



Home & Country - February 2005

A newsletter from the Women's Institutes of Nova Scotia

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Celebrate WI Week 2005

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.

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. It's a great way to start a conversation about WI!



A Call For Resolutions

Branches and Districts are reminded that the deadline date for submission of resolutions is March 1st, 2005.

The Philosophy of Caring

Take this quiz:

1. Name the five wealthiest people in the world.
2. Name the last five winners of the Miss Canada contest.
3. Name ten people who have won the Nobel or Pulitzer prize.
4. Name the last half dozen Academy award winners for best actor and actress.
5. Name the last decade's worth of World Series winners.

How did you do?

The point is, none of us remember the headliners of yesterday. These are no 'second-rate' achievers. They are the best in their fields. But the applause dies. Awards tarnish. Achievements are forgotten.

Here's another quiz. See how you do on this one:

1. List a few teachers who aided your journey through school.
2. Name 3 friends who have helped you through a difficult time.
3. Name 5 people who have taught you something worthwhile.
4. Think of a few people who have made you feel appreciated and special.
5. Think of 5 people you enjoy spending time with.

Easier? The lesson:

The people who make a difference in your life are not the ones with the most credentials, the most money, or the most awards.

They are the ones that care.

A Message from Your President-Elect Ellen M. Simpson

Greetings to all Women Institute Members:

2005 has started and its hard to believe the month of January is nearly over. Our thoughts have been with the people of South Asia this past month and the disaster that they have been experienced. Many WINS branches have donated to the cause and have informed the Provincial office of their generosity. Your gifts of money will do so much at such a trying time.

Branches throughout the province are beginning to make 'Roll Up' and Rag Quilts for the Homeless. It is hoped that there will be a large collection of the quilts at AGM 2005 in Sherbrooke. The instructions for the quilts can be found in the December 2004 issue of Home & Country.

I hope that members throughout the province are working on a piece of floss embroidery for the 2005 Handcraft Competition. The competition rules state that a minimum of five stitches be used. The workmanship of embroidery is always beautiful and it is hoped that many ladies will do an article for the 2005 AGM.

The Provincial Board of Directors will be meeting in late February in Truro. For the very first time all districts of Nova Scotia will be represented with a director. We welcome our newest Director, Irene White of Yarmouth District. Contributions to the District Directors fund can be paid at any time.

February is a time to celebrate Women's Institute and the many ways that each branch celebrates proves to be exciting. We hope that you will let us know what you did so that the information can be put in the District reports. It is my hope that everyone will do something for Women's Institute week. Let the communities know who we are and in many cases it proves to be an excellent way to introduce ladies to the best organization going.

President Ruth and myself have made frequent trips to Truro this past fall and early winter. It is so exciting to see how Theresa keeps everything under control and now with Pauline assisting her it is a happening place.

I traveled with President Ruth to several District fall rallies and it was enjoyable to meet many of you, learn of your programs and projects and to put faces with names that I have read about over the years. **Ladies, WI is Alive and Well in Nova Scotia!** I hope that you will continue to have a good year in Women's Institute work and that I will meet you in several avenues throughout the spring and summer of 2005.

Respectfully submitted,
Ellen M. Simpson, President Elect

ACWW Tsunami Relief Fund

Thanks to all branches who have already given to the various Tsunami Relief Funds. There are many different ways to give and now ACWW is also ready to receive donations to help people in countries around the Indian Ocean that were hit by the earthquakes and tsunami.

Donations will be put into a special fund and used only for disaster relief and recovery projects run by our partner organizations. Donations should be sent directly to the ACWW Central Office and made payable to the ACWW Tsunami Relief Fund with a brief cover letter. Please ensure that your donation is sent to ACWW in the form of Pounds Sterling. You will need to access an international money order from your bank.

The address is: ACWW, Mary Sumner House, 24 Tufton St., London UK SW1P 3RB

February is Scholarship Month

Enclosed with this issue of Home and County, your secretary will have received two copies of the **2005 WINS Family Scholarship Form**. Please feel free to photocopy if more copies are needed. The deadline date for applications is **April 15th, 2005**. 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. Donations to the scholarship fund are also needed at this time and very much appreciated!

Dropping In on the Branches...

EASTERN AREA

Abercrombie WI: Pat Christensen gave a report of the AGM hosted by Pictou District; made plans for visiting with twin branch in October; planned programs for 2004-05; made Christmas ornaments from shells; made ornaments for twin branch; planned to entertain twin at Museum of Industry and made plans to attend Fall Rally. The branch also had a program on "Milk Run Gone Sour", the story of an American relative who was shot down and held prisoner during WWII. They planned Christmas treats for shut-ins and a pot luck luncheon for the Christmas meeting. A wonderful exchange was enjoyed with Sherbrooke WI, their twin branch, at the Museum of Industry. A potluck supper was enjoyed after the tour...

Bickerton WI: A program "Court Reporters" was very interesting and members heard what is recorded and reported. They talked about Fall Rally plans and made plans to visit with twin branch Garden of Eden. Plans were made for a Seniors Christmas Dinner; they started a new quilt; and, received donations for the Shoebox project... **Bridgeville WI:** The branch reports picking committees; filling in program booklets; made plans for Terry Fox Run, Pictou Exhibition, and the Fall Rally. A program consisted of a tour of the Wearwell Garments Plant in Stellarton and the Factory Outlet Store. Another program by Don Hogg, Chief East River Valley Fire Department, on the work of the Fire Department and 911. Christmas Shut-In boxes and Baby Shower items for the IWK were collected. Members enjoyed reading the WI Health Check. In December, members enjoyed the annual Christmas Party, packed boxes for shut-ins, made a basket of goodies for Valley

View Villa and treats for their twins. Members say they 'know how to have fun!'... **Caribou WI:** A program reviewed information and summer activities; the AGM; and the Pictou Exhibition. Members made plans for the Fall Rally and two members traveled to West Virginia (Ruth Nelson & Sandra Tucker). Members chose 'secret sisters' and reviewed programs for the year. Ruth and Sandra, upon their return, gave a review of trip to West Virginia. Student Angela Heath attended the meeting to observe and take notes. She is attending Community College... **East River St. Mary's WI:** A program on 'Water' explained that it is 'a must' for the human body. Recommendations were made to include more fruit and vegetables in your diet - especially blueberries. The History of the Mason Jar was enjoyed as well as plans were made for hosting the Fall Rally; donations made to the Terry Fox Campaign and Palliative Care Aberdeen Hospital and plans were made to entertain their twin branch. Another program focused on Agriculture and was titled, "What's Growing on Nova Scotia Farms". Plans for the Fall Rally were made; members were busy knitting toesocks and donating to the Every Stamp Counts Challenge. A program on "Women's History Month" and the Famous Five was presented. The branch plans to make quilts for the Homeless. In December, members enjoyed a festive party and made plans to welcome a new family to the area. Mittens for school children have been requested by a local principal and are being made by the members... **Fox Brook WI:** Reports were heard on the AGM and Exhibition; plans were made for Lunch and Breakfast packets for MacLeod School; lap quilts for Valley View Villa; and a craft on Etching was enjoyed by all... **Garden of Eden WI:** Twin branch, Port Bickerton was entertained; they had a display of antiques; Helen Fraser brought a quilt showing the story of "Little Women"; a pot luck lunch; a program on "Walking for Health"; and plans to pack Shoe boxes for Operation Christmas Child were made. The history of "Pennies for Friendship" was reviewed. The branch plans to make Blankets for the Homeless. In December, boxes for shut-ins were packed and members exchanged gifts... **Homeville WI:** The history of Father's Day was discussed; plans for a WI Heritage display and tea were made; planned to invite **Point Edward WI** for a Pool Party; a program on the Architectural Design of Barns was enjoyed; jobs were assigned for the Heritage tea; members enjoyed a program on School Days; members read an article on Agriculture Fairs; members were encouraged to participate and submit entries for the Port Morien Community Fair and plans were made for the Cape Breton Fall Rally... **MacPherson's Mills WI:** A report was read on the Exhibition; the Premier's visit to the Raymondville Acadian Settlement; enjoyed a program on Fall Gardening Tips; members planned for the Fall Rally Meet and Greet night where invitations are made to all ladies of the community; program speaker, Joanne Cumming, Cancer Patient Navigator from the Aberdeen Health Center focused on Breast Cancer awareness. The branch also planned to pack Shoe boxes... **Lyon's Brook WI** had a program on Canadian Citizenship in October by Eleanor Lilley. ... **Sherbrooke WI:** Members enjoyed a presentation on the St Mary's River Wood Turtle Project, with speaker Mark Pulsifer. Mark is a Biologist and spoke on decline in turtles and how to save them in their natural settings. Meeting discussions included information on Youth Issues in the community and plans were made for a served dinner for the Veterans on November 11th.... **Springville-Island WI:** The 70th

Anniversary of the branch was celebrated and the Minutes from the first meeting in 1934 were read. Guest speaker, WINS President, Ruth Blenkhorn, spoke on her trip to Tasmania to attend the ACWW Triennial Conference. Three members were honoured with life membership pins; Evelyn MacLean, Ann Melanson, and Jessie Miller. Members from **Bridgeville**, **Churchville**, and **Fox Brook WI** were invited. Program speaker, Frank Calder, from the Carmichael Stewart House and the Heritage Garden lead an interesting discussion; plans for the Fall Rally were made; roll call was answered with a famous Canadian woman - some answered their mother's because of what they endured bringing up large families and often the fathers had to work away for long hours. A program was presented by Dr. Ellen McLean and Dorothy Chisholm on Women's History month and the "Famous Five" Persons case in Canada. Dorothy read from "More Than a Rose". In December the members enjoyed Christmas readings, carols and made donations to an Adopted Family and the children at Tearman House. In January, Roseanne Stoke Barr was invited to speak on the Young Offenders Act, Victims Services, Domestic Violence Act and the Restorative Justice Program.

Respectfully submitted,

Jo-Anne Smith, Pictou District Director

WESTERN AREA

Happy New Year, everyone, from the Western Area of Women's Institute of Nova Scotia! **Blomidon WI** learned about the growing, selling and buying of agricultural products in Canada and the many ups and downs of the industry through a presentation by Leta Ells. In October the ladies learned the origin and history of the first North American Thanksgiving. In November WINS President Ruth shared stories of her trip to Tasmania. In December, members enjoyed a Dutch Christmas program and sponsored the Community Christmas Party...**Burlington and District WI** ladies watched the Calendar Girls film in September sharing the thought that WI members are the same the world over. In October the ladies welcomed Charlotte Dexter who demonstrated rug braiding through the use of discarded wool garments. The ladies will be making finger puppets and baby layettes for the IWK...**Cambridge Station WI** had a pot luck supper in September and made plans to meet with their twin branch. In December, a Christmas party was held with spouses and friends. Even Santa made an appearance!...**Canning WI** had a program on Agri-food in Canada with Pauline Meek doing the presentation. She stated that consumers pay about 10.3% of the cost of food. Farm land has lessened to 8.3% in 1996 from 24% in 1921 and 25% in 1951. Roll call was "I am especially thankful for".....**Delhaven and District WI** discussed grocery store tapes and their great value as a fund raiser. District Director, Sharon Lynk, visited the group in October and told about the blankets for the Homeless project...**Grand Pre WI** ladies shared experiences that they had as students. In October the ladies learned about the history of Thanksgiving in Canada and also recognized Chris Rhyno on her 90th birthday. The branch met with their twin **Spa Springs WI**. In November, Barb Fuller and Cora Mae Morse did a program on Remembrance Day and Cora Mae told of the trip that she, her mother along with friends took on the Queen Mary to New York to Quebec City and back to Halifax. In January, a history of Adelaide Hoodless was reviewed along with senior safety tips. Members plan to work on quilts for the Homeless...

Lakeville WI ladies traveled to Fidelis House and the Valley Regional Hospital for a tour. October's meeting found past, as well as present members anxiously waiting for the opening of a "Time Capsule". The ladies welcomed Nancy Pineo and Wendy Hamilton who did a presentation on the "Falls Prevention Project". District Director Julia Llewellyn did a program on the trip to West Virginia at the November meeting. In January, embroidery was the program topic. Members brought examples of their own embroidery projects they had made over the years. One member, showed an unfinished piece that she had begun to work on during her honeymoon - this admission raised gales of laughter from the members. On a more serious note, guest Eve Steenbeek, born and raised on the Island of Sumatra, told about this part of the world which was devastated by the Tsunami...**Lockhartville WI** worked on a cookbook. In October, Fay Palmeter introduced the group to the new products available that make quilting much easier and also showed new styles of quilts and wall hangings. In November the ladies outlined what is needed for their layettes and will give a donation to Christmas Daddies...**Medford WI** ladies learned about the West Virginia trip from Brenda Parker. In October the ladies watched a video on Pap Testing by the Gynecological Cancer Screening Program. In January, the Eagle Watch luncheon was planned and Clutter Busting Ideas reviewed. Each member was asked to clean out one cupboard before the next meeting; to decide if the items are useful or just collecting dust; pick one item, wrap it attractively and then the items will be auctioned at a future meeting with funds raised for the WINS deficit fund...**New Tusket WI** ladies were able to do a personality profile with Gerry White leading the group. The ladies had a successful Tea on September 9th in Weymouth. The group welcomed President Ruth Blenkhorn in October and she showed pictures of her trip to the ACWW Triennial Conference. In November the ladies had a pot luck supper and Christmas party. They gave a donation to Christmas Daddies...**Port Williams WI** had an organizational meeting in September and hope to get support to buy a portable PA system for their meeting room. In October the ladies welcomed Angela Johnston Ansems, Director of The Brochet Exchange, where native children travel from Brochet, Manitoba, to the Annapolis Valley to become more motivated. In November, speaker Lloyd Anderson spoke of WWII, of being a prisoner of war and how he managed to escape and return back home. In December, members enjoyed delicious treats at the Christmas party...**Sheffield Mills & District WI** continue to work on the elimination of GST/HST on home heating fuel in the winter months. In October the group viewed the movie Calendar Girls...**South Berwick WI** welcomed Cleo D'Eon, a local Acadian descendent, to their September meeting. In October the ladies learned about growing Dahlias. In November Earl Dolsen was guest speaker and spoke of returning to Holland several years ago where 6000 Canadians are buried...**Spa Springs WI** made plans to entertain their twin Grand Pre. They applied for a grant in relation to the celebration of the County's heritage. October saw the group hosting the Fall District Rally. In November, Carol Armstrong was guest speaker. She had spent 5 months in Ghana, Africa, working with 49,000 Liberian refugees. In December, members enjoyed a Christmas party and donated funds to Chrysalis House...**Tupperville WI** learned of the history of WI locally, provincially and nationally through member Lois Barrett. Thelma Bent, presented readings and discussed the Adelaide Hoodless Homestead and ACWW's

work... **Weston WI** ladies learned how to make ribbon roses with Joyce Clark. In October the group made plans for the 90th birthday party also plans for the Christmas Tea and Sale. The ladies learned about the Commonwealth War Graves in November.

Respectfully submitted,
Ellen M. Simpson, Annapolis District Director

CENTRAL AREA

West Brook Halfway River held their meeting at a home and viewed lots of older mats some of which were for sale. Photos were shown of the enjoyable trip to West Virginia. An interesting meeting was held in November on digital camera photography. A donation was made to help a sick child in the area. A Christmas party was held with Past President Winnie Forbes and District Director, Coni Murray attending... **Belnan's** members were put in the Christmas spirit by having several quizzes, one of which required members to write the alphabet in a list and then put a word beside each one that makes them think of Christmas. They also made Victorian angels... **Hardwood Lands Sr.** had a program on Remembrance Day which included a reading on the war, how to use the flag, and also the 10 commandments of etiquette. Donations were made to the food bank, community hall and the angel tree. ... **Nine Mile River Homemakers** bought a wreath for the cenotaph, a member worked at the flu clinic and at AgCot at the Maritime Fall Fair. They planned a community Christmas party, bake sale and in the New Year will work on Homeless quilts and baby layettes... **Hardwood Lands Junettes** had a program on life in Scotland. Lots of books, maps and literature were shown. Donations were given to the community hall from the card games. Roll call was answered by donating items for the Fall Rally's auction basket... **Enfield** had a reading on the history of the Canadian flag and had a quiz on Canada. Donations were made to the local benefit auction and to the food bank. A most informative program was held on apples. They did a taste test of 14 different apples and learned of their food value... **Martock-Windsor Forks** celebrated their 91st anniversary. They and their guests at the Manning Retirement home were entertained with music. A program for Friendship Month was on the importance of friends - all of them including non-family, family, pets and strangers. A fun auction was held and the monies were given to the elementary school for playground equipment. In December a pot luck was held and members enjoyed the music of Mary Ann Dufour and Nicole Oulton... **North River** enjoyed a festive party in December and guests attended from Nine Mile River WI. Layettes for the IWK were donated... **Tartan** branch held a Friendship Tea in October. Interesting programs on health and eyes were presented. Various exercises for strengthening bones were shown and the importance of having a balanced diet was discussed. A nurse from the eye clinic at the Halifax Infirmary, talked about how cataracts form, surgical procedures for various problems, transplants, etc... **South Rawdon** prepared for the Fall Rally by making name tags. Flags were placed on the graves of war veterans. Members had a social outing at a local restaurant in November.

Respectfully submitted,
Joan McNeil, Hants West District Director

SOUTHERN AREA

Barss Corner members celebrated their 90th Anniversary in September, held a craft show in October at the local High School and a Christmas craft show in December. They were entertained by Darren Arsenault, a local singer/songwriter and sculptor. The branch also learned about the Shakers; studied the origin of Remembrance Day and learned about Christmas and New Year's customs in other countries... **Parkdale-Maplewood** held a corn boil supper and have discussed their 90th Anniversary Party which was held in **Barss Corner** along with **Bridgewater WI**. They planned an invitational pot luck supper in November... In **Bridgewater**, the President read a poem and they contributed to the Poppy Fund at the local Legion. They will host the Spring Rally and will get members together from **Parkdale-Maplewood** and **Lunenburg** for their 90th anniversary... **Chelsea** had programs on Specialty Yarns and how to use them, Putting your Garden to Bed, Christmas decorations and how to make ornaments. They sponsored a birthday party for residents of Hillside Pines Home for Special Care, participated along with the community in packing 32 Shoe boxes for the Christmas Child Operation and made a donation to Christmas Daddies. They entertained their twin, **Tartan** and made plans for their 55th anniversary... **Kempt** programs included Foods and their Value in our Diet; Native Trees of Nova Scotia and the Origins of Hallowe'en. They also compared farming methods in Switzerland and in Nova Scotia. Members had a float in the Queens County Fair parade, decorated the Community Christmas Tree, made up baskets for shut-ins and took part in Adopt-A-Highway. They celebrated 90 years in WI, donated a wreath for Remembrance Day, donated to the Cancer Society and sponsored the Fall Rally... **Lunenburg** members celebrated a combined 90th anniversary with **Parkdale-Maplewood, Bridgewater** and **Barss Corner WI's**. They had workshops on making a rag quilt, made a donation to Lunenburg School Librarian and hosted the Fall Rally. In November they studied food additives and the top 10 causes of death in women. In December, the ladies enjoyed a Christmas program with readings and carols and in January, members discussed the Tsunami in Asia and the life of a foster child in the Sudan... **North Brookfield** had a program on the Early Acadians up to the time of the Expulsion. They had a float in the Queens County Fair parade, participated in Adopt-A-Highway, held a Turkey supper, provided Christmas baskets for the shut-ins and decorated the Community Christmas Tree... **Sable River and Area** held a coffee morning with a quilt and antique display, donated items to the Lockport Food Bank and to Phoenix House - a shelter for homeless youth. They delivered baby layettes to IWK Hospital and donated a wreath at the War Memorial. They made up Christmas boxes for the shut-ins and lap robes for those in nursing homes... **Brooklyn and Area** will be distributing 2500 paper place mats to local area restaurants during WI Week to promote our organization... **Waterloo** hosted a Christmas Tea and Friendly-Friend Party. They also sponsored students for the bursary.

Respectfully submitted,
Lauren Seaton, Lunenburg District Director