



Home and Country

Winter

Women's Institutes of Nova Scotia

2006

Vision Statement

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

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Erland Lee Award

Deadline for Nominations
January 31, 2007

Call for Resolutions

Deadline for submissions
January 31, 2007

WI Day in Nova Scotia

February 19, 2007

WI Week in Nova Scotia

February 18 - 24, 2007

Adopt-A-Highway Information Session

March 2 & 3, 2007
AgriTech Park, Bible Hill

ACWW Day

April 29, 2007

Adopt-A-Highway Day in Nova Scotia

May 4, 2007

ACWW Triennial Conference

June 2 - 8, 2007
Turku, Finland

WINS Annual General Meeting

July 3 & 4, 2007
Shelburne

From Ellen's Desk

Dear Friends:

I know that everyone has been busy this autumn not only with your own daily activities but also with Women's Institute of Nova Scotia activities.

I had the privilege of going to Regina, Saskatchewan to the ACWW Area of Canada Conference, which was organized by five past Presidents from Saskatchewan. It was a joy to have fellow Nova Scotian Women's Institute members Pat Levy, Ruth Blenkhorn, Dr. Ellen MacLean join me when a roll call from the provinces was called. The world President, Mrs. Ursula Goh was in attendance. The host tour was to the RCMP Depot in Regina and it was an impressive trip for those in attendance.

I had the privilege to attend district rallies in Guysborough, Cumberland-Colchester and Hants Central this past month. It is just amazing the many projects and varied programs that the districts presented and I wish to thank you for allowing me to be part of these rallies. My hope is to visit more districts next year as your President.

The first phase of the WI Buy Local Challenge is now complete. Special thank you to everyone who helped to distribute over 2400 surveys. In a few months we will be learning the results from the surveys. Steven Dukeshire of the Rural Resource Centre, NSAC, will be putting the data together for us into a report.

The Retention and Recruitment team continue to travel to different areas of our province promoting and telling people about Women's Institute of Nova Scotia. There have been meetings in Earltown, Tatamagouche, Lakeville (West and East Kings) and Freeport. All presentations were well received. We hope to do several more over the late autumn and winter months.

On November 3rd and 4th, Women's Institute members from throughout the province met at AgriTECH Park, in Truro, for a Think Tank. The facilitator was Laurie Sanderson. The time spent there was very beneficial for everyone when discussions on the work of Women's Institute took place and the ladies were able to exchange many ideas both in sessions and during a time of friendship during the evening.

As everyone prepares for the holiday season with shopping, many Teas, and oh so delicious sweets, may you have a safe and joyful holiday with family and friends.



Happy New Year Everyone,
Friend,
Ellen M. Simpson, President



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FWIC Update

(Federated Women's Institute of Canada)

Convention 2006

In June, the FWIC Convention was held in Red Deer. Many interesting speakers, learning opportunities and tours were part of the convention. Sheila Needham was installed as the new FWIC President and Ruth Blenkhorn was elected President-Elect. Thanks to Alberta Women's Institutes for hosting this very successful event. Congratulations to Ruth Blenkhorn on your new position on the FWIC board.



Sheila Needham

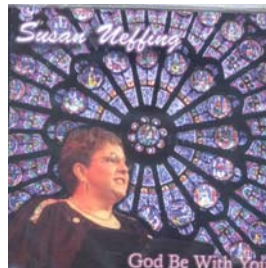
FWIC-Into the North

Over the past triennium, the project "FWIC-Into the North", has received tremendous support from WI members and non-WI members from across Canada. The two communities, Hopedale and Sheshatshui in Labrador, have been overwhelmed by the generous donations. One hundred boxes containing baby blankets, sweaters, mittens, socks, scarves, pants, t-shirts, books and baby supplies (which were made or bought by WI members) have been sent to these two communities.

In addition, close to \$20,000 has been donated, which is being used to fund projects in the communities. In Hopedale, a project for Women's Social Activities was approved. This program is providing an opportunity for abused women to interact with non-abused women. Funding provided is being used to purchase supplies for the meetings. In Sheshatshui, funding was provided for Cross Cultural workshops. This program has already coordinated a workshop where mental health and addiction personnel worked with youth in developing positive relationships.

At the upcoming FWIC Executive Meeting in October 2006, decisions will be made on funding future projects for Hopedale and Sheshatshui from the remaining funds. As well, decisions will be made about the next phase of "FWIC-Into the North."

Looking for a Special Christmas gift?



You don't need to look any further. This CD, 'God Be With You' featuring 15 beautiful recordings by Susan Ueffing is still available, and it is even gift wrapped. The CD's are \$15 each. The perfect gift for that special person

Women's Institutes of Nova Scotia and West Virginia CEOS meet in Pennsylvania

It was a great honor for the Women's Institute of Nova Scotia to be invited to participate in the Rural Women's Studies Association 2006 Triennial Conference. The conference was held from October 5-7, 2006 in Lancaster, Pennsylvania.



The conference featured women presenters from various corners of the world. Through October 5-7 Theresa Osborne, Executive Secretary, Coni Murray President Elect, Ruth Blenkhorn Past President of Women's Institute of Nova Scotia and Federated President Elect and myself, motored to Lancaster. The invitation for the Women's Institute of Nova Scotia to participate in the Conference was through Deborah Stiles, Rural Research Centre, Nova Scotia Agricultural College.

It was a pleasure for me to join Ruth Ann Anderson, President West Virginia CEOS in addressing the group through a presentation entitled, "Women Without Borders"- Canadian-American look at rural women volunteer organizations through an ongoing exchange involving WVCEOS and the Women's Institutes of Nova Scotia". We enlightened the group on the history, objectives, projects as well as the similarities and differences of the two societies. Our presentation was complimented by a slide presentation.

The Women's Institute of Nova Scotia along with Deborah Stiles had an opportunity to meet with Ruth Ann Anderson and Betty Tustin, Vice President West Virginia CEOS for an informal time of discussing the bond that has grown and continues to cement the two societies.

Ellen M. Simpson

President, Women's Institutes of Nova Scotia

Comfort Pillows Needed

Yvonne Kennedy,
Cape Breton District Director

The need for comfort pillows continues across Nova Scotia. What is a comfort pillow? A comfort pillow is a small cotton-covered pillow, approximately 8 x 11 inches in size that is used under the arm of women who have had a mastectomy. The small pillow provides comfort and helps to ease the discomfort associated with pressure on the incision. A pattern can be requested

from the office, or feel free to create small pillows, stuffed gently with fibre-fill. Cotton is the best covering for the pillows as it is easily cared for.

Additional covers or 'material envelopes' can also be created larger than the pillow so that one or two pillows can be neatly stored away in the



envelope by the patient. Over the years, our WINS members have donated hundreds of comfort pillows and cloth envelopes to the Canadian Cancer Society. Here are some ideas to consider when making Comfort Pillows:

- a) Create packages – seal one or two pillows into a material envelope or use a ziplock baggie to hold the pillows.
- b) Add a message of support to each pillow package. Purchase colorful paper and print a message of support: "This pillow is used to provide comfort and support after mastectomy surgery. Use the comfort pillow to ease the discomfort associated with pressure on the incision area. The members of the Homeville Women's Institute Branch have created this comfort pillow for mastectomy patients in our local area. All the best!"
- c) Fabric stores such as Fabricville are selling 'breast cancer' cotton printed with various designs showing the pink breast cancer awareness ribbon, etc. Use this material to add to the project. Sometimes the fabric stores will donate a portion of the sales of this material to the Canadian Cancer Society or they may even donate a quantity of material to your project.
- d) Consider applying for funding from your local District Health Authority to purchase the materials needed to create a quantity of the pillows. They have Wellness Initiative Funds available to community organizations for projects such as this.
- e) Ideal distribution place for the pillows is the pre-admissions department at your local hospital or you can donate directly to the Canadian Cancer Society branch in your area or to the WINS office.



The crest is now available to be printed with WINS member obituaries in the Halifax Chronicle Herald, upon the family's request. The paper will charge the family \$28 plus

Dropping In on the Branches... Southern Area

Southern Area

Barss Corner reported on the Convention and how worthwhile it was for those who attended...**Brazil Lake** made plans for the upcoming supper. They made a donation to the Hospital Hustle...**Chelsea** held a program on the benefits of Massage Therapy. They presented Bursaries to two local graduates from Park View School.... **Kempt** held a program on Nutrition, and put items in the Queens Co. Fair. They entered the 30-mile Yard Sale and made plans to work on the Quilt...**Lunenburg** made plans for Fall Rally and filled out the Buy Local Survey.... **North Brookfield** had a program on Kejimikujik Park regarding on what they are doing to the Park. They entered the 30-mile Yard Sale, and also entered and won first prize for their float in Queens Co. Fair.... **Parkdale Maplewood** gathered for a corn boil to start off the new fall season, and made plans for a potluck fund raiser and filled out the membership survey.

Respectfully submitted,
Lauren Seaton
Queens District



North Brookfield WI entered a float in this year's Caledonia Exhibition Parade. The theme of the float was 'Industries of North Brookfield – then and now' and they won 1st prize in their category.

Central Area

Cambridge began the fall season with a potluck at a member's cottage; made plans for a variety show and plan to host the West Kings Fall Rally....

Grand Pre Jean Palmetter and Pat Levy gave a report about the WINS Convention in July, received a thank you from Michelle Coffill who received the branch's Educational Award in June and discussed the Fall Rally...**Lakeville** toured the flower gardens of Johanna Van Oostrum in Grafton, came back to the Hall for a potluck supper, filled out the Membership questionnaire as a Branch and requested a twin from East Kings District. Minnie Sowerby was pleasantly surprised to win the Brennie Bear.... **Lockhartville** entertained their twin Lunenburg by touring Just Us Coffee in Grand Pre, had a bake sale, collected baby layette items for Valley Regional Hospital, Kentville, had their highway sign repaired, plan to work on teddy bears and pillows for breast cancer patients...**New Tusket** gained two new members Laura Ford and Ruth Lent but lost another member Ruby Mullen to death in August; went out for dinner and did a highway cleanup in June, had a Tea in August. In September had a report with pictures of the WINS Convention in July. Karleen Gale gave a talk and showed pictures of her trip to Sheshatshui, Labrador where clothes and money donations have been sent for the Into the North project.... **Port Williams** had great success with a historic tour in June and plan to do another one next June. The branch plans to do some catering and East Kings Fall Rally was discussed...**Tupperville** Judy Whitman presented a program on Cement houses built by Charles MacDonald, Centerville, Kings Co. in the 1930s.

Respectfully submitted
Julia Llewellyn
Kings West District

Western Area

Tartan branch plans to host 2007 Spring meeting...**Hardwoodlands SR.** had a program on growing older.... the key points are enjoyable, be active, appreciate, still do for others, take one day at a time, and find the best things. They are working on layettes, gave money for hall up keep, and prize money to East Hant High School. Roll call was telling about a new friend... **North River** welcomed a new member. Instead of fund raising, each person would make a donation in lieu of baking etc. **Belnan** organized their 2006-07 program books, as to who was responsible for program, meeting location, and lunch, and also volunteers for the two East Hants Flu clinics. Roll call was what you did special over the summer... **West Brook Halfway River** in July donated to Highland fling, Amherst. Several members visited a member in her new home and presented her with a gift certificate to a local restaurant. They reported about the Alumni meeting on September 16th in their area. Plan to host October District meeting. Thanks to all branches for doing the Buy Local Challenge and Membership surveys thus helping these projects along.

Respectfully submitted
Goldie McDow
Hants West District

Buy Local Challenge

We have received about 2 400 surveys. The surveys will be tabulated later this fall.

If you have not returned your survey, please return it ASAP.

Thank you.



Eastern Area

Bickerton sold tickets on Quilt and made donations to graduates, got 2 new members, took turns visiting the Lighthouse, made plans for Senior's, supper, and is making another Quilt...

Bridgeville chose committees and completed membership survey, and made plans for Terry Fox Run, new member Cheryl MacIntosh... **Caribou** revealed secret sister and choose new ones, reported on Convention and Convener Reports, supported the Vets on Remembrance Day, Roll call Ideas Christmas Recipes and Traditions...

Churchville The September program was "In School Mentors", Planning for Fall Rally, plan brainstorming fund raising ideas, Roll call each member brought cookies recipes to be complied... **East River St. Mary's** September meeting, Margaret MacDonald had a program on Heart Health Tips, guest District Director, Jo-Anne Smith, and made plans to make slippers for Fall Rally to be donated to Tearman House...

Foxbrook's program was to prepare Fall topics; 3 boxes of quilts and blankets sent to hospitals in Afghanistan, future plans for Christmas crafts and wreaths, Christmas plates for the sick and elderly, Roll call ideas New Year's resolutions, bring in Valentines, names of quilt patterns... **Lyon's**

Brook The September program was on Home Improvements presented by member Jennie McInnes, and made plans for Fall Rally and Community Recycling Information night...

MacPherson's Mill's September program topic New Membership Strategy & Fund Raising Efforts presented by Executive, October plan for Summer St. Ind. Presentation, completed Membership survey, Twinning Project, set monthly programs, completed WI Buy Local Challenge survey, made plans for Soup & Dessert Luncheon, Pancake Breakfast, Community Christmas Dinner.... **Middle River Gairlock** July members met at the Valley View Activity room to present afternoon of music & food for the residents In

August Isabel Chestnut showed pictures of her trip to Las Vegas, discussed Fall Rally they will be host, plan to bring in articles on Elder Abuse.... **Point Edward** made eight quilts; served Ice cream at summer picnic to raise funds; and comfort pillows were received for cancer unit... **Port Hillford** Elizabeth Reid gave report of convention members agreed more should be attending these meetings, discussion on Legion Rally next month, plans to make quilt for the Homeless....

Springville-Island's program with guest Fleur Mainville telling us her story and playing her fiddle, she has over fifty fiddle students and enjoys her musical career.

Respectfully submitted
Jo-Anne Smith
Pictou District Director

Brooklyn and Area W.I. Honoured



For approximately 20 years members of the Brooklyn and Area WI have sponsored a Terry Fox Run. We were quite successful, having only a handful of participants. Due to our aging population we have found it necessary to abandon our walk. For the past few years one of our members accomplished their walk by doing 15 minutes of the walk, being picked up and delivered back to where she left off the previous day until even that was a chore. We wrote to the Terry Fox Foundation to inform them of our decision to abandon our run. They have honored us by sending each of us a plaque honoring our accomplishment. Over the duration of our participation we raised approximately \$20,000. A few of our members will continue to raise money, minus the walk.



Get Your Women's Institute Apron Now!

The cost of this apron is \$15.00. It has the Women's Institute crest on it. Please let your district director know as soon as possible if you would like to purchase this attractive apron.

Handcraft Competition 2007

The handcraft for the AGM 2007 is a **RECYCLED** craft. The suggested size is 18x18x18 inches maximum. Wood, metal, fabric, and any other material can be used as long as the completed craft is at least 70% recycled materials and no more than 30% new materials.

Celebrate WI Week 2007

During the Week of February 18th -24th, why not place a white light in your window on the evening of the 19th (WI day) or place blue and yellow ribbons on front doors, or mail boxes, etc., to show your support for WI. Wear your WI membership pin during the week and see how many people ask you what it represents.



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, an organization that spread across Canada and grew to include millions of women worldwide.

Regulations

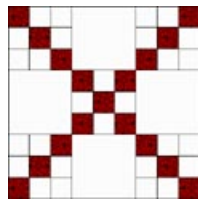
1. A certificate to be presented to a gentleman who has made an outstanding contribution to the Women's Institute movement.
2. Nominations can come from the branch, district/county, provincial or national level. Each province is entitled to one nomination per year, except for Ontario, which is entitled 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 by January 31st, 2007.**
4. Once approved by the provincial office, the gentleman's name to be sent to national office. A cheque for \$15.00 per certificate, payable to Federated Women's Institutes of Canada, must accompany the nomination. This cost is the responsibility of the nominating body.

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.

2007 Fund Raiser – Irish Chain Quilt

Anita Emeneau, Lunenburg District Director, is making the fundraiser – a queen size **Irish Chain quilt**. Thank you Anita! The colors that are used for this quilt are black and white. Branch Secretaries have received two books of tickets with the last newsletter. A photo of this quilt will be in the next issue of Home and Country. The quilt will be drawn for on July 4th, 2007, at the AGM in Shelburne. Proceeds of the tickets will be used to assist the expenses of the AGM.



Reach for the stars Membership Challenge 2006-2007



There is still time to add 'STARS' to your branch during the 2006-2007 Reach for the stars Membership Challenge. Deadline to submit new names for the current year is May 31st, 2007.

Currently we have 21 new members! Welcome! All names of new members will be entered into a hat on June 1st and one lucky new member will receive free registration to attend the 2007 AGM in Shelburne (not including accommodations).

If the office has made an error or there is an omission from this list, please report it as soon as possible.

One Star

Barss Corner – Estella DeLong
Burlington & District – Sheila Peelar
Chelsea – Cheryl Jackson
Sherbrooke – Barbara Anderson
Tupperville – Gladys Weir
Lakeville – Elizabeth Morrison
Springville – Corrina Johnstone

Two Stars

Waterloo – Karen Boudais, Heather Johnston
New Tusket – Laura Ford, Ruth Lent
North River – Deborah Stiles, Lucille Forsythe
Bickerton – Katherine Kaiser, Edie Humber
South Berwick – Judy Walsh, Tammy West

Four Stars

Weston – Anne Marquis, Judy Knox, Norma Barteaux, Donald DeAdder

Revised Handbook

The revised handbook for Women's Institute of Nova Scotia is 8 ½ "x 11" format which is inserted into a blue three-prong cover (duo tang). One copy of the handbook will be given to each branch, free of charge. If you would like to purchase a handbook, the cost of the newly revised handbook is \$5 each. You can contact the office if you want to purchase it. The handbook will also be online. The website for Women's Institute of Nova Scotia is www.gov.ns.ca/nsfa/wi



Spring WINS Tour

Would you be interested in going on a WINS Spring Tour? The board is trying to gauge interest for a possible bus tour this spring to Ontario to visit the Hoodless Homestead and other interesting locations. The tentative dates are shown below with the estimated cost per person.

If you are interested, we'd need to know by January 26th, 2007. Call the office or email to let us know if you are interested. We'd need at least 40 people to sign up for the tour to cover expenses.

Tentative date: May 5th –12th, 2007

May 5th – Depart Truro at 8:00am
Overnight at Edmundston, NB

May 6th -- enroute to Kingston, ON
Overnight in Kingston

May 7th - enroute to Brantford, ON
Eland Lee Museum – Stoney Creek,
Hoodless
Homestead – St. George
Overnight in Toronto



May 8th – Toronto
Overnight in Toronto

May 9th – Casa Loma (Toronto-morning)
Enroute to Ottawa in afternoon
Parliament building tour in evening
Overnight in Ottawa, ON

May 10th – Ottawa (AM free time)
Enroute to Edmundston NB

May 11th – Enroute to Truro
Anne Murray Center, Springhill
Arrive in Truro, 8:00 pm

Cost: \$600.00 per person.

This price includes bus, accommodations, and admission for events and honourarium for bus driver, meals are not covered.

Annual General Meeting (AGM) Come One and All

Theme: Water, Water Everywhere
Place: Shelburne, Nova Scotia
When: July 3rd and 4th, 2007



Report from the Alumni

Submitted by Jennie McInnes

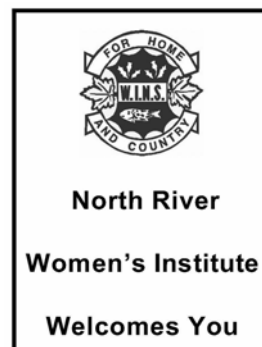
The West Brook Halfway River W.I at the Parrsboro Geological Museum warmly welcomed Women's Institute Alumni meeting at Parrsboro on Saturday, September 16th, 2006. President Marion Newcombe welcomed those present on such a beautiful fall day.



The secretary-treasurer Pauline Meek reported that the planting of Adelaide Hoodless roses at the NSAC Alumni Gardens was completed. Since there were still funds in the bank, those present agreed to buy a much needed office chair for the W. I. Office. The officers for the incoming year are: President – Barbara Hinckley; Vice-President – Joan Campbell; Secretary-Treasurer – Dr. Ellen McLean; and reporter – Jennie McInnes. Following the meeting, a tour of the museum was conducted with many interesting exhibits of prehistoric Nova Scotia. A delicious lunch was enjoyed at the Glooscap Restaurant.

The membership fee for a year is \$3.00. Any member of W.I. who has served on the provincial board in the past is eligible for membership and is most welcome. Look for notice of the 2007 meeting in a future issue of Home and Country and send any exciting happenings in your life to me.

Jennie McInnes – 29 Dorset Dr., Truro, N.S.,
B2N 6L1



Women's Institute Signs

The Women's Institute signs can be purchased through the office. The signs are made by the Nova Scotia Department of Transportation and are aluminum and approximately 2 feet x3 feet in size. The cost per sign is \$51.30 plus tax, or approximately \$60 each. If you're interested in purchasing a sign, contact Theresa 893-6520 or through email osbornct@gov.ns.ca

Federated News Subscription 2007

2007 subscription rates for two issues (SPRING/SUMMER AND FALL/WINTER):

- ▶ **Individual subscriptions - \$5.00 each**
- ▶ **Group subscriptions of 10 or more to one address - \$4.00 each**

Number of copies.....Amount enclosed \$.....

Name.....

Branch.....

Address.....

..... Postal Code.....

Is this a new subscription?.....

If this is a renewal, how many copies did you order in 2005?.....

Please make cheque payable to Federated Women's Institutes of Canada and mail to
**PO Box 209, 359 Blue Lake Road, St. George,
 Ontario N0E 1N0**

WI Supplies

Shipping and handling charges will be added if items are mailed to you.

Familiar Family Favorites Cookbook by WINS	7.00
T-shirt with crest	10.00
Golf style shirt - navy	20.00
Embroidered sew-on crest	2.00
Membership pin (WINS crest)	16.00
Life Membership pin and certificate	30.00
Ceramic Mug –WINS crest and motto “For Home and Country”	6.50
Pewter Ornament (WINS office building)	10.00
Cooking Collections Cookbook by FWIC	12.00
WINS History - parts 1, 2 or 3	2.00 each
WINS Handbook	5.00
Songbook	.25
Stick-on WINS crests 24 per sheet	.10 /sheet
Schoolhouse/Unity book	4.00
WINS Apron	15.00
WINS / West Virginia CEOS Cookbook	5.00

Recruitment and Retention Workshop November 3rd and 4th, 2006

More than 40 members of the Women's Institutes of Nova Scotia took part in a Think-Tank type session on November 3rd and 4th at AgriTECH Park, in Truro. This session brought together members from almost every district in the province to talk about recruitment issues. The importance of retaining our current members was also raised. Facilitator, Laurie Sandeson, led the group through the session and encouraged discussions. A report will be produced for distribution shortly. Funding for this session was provided by Agri-food Industry Development Fund, NS Department of Agriculture.



Laurie Sandeson

In Memoriam

Ruby Mullen – New Tusket
Edie Fairclough – Lakeville

