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Your Statewide Guide to Premier Shopping and Events

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March and April 2024



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The Maryland Register™

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The Maryland Register



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A note from the Editor

January and February have already flown by. Warmer weather is on the horizon and I could not be happier. With warmer weather comes garden prep, more time outdoors and longer days. I can't wait for that first warm spring day to open all the windows in the house and let the fresh air sweep through.

The start of this year has been a bit bumpy. I was truly worried that this was going to be the end of the register. My work and family obligations had hit a point of needing more of my attention.

I have been looking for some time for someone to take over the paper and had just about gave up hope. Then my prayers were answered and the best possible scenario came true. The paper has a new publisher!

Kim Keller is no stranger to The Country Register Franchise. Kim is the current publisher for the Minnesota Register. I asked Kim to share a little birt about herself for our fabulous readers. Here is what she had to say:

In 2009 I was living in Medina, Ohio with my husband and three small children. Our son Austin had just finished kindergarten and our twin daughters, Morgan and Reagan, were in preschool. My husband, who works for American Greetings, was promoted and along with that came a move to Minnesota. It just so happened that at the very same time The Country Register of Minnesota came available for purchase. I had some experience with The Country Register by providing artwork to the various publishers of the paper across the country since 2004. I was excited about the adventure of owning/publishing the paper and everything it entailed. I have been off and running for the last 14 years publishing the paper and have enjoyed every minute of it. Over the last 14 years our three small children have grown up! Austin is now a junior in college and attends the University of Minnesota Duluth and Morgan and Reagan are freshman in college at North Dakota State University in Fargo.

My husband and I are now empty nesters and approaching our 25th wedding anniversary this summer! With our new founded extra time on our hands, now is a great time to expand and take over the Maryland Register! I am excited to get under way with the May/June issue of the paper! I look forward to continue bringing loved content in every issue while promoting specialty shops, fairs, quilt shows, quilt guilds, junk shows, boutiques etc. Please don't hesitate to reach out with any suggestions! - Kim Keller

So what is next for me? I am very much enjoying teaching quilting arts in and around the area. I look forward to having more time on my hands to teach as well as a bit more free time for my own quilting. With the kids starting to get more involved in various activites, I can now be there more for them.

It has been an absolute pleasure sharing the past few years with you. We have been through a lot together. I am eternally grateful to all the guilds and shop owners who have continued to support the paper. It has been a pleasuer getting to work with all of you helping to promote your small business's.

Should you wish to stay in the know with what I have going on, feel free to follow me on facebook or Instagram at Absewltely Quilting. I will see you at the Quilt Shows!!!

Thank you again for all your support!

Stacy Lute

Springtime...
 The world is new again

KISSed Quilts

by Marlene Oddie

Spinning Frames

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 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>



KISSed
 Q·U·I·L·T·S



Events

How Quilting Can Promote Relaxation and Mindfulness

by Steve Baker

We all know what quilting is, but let's explore how quilting can promote relaxation and mindfulness and share tips for incorporating these practices into your quilting routine.

The Benefits of Mindfulness in Quilting

In today's circles where mental and physical health are so important, we hear a great deal about mindfulness. It is the conscious practice of being thoroughly present and engaged in the current moment. It involves non-judgmental awareness of your thoughts, feelings and physical sensations. When you practice mindfulness, you're able to let go of distractions and focus on the task at hand. This can lead to a range of benefits, including reduced stress and anxiety, improved emotional regulation and increased coping skills.

The Comfort of Repetition

One of the key ways that quilting promotes mindfulness is through the repetition of simple, familiar motions. When you quilt, you may find yourself repeating the same stitch pattern or motion over and over again. At first, this may seem tedious or monotonous, but over time, it becomes a soothing, comforting process. Repetition is comforting because it creates a predictable rhythm that you can rely on. It can be particularly helpful when you're feeling stressed or anxious, as it provides a sense of stability and routine.

Practical Tips for Practicing Mindfulness While Quilting

If you're looking to incorporate more mindfulness into your quilting practice, here are a few practical tips to keep in mind.

1. Create a Comfortable Space: The environment you quilt in can have a big impact on how relaxed and present you feel. Create a comfortable, inviting space that feels safe and soothing to you. You may want to add soft lighting, calming music, or other elements that help you to feel relaxed and focused.


2. Choose Simple Projects: When you're first starting out with mindful quilting, it can be helpful to choose simple, repetitive projects that allow you to settle into a meditative rhythm. A straight-forward patchwork quilt or simple block pattern can be a great starting point.

3. Breathe: Breathing exercises can be a helpful way to relax and center yourself before and during your quilting practice. Start with a few deep, slow breaths before you begin to center your thoughts and continue to focus on your breath throughout the process. This takes practice so be forgiving and understanding with yourself when you lose focus.

4. Take Breaks: While quilting can be a soothing and meditative practice, it's also important to take breaks when you need them. If you're feeling tired or overwhelmed, step away from your project for a few minutes and do something else. Take a walk, read a book, or simply sit quietly and breathe. Returning to your quilting project with a fresh mind can help you to feel more engaged and energized.

Quilting is a wonderful way to promote mindfulness and relaxation but like all new skills, it takes practice. Give yourself grace during the process. It doesn't matter if you're a long-time quilter or a beginner, adding mindfulness to your quilting practice can help you to achieve greater emotional balance and wellbeing.

-Steve Baker is the Director of Marketing at SenEndipitous located at 1093A Albright Road in Rock Hill, South Carolina. For more information visit the website www.SenEndipitous.com



Spring Calendar

February-March

29-3.....Mid-Atlantic Quilt Festival, Hampton Convention Center, Hampton, VA (pg. 3)

April

12... Annual Quilt Bingo, Everybody's Quilt Guild, Pleasant Valley Fire Co, Westminster, MD (pg. 3)
 25-11.....Best Kept Secrets Tour, Harford and Cecil County, MD (pg. 4)

May

2-4.....Faithful Circle Quilters Quilt Show, First Presbyterian Church, Columbia, MD (pg. 3)
 12-14.....Northern Shenandoah Valley Quilt Show, Clark Co. Parks & Rec Center, Berryville, VA (pg. 4)

July-August

All month.....Mid-Atlantic Quilt Shop Hop, DE, MD, NJ, PA, VA, WV (pg. 4)

Facebook/Ongoing

Second Saturdays.....Makers Market, Reindollar Carriage House, Taneytown, MD (pg. 3)
 Thursdays at 7:00PM.....Facebook Live Sale, Charlotte's Cottage Quilt Shop (pg. 4)
 First Friday of the Month.....Studio Stitch-in, SpringWater Designs in Columbia, MD (pg. 6)

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 Many of our advertisers are hosting great classes and events you will not want to miss!

Do you want to showcase your event in the next issue?
Contact us at 763-754-1661 Or by email:
kim@countryregisterofminnesota.com
May/June events due by April 1st



EVERYBODY'S QUILT GUILD

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4 21 44 55 64	7 26 32 50 63	15 27 36 49 73	11 27 33 52 66	15 24 40 59 62



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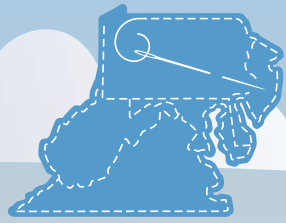
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JULY AND AUGUST 2024



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The All Mid-Atlantic Shop Hop Magazine will go on sale Mid-May at all participating stores. It's your passport to embark on the Great Sewing Adventure™ across the Mid-Atlantic!

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Many quilters hop with friends, family, or their favorite "quiltie." 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 Mid-Atlantic Shop Hop is coming to Mid-Atlantic for their first annual event during the months of July and August, 2024. It offers the opportunity to explore 90+ stores across the event. Start your adventure by picking up the All Mid-Atlantic Shop Hop Magazine in mid-May 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 states.

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 states of the Mid-Atlantic and all that its sewing industry has to offer. To learn more, visit AllMidAtlanticShopHop.com and join the Facebook Group [Facebook.com/groups/AllMidAtlanticShopHop](https://www.facebook.com/groups/AllMidAtlanticShopHop).



Shop Hops: 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.

Frederick and Gaithersburg, MD

Ann's Lovin' Ewe

by Ann Stewart

What's in a Name?

*What's in a name? That which we call a rose
By any other name would smell as sweet.*

William Shakespeare makes that claim in Romeo & Juliet. Ironically, we once had a ewe named Rosie. Wouldn't say she smelled sweet, but her name did endear her to us more than some of the other nameless sheep on the pasture. There have been a few other naming exceptions. The year UVA won the National Championship, we had Minnie (for Minnesota where they clinched the title), and Kyle (UVA star player), and Bennett (UVA Coach).

Following basketball's March Madness, April brings a "shower" of lambs to Skyemoor Farm. Though there are plenty of opportunities to name each fluffy knobby kneed arrival, we try not to attach a name as it also proves Shakespeare's quote that "parting is such sweet sorrow."

Naming a baby is more fun but holds great responsibility. Two recent arrivals to our extended family were named Lydia ANN and Flora Elizabeth, both well thought out and meaningful names. Many websites list everything you could want to know about a name's origin, meaning, and popularity by decade. There's even research about how people perceive a person when only given their name. Catherine vs. Katherine evokes a different image in the reader's mind. So then what effect does a name have on a person's future?

Our pediatric ophthalmologist was Dr. Starer. While touring colleges, we listened to Dean Dean. A noted magistrate presides as Judge Judge. Perhaps at your next dinner party talk about "nominative determinism" which hypothesizes that people are drawn to the career that fits their name. Or bring up the funniest or worst names. That's always worth a good story.

As someone who hopes to be a grandma one day, I also find the names given to grandparents very intriguing and apparently so do others. There's a book on just that called Nanagrams and if you google names for grandparents, you'll find all sorts of suggestions including:

Boppa, Papa, Gram, Gigi, Meemaw, Poppy, Bibi, Momo, Gaga, Pop Pop, Gramsie, Grammie and Grampie, Bubbe, Gpa, Gma, Yaya, Gran or Grannie as Downtown Abbey granddaughters dub the family matriarch.

In France they use Grand-Mère and Grand-père or Mémère and Pèpère In Italy, Nonna and Nonno. Germans call out for Oma and Opa, (that's better than grossmutter and grossvater) while in the Philippines they use Lola and Lolo.

Lydia ANN's grandmother is going by "Nana." When my friend Anna was dubbed Gramanna I was so enamored with the name I gave it to a character in my first novel. Another friend was dubbed Granny Lahoo by her grandkids—though she has no idea how it derived. But that will always be a tender favorite. When my daughter Christine was nine months old, she called my father, Bumpa. How I wish the name had lingered, but it was extinguished when she heard her cousins call him Grandpa.

Her full name--Christine Alane--means "Bright and shining follower of Christ." That's what I hoped for her and it's how she lives her life. My other daughter Julia's name comes from the Bible, and she shares my middle name Marie. I have to admit I gave her the names purely because they sound beautiful together and strike an image of someone who is beautiful inside and out. She is, too!

How were you named? Do you wish you had a different one? Do you know what your name means? Or why you were given it? It's kind of fun to see if the meaning or the proverbial shoe fits. Hopefully, it's been a good match as Shakespeare says, "Good name in man and woman is the immediate jewel of their souls."

- © 2024 To find Gramanna – read Ann Marie Stewart's STARS IN THE GRASS

Life in Skunk Hollow

by Julie A. Druck

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

--Julie Druck is from York, Pennsylvania, and writes from her farm in Skunk Hollow. She'd welcome your comments at thedrucks@netzero.com.





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The Story of Glowing Glass

by Rica Ketcham

Glass that glows under Ultraviolet light has become one of the most popular trends in glass collecting today. While all glass contains a combination of elements, "Glow Glass" contains specific elements such as Uranium, Cadmium, Selenium and Manganese which fluoresce, or emit light at a specific wavelength, under a blacklight - glowing green, yellow, orange, pink, blue and blueish purple. Different elements glow best under different wavelengths of UV light, with the most popular being 365nm. A variety of fluorescent and LED blacklights are available at local hardware stores and online.



Uranium was initially added to the glass-making process in the 1830s to create a brilliant green-yellowish hue in daylight. As this glass grew in popularity, it was combined with other heat-sensitive chemicals to create a yellow glass that was first known as Canary Glass and then "Vaseline Glass: due to its resemblance to the Vaseline brand of petroleum jelly. It reached the height of popularity during the Victorian period (1880-1920).

Vaseline glass is in the family of Uranium glass, yet there are distinctions between the two. Vaseline glass is yellow or yellowish green in the daylight, while Uranium glass comes in various colors and shades of green and blue. Vaseline glass never comes in opaque colors like jadeite, custard, or Burmese glass, but Uranium glass does.

United States production of glass containing Uranium ceased during World War II because the government confiscated uranium supplies for the Manhattan Project from 1942 to 1958, but Uranium-based glass production resumed after that. Although Uranium glass does register on a Geiger counter, it is well below everyday "background radiation" or about the same as a cell phone. However, the U.S. EPA recommends not eating or drinking from Uranium glassware.

Manganese Glass dates back to Ancient Egypt and is considered one of the oldest elements added to glass. It was used as a clearing agent to remove the green tint that comes from iron impurities. The presence of Manganese is why clear or marigold glass will glow a dull green color under a blacklight.

Manganese in clear glass, especially antique glass, can also change clear glass to a shade of violet to deep purple with prolonged exposure to UV light, such as direct sunlight. In the glass world, this is known as "Sun-Changed" or Irradiated Glass, and it is considered a sham to deliberately alter the historical artifact by exposing glass to ultraviolet light to create this color. It is important to note that not all purple glass is sun-changed, and many color-fast shades of purple are created by adding specific elements.

Cadmium is added to glass to create a sunset look when exposed to UV light, with colors ranging from a bright yellow to a deep orange and even red. This was discovered in 1817, but there were production delays for the pigment until about 1820 because of the scarcity of the element - which also made it very expensive.

Selenium, similar to manganese, was used as a clearing agent for glass. It is often used in combination with Cadmium, creating a bright pink glow when exposed to UV light. Selenium is also associated with some red glass that will cause an orange glow when exposed to UV light.

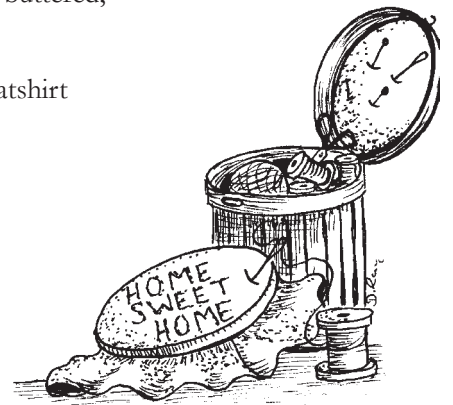
The rising topic of these added elements to the glass world has brought about intrigue and new collectors, creating a surge in blacklights used while shopping to find the next piece of glass that unexpectedly glows. Now more than ever, glowing glass is selling fast. Don't forget your blacklight the next time you are out antiquing.

-Rica Ketcham is a seven-year veteran glass collector who was first attracted by the remarkable quality and craftsmanship of Italian Murano glass, and more recently Mid-Century glass. She is an active member of the Glass Gatherers Phoenix club (GGPhoenix8@gmail.com) and can be reached at her online store: <https://midcenturyketch.etsy.com>.

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.

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Wit and Wisdom

by Cheryl Potts

Is Your New Year's Resolution Not Working?

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? Hmm...

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. That 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 that 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 "You never realize what a poor loser you are until you try dieting."

-Cheryl Potts lives in the snow belt region of New York State.

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Thoughts on Swedish Death Cleaning

by Barbara Polston

Have you heard about Swedish Death Cleaning? As I understand it, the idea is seniors should purge their possessions so that, when they pass away, friends and family will not be faced with the task. Several of my friends have embraced the concept and are shedding years of stored goods. No doubt, the process of disposing of the physical remnants of someone's life, especially while grieving, can be daunting.



For those of us with hobbies, we certainly have collections of all the accoutrement of our craft. I am no different with things squirreled away in various places in my house. While my "curated collection" is not as impressive as some, there is quite a bit. Neither of my daughters are interested in taking up the mantle. I worry about their ability to find good homes for these things; I would hate for it to end up in a land fill.

One of our neighbors, older and in failing health, has begun purging her craft items. Learning that I sew, quilt, and embroider, she gifted me with several boxes, little related to the hobby work I do. These items were given with all good intention, but without first asking, I did feel it was a "dump" of sorts making her problem my problem.

These ponderings have led to several thoughts for those who might be considering Swedish Death Cleaning.

1. If you are a hobbyist, try to find a group of practitioners who will come and take care of everything when you are no longer around or if you are sure you are finished. My quilt guild has such a program. If that is not an option, seek out a group welcoming of these donations, for example, scout troops, art teachers, or senior centers. Some communities have organizations that accept the donations and then allow art teachers to shop everything for use in their classrooms.

2. Take your time, addressing one drawer or box at a time. If you think some of your items may have value as vintage or antique finds, seek out someone knowledgeable to give you good information. A relative might be interested in having that heirloom. If not, it may be to your advantage to sell great-grandpa's pocket watch.

3. If you are gifting things to others, make sure they want them. No sense passing on items that will not be used, adding to the recipient's items to dispose of when the time comes. It is hard to let go of things given to us by those we love. Don't force friends and family into that position.

4. Donate freely to thrift shops, especially those run to support causes you believe in. Upcycling is quite popular if I can believe my social media feed. Reusing and repurposing is good for the environment and you can contribute to that movement.

This feels a bit like pondering our mortality, but everything comes to an end. Perhaps we should be judicious about what we leave behind.

-©Barbara Polston, Tucson, Arizona, © 2024. Barbara Polston, the author of *Quilting With Doilies: Inspiration, Techniques, and Projects* (Schiffer Press, 2015) and *MeetPuppy Brian* (2022 on www.puppybrian.com), lives in Tucson where she has failed at retirement but is getting more time at her sewing machine. Contact her at barbarapolstonquiller@gmail.com.

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MINE ENEMY IS GRIEF... ONE OF US MUST DIE. ♥ PROCTER, 1858

Time to girlfriends usually work best ~ in the meantime: make big, soft-in-the-middle, crunchy-on-the-outside Potato Pancakes & eat them in your bathrobe ~ if a tear falls in your food ~ it's good luck. Write letters you never send & say every-thing you want.

Take a tip from Scarlett O'Hara: don't think about it now... think about it tomorrow. Voodoo dolls are always fun & allow for creative expression. Buy all new underwear.

Eat Turkey everything ~ it's loaded with L-Tryptophan which reduces anxiety & promotes sleep. **R**ead: A FUNNY BOOK ~ LAUGHTER IS SUCH GOOD MEDICINE!

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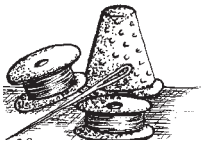
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Easton and Snow Hill, MD

Chicken Scratch Embroidery on Gingham Fabric

by Judy Sharer

Chicken scratch embroidery is done on gingham fabric, the checkerboard fabric in bright or pastel solid colors with opposite squares of white giving it a checkerboard look. Chicken scratch embroidery is popular on pillow cases, aprons, pot holders, and quilts dating back to the 1860s. It made a comeback in the 1930s and '40s and is becoming popular again. There are several patterns for all skill levels that combine the relaxing crafts of needle embroidery with sewing and quilting. If you're not familiar with chicken scratch designs, a simple Google search will reveal several patterns or find a book with patterns at your local quilt shop.



The chicken scratch quilt I'm fortunate to own was made by my grandmother on my father's side. It wasn't made specifically for me, but I was the lucky recipient of the quilt after Grandma passed. I know Grandma made the quilt, but I don't know when or for whom. I encourage everyone to place labels on your quilts with the date made, who made the quilt, who it was made for, and if it was for a special occasion like a wedding, anniversary, or birth of a child. It may seem like bragging when you create the label, but it is really preserving history for future generations. The label can be handmade from 100 percent cotton muslin or purchased. Remember to use a permanent marker and sew the label on the back of the quilt.

Growing up, I spent a lot of time at my grandparent's house. In fact, I remember my parents often putting me on the local bus, beginning at the age of six or seven. I sat behind the driver and always reminded him where to let me off. My grandparents lived two towns away, about 25 miles. Grandpa would meet me at the main road. It wasn't a regular bus stop, but I was a regular passenger, so the driver made an exception. Grandma taught me to embroider and was very patient. I still have the first set of pillowcases I made under her supervision. She was a good teacher and always encouraged me to try new things.

If you have a young person in your life, take the time to teach them to enjoy a craft. Help keep your favorite hobby alive for the next generation. Embroidery, sewing, knitting, crocheting, quilting, whatever your favorite, consider passing on your knowledge and skills. Remember your teachers along the way and thank them. I will always cherish my chicken scratch quilt and the memories of time spent with my grandmother learning to embroider.

-© 2024 Judy Sharer is the author of A Plains Life series published by The Wild Rose Press. The four-book series is available online wherever books are sold. If you're a quilter, you'll enjoy Judy's sweet historical romance series which has a thread of quilting throughout the family saga series. Visit Judy's website for more details. judysharer.com.



Cowgirl Poet, Quilter, Entertainer



Yvonne Hollenbeck

Gone To Pieces

*The bed isn't made,
the house plants are wilting;
the dishes aren't done,
and here I sit quilting.*

*I should be up dusting
or making some bread,
but it seems nowadays
I'm just quilting instead.*

*I've got many projects
all over the house
and it's not very pleasing
for my loving spouse.*

*I have no control,
since I caught the bug;
there's no time for laundry
or vacuuming rugs.*

*They are littered with clippings
or small bits of thread;
I barely take time
to make up the bed.*

*So, come in my friend,
that is, if you can.
I've just gone to pieces
and hope you'll understand.*

Order Yvonne's new book, "A Stitch in Rhyme" at www.yvonnehollenbeck.com — just \$15 + \$3.50 postage.

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Yvonne Hollenbeck, from Clearfield, SD, performs her original poetry throughout the United States, captivating audiences in her wake. She is one of the most published cowgirl poets in the West and is not only a popular banquet and civic entertainer, but also co-writes songs with many western entertainers. Yvonne also pens a weekly column in the "Farmer-Rancher Exchange" and writes articles about life in rural America in various publications throughout the West. For more information, visit <https://www.yvonnehollenbeck.com>

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My First Quilt

by Sheila Tinkham

I sewed
And sewed
Stitch by stitch
Each stitch by hand
The first third all wrong
No rhyme nor reason
Then the second third carefully planned
After listening to Richard, my husband
And seeing the first quilts of Karen, my dear friend
So measured and perpendicular fine
The last third I just had fun
Weaving a kaleidoscope of color and form
Like my life messy, but strong in faith and love of family
I see the result
And like my life
I am well pleased
It is like this quilt, well sewn.



--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.

Wear What You Love

by Janet M Bair



Spring is near and with it comes new fashions and new colors that the fashion industry wants to promote. There are usually about three colors to choose from: celery, fuchsia, gunmetal, frost, indigo, plum, or emerald, all with enticing names to compel you to buy. However, if you don't happen to like any of those colors, you may be out of luck for a season.

One spring my seven-year-old wanted a yellow Easter dress. We looked in every store in our area but not a single yellow dress was in sight. (This was before online shopping). Plenty of pinks and turquoise but she had her heart set on yellow.

Even though I was busy working and didn't know how I would squeeze in the time to sew, in desperation, we went to the fabric store. She picked out a cute yellow cotton print and a pattern she liked. I had done a lot of sewing in high school and college but had let that part of my life slide after our two girls were born. I realized that I liked sewing at night after they were in bed.

After I made the yellow dress, I decided I ought to make my self an Easter dress too. My three-year-old said she wanted a dress "just like Mommy's." I was now committed to making two more dresses (with a deadline). I finished the peach print dresses in time and felt a great sense of accomplishment that I hadn't felt in a long time. That propelled me back into sewing for the rest of my life.

Life Lesson Learned: When you can't find what you want in the stores, you can always make it. You can choose the colors that look best on you and have fun experimenting with a new pattern or style or print. You can wear what you love!

Sometimes it is the little things in life that move us into the life paths we are meant to take. This spring season as you cut out new patterns or plan gardens, be aware of the One who declared that He was the ultimate path to follow. "Jesus said to him, I am the way, the truth, and the life: no man comes to the Father, but by me." John 14:6



About The Cover Artist Mollie B.

Mollie B. Art is the creative collaboration of friends and fellow graphic artists, Terri Morris and Amanda Purcell.



Terri was born and raised in Nashville, Tennessee. Amanda, a native Texan, now resides in Nashville as well. Both ladies knew from an early age they wanted to pursue careers in a creative field. Terri was a cake artist early in her career while studying art and painting. She also ran her own sign painting and lettering business for several years, eventually choosing graphic design as a career. Amanda attended a private art school and earned her BFA in Graphic Art. After meeting and working together at an agency, the two decided to team up and pursue licensed art as another creative avenue. In addition to working on licensed art, they have since opened their own agency, Mollie B. Creative, where they work on a variety of projects including branding, CD covers, websites and advertising.

Both ladies share a love of Christ and a passion for art. They feel very blessed to be actively working their chosen career field and are looking forward to what the future holds.

When Terri isn't working, she and her husband Gary enjoy camping, riding their horses and music. In her free time, Amanda can be found traveling, cooking, hiking, and spending time with her husband and their dog.

To view more designs by Mollie B., go to www.PennyLanePublishing.com or call Penny Lane Publishing at 800-273-5263 for more information.

- © Janet M. Bair of Ansonia, CT. You may contact her at librarybair@hotmail.com



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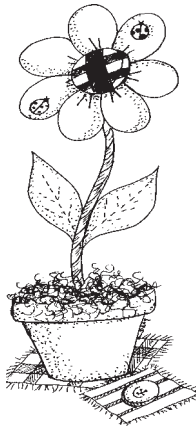


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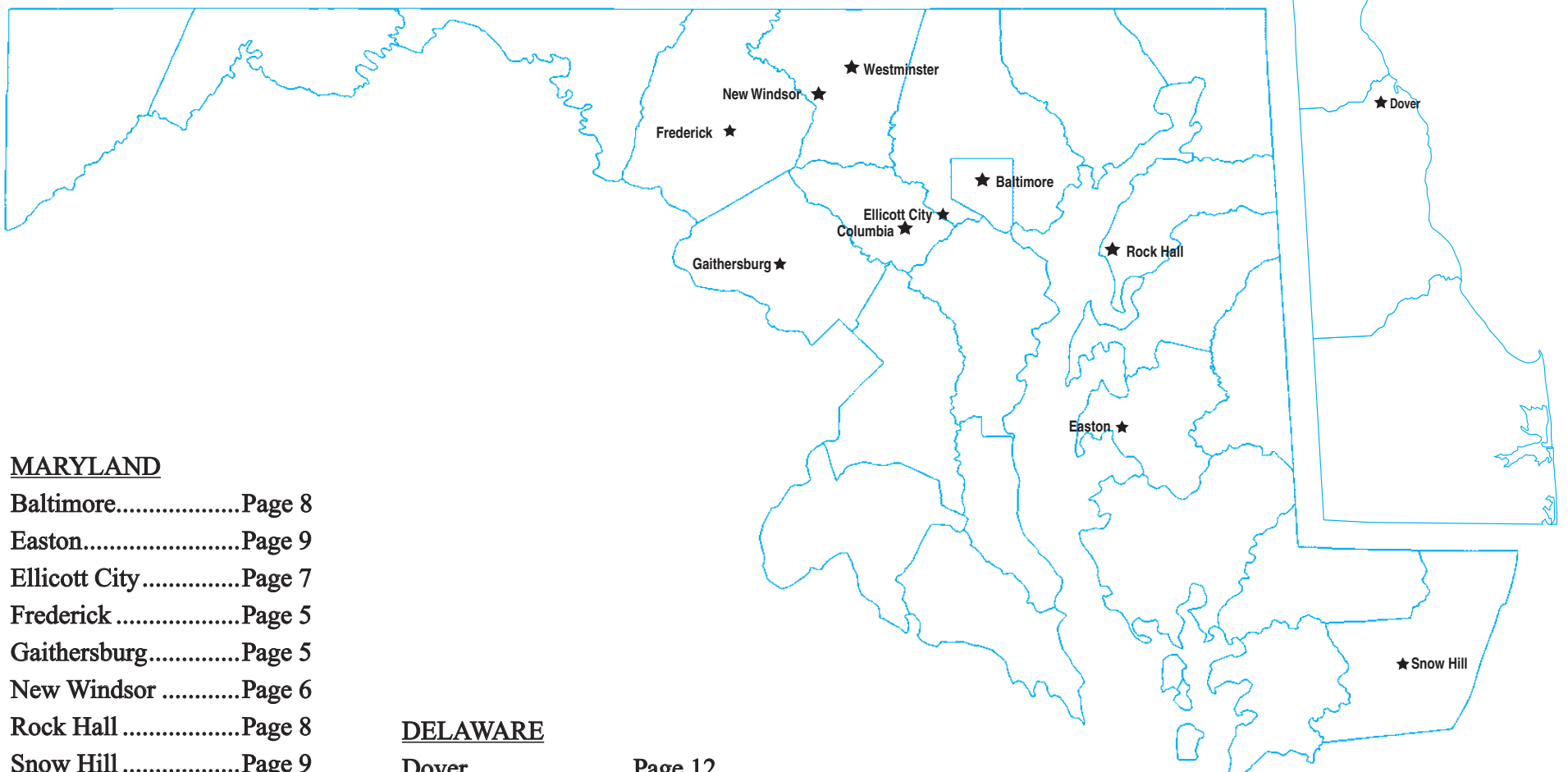


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Maryland Guild Guide

Irish you a happy St. Patrick's Day

by Colleen Gust

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 favourite 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 deep-rooted appreciation for life's simple joys.

—Colleen Gust and her husband, Kirby publish *The Country Register of Manitoba & Saskatchewan, Canada*. See recipes mentioned in this edition please.



Slow Cooker Irish Stew

I usually double this recipe. 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.

Ingredients:

1 tbsp oil	2 cups beef broth
1.5 lbs. beef stew meat in 1-2-inch cubes	2 Tbsp Worcestershire sauce
2 onions peeled and very thickly sliced	4 Tbsp flour
3 cloves garlic minced	½ tsp salt
1 lb. potatoes peeled and cut into chunks	Ground black pepper to taste
4 carrots peeled and cut into chunks	1 sprig rosemary, or ¼ tsp dried rosemary
3 sticks celery sliced	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.



Maryland Guild Guide

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- *Village Quilters of Catonsville, Catonsville, MD*
Website: www.VillageQuiltersMD.com

Carroll County

- *Everybody's Quilt Guild, Westminster, MD*
Website: www.facebook.com/groups/everybodysquiltguildevents

- *Carroll County Artists Guild, Westminster, MD*

Website: www.carrollcountyartistguild.wordpress.com

- *Four County Quilters Guild Inc., Mount Airy, MD*

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- *Clustered Spires Quilt Guild, Frederick, MD*

Website: www.clusteredspiresquiltguild.org

Howard County

- *Faithful Circle Quilt Guild, Columbia, MD*

Website: www.faithfulcirclequilters.com

- *Milltown Quilters, Columbia, MD*

Website: www.milltonquilters.com

Montgomery County

- *Bethesda Quilters, Chevy Chase, MD*

Website: <https://Bethesdaquilters.org>

- *Friendship Star Quilters, Gaithersburg, MD*

Website: <https://friendshipstar.org>

Prince George's County

- *UHURU Quilters Guild, Upper Marlboro, MD*

Website: www.UHURUquiltersguild.org

Become Inspired Decorating, Entertaining and Living in the Early American Style

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



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!