



HOME and COUNTRY

W.I.N.S.

Winter Women's Institutes of Nova Scotia 2011

Vision Statement

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

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Dates of Events

Erland Lee Award

Deadline for Nominations
January 31, 2012

Call for Resolutions

Deadline for submissions
January 31, 2012

WI Day in Nova Scotia

February 19, 2012

WI Week in Nova Scotia

February 19 - 25, 2012

Board Meeting

March 9 & 10, 2011

ACWW Day

April 29, 2012

W.I.N.S Provincial Convention

August 7, 8 & 9, 2012

From Coni's Desk

Greetings,

We have had a very busy September and October with Branch Meetings and District Rallies. I would like to thank everyone for their hospitality during my visits around the province. It is a pleasure to be able to attend the district meetings, meet old and new friends and hear what good things you are doing in your communities and further afield.

I hope that some of you are working on a design for the 100th year pin. Keep the office informed of new members, projects and programs.

I would like to share this poem with you:

Recipe for Christmas All Year Long

*Take a heap of child-like wonder
That opens up our eyes
To the unexpected gifts in life—
Each day a sweet surprise.*

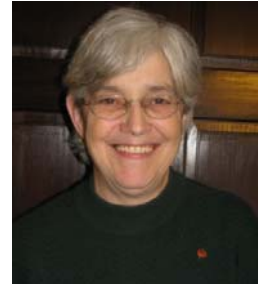
*Mix in fond appreciation
For the people whom we know;
Like festive Christmas candles,
Each one has a special glow.*

*Add some giggles and some laughter,
A dash of Christmas food,
(Amazing how a piece of pie
Improves our attitude!)*

*Stir it all with human kindness;
Wrap it up in love and peace,
Decorate with optimism, and
Our joy will never cease.*

*If we use this healthy recipe,
We know we will remember
To be in the Christmas spirit,
Even when it's not December.*

By Joanna Fuchs



As we approach the holiday season may each and every one find peace and joy in their lives and that of their families. Health, wealth and happiness to all in 2012.

Yours in WI,
Coni



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

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ACWW President

May Kidd

Scotland

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

ACWW Day April 29, 2012



ACW
world
ACW

the
or

- Make arrangements for April 29 or another suitable date
- If everyone started their walk at the same time, i.e. 10am, in different time zones, would result in members walking at all times during a 24 hour period.
- Members could seek local sponsorship

The walk could be:

- a walk round a neighbourhood
- a walk to the well to get water
- a walk to the fields to tend animals
- a stroll in a park
- whatever we like

The aim of the walk is to raise the image and promote the work of ACWW as well as increase funds. Where possible, members should seek local sponsorship.

FWIC Convention 2012

Coast to Coast ~ WI Alive and Well
Triennium Theme (2009-2012)



Sidney, British Columbia

Registration Packages now available online at

<http://www.fwic.ca/Convention.php>

Early Bird Registration Deadline – February 15, 2012

**Full Registration Deadline – February 16, 2012 to
April 30, 2012**

Women's Institutes of Nova Scotia – 2012 Provincial Convention

The date of the 2012 Provincial Convention has been confirmed as August 7 – 9, 2012.

Please disregard the previously announced date of July 31, August 1 & 2, 2012 as this is no longer the scheduled dates of the Provincial Convention.

Theme: 99 and Counting

Date: August 7 – 9, 2012

Location: Nova Scotia Community College – Truro Campus
36 Arthur Street, Truro, NS, B2N 1X5

Registration Cost	Registration Deadline
\$200 – Early Bird Registration	On or before May 1 st , 2012
\$225 – Regular Registration	Between May 2 nd , 2012 and June 30 th , 2012
Registration Deadline is June 30th, 2012 – No late registrations will be accepted.	

The registration cost includes your accommodations (dorm rooms at the NSCC campus which are double occupancy), meals starting with supper on August 7th through to lunch on August 9 (6 meals – 2 each of breakfast, lunch and supper), all breaks and all conference costs.

It is very important that if you wish to attend, you submit your registration form with payment prior to the deadline. Watch for the Brochures and Registration Forms to be circulated early in the New Year.

The evening of entertainment on August 7th, 2012 will be productions by each of the provincial districts depicting a certain time frame that was previously assigned to your district via your District Director. Don't forget to bring any prop items, costumes or audio/visual needs with you.

Handcraft Competition 2012 – Crochet Doily

The Handcraft competition rules and regulations are as follows:

- Items will be divided into two classes – Novice and Experienced

Novice

- Can choose any pattern
- Size must be no smaller than 12 inches square and no larger than 24 inches square
- White colour only

Experienced

- Must be one of three pre-determined patterns
- Must be no smaller than 12 inches square and no larger than 36 inches square
- Must be white in colour



Dropping In on the Branches...

Eastern Area

Spanish Bay's topic this month was quilt making as they completed a quilt for the L'Arche Guest House. **Middle River – Gairloch** will donate to the Riverview Volunteer Association. This is a home for people with mental and physical challenges. Some **Caribou** members attended the Lt. Governor's tea and Janet MacKenzie presented the Lt. Governor with a WI pin. They picked their new secret sisters for 2011-2012. They also have a new member and are planning a spaghetti supper. **Springville Island East River** had a program on The Truth & Reconciliation Commission and another and Forest Bathing. **Fox Brook** had a guest speaker on putting together a floral arrangement and will be contributing to "Back to the Basics Workshop" and will take a turn as hostess at the Exhibition in Pictou. **Sherbrooke** learned interesting information on Alaska from Rose Laing and they discussed Activity Day, Fall Rally and Health Board Brochures. **Bridgeville's** program was on the health benefits of blueberries, cranberries, maple syrup and apples. **Port Bickerton** made plans for the fall rally. **Garden of Eden** collected \$220.00 for the Terry Fox Fund and made plans for a Christmas Tea Tour. **Homeville** had a program on hi-tech gadgets and another on the Strathsby Literary Festival. **Point Edward** worked on comfort pillows for the local hospital and are working on crafts for the fall tea & sale. They hosted a WI member 80th birthday, Edna MacVicar. They also have one new member.

Respectfully submitted,
Barbara Herald

Southern Area

Arcadia planned programs for the year, and also made plans for a 95th anniversary tea, to be held in October. A yard sale was held to raise money for the hospital hullabaloo. **Brazil Lake** had a program on Loss and Grief. Members shared their stories of losing loved ones, and talked about their healing processes. **Brooklyn and Area** planned the year's activities and heard a reading about WI in Ontario. Members contributed to the hospital Hullabaloo with a bake table. **Kempt** members were asked to recall any hurricanes they had experienced. A health quiz followed a discussion of a

book by Dr. Oz. They entertained their twin group, Chelsea, at the hall. They also participated in the 30 mile yard sale, and dined out following the annual meeting. Made contributions to the ALS Society, Safe Grad, and 4-H. **North Brookfield** roll call was "How are you coping with the heat wave?" A float was entered in the Caledonia exhibition to celebrate the branch's 95th anniversary. Plans were made to meet with our twin group, and a member's birthday was celebrated. **Parkdale Maplewood** roll call was answered with safety tips for seniors. A program followed on Safety for Seniors, and tips for overcoming memory loss.

Respectfully submitted,
Sharman Fells

Western Area

In October **Burlington and District** members told farm stories and jokes for their program. In September **Cambridge** had a program on preventing falls in the home by Betty Quartermain. Judy Parks reported on the ACWW Area Conference and the AGM that she attended. Each member told the year she joined WI and a few memories from that event. They have members from the 40s, 50s and up to 2010. In September the members who attended the ACWW and AGM from **Lakeville** all reported on their experiences. In September **Medford** branch had a program on the railway in Kingsport by Paul Bushnell. The program on the formation of railway line to Kingsport in 1890 became known as the "Blueberry Special" and some of their members went on this train to go to school. In October they had a program on "fracking" presented by Paula Lessard. Fracking is the method of extracting gas from shale and can be devastating to the environment and to the air, the water, and the earth because of the pollution left behind. In September **New Tusket** had a program given by Phyllis Stewart on the "steps of the ladder of the WI from membership to ACWW" and gave a lot of informative facts. In September **South Berwick** sponsored Danielle Lutz, daughter of Janice Lutz, as our Gala Days princess.



Janice Lutz – Gala Days Princess

They also welcomed new member Andrea Hale. In October their program was given by Keshia Timmins on her trip to Belize. She is the granddaughter of Clarice Pottie. She was very detailed re her trip and read passages from her journal she kept. She learned a lot about herself and she helped them with a pageant planning for a couple of days. She also showed small items as souvenirs.



Keshia Timmins presented some items from her trip to Belize.

In September **Spa Springs** joined with Homemakers WI in Grand Pre to tour the Grand Pre Winery and then had lunch in Port Williams. During the summer they had a picnic at a member's cottage with their twin branch Paradise. They have also completed some cookbooks and they are ready for sale. In September **Weston** had a program on "Special Olympics" as one of their members has a son in the Olympics and he has won several medals. Over the summer months **Tupperville** has had several different programs. They had one on volunteering in Nova Scotia by Gladys Weir as well as the top ten reasons why we should volunteer. They donated fifty dollars to the Canadian Cancer Society, also donated one hundred dollars to the Bright Beginnings Early Intervention program. They also have 3 new members; Olivia Wakefield, Chantelle MacKinnon and Kathy Howland. All their ladies brought in items for the IWK. They also donated \$20 towards a

4-H trophy. They had a table of baked goods at the Lawrencetown Exhibition in August. **Delhaven and District** made halloween tray favours and decorations with small pumpkins for the residents of the Berwick nursing home.



Respectfully submitted,
Clarice Pottie

Central Area

In September the **Belnan** Branch after reviewing information on Fracking at the AGM meeting in August have signed a petition against Fracking. They will forward the Petition to the office to be added to the list of NS Organizations opposed to Fracking. Roll call was a summer activity. A big welcome goes out to a new WINS Branch - **Hants Shore** held their first meeting in October. Becoming a Branch of WINS was presented by Coni Murray, WINS President and Public Relations Officer, Sheila Richards. The ladies are looking forward to a busy year ahead. September saw **Martock Windsor Forks** busy making plans for their 98th Anniversary supper being held on

September 26th. They had a very informative program on the History of Toilet Tissue. Future plans include planning a visit with their twin-Enfield on Oct. 15th, making a donation to the Peace Garden and working on a quilt that they will enter in next year's Hants County Exhibition. They have one new member. October's program was on the history of Halloween, learning that carving pumpkins started in Ireland and Scotland where they use to carve turnips. How hard would that have been! A donation of \$100.00 was made to Windsor Forks School for their breakfast and meal program. The members are making plans for Seniors and providing Christmas for a family. Their favourite trip, a good cleaning tip and a favourite Christmas Tradition were some roll call ideas. **Three Cornered** had a speaker come to their September meeting. Tanya Robarts spoke about rules and regulations that come with sending letters and/or packages to soldiers overseas in Afghanistan. She told about a day in the life of a soldier at the base, how the sand found its way into everything, the beds, food, their clothes etc. They are very busy at the base as they are planning to close the base by Dec. 31st. They reported one new member and agreed to give out a 4-H trophy this year. October's program was CPR Training/ 72 Hour Emergency Kit. How important it is to be prepared in an emergency situation including being trained in CPR. They then discussed the possibility of hosting a CPR training

session and what the Red Cross includes in a 72 Hour Emergency Kit. Future plans include bringing in items to be put into a Christmas Hamper to be given to Community Services. Roll call was something for which you are thankful. **North River** enjoyed a tour of Nuttby Mountain Wind Farm where 22 wind turbines generate enough power to supply 18,000 homes with power.



Steven MacCrae talking about Nuttby Mountain Wind Farm during North River WI's tour.

Respectfully submitted,
Shelley Lake

WINS Provincial Office Holiday Hours

The Women's Institutes of Nova Scotia and Adopt-A-Highway Office will be closing at 4:00 p.m. December 20, 2011 and re-opening at 8:00 a.m. January 4, 2012.



Happy Holidays from the Board and Office!

WI Week – February 19th – 25th, 2012!

Each year in Nova Scotia, the week surrounding February 19th is proclaimed WI Week. This day in February is very special to the organization as it was on this date in 1897 that the very first WI branch in Canada was formed.

During WI Week in 2012, why don't you celebrate with one of the following suggestions or come up with your own!

- Place a white light in your window
- Decorate your door or mailbox with blue and yellow ribbon
- Deliver treats to your local radio station or newspaper – you might just get a mention on air or in print!
- Many other ideas!

Join us this Winter! 2012 Winter BOW Workshop

February 17-19, 2012 at the Gaelic College of Celtic Arts and Crafts - St. Ann's, Cape Breton, Nova Scotia.

\$229.00 (Includes meals, accommodation, instruction & equipment)

The program attracts keen participants wanting to either to refresh their techniques or learn new skills. We are able to offer classes that provide a mix of hunting, fishing, and outdoor pursuits with a touch of Maritime flavour.

The workshop combines a wonderful opportunity to experience fun and exciting outdoor adventures with excellent instructors who are sensitive to the learning styles of women. All classes are taught at an introductory level and equipment is provided. Instructors are specially chosen for their experience and ability to create a comfortable, fun, learning environment.

For the Winter BOW Workshop, classes may include: Ice fishing, Cross-country skiing, Winter camping, Snow shelter building, Trapping and snaring, Scouting for wildlife, Connecting with nature in winter, Wilderness navigation, Winter birding, Winter woodsy, Winter day outings, Snowmobiling, and Wilderness survival.

For more information contact:

Pamela Grace
BOW Nova Scotia Coordinator
Becoming an Outdoors-Woman
Nova Scotia Association
(902) 424-5832
bowns@gov.ns.ca
www.gov.ns.ca/natr/outdoor



Pictou District Back to Basics Workshop

On October 25, 2011, Pictou District Women's Institutes hosted their own Back to Basics Workshop. Approximately thirty attendees enjoyed demonstrations that included a vegetable platter and dip, meat cuts and pricing, smoothies and apple crisp. A wonderful lunch included vegetable soup, chili or corn chowder, bread, rolls and biscuits as well as the vegetable tray and dip and apple crisp for dessert. Topics covered included stretching your food dollar, different cuts of meat and costs, food safety, a quick summary of how the Women's Institute movement began as well as a short discussion on the Salvation Army. The District proposed a challenge to compile items for a basket to be given away as door prizes. 14 baskets were made and included various items such as cookie sheets, muffin tins, and cake pans donated from the members as well as some purchased items to complete the baskets. Everyone enjoyed the workshop and feedback from the participants has been positive.



Left - Jim Hayward speaking about Food Safety. Right - Donna Bullerwell, Jo-anne Smith, Arlene MacGregor and Kathy Gourd were part of the planning committee.

Reminders...

- Scholarship Applications -

Applications for the 2012 WINS Family Scholarship are now available. Please encourage anyone eligible to apply! If you require more copies of the application, it will be available online on the WINS website soon or contact the Provincial Office for extra copies.

- Donations for Fund Raiser Items -

If you or your branch would like to donate an item to be used in the Fund Raiser for 2012 Provincial Convention, please let the office know as soon as possible.

- Call for Resolutions -

The deadline for submitting resolutions is January 31, 2012. Please ensure that any resolutions submitted are clearly written and have sufficient supporting documentation.

- Recruitment and Retention Team -

Would your branch like a Retention Workshop? Do you think there is some interest in starting a new branch near you? If so, please request a workshop from the Recruitment and Retention Team by contacting the Provincial Office. We would love to encourage our membership as well as boost our numbers with as many new members as possible!

Sable River and Area WI

The Sable River and Area Women's Institute held a dedication ceremony on September 21, 2011 placing a plaque on an iron arch originally commissioned in 1967 for the local cemetery. The plaque was placed in memoriam of past members. The ceremony welcomed guests including Provincial President Coni Murray, Public Relations Officer Sheila Richards and North River WI member Inez McLellan.



Left: Plaque that was dedicated on Sept 21, 2011. Right: Group photo of Sable River & Area WI with guests.

Welcome Hants Shore WI!

On October 4, 2011, a new WI branch was formed in the Kempt Shore, Chevarie and Centre Burlington area with 11 members. The new branch, Hants Shore WI, is very enthusiastic and is working hard to increase awareness of WI in their community and increase membership. The branch has attended the Hants West Fall Rally, has planned the meeting programs for the year and will be attending the Christmas Market in December amongst many other activities. Welcome Ladies!



Reach for the Stars

One Star

Three Waters – Linda Wood

Spanish Bay – Cynthia Cunningham

South Berwick – Andrea Hale

New Tusket – Annie Cromwell

Hants Shore – Kathy Aldous



Alumni Meeting – September 22, 2011

Lakeville WI hosted the Alumni Meeting of approximately 30 ladies on the above date. Upon arrival, Adeline Blatt welcomed everyone and offered coffee, tea, juice and a selection of muffins.

President Joan Campbell called the meeting to order. The business meeting included discussion on having a special scholarship for our centennial year 2013. A committee was formed, with Jennie McInnes as chair, to work on the details of the scholarship. As in the past the office was contacted as to what may be needed. Lindsay, Office Admin, requested either a Dehumidifier or a Laminator. It was decided to purchase both of these items with a limit of \$500.00 to be spent. Lunch, supplied by Lakeville ladies was a choice of four delicious homemade soups, beverage and desserts of many kinds.

Barbara Hinckley from Yarmouth issued an invitation to host the meeting in 2012. More information will be available at a later date.

Following the luncheon we went to the Northville Heritage Farm Museum for a tour which was very interesting. While at the museum it started to rain, which was a repeat of the meeting in Tatamagouche. We then went to Wheaton's in Berwick where we had the opportunity to tour the furniture making plant followed by coffee and sweets in the restaurant. There was ample time for browsing and shopping in the store as well.

After a full day of socializing, business, great food and interesting tours everyone headed for home.

Respectively submitted,
Coni Murray

Supplies	
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 Book 1, 2 and 3	2.00 each
WINS Handbook	5.00
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
FWIC pedometer	5.00
FWIC Purse Hanger	5.00
Sweatshirt with WINS crest	25.00
WINS keychain flashlight	3.00
God Be With You – Music CD	8.00

The Provincial Office would like to thank everyone who helped compile this issue. Linda Munro – Editor of *Home and Country* and President Elect is currently recovering from surgery and was unable to compile the Winter 2011/12 issue. Linda will return to her duties as soon as she feels fit.

The Board and Office as well as the membership would like to wish Linda a speedy recovery!