



HOME and COUNTRY W.I.N.S.

Summer

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

ACWW Day
April 29, 2011

Membership Dues for
2011-2012
June 1, 2011

ACWW Area Canada
Mt. Saint Vincent University,
Bedford
July 8 – 10, 2011

AGM
Elmsdale School, East Hants
August 3rd and 4th, 2011

From Coni's Desk

Hello spring! According to the calendar it is anyway, the sun is shining but the wind is bitter. I know many farmers and gardeners are ready to get on the land.

It has been very satisfying to see that many branches have had Heart Health programs. I am always amazed at the variety of programs and projects the branches are involved in. Keep up the good work and continue to send in branch reports to the office so your accomplishments can be recorded in "Dropping in on the Branches" section of *Home and Country*. Dropping In is a great place to get ideas for programs for your branch also.

Recently the Provincial Volunteer Awards were handed out in Halifax by LG May Ann Francis. Two WI members, Esther Chute from Berwick and Bea Cauet from Digby, were presented the award this year. Congratulations ladies!

Plans are coming together very well for the Associated Country Women of the World Area Canada Conference in July. We are pleased that World President May Kidd will be attending as well as the ACWW Area United States President Beverly Earnhart. Both ladies will be accompanied by their husbands. The deadline has passed however there maybe a few more registrations in the mail. A full program is being organized with ACWW Workshops, Craft Workshops and several interesting speakers.

As the 2010 – 2011 year is almost over I would like to remind all secretaries to be sure to fill in both sides of the Branch Membership Sheet which will be coming out soon. Return the form to the office along with your branch membership fees. The office needs this sheet to keep the records as current as possible. The information on these is only used for WI purposes and is never given out to anyone.

I hope many of you are planning on attending the WINS Annual General Meeting being held in Elmsdale in August. The planning committee has been busy putting together a great meeting. Also at this time there will be an election for President Elect.

On a final note please remember that 2013 will be the 100th anniversary of Women's Institutes in Nova Scotia. Several ideas have been brought forward to date and more ideas are always welcome. Send along your ideas for consideration.

Wishing you all the best in your future meeting and have a safe and happy summer. I leave you with this quote: *The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month.* ~Henry Van Dyke

Yours in WI

Coni Murray
President, Women's Institutes of Nova Scotia



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Nova Scotia Executive Officer's Report



Representatives from all ten provinces met in Ottawa on November 11-13, 2010. Several ladies went early to attend the Remembrance Day service in Ottawa. Following the service we did a walking tour of Central Ottawa and had the opportunity to view the statue of the Famous Five.

We had the pleasure of meeting with representatives of the Department of Agriculture as well as with the Status of Women. At both meetings we were able to share with them what Women's Institute is about.

Women's Institute women from across Canada had accepted the challenge to "Walk Across Canada" in support of the Heart Health project.

In Sidney, British Columbia in 2012 the ladies from across Canada will come together dressed in red and all sporting a red dress pin.

Nova Scotia will be hosting ACWW Canada Conference in July at the Mt. Saint Vincent, Bedford University. We hope to be welcoming ladies from across Canada, World President May Kidd, Area Canada President, Margaret Yetmen and the USA.

2011 marks the 100th anniversary for the provinces of New Brunswick, Prince Edward Island and Quebec. I hope all Nova Scotia WI members are starting to make plans for our 100th anniversary in 2013.

The ACWW Canada Area project is to offer assistance with air travel, accommodations and meals for 5 ladies from Grenada Home Makers Association to go to workshop on Climate Change. The workshops are to help provide women with the skills necessary to make strives to have a better economic standard for the area of the Caribbean, Central and South America.

Work continues on the Hoodless Homestead under the direction of Clayton Baker, Restoration Specialist. The house was scraped, and the damaged boards were replaced and the homestead was repainted in the fall of 2010. At present Mr. Baker is doing an inventory of the artifacts on display, in storage and doing a database.

I have had the opportunity to visit the Adeline Hoodless Homestead through the generosity of FWIC and still find it so amazing and if you ever have the opportunity to visit please do. Five hundred fifty-five dollars was raised through "Friends of Adeline" membership and two thousand four hundred twenty-four dollars was donated to FWIC for the homestead.

All Executive Officers have received Promotional screens through FWIC to take to all WI/FWIC events. These are very colorful and attractive to look at. I hope that everyone will take a few minutes and view the message on the screen.

Yours in WI

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

Southern Area

Arcadia –In January, the members met for supper, then roll call was answered by naming an Asian or African country and telling something about it; plans were made for WI week, and for souvenirs for the ACWW Area Canada Conference. In February roll call was answered by sharing an interesting local historical fact, which led to a long and interesting discussion, leaving no time for the planned program!.. **Brazil Lake** – In January the members had a “Blast From the Past” as each member read an item of interest from Home and Country newsletters dating back to 1963. It was sad to note that there are only three WI Branches left today in Yarmouth County. In February the group enjoyed a Valentine Pot Luck supper with invited guests. The March program was very interesting as a new Pastor in the community shared her life story and how she came to the ministry... **Chelsea** – has had a busy February. They hosted a coffee party and collected cleaning supplies for a local women's shelter. Members wore red to celebrate National Red Dress Day. They got lots of publicity during WI week when they took muffins and cookies to a local radio station. They finished a quilt and started another, as well as donating to the scholarship fund... **Kempt** – packed twenty-five candy bags in December for Santa to give out; tied for 2nd place in the Community Christmas Tree contest, with their “100 years of Strawberry Suppers” themed tree. They packed Christmas shut in boxes and hosted the annual Community Christmas party. In January, one member gave a true account of a woman's life in the early 1900's which left members glad to be living NOW! Another member reviewed the families who lived in the community in the 1930's. February brought the Friendly Friends pot luck supper with twenty-two in attendance. A donation was made to help purchase heart monitors for the hospital. In March was a presentation by Dalhousie University/South Shore Regional Hospital. The topic was “Falls, Risks of Falling, and Exercise for sixty-five

Dropping in...

years of age and older”. The main idea was to keep moving and to sit less... **North Brookfield** – Roll call for January was “ a gift we got for Christmas” A program on old time cures and remedies was presented by Beryl Berringer. February roll call was answered by “our favorite Nova Scotia apple”. A guest speaker from South Shore Health talked about fall prevention and improving our lives through exercise. Lucille Mailman was presented with a service Certificate for sixteen years with the branch. March roll call was “ name a nutritious fruit” . Marilyn Woodworth presented a program on N.O.N.I.A.(Newfoundland Outport Nursing Industrial Association), founded in 1920 to provide nursing and medical care in the outports of Newfoundland. Funds for this are raised from the sale of hand knitted and woven goods made by the women of Newfoundland in their homes. This organization is still in operation today; run by a volunteer organization. They painted and decorated flower pots for Easter and filled with straw and Easter Eggs. They also donated to Safe Grad at the North Queens School.. **Parkdale-Maplewood** – Roll call answered by reading a Valentine verse. They discussed the top ten languages in the world and some trivia facts about different places in the world; and spent a day quilting a quilt, with plans for another. They learned about Sable Island - who controls it, number of shipwrecks, people who live there, etc... **Sable River and Area** – January roll call was answered with “your favorite Christmas gift”. The meeting was given over to planning for future events. The February roll call was answered with an accounting of volunteer hours. A Red Dress Tea was put on as a fundraiser for Heart and Stroke. The March roll call was answered by each member telling her birth date; and the program was A Visit to Africa, presented by Jackie Race.

Respectfully submitted,
Sharman Fells
Yarmouth District Director

Western Area

In February **Burlington** Branch did up 24 baby caps for VRH, 7 care kits, 14 to finish, 1 large and 1 small crocheted blanket to the Grand View Manor. In March they sewed and stuffed one hundred fifty strawberry pin cushions for ACWW. In April the program was on a Community History Project. They did up candy bags for the Kentville soup kitchen for Easter. Kim has a new grandson weighing eight lbs eight oz. They are celebrating their 25th anniversary in April at our Spring Social as well as hosting the event. In March Beth Easson was **South Berwick's** guest speaker and spoke about Community Inc Employment Services for Persons with Disabilities. They held a coffee party February nineteen raising money for Heart and Stroke and the community hall and to promote WI week. They also packed Sunshine Boxes on St. Paddy's day for sick and shut-ins...



South Berwick WI members

The members made St. Patrick's Day goodie baskets for the shut-ins.
Back Row, left to right: Jocelyn Rhodenizer, Andrea Hale, Janice Wagner, Carolyn Newman, Joanne Hill
Front Row, left to right: Mary Walsh, Esther Chute, Clarice Pottie

At **Cambridge** in January their program was on Robbie Burns. They remembered him by wearing/displaying tartans in honour of Robbie Burns day. Judy Parks presented the program and reminded members that Tartan Day was April 6 and they also learned about some things we still use – his song Auld Lang Syne for one. Their February program was presented by

Brenda Allen on the Valley Hospice Foundation. They also had a "Red Sale" as a fundraiser. For March they had a guest speaker, Pat Loughnane, who spoke on the history and environment with pictures of Ireland. We invited the community ladies to join us and everyone enjoyed the program... In **New Tusk** their program for February was a quiz on the knowledge about the WI handbook. They distributed a calendar in February that was used as a fundraiser for the month of March. In March they donated funds for three bedkits, \$35 each, to go to needy children in over thirty-three countries. The kits include mat, or mattress, pillow, sheet, blanket, mosquito net, clothing, towel and school supplies. They sent 5 quilts to the IWK... In December 2010 **Tupperville** donated a hundred dollars to their hall, and gave fifty dollars to Grand View Manor in memory of Edna and Mary Woodbury; also a hundred dollars to the Kalback family of Bridgetown. Most meetings there are only seven members in attendance. The January monthly meeting was cancelled and in February they prepared programs for the coming year... In the **Islands** they had a Pour for the Cure tea in February. They planned for an Annual Community Swap to be held in April. All items at the swap are donated and free for the taking. This encourages people to reuse good but unused or unwanted items rather than throwing them away... In January **Spa Springs** Carol Crawford gave a program on 24 ways to love yourself. In January they made plans to participate in the church service to celebrate WI week with lunch served to the congregation. In February they entertained their twin branch Paradise with a Valentine party and strawberry shortcake. In March they are compiling a recipe book for sale... In February **Weston** had a ticket auction and raised \$26.64. They answered roll call by donating two food items to the food bank. They had a presentation from Mary Ann Franey from the Berwick Food Bank. They learned about the process for clients to receive food. The Food Bank has seen an increase of 30% in usage. Several members planned to visit sick and shut-

ins during WI week. In February they also catered to a 95th birthday for Lois Lewis, one of their members. Marjorie Franey of Weston, a life member of WI, passed away on December 18, 2010. In March they donated five hundred dollars to the Weston community hall. In May they will be celebrating their 79th anniversary... In January **Lakeville** donated 86 lbs of food to the food bank. In February plans were finalized for the Adelaide Hoodless tea that was held at the Lakeville hall. I had the pleasure of being their guest at the tea...



Lakeville's Adelaide Hoodless tea

At **Lockhartville**, they had a brunch at Hantsport, took up a collection and donated the money to the Hantsport Food Bank, as well as to the Christmas Daddies. They did a benefit for one of their members, a man in the community who are suffering from cancer, also a family burnt out by fire. They continue with their Baby Layette Program for newborns at the Valley Regional Hospital... In February, **Delhaven and District WI** had a blind auction to raise funds for our annual scholarship to a graduating student from NKEC. **Medford** enjoyed a talk and photo presentation from Brenda Parker about an Artists Carnival Liberty cruise in the Caribbean.

Respectfully submitted,
Clarice Pottie
Kings West District Director

Central Area

As I write up these branch reports I realize my dropping in the branches time is coming to an end, as my term as West Hants District Director is nearly over. I have enjoyed so much reading

the Branches reports with great ideas and good WI work carried on by each and every branch that I can pass on through Central Report... **Martock Windsor Forks** – February and March programs was on women and Heart Health, with video of several seemingly healthy women who had heart attacks. The members had a quiz and interesting discussion... In December/January **Nine Mile River Homemakers** December's roll call they sang a verse of a seasonal song. In January they did ten sit ups or pay a dollar. Their program was Christmas Readings. They took turkey dinners to seniors in their community for Christmas. They had a dinner and exchanged gifts for Christmas. They got together to work on quilts and other crafts catered dinners for Firemen's Training... **Gore** - reported in January, their roll call was if we had a resolution. The program was on Arthritis, different types and how they affect our body... **West Brook Halfway River** - in January, they made a donation to IWK; planned to attend church to celebrate WI week; and also made donation in memory of Mary Gilbert who was a war bride from England ... **Three Cornered** answered roll call in January with what helps you become calm and relaxed. Their program was on the Mission Statement of WINS; also learned how to do gridlocks for amusement and challenging their brains; made donations to ACWW's Granada project; District Director Fund; and Adelaide Hoodless Homestead Fund. In March, roll call was something for St. Patrick's Day and their program was on cleaning can be green. Cleaning allies are soap and water, borax, baking soda and vinegar; and also many recipes for making homemade cleaning supplies, saving planets and money... In December **Enfield** went out for Christmas dinner with twenty-six in attendance including guests and a group of Red Hatters. Entertainment was provided by Santa and his elves, gifts were exchanged and carols were sung. In January the roll call was what would you choose for you last meal and why. Program was entertaining game and talked about new nursing home in area; and roll call was all about curry. In

February's roll call was name something you haven't done, and would like to have done and found exciting. Program was reading of everyday items which are made or manufactured in another country, and work is scarce in Canada and they had a valentine game. For WI week, they made donations to caring and sharing; and to the Scholarship Fund. They are planning bake sale at March's meeting. **West Pugwash** February's roll call was all about curry; program was on herbs and spices, and tips on cooking, recipes and books, bread samples, Chinese chicken fried rice, herbs and smells. In March the roll call was change over from wearing dresses and skirts to wearing pants. The program was a reading on hanging clothes outdoors in past compare to now, made a donation to elementary school for breakfast program; and an update on ACWW items collected; and made a donation to Amherst Hospital Highland Fling... In March **North River's** program was a presentation of the new Central Nova Civic Centre's planning, design and future uses. Members report steps or kilometers walked for previous month for FWIC Heart Health project. **Belnan** roll call was a penny for birth month to go into Friendship pennies, and for March a donation by members for the IWK by having a baby shower. Their program was a member reported on attending their twin branch's afternoon tea in honour of Adelaide Hoodless Day February 19... **Three Waters** learned about all the community groups operating in the area and shared methods of hand crafted cards.

Respectfully submitted
Goldie McDow
West Hants District Director

Eastern Area

Middle River-Gairloch - they had a program on food, flowers, animals and towns in Mexico. They lost one member in February who passed away. They also had a healthy heart program and making edible arrangements using fruit and vegetables instead of flowers...**Homeville** - had a program on rug hooking and music and how Lois

Turner took lessons to develop these talents when she retired. They also had a heart healthy luncheon for all the ladies of the community. Another recent program was on emotional freedom techniques...**Springville Island** - had a program on cultural activities by Janet Hingley and worked on table favors for the July conference...**Garden of Eden** - went over WI history and the handbook and had three guests attend their meeting. They also had a program on Dr. Carrie Best and her accomplishments in her ninety-seven years and another on nutrition...**Lyon's Brook** - In January, Stewart and Susan Munro shared with the ladies their teaching experience in China by a slide show and some items that they brought home with them. In February, their program was on Heart and Health, the speakers were Karen Caven and Cheryl Ramsay. In March, Ruth MacKay, a member, told the ladies about felting, and the ladies made creative samples of felting



Christine MacKenzie and Eleanor Lilley creating a felting sample

Port Bickerton - discussed the New Horizon Project and what the Recreation office can do for their community. They also had a project on heart health and had recipes. They had a presentation from Rosalie Kaiser and Edith Humber about giving things a chance and forming your own opinion rather than listening to others...**Fox Brook** - had a guest speaker on yoga who gave them some exercises and the members brought in items for the SPCA Shelter. They also had a program on Agriculture and Industry and the closing of the Maritime Steel Foundry in New Glasgow. They donated to the Palliative Care Project and had books and magazines for the hospital. In March their roll call was to put on a hat that they made to represent a room in their home. Their guest speaker was Emily Cruickshanks and she is the grand-daughter of member

Helen Cruickshanks. Emily is a grade 12 student at Northumberland Regional High School and is enrolled in the International Baccalaureate program. She is working towards studying genetics. They enjoyed a demonstration on how to make baskets and hot pads from Geri Mason...

Caribou - had a heart health program and what can be done to reduce the risk of heart attacks and stroke. Their March roll call was a green plant exchange; and the program was on VON adult Day care and LPN palliative Care - what special care they have to offer patients and loved ones. They selected the book 'Still Alice' by Lisa Genova for their annual book club...**Port Hilford** - invited Newtown Denver to a meeting and made ornaments. They donated a handmade quilt to a person who lost everything in a fire...**Sherbrooke** - had an auction and the proceeds went to the ACWW project for Central America. They also had a visit from their twin and went to a council meeting in their area. They are sorry to report a life member, Daisy Fraser passed away...**Indian Harbour Lake Jordanville** - discussed future fund raisers and made plans for the grad party...**Bridgeville** - had a card making project and also had a joint meeting with Springville Island with a guest speaker Jonas Cash who told about his adventures on board the tall ship 'Lord Nelson' around the U.K. A basket was sent to ECFM and donations were made to Palliative Care at Aberdeen and a donation to the District Directors fund. Their March meeting, they had Linda Munro, District Director and she gave a great refresher course on basics of WINS, FWIC and ACWW; and had a fun and profitable bring and buy sale...**Newtown Denver** - Plans were made for a dinner using NS products for which they received a grant. They learned about some historical events in the past century...**Abercrombie** learned about International Women's Day, which celebrated 100 years since founding in Copenhagen.

Respectfully submitted,
Barbara Herald
Cape Breton District Director

**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

Sable River and Area - Constance Pierce

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

The Guysborough District Women's Institutes



They held an Activity day in November at the Indian Harbour Lake/Jordanville Community Centre. The members and friends worked at tying quilts, making finger puppets, chemotherapy hats and scarves

and medical pillows. These items are then generously donated to hospitals, charitable organizations and women's shelters. A "Pour for the Cure" was held and the donation went to the Cancer Society.



Annual General Meeting (AGM) 2011



Theme: Empowering Women for the Future
Place: Elmsdale School, East Hants
When: August 3rd and 4th, 2011
Registration Dateline: June 30th, 2011

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 4th, 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 1st, 2nd and 3rd 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.



“BACK TO BASICS” A PILOT PROJECT



Hants Central held a very successful workshop on “Back To Basics” our aim to help families learn how to extend the reach of their money, while eating nutritiously, as well as utilizing the family kitchen instead of relying on packaged foods, fast foods, store bought frozen meals and also to make families aware of good nutritious foods grown locally.

A committee was formed and the challenge was to come up with a one day workshop that would present recipes, nutritional information, budgeting tips as well as live cooking demonstrations.

The first thing we learned was that a certified kitchen was a must and also participants must have a food handler’s course: we had both. Next a list of food presentations was drawn up and a recipe booklet developed, free tickets were given out to folks who were interested in learning more about healthy living on a budget and how to use locally grown products.

We had about 45 people registered which included W.I. members, guests and presenters. There were displays on tips, tricks and hints for feeding and stretching your dollar. Door prizes were donated by branches in Hants Central District and the Agriculture sector.

Lunch was prepared by Committee and branch members which consisted lunch of corn chowder, chili, vegetable barley soup and apple crisp. Recipes for lunch were included in goodie bags that people received when they registered. We demonstrated a seasonal vegetable tray with a simple dip. A basic meat sauce, apple crisp, smoothies and how to make ice cream in a bag were demonstrated during the workshop. Everyone got to see and taste these recipes and take home the instructions. There were also two information presentations on Food Safety and poverty regarding seniors and children.

If your district is interested in this project a booklet will be compiled with all the information from our workshop and will be available at our AGM in August. This is a great way to shine a light on Buy Local and Heart Health.

Hants Central looks forward to welcoming you to AGM 2011, there will be food fun, information and look for a special presentation on how to grow and promote a backyard community garden.

Carol Crawford
Hants Central District Director



Women’s Institute members



Esther Chute

Provincial Volunteer Awards were handed out in Halifax by LG May Ann Francis. Two WI members, Esther Chute from Berwick and Bea Cautet from Digby, were presented the award this year. Congratulations ladies!



Bea Cautet

WINS Sweatshirt WINS Keychain flashlight

We have two new items to sell. There are WINS sweatshirt and WINS key chain flashlight with the WINS crest. The sweatshirt is blue and will cost \$25.00. The keychain flashlight is \$3.00



2011 – Fundraiser
A painting of the Nuttby House

The secretaries have 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 4th, 2011.

Notice: Alumni

We are looking for a District to host the Alumni meeting.

If you are interested to host this meeting, please contact Joan Campbell at

1-902-434-8370

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	.10 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

In Memoriam

Daisy MacDonald – **Churchville**
Janette Graham – **Middle River-Gairloch**
Annie Ross – **Blue Mountain**
Lolly McLean – **Blue Mountain**
Daisy Fraser – **Sherbrooke**
Ruby Cruickshanks -- **Sherbrooke**

