



Spring Newsletter

April 2015

Newfoundland And Labrador Women's Institutes

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President's Message

Spring is a special time of year. Many of the memorable activities that we enjoy in the Women's Institutes occur at this time of year.

Our District AGMs, ACWW Women Walk the World, Earth Day, activities highlighting volunteer activities and the environment, not to mention branch closing activities. This year there is a lot of talk of Conventions, both the FWIC one taking place in Fredericton in June 2015 and the NLWI already taking shape for May 2016 in St. John's. Connected with the Conventions are the Competitions

and the opportunity for NLWI members to display in a tangible way their creative skills.

As you know, 2015 is the 80th anniversary of the NLWI in Newfoundland and Labrador. As part of this recognition, I have asked members to send in their short stories or memories of their time in the Womens Institutes. The submissions don't have to be long. A paragraph can do. The first eighty submissions will be placed in a booklet and brought to the 2016 Convention. It is entitled **80 Years, 80 stories**. I have only received a few

so far, but I am sure that there are many more to follow.

I wish the membership an enjoyable summer full of fun, relaxation and exciting activity.

Jane Laite
President



FWIC NEWS BULLETIN NOTES

May's "Take 10" Project, "Growing a Healthy You" focuses on honouring Motherhood. Suggestions include thinking about inspiring daughters, granddaughters, nieces, cousins; taking part in community gardens; remembering mothers, grandmothers and great grandmothers

The Hoodless Homestead hosted its 3rd annual Addie's Egg Hunt & Petting Zoo on Good Friday with over 1600 people attending. Over \$10,000 was donated by FWIC to the organization in 2014. Thanks to all WI branches and persons who made contributions.

While we honour all our mothers with words of love and praise.

While we tell about their goodness and their kind and loving ways.

We should think of Grandma, she's a mother too you see..

For she mothered my dear mother as my mother mothers me. *Anonymous*

Avalon West District

Bay Roberts

The Bay Roberts branch has been quite active since opening in October. During that month, members held a workshop at the Lions Club, a Halloween Party, and an International Pot Luck dinner.



In November, members visited a Wal Mart shop, a flower shop and enjoyed themselves at a supper outing. An auc-

tion was also held.

During December Bay Roberts held their Christmas party at a restaurant, with a Secret Pal gift exchange !

In January, members were quite busy making turbans for the Cancer Clinic, while in February, blankets were crafted for the Janeway Children's Hospital in St. John's.



Bay Roberts members got together for a Christmas dinner at a local restaurant.

Dunville

Dunville now has 14 members, with possible others coming on board. Monthly business meetings continue with members taking turns providing snacks after the meeting. On other Tuesdays they meet for conveners, crafts and socializing. In November the election of officers was held. At monthly meetings they have a small sale item on tickets, the winner being responsible for bringing a prize for the next month.

Canadian Industries activities saw Dunville members attending a Town Council Meeting, and getting together afterward with the Mayor and Councillors. It was a great evening enjoyed tremendously by all.

During October, two members attended a Craft Workshop in Bay Roberts, learning how to make a Lasagna Quilt, table runners and glass etchings.



The Education and Culture activity was a Computer Training session at the Library.



Other fall events included catering to a Lions Club function, and serving soup and sandwiches at the Winter Carnival.

Dunville branch also enjoyed their Christmas dinner outing at a local restaurant with a Secret Pal gift exchange.

WI Week events included a fun filled evening of a pot luck supper, bingo, a Bring & Buy table, a craft display and a Bag Auction done by President Ruby Baldwin, with all members inviting guests. It was a great fundraiser and brought lots of laughter as well !

Dunville's members donated to the Happy Tree and to Kirby House. They also collected money for Water For All at their monthly meetings.



Harbour Grace

The **Agriculture** meeting saw Sharon Boris, a long time employee of the Department of Agriculture as a guest speaker, sharing her knowledge of gardening, planting vegetables and composting with members. The **Canadian Industries** speaker, an RCMP officer, gave a slide presentation on *Safety in Your Life*, and spoke about local policing and ways to keep homes and communities safe. **Home Economics and Health** convener Marcella Stone, in lieu of a guest speaker, brought in a supply of Kellogg's Nutri Grain Bars to have for lunch.

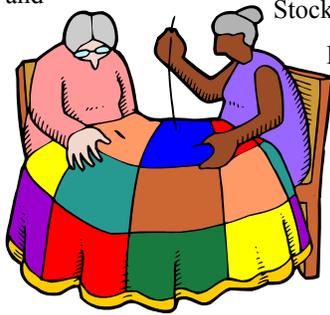
Education and Culture convener Betty Pike brought in a number of crafts she had made over the years: members asked questions on craft construction. **International Affairs** convener Helen Coady spoke on the United Nations and the involvement of the ACWW.

Several Harbour Grace members attended the District dinner in Dunville on April 26 2014. Daffodils were sold by members at the Carbonear Mall for the Cancer Society. A birthday party was hosted at the Interfaith Home in Carbonear on May 27 2014, with a birthday cake and music being provided. Members enjoyed a cold plate dinner at Betty Pike's cabin before the summer, while during the summer, tickets were sold on a quilt.

The September meeting included a cold

plate dinner. Harbour Grace branch operated a craft booth for the duration of the Trinity Conception Fall Fair, and sold tickets on a Craft Basket. Members also attended a Craft Workshop at Bay Roberts in October, along with members from other branches.

Members made and donated 7 Christmas



Stockings to the Carbonear Hospital for newborn babies. Christmas Dinner was held at Hotel Harbour Grace, followed by a gift exchange and fun night. Members also

packed shoeboxes for Operation Christmas Child.

During WI Week, Harbour Grace members celebrated the event with a meal together at Fong's Restaurant. Members also had their picture taken with Mayor Barnes for publication in the local paper *The Compass*. Lunch was served by council staff.



Donations by Harbour Grace Branch over the year included \$200.00 each to the Trinity Conception Health Foundation and the Children's Wish Foundation, and \$100.00 each to the Town of Harbour Grace, the Kiwanis Club of Carbonear (for scholarships), and the Breakfast Program at St. Francis' School.

Condolences to Carol Parsons on the death of her husband Walter on December 23rd 2014



NOTRE DAME BAY SOUTH DISTRICT

Lewisporte Branch

Lewisporte reports that their Fall Sale was a great success, with enough vendors to fill the Lion's Club. To celebrate Christmas together, their members went to Rosie's in Gander for a Christmas Lunch and gathered later in the afternoon at the WI Room to have dessert. They each donated \$15.00 in lieu of a gift exchange, to the local Food Bank. As well, the branch has also made donations to other charities in their area.



The ladies donated their time and talents to make a collection of crafts to sell at the Tuck Shop (picture to the right), North Haven Manor, which is a long term care facility located in Lewisporte.

Branch members also visited some of own members who have been out sick for an extended time.

Left: North Haven Manor Auxiliary accepting donation L -R Margaret Rowe pres. Auxiliary, Ruth Chaffey pres. WI, and Trixie French

Right: Lewisporte WI Group pic of afternoon tea with a long time Member Betty Brett



Back Row: L -R Marguerite Rumboldt, Edna Hoffe, June Hunt, Mabel Taylor

Front Row: Ruth Chaffey, Heather Rumboldt, Venissa Fancy, Joyce Anstey, and Vera Porter



Summerford Branch

Summerford branch's activities included a September supper, a Crochet lesson, learning Yoga & Meditation techniques, and attending a catered supper for W.I. week.

They made donations to the School Scholarship Fund and to the Auxilliary Fund, and collected \$50.00 for Pennies for Friendship.

Their Christmas Tea was held with entertainment and prizes. This is their big

fundraiser for the year. They played games that identified famous women of the world, and filled boxes with mitts, socks and underwear for The Gathering Place in St. John's.



Two of their long time members recently passed away: Shirley Earle of Summerford and Elvie Hann of Virgin Arm. Condolences are also extended to member

Audrey Durnford on the passing of her husband.



Shirley Earle, Elvie Hann

Twillingate Branch

Twillingate branch members have been active over the past year. Food items and monetary donations were given to the Twillingate Food Bank. As well, donations were made to the Twillingate Community Living Christmas Party, and to the Twillingate Hospital Auxiliary.

Members attended a Christmas Dinner at a local restaurant, followed by a party and gift exchange at a member's home.

Members also volunteered for the School Breakfast program.

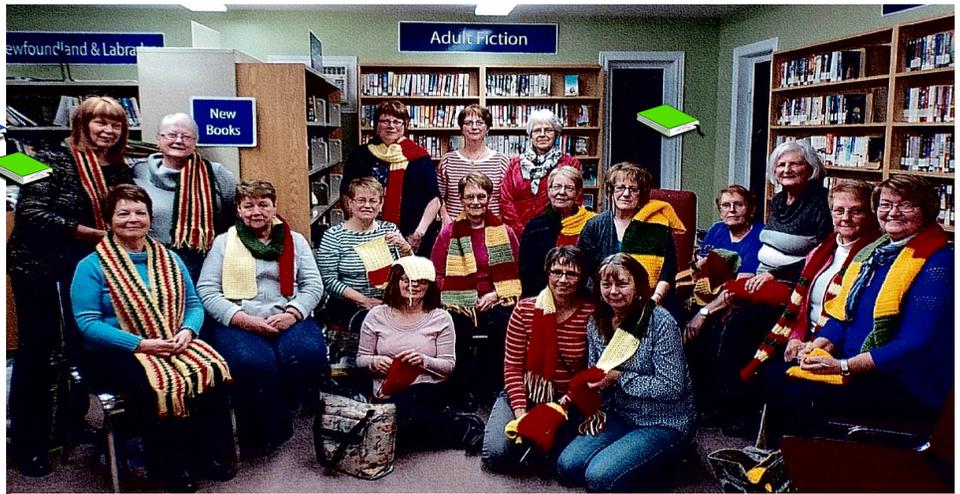
Guest speakers at meetings included the

Local Book Club member and the Primary Health Care Facilitator for the Twillingate Health Centre.



Botwood Branch

The Botwood branch reports they have had a busy and interesting few months. They have enjoyed several outings, including touring a new farm in their area called Green Valley Farm. This tour even included a hay ride ! For their Christmas outing, Botwood members enjoyed a delicious meal at a restaurant in Northern Arm. Members also visited the Botwood Kinsmen Library where they brought along scarves to demonstrate their knitting skills. These scarves were being knit for the Special Olympics project. An evening was spent at the Dr.



Botwood WI branch at the Botwood Kinsmen Library.

Hugh Twomey Health Care Centre, where a guest speaker gave an interesting and informative talk on Mental Health.



Monetary donations were made to the Ronald McDonald House, FWIC and to the local Goodwill Centre. Items were also donated to the Status of Women and the Hospital Auxiliary Gift Shop.

Branch members have also been learning new skills: one of their ladies taught members how to make homemade cards and tags from recycled cards. During a sewing day, another member gave instruction on sewing a beautiful snowman runner. Following the latter session, members were treated to a delicious lunch of pizza and cookies all of which were homemade by a member.



Members were saddened by the passing of Botwood member Marguerite Masales in October 2014.



WEST COAST DISTRICT

Port au Choix Branch

The Port aux Choix branch now have 13 members. The November election results included Stella Mailman as President, Daisy Dobbin as 1st Vice President, Linda Coats as 2nd Vice President, Agnes Gaslard as Treasurer and Elizabeth Gould as Secretary.

Activities over the year included visiting the RCMP office, bringing a gift of cookies, and a visitation to the Seniors Manor



when 'goodies' were also brought along.

A wreath was laid for all Fallen Soldiers, and gifts were sent to troops deployed over the Christmas season.

A Kid's Bingo and Cake Walk were held, tickets were sold on a Basket, and \$107.00 was raised for the Janeway Children's Hospital.

Branch members host a weekly exercise group for the Healthy Heart, 5 days per week (very impressive ladies !)

The branch closed for the Summer with a District Meeting that included a lobster supper.

At Christmas, a Kid's party was hosted, with a visit from Santa to exchange gifts.



Port au Choix WI group took the Easter bunny to visit residents in long term care at hospital.

Stephenville Crossing Branch

The Stephenville Crossing branch has had another active year. In October they held a Pumpkin Basket ticket sale. In December members of the sewing group presented 5 quilted Lap Tops to the residents of the Bay St. George Long Term Care Centre, along with other community groups that were present. The branch's Christmas party was hosted by a member, with a pot luck supper, playing of games and a gift exchange: the evening was enjoyed by all.

In February the branch visited the Emile Benoit House. Bingo was held, followed by refreshments and the distribution of a small Valentine gift to members. During March month, members held Drop Ins to make craft items for those attending the Western District meeting in May.

Currently Stephenville Crossing members are in the process of knitting requested scarves for the Special Olympics Games

to be held December 2015. As well, the branch is presently selling tickets on an Easter Basket.

Recent donations include the Memorial Remembrance Day Wreath and the Town of Stephenville Crossing.



Stephenville Crossing WI Branch

L-R: Louise White, Stella Parsons, Bonnie Foley, Lena Gabriel, Anna Morris, Elizabeth Payne, Karen Skinner (guest), Martha Lucas, Ann Bennett, Isabel McKinnon. Photo taken by Madeline Parsons.

L'Anse au Loup Branch

The L'Anse au Loup branch reports that this year has been a bit slower than usually but they did take part in their usual activities.

The Branch's projects including helping out with the Museum, catering, visiting sick community members, and holding a Flea Market.

On Canada Day they had a wonderful closing out get-together.

The branch held a Christmas Party. As well, they organized and sponsored such Christmas projects as Baskets for Seniors, Tree Lighting and a Christmas Parade.



CENTRAL DISTRICT

Gander Branch

A very memorable time for a Gander Branch member occurred during a reception held at Government House commemorating WI Week. Delores Jones, a long time member was presented with a Life Membership Award during the event. Congratulations Delores from all of us at Gander Branch. Nellie Moss and June Young from Gander Branch also attended the reception and took part in the presentation of the Award.

Gander Branch members have been busy in the past months with various projects and events. It's always amazing when you look back to see what has been happening in the branch and in the community. Some very worthwhile events and activities – a "Tea Time" to celebrate the International Day of Rural Women where we raised money to help reduce the deprivation of Women living in rural poverty. Everyone felt special in their lovely hats, part of the attire for the event.

A continuing project for Gander Branch is knitting scarves for the Special Olympics, due to be held in 2016, which we hope to present to a representative in June.

During WI Week we gathered for a Pot Luck Lunch at the College of the North Atlantic where we presented a donation to Gander Heritage Memorial Park, for the purchase of a stone in commemoration of the NL WI's 80th Anniversary. Planning was finalized for an upcoming project –

making a Bulletin Board from old jeans with teens at Open Door Community Youth Network which should be both interesting and very worthwhile.

Other activities included participating in a Craft Fair with donations of crafted items from our members which proved to be very successful. Our Valentine Afternoon Tea is held each year and has become a big hit, and major fundraiser for the branch. Our annual Christmas Dinner was well attended with several members receiving Service Pins. As well there were lots of laughs and great friendship.



Agnes Richard, Convener for Citizenship and Legislation, gave a presentation on her recent trip to China. She spoke of some interesting aspects of the Chinese culture which were very fascinating. A lot of work has gone into "The History of Gander WI Branch" and is in its final stages. We look forward to the publication. The Craft Committee has been working on projects for various events including the Valentine Afternoon Tea and upcoming District meeting. All in all, we have been busy and active in the community. Lots has been done – and more to do !



Delores Jones supervising at the Gander WI Branch Choices For Youth Workshop Basket Weaving session.



Gander WI Branch Above & below —Open Doors Choices for Youth Workshop—making bulletins from old jeans.



Central District continued

Glovertown Branch

In October, Glovertown branch invited Una Patey, who is originally from Denmark and now living in Eastport, to speak to them. She gave an interesting talk on traditions and customs of her country, some of which are very similar to those of Newfoundland & Labrador.

Long time and dedicated WI Member Alice Tuff passed away. The branch prepared a cold plate dinner for her family and attended the funeral service as a group. Our member Rosemary Stroud's son also passed away, and again the branch prepared a meal and attended the service.

Their annual Bake Sale was held at the Community Craft Fair, another very successful event.

In November, a motion was made by two of their members that the executive would remain the same for another year. Two new members were welcomed to the group, Eliza Briffett and Judy Matchim.

In place of a Christmas Gift exchange, the members made monetary donations to be

used for various charities in their area.

In January, their conveners invited Barbara Penny who shared with members some of her experiences while teaching in Qatar. She also brought a display of items from that country, and presented the branch with a silk tablecloth.

In February, the branch celebrated WI Week by each member inviting a friend to the meeting. A display of quilts and crafts was enjoyed by all. Two members of Crime Stoppers were also invited and spoke about the work and programming of the local Crime Stoppers organization. The meeting was closed with a cup of tea and goodies.



Quilts, runners, tree skirts, turbans and fleece hats were made for cancer patients. Sewing continues on Tuesdays.



Members were saddened by the passing of long time WI Member Alice Tuff

Trinity (Bonavista Bay) Branch

Mae Button was elected President at the November meeting. Beverly Collins was welcomed as a new member by the branch.

A Pot Luck Supper was held for their



Christmas celebration. Twenty-five aprons were made for the Indian Bay Lions Club. A Christmas Craft Fair was held at Green Acre Lounge. The branch also participated in the 2015 Winter Carnival with a craft and bake sale, and tickets on a household basket.



Donations were made by Trinity Branch to the Philipine Disaster fund, the Help a Village Effort, the Jane-way Children's Hospital, the Lung Association and the Indian

Bay Fire Department. As well a donation was given to Jennifer Hunt, granddaughter of member Margaret, who became very ill while attending University in Scotland.

There are plans to start a Quilt soon.



St. John's District

Mount Pearl Branch

Mount Pearl branch members have had a very active year. Margaret Yetman presented details on the ACWW meeting she had attended in London, and gave out magazines to members. The Women Walk the World event was held at Bowering Park and was attended by many members.

A visit to Crae Dea Nursing Home was made in Easter 2014, where Ida Roberts provided the entertainment. Art Baggs (Helen) gave money towards a party for the nursing home residents. Members brought food and visited residents – all had a wonderful time.

Branch members were involved in knitting scarves for the Canada Special Olympics. As well, Mount Pearl wanted to continue to help with the Canadian Cancer Society, so Joan Benson took over



from Joan King, arranging for members to volunteer to sell daffodils in support of this valuable cause.

Alumni Choir provided uplifting entertainment, enjoyed by all.



The branch also volunteers with the Mount Pearl Frosty Festival, collecting and judging the colouring contest for the elementary school.

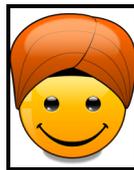
The branch had their annual Christmas party with a catered meal. Non-perishable food items were brought to be donated to the Food Bank. Holy Heart of Mary



St. Philip's Branch

The St. Philip's Branch has also been very active. They donated shoes to the One Step Shoe recycling charity, presented books to the St. Philip's Library, and gave a variety of items to the Cancer clinic including hats, pillows, caps and turbans.

A card game was held in October, and election of officers took place in the fall as well. A card game was hosted as part of the Portugal Cove – St. Philip's Winter Carnival. A Book Exchange was also organized, and the branch corresponded with their sister branch, Harcourt. The idea of hosting the Eastern Health Chronic Diseases education sessions is being explored.



Christmas activities included filling more than 30 shoe boxes for the Samaritan's Purse Operation, Christmas Child. Christmas presents and a food hamper was provided for a local single-parent family.

The WI District Christmas Dinner at Wesley United Church was attended, and

St. Philip's members also made monetary donations to Bridges to Hope, the Parkinson's Society, Laura Murray, Women Walk the World, and to Pennies for Friendship



ST. JOHN'S DISTRICT CONTINUED

Templeton Branch

Templeton Branch started the Fall season with a tour of the new Manuel's River Natural Heritage Building in Conception Bay South, where the interpretation guides explained the geology of the area, followed by lunch at their cafeteria. Erin Kirby, owner of Fiberlilly, welcomed members to her new store which sells fabric, wool, notions and other craft supplies: this was followed by lunch at Ches' Fish & Chips. Branch member Stella Fowler and her husband George entertained members with their music and humour and brought along their Mummer friends.

In October, Sister Sharon Basha and Sister Charlotte Fitzpatrick, co-directors of the Gathering Place spoke to members about the work they are doing to help people in need. Members brought items for their gift shop. Kim Todd, Chair of the Board of Directors for Habitat for Humanity, attended another meeting and spoke to members of the critical issue of affordable housing in the province. Eye glasses were collected for distribution to

people in third world countries.

In November, members walked in Bidgood's Park in the Goulds, followed by a luncheon at Jungle Jims. The branch annual Christmas fundraising auction was held at Wesley Church, which was open to members of other branches and friends. Members attended the St. John's District Christmas Part, also at Wesley Church.



Templeton branch held their annual Christmas Pot Luck dinner with their spouses at the Bonaventure Avenue Lions Club, where they played games and exchanged gifts. Members made monetary donations to Virginia Water School Fund to supply gifts for students and their families. The branch also donated grocery gift cards. A Christmas buffet lunch was held at Clovelly Golf Club.

January activities included a visit to

Mary Queen of the World church, where artist Gerry Squires explained his beautiful Stations of the Cross, which he painted thirty years ago. Lunch followed as Jasmine's Restaurant. Members also visited the Logy Bay Museum on January 26 with coffee afterward at Second Cup.

In February, members attended "Sew, Show and Share", a lecture on quilting at The Rooms. Wayne Ledwell of Whale Release and Stranding Newfoundland spoke of his work assisting whales to gain their freedom when caught in fishing gear. Members held a Chinese Auction to raise some funds. Some members also attended the WI Week Opening Ceremony at Government House on February 19th.



Torbay Branch

Torbay branch meetings now take place on the 1st and 3rd Thursdays of each month. The branch hosted the District get together on November 14th at Wesley Street Church Hall. A lovely turkey dinner was served, followed by entertainment by the Turbot Cheeks, greatly enjoyed by all.



Irene and Joyce laid a wreath at the War Memorial site on Remembrance Day.

Members also attended the Templeton Branch Auction in November, and toured the Gathering Place. They were very impressed by the work that the volunteers do. The Christmas Pot Luck dinner and gift exchange took place in December.

Members of Torbay branch attended the WI Week Opening Ceremony at Government House in February. Members are now busy knitting scarves for the Special Olympics Committee. This group will be hosting the National Games at Corner Brook in 2016.

Torbay branch was saddened to announce the passing of Monica Barnes' husband Bruce. Monica is a very active member of the branch.



TRINITY—BONAVISTA DISTRICT

Port Union—Catalina—Little Catalina Branch

Port Union – Catalina – Little Catalina branch have been very busy indeed. They report another successful summer last year at their craft shop. Donations were made to the Lions Club Santa Claus parade, the NL Breast Cancer Retreat, and to the Discovery School Scholarship fund. A fundraiser was held for a friend who is in Toronto awaiting a double lung transplant. Work on their cabin renovations has been completed with funding from a New Horizons grant. A pot luck lunch was held in honour of a member celebrating her 90th birthday.

Some members visited the Brownies and Guides, and assisted the Coaker Foundation in making crafts. The Christmas Craft sale was held in November, and members brought in items to be sent to Ronald McDonald house. The Christmas Pot Luck Dinner was held as usual in December, and the annual donation given to Pennies for Friendship.

In January their convener gave a presentation on the history of the WI. During Tuesday craft days, members are busy

making fleece caps and pillowcases for chemo patients, with funding from an Eastern Wellness health grant, which also provided funding for healthy snacks and a weaving workshop with WI 1st Vice President Delores Jones. The branch also made “Magic Bags”. They try to have a short walk during craft days, weather permitting, counting their steps with pedometers donated by the Eastern Wellness Coalition.

The group recently donated a handcrafted patchwork quilt, completed by members, to a local family who lost their belongings in a fire in December.

In February they had a busy WI Week, beginning with attendance at St. Peters An-



glican Church at Catalina. On Monday they had a delicious turkey dinner meet-

ing, with the theme of the meal “Great Meals for a Change”, a kit lent to the group by the Food Security Network, along with a grant for the meal. On Tuesday they held their regular craft day, followed by the annual Open House on Wednesday afternoon, serving refreshments to local ladies, as well

The branch was saddened to recently lose two longstanding members, Beryl Tremblett, and Charter Member Betty Mason. They are pleased to have four new members join the branch: Tina Power, Sheena Benoit, Cecilia Donovan, and Sheila Rideout.



Beryl Tremblett, Betty Mason

Milton Branch

In October, Milton Branch’s guest speaker was a retired RCMP officer who gave a presentation on Elder Abuse. Part 2 of this presentation occurred in January.

Milton WI members who sew and knit, attended the local Anglican Church along with their members, to take part in “Sewing for Charity” projects. These projects included donations to the local gift shop, the Cancer Society and the local Long Term facility, and consisted of pillowcases, turbans, aprons, adult and infant bibs, burping pads and baby hats. A large quilt is currently in progress with left over materials from the sewing pro-

jects. The sewing occurred over 3 sessions so a great deal was accomplished.

Donations were also made to the local food bank, the Salvation Army “Happy Tree” and to a cancer victim to help with travel costs for treatment.

In February, to celebrate WI Week, Milton members invited the local UCW from Shoal Harbour UC, and our friends, to a Pot Luck lunch and Craft Fun Day. Later in the week, members attended the UC service as a group.

In March a retired nurse gave a talk on the importance of taking medications correctly, and did blood pressure checks on participants.

An average of 9-10 members attended meetings



Women's Institutes Week Opening Ceremony at Government House

The week surrounding February 19th marks Women's Institutes Week. This year the NLWI visit to Government House for the annual opening ceremony took place on February 19. **Mrs. Patricia Fagan**, our Patron, again was our gracious host.

Our NLWI Scholarship winner, **Ms. Toni Jerrett of Clarkes Beach**, daughter of Karen & Ernest Jerrett was announced. Ms. Jerrett is currently in her first year of Engineering Studies at Memorial University. She attended Ascension Collegiate in Bay Roberts graduating with Honours. She was Co-President of the Student Council and a volunteer with the Ascension College Craft Fair, the 30 Hour Famine, Operation Christmas Card and Relay for Life. Ms. Jerrett

has previously won the French Department Award, the Peter Kohler Scholarship for Engineering Students and a MUN entrance scholarship. Ms. Jerrett and her parents attended the ceremony and thanked the NL WI for having selected her as the scholarship winner.

Mrs. Delores Jones, of Gander Branch, President-Elect, was honoured with a Life Membership Award at the ceremony.

Following the ceremony and signing of the Proclamation, members and guests retired to another reception room for the cutting of the cake and

Right: the new NLWI office administrator, Jill Marshall



(Above) L-R

Nellie Moss, Mabel Manuel, June Young



Jane Laite, President NLWI and Her Honour Mrs Patricia Fagan cutting the cake at Government





NLWI members at Government House WI Week Opening Ceremony

Delores Jones being presented with her Honourary Life Membership Certificate at Government House

L-R: Nellie Moss, Delores Jones, June Young



The Explanation - my children will be relieved when they read this

Brains of older people are slow because they know so much. People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains, scientists believe.

Much like a computer struggles as the hard drive gets full, so, too, do humans take longer to access information when their brains are full. Researchers as this slowing down process is not the same as cognitive decline. The human brain works slower in old age, said Dr. Michael Ramscar,

but only because we have store more information over time. Also brains of older people do not get weak. On the contrary, they simply know more.

Also older people often go to another room to get something, and when they get there, they stand there wondering what they came for. It is NOT a memory problem, it is nature's way of making older people do more exercise.

SO THERE !! I have more friends I should send this to, but right now I

can't remember their names.... So, please forward this to your friends; they may be my friends too.



IT'S OUR EIGHTIETH ANNIVERSARY !

INSTITUTE ODE

(Tune: Auld Lang Syne)

A goodly thing it is to meet

In Friendship's circle bright

Where nothing strains the pleasure sweet

Nor dims the radiant light;

No unkind word our lips shall pass,

No envy sour our mind,

But each shall seek the common will,

The good of all mankind.

{Words of wisdom indeed !}



Women's Institute Grace *(as used by the the Ontario WIs):*

"We thank thee, Father for Thy Care

Food, friends and kindness we share;

May we forever mindful be
Of Home & Country and of Thee"

Claire Lintell Deakin



Dr. Stella Burry 1897–1991

I recently read an article in **The Telegram** (*Apr 11 2015, Erich Engert*) about Dr. Stella Burry and the project by Stella's Circle to celebrate their 20th anniversary. So I decided to do a little research on this remarkable Newfoundland woman.

Stella Burry was born in 1897 at Greenspond, Bonavista Bay. She received her early education at Greenspond and taught for 8 years in Newfoundland, at George's Brook, Comfort Cove and Petries, then left NL to attend the United Church National Training College in Toronto. She specialized in Christian Education and Social Welfare, and graduated in 1924, as a deaconess, taking a position in Toronto, at the Woodbine & later Carlton Street United Churches.

After 14 years in Toronto, Ms Burry returned to NL and began a job as a social worker with the United Church in St. John's. She helped establish the Community Centre at St. John's in 1938, and by 1946 was the Director of Emmanuel House, a centre which provided food, shelter, friendship and counseling. In 1948 the Burry Heights camp was opened at Shoe Cove, named in recognition of her success in setting up the 1st United Church Youth Camp at Western Bay (Jackson House) in 1942. She was also a founding member of the Community Services Council.

Stella Burry retired as Director of Emmanuel House in 1966, but stayed on staff until 1968. She then served as Executive President of the NL Association for the Aging from 1974 to 1979. She received many awards including Beta Sigma Phi Lady of the Year, Jaycees Citizen of the Year and an Honourary Doctorate of Divinity in

1971. She was posthumously recognized by the Correctional Service of Canada as a Distinguished Nominee for the 2014 Ron Wiebe Restorative Justice Award.

In 1995 the organization known as Stella's Circle was established which provides programs and services to more than 1000 individuals annually, including supportive housing, employment programs and counseling services. Residents of St. John's will be familiar with the very attractive restoration of the former W.J. Murphys grocery store, now the Hungry Heart Café, at the Rawlins Cross intersection, and kitty-corner to that, on the site where the old O'Mara-Martin drugstore once stood, the lovely associated supportive housing building.

In order to celebrate its 20th anniversary,



sary, Stella's Circle is asking people to come forward with teacups and saucers, and with stories about Stella Burry. The cups and saucers will be used at the Hungry Heart Café's Afternoon Teas, which will begin on Mother's Day. Cups, saucers and stories can be dropped off at the Hungry Heart Café or at the Stella's Circle administrative office, both at 142 Military Road (people are asked to use the back door entrance). You can also call 738-8390, or email info@stellas

circle to discuss drop off arrangements. JM

Answers to Practice Your Math and Garbled proverbs below:

Answers to Garbled Proverbs.
1. Better late than never.
2. Paint heart never won fair lady.
3. A stitch in time saves nine.
4. No news is good news.
5. Make hay while the sun shines.
6. Don't judge a book by its cover.
7. Birds of a feather flock together.
8. To thine own self be true.

Answer to Practice Your Math: Half the distance = 18 miles which would take one cyclist 3 miles to travel. In 3 hours the pigeon would travel $3 \times 18 \text{ m} = 54 \text{ miles}$.

PROVINCIAL CONVENTION 2016 – COMPETITION GUIDELINES

- ☑ **Quilting** – Queen/ Double/ or Twin Quilt , Wall Hanging, Placemats(set of 4), or Table Runner
- ☑ Hand Knitting – Sweater, Socks or Cap & Mitts
- ☑ Paper Crafts – Greeting Cards or Paper Quilling
- ☑ Novelty Item – Tote Bag, Felted Item, Jewellery, Slippers, etc.
- ☑ Traditional Rug Hooking
- ☑ Sewing - Bibbed Apron (adult)
- ☑ Hand Embroidery – Lunch Cloth, Dresser Scarf, or Pillow Case (1 set)
- ☑ Smocking – Dress, Bonnet, or Apron
- ☑ Weaving – Placemats (sets of 4), Scarf or Table Runner

WRITING/ART (Choose any two)

- ☑ Essay – Remembering Beaumont Hamel or A View From My Window
- ☑ Poem – Your Own Title
- ☑ Photography – Color or Black & White

PRESERVES (Choice of any two):

James/Jellies and Pickles

BAKING (Choice of any two):

Cookies/Squares, Quick Breads, Muffins

RECYCLED NOVELTY ITEM

- ☑ Project of one's choice.
- ☑ Item must be 100% recycled material (with exception of bonding material

i.e. thread, batting, glue, etc)

BRANCH COMPETITIONS (Choice of any two)

- ☑ Rug Hooking
- ☑ Scrapbooking
- ☑ Baby Quilt
- ☑ Wall Hanging

GENERAL RULES

- ☑ The competition is open to individual Women's Institutes Members/Group
- ☑ All entries are to be the work of one entrant, except branch competitions.

- ☑ There may be two entries per person, per category.
- ☑ If only one item is received in a category, it is not necessarily guaranteed a first place award. The awarding of any prize will be at the judge's discretion.
- ☑ The entries must be completed within the twelve month period prior to the Convention.
- ☑ The entries must not have been previously entered in any other WI Competition.
- ☑ The name, address and branch of each entrant must be enclosed in a sealed envelope and attached to each entry.
- ☑ Arrangements must be made to pick up items at the close of Convention.

RULES FOR CRAFTS QUILTING

- ☑ Quilts – Quilts should be Twin, Double or Queen size.
- ☑ Placemats – must be a set of four (pattern of choice & size)
- ☑ Table Runner – pattern of choice & size
- ☑ Wall Hanging – size not less than 24" wide or greater than 36" long.
- ☑ Identify all materials used in top & back as well as type of batting.
- ☑ The construction technique may be hand, long-arm or machine quilted.
- ☑ If pattern is from a magazine, kit or quilt designer, credit must be given to the designer.

HAND KNITTING CONT'D

- ☑ Identity type of yard/wool used.
- ☑ If pattern is from a magazine, kit or knitting book, credit must be given to the designer.
- ☑ Identity type of yard/wool used.
- ☑ If pattern is from a magazine, kit or knitting book, credit must be given to the designer.

PAPER CRAFTS

- ☑ Paper Crafts – One card, any occasion, using one technique
- ☑ Paper Quilling – Project of one's choice.

NOVELTY ITEMS

- ☑ Project of choice
- ☑ Identify type of material used

RUG HOOKING

- ☑ No latch or punch hooking.
- ☑ Pattern of choice & size.
- ☑ You may use more than one type of material, new or recycled. Material must be identified.
- ☑ The mat must be visible from the back.
- ☑ If pattern is from a magazine, kit or book, credit must be given to the designer.

SEWING

- ☑ Apron must be adult size, with one or two pockets.
- ☑ Identify material used.
- ☑ Apron may be smocked, embroidered or appliqued.
- ☑ Credit must be given to the designer of the pattern.

All entries may be brought directly to the Convention. Deadline: 9 pm, May 13, 2016. All entries other than preserves or bake items may also be sent to Provincial Office in advance, Room 313, 3rd Floor, Arts & Culture Centre or mail to P.O. Box 1854, St. John's, NL S1C 5P9

HAND EMBROIDERY

- ☑ Identify material used.
- ☑ Design of one's choice.
- ☑ As embroidery must be visible from the back, work must not be permanently mounted.

SMOCKING: Identify material used. Sewing must be neat & tidy (no loose threads)

WEAVING: Pattern of one's choice. identify name of pattern & type of material used. Credit must be given to the designer.

RULES FOR BRANCH COMPETITION

- ☑ 50% of members must participate in these projects to have it considered as a branch entry.
- ☑ See rules on Rug Hooking & Quilting.

SCRAPBOOKING

- ☑ Material to cover 2013-2016 Triennium or special anniversary celebrations during the 2013-2016 time period.
- ☑ Use pictures with captions, newspaper clippings, poems and memorabilia related to branch activities.
- ☑ Presentation should be attractive and informative.

RULES FOR PRESERVES JAMES/JELLIES

- ☑ Can be made from more than one type of fruit.
- ☑ Commercial pectin may be used.
- ☑ Freezer jam or non-cooked jams will not be accepted.
- ☑ Must be bottled in an 8oz or 250 ml Mason Jar and properly sealed.
- ☑ Jar must be labeled.

PICKLES

- ☑ Must be made from vegetables and/or fruits.
- ☑ Must be bottled in an 8 oz or 16 oz (250 ml or 500 ml) Mason Jar and properly sealed.
- ☑ Jar must be labeled.

3

RULES FOR BAKING**COOKIES/SQUARES**

- ☑ Recipe of one's choice.
- ☑ Three cookies – drop or rolled & cut out
- ☑ Three squares – cut into two inch portions.
- ☑ "No bake" recipes not accepted

QUICK BREADS (LOAVES)

- ☑ Must not be made with yeast.
- ☑ Must be baked in a loaf pan and clearly labeled.

MUFFINS

- ☑ Three muffins should be clearly labeled with type of muffins, ingredients used and date they were made.

RULES FOR WRITING/ART ESSAY

- ☑ The Essay must be a minimum of 250 words and not more than 750.
- ☑ Must be legible, either typed or hand printed.
- ☑ Must be clearly written with a sense of style including interesting vocabulary and imagery.

POEM

- ☑ Must not be more than ten verses.
- ☑ It must be legible, either typed or hand printed.
- ☑ It must be clearly written with a sense of style including interesting vocabulary and imagery.

PHOTOGRAPHY

- ☑ Prints only- no slides accepted.
- ☑ Choice of subject matter.
- ☑ Black and white, or color.

CRITERIA FOR JUDGING CRAFTS

- a. Workmanship 50%
- b. Color and design 30%
- c. General Appearance 20%

WRITING/ART

- a. Content & Story 50%
- b. Style (vocabulary, imagery,

Humor) 20%

- c. Arrangement of Material 20%

- d. Neatness and presentation 10%

PRESERVES

- Appearance (25%)
 - a. originality 5%
 - b. colour/clarity 15%
 - c. labeling 5%

- Flavour (25%)
 - a. main ingredient 15%
 - b. sweetness/tartness 10%

- Texture (25%)
 - a. cohesiveness 15%
 - b. mouth feel 10%

- Seal (25%)
 - a. intact 10%
 - b. no rust on lids 10%
 - c. clean bottles 5%

BAKING

- Appearance (40%)
 - a. shape 10%
 - b. colour 10%
 - c. originality 10%
 - d. size 10%

- Flavour (30%)
 - a. Taste (as named)

- eg. Lemon taste in lemon bread. 20%
- b. Saltiness/spiciness 10%

- Texture (30%)
 - a. softness/chewiness 10%
 - b. consistency 10%
 - c. crumbliness 10%

RECIPES

Homemade Cranberry Sauce

INGREDIENTS

4 cups fresh or frozen cranberries
1 cup water
2 cups sugar
6 whole cloves
2 pieces of stick cinnamon
A long spiral of orange peel

DIRECTIONS

Wash the berries. Combine in saucepan with the remaining ingredients, putting the cloves and cinnamon stick in a little bag hanging from the handle of the saucepan.

Stir over heat until sugar dissolves and the mixture boils

Cook gently, stirring frequently until the berries are popped and the mixture is slightly thickened.

Remove the peel and the spice bag

Bottle. (Sorry Mom didn't provide instructions for this part !)

Cherry Bran Bread

INGREDIENTS

2 1/2 cups flour
1 1/2 cups milk
1 cup All Bran
1/2 cup butter or margarine
1 egg
3/4 cup sugar
4 tsp baking powder
1/2 lb cherries
1/4 lb walnuts
1/4 tsp salt
1 tsp flavoring

DIRECTIONS

Beat eggs, add milk then add melted butter.

Add the dry ingredients and bake in a moderate oven (350 F) for one hour.



CHEESE STRAWS

INGREDIENTS

1 cup grated extra old cheddar cheese
1 cup margarine
1/4 tsp salt
Dash paprika
About 2 cups of flour

DIRECTIONS

Rub flour into margarine and cheese

Cut with cookie cutter, or into small strips

Bake in moderate oven (350 F) for 15 minutes. Check at 12 minutes.

JELLO PIE

Dissolve 1 pkge Jello any flavor in 1 1/2 cups hot water.

While hot add 1 pt Vanilla ice Cream and stir until melted. Partly chill, then add one small can drained fruit cocktail.

Line pie dish with vanilla wafer bottom & sides, put jello mixture into it. Stand overnight. Serve with cream.

GRAHAM CRACKER ROLL

2 egg whites
15 graham crackers
1/2 cup marmalade

Combine Egg whites & marmalade, beat until stiff. Spread crackers. Press together into 1 bar. Chill in fridge 24 hrs. Slice diagonally and serve with Orange Sauce. (see Right.....)

ORANGE SAUCE

1 tsp flour, 1/2 cup water, 1/4 tsp salt, 1/2 cup marmalade, 1/2 cup orange juice, 2 tsp butter.

Blend flour with water. Add salt. Boil stirring constantly until thickened. Add marmalade, juice & butter. Chill

MORE PICTURES FROM THE WI BRANCHES & GOVT HOUSE



Left: Port aux Choix WI Branch during WI Week honouring some men with Certificates of Appreciation for outstanding work they did for the branch.

Below: WI members at Government House February 2015.



Toni Jerrett, 2015 NLWI Scholarship winner with Her Honour, Mrs. Patricia Fagan at Government House



Since 1991 the Port au Choix branch of Newfoundland and Labrador Women's Institute has been sending out gifts to deployed Canadian Forces members. Pictured from the left are Stella Mailman, Denise Mailman and Darlene Young. Submitted photos

POEM of the YEAR (it's a Keeper)

BETTER THAN GRANNY GOT RUN OVER BY A REINDEER

The computer swallowed Grandma,
Yes, honestly it's true!
She pressed 'control' and 'enter'
And she disappeared from view.

It devoured her completely,
The thought just makes me squirm.
She must have caught a virus
Or been eaten by a worm..

I've searched through the recycle
bin
And files of every kind
I've even used the Internet
But nothing did I find.

In desperation, I asked Mr Google
My searches to refine.
The reply from him was negative,
Not a thing was found 'online'.

So, if inside your 'Inbox',
My Grandma you should see
Please 'Copy, Scan' and 'Paste' her
And send her back to me.

*This is a Tribute to all the Grand-
mas & Grandpas, Nannas and Pa-
pas, who have been fearless and
learned to use the Computer. They
Are the Greatest !*

*We do not stop playing because we
grow old—we grow old because we
stop playing. Never be the first to
Get old !*

Women on Men

One cannot be always laughing at
a man without now and then
stumbling on something witty.
(Jane Austen)

No I don't understand my hus-
band's Theory of Relativity, but I
know my husband and he can be
trusted. (Elsa Einstein).

If love means never having to say
you're sorry, then marriage means
always having to say everything
twice. Husbands, due to some
unknown quirk of the universe,
never hear you the first time.
(Estelle Getty).

Marrying a man is like buying
something you've been admiring for
a long time in a shop window. You
may love it when you get it home,
but it doesn't always go with every-
thing else in the house. (Jean Kerr).

Time wounds all heels. (Jane Ace).

I like to wake up
feeling a new
man. (Jean Har-
low)



An archeologist is the best husband
a woman can have; the older she
gets, the more interested he is in
her. (Agatha Christie)

The great truth is that women actu-
ally like men, and men can never
believe it. (Isabel Patterson)

There is more differences within the
sexes than between them. (Ivy
Compton-Burnett)

A husband is what is left of the
lover after the nerve has been ex-
tracted. (Helen Rowland)

If it's a woman, it's caustic; if it's a
man, it's authoritative. If it's a
woman, it's too often pushy; if it's a
man it's aggressive in the best

sense of the word. (Barbara Wal-
ters).

If you want anything said, ask a
man. If you want anything done,
ask a woman. (Margaret
Thatcher)



Behind every great man
there is a surprised
woman. (Maryon Pearson)

Sexiness wears thin after a while
and beauty fades, but to be married
to a man who makes you laugh
every day, ah, now that's a real
treat. (Joanne Woodward Newman)

Trust your husband, adore your
husband—and get as much as you
can in your own name. (Advice to
Joan Rivers from her mother)

It is possible that blondes also pre-
fer gentlemen. (Mamie Van Doren)

What is most beautiful in virile men
is something feminine; what is
most beautiful in feminine women is
something masculine. (Susan Son-
tag)

I only like two kinds of men: domes-
tic and imported. (Mae West)

The trouble with some women is
that they get all excited about noth-
ing—and then marry him. (Cher)

Whatever women do they must do
twice as well as men to be thought
half as good. Luckily, this is not
difficult. (Charlotte Whitton).

God made man, and then said "I can
do better than that" and made
women. (Adela Rogers St. John)

He was like the rooster who thought
the sun had risen to hear him crow.
(George Eliot).

More Recipes

Anne Chatwood's Coconut Chocolate Gelatin Squares

There is an interesting history behind this handwritten recipe in my mother's old cook book. Mom was a volunteer with the Girl Guides at a time when Anne Chatwood (1929-2010) was a Girl Guide leader. When Anne was getting married to Rev. Charles Abraham (later Canon), she asked the Girl Guide volunteers to each make batches of this cookie recipe for her wedding shower which was being held at Bishop Feild College where Anne was a Kindergarten teacher. I know from Mom's notes that the date was June 28th at "B.F.C." but I don't know the year. Mother continued to make the cookies for the family and it was and is one of my favourites.

2 packages of gelatin 2 tablespoons of cocoa 1 cup crushed graham wafers

¼ cup cold water 2 scant cups of sugar 1 cup coconut

1 cup boiling water

Soak gelatin for 5 minutes in the cold water, then add 1 cup boiling water, 3 tablespoons of cocoa (mixed as a paste). Add 2 scant cups of white sugar and beat for 10 to 15 minutes or more (adjust for electric mixer). Add 1 cup of crushed graham wafers and 1 cup coconut. Spread a thin layer of coconut on the bottom of an 8-inch square pan. Place mixture in the fridge to cool. Cut in squares and roll in coconut.

Lil Collis' Steam Pudding

This is very easy !

2 cups fine bread crumbs

1/3 cup melted shortening

½ cup molasses

1 beaten egg

½ - ¾ cup milk

½ cup raisins

½ cup dates

1 cup grated carrot

1 tsp baking soda

1 tsp cinnamon

¼ tsp cloves

Nutmeg, salt



Mix the above ingredients well, adding the grated carrots last. Should be sloppy, don't have it too dry. Steam for 2 hours. Serve with hard sauce, or whipped cream (or yogurt, or ice cream...)

JUMBLE WORDS (MEDIUM)

Unscramble each set of letters to form a word

mgnria

rnedak

tlsnie

elfame

rubroah

meltaci

coyiid

tezyog

JUMBLE WORDS (HARD)

tropctnamem

yasnrsec

ngroivttaia

lporopsa

ltpnceeam

einbildrec

rdunioas

ycrithems

SCRAPS AVAILABLE FOR FREE

If anyone has a use for scraps of material, I have them by galore. I hate to throw them away so if anyone wants them let me know. You can have them as, where is.

Dawn Cheeseman, St. Philip's Branch, Tel: 895-3458 or email dawncheeseman@nl.rogers.com



PRACTICE YOUR MATH

Two WI members in different Branches decided to meet for a coffee halfway between their 2 communities which are 36 miles apart. They both traveled by bicycle, going at 6 mph. In the meantime a pet carrier pigeon travelled the same route, going at 18 mph, going back and forth until the 2 WI members met. How many miles did the pigeon carrier travel ?

Ans:
p 15



GARBLED PROVERBS

Exactly one letter of each word has been replaced with another. Figure out the original proverb. Answers on page 15.

1. Wetter mate that fever
2. Paint peart newer son pair lads.
3. I switch is dime raves mine.
4. So nets if goof mews.
5. Take hat white she sin whines.

GARBLED PROVERBS Cont'd

6. Wont budge I took my ids covet.
7. Binds if I heather frock totether
8. So thing owl heard by tree



HARD JUMBLE WORDS SOLUTIONS: compartment, necessary, gravitation, proposal, placement, incredible, dino-
MEDIUM JUMBLE WORDS SOLUTIONS: margin, darken, silent, female, harbour, climate, idioy, zygte,

EMAIL ADDRESSES for NL WI Members

We need our general members to send in their email addresses to nlwi@nfld.com. We have emails for only about half of our provincial members. This will make it easier when we need to send out information directly to you individually.



Pennies For Friendship

Thank you to all those Branches who have made a contribution to ACWW "Pennies for Friendship."

The end of May will be the closing date to make your donations for this year. Enjoy your Spring!!!!



9		6		5				
7	3			9	1			6
8	4			7			3	
		9	5		8			3
	7		9		3		8	
3			4		7	5		
	8			3			5	1
1			6	4			2	8
				8		4		9

Enter numbers into the blank spaces so that each row, column and 3 x 3 box contains the numbers from 1 to 9.

Office Items For Sale!

Heritage, Favourite Berry, Favourite Recipes and WI Meals for the Millenium Cookbooks are now all in stock !

Cookbooks

- Berry \$10
- Favorites \$10
- Millennium \$10
- Heritage \$10

- T-Shirts \$30
- Ceramic Mugs \$8
- Suncatchers \$10
- Travel Mugs \$7
- Lunch Bags \$4
- Tote Bags \$2
- Key Chains \$3
- Pens \$3
- WI Pins \$5



Contact Us

Newfoundland and Labrador
Women's Institutes
P.O. Box 1854, St. John's, NL
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E-mail: nlwi@nfld.com
Website: www.nlwi.ca

"Confidence, Courage, Unity"

Check Us Out At
www.nlwi.ca



DATES TO REMEMBER

Branch Convener Reports due	January 31
WI Week & Government House Reception	Week of February 19
ACWW Women Walk The World	Around April 29
Branch Reports due	October 1 and March 1
Environmental Awards deadline	May 1
Annual District Meetings	Around late April - early May
Pennies for Friendship (ACWW) due	May 31
Annual Branch Elections	November
Membership Fees, Branch Membership Reports & Financial Reports	Dec 31
<i>THIS YEAR</i> FWIC 20 th Triennial Convention NLWI Craft Workshop	June 9 – 13 2015, Fredericton NB Deadline Registration May 31 (Gander, Sept 26 2015)
<i>NEXT YEAR:</i> NLWI Triennial Provincial Convention	May 2016 Holiday Inn St John's

Schedule of Events

Month	Event	Contact Person	Date	Additional Details
April	Avalon West ADM	Vida Porter	May 2	St John the Evangelist Hall, Coleys Point
April	St. John's ADM	Eleanor Robson	April 28	Wesley United Church
May	Central NL ADM	June Young	April 25	Gander
May	Trinity Bonavista ADM	Carol Hall	May 2	Community Hall, Harcourt
May	Notre Dame Bay South ADM	Janette Butler	May 3	Lions Den, Twillingate
	West Coast ADM	Elizabeth Gould	TBD	
April	Green Bay/White Bay ADM	Elizabeth Young	April 27	Kings Point Firehall
May	Labrador South ADM	Grace Normore	May 9	L'Anse au Loup