



HOME and WINS COUNTRY

Fall

Women's Institutes of Nova Scotia

2008

Vision Statement

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

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Dates of Events

WINS Alumni Meeting
September 24, 2008
Yarmouth

October is Friendship Month

Erland Lee Award
Deadline for Nominations
January 31, 2009

Call for Resolutions
Deadline for submissions
January 31, 2009

FWIC Tweedsmuir Competition
Deadline for submissions
January 31, 2009

Wall Hanging Design Competition
Deadline for submissions
February 12, 2009

WI Day in Nova Scotia
February 19, 2009
WI Week in Nova Scotia
February 15-21, 2009

ACWW Day
April 29, 2009

FWIC Convention
University of PEI
June 16-20, 2009

From Ellen's Desk

Hello WI Friends



It hardly seems possible that summer holidays are nearly half way through, the children will be going back to school in less than a month, the company will be gone and everyone will be back to their regular routine. I wish that winter would go this fast, oh well, we are so lucky to be able to experience all the lovely seasons.

We had a very worthwhile AGM in Amherst on July 2 and 3rd. There was a good representation from all over our province as well as guests from New Brunswick. The guest speaker Melanie Cookson Carter from Joggins Fossil Centre proved too extremely interesting. We learned so much about the centre and its operation. The basket walks proved to exciting and ladies lobbying for a space in order to try for one of the many baskets that were donated by the various districts. Thank you for the fundraiser, which helped, defray the costs. We have been invited to **Yarmouth** in 2010.

Thirty-three ladies travelled to Charlestown, West Virginia in July. We had an excellent trip, had a wonderful bus driver and Coni did an excellent job of getting us to West Virginia and back safe. The reception that we received while there was so overwhelming. Many of us went on daylong tours as well as some went on half-day trips. There was a large shopping centre across the street from our hotel and many took a few hours to go over and shop or at least look. There were many excellent workshops and seminars that we had the opportunity to attend. The presentations put on by various speakers were nothing but the best for each of us to enjoy. There were some lively forms of entertainment such as singing, dancing, watching glass being blown and the trip through the Martin Guitar Company was amazing. There was a free remembrance on the table for everyone each day; the day that each person was given a black bear was a rememberable experience. Just picture over 300 black bears on the tables when we walked into the white party tent. Many of our members attended their business meeting and that was very informative. No resolutions at their business meeting. (I liked that idea).

On the first weekend in September we will be having our Board meeting and will be welcoming Sharon Crooker, Linda Elliott and Carol Crawford. At the AGM we said good-bye to Karleen Gale, Joann Corey and Lauren Seaton; these three ladies have worked so hard for not only their district but for Women's Institute of Nova Scotia. We will miss them but I know that they will continue to work for Women's Institute in their own district. Thank you ladies.

We welcome Pia Frantila-Hall as the new office administrator. I hope that you will welcome her and have patience as she learns the WINS operation. Welcome Pia. I wish each of you well with you branch activities as the fall meetings will soon be starting and hope to be able to visit with many of you this fall.

Yours in Women's Institute

Ellen Simpson,

President Women's Institutes of Nova Scotia

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AGM 2008 Review



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Over 100 Women's Institute ladies from Nova Scotia converged at Amherst to attend the Annual General Meeting. There were four ladies from our neighbouring Province, New Brunswick in attendance.

The Board of Directors, Past Presidents and honoured guest entered the room to the swirl of bagpipes. Members of the Board of Directors were introduced to the audience and how proud we are of each and every one of them. They have worked hard all year!



The Past Presidents along with President Ellen were presented with lovely Corsages.

Paul Lefleche, representing Hon Brooke Taylor brought greetings and praised Women's Institute for the role that they have taken in the Buy Local Campaign. Paul and his children made cookies; and Paul served the cookies to the ladies. Certificates of appreciation were given to Jennie McInnes and Doris Jones for the work that they had done to improve the looks of the Women's Institute office. FWIC President Elect Ruth Blenkhorn and Lynn MacLean of ACWW gave reports From FWIC President Sheila Needman and ACWW activities respectively.

Two resolutions were presented and accepted by the group; these resolutions were: 1) wooden fruit baskets...carried as presented 2) Snow plough blade light...carried as presented

The hosting districts had readings and lit candles for the Reflection. Barbara Hinckley extended an invitation to Alumni to travel to Yarmouth for their Annual meeting. Please contact Barb for any further details.



Guest speaker was Melanie Cookson Carter, operations Coordination at Joggins Fossil Centre. All delegates enjoyed her speech, and it made you want to go to Joggins that day.

The Colchester and Cumberland Districts did an excellent job of coordinating and making everyone feel welcome. Thank you ladies and a special thank you to everyone who makes the AGM such a success.

Respectfully submitted
Ellen Simpson, President



A Call for Resolutions



The dateline for submission of Resolutions is
January 31st, 2009



FWIC Update



Summer is drawing to a close and soon we will be back to our meetings and more scheduled activities so it is a good time to add a few notes to the report given at AGM.

As always recruitment is at the top of our priorities and so far President Sheila Needham has sent one hundred forty –nine welcome notes to new members across Canada. The FWIC challenge for this triennium is a “net gain of 20 members “ per province. Those provinces attaining this goal will receive a Certificate of Achievement at Convention 2009. Nova Scotia is working hard at recruitment so keep up the good work.

Convention 2009 is fast approaching so I hope many are making plans to attend. There will be a beautiful quilt, made by Donna Henderson of Ontario, to be drawn for and tentative plans to attend a showing of Anne of Green Gables. Of course the usual business sessions, resolutions and reports will be the highlight to keep members informed of the work of FWIC.

WI week will be February 15-21, 2009 so now is the time to make plans to celebrate our great organization. What has your branch or district planned?

Those members wishing to support the Adelaide Hoodless Hunter Homestead may do so by becoming a member of the “Friends of Adelaide”. For \$15.00 a year you receive a monthly newsletter and can help to support the programming and events at the Homestead. Why not consider a membership for yourself or perhaps as a gift for someone who has everything!

The Into the North project is winding down so thank you to all who contributed in any way.

In closing don't forget the deadline for the FWIC competitions and there are still calendars for sale, remember they are for 2008-2009 so still very useful.

Ruth Blenkhorn

FWIC Executive Officer for Nova Scotia



The winner of the Afghan Competition was Betty Currie, Grande Pre



POUR FOR THE CURE



I am writing this to my entire Women's Institute friends who enjoy a good Cup of tea with some friends. If you were at the AGM in Amherst you will remember that I told you about a fundraising initiative in support of The Canadian Breast Cancer Foundation.

Pour for the Cure can be as easy as holding a small tea party with close friends and collecting donations or it can be as large as getting your whole group involved and turning the gathering into a special event.

Each group that registers will receive a “Pour for the Cure” Event Box, which will include everything that you, need including a vintage blue ceramic Tetley teapot to use for the event.

Pour for the Cure event ideas are

- * Host an old fashioned tea party!
- *Serve tea and cake at work!
- *Theme your event!
- *Ask your favourite restaurant or coffee shop to get involved!
- *Turn a regular gathering into a Pour For the Cure event!
- *Tea tasting!
- *Fancy Hat Contest!

For more information please contact

Vanessa Burns-Trivett

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Suite 417

Halifax, N.S. B3J 1P3

Toll free 1-866-273-2223

Please let the office know once you have had your tea party so we can share your good news with all Women's Institute ladies throughout the province.

President,
Ellen Simpson

In Memoriam

Marion Anderson – Abercrombie
Pat Maxner – Martock – Windsor Forks
Ruth Cameron – East River St. Mary's



Dropping in on the Branches...

Southern Area

Arcadia had an information session on food security in Nova Scotia. Ron Simmons talked about energy conservation. A discussion was held on how to raise adequate funds to keep the hall running with the rising price of heating oil. Roll call was a good use for plastic bags (cleaning litter boxes to braided mats)...**Barss Corner** had a guest, Rueben Delong, who told about his Grade 12 class trip to Italy and Greece and showed pictures and souvenirs. Barss Corner members are sending knitted items for babies to the IWK...**Brazil Lake** enjoyed a history on Brazil Lake and they completed plans for a bean supper. They have made three quilts for the Salvation Army and have some items for Into the North Project. They also talked about healthy food to eat and how long to keep it in your fridge...**Chelsea** made St. Patrick's cards and visited CRBW Radio Station with muffins and cinnamon rolls on Women's Institute day. They had a program on home remedies (bar of Ivory soap in bed for restless legs and Vicks on the bottom of your foot to suppress a cough). They had an open community meeting for women on "Pensions and Me" had a successful annual Senior's chowder and soup luncheon. Donations made to IWK and Community centre. Phyllis Wessell received an 80th birthday certificate and flowers. Four Grade 12 graduating students furthering their education will receive a small bursary. **Kempt** learned about facts on the brain-diseases related to the brain and how we can help our brain to maintain its regular use (Information from Dr.Oz's book). They had a program on "Are you having a Heart attack?" They took part in the thirty-mile yard sale and made a donation to Safe Grad. They made over two dozen breast comfort pillows...**Lunenburg** read and discussed myths about St. Patrick's day, gathered information on Forsythia shrub, learned the history of Mother's day...**North Brookfield** -Therapeutic Touch was demonstrated on one of their members. This program is being taught in eighty colleges and universities. It has many uses (and can be done on pets, family members, friends and even oneself. **Parkdale/Maplewood** had a speaker (Beulah's daughter Diane) tell about her trip to South America, mainly Ecuador. There were pictures of plant and animal life and also the lives of people living in the small communities. **Sable River & Area** learned about forming a bi-weekly basic health clinic. The clinic would check blood pressure, pulse, blood sugar, cholesterol and weight with talks being given by health officials. Clothing etc. ready for IWK

hospital...**Waterloo** welcomed Kayla Pierik who told about her trip to India. They welcomed Anita Emeneau, Barss Corner and Chelsea members. Waterloo had a program on Giggle Power. The value of a good laugh and how you can laugh your way to better health. They ended the year with a potluck lunch. Roll call was their favorite spice.

Respectfully submitted

Irene White

Yarmouth District Director

Eastern Area

East River St. Mary's Branch suffered a tremendous loss in the death of two valued members within eight months of each other. Margaret MacDonald and Ruth Cameron will be fondly remembered in WI circles, their church and their community. Our condolences go out to their families for their loss...**Bridgeville** made "thinking of you" cards with stamps and ribbons and learned more about the United Way and Transportation issues in Pictou County...Joyce Johnston visited the **Sherbrooke** Branch with an interesting program on Chronic Obstructive Pulmonary disease and the members visited their twin, Port Bickerton...**Newtown-Denver** viewed a scrapbook of events with historical significance and a Grade Five student visited the Branch to proudly display the work of his grandfather in the community. **Churchville** discovered how life in Poland is very different from life in Canada. The Branch hosted a free pancake breakfast to promote WI in the local area...**Point Edward** members are busy creating over 200 comfort pillows for cancer survivors and hosted a successful strawberry festival...Debbie Shepherd visited the **Springville-Island** Branch to speak on her mission trip to Costa Rico and Brenda Sterling-Goodwin kept the group up-to-date on Lyme disease...**Caribou** was inspired by Susan Archibald and Dennis Langford's dream of establishing Sunrise Gardens...**Indian Harbour Lake-Jordanville** hosted a graduation banquet in the local nursing home for upkeep on their bus...**Abercrombie** continued a branch tradition by planting a red maple in Abercrombie Cemetery in memory of Marion Anderson...Lawyer Carol Garthside gave the **Port Bickerton** Branch an informative program on wills and power of attorney and the members wrote letters of protest on ER closures...**Garden of Eden** assisted the Fire Department by quilting on their fundraiser quilt and Elizabeth Archibald

spoke on her work with the VON... Ada MacPherson lightened the spirit of the **Homeville** Branch with a program on the importance of laughter in our lives. Andrea Lyons gave instructions on creating an Easter topiary.

Respectfully submitted

Yvonne Kennedy

Cape Breton District Director

Indian Harbour Lake-Jordanville



Martin Andrade, Amber Mills,
Carla Manthorne.

Western Area

In April **Acaciaville** answered roll call with grandchildren's sayings. An activity for fun time and fund raising for the Spring Rally was decided. A donation was made to the Canadian Cancer Society...In May **Burlington and District** celebrated their 22nd Anniversary with members from their twin branch, Port Williams, as guests. Annual reports were presented and a new slate of officers adopted. Newly elected President Noreen Dunham presented Marie Armstrong with a Life Membership certificate and pin. Cindy Usher showed everyone how to make paper bead necklaces. Members went out to a local restaurant in June...In March **Cambridge** presented helpful hints and useful remedies for everyday living and enjoyed singing from the WI songbooks.. In April the branch visited Cambridge Elementary Library where Librarian Jennie Jolly told how students get their individual books printed by Swing Set Press. A donation was made to the library. In May members made and decorated a hat from recycled items to celebrate that Spring is Here. The eldest member Elva Pynch conducted a quiz about flowers. Judy Parks showed some of her paintings and invited members to attend a Spring Art Show in Greenwood. A donation was given to the Central Kings WI Bursary Fund. Each member was given a felt apple pin to celebrate Apple Blossom time. In June members enjoyed a potluck at a member's cottage...In April **Canning** talked about Safety Tips around Farm

Machinery and donations were made to the District Director's Fund and to Valley Regional Hospital Auxiliary. Plants were delivered to shut-ins and some members are working on Afghans. In June a donation was made to East Kings Bursary Fund and roll call was answered by quotes from famous women...In April **Grand Pre** learned from Heather Angell about Farmers Helping Farmers. A donation was made to Project North. A Branch Bursary form was updated and distributed to four schools. In May Katherine Akerman, an Acadian Honor Student and Pat Townsend, Archivist at the Vaughn Memorial Library; Acadia University, explained how they restored the branch's minute books from 1913 - 1999 on microfiche. Katherine completed a thesis on Grand Pre WI 1913 - 1999. Arrangements have been made to get two copies of this thesis - one for the Branch and one for WINS. In June members went out to dinner. A winner was announced for the branch educational award to be presented at graduation and a donation was made to Grand Pre 4-H Club...In March the **Islands** Branch made plans for a Swap Day and answered roll call with thoughts about friends. In April plans were made to host Digby District Spring Social. In May Roger Outhouse from the Gulf of Maine Institute told how the Institute is educating youth to refrain from idling land and sea vehicles and how anti idling stickers could educate adults in the area. Roll call was answered by a Mother's Day event...In March **Lakeville** learned from Marika Godwin of Clean Annapolis River Project about noxious weeds in the Annapolis Valley but the most noxious is Garlic Mustard which is spreading in Grand Pre. The interior of the Hall has been painted and new curtains hung. In April the Branch celebrated 34 years and answered roll call with birthday facts. Marilyn Kenny showed cake decorating techniques and everyone practiced on cupcakes. In May annual reports were presented and a new slate of officers adopted. Marilyn Kenny and Joyce Morton are new members. Bonnie Levy, Program Assistant in the Horticultural Dept. at Kingstec Community College, Kentville talked about gardening with perennials. In June members visited the Harriet Irving Botanical Gardens, Wolfville and ate at Sterling's Café, Grand Pre. The annual cookie sale at Boates Farm for the Apple Blossom Festival Barbeque and a yard sale later were June fundraisers. A bake sale will take place at the Northville Heritage Family Fun Day on August 9th...In March **New Tusket** learned about flower arranging from Wanda Kinnery. She made an Easter

arrangement and had other occasion arrangements on display. Members gave donations toward blue material for tablecloths for the June tea. In April Danielle Lewis told about experiences of living in Tansania - the country, her marriage there and showed articles of clothing. Members exchanged bulbs and seeds. In June members and guests enjoyed an outing to a local restaurant and made final plans for a tea on June 19th. There is a new member...In March each member of the **Paradise** Branch discussed their philosophy of life, visited 2 new comers in the community and presented them with a cookbook. Two members attended International Women's Day in Greenwood. Plans were made for the 90th Paradise WI Birthday Party. In April David Whitman gave a presentation about past and present Annapolis County Exhibitions from his recent publication.. Plans were made for an Adopt a Highway Cleanup, Heritage Garden's cleanup and hosting Annapolis District Spring Social. In May annual reports were presented and a new slate of officers adopted. All enjoyed a penny auction...In April **Port Williams** had Jerry MacInnis of MacInnis Landscaping talk about spring cleanup, landscaping and various plants or shrubs that enhance one's landscaping. Plans were made for the Apple Blossom Princess Dessert Party. In May four members told about their recent trips to Greece. The branch is buying a TV/DVD stand for the meeting room. In June a potluck supper was held in Evangeline Beach at a member's cottage and all enjoyed a Bring and Buy Sale...In April **Scott's Bay** held the annual spring rummage sale. President Gwen Huntley was recognized for receiving Volunteer of the Year Award for Kings County. In May plans were made to have a chowder luncheon on July 1st Bay Day...In February **Sheffield Mills and District** celebrated WI Week with a community soup luncheon. \$100 was donated to a family who were having health and financial difficulties. In March Peter Swetnam talked about how and why the Select Nova Scotia program was developed. Safety Day Camp on March 29th at Planter's Equipment, Steam Mill was discussed. Donations were made to Sheffield Mills Community Association for hall use and to the Adelaide Hoodless Homestead Fund. In April Barbara Jackson told about nursing in the North, the environment, the weather and people. A donation of \$25 was given to the Margaret Salsman Cancer Cure Memorial

Fund and \$50 to ACWW project Annual reports was given at the June meeting, which was held at Joan Kennedy's cottage in Granville Ferry. A donation was made for a 4-H trophy. Roll call was member's summer plans...Guests from Cambridge WI, Provincial President Ellen Simpson and West Kings District Director Julia Llewellyn attended the 55th Anniversary of **South Berwick** WI in April. The origin of the Mary Stewart Collect, a thought-provoking quiz on many topics and the poem about The Old Woman who lives in my House were enjoyed. Roll call was describing what a friend means to each member. Joycelyn Rhodenizer was the nominee from the branch to the Berwick Volunteer Night. She was presented with a WI life membership certificate and pin. A Time for all Things - a sewing group within the District will meet at the South Berwick Hall April 29th. Nineteen sunshine boxes were packed and delivered to the sick and shut-ins on St. Patrick's Day. Members took items for newborns to Valley Regional Hospital and presented postage stamps to President Ellen.. In June the branch enjoyed an outing to Farmer's Restaurant near Oaklawn Zoo and plan to host a Gala Day Princess Tea in late July...In March at **Spa Springs** Carolyn Crawford told about following the rainbow to good health. Everyone needs to eat from each color in the Canada Food Guide chart each day. The craft group gave a report. Roll call was answered by a nutritious snack. In April Ellen Simpson presented a quiz on various subjects. Donations were made to the IWK Telethon and to Annapolis County 4-H Council. Roll call was answered by a favorite flower. In May Andrea Gibson-Garrett talked about properly bagging garbage in color-coded bags. Roll call was a fact everyone learned from the speaker. A plant sale and coffee party will be held on May 31st. In June members and guests enjoyed a meal at Mid-Valley Motel. A candidate for the local WI bursary was chosen. Roll call was answered by proposed summer plans. A summer picnic is planned at a member's cottage...In January **Tupperville** wrote a letter to the town of Middleton and the Municipality of Annapolis to have a set of stop lights placed at the corners of Main and Commerical St. In February Judy Whitman reviewed the book Beautiful Joe about an abused dog, written by the N.S. author Margaret Marshall. Her novel was the first million selling novel in Canada and seven million worldwide. In April Wendy MacDonald talked about Reduce,

Reuse and Recycle, important areas of daily life. In May all members went out for dinner and enjoyed a blind auction. In June Angela Bruce read an article about Weymouth General Store - the oldest General Store in Atlantic Canada... In April **Weston** had Red Cross members speak about Emergency Measures and preparing an emergency pack - 2 litres of water for each person /day, non-perishable food, manual can opener, flashlight batteries, candles, matches, first-aid kit, battery radio, medications for 72 hours and have an emergency exit from each member's home. \$50 was donated to Red Cross. Roll call was answered by guests. In May the branch celebrated the 76th Anniversary with Burlington WI as guests. Cindy Usher helped everyone make paper bead necklaces. \$100 was donated to Valley Regional Hospital toward another ultrasound unit and \$200 to Weston Community Hall. The annual meeting was held at a later date. In June members enjoyed an outing to Wheatons with their twin branch of Grand Pre.

Respectfully submitted
Julia Llewellyn
Kings West District Director
Central Area

Summer is gone, but Fall with all its colours is here as well as reports from the branches, Spring into Summer. **Marigold** had a program on Food Security an international issue. They are planning on a fundraiser to support F.W.I.S. orphanage project... **West Pugwash's** roll call was How to cope with walking in icy conditions. They had a program on Food Safety at home in daily food preparation and use; made a donation to Jonah Pye cancer child; and finished their second quilt... **Nine Mile River Homemakers** reported in Mat's roll call told what they did on Mother's Day; also a member gave Howard Dill pumpkin seeds to each member. For Women's Institute week, they gave a trolley cart to their community hall; gave out a piece of cake at the local jamboree; wrote letters to local councillors about a bowling alley in area; and plan to work on cemetery and get meat orders for fundraiser... **Three Cornered Branch** reported March's roll call was suggestions for a healthy snack. Their program was on Nova Scotia citizen's Healthcare and cost of private healthcare services; they gave donations to Rosie's group; the District Director was visiting them; and made plans for the up coming Retention and Recruitment meeting in District. April's roll call was the member's favourite spring flower. The program was craft of constructing a picture with maconite, calendar picture and polymer. Several

members reported on attending their Twin's (Paradise) Ninetieth Anniversary celebration. May's roll call was suggestion of restaurant for last outing in June. The program was on the lighter side word scramble relating to flowers; members reported on the fun day that the branch held on April 26th. The theme was Aprons. The hall was decorated with aprons; all who came wore an apron and told about it. Guests were Twin Paradise, and branches in the District. All really enjoyed it. **Three Waters** in April answered with fundraiser idea. Program was on nurturing Tatamagouche collective. A group of members on behalf of churches and organizations in area shared ideas on issues of poverty and food security in the area. In June held a potluck meal to celebrate first year of branch. Program was to celebrate their relationship with each other and community. Congratulations Three Waters!... **Martock Windsor Forks** April meeting was a presentation of tied quilts. They send them to Dianne Elliot of Halifax Division, Salvation Army. Dianne graciously accepted the gift of quilts. She gave a brief talk on how quilts would be put to good use, they made plans for upcoming Recruitment and Retention workshop. In May, the program was a speaker from Lifeline Services, they had an auction as a fundraiser; and made plans for an annual yard sale and year end potluck in June... **North River's** roll call, each month a member poses a question of their choice to be answered, their April program was an armchair visit to South Africa, Beautiful country especially Victoria Falls. Monthly fundraiser January to May was to go to Rosie's Into the North... **Enfield's** March's program was around St. Patrick's day theme and also flax, uses and benefits; they sponsor a flower basket for Enfield in Bloom; and gave a donation of twenty dollars to the A.G.M. Central Area's theme basket; gave lifetime membership to member. Roll Call was to wear something green, and read trial poem. In April roll call was out of mouths of babes saying, go 76 - 78 years olds; made plans for a birthday celebration; made their annual donations to Colon Bris Fund, Hants East Rural High library and books for Elementary School. May's roll call was to name a local product available this time of year. The program was on Muscular Dystrophy quizzes on health and health services; and made a donation to Adelaide Hoodless Homestead. At the June meeting the members answered roll call, with a

sentence with the word vacation. Program Agriculture and Nova Scotia Industries... **West Brook Halfway River** for Women Institute's week attended a church service and had lunch together. In April roll call was an exchange of plants; they made a donation to Highland Fling, and to Amherst in support of Cumberland Healthcare. In May they welcomed a new member; held their annual meeting and received a certificate of appreciation from Cumberland Healthcare Auxiliary for support of Highland Fling. In June roll call was members "pet peeves"; they met with their twin at the Glengarry in Truro. A total of 26 gathered for an enjoyable time... **Belnan** exchanged plants and seeds for April's roll call; the program was on electricity, water power and wind turbines; also had information on their local councillor Mr. Lloyd Matheson, his reconstruction and awards for years of service. In May roll call members passed in their envelope for the bakeless sale; they gave a donation of thirty-five dollars to the Walter Callou Wheelchair Fund, and twenty-five dollars to Hardwoodlands 4-H Club; and made plans to meet with twin Cambridge. September's roll call was to tell about some interesting activity of summer. June's meeting was a birthday outing to a restaurant in Dutch Settlement, three members from Tartan Branch joined them, and will be joining then in September. Carol Crawford will be their new District Director... **Gore's** roll call was to tell about a visit to a shut-in; the program was on uses of vinegar, go to www.vinegaruses.com for great ideas. In April, the members exchange plants; they made a donation to have the Gore Hall floor rewaxed. In May roll call was answered with the number of window panes in their homes; they elected officers; donated to Relay for Life, MADD, H.N.R. High School Scholarship; to sponsor a child to go to camp and to buy school supplies for a child. It is with regrets I have to report that Tartan and South Rawdon are disbanding. They both regrettingly do this due to too low a membership to carry on. Both Tartan and South Rawdon have left their mark with W.I. in all the activities they have done. We will miss their branches for sure. It is my hope the active members may join other branched in their area and be able to be with Women's Institute I will be retuning for a second term as West Hants District Director

Respectfully submitted
Goldie McDow
West Hants District Director

WI on the Road Again



On July 8th, thirty-three ladies from all over the province boarder Ambassatours Motor Coach at the NSAC and headed off to West Virginia. Our driver was Michel Richard from New Glasgow and he was a wonderful driver. We had an appointment at the US Customs and cleared there with a minimum of fuss.

On route to the NVON Conference in Charleston the ladies stopped at Hershey Chocolate World for a visit. This was enjoyable however it would have been nice to have more time to spend there.

We arrived in Charleston about 6 pm on July 10th and were greeted by Grace Staggs on the Registration Desk. The ladies enjoyed several craft workshops and sessions throughout the three days of the convention. Several also participated in the tours arranged by the NVON Planning Committee. The ladies from the US were very friendly and welcomed us with open arms. There was also a mall across the street, which was a big draw for some of the ladies.


On the way home we stopped at Appalachian Glass in Weston – here we were given a demonstration of glass blowing as well as shopping time. The folks here were extremely nice and gave the driver a ball cap and each of us received a glass marble and glass worry stone as well as a cold drink.


After staying the night in Bethlehem we went to the Martin Guitar Company in Nazareth for a factory tour. This was very interesting.

A stop at the Duty Free shop was a must then it was on to Canada Customs where once again we had an appointment and were cleared quickly.

We arrived back at the NSAC at about 8 pm on July 16th tired but very pleased with a wonderful trip.

Respectfully submitted
Coni Murray

 **4- H Senior Speaker**

Women’s Institute sponsors an award each year to the top 4-H senior speaker. This year, congratulation goes to **Melody Sandford**, Waterville. 



Reach for the STARS Membership Challenge 2008-2009

Once again, Women’s Institute branches across Nova Scotia will be adding new ‘STARS’ to their membership list during the 2008-2009 Reach for the Stars Membership Challenge. Each new member earns the branch one star. Welcome! Please report any errors or omissions to the following report directly to the WINS office.

One Star

- Burlington and District – Darlene Schaeffer
- Belnan – Ellen Crowe
- Caribou – Elaine Chaisson
- Kempt – Debbie Worden
- Martock – Windsor Forks – Lois Smith
- New Tusket – Maurine Mullen
- Point Edward – Joan LeRay
- West Brook Halfway River – Shirley Hurley
- Waterloo – Leonore Hirtle

Two Stars

- Lakeville – Marilyn Kenny, Joyce Morton
- Parkdale – Maplewood – Vicki Rhodenizer, Faye Croteau
- Springville – Island – Rosemary MacDonald, Edna Hambleton
- Three Waters – Donna Wisen, Susie McNutt

Scholarship Winner



Robyn Jamieson sponsored by South Berwick WI, she will be attending Mount Saint Vincent University. Her goal is to become a dietitian. She is the granddaughter of Janice Wagner.



FWIC Tweedsmuir Competitions (2006-2009)

Please refer to FWIC's website (<http://www.nald.ca/fwic.htm>) or the Spring/Summer 2007 issue of *Federated News* for all the guidelines for the competitions, or the Summer 2007 issue of the *Home and Country*.

Remember ...the provinces are responsible for setting their own deadline to judge the entries for their province.

Steps to becoming a Tweedsmuir winner:

1. Choose the category.
2. Get your idea or plan.
3. Complete you project. (It isn't too late!!)
4. Send it to WINS Provincial office by

January 31, 2009

Promises Not Resolutions

Submitted by Isabel Archibald, 1993-94

This year, why not make some promises rather than resolutions for the New Year? The following should get you started:

PROMISE to be strong that nothing can disturb your peace of mind.

PROMISE to make all your friends feel that there is something special about them.

PROMISE to look at the sunny side of everything and make your optimism come true.

PROMISE to be just as enthusiastic about the success of others as you are about your own.

POMISE to forget the mistakes of the past and press on to greater achievements in the future.

PROMISE to wear a cheerful expression at all times and to give every person you meet a smile.

PROMISE to give so much effort to the improvement of yourself that you have no time to criticize others.

PROMISE to be too big for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble in your life.



Wall Hanging Design Contest



I have another challenge for you. I know there are lots of talented and creative ladies in our Branches. The challenge is a **Wall Hanging Design Contest**. We would like to eventually have a wall hanging that we would use for Provincial Events such as our Conventions, Annual General Meeting and other special events. I am looking for a design that depicts Women's Institutes. The winning Branch will receive a \$50.00 gift certificate from the Women's Institutes of Nova Scotia's office.

The guidelines for the **Wall Hanging Design** are:

1. The winning design will be used as a pattern to create a 24 by 36 inch wall hanging.
2. The design on the wall hanging must be easily recognizable in depicting the Women's Institutes of Nova Scotia.
3. The design should be drawn on 8 1/2" by 11" sheet of paper or you could use graph paper.
4. You should use color in your design, keeping in mind that the WINS's colours are blue and yellow.
5. Put your name on the back of your entry.

Send your Design to the WINS office.

The dateline for this contest is February 12, 2009

Linda Munro, PRO



Office Update



The Women's Institutes of Nova Scotia's office is opened from **Monday to Thursday**. The office is opened from **8:00 am to 4:00 pm**.

The new Office Administrator is Pia Frantila-Hall.

The office's email is wins@gov.ns.ca.