a cottage-style roof built in the '60s. The first owners, Terry and Gertrude McGriff, took care of the yard by seeding it all to grass with a small flower bed between the house and the front walk leading to the front door in the middle of the house. Every Friday evening, Terry would begrudgingly mow both the front and back yard; he would then uncoil a short garden hose and water the flower bed. Saturday morning, Gertrude could be found weeding the small flower bed. The McGriff's lack of enthusiasm for yard work explained why they were the first to sign up and move in when the small 6-unit retirement complex was built in the town in 1981.

The McGriff's lack of passion for yard work left Carl with a blank canvas to work with when he and Mary bought the house. Carl rototilled a section of the backyard the first summer to plant a small garden. Carl had a bumper crop in his first year of gardening. Carl, who had never gardened before, did not realize that the loamy black soil under the lawn he worked up was a good thing. This success went to his head, and every year after that, the garden grew in size until it filled up nearly the whole backyard. Mary put her foot down when Carl wanted to work up the last patch of grass. Mary wanted a place set aside for the family. Not a huge area, but enough to have a picnic table, a bbq and quiet place to read. As a teacher, Mary had a lot of free time in the summer and wasn't about to give up her leisure area in the backyard just so Carl could have more garden.

Carl had to rethink his plans. After borrowing many books on gardening from the local library and watching *The Canadian Gardener* with David Tarrant every Sunday morning on CBC, Carl knew the only way to go forward, raised beds.

In the fall of that year, Carl borrowed his friend Darrell's truck and drove to the closest lumber yard to get what he needed to start. He started with

four 4-foot by 8-foot raised beds. To fill the beds with the required soil, he dug out the soil between the beds in the walkway. He then borrowed Darrell's truck again to bring in stones to fill in the void left behind by his trenching. The following spring, it didn't take him long to realize the weeds loved the warm stones and flourished underfoot as he worked. That was when he rented the cement mixer.

Using a neighbour's wheelbarrow, he started hauling loads of Navvy Jack from the large mound he had delivered in the driveway. He kept the bags of Portland cement under a tarp in the backyard, near to where he set up the cement mixer. The store was closed on Sunday and Monday, which gave him two full days to do his mixing, pouring, and troweling.

Carl started Saturday morning, and things did not go as planned. First and foremost, Carl had never mixed cement before. Carl had assumed that the bags of Portland cement would have the mixing ratios on the side in the way of instructions. They did not. The cement mixer had a listed compacity of 3 cubic feet, so he decided to mix the cement in thirds. Third Navvy jack, one-third Portland cement and one-third water. His first two batches were more like soup and quickly disappeared into the stone base he had left to act as underlayment for the cement.

After a quick phone call to his friend Darrell, who was familiar with this kind of thing, Carl mixed his first batch with 5 parts Navvy jack, one part Portland cement and just enough water to make it "porridge-like." This was when he learned that the breaker that ran the outside plug on the back of the house wasn't quite strong enough to handle the power load that the motor on the cement mixer needed to turn his new thicker mixture. After many trips into the house to flip the breaker back on, he decided to mix much smaller batches. He quickly learned that he could pour and trowel one batch while the next batch was mixing.

By Saturday evening, he had mixed and poured enough cement to just about fill in one 2-foot wide section between two of his beds. He was trowling on his hands and knees when he heard the cement mixer quit turning as it had done so many times that morning when the breaker had flipped. Just then, Mary came out of the house and said, "The power is out." "I know," said Carl, "the mixer keeps flipping the breaker; I just have to go in and flip the breaker back on." With a confused look, Mary said, "No! The power is out". "I know," said Carl. "I just have to go in and flip the breaker back on." Mary, realizing now that Carl was tired and confused, said, "I don't think you understand; all the power is out." Once again Carl started to say "I know, I just have..." that was when he realized he had better hurry up and reset said breaker before this last batch of cement set hard in the mixer. How would he explain that to the rental shop when he returned it? Carl jumped up and pushed past Mary as he ran into the house. Flipping on the light switch to run downstairs where the breaker box was located, he was a full 6 steps down before noticing that it was still dark downstairs. He stopped, ran back up and flipped the switch off and on. Nothing happened. His first thought was, "Oh, I bet the back plug and the basement lights are on the same breaker." He proceeded to make his way down the steps and, feeling his way in the dark to the breaker box, ran his hand down the breakers to touch the one he needed to flip back on. To his bewilderment, he did not feel any that were off. Once again, he ran his hand down the breakers slowly to make sure he didn't miss the one he needed. Still nothing. Confused, he felt his way back upstairs once more. He noticed the house was quieter than usual, almost like the power was out.

Carl, holding his head up high, walked back into the backyard. "The power is out," he said to Mary. Shaking her head, Mary helped him clean out the partially set cement from the mixer. It was Mary's idea to pull the cement out of the mixer, put it into the wheelbarrow, and add a bit more water to make it workable again. Carl used a hoe to mix the cement as Mary added the water one quick squirt from the hose at a time.

Carl was too stiff and sore the next day to finish cementing between the other two raised beds. The cement work went unfinished until the next spring. When Carl was adding four more raised beds in the fall, he decided that buying his own cement mixer would be the economical thing to do. He wouldn't have to rent one ever again, and he would have it when he needed it or had the time to use it.

Not only did Carl use the cement mixer to finish off all the concrete work he and Mary wanted in the yard, but he also discovered it was a great tool for gardening. He would use it to turn his compost and mix peat moss into the soil in the spring.

Carl started on the front yard after the backyard was fully landscaped with raised beds, walkways, and a beautiful sitting area. The small existing flower bed was lifted into a raised bed like the ones in the backyard. Large plastic planters were purchased to line both sides of the driveway and were filled with annual flowers. The front lawn is still untouched by Carl to this day. As the years went on, Carl realized that mowing that space in the yard was much easier than taking care of a garden, and besides, it looked nice.

The patch of cement that was mixed by hand dried a slightly lighter colour than the rest of the cement in the backyard and still stands out from the rest. Every now and then, when Carl and Mary are doing what Mary calls a "garden tour," she stands on that spot and says, "Power's out."



Do You Garden?

By Wayne M. Bosman

I met my wife, Kerri, dancing. Not at a dance performance or competition, but at a social event not unlike an old-fashioned barn dance where one might dance with a dozen different partners in an evening. We both remember the first thing that I asked her as the dance started. “Do you garden?”

Her hands were the tip-off. Hands that worked. You can wash the dirt off for an evening of dancing, but the evidence remains. I imagine that it is possible to spend enough time and money to disguise them as the extremely manicured hands of a socialite, but certainly not in the springtime. It was time to get the garden in. Anyway, why disguise what you love?

That was the beginning. The seed you might say. Spring and gardening are intertwined to me going back to my youth 70 years ago. My family lived on ten acres outside of Kenosha, Wisconsin. My dad had a job in town, but in his heart, he was a farmer having spent part of the Great Depression living on his brother’s farm. They always had plenty of food and he carried that ideal with him as his own family grew. His favorite daily recreation was tending to the garden after supper during the summer months. His garden thrived and his family thrived with it. All five of us children helped in the half-acre garden which supplied us with a full range of vegetables from sweet corn and tomatoes to onions, carrots and lettuce. Mom canned enough to last us through the winter. I loved running the rototiller and watching the black soil turn from clumps to fine grains of dirt, wanting to make the plants’ job of growing as easy as possible. We ate well.

Kerri’s thoughts turn to the garden when the first buds start appearing on

winter’s survivors. We smile and shake our heads when the first daffodils make their too early arrival, often getting covered by snow. Before long she is planning what will go where, taking into account last year’s successes and failures. Starting from seeds, some of which were saved from previous years, this year’s crop takes shape. When we bought our current home one of the main selling points was the amount and direction of sunlight for the garden. Kerri blossoms with the garden.



My mom is 103 years old now. She is a bit saddened that she has been relegated to a supervisory role in the garden that she has tended for over 75 years, but she still takes satisfaction when my sister has time to put things in order. When we are able to come back and visit, she always points out what has been done. She holds my arm and directs Kerri on what is still to do.

Later, as they sit in the kitchen solving the world’s problems, Mom talks about her mother’s garden. Her large family ate well during the difficult times nearly 100 years ago. The hobos of the time must have had her house marked. Mom remembers a steady stream of people being fed at the back door. Then she tells about the small farm in Ireland where Grandma (her Mother) grew up and the garden there that gave Grandma’s hands that familiar feel.

I don’t have the same direct link to the garden that Kerri does. My hands have grease in the cracks. I fix things and do the tilling, then step back and let her have the joy and satisfaction of getting her hands dirty. I take full advantage of the harvest and feel completely that food from your own garden is automatically better for you.

Wayne M. Bosman is a retired auto mechanic living in Cape Carteret, NC. He has the good fortune to be married to Kerri Habben Bosman, who is a regular contributor. His email is wbosman1@gmail.com.

Nut Rolls

I took these to work where I had a taste test, and they were very well received. I really liked them too, they reminded me of something I had as a child while visiting our German neighbours.

Makes 2 Nut Rolls

- 2 Tbsps. active dry yeast
- ¼ cup warm milk
- ¼ cup sugar
- ¼ tsp salt
- ½ cup butter, softened
- ½ cup sour cream
- 2 large eggs, room temperature, lightly beaten
- 3 to 3-1/2 cups all-purpose flour

FILLING

- 2/3 cup white sugar
- ¼ cup butter, cubed
- 1 large egg
- ¼ tsp cinnamon
- 2 ¼ cups ground walnuts
- 1 small apple, peeled and grated

ICING

- 1 cup icing sugar
- 1-2 Tbsp. milk

In a large bowl, dissolve the yeast in the warm milk. Add the sugar, salt, butter, sour cream, eggs and 2 cups flour. Beat on medium speed until smooth, 3 minutes. Stir in enough remaining flour to form a soft dough (the dough will be sticky).

Turn onto a floured surface; knead until smooth and elastic, 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.

In a large saucepan, combine the sugar, butter, egg and cinnamon. Cook and stir over medium heat until the mixture is thick enough to coat the back of a spoon. Remove from the heat; gently stir in walnuts and apple. Cool completely.

Punch the dough down. Turn onto a lightly floured surface; divide into 4 portions. Roll each into a 12x10-in. rectangle. Spread filling to within 1/2 in. of edges. Roll up jelly-roll style, starting with a long side; pinch seams to seal. Place seam side down on greased or parchment covered baking sheets. Cover and let rise until doubled, about 30 minutes.

Bake at 350°F until lightly browned, 30-40 minutes. Remove from pans to wire racks to cool. Combine icing ingredients, drizzle over loaves.

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Search Google Like a Pro

You know how to Google,
but do you do it like a pro?

Here are a few simple yet very helpful search operators to help you
Search Google....like a Pro

“Quotation Marks”

Using quotation marks in your search terms lets you search exactly for that word. It means, all of your results will have your search terms in them.

“I love you Mom”

- Dashes

If you want to exclude a term from your search include a hyphen before that word.

dolphins –football

~Tilde

Use tilde when you want also its synonyms to appear in the result. The above query will search for music classes, lessons, coaching, etc.

music~classes

site:

Use this operator to search within a specific website only

site:ndtv.com

|verticle bar

This query will search websites that have any one/two/all of the items

blouse|shirt|chemise

.. Two Periods

Include two periods when you want to search within two number ranges

movies 1950..1970



Plant a Garden in your Sewing Room!

By Deb Heatherly

My mother has a green thumb. Every year in spring and summer, her yard is a gorgeous display of vibrant, colorful flowers. Cars slow down to enjoy the sight, and if they are like me, wonder what secrets she possesses. Bees, birds, dragonflies and one stray bunny, all flock to her yard to enjoy them too.

I somehow did not inherit this gene. Each year I buy seeds, new pots and the very best potting soil. Each year I hope that this will be my year and each year I am wrong. Either the seeds do not come up, or they come up and quickly die. Not enough sun, not enough water, too much sun, too much water. Each year my grand vision is nothing but a dream.

Last year, determined as ever, I decided no more seeds. “This year I’ll buy plants”, I told my husband. I bought pansies and marigolds and numerous others for a variety of color. I planted them and smiled. Wow, that was easy! I should have been doing this all along. Feeling confident, I was already planning to buy more plants for a different part of the yard.

That was until the next morning. Gazing out my window, expecting to pat myself on the back, I stood speechless. Something had eaten my beautiful flowers down to the stems. Only one stray marigold remained.

Only momentarily deterred, back to the store I went. This time I planted and then sprinkled critter deterrent all around the plants. For three days I enjoyed my efforts until a torrential rain washed the deterrent away and the culprits struck again. Nothing survived my unseen late night visitor.

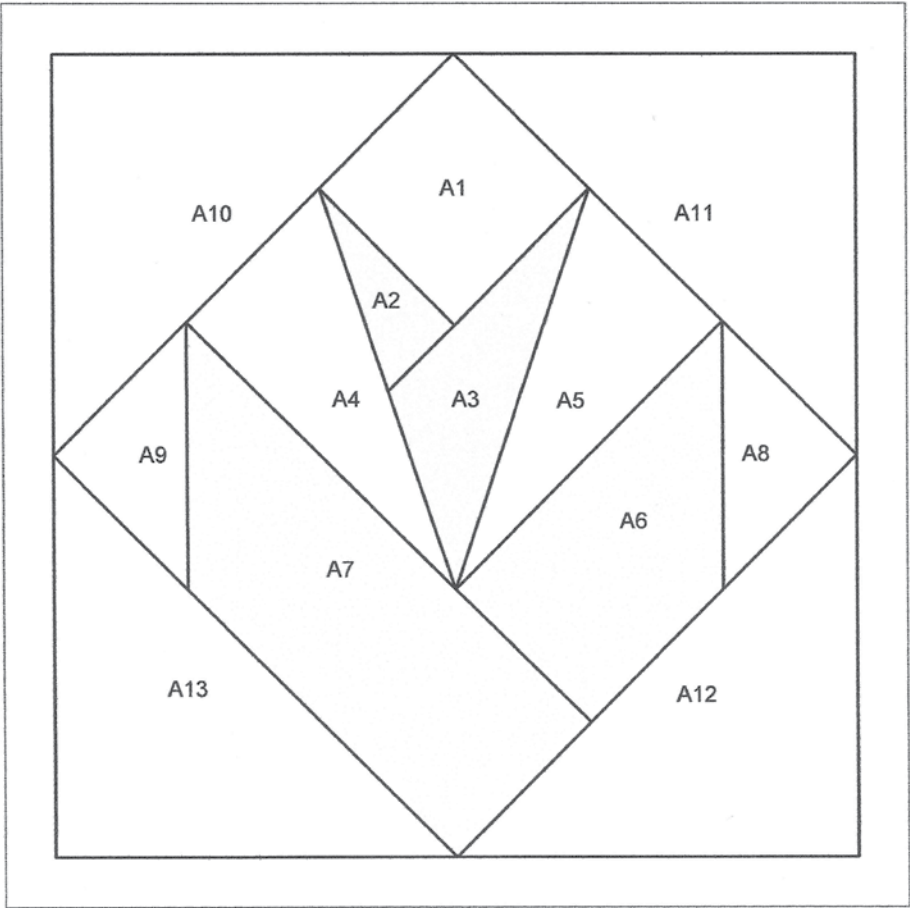
That was it. I gave up and bought some very convincing artificial flowers. (Don’t tell my mom), and those artificial flowers looked great all summer long. Yeah me! People slowed to look at my yard too. Little did they know.

This year I’ll add to my artificial flower collection and bypass all that other grief. I’ll also expand my new gardening talents and “plant” a few flowers in my sewing room. These cute little flowers will never let me down and I can “grow” them in any color I want. Take that mother nature! I may not have my



mom’s green thumb but I’ll still have plenty of flowers to enjoy.

For a flower mini quilt like the one shown, grab some scraps and start stitching. Paper piecing is quick and easy. If you’ve never tried it, do a google search and I’m sure you can find a tutorial online. Print off one copy for every flower you want to make and increase or decrease the size as needed. I made my paper pieced flowers 6 ½”, then added a 1 ½” border. Once the border is added, layer with batting and backing and quilt in the ditch, or as desired. Cut (1) 2 ½” strip for binding and bind just like you do a quilt. Add twine or a metal hanger and enjoy.



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. <https://www.facebook.com/groups/770429649800457/>. The annual Grids Girls summer mystery begins in June and lasts for 8 weeks.

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.

Apple Jelly

We usually make apple jelly every year, even if we have plenty leftover from previous years. It makes a nice little care package if we give it away. We make a pretty standard apple jelly recipe, but what we do differently is our variations....chili peppers, sage, rosemary, garlic. By adding herbs we greatly increase the recipe’s versatility. It’s so easy to cook a chicken or pork in the herbed jelly, and then serve it with rice. I’ll even use the chili apple jelly as an appetizer by pouring it over a brick of cream cheese and serving the spread with crackers.

Makes 3 half-pints.

- 4 ½ lbs apples
- 7 cups water
- 5 cups prepared juice
- 3 Tbsp bottled lemon juice
- 3 ¾ cups sugar

Remove the stems and blossom ends from apples. Coarsely chop the apples with the peel and core included. Turn into a large pot. Add water. Bring to a boil on medium-high heat. Cook for about 1 hour until very soft. Drain overnight in a jelly bag.

Combine the prepared juice and lemon juice in a large pot. Add sugar. Stir on medium-high heat until it comes to a full rolling boil. Boil hard for about 40 minutes, stirring a couple of times. Start testing for jelly stage near the end. Skim off the foam.

Pour into hot sterilized jars to within ¼” from the top. Seal.

Variations: Add any of the following (chopped chilli peppers, fresh sage, fresh rosemary, sliced garlic), either by themselves or combined to make a flavoured jelly during the boil hard stage. The amount you add will determine the intensity of the jelly. I didn’t give amounts as we use our home-grown herbs, and it varies so much from year to year....this year we have such HOT chili peppers in that a single pepper would season a whole recipe!

Warm Lemon Pudding Cake

This is one of my favourite childhood desserts. It’s a sponge cake top with a warm custard on the bottom, although as a child (and still as an adult), I like to mix the two into a bit of a slurry in my dish.

I use my round French White Corningware casserole for the dessert and an 8x8 square pan for the water bath.

- 3 large eggs separated
- 1 cup white sugar
- 1/3 cup butter, softened
- ¼ cup lemon juice
- 1 Tbsp lemon zest
- ¼ cup flour
- ¼ tsp salt
- 1 cup milk

Preheat the oven to 350°F. Grease a medium-sized casserole dish.

Beat the egg whites until foamy. Gradually add ¼ cup sugar and mix on high speed until stiff peaks form and are glossy. Set aside.

In a large mixing bowl, combine the remaining sugar with the butter. Beat on high speed until well blended and light in colour, about 3 minutes. Add in the egg yolks, lemon juice and lemon zest. Continue mixing until pale and glossy, about 2-3 more minutes.

Add the flour and salt on low speed and mix until just combined. Stir in the milk. Gently fold in the egg whites.

Pour into a prepared casserole dish. Place the casserole dish on top of a deep-rimmed baking tray. Fill the baking tray with about 1” of water.

Bake in the oven for 45-55 minutes until risen, golden in colour and baked through.

Remove from the oven and place on a baking rack to cool for about 10 minutes before serving.



Stories of Yesteryear
Reader Submitted Stories
A Quilting Legacy - "Then and Now"
by Judy Ann Stupak



Wow. What a change. Mom quilted from the mid-1970s to the late 1980s; I picked it up 20 years later. The reason I didn't start earlier? Time & space. Who has months to work on the same project? Who has the space to have a quilt spread out for months on end? I did not realize how much things had changed. I did not realize you could make a quilt in a weekend and have someone else take care of the space issue for you.

What has changed? All of mom's quilts were cut with scissors; I have rotary cutters which are far more accurate and much faster. She did not have specialty rulers; I have many- some are large, others small. Some cut curves, squares, diamonds, hexagons, triangles, or jewel shapes. Beside scissors, her only notions were pins and a measuring tape; I have many – all designed to improve efficiency and the look of the final product.

Mom's closest fabric store was 15 miles away; a trip to the city, over 3 hours away. The store did not just sell quilting cottons and notions like many stores do now. It had fabric for all occasions - baby, bridal, Sunday dresses, and denim for work wear. But it didn't even just sell fabric. It sold ready-to-wear clothes for all ages and all sexes. It sold shoes, hosiery, accessories, toys, and craft supplies. A real general store. Needless to say, the selection of fabric available for quilting was limited at best, so most of mom's quilts were made with cottons from bargain bin bedsheets. In contrast, I have access to beautiful fabrics. Some already pre-cut and matched. If I need a quilt quickly or if I can't make colour theory work for my quilts, it doesn't matter. Someone else has done the work for me. In addition, I can buy the fabric anywhere -at one of the local shops, at a Quilt Shows, in my travels, or on-line from anywhere in the world.

Mom made each quilt from start to finish. She drafted the pattern, cut the fabric and quilted the layers. I have many options. If I don't want to draft my own pattern, I can look through magazines or books. I can go on-line for free patterns, or purchase one and instantly download it. I can quilt it myself, I can rent a long arm, or I can contract it out. Her first quilts were sewn on a treadle sewing machine. She was so excited when she got her first mechanical sewing machine! Now, almost all machines are computerized and come with larger throats and specialty feet. Many quilters have more than one.

Mom learned English along with the rest of us as we went through school. By her second decade in Canada, her circle of friends and activities had expanded. One of her favorite outings was the monthly quilting bee at church. Most ladies in the community did not work, so the outing was a great opportunity to socialize, and the group included women of all ages. Most often the quilts, made of scraps and recycled garments, were donated to charitable causes. Quilt groups everywhere have continued the rich tradition of donating quilts to a cause. Families affected by fires or floods, women in shelters, children in hospitals, Alzheimer patients, just to name a few. As soon as a need is known, quilts are being donated.

The quilting group was mom's only source of quilting education. She loved being exposed to new ideas. She always came home inspired. She was eager to try everything new. In addition to quilts for charity, they also made a quilt for each child as they graduated from High School and went away to college. Mine was done in a new pattern someone had come across - the Bowtie block. It was white with bowties of pink and purple. Made of Fortrel. For a while every quilt mom made was done

in bowtie blocks. It was the only block she knew. Then there were the "Precious Moment" blocks done in liquid paint. There were whole cloth quilts. There were quilts edged with Prairie Points.

Now, there are hundreds of blocks, hundreds of patterns, and hundreds of ways to share information. I can attend classes locally, watch TV programs or go on-line for information. I can learn from professional quilters who come to us or I can go to them. I can meet with quilters in another town, or another country. I can take quilting cruises or tours anywhere in the world. There really is no limit to what we can learn or the friends we can make. There are quilters, quilt shops, and other sources of inspiration the world over.

I still have 3 of the quilts Mom made. As a wedding gift she made us a quilt in white with matching pillow shams. She drafted the pattern, hand stitched it, and crocheted the binding around the edge. The quilt has 3 roses in each corner, with cross-hatching in the center.

The winter before her stroke, Mom made a quilt for each of her 13 grandchildren. They were very basic, but reflected her style - a combination of a print and solid, made of bedsheets, stitched in the ditch, with one layer of echo stitching.

Call for Stories!

We're excited to invite you to share your incredible tales with us. Have you experienced a heartwarming moment, an unforgettable adventure, or a life-changing event? We want to hear it all!

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KISSed Quilts: Super Honey Beehive

by Marlene Oddie

The new “Honey and Clover” bee themed collection from Northcott appealed to my design aesthetic. After doing some research, I was excited to learn that the word Super is short of Superstructure, refering to the boxes placed together to form a beehive and store honey.

This includes a border print, panel and nine other coordinates plus two Colorworks solids and three Toscana complimentary colors.

In this design, I developed a half hexagon shape that maximizes the use of a 10” square. So, this is a 10” stack friendly design. I chose to use just the fabrics in the collection – including 1 panel and the border stripe/print.

By folding the panel squares in half, you can still use the same template to cut a complete hexagon. This means there are a few Y seams to keep those panels intact. These are quite large hexagons, so it is definitely doable by hand or by machine to sew all of them as complete hexagons. The border stripe is fussy cut and I’m excited about how the hexagons appear to float into the border.

The pattern includes mitering details.

You can find this pattern on my website or ask at a local quilt shop near you. Be sure to tag us if you make this up in these fabrics or something else. Happy Stitching!

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



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Part 3 of 3

Version 2 – Let’s Add a Few Things!

With this part, we’re going to expand upon the above idea and add some movement. We’re going to add, essentially, two borders. I’ll do each border separately, giving the option of sizes. If, after adding rows and the first border, you decide this is the size you want, then you’re done. You can quilt and bind as desired.

If you want the second border, which gives more movement and a finished size of 60 x 76, then continue with the instructions. Read the instructions carefully before starting the next steps and refer to the Diagram as you need. Are you ready?

Fabric Requirements for Extra Rows and First Border:

This was given initially, but just as a reminder...

Fabric A – 2 yards

Fabric B (dark) – ½ yard

Binding (dark) – ¾ yard

Making the Block:

- Read through these instructions BEFORE doing the next steps. It will make more sense.
- For this part, make 12 more of the block in Part I, using the instructions already given.
- Lay out the already pieced 48 x 48 quilt top and, following the design already in place, add a row of 6 blocks to the top of the quilt top and 6 blocks to the bottom of the quilt top. At this point, your quilt top should be six (6) rows across and eight (8) rows down.

First Border Fabric:

- 2 – 2 ½ x 48 ½ strip of Fabric A 2 – 2 ½ x 68 ½ strip of Fabric A
- Right sides together, sew a 2 ½ x 48 ½ strip on the top and bottom. Set seams and press open.
- Right sides together, sew a 2 ½ x 68 ½ on each side. Set seams and press open.

Second Border - Snowball Blocks & Strips:

Snowball Block (Make 40 blocks)

Cut (per block):

1 – 4 ½ x 4 ½ inch of Fabric A

4 – 1 ½ x 1 ½ inch of Fabric B

- On the wrong side of the Fabric B, 1 ½ x 1 ½ blocks, draw a diagonal line.

- Placing right sides together, place a Fabric B block in the corner of the Fabric A, 4 ½ x 4 ½, matching the corners. Sew on the diagonal line. Repeat for each corner of the Fabric A block. See Diagram.

- Set the seams you just made and then press each B back to meet the corner.

- Make sure the finished blocks measure 4 ½ x 4 ½. Make 40 of these blocks.



Watch the Magic

Mystery Quilt - 2024

Designed by Ann Jones, Nevada, MO

If you have any questions contact Erica at Nine Patch Quilt & Fabrics, Nevada, MO

ericaskouby@gmail.com or 417-667-7100. Miss one of the parts?

Check www.countryregister.com

Connecting Strips:

Cut: 2 – 4 ½ x 24 ½ inch strips of Fabric A 2 – 4 ½ x 28 ½ inch strips of Fabric A

- Sew 10 snowball blocks together. Set seams and press open, either side. Set aside. Do the same thing with another 10 snowball blocks.

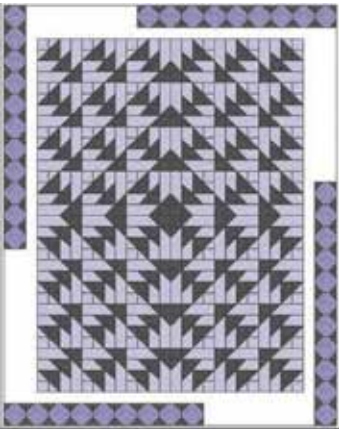
- Right sides together, attach a 4 ½ x 24 ½ strip of Fabric A to one end of a 10 snowball “chain.” Repeat for the second snowball chain. Set seams and press towards the strip of Fabric A.

- Right sides together, we’re going to sew to either side of the quilt top. Pin the snowball chain plus fabric strip to the left side, starting with the snowball block end. It’s important that you start here and make sure the snowball block lines up even with the edge of the quilt. Set the seam and press towards the snowball/fabric strip side.

- Repeat this for the other side, but start with pinning the snowball edge to the bottom edge of the right side. (t will be opposite of what the other side is.) Set the seam and press towards the snowball chain/fabric strip side.

- Next, we’re going to construct the top and bottom borders. Sew 9 snowballs together. Set seams and press either side. To this, right sides together, sew a 4 ½ x 28 ½ strip of Fabric A. Set seam and press towards the strip. Lastly, right sides together, sew one snowball to the end of the strip. Set seam and press towards the strip of Fabric A. Repeat this step so you have two sets.

- To the top of the quilt, right sides together, pin together starting with the single snowball block to the top left side, making sure the snowball blocks match. Set seam. Press towards the snowball chain.



- To the bottom of the quilt, right sides together, pin together starting with the single snowball block to the bottom right side of the quilt top, making sure the snowball blocks line up. Set seam. Press towards the snowball chain.

This finishes the quilt top. Quilt as desired and bind.

Hope you enjoyed this Mystery Quilt!



Lawyer Up

Two judges of Cook County died and took different routes to their destinations. When one judge got to Heaven, he immediately called the other judge and said, "How do you like it down there?"

"Fine," said the second judge. All we have to do is ascend the bench at 11:00 a.m. Everybody down here gets an immediate trial. We don't work more than fifteen minutes a day. By the way, how is everything upstairs?"

"Terrible," said the first judge. "We get on the bench at 8:00 a.m. and don't get through with our Court Call until 10:00 or 11:00 at night. If you think the Cook County Calendar is bad, you should see our Calendar. The plaintiff can't get a trial for about ten to twenty years."

"How come you have to work so hard?" asked the second judge.

"Well, to tell you the truth," replied the first judge, "we have a terrific shortage of judges up here."

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Canada Day Trivia

The Stanley Cup has its own bodyguard

The Mounted Police were formed in 1873, with nine officers

BlackBerry Limited was founded by Mike Lazaridis and Doug Fregin in Waterloo, Ont., in 1984

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

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

—————

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

It was on page 14

Carl must have dropped it back in May when he and Mary went to the Country Acres Antique Vintage Market.

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



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