



# Home & Country - October 2005

*A newsletter from the Women's Institutes of Nova Scotia*

Box 550, Truro, NS B2N 5E3 ♦ (902) 893-6520 ♦ [www.gov.ns.ca/nsaf/wi](http://www.gov.ns.ca/nsaf/wi)

## A Call for Resolutions

The Provincial Resolutions Committee has set the date of **February 1st, 2006**, as the deadline for resolution submissions.

## The AgCot Discovery Centre

The AgCot Centre will take place October 12-16th at the Maritime Fall Fair, Exhibition Park, Halifax. The AgCot Center is an interactive learning centre that is focused upon the importance of agriculture. WINS is fortunate to have booth space each year at AgCot. We still need volunteers to assist, so if you'd like to help, please contact the office as soon as possible.

## Official Launch of Music CD

**October 15th - Wolfville**

The official launch of a music CD, entitled *"God Be With You"* featuring Susan Ueffing and accompanists with a special appearance by the Valley Voices will be held on Saturday, October 15th. Proceeds of the performance will be donated to the Valley Voices and the Women's Institutes of Nova Scotia.

**Saturday, October 15th, 2005**

**Horton District High School (Greenwich) Wolfville**

**7:30 pm**

**Ticket cost: \$20**

**Call: 902-893-6520 to order tickets**

**Or email: [osbornct@gov.ns.ca](mailto:osbornct@gov.ns.ca)**

**Please support this special fundraising project for the Women's Institutes of Nova Scotia!**

## Katrina Hurricane Fund

Branches are encouraged to make donations directly to the **Red Cross** in support of the Katrina Hurricane Fund. Please advise the WINS office (notation on your branch report) if a donation has been made. Thank you!

## Federated Women's Institutes of Canada Update

**Lynn MacLean, FWIC Executive Officer**

**Into the North Project** - Baby blankets, sweaters, mittens, socks, overalls, pants and t-shirts, are just some of the numerous baby items donated by WI members and non-WI groups across Canada to the two communities in Labrador. Seventy-three boxes have been sent to Hopedale and Sheshatshui. These donations were primarily from the eastern provinces, since it was decided to hold the majority of the donations from the western provinces for the Convention in 2006. These items will then be distributed to another site in northern Canada. We are grateful for the support of the transportation companies who shipped boxes from the provinces to St. John's at no cost. Air Labrador transported by air all the boxes to the two communities, also free of charge.

The two communities have been overwhelmed by the generous donations. Sarah Jensen from Hopedale states: *"You have encouraged us greatly with your generosity in supplying necessary items and funds to help us realize some of our dreams and visions."*

At the FWIC Board Meeting in July 2005, Heather MacLellan from the Women's Policy Office, Government of Newfoundland and Labrador, described what women and their families from these communities face daily. She explained the need for Women's Centres and the importance of helping women develop skills in a number of areas.

FWIC has agreed to continue gathering donations of money for these two communities until the FWIC Convention in June 2006. Financial donations to date total more than \$13,000. Cheques should be made payable to FWIC (with Northern Canada Project on the memo line) and mailed to PO Box 209, St. George, ON N0E 1N0. Funds collected will be used to finance workshops and projects. With input from the communities and the government, a strategy will be developed to plan and deliver an effective program. WI members from across Canada can play a role in assisting women in the north in developing the leadership skills needed to improve their communities.

(continued...)

**New FWIC Fundraiser** - At the FWIC Board Meeting in July 2005, Ruth Dickie, Fundraising Chair announced a new all member fundraiser. We are asking all WI members to pay 10 cents per inch of their waist size to their branch who will then send the money collected directly to FWIC (PO Box 209, St. George, ON N0E 1N0). Include your branch name and address so each province can be notified as to how much money has been raised. We at FWIC realize that some branches are having their own struggles, but thought this would be a FUN way to add a helping hand.

**Subscribe to our national newsletter, the Federated News:**

<p><b>Federated News Subscription 2006</b></p> <p>2006 subscription rates for two issues (SPRING/SUMMER AND FALL/WINTER):</p> <ul style="list-style-type: none"> <li>▶ Individual subscriptions - \$5.00 each</li> <li>▶ Group subscriptions of 10 or more to one address - \$4.00 each</li> </ul> <p>Number of copies.....</p> <p>Amount enclosed \$.....</p> <p>Name.....</p> <p>Branch.....</p> <p>Address.....</p> <p>Postal Code.....</p> <p>Is this a new subscription?.....</p> <p>If this is a renewal, how many copies did you order in 2005?.....</p> <p>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</p>
---

**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 WINS Provincial office is February 1st, 2006.**

**Discover How to Reduce Your Heating Bills this Winter**

Have an EnerGuide for Houses evaluation completed on your home - it will explain exactly how you can make your home more energy efficient and comfortable. You will also be doing your part in reducing Green House Gas Emissions, and taking part in the One Tonne Challenge.

EnerGuide for Houses is a service developed by Natural Resources Canada. Post-retrofit grants are available to those who increase their home's energy efficiency. In order to qualify for the Grant, you must have an EnerGuide for Houses Evaluation before you begin any retrofits.

Sustainable Housing is a Certified EnerGuide for Houses Service Organization. The cost of this service is \$150 plus HST. For more information, or to request an evaluation, please contact Sustainable Housing (toll free) at 1-877-722-3518 or email [info@sheconsultants.ca](mailto:info@sheconsultants.ca)

**Looking for a Twin?**

Delhaven and District WI would like to locate a twin branch in Nova Scotia. If your branch is interested, please contact the office. Thanks!

## Papmobile Survey Response from WI

Earlier this year, WI Members were invited to complete a survey from Cancer Care Nova Scotia on new ways of helping to increase the rates of pap testing in the province. One idea was to take the testing process directly to Nova Scotia women by way of a 'papmobile'. Here is the response:

There were 47 individual respondents and several group submissions. Of the individual respondents:

- Pap test?** Yes - 61%  
Have not had a Pap test - 34%  
No reply - 4%
- Where performed?** Dr. office - 51%  
Hospital - 2%  
Well women's clinic - 15%  
No reply - 32%
- Where do you live?** Town or city - 9%  
Village or rural - 91%

### Description of "papmobile"-

- Minivan - 6%
- Winnebago - 47%
- Portable table - 13%
- Other - 17%
- No reply - 11%
- Health Facility - 2%
- Like the mammography van - 4%

### Would you attend a Papmobile for your test?

- Yes - 38%
- No - 51%
- No reply - 6%
- Not sure - 4%

It is interesting that although the respondents reside primarily in villages and rural regions, there appears to be some reluctance to access care through papmobile services. The statistics for doctors' office visit and those who would not access care are exactly the same at 51%.

Three groups reported with the following information:

Group I - ages 50-89, all have had pap tests, live in rural Pictou County, feel a Winnebago best describes a papmobile and would use the service.

Group II (17 participants) - ages 60-70+, have all had pap tests, at the hospital in rural Kings County, describe the Winnebago as their idea of a papmobile and all would attend.

Group III ages 36-92 have had pap tests within the past 3 years, attended their doctor or a well women's clinic, live in a rural area and feel a portable table describes the papmobile. "Most of us felt it might encourage the younger women to go if there were more women doctors".

We will keep you up to date on any new information on the survey results.

## Your Fall Routine

The leaves are changing. Kids are back to school. The nights are a little cooler, and perhaps you are closing up the cottage. These activities are all signs of the changing season, and the arrival of fall.

Also associated with the fall season is Pap Test Awareness Week, an opportunity to remind all women about the value of regular Pap tests in preventing cervical cancer.

Considering that regular Pap tests prevent over 90 per cent of all deaths from cervical cancer, it is worrisome that many Nova Scotia women do not realize that regular Pap tests are necessary even after childbirth and menopause.

Cancer Care Nova Scotia's Gynaecological Cancer Screening Program is committed to working with Nova Scotians, their doctors and other health professionals to educate women about the importance of regular Pap tests as part of their healthy lifestyle.

Nova Scotia health guidelines recommend that all women, 18 years and over, have an annual Pap test. Women under 18 should also have regular tests if they are sexually active. If you are having regular Pap tests, continue to do so - this decision contributes to your health and well being.

It is important to remember that this guideline is for all women. Cervical cancer does not discriminate. Every woman is at risk, regardless of her race, culture or age.

Each year during Pap Test Awareness Week, CCNS Gynaecological Cancer Screening Program works with community groups and organizations, including the Department of Health, Doctors Nova Scotia, Canadian Cancer Society – Nova Scotia Division, and others, to educate and raise awareness about the benefits of regular Pap tests. If you are not yet having regular Pap tests, let us know how we can support you to make a decision that could save your life.

Pap Test Awareness Week 2005, is scheduled for October 23-29. The launch will take place on October 19th in Truro. For more information about Pap testing and Pap Test Awareness Week, please call 1-888-480-8588.

## FWIC Past President's Essay Competition 2003-2006

**Deadline for Essay entries to arrive at the WINS office: January 31st, 2006.**

### **Essay Title:**

Where are we going? Directions to the 21<sup>st</sup> Century

### **Guidelines:**

- 500 words minimum to 1000 words maximum
- double spaced on 8.5 x 11 inch paper
- typewritten

### **Content:**

- Your vision for Women's Institutes
- Outline the direction/course - how do we get there, including the methods to obtain your vision
- Conclusion - what will happen when we get there

### **Presentation:**

- Pages to be enclosed in a blue duo tang cover
- Entrant's name, address and Branch are to be enclosed in an envelope and attached to the inside back cover

### **Two Categories of Entries:**

- Category A: new members with less than 5 years of membership
- Category B: members with more than 5 years of membership

Essays will be judged on content, grammar, spelling and neatness. Essays will be judged in each of the provinces first. **Deadline for entries in Nova Scotia is January 31<sup>st</sup>, 2006.** There will be one winner only from each province for each category that is sent on to the national level. The final judging will be done prior to the Federated Women's Institutes of Canada (FWIC) Convention 2006. Cash prizes will be awarded by FWIC.

## Tweedsmuir Competitions 2003-2006

In 1945, Lady Tweedsmuir, wife of Lord Tweedsmuir, who was Governor General of Canada, donated three silver cups to the Federated Women's Institutes of Canada for competitions to be held each triennium. The successful entrants will receive the prestigious Tweedsmuir cups at the Federated Women's Institutes of Canada Convention in Red Deer, Alberta, 2006.

All Branches are encouraged to participate fully in each of the three following categories.

**Deadline for Tweedsmuir entries to arrive at the WINS office: January 31<sup>st</sup>, 2006.**

Anyone winning the same category of the Tweedsmuir Competition for three consecutive trienniums is ineligible to compete in the following triennium.

### **Cultural Competition**

**Story: "Grandmother, Mother and Me"**

### **Regulations:**

1. Story to be told in pictures and words.
2. Story shall be more than 700 words.
3. Story to be placed into a folder or duo-tang.

### **Points - Total 100**

Story content: 60

Cover: 10

Originality: 20

Neatness & presentation: 10

### **Handcraft Competition**

**Hardanger Table Runner**

### **Regulations:**

1. Size 12" to 16" wide and 22" to 30" long (finished size).
2. Fabric - colour of your choice
3. Thread - colour of your choice, suited to fabric
4. Edges must be finished, no lace or additional edging.

### **Points - Total 100:**

Neatness: 50

Appearance & suitability: 25

Size & finishing: 25

### **History Competition**

**Story: "If These Walls Could Talk"**

### **Regulations:**

1. Attach a picture of the building or walls you are describing.
2. Story to be approximately 500 words, double spaced.
3. Story to be placed in a folder or duo-tang.

### **Points - Total 100:**

Story content: 50

Cover: 10

Neatness & grammar: 15

Originality: 25

