



HOME and COUNTRY

W.I.N.S.

Winter

Women's Institutes of Nova Scotia

2010

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, 2011

Call for Resolutions

Deadline for submissions
January 31, 2011

WI Day in Nova Scotia

February 19, 2011

WI Week in Nova Scotia

February 13-19, 2011

Board Meeting

March 22 & 23, 2011

ACWW Day

April 29, 2011

ACWW Area Canada Mt. Saint Vincent, Halifax

July 8-10, 2011

From Coni's Desk

Hello fellow WI members.

As we all get back into our regular routines of monthly meetings, fall rallies and planning Christmas meetings the time is flying by. It is hard to believe that we are over summer, fall is almost gone and winter is looming.

I have had the opportunity to attend a few rallies this fall and as usual, I am very impressed with all that you and your branches are involved in. The projects are varied and the new ideas keep coming forward. Without these projects many other agencies throughout the province and, yes, even further abroad globally would be hard pressed to attain their goals.

The AGM in Yarmouth was well attended. Thank you and congratulations to Yarmouth District planning committee and members who made it a success. There are always favorable comments on AGM's which are held away from Truro. We look forward to visiting with Hants Central District on August 3rd and 4th, 2011 for our next AGM. Convention 2012 will be held in Truro – dates and place have not been finalized at this time.

Also now is the time to plan to attend the Associated Country Women of the World Area Canada Conference being held at Mount Saint Vincent University in Bedford. The dates are July 8th, 9th & 10th, 2011. The planning committee has asked all branches and districts to donate items to help make this conference a success. Plans are also being made to attend the Nova Scotia International Tattoo on the evening of the 7th. May Kidd, World President from Scotland will be in attendance as well as Margaret Yetman our Area Canada President. More details will be out soon along with registration forms.

Planning has begun for our Centennial in 2013. If you have any ideas please forward them to the office. It has been recommended that for our Centennial we award two (2) \$1000.00 Scholarships.

I commend all members on their continued support for the many projects and financial support of WINS. Without your support we could not continue such things as the Scholarship and absorbing the cost for directors to attend Board Meetings.

We are sorry to announce that Lori Talbot, our Adopt-A-Highway Coordinator, has left us. Loris' last day was October 26th. She started a new job at a lab in Bedford which is what her university degree is for. We wish Lori all the best in her new position.

I wish you and your families the peace and joy of the upcoming holiday season and a safe, happy and prosperous 2011.



Yours in WI
Coni Murray,
President W.I.N.S



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



On September 27, two delegates from South Korea enjoyed a day of presentations about various topics that included water quality, agriculture awareness, business development and organic agriculture. Women's Institutes of Nova Scotia and Adopt-A-Highway also presented to the delegation.

Dr. Hal Ju and his wife, Kelly Ju, organized and coordinated a trip for Jeong-Hwa Park and Bo-Gyun Kim, both employees of the Korean Government in the Rural Development Administration Department (RDA). Both Jeong and Bo work on various objectives that include furthering rural-urban connections, elderly activities and care and agriculture development among other things. The goal of their trip is to research ideas that could be implemented or altered to use in South Korea.

On the morning of September 27th, the Korean delegates met with the planning committee of the Back to Basics Pilot Project which included Carol Crawford, Louise Sloane, Joann Cory, Ruth Donaldson, Valorie Oickle, Coni Murray and Lindsay Murray. At the meeting, everyone enjoyed a cooking display of some traditional Korean cuisine. A few blueberry desserts were also prepared to highlight local produce as well as traditional Nova Scotian foods. Minister of Agriculture John MacDonnell and his Executive Assistant, Laurence Nason joined us at the meeting and sampled the Korean dishes as well as enjoyed a discussion concerning the differences and similarities between Korean and Canadian agriculture.

In the afternoon, Lori Talbot, Coni Murray and Lindsay Murray met with the delegates for an information session to talk about WINS and Adopt-A-Highway. Lori and Lindsay presented slideshows to highlight key topics about the organizations. Lori presented the ladies with Adopt-A-Highway t-shirts and reusable shopping bags and they were also given a WINS apron, pin and pen. The Korean delegates presented us with traditional Korean silk soap and key rings along with a few informational booklets about RDA, food and tradition.

Upon their return, Bo and Jeong will compile a report about what they have learned while in Nova Scotia to submit to their supervisors. Bo and Jeong will continue their stay here with a trip to Prince Edward Island as well as tours of farmers markets and a visit to the Demark Pork Shop and Jost Winery.

Everyone seemed to benefit greatly from the information sessions throughout the day and we are more than happy to have had the opportunity to share a little bit of Nova Scotia with Jeong Bo.

Eastern Area

The **Homeville** Branch had a program presented by Jean MacQueen on L'Arche. It was founded in Cape Breton in 1983 for people with developmental disabilities. It believes that the rights of each person include the right to life, to care, to a home, an education, to work and to love and be loved. There are 6 houses in Cape Breton. They also had a program on smart solutions and another on the benefits of the afternoon nap. October they talked about Halloween – its history and the evolution to the modern celebration it has become...**Point Edward** had a Strawberry Tea in July to help support their hall. They completed two hundred thirty comfort pillows for the Cape Breton Regional Hospital, and are in the process of making quilts for Talbot House



Point Edward WI members with the donation of quilt to the Talbot House.

Back row: Cindy Rudderham, Sue MacInnis, Edna MacVicar, Ruth Grant, Diane Hynes, Freda MacAskill. Front row: Barb Herald, Mr. Musgrave, Shirley Lewis, Shirley Wells

Spanish Bay arranged for the three Cape Breton Branches to visit the Hers Project in Sydney for a lovely lunch and a tour of the gift shop and work shop. They are working on their kits for this project that were shown at the convention in Yarmouth...**Garden of Eden** had a program in September on Brenda Fraser's trip to the Yukon, British Columbia and Alberta. They raised \$225 for Terry Fox donations. October, they talked about blood tests with Ann Munro, a retired lab technician. Ann also told the group about what to do before getting to the clinic and what the tests are looking for...**Port Bickerton** is planning a Halloween party and inviting their twin branch, MacPherson's Mills and they enjoyed a potluck supper with their twin branch Sherbrooke. They

Dropping in on the Branches

gave them a tour of the local food bank, had an international student describe her homeland and gave a potted plant to their twin branch members and they made plans to invite their twin branch to a Halloween party and planned a senior Christmas party...**Springville-Island** had a program on Household Hints, the side effects of MSG in our food and tips for using your green cart. October, they had a presentation by Joan Stackhouse about the Welcome Wagon program...**Caribou** discussed their schedule for the upcoming year. They revealed Secret Sisters and exchanged gifts. They enjoyed a session learning how to make embroidered cards in October...**Middle River Gairloch** learned about history of the town of Westville, assembled Red Cross Comfort kits and rolled pennies for a donation to Pennies for Friendship...**Churchville** learned about a game to help Autistic kids eat at mealtimes and to help kids make healthy eating choices.. **Abercrombie** are preparing to print a new cookbook with recipes from Abercrombie cooks. They also plan to pack treat boxes for senior shut-ins at the December meeting...**Lyon's Brook** had Katie Gunn speak about her recent trip to Guatemala, she was working with the Orphan Resources International... **Sherbrooke** talked about the Holy Land and some of the more well known places there. **Bridgeville** prepared for the Fall Rally and learned about general health with a multiple guess quiz with the right answers being discussed at the end, and made plans to participate in the Terry Fox Run as well as planned a friendly competition for Fall Rally in September...**Foxbrook** had a presentation from Danny Munro who is an artist that talked about different mediums and theory of colour. In October, they finalized plans to go to Fall Rally and enjoyed a showing of one member's quilts she is making for her grandchildren.

Respectfully submitted,
Barbara Herald
Cape Breton District Director

Southern Area

Arcadia – planned programs for the year, and also made plans for a 95th anniversary tea, to be held in October. A yard sale was held to raise money for the hospital hullabaloo...**Brazil Lake** -had a program on Loss and Grief. Members shared their stories of losing loved ones, and talked about their healing processes. They learned about Thanksgiving and completed some painting and improvements to their hall in October...**Brooklyn and Area** -planned the year's activities and heard a reading about WI in Ontario. Members contributed to the hospital Hullabaloo with a bake table...**Kempt** – Members were asked to recall any hurricanes they had experienced. A health quiz followed a discussion of a book by Dr. Oz. They entertained their twin group, Chelsea, at the hall. They also participated in the 30 mile yard sale, and dined out following the annual meeting, and made contributions to the ALS society, Safe Grad, and 4-H. They learned about weather facts and how to tell what the weather may be from cloud formations. The branch helped at the Queens County Fair and participated in a parade...**North Brookfield** –



North Brookfield WI went to Alysford, NS to pick the apples off our tree we adopted. In the picture, Myrna Crouse, Elsie Fancey, Candy Crouse, Mary Frail. Not in the picture: Marilyn Woodworth, Sharon Crooker and Queena Waterman.

Roll call was "How are you coping with the heat wave?" A float was entered in the Caledonia exhibition to celebrate the branch's 95th anniversary. Plans were made to meet with our twin group, and a member's birthday was celebrated. They won 1st place in parade of the Caledonia Exhibition. They planned an Annual Turkey Supper for October and a cross presentation for Remembrance Day

ceremonies, a float for the Santa Claus parade and worked on Preemie hats to be donated to the IWK... **Parkdale Maplewood** – Roll call was answered with safety tips for seniors. A program followed on Safety for seniors, and tips for overcoming memory loss.

Respectfully submitted,
Sharman Fells
Yarmouth Director

Western Area

The **Islands** walked in their local parade during Freeport Days carrying signs promoting various Institute projects such as Adopt a Highway, Community Swap, Buy Local, Quilts for the Homeless, etc. They dressed for the part as well wearing an orange vest and carrying a garbage bag, overalls, and carrying a basket of free produce wrapped in a quilt... **Grand Pre** celebrated their 97th anniversary with a cake and tea and a fund-raiser at their community hall. They also had a display of WI information. They heard about a family wedding where a member's daughter got married in the same church as her mother, an Alaskan cruise a member went on, celebrated a 99th anniversary, and held a Pour for the Cure tea and raised \$205 for the cause... **Weston** donated \$100 to the Apple Dome...

Cambridge's Past President Judy Parks presented 3 life memberships to Ruth Keith, Brenda Connors, and Betty Quartermain, and they also wished happy 90th birthday to Ruth Keith.



Cambridge's 90th

They celebrated their 90th year by presenting life memberships to three gals.
.left to right.. Brenda Connors, Betty Quartermain and Ruth Keith (also celebrating her 90th birthday)

Burlington and District had a

program in October of holistic medicine for both human and animal by Amanda Dainow, a Clinical Herbalist. They also donated to the Valley Regional Hospital 89 summer cancer turbans, 87 drain bag holders, and dozens of care kits and baby hats... **South Berwick** hosted a Gala Days Princess Tea for Lauren Page in August. In September Sonja Walsh demonstrated her jewellery making and in October our guest speaker was Krista Laing from the VON...



Sonya Walsh, 10 year old granddaughter of, Mary Walsh, gave a talk of her jewellery. She is to be commended for her entrepreneurship

Spa Springs enjoyed a presentation from a new member about Colorado, USA, where she used to live and her family.

Respectfully submitted
Clarice Pottie
West Kings District Director

Central Area

Martock and Windsor Forks celebrated their 97th anniversary at the Gladys Manning Retirement Home... **North River** had a presentation by Sylvia MacKenzie about identity theft, how it is perpetuated and what you can do to avoid becoming a victim... **Enfield** heard a presentation about Elmsdale Lumber Company history from its beginning to the present day.

Respectfully submitted,
Lindsay Murray



Congratulations

Sheila Richards is our new Public Relations Officer.

Reach for the STARS

Membership Challenge

2010-2011

Once again, Women's Institute branches across Nova Scotia will be adding new 'STARS' to their membership list during the 2010-2011 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

Burlington and District – Lori Ann Swindell

Delhaven and District – Mary Gammon

Islands – Christina Prime

MacPherson's Mills – Sandra J Flemming

Springville – Island - Rose Gilles

Five Stars

Sherbrooke – Edith Anderson, Bev Cameron, Kay Cruickshank, Rose Lang, Melissa Frankland

WINS Holiday Hours:

The WINS office will be closed for the Holiday Season from December 22, 2010 at noon and will reopen January 4th, 2011 at 8 am



Office Update

Lori Talbot, the Adopt-A-Highway coordinator, is no longer with us.

We wish her the best in her new job.



FWIC's Project for the Triennium 2009 - 2012: "Hard Facts About Women's Heart Health"



The **purpose** of the Project is to educate women that heart disease is their **#1 health threat**, as most women fail to make the connection between its risk factors and their personal risk of developing Heart Disease.

We encourage Branches to use the information included or by using the **The Heart Truth's Community Action Kit** available on-line at www.hearttruth.ca. The Community Action Kit contains video documentaries, a PowerPoint presentation with speaking notes, and a sample media alert and sample newsletter article. The Heart and Stroke Foundation also has free information, brochures and booklets available at their local offices.



The **Red Dress** is the symbol of the Heart and Stroke Foundation's **The Heart Truth** campaign which aims to raise awareness that heart disease and stroke are the leading cause of death for Canadian women. The first Friday in February is **National Wear Red Day** and we encourage all WI members to follow this tradition. Perhaps we can look upon it as a prelude to our **WI Week** activities!



To achieve healthy living, we are issuing a Challenge to all WI members to get active! We urge you to start walking! Our theme for the Triennium is **Coast to Coast: WI Alive and Well**. We are challenging you to "Walk across Canada with us" to ensure that our members remain Alive and Well!



Beginning January 1st, 2011 - December 31st, 2011, we ask that you undertake a "**Heart and Sole**" Walking Program. Put on your walking shoes, **purchase a pedometer from your WI Provincial Office that we have as a fundraiser at the low cost of \$5.00**. Record your steps or kilometers walked, record your activity with pictures and send your progress to your Provincial Executive Officer, who will record the results and forward on to the FWIC Office.



In addition to your pedometer, we suggest you leave your purse hanging up at home on another fundraising item - **a bag hanger**, also available at a \$5.00 cost.

Please join us in this healthy living activity and have your friends and family join you as we strive to educate WI members and the general public on having a healthy heart and body.

We would like to remind Branches to:

- Keep the Media informed - a Media person could be in attendance as a Guest Celebrity.
- A Heart and Stroke survivor could be asked to tell her story.
- Branches could have a Red Dress Fashion Show or organize a luncheon or an afternoon tea with **red** tea, heart-shaped cookies and sandwiches. Everyone in attendance could wear red and display a heart somewhere on their person.
- Perhaps you could start the presentation with a quiz.
- Be sure to present **The Heart Truth** information at **All** sessions!
- But most of all - Have fun with the project and keep your Provincial Office or Executive Officer informed of your activities!

Seasons Greetings



Celebrate WI Week 2011



Each year, the week surrounding February 19th is proclaimed Women's Institute Week. This day in February is very special to the organization as it was on this date in 1897 that the very first WI Branch in Canada was organized.

During the WI week, February 13th – 19th, why not place a white light in your window the evening of February 19th or place blue and yellow ribbons on front doors, on mail boxes, etc., to show your support for WI. Wear your WI membership pin during the week and see how many people ask you what it represents.



A Call for Resolutions



The dateline for submissions of Resolutions is

January 31, 2011



February is Scholarship Month



Enclosed with this issue of Home and County, your secretary has received a copy of the **2011 WINS Family Scholarship Form**. Please feel free to photocopy if more copies are needed. The deadline date for applications is **April 13th, 2011**. If your branch is asked to write a letter of reference for a student please ensure that the letter is informative and that it includes all the required information as stated on the form.

District Directors

Available to Attend Branch Meetings

Has your Branch invited your District Director to a meeting in the past year? The District Director plays a very important role in your District and reports regularly to the provincial board on the activities of the Branches in her District. She also brings the questions, concerns and success stories to the Board on behalf of all Branches in your District. As part of her duties as a Director, she is asked to visit with all Branches in her District annually. If your Director must travel a fair distance to your Branch, it may be helpful to offer assistance with fuel costs. District Directors have so much to offer Branches. They are your representatives and fellow District members. Why not invite your District Director to an upcoming Branch meeting?

In Memoriam

Mildred Illsley ~ Lakeville
Mable Luddington – Bridgeville



Retention and Recruitment team

They will be travelling to some areas of the province. There has been interest in two areas of the province and if at any time your district would like for us to visit and do a presentation please don't hesitate to notify the Women's Institute's Office.



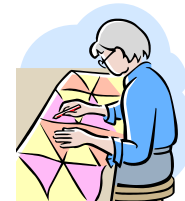
The Board of Directors is wishing you a Christmas with lots of joy and good health with family and friends.

Happy New Year Everyone





Handcraft Competition 2011 Quilt from Grandmother's Quilt Book



Regulations: The Pattern used for the quilt must be from the Grandmothers Quilt Patterns – Book 1. It must be hand quilted. No machine quilting will be accepted.

Categories: The classes are broken down into the following sizes:

- Crib – 36" x 45"
- Single – 50" x 70"
- Double – 70" x 90"
- Queen/King -102" x 120"

Quilts may be entered by groups or individuals. They will be judged in separate classes.

Judging: August 4th, 2011

The quilt will be judged on the following criteria:

- Workmanship - 45%
- Design - 25%
- Colour - 15%
- Appearance - 15%



One overall winner will be chosen by the judges. The overall winner will receive a plaque.

Certificates will be presented to 1st 2nd and 3rd places in each size class.

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

A form will be provided to all entries. The form must include the pattern name and page number from Grandmothers Quilt Pattern Book as well as any other information necessary.



Annual General Meeting (AGM) 2011



Theme: Empowering Women for the Future

Place: Elmsdale School, East Hants

When: August 3rd and 4th, 2011

Registration Dateline: June 30th, 2011



2011 Area Canada Conference

This conference will be held at the Mount St. Vincent University on July 8th, 9th, and the 10th, 2011.

Each branch is to donate an item for a door prize at the value of \$15 - \$20.

West Pugwash Life Memberships



Beryl Allen



Kathleen Woodlock

These two ladies received life memberships from the West Pugwash Women's Institute. Congratulations.



2011 – Fundraiser A painting of the Nuttby House

The secretaries will receive 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 this painting will take place on August 4th, 2011.

Supplies

T-shirt with crest	10.00
Golf style shirt - navy	15.00
Embroidered sew-on crest	2.00
Membership pin (WINS crest)	16.00
Life Membership pin and certificate	30.00
Ceramic Mug –WINS crest and motto "For Home and Country"	6.50
Pewter Ornament (WINS office building)	10.00
Cooking Collections Cookbook by FWIC	12.00
WINS History - 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 pen	3.00
WINS Apron	15.00
WINS / West Virginia CEOS Cookbook	5.00
God Be With You – Music CD	8.00

Elva Pynch's 90th Birthday Cambridge Women's Institute



Our celebration cake the WINS badge is wrapped in saran wrap to keep it clean and the ribbons represented the three members receiving their life memberships

This is our dear president Elva Pynch... in her 90's with our celebration cake

