



HOME and COUNTRY

W.I.N.S.

Winter

Women's Institutes of Nova Scotia

2008

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

Erland Lee Award

Deadline for Nominations
January 31, 2009

Call for Resolutions

Deadline for submissions
January 31, 2009

FWIC Tweedsmuir Competition

Deadline for submissions
January 31, 2009

Wall Hanging Design Competition

Deadline for submissions
February 12, 2009

WI Day in Nova Scotia

February 19, 2009

WI Week in Nova Scotia

February 15-21, 2009

ACWW Day

April 29, 2009

FWIC Convention

University of PEI

June 16-20, 2009

From Coni's Desk



Welcome to Fall - the kids are back to school, most of the Branches have resumed their regular monthly meeting, fall rallies are booked, and days are getting shorter and the night's cooler. Can winter be far off?

The summer flew by despite the less than good weather and it was certainly a busy one for WI. Early in July we had a well attended *Footprints in Time* Annual General Meeting in Amherst. Later in July thirty three ladies travelled to West Virginia to attend the National Volunteer Outreach Network (NVON) Conference. Along the way we stopped at a couple of places of interest such as Hershey Chocolate World, Appalachia Glass and the Martin Guitar Factory. Everyone had a great time.

In early September there were nine ladies from Nova Scotia attended the ACWW Area Canada Conference in Winnipeg, Manitoba. There were eighty in attendance with all Provinces represented. World President Ursula Goh was in attendance also. The usual business was dealt with along with craft workshops which were Dream Catchers and Wheat Weaving. The Conference was followed by a day tour to the International Peace Gardens.

The Peace Gardens are located on the border of Manitoba and North Dakota. What a spectacular place it is! It is impossible to describe the beauty and tranquility there in the gardens. Our first stop was the Historic Lodge where we had lunch in front of a roaring fire in the stone fireplace and real flowers on the mantle. Doug Hevenor, our tour guide and Superintendent of the gardens, gave us a brief history lesson on the building and gardens. FWIC President Sheila Needham presented Doug with a cheque representing the donations from Women's Institutes across the country for repairs to the shelters. We then boarded the bus and visited the Manitoba Women's Institutes Picnic Nook. It is complete with picnic tables in shelters, bar-b-q pits and playground equipment with a wonderful view out over Lake Stormon. Two trees were planted here by ACWW Area Canada President Margaret Yetman, FWIC President Sheila and Manitoba Women's Institutes President Enid Clark. We visited The Peace Tower which soars 120 feet in the air and the Peace Chapel is the only building which straddles two countries. The floral displays, which had been touched by the frost, were still beautiful. We then had time to stroll down the 49th parallel and view the gardens, the New York City World Trade Towers Memorial, the revitalization of the sunken garden, the Bell Tower, and see seven Peace Poles erected by the Japanese Government. The handcrafted obelisks have the message "Let Peace Prevail on Earth" in 28 languages written on them. The last place we visited was the Gift Shop which was opened for us - my feeling is that it was worth their while to do so!

The Recruitment and Retention Team met in Windsor with some ladies from Three Cornered and Windsor Forks - Martock Branches. Thanks to the ladies for the warm welcome, great questions and lovely luncheon.

Since this will be the last Home & Country before the Christmas season I would like to wish each one and your families a joyous Christmas and all the best in 2009 as we continue "learning, sharing and improving the quality of life for all"



Yours in WI,
Coni Murray, President Elect



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

**REFLECTIONS OF 2008****Dear Friends:**

This year has witnessed both changes and growth in Women's Institute of Nova Scotia. In March we said good bye to Theresa Osborne, who had been employed with our organization for eighteen years. She was wished success as she accepted employment in the Engineering Department of Nova Scotia Agricultural College. I am pleased on your behalf to welcome Pia E. Frantila-Hall as our Office Administrator.

As President of Women's Institute of Nova Scotia I have had such an exciting time as we now have a program binder with six excellent programs which are available through the District Directors. At the September Board meeting the handcraft committee unveiled the first book of Quilt patterns. The book has forty quilt patterns already for your enjoyment. The book will make a lovely Christmas gift for anyone who likes to make quilts. The pattern books are available from the District Directors as well as at the office.

I'm sure by using a little "imagination" I can smell the aroma of fruit cakes, sweetbreads in the oven and the making of mincemeat coming from your homes as you eagerly prepare for the holidays.

Special thank you to all individuals as well as Branches who have given me such moral support throughout the year and made me feel welcome at both Branch and District functions. I would be amiss if I didn't recognize the work of the District Directors as well as all members of the Provincial Board. Thank you ladies!

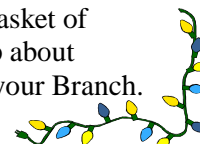
My wish is that every member of the Women's Institute of Nova Scotia will have a joyous Christmas and that you will find contentment and peace throughout the holiday season.
Happy New Year Everyone!



Ellen M. Simpson, President
Women's Institutes of Nova Scotia

**Celebrate WI Week 2009**

During the WI week, February 15th – 21st, "*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 promote Women's Institute is to give a basket of goodies to your local radio station or newspaper, as they are a good way to advertise your Branch and the organization; with the basket of goodies have a write up about Women's Institute and your Branch.



Dropping in on the Branches...

Central Area

Gore reported roll call was seven cents for every clock in their homes. Program was Kids action gardening, where children learn how to tend a garden, see where and how our food grows. Back to basics in their back yards. Group enjoyed a potluck; met with their twin Lockhartville, toured local gardens; made donations to local food bank; and sponsored a child to go to camp in the summer... **Three Waters** September's program was a speaker experiences in Cambodia as a newly trained missionary; and they also enjoyed a potluck to celebrate first meeting of the season... **Martock Windsor Forks** answered September's roll call with highlights of member's summer; made plans to dine out for supper for their ninety-fifth Anniversary on September twenty-fourth, planned to meet with their twin Chelsea in October, and provided ten pies for the local Hospital's bazaar and set a date for the Recruitment and Retention Workshop. In September **Enfield's** roll call was future roll call ideas; the program was on comparing of food prices fifty years ago and present; planned the programs for the year; and filled two conveners and the slate of officers for 2008-10... For September North River members each had to bring a question to answer roll call program; quizzes on Friendship; reviewed ideas for future programs; and planned a meeting at N.S.C.C. Library to view art show. **West Brook Halfway River** was invited to hold their meeting at a Cottage at Two Islands, and they received a card and photos from their twin Branch Enfield... **Three Cornered's** program for September was about the services that are available for persons in their homes who are ill or disabled; and are inviting some ladies who will become new members. Thanks to all the branches that reported September activities. Hope to hear from all Branches soon to share with all their fun times.

Respectfully submitted,
Goldie McDow
West Hants District Director

Western Area

Burlington answered roll call with summer highlights. During the summer the Branch held a potluck to honor Linda

Walker before she left for Fort McMurray and helped with many activities at the Canada Day celebration including a display about WI activities and samples of drain bag covers, chemo turbans and comfort pillows. Eleanor Benjamin received the Community Spirit Award. Olive donated fifty baby hats to Valley Regional Hospital, Kentville and two crocheted lap blankets to Grand View Manor. Eleanor Benjamin, Kim Lipscomb and Thelma Miles told about the highlights of their July bus trip to West Virginia. In October Marie Armstrong helped members make a kamona Christmas ornament from two contrasting Christmas fabrics... **Cambridge** had an organizational meeting. A report of the AGM in Amherst was given. Judy Parks won third place in the afghan competition. Elva Pynch conducted a quiz on trees... In October **Canning** decided to do a Telephone Assurance Program. Each member calls a friend who cannot drive and finds it very difficult to get out to meetings and do errands. This is a way to fight loneliness, keep in touch and is a way of checking on a friend... **Delhaven and District** opened a Time Capsule that had been assembled when the Branch was formed in 1988 and in October they assembled another Time Capsule to be opened in 2018... **Grand Pre** made plans to have their twin branch Weston visit the Gaspereau Winery with them and made plans for a celebration of 95 years of WI in the community. Work continues on the Centennial Quilt. In October the celebration was held with mention of some of the highlights through the years. The branch has had three Provincial Presidents - Annie Stuart, Margaret Trenholm and Iris Fraser... **Islands** members send a box of goodies to Rosie's Group; did a Highway cleanup; and are creating a garden stone for the 2008 graduating class at the school... **Lakeville** toured the flower and fruit gardens of Anne Hutten and returned to the hall for a potluck supper. Roll Call was answered with program suggestions both those that were highlights during the past thirty-five years and new suggestions. In October the Branch entertained their twin Sheffield Mills with a noon soup luncheon followed by an opportunity to play golf at Tinker Links Precision Golf Course in Lakeville. Responsibilities for the Fall Rally were discussed and the Branch will hold a soup

luncheon on October 25th. ... **Lockhartville** finished assembling a cookbook *Cooking* from the Hart in September and made plans to host East Kings Rally on October 8th in Hantsport. The Branch is now selling the cookbook... **Medford** enjoyed a potluck supper at Brenda Parker's home and had a blind auction. In October Irene Baron talked about identifying plots that have no head stones in the Medford Heritage Cemetery. . In September Michelle Doucette described the process she uses to make glass beads. She demonstrated making glass bead ear rings at **New Tusket** WI. Plans were made to host Digby District Fall Rally in October... **Paradise** members brought books to exchange. Each member shared what she is currently reading and what she has read during the year. The History of Paradise books are being placed at MacDonald Museum, Middleton and at local book stores for sale. Roll call was answered by a favorite author or book... **Port Williams** had an organizational meeting. A youth was paid to mow around the Planter's Monument. In October Mary Ann Sulis demonstrated Tai Chi skills and everyone tried them... **Sheffield Mills and District** had an organizational meeting in September. The Branch will conduct the Memorial at the fall rally and Leta Ells will do a presentation on Buying Local - specifically choosing items for the Thanksgiving dinner... **South Berwick** members travelled to the home of District Director Julia Llewellyn for a noon potluck meal. A report of the Princess tea for Gala Day on Labor Day was given. The Branch's candidate became 1st lady in waiting from the 18 princesses. The branch will host the fall rally. Following business members toured Anne Hutten's gardens in Lakeville. In October the date for the Christmas luncheon was set for November 29th. ... **Spa Springs** Branch has formed three new committees: craft, publicity, and entertainment; and one of their future plans are to have a tea party sponsored by Tetley Tea. **Tupperville** members had lots of fun looking a different past photos of their community... **Weston** had their twin branch, Grand Pre for a pot luck supper. Roll call was answered with highlights of summer. The theme Snowflakes and Stars was chosen for the Christmas Tea in November. In October members brought items for newborns to be donated to

Valley Regional Hospital, Kentville and the roll call was a spice. West Kings President, Kim Lipscomb was present and brought the branch up to date about the Fall Rally. Tara, a specialist in challenging behaviors with geriatric patients talked about Type I and II diabetics and described life style factors in controlling Type II. Adriene Saunders, a dietician went over Canada's Food Guide and described how to look for sugars in foods.

Respectfully submitted,
Julia Llewellyn
Kings West District Director

Eastern Area

The **Bridgeville** Ladies are getting their year off to a great start by lending their support to the annual Terry fox Run in their community. They are making plans for a jam/jelly auction...sounds interesting...The **Middle River-Gairloch** Branch travelled to Valley View Villa where the entertainment was the ever-popular Gairloch Symphony. Both the members and the residents enjoyed the day. Members assisted at the Pictou Exhibition on September 2. Condolences on the loss of Isabel Morris, their oldest member...**MacPherson's Mills** Branch donated \$1500. from their lobster take-out to the MacPherson's Mills Improvement Society Project. The Institute Branches are always so good to support their communities...The **Homeville** Branch hosted a very successful used book sale at the Port Morien Community Fair. The members collected old towels and blankets for the animals at the local SPCA. The ladies are throwing out a challenge to other branches across the province to help our furry friends and what a great recycling project. Sonya MacDonald, a realtor with Blinkhorn Real Estate, visited the **Springville Island** Branch and presented interesting information on buying and selling real estate. Many seniors sell to move to apartments or to travel so the information was well received. The **Sherbrooke** Branch had a fond look-back on the history of the branch and is planning various fundraising projects...**Point Edward** members are planning to give a quilt for the Hospital Foundation and baby blankets for newborns and a Christmas tea and sale...**Garden of Eden** Branch's committees for Health, Agriculture, and Home Economics gave interesting reports

on each subject. They had an "auction" sale plus donations for the Terry Fox Run and collected Two Hundred Ten dollars...**Caribou** had a program on Renewable energy. They heard historical facts concerning electric power, what constitutes renewable sources to produce electricity and the new projects being tried with hydro. Sounds very interesting...**Lyon's Brook** Branch was making plans to host the Fall Rally and they went over the programs for the year. Some of the programs are speakers, demonstrations on painting; decorating etc...**Sherbrooke's** program was on the importance of organ and tissue donations. One of the members read about the importance of these donations and how it can save lives. Each month they will answer roll call with a reading on a topic...**Port Bickerton** members are planning to a Christmas dinner for the seniors...**Port Hillford** members are donating a quilt to the Tearman House.

Each branch has so many projects in the works and we learn from each other by reading "Dropping in on the branches".

Respectfully submitted,
Yvonne Kennedy
Cape Breton District Director

Southern Area

Arcadia planned their Women's Institute year (programs, roll call and refreshments) and their annual yard sale for the Hospital Hullabaloo. They will be having programs on some of the ideas planned by the program committee; seeing a Christmas craft; doing shut-in boxes and WI week. Next roll call will be most embarrassing moment... **Brazil Lake** had a report on the AGM .They paid for a new pump and hot water tank; gave a donation to Hospital Hullabaloo. They will host the fall rally and are planning a night of music...**Brooklyn and Area** had a program on Buy Local and heard about the web site freerice.com. Refreshments were cucumber sandwiches using cucumbers from her garden and blueberry cake with blueberries from her back yard. They planned their year; voted to buy a 4H trophy; planned for the Hospital Hullabaloo and talked about their annual tray favors for tidal View Manor for Christmas. Roll call was a highlight of our summer. In October, the members heard about "Hannah's Gift". This is a book written by the mother of a very young

child who passed away to cancer. The story was of how the child, although very young was wise beyond her years and how she paved the way for all who knew her to accept her death...**Parkdale/Maplewood** members learned about some of the changes in the new Canada's Food Guide, and they had a corn boil and pot luck supper...**Waterloo** had a program entitled "All About Strawberries". They are selling tickets on a Lap Quilt, they discussed the fall rally; and they answered roll call by telling the other members about a happy time in their life...**Sable River and Area** members heard some stories and saw some pictures about their neighbouring town of Lockeport from Laverene Lloyd. They will be hosting a "Pour for the Cure" tea in November...**Lunenburg** members learned about the importance of Strawberries to the economy of Nova Scotia. They send comfort pillows to the Cancer office in Halifax and baby toques to the IWK. They are sharing with those who need.

Respectfully submitted,
Irene White
Yarmouth District Director



A Call for Resolutions



The dateline for submission of
Resolutions is
January 31st, 2009

In Memoriam

Christine Rhyno –Grand Pre
Joyce Spidle –Parkdale/Maplewood



Convention 2009

Theme: Vision to Reality
Place: TBA, Truro
When: TBA
Registration Deadline: June 1, 2008



**ASSOCIATED COUNTRY WOMEN OF THE WORLD
CANADA AREA CONFERENCE**

Nine ladies from Women's Institute of Nova Scotia joined ladies from across Canada in Winnipeg, Manitoba on September 18th and 19th for the Associated Country Women of The World Canada Area Conference. It was an honour to be in the presence of World President, Ursula Goh.

Following the parade of flags greetings was brought by each of the provinces as well as Federated President of Women's Institute, Sheila Needman.

Margaret Yetman ACWW Area President for Canada reported that Canada had contributed L26, 049 or \$50,000.00 toward Pennies for Friendship which relates to the 3rd highest donation of the nine ACWW areas of the world. We were reminded that the strength of organizations comes from all and that entails receiving agreement throughout. Margaret spoke on the Canadian /ACWW project "Daughters of Mary Immaculate in India". FWIC has committed to \$7000.00 over a three-year period and branches are encouraged to send donations to their provincial office, which will be forwarded on to the proper channels. World President, Ursula reported visiting the area and children had received such items as uniforms, food and supplies from the money received from Canada. Many of the children had their lives changed because of the tsunami.

President, Margaret Yetman, conducted the business meeting and it proved to be very informative for everyone. Margaret requested that as ACWW day is April 29, 2009 we send pictures and write-ups to her of what our branches and districts have done to promote the day.

Joan Rodgers, Manitoba WI Past President spoke on the 2007 world conference in Finland.

Harold Penne, Canadian Food Grains Bank spoke of his work in Bangish and India.

Those in attendance were able to learn about Haiti, the Ukraine and the African Coast/Mercy Ships through a panel who were knowledgeable in the three countries.

Johannes Ross spoke on Agriculture in the Classroom and was able to share with the group some ways that agriculture is presented to children in Manitoba. She left us with the slogan of NO FARMERS, NO FOOD, KNOW FARMERS, KNOW FOOD. A panel consisting of World President Ursula, Margaret Yetman, Sharon Hatton and Lynn MacLean all members of ACWW Board answered many inquiries and questions presented by the audience. Women's Institute of Nova Scotia has extended an invitation to the ACWW World Canada Conference to hold their next Conference in our province.

On September 20th many of the ladies travelled to the Peace Gardens, which join Manitoba and North Dakota. It was a beautiful experience for those who were fortunate enough to view the area.

Respectfully submitted,
Ellen M. Simpson, President
Women's Institutes of Nova Scotia



**FWIC Tweedsmuir Competitions
(2006-2009)**

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 the entries is **January 31st, 2009**.

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 31st, 2009**.

Erland Lee Award 2009

Nominations for this award must be received by the WINS office by **January 31st, 2009**.

Please refer to the FWIC's website:

(www.nald.ca/fwic.htm) or the Spring/Summer 2007 issue of *Federated News* for all the guidelines for the competitions, or the Summer 2007 issue of the *Home and Country*.



**Reach for the STARS
Membership Challenge
2008-2009**



Once again, Women's Institute branches across Nova Scotia will be adding new 'STARS' to their membership list during the 2008-2009 Reach for the Stars Membership Challenge. Each new member earns the branch one star. Welcome! Please report any errors or omissions to the following report directly to the WINS office.

One Star

Burlington and District – Darlene Schaeffer
Belnan – Ellen Crowe
Caribou – Elaine Chaisson
Kempt – Debbie Worden
Martock – Windsor Forks – Lois Smith
New Tusket – Maurine Mullen
Springville – Island – Rosemary MacDonald
Point Edward – Joan LeRay
West Brook Halfway River – Shirley Hurley
Waterloo – Leonore Hirtle

Two Stars

Lakeville – Marilyn Kenny, Joyce Morton
Parkdale – Maplewood – Vicki Rhodenizer, Faye Croteau
Three Waters – Donna Wisen, Susie McNutt

Handcraft Competition 2009

Details of the Competition:

Classes: There will only be one class.

Dolls: The dolls can be made from any fabric, i.e., cloth, sock dolls, knit or crochet. **It is to be a doll to "play with" NOT a collector style doll.** No plastic, porcelain or ceramic doll. A commercial pattern may be used or it can be an original design. Pattern – whether store bought or handmade must accompany waiver in order to be accepted in the competition.

Clothes: **Clothing must be made by the WI member.** Dolls must be dressed in clothing appropriate to the design of the doll.

Size: 21 – 91.5 cm (10 – 36 in) high.

Materials: **No liquid embroidery or acrylic paint features or button eyes.** Doll faces can be embroidered or appliquéd, **NO IRON ON APPLIQUES.** Hair should be appropriate to the type of doll. Materials and fabric must be appropriate to the design and character of the doll.

Responsibilities of Owner: It is the responsibility of the owner to arrange for their item to be delivered and returned from the Provincial Convention. Each entrant will be required to sign the waiver below and will enter their craft in the competition at their own risk.

The details and waver on this competition have been sent to your secretary with this issue of Home and Country.



2009 – Fundraiser Two Quilts and Porcelain Doll

An anonymous person has graciously donated two handmade quilts and a porcelain doll. Thank you! The first and second prizes will be the quilts and the third prize will be the porcelain doll. The secretaries have received 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 the two quilts and the porcelain doll will take place on July 9th, 2009.



POUR FOR THE CURE



I am writing this to my entire Women's Institute friends who enjoy a good cup of tea with some friends. It is a fundraising initiative in support of The Canadian Breast Cancer Foundation.

Pour for the Cure can be as easy as holding a small tea party with close friends and collecting donations or it can be as large as getting your whole group involved and turning the gathering into a special event. Each group that registers will receive a "Pour for the Cure" Event Box, which will include everything that you, need including a vintage blue ceramic Tetley teapot to use for the event.

Please let the office know before April 30th, 2009 if you have had your tea party so we can share your good news with all Women's Institute ladies throughout the province.

President,
Ellen Simpson



Wall Hanging Design Contest



I have another challenge for you. I know there are lots of talented and creative ladies in our Branches. The challenge is a **Wall Hanging Design Contest.** We would like to eventually have a wall hanging that we would use for Provincial Events such as our Conventions, Annual General Meeting and other special events. I am looking for a design that depicts Women's Institutes. The winning Branch will receive a \$50.00 gift certificate from the Women's Institutes of Nova Scotia's office.

The guidelines for the **Wall Hanging Design** are:

1. The winning design will be used as a pattern to create a 24 by 36 inch wall hanging.
2. The design on the wall hanging must be easily recognizable in depicting the Women's Institutes of Nova Scotia.
3. The design should be drawn on 8 1/2" by 11" sheet of paper or you could use graph paper.
4. You should use color in your design, keeping in mind that the WINS's colours are blue and yellow.
5. Put your name on the back of your entry.

Send your Design to the WINS office.
*The dateline for this contest is **February 12, 2009***
Linda Munro, PRO

Dried Beans and Dandelions
By: Melody Sanford
4-H Senior Speaker Winner 2008

How many of us after the last snowfall grumbled over having to perform the task of snow removal. And how many of us have ever had to make a late night trip to the barn and focused more on the fact we were not yet able to sleep than on the amazing array of twinkling stars that coated the black ceiling above us? Good evening ladies and gentlemen. I believe there is joy to be found in every aspect of life, I believe that us in an increasing fasted paced world all too often over look such joy and I believe that there is no time like the present to commence our acknowledgement of this that lies in endless abundance around us. Think of my previous example of snow removal for a moment if you will. Think of how long it takes to get bundled up, think of the TV show you miss while bearing with blizzard like conditions and think of how you feel when upon completion you turn to scan your success and hear the snowplough coming to fill in a good four feet at the end of your driveway. You may wonder, is it really possible to find something positive in a situation like this?

Well think of a senior who as a child loved the coldest of the 4 seasons. They were a child who delighted in the first snowfall, who caught tiny white flakes on their tongue. They coasted down slippery slopes and tied their laces while seated on a bale of straw beside a frozen pond. This child has now grown to a state where the cold makes their body ache and they are confined to their home in fear of the ice that they once loved. They must now call upon a neighbour or relative to move the snow that at one point would have been rolled into balls and dressed with a carrot and a hat. How they long to join you in your snowy shovelling adventure as they watch you despising the task they long to have the ability to accomplish. Now does this mean we should all sit here with tears in our eyes feeling sorrow for those we all know in a situation like this or because we feel we are approaching that stage of life all too quickly? The answer is quite simply, no. It does however mean that we should look at life in a new and exciting way. If we could be thankful of the abilities we have, our world could be forever changed. And why the years and we won't be able to stack our own wood or our fingers won't allow us to play that instrument like we could but even when you feel you have nothing left to give you may still be living joy by helping others appreciate their abilities and by sharing your learned appreciation of the little things in life like a bird outside your window or a child's artwork as it slops off the paper onto the table or the cat.



And what about that late night walk with little regard for the stars above? I have always lived in rural Nova Scotia, where, as long as the clouds keep their distance there is no shortage of stars to be seen in the evening sky. One night on a rare visit to the city I realized it was impossible to see a single star. Since that time I have been trying very hard to take noticed of these simple pleasures. Beside the beauty of the stars there are many other things that we too often take for granted. Think of the peace we have here while others fight for their lives in countries where war is ever present. Think often of the home you will be returning to today. You know for the first time in history the population of people living in urban areas has surpassed the number of people living in rural regions. This isn't because there are more

apartment building or mansions being build but because out of necessity more and more people are migrating to the slums that surround the mega cities of our world. Homes there are pieced together on hills that are frequently affected by mudslides. They are made of scraps of cardboard and traps that have been salvaged from a toxic landfill. Even here in Nova Scotia it is not a given that supper will be served on every table today. Our local food bank served just fewer than three thousand people last year, people who would have otherwise gone without the food that we take for granted. I for one have been guilty of this. You see a few years age Dad decided to grow a garden, now we've always grown a garden but this year Dad decided to grow a big garden. Come to find out Dad's thumb is anything but green as the only things that grew were potatoes and dried beans. Our spare room was now full of dried beans. Now I use to like baked beans but after the same meal three times a day seven days a week it gets a bit tiring. OK so I might have exaggerated a bit but the point is I should have been thankful there was a meal on the table rather than grumbling over what it was.

Another thing that we too often take for granted is tomorrow. Why do we put such high expectations on something so uncertain? Some will never see the next sunrise yet they put off that game of catch, that visit or that I love you until a time that is not certain to be achievable. Life is uncertain, so do we idly sit by watching the hands of the clock spinning round dreading the inevitable? No, that is wasting our precious seconds. The point is not to worry about uncertainty but to live in the one certainty we have, today. What does it mean to live every day of your life? Well, while having a heart beat and taking in oxygen are helpful it also means accepting the things you cannot change, being thankful for your abilities and noticing the most unnoticed gifts. It means finding joy in simple pleasures and helping others and looking at things from the most positive perspective possible you can't get rid of dandelions so enjoy the touch of yellow they add to your otherwise plane green lawn.

I wish you a cup that is always half full. I wish you a life of joy, dandelions and dried beans. May you cherish yesterday, hope for tomorrow and live today.

Women's Institutes of Nova Scotia
Family Scholarship 2009

Your secretary will be receiving the 2009 WINS Family Scholarship application form with this issue of the newsletter. Please see the form for more information.





Adelaide Hunter Hoodless Founder of Women's Institutes

Adelaide Hunter Hoodless, one of Canada's most creative social reformers at the turn of the century, was a primary participant in the establishment of the Women's Institutes, the National Council of Women of Canada, the National Council of the YWCA, the Macdonald Institute in Ontario, Macdonald College in Quebec, and the Victorian Order of Nurses.

One of her children, an infant son, had died in 1889 after drinking infected milk. This tragic event motivated her for the rest of her life. She endeavoured, by various means, to assist women throughout Canada to provide more intelligent care for their children, their families, and themselves.

Her crowning achievement was founding the Women's Institutes. On February 19, 1897, she spoke to a meeting of farmers' wives in Stoney Creek, Ontario. The meeting was attended by one hundred women and one man. Erland Lee's wife Janet also attended this meeting. Out of this meeting, the first Women's Institutes was formed. Thirty five women met on a cold night in February to form the Women's Institutes of Saltfleet Township (later Stoney Creek).

Adelaide Hoodless died suddenly on the eve of her 53rd birthday in 1910. Her vision and determination, however, continue to stimulate women in Canada and around the world.



Thank You

Dear W. I. N. S. Members:

The youth group in Hopedale, Labrador would like to thank the Women's Institutes for all they have done to help in the past few months. At first to thank the Branches individually but the response has been so overwhelming; we cannot thank each one separately. We certainly appreciate all the help with materials, funds, etc... Best wishes to all the Branches

Sincerely,
Rosie Hurley

Supplies

Familiar Family Favorites Cookbook by WINS	5.00
T-shirt with crest	10.00
Golf style shirt - navy	15.00
Embroidered sew-on crest	2.00
Membership pin (WINS crest)	16.00
Life Membership pin and certificate	30.00
Ceramic Mug -WINS crest and motto "For Home and Country"	6.50
Pewter Ornament (WINS office building)	10.00
Cooking Collections Cookbook by FWIC	12.00
WINS History - parts 1, 2 or 3	2.00 each
WINS Handbook	5.00
Quilt Patterns Book	20.00
Stick-on WINS crests 24 per sheet	.10 /sheet
WINS Apron	15.00
WINS / West Virginia CEOS Cookbook	5.00
God Be With You - Music CD	15.00