



HOME and COUNTRY

W.I.N.S.

Spring

Women's Institutes of Nova Scotia

2008

Mission Statement

The Women's Institutes of Nova Scotia continue to provide opportunities to enhance the quality of life, through education and personal development, allowing us to meet the changing needs of our local and global communities

What's inside this issue?

From Ellen's Desk....	Page 1
Board Members...	Page 2
Updates...	Page 3
Branches News...	Pages 4-6
Reach for the Stars...	Page 7
Maude Barlow...	Page 8

Dates of Events

Erland Lee Award

Deadline for Nominations
January 31, 2008

Call for Resolutions

Deadline for submissions
January 31, 2008

WI Day in Nova Scotia

February 19, 2008

WI Week in Nova Scotia

February 17-23, 2008

Adopt-A-Highway Information Session

April 11 & 12, 2008
AgriTech Park, Bible Hill

ACWW Day

April 29, 2008

WINS Annual General Meeting

July 2 & 3, 2008
Amherst

Membership dues for 2008-2009

June 1, 2008



From Ellen's Desk

Happy New Year, everyone! It is a pleasure for me to share a few of last year's events and activities with you all. What a wonderful year we had in the Women's Institute of Nova Scotia. None of the activities would have happened if it hadn't been for the dedication of each member.

The Women's Institute Buy Local Challenge campaign is continuing and along with the Select Nova Scotia Program, it has certainly helped to make the public more aware of Women's Institute. At the present time we are in Phase 2 of our Buy Local Challenge with a second survey being sent via mail to thousands of households across the province. To date, we have received survey responses from well over 1600 families across Nova Scotia. The Rural Research Centre, NSAC, will compile the results of this second survey and it is hoped that the findings will be publicized in February 2008.

Many communities and organizations for our work have recognized women's Institute of Nova Scotia on Buying Local. Women's Institutes has also been honoured to sit on the Minister of Agriculture's Advisory Committee on Buy Local. This past autumn, East Kings District Director, Sharon Lynk and myself, along with the other members of the Advisory Committee were introduced and recognized at the Nova Scotia Legislature for our work on this issue.

On several occasions the Women's Institute has been invited to attend many workshops and panel discussions. The invitation to be part of the sponsoring group to bring Maude Barlow of the Council of Canadians to Truro to speak on the issue of water security was an honour. Dr. Deborah Stiles of the Rural Research Centre, NSAC, recognized our interest in the protection of our water resources when introducing Ms. Barlow to the audience at the NSAC this past fall. There was a good representation of WI members attending this event. Maude Barlow is truly a remarkable lady!

The WINS Recruitment and Retention Team are very proud of the fact that in 2007 we had three new branches organize. This has been a dream come true! One branch was formed in the western part of the province on Long Island (Islands' WI), another one in Tatamagouche (Three Waters WI) and the third in the Bible Hill area (Marigold WI). These branches are experiencing support from neighboring branches and individual members. The Team is making plans to visit areas of the province in the spring of 2008 with the hope of organizing more new branches.

The provincial Alumni group has been generous once again to the Women's Institutes and has provided money for a new projector screen that can be used at various events such as with the Retention and Recruitment Team.

I would be amiss if I didn't give credit to Theresa Osborne, our Executive Secretary, who is remarkable in every sense of the word. She has helped keep me straight and as President there are many items that I need to be reminded off.

One of my highlights this past year was the visit to the Hoodless Homestead while attending the FWIC Board meeting in Ontario. It was also a real learning experience to attend the ACWW World Conference in Finland last summer and to meet many new friends as well as renew some old friendships.

I wish everyone a very successful year in all Women Institute activities and I am sure we will all meet real soon.

Yours in Women's Institute,
Ellen M. Simpson, President
Women's Institutes of Nova Scotia

Board of Directors:

President: Ellen M. Simpson, 520 Victoria Rd.
RR2 Middleton, NS B0S 1P0 825-6429

Past-President: Ruth Blenkhorn, Box 46,
Port Williams, NS B0P 1T0 542-7141

President-Elect: Coni Murray,
997 Hwy 311, RR 6 Truro, NS B2N 5B4 895-9829

District Directors:

Annapolis: Bertha McVicar, 484 Victoria Rd.,
RR2 Middleton, NS B0S 1P0 825-6406

Cape Breton: Yvonne Kennedy,
59 South Head Rd., Homeville, NS B1B 1R7
737-5131

Cumberland-Colchester: Coni Murray,
997 Hwy 311, RR 6 Truro, NS B2N 5B4 895-9829

Digby: Karleen Gale, 251 Danvers Rd., RR4
Weymouth, NS B0W 3T0 837-5784

Guysborough: Betty Reid, RR2 Sherbrooke, NS
B0J 3C0 522-2096

Hants Central: Joann Cory, RR1 Kennetcook, NS
B0N 1P0 632-2649

Hants West: Goldie McDow, 91 McKinley Rd
RR1 Falmouth, NS B0P 1L0 684-9324

Kings East: Sharon Lynk, 562 Weaver Rd., RR2
Canning, NS B0P 1H0 582-1390

Kings West: Julia Llewellyn, 388 Lamont Rd.,
and RR1 Kentville, NS B4N 3V7 678-7029

Lunenburg: Anita Emeneau, 35 LW Peninsula
Rd., RR3 First Peninsula, Lunenburg, NS
B0J 2C0 634-8236

Pictou: Linda Munro, 25 Blackie Road, RR2
Pictou, NS B0K 1H0 485-8391

Queens: Lauren Seaton, 11798 Hwy #8 Kempt,
NS B0T 1B0 682-2369

Shelburne: Margaret Dawe, 90 Freeman Mill
Road, Sable River, NS B0T 1V0 656-3276

Yarmouth: Irene White, #310 Hwy, 334
Arcadia, NS B0W 1B0 742-5292

Department of Agriculture and Fisheries Counselor:

Gerald Post, Acting Director, Resource
Stewardship, NSDA

Cheryl Chandler, NSDA
Valorie Oickle, NSDA

FWIC Executive Officer:

Ruth Blenkhorn, Box 46, Port Williams, NS B0P
1T0 542-7141

FWIC Board Member: Ellen M. Simpson

Executive Secretary:

Theresa Osborne, Box 550, Truro, NS
B2N 5E3 893-6520, Fax: 893-6393

osbornet@gov.ns.ca

Public Relations Officer /

Newsletter Editor:

Linda Munro, 25 Blackie Rd., RR2 Pictou, NS
B0K 1H0 485-8391

lamunro@eastlink.ca

Visit our website: www.gov.ns.ca/nsaf/wi

Meet Two of the Board of Directors



Joann Cory
Hants Central
District Director

Joann Cory belongs to the Gore Women's Institute. Twenty-seven years ago, a member from another Branch invited Joann to a Women's Institute meeting. Her very first meeting was memorable, having just moved to the country from the City area, and having said no as long as she could get away with it and here she is 27 years later. She and her husband Frank live with a cocker spaniel Marley Mae and two special cats. They have three daughters and son-in-laws and four grandchildren. She loves reading, gardening, talking on the phone and driving her car. She got her license later in life. Way to go!!



Sharon Lynk
Kings East
District Director

Sharon Lynk belongs to the Medford Women's Institute of Nova Scotia. Twelve years ago, her mom made her go to a Women's Institute meeting, and she has been active since her first meeting. Her most memorable event was her first convention. Roy (her husband) and she have two children and four grandchildren. They are ex-military, so they have friends around the world and Women's Institute does almost the same thing. Wherever you go, you know someone. She enjoys spinning and weaving and most crafts.

District Director Positions

This spring, four Districts will be electing District Directors or re-nominating their current Director for a second three-year term. District Director can serve a maximum of two three-year consecutive terms. The Districts that will be looking at renewing for Director are: **Hants West, Hants Central, Queens, and Digby.** Nomination forms have been sent to Branch and District Secretaries.

Annual General Meeting (AGM)

Make Footprints to our next AGM



Theme: Footprints In Time
Place: Amherst, Nova Scotia
When: July 2nd and 3rd, 2008



Registration Deadline: June 1, 2008



ACWW
Margaret Yetman,
ACWW Area Canada President

Canada Area Project

The Area project for the triennium has now been confirmed. The title of the project is **“Home Base Care for the Tsunami affected Dalit Children in Nagapattinam District”**. The District is located in India, and the project is being carried out by The Society of Daughters of Mary Immaculate and Collaborators (DMI). This project for 65 Tsunami affected Dalit children, which are being given Home based care by the DMI Sisters in Nagapattinam, is proposed to provide the basic needs like food, cloths, educational materials, medicine, etc.

The funding amount committed by Canada Area is \$7000. Let us grasp this opportunity to make a difference in the lives of these Dalit children. You can send your financial contributions for the project to Margaret Yetman, ACWW Canada Area President, at 10 Barbour Drive, Mount Pearl, NL, A1N 2H8. Your cheque(s) may be made payable to ACWW Canada Area, and please indicate that the monies are designated for the project. I will be sending to Member Societies on a regular basis updated reports of the project as they are received from the DMI Sisters.

Canada Area Conference

I am pleased to report that an invitation from the Manitoba WI to host the Canada Area Conference for this triennium has been accepted. The conference will be held in Winnipeg, September 18-19, 2008. The Planning Committee is already making plans for the conference and more detailed information will be forthcoming to the Member Societies. Please put these dates in your calendar now, so that you can make plans to attend the conference. Thank you Manitoba WI for your kind invitation to host the Area conference!

Congratulations

Lynn MacLean, Nova Scotia, was elected to serve as a member of the ACWW Promotion & Publications Committee. Our congratulations and best wishes go to Lynn, and we wish her well in her new position.



Winner of the Picture Contest



We would like to thank all of the Branches that entered the contest. We received a lot of excellent pictures. The lucky Branch is **Cambridge**. The ladies displayed their “Hats and Pillows for cancer patients” on a bush. They called the bush **“Our Love Bush”**.



Miriam Moore was the coordinator for this project.



UPDATE!

FWIC Tweedsmuir Competitions
(2006-2009)

Steps to becoming a Tweedsmuir winner:

1. Choose a category – Essay, Pictorial history or Handcraft categories.
2. Get your idea or plan.
3. Complete you project. (It isn't too late!! You still have one more year.)
4. Send your to WINS Provincial office by **January 31, 2009**

Please refer to FWIC's website (<http://www.nald.ca/litweb/other/fwic/comp2006.htm>) or the Summer 2007 issue of the WINS Home and Country for full details on the specifics of each of the categories.

The winning entry in each of the three categories will then represent Nova Scotia at the Tweedsmuir Competition being held at the 2009 FWIC National Convention on Prince Edward Island.



Family Scholarship 2008



With this issue of the newsletter, your Secretary will have received copies of the 2008 WINS Family Scholarship form. The deadline for submissions is April 11th, 2008. One WINS Family Scholarship of \$700 will be available in 2008 to WINS members, their husbands, children, grandchildren, nieces, nephews, sisters-in-law, brothers-in-law and wards. The purpose of the scholarship is to provide assistance to a graduating high school student who wishes to obtain training at a recognized technical institute, school of nursing, college or university in Canada. If you know of a student in your family that could apply for this scholarship, please ask your Secretary for a copy of the 2008 form, contact the office or go online at www.gov.ns.ca/agri/wi/forms/scholar.pdf to print a copy.

In Memoriam

Shirley Clem – Burlington and District
Evelyn Graham – Abercrombie
Jean Mullen – New Tusket
Eleanor Jamieson – West Pugwash
Bertha Walsh – Arcadia
Elenor MacGregor – Churchville
Phyllis Cameron – MacPherson's Mills



Dropping in on the Branches

Central Area

In November **Belnan's** program was giving tips on the microwave oven; which is better butter or margarine for you; food poisoning; cutting sugar in recipe that wouldn't ruin taste of the product. They did a quiz, and the members exchanged a sheet of paper with their name at top. They were asked 10 questions what that person liked about Christmas. The members had fun with this program. They collected \$40.00 for stamps for Provincial office; planned an outing at local restaurant in December; and had a gift exchange with their secret pal; and drew for new secret pal for the next year. The Roll Call was to tell a family tradition and bring toilet articles for the caring and sharing program...In October, **Enfield** members drew a name of Nova Scotia town or village and read a bit of history about it. Roll Call was to name a peculiar name of place in Nova Scotia. In November, they had a speaker who suffers from Behcet's Syndrome. This person updated them about how they were doing during the last two years. This person spoke to branch about two years ago. This disease affects the joints and knees. Roll Call was answered by telling the members if they follow Canada's Food Guide that day, and what the members did for Remembrance Day...**Nine Mile River Homemakers** had a program on raw food for dogs; had a quiz on happenings years ago. They ordered two road signs for their community; and are getting meat orders for a fundraiser; planned on craft day once a month. Roll Call in September was answered by telling summer highlights, and for October, they gave to the Food Bank...**North River** members celebrated with a Christmas luncheon in December and enjoyed the company of two guests, Shirley Crowell and Linda Cavanaugh. In January, members invited a speaker from the Capital Health Campaign to talk to them about the new hospital being built in Truro that will serve Colchester and East Hants counties...In October **South Rawdon** had a program on Canada's food guide: on reading labels and supplements: finding out if they are needed, yes most people do. They also reviewed an old book "The Story of the Women's Institute. movement in England". In November, they placed flags in three cemeteries on nineteen veteran's graves from this area;

and had a discussion on Rosie's project. Roll Call was donating stamps to the Women's Institute's office...October was the fifth Anniversary for the **Tartan** branch. They celebrated with a special afternoon, by using china cups, vases of blue and yellow flowers, cheesecake and birthday cake: Roll Call was answered by a postage stamps exchange. In November, they sent their twin a Christmas card; planned Christmas meeting at member's home; revised a secret pal program; and collected forty stamps Roll Call was a show and tell...**Gore's** September program was how to make a low calorie, low fat poppy seed dressing. Roll Call was summer highlights. In October, the program was about a doll that was forgotten about; purchased Women's Institute signs; planned senior's Christmas dinner and entertainment; planned a caroling; and planned to sell tickets on their round robin quilt Roll Call was Food Bank items...**Three Waters** November's program was information on what training one has to achieve before going as missionaries to other countries or your own community; planned on selling tickets on a basket. Their future project was to decorate a tree for the festival of trees. Roll Call was to tell of a nice thing that happened to them recently. In December, they had a white elephant gift exchange; sent a letter of support to Government officials about Atlantic beef product plant in Albany. Items were donated to make comfort bags for hospital patients. Roll Call was a favourite quote...In September **Three Cornered** organized their year's programs, gave ideas for fundraisers and activity to share with their twin Branch. Roll Call was member's summer activities. October's program was Buy Local theme. Hostess prepared cooked and uncooked cranberry sauce, a cranberry punch, served lunch of cranberry tarts and cranberry loaf and gave members recipes. All said very delicious. Roll Call what members had recently purchased that was produced locally. All had done it...In September **West Brook Halfway River** entertained their twin Enfield In November a member gave a very interesting report of a cruise she had taken. A donation was made to Christmas Daddies. Roll Call was Christmas quotation for December meeting...**Martock Windsor Forks** October program was show and tell,

educational and fun. Roll Call what we are thankful for. They hosted their twin Chelsea by touring a member's local green house and beef operation. A restaurant meal together and touring Howard Dill's famous pumpkin farm. In November, they held an auction to raise funds for Christmas projects.; decided to help two local needy families each with a Christmas dinner and gifts; and made plans to make Christmas plates for community shut in's, local Brownie group also help to earn their badges. Roll Call Remembrance day memories or about someone we know who served in the war. December's Christmas party was a potluck supper at a member's home, gift exchange and carol singing around her piano...In November the **Marigold Branch** program election of officers, structure of W.I. at all levels, purpose of convenorships, and how to choose branch projects.

Thanks to all branch's for reports and sharing their W.I. activities with us all.

Respectfully submitted

Goldie McDow

Hants West District Director

Eastern Area

Abercrombie and their twin, Garden of Eden, celebrated their friendship with an evening of good food and lively fellowship...**Churchville** invited the ladies from their community for a pot luck supper for their anniversary as a way to promote Women's Institute...Sylvia MacDonald impressed the **Caribou** ladies with her beautiful hooked rugs in October and the branch learned how to make homemade cards with shaving cream and dye -doesn't that sound interesting! ...**East River St. Mary's** discovered inexpensive hints to use around the house, donated to Rosie's Project and gained a better appreciation of life in Canada...Mary Ross's grandson, Doug, visited the **Garden of Eden** group to highlight his trip to Sweden and Finland as well as his teaching experience in Korea. They also supported the Samaritan's Purse project...Linda Campbell, a Family Studies teacher, gave an interesting talk on the high school program to the **Homeville** group and the branch sponsored the community Christmas Tree Light-Up...**Bridgeville** had a visit from a Rotary exchange student, Sarah Svendson, who spent last year studying in Denmark

at a premier conservatory for the organ...Local artist, Dan Munro, painted a forest scene for the **Middle River - Gairlock** branch and one delighted member was the lucky winner of the painting. The group also entertained the residents of the Valley View Villa with music and good food...**MacPherson's Mills** enjoyed an armchair trip to other parts of the world with Lynn Cook who went on a pilgrimage to the Camino Trail in Northern Spain and Lorraine Blakeney's trip to Brazil. They also filled Operation Christmas boxes for needy children. Katherine Reed, from the **Women's Resource Centre**, visited the **Port Bickerton** branch to explain how the centre helps women to stand on her own. The ladies also have environmental concerns over the switch from wooden to plastic berry boxes...**Springville-Island** branch learned household hints that are economical, environmentally friendly, tried and tested, as well as the importance of buying local...the members of **Lyon's Brook** were able to show their creative skills with the crafting of hand-stamped Christmas cards. They are contributing hats, scarves and mitts for Rosies Project.



Eleanor Lilley, President of Lyon's Brook WI along with Cathy Wilson. Eleanor is presenting baby items to the Aberdeen Hospital's Maternity ward.

The ladies in **Point Edward** held a very successful Tea and Sale to raise funds for their WINS hall... **Foxbrook** enjoyed Christmas readings and prepared 15 Christmas plates for shut-ins. Roll call was answered by New Year's Resolutions. **Newtown-Denver** members invited a local Public Health Nurse to talk about healthy eating, reading food labels and lowering the salt in our diets. Guests from East River St. Mary's Women's Institute were invited to attend. The branch reports

that after years of lobbying, guard rails along a dangerous section of local highway have been erected.

Respectfully submitted,
Yvonne Kennedy
Cape Breton District Director

Western Area

In October **Acaciaville** made plans to host the Fall Rally. Each member named her favourite country for Roll Call...In November **Burlington** members were busy making puppets, mittens, lap shawls and sending samples and patterns to Yarmouth and Colchester WIs to make drain bag covers and turbans for their Regional Hospitals. Christmas Tea and Sale was held on November 17th. Charter Member Shirley Clem passed away November 4th and the Branch provided a reception following the funeral service. All enjoyed a Christmas outing to Rosie's Restaurant, Kentville with an exchange of secret pal gifts...In October a **Cambridge** member's son told about his time at the 2007 Scouting Jamboree in Ontario. Eight thousands Scouts from eight countries attended. Plans were made for a visit with the Branch's new Twin Belnan. Roll Call was incidents that happened at Halloween in former years. In November Frank Comeau told about his World War 11 Museum in Cambridge and about Veterans in the area. Plans were made for the Christmas party... **Canning** had a program on 'friendship' in November and looked at we can all be better friends. In December their program looked at the food bank and ways to support it. Christmas recipes, picture and memories were shared...In November Jean Palmeter told the **Grand Pre** Branch about the war experiences of three nursing sisters as gleaned from their diaries. Kate Akerman told of the restoration and archival process of the branch's minute books from 1913-1999. A report from the Fall Rally was given, a quilt committee formed, a donation was sent to the Peace Garden and plans for a Christmas potluck were made. Roll Call was answered by the name of a Veteran and some of their experiences...In October and November the **Islands'** Branch made crafts to sell at the Candy Cane Carnival. For viewing during the Carnival a display about WI Buy Local Program was assembled. Roll Call was answered by a household hint. A shopping trip to Weymouth and eating out for supper was planned for December...In November **Lakeville** remembered those

lost in wars with a moment of silence and a collective reciting of In Flanders Fields. A report from the Fall Rally, at which President Michelle Parker as a Representative from the RCMP had talked about Senior Safety, was given. Michelle instructed members in making a Christmas card. November 10th was the annual soup luncheon with ten different soups and ten varied desserts. A community potluck followed by a play The Best Pageant Ever with sixty in attendance was held in December. Community members brought Food Bank contributions and WI members brought items for Rosie's Youth Centre in Hopedale, Labrador... **Lockartville** members celebrated the Branch's 25th anniversary in October and hosted a pumpkin dessert contest at the Harvest Fest Tea. More than 17 different kinds of dessert made with pumpkin were sampled! Peter Duffy of the Chronicle Herald, Sharon Lynk (Medford WI) and Hilda Dil of Windsor judged the entries. A life membership was given to Marion Schofield and the ladies celebrated Christmas by taking their husbands to the Old Orchard Inn for brunch...In November **New Tusket** made contributions to Digby and Clare Christmas Daddies. Plans were made for a Christmas potluck supper, games, carols and a gift exchange. A valuable member Jean Mullen passed away...In November each member of **Paradise** WI shared information about what they do to feel younger and live longer. Donations were made to Rosie Hurley's Youth Centre, Hopedale, Labrador and to Crysallis House, Kentville. A letter was sent to Middleton Town Council urging them to erect traffic lights at a very dangerous intersection. Plans were made for a Christmas party...In October **Port Williams** served a turkey meal to their Twin Branch of Burlington. It was decided to purchase new name tags with a magnetic clip and that one-half of all catering be set aside to assist members to attend the FWIC Convention in Charlottetown in 2009. The Branch will attend the community Christmas potluck...**Scotts Bay** members delivered "Cheer Boxes" to community shut-ins for Christmas; gave a donation to World Vision to help buy antibiotics for children in under developed countries...**Sheffield Mills and District** hosted the fall district meeting and also met recently with their twin branch, Lakeville WI. In September they invited Sharon Lynk to talk about the

new Select Nova Scotia initiative. In November the members learned about fire extinguishers from a member of the Canning Fire Department. Plans to participate in the Eagle Watch weekends were reviewed... In October **South Berwick** member Janice Lutz showed pictures and did a commentary of her trip to Australia and Tasmania in February 2007. The Branch co-sponsored a Defensive Driving Course with South Berwick Community Club. Nineteen people attended. Eighteen members motored to Lunenburg to spend a day with their new Twin Branch. In November member Mary Fraser conducted a Bingo Game. Plans were made for the annual Christmas luncheon and sale on November 24th. A new member, Carol Hampsey, was welcomed. All enjoyed an outing at a restaurant in December... **Spa Springs** hosted the Fall Rally in October. Two RCMP officers gave a talk about Senior Safety. In November plans were made for the annual Christmas coffee party and sale on December 1st... In October Jennifer Best told the **Weston** Branch about a nursing trip to Shanghai, where technical procedures are more advanced than here but other procedures such as carrying patients on stretchers from building to building are not up to our standards. Roll Call was a favourite fall view. Plans were made for the annual Christmas tea and sale on November 8th, which was more successful than former years. November Roll Call was a Remembrance Day fact. A community Christmas pot-luck with gift exchange and a visit from Santa were enjoyed.

Respectfully submitted,
Julia Llewellyn
Kings West District Director

Southern Area

Arcadia members learned to make woven paper Christmas ornaments and prepared four Christmas boxes for community members who were ill this year. Their pre-order bake sale raised needed funds and the branch is looking at quotes to lower the lighting in the hall... **Barss Corner** - Made donations to Rosie's Youth Group, the Samaritan's Purse and the Peace Garden and they made plans for their Christmas brunch... **Brazil Lake** members are working on improvements to their hall and planning on a new water pump, hot water heater and having the attic of the building insulated. They stuffed comfort pillows for cancer patients

and packed boxes for shut-ins at Christmas... **Brooklyn and Area** - Made plans for the Christmas Pot Luck and gift exchange. They prepared tray favours for the residents of the local nursing home and made plans to deliver cookie boxes to shut-ins and also made plans for their 80th anniversary celebration during WI week... **Chelsea** invited a fire fighter and first responder to attend the meeting and talk about the procedure when an emergency call is received. Members packed more than 30 boxes for Operation Christmas Child, made a donation to Christmas Daddies, sent cards to seniors in the community and visited with their twin, Martock-Windsor Forks Women's Institute. The twins visited Howard Dill's farm market and a meal at a local restaurant.



Chelsea WI Operation Christmas Child
Phyllis Wessell, Shirley Heim, Madeline Henley,
Lorraine Frauzel, Edwina Faulkner, Marion Weagle, Cassie Whynot-Henley, Margaret Meisner

Kempt - One of their members spoke on her work with the Adult Literacy Network in the area and they had another program on back problems and ways to alleviate pain. They entertained their Otwin and made plans for Christmas and discussed repairs needed to the roof of the Community Hall and made a donation to the Peace Garden... **Lunenburg** - Had programs on Eating Well with Canada's Food Guide and Remembrance Day. They made donations to two Lunenburg School libraries and chose to support Rosie's Wish List and to support the Buy Local challenge. They will distribute WI placemats to local restaurants. They also made plans to meet with their twin... **North Brookfield** - Members were encouraged to continue to support "Buy Local" and discussed Rosie's Wish List. They also made donations to their Community Hall and sent flowers to members in hospital and made plans for Christmas and made and distributed shut in boxes to the community. **Parkdale/Maplewood** - Had a program

on the use of eggs and their value in our diet. They packed shoeboxes for Samaritan's Purse and donated to Rosie's Youth Group... **Sable River and Area members** enjoyed a Christmas party and they were pleased to have members from their twin, Brooklyn and Area WI attend. The branch is planning a Valentine Tea in February and answered roll call by introducing their guests that they brought to the party... **Waterloo** - Had a program and quiz showing a slide show on B.C. scenery and climate and compared it to Nova Scotia. Made plans for the upcoming Christmas Tea. The members viewed pictures of a trip to British Columbia and made donations to Rosie's Youth Group and to a local family who lost a child in an ATV accident. The members also discussed the letter

regarding the closure of the beef plant in PEI and held a Christmas tea.

Respectfully submitted,
Lauren Seaton
Queens District Director



Handcraft Competition 2008

The Handcraft competition for 2008 is a **Knitted Afghan**. The suggested size is 115 cm x 153 cm (45" x 60") minimum. The afghan can be larger than the minimum size. Afghans will be automatically disqualified if they do not meet the minimum size requirements. Full details on this competition and the registration are on this website: <http://www.gov.ns.ca/agri/wi/projects/handcr.shtml>.

Notice to the Branch Secretaries

Did you know that you can do your reports on the Internet?
Here is the web address:
https://www.gov.ns.ca/agri/secure/wi_branchrpt.shtml



**Reach for the STARS
Membership Challenge
2007-2008**



Once again, Women's Institute branches across Nova Scotia will be adding new 'STARS' to their membership list during the 2007-2008 Reach for the Stars Membership Challenge. Each new member earns the branch one star. We now have twenty-two new members. Welcome! Please report any errors or omissions to the following report directly to the WINS office.

One Star

Cambridge - Pauline Worhtylake
Churchville - Pauline Murphy
East River St. Mary's- Joyce LeBlanc
Lyon's Brook - Cheryl Patton
Martock- Windsor Forks - Nicole Oulton
Newtown Denver - Annette Thompson
North River - Shirley Crowell
Port Clyde and Area - Flora Ross
Port Hillford - Deborah Banks
Sherbrooke - Anita MacEachern
Weston - Maureen Bezanson

Two Stars

Homeville - Andrea Lyons, Gennie Boutin
Point Edward - Debbie Lewis, Diane Hicks
South Berwick - Rose Chayer, Carol Hampsey
Paradise - Lara Jennings, Joan Biers

Three Stars

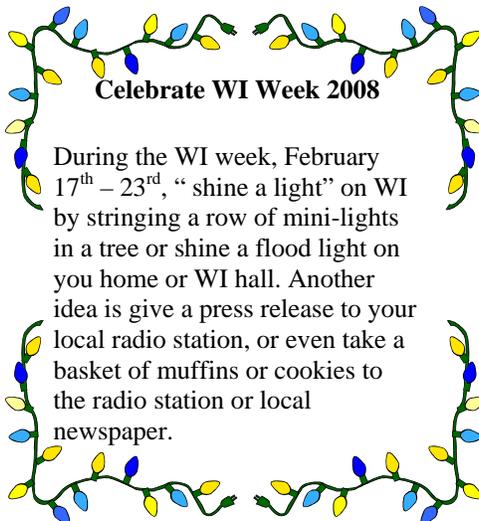
New Tusket - Roberta Journeay, Doreen Sheilds, Isabel Mullen

Four Stars

Caribou - Ruth Worthman, Anne Landry, Doreen Logan, Sharon Dewar

Five Stars

Indian Harbour Lake - Jordanville - Barbara Furlong, Barbara Jordan, Yvette Jordan, Crystal Furlong, Maria Tate



Minister's Advisory Committee on Buy Local

In December, Members of the Minister's Advisory Committee on Buy Local were welcomed to Province House and recognized in the Legislature by Agriculture Minister Brooke Taylor for their work on promoting "Local". WINS President Ellen Simpson and WINS Rural Issues Committee Chair, Sharon Lynk, are members of this committee.



Left to right
 Peter Swetnam (Chicken Producers Association of NS)
 Wayne Atwater (Kings Co. Councillor)
 Brooke Taylor (Minister of Agriculture)
 Gordon Stewart (Restaurant Association of NS)
 Sharon Lynk (WINS Rural Issues Chairperson)
 Natalie Webster (Communications NS)
 Ellen M. Simpson (WINS President)



**West Virginia
Bus Tour Update**



Forty-eight travelers have already pre-registered for the bus trip to Charleston, West Virginia, that will take place on July 8th - 16th. The purpose of the trip is allow members of WINS to attend the National Volunteer Outreach Network conference in Charleston and also to provide an opportunity for us to once again network with members of the WVCEOS (West Virginia Community Education Outreach Service.) Official registration forms are now being developed and those members who have pre-registered will receive their package in the next few weeks. The bus trip will leave Truro on July 8th and travel to West Virginia over the next three days, stopping at interesting places along the way. The conference is promising to be an exciting and interesting event. It will be a mix of presentations that look at volunteerism, home economics, handcrafting and leadership training. The bus will leave Charleston on July 14th for our three day trip back to Nova Scotia. There are still a few seats remaining on the bus, so if you are interested, please contact the office as soon as possible for more details.

Maude Barlow Visits the NSAC

Maude Barlow of the Council of Canadians visited the Nova Scotia Agriculture College in November, talking to Women's Institute members, students from the NSAC and local community members. Her talk was on the 'Decline of Water Worldwide' and in particular, the three myths regarding water.

The three myths outlined by Ms. Barlow are as follows:

1. Canada has an abundance of water but the population is not aware that the water in the Great Lakes is declining daily. The Tar Sands requires the use of 3-5 units of water for every unit of oil distracted. There are 1300 melting glaciers.
2. We love our water and it is shown through our poetry and in particular, our heritage.
3. Does Government take care of our water? There is no ban on water; water is seen as a tradable resource.

There has been much talk on the issue of exporting Canada's water. In the USA, there are at least 36 states that frequently suffer mild to severe situations involving the lack of water.

In the world, more children are dying of contaminated water and over one half of hospital beds are filled with more children who are suffering the effects of contaminated water than such diseases as AIDS.

Ninety percent of sewage water goes back into the earth, untreated. The population is pumping ground water faster than it can be replenished. Maude Barlow reminded the group that Sydney, Australia, can only use water two hours per day and recommended a book entitled, 'Stupid to the Last Drop', for our reading pleasure. We must remember that water doesn't belong to anyone and no one should be denied water because they can't afford it.

Maude Barlow is calling for a National Water Strategy. She encouraged people to send letters of support to Government to protect our water supply and to ask for more action in relation to the role that Canada takes with the protection of water.



These ladies attended the Maude Barlow's talk.
From Left to Right: Sherril Benoit, Ellen Simpson,
Coni Murray, Bertha MacVicar
Front: Maude Barlow

Supplies

Familiar Family Favorites Cookbook by WINS	5.00
T-shirt with crest	10.00
Golf style shirt - navy	15.00
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 office building)	10.00
Cooking Collections Cookbook by FWIC	12.00
WINS History - parts 1, 2 or 3	2.00 each
WINS Handbook	5.00
Songbook	.25
Stick-on WINS crests 24 per sheet	.10 /sheet
Schoolhouse/Unity book	4.00
WINS Apron	15.00
WINS / West Virginia CEOS Cookbook	5.00
God Be With You – Music CD	15.00

FWIC CALENDAR (2008-2009)

FOR SALE



As a new fundraiser, FWIC has produced a two year (2008-2009) calendar titled "Women of Today". The calendar includes photos of Women's Institute members, which were submitted from all the provincial WI organizations.

The cost for the calendar is \$10.00 each.