



Home and Country

Spring

The Women's Institutes of Nova Scotia

2005

FWIC Launches New Project - *Into the North*

The Federated Women's Institutes of Canada (FWIC) has launched a new project, which will assist children and women, and focus on improving the lives of families in Northern Canada. The Nova Scotia launch of 'FWIC - Into the North', took place on Monday, February 14th, in Truro at the Women's Institutes of Nova Scotia (WINS) office located at the NS Agricultural College. Ruth Blenkhorn, WINS President and J. Lynn MacLean, FWIC Executive Officer for Nova Scotia are pictured at right. (vonKintzel photo)

The purpose of this new national project is to support isolated Northern communities with needed funding for health related items for babies, mothers, breakfast programs, women's shelters, books and educational resources for women and children.

"Hopedale and Sheshatshui in Labrador are the first communities selected," said FWIC Executive Officer, J. Lynn MacLean. "Hopedale has approximately 610 residents with 250 of these aged 18 and under. Sheshatshui, which is in the process of becoming a First Nation Reserve, has approximately 1,300 residents." Many in these two isolated communities live their traditional lifestyle on the land, in harmony with nature.

FWIC has been in discussion with Hopedale and Sheshatshui community leaders and have learned of



predominant health issues that include teen pregnancy; maternal, infant and early childhood care; access to medical care; family violence; substance abuse and unemployment. "FWIC and the Women's Institutes of Nova Scotia feel that their assistance in these two communities can make a positive impact and help to improve the lives of women, children and families," says Ruth Blenkhorn, WINS Provincial President.

Donations of supplies and funds have already started to arrive at the WINS office.

"Our first target date for distribution of supplies and funds is July 1, 2005," says MacLean. "It is our hope that FWIC will be able to continue this project into the future and assist other regions of Northern Canada."

Dropping In...

Southern Area

Lunenburg - in December they read Christmas poems and other readings and sang carols followed by an exchange of gifts. They had an armchair visit to Finland via the Internet and in February they watched *The Calendar Girls* on video. They donated to Tsunami Relief, the Lunenburg Music Festival, the Hoodless Homestead and Meals on Wheels... **Chelsea** - learned about Swedish Weaving and making bath bombs and milk bath. They enjoyed a Valentines party in February and they donated to Tsunami Relief and money to go towards a generator for the local Community Hall. They celebrated WI week and made plans to make Easter Baskets for the elderly and shut-ins. They also hosted a luncheon for the seniors in the area... **Parkdale-Maplewood** had a program on Food additives and the 10 top causes of death in women. They learned about the life of a foster child in the Sudan. They discussed the Tsunami and its effects on the South East Asian coastline and donated to the New Germany Food Bank and gave to Parkdale Cemetery memorial fund in memory of a member who had passed away. They donated stamps to WI office and planned a visit with their twin at Lakeville...

Tupperville - One of their members gave a presentation of Pier 21 and the International Peace Garden explaining the symbol and the founding of the gardens and gave an overview of Pier 21 and its origin. They worked on a quilt for the Homeless, donated to Tsunami Relief and held a Pot Luck Luncheon for WI Week... **Kempt** - had a talk by one of their members on her experience with Cancer and the group plans to take part in the Walk for Cancer in the fall. They donated to Tsunami Relief, held a benefit supper to help send a sick baby to hospital. They made ornaments from recycled material for

the Community Christmas Tree and gave out Christmas baskets to the elderly and shut-ins... **North Brookfield** - heard a presentation on the building of a new community fire hall for the area, made plans for WI Week, received first place for decorating their Community Christmas Tree. They held a Penny Auction and a Turkey Supper and are making plans to make a branch banner... **Barss Corner** learned the basics of the Art of Quilling and had a program on Library Services in the area. They made a donation to Tsunami Relief and plan to donate to the IWK in April... **Bridgewater** - donated to the Food Bank and exchanged gifts at Christmas and remembered the elderly and shut-ins... **Sable River and Area** - collected mittens and blankets for IWK hospital. They donated to the Food Bank and made blankets for the Homeless... **Waterloo** - gave baskets to shut-ins and for WI Week, they placed a message explaining what Women's Institutes was all about in rural mailboxes and also donated to Tsunami Relief.

Respectfully submitted,
Lauren Seaton
Queens District Director

Western Area

Greeting to everyone from the Western Area of Nova Scotia!

Blomidon sponsored a Community Christmas party. In January, the group heard from a former member who now lives in Switzerland. She shared how they celebrate Christmas. In February, the ladies learned about the heart. The ladies sent Valentines to patients in the hospital. Marilyn Rand was guest speaker in March when she talked about her Wool Business... **Burlington & District** made many generous donations in January. In February, Charlotte Keddy presented a program on Swedish Weaving... In December **Cambridge Station** ladies and guests enjoyed a pot luck supper

where Santa was a special guest. The ladies have been learning how to make rag quilts. They are preparing for a Spring Bonnet Tea... **Canning** gave donations to the less fortunate and tied a quilt... **Delhaven & District** learned about massage therapy from Hilda Schnare. What better way to have laughter in February than to watch Calendar Girls? That's what Delhaven ladies did... **Grand Pre** ladies enjoyed an evening of story reading and in March they completed a reading on Senior Care made available through Health Canada... The ladies of the **Lakeville** branch had an opportunity to learn about the many hardships people face in Sumatra. Eve Steenbeek was guest speaker. Julia Llewellyn spoke on the various days of February and their meaning... **Lockhartville** learned of the similarities between Bristol, England and the Annapolis Valley. The ladies are busy working on making a cook book... **Margareville** ladies were busy planning a WI Awareness Day Tea for February... **Medford** learned of different ways to organize their lives as well as their houses. In January, plans were made for their major fund raiser, the Eagle Watch Luncheon. Nancy Roach, RN, Cancer Care Patient Navigator, spoke to the group in February... **New Tuskot** invited Mr. Arthur Bull to speak on a project he is doing on Learning Circles. Congratulations Phyllis Stewart on being New Tuskot's WI volunteer of the year! ... **Paradise** members enjoyed an art appreciation program with Phyllis Nixon as the presenter... **Port Williams** was thrilled to have Lloyd Anderson, Sr., a veteran of WW2, as guest speaker. President Ruth gave an overview of the purpose and some of the activities of WI. In March Ashley Tupper, Port Williams Princess 2004, was guest speaker. She shared some of her experiences and pictures. The ladies are busy making quilts and blankets for the Homeless... **Sheffield Mills & District** ladies invited four ladies

who have had cancer, as their guest speakers. These ladies shared their thoughts and traumas along with the support from family and friends. The group made 35 mastectomy pillows and 29 envelopes. They had a workshop on embroidery stitches and made a rag quilt...**South Berwick** had a very successful Christmas luncheon and sale. They celebrated their 52nd anniversary in February. The ladies packed St. Patrick boxes for the sick and shut-ins...**Spa Springs** ladies had a program on Cervical Cancer with Ellen Simpson and Betty Croachman doing the program. Layette items were collected for Valley Regional Hospital. The group made preparations for the WI church service for WI week. Preparations were made for the supper and skit for Annapolis County's 400 years...**Tupperville** WI's Judy Whitman, did a program on "Shakers" and the origin of Remembrance Day. The ladies held a Pot Luck supper in December. ...**Weston** members were busy making roll up quilts and learning new stitches under the direction of Joyce Clarke. The group finished their "Country Moments" quilt in February. March saw Darren Hudson visit and share some tips for relaxing through physical therapy.

All groups have been so generous giving to so many organizations, making quilts, supplies for IWK, cancer survivors and giving donations to the WI Provincial office, whether it was stamps or funds for the Director's Fund.

Respectfully submitted,
Ellen M. Simpson
Annapolis District Director

In Memoriam

Iris Fraser - Grand Pre WI
Peace Parker, Hazel Haydon -Belnan WI
Hazel Foster-Parkdale - Maplewood WI
Jennie Smith - North Brookfield WI
Myrtle Watson - Chelsea WI

Eastern Area

Our branches have been busy over the winter months making Quilts for the Homeless and layettes, baby and new mother items for the IWK or local hospitals.

There were many good ideas for Roll Call such as; Hello in another language (**Bridgeville**); Homemade Valentines (**Caribou & Bridgeville**); A law we would like to see revised (**Garden of Eden**); Humorous Readings (**Bickerton**); Recipe exchanges (**Bickerton**); Name a Prime Minister (**Lyons Brook**); Favorite Christmas Food (**Springville-Island**); New Year's Resolutions (**Caribou**); Exchange of plant slips (**Abercrombie**); and Tell about a book you enjoyed reading or tell about a special friend (**Homeville**).

Many groups contributed to the Tsunami Relief Fund and several reported making hats, caps and mittens for local schools and the Red Cross and Salvation Army.

Meanwhile many Branch banners are being made for display at Convention 2006.

Pictou District had a display in the Highland Square Mall during WI Week, had the 'lights' on and added balloons to their decorations.

Our Provincial President, Ruth Blenkhorn, attended **Newtown-Denver's** 90th birthday celebration and spoke on her recent trip to Tasmania for the ACWW Triennial conference.

Other members' travels were frequently the subject of presentations. The experience of one member working toward her Canadian Citizenship from **Lyons Brook**, make others think seriously of brushing up on the Citizenship requirements.

The generosity of branches was evident in many instances; gifts for Tearman House children and for an adopted family (**Springville-Island**); gift bags to Aberdeen Hospital (**Caribou**); boxes for shut-ins (**Garden of Eden**); planning a Welcome Wagon for a new family (**East River St. Mary's**); donations to Christmas Daddies and the Food Bank (**Sherbrooke and Bickerton**); donations for Sleeping Children around the World (**Sherbrooke**); and Valentine Treats for Valley View Villa.

Fund raising activities were many and varied; catering for community dinners being the most frequent.

As for laughter and fun, Springville-Island probably had the most when they viewed the Calendar Girls video.

Respectfully submitted,
Aleah Lomas Anderson
Guysborough District Director

Central Area

Gore members have had lots of interesting and educational programs, armchair tour of Morocco, food banks and how they operate, history of the poppy and war time recipes, how important physical and mental health is, Nova Scotia Trivia and the on going saga of butter versus margarine. WI Week was celebrated with a meal at a restaurant and entertainment by a barbershop quartet. Donations were made to the Tsunami relief fund, shoe boxes for the food bank, postage stamps and monies to help a member of the community...**Enfield** had a successful bake auction and learned thru a Mary Kay representative how to winterize their skin...**Nine Mile River Homemakers** had programs on Volunteers and the benefits of eating healthy foods. A wine and cheese party to recruit new members was held. Spring cleaning of the hall has taken place and a workshop on quilts for the homeless was held. A

letter was written to the Federal government regarding the Young Offenders Act and a donation made to the Tsunami Relief fund...**South Rawdon** had an interesting trip to Hawaii in the midst of our snowy winter. They also collected clothes for the Into the North project...

Belnan members learned how future law students are helping new immigrants go through the paper work that needs to be done. An extremely interesting program on the historic Scott Hotel in Elmsdale, built in 1858, was given. Members brought in cards with a stamp on it for future use...**North River** had a Christmas pot luck with guests from **Nine Mile River**. Layettees were donated to IWK hospital. The members prepared for a church service during WI Week as well as taking treats to the local radio station to thank them for all the publicity they gave them...**Hardwood Lands Sr.** learned how to survive a heart attack when alone. Coughing with deep breathing will help overcome it. Mammograms and breast disease were discussed also a program on foods with lots of quizzes and readings on Elder Abuse. Donations were given to the Adelaide Hoodless fund, the Tsunami relief fund, scholarship and cemetery fund...

West Brook Halfway River put on a Christmas play and also had a Yuletide Trivia contest. Donations were made to Christmas Daddies...

Tartan members met for their Christmas meeting at a restaurant and then back to a member's house for dessert, games and exchange secret pal gifts. They learned about N.S. industries with an article read on preparing animation programs. Donations were made to the Tsunami relief fund. A workday was held in February where various projects were made and earmarked as charitable donations to homes...**Martock-Windsor Forks** enjoyed a pot luck supper and listened to fiddle and guitar music provided by 2 members. They

provided gifts and a meal for a local family of three. Various items were collected for the IWK layette program. Each Tuesday for the past 2 months, members worked on quilts for the Homeless. The group supplied muffins for "Feed My Lambs" program at the local elementary school. The EMO coordinator gave an informative presentation on emergency readiness telling us how to be better prepared for emergencies. A large donation of food was collected for the food bank. A theatre society provided our March entertainment and told us how the acting troupe focuses on local history. The members are sponsoring a princess candidate for the Apple Blossom Festival and had a birthday party at a senior's residence.

Respectfully submitted,
Joan McNeil
Hants West District Director

Yarmouth District WI Week Activities



Barb Hinckley reports a very busy Yarmouth District during WI Week 2005. The District President made corsages from blue yarn and yellow silk flowers for every member in the District to wear – plus enough for a twin branch! Arcadia WI hosted a pot luck supper and the District President placed a sign in front of her home in honour of WI Week. See picture above. The District also distributed more than a thousand paper placemats to restaurants in the area. The placemats promote the projects of the Women's Institutes and invites the reader to find out more! Well done, ladies.

Reach for the Stars Membership Challenge 2004-2005

Once again this year, WI branches across Nova Scotia added new 'STARS' to their membership during the 2004-2005 Reach for the Stars Membership Challenge. Each new member earns the branch one star. Welcome to all new members! *Please report any omissions to the WINS office before May 31st, 2005.*

One Star

Caribou WI – Elaine Simpson
Gore WI – Dorothea Mitchell
Indian Harbour Lake – Jordanville WI – Jean Greene
Kempt WI – Diane Vidito
Paradise WI – Barbara Bishop
Sable River and Area WI – Rebecca Dunlop
South Berwick WI – Shirley Landry
Tartan WI – Janet Final
Tupperville WI – Judy Whitman
West Brook – Halfway River WI – Joan Pettigrew

Two Stars

Bickerton WI – Dot Bingley,
Joan Pettigrew, Freda MacDonald
Churchville WI – Elizabeth Fraser,
Mary MacGregor
North River WI – Isabel Carter,
Karen Sutherland
Port Clyde WI – Lilla Porter,
Barbara Nickerson
Sheffield Mills and District WI – Blanche Borden, Beverley Parsons
Three Cornered WI – Tara Whitehead,
Stacey Siler

Three Stars

Spa Springs WI – Myra Tarkka,
Betty Crouchman, Elizabeth Elliott

Four Stars

Middle River – Gairloch WI – Marie Cameron, Isabel Morris,
Louise McNeil, Kaye MacPherson

Five Stars

Burlington and District WI – Thelma Miles, Luanne M. Stoddart,
Anita L. Keddy, Mary Hirtle,
Charlotte W. Dexter

The presentation of the Reach for the Stars Membership Challenge Award will take place at AGM 2005 in Sherbrooke!

Rural Research Centre and Women's Institutes Help to Preserve History of Rural Nova Scotia

The Rural Research Centre, one of the research institutes operating under the Department of Business and Social Sciences, Nova Scotia Agricultural College, has partnered with the Women's Institutes of Nova Scotia to help preserve a part of Nova Scotia's rural past.

The Rural Research Centre has been working with the Women's Institutes of Nova Scotia (WINS) on a number of projects, many of which have an historical dimension. Some time ago, it was discovered that the WINS newsletter, *Home and Country*, published continuously by the organization since the 1920s, did not exist in microfilm form. (Microfilm is the most common means of preserving newspapers and other print documents for use by researchers, as paper copies are more susceptible to decay and damage.)

Because WINS is one of the oldest rural women's organizations in the country, and because the record found in its published newsletter is complete from the 1920s to the present, *Home and Country* represents an important institutional record of rural women and of rural Nova Scotia.

Under the auspices of a Social Sciences and Humanities Research Council (SSHRC) Aid to Small Universities grant applied for by the Rural Research Centre and received by the College, the complete run of the *Home and Country* newsletter from 1922-1959 was made available by WINS for microfilming.

In celebration of WI Week 2005 in Nova Scotia, a copy of the two-reel microfilm set was donated to the Nova Scotia Archives and Records Management. This copy will be held

at the provincial archives in Halifax, for ease of access by all researchers. The filmed original (master) and the original paper issues remain with WINS; a microfilm copy was earlier donated to the Agricola Collection at NSAC's MacRae Library.



Pictured above receiving the microfilm from WINS President Ruth Blenkhorn (left), and Rural Research Centre Associate Director Deborah Stiles (right) is Provincial Archivist Brian Spears.

Cancer Care Nova Scotia Needs Our Help

Cancer Care Nova Scotia wants to continue working to achieve the goal of reducing the rates of cancer of the cervix in our province. They want to increase the rates of Pap Testing to Nova Scotia women who have never had or who have had a few Pap tests. One way might be to take the testing process directly to Nova Scotia women by way of a Pap-mobile, similar to the mammography unit that travels across the province – but, they need to know if women think that this would be worthwhile.

Enclosed with this issue of *Home and Country*, your secretary will have received a copy of a questionnaire. Names are not required, but your opinions are very much needed! Please feel free to make copies of the questionnaire and circulate in your community. Give completed forms back to your District Director or send to the WI office. Thanks for your help!

Truly Blessed

Submitted by Marion Newcombe, Past President (This message was presented at the 2002 ACWW Area Conference in St. Hyacinthe, PQ.)

If you have food in the refrigerator, clothes on your back, a roof over your head and a place to sleep...you are richer than 75% of this world.

If you have money in the bank, in your wallet, and spare change in a dish somewhere...you are among the top 8% of the world's wealthy.

If you wake up this morning with more health than illness...you are more blessed than the million who will not survive this week.

If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture or the pangs of starvation...you are ahead of 500 million people in the world.

If you can attend a church meeting without the fear of harassment, arrest, torture, or death...you are more blessed than a billion people in the world.

If your parents are still alive and still married...you are very rare, even in the United States and Canada.

If you hold up your head with a smile on your face and are truly thankful...you are blessed because of the majority who can, most do not.

If you can hold someone's hand, hug them, even touch them on the shoulder...you are blessed because you can offer a healing touch.

If you can read this message, you just received a double blessing in that someone was thinking of you, and furthermore, you are more blessed than over two billion people in the world that cannot read at all.

AGM 2005 Update “Our Nova Scotia Heritage” July 5th & 6th

Have you ever attended a Women’s Institutes of Nova Scotia Annual



General Meeting? If you have, you know that it is a wonderful experience! If you have never been able to attend an AGM in the past, here is your chance to learn, share and meet with WI Members from across Nova Scotia.

The 2005 AGM is being hosted by the Guysborough District Women’s Institute in conjunction with the Provincial AGM Planning Committee. The venue for the meeting on July 6th will be St. Mary’s Academy, with the entertainment the night before at St. James Presbyterian Church in beautiful Sherbrooke Village.

The theme of the AGM will be ‘Our Nova Scotia Heritage’ with guest speaker, Robert Frame, a past Director of Sherbrooke Village.

Special displays will include the Quilts for the Homeless and the Embroidery Handcraft Competition Entries.

Delegates are asked to register by June 10th. If you need a registration form, contact the WINS office.

Use of WINS Crest

As stated in our handbook the WINS Crest is a registered trademark. As with the Sherbrooke Village logo above, permission to use the image must be obtained from the organization before it is used in any fashion. A quick call to the WINS office can provide you with this permission. Remember to call first before using the crest. Thank you!

Indian Harbour Lake – Jordanville WI Honour Graduates 2004



Each June, members of Indian Harbour Lake – Jordanville WI honour their high school graduates with a special party and goodies to help get them started at university or college. The 2004 graduates pictured above, left to right, include Samantha Jordan, Stephanie Mills (one of the recipients of the 2004 WINS Family Scholarship), Daniel MacDonald, Sean Ross Sangster and Matthew Morris.

Thanks to all branches who have donated to the WINS Scholarship during February “Scholarship Month”. You are reminded that donations to this provincial fund can be made at anytime during the year and are greatly appreciated.

Members Honoured for Long Service



In September, Barss Corner, Lunenburg, Bridgewater and Parkdale-Maplewood WI branches celebrated 90 years! Barss Corner WI members, Myrtle Taylor (left) and Judith Mader have served 58 years for Home and Country, and were honoured to cut the anniversary cake. Congratulations!

Waterloo WI Raises Funds for the Hoodless Homestead



Waterloo WI member, Mary Nickerson, reports that members had a ‘Pickle Scramble’ to raise funds for the Hoodless Homestead. We’ll try to find out more about how they did in a future issue!

Glenna is an Inspiration



On January 5, the Brooklyn & Area WI met at the home of Glenna King to celebrate her 99th birthday. Members report enjoying an evening of reminiscing but to listen to Glenna with her many stories was a delight to one and all. Glenna is a lively member of the Institute but is unable to get to meetings. She remains in her own home and fixes her own meals. At any given time, she can be found knitting or doing embroidery.

The branch delivers boxes of cookies to the shut-ins in the community, and low and behold, when Glenna's treats were delivered, she was baking a batch of molasses cookies! Branch members tell her to ‘Keep up the good work and that she is loved!’

Quilts in the Garden



On Thursday,
July 28th the
Nova Scotia

Agricultural College will be hosting its annual Open House. This year is extra special as the NSAC is celebrating 100 years! In honour of this special occasion, Women's Institutes will be hosting a special event, weather permitting, in the NSAC Alumni Gardens.

Quilts will be on display in the gazebo and among the Adelaide Hoodless Roses and ornamental trees. This will be a beautiful display of our member's heritage quilts and also the special quilts made by our members this past year for the Homeless.

Cookies and lemonade, served by WI members will be available free to visitors in the garden. Some members will be dressed in Victorian costume and we are hoping to have demonstrations on quilting and spinning. Photo displays will also be featured.

Would you like to take part? Volunteers are needed to assist with staffing the event on July 28th. We will also be looking for donations of home-baked ginger, sugar and oatcake cookies as it get closer to the date. If you'd like to volunteer, please contact the WINS office for more information.

My Visit to the Hoodless Homestead Theresa Osborne, Executive Secretary



After working for Women's Institutes for the past fifteen years, I finally had the opportunity to visit the Adelaide Hoodless Homestead in St. George, Ontario.

On April 13-15th, I took part in a Canadian Agricultural Safety Association meeting on behalf of our provincial Farm Health and Safety Committee, in Guelph, Ontario. WINS has been a part of the provincial committee for

many years and I was pleased to have been asked to represent Nova Scotia at this meeting. A few days before the trip, I had sent an email message to FWIC Executive Director, Barbara Sheardown, and mentioned I would be in the area soon. Barbara asked if I would like to make the short trip from Guelph to St. George to see the Homestead. I couldn't pass up the opportunity! So, at the end of a long day of meetings, with a map in hand, I hopped into a rental car and off I went to St. George.

I arrived a bit early and was pleased to meet Karen Richardson, the curator of the museum. Karen had just arrived back at the Homestead with boxes of items she had displayed at a local fair. The items included antique kitchen utensils which she used to show children how foods were prepared many years ago.



As we were waiting for Barbara to arrive, Karen and I begin our tour of the museum. The back area of the house is a newer addition and the location of the FWIC National office. From here you walk into the

pantry and kitchen area. The blue and white dishes placed neatly on the wall shelves catch my eye! At this time, Barbara arrives and joins our tour. I'm so pleased to meet Barb, after many email messages going back and forth between WINS and FWIC, it was nice to put a face to the name. Pictured above, Barbara Sheardown (left) and Karen Richardson (right). Into the next room, the hardwood floors lead into a larger room with an ornate iron stove, butter churn, crocks and other 'necessities' of the day. The other end of the room opens up into a dining area. Karen points out the lovely set of pink and white dishes, actual heirlooms belonging to the Hoodless family. It was noted that many of the items in the museum have been donated by WI members through the years. I must say that Women's Institutes is certainly fortunate to have hired Karen as the Hoodless curator. You can see that she loves her work as she brings Adelaide's story alive.

We follow Karen to the parlor and then upstairs to where the bedrooms are located. On our way upstairs we pass the guest book and a portrait of Adelaide. On another wall, hangs a picture of Adelaide and John, her husband, and below it the family bible is open to a page inscribed with the date of their marriage. The bedrooms are fashioned to resemble adult and children's rooms of the period. One room has been used for a



beautiful display of antique postcards. As we make our way back down stairs, we go outside the museum to see the picnic shelter. At the front of the house I'm pleased to see that the daffodils are blooming! Karen points out the new museum sign situated at the entrance. Many of the improvements made to the museum have been due to generous donations of WI members from across Canada. As our tour comes to an end, Karen has to leave for home. Barb and I decide to have supper at a nearby restaurant and continue our chat. It was such a great opportunity to have visited with these two wonderful women and to have finally seen the Homestead. If you are in the St. George, Ontario, area, I strongly urge you to include a tour of the Adelaide Hoodless Homestead museum in your plans.

Applesauce Loaf

Invite a friend to tea and treat them with this wonderful loaf! Thanks to Mary Walsh of South Berwick WI for the recipe (Netina Parrish).

3 cups all purpose flour
1 tsp. baking soda
1 tsp. baking powder
½ tsp. salt
1 tsp. cinnamon
¾ cup strong brewed tea
¼ cup unsalted butter (4 tbsps.)
¾ cup brown sugar
2 eggs
1 ½ cups applesauce
1 ½ cups chopped apples
½ cup chopped walnuts

Sift together flour, cinnamon, soda, baking powder, and salt. In separate large mixing bowl, beat eggs and sugar well. Beat in applesauce and stir in tea and melted butter. Add flour mixture, fold in apples and nuts. Pour into well greased 10 inch loaf pan and bake at 350 for 60 – 70 minutes. Enjoy!

☺ Two couples were enjoying friendly conversation when one of the men asked the other, "Fred, how was the memory clinic you went to last month?"

"Outstanding," Fred replied. "They taught us all the latest psychological techniques: visualization, association. It was great."

"Wow! What was the name of the clinic?"

Fred went blank. He thought and thought, but couldn't remember.

Then a smile broke across his face and he asked, "What do you call that flower with the long stem and thorns?"

"You mean a rose?"

"Yes, that's it!" He turned to his wife,

"Rose, what was the name of that memory clinic?"

Coming Events

2005 AGM
Sherbrooke, Nova Scotia
July 5th & 6th

Quilts in the Garden
NSAC Alumni Gardens
July 28th

Excerpts from a letter from ACWW General Secretary – Ian McConchie

Dear Member:

Pennies for Friendship Donations –
Many of you will know that the origins of this fund go back many years to 1939 when it was introduced to the London Conference by Mrs. Godfrey Drage.

The fund has grown steadily since those early days and now represents a significant part of ACWW's income. Donations received are used to support the objectives of the charity including projects and project related costs.

This letter has been written to thank all those Societies and their members who contribute to this fund every year. The generosity of your members is overwhelming and is much appreciated by the Trustees of ACWW.

Working With Women Worldwide – Highlights of 75 Years of ACWW

This book was launched in 2004 at the 24th Triennial Conference in Tasmania. It is a valuable record of the organization and its highlights over the years since its origins at the International Conference of Rural Women in London in 1929 to the present day. Copies of the book can be obtained for £7.50 plus postage from the ACWW office.

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Home and Country

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