



HOME and COUNTRY

W.I.N.S.

Spring

Women's Institutes of Nova Scotia

2012

Vision Statement

*"Learning, sharing and improving
the quality of life for all"*

What's Inside This Issue?

President Elect's report ...	Page 1
FWIC...	Page 2
Dropping In...	Pages 3-6
Competitions...	Page 7
District Directors...	Page 8
Reach for the stars...	Page 9
Convention...	Page 10
Pictures...	Page 11
Supplies...	Page 12

Dates of Events

WI Day in Nova Scotia

February 19, 2012

WI Week in Nova Scotia

February 19 - 25, 2012

Board Meeting

March 9 & 10, 2011

ACWW Day

Women Walk the World

April 29, 2012

Membership dues

June 1, 2012

FWIC Conference

Sidney, BC

June 12 - 16, 2012

W.I.N.S Provincial Convention

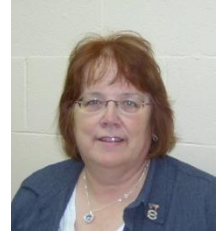
NSCC, Truro

August 7, 8 & 9, 2012

From Linda's Desk

Happy New Year, Everyone.

It has been four months since I was elected President Elect of the Women's Institutes of Nova Scotia. The learning curve never ends and I have learned a lot since August.



The busy season of Christmas is over for another year, and I hope that everyone had a wonderful time with their family and friends. It is the middle of January and the weather has been wonderful to get around. I know that many of the Branches are making plans to celebrate Women's Institute week in February. Keep in mind your friends and neighbours and introducing them to this organization.

The Provincial Board will be meeting in Truro on March 9th and 10th, 2012, and here's hoping for good traveling weather.

Don't forget to take part on April 29th. This is the day that we are taking part in the ACWW's project "Women Walk the World". This project is to make ACWW known throughout the world. So get your Branch to take part in this worthwhile project.

The FWIC Conference is in Sidney, British Columbia. This conference is from June 12th to 16th, 2012. What a great opportunity to attend this conference and see the other side of Canada. The information about this conference is on the FWIC's website www.fwic.ca. The early registration for this conference is February 15, 2012.

Our convention will be held from August 7th to August 9th, so please mark those dates on your calendar. I hope to see you there. I know the entertainment will be informative and entertaining, as we have some talented ladies.

Please forward your ideas for our 100th Anniversary in 2013. I know there are excellent ideas out there for us to celebrate this Great Event. This event will take place in Pictou County.

I would like to express my thanks to the Branches and members that send cards, emails, and made phone calls during my recovery. All were appreciated and will be remembered. I am still recovering from my surgery, and each day, I am getting stronger. Thanks again for the support and kindness that you gave me during this time.

Linda Munro, President Elect,
Women's Institutes of Nova Scotia



Federated Women's Institutes of Canada



Board of Directors:

President: Coni Murray, 997 Hwy 311, North River, NS B6L 6H4 895-9829

Past-President: Ellen M. Simpson, 520 Victoria Rd. RR2 Middleton, NS B0S 1P0 825-6429

President-Elect: Linda Munro, 25 Blackie Rd., RR 2 Pictou, NS B0K 1H0, 485-8391

District Directors:

Annapolis: Bertha McVicar, 484 Victoria Rd., RR2 Middleton, NS B0S 1P0 825-6406

Cape Breton: Barbara Herald, 2359 Pt. Edward Hwy, Point Edward, NS, B2A 4R3 539-2598

Cumberland-Colchester: Sheila Richards, PO Box 963 Truro, NS B2N 5G7 895-7172

Digby: Roberta Journeay, 8 Weymouth Falls Rd., Weymouth, NS, B0W 3T0, 837-5623

Guysborough: Mary Anne Kaizer, Site 12, Comp 12, RR 4 New Glasgow, B2H 5C7, 246-2092

Hants Central: Carol M. Crawford, 5195 Hwy 14, Upper Nine Mile River, NS B2S 3A6, 883-2600

Hants West: Shelley Lake, 724 Belmont Rd. RR2 Hants Co., NS, B0N 2A0, 757-3843

Kings East: Jacqueline Melvin, 415 North Medford, Rd. RR 2 Canning, NS B0P 1H0

Kings West: Clarice Pottie, 362 Orchard St. Berwick, NS B0P 1E0 538-9148

Lunenburg: Anita Emeneau, 35 LW Peninsula Rd., RR 2 Lunenburg, NS B0J 2C0 634-8236

Pictou: Linda Munro, 25 Blackie Road, RR2 Pictou, NS B0K 1H0 485-8391

Queens: Sharon Crooker, RR 1 South Brookfield, Queens Co., NS, B0T 1X0, 682-2284

Shelburne: Jacky Fowers, 53 Freeman Mills Rd., RR1 Sable River, NS, B0T 1V0 656-2714

Yarmouth: Sharman Fells, PO Box 106, 30 Dunham's Landing Rd., Arcadia, NS B0W 1B0,

Department of Agriculture Counselor:

Gerald Post, Director, Resource Stewardship, NSDA

FWIC Executive Officer: Ellen M. Simpson,

FWIC Board Member: Coni Murray

Office Administrator:

Lindsay Murray, 157 College Rd, Truro, NS B2N 5E3 893-6520, Fax: 893-2757

wins@gov.ns.ca

Public Relations Officer:

Sheila Richards, PO Box 963 Truro, NS

B2N 5G7 895-7172

Newsletter Editor:

Linda Munro, 25 Blackie Rd., RR2 Pictou, NS B0K 1H0 485-8391

lamunro@eastlink.ca

ACWW Area President for Canada

Margaret Yetman

10 Barbour Dr., Mount Pearl, Nfld A1N 2H8

email: em.yetman@nf.sympatico.ca

FWIC President

Ruth Blenkhorn, Box 46,

Port Williams, NS B0P 1T0 542-7141

ACWW President

May Kidd

Scotland

Visit our website: www.gov.ns.ca/agri/wi

FWIC President Ruth Blenkhorn welcomed Executive Directors from across Canada to the FWIC Board meeting at Mount Saint Vincent University on July 5-7, 2011.

All provinces had received pull up banners for their respective provinces which will be used to promote Federated Women's Institute activities.

It was a thrill to learn that the provincial as well as Nunavut crests will be mounted at the Confederation Centre, Prince Edward Island. The crests are needlepoint and a crest will be mounted so that the public will become aware of the significance of the FWIC project.

For the years 2010-2011 President Ruth Blenkhorn reported sending out 195 new members across Canada. All provinces were encouraged to inform President Ruth of any new members so that they may receive a welcome new member card.

The Convention 2012 will be held in Sidney, British Columbia and the early bird registration is February 15, 2012. The closing banquet will be a Red Dress Gala where participants are encouraged to wear red to celebrate the Heart Health project. The Convention dates are June 12-16, 2012.

All provinces gave an update on the activities of their respective province and Nova Scotia reporting the updating of their website and handbook. WINS is proud to report that the Institute will be celebrating their 100th anniversary in 2013.

One of the highlights of the FWIC meetings was Dr. Ellen MacLean speaking on Where is FWIC Going?

The FWIC Board travelled to Kings East for a tour and delicious supper at Port Williams where everyone was greeted by the Kings East WI ladies.

WINS ladies are reminded of the Tweedsmuir competitions which are due at the WINS office by February 1st and once the judging is completed the winning NS entries will be sent on to British Columbia for competition judging prior to FWIC Convention.

Hope that you will participate in the competitions!

The next FWIC Board Meeting will be held the weekend of November 4-6, 2011 in Ottawa. It is the hope the Executive will be able to meet with government representatives while in the capital.

A quilt made by Donna Henderson as a FWIC fundraiser will be drawn for at the FWIC Convention. The cost of the tickets is \$2.00 and can be purchased through FWIC members or ladies who will be attending the FWIC Convention.

Finally, how is your walking challenge to walk across Canada progressing (using your pedometer) progressing?

Respectfully submitted,
Ellen M. Simpson
Executive Officer for NS,
FWIC

Dropping in on the Branches ...

Southern Area

Before starting the report, I must sincerely apologize for last issue's report, which was last year's report. I accidentally sent the wrong file to Lindsay without double checking. The correct report will appear here with this issue. You can be sure I'll double check everything I send from here on.

Arcadia – has sold their hall, so spent the first meeting planning programs and projects instead of planning fundraisers. They plan on purchasing a new flag pole at the village cenotaph, continuing to supply prizes for a reading program at the local elementary school, and having work parties to make comfort pillows and bibs for the local hospital. Proceeds of a yard sale were given to the Hospital Hullabaloo and tables from the hall were donated to the Hospital Auxiliary and chairs and silverware to the Leisure services department. Members look forward to having more time and resources to invest in community projects now they are no longer operating the hall. Members made a Christmas craft at the November meeting, and collected personal care items for the NS Aids coalition. A work night was held to make bibs for the local dialysis unit. In December, they answered roll call with a Christmas story, poem or song, packed 4 baskets for shut-ins in the community, and enjoyed a pot luck supper...**Brazil Lake** – In September, Winnifred Bullerwell told about her trip to Vancouver and her train trip back east and showed pictures. A report from the AGM was given. In October, readings and songs of Thanksgiving were shared. In November they had a program on the origin of the Mary Stewart Collect. Instead of exchanging gifts, they plan to donate \$100 to the Salvation Army regarding a food hamper for a needy family.

Brooklyn – spent their September meeting planning their programs for the year. Members took part in the

Yarmouth 250th celebrations by helping with a garden party in combination with the Yarmouth library, and donated \$150 of the proceeds to the museum. Plans are being made for a bread table at the Hospital Hullabaloo in September. Agreed to give a letter of support for the Brooklyn Hall to receive a grant to enhance the grounds of the hall...**Chelsea** – had a program on how to make small gift boxes from used greeting cards, how to make greeting cards, and other crafts such as fall table decorations, fall wreaths, and Hallowe'en pins. With items collected from the community and monetary donations, they packed 36 boxes for Operation Christmas Child...**Kempt** -answered roll call by recalling highlights of outings to the Lunenburg area with their twin group, and to White Point Beach. They had an interesting program by Debbie Worden on her trip to Ecuador. They took part in the 30 mile yard sale, made infant caps for the South Shore Regional Hospital, and won 3rd place at AGM with their crib quilt. October roll call was answered by something we enjoy about the fall season. Plans for an upcoming penny auction and the community Christmas tree and Santa Claus parade were discussed. Also, a discussion on the condition of the hall windows was held...**Lunenburg** – At the September meeting members heard readings from minutes of 50 years ago and talked about what wonderful work those members did with little or no funds. Plans made for the District Fall meeting. In November, the program was on remembering our War Heroes and discussion was held about family members and friends who had served in the two world wars and the effects of their sacrifices on our country today...**North Brookfield** – September roll call was program ideas. Plans were made for a float in the Queens County Ex., also for the

Fall Rally on October 11. During the summer they took part in the 30 Mile yard Sale, and had a bake sale and BBQ which were successful. A donation was made to the Adelaide Hoodless homestead. In October roll call was answered by naming a colour of fall. Plans were made for the annual Turkey Supper to be held October 22. The Adopt an apple tree outing was held on Oct. 3 and enjoyed by all. The Adopt a Highway clean-up is tentatively scheduled for October 29, weather permitting. Roll Call was answered by suggestions for the Christmas party. The November program was about Rebecca Foley's trip to Ireland. Plans were made for the Santa parade, and shut in boxes, as well as their Christmas outing in December. A cross was placed for Remembrance Day.



On August 24th, 2011 as part of North Brookfield's summer outing. In the picture, Myrna Crouse, Candy Crouse, Mary Frail, Marilyn Woodworth, Elsie Fancy and Beryl Berringer. Absent, Carrie Waterman, Queena Waterman, Sharon Crooker and Lucille Mailman

Parkdale/Maplewood – answered September roll call with observations on growing older, and welcomed old and new members with a pot luck supper and corn boil. October roll call was answered by reading a health fact. The program, presented by Vicki and June Rhodenizer was about Natural Remedies for various health issues and it was learned that some natural remedies work as well as some prescription drugs. 16 members were in attendance. The November roll call was answered with a household hint. The program featured guests from Continuing Care who gave a presentation on various services offered by home care. Boxes were packed for Samaritan's purse.

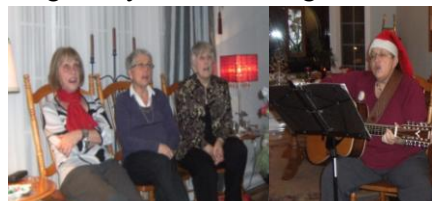
They discussed the seven ancient wonders of the world, seven modern wonders of the world and the seven wonders of Canada as well as reading facts from the Guinness Book of World records for roll call in January.

Respectfully submitted,
Sharman Fells,
Yarmouth District Director

Western Area

In the month of November **South Berwick** had Leota Daniels as a guest speaker who spoke on “Comfy Curves” prostheses. She hand knits breast prostheses free of charge, and they are lightweight and completely washable. She can be reached at 798-5519 if anyone is interested. They enjoyed an informative presentation from John Roefs about the South Berwick and Area Food Bank. They enjoyed a meal out at the Farmers Diner in Aylesford for Christmas...For the month of November **Burlington** had their meeting and planned their Christmas Tea...In October **Cambridge** had Thelma Huntley from South Berwick with Judith Wells presented a program on A Time for All Things which is a group of WI ladies and friends who meet and make items to be donated to Red Cross, Chrysalis House, hospital, and Salvation Army. For roll call ideas they suggested naming a book they enjoyed and a few notes about the book. In November they had Rhonda Milne-Bond, a Red Cross member, who gives talks and demonstrations on preparedness for emergencies. They also had a candlelight memorial service in memory of Brenda Connors. Brenda was a life member who passed away on November 4th, 2011. For roll call a bell ornament was presented to each one at Christmas to remind us we are all part of WI. In December they had a Christmas party and banquet where they told of Christmas shared as a child and compared it to today’s celebrations. They discovered there are more “alike” celebrations than

“non-alike” celebrations...In October **Lakeville** had a program presented by Anne Hutton on herbs and their uses. The Branch was involved with the Community Christmas Pot Luck which also involved carolling and a collection of donations for the local food bank. They also welcomed Charlie and Doris Keddy, who spoke about the Caribbean farm worker program Charlie has had for the past 8 years. This included photos of a trip to visit some of the workers homes in the Caribbean. In October **Delhaven & District** had a program on Halloween where they made tray favours and decorations with small pumpkins for the residents of the Berwick nursing home...In November **Medford** had a program on the Mary Stewart Collect presented by Golda Kelly. For roll call each member responded with a line from the poem “In Flanders Fields” to bring awareness and honour to this time of remembrance. In December they had a Christmas dinner and ornament exchange, and food bank donations. They talked about roll call ideas. They held a program about the language of the fan/jewellery and discussed ideas for the Convention skit...In December **Port Williams** donated gifts to Chrysalis House and shared Christmas stories and enjoyed a carol sing led by Susan Ueffing...



Eleanor Thompson, Debbie Benedict, Ruth Blenkhorn and Susan Ueffing

In October **Spa Springs** had a local druggist who has taken heart courses explain about the heart and took blood pressure of those who wished and explained what the figures meant. She explained about heart attacks and strokes symptoms. In November one of their members gave an informative talk, accompanied by slides, about her trip to Brazil. They also planned their craft tea and sale for December. They donated money

towards the purchase of Parker Hall. They held a very successful tea and craft sale, enjoyed a program presented by Joann Cory about meditation, began plans to host a church service to celebrate WI Week and are planning a ‘love your neighbour’ tea for Valentine’s Day. In October **Grand Pre** had a speaker presented by Jean Palmeter granddaughter, Rachel Foote, who was their bursary winner five years ago. She spoke on her training at Kingstec in Electronic Engineering. Their September meeting was a celebration of all members’ individual birthdays, plus the branch’s 98th anniversary. In November they had 5 members at the Fall Rally where they had 3 speakers who spoke on heart health, food safety and senior safety, especially on Halloween. Barb Fuller is reviewing their minute books from 1983 until present and updating any highlights of these years. They had a program on readings on Remembrance Day and presentation of the 2011 Veterans poppy pins and bookmarks to each member. In December they had a Christmas potluck party. Their Red Socks fund will be used for donations to Chrysalis House and the Red Door. Marie Schofield knits mittens, all sizes and colors as a fundraiser. They also raised money for the community hall by baking and selling Christmas cookies. For January 2012 they had a soup luncheon and their guest speaker was Leota Daniels from Martock speaking about her Comfy Curves Breast Prostheses... **Islands** participated in the Freeport days Parade. In September they completed their Adopt-a-Highway clean up. On September 24th the Women’s Institute of Long Island held a Farmers Market and Bazaar. This provided an opportunity for local residents to buy sale or trade their produce, bake goods and craft items. This was the first of what we expect will be an annual event. We are hoping this event will encourage our community members to experiment with all types of gardening grow

more produce locally. To add interest to the venture and to encourage people to 'get growing' we held some contests as well. Locals entered produce in the following categories: largest potato, largest carrot, largest zucchini, largest pumpkin, most oddly shaped vegetable, most interesting garden photo and best dressed vegetable.



Two of the entries for the best dressed vegetable contest.(Housewife and bride)

This was a very successful event. They held a Penny auction during the Candy Cane Carnival at the local school. They donated a hundred dollars to the Track and Field team towards their garbage-a-thon. They held their community swap. This is an annual event that encourages people to bring in items they no longer want but may be used by someone else.

Respectfully submitted,
Clarice Pottie,
Kings West District Director

Central Area

In December the ladies from **Belnan** Branch met for lunch and exchanged gifts with their Secret Pal. Members have voted to omit their January and February meetings, due to the uncertain weather. The Executive will address any new emergencies if any... **Hants Shore** had a program in November given by Mrs. Giswold on the campaign to vote for "The Bay of Fundy" as one of the New Seven Wonders of Nature. They learned a lot about our beautiful province by watching an amazing video. Were shown how to vote for our local land mark and took home some souvenirs. Sadly, the Bay of Fundy did not

make it to the seven. Roll call was The best way to keep your compost bucket clean... **Three-Cornered** had a program in November on the (Not so) Humble Ukulele. The members learned about the history, types and sounds of the Ukulele. Guest speaker Ken Branchard and Branch member Jen Appleby, who are members of a group called 'Ukelicious' performed the song 'Summertime', on tenor and concerto Ukuleles. Christmas hamper items were collected to donate to community Services. A beautiful handmade Christmas card made by a



Kathy Brown, Sheila Robarts, and Elinor Malcolm making ornaments for twin branch Parkdale Maplewood.

member was signed by all and sent along to their Twin branch.

A delicious potluck and gift exchanged was held in December and roll call was answered by a Christmas reading... In October the **Three Waters** Branch had guest speaker Vivian Graham show the ladies how to create a great dessert baked Pears with Zabaglione, sounds delicious! During roll call members talked about various sightings of Wild Cats in their area recently. A demonstration on the art of Felting was the November program. The members made decorations for the 'Festival of the Trees' at the Fraser Cultural Centre in Tatamagouche... **West Pugwash** enjoyed the Christmas spirit and made donations to the food bank as donated a gift for a child. They also read the first meeting minutes of three branches (Wallace Bay, Pugwash River and West Pugwash). They viewed different methods of rug hooking as well.

Respectfully submitted,
Shelley Lake
Hants West District Director

Eastern Area

Lyon's Brook heard from Kelly McVicar about how to create a community kiosk and are working toward establishing one of their own in the village. They enjoyed a program on Yoga in October and donated to the district challenge for the Back to Basics workshop. In November, they discussed the continuing need to donate to food banks and in December the program was about 'edible books' in which they prepared meals based on books they have read... **Springville Island** had a program about the Canadian Grains Food Bank and heard from Karen Rhyno who traveled to Ethiopia to see what the Grains Food Bank does there. They celebrated Christmas by remembering Christmases past. They heard from Kristal MacLean who spoke about the role of nurse practitioners that included examples of her daily routine... **Foxbrook** welcomed Tracy Willmott who spoke about the East River - Valley Community Development Association and their Kiosk. In December, they held a gift exchange, read the Christmas Story according to St Luke and made treat plates for shut-in members and others in the area. Each meeting they bring in recycle items and food bank items... **Garden of Eden** enjoyed a reading of why Santa Claus should be a female rather than male - quite funny and true! In December, our members donated their decorated homes for a Christmas tour and raised \$500.00 for WI work. They packed boxes for seniors and shut-ins and rather than giving gifts, they collected two boxes of food to donate to the Food Bank... **Port Bickerton** planned their seniors and institute Christmas parties. They are making plans for a brunch and a valentine tea... **Churchville** heard from Jane Sproull Thomson who spoke about Antarctica that included the culture and wildlife of the area. They also welcomed Mary MacDonald to speak about the Virtues program which is designed to help youth and adults

focus on a positive way to get along in the world...**Sherbrooke** welcomed Colin Coady who spoke about the need for a local facility where challenged adults can work and meet under supervision. They had a report on activity day and donated money to the library and shops and plan to work on comfy curves for cancer patients and a fundraiser... **Homeville** enjoyed a presentation by Edie Phillips, who has been a member of WI for 60 years. She spoke about the programs, events, accomplishments and changes that have occurred over the



Homeville 60th Anniversary
Edie Phillips, Effie Ferguson

years. In December, they had an wonderful Christmas meeting where members shared in games, songs, readings and crafts...**Bridgeville** learned about the provincial mandates for healthy eating. They are planning on attending a Christmas party with their twin - Middle River Gairloch. They held a Christmas party where they collected money to donate to Valley View Villa in lieu of shut-in boxes. Plans were made to meet with the twin Middle River Gairloch and hosted Fielding Smith, a local county Councillor for an informative talk regarding issues in the community. They are also supporting the milk program at the Salvation Army.

Point Edward continues to make comfort pillows and quilts for donation. They put in 547 Volunteer hours from September to November. They held a tea and sale, delivered 22 cans of cookies to seniors in the area and are working on making comfort pillows... **Caribou** enjoyed a

program on the role of the Monarchy on Canada and each member received a copy of 'A Crown of Maples – Constitutional Monarchy in Canada'. They also held a calendar exchange between members.

Newtown Denver made plans for an activity day and made knitted goods for cancer patients.

Respectfully submitted
Barbara Herald
Cape Breton District Director
Lindsay Murray



District Director Positions

This spring, the following two Districts will be electing District Directors. They are **Pictou** and **Annapolis**.

District Director can serve a maximum of two three-year consecutive terms. The Districts that will be looking at renewing their Director for another three years or electing a new Director are: **Cape Breton, Cumberland/Colchester, Guysborough, Kings East, Kings West and Lunenburg**.

Nomination forms will be sent to the Branch and District Secretaries.

POSSIBLE BUS TRIP TO MANCHESTER, NEW HAMPSHIRE

As was mentioned at the AGM in 2011 there are plans to have a bus trip to the Country Women's Council USA Convention in September 2012.

I have made some contacts regarding bus pricing for a trip to Manchester, tentatively departing Truro on September 21 returning September 27. Along with attending the convention there would be opportunities for shopping and perhaps a couple educational side tours (i.e. museums, manufacturers – one such place could be the Anheuser-Busch Merrimack brewery and the Budweiser Clydesdales). Although costs are not finalized, the estimated cost for the trip would be \$1000.00. The cost would cover travel, accommodations, the convention and entry fees (if any) to other venues. You would be responsible for your meals while travelling and spending money. Remember that New Hampshire is a tax free state.

It would be very helpful to have an approximate number of participants interested in the bus trip. If you are interested please contact the office with you name. The deadline to express interest will be March 15, 2012. This will not be a binding commitment on your behalf but would show that there is enough interest to continue with planning. If there is enough interest planning will proceed and you will be contacted with the updated information.

Coni Murray

Handcraft Competition 2012 Crochet Doily

The Handcraft competition rules and regulations are as follows:

- Items will be divided into two classes –
Novice and Experienced



Novice

- Can choose any pattern
- Size must be no smaller than 12 inches square and no larger than 24 inches square
- White colour only

Experienced

- Must be one of three pre-determined patterns (given to your secretary)
- Must be no smaller than 12 inches square and no larger than 36 inches square
- Must be white in colour



Judging: August 2nd, 2012

One overall winner will be chosen by the judges. The overall winner will receive a plaque. Certificates will be presented to 1st, 2nd and 3rd places.

Item must be delivered to the Handcraft Committee by 10 a.m. on August 8th, at the Handcraft table at Provincial Convention.

A form will be provided to all entries.



Family Scholarship 2012



With the last issue of the newsletter, your Secretary received copies of the 2012 WINS Family Scholarship form. The deadline for submission is April 12th, 2012. One WINS Family Scholarship of \$700 will be available in 2012 to WINS members, their husbands, children, grandchildren, nieces, nephews, sisters-in-law, brothers-in-law, and wards. The purpose of the scholarship is to provide assistance to a graduating high school student who wishes to obtain training at a recognized technical institute, school of nursing, college or university in Canada. If you know of a student in your family that could apply for this scholarship, please ask your Secretary for a copy of the 2012 form, or contact the office.

ACWW Day April 29, 2012



The time is drawing near for ACWW Day, as the 29th April 2012 will soon be upon us.

Members throughout the world are being asked to join in 'Women Walk the World for ACWW'. The aim will be to raise ACWW's profile and to raise funds.

If everyone starts their walk at 10 am in the different time zones, this will result in members walking at all times during a 24 hour period.

This is a very important day, so please take part - for your own health & for the health of ACWW.

Start preparing now!

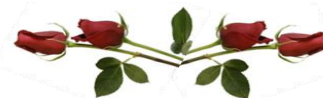
Celebrate WI Week 2012



During the WI week, February 19th – 25th, “*Shine a Light*” on WI by stringing a row of mini-lights in a tree or shine a flood light on your home or WI hall. Another good idea on how to promote Women's Institute is to give a basket of goodies to your local radio station or newspaper, as they are a good way to advertise your Branch and the organization; with the basket of goodies have a write up about Women's Institute and your Branch.

In Memoriam

Isabel Chipman – **Tupperville**
Beulah Best – **Weston**



Season's Greetings from the Board of Directors

Jaqueline Melton
Valorie Pickle

Ellen M. Simpson
Roberta Lawrence

Shelley Lake

Barbara Havel
Linda Munro
Mary Haines



Clarice Pottic

Bertha McVicar
Carol Crawford

Faigy Fowers

Sharon Crooker

Shirley Richards
Sharman Fells



**District Directors
Available to Attend Branch Meetings**

Has your Branch invited your District Director to a meeting in the past year? The District Director plays a very important role in your District and reports regularly to the provincial board on the activities of the Branches in her District. She also brings the questions, concerns and success stories to the Board on behalf of all Branches in your District. As part of her duties as a Director, she is asked to visit with all Branches in her District annually.

District Directors have so much to offer Branches. They are your representatives and fellow District members. Why not invite your District Director to an upcoming Branch meeting?

Don't forget to give to the District Director Fund.



**Reach for the STARS
Membership Challenge
2011-2012**



Once again, Women's Institute branches across Nova Scotia will be adding new 'STARS' to their membership list during the 2011-2012 Reach for the Stars Membership Challenge. Each new member earns the branch one star. Welcome! Please report any new members, errors or omissions directly to the WINS office.



One Star

New Tusket – Annie Cromwell

South Berwick – Andrea Hale

Spanish Bay – Cynthia Cunningham

Three Waters – Linda Wood



Three Stars

Lyon's Brook – Joan Redden, Pat Thomas, Shirley MacPherson

Parkdale/Maplewood – Barbara DeMone, Terri Foster, Amy Foste



Four Stars

Port Bickerton – Crystal Anderson, Jackie George, Addean Harpell, Carolyn Bingley

FWIC Convention 2012

*Coast to Coast ~ WI Alive and Well
Triennium Theme (2009-2012)*



FWIC Convention

June 12-16, 2012

Mary Winspear Centre

Sidney, British Columbia

Registration Packages now available online at

<http://www.fwic.ca/Convention.php>

Early Bird Registration Deadline – February 15, 2012

**Full Registration Deadline – February 16, 2012
to April 30, 2012**



Update on Atlantic PATH:

As many of you will remember, at Provincial Convention 2009, one of our speakers was Dr. Louise Parker, Principal Investigator of the Atlantic PATH (Partnership for Tomorrow's Health) cancer research study. At that time, an invitation was issued for WINS members to participate in a 30 year study. This study is the largest of its kind ever undertaken in Canada. Researchers will look at criteria such as diet, environment, lifestyle, and genetics to understand why some people get cancer and others do not. This research is especially important here on the East Coast, as we have the highest cancer rates in the country. Atlantic PATH is recruiting 30,000 Atlantic Canadians to participate. Some WINS members have taken part, but they are looking for more!

Recently, WINS was contacted by Nancy Densmore, NS Recruitment Coordinator, to further the partnership between the two groups. I met with Nancy, David Thompson, Director of Operations, and Dr. Louise Parker, in their office in Halifax.

The Atlantic PATH project has made it very easy for people to join. Participants receive a questionnaire and biological sample kit in a "PATH Pack" which can be completed in your own home. A wealth of information about this can be found on the website www.atlanticpath.ca. The Atlantic PATH team will work with individual organizations like WINS, to identify "champions" to recruit within their own community. The champion is a team leader who distributes the PATH Packs, collects them back from participants once completed, and sends them back to Atlantic PATH in Halifax. There is no cost to take part in the study. The team from Atlantic PATH will conduct clinics at a later date to do the final testing required.

Atlantic PATH hopes to run programs with WINS Branches throughout the province as they want to reach more people. Representatives will be present to speak on the topic at the annual meeting in March as well as at the Convention in August, 2012.

Let's make sure WINS does its part in discovering the causes of cancer and ways to try to prevent it!



President Elect 2012-2015

A new President Elect will be installed at Convention 2012 in Truro in August.

Has your Branch considered making a nomination?

The list of eligible Members for the position will be sent to branches with a nomination form. **Nominations for the position of President Elect must be received by the Nominating Committee Chair (Ellen Simpson) by May 1st, 2012.**

Contact the WINS office immediately if you require an additional copy of the nomination list or form.

It's Time to Think About Twinning!

Branches are asked to once again participate in the WINS Twinning Program by selecting a new twin Branch for the 2012-2015 term.

Your secretary has received the twinning form with this newsletter, so please make sure to complete the form and return to the WI office as soon as possible. New twins will be announced in September!

Women's Institutes of Nova Scotia – 2012 Provincial Convention

Please note the dates of the 2012 Provincial Convention is August 7th, 8th, and 9th, 2012



Theme: 99 and counting

Date: August 7 – 9, 2012

Location: Nova Scotia Community College- Truro Campus – 36 Arthur Street, Truro, NS

It is very important that if you wish to attend, you submit your registration form with payment prior to the deadline. Your secretary will receive the Brochure and Registration Forms with this Home and Country. If you need more registration forms, contact the office.

The evening of entertainment on August 7th, 2012 will be a production by each of the Provincial Districts depicting a certain time frame that was previously assigned to your district via your District Director. Don't forget to bring any prop items, costumes or audio/visual needs with you.

We would like to know what you are doing by the March's Board meeting.

Hope to see you there!

Hants Shore - Christmas Market:



Heather Johnson and Jennifer Appleby at the Christmas Market with a candy and sweets table on behalf of Hants Shore WI. Business was brisk for the goodies as well as lots of interest in WI generated in the community.

Hants Shore Needle Felting:



Hants Shore WI December meeting program presented by Heather Johnson (standing) on needle felting. Members left to right are Karen Bax, Alicia Cooper, Donna Smoth, Denise Stockdale and Lianne Giswold

Hants District Rally



Coni Murray, Carol Crawford, Joann Cory, Dorthea Mitchell, Louise Sloane

Despite a very rainy and windy day, the rally was well attended by members and community. The program "Mobility" was put on Brenda MacKinnon and Trish MacDermaid. The session was informative and well received.

Trish demonstrated the Do's and Don'ts of canes, walkers, grabbers also talked about bathroom safety. Brochures with tips to keep healthy, mobile, and independent were available as well as time for questions and explanations.

North River Ladies Bowling



Margaret Roode, Sylvia White, Deanna, Coni, Ted, Sylvia Bill, Karen, Inez, Glenna Sylvia, Bill Dickson, Karen

Kings East Christmas Party



Marg B: Liz Johnson, Lorraine Miner and Myrtle Merrett

"Quote for the Spring:"

Spring is nature's way of saying, "Let's party!"

~Robin Williams



Guysborough's Activity Day



On November 2, 2011, 35 members and friends of the Guysborough County Women's Institute of Nova Scotia met at the Indian Harbour Lake Community Center for an Activity Day. The women spent a busy day knitting, crocheting, tying quilts, stuffing pillows, sewing and enjoying each others company. After a short break to stretch our muscles and nimble our fingers; led by the St Mary's Recreation Coordinator; A lovely nutritious lunch was served by the local WI members.

The following items were brought in or completed that day : 21 pillows, 2 tote bags, 13 comfort dolls, 6 tied quilts, 1 quilted crib quilt, 5 coverlets, 3 afghans, 25 chemo hats, 4 fringed scarves, 3 breast prostheses, 2 baby crochet blankets, 6 baby hats. The remaining funds were used to purchase: 20 personal care kits, 15 pair's pillow cases, towels and sheets.

The completed items were donated to: IWK, Tearman House, Cathy's Place and the St Martha's nursery. The funds to purchase the material for these items were provided by GASHA through a Wellness Fund Grant. We wish to thank them for their generosity. Thank you to all who worked that day and at home to make this such a successful endeavour.

If you would be interested in joining a local WINS group or starting a new branch, please, contact the WI office 902-893-6520



Supplies	
T-shirt with crest	10.00
Golf style shirt - navy	15.00
Embroidered sew-on crest	2.00
Membership pin (WINS crest)	16.00
Life Membership pin and certificate	30.00
Ceramic Mug –WINS crest and motto “For Home and Country”	6.50
Pewter Ornament (WINS office building)	10.00
Cooking Collections Cookbook by FWIC	12.00
WINS History Book 1, 2 and 3	2.00 each
WINS Handbook	3.00
Quilt Patterns Book	20.00
Stick-on WINS crests 24 per sheet	.10 sheet
WINS pen	3.00
WINS Apron	15.00
WINS / West Virginia CEOS Cookbook	5.00
FWIC pedometer	5.00
FWIC Purse Hanger	5.00
Sweatshirt with WINS crest	25.00
WINS keychain flashlight	3.00
God Be With You – Music CD	8.00

Acronyms Galore

Many members use 'WI' automatically without realizing that, maybe, some listening do not understand the true meaning of the letters. How about AGM, FWIC, ACWW, do they roll off the tongue as easily? I am sure that these acronyms still confound some of the newer members of Women's Institutes, let alone members of the general public.

Maybe now is a good time to invite the Recruitment & Retention team to your District or Branch to explain these terms and the connection between Women's Institutes of Nova Scotia, Federated Women's Institutes of Canada and Associated Country Women of the World.