



HOME and COUNTRY

Fall

Women's Institutes of Nova Scotia

2010

Vision Statement

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

What's Inside This Issue?

President's report ...	Page 1
WINS AGM...	Page 2
Branches News...	Pages 3-4
Tweedsmuir competition	Page 5
Reach for the Stars...	Page 6
Competition winners...	Page 7
Supplies...	Page 8

Dates of Events

WINS Alumni Meeting
September 15, 2010
Tatamagouche

October is Friendship Month

Board Meeting
October 8-9, 2010

Erland Lee Award
Deadline for Nominations
January 31, 2011

Call for Resolutions
Deadline for submissions
January 31, 2011

WI Day in Nova Scotia
February 19, 2011
WI Week in Nova Scotia
February 13-21, 2011

ACWW Day
April 29, 2011

ACWW Area Canada
Mt. Saint Vincent, Halifax
July 8-10, 2011

From Coni's Desk

I hope that everyone had a safe and enjoyable summer. The weather was iffy by times but soon we will be wishing for some warm temperatures. As I write this the exhibition season is in full swing. I know many of you are involved in some way with the exhibitions as an exhibitor, volunteer or with 4-H. Good luck to everyone.



In June I attended my first Federated Women's Institutes of Canada (FWIC) Board Meeting in Brantford, Ontario. We were fortunate to be able to visit the Erland Lee Museum and be treated to a wonderful chicken dinner there and also the Hoodless Homestead where we had another lovely meal. The business meeting was full with the Provincial Presidents meeting on Friday evening and giving a report later to the whole Board. There was also a presentation on Heart Health which is the triennium project for FWIC. More information will be coming out regarding this project soon. The give and take of ideas and suggestions around the table was very beneficial.

It was wonderful to see so many (112) in attendance at the Annual General Meeting held in Yarmouth. Irene White and the planning committee did an excellent job with their theme of *Go Green with WI*. Wednesday night was very entertaining, the business meeting went fairly smooth with a few glitches, the guest speaker's story of building their "green" home off the grid was interesting and the displays were informative. And as usual the food was delicious and lots of it. Congratulations and thank you to the ladies in Yarmouth. We said goodbye to two District Directors, Irene White from Yarmouth and Marg Dawe from Shelburne and welcomed Sharman Fells and Dawn Dexter-Sobel respectively. Linda Munro from Pictou is returning for her second term. Ruth Blenkhorn was presented with Provincial Life membership, much to her surprise.

As you know Nova Scotia is hosting the Associated Country Women of the World (ACWW) Area Canada Conference next year. This will be held at Mount Saint Vincent University in Bedford July 8 – 10, 2011. We are hoping to attend the Nova Scotia International Tattoo on the evening of July 7 as a kick off to the Conference. I am pleased to say that Ellen Simpson is my co-chair and we have had some meetings to get planning underway. I am in close contact with Margaret Yetman the Area Canada President with the planning. More information will be coming out soon.

As you get back into your regular meetings after a summer hiatus remember that your District Director has a book full of ideas for programs. The Program committees worked hard to get these programs together so make use of them. Be sure to let the office know of any new members (along with membership dues) – FWIC and WINS are both encouraging recruitment. Have you checked out the member website? Why not give it a look now <http://womensinstitutesns.webs.com>.

Yours in WI
Coni Murray - President
Women's Institutes of Nova Scotia

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: Lauren Seaton, 575 Main St, Box 40, Mahone Bay, NS, B0J 2E0 531-2076

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: Linda Elliott, 239 Water St., Freeport, NS, B0V 1B0, 839-2671

Guysborough: Mary Anne Kaizer, PO Box 31 Bickerton West, NS, B0J 1A0 364-2652

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

Hants West: Goldie McDow, 91 McKinley Rd RR1 Falmouth, NS B0P 1L0 684-9324

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: Lauren Seaton, 575 Main St, Box 40, Mahone Bay, NS, B0J 2E0 531-2076

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: Dawn Dexter-Sobel, 1613 Hwy 103, Sable River NS B0T 1V0

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

Department of Agriculture Counselor:

Andy Campbell, 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:

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



Women's Institutes of Nova Scotia Annual General Meeting August 4th and 5th, 2010



More than 100 delegates and friends of Women's Institutes gathered in Yarmouth at the Hebron Recreation Centre for the Annual General Meeting on August 4th and 5th. The theme for the meeting was "Go Green for Home and Country". The AGM events began on the evening of August 4th with Patrick and Dorothy entertaining with songs and colourful costumes.

The opening procession started with the Board of Directors and guests Mayor Phillip Mooney and Councillor Leland Anthony. O Canada led by Susan Ueffing with Carol Crawford accompanying on keyboard. The Mary Stewart Collect, Women's Institute Ode and the Flag Salute were then recited.

Coni Murray welcomed everyone to the 2010 Annual General Meeting. Coni then introduced Mayor Mooney who brought greetings from the town of Yarmouth and Leland Anthony who brought greetings from Yarmouth Municipality.

Past Presidents Dr. Ellen McLean, Jennie McInnes, Pauline Meek, Marion Newcombe, Lynn Maclean, Winnie Forbes, Kathleen Whynot, Ruth Blenkhorn, and Ellen Simpson were recognized with a corsage.



Coni Murray's President's Report told us about the Associated Country Women of the World Conference that was held in Hot Springs, Arkansas. Hants Central district hosted a successful "Back to Basics" workshop.

Ellen Simpson told us about the FWIC project for 2009-2012 will have the theme "Hard Facts About Women's Heart Health".

The resolution on Foot Care was approved but the resolution on Home and Country printing was not.



Guest Speaker, Sandra Phinney, is a journalist. Sandra gave a slideshow about the building of her home. She and her husband Barry MacGregor have built their home so that they are totally powered by solar. She told us what "going green" means to her.

A draw for a quilt and afghan was made and the winners were Betty Reid of Port Hilford WI and Theresa Fraser of Garden of Eden WI respectively.

The Winners of the 2010 Handcraft competition (Recycled Item) were Karen Ells from Delhaven and District for a reusable shopping bag was first place; Isabelle Gilbert from Kempt WI for a juice box purse was second place; Brenda Parker from Medford WI for domino jewellery.

The new 2010-2011 Board of Directors was installed by FWIC President, Ruth Blenkhorn. President Coni Murray expressed thanks to the members of Yarmouth District for hosting the Annual General Meeting.

Respectfully submitted

Irene White, AGM 2010 Co-Chairperson

Dropping in...

Southern Area

Arcadia Belle Hatfield gave a presentation on why she decided to run as an independent candidate in the election...**Brazil Lake** had an interesting talk on the old Railway station that used to be in the village. They had a very successful bean supper. For their June meeting they enjoyed a nice meal at Mavillette overlooking the ocean...**Brooklyn** had a program on Afghanistan. The message was how a few people are working to make things better in that country and the fact that local servicemen gave their lives for the cause...**Chelsea** made 4 quilts for the homeless. They had a soup and chowder Luncheon for seniors. In June they visited their twin Kempt WI and enjoyed a fun potluck dinner...**Kempt** read an article on Hearing Aids-how effective the new ones are and how they work. They made plans to entertain their WI twin Chelsea. They donated to safe Grad. They finalized their raffle for "Pour for the Cure"...**Lunenburg** made cookies and delivered them to the town office for WI week. They had a program on how to read the nutrition information when shopping for groceries and still stay within their budget...**North Brookfield** had a program on Monarch butterflies, how to attract them to your garden, and how to help protect them as they are an endangered species. They made comfort pillows, bears, and finger puppets. They donated to safe Grad and to the board of Trade for fireworks. They presented service certificates to their members for their dedication and service. Their anniversary of 96 years was on June 23...**Parkdale/Maplewood** had a program on organic gardening. They were told how they plant their gardens

without machine as well as using crop rotation. Their May program was on Cultural Affairs. They received



Elsie Fancey, Carrie Waterman, , and Mary Frail celebrating with the rest of our members, on the occasion of their birthday. The cake was made by Carrie.

information on the 4 islands in the Halifax Harbour and how they were used over the years. They also gave a donation to the New Germany Well Woman's Clinic...**Waterloo** prepared for their Mother's Day Tea in May. In June they enjoyed lunch at The 2 Chef's restaurant "after lunch they were guests at a reception for Volunteers at the Newcombville Elementary School where their branch has been volunteering for their "Reading with the Student" program. The students put on a musical program and presented each one with a certificate and a carnation.

Respectfully submitted
Irene White

Western Area

Burlington and District – had a wonderful program on the art of Pysanky Ukrainian egg decorating and celebrated their 24th anniversary. **Cambridge** – had a school librarian explain the library program, learned the names and care of many flowers and shrubs after a tour of Jenna Fejtek's garden, and held a Pot Luck supper for their closing...**Grand Pre** – heard about the variety of projects and good works done by WI in Canada,

donated to the Kings East Bursary and the community hall and will provide lunch for the highway clean-up workers...**The Islands** - held a successful "Swap" and made a donation to the Islands Consolidated School Track & Field team for their upcoming garbage-a-thon...**Lakeville** – Julia Llewellyn gave a talk on the ACWW convention in Hot Springs, Arkansas and did a highlights tour of Annapolis County for their year end...**Medford** – had a program on strawberries, learned some little known info about Hants County and held a blind auction with proceeds going to head office for expenses...**New Tusket** – quilted or knotted 5 quilts for the I.W.K., they had their twins for supper with a program on jewelry making...**Port Williams** – had a fascinating program by Julia Llewellyn on Cinderella, had dinner out and made plans to attend the AGM in Yarmouth; **South Berwick** – entertained their twins and surprised Clarice Pottie with a life membership...**Spa Springs** - learned about equipment and services available at the locally owned drug store, donated to the 4-H, held a pot luck supper for their closing, they will be presenting a bursary at the school graduation...**Tupperville** – donated \$25.00 to the VON and layette items to the I.W.K., attended Spa Springs 25th anniversary, held a welcome home party for a member from Alberta home for the summer...**Weston** – Fred Walsh gave a talk on the CNIB, they celebrated their 78th anniversary with their twin branch in attendance and they raised money for their hall.

Respectfully Submitted
Coni Murray

Eastern Area

Bridgeville – planned for the Terry Fox run, had a pumpkin centerpiece demonstration by local florist Zelda Babin, a demonstration and talk on the benefits of massage therapy and a Christmas party, they enjoyed their 47th Birthday celebration –

Congratulations ladies... **Caribou** – enjoyed a workout at Curves and planned a Bean Supper with the proceeds going to World Vision, heard and inspiring talk from Meredith Roosink who has been diagnosed with breast cancer... **Churchville** – made

Comfort Pillows and covers... **Fox Brook** – had a presentation from local beef producers, had some dance lessons, they held a successful Pour For The Cure... **Garden of Eden** – had a program on the closure of the last country store in 1999, a very

interesting program on the late country doctor Howard Locke, had their twin visit and a display of hooked mats and they will be working at the Pictou Exhibition... **Homeville** – learned about agriculture and good stewardship of the land and looked back on crafts made by the branch in the past...

Indian Harbour Lake & Jordanville – planned the banquet for the two grade 12 graduates, are making a quilt to raffle, had a closing supper and last meeting for the summer... **Lyon's**

Brook – Lynn MacLean and Jennie McInnes gave a report on the ACWW Convention which was held in Hot Springs, Arkansas... **MacPherson's Mills** - held a Bring and Buy auction in support of the SPCA, had an "armchair" Hawaiian cruise, donated items to Tearmann House and a program on NIA fitness for body, mind and soul... **Middle River-Gairloch** - had a program on how to make Mocha Cakes, Gluten Free Shops, the ship Hector and foods to ward off Alzheimer's... **Newtown-Denver-**

held a successful Community supper, heard from the job co-coordinator for the disabled in Antigonish; and are planning an Appreciation dinner for the fire department... **Point Edward** - made Comfort pillows and planned for the upcoming Strawberry Festival, yard sale and a social for seniors... **Port Bickerton** – held a meeting on recruiting new members, and learned interesting facts about Nova Scotia... **Sherbrooke** – had a Public Health Nurse speak on immunization... **Spanish Bay** – continued to work on the "Comfort Kits" for the homeless shelter and delivered daffodils for the Canadian Cancer Society.

Respectfully submitted
Coni Murray

Central Area

In April **West Brook Half Way River** selected officers for 2010-2011; and had a scholarship application. In May, they had a plant exchange for roll call. The program was on interesting things about Nova Scotia; and they made plans for meeting their twin Gore and Spring Rally... **Three Cornered's** roll call in April was volunteer hours

members did, and the program was on fancy cotton pillow cases, using the wiener sack method... **Enfield's** April roll call was to demonstrate their favourite exercise and tell your least favourite, and the program was on Hydro Therapy: many uses of water hot and cold. Quiz: How many words made from the word Fabercilosis?

Nine Mile River Homemakers March's roll call by wearing something green or telling Irish joke or pay \$1. In April roll call was if you got fooled pay \$0.50 and if you didn't, you pay \$1. Their project was catering to Fire Department Dinners and cleaning their own hall... In April **Martock Windsor**

Forks had an informative program on Ovarian and Breast Cancer diagnoses and treatment awareness May's program, the branch made a presentation of 115 tied quilts to Salvation Army Halifax for the Homeless and those in need. The quilts were made in the weekly workshops throughout the winter months, and they has a quiz on Queen Victoria from the WINS Program book... **North River**, in May made plans for July church service in New Annan followed by get-together at a member's cottage, the program was to give some ideas for 2010-2011 year, they appointed their executive for 2010-11 and closed the meeting with social time and lunch. In July, North River and Three Waters conducted a church service at New Annan United Church. It was based, in part, on the Inter Faith service by Paster M. Kenny at FWIC Convention June 2009.

Afterwards, North River members enjoyed a BBQ at Elsie's cottage on the Brule Shore... **West Pugwash's** June's roll call was answered by answering this question do you enjoy broccoli and do you include greens in your diet. The program was article from magazine Our Canada tribute carved in stone, and celebration on the oldest active WI in the world, and still going strong after all most 113 years of dedication and service.

Respectfully submitted
Goldie McDow
West Hants District Director



TWEEDSMUIR COMPETITION



Handcraft division

CRIB QUILT approximate size 32" X 37"

- *no cheater or commercial designs will be accepted
- *quilt to be pieced, appliquéd or combination of both techniques
- *quilt to be 100% hand quilted
- *quilt to be judged provincially and first place one sent to FWIC Convention headquarters in British Columbia by April 1, 2012 for judging
- *a heart be incorporated into the the baby quilt(either on the top or into the quilting (each person's decision)

Cultural division

- *to create a program of interest especially for younger women
- *20-30 minutes in duration
- *program to be in media print, power point, computer, CD or hand written
- *includes game or quiz to test knowledge of audience
- *program to be judged provincially-top one sent to FWIC Convention headquarters in British Columbia by April 1, 2010 for judging
- After FWIC Convention the top provincial entries sent to FWIC office to be compiled into booklet and distributed to provincial offices

History division

- *Research how Women's Institute was founded in your province and how the organization spread within the province (where you presently live)
- * approximate length of essay 2000 words
- *paper to be checked for accuracy by committee of 3 (chosen by President of the province)
- *each province send first place history research paper to FWIC Convention headquarters in British Columbia 2012 for judging
- *FWIC office to compile the 10 research papers into a booklet and each provincial WI to receive one completed booklet for their library.

RULES AND REGULATIONS FOR TWEEDSMUIR COMPETITION HANDCRAFT DIVISION

1. General appearance	5
Total impact	
Quite pleasing to look at or touch	
Presentation	5
Neat with no visible knots or unsightly threads showing	
Design	5
Color and use of color	
colors and prints used in a pleasing manner	
good organization of design	
borders, binding, lining colors complement other colors	
2. Workmanship	10
all points and corners meet precisely	
all curves smooth and flowing	
3. Quilting techniques	20
quilting stitches evenly spaced	
uniform stitches over the entire quilt	
quilting stitches pleasing and symmetrical on quilt back	
thread color adds to an overall pleasing effect	
4. Precision and Finishing of Binding and Edges	10
Binding sewn securely so it will last	
Binding even and uniform	
5. Backing	10
If seamed, all seams even and straight, and properly situated on back of quilt	
Back free of unsightly stitches, marks or other distractions	
TOTAL	65

ALL ENTRIES FOR TWEEDSMUIR COMPETITION DUE AT THE WOMEN'S INSTITUTES OF NOVA SCOTIA OFFICE NO LATER THAN FEBRUARY 1, 2012.

Trophies, awards and certificates will be awarded to winners at the Federated Women of Canada Institute level at the FWIC Convention 2012

Erland Lee Award of Appreciation

This prestigious award is presented by the Federated Women's Institutes of Canada to a man who most exemplifies those qualities of Erland Lee which led to the founding of the Women's Institute.

Regulations:

1. A certificate to be presented to a gentleman who has made an outstanding contribution to the Women's Institute movement.
2. Nominations can come from the branch, district/county, provincial or national level. Each province is entitled to one nomination per year, except for Ontario, which is entitled to two because of the size of its membership.
3. Specifics of the nominee's contribution to Women's Institutes must be included with the nomination letter and forwarded to the provincial office for approval.
4. Once approved by the provincial office, the gentleman's name will be sent to national office. A cheque for \$15.00 per certificate, payable to Federated Women's Institutes of Canada from the nominating branch, must accompany the nomination.

A certificate will be forwarded to the province from national office, along with a brief resumé of the significant contributions of Erland Lee in forming Women's Institutes in Canada.

Presentation of certificates is the responsibility of the nominator. **Deadline for nominations to the W.I.N.S office is January 31st, 2010.**

Scholarship Winner



This year's winner is Lydia van Vilsteren and she graduated from Northeast Kings Education Centre in Canning.

She will be attending Acadia University this fall studying biology.

Lydia's mother is a member of Delhaven and District WI.

Congratulations Lydia



Reach for the STARS Membership Challenge 2010-2011



Once again, Women's Institute branches across Nova Scotia will be adding new 'STARS' to their membership list during the 2010-2011 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

Burlington and District - Lori Ann Swindell

Islands - Christina Prime

MacPherson's Mills - Sandra J Flemming

Springville - Island - Rose Gilles



4- H Senior Speaker



Women's Institute sponsors an award each year to the top 4-H senior speaker. This year's winner is **Lindsay MacDonald**. Her speech was about what she would do if she were Minister of Agriculture for a day.

Coni is presenting Lindsay with the award.

In Memoriam

Kay Davidson - Past President



Handicraft Competition Winners



- 1st – Karen Ells – Delhaven & District WI – Reusable shopping bag
 2nd – Isabelle Gilbert – Kempt WI – Juice box bag
 3rd – Brenda Parker – Medford WI – Domino jewellery

Reach for the Stars Winner



For 2009-2010 the winner was:

Kempt WI

Keep up the great work ladies in recruiting new members.
 Congratulations to all of the Branches to received new members.

Public Relations Officer Position

We are looking for a member who would like to become our next PRO. If you are interested, please submit your name in to the office.



Provincial Life Membership



Ruth Blenkhorn received a Provincial Life Membership at the Annual General Meeting in Yarmouth. Congratulations Ruth.

From Left to Right: Lindsay Murray, Coni Murray, Ruth Blenkhorn, and Ellen Simpson

Annual General Meeting (AGM) 2011

Theme: Empowering Women for the Future
Place: Elmsdale School, East Hants
When: August 3rd and 4th, 2011
Registration Dateline: June 30th, 2011



A Call for Resolutions



The dateline for submissions of Resolutions is
 January 31, 2011

North Brookfield WI



Myrna Crouse is presenting life time member Evelyn Frank with her 47 year service certificate.



Our group at the Lakeview Dairy Bar in Caledonia, Queen's County having lunch together as our summer outing. The members in the picture are Myrna Crouse, Mary Frail, Queena Waterman, Carrie Waterman, President Sharon Crooker, Beryl Berringer and Elsie Fancey. Missing is Candy Crouse, Nancy Bingham, Lucille Mailman.

Cambridge WI



The Cambridge WI members met at the home of their newest member Janna Feytek to tour her lovely gardens carved out of the forest.

Supplies

Familiar Family Favorites Cookbook by WINS	5.00
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 - parts 1, 2 or 3	2.00 each
WINS Handbook	5.00
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
God Be With You – Music CD	8.00

Happy Thanksgiving

