



# HOME and COUNTRY

Summer

Women's Institutes of Nova Scotia

2007

## Vision Statement

*"Learning, sharing and improving the quality of life for all."*

## Dates of Events

### Adopt-A-Highway Day in Nova Scotia

May 4, 2007

### ACWW Triennial Conference

June 2 - 8, 2007  
Turku, Finland

### WINS Annual General Meeting

July 3 & 4, 2007  
Shelburne

### Membership Dues for 2007 - 2008

June 1, 2007

### Alumni Meeting

Pictou County  
September 19, 2007

## What's inside this issue?

From Ellen's Desk...	Page 1
Focus on the Board...	Page 2
Competitions...	Page 3
Reach for the Stars ...	Page 3
WI Week stories...	Page 5
Win with WINS...	Page 6
AGM Information...	Page 7
Buy Local Update...	Page 8
Branches News...	Pages 9-12
Supplies List...	Page 12

## Hello Friends:

Just as we are all beginning to experience new growth in our area of the world with signs of Spring we are also experiencing new growth with Women's Institute. What a refreshing and rewarding feeling for every one of us!



I have had the opportunity to visit several branches throughout the province over the past few weeks. Some have been celebrating Anniversaries while the district meetings have started. It is so interesting for me to see your many handcrafts created over the winter months, learn of what has happened in your various branches and to meet many of you in person.

This is Volunteer Week as I write this letter to you and I wish to thank you for your many hours of volunteering that you do not only for Women's Institute but other community activities. Your volunteer hours are so valuable to each and everyone.

I hope that you have had the opportunity to review the booklet entitled, "Easy Guide for Parliamentary Procedures and Basic Job Descriptions for Branch Executive Members" compiled by Theresa and Linda with consultation from former Board Members. The booklet is meant to serve as a guide when conducting meetings and please photocopy and provide the appropriate job descriptions for the branch and district executive when new officers are chosen. This would allow them to become more familiar with their new role.

A special thanks goes to the WI Alumni for providing a new chair for Theresa's office.

The Board on behalf of all WI members is pleased to welcome back Hon. Brooke Taylor who returns to his position as Minister of Agriculture.

I recently attend the NS Federation of Agriculture meetings in Debert. The meetings proved to be not only informative but also a time of sharing for the various farm producers in the province.

I hope that each branch has spent time, sharing and making recycled items to bring to the AGM 2007 in Shelburne on July 3 & 4 for the Handicraft Competition Display. I will be excited to see the many ideas that will come forth and I am sure there will many taking notes on new ways to use recycled materials.

**See you in Shelburne on July 3 and 4th.**

**Yours in Women's Institute**

**Ellen M. Simpson, President**

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

**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

### 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](mailto:osbornet@gov.ns.ca)

### Public Relations Officer /

### Newsletter Editor:

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

[lamunro@eastlink.ca](mailto:lamunro@eastlink.ca)

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

## Meet Two of the Board of Directors:

### JoAnne Smith

#### Pictou District Director



I live in Springville, Pictou County. I am married to my best High school friend Marshall. We have two married daughters Jennifer & Angela. We have one seven years old granddaughter Taylor. I do the secretarial work for my husband's Forestry business as well I often help him with splitting and delivery the firewood. My interests are reading, bowling, walking and especially spending time at our cottage with Taylor. My hobbies are crafts, sewing, scrap booking and card making I became a member in 1982. I joined WI because I found the meetings interesting and always felt I learned something, whether it was about health, food, household hints etc. I was invited by our neighbour the late Margaret Kenney to attend Springville-Island WI occasionally when our daughters were quite young. I enjoyed the friendships and sociability. I was encouraged by our member Dr. Ellen McLean to accept branch offices. After becoming familiar with our branch I was asked to serve for the Pictou District. All through the years I attended spring and fall meetings for the District, Conventions and AGM's. Now I am completing serving on the Board for six years. I feel this has been a very rewarding experience for me. Before all this I was the shy one, but now feel I have become a more confident person and also a better person for having become a WI member. One memorable event I would like to share: We were attending the AGM in Cape Breton at the Nautical Institute. After the entertainment I decided to return to my room early. I guess I have a hard time knowing my rights from my lefts. I ended up, upstairs in a large empty hallway. I couldn't find any bedrooms. Finally I met up with someone who was as surprised to see me, as I was to find him. He took me back to the meeting room. I then decided I should wait for someone else to be ready to leave so we could get lost together or find our rooms. However we were successful in finding our rooms. I guess I'd never make a sailor.

### Anita Emeneau

#### Lunenburg District Director



I live at First Peninsula, Lunenburg County. I had worked for a bank for 30 years, after retiring I joined the Women's Institute. I was Secretary-Treasurer for the District, President of the Lunenburg Branch, Treasurer of the Lunenburg Branch and Lunenburg District Director. I enjoy gardening, camping and canoeing. I am involved in Church work and deliver Meals-On-Wheels. I enjoy knitting and making quilts.

## Tweedsmuir Competitions (2006-2009)



In 1945, Lady Tweedsmuir, wife of Lord Tweedsmuir who was Governor General of Canada, donated three silver cups to the Federated Women's Institutes of Canada for competitions to be held each triennium. The trophies, with award winners' names, are displayed at the Adelaide Hunter Hoodless Homestead.

The successful entrants will receive keeper trophies (small replicas of the Tweedsmuir cups) at the Federated Women's Institutes of Canada Convention in Charlottetown, Prince Edward Island in June 2009. The theme of the 2006-2009 triennium and convention is *Women Involved, Women Inspired, Can Achieve Anything*. As 2009 will be the 90<sup>th</sup> Anniversary of FWIC, all branches are encouraged to participate in each of the three categories.

**Entries must be received by the WINS Provincial office for judging by January 31<sup>st</sup>, 2009.**

Anyone winning the same category of the Tweedsmuir Competition for three consecutive trienniums is ineligible to compete in the following triennium.

### CULTURAL COMPETITION

#### Essay - "The Woman Who Inspired Me"

##### Regulations:

1. Essay to be between 500 and 700 words.
2. Handwritten or typed and double-spaced.
3. Put in a folder or duo-tang.
4. Name and branch attached in sealed envelope.

##### Points:

Story Content	60
Originality	20
Cover	10
Neatness & presentation	<u>10</u>
Total	100

### HANDICRAFTS COMPETITION

#### Hooked Rug

##### Regulations:

1. Traditional rug hooking technique (strips of fabric or yarn pulled with a hook through a foundation fabric to make loops on top). No latch or punch hooking.
2. Size 20" to 24" wide and 30" to 36" long (finished size).
3. Design may be original, commercial or an adaptation. (Copyright notice: when adapting someone else's design -

eg. rug pattern, painting, greeting card, photograph, etc., you must obtain written permission from the original artist or publisher and include it with entry).

3. Work must be created in 2006-2009.
4. Name, branch and type of design attached in sealed envelope.

##### Points:

Craftsmanship: Technique	30
Finishing	15
Design	25
Colour	15
General Appearance	<u>15</u>
Total	100

### HISTORY COMPETITION

#### Pictorial History that tells of

#### "90 Years of Women Achieving"

##### Regulations:

1. Minimum of 5, maximum of 10 pages.
2. Page size no larger than 12"x12".
3. Scrapbook or album no larger than 14"x14".
4. Words or phrases can be used to enhance, explain or date.
5. Name and branch attached in sealed envelope.

##### Points:

Story Content	50
Cover	10
Neatness and grammar	15
Originality	<u>25</u>
Total	100

## Senator Cairine Wilson Competition

The Senator Cairine Wilson Silver Rose Bowl trophy was presented to Zella Pimm of Alberta at the 2006 FWIC Triennial Convention in Re Deer. The award began in 1957 when the Senator presented it for the most outstanding project in Citizenship. Since that time there have been many topics explored celebrating the work of Home and Country.

The competition for the 2006-2009 triennium is to write about "**What it Means to Me to be a Canadian Citizen**". As a Canadian citizen, do you know the history behind the men and women who have formed our country? Can you trace your roots in Canada? By answering these questions you will have the basis for your story

or poem. The competition is open to individual WI members.

##### Format:

The information can be in the form of a story or poem. The story should be a minimum of 750 words and the poem a minimum of 12 lines. The poem does not have to rhyme.

##### Presentation:

Story or poem must be typed and presented on an 8 1/2" by 11" white paper. Entrant's name and branch is to be placed in a sealed envelope and attached to a separate piece of paper at the back of the story or poem.

##### Points:

Content	65
Clarity of message	15
Presentation	10
Creativity	<u>10</u>
Total	100

**Entries must be received by the WINS Provincial office for judging by January 31<sup>st</sup>, 2009.**

The winner of the FWIC competition will be announced at the National Convention in Prince Edward Island in June 2009. A miniature replica of this trophy will be presented to the winner for permanent possession. The trophy is on display at the Adelaide Hunter Hoodless Homestead.



**Reach for the STARS  
Membership Challenge  
2006-2007**



There is still time to add 'STARS' to your branch during the 2006-2007 Reach for the Stars Membership Challenge. Deadline to submit new names for the current year is May 31<sup>st</sup>, 2007.

Currently we have 32 new members! Welcome! All names of new members will be entered into a hat on June 1<sup>st</sup> and one lucky new member will receive free registration to attend the 2007 AGM in Shelburne (not including accommodations).

**One Star**

- Barss Corner – Estella DeLong
- Burlington & District – Sheila Peelar
- Sherbrooke – Gwen Robar
- Tupperville – Gladys Weir
- Lakeville – Elizabeth Morrison
- Cambridge Station – Gloria Cousins
- Tartan – Jean Thain
- Martock-Windsor Forks - Theresa Henderson
- Port Williams- Maureen Rood

**Two Stars**

- Waterloo – Karen Boudais, Heather Johnston
- New Tusket – Laura Ford, Jean Mullen
- North River – Deborah Stiles, Lucille Forsythe
- South Berwick – Judy Walsh, Tammy West
- Enfield – Alberta Williams, Kay Weir
- Bickerton – Katherine Kaiser, Norma Kaiser
- Chelsea – Cheryl Jackson, Reta Roy-Heim
- Nine Mile River Homemakers—Jean Bond, Norma Marshall

**Three Stars**

- Indian Harbour Lake – Jordanville – Jeanette Furlong, Donna Nolan, Lesley Brothers

**Four Stars**

- Weston – Anne Marquis, Judy Knox, Norma Barteaux, Donalda DeAdder

**District Directors  
Available to Attend Branch Meetings**

Has your Branch invited your District Director to a meeting in the past year? The District Director plays a very important role in your District and reports regularly to the provincial board on the activities of the Branches in her District. She also brings the questions, concerns and success stories to the Board on behalf of all Branches in your District. As part of her duties as a Director, she is asked to visit with all Branches in her District annually. If your Director must travel a fair distance to your Branch, it may be helpful to offer assistance with fuel costs. District Directors have so much to offer Branches. They are your representatives and fellow District members. Why not invite your District Director to an upcoming Branch meeting?



**Picture Contest**

Get your cameras ready for a contest. We would like to see some interesting pictures of events, activities that your Branch is doing. Take lots of pictures and send your best action picture(s) to the Office. The winning Branch will win a new Women's Institute Sign. The winner will be pick in October, Friendship Month, and the winning picture will be in the Fall issue of Home and Country.

**In Memoriam**

Mary Dale Lloyd – Cambridge



**Annual General Meeting (AGM)  
Come one and All**

**Theme:** Water, Water Everywhere  
**Place:** Shelburne, Nova Scotia  
**When:** July 3<sup>rd</sup> and 4<sup>th</sup>, 2007

**REGISTRATION DEADLINE:**  
June 1, 2007

**WINS Alumni**

The next meeting of the WINS Alumni will be held on September 19, 2007 in Pictou County. Further details will be given at the Annual General Meeting, which will be held on July 3<sup>rd</sup> and 4<sup>th</sup>, 2007 in Shelburne.

## “Celebrating Women’s Institute Awareness Week”

The following three Branches submitted their event(s) during Women’s Institute Week. Thank you for your submissions.

### Waterloo Branch

They invited their twin branch to a lunch at the Restaurant “2 Chefs” in Bridgewater. We gave “2 Chefs” one hundred placemats to use during the week. They wore our pins and ribbons. They donated \$50.00 to the South Shore Regional Library, \$100 to the Lapland and District Fire Department, and \$200 to the Waterloo Community hall. They gave a treat to CKBW Radio Station. They put their signs “**W I members live here**” in their windows.

### Lakeville Branch

Women’s Institute Week was celebrated February 24 by the Lakeville WI at the community hall with a tea celebrating the “love of shoes”. Members set up a display of shoes, all with a story, and guests were asked to bring a pair of shoes and share a story. Six ladies from Sheffield Mills WI, Lakeville’s twin branch and WINS President Ellen Simpson also attended. Interspersed with the stories, songs about shoes were sung by Marilyn Kenny and the ladies joined in on the chorus. Various teas and fancy sandwiches and sweets were enjoyed by all and many ladies agreed to being an “average Canadian” and possessing 31 pairs of shoes.

### Middle River - Gairloch Branch

They held their W.I. Awareness Day on Feb 21<sup>st</sup>, at the Union Centre Community Hall. The members had prepared a tasty luncheon of a potluck casserole meal with many tasty desserts with 48 people present. President, Louise MacNeil welcomed everyone and led in the W.I. Grace. The tables were covered with blue table cloths accented with yellow napkins and vases of colourful flowers.

Our guests the members of the Gairloch symphony and their spouses. This old time music band donate endless hours playing at nursing homes and many charitable functions. This is our way to say thank you to these men and women. Jo-Anne Smith was present along with many senior citizens. Local artist Dan Munro was also a guest. Dan is a very faithful friend and brought along some forty of his prints to be distributed to most of the folks present. The recipients were delighted with their prints.

Following the meal the tables were put back and many of the people present enjoyed the toe tapping music of the band. Frank Hart and Harry Brooks sang songs and many enjoyed dancing. The day was full of food, fun and fellowship.

During W.I. Awareness Week they placed 350 W.I. Placemats in the local “H & T Diner” in Westville. These are used on a daily basis. Also on Wednesday February 21<sup>st</sup> our Middle River - Gairloch Women’s Institute Branch presented

two beautiful baskets of food and treats to the local Radio Station CKEC in New Glasgow.

Thirteen members enjoy entertaining these people who have been such a great help to their branch. They felt this was a small way to thank them for their generosity.

An album of pictures was on display to show people what activities we carry out in our branch.

Also in this day roses were presented to two W.I. members who had celebrated their birthdays over the past month.



### 2007 Fundraiser – An Irish Chain Quilt

Don’t forget to buy and sell tickets for this lovely homemade **Irish Chain** quilt. The winner will be announced at the AGM 2007.



### Toonie for a Shingle

The *International Peace Garden*, which has always been well supported by Canadian WI members. Over the years these funds have helped with the upkeep of our picnic area but now unfortunately, more major repairs are needed to roofs costing \$3500, and the plan is to propose that each member make a donation of \$2.00 to buy a shingle. You can send your donation to the WINS office.

This article was in The Annapolis County Spectator on March 29, 2007. Mr. Larry Powell wrote this article.

## Win with WINS

What about the Women's Institutes of Nova Scotia forming the next provincial government? A no-nonsense, common sense approach to governing is long overdue and who better than a bunch of women who have been pioneers in tackling just about every issue on the go. An not those vaporous grandiose, philosophical, pie-in-the-sky issues that have nothing to do with real people-but issues like the environment, feeding children, promoting literacy, and supporting farmers.

And it's this last issue that brings this group to mind. They brought awareness to a rural economic issue over the past year by actually talking to more than 2,000 Nova Scotians to see if they did, or could buy farm products locally.

WINS own mission statement pretty much sums up how a governing body should treat the citizenry: "The Women's Institutes of Nova Scotia continue to provide opportunities to enhance the quantity of life, through education and personal development, allowing us to meet the changing needs of our local and global communities."

Looking at their stated concerns, they cover just about every conceivable plank in any election platform:

- Leadership Development
- Quality of Family Life
- Farm Health and Safety
- Status of Women
- Nutrition and Health
- Education and Literacy
- Family Violence
- International Understanding
- The Environment

The thing with WINS is that they don't just state their concerns, they don't muck about with issues, study them to death, and provide nothing in the way of results-they see a problem, come up with a plan, and work towards solving the problem. Real hands-on work with and for real people at the grassroots level

Gosh

And unlike many political parties, the WINS have an enviable track record dating back almost 100 years. There are no scandals associated with this group, no party slush funds that we know of, no patronage appointments on record, no criminal convictions, no mud-slinging tactics, and no expenses-paid trips to casinos, resorts, or southern vacation destinations.

Their membership is made up of all conceivable walks of life from senators and judges to your next-door neighbour. Nova Scotians could do a lot worse. And their initials "WINS" would look great on an election campaign billboard - "Win with WINS", or some such.

But if WINS never does form the government, at least politicians can learn from their common sense approach.

With seven million members in almost 70 countries worldwide, WI might even have enough clout to take a run at federal politics and successfully sway foreign policy at home and abroad.

One step at a time.

---

---



### A new poster to advertise Women's Institutes of Nova Scotia

This new poster is available to members; your secretary should have received some copies of this poster.

If you want more posters, you can contact the Women's Institute office.

This poster is the result of the Retention and Recruitment workshop. The poster depicts what Women's Institute is all about: Sharing, Community, Learning, Caring and having Fun.

If you are planning to attend the **Annual General Meeting**, which will be held in Shelburne on July 3<sup>rd</sup> and 4<sup>th</sup>, there are the following attractions that you can see:

**Tuesday, July 3<sup>rd</sup> 10am—4pm**

**Self guided tours** in Shelburne

- Garden tours
- Walking tour of historic homes and waterfront

**Golf** – River Hills, Clyde River (15 min. away)



- Tuesdays are “Ladies Day” contact 902-637-2415
- Shelburne Driving Range – at exit 25 Hwy 103

**Bus Tour (1pm) (4 ½ hours)**

- Cross the causeway to CSI
- See CSI boats being built
- Tour fishing villages and piers
- Visit the Stone Church
- Visit the Seaside Heritage Centre (1895)
- See one of the world’s largest lobster pounds
- See the tallest lighthouse in Nova Scotia while strolling on the beach

Contact C & J Oceanview Tours Ltd. Joel Goreham 902-745-2536

**\$50 per person deadline for Reservations June 1, 2007**



**Coastal Excursions: 4 hour tour**

- Bus tour to Pubnico to visit the Acadian Historical Village
- Sample authentic Acadian meal
- Visit lobster fisherman and their boats
- The site of UFO sighting in Shag Harbour

Contact Calvin D’Entremont 902-762-0338 or email [cdentremont@ns.sympatico.ca](mailto:cdentremont@ns.sympatico.ca)



**Keynote Speaker for the AGM  
Judy MacDonald**

Judy MacDonald works for Nova Scotia Environment and Labour as Supervisor of the Drinking Water Management Program. As part of these responsibilities, Judy was the Department’s liaison for the Women’s Institute of Nova Scotia’s Rural Water Quality Program.

Prior to joining the Department, Judy participated in Part 2 of the Walkerton Inquiry on behalf of the Ontario Water Works Association (OWWA) and Ontario Municipal Water Association (OMWA) providing recommendations on the production and distribution of safe drinking water.

Judy also has ten years experience as an engineer with a municipal water and wastewater utility serving 300 000 people and five years experience working for a prominent consulting firm in the Greater Toronto Area. Judy graduated from the University of Waterloo with a Bachelor of Applied Science (Civil Engineering) in 1984.

**Handcraft Competition 2007  
Recycled Craft**

**Regulations:** Size: 18" x 18" x 18" maximum.

**Materials** that can be used: wood, metal, fabric; and any other material can be used as long as the completed craft is at least 70% from recycled materials and no more than 30% new materials.



**Judging:** July 4th, 2007. Item must be delivered to the Handcraft Committee by 10 a.m. on July 4th, 2007, Handcraft desk, Annual General Meeting, Shelburne, NS.

## Buy Local Project Update



Thanks to our Women's Institutes Members from across Nova Scotia for distributing and collecting more than 2400 W.I. Buy Local Challenge Surveys last fall.

Surveys were completed by individuals from across the entire province. The majority of respondents were female and aged between 31-75. Two-thirds of our respondents had some form of post-secondary education and income was fairly evenly distributed with one-third reporting an income of over \$60,000. Almost one half of respondents lived in a community under 2,000 people.

***What Factors Influence the Types of Food We Purchase?*** - Survey respondents indicated that Taste and Nutritional Value are the two most influential factors on the food they buy. Locally Grown Product was identified as the third most influential factor, followed by Price, Ease of Preparation and finally, Organic.

***What is 'Local'?*** Over 90% of respondents considered food grown in Nova Scotia to be local.

***Where Can I Buy Local Foods?*** Respondents believed the best places to buy local foods were from farmers' markets, directly from the farm, and small fruit and vegetable markets. Large grocery stores and family-style restaurants were listed next, followed distantly by convenience stores and fast-food restaurants.

***Beliefs, Attitudes and Propensity to Buy Locally Produced Food*** - Respondents reported that they like to buy locally produced food whenever possible and that they do consider the place of origin when purchasing. The survey showed respondents strongly believed that buying local food is good for the local economy, that local food is fresher; buying local food helps the environment and that buying locally produced food means more money goes to the farmer. Respondents strongly agreed that the government should promote buying locally produced food. They also indicated that they would buy more locally produced foods in grocery stores and restaurants if the foods/menu items were clearly marked with a logo. Women's Institutes will be forwarding recommendations on labeling and asking government to make it more of a priority to buy local for all their institutions and events.

Women's Institutes feels that the completion of this project and survey will be of benefit to the Nova Scotia Agricultural and Agri-food Sector through the enhanced knowledge of consumers' local food issues.



Ellen Simpson, Sharon Lynk, Brenda Parker



Over than 300 people attended a information session on March 15, 2007 in Port Williams which was called "Feed Our Community" organized by Brenda Parker. Photo taken by Jodi DeLong



## Dropping in on the Branches...

### Eastern Area

**Abercrombie:** In April they celebrated their 55<sup>th</sup> anniversary with their Twin Branch Garden of Eden, District Director Jo-Anne Smith and several neighbour ladies. Guest speaker Susan LeBland, dietitian Aberdeen Hospital spoke on healthy eating and the New Canada Food guide. We all enjoyed making an Easter craft. A delicious buffet lunch and anniversary cake was enjoyed...

**Bickerton:** Their February programs Community Service Worker, Hazel Hiltz spoke about removing children from abusive homes. They held a Pancake Brunch for Residents of Nursing Home; made a quilt and sold tickets. March they made plans for dinner with their twin Sherbrooke members to make comfort

pillows...**Bridgeville:** In February they made plans for their Goodie Basket for CKEC during WI week; brought in homemade valentines which were sent to shut-ins; drafted a letter of concern about changes in services at the Valley View Villa; received one new member. In March, Warden of Pictou County spoke on history of council work, concerns of changes at Valley View Villa; made plans for bring and buy to raise money for District Project "New Track & Field" donation. In April, member Chrissy Wilson, spoke on new MRI at the Aberdeen Hospital, activities daily living suite to help patients with transition to home activity after lengthy stay in hospital, and the New Canada Food Guide...

**Caribou:** In February they made plans for 40<sup>th</sup> anniversary, gave a donation for District Project "New Track", made plans for bean supper at Bayview Hall. In March they had a speaker on cake decorating Heidi Nelson. This was their 40<sup>th</sup> anniversary and they had special speakers Dr Ellen McLean, Jennie McInnes, and District Director Jo-Anne Smith read the minutes of first meeting. Lunch and anniversary cake was enjoyed by

all...**East River St Mary's:** In March they made plans for silent Bake Sale to the funds for District Project; donated District Director fund, and stamps...**Foxbrook:** Their February's program was Elizabeth MacLean

owner of "MacLean Massage World" who spoke on the history of massage, training program, and how it helps one's health. They made and donated breast cancer pillows to Aberdeen hospital. Their March's program was Amber Scott administrative specialist, who spoke on education, and also information of services offered by Staples; made plans for ham take out supper in April...**Garden of Eden:** In February, a member Edna Fraser had an interesting article on "Autograph Albums" reminding us of school days, unlike email today, and made plans for WI week. In March, they had an auction and bake sale, the proceeds went to the District project; and made donations to Heart and Stroke, and SOS Villages...

**Homeville:** Guest Mary Boutilier spoke of her new business "Rocky Mountain Chocolate Factory". They will offer different kinds of chocolate, candy, popcorn, ice-cream, apples and fudge sampled some yummy samples; Interest shown in WI placemats at the community breakfast; Blue and yellow ribbons were displayed outside our homes; and made plans to replace their WI sign. Effie Ferguson presented March's program on NS history; dyed eggs for Easter Baskets; positive feedback on WI article in their local paper; and they got one new member...**Lyons Brook:**

January's program by Sheila Reynolds and Betty Ann Battist. Sheila spoke on her trip to Scotland, England and Wales; Betty Ann had quiz on Scottish Dialect; made plans to sell tickets on a basket fundraiser; they put up posters telling about Lyons Brook WI in community and Pictou. The members are making hats for preemies and cancer patients. March's program

was on wildlife and your garden by Andrea Haughan, who told about how plants and shrubs provide for insects, birds and animals that live on your property. They celebrated 78<sup>th</sup> Anniversary with former members; made a donation for district project; and donated to District Director fund; and made plans to host their

twin...**MacPherson's Mills:** January's program was a video on Yellowstone National Park by Joan Fiet. They planned to contact department of Transportation for gravel to be put at rural community mailboxes; made plans for Valentine's meeting and social at the seniors' complex in Thorburn. In February Valentine meeting was with the seniors in Thorburn with Music by St Ann's Choir Thorburn, decided to put WI placemats at the "Tomato Cafe" in New Glasgow.

The March's program, exchange student Su Hyan Jung spoke about Korean culture and the country; made plans to support district project; also to purchase and donate Military bear to support program and services plans to entertain twin branch...**New Town- Denver:** January's program was done by two members on concerns regarding agriculture and poultry industries; had a reading of 1956 High School Graduation; and made plans for open house during WI week; and had a speaker on Health

Topic...**Port Hillford:** In February, they had a social evening on set program; plan party for life members; collected baby clothes for St Martha's and IWK Valentine goodies for lady living alone...

**Sherbrooke:** February's program was on buy local by Aleah Lomas-Anderson, who spoke about buying local produce which helps local farmers; and made plans for WI sign. March's program was on Canada's Food Guide by Dietician

Pam Sullivan, eating right and how to read Food labels; and made plans to have supper with their twin branch...**Springville-Island:** January's program, speaker Nicole Johnston, Athletic Therapist, spoke on her work and treatments used to help the injured; donated stamps for the office and made a donation to the district director fund; and ordered WI placemats. February's speaker Dr. John Calder, Sr Geologist, Natural Resources, Halifax spoke on his work at Joggins, NS and the process to have the site added to other sites of Natural Heritage in the World, new Interpretative center to open this summer. March, the executive were in charge of the program; Dr Ellen McLean spoke on the recruitment and retention workshop held in November in Truro; Jo-Anne spoke on the "Buy Local Challenge"; and Diane Wright presented a quiz on Pictou Co NS history; and made plans for a silent bake sale proceeds for District Project.

Respectfully submitted  
Jo-Anne Smith  
Pictou District Director



The Caribou Women's Institute celebrated its 40<sup>th</sup> anniversary on February 26, 2007. Branch Life members, Corry Lakenman and Joan Panting are cutting the cake.

### Southern Area

**Barss Corner** - had a presentation on gadgets that are available to make life easier for those who have arthritis. They made donations to Provincial Office for postage, the District

Directors Fund, and the Scholarship fund. They also purchased placemats for two local restaurants to be used during W.I. Week...**Brazil Lake** - Members knotted another quilt for the Salvation Army and made plans for Valentines Day Luncheon. They had a program on food values and which foods are best for you. They also had a program on the origin and different styles of bathing suits during the ages...**Brooklyn and Area** - They have applied for funding for a breast pump as the pump rental endeavour is still active in Yarmouth. They discussed Adopt-A-Highway and made plans to do the pick up in May and also to try to get a write up in the local newspaper. They also plan to take part in the Hospital Hullabaloo in September and have sent for and distributed copies of the new Canada Food Guide to the members...**Chelsea** - Planned to have a committee to welcome new residents to the Community. They held a workday to make quilts for the homeless and also to make turbans for cancer patients. They also made a donation to the District Directors Fund...**Kempt** - Had programs on Plants and Medicinal uses and Recycling of Materials. They made a donation to Bonnie Lee Farms. At Valentines they hosted a Friendly Friend Party for the Community. Members attended Food Handlers Course and they had a program on Toxins around us from business, discussed Carbon Monoxide the "Invisible Killer" and the use of MSG in foods we buy. They held a benefit supper for a local runner, Cameron Vienot and made plans for a Penny Auction in May and donating to the IWK in June...**Lunenburg** - Made favors for the Spring Executive and made donations to Lunenburg Music Festival and purchased W.I. Placemats to be used in the local restaurant during W.I. Week. Made plans to sell tickets on the W.I. Quilt at Bridgewater Mall during W.I. Week. Used a game puzzle to learn about the 18 Counties of Nova Scotia and they

remembered shut-ins with Easter Cards...**North Brookfield** - Members attended a Food Handlers course and made plans for the Spring Executive and Adopt-A-Highway clean-up and also made a donation to Safe Grad at the local high school. They had a program on the proper way to cut up a turkey. This was an interesting program as a turkey supper was planned for October. One of the new WI Aprons was given to the speaker in appreciation...**Parkdale/Maplewood** - Had a very interesting program on cancer from diagnosis to treatment. For Valentines, they had a presentation on China The presenter had lived and worked there for 6 months and told about living conditions and the various ways of life in China. They had another interesting topic on Global Warming and what we can do about it. They made plans for a potluck luncheon in March...**Port Clyde and Area** - Had a program on Politics and Resolutions and encouraged people to get out and vote. Prepared favors for Bayside Home and Roseway Manor...**Sable River and Area** - Had a program on Guatemala Solidarity Network. They made plans for a Valentine's Luncheon to raise money for the High School Bursary Fund...**Waterloo** - Members made fabric squares and made plans to make blankets for the homeless, finger puppets and comfort pillows and made plans for their Fall Rally.

Respectfully submitted  
Lauren Seaton  
Queens District Director

### Western Area

In February **Burlington** enjoyed a CD Show of branch activities during their first 20 years. The Branch sent a letter to Kings County Planning Committee against development of 300 different types of dwellings on

prime agricultural land near Berwick Heights Golf Course in Weston. The resolutions to be presented at AGM were discussed at the April Meeting as well as branch responsibilities for the District Spring Social and the branch's 21<sup>st</sup> Anniversary celebrations... Joyce Gould told the **Cambridge** branch about the Valley Care Pregnancy Centre, Kentville in January. Judy Parks was an auctioneer of red items at the February meeting. Some members joined Burlington and South Berwick members to work on comfort pillows and chemo caps. Roll call was answered with milestones in the study of the heart from 1628-1967. WI place mats were placed in Gold Star Restaurant, Coldbrook. Nurse practitioner Jacinta Harvey spoke about her work at the Annapolis Royal Health Centre in March. Roll call was answered with readings on health issues... **Canning** donated \$200 to Valley Regional Hospital, Kentville, \$32 to East Kings District Bursary Fund and food to the Food Bank... In February Occupational Therapist, Heather Sinclair told the **Grand Pre** Branch about the Senior Link Program in Kings and Annapolis Counties that assesses and assists seniors to be more independent and stay in their homes longer. WI place mats were placed in Just Us Coffee Café. In March Jean Palmetter told about myths and facts about water, looked at unusual food terms in the new Canada food guide, shared some humorous German sayings and jokes but had an Irish roll call. Highlights from old minute books are being gleaned before they are placed in the Acadia Archives. Last year's Grand Pre's WI Education award winner Michelle Coffill told about the Continuing Care Assistant Course at Kingtec Community Campus, Kentville at the April meeting. Finger puppets and toe socks have been donated to Valley Regional Hospital, Kentville. Gifts and preserves were collected for member Barbara Fuller who lost her century home by fire on April 1<sup>st</sup>... **Lakeville** Branch exchanged homemade

Valentines in February. Several members submitted letters to Kings County Planning Committee against a housing development on prime agricultural land in Weston. Invitations were sent to ladies in the community to celebrate WI Week with a tea on the theme of For the Love of Shoes. Philip Beeler, Kentville talked about the many services that are available through the Canadian Institute for the Blind. A donation of \$25 was presented and roll call was answered with facts about eyes. Several members attended the East Kings WI Rally of Feeding our Community in Port Williams and a baked bean, ham, potato scallop supper was held on St. Patrick's Day... **Lockartville** enjoyed a breakfast meeting to celebrate WI Week. The Branch was featured in a local news letter being sold in the area, have finished a rug hooking course, donated to Annapolis Valley Music Festival, brought donations of yarn for making teddy bears, made cancer patient hats and gave a donation to the 4-H Provincial Show. Plans for meeting with their new twin Gore WI will include a potluck lunch, doing a craft project and a tour of Churchill House in Hantsport... **New Tusket** enjoyed a games night in January. They had a fundraiser in February and gave a donation toward the formation of a new branch in Digby District. Word was received that the exchange wall hanging done by the branch in 2006 is hanging in the museum in Moundville, West Virginia... In March **Paradise** learned about the Famous Five Canadian Women who created legal history in women's rights by contesting the motion that legal definitions of persons excluded females in the famous Person's Case... In January **Port Williams** viewed a CD on the Adelaide Hoodless Homestead and Marion Newcombe conducted a discussion. February meeting was cancelled due to a storm. In March Elizabeth McCarville told about her work in Rwanda. The Governor

General in Halifax recently honored her for her work in various countries of Africa. The branch hosted the East Kings WI District Rally about Feeding Our Community on March 15th with 300 in attendance... **Scott's Bay** WI was pleased to hear that the parcel they had sent to a soldier in Afghanistan had arrived safely. A friendship night is planned for April 12th. The branch is working on a banner to be ready for the Spring Rally; sent eye glasses to a doctor in North West River, Labrador who volunteers in Equador and are sponsoring a Tai Chi spring exercise program... **Spa Springs** WI- Sandra Boyd and Myra Tarkka held a discussion on member's plans for Valentine's Day. During WI Week the branch took part in the church service in Victoria Vale and served a luncheon to the congregation after the service. In March dietitian Paula Serratore told how foods affect our moods plus gave ideas for healthy eating. Correspondence from World Vision outlined various programs and a donation was made to a medical clinic in a Third World Country... **Tupperville** branch submitted Donna Goodwin's name as their volunteer and she was nominated as the Volunteer for Annapolis County. The branch is working on a Rose of Sharon quilt... **Weston** Branch held a Chinese Auction in February and had a Valentine exchange. Members visited seniors and shut-ins during WI Week. Fred Walsh talked to the branch in March about pruning shrubs and bushes with the proper tools and doing spring cleanup in flowerbeds. Roll call was answered with the name of a favorite flower. They gave a donation of food to Berwick Food Bank.

Respectfully submitted  
Julia Llewellyn  
Kings West District Director

### Central Area

**Enfield's** programs and projects are as follows: honesty from the chicken soup book; bake auction; take care of our health. They gave a \$25 donation Scholarship fund; and plan to resume for the January months...**Tartan** members visited the IWK donation area. The IWK uses fifty finger puppets a day. The members exchanged unsigned mother's Day cards...**North River's** program was on Heart attacks. The branch plan to make branch Lapel pins for their members...**Martock-Windsor Forks'** projects and programs are as follows: seniors secretariat; made fifty quilts for the homeless; had a quilting workshop; and hosted a WI fun day; and sponsored a Apple Blossom Princess candidate...**Nine Mile River Homemakers** programs and projects are as follows: pap test and mammograms; entertained seniors at Christmas; gave donations to the Food Bank; held a Church service during WI week; provided food plates for shut-ins for valentines week...**West Brook Halfway River** gave donations to a Highland Fling group, and to the Autumn House in Amherst. They attended a WI church service during WI Week. They had a Christmas party at a local restaurant, and visited life member of 102 years young...**Gore's** programs and projects are a follows: Osteoporosis; dessert party; Valentine's lunching out; read fortune cookies; pictures were taken; pancake outing; and quilting...**Hardwood Lands Seniors'** programs and projects are as follows: respect the elderly and value love; friendship of members; story of St. Patrick's day; fundraiser card parties; and gave donations to the Corridor Option home in Enfield and layettes to the Truro hospital...**Belnan's** programs are as follows: the success from New Zealand; merino sheep; new Canada Food Guide and the web site in which you can get individual guide for your health by gender and age; and they gave a \$500.00 donation to the Belnan's Bursary  
Glad to see branches have been busy and creative as usual.

Respectfully submitted  
Goldie McDow  
Hants West District Director

### Supplies

Shipping and handling charges will be added if items are mailed to you

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

### A Small Act of Kindness

A small act of kindness can make a big difference. For when kindness is given, it inspires and enables even more kindness. You will cross paths today with someone who desperately needs to receive a little kindness. Kindness costs you nothing, and with it you can give so much. Even when it seems that your kindness is not appreciated, that kindness does indeed make a difference. Even if your kindness is not acknowledged, it is noticed, and over time can soften the hardest hearts. There is a special joy that comes when you do something just to be kind. Let go of your concern about what's in it for you, and experience how truly good it feels. Kindness can be so wonderfully refreshing. The world remembers and respects those who offer it on a regular basis. It's easy to give a little kindness. It's immensely powerful when you do it over and over again. -- Ralph Marston