



# Ontario Handspinning Seminar

## Spring Newsletter 2017

Elaine Horemans, Registrar, 26 Fortune Line Rd. RR #2, Lyndhurst ON, K0E 1N0  
ontariohandspinningseminar1964@gmail.com



### 2016-2017 Board of Directors

**President:** Esther Grav  
**Vice President:** Elisabeth McConaghy  
**Secretary:** Mara Lusic  
**Treasurer:** Colleen Thomson  
**Members at Large:** Susan Alain, Barb Ross,  
Elona McCubbin, Linda Needles,  
Catharina Forbes

### 2017 Seminar Organizing Committee

**Chair & Registrar:** Elaine Horemans  
**Board Liaison:** Colleen Thomson  
**Facilities Convenor:** Betsy Walters  
**Workshop Convenors:** Alison Ginn,  
Elaine Horemans, Kelly MacGregor  
**Salesroom Convenor:** Kim Bushby  
**Promotion:** Carlene Paquette  
**Emcee and Secretary:** Kelly MacGregor  
**Display Convenor:** Lindsay McKeever  
**Fashion Show Convenors:** Katherine Romba

**DATES:** June 16 - 18, 2017

**LOCATION:** Ambassador Hotel & Conference Centre, Kingston ON

### SEMINAR THEME: Our Past Inspiring Our Future: 150 Years of Spinning in Canada

Are you ready for some inspiration? From history to the future, we have lots of workshops to engage your creativity. Come for impressive shopping, good food and great camaraderie.

And keep your eye open for Sir John A!

Bookmark our website: [www.ontariohandspinningseminar.ca](http://www.ontariohandspinningseminar.ca)



[www.facebook.com/ontariohandspinningseminar/](https://www.facebook.com/ontariohandspinningseminar/)



Look for the Ontario Handspinning Seminar Fans Group

## Newsletter Contents

<b><i>The Shape of the Seminar</i></b> .....	<b>2</b>
<b><i>Introducing our Workshop Facilitators for 2017</i></b> .....	<b>3</b>
<b><i>Saturday Workshops</i></b> .....	<b>4</b>
<b><i>Sunday Morning</i></b> .....	<b>6</b>
<b><i>2017 Baggie Challenge</i></b> .....	<b>7</b>
<b><i>2017 Display Categories</i></b> .....	<b>7</b>
<b><i>2017 Awards</i></b> .....	<b>8</b>
<b><i>2017 Fashion Show</i></b> .....	<b>8</b>
<b><i>2017 Coach’s Corner</i></b> .....	<b>8</b>
<b><i>The Nitty Gritty ... where is it? How do I register?</i></b> .....	<b>8</b>
New this year: online registration .....	<b>9</b>
<b><i>Volunteers</i></b> .....	<b>9</b>
<b><i>A Note about Liability</i></b> .....	<b>9</b>
<b><i>Menu</i></b> .....	<b>10</b>

## The Shape of the Seminar

More specific details will come with your registration package and in the program you will receive at the seminar, but here is a brief outline of what you can expect.

Friday – beginning at 3:00 p.m. – Registration desk, drop-off for display and fashion show items; sales room open (included in seminar registration; \$5 for visitors)

The hotel offers comfortable seating areas throughout the main floor - great places to gather with friends, wheels, and fibre

Evening – connect and spin in the Hospitality area

Saturday – key note speaker Ellen Good: “Our Past Inspiring Our Future”

Workshops (morning/afternoon/or full day)

A lunch break to allow time to eat and visit the display room and sales room

Dinner – a themed dinner served at your table – please consider wearing period garments and/or a shawl or other item made from your handspun fibre

Fashion Show and Awards

Sunday – a variety of activities are planned as well as a “Coach’s Corner”

## Introducing our Workshop Facilitators for 2017

- Catherina Forbes  
Catherine Forbes has been spinning since the mid 1980's when she made a spindle with a bar of soap and a stick and attempted to spin the fur from her long haired cat. She now spins almost exclusively with a spindle and loves to discover and learn new ways to spin. She has also been known to spin from roof tops, hoping not to drop her spindle. She believes that anything spun on a wheel can also be spun on a spindle.
- Margaret Duncan  
Margaret Duncan, a member of the Kingston Handloom Weavers and Spinners Guild, is a graduate of the OHS spinning programme and teaches the beginners' spinning class for the guild. She is also a weaver.
- Grace Clare  
Grace Clare has been a shepherd for over 19 years. Her flock has grown to 30 long wool ewes, many of which are Border Leicester and BFL crosses. Her efforts to produce clean, consistent and lustrous fleeces have been recognized both locally and at the Royal Winter Fair. Grace enjoys spinning her Border Leicester fibre as well as using it in traditional rug hooking projects.
- Bridget Lewis  
Harriet Boon  
B. & B. are spinners and dyers with several decades of experience as participants and instructors in natural dyeing, including workshops in North America, Europe and Asia. 'Most travels lead to a dye pot.'
- Diny Warren  
Diny's introduction to the world of fibre was learning to knit at the age of 7. This evolved into an interest working with fibre in different forms and use. She completed the OHS Spinning Certificate programme in London in 1996 and received the OHS Masters Certificate in May 2002. Since retirement, the art of rug hooking has been an addition to her exploration of fibre use. The world of fibre has led to many travel opportunities.
- Gord Moat and  
Janice Penney  
In 2014, Gord received the North Grenville Historical Society Heritage Award for studying and sharing the life, times and products of Horton Row, a spinning wheel maker in Kemptville, Ontario in the 1800's. Gordon is a member of OHS and OVWSG. He has presented great wheel workshops at the OHS conference in Cornwall and for OVWSG. When time allows he repairs local great wheels and mentors their spinners.  
  
Janice obtained her dream job in 1997 at Upper Canada Village, where she still works as Historical Interpreter and is usually found spinning, most particularly on the Great Wheel in McDiarmid House. After studying six years, with the OHS, she received the Spinner's Certificate at St. Lawrence College, in Kingston in 2006.
- Beth Showalter  
Beth Showalter began learning to spin over 18 years ago. She completed the OHS Spinning Certificate in 2014. Beth enjoys teaching, experimenting with fibre and colour, sharing ideas, learning new techniques and being immersed in a variety of fibre arts.
- Barb Scott  
Barb is a Master Spinner. She has taught for the OHS Spinning Program, conferences and guilds. A spinner, weaver, knitter and dyer, Barbara has often been commended for her teaching. To spinning, she brings curiosity, technical mastery and delight in experimentation.
- Elizabeth Watt  
Elizabeth received her OHS Master Spinner Certificate in 2011. A serious knitter from the age of 14, she finally learned to spin while in Graduate School in Vermont. She began teaching spinning at the OVWSG 15 years ago and has been introducing others to the joy of making yarn ever since. While she mostly spins wool and wool blends, flax, in all forms is a favourite fibre for summer spinning.
- Nancy Carr  
Nancy is a spinner and member of the Kingston Guild, and a knitter since childhood. It was the search for really warm mittens for cross-country skiing that led to her fascination with making double-knit mittens. Not only were the mittens the solution for cold hands, they turned out to be much more fun to knit than plain mittens, they had an interesting history, and there was the challenge of finding new stitch patterns to use in designing mitts.

## Saturday Workshops

Some workshops are full day and some are offered in either the morning or the afternoon (approx. 2 ½ hrs). When you register you will need to indicate your 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> and 4<sup>th</sup> choice for each time slot available. Here are the choices being offered.

1. Beginner Spindle Spinning - Catharina Forbes (a.m. only)

The successful settlement of Canada was dependent on the textile skills of the early pioneers, beginning with the humble spindle and the spinning of yarn. Join us as we learn about various types of suspended spindles, how to use them and how to prepare a roving for spinning. We will also learn about spindle weights, how to control your fibre, the best spindle and techniques for various types of yarn, as well as basic plying.

Participants are asked to bring: their spindle(s) can be high whorl, low whorl, Turkish, or any suspended spindle. Optional but not required, are spindles in various weights and sizes.

2. Spindle Plying - Catharina Forbes (p.m. only)

From handspun and plied yarn came the textiles that played a major part in the daily lives of our pioneers and the settlement of Canada. In this workshop we will learn fun and different methods of plying your spindle spun yarn. We will discuss and discover various methods of getting the finished yarn you want. We will look at chain plying and Andean plying among others. We'll also try our hand at plying as you spin.

Participants are asked to bring: their spindle(s) can be high whorl, low whorl, Turkish, or any suspended spindle. Optional but not required are a nostepinne and niddy noddy.

3. Wool, Glorious Wool - Maragaret Duncan (half day)

The nature of a fleece will help to decide if you are going to produce a fine or lofty yarn, a smooth or airy one. In this workshop we will work with some different fleeces, such as Romney, Lincoln and Border Leicester and explore the connection between the preparation of different wool types and the yarn you can produce.

Participants are asked to bring: a spinning wheel or drop spindle and a set of hand cards. If you have access to them, also bring a flick carder and combs. You will need a supply of small sandwich bags to hold your labelled samples.

4. The Border Leicester- its History in Canada and its Fibre – Grace Clare (half day)

The Border Leicester sheep is an old breed first introduced to Canada in the early 20<sup>th</sup> century. Join me for informative and fun workshop learning about this noble, heritage breed and its fibre. We will learn about its history and breed characteristics, as well as methods of fibre preparation and spinning techniques. Participants will have the opportunity to spin washed locks, prepared roving as well as different blends and some crossbreed fleeces.

Participants are asked to bring: a flick carder and combs (if available), as well as spinning wheels.

5. A Flag to Dye For – Harriet Boon and Bridget Lewis – (full day) \*at the Kingston Guild studio Max. 12 participants

“A national flag is a simple, effective way of identifying .....expressing a collective will.”

The Canadian Encyclopedia: Editor, James H. March

Exploring the historical background of the British and French flags from a dyers perspective, we will dye to reflect our historical symbols.

Open to all. Come dressed to be close-up and personal with dye pots.

Participants are asked to bring:

- Apron/old clothes, closed shoes i.e. runners.
- 2 containers with lids i.e. 750 ml yogurt tub
- Mask and rubber gloves
- Zip lock bags, sandwich size, minimum of 6

6. Spinning for Rug Hooking - Diny Warren (full day)

Rug hooking is a time-honoured tradition in Canada. It is a great way to use small amounts of coloured fleece, roving and those skeins of yarns we all have in our collection. In this workshop you will learn how to design a simple pattern on a burlap canvas and use your yarn to bring this pattern to a piece of art. In the morning we will blend and spin yarns of different colour and weight to be used to start a small hooking project.

Participants are asked to bring:

- spinning wheel in good working order
- handcards and the usual equipment for a spinning workshop
- 9" embroidery hoop – wider rim works best
- a hook for rug hooking, if you have one

Canvas to hook on will be supplied and I will bring different hooks for people to try

Enough different fibres to use for spinning your yarns will be supplied but if you have specific fibres you like to try please bring them

7. Spinning on a Great Wheel – Gord Moat and Janice Penney (half day) maximum 12 participants

At the time of Canada's birth great or walking spinning wheels were a popular choice for spinning wool. Come take an historic walk with us to learn about their parts, styles and actually spin on surviving period wheels. The emphasis will be on hands on experience, not only spinning but also functional assembly and tuning. Practice wheels and fibre will be available.

Students are welcome to bring their own great wheel and/or fibre, but please indicate this at registration to facilitate planning.

No experience or prerequisites at all, just comfortable shoes.

8. Finely Spun Together – Beth Showalter (half day)

Settlers brought their cultural textile traditions to Pre-Confederate Canada as they established homes and communities. In this workshop, we will explore and spin the types of fine wool yarns that family households would have produced to create warm, woolen items and garments. We will use our multi-cultural spinning past as a starting point and have fun learning how to spin different types of fleeces to create an array of fine, wool yarns suitable for various end uses, both past and present.

Participants are asked to bring:

- a wheel in working order
- a set of hand carders
- a flick carder
- a ball winder
- a Lazy Kate
- a niddy noddy
- knitting needles
- 3 to 4 bobbins

9. Inspiring our Future: Changing our Habits Barb Scott a.m. only

After we have learned to make a continuous thread, most of us develop default diameter and twist settings which are our comfortable places. Then comes the project which requires a seriously bulky yarn or even one that is a bit heavier than our usual... What to do? This class will focus on learning about fibre selection, preparation, equipment, spinning techniques and finishing methods to help you conquer bulky spinning.

Participants are asked to bring:

- wheel in good working order – if you own one with a bobbin lead system or own a bulky head attachment, please bring it along together with your usual bobbin-flyer assembly.

- a minimum of four empty bobbins cleared of previous projects
- a lazy kate
- note-taking equipment

10. Inspiring our Future: Breaking the Rules Barb Scott p.m.only

Historically, Ontario spinners have made many miles of simple two-ply yarns. Using commercially-prepared fibres, we will challenge tradition, spin yarns that offer special textures and take the chance to play with opposing ply. Can it ever be right to ply S with Z? What will happen when...?

Participants are asked to bring:

- a wheel in good working order
- a minimum of four empty bobbins cleared of previous projects
- a lazy kate
- note-taking equipment

11. Flax: Out of the Past into the 21st Century Elizabeth Watt (half day)

Flax is a fascinating fibre to spin. It behaves almost nothing like wool, but that doesn't mean it is difficult, nor does it require special equipment, a dish towel is a very good substitute for a distaff. Come explore several types of flax preparations – line flax, flax roving and blends to make a variety of yarns suitable for a wide range of end uses.

Participants are asked to bring: Spinning wheel in good order with standard ratios and 3 or more bobbins (instructor can suggest substitutes if you don't have that many) and lazy kate or equivalent; small, shallow dish or tin (tuna tins work well), a smooth dishtowel, ruler or wraps per inch tool.

12. Knitting Down-East Double-Knit Mittens Nancy Carr a.m. only

Double-knit mitts, traditionally made with handspun, are knit with two contrasting colours of yarn in each row in an all-over pattern (with interesting names such as Fox and Geese and Fences, or Chipman's Block) in which the yarn not in use is carried on the wrong side of the work. This produces an extra warm and more wind-proof mitt, as well as being visually stunning. Learn some of the history of these mitts from the Maritimes, and how to use your handspun yarn to make a pair. We will not be spinning in this class, but will be knitting using some of your stash of handspun yarn.

Requirements: ability to knit in the round with double-pointed needles.

Participants are asked to bring: at least 75 gm each of two contrasting colours of 2-ply handspun yarn of the same grist (can be heavy sport, DK, or light worsted weight); set of double pointed needles 3 mm in size, small ruler, scissors, stitch holder.

## Sunday Morning

Sunday morning will dawn with ...

- ✓ Health Tips for your wheel ... and for **you**.
- ✓ Opportunities to try out the 4-person Lendrum wheel or a Great Wheel.
- ✓ Time for you to check out the Coach's Corner! Several experts will be available for you to privately consult over your latest spinning success or failure, and to answer your questions. (Time is limited so a maximum of three items or questions per person please.)

## Showing and Sharing at the 2017 Seminar

### 2017 Baggie Challenge...

The Baggie challenge for 2017 is to be created from the fibre you received in 2016. Remember the cute pink Chinese food box you received? We look forward to seeing all your creations! For those of you who have lost or forgotten the challenge – here's a reminder:



*In your baggie, you will find fibres from the workshops given in 2016. Play with them! Your challenge is to create a playful, unusual item or skein from the fibres given. You must use at least some of every fibre in your baggie. You may use additional fibres from your stash if you wish.*

Remember to bring your item for display at the seminar. We will have a people's choice award chosen from all the baggie challenge items displayed.

### 2017 Display Categories

In an effort to increase the number of items brought to the seminar to share, we have decided to take a year off from competition (*but check out the Coach's Corner on Sunday*). Everyone is encouraged to bring at least one of their favourite items or skeins to display. Items will be divided using the usual competition categories. We only ask that you give us some background information along with your entry. These items will be eligible for the Founders Award (if 100% handspun) and the WOW award. If you would like your item modelled in the Fashion Show, we will ask you to provide a bit more background information so we can tell others about your creation.

For all categories the following guidelines apply:

- Seminar participants are limited to one entry per category
- Only entries made entirely of handspun yarn are eligible for the Founders Award.
- Entries in all the categories must have been completed in the last year.

#### Divisions:

**Novice:** You have been spinning for fewer than 2 years

**Intermediate:** You have been spinning between 2-5 years

**Advanced:** You have been spinning for more than 5 years

#### Categories:

- **Simple 2-ply skein:** Your goal is to produce a consistent, balanced yarn.
- **3 or more ply skein:** Your goal is to produce a consistent, balanced yarn.
- **Novelty skein:** Your goal is to construct a yarn which boasts a decorative element. This may be a spinning technique (crepe or bouclé for example) or it may consist of additions to your spun yarn (beads, feathers etc.). The choice is yours...so have fun with it.
- **Spindle-spun skein:** The 2 (or more) ply yarn must be spun, and plied, on a hand spindle.
- **Garments:** Projects may include sweaters, vests, jackets, shawls, etc.
- **Accessories:** Projects may include hats, scarves, socks, mittens, etc.
- **Other:** Projects may include dolls, tea cozies, placemats, household items, etc.

## 2017 Awards

**Founders' Award** This award honours the Founders of the Ontario Handspinning Seminar. Edna Blackburn, Ted Carson and Dorothy Kirk established the first Handspinning Seminar gathering in 1964. The \$100 award is presented to the person with the best article on display made from 100% handspun. The Seminar attendees will each have a ballot to cast and determine the winner.

**WOW !** This \$50 award recognizes an article that inspires the viewer to say... "WOW!" **All articles submitted for display are eligible.** The WOW award is decided by the 2017 Seminar planning committee.

**Baggie Challenge** – The \$50 award recognizes an item created from fibre given at the 2016 Seminar. Seminar attendees will each have a ballot to cast for this award.

## 2017 Fashion Show

We expect this should be a highlight of the 2017 Seminar, since so many of you will be bringing your newly crafted items for display. You will be asked for details of your piece when you bring it in so that the announcer will be able to describe each piece fully.

## 2017 Coach's Corner

Sunday morning there will be an opportunity to sit down privately with an experienced spinner and get some feedback. Look at some of your recent spinning explorations, successes or even failures and decide what you would like to ask. There will be a limit of 3 items or questions per person.

## The Nitty Gritty ... where is it? How do I register?

**Location:** We are gathering at the Ambassador Hotel and Conference Centre in Kingston Ontario. It is located at 1550 Princess St. about 1.5 km from the train station. By car, exit the 401 at #613 (Sydenham Rd.). Travel south about 3 km to Princess St., then turn left (east) and the hotel is just over the railway tracks on the right. All Seminar events (except for the dye workshop) will be held within the hotel. A block of rooms has been set aside for our use. We have requested that rooms in our reserved block all have fridges and coffeemakers in them. The hotel rooms are \$110.00 + fees and taxes per night (total \$128.03 per night). Please book your room early. Check in time is anytime after 4:00 PM on Friday. Check out time will be 11:00 a.m. on Sunday morning. For reservations please call **1-800-267-7880** or email [reservations@ambassadorhotel.com](mailto:reservations@ambassadorhotel.com) and mention that you are attending the **Ontario Handspinning Seminar** for the Seminar rate. The block of rooms will be held until May 17, 2017.

The hotel offers free wifi throughout the premises and an onsite restaurant. The hotel does not allow any food or beverage items to be brought onto their property for consumption in any public banquet space.

**Parking:** There is plenty of parking available at no charge. Please register your license plate number at the hotel front desk when you check in.

The **seminar registration fee (\$120.00)** includes access to the Saturday keynote address and workshops, the Fashion Show, Awards presentation, after-hours activity and Sunday morning presentations. It also includes all supplies, handouts and access to the Sales and Display rooms. There is an additional charge for meals; selections will be made as part of the registration.

## New this year: online registration

This year, the Ontario Handspinning Seminar will take online registrations at [www.ontariohandspinningseminar.ca](http://www.ontariohandspinningseminar.ca) for the first time, as requested by our participants!

- By choosing to register online you will get a time advantage as the workshops will be filled on a first-come, first served basis. The faster arrival of online registration will ensure you know exactly which class you will be taking as you check out.
- Those who wish to register for their workshops as usual through ground post, will be able to do so.
- Workshops will be filled on a first-come, first-served basis, regardless of the method you choose to use for registration (online or post).
- The registration window will open from April 1st to April 18th
- A waiting list will be created if your favourite class is sold out before you get there, so if there is a cancellation, the spot will go to the person at the top of the waiting list.
- The webmaster will be available on April 1st to immediately help with any difficulties and will do her best to respond within the day thereafter, she can be contacted via [ontariohandspinningseminar@gmail.com](mailto:ontariohandspinningseminar@gmail.com)
- Provisions have been made to address the time issue between on line and mail registration workshop choices.

### If you are registering by mail:

Print the registration form found on the website, complete and add a cheque payable to **ONTARIO HANDSPINNING SEMINAR COMMITTEE**.

Mail (postmarked between April 1 and April 18, 2017) to: Ontario Handspinning Seminar  
Elaine Horemans, Registrar  
26 Fortune Line Rd. RR #2  
Lyndhurst ON K0E 1N0

Post-dated cheques will not be accepted. NSF cheques will be charged \$25.00.

For our American participants, please send either an **INTERNATIONAL POSTAL MONEY ORDER** or **BANK DRAFT IN CANADIAN FUNDS**. We do not accept either personal cheques or Travellers Cheques, and money orders must be specifically meant for International use. Domestic U.S. money orders cannot be cashed in Canada.

Decisions to provide **refunds** will be made on a case-by-case basis. An administration fee of \$15.00 will be applied to all refunds. Due to contractual obligations to the Hotel, no refunds will be made after May 26, 2017.

**The Registration desk** will be open from 3:00 to 8:00 PM on Friday June 16, 2017. Display items will be received adjacent to the registration desk. The registration desk will also be open from 7:30 until 8:15 a.m. Saturday morning.

## Volunteers

Volunteers help with many tasks during the seminar, for example: collecting meal tickets, hosting in the Display Room, modelling for the Fashion Show. If you would like to volunteer, please check off the appropriate box on the registration form.

## A Note about Liability

The Ontario Handspinning Seminar Inc. is not responsible for damage to or loss of personal property. We do take every precaution to protect your equipment and materials on display. Workshop and Display rooms will be secured at all times when Seminar participants are not in attendance.

# Menu

We have listed the menu plan for the entire weekend so you know what to expect. The Hotel will accommodate those with allergies and dietary requirements – please indicate them on the Registration Form. The prices posted include 15% gratuities and 13% HST. There is a slight cost savings if you take the full meal package (\$95.00).

The Saturday banquet will be full service at our tables, so we are hoping you will consider wearing period dress and/or a handspun shawl or other garment. There are refrigerators and coffee makers in the hotel rooms.

## Saturday

### **Canadian Breakfast Buffet \$20 per person inclusive**

Coffee (Reg and Decaf), Assorted Teas  
Selection of Chilled Juices  
Seasonal Fresh Fruit Cocktail  
Hot oatmeal with Assorted Dried Fruit and Nuts  
Selection of Fruit Bottom Yogurts  
Farm Fresh Scrambled Eggs  
Skillet Potatoes  
Crispy Bacon  
Breakfast Sausage  
Assorted Freshly Baked Breakfast Pastries  
Toasted Breakfast Breads, Fruit Preserves & Whipped Butter

### **Business Lunch Buffet \$22 per person inclusive**

Vegetarian & Gluten Free Soup From the Chef's Kettle  
Mixed Field Greens, with Ranch and Italian Dressings  
Assorted Cold Sandwiches on White & Whole Grain Buns  
Assorted Cold Wraps with White, Whole Grain, Spinach and/or Tomato Tortillas  
Include Vegetarian options for both  
Seasonal Market Fresh Vegetables with a Creamy Garden Dip  
Assorted Cookies & Squares  
Coffee (Reg and Decaf), Assorted Teas  
Bottled Water, Assorted Soft Drinks

### **Traditional-Themed Plated Dinner \$40 per person inclusive**

Fresh Rolls & Butter  
Chef's Blend of Salad Greens - Tomato, Cucumber, Red Onion, Balsamic Vinaigrette  
Sizzling Tasteful Duet - Top Sirloin Beef Medallion (4oz) AND Seasoned Chicken Breast (4oz), with Béarnaise Sauce  
Oven Roasted Herbed Potatoes  
Colourful Bean, Corn and Carrot Medley  
Assorted Sliced Pies  
Coffee & Tea, Ice Water

## Sunday

### **Canadian Breakfast Buffet \$20 per person inclusive**

Coffee (Reg and Decaf), Assorted Teas  
Selection of Chilled Juices  
Citrus Fruit Medley  
Mini Waffles with Syrup  
Selection of Fruit Bottom Yogurts  
Farm Fresh Scrambled Eggs  
Skillet Potatoes  
Crispy Bacon  
Maple Glazed Ham  
Assorted Freshly Baked Muffins  
Toasted Breakfast Breads, Fruit Preserves & Whipped Butter