



# HOME and COUNTRY W.I.N.S.

Spring

Women's Institutes of Nova Scotia

2011

## 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

### WI Day in Nova Scotia

February 19, 2011

### WI Week in Nova Scotia

February 13-19, 2011

### Board Meeting

March 22 and 23, 2011

### ACWW Day

April 29, 2011

### Membership Dues for 2010-2011

June 1, 2011

### ACWW Area Canada

Mt. Saint Vincent University,

Bedford

July 8 – 10, 2011

### AGM

Elmsdale School, East Hants

August 3<sup>rd</sup> and 4<sup>th</sup>, 2011

## From Linda's Desk

Happy New Year Everyone!

It is a pleasure for me to be your interim President Elect for the next few months. I am Linda Munro, the District Director for Pictou County and also your editor of the Home and Country Newsletter. I live in Lyon's Brook. I have been a WI member since 1973 and was made a life member. I am a retired teacher, and I enjoy meeting people and working as a team member. One of the volunteering events that I enjoy doing is to be the Stage Manager for the Pictou Rotary plays. We usually put the plays on the first weekend in April, so this makes the winter months go fast. This year we are putting on "The Drowsy Chaperone" – a musical within a comedy.



The holidays are over and I hope that everyone had a wonderful time with their family and friends. It is hard to believe that this is the middle of January. I know that many of you are making plans to celebrate WI Week in February. While you are planning the events in February, keep in mind the FWIC projects: Red Dress day, Heart and Sole walking program, and visit the website to obtain the **The Heart Truth's Community Action Kit**. What a way to introduce your neighbours to Women's Institute! Don't forget to put on your pedometer and walking shoes, and to record your steps for the Heart and Sole Walking Program. Send some pictures along with your results to the Women's Institute's office.

Hope you are planning to attend the ACWW Area Canada Conference, which will be held at Mount Saint Vincent University in Bedford. Just a reminder to all Branches, that the planning committee is asking you to donate an item for this conference. More information about this conference will be in your hands soon.

Please forward your ideas for our 100<sup>th</sup> Anniversary in 2013. I know there are excellent ideas out there for us to celebrate this Great Event.

The Provincial Board will be meeting in Truro on March 22<sup>nd</sup> and 23<sup>rd</sup>, 2011, and here's hoping for good traveling weather.

I would like to thank you, the members, for your support and commitment to Women's Institutes. I believe Women's Institute is a strong organization and we are a group of women who work together for the Home and Country, and I am honored to be a part of amazing group. Keep up the great work

Linda Munro – Interim President Elect  
Women's Institutes of Nova Scotia

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**ACWW President**

May Kidd

Scotland

Visit our website: [www.gov.ns.ca/agri/wi](http://www.gov.ns.ca/agri/wi)

**Nova Scotia Executive Officer's Report****HAVE YOU PURCHASED YOUR PEDOMETER YET?**

The ten provincial Executive officers met in Ottawa during the month of November, 2010.

The theme of Women's Institutes for the next three years is Coast to Coast- Live and Well. The theme is a combination of several areas such as the health of women across Canada in relation to heart and stroke, strong support from the Heart Foundation of Canada as well as counting our steps through the use of pedometers. The pedometers are available from the Women's Institute office in Truro or by contacting me. The cost is \$5.00 each.

Please record your number of steps daily, weekly or in a manner that is easiest for you; remember it is only 5000 km from Newfoundland to British Columbia. Oh yes, there are approximately 1300 steps in a km. **PRIZE:** The lady who walks the furthest will receive a free registration to the FWIC Convention, June 2012 in Sydney, British Columbia

I wish to take this opportunity to challenge each branch in Nova Scotia to hold an event where you can learn about a healthy heart; discuss strokes and what to look for. You may once again let your imagination be your guide, let the challenge be exciting, yet informative. I would ask that you send me a report of what you did so that it can be compiled into an extensive report; due in February 2012.

I am hoping that each Women's Institute member in Nova Scotia will wear red the first Friday in February; National Wear Red Day in support of Canadian Heart and Stroke Foundation.

Ellen M. Simpson  
Executive Officer for Nova Scotia  
Federated Women's Institutes of Canada



**2011 – Fundraiser**  
**A painting of the Nuttby House**

The secretaries have receive 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 this painting will take place on August 4<sup>th</sup>, 2011.

## Dropping in on the Branches

### Southern Area

**Arcadia** members enjoyed a pot luck supper and then packed shut-in boxes for members of the community; Roll call was answered by telling a favourite Christmas tradition...**Brazil Lake** had a presentation, in November, by Ben Churchill, who had volunteered in Haiti to work on building a school and orphanage. He brought baskets made by a Haitian lady who was not able to sell them in her country. Members were left feeling grateful for all we have here. In December, they enjoyed a pot luck supper and carol sing in the community hall...**Chelsea** collected enough items to fill thirty-five Operation Christmas Child boxes. Way to go! They celebrated their sixty-first anniversary with a dinner at Days Inn. Thirty-five boxes were packed for Operation Christmas Child; they decorated a memorial tree for the local cenotaph; presented 'Hard Facts about Women's Heart Health'; and made a donation to Christmas Daddies...**Kempt** had a reading and discussion on Heart and Stroke. They made plans to help out at a sale at a local nursing home, to enter a float in the Caledonia Santa Claus parade, to make decorations for the community Christmas tree and bag candy for Santa to hand out to children at the tree, plans for boxes for shut-ins, and plans for the annual community party, supper and gift exchange. A busy season indeed!! **North Brookfield** had a program on maintaining and caring for a home sewage system, followed by a quiz. They also made plans to participate in the first annual Santa Claus parade, and to deliver shut-in baskets in December, and their Christmas outing was dinner and a movie...**Parkdale-Maplewood** enjoyed hearing about Diane Rafuse's trip to Egypt. Roll call was answered with a use for WD40. In December, they had their Christmas party, with games, gifts, and quizzes. They also packed twenty-one fruit baskets for the local sick and elderly. Roll call was

answered by something they like about winter.

Respectfully submitted,  
Sharman Fells  
Yarmouth District Director

### Western Area

**South Berwick** enjoyed a presentation by Chef Peter Dewar who talked about how he got started as a chef and his many accomplishments. He also stressed the Buy Local campaign and using local products in his kitchen. Krista Laing, from VON spoke about the programs VON offer and donation was made to the VON. The branch will be holding a Coffee party on February 19<sup>th</sup> for the Heart and Stroke Foundation with a free will offering and will be open to the public...**Burlington and District**; Charlotte Dexter did a program on her trip to Ireland with lots of pictures and treasurers brought back. They also did up twenty-five premie caps, ninety-five baby caps, and they are doing up care kits as well for VRH. They are planning on making sixty scarves for Scouts. **Spa Springs** held a successful coffee party and craft sale, a pot luck Christmas dinner, presented gifts to one member to assist her with her new venture of fostering children as well as made a donation to Cryslis House. A donation was made to Parker Hall to go toward the purchase of new tables...**Grand Pre** discussed who has served in the military from their community and read 'In Flanders Fields' as well as the poem 'A Soldier Died Today'. They also held a Christmas party and read a paper about how to interpret bar codes. Bar code numbers starting with '0' were made in USA or Canada. The members enjoyed a display of some of her favourite books. \$140 was raised and donated evenly between The Red Door and Crysalis House...**New Tusket** held a Christmas party with carolling, games, pot luck supper and a gift exchange.

Donations were made to Christmas Daddies. They had an annual game night playing board games. **Cambridge** invited Bud Ewing, a War Vet, to talk about his experiences during wartime. **Weston** had a speaker come and talk about Lyme disease. The speaker's daughter has lyme disease and needs to go to USA to have a special test done. A Christmas pot luck meal and gift exchange was accompanied by a member show and tell session...**Islands** worked on crafts to sell at a local craft fair. Tentative plans were made to hold a 'Pour for the Cure' tea in February. One hundred forty dollars was raised at a community yard sale by selling lunch items...**Medford** enjoyed a pictorial history of Kingsport and Medford through photo albums belonging to a ninety-five year old resident Mr Earl Parker. A discussion of legends of Glooscap in the Blomidon area and the Minas Basin was held in November. **Lakeville** had Brenda Wallace-Allen come to speak about the history of the hospice project. A past bursary winner presented the branch with a graduation photo in appreciation for the bursary.

Respectfully submitted,  
Clarice Pottie  
Kings West District Director

### Central Area

**Belnan** enjoyed a talk about the Hoodless Homestead by Margaret Sullivan who had visited the Homestead over the summer, enjoyed a visit with their twin, Lakeville and visited a bee and apple farm. Each member donated a gift bag of items to be given to the local Caring and Sharing Program. A donated afghan was delivered to the new Seniors Care home...**Martock and Windsor Forks** heard two readings by Goldie McDow and held a gift exchange and a social visit afterwards. An auction was held with Dean Manning acting as a guest auctioneer with many interesting

articles being auctioned off... **West Brook Halfway River** answered roll call with heart hints, household hints as well as donated an apron for the ACWW Area Canada conference and stamps to the provincial office. A Christmas dinner was enjoyed at a local restaurant and donated to the IWK in place of a gift exchange... **Three Waters** listened to a talk about the benefits of yoga. An advanced Paramedic spoke about dealing with everyday emergencies...

**Three Cornered** learned how to make angel pins and made forty-two scarves to donate to Haliburton Place...

**Enfield** member Eunice Horne spoke of her son and daughter in law's visit to the European War Memorials and Cemeteries where many of Canadian war casualties are buried.

**West Pugwash** heard a presentation by Joann Cottrill who canvassed to fill a container with supplies for Haiti and also traveled to an orphanage to help out after the earthquake... In November, the **North River's** members enjoyed a program by Cst's Taylor & Keddy, from Truro Police Service, about the robot, Cyber, and their innovative presentation to Junior High students. Cyber warns young people of the dangers of divulging too much personal information when using social networking sites. In December, they met at the newly constructed Molly's Dairy Bar on Highway 311 to enjoy a social meeting and delicious turkey dinner. Also, they learned how Search and Rescue volunteers conduct the search, who authorizes it, what is involved, how personnel are deployed, and their training'

Respectfully submitted  
Goldie McDow  
West Hants District Director

### Eastern Area

**Homeville** had a program on Taking Action on Poverty Conference in November and in December a program on Christmas with stories, poems, etc... **Foxbrook** did Christmas plates for their shut in members and will collect something different for each meeting such as Christmas cards for Summer Street Industries, they also make bookmarks made from the collected plastic bottles and bags for the food bank... **Garden of Eden** exchanged Christmas cards and collected food for the food bank. They had a program on N.S tartan and the oldest clothing store, Stanfields 1855... **Abercrombie** discussed a cookbook project and poinsettia plants were purchased and delivered to shut-in seniors... **Newtown Denver** had a Christmas meeting with the Garden of Eden branch with a potluck supper, games and a gift exchange... **Springville Island's** program was the true meaning of Christmas and a donation of three hundred dollars was made to the food bank... **Lyon's Brook** had a delicious pot luck at their December followed by their business meeting and then a quiz, and exchanged gifts while the President, Eleanor Lilley read an article using the directions, right and left... **Churchville** had a program on the Pictou County's Helpline... **Port Bickerton** will have a roll call with items for a baby shower to be donated to the local hospital in the new year. **Middle River - Gairloch** held a Christmas meeting with an auction with proceeds going to Christmas Daddies. **Point Edward** donated seven quilts to Talbot House and more comfort pillows to the CB Regional Hospital for breast cancer patients and also held their annual Tea and Sale to support their hall. A donation of two hundred dollars was made to the Salvation Army Red Kettle program... **Sherbrook** had a program on photography and had a report from a committee working on Main Street Improvement. Caribou had a program on family history and

showed historical items such as medals, photos, documents and letters.

**Bridgeville** had their councilor give a program on an overview of the County Council and what is making news locally and also took up a collection in support of Christmas Child Shoeboxes.

Respectfully submitted,  
Barbara Herald  
Cape Breton District Director



### District Director Positions

This spring, four 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: **Hants West, Digby, Hants Central and Queens**. Nomination forms will be sent to the Branch and District Secretaries.

### Did you know?



The muscle that lets your eye blink is the fastest muscle in your body. It allows you to blink 5 times a second.

**Reach for the STARS  
Membership Challenge  
2010-2011**

Once again, Women's Institute branches across Nova Scotia will be adding new 'STARS' to their membership list during the 2010-2011 Reach for the Stars Membership Challenge. Each new member earns the branch one star. Welcome! Please report any new members, errors or omissions directly to the WINS office.

**One Star**

**Burlington and District** – Lori Ann Swindell

**Caribou** – Olive Pastor

**Chelsea** – Maralyn Roode

**Delhaven and District** – Mary Gammon

**Islands** – Christina Prime

**Lunenburg** – Verna Myra

**MacPherson's Mills** – Sandra J Flemming

**Springville – Island** - Rose Gilles

**Five Stars**

**Parkdale-Maplewood** – Barb Ross, Barbara Wentzell, Shirley Creaser, June Goulden, June Rhodenizer

**Sherbrooke** – Edith Anderson, Bev Cameron, Kay Cruickshank, Rose Lang, Melissa Frankland



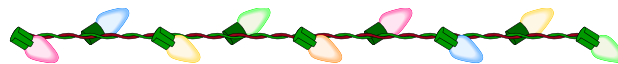
**Family Scholarship 2011**



With the last issue of the newsletter, your Secretary received copies of the 2011 WINS Family Scholarship form. The deadline for submission is April 13<sup>th</sup>, 2011. One WINS Family Scholarship of \$700 will be available in 2011 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 you Secretary for a copy of the 2010 form, or contact the office.



**Celebrate WI Week 2011**



During the WI week, February 13<sup>th</sup> – 19<sup>th</sup>, "*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.



**Office Update**

The new Adopt-A-Highway coordinator is Gina Bain.



**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**.

Submission of application for the Family Scholarship is due **April 13<sup>th</sup>, 2011**.



**Annual General Meeting  
(AGM) 2011**



**Theme:** Empowering Women for the Future

**Place:** Elmsdale School, East Hants

**When:** August 3<sup>rd</sup> and 4<sup>th</sup>, 2011

**Registration Dateline:** June 30<sup>th</sup>, 2011



## Public Relations Report

A new job and a new computer system, let's hope they are compatible. I do believe this will be a 'learn as you go' process for both.

I began by attending a Provincial Gathering of Non Profit & Voluntary Sector Organizations two day conference in November with Coni Murray & Winnie Forbes. This was informative and we were able to promote Women's Institutes whilst garnering several contacts.

Early December, Coni and I were invited to attend The Coady International Institute's Farewell Social, at St. Francis Xavier University, for the latest class of graduating students of a three month program. Our invitation was from Paul Pakyam and we had an enjoyable evening. We met several students and one from Chennai, India, where the next Associated County Women of the World's next Conference will be held in 2013. A representative from The Coady Institute will speak at ACWW Area Conference.

With reference to ACWW Area Canada conference we are hosting in July, please remember each Branch has been asked for a door prize, value \$20, and each District to gather items for the Registration kits, we are hoping for 150 delegates. Your District Director will be pleased to take them to the Board meeting March 22/23.

A Proclamation declaring February 13 – 19, 2011 as Women's Institute's week has been granted by Premier Darrell Dexter. WINS is celebrating its 98<sup>th</sup> year, so let us begin promoting WI in our local communities as a build up to our Centennial celebrations.

Submitted by  
Sheila Richards, PRO

## “Quote for the Spring:”

It's spring fever. That is what the name of it is. And when you've got it, you want - oh, you don't quite know what it is you *do* want, but it just fairly makes your heart ache, you want it so!

~Mark Twain



## 2011 Area Canada Conference



This conference will be held at the Mount St. Vincent University on July 8<sup>th</sup>, 9<sup>th</sup>, and the 10<sup>th</sup>, 2011.

Your secretary will have the registration form for this event. This form must be to the Registrar on or before March 31, 2011.

### Reminder:

Each branch is to donate an item for a door prize at the value of \$15 - \$20.

## Handcraft Competition 2011 Quilt from Grandmother's Quilt Book

**Regulations:** The Pattern used for the quilt must be from the Grandmothers Quilt Patterns – Book 1. It must be hand quilted. No machine quilting will be accepted.

**Categories:** The classes are broken down into the following sizes:



Crib – 36” x 45”

Single – 50” x 70”

Double – 70” x 90”

Queen/King -102” x 120”

Quilts may be entered by groups or individuals. They will be judged in separate classes.

**Judging:** August 4<sup>th</sup>, 2011

The quilt will be judged on the following criteria:



Workmanship - 45%

Design - 25%

Colour - 15%

Appearance - 15%

One overall winner will be chosen by the judges. The overall winner will receive a plaque.

Certificates will be presented to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places in each size class.

Item must be delivered to the Handcraft Committee by 10 a.m. on August 4th, 2010, at the Handcraft desk, Annual General Meeting, in Elmsdale

A form will be provided to all entries. The form must include the pattern name and page number from Grandmothers Quilt Pattern Book as well as any other information necessary.



## ACWW Canada Area Project



The project for Canada Area in the Caribbean, Central and South America Area has been approved by the ACWW Projects Committee. The Area will fund the amount of \$10 000. This funding will assist with air travel, accommodations, and meals for five participants belonging to the Grenada Home Makers' Association to attend a Workshop on Climate Change and its effect on Women and Agriculture. It will enable participants to attend their Area Conference since it coincides with the workshop. The theme for the Workshop and Area Conference will be "Women as Change Agents".



The women will learn about climate change and its effects on women and girls, the economy, and agriculture. The workshop is to help provide women with the skills necessary to move upwards and achieve better economic standards for themselves and their families. The Area's financial assistance will provide means to enable these women to attend the workshop and their Area Conference.

Rose Rajbansee, Area President for the Caribbean, Central and South America, will carry out the monitoring and follow up progress at intervals for three, six and twelve months.

Let us again seize the opportunity to reach out to women and their families in need. We can help to make a positive difference in their lives.

Please forward any donations to the Women's Institutes of Nova Scotia Provincial Office and the office will forward all donations as a lump sum to Margaret Yetman.



## Board Update



On November 22, 2010, the executive of Women's Institutes of Nova Scotia accepted the Lauren Seaton's resignation as the President Elect position of WINS.

As per By laws 1.2 and 3.2(b) in the official Women's Institutes of Nova Scotia handbook, the Interim President Elect was filled by Linda Munro.

At the Annual General Meeting in August, 2011, a new President Elect will be elected by a vote if necessary to fill the remainder of this term (2009-2012). At the Convention 2012, this President Elect will become the President for the next three years and then Past President for the following three years.

With Lauren's resignation this left a vacancy on the Executive Committee. An invitation was extended to Sheila Richards to fill this spot. Sheila has accepted the position.

I would like to thank these ladies for filling these positions.

Respectful submitted by  
Coni Murray, President  
Women's Institutes of Nova Scotia

### Purse Hanger

The bag hanger is now available at the Women's Institutes of Nova Scotia Provincial Office. So purchase this fundraising and your purse will never touch the floor again. The cost is \$5.00.



### Happy 105th Birthday to Glenna King

#### Brooklyn and Area Women's Institute



Glenna and her great-grandson, Jesse King

The Brooklyn and Area had their January meeting at Vancouver Place where Glenna resides. We had a brief meeting and then celebrated Glenna's birthday with ice cream and birthday cake. Glenna still writes in her diary every day, does handwork every day, and no matter what you want to know Glenna can help you with the information. Glenna is the most remarkable woman I know and I feel privilege to have been her friend for almost 40 years and to have had her as a member of our branch.

Submitted by Barbara Hinckley

### Supplies

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 pen	3.00
WINS Apron	15.00
WINS / West Virginia CEOS Cookbook	5.00
God Be With You – Music CD	8.00

### In Memoriam

Nancy Cameron – **Sherbrooke**  
 Lettie Archibald – **Sherbrooke**

