



HOME *and* COUNTRY

Summer

Women's Institutes of Nova Scotia

2013

Congratulations to 3 Branches Celebrating a 100th Anniversary

Grand Pré



Honourable Mention to these Branches all
Celebrating their 100th Anniversary in 2014!

- Newtown Denver – Aug 28, 1914
- Sherbrooke – Aug 27, 1914
- Lunenburg – Nov 13, 1913
- Parkdale Maplewood – Jun 30, 1914
- Kempt – Jun 25, 1914
- North Brookfield – June 23, 1914
- West Brook Halfway River - 1914

Port Williams



Let's Not Forget Branches
That Have Paved the Way
to What We Are Today!

- Wallace Bay
July 28, 1913 – Sept 1993
- Scotch Village
Sept 24, 1913 – 1989-90
- Berwick
Oct 1913 – 1975-76
- Salt Springs
July 17, 1913 – 1920
- Scotsburn
July 22, 1913 - Unknown

Martock Windsor-Forks





Paradise Women's Institute

PWI celebrated its 95th anniversary at the home of Kim Grimard where the first meeting was organized on March 22, 1918. Members shared their favourite WI memories and dedicated the celebration to our life members. Our most visible accomplishments include the "Welcome to Paradise" signs, the installation of sidewalks, the Paradise Heritage Garden in front of the school and the maintenance of the Paradise School which we are proud to lease to Jack & Jill Nursery School. PWI raises money for several local charities, the Paradise Community Hall and the Paradise School. Each year since 1996, talented quilters among the members get together to make a beautiful queen-size quilt that is raffled off. Those who don't quilt enjoy selling tickets. Over the past many years, the group has been an advocate for healthy lifestyles and a sustainable environment. Congratulations Paradise!

Submitted by Kim Grimard, member



Annapolis District Rally

Here are some ladies at the Annapolis Rally watching the Spelling Bee Contest.

Reach for the STARS Membership Challenge 2012-2013

Once again, Women's Institute branches across Nova Scotia will be adding new 'STARS' to their membership list during the 2012-2013 Reach for the Stars Membership Challenge. Each new member earns the branch one star. Welcome! Please report any new members, errors or omissions directly to the WINS office

One Star

Caribou – Helen Gould

Chelsea – Shirley Slauenwhite

Sherbrooke – Donna Golden

Hants Shore – Ritva Rahola

Parkdale/Maplewood – Glenys Foster

New Tusket – Madeline Forgrave

Islands – Ann Swheitzer

Three Waters – Louise Ryder

Spanish Bay – Mary Currie

Two Stars

Nine Mile River Homemakers – Catherine Vanderkooi, Sarah MacPhee Weston – Carrie Horsnell, Adrienne Babor

Three Stars

Weston – Laura Patterson, Carrie Horsnell, Adrienne Babor

Six Stars

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

Dates of Events

WINS Alumni Meeting

July 16, 2013
New Glasgow – Summer Street

Membership dues

June 1, 2013

WINS AGM

July 16-18, 2013
Summer Street
New Glasgow, Pictou County
Nova Scotia

ACWW Triennial Conference

Chennai, India
September 26th to October 2nd, 2013

Board of Directors:

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

HOW TO SUBMIT AN ARTICLE FOR HOME & COUNTRY

Have you sent a photo or write up about an event or celebration you wanted included in Home & Country and then not seen it in the next issue?

Here are some guide lines which help ensure that your submission will be included.

- Your event information/photo should be sent to the office, by mail or email with a heading stating that you would like it included in H & C.
- DO NOT tack it on to the monthly branch reports mailed to the office; a request must be included on a separate piece of paper.
- DO NOT tack it on to emailed branch reports; send a second email with the information as Lindsay forwards each to a different recipient.
- Be sure to include all names of persons in a photograph, where and when the event took place.
- Sometimes there simply is not space in H & C; it may appear in a later issue.
- Also, remember that Lindsay cannot read your mind, be specific.

Respectfully submitted

Sheila Richards, PRO



**2013 ACWW
Conference**



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

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

Dropping In...

Central Area

At their February meeting, the **Enfield** Branch had a program on women's heart attack symptoms. Unusual fatigue prior to an attack, chest discomfort, indigestion and unusual sleep disturbances are a few you should look out for. Foods that are good for you are Vitamin K, Tumeric, Tea and Walnuts, which contain good fat and omega 3. Roll call idea was tell about a special Valentine gift or card that you received...The **Gore** Branch over the Holidays supplied Christmas gifts to a 3 year old boy. In February, they had a Valentine's Tea to celebrate Women's Institute week inviting the community to a lovely display of sandwiches, desserts and music. An outing to meet their twin branch was held and enjoyed by all. Future plans are being made for their yearly dessert party. Roll call was to tell their favorite part of Christmas...Over the Winter, the **Hants Shore** Branch have been busy. They raised \$318.00 on a basket raffle and made a donation to Harmony Park in Summerville on behalf of their branch. A Resolution will be put forward to the Provincial Resolution Committee on Civility and Respect in the Legislative Assembly. The members began planning a community open house to celebrate WI week. A program was held with guest speaker, Pauline Sanford. She told about her fifty + years serving the community and her participation in the former Women's Institutes branches years ago in their area. During February, the branch had a speaking engagement at the local Senior's Social Group. They shared what WINS is all about and make a \$50 donation to the group. The program in February was presented by Janet Manuel on "Vision Boards". She led the ladies in some personal goal setting activities using imaging and visualization and helped them to develop their own vision boards.

During February, the Hants Shore WI got interviewed by the Editor of the paper. "What's Going On?" Ahead by a century Respected Women's Institute Marks 100 Years in Nova Scotia. Also during the week the local paper, The Hants Journal, did an interview with Jennifer Appleby and other members. As Jennifer said "the more members we have the more variety we have in our programs and the more friends we make." In March the branch set up a WINS table at the Avon Emporium to participate in their annual Women's Day Activities. Program in March was the Introduction of Beekeeping with Paul Dickie, President of the Nova Scotia Beekeepers Association. Roll call Are you afraid of bees...**Hardwoodlands Junettes**, in February they worked on Turbans for cancer patients during WI week. A project they are working on is to invite the former members of the Women's Institutes group and their husbands to a pot luck supper and look forward to some of the guests telling stories about the community that they remember. Roll call idea: Personal care items for Phoenix House were collected...**Nine Mile River Homemakers** are very busy fundraising, from catering for the firemen's luncheon to holding a Vesey's Bulb fundraiser which raised \$242.00 –very successful. The program in February was on Healthy Blood Pressure. High blood pressure can lead to heart problems and kidney disease. The Branch has two new members. A big welcome goes out to them. In March, the program was given by Shelly Skeden Blois on the Breakfast Program at the Rawdon Elementary School. More than 50% of children going to this School are participating in the program. Children are going to school hungry. Hungry children cannot Learn! After learning about this program, the branch will be finding a way to help out. Roll call idea: the members brought in food items for the breakfast program...**Martock Windsor-Forks** displayed some

Women's Institutes information at a local flower shop for WI week including photos. Quilts are still being made for the homeless. In March the ladies watched the video featuring Dr. Ellen McLean, former World President of Associated Country Women of the World. They found it very interesting. Roll call idea: They read some ACWW information "snippets" which were very informative...**Three Waters** members have been discussing and working on a Scrapbook and their Branch for the 100th anniversary. They are planning their Spring Rally and enjoyed painting Easter Cards. Future plans are working on making a Christmas family scrapbook page. Respectfully submitted,
Shelley Lake
Hants West District Director

Southern Area

Arcadia– Their March meeting was held at Island View Manor common room. A very interesting program on properly fitting bras was given by member Marion White. It was decided to sponsor a bursary at Yarmouth Memorial Consolidated High School, in the amount of \$500...**Brazil Lake** – In February, Betty Reeves gave a talk about the old railway In March, a talk on the life of Saint Patrick was given by Elaine Whitehouse...**Brooklyn** – December saw members enjoy dinner out for this month's meeting. Donations were brought for the local food bank, and 8 cookie boxes were made up for shut-ins. In January, the program was about new beginnings, a great way to start the New Year. Tray favours were made for residents of a local nursing home. We also helped member Glenna King celebrate her 107th birthday. Glenna is very alert and a wonderful person to visit with. February brought a book review by Marilyn Burns, and members named their favourite book. March being nutrition month, a program was given on the benefits of pineapple, and everyone shared a favourite recipe. Planned for the April birthday party at the local

nursing home...**Chelsea** – In December they packed 38 Operation Christmas Child boxes. Also made 50 angels and delivered them to local nursing home residents. In January they enjoyed readings from Rural Delivery magazine, and a program about The Milk Pail: its use on the farm during the depression, and following years. February brought Valentine's Day poem readings and games. A donation was made to the scholarship fund. In March, members agreed to suggest that the branch name be printed along with the name of the deceased for the "In Memoriam" part of Home and Country. The group tied a patchwork quilt to be given to the Out of the Cold program...**Kempt** – In November an old poem was read: "Ten Little Vegetable Vitamins" They talked about changes in businesses in the last 20 or 30 years, in both county and urban area. A penny auction is being planned. A wreath was laid at the memorial in Kempt. They planned the float for the Santa Claus Parade. In December the annual community supper and gift exchange were held. They entered a Christmas tree in the county competition. Boxes were packed for shut-ins and for local nursing home. The annual outdoor Christmas tree was put up with carol singing, and Santa gave out bags of candy, in keeping with a tradition established in 1949. In January one member read aloud her history of Kempt WI and then reviewed some interesting things she had noted in her reading of all the old minute books. This proved very interesting and entertaining. Plans were made for the annual Friendly Friends and Valentine's Day party. They are hoping to have some much needed improvements to the hall done...**Parkdale-Maplewood**— Their February program was about Valentine's Day. Plans are in the works to quilt a quilt as a fundraiser. March saw a program on Wool Dying, presented by Barb Jess and Marjorie Sweeney. They learned that among other things, Kool Ade could be used to dye wool and silk. Very

interesting program...**North Brookfield** - In January a program was presented on the 100th Anniversary Branch Commemorative Booklet. Suggestions were sought for WI week ideas. In February Sharon Crooker gave a quiz about WI. Plans made to put up a plaque and photo of our lifetime member Evelyn Frank, who passed away Feb. 8 age 93. She, was the longest serving member with 50 years' service. The March meeting was held at the home of Elsie Fancey, who treated members to her yummy Easter Snowball Sweets. Plans were made for Spring Cleanup where a lunch will be provided for our 4-H helpers.

Respectfully submitted,
Sharman Fells,
Yarmouth District Director

Western Area

The ladies of **Tupperville** held a Christmas potluck party in December 2012. In January 2013 they gave a donation of \$50 to Chrysalis House. In February they donated \$100 to the Tupperville hall and \$25 to the WINS scholarship fund. In March they had a fundraiser with tickets being sold at the Farmers Market on an Easter basket. Roll call ideas: What gives us joy each and every day of our life? They had a program on the founder of Frenchy's as well as a program regarding 'Simply Smile' – making sun dresses out of material from Frenchy's or the dollar store for donation. They also enjoyed a donated quilt pattern book from a member who no longer uses it. Rita Lewis led a program on 'nobody does it alone on poverty'. Wendy MacDonald led a program on memories and on your grandma's apron. They have donated layette items to the IWK, made a donation towards a breast pump to Family Matters, took part in a Christmas craft show, had a Christmas party where they exchanged gifts and shared readings with each other, participated in an art and craft show at the Tupperville Hall, had a bake table at the Lawrencetown Exhibition where they also sold tickets on a

picnic basket, made a donation towards a 4-H trophy and celebrated Thelma Bent's 90th birthday. In February **Grande Pre** shared their own love stories from family and friends which was a unique program shared by all. In March they had a program on bereavement counseling, options and choices surrounding death. This program was presented by Jennifer Longley, counselor and a chaplain...In January **Spa Springs** had a program on Health and Wellness with 9 tests everyone should have and why they are important. This was presented by Carolyn Crawford. They also have craft afternoons where they make articles to sell as fundraisers to fund bursaries and donations. They are also doing a float to put in a couple of parades to help celebrate WINS 100th anniversary. In March Bonnie Hatt and Bernice MacLean conducted a spelling bee to find their best spellers. They will be entering a float to highlight WIs 100th year in 3 different parades...In February **South Berwick** had Robin Stacey of the Valley Regional Hospital who gave a talk on tissue donation. They also donated \$50 to the Annapolis Valley Music Festival. In March they had a spelling bee with Julia Llewellyn and Clarice Pottie. They donated \$50 gift certificate to the Berwick Lions to help with their Valley Hospice Foundation fundraiser to be held in June. In April our oldest member, Esther Chute, is turning 100 years old. Our youngest member, Keshia Timmins, turned 22 years old in April...In January Burlington and District lost one of their members, Myrna Saunders who was 96 years old at the time of her death...In February **Cambridge** had a program on "The Many Uses of WD40" presented by Betty Quartermain. When they totaled up the number of years from the cards "How Long Have You Been a Member", with only 9 active members, they had a total of 379 years. They have British pen pals who are interested in the Nova Scotia history of WI, so President Judy Parks has written a

short and concise history to send to them...For January **Weston** had Constable Blair MacMurtry RCMP, speaking and answering questions regarding safe winter driving. In February Julia Llewellyn and Clarice Pottie, our District Director, did a spelling bee. Weston Branch also decided to participate in the Vesey bulb fundraiser program. In March Kim Smith of Mood Crafts Natural Healing, a certified aroma therapist and reiki healer, spoke about her natural healing approach. With roll call they brought in items for the local food bank...In January **Paradise** had a program on elder abuse. In February they had a program on gags and jokes and Phyllis Nixon read a short story she had written...In December Medford had a Christmas dinner. In January they had a program on Dr. Ellen MacLean presented by Marion Woolaver. They have also put together a book with their autobiographies to go along with the history of Medford WI. In February they had a short program on birthdays by bringing in a gift exchange. In March the program was presented by Golda Kelly and June Barkhouse on the Province of Nova Scotia. In March **New Tusket** quilted baby quilts for the IWK and is presently taking part in "Back to Basics" program from April 2 to May 7.

Respectfully submitted,
Clarice Pottie,
West Kings District Director

Eastern Area

Bridgeville In February, they had a card making workshop and organized items for the PR basket to be given out WI week. The program in March, they discussed WI Branches in the UK, Iceland, Australia, and Wales. They made table decorations for the Annual General Meeting banquet and had a spelling bee...**Caribou** – A group of their members went to Sherbrooke Village on November 23rd to enjoy the Christmas celebrations and recommend it for other groups in

2013. In January, they had three members of a Historical Bottle Club who spoke on their hobby and some members brought in bottles to be checked out. In February, they had their spelling bee and had a book club; recommendation of "26" by local author Leo MacKay Jr...**Garden of Eden** In January, Ann Munro presented a program on various offices of the Canadian Government and made plans for a family potluck supper for WI week. In February, they had a program on Nova Scotia apples, re various uses, storage and recipes. March, they had tips on shopping for groceries and an article on Alzheimer's disease...**Foxbrook** sent letters to the government regarding support for the Pictou County Helpline. They donated \$500.00 to the Pictou County Fuel Fund...**Port Hilford** hosted their Twin Branch and make crafts, made a donation to the Canadian Hungary Program. They helped prepare a meal at Maple Manor and had a shower of items for moms and newborn gifts for hospitals. A donation was made towards a scholarship fund...**Port Bickerton** had a lunch for friends and family of a member of the community that passed away...**Sherbrooke** Violet Fraser presented a History of the Branch. Members were impressed on what the branch had done to improve life in the area over the years. They passed in recipes for a book to be sold as a fundraising project. Annual General Meeting and projects were worked on. Joyce Johnston, a member passed away in February...**Springville-Island** reviewed the minute books of previous years and had a walk down the memory lane of these and will compile a history of the branch. They had a Mad Hatter theme; all wore hats of every size and shape. Great Fun...**Cape Breton District** members from all three branches in Cape Breton have been meeting to make plans for a garden party in July to celebrate 100 years for one event and another event planned in August

to celebrate 100 years with the local 4-H who is also at 100 years. Lots of plans starting to come together. More news on these in the future... In February, **Newtown Denver** learned about a new program for mentally handicapped people, selected a volunteer for Municipal Volunteer Night and decided to contact the DOT regarding the condition of the roads...**Fox Brook** received a note from Debbie MacDonald, manager of the Women's and Children's Unit of the Aberdeen Hospital, expressing thanks for donations made by the branch. They are close to completing 100 kits. 22 knitted baby hats have been donated to the Purple Hat Program by members.

Respectfully Submitted,
Barbara Herald
Cape Breton District Director

In Memoriam

Evelyn Frank – South Brookfield
Debbie Benedict – Port Williams
Joyce Johnson – Sherbrooke
Myrna Saunders – South Berwick

Some of WINS

Accomplishments over the Years:

- Back to Basics
- Buy Local Campaign
- Rural Water Quality Project Phase I & II
- Buckle Up Baby
- Sammy Seagull
- Safe Food Handling
- Beach Sweep
- Adopt-A-Highway Implementation
- Stories-To-Go
- Well Womens Clinics
- Farm Safety Day Camps
- Support Federated Women's Institutes of Canada and Associated Country Women of the World's projects



**2013 Fundraiser
A Handmade Quilt and a Cross Stitch Picture**

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



WI Members,



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

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

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

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

Supplies

T-shirt with crest	10.00
Golf style shirt - navy	15.00
Embroidered sew-on crest	2.00
Membership pin (WINS crest)	16.00
Life Membership pin and certificate	30.00
Ceramic Mug –WINS crest and motto "For Home and Country"	6.50
Pewter Ornament (WINS office building)	10.00
Cooking Collections Cookbook by FWIC	12.00
WINS History Book 1, 2 and 3	2.00 each
WINS Handbook	5.00
Quilt Patterns Book	20.00
Stick-on WINS crests 24 per sheet	.25/sheet
WINS pen	3.00
WINS Apron	15.00
WINS / West Virginia CEOS Cookbook	5.00
FWIC pedometer	5.00
FWIC Purse Hanger	5.00
Sweatshirt with WINS crest	25.00
WINS keychain flashlight	3.00
God Be With You – Music CD	8.00
WINS Reusable Bag	5.00



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



WINS AGM 2013
July 16-18, 2013
Summer Street Industries
New Glasgow, Pictou County



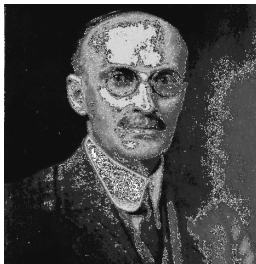
**District Directors at work during the Board Meeting
held April 12 & 13!**



Coni Murray receiving flowers from the Cumberland-Colchester District for all of her work.

Did you know?

The beginnings of Women's Institutes in Nova Scotia are due to the influence of a man, Dr. Melville Cumming. In 1911, Dr. Cumming, then principal of the Nova Scotia Agricultural College and Secretary of Agriculture for the province, visited Ontario. Upon returning to Nova Scotia, he recommended to the provincial government that this organization be established here.



Handcraft Competition 2013 Crazy Quilt Pillow



The Handcraft competition rules and regulations are as follows:

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

Judging: July 18th, 2013

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

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