



# HOME and COUNTRY

W.I.N.S.

Summer

Women's Institutes of Nova Scotia

2008

### 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

#### ACWW Day

April 29, 2008

#### WINS Annual General Meeting

July 2 & 3, 2008  
Amherst

#### Membership dues

June 1, 2008

#### ACWW

#### Canada Area Conference

Winnipeg, Manitoba  
September 18 & 19, 2008

#### Alumni Meeting

Yarmouth County  
September, 2008



### Hello Women's Institute friends:

We are about to experience lush green lawns to compliment the crocus plants and snow drops that are blooming throughout the province. True, once in a while we do have a few flakes of snow but I am sure that part of winter is all but over.

On March 14<sup>th</sup> Theresa said goodbye after working for 18 years for the Women's Institute. The dedication that she had given Women's Institute is greatly appreciated and I know that she will be a true asset to the Engineering Department of NSAC.

We did interviews and on March 24<sup>th</sup> we were pleased to welcome Cinda Guthro. Cinda is a resident of Truro. There was a week between Theresa's leaving and Cinda's beginning when Coni and I worked in the office writing receipts, stuffing envelopes, placing labels on envelopes and answering the telephone. As Coni lives near the office she has been able to help Cinda to become familiar with the office and its procedures. Special thank you, Coni. Theresa has offered to help Cinda with end of the year books.

The spring meetings are now in full force with the first one being in held Shelburne District this past Monday. I hope to be able to visit several districts this spring and am looking forward to meeting all of you. It is always so delightful to listen to the reports to learn what each branch has been doing both as a branch and as a community.

I had the opportunity to attend a 90<sup>th</sup> Anniversary with friends at Paradise Women's Institute. Zeida Lily was honored for her dedication of 56 years as a member of Paradise WI. I had the opportunity to attend the anniversary of the South Berwick Women's Institute. It is amazing that each anniversary is different but so much alike and I thoroughly enjoy each and everyone.

I attended my first Safety Day Camp in Stream Mill recently and was amazed how attentive the young people were to the various areas of interest. The WI ladies of East and West Kings should be congratulated on a job well done. Honorable mention to Esther Chute, a "young" 95 year South Berwick member who has attended all safety day camps.

Over 30 people attended Adopt A Highway workshop in Bible Hill on the evening of April 11 and April 12. Linda Munro and Ruth Blenkhorn organized the event.

Just a few reminders...don't forget to finish knitting as afghan for the competition to be held at the AGM being held in Amherst. Please fill out you registration form as soon as possible. Each district is asked to do up a basket for the basket walk (the theme is the district's choice). Each person attending AGM is asked to bring a touch and take item between the value of \$3.00 and \$5.00. They will be purchased at \$2.00 each.

The bus tour for West Virginia is still planned for July and there is room for several more to go. Please call Coni or the office for information on registration.

I hope that you all have a very enjoyable Spring and Summer and we will all meet in Amherst on July 2<sup>nd</sup> or July 3<sup>rd</sup>.

**Friend in Women's Institute,  
Ellen M. Simpson, President  
Women's Institutes of Nova Scotia**

### Board of Directors:

**President:** Ellen M. Simpson, 520 Victoria Rd.  
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,  
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### District Directors:

**Annapolis:** Bertha McVicar, 484 Victoria Rd.,  
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Visit our website: [www.gov.ns.ca/nsaf/wi](http://www.gov.ns.ca/nsaf/wi)

## Meet Two of the Board of Directors



**Goldie McDow**  
**Hants West**  
**District Director**

**Goldie McDow** is a member of the Martock Windsor Forks Women's Institute. Fifteen years ago, she decided to join the Women's Institute as when she was growing up, she remembers the great lunch and ride home from the meetings. A memorable event is: attending her first Board meeting and the welcome that she received. Her husband of 46 years and her have three daughters and one son and seven grandchildren. Her family was all 4-H members and now our grandchildren are members. She enjoys reading, sewing, watercolour painting, canning, quilting and playing the guitar. She also enjoys playing cards, runs the community card parties for their hall. She loves staying at their cottage 2 to 3 months. She belongs to the Senior group, Heart and Stroke Chapter, and has been a 4-H leader for over thirty years.



**Coni Murray**  
**Cumberland - Colchester**  
**District Director**

**Coni Murray** belongs to the North River Women's Institute. She became a member in 1990. Marjorie Gogan invited Coni to Women's Institute and Coni has not looked back. She enjoys the friendships at the Annual General meetings and the Conventions both at the Provincial, Nationally and Internationally levels. One memorable event for Coni was when she received her life membership during a Women's Institute Week Church service. Her and her husband, Don have three daughters, Jennifer (and Adam), Stacy, and Lindsay, one son CJ, and one granddaughter Jessie. She also has a dog, Callie. She loves to do crafts, crossword puzzles and stamping.

## Annual General Meeting (AGM)

### Make Footprints to our next AGM



**Theme:** Footprints In Time

**Place:** Amherst, Nova Scotia

**When:** July 2<sup>nd</sup> and 3<sup>rd</sup>, 2008

**Registration Deadline:** June 1, 2008



## Dropping in on the Branches

### Western

In February **Acaciaville** enjoyed learning about African Nova Scotians Buddy Daye, Carrie Best, and Rev. William Oliver. The branch made a donation to Heart and Stroke Foundation, sold tickets on an afghan and had a touch and take sale...In January **Burlington and District** had a roll call on Friendship. The branch continues to work on finger puppets and cancer turbans and drain bags In February Holly Thompson and Nancy Brennan told about Estate Planning and the practicality of having personal affairs in order before something happens. In March Gloria from Overeaters Anonymous spoke about the habits of overeating and steps to be taken for healthier eating habits. A petition to save rural mail delivery was sent to the politicians. Charter member Marjorie DeEll passed away...In February **Cambridge** member Joyce Hiltz, a former florist, spoke on the care of houseplants. The branch is happy to receive a WI sign as a winner in the fall provincial picture contest. A red sale was held...In March **Canning** looked at various types of yarn that could be used to make afghans. Roll call was answered by Irish Blessings...In December **Delhaven and District** had a Christmas potluck and exchanged recipes. Each member brought a new decoration to add to the others they have given over their 20 years and added lights and an angel...In January **Grand Pre** donated Red Sock money to the Red Door - a Teenage Drop in Centre and to Chrysalis House - A Women's Shelter, both in Kentville. The branch is working on a heritage quilt. Roll call was special unique Christmas gifts and events. In February Mary Ann Gates, Kings County Development Officer, told about the process and work required to make Grand Pre an UNESCO Heritage site. The branch will present a proposal for 2010. In March members shared Irish or WI memories, celebrated Josephine Leslie's birthday, met with Nursery School teacher and okayed additional storage areas in the WI room at the hall. Mage rice krispie squares for Safety Day Camp March 29<sup>th</sup> and supported Muscular Dystrophy. A member had an office party during WI Week and raised \$155.50...In January the **Islands** branch sent letters to MPs regarding the Beef Processing Plant in Albany, PEI and had a successful Craft Sale...In January Joan Kennedy, a member of Sheffield Mills WI, the twin

branch for **Lakeville** spoke about Emergency Preparedness. Each household should have a bag of articles, which you could pick up quickly if you had to evacuate your home for some time. Roll call was answered by ways we prepare ourselves for foreseen emergencies. In February Julia Llewellyn presented a slide show about a recent trip to Europe. Roll call was answered by identifying a European artifact. Valentine cards were exchanged. An Afghan Show and High Tea were held on February 23<sup>rd</sup> to celebrate WI Week...In February



Lakeville's Afghan Show and Tea

**Lockhartville** member Lavinia Zwicker helped members complete a scrap booking page. Roll call was answered by suggestions for combating the winter blues. They accompanied their Twin Branch Gore to Sheffield Mills to see the Bald Eagles and all enjoyed a coffee party hosted by Mary Swetnam and Joan Hennigar at Mary's home...In February **New Tusket** tied five quilts and donated four to the IWK and one to Hopedale. After a potluck supper each member drew out a wrapped gift from a basket and paid the price on the parcel. WI place mats were given to restaurants in Weymouth for WI Week. Roll call was a donation toward buying glasses for the church kitchen...In December **Paradise** learned about Christmas customs in other countries, played games, exchanged gifts, brought donations to the Food Bank and enjoyed Christmas deserts...In January members of **Port Williams** brought old or different tools or utensils. Each person tried to identify the numbered items in a game and then the owner explained the use of their item. Flowers and cards were sent to past members on Valentine's Day...In December **Scott's Bay** enjoyed an internet story of a mother tiger raising piglets...In January **Sheffield Mills** studies changes to the Canada Food Guide and discussed the importance of variety in meal planning. Roll call was answered by a "Dear Body" note...In January Debbie Surrete spoke to **South Berwick** about Reiki - a Universal Life Force Energy that has therapeutic powers. Donations were made to Into the

North Phase 2, District Director's Fund, Adelaide Hoodless Fund, and WINS Scholarship Fund. In February Andrea Gibson Garnett told about the changes in our area's Waste Management program on April 1<sup>st</sup> and the basis for existing programs and changes. Roll call was answered by anything we can see in the lace of a Valentine's Day. In March Fred Walsh told about the Investiture Ceremony when he was presented with the Order of Canada at Rideau Hall, Ottawa on February 23<sup>rd</sup>. Sunshine St. Patrick's Day boxes were packed and delivered to 15 sick and shut ins. The branch has been hosting a monthly day when members of the West Kings District work on many projects together - A Time for all Things...In December **Spa Springs** enjoyed a roast beef dinner at a member's home. The branch held a successful coffee party and craft sale early in the month, discussed and sent letters to Mps about the possible closure of the Beef products Plant in Albany, PEI. Donations were given to the Adult Residential Centre, Bridgetown and to Chrysalis House, Kentville. In January members brought hats, scarves, mitts and craft supplies to be sent to Rosie's Children's Centre, Hopedale. A donation was made to Parker Hall. Roll call was answered by bringing an item that had been purchased at a yard sale last summer. In February the branch enjoyed a Valentine's party with games, readings, a quiz and learned about the origin of Valentine's Day, planned a church service for WI Week and served a lunch to the congregation and made a donation to World Vision to help with facilities for special needs children and a caregiver in Budapest...In October **Tupperville** members went on a Frenchies Treasure Hunt shopping trip. In November Wendy MacDonald told about her uncle Arnold Blin, a RAF pilot, who was shot down over Poland. In December members enjoyed Christmas readings and the Christmas story. In January members wrote up the year's WI booklet and took Valentine Fruit Baskets to the Adult Residential Centre, Bridgetown...In January Stacy Des Roaches presented the benefits of having physiotherapy treatment to **Weston**. It improves body image, increases self-esteem, provides more energy and relaxation, relieves stress, improves circulation, and helps with back pain and muscle stiffness. Safety tips answered roll call. A case of milk was donated to the Food Bank.

During WI Week members visited seniors and shut-ins. In March Barbara Cribby told about new practices in the area's Waste Management program to begin April 1<sup>st</sup> - clear bags for garbage, blue bags for recycling and one dark bag for personal items. The branch is concerned about possible changes to rural mail delivery. Roll call was Easter Customs around the World.

Respectfully submitted  
Julia Llewellyn  
Kings West District Director

### Eastern

The **Port Bickerton** branch is making plans for their annual quilt project with interesting patterns and techniques in mind...**Port Edward** is busy creating comfort pillows for breast cancer survivors and adopted two needy families...**Indian Harbour Lake and Jordanville** sent Valentines port holders to their branch and are working on a quilt. **Newtown-Denver** had an informative program on how the government operates as well as expressing concerns about the prevalent use of plastic bottles in our society...**Sherbrooke** invited their twin, Port Bickerton, to a Valentine Tea with games, readings and plenty of fun. **Abercrombie** had an informative program on Hear Health habits with focus on maintaining a healthy weight. **Bridgeville** ladies are keeping up to date on emergency preparedness as well as the Pharmacare program...**Churchville** branch learned about the health benefits of cranberries and the importance of cranberries to the Nova Scotian economy. **Foxbrook** explored the importance of healthy eating and exercise to maintaining a healthy lifestyle...**Garden of Eden** learned how to clean up the "clutter" in our homes as a good way to realize that we often buy things that we don't need. **Lyon's Brook** is learning how to reorganize and downsize their homes and they sent a parcel to Rosie's Youth Project... Kya Hwa Lee, an International student, visited the **MacPherson's Mills** branch to present a program on Korean culture. The Branch gave valuable input to the Pictou Health Board on existing



Doris Jones's 80<sup>th</sup>  
Birthday with  
Eleanor Lilley

facilities and programs...**Middle River-Gairloch** branch is actively promoting the Buy Local program. They are keeping up-to-date on the effort to get local products into our provincial institutions. The ladies served delicious pot luck to over 40 volunteers... **Springville-Island** learned about life in Guyana from Maren McLean who visited Guyana in 2007 with a church mission group...**Debbie MacAulay**, a Homecare coordinator, spoke to the **Homeville** Branch on the programs available so that seniors can stay in their own home longer.

Respectfully submitted  
Yvonne Kennedy  
Cape Breton District Director

### Central

**Three Waters** booked a table at the Farmers Market selling baked goods and raise community awareness of WI... In January they answered roll call with New Years Resolutions and in February a Valentine's Day that was special. January's program was Thai Chi projects-issues of animal traps and labeling laws on food. February's program was on income tax highlights. **West Brook Halfway River's** December's roll call Christmas Quotations, the meeting was held in a member's festively decorated home with gift exchanged. They supported the Beef Plant in Albany P.E.I. In January they held an auction as fundraiser. Visited a life member who was celebrating her 103 birthday in a care center. Plan to bring in donations for Autumn House in February. All members exchanged valentines; attended church service W.I. week. They are gathering items for kitchen basket... In March, **North River** had a quiz on things green; planned items for the A.G.M. theme basket... In January, **Marigold**, a member told of her travels in Eastern Europe and it influenced her writing - poetry, set up a phone tree and started pennies for friendship. The person doing program selects roll call's idea. Marigold is one of our new braches glad to hear from them good luck. **West Pugwash**, January's roll call was what members do when they have a power outage program emergency awareness, to have house kit prepared for emergency times; provided fruit baskets and chocolates for sick and shut ins; made laminated cards with Institute Prayer, Flag salute, etc.; have two quilts to start quilting. Roll call in February was what you like about winter and keeping active program, used clothing N.C.M. Hospital Aux. Profits and benefits for hospital, community and volunteers gave a donation for child with cancer expenses; safety of food and storage

upcoming project...**Belnan** February's roll call was Valentine verses; March's was Easter or St. Patrick's verse. The program was on general store of 1800's business, and the barter system... In November **Gore's** roll call was postage stamp collection. Program! Vitamins and supplement plan. The body's needs, foods to get vitamins needed, and what to take if can't get; donation to Peace Garden; purchasing a refrigerator for East Gore Hall. In December they held a Christmas party at a member's home with gift exchange with secret pal; draw held for Round Robin Quilt. In January roll call was reading from the blue book; program on buying Local, benefits fresher food and supporting local economy; planned an outing to Sugar Moon and to Eagle Watch with their twin. A Valentine lunch at local restaurant and visited shut-ins...**Tartan's** roll call in January was making St. Patrick's corsages as group projects discussed afternoon tea, as a fundraiser; at the March's meeting roll call was a hand made corsage; gave donations to Hoodless Homestead and Into the North for program members showed their creative and artistic talent in making home made Easter cards to exchange... **Enfield** January's roll call was fond memory of school days; program was on proper skin care especially in the wintertime; sent letters of support to government for Atlantic Beef Products plant P.E.I. February's roll call what would you do if you won a million dollars?; program valentine word search with prizes; member told of misleading labels at local grocery store of tomatoes purchased, actual origin Mexico, but distributed Canadian in very fine print plan to sponsor a flower basket again this year as part of Enfield in Bloom project; approaching local politicians about establishing bowling facility in area... At November **Three Cornered** meeting roll call was favourite Christmas carol; a member showed group how to make Christmas wreaths, centerpieces and wreath balls, using many things collected from nature. Two were winners of her decorations; December's roll call was a Christmas reading; members enjoyed a Christmas party of pot lunch gift exchange a several hilarious games. February's roll call favourite apple and apple dish program apples, with apples and paring knife, members were showed how fragile our plant is. Only 1/32 of earth's sustainable land mass is responsible for producing all our foods;

made plans for doing something for Rosie's youth group and an activity with twin; to have a fundraiser of spring basket to support donations...**South Rawdon** had a special Christmas lunch at a member's home in December made plans on packing Christmas food baskets-also supported letter for Albany Meat Plant P.E.I. In March roll call was about a book and author member had read last month; program was the District Director visit and she updated on W.I. happening on going; made plans for April fundraisers of a meal at a member's home, with members providing food with invited guests paying to come...**Martock Windsor Forks** enjoyed a Christmas party in December at member's home with potluck supper and gift exchange; roll call was sharing Christmas memory; completed plans to supply two needy families with a donation of money for gifts and food for Christmas dinner, also plans for gift plates to be packed for sick and shut ins in community with help from brownies earning their badges. In January sponsored a candidate for Princess Windsor Competition (Apple Blossom Festival) plan to start making Quilts for the needy at a member's home, on Tuesday morning for the months of January, February, and March. February's roll call ways we celebrate Valentine day or a memory of Valentine's past; program speakers from Harvest House a type of soup kitchen in Windsor; providing food supplied by church groups and other organizations and organize social activities for those in need. They were presented with food donations from members; made plans for annual birthday party at the Windsor Elms Nursing Home in March program and gifts given. March program was a speaker from the Hants Community Hospital Foundation. About where monies come from and how spend at the hospital; made plans for recruitment and retention team workshop coming in April to West Hants District. Many planning on attending Woman's Farm Day Thanks for the great reports, so others can also share in your activity ideas...My three-year tem as a West Hants District Director have sped by so quickly. I have really enjoyed reading all the reports of branches and their activities. It has given me a look at W.I. branches doing what they do best, being sharing and caring women. Respectfully submitted  
Goldie McDow  
Hants West District Director

## Southern

**Arcadia** - Made plans to hold a future meeting at the local museum where the old Branch records are archived, so that they can view the old records...**Brazil Lake** - Held a health program on those in a High Risk Cancer area and also learned of new cataract surgery where there was the possibility of not having to wear glasses after surgery. They sent a donation for the Into the North project. They planned for a Spring Luncheon and made plans to entertain their Twin. They also planned a Bean Supper to be held in April...**Barss Corner** - Had a program on the Canada Food Guide and making healthy choices. They learned about the origin of St Valentine's Day and also had a Nostalgia evening looking at old newspapers dating back to 1966 in Barss Corner. They raised \$135.00 for Christmas Daddies and contributed to the Postage Fund and the District Directors Fund and made plans to meet with their Twin...**Brooklyn & Area** - They held a 102nd Birthday celebration for their oldest member, Glenna King. They made plans for their 80th anniversary celebration for February 19<sup>th</sup>, which coincided with WI week...**Chelsea** - Held an informative program on Osteoporosis, insomnia and stress. They held a Pancake Supper and had members of Waterloo Branch as guests at their Valentine's Meeting. They celebrated their 58th Anniversary and they worked on a quilt...**Kempt** - They had a program on how to grow seedlings in a bag of potting soil and they learned about the History of McDonalds Restaurants. They provided 6 baskets and 1 plant for shut-ins in the area and the local nursing home. They placed 3rd in the Community Christmas Tree competition...**Lunenburg** - Had programs on the proper way to sort Waste. For Valentine's, they learned about homemade Valentines and had a Valentine exchange. They donated to the District Directors Fund, sent a box of craft supplies and clothing to support Rose's project and made plans or WI Week where they distributed place mats to local Restaurants. They donated to Lunenburg Music Festival and celebrated WI week by eating at a local restaurant...**North Brookfield** - Members worked on their quilt block from West Virginia and took it to Meadowbrook Manor for the residents to work on. They made plans for a Chowder luncheon for February. For WI week they put a display at the Post Office as well as one at Meadowbrook Manor. Members are making

Izzie Dolls to send to troops to take to children in Afghanistan and they also made plans to adopt an apple tree this year...**Parkdale/Maplewood** - Had a program on the Legislature and Citizenship. For Valentine's they had a party and exchanged homemade Valentines and did some quizzes on Valentine's Day. They gave a donation to the New Germany Food Bank and made plans for a quilting party for WI Week and sponsored the church bulletin during WI Week...**Port Clyde** - Made favours for Roseway Manor and Bide a While. They also made fudge for Bay Side Home. They held the February meeting at the local Pizza Delight in Barrington and discussed plans for their up-coming anniversary in March. They also sent a gift for their Twin in Brazil Lake...**Sable River and Area** - They had a program on WI in England and learned that they are very active in Rural Areas. They also discussed their Guatemala Project where they helped support a village school by providing an outhouse and they worked with local doctors and dentists by providing soap, toothpaste and toothbrushes for the project...**Waterloo** - Held a program on Buying local and supporting our farmers. They contributed to the stamp program and made donations to the Waterloo Community Hall and Lapland's District Fire Department. They had a hymn sing at the Hillside Pines Nursing Home and lunched with their Twin. They erected signs in windows and wore ribbons and pins for WI Week.

Respectfully submitted  
Lauren Seaton  
Queens District Director



### Handcraft Competition 2008

The Handcraft competition for 2008 is a **Knitted Afghan**. The suggested size is 115 cm x 153 cm (45" x 60") minimum. The afghan can be larger than the minimum size. Afghanes will be automatically disqualified if they do not meet the minimum size requirements. Full details on this competition and the registration are on this website: <http://www.gov.ns.ca/agri/wi/projects/handcr.shtml>.



**Reach for the STARS  
Membership Challenge  
2007-2008**



Once again, Women's Institute branches across Nova Scotia will be adding new 'STARS' to their membership list during the 2007-2008 Reach for the Stars Membership Challenge. Each new member earns the branch one star. We now have twenty-two new members. Welcome! Please report any errors or omissions to the following report directly to the WINS office.

**One Star**

Cambridge - Pauline Worhtylake  
Churchville - Pauline Murphy  
East River St. Mary's- Joyce LeBlanc  
Martock- Windsor Forks - Nicole Oulton  
Newtown Denver - Annette Thompson  
North River - Shirley Crowell  
Port Clyde and Area - Flora Ross  
Port Hillford - Deborah Banks  
Sherbrooke - Anita MacEachern  
Weston - Maureen Bezanson

**Two Stars**

Homeville - Andrea Lyons, Gennie Boutin  
Lyon's Brook - Cheryl Patton, Christine MacKenzie  
Point Edward - Debbie Lewis, Diane Hicks  
South Berwick - Rose Chayer, Carol Hampsey  
Paradise - Lara Jennings, Joan Biers

**Three Stars**

New Tusket - Roberta Journeay, Doreen Sheilds, Isabel Mullen

**Four Stars**

Caribou - Ruth Worthman, Anne Landry, Doreen Logan, Sharon Dewar

**Five Stars**

Indian Harbour Lake - Jordanville - Barbara Furlong, Barbara Jordan, Yvette Jordan, Crystal Furlong, Maria Tate

**In Memoriam**

Vera Dobbin - Newtown Denver/  
Abercrombie

Helen Lindsay - Caribou

Frances Clyburne - East River St. Mary's



**Correction** - Winter 2007 issue

The names of the graduates from Indian Harbour Lake and Jordanville's picture.  
 First row: Janie Jordan - not Jamie Jordan  
 First row: Katlyn Mills - not Amber Mills



**FWIC Tweedsmuir Competitions  
(2006-2009)**

The winning entry from each province for each of the Tweedsmuir Competitions must be received at the PEI Provincial Office no later than:

**April 30, 2009**

Please refer to FWIC's website (<http://www.nald.ca/fwic.htm>) or the Spring\Summer 2007 issue of *Federated News* for all the guidelines for the competitions, or the Summer 2007 issue of the *Home and Country*.

**Remember** ...the provinces are responsible for setting their own deadline to judge the entries for their province.

**Steps to becoming a Tweedsmuir winner:**

1. Choose the category.
2. Get your idea or plan.
3. Complete you project. (It isn't too late!!)
4. Send it to WINS Provincial office by

**January 31, 2009**



Congratulations to Gwen Huntley, Scott's Bay WI member who was chosen Volunteer of the year for Kings County. Gwen will represent Kings County at a ceremony and luncheon in Halifax on April 24 in recognition of volunteers across the province. Everyone is so proud of you, Gwen.



**~ Office's Update ~**



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

Cinda Guthro's email is [guthrocl@gov.ns.ca](mailto:guthrocl@gov.ns.ca)



A huge thank you goes to Jennie McInnes, as she painted the office, and to Doris Jones who made new curtains for the office.

## Phase Two – Buy Local

The Buy Local Challenge was and still is our latest project. We felt that more public education on the importance of purchasing local food products and how it benefits our economy, our health and our social well-being was needed. Promoting the benefits of good nutrition and also supporting our agricultural industry are two of the main objectives of Women's Institutes of Nova Scotia. W.I. made a proposal to Agra-Futures Nova Scotia to help support this project, which challenges people to think local and make educated decisions when purchasing their food products. We created public awareness through displays at fairs, exhibitions, AgriFest, farmer's markets, malls, AgCot, etc. and asked people to take the WI Buy Local Challenge as well as to fill out a survey. We partnered with Dr. Steven Dukeshire at the Rural Research Centre at the Nova Scotia Agriculture College to develop a survey, which investigated food buying habits and knowledge of "local" foods. We believe that the first phase was extremely successful from the feedback. Also the Department of Agriculture gave recognition to the WI for the valuable information collected through our WI Buy Local Survey when it formed the Minister of Agriculture's Advisory Committee for the Provincial campaign "Select Nova Scotia". WINS was also invited to sit on this committee. President Ellen Simpson and I as chair of the Rural Issues committee have been attending these meetings whenever possible.

Last fall, Phase 2 of our Buy Local Challenge began. One year after the initial survey was distributed, a second follow-up survey was distributed to approximately 8000 homes in Nova Scotia to compare public attitudes about buying local one year later.... have the Buy Local media campaigns made a difference? This survey looked at some of the original questions adding one which specifically looks at the Select Nova Scotia campaign and if participants recognize the logo and if they look for it when grocery shopping. We were hoping to release the findings of this second survey during WI week 2008 but alas, the results were not fully tabulated but will be released to the public by our President, Ellen Simpson when completed. Reading through pages of comments compiled from this survey, we feel that our campaign has been a great success as it has opened the eyes of many consumers across Nova Scotia who can now make an informed choice on buying foods and how these choices also impact our local economy and our food producers.

Over the summer, WI also partnered with the Farmers' Markets Association and attended various markets to promote buying local and the Select Nova Scotia campaign. Farmers Markets were provided Select Nova Scotia promotional merchandise and WI members hosted the booths to give these to the public. As each person picked up their Select NS bag or T-shirt, they were asked to sign pledge cards...the cards highlight the five points of our Buy Local Challenge. On the back, the pledge cards give tips on how to support local producers and support a healthy environment with links to the Select Nova Scotia program, the NS Farmers' Markets and Women's Institutes of Nova Scotia. A second phase of the Select Nova Scotia Program will be discussed at the next upcoming Advisory Committee meeting.



Knowledge and Awareness! Keep spreading the word, as I believe it incorporates our vision statement "Learning, sharing and improving the quality of life for all."

Respectfully Submitted  
Sharon Lynk  
Rural Issues Chair

**GOODBYE!**

### Note from Theresa Osborne

I never thought that this day would come, but I guess all good things must come to an end. After eighteen years of working for the Women's Institutes of Nova Scotia and after much thought and consideration, I have decided to accept a new challenge and a new position with the NSAC. My last day at the WI office will be March 14<sup>th</sup>. It was a difficult decision to make and I will miss all of you very much. I want to thank you for allowing me to work for such a wonderful organization for all these years. I have learned so much from WI and I will always be grateful for all you have given to me. I will look forward to keeping in touch with my WI friends and I know the organization will continue along on a very positive and successful path.

Until we meet again, Theresa



### Wall hanging Contest



Get your creative ideas ready for a contest. We are planning to make a wall hanging for the Conventions and Annual General Meetings. The winning Branch will win a \$50.00 gift certificate from the Women's Institutes of Nova Scotia's office. Further details will be presented at the Annual General Meeting in Amherst.

### ACWW Canada Area Conference

*Women Worldwide – The Voice of Today*

September 18 & 19, 2008  
CanadInns Polo Park, Winnipeg, MB  
Fee: \$110 before July 1, \$135 after

### Brooklyn and Area WI Celebrates 80<sup>th</sup> Anniversary



On February 19, 2008 under beautiful blue skies the Brooklyn and Area WI celebrated 80 years of dedicated service to WINS and their community.

Over the 80 years our membership has fluctuated and although in 2008 our membership is low we strive to uphold the things that WI stands for and to engage in the activities and programs of the organization.

We were delighted, on our special day to have with us to help us celebrate, Ellen Simpson. To compliment Ellen's visit two members of our twin branch Sable River and Area WI were in attendance along with members from Arcadia and Brazil Lake.

Another highlight of the afternoon was the presentation of a congratulatory certificate from our local MLA Richard Hurlburt.

Two ladies from the local area presented a program spanning the decades since our organizing in 1928 consisting of songs from the years and dialog of interesting facts, lots of which I am sure many of us have forgotten, or in busier younger years were oblivious to. It was very entertaining and even at times a bit of sadness.

Our Provincial President, the Shelburne and Yarmouth District Directors and the District President cut a beautifully decorated cake, complimented by tea, sandwiches, and cookies.

We want to thank you to everyone who in anyway helped to make our day special and to make special note that the date was set to recognize the beginning of WI week is Yarmouth County.

#### WINS Alumni

The next meeting of the WINS Alumni will be held on September 2008 in Yarmouth County. Further details will be given at the Annual General Meeting, which will be held on July 2<sup>nd</sup> and 3<sup>rd</sup>, 2008 in Amherst.

#### 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 (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
Songbook	\$0.25
Stick-on WINS crest 24 per sheet	\$0.10 per sheet
Schoolhouse/Unity book	\$4.00
WINS apron	\$15.00
WINS/West Virginia CEOS Cookbook	\$5.00
God Be With You - Music CD	\$15.00

#### Directions – John Innes

My life is like a sailing ship  
depending on the winds  
to take me where I want to go,  
sometimes the winds  
are in my favor.  
Other times they're not.  
And when the gales  
of adversity blow  
the winds I can't control,  
but the set of the sails I can –  
for that, and not the  
direction of the wind,  
is what takes me where  
I dream and plan to go.