



FOOD LITERACY — BACK TO THE BASICS!

Food literacy has long been a focus of Manitoba Women's Institute. When the Institute movement spread across the province in 1910, some of the first programs were on the topic of food, food preparation, and food safety. MWI continued to be at the forefront of food education when electrification took place in the late 40s and early 50s.

The advent of the freezer, refrigerator, and the electric stove changed the way women prepared their meals. The trend in the last decades, unfortunately, has been away from home cooking (from scratch) and towards serving processed foods and eating out. And there is so much unhealthy food to snack on!

*In 2003, MWI joined with the Manitoba Association of Home Economists (MAHE) for a project called **Basic Skills for Living — Building Stronger Communities through Literacy and Life Skill Education**. The basis of this project was the premise that reading difficulties were creating problems with the basic tasks of living, including dealing with money and preparing meals. The website developed in 2003 is still up and running and can be accessed at www.basicskillsforliving.ca.*

Unfortunately, a lack of food literacy continues to be a problem; indeed, there are whole sectors of the population who do not know about food — where it comes from, how to prepare it, or what is most healthy. The question is: What can MWI do about this?

*The Food Literacy Planned Program was first introduced in the November 2014 issue of **The Institute News**. It was stated there that “the*

purpose of this Planned Program isn't to educate our members but rather to encourage them to look for opportunities in their communities to share their food knowledge and experience.” The Planned Program Committee continues to bring forth suggestions as to how this may be done.



Home cooking school in Minnedosa in 1938. Office photo

As a follow-up to the Food Literacy feature in the January newsletter, the following article provides additional information on some of the topics that could be used for your community programs (workshops or mentoring).

What is batch cooking?

Batch cooking happens when a cook makes a lot of a specific food all at once, then stores it in portions for later use. Most of the time, food made in batches is frozen, but it can also be refrigerated for short periods of time depending on how it is meant to be used. People practice batch cooking as a way to make meals ahead of time for themselves and their families. The basic idea behind batch cooking is to create a double, triple, or even quadruple recipe of a particular dish so that it can be quickly pulled together and served later on. Cooking multiple batches is generally quite efficient, since all of the ingredients can be purchased and cooked together. Most batch cooks use something of an assembly-line process which helps things move a lot faster. Made in multiple and needing only re-heating or final

(Continued on page 2)

Inside this issue:

From Your President	3
MWI board news	4
Nominations	4
Convention program	5
Resolutions	7
Regional conventions	9
MWI scholarship	9
Bulletin Board	10
Proxy form	11

Attention!

This edition of *The News* contains information on business and activities of the **2015 AGM** on May 8-9.



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(Continued from page 1)

preparations, freezer meals are an easy way to feed the family fast ... and cheap. Weekends can be a great time to prepare big batches of food that can be refrigerated or frozen for later use. Get together with family, friends, or neighbours and share the work. Foods such as soups, stews, chili, casseroles, muffins, loaves, and pancakes are perfect foods to "big-batch". Because you make several meals at once, economies of scale speed cooking chores. Buying in bulk saves money. Home preparation fosters better nutrition.

Is creating a weekly meal plan helpful?

There are a number of reasons you may want to plan your meals for the week ahead. Knowing exactly what you and your family will eat can help save time and stress at meal preparation times. You can also save money and stop wasting food by buying only what is needed to make planned meals. Plan a week's worth of dinners at once for several reasons. First, it's clear what the dinner plan is well in advance. Second, you are able to be sure you have everything on hand you need for dinner. Third, it's cheaper than making meals off hand at home – and way, way cheaper than eating out or getting take-out.

Eating healthy remains an elusive goal for some people. In this fast-paced world, people are constantly on the go, stopping only long enough to grab a burger and fries from a fast-food restaurant. Stop the unhealthy eating by planning your next week's meals in advance on the weekend. If you are careful to plan in enough variety, you won't get bored with your new pre-planned, healthy meals.

No time to cook healthy meals during the week?

Having ingredients ready to go makes it a little easier. Try these timesaving ideas:

- On the weekend, peel, wash, and chop vegetables for the next couple of dinners.
- Marinate meat and freeze in small portions to defrost quickly.
- Cook a big pot of whole grain pasta, barley, brown rice or qui-

noa so it's ready to reheat when you need it.

- Grate cheese, gather spices, and measure dry ingredients for dinner recipes the night before.

Meatless recipe idea:**Veggie Burgers**

1 can chickpeas (about 2½ cups)
½ onion, roughly chopped
2 cloves of garlic
½ cup wilted spinach, drained
½ cup rolled oats
1 egg
1 tsp. smoked paprika
½ tsp. chipotle powder
½ tsp. cumin
1 tsp. mustard
salt and pepper
all-purpose flour for rolling

This is a very forgiving recipe—a little more or less of any of the ingredients makes little difference. The key is chilling the patties in the fridge so they firm up and can be grilled easily.

Drain the chickpeas, roughly chop the vegetables, and add everything to a food processor. Purée until smooth, scraping down the sides a few times to make sure all the ingredients are incorporated.

Sprinkle a cutting board with flour. Separate the mixture into six equal parts and form them into patties, using flour to keep your hands from sticking. The patties will be sticky at this point. Wrap them in plastic and chill in the fridge for two hours or so. Grill on the barbecue or fry in a pan.

To change these considerably, stick to the same ratios, but try different beans or vegetables or herbs or spices such as:

- black beans and corn with Mexican spices
- red beans with star anise and chili powder
- lentils and sweet potatoes with ginger and coriander
- white beans and cooked eggplant with red curry paste
- pinto beans with green chilies

(Recipe from Good and Cheap by Leanne Brown. See January newsletter for more information)

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

FROM YOUR PRESIDENT



I am sitting here today thinking about MWI and our 100+ year history in Manitoba. The reason we've been here this long is because MWI is comprised of strong, dedicated women.

Last year at the regional conventions, we asked the members who were present to fill out a questionnaire about regions. It is time for us to take a good look at our regions and see how well they are working. We are hearing comments about how expensive it is to rent a facility to hold a seminar. It takes a lot of effort to organize a fall seminar. Is it worth it? We are also hearing that women don't want to travel any further to get to a regional convention. It is getting harder all the time to find people to fill the offices in the regional executive. I think it is time to ask the hard questions.

Our regional structure has been the same for a very long time. Maybe we need to think about changing it to better serve what we have become today. Long ago there were many women who were fighting for the chance to sit on the regional board, but that is not the case anymore. The reason why I want to talk about this in my article today is that I want every single member to know what is happening.

The Board and the Regional Reps have been given all the replies to the questionnaire that was filled out. The Restructure Committee has met and is asking some very tough questions that will be taken to the Regional Board Meetings. Then, following those discussions in each region, the Regional Reps will take their report to the March Provincial Board Meeting. The afternoon of that day has been set aside to discuss what the regional structure should look like. But, before the meetings, I want each one of you to think about what you would like to see change, or not change, for your regions.

You have to start thinking about this by asking yourself: What is the role of the regional rep and the regional board? Do you still want an executive or would a regional rep and a member from each local be sufficient? Do you want to continue to have the regional convention and the fall seminar?

As you are no doubt aware, two years ago the Provincial Board started meeting every month in an effort to ensure issues were considered in a timely fashion. Now the question is, would more frequent Regional Board meetings assist in the flow of two-way communication? Recognizing that the cost of travel is a problem, could the meetings be conducted via conference calls? Another suggestion was that Regional Reps could send information directly to members in between regional meetings.

We have always been known to be proactive in our lives and not afraid to ask the tough questions. Now is the time to ask questions and consider options related to the Regional Boards, and we would not consider doing so without your continued involvement. Your input is vital to this process, so please contact your Regional President or Rep with suggestions, comments, or questions.

On a different note entirely, this edition of the newsletter contains all the information about the AGM being held in Winnipeg. Sheila Needham, Canada Area President for ACWW, will be in attendance, and I would love to see a good turnout to welcome her. The annual convention is a time for meeting old friends and making new ones. The program looks fun and exciting and I guarantee a great time will be had by all!!

Please also think about attending the FWIC Triennial Convention in Fredericton, New Brunswick in June. Information on the Triennial Convention can be found on-line at <http://www.nbwi.ca/> or by contacting the office.

Donna Young

"New" faces

Debbie Melosky has returned to the MWI board as Government-appointed Member. She previously served a term as Representative for Eastern Region.

Debbie was born and raised on a cattle farm near Arden. After a number of years living and working in Winnipeg, Debbie and her husband Walter moved back to the yard site where Walter was raised. Debbie joined Woodmore WI in 2009 and found this a great way to make new friends and to contribute to the community while having fun at the same time.

Debbie has been working as Chair of the Planned Program Committee, a job that she finds very interesting. She writes, "After taking a year off from the provincial board, I am happy to be back. I am enjoying the work and learning a lot from the other women on the board."

Welcome back, Debbie, and thanks for all your hard work!

International Women's Day March 8, 2015

The theme for International Women's Day (IWD) this year is *Make It Happen*. All around the world, this Day is an opportunity to celebrate the achievements of women while calling for greater equality. The first International Women's Day was held in 1911.

The IWD website lists a variety of ideas to mark this Day. One suggestion is to "paint it purple — your building, canteen, playground" or wear purple clothing. Why purple? The website explains that starting in 1908 the Women's Social and Political Union in Great Britain adopted the colour scheme of purple, white, and green to symbolise the struggle of the Suffragettes. Purple stood for justice and dignity — two values strongly associated with women's equality. The three colours were used on banners and flags to show solidarity.

News from the MWI board

The Manitoba Women's Institute board has met twice in 2015 (January 5 and February 2). Both meetings were held via conference call. Below is a short summary of some of the business discussed at these meetings.

At the February meeting, President Donna Young reported on the informal meeting that was held with the Honourable Ron Kostyshyn, Minister of Agriculture, on January 21. Others in attendance were Deputy Minister Dori Gingera Beauchemin, Minister's Assistant Mitch Obach, Ann Mandziuk, Diane Hrychuk, Leanne Sprung, and Joni Swidnicki. A number of concerns were discussed, and Mr. Kostyshyn signed the proclamation that named February 19 as WI Day in Manitoba.

Child and Family Services of Western Manitoba (CFS Western) has offered to supply a speaker about the various programs offered by that agency. The board has suggested that perhaps CFS agencies in other parts of the province might also welcome an invitation to speak.

The Fundraising Committee continues to work on the Community Charity Services project. A list of participating Co-op stores will be finalized in March. It is anticipated that the cash calendar fundraiser will take place in March and October.

The Restructure Committee has met and discussed the responses to the surveys circulated at the 2014 regional conventions. Regional reps will be speaking about this at the winter regional meetings.

The Planned Program Committee has been including articles in *The Institute News*. Regional presidents have been asked to put the subject of Food Literacy on the agenda at the winter meetings. Debbie Melosky reported that she had a lunch meeting with Dr. Joyce Slater, who will be an excellent resource due to her involvement in a number of food-related committees/initiatives. (Dr. Slater represents the University of Manitoba on the MWI board.)

The Resolutions Committee presented seven resolutions. The board asked that the resolution re: re-classifying restricted semi-automatics as prohibited be withdrawn. As a result, six resolutions will be debated at the annual meeting.

The program for the MWI convention and annual meeting was finalized. It was noted that all attendees should know that they must register by 9:30 a.m. on May 8 in order to receive a voting card. Sheila Needham, ACWW Area Canada Presi-

MWI Nominations 2015

Director-at-Large: Maren Mueller

Maren Mueller came to Canada as a practicum student to a farm in southeastern Manitoba. On the first day over 25 years ago on that farm she met her husband. This is the farm they still manage today having added three daughters, and now in-laws and grandchildren.

Maren has served as the Eastern Region Representative on the Provincial Board since 2013. As such she has contributed to the Planned Program and the Promotions and Marketing committees and has actively put forth ideas from Eastern Region. She sees the opportunity to serve as a Director-at Large as a way to continue promoting the work and goals of MWI. By stepping aside, someone else can be the conduit from Eastern region.

Maren's connection to WI goes back to her German roots where her mother is part of the same Country Women's organization.

Maren has a passion for holistic nutrition and works hard to help others understand the importance of healthy eating. She also believes there is an important role for WI to fulfill in rural communities and through her role as Director-at-Large, she would hope to help Women's Institute once again become a strong voice for women in rural areas.

President-elect: Ann Mandziuk

Ann Mandziuk has been an Individual Member of Manitoba Women's Institute since 1999. She is currently serving MWI as Manitoba's Executive Officer for Federated Women's Institutes of Canada (FWIC) and as such has taken an active role in preparation of the *Take Ten* articles, served on the Peace Garden Scholarship Committee, and as the International and Peace Gardens Representative for FWIC. She is active on the Finance, Scholarship, and Manitoba Ag Hall of Fame committees for the MWI Board.

Ann worked as a home economist with Manitoba Agriculture (1973-2013) and as such supported Women's Institutes through information provided at WI meetings and seminars. Ann also has worked closely with 4-H, other women's and farm groups, and the Farm Women's Conference to build leadership abilities.

Ann is a member of the Neepawa Commercial Travellers, secretary of the Minnedosa Ag Society, Vice Chair of the Manitoba Ag Hall of Fame, and a part of the Neepawa Cancer Support Group. She and her husband Paul, who have one daughter Elizabeth, live on a farm in Mountain Road district. Ann crafts, and enjoys photography and travelling both provincially and afar.

dent, will be our guest.

Nominations have come forward for President-elect and Direct-at-Large. (See page 4) At this time, no nominations have been received for FWIC Executive Officer.

The board mulled over the idea of having a display table at the Royal Manitoba Winter Fair in Brandon, but decided that this was too costly, both in time and in money.

Members are reminded that each region is in possession of an MWI banner. These should be front and centre at WI and other events.

The Policy Book which contains all of the resolutions that have been accepted by MWI since the 1970s is in the process

of being re-organized.

Manitoba Association of Agricultural Societies has written a Concept Paper. Involvement by MWI in this initiative is not yet clear.

The FWIC International Peace Garden Scholarship program has been finalized. (See page 11). MWI will provide bedding and towels for the participants.

The next meeting will be held on March 2 at Portage la Prairie.

DCK

Life is a Journey

Manitoba Women's Institute 2015 Provincial Convention

May 8-9, 2015

Viscount Gort Hotel, 1670 Portage Avenue, Winnipeg, Manitoba

Phone 204-515-2792 or 1-866-920-3046

Come and join us for the MWI annual meeting and conference. The company will be great, and the speakers will inspire.

Thursday, May 7

6:00-10:00 pm Pre Convention
Board Meeting
8:00-10:00 pm Registration
Convention set up

Friday, May 8

Breakfast on your own.
8:30-9:30 am Registration
Verification of voting cards
9:30 Welcome:
Brenda Neabel Turbett
Annual General Meeting
Chairperson: **Donna Young**
Procession of the Board
O Canada
President's Remarks
Business of the AGM
10:15 Nutrition Break
10:30 MARFD Report:
Leanne Sprung
ACWW: **Sheila Needham**
Celebration of Life

12:00 noon Travelogue: **Donna Chitz**
12:30-1:30 Lunch and social time
Election voting
1:30 pm AGM continued
Chairperson: **Donna Young**
Resolutions
2:45 Nutrition Break
3:00 AGM continued
Election report
New business
Attendance report
Invitation to 2016
Installation of Board
Adjournment
God Save the Queen
4:15 Post convention board meeting

5:30-6:30 Cash bar
6:15 Banquet
Welcome: **Donna Young**
Erland Lee Award
Entertainment: *Thistle*

Saturday, May 9

Breakfast on your own.
8:30-9:30 am Registration
9:30 Welcome:
Brenda Neabel Turbett
Manitoba Institute for
Patient Safety (MIPS):
Denise Widmeyer

10:15 Nutrition Break
10:30 MIPS con't.
11:30-1:00 Lunch and social time
12:30 Optional tour: *Canadian Museum for Human Rights*
1:00 Entertainment
1:30 *Unlocked: Stories of the Interlake*
Gail McDonald, Interlake
Tourism Association
2:30 *Travel Insurance — What to Know Before you Go:*
Nikki Makar
3:30 Nutrition Break
Tour returns
Conference Wrap-up
Home and Country Raffle

Please hand in evaluation forms.

Don't forget to pick up all your belongings!

Have a safe trip home!

Home and Country Raffle

We are continuing the tradition of the *Home and Country Raffle*. All locals are asked to contribute a basket, the cost of which should not exceed \$40.

REGISTRATION FORM

Conference registration: Please make registration cheques payable to **MWI 2015 Convention**. No convention refunds will be provided after May 1 with the exception of illness, death, or bereavement whereby the registrant shall be required to show a doctor's note, and an administrative fee of \$50 shall be applied to all cancellations.

Name: _____ Box/Street: _____

Town/City: _____ Postal Code: _____ Phone: _____

Registration forms and cheques made payable to **MWI 2015 Convention** should be sent to:

Valerie Watt, 2015 MWI Convention Registrar
Box 160, Inwood, Manitoba R0C 1P0
vgwatt@gmail.com
(Phone: 204-278-3714)

If you require any further information, please call
Brenda Neabel Turbett at 204-633-2155.
If you have special needs, special dietary requirements, etc.,
please include a note with your registration.
Receipts will be included in your conference package.
Accommodations and breakfasts are not included in the registration cost.

Be sure to fill out both sides of this form.

Speakers

Sheila Needham

Sheila is a long time member of South Bolton WI in Quebec. She has served as President at the county, provincial, and national levels. She comes to us as Canada Area President of Associated Country Women of the World (ACWW). Her commitment to helping women worldwide is unparalleled.

Donna Chitz

Donna is the daughter of Florence Chitz, a WI member for over 48 years from Inwood, Manitoba. In keeping with our theme *Life is a Journey*, Donna will be doing a presentation on her trip to Australia. She has also travelled to China, South America, and Antarctica. She hopes to complete visits to all seven continents in the near future.

Denise Widmeyer

Denise will be facilitating the presentation for the Manitoba Institute for Patient Safety (MIPS). MIPS promotes patient safety to patients, families, healthcare workers, and the general public. This workshop will cover a variety of topics.

Gail McDonald

Unlocked: Stories of the Interlake is a Travelling Trunk Museum exhibit with ten (10) Interlake museums working in partnership to tell their stories. Each is completely different and unique to their heritage facility. Exhibits include stories about the pirate who reformed and brought the Icelanders to Manitoba, the fire that destroyed a family and how a

shipbuilding family put their stamp on the marine industry in Manitoba. These authentic stories framed in trunks that encase artifacts from each museum won the Association of Manitoba Museums Award of Excellence in 2014. It was also recognized at the Manitoba Legislature. It has been moving among museums and libraries in the Interlake, and will have opportunities to tour the province as well. Gail McDonald is the Manager of the Interlake Tourism Association and was involved in the development and implementation of this project.

Nikki Makar

Nikki has been with Manitoba Blue Cross for 11 years. Her current role as the Individual Benefits Consultant sees her training Insurance Brokers across Manitoba on Travel and Individual Health and Dental Plans. Through seminars, she raises awareness of the importance of understanding the details of these plans and how they impact Manitobans. She holds a BA from the University of Winnipeg, is a member of Travel Health Insurance Association, and is involved in Insurance Brokers of Manitoba. She resides in Winnipeg and is married with two daughters.

Tour: Canadian Museum for Human Rights

The Canadian Museum for Human Rights (CMHR) is the first museum

solely dedicated to the evolution, celebration, and future of human rights. The purpose of the CMHR is to explore the subject of human rights, with special but not exclusive reference to Canada, in order to enhance the public's understanding of human rights, to promote respect for others and to encourage reflection and dialogue. You may learn more about the CMHR by visiting its website at www.humanright.ca

The tour group will travel by chartered bus to the museum. Participants will take a one-hour guided tour. There should be a brief time for perusing the gift shop or exploring more on your own before the bus departs for the hotel. **This tour is optional and costs \$27.**

Accommodation

*Arrangements for accommodations must be made directly with the Viscount Gort Hotel in Winnipeg at 204-515-2792 or 1-866-920-3046. Advise the receptionist that you are with Manitoba Women's Institute and that there is a block of rooms set aside for this event.

*The accommodation rate for double occupancy is **\$119.00** plus taxes.

*This block of rooms will be available until **April 7, 2015.**

Breakfasts are not included with the room and are not part of the convention registration package. Muffins will be provided during the morning nutrition break.

REGISTRATION FORM

Full Conference (Friday, Saturday):

Includes 2 full days, lunches (2), and banquet.

Before April 20

\$130

After April 20

\$150

Friday including lunch, banquet, and entertainment :

\$110

Friday Banquet only: Banquet and entertainment

\$50

Daily rates: **Friday:** Includes lunch only (no banquet)

\$70

Saturday: Includes lunch

\$70

Total cheque

Optional Tour Saturday afternoon: Please enclose a separate cheque for **\$27** for tour and transportation.

Space is limited so register early. All tour registrations must be received by the Early Bird Deadline (April 20).

Please make cheque payable to MWI 2015 Convention.

Arrangements for accommodation must be made directly with the Viscount Gort Hotel.

Be sure to fill in both sides of this form.

*Please check
your choice.*

MANITOBA WOMEN'S INSTITUTE RESOLUTIONS 2015

1. Resolution: Antibiotic-resistant organisms submitted by Newdale Raven's Glen Women's Institute

Be it resolved that Manitoba Women's Institute urge the Canadian Government to convene a symposium of experts in both human health and veterinary medicine to discuss the very serious issues related to the spread of "antibiotic-resistant" organisms.

Background Information:

It is becoming more alarming that the practises used in both human medicine and veterinary medicine have contributed to the current serious situation. The evolution of antibiotic-resistant organisms is occurring at an alarming rate in Canada and around the globe. This situation, if not addressed quickly, will threaten patient care, public health, animal health, and our economy. The time is now when all stakeholders — doctors, veterinarians, livestock producers, processors, and government regulators — need to meet regularly to look at ways to reduce the use of antibiotics.

The *World Health Organization's (WHO)* first global report on "antibiotic-resistance", with data collected from 114 countries, states there are now "superbugs" that are able to resist the strongest antibiotics on the market today. These superbugs have now been found in all regions of the world. *WHO* Assistant-Director Keiji Fukuda reported that "The world has a huge problem facing it and all trends show that it will only increase, unless significant guidelines are invoked immediately regarding the production and prescribing of antibiotics for humans and animals. A possible catastrophe awaits us." If antibiotic use is not curtailed, a possible health crises of global proportions may occur.

Laura Piddock, Professor of Microbiology at Birmingham University and director of the *Antibiotic Action Campaign* group states, "We need to respond to new antibiotic development as we did when the HIV-AIDS crises began in the 1980's." This especially means providing funding for the production of new and more effective antibiotics.

So we encourage the Canadian Government to be a leader in this process, to invite the stakeholders involved in all areas where antibiotics are used to begin the process of defining a course of action to halt the "antibiotic-resistance" threat before a health crisis develops.

2. Resolution: Non-recyclables used for packaging submitted by Woodmore Women's Institute

Be it resolved that the Manitoba Women's Institute call upon the Minister of Consumer Affairs either to limit the production of unnecessary non-recyclables used for packaging goods or to establish options for the "re-creation" of these non-recyclables.

Background Information:

Alarmed by the increasing amount of waste generated by the packaging surrounding consumer goods, MWI challenges the Manitoba Government to investigate and initiate alternative packaging solutions in order to reduce unusable and non-recyclable material (such as Styrofoam and heavy plastic wrapping) accumulating in our transfer stations and ultimately damaging our environment. We are overwhelmed with marketing ploys seeking to attract consumers into buying products that promote convenience but abandon any consideration to the proper disposal of unwanted packaging. Based on the research done by *Green Manitoba*, it is stated, "A high level of waste generation is an indication of inefficient production and consumption of goods and services leading to unnecessary depletion of valuable resources." In 2009-2010, 900 000 tonnes of waste was produced annually by Manitobans with only 98 788 tonnes of recyclable materials. Those waste items included rubber, packaging, paper, and used oil products. Since then Manitoba has implemented new regulations and policies supporting the "re-use, recycle and re-creation" of additional materials under an "extended producer responsibility" levy. These products include batteries, corrosives, E-waste, solvents, paint, pharmaceuticals, thermostats, pesticides, and fluorescent lights. Although this may be a valiant effort, it is clear by public inquiries there is a growing concern to reduce the accumulation of Styrofoam and heavy plastics in our landfills by developing alternative packaging materials or providing appropriate recycling centres.

Although heavy plastics such as CD cases, laundry baskets, plastic wrapping on toys and tools, etc., cannot be recycled in Manitoba, the Manitoba government could follow the successful way of "re-creating" Styrofoam into useful products demonstrated by the company London Drugs. This company has implemented an "in-store take back" program for consumers who purchase goods with unnec-

essary Styrofoam packaging. Styrofoam can be returned to the London Drugs warehouse where it is reclaimed into 20 kg "pucks" which are shipped and sold to companies for "re-creation".

3. Resolution: Digital mammography submitted by Wheat City Women's Institute

Be it resolved that Manitoba Women's Institute strongly urge the Manitoba Minister of Health to fast track the change-over to digital mammography equipment from the present outdated analog technology.

Background Information:

Manitoba is one of the last provinces to switch to digital mammography machines. Analog and digital machines have similar screening accuracy for the general public. Both are 92 percent accurate in ruling out breast cancer. The women who will benefit the most from digital mammography testing are those younger than 50 years of age, those who are pre- or peri-menopausal, and those of any age with very dense breast tissue (e.g. little fatty tissue). In digital mammography, the image is sent to a computer to be stored as a digital image file. This is a faster procedure as there is no film to develop. It is instantly ready for viewing by a radiologist or to be forwarded to a specialist.

4. Resolution: Long loads on highways submitted by Wheat City Women's Institute

Be it resolved that Manitoba Women's Institute encourage the Minister of Infrastructure and Transportation (Motor Carrier Division) to adopt the policy of attaching a "Long Load" sign on the rear of the last trailer if a semi is pulling more than one trailer at a time along all highways in Manitoba.

Background Information:

In the United States it has been noted that some semi-trailers that pull more than one trailer together have a "Long Load" sign attached to the rear of the last trailer. It appears that pulling multiple trailers is becoming the new normal in Canada. For safety sake we would encourage the adoption of a regulation requiring a "Long Load" sign on the rear of the last trailer of a multiple trailer unit. There are

(Continued on page 8)

(Continued from page 7)

many factors that we use to determine whether we will pass a semi – weather, road conditions, and tiredness being some of them. If these “Long Load” signs are visible, the person travelling behind the semi could more easily assess the risk of passing. This simple procedure could prevent accidents.

5. Resolution: Reiteration of a resolution passed in 2010 re: Race-based violence against aboriginal women submitted by the Resolutions Committee

Be it resolved that Manitoba Women’s Institute urge the Federal Government, after years of “research”, to take action **now** with whatever steps are necessary to wipe out race-based violence against aboriginal women.

Information:

This resolution, originally submitted by Oak Ridge Women’s Institute in 2010, focuses on a deplorable situation that still has not been addressed. Over the last decades, hundreds of aboriginal girls and women have been murdered or identified as missing. The information that accompanied this resolution in 2010 stated, “as women, we [MWI members] have a deep concern regarding the disappearance of women across Canada, including aboriginal women. Regardless of creed, colour, or race, we acknowledge the value of human life and are profoundly disturbed that a problem of this magnitude is not adequately addressed at the national level.”

In the fall of 2014, the Native Women’s Association of Canada (NWAC) released a report titled *Sexual Exploitation and Trafficking of Aboriginal Women and Girls*. One of the key findings is that aboriginal women and girls are over-represented in sex trafficking. The report also identified key factors contributing to the vulnerability of aboriginal women and girls: Indian residential school impacts and intergenerational trauma, systemic poverty, and discrimination. NWAC calls for more initiatives to ensure and promote educational access and success for aboriginal females.

There have been many calls for a public inquiry into the murdered and missing women in Canada. Justice Wally Oppal, who was Commissioner of the *Missing Women Inquiry* in British Columbia (2010-2012), is of the opinion that such an inquiry is not needed. Instead of spending \$15 million on another inquiry,

he believes that money could be spent on resources to fix the problems i.e. lack of affordable housing, poverty, addictions, mental illness, lower education levels.

It is quite possible that an inquiry would be a waste of money and time and only tell us what is already known – that aboriginal women and girls are vulnerable. This resolution asks the Federal Government to take concrete action to help aboriginal women. Perhaps national strategies could be developed that could get to the heart of this vulnerability.

6. Resolution: Manitoba and Daylight Savings Time submitted by Fork River Women’s Institute

Be it resolved that Manitoba Women’s Institute urge the Minister responsible for time changes to keep Daylight Savings Time year-round in Manitoba.

Background:

The one-hour time changes that Manitobans must adjust to (in spring to Daylight Savings and in autumn to Standard Time) are inconvenient at best for the people of Manitoba. The re-setting of clocks, the alteration of medication schedules and work schedules, and the possibility of missed appointment are only a few of the negative impacts of the time changes in spring and fall. It is proposed – for the safety, productivity, and well being of our citizens and to ensure that timing errors are avoided year-round – that Manitoba remain on one time (Daylight Savings Time or “summer” time) all year.

Resolutions 2014

A total of nine resolutions were accepted at the MWI annual meeting in 2014. These resolutions were forwarded under a cover letter to various government departments. A report of the initial replies was printed in the November 2014 issue of *The News*. Two further replies are summarized below.

Mental health spending at the national level

A letter has been received from the Federal Minister of Health, the Honourable Rona Ambrose. Ms Ambrose said that the federal government is “guided” by the Mental Health Commission of Canada (MHCC) in the government’s efforts to “address mental health issues”. She outlined the investments in mental health that have been made by the government, but there was no mention of increasing the spending amount as recommended by the MHCC.

Removal of the cap from Farm Tax Rebate

Because no reply had been received from the former provincial Minister of Finance, another letter was sent to the current minister, the Honourable Greg Dewar. A reply has been received from Mr. Dewar’s assistant saying, “Please be assured that it [the letter] has been brought to the Minister’s attention and that your suggestion will be given thoughtful consideration as we prepare for Budget 2015.”



The signing of the WI Day Proclamation by the Honourable Ron Kostyshyn with MWI President Donna Young at his side. Standing, Diane Hrychuk (l) and Ann Mandziuk. Photo by J. Swidnicki

Manitoba Women's Institute Scholarship

We invite you to encourage young people to apply for our scholarships. They are administered by the Red River Exhibition Foundation, and the application can be found on their website at <http://www.redriverex.com/wp-content/uploads/2015/01/RRX-AgriScholarshipsBrochure-2014.pdf>

This year we will be offering two \$750 scholarships to deserving applicants. The criteria and application needs are listed on the web site.

We encourage you to talk to your local high school staff, friends, family or anyone who you think might be interested in some financial assistance as they enter the academic world beyond their own community. This might also be the time to offer help to those filling out their application. Your expertise, experience, and support can go a long way in helping a deserving young person in making their application.

The application deadline is the second Friday in May (May 8, 2015 for this year).

Ann Mandziuk

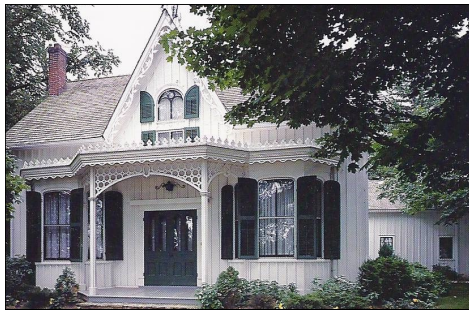
Erland Lee Home gets new life

Erland Lee of Stoney Creek, Ontario, was instrumental in the formation of the first Women's Institute in 1897. Indeed, it has been said that the actual idea of forming a rural women's organization came from Lee, and he persuaded Adelaide Hoodless to champion the cause. Regardless, it is a fact that the first constitution for the first

WI was penned at the Lee dining room table by Janet, Erland's wife.

In 1961, the home was given its first historical designation. In 1972, it was purchased by Federated Women's Institutes of Ontario (FWIO) because of the special WI connection. It was soon opened to the public as a museum. In 2003, the Erland Lee Home was named a National Historic Site of Canada. Museums need money in order to exist, and, in 2010 when FWIO was told that the museum needed \$1 million in upgrades, FWIO closed the home. *Friends of the Lee* went to work to raise the money needed to re-open, and this was successfully accomplished in 2013. Throughout this process, FWIO realized that the Erland Lee Home has a special place in the hearts of WI members in Ontario, especially those in Stoney Creek. In 2014, the FWIO further committed its support to the home when the provincial organization moved its office to that site from Guelph. The Museum and FWIO office can be found at 522 Ridge Road, Stoney Creek, Ontario.

It is interesting to note that Federated Women's Institutes of Canada (FWIC) made a similar move a number of years ago. The FWIC office can now be found at the Adelaide Hoodless Homestead — 359 Blue Lake Road, St. George, Ontario.



Tanzania connections

Associated Country Women of the World (ACWW) recently circulated a report on the projects undertaken in 2014. One of these took place in the African country of Tanzania and was initiated by the Tumbaini Women Group. The project involved mushroom production with the goal of creating income generation for women and therefore empowering these women. The first stage of the project identified the beneficiaries (81 community members) and saw to the purchasing of the mushroom seed. The second step involved theoretical and practical training for mushroom planting. This project was supported the Derbyshire WI in England.

MWI members know very well the valuable work that ACWW does in countries such as Tanzania; however, ACWW is not the only aid group at work there.

At the fall seminar hosted by Basswood WI in 2014, attendees learned about the Tanzania Society for Agricultural Education (TSAE) which has a direct link with the Canadian Agricultural and Rural Extension Society (CARES). Dinah Cepelis is a retired agricultural extension worker and member of CARES who now spends time in Tanzania working on projects with TSAE.

Another organization with a Tanzania connection is the United Church Women (UCW). As an anniversary project, UCW groups across Canada supported a project that provides training for midwives. By the end of 2014, more than 500 midwives working in remote sections of the country had been trained. This help was greatly appreciated by the Morogoro Women's Training Centre.

DCK

Regional Conventions 2015

	Date	Location	Theme	Host	Contact Person
Northwest	April 11	Fork River Hall		Fork River WI	Cheryl Sime 204-657-2318
Southwest A	April 15 Afternoon	Basswood Community Hall	AGM only	Basswood WI	Marion McNabb 204-867-3308
Eastern	April 17	Dugald Community Centre		Springfield WI	Diane Holland 204-853-7452
Winnipeg/ Interlake	April 18	The Little Red Barn Stonewall	<i>Feed the Body, Feed the Mind</i>	Winnipeg WI	Marilyne Derrett 204-694-5987
Southwest B	April 20	Seniors for Seniors, Brandon	<i>A Healthy You</i>	Wheat City WI	Marg Senkbeil 204-728-3921

Growing a Healthier You

February — a time when we think about our loved ones. Heart and Stroke Month gets us thinking about our health and the health of those around us. If you are a caregiver to someone in your family, you need to think about yourself as well as the person you care for. Our health and the health of those around us is most precious. Take time for yourself. Stay healthy and try to take a break just for yourself to "grow a healthier you".

Take 10

- ∞ Invite a speaker to your branch to talk about ways "care givers" can take care of themselves.
- ∞ Celebrate Heart and Stroke Month. Support a speaker to come to your community.
- ∞ Celebrate Adelaide Hoodless's birthday. Maybe have a party with costumes of that era. She was born February 27, 1858.
- ∞ Celebrate Women's Institute Day.
- ∞ Send a Valentine's Day card to someone special in your life.

More ideas for "Growing a Healthier You" can be found on the FWIC website.

Willie the Worm

Federated Women's Institutes of Canada (FWIC) has adopted **Willie the Worm** as a fundraiser for the 2013-15 triennium. FWIC has asked that members from across Canada make donations to "feed" Willie. These funds will be used to help FWIC achieve financial stability without the need to increase membership fees. Please forward donations to the FWIC office prior to June 2015. The total donations received will be announced at the FWIC convention in Fredericton.

But there's more!! There is now a **Willie the Worm Craft Challenge!** Members from across Canada are being challenged to submit their own crafted Willie the Worm for the Triennial Convention.

Crafters may use any material they please. Completed Willies are to be sent to the New Brunswick WI provincial office by June 1 **or** brought to the Convention craft table in Fredericton the morning of June 9, 2015. Each submission must include the name of the creator and information about her WI branch (if applicable). All the Willies will be showcased, along with the branch information.

This will be a fun and interactive exhibit. Convention goers can "vote" for their favourite Willie by donating change into that Willie's money receptacle. The Willie the Worm with the most donation money will be the winner and will be recognized as the *Official FWIC Willie the Worm*.

Federated News Fall/Winter 2014

MWI/ACWW project

Through *Pennies for Friendship* donations, MWI members are supporting a project in Cameroon. Administered in partnership with Associated Country Women of the World, this project is entitled *Cultivation and Preservation of Vegetables and Medicinal Plants for Better Sustainability (#0948)*.

The work was carried out in the community of Likombe with four goals:

1. To improve the health in the community through the cultivation of vegetables and medicinal plants;
2. To give rural women and youth employment in their community;
3. To teach sustainable agricultural practices;
4. To empower women with new skills.

The participants in the first agricultural training phase included 25 women and 20 youth, all from the village. This phase included the teaching of methods of cultivating and preserving plants and instruction in the growing of vegetables from both seeds and seedlings.

The project has not yet been completed for a variety of reasons — an unusual drought, poor infrastructure for transportation, and administrative issues; however, the project is being well monitored and our money will be put to good use. Your donations to *Pennies for Friendship* could mean a new life for a woman in Cameroon.

DCK

Bulletin Board

- The **deadline** for the next issue of *The News* is **April 10**.
- Due to a space constraint, the **Treasurers** are no longer listed with the **Regional Executives** on page 2. They will be included in a future issue of *The News*.
- We look forward to seeing you at the **MWI AGM in Winnipeg from May 8-9**. See page 5 for full details. **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 fill out the **proxy form** (page 11) and send it along.
- The **deadline for the International Peace Garden Scholarship** application is **February 15**, not March 13 as previously stated.
- Representatives from the **MWI**

Board met with the Honourable Ron Kostyshyn and Deputy Minister Dori Gingera Beauchemin on January 21 in Brandon. A variety of topics were discussed.

- *The Institute News* will **focus** on **Winnipeg-Interlake Region** in the April edition. Please send your material to the editor by April 10.
- The next **MWI board meeting** will be held on **March 2** at Portage.
- The board decided some time ago that **two issues of The News** would be **distributed by e-mail only**. These are the January and June issues. If you were not able to access the January edition, please contact Joni at the office.
- The FWIC **Vesey Bulb Fundraising Program** is continuing in 2015.

Manitoba Farm & Rural Support Services

Telephone and On-line counselling for Farmers, Rural and Northern Manitobans.

Free and confidential

**Toll-free 1-866-367-3276 or
www.ruralsupport.ca**

Women between the ages of 17 – 20 years should check the MWI website for further information on this great opportunity. If you know of young women in your local area who might be interested, please encourage them to apply. I know that there is interest being shown by many applicants in other provinces.



Verification of eligibility will be confirmed in advance of the AGM call to order, based on MWI membership records for the current year.

Calendar of Events

February 2015

- Heart and Stroke Month*
 2 MWI board meeting (conference call)
 15 Deadline for Erland Lee Award
 15 Deadline to order WI t-shirts
 15 Deadline for IPG Scholarship
 19 WI Day

March 2015

- Nutrition Month*
 1 High Tea, Fort Garry Hotel
 1-7 *Canadian Ag Literacy Week*
 2 MWI board meeting, Portage
 8 *International Women's Day*
 15 Deadline for early bird registration, FWIC in Fredericton
 15-21 *Canadian Ag Safety Week*

April 2015

- 1 Deadline for seed requests
 6 MWI board meeting (conference call)
 10 Deadline for *The Institute News*
 11 Northwest Region Convention
 Fork River

Manitoba Women's Institute

www.mbwi.ca

E-mail the office at mbwi@mts.net Phone 204-726-7135

- 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

May 2015

- 4 MWI board meeting (conference call)
 8 Deadline for MWI scholarship
 8-9 **MWI convention, Winnipeg**

June 2015

- 9-13 FWIC Conference, Fredericton
 21-27 IPG Scholarship Week

Provincial Council of Women of Manitoba (PCWM)

invites you to attend

High Tea

in celebration of

International Women's Day.

Sunday, March 1, 2015 3-5 pm

Fort Garry Hotel, Winnipeg

Tickets: \$50

Available from McNally Robinson

Booksellers or e-mail

pcwm@mts.net or call

204-992-2751

The afternoon will feature two monologues by Sarasvati Productions.

You are invited to wear a hat. Prizes will be awarded for the *Most Bewitching*, *Most Authentic*, and *Most Outrageous*.

The **Institute News** is published six times per year.

Out-of-province subscription: \$40.00.

In-province: no subscription.

ISBN 1188-0961

Next issue: April 2015

Published by

Manitoba Women's Institute.

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