



HOME and COUNTRY

W.I.N.S.

Winter

Women's Institutes of Nova Scotia

2009

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, 2010

Call for Resolutions

Deadline for submissions
January 31, 2010

WI Day in Nova Scotia

February 19, 2010

WI Week in Nova Scotia

February 14-20, 2010

Board Meeting

March 26 & 27, 2010

ACWW Day

April 29, 2010

ACWW Triennial Conference

Hot Springs, Arkansas

April 21-28, 2010

From Coni's Desk

As I am writing this the weather came on the radio and that four letter word "snow" was in the forecast. In my personal opinion it is way too early to be talking about snow however there isn't a thing any of us can do about it so we might as well enjoy it. The leaves this fall have been spectacular - so many reds.



The fall has been very busy with Branches starting up again, Anniversaries and Fall Rallies. To date I have attended two anniversary celebrations and have plans to attend two more before the end of October. I am also planning to attend the Fall Rallies of Hants Central, Cumberland-Colchester, Kings East and Kings West.

From October 7th to 12th, we had a booth at the AgCot Center of the Maritime Fall Fair in Halifax. The AgCot Center is sponsored by the Agricultural Awareness Committee of the Department of Agriculture. I would like to thank Lindsay Murray, Ruth Donaldson, Ellen Simpson and Sheila Richards for their help during the show with set-up, being in the booth and taking it down. We had several inquiries regarding having a branch (es) in the Halifax area. Time will tell if any of these become a reality or not.

As the branches begin their programs, remember to send in your Branch Reports to the office as well as information about any donations that your branch may have made to hospitals, Red Cross etc. All these donations are useful when we make our presentation to the Minister of Agriculture.

As I bring this report to a close I wish you and your family Joy, Peace and Love this Holiday Season and the whole year through. Stay safe.



Respectfully submitted,
Coni Murray,
President W.I.N.S.



Board of Directors:

President: Coni Murray, 997 Hwy 311, North River, NS B6L 6H4 895-9829

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

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District Directors:

Annapolis: Bertha McVicar, 484 Victoria Rd., RR2 Middleton, NS B0S 1P0 825-6406

Cape Breton: Barbara Herald, 2359 Pt. Edward Hwy, Point Edward, NS, B2A 4R3 539-2598

Cumberland-Colchester: Sheila Richards, PO Box 963 Truro, NS B2N 5G7 895-7172

Digby: Linda Elliott, 239 Water St., Freeport, NS, B0V 1B0, 839-2671

Guysborough: Mary Anne Kaizer, PO Box 31 Bickerton West, NS, B0J 1A0 364-2652

Hants Central: Carol M. Crawford, 5195 Hwy 14, Upper Nine Mile River, NS B2S 3A6, 883-2600

Hants West: Goldie McDow, 91 McKinley Rd RR1 Falmouth, NS B0P 1L0 684-9324

Kings East:

Kings West: Clarice Pottie, 362 Orchard St. Berwick, NS B0P 1E0 538-9148

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Queens: Sharon Crooker, RR 1 South Brookfield, Queens Co., NS, B0T 1X0, 682-2284

Shelburne: Margaret Dawe, 90 Freeman Mill Road, Sable River, NS B0T 1V0, 656-3276

Yarmouth: Irene White, #310 Hwy, 334 Arcadia, NS B0W 1B0 742-5292

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Andy Cameron, Director, Resource Stewardship, NSDA

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FWIC President

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ACWW President

Ursula Goh
Malaysia

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

Meet Two of the Board of Directors

Margaret Dawe
Shelburne
District Director

Margaret Dawe belongs to the Sable River and Area Women's Institute. In 2001, her neighbour was really afraid that the Branch would fold if they didn't get more members, so she invited Margaret to a meeting. Her ninety-two year old mother was also a member. Margaret's most memorable event was the 2007 Annual General Meeting, which was hosted by her district, Shelburne. Husband, Jim and she lives on an Island in Sable River with their two cats. They have five children, five in-laws, and nine grandchildren. Margaret is the President of the Retired Teachers' Organization in Shelburne County, an avid member of the Sable River Craft Group, and she has a small business selling Home Enhancement Products.

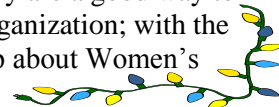


Irene White
Yarmouth
District Director

Irene White became a Women's Institute member more than twenty-five years ago. She belongs to the Arcadia Women's Institute. After spending a day in a classroom, it was nice to talk to adults and meeting the ladies in the neighbourhood. She enjoys the friendships, the learning and fun of Women's Institute. Irene enjoys all the skits, programs and coffee parties that the Branch does. She lost her husband in 2001, and she has two sons and daughter-in-laws and three grandchildren. She enjoys scrap booking, gardening and Weekenders. She is a member of School Advisory Council, and various groups at her church.

**Celebrate WI Week 2010**

During the WI week, February 14th – 20th, ***"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.



AgCot 2009



Women's Institutes of Nova Scotia had a booth in AgCot Discovery Centre at the Maritime Fall Fair this year from October 8th to the 12th. The AgCot Discovery Centre is an exhibit arena for commodity groups, educational displays and organizations that would like to distribute their information. It also included a Nova Scotia Cooking Stage with a chef cooking recipes that incorporated local products.

Thursday October 8th and Friday October 9th were school days which had kids from elementary schools with one preschool group coming to the display area for an educational field trip. The children had to find an answer to a question supplied to them within the booth to receive a bead.

We had many people stop by the booth and ask really good questions with many people interested in the history of the organization. There were also a few women interested in starting a branch in the Halifax area.

Many thanks to all the people that helped with the booth – Coni Murray, Ruth Donaldson, Ellen Simpson and Sheila Richards. It was a successful show and we are glad to have been a part it!



Annual General Meeting (AGM) 2010



Theme: Go Green for Home and Country
Place: Hebron Recreation Center, Yarmouth
When: August 4 and 5, 2010
Registration Dateline: July 31st, 2010

HOPE TO SEE YOU THERE!



Reach for the STARS Membership Challenge 2009-2010



Once again, Women's Institute branches across Nova Scotia will be adding new 'STARS' to their membership list during the 2009-2010 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

Bridgeville – Muriel MacDonald
Churchville – Anita Carthy
Enfield – Mary Isenor
Garden of Eden – Letitia Quail
Indian Harbour Lake & Jordanville – Beryl MacDonald
Lyon's Brook – Marjorie O'Connell
New Tusket - Fabienne Rapsey
Nine Mile River Homemakers – Sharon Gendron
Paradise – Joyce Manns
Parkdale Maplewood – Dianna DeAdder
Port Bickerton – Elaine Murphy
Sable River – Dawn Dexter-Sobel
Spa Springs Lisa Simpson
Three Waters – Ruby Jefferson-Bowles
West Brook Halfway River – Evelyn George
Spanish Bay - Helen Garland

Two Stars

Kempt – Ester Stamm, Bella Gilbert
Lakeville – Carolina Tucker, Paulette Leopold
South Berwick – Leah Wood, Keisha Timmins



A Call for Resolutions



The dateline for submissions of Resolutions
 is
 January 31, 2010

Women's Institutes of Nova Scotia Family Scholarship 2010



Your secretary will be receiving the 2010 WINS Family Scholarship application form with this issue of the newsletter. Please see the form for more information.

Dropping in on the Branches

Central Area

Three Waters' roll call for September was an introduction by telling a bit about yourself and October's roll call was things you like about fall... **Three Cornered** September's program was needle tatting, an easy way of tatting on a long needle instead of a shuttle. They are planning a fundraiser of a penny auction in November. Kathy Ross presented a program on occupational therapy. **Martock Windsor Forks** September's program was on Buying Local, support long farm industry. Roll call was answered by sharing summer experiences. The branch dined out at a local restaurant on September 24th to celebrate their 96th anniversary; and a member was honoured for her 90th birthday earlier and being a W.I. member for 65 years... **West Brook Halfway River** September's program was on MISSH, and they plan to meet their twin, they had a weather quiz and a list of lighter side readings was given. They has a program on how to be aware of germs on hand bags, and discussed Fall Rally... In September, **Enfield's** roll call was suggestions for roll calls. Program was on local products for sale at local fruit and vegetable stands, fruits, bread, jam and jellies all from locally grown or produced. A list of old fashion cleaners was given and a quiz for old kids. A paper on the subject of CO QIO, also known as vitamin Q was read... **Belan's** September's roll call was answered by telling everyone something different that they did over the summer months. They received new program books with which they filled out. An article was read about Downey Thompson who worked at Elmsdale Lumber Co for over 50 years. He never missed a day of work even while working 160 hour weeks. Three members of the branch worked as volunteers at the local flu clinic and they have agreed to work at the H1N1 clinic as well... **North River**, Lesa Light explained why a colonoscopy

may be done and how to deal with care after having one.

Respectfully submitted,
Goldie McDow
West Hants District Director

Southern Area

Arcadia - Dorothy Redfurn read chapter 3 of her first prize winning juvenile novel about the Halifax explosion. The prize was awarded by the NS Writers Federation... **Brazil Lake** made plans to have a new sign erected at the entrance of the village. They made plans for a bean supper and made donations to 4H and Hospital Hullabaloo. Joyce Gourdry presented a



The Brazil Lake Branch presented Helen Hurlburt, who has been a member for 60 years with a Life membership. On the left is Secretary/Treasurer Linda Crosby and President Betty Reeves is on the right.

membership... **Brooklyn and Area** had a program on Buy/eat local. The program was centered around buy/eat local and encouraging store owners to carry local produce. On September 4th, they ate local and will report what they ate at the next meeting. Each member read a poem expressing thanks for life in general and Carolyn Richardson shared some humorous readings. Flora MacDonald (who is 83) talked about her mission to Afghanistan and how everything she does including her yearly trips are at her expense. Her current project is providing solar panels so that people there can have power. The branch has voted to send \$100 towards her work. Made plans to entertain our twin in February on WI Day as well as have a Pour For the Cure

tea. Brooklyn and Area is also busy renting out Breast pumps. ... **Chelsea** had a program on embroidery on Paper. They presented 3 bursaries to local graduating students who are furthering their education. Members brought old pieces of jewelry and told stories about them. ... **Kempt members** listened to a report on convention. They had a table in the 30 mile yard sale. 'The Cremation of Sam McGee' was read by a member who spent many years in the Arctic. Several members exhibited at the Fair and served on committees also... **North Brookfield** made plans for the annual Turkey Supper. They heard a report on the convention in Truro. They considered ideas on a float for the Caledonia Exhibition. Plans were made for an annual turkey supper on October 24th. A cross was purchased for Remembrance Day... **Waterloo**, the fall Rally was discussed. Also an aptitude test on words with 'EA' in them and a quiz on numbers were done

Respectfully submitted,
Irene White
Yarmouth District Director

Western Area

Burlington and District was very busy with the Canada Day celebration. Marie Armstrong and Lynn Spicer hosted the Flower Show; Charlotte Dexter hosted the antiques and artifact's display; Cindy Usher and Sandra Hirtle set up a display board including samples of drain bag covers, chemo turbans and comfort pillows; Beth Lewis displayed her amazing photographs. Mary Daniels received the Community Spirit Award and Mary Hirtle raised the flag in the opening ceremonies. At the September meeting Kim Lipscomb and Eleanor Benjamin told about the FWIC Convention in Charlottetown and the WINS Convention in Truro. Noreen Dunham brought in twelve baby bonnets to be given to Valley Regional Hospital, Kentville... At the September meeting **Cambridge** learned how many places are named Cambridge, their size

and location in the world. Judy Parks won third prize in the Doll Competition at the WINS Convention... In September **Grand Pre** heard about FWIC Convention in Charlottetown and WINS Convention in Truro. Roll Call was answered with school memories. Information about H1N1 flu was given to the members. A Sikh wedding involves a lot of food prep, beautiful clothes and a very detailed ceremony. They are working on a heritage quilt and are planning on doing a Pour for the Cure... **Islands** members performed a highway cleanup, and made plans for Fall Rally... In September **Lakeville** visited the flower gardens of former member Evon Dukeshire in New Minas and then went to the Pub in Port Williams for supper. The branch is pleased that Brittany Snow whom they sponsored won the provincial WI Scholarship and is enrolled in the BSc Nursing program at Saint Xavier. In October Anne Hutten reviewed the History of the Apple Industry and read excerpts from her book Valley Gold. Anne von arragon Hutten gave a presentation about 30 varieties of apples - both old and new. For roll call, all attending brought an apple recipe to compile into a booklet for their members... **Medford's** September meeting was a brainstorming session of possible programs for the coming year. Roll call was answered by superstitions. Sgt. Darryl McCann presented a slide presentation of Afghanistan showing the day to day life a soldier in a war torn country, lack of amenities, terrain, poverty, crops of poppies and marijuana as well as how they were able to help the civilian population by the rebuilding of schools, supplied wells for water. **New Tusket** answered roll call in September with an exciting event that happened to members during the summer. Two members learned during a recent trip to the IWK that 5,000 blankets had been donated and given to patients during the past year. A local artist had each member painted an apple using various techniques. In October members brought items for Operation Christmas Child and packed

seventeen boxes. The branch is sponsoring a Christmas tree at the local Festival of Lights. It will be decorated with WI colors and items on the tree will represent projects the branch has been involved in. Minutes and roll call were read from the founding meeting 35 years ago. Members answered roll call with WI highlights through the years... **Port Williams**, Marilyn Rand demonstrated the art of needle felting. She and her husband raise sheep... In September **South Berwick** answered roll call with a summer happening. The six members who attended the WINS Convention told about the highlights. Program was about interior decorating presented by Betty Ann Balcolm whose granddaughter is a member and owner of three businesses - 'Indoor Garden', 'Flower Shop' and now does interior decorating... In September **Spa Springs**



Spa Springs WI celebrates 35th Anniversary on October 17

answered roll with one of the ten commandments for club women. Plans are being formalized to celebrate the 35th Anniversary on October 17th. A donation was made to Wilmot Baptist Church in memory of a member's father and to Heart and Stroke in memory of a former member. Members assisted with the Adopt a Highway Cleanup on September 26th... In September a member of **Weston** branch who works for Annapolis Valley Health Board told about some of the changes in the health system. The annual Christmas Tea and Sale will be held on November 5th. Bette Kelly told the branch of her guided tour of Turkey, Jordan and Egypt through pictures and story. The members were to bring a baby picture of themselves to display at the Fall Rally.

Respectfully submitted,
Julie Llewellyn

Eastern Area

Point Edward's project was to finish more comfort pillows for breast cancer patients. Plans were made for the Christmas tea and sale. Craft nights will start on Monday nights at 7pm. A motion was made to make quilts for Talbot House for addicts in January. They attended the Fall Rally which was held on October 24th. Information from Convention was relayed, talked about the resolution on lymphedema, the presentation of cancer study and link to diet and environment... **Homeville's** book sale was held at the Community Fair and was a success. The program was a speaker from the National Parks. There was a talk on the International Peace Garden in August and a donation was made to the gardens. Homeville was the host for the Fall Rally. In October, Wanda Earhart, staff member at The Every Women's Center in Sydney talked about the center and the services it provides to women who are dealing with personal and social issues. The center is non-profit. This Christmas, their Adopt-A-Family project will help over 500 families. Members of the branch brought personal care items to donate to the program... **Spanish Bay** Branch welcomed a new member – Helen Garland. The members continue to make kits of welcome for the Homeless Women and are sewing PJ's for these women. The members went to the Fall Rally... **Caribou** Paula MacLeod presented her jewellery line, which uses unique stones such as petrified fossils, beach glass, etc. They have erected road signs in two new locations. In October, Delia Pettit presented a program on homeopathy... **Springville Island** - Mr. Bill Skinner, manager Pharmacist of Lawton's Drug Store presented a program titled 'The Proper Use of Drugs, The Five Most Common Sickneses and the most Common Medications'. The five most common sicknesses are diabetes, thyroid, depression, high blood pressure, and

high cholesterol. The most important fact about medication is consistency and that we must take responsibly for ourselves. A recommended website is medlineplus.gov/... **Bridgeville** Branch had a florist demonstrate assembling a fall arrangement, they gathered numerous items for the Red Cross Kit to be passed in at our Fall Rally, and made plans for gathering items in support of this year's tea at Riverside Residential facility at the November meeting and items for Operation Christmas Child Shoe-box campaign to be brought to the November meeting as well... **Foxbrook** Global warming was discussed as well as ways to try to reduce greenhouse gases. They presented a 'Dessert Extravaganza' and invited women from the community to join them. History of the local school was presented from 1812 to present and prepared adult, youth and child comfort kits for the Red Cross... **Garden of Eden**, Letitia Quail presented a program about health as seen in the dental profession for 42 years and continues to upgrade her skills. \$216 was raised for the Terry Fox Foundation. In October, a few readings were read and four boxes were packed for the 'Samaritan Purse'... In October, **Lyon's Brook** members



Lyon's Brook celebrating their 80th Anniversary, Muriel Hines, Coni Murray, Ruth Blenkhorn with Patti Thomas, President of Lyon's Brook WI

celebrated their 80th anniversary at Crofter's. Their visitors for the evening were Muriel Hines, Pictou District President, Coni Murray, WINS President, and Ruth Blenkhorn, FWIC President. Jennie McInnes told the ladies about the history of Lyon's Brook WI... **Indian Harbour Lake & Jordanville** members discussed the Fall Rally. Barbara Furlong read highlights from the Annual Report of

the District. They are going to sell tickets on a quilt to raise money for their annual grad party... **MacPherson's Mills** members displayed aprons and told why their aprons were special to them as well as read a story or poem about aprons;



MacPherson's Mills Pour for the Cure. Joyce Roode made shawls (material with the breast cancer logo on it) and presented them to each of the ladies. Linda Fraser (center) is a WI member. The three ladies are all cancer survivors.

held a Pour for the Cure; donated \$1000 to the MacPherson's Mills Improvement Society; assisted judges and were hostesses at the Pictou Exhibition.

Respectfully submitted,
Barbara Herald
Cape Breton District Director



In Memoriam



Mae Fullerton – West Brook
Halfway River WI
Anne Drummond – South
Berwick WI



Coni Murray presented a certificate to Claire Harpell, one of the charter members of Port Bickerton. The Branch celebrated their 60th Anniversary in September.

Handcraft Competition 2010 Recycle Craft



Regulations: A handmade craft using recycled material. Maximum size is 36".

Judging: August 4th, 2010

Item must be delivered to the Handcraft Committee by 10 a.m. on August 4th, 2010, at the Handcraft desk, Annual General Meeting, Yarmouth.

WINS Holiday Hours:

The WINS office will be closed for the Holiday Season on December 22, 2009 at 4pm and will reopen January 4th, 2010 at 8 am



Did you know Walt Disney?

- Between 1931 and 1969, Walt Disney collected 35 Oscars.
- Donald Duck lives at 1313 Webfoot Walk, Duckburg, Calisota and his middle name is Fauntleroy.
- Mickey Mouse is known as 'Topolino' in Italy.

WINS Alumni at Port Williams



The annual meeting of the WINS Alumni took place in Port Williams, Kings County on September 18th, 2009. In the morning, 34 members were welcomed by the Port Williams WI and Kings East District to Marion Newcombe's beautiful home where refreshments were offered.

Following the social time, we motored to the Port Pub Restaurant for lunch. Following which the annual meeting was held. Barb Hinckley chaired the meeting. Dr. Ellen McLean read the minutes of the last meeting and gave the financial report.

During the business, it was agreed on a motion that the Alumni would replace the color printer in the office, since the present one is no longer usable. This will be paid for from the trust fund, retained by the group from donations, registrations and "sales" that took place in the past, by the alumni members.

The secretary read regrets from Meredith Layton, Isabel Archibald, Anna Mae Thompson, Rose Daucet, and Kit Cann. Winnie Forbes invited the member to meet in Tatamagouche for the 2010 gathering which was graciously accepted. Following the luncheon and meeting, a tour of the "higher lands" took us to the 'Look off' spot of the Fundy and the grandeur of the valleys below its well-groomed farms and buildings. We truly live in the most beautiful and serene part of Canada!

At the end of our tour, we were welcomed to the home of Susan Ueffing (a WI member) and her husband Joe. Susan's home is also in this 'high mountainous area' and is blessed with "such a sight of the valley" below every day. A tour of their gardens was a 'must see' with beautiful hibiscus, mums, exotic trees, ferns, and other flowers in full bloom. Here again we partook of a buffet of goodies, tea and coffee in her beautiful home with "Look offs" everywhere through the many large windows and patios.

A great day in one of the Nova Scotia's beautiful areas. Thank you Marion and Susan for sharing your home with us, as well as all the ladies who helped in any way. It was great to meet again, the former members of the WINS Board, with whom we became lasting friends while on the board. Anyone who has served on the WINS Board for one or more terms could be a member of the Alumni. The membership fee is \$3.00 per year. If you are unable to attend these annual gatherings, we would like to hear from you by letter, or by a friend. We look forward to seeing the "regulars" and the new ones who have yet to attend in Tatamagouche in 2010.

Respectfully submitted,
Jennie McInnes
Alumni Reporter

Alumni Members



Alumni gathering at Look off, Kings County.
Back Row: Ellen Simpson, Kathleen Whynott-Henley, Julia Lewellyn, Adeline Blatt, Betty Hogan, Thelma Bent.
Front row: Lois Barrett

Burlington WI Members



Congratulations to Mary Daniels on receiving the Community Spirit Award from the Burlington Community Club for her many years of dedication to charity work and volunteering in the community.

We were very proud to see Mary Hirtle as our flag raiser. Mary was flanked by a member of the RCMP in his red serge; along with a member of the military from base Aldershot. Two very amazing Marys!



2011 Area Canada Conference

This conference will be held in Nova Scotia. The planning committee are looking for ideas for the theme of this conference. If you have any ideas for the theme, let the office know as soon as possible.



**2010 – Fundraiser
A Handmade Quilt and a Knitted Afghan**

The secretaries will receive books of tickets soon. 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 prizes will take place on August 5th, 2010.



Installation of Hants Central District Officers – Oct 15, 2009. (L-R: Joann Cory, Louise Sloan, Ruth Donaldson, Coni Murray)

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
Grandmother's Quilt Patterns Book	20.00
Stick-on WINS crests 24 per sheet	.10 sheet
WINS pen	3.00
WINS Apron	15.00
WINS / West Virginia CEOS Cookbook	5.00
God Be With You – Music CD	15.00



From the left to right: Stead-Coyle, CEO of the Regional Hospital Foundation, and institute members Ruth Arsenault, Shirley Lewis, Sue MacInnis, Cindy Rudderham, and Barbara Herald.

Point Edward Women's Institute

Point Edward Women's Institute presented this quilt to the Cape Breton Hospital Foundation. The queen-sized handmade quilt will be raffled off as a fundraiser in support of the Cancer Centre expansion project at the Regional Hospital and was greatly appreciated by the members of the foundation. The Point Edward group have made numerous quilts over the last few years donating them to the Salvation Army and to Talbot House. We have also made more than 200 Comfort Pillows that are distributed through the Pre-Admissions Dept. at the Regional Hospital to ladies who are undergoing breast surgery.