



HOME and COUNTRY

W.I.N.S.

Spring

Women's Institutes of Nova Scotia

2013

Vision Statement

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

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Dates of Events

WI Day in Nova Scotia

February 19, 2013

WI Week in Nova Scotia

February 17-23, 2013

Board Meeting

March 22-23, 2012

WINS Alumni Meeting

September 13, 2012

Yarmouth

ACWW Day

Women Walk the World

April 29, 2013

Membership dues

June 1, 2013

WINS AGM

July 16-18, 2013

Summer Street

New Glasgow, Pictou County

Nova Scotia

From Sheila's Desk

What an exciting time to write my first address to you as President Elect! The first issue of Home & Country in 2013, WINS Centennial year and the beginning of a year of celebrations, especially for the three branches still going strong, Grand Pre, Martock - Windsor Forks and Port Williams.

Congratulations to Winnie Peach for the design of the Centennial Pin, which every member will receive shortly.

This may be your first introduction to me as President Elect. I came to Canada in 1974 with my family, am widowed, a retired Insurance Agent and a member of North River branch since 2001. I enjoy gardening, sewing, WINS, firstly to my district, then AGM's across the Province, to FWIC meetings in Winnipeg, PEI and Sidney, BC this past June. I was a member of the planning committee for ACWW Canada Area Conference, held July 2011. Along with many WI members, I have attended ACWW world conferences in Finland (2007) and Hot Springs, USA (2010) and plan to go to Chennai, India September 2013.

Once again WINS has identified an essential need with their latest provincial project. 3 'Back to Basics' sessions have been held to date with two planned for this spring and more districts are taking initial steps towards presenting sessions. Please consider hosting one, your District Director or the office is able to provide guidelines and help.

The office was relocated on December 6th to Perennia Innovation Park. Lindsay and Gina are now settling in to the larger office space shared with 4 H Council.

As part of the Recruitment & Retention team, I am pleased to announce that we have presented two information sessions in January. We are ready for many more in the months to come.

I wish you all a happy and healthy new year, look forward to seeing you in Pictou in July and do not forget to invite someone to your branch meetings.

Sheila Richards

President Elect

Board of Directors:

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Guysborough: Mary Anne Kaizer, Site 12, Comp 12, RR 4 New Glasgow, B2H 5C7, 246-2092

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Hants West: Shelley Lake, 724 Belmont Rd. RR2 Hants Co., NS, B0N 2A0, 757-3843

Kings East: Jacqueline Melvin, 415 North Medford, Rd. RR 2 Canning, NS B0P 1H0

Kings West: Clarice Pottie, 362 Orchard St. Berwick, NS B0P 1E0 538-9148

Lunenburg:

Pictou: Eleanor Lilley, 79 Pleasant Dr. RR 2 Pictou, NS, B0K 1H0. 485-9284

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Shelburne: Jacky Fowers, 53 Freeman Mills Rd., RR1 Sable River, NS, B0T 1V0 656-2714

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ACWW President

May Kidd
Scotland

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



Women's Institutes Members



The Federated Women's Institutes of Canada (FWIC) Project selected for this triennium is "**Growing a Healthier You**". This educational project will be both informative as well as interactive, giving us a great opportunity to develop a "Healthier You" and strengthen communication. What a great project to tie in with FWIC's Theme (2012-2015): "**Women's Institutes –Planting Seeds of Change.**"

"**Growing a Healthier You**" will focus on creative "**Take 10**" suggestions posted on the FWIC website (www.fwic.ca under the "Project –Take 10" button) the first of each month, beginning in February 2013. Each month's "Take 10" will begin with an empowering idea to strengthen personal growth, followed by a number of activities or projects you can become engaged in as a branch or on a personal level. The "Take 10 Tool Kit" will include websites and/or additional information that can be used as an educational opportunity.

Our hope is that the project will be both educational and FUN.

Please make it part of your WI schedule to check the FWIC Website the first of each month, beginning in February 2013, to check out the "Take 10" suggestions for you to be engaged in. You will have to click on each month, as the Project Committee will be updating the website with exciting new deals each month.

Let give this a try and grow together as we get connected.



District Director Positions

A 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 is: **Yarmouth.**

Nomination forms will be sent to the Branch and District Secretaries.

Dropping In...

Central Area

In November, **Belnan** planned for their Christmas luncheon, had a program on how other members welcome Christmas each year with their favourite foods, decorations, etc. Roll call idea was a recipe exchange...**Enfield** learned about how good pumpkins are in October. Did you know that pumpkin seeds are full of iron, zinc and magnesium? The members enjoyed some roasted pumpkin seeds. Roll call was about school days – did you attend a one room school? How many students? How far did you have to walk to school? The program in November was on ‘Please wear a Poppy’ as we wear a poppy on November 11th as a symbol for the gallant men and women who died in war so that we can be free. The ladies learned about the grain quinoa. Quinoa cooks quickly into a fluffy grain-like dish that can be used as a substitute for rice, potatoes and added to soups as well. Roll call was what is your favourite time of year and why?.. The ladies from **Hants Shore** enjoy their Crazy Quilt group. They took a hike to explore a local trail with Raymond Parker of the Avondale Peninsula Watershed Preservation Society. A program was given by Erin Moore where she showed how to create decorative stars made from grapevines. In December they held their holiday pot luck dinner before their meeting. Members discussed the requirements for Resolution writing and have a four member committee formed to work on resolutions. A program was given on making handmade gift tags using stamps, punches and decorative paper. Roll call idea was share a Christmas wish... **Hardwoodlands Junettes** are bust working on their branch history. Roll call idea was gathering personal care items for Phoenix House... Each year, **Martock Windsor Forks** deliver many Christmas plates to shut-ins and seniors in their area. The members now have their Anniversary Cookbook available at \$15 per copy.

A donation was made to Harvest House – a local church group who help the needy. Roll call idea was what is your favourite Christmas carol?.. In October, **Nine Mile River Homemakers** celebrated World Food Day with each member bringing a food dish representing another country. They have catered to a fireman’s dinner and a banquet and are making plans to buy four fold up tables to be used at their hall. Area Director Carol Crawford gave a report on the last Board meeting. The ladies have been collecting underwear for the homeless.



Nine Mile River celebrates Christmas

Members from the **North River** branch learned of the importance of regular foot care, especially if you are diabetic. Their first meeting of 2013 had the group enjoying a challenging art lesson that used their imagination to pair colour and shape with a sound and/or a smell...**Three Cornered** enjoyed their Christmas pot luck, played some fun games along with their December meeting. Roll call idea was a Christmas reading...**Three Waters** discussed their upcoming rally and Lois presented a project on glass etching at their October meeting.

Respectfully submitted,
Shelley Lake
Hants West District Director

Southern Area

Brazil Lake- In November, the group enjoyed a program about the WRENS and how they served in the navy during war years. Plans were made for the Christmas Party to be held December 3. In December they met at the hall with invited guests for the Christmas pot luck supper. 16 guests were entertained with games,

readings, and scriptures. Gifts were handed out. A good time was had by all...**Brooklyn and Area** met in September to make up programs for the year. Plans were made for the alumni meeting to be held in Yarmouth September 13 and also plans for Fall Rally...**North Brookfield** had a presentation on Dialysis by Aaron Crooker Mansfield, LPN, who is a Hemo Dialysis nurse at Queen's Hospital in Liverpool. Roll call was answered with ideas for a Christmas outing.

Parkdale/Maplewood - In November, an interesting program was presented by Christine Knickle, who showed slides and talked about living conditions in the Amazon region. Roll call was answered with a fact about the Amazon. In December, 12 members gathered to enjoy a Christmas party and to pack fruit baskets for the sick and elderly. Roll call was answered with a fact about Christmas.

Respectfully submitted,
Sharman Fells,
Yarmouth District Director

Western Area

In November **Paradise** had a program about Canadian Jamaican Education Society. They learned how this small organization makes a difference to children in Jamaica by providing for school uniforms. In December they had a Christmas party with a visit from Mrs. Claus...In November **Grand Pre** had a Remembrance Day program titled ‘Take Time to Remember Veterans’ with readings by Barb Fuller and Josephine Leslie. They had a fundraiser tea for The Lodge that Gives organized by Jean Palmeter. They also met at a restaurant in Hantsport for lunch with their twin branch, Gore... **Cambridge** had a Halloween theme in October of the History of Halloween and how it evolved. Each member told of how she celebrated Halloween as a child. In November in observance of Remembrance Day they had a guest speaker, Mike Rattery, a career military veteran, who spoke of his 33

years as a paratrooper. Birthday wishes were expressed to Elva Pynch who celebrated her 95th birthday...**New Tusk** had their Christmas Party and a pot luck supper with a gift exchange. They had sold tickets on a quilt and the winner was Ruthie Mullen. Money raised which was \$472.00 was given to Sleeping Children of the World...For their November meeting **Spa Springs** worked on crafts to be sold at their annual Christmas Craft Sale and Coffee Party. The proceeds from their sale goes towards projects that they support, e.g., food bank, bursary, VON, etc. They are also selling tickets on a crocheted tablecloth with the proceeds going to the Parker Hall renovations fund which is where they meet. In December they had a pot luck supper with various readings and contests and gift exchange...At their last meeting, **Lockhartville** discussed asking each member to write an autobiography to be included in the 100th anniversary history...**Lakeville** had a topic on heli-hiking presented by Yvonne Laker. They also discussed the upcoming WI tea to celebrate 100 years. An outing to NSCC and they collected for the food bank. They also had a community potluck supper... In November **South Berwick** had Marnie Parker as guest speaker from Perry Rand Transportation Group promoting charter tours. They planned for their Christmas luncheon and sale. They gave \$50 donation to a local Girl Guide going to Australia. For their January meeting they had the Kikima Grannies from Wolfville as guest speakers and gave them a small donation. They had a Christmas party at Joanne Hill's cottage, one of our members. We donated \$50 to the Scholarship Fund, \$30 to the Adelaide Hoodless homestead, \$20 to the District Director fund, \$600 to the South Berwick community club for hall upkeep where our meetings are held...Over the past few months... For **Port Williams** in November they had a program on where the poppy

money goes. In December they had a Christmas party.



Islands held 2nd Annual Farmers Market and Bazaar. This event encourages their community members to experiment with all types of gardening and to grow more produce locally. They held a Christmas bazaar in December and gave gift cards to families in need. They also donated \$100 to the Track and field team towards their garbage-a-thon. This fall they added one new member Ann Sweitzer.

Respectfully submitted,
Clarice Pottie,
West Kings District Director

Eastern Area

Abercrombie had the history of the candy cane in December and packed boxes with treats for house bound seniors. They exchanged small gifts and had a buffet luncheon...

Bridgeville In November they had a local historian give an overview of early education in Pictou County. They had an auction with the proceeds to benefit the Bridgeville Community Club. In December they held their annual Christmas party and had a display of favorite Christmas things. They prepared a parcel for a needy family and welcomed their District Director, Eleanor Lilley, to their party...**Port Bickerton** In January plans were made for a bean, sausage and pancake brunch and they have one (1) new member...At their November meeting, **Sherbrooke** made plans to have guest speakers at the January/February meetings. They also plan to get together with their twin branch. There were surprise gift bags that were also a fund raiser...**Point Edward** had a successful tea & sale in November. Donations were made to the Salvation Army, winter fuel project for the needy. Gifts were delivered

to 24 seniors in the community that live alone. They had their birthday celebration in January with lunch and entertainment provided...**Fox Brook** In December they had a gift exchange, packed 23 treat plates for shut in members and others. They made donations to the Pictou Help Line and Canadian Breast Cancer program...**Churchville** met at a local restaurant for an evening of food and fun to celebrate their 64th birthday in November. In December they had a dinner meeting, secret Santa and bring and buy with proceeds going to the local school breakfast program. Special guest was Eleanor Lilley, District Director...**Springville Island East River** in November they had a program on the Volunteer Support Groups of the VON such as transportation, meals on wheels, foot clinics and adult day programs. December meeting was on Christmas gathering and they were shown how to fold napkins for a festive Christmas presentation. January they learned about the history of Women's Institute in N.S. and Canada as they approach the 100th Anniversary. The members brought up their favorite memories of being a WI member...**Caribou** had a successful spaghetti supper. They made a braided wheat straw ornament and made plans to go to Sherbrooke Village for Christmas celebrations. **Port Hillford** in November. donations were made to the school breakfast program and Overseas People in Need...**Lyon's Brook** September, brought a welcome back program and plans for upcoming year. October was a Who Are We in WI? and November a program on painting in watercolor was enjoyed by all...**Newtown-Denver** In November they sent a letter to Transportation regarding the condition of the roads and had a program on Canadian History. In December they made Christmas table decorations.

Respectfully Submitted
Barbara Herald
Cape Breton District Director

WINS Family Scholarship 100th Anniversary Celebration

In honour of 100 years of Women's Institutes of Nova Scotia, there will be two \$1000 scholarships awarded in the 2012-2013 year. The requirements will remain the same with one exception—the essay will be 'Based on the past of WINS, what do you see as the future of WINS?' and must be 750 words. Applicants must submit all items requested to be considered by the Committee for evaluation.

The deadline for submission is April 12th, 2013.

Two WINS Family Scholarship of \$1000 will be available in 2013 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 2013 form, or contact the office, or go to <http://www.gov.ns.ca/agri/wi/> to get the form.

WINS Alumni Scholarship

In celebration of the 10th anniversary of WINS, the WINS Alumni is also awarding one \$1000 scholarship. The requirements are as follows:

- Open to a Nova Scotian Resident attending a post-secondary institution in Nova Scotia related to a current WI member, which proof of relationship must be included
- Essay of 500 words or more that includes participation in extracurricular activities, participation in your community as well as some background information about your personal life and aspirations
- A transcript or record of your most recent Marks
- The Alumni scholarship is not limited to a high school student. The scholarship is available to any person who meets the requirements as stated above.
- Deadline to submit applications is March 31st, 2013



Reach for the STARS Membership Challenge 2012-2013



Once again, Women's Institute branches across Nova Scotia will be adding new 'STARS' to their membership list during the 2012-2013 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

Caribou – Helen Gould
Sherbrooke – Donna Golden
Hants Shore – Ritva Rahola
Parkdale/Maplewood – Glenys Foster
Weston - Laura Patterson
New Tusket – Madeline Forgrave
Islands – Ann Swheitzer

★ ★ Two Stars

Nine Mile River Homemakers – Catherine Vanderkooi,
Sarah MacPhee



Six Stars

Spa Springs - Cindy Keddy, Velma MacDermid,
Andrea Fagen, Bonnie Hatt, Dianne McDonald &
Geraldine Lightfoot



ACWW Day April 29, 2013



Women Walk the World

The time is drawing near for ACWW's Day, as the 29th April 2013 will soon be upon us.

Members throughout the world are being asked to join in 'Women Walk the World for ACWW'. The aim will be to raise ACWW's profile and to raise funds.

If everyone starts their walk at 10 am in the different time zones. This will result in members walking at all times during a 24 hour period.

This is a very important day, so please take part - for your own health & for the health of ACWW.

Start preparing now!

What's in the Pot? Shelburne District



A Back to Basics project was undertaken as a joint endeavor by the Shelburne District Women's Institute and the Shelburne Loyalist Food Bank. The goal of the program was to provide the food bank clients hands on food preparation instruction using a slow cooker. With the assistance of a nutritionist, recipes were selected using affordable foods keeping in mind nutritional value including protein, energy, iron, calcium, fiber, healthy eating, portion sizes, and well balanced meals. There were twelve clients who completed the six weekly sessions. In addition to preparing and cooking there was instruction on kitchen safety, using the cooker, safe food handling, smart shopping, nutrition, and diabetic concerns. Upon completion, each client was given a slow cooker and some other useful kitchen items.

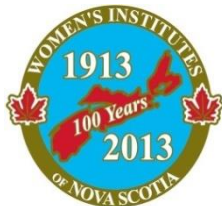


Funding came from WINS, Shelburne District WI, Sable River and Area Branch, generous donations, and lots of volunteer hours. We and the clients found this a very worthwhile and satisfying project which we are hoping to offer to a new group.

Margaret Dawe,
Shelburne District



Women's Institutes of Nova Scotia Annual General Meeting 2013 "A Century of Women's Voices for Progress and Change"

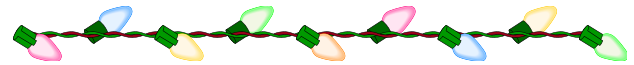


WINS AGM 2013

July 16-18, 2013

Summer Street Industries
New Glasgow, Pictou County

Celebrate WI Week 2013



During the WI week, February 17th – 23th, "*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.

Our new office

The new contact info is as follows:

Phone: 1-902-843-WINS (9467)

Fax: 1-902-896-7276

Mailing Address: 90 Research Drive, Bible Hill, NS, B6L 2R2

E-mail address: novascotiawi@eastlink.ca



Guysborough District Activity Day

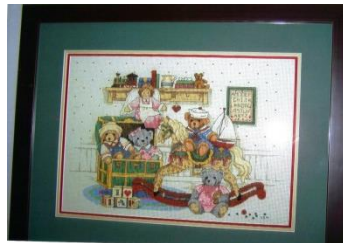
The Guysborough District Women's Institute received funding from the local Health Authority and held an Activity Day on November 13, 2012. Members from five branches attended as well as a number of community ladies. Items which were made, assembled or donated on activity day included:

- | | |
|--|----------------------|
| 1 Queen Size Quilt | 6 Tote Bags |
| 2 Adult Single size Quilt | 136 Comfort Pillows |
| 1 Demin Coverlet single bed size | 4 Dish cloths |
| 2 Crocheted Afghans | 1 Personal needs kit |
| 1 Crocheted Pillow | 1 Head band |
| 15 Baby Quilts | |
| 22 Youth Size Quilts | |
| 2 Baby Blankets | |
| 1 Baby Sheet | |
| 4 Carriage /Car seat covers | |
| 18 Baby Hats mixed colors | |
| 16 Baby Hats – Purple | |
| 39 Flannelette Pillow cases for children | |
| 13 Cotton Pillow cases for children | |
| 14 dozen Finger Puppets | |
| 6 Homemade dolls | |
| 3 pair Mittens | |
| 6 Scarves | |
| 3 pair Socks | |
| 6 Children hats | |
| 1 Head band | |



Above items were donated to:

- Sherbrooke Lion's Club – Christmas Daddy Program
- St. Martha's Hospital – Nursery
- St. Martha's Hospital – Cathy's Place – Resource Room for Oncology Patients
- Tearman House – Shelter for Women & Children



2013 – Fundraiser A Handmade Quilt and a Cross Stitch Picture

The secretaries have received books of tickets. It is at your Branch's discretion if you wish to sell the tickets. The tickets are \$2 each or three for \$5. The draw for the two prizes will take place on July 18th, 2013. If you need more tickets, contact the WI office



2013 ACWW
Conference



This conference will be held in Chennai, India on September 26th to October 2nd, 2013

The registration form for this event is online. This form must be to the London's office on May 25th, 2013. Late fees until August 1st, 2013.

Handcraft Competition 2013 Crazy Quilt Pillow



The Handcraft competition rules and regulations are as follows:

The crazy quilt pillow is to be 15" x 15" and made up of irregular shaped pieces of velvet, satin or silk. It must be stitched together with feather of blanket stitch. Backed with piece of solid colour material.

Judging: July 18th, 2013

Item must be delivered to the Handcraft Committee by 10 a.m. on July 18th, 2013 at the Handcraft desk, Annual General Meeting, in New Glasgow.

A form will be provided to all entries at time of submission to the Handcraft table at AGM.

Mary Nickerson meets Jenna Martin



Mary Nickerson, Member-at-Large, attended a 'Welcome Back' event held for Olympian Jenna Martin at an elementary school following the London Olympics

Spring

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 Book 1, 2 and 3	2.00 each
WINS Handbook	5.00
Quilt Patterns Book	20.00
Stick-on WINS crests 24 per sheet	.25/sheet
WINS pen	3.00
WINS Apron	15.00
WINS / West Virginia CEOS Cookbook	5.00
FWIC pedometer	5.00
FWIC Purse Hanger	5.00
Sweatshirt with WINS crest	25.00
WINS keychain flashlight	3.00
God Be With You – Music CD	8.00
WINS Reusable Bag	5.00

In Memoriam

Norma Mosher
Eileen Jack
Mildred Fells
Mildred Kaizer

