



HOME and COUNTRY

W.I.N.S.

Summer

Women's Institutes of Nova Scotia

2012

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, 2012

**Membership Dues for
2012-2013**
June 1, 2012

FWIC Conference
Sidney, BC
June 12 – 16, 2012

**W.I.N.S Provincial
Convention**
NSCC, Truro
August 7, 8 & 9, 2012

From Coni's Desk

Hello ladies,

Does anyone else feel like they are on the bullet train? I cannot believe that as I write this we are almost half way through April.

Some of you will have held your Spring Meetings by this time. I have or will be attending a few meetings this spring. In my three year term I have attended all districts at least once. It is very encouraging to hear all the great things that are being done for your communities and farther afield.

There is still time to enter the Presidents Challenge to design a pin commemorating 100 years of Women's Institutes in Nova Scotia. We have received some designs to date but more are always welcome.

The registration forms for Convention 2012 are out. Please consider attending the convention. No matter how long you have been a WI member there is always something to learn, not to mention making new friends and catching up with old acquaintances. The keynote speaker is Dr. Cathy Conrad. As some of you will remember Dr. Conrad was one of the speakers at the ACWW Canada Area Conference at Mount Saint Vincent University last July. We look forward to hearing from her and getting an update on The Gambia. The entertainment for the evening of August 7th will definitely be unique.

Convention 2012 will also mark the end of my term as Provincial President. I wish to thank everyone for their support over the past three years. Back in 2006 when I was elected President Elect nine years seemed like a long time to make a commitment. However, here we are two thirds of the way through and wondering where the time went! I know that as Linda Munro takes over, WI will continue to grow and prosper along with your continued dedication.

To the ladies who are eligible to run for President Elect, I urge you to give it a great deal of consideration and thought. I know, from experience, that it seems like a daunting job but I am sure that in the end you will not regret having taken the step to let your name stand. Remember you are not alone. The women in this organization are a wealth of information and are very willing to assist in any way possible.

As we move toward our centennial and beyond, I wish each and everyone all the best.

Yours in WI,

Coni Murray
Provincial President



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

FWIC Convention 2012

*Coast to Coast ~ WI Alive and Well
Triennium Theme (2009-2012)*



FWIC Convention

June 12-16, 2012

Mary Winspear Centre
Sidney, British Columbia

Registration Packages now available online at
<http://www.fwic.ca/Convention.php>

Full Registration Deadline is April 30, 2012

Your registration must be postmarked by that date, as no late registrations can be accepted.

Words cannot express adequately the possibilities open to attendees – to meet members of WI across Canada who are like minded women, to share common interests and new ideas, not to forget the socializing opportunities. Lasting friendships can be forged.

Each person who attends can go back home with a renewed enthusiasm for the organization and all that is done in the name of Women's Institutes all over Canada. This can be shared in the home communities to spread the word that WI's are indeed still 'Movers and Shaker', a reputation of long standing.

In Memoriam

Olive Dease – Arcadia

Anna Mae Thompson – Bridgeville

Dorothy Taylor - Medford



Dropping in on the Branches ...

Central Area

The **Belnan** Branch had a program on International Women's Week in March. A member is leaving the province, so the ladies had a lunch in her honour. Roll call idea- St. Patrick's Day related. They made plans for the District Spring meeting and to invite their twin branch for a summer get together. **Enfield**'s program in March was on Maple Syrup, and they later held their annual Cake Auction. -Roll call idea- They described their favorite area in Nova Scotia... In December the **Gore** Branch invited Seniors to a elegant pot luck Christmas Dinner, they had readings on something special about Christmas. Donations of food and candy were made to the food bank. In late December the ladies were saddened by the passing of one of their members. Roll call idea- What special thing each wanted for Christmas. **Hants Shore** in December held a pot luck dinner before their meeting. The meeting business included: a call for idea's for fundraising causes and programs, an appointment of a branch 'Journalist' was decided. Their program had the ladies making felted snowmen as Christmas decorations. Roll call idea- Members donated food items to a local food bank. In February Janey Manuel gave an informative talk and discussion on some of the leading causes of death and other health issues that face women in general. Roll call idea- What is your favorite type of plant, flower, or tree that greets you when the snow melts away. A program on the Salt Marsh and Coastal Erosion Awareness, focusing on the importance of Salt Marshes and managing Erosion was given in March by Kathy Aldous. Kathy also gave a demonstration on how to grow edible sprouts at home. The ladies expressed their appreciation of their local volunteer Fire Department by making them doughnuts. They also took part in International Women's Day activities. They participated in the

International Day of Women event at the Avon Emporium. A frugal shopping trip was planned to Value Village and Frenchies. Members brought in recipes for their monthly frugal recipe exchange. Plans are being made for their ACWW Walk event – they have invited the community to participate and will offer water and homemade muffins to all participants. They also discussed smart organizing with everyone sharing their strategies and successes. **Hardwoodland Junnettes** in February worked on breast cancer pillows and on making a lap blanket. They donated items to Pheonix House as their roll call idea... **Martock - Windsor Forks** held their Christmas pot luck and gift exchange during December. Final plans were made for making up Plates for Seniors and Shut-ins, in total 27 plates were distributed. In January Marjorie Knowles presented a program on Adelaide Hoodless, the many highlights and accomplishments of her life. A committee was formed to plan their 100th Anniversary in 1213. Cheryl Palmer presented a slide show on her trip to the North West Territories she took in February. Highlights included her visit to Hay River, Fort Simpson Nahanni National Park Reserve. She flew over the Mackenzie Mountains. Donations were made to the Scholarship Fund and to Bust a Move for Breast Cancer. Future plans include holding a Birthday Party in at the Windsor Elms and holding fundraisers for their 100th Anniversary. Ruth Daniels reported that there were 99 completed Quilts for the Homeless and 4 Baby Quilts. Roll call idea- Favorite place to visit in Canada. They held an auction to raise funds for their branch's 100th anniversary in 2013... During the Fall, **Nine Mile River Homemakers** were busy, they met with some ladies from Spa Springs branch in Wolfville, had a tour of the Grand Pre Winery . Next they went onto Port Williams where they enjoyed a great lunch. Welcome

signs were put up at each end of their community, and they catered to a Fireman's Dinner. A program on Outdoors Women was presented. Roll call ideas - What a friend means to you? Bring in an item that has a special meaning to you. In December, the ladies cooked a turkey dinner and delivered 22 plates to seniors in their area. A nice Christmas lunch was enjoyed after their December meeting... The February meeting of the **North River** Branch was held at NSCC Truro Campus in the McCarthy Gallery and Library.

Respectfully submitted,
Shelley Lake
Hants West District Director

North River Women's Institute Church Service



North River WI members conducted the Sunday Service on Feb 19th at the North River United Church, where Winnie Forbes read the '24 Things to Always Remember and One to Never Forget'. She sat down on the steps and was soon joined by Rory McNutt - 3, left and Robert MacKay - 5.

Western Area

In January **Cambridge** member Judy Parks presented a program with pictures and slides and a commentary on her and her daughter's trip to Scotland. In February, they had an interesting roll call about Titanic facts. They had a program using crayons to

color a scene on fabric. For their February meeting, Valentine theme poems were read. A red sale was held as a group fundraiser, and was enjoyed by all. It was decided to buy new name tags... **Lakeville** had a topic "Tell us about your Home". Each member gave a brief history of the home they lived in Lakeville. In March they made a presentation to Elisabeth Morrison of a picture of Lakeville Lake that included her home. Elisabeth was a former WI member who is moving from Lakeville to Holland... In January **New Tusket** had an evening playing various board games, and read a letter received from IWK thanking them for a recent donation. New Tusket quilted baby quilts for the IWK. They enjoyed a slideshow of Bettie Kelly's trip to Kenya and Tasmania. Plans were made to host the District Spring Social as well as a 99th birthday party for a charter member... In February **South Berwick** had the owner of a cranberry bog, Blake Johnson, gave us an overall picture of the cranberry business. Janice Lutz one of our members also helped with the presentation. In March they had a double lung transplant recipient, Crystal Taylor-Beals, as their guest speaker. She stressed the need for people to sign their donor cards. ... **Spa Springs** had a very successful "Love Your Neighbour Valentine Tea". In February their meeting was cancelled because of a death in the family of a member, but went ahead with their Heart Smart Tea. Facts, songs and other info about the heart were presented by 3 WI members. In Marcy they had a program by Karen Allen who suffers from MS. She gave a talk on her different treatments with the latest being the "Liberation Treatment". They also donated \$300 to the Veterans Wing at the Soldiers Hospital toward the purchase of new chairs for their patio... **Delhaven and District** held a blind auction to raise funds for their high school bursary. In March they had a program presented by Susan Ueffing; she showed pictures of her South African trip... In March, **Port Williams** had a presentation by

Charlie Forney from the Canadian Baptist Ministries Food Security Program. He spoke of his recent trip to Kenya, Africa as part of the team from Canadian Baptist Ministries... In March, **Medford** collected and showed layette and children's items for New Beginnings program and collected donations for the local food bank. Medford's member, Dorothy Taylor, passed away in January... **Tupperville** heard from Wendy MacDonald about a painting class to be started in the Paradise Hall. A fruit basket was delivered to the ARC in Bridgetown for WI Week. Tickets were sold on a Valentine's basket at the Farmers Market. The branch also had a cake at the Farmers Market in February to celebrate WI. A Mother's Day basket has been made up and tickets are being sold for a draw in May... **Grand Pre** had a program about Adelaide Hoodless presented by Pat Levy and discussed ideas for their branch's 100th anniversary in 2013. They also enjoyed a presentation from Naomi Blanchard on gluten free living and cooking. They made a donation to Comfy Curves and continued the membership with Kings Historical Society.

Respectfully submitted,
Clarice Pottie
Kings West District Director

Lockhartville Women's Institute



Glenda Braham, president, taught members to crochet in January. It was a great excuse to get together every week during the longest and darkest month of the year. We all started on granny squares.

Southern Area

Arcadia In January the Arcadia Branch met at Island View Manor, and had an interesting program on Becoming a Canadian citizen. The February meeting was held at the Gallery of Nova Scotia, Yarmouth, the Branch where members enjoyed a tour of the gallery. March found the group back at Island View Manor, where healthy recipes were shared, plans made for their part in the upcoming Yarmouth District Pour for the Cure tea to be held April 28. Personal care items for the AIDS Coalition are being collected. The group has also met to make comfort pillows as well as bibs for the hospital... **Brazil Lake** In January the group had a sale at their meeting. February found them enjoying quizzes and games and planning for a Bean Supper in March. March, they planned for the upcoming Pour for the Cure Tea, and finalized plans for the Bean supper. They enjoyed viewing slides from the past... **Chelsea** In January, a presentation, **Boning up on Your Bone Health**, shared information on preventing osteoporosis. In March members made angels from crochet cotton for residents at nursing homes. To celebrate WI Week, treats were taken to local radio stations... **Kempt** In November, a program was given about two young men from this community who had died in the war. They also talked about the V Day celebrations in Halifax and two members who had lived in Halifax at that time remembered total chaos. A cross was laid at the war memorial. Plans made for the many activities of the holiday season. The December program consisted of packing 25 candy bags to be distributed at the outside tree. They took part in the 2nd annual Christmas parade at Caledonia, and made decorations for the outside tree. Christmas food boxes were made up for local shut-ins. Plans also made for annual Christmas pot luck and party. January roll call asked for absurd but fun New Year's resolutions. A talk was given by Richard Lane on internet usage, high speed internet and other possibilities

for the area. Plans were made for a homemade ice cream and apple pie social to raise money for hall roof repairs. The roof was damaged by hail in August. They renewed their Adopt a Highway program. The February meeting was a good social get together with gift and name exchanges for the Friendly Friends group. A good time had by all. The February roll call was useful hints on keeping happy, and an armchair travelogue of her trip to Korea was presented by Margo DeLong. The flag pole was replaced, and they are planning to attend a food handlers' course at the legion. The ice cream social was successful. The hall has been cleaned.

North Brookfield February roll call was answered with a favourite recipe, and valentine cards were made and included the favourite recipes for our twin branch, Sable River. They donated to the North Queens Medical Centre, and to the South Shore Regional Hospital for an Echo Cardio Vascular Machine. The group decided to adopt an apple tree again this year. A presentation was given by May Frail on the Nova Scotia Central Railway which ran between Caledonia and Bridgwater from the early 1900's to the 1980's. Treats were taken to the local radio station for WI week, in appreciation for their community involvement...

Sable River & Area hosted a Christmas dinner for seniors and shut-ins with entertainment. All items except for the turkeys were donated. In January and February, members took part in a weekly chronic diseases course which covered lifestyles, physio, nutrition, medications, exercise and attitude. They continue to work on assembling knitted and crochet blankets – 20 of which have been delivered to Hope Cottage in Halifax. Three bags of premie hats and baby items have been sent to the IWK. Speakers have covered food sources, diabetic meal planning and a senior's transportation program. They hold Health Matters sessions bi-weekly to measure glucose, blood pressure and cholesterol, etc. A St. Patrick's Tea was held that raised \$200 in donations.

Respectfully submitted,
Sharman Fells
Yarmouth District Director

Sable River and Area



The Branch held a Christmas party for the seniors and shut-ins

Eastern Area

Abercrombie had a program on Women's Heart Health and also one on the success of local business and plans were made to celebrate their 60th anniversary March 14. They packed Easter baskets for senior citizens who are in nursing homes. Plans were made for their Spring Executive meeting in April.

Churchville celebrated their birthday month at Ming's restaurant in New Glasgow and had a lovely social evening with their members. At the December meeting they had a pot luck supper, bring & buy sale and gift exchange. They also had a program on citizenship. They learned about agriculture from Nancy Naugler with a questionnaire that made for lively discussion...

Homeville did a program on "Million Dollar Legs" - The crab fishery in Petit d'Gras, the next month was on the numbers 911 = emergency, 411 = directory assistance, 211 = health and human resources, 711 = hearing and speech service, 511 = road conditions. In March the history of the Port Morien Players Dinner Theater was presented...

Sherbrooke had a program on Mission to India with pictures and articles such as a sari which was 5 meters long. Plans were made for a fundraiser. In February members helped put together Comfy Curves that Rose Laing knit before the meeting. In March the topic of their program was Healthy Feet...

Fox Brook January's program regarding Health and Welfare was on salt relating to high blood pressure

and foods that contain high amounts. February meeting was held at Haven Brook Manor and some former members of WI attended. March had a lady from West River Greenhouses and talked about gardening. They recycle something different each month... **Garden of Eden** had a program on International Affairs and various donations were sent out. In February they had a supper for 30 people and put blue and yellow balloons and lights on their homes for WI week. The program was on forestry... **Bridgeville's** program was on Health and Welfare, sent valentines to their shut-ins. Their newest lifetime member is Anna Mae Thompson. The program for March was on Cultural Activities regarding the Pictou County Wellness Center... **Port Bickerton** have their regular meetings each month... **Middle River - Gairloch** decorated shoes, purses and clothing with fun jewels. In March Betty Wilson gave the history of the Middle River Mutual Telephone Company 1916-1970... **Springville Island** - Their February program was on the role of a County Councilor with a question and answer period covering many topics. March brought a gardening program to think about spring and a farm market... **Caribou** also had a gardening theme for March with a guest speaker, tips and recipes. They discussed the book 'The Help' by Kathryn Stockett as well as some facts about slavery and racism in what is now Canada and the USA and the Jim Crow laws of the south... **Lyons' Brook** played Wii bowling at Linda Munro's home. They also learned about paper making from Ruth MacKay using recycled tissue paper while incorporating colour and plant material... **Indian Harbour Lake Jordanville** are planning the grad party they host every year in June... **Newtown Denver** held a successful bean and ham supper and heard from a member about her mother's successful open heart surgery.

Respectfully Submitted,
Barbara Herald
Cape Breton District Director

Paradise Women's Institute 94th Anniversary



Paradise WI will celebrate its 94th anniversary in March at the home of member Kim Grimard where the first Paradise WI meeting was held in March 1918. Our WI is always looking for ways to serve our community and promote WI and recently did just that when we purchased a community sign for the village in front of the Paradise Community Hall. The villagers love the sign which helps keep the residents connected and displays important programs sponsored by the WI like the bi-weekly art classes in the

Martock-Windsor Forks Women's Institute Quilts to the Salvation Army



The ladies of Martock-Forks WI have a project to while away they make quilts and donate the Salvation Army. For the years these dedicated ladies been meeting every Tuesday January to end of April to quilts at the home of Ruth (age 93). Ruth explained that utilize several rooms in her one for cutting out, one for selecting fabric to be pieced

together, one for sewing the selected pieces and the final stage is tying the quilts. They have been doing this for the past 7 years and it is working well, to date this year they have completed 165 quilts, not including the small amount of baby quilts. With 2 weeks until the end of April, they are hoping to surpass their previous record and in May the Salvation Army van from Halifax will arrive to pick up the quilts. Well done Ruth and all your helpers in this project, this is what WI is all about--having fun, enjoying WI friends and helping others. Thank you, Ruth.

Cambridge Women's Institute Judy Parks' Adventure to Scotland



Judy Parks and her daughter Jen travelled to Scotland last June. She wrote to Margaret Yetman requesting a pen pal, out of this request an invitation came to meet some of the West Fife Scottish Rural WI. Arrangements were made and it was a truly wonderful and remarkable evening for them. They refer to their WI as their RURAL and twenty ladies met them and made them feel very much like they're returning home.

They had a display of handcrafts, all very interesting. Each meeting they have a craft and food competition as well as sing songs and food.



Judy presented them with a WINS apron as a little thank you and they were very interested in their WI. They were given gifts. Several of the Rural gals took them touring and to Church on Sunday. The Cambridge Branch has enjoyed the communication from

several of these girls since returning to Nova Scotia

Cambridge WI has pen pals in Northern Ireland, New Zealand, and England which enhanced their monthly meetings. ACWW encourages us to join as individual members which several of us in Kings West have done .



Lockhartville Women's Institute



Hazel Beckwith recently finished knitting her 300th teddy bear. The provincial board promoted the pattern among its members several years ago. The bears are perfect for patients with Alzheimer's. The bear's eyes and nose are knitted. Hazel donates her bears to The Elms in Falmouth. She knitted her #300 bear in blue and yellow - the WINS colours.

President Elect 2012-2015

A new President Elect will be installed at Convention 2012 in Truro in August.

Has your Branch considered making a nomination?

The list of eligible Members for the position will be sent to branches with a nomination form. **Nominations for the position of President Elect must be received by the Nominating Committee Chair (Ellen Simpson) by May 30, 2012.**

Contact the WINS office immediately if you require an additional copy of the nomination list or form.



Reach for the STARS Membership Challenge 2011-2012



Once again, Women's Institute branches across Nova Scotia will be adding new 'STARS' to their membership list during the 2011-2012 Reach for the Stars Membership Challenge. Each new member earns the branch one star. Welcome! Please report any new members, errors or omissions directly to the WINS office.



One Star

Caribou – Sarah (Sadie) O'Hearn

New Tusket – Annie Cromwell

Sable River and Area – Irene Haggar

South Berwick – Andrea Hale

Three Waters – Linda Wood



Three Stars

Gore – Pat McPhee, Ruby Demont, Marg Harris

Lyon's Brook – Joan Redden, Pat Thomas, Shirley MacPherson

Parkdale/Maplewood – Barbara DeMone, Terri Foster, Amy Foster

Nine Mile River Homemakers – Claire Bennett, Shirley Morgan, Gerry Low



Women's Institutes of Nova Scotia – 2012 Provincial Convention

August 7th, 8th, and 9th, 2012



Theme: 99 and counting

Location: NSCC

Truro Campus

36 Arthur Street, Truro, NS

Registration Deadline is June 30, 2012

Nine Mile River Homemakers WI Week Celebration



Carol Crawford, Louise Sloane, Coni Murray

On February 23rd, 2012 the members of the Nine Mile River Homemakers celebrated WI Week with a social gathering of WI members from Hants Shore, Gore, Belnan, local community women as well as Sheila Richards and Coni Murray from North River.

Louise Sloane, President of the homemakers, welcomed everyone and introduced Hants Central Area Director Carol Crawford. Carol gave a short history of the formation of the branches in the Hants Central District. She also welcomed the members from Hants Shore branch and read the article on our local paper about the WI Branches in our area.

Ada Campbell, President of Gore Branch was introduced and she spoke of the beginnings of that branch. She talked about the interesting history of the branch as well as the many projects that they are involved with.

The social time began with an ice-breaker game, which got everyone moving. This was followed by a very rowdy and determined bunch of women competing in a scavenger hunt. The teams were very competitive and everyone appeared to have a good time. Since February is Heart Month, there were a couple of quizzes on heart health designed to get everyone thinking.

After a very noisy and fun morning, everyone gathered together to enjoy a hot lunch and more friendly chatter. Lunch was followed by a lively sing-song led by Carol Crawford, Claire Bennett and 3 year old Jasper Meyers (son of Hants Shore Member Jackie Meyers).



2012 Fundraiser - Gift Certificates!

This year's fundraiser for the Provincial Convention will also be a fundraiser for branches!

The 2012 fundraiser will be for gift certificates – with over \$155 to be won. Certificates to Sobeys, Superstore, Canadian Tire, Esso, Giant Tiger, and Shur-Gain Feeds and Needs are up for grabs and will cost \$2 each or 3 tickets for \$5.

Your branch secretary has received the tickets (which are in books of three). The branch will return \$4 per book of tickets to the Provincial Office and your branch gets to keep the remaining profit!

The draw for the certificates will take place at the Provincial Convention on August 9, 2012. If you need more tickets, please contact the WI office.



Handcraft Competition 2012 Crochet Item



Due to conflicting criteria circulated in the Fall 2011 and Spring 2012 issues of *Home and Country* newsletters, the Handcraft Committee will accept **all** crochet items for the 2012 competition. A People's Choice Award with the delegates attending the Convention voting for their favourite crochet item will determine the overall winner.

Items must be delivered to the Handcraft Committee by 10 a.m. on August 8th, 2012, at the Handcraft Table at the Provincial Convention, in Truro.