



HOME and COUNTRY

W.I.N.S.

Spring

Women's Institutes of Nova Scotia

2009

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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Dates of Events

Wall Hanging Design Competition

Deadline for submissions
February 12, 2009

WI Day in Nova Scotia

February 19, 2009

WI Week in Nova Scotia

February 15-21, 2009

ACWW Day

April 29, 2009

Membership Dues for 2009-2010

June 1, 2009

FWIC Convention University of PEI

June 16-20, 2009

WINS Convention 2009 NSCC, Truro Campus

August 4-6, 2009

From Ellen's Desk



Hello WI Friends

HAPPY NEW YEAR EVERYONE FROM THE BOARD OF THE WOMEN'S INSTITUTE OF NOVA SCOTIA

As I write this message to you folks, we are experiencing a very cold spell; today the temperature was -22 here. I can tell you that I have remained inside for the past two days but will venture out tomorrow. It will be a workday.

I want to bring you up to date on some of the activities happening within our organization. In November the executive of the Women's Institute of Nova Scotia met in Truro with Hon. Brooke Taylor, Minister of Agriculture. Over a noon luncheon the ladies did a presentation on the work of the Institute; followed by a slide presentation on activities that we had been involved in throughout the year. Sherry Richard and Gerald Post accompanied Mr. Taylor. Mr. Taylor has always been very supportive of the work of Women's Institute.

Unfortunately, we said goodbye to Pia Hall, Office Administrator prior to the end of the year. Pia took a new position in the town of Truro. Starting on January 20 we will welcome Nancy MacKinnon to the Women's Institute office administrator position. Just a reminder, the office will continue to be open Monday through Thursday from 8:00 a.m. to 4:00 p.m. Please remember that the answering machine is always on and someone will return your calls.

I hope everyone has been thinking and taking action on designing a banner for WINS. Please remember that there is a fantastic prize for the best banner design. It is under the direction of Public Relations Officer, Linda Munro. Don't hesitate, time is running short!

Time for Resolutions is soon up so please get together with your branch members and put some of those ideas into resolutions.

The Board of Women's Institute of Nova Scotia will be meeting in Truro on February 6 and 7, 2009. As usual there will many decisions made on behalf of all members in Nova Scotia and one no more important than the next. We have been contacted to see if we would be interested in holding ACWW 2013. As you will remember we extended an invitation to the world to come to Nova Scotia when we met in Finland in 2007. At that time we lost to China, which has since declined the win. A vote will be held to decide Nova Scotia's position on the matter.

I wish to encourage Women's Institute members to consider the positions of District Directors when they become vacant in your districts. What better way to learn and show your support in the greatest movement, Women's Institute? There is a call out there for people who have served on the Board in the past six years for the position of President Elect of Women's Institute of Nova Scotia.

Please mark August 4, 5, and 6, 2009 when the Women's Institute of Nova Scotia Convention will be held at the Nova Scotia Community College, Truro Campus. We hope that there will be a good turnout for the Convention.

Yours in WI Work,
Ellen M. Simpson

President, Women's Institute of Nova Scotia

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Visit our website: www.gov.ns.ca/agri/wi

Yvonne Kennedy Cape Breton District Director



Yvonne Kennedy belongs to the Homeville Women's Institute Branch. Thirty-five years ago Yvonne found an invitation in her mailbox and didn't have a clue what Women's Institute was, so she joined the Branch to find out and still enjoys the organization. Her most memorable event was when she received her life membership. She enjoys the camaraderie in the Branch and the organization. Her three adult children are scattered around Canada, and a granddaughter in Ottawa. She loves walking, volunteering and gardening.

Julia Llewellyn Kings West District Director



Julia Llewellyn belongs to the Lakeville Women's Institute Branch. The ladies of the Lakeville Community Club felt that they wanted to join an organization which was wider than their community. The Branch was formed by Orabelle Best-Norton. Julia is a charter member of this Branch. Her memorable time or event was accepting offices – President, secretary, and Program convenor within the Branch, then President and Secretary of the District, and elected District Director for West Kings. She enjoys attending Provincial, National and World Conventions. She has two married daughters, four grandsons. She enjoys travelling, gardening, knitting, quilting, and cross country skiing. Women's Institutes is the rural university. She has learned about or been involved with so many programs and activities. Rural life

In Memoriam

Betty MacLean – Springville
Mary Ross - Garden of Garden



Dropping in on the Branches...

Central Area

North River's October program was Truro Arts Society, various artistic mediums. The members viewed over 100 displays by different artists. Roll call each month is members posing questions of their choice. Their fundraiser is for N.S. Ovarian Cancer Research and they are having a monthly raffle for this cause. In November a speaker told of her trip to WW2 beaches in France in 2000 with veterans, as she took part in the International Exchange trip with Royal Canadian Air Cadet Corps. In December they had lunch at a local Truro restaurant followed by viewing the display honouring men and women from Colchester County in the 90th Anniversary of the end of WWI at the Colchester Museum... **West Brook Halfway River's** October roll call was a reading or how fortunate we are in so many ways. In November roll call was answered with household saving tips. President-Elect Coni Murray was a guest at the meeting... **West Pugwash's** October roll call was on how members did their Christmas cards, special cards, notes in, etc. Program was card making with a discussion on special feeling receiving or giving something handmade. Two layettes were given to parents for new babies. In December held a Christmas pot lunch; they provided gifts for a child and items for food bank... **Martock Windsor Forks** October roll call was on friendship, members recalled importance of friendship and what our friends mean to us. Program was on recycling, - milk cartons, frozen centre pieces, freezing soups, tomatoes, fish, holding broken glass. The members spend a lovely October day in Bridgewater with their twin Chelsea. Roll call in November was reading facts related to Remembrance Day; had an auction as a fundraiser. In December, they had delivered Christmas plates for seniors and shut ins in area; and provided Christmas dinner and gifts for a needy

family... **Nine Mile River Homemakers** September and October roll calls was a penny for every inch of your bust size. In September, they celebrated their twenty-eighth anniversary with birthday cake. They put big rocks at local cemetery instead of putting up a fence; had a takeout dinner at the end of October. In November, a member from the community gave a presentation on quilting. In December, they had four guests, and they exchanged gifts, and had an afternoon of goodies and social time... In October **Three Cornered's** program was the local Brooklyn Fire Department Auxiliary; and they told the members of the brief history of department, their plans for new fire hall and civic centre/emergency centre, and how they can help and why it is necessary. They sent out invitations to recruit new members. In November they made candy cane and poinsettia flower arrangements; and answered roll call with what they want for Christmas... In October **Enfield** members answered roll call telling about their favourite restaurant and why. Program was on M.S.G additive, a harmful additive in many everyday foods. They visited with their twin branch in Parrsboro. November's roll call was a product they purchased at a local food mart, and their program was on Remembrance, a member had old post cards of her grandmothers from her grandfather in France in WWI; an insight into the times, and also had a quiz. At their December meeting a Christmas party and dinner and invited non members to it... **Three Waters's** October's roll call was a thanksgiving theme: what they are grateful for, they hosted the Fall Rally. Their projects are: Formed committee to investigate community information board, also afghans for Afghans. November's roll call was to tell a positive thing that has happened to you since our last meeting. Program was Christmas boxes for Samaritan Purse... In November **Gore** members answered roll call with a

reading or story for Remembrance Day, their program was on Relaxation and the importance of our hands. Joann Cory received a medal for recognition of Women's Institute. A member had made and donated hats and scarves for the homeless. Projects for December was the Christmas tree lighting, sponsoring Christian children's fund, Christmas caroling to shut ins and donating to the food bank. I would like to thank the retention and recruitment team of Ellen Simpson, Coni Murray and Linda Munro for their presentation to West Hants District in October. It was so nice to meet with them. Thanks to Martock Winsor Forks for hosting. Branches keep those reports coming, to share your ideas, good works and fun with all Women Institute members of Nova Scotia

Respectfully submitted,
Goldie McDow
West Hants Director

Eastern Area

The **MacPherson's Mills** Branch packed gift boxes for Operation Christmas Child and entertained the Thorburn Seniors group... **Garden of Eden** packed boxes for the elderly and shut-ins in the Community as well as contributing to the Samaritan Purse project and the local food bank... **Newtown Denver** enjoyed a glimpse into the holiday traditions in England and Holland. Donations were made to the Food Bank and Labrador... **Point Edward** hosted a successful Christmas Tea and Sale and donated two hundred dollars to the Salvation Army... **Middle River-Gairloch** gained an appreciation of the importance of friendship in our lives and helped a local family dealing with a terminal illness... **Sherbrooke** supported the Buy Local initiative by visiting a locally operated roastery to learn about coffee... **Springville-Island** enjoyed a session with a local beekeeper. Bees are an important aspect of agriculture... **Port Bickerton** hosted a

Seniors Christmas party and filled shut-ins boxes for the needy... **Caribou** entertained at the Veteran's Wing for Christmas and discovered that exercise is an excellent source of well-being, peace and relaxation... **Abercrombie** focused on business in the area that produce local products as part of our Buy Local program... In December, Vivian Ingham had a Christmas program and read the story of the Candy Cane, and each member received a handmade snowman; and Norma read a poem: If I were Santa... Ashley Mason, a graduate of the culinary program at Holland College visited the **Bridgeville** Branch to share her love of chocolate making. The members are going to give ECFM station a basket of goodies, the theme will be Blueberry which reflects the major industry in Bridgeville. The basket will be given to the station during WI week... The **Churchville** Branch had an interesting program on the role of Home Economics in our daily lives and Amy Hood spoke on anaphylactic shock... **Lyon's Brook** raised money for an orphanage affected by the tsunami. The Branch viewed a variety of creations that can be hooked ranging from rugs to wall hangings and chair cushions... **Indian Harbour Lake-Jordanville** members heard the highlights of the year. Barbara Furlong showed the ladies a sketch of the banner for the Wallhanging Contest from the office. They are in process of quilting a quilt to sell tickets on it to raise money for their Grad party which they will hold in June... **Homeville** sponsored the annual Christmas Tree Light-up in Port Morien and helped a needy family... Nova Scotia's newest Branch, **Spanish River**, is looking forward to meeting the other Cape Breton Branches at the Spring Rally.

Respectfully submitted,
Yvonne Kennedy
Cape Breton District Director

Southern Area

Arcadia had a presentation on making table linens using crayon embroidery demonstrated by Marion White. Roll call was: What don't you do now that you used to do. In December they made up the community Shut-In boxes and enjoyed a pot luck... **Brazil Lake** hosted the Fall rally. Sandra Fitzgerald showed Therapeutic Touch and how you can become calm, relaxed and heal stress. The parking lot is now complete and the hall has hot and cold running water. In November, Barb Nichol gave a presentation on the history of the Club Farm which is located in the village of Carleton. She showed pictures and brought along an antique wicker potty chair. She also has a bassinet her grandchild used. In December they celebrated with a Christmas party at a member's beautifully decorated home with a pot luck. They made up shut in boxes and each member took part in a Christmas program... **Chelsea** made Halloween pins for their twins and took several pairs of glasses to the lions Club to be sent to developing countries... **Kempt** had speaker explain breast reconstruction surgery after cancerous removal. She explained the procedure with pictures. They had plans for an entry in North Queens Fair. They made and distributed twenty-eight breast pillows to South Shore hospital. In October they learned about substitutes for white sugar, how to prepare plants and gardens for winter and purchased a wreath for the cenotaph for Remembrance Day. In November they had a program on Diabetes, made a donation to I.W.K., collected recyclables with money going for a high school sports team... **Lunenburg** learned the history of the butternut squash and about other types of squash. In November a Remembrance Day program showed them how tragic life at sea was during wartime. A DVD was shown and a convoy accidentally sunk a local fishing vessel leaving local communities

mourning for the men lost... **Parkdale/Maplewood** learned some uses of WD40 and Listerine, packed sixteen boxes for Samaritan's Purse and made a donation in memory of their oldest residents... **North Brookfield** drew names for Christmas gifts... **Waterloo** had a program on Antiques and auctions. A speaker told them funny and serious stories about auctioneering. He checked over some old articles including a doll owned by ninety-four year old Mildred Wile. In November their program was about prescription drugs and vitamin pills. They got lots of good advice about the drugs they take and that taking too many vitamins is not always good. They made a donation to the IWK.

Respectfully submitted,
Irene White
Yarmouth District Director

Western Area

In November **Burlington and District** welcomed a new member, Sandra Hirtle. The Branch has assembled thirty-eight personal care kits (combs, toothpaste, tooth brush, razors, etc.) for Valley Regional Hospital, Kentville. Members were asked to show support when the veterans lay a wreath at the Burlington Cemetery and to provide refreshments following the ceremony. President Noreen Dunham displayed a quilt made by her grandmother Rena Loomer Howell and some embroidery items Noreen did at age 10. Cindy Usher did a re-enactment of a lecture Massacres, Visitations and Voices, the story of Theresa McAuley Robinson, widow of the last man hanged in Kings County and a resident of Burlington. In 1904 there were no safe shelters such as Chrysalis House for women to flee to. The Branch made a sizeable donation to Chrysalis House after a very successful tea and sale on November 15th... In November Maxine Bezanson presented a program about Nova Scotia for her **Cambridge** Branch. Members learned about the importance of the historical symbols



Mary Daniels being presented with her memory quilt at our Christmas outing. Each member of our branch (Burlington and District) embroidered a square and Marie Armstrong quilted it. This was a quilt that Mary's mother had started and never got around to finishing, so Mary asked if anyone wanted it. Of course she didn't know what we had done with it until Christmas. Like Marie's block says; "When Life hands you Scraps...Make a Quilt!" Marie Armstrong is presenting Mary Daniels with the Quilt In the picture

such as the crest, flag, mace, shield of arms, coat of arms, N.S. tartan, official animal, tree and flower. Roll call was why each member enjoyed living in N.S. Some members hope to attend a District Doll workshop presented by President Judy Parks in late January and the branch hopes to have a Pour for the Cure Tea in April. In December members and guests enjoyed a potluck supper at Tanya Schofield's home. Gifts were exchanged and piano Christmas music was provided by Judy Parks and the eldest member Elva Pynch... In November **Canning** members brought in a Christmas recipe or an easy craft idea. A donation was made to Valley Regional Hospital, Kentville... In November Violy Curry showed **Grand Pre** members how she makes stained glass items. Members are working on a Heritage Quilt. In December members and guests enjoyed a potluck supper followed by Christmas contests, readings, memories of a very special Christmas and carol singing led by Maggie and Duncan Keppie. Members brought in their Christmas socks and the money was sent to Chrysalis House and the Red Door. District Director Sharon

Lynk presented Cora Mae Morse with a Life Membership... In November the **Islands** Branch made crafts for a Christmas Carnival in a Box... In November President Anthony Facey of Friends of the Family Estate Organizers told **Lakeville** Branch how the organization will take care of all matters concerned with selling an estate before and after death. In December the Branch hosted the Community potluck supper followed by the play *Bad King Wenceslas* and a hearty carol sing. Contributions were brought for the Food Bank... On December 6th **Lockartville** hosted a tea to promote the sale of their recent cookbook *Cooking from the Hart* for all the branches in Kings County. Forty ladies enjoyed samples from the cookbook and the great Christmas atmosphere at the home of Lavinia Zwicker... In November Donna Nicholson presented a Remembrance program for the **Medford** Branch. Both happy and sad memories have definite effects on individual lives. The Branch is promoting Cervical Cancer Care. Roll call was answered by a personal blessing. In December members enjoyed a turkey dinner at the home of member and District Director Sharon Lynk... Plans were made for **New Tusket** to host the Digby District Fall Rally in October. Members brought in fall photos which were displayed so that each member could vote on a favorite one. The one with the most votes got a prize. In November members packed eighteen shoe boxes for the Operation Christmas Child program and also gave donations to cover the cost of shipping. In December everyone enjoyed the Christmas party with games, a carol sing and a gift exchange. A donation was made to Clare District Christmas Daddies. Roll call was answered with a pot holder exchange... In November **South Berwick** members Mary Fraser and Rita Shay presented information on electric dryers and other household hints. The Branch catered to a luncheon for the Berwick and District Board of Trade. A very successful soup luncheon and sale was held on

November 29th... In October Bonnie Hatt helped **Spa Spring** members make bracelets and necklaces from beads, wire and stretchy cord. Members brought in greeting cards to be used when needed. Two teenage boys from Restorative Justice assisted with the Adopt a Highway Cleanup. Final plans were made in November for the annual tea and craft sale on December 6th. Members brought in wrapped items to be sold at the sale. A donation was made to the woman's shelter Chrysalis House... In November Wendy MacDonald told the **Tupperville** Branch how spices such as cinnamon, cloves and mustard are beneficial for certain health conditions. A donation was made to Chrysalis House and Centerlea Community Hall... In September **Weston** and their twin Grand Pre enjoyed a tour of Read's Rose Gardens followed by a potluck supper. Members told about summer experiences. In early October Grand Pre invited Weston for a tour of Grand Pre Winery and Wool Ship. In October Adrienne Saunders and Tara Salsman talked about eating well and being active to help control diabetics. In November David Kilcup told about a trip in October 2007 to Italy to visit his father's grave. He was three years old when his father was killed in World War II. Roll call was answered by the name of a veteran. Decorations of snow flakes and stars provided a Christmasy atmosphere for a very successful tea and sale on November 13th.

Respectfully submitted,
Julia Llewellyn
Kings West District Director

Convention 2009

Theme: Vision to Reality
Place: NSCC, Truro
When: August 4, 5, 6, 2009
Registration Deadline:
June 1, 2008



Reach for the STARS Membership Challenge 2008-2009



Once again, Women's Institute branches across Nova Scotia will be adding new 'STARS' to their membership list during the 2008-2009 Reach for the Stars Membership Challenge. Each new member earns the branch one star. Welcome! Please report any errors or omissions to the following report directly to the WINS office.

One Star

Belnan – Ellen Crowe
Caribou – Elaine Chaisson
Kempton – Debbie Worden
Martock – Windsor Forks – Lois Smith
New Tusket – Maurine Mullen
Springville – Island – Rosemary MacDonald
Point Edward – Joan LeRay
West Brook Halfway River – Shirley Hurley
Waterloo – Leonore Hirtle
MacPherson's Mills – Margie Park
Three Cornered – Sandra Lerette

Two Stars

Burlington and District – Darlene Schaeffer, Sandra Hirtle
Lakeville – Marilyn Kenny, Joyce Morton
Parkdale – Maplewood – Vicki Rhodenizer, Faye Croteau
Port Bickerton – Donna Blackie, Eileen Hurley
Three Waters – Donna Wisen, Susie McNutt

New Branch – Spanish River



Wall Hanging Design Contest



I have another challenge for you. I know there are lots of talented and creative ladies in our Branches. The challenge is a **Wall Hanging Design Contest**. We would like to eventually have a wall hanging that we would use for Provincial Events such as our Conventions, Annual General Meeting and other special events. I am looking for a design that depicts Women's Institutes. The winning Branch will receive a \$50.00 gift certificate from the Women's Institutes of Nova Scotia's office.

The guidelines for the **Wall Hanging Design** are:

1. The winning design will be used as a pattern to create a 24 by 36 inch wall hanging.
2. The design on the wall hanging must be easily recognizable in depicting the Women's Institutes of Nova Scotia.
3. The design should be drawn on 8 1/2" by 11" sheet of paper or you could use graph paper.
4. You should use color in your design, keeping in mind that the WINS's colours are blue and yellow.
5. Put your name on the back of your entry.

Send your Design to the WINS office.

The dateline for this contest is February 12, 2009

Linda Munro, PRO

Handcraft Competition 2009



Details of the Competition:

Classes: There will only be one class.

Dolls: The dolls can be made from any fabric, i.e., cloth, sock dolls, knit or crochet. **It is to be a doll to "play with" NOT a collector style doll.** No plastic, porcelain or ceramic doll. A commercial pattern may be used or it can be an original design. Pattern – whether store bought or handmade must accompany waiver in order to be accepted in the competition.

Clothes: **Clothing must be made by the WI member.** Dolls must be dressed in clothing appropriate to the design of the doll.

Size: 21 – 91.5 cm (10 – 36 in) high.

Materials: **No liquid embroidery or acrylic paint features or button eyes.** Doll faces can be embroidered or appliquéd, **NO IRON ON APPLIQUES.** Hair should be appropriate to the type of doll. Materials and fabric must be appropriate to the design and character of the doll.

Responsibilities of Owner: It is the responsibility of the owner to arrange for their item to be delivered and returned from the Provincial Convention. Each entrant will be required to sign the waiver below and will enter their craft in the competition at their own risk.

The details and waver on this competition have been sent to your secretary with this issue of Home and Country.



POUR FOR THE CURE



I am writing this to my entire Women's Institute friends who enjoy a good Cup of tea with some friends. It is a fundraising initiative in support of The Canadian Breast Cancer Foundation.

Pour for the Cure can be as easy as holding a small tea party with close friends and collecting donations or it can be as large as getting your whole group involved and turning the gathering into a special event. Each group that registers will receive a "Pour for the Cure" Event Box, which will include everything that you need including a vintage blue ceramic Tetley teapot to use for the event.

Please let the office know before April 30th, 2009 you have had your tea party so we can share your good news with all Women's Institute ladies throughout the province.

President,
Ellen Simpson



**ACWW
Information**



Canada Area project



The Area project, Home-based Care for Tsunami-affected Dalit Children in Nagapattinam (India), is doing very well. A DMI (Daughters of Mary Immaculate) sister wrote in a letter, 'We really acknowledge your generous support for making our children a better person.'

Thank you for your donations to the project and I encourage you to continue them so that the Area will eventually meet its commitment of \$7000. Please make your cheque payable to ACWW Canada Area and indicate that it is for the Area project.

Pennies for Friendship



Pennies for Friendship is a voluntary fund which supports projects work, UN links and networking, international extension work, and management of the core work of ACWW. ACWW is grateful for all your contributions and asks that you continue to give generously to that the organization may continue its essential work.

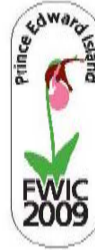
District Director Positions

This spring, six Districts will be electing District Directors or re-nominating their current Director for a second three-year term. District Director can serve a maximum of two three-year consecutive terms. The Districts that will be looking at renewing their Director for another three years or electing a new Director are: **Annapolis, Cape Breton, Cumberland-Colchester, Kings East, Kings West, and Guysborough.** Nomination forms have been sent to the Branch and District Secretaries.

President Elect 2009-2012

A new President Elect will be installed at Convention 2009 in Truro in August. **Has your Branch considered making a nomination?** The list of eligible Members for the position was sent to branches last fall along with a nomination form. **Nominations for the position of President Elect must be received by the Nominating Committee Chair by March 1st, 2009.** Contact the WINS office immediately if you require an additional copy of the nomination list or form.

**FWIC
Convention 2009**



The Federated Women's Institutes of Canada will hold their convention at the **University of PEI** in Charlottetown from **June 16 to June 20, 2009.**

The theme chosen for the triennium (2006-2009) is:

**Women Inspired Women Involved
Can Achieve Anything**

All registration forms must be to the Registrar on or before April 30, 2009. This must be strictly adhered to so deadlines at U.P.E.I. can be met. **NO LATE REGISTRATION FORMS WILL BE ACCEPTED.**

For more information, the website is:
<http://www.nald.ca/litweb/other/fwic/con09.htm>

Celebrate WI Week 2009

During the WI week, February 15th – 21st, **"Shine a Light"** on WI by stringing a row of mini-lights in a tree or shine a flood light on your home or WI hall. Another good idea on how to promote Women's Institute is to give a basket of goodies to your local radio station or newspaper, as they are a good way to advertise your Branch and the organization; with the basket of goodies have a write up about Women's Institute and your Branch.





**2009 – Fundraiser
Two Quilts and Porcelain Doll**

An anonymous person has graciously donated two handmade quilts and a porcelain doll. Thank you! The first and second prizes will be the quilts and the third prize will be the porcelain doll. The secretaries have received books of tickets. It is at you Branch's discretion if you wish to sell the tickets. The tickets are \$2 each or three for \$5. The draw for the two quilts and the porcelain doll will take place at Convention 2009.



Family Scholarship 2009



With the last issue of the newsletter, your Secretary received copies of the 2009 WINS Family Scholarship form. The deadline for submission is April 10th, 2009. One WINS Family Scholarship of \$700 will be available in 2009 to WINS members, their husbands, children, grandchildren, nieces, nephews, sisters-in-law, brothers-in-law, and ward. The purpose of the scholarship is to provide assistance to a graduating high school student who wishes to obtain training at a recognized technical institute, school of nursing, college or university in Canada. If you know of a student in your family that could apply for this scholarship, please ask your Secretary for a copy of the 2009 form, contact the office or go online at <http://www.gov.ns.ca/agri/wi/forms/scholar.pdf> to print a copy.

Supplies

Familiar Family Favorites Cookbook by WINS	5.00
T-shirt with crest	10.00
Golf style shirt - navy	15.00
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
Quilt Patterns Book	20.00
Stick-on WINS crests 24 per sheet	.10 /sheet
WINS Apron	15.00
WINS / West Virginia CEOS Cookbook	5.00
God Be With You – Music CD	15.00



Office Update



The new Office Administrator is Nancy MacKinnon.

Reminders: The Women's Institutes of Nova Scotia's office is opened from **Monday to Thursday**. The office is opened from **8:00 to 4:00**.

The office's email is: wins@gov.ns.ca

