

ACWW CONTINUES TO WORK FOR WOMEN

Associated Country Women of the World (ACWW) is active in over 70 countries worldwide, working in partnership with members and member societies, offering women the chance of a better life through mutual support, friendship, and practical help. Any WI member who questions the value of donating to *Pennies for Friendship* (or *Coins for Change!*) need only look to the great work that ACWW is doing for women around the world. One can learn about ACWW projects online at www.acww.org.uk or by reading *Countrywoman*, the organization's newsletter.

One of the truly special things about ACWW is its relationship with the United Nations (UN). According to *Countrywoman*, ACWW was one of the original NGOs (non-governmental organizations) to receive special consultative status with the UN in 1947. The Chair of the ACWW UN Committee is Sharon Hatten from British Columbia. Currently, ACWW has nine UN representatives based in cities that host UN agencies. These reps "work with other NGOs that have similar objectives to lobby on behalf of rural women." ACWW's UN reps work with the following UN Committees (among others):

- Food and Agriculture Organization (FAO)
- World Health Organization (WHO)
- UNICEF
- Status of Women
- Committee on the Family

In June 2014, the UN announced a 16-month celebration of the 70th anniversary of the UN Charter, which came into effect in 1945.

Through ACWW, WI members across the world are part of discussions on a myriad of topics: sustainable agriculture, proper sanitation practices, infant health, child rights, communicable diseases, education, and much, much more.

One subject that is re-visited in the last issue of the *Countrywoman* is female genital mutilation (FGM). At the last ACWW conference, a resolution

was passed saying: *Be it resolved that ACWW calls on all people worldwide to stop the practice of female genital mutilation, female circumcision and cutting, which endangers the health and life of young girls.* Years ago, Manitoba WI members were horrified to learn that this practice was continuing in Third World countries and indeed imported with immigrants into developed countries.

The *Countrywoman* reports that work on this front still continues. February 6 is *International Day of Zero Tolerance for Female Genital Mutilation*. Member societies were reminded once again that there are things that can be done:

- Send letters to governments calling for the ban of this practice or the implementation of existing laws.
- Host an education campaign
- Support FGM survivors by paying for restorative surgery
- Re-train women who perform FGM operations as reproductive health workers
- Promote the ACWW FGM awareness project in Gambia

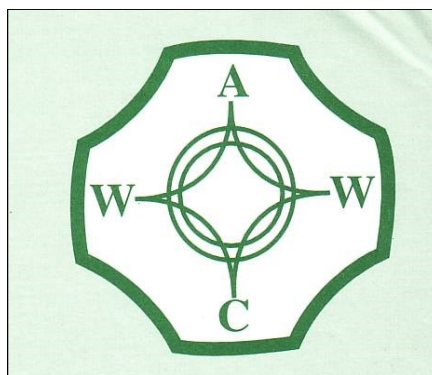
According to *Countrywoman*, the city of Bristol is leading the way to eradicate FGM in England.

Another interesting note that is found in the newsletter is a brief mention of polio. Apparently, the annual number of polio cases has decreased by more than 99 percent. Unfortunately, three countries have not been able to contain polio outbreaks — Afghanistan, Nigeria, and Pakistan.

ACWW plays a huge role in protecting women around the world. Not only does the organization lobby on behalf of women at national and international levels, but it provides funds and leadership for practical projects in rural areas around the world. ACWW does not receive any government funding. Its projects are funded by *Pennies*

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News from the MWI board

The board of Manitoba Women's Institute met in Portage la Prairie on March 2 and via conference call on April 6. Board members are very busy in a number of different areas.

- The Recruitment and Promotions Committee oversaw the publication of an MWI ad in the Brandon Winter Fair newspaper.
- The Community Charity Services (CCS) fundraiser will continue as it currently provides \$600 annually in revenue. Members can sign up for this project at the provincial convention.
- In an upcoming issue of *The News*, the Planned Program Committee will provide information about grants that have been received to offer programs on gardening, preserving, and cooking. Only two WI branches requested seeds from the Seed Program.
- Marlene Baskerville attended the March meeting to speak about an initiative of the Manitoba Association of Agricultural Societies (MAAS) called *Building Capacity*. MAAS would like to be the conduit to assist communities in developing their leadership capacities. MWI welcomes this project and sent a letter of support indicating that it would like to be involved.
- Marlene also spoke about the Primary Prevention Health Syndicate, whose purpose is to encourage healthier living.
- A nominee for the FWIC/International Peace Garden Scholarship is still being sought even though the deadline has passed.
- The MWI Picnic Nook at the International Peace Garden will now be clearly marked. It is also known as the "Maple Picnic Area".
- MWI is a federate member of the Provincial Council of Women of Manitoba (PCWM) and is represented on the Council by Shelagh Polischuk. As a federate member, MWI was asked for input on five

PCWM resolutions dealing with: full-biological nutrient removal, English language classes for new Canadians, access to services for children with FASD, and access to healthcare for women with disabilities. The resolutions were all supported by the MWI board.

- MWI will be submitting a nomination for the PCWM *Celebrating Women Gala* to be held in June.
 - MWI has renewed its membership in Ag in the Classroom — Manitoba.
 - The MWI board has received a letter from Catherine Marshall, who worked with WI members in 2011 to complete research for her thesis on body image and eating among baby boomers and older women. Catherine has now received a Master of Science in Human Nutritional Sciences. She thanked MWI very much for its help and has gifted the office with a bound copy of her thesis. (See page 9)
 - At a future meeting, the board will discuss the creation of a "Friendly Manitoba Society", a suggestion that has been made by Jim Irwin of Experiential Tourism Strategies Consulting.
 - In June, a new appointment will be made to the Manitoba Farm and Rural Support Services board.
 - WI members are encouraged to use the MWI banner at all events at which WI has a presence. Every opportunity to advertise for MWI should be seized. Each region has a banner, and it should be displayed as often as possible.
 - MAFRD staff people are available to lead various sessions for branches, including workshops on technology and organizational development.
 - Members are preparing to attend the FWIC conference in New Brunswick in June.
- The next board meeting will be held over the telephone on May 4, 2015.

FROM YOUR PRESIDENT



I am getting excited because spring is coming and I love this season. Things are starting to grow so that the white and yellow colors around us are turning to green. You can just smell everything coming to life.

As I am sitting here with all this enthusiasm, I am hoping you will help us. We are looking for a young woman to apply for the FWIC/Peace Garden Scholarship. This program takes place at the end of June. That is not the best time for many young women as school is ending and grads are taking place, or if they are in university or college, they will be starting a job. We are not in control of the timing of this event. The Peace Garden determines the dates and they supply all the lodging, food and security so we cannot change that.

We are looking for a young woman between the ages of 17 and 20 years age

as of January 1st of this year. All her travel, accommodations, and meals will be covered. The scholarship week will take place from June 21st to the 27th. During this week she will travel to the International Peace Garden where she will meet young woman from all the other provinces. They will learn leadership, marketing, photography, and horticulture among other things. This will be an experience they can put on their resumes that will be one of a kind. It is a chance of a lifetime!

What do they need to do in order to apply for this scholarship? They need to submit a typewritten essay of between 500-1000 words to the MWI Provincial Office. They also need to provide a resume and a letter of reference at the same time. Community and volunteer experience are assets.

What are their responsibilities? They have three responsibilities. The first is to prepare and submit a report of their experiences during their week at the International Peace Garden to the Provincial Office. The second is to make at least one presentation to a Women's Institute group or conference. And the last is to represent MWI and FWIC to the best of their abilities when they are at the Peace Garden.

This information is readily available on the FWIC website at www.fwic.ca. I would really appreciate it if you could look at your high school and see if there are any potential girls who would consider this amazing experience. Possibly

there is a neighbor with a daughter who is in university or college and could take one week off of her job in order to gain leadership experience and life-long friends. This is a very unique opportunity for the right person.

The other subject I wanted to talk to you about is the Provincial Convention. Now is the time of the year that we are thinking about the resolutions and how we will be voting. As all of you know, the region that is organizing this convention has put a lot of time and effort into making sure that it is a success. Sheila Needham, the ACWW Canada Area President, is coming. We collect *Coins for Change* to send to ACWW for its projects every year. It will be nice to hear about what is going on with our world-wide organization. Please consider coming to the convention. It would be nice if we had a good audience to hear what Sheila has to say. The registration form was included in the February *Institute News* and is also available on our website, through your local branch secretary, or by contacting the Provincial Office to have a copy mailed to you.

Donna Young

The MWI banner

Each region of MWI has been given an MWI banner. These banners are very striking and receive high praise when they are seen by the general public.

The MWI board would like to remind all MWI members to have this banner displayed at all WI-related events or any event where WI can gain some visibility.

The Board also wants to remind the regional boards to be mindful of where this banner is normally stored. The "banner keeper" is a very important person. Members should know who this person is. The "banner keeper" is reminded that the banner must always be accessible, even if she is not! (In other words, if the banner keeper is away for an extended period, other arrangements must be made for the keeping of the banner.)

These banners are of great benefit to our organization. Let's be sure that we use them.



Chatting at the ACWW Area Conference last June: (l-r) Sheila Needham, Liz Chongva, and Donna Young.

(Continued from page 1)

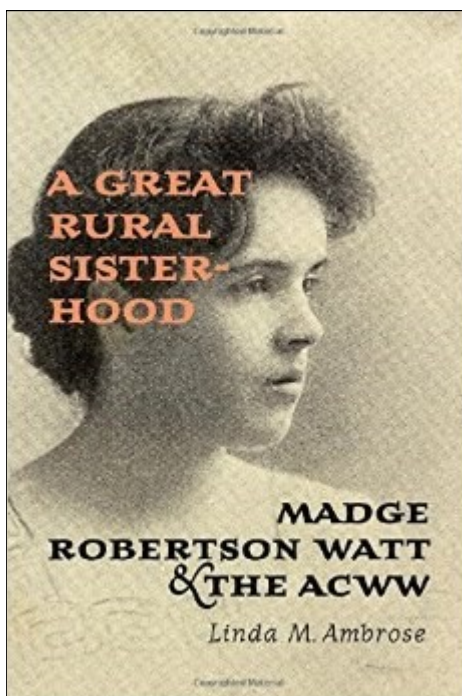
for *Friendship* donations. MWI refers to this as *Coins for Change* in the hope that more than pennies might be received!

Unlike most organizations, ACWW did not have a definite beginning but rather it evolved from the desire of countrywomen all over the world to come closer together in friendship, to pool their knowledge, and to work towards a better world. In 1927, a resolution was passed by the International Council of Women "that a Committee be formed to consider the conditions under which women's rural organizations worked". Three years later in 1930, a further step was taken when a Liaison Committee of Rural Women's and Homemakers' Organizations was formed at the Council of Women Conference in Vienna. In 1933, in Stockholm, Sweden, ACWW was finally born.

The union of rural women's groups around the world was the vision of Madge Watt (known in those days as Mrs. Alfred Watt). Mrs. Watt was born in Ontario, married a doctor, and settled with him on Vancouver Island. There, she joined the very young Metchosin Women's Institute, immediately enamoured with the benefits of belonging to such an organization. After the death of her husband in 1913, Mrs. Watt moved to England with her two sons. In 1915, she organized the first WI in Great Britain, an organization which proved to be invaluable during World War I. Starting in 1919, Mrs. Watt endorsed the idea of having an international body for rural women. For many years, she lobbied and travelled and spoke at length about the value of such an organization. When her dream was realized in 1933, she became the first President of ACWW, a position in which she served until 1947. A year later, she died in Montreal at the age of 80.

Madge Watt was a true heroine of the WI movement. For those who would like to learn more about this formidable woman, a book, titled *A Great Rural Sisterhood: Madge Robertson Watt and the ACWW*, has recently been published by the University of Toronto Press. In *A Great Rural Sisterhood*, author Linda Ambrose uses a wealth of archival materials from both sides of the Atlantic to tell the story of Watt's remarkable life, from her early years as a Toronto journalist to her retirement and memorialization after the Second World War. Ambrose, a Professor of History at Laurentian University, has written two previous books about Women's Institute in Canada. (See page 7)

Since ACWW was formed in 1933, it



has held triennial conferences in various places around the world. The last conference was held in Chennai, India, and was attended by two of our own MWI members: Joan Clement and Gisela Nolting. The next conference will be held in Great Britain at the University of Warwick, Coventry, from August 17-23, 2016. It's time now to start thinking about attending this event. The earlybird conference registration fee is £390 per person and must be received before April 16, 2016. (Thereafter, registration increases to £415 per person.) Accommodation is not included in this rate. Registration forms may be found online at info@acww.org.uk.

According to the *Countrywoman*, "any ACWW member who has ever attended a Triennial/World Conference will certainly agree that it is the highlight of any triennium." The host society is West Midlands Federation of Women's Institutes who will work hand-in-hand with the Triennial Conference Committee. The schedule has not yet been fully confirmed, but will include an official opening ceremony, area meetings, plenary sessions, "English Night", a gala dinner, closing ceremonies, and an optional extra-cost Excursion Day.

For the purposes of ACWW, the world is divided into areas, each with its own president. Canada is an area of its own; current Area President is Sheila Needham from Quebec. Sheila has visited in Manitoba a number of times, and we are pleased to welcome her as a guest at the MWI convention in Winnipeg in May.

DCK

FWIC 2015

Planting Seeds of Change Fredericton, New Brunswick

June 9-13, 2015

Federated Women's Institutes of Canada (FWIC) will meet in Fredericton in June. There is still time to register for this Triennial Conference. The final deadline for registration is April 30. Complete registration information can be found on the FWIC website at www.fwic.ca.

Margaret McCain BA BSW is one of the speakers. Mrs. McCain was the first female Lieutenant Governor of New Brunswick (1994-1997). After this term, she became co-chair of The Early Years Study. She was married to the late Wallace McCain who co-founded McCain Foods.

Another speaker is **Joan Meade** who is a professional storyteller and a docent at the Beaverbrook Art Gallery in Fredericton.

Participants are asked to bring the following:

- ◇ a donation or small gift suitable for an elderly lady. Everything received will go to the WI Home in Woodstock, a residential home for senior ladies and the only WI home in Canada.
- ◇ a piece of sea or beach glass that will be put into a mosaic being made by FWIC President Marie Kenny.

The program is exciting. Registrants have their choice of 10 destinations on Tour Day. They may also sign up for three workshops from a choice of 14. There will be other speakers and six plenary sessions. The conference will be chaired by President Marie Kenny and will feature the installation of incoming President Linda Hoy.

If you are planning to attend FWIC 2015 in New Brunswick, please inform Joni at the MWI office.

DCK

Food literacy: Community Tables

Joyce Slater is an Assistant Professor of Community Nutrition in the Department of Human Nutritional Sciences, Faculty of Agricultural and Food Sciences, at the University of Manitoba. She teaches nutrition education and public health nutrition. Joyce's research interests include food and nutrition security and the role of food literacy in disease prevention and well-being. Using a mixed method approach, Joyce conducts community-based research in partnership with several organizations. Joyce is also a Registered Dietitian who worked in various public health organizations for 18 years before obtaining her PhD and joining the University of Manitoba.

Community Tables: Making healthy eating normal in Winnipeg's North End — one meal at a time

Joyce Slater, human nutritional sciences professor at the University of Manitoba, has partnered with Food Matters Manitoba and the North End Food Security Network to launch *Community Tables*. The education program equips community organizations in Winnipeg's North End with the knowledge and practical tools to run healthy snack or meal programs. The overall goal is to improve the food security of North End community-based agencies by increasing their capacity to serve healthy, culturally-acceptable foods to their clientele.

Community Tables consists of a training manual and a five-module training program focusing on basic nutrition, food safety, and traditional Indigenous foods with an urban focus. The 'students' are staff and volunteers of community-based North End agencies serving food as part of their programming. In addition to learning about healthy, safe and culturally-acceptable foods, participants experience "hands-on" teaching in food preparation.

Participating organizations are also guided to develop their own healthy food policies. This could be anything from no longer serving pop and restricting juice to ensuring that traditional foods are part of the menu.

Community Tables grew out of a North End community assessment that showed high levels of poverty and food insecurity, with many community-based agencies providing area residents with emergency and supplemental food through food banks, and meal and snack programs. The individuals running the programs said they wanted to improve the quality of food they were serving and improve staff and volunteers' knowledge of healthy eating.

Community Tables was pilot-tested in the spring of 2014, modified, and to date has trained 33 community agency staff members and volunteers.

Kerry Spence, a University of Manitoba human nutritional sciences master's student, is undertaking a full evaluation of the program for her thesis research. Early results indicate the program is a success. A Community Tables graduate was very excited after implementing a healthy food policy in her organization because she saw a positive reaction from the community. Another stated, "If this is healthy eating, I'm in!"

More sessions are planned for 2015, and the organizers hope to secure funding to expand Community Tables to other parts of Winnipeg, and possibly beyond.

The funders of the project are the Public Health Agency of Canada, Food Matters Manitoba, and North End Food Security Network (in kind).

For more information, contact Joyce Slater, RD, PhD, Dept. of Human Nutritional Sciences, University of Manitoba
Joyce.Slater@umanitoba.ca

Ag in the Classroom — Manitoba is looking for volunteers to help with **Amazing Agriculture Adventure 2015** in Brandon! June 2-3 at the Keystone Centre

Organizers anticipate over 600 Grade 4 and 5 students from the western part of the province.

Class hosts: Eighteen class hosts are required each day to work with teachers and students to move them from station to station on time.

Station volunteers: Twenty volunteers per day are needed to manage the stations. This is a fun thing to do! The stations are related to the Grade 4 and 5 Science curriculum.

Stations which require volunteers are:

- ⇒ Sheep (real sheep!)
- ⇒ Enviroscopes
- ⇒ Sheep-wool
- ⇒ Weather game

The above stations are in the *Amazing Habitats and Communities* section. *Amazing Ag* stations also need volunteers:

- ⇒ Combine
- ⇒ Tractor/baler/PTO
- ⇒ Wheat grinding
- ⇒ Leafy spurge
- ⇒ Farm business
- ⇒ Match the Commodity

AAA cannot be a success without volunteers.

- If you can help go to <http://aitc.mb.ca/get-involved/volunteers/registration/brandon-aaa-volunteers-needed/> or call Diane Mauthe at 204-471-9698.
- Be at the Keystone Centre by 8:30 a.m.
- Food and beverages will be provided for you.
- AAA will accept half day or full day volunteers.



The Resilient Journey — a Wellness Day at Rivers

A few years ago, a few people in Rivers began to contemplate the hosting of a “wellness day” for the community. A number of groups came together to form a planning committee. Representation came from many areas including the Regional Health Authority, Palliative Care Committee, Health Auxiliary, Rivers Collegiate, and Women’s Institute. After much discussion, the decision was made to focus the day on two speakers: Dick O’Brien and Wendy Sutton.

The theme for the day was “resiliency”, defined by Dick O’Brien as “your capacity to recover from the difficult situations in life”. Advertisements were sent far and wide for the event to be held on April 11, 2015, at Rivers Collegiate.

Dick O’Brien certainly lived up to his billing. He was articulate, entertaining, and very profound. He is a professional speaker who talks about how to stay healthy through the difficult times and how to learn to live with uncertainty. He maintains that 95 percent of stress is self-administered, and that we have lost “wisdom” in our lives. He said, “Turn irritations into invitations and then turn half of them down.” His presentation was filled with gems of wisdom — some his own and some borrowed from others. “Afflictions colour your life, but you can choose the colour...You have two choices: be bitter or better...Let everything be your teacher... Reflect, renew, refocus, restore.”

The second speaker was Wendy Sutton who, through personal experience has become somewhat of an expert on caregiving for a family member. She believes that families must have more support when caring for elderly parents or grand-

parents. She started teaching workshops on the subject five years ago and is now working on a resource called *Caring with Confidence* which will be a wide ranging aid for all caregivers in the province.

After a plenary session where both speakers made a presentation, concurrent workshops were held during which Dick and Wendy continued their themes. The day ended with Dick O’Brien’s knowledge and inspiration. He gave many good bits of wisdom such as “Sometimes it just is.”

The day included nutrition breaks (provided by WI) and lunch (provided by the Health Auxiliary). There was no registration fee. The organizers were very gratified to have an attendance of almost 150. This was an example of how partnerships among community organizations can result in events that are well organized, well attended, and of benefit to the local community and the area beyond.

DCK



Rivers WI members prepare snacks for the Wellness Day at Rivers Collegiate. (l-r) Michelle McFadden, Josephine Hunt, Arenda van der Deen

There are no quick fixes, just fundamental principles of compassion, composure, service, and love that are grounded in your purpose and require a lifetime of practice.

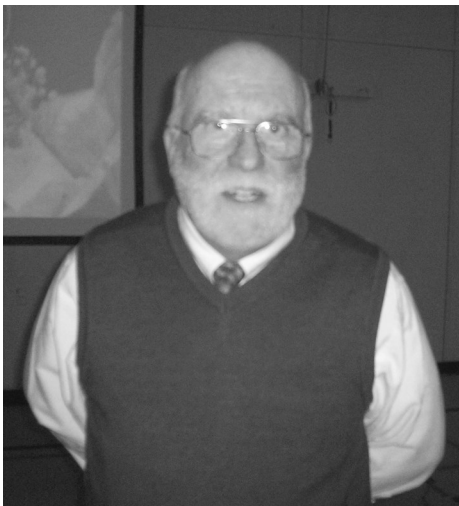
- Dick O’Brien

There will be peaks and valleys, good days and bad days, success and failures, and they are all part of the decision to choose life and everything that goes with it.

- Dick O’Brien

You cannot always trust your mind! By age 20, we have already created a crazy, distorted mind that constantly reacts to the myriad of events that are inevitable in any modern society. This reactive mind is also hardwired to the body and creates a continuous negative effect on health and happiness.

- Dick O’Brien



Dick O’Brien

Food literacy: Cooking activities for kids

Why you should do kids cooking activities ...

- ♦ Learning to cook helps children to learn about nutrition and healthy eating. They are growing up with fast food and junk food at their fingertips, which is part of the reason why child obesity is on the rise. Teaching kids to cook will help instill skills to last them a lifetime.
- ♦ Cooking will help boost their self-esteem. They are accomplishing a task, learning something important, and contributing to the family.
- ♦ Kids will be more apt to eat what they make. Perhaps it is simply the enthusiasm of creating something themselves, but they will be more likely to eat whatever they had a hand in making.
- ♦ It's a great way to learn life skills. This can be especially helpful when kids are on their own and won't have to rely on fast food and junk food to sustain themselves.
- ♦ Cooking teaches them about planning and making choices.
- ♦ Kids cooking activities are a great way to allow kids to express themselves and enjoy

their creations. Practice creativity and imagination.

Here are some of the web sites that may be useful:

www.kids-cooking-activities.com

www.coursera.org/learn/childnutrition/outline

www.julienegrin.com/HowtoTeach_Ebooklet.pdf

www.milk.mb.ca/product-category/resources/

*Submitted by the Planned Program Committee:
Debbie Melosky, Linda Wilson, Shelagh Polischuk
and Janet Kroeker*



The Institute for International Women's Rights — Manitoba (IIWR-MB) was founded in Winnipeg in March 2013 to "generate education, awareness, and action to promote women's human rights, locally and globally". On March 8, IIWR-MB partnered with other organizations to host an event at Westminster United Church to mark International Women's Day.

The IIWR-MB website includes some information on the organization's activities which focus on advocacy. The website lists a number of other organizations with a 'human rights perspective for women and girls':

1. The Institute for International Women's Rights (Global Village, University of Winnipeg)
2. UN Women
3. The United Nations Inter-Agency Network on Women and Gender Equality
4. Equality Effect (international network of human rights advocates)
5. UNICEF Canada
6. MATCH International
7. Global Fund for Women
8. Soroptimist Club
9. Women's Legal Education & Action Fund (LEAF)
10. ELDIS (research collection)

Though some progress has been made, many challenges continue.

DCK

A Great Rural Sisterhood: Madge Robertson Watt & the ACWW

Written by Linda Ambrose

Word has been received from FWIC that this book can be purchased at a reduced price by WI members. The University of Toronto Press will sell the book to WI members for the cost of \$20 plus shipping.

To take advantage of this offer, you must contact Caroline Young, Sales and eMarketing Co-ordinator at 416-978-2239 ext 259 or cyoung@utpress.utoronto

From the Editor: Associated Country Women of the World is not on the above list. Wonder why?

Focus on WINNIPEG/INTERLAKE

Winnipeg/Interlake Region is surrounded by the beauty of three of the largest bodies of fresh water in the world: Lake Manitoba, Lake Winnipeg, and Lake Winnipegosis. The region extends over 200 miles north of Winnipeg and 100 miles from east to west. Members of the region gathered at the Little Red Barn at Stonewall on April 18 for the annual regional convention.

Fisher Branch Women's Institute

It is nice to think that Spring is here. Now seems to be the time for Spring meetings. The Fisher Branch WI was asked to do the decorations for the provincial convention at the Viscount Gort Hotel in Winnipeg. A few ideas were brought forward and a decision was made. Once the idea was agreed upon, at our April monthly meeting, our ladies got together and helped make leaves, flowers, and butterflies for the making of table centres and individual favours. I'm sure everyone attending the convention will appreciate these spring-like decorations.

This year a group got together to re-organize the Northern Lights Festival of the Arts. This has been inactive for a few years, and it seemed like the young people should have the opportunity to perform and be adjudicated. The Fisher Branch WI donated \$250 to help in the re-establishment of the festival. The branch

also donated another \$200 for scholarships. Many members helped at the event as volunteers.

After 30 years, the Fisher Branch WI took a hiatus from our Skits Night. A Hallowe'en dance was planned in place of Skits Night. This proved to be successful and a lot of fun. They plan to have this event again.

Just before Christmas, members and many other people contributed to the Christmas shoe boxes. About 325 boxes were filled and I'm sure were welcomed by those receiving them. Already many members are collecting articles for Christmas 2015.

We are now looking forward to attending the regional convention at the Little Red Barn on April 18.

Bernice Enstrom

Inwood Women's Institute

We had a busy 2014. One of the highlights honoring 95 years of Inwood WI was the donation and dedication of a concrete bench in the Inwood Park. The bench is near the cairn which holds a plaque describing the area history. WI members in attendance at the dedication were Joyce Chitz, Gladys Karish, Sophie Eskilson, Theresa Capuska, Sonia Kaschyshyn, Florence Chitz, Kathy Lotz, Marie Dziedzic, and Lorna Priestley. MP James Bezan was also in attendance, as well as other local dignitaries, family of WI members, and others. Following the

dedication, everyone enjoyed cake and refreshments in the hall.

Gladys Karish

Narcisse Women's Institute

Our year began with 15 members. Four of our members joined Winnipeg WI members at the Olive Garden for a luncheon to celebrate WI Day on February 19, 2014. In August, we joined other WI members in the region in going to see the *Journey to Churchill* exhibit. Our guide was a local girl, Donna Chitz, whose mother and sister are members of the Inwood WI. Many of us also checked out the *Butterfly House* which was quite close to the polar bear exhibit. What an enjoyable day!

With such a diverse group, our meetings are held at Oakbank, Steinbach, and Teulon, enabling us to visit different areas. Sometimes, we even get lost, which makes for a lot of teasing and laughter. We enjoyed a tour of a retirement home in the new Aspen Villa (55 plus) in Oakbank, home of one of our members. Another of our meetings was held at the *Simply Living Wellness Retreat* near Inwood. We also go to Steinbach to meet in another member's home. This shows that members can be from all over, not just from the local's home area. It makes for an interesting and very enjoyable Women's Institute with a lot of fun mixed in.

Lynne Moore

Other branches in the region are Grosse Isle WI, Mount Lildon WI, Teulon WI, and Winnipeg WI.



The Inwood WI bench in Inwood Park. Photo by V. Watt

*Educate a boy and you
educate a man, but educate
a girl and you educate a
Family.*

- Adelaide Hunter Hoodless

Do you like how you look?

In 2011, MWI members assisted Catherine Marshall as she was doing research for her thesis. The topic was “body image and baby boomers”. The regional representatives were especially helpful to Catherine as she was setting up the focus groups across the province. The final thesis was called *Body Dissatisfaction, Concerns about Aging, and Food Choices of Baby Boomer and Older Women in Manitoba*. Catherine has gifted MWI with a copy of this thesis and has made a summary of her findings available. This is fascinating reading. You may remember that Catherine gave us a taste of some of her research at the MWI convention in 2012. Here is a bit more:

- Fourteen focus groups were held in rural and urban areas. Of the 137 participants, half were baby boomers (ages 45-65) and half were older women (ages 66+).
- Women completed a self-administered questionnaire and height and weight measurements.
- Results were organized into six themes: Body image and body dissatisfaction (BD), weight issues, aging attitudes, body work and dieting, healthy eating and food choices, and food product attitudes.
- Most women have some degree of BD.
- BD can increase in certain circumstances e.g. while shopping for clothes.
- Older women tend to be more satisfied overall ... they are simply thankful to be alive and well.
- Feelings of BD are often related to issues with weight.
- Only 40 percent of the women were satisfied with their weight.
- Age-related changes in appearance cause much dissatisfaction.
- 34 percent of the women worried about the effects of aging on their appearance.
- Some women find it hard to accept the fact that their bodies are aging when they still feel young on the inside.
- Some women have come to accept the inevitability of aging; some commented on the joy and freedom of being older.
- 54 percent had dieted within the last year, but dieting is seen as very unenjoyable, restricting, frustrating, and all-consuming.
- Women who were not dieting exhibited some degree of dietary restraint — “trying to limit”.

Manitoba Women's Institute Scholarships

Annually, Manitoba Women's Institute offers two scholarships of \$750 each.

Successful applicants must:

- ⇒ Be rural Manitoba residents.
- ⇒ Be students enrolled in a recognized academic or vocational course to gain knowledge and skills that would enable them to acquire professional or technical status or to change careers and enter the workforce.

These scholarships are administered by the Red River Exhibition Foundation Inc. The successful applicants will be chosen by an MWI selection committee.

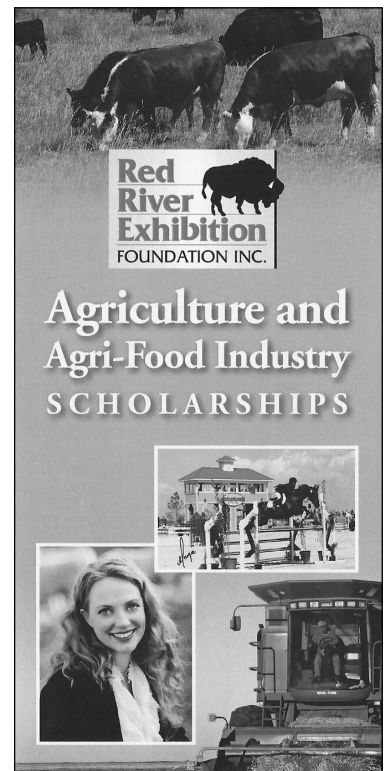
Application deadline: 4:30 pm on May 8, 2015

Applications must include:

- ⇒ Name, address, city, province, postal code, telephone number, e-mail address
- ⇒ Proof of current enrolment in a program related to enhancing or sustaining rural life.
- ⇒ Letters of reference/recommendation from at least two people (teacher, employer, community leader).
- ⇒ Resumé including education, employment, and volunteer, community, and school activities.
- ⇒ A one-page visionary essay (500 words) describing:
 - * your current involvement in sustaining or enhancing rural life;
 - * why your interests lie in rural life;
 - * what rural life has contributed to your past and present life style;
 - * how you plan to remain active in rural life in the future.

When all of the information and documentation is collected, the application package may be sent to the Red River Exhibition Foundation by:

- ⇒ mail to Red River Exhibition Park, 3977 Portage Avenue, Winnipeg, R3K 2E8.
 - ⇒ personal delivery to 3977 Portage Avenue, Winnipeg.
 - ⇒ fax to 204-888-6992.
 - ⇒ e-mail to foundation@redriverex.com
- Questions? Call 204-888-6990 or e-mail foundation@redriverex.com.



- Women consider balance, moderation, and variety to be at the root of healthy eating. Home cooked meals from scratch are a priority.
- Most women read food labels at the grocery store, but in general there are a lot of unanswered questions about nutrition.
- One of the implications of the research was that food manufacturers need to improve labelling and marketing so that consumers are more easily able to

make healthy choices.

- Another implication was that there is a need for nutrition programs and services in rural communities.

This research project was funded with help from the University of Manitoba, the Manitoba Health Research Council, the Social Sciences & Humanities Research Council, Manitoba Agriculture Food and Rural Development, the Manitoba Rural Adaptation Council, the Jack MacDonnell Scholarship for Research in Aging, the Centre on Aging, and the Dr. Marian Campbell Scholarship in Community Nutrition.



Associated Country Women of the World

On or around ACWW Day — April 29, 2015 — members and member societies throughout the world are asked to join in *Women Walk the World for ACWW*. This event was a huge success in 2012 and 2013 and 2014. Let's do it again!

Taking part is:

- Simple—no instructors or membership needed
- Inexpensive—no special equipment involved
- Achievable—can be done anywhere, anytime
- Easy—just get up and walk!

Have fun and raise lots of *Pennies for Friendship*. Enjoy your day, walking for your health and the "health" of ACWW. Your participation will help ACWW achieve its goal of connecting and supporting women worldwide.

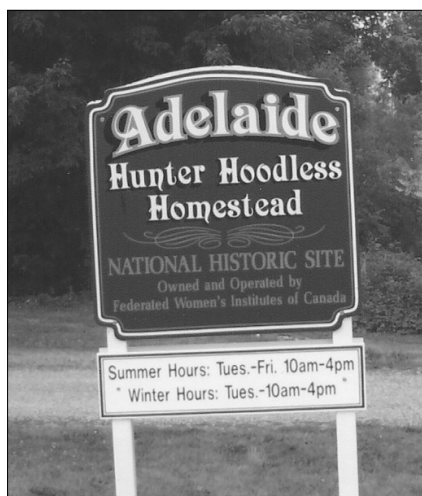
For the fourth year running, photos of the Walk can be entered into a competition.

The logo for *Women Walk the World* was designed by Junior members of the Country Women's Association in Victoria, Australia.

For further information, visit
www.acww.org.uk or
e-mail info@acww.org.uk.

Please forward write-ups of these activities for *The News*.

Adelaide Hoodless Homestead



If you are planning a trip to Ontario this summer, you might find some time for a side trip to the Adelaide Hunter Hoodless Homestead at St. George (359 Blue Lake Road). Adelaide Hoodless is credited as a co-founder of the Women's Institute, the Young Women's Christian Association (YMCA), the National Council of Women, and the Victorian Order of Nurses. No wonder a museum exists to honour her! The Homestead is owned by Federated Women's Institutes of Canada and is the home of the FWIC office.

The Homestead hosts many different events. Last summer staff welcomed over 3,900 visitors. They held a Good Friday Easter Egg Hunt, children's camps, a Summer Fete Garden Party with 25 vendors and 200 guests, a music festival, baby showers, company picnics, and WI meetings.

A new exhibit will open at the Homestead on May 3, 2015. It is called *The Empty Crib: Adelaide's Story of Loss, Resilience and Legacy*.

There is so much to see and do at the Homestead. It is well worth a visit!



Membership Recruitment

It's a never ending quest — looking for more members for this wonderful organization we belong to. Finding new members is possible. Each member must take a positive attitude and be enthusiastic about the possibilities of gaining new members. Members must take the time to plan, and be willing to ask, ask, and ask again. They must show kindness and recognition to both new and current members. If existing members obviously enjoy and appreciate their branch and its current members, new members will want to be a part of the positive atmosphere that is shared.

Where does this membership roundup begin? Think of it as a hide-and-seek game. You have to seek, for they are hidden! Keep your ears and eyes open and tune in to looking for persons you may invite to join your group.

Where do you seek potential members? Think about other groups you are involved with. Also consider persons at your church, work colleagues, your neighbours, persons getting close to retirement age, newcomers, and your family.

Brainstorm as a group for potential members. For one month, think of everyone you see as a potential member. Talk enthusiastically about your group and invite people to come as guests. Everywhere you go be on the lookout for those potential members who are hidden.

- * Be sure to make guests and new members feel welcome.
- * Be the first to say "hello" and talk.
- * Wear nametags if the new person doesn't know everyone in the group.
- * Give the person an orientation and take time to explain things about the branch.
- * Ask members to act as "buddies" for the first year.
- * If the person misses a meeting, have someone call to say she was missed and to give a reminder for the next meeting.
- * Nurture new members.
- * Each of us needs to be part of something!

Taken from the FWIC Membership Kit

International Peace Garden

The International Peace Garden (IPG) has hired an Interim Chief Executive Officer. Garry Enns will take on all the duties of the CEO for one year while the Board continues its search for someone to fill the position permanently. Enns brings a broad range of expertise and experience to this position, including the management of regional campuses for both Assiniboine Community College and Red River College. He also has designed, developed, and delivered employment and training programs.

MWI had a very good relationship with the previous CEO, Doug Hevenor, who resigned in September 2014. We hope to develop a similar friendship with Garry.

Garry recently sent out a press release featuring one of the plants in the cacti and succulent display. Queen Victoria's Agave began flowering in January and will continue to flower until the end of May. Then it will be exhausted and it will die. Queen Victoria's Agave is one of the most beautiful and slowest growing of all agaves. This plant will flower only once in its life but this flowering will mean its death. This agave is approximately 30 years old; it has lived out its expected life expectancy. Garry invites one and all to visit the Peace Garden. The Queen Victoria Agave is just one of the many beautiful things to see there.



Queen Victoria Agave in bloom. Photo by IPG

Manitoba Agricultural Hall of Fame

The Manitoba Ag Hall of Fame (MAHF) recently announced the 2015 inductees. They are:

- ◇ Harry Airey, Rivers
- ◇ Clarence Baker, formerly of Beausejour

- ◇ Morris Deveson, Winnipeg
- ◇ Glen Findlay, Shoal Lake
- ◇ William Gregor, Brandon
- ◇ Robert Hopley, Brandon
- ◇ David Jeffries, Portage
- ◇ Robert Roehle, Winnipeg

These men will be honoured at the induction ceremony to be held on July 16 at Portage la Prairie. The announcement was made at the recent annual meeting of the AHF held in Brandon. The MAHF board is made up of: President— Brian Saunderson, Morden; Vice-President— Ann Mandziuk, Minnedosa; Treasurer— Bruce Dalgarno, Newdale; Secretary— Mary Mitchell, Winnipeg; and Directors:

- ◇ Bill Anderson, Forrest
- ◇ Larry Black, Deloraine
- ◇ Wendy Bulloch, Brandon
- ◇ Eleanor Cassils, Winnipeg
- ◇ Ted Eastley, Winnipeg
- ◇ Les Rankin, Winnipeg
- ◇ Allan Reid, Oak River
- ◇ Merv Starzuk, Shoal Lake

MWI has long supported the MAHF. Vice President Ann Mandziuk is an MWI member, currently serving as FWIC Executive Officer. A number of our members have been inducted over the years. In 2015, a spouse will be inducted — Bob Hopley is the husband of MWI board member Lynne Hopley.

Discover Ag in the City

A number of stakeholders in the agricultural industry have come together to host an exciting event for city people about agriculture. *Ag in the City* is a two-day event that was held this year on March 20 and 21 at The Forks Market in Winnipeg. Here, urban folk were offered a chance to explore the vibrant and innovative world of agriculture. The agenda was filled with education and fun and included:

- A *Made in Manitoba Breakfast* presented by Ag in the Classroom
- A game called *Survey says...*
- A *Food Fight* presented by University of Manitoba students
- A *Meet a Farmer* session hosted by Curtis McRae, Vice President for Keystone Agricultural Producers (KAP)
- Cooking demonstrations by Getty Stewart
- A speaking competition called *Speaking of Agriculture*
- *Kids in the Kitchen*
- Trade show

The event was very well received. MWI members certainly welcome this initiative and commend the organizers for their hard work in putting together a high quality event.

DCK

Bulletin Board

- The **deadline** for the next issue of *The News* is **May 18**.
- We look forward to seeing you at the **MWI AGM in Winnipeg from May 8-9. You must register by 9:30 a.m. on May 8 in order to receive a voting card**. If you are unable to attend, please send your **proxy form**.
- *The Institute News* will **focus on Eastern Region** in the June edition. Please send your material to the editor by **May 18**.
- The next **MWI board meeting** will be held on **May 4** (conference call).
- The June issue of *The News* will be **distributed by e-mail only**. Please ensure that those without e-mail have access to these newsletters.
- At the time of printing, **regional conventions** are being held. Please send write-ups of these events to the editor by **May 18** for inclusion in the June newsletter.
- Do you know where the **regional banner** is being kept? Be sure it is accessible for all WI-related events.
- Information on purchasing the book *A Great Rural Sisterhood: Madge Robertson Watt and the ACWW* can be found on page 7.
- The winners of the **cash calendar** draw will be printed in the June issue of *The News*.
- When you are looking ahead to future programs, keep in mind that **UN Day is October 24**. A wealth of material is available for a program on the United Nations.
- If you plan to attend the **FWIC Convention in Fredericton** in June, please advise Joni at the MWI office.

Calendar of Events

April 2015

- 11 Northwest Region Convention
Fork River
- 15 Final deadline for registration,
FWIC Conference, Fredericton
- 15 Southwest A Region Convention,
Basswood (afternoon)
- 17 Eastern Region Convention,
Dugald
- 18 Winnipeg/Interlake Region
Convention, Stonewall
- 20 Southwest B Region Convention,
Brandon
- 29 ACWW Day

May 2015

- Fair Trade Month*
- 2 PCWM AGM, Gimli
- 4 MWI board meeting (conference call)
- 8 Deadline for MWI scholarship
- 8-9 **MWI convention, Winnipeg**
- 9 *World Fair Trade Day*
- 18 Deadline for *The Institute News*

June 2015

- 1 MWI board meeting, Portage
- 9-13 FWIC Conference, Fredericton
- 21-27 IPG Scholarship Week

July 2015

- 7 *Celebrating Women* Gala
Winnipeg
- 16 Manitoba Ag Hall of Fame
Induction, Portage la Prairie

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Planning ahead for ACWW

To celebrate International Day of Rural Women on October 15, 2015, ACWW is asking members to host their own tea party. The aim is to raise money and awareness of this important day, which will help women in rural areas.

A similar Tea Time campaign was held in 2014, and *Countrywoman* reports that ACWW has received nearly £1000 as a result. Overlander WI in British Columbia hosted Tea Time and raised \$175 for ACWW. Radwinter WI in Essex, United Kingdom, arranged a "Corn Silk Tea Tasting" with tea specially sent from Japan.

Dame Raigh Rowe

Word has been received of the passing of Dame Raigh Rowe, ACWW World President from 1977-1980. Dame Rowe, from Western Australia, began her "WI career" in 1953 as branch secretary. She served at every level above that before becoming World President. In 1980, she was honoured by the Queen to become Dame Commander of the Order of the British Empire (DBE). She was 92 years old at the time of her death in 2014.