



Home & Country - March 2006

A newsletter from the Women's Institutes of Nova Scotia

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District Director Positions

This spring, six Districts will be electing District Directors or re-nominating their current Director for a second three-year term. District Directors can serve a maximum of two three-year consecutive terms. The Districts that will be looking at renewing their Director's position for another three years or electing a new Director are: **Annapolis, West Kings, East Kings, Cape Breton, Cumberland-Colchester, and Guysborough.**

Nomination forms have been sent to Branch Secretaries with this newsletter.

President Elect 2006-2009

A new President Elect will be installed at Convention 2006 in Truro in July. ***Has your Branch considered making a nomination?*** The list of eligible Members for the position was sent to branches last fall along with a nomination form. **Nominations for the position of President Elect must be received by the Nominating Committee Chair by April 4th, 2006.**

Contact the WINS office immediately if you require an additional copy of the nomination list or form.

Family Scholarships 2006

With this issue of the newsletter, your Secretary will have received copies of the 2006 WINS Family Scholarship form. **Deadline is April 14th.**



BCWI Pen Pals Are Waiting!



The WINS office has received many requests from British Columbia WI members requesting pen pals from Nova Scotia! If you are interested, please contact the office for more information.



Membership & Recruitment Workshops

WINS has received a grant from the **Nova Scotia Canada Volunteerism Initiative (CVI) Network, Community Support Program**, to host two Membership and Recruitment workshops this winter.

The initial workshop will be held in late February in Hants Central District and we hope to hold a second one in Lunenburg District by mid March. If we are successful, it is hoped that we can continue to offer these workshops at various times throughout the year in different locations.

The workshops look at the structure of WINS; our national and international organizations; our current projects and the objectives of WINS. We also discuss the benefits and positive impact that a WI branch can make on the rural community. The workshop is facilitated by members of the Provincial Executive committee.

If you think this would be something that your Branch or District would like to host in the coming months, please contact the WINS office.

ACWW Area of Canada Conference October 13th -15th in Regina

We have just received information from the planning committee in Saskatchewan that the ACWW Area of Canada Conference will be held on October 13th - 15th, 2006, in Regina at the Regina Travelodge South.

Registration: \$95 (includes Saturday lunch, banquet and Sunday brunch)

Accommodations prices range from \$70 to 90 for double rooms. Contact the WINS office for names of hotels suggested by the planning committee.

Transportation from the Regina airport to the venue can be arranged.

Speakers include ACWW World President, Ursula Goh; ACWW Area of Canada President, Mildred Keith; and many other interesting speakers and activities. For a copy of the tentative agenda, please contact the WINS office.



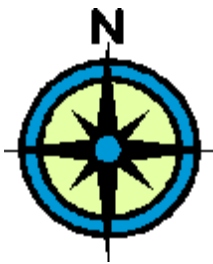
ACWW Area of Canada Project

We are continuing to collect donations for the ACWW project in Tanzania. It is hoped that Canadian WI Members can raise the \$7000 needed for this project to assist women in this African country learn about nutrition and how to grow a sustainable food supply. Funds will be collected until the spring of 2007.

A note from Marion -

I would like to express my thanks to the Branches, Members, Provincial Board and Theresa, who sent cards while I was in the hospital. All were appreciated and will be remembered.

Marion Newcombe



Into the North Update

FWIC Executive Officer, J. Lynn MacLean, brought a detailed report on the Into the North Project to our recent February Board Meeting. She said that the project is still an interest of many WI members across Canada. Donations have reached \$17,000 as well as many boxes of clothing have been sent. In October, Margaret Yetman, FWIC President, had the opportunity to visit the community of Sheshatshui in Labrador and her stories have reinforced the importance of helping these communities. Currently the communities are identifying projects that would require funding to implement. Sheshatshui's projects will probably be nutrition and cooking classes for families and community camps. Funding will be

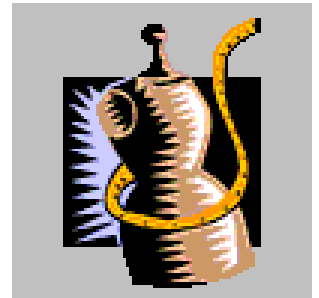
announced soon. Thank you to the members for their continued support!

FWIC Convention 2006 June 14th - 17th in Red Deer

Plans are well underway for the FWIC National Convention in Red Deer, Alberta. It looks as though Nova Scotia will have a good number of delegates attending! Registration forms are now available. Contact the WI office for more information.

FWIC "Fun" Raiser

FWIC is having a 'fun' raiser! WI Members are asked to donate 10 cents per inch of their waist size. You can send your donations directly to the National Office (FWIC, PO Box 209, St. George, ON N0E 1N0).



WINS Convention 2006 July 4th - 6th in Truro

Registration forms for the Provincial Convention 2006 were sent previously to Branch Secretaries with the December

2005 newsletter. If you require more copies, please let the office know or feel free to photocopy forms.

This Convention will be our most 'colourful' convention yet! Newly made Branch banners will be making their grand entrance at Convention and it will wonderful to see the many designs and creations. Banners will be displayed in the main meeting room along with the 'Round Robin' exchange display of quilt tops and wall hangings from West Virginia and Nova Scotia. Sixteen WI members from Nova Scotia and sixteen members of the West Virginia Community Educational Outreach Service (WVCEOS) organization have teamed up to participate in a Round Robin Quilt/Wall hanging exchange. Each participant has created a centre block for a quilt top or a wall hanging. The blocks were exchanged between the two organizations and

members were asked to add rows around the centre design to create either a wall hanging or a quilt top. All thirty-two creations will be on display in July at Convention. Many of the women who are participating in the Round Robin exchange will be coming to Nova Scotia to take part in our Convention. Let's be sure to offer our famous Nova Scotian hospitality when they arrive!

The Handcraft Competition display will also be very colourful! Are you submitting an entry?

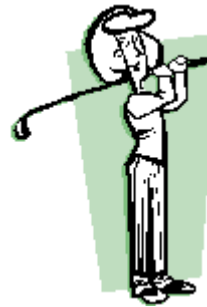
Handcraft Competition 2006 - Hooked Rug

Regulations: The item must be finished and have a whipped or bound finished edge. Minimum size is 12 inches or 12 inches round. Materials that may be used include wool, cloth or yarn. Entries must be submitted at the Convention to the Handcraft Committee on July 5th by 9 am.

Who will be presenting the '*Tall Tale*' from your District at Convention? Make sure this is decided at your Spring District Meeting. Also, Districts are asked to provide one 'theme' basket for the Basket Walk during Convention. This could be a really fun item to assemble!

Are you an Entrepreneur? Many of our WI members have their own business from home or in their community. If so, you may be pleased to know that tables will be set up in the Convention meeting area on the evening of July 5th and WINS entrepreneurs are invited to showcase their own business and products. Please check off the box on your Convention registration from if you'd like one of the Entrepreneur tables!

Funding for Convention 2006 and the Rural Networking Tours has been provided by the Women In Business Initiative, ACOA.



2006 Scramble Golf Tournament - July 4th

The 2006 Tournament will take place at the beautiful RiverRun Golf Club in North River, ten minutes away from the Convention 2006 site. Your Branch Secretary has received registration

forms for the tournament with this newsletter.

Golfing experience is not necessary, but having fun is! Your registration fee includes nine holes of golf, barbeque banquet and there will be prizes for all players. Maybe you just want to attend and cheer on your team! No problem - you can register as a Cheerleader, walk the course and enjoy the barbeque. Register today!

2006 Fund Raiser - A Brennie Bear!

Brenda Parker, Medford WI, has graciously donated one of her handmade, original '*Brennie Bears*' for our 2006 fund raiser. Thank you, Brenda! Branch Secretaries have received two books of ticket with this newsletter. A color photo of the '*Brennie Bear*' is also included. It is at your Branch's discretion if you wish to sell tickets.

Brennie Bears are made from fur and leather from recycled coats. Brennie does not support the slaughter of animals for their pelts, however, these critters have already given their lives to keep us warm. Now, they hang in the back of a closet, forgotten. Let's transform them into something to last forever. Do we not owe them a warm, safe place, eternal life, and a hug now and then to keep their little hearts warm?

This Brennie Bear is not just 'any' bear. This one-of-a-kind bear is very special indeed. The coat that he was made from, was donated by a cancer survivor, and shortly after he was 'born', his owner suffered her third episode of breast cancer. She is remarkable and is recovering very well. So, when you see Brennie Bear give him a hug and say a little prayer for Sylvia and all the other women out there that need our hugs and our prayers as they battle breast cancer. This 19 inch bear is made from muskrat fur and is fully jointed. He has leather paw pads. He is valued at \$200 and tickets (\$1 each) can be purchased through local WI Branches, Board members and the WINS office.

Stories-To-Go Update

Everyone will remember the Stories-To-Go Project from 2002. Hundreds of bright blue bags full of story books and toys were distributed through the efforts of the WI Branches across Nova Scotia to



schools, libraries, day care centres, etc. Each original kit was designed with an agricultural theme in mind. **Now it is time to check on the kits in your community.** Do the books need to be replaced? Are the farm animal toys missing? Does the blue tote bag need to be replaced? The WINS office has a supply of the bright blue Stories-To-Go bags remaining along with a limited number of books and toys. Maybe your Branch would like to make new Stories-To-Go kits with a different theme and use some of the extra blue bags for your kits. Please contact the WINS office for more information.

2005 - Award Winning Year for WINS

2005 was a banner year for the Women's Institutes of Nova Scotia. The organization was recognized with two awards for outstanding service.

In October, WINS was presented with a citation and '**Friend of NSAC**' award from the Nova Scotia Agricultural College for our long-term support and on-going commitment to the Campus. President Ruth Blenkhorn accepted this award on your behalf.

In November, WINS was nominated for the '**Celebrating Innovative Communities**' award in the category of Outstanding Achievement by an Organization. A beautiful crystal award was presented by the Atlantic Canada Opportunities Agency (ACOA) and the Office of Economic Development to WINS. President Ruth Blenkhorn, Past President Winnie Forbes and President Elect Ellen M. Simpson attended the award presentation on your behalf. Look for pictures of the awards in the next newsletter.

Music CD Available

Copies of Susan Ueffing's music CD, '**God Be With You**', are available from the WINS office and will also be available from your District Director during the Spring meetings. The CD features 15 beautiful recordings. It has been created as a fund raising project for the Women's Institutes of Nova Scotia in partnership with the Rotary Club of Kentville. CD's are \$15 each. The perfect gift for Mother's Day!



Response to Resolutions 2005

Four resolutions were presented at AGM 2005 in Sherbrooke. Responses from the Department of Transportation and Public Works and Nova Scotia Power Corporation follow. Responses regarding the community hall resolutions will appear in the next newsletter.

Resolution #1: Usage of Salt on Highways **Submitted by: North River WI**

Response from Paul Richard, P.Eng., Operations Analyst, Dept of Transportation and Public Works: "The Women's Institutes can be rest assured that the Department is utilizing numerous advanced technologies to manage the use of road salts on the Province's highways. All of our salt trucks have computerized salt controls and we have close to 60 units that use salt brine as a pre-wetting agent for road salt. We also use salt-sand mixtures in areas that are particularly environmentally sensitive."

Resolution #2: Power Interruptions **Submitted by: Port Williams WI**

Response from Alan Richardson, General Manager, Customer Service, NS Power: "Let me start by assuring your members that everyone at Nova Scotia Power appreciates that extended outages are difficult for our customers. We regret any hardship that these outages have caused...Nova Scotia Power's system design and maintenance were carefully reviewed last winter. An independent consultant hired by the Utility and Review Board reached the following conclusions in its report released in August 2005;

- Staffing levels of NSP's power line technicians "as maintained for the past ten years...are within customary limits in the industry and did not have a negative impact on maintenance of NSP's distribution facilities or on storm outage response"

- NSP has 'made a sincere and effective effort to respond to the recommendations' of the Utility and Review Board consultant's April 2004 Hurricane Juan report and 'has, in fact, implemented to some extent all of the recommendations and put these to good use'
 - The transmission and distribution systems were well maintained and in good condition.

That said, Nova Scotia Power recognizes there is more to do. Your message to us is clear and we share many of the sentiments expressed...there are more things our company can do to better manage outages..." "We have proposed to the Utility and Review Board a major new investment to strengthen our system to better withstand the weather conditions which cause outages. This includes an enhanced vegetation management program, as falling trees and branches caused by even routine storms can cause significant outages."



Reach for the Stars Membership Challenge 2005-2006

There is still time to add 'STARS' to your Branch during the 2005-2006 Reach for the Stars Membership Challenge. New members

joining after December 1st, 2005, need only pay \$10 for the remainder of the year. Each new member earns the branch one star. Deadline to submit new names for the current year is May 31st, 2006.

Currently we have 36 new members this year! Welcome! All names of new members will be entered into a hat on June 1st and one lucky new member will receive free registration to attend the 2006 Provincial Convention in Truro (not including accommodations).

If the office has made an error or there is an omission from this list, please report it as soon as possible.

One Star

- ★ Bickerton WI - Edith Humber
- ★ Churchville WI - Dawn Hodgson
- ★ Fox Brook WI - Marilyn Kerr
- ★ Homeville WI - Christena MacKeigan
- ★ Lyons Brook WI - Jeanette Fleischer
- ★ Port Clyde and Area WI - Margaret Doane
- ★ Port Hilford WI - Iris Hayes
- ★ Three Cornered WI - Lexie Barkhouse
- ★ Tupperville WI - Angela Bruce
- ★ Waterloo WI - Melda Zwicker

Two Stars

- ★★ Acaciaville WI - Eva Barton, Jacqueline Smith
- ★★ Grand Pre WI - Margaret Gonsalves, Wendy Johnston
- ★★ South Berwick WI - Janice Wagner, Anne Drummond
- ★★ Tartan WI - Kay Dunnage, Sharon Doucette

Three Stars

- ★★★ Burlington and District WI - Alice Bezanson, Verna Hammond, Cindy Usher
- ★★★ New Tusket WI - Carole Doyle, Doris Thurber, Denise Kinney
- ★★★ Sherbrooke WI - Muriel Elliott, Mary Jane MacDonald, Doreen Hirschfeld
- ★★★ Spa Springs WI - Mildred Little, Helena Tupper, Betty Crouchman

Six Stars

- ★★★★★★ Port Williams WI - Barb Gerrits, Eleanor Thomson, Myrtle E. Merrett, Daisey Forsythe, Amy McCarville, Janis M. Naugler

LIFE BEFORE THE COMPUTER

- ☺ Memory was something you lost with age.
- ☺ An application was for employment.
- ☺ A program was a TV show.
- ☺ A cursor used profanity.
- ☺ A keyboard was a piano.
- ☺ A web was a spider's home.
- ☺ A virus was the flu.
- ☺ A hard drive was a long trip on the road.

Announcing the WI Buy Local Challenge

Buying local is about supporting the local economy, but most importantly, it's about learning. Learning about food, learning about health and nutrition, learning about the local economy. The Women's Institutes of Nova Scotia recognizes that buying locally grown foods supports many aspects of daily life.

How often do you go to the grocery store or market and wonder - Where was a food produced? Is it local? Do you find the label confusing? Does your favourite restaurant serve locally produced foods? What does the term 'local' mean to you? There are so many questions and Women's Institutes wants your opinion.

The WI Buy Local Challenge is an exciting new project for the Women's Institutes of Nova Scotia and its being supported by Agri-Futures Nova Scotia and the Rural Research Center, NSAC.

Are You Up For the WI Buy Local Challenge? **We challenge you:**

- ✓ To eat at least one home-cooked meal per week, using mainly local ingredients.
- ✓ To incorporate at least one never-before-tried local ingredient into your diet.
- ✓ To 'brown-bag' at least one meal per week that is primarily made of local ingredients.
- ✓ To talk to at least one food retailer (grocery store staff) and one food producer (farmer) about local food choices.
- ✓ To complete the WI Buy Local Challenge Survey.
- ✓ To choose local food products whenever possible.

WI Buy Local Challenge Survey forms will be distributed to Branches soon. Surveys will continue to be distributed through various public venues this year. Results will be made public in early 2007.

WI Play Update

Thank you to all Branches who took the time to complete the survey on the WI Play. Twenty nine surveys were returned to the office. Twenty one branches liked the idea of having a play written and produced and eight did not. The consensus seemed to be that most thought that it was a good idea, but better suited as a District activity. Many felt that if the play was a two act production, it would allow time to hold a fund raiser - such as a dinner theatre format. The WI office has submitted two proposals for funding to the Department of Culture for the writing of the play and the production. The first application for writing the play has been denied. The second application for production funds has been approved. We are at a junction with this project right now. Only half of the funds needed to proceed have been secured. At this time, the Board has decided that the play project should be put on hold until a time when sufficient funding is in place. Thank you for your input! We will keep you up to date on any new developments.

Dropping In On The Branches

Central Report

by Goldie McDow, Hants West District Director

Hello from Central area with the first reports of 2006 and last of 2005. How time does go, so quickly, when doing fun WI activities.

Martock-Windsor Forks members answered roll call with 'What we recall about Remembrance Day'. A very informative program on Grief Counselling was given by a representative from a local Windsor Funeral Home. Plans were made for Christmas plates for Community shut-ins, which the local Brownie group helped to pack, earning badges. Border design for the Round Robin Exchange with West Virginia was discussed. Instead of a members' gift exchange at the Christmas party, members brought in touques and mittens for the Homeless. A Christmas potluck was held at a festively decorated members home; 36 touques and 10 pairs of mittens were donated. The program was on easy ideas for holiday gifts and tags. Reports given of gifts purchased by branch for needy family of 4, food for Christmas dinner also given. Members answered roll call by telling something unique about themselves. Baby shower items donated to F.W.I.C. Into the North Project. The members will make blankets for homeless in January. The branch has chosen a

candidate to sponsor for Windsor Apple Blossom pageant. The Program was a talk and demonstration on golf which helped to generate interest for the golf tournament at Convention. Plans for quilt workshops to teach members the basics and to make a quilt as a fund raiser were made...**Hardwoodlands Sr.** roll call was 'Something about a Veteran'. They had a program on agriculture. Another roll call was to name something about Christmas you will always remember. Members helped make 320 pies as a fund raiser for the community hall. Donations were made to the Angel Tree and the Food Bank. The program was to remember the sick and shut-ins at Christmas...**Hardwoodlands Junettes** roll call in was to donate items for the I.W.K., food bank and Phoenix House. They catered to a Milk Producers lunch. Plans include making a quilt and making more blankets for the Homeless...**Belnan's** roll call was a Remembrance Day Verse. The program was All about Apples; the varieties, storing, preparing, quizzes, folklore, facts and each member took a new apple recipe home to try. Reports mentioned that the October flu clinic was well attended. Thanks were received for the donation to Hants East Rural High Bursary Fund. A quilt block of the Chartered Oak pattern and a meter of fabric for borders was received from Elaine Lugate of England. Discussion of plans for Round Robin quilt exchange and Branch Banner took place. A program on Citizenship and Legislation was enjoyed. Gwen Gregory told of coming to Canada for a 3 month visit from England and staying. She spoke of our wonderful country and that a lot of people take it for granted. How fortunate we are to be born and raised here...**Tartan's** roll call was New Year's resolutions. For the program, members made 24 Christmas cards to be given to seniors. Ongoing projects for the I.W.K. are being done. A program on articles from newspapers and old cookery books was held. Information on the District meeting and WI week was discussed...**Three Cornered** held a membership drive by holding at Open House in November at the Belmont Hall, serving desserts and coffee, tea. Invitations were sent to past members and hopefully new ones. The members did a great job letting the community know about WI and their branch. Good work! In December they discussed their plans for the Branch Banner and had a Christmas party. In January, members tried their skill at Sudoku. Plans were made for WI Week and blue and yellow ribbons and white lights will be shown...**Nine Mile River Homemaker's** roll call was answered to the question, "How do you feel about children under 16 driving ATV's?" Other roll calls included "What was the most favourite gift you received last year" and "When you were a child, what did you want to be when you grew up?" Program readings included information on Volunteers and My Bill of Rights. Members planned a Christmas party for seniors in community and planned to give to local food bank and to Building Blocks. For their

25th birthday, the branch celebrated with a pot luck dinner with quite a turnout. Provincial WI President Ruth Blenkhorn attended, M.L.A. John MacDonnell, municipal councillor Daphne Goodine, friends and past members. Two members were presented with their life memberships. Certificates of appreciation from government and municipal council were received. Congratulations! In December they reported joining with **Gore** branch and had a turkey dinner and entertainment for seniors in area for Christmas. Members are getting ready for WI week and doing banner for convention...**West Brook-Halfway River's** program was on the Year of the Veteran. Members discussed the hardships of the young men and women who served our country. A card was signed by all and given to a member and her husband celebrating their 73rd anniversary. Wow! Congratulations. Some ideas were discussed for the Tall Tale Competition at Convention. In December, a life member celebrated her 101st birthday at the Care Centre, Parrsboro, where she resides. Discussions continued on the branch banner, Tall Tale Competition and WI week. Members responded to roll call with 'Words to Live By' in 2006...The **Gore** branch in had a program on TLC (Tender Loving Care) and a member in need in the community will be chosen and made to feel special in honour of October Friendship Month. The lady chosen was an extraordinary gardener. The branch decided a fruit tray an appropriate gift for her with a card expressing wishes on her recovery from her second cancer surgery. Adopt-A-Highway cleanup dates were set. A Christmas dinner and tree lighting was held. Roll call was to name vegetables from our gardens which will be donated to the Food Bank. Another roll call was for the Every Stamp Counts Challenge - 9 stamps and \$18.50 was collected for the office. Members felt that a program on the Veteran should be celebrated every year. Plans were made to attend Hants North Community Caring Day with 2 members to do a presentation. Branch banner design was finalized. The December program was Christmas caroling for shut ins, followed by hot chocolate at Craving Café. Each member drew a secret pal to give greetings to on birthdays, anniversaries, etc. A committee was formed to plan a booth for WI friendship month celebrations at Enfield Legion.

That's it for this time from the branches in the Central Area. A lot of great ideas, programs, caring and WI sharing.

Western Report

by Ellen M. Simpson, Annapolis District Director

Blomidon ladies explored "Christmas, Then and Now" and gave donations to local services. The ladies enjoyed readings, jokes and a touch and take sale in January...

Burlington and District enjoyed learning about hooked rugs from Cindy Usher. The ladies are making plans for Convention 2006 and are making a Branch banner and working on the Round Robin Exchange quilt square... **Cambridge Station** enjoyed a presentation by Judy Parks on "Islands" she has visited... **Canning** welcomed Phyllis Besta and Kaye Slipp who showed the beautiful rugs that they had hooked. In November, E. Mason showed the group the many homemade gifts that she has made... **Delhaven and District** held a blind auction in October. Rea Dixon showed the ladies interesting ways to make homemade Christmas cards... The ladies of **Lakeville** presented a three-member dialogue with the theme of Remembrance. Those involved were Marge Kinsman, (was a member of CAF), Hetty Bosveld (who grew up in Nazi occupied Holland) and Cathy Kinsman (her mother was a war bride). In January under the sharp eye of appraiser Thelma Bliss the ladies held an "Antique Roads Show". A very successful cake walk concluded their evening... **Lockhartville** had a time of fellowship at Christmas at which time they exchanged gifts... **Grand Pre** joined their twin **Spa Springs** for a tour of the Art Gallery and a local craft store in Berwick... **Medford** ladies worked on crafts in November under the guidance of Brenda, Linda and Donna. They are working on trying to determine the number of unmarked graves in a local cemetery. In December the group discussed the Road to Recovery Program. In January the ladies learned about the therapeutic benefits of laughter. They concluded the program with some jokes and read some funny stories... **New Tusket** held a Christmas pot luck supper and in January they had an exciting games night. They, like so many other branches, were able to hold a January meeting--the first time in five years as it usually snows!.. **Paradise** ladies were busy in November making plans for various community Christmas activities. Once again they are making a raffle quilt. In December the ladies were given booklets made by Phyllis Nixon of their favourite Christmas recipes and memories. **Paradise** ladies enjoyed guitar music by Barry Hawkins. The ladies are making toe socks... **Port Williams** enjoyed the music of Susan Ueffing when she performed excerpts from her Music CD, *God Be With You*. The ladies continue to work on their scrapbook. In January Mile Buckley, an addiction service Specialist, spoke on VLT Addictions... **Sheffield Mills and District** ladies honoured Sally Huntley who had collected over \$2570 for the Terry Fox Run. Cindy Pettipas of the Terry Fox organization attended the coffee party in Sally's honour. Sally has collected at least \$1000. each year for the many years that the Terry Fox Run has been in existence. Congratulations Sally from WINS! Richard and Joanne Harvie attended the November meeting at which time Richard spoke of his involvement with the Red Cross Emergency Response team... **Spa Springs** presented a Nova Scotia flag to the Railroad

Museum in Middleton... **South Berwick** members were delighted to welcome Jean and Charlie Mackenzie who spoke of their work on Vanuata Island with CUSO. They spent two years where Jean taught school and Charlie helped with the economic division... **Tuperville** learned about Alice Mary Hogan, a pioneer artist potter from Nova Scotia. The branch was host to the District fall rally. In December the ladies heard the reading "Merry Christmas" from a 1979 Home and Country newsletter. Angela Bruce, a young mother in the **Tuperville** branch spoke on how rewarding and challenging "being a mom is", focusing on the home and making it a secure place... **Weston** held a very successful tea in November. The ladies enjoyed a pot luck dinner with 40 people and special guest, Santa, in attendance. **Weston** like many branches are holding rug hooking workshops, donating to the District Directors fund, the Every Stamp Counts Challenge, making Branch banners for the 2006 Convention and working on their Tall Tale stories. Many branches honoured Veterans during the year 2005 especially in November by placing wreaths, reading poems, retelling war stories and honouring Canada's heroes in their communities.

Eastern Report

by Jo-Anne Smith, Pictou District Director

Abercrombie packed boxes for shut-ins in December and learned how to make pot puree jars from rose bowls. A pot luck lunch was held in January along with an informative meeting on stress and stress management. They plan to entertain their twin in the spring... **Bickerton** packed Christmas boxes for the Samaritan Purse, made plans for gifts and organized a turkey dinner for eighty seniors. In December, they made a donation to Christmas Daddies, the St Mary's Food Bank, and the St Mary's Breakfast Program. Congratulations on the new member! In January, members made plans to make quilt, donated to Tearman House, and made plans for Pancake Brunch They will bring valentines to the Nursing Home in February... **Bridgeville** had a program on International Affairs - a look into the lives of friends of a member who visited Germany, they prepared Shut in boxes, donated knit Comfort Dolls, mitts and hats for the Into the North project, and items for Operation Christmas Child. In December they packed boxes, and made gifts for their twin branch. They measured their waistlines for FWIC. In January, they had a lady present a program on her 300 piece brooch collection and gave members one as a gift. They discussed the idea of a WINS play and filled in the questionnaire... **Caribou** had a demonstration and sample of 'Epicure Spices" from a Homebase party business. They discussed the Fall Rally and worked on their hooked mats. They went caroling in Pictou and donated small

toys and bears to the Aberdeen Hospital...**Churchville** donated funds from a bring and buy sale to a local search and rescue group. In February, recycling was the topic of discussion. A guest speaker from Pictou County Solid Waste Management was invited. Arlene MacGregor shared her story about her trip to Germany and a quiz was given...**East River St. Mary's** sent five blankets and socks to the Brunswick St. Mission in Halifax, they donated items to Welcome Wagon for a new family, and in December gave Christmas baskets to a new family and to a person with illness in the community...**Fox Brook** learned how to make fir Christmas wreaths, donated food for School Breakfast Program, donated to Christmas Daddies Fund, and planned Christmas boxes for community. In January, a program on basket weaving was enjoyed with each member making their own basket. They plan to donate a basket to the radio station during WI Week...**Garden of Eden** read articles on ACWW and a reading on the "Women In Stone" Garden of Eden Cemetery. They sent a donation to SOS Village and packed boxes for Seniors and Shut ins at Christmas. Roll call ideas included, "What we would like for Christmas". In January, a member read excerpts from the book, The Hermit of Gully Lake and donated to the District Director fund and the Hoodless Homestead. Plans were made to celebrate WI Week... **Homeville** presented four life memberships to members and made contributions to Port Morien Christmas Light Up. They plan to apply to their local Health Board for \$500 for a project. In December they wrote a letter in support of keeping their local school open, donated to the school Christmas turkey dinner, had a program on "Mindfulness". Mindfulness teaches us to live in the moment, for this is the only time we are guaranteed. They donated children's hats, scarves and mittens to the Glace Bay Salvation Army and planned a Seniors Social evening for February...**Lyons Brook** had a program entitled, "Getting in Touch With Your Hands". Members were treated to a dry wax treatment and a sample of a protective hand cream. They made plans for a Christmas supper and attended a Christmas concert. The January meeting was held at the Odd Fellows Home and there are plans to rotate monthly meetings. A program called, "Care for your Muscles" was enjoyed. Members were encouraged to take time to flex their muscles daily and were given literature on various exercises for all ages. They are donating to the West Pictou School Breakfast program and will make shut in boxes. In February, a goody basket for The Evening News will be delivered during WI week ...**Middle River-Gairloch** had a program on, "Prevention of Falls for Seniors". In January a bring and buy raised funds for the food bank. They discussed plans for WI Day and WI Week and made plans for a pot luck supper...**New Town-Denver** studied Agricultural Awareness and legislation. There is concern over the danger of guardrails needing replacement by the

Department of Transportation and Public Works. In January, members invited Kalysa Archibald to talk about her summer work in Brussels planting rose bushes that will eventually be sold world-wide and her work at a hostel in Spain and trip to Ireland...**Point Edward** had an interesting program with a Dog Trainer with the Sydney Police Department. They learned how they train the dogs and the importance of the dogs when searching for drugs, lost person etc. A successful Tea and Bake Sale was held in November, they held a birthday party for an 80 year old and served breakfast at Church's 125th celebration... **Sherbrooke** had an informative program on Osteoporosis. They learned that healthy bones are a major part of a healthy body, and good foods for building strong bones. Plans were made for a Veteran's dinner and in December, instead of exchanging gifts, the members donated money to the Lion's Christmas Daddies Fund... **Springville-Island** members toured Grohman Knives Factory in Pictou, followed by potluck supper and their meeting. The Christmas meeting included readings, caroling around the piano, and members made donations to Tearman House. A presentation by a member in January told of her visit with her daughter in Sri Lanka.

Southern Report

by Lauren Seaton, Queens District Director

In November, **Barss Corner** enjoyed a meal together and had their meeting at the North Queens Nursing Home in Caledonia with Vivian Eisener, a long-time W.I. member. Donations were made to the Samaritan's Purse, Encounters with Canada and Katrina Hurricane Relief. At Christmas, they made baskets and co-sponsored a coffee party with the Baptist Ladies Auxiliary for all the ladies in the community. At the party, a free will offering was collected and donated to the Christmas Daddies Telethon...**Brazil Lake** enjoyed a program on wartime experiences of Veteran Henry Churchill. The ladies made plans for their Christmas Program and several ladies brought in mittens for the needy and they packed boxes to be delivered to the sick and aged in the community. They were saddened by the death of one of their members, Eula Moses...**Brooklyn and Area** entertained their twin branch, **Port Clyde and Area** in November. They met at the home of Barbara Hinckley for a lovely meal and gift exchange. Everyone celebrated the 100th birthday of Glenna King at her home and then traveled along to the Yarmouth County Museum to enjoy the hooked rug display. Members also visited the Waterfront Art Gallery and then had refreshments before heading for home. The day was made complete as the husbands had all the dishes done when the ladies arrived back at Barb's - thanks to Bruce and Don!..**Chelsea** packed shoe boxes for needy children. Members canvassed the community for items

and they packed 30 boxes which will be sent to needy children in foreign countries. They made plans for a Penny Auction and donated to the Christmas Daddies Telethon. They collected 20 stamps and \$ 7.57 to assist the office with postage. They discussed the proposed W.I. Play and made plans for a Valentine Party...**Sable River and Area** had a program on The Year of the Veteran. The branch delivered baby clothes to the IWK. Members made and delivered Christmas Cheer boxes for the community and planned the Christmas Party...**Kempt** made decorations for the Community Christmas tree and won 2nd prize in the Tree competition in December. They purchased new flooring for the Community hall and organized a community Christmas party and **North Brookfield** joined them. They prepared Christmas boxes for the needy and shut-ins and prepared candy for the children and had a sing around the community Christmas tree. A Valentine Party was held for the community and a coffee party for WI Week. Members are working on their Branch banner and others are working on their Round Robin Quilt Exchange... **Port Clyde and Area** members report knitting many preemie caps for the Yarmouth hospital. Members also donate to the Roseway Manor and Bide-A-While on Valentines. Barb Nickerson presented the Barrington Municipal Council with a plaque on the member's behalf for the good work they do for the Adopt-A-Highway program. Members took part in the Christmas Crawl in Barrington Passage in December...**Lunenburg** had a program on Remembrance Day and learned about the hardships endured overseas. Donations were made to Lunenburg Meals-on-Wheels, a local church for needy families and Lunenburg Sr. High School Scholarships. They planned an evening out at a local restaurant for December. They received correspondence from their Twin in Ontario, which included a book produced by Selwyn Women's Institute on Environmentally Friendly Household Hints. They discussed the proposed W.I. play and made plans for W.I. Week...**North Brookfield** held a supper in October and placed a wreath at the Cenotaph in November. They held a Christmas Party and decorated a Christmas Tree, and they joined **Kempt** at their Community Party. They made treats for the Sunday School Concert and made baskets for the shut-ins, installed a shelf to hold the trophy won at Queens County Fair for their float in the parade. They also had a speaker talk on osteoporosis and donated to the Community Hall. Members worked on their Branch banner and planned a Penny Auction for May and made plans for W.I. Week...**Parkdale-Maplewood** had a program on Home Economics and learned facts about fruit and vegetables. They packed 8 shoe boxes for Samaritan's Purse and discussed the Christmas Party and packed treat baskets for the elderly in the community.

Farm Safety Is An Attitude

Ottawa- On average, 115 people are killed and another 1,500 are seriously injured by farm-related incidents in Canada each year - and many more minor injuries are never even reported. Farms and ranches will never be totally risk or hazard free work environments, but steps can be taken to reduce many of the hazards that exist.

"Farm safety is MY business." is the theme of Canadian Agricultural Safety Week (CASW), March 8-14, 2006. The campaign examines various aspects of risk management in the agricultural sector with a special focus on young workers between the ages of 15 and 29. CASW is delivered by the Canadian Federation of Agriculture (CFA) and the Canadian Agricultural Safety Association (CASA) in partnership with Farm Credit Canada (FCC) and Agriculture and Agri-Food Canada (AAFC).

As a farmer and employer, recognizing hazards is an important part of overall farm safety. Reducing hazards not only makes the work site safer, but it also demonstrates to employees that the farm owner is willing to make a commitment to improve workplace safety. Without this commitment, employees may be less willing to change their work practices because this would place the total responsibility for work-site safety on them. To be effective, safety performance expectations must be integrated into productivity expectations.

Too often, employers assume that employees know how to accomplish tasks in an efficient and safe manner. However, research has shown that while most farm-related injuries and fatalities have multiple causes, human error involving a lack of knowledge and poor judgment continues to be a major factor.

Establishing an ongoing successful safety program in any business requires a commitment by management to make safety an everyday priority. It involves providing opportunities and resources for employees to improve their knowledge and skills in performing assigned tasks efficiently and safely. This type of management commitment generally results in employees feeling more valued and motivated to contribute to the overall productivity of the farm. Recognition of a job well done often provides motivation to employees to continue to work in a safer manner.

More information on Canadian Agricultural Safety Week is available at www.cfa-fca.ca or www.casa-acsa.ca .

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