



# HOME and COUNTRY



## Spring 2014

### Vision Statement

“Learning, sharing and improving the quality of life for all”

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### Dates of Events

WI Day in Nova Scotia  
**February 19, 2014**

WI Week in Nova Scotia  
**February 16—22, 2014**

WINS Board of Directors Meeting  
**March 14 & 15, 2013**

Deadline for Scholarship Applications  
**April 11, 2014**

ACWW Day  
**April 29, 2014**

ACWW Canada Area Conference  
**June 12—14, 2014**

A Happy New Year to you all,

This is the first newsletter of the second century for WINS – time to contemplate our many past accomplishments and to look forward to future accomplishments.

As President Elect I have criss-crossed the province enjoying many branch and district meetings becoming enriched by each one. I attended WINS 100<sup>th</sup> anniversary celebratory functions in Waterville, Martock Windsor Forks and a luncheon in Yarmouth. Thank you all for your invitations and I look forward to many more in the future.

I would like to award a virtual ‘**District of WINS Centennial Year**’ award to **Shelburne District**. This district has only one branch, **Sable River and Area**, yet their recent accomplishments have been astronomical. They have held **two ‘Back to Basics’** 6 week programs with outstanding results and are planning a third. Not only did the participants learn how to cook, shop and feed their families more economically and nutritiously but they learned social skills, took home a crock pot, cutting board, paring knife, measuring cups/spoons, apron, recipes and a general feeling of self-confidence. The branch members supported the program as did WINS, local businesses and the community. After the AGM in New Glasgow this branch took on the task of the production of armbands brought up at AGM as a resolution but withdrawn although all members were in favour of the idea. They produced 200 armbands and had the RCMP distribute a pair to each Grade 5 student at a local school, as I write this, a second batch is being distributed to students attending another area school.

I commend Digby district on their presentations of two six week ‘Back to Basics’ courses along the lines of those presented by Shelburne. Coni and I attended the ‘graduation’ of participants in the first ‘cooking classes’, it was an impressive occasion with the local supporters, i.e. food bank, church, councillors, businesses, WI members and WINS. Digby is now planning another course for May, WI branches in the western part of the province seem to have acquired a new type of ‘addiction’. Will it spread throughout the rest of the province?

Spring is on it’s way, meanwhile stay warm.

Sheila Richards  
President Elect

## Dropping In on the Branches...

### SOUTHERN AREA

**Arcadia and Brooklyn** met in a combined meeting for the months of November, December and January and will continue doing so for the rest of the year. It was decided that the presidents would alternate chairing meetings monthly, and that the business of each group would be dealt with individually, unless there was something that concerned both branches. In December a pot luck supper was enjoyed by all. After supper, Arcadia members packed boxes for residents of Island View Manor, and also for newcomers to the community, while Brooklyn members prepared tray favours for residents of The Meadows nursing home. In January, roll call was answered by telling of a Nova Scotia first, and it was discovered that many things had been invented in NS. Dorothy Redfurn gave an entertaining demonstration on how to make an apron from an old men's shirt. In October **Brazil Lake** held their harvest sale. Members enjoyed the district celebration of the 100th anniversary of WI held at the Brooklyn Seniors Hall Oct. 19. In November, eight members enjoyed a presentation, with a slideshow, by Myra and Marshall Moses, of their recent trip to England. December brought the annual Christmas party, with 7 members and 23 guests enjoying a pot luck supper and entertainment. Christmas boxes were prepared and delivered to elderly shut-in friends. A new member has joined, swelling the ranks to 9. In October, 8 members of **Chelsea** enjoyed a presentation on the uses and health benefits of cranberries, presented by Sherrie Wessell. She gave out recipes using cranberries. On November 8, they celebrated their 64th anniversary with dinner out. Husbands or other guests were invited to share the celebration, and Phyllis Wessell,

the oldest member, cut the cake and made a wish that they would gain new members and be successful for many more years. 38 Operation Christmas Boxes were packed, with donations coming from members and the community at large. A wreath was laid at the Chelsea Cenotaph in memory of those who fought. Stamps and money were donated to the Every Stamp Counts program. A donation will be made to the Christmas Daddies. In December, they had a Friendly Friends Christmas party with a gift exchange and a pot luck Chinese dinner. They also attended a Christmas party with their twin group at the Nine Mile River Homemakers' Hall. In October **Kempt** had an interesting presentation by Brent Ford, son of Anna Ford, who works for Parks Canada and had just finished a 5 month session on Sable Island. Brent told about the life of the horses and seals of the island and presented many interesting facts about the island, with maps and pictures. A very interesting presentation and members learned a lot. Brent will return to Sable Island for another 5 months in February. Plans were made for a penny auction to help with work being done on the hall, including a metal roof, windows and a new floor in the kitchen. \$50. Was donated to the Canadian Breast Cancer foundation. In November they worked on making and painting nutcrackers for the outside community Christmas tree. Plans were made to pack Christmas boxes for shut-ins, our float for the Santa parade in Caledonia. Roll call was answered by something we'd like for Christmas- not necessarily a gift! Work is on going at the hall. October preparations were made by **Lunenburg** to host the Fall Rally at St Luke's Hall in Rhodes Corner, and keepsakes for the rally were made. Plans were made to eat out in November to cele-

brate the Christmas season. They learned about Lavender and the many uses of this plant. **Parkdale Maplewood's** November roll call was to tell an important fact about Vimy Ridge. An interesting program on was presented by Debbie Zwicker. Twenty-three shoe boxes were packed for Samaritan's purse. **Sable River** kicked off the year by distributing armbands at the Lockeport Elementary School with an RCMP officer present. On Nov. 15 a St. Martens children's light parade was held, with a sausage roast and hot chocolate for participants following. Reflective armbands were given all participants. A Christmas tea and gift exchange at the home of a member were enjoyed by all. A \$50 donation was made to the Christmas Daddies. It was voted to place a donation box in the hall for Hearts that Help, a children's activity program. Donations for toys, new or gently used, games, crayons & colouring books, etc. will be welcomed.

Respectfully submitted,  
Sharman Fells

### WESTERN AREA

In October **Cambridge** had a program on care of flower gardens, including preparation for the winter. They welcomed two new members. From January to April they will meet in the afternoon. **Lakeville** enjoyed Judy Parks program on International Pen pals and Julia Llewellyn reported on the AGM in July. During a visit with their twin branch Martock-Windsor Forks the program was on Sweet Potatoes then enjoyed a meal where everything from soup to dessert had sweet potatoes as an ingredient. They ended the visit with a trip to Philip Keddy's, who grows and packs sweet potatoes. In September **Medford** had a program on Osteoporosis and a demonstration

of Tai Chi. In October they learned about card making of two beautiful Christmas cards. Their November meeting was cancelled due to the weather, For December they had Christmas Dinner Social at the home of Sharon Lynk. They made donations to "Open Arms" for the homeless and the Canning Food Bank. **New Tusket** had a presentation by Sister Barbara and Sister Bonnie about *Bethany Bin* in Digby. They made plans to have a tree at Sissiboo Landing Festival of Trees with the theme being "A Century of Community Service". In December they had a Pot Luck supper, enjoyed games and a carol sing and exchanged gifts, they made donations to Bethany Bin and Christmas Daddies. **Port Williams** had everyone bring a donation for the food bank to their Christmas meeting. They have welcomed one new member to the branch. In October **South Berwick** had an information session on "Project Lifesaver", a personalized wrist bracelet which emits a unique signal at all times which is used by Alzheimer's, Autism, Down's syndrome and Traumatic Brain Injury. Ground Search & Rescue have used this to find missing persons. They met with their twin branch Parkdale Maplewood. Two members visited Margaret West, Life Member, at Evergreen House on the occasion of her 101<sup>st</sup>. Birthday. At their November meeting guest Donna Spinney demonstrated how to make bows for Christmas Wreaths as well as how to add ornaments. Donna made a wreath which they will sell ticket on at their Christmas luncheon and sale at the end of the month. For December they enjoyed a group trip to Wheaton's where they had lunch, a gift exchange and a few short humorous readings. They were very pleased that Shirley Hennigar (a past provincial president) and her care giver were able to attend. Their Christmas luncheon was very successful. Each member received a handmade card and angel brooch from their twin branch members in

Parkdale Maplewood. At the November meeting of **Tupperville** they donated \$100.00 to "Family Matters, to help families in need at Christmas. The quilt they are making is almost complete and they will soon be selling tickets on it as a fundraiser. They will also be running the canteen at the Tupperville Hall during the farmers market as a fundraiser and supporting the Hall at the same time. In December they sang Christmas Carols, presented Christmas readings and had a gift exchange. At the January meeting it was decided to donate \$20.00 to the District Directors fund and \$50.00 to the Scholarship Fund. They discussed the possibility of submitting a resolution on Nuisance Phone Calls but as they could not find a solution to recommend they decided against it. They have been approached by the Tupperville Hall to cater at the Farmers Market in mid February, which they will do to replenish their coffers.

Respectfully submitted,  
Coni Murray

### CENTRAL AREA

In November, **Belnan** had a program on healthy eating. They learned of the difference in calories in like foods, e.g. a potato and a sweet potato. In business the program booklet was used to help plan the coming year. Roll call idea was to read an Easter verse. **Gore** held a Christmas dinner with invited guests in December. Members sold tickets on a Christmas gift basket and raised \$883, with money going to the Hants North Community Food Bank and the local School Breakfast Program. **Hardwoodlands Junettes** gave donations to the Red Cross, Phoenix House, Christmas Daddies and Shumibacke in December. They have packed some huge boxes of personal care items for Phoenix House and continue to help with the annual 'Pie Day' which is a fundraiser for the hall. **Martock Windsor Forks** has welcomed two new members to their branch. A program in November was on your

favourite article of clothing and the story behind it and why it was so special. Plans were made for preparing 27 plates of goodies for seniors/shut-ins from the community. During their Christmas meeting and pot luck supper, handmade gifts were exchanged. A donation of \$100 was made to Harvest House. They have sent a letter to their local fire department regarding arm bands and safety reminders of walking along the road while wearing dark clothing. Roll call idea was your wish for Christmas and 2014. In October, **Nine Mile River Homemakers** were given the information on starting up a neighbourhood watch program, which they are endorsing. Donations were made to the School Breakfast Program and the local Food Bank. In the fall, they met and had a visit with their twin branch Chelsea. At the November meeting their District President did a talk on Palliative Care and Continuing Care in East Hants. Plans are made to continue to have their firemen's luncheon this year. Everyone enjoyed a turkey dinner in December after first taking 15 take-outs to community shut-ins. A good message is a full stomach is good for the soul and a short meeting. **North River** branch welcomed Jennifer Ferguson, a Sobey's Nutritionist as a guest speaker in the fall. There are many free nutrition events each month at grocery stores as well as cooking classes. Their fall rally was hosted by West Pugwash with guest speaker Frank Foster, talking on the benefits of eating grass fed beef. At the November meeting a resident and Colchester County Councillor since 1988 was the guest speaker. He gave a brief history of his political career, the committees he had served on and the workings of council. A question and answer period discussing the flooding of North River and the flood control measures that are in place followed. **Three Cornered** had a delightful get together with their twin Sheffield Mills in the fall. Their fall rally was hosted by Hants Shore. A great

educational piece was read on buying local and everyone enjoyed a pot luck.

Respectfully submitted,  
Shelley Lake

### EASTERN AREA

In October **Abercrombie** gave a report on the AGM. One of their members won the quilt. They made a Halloween center piece for each member and made plans to pack baskets for seniors confined to nursing homes at Christmas. In November **Bridgeville** had a scarf-tying demonstration and a 100th birthday celebration for a founding member, Lil McCuish. Plans were made for \$5.00 gift exchange and gifts for needy families. At **Caribou's** November meeting, they made Christmas cards. Each member made 2 cards. Their third annual spaghetti supper was successful. **Churchville** had a Christmas supper meeting with a gift exchange, a bring and buy sale and donations to the school breakfast program. Money was sent to the District armband project. **Fox Brook** made plans in October to attend the District meeting for Pictou at Lyons Brook. In November the branch is making receiving blankets for the hospital. These will be given with the purple hat campaign. Six blankets were completed and more material will be purchased. In December the branch decided to go ahead with the armband

project. These will be given to all grade 5 students to promote safety. They also made treat plates for shut-ins. They brought in items for the roots for youth and life center along with donations of money for the project. In December **Garden of Eden** purchased 6 baskets for the sick and shut-ins and sent cards to others. They also collected items for the food bank. **Homeville** had programs on what you did last summer at their September meeting. October program was quiz on quilting and in Nov. a history of engagement and wedding rings. Their projects were, donating of old blankets and towels to the SPCA. Donations to various charities and donations of clothing to the local food bank. In November **MacPherson's Mills** manned the Red Kettle for the Salvation Army, adopted a needy family and purchased a rooster and 2 hens through the Chalis program and will have their annual Christmas dinner. In Jan. old towels and bath mats were donated to the SPCA. In September **Newtown Denver** made plans for the fall rally. October had a program on fruits and vegetables and they welcomed one new member. In December, a report was given on District Activity Day. Christmas gifts were presented to guests at a nursing home and they donated to the food bank. **Point Edward** attended the district fall rally, which was held at the hall hosted

by the Spanish Bay branch. Donations of mitts, gloves, socks and hats were given to the local food banks. A lot of work making handcrafts, baking, etc. goes into preparation for the annual Christmas Tea & Sale in late Nov. Donation was made to the Salvation Army home heating program of \$200.00. In Dec. cans of cookies were delivered to approximately 25 people in our community who live alone. In December, **Port Bickerton** made plans for the senior citizens Christmas party and their own Christmas party. In Jan. they had a nurse talk about Alzheimer's and started plans for a pancake brunch in March. **Port Hilford** made a donation to the school breakfast program and made plans for a Christmas meeting with their twin branch. In December **Sherbrooke** had a dinner meeting at the Sherbrooke Village Inn. They gave a donation to the St. Mary's food bank. In January they watched the video "Half the Sky" and collected recipes for a possible book. A donation will be made to the local library. **Springville Island's** programs in the fall included reducing carbon footprints and the joys and benefits of children's books. They make money & cereal donations to the food bank. They helped with the Red Kettle program and had their Christmas Party.

Respectfully submitted,  
Barbara Herald

### Guysborough District Annual Activity Day

The Annual Guysborough District Women's Institutes Activity Day was held November 5, 2013 at the Indian Harbour Lake Jordanville Community Centre. It is a day when approximately 30 ladies from the area gather to work cooperatively on useful home items brought or purchased for assembly on the day. This year's efforts have seen the following items made:

2 blankets	13 knit purple hats	18 chemo turbans	85 finger puppets	4 quilts
1 crochet lap warmer	83 comfort pillows	40 festive bibs	3 crochet afghans	7 knit hats
35 pillow cases	50 tray ornaments	2 pair of mittens	4 comfort dolls	1 tote bag

Items were donated to St. Mary's Lions, Christmas Daddies, Highcrest Home for Special Care, St. Mary's Memorial Hospital, Cathy's Place, St. Martha's Hospital Nursery, Tearman House Shelter for Women and Children and IWK Hospital. A delicious lunch was provided. The event was partially funded by a Wellness Grant from Guysborough, Antigonish, Strait Health Authority. Participants gave feedback of the day which included enjoying the time together, working on necessary helpful projects, beneficial networking opportunities and enjoyable fellowship.





# WI Branch Holiday Celebrations!



## North River WI

North River WI members are seen enjoying a Christmas luncheon. Pictured from left: Margaret Roode, Darlene Peirce, Mary MacCallum, Coni Murray, Inez McLellan. Photo taken and submitted by Sheila Richards.



## Cambridge WI

Despite stormy weather and illness, Cambridge WI enjoyed a small but lovely Christmas gathering. From left back row: Betty Quartermain, Heather Kellock, Jana Fejteck. Front: Sadie Arenburg and Pauline Worthylake (both over 90!) Photo taken and submitted by Judy Parks.

## Upper Nine Mile River Homemakers WI

Upper Nine Mile River in December at a Christmas party hosted by Homemakers WI. Left to right, Sharon Gendron, Santa, Sherry Wessel and Kathleen Whynot-Henley.





## Federated Women's Institutes of Canada

FWIC has a new sales item available. The messenger bag is green with black detail and features the FWIC logo. The bags are available from Coni Murray at a cost of \$12.

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FWIC Pedometers are still available as well for \$5.

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FWIC Convention is scheduled for June 9—13, 2015. It will be held at the Fredericton Convention Centre in Fredericton, New Brunswick.



The following photos have been donated by Dick Huggard and were delivered by George MacKenzie.

Pictured right: President Fraser from Grand Pre WI with Safety Essay and Poster Competition winners in 1980. Below: Isabel Archibald with an unknown lady in front of a safety display at WINS Convention in 1977. Below right: Donna Langille—N.S. Federation of Agriculture, Walter Grant—Director of Extension and Norma Mosher as part of a farm safety display.



## WINS Online Branch Monthly Report Form

As some members have found out, the WINS website has been updated. The current website address is [www.novascotia.ca/agri/wins/](http://www.novascotia.ca/agri/wins/)

With this update, the branch monthly report form that can be submitted online via email can now be found at the following address:

### Reach for the STARS Membership Challenge 2013-2014

Once again, Women's Institutes branches across Nova Scotia will be adding 'STARS' to their membership list during the 2013-2014 Reach for the STARS Membership Challenge. Each new member earns the branch one star. To our new members—Welcome!. Please report any new members to the office by submitting dues and the new member form. Errors or omissions should be reported to the office as well.

#### One Star

North River—Natalie Balsom

Grand Pre—Joyce Duncan



Please remember in order to be listed and recorded in the membership challenge, new members' names must be submitted to the office with their membership dues. If you require a new member form, please contact the office.



## ACWW Canada Area Conference

June 12, 13 & 14, 2014

'Women Motivating the Future'



The Associated Country Women of the World—Canada Area Conference will be held June 12, 13 & 14, 2014 in Camrose, Alberta. They will feature many speakers including Ruth Shanks AM, President of ACWW; Margaret Yetman, Deputy President of ACWW; Ken Grambo, known as the Singing Pastor; Shirley Ross, Volunteer with Green and Gold Community Garden; Janelle Baker, Doctoral Researcher in anthropology with McGill University; Dave Muir, Poe; Sheila Needham, ACWW Canada Area President; and Elizabeth Rushton, Past President of Alberta Women's Institutes and Past President of ACWW Canada Area.

A copy of the brochure that includes the registration information and form has been sent to the branch secretaries. If you require more copies, feel free to use the one provided to the branch or contact the provincial office.

Registration is limited to 150 delegates so if you're thinking of attending, make sure to register quickly!

**Board of Directors:****President:** Linda Munro, 25 Blackie Rd., RR 2 Pictou, NS B0K 1H0, 485-8391**Past-President:** Coni Murray, 997 Hwy 311, North River, NS B6L 6H4 895-9829**President-Elect:** Sheila Richards, PO Box 963 Truro, NS B2N 5G7 895-7172**District Directors:****Annapolis:** Myra Tarkka, 1591 Rte 362, RR2 Middleton, NS, B0S 1P0, 825-0056**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:** Roberta Journey, 8 Weymouth Falls Rd., Weymouth, NS, B0W 3T0, 837-5623**Guysborough:** Mary Anne Kaizer, Site 12, Comp 12, RR 4 New Glasgow, B2H 5C7, 246-2092**Hants Central:** Carol M. Crawford, 5195 Hwy 14, Upper Nine Mile River, NS B2S 3A6, 883-2600**Hants West:** Shelley Lake, 724 Belmont Rd. RR2 Hants Co., NS, B0N 2A0, 757-3843**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:** Lorraine Frauzel, 930 Narrows Rd., Labelle, NS, B4V 8V1, 685-2835**Pictou:** Eleanor Lilley, 79 Pleasant Dr. RR 2 Pictou, NS, B0K 1H0. 485-9284**Queens:** Sharon Crooker, RR 1 South Brookfield, Queens Co., NS, B0T 1X0, 682-2284**Shelburne:** Jacky Fowers, 53 Freeman Mills Rd., RR1 Sable River, NS, B0T 1V0 656-2714**Yarmouth:** Sharman Fells, PO Box 106, 30 Dunham's Landing Rd., Arcadia, NS BOW 1B0**FWIC Executive Officer:** Coni Murray**FWIC Board Member:** Linda Munro**Office Administrator:** Lindsay Murray

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**ACWW President**

Ruth Shanks Am

Australia

Visit our website: [www.novascotia.ca/agri/wins/](http://www.novascotia.ca/agri/wins/)**WINS Sales Items**

T-shirt	10.00
Golf Shirt	15.00
Membership Pin (WINS Crest)	16.00
Life Membership Pin and Certificate	30.00
Ceramic Mug	6.50
Cooking Collections Cookbook by FWIC	12.00
WINS History Books Part I, II & III	2.00/each
WINS Handbook	3.00
Grandmothers Quilt Book	20.00
WINS Crest Stickers 24/sheet	0.25/
Pen	3.00
Apron	15.00
WINS/West Virginia CEOS cookbook	5.00
FWIC Pedometer	5.00
FWIC Purse Hanger	5.00
Sweater	25.00
Keychain Flashlight	3.00
God Be With You CD	8.00
Reusable Tote Bag	5.00
100th Anniversary Book 'Then and	20.00

**THANK YOU**

My family and I would like to express our sincere appreciation to the many Women's Institute members and Branches for the beautiful messages of sympathy and comfort you sent us on the passing of my husband John. Your thoughtfulness was overwhelming and will always be remembered.

Ellen McLean