



HALIFAX WOMEN'S  
HISTORY ♦ SOCIETY

# Halifax Women's History Society Newsletter

Spring 2019

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## Round Up

- As of April 11, 2019, there is a new database available called [Early Modern Maritime Recipes](#), in which Dr. Lyn Bennet and Dr. Edith Snook have collected historic Maritime recipes from the Nova Scotia Provincial Archives. The database includes scans of the original documents as well as transcriptions, and you can search by ingredient, recipe or the person of origin!
  - Drs. Bennet and Snook have also published pieces on *Borealia* on their work on historical recipes: [Fighting Fungus with Fungus: Mushroom Ketchup as Food and Medicine](#) and [Settler Colonialism and Recipes in the Early Modern Maritimes](#) as well as "[The Power of Curing](#)": [Spawning Remedies in Pre-Modern Medicine](#) on *Acadiensis*
- Viola Desmond and her new banknote have featured prominently in this newsletter, and rightly so! The new \$10 bill honouring Viola and her legacy [has won the International Banknote of the Year Design Award](#).
- Historic Nova Scotia published a piece on [The Provincial Normal School](#), which trained teachers in Nova Scotia. Teaching has long been a very

- Another piece on Historic Nova Scotia, [Taking the Cure](#), on the experiences of Anne-Marie Belliveau who was a tuberculosis patient at the Nova Scotia Sanitorium in 1940.
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## **Meet the Board: Communications Chair Bridget Graham**

Joined the HWHS in the summer of 2015 (she/her)

Bridget is the Communications Chair of the Halifax Women's History Society. Bridget is originally from Beachburg, Ontario but has lived in Halifax for the past seven years. Bridget completed her Bachelor of Arts and Master of Arts degrees from Dalhousie University, and currently works at Dalhousie. As of next week Bridget will be working with MEOPAR and SKIP, two research organizations at Dalhousie. Bridget is a certifying full spectrum Doula (Labour & Birth and Postpartum) with Doula Canada, and their Provincial Liaison for Nova Scotia, New Brunswick and Quebec. Bridget is a certified Abortion Doula, and Board Member for the Abortion Support Services Atlantic, a Board Member for the Midwifery Coalition of Nova Scotia, a Member of the Students on Ice Alumni Council, a Sparks Leader and a Member of the Global Shapers Halifax Hub.

In her spare time Bridget likes to read, cook, bake, preserve and garden. She loves to share stories, and has a keen interest in researching historic letters and diaries!



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## Blog

### Inaugural Share Their Stories!

We had the first installment of our event series, [Share Their Stories](#), our community digitization project. We invited community members to bring in family photos and documents to be scanned for preservation, with the option to include them in our new digital archive. We would like to thank everyone who attended and participated, and encourage people to come to future events:

- **Saturday, May 4, 2019, 1-3pm, North End Memorial Library (Large half of Terry Symonds Room)**
- **Sunday, May 19, 2019, 1-3pm, Halifax Central Library (BMO Community Room)**

After each event we will profile one of the women we learned about, with our first one being Katherine "Kay" MacDonald (née MacLeod), the mother of our Chair, Sharon MacDonald. Read about her [here](#).



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## What We're Reading

- *The Queen of Whale Cay: The Eccentric Story of 'Joe' Carstairs, Fastest Woman on Water* by Kate Summerscale
- *Girl Squads: 20 Female Friendships That Changed History* by Sam Maggs and Jenn Woodall
- *Motherhood* by Sheila Heti



*"The Volunteers/Les Bénévoles"*  
Sculpted by Marlene Hilton Moore

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### Contribute to the Halifax Women's History Society!

We are proud to say that the society has successfully erected the first historical monument celebrating women in Halifax, but we still have much to do. If you would like to be a part of our future endeavours, consider making a donation to the society. Any amount helps, and we are always appreciative of community support.

### About the Society

Founded in 2013, the Halifax Women's History Society (HWHS) researches and makes known the untold story of the remarkable contributions that women have made to the history of Halifax. "A Woman on the Waterfront" is the Society's first project.

Membership is available for anyone who wishes to support us. Lifetime membership is \$25 for adults and \$5 for students, purchasable by paypal on our [website](#).

Women's work is too often invisible to the public, especially in the history of the Second World War, which focuses on men and rarely mentions women's volunteer work. Without the work of countless volunteers, Halifax would not have been able to meet the needs of the huge influx of people into the city or support the military personnel and their families who made Halifax home during the war. There are more than 100 cairns, steles, sculptures and plaques in Halifax. Less than a dozen are of female figures and most of these are from mythology or are symbolic. A monument — The Volunteers/Les Bénévoles — to women volunteers would honour them and provide public acknowledgement of their numerous contributions.



### Newsletter Submissions

Have something you would like to see in our next newsletter or on our blog? An event, news story, picture, piece of writing or historical figure that is relevant to our cause? Please send us the information and we would be delighted to consider it. We are always looking for contributions of 300-700 words to our blog.



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7

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