

WOMEN OF DISTINCTION IN THE PARKLAND REGION

Manitoba Women's Institute is delighted to acknowledge that Pat Orsak has received a *Woman of Distinction* award. Pat, a Rural Leadership Specialist working with Manitoba Agriculture, Food, and Rural Development, sits on the MWI provincial board as MAFRD representative. Jim Lewthwaite, writing for *The Brandon Sun*, described Pat as "a staunch advocate of women in agriculture, a tireless volunteer, proud mom of five university-educated children, partner in the family's 5,000-acre wheat and canola operation [in the Binscarth area] and loving wife of 34 years to Paul". Rural women know the

The YWCA promotes *Women of Distinction* awards in 24 communities across Canada, including Winnipeg and Brandon. In Brandon, the Westman Communications Group *Women of Distinction Dinner and Awards Gala* was held on March 3. Twenty-three nominations from Brandon, Westman, and Parkland regions had been received; a seven-member committee narrowed the list down to nine winners, one of whom was Pat Orsak. The awards are selected by category — social action and community service, business, arts and culture, education, healthy living and recreation, agriculture, and lifetime achievement. Two awards were also given to young women.

One of the young women honoured also has an MWI connection. Seventeen-year-old Ayla Hamilton from Russell is a tireless volunteer. WI members were first



Pat Orsak.. Photo via Google image.



Ayla Hamilton.. Photo by John Drinkwater, Neepawa Banner

great commitment that is necessary to successfully work off-farm and on-farm and raise a family. Racheal Scratch wrote in *The Russell Banner* that "Pat exemplifies what it means to give back and be a role model within the community." Congratulations, Pat!

introduced to her at the 2012 provincial convention in Russell. There, Ayla and her brother told the assembly about the organization they had founded called *Kids Helping Kids* which was raising money to help Filipino workers bring their families to Canada. She is also very active in her church. She is a deserving "young" *Woman of Distinction*. At the awards ceremony, Ayla received a unique standing ovation following her "most impressive" acceptance speech. Well done, Ayla!

All proceeds from the evening in Brandon went to the Brandon YWCA in support of programs to end family violence and homelessness.

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CONVENTION 2016

MWI's annual convention is fast approaching. Women from across the province will gather at Elkhorn Resort at Clear Lake on May 6 and 7. The full details of the event and the registration form were printed in the February issue of *The News*. Here are some reminders and clarifications...

You do not have to pay entry into the Park

Elkhorn Resort is **outside** Riding Mountain National Park. When you arrive, stay on Highway #10 and watch for signs. If you wish to visit "downtown" Clear Lake, you will have to pay Park entry.

Want to stop for lunch on your way?

Please note that the convention begins at 1 pm on Friday, May 6, and lunch is **not** included. If you are travelling on Friday morning, you might want to stop for a bite. Some suggestions are:

Minnedosa- Uncle Ben's, Sun Sun Chinese Restaurant, Main Street Café, Gateway Motel and Restaurant
Erickson- The Gold Nugget (on #10)
Just south of Park entrance- Foxtail Restaurant

Spa Time

Convention attendees are offered a special spa time — 10-11:30 a.m. on Friday morning. The cost is \$21. You can soak in the hot tub or mineral pool, sip tea, and enjoy the ambience! If you wish to use the spa at this time, please indicate so on the registration form and include your payment with the registration fee.

Jewelry & Scarf Swap

The J&S Swap has created a great deal of interest. If you have a piece of jewelry or a scarf to swap, bring it to the J&S Swap table after you register. You will be given one "ticket". (If you bring more than one item, you will still be given one "ticket".) On Saturday, those with tickets will be invited to exchange their tickets for a

scarf or jewelry piece. At the closing of the convention, you may purchase any remaining items for \$2 each.

Photo Op

Some members of the Provincial Board are putting together a "photo booth" to mark the 100th anniversary of women in Manitoba receiving the right to vote. Watch for this special event prior to the banquet on Friday evening.

Her Honour Janice Filmon

The convention is packed with great things, but the highlight will surely be the attendance of the Lieutenant Governor of Manitoba, Janice Filmon. She will be speaking at the banquet. Be prepared for some "pomp" surrounding her arrival!

Saturday will be fun too!

The Saturday agenda is filled with MWI business, but don't let anyone say that this will be boring. You will hear from FWIC President Linda Hoy, MWI President Donna Young, and MAFRD representative (and recent *Woman of Distinction* award winner) Pat Orsak. Attendees will also debate 10 resolutions, view a tribute to the *Spirit of Nellie McClung*, and witness the installation of the new board.

Important note!

Verification of voting cards will take place between 8:30 and 9:30 on Saturday morning (May 7). Members **must** obtain their voting cards at that time in order to cast a vote during the AGM.

- ◆ Members are encouraged to bring an item for the People's Choice Craft Competition. Items must be received on Friday afternoon.
- ◆ Locals are reminded to bring an item for the *Home and Country Auction* (worth \$30).

FROM YOUR PRESIDENT



It feels strange to be sitting here writing my last article to you. I am going to really miss these times when I am just talking to the members.

Today I would like to describe to you the process that the Board went through to come to the conclusion to hire a marketer. Three to four years ago our organization had 450 members. Today we have 350. Three years ago we formulated a Strategic Plan. Having followed this plan fairly precisely we have come to the final year. One of the points of the Strat Plan was that we could hire a marketer if we needed one. The Board decided that we need to do something **now**, about membership. We asked a marketer to talk to us and tell us what she thought. Sometimes when you are too close to a situation, you do not see it the same way as someone else from outside does. When we met with the marketer, we were very surprised at what was presented to us. Our Board thought that we had been doing everything in our power to garner new members, and we were working really hard at it! It was shown to us that what we were thinking and doing was not encouraging other groups of women to join our organization. Then and there we realized that we needed professional help.

What we have done is sent out what is called "Request for Proposals" (RFP) to twelve companies asking for submissions for a *Marketing and Communication Strategy* for MWI. The Board spent a long time considering how much to spend on this project. We then decided on between ten to fifteen thousand dollars.

This money will be taken from the Reserve Fund so this will not come from the members themselves in increased memberships. I know for the average person that is a lot of money. But in the marketing business, it is **not**. We sent our RFP out and were so happy that five companies, at this time, seem to be interested. Proposals have to be in by March 31, 2016. We will then go through the submissions and interview the ones that seem to be a good fit for MWI.

That will be done in April and we should be able to meet with the marketer in May. That will be perfect timing as a new President and new Board will be in place. We think that this marketing campaign should take about a year. We have also filled out a request for some funding from the government under *Growing Forward* 2. If some funding comes through, we would then be able to spend some extra money on a communications strategy the next year.

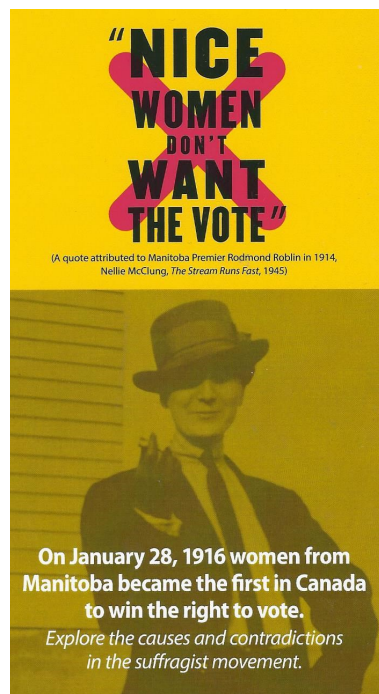
To me this sounds really exciting! We have a wonderful Board made up of very diverse people and we have **all** decided that it is time to take this necessary step to ensure that

MWI will be here 50 years from now.

My presidency is coming to an end. My greatest hope was that I could leave this organization in a good place so that I could hand it over to Ann's capable hands. We have been awarded a Nellie Award which gave us some extra exposure and which will help encourage women to join our organization. We are bringing a marketer in to help us in this journey. I feel like I have met my objective. MWI will become stronger!

I have had a very interesting and wonderful two years as your President. I have learned a lot and have nothing but great respect for all the members of MWI. This is a wonderful organization and I am so glad that fact has been recognized.

Donna Young



Nice Women Don't Want the Vote

Nice Women Don't Want the Vote is an exhibit that gives an unvarnished look at the suffragette movement in Manitoba. The display began at the Manitoba Museum in Winnipeg in November 2015. If you didn't have an opportunity to see the exhibit in Winnipeg, there is still an opportunity. The schedule is as follows:

May/June
New Icelandic Heritage Museum, Gimli
 204-642-4001 nihm@mts.net

July/August
Sipiweske Museum, Wawanesa
 204-824-2289

Open 12 noon—5 pm daily.
 On Fridays, a picnic lunch is served.

In the fall, the exhibit will move to Ontario, but it will return to the **Mennonite Heritage Village in Steinbach** in the summer of 2017.

Focus on WINNIPEG/INTERLAKE

Grosse Isle WI

Grosse Isle Women's Institute hosted the summer outing for the Winnipeg-Interlake Region starting with lunch at the Hitch'n Post, touring the Heritage House and other historic buildings at the Grosse Isle Prairie Dog Train Station, and ending with coffee and homemade cake.

In December, we held our annual *Breakfast with Santa*. About 200 people attended. This crowd included lots of kids, since several new families moved into the area. We served pancakes and sausages, coffee, milk, chocolate milk, and juice. The children have a chance to sit on Santa's lap, state their wishes, and receive a little bag of candies and an orange. Pictures with Santa are also taken. It is a great event to meet neighbors and friends and to see how the kids are growing. The *Breakfast with Santa* has been going on for more than 50 years and is our main fundraiser.

Submitted by Marge Knutson and Gisela Nolting

Mount Lildon WI

Our group meets in each of our members' homes on the third Wednesday of each



Members of Grosse Isle WI with Santa. Photo by M. Baldwin

month with the exception of July and August. An inexpensive birthday gift is brought to the monthly meeting by each member who has a birthday in that month. We each pay a quarter to enter our names into the draw to win the "birthday box" gift. The money received goes into our petty cash fund.

Our programs have been interesting with slide presentations on foreign trips and various speakers (Agape Table, Light House Mission, North End Hockey Program, Home & Health Care for Manitobans, to name a few). Our fund raiser was again a Bakeless Bake Sale and Cookie Exchange; the leftover cookies were all donated to the Light House Mission. Several local charities receive donations from our WI: Teen Challenge, North End Hockey Program, Agape Table, Light

House Mission, Interlake Food Bank, Rockwood Festival of the Arts, Stonewall and District Health Centre Ladies Auxiliary, and Stonewall and District Cheer Board. Our members also donate gifts to support Nova House Women's Shelter in Selkirk. Our WI donated towards the silent auction prize for the Interlake Regional Meeting as well as a donation for *Coins*

for Change. Our Good Cheer Committee continues to send greeting cards to various community members.

Due to busy schedules our members decided not to have our annual tour day. Instead, we joined the Interlake Regional WI in August for a delicious meal at the Hitch'n Post, as well as a tour of the Grosse Isle Train Station. Despite the rain, it was an enjoyable get together. Last year, our luncheon was held in Elie, at the White Horse Emporium. We strolled through the attached gift shop. Our Christmas meeting was held at Stonewall Chicken Chef where we exchanged gifts and revealed our secret Sunshine Friends. Unfortunately, the end of the year and beginning of the current year has seen the loss of three of our senior members. It has been a sad time.

Submitted by Luciel Oatway



Teulon WI members at the WI Day Tea: (l-r) Amy Dellebuur, Alice Renooy, Merle Willis, Shirley Cookson, Mary Ann Bodnarus, Jean Michaluk, Linda Rybachuk, Doreen Briggs (seated), Eileen Campbell, Helen Kletke. Photo by A. Dellebuur

Teulon Women's Institute

The Teulon WI has had a very good year with 15 members and two ladies interested in joining. We held a public tea on WI Day which featured cake and ice cream. We advertised the event and did not charge a fee. We had 44 ladies attend as well as our own members.

Some of the speakers at our meetings were a lady from Nova House Women's Shelter, a dietician, and two self-defence instructors who taught us how to protect ourselves. Future speakers include a nurse practitioner and a lady to talk about skin care. Our fundraising is done by catering lunches; we have had five catering jobs in the last three months.

Submitted by Amy Dellebuur

(Continued on page 5)

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Narcisse WI

We began our year with 14 members. One new member joined in December. Sadly we lost a dear friend and long-time WI member Rlee Gilson.

A prospective member, Cindy Wall, applied for and received a WI Scholarship of \$700, enabling her to attend a week at the International Peace Gardens. She really enjoyed it and would like to see other young women take the incentive and try for this great opportunity.

We also sponsored a young lady from Narcisse as a candidate for the Miss Interlake Pageant held in conjunction with the Lundar Fair in June. Much to our delight, she won *Miss Congeniality*.

It gave us all the greatest pleasure to give these two young ladies an opportunity to enjoy these unique experiences. Just another aspect of our "wonderful" Women's Institute.

Submitted by Lynne Moore.

Other branches in the region are Inwood WI, Fisher Branch WI, and Winnipeg WI.

News from the provincial board

The board met in person at Portage on March 7 and via telephone on April 4. Committees are very busy doing their work, and reports were received on Convention 2016, the planned program (see adjacent article), the natural playground suggested for the International Peace Garden, and promotions and recruitment. The board is currently receiving "proposals" for a marketing strategy (see page 3). The board may be sending a request to the Status of Women for funding for a "leadership and mentoring project". The application will be written by Joan Clement and Shelagh Polischuk and must be submitted by April 20, 2016. An application has already been submitted to MAFRD for funding for an "MWI communication strategy" under the *Growing Forward 2* program. At the March meeting, Valerie Watt gave some instruction on accessing and using Facebook.

The next meeting will be held via teleconference on May 2.

Manitoba Rural Women's Day

The 2016 Planned Program on "How to Avoid Family Conflict" has been named *Manitoba Rural Women's Day*.

This event will be held twice, in Rivers on October 15 and in Dugald on October 29. Some of the regions have decided to attend *Manitoba Rural Women's Day* instead of holding a Regional Seminar.

The topics for the day are:

1. How to deal with family conflict
2. Understanding your finances
3. Effective family communication

The day will consist of three speakers and a Fireside Chat.

The speakers that we have confirmed for *Manitoba Rural Women's Day* are:

- Dealing with Family Conflict – Gerry Friesen (Signature Mediation)
- Understanding Your Finances – Shirley Scott (National Best)
- Effective Family Communication – Marsha Harris (Brandon University)
- Fireside Chat facilitator – Marina James (Winnipeg Economic Development)
- Fireside chat Participant – Karen Kaplen (Winnipeg / Interlake Regional President)

Two Fireside Chat participants have yet to be determined.

The Planned Program Committee is working on obtaining sponsors for the day to cover as much of the expense as possible. There will be an admission fee to cover the food costs. Registration must be made in advance with a fee of **\$15 for WI members and \$20 for non-members**. Because this is an ideal opportunity for WI promotion and recruitment, we encourage everyone to invite a friend.

Meetings have been held with the planning groups for each of the locations. The planning groups are made up of the Planned Program Committee, a representative from each of the regions in the area, a representative from the local nearest the event, and a MAFRD representative. At these meetings we discussed details for the day, plus topics such as suggestions for speakers, sponsorship, and advertising.

If you have any question please contact the committee or your Regional Representative.

Submitted by: MWI Planned Program Committee of Debbie Melosky, Arenda Van Der Deen and Maren Mueller

Food Waste — The Inconspicuous Cause of an Apocalypse

By Taisa Antoine

Taisa Antoine is a trained chef and senior Human Nutritional Sciences student in the Faculty of Agricultural and Food Sciences at the University of Manitoba. This article was provided to MWI by Dr. Joyce Slater, Professor at the Faculty of Agricultural and Food Sciences and a member of the MWI provincial board.

We can all admit that the world is getting a little more scary, and although zombies and Donald Trump may eventually take down the world, food waste is a top contender in the race towards a world apocalypse. According to Gooch et al (2014), in Canada alone more than \$27 billion-worth of our food is wasted each year. Much to our surprise almost 50% of this food waste is coming from our own homes...not just restaurants, hotels or other food service establishments. But in an abundant society, why is this even a problem? There are three main reasons why wasting food could lead to an apocalypse: money lost due to food waste could lead to an economic collapse, the increase in diseases from malnourishment and a poor food system are on the rise, and greenhouse gases caused by food waste are destroying our ecosystem.

What we eat is often the last thing on our minds in this workaholic society, which leads to poor food planning, wasted food, and ultimately wasted money. According to a study by Rustemeyer highlighted in the documentary *Just Eat It* (2014), of the groceries we bring home between 15-25% can already be considered wasted. There are two common scenarios to household food waste: one, large meals are prepared and then leftovers are thrown in the deep abyss of the fridge, and found days or even weeks later with mould and bacteria; two, we buy too much fresh produce, dairy and meat products that we simply could not eat or prepare in time even if we were organized. Maybe it's the "Costco effect"! All of this food wasted equates to over \$800 of food waste per Canadian household annually, which could increase to a shocking \$600-billion on a global scale in

the next decade according to stats from the Food and Agriculture Organization. If we do not start paying attention to the food we waste on a daily basis, surely the spoiled \$600-billion could lead to an economic downfall — an apocalypse.

Wasted food is an especially shameful act considering the amount of people in the world that are experiencing food insecurity. According to the 2015 Hunger Report by the Food and Agriculture Organization, in 2016 an estimated 11% of the world's population will be malnourished, which can be directly linked to food insecurity. In 2015, Stewart reported that a research group in Vancouver called "Love Food, Hate Waste" found that 26,000 uneaten bananas were being thrown out every day. Considering there are approximately 2,600 homeless people in Vancouver, I think those bananas could have gone to a far better cause than the trash can. The \$800 that each household is wasting on food annually in Canada could be repurposed to help people who are currently suffering from malnutrition, disease, stress and other ailments due to a poor food system. If we continue to carelessly waste food, health conditions associated with malnutrition could lead to a disease stricken world — and eventually, an apocalypse.

Lastly, let's talk about global warming. We are quick to blame car emission, big industry/factory gases and even fecal waste from cattle — but what about our own kitchen waste. It's hard to admit that we could be contributing to global warming by simply throwing away food — yet this causes a detrimental effect on our ozone layer. As food is piled higher and higher in our landfills, it begins to decompose without readily available oxygen. In this anaerobic environment, methane gas is produced which contributes to our ozone layer. The more we contribute methane gas to the atmosphere, the less heat is able to escape from the earth, which contributes to global warming. Luckily, we can prevent the amount of me-

thane gas emitted from our landfills by using composting methods to decompose the food waste. Compost can then be used as soil for organic farming as it does not produce methane gas, and is composed of important nutrients for other vegetation to feed upon. But if composting just isn't your thing, perhaps an apocalypse due to global warming is?

So the next time you throw away food, think of the wasted money, hungry and malnourished people around the world, and global warming efforts you are unconsciously contributing to the world. I may be contributing to the apocalypse by supporting Mr. Trump (kidding), but my effort to produce less food waste will hopefully save us all.

Gooch, M., Felfel, A., & Glasbey, C. (2014, December) *Food Waste in Canada – \$27 Billion Revisited*. Value Chain Management Center. Retrieved from <http://vcm-international.com/new-report-annual-food-waste-in-canada-is-31-billion/>

Love Food Hate Waste <http://www.lovefoodhatewaste.ca/>

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The State of Food Insecurity in the World 2015. (2015). Retrieved February 11, 2016, from <http://www.fao.org/hunger/en/>

Resolutions — the important work of MWI

Resolutions 2016

1. The resolutions to be debated at the 2016 MWI convention were included in the February issue of *The Institute News*. Since then, Resolution #2 on the subject of Manitoba's aging population has been changed. The resolution now reads:

Be it resolved that Manitoba Women's Institute strongly urge Manitoba Health to address the shortage in professional services and facilities required to deal with the increasing numbers of senior citizens who will be requiring advanced levels of health care in the near future, including expedited access to secure home care, adequate long-term health facilities, medical diagnostic clinics, and professional geriatric medical staffing.

There are also slight changes in the background information. This changed resolution was communicated via e-mail to all members and/or locals with e-mail addresses. Copies of it will be made available at the convention.

2. Resolution #6 deals with farm safety and asks the government to facilitate yearly training sessions with emphasis on grain entrapment. On that subject, the following information will be of interest:

The Canadian Agricultural Safety Association (CASA) has announced that it will build and operate a mobile grain entrapment demonstration unit in partnership with canola producer groups in the prairie provinces. The unit will be used to give demonstrations at fairs and tradeshow, to train first responders, and to train agricultural workers. For more information, go to info@casa-acsa.ca.

Resolutions 2013

In 2013, a resolution was passed indicating displeasure with the present method of packaging cable and satellite television channels. Apparently, WI members were not the only ones unhappy with cable service providers. In March, the Canadian Radio and Television Commission (CRTC) enacted a new basic cable regulation. By March 1, all cable and satellite TV service providers had to offer basic cable packages capped at \$25 per month. Companies must also let consumers add on channels or pre-packaged bundles and must offer both of these options by December. The *Winnipeg Free Press* recently reported that after the initial offerings were rolled out, the CRTC received 600 complaints from consumers. The CRTC is watching very closely for "anti-consumer behaviour".

Resolutions 2012

In 2012, MWI passed a resolution asking the Federal Government to reconsider its decision to remove the Famous Five from the back of the \$50 bill. By the time our resolution was passed, the decision was already made, and Nellie McClung and the Famous Five were replaced with an ice breaker. It would be laughable if it weren't so insulting. And many women across Canada felt the same way. As a result, on March 8 (International Women's Day), Prime Minister Trudeau announced that an "iconic" Canadian woman will be featured on the first note of the next series (to be issued in 2018). The Bank of Canada is accepting nominations at bankofcanada.ca/banknoteable until April 15. So one woman will be featured; one might assume that the other bills will have pictures of men!

FWIC Peace Garden Scholarship 2016

Federated Women's Institutes of Canada (FWIC) in partnership with the International Peace Garden (IPG) invites applications for the FWIC Peace Garden Scholarship Program. This exciting initiative will provide a leadership opportunity for one young woman from each Canadian province to participate in a one-week educational program at the IPG. All expenses will be covered (travel, accommodation, meals).

DATE: August 21-27

ELIGIBILITY:

- *Young women between 18-22 years of age as of January 1, 2016
- *Women interested in leadership, marketing, social media, horticulture, public relations, arts, inspiring others, and positive social change
- *Community and volunteer experience are assets.

HOW TO APPLY;

- *Submit a type-written essay (500-1000 words) describing your interest in one or more of the areas listed above and why this experience would be beneficial to you.
- *Submit a current resume.
- *Submit one letter of reference.

***The candidate selection will be by paper application only.**

***Applications must be submitted by May 1 to the MWI office.**

The successful candidate will represent FWIC and MWI while at the Peace Garden.

POST EVENT RESPONSIBILITY:

- *Submit to the MWI office a report on your experiences during your week at the IPG.
- *Make at least one presentation to a WI group or conference.

Success... *To laugh often and much; to win the respect of intelligent people and affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty, to find the best in others; to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded.*

- Ralph Waldo Emerson

Associated Country Women of the World (ACWW)

The 28th Triennial Conference of ACWW will be held in Warwick, Great Britain, in August 2016. At this time, two MWI members are planning to attend: Ann Mandziuk and Gisela Nolting. Others can still make plans — the final registration date is not until July 1!

Resolutions and recommendations

While at the conference, Ann and Gisela will be part of the debate on the following resolutions and recommendations:

- Be it resolved that the ACWW accept Food Sovereignty as part of ACWW agricultural policy and that the ACWW begin a campaign to bring awareness and understanding of Food Sovereignty to the organization and its members during the next triennium (2016-2019). (Submitted by the National Farmers Union of Canada)
- Be it resolved that the ACWW and its member organizations strongly urge their governments to ban food and drink manufacturers from claiming their sweetened products are healthier if they use fructose as sweetener.
- As 2014 opened the UN Decade of Sustainable Energy for All, be it resolved that the member societies of ACWW promote and support community energy projects and access to sustainable energy for all.
- Be it resolved that ACWW members request their governments to, before allowing shale gas exploration to commence, gather as much information as possible from more than just the oil and gas companies applying for the fracking license.
- Be it resolved that ACWW urges all countries to vigorously protect the supply of potable, farming and industrial water through the best technical information available that will provide sustainability for life.
- Be it resolved that ACWW societies and members urge their government and health organisations to continue vaccination efforts of potentially eradicable diseases in order to work toward area elimination which would then result in global eradication.
- Be it resolved that it is a prerequisite for any candidate seeking office as a member of the Board of ACWW, a Committee Chairman or a member of a specified committee, to hold indi-

vidual membership of ACWW.

- It is hereby resolved that all individual members of ACWW be given the right of a vote for resolutions and recommendations at Triennial Conferences.
- Be it resolved that member societies of ACWW strongly urge their governments to integrate a gender-perspective in their policies to create an enabling environment for economic and social development especially in rural areas.
- Be it recommended that ACWW member societies urge their governments to develop comprehensive plans to identify and care for illegal immigrant border children as to their safety, health, and education.
- ACWW calls for all governments affected by the current refugee crisis impacting Africa, Europe, and Asia to afford such compassion, humanity, and assistance as is necessary to those refugees who find themselves in this situation.



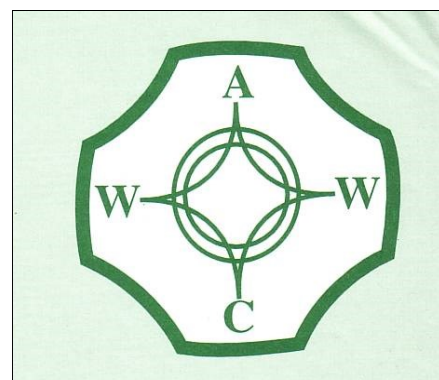
Ruth Shanks (l) and Margaret Yetman at the 2014 Canada Area ACWW Conference in Camrose, Alberta.

- Be it resolved that ACWW and its member organizations strongly urge their governments to regulate the gold mining industry.

Note: other resolutions deal with the ACWW's incorporation process and with an increase in fees.

Nominations

At the conference, officers for the coming triennium will be elected. There are two candidates for World President: Ruth Shanks (Australia) and Sharon Hatten (Canada). Ruth is just completing her first term as World President. She has been a WI member in New South Wales for 46 years and an individual member of ACWW since 1989. She has been very



active at all levels of WI. Sharon hails from British Columbia and has been active at the branch and provincial level there. She has been an individual member of ACWW since 1980 and has been the chair of ACWW's UN Committee since 2010. In this capacity, she has been very active at the international level.

Margaret Yetman from Newfoundland has been nominated to serve a second term as ACWW Deputy World President. Because she served a term as FWIC President and two terms as Canada Area President, she travelled across the country many times and is well known in WI circles.

ACWW projects

The ACWW Projects Committee approved 28 projects in 2015, and granted a total of £167,721 (an amount that includes a 20% monitoring cost). In October 2015, ACWW approved the 1000th project since the Projects Committee was set up in 1977. Project #1000 is *Computer Literacy for Adults and Children* and is implemented by the

Country Women's Association of India. Located in West Bengal, India, the project has begun the training of 15 underprivileged female students and five children in computer skills in order to improve their employment prospects and their status.

Canada Area has been supporting Project #0961 — *Livelihood Revitalisation for Head Load Fish Vending Women of Coastal Kanyakumari*. The aim of this project was to improve the lives of 60 women fish vendors in a fishing community in India. All participants received training; 45 beneficiaries received interest-free microcredit; and 30 women received new "vessels" in which to carry their fish — on their heads. The money donated by Canada Area was put to good use.

"New" faces

Denise Joss is a wife, mother, and "baba". Before retirement, she worked as a special needs teacher and was very active in the Dugald community, serving on the boards of the Regional Health Authority and Kin Place. She is also involved with her church and with Toastmasters. Her hobbies include bowling and scrapbooking. Denise and her husband Russ now live in Lac du Bonnet.

In May 2015, Denise joined the Provincial Board as Representative for Eastern Region. Her enthusiasm and experience are welcome attributes as she takes on responsibilities at the provincial level. Denise is a member of Springfield WI and also served as Regional President. She has accepted the nomination for President-Elect of MWI.

The 2016 census is coming!!

Canada's next census will be completed in May. The census packages will be delivered to households early in the month. The forms may be completed online or on paper.

Completing the census is both a civic responsibility and a legal requirement for all people living in Canada. When you complete your census questionnaire, you continue a tradition that goes back 350 years to the time of pioneer villages in 1666. Every person, young and old, must be included. This includes Canadian citizens, landed immigrants, refugee claimants, and people who hold a work or study permit.

Completed questionnaires will provide valuable information that will be used by all levels of government to make decisions regarding child care, schooling, family services, housing, public transportation, health care, and skills training.

A census is taken every five years and provides a statistical portrait of the country and its people. In accordance with the Statistics Act, all information will be kept confidential. No one outside Statistics Canada will have access to information that identifies individuals.

If you need help or require more information, the Census Help Line will be running as of May 2. This can be accessed at 1-855-700-2016 (Monday to Friday 8 a.m. to 8 p.m.; Saturday and Sunday 8:30 a.m. to 4:30 p.m.)

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.

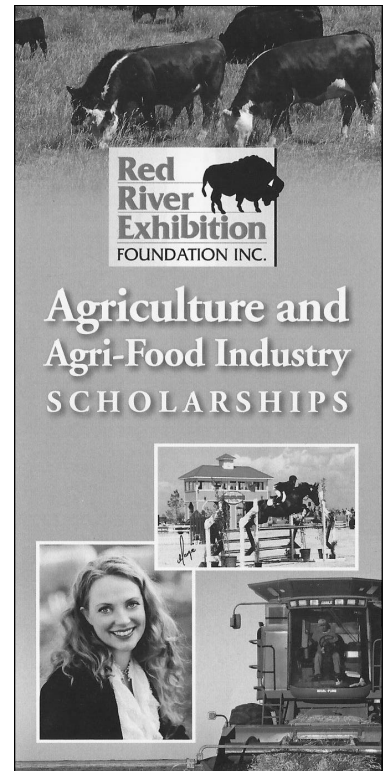
Application deadline: 4:30 pm on May 13, 2016

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 500-750 word essay that outlines how you feel the experiences and education you have had so far or the training or education you are planning to embark on will help you to empower women, families, or communities in your 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.



Red River Exhibition
FOUNDATION INC.

Agriculture and Agri-Food Industry SCHOLARSHIPS

2015 winners of the Manitoba Women's Institute Scholarship

Sheena Meggison, Goodlands
Michaela Jochum, St Francois Xavier

KAP continues to work for Manitoba farmers

Keystone Agricultural Producers (KAP) was formed in 1984 to be the voice for Manitoba farmers. At the January meeting of Rivers WI, members were pleased to welcome Dan Mazier, KAP President. Dan spoke about the structure of the organization and made available the *Member Handbook* that outlines all of KAP's programs and initiatives. Dan invited comments and questions, and the presentation quickly changed into a discussion that touched on a variety of topics.

One of KAP's programs is the Environmental Farm Plans (EFPs) program. EFPs benefit farmers because they:

1. Make the farm more sustainable through the use of Beneficial

Management Practices (BMPs)

2. Protect natural resources
3. Show the public that farmers are doing their part to protect the environment.

The process has many steps, but in the end, a "statement of completion" issued by a KAP reviewer makes it possible for farmers to access government funds for further BMPs, such as improved fuel storage.

KAP expends a lot of time and energy advocating for farmers. This winter, KAP outlined its provincial election priorities:

In order to maintain a local food supply and support agriculture so it can help grow the economy, the next government of Manitoba must:

- ♦ *Commit to investment in*

research and innovation programming;

- ♦ *Support young farmers beginning careers in agriculture;*
- ♦ *Support farmers' efforts to protect the environment;*
- ♦ *Invest in physical and digital re-structure in rural communities.*



Rivers WI President Michelle McFadden and KAP President Dan Mazier at a WI meeting in Rivers (January 2016)

Clearwater WI

Clearwater WI is a branch in the Southwest B Region. The following information about the local was provided by Alice McLaren and adds to what was printed in the January *Focus on Southwest B*:

- The local has 12 members including new member Shona Douglas-Coulthard.
- A speaker from the University of Winnipeg gave a presentation on "Democratizing History". This focused on the practice of "oral history" and the ways to use "oral history" to improve quality of life.
- President Joan Odum presented pins to first year 4-H members at their Achievement.
- The Caboto Centre (a seniors' centre in Winnipeg that caters to the Italian community) held its annual summer picnic at the Harvest Moon Learning Centre in Clearwater. WI members along with other seniors were invited to attend. What a wonderful way for urban and rural seniors to connect. The afternoon included Italian food, group exercise, and entertainment.
- Clearwater WI is closely involved with the Harvest Moon Group. The local hosted a coffee party on the first day of the "Rural Living" summer school to meet the 35 students.

Bulletin Board

- The **deadline** for the next issue of *The News* is **May 23**.
- We look forward to seeing you at the **MWI AGM at Clear Lake from May 6-7. You must register by 9:30 a.m. on May 7 in order to receive a voting card. Bring the February 2016 newsletter** with you. If you are unable to attend, please send your **proxy form**.
- If other WI women in the province were honoured with **YWCA Women of Distinction awards**, please send that information to the editor.
- The winners of the **cash calendar** draw will be printed in the June issue of *The News*.
- *The Institute News* will **focus** on **Eastern Region** in the June edition. Please send your material to the editor by **May 23**.
- The next **MWI board meeting** will be held on **May 2** (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 23** for inclusion in the June newsletter.
- In September, the WI, Harvest Moon, and the School Division organized the "Eco Challenge". Grade 7 and 8 students from eight schools attended to learn about the environment. The local supplied 35 dozen cookies for lunch.
- Member JoLene Gardiner, who works at the MAFRD office, keeps the branch apprised of MAFRD and 4-H activities.



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.

2016 marks the fifth year that ACWW will be running this walk. The original concept was that on one day, all over the world, women would be joined in activity and thought.

Taking part is:

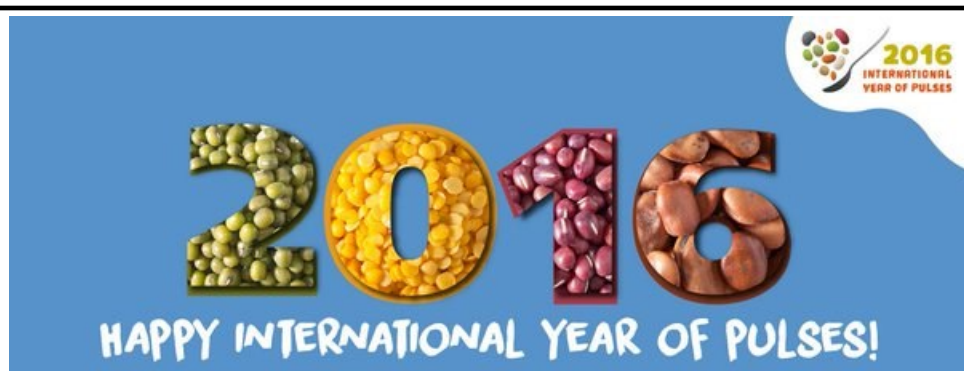
- Simple—no instructors or membership needed
- Inexpensive—no special equipment involved
- Achievable—can be done anywhere, anytime
- Easy—just get up and walk!

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. You can download posters and other ACWW information from the ACWW website.

Also, for the fifth year running, there will be a best photo competition.

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

MWI has not responded well to this “Walk” invitation over the years. Perhaps this year will be different!



What is a Pulse?

From the Latin *puls* meaning “thick soup or potage”, pulses are the edible seeds of plants in the legume family.

What's the difference between a pulse and a legume?

The term “legume” refers to the plants whose fruit is enclosed in a pod. Legumes represent a vast family of plants including more than 600 genera and more than 13,000 species. When growing, legumes fix nitrogen into the soil, which reduces the need for chemical fertilizers. Well-known legumes include alfalfa, clover, fresh peas, lupins, mesquite, soy and peanuts.

Pulses are part of the legume family, but the term “pulse” refers only to the dried seed. Dried peas, edible beans, lentils and chickpeas are the most common varieties of pulses. Pulses are very high in protein and fibre, and are low in fat. Like their cousins in the legume family, pulses are nitrogen-fixing crops that improve the environmental sustainability of annual cropping systems.

Pulses are a great tasting addition to any diet. They are rich in fibre and protein and have high levels of minerals such as iron, zinc, and phosphorous as well as folate and other B vitamins. In addition to their nutritional profile and links to improved health, pulses are unique foods in their ability to reduce the environmental footprint of our grocery carts. Put it all together and these sensational seeds are a powerful food ingredient that can be used to deliver the results of healthy people and a healthy planet. Pulses come in a variety of shapes, sizes, and colours and can be consumed in many forms including whole or split, ground into flours or separated into fractions such as protein, fibre, and starch.

The *International Year of Pulses* will give pulses the attention they deserve! Canada is one of the world’s leading producers and exporters of pulses.

There is a wealth of information available online about pulses and their value. Pulse Canada is a good place to start!

Zucchini and Yellow Split Pea Saute

Ingredients:

- | | |
|--|---------------------------|
| 1 tbsp. olive oil | 2 green onions, chopped |
| 2 medium zucchini, sliced | 2 medium tomatoes, sliced |
| 1 cup dried yellow split peas, cooked according to package | |
| 1 cup reduced fat shredded cheddar cheese | |
| 1 large red onion, cut into rings | |
| Dash of each: garlic powder, light soy sauce, pepper | |

Directions: Heat oil in a large skillet over medium-low heat. Saute green onions and zucchini slices until slightly tender, about 5 minutes. Add cooked yellow split peas. Stir gently. Layer tomato slices over top and sprinkle with 2/3 cup shredded cheese. Layer onion rings over mixture and add remaining cheese. Sprinkle garlic powder, soy sauce, and pepper over top. Reduce heat to low, cover, and cook for about five minutes. Serve immediately.

Pulse Canada

Calendar of Events

April 2016

- 2 Northwest Region Convention
Russell
- 4 MWI board meeting (conference call)
- 7 Southwest B Region Convention,
Boissevain
- 8 Eastern Region Convention,
Dugald
- 9 Winnipeg/Interlake Region
Convention, Grosse Isle
- 13 Southwest A Region Convention,
Erickson (afternoon)
- 16 Deadline for earlybird registration
for ACWW Conference, UK
- 24 PCWM High Tea, Winnipeg
- 29 ACWW Day

May 2016

- 1 Deadline for IPG/FWIC Scholarship Week
- 2 MWI board meeting (conference call)
- 6-7 **MWI convention, Clear Lake**
- 13 Deadline for MWI scholarship
- 13 MWI *Cash Calendar* draw
- 23 Deadline for *The Institute News*

June 2016

- 6 MWI board meeting, Portage

July 2016

- 5 PCWM *Celebrating Women* Gala
Winnipeg

August 2016

- 21-27 IPG/FWIC Scholarship Week

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Provincial Council of
Women of Manitoba
and Council of
Women of Winnipeg
invite you to

High Tea in honour of Nellie McClung

Sunday, April 24, 2016
3-5 pm

Dalanvert Museum, Winnipeg
(162 Carlton Street)

Tickets \$55

*Tour of the museum included.

*Best Hat contest.

Contact Joanne at 204-488-3875 or
presidentcww@gmail.com



www.ruralsupport.ca stress line: 1-800-387-3271

Telephone and on-line counselling

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