



Home & Country - December 2005

A newsletter from the Women's Institutes of Nova Scotia

Box 550, Truro, NS B2N 5E3 ♦ (902) 893-6520 ♦ www.gov.ns.ca/nsaf/wi

Branch Banner Project

We have heard that many branches have been busy making beautiful branch banners. If your branch is still considering this project, here are the directions. It makes a great winter project! Branches are asked to bring their banners to the 2006 Provincial Convention in Truro for display.



Banner instructions:

1. Banner size to be no larger than 18 x 36".
2. Each banner shall include the name of the branch and the year the branch formed.
3. Each banner shall show a scene depicting a local industry or the local culture of the local area.
4. Banners may be embroidered, cross stitched, quilted, etc, and made of any type of cloth material.
5. Banners shall have a pocket or sleeve at the top for hanging. Pocket should be along the short side.

Continuing WINS Projects

The following projects are still continuing through the Women's Institutes. If you would like to participate or make a donation, please feel free to do so.

- **Blankets for the Homeless** (hats, socks and mittens can also be donated via the Salvation Army)
- Donations of funds and baby and child care items for **Into the North**
- **Mastectomy Pillows** - Road to Recovery Program
- **Finger Puppets** for the IWK Grace Health Centre
- **Toe Socks**
- **Teddy Bears** for Alzheimers patients
- **Turbans** for female Cancer patients

If items are being donated to the IWK Grace Health Centre it is important to remember that the items need

to be new. Knitted items will be accepted if they are of a tightly knit pattern. Loose knit or crocheted items are no longer accepted. Good used baby and child clothing can be donated through the Into the North Project to local women's shelters or the Salvation Army.

FWIC Convention 2006

Plan now to attend the FWIC Convention being held June 14-17, 2006, in Red Deer, Alberta. The event will be held at the Capri Hotel and Convention Centre.

Alberta WI is working closely with FWIC to plan a convention with many educational factors, as well as some fun. Rona Maynard, former Editor of *Chatelaine* will be the guest speaker at the Opening Ceremonies. Other speakers include Dr. Beverly Leipter on Rural Women's Health and Valerie Campbell from Alberta Justice on Family Violence. With the success of the project, FWIC-Into the North, we look forward to Dr. Shannon McDonald's presentation on Aboriginal Health and the Needs of Northern Communities.

A highlight of the convention will be Alberta Tour Day, which will conclude with a BBQ and Rodeo. Social activities have been planned and other tours are available.

Early Bird Registration is available until February 15, 2006. The FWIC Convention Registration Deadline is April 30, 2006.

Registration packages are available from:
Brenda Willsie

**FWIC Convention Registration Chair
Box 423**

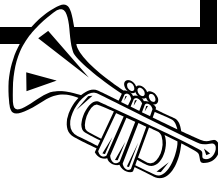
Bowden, Alberta T0M 0K0

Telephone: (403) 224-3153

Email: blwillsie2005@hotmail.com

A Call For Resolutions

A reminder that the Provincial Resolution committee has set the date of **February 1st, 2006**, as the deadline for resolutions submissions.



Dropping In on the Branches

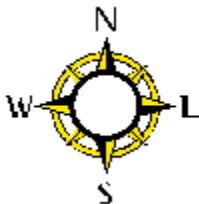
Western Area

Season's Greetings! **Blomidon** ladies learned about the arrival of the apple to Nova Scotia...

Burlington and District members learned about Nunavut from District Director Julia

Llewellyn...**Cambridge Station** members had a Fall pot luck supper to begin a new year of WI. The ladies also paid for new curtains for the community centre..**Canning** members learned about the storage and cooking of eggs. The ladies learned about the 100th Alumni reunion of NSAC held in

July..**Delhaven and District** ladies enjoyed a tour of Foxhill Cheese Factory where they learned of the process of cheese making. The ladies have been busy making blankets for the homeless shelters...**Grand Pre** Women's Institute learned about the history of the Welcome Wagon and came up with some good ideas for items that could be included in the wagon. The ladies are working on a memorial hall project in honour of the late Iris Fraser. Wendy Johnston, of Winter Green's told about the business that she has where she grows "greens" all year round by using the Elliott Coleman approach. A donation was given to the Peace Garden Fund...**Lakeville** enjoyed the view at the Ueffing Gardens on the North Mountain in September. In October, Joy Hamilton of Port Williams spoke to the ladies on the Lebed Method of healing from surgery or chronic disease through movement...**Lockhartville** WI discussed a recent CBC program on the "Passionate Eye"...**Medford** ladies made plans to go the Foxhill Cheese Factory in October. The group now has a 'telephone tree' which will make getting the word around much easier. The ladies plan to make a small recipe booklet using apples as the main ingredient...**New Tusket** ladies enjoyed learning about the AGM at Sherbrooke and Leota Lewis presented a summary on the West Virginia tour using pictures and articles made at the



workshops. The ladies enjoyed a program on Tea and W.I. in October...**Paradise** members were busy in September making plans for the year, especially around women's interests. The group is busy working on a quilt for 2006... **Port Williams** WI welcomed Joy Hamilton to their meeting in October where she did a program on dance and exercises for women. The ladies contributed socks, mitts, hats for the Homeless...**Sheffield Mills and District** WI met with their twin branch at the Charles Macdonald concrete house in Centreville...**South Berwick** WI welcomed Beth Brydon from Birmingham University, England, who is studying rehab therapies, educational theory and practice. The ladies donated 15 blankets to the Homeless. The group enjoyed a talk by Irma Russell, head gardener at Grand Pre Winery, who spoke on getting your garden ready for bed in the autumn...**Tupperville** WI welcomed Kim Mailman, RN of the IWK Grace Health Centre. She spoke on baby care in Special Care Nurseries. The ladies prepared to host the Fall District Rally...**Weston** WI learned how to do stamping which is both fun and saves money. Bette Kelly spoke on the many challenges of more than 100,000 Nova Scotians who face hearing and speech difficulties. The ladies are preparing for their fall Tea and sale like many other branches in the Western District. A reminder to everyone that there is a good supply of Susan Ueffing's CD, "**God Be With You**" available for sale. She has generously donated the proceeds from the sale of the CDs to Women's Institute projects. Thank you, Susan! The CD will make an excellent Christmas gift, as well to enjoy in your own home.

Respectfully submitted,

Ellen M. Simpson

Annapolis District Director

Southern Area

Barss Corner members heard a report on the AGM and made plans for the Fall Rally in Parkdale. They discussed participation in the New Germany Craft Show. Unfortunately three of their members did not rejoin in the fall. They are still working on getting a Nurse Practitioner in the area...**Brazil Lake** had a Waste Check Awareness meeting to discuss the proper ways to sort our waste and learned what could be made from recycled materials. They replenished items in the community hall and made plans to donate to the Hospital Auxiliary. In November, they will

host a community meeting with Council Members and the RCMP. Members discussed receiving a Municipal Grant of \$2,500...**Chelsea** invited guest speaker, Dr. Laurel Cowie, who spoke on Osteoporosis. They presented a Bursary to a graduate from Parkview Education Centre. Plans were made to visit their Twin and they had a presentation by Janice Rank on how people lived in Bolivia...**Kempt** invited a guest speaker, Lisa Gallant, to discuss the value of Flax in our Diet. Three of their members entered the Run for the Cure in Halifax. They catered to two funeral receptions, a bridal shower and a Penny Auction. Two members reported on their attendance at the AGM. They catered to a luncheon at Kedgie Park and took part in the Adopt-A-Highway cleanup in the spring. Members attended the Fall Rally at **North Brookfield**...**Lunenburg** heard from a member who gave a report on the AGM at Sherbrooke. Plans were made for the Fall Rally at **Parkdale - Maplewood** and the Memorial Service. They held a program on Red Deer, Alberta, the location of the FWIC Convention in 2006...**North Brookfield** made plans for a WI banner and had a float in the Queens County Fair Parade. They held a Turkey Supper and did their Adopt-A-Highway Clean-up in October. Members planned for the district Fall Rally and made plans for Christmas Shut-in boxes...**Parkdale - Maplewood** had a program on Health and Welfare presented by Joyce Spidle and Evangeline Wentzell and learned the proper way to handle turkey before cooking as well as after cooking. They planned for the Fall Rally and planed a Pot Luck Supper and also made plans to contribute to the Shoebox campaign...**Sable River and Area** gathered a large quantity of items to be donated to IWK Grace Health Centre. They did a survey on Youth Homelessness in Shelburne County. Members attended the Fall Rally at Clyde River and made plans for Remembrance Day activities in Lockport. Christmas Cheer boxes were planned as well as participation in the Christmas Daddies telethon and a Christmas Party...**Waterloo** made plans to attend the Fall Rally. Premie caps and toe socks were made and donated. Plans were made for a Christmas Tea.

*Respectfully submitted,
Lauren Seaton
Queens District Director*

Eastern Area

What a variety of reports and activities from June through October! The AGM in Sherbrooke in early July was certainly the high point of interest and activity for all of us in the Eastern Area (being closest to the action!). **Bridgeville** especially enjoyed Sherbrooke Village, the Heritage Fashion Show and Bob Frame's talk on museums and the need for their preservation...**Garden of Eden** continued the Heritage theme when they hosted their twin, **Port Hilford**, for a pot luck dinner followed by a tour of the Farmers' Trade Museum in Aspen...Now it has been time to get organized for Fall and Winter meetings and to plan Fall Rallies. Program planning and volunteer hours spent have been varied and interesting. **Middle River - Gairloch** members helped at the Pictou Exhibition and **Bridgeville** members hosted another Terry Fox Run...**Middle River - Gairloch** had interesting programs on health issues such as the benefits of an exercise program and the prevention of falls...**Homeville** appreciated hearing about making and updating wills and about the history of grain elevators...**East River St. Mary's** had a talk about keeping our countryside clean and free of litter and of the rising popularity of bottled water leading to the question of whether or not it is better than tap or well water...**Sherbrooke** branch members were interested in pictures and stories of the Grade 12 French Trip to Quebec City provided by a member whose daughter was one of the students able to participate and she was one of the chaperones. Fund-raising remains an important issue for many branches. **Homeville** holds an art exhibit and dessert tea each September...**Lyons Brook** fined a member twenty-five cents if she forgets to wear her WI pin to a meeting!...At **Sherbrooke** branch, one member brings a mystery gift on which tickets are sold and a lucky winner is picked at each meeting's end...**Indian Harbour Lake - Jordanville** members answer roll call by donating pennies, the amount being triple their shoe size, with the money collected going to the sick and shut-in committee funds...**Abercrombie** sells tickets on a Christmas wall hanging...**Bickerton** has continued making quilts for the Homeless and baby quilts for the North...**East River St. Mary's** collected baby clothes for the North as well as more quilts for the Homeless. Many branches are busy filling Christmas Shoe Boxes for needy children around the world. **Indian Harbour Lake - Jordanville** hosted a Grade 12 graduation

banquet for local students, the guest of honour and speaker being Walter Duggan, Principal of St. Mary's Academy...**Bickerton** hosts a Senior's Christmas Party while Sherbrooke hosts a Veterans and Guests Dinner on Remembrance Day after services at the cenotaph. All in all, a very busy group of women working hard and with great pleasure for Home and Country.

*Respectfully submitted,
Aleah Lomas Anderson
Guysborough District Director*

Central Area

The **Belnan** branch members have been busy volunteering for registration at the flu clinic at the new resource centre. They are having programs about Walter Callow who was born in Parrsboro. They learned about a new wheelchair access bus that their branch donates money towards each year. They also learned how their food bank was started. Donated items for caring and sharing to be given at Christmas time and they planned a dining out party in December. At roll call they gave a book of stamps for the provincial office and in October answered roll call with what they were thankful for...The **Enfield** branch had programs on NS Agriculture and industries, a quiz on various things that we observe everyday and a real memory test for members. Members put poems, jokes or stories in a card and sent to their twin branch members. A program on statistics on farming with handouts and roll call provided items for the food bank...The **Gore** branch has been busy with program on the word 'up' and how often it is used in different meanings. They gave a scholarship award at the June graduation of North Hants Regional High School. Fall plans are for the rally and doing their Adopt-A-Highway cleanup. A \$100 donation was given to the Katrina fund. Free memberships were offered to new members for one year. **Gore** WI celebrated their 20th anniversary with a special event at the Gore Community Hall. The branch's history in photos and a delicious lunch was enjoyed. Life member pins were presented to Emma Dalrymple and Ada Campbell. A 25 year certificate was presented to Joann Cory. A special poem was written and recited by Emma. The program was on prescription medicines by guest speaker and pharmacist, Tara Paley-Walsh. Well done, Gore WI. Best wishes for another 20 years...The **West Brook - Halfway River** enjoyed a fundraising auction and

their roll call involved the year of the Veteran...The **Tartan** branch made plans to visit their twin in October and to Hilltop Villa. Christmas cards were made for the residents of the Villa. They enjoyed a program on How Halloween Began and roll call was a Thanksgiving experience...The **Three Cornered** WI branch have formed a committee for a membership drive to recruit new and past members. All branches wish you do well. Their roll call was interesting program ideas for the year. They hosted the West Hants District Rally at the Belmont Hall. Great job!...The **Hardwoodlands Sr.** Branch had a program on cultural activities; learned the value of friendship; and, also learned about solutions for foot problems. They made a donation to the upkeep of the community hall and hollyhock seeds were given to members. Roll call was telling about someone you met for the first time this past summer...The **Hardwoodlands Jr.** Branch had made plans to quilt two nights a week this winter. Roll call was answered with donations of baby and personal care items...The **Martock Windsor Forks** members celebrated their 92nd anniversary with a catered supper by a local group. In October, Audrey Koncovy shared a trip that she and her husband, Joe, took to Edmonton and the Northwest Territories. Plans were made for winter workshops and to make winter blankets for the homeless. A number of members attended the launch of Susan Ueffing's CD, **God Be With You**, at the Horton High School. Two members are working on the West Virginia / WINS Round Robin quilt block project. Roll call ideas were how we celebrate friendship. A number of branches and members are participating in the West Virginia / WINS Round Robin Quilt Block project. We will see the finished projects at Convention 2006.

*Respectfully submitted,
Goldie McDow
West Hants District Director*

WINS Provincial Convention 2006

Registration forms are now available from your branch secretary. Make sure to check out all the great activities planned for Convention 2006 in Truro.

Holiday Office Hours

The WINS office will be closed the following dates:
December 19th - January 1st. WINS will reopen on
January 2nd. Office hours 8 am - 4 pm.

