



HOME and COUNTRY

Fall

Women's Institutes of Nova Scotia

2011

Vision Statement

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

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Dates of Events

WINS Alumni Meeting
September 22, 2011
Lakeville

October is Friendship Month

Board Meeting
October 13-15, 2011

Erland Lee Award
Deadline for Nominations
January 31, 2012

Call for Resolutions
Deadline for submissions
January 31, 2012

WI Day in Nova Scotia
February 19, 2012
WI Week in Nova Scotia
February 19-25, 2012

ACWW Day
April 29, 2012

FWIC Convention
June 12-16, 2012
Mary Winspear Centre
Sidney, British Columbia

From Coni's Desk

Where has the time gone? Before we know it those of us who did not have WI meeting during July and August will be starting our meetings with great programs and projects being continued or started?

Although I had no branch meetings to attend the summer flew by with other WI related events. Since my last update I have attended four district meetings – Shelburne, Pictou, Cumberland-Colchester and Hants Central.

In May I had the pleasure of travelling with Ruth Blenkhorn, FWIC President and Margaret Yetman – ACWW Canada Area President to attend the New Brunswick Women's Institutes Convention where they were celebrating their 100th Anniversary and also to Prince Edward Island to attend their Annual Convention. Both of these conventions were very enjoyable. Travelling together with Ruth and Margaret also gave us the opportunity to work on plans for the ACWW Canada Area Conference being held in July. I attended the Volunteer Information Session put on by Adopt-A-Highway in Debert. Although invited I was unable to attend the award ceremonies for the 4-H Weekend winners.

In June I was honored to present the WINS Family Scholarship to Mallory Munroe from Sable River. Sheila Richards, Inez McLellan and I travelled to Lockport to attend the Graduation Ceremony. The graduating class numbered 29 and I think every grad received at least one bursary or scholarship.

In July I attended the FWIC Board Meeting which was held at Mount Saint Vincent University in Bedford to coincide with the ACWW Canada Area Conference. President Ruth arranged for the Board to travel to the Annapolis Valley for an afternoon, where she showcased her home village and surrounding area. We were met at the Port Williams Community Centre by Village Commissioner Louis Benedict, who gave us each a Village pin. The Kings East District ladies had a lovely supper prepared for us and we were entertained by WI member Susan Ueffing. Many of the ladies from the district were also in attendance and were happy to answer questions about their beautiful section of Nova Scotia to those from across Canada. Read about the ACWW Canada Area Conference elsewhere in this issue.

We had a very well attended Annual General Meeting at the Elmsdale District School August 4, 2011. On the evening of August 3 a Meet and Greet was held. The Hants Central Planning Committee is to be commended for all their work. A more complete report is included in this issue.

I wish you all success as you continue your projects in your communities and further abroad. I look forward to attending District Meetings and other special events throughout the fall.

I leave you with this quote from Dr. Seuss: *"Don't cry because it's over. Smile because it happened."*



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: 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, 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: 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:

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 BOW 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.vetman@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



ACWW Day April 29, 2012



ACWW Day-29th April 2012- members throughout the world are asked to join in Women Walk the World for ACWW

- Make arrangements for April 29 or another suitable date
- If everyone started their walk at the same time, i.e. 10am, in different time zones, would result in members walking at all times during a 24 hour period.
- Members could seek local sponsorship

The walk could be:

- a walk round a neighbourhood
- a walk to the well to get water
- a walk to the fields to tend animals
- a stroll in a park
- whatever we like

The aim of the walk is to raise the image and promote the work of ACWW as well as increase funds. Where possible, members should seek local sponsorship.

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





Annual General Meeting August 3rd, and 4th, 2011



The Hants Central District hosted the 2011 Annual General Meeting (AGM) at the Elmsdale District School. The Planning Committee consisted of Carol Crawford – chair, Joann Cory, Louise Sloane and Ruth Donaldson. The event was well attended with 119 ladies present. Some ladies registered on Wednesday evening.

Wednesday evening was a Meet & Greet with entertainment and refreshments. James Keddy, the 4-H Junior Speaker Winner presented his speech called “My Flock”. This was followed by Dawn Sloane, HRM Councillor, and Jessie Jollimore who gave a wonderful presentation on the Community Garden in North Halifax. In keeping with the Royal Wedding members from the district presented the ultimate fashion show of hats and accessories including, laundry detergent bottles, toilet seat covers and lamp shades to mention a few. The evening was rounded out with Ashford Crawford



played the fiddle.

entertaining on the keyboard and fiddle. He was accompanied by two of his students and called upon his mother, Carol Crawford, to play the keyboard as he

On Thursday morning registration took place for those arriving for the day session. Ashford “piped” the flags, chairpersons and dignitaries into the auditorium on his keyboard. Following O’Canada, the Flag Salute, Institute Ode and Mary Stewart Collect, Coni Murray-President welcomed everyone and introduced the Board and Guests. Honourable John MacDonell, Minister of Agriculture for Nova Scotia, brought greetings and best wishes for a successful meeting. Lynn MacLean, on behalf of Margaret Yetman, ACWW Canada Area President, brought greetings. Ruth Blenkhorn also brought greetings from Federated Women’s Institutes of Canada (FWIC). Eight Past Presidents were recognized and presented with a corsage. County Councillor Norval Mitchell was delayed with a

entertaining on the keyboard and fiddle. He was accompanied by two of his students and called upon his mother, Carol Crawford, to play the keyboard as he



previous engagement but brought greetings later in the morning when he arrived.

Before the business session got underway the scrutineers took the voting strength. This does take some time however it is necessary for voting later in the meeting. The President’s Report, Minutes of the 2010 AGM, Financial Report were given, moved and approved. Committee Chairs or a representative moved the adoption of their respective reports as printed in the Annual Report. After all committee reports were done they were seconded as a block and approved.

Linda Munro, Interim President Elect and the only nomination for President Elect gave a short speech after which, as per a motion by Bernice MacLean and seconded by Sharon Lynk, a vote was taken by a show of Voting Cards. Linda is officially President Elect. Congratulations Linda.



The Keynote Speaker was Deborah Jackson, who stressed that women can “make a difference by taking full responsibility for themselves”.

A delicious lunch of a cold salad plate, rolls, beverage and dessert was served by Jackie and Kelly from the cafeteria staff at Elmsdale District School. These two ladies were responsible for all the catering at the AGM and they did a magnificent job. Everything was pleasing to the eye and palette and there was more than enough for everyone. Thank you Jackie and Kelly.



After lunch Leota Daniels gave a presentation on her Comfy Curves – a knit prosthesis for mastectomy patients. Leota is very passionate about her project and is not profiting from her venture. The pattern for the Comfy Curves will be available from the office if you wish to acquire a copy.

Ruth Blenkhorn gave a report on FWIC in the absence of Nova Scotia Executive Director Ellen Simpson. Lynn MacLean gave the report from Associated Country Women of the World where she covered five aspects of ACWW.

As per the Constitution of the Women’s Institutes of Nova Scotia, Article VIII – Amendments of Constitution and By Laws, the Resolutions were handled at this time. The Resolutions on By-law 3, By-law 4 and By-law 8 were passed as presented. By-law 9 was passed

after an amendment was made and passed for the word three be changed to “four” signing officers and the addition of “one Board Member from either Cumberland-Colchester of Hants Central District” (as a signing officer) with “two signatures required” not one as stated in the original resolution. By-law 13 was passed with the amendment of “or alternate person” after President of Vice President.

The handcraft competition was a quilt made from a pattern in *Grandmothers Quilt Book*. The first place winners were announced and certificates handed out. “Reach for the Stars” plaques were given. This year we had two branches tied - Sherbrooke and Parkdale-Maplewood - who each had five new members. Congratulations ladies.

Linda Munro issued an invitation to Convention 2012 to be held in Truro and also an invitation for AGM 2013 to be held in Pictou County. She noted that 2013 will be our 100 Anniversary and the first branch was in Salt Springs, Pictou County.

We welcomed three new members to the Provincial Board. They are Shelley Lake from Hants West, Roberta Journeay from Digby and Jacky Fowers from Shelburne. Ruth Blenkhorn led the Installation Ceremony of the new Board. We wish to thank Goldie McDow, Linda Elliott and Dawn Dexter-Sobol for their time and talents while on the Board of Directors.



Adjournment was moved and seconded – everyone was thanked for attending and wished a safe journey home.

Respectively submitted
Coni Murray

Handicraft Competition Winners



- 1st – Lockhartville WI ladies
- 2nd – Port Bickerton WI ladies
- 3rd – Mary Nickerson

Reach for the Stars Winners



For 2010 -2011 the winners were:

**Parkdale/Maplewood WI
Sherbrooke WI**

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

A Call for Resolutions



The dateline for submissions of Resolutions is
January 31, 2012

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

Dropping In...

Western Area

Cambridge had an interesting program on the many uses of soda, ranging from cleaning to an antiseptic. They made plans for attending their Spring Meeting, ACWW Area Convention and AGM. Jana Fejtek opened her home for the meeting and gave a tour of her extensive flower and shrub garden. Each member brought a china cup and saucer, gave a history of it, then members exchanged the cups... **Grand Pre** had two meetings cancelled due to weather conditions. They held their Annual Meeting in May and for their June closing had supper and meeting. They served sandwiches and cookies to the crew who did the Adopt-A-Highway clean up. Plans were made to hold a *Pour for the Cure* with donation being made in memory of a past Life member of the branch... In celebration of their Thirty-seventh year as a branch **Lakeville** had guests who were born or lived in other countries dress in appropriate costume and tell of their experiences, they had a program on Orchids found in Nova Scotia as well as donated 700 finger puppets, 8 preemie bonnets and 10 toe socks to VHR... **Medford** read excerpts from the 1924 minute book of Kingsport WI which has disbanded. They had a program on edible weeds and had a report from the District Farm Safety Camp, in June they ate out at *Between The Bushes* and discussed the upcoming FWIC dinner at Port Williams... **Paradise** had a meeting on the history of farming in Nova Scotia as well as buying local... **New Tusket** had a wonderful demonstration by Angela O'Neil on Reflexology and a presentation on Etiquette by Roberta Journey. They held a *Pour for the Cure* in May... **South Berwick** celebrated their 58th anniversary enjoying a travelogue with Bette Kelly on her trip to Turkey, Jordan and Egypt. The anniversary cake was cut by Esther Chute who was celebrating 98 years young. On St. Patrick's day 18 boxes were sent to sick and shut-in of the community. They donated \$50.00

to Kings County 4-H Council and will sponsor a Gala Day Princess from their area... **Spa Springs** had a program on Reflexology as well as planning a "Spring Appreciation Tea" for the community and their annual Plant Sale and Coffee Party. They presented Life Memberships to Kathryn Reagh, Ruth Neily and Alice DeVeau. They made a donation to Bright Beginnings Workshop, approved a bursary for a deserving student and donated \$200.00 to help send a girl to a Cerebral Palsy camp in Ontario... **Weston** had dinner out at the Aurdra Inn Best Western. Members are busy knitting socks and 8" squares to make an afghan for the homeless and 6" squares for Baby blankets. They celebrated their 79th anniversary in May. A neighbor told of and showed pictures from her recent trip to Kenya and Tanzania.

Respectively submitted,
Coni Murray
Provincial President

Southern Area

Arcadia – held their annual meeting in May at the cottage of one member. Enjoyed a delicious pot luck supper and then discussed what needed to be done with the contents of the hall as it has been sold to a local dance instructor. Plans were made for a yard sale in the summer to benefit the Hospital Hullabaloo... **Brazil Lake** – In April, eight members and a guest took a trip down memory lane with a slideshow of various events that had been held at the hall over the years. Plans were made for a bean supper on May 14. In May the group enjoyed quizzes about healthy foods and a poem from Helen. The bean supper was held and a new fridge and stove purchased for the hall... **Chelsea** – A presentation on Seniors Safety by the RCMP was held in April. May brought the Annual Meeting, and in June, eight members enjoyed supper at Pizza Delight, followed by a meeting at a member's apartment. A bursary will be given to a graduating student at Parkview Education Centre... **Kempt** –

In April, a program on famous Nova Scotians was held, and roll call was to name a famous Nova Scotian. It was surprising to learn just how many there are! Also a program was given on The Importance of Vitamins: Fact or Fiction? Members continue to record their steps, and they are working on a quilt for the competition. May's program was an account of a member's trip to New York City. Plans were made to take part in the Thirty Mile Yard Sale, and the hall was cleaned inside and out. Roll call for June was gardening and plant care tips. Program was on skin care using simple household items and enjoyed by all. Trophies were donated to the 4-H club for their fall fair... **North Brookfield** – met in May with seven members present. Alicia Crouse gave a talk and slide show on her class trip to Italy. The group had adopted an apple tree. In June roll call was ideas for our float at the Caledonia Exhibition, and also ideas for our summer outing. Finger puppets were made for the North Queen's Medical Centre, and the 90th birthday of Beryl Berringer was celebrated with a cake. Plans were made for a bake sale and BBQ in August and a donation was sent to the North Queens board of trade towards fireworks for July 1st



The North Brookfield WI ladies and the 4 Leaf Clover 4-H club, before they start their Highway Cleanup on Saturday, April 30th. They had a beautiful day.

Sable River and Area – their Branch supported their community by knitting baby items for IWK, giving blankets to the homeless, helping local group of unwed teens with baby care items and supported their Camillus project. They raised \$215 at their Red Dress tea, their freewill Christmas party allowed them to donate to the Lockeport Legion and Christmas Daddies, and they sponsored a fundraiser for an ALS candidate for

Liberation Therapy and handed out cancer care packages. They added a bronze plaque to the cemetery arch honouring their members of the past seventy years. They continued to have programs of interesting speakers covering diverse topics and are pursuing an exchange of ideas with a British WI.

Respectively submitted,
Sharman Fells
Yarmouth District Director

Eastern Area

Bridgeville – celebrated their 47th anniversary at a party with their twin branch, Middle River/Gairloch. A lovely meal was enjoyed at the home of Judie Thomsen. Member Kate Aaltais gave a very interesting talk on her home based business as a copy editor for the University of Toronto Press. A Back to Basics workshop was discussed and the fall rally previewed. The June meeting will be the business meeting and program will be “Slips and Bloomers” ... **Caribou**– In May, members discussed the AGM. “Artisans in Action” will be held again at the Heritage Quay in Pictou with displays and demonstrations from June 7-11. Discussion was held regarding the pot luck supper to be held May 28, and a closing meal will be held at the Chinese restaurant in Pictou on June 20... **Churchville** - January's meeting featured a program by Susie Belt who, along with her husband operates Seafoam Lavender Farm. Pictures of the farm, along with many products produced there were displayed. There were sachets, tea, creams, migraine remedies, lip balms, etc. The presentation was so informative that plans were made to visit the farm in September. In May the group attended a play put on by the Pastoral Players of St. Columba Church in Hopewell. The play was a comedy and enjoyed by all... **Foxbrook** – met in May at Haven Brook Manor with fourteen members and five ladies of the manor present. Roll call was answered with seeds, clippings or plants to exchange with fellow members. The program consisted of guest speakers telling

about their business Sunrise Gardens – a very interesting and informative talk. The June meeting was held at Swiss Chalet in New Glasgow, with fifteen members in attendance. Plans were made for the North Colchester Exhibition in September... **Garden of Eden** – met in April with five members and three guests. Program was on hypertension, and things you should do to keep a healthy blood pressure. Plans were made for their anniversary. In May six members and five guests enjoyed a program on Remembering the One Room School House. Many members had attended this kind of school. Plans for our anniversary were made and new officers elected. In June plans were made for the Pictou Exhibition and the Terry Fox run. An interesting program was given by Anne on the Gaelic language. Her parents spoke it when she was a child and she is taking courses herself. The language is experiencing a comeback, she says. **Indian Harbour/Jordanville** - In May roll call was answered by putting a penny into the sick committee for each number of our shoe size. Spring Rally was discussed and we read jokes which put everyone in a happier mood- much needed after the weather we've had. Plans were made for the Grad party- we are having a turkey supper for eight high school graduates and giving each

Indian Harbour Lake-Jordanville Honours Grade 12 Graduates



Josie Jordan, Derren Reizer, Emily Langille,
Colin Feltmate, Nicholas Andreadie, Nikki
Mills, Brett Jordan, and Taylor MacLellan
June 3, 2011

\$50... **Homeville** – held their annual meeting with eleven members present. They report one new member. The June meeting saw ten members attending a program on End of Life Planning. They heard the importance of making personal directives to name a substitute decision maker for decisions

regarding health care and the importance of preparing an enduring power of attorney. Roll call was answered by naming a famous person whose death impacted you... **Middle River-Gairloch** – Roll call in May was answered by naming a tree. Their District Director visited and we held our annual auction to raise funds for charity or donations... **Lyon's Brook** – In April, the ladies were told the history of ACWW by Jennie MacInnes, and Lynn MacLean explained the website of ACWW to the ladies and told them about some of the promotions. In May, they had their annual meeting by having a pot luck supper... **Newtown- Denver** – In May, a Japanese girl now living in the community told of her experiences during the Japan earthquake, and a member showed pictures of her trip to Cuba... **Point Edward** – April and May were busy, with comfort pillows and a quilt worked on and a new door for the hall. We donated to the Riverview Scholarship Fund, and planned for a strawberry festival in July. The Spring Executive meeting was held at Port Morien and the ACWW Canada Area conference discussed... **Port Bickerton** – May's roll call was answered with baby and new mom items for St. Martha's Hospital. Plans were made for our yearly dinner and last meeting to be held at the old community centre. Their June meeting was the last to be held in the old community centre, as when we begin again in September, it will be at the new community centre. A pot luck lunch with a “Pour for the Cure” table was held... **Sherbrooke** – In April, a program on Stamps was given by the postmistress and a stamp collector. Also, a bakeless bake sale was held- not as tasty as the usual bake sale, but a good quick way to raise funds. **Spanish Bay** – In May, five members met to hold an all day sewing circle to make a quilt for Larch community. Plans were made to make another quilt and sell tickets on it in September. Proceeds will go to a worthy cause, yet to be determined. At the June meeting, work on the quilt for Larche continued. **Springville-Island** – In April, roll call was answered with charades, and the

program was an introduction to sign language. May's roll call was my favourite, and least favourite vegetables. The program was on Healthy Living: how good nutrition, exercise, and a positive attitude can contribute. In June we held our annual Bring and Buy Auction. This raises funds for any special projects and a hilarious, successful evening was enjoyed by all ten members present.

Respectively submitted,
Sharman Fells
Yarmouth District Director

Central Area

As I write my first Branch reports, I looked forward to learning more about Women's Institute and meeting more members... In April, **Belnan** had a program on fifty-one uses for baking soda. At their May meeting, they finalize the plans for hosting their twin... **Enfield** had a program in April on all about basil, the history and its many uses. Each member got a basil plant grown on a half grapefruit shell. Another program was on "Clutter", they learned how to cut down on and clean up their clutter. They answered the roll call in May with If you could be someone else, who would it be? **Martock Windsor Forks** presented one hundred sixty-six quilts to the Salvation Army in May. Some of the quilts are used to warm homeless people, some needed for use by Social Services for the least fortunate and on occasion the crib quilts have filled a request from the IWK. Work on the quilts begins during the winter months... February saw **Nine Mile River Homemakers** celebration Women's Institute week with a display in their hall and they invited the community to a luncheon. There were photos of projects completed by the Branch plus those who visited got to see a "Log Cabin" quilt in the quilting frames. The Branch had the idea to change their meeting time to accommodate new members, and they required four new members. A poem was read at the May meeting about "Quilting at the Upper Nine Hall".

Carol Crawford read the history of the former Upper Nine Mile River Women's Institute, that was formed on June 11, 1947. Roll call was each member to pay ten cents for each grand or great-grandchild... **North River** – Early June 11 members of North River enjoyed a social meeting at Kiwanis Park, Truro and walked



around the track to add to their steps using FWIC pedometers, for the FWIC challenge to "Walk to Sidney". The weather co-operated and we had an enjoyable morning, followed by lunch at a local restaurant... **Three Cornered** held a shower for a newly married member. They read over and voted on the Resolution for the AGM... The President of the Tatamagouche Recreation Centre spoke at the **Three Waters**, April meeting. She helped to raise awareness and informed the group of activities and benefits they offer at the Centre. Guests Coni Murray and Sheila Richards came to this meeting along with a graduate from the Cooking course at Pictou Campus of NSCC who gave a demonstration and had a food tasting... A new slate of officers was elected for **West Brook Halfway River** in May. An auction was held and roll call was a plant exchange.

Respectfully submitted
Shelley Lake
Hants West District Director



4- H Senior Speaker



Women's Institute sponsors an award each year to the top 4-H senior speaker. This year's winner is **Jane Stevenson** from the Scotsburn 4-H club. Congratulations Jane.



Entertainment for Convention 2012



We are asking each District to act, sing, or dance something for the years that they are given. The performance should be no longer than five minutes.

Your District Director has your year, and also you can find the year in the Annual Report 2010-2011 booklet.

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

Convention 2012 Committee



Convention 2012



Theme: 99 and counting

Place: TBA

When: July 31st, August 1st and 2nd

Registration Dateline:

June 30th, 2012

Amount Collected for:

Pennies for Friendship (AGM) ----	\$566.01
Touch and Take (AGM) -----	\$211.00
Nutty House Painting Tickets -----	\$616.00
Prior AGM – 377	
AGM – 239	
Painting donated by Deanna Acker -----	\$174.00



ACWW Canada Area Conference



The Women's Institutes of Nova Scotia (WINS) welcomed 118 women from across Canada and the United States, some accompanied by their spouses, to Mount Saint Vincent University (MSVU) in Bedford Nova Scotia July 8th to 10th,



Tattoo

2011 as they hosted the Associated Country Women of the World Canada Area Conference. They kicked-off the conference by attending the Royal Nova Scotia International Tattoo at the Metro Centre in Halifax on Thursday evening. White's Bus Service transported 75 attendees from the Mount to the Metro Centre for the spectacular show of Military and Pipe Bands, Acrobats, Dancers, Singers and other amazing acts. All those attending the Tattoo were thoroughly entertained.

Friday morning, July 8th Ellen Simpson, Past President of WINS and Co-chair of the Planning Committee, was Emcee for the opening ceremonies. Piper Blaise from the Halifax Citadel Regimental Pipes and Drums led the flag procession into the auditorium. Platform guests included Coni Murray – President WINS, Margaret Yetman – ACWW Canada Area President, Beverly Earnhart – ACWW United States Area President, Dr. Wanda George – Keynote Speaker, Dr. Elizabeth Church – Vice President of Academics MSVU and Ruth Blenkhorn – President Federated Women's Institutes of Canada (FWIC). Coni Murray gave a brief history of Nova Scotia and welcomed everyone on behalf of WINS. Greetings via electronic means were received from World President May Kidd who could not attend due to illness in her family. Hon. John MacDonell, Minister of Agriculture for Nova Scotia also sent electronic greetings. Dr. Church welcomed all delegates and brought greetings from MSVU. Area President Margaret welcomed all and declared the conference officially opened. Dr. George gave her keynote speech which included her personal experiences of how education empowered her to go from a high school drop out to Professor at MSVU and of her work with women in Peru to turn their hobbies into a business to improve the life of their families. After lunch all delegates from out of province received "The Order of Good Cheer" certificates from the province of Nova Scotia. This was followed by World President May Kidd giving her report, again via electronic media. All societies present gave a brief report. The afternoon finished with ACWW workshops. These were: Structure led by Margaret Yetman and Beverly Earnhart and United Nations led by Donna Jebb; Finance and Promotion & Publications lead by Lynn MacLean and Projects led by Dr. Ellen McLean and Agriculture led



Margaret Yetman



C. Raeburne, L. MacLean, D. Jebb

Christine Reaburne, Lynn, Donna and Christine are all on ACWW committees. The evening was time to relax with entertainment supplied by a few

Societies in the form of skits, stories and a game of ACWW Jeopardy followed by social time.

Saturday began with a presentation from Pauline Achola, Coady International Institute, St. Francis Xavier University, Antigonish. Pauline told us of the new program they have undertaken *Indigenous Women in Community Leadership*. Pauline also had literature with her to hand out. The business session followed. On the way to lunch the Pennies for Friendship collection was held. This netted \$425.08. The afternoon sessions included a slide show of the World



Conference 2010 in Hot Springs, Arkansas and two craft workshops. These were Crayon Quilt Blocks (hands on) lead by Linda Munro with Eleanor Lilley

introducing and thanking Linda as well as helping out and Recycled crafts (Demonstration only) lead by Winnie Forbes with Sheila Richards



introducing and thanking. The afternoon wrapped up with Alana Ryter from Nova Scotia Heart & Stroke Foundation giving a presentation on Women's Heart Health. The cafeteria looked splendid with the tables decorated for our banquet of Nova Scotia Pork and all the trimmings. The Banquet Speaker was Dr. Cathy Conrad from the Nova Scotia Gambia Association. Dr. Conrad had a slide presentation along with her talk which was very interesting. She told of her recent trip to Gambia accompanied by her 10 year old son who had raised money, selling cards he made, to help improve life for Gambians.

Sunday began with Reflections/Meditations lead by Ellen Simpson and Coni Murray. This included stories, poems, songs and prayers. Any unfinished business was handled next along with an open mike session. The luncheon



speaker was Dr. Ellen McLean who spoke on the theme "*Empowering Women Worldwide – Encourage, Educate, Enrich*" Elizabeth Rushton gave a summation of the conference followed by Margaret declaring the conference officially closed. As the flags were retired the

delegates sang "*Song of Peace*".

There were many Door Prizes handed out throughout the conference. There was also a Chinese Auction, with about 14 items, which raised \$604.00, which is to go to the Canada Area Project.

The evaluations were very favourable for the entire conference – the facilities, meals and staff at MSVU were excellent and delegates had many opportunities to make new acquaintances and renew friendships with others they have not seen for some time.

Respectively submitted

Coni Murray

Co-chair – ACWW Canada Area Conference

Nova Scotia delegates at the ACWW Canada Area Conference



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, 2012.**

Handcraft Competition 2012

Crochet Item



Categories: The classes are broken down into the following sizes:



- Small – 12" square or less
- Medium – 12" to 36" square
- Large – 36" square or more

The articles will be judged in separate classes.

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 2nd, 2012, at the Handcraft desk, Annual General Meeting, in Truro

A form will be provided to all entries.

WINS Family Scholarship Winner



This year's winner is Mallory Munroe and she graduated Lockport High School in Lockport.

She will be attending Dalhousie University for Bachelor of Science

Mallory's Aunt Norma is a member of Sable River and Area WI.

Congratulations Mallory

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

PRESIDENTS' CHALLENGE

OBJECTIVE: To create a pin for the 100th Anniversary of Women's Institutes of Nova Scotia depicting something about WI and Nova Scotia.

The designs will be judged by an independent individual(s) with the winning entry unveiled at Convention 2012.

The design will be used on all correspondence, newsletters, etc. during the year 2013. The design will also be made into a lapel pin which every member in 2013 will receive.

GUIDELINES: The design can be no smaller than 3/4" x 3/4" and no larger than 1 1/2" x 1 1/2" in size.

It can be any shape. When considering your design keep in mind that intricate detail may be lost in production.

ENTRIES: On a sheet of unlined paper draw your design to scale. Include an enlargement which will show more detail.

Include a short description including your inspiration, choice of material (pewter, enamel, etc.) and colors you have chosen.

On a separate sheet of paper include your name, address and branch name.

The entries must be postmarked no later than **May 15, 2012**. Entries received after this date will not be eligible for the judging.

Point Edward WI Ladies



The Point Edward Women's Institute has just completed 240 Comfort Pillows to be distributed through the Pre-Admissions Clinic at the Cape Breton Regional Hospital to ladies who are undergoing breast surgery. The Women's Institute has been involved in this project for the past 5 years donating a bag of 20 pillows almost monthly. Funding for the materials for the project for the past 3 years has come from a Wellness Initiative Grant through the Northside the Lakes Community Health Board which has been greatly appreciated.

(l to r): (back row) Ruth Arseneault, Ruth Grant, Diane Hynes, Sue MacInnis, Christine MacPhail

(front row) Barb Herald, Shirley Lewis, Donna Rudderham

Missing from photo: Carol Lee Carrigan, Edna MacVicar, Cindy Rudderham, Shirley Wells, Mary Williams

Comfort Pillows

They are small pillows, approximately 9" by 12", that have brightly colored pillow cases and are used under the arm to bring comfort after surgery.



**Garden of Eden
56th Anniversary
June 28th, 2011**



Theresa Fraser, Patrica Smith, Edna Fraser, Brenda Fraser, Letitia Quail, Ann Munro, Isabel Cholmondeley, Barbara Wood, Kaye MacInnis.

Everyone sat down to a bountiful luncheon, including casseroles, mixed cold plates, and salads, topped off with a lovely carrot cake, made and decorated by one of our new members, Patricia Smith. The tables were decorated with blue and gold, with vases of flowers and favours of home made chocolates.

A skit was presented by our members and several quizzes and games were enjoyed with prizes to the winners. A good time was had by all. After clean-up some of the members went down to see Helen Fraser. The president then presented her with her life certificate and pin.

Life memberships were presented to Brenda Fraser (32 years), Isabel Cholmondeley (14 years), and Helen Fraser (32 years, in absentia)

Alumni

WINS Alumni will meet on September 22nd, 2011 at the Lakeville Community Hall.

10:00am – Tea/Coffee

10:30 – Business session

Lunch – Soup and Desserts by Lakeville WI members

Tours – Heritage Centre and Wheatons

Cost -- \$25

Contact: Joan Campbell - Phone 1-902-434-8370
or Julia Llewellyn 1-902- 678-7029

If you need directions, contact Julia or WINS office or
Email: lamunro@eastlink.ca (Linda Munro)

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	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
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

Happy Thanksgiving

