



Home and Country

May 2006

The Women's Institutes of Nova Scotia

The WI Buy Local Challenge

Do you read food labeling when purchasing your groceries? Many people take notice of nutritional information but how many of us look to see where food is produced? If the packaging said a food item was packaged in the Annapolis Valley for example, does this also mean it was produced there? Does price have the greatest impact on what you buy?

Questions like these are the reasons why Women's Institutes of Nova Scotia is promoting the WI Buy Local Challenge. WINS is challenging our membership, the public, restaurant owners, grocery chains - anyone who buys food products to become more aware of locally produced foods and the social, economic and environmental benefits of buying 'local'.

The WI Buy Local Challenge is a project supported by Agri-Futures Nova Scotia and additional assistance through the NSAC Rural Research Centre.

Later this year, Women's Institutes will be visiting various county exhibitions, AgriFest, and the Maritime Fall Fair to promote this project. As part of our promotion plan we are distributing surveys to gauge the food buying habits of the public. The survey is simple and copies have been sent to your secretary. We ask that each WI member complete one survey and return to your secretary. Surveys will be collected between May and November 2006.

Women's Institutes sees this project as a way we can encourage everyone to become more aware of locally grown and produced foods. Please complete your survey and let's support local first!



Here's how to take the WI Buy Local Challenge -

As part of our project, we challenge you to do these simple things:

- ☼ To eat at least one home-cooked meal per week, using mainly local ingredients
- ☼ To incorporate at least one never before tried local ingredient into your diet
- ☼ To 'brown-bag' at least one meal per week that is primarily made of local ingredients
- ☼ To talk to at least one food retailer (grocer, restaurateur) and one food producer (farmer) about local food choices
- ☼ To complete the WI Buy Local Challenge Survey and send back to the WI office
- ☼ To choose local food products whenever possible

Dropping In...

Southern Area

Barss Corner supported a local High School Student who traveled to Ottawa to visit the Parliament Buildings. They celebrated members' birthdays in the month of March and presented a Life Membership to Barbara Penney who has been a member for 50 years. In April, Barb DeLong presented a program on Arts and Crafts and each member created an artificial flower arrangement. The branch has sent a letter to the New Germany Medical Centre to request more open hours be available to the public... **Brazil Lake** presented items to Juniper House. They held a Valentine Luncheon to celebrate WI week and supported their local community hall by installing new windows and a door... **Brooklyn and Area** entertained their twin branch, Port Clyde, with a meal and a gift exchange. Members visited with



Glenna King to wish her a happy 100th birthday! See picture above..

Chelsea held a Valentine Party, made muffins for CKBW radio station and delivered apples to Newcomville Elementary School for WI week. They had a demonstration on making greeting cards and gift tags and held a pancake supper on Shrove Tuesday. In April, a program was presented by Elspeth McLean-Wile on the proper time to plant or transplant. In May, members held their annual meeting and also delivered Easter baskets to

the seniors and shut-ins in the community... **Kempt** held a Tea for WI week where several of the ladies dressed up in fancy dresses, gloves and hats with special guest, Miss Piggy, in attendance. They have been working on two Round Robin quilt blocks which will be on display at the Provincial Convention. In April, Arlene Harten gave a program on Muscular Degeneration of the Eye. She talked about the symptoms and what can be done to help. The branch will see that fire extinguishers are recharged at the hall and members made plans for their Adopt-A-Highway clean-up... **Lunenburg** read stories on the origin of Valentines Day and displayed ribbons for WI week. They bought juice packs and donated them to Meals on Wheels for Nutrition Month. They donated to the District Pooling Fund, Hoodless Homestead Fund and Lunenburg District Music Festival and worked on Quilts for the Homeless. In April,

Geraldine Tanner

presented a program on spring and Easter. Members worked on tying a quilt for the Homeless and made plans to travel to Lockhartville to visit their twin branch... **North Brookfield** had a Handbook Quiz, worked on finger puppets, preemie hats, mittens,

turbans, and Comfort pillows. They are planning a Yard Sale, Canada Day Celebration and an Exhibition Float. The also had one new member join. Congratulations! In March, members learned about St. Patrick's Day and Nutrition month. Plans were made for their Adopt-A-Highway clean-up. In April, Isabelle Sutherland presented a program entitled, Memories of a War Bride. She talked about how it was to come to a strange country in 1946 and the only person you knew was the man you married...

Parkdale-Maplewood members discussed Valentines Day and its origin. They made plans for a luncheon during WI week and a potluck supper fundraiser. They donated to the District Directors Fund and the Well Woman's Clinic in New Germany. In April, guest speaker, Diane Rafuse, spoke on her trip to Kenya and Tanzania. She spoke about the lives of the people living in these countries and especially about their problems getting enough drinking water...

Sable River and Area held a Valentine Coffee Morning to raise money for WI and a school bursary... **Tupperville** members had a program for Nutrition month. They also were proud to support one application for the WI Scholarship. Members also donated a trophy to 4-H... **Waterloo** members donated flowers to senior ladies and sweets to senior gentlemen for WI week.



Pictured above, back row: Shirley Crouse, Viki Crouse, Polly Zwicker, Mildred Wile, front: Mary Nickerson, Melda Zwicker, Lenore Hirtle and Abbie James. They made plans for a bake sale and the Tall Tales contest. In April, Polly Zwicker presented a program on Agriculture in Nova Scotia. She told about the number of family farms in the province and the various crops grown.

Respectfully submitted,
Lauren Seaton
Queens District Director

Western Area

Blomidon members learned about Graceland and the Grand Ole Opry from a neighbour who had recently visited the area. The members made Valentine gift bags and visited a former member in a nursing home. In April, members learned about the olden days in Blomidon and about Native and French names of surrounding communities...

Burlington and District members are busy preparing for both the 2006 Provincial Convention and the 20th Anniversary of the branch. The group is corresponding with a Women's Institute in Wales. The branch is supporting the efforts of the Salvation Army for a year. In May, a presentation by Kyla Pierik of Apple Berry Farm was presented. She spoke of a recent trade mission to India....

Cambridge Station members viewed slides of the North shown by Julia Llewellyn. The group held a "green auction". Members are preparing for a Spring Bonnet Tea. In April, Judy Parks presented a program on Bermuda. They plan to entertain their twin, Medford, in June... **Canning** branch celebrated 40 years in March. Congratulations! The group gave donations of food and money to the local food bank... **Delhaven and District** members learned about scrapbooking with Jacqueline Melvin and in March, the program was on the 'One Tonne Challenge' and how to lower our carbon dioxide outputs. In April, members held their Book Club meeting and discussed a book by Harrison Wright entitled, Probing Minds, Salamander Girls and a Dog Named Sally. The discussion was held while enjoying a member's hot tub!... **Grand Pre** branch executives prepared a program entitled, "Good News Stories." The branch enjoyed a program on the Grand Pre National Historic Site. Members learned about the Irish at their March meeting. In April, information on

the Peace Gardens was presented along with information on ACWW. Also in April, a table was presented and dedicated in memory of Iris Fraser. Jean Palmeter spoke of the many years of dedicated service Iris gave not only to WI but to many other community projects. Jean was assisted by Iris' daughter, Katherine, who removed the cloth from the table. In May, the annual meeting was held and donations were made to the hall, Pennies for Friendship and the ACWW Kimako project... **Lakeville** welcomed an Insurance Broker to their February meeting. The group made plans for a Tea Party in honor of WI week. In April, the branch discussed interesting facts about Alberta and also presented Tall Tales. More than six hundred finger puppets and a quantity of Cancer turbans were donated to the Valley Regional Hospital... **Lockhartville** learned how to redecorate without a lot of cost. Members made Comfort Pillows. Marian Fulton told the group about Mermaid Theatre and how the theatre company has become Ambassadors to the World for the province of Nova Scotia. In April, Hazel Beckwith presented a program on plants. They also had a booth at the Hantsport & Area Business Association Trade Show. They displayed various project items and raised awareness about Women's Institute.



Pictured above, Marian Fulton, Hazel Beckwith, Marion Schofield and Faye Singleton at the show. In May, Faye Singleton reviewed the

objectives and aims of the Women's Institutes of Nova Scotia. Future plans are to visit the chocolate factory in Hantsport... **Medford** welcomed Carol Doucet, President of Kings County S.P.C.A. In March, members received a lot of information on living safely in a rural area from the RCMP. In April, a presentation by Wilma Gibson of the Fieldwood Heritage Society, was given on heritage homes and how to preserve oral histories for future generations. In May, members attended their annual meeting and made a calendar for the coming year so that items would not be forgotten. They decided if some members did not want to prepare programs then they would be assigned tasks such as refreshment preparation and others would do program book development... **New Tusket** members looked at the causes of heart attacks at the February meeting and in April made table markers for their meeting with their twin branch. Plans were made for the branch banner. In May, the members hosted the meeting with twin, Brazil Lake, and enjoyed a pot luck supper and sing song. Paradise members learned about the life of Mother Teresa and the true definition of a hero from fellow member Phyllis Nixon. In May, the branch held their annual meeting and worked on planning programs for the new WI year... **Port Williams** members learned about the value of volunteerism from Richard Hennigar. The branch purchased a postage scale for the Provincial WI office. Thank you, Port Williams WI! Marg Russell showed stamping techniques for the members to use. In April, Faye Palmeter, a long time quilter, brought an assortment of quilts done by using various techniques to the meeting. In May, the annual meeting was held and members planned to hold a Historic Tour of the village in June...

Sheffield Mills and District learned about "Living off the Grid" from M. Hennigar. In March, speaker Judy Gilmour presented a talk on her trip to Africa. The branch banner was worked upon as well as Comfort Pillows. In April, the Director of Fitness for Kentville Recreation discussed available programs...

South Berwick members enjoyed the ABC's of exercise and nutrition. The group celebrated their 53rd Anniversary with special music and guests. Congratulations! Members gave stamps and envelopes to the provincial office. In March, members learned about the care and use of silk flowers in arrangements from Betty Ann Balcom, Pulsifers Florist. In April, Tall Tales were presented with a lot of laughter. Evelyn Keddy, a long time WI Member and life member of the branch, has faithfully been sending branch reports to the local paper for more than 40 years. At the age of 88,



she has decided to 'put down the pencil'. Pictured above is Evelyn being presented with a certificate of appreciation and flowers, held by Branch President, Carolyn Newman. **Tupperville's** member, Thelma Bent, presented the history of "paper collage". The branch sent a fruit basket to the Annapolis County

Adult Residential Centre. The branch is also making a quilt as a fund raiser. In April, Tall Tales were on the program. The branch banner is progressing well and the branch annual meeting will be held in May... **Weston** members visited seniors and shut-ins during WI week. Betty Kelly did an informative program on a South East Asian trip. In April, speaker Edmund Read showed members how to properly prune trees and shrubs.

This will be my last "Dropping in on Branches" report and I want to say a special thank you to each branch that has sent in reports. Your reports have helped make a huge impact on Women's Institutes throughout the province and across Canada. See you all at the Convention in Truro on July 4-6th.

Respectfully submitted,
Ellen M. Simpson
Annapolis District Director

Eastern Area

Abercrombie enjoyed a program by Pat Christensen in February on a Cheese Factory in Port Williams. In March, they celebrated their 54th Anniversary. Congratulations! Their guest speaker was from Pictou County Solid Waste Management who explained the value of recycling... In February, **Bickerton** found Mary Kaizer's presentation on the Homeless issue very interesting. The also held a Pancake Brunch, made Homemade Valentines for the Nursing Home and the Hospital in Sherbrooke. In March, Mary brought information on vitamins and minerals. In April, a quilt top was finished and they hope to finish the quilt in May... **Bridgeville's** guest speaker in February was Audrey Jenkins who shared information on aromatherapy, Reiki



massage and her interest as member of the International Friendship group. In March, Volunteers from Summer Street Industries told members how volunteering benefits both the receiver and the giver. Plans were made to host the Spring Rally. In April, the program topic was a discussion on the Palliative Care Unit at the Aberdeen Hospital with speaker, Denis MacDonald. In May, plans were made for the annual plant sale, Slips and Bloomers and the branch's 44th birthday was celebrated with a cake made by charter member, Lillian McCuish... The picture below shows **Caribou** members participating in the 2005 Pictou Lobster Carnival Parade. They portrayed the 'Caribou WI Calendar Girls'. Recently they held a program on Summer Street Industries and looked at how people in the community can help by volunteering. They worked on a hooked mat, made plans for a Bean Supper, and organized a goodie basket for the Advocate Newspaper during WI week. In March, a Tourism speaker told about Pictou and the Ship Hector. In April, Caribou held Book

Night which has become an annual event. Each year, members agree to read the same book and then have a lively discussion on the book at the end of the WI year. This past year members read, The Curious Incident of the Dog in the Night-time by Mark Haddon... **Churchville** member, Margie Taylor, spoke on International Women's Week and how women all over the world seek Equality. Plans were made to work

the Shepherd's Lunch Room...

East River-St Mary's speaker in February was Marion Hattie who spoke on how to keep the Flu away. Flu shots, hand washing, and eating well is the best preventative medicine. For WI week a blanket was given to someone who lost his home to fire. Edith Green spoke on protecting our Water supply and how to guard against Global Warming in March. In April, speaker Ian Gunn of Natural Resources told members to contact the department when experiencing problems with wildlife. He also told of the work done to combat forest fires...**Foxbrook** also had a speaker from Summer Street Industries in February and during WI Week, delivered a goodie basket to CKEC Radio Station. A great way to get a little bit of free publicity! In March, a member told of the WI history and plans were made to invite their twin branch, Lyons Brook, to the May meeting. In May, an interesting program on recycling was presented by Lisa Stewart of Pictou County Solid Waste Management...**Garden of Eden** members decorated their mailboxes for WI week. They held their meeting at Blue Mountain Fire hall and helped to work on a quilt. See picture below.



They served a Potluck lunch for WI Week in March and member, Mary Ross, spoke on the origin of St. Patrick's Day. In April, plans were made to visit their twin...**Homeville** member, Pauline Barro, spoke on how "Curves" provides a complete 30 minute workout for all ages and that they give back to the

community. Members donated children's hats, scarves, etc., to the Salvation Army. The branch has received a grant to purchase materials to make Comfort Pillows for Breast Cancer survivors. In March, guest speaker Shannon MacNeil spoke on the training of Paramedics and duties of first responders of 911 calls. In April, members invited the co-owner of a new Tea room in Port Morien. The Tea room will also sell jewelry, vintage linens, artwork, etc. In May, Jean MacQueen presented a program on the 60th anniversary of the Port Morien Community Fair. Members are continuing to work on the Comfort Pillows and some have already been donated...**Lyons Brook's** February speaker was Beth Nelson, who spoke on how to do our part in the care of our heart and body. Former member, Tena Koehoorn attended and a goodie basket was sent to the New Glasgow Evening News for WI week. In April, members learned about the importance of moisturizing your face and skin. The importance of sunscreen and that drinking lots of water is the key to staying youthful...**Middle**

River-Gairlock celebrated WI week by hosting Seniors, members of the Gairlock Symphony group and local artist, Danny Munro, as a 'thank you' for their support and dedication to the community. In March, speaker Arlene MacGregor talked about her recent trip to Germany and plans were made to make Easter plates for shut-ins. Members are also making plans for a float in July 1st parade. In April, members discussed new ideas for roll call. One idea was to answer roll in May by using sign language. A plant and bulb sale will be held and the District Director will be visiting the branch soon...

Newtown-Denver had an interesting report on Agriculture Awareness. Nominations for Volunteer week were made and in March, a member told of her visit to her native home in South Africa...**Point Edward** members have made over 120 Comfort Pillows for Cancer Survivors. The pillows were presented to the President of the



Cancer Society in April. See picture above: Mary Williams, Susie MacInnis, Geraldine Collins of the Cancer Society, Cindy Rudderham and Donna Rudderham...**Port Hillford** members have also been very busy making Comfort pillows. Last fall a life membership was presented to Dorothy Kinley. See picture below. The life membership was presented by Branch President, Alice Hewitt (right).



Springville-Island invited speaker Lisa Lamey from Pictou County Solid Waste Management who told members how to recycle. Members donated a goodie basket to CKEC during WI week and planned to invite Churchville and Bridgeville members to the March meeting. In March, members enjoyed speaker Carla Marshall and her husband, Robert, talk about their trip to China visiting farms, processing plants, and supermarkets. She talked of tight security and more and more fast foods as western culture is being introduced. In April, speaker, Jeanine Parker, spoke of her experiences teaching English in Africa. Schools have bare walls, few desks and students share one textbook between 5 students.

Respectfully submitted,
Jo-Anne Smith
Pictou District Director

Central Area

Belnan led roll call with a Valentine verse or story and March's program with a St. Patrick's Day verse or toast. They worked on quilts for the homeless, made plans for WI week, spring rally, Tall Tales, and basket walk. They had programs on the poverty issue and Mary Stewart and the Collect. In April, they heard about the history of the Ledwidge Lumber Company from Margaret Sullivan...**Enfield** members answered February roll call by reading an item from WI handbook and in March, brought a home energy saving tip. They had a program on Nova Scotia facts. Members nominated a family for a Municipal volunteer award. March's program was a bake sale to raise funds for their up coming 50th anniversary on May 28th!... **Hardwood Lands Sr.** roll call was tips for healthy living and programs of quizzes and readings. They are making two layettes for the IWK and providing

books, crayon's, etc., for another cause. For a fund raiser, members pay \$1/ticket for a mystery parcel; the winner brings a mystery parcel the following month for a draw. In April, they talked about the many uses of eggs and made a clothing donation to the Transition House. In May, members discussed Diabetes and had a reading on dandelions. Donations to a local food bank, the community hall, 4-H and the Hants East Rural High School were made...**Nine Mile River Homemakers** celebrated their 25th anniversary last October with friends and local officials. Pictured below, back row, Minister Chuck Patterson, Cheryl Gilice, Mary MacAskill, Ruth Blenkhorn, Councilor Daphne Goodine, MLA John MacDonnell, front row: Louise Sloane, Carol M. Crawford and Carol Burton.



North River's March program was on the Rotary club; members learned the similarities between Rotary and WI. April's roll call was garden tips. During the Board of Directors Meeting this past February, Winnie Forbes and Coni Murray, members of North River WI, presented Ellen Simpson with an ABC-123 scrapbook made by the members. It will be presented to the Evangeline Child Care Centre where Ellen works. See picture at right...



Tartan had a program in March on cardiovascular disease - Canada's #1 killer. They are making plans for a fund raiser at a summer flea market. Roll call was a plant and seed exchange. In April, Jane Rigg gave a presentation on Agriculture and NS Industries and in May, had a decorated hat contest. The winner was Doris Darer with her theme hat 'Tea in the Garden'...

Three Cornered enjoyed a Christmas Party in December and had a pot luck supper with guest District Director. Roll call was a Christmas reading. The gift exchange was done by passing all gifts out, then, a story was read about Mr. Right and Mr. Left. As the words right and left were said the gifts were passed in that direction until the end of story. Sounds like fun!...**West Brook-Halfway River's** February roll call was a reading on

Nova Scotia women. For WI week, members attended a church service and enjoyed a lunch. They exchanged Valentine's and brought in articles for Autumn House. In April, the members enjoyed Easter readings, and discussed plans to hold the 2006 WINS Alumni meeting in September...

Martock-Windsor Forks invited Sally Budge of the Salvation Army to attend their meeting. They presented her with 37 quilts for the Homeless they had made over the winter. Amazing! Sally said these quilts would be given to men graduating out of the alcohol rehabilitation program. Fire victims, flood victims and women's and teen shelters will also be receiving some of the quilts. Branch members are making a nine-patch quilt, which is also being used as a learning workshop for members. It will be a fundraiser when completed. A birthday party at Windsor Seniors Home was held in March. Members made plans for their Adopt-A-Highway clean-up in May.

Thanks to Branch Secretaries for reporting monthly. Be sure to send reports to the office so your ideas can be shared with other WI members.

Respectfully submitted,
Goldie McDow
Hants West District Director

In Memoriam

Eula Moses - Brazil Lake WI
Arleigh Hardy - Caribou WI
Janet Marshall - Middle River-
Gairloch WI

It's Time to Think About Twinning!

Branches are asked to once again participate in the WINS Twinning Program by selecting a new twin Branch for the 2006-2009 term. Your secretary has received the twinning form with this newsletter, so please make sure to complete the form and return to the WI office as soon as possible. New twins will be announced in September!

WINS Alumni to Meet In Parrsboro

The next meeting of the WINS Alumni will be held this September in Parrsboro, Cumberland County. The date will be confirmed soon so please check with the WINS office or Pauline Meek (582-7294) for more information.

Sheffield Mills and District Honours Sally Huntley

Last fall, Sheffield Mills and District WI held a coffee party to thank a special woman, Sally Huntley. For many years, Sally (centre, in photo below) has participated in the Terry Fox Run. This past year she raised more than \$2500 from pledges. Her daughter, Jennifer, pictured at the right, has rode their horse for some of the runs also. Sally's husband Rick and their son have also been involved through the years.

Sadly, three years ago Sally lost Rick to Cancer and so the incentive to help raise funds is even greater for the family.

Cindy Pettipas of the Terry Fox Run Organization attended the party and presented Sally with special recognition for her efforts.

Sally's pledges since 1992 have tallied more than \$17,000.00.

Provincial Convention 2006

Attend & Get Inspired

There's no doubt about it, Women's Institute members can do anything! We've been proving that for more than 93 years.



'We Can Do Anything', is the perfect theme for our 2006 Provincial Convention being held on July 4th - 6th at the Howard

Johnson's Hotel in Truro. We will look at non-traditional and traditional women's roles in business and visit women entrepreneurs in their workplaces. We will also hear from amazing women who have inspiring stories to tell! Yes, there is still time to register! Contact the WINS office for a registration form or download your form from the WINS website.

Have you signed up for the Golf Tournament on July 4th? We have extended the deadline for entry forms so call the office today!





Hooked Rugs in the Garden

On Thursday, July 27th the Nova Scotia Agricultural College will be hosting its annual Open House. Last year WINS hosted a display entitled, 'Quilts in the Garden'. This was a very successful event where primarily quilts and a small quantity of hooked rugs and embroidery work done by WINS members, were displayed in the gazebo of the NSAC Alumni Garden. We also had a very special activity that caught the imagination of young and old - spinning wool.

This year Women's Institutes will be once again hosting a special event entitled, Hooked Rugs in the Garden. We will feature primarily hooked rugs made by WINS members and we will once again feature spinning wool demonstrations by Sharon Lynk of Medford WI. We will also have a rug hooking demonstration in the garden. Since the handcraft competition for Convention 2006 is the hooked rug, you may wish to consider allowing your competition entry to also be part of Hooked Rugs in the Garden.

Please join us for a wonderful day in the garden. Pack a picnic lunch, bring a hooked rug to display and enjoy! While in the garden, see the Adelaide Hoodless Roses in bloom! Our display will open at 10 am till 3 pm, weather permitting.

Coming Events

2006 Provincial Convention

Truro, Nova Scotia
July 4th, 5th and 6th

Hooked Rugs in the Garden

NSAC Alumni Gardens
July 27th

Membership and Recruitment Workshops

Does your District or Branch need a little boost? Would you like the opportunity to learn more about the structure of our organization? Would your District like to host a WINS Information Session to help recruit new members?



Earlier this spring, two successful workshops were held in the Elmsdale and Digby areas. The workshops provided an opportunity for members and potential new members to ask questions and to learn from one another. This workshop creates the opportunity for members to meet those women who are interested in finding out more about WI. The workshop is a 're-fresher' for some and an 'eye-opener' for many!

Contact the WINS office for more information on how a Membership and Recruitment Workshop can be held in your area this fall.

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Board of Directors:

President: Ruth Blenkhorn, Box 46,
Port Williams, NS B0P 1T0 542-7141
Past-President: Winnie Forbes, RR3
Tatamagouche, NS B0K 1V0 657-3046
President-Elect: Ellen Simpson, RR2
Middleton, NS B0S 1P0 825-6429

District Directors:

Annapolis: Ellen Simpson,
RR2 Middleton, NS B0S 1P0
825-6429
Cape Breton: Yvonne Kennedy,
59 South Head Rd., Homeville,
NS B1B 1R7 737-5131
Cumberland-Colchester: Coni Murray,
997 Hwy 311, RR 6 Truro,
NS B2N 5B4 895-9829
Digby: Karleen Gale, RR4 Weymouth,
NS B0W 3T0 837-5784
Guysborough: Aleah Lomas Anderson,
8217 Hwy 7, Sherbrooke, NS B0J 3C0
522-2442
Hants Central: Joann Cory, RR1
Kennetcook, NS B0N 1P0 632-2649
Hants West: Goldie McDow, RR1
Falmouth, NS B0P 1L0 684-9324
Kings East: Sharon Lynk, 562 Weaver
Rd., RR2 Canning, NS B0P 1H0
582-1390
Kings West: Julia Llewellyn, 388
Lamont Rd., RR1 Kentville, NS
B4N 3V7 678-7029
Lunenburg: Anita Emeneau, RR3 First
Peninsula, Lunenburg, NS
B0J 2C0 634-8236
Pictou: Jo-Anne Smith, RR2, Site 8, Box
2, New Glasgow, NS B2H 5C5
923-2276
Queens: Lauren Seaton, RR2 Caledonia,
NS B0T 1B0 682-2369
Shelburne: Margaret Dawe, 90 Freeman
Mill Road, Sable River, NS B0T 1V0
656-3276
Yarmouth: Irene White, Box 135,
Arcadia, NS B0W 1B0 742-5292
Department of Agriculture Counselor:
George Burris, Director,
Resource Stewardship, NSDA
FWIC Executive Officer:
Lynn MacLean, Box 493, Pictou, NS
B0K 1H0 485-8358
FWIC Board Member: Ruth Blenkhorn
WINS Staff: Executive Secretary
Theresa Osborne, Box 550, Truro, NS
B2N 5E3 893-6520 fax: 893-6393
email: osbornct@gov.ns.ca
Website: www.gov.ns.ca/nsaf/wi/