



HOME and COUNTRY

W.I.N.S.

Spring

Women's Institutes of Nova Scotia

2010

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.

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Dates of Events

WI Day in Nova Scotia
February 19, 2010

WI Week
February 14-20, 2010

Membership Dues for 2010-2011
June 1, 2010

Board Meeting
March 26 and 27, 2010

ACWW Triennial Conference
Hot Springs, Arkansas
April 21-28, 2010

ACWW Day
April 29, 2010

AGM
Hebron Community Center
Yarmouth
August 4th and 5th, 2010

From Lauren's Desk

Greetings to all Women Institute members:



This is the first time I address you as your President Elect. Many of you know me but for those who do not, I am married to my husband Winston for 44 years and we have three sons and three grandchildren, all of whom are in Vancouver B.C. I was District Director for Queens for six years and am presently living in Mahone Bay.

I've just returned from spending three weeks in Vancouver with family and friends for the Holidays and although we look forward to this each year, we're always glad to return to our own beds and back to a routine. Well the Holiday is over and I trust that everyone had a wonderful time with their family and friends.

We welcome the New Year 2010. It's hard to believe that we're in the middle of January already and I am sure that many of you have made plans to celebrate WI Week in February. In the past, Branches have come up with unique ways to celebrate and I'm sure that this year will be no different. What an excellent time to showcase to potential new members just what a great organization we have in WI.

I'd like to encourage all of you to save your 'Pennies for Friendship' and to work on your projects for the AGM in Yarmouth. 'Go Green for Home & Country' is the theme for this year's AGM and I hope to see many of you there.

Don't forget that we have a wonderful selection of gift items to choose from. A great way to advertise WI is to use a WI pen or coffee mug or give a CD as a thank you gift. Check out the price list on the last page.

Your Provincial Board will be meeting in Truro during March this year for the first time, so we will hope for good traveling weather. As I write this letter, the weather outside is typical January weather - the ground is covered with snow and so far it is relatively easy to get around. Let's hope that it stays that way and that we will be able to go about our daily activities in safely.

I look forward to visiting many of your Branches in the coming year and to travel to your special events. My wish is that your respective Branches continue to thrive and grow to be a vibrant part of Women's Institute of Nova Scotia.

Happy New Year,

Lauren Seaton, President Elect

HAPPY NEW YEAR

Board of Directors:

President: Coni Murray, 997 Hwy 311, North River, NS B6L 6H4 895-9829

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

President-Elect: Lauren Seaton, 575 Main St, Box 40, Mahone Bay, NS, B0J 2E0 531-2076

District Directors:

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

Cape Breton: Barbara Herald, 2359 Pt. Edward Hwy, Point Edward, NS, B2A 4R3 539-2598

Cumberland-Colchester: Sheila Richards, PO Box 963 Truro, NS B2N 5G7 895-7172

Digby: Linda Elliott, 239 Water St., Freeport, NS, B0V 1B0, 839-2671

Guysborough: Mary Anne Kaizer, PO Box 31 Bickerton West, NS, B0J 1A0 364-2652

Hants Central: Carol M. Crawford, 5195 Hwy 14, Upper Nine Mile River, NS B2S 3A6, 883-2600

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

Kings East: Jacqueline Melvin, 415 North Medford, Rd. RR 2 Canning, NS B0P 1H0

Kings West: Clarice Pottie, 362 Orchard St. Berwick, NS B0P 1E0 538-9148

Lunenburg: Lauren Seaton, 575 Main St, Box 40, Mahone Bay, NS, B0J 2E0 531-2076

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

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ACWW President

Ursula Goh

Malaysia

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



Bertha McVicar
Annapolis
District Director

Bertha McVicar became a member of the Spa Springs WI five years ago. A friend invited her to a meeting as she was new to the community and it was a chance for her to get to know the people of the community. A memorable event for her was to be elected as a District Director after being a member for only three years. Another event was the bus trip to West Virginia with a group of Women's Institute ladies. Bruce and Bertha have one son in Saskatoon, two daughters; one in Short's Lake, Brookfield; and one in Pictou. She has five granddaughters and two grandsons and 8 stepchildren. Her hobbies are bowling, darts, reading and learning to cross-stitch.



Linda Munro
Pictou
District Director

Linda Munro belongs to the Lyon's Brook Women's Institute. In 1973, when she started teaching, she became a member of Lyon's Brook Women's Institute. Her mother is a member and Linda always wondered why the ladies were always having a good time, and now she knows why. She enjoys the friendships, the skits, the programs from each meeting and being on the board of directors for Women's Institute. One of her most memorable is being able to help initiate a new branch, Three Waters, in Tatamagouche. She is very active as a stage manager for the Pictou Rotary play, and helping West Pictou Consolidated with their plays for the last three years. She loves to sew, working on a cross stitch project, tole-painting, knitting, crocheting, and being the editor for Home and Country newsletter for Women's Institutes.

In Memoriam

Lenora Wolfe - Sable River and Area
Anne Drummond - South Berwick



Dropping in on the Branches...

Central Area

Martock Windsor Forks - In October for friendship month, roll call was to read a fact about friendship, and for program, members shared ideas relating to value of friendship. In November roll call was answered by memories and experiences of 4-H programs. The program was given by Palliative Care coordinator for Hants County. She gave its history and how it works in the area. The branch donated \$50.00 to Palliative Care. In December, they put on pot luck meal; roll call was your favourite Christmas carol. The program was planning for Christmas plates to local seniors and shut-ins, and also providing food and gifts for needy family for their Christmas, through the Children and Family Services... **Three Cornered** - In December the members answered the roll call with Christmas readings. Program was discussing what members like to do best in the branch. The projects they are doing are making Turbans for Cancer patients and angels for their WI twin... **Nine Mile River's** roll call for September, was what they enjoyed most about summer, and they also brought in their favourite recipe. They paid \$0.05 for every bottle of pickles made up to \$1.00. Their project is working on hooked rugs, and the members attended Buy Local dinner. The Branch is having two WI welcome signs to be put at each end of community by Department of Highways... **North River**, In November; the members had a program on Seniors helping Seniors. They were told about one group in Truro area for Dental Care. The members planned their monthly raffle with proceeds going to chosen charity. December's program was jewellery, each member bought

in a piece and gave its history and the members enjoyed a delicious pot luck lunch... **West Brook Halfway River** – November's meeting, roll call was facts about the area. They held a successful auction, made donations to Christmas Daddies and memorial donations in memory of Mae Fulhertion lifetime member who was 104 years old. They planned for February's donation to Autumn House Women's Shelter... **Belnan's** roll in November was to bring in a Nova Scotia recipe. The program was sweet potatoes with information, recipe and lunch around that program item. The meeting was enjoyed by all. The member went to the Palladium Family Restaurant for a branch lunch. They exchanged gifts and drew for their next round of the Secret Pal program. **Enfield** - November's roll call was to give a Remembrance Day fact and name of a local veteran. The program was on poppies, their origin, many uses of seeds, etc. All the members wore a poppy. Thank you to branches for these reports. Members always enjoy reading them. Look forward to hearing from all branches. Yours in WI

Respectfully submitted,
Goldie McDow
West Hants Director

Eastern Area

MacPherson's Mills – October was about Heart Health. Cardiovascular disease is not curable. November was about rug hooking and mat braiding. Sylvia MacDonald told about rug hooking getting started in Middle Musquodoboit in 1958 along with a brief demonstration of braiding by Donna Bullerwell. In December, they shared a Christmas luncheon with their twin branch Sherbrooke... **Port Bickerton** – Plans are being made for a Pancake brunch, Valentine's Day, and ideas for recruiting new members in the area. They also planned their

Christmas party and sent out donations to the organizations they normally donate to. Their January meeting plans are being made for their Pancake Brunch and for Valentine's day as well as how to recruit a few new members... **Fox Brook** – In November, they discussed Remembrance Day. They packaged fourteen plates of Christmas baking, fruits, and sweets to deliver to seniors in the community. The members gave packaged plates of Christmas baking, fruit and candy for seniors and to visit with them... **Point Edward** – They held a Christmas Tea and sale, made comfort pillows, donated \$200 to the Salvation Army and delivered cards to residents who are either new to the community or sick. They donated \$200 to Salvation Army; made comfort pillows; held a Christmas tea and sale; and sent cards welcoming new families to the community as well as sent cards to residents who are sick... **Springville-Island** – Sylvia MacDonald presented a program about rug hooking. In December, they had a program about sunflower and barley flour uses which highlighted uses and benefits of both crops. **Middle River Gairloch** – In October the discussion included vaccinations for the H1N1 virus and pandemic flu, the value of taking an 81mg Aspirin to help ward off heart attacks and Wilma Cameron was honoured as a long standing member as she joined WI in February 1959. In November Kaye MacPherson spoke about her trip to Alaska with her husband. She also spoke about a panel dedicated to discussing how much land is needed for the purpose of agriculture. The shortage of isotopes needed for health scans was discussed as well as a local Dutchman who was invited to dine with Prince Charles and Lady Camilla at Rideau Hall on Remembrance Day... **Newtown Denver** – Their twin branch, Garden of Eden attended the meeting. Christmases in South Africa, Holland and Manitoba were

discussed. They also collected knee throws and comfort kits for the local hospital...

Garden of Eden – They packed boxes for shut-ins as well as collected food items for the Food Bank in lieu of exchanging Christmas gifts. An article about Mary Stewart was read which was very interesting. Plans were made for a Christmas meeting with donations made to the Food Bank...**Caribou** – George Percolides, owner of Bulk Hut, was the guest speaker. They baked and made crafts for the Riverview Residential Home...**Bridgeville** – Elizabeth MacLean who is a massage therapist spoke to the branch about the benefits of massage. Plans were made for the Christmas party...**Abercrombie** – Plans were made to remember senior shut-ins by visiting at Christmas and plans were made for a pot luck luncheon...**Lyon's Brook** – In November, the members were taught some moves in belly dancing by Griselda Manning. In December, a member, Linda Munro showed the ladies how to do crayon quilting. They started their meeting with a pot luck meal.

Respectfully submitted,
Lindsay Murray



Lyon's Brook members showing their Crayon quilting block. December 2009

Southern Area

Brazil Lake had a guest speaker. Mr. Joe Maloney told his story about his survival from being shot down near Novo Mesto, Slovenia on April 2nd, 1944. In December they had a very short meeting and enjoyed their Christmas party with

11 guests....**Chelsea** packed boxes for "Operation Christmas Child". Phyllis Wessell shared pictures of her trip to Holland...**North Brookfield** had the North Queens nurse Practitioner, Reneta Bennett. She spoke about Wellness for women. **Parkdale Maplewood** Each member took part in the Christmas program. They filled seventeen boxes for Samaritan's Purse and a Christmas dinner box for a needy family in the community. They also planned on making fruit baskets for shut-ins. The members discussed facts about the World water crisis and the reasons why water is becoming polluted. Plans were made to make a quilt for one of the members. A donation was made to the New Germany Food Bank. **Sable River & Area** had a program on Honoring War Veterans. They read "In Flanders Fields", letters and reports from those involved in a war at home or abroad. They also shared memories of their own about WWII, Vietnam, and Afghanistan.

Respectfully submitted,
Irene White
Yarmouth District Director

Western Area

In November **Burlington** had a very successful Christmas tea and sale... In November Marjorie and Katherine Kinsman talked to the **Cambridge** Branch about wartime events - the horror of invasion, how people coped and how thankful we are to live in a war free country. Marjorie was in the RCAF and worked in various post offices in Ontario. Katherine's father saw active duty in Europe during World War 11 and her mother was a war bride from Gernersey Island in the English Channel. In December members and guests enjoyed a potluck supper at the home of Tanya Schofield followed by Christmas entertainment and a gift exchange... In November **Lakeville** enjoyed a talk by Fred and Mary Walsh about Fred

receiving the Order of Canada in February 2007 at Rideau Hall in Ottawa. They explained about the ceremony and showed a copy of the menu at the banquet. He was able to have his wife Mary and four of their children accompany him to the event. He was proud to be the only farmer from the group of twenty-five recipients to receive the medal and citation. The branch had a soup luncheon and sold fruit cakes during the month. In December fifty community residents attended the annual WI potluck followed by a carol sing and a play The Christmas Competition with four members and nine non members participating. Those attending brought contributions to the Food Bank...**Medford**, in November Paula Lessard researched the meaning and terms of granting ribbons and medals to her late father Harold Henshaw as well as showing memorabilia of his wartime service. June Barkhouse told about her husband's uncle George Lawrence Price who was the last known Canadian and maybe Allied soldier who was killed near Mons, Belgium at two minutes to eleven before the Armistice on November 11, 1918. Pictures, keepsakes and a scrapbook were viewed as well as recorded footage of a CBC interview on George Lawrence Price. Roll call was answered by something you may not know about me. In December members enjoyed a planned turkey dinner (with everyone contributing) and an exchange of a Christmas ornament at the home of Sharon Lynk. Contributions were gathered for the Food Bank. Roll call was answered with a favorite gift or tradition at Christmas time...**New Tusket** celebrated their 35th Anniversary with former members being invited to celebrate. Old minute books were displayed, a minute of silence was held to remember deceased members and a cake listing the founding executive members' names was enjoyed. A tree decorated with WI colours was on display as part of the festival of lights... In November June and George Barkhouse told **Port Williams**

Branch about Private George Price, a native of Port Williams. He was the last person to die in World War II. He is remembered in Belgium each year on their Remembrance Day... In October **Sheffield Mills** celebrated the Branch's 90th Anniversary with a Valley Harvest Tea at Susan Ueffing's home. All food served came from local sources. \$200 was raised for Terry Fox Cancer Research. In November Leta Ells read letters from her husband's uncle who was killed September 28, 1916 in France at the age of 19. The information proved to be a fascinating glimpse of life in those days. Roll call was answered with memories of war past and ongoing... In November Carolyn Crawford told the **Spa Springs** Branch about her grand daughter Amanda's 4-H trip to England. On December 5th the branch had their annual Christmas tea and sale. Members enjoyed a Christmas potluck at Carolyn's home. A donation was made to Chrysalis House and to the Victoria Vale Baptist Church... In November Mary Jennings from Valley Regional Hospital Foundation and Dale Sanford from Valley Regional Hospice Foundation talked to **South Berwick** Branch about the proposed Hospice for the Valley Area. Ten years ago this project was started by the VON and 3.9 million has been raised but 8 million is still needed to provide an eight bed area adjacent to Valley Regional Hospital in Kentville. The branch was very saddened that their Treasurer Anne Drummond died very suddenly on November 13th. Thelma Huntley and Carolyn Newman gave a tribute to Anne at the Memorial Service and the Branch provided the refreshments for the reception following the Service on November 22nd. The Branch held a luncheon on November 28th... In November Ronald Walker told the **Weston** Branch about the work that the Shiners do all over the world. He enjoys driving one of their small cars in parades. Roll call was answered by naming a veteran. A Christmas tea and sale was held on November 5th. In December all enjoyed a community

Christmas potluck followed by the arrival of Santa to distribute gifts.

Respectfully submitted,
Julia Lllewellyn



District Director Positions

This spring, three 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 their Director for another three years or electing a new Director are: **Pictou, Shelburne and Yarmouth.** Nomination forms have been sent to the Branch and District Secretaries in these Districts.



Family Scholarship 2010



With the last issue of the newsletter, your Secretary received copies of the 2010 WINS Family Scholarship form. The deadline for submission is April 8th, 2010. One WINS Family Scholarship of \$700 will be available in 2010 to WINS members, their husbands, children, grandchildren, nieces, nephews, sisters-in-law, brothers-in-law, and ward. 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 2010 form, contact the office or go online at <http://www.gov.ns.ca/agri/wi/forms/familyscholarshipform2010.pdf> to print a copy.



Annual General Meeting (AGM) 2010



Theme: Go Green for Home and Country
Place: Hebron Recreation Center, Yarmouth
When: August 4 and 5, 2010
Registration Deadline: July 31st, 2010

HOPE TO SEE YOU THERE!



**Reach for the STARS
Membership Challenge
2009-2010**



Once again, Women's Institute branches across Nova Scotia will be adding new 'STARS' to their membership list during the 2009-2010 Reach for the Stars Membership Challenge. Each new member earns the branch one star. Welcome! Please report any errors or omissions to the following report directly to the WINS office.

One Star

Bridgeville – Muriel MacDonald

Churchville – Anita Carthy

Enfield – Mary Isenor

Garden of Eden – Letitia Quail

Grand Pre – Georgina Whynot

Indian Harbour Lake & Jordanville – Beryl MacDonald

Lyon's Brook – Marjorie O'Connell

New Tusket - Fabienne Rapsey

Newtown Denver – Shirley McMurchy

Nine Mile River Homemakers – Sharon Gendron

Paradise – Joyce Manns

Parkdale Maplewood – Dianna DeAdder

Port Bickerton – Elaine Murphy

Sable River – Dawn Dexter-Sobel

Spa Springs Lisa Simpson

Three Waters – Ruby Jefferson-Bowles

West Brook Halfway River – Evelyn George

Weston – Grace Clark

Two Stars

Kempt – Esther Stamm, Bella Gilbert

Lakeville – Carolina Tucker, Paulette Leopold

South Berwick – Leah Wood, Keisha Timmins

Celebrate WI Week 2010



During the WI week, February 14th – 20th, "*Shine a Light*" on WI by stringing a row of mini-lights in a tree or shine a flood light on your home or WI hall. Another good idea on how to promote Women's Institute is to give a basket of goodies to your local radio station or newspaper, as they are a good way to advertise your Branch and the organization; with the basket of goodies have a write up about Women's Institute and your Branch.



**Handcraft Competition
Recycled Articles
2010**



Details of the Competition:

1. Recycled items are to be unique and innovative. They must be made from a minimum of 70% used materials and no more than 30% new materials. Used materials can include anything made from wood, metal, fabric or any other material. **PLEASE NOTE: This competition does not include a traditional hooked rug or quilt made from used materials**
2. A completed Recyclable Competition Explanation Sheet and Waiver for the article must accompany the item at all levels of competition. Recycled Crafts will be judged on
 - a. **Originality – 15%**
 - b. **Design** (usability, decorative, and useful) – **25%**
 - c. **Workmanship – 45%**
 - d. **General Appearance – 15%**
3. The size limitations are a maximum of 36"x36"x36"
4. A plaque will be awarded to the top recyclable article at the WINS 2010 Annual General Meeting in August.



Responsibilities of Owner: It is the responsibility of the owner to arrange for their item to be delivered and returned from the Provincial Convention. The item is to be delivered to the 2010 AGM Handcraft Committee Table no later than **10 am on August 5th, 2010**. Each entrant will be required to sign the waiver and will enter their craft in the competition at their own risk. The details and waver on this competition have been sent to your secretary with this issue of Home and Country.

**Happy
Easter**



ACWW Information



Canada Area project

Margaret Yetman wrote the following information in a letter to the WI members. She sends a sincere thank you to the ladies who contributed to the Area project **“Home Based Care for Tsunami affected Dalit Children in Napapattinam (India)”**, sponsored by the Society of Daughters of Mary Immaculate (DMI). To date, the contributions total \$9,525.71, which exceed the committed amount of \$7000.00. Since the Area made the decision to forward all monies collected over and above the committed amount to the DMI to further assist the children at the orphanage, I am pleased to report that I have now forwarded this total amount. However, you may continue to forward donations to me for the project until March 1, 2010 at 10 Barbour Drive, Mount Pearl, NL, A1N 2H8. Please remember to make your payment payable to ACWW Canada Area and indicate that it is for the Area project.

Pennies for Friendship



Pennies for Friendship is a voluntary fund which supports projects work, UN links and networking, international extension work, and management of the core work of ACWW. Your support continues to be needed for Pennies for Friendship, Women Feed the World, Water for All and General Projects. ACWW is grateful for your financial support and ask that you continue this support so that the organization may continue its work around the world.



Office Update



The new Adopt-A-Highway coordinator is Lori Talbot.

Reminders: The Women’s Institutes of Nova Scotia’s office is opened from **Monday to Thursday**. The office is opened from **8:00 to 4:00**.

The office’s email is: wins@gov.ns.ca

A Quote for the Spring:

"The key to getting ahead is setting aside eight hours a day for work and eight hours a day for sleep and making sure they're not the same eight hours." - Author unknown

You Are Invited to Attend!

The 2010 Rural Leaders Conference Committee is pleased to invite you to a dynamic leadership conference **“Growing Healthy Communities”**.

**Key note speakers will be: ' Bill Carr – “Growing People - Growing Communities”
Dr. Jane Lewis – “Working with People”
Neville MacKay – “Building a Thriving Team”**

Anyone involved in or has an interest in rural organizations working towards the betterment of rural Nova Scotia is eligible to attend. Groups may include: 4-H leaders, Women’s Institutes of Nova Scotia, agriculture awareness committee members, farmers, municipal leaders, community health boards, rural development agencies, industry groups, agriculture awareness teachers and other rural organizations. It’s an excellent opportunity to have a winter get away while networking with other community leaders and learning new things to strengthen your role in your community organization.

Mark your calendars for March 4-6th for the 2010 Rural Leaders Conference in Halifax, Nova Scotia which will celebrate success stories, create valuable partnerships and build stronger rural communities.

- Early Bird Registration – before February 12th, 2010 is \$125.00

Fee must accompany registration form.

Early Bird names will be entered into a draw for a free registration to the conference.

- Late Registration – after February 12th is \$150.00

- Individual Day Registration:

lunch and day program only, either day is \$50.00

lunch, Friday day program and banquet is \$75.00

Final registration deadline is February 26th, after which no refunds will be given.

Please send your completed registration form and conference fee

(cheque made out the NS 4-H Council) to:

Cheryl Chandler, Communications and Resource Coordinator

NS Department of Agriculture, Box 70, Mabou, Nova Scotia B0E 1X0

Phone: 902-945- 2902 Fax: 902-945-2858



**2010 – Fundraiser
A Handmade Quilt and a Knitted Afghan**

The secretaries have received books of tickets. It is at you Branch's discretion if you wish to sell the tickets. The tickets are \$2 each or three for \$5. The draw for the two prizes will take place on August 5th, 2010. If you need more tickets, contact the WI office.



**HOMESTEAD
HISTORY**



(The following information was taken from the Homestead website)

Adelaide Hunter Hoodless Homestead is the birthplace and childhood home of one of Canada's most eminent citizens.

This mid-nineteenth century Neo Gothic style homestead was built in 1830 by John Bray. David and Jane Hunter, Adelaide's parents, purchased the property in 1851 and it was owned by the Hunter family until 1906.

The property was owned by various families in the first half of the 20th century until the Federated Women's Institutes of Canada purchased the Homestead in 1959. The F.W.I.C., along with the help of women's institute groups, world wide, renovated the farm house to reflect the time period in which the Hunter family would have lived there. The furnishings within the home were donated largely by WI members.

Adelaide was designated by the Historic Sites and Monument Board of Canada as one of Canada's most eminent women in 1960.

In 1995 the Historic Sites and Monument Board designated the Homestead a National Historic Site.

The Homestead is located in Brant County, Ontario on the outskirts of the village of St. George.

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
Grandmother's Quilt Patterns Book	20.00
Stick-on WINS crests 24 per sheet	.10 sheet
WINS pen	3.00
WINS Apron	15.00
WINS / West Virginia CEOS Cookbook	5.00
God Be With You – Music CD	15.00

Did you Know?

That every little move you make requires amazing mechanics by the body. To smile requires the co-operation of 25 muscles. To frown requires 45 muscles. To move your eyeball, 6 different muscles and to speak only one sound requires 75 muscles. So why do we work so hard?

SMILE !!