

# WI Connections

March 8-International Women's Day



## Margaret's Message

Submitted by President, Margaret Byl

Greetings on behalf of the Officers and Board of Directors of the Federated Women's Institutes of Canada. Last night, here in the Niagara Peninsula of Ontario we saw a significant change in temperature from a balmy 18C to a chilly -3C in a matter of hours. BRRR. From coast to coast to coast I am sure that we are all looking forward to a sunny spring day.

Did you know? Daylight savings time has been observed for 115 years. This year it begins on Sunday, March 10, 2023 and lasts until Sunday November 3, 2024.



I did a “Google” search for significant days in March. There are so many days of significance in March (and at least 28 counts of March is "something" month), including Irish Heritage Month. There are some important days though, beside Shakespeare’s warning of “beware the Ides of March” on the 15<sup>th</sup>, that I will share with you.

March 8 is International Women’s Day, March 15 International Day to Combat Islamophobia, March 21 International Day for the Elimination of Racial Discrimination and March 31 is International Transgender Day of Visibility, all important and notable days, but I think my favourite day would be National Black Forest Cake Day on March 28.

All kidding aside, “International Women's Day is a global holiday celebrated annually on March 8 as a focal point in the women's rights movement. IWD gives focus to issues such as gender equality, reproductive rights, and violence and abuse against women.” [Wikipedia](https://en.wikipedia.org/wiki/International_Women's_Day)

I am pleased to announce that the FWIC Board has approved 3 resolutions at the February Board Meeting which will address Sexual Violence Against Women across Canada. For more information, please see the Board Highlights.

The sixty-eighth session of the Commission on the Status of Women will take place from 11 to 22 of March 2024. Representatives of Member States, UN entities, and ECOSOC-accredited non-governmental organizations (NGOs) from all regions of the world are invited to contribute to the session. For more information, please visit <https://www.unwomen.org> I would also encourage you to visit the Associated Country Women of the World’s (ACWW) website and look at their strategic plan. <https://acww.org.uk/acwws-strategy-2022-2026>

A gentle reminder – Early Bird Registrations are open for the 2024 FWIC Triennial Conference in Truro, Nova Scotia. Thank you to everyone that participated in the Pin Competition. Congratulations to Angela Scott for the winning submission. Don’t forget about Joan Holthe’s Past President’s competition! Visit [www.fwic.ca](http://www.fwic.ca) for details.

In closing, I wish you good health and the wind at your back. I leave you with this:

*“Each time a woman stands up for herself she stands up for all women.” – Maya Angelou*



# Addressing Food Waste

submitted by Marie Kenny, ACWW Area Canada President

## Take Ten: To Reduce, Re-Use and Re-Think Food Waste:

**Did You Know:** One easy solution for reducing food waste is through organization methods?

**Give this a Try:** 1. Organize your fridge to ensure the food that will go off date first is clearly visible when you open the fridge.

2. Keep a list of the food you have bought on hand, and make a note of all the use-by labels. While this can be time consuming, if you put these small efforts into reducing food waste, you could end up saving a substantial amount of money. Be sure to keep the list where it is easily visible.

3. We can also change our attitude and the way we perceive food. Rather than preparing and cooking a meal we are in the mood for, we should base our cooking decisions off of the food we see in the fridge that needs to be used first.



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## Federated Women’s Institutes of Canada



CONSTITUENT SOCIETY, ASSOCIATED COUNTRY WOMEN OF THE WORLD

**National Office:**  
P.O. Box 209  
359 Blue Lake Road  
St. George, Ontario N0E 1N0  
Phone: (519) 448-3873

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97 Line 3 Rd., RR#2  
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Phone: (905) 328-1342



### Highlights from the FWIC/WI Canada Board Meeting – February 2024

#### FWIC/WI CANADA COMMUNICATIONS COMMITTEE:

**Social media:** The schedule of Facebook posts has been modified. The objective is to increase viewership on quiet days and to further enhance special occasions, such as the Truro 2024 Conference and Climate Change Event in April 2024.

**New Member Kits:** In combination with shared new member documents from Manitoba and New Brunswick, an effort will be made to pull together a membership program that will support new members across the country.

#### RESOLUTIONS

After discussion and amendments, the following resolutions were passed by FWIC/WI Canada directors and provincial presidents:

*“Resolved that the Federated Women’s Institutes of Canada initiate a Women’s Advocacy & Awareness Campaign to increase the knowledge of this Public Health Crisis of sexual violence against women across Canada and foster the development of a National Forensic Nursing Bursary.”*

*“Resolved that the Federated Women’s Institutes of Canada call on the Provincial Governments to standardize the Forensic Nurse Examiner/Sexual Assault Forensic Nurse Examiner training across Canada.”*

*“Resolved that the Federated Women’s Institutes of Canada call on the Federal Government to provide a funding mechanism to support Forensic Nursing and call on the Ministry of Health Sexual Assault Forensic Examination (SAFE) Programs to build, staff and operate sexual assault centers throughout Canada for the safety of all Victims of Sexual Violence, their children, and families.”*

**WI DAY FEBRUARY 19, 2024:** The WI Day Event on February 19 was well attended with some 90 participants. It will be published on You Tube and ideas will be prepared for printing for inquiries.

**INTERNATIONAL WOMEN’S DAY: (March 8)** Though FWIC is not hosting an event this year, President Margaret will post a message on March 8 and FWIC encourages branches to participate in local events. Information on the CSW (Commission on the Status of Women) will take place the following week and information should be forthcoming from ACWW.

**APRIL 29 CLIMATE:** This virtual event will have a speaker on Agriculture in the Classroom as well as a speaker on Food Waste. To attend virtually, please register at [registrations@fwic.ca](mailto:registrations@fwic.ca)

**NATIONAL CONVENTION 2024 (September 17-19):** Early Bird Registration is now open for the national convention to be held in Truro, Nova Scotia. The registration form and information package can be found on the FWIC website. Allergy forms and emergency contact forms as well as additional information will be provided shortly. Contact Inn on Prince to reserve your room if staying at the Convention Center.

**TRIENNIAL CONVENTION PIN COMPETITION:** There was a wonderful response to the request for competition submissions. Three independent judges (non-WI members) were asked to judge the anonymous submissions. Judging criteria were the following: 1. Did the submission contain our logo, organization name, location of the event, year, easy to read (consider size of pin 3 cm x 2.5 cm) and symbolizes the theme “Sailing into the future with a recipe for success!” Thank you to the judges and participants. The winner of the competition is Angela Scott from NBWI. A collage of the entries and winning submission will be featured in the March WI Connections.

**REMINDERS:**



**WI Connections:** Reminder that submissions from branches and members are encouraged from each province.

Please submit them by the 20th of each month to [angela.beth.scott@fwic.ca](mailto:angela.beth.scott@fwic.ca).

**\*\*Next Meeting of the Board of Directors: March 25, 2024, at 7 pm ET.**

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## *Zooming Monarchs Women's Institute Virtual Branch*



How did the Zooming Monarchs Women's Institute virtual branch in Manitoba come about?

Manitoba Women's Institute (MWI) and its Marketing and Promotion Committee started talking about the idea early in pandemic years. Some of our members who were on Facebook watched as other parts of the world were venturing into the Zoom world and wondered if it would work here. Some of those members had the opportunity to join virtual groups across the globe.

Since 1996 MWI has welcomed Individual Members into our organization. These women didn't belong to a specific branch but paid a membership and were accorded all the rights of the organization and joined events/meetings as they were able.

At every opportunity we talked about having a group that would meet virtually and finally in September 2022 we held our initial meeting. By our November 2022 meeting we had chosen Zooming Monarchs as the name for our WI branch. Zooming for our method of meeting as we are in far flung areas of our province and Monarchs because we like the analogy of the monarch butterfly and its growth and change during its lifecycle. We use a photo of the monarch butterfly in our communications. Co-chair Diane Burelle took the photo of Aurora after she watched her emerge and then fly off for Mexico.

We picked our meeting day and time, found co-chairs for the group, set up a framework that would work within the Women's Institute Act in Manitoba and within our existing Bylaw 2021. We have a Core Group that volunteered to meet to gather ideas for meetings and plan programs. We have Co-chairs who work together to plan the agenda and chair the meetings, our minutes are recorded by members on a rotating basis. We don't have a treasurer, but we also don't have a bank account at this point either!

Our framework states “meeting topics will touch upon various themes, represented by colours of the rainbow and flowers to represent holistic inclusion of all diverse women and girls.” We can share our framework with other groups, if they are interested – just contact our provincial office at...

[mbwi@mymts.net](mailto:mbwi@mymts.net)

Still in our infancy in an organization that has been around since 1897 in Canada and 1910 in Manitoba, we hope to grow our membership and reach in the province as a contributing branch of Manitoba Women’s Institute. We are an active branch having contributed 4 resolutions for consideration to our AGM in 2023 and another resolution in 2024.

Zooming Monarchs Women’s Institute

Co-chairs Diane Burelle and Ann Mandziuk

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### *#WeCares*



## *How To Attract New WI Members - Ideas shared from Branches all across Canada*

Submitted by Helen Clarke, NBWI

On February 19, 2024, WI Day, a Zoom Event was held and participants from across Canada shared their ideas on membership. These are the ideas!

1. Hold a membership contest province wide. Share your recruitment stories with other branches.
2. International WI Branch with new immigrants from different countries. Could be a virtual group.
3. Junior WI Members Incentive: if volunteering hours of time with a WI branch, the student will be eligible for a WI Bursary.
4. Make meeting times fun, wear costumes, pjs, do themes, fashion show, antiques road show, RCMP, gardens, Indigenous, seasonal themes, games, singing, exercises, health issues, competitions, cross stitch, knitting, suicide prevention, SPCA, dogs...
5. Try new things.
6. Be current.
7. Encourage all ages.
8. Host family events.
9. Do outings, hold tours
10. Use advertising - even banner ads at the bottom of the tv screen
11. Work jointly with other organizations.
12. Use reminder texts in your group, etc.
13. Thank people
14. Be positive.
15. Start and end meetings etc. on time.
16. Delegate
17. Attitude check
18. Blow your own WI horn.
19. Publish all WI events in local papers, radio, all social media, FB, etc.
20. Open House ideas, craft night, membership drive etc.
21. Lunch and Learn
22. Keep business time brief.
23. Work on projects: make hospital gowns, quilts, fidget blankets,
24. Have speakers in with public attendance- scam awareness, power of attorney, etc
25. Drop in meetings- for women with younger families who cannot commit monthly



### **What does your WI look like?**



26. Teach skills, cooking, sewing, mending, weaving, canning, knitting, budgeting,
  27. Afternoon teas, Mother's Day Tea, Valentine's Tea, High Tea
  28. Hold "Whatever Thursdays" etc
  29. Be community focused
  30. "Women Inspiring Women"
  31. We (WI) are here for women. Many hunger for a connection. WI may be perfect for them.
  32. Word of mouth is a great way of advertising WI
  33. New women could attend 2 free meetings before signing up and filling out a WI info form
  34. Allow other branch members to drop in or invite an entire branch
  35. Have fun and do good at the same time.
  36. A male mayor is an honorary WI member and he wears his FWIC pin to all his events and promotes the WI organization
  37. Have meetings earlier, so members can go home to young families etc.
  38. Hold a "Meet and Greet" in the community, send out personal invitations, advertise in local papers,
  39. Have Post Cards made with your groups info, philosophy, interests, community work
  40. Have 4 executive in the Branch running the meetings. Secretary, treasurer, and 2 vp's who take turns directing the meetings, without an actual president.
  41. Meetings - fun first, Have a speaker, and a craft to finish while the meeting continues.
  42. What would the group like to learn?
  43. Be present at events, exhibitions, fairs, trade shows., parades. Display what WI is and does. Advertise with posters, pamphlets, post cards, pictures of WI activities, WI sign and logo, etc.
  44. Fund raisers: Pie making, canning pickles, etc. can be a community focused activity where everyone helps prep and sell. This builds a group of willing, helpful volunteers for future activities.
- Week long rummage sales, Plant Auction/sale, Book sale, take-out suppers, calendars advertising WI.
45. Recruiting: market ourselves, we are worth joining, attract younger women, use social media of all kinds, Have as much variety as possible .
  46. Marketing: WI Calendars with pertinent dates to WI included, WI T-Shirts, WI Signs
  47. Some men want to learn what we are teaching and sharing. Include them too?
  48. WI is "Women Supporting Women", community and friendship.
  49. As Rosie the Riveter said, "We can do it!"... so Join WI!





# Ellen's Corner submitted by Dr. Ellen S. McLean

It is W.I. week in Canada. It is a beautiful February day with brilliant sunshine in a cloudless sky, and I am looking out at a winter wonderland, with the highest snow drifts around the farm that I have seen in twenty years. So much for Sam the ground hog's predictions! I have just returned home from enjoying breakfast with four friends. Two of them mentioned having read reports of Women's Institutes in our community newspaper. They both grew up in rural communities with Women's Institute Branches but were very vague about what we were and what we do and having been doing since 1897. When I tried to give a very brief resume of our history and the wide scope of our programs, projects, and activities, they said "You have been hiding your lights under a bushel". And I think we can all agree with that.



Discussion about communications and the need for improving them have been ongoing through the years. I can remember that being a concern at my first provincial Board meeting, first FWIC Board meeting, and my first Associated Country Women of the World conference in 1965. Then I wonder if the fact that we haven't been very good at communicating who we are and what we are all about is one of the reasons that for some of us it seems to be more and more difficult to attract new members to our ranks. Or, is that because society has undergone such dramatic changes that the concept of "For Home and Country" is no longer relevant.

Our FWIC Board is to be congratulated on the communication members can receive every month, and it is much appreciated. However, at the same time it doesn't seem to be attracting women in our communities who don't feel that the programs and projects that we find interesting, enjoyable, and satisfying. Or is it that they don't want to go to meetings and commit themselves to be part of any structured activity.

I wonder what Adelaide Hoodless's suggestions might be for us as we enter our 128<sup>th</sup> year. Happy 127th Birthday to the Women's Institutes!

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## *PEI Women's Institute commemorates Agriculture and Events,* Submitted by Ellen MacPhail

The provincial Women's Institute highlights agriculture and recounts a successful donation campaign and several key events in the upcoming month.

PEIWI launched a "Pantry Challenge" in addition to February's "Taking Care of Women's Business. Period. 28-day campaign" with donations being dropped off for PEI food banks. Although not tallied yet, the 28 Day campaign is appearing to be again well over \$5,000 in estimated in product and monetary donations to address the need for feminine

hygiene products for P.E.I. food banks. The new Pantry Challenge is a request for Islanders to drop off one food item at a community Fridge, Pantry, or Food Bank to assist residents in the harshest months of the year. The Pantry Challenge extends into March to help tackle food insecurity. The provincial Board of PEIWI and its members thank those who are participating in both campaigns.

To assist the Public Schools branch system with Canadian Agriculture Literacy Month, PEIWI distributed WI's Farm to Table Activity Books to youth in Grade 3 across Prince Edward Island. Over 800 books were ordered, in two official languages for youth, boasting a 60% increase from previous years. WI members were also involved with reading to children in the classroom on farm related themes.

The provincial board promotes a monthly 'Heard it through the Grapevine' segment spotlighting agriculture through the eyes of WI members, available on Facebook and in member mailouts. Argyle Shore WI Member, Elaine Potts and her husband operate Potts Sleigh Rides, a family-run operation located at 439 Bonshaw Road in Argyle Shore. Celebrating a 50<sup>th</sup> anniversary in 2025, Noel and Elaine Potts run the sleigh rides during the with their three-generation family. Noel has commented that they are working on the 3<sup>rd</sup> and 4<sup>th</sup> generations of patrons and have provided horses over the years for TV shows such as Emily of New Moon, Road to Avonlea and a Japanese Production of Anne of Green Gables (Noel played the part of Matthew).

Winners of the WI Island Product Cooking Contest were announced for those in grades 7-12. The following received cash prizes in categories with recipes showcasing Island ingredients: Appetizers - Jayce Muirhead-Mills, Bluefield (Caramelized Onion Dip), Avrie Smith, Kinkora High (Creamy Lobster Chowder) and Zoey McDonald, Montague Intermediate (Strawberry Salsa); Soup - Payton Leger-Ford, Natalie Doucette, Bluefield (Creamy potato Soup), Jayce Muirhead-Mills, Bluefield (Homemade Tomato Soup), Keira Duffy, Kinkora High (Potato Vegetable Soup); and Mains - Elena Jay, Montague Intermediate (Simple Homemade Gnocchi), Emily Waite, Kinkora High (Bucatini all Amatriciana and Savanna Kropf, Kinkora High (Cottage Pie); and Sweets - Keira Duffy, Kinkora High (Potato Chocolate Cake), Jayce Muirhead-Mills, Bluefield (Tira-Mousse-U), and Johanna Turkington Bluefield (Quesillo/Venezuelan Caramel Flan).

With the promise of spring on the horizon, Women's Institute provincial calendar includes the annual Roadside Cleanup scheduled for May 11 and the provincial WI convention on May 24. The provincial Board of Directors is also now accepting nominations for PEIWI member awards. Deadline to submit is March 31. A complete list of PEIWI awards, scholarships and provincial events are available online.

**This article is prepared by Ellen MacPhail, executive director of the PEIWI, and appears in The Guardian on the second Friday of each month. For information on the P.E.I. Women's Institute or to comment on this column, visit [www.peiwi.ca](http://www.peiwi.ca), call 902-368-4860 or email [wi@gov.pe.ca](mailto:wi@gov.pe.ca)**

# Associated Country Women of the World (ACWW) Update

March 2024



## Greetings Everyone,

As another page on our calendar turns over, I am mindful of how quickly time goes by and how vitally important it is for us to stay connected. One of the tremendous joys of this organization is the opportunities we have to connect to women across the globe. Most recently I participated in the ACWW Board Meeting, Coordinators Meetings, Founders Day Celebration hosted by PEIWI and the virtual FWIC program: WI celebrating 127 Years, all of these opportunities enhance my great appreciation for the legacy we have been entrusted. The challenges we face locally, nationally and globally are also opportunities for us to work together to find solutions, raise awareness, assure our voices are heard and acted upon. Area Canada working together to reduce food waste is a further step in the right direction. Thank you for participating.

## The Homestead Report

Submitted by: Nancy Carubba, Museum Manager



ADELAIDE  
HUNTER  
HOODLESS  
HOMESTEAD

Wed Feb 14 <sup>th</sup> 12:00 – 1:30pm	<b>Valentines Day Italian lunch (and cooking demo) with acoustic guitar music by Jim Young</b>	Celebrate Valentines Day with a special lunch out! Limited seating. Reserve your table ahead.	\$35 per person Inc. a three course Italian themed lunch with a glass of wine, a rose and live music.
Thurs. Feb 22 <sup>nd</sup> . 1:30- 3:30pm (Workshop 2 of 4)	<b>Open Studio with Jake Bouwman</b>  <b>This series is for beginner and intermediate level</b>	Offering a series of casual art classes. Explore painting with oils taught by award winning artist Jake Bouwman. Bring your paints, supplies, subject.	\$40.00 per session or \$150.00 for the series of 4. Refreshments and awesome snacks provided
Wed. Feb 28 <sup>th</sup> 1:30 – 3pm	<b>Creative Writing Workshop with award winning author Michael Williams</b>	This workshop is a sanctuary for memoir enthusiasts and aspiring authors alike. Learn to craft your story with vivid detail and emotional resonance.	\$35.00 per person Workshop, writing materials, Wine & Cheese. 8 pple registered as of Feb 20th

Note\*\* The Open studio with Jake Bouwman workshops did not have enough participant registration to move forward. Other events are well attended. It may be because it teaches painting with oils or perhaps the cost of supplies? There isn't anything we can do to overcome those challenges so we will move on. The remainder of the painting with oils workshops in the series of four will be replaced with replacement workshops- Considerations include: a cooking demonstration/ lunch or a workshop on how to make your own laundry detergent and hand soap or an indigenous drum making workshop

**Notable Activities in February:**

**Feb 6<sup>th</sup>** Nancy met with Emma Johnstone – outreach coordinator with the Brant County Library to plan “summer art in the park” events to be held here at the Homestead.

**Feb 10<sup>th</sup>** The AHH Homestead contributed museum tour invitation vouchers for the Welcome Bags prepared and distributed by the local Remax Broker for new homeowners in St George, so that newcomers are aware of the AHHH Museum, and they can come for a tour.

**The Feb 14<sup>th</sup>** Valentine’s Day cooking demo and Italian lunch was a success.



**In Feb:** Planning has begun for the 10<sup>th</sup> annual Easter at Addie’s Good Friday March 29<sup>th</sup> We are actively looking for volunteers.

**Feb 19<sup>th</sup>** Nancy received an invitation to attend the Glen Morris (next village over) Lion’s Club meeting to talk about the Homestead and seek out volunteers for the museum and events. The meeting is in April.

**In Feb,** we received a book from the 1800’s on loan from a local resident. The book called Dr. Chase’s Last receipt book and Household Physician. It was published in 1887. It is subtitled practical knowledge for the people. It has advice about medicine and household economy. You are welcome to visit the homestead to read and review this treasure.

**On Feb 20<sup>th</sup>** the homestead was asked to participate in a local project called the St. George Wall Mural. It is proposed to be a mural to be painted on the outer wall of a building on Main Street in St. George. It will feature Adelaide and the Homestead. The funding will be sought from a village beautification grant. Here is a rendition of the proposed mural.

**Coming Up Feb 28<sup>th</sup>.** An interview is planned with Celeste Percy-Beauregard a reporter with The Hamilton Spectator covering civic news in Brant County. It is an interview at her request because she was at the Jan 30<sup>th</sup> Brant County Council Meeting where the FWIC on behalf of the Homestead requested ongoing annual financial support. We have not yet received an official response.

-  
, Adelaide Hunter Hoodless Homestead

*Note: The Adelaide Hunter Hoodless Homestead is a National Historic Site of Canada, owned and operated by the Federated Women’s Institute of Canada (FWIC/WI Canada)*





*Adelaide Hunter Hoodless  
Canadian Woman of the Year Award Nominations*

**Adelaide Hunter Hoodless Canadian Woman of the Year Award Criteria:**

1. Profile (max 750 words)
  - Exhibits qualities of Adelaide Hoodless
  - Leadership
  - Gives back to the community
  - Inspires others
  
1. Two Letters of Recommendation (individual or organization – not from Nominator)
  
2. Completed Application with Nominee's Photo & Nominator's Contact Info
  
3. Women's Institute Involvement (not necessarily a member)



Drop off, email, mail, or courier your completed nomination form with attached profile to:

**Federated Women's Institutes of Canada  
359 Blue Lake Road, PO Box 209  
St. George, Ontario N0E 1N0**

Canadian Woman of the Year  
are now being accepted.  
Download and submit the Nomination Form:  
Deadline is March 31, 2024





**'Sailing Into The Future  
With ...  
A Recipe For Success'**



**Information Package**

**for the**

**23<sup>rd</sup> National FWIC Convention Truro**

**Nova Scotia**

**September 17-19, 2024**

## CONFERENCE HOTEL

The FWIC National Convention will be held at the **Inn on Prince Hotel and Conference Centre**, 437 Prince Street, Truro.

**Directions:** From the airport, take highway NS 102 N to Exit 14, Robie Street, Truro. Follow Robie Street and turn right onto Juniper. Take next left onto Prince St. and hotel is on the left.

**Restaurant:** Stay at Inn on Prince and dine in style at the on-site restaurant, Bistro on Prince. Bistro on Prince is a licensed restaurant, lounge, and seasonal patio. Whether it be a casual meeting with friends or a celebratory dinner, this restaurant is the perfect spot for all occasions. A complimentary hot buffet breakfast is available for Inn on Prince guests only.

When you dine at Bistro on Prince, you'll enjoy classic Canadian cuisine and locally inspired creations. Take a look at the dinner menu and lunch menu (subject to change) and choose from crowd-pleasing favourites including steak, pasta, fresh salads, local craft beers & cocktails. Check the Facebook page for the latest Chef curated daily specials.

**Accommodations:** Rooms have been blocked for those attending the Conference. The room rates begin at \$164 plus 15% tax and include a full breakfast. A \$50 charge will be taken on check-in for incidentals. Call the hotel to make your reservations at **902 895 1651**. Booking code is FWIC.

**Check-Out:** 11am **Check -In:** 3pm.

Hotel also has a pool and a fitness center. See website for more details:

<https://www.innonprince.com/en/>

## REGISTRATION

**Early Bird registration** is \$375 and opens on **January 1st, 2024, and runs until April 30, 2024.**

Registration includes two dinners, one banquet, two lunches, opening ceremonies, all meetings, tea times, and welcome bag.

Regular registration will be from **May 1st to July 15th** is **\$425.**

Wednesday Day registration is \$200.

Thursday Day registration is \$200.

Evening meal, opening ceremony and president's reception is \$50.



## WHERE TO STAY INFORMATION...

**Elm River RV Park** is an open and wooded campground in Glenholme, located in the Truro area.

**LOCATION** 85 Elm River Parkway, Glenholme- **21.2km or 20mins** from Conference Hotel-Inn on Prince

CONTACT FOR RESERVATIONS [902-662-3162](tel:902-662-3162) [888-](tel:888-356-4356)

[356-4356](tel:356-4356)

[elmriver@gmail.com](mailto:elmriver@gmail.com)

HOURS OF OPERATION

Operates seasonally from mid-May to mid-October

**The Hampton Inn & Suites:** Complimentary breakfast is included, and the property is pet friendly! This hotel is 100% non-smoking.

**LOCATION** 35 Legends Avenue, Millbrook -**5.5km or 10mins** from Conference Hotel Inn on Prince Open year-round

CONTACT FOR RESERVATIONS

[902-843-4343](tel:902-843-4343) [877-894-7666](tel:877-894-7666)

[res@hamptoninintruro.com](mailto:res@hamptoninintruro.com)

### **Best Western Glengarry Truro Trade and Convention Centre**

**LOCATION** 150 Willow Street, Truro- **1km or 3mins** from Conference Hotel, Inn on Prince

Open year-round

CONTACT FOR RESERVATIONS

[902-893-4311](tel:902-893-4311) [800-567-4276](tel:800-567-4276)

[reservations@bwglengarry.com](mailto:reservations@bwglengarry.com)

### **Super 8 Truro**

**LOCATION** 85 Treaty Trail, Millbrook- **5.3km or 9 mins** from Conference Hotel Inn on Prince Complimentary To-Go breakfast.

Open year-round

CONTACT FOR RESERVATIONS [902-895-8884](tel:902-895-8884) [800-](tel:800-800-8000)

[800-8000](tel:800-8000)

[fom@super8truro.com](mailto:fom@super8truro.com)

### **Comfort Inn Truro**

**LOCATION** 12 Meadow Drive, Truro- **2.7km or 6mins** from Conference Hotel Inn on Prince. Recently renovated guest rooms and lobby, free hot breakfast, and 100% nonsmoking. Located in the Hub of Nova Scotia, just off highway 102 at Exit 14;

Open year-round

CONTACT FOR RESERVATIONS

[902-893-0330](tel:902-893-0330) [800-228-5150](tel:800-228-5150)

[jeff.hemming@investhotels.com](mailto:jeff.hemming@investhotels.com)

### **Willow Bend Motel**

**LOCATION** 277 Willow Street, Truro- **1.6km or 3 minutes** from Conference Hotel Inn on Prince. Complimentary continental breakfast served daily.

Open year-round

CONTACT

[902-895-5325](tel:902-895-5325)

[888-5WILLOW](tel:888-5WILLOW)

[willowbend@ns.sympatico.ca](mailto:willowbend@ns.sympatico.ca)

### **Bed & Breakfast Belgravia Bed & Breakfast**

**LOCATION** 5 Broad Street, in downtown Truro -**300meters or 1minute** from Conference Hotel Inn on Prince

Open June-December

CONTACT

[902-893-7100](tel:902-893-7100) [866-877-9900](tel:866-877-9900)

[belgraviabb@gmail.com](mailto:belgraviabb@gmail.com)

### **Baker's Chest Bed & Breakfast**

**LOCATION** 53 Farnham Road, Bible Hill, Truro- **2.6km or 7mins** from Conference Hotel- Inn on Prince

Open year-round

CONTACT

[902-893-4824](tel:902-893-4824)

[info@bakerschest.ca](mailto:info@bakerschest.ca)

### **Suncatcher Bed & Breakfast**

**LOCATION** 25 Wile Crest Avenue, North River, Truro- **5.6km or 9 mins** from Conference Hotel-Inn on Prince

Open year-round

CONTACT

[902-893-7169](tel:902-893-7169) [877-203-6032](tel:877-203-6032)

[suncatcherbnb@gmail.com](mailto:suncatcherbnb@gmail.com)

### Abide Within Bed & Breakfast

**LOCATION** 45 Douglas Street, Truro-**2km or 5mins** from conference hotel-Inn on Prince Open year-round

CONTACT

Jennifer Muers [902-986-1155](tel:902-986-1155)

[abidewithinbb@gmail.com](mailto:abidewithinbb@gmail.com)

## HALIFAX AIRPORT TO TRURO

The journey time between **Halifax Airport (YHZ) and Truro** is around 55 min and covers a distance of around 65 km.

### Halifax Airport (YHZ) to Truro by Bus

Maritime Bus operates a bus from Halifax Airport to Truro, NS once daily. Tickets cost \$16 - \$23 and the journey takes 55 min. Typically, eight buses run weekly, although weekend and holiday schedules can vary.

### Halifax Airport (YHZ) to Truro by Taxi

Halifax Airport to Truro via Taxi. The taxi journey is about 43 minutes and cost approximately \$120-160 depending on the taxi company.

- Scotia Taxi

Phone [+1 902 883 8093](tel:+19028838093)

- Handy Cabs

Website [handycabs.ca](http://handycabs.ca)

Phone [+1 902 220 8294](tel:+19022208294)

- Satellite Taxi

Websites [satellitetaxi.ca](http://satellitetaxi.ca)

Phone [+1 902 865 4444](tel:+19028654444)

- Sackville Taxi

Phone [+1 902 865 2222](tel:+19028652222)

- First Choice Cab & Limousine

Phone [+1 902 456-4302](tel:+19024564302)

### Car Rentals Available at the Halifax Airport

Hertz

Alamo

Enterprise

## ATTRACTIONS

Truro...Known as the “Hub of Nova Scotia”, Truro’s size, central location and historic downtown makes it a popular home-base for exploring the province and the worldrenowned tidal phenomena of the Bay of Fundy. To see a full list of what is available in this hub town please visit Tourism Nova Scotia.

## PARKS

**Fundy Discovery Site:** The world’s highest tides...experience the incredible tidal phenomena of Canada’s Bay of Fundy – home to the highest tides on Earth! This park overlooks the Salmon River at the head of the Bay of Fundy where a tidal bore occurs twice daily at predicted times, on the incoming tide, offering a natural demonstration of the extremity of Fundy’s renowned tides. Conveniently located off Highway 102 at exit 14 and just minutes from downtown Truro.

103 Tidal Bore Road, Lower Truro. Visitor

Information Centre 9am-5pm daily, May to October. Grounds open year-round, serviced May 6-Nov 12. CONTACT

[902-897-6255](tel:902-897-6255); [info@fundydiscovery.ca](mailto:info@fundydiscovery.ca)

**Victoria Park** is a 3,000-acre treasure in the heart of Truro. The beautiful and dynamic urban park boasts incredible natural features, including a dramatic steep-sided gorge, a

winding river, cascading waterfalls, and a stately old-growth Eastern Hemlock Forest. The park offers visitors endless recreational, cultural and leisure opportunities...hiking, photography, birdwatching, picnics, family

gatherings, snowshoeing, cross-country skiing, swimming, baseball, cultural events, live music, tennis, cycling and more. 29 Park Street, Truro CONTACT [902-893-6078](tel:902-893-6078); [recdept@truro.ca](mailto:recdept@truro.ca)



**Cliffs of Fundy Geopark:** An UNESCO Global Geopark designation celebrates globally significant connections between geology, local communities, culture, and nature. At the Cliffs of Fundy Geopark, with more than 40 impressive geosites within a 165km drive from Lower Truro to Apple River, visitors are welcomed to explore this stunning Bay of Fundy coastline. See cliffs towering 300 feet over the world's highest tides and stop into vibrant communities throughout the Cliffs of Fundy Geopark. Home to Five Islands and Cape Chignecto Provincial Park, you'll find hiking trails, island views, sea stacks and unique rock formations. Contact: [902-641-2225\(Debert\)](tel:902-641-2225); [manager@fundygeopark.ca](mailto:manager@fundygeopark.ca)

## TRAILS

**The Cobequid Trail** is an 18-kilometre network of walking and cycling trails in central Colchester County, at the head of the Bay of Fundy. Explore woodland paths and shaded brooks. Follow the rail trail through farmland and Acadian dykelands beside the tidal Salmon River and watch the tidal bore when it arrives twice daily. Discover We'kwampekitk (the Mi'kmaq name for the Truro area), which means "the bay runs far up". The Cobequid Trail is great for bicycling, long distance running, leisurely walks and wildlife viewing. The trail has numerous rest areas with benches and picnic tables to enjoy the views.

CONTACT [902-897-3180](tel:902-897-3180); [recreation@colchester.ca](mailto:recreation@colchester.ca)

**Trail surface:** Most of the trail is smooth, with hardpacked, crushed gravel; a few, short sections are paved. **Trailheads:** Multiple trailheads with parking and trail information kiosks provide easy access to the trail.

**Sugar Moon Farm** is a working maple farm, woodlot and restaurant open year round.

With 2500 taps and a log sugar camp, Sugar Moon Farm proudly continues the spring (March and April) tradition of gathering the sap and creating exceptional maple syrup over an evaporated fire with mountain hardwood. In the restaurant, quality food is served--gathered from the local agricultural community. In addition, through sorting and composting all kitchen waste, respect is shown for the land and water. Visit the Farm, take a tour, hear the wonderful stories and see where the maple syrup is made.

You can taste this sweet treat on-site and take home some goodies from the gift shop.

## MASSTOWN MARKET

This family-owned business started over 50 years ago and has become a local landmark thanks to quality foods, great selection and friendly service. At Masstown Market you will find fresh produce, homestyle baking, a butcher, creamery and deli--all with locally sourced edibles. Browse through a delightful gift shop, fully stocked garden centre and even an NSLC outlet. Be sure to visit the full sized lighthouse for some fresh fish & chips or take home other seafood delights available at the "Catch of the Bay" Fresh Fish Market. What a wonderful photo opportunity awaits from the viewing deck atop the lighthouse where you can experience the breathtaking Cobequid Mountains!

## GOLF

**Truro Golf Course:** The Truro 18 Holes Golf Course is one of the premier golf courses in central Nova Scotia. The 6339-yard, par 71 layout has well-manicured fairways, white sand bunkers, and water in play on 10 of the 18 holes. Contact [902-893-4650](tel:902-893-4650); [stuart@trurogolfclub.ns.ca](mailto:stuart@trurogolfclub.ns.ca)

**Mountain Golf & Country Club:** This 18-hole golf course is located about 10 km outside of Truro at 1195 Pictou Road, East Mountain. The front 9 & back 9 holes are located on opposite sides of the highway with some breathtaking views of the East Mountain Valley. Contact [\(902\)893-2841](tel:(902)893-2841); [info@mountaingolf.ca](mailto:info@mountaingolf.ca).

## CENTRES

**Marigold Culture Centre.** The Marigold is the home for the Colchester Sport Hall of Fame and has an art gallery that hosts different artist's exhibits each month. 605 Prince Street, Truro NS.

**Colchester Historeum.** Since 1976, this building has been the home of the Colchester Historical Society and is used for public history programs and research. Because of its important link to the educational and architectural heritage of Colchester County and Nova Scotia, the building became a Registered Heritage Property in 2004. With its subtle polychrome finish, unique combination of building materials and a respect for all things symmetrical, the Science Building is a good example of the Beaux-Arts Movement in Canadian Architecture. Located at 29 Young Street, Truro NS.

## SPECIALITY SHOPPING

**Alderberry Village** has grown to represent over 50 quality, local crafters. The shop proudly displays the items that this diverse group of creative artists has crafted. From unique crafts, antique dishes, soaps, scented candles, seasonal home decor, craft paints, and gift ideas their determination and pride in what they do is evident throughout the shop. 59 Inglis Place, Truro NS.

**Thrown Together-Pottery & Art.** A working pottery studio with a gallery attached, featuring works in clay and other assorted mediums by over 20 artists (most local). Located in Truro, people are welcomed to come and browse – find that one-of-a-kind gift. Enjoy one of their classes and find out how much fun it is to work with clay. 37 King Street Truro, NS. CONTACT: Danielle Sawada [902-895-9309](tel:902-895-9309); [throwntogether@ns.sympatico.ca](mailto:throwntogether@ns.sympatico.ca)

**Calling Corners New Age Boutique.** The shop carries a wide range of new age products including crystals, tarot, oracle, books, mystic tools and earth-based spiritualities. 147 Esplanade Street, Truro, NS (902) 843- 5113; [info@callingcorners.com](mailto:info@callingcorners.com).

**The Truro Farmer's Market** is open Saturdays from 8am to 1pm hosting over 50 local vendors! Located in downtown Truro in an historic fire hall, the market offers a wide variety of wares. Shop local for fresh greens, delicious baked goods, Nova Scotia wines, beers & spirits, meats, and cheeses. Browse decorative items, jewelry, and handcrafted woodwork as well as other unique merchandise all while enjoying this vibrant gathering space.

**Inglis Street, Truro** – many specialty shops including clothing and footwear as well as dining options.

**Truro Mall-** 245 Robie Street, Truro NS, 39 retail stores and dining options.

**Fundy Trail Centre-** 68 Robie Street, Truro NS, 27 stores, restaurants, and services.



## *Federated Women's Institutes of Canada*

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