



Home and Country

Fall Women's Institutes of Nova Scotia 2005

Women's Institutes 'Blankets' Nova Scotia With Love



More than 130 quilts and blankets donated by the Women's Institutes of Nova Scotia were given to the Salvation Army in August. The blankets will be distributed across the province this fall and winter to those in need. Pictured above, left to right, Marion Newcombe, Sharon Lynk, Lindsay Murray, Ruth Blenkhorn, Ellen Simpson and Winnie Forbes (kneeling).



Representatives of the Salvation Army made a stop at the WINS office on August 18th with two vans to collect the needed donations. Salvation Army representative, Diane van der Horden, said that "every stitch is an individual that's given their time and skill. This is going to make a great impact throughout Nova Scotia with the winter months coming."

Branches are invited to continue to donate blankets

and quilts directly through the WINS office.

Quilts In The Garden

In celebration of the 100th anniversary of the Nova Scotia Agricultural College, a special event was held by WINS in the NSAC Alumni Gardens on July 28th during the college's Open House festivities. *Quilts in the Garden* was the name of WI's display of traditional crafts. Quilts, hooked rugs, embroidery and spinning of wool were featured. A number of heritage quilts were shown to the public amidst the beautiful backdrop of the Alumni Gardens. Many members dressed in period costume.



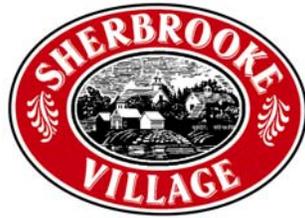
During this event, the WINS Alumni made a second donation of Adelaide Hoodless Roses to the Garden. The dedication of the roses by Marion Newcombe, Alumni President, was made in memory of past members along with a special dedication by Barb Fuller in memory of Past Provincial President, Iris Fraser.



The President of the NSAC, Dr. Philip Hicks, took part in the dedication service and is pictured above with Marion Newcombe.

AGM 2005 – A Huge Success!

More than 170 delegates and friends of Women's Institutes gathered in Sherbrooke for the Annual General Meeting on July 5th and 6th. The AGM events kicked off with a tour of the historic Sherbrooke Village Museum and a wonderful evening of local entertainment. Members who had never had the opportunity to tour the Museum before were amazed. It was a treat to step back in time and discover a part of our heritage. Museum tour guides led members around the beautifully



restored village, wagon rides were offered and later in the evening, staff showcased many of the period costumes worn at the Museum. We owe a huge amount of thanks to the Sherbrooke Village Museum for their generosity and hospitality. We

encourage everyone to spread the word about this fascinating place – it's well worth a visit!

The next day, the St. Mary's Academy was the venue for the AGM meeting. A record number of delegates filled the school. Greetings from local government officials and representatives were made along with special greeting from ACWW Area President, Mildred Keith and FWIC Executive Officer, Lynn MacLean.

Ruth Blenkhorn's Presidents Report reminded members of the successes of the past year and gave thanks to all members for their hard work and commitment. Ruth also made special mention of the continued support of the Department of Agriculture and Fisheries.

Ruth introduced our summer student, Lindsay Murray. Lindsay, pictured at the right, has been extremely helpful at the WI office this past summer and we will be sad to see her go. She will be attending Nova Scotia Community College in Stellarton this fall. Good Luck, Lindsay!



Ellen Simpson, Chair of the Finance Committee, reported that WINS had finished the last fiscal year with a net surplus. Ellen thanked everyone for their generous donations to our various funds and to the Every Stamp Counts Challenge.

The resolutions on the usage of salt on highways; power interruptions; pedestrian signals for the visually impaired; and insurance and assistance for community halls were approved as circulated.

Keynote speaker, Bob Frame, a past director of Sherbrooke Village, said that the province has more than 100 museums and that Sherbrooke Village Museum is the largest 'working'

museum in the province. He said that the museum is very important to the local economy and that many full and part time jobs are provided by the museum. He recommended that we should make use of our provincial museums and visit them frequently.

ACWW Area President for Canada, Mildred Keith, addressed the delegates and talked about the inner workings of ACWW and of her experiences in her travels for the organization. She said that the next triennial project for Canada will be a nutrition project in Tanzania. The next ACWW Area Conference will be held in 2006 in Saskatchewan.

FWIC Executive Officer for Nova Scotia, Lynn MacLean, thanked the delegates for the wonderful support for the FWIC Into the North project. She explained how the project was decided upon by FWIC and how the two Labrador communities were chosen. The project will continue to be conducted over the next three years. More than \$5000 in funds have been raised and many donations of clothing and supplies have been sent to Labrador. FWIC is looking at starting a phase 2 of this project that would see assistance going to northern communities in Western Canada.

A draw for the Nova Scotia Tartan Doll, donated by Joan M. Campbell of Tartan WI, was made. The winner was Marie Sanford of Lakeville WI.

The Pennies for Friendship March collected more than \$1040 for the fund. The Touch and Take table collected more than \$470 that will be put towards AGM expenses.

Past Provincial, FWIC and ACWW Area of Canada Presidents were recognized with presentations of single roses.

Committee chairpersons gave brief reports. Lauren Seaton, chair of the handcraft committee, announced that Ida Dimock of Three Cornered WI was the winner of the 2005 Handcraft Award for an embroidered item. She reminded everyone that next year's competition will be a hooked rug.

Ruth Blenkhorn gave a report from the scholarship committee announcing the winners of the two Family Scholarships (Caitlin Clem and Weldon Fraser). Joann Cory, chair of the membership committee announced that the winner of the 2004-05 Reach for the Stars Award was Burlington and District WI. Rev. Freda MacDonald, a new member of Bickerton WI, was the winner of the free registration to AGM.

Sharon Lynk, chair of the program committee encouraged members to continue to pursue programs under the topics of environmental issues, agriculture and our health. Yvonne Kennedy, chair of the editorial committee encouraged members to keep sending articles and photos for the newsletter.

Coni Murray, chair of the rural issues committee announced that the Nappan Experimental Farm would remain open and that WI has representatives on many agricultural committees. Winnie Forbes, chair of the nominations committee made a special mention of departing board member, Joan McNeil. Winnie reported that Goldie McDow would be taking Joan's place as the new Hants West District Director.

The Provincial Convention 2006 planning committee presented a preview of what to expect in Truro next July 4th – 6th. The theme of the Convention will be 'We Can Do Anything!' and workshops and bus tours are being planned for the delegates to enjoy. Also, more than 50 delegates from West Virginia will be taking part in our Convention.

The new 2005-06 Board of Directors was installed by Mildred Keith. Ruth Blenkhorn expressed everyone's heart-felt thanks to the members of Guysborough District for hosting such a successful and well-planned Annual General Meeting. Guysborough District Director, Aleah Lomas Anderson and the Guysborough District members were given a round of applause for their exceptional work.

WI Songbird to Launch Music CD

If you are a WI member in Nova Scotia, then you are probably familiar with the music of Susan Ueffing. Susan is a member of the Delhaven and District WI and has been sharing her wonderful musical talent with WI for many years. This October, Susan will be launching a new music CD as a fund-raising project for the Women's Institutes of Nova Scotia. The tentative date for the launch party is October 15th and it will take place in the Valley area. Tickets for this very special event will be available soon. Contact the WINS office for more information.

Fox Brook WI Holds Quilt Show



Pictured above are a few of the very talented quilters and members of the Fox Brook WI at their recent quilt show. Pictured left to right, back row, Marlene Sinnis, Etta Hirtle, Marlene Langille, Joyce Findlay, Mary Smith, Joan MacKay; front row, Carol Grant, Lou MacDonald and Gerry Crockett.

Remarkable Family Dogs

A Canadian book author seeks stories about remarkable family dogs, past and present! If you have a 'remarkable' story to tell about an amazing family pooch, call 416-778-5300 or email **Alexa DeWiel** at besteverdog@yahoo.ca or you can write to Alexa at 314-678 Broadview Ave., Toronto, Ontario M4K 2P2

Focusing on Farm Health and Safety Research – discussion forum seeking farm women's input

The research group Women's Health in Rural Communities (WHIRC) would like to invite Maritime farm women to join in a discussion forum on agricultural health and safety, Saturday October 15th, 2005. The fall forum will take place at AgriTECH Park (Nova Scotia Agricultural College), Truro, NS from 8:30am to 5:00pm; lunch included. This day long event will provide farm women the opportunity to voice their opinions and shape WHIRC research into rural health and safety. There is no cost to register but advanced registration is required. All are welcome to attend; however, in a special effort to encourage young farm women attendees, a limited number of travel subsidies are available. For more information about registration or travel subsidies please contact the Rural Research Centre, NSAC (contact information below).

Women's Health in Rural Communities (WHIRC) is a research partnership between the Nova Scotia Agricultural College, Dalhousie University, and the IWK Health Sciences Centre. Funded through a five-year Canadian Institutes for Health Research (CIHR) grant, the WHIRC team is devoted to studying issues surrounding the health of young rural women (between the ages of 19 and 39). There are three broad themes of WHIRC research which include: rural health and safety, community resilience, and mental and emotional health. The fall forum is an initiative that specifically addresses the rural health and safety theme.

Placing farm health and safety as a WHIRC research priority stems from evidence that ranks farming as the third most hazardous occupation in Canada. Farming is also linked with an alarmingly high number of child fatalities. In addition to the physical health risks associated with farm life, decreased access to health care, school closures, rural depopulation and economic instability are changing rural communities and impacting on farm health and well-being. Your opinions are valuable to this research, come join the discussion!

Further information:

Rural Research Centre, Nova Scotia Agricultural College
Phone: (902) 893-6227 (please leave a message)

E-mail: KMACNEIL@nsac.ns.ca

Fall Forum Website: <http://nsac.ca/fallforum/>

Dropping In on the Branches...

Central Area

Belnan members invited a representative from the Continuing Care office in Shubenacadie to discuss health care issues. Memorials are being written for the Memory Book on two past members, Peace Parker and Myfanwy MacRae. Donations were made to the new Resource Center in Elmsdale and other funds. Plans were made to meet with twin branch, **West Brook-Halfway River** in Debert. Roll call included ways to cook unusual vegetables...**Enfield** donated to the Into the North project and planned for their 49th anniversary celebration. Congratulations! Resolutions were discussed and voted upon. In May, a member's daughter that had worked in Northern Labrador talked about the conditions in Sheshatshiu and Hopedale, the two communities being assisted by the FWIC project, Into the North. Hearing first hand about the hardships of these communities and the people who live there helped the members understand the great need. Roll call was to name an interesting place in Nova Scotia and to name a vegetable or flowering plant that does well in your garden...**Hardwoodlands Junettes** members have been busy fund-raising for the community and collecting baby and personal care items to donate. During WI Week 2005, they invited **Hardwoodlands Sr.** members to join them for their 30th anniversary celebration. Congratulations! Four members were presented with life memberships. Mary Ann Grant, a life membership recipient, spoke on her mission trip to Cuba. She has graduated with her MsDv in Theology. Congratulations, Mary Ann!...**Hardwoodland Sr.** members enjoyed a program on Eggs. Roll call was to name a favorite vegetable and how to serve it. Members also

had a program on Diabetes, donated funds to 4-H and Hants East Rural High School and cleaned the community hall...**Martock Windsor Forks** enjoyed a presentation by Tara Schofield, granddaughter of member, Jean Schofield. Tara was sponsored by the branch in the Princess Windsor competition and received the position of first lady in waiting. Jean Hall also presented a humorous monologue on the many 'falls' in life. Resolutions were discussed, plans were made for the Adopt-A-Highway cleanup and made plans to teach members how to quilt. In May, 'Calendar Girls' movie was viewed. Plans are being made to celebrate the branch's 92nd anniversary in September!...**North River** members are creating alphabet scrapbooks for pre-schools...**South Rawdon** members enjoyed an armchair trip to St. Martins. Plans are being made to design their branch banner. A program on "All About Food" was presented in May. Members learned about the many useful food products that are grown or come from animals. Roll call was answered with donations to the Into the North project...**Tartan** enjoyed an interesting program on the customs and issues facing the people of Guiana. A 'refresher' on the WINS handbook was held in April along with a discussion on the resolutions. A program in May looked at the Canadian Immigration Program and plans were finalized to meet with their twin branch, **Chelsea**, in June...**Upper Nine Mile River**, after much discussion, has made the difficult decision to disband after many years of serving their community and beyond. Some of the members have decided to join WINS as Members-At-Large so that they can still continue to keep in touch with the organization and attend District and Provincial meetings...**West Brook-Halfway River** members held a shower for a fire victim and made plans to meet with their twin branch, **Belnan**. In May, they held their annual meeting

and reviewed the past year. Roll call was answered by naming a flower and some facts about it...**West Pugwash** report that each year they make a quilt that is given to a community member who may have experienced a traumatic event such as a house fire. Roll call was answered with a quilt pattern name and an interesting fact about the pattern.

Eastern Area

Bickerton's April program was presented by Aleah Anderson and Betty Reid on 'What is Happening for AGM'; in May they elected new officers, gave donations for a new furnace at the hall and for a scholarship. Members are working on AGM kit bags and have made two baby quilts and two Quilts for the Homeless...**Bridgeville** had an interesting program presented by Tracey Johnson, Correctional Officer at the Women's Prison in Truro. She talked about the programs offered and structured living environment. In May, a potluck supper was held and members made 51 Comfort Dolls for Africa. In June, a shower for the Into the North Project was held and slips and blooms were collected for the auction...**Caribou** held their March meeting at the Oddfellows Senior Home and were entertained by the Harmony Ladies Barbershop singers. Members have started a hooked rug project. In April, members wore Spring Bonnets. Book club night discussed "The Notebook", and members made plans for the Spring meeting. In May, resolutions were discussed and a Story Sack was put together for the Library. Plans were made plans for the Float for the Lobster Carnival...**East River St Mary's** enjoyed a program on the founding of the Women's Institutes and the Mary Stewart Collect. The April meeting featured gardening and each member was given a package of seeds from Vesey's. Members are working on Blankets for the Homeless and the

Into the North Project. In May, members discussed the Kyoto Accord; global warming; conservation of energy and electricity...**Fox Brook** invited speaker, Monica Williams, from Valley View Villa Seniors Complex. They made plans for a Ham and Salad take out and a visit with twin branch, Lyons Brook. The May, guest speaker was Heather Facey who spoke on her trip to Korea and Thailand. Members are making plans for a Tea & Quilt with proceeds for vinyl siding on front of the hall... **Garden of Eden** enjoyed a program by Mary Ross on painting Ukrainian Easter Eggs. Other programs included Napkin Folding, Quiz on Sewing and "Famous Women in Canada". Five bags of quilts, blankets and knitted goods have been made for the Homeless. Donations have been made to the Kidney and Heart Funds, Pictou Honors Choir, IWK, Thorburn School and Pictou Exhibition... **Homeville** members enjoyed a program presented by District Director, Yvonne Kennedy, on "Volunteers - The Heart of the Community". Highlights included the Alphabet Scrapbook delivered to Gowrie School. The creation of a Branch Banner was discussed. The April program was presented by Rae MacKilop, Glace Bay Cancer Society. She explained importance of "Sun Sense", diet and exercise. Members made plans to attend AGM. Personal care items were given to the Transition House Men's Shelter in Sydney. June's speaker was member, Winnie Peach, who talked about ground and surface water, water tables, aquifers and how strip mining leaves pits of acidic water...**Indian Harbour Lake and Jordanville** made plans for a Graduation Party, the Spring Rally, and for AGM. Quilts are being made for the Homeless...**Middle River - Gairlock** members, despite stormy weather in March enjoyed a story about St Patrick's Little Leprechaun who was using leaves and tulip

flowers for an umbrella. Members packed baskets for shut-ins and the elderly. In April the resolutions were discussed and two members attended the Provincial Volunteer Supper. Donations to schools, plans to meet with our twin branch, plans for the Valley View Seniors Picnic, and plans to host our twin Branch were made... **New Town - Denver** enjoyed speaker Kaleja Archibald, who spent three years teaching computer and English in Japan. Baby items for the Into the North project were collected and plans were made for AGM. A new resident to the community, Annikee Thompson, from Johannesburg, South Africa, told us how lucky we are to live in Nova Scotia. Members are working on a branch banner and making premie caps...**Port Hilford** reviewed the branch's work over the past year and made plans for the AGM. They plan to paint at the community centre...**Point Edward** members donated to local Graduates. Quilts were finished and sent to Talbot House...**Sherbrooke** enjoyed a program by Ellie Burton on the St Mary's Youth Initiative. A program in April was presented by Lillian Jordan on Household Hazardous waste and using non-toxic alternatives. Plans for a flea market and pantry sale were finalized. Members catered to a Legion dinner and in June, went out to supper. Mona Anderson was presented with a Life Membership...**Springville-Island** invited a speaker from the Pictou Landing Reserve who told about life on the reserve. The reserve has its own school, medical center and church. The speaker demonstrated how to make small gift boxes from porcupine quills and birch bark. In May, twin branch, **MacPherson's Mills** was invited to join them for supper and a program on Collecting, Polishing and Cutting Rocks.

Respectfully submitted,
Jo-Anne Smith
Pictou District Director

Southern Area

Barss Corner members had an armchair tour of Israel presented by one of their members. They donated to the IWK Telethon and continued to work on the possibility of having a Nurse Practitioner in the New Germany area. Unfortunately they did not have a delegate for the AGM...**Chelsea** had a guest speaker from the Dept. of Health to talk about Home Care, Long Term Care and Adult Protection Services. They presented cheques to 4 local teens going on an exchange trip to Quebec. They prepared and delivered 40 Easter Baskets to Seniors and Shut-ins in the community. Members had a work party to work on various projects and had a night out at a local restaurant...**Kempt** had programs on keeping and storing foods safely and one on how little we know about the oceans and reviewed some well known facts about oceans and their contents. They had a representative from the local Tourist Bureau to talk about the move to another facility. They donated to Queens Fair Association building improvement fund and Canada Day celebrations. Members gave money towards rewiring the community hall and installed a new front door and made some necessary repairs to the hall. They also donated a 4-H Trophy at the County Fair, met with their twin, **Tupperville** in Annapolis and made plans for another Penny Auction in October. They completed their Adopt-A-Highway program for the Spring...**Lunenburg** had a program on preparing Nutritious Meals on Wheels and had an IWK Baby Shower. Members donated to the provincial scholarship fund and the IWK Telethon. Plans were made to entertain Twin Branch **Lockhartville**...**North Brookfield** had a Dietitian present a program on Canada's Food Guide. They had a program on the Mary Stewart Collect and learned what it meant to the members. Councilor Doug Adams presented an update from the Region

on projects, grants available, and gave an update on the Broadband Internet Service in the area. Members donated to Canada Day Celebration, and other community projects. They hosted the Spring Executive and took part in the Adopt-A-Highway program. Plans were made for a branch banner for Convention 2006...**Parkdale-Maplewood** members had a discussion on how agriculture has changed over the years. They made plans to have a baby shower for the IWK and discussed the Spring Executive...**Sable River and Area** had programs on a Canadian-Chernobyl report, the plight of Mayan Indians working on a coffee plantation and also a program on 'Lockport as I Remember it'. They held a St. Patrick's Day Tea, made blankets for the homeless, and made clothing for the FWIC Into the North project. Plans were made for a Branch Banner, they hosted a Tea to support a Chernobyl girl, and planned to provide a toilet facility plus supplies to a Mayan Village School. Members donated a \$250 bursary to a student and provided knitted items to the IWK. Members entered the July 1st parade in Lockport...**Waterloo** members had a program on Nursing in the Canadian North. They held a Pot Luck Luncheon to celebrate everyone's Birthday. Members made plans for a Tea to be held in May and planned to meet with their Twin Branch in the fall.

Respectfully submitted,
Lauren Seaton
Queens District Director

Western Area

Congratulations to **Cambridge** who celebrated their 85th anniversary, **Burlington and District** 19th anniversary and **Weston** their 73rd. What great milestones for these branches!
Margaretsville and Spa Springs held a late winter tea where a portion

of the funds were given to their district to help defray any upcoming expenses. **Margaretsville's** twin **Weston** was in attendance. **Margaretsville** is busy preparing for their August weekend. **Margaretsville and Spa Springs** visited **Weston** at their closing meeting. **Paradise** is working on the community flower garden. The group will be demonstrating quilting at the County "400 year" Celebration. The ladies learned about female poets under the direction of Phyllis Nixon and Virginia Lee. **Tupperville** ladies have been busy making plans for their strawberry supper, yard sale and the art show and tea. The ladies have many items ready for the IWK. Isabel Chipman issued the challenge at the June meeting, "What is the one tonne challenge?" **Spa Springs** welcomed a Board member from the Railway Museum, Middleton. The ladies held a successful plant and coffee party in May. **New Tusket** ladies knotted three quilts for IWK and one for the homeless. The ladies are busy preparing for a tea in August in support of the Acadian Festival. Congratulations to Phyllis Stewart who was chosen volunteer of the year! Karlene Gale did a program on the game "Outburst". Roberta Journeay spoke about her months in Thailand teaching English. At their outing in June they were pleased to meet a couple from Wales. The lady belonged to WI in Wales. **Blomidon** welcomed a speaker from Chrysalis House. The group donated bags of materials for the home. The **Blomidon** ladies were busy making plans for next year at their May meeting. In June the ladies went to a new restaurant in the area and had an auction. **Burlington & District** held a lively night in April when Wavey Brace did a program on Newfoundland. The ladies all became members of the Royal Order of Screechers (kissed a frozen mackerel). They believe they are the only Newfoundland WI Branch in Nova Scotia. Congratulations! In May John Dow spoke to an

interested group on the pandemic. Janelle Gray spoke on proper care of medicine. The Roll call was the many uses of vinegar through research of Elva Pinch. In the spring **Canning** ladies gave gift baskets to the sick and shut in. Roll call in May was remembering "Our Moms". As the **Canning** Branch has so many memories of their years in WI Pauline M, Mildred P. and Jean did a program on scrapbooking. **Delhaven and District** held an auction in March where proceeds went toward purchasing quilts for the homeless. In May **Grand Pre** had completed six quilts. They welcomed Sylvia Peters in June when she spoke on a two week trip to Romania. **Lakeville** welcomed three guests from VON Kings Hospice Foundation in April. Karen Frank, Sr. Lab. Technologist, VR Hospital graciously received 726 finger puppets, 20 preemie bonnets, 1 cancer turban and 1 toe sock. **Lockhartville** reviewed the new food guide under the direction of Faye Singleton. Marion Fuller presented a program entitled "Why Peanuts? Why Not?". **Medford** has been collecting layette items for the Into the North project. **Port Williams** has decided to help financially with the repairing of Planters Monument. The ladies filled tote bags for caregivers. The **Port Williams** ladies are starting to make plans for a fall fashion show. Leta Ells, **Sheffield Mills and District** spoke on All About Food - Agriculture Food Facts! In April the ladies learned first hand about autism. The ladies welcomed Debbie Morrison who spoke on living in Qatar. **South Berwick** enjoyed a program on the work of the Chaplin at the local nursing home with special guest Elizabeth Johnson. Roll Call was "Hugs". The branch is sponsoring a young lady for Gala Day. **Weston** learned how to make all occasion greeting cards. In May the owner of Angora Hill Farm was guest speaker. Many branches throughout the western district gave

donations to various organizations and have helped in so many ways. That is what Women's Institute is all about! I hope that you have all had a pleasant summer. It is my wish that you have a successful year in Women's Institute.

Respectfully submitted,
Ellen M. Simpson
Annapolis District Director

Would You Like to Help Staff the WINS Booth at AgCot?

Each year, WINS has a display featured at the AgCot Discovery Centre at the Maritime Fall Fair. We are presently looking for volunteers to help staff the booth. The dates of the display are October 12-16th. If you can assist, please contact the WINS office immediately. This is a wonderful opportunity to promote the Women's Institutes, our connections with the agricultural community and our current projects.

WINS Alumni to Meet

Are you a past WINS Board Member? If so, did you know that you now qualify as a WINS Alumni member?

The 2005 WINS Alumni Annual meeting will be held on September 17th in **Parrsboro** at the Fundy Geological Museum. Lunch will be held at the Glooscap Restaurant and a tour of Ottawa House will be featured along with a business session.

Please register by September 12th. Contact **Thelma Gilbert** at 902-254-2019 or email etgilbert@ns.sympatico.ca

October is Friendship Month

Is your branch or district doing something special in October? Why not consider bringing a friend to a meeting or holding a public workshop or information session. This is a great way to promote WI and to increase your membership.

2005 Family Scholarship Winners



Caitlin Clem

Caitlin was sponsored by the Burlington and District WI and will be attending Bishop's University this fall. She plans to take her Bachelor of Arts and major in English with the goal to have a career in journalism.



Weldon Fraser

Weldon was sponsored by the Churchville WI and will be attending Carleton University this fall. He is enrolled into the Bachelor of Arts program and plans to study the history of Art and the Masters. His dream is to become an art dealer.

Indian Harbour Lake – Jordanville WI Celebrates Graduates



Each year, the Indian Harbour Lake – Jordanville WI hosts a grad party for the graduates of St. Mary's Academy. This year, pictured above, the graduates included Tyler Mahar, Jeremy Stevens, Candace MacIntosh and Geoff Goesslin. Pictured below

is Walter Duggan, retiring Principal of St. Mary's Academy and Cathy Anderson, branch vice president.



The school was the venue of the 2005 AGM in Sherbrooke.

Hardwoodlands Junettes WI Recognize Life Members



This February, four members of the Hardwoodlands Junettes WI branch were recognized with life memberships. District Director, Joann Cory attended the presentation. Pictured above, Darlene Fraser, Carol Versteeg, District Director Joann Cory, Mary Anne Grant and Enith Thomas.

Events & Reminders

Open Farm Day
September 25th

WHIRC Fall Forum, Truro
October 15th

WINS Music CD Launch
October 15th

**AgCot Discovery Centre
Maritime Fall Fair, Halifax**
October 12th – 16th

New ACWW Canada Project Announced

Mildred Keith, ACWW Area of Canada President has announced a new ACWW project for Canada for this triennium. Funds will be raised for a project in the country of Tanzania. Tanzania is an eastern African country, bordering on the Indian Ocean and situated between Kenya and Mozambique. The purpose of the project is to train women in nutrition and catering skills. The group's name is KIMAKO and any profits made by the group will be used to expand their catering business and improve the quality of their family's lives. The whole community will benefit as they will also use part of the profits to promote health and education.

When making your donation to this fund, please specify the "Tanzania" project.

President Elect Position

It's time to start considering nominees for the position of Provincial President Elect. With this issue of Home and Country, your branch secretary will have received a listing of those WI members eligible for the position of WINS President Elect 2006-2009. A nomination form has also been enclosed.

Into the North Update

Twenty-one boxes of child care supplies and clothing from WINS members are on their way to Hopedale and Sheshatshiu, Labrador. Cash donations have been sent to the Federated Women's Institutes of Canada and will be used for breakfast programs, women's shelters and the purchase of books, educational supplies and other baby items for the people of these two communities.

We wish to give many thanks to **W. L. Stewart Moving and Storage** of Truro for agreeing to ship our boxes, free of charge, to St. Johns, Newfoundland. W.L. Stewart Moving and Storage can be found at 173 Truro Heights Road (897-7433). Once the boxes arrive in St. Johns, they will then be shipped directly, free of charge, to the two communities via Air Labrador.

Many thanks to all WI members who have donated funds or supplies for this project.

Blueberry Marmalade

3 cups blueberries, fresh or frozen
3 cups sugar
2 limes
1 lemon
¼ tsp ginger, ground

Peel limes and lemon, being careful to take only the coloured part of the peel, not the white. Slice the peel into strips. Put the peel into a small saucepan and cover with water. Boil for 15 minutes. Drain. Place the berries, sugar, juice of the limes and lemon, boiled peel and the ginger into a large non-reactive saucepan.

Cook over medium heat until the mixture reaches the jelling stage (220°F).

Ladle into clean sterilized jars. Seal according to manufacturer's instructions.

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