



Spring Newsletter



Newfoundland And Labrador Women's Institutes

President's Message	1.
Branch Updates	2-14
Message from June Young & ACWW	3.
Simply My Thoughts	15.
WI Week Celebrations	16-17
Heroines of the Holocaust	18.
We Are Nflders, NFLD Trivia	19.
Recipes For Fun and Happiness!	20.
Advise for a Long Life From Centenanarians	21.

President's Message

Spring Newsletter Report 2018

Hello WI Friends;

Well, we have another season over with! Spring did not start out with much encouragement but we have the fortitude to look beyond weather and embrace each day with enthusiasm. We will look forward to a pleasant summer. A most pleasant one to all and enjoy your favorite pastime.

Congratulations to Elizabeth Young for accepting President Elect. due to Rita Rideout's resignation.. Rita is remaining as a Member. Thank you Rita for your service on the Board. This is District Meeting time and I know plans are in place for most Branches/Districts. Thank you St. John's, Central and Green Bay for your invitations. I visited St. John's, Avalon West, and Central last year. This year I will be visiting with Notre Dame Bay South, Avalon West, and Trinity/Bonavista. FWIC Ex. Officer June Young will visit Notre Dame Bay South with me. Green Bay District will be covered by President Elect Elizabeth Young. Central will be covered by Board Member Nellie Moss. You may wonder why I am visiting Avalon West again this year, the District is without a Representative so it is with hope that some encouragement may get a Member to take the position. Labrador South and the West Coast Districts have not set their dates.

The NLWI Office is still asking that Branches who have property, buildings and land or just land or buildings on land owned by another party to please let the office know and send in a copy of any documents for the Office files. To give you an example we recently had to deal with a building belonging to a WI closed Branch in Milton on land owned by another party and the NLWI Office

was not aware there was a WI building. To our knowledge there may be two Branches who own Buildings but have not made any report? Please keep in mind that NLWI do not have any claim on your property as an asset. Plans are moving forward for the NLWI 2019 Convention taking place in Gander. Information will be going out to Branches in the Fall. There has been some positive feedback that NLWI should host the FWIC Convention in 2021. Before Branches close for Summer break it is hoped that we will know the Members conscience. The FWIC will want our answer at their July 2018 Convention. So it is with great hope that a report from each District will be into the NLWI Office by May 31. It has been 30 years to date since NLWI hosted. "Do we feel we could do us proud to host again?" If it is a yes to host, arrangements will be made to have a booth at the FWIC July Convention to promote NL for a great place to come and holiday along with enjoying the hospitality the NLWI can give.

Many changes are in the making for FWIC and we know it will mean changes for NLWI. Do try and discuss the proposed changes from all angles. NLWI carry 10 votes at the FWIC Convention and the Members who are carrying the vote(s) are voting for you. Each District Representative will submit the results advising on how to vote on your behalf. Branches may also let the Office know and voice any concerns they may have. Thank you Gander Branch for your generous donation toward the Presidents expenses to attend the FWIC July 2018 Convention.

Lorraine Walsh, our new Office Manager is doing quite well, and is

constantly improving her knowledge about NLWI.

Lorraine welcomes you by phone, email and in person. The storage room cleaning is still on going. Items are being assessed for Archives. There are two Looms for sale if you know of anyone interested, please have them call the Office.



My quote to you ~

“(Honesty, integrity) ~ The best examples usually comes from children and the elderly.”

Enjoy your life to the fullest. Live every day as if it were your last.

Delores - NLWI Provincial President.



Inspirational Poem—Path to Nowhere

THERE'S a path that leads to No where

In a meadow that I know,
Where an inland island rises
And the stream is still and slow;
There it wanders under willows,
And beneath the silver green
Of the birches' silent shadows
Where the early violets lean.

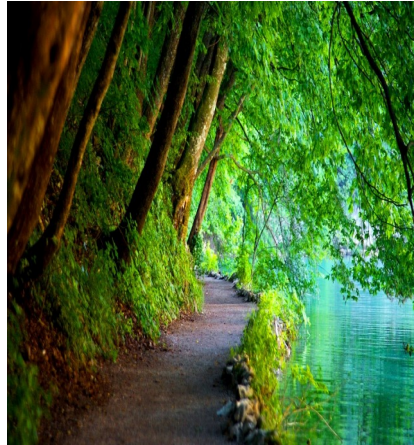
Other pathways lead to Some where,

But the one I love so well
Has no end and no beginning—
Just the beauty of the dell,
Just the wind-flowers and the lilies
Yellow-striped as adder's
tongue,

Seem to satisfy my pathway
As it winds their scents among.

There I go to meet the Springtime,
When the meadow is aglow,
Marigolds amid the marshes,—

And the stream is still and slow.
There I find my fair oasis,
And with care-free feet I tread



For the pathway leads to Nowhere,
And the blue is overhead!

All the ways that lead to Somewhere
Echo with the hurrying feet
Of the Struggling and the Striving,
But the way I find so sweet
Bids me dream and bids me linger,
Joy and Beauty are its goal,—
On the path that leads to Nowhere
I have sometimes found my soul!



Thank you Jane Laite for sending along
this lovely poem.

Dunville

AVALON WEST

OCTOBER 15,2017-MARCH 15,2018

Date March 02,2017

Membership-----nine

Election of officers; took place in No-
vember as follows

President-----Ruby Baldwin (re-
elected)

Vice-President---Maxine Mulrooney
(re-elected)

Treasurer-----Glenys Walters

Secretary-----Alice Murphy

Convenerships-----We decided to do
conveners as a group this year.

Dunville membership has declined
from 13 to 9 members.

They have decided to change their
meeting time to the afternoon 2 pm to

4pm. Unfortunately we have had to
cancel several times due to inclement
weather.

Activities; Making pillow case dresses
for children in Guatamala.

In November the branch members
enjoyed a card game with two of their
older members who decided not to
return this year. We treated ourselves
to pizza after.

In December they had our their
Christmas party at Philip's Café. A
delicious 3-course meal was enjoyed a
in a private setting. Members ex-
changed gifts also.

In February the branch members vis-
ited the Gateway seniors residence for
bingo. A Valentine's cake was a lovely
treat after the bingo game.

W.I.week celebrations; The branch
invited guests to a pot-luck dinner
and sold tickets on a dinner from a
local restaurant which was valued at
\$50.00, played bingo, and held a
brown bag auction. Although Dun-
ville membership is smaller and didn't
do as well financially as other years,
it was a great even-
ing of fun and social-
izing.



The branch was fortunate again this
year to receive the volunteer award
and a cheque for \$500.00 from RBC on
behalf of employee Maxine Mul-
rooney.



Message From Executive Officer June Young

My term as Executive Officer will soon be over, and also the committee I chair (Home Economics & Health). We will have to see if there will be a committee in the future. Spring is here and I have hope that my Spring bulbs will come back to life after the snow last week. I will be planting herbs as soon as I can and my husband is looking over his seed for planting soon. All winter we have had fresh lettuce and herbs from our Aero Planters. I was lucky to find a new source for this hobby from "Home Grown" at the Torbay Road Mall in St. John's. Hydroponics is great for fresh greens all winter long.

Health Canada has scheduled a new "Canada Food Guide" for 2018 but to date it isn't available. A well balance diet is so important for every stage in our life. I like to cook my own food. It is cheaper than eating out and I have control over what I'm eating.

A good 7 hours sleep at night is also important to our health. The body needs time to rest. No matter what happens I try to get a good sleep at night.

Enjoy summer everyone and if you pass my door come in and pick a bunch of herbs!!



ACWW Message

Greetings to All:



Finally spring has arrived! It was late in coming so we know summer won't be far behind. I love the sunshine and going outside without heavy coat and boots! The land is very dry around here so hopefully the next month gives us lots of rain. I am looking forward to visiting the Green House at Lake Lenore when we go to the AGM.

The Rough Riders are getting organized for the next season, fans await the news as to who the main players will be, especially the lead Quarter Back! Some folk believe that most Saskatchewan fans bleed GREEN!

This is the end of my term as Provincial President and I won't be seeking reelection. I have enjoyed working with both local and provincial groups. The Board meetings were never dull. We accomplished sending a resolution to Government re the abuse of women and the need for increased funding for more shelters and support staff as well as the up keep for aging residences, we gifted a local shelter with personal supplies for women and children who were staying there at that time.

In spite of our low number of members we have raised over \$6,000 for the Children's Hospital in Saskatoon.

One of the high lights of my term was a trip to Halifax to attend the Triannual FWIC convention. Five of us stayed on afterwards and took a fun tour of the Maritimes. Saw some interesting sights, took the ferry and drove across that great bridge over the ocean.



Musgravetown- Bloomfeild

The Branch were interested in getting a speaker to come in and talk about Agriculture but unfortunately this didn't happen. To compromise the group of ladies had a talk among themselves about flowers. The talk was quite informational and they learned it is important to compost in the spring and try not to use fertilizer. Dig the compost well into the soil.

Some plants do well in the shade as well as in the sun. Try to keep the weeds out after every rain when the soil is soft. When you buy flowers in a greenhouse, buy the ones with the fewest blooms so they will bloom longer.

When you buy flowers in a green-

house, buy the ones with the fewest blooms so they will bloom longer. Gardening is good therapy for body, mind, and soul.



The members visited a local Seniors Home and entertained with a fun fashion show. To fundraise, they booked a sale table at the Lion's Fall Fair. The members visited a local Seniors Home and entertained with a fun fashion show. To fundraise, they booked a sale table at the Lion's Fall Fair. For their October meeting they had a lovely turkey dinner with all the trimmings hosted by member Jean Chatman at her home in Terra Nova.

Three members from the branch, Carol Hall, Rita Rideout, and Fern Holloway attended the Provincial Board Meetings in Springdale. Members are working scrap quilts and quilt patterns, and thinking outside the block and you have to think while working on it. Books were collected and donated to the hospital's gift shop. A lovely Christmas party was held with an exchange of gifts. Members attended the Awards Night at the local High School and presented an award. To celebrate WI week the group took part in a church service and planned 3 days of crafts. Respectfully submitted Fern Holloway to Secretary. We are sorry to say a long standing member, Janice Penney, passed away in October, 2017.

In loving memory of
Janice Penney,
long time member
and friend. Passed
away October 2017.



Port Union - Catalina - Little Catalina

Branch: Port Union-Catalina-Little Catalina
Date: March 6, 2018
Total Membership: 41

Home Economics & Health

Projects/Activities: In honor of our 50th anniversary, we booked a caterer to serve turkey dinner to our members for our Christmas party, with gift exchange and games to follow. Members are making reusable cloth shopping bags to be used at our craft shop next summer. At our regular Tuesday craft days, mini rice hand warmers were made for table favors for visitors to our WI week open house and mini coin purses are being made for our district meeting in May.

Canadian Industries Report

Project/Activities: Our craft shop closed in November after another successful year. Christmas Craft Sale in November and mini craft sale in December

:

Citizenship & Legislation Report:

Projects/Activities: Christmas Gifts taken to senior members residing at local retirement home. Members donated items to Guiding Christmas Stocking project.

Donations: Donation to NLWI head office; Lions Santa Claus Parade; High School Scholarship fund; donated quilt to fund raiser for local lady battling cancer

Education & Culture:

Projects/Activities: Convenor spoke on her family history in the Woody Point area and displayed family albums of that era.

Special thanks: Fern Holloway

Donations: Donated to High School Scholarship fund; donated to member to assist with medical expenses.

International Affairs

Projects/Activities: Convenor conducted annual blind auction for Pennies for Friendship

Special thanks:
Donations: Each member annually donates \$10 for Pennies for Friendship

Special Additional information

WI Week: Attended church service at local RC church; held potluck dinner meeting on Monday; craft day on Tuesday and open house with lunch and craft display on Wednesday. The group's craft shop was highlighted in a beautiful color page layout in the recent Home & Cabin magazine which featured crochet throws by two members, detailing they were purchased at our craft shop in Port Union. (One was made by 96 year old Milley Johnson and the other by her daughter in law, Maisie Johnson. This info unfortunately was not in the article)

New Member : Margaret Maloney



Trinity, B. Bay District—Open Hall-Red Cliff-Tickle

On November 15th, 2016, Members held their annual meeting. The election for the Executive for the year 2017-2018 took place at this meeting.

During our December meeting, the branch welcomed their new member Gloria Keats and visitor Diane. After the meeting they held a

Christmas supper and exchanged Christmas Tree decorations. Gloria and visitor Diane presented a craft basket. And the winner was Beverley Collins. A great evening was enjoyed by all. A Christmas Party was held at the home of one of the members. A delicious cooked meal with wine and dessert was served. After

the meal, games were played and gifts were wrapped for the Senior Citizens for Christmas. The members distributed these gifts in their three communities.



**NEW MEMBER
GLORIA KEATS!!**

West Coast District

St. George's Barachois

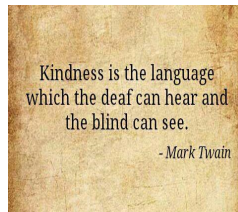
This branch has 11 members. They raised \$70.00 for Pennies For Friendship and gave a \$25.00 donation to the Janeway Telethon. The Sir Thomas Roddich Hospital Foundation received \$25.00 from the group. Some members prepared Samaritan Shoe Boxes again this year and some members gave elsewhere.

A gift was given to the town office in appreciation for the use of one of

their rooms for WI activities.

The branch held a fundraiser on a basket of towels and raised a grand total of \$800.00.

Four to five items were collected from each member for their Christmas project to be used as Prizes this year. Profits from this project will be donated



Quilting sessions are held on Tuesdays for anyone who is interested.

Their Christmas Party was held in early December with a pot luck followed by a game of cards.



Port Au Choix

The Port Au Choix Branch donated gifts to seniors as well as cookies to the hospital and the RCMP.

They have formed a sewing and a walking group. The walking group is recent and is enjoyed by all.



They host the 50 Plus Club and donate to the Janeway and the Heart and Stroke Foundation. A donation was also made to the Safe Grad.

For 26 years the Port Au Choix Branch has been proudly supporting our troops by sending packages overseas for Christmas. This year was no exception.

The Branch would like to send a special thanks out to the community, especially the Lion's Club, Lioness's,



and Noel's Foodland. Thank you.

Port Au Choix WI Branch held a dinner for the 50+ Club in honor of their continuous sup-

port to WI. They have contributed such things as windows, doors, and a new wheelchair ramp to the WI building and the Port Au Choix Branch is very grateful for all they have done to support them.





Notre Dame Bay District

Lewisporte

The Fall of 2017 was busy for the 16 members of the Lewisporte Branch. They successfully organized their annual Fall Craft Fair with 18 vendors and 31 tables and sold out tickets on the sampler quilt made by the members. With much encouragement we "elected" an executive for 2018 at our annual pot luck dinner. Members enjoyed a Christmas dinner at a local restaurant, followed by a gift exchange and a bit of fun back at their premises. Socially they were also treated to homemade ice cream one night and for Valentine's a game night (winnings donated to Pennies For Friendship) and a great feed of nutritious pancakes. At each monthly meeting members take turns bringing in a

prize on which they sell tickets to raise funds to assist members who want to attend the triennial convention in 2019.

We have had 2 guest speakers; Lorraine Bowring with Purple Shield, who gave a very timely presentation on wills, preplanned funerals and travel assistance. Melanie Fudge, our Public Health Nurse, presented information on Chronic Disease Management Program.

Our branch has made financial donations to our local food bank and Ronald MacDonald House. They have contributed toiletries to Goodwill as well as donated 12 quilts to Cara House.

Our attendance numbers are down as we have several members troubled with health



problems, all recovering we trust. As well more members are travelling for family and pleasure. We are presently making turbans for the Cancer Society and beginning work on a quilt for this year ticket sales.

Botwood

Springdale Branch celebrated its 80th Anniversary in the past year and had a presentation on the 80 year history of the Springdale Branch by Joan Foster. The branch has 36 members. Their work room is a beehive of activity. Rug hookers meet on Wednesdays and weavers meet on Tuesdays and Fridays. In September, Canadian Industries month began with members displaying and selling their work at a booth in the Springdale Craft and Trade Show. Members made and distributed fidget aprons to Valley Vista Seniors' Home and they are volunteering for the breakfast program again this year. In October, a very successful food drive was held and a monetary donation was given to the

local food bank. The fall meeting for the NLWI Board was held in Springdale. Thank you to Springdale and King's Point members who helped organize and donate to this meeting.

November was a busy month for everyone with our Annual Fall Sale and the 80th Anniversary Supper. Members from King's Point Branch and other special guests joined in our Anniversary celebrations.

December meeting focused on opportunities for volunteering in the community so members are more involved in the community because of this.

January introduced a few of us to soap making—thank you Barbara Burke for inviting us to your home for this. Joan Foster offered a beginner

rug hooking course at the room. Five international Exchange Students from Brazil and their sponsors were invited to our January meeting. They talked about their home and their home away from home experiences. Those students enjoyed an evening of soap making and weaving before returning to Brazil in February. Members attended the funeral of their dear friend and fellow weaver, Dorothy Parsons, who passed away on January 25th, 2018.

**In Loving
Memory of Dorothy
Parsons.**



Notre Dame Bay District Cont'd

Twillingate

Twillingate Branch held a Valentine's Day party with lots of food and drinks. All attending thoroughly enjoyed.



A local lawyer gave a presentation about the importance of having a will and also gave the branch information regarding other important legal documentation that we should have in our possession. Last but not least, the President of the local Lion's Club gave a presentation on the importance of the club to our community and throughout the world.



Summerford

Total Membership: 14

In October member Wilhelmina Peddle gave an interesting talk and slide show on her trip to Alaska.

In December the branch hosted our annual Christmas Tea with over 100 ladies from all our com-

on New World Island present. Several members also organized an Old Christmas Day party at the seniors' residence in Summerford.

In January the members met at our local public library, where librarian Michelle Jenkins made them welcome, issued library cards and gave an interesting talk on the history of the local library.

In February the members celebrated WI Month by going out for lunch to the By The Sea Cafe in Campbellton. We also assembled two knitted afghans for our local long-term care unit.

Donations were made to The Gathering Place and the Summerford Public Library plus our branch continues to sponsor a walking group which meets at our town hall two mornings a week.



October Spooktacular showcased women entrepreneurs' products in the Gander area and was a resounding success. One of the presenters became our first new member for 2018!!

November Iris Stares, International Affairs did a presentation about her attendance at the ACWW Convention, including a world map showing where WI is active & how 9 million women in 72 countries & 9 geographical areas were represented. WI is alive & well throughout the globe. At the Annual Meeting, Executive was elected with returning and new members. Card Making with Marion and Xmas Ornaments by Kay were enjoyed by all.

WELCOME NEW MEMBERS CEDELLA, BEV, AND LOIS!!!



Cards with Marion



Cinnamon Ornaments



Part of Gander Display



Christmas Party in Gander

December Dinner Meeting was a lovely evening of friendship and fun, 32 members attending. The District Challenge Stockings, from cookies to wall plaques, were won by playing the hilarious left/right game. \$5 per member in attendance will go to the district. 39 comfort caps were donated to the JMPH Cancer Clinic. A 40 year pin was presented to Eileen Elms and a 15 year pin to Wilma Pond.

January-Marg Hancock, Citizenship and Education, gave answers to our diverse, fact -finding questionnaire and distributed information on environment concerns. New tablecloths and cinnamon hearts were made. Welcome, Cedella Luff, our newest member.

February . WI Month was celebrated with a display at the Arts & Culture Centre, Our newest member Bev White was welcomed, Proclamation of February as WI Month in the town of Gander was presented, Valentine's Tea, an article in Gander Beacon, and a Potluck Lunch. Donations were presented to the Girl Guides and Kiwanis. Our Facebook page continues to be a vital part of the Membership Committee, attracting much interest from the public and new members. Service pins were awarded to Stephanie Smith 20 years, and 25 years to June Young. NLWI pins given to new 2017 members, Adrienne Matthews, Maxine Vaters, Carol Ann Stuckless and Gloria Matchim. No crafts were completed due to our Room to being painted and cleaned, with all items removed and returned. Members of the branch painted trees - autumn, spring, summer and night time. They had a great time letting their imaginations soar.



On January 10th, 2018 Glovertown Branch held a WI Meeting. Shari Deline was the "guest speaker". She talked about the history of hooked rugs in Newfoundland and Labrador. She brought in her own Grenfell hooked rug that has recently been registered with the Rug Hooking Guild of Newfoundland and Labrador. She also talked about the "Comfort Doll Project": the small dolls (with an accompanying note) that are donated to Women's shelters. Members will begin sewing them and plan to donate them to Cara House.



ALL MADE WITH LOVE



Trinity, Bonavista Bay Branch

In November, members attended the Memorial Day Service at the CWT Cenotaph and laid a wreath in memory of war veterans. The Annual Meeting took place on November 13th, 2017, where May Button took on the President's role for another year and Juanita Hoben took on the role of Secretary/Treasurer. Conveners were also appointed for each month for 2017-2018. Pm the 25th we took part in a Christmas Craft Sale at Green Ackers where we sold tickets on a Newfie Basket and had a Craft and Bake Sale.



At the December meeting, we welcomed our new member Gloria Keats and visitor Diane. After the meeting we held a Christmas supper and had an exchange of Christmas Tree decorations. Our new member Gloria and visitor Diane presented a basket of craft items. All members names were put in a bag and the winner was Beverley Collins. A great evening was enjoyed by all.



A Warm Welcome To New Members Gloria Keats and Yvonne Waterman.

In January, tickets were sold on the wooden stocking donated by Margaret Firmage. the ticket sale, along with another \$28.00 for a total of \$50.00 was donated to the lence. Also in January, Convenor Olive Brown, organized an "Excursion to the Library."



The funds \$22.00 raised from district for the District Chal-

In February, we participated in the Winter Carnival activities and sold tickets on a queen size quilt and held a craft and bake sale.



In March and April we started to make plans for next year's winter carnival, and membership has been busy working on another quilt, pudding bags, and other craft items. Also in April we welcomed another new member Yvonne Waterman. At present we have a membership of 17.



October: International Affairs Conveners Gloria Stuckess & Betsy Shea shared their program with guest Paula Gillingham, a local resident who is well travelled. She centered her very informative talk, slides and video on her trip to Africa. Her theme was, we as humans are basically the same, despite our different climates, customs and culture. Deep within us we all share and need kindness, compassion and love. The twin branch, Red Cliff, Bonavista Bay, had a day visit with us on Saturday, October 28th, and what a wonderful experience for both branches. We had a display of crafts done over the years, did several skits and other entertainment, enjoyed a wonderful cold plate luncheon and gave our guests a tour of both towns. Our oldest member, Marion Little, was unable to attend our get together, so the ladies were taken to her home to be introduced to her and view her paintings and quilt artistry.

November: The District **Art** project started on Nov. 4th, and the result was interesting, fulfilling, and hilarious. “Work” night– evening of **Show and Tell** whereby members were asked to bring along an item from our life journey that were meaningful. A very interesting evening indeed. Another evening President Carolyn gave a demo on Fabric Dying using ice cubes. Marvelous results. The District project of a Christmas Stocking was announced. Annual meeting was held with election of new Executive and Conveners. We also made a decision to support the local food bank with monthly contributions such as canned milk and juice.

December: Made Christmas Wreaths for personal use. The members participated in the **Annual Christmas Parade** sponsored by the fire department. It was a beautiful morning and WI was clearly in attendance, dressed in appropriate carolers costumes, and their melodious voices were certainly heard. Following the parade, we enjoyed hot soup and dessert at the WI room prepared by the non-float members. This activity is the official start of Christmas for the branch. Presented the Annual Scholarship to Level 111 student at Lakewood Academy for excellence in Computer Technology.

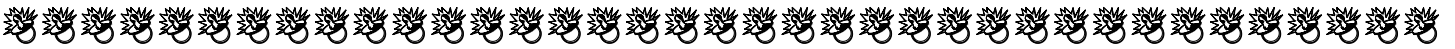
January 2018: The annual Christmas Party was held at the home of President Carolyn on Tuesday, January 9th, and hosted by Carolyn, Betsy and Laura. The meal was catered by the staff of the newly opened Riverside Diner. Fun games were played. The District project of crafted Christmas stockings was displayed, pictures taken and one stocking raffled. President Carolyn announced that a Facebook Page (Group) has been set up and any member can participate. Explanation of the procedure followed, re privacy, etc.

February: W.I. Month. Some members attended the Annual Afternoon Valentine’s Tea sponsored by the Gander Branch. Members also visited the Arts and Culture Centre to view the Gander Branch quilt, craft and history display. They also provided entertainment for the Seniors Afternoon as part of the Annual Appleton Fest. **Education and Culture** Convener Sarah Hounsell hosted an Afternoon Tea at her home. She had circulated a prepared quiz whereby the answers embodied aspects of NLWI, FWIC, and ACWW as well as Provincial/Canadian history. It was a very informative and social afternoon according to all reports. Some of us missed it due to having a flu.

March: Games nights. Some members brought along their “Works in Process” quilts for a period of oohing and aahing!

Home Economics & Health Conveners Laura Fields and Betsy Shea welcomed Jill Wheaton, Registered Dietitian with Central Health. She involved us in a Round Table discussion on Healthy Eating. Healthy living, how to use the Canada Food Guide, importance of eating balanced meals, and the use of fruit and vegetables. She advised that the Canada Food Guide is under review and changes are coming. Our ages are now determining changes in our diets, with emphasis on less salt and sugar and of course some of our traditional Newfoundland cuisine. Vitamin D is also important, especially this time of year. This program was very, very interesting with lots of membership involvement. Following, all enjoyed a traditional Newfoundland lunch of tea and toast complete with homemade jam and tin cream. (Our social hostess did not know who the evening guest was).

Chuckle-Jill agreed– everything in moderation.



St. John's District

Torbay

Branch: Torbay

Date: March 15, 2018

Total Membership: 17

International Affairs

Mary Hiscock, a retired pharmacist, spoke on "Drug Awareness" – a talk highlighting the awareness of drug side effects and drug interactions. The drug industry is a global concern today and we should all be aware of the importance of educating ourselves in this area.

Templeton

Total Membership - 31

November 6th—The branch held their annual fundraising auction at Wesley United Church. A large number of guests were in attendance for this successful event. Donations of gift cards were made to some of the local schools. A cash donation was made to the Anna Templeton Centre. Tickets were sold on a carry bag, raising \$50.00 to donate to ACWW. Their annual meeting was held on November 20th, 2017.

29 members attended and hosted the District Dinner on November 30th at Wesley Church. Tickets were sold on a basket of miscellaneous items given

Education and Culture

Our speaker, Ruth Noel, gave a heart-wrenching but uplifting talk about the fate of Lithuanian Jews during the Second World War. Ruth's Father's family was almost entirely wiped out during the Nazi occupation of Lithuania. The members of the family who survived managed to flee to other



by members. December 1—The Christmas Potluck was held at the Lion's Club, with members and their partners. Members donated baked goods to the Anna Templeton Centre for their craft sale. The Branch held a very enjoyable Christmas lunch on December 18th at Jag Restaurant.

January's first meeting was an introduction to Mindfulness Meditation by Tina Pomroy. This was a tool for becoming more you and living your life with greater ease.

We toured the new "Posey Row" which has become a co-op of little shops. This was followed by lunch at the

countries.

In November the Torbay Branch welcomed a new member, Mary Hiscock.

In February 4 members attended the WI Week Ceremony at Government House.

In March our member Helen Field's husband (Eric Field) passed away.

Monetary donations were made to the Torbay Volunteer Fire Department and to the Torbay Library.

Classic Café and an optional tour of the exhibits at Devon House.

February was our Chinese Auction and it was a fun evening for all. Several members attend W.I. week at Government House on February 20th. Many members attended a presentation on the "The Life and Death of The SS Florizel at The Rooms. The Branch finished off the month by making a folded Scandinavian fabric ornament, led by Sheila Ford.

In March we visited Susan Duggan, nutritionist at Sobey's to talk about ideas concerning healthy snacks.

St. Philips

1. The St. Philip's Branch held a fund-raising card game in October. It was well-attended and we realized just over \$1,000.00. The funds will be used for our charitable activities.
2. Some of our members supplied soup and chili for the Family Festival Day and the Fire Prevention seminar.
3. Our Branch attended the Templeton Branch auction. Members were delighted with their purchases.
4. We donated household items and toiletries to the Tommy Sexton Center. We attended the District Christmas Dinner.
5. We held our election of officers in

November.

6. We provided Christmas dinner and gifts to a local family - mother, father and their 2 children.
7. We held our Christmas dinner at Mama Soula's. We enjoyed a great meal and had loads of fun playing games. Members exchanged gifts with their Secret Pal and drew the name of their 2018 pal.
8. Some of our members attended the Canadian Cancer Society's Christmas social/volunteer thank you party in December.
9. Some members attended the WI celebrations at Government House in February.
10. The branch hosted a card game for

the town's Winter Festival. Eight boxes of food were collected to be donated to the food bank. It was the most successful card game to date.

12. We pieced together 5 afghans, donated knitted squares, and gave them to Daffodil House. This brings our total to 9 afghans donated to date.



together from Daffodil House.

13. We were happy to welcome Elizabeth Young, First VP, to our branch on March 5th. We had a St. Patrick's Day themed party complete with games and great food.



Mount Pearl

The Mount Pearl Branch of WI had lunch at the Autism Society's Restaurant "The Pantry", followed by a tour of Ronald McDonald House.

In the realm of Citizenship and Legislation, the group participated in the Mount Pearl Frosty Festival by organizing a colouring contest for five primary and elementary schools. They collected, distributed, judged and awarded prizes to the winners.

Some members attended the WI week celebrations at Government House, hosted by Her Honour Mrs. Fagan. They held a workshop to make homemade Christmas cards.



The Branch attended the play "Crippled" at the LSPU Hall, written and acted by the playwright, Paul David Power, based on his own life. Paul is one of 13 deaf, disabled and Mad Arts leaders across the country. These activities fit in well with Education and Culture. For the purpose of International Affairs, they held the ACWW Walk & Lunch. & raised money for Pennies for Friendship. Besides this the group attended the District Dinner & AGM in November. There was a pot luck supper in October and during WI week. A Christmas Party was held for the residents of CRADAE Nursing Home on Topsail Road with Santa, music, gifts and lovely lunch, enjoyed by all.

St. Philips Branch Cont'd

Our branch was thrilled to be inducted into the Duke of Edinburgh Volunteer Hall of Fame. The event was hosted by Jeremy Eaton and Carolyn Stokes at Glendenning Golf Club on November 16th. We enjoyed a cocktail reception followed by a steak dinner. They held a silent and live auction too. Great fun was had by all at the event which not only celebrated volunteer community groups but was a fund-raiser for the Duke of Edinburgh award program. Our branch also made a donation to the Duke of Edinburgh organization.

Photo on the left: Government House 2018
Lorraine Halfyard, Trudy Lilly, Joan White, Cavelle Durdle, Mary Brown, Dawn Cheeseman.



Green Bay/White Bay District

Springdale

8

Springdale Branch has celebrated its 80th Anniversary! They currently have 36 members. Their workroom is a beehive of activity. Rug hookers meet on Wednesdays and weavers meet on Tuesdays and Fridays. September, Canadian Industries month, began with members displaying and selling their work at the booth in the Springdale Craft and Trade Show. Members made and donated fidget aprons to Valley Vista Seniors Home. They are volunteering for the breakfast program again this year.

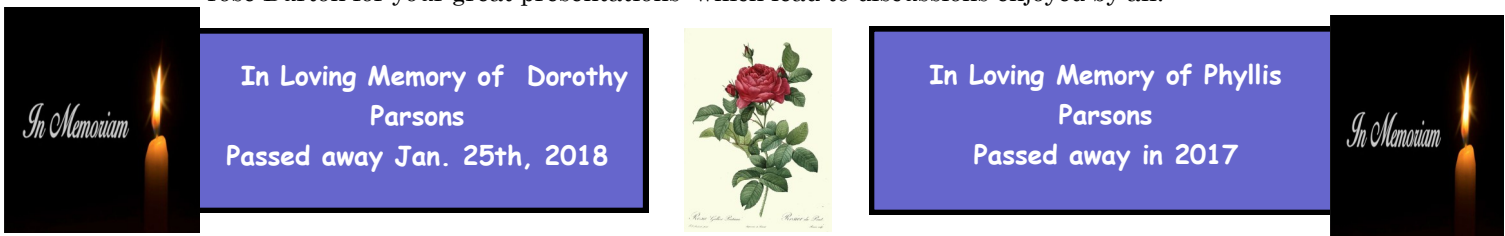
In **October**, a very successful food drive was held and a monetary donation was given to the local food bank. The fall meeting for the NLWI Board was held in Springdale. Thank you to Springdale and King's Point members who helped organize and donate to this meeting. November was a busy month for everyone with our Annual Fall Sale and the 80th Anniversary Supper. Members from King's Point branch and other special guests joined in our Anniversary celebrations.

December meeting focused on opportunities for volunteering in the community and members are probably more involved in the community because of this.

January introduced a few of the members to soap making. Thank you Barbara Burke for inviting the WI members to your home for this. Joan Foster offered a beginner rug hooking course at the room. Five international Exchange students from Brazil and their sponsors were invited to the WI January meeting. They talked about their home and their home away from home experiences. Those students enjoyed an evening of soap making and weaving before returning to Brazil in February. Members attended the funeral of their dear friend and fellow weaver, Dorothy Parsons, who passed away January 25th, 2018.

Open House was held during WI Week in **February**. Members invited family and friends to their afternoon tea, display of crafts and bake sale. A Valentine's string art project was completed. Thank you Anne Inder. Roma Hicks and Jean Amos are currently teaching Introduction to Quilting and those Quilts are looking great. An Introduction to the Women's Institutes was held to inform those interested in knowing what the WI has to offer. One year ago Springdale WI lost another of their dear members, Phyllis Parsons. This year her family members donated 2 comfy chairs in her memory.

Other information the branch would like to pass along is that under Citizenship & Legislation there was a discussion on what the rules/regulations are to become a Canadian Citizen and the ladies were quizzed after. For Agriculture there was a discussion on growing herbs and vegetables and last but not least for Education & Culture there was a presentation on the 80 year history of the Springdale Branch. Made by Joan Foster. A special thank you to Betty Young, Joan Foster and Primrose Burton for your great presentations which lead to discussions enjoyed by all.



King's Point / Rattling Brook

Members donated toys to Ronald McDonald House toy room. Quilts were made for the Cancer Clinic in Grand Falls/Windsor and they collected tabs for Ronald McDonald House as well. Besides quilts the members have made pillows, table runners, wall hangings, tee shirts, aprons and have painted signs. Their closing was held at the Bay By The Sea Café and re-opened in June last year. They also held their Christmas Party at By The Sea. The members of the branch participated in "Women Walk The World." Each member brought \$5.00. They attended the Annual Dinner in Springdale. The branch also sent money for Pennies For Friendship.



L'anse Au Loup



The L'anse Au Loup members took part in helping the Hospital Auxilliary with serving suppers, sale of their tickets, and over Christmas assisted with their Christmas Hymn Sing and the lighting of the Christmas Tree. Members also met with the Minister of Health.

In September, the members took a tour of the museum and hosted



a Flea Market and Craft sale of traditional crafts in October.

The Branch also donated to Pennies For Friendship. Thank you Ladies.



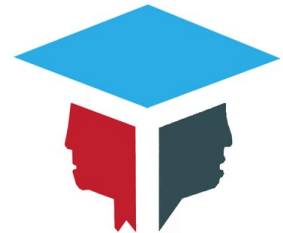
West Ste. Modeste



Congratulations to our
Scholarship Winner



KRISTIN PIKE



Congratulations **NICE GOING!**
GREAT! Way to go!
Yea! **FELICITATIONS**
CHEERS Take A **BEST**
BOW! **WISHES!**





Poetry Corner

Very Simply , My Thoughts

By Lorraine Walsh

Those who have not experienced adversity, cannot possibly perceive the true meaning of happiness, joy or peace, For it is through the hardships that are overcome

That we learn what we are made of.

We learn what our true constitution is and what we are capable of.

How can one know their strengths if they have not recognized their weaknesses.,

Or know bliss if they have never known grief.

This is the reasons opposites were conceived, So one could be compared with the other.

All of these emotions must be felt to understand their deep meaning and how each human spirit copes.

One cannot judge another's reasoning unless they have walked a mile in their shoes.

This conclusion only reached with the passing of time.

Having fallen into the depths of despair and risen from the ashes of such,

Is it possible to acknowledge another's desperation and hopelessness.

I have seen all and been through all.

Life experience has taught me well.

Slowly but surely I have discovered that only words that are genuine and heartfelt

Will live on in another's memory.

It doesn't matter how charming, educated, how well versed or spoken may one's words be.

They are only words unless spoken fervently from the heart and with deep passion.

Words by any other means will become transparent in time , discovered and lost upon humankind.

As I write my thoughts, pen to paper,

Less eloquent than some, simpler than most, and pass them on to my loved ones,

I ask for each of you to create a moral to my ramblings.

I have created mine.

It is simply this.

Be true to yourself and others.

Live well but mostly love well.

Grasp all opportunities that come your way.

Do not let anyone who gives you the gift of love slip through your fingers.

We have only a day.

The first half is the morning,

Where dreams are born and hopefully brought to fruition,

The second half is the evening,

Harbouring thoughts of what once was, what could have been

And what still may be.

Innocent naivety replaced by knowledge, and a calmness not understood by youth.

I will never live the evening in regret, And as my choice is, I pray yours will be.

Women's Institute Week Ceremony At Government House 2018

Each year the week surrounding February 19th signifies Women's Institute Week. This date in February marks the very first opening of a WI Branch in Ontario in 1897 and since then branches across Canada celebrate WI Week.

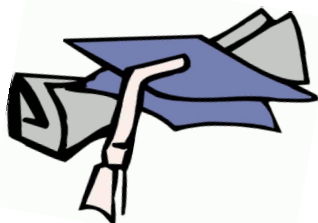
On February 20th Government House was filled with the Women of the Newfoundland and Labrador Women's Institute for our annual opening ceremony. Our Patron, Her Honour, Mrs. Patricia Fagan, graciously opened the doors to her home to celebrate with us.

Margaret Yetman, Deputy President of the ACWW, addressed the crowd bringing greetings from President of the ACWW Sheila Needham. Barbara Taylor, NLWI Executive Officer, brought greetings from the FWIC.

Rita Rideout, Former President Elect 2016 – Feb. 2018 Constitution Committee Chair Person 2016—2018 and a member of the scholarship committee, announced the winner of this year's WI Scholarship. Ms. Rideout stated that choosing a winner is always difficult due to the number of outstanding applications, but the committee knew that Kristen Pike, from West Ste Modeste would be the recipient.

Miss Pike grew up in West Ste. Modeste, and is currently attending Memorial University planning on a career in dentistry. She is academically exceptional and has a long resume of achievements and awards. Her work with starting the Walk For Love when one of her best friends, Kendra (9 years old) became very sick, as a fundraiser which in the first year raised quite a bit of money which they donated to the Children's Wish Foundation so Kendra could have her one wish to visit her friends before she passed away and she did just that thanks to Kristen. The Walk for Love continues every year since and the money goes to different organizations. Kris-

ten was Valedictorian for her Level 3 graduation and took the responsibility of co-ordinating the event. She was president of the student council and has also been an active volunteer in the local clinic helping out with seniors who are patients there. Kristen has been involved with many Community Events including assisting with the Canada Day celebrations, Community Christmas Tree and at the local and school concerts. She has also volunteered with the Community Youth Network when they hold their annual Haunted House as a fund raising event for the local youth shelters. Also she has participated in Christmas Caroling for the seniors in the area and also for the yearly Valentine's Day Dessert hosted by the Community Youth Network.. This is all in the time she is studying and accomplishing an exemplary school record. Kristen is an amazing young woman to say the least.



Once the Scholarship award was presented Nellie continued on and presented Mabel Manuel with her 60 year pin. Mabel has been involved with the Women's Institutes since 1954. Congratulations Mabel!!

President Jane Laite addressed the gathering and after the singing of the Ode the ceremony was adjourned. The ladies of the WI retired to another reception area with Her Honour for refreshments and the cutting of our cake.

CONGRATULATIONS KRISTEN!!!



CONGRATULATIONS MABEL!!

Thank you for all your years of service.



The unpredictability of our island weather made getting to this event cumbersome for some but we had a great turnout and a lovely afternoon.

Photos From Government House-WI Week

Delores Jones and Her Honour Mrs. Fagan cutting the WI Week cake at Government House.



St. Philip's Members—Government House 2018

Left to Right:

Lorraine Halfyard, Trudy Lilly, Joan White, Cavelle Durdle, Mary Brown, Dawn Cheeseman.

Irena Sendler (1910-2008)



A Warsaw resident, Irena Sendler witnessed the establishment of the notorious Warsaw Ghetto which housed most of the city's Jewish population in inhumane conditions. After smuggling supplies into the ghetto, Irena decided to begin smuggling children out. Children escaped the ghetto in potato sacks, coffins and tool bags. It is estimated that around 2,500 children survived because of her. She carefully recorded the real names of the children prior to their re-identification as non-Jews, hoping they would one day be reunited with their families. Sadly, most of the families perished in Treblinka. Irena herself was captured and tortured but was miraculously rescued, continuing her work in secret.

Suzanne Spaak (1905-1944)



Suzanne Spaak renounced a comfortable middle-class life in Paris to commit herself to the concealment and rescue of the city's Jewish population, particularly children, even using her own family home to hide Jewish children facing deportation. As a member of the Red Orchestra, she was active in gathering intelligence to resist the occupation. It was via a crackdown on this circle that the Gestapo was able to arrest Suzanne, torturing and executing her just a few days before Paris was liberated.

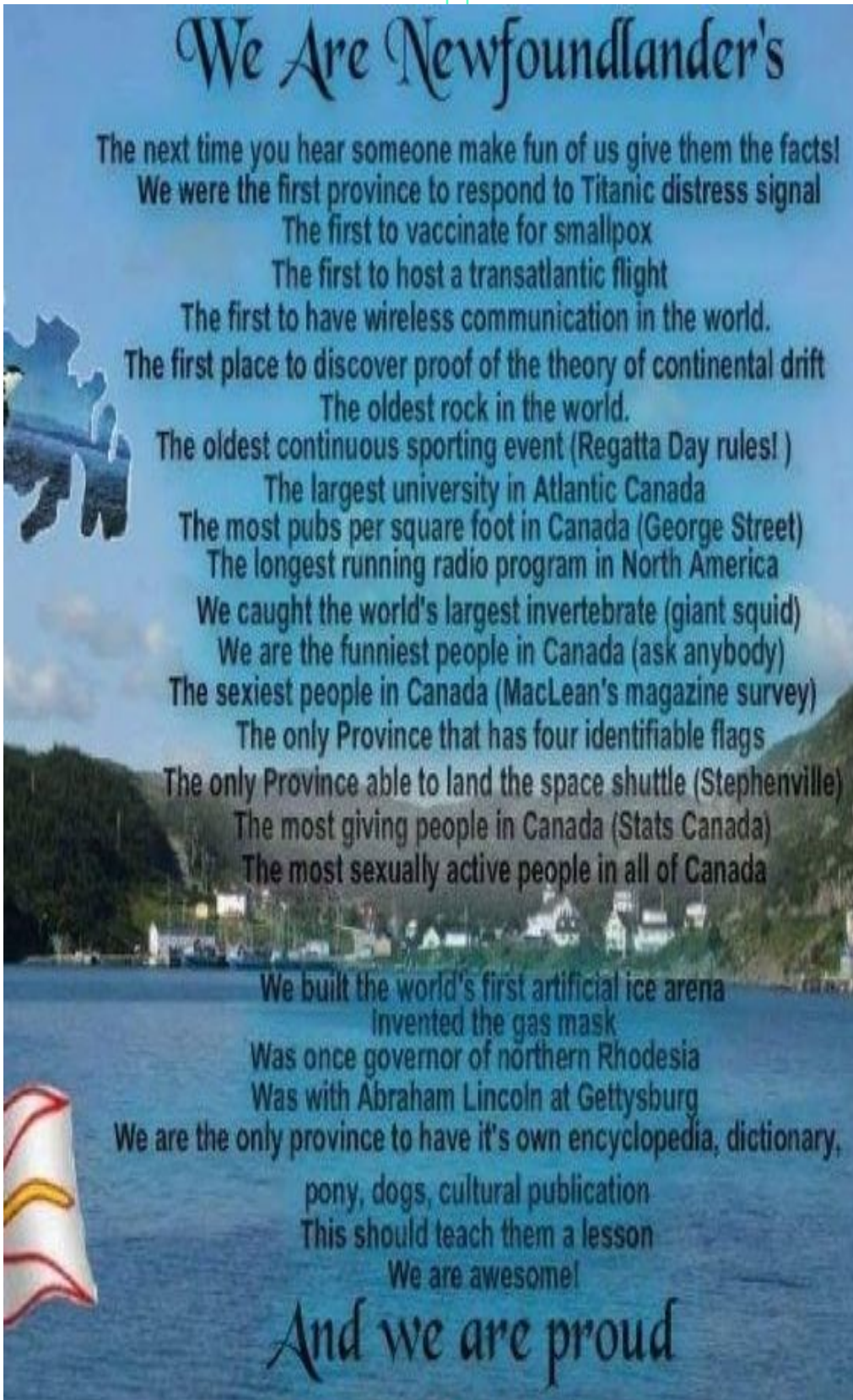
TRIVIA

1. Coca-Cola would be green if coloring weren't added to it.
2. Earth is the only planet not named after a god.
3. You're born with 300 bones, but by the time you become an adult, you only have 206.
4. It's against the law to burp, or sneeze in a church in Nebraska, USA.
5. Owls are the only birds who can see the color blue.
6. A giraffe can clean its ears with its 21-inch tongue!
7. An ostrich's eye is bigger than its brain
8. Human thigh bones are stronger than concrete.



WE ARE NEWFOUNDLANDERS

Newfoundland Trivia



1. In September, 1993, prospectors looking for diamonds in northern Labrador didn't find any. What did they find instead?
2. If Newfoundland and Labrador was one of the states of the U.S.A., where would it rank in terms of size?
3. The first time I came to Newfoundland, I participated in a local tradition where I had to "kiss a codfish" and drink really strong rum. What did I do?
4. What place was the first to get the Titanic's distress signals?
5. Name the place that The Mayflower allegedly stopped at to stock up on supplies, before continuing on to Plymouth Rock in 1620.
6. Which Newfoundland city has the same latitude as Paris or Vancouver?
7. In 2008, which heavenly Newfoundland town had the title of "fastest growing community in Atlantic Canada?"
8. In 1660, Giovanni Caboto was one of the first European explorers to land in Newfoundland. Who do we know him as?

9. Answers on Page 20

A SPECIAL THANK YOU GOING OUT TO GANDER BRANCH FOR THEIR GENEROUS DONATION TO WL. ALSO CATALINA AND CENTRAL. WE THANK YOU. YOU WERE VERY KIND TO CONTRIBUTE AS YOU DID.



Recipes for Fun and Happiness

- 1/4 cup butter
- 2 cups of boneless, skinless chicken, cut in small pieces'
- 1/2 cup of onion chopped
- 1/2 cup of celery chopped
- ½ package From the Farm™ Thick Cut potatoes
- ½ cup small broccoli florets ½ cup small cauliflower florets
- 1/2 cup of carrots
- 1/4 cup of peas
- 1/4 cup of corn
- 1/4 cup of flour
- 1 1/2 cups of chicken broth
- 1 cup of cream (18% or 35%)
- 1 tsp of parsley chopped
- 1/2 tsp of Oregano
- 1 tsp salt
- 3 tea biscuits cut in half

Pastry Topping (Optional)

- 2 cups of flour
- 3/4 cups of cheddar cheese finely shredded
- 1/2 tsp salt
- 5 tbsps. Of butter, cut in small pieces & 1/2 c water

Pot Pie

1. Spray or grease shallow roasting pan or casserole dish with non-stick cooking spray or grease with butter; set aside. Heat oven to 400°F.
2. In a large non-stick skillet or frying pan melt ¼ cup butter. Add chicken, onion and celery. Cook over medium-high heat, stirring occasionally, until chicken is cooked (about 6 minutes). Add From the Farm™ Thick Cut and vegetables. Cook 5 minutes, stirring occasionally.
3. In a medium non-stick skillet or frying pan melt remaining butter. Stir in flour; cook on low heat for 60 seconds. Slowly add chicken broth, whisking until mixture is smooth. Add cream and cook, stirring occasionally, until mixture comes to a full boil. Pour over chicken mixture in other pan; mix well. Pour chicken mixture into prepared roasting pan or casserole dish.
4. Bake 25 to 35 minutes or until edges are bubbling. Cover with aluminum foil during baking if it browns too quickly.
5. Top with tea biscuits before serving.

Pastry Topping (Optional)

Recipe For Happiness

- 1 large smile**
- 2 cups of sweetness**
- A large helping of positivity**
- A good sense of humour**
- 1 cup of self-esteem**
- 2 spoonfuls of true faith**
- 1 spoonful of good will**
- 2 pinches of easy going**
- and a heart full of love.**

Mix together and share with family and friends.





Pieces of Advice From 100 Year Olds

- 1) Don't look at the Calendar. Just keep celebrating every day.
- 2) Make yourself go out every day. The key to staying young is to keep moving.
- 3) Fall in love. Get married. Sex is encouraged.
- 4) Don't ever give up on love.
- 5) Make time to cry.
- 6) Travel while you're young and able. Don't worry about the money, just make it work. Experience is far more valuable than money will ever be.
- 7) Don't compare. You'll never be happy with your life. The grass is always greener.
- 8) Don't be a cheapskate.
- 9) Do one thing each day that is just for you.
- 10) Have a pet, Life gets lonely sometimes. Pets are reminders of how we are all living things.
- 11) Just go ahead and do your thing no matter what.
- 12) To stay healthy, always take the stairs and carry your own stuff.
- 13) Pain is mysterious and the best way to forget it is to have fun.
- 14) Don't be crazy about amassing material things. After all you don't know when your num-

ber is up and you can't take it with you.

- 15) This is some advice for the ladies. Don't marry an older man. Marry a younger one.
- 16) It's important to take care of your mind. One lady says she takes 2 classes. She has studied everything from anti-Semitism to current events.
- 17) Take naps every day.
- 18) Have a good spouse, 2 scotches at night and be easy going.
- 19) Some seniors walk whenever possible, eat well, and cultivate new interests. Then there are those who don't exercise and don't eat well and live to be over 100.



- 20) The famous chef and cookbook author, Julia Child, When asked the secret of her longevity said "Red meat and gin." She lived to be 91.

- 21) Gordie Mtchelson of Worcester, Massachusetts, who lived to be 113, claimed that her longevity was due to morning walks and chocolate.
- 22) Not unlike Jeanne Calment of Aries, France who ate 2 lbs of chocolate a week and drank alcohol until she was 121. She lived to be 122., took up fencing at 85 and rode a bike until she was 100.

23) Then there is Emma Morano of Verbania, Italy who cooked her own pasta until just a couple years before she died at 117. Her secret? No husband and raw eggs. It is no secret that the most supercentenarians are women. The supposedly fair and fragile sex seems to have more lasting power.

24) Downing Jett Kay, 108, who lives in Towson, MD, has a motto: "Make new friends but keep the old ones." She's involved in her church, a women's organization, her community, and a weekly group meetup to discuss current events, and she makes it a priority to spend time with family and friends. When mortality was assessed in the later years of the study, researchers found that those who went outside every day were at the lowest risk of death, while those who rarely left home had the highest mortality risk.

We are in preparation for the 2018 Convention in Garry, Manitoba in July. President Delores Jones will be attending along with the Vice President Elizabeth Young. Other members will be attending also and will have all the details in the Fall Newsletter. There is only another month left and the office will be closed for the summer. Closing date is June 28th and we will reopen on September 4th. Have a great summer! Eat Drink and Be Merry All!!



DON'T FIND FAULT

Pray, don't find fault with the man who limps
 Or stumbles along the road
 Unless you have worn the shoes he wears
 Or struggled beneath the load
 There may be tacks in his shoes that hurt
 Though hidden away from view
 For the burden he bears placed upon your back
 Might cause you to stumble too

CHEAP THINGS TO DO THIS SUMMER

- Go to a free music festival.
- Make potpourri from seasonal flowers.
- Catch Butterflies
- Do a walking tour of your city or town.
- Pick strawberries.
- Go stargazing on a warm Summer night.
- Set up a lemonade stand in your neighborhood.
- Blow bubbles.



Don't be harsh with the man who sins

Or pelt with words or stones
 Unless you are sure, yes doubly sure
 That you have no sins of your own
 For you know perhaps that the tempter's voice
 Should whisper soft to you
 As it did to him when he went astray
 And would cause you to stagger too

Don't sneer at the man who's down today

Unless you have felt the blow
 That caused his fall, or felt the shame
 That only the fallen know
 You may be strong, but still the blows
 That were his, if dealt to you
 In the self same way, at the self same time
 Might cause you to stagger too

Office Items For Sale!

Our office has a number of items for sale, here are a few! If you would like to purchase any of these items please contact the provincial office.

Cookbooks		T-Shirts	\$30
Berry	\$5	Ceramic Mugs	\$8
Favorites	\$5	Ceramic Mugs	\$8
Millennium	\$5	Lunch Bags	\$4
Heritage	\$8	Tote Bags	\$2
		Key Chains	\$3
		Pens	\$5
		WI Pins	\$3

Things to do under \$10.00

- 1.) Take the ferry to Bell Island, explore abandoned mines at the Grebe's Nest. (*Ferry With Car \$6.88*)
- 2.) Check out the Storytellers Circle every second Tuesday at The Crow's Nest, listen to stories and recitations from Newfoundland's finest storytellers, and enjoy a pint in a rare glimpse of this Officer's club, which looks like the galley of an old ship. (*\$3 Admission + \$6 Pint*)
- 3.) Go for a boil up b'y. (*\$2 wieners + \$3 box of Tetley + \$1.50 bic lighter + your roommate's pot = boil up*)



Contact Us

Newfoundland and Labrador
 Women's Institutes
 P.O. Box 23087, Churchill Square
 St. John's, NL A1B 4J9
 Phone: 709-753-8780
 Fax: 709-753-8708
 E-mail: nlwi@nfld.com
 Website: www.nlwi.ca

"Confidence, Courage, Unity"

Check Us Out At
www.nlwi.ca

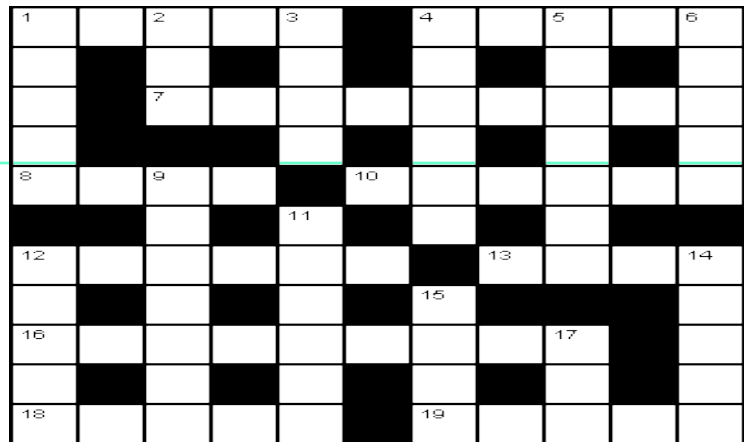


We would love to hear from you!

If your branch has information you'd like to have appear in the next newsletter here's how: email the provincial office a write up to be included in the newsletter. Please include where possible any pictures you may have.

Thanks.
nlwi@nfld.com

Crossword



Answers to Trivia

1. Extensive deposits of nickle, copper and cobalt were found near Voisey's Bay in Northern Labrador.
2. The province would rank 4th behind Alaska, Texas and California.
3. Got screeched in—made Honorary Newfoundlander
4. Cape Race
5. Renews
6. Corner Brook
7. Paradise
8. John Cabot

Across

1. Twelve (5)
4. Hoard (5)
7. Unaware (9)
8. Gape (4)
10. Wore Away (6)
12. Birds of Prey (6)
13. Notion (4)
16. Large Spider (9)
18. The Lowest Point of Anything (5)
19. Implied (5)

Down

1. Journal (5)
2. Menagerie (3)
3. Worlds Longest River (4)
4. Secret or Hidden (6)
5. Bustling (7)
6. Abated (5)
9. Placed a bet (7)
11. Thinner (6)
12. Consumed (5)
14. Proficient (5)
15. Female Relative (Aunt)
17. Part of a circle (3)