



Home and Country

Fall

Women's Institutes of Nova Scotia

2006

From Ellen's Desk

Mission Statement

The Women's Institutes of Nova Scotia continue to provide opportunities to enhance the quality of life, through education and personal development, allowing us to meet the changing needs of our local and global communities.

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AgCot

October 12th - 15th, 2006
Maritime Fall Fair, Exhibition Park,
Halifax, Nova Scotia

ACWW Area Conference

October 13 - 15, 2006
Regina, Saskatchewan

October is Friendship Month

Hello Friends:

To all those who attended the Convention in July I want to say a special thank you; it was nice to have you and our West Virginia friends in attendance. I hope that you had a good time throughout the whole convention with all the various activities that were arranged. Since Convention I have been busy in my role as your President of our organization.



Shortly after the Convention we set up a lovely display of handcrafts during NSAC Open House. We provided some "hands on" demonstrations of rug hooking and spinning.

I have made several trips to the Women's Institute office in Truro to meet with Theresa and committee members dealing with on going projects. Certainly a very rewarding time for Women's Institute was at AgriFest in Canning when several Institute members worked at the WINS booth promoting, discussing and asking the public to complete Buy Local Challenge surveys. A special thank you goes to Ruth Blenkhorn, Past President, who agreed to do a presentation on the subject at AgriFest.

The Recruitment and Retention committee have met on several occasions to revamp the current presentation. We hope to visit several areas of Nova Scotia where Women's Institute may not have been active for several years. We will accept invitations to active Women's Institute districts. The presentation is about an hour and a half in length and deals with the history, structure, projects and activities of Women's Institute.

Surveys have been sent to branches and individuals with questions related to Women's Institute. We hope to have a good response because your answers will help with future Women's Institute plans. In early September the Provincial Board will be meeting over a two day period. It will be my pleasure to welcome new directors, Betty Reid and Bertha McVicar. As we near the last days of summer I wish you every success with you branch and district meetings and activities.

Yours in WI
Ellen M Simpson, President

Board of Directors:

President: Ellen M. Simpson, RR2 Middleton, NS B0S 1P0 825-6429

Past-President: Ruth Blenkhorn, Box 46, Port Williams, NS B0P 1T0 542-7141

President-Elect: Coni Murray, 997 Hwy 311, RR 6 Truro, NS B2N 5B4 895-9829

District Directors:

Annapolis: Bertha McVicar, 484 Victoria Rd., RR2 Middleton, NS B0S 1P0 825-6406

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: Betty Reid, RR2 Guysborough, NS B0J 3C0 522-2096

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., and 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 and Fisheries

Counselor:

George Burris, Director, Resource Stewardship, NSDA

FWIC Executive Officer:

Ruth Blenkhorn, Box 46, Port Williams, NS B0P 1T0 542-7141

FWIC Board Member: Ellen M. Simpson

Executive Secretary:

Theresa Osborne, Box 550, Truro, NS B2N 5E3 893-6520

osbornct@gov.ns.ca

Public Relations Officer /

Newsletter Editor:

Linda Munro, RR2 Pictou, NS B0K 1H0 485-8391

lamunro@eastlink.ca

Visit our website:!! www.gov.ns.ca/nsfa/wi



The 2006 Provincial Convention



The 2006 WINS Provincial Convention was a great success and more than 200 members and friends of WI took part. The theme of the Convention was, 'We Can Do Anything!' and it was held at the Howard Johnson's Hotel and Convention Center in Truro.

Our Convention took a closer look at women's roles, not only at home and as a volunteer, but also in business. Through our 'Networking in Nova Scotia Business Tours', sponsored by the Women In Business Initiative, delegates had the opportunity to meet, listen and question how Nova Scotia women business owners have established and grown their businesses and how self-employment is a viable option in rural areas.

On July 4th, we started the Convention with WINS Scramble Golf Tournament. Teams took to the beautiful Riverrun Golf Club course in North River to play nine holes, enjoy a barbeque supper and have a lot of laughs. The



overall winning team from Sheffield Mills and District; Leta Ells, Susan Ueffing, Joan Hennigar and June Main, took top honours and won the Critter's Pet Feeds Trophy!

Later that evening, delegates took part in Bell Ringer sessions! Women who work in non-traditional career roles - an electrician, a carpenter and a member of the Canadian Forces, led these mini 'how-to' workshops. A Bell Ringer was held to see who was the quickest with a cordless drill. Krista McDow of Martock Windsor Forks WI was crowned 'Queen of the Drill' and won an electric drill provided by United Rentals Ltd. At the end of the evening, we enjoyed the music of Susan Ueffing.

On July 5th, we 'hit the road' on our Networking in Rural Nova Scotia tour. Each bus visited a variety of interesting businesses such as a quilt shop, artist's studio, a wool shop and sheep farm, a old-fashioned general store, a potter's studio, a bustling farm country market, a gallery, a rug hooking studio, a vineyard, a maple sugar camp, etc. The businesses are owned or operated by women and their families in Colchester, Cumberland or Pictou Counties. Each tour also featured a cultural stop at a museum.

Another wonderful addition to Convention 2006 was the attendance of members of the West Virginia Community

Educational Outreach Service (WVCEOS) and friends. More than 50 of our American guests joined us on July 5th for the Networking tours and the evening program.

This Convention was our most 'colourful' event yet! Newly made Branch banners made their grand entrance at Convention and it was amazing to see the many designs and creations. Banners were displayed in the main meeting room along with the 'Round Robin' Quilt block exchange display from West Virginia and Nova Scotia members. Sixteen WI members from Nova Scotia and sixteen members WVCEOS teamed up to participate in a Round Robin Quilt Block exchange. Each participant has created a centre block for a quilt top or a wall hanging. The blocks were exchanged between the two organizations and members were asked to add rows around the centre design to create either a wall hanging or a quilt top.

The Handcraft awards for the 2006 Rug Hooking project was presented that evening to Doris Thurber of New Tusket WI.

Sheila Needham, President of the Federated Women's Institutes of Canada and Ruth Ann Anderson, President of the West Virginia Community Educational Outreach Service brought greetings to the members, along with Marie Kenny of PEIWI and Bill MacLeod on behalf of the Department of Agriculture and the Minister.

Evening entertainment featured the Tall Tales Competition. Most Districts and the WVCEOS presented a short 'Tall Tale'. The top three winners were Betty Tonkery, West Virginia (1st place), Emma Dalrymple (2nd place) and Yvonne Kennedy (3rd place).



The last day of Convention, July 6th, was extremely busy. Business sessions, voting for the new President Elect; presentation of the Erland Lee Award; and other activities took place. Discussions and motions were presented on the proposed changes to the Bylaws and the delegates approved Constitution as well as one Urgency Resolution on the continuation of Rural Mail Delivery Service.

Our speaker, Dr. E. Wanda George, gave a personal and emotional presentation in keeping

with our theme. Wanda truly personifies the statement, 'We Can Do Anything'. She spoke of the determination it took to overcome personal tragedy and the challenges of being a single mom and her perseverance to achieve higher education. She is truly an exceptional woman and the delegates in attendance were visibly moved with her inspiring story.



The Reach for the Stars Membership Award 2006 was presented to the Port Williams WI. Marion Newcombe graciously accepted the award on behalf of the branch.

Jim Tate was presented with the Erland Lee Award for his many years of assistance to WI. Winnie Forbes and Sheila Needham presented the award.

Delegates in attendance were anxious to hear the results of the WI President Elect vote. Coni Murray of the North River WI is the new President Elect 2006-2009. Joan M. Campbell of Tartan WI was thanked for her commitment to WI and for also allowing her name to stand for this position.

The new Board of Directors was installed by the President of FWIC, Sheila Needham, and the Convention ended with delegates singing, ' Let There Be Peace'.

Looking for a Twin?

The following branches are looking for a twin:

- | | |
|--------------------------------------|-------------------|
| Newtown Denver WI | Waterloo WI |
| Spa Springs WII | Enfield WI |
| Port Williams WI | Weston WI |
| East River St. Mary's WI | Kempt WI |
| Delhaven & District WI | Belnan WI |
| Brooklyn & Area WI | Abercrombie WI |
| South Berwick WI | Garden of Eden WI |
| Sheffield Mills & District WI | |
| Burlington & District WI | |
| Cambridge Station WI | |
| Martock Windsor Forks WI | |
| Indian Harbour Lake – Jordanville WI | |

If your branch is interested, please contact the office. Thanks

FWIC Convention, Red Deer, Alberta

The weather outside may have been wet and soggy but the atmosphere inside was dry, warm and friendly at the 17th national convention of the Federated Women's Institutes of Canada when Alberta Women's Institute welcomed members from coast to coast to Red Deer.

The official opening was on Wednesday evening with the parade of flags, greetings from dignitaries, outgoing President Margaret Yetman's address, awards presentations and speaker Rona Maynard, former Chatelaine editor. Rounding out the evening was a reception giving everyone a chance to renew old acquaintances and meet new friends.

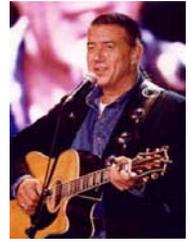
Thursday began with the finance report followed by a wonderful presentation by Karen Richardson, curator at the Adelaide Hoodless Homestead. Karen is very passionate about history and certainly made "Addie" and the homestead come alive. Following the presentations of the three nominees for President-Elect, Susan Hoszouski of British Columbia, Elsie Stephenson of Ontario and Ruth Blenkhorn of Nova Scotia, we boarded buses for the Alberta Day Tours. Rain was the order of the day, but we enjoyed the sight seeing, meeting later in the day at the Innisfail Legion for a tasty beef barbeque, then on to the Daines ranch for an authentic rodeo and despite the downpour a fun time was had by all.



Lynn MacLean devoted Friday morning to the usual business of resolutions and reports including one on the Into The North Project. After lunch we heard speakers on Rural Women's Health in Canada by Dr. Beverly Leipert, Family Violence by Valerie Campbell and Aboriginal Health and the Needs of Northern Communities by Dr. Sharon McDonald. In the evening we were entertained with music, the stories and songs of a cowboy poet and dance by the Tiny Tots of the Red Deer Aboriginal Dance Troupe Society.

Saturday following an Interfaith Service, Mildred Keith, Canada Area President gave the ACWW Report. After a short break it was announced Ruth Blenkhorn Nova Scotia is the new President-elect for FWIC. The business session was concluded with the registration report and an invitation from

Prince Edward Island to attend the next FWIC convention there in 2009. The afternoon program included an interesting and amusing presentation by Tom Jackson, singer, actor and advocate for the less fortunate. He also treated us to some music. The retiring of the flags followed the installation of the new executive including President Sheila Needham, and her address.



Then it was work time for the new board before we prepared for the closing banquet and guest speaker Donna Cookson Martin, who has been blind since birth, yet became a teacher and mother and now is a motivational speaker and free lance writer. Music by a local ladies barbershop group finished the evening on a pleasant note and it was time to say, "Till we meet again".

All in all a wonderful time and I encourage everyone to look forward to 2009 and the convention in our neighboring province PEI.

Respectfully submitted,
Ruth Blenkhorn, FWIC President Elect



The East Kings District Women's Institute will have a display at the Ross Creek Centre for the Arts, Ross Creek (Canning Area) from **November 12th until December 10th, 2006.**

Sunday, December 10th is designated as Family Day and will highlight WI's contribution to community. Please drop in from 1-4 pm for a visit.

Dropping In on the Branches...

Southern Area

Barss Corner members met in June and although they only have 6 members, they decided to continue on as a Branch and congratulations to them as they have one new member!!...**Brazil Lake** members have continued working on their community hall. They discussed having a breakfast in August. They donated a 4-H club a trophy and decided to keep their twin – New Tusket, and for their closing in June they went to dinner at Port Maitland...**Chelsea** members presented bursaries to the graduating students and hosted their twin in June. They also hosted a birthday part for Hillside Pines Home for Special Care...**Kempt** members learned about pesticides and washing of fruit and veggies, and also about the GPS (Global Positioning System) by a member of our Search and Rescue team and had a Quiz Night on W.I. and worked on their Community Hall...**Lunenburg** had a quiz on Nova Scotia birds and made plans for a trip to their twin...**North Brookfield** learned about the new exercise equipment being used and had a demonstration of some exercise. They made plans for a BBQ, and yard sale and bake sale in August...**Waterloo** learned about life and customs in Portugal from speaker Heather Johnston and viewed photos from Portugal. They had a Pot Luck luncheon for their closing in June. They also have 2 new members. Congratulations!!



Life members, Barbara Penney, and Vivian Eisener are from Barss Corner WI.

Respectfully submitted
Lauren Seaton
Queens District Director

Western Area

Cambridge Station members enjoyed a pot luck supper and completed the WI Buy Local Challenge surveys...

Canning worked on their branch banner and discussed the Provincial Convention...**Grand Pre** distributed the WI Buy Local Challenge surveys, heard reports on the Adopt-A-Highway program and a report from the bursary committee. They plan to meet with their twin in June... **Lakeville** welcomed a new member to their group, Elizabeth Morrison. Two 4-H members were asked to talk about their experiences in that program. Members went to the King's Arms Pub for their annual meeting and meal. After the meeting, members visited with member Wineva Porter and her husband, Eugene, to view his extensive collection of old bottles, cans and hats...**Paradise** had a program on growing herbs by Virginia Lee. Various uses of herbs for medicinal purposes were reviewed. Members discussed the WI Buy Local Challenge...**Port Williams** held their annual meeting, an auction and pot luck supper. Marion Newcombe was the auctioneer and \$85 was raised. Work progressed on the branch banner...**Sheffield Mills and District** members hosted their twin branch, South Berwick, in June. Earlier in the spring, a coffee party was held in the honour of Auleen Harvie and Jean Hennigar...**South Berwick** held their annual meeting in May and reported a very busy year. In June, they held a potluck supper and a program featuring a Rotarian Exchange student who spent a year in Belgium. Members completed their WI Buy Local Challenge surveys and the Scouts did the Adopt-A-Highway cleanup the same day as the meeting. The members donate \$25 to the Scouts and provide cold beverages for the kids during the cleanup...**Tupperville** held their annual meeting in May and picked their new executive. The branch banner is progressing well and they report a new member, Eleanor Weir. In June, the members had a program on horoscopes, presented by Wendy MacDonald. It was fun and interesting to hear how the individual readings applied to all present... **Weston** members discussed long-term care of adults and protection services in May and agreed that more

long-term care facilities are needed in Kings County. In June they held their annual meeting and enjoyed dinner out.

Respectfully submitted,
Theresa Osborne
Executive Secretary

Eastern Area

Bickerton members sold tickets on a quilt. They have two new members this spring. They gave donations to graduates... In May **Bridgeville** had their 44th Birthday Potluck Party, Lil MacCuish a founder member now 90 plus made the birthday cake. Their program was Slips and Bloomers Auction Sale and they sent 90 knitted dolls to Africa...**Caribou** members finished the Hooked Rug & the banner for Convention. They made plans for Potluck for the men who rebuilt Hall Kitchen...**East River St Mary's** members learned the History of Mary Kay and they sampled products, the mission of Mary Kay's statement is like WI's...**Foxbrook** members enjoyed eating out, then returned to members home for Annual meeting, a successful Quilt Show & Tea was held in June...**Garden of Eden** members elected their officers and they held auction to raise funds. They gave donations to IWK, & Thorburn School. In June they had East River St Mary's as guests with Potluck dinner. They had a show and tell. They made plans for the Terry Fox Run; Fall Rally; and their twin project... **Homeville** members had a program from "Reflections" a book of their History over the years. They made comfort pillows for Breast Cancer survivors...**Lyon's Brook** members had a Potluck for their annual meeting. They gave suggestions for next year's programs and made plans to entertain their twin this August... **MacPherson's Mills** members have enjoyed many programs over the past few months such as wreath making, recycling and creating blankets for the Homeless. They have also held a St. Patrick's social, donated to the heart fund, Pennies for Friendship, Pictou Exhibition and a local school. They participate in the Adopt-A-Highway program each year and donated old towels and mats to the SPCA... **Middle River Gairlock** had a program by Dietician from Sobey's facts 7 serving sizes from Canada Food Guide, easy balancing meals. They made donations for School prizes and had a plant and bulb sale...**New Town Denver** had a quiz on

Canadian Citizenship. The members have concerns for Canadian Female Solider killed, and for guardrail on dangerous hill... **Springville- Island's** annual meeting was to fill in WI Surveys. They made plans for Convention.

Respectfully submitted
Jo-Anne Smith
Pictou District Director



These ladies are from Indian Harbour Lake - Jordanville, and Bridgeville.

Central Area

Central Region welcomed Ellen Simpson and extended congratulations to Ruth Blenkhorn, as she becomes President-Elect for FWIC. The reports for roll call from the branches were a wide variety...**Belnan** members had an election of officers and made plans for June tour to Halifax Waterfront. They received information on the Mobile Breast Screening Clinic. The branch enjoyed an annual restaurant outing in June.... **Enfield's** program in May was a member telling of her trip to Toronto, New York and Disney World. They also reviewed their annual donations and up dated their 50th anniversary plans. In June, they elected new officers, passed out the Buy Local surveys and had a quiz on Dementia... **Gore's** programs for the year were as follows: touring the newly construction of Mitchell's Rest home, learning about special requirements needed with the elder home care; working on a round robin quilt; organized a weekly community coffee shop at East Gore; invited friends for lunch at a local restaurant; had a dessert party with members dressing alike in black pants, white blouses and hats; sent homemade fudge to their twin branch'. In May there was a discussion on changing their

focus to the youth in the community; by supporting kids going to camp, and looking into the possibly of inviting Al-Anon into the community to offer assistance to community members who may need help with problems related to alcohol. Dorothea Mitchell kindly donated two of her paintings to be raffled. They are pleased two new members are joining. Congratulations! **Hardwoodlands Junettes** spend two enjoyable evenings in May making quilts and planning to make more. Members and guests enjoyed a day at a lake cottage and had fried turkey dinner. They are continuing to have card parties as a fundraiser. They were unable to do the roadside clean up this year... **Nine Mile River Homemakers** had Philip Hensin speak at their April meeting. He had worked in the Royal Family stable, getting the horse ready for the family on special occasions. He told interesting and informative stories about the Royals. Ladies of the district are making plans to get together in June, to cross on the Dartmouth Ferry to tour the Historic Properties and have supper. The branch is collecting recycles as a fundraiser for a dishwasher for the hall.... **South Rawdon's** reported their year's activities: they toured FoxHill Cheese Factory (enjoyed many samples) and Just Us coffee shop and had a talk on free trade; a member shared her challenges of growing sweet potatoes; planted Canadian flags and a American Flag on veteran's graves; Evelyn Parker spoke about her volunteer job during the war; marked their 60th anniversary by giving a commemorative plaque with a picture of the beautiful maple tree planted by the branch at its opening 30 years ago to the Hants Community Hospital; and learning about the importance of adult literacy.... **West Brook Halfway River** gave yearly reports and made plans of a presentation to a member moving away.... **West Pugwash's** program for May was a history of West Pugwash's WI (55 years). They made donations to Pugwash District High School awards. They plan to make a disaster quilt for the community of Pugwash. Keep those reports coming to help share great programs ideas with other WI'ers.

Respectfully submitted
Goldie McDow,
Hants West District Director



Reach for the Stars Membership Challenge 2006 -2007

Once again, Women's Institute branches across Nova Scotia will be adding new 'STARS' to their membership list during the 2006-2007 Reach for the Stars Membership Challenge. Each new member earns the branch one star. We now have eleven new members. Welcome! Please report any errors or omissions to the following report directly to the WINS office.

One Star

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

Two Stars

Waterloo – Karen Boudais,
Heather Johnston

Three Stars

Weston – Anne Marquis, Judy Knox, Norma Barteaux



4-H Senior Speaker

Women's Institute sponsors an award each year to the top 4-H senior speaker. This year, congratulations go to **Elise MacDonald**



A note from Ruth Blenkhorn and Deb Benedict

We would like to thank everyone for the cards, notes and visits following the death of our brother. Your kindness was much appreciated and will always be remembered.



Buy Local Challenge

The WINS Buy Local Challenge is off and running! The survey forms were mailed to branches in June and we look forward to having a 100% return by October. If your members have not already done so – and a couple of branches have- please take a few minutes of your time and fill one out.

Our visits to farm markets began the 5th of August when a few brave souls hit the Halifax market at the Brewery at 6:30 am, and finished at 1 pm. Long day wasn't it, folks but well worth the early start.

The "official" launch was at AgriFest in Canning where we spent 4 days talking with people and having surveys (753) filled out. Also on



Sunday morning a 30-minute presentation on the Buy Local Challenge took place in the Seminar Pavilion. All in all it was a great success and thanks to all who volunteered their time.

On August 18th consumers at the Tatamagouche market were challenged to buy local and on Saturday August 26th consumers in Antigonish had the opportunity to hear about the Buy Local Challenge and to fill out surveys.

One common theme runs through all comments and that is people ARE interested in local foods and products and were quite willing to fill out surveys so please continue to talk to friends, neighbors, producers and to those in charge of buying at the supermarkets.

We can make a difference!

2006 Family Scholarship Recipients



Rebekah Melvin sponsored by Delhaven and District WI. She will be attending Mount Allison University.

Emma Woodlock sponsored by West Pugwash WI. She will be attending Concordia University

WINS in the Garden

Women Institute members from throughout the province welcomed several hundred visitors to their display at the Nova Scotia Agriculture College on July 27, 2006. The gazebo was laden with numerous



pieces of crocheted, embroidered and craft items. Quilts blowing in the breeze provided a picturesque background for Women's Institute members, Kathryn Reagh and Sharon Lynk, who demonstrated rug hooking and spinning. Younger visitors had the opportunity to design and paint quilt blocks. Cool lemonade and refreshments was served to all visitors.

Marion Newcombe and Jennie McInnis, alumni members were the hostesses for the event. "The Buy Local Challenge" was wholeheartedly accepted by those attending the Open House.



AgCot



Visit the WI Buy Local Challenge Booth on October 12th - 15th, 2006, at the AgCot Discovery Centre during the Maritime Fall Fair. The theme of AgCot this year will be, 'Agriculture - What's Your Connection?'. Our WI Booth will feature our newest project, the WI Buy Local Challenge. Volunteers will be on hand to encourage the public to 'step up to the plate' and take our challenge and complete our survey. We will also be promoting other WI projects and of course, encouraging women to consider joining WI.

If you would like to volunteer a few hours at the WI Booth at AgCot, contact Theresa at the office as soon as possible. Volunteers who register with the WI office have their attendance fee waived.

A Call for Resolutions

The Provincial Resolutions Committee has set the date of **January 31st, 2007** as the deadline for resolution submissions.

October is Friendship Month

Is your branch or district doing something in October? Why not consider bringing a friend to a meeting or holding a public workshop or information session. This is a great way to promote Women's Institute and to possibly increase your membership.

Friendship Month

Life without friends means living life in the world of isolation. Friendship is important for many reasons. Friends not only bring love but also build a comfort zone around us. Friends remain close through good times and times of crisis. Friendships enrich our lives. Friendship Month is celebrated to honour the true spirit of friendship. It gives us an opportunity to show our appreciation to friends for their love and care. A few suggestions on how to celebrate Friendship Month and show your friends they are special...

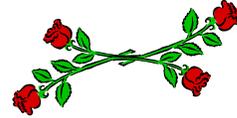
- Write a nice card for your friend telling them how much you appreciate their friendship. Spill out your heart to them as though there is no tomorrow.
- Buy or make them a small present - flowers, chocolates, a cake, a dreamcatcher or anything that catches your imagination! Consider leaving the gift anonymously for added intrigue!
- Call all those old friends you haven't spoken to in ages. remember the girl scout motto: "Make new friends and keep the old, one is silver and the other gold"!
- Host a Friendship Dinner Party!
- Buy your friend a ticket to the theatre so you can enjoy a great show together. If you can't afford this, downscale to the movies!



In Memoriam

Sharon MacCormack – Weston WI

Isabel Chesnutt– West Pugwash WI



Indian Harbour Lake – Jordanville WI Honour Graduates 2006



Each year, members of Indian Harbour – Jordanville WI honour their high school graduates with a special party and goodies to help get them stated at university or college. The 2006 graduates pictured above, include Sandy Sangster, Chad Rassing, and Alyssa Schultz.

Charter Member from Indian Harbour Lake – Jordanville WI



Margaret Jordan is a charter member of the Indian Harbour Lake – Jordanville Women's Institute

Annual General Meeting (AGM)

Come one and all to the next AGM.

Theme: Water, Water, Everywhere

Place: Shelburne, Nova Scotia

When: July 3rd and 4th, 2007

