



HOME and COUNTRY

W.I.N.S.

Summer

Women's Institutes of Nova Scotia

2010

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, 2010

**Membership Dues for
2010-2011**
June 1, 2010

ACWW Triennial Conference
Hot Springs, Arkansas
April 21-28, 2010

AGM
Hebron Community Center
Yarmouth
August 4th and 5th, 2010

From Coni's Desk

Well as I am writing this at the end of March I'm confused if it is spring or not. Last weekend was freezing and today it is about 15 degrees. Typical Nova Scotian weather.

Since my last report to you we have held two Board meetings. The one in November saw several people unable to attend due to stormy weather and the flu. However we did have quorum so we managed to get some work done. Last weekend we held another Board Meeting. Fortunately we were only missing a couple people for this one.

In February we had our annual meeting with the Minister of Agriculture John McDonnell. Also in attendance were Laurence Nason, Alan Grant and Arthur Pick. It was a very good meeting. We are now waiting to hear from the Minister regarding our grant. The Provincial budget is due to come down next week so we should hear from him soon after that. The minister was very impressed with our tally of volunteer hours. It has been discussed on how we can get the members to record their WI volunteer hours as well as the Boards hours. At present we use an average for the members' hours. If you have any ideas please forward them to the office.

While some of you are holding your spring meeting there will be a delegation of ladies attending the ACWW World Triennium in Hot Springs, Arkansas. Watch for a report from the conference in a future Home & Country. In Hot Springs we will be setting a date to host the ACWW Area Canada Conference 2011 and upon our return we will be getting into serious planning.

Hants Central has undertaken a project called "Back to Basics – Tips, Tricks and Hints to Feed Your Family". The pilot will be held on May 6th, 2010 at the Upper Nine Mile River Hall. Their committee has worked hard on this project and we are in hopes of making this a provincial project.

Several branches have celebrated anniversaries – congratulations to all.

Reach for the Stars is ongoing. Please forward the names of new members to the office. As well Cancer pillows and turbans, premie hats, Blankets for the Homeless, mittens, toques and socks, heart pillows and teddy bears are always needed. Submit numbers to the office so we can keep track of the items. The items may be taken to your local hospital, Salvation Army or wherever needed. Do not send the items to the office.

The AGM for 2010 is being held in Hebron, Yarmouth County. Registration forms were sent to the branch secretaries and maybe photocopied if more are needed. Deadline to register is June 30, 2010.

Lindsay has set up a website for WI members. The address is <http://www.womensinstitutesns.webs.com>. This will be a website where members can interact and receive up-to-date information. If you have internet access look it up. The site is expanding all the time. If you would like to see something posted there let Lindsay know.



Yours in WI
Coni Murray

President, Women's Institutes of Nova Scotia

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FWIC Report



In October, 2009 I had the privilege of travelling to Mississauga, Ontario to our FWIC meeting which was held under the director of President of FWIC, Ruth Blenkhorn.

The whole country of Canada was represented by provincial executive Officers who gave to a variety of ideas but a firm agreement at the end of the weekend that Women played a very import role in the aspect of the world's population.

The meetings opened with the first evening being centered on Team Building, Orientation to Executive Positions led by President, Ruth Blenkhorn.

Marie Kenny, President Elect of FWIC gave a very informative report on the financial status of FWIC along with reports on the Homestead Financial Statements as well as a review of the Investments and Accounts.

All ladies were pleased to learn that Convention 2009 which was held in Prince Edward Island proved to be extremely successful with a good number registration. It was at that Convention that Marie Kenny was sworn in as President Elect of FWIC.

No meetings would be complete without a stretch break and we were given opportunities to do just that under Janet Atkins and Pat Boone.

The suggestions came forward for fund raising and a decision will be made at the June 2010 FWIC Board meetings.

After much discussion; a FWIC project for 2009-2012 was decided upon; the theme being Hard Facts About Women's Heart Health.

This will enable people to become aware and focus on women's heart and health issues as both are a concern for all people. The first of the three years of the project will be raising

awareness through educational information while the other two years will be more into the depth of the subject. There will be more information coming forth on the topic.

The theme for the next three years will be "Coast to Coast, WI Alive & Well" which will coincide with the project that FWIC has decided upon. The Convention in 2012 will be held in Sidney, British Columbia on June 12-16. The BC committee suggested Travel Lodge or Best Western as places to stay if attending the Convention.

On a more local level I have been taking the FWIC display board to all meetings that I have been able to attend with pamphlets to pass out and I hope that during the next two years I will be able to visit many of your branches and districts to share some of the activities to each one of you ladies. It is also nice to be able to return to your area as I did as President of WINS.

If at anytime you would like any information, material please feel free to contact me and I will do my best to comply with your requests.

Yours in WI

Ellen M. Simpson

Executive Officer of FWIC

In Memoriam

Catherine Myra - Lunenburg



Dropping in on the Branches...

Western Area

Burlington and District In January, the members had show and tell. In February, two ladies from the Pharmsave in Berwick presented a great program on Heart Health and Hypertension. The ladies are busy making Care kits for the hospital and knitting baby hats. They gave donations to Doctors Without Borders in Haiti and to a lady who is need of a double lung transplant... **Cambridge** Julia Llewellyn presented the many versions of Cinderella. Their roll call was to name a favorite nursery rhyme or a fairy tale. In February, the program consists of a quiz on St. Valentine's and love. The ladies learned that *"so many little things – smile – hello – cards – phone calls make our life so much better. Not just big things count"*. In March, a report of the Rural Leadership Conference in Halifax; gave a donation to the Cambridge Elementary school for a book for the library; and made plans for the Spring District Rally.

Delhaven and District: December we had our Christmas party and tree decorating at Susan Ueffing's and invited our twin Lockhartville to join us. February for our program we learned to do a few steps of Celtic Dancing. March we held our annual blind auction which we use the money we raise to sponsor a bursary at our local High School for a graduating student... **The Grand Pre** ladies learned from Lydia Pinkham's Vegetable Compound newspaper clipping that it was a great cure for all women's ailments. They gave donations to District Director's fund; to the Red Door; and to Chrysalis House. In February, the members learned a number of things from the appearance of your fingernails; and also exercise and proper sleep is important for seniors. They are planning to have a Pour for the Cure tea. Roll call was what Women's Institute means to me. In February Angela Levy show photos and souvenirs of the two week trip along with twenty other health care students

to Scotland under the IWEP – International Work Experience Program... **The Islands** ladies hosted a "Pour for the Cure" tea, they had nineteen guests; and the guest speaker was Joanne Whiterect who gave a very informative presentation about breast, cervical and uterine cancer. Two hundred twenty-seven dollars was raised for the Breast Cancer Foundation. The members had a community swap where people can give away an item and get an item free; the Islands ladies sold lunch for a fundraiser. There was be an environmental event aimed at reducing waste, which is a fun annual event... **Kempt's** program in January was light hearted but meaningful – items read that were used years ago – rated our age range as to how many we could remember... **Lakeville's** program in January was on travelling by train across Canada; and made plans for a tea that they will be held in April. In March, the program was on jewellery presented by Pam Frail. **Medford's** program in January was on Healing presented by Cheryl Bigelow and Sharon Lynk, the ladies learned some facts about how the kitchen cupboard was the medicine cabinet in our grandmothers' day; they participated on doing ten reflexology and five "finger yoga" exercises for specific health purposes. February's program was Birthdays where the ladies celebrated every member's birthday by bringing a wrapped gift and receiving one before sharing a cake. In March their entertainment was a "Frenchy" fashion show with lots of fun... **New Tusket**, in January the program was a fun evening spent playing board games. In February, the program was a touch and buy sale, parcels were all wrapped in red... **Port Williams** had a social night in January. Elinor Miller, Amy McCarville and Marie Griffin developed a game called WI jeopardy. It was all about WI, ACWW, FWIC and the ladies learned a lot. The group made Valentine's cards which they took to past members or shut ins along with a carnation. ... **Spa Springs**, in

January, the program was on Alaska in the form of a DVD and narrated by Carolyn Crawford. They made a donation to the Heart and Stroke foundation in memory of a former member. In February, they had a Valentine party with games and prizes. They planned their Church service which was held on February 21st, 2010. In March, the group went on a wagon ride along the old railway tracks, and also revealed their secret sister, which was a lot of fun.

Spa Springs



South Berwick, In January two members presented a very funny reading about Adult Attention Deficit Disorder and played a card game; and gave donations to the Community club, Provincial scholarship, District Director Fund, and Adelaide Hoodless Homestead fund. In February, the members watched an informative DVD on Adelaide Hoodless Homestead. In March, the program was on the relationship of fruits and vegetables to various parts of our body; sunshine boxes were made up for the shut ins; and planned for their 57th anniversary which will include their twin branch Medford

South Berwick 57th Anniversary



Members of South Berwick WI and members of Medford WI

Tupperville was busy during the months of November to February with

giving donations to the Exhibition, and to the Community hall. Their programs consisted of readings; pot luck supper and celebrating WI week. The winner of their quilt was Lorraine Morgeson of Wilmot... **Weston** ladies made their own cards; had a silent auction; and learned about gardening especially the importance of pruning trees, plants and bushes. They made plans for their 78th anniversary to be held in May.

Central Area

To start 2010, **West Brook Halfway River's** January meeting was a Christmas theme. The members discussed the importance of maintaining friendships with former twin branches. Roll call, to take turns providing a different topic each month. They celebrated W.I. week by dining out at a local restaurant in February and to exchange valentines for Roll call... In January **West Pugwash** had a program on quilting. Their members showed quilts, had a discussion on different methods of cutting and assembly pieces, with traditional paper piecing and embroidery on quilts. In December, they partnered with a local co-op grocery store as a fundraiser and raised \$1492.00. They are working on putting together a quilt with plans to quilt it. Roll call was what we do on stormy or rainy days... In January **Belan** members answered roll call with a Christmas experience. The program was an article on Nova Scotia points of interest. In February roll call was naming favourite book or author. The program was about myths and truths on catching colds, also home cures for house mishaps... **Enfield** branch in February had a visit from District Director Carol Crawford and Joanne Cory telling of upcoming events being worked on by W.I.N.S. executive. Their quilt project is still ongoing. Roll call was a show and tell about a special piece of jewellery they owned. March's roll call, was named a nutritious snack; a guest speaker and presentation by a lady who lost 100lbs and kept it off for over five years, she did it on her own by changing eating habits and eating right foods. They are continuing to

work on a quilt project; and planned to get new W.I.N.S. Welcome sign for entrances to their village.

Martock Windsor Forks at their January meeting held a fundraiser auction. In February, member Krista McDow did a presentation on her running with the Olympic Torch in PEI in November, she showed and explained how her torch worked, and many photos were taken.



Krista McDow with her torch share her experience with the Martock Windsor Forks WI members.

March's meeting was on Hawaii, it started with a fundraising luncheon of Hawaiian pot luck. Members paid \$5.00. We raised \$150.00 to donate to Haiti earthquake relief fund. Members and guests were to dress Hawaiian. They were met at the door with leis. The home was decorated in Hawaiian theme table centre pieces were colourful parrots. Under Millicent's guidance they played games, sang, danced and shared interesting facts about Hawaii. They did a program on the importance of early detection and treatment of ovarian and breast cancer... **North River** had a program on Truro Art Society-viewed the Art Show... **Three Cornered**, their March program was on Food Facts about eating local, and foods that provide nutritional needs and what recipes to use, they are making plans to make dresser scarves for local nursing home; and answered roll call with what we expect from spring.

Respectfully submitted by
Goldie McDow
West Hants District Director

Eastern Area

Bridgeville had their annual Christmas party, and packed shut in boxes to be delivered. In January, the program was on the effect of the climate change

on Women in the third World Countries; and gave a donation to Dr. W A MacLeod for the hot lunch program. In February, the ladies enjoyed a slide show on Karen MacGregor's two year job as a teacher in London and her extensive travelling on three continents. In March, they welcomed Shirley MacGillivray who has a very interesting presentation on lending money to small enterprises in Pictou County including students who contribute to the economy of Pictou County; and made plans for a joint cookbook with their twin Branch, Middle River Gairloch... **Caribou's** program in January was on spinning and in February they celebrated Valentines with a chocolate fountain. They are planning to have a bean supper in April and the proceeds will be use to buy an animal or two for world vision... **Churchville**, the program for February was on Food safety after a power outage provided by the Agriculture and Nova Scotia industries. The ladies learned what to keep and what to discard once fridge/frozen foods are no longer kept cold/frozen... **Foxbrook**, In December, many residents were remembered with a visit, fruit and Christmas baking. In January Amanda Van Veen, a food mentor who is funded through Public Health to teach Basic cooking of one pot meals encourage clients (young parents 18 to 25 years of age) to read labels and choose healthy foods, spoke to the group. In March, the members were shown different quilt patterns and names of patterns; and for roll call, the members took valentine cards to give to the residents at the Senior Citizen Building .

Springville-Island 75th Anniversary



Dr. Ellen McLean and Jo-Anne Smith

Springville-Island In March, Ellen McLean and Diane MacLeod compared the household chores of the 1950's and 1960's as part of International Women's Day...

Garden of Eden, In January, Brenda Fraser who is a teachers' aide, took the ladies through a day's work; and gave a donation to the Hoodless Homestead. The February program was presented by Isabel who told of a couple that has a heart attack and stroke who overcame their disabilities by positive thinking and their motto "Value life and live for today". Their March's program, Theresa Fraser told the ladies if you have no space for veggie plants, etc; put some in your flower garden or in a ceramic, tile or plastic pots, but be sure of proper drainage...**Homeville**,

In January; Christine MacKeigan brought a clipping from a newspaper showing Puce WI members. This Branch was organized the same year as Homeville. In February, Linda Prendergast gave the members a very interesting look at all the elements that make a house a home. Each member described the special place in their home where they find their comfort zone. Choices ranged from a cozy chair in the corner of a room to a sheltered outdoor spot with a view of the ocean. Their March meeting they had an auction...**Indian Harbour**

Lake and Jordanville's February program was making up a sweet basket for their twin branch for Valentine's Day, and planned a get together with their twin. They sold tickets on a quilt to raise money for their Graduation party. They had a discussion on growing healthy communities ... **Newtown Denver**, In January, Catherine Thompson represented her prize winning speech on the topic "It's alright to fail" referring to her attempt to get her driver's license. Catherine Porter reported on a conference she attended in Maryland... **Middle River-**

Gairloch, In January; Kaye MacPherson spoke to the ladies about Dirty handbags and the importance of where we put our purses. We should wash our handbags with a disinfectant; and had a humorous reading about "The "House Behind The House" the little house where everyone was quite

familiar with before the days of indoor plumbing. February, the ladies celebrated their 52nd Anniversary with their twin Branch, Bridgeville. Pat Wilson, who became "Estella" entertained the ladies as she spoke of the joys of aging in a very entertaining fashion. In March, the members were hosted to a luncheon prepared by the members of the Middle River 4-H club... **Lyon's Brook**, In February, Eleanor Lilley told the ladies some facts about nutrition. In March, they had a hat decorating competition. The ladies had to decorate their hat from one room in their homes. The members from their twin Branch, Churchville, were the judges.



Lyon's Brook WI members with their creative hats.

Port Bickerton, the program for February was the meaning of Valentine's Day. Their March program was a discussion on deciding the best way to get new members to come to their meetings...**Sherbrooke** February's program was about making a valentine for each member of their twin branch and inside the card was a favorite recipe. March's program, Brendon Smithson, Recreation co-ordinator, spoke on adult recreation programs for their area. **Spanish Bay** In January, Kay MacDonald R.N., told about the discovery of a gene in Alzheimer's research at John Hughes University; Pauline Singer told about the use of kelp in organic gardening; and making comfort kits for the homeless women.

Southern Area

Brazil Lake had Elizabeth tell them about her Caribbean cruise. They heard about the beauty as well as the poverty. We are blessed to be living in such a peaceful place. They had a reading "We learned to listen when

Daddy gave a whistle" and a Poem "Garden in my Heart". **Enfield...** A member toured both grocery stores to check out various products to see where they were grown or made. She learned that very few are "local" at this time of year. **Chelsea** is making quilts for the homeless. **Kempt** had a valentine Trivia, made Valentines, named romantic couples, and a "Do you remember...in Kempt" quiz. Also had a program based on an article from "Harrowsmith" on W.I. History in Canada as well as England and Wales. They planned a homemade ice cream and pie sale for a fundraiser for "Pour for the Cure" also sold tickets on afghan, painting and a lamp. **North Brookfield** had a program on Senior safety in their homes, in February had a fun night with games, In March discussed "Adopt a Highway" and made a craft project for Easter. **Parkdale/Maplewood** had a program on St. Valentine. Each member took part. They also enjoyed seeing pictures taken by Paulette Countway on her Alaskan cruise. They had a speaker in to speak about organic gardening.. **Lunenburg** reviewed some of the projects that WINS have done over the years. They baked and delivered cookies to the town office for WI Week. They also learned about reading the nutrition labels of food products... **Brooklyn and Area** discussed how a few people are working to make things better in Afghanistan.

Respectfully submitted

Irene White

Yarmouth District Director

Sherbrooke WI 95th Anniversary





Reach for the STARS Membership Challenge 2009-2010



Once again, Women's Institute branches across Nova Scotia will be adding new 'STARS' to their membership list during the 2009-2010 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

Bridgeville – Muriel MacDonald
Chelsea – Georgian D. Whynot
Churchville – Anita Carthy
Enfield – Mary Isenor
Garden of Eden – Letitia Quail
Grand Pre – Georgina Whynot
Indian Harbour Lake & Jordanville – Beryl MacDonald
Lyon's Brook – Marjorie O'Connell
New Tusket - Fabienne Rapsey
Newtown Denver – Shirley McMurchy
Nine Mile River Homemakers – Sharon Gendron
Paradise – Joyce Manns
Parkdale Maplewood – Dianna DeAdder
Port Bickerton – Elaine Murphy
Sheffield Mills and District – Susan Perskamp
Spa Springs Lisa Simpson
Three Waters – Ruby Jefferson-Bowles
West Brook Halfway River – Evelyn George

Two Stars

Lakeville – Carolina Tucker, Paulette Leopold
Sable River – Dawn Dexter-Sobel, Jacqueline Fowers
South Berwick – Leah Wood, Keisha Timmins
Weston – Grace Clark, Grace Clark

Three Stars

Kempt – Esther Stamm, Bella Gilbert, Marguerite Davies

New Tusket 35th Anniversary



From Left to right: Marilyn Bullerwell, Hilda Mullen, and Laura Ford.

Members of the 1974 Executive cut the beautifully decorated cake.

Upper Nine Mile Homemakers WI 2010 Project



The Nine Mile River Homemakers W.I. celebrated WI Week by creating a hooked rug. This was a branch project that began in early January 2010 because a few of the members wanted to learn the art of rug hooking. The idea to create a theme of the 2010 Winter Olympics was pursued and it only seemed right to make it a fund raiser as well. When the rug was completed in early February and tickets were made up. The draw for the Rug took place in our community hall during our regular monthly Jamboree and on the final day of the Olympics. Members of the Homemakers were present to thank the members of the community for their support of WI and served cake to all.

This project achieved a variety of our branch objectives. It exposed the art of rug hooking to our members: gave our community a sense of some of the talents that exist with the W I members in the group: showed the pride we all have in Canada by depicting a truly Canadian theme: allowed our branch members to come together to accomplish a project we all enjoyed working on and raise money for other branch and community projects.

South Berwick Women's Institute



Keisha Timmins presented her grandmother, Clarice Pottie, with a life membership pin on April 13, 2010. Keisha is our youngest member, having just turned 19 years old.



Annual General Meeting (AGM) 2010



Theme: Go Green for Home and Country
Place: Hebron Recreation Center, Yarmouth
When: August 4 and 5, 2010
Registration Deadline: June 30th, 2010

HOPE TO SEE YOU THERE!



**2010 – Fundraiser
A Handmade Quilt and a Knitted Afghan**

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 August 5th, 2010. If you need more tickets, contact the WI office.



Members of the Port Williams WI spent a fun afternoon making tied quilts for children. Nine quilts in all were donated to Chrysalis House, a women's shelter in our area, to be given to the children. In February we had a shower to collect women and children's clothing such as socks, underwear and pajamas for the shelter as well.

**Gore WI
25th Anniversary**



Each member was presented with a certificate for years of service to the branch. The evening ended with anniversary cake being enjoyed by members and guests.



**Handcraft Competition
Recycled Articles
2010**



Details of the Competition:

1. Recycled items are to be unique and innovative. They must be made from a minimum of 70% used materials and no more than 30% new materials. Used materials can include anything made from wood, metal, fabric or any other material. **PLEASE NOTE: This competition does not include a traditional hooked rug or quilt made from used materials**
2. A completed Recyclable Competition Explanation Sheet and Waiver for the article must accompany the item at all levels of competition. Recycled Crafts will be judged on



- a. **Originality – 15%**
 - b. **Design** (usability, decorative, and useful) – **25%**
 - c. **Workmanship – 45%**
 - d. **General Appearance – 15%**
3. The size limitations are a maximum of 36"x36"x36"
 4. A plaque will be awarded to the top recyclable article at the WINS 2010 Annual General Meeting in August.

Responsibilities of Owner: It is the responsibility of the owner to arrange for their item to be delivered and returned from the Provincial Convention. The item is to be delivered to the 2010 AGM Handcraft Committee Table no later than **10 am on August 5th, 2010**. Each entrant will be required to sign the waiver 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.



**Public Relations Officer
Position**

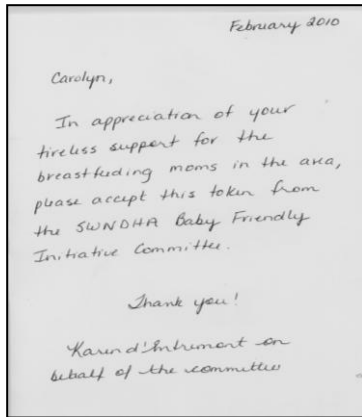
We are looking for a member who would like to become our next PRO. If you are interested, please call the office, 893-6520.

True WI Spirit

When the breast feeding program was discontinued in our organization, the Brooklyn and Area WI continued to stay involved with the program as it was deemed to be a vital program in our area. Barbara Hinckley ran it until she went on vacation and Carolyn Richardson filled in. She enjoyed doing it so she continued with the program and has worked in conjunction with Public Health

We have 5 breast pumps, plus a few home use pumps which we sell. Most of the time all of the pumps are in use.

The thank you note she received in the mail contained a check for \$100. She was thrilled and she wanted the members to discuss what good use the money can be used for. I would say she is a true member with the WI spirit.



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
WINS pen	3.00
God Be With You – Music CD	15.00

Executive meets with Hon. John MacDonell



Front Row: Laurence Nelson, Alan Grant, Hon. John MacDonell, Carol Crawford, Lauren Seaton, Linda Munro, Marg Dawe, Ellen Simpson
 Back row: Coni Murray, Arthur Pick



Did you know...

Did you know that the average lead pencil can draw a line that is almost 35 miles long or you can write almost 50,000 words in English with just one pencil?
 Amazing fact!
 Now imagine an eraser that could match it !!!