

#### Happy St. Patricks Day!



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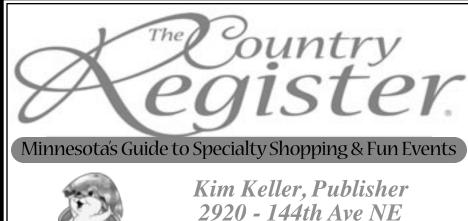
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#### Months March/April 2024

Volume 30 Number 2

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Deadline For the May/June 2024 Edition is April 10th!





kim@countryregisterofminnesota.com www.countryregisterofminnesota.com

#### City Listing

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Duluth6&7	Pipestone14
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Lone Rock, IA18	Waseca19
Luverne14	Wells17
Menomonie, WI15	White Bear Lake11
New Prague12	Windom14
New Richmond, WI15	Worthington14

#### Special Events

#### .........Yarrow Bag Class Wristlet Class - Up North Quilt Shop - International Falls 22-24......Quilts of Valor Retreat - Quilted Steeple - Lone Rock, IA 1-May 31......3rd Annual All Minnesota Shop Hop ..New Ulm Quilt Show - New Ulm

0 0	The visit of the v
10-13	Country Roads Shop Hop - Humble Heart Quilt Shop - Wells
10-13	Country Roads Shop Hop - Quilter's Cottage - Keister
10-13	Country Roads Shop Hop - Michele's Quilting - Blue Earth
10-13	Country Roads Shop Hop - Prairie Quilting - Windom
10-13	Country Roads Shop Hop - Old Alley Quilt Shop - Sherburn
10-13	Country Roads Shop Hop - River City Quilts - Mankato
10-13	Country Roads Shop Hop - Stitchin' It Up Quilt Shop - Lamberton
12-13	27th Anniversary Open House - Past and Present Antiques - Waseca
18-20	Junk Bonanza - Shakopee
27	Fashion Show and Tea Party - Lost and Found - Eden Valley
27-May4	Crossing Borders Spring Fling Shop Hop - Prairie Quilting - Windom
27-May4	Crossing Borders Spring Fling Shop Hop - Calico Cat - Pipestone
27-May4	
28	Super Sunday - Quilted Dog - Cloquet

#### May

4Spring in the Valley - Lost and Found - Eden Valley
10-1225th Annual Shepherd's Harvest - Lake Elmo

#### Happy Easter!



This month in Minnesota
History

March 3, 1849: Minnesota Territory is signed into existence by President James K. Polk. The territory has a population of about 10,000 Native people and 5,000 white settler colonists and includes present-day North and South Pakota east of the Missouri River.

April 30, 1961: In his first home run for the Minnesota Twins baseball team, Harmon Killebrew hits the ball 467 feet.

From The Minnesota Book of Days (Minnesota Historical Society Press)



## Where in Minnesota?

Somewhere in Minnesota the image to the right can be found.

Where is it?

(Answer on page 15 of this issue)





# APRIL MAY 2024 The All Minnesota Shop Hop Magazine will go on sale Mid-February at all participating stores. Visit www.MinnesotaShopHop.com and join our Facebook Group: www.facebook.com/groups/allminnesotashophop to learn all about it. The All Minnesota Shop Hop Magazine will go on sale Mid-February at all participating stores. It's your passport to emback on the Great Sewing Adventure™ across Minnesota!

ALL MINNESOTA SHOP HOP

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Monday-Friday: 8am-5pm Saturday: 9am-12pm

Check us out on Facebook and join us LIVE Thursdays at 9am!



## SHOP HOP: Supporting Our Communities

Shop Hop is a familiar term to many quilters. These unique events benefit quilting and sewing businesses, shoppers, and local communities.

Shop Hops can vary in size from just a few stores to statewide or regional events. They expose customers to new stores and experiences.

Many of us have a "favorite" store. A place that's convenient, familiar, and that carries the stuff we like. But there is a whole world of new and different fabrics, notions, equipment, and personalities you're missing out on if you don't occasionally branch out. A Shop Hop provides quilters with a specific plan to do just that.

In a day when brick and mortar retail locations are dwindling across the nation, a Shop Hop works to promote and support quilting and sewing stores, so we can touch and feel the fabric in person. Most quilters "get this" and understand how important it is to support these places if we want them available in our communities.

Many quilters hop with friends, family, or their favorite "quiltsie." They're not just shopping – they're making memories as they travel around an area together. Shop Hoppers not only get to visit sewing stores, they also enjoy traveling through large and small towns, discovering places they may have never visited before.

The towns and cities that hoppers travel through also offer many treasures. Small town main streets still exist and evoke many fond memories. Shop Hoppers also support these towns as they take a break to enjoy lunch or dinner at a quaint restaurant. Someone along for the ride may visit a local antique store or boutique while hoppers are visiting a sewing store.

Hops are also about other kinds of fun. Most offer a reward, like prizes or discounts, for visiting participating shops. And of course, you get to express your creative side when you return home by making something beautiful with the items you picked up along the route.

The All Minnesota Shop Hop is coming to Minnesota for their third annual event during the months of April and May, 2024. It offers the opportunity to explore 60+ stores across the state. Start your adventure by picking up the All Minnesota Shop Hop Magazine in mid-February at participating stores. This is a great resource to help you navigate the Shop Hop and something you can use all year long as you travel throughout the state.

Whether you hop to enjoy or support your community, we hope that you'll mark a few days on your calendar to explore the great state of Minnesota and all that its sewing industry has to offer.

S - HOP PINC

To learn more, visit MinnesotaShopHop.com and join the Facebook Group Facebook.com/groups/AllMinnesotaShopHop.



#### Lazy Mornings & Joyful Noise

A lazy morning is a favorite personal indulgence. Reserved for occasional snowy days when the weather is extreme or an unusual Saturday, they are destined to remain a rare and special treat.

A lazy morning doesn't necessarily mean I stay in bed until noon—or even much longer than any other morning. It simply means that whenever I get up, I can lounge around in my flannel pajamas, treat myself to a cup of steamy marshmallow-topped cocoa, and leisurely read the paper while listening to the birds twittering their joyful tunes in the backyard.

In the summer I delight in throwing open every window just so I can listen to my little feathered friends sing and chatter. Sometimes, probably because I spoil them, they even scold one another in order to get their fair share of the best thistle seed money can buy.

When winter came, I so missed hearing their noisy antics that I requested and received a bird monitor for my birthday. The little speaker unit has a microphone attached to a small cable that's extended out of my closed window to capture and amplify the delightful chirping sounds of finches, pine siskins, and juncos into the cozy comfort of my warm kitchen.

With my birds to keep me company, I can let go and release all the lingering

worry and stress from my week and revitalize my spirit.

One recent morning while watching and reflecting on the behavior of my little feathered friends, I learned an important lesson. I realized I would do well if I, too, would place total faith in our Creator and offer such a joyful noise to the Lord!

God is good and I praise Him—Amen!



©2024 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

## Enjoy More of Jan's Columns ORDER HER BOOKS TODAY



Life is like a quilt, pieced together from a unique patchwork of memories, friendships, joys, and challenges In each of these books, syndicated columnist Jan Keller is down to earth and refreshingly transparent as she opens the door to life's dreams, triumphs and struggles in a heart-warming way that will touch you forever You'll love the way she spins 'yarns' that



weave the pieces of a treasured tapestry into a vivid depiction of life and love

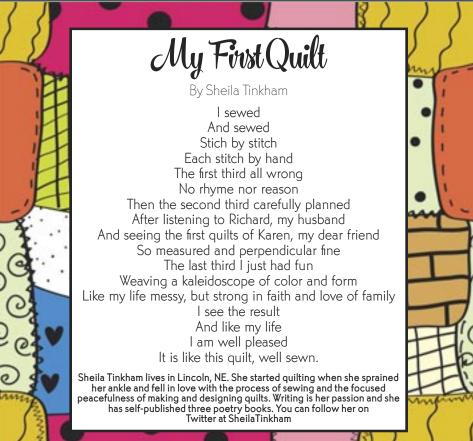
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#### Cook • International Falls



All Minnesota Shop Hop Hope to see you at the hop! March Hours: T-F 10-4 · Sat 10-3 April Shop Hop Hours: M-F 10-5 · Sat 10-3





## QUILT SHOP

★Online Quilt Shop! ★ www.upnorthquiltshop.com



Yarrow Bag Class Wristlet Noodlehead Pattern March 9 · 10am-4pm Monthly Wool Club March 21 April 18 1:00pm - 4:00pm Monthly Sew - Ins March 22-24 April 19-21

Youth Series starts in March! Continuous class to complete a rag quilt. \$60 for the kit. All thread, machines, instructors snacks included!

Store Hours: Tuesday - Friday 10am-5pm • Saturday 10am-4pm 4062 Highway 11 • International Falls, MN 56649 • 218-285-7704

## Open the Door! That's What They are For

by Barbara Kalkis

My doctor gets the credit for making me think about doors. No, it wasn't for therapy, although I sometimes wish someone would tell me what to do in certain situations. Mostly, however, I just wish I had a butler, the way some kids wish for a pony. But I digress.

It was a busy day at the doctor's office. The nurse escorted me to the examination room, apologizing that Doctor was running a bit late. No problem. Alone time helps me settle into my surroundings and shake off a list of "what-if's", which is challenging when the counters are stuffed with bandages, gloves and other "tools of the trade", and the walls are plastered with cautions, warning signs of diseases and posters of body parts you forgot you had. And did not need a reminder of.

Crammed amongst the barrage of medical information, I was intrigued to see a huge, handsomely framed poster showing row upon row of doors. It was so completely out of place that I wondered if it contained some secret hidden message. In any case, it was a welcome change in the windowless room.

There were no words, no title, just close-up photos of formal doors in every style and color that could grace the front of a house. Windows or no windows. Embellished decorations or plain. Stern glossy black doors fitted with gleaming brass handles, locks and kick-panels. Gray doors, suggesting owners who could not commit to a color. Heavily varnished doors showcasing the wood's grain.

Interspersing traditional styles were the flashy doors. The owners seemed intent to match door color to decorations on their porches. Grecian urns held massive red

geraniums that exactly mirrored the door color. Green doors stood between boxwoods shaped into miniature trees with globes of tiny leaves. Bright yellow, pink, sky-blue, and lilac doors indicated cheery souls within who were brave enough to shun tradition or homeowner association color codes.

As I studied each photograph, I wondered what made this artwork more compelling than a simple scene. Dedicated to over-thinking things and having nothing to do while half-dressed, I decided that there is some deeper meaning to a door than a realtor's suggestion for "curb appeal." Scenes invite us to walk into an environment. Floral bouquets inspire appreciation of beauty.

Doors hold many more meanings. They are solid, sturdy, strong. You can count on a door for privacy. They provide security. They communicate the personality of their owners. They are the first

for ate st d them. Think of welcoming door

indication of the kind of people that live behind them. Think of welcoming door wreaths at Christmas or circlets of spring flowers or 4th of July miniature flags and stars. Doors can keep us out. They also are the gateway to walk through.

In life, we all encounter many doors, real and abstract. The real doors are easy to deal with. We knock and hope they are opened. The abstract doors are harder to define. Those doors might stay closed to a new job or other opportunity. Many more doors are gateways to a new chapter in our lives – perhaps a move, the vacation of a lifetime, a new friend, or special person to share our lives with, a child or grandchild.

Whatever the door represents is up to each of us to decide. I like to think of a door as the entry to some new adventure, a new beginning, a new start, a new chapter, even a new season in the circle of a year. We just need to knock, walk through and the future will be open to us.

©2024Barbara Kalkis. Barbara Kalkis spends her time teaching, writing, and working as a marketing consultant. She is the author of Little Ditties for Every Day: A Collection of Thoughts in Rhyme and Rhythm. Contact her at

#### Duluth

## Embroidery

By Sheila Tinkham

If I had my cup of tea and a scone softly buttered, I could imagine myself an English lady Embroidering

I draw the design on a plain lavender sweatshirt Or pink t-shirt

Then carefully stitch again and and again Following the lines

A road map to a different world A slow and steady cadence to my fingers

In and out Breathe

Slow but soothing

And my sweet husband Richard

Places jigsaw puzzles one piece at a time The sweet soft sounds of embroidery

And the snap of puzzle pieces Life could not be sweeter Or more complete.

Sheila Tinkham lives in Lincoln, NE. She started quilting when she sprained her ankle and fell in love with the process of sewing and the focused peacefulness of making and designing quilts. Writing is her passion and she has self-published three poetry books. You can follow her on Twitter at SheilaTinkham





# KISSed Quilts Spinning Frames

by Marlene Oddie

Do you love cats? Cat Quilts? Cat Fabric? How about drinking wine?

Northcott has a new collection – Whiskers and Wine

shipping to stores now! This includes a border print (used in the quilt) and 28 unique motifs that are cleverly framed in this quilt.

Using a half rectangle triangle shape creates a spinning design around each printed image.

Consider using the AnglePlay® template system for the easiest construction of these half rectangle triangles.

This pattern is designed to work for  $5 \frac{1}{2}$ " cut squares in each frame. If you've got another size to use, the rectangle on each side can be adjusted to fit the shape!

The border stripe is fussy cut and gets you all the borders as shown in one piece for each side. 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 quilter by passion in Grand Coulee, WA at her quilt shop, KISSed Quilts. She quilts for hire on a Gammill Optimum Plus, but especially enjoys designing quilts and assisting in the creation of a meaningful treasure for the recipient. Fabric, patterns, kits and templates are available at http://www.kissedquilts.com. Follow Marlene's adventures via http://www.facebook.com/kissedquilts and https://www.instagram.com/marlene.kissedquilts



## WITH A BRAND NEW LOCATION

Just a few miles west, we are now in the Lincoln Park Craft District. Our new space offers a large, open & bright floorspace with 6000+ bolts of fabrics & lots of notions. We still provide longarm quilting services & are all set to begin teaching in our brand new classroom. Come see!

Regular Shop Hours

10a-5p (tues-fri)

10a-4p (sat)





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#### Cloquet • Duluth • Sandstone • Two Harbors



🖈 Join us this Spring! 🖈 April and May: All Minnesota Shop Hop Super Sunday April **28** · 12am - **4**pm

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#### All Minnesota Shop Hop Join us in April and May!

Store Hours: Monday - Saturday 9am-5pm · Closed Sundays



## 2 Minute Lift Don't Build Your Life On Shoulds

by Kathy Sotak



I had two meetings the other day. The purpose of both was me seeking counsel from two distinct teams regarding unrelated topics. It was a typical work day.

However, both meetings had one common denominator. I was asked the same question by different people in each meeting: "Kathy, what do YOU want?"

Even though they were referring to business outcomes, my mind must have taken it to my heart. I woke up that

night at 3:02am, with their voice ringing in my head. "Kathy, what do YOU want?" I then realized this was a pivotal question for my own personal life.

"What do YOU want?"

I shouldn't want more. I already have a lot of beautiful things. I am blessed with a kind husband, boisterous kids, family, friendship, home, career, dogs, chickens and great health. But any good life is filled with retrospection, introspection and a bit of dreaming for the future. Right?

It rings again. "What do YOU want?"

I really don't think I've ever answered that question. My life was built on auto-pilot with too many shoulds:

- · I should go to college then build a dependable career
- · I should be responsible then do the practical thing
- · I should put my dreams in a box
- · I should wait until –

To clarify – no one should on me. I did it myself. I simply followed the societal program of shoulding.

"What do YOU want?"

I looked at the clock again at 4:00am on the dot, still lacking the courage to answer that question. I spent a lifetime asking others that question, but forgot to ask myself that same one.

This question is a gift. I've now identified where I'm on auto-pilot and flipped the manual switch to intentional choice. It has shifted me to micro-choose every morsel of the day.

Our micro-morsels are small but they transform to be big and life-altering. The theme of my micro-morsels are moments of joy. Like digging up my favorite childhood music. Buying a hula-hoop. Dancing more around the house. Making the impractical decision of getting a second, high-shedding large-breed dog. Learning how to brew kombucha. Baking sourdough bread with my very own starter. Then eating it with zero guilt and all joy. Starting a new skills-trade group in my community to build connection and enrichment. More fires in the fireplace.

Will you join me in this walk? Let's do less shoulding and more choosing. Together, we will walk the longest, most treacherous 18-inch journey from our head to our heart, to answer that question.

"What do YOU want?"





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#### Lake Elmo



★ sheep & wool festival ★

Mother's Day Weekend MAY 10 - 12, 2024 Classes only May 10th



Over 100 Fiber Vendors • Fleece Competition & Silent Auction Sheep Sheering Demos & Breed Displays • Free Family Friendly Activities Sheep Dog Herding Demos • Educational Classes & Free Demos Spinning, Knitting, and More!

Washington County Fair Grounds - Lake Elmo, MN
Admission \$5 • Free for Kids 8 & under • Free Parking
Friday, May 10th Classes Only • Saturday May 11th 9-5, Sunday 12th 10-4

#### ShepherdsHarvestFestival.org

Interested in volunteering? Contact us at info@shepherdsharvestfestival.org

## Strawberry Pop Tart in a Mug



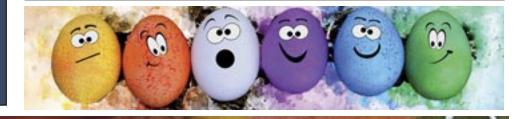
#### Ingredients:

- · 1 tbsp butter at room temperature
- · 1 tbsp icing sugar
- · 2 tbsp milk
- · 4 tbsp all purpose flour
- · 1 tbsp strawberry jam
- ·lcina
- · Sprinkles

#### Directions:

- 1. In a microwavable mug, mix the butter and sugar together.
- 2. Stir in the flour and milk.
- 3. Mix until all ingredients are fully combined.
- 4. Make a well in the batter and spoon in the jam.
- 5. Smooth the batter over the jam so there is no jam showing.
- 6. Microwave for 45-60 seconds or until firm to touch.
- 7. Let cool.
- 8. Spoon over some icing and then decorate with sprinkles!

Recipe by Gemma's Bigger Bolder Baking



## 2024 Shepherd's Harvest Sheep and Wool Festival

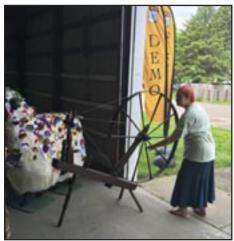


Shepherd's
Harvest Sheep
and Wool
Festival is
Minnesota's
premier event
for wool and
sheep lovers,
the largest
fiber festival in
the state. Over
100 vendors
of fiber and
fiber animal

related products show their wares at the Festival through a juried selection of vendors of unique products. If its fiber related, you probably will find a vendor with just what you have been looking for. Numerous classes are offered in the fiber arts — geared for all levels of experience — from the beginner to the expert. Each year, we offer some classes in the less well known fiber arts so students can expand their crafts expertise. Don't miss the demonstrations and exhibits and get a firsthand look at a wide variety of sheep breeds.

Here's a look at the 2024 Festival highlights:

**Vendors** - Our vendors are from all over the country! Numerous vendors of fiber and sheep related items providing endless shopping for rugs, slippers, hats, jewelry, hand dyed yarn and fiber, handwoven baskets, weaving and knitting supplies, emu oil and oil products and sheep milk soaps to name a few!



Demos and Events -Saturday and Sunday are filled with ongoing events and demonstration throughout the day in the demonstration building A, or outside on the Green and

Shearing Shed. Demonstrations include machine knitting, combing wool fibers, pin loom weaving, knitting "in the round', shearing and herding dogs!

Stock dog demonstrations will be available Saturday and Sunday. Koru Farm owned by Dan and Janis Reuter will be demonstrating how dogs can help their humans on the farm. They will also offer assessments on your dog!

In and Around the Barn - A highlight of the Shepherd's Harvest will be the "living catalog" of sheep breeds. A wide variety of wool and meat breeds will be on display. You can expect to see everything from Black Welsh Mountain to CVM~Romeldale Sheep. Visitors will have the opportunity to talk with shepherds about their particular breed and sheep may be sold by private treaty.

**Sheep Barn Demos** - Come play in the Sheep Barn



during the festival, where you will also find many varieties of fiber sheep and goats, as well as the shepherds who care for them. Demos include "Extreme Sheep Make-Overs" -

Shearing, sheep handling and basic sheep care demo.

Fleece Competition - There are a great variety of types of fleece. For judging, they are placed in different groups according to color, white or natural colored, and grade, or fiber diameter, into fine, medium or long wools. There will also be a purebred class for each breed where the fleece is judged according to breed standards. A silent auction will be held for all judged fleeces offered for sale by the exhibitors!

**Classes** - Classes to build your skills are offered all day Friday, Saturday and Sunday!

This year's event will once again be held on Mother's Day Weekend, May 10th - 12th (classes only on Friday, May 12th). For more information visit www.ShepherdsHarvestFestival.org, or contact Jerry Pedersen at info@ShepherdsHarvestFestival.org

We have

new spring

items

#### Eden Valley

## Irish You a Happy St. Patrick's Day.

St. Patrick's Day celebrates Saint Patrick (and the arrival of Christianity in Ireland), and the heritage and culture of the Irish. Wearing of green clothing or shamrocks, plus parades and festivals are common ways to commemorate the day.

Saint Patrick's Day is a public holiday in both the Republic of Ireland & Northern Ireland, and in Newfoundland and Labrador (for provincial government employees).

How did the story of St. Patrick start? At sixteen, Patrick was kidnapped by Irish raiders and sent as a slave to Ireland. Patrick spent six years there working as a shepherd, and during

this time, he found God. Patrick eventually fled to the coast, where he caught a ship to take him back to Britain; and Patrick then went on to become a priest.

According to tradition, Patrick returned to Ireland to convert the pagan Irish to Orthodox Christianity. He evangelized in the northern half of Ireland and converted thousands. His efforts became the story in which he drove "snakes" (heathen practices) out of Ireland, even though actual snakes were not known to inhabit the region. On Saint Patrick's Day, it is now customary to wear shamrocks and green clothing, as he used the shamrock, a three-leaved plant, to explain the Trinity.

Today, we celebrate St. Patrick with parades and festivals, Irish traditional music, and the wearing of green attire or shamrocks. Which reminds me, what do you call a fake Irish stone? A shamrock.

Christians may also attend church. The Lenten restrictions on eating and drinking alcohol are lifted for the day. Perhaps because of this, drinking alcohol, particularly Irish whiskey and beer, has become associated with the celebrations.

One of the longest-running and largest Saint Patrick's Day (le jour de la Saint-Patrick) in North America occurs each year in Montreal. Did you know that Montreal's city flag includes a shamrock? The parade has been held yearly without interruption since 1824, so it's time to paddy like the Irish do!

The Toronto Maple Leaf's hockey team was known as the Toronto St. Patrick's from 1919 to 1927 and wore green jerseys. In 1999, when the Maple Leafs played on Saint Patrick's Day, they wore green St Patrick's uniforms.

St. Patrick's Day gives us a reason to celebrate Irish cuisine too. Most of us immediately think of Irish stew when asked about Irish food. Slow-cooked to perfection, the meat becomes tender, and the vegetables absorb the rich broth, creating a comforting and filling dish. It's said that every Irish household has a unique twist on the classic stew, a closely guarded secret passed down through generations.

Potatoes, known as the "Irish apple," have been pivotal in Irish cuisine since their introduction in the 18th century. A favorite is colcannon, a dish made by combining mashed potatoes and cabbage with butter, a simple comfort food.

We must also pay homage to the "full Irish" breakfast, which includes fried eggs, bacon, sausage, black pudding, grilled tomatoes, and toast.

Another food staple that comes up when mentioning Irish cuisine is Irish soda bread. Soda bread, which is quick bread leavened with baking soda, has a crusty exterior and tender interior, which makes it the perfect vehicle for a generous spread of butter or a dollop of jam. And, why do Irish bakers use baking soda? It's faster than Dublin the dough with yeast.

St. Patrick's Day, a global celebration of Irish culture, serves as a testament to his enduring legacy, fostering a sense of unity and pride among the Irish and enthusiasts worldwide. Ireland, with its vibrant traditions and enduring spirit, stands as a testament to the enduring legacy of St. Patrick, embodying resilience, community, and a deeprooted appreciation for life's simple joys.





This is quite good served with the Irish stew. I usually mix up the bread first thing in the morning, and then start chopping up ingredients for the stew while the bread bakes.

3 cups all-purpose flour 1 tsp baking soda 1 Tbsp baking powder 1 egg, lightly beaten 1/3 cup white sugar 2 cups buttermilk 1 tsp salt ½ cup butter, melted

Preheat the oven to 325°F. Grease a 9x5-inch loaf pan. Combine flour, baking powder, sugar, salt, and baking soda in a large bowl. Blend egg and buttermilk together; add all at once to the flour mixture and mix just until moistened. Stir in the melted butter. Pour into prepared pan. Bake in the preheated oven until the top is golden brown, about 65 to 70 minutes. A cake tester inserted into the bread should come out clean. Cool on a wire rack. Wrap in foil for several hours, or overnight, for best flavor.

#### Slow Cooker Irish Stew

I usually double this recipe and it fills up my extra-large, oval slow cooker to the brim. It's hard to go wrong with a hearty stew, but if your family is balking at the leftovers, try reheating it with a can or two of coconut milk added, canned chickpeas and curry spices.

1.5 lbs. beef stew meat in 1-2 inch cubes 4 Tbsp flour

2 onions peeled and very thickly sliced

3 cloves garlic minced

1 lb. potatoes peeled and cut into chunks 1 sprig rosemary, or ½ tsp dried rosemary

4 carrots peeled and cut into chunks

3 sticks celery sliced

2 cups beef broth

2 Tbsp Worcestershire sauce

½ tsp salt

Ground black pepper to taste

2 bay leaves

2 Tbsp cornstarch stirred into 3 Tbsp cool water to make a slurry

Heat the oil in large skillet over medium-high heat. Add beef and brown; remove and add to 4-6 quart slow cooker. Add the onions to hot skillet and sauté over medium heat until softened. Pour in about ½ cup of the beef broth, scraping any browned bits off the bottom of the pan. Pour into the slow cooker over the meat. Place the potatoes, carrots and celery in slow cooker. Whisk together broth, Worcestershire sauce and flour in a measuring jug. Pour over meat and vegetables in slow cooker, stir. Add in the herbs, close lid and cook on LOW for 7-8 hours or on HIGH for 4 hours.

To thicken: open the slow cooker and pour in cornstarch slurry, stirring to combine well. Simmer WITHOUT the lid for 15-30 minutes on HIGH, until thickened.

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Answer: A clock. When it's 9 o'clock adding 5 hours makes it 2 o'Clock.

Sammy goes to the supermarket and buys 10 peaches. On the way back home all but 9 get ruined. How many good peaches are left?

Answer: 9

What three numbers give the same result when added and multiplied together?

Answer: 1, 2 and 3 (1+2+3=6 and 1x2x3=6)

What is the longest word in the dictionary?

Answer: Smiles. There is a mile between each s.



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by Jennifer Lopez

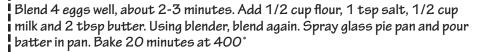


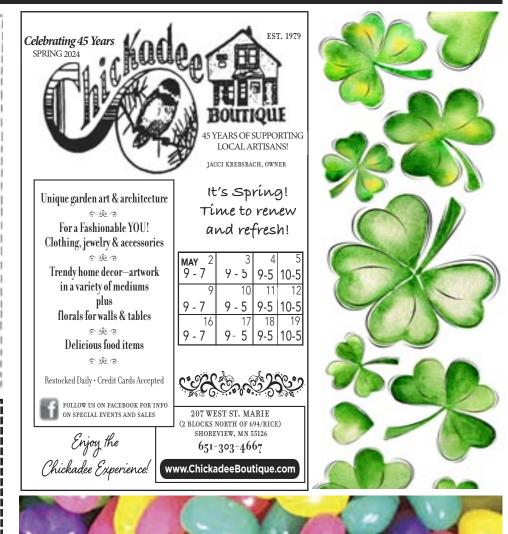
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Country Register Recipe Exchange **Egg Pie** 

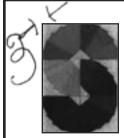
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#### Learning to Speak Well

We have friends whose college-age son suffered a brain injury over a year ago now. Henry had to learn how to walk and talk and do the most basic of human processes all over again. And though he still has a difficult journey ahead, he's come a long and amazing way.

Recently I had the opportunity to observe Henry as he was conversing with someone. I listened to the painstaking slowness of his responses. Because of the injury to his brain, Henry must literally process each and every word before speaking them. When a question is asked him, he pauses (I could "see" him processing) and then speaks one word. Then he processes again and speaks another word—and again and again until a complete sentence is out. It's a very deliberate, very time-consuming process for him.

Watching this interaction made me realize how much I take the "simple" process of talking for granted—open mouth and out fly the words. I got to wondering how much better off I would be (and those with whom I'm talking to or about) if I had to slowly process each and every word that came out of my mouth. The idea of "idle words" would be non-existent. If every word cost me the time, energy and effort that they do Henry, I'm guessing that I wouldn't be as lazy or flippant as I am with my words. Would I waste effort on words of complaint, of gossip, of pettiness? If I had to stop and really think about every word I was going to form with my mouth, I think I would pretty quickly realize that much of what comes out of my mouth isn't worth saying.

It's interesting to me where life lessons show up. I'm grateful not only for eyes to see such things, but for a brain and mouth that work pretty flawlessly in

unison to allow me to easily communicate. But watching Henry has been a good object lesson for me. And I want to apply the skill he has learned, because learning to process my thoughts, my words, and my reactions with greater intention would be a good thing for all involved. Thanks, Henry.



2 tbsp olive oil 2.5 lbs beef chuck, or any other slow cooking beef (no  $\underline{bone}$ )

3/4 tsp salt

3/4 tsp black pepper

3 garlic cloves, minced

2 onions, chopped

6 oz bacon, diced

3 tbsp flour

14.9 oz Guinness Beer

- 4 tbsp tomato paste
- 3 cups chicken stock/broth
- 3 carrots
- 2 large celery stalks
- 2 bay leaves
- 3 sprigs thyme

Cut the beef into 2 inch chunks. Pat dry and then sprinkle with salt and pepper. Hat oil in a heavy based pot over high heat. Add beef in batches and brown well all over. Remove onto plate. Repeat with remaining beef. Lower heat to medium. If the pot is looking dry add oil. Cook garlic and onion for 3 minutes until softening, then add bacon. Cook until bacon is browned, then stir through carrot and celery. Add flour, and stir for 1 minute to cook off the flour. Add Guinness, chicken stock/broth and tomato paste. Mix well. Add <u>bay leaves</u> and thyme. Return beef into the pot (including any juices). Liquid level should just cover beef. Cover, lower heat so it is bubbling gently. Cook for 2 hours. The beef should be pretty tender after. Remove the lid and then <u>simmer</u> for another 30-45 minutes or until the beef falls apart when touched and the <u>sauce</u> has <u>reduced</u> and thickened slightly. Skim off fat on the surface if desired. Adjust salt and pepper to taste. Remove bay leaves and thyme. Serve with <u>creamy</u> mashed potatoes!

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## An Oven Saga from a Crafter's Perspective

To me, the term "Joy of Cooking" only refers to Irma S. Rombauer's 1931 classic book and not the actual practice of cooking itself. While I savor everyone else's cuisine, the art of boiling, broiling and baking always eluded me. One of my most jarring experiences was the evening my microwave oven died. The moment occurred just after I had removed the broccoli (8 minutes on high), scalloped potatoes (15 minutes/medium-high) and my cup of tea (1 minute/high). I was ready to pop my signature turkey meatloaf in for 15 minutes (medium-high) when the



microwave began buzzing as if locust hordes had returned after 17 years of hibernation. The panel blinked a few times and croaked. I stood, holding the meatloaf, not knowing how to cook it in the oven (Yes, despite dozens of cookbooks and the web). I browned turkey burgers to a crisp on the stovetop and dashed out the next morning to replace the microwave. If nothing else, I do prioritize tasks well.

This is not to say that I only use my oven as a storage cabinet for my cast iron skillets. It's just that they fit nicely in there. My first oven lasted almost 30 years. Is that asking too much? It was 'old-fashioned' with no special features, but it made everything look like something out of a magazine: pie crusts, turkeys, chickens, lasagnas, casseroles, cookies – all emerged with an award-winning golden glow. Naturally, they didn't taste as good as they looked, but I got 5 stars for first impressions.

When that oven died, I graduated to a convection oven. It worked for 13 years. My niece claimed that, in terms of actual use, it was really only 3 years old. (How did we end up with a generation of smart alecks?) Once again, I summoned my strength and raced to the biggest local appliance store. As I wandered down the aisles evaluating one wall oven after another, I spied a couple examining a 6-burner (yes, SIX) giant. Curious, I moved closer to the couple and salesman to hear the conversation. Not eavesdropping, mind you, simply wondering if the couple had 10 kids and needed the burners. It turned out that the couple simply entertains frequently. I realized I am out of touch with the world. What happened to company meals of meat and two sides? Three, if they were close friends?

But that was just the first surprise. The latest models feature elaborate command screens. Simply answer a few questions and go watch a movie; the oven will determine how to cook the food. New ovens come with Wi-Fi. Why? So, we can send text messages to the oven while we are in another room or stuck in traffic.

With the arrival of technology bots (i.e., Ro-bots), new ovens will be able to "talk" to us and obey commands. Is this really necessary? My refrigerator isn't "smart," but I have all the ice cubes I want and everything else remains cold and crisp.

Contrast hand-crafted arts to the art of designing "smart" appliances. As we gaze at a quilt or a painting, the design, color, shape, textures and even errors speak to us and inspire us - not just intellectually but emotionally. Hand-crafted art comforts and refreshes us. We continually see some nuance we missed a moment before.

As for ovens, no matter how much technology they include, or how well you can communicate with them, if you say the wrong thing, push the wrong button, enter the wrong code – or fail to follow directions - you're going to end up with a meal that's mummified. And there's no going back on that.

©2023.Barbara Kalkis. Barbara spends her time teaching, writing and working as a marketing consultant. She's the author of Little Ditties for Every Day: A Collection of Thoughts in Rhyme and Rhythm. Contact her at BarbaraKalkis01@gmail.com.

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## New Year's Resolution NOT!

by Cheryl Potts

If you have not been able to keep your New Year's Resolution, maybe this book is for you.

This year, I've decided to get serious about making a New Year's resolution. However, what can I commit to that is not too painful, wasteful or dangerous? Hmmm...

Perhaps losing a few pounds, or forty, would be a worthy endeavor. On the bright side, it would give me more energy, grow more memory cells, looser clothing and have enough breath to get to the mailbox and back.

This may take some dedicated research to find the best possible meal plan for a big girl like me. After scrolling down through a few sites, I found a book titled: Eat to Lose Weight. That sounded like a book I could relate to, so I ordered it. It inspired me so much my stomach started growling. I finished up a half a bag of potato chips.

In the midst of my computer research, my neighbor came over for a visit and brought a bag of cream cheese cookies. So, we had a cup of tea and I shared the bag of cookies with her.

My book arrived the next day. So, I relaxed in my recliner, ready to read and get this resolution under way. Chapter one started out very discouraging. It listed all the diseases and consequences of eating the wrong foods. The most disturbing of all, was I would have to give up dairy products. There goes my daily afternoon snacks of cheese and crackers.

Chapter two advised me to eliminate eating any meat products unless it was a three-ounce piece of salmon, squid, scrod or octopus. I started having palpitations.

Chapter three stated that enjoying sugar of any kind was totally against the "Dieter's Bill of Rights." At the end of this chapter I just knew that starvation was my only option. This was becoming painful. I immediately had to have one square from a chocolate Hershey bar.

Chapter four described the layout of your dinner plate. It should consist of 2/3 vegetables and 1/3 a chicken nugget. Green vegetables will produce enough protein to fulfill your minimum daily requirement, so seriously consider eating peas, beans and broccoli. At this point, I finished eating the rest of my Hershey bar.

Somehow, my dietary wants don't match up to reality. I don't believe reading the next ten chapters in my book will slim this body down.

On a serious note, perhaps my new resolution should be exercising at the gym at least twice a week. I would like to improve my muscle tone and flexibility. If I can bend over and touch my toes, I'll celebrate a victory! However, it's too late to look like a 20-year-old in a 70-year-old body!

Food for thought: "America has more to eat than any country in the world and more diets to keep us from eating it." And here's another: "You never realize what a poor loser you are until you try dieting."



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#### Country Register Recipe Exchange Turkey and Wild Rice Salad

submitted by Patti Lee Bock of New Ulm, MN

6oz long grain and wild rice mix 1/2 cup golden raisins

1/2 cup celery - thinly sliced 2 tbsp red onion - thinly sliced

2 green onions - thinly sliced 3 cups cooked turkey - cubed 1/4 cup green seedless grapes - halved 1/4 cup red seedless grapes - halved

2 tbsp cranberry juice 2 tbsp raspberry or balsamic vinegar

1 tbsp olive oil

salt and pepper

Cook rice according to package directions. Add golden raisins, cover and let stand for 10 minutes. Spoon rice into a large bowl and let cool slightly. Stir in celery, onions, turkey and grapes. Blend together cranberry juice, vinegar and olive oil. Pour over rice mixture and stir until evenly coated. Season to taste with salt and pepper. Serve immediately or chill.

## **Snow Jell-O Memories**

Submitted by Sharon Anderson, Colorado Springs

During our recent cold snap here in Colorado Springs, while temperatures were below freezing with snow, my daughter put out a Zip-lock bag full of water to freeze quickly and make ice.

I was sitting in my chair working on a large cross-stitch Christmas sampler and suddenly said to my daughter, "Do we have any Jell-O?"

She checked and found some in the cupboard and I excitedly asked her to make it up an place it outside.

proceeded to tell her my story, which I would like to share:

I grew up in Michigan and we only made Jell-O during the cold months because the room was limited in the icebox or refrigerator. It's a short story, but this is the kind of Jell-O that still makes me smile.

When the weather gets cold enough, give it a try and I hope it makes you smile, too!



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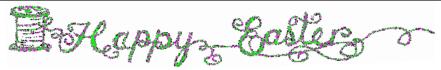
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## GIRLFRICHD WISDOM

#### What is the Main Thing?

Hummingbirds are spectacular to watch! Due to their extremely high metabolism, hummingbirds have to visit hundreds of flowers a day. A few Hummingbird facts: They are the smallest migrating bird. They don't migrate in flocks, they tupically travel alone for up to 500 miles at a time. They are the only birds that can fly backwards! The average weight of a hummingbird is less than a nickel. Yet, they consume up to double

sideways. They can't walk or hop. They get their name from the humming noise that their wings make as they beat so fast from flower to flower.

their weight in a single day. Their tiny legs are only for perching and moving



#### GIRLFRIEND WISDOM:

The Hummingbird seems to hold a special talent and focuses on the main thing it needs to be successful: taking care of its body so it can beat those wings forwards or backwards to the next flower. Hummm - what is your special talent to focus on - are you attending to the Main Thing to nourish it in your day? When you see a Hummingbird in your yard, let it be a reminder to be aware that focusing on the Main Thing for your Heart's Desire needs to be nourished today!

Girlfriend Wisdom is written and illustrated by Jody Houghton® For color files of this writing, contact Jody at jodyhoughton@msn.com or www.JodyHoughtonDesigns.etsy.com



#### Kiester • Wells



Time to "Spring" your clocks forward! March 10th







This time, we are going to mix it up a bit – we're doing size options! The first size finishes 48 x 48. The second size finishes 60 x 76. Since the first size is baby quilt size or a lap cover for the car, someone wheelchair bound, etc., you can choose fabrics accordingly. If you want the bigger quilt, that will be Part 3.

The other neat thing about this quilt is, it's designed with just two fabrics. The key is to make sure you have a light to medium – I used a subtle print - that is complimented or enhanced by a dark – I used a tone on tone black. Erica has had this line of fabric in her store for a bit and every time I pass by it, I slow down and drool over the rich shades and tones in it. So, the quilt is designed around this line of fabric.

#### **Fabric Requirements: Quilt Option #1**

Fabric A - 2 3/4 yards Fabric B (dark) - 2 yards Binding (dark) − ½ yard

#### Quilt Option #2 (additional fabric needed)

Fabric A − 2 yards Fabric B (dark) − ½ yard Binding (dark)  $-\frac{3}{4}$  yard

Making the Block: (Make 36 blocks) Cut (per block):

#### Fabric A

 $1-5 \times 5$  inch

 $1-2\frac{1}{2} \times 4\frac{1}{2}$  inch  $2-2\frac{1}{2} \times 6\frac{1}{2}$  inch  $1-2\frac{1}{2} \times 8\frac{1}{2}$  inch

#### Fabric B

 $1 - 5 \times 5$ 

 $2 - 4 \frac{1}{2} \times 4 \frac{1}{2}$  inch

#### 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



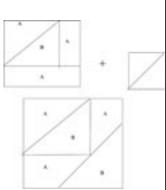
- On the wrong side of Fabric A, 5 x 5, mark a diagonal line. Matching right sides together of A & B, sew 1/4 inch on either side of the drawn line. Press.
- Cut on the drawn line. Press towards B.
- Square these two blocks to 4 ½ x 4 ½. See diagram below. Set aside.

- On the RIGHT SIDE of the above A/B square, right sides together, sew the 2 ½ x 4 ½ Fabric A. Set seam, press open towards A

- On the bottom, right sides together, sew a 2 ½ x 6 ½ Fabric A. Set seam, press open towards A.
- On the two 4 ½ x 4 ½ B squares draw a diagonal line on the wrong side.
- On the above set, right sides together, place a 4 ½ x 4 ½ Fabric B in the BOTTOM RIGHT CORNER, making sure the corners and sides line up.
- I strongly encourage you to pin these together at this point so that the 4 ½ x 4 ½ B block doesn't shift when you sew.
  - Take your time, and sew on the diagonal line. I found it to be more accurate if I set my needle position a stitch to the right of the diagonal line so I wasn't sewing directly on it. That gives the fabric room to fold over and "square up" to the corner. Set the seam and press open towards Fabric B. See Diagrams
- At this point, you will have three layers of fabric in the bottom right corner which is a bit bulky. If your corner matches up and your block is a square 6 ½ x 6 ½, then you can trim the excess fabric so the block isn't too bulky. Cut the excess "triangle" and set aside. These triangles can be sewn together and squared into 3  $\!\!\!\!/ \!\!\!/ \!\!\!/ \!\!\!/ \!\!\!/ \!\!\!/$  x 3 ½ half square triangles for another project!
- Following the instructions and diagrams above, right sides together, sew a 2 ½ x 6 ½ inch Fabric A to the RIGHT SIDE of the above block. Set seam and press towards A.
- On the bottom side, right sides together, sew a 2 ½ x 8 ½ inch Fabric A. Set the seam and press towards Fabric A. At this point, your block should be 8 1/2 x 8 1/2 inches.
- Taking the second 4 ½ x 4 ½ inch Fabric B block, right sides together, place it in the bottom right corner, making sure your corners and sides match. Pin in place. Sew along the diagonal line. Set seam and press open towards Fabric B. Again, make sure block is square and then trim extra fabric and save for another project. See diagram below.



- Make 36 blocks total, following the above directions.



#### Sherburn • Lone Rock, IA



## Country Register Recipe Exchange Slow-Cooked Chicken with Stuffing

submitted by Shirley Ross of Alexandria, MN

2 1/2 cup chicken broth

1 cup butter

1/2 cup chopped onion

1/2 cup chopped celery

1 - 4oz can mushrooms, drained

1/4 cup parsley flakes

1 1/2 tsp sage

1 tsp poultry seasoning

1 tsp salt

1/2 tsp pepper

12 cups bread cubes (1/2" pieces)

2 eggs

1 can - 10 3/4oz cream of chicken

5-6 cup cooked chicken

Combine the first 10 ingredients. Bring to a boil. Reduce heat and simmer for 10 minutes. Remove from heat. Combine eggs and soup. Stir into broth mixture until smooth. Pour over bread. Toss until blended. Spray 5-6 quart slow cooker with cooking spray. Spoon 1/2 of the stuffing mixture into cooker. Top with 1/2 of cooked chicken. Repeat layers. Cover and cook 4 1/2 - 5 hours.



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## When a House Becomes a Home

by Kerri Habben Bosman



A house becomes a home when it gets filled with memories. Add in a special blanket, and it gets even better.

On the back of his recliner my husband, Wayne, has a favorite crocheted blanket. It is a double-bed sized granny square. My grand-mother made it for my parents when they bought a new sofa in 1989. Over the years, many of her crocheted items were donated to hospitals or nursing homes. We couldn't possibly keep everything she had made as she crocheted nearly every day for 91 years. But when Wayne and I sold my childhood home, this blanket had to stay with us. It is big, cozy, and wrapping up in it feels like an endless hug.

We frequently have family gatherings at

our beach house, and our 3 bedroom home sleeps around 9 of us and entertains up to 18. We originally bought it as a second home especially for this purpose as my stepdaughter, Kira, and her family live four miles away. Both our homes get filled up with all of us, including Wayne's five grown children, their spouses, and seven grand-children. Two Aprils ago my now 103 mother-in-law and family visited from Wisconsin, and the house still carries a special essence from that time together.

We are overjoyed when the house breathes with a precious cacophony of laughter and conversations. I once wanted to own a Bed and Breakfast as I loved feeding people and fussing about the house. Dreams evolve, and now I ensure beds are ready and serve made-to-order omelets to family. Along the way we are tucking away memories that warm us after everyone goes home. Much like my grandmother's blanket, which is now Wayne's. The blanket has served well for 35 years.

We live three blocks from Bogue Sound on the Intracoastal Waterway. When we take walks there together, often someone will turn the blanket into a cloak. Whoever is sleeping in the TV room covers up with it at night. My stepdaughter, Sanja, cocoons in blankets. I made one especially for her, but the older one remains her favorite. Every grandchild has used it, whether while playing, reading, or sleeping. Particularly the youngest, six year old Quinn, who is on top of the world when he is sitting in his Grampa's recliner and also under his blanket. Bring Quinn mac and cheese on Grampa's tray, and he is king of the castle.

I keep a framed photograph of my grandmother on my roll top desk. It was taken at her 90th birthday party in 1997. In it she leans forward in her favorite chair, an enduring joy emanating from her eyes. It is a happiness mingled with a spark of mischief, a timeless vibrancy, and also an undercurrent of resiliency. A combination of these traits served her well through every era of her long life.

My grandmother passed away in 2006, but when she gazes at me from the recesses of my desk, it seems as if she is right beside me. Sometimes I just smile back at her. Other times I talk to her for a moment. Not aloud, but in my head. I tell her about Wayne, who she never met. I share with her about this beautiful family that I treasure. I tell her how I especially feel her with me when I am with the grandchildren.

I thank her for everything, especially for showing me how to love. In these reflective moments I think of Wayne's blanket and how much comfort it brings to him and our family. And to me.

The last time Sanja was here she was teasing Quinn that she had the blanket. "I've got the blanket Kerri made," she said.

"Even better," I answered. "My grandmother made it."

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



Happy St. Patrick's Day ~ March 17

#### Owatonna • Waseca



## Become Inspired

by Annice Bradley Rockwell

#### Landscapes Awakening

As winter begins to loosen its grip on the landscape, there is a notable shift in the air. The cold snaps so characteristic of winter are often shorter now and seem less harsh. Along with this softening of the season comes a feeling of hope and a feeling of change. This change is noticeable in all of nature. After enduring months of cold, we are especially grateful for days of unexpected warmth and sunshine. We seem to be drawn outside more often now to observe the awakenings in our yards. It is in early spring when our daffodils break forth to reach for the sun. Our barnyard



chickens spend more time outside pecking and foraging in the abundant warmth of spring. Their happiness seems to be contagious. Our herb gardens that appeared so silent in winter are almost ready to reveal fresh growth giving us a reason to feel restored too.

#### Cabin Fever Shopping Events

In the season of spring, country antiques shops often host "Cabin Fever" events that bring eager shoppers out to enjoy a refreshing break from the doldrums of winter. Vibrant tulips in striking red or pale peach, pink or yellow might be found in country storefront windows along with antique weathered wheelbarrows, watering cans and antique barrels suggestive of the season of spring. After a day of shopping in a quaint

shoreline town, our purchases of country flowers and "fresh-picked" antiques give us that special lift that inspires. It can be just the boost we needed to go back to our country homes to do some spring cleaning, rearranging and happy decorating. Cupboards can be easily adorned with crocks filled with tall, fresh pussy willows gathered on a recent hike. Our best redware can be filled with our recently purchased tulips to bring fresh life to our new displays. Woven textiles in striking blue or mustard tones can provide a wonderful accent to our vignettes and country candles in scents like "Herbal Lemon Balm, or "Fresh-Cut Lavender," give our senses a soulful lift as we start to enjoy the longer daylight hours and other signature blessings of spring.

#### Shifting to Spring

With each warmer day we can begin to plan our outdoor tasks and as each one is completed, we seem to acquire more spring in our step to endeavor to accomplish even more. This season enjoy the subtle and much-awaited shift to spring. Plan time to enjoy unique events that inspire us to be creative and enhance our homes and yards. And as you enjoy the abundance of wonder that nature always provides, savor the newfound energy that always seems to accompany Her patient pace.

--Annice Bradley Rockwell is an educator and owner of Pomfret Antiques. She is currently working on her book, New England Girl. NewEnglandGirl2012@hotmail.com



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#### Lake City





# What's in Your Purse?

by Becky Van Vleet

What if your purse could leave behind a godly legacy? Through various seasons of my life, I've carried all kinds of things in my purse, ranging from a diaper, a comb, gum, Band-Aids, and lipstick, to hand lotion, postage stamps, glow sticks, and half a million receipts. I remember watching the show Let's Make a Deal when I was young, and Monty Hall paid \$50 to a lady who produced a hard-boiled egg from her purse!



After my mother, Marie Alberta Troyan, passed away in 1977, my father asked my sisters and me to go through her belongings. We were surprised when we discovered tucked away in her purse a small red notebook that was filled with a variety of quotes she'd written down. Sadly, we could not ask her why she started this collection nor where she got the quotes. But what we did know was that our mother attended ladies' Bible classes regularly. More than likely, she kept the notebook handy in her purse to pull it out for notetaking, maybe for church sermons as well.

This red notebook was clearly a treasure from our mother's purse. She could speak to us after her death. And she did just that. Through the years, I have picked up my mother's red notebook to ponder her quotes, all centering around practical, everyday living.

Not so long ago, I pulled out my mother's red notebook again. This time I was looking for a particular quote that I wanted to review. And then it hit me. What about turning my mother's notebook into a book of some kind for my other family members to enjoy. After all, two more generations had come since my mother's death, and all of us would enjoy this, I reasoned. On a mission, I started writing devotions for each quote, expounding upon them with an application. After a few weeks, I gave my newly formed book (just for the family, mind you) the title, What's In Your Purse? Well, one thing led to another, and I'm happy to say that my devotional book was recently published and is available on Amazon! Now this treasure from my mother can speak to many others.

Going back to the first question, what if your purse could leave behind a godly legacy? This sure happened with my mother, but she had no idea. She was simply carrying around a small notebook for personal notetaking.

We all know that fashion accessories such as purses keep changing. Whatever kind of purse we're carrying now may not be trendy in the next few years. But our spiritual purses will always be in vogue with God. Just like we'd discard gum wrappers and used tissues from our physical purses, do we need to discard unforgiveness, worry, fault-finding, selfishness, and other negativities from our spiritual purses? Hopefully we can fill our spiritual purses—our hearts—with love, patience, grace, and kindness. We may not be offered a cash deal from a TV host, but we'll definitely leave behind a godly legacy!

Becky Van Vleet, a retired school administrator, lives near Colorado Springs with her husband, Troy. They are the parents of four grown children and enjoy spending time with their nine grandchildren. Becky is a children's picture book author, and her website is devoted to family stories and creating memories:

www.beckyvanvleet.com.

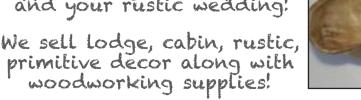


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