



FWIC VISITS THE INTERNATIONAL PEACE GARDEN

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Manitoba Women's Institute is a member of the Federated Women's Institutes of Canada (FWIC). MWI is represented on the FWIC board by Executive Officer Ann Mandziuk. Ann was happy to welcome FWIC board members from across Canada to Manitoba for an executive meeting. The following is her report of this event.

The final FWIC executive meeting for the 2012-2015 triennium was held at the International Peace Garden at the end of October. President Marie Kenny, Kate Belair, and the executive officers (EOs) from the provinces enjoyed the hospitality and surroundings of the locale. Manitoba weather was not too bad – a bit windy but it was still pleasant to explore the grounds for a tour on Saturday. For some, it was their first visit to the Garden. And they really thought the WI Picnic nook was beautiful!

Much of the meeting focused on the upcoming convention in Fredericton. My committee work has focused on **Take 10** – our project for this triennium. The decision was made to compile all the **Take 10** editions into one booklet, with added information, and have them available for purchase prior to convention.

As with all organizations, FWIC is trying to reduce expenses and increase income. **Willie the Worm** is an initiative to try to increase our income. I have mentioned her in my write-ups. We are asking branches to consider making a 'Willie' who could attend your meetings and collect coins to be sent to the FWIC office. This is a way to raise funds without having something

for purchase or raising membership fees.

I have a 'Willie the Worm' and I feed him each time I have more than \$5 in loonies and toonies in change in my wallet. Since I made him last November I have added \$73 to his small change purse. Listening to other EOs talking, I learned that some branches are collecting coins at each

meeting, some are picking a month to collect coins, and still others are bringing items to a meeting and holding an auction to raise money as their Willie donation. I have heard of branches in Manitoba who have just made a donation without having Willie at their meeting, or used their Vesey Bulb fund raising as a donation. The ideas are endless. Stay tuned for more information on Willie – even a viewer's choice Willie com-



How do we get to the International Peace Garden? FWIC board members study the map. Photo courtesy of Facebook.

petition at convention.

We also worked on our reports and displays for the convention. Kate Belair, our Executive Director, will be challenging each of us to have an interesting and colourful display. Her handiwork can be seen in the new look of the fall/winter issue of the *Federated News*.

I have a PowerPoint presentation on a DVD that Marie Kenny has put together for each province. It talks about WI and its mission and structure. If anyone would like to use it for a membership recruitment meeting, let me know.

Our FWIC website is under revision. Right now the old site is still operational but be looking for the announcement of our new site being launched. If you aren't already a "friend" on Facebook be sure to check it out. Kate and her

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This newsletter is being mailed electronically only. Please ensure that all members have access.

Manitoba Women's Institute

Executive Administrator: Joni Swidnicki,
1129 Queens Avenue, Brandon R7A 1L9 204-726-7135
Fax 204-726-6260 bwi@mts.net

Provincial Board 2014-2015

President: Donna Young, Site 325, Box 17, RR3,
Brandon, R7A 5Y3 204-728-2714 youngd@goinet.ca

President-Elect:

Regional Representatives:

Eastern: Maren Mueller, Box 53, Arnaud, R0A 0B0
204-427-2487 kmmueller@xplornet.com

Northwest: Diane Hrychuk, Box 125, Fork River,
R0L 0V0 204-657-2466 dhry@goinet.ca

Southwest A: Linda Wilson, Box 577, Hamiota, R0M 0T0
204-764-2642 gkwilson@mts.net

Southwest B: Audrey Clark, Box 13, Lyleton, R0M 1G0
204-649-2258 lholmes@hotmail.ca

Wpg-Interlake: Shelagh Polischuk, 14 Montclair Bay,
Winnipeg, R3T 4B3 204-261-5582 npolischuk@shaw.ca

Directors-at-large:

Lynne Hopley, 142 Daly Crescent, Brandon, R7A 6W3
204-728-1254 lynnehopley@hotmail.com

Gisela Nolting, Box 87, Rosser, R0H 1E0
204-467-5922 hnolting@mts.net

U of M, Faculty of Human Ecology: Dr. Joyce Slater,
204-474-7322 joyce.slater@ad.umanitoba.ca

Manitoba Agriculture, Food, and Rural Initiatives:

Leanne Sprung, 1129 Queen's Ave., Brandon, R7A 1L9
204-761-2702 Leanne.Sprung@gov.mb.ca

FWIC Executive Officer (Manitoba):

Ann Mandziuk, Box 264, Minnedosa, R0J 1E0
204-867-6572 lamandziuk@gmail.com

Man Gov't Appointed Member:

Debbie Melosky, Box 10, Green Ridge, R0A 0P0
204-427-2036 wdmelos@xplornet.ca

Past President: Joan Clement, Box 1089, Russell
R0J 1W0 204-773-2220 deljayfarm@hotmail.com

Regional Executives:

Eastern:

Pres- Liz Chongva, Box 73, Dugald, R0E 0K0
204-853-2007 echongva@mts.net

Secretary- Janice Harrison, 48 Waterview, La Salle,
R0G 0A2 204-736-2613 janiceharrison@live.com

Treasurer- Kathy Wilkinson, Box 568, RR #1, Dugald
R0E 0K0 204-853-7760 bhwservice@hotmail.com

Northwest:

Pres- Ethel Lungal, Box 359, Russell, R0J 1W0
204-773-2109 ethellungal@hotmail.com

Secretary- Marilyn Kippen, Box 64, Fork River, R0L 0V0
204-657-2438 kippenmarilyn@gmail.com

Treasurer- Chris DeVos, Box 129, Fork River, R0L 0V0
204-657-2475 devoskc@gmail.com

Southwest A:

Pres- Irene Draper, Box 884, Lenore, R0M 1E0
204-838-2075 iddraper@live.ca

Secretary- Linda Wilson, Box 577, Hamiota, R0M 0T0
204-764-2642 gkwilson@mts.net

Treasurer- Elaine Thomson, Box 1533, Minnedosa,
R0J 1E9 204-874-2379 ethomson@goinet.ca

Southwest B:

Pres- Fran Dickinson, Box 163, Waskada, R0M 2E0
204-673-2468 franjohn@mts.net

Secretary- Sylvia Mitchell, Box 154, Douglas, R0K 0R0
204-763-4781 mitchel2@mts.net

Treasurer- Sylvia Halls, Box 296, Reston, R0M 1X0
204-877-3763 dwhalls@mts.net

Winnipeg-Interlake:

Pres- Brenda Neabel-Turbett, Box 33, RR #2, Winnipeg,
R3C 2E6 204-633-2155 neabelturbett@yahoo.ca

Secretary- Lynne Moore, Box 45, Inwood, R0C 1P0
204-278-3497

Treasurer- Marilyne Derrett, 208—1456 Jefferson Ave.,
Winnipeg, R2P 0Z3 204-694-5987 unicorn18@shaw.ca

Manitoba Women Institute T-Shirts

MWI t-shirts are available to order through the MWI office.

T-shirts can be purchased either by individuals or by locals.

The design options are:

- 1) With the MWI logo on the front only
- 2) With the MWI logo on the front and the name of your local on the sleeve (i.e. Woodmore Women's Institute)

The t-shirts are royal blue with yellow lettering. They come in two styles: ladies' cut (which is a bit more fitted) or regular cut. Prices for the t-shirts vary somewhat, dependant on the style and size selected.

The costs for the stitching:

- 1) MWI logo only—\$4
- 2) MWI logo and local name—\$7

The pricing for the t-shirts is as follows:

Ladies' cut:

Size	Chest Measurement	Cost
M	37 inches	\$9
L	40 inches	\$9
XL	42 inches	\$9
XXL	46 inches	\$11

Regular cut:

Size	Chest Measurement	Cost
M	40 inches	\$6
L	44 inches	\$6
XL	46 inches	\$6
XXL	50 inches	\$8
XXXL	55 inches	\$8

When ordering, please provide the following information:

- ✓ name
- ✓ phone number
- ✓ style (cut)
- ✓ size
- ✓ stitching request

Payment: Payment can be made when t-shirts are delivered. Remember: the cost includes **the basic price for the t-shirt (\$6-\$11), the cost for the stitching (\$4 or \$7), and taxes (5% GST and 8% PST).**

If you wish to see a sample t-shirt for sizing, you can contact either the MWI office or your regional representative. (Note: The Woodmore members in the photo on page 9 are wearing these t-shirts.)

The cut-off for the next t-shirt order is **February 15, 2015.**

FROM YOUR PRESIDENT



It is early December when I am writing this, but it will be the New Year before you will be reading my message. We are busy with decorating, shopping, and entertaining. The weather is getting cold and snowy. The roads are getting slippery — a typical Manitoba winter.

It is with sadness that I have to tell you that three local branches have disbanded — Morris, Gimli, and Crow Wing Trail. Thank you so much to the members in those locals for all their hard work over the years. We are hoping that most of them will still be individual members and receive their *Institute News* to keep up with what is happening. If there are any members who know of new retirees who are looking for something to become involved in, please invite them to a meeting. If they attend once, you will have a member for life.

MWI is happy to welcome Dr. Joyce Slater to our Board of Directors for an eighteen-month term. She is working in Human Nutritional Sciences at the University of Manitoba and will be helping the Planned Program Committee with their Food Literacy Program this year. The committee has spent a lot of time and effort to put this program together. They have suggestions of different and interesting things every community could try. Take one of their suggestions to heart and do something different that you have never tried before. You might really like it. If you do — let us know.

With the help of Heather Klassen, our Recruitment and Promotions Committee revamped the display board. We saw it for the first time at the Farm Women's Conference. It looks brighter and more welcoming. It is covered with pictures of MWI members at different functions. The pictures can be removed easily to see a description on the back of what function it was and who is in the picture. I would like to thank Maren Mueller and

Shelagh Polischuk who were manning the booth for us in Brandon. They were pleased by the number of women who stopped by. At the conference, there was a panel discussion of three women who immigrated to Canada from other countries. I am proud to say that one of them was Maren. She did a great job.

We are hoping to be able to sign our Proclamation with the Minister of Agriculture, the Honourable Ron Kostyshyn, during Ag Days in January. If there are any concerns in your region that you would like us to take to the Minister, please let your regional rep know. It is at these times that we have the ear of government, and we should be vigilant about bringing matters of concern to them.

There will be a second annual FWIC Peace Garden Scholarship held from June 21-27, 2015, with one young lady between the ages of 17-20 chosen from each province to attend. They will spend five days together at the International Peace Garden taking courses in leadership, horticulture, the arts, social media, and marketing. Interested participants need to submit an essay, a resume, and a letter of reference to MWI. (See page 8) This is a great opportunity for a young person!! If you know of anyone who might be interested, please have them contact www.mbwi.ca or www.fwic.ca

I would like to wish everyone a Happy New Year. Hopefully this year will find all of our members healthy, happy, and involved with our many MWI functions.

Donna Young

"New" faces

Manitoba Women's Institute and Home Economics courses at the Manitoba Agricultural College began in the same year: 1910. It was through the unstinting efforts of WI member Mary Speechly that degrees for Home Economics were first awarded in 1918. Because of the strong connection between MWI and the Faculty of Home Economics (now known as Human Ecology), the provincial MWI Act of 1930 decreed that the MWI board shall include a representative (or liaison) from the Faculty of Home Economics.

MWI is pleased to announce that **Dr. Joyce Slater** has been named to this position. Dr. Slater is Assistant Professor in the Departments of Human Nutritional Sciences and Community Health Sciences. She received a BSHEc from the University of Saskatchewan in 1987, a MSc from the University of Manitoba in 1992, and a PhD from the same institution in 2009. Dr. Slater has done extensive research and writing in the areas of community food and nutrition security, nutritional needs of marginalized populations, and the role of food literacy in health promotion and human ecology.

Dr. Slater's expertise will be very welcome, and she will be a valuable resource as MWI moves forward with its planned program on food literacy.

MWI and 4-H

Manitoba Women's Institute has been invited to take part in a *Strategic Leadership Planning Project*. The Manitoba 4-H Council has been awarded a grant through Manitoba Agriculture, Food, and Rural Development to collate and evaluate leadership development programming that supports the Manitoba agriculture industry. MWI has been identified as a partner that would "both contribute to and benefit from this initiative". Each partner will complete a "scan" or questionnaire; these questionnaires will be collated into one document; and the partners will meet for a "strategic planning discussion" in January.

Clayton Robins, Executive Director of the Council, wrote, "Council feels that this is a very appropriate time and approach to addressing this matter and look forward to the role we will continue to serve as the foundation for leader development in the province." Clayton is making reference there to the valuable role of 4-H in teaching our children how to be leaders. He says this project is "the first step in a larger process to address the challenges faced in agriculture by the declining number of young leaders."

The project will be facilitated by Ted Eastley from RT Consulting and Training.

Murdered and missing women: Lessons learned

On November 6, 2014, the Manitoba Criminal Justice Association (MCJA) hosted its annual *Crime Prevention Breakfast and Workshop* at the Fort Garry Hotel in Winnipeg. The day began with breakfast, attended by approximately 220 people. The guest speaker was Justice Wally Oppal, who spoke about his experience as the Commissioner of the *Missing Women Inquiry* in Vancouver, British Columbia, from 2010-2012. This inquiry came about as a result of the investigation into Robert Pickton and the disappearance of so many women from Vancouver's Downtown Eastside.

Justice Oppal explained that the BC inquiry set out with four goals:

1. to inquire into and make findings of fact respecting the investigations conducted between January 23, 1997, and February 5, 2002, by police forces in British Columbia respecting women reported missing from the Downtown Eastside of the City of Vancouver;
2. to inquire into and make findings of fact respecting the decision of the Criminal Justice Branch on January 27, 1998, to enter a stay of proceedings on charges against Robert William Pickton of attempted murder, assault with a weapon, forcible confinement, and aggravated assault;
3. to recommend changes considered necessary respecting the initiation and conduct of investigations in British Columbia of missing women and suspected multiple homicides; and
4. to recommend changes considered necessary respecting homicide investigations in British Columbia by more than one investigating organization, including the co-ordination of those investigations.

At the workshop, Justice Oppal talked about the critical police errors and public indifference that allowed the disappearance of women to carry on for so long. The victims were seen as poor, drug-addicted, homeless, vulnerable sex trade workers. The women were considered to be "throwaways" and "nobodies".

In his report of the inquiry, entitled *Forsaken*, all of the victims were "humanized" – details of each woman's life were told. Justice Oppal also outlined 65 recommendations. These were directed at the inefficiencies in police work, organizations working in "silos", and the need to look after our more vulnerable populations. Justice Oppal also suggested that we need to start working at the front

end of the system (i.e. police, support services, etc.) to resolve criminal justice issues.

During his presentation, Justice Oppal stated his opinion that a national inquiry into murdered and missing women is not needed. Instead of spending \$15 million on another inquiry, he believes that kind of money could go a long way to providing resources to remedy a lack of housing, mental illness, addictions, and poverty which are the root causes of criminal behavior.

The afternoon session began with a panel discussion with three aboriginal women:

- **Nahanni Fontaine** – Special Advisor on Aboriginal Women's Issues for the Government of Manitoba. She spoke on the historical aspect of aboriginal women as the leaders of the family, and colonization
- **Diane Redsky** – Project Director for the Canada Women's Foundation. She spoke about aboriginal women being seen as sexual objects, being over-policed and under-protected, and the need for collective action with aboriginal women as leaders
- **Laurie MacKenzie** – a woman with "lived experience". She spoke about her family's experience surviving the residential schools, as well as the "60s scoop" where she was placed in a 'white' home and abused by many of her foster parents

The discussion that stemmed from this panel revolved around ideas such as what we can be doing to address women's vulnerability, violence and sexual predation, parental responsibilities to raise sons (teaching them to value and respect women), and engaging Aboriginal women in leadership roles.

Sergeant Dan Barnabe from the RCMP "D" Division's Historical Case Unit then gave his presentation on Manitoba's response to Justice Oppal's 65 recommendations in *Forsaken*. He commented that the RCMP is open to change and has been instrumental in a number of initiatives. These include the Missing Persons Act, Project DISAPPEAR (i.e. the website canadamissing.ca), the National DNA Data Bank, Project DEVOTE, and the Exploited Persons Proactive Strategy (this program involves voluntary registration, DNA collection, safety, education and harm reduction strategies).

The workshop ended with Bernadette Smith speaking from the perspective of a family member of a missing woman. Her sister, Claudette Osborne, went missing

in July 2008 and the case remains unsolved. Bernadette indicated that since the time of Claudette's disappearance, there have been many changes to the criminal justice system — changes that recognize the need for more resources to help family members. She also mentioned the Missing Persons Toolkit, which she has helped to develop for other families whose loved one(s) has/have gone missing. This was a powerful presentation that touched many hearts. Bernadette wants to see action being taken, but action directed to specific communities rather than at a national level.

Heather Klassen

Resources

Missing Persons Toolkit: http://www.kanikanichihk.ca/?page_id=761

Canada's Missing: <http://www.canadasmising.ca/index-eng.htm>

Forsaken: The Report of the Missing Women Commission of Inquiry – Executive Summary: http://www.ag.gov.bc.ca/public_inquiries/docs/Forsaken-ES.pdf

RCMP "D" Division Commanding Officer's Column – *Human Trafficking and Exploitation*: <http://www.rcmp-grc.gc.ca/mb/publications/first-nations-voice/first-nations-voice-december-decembre-2013-eng.htm>

Winnipeg response:

On December 5, 2014, Winnipeg Police Chief Devon Clunis said that better protecting indigenous women and girls is now a strategic priority for the Winnipeg Police Service.

In the future, Winnipeg police will better communicate investigations into murdered and missing women, improve cultural awareness training for officers, and provide better support to victims of violence and exploitation.

Chief Clunis said that the police will be taking a lead role in addressing the issue of murdered and missing aboriginal women and girls. He issues a challenge to Winnipeggers to engage "in difficult conversations and challenge stereotypes and assumptions".

CBC website

Planned Program 2014-2015: Food Literacy

A suggestion when considering your Planned Program project is to ask within your local "who has skills and knowledge to share?" Who are the gardeners, food preservers, smart shoppers, etc? Be aware that these skills are sought after by young homemakers in your community.

Networking with other organizations within your community and region is a great way to get projects going and can assist with funding, planning, and resourcing. Some of the potential partners for WI locals and individual members on your Food Literacy Projects are:

- ◆ Municipal recreation commissions
- ◆ Schools
- ◆ Day cares
- ◆ Municipal offices
- ◆ 4-H clubs
- ◆ Regional health authorities (see box for contact info)
- ◆ Manitoba Agriculture, Food and Rural Initiatives (MAFRD) (local office or Leanne Sprung at 204-761-2702)
- ◆ Green houses (i.e. expertise, workshop site)

Suggestions for Community Projects / Programs

These projects should be as hands-on as possible (i.e. mentoring, workshops).

1. How to get away from fast food and processed foods:
 - How to store food and reduce food waste
 - Healthy, inexpensive, quick suppers
 - Batch cooking for the working homemaker
 - Home-made soups as convenience foods
 - Cooking with kids
 - Bread making
 - Meatless and meat stretching recipes
 - Crock pot cooking
 - Foods to have in your pantry for quick, easy meals
 - Smart shopping and label reading for better nutrition
 - Make your own baby food

2. How to prepare and preserve foods:
 - Food preserving such as drying, canning, fermentation, freezing
3. Knowledge of where food comes from in its raw state:
 - Speaker from *Ag In the Classroom*
 - Speaker from *Farm and Food Discovery Centre*
 - Establish a community garden
 - Gardening workshops
4. Knowledge of availability of local produce
 - Obtain list of local producers (*Food Products Guide* from MAFRD)
 - Participate in a farmer's market
 - Start a food buyers group to buy food from local producers

Seed Program:

As part of the Food Literacy Planned Program, vegetable seeds will be available for locals and individual members who are planning a gardening project within their community. If you are interested, please contact the committee with the following information:

1. What is your project?
2. Are you partnering with any other organization?
3. What vegetables seeds do you want and what quantity?

Please forward this information by **April 1, 2015**. The quantity of seeds each requesting local/member receives will be based on the number of responses to this offer.

Resources available:

- Canada Food Guide www.healthcanada.gc.ca/foodguide
- Preserving www.benardin.ca www.gettystewart.com
- Ag in the Classroom www.aitc.mb.ca 1-866-487-4029
- Farm and Food Discovery Centre www.farmandfooddiscoverycentre.ca 204-883-2532
- *Food Products Guide* – contact

your local MAFRD office

- *Food Matters* www.foodmattersmanitoba.ca 204-982-6372
- Buy Manitoba www.buymanitobafoods.ca 204-943-0822 or 1-800-731-2638
- *Good and Cheap Cookbook* (www.leannebrown.com) See p.8

Grants Available:

- GRO1000 – Scotts Canada Limited – To support community gardens and green spaces across Canada. The application will be available by January 15, 2015 at www.scottsmiraclegrow.com.
- "Healthy Together Now" through the Regional Health Authorities has funding available in each of the 5 regions. Projects are planned and led by individual community groups while the regional health authorities provide funding, support, and training.

Please send any program and article suggestions or questions you may have to the MWI Planned Program committee.

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

Regional Health Authorities

- ◆ Interlake – Eastern (204-739-4450 or 204-268-7440)
- ◆ Northern (204-677-1742 or 204-681-3145)
- ◆ Prairie Mountain Health (204-629-3002 or 204-328-7101 or 204-578-2192)
- ◆ Southern Health (204-871-6735 or 204-428-2750)
- ◆ Winnipeg (available at www.healthincommon.ca/regions)

Focus on SOUTHWEST B

The Southwest B Region is made up of four branches plus a number of individual members. The Broomhill members hosted a successful regional convention in April of 2014. The 2014 provincial conference and annual meeting was hosted by Southwest B and held in Brandon from May 9-10. Thanks to dedicated members and sponsors, it was an excellent event.

Southwest B extends a welcome to the new executive administrator, Joni Swidnicki.

Audrey Clark, Southwest B Regional Rep

Clearwater Women's Institute

Clearwater WI member Rhonda Burr, a Buddhist monk, spoke about Buddhism at a spring meeting.

The Harvest Moon Society and the Prairies Spirit School Division annually host an Eco Challenge in partnership with Manitoba Agriculture, Food, and Rural Development and three conservation districts. This annual event brings Grade 7 and 8 students from local schools together to participate in outdoor experiential education. Students take part in activities that address themes related to environmental conservation and ecosystems, geography, science, sustainable food, and resilient communities. The event was held in conjunction with the Harvest Moon Festival. There were three schools registered with approximately 115 students attending. The event is run with a series of workshops in the morning with half the students taking part. The other half of the students are involved in a scavenger hunt, which involves 14 trail stops along "Lessons of the Land" Trail (Cypress Creek). After lunch, the student teams take part in a trail test where they have questions to answer at each trail stop. The Clearwater WI branch baked 30 dozen cookies for the Eco Challenge.

Clearwater WI

Wheat City Women's Institute

One of the first decisions to be made when forming a new WI in Brandon was that the branch would **not cater**. This group of women had been there, done that, and usually never got the t-shirt. Therefore, Wheat City WI began with a very small bank account. Each member paid an extra \$10 over and above the membership fee to cover initial expenses. The monthly treasurer's report provided much merriment as they heard of the



Sylvia Mitchell (l) and Lynne Hopley serve customers at Wheat City's fundraising garage sale. Photo by B. Gross.

bank interest of one cent.

A monthly donation of \$2 "tea money" from each member slowly added to the bank balance. This continued for many years until the opportunity arose to take part in a street garage sale. This sounded like the perfect plan to both empty the homes of unwanted articles and to make some money at the same time.

Those with garage sale experience educated the rest of the members with facts about best sellers, pricing, organizing, and, of all things — coffee, muffins, and cookies to sell to early bird shoppers.

Six years later, the first Saturday in June is still reserved for this annual event. A lot of laughter is heard as the rivalry between tables of "fleas" and the coffee and muffin table heats up. Who knew that fleas and food would swell the coffers so wonderfully? Regular customers come to buy dozens of home baking items.

When the garage doors come down, the ladies adjourn to the house to count the booty from the two cash boxes, declare a winner, and have a luncheon of subs, a delicious dessert, and a well-earned cup of tea. Best of all, the Wheat City WI now has bank interest payments of 14 cents. This must be the world of high finance!

Lynne Hopley

Broomhill Women's Institute

Broomhill WI spent most of the time at winter meetings planning the regional convention which the local hosted on April 10. The group is pleased to welcome a new member, Helen McConnell, who moved to Reston last fall from Scotland where she was a WI member.

The planned program on *Food Security* was presented by a branch member. A

resolution was submitted at the provincial convention, and the branch conducted the *Celebration of Life* at this event.

Broomhill WI once again sold Vesey bulbs as a fundraiser. This did very well. They were also pleased with the response they received to their requests to help sponsor the provincial convention. Local businesses were very generous.

The Broomhill ladies supplied and served lunch after a funeral service, with the help of community members. They had planned to hold another *100 Mile Dinner*, but once again, because of flood, some members did not have much, if any, garden. Again — hopefully, next year.

The group does not meet during July, August, or September. They look forward to the regular meetings on the first Wednesday of the month commencing in October.

Sylvia Halls

Boissevain/Whitewater Women's Institute

Radon. Is it on your home? The short answer is "yes". The Canadian Cancer Society met with members of Boissevain/Whitewater WI in early September to let them know that in the Prairie Mountain Health Region of southwest Manitoba, 41 percent of homes tested by Health Canada had radon gas levels higher than federal standards. Concern is raised when any home has radon gas levels of over 100 Bq/m³.

Rod Tutkaluke, the Cancer Society's Assiniboine South Community Representative, presented a power point presentation and some short videos about this invisible danger that leeches up through the ground and collects in many basements. The presentation was followed by a question-and-answer period and discussion. The Cancer Society has partnered with Health Canada to raise awareness of the presence of radon gas and the dangers of long term exposure to it. Radon is the second leading cause of lung cancer in Canada. If you are a smoker, the risk of getting lung cancer is significantly increased to one-in-three.

Radon is a radioactive gas that occurs when uranium in the soil and rock breaks down. When it is released into the atmosphere, it is diluted and not a concern; however, when released in enclosed space

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team of volunteers post great information. A new feature is **Membership Mondays** – some good ideas you might want to try to increase memberships in your branch.

Colleen (the head gardener) gave us a quick tour of the Peace Garden. Even though all of the buildings were closed for the season except for the Conservatory, we were able to see inside them. She is very knowledgeable and answered the ladies' questions. One very special perk was having her unlock the organ in the Peace Chapel and allowing Glenna Geer from New Brunswick to play a few notes on it. Glenna was very pleased as it had been donated by someone from her province.

The final agenda item on Sunday was our *Reflections* which we held in the Peace Chapel. Linda Hoy did an excellent job. This concluded with each one of us having to read our favourite quote from the chapel wall. A very moving way to end our meeting! We believe it was the first time a FWIC board meeting was held in a camp-type setting.

I have tickets for the FWIC draw on the wall hanging that Donna Henderson has quilted for us. I will have them at convention in May. They are \$2.00 each or 3 for \$5.00. The draw will be made at the FWIC convention in New Brunswick.

My thanks are extended to Muriel McCallum, Audrey

Clark, and Fran Dickinson for supplying bedding and towels for our FWIC guests when we bunked at the Peace Garden. They certainly appreciated not having to carry bedding/towels from their home provinces.

If you have any question/concerns for FWIC, please pass them on to me.

Ann Mandziuk
FWIC Executive Officer for Manitoba



Donna Henderson stands with the wall hanging she created and quilted for FWIC. Photo supplied by A. Mandziuk

(Continued from page 6)

es, it can accumulate to high levels and pose a health risk. The gas is invisible, odourless, and tasteless, and can only be detected by using a certified testing device. Radon can enter a home anywhere where there is contact with the soil. As a gas, it can make its way into homes through cracks, gaps around service pipes, window casements, and floor drains.

To get an accurate reading, testing for radon in a home should be done in the winter months when homes are better sealed. Testing devices quite often are available at local hardware stores or can be purchased from the Cancer Society.

Because long term test kits provide more accurate results, it is recommended to test for at least three months in the lowest level of the home. After this time, the kit will need to be mailed to a laboratory for analysis. Once the results are received, the homeowner can determine whether or not remediation is necessary. The Cancer Society has resources to help homeowners learn more about their options.

For more information on radon gas, please check out www.cancer.ca/radonmb. If your group would be interested in a similar presentation, please feel free to contact Rod at rtutkaluke@mb.cancer.ca.

Dorothy Coupland

Wanted: Nominations

Each of us has valued our involvement with the Manitoba Women's Institute. It has afforded us the opportunity to make new friends, develop new skills, and learn new information. However, for an organization to remain strong, it needs members to step forward in leadership roles. Taking on a leadership role is indeed an extra responsibility, but it also helps the individual to grow and better understand the strength and potential of the organization.

As a Nominations Committee, we would like to make you aware of a number of opportunities for you to consider at this time.

- * **President-Elect:** This is a one-year term followed by a two-year term as President and a one-year term as Past President. You also serve as Chair of the Finance Committee.
- * **Director-at-Large** serves on the Provincial Board and helps with committee work as well as representing the Board and reporting regional needs.
- * **Executive Officer for Manitoba** is a three-year term. Duties include attending FWIC meetings and the Triennial Convention, assisting with national committees, and serving as a conduit of information between the Provincial Board and FWIC.

If you are interested in submitting your name or encouraging someone to run for any one of these positions, you should request a nomination form from the provincial office or from Joan Clement or Denise Joss on the Nominations Committee. The nomination form must be signed by five members of MWI (members of a local or individual members), be accompanied by a letter of acceptance and a brief biographical sketch by the nominee, and be received by the nominations committee 62 days prior to the AGM.

It takes many ideas and people to make an organization strong. Please give thought to providing your skills as a leader (or encourage someone else who you think has the skills but is hesitant to put her name forward) to provide the ideas and leadership in one of these positions which will enable MWI to continue to be a vital organization into the future.

Joan Clement

FWIC Peace Garden Scholarship 2015

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: June 21-27, 2015

ELIGIBILITY:

- *Young women between 17-20 years of age as of January 1, 2015
- *Women interested in leadership, marketing, social media, horticulture, public relations, arts, inspiring others, and positive social change
- *Community and volunteer experience

HOW TO APPLY;

- *Submit a type-written essay (500-1000 words) describing your interest in the areas listed 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 March 13, 2015, 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.

For further information, check out the FWIC website at www.fwic.ca or contact the MWI office.

GOOD AND CHEAP

"Kitchen skill, not budget, is the key to great food. Just as a good meal is best shared with others so is a good recipe."

"Everyone should eat great food every day. Eating well means learning to cook. It means banishing the mindset that preparing daily meals is a huge chore or takes tremendous skill. Cooking is easy – you just have to practice."

Eating well on \$4 a day – *Good and Cheap* cookbook shows you how. The creator of *Good and Cheap* is Leanne Brown, formerly of Edmonton, who was earning a food studies degree in New York when she began noticing how poorly people on low incomes ate.

Check out Leanne Brown's web-site at www.leannebrown.com for more information on her cookbook, which is available online or for purchase at a reduced rate for organizations if they are purchasing to give to low income families and individuals. This cookbook could be used as a takeaway for participants in a hands-on class or workshop.

Why not try out a recipe from *Good and Cheap* and report back to the members of your local on what you thought of it, or plan a meeting lunch around recipes in the cookbook. As an alternative, look for cookbooks at thrift stores or from your members. Many will contain recipes that are basic and can be used with local produce. Look for ways to share these recipes with low-income families in your community.

Submitted by Planned Program Committee

Bulletin Board

- This edition of *The Institute News* is being **mailing electronically on-line**. Local and regional boards are asked to ensure that all members have access to this newsletter. The February edition will be sent by regular mail.
- The **deadline** for the next issue of *The News* is **February 2**.
- The *Celebration of Life* write-up for the late **Rlee Gilson** (page 9) was supplied by **Valerie Watt**.
- Please submit information about the **regional spring conventions** for printing in the next newsletter.
- There will be no focus in the next issue of *The Institute News*. **Winnipeg/Interlake** will be featured in the April edition.
- The next **MWI board meeting** will be held on **January 5, 2015**, via conference call.
- The **MWI annual convention** will be held at the Viscount Gort Hotel, **Winnipeg**, on **May 8-9**.
- Remember: the **purpose of the**

planned program is not to educate MWI members but rather to encourage them to look in their communities for ways to share food knowledge and experience.

- Are you interested in purchasing a **WI t-shirt**? See page 2.
- It's now official — **Debbie Melosky** has been named as the **Government-appointed Member** on the MWI board.
- **MWI finance committee** members are Donna Young, Gisela Nolting, Diane Hrychuk, and Ann Mandziuk.
- The **nominations committee** is looking for nominations for the positions of **president-elect, director-at-large, and FWIC executive officer**. (See page 7) Please think about this!
- **Dr. Joyce Slater** has joined the MWI board as liaison from the Faculty of Human Ecology, University of Manitoba.

Celebration of Life

Rlee Eleanor Gilson

1933-2014

Peacefully, after a very short battle with cancer, Rlee Gilson passed away on December 5, 2014, at the age of 81.

Rlee joined Narcisse Women's Institute in 1978 and by 1993, she was serving as their President. She held this position for the rest of her life. In 2005 she succeeded Norma Ridgeway as President of the Winnipeg Interlake Regional Board and upon relinquishing the post in 2007 she described the experience as a "real hoot"!! In 2007 Rlee was presented with a Life Membership in MWI. Agriculture was Rlee's life, and she joined the MWI agricultural committee and represented MWI at many KAP meetings in the province. Rlee was at the forefront when Narcisse WI purchased the Narcisse one-room schoolhouse and spent many hours on the renovations. In 2012, Rlee was recognized for her exceptional volunteerism and community involvement when she received the Queen's Diamond Jubilee Medal.

Rlee loved to travel and her adventures included a cruise to Alaska, the Grand Canyon, a trip to Ireland, "hanging" from the top of the CN Tower, and her 80th birthday treat to Las Vegas. Only weeks before her passing Rlee was manning the advance poll and regular poll for the municipal election. A lady with a wonderful personality, always cheerful, smiling and optimistic, Rlee is going to be missed. Rest in peace.

ACWW/MWI project

The last issue of *The News* explained in detail the ACWW projects that are being supported by the Canada Area. MWI members can support ACWW in another way — through their *Pennies for Friendship* which are being sent to ACWW to fund a project in Cameroon called *Cultivation and preservation of vegetables and medicinal plants for better sustainability*. The latest reports say that the project is continuing even though there have been some problems — an unusual drought, poor infrastructure for transportation, and administrative issues. Farmland has been prepared for planting, seeds have been purchased, and some medicinal planting has taken place. Your donation to *Pennies for Friendship* (or *Coins for Change*) can make a real difference to the women in Likombe, Cameroon.

The MWI banner can be seen in many places!

In the fall, Woodmore WI decided to have an information table at the Clear Spring Mall in Steinbach. This was done as part of the local's promotion and recruitment activities. The members at the table provided information about WI to a number of women (and a few men). The MWI banner was part of the display.



(l-r) Brenda Dyck, Liz Griffin, Rose Bodz, Pat Gaetz, and Debbie Melosky at the Woodmore WI table at Clear Spring Mall, Steinbach. Photo courtesy of D. Melosky.

The photos below were supplied by Diane Hrychuk from Fork River. For many years, Fork River WI has been hosting a Community Market on the last Saturday of October in the Fork River Hall. The local serves lunch of sandwiches and soup and also hosts lotto and raffle draws. Some of the members add to the fun by selling their own wares such as baking, candles, and knitting. Most of the profits are given away. In 2014, Fork River WI donated \$900 to various local organizations including 4-H, the Ukrainian dance group, school breakfast programs, the Crisis Centre, and food bank. You can see that the banner greeted attendees at the door.



CROW WING TRAIL FARM WOMEN'S INSTITUTE LOOKS BACK ON 25 GREAT YEARS

The Crow Wing Trail Farm Women's Institute (CWTFWI) celebrated its 25th year by presenting a banner to the De Salaberry District Health Centre (DSDHC) commemorating the opening of the "new" hospital in St. Pierre-Jolys in 1996. The banner, entitled *Brick by Brick*, was instrumental in convincing the government to build the hospital that had been talked about for over 10 years.

The CWTFWI spearheaded a project to demonstrate community support to then-Health Minister James McCrae. Hundreds of area residents signed the nine by three foot canvas banner.

On March 28, 1994, about 560 people came to the St-Pierre-Jolys Recreational Centre to meet Mr. McCrae. Why? To show him just how many people were behind construction of a new hospital. People closed businesses and offices and came from far and wide. During the meeting, called *McCrae Monday*, the banner was presented to Mr. McCrae. He was asked to keep it until the hospital was built.

Shelley Curé, a founding member of

the CWTFWI, credits WI with her ability to access the minister and have the courage to speak to him about the need for a hospital. It was during one of MWI's Personal Development Days that Shelley was to meet the Minister and take him aside for a very important chat.

The banner was returned by Mr. McCrae to the community at the Grand Opening of the hospital. For the past 20 years, it has been packed away out of sight. To commemorate their 25th Anniversary, members of the CWTFWI retrieved the banner, had it framed in plexiglas, and presented it to Norm Vigier, Director of Health for the De Salaberry District Health Centre, during a small ceremony.

The conclusion of the dedication plaque says, *The banner is hung here as a reminder that goals can be achieved through perseverance, hard work, initiative and community support.* This is a sentiment known all too well to be true by members of Manitoba Women's Institute.

Members of the CWTFWI are pleased

that the banner will be a reminder not only what can be done when people work together, but also of the value of Women's Institutes.

This will be the last public activity of the Crow Wing Trail Farm Women's Institute as members voted at their November 2014 meeting to disband the local. Some members will become individual members of MWI, a membership option our local strongly supported when it was initiated.

Members gave the decision considerable thought and discussion. They made the decision to disband because they recognized that they had no succession plan, i.e. we had no younger members joining. Their daughters are not interested or are involved in other organizations, and there have been changes in the lives of our members – looking after elderly parents, undertaking new businesses/jobs, spending time with grandchildren or travelling – that has precluded them from doing the kind of community work that would attract new members.

All the CWTFWI members recognize the valuable role that MWI has played in their lives. It has created lifelong friendships with people we most likely would otherwise not have met. For several years, they held an annual bonspiel that brought out both WI and non-WI women to share camaraderie, laughs, and sweeping something other than the kitchen floor.

"MWI helped us appreciate the different skill-sets and outlooks of those we worked with in WI. It gave us the skills to undertake lobbying initiatives in our communities for the hospital, post office and midwifery program, to name a few. We still continue to be very involved in our communities and thank MWI for its support."

Dawn Harris, President
Crow Wing Trail Women's Institute



(l to r) Elaine Fast, Kleefeld; Roberta Wiebe, Winnipeg, formerly of Otterburne; Dawn Harris, Niverville, formerly of St. Malo; Murielle Bugera, St-Pierre-Jolys; Dolores Carrière, Otterburne; Shelley Curé, St. Pierre-Jolys; and Norm Vigier, Director of Health for De Salaberry District Health Centre stand in front of the banner that was instrumental in getting the hospital built.. Photo courtesy of D. Harris.

Fair trade in the world of soccer...

The summer/fall issue of *fair trade*, Canada's fair trade magazine, included an eye-opening article on the production of soccer balls.

More than 250 sports ball manufacturers can be found in Sialkot, Pakistan. Six of these are Fairtrade certified. Sialkot is the global leader in the making of hand-stitched soccer balls, producing maybe 60 million per year. Even though China now sells more balls, Pakistan still has the

market in hand-stitched balls which are "superior in quality to machine-made balls and are less costly than thermally bonded balls". Hand stitching is tedious, detailed work, and child labour has historically been a problem. Another issue is that home-based workers toil in cramped, poorly lighted and poorly ventilated quarters. In 1997, Sialkot manufacturers signed a pact to eliminate child labour and move stitching away from homes and into monitored stitching centres. The problem is that monitoring is not guaran-

teed or enforced. It is only in the Fairtrade certified shops that monitoring is consistent and detailed records are demanded.

In addition to safe working conditions and fair wages, workers at Fairtrade certified factories receive a "Fairtrade premium" which might be used to improve health care or education.

Fairtrade makes a difference.

DCK

THE GUNTON / GLANTON CONNECTION

In the fall of 2014, an e-mail was received at the FWIC office in Ontario from a WI branch in England. It read as follows:

Hi. I am hoping you may be able to help. I am secretary of Glanton WI in Northumberland, UK. While reading through old minute books we have discovered that during WWII we had a connection with Gunton WI, Manitoba. In fact, the ladies from there sent us food parcels to help during food rationing. It is our 80th birthday next year and to commemorate this we would love to renew the connection. I have been unable to find any information on Gunton WI on the internet. Do they still exist? We would be very grateful for any information you could provide. Many thanks, Jackie Stothard

This message was passed on to the MWI office and a search for more information began. Gunton was a community 37 kilometres north of Winnipeg on Highway 7. Gunton Women's Institute existed from 1927-1948 under Charter #148. A review of early issues of *The Institute News* garnered a few pieces of information.

In October 1927, it was reported that "Gunton WI began by planning a programme for the year and the secretary reports that 14 talks, papers, and demonstrations were given by members. One official who heard three of these papers described them as being 'thoughtfully prepared and full of good ideas'".

In January 1919, the report was given that Gunton WI "entertained the Balmoral Institute and visited this society. We had papers on different phases of home life, also gardening, poultry raising and house plants. We sent fruit to the sick, made a double Irish chain and an auto-

graph quilt to raise money and had a flour sack garment sale." They also purchased a first aid kit for the school (1930), "assisted the church and helped to persuade the Council to build a good road to the local cemetery" (1930), "had a program planned specially to enable the members to become more familiar with Canada and Manitoba" (1931). In 1942, they "entertained grandmothers of the district, sent eggs, groceries to Fresh Air Camp, [held a] grocery shower for Missionary Hospital".

In 1938, Manitoba WI locals were encouraged to begin an exchange of letters with Institutes in England. After the war began, there was even more emphasis placed on these overseas "letter friends". In 1940, the General Secretary of the National Federation of Women's Institutes of England and Wales wrote, "One result of the war is to narrow one's horizon and to give a feeling of isolation, and we hope by means of such correspondence to do something to counteract this."

Many locals formed bonds with Institutes in the United Kingdom, and during the war, parcels were sent to ease the plight of the British people.

Jackie Stothard sent a later e-mail to Valerie Watt:

Sadly I suspected that Gunton must have folded... I have attached a photo of our present membership which sadly is only 13, most of whom are in their 80's. The resurgence in WI in the UK has sadly not effected the rural areas, it seems to be in larger towns and cities that numbers are swelling. Glanton is a very rural village in north Northumberland and still very much a farming community. It has had a few new properties built which have been bought by commuters to Newcastle upon Tyne about 40 miles away, as are the older properties which come onto the market, and these ladies are not interested in joining WI so we are constantly struggling to keep going. I find this very sad, as one of our 'younger' members I so enjoy WI, we come together in friendship, have a wonderful range of speakers and activities, and have a really good laugh together. We are determined to reach our 80th birthday next November. Any information you can gather about Gunton WI and its membership would be wonderful. Yours in friendship, Jackie Stothard



The members of Gunton WI, United Kingdom

News from the MWI board

MWI board meetings were held via conference call on November 3 and December 1, 2014.

- ⇒ MWI has been asked by the Manitoba 4-H Council to take part in a Strategic Leadership Planning Project. (page 3)
- ⇒ Gimli and Morris WIs have been in contact with the board with the sad news that they are disbanding. Members from disbanded locals are encouraged to become Individual Members.
- ⇒ The grocery card initiative continues, although it has not been supported as well as was hoped.
- ⇒ The planned program committee has been working very hard on the *Food Literacy* topic. The article that was placed in the November issue of *The News* was also distributed to local newspapers through the Manitoba Community Newspapers Association. Further articles will be printed in the newsletter (see page 5), and they will also be posted to the website.
- ⇒ The regional boards have been requested to place *Food Literacy* on the agenda for their winter meetings. The committee will provide six questions to guide the discussion.
- ⇒ The new display board was created by Maren Mueller and Heather Klassen. The board was seen for the first time at the Farm Women's Conference (FWC).
- ⇒ The winner of the free MWI membership drawn at the FWC is Laurette Lacrois, Winnipeg.
- ⇒ Ann Mandziuk was congratulated for her work on the planning committee for the FWC. Maren Mueller was congratulated for a job well done as a panel speaker.
- ⇒ A donation of \$5,900 has been made to the International Peace Garden. No decision has been made yet as to how the money will be spent.
- ⇒ MWI will host FWIC 2018 in Winnipeg from July 8-14.
- ⇒ In October, Gisela Nolting attended a networking night hosted by the Manitoba Association of Home Economists.
- ⇒ Regional presidents are asked to forward concerns that they wish expressed to Minister Kostyshyn when board members meet with him in January.
- ⇒ Plans for the MWI convention in Winnipeg are well in hand.
- ⇒ MWI members will once again be selling cash calendars. Proceeds will go to the FWIC and ACWW delegate funds.

FWIC Past President's Competition: *FWIC at 100*

Ruth Blenkhorn from Nova Scotia is the Past President of Federated Women's Institutes of Canada (FWIC). She sends the following message to MWI members:

During the past year, the last two provincial WI organizations turned 100, with the exception of Newfoundland/Labrador, which celebrated 75 years. The celebrations are over and now we look forward to 2019 when FWIC reaches the century mark.

Women's Institute has existed for more than 100 years because of you, the members, and we would like to hear from you. As a Past President of such a great organization as FWIC, I would like to see us move forward to leave our country



and indeed the world a much better place for our children and grandchildren; hence the competition and my challenge to you.

- *Where do you see FWIC at 100?*

- *How has FWIC inspired you?*
- *What do you see as the challenges for the future?*
- *What is your vision for FWIC moving into its second century?*

The competition is titled **FWIC at 100**.

- an essay (between 100 and 2000 words)
- Typed or hand written
- Double spaced
- Presented in a folder with name, branch, and province in a sealed envelope inside the back cover.

Deadline: April 15, 2015

Mail to Ruth Blenkhorn, Box 46, Port William, Nova Scotia B0P 1T0

Calendar of Events

January 2015

- 5 MWI board meeting (conference call)
- 15 Deadline for super early bird registration, FWIC in Fredericton
- 20-22 Ag Days, Brandon

February 2015

- 2 MWI board meeting (conference call)
- 2 Deadline for newsletter
- 15 Deadline for *Erland Lee Award*
- 15 Deadline to order WI t-shirts
- 19 WI Day

March 2015

- 2 MWI board meeting, Portage
- 13 Deadline for IPG Scholarship
- 14 Deadline for early bird registration, FWIC in Fredericton

April 2015

- 1 Deadline for seeds requests
- 6 MWI board meeting (conference call)
- 30 Final deadline for registration, FWIC Conference, Fredericton

May 2015

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

June 2015

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

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To comment on content or format or to make a submission, you may reach the Editor at 204-328-7690 (phone), 204-328-7322 (fax),

e-mail dkowalchuk@hotmail.com or Box 645, Rivers, Manitoba R0K 1X0.

FWIC 2015

Planting Seeds of Change

Fredericton, New Brunswick
June 9-13, 2015

New Brunswick Women's Institutes invites you to join them at FWIC 2015 in June. The Triennial Convention will include:

- Opening and closing ceremonies
- A variety of speakers
- Numerous workshops
- A chance to meet other WI members and share ideas
- A quilt draw
- Day and visitor passes
- Displays and competitions, crafts and more!

The full registration package is available at www.fwic.ca/convention. The super early bird deadline for registration is **January 15**, but you can register as late as **April 30**.