



# HOME and COUNTRY

W.I.N.S.

Winter

Women's Institutes of Nova Scotia

2007

### 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.



### From Coni's Desk

Welcome to Fall and the beautiful fall foliage! As I write this, the Fall Rallies are just beginning, however when you read it they will be completed. I trust they were well attended, very informative and had great programs.

It is just about fifteen months since I was elected President Elect of Women's Institutes of Nova Scotia and what a busy time it has been. The learning curve never ends! Whether it be a

Branch, District or Board Meeting, it seems there something new - not to mention the Provincial AGM.

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During this time I have also attended the FWIC Convention in Red Deer, Alberta (June 2006) and the ACWW World Triennium in Turku, Finland (June 2007). What wonderful experiences these Conventions were but for now, I would like to address the ACWW World Triennium Conference. It was amazing to see over 500 women (and a few men) from around the world gathered together with one common goal. The color and splendor of the Marching in of the Flags, the various speakers and entertainers and the business attended to is beyond what you can imagine. There were several opportunities to speak with other delegates and hear about their societies and customs in their countries. Turku was my first ACWW World Conference and I hope it is not my last. The next World Triennium will be in Hot Springs, Arkansas, USA in 2010. Although I realize that not everyone has the time or finances to attend these Conferences, if the opportunity arises - take it. You will not be disappointed. A little closer to home, the next Federated Women's Institutes of Canada Conference will be held at the University of Prince Edward Island in Charlottetown, June 14 to 29, 2009 - start saving for this event. Who knows -- if there is enough interest there may even be a bus charter going over!

### Dates of Events

#### Erland Lee Award

Deadline for nominations  
January 31, 2008

#### Call for Resolutions

Deadline for submissions  
January 31, 2008

#### WI Day in Nova Scotia

February 19, 2008

#### WI Week in Nova Scotia

February 17-23, 2008

#### Adopt-A-Highway Information Session

April 11 & 12, 2008  
AgriTech Park, Bible Hill

#### ACWW Day

April 29, 2008

#### WINS Annual General Meeting

July 2 & 3, 2008  
Amherst

Just a reminder about the Bus Tour to Charleston, West Virginia, in July 2008 -- this tour will be going to the National Volunteer Outreach Network (NVON) Conference of which the West Virginia CEOS are a part. The NVON would be the equivalent of FWIC. If you are hesitant about this trip just ask any of the women who made the trip to Jackson's Mill, West Virginia, in 2004, and I am sure you will hear favourable comments.

Mark your calendars for July 2 and 3, 2008, and plan to attend the WINS AGM being held in Amherst. The Cumberland-Colchester District will be your host and the committee has been very busy planning. The venue is the Wandlyn Inn which is very easy to find - right off Exit 3, Highway 104.

Lastly I would like to welcome our newest branches - Islands WI and Three Waters WI - as well as any other branches which have formed since this writing. WI is alive and growing in Nova Scotia!



From my family to your family, a safe and happy holiday season and a prosperous 2008.

*Yours in WI,  
Coni Murray, President Elect*



### Board of Directors:

**President:** Ellen M. Simpson, 520 Victoria Rd.  
RR2 Middleton, NS B0S 1P0 825-6429

**Past-President:** Ruth Blenkhorn, Box 46,  
Port Williams, NS B0P 1T0 542-7141

**President-Elect:** Coni Murray,  
997 Hwy 311, RR 6 Truro, NS B2N 5B4 895-9829

#### District Directors:

**Annapolis:** Bertha McVicar, 484 Victoria Rd.,  
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**Cape Breton:** Yvonne Kennedy,  
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**Digby:** Karleen Gale, 251 Danvers Rd.,  
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### Department of Agriculture and Fisheries Counselors:

Gerald Post, Acting Director, Resource  
Stewardship, NS Dept. of Agriculture (NSDA)  
Cheryl Chandler, NSDA  
Valorie Oickle, NSDA

### FWIC Executive Officer:

Ruth Blenkhorn, Box 46, Port Williams, NS  
B0P 1T0 542-7141

**FWIC Board Member:** Ellen M. Simpson

### Executive Secretary:

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**Visit our website:** [www.gov.ns.ca/agri/wi](http://www.gov.ns.ca/agri/wi)

## Meet Two of the Board of Directors



**Karleen Gale**  
Digby District Director

**Karleen Gale** belongs to the New  
Tusket Women's Institute and has  
belonged to the Women's Institutes  
of Nova Scotia for twelve years.

When she moved to the community, she was invited to join. She enjoys the friendships, the teas, the programs from each meeting and being on the Board of Directors for the Women's Institutes. Her most memorable event is being able to help initiate a new branch, Islands WI, in Digby District, which includes her daughter as a member. Karleen and her husband have three daughters, and eleven grandchildren.

She loves travelling, gardening, knitting, designing "Frivols" (a stuffed character which Karleen invented) and spending time with the family. She enjoys her job!!



**Lauren Seaton**  
Queens District Director

**Lauren Seaton** belongs to the  
Kempt Women's Institute and  
became a member in 2000.

A neighbour asked Lauren to come to a meeting and this was her first introduction to Women's Institute. Her most memorable time was her first Annual General Meeting which was held in Yarmouth. It opened her eyes as to what WI was all about and its great history.

Lauren and her husband, Winston, have three sons, Derek, Sean, and Mark. She has two grandchildren, Phoenix, aged nine, and Ella, aged one year old. Lauren enjoys making handmade soap and is an Adult Literacy Tutor.



### A Call for Resolutions



The dateline for submission of Resolutions is  
January 31<sup>st</sup>, 2008.

## Dropping in on the Branches...

### Eastern Area

**Middle River - Gairloch** honored Dorothy Jardine for her 18 years as Treasurer of the branch...quite an accomplishment! During the summer, the branch entertained groups of seniors...The ladies at **Garden of Eden** participated in the Pictou Exhibition. In September, they entertained their twin Branch, Abercrombie, with a pot luck supper and had a "show and tell" program. The **Foxbrook** group is busy planning the activities for the year.. **East River St. Mary's** is mourning the loss of a valued member, Margaret MacDonald. In September, they entertained their twin Branch, MacPherson's Mills, also the Branches of Garden of Eden and New Town Denver. For entertainment, they invited Lynn Cooke who told of her trip to Spain...**Homeville** learned how to conserve water and the proper care of their septic systems. The group delivered sweets to a camp in the area for the mentally challenged. In September, the ladies learned that there are approximately 250,000 people accepted as permanent residents in Canada each year. They were shown a permanent resident card that is used as a travel document which enables people to come back to Canada. **Port Bickerton** have many activities in the planning stage such as a bake sale, flea market, and a party for the Veterans...The **Bridgeville** Branch is participating in Operation Christmas Child. In October, the ladies were given some advice on Flu prevention as well as guarding against food borne illnesses with emphasis on proper hand washing techniques and an oral dehydration therapy recipe to protect against dehydration...**Lyon's Brook** held a program on the ACWW conference in Finland. Lynn MacLean presented an informative slide show. Kay Cooper, who volunteers with the VON office at the Aberdeen Hospital, encouraged the members of the **Springville-Island** Branch to volunteer. So many

community groups could use our help. **Sherbrooke** focused on the meaning of the Mary Stewart Collect and the importance of this message in our lives. **Indian Harbour Lake and Jordanville** members held their annual Grade 12 graduation banquet. They had eight graduates attend and each received \$50 and a large basket of goodies. The guest speaker was Scott Hudson, a teacher. They have a quilt ready to quilt. Margie Bingley showed the **Port Bickerton** members how to make a Christmas wreath.

Respectfully submitted,  
Yvonne Kennedy  
Cape Breton District Director

### Indian Harbour Lake-Jordanville Honours Grade 12 Graduates



Front Row: Jamie Jordan, Nicholas Mills, Mr. Scott Hudson (teacher), Amber Mills  
Back Row: Randy Jordan, John Tyler Langille, Andrew MacDonald, Lindy Feltmate, Lacey Mills.

### Western Area

**Acaciaville** had readings and a song about Mothers for their May meeting. Roll call was answered by a favourite TV program. Donations were made to IWK, Cancer Society and stamps were sent to Truro Office...**Burlington and District** helped with community Canada Day celebrations. Cindy Usher was the winner of the Recycled Handcraft Competition at AGM. She made paper beads. A highlight of each member's vacation was the Roll Call in September. Fourteen drain bags, 50 summer turbans and several bandanas were donated to Valley Regional Hospital. The branch is hosting the West Kings District Fall

Rally. The ladies are looking forward to getting together with their twin Branch, Port Williams, for a turkey dinner. Marjorie DeEll has made two hundred eighty-eight finger puppets; all from donated scrap yarn brought in by one of their members. They will be busy all winter putting faces on these puppets!...**Cambridge Station** enjoyed a potluck supper in June. Salad recipes were contributed and made into a booklet for each member. Members have made turbans and comfort pillows for cancer patients... The **Canning** Branch was asked to remember and act on the following words from the Mary Stewart Collect – "put into action our better impulses". They had a report of the Annual General Meeting...In June, **Grand Pre** presented Barbara Fuller with a WI membership pin which had been lost in a house fire. Donations were made to the Covenanter Church and Horton Community Hall. The Branch members were guests of their twin, Weston WI, at Wheaton's Cider Press Café in Somerset...In May, **Islands WI** members stamped thank you cards to send to all who helped with the formation of their new branch. In June a letter was sent to Department of Transportation regarding cars idling while crossing the ferries to the mainland. They have begun an Adopt-A-Highway program for their area. Plans were made to have a float in the Freeport Days Parade on August 18<sup>th</sup>... At the September meeting, the ladies of **Lakeville** Branch met at a new business; "Silver Lake Logs". Georgina Sawler does all the sawing and other things that are associated with the business while her husband is the computer programmer for the machinery. What a talented combination! The ladies were shown the process of a product being made. At the end of the tour the ladies were presented with a plaque of the Women's Institutes Crest, finished in an oval shape and

varnished, which they will hang in the hall. For the October meeting, they took their twin Branch to the "Silver Lake Logs" and presented their twin a wooden plaque... In June, **New Tusk** went to Goodwin's Hotel, Weymouth, and made plans for an afternoon tea. In September, they had a program where Roberta Journey told of her experiences in Burma. In October, they watched a video on Operation Christmas Child and packed 22 boxes for Samaritan's Purse... In June, **Paradise** members were told about services that are available from Continuing Care Coordinator, Joanne Wright. Plans were made to plant and care for a Heritage Garden during the summer. A representative will also make a presentation about the White Point Quarry. In October, the ladies learned about different books and authors. They had an opportunity to do a book swap after the program... A highlight of each member's summer was the Roll Call in **Spa Springs** in September. The Branch will host the Annapolis County District Fall Rally... **South Berwick's** program for September was a presentation from Holly Thompson regarding her business "Friends of the Family", which involves estate planning. They help people with wills, insurance, etc. and consolidate all planning of the estate. It was very informative. **Tupperville** had a Nova Scotia Quiz in April, a blind auction in May and information about Gashe Pet Care in June. Plans were made for an Art Show in July. In September, a discussion about Who and Why special women were important in each member's life... and estate consolidation... The ladies of **Weston** learned how to do a few movements of the body to help the mind and the circulation.

Respectfully submitted,  
Julia Llewellyn  
Kings West District Director

### Central Area

**Martock - Windsor Forks** - In September made plans for their 94th anniversary dinner at a local restaurant. Their AGM Delegate spoke on how much she enjoyed it and is looking forward to next year's AGM... **North River** had a very interesting program on Tai Chi and members did a routine. They made plans for hosting the Fall Rally. They plan to meet in October with their twin Springville-Island... **Enfield** had a program on arthritis with quiz handouts on exercise and medications. They have changed the night of their monthly meeting and have reinstated their January monthly meeting. Over the summer each member did something to raise money for donation to branch funds. In September, they had a program on Health and Welfare. They had a speaker from a local fitness center on exercise and nutrition being an important combination to good health. They made plans to travel to Parrsboro to meet with their twin branch. **West Brook - Halfway River** enjoyed a summer outing and meal at a restaurant in Amherst. In August, they made plans for a visit from their twin, Enfield. A member and husband celebrated their 50th Wedding Anniversary and at the September meeting, the minutes from the September 1942 book were read... In June, **Three Cornered** branch members enjoyed a lovely supper out for their last meeting until fall. In July members enjoyed the AGM in Shelburne. They send along congratulations to the ladies in Shelburne District for a wonderful AGM. The facility was an excellent venue... **Three Waters** members learned all about the different organizations at the national and international level, that they as members belong to when they are members of Women's Institute. They are planning to have a fundraiser which will be a basket of goodies... At the September meeting, the members from the **Tartan** Branch had "Weekenders" clothing show. The ladies had an entertaining evening trying on the clothing before deciding if they would purchase the product. The

percentage of the sales went to the Branch... The **Belnan** ladies filled out their program booklets for the year.

I am looking forward to hearing about more Twin Branch visits, programs and good times. I extend congratulations to Shelburne District for a job well done on the AGM.

Respectively submitted,  
Goldie McDow  
Hants West District Director

### Southern Area

**Brazil Lake** had a report on the AGM. They discussed their Parking Lot project and gave a donation to the Hospital Hullabaloo... **Brooklyn and Area** discussed the plans for the Fall Rally and made preliminary plans to celebrate their 80th Anniversary. They also discussed participation in the Hospital Hullabaloo. For the October meeting the ladies were given information about Adult Education program... **Kempton** members visited Mersey Tobeatic Research Centre and learned about their work on endangered species in the area. They also discussed the Yard Sale, and made plans for the Fall Rally... **Lunenburg** had a program on Adelaide Hoodless, the founder of WI and made plans for the Fall Rally... **North Brookfield** members will be attending the Volunteer Appreciation Barbeque. They made plans to have a float in the Queens County Fair Parade, discussed the Fall Rally and the made plans for the turkey supper... **Parkdale-Maplewood** enjoyed a corn boil and salad supper and invited guests to join us. They are planning to visit their twin Branch, Kempton, in October... **Barss Corner** members made plans to plant Spring flower bulbs in front of the Women's Institute of Nova Scotia, "Welcome to our Community" sign.

Respectfully submitted,  
Lauren Seaton  
Queens District Director

## Celebrate WI Week 2008

During the WI Week, February 17<sup>th</sup> – 23<sup>rd</sup>, “shine a light” on WI by stringing a row of mini-lights in a tree or shine a flood light on your home or WI hall. Another good idea on how to recognize special WI Member and Friends is to give packages of lifesavers to each who have been supporters through the past year with a note stating, "You've been 'one' for us this year!"



## Handcraft Competition 2008



The handcraft competition for 2008 is a **Knitted Afghan**. The suggested size is 115 cm x 153 cm (34" x 60") minimum.

The afghan can be larger than the minimum size. Afghanes will be automatically disqualified if they do not meet the minimum size requirements. Full details on this competition have been sent to your secretary with this issue of Home and Country.

## Collecting Branch Programs

The ‘Program’ is an integral part of your WI Branch meeting. It is important to offer interesting and informative programs during the year not only to keep members enthused about WI but also to continue the process of learning and sharing from each other. The Provincial Program Committee is in the process of collecting samples of Branch programs so that they can be offered to other Branches in the province.

Please send a copy of your Fantastic Branch Program to the Program Committee Chairperson, Joann Cory, RR1 Kennetcook, NS B0N 1P0.

## Federated Women’s Institute of Canada Update



**FWIC Calendars** – “Women of Today” are now available for sale from your District Director or the office. The calendar features photos of WI members from across Canada. The cost is \$10 and the calendar is for two years - 2008 and 2009. It’s a great Christmas or Speaker gift.

### New Curator at the Adelaide Hunter Hoodless Homestead

Heather Gerrard has been hired as our new curator at the Homestead. She recently completed the Museum Management and Curatorship program following a degree program at the University of Guelph. Heather has held a variety of seasonal and volunteer positions within community museums and art galleries and is very passionate about museum work.

### New Members and the FWIC Challenge

At the FWIC Board Meeting in July 2007, FWIC challenged each province to a net gain of 20 new members in the triennium (2006-2009) enabling the province to obtain a Certificate of Achievement (*to be presented at the FWIC Convention in PEI in 2009*).

### FWIC “Into the North Project” Phase 2

During this phase of the ‘Into the North Project’, WINS members will focus on Rosie’s Youth Group, in Hopedale, Labrador. Rosie Hurley operates a youth group for children at risk in the community. Specific items and donations are needed by the group. Further details have been sent to Branch Secretaries with this newsletter.

### The Senator Cairine Wilson Competition 2006-09

The competition is to write an essay on what it means to be a Canadian Citizen. Deadline for entries is January 31, 2009. Contact the office for more details.

### The Tweedsmuir Competitions 2006-09

The competition is a pictorial theme history of 90 years of women achieving together. The craft will be a hooked rug and the essay will be entitled, “A Women Who Inspired Me”. Deadline for entries is January 31, 2009.

### Erland Lee Award 2008

Nominations for this award must be received by the office by January 31, 2008.

### Peace Garden Picnic Area

The Peace Garden picnic area roof is in need of repairs. You can purchase ‘shingles’ for \$2.00 each. You can send your donation to the WINS office.

**WINS Holiday Hours:** The WINS office will be closed for the Christmas Holiday season on December 21<sup>st</sup> and will reopen on January 2<sup>nd</sup>, 2008.

## WINS Alumni Meeting

A beautiful fall day greeted the Women's Institute of Nova Scotia Alumni to the home of Ellen and John McLean where the members enjoyed coffee and muffins. After an hour of conversation the group journeyed to the Heather Motel for lunch and their annual meeting.

President Barb Hinckley, chaired the meeting. Items discussed were the purchase of an office chair for the Women's Institute office and the purchase of a portable screen for use by the organization. It was also agreed that mail outs would be sent for the next meeting. For those who have email, this would be made use of instead of the regular mail. Greetings were received from members who were unable to attend.

Dr. Deborah Stiles, of Nova Scotia Agricultural College, presented a slide presentation of her project, "Rural Women's Volunteerism: A Comparative Study". Her research involves the study of WINS and the WVCEOS organizations; looking at volunteer recruitment, retention and recognition. Focus groups are currently being held with members in Nova Scotia and West Virginia.

The members then journeyed to the Museum of Industry where a conducted tour of the growth of industrial power from the beginning of fire power to mechanical power was on display. From the museum, Alumni members toured the gardens at the Stuart House Museum, where a lovely landscaped garden of plants that were in existence for over one hundred years in Nova Scotia were viewed.

A big vote of thanks goes to the committee for a great day, especially to Ellen McLean for her wonderful hospitality. The next meeting will be held on September 17<sup>th</sup>, 2008 in Yarmouth.

If you are an Alumni Member and have email, please send your email address to:

jemcinn@eastlink.ca

**Jennie McInnes, Correspondence**

or

lamunro@eastlink.ca

**Linda Munro**

### *How Do I Become an Alumni Member?*

Alumni Members are current members or past members of the WINS Board of Directors. Once you have served at least one term on the Board, you are automatically an Alumni Member. If you are not already receiving notices from the Alumni, please contact Linda Munro at the WINS office.

## Reach for the STARS Membership Challenge 2007-2008

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

### One Star

**Cambridge Station-** Pauline Worthylake

**Churchville** – Pauline Murphy

**East River St. Mary's-** Joyce LeBlanc

**Lyon's Brook** – Cheryl Patton

**Newtown Denver** – Annette Thompson

**Paradise** – Lara Jennings

**Port Clyde and Area** – Flora Ross

**Port Hillford** – Deborah Banks

**Sherbrooke** – Anita MacEachern

**South Berwick** – Rose Chayer

**Weston** – Maureen Bezanson

### Two Stars

**Homeville** – Andrea Lyons, Gennie Boutin

**Point Edward** – Debbie Lewis, Diane Hicks

### Three Stars

**New Tusket** – Roberta Journeay, Doreen Sheilds, Isabel Mullen

### Four Stars

**Caribou** – Ruth Worthman, Anne Landry,

Doreen Logan, Sharon Dewar

**Indian Harbour Lake – Jordanville** –

Barbara Furlong, Barbara Jordan, Yvette Jordan,

Crystal Furlong

## Into the North Project – Phase 2

The second phase of the Into the North project for WINS members will focus on Rosie's Youth Group in Hopedale, Labrador. Rosie Hurley operates a group for older children at risk in the community. Rosie devotes a lot of her own time and funds in creating a supportive environment for the children and teaches them crafts and skills along with encouraging the children to discuss issues that are of concern to them. Rosie has made up a 'Wish List' of items that are used by the children. This list along with more information on the group has been sent to your secretary with this issue of the Home and County newsletter. We hope your Branch will consider taking part in Phase 2 of 'Into the North' and assisting the children of Rosie's Youth Group in Hopedale, Labrador.

**Rural Leaders Workshop**  
**“Creating Partners - Building Communities”**  
**February 7-9th, 2008**  
**Holiday Inn, Halifax**

Calling all Rural Leaders interested in Agriculture and Rural Communities. Are you looking for the perfect winter getaway??

We'll mark your calendars for February 7-9th as we are holding a Rural Leaders Conference which will celebrate agriculture and help build communities. This workshop is open to anyone involved in agricultural organizations working towards the betterment of Rural Nova Scotia. Women's Institute members are very welcome to attend.

Items on the Agenda will include:

- Celebrating Agriculture
- Creative Community Connections
- What happens if we do Nothing
  - common sense approach to dealing with the media
- Amazing Ag Race
- Hatfield Farms Team Building exercise
- Emerging issues in agriculture
  - concurrent sessions looking at alternative energy sources, biofuels, small business development, Buy Local and their impact on Rural Nova Scotia
- Concurrent leadership and communication workshop

These are just a few examples of the jam packed program we are preparing. The registration fee for the event will be \$100 and this includes your meals, accommodations and the program.

Plan now to attend this exciting event and watch your mailbox for more information. To ensure your name gets on the list please send your name, address, phone number and email address to Ruth Grant by Thursday, November 15<sup>th</sup>, 2007 so that you can be sent the full registration package. For more information contact Ruth Grant at 902-893-6584 or email [grantra@gov.ns.ca](mailto:grantra@gov.ns.ca)

Ruth Grant  
 Senior 4-H Program Coordinator  
 PO Box 550, Truro, NS B2N 5E3

**Women's Institutes of Nova Scotia**  
**Family Scholarship 2008**

Your secretary has received the 2008 WINS Family Scholarship application form with this issue of the newsletter. One scholarship in the amount of \$700 will be offered in 2008. Please see the form for more information.



**Are you watching for the  
 Select Nova Scotia logo?**

Select Nova Scotia is an identity program, launched by the Nova Scotia Department of Agriculture that allows Nova Scotians to easily find and recognize home grown agricultural products. The easily recognized logo represents the three elements of agriculture: green for the colour of crops, blue for the province's clean, crisp water; and a yellow sun representing energy, hope and vitality. This logo appears on locally produced products at participating vendors.

Whether shopping at a variety of retail/grocery locations, a local farmers' market, or enjoying a restaurant meal, the Select Nova Scotia symbol lets our citizens know that their choice is making a difference for our farmers, for our economy and for our way of life. Local food products are harvested at the peak of perfection, ripe, flavourful and delicious. So prepare a meal with local ingredients and enjoy the harvest of our province.

Go to [selectnovascotia.ca](http://selectnovascotia.ca) for more information

**In Memoriam**

**Doris Fraser – MacPherson's Mills WI**  
**Peggy Robinson – Middle River-Gairloch**  
**WI**  
**Wineva Porter – Lakeville WI**

**Annual General Meeting (AGM)**



**Make Footprints to our  
 Next AGM**

**Theme:** Footprints In Time  
**Place:** Amherst, Nova Scotia  
**When:** July 2<sup>nd</sup> and 3<sup>rd</sup>, 2008

**Registration Deadline:** June 1, 2008

## **Making Progress in the Fight Against Cervical Cancer** - *from Cancer Care Nova Scotia*

The news is good. We are making progress in the fight against cervical cancer. We're working with family doctors and other health providers to educate women about the importance of regular Pap tests in preventing cervical cancer. We're offering educational materials in three languages: English, French and Arabic in an effort to share the message with all Nova Scotia women. We're working with the Department of Education, school boards and teachers to ensure that young women are aware of the value of Pap tests and to encourage them to make regular Pap tests a routine part of their healthy lifestyle.

This fall, through the school-based vaccination program, we are tackling cervical cancer at another level. Nova Scotia females in Grade 7 will be among the first in Canada to receive the HPV (Human Papilloma Virus) vaccine – an exciting scientific breakthrough proven to protect against cervical cancer.

“The availability of the HPV vaccine to Grade 7 girls is a substantial investment in women’s health,” explains Dr. Rob Grimshaw, Medical Director, Cervical Cancer Prevention Program and Medical Advisor to Cancer Care Nova Scotia. “As a cancer specialist and a father of an 11-year-old daughter, I can assure you that the HPV vaccination program is welcome news. Because of it, I hope to see fewer women with the disease in the future.”

HPV is a common virus transmitted through sexual activity or skin-to-skin contact. That said, virtually everyone will have been exposed to it by adulthood. And, while generally there are no symptoms associated with HPV and the virus clears up by itself, some types cause persistent infection and create a risk for cervical cancer. Research has shown that the HPV vaccine is most effective when given to girls around age 12, before they become sexually active. This, combined with health education, will help young girls make responsible and informed decisions.

It is important to note that vaccination does not replace the need for regular Pap tests. Regular Pap tests can prevent up to 90 per cent of deaths from cervical cancer. All women, who have ever had sex, need to have regular Pap tests.

Even so, in Nova Scotia, where approximately 55 women will be diagnosed with invasive cervical cancer this year and about 20 will die of the disease, the availability of the HPV vaccine is cause for great celebration.

Although it may take 20 years before its impact on invasive cervical cancer is fully realized, Dr. Grimshaw says, “The HPV vaccine is definitely a welcome tool in our fight against cervical cancer.

For more information about preventing cervical cancer, Pap test guidelines or the HPV vaccine, please call 1-888-480-8588.

## **All Aboard the Bus to West Virginia!**

Many of you will remember fondly the bus trip to West Virginia in 2004 to visit with members of the West Virginia Community Educational Outreach Service (WVCEOS). Since this time, our international friendship has continued to grow.

We are so pleased to let you know that another bus trip to West Virginia is being planned for July, 2008. Our bus can hold up to 50 people and we are happy to report that 40 of those seats have been spoken for!

If you'd like to pre-register for this trip, call the WINS office as soon as possible. The bus is scheduled to leave Truro on July 8<sup>th</sup> and return on July 16<sup>th</sup>. We will have a three day travel period to and from West Virginia and then a three day stay in Charleston, the capital city, to attend the National Volunteer Outreach Network conference.

The tentative conference agenda includes many seminars and workshops focusing upon the following themes; crafts, volunteerism, cooking & baking, health, music, leadership and skill building.

We are estimating that the cost per person will be in the vicinity of \$1000 (to include your conference registration fee, accommodations and bus fee.) Your meals are at your own expense. Pre-registering at this point secures your seat on the bus, but does not mean that you cannot cancel within a reasonable amount of time up to the deadline date. A deadline date for registration will be set for the spring of 2008.

Here is a listing of those who have pre-registered: Ruth Blenkhorn, Ellen Simpson, Winnie Forbes, Coni Murray, Elsie Tattrie, Linda Munro, Doris Wile, Kim Lipscomb, Ruth Neily, Phyllis Stewart, Betty Ann Battist, Sheila Richards, Brenda Parker, Joan Wellwood, Rilla Barr, Judy Moore, Bea Cauet, Marion Newcombe, Theresa Osborne, Roberta Journeay, Joanne Hill, Ruth Donaldson, Rita Erskine, Bertha McVicar, Lenore Berry, Liz Johnson, Goldie McDow, Deborah Stiles, Lauren Seaton, Isabel Carter, Pauline Rowter, Sandra Gatzkie, Jeanette Rawding, Diane Vidito, Merna Ellis, Myra Tarkka, Joan Campbell, Inez McLellan, Karen Chute and Blanche McNutt.

If you do not see your name listed here, call the WI office and register today.