



HOME and COUNTRY



Winter 2012

Vision Statement
'Learning, sharing and improving the quality of life for all.'

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Upcoming Dates and Events

WI Week
February 17—23, 2012
WI Day
February 19, 2013

WINS Board of Directors Meeting
March 22 & 23, 2013—Truro, NS

Call for Resolutions Deadline
March 31, 2013

ACWW Day
April 29, 2013

WINS AGM
July 16—18, 2013
Summer Street Industries
New Glasgow

Hi Ladies,

As the autumn leaves are falling, it is a sign of cooler temperatures and winter is now approaching. I hope everyone had an informative and fun-filled Fall Rally.

At Convention it was mentioned that the office would be moving to the Perennia Building (Agri-tech Administrative Building) off Pictou Road. The Department of Agriculture is covering the cost of our move on November 26th. The contact information will all change but all mail sent to the old address will be forwarded to the new address for a period of one year. All branches will receive the new information once it is all in place. Thanks for your patience!

Now that we have received some funding for Back to Basics, I encourage each district to promote a workshop around the needs of their areas. Your District Director would be able to assist you with this endeavour.

We are all getting excited about the 100th Anniversary celebrations at AGM 2013. I am looking forward to seeing many of you there. At this time I would like to extend congratulations to Port Williams W.I, Grand Pre W.I and Martock-Windsor Forks W.I on their 100th Anniversary. Don't forget, if you are having a special celebration for these events I would love to hear about them and hopefully be able to attend.

Finally, I would like to thank the members for their e-mails, phone calls, cards and prayers over the last few weeks. Your kindness and thoughtfulness touches my heart. I will always remember your love and support.

Seasons Greetings to you all,
Linda Munro
President

Board of Directors:

President: Linda Munro, 25 Blackie Rd., RR 2 Pictou, NS B0K 1H0, 485-8391

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

President-Elect: Sheila Richards, PO Box 963 Truro, NS B2N 5G7 895-7172

District Directors:

Annapolis: Myra Tarkka, 1591 Rte 362, RR2 Middleton, NS, B0S 1P0, 825-0056

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: Roberta Journeay, 8 Weymouth Falls Rd., Weymouth, NS, B0W 3T0, 837-5623

Guysborough: Mary Anne Kaizer, Site 12, Comp 12, New Glasgow, NS, B2H 5C7, 246-2092

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

Hants West: Shelley Lake, 724 Belmont Rd. RR2 Hants Co., NS, B0N 2A0, 757-3843

Kings East: Jacqueline Melvin, 415 North Medford, Rd. RR 2 Canning, NS B0P 1H0

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

Lunenburg:

Pictou: Eleanor Lilley, 79 Pleasant Dr. RR 2 Pictou, NS, B0K 1H0. 485-9284

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

Shelburne: Jacky Fowers, 53 Freeman Mills Rd., RR1 Sable River, NS, B0T 1V0 656-2714

Yarmouth: Sharman Fells, PO Box 106, 30 Dunham's Landing Rd., Arcadia, NS B0W 1B0,

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



FWIC Update

The Executive Committee of Federated Women's Institutes of Canada met in Ottawa November 9th and 10th, 2012. At this meeting the theme for the next triennium was chosen and it is "Women's Institutes – Planting Seeds of Change".

The project was also chosen and it is "Growing a Healthier You" or something similar. Both the theme and project have a wide scope which is adaptable to all regions of Canada. Here in Nova Scotia our Back to Basics project is a nice fit.

John Barrett from Vesey's Seeds in York, Prince Edward Island was on hand to give us details on their Fund Raising program and the possibility of partnering with FWIC. It was decided that FWIC would explore this avenue with Vesey's. This is an excellent and easy way to increase your coffers and if desired make donations to WINS and/or FWIC.

More information will be coming out in the near future on these items. If you would like more information please do not hesitate to contact me or the office.

Respectively submitted,

Coni Murray

Executive Officer for Nova Scotia



FWIC Executive officers in front of Rideau Hall, Ottawa. Coni Murray attended the meeting and enjoyed a tour before the meetings began.

Definition of District Director Fund

You are asked to contribute, as a branch, \$20 per annum to the District Directors Fund. It would seem that many members are unclear what that money is used for. It is used to defray the cost for your District Director to travel to Truro twice a year, Oct/Mar and AGM in July or Aug, accommodation and meals.

As a member, you elect your District Director, is it too much to pay \$20 per branch to defray the costs of those duties she has committed to on your behalf, attending Board meetings, her visits to your branch, her reports, being your link to the Board and answering any questions you may have?

Without input by the members, the Board does not know your thoughts, without input by the District Directors members do not know what is going on at the upper level. Step up to the plate and help to pay for your Director.

This past fiscal year only 50 % of the branches paid their \$20, you and the office know who you are!

Recruitment and Retention Team

The Recruitment and Retention (R & R) team consists of the President (Linda Munro), Past President (Coni Murray), President Elect and Public Relations Officer (Sheila Richards). Since August the team now has three members as one is 'double dipping' - me.

There were three requests for a presentation by the team in the past two months, unfortunately Linda was unable to be present for any of them due to ill health.

The first was at Upper Nine Mile River for Hants Central in September. The second one was in Queens County at Kempt during their District Rally, and the third one at Guysborough District Rally, both in October. All of these meetings were well attended refreshing the memory of members present and maybe some learned something about WINS that they did not know.

We look forward to coming to your area with a presentation soon and bringing Linda with us.

Sheila Richards

Public Relations Officer



Queens District Fall Rally



Guysborough District Rally



Hants Central Fall Rally Carol Crawford (left) and Joanne Cory (right) providing entertainment.

Dropping In on the Branches Reports

Central Area

Belnan held their annual baby shower for the IWK in October. The WINS Self Sustainability survey was addressed. They continue to collect for a local charity. **Enfield** had a program on September on rocks, pebbles and sand – important in life. Rocks were the important stuff, pebbles were the lesser stuff and sand is the small stuff in life. A word solver game on ‘summer vacation’ was played and enjoyed by all. A tea and tarts social, held at Jen Appleby’s helped the **Hants Shore** branch get ready for their next WI year. A generous donation was made to the hall where they hold their meetings. During the summer, other fundraisers helped to send a local child to summer camp. Upcoming programs and the new provincial handcraft competition were discussed. Kathy Aldous presented a program on active living, addressing the physical inactivity epidemic at the municipal level. A roll call idea was your favourite physical activity. With a donation of 20 metres of material, **Hardwoodlands Junettes** will be busy working on cancer turbans this fall. The comfort pillows for heart surgery patients were finished and Roll Call ideas were items for the District, touch and take bags and supplies for Phoenix House. **Martock Windsor Forks** held a very successful strawberry tea in July, a great fundraiser. Plans for their anniversary cookbook are well underway. Everyone enjoyed a program on Mary Stewart and interesting life and the famous Collect. In September, the branch entered a quilt in the Hants County Exhibition. They won third prize and winnings were given to ‘Quilts for the Homeless’ project. Rebecca Wightman, a physiotherapist, was a great speaker on October. She is a local girl who has

just finished volunteering for 6 weeks in India, in a home for disabled people of all ages. Roll call ideas were what do you like best about autumn or Thanksgiving. **North River** welcomed President Linda Munro to their September meeting. The program was given by Sylvia Mitchell. She spoke about her ‘One on One’ assistance service for seniors needing transportation to and from appointments, etc. in N.S., N.B., and P.E.I. catering to their comfort and peace of mind. **Upper Nine Mile River Homemakers** held a Recruitment and Retention workshop in September. Learning how WINS is a great form for Women to learn about their own locality as well as National and International problems and solutions. Business highlights included ideas for fundraising to support the provincial office, future plans are bring a friend to a meeting, quilting and roll call ideas. In September, **West Brook Halfway River** held an auction as a fundraiser and plans were made for the fall District meeting. Roll call idea was tips to help with everyday household chores.

Respectfully submitted,

Shelley Lake

Southern Area

In September **Arcadia** enjoyed a pot luck supper at one member's cottage, and planned the year's programs. Roll call was answered with suggestions for programs. It was agreed to collect personal care items for clients of the SHYFT house for homeless youth. October's meeting was held in the common room of the local senior's residence. Roll call was answered with a household hint. A demonstration on how to make laundry detergent was done by Marion White. Each member

received a gallon jug of the finished detergent. It was decided to buy a wreath for the local school Remembrance Day service. Much discussion was had regarding the WI survey. **Brazil Lake** had no program in Sept, but completed their WINS survey. They have just had one side of the hall roof shingled. Sadly, they have lost two members. In October, Sue Fuller presented a program on harvesting cranberries in New England. The bogs were first started in 1816 and there are 14,000 acres of bog. Cranberries have health benefits, being helpful in preventing urinary tract infections. **Kempt** had a long business meeting, but found time to learn a few Nova Scotia historical facts, and an update of present day NS statistics. Also read about some ideas for improving our “grey matter” as we age and also some ideas on things to use and do to help keep us young. Plans were made for the penny auction in October, and also preparations for hosting the fall rally. A cross has been ordered for Remembrance Day. One member will start the history. The survey was completed. Plans are being made to enter the Santa parade and a fruit basket was sent to a person who had been in hospital. In September **Lunenburg** had a program on National Sea Products, and how the president made his dream of having a successful business into a reality that provides employment for so many Lunenburg County residents. In October they told ghost stories, and members reminisced about Halloweens from their youth. **North Brookfield** entered a float in the Caledonia Ex. 7 members enjoyed a summer outing to the Historic Gardens in Annapolis Royal, and had lunch at a seafood restaurant. They made plans for their annual turkey supper to be held in October. In Octo-

ber, planning continued for the turkey supper. Five members went to Aylesford to pick apples and have lunch. Their float in the Caledonia Ex took first prize. Roll call was answered by members telling of something they had done during the summer that was exciting and /or interesting.

Respectfully submitted,
Sharman Fells

Western Area

In September **Medford** presented a skit "Remember When" by Virginia Parker and Katherine Palmeter. Medford is doing a membership book with a picture and autobiography of all its members. In October they were Composing Guidelines for Medford – Old Eaton Cemetery and their role as caretakers. For September **New Tusket** had a program on health and wellness presented by Joan Outhouse, Esther Banks Lewis and Sarah Sullivan. In October their members read verses and poems for Thanksgiving and they had a food sale of jam, jelly, pickles and other food. In September **Spa Springs** planned meeting dates for the year. In October Joann Cory and Bernice McLean presented a skit "How to get Women to Meetings" from the Area Director's Branch Program. Each week they get together to work on crafts for their annual Christmas craft and coffee party. The proceeds go towards a bursary (\$700) and provide maintenance of Parker Hall where they meet. They also donate to VON, food bank, Chrysalis House, etc. They are also selling tickets on a hand crocheted tablecloth with proceeds to Parker House Renovation Fund. **South Berwick's** September guest speaker was a young fellow John Forsyth who spoke on Chaga, a mushroom fungus. John made tea with it and we enjoyed trying it. We donated \$50.00 to 4-H Kings County this summer. In October we had guest speaker John Rainforth from the Apple Capital Museum in

Berwick. We gave him a donation of \$25.00 for the museum. **Paradise** saw a program presented by Phyllis Nixon on Municipal Government in September. They made plans for district a outing and village community spirit award. Each member reminisced about the year they joined Paradise W.I. from 1950-2007. In September **Cambridge** has 2 members of their branch who have pen pals in Scotland and Ireland. They visited with them and found how interesting it was and how they raise money. In September **Port Williams** presented a program on Convention Reports. Myrtle Merrett and Marg Barkhouse did the skit they performed at Provincial convention. **Lockhartville** in September had a program on upcoming events on Glenda Braham and Heather Davidson. They are planning 100th anniversary of WINS of Nova Scotia by having a 3 day event at Kings Courthouse Museum in Kentville. For October **Burlington** are making scarves for the Boy Scouts and also making plans for their Christmas get-together.

Respectfully submitted,
Clarice Pottie

Eastern Area

In September **Bridgeville** made plans for door decorations for the fall rally and a meeting with their Twin Branch to attend a Christmas Tea at Sherbrooke Village in November. They will help the Salvation Army this coming holiday season. In October Cheryl and Evelyn gave a program on the impact of E-coli bacteria on Canadians. **Port Bickerton** twinned with Fox Brook and held their regular meeting. In September **Sherbrooke** made plans for organizing for the upcoming year. They donated \$50.00 towards helping build a school in Kenya. One member passed away and another is very ill. October brought Thursday night dinners at a senior complex where 3 hot dishes are brought to the seniors. **Point Edward**

had a new roof put on their hall this summer. Plans for the Christmas Tea & Sale in November were made and plans to attend the Fall Rally in Port Morien. **Fox Brook** welcomed Mary Smith, a member, to speak about being treated for cardiovascular symptoms by a new effective non-invasive approach to healthcare. **Garden of Eden** had a program on harvesting and answered a survey. Roll call was answered by what they did on summer break. **Churchville's** program focused on Citizenship and information was given on the language rules for citizenship. **Springville Island East River** had their annual fund raiser - a 'bring and buy' - baked goods and preserves. In October their program was on aquaculture in N.S. and touched on changes around the world. **Caribou** had a program on the history and current facts on Municipal Government and picked their secret sister. In October Bill McTagke a local author of ghostly tales told some of his favorites. Their 2nd annual spaghetti supper was held on October 27, 2012 with a fall theme. **MacPherson's Mills** had two quests/future members. Plans were made for the fall rally and the monthly book awards at Thorburn School. Books are given to 3 students each month for respect, improvement and participation. The Home Ec. convener reported on the breakfast programs in the schools and Health and Welfare reported on the amount of sodium in our diet. **Port Hilford's** May program was Mother's Day and a poem was read. Sharon Reid displayed a quilt, top completed, the log-cabin pattern. In Sept. Alice Hewitt told about a visit to Iceland and the log-cabin quilt was completed. **Spanish Bay** finished a nine patch quilt for sale by tickets. Proceeds will go to buy materials to make various projects for the hospital. Plans were made for a book sale.

Respectfully Submitted,
Barbara Herald

Are you a WI member looking for an affordable option to promote your business?

The Home and Country Newsletter might just be your answer!

We will be offering 4 business card sized ad spaces per issue of the Home and Country in exchange for a minimum \$10 donation per each ad space to our postage fund. If you are interested, please contact the Provincial Office.

**100th Anniversary President's Challenge
Winning Design**

Congratulations to Winnie Peach from Homeville WI. She designed the winning entry in the President's Pin Design Challenge. There have been some slight modifications made to ensure details are not lost in pin production. Every member in the 2012-2013 year will receive one complimentary pin as a thank you for all your efforts and support!



A correction to 100th Anniversary Book-let branch photo and information request is noted as follows:

**Please address all items for this book to:
Rose Gillis
750 Millstream Road
RR 1 Eureka, NS
B0K 1B0**

Reach for the Stars



One Star

- Sherbrooke—Donna Golden
- Caribou—Helen Gould
- Hants Shore—Ritva Rahola
- Parkdale Maplewood—Glenys Foster
- New Tusket—Madilene Forgrave
- Fox Brook—Joyce Findlay

Three Stars

- Spa Springs - Bonnie Hatt, Dianne McDonald & Geraldine Lightfoot



Don't forget to send in your new member registration forms with the membership dues!

Alumni Report

Sixteen WINS Alumni Members attended the annual meeting on September 13th held at the Yarmouth Museum. President Joan Campbell welcomed members and Barbara Hinckley of the Yarmouth Committee was happy to see so many in her area. A moment of silence was observed for departed members and especially Isabelle Chipman and Aleah Lomas-Anderson who had passed away during the year. The Alumni funded a Laminator and a Dehumidifier for the WINS Office and will fund a request in the new year when the WINS Office moves to the Administration building in Perennia Innovation Park in Bible Hill. For the celebration of 100 years of WI in NS. the Alumni are giving one \$1000.00 Scholarship to a recipient who plans to study in NS. The deadline for applying is March 31st. Any contributions to the Scholarship would be greatly accepted and can be forwarded to Treasurer Julia Llewellyn. She was also asked as Secretary to update the Alumni mailing list. The 2013 meeting will be held on July 16th at 3 PM in New Glasgow. Vice President Jennie McInnis will become President and Julia will continue with her duties. Following a tasty potluck meal, John Solows and Susan Winship did an Antiques Road Show of small unique museum items and clothing of earlier eras. Everyone traveled to the Cape Forchu Mug Up Tearoom for tea and bread pudding. Bruce Bishop gave a talk about tourism in Yarmouth in earlier decades. He presented all with a can of Kersen Kippers which are wood smoked in Yarmouth. Everyone browsed in the gift shop and enjoyed the fantastic beauty before returning home.

WINS Family Scholarship 100th Anniversary Celebration

In honour of 100 years of Women's Institutes of Nova Scotia, there will be two \$1000 scholarships awarded in the 2012-2013 year. The requirements will remain the same with one exception—the essay will be 'Based on the past of WINS, what do you see as the future of Women's Institutes?' and must be 750 words.

Applicants must submit all items requested to be considered by the Committee for evaluation.

This will be a one year only offer and we will return to one \$700 scholarship next year (2013-2014 year).

Applications have been sent to all branches with the newsletter. Please remember that the branch support letter needs to define not only their support of the applicant, but also the applicants financial need.

Deadline for applications is
April 12, 2013.

Alumni Scholarship

In celebration of the 10th anniversary of WINS, the WINS Alumni is also awarding one \$1000 scholarship. The requirements are as follows:

- Open to a Nova Scotian Resident attending a post secondary institution in Nova Scotia related to a current WI member, which proof of relationship must be included
- Essay of 500 words or more that includes participation in extracurricular activities, participation in your community as well as some background information about your personal life and aspirations
- A transcript or record of your most recent marks
- The Alumni scholarship is not limited to a high school student. The scholarship is available to any person who meets the requirements as stated above.
- Deadline to submit applications is March 31, 2013.

Women's Institutes of Nova

Scotia Office Move



The WINS Provincial Office will be moving from the current location on December 6th. The new office will be located at 90 Research Drive, Bible Hill, NS, B6L 2R2. A new phone number, fax number and e-mail address will be in effect starting on this date but are unknown at time of printing this newsletter. The new contact information has been sent to the secretary with the newsletter mail-out. Please ensure that you use the new contact information for any contact with the WINS Provincial Office after December 5th.



If you have submitted a photo or article that does not appear in this issue of the newsletter, please accept our apologies. Linda Munro, Editor of the Home and Country is currently experiencing trouble with her computer and is working to recover any missing items. If possible, please resend any items you would like to see in the newsletter and they will appear in the next issue.

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	6.50
Pewter Ornament (WINS office building)	10.00
Cooking Collections Cookbook by FWIC	12.00
WINS History Book 1, 2 and 3	2.00 each
WINS Handbook	3.00
Quilt Patterns Book	20.00
WINS Sticker Crests—24 per sheet	.25/sht
WINS pen	3.00
WINS Apron	15.00
WINS / West Virginia CEOS Cookbook	5.00
FWIC pedometer	5.00
FWIC Purse Hanger	5.00
Sweatshirt with WINS crest	25.00
WINS keychain flashlight	3.00
God Be With You – Music CD	8.00
WINS Reusable Bag	5.00

Women's Institutes of Nova Scotia Christmas Office Hours

The WINS & Adopt-A-Highway Provincial Office will be closing at 4 p.m. on December 20, 2012 and reopening January 7, 2013 at 8 a.m.