



Meaningful
Little Books

Good Grief

SUMMER NEWSLETTER



More About Your Author - Doreen

Entrepreneur, Writer and Creative Dreamer

How many Great-Grandparents do you have?

I found this interesting fact on how many great-grandparents we have going back as far as twenty generations, which is about 400 years. This unbelievable number had my jaw hit the ground. I had never thought about this generational number ever before, nor did I even think past my own great-great-grandparents. Starting with our own grandparents, each generation you go back into your family tree, the number of great-grandparents doubles. This is how many great-grandparents we have...drum roll please...



1,048,576!!!



Oh, what a fun family reunion this would be!

Make sure to check out this website link below, the information is fantastic, and you might find yourself doing this crazy math.

<https://whoareyoumadeof.com/blog/how-many-ancestors-do-you-have/>

My great-great-grandfather, John Morehouse Stuttaford, was one of the founding members of the North West Mounted Police. He rode west in the first contingent to man Fort Macleod in 1874. This fact alone puts him into Canada's history books and his death in 1927, at the age of 85, was headline news because he became the last survivor of this historic expedition. He was the Regimental Tailor for the NWMP and one might think, this is where my love of sewing comes from. *Fun fact...* the 5th 'Liquor Permit' in Western Canada, was issued to my great-great-grandfather on December 17, 1878, for one bottle of brandy & two gallons of wine for medicinal purposes. I highly doubt this permit was for medicinal purposes, I bet there were a number of glasses raised on Christmas day! 😊

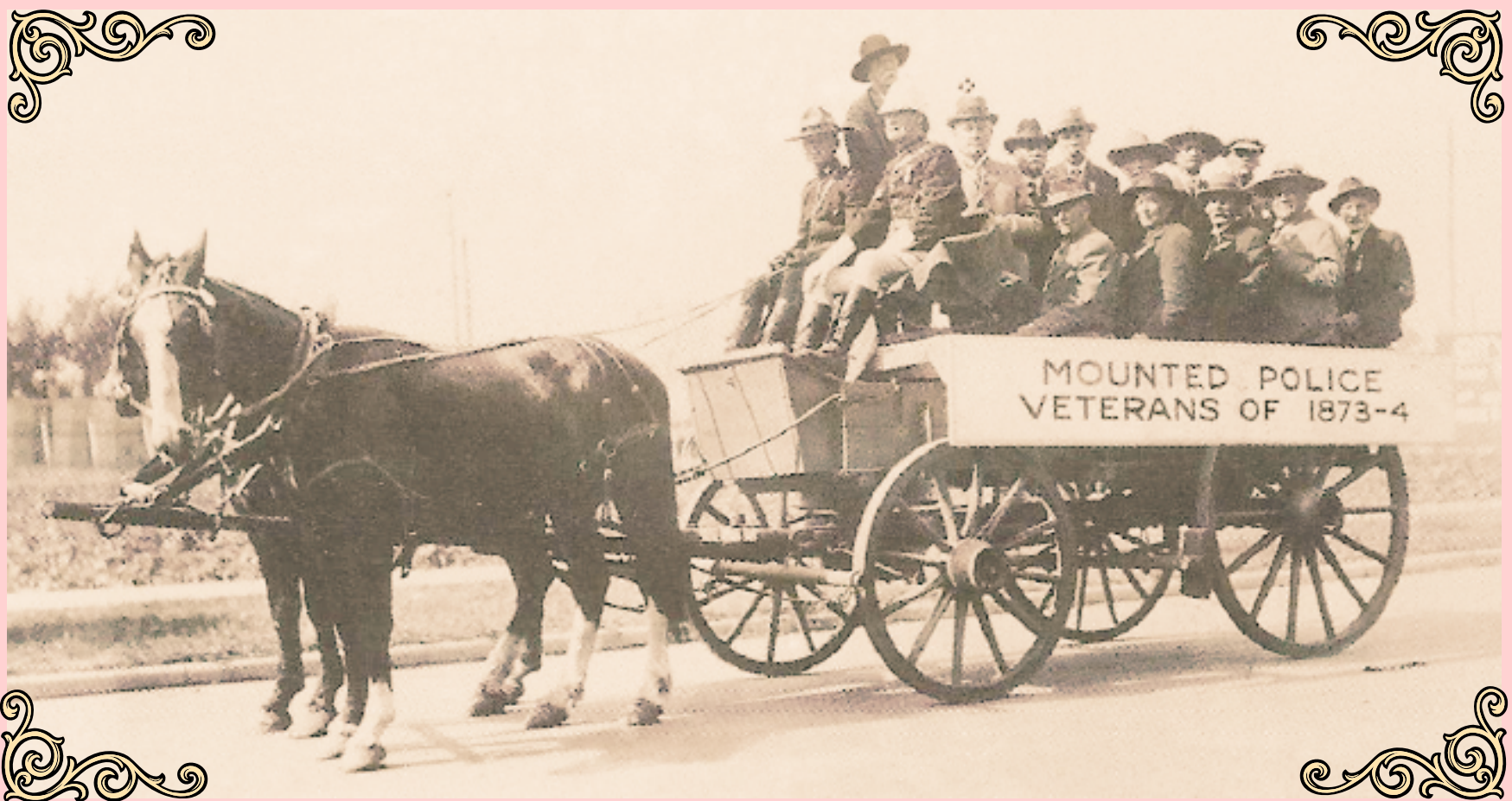
In 1925, he rode in the Stampede Parade commemorating the 50th anniversary of the arrival of the NWMP in 1875.

In 2019, I was very fortunate to join twelve veteran RCMP officers to ride in the Calgary Stampede Parade. I rode in the front of the vintage Brewster bus, called 'Old White'. This was an incredible honor to represent my great-great-grandfather, John Morehouse Stuttaford, once again riding in the Calgary Stampede Parade!

1925

The Great Historical Pageant and Stampede Parade

Particular honours were paid to NWMP veterans, who were invited to the 1925 Stampede with all expenses paid. A special wagon carried these 'originals' in the parade.



**The more things change,
the more they stay the same!**

1925 Great Historical Pageant and Stampede Parade

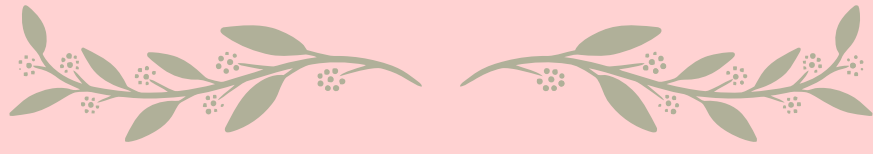
The day was July 6th, 1925, when sixty thousand spectators lined the streets of downtown Calgary, to watch the Great Historical Pageant and Stampede Parade, scheduled to be enroute at 9:30am. Many of the spectators had been waiting for over an hour. The weather was intermittently sunny and cloudy with a high of 74° F (23° C).

2023 Calgary Stampede Parade

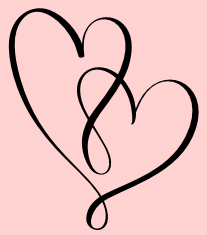
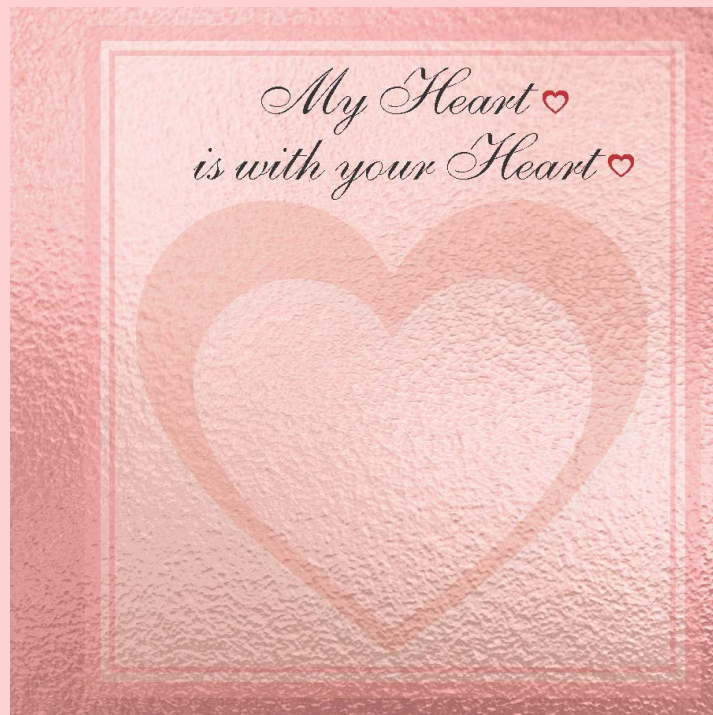
On July 7th, the 2023 Calgary Stampede will be enroute at 9:00am with approximately 300,000 spectators lining the streets of downtown Calgary, many of whom will have waited several hours securing their perfect location to watch outstanding floats, award winning bands and the beautiful horses go by. The weather is looking very similar to 1925, with a high of 26° C.



Grief Shared - The Story Behind the Pages



My Heart is with your Heart



*All things we do from the heart,
is an act of deliberate kindness.*



Hands down, this is my favourite page for its practicality, gorgeous rose gold heart and background. This is the page where a heartfelt message can be written to show how much we care, and to let the recipient know we will be there for them in a **heartbeat**. Grief Shared, is also a powerful tool to keep on hand, with many wonderful suggestions, when looking for ways to help family, friends and acquaintances going through a difficult time.

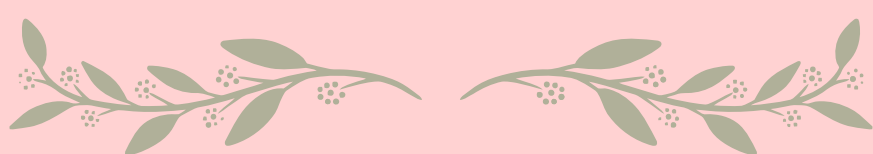
One of the first sounds we heard before we were born was the beautiful sound of our mother's **heartbeat**. The beat of a gentle drum, soothed us with her lullaby.

I love to rest my head on my husband's chest and listen to his **heartbeat**. He says I am weird for doing this, and I say, "I'm not weird, I am amazing and, your heartbeat is comforting to me."

Something magical always happens when we give our heart and also receive someone's heart, when we least expect it. Everyone's soothing **heartbeat** makes our world go round.

*Speak tenderly; let there be kindness in your face, in your
eyes, in your smile, in the warmth of your greeting.
Always have a cheerful smile. Don't only give your care,
but give your heart as well.*

Mother Teresa



DID SOMEONE SAY CHOCOLATE & PEANUT BUTTER?

OMGD! Oh My Gosh Delicious! My sister, Viv, delivered two dozen of these absolutely ridiculously delicious peanut butter cookies, which she dipped in melted chocolate and rolled in crushed peanuts. I could not stop at just one, because these cookies are so addicting!

Classic Peanut Butter Cookies



Prep Time: 20 minutes | Cook Time 8 minutes

Total Time 28 minutes | Makes 2 dozen



Ingredients

- 1/2 cup unsalted butter room temperature
- 2/3 cup white sugar
- 1/3 cup brown sugar
- 2/3 cup peanut butter
- 1 large egg
- 3/4 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1 1/3 cups flour
- 2 cups melted chocolate
- 1 cup crushed peanuts

Directions

- Preheat the oven to 375° F
- Line 2 large baking sheets with parchment paper.
- With an electric mixer, cream together butter, white sugar, and brown sugar.
- Add in the peanut butter and egg, mix until combined.
- In a separate bowl, add baking powder, baking soda, salt, and flour.
- Add to the peanut butter mixture, mix until combined.
- Form dough into 1" balls. Place the balls about 3-inches apart on the prepared baking sheet.
- Flatten in a crisscross pattern using a fork.
- Bake 8-9 minutes until cookies turn golden at the base.
- Remove from the oven and allow cookies to cool 5 minutes, then transfer on a wire rack.
- Melt chocolate in a double boiler, dip each cookie into the chocolate and roll in crushed peanuts.

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Vision Statement

Spreading love, empathy and hope one little book at a time.

Mission Statement

To write powerful, thoughtful and engaging books.

Using color and imagination, creating insightful and inspiring assurances to grace the hearts of the people we all cherish and love so deeply.