



# Home and Country

**WINTER 2005**

## **Minister of Agriculture and Fisheries meets with WINS Executive Committee**



Members of the WINS Executive Committee had the opportunity on November 9<sup>th</sup> to meet with the Honourable Chris d'Entremont, Minister of the Nova Scotia Department of Agriculture and Fisheries.

This annual meeting gives our Executive members an opportunity to meet with the Minister and members of his staff, discuss the progress of our organization and talk about our focus for the year ahead.

Pictured above, left to right, Michael Langman, Director of Resource Stewardship Branch, NSDAF; Winnie Forbes, Past President; Coni Murray, Cumberland-Colchester District Director; Hon. Chris d'Entremont, Minister; Ruth Blenkhorn, President; Ellen M. Simpson, President Elect; and Gail Keddy, 4H Resource Specialist, NSDAF.

## **Special Tree Donated to the Nova Scotia Agricultural College**

After Hurricane Juan hit Nova Scotia last year, the WINS Board of Directors made a recommendation that Branches and Districts plant a tree to help replace the thousands of trees lost during the storm. This was an initial suggestion made by Tartan WI.

This past year, many trees have been planted by WINS, along a special tree donated to the Nova Scotia Agricultural College. The NSAC, home to the WINS provincial office since 1913, also felt the devastating effects of the hurricane.



Pictured to the left is Ruth Blenkhorn, President and Ellen M. Simpson, President Elect, standing beside a Camperdown Elm planted this year at the NSAC Alumni Gardens on behalf of WINS.



## Farm Family Support Center Under Utilized

by Mary Thomson,  
Centre Director

The farm is under pressure from all sides. The list of pressures on farm families is extensive. So why do people persist in farming? It is a commitment on the part of the farm family to stick with a way of life. Some years ago farmers asked for help in dealing with the stress that comes with farming. The Federation of Agriculture responded by initiating the Farm Family Support Center. The Centre is still active and has, over the years, helped numerous farm families with a variety of problems.

However, the number of people seeking help or just to talk is low. In other provinces similar programs are receiving over a thousand calls a year. In Nova Scotia the number of calls received in an average year is approximately 24. The telephone is generally answered by Mary Thomson, a farm wife herself. Mary also has an educational background in psychology, counseling and crisis management. Once a contact is made an assessment is done to ascertain what kind of help would be most appropriate to the situation. The Centre covers the cost of services to a

maximum of \$450. Some services that have been made available over the life of the Centre have been job retraining, family counseling, mediation, legal services, marriage counseling, financial counseling, and succession planning. Funding for the Centre is under the auspices of the Nova Scotia Farm Health and Safety Committee.

The line encourages anyone in the family to call. If something is bothering anyone in the farming industry the centre will try to help. It is absolutely confidential with only the Centre director knowing who calls.

If you are involved in farming and need some help, please call. No other province provides as good a service. Call just to talk and find out what is offered.

**The telephone number is toll free 1-877-418-7555.**

### Coming Events 2005

**Erland Lee Nominations**  
February 11<sup>th</sup>

**WI Week in Nova Scotia**  
February 13<sup>th</sup> – 20<sup>th</sup>

**WI Day – ‘Light Up for WI’**  
February 19<sup>th</sup>

**Resolution Deadline**  
March 1<sup>st</sup>

**ACWW Day**  
April 29<sup>th</sup>

**AGM 2005 - Sherbrooke**  
July 5<sup>th</sup> & 6<sup>th</sup>

**Reach for the Stars**

## Membership Challenge 2004-2005

Once again, WI branches across Nova Scotia are adding new ‘STARS’ to their membership during the 2004-2005 Reach for the Stars Membership Challenge. Each new member earns the branch one star. We are off to a great start and currently have 21 new members this year! Welcome! *Please report any errors to the WINS office as soon as possible.*

### One Star

Caribou WI – Elaine Simpson  
Gore WI – Dorothea Mitchell  
Indian Harbour Lake – Jordanville WI – Jean Greene  
Kempt WI – Diane Vidito  
Paradise WI – Barbara Bishop  
Sable River and Area WI – Rebecca Dunlop  
South Berwick WI – Shirley Landry  
Tupperville WI – Judy Whitman  
West Brook – Halfway River WI – Joan Pettigrew

### Two Stars

Bickerton WI – Dot Bingley,  
Joan Pettigrew  
Churchville WI – Elizabeth Fraser,  
Mary MacGregor  
Sheffield Mills and District WI – Blanche Borden, Beverley Parsons  
Port Clyde WI – Lilla Porter,  
Barbara Nickerson

### Three Starts

Spa Springs WI – Myra Tarkka,  
Betty Crouchman, Elizabeth Elliott

### Four Stars

Middle River – Gairloch WI – Marie Cameron, Isabel Morris,  
Louise McNeil, Kay MacPherson

### Five Stars

Burlington and District WI – Thelma Miles, Luanne M. Stoddart,  
Anita L. Keddy, Mary Hirtle,  
Charlotte W. Dexter

*‘Dropping In On The Branches’ will be featured in the next newsletter.*

## Special FWIC Gift Items Available

**Tea Towels** – beautiful cream colored tea towels featuring fall colored maple leaves. Almost too pretty to use! A great gift idea for a guest speaker! \$10 each plus postage.

**The FWIC History Book -**  
“*Women’s Institutes of Canada – The First 100 Years*”  
\$12.00 plus \$2.50 postage

Contact the FWIC office at  
PO Box 209,  
359 Blue Lake Road,  
St. George, ON N0E 1N0  
Phone: 519-448-3873  
Email: fwic@bellnet.ca

## Watkins & FWIC

FWIC earns money when you buy products from Watkins!

Products can be ordered and shipped to individuals or branches. If the order is over \$99, the shipping is free. Orders under \$99 are subject to a shipping fee of \$8.95.

To support FWIC when purchasing Watkins products please use the FWIC account number **334237**.

You can place your order a number of ways:

Phone: 1-800-928-5467  
Fax: 1-800-265-8692  
Mail: Watkins Inc.  
227 Hutching St., Winnipeg,  
Manitoba R2X 2R4  
Or you can go on-line:  
[www.watkinsonline.com](http://www.watkinsonline.com)

## Final Report from ACWW Project – Lorgot Farmers Group

As you will remember, the last ACWW project that we collected funds for was the Lorgot Farmers Group project. This project involved the development of a fruit and vegetable processing facility in Kenya. It was a great success and many thanks to Canadian WI members who gave donations. ACWW has released a brief final report on the project, printed below:

“The whole community benefited from the project because it created direct and indirect job opportunities for many in the area. It also improved the preservation facilities of vegetables, fruits and other agricultural products.

The participants were mainly Lorgot group members; but local artisans, vendors and the local farming community also benefited. As many as 34 women, 136 children and 26 men benefited directly. The beneficiaries gained invaluable skills and knowledge during implementation, which will enable them to maximize horticultural output; and increase their income.

Part of the income will be used to expand the project, which, they are hopeful, will continue to grow and thus benefit others in the community for many years to come.”



## A Nova Scotia Angel - Our 2005 Fund Raiser

Joan M. Campbell of Tartan WI has donated a beautiful handcrafted angel to the Women’s Institutes of Nova Scotia as a fund raising item for 2005. This angel stands 18 inches high and is dressed in a Nova Scotia tartan gown, trimmed in gold lace. She has feathered wings and holds an evergreen bough adorned with white and red roses. A display case is also included. Our thanks to Joan for this wonderful gesture. Tickets will be sent shortly to all branches. The draw for the Nova Scotia angel will be held at AGM 2005 in Sherbrooke.

## Speaking of AGM 2005...

Mark the dates of July 5<sup>th</sup> and 6<sup>th</sup> on your calendar and plan to attend the WINS Annual General Meeting in the historic village of Sherbrooke... a place where time has stood still.

**The WINS Bus Trip to the West Virginia Community Educational Outreach Service (WVCEOS) Conference**



Travelers ready to board the bus.



The Northern Panhandle Cabin where our travelers stayed during the Conference.



The site of the WVCEOS Conference was Jackson's Mill, a conference facility near the town of Weston, WV. The facility is operated by the WV University Extension Service and is also the site of the State 4-H Camp.



Mt. Vernon Dining Hall and Mill below.



WINS members sang, "It's a Working Man I am" as a tribute to the shared coal-mining culture of both Nova Scotia and West Virginia. Members received a standing ovation!



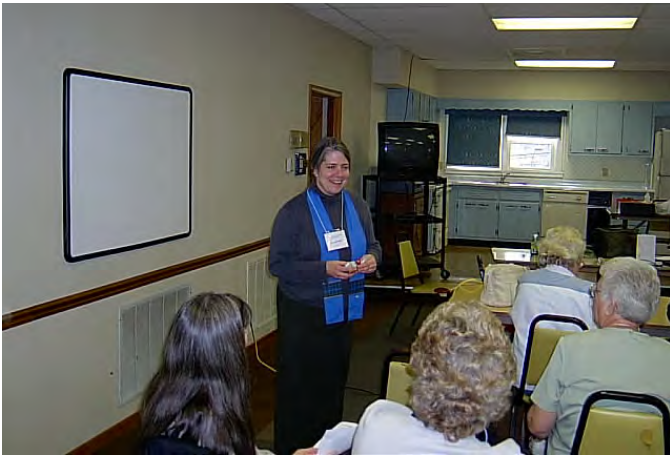


Ruth Blenkhorn, WINS President (left); and Ellen M. Simpson, WINS President Elect are welcomed to the podium by WVCEOS President, Grace Staggs.



Delegates also had a chance to visit Charleston, the capitol city of West Virginia.

While there, delegates toured the State Capitol Building.



Dr. Deborah Stiles of the NSAC teaches a workshop at the Conference on Rural Women and Home-Based Health and Medicine. Below, delegates walk to workshops.

Below, members of WINS, the WVCEOS and representatives of the NSAC and the West Virginia University meet to discuss future exchange plans.



So many great memories. Maybe we can do this again sometime!



## A 'Thank You' from Thelma Gilbert

I would like to express my heartfelt gratitude to the ladies of the Women's Institutes who accompanied me on the bus trip to West Virginia on October 10<sup>th</sup>. My trip was cut short due to a sudden death in the family. I am forever grateful for all their acts of kindness and support, including the West Virginia ladies who assisted with phone calls, booking my flight back to Nova Scotia and driving me to the airport in Pennsylvania. It meant a great deal to me to have such kind support in a time of crisis. It made coping with the situation a little less burdensome.

Sincerely,  
Thelma Gilbert  
West Brook – Halfway River  
WI



### In Memoriam

Anna Sutherland (94) –  
North Brookfield WI

Myra Maye (104) –  
South Berwick WI

Madelyn Beatrice Gates –  
Canning WI

June Wentzell –  
Bridgewater WI



### Finding New Members

*adapted information from  
Patricia Gruber,  
WVU Extension Agent*

*If it is to be, it is up to me!*  
–Unknown

### Your Attitude - Your Group

Each member's attitude is one of the most important ingredients in successfully recruiting new members. Your attitude is either positive or negative; there is no neutral.

Make your branch a giving group, not only a taking group. In other words, does your branch give more to your members than it asks of them? What are the positive consequences of membership in your branch? Is your branch a group of persons having similar interests and concerns, who work to improve themselves, their families, communities, and world? Your branch should first be educational, and then also informative, enjoyable, and stimulating for those who attend meetings. It is a time to be with friends and neighbors, and a time to get to know new people.

Each individual in the branch needs to be interested and willing to take a part and be involved. As a member, your enthusiasm (or lack of) will

show. Very few persons will want to continue with a branch in which the current members lack enthusiasm or have negative attitudes.

How is your attitude? How enthusiastic are you? If your attitude is poor, it will be reflected on other members. Be more optimistic. If you come to the meeting complaining, before long the entire group will be complaining. Put your attitude in the positive mode. Work to help other members be positive and enthusiastic—both are catching. New members come to groups that are positive, productive, enjoyable, and able to provide something of value.

Finding new members is possible. Each member must take a positive attitude and be enthusiastic about the possibilities of gaining new members. Members must take the time to plan, be willing to ask, ask, and ask again. They must be responsible for part of the job of recruitment, and finally, show both kindness and recognition to current and new members. If existing members obviously enjoy and appreciate their branch and its current members, new members will want to be a part of the positive atmosphere that is shared.

### Reasons People Belong to a Branch

- An opportunity to gain personal satisfaction
- A sense of being a part of something worthwhile
- A feeling of being wanted
- An opportunity to be with and work with others
- A chance to give of one's self

- A chance to use or to develop skills and talents
- An opportunity to stay active and involved

### **Where to Look for New Members**

Where does this membership roundup begin? Think of it as a hide-and-seek game. You have to seek, for they are hidden! Keep your ears and eyes open and tune in to looking for persons you may invite to join your group.

Where do you seek potential members? Think about other groups you are involved with. Also consider persons at your church, work colleagues, your neighbors, persons getting close to retirement age, newcomers, and your family.

Brainstorm as a group for potential members.

For one month, think of everyone you see as a potential member. Talk enthusiastically about your group and ask people to be guests at your meeting once or twice before they make the decision about joining. Everywhere you go be on the look out for those potential members who are hidden.

### **How Do We Recruit?**

Be positive, be enthusiastic, and ask them. Make a list of potential members to invite. Go over your list of names each month. Were they invited and offered a ride? When they come, make the experience enjoyable and make them feel welcome.

### **Make New Members Feel Welcome**

Be the first to say hello and talk. Wear name tags if the new person does not know everyone in your group. Give the person an orientation and take time to explain things about the branch programs and procedures that everyone else understands. Ask at least two or three members to act as “buddies” for the first year. If the person misses a meeting, have a member call to say she was missed, and to give a reminder of the next meeting.

### **Nurture New Members**

Each of us needs to be a part of something. A little bit of personal recognition goes a long way toward making people feel like they are part of the team, and gives them an incentive to do their best work. Appreciation holds us together. It is the glue that bonds us and makes us glad for our place in a branch.

After asking persons to join, make sure you nurture and care for them. As a member, plant the seeds of a positive atmosphere, stir the soil of everyday living to seek potential members, ask and water gently with kindness, and finally take it personally to provide the sunshine for growth. Let each member know that she is valued and appreciated! It is the best tool you have to keep a person coming back to your branch. May your branch bloom and grow in 2005!



### **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?

### **FWIC - Into the North**



FWIC has chosen to adopt a northern community (or communities) for their upcoming project, "**FWIC - Into the North**". Mayors and Chiefs of various northern communities are being contacted for their suggestions for projects aimed at improving the lives of families in their communities of coastal Labrador. Watch for more information on this project to follow in the New Year.

## WI Supplies

Shipping and handling charges will be added if items are mailed to you. Call for info.

WINS Familiar Family Favorites Cookbook	7.00
T-shirt (s,m, xl) blue & teal green	10.00
Golf style shirt (s,m,l,xl) navy	20.00
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 building)	10.00
Cooking Collections Cookbook by FWIC	12.00
WINS History - parts 1, 2 or 3	2.00 each
WINS Handbook	2.00
Songbook	.25
Stick-on WINS crests 24 per sheet	.10 /sheet
Schoolhouse/Unity book	4.00

**Visit the WINS Website!**

[www.gov.ns.ca/nsaf/wi/](http://www.gov.ns.ca/nsaf/wi/)

## Weston WI and Friends



This summer, Weston WI members, past and present, had an opportunity to meet, enjoy the beautiful weather and catch up on WI activities.

### Home and Country

*is published eight times a year by the Women's Institutes of Nova Scotia*

#### Board of Directors:

**President:** Ruth Blenkhorn, Box 46, Port Williams, NS B0P 1T0 542-7141  
**Past-President:** Winnie Forbes, RR3 Tatamagouche, NS B0K 1V0 657-3046  
**President-Elect:** Ellen Simpson, RR2 Middleton, NS B0S 1P0 825-6429

#### District Directors:

**Annapolis:** Ellen Simpson, RR2 Middleton, NS B0S 1P0 825-6429  
**Cape Breton:** Yvonne Kennedy, 59 South Head Rd., Homeville, NS B1B 1R7 737-5131  
**Cumberland-Colchester:** Coni Murray, RR 6 Truro, NS B2N 5B4 895-9829  
**Digby:** Karleen Gale, RR4 Weymouth, NS B0W 3T0 837-5784  
**Guysborough:** Aleah P. Lomas, 60 Third St., Sherbrooke, NS B0J 3C0 522-2315  
**Hants Central:** Joann Cory, RR1 Kennetcook, NS B0N 1P0 632-2649  
**Hants West:** Joan McNeil, RR1 Windsor, NS B0N 2T0 798-5509  
**Kings East:** Sharon Lynk, 562 Weaver Rd., RR2 Canning, NS B0P 1H0 582-1390  
**Kings West:** Julia Llewellyn, 388 Lamont Rd., RR1 Kentville, NS B4N 3V7 678-7029  
**Lunenburg:** Anita Emeneau, RR3 First Peninsula, Lunenburg, NS B0J 2C0 634-8236

Don't forget to 'Light Up' for WI on the evening of February 19<sup>th</sup> and display white lights on your home or community centre. Let's 'shine a light' on the special activities of the WI and promote this in your community. Be proud of your association with Women's Institutes and show your support!

**Pictou:** Jo-Anne Smith, RR2, Site 8, Box 2, New Glasgow, NS B2H 5C5 923-2276

**Queens:** Lauren Seaton, RR2 Caledonia, NS B0T 1B0 682-2369

**Shelburne:** Marg Dawe, RR1 Sable River, NS B0T 1V0 656-3276

**Yarmouth:** Irene White, Box 135, Arcadia, NS B0W 1B0 742-5292

**Public Relations Officer:** position available

#### Department of Agriculture and Fisheries Counselors:

Gail Keddy, Resource Specialist, Resource Stewardship, NSDAF 893-6584  
 Michael Langman, Director, Resource Stewardship Branch, NSDAF

#### FWIC Executive Officer:

Lynn MacLean, Box 493, Pictou, NS B0K 1H0 485-8358

**FWIC Board Member:** Ruth Blenkhorn

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