

MARYJANES FARM®

Sister Issue

Happy New Year!

January 2017

Because we take time off to be with our families over the holidays, this condensed January Sister Issue announces our new Farmgirl Sister of the Year and gives you both our new and updated Merit Badges for starting your year off in joyful farmgirl style.

With some added pluck, we came up with this easy way to click (er, cluck) your way back to the farm in between magazine issues. As with any nesting hen, we prefer to accomplish our work with regularity. That's why, if you're an official member of **MaryJane's Farmgirl Sisterhood**, our *Sister Issue* will be showing up in your inbox every other month (March, May, July, September, and November, with a special issue coming out the first week in January to announce our Farmgirl Sister of the Year and new Merit Badges). With a cluck-cluck here and a click-click there, we're here for you just when you need a sisterly cyber hug the most. Let the braggin' (er, clucking) begin!

Life made us
FRIENDS,
MaryJanesFarm
made us
SISTERS



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Hello from Sister #2



Farmgirl Sister of the Year

In this issue, I've been given the honor of introducing our 2017 Farmgirl Sister of the Year. (Thank you, Sherrilyn, for your service as our 2016 Farmgirl Sister of the Year!) We are honored to share with you **Cyrie Wilson**, whose reign will last until January 1, 2018.

Known as Pixiedustdevil on our Farmgirl Connection chatroom, Cyrie joined the Sisterhood in April of 2016, and within 3 days, had earned her first Merit Badge. In less than one year, she has earned 81 badges!!!

Cyrie has spent most of her life in Oregon, having moved there when she was just 2. She currently resides with her very-loved, but "much-too-smart" cat, Abby.

Having worked in construction painting; home health; and a family-owned, in-home daycare, she has now retired to focus on her health (and Merit Badges!!). Cyrie was born with Asperger's Syndrome and Face Blindness, and she is neurologically hard of hearing. Face Blindness and her hearing limitations mean she is unable to recognize someone by their face or their voice. She relies solely on their hair color and cut, the glasses they wear, or the hat they sport. But she will be the first to tell you, it has not fazed her. "For all I knew," she says, "losing my mom in the grocery store regularly because I couldn't recognize her was normal."

She refers to her mom as having been a domestic goddess. She was always sewing and crafting and encouraging the same in Cyrie from a very young age. She also instilled a good dose of frugality in Cyrie. Cyrie credits her father for her stubbornness and willingness to help others. Add that all up, and she's farmgirl through and through.

One of her favorite Merit Badges would have to be the Tatting Badge. She says, "I thought, you've got to be kidding me; you don't know how to crochet or knit and you're going to learn to tat? After three days, I knew how, and a few more days, and I was teaching classes to my friends."

If you do the math on Cyrie's Merit Badges, she has earned almost 10 a month! Her thoroughness is completely apparent. Her get-to-it-ness is something I am certainly

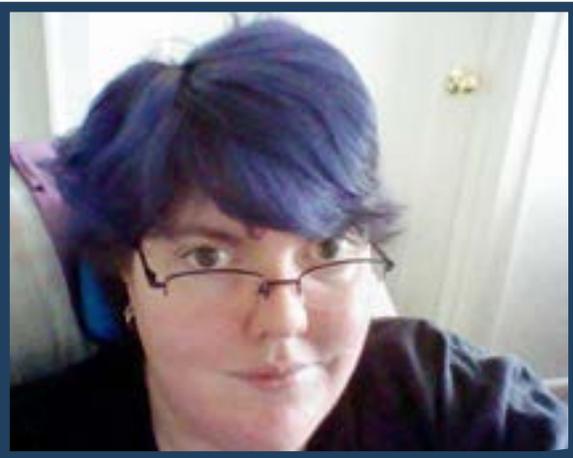




making note of in my own life. Nothing is slowing Cyrie down; and as she says, "Because I have Asperger's, there are lots of limits to what I can and can't do, but when someone tells me that I can't do something because I have Asperger's, well, let's just say, it's a lot more fun to prove them wrong than to wallow in self-doubt."

I so enjoyed my conversation with Cyrie. She is truly an inspirational farmgirl. Congratulations, Cyrie, on being our Farmgirl Sister of the Year 2017! I can't wait to see what you tackle next.

Meg



Three years ago, Cyrie sported some seriously purple hair!



Cyrie as a little girl with her mom.



"My kitty-beast. She's too clever for her own good."



New

Merit Badges



2017 New Merit Badges

Garden Gate: The Good, Bad, and Ugly... Bugs

Beginner Level

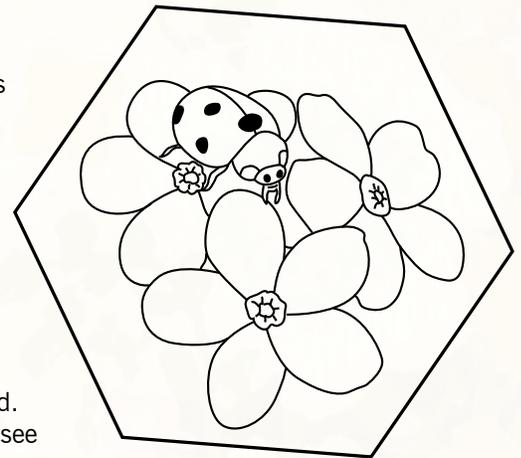
- Identify at least 4 different beneficial bugs that live in your garden.
- Identify at least 4 different harmful bugs that live in your garden.
- Research different methods of organic pest control, along with different plants to grow that attract beneficial insects to your garden.

Intermediate Level

- Take your knowledge to the garden! Diagnose a problem in your garden, come up with 2 different solutions to your problem, and act on at least 1 of those solutions. Take notes of this process for future reference.

Expert Level

- Make your garden more attractive to beneficial insects. Survey your garden at the beginning of the season and log how many beneficial insects can be found. After 2 months of upgrading your garden's hospitality to good bugs, check to see if the population has increased.



Stitching & Crafting: Mosaics

Beginner Level

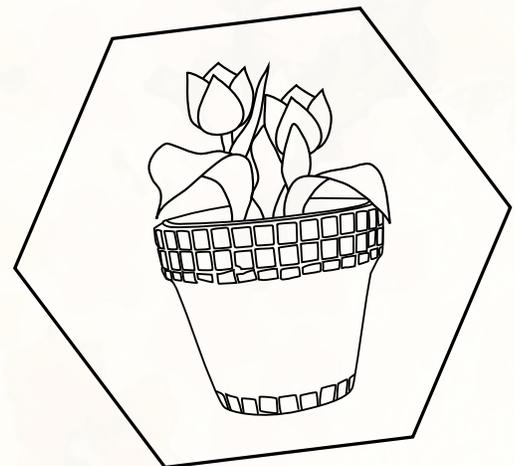
- Make a small project like a trivet or coaster and use it around your home.

Intermediate Level

- Make a larger piece, such as an end table, small wall hanging, or decorative planter.

Expert Level

- Make a large installation like a big wall hanging or a countertop.





Make It Easy: Mindfulness Meditation

Beginner Level

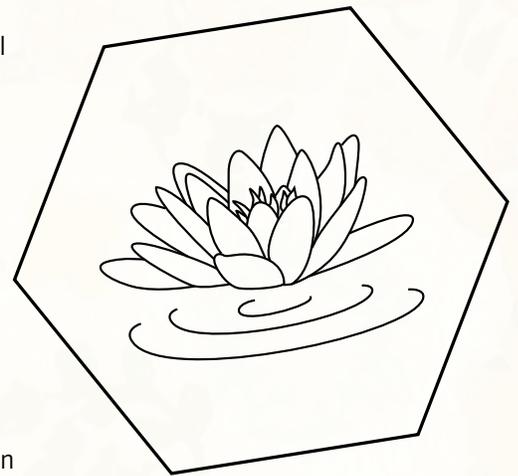
- Research the benefits of regular meditation on both the brain and the physical body. Research different types of meditation.
- Give it a try: For 7 days, spend at least 5 minutes meditating every day. You may wish to use guided meditations to start. There are many free guided meditations available on the Web.

Intermediate Level

- Meditate for an additional 21 days. The average length of each session should be at least 10 minutes. Try different types of meditation techniques, such as breathing exercises.

Expert Level

- Research how to meditate while walking (“walking meditation”).
- Meditate for an additional month. Make sure to use several types of meditation during this month of practice.



Farm Kitchen: Canning

Beginner Level

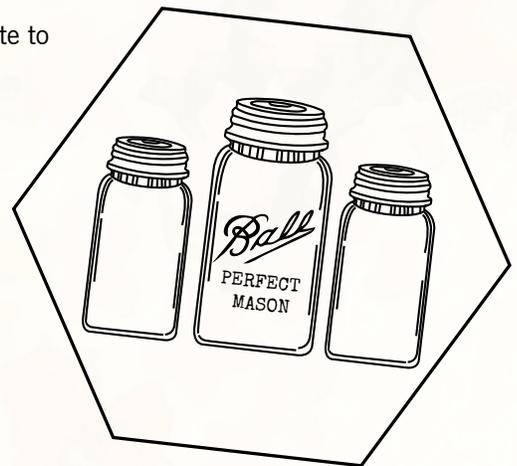
- Research the different types of canning available and how pH and heat relate to each method.
- Find 3 different jars of canned goods in your home or the supermarket. Read the ingredient list and from the packaging type and product inside, determine how each product was canned.

Intermediate Level

- Gather the needed supplies for water-bath canning and can 2 different items using the water-bath method.
- Share some of your preserved goodies with a friend and let them know the recipe you used.

Expert Level

- Can 2 different low-acid foods with a tested recipe in a pressure canner.
- Share some of your preserved goodies with a friend and let them know the recipe you used.



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Each Other: Calligraphy

Beginner Level

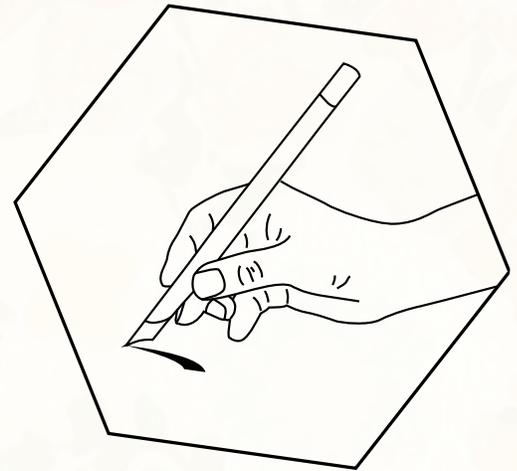
- Create a calligraphy journal, testing out some basic calligraphy using a calligraphy marker.
- Read *Modern Calligraphy: Everything You Need to Know to Get Started in Script Calligraphy* by Molly Suber Thorpe. (The book required for this badge is available on loan from MaryJanesFarm; contact library@maryjanesfarm.org.)

Intermediate Level

- Get comfortable with calligraphy holders, nibs, and ink by sending at least 3 handwritten letters to your loved ones.

Expert Level

- Read *Creative Lettering and Beyond* by Gabri Joy Kirkendall and Laura Lavender.
- Using a calligraphy holder, different-sized nibs, and ink, create a piece of artwork with your favorite quote/saying/word. Be sure to include a variety of flourishes.



Make it Easy: Emergency Preparedness

Beginner Level

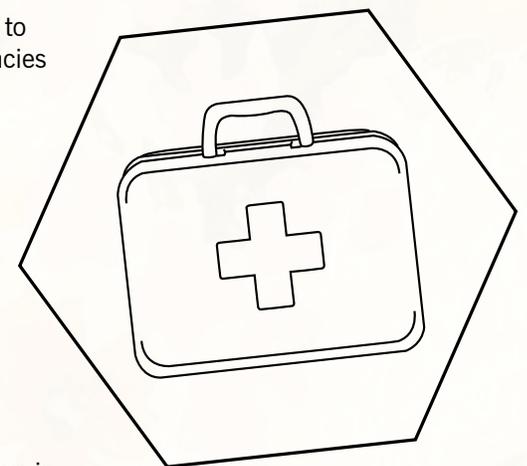
- Determine the types of emergencies that you and your family are most likely to face. Be sure to look at emergencies that only affect you, as well as emergencies that can affect your local community.
- Make a plan with your family on how to respond to likely emergencies such as fire, flood, earthquakes, and severe weather.

Intermediate Level

- Create an emergency kit that will last for 72 hours. There are numerous online resources with lists of supplies needed for this kit.
- Fill out emergency contact cards for each member of your family to store in wallets, purses, backpacks, etc.

Expert Level

- Convert your 72-hour kit into an easy-to-pack kit in case of evacuation.
- Make a “shelter in place” kit which has enough supplies for 2 weeks and stays in your home.





Young Cultivators

Garden Gate: Bees R Us

Beginner Level

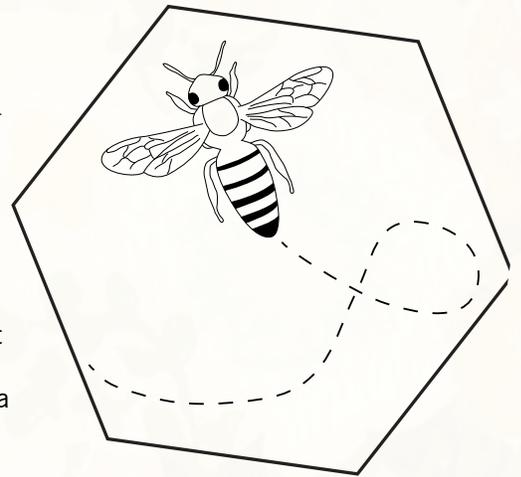
- Read about different kinds of bees—honeybees, bumblebees, carpenter bees—and their cousins—wasps and hornets—and learn to identify each kind.
- Once you're armed with your new knowledge about bees, try to get over any anxiety or fear you have about them. (Now you'll know which ones to watch out for.)

Intermediate Level

- Visit a local flower farm and see if you can identify the different pollinators that are buzzing around the flowers.
- Learn about the different kinds of honeybees in a hive and how each kind has a different job.
- Learn about honey and find out why local honey is best.

Expert Level

- Read our article about beekeeping in the "Lollygagging" Aug/Sept 2016 issue of *MaryJanesFarm*.
- Plan a visit to a local beekeeper with your mentoring Sister, suit up in a beekeeping outfit, and get an up-close view of the hive. Have the beekeeper show you the honey supers and ask if you can help harvest it.



We've also updated the language of the badges below to allow for the option to share presentations of your Merit Badge progress on The Farmgirl Connection chatroom under **Merit Badge Chit Chat**.

Cleaning Up

Shopping Green – Expert

Each Other

Community Service – Intermediate and Expert

Public Service – Beginner

Shutterbugs – Intermediate

Greatest Generation – Expert

Languages – Intermediate

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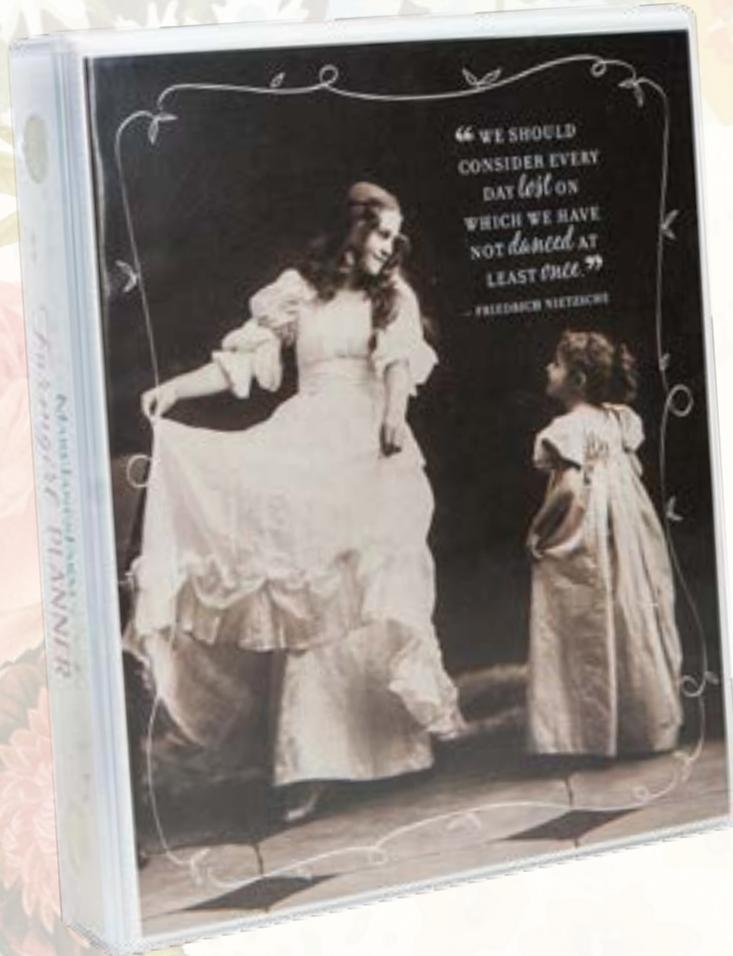


SISTERHOOD SUPPLIES

Farmgirl Planner

click here to order

Price: \$28.95



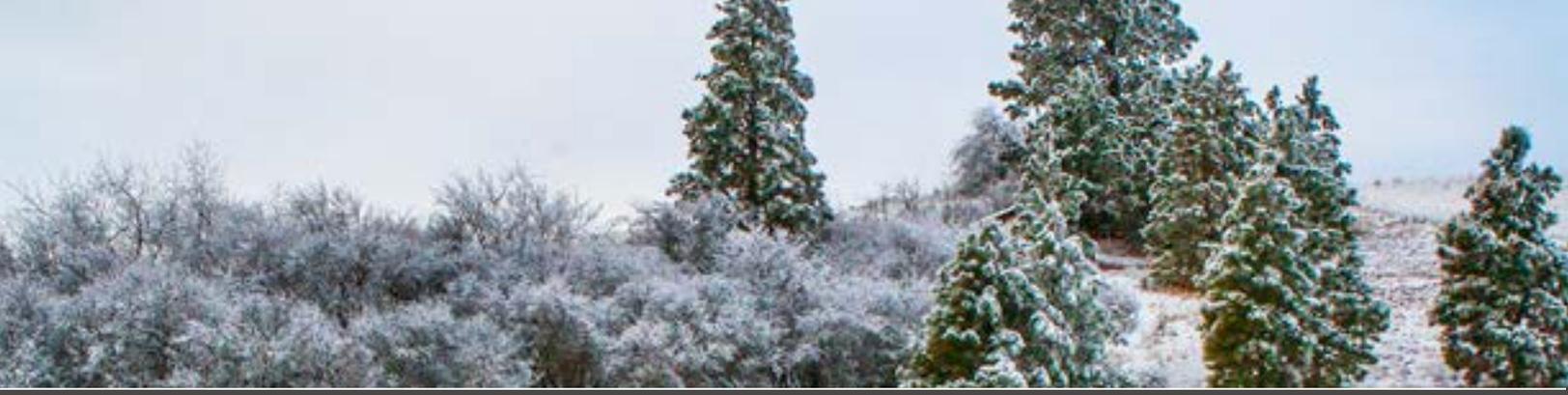
Our 2017 farmgirl planner is now available. It is bound in a durable three-ring mini-binder (5 1/2" x 8 1/2") and decorated with inserts, front/back/spine. Inside contents are monthly/weekly pages, year ahead at-a-glance, personal information page, and future planner, as well as 100 blank pages (college ruled) for notes that are embellished with farmgirl tips, quotes, photos, etc. In the back, we included five top-loading, heavyweight, clear sheet protectors for things like receipts, recipes, etc.





Our sentiments exactly!

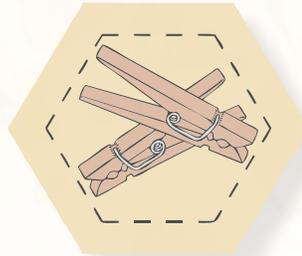
This adorable 8" x 8" plaque, printed on canvas and stretched on a wood block edged with burlap, is available at BraveGirlsClub.com. Sisters Melody and Kathy believed there needed to be a place where women could go to feel supported and never alone, no matter what struggles they were having. They wanted to create a place full of good news, good people, good ideas, good adventures, and good times—a place where they could teach women that no matter what curveballs life handed them, they were going to be okay. Get a daily dose of Brave Girl magic by subscribing to the free Brave Girl Daily Truth e-mail affirmation messages—a little present the girls have been giving the world five days a week since 2009. Also sign up for Brave Girl Camp Art + Life Retreats, take online empowerment classes, encourage other Brave Girls with the Brave Girl Truth Card Exchange, and more. Read all about Brave Girls Club in the "Yesteryear" Aug/Sept 2014 issue of *MaryJanesFarm*.



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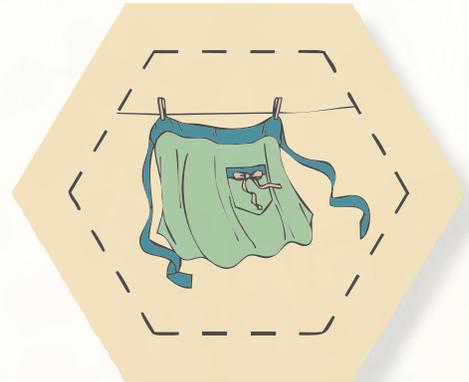
Farm Kitchen

- Know Your Food – Expert
- ChillOver ComeOver – Expert
- BakeOver MakeOver – Intermediate and Expert
- Apples – Beginner



Garden Gate

- Grow Where You're Planted – Intermediate
- 3R's Rule (Reuse, Recycle, Revive!) – Intermediate
- What's Your Beef? – Expert
- Secret Life of Bees – Expert
- Putting Away for Winter – Beginner and Expert



Make it Easy

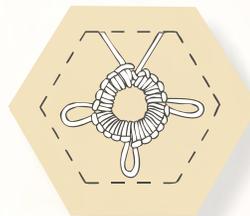
- Build it Green – Intermediate
- Candlemaking – Expert
- Furniture Makeover - Intermediate and Expert

Outpost

- First Aid – Intermediate
- Rocks and Minerals – Intermediate
- Glamping – Beginner and Expert

Stitching and Crafting

- Scrapbooking – Intermediate
- Dyeing for Color – Beginner and Intermediate
- UFOs (Unfinished Objects) – Beginner, Intermediate, and Expert



Magazines, Books & More



Our Feb/Mar issue (Comin' Up Roses) will hit newsstands on Jan 3. In it, you'll find recipes for Valentine rose pies and comfort-food faves; learn all about prim and proper garden roses; get the floral look on a budget; meet Gabri Joy Kirkendall (whose book is featured in our new Calligraphy Merit Badge); and more. Don't risk missing *MaryJanesFarm* magazine on newsstands.

[Click here](#) to subscribe to *MaryJanesFarm* magazine.

If you're a subscriber, you should receive your magazine by about Jan. 1. (Those of you near postal hubs get faster delivery; rural delivery takes a little longer.) If you don't receive your magazine, you can call our publisher's subscription department at 800-476-4611 to check on your delivery.

MaryJanesFarm Calendar

Our 2017 calendar is available now. Each month's top page features a full-color image from our farm and each calendar page includes dates, holidays, inspirational sayings, lunar phases, and fabulous farmgirl culture. This is a Project F.A.R.M. (First-class American Rural Made) product. All 26 pages are printed here at the farm on 8 1/2" x 11" card stock and are bound with black spiral wire, unfolding to 11" x 17".

Current Holidays:

- January 1 ~ New Year's Day
- January 2 ~ National Cream Puff Day
- January 5 ~ National Bird Day
- January 8 ~ National Bubble Bath Day
- January 15 ~ National Hat Day
- January 16 ~ Martin Luther King Jr. Day
- January 18 ~ Thesaurus Day
- January 19 ~ National Popcorn Day
- January 20 ~ Inauguration Day
- January 21 ~ National Hugging Day
- January 23 ~ National Pie Day
- January 24 ~ National Compliment Day
- January 26 ~ National Spouses' Day
- January 30 ~ Inspire Your Heart with Art Day

Magazine "Goodies" on the MJF Website

"For those who are looking for the magazine portion of the website, here is the place to find additional patterns, instructions, recipes and such! Yum!" – Alee, Farmgirl Sister #8
To find the goodies, [click here!](#)



**7,206 Sisterhood members and
10,226 Merit Badges earned —
growing stronger every day!**