

QUILT GUILD BY THE SEA NEWSLETTER

October 2020

VOLUME 10, ISSUE 10

PRESIDENT'S LETTER - October 2020

Hello fellow quilters:

Autumn is officially here (although it really is hard to tell here in sunny Florida). We have now been in semi-lockdown since mid-March and it is getting a bit old. But, on the bright side, we have had lots of time for sewing.

This time of year is really busy for the Guild. This is when we plan for the future including budgets, filling program slots with speakers, planning workshops, filling open Chair seats, and new ways to bring in income.

Covid has made it a little harder to fill our coffers for the coming year so we came up with the idea of doing a quilt auction in December to try to make up for the shortfall this year. No need to worry, we are pretty healthy but the more money we bring in the better opportunities we have for programs in 2021. You will be receiving a News Blast shortly about what we plan to do. The quilt auction will be held in December. In the meantime, start looking through all those quilts you made this year and years past that don't have a home and feel free to donate to our auction.

We are also looking for ways to keep us together more often. We decided to try a "Sew Happy Hour" which we will be held on Wednesday, Oct. 21st from 4-6 PM via Zoom. This will be specifically for hand work but anyone is welcome to join in. We haven't figured out the sewing machine noise yet. more to come but in the meantime mark your calendar.

Fall is also volunteer time when we need some help filling up our Board of Director seats . **WE NEED YOU** - please plan to join us next year. More info to follow at the General Meeting on Oct. 13th.

And last, but not least, is our dues for 2021. Given the uncertainty of 2020 and the disruption of some of the things we do, we felt we wanted to pay it back to our membership by lowering the dues to \$36.00. However, please note that as a not- for -profit organization, we **can** accept donations. So, feel free to pay whatever you would like - but no less than \$36.

Lots going on and much to look forward to. Hopefully, that October cold front will push through sooner than later this year and as we cool off we can keep our machines whirring.

Happy Sewing

Rochelle

Guild Address:

Quilt Guild by the Sea
PO Box 64
Boca Raton, FL 33429

**Meeting Place: Zoom
until further notice**

Volunteers needed:

President Elect
QOV Group Leader
Webmaster



"SEW HAPPY HOUR"

We will hold our first "Sew Happy Hour" on **Wednesday, Oct. 21st from 4-6 PM** via Zoom.

This happy hour will be specifically for hand work and socializing; everyone is welcome to join in.



QUILT GUILD BY THE SEA NEWSLETTER
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Outreach Program Chair:

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UPCOMING PROGRAM HIGHLIGHTS:

October 2020: Schmetz Needles and Trunk Show

Presented by Rhonda Pierce

November 2020: Guild Elections

The Alluring World of Yokota Quilts

Presented by Patricia Belyea

December 2020: General Meeting

QGbtS 10th Anniversary Celebration

Stitch Challenge Reveal and Awards

Quilt Auction

ANNOUNCING

QGbtS' QUILT AUCTION

Do you have a closet full of quilts that don't have a good home? Are you no longer "in love" with one or two of them? If so, please consider donating them to our December Quilt Auction.

This will be a wonderful opportunity to re-home some of our misfit quilts and at the same time raise some money for the Guild.

The auction will take place during our General Zoom Meeting on December 8, 2020. If you plan to participate, please submit a picture of the entire quilt, front and back, and a close up photo showing the stitching and quilting. Pictures should be sent to Deb Shoemaker via email at Debshoemaker22@gmail.com no later than Monday, November 30th.



2021 ANNUAL

MEMBERSHIP DUES



**'MEMBERSHIP HAS IT
PRIVILEGES'**

Membership dues have been lowered for 2021 to \$36.00.

Please note that as a not-for-profit organization, we **can** accept donations. So, feel free to pay whatever you would like - but no less than \$36.

Paid members of the QGbtS are eligible to:

- participate in Guild programs
- participate in workshops
- receive monthly newsletter
- place ads in the classifieds.
- **Guests are welcome to attend all of our meetings with a donation of \$5.00.**
- Dues are non-refundable.

For further information contact:

Ellen Heckler [561-245-8280](tel:561-245-8280)
or quiltguildbythesea2011@gmail.com

"THE FRANK MCGEE MEMORIAL QOV WORKSHOP"

The QOV Workshops

Due to self-isolation and social distancing, the next date for the QOV Workshop is undetermined. We will notify you when we can restart our program.



∴ quilt of valor ∴

Nominate a Veteran

Do you know a deserving Veteran that was touched by war? It is time to nominate them. We are hoping to restart our Quilts of Valor awards in 2021 and we have many quilts available right now to present. Reserve one for a family member, a friend, a colleague, a neighbor etc...or tell them how to nominate themselves.

It's easy to nominate a Veteran in 4 easy steps

- Sign in to **QOVF.org**
- Click the red rectangle in the center of the page
- Read the Eligibility and Mission of Quilts of Valor
- Click and fill out the form

In the comments area, please write that you wish to have this quilt request going to Quilt Guild by the Sea.

QVF ON AMAZONSMILE

What is AmazonSmile?

AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection, and convenient shopping experience as Amazon.com with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. You can choose from over one million organizations to support.

How do I shop at AmazonSmile?

To shop at AmazonSmile simply go to smile.amazon.com from the web browser on your computer or mobile device. You may also want to bookmark smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile.

QOV PRESENTATION:

QOV quilts were presented to Jeff Knight and Ross Trevino and their service dogs at the Palm Beach Kennel Club.



QOV MEMBERSHIP RENEWAL for 2021

The QOV membership for our QGbtS members starts in January of every year. Below are the instructions for renewal or new sign up:

Prices and Options for 2021 membership:

- Group Individual Members \$10.00/annual **(no pin)**
- Group Individual Members \$15.00/annual **(with pin)**

Choose your option (no pin or with pin)

Write a check to: Quilts of Valor Foundation

Send your check **Before Dec 1st, 2020** to:

Quilt Guild by the Sea

PO Box 64

Boca Raton, FL 33429

Note: The QOV pins for 2020 have finally arrived. We will distribute them on November 18 at 11:00 in the parking lot of the BRCC. If you cannot make this date, please email me and I will make them available for pick up at my house. Thank you for your patience! Any question, please email me at paquinprovost@gmail.com

Thank you for supporting Quilt of Valor program.

Diane

SAVE THE DATE: QOV AND OUTREACH PROGRAM DROP OFF AND PICK-UP

A pick-up and drop off date has been scheduled for QGbtS QOV and all Outreach programs. Meet Diane Provost, Linda Eddy, Janet Fredricks, Janet Copens, and Ellen Heckler on November 18th at 11:00 AM at the Boca Raton Community Center.

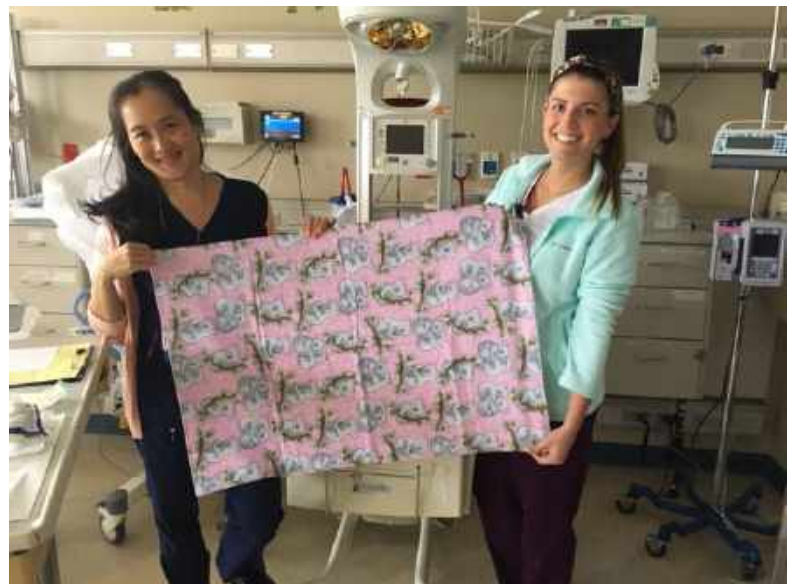
COMFORT QUILTS

- Due to self-isolation and social distancing, the next date for the Comfort Quilt Workshop is undetermined. We will notify you when we can restart our program.
- Boca Regional Cancer Center expressed their thanks for all the quilts that we gave them and the crocheted hats. The recipients really love and appreciate them.
- Eighteen (18) Comfort Quilts were delivered this month to the Neurological Units and Dialysis Unit at Delray by Linda Bouvier.
- Approximately thirty (30) more Comfort quilts are ready to go; keep making them ... they will be much appreciated!
- **Needed:** Men's and teenage boy/boy Comfort quilts.
- Juvenile Comfort Quilts are needed in Trauma Centers. Crib size is suggested.
- Novelty and juvenile fabrics are needed as well as 2 yard measures of fabric for backings.



Comfort quilt size specifications are:

- ♦ a minimum of **38 - 42" wide**, and a minimum of **48 - 54"** in length. If you are using your own backing and batting and are doing your own quilting, feel free to make them wider and/or longer.
- ♦ Quilt tops should be 40" wide so that we can use one width of fabric and do not have to piece the backs.
- QGbtS received a new request for small quilts to cover NICU Isolettes in the Neonatal Unit at Boca Raton Regional Hospital; so far twenty (20) covers were delivered for the NICU. The nurses were so excited and very impressed with the sewing.
- The size of the NICU coverlets quilts is 36" X 36".



COMFORT QUILTS:

- **For Knitters and Crocheters:** Knit and Crocheted Caps have been well received. Additional caps have been requested. Knit Pattern below.
- Any questions, contact: Janet Fredricks [954-242-9010](tel:954-242-9010) or email quilthoney@aol.com or Wanda Goldfarb [516-592-7575](tel:516-592-7575) or email: unity777@hotmail.com

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Adult Knit Chemo Cap:

Sizes 4 mm (U.S. 6) and 4.5 mm (U.S. 7) knitting needles or size needed to obtain gauge.

Gauge: 20 sts and 26 rows = 4" with larger needles in stocking st.

Instructions:

With smaller needles, cast on 94 sts.

1st row: (RS). K2. *P2. K2. Rep from * to end of row.

2nd row: P2. *K2. P2. Rep from * to end of row.

Rep last 2 rows of (K2. P2) ribbing once more, inc 2 sts evenly across last row. 96 sts.

Change to larger needles and cont in stocking st until 5" total length, ending with a purl row and dec 4 st (s) evenly across last row. 92 sts.

Shape top: 1st row: (RS). K1. *K2tog. K11. Rep from * to end of row. 85 sts.

2nd and alt rows: Purl.

3rd row: K1. *K2tog. K10. Rep from * to end of row. 78 sts.

5th row: K1. *K2tog. K9. Rep from * to end of row. 71)sts.

7th row: K1. *K2tog. K8. Rep from * to end of row. 64 sts.

9th row: K1. *K2tog. K7. Rep from * to end of row. 57 sts.

Continue same manner, dec 7 sts on every following alt row to 15 sts.

Break yarn, leaving a long end. Draw end tightly through rem sts and fasten securely. Sew back seam.



Sept 20, 2020

Dear Quilters,

Thank you very much for the chemo room quilt that you gave to me. It shows a lot of love in its making.

Although I was not chilly at my first chemo session at BRRH, I hear that I will be soon. Your

quilt will come in handy.

My grandmother was trained as a seamstress around 1910 in Philadelphia. Although she attempted to teach me needle crafts, I never was much of a sewer. Her lessons would have gotten further with each of you!

Sincerely,
Ellen Muse

FIDGET QUILTS:

- Due to self-isolation and social distancing, the next date for the Fidget Quilts Workshop is undetermined. We will notify you when we can restart our program.
- The next date for the Fidget Quilts workshop is undecided due to continued isolation. We will notify you when we can restart our workshop.
- The demand for Fidget Quilts is higher than we are able to meet. Think about using a UFO or some unfinished projects and turning them into Fidgets! We have seven Fidgets waiting to be adopted.
- Fidget Quilts are needed for children as well.



For additional information, please contact Ellen Heckler (561-245-8280) or by email Ellen.Heckler@gmail.com

SAVE THE DATE: QOV AND OUTREACH PROGRAM DROP OFF AND PICK-UP

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COMFORT BEARS:

- Due to self-isolation and social distancing, the next date for the Comfort Bears Workshop is undetermined. We will notify you when we can restart our program.
- Thirty Bears and masks will be placed with Florence Fuller for adoption in October.
- Comfort Bear kits complete with paper pattern, fabric, and ready-to-sew-on bear faces are available. This is a quick and easy project that will make a child smile. **Please do not fringe corduroy bears — they shred!!**
- **Pattern and instruction for the Bear and Mask can be found on the QGbtS website.**



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QGbtS 2020 DECORATIVE STITCH CHALLENGE

Size: No one side shorter than 12" or larger than 24". Therefore, any size you wish between 12"x12" and 24"x24" and in any shape.

Theme: Make a small quilt featuring those amazing decorative stitches on your machine. Use as many different stitches as you can, with any assortment of threads (cotton, poly, trilobal, rayon, etc.) in any way you want. The finished piece must "read" as being all about decorative stitching.

Background: Can be one piece of solid, hand dyed or print fabric, or it can be pieced or appliqued. The background must be a supporting element for the main theme of decorative stitching.

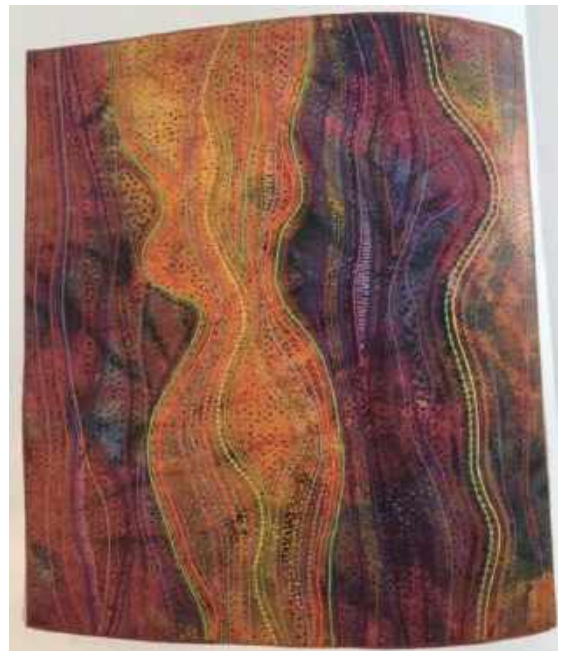
Embellishments: Decorative stitches (the ones that are built into your machine). Couching techniques and use of rick-rack or other narrow trims (1/4"-3/8" wide) are permitted, but should not exceed more than 5% of the total stitching. **Free-motion quilting, machine embroidery and hand embroidery are not allowed.**

Reference Material: This challenge is based on the ideas and artistry of quilter Carol Ann Waugh. Her book "Stupendous Stitching. How to Make Fun and Fabulous Fiber Art", is a goldmine of information. She also has a Blue-print (Craftsy) video. and she can be seen on Google." The video is not free and is not available on YouTube.

Prizes: Two prizes will be awarded: one for Viewer's Choice and one to be awarded by drawing from among all participants.

Have fun with this challenge and learn a new technique.

Co-Chairs: Marcia Degner, Linda Bouvier, Suzanne McGee



DECORATIVE STITCH CHALLENGE

Decorative Stitch Challenge Reveal and Voting Information:

The Decorative Stitch Challenge reveal presentation has been moved to the December 2020 General Zoom Meeting, instead of November as originally planned.

How the reveal will work:

- Challenge participants will email two photos of their entry to Deb Shoemaker at DebShoemaker22@gmail.com **no later than Friday, November 20th**. Members should identify the photos as "Challenge Photos" so they are not confused with Show and Tell photos for the November newsletter.
 - ⇒ One photo should be an overall view
 - ⇒ The second photo should be a closeup of some stitching details.
- A slideshow of all challenge quilts will be sent to all members PRIOR to the general meeting.
- Each entry will be anonymous and will have a number to identify it giving members time to look over the entries.
- An email will be sent to members containing a link to Marcia Degner's email address with a request to vote for Viewer's Choice by sending her the number of your choice."
- Votes will be tallied. The results will be announced at the December General Meeting and prizes will be announced.
- In addition, a random drawing from participants will be conducted and the winner announced.

During the December general meeting each participant can speak about their entry during the Reveal Slide Show.

Directions for the Challenge can be found on page 9 of the newsletter.

SHOW 'N TELL—NOVEMBER

Sharing a "QQ" Show 'N Tell quilt is easy:

- Take pictures of any entries you wish to submit on your phone.
- There is a limit of 4 quilt submissions.
- Please include your name, the name of your quilt, and your inspiration, if you wish, to the body of the email or text if you would like it included in the newsletter.
- Send your picture(s) to Deb via Email at debshoemaker22@gmail.com or text to 954-629-1720.
- The deadline for all pictures is **no later than October 26, 2020**.



An Experienced Quilter - October 1, 2020

Author Unknown

Random Thoughts...

Some people are not talkers because they're afraid of being chastised for something never intended. I'm one of those people. Recently, I saw a post from a beginning quilter who was "afraid" to start her quilt because she was afraid of making a mistake. I saw tons of experienced quilters giving her encouragement, direction, instruction and help. I then saw another post from an experienced quilter who's blocks finished only 8.25, instead of 8.5. She didn't complain. She didn't question. She only said, "This ought to be interesting."

In another post, I read a quilter's journey with her ongoing quilt, where she ran out of some of her fabric and was going to use an alternative. But, instead, she picked up her scraps of triangles and carefully sewed them into her quilt, thus having enough fabric for her blocks after all. I wanted to congratulate her. But, I'm an introvert, and when I finally processed the event long enough to go back and find the post, I couldn't find it. Then, I thought of an idea.

This post is not to hurt anyone's feelings and hopefully it will not. This post is an inspired group of random thoughts about "an experienced quilter." I hope you enjoy reading it as much as I enjoyed writing it.

1. An experience quilter always makes mistakes.
2. An experienced quilter is mostly helpful and aware of other quilters feelings, even if she hasn't been in a social-media quilting group before.
3. An experienced quilter is humble — always humble because she's made enough mistakes to know she's not perfect — and never will be.
4. An experienced quilter often has at least one "humility block" in her quilt.
5. An experienced quilter often doesn't do any of her blocks over because she knows there will always be that "next" mistake. Sometimes, though, she may be inspired to rip and repeat, or start over, though this doesn't happen often.
6. An experienced quilter often has many UFO's (unfinished objects).
7. An experienced quilter usually has enough fabric for a store, so she can go shopping in her own stash instead of running to the quilt shop.
8. An experienced quilter knows how to improvise, as did the lady who used her scraps to complete her quilt. Welcome to the world of experienced quilters. There will always be that next adventure.
9. An experienced quilter can never garner enough tips and tricks because she loves quilting so much that she often regards herself as not-all-knowing. Thus, she joins a quilt group, or several.
10. An experienced quilter will never finish this list, but please feel free to add what I missed.

The Value of Value

BY: [KRISTINE LUNDBLAD](#), POSTED ON [JULY 21, 2020](#)



No matter how many quilts I make or how many years I've been quilting, there's always something to learn. Always!

I remember a quilt class I took many years ago—not about value, per se, mind you—where the teacher spent the first hour of the class having us sort our fabrics into seven piles; the first was light-light, the last was dark-dark, and the one in the middle was medium. And then we needed to create two piles that bridged the gap on either side of the medium—these were called light and light-medium on the light side and medium-dark and dark on the opposite side. Doesn't seem like a difficult task, does it, but it was challenging for almost all of us.

The benefit of this sorting exercise, however, was to expand our understanding of how to use a full range of value and its importance in that class quilt project. Oh, and by the way, in every quilt each of us made from that moment on.

And then I realized the bedrock of almost every good quilt making class includes lessons in value!

Fast forward to today and this confession: I am still a student of value and continue to learn. I know if I do not take that first important step to categorize my fabrics by value and use that range to evaluate my quilt design, the quilt may suffer.



Host Susan Brubaker Knapp and Grace Errea on the set of "Quilting Arts TV."

The Value of Value (Cont'd)

Good teachers make lasting impressions, though, and I still hear my teacher's voice in my head when I am sorting my fabrics by value. Good teachers also share examples and communicate clearly. I met Grace Errea on the set of "Quilting Arts TV" a few years ago, when she was there to film segments for Series 1800 and Series 1900. She approached each of her segments, her lessons, like any good teacher—she was well prepared with examples, she spoke clearly and eloquently, she made her 'lessons' fun for the viewer, and she was—and is—an expert on the subject of making fabulous quilts.



The Blue Match Tool by Grace Errea

Grace has also written for [Quilting Arts Magazine](#) and I treasure her article about value. All of her tools and quilts show the importance of value but I especially love the example that The Blue Match Tool shows—small blue 'chips' of the same fabric are placed on strips of light, medium, and dark background fabric. It is amazing how the chip seems to lighten and darken and, yet, that color does not change, just the background does. What a great lesson to illustrate that value is relative to all of the fabrics you might use in your quilt.

Grace created an entire online class, "Understanding Value in Quilt Design," where she goes into great depth in her lessons and helps viewers appreciate how to use value in their quilts. Her method uses a value range of eight fabrics and she demonstrates this with a Color Chart. I'm grateful every time I watch a video or read an article about important principles in quilt design such as value; I am reminded to practice those principles in my own work.

Grace's method really helps the viewer focus on value rather than color to create great quilts.

I love this quote from Grace's writing about value: "As you work, keep in mind that if something is working beyond your expectations, give value the credit. By the same token, if there is a problem, look for a value solution first." Wise and helpful words for us all.

The "[Understanding Value in Quilt Design with Grace Errea](#)" workshop will be running again soon. Don't miss it!

SHOW 'N TELL—SEPTEMBER



Created By Joanne Miller—"My Wonders Quilt"



Created by Joanne Miller
Covid Crazy Quilt; Cathedral
Window inspired

SHOW 'N TELL—SEPTEMBER



Created by Diane Provost

Bedroom in Montreal inspired by the vintage kimono on the wall. All fabrics are from Yoko Saito's Serenity Collection. Dotty Levine quilted the bed skirt & shams and I quilted the small pillow.

Created By Diane Provost

QOV from selvages

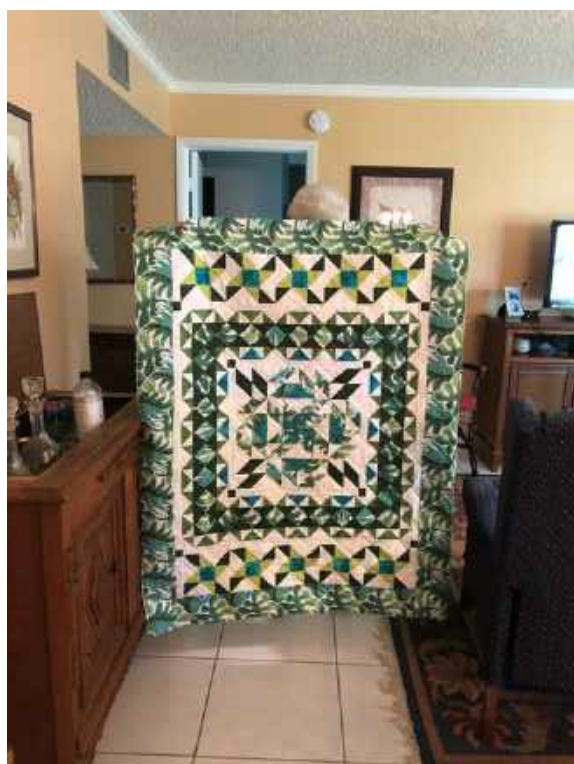


SHOW 'N TELL—SEPTEMBER



Created by Amy Chiera

Table Runner made for StitchCraft Challenge, incorporating Johanna's three Challenge colors. Since I love Kaffe, it was a great excuse to use it in my table runner!



Created By Melinda Schwartz

This was a Bonnie Hunter mystery quilt called "Unity". It was given as a Comfort Quilt.

SHOW 'N TELL—SEPTEMBER



Created by Judy Shelton



Created By Ann Ford

SHOW 'N TELL—SEPTEMBER



Created by Janet Copen

"Lavendar Ice Cream"



Created by Linda Bouvier

A quilt started 15 years ago;
now complete!

HAVE YOU BEEN COOKING DURING THE PAST MONTHS OF SELF ISOLATION?

**WHY NOT SHARE A FAVORITE RECIPE IN THE NEW QGbtS
"QUARANTINE RECIPES" FEATURE.**

**My goal is to collect enough member recipes to create a cook-
book in 2021.**

**Recipes can be submitted to Deb Shoemaker via email at
Debshoemaker22@gmail.com**



Cinnamon Sugar Pumpkin Muffins

Submitted by Deb Shoemaker

Say hello to fall with these delicious Cinnamon Sugar Pumpkin Muffins! Exceptionally moist, surprisingly light, and entirely irresistible!

Ingredients

2 3/4 cups all purpose flour
1 tsp salt
1 tsp ground cinnamon
1 tsp baking soda
2 cups sugar
2/3 cup brown sugar
3 eggs
15 oz pumpkin 1 can
3/4 cup coconut oil
1/4 cup milk or almond milk
1 tsp vanilla extract

Cinnamon Sugar Topping

2/3 cups sugar
2/3 cup chopped pecans
1 tsp ground cinnamon OR pumpkin pie spice

Instructions

Preheat oven to 350F.

Line two muffin pans with muffin liners (24 total) and set aside.

Combine flour, salt, 1 teaspoon of cinnamon and baking soda in a medium bowl and whisk to combine. Set aside.

In a large bowl, combine sugar, brown sugar, eggs, pumpkin, coconut oil, almond milk, and vanilla extract. Whisk to combine.

Slowly fold dry mixture into wet mixture just until combined.

Use an ice cream scoop to fill muffin liners about three-quarters full.

Cinnamon Sugar Topping

Combine sugar, pecans, and cinnamon in small bowl. Stir.

Sprinkle a teaspoon or more of the topping on top of the muffins.

Bake for 25 minutes or until an inserted toothpick comes out clean. Let cool for 10 minutes in muffin pan before removing to a cooling rack.



BELGIUM CHOCOLATE CAKE (GLUTEN FREE)
Submitted by Deb Shoemaker

EQUIPMENT:

- 10" Spring form pan or tart pan with removeable bottom

INGREDIENTS:

- 9 ounces dark or semi-sweet chocolate, either chips or bar chocolate cut in small chunks
- 1 Cup (2 sticks) unsalted butter, cut up
- 5 Tablespoons almond flour or regular all purpose flour
- 1/2 Teaspoon almond extract
- 5 large eggs at room temperature
- Powdered sugar for sifting on top

INSTRUCTIONS:

1. Pre-heat the oven to 325F. Lightly butter a 10 inch spring form or tart pan with removeable bottom,
2. Put the butter and then the chocolate chips in a microwave safe bowl. Microwave for 1 minute, then stir. Microwave for another 30 seconds, and stir again. If it's not completely melted, put it back for another 15 seconds, and stir until the chocolate completely melts.
3. Add sugar, extract, and flour to the chocolate, then the eggs, and whisk well to completely break up the eggs. Cover and set aside at room temperature for 30 minutes. The mixture will thicken as it sits.
4. Pour into the buttered pan and smooth out the batter evenly. Bake for 50—60 minutes, until firm on top and cracks form across the surface. Cool on a rack, then remove outer ring.
5. Sift powdered sugar on top.

NOTES:

- Vanilla can be used in place of almond extract for a different flavor profile.
- Spice it up—add 1/4—1/2 teaspoon cayenne pepper!
- Top with fresh berries to spiked whipped cream

Serves 10

Serves 10



Blintz Casserole

Submitted by Lisa Coles

2 pkg frozen blintzes, defrosted
1 stick butter
4 eggs beaten
1/2 c sour cream
1/4 c sugar
1/2 tsp salt
1 tsp vanilla
1 Tbs orange juice
2 tsp freshly grated orange zest

Melt butter in 9x13 baking dish and arrange blintzes on top in a single layer.
Blend other ingredients with well beaten eggs and pour over blintzes.
Bake 45 minutes in 350 degree oven until top is golden brown.

Asian Broccoli Salad

Submitted by Lisa Coles

2 lbs. fresh broccoli, stalks peeled and sliced, florets separated
1 16 oz can bean sprouts, rinsed and drained
1 8 oz sliced sayer chestnuts, rinsed and drained
1 8 oz can bamboo shoots, rinsed and drained

Dressing:

1/3 c salad oil, 1/3 c cider vinegar, 2 Tbs ketchup, garlic powder, salt and pepper to taste

Blanch broccoli until al dente. Rinse in ice water to stop cooking. Combine veggies with dressing and let marinate in refrigerator 1 hour or overnight.

No Yeast Stollen

Submitted by Lisa Coles

3-1/2 c AP flour
3/4 c granulated sugar
3 tsp baking powder
1/2 tsp ground cardamom
1/2 tsp salt

Mix above ingredients with pastry blender. Then add:

1 stick butter or margarine, cubed
1 c creamy cottage cheese
1 egg
1 Tbs vanilla

1/2 c raisins (I also add chopped mixed fruits such as dried apricots and pineapple, candied cherries and chopped pecans)
3 Tbs butter, melted

Cut butter into flour mixture with pastry blender until coarse crumbs form. Mix cottage cheese, eggs and vanilla. Add to flour mix along with fruits and nuts. Stir until dough forms. Knead on lightly floured surface about 10 times, adding more flour if necessary. Roll into 10" circle, brush with 1 Tbs melted butter. Fold dough in half just off center. Place on a greased baking sheet. Bake in 350 degree oven for 40-50 minutes, until golden brown. Brush with remaining 2 Tbs melted butter. Sprinkle with 10x sugar before serving. This stollen looks odd, but tastes delicious!



Sweet Potato Casserole

Submitted by Lisa Coles

2 lg cans yams, sliced lengthwise

Salt

Place in large casserole

In medium saucepan combine:

1 c light brown sugar

1 c orange juice

1/2 c raisins

1/2 tsp grated orange zest

2 Tbs cornstarch

1/2 tsp salt

Cook until thickened. Add 6 Tbs butter, 1/2 c sherry, 1/2 c chopped pecans. Pour over yams. Bake uncovered in 350 degree oven for 30-40 minutes.

Low Carb – Low Sugar Banana-Chocolate Chip Nut & Seed Cookies
Submitted by Sheryl Platt

This has been my quarantine go-to guilt free high protein cookie when I need a nosh.

1 medium banana

¾ cup almond butter (or peanut butter)

1 large egg

1 tsp. pure vanilla extract

½ tsp. baking soda

¼ tsp. salt

¼ - ½ cup dark chocolate chips – low sugar (my pkg. reads 5g sugar)

1/3 cup nuts (I mix walnut pieces, pecan pieces, sliced almonds)

2 TBSP. of mixed maple seeds (See recipe below)

Preheat oven 350. Line two baking sheets with parchment paper.

Mash banana in mixing bowl. Beat the egg with banana.

Add almond butter and mix. Then add vanilla, baking soda, salt, stirring to combine.

Fold in chocolate chips, nuts and seeds.

Dough mixture will be wet.

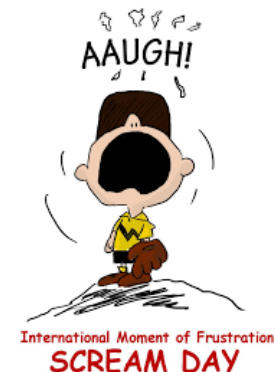
Drop spoonful's of dough on parchment-lined baking pans placing cookies 1 ½" apart. Bake for 15-20 minutes.

Mixed Maple Seed Recipe: I always keep a sealed container of mixed lightly sweetened seeds on hand for salads, cookies, breads or anything else I like to add seeds to.

In a bowl I combine chia, sesame and raw sunflower seeds. Mix 1 TBSP. of PURE Maple syrup, stir to coat all seeds. Spread coated seeds on baking pan. Bake about 15 minutes until seeds are dry and just beginning to brown...don't burn your seeds. Place in a sealed container in your pantry and add to your salads and baked goods.

HOLIDAYS IN OCTOBER:

- October 1:** International Coffee Day
- October 2:** World Farm Animals Day
- October 5:** World Teacher's Day
- October 12:** Moment of Frustration Day
- October 16:** Dictionary Day
- October 17:** Wear Something Gaudy Day
- October 23:** Tv Talk Show Host Day
- October 25:** World Opera Day
- October 27:** Black Cat Day
- October 30:** Candy Corn Day
- October 31:** Halloween



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[Latin, related to dictator]
dictatorial /dɪk'teɪəriəl/ n. (of a person)
like a dictator. 2 overbearing.
orally adv. [Latin, related
TATOR]
diction /dɪkʃ(ə)n/ n. manner of
ciation in speaking or singing
dictio from dico dict- say]
dictionary /dɪkʃənəri/ n. (pl. diction-
aries) a book listing (usu. alphabetically)
explaining the words of a language
giving corresponding words in
language. 2 reference book e
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