

Manitoba Women's Institute **News**

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www.mbwi.ca

LENORE WI CELEBRATES 100 YEARS

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

In 1915, a group of women in the Lenore district gathered to form Lenore Women's Institute. Little did they know that one hundred years later, that organization would still be going strong. A celebration of that milestone was held in Lenore Hall in October 24, 2015.

When the idea of an event was first fielded at a monthly meeting, a committee of Roberta Bailey, Irene Draper, and Heather Hunter was formed to bring ideas back. They came up with a fashion show and community evening.

"Our goal was to have a celebration for our members and the community, and I think we achieved that by doing our interpretation of Calen-

dar Girls," said Roberta Bailey. At no time did a model have to hide behind an object so those in attendance wouldn't "see" too much! Active members and special guests modeled fashions gathered from The Costume Closet in Virden, as well as from members' and friends' closets.

"There were a number of people who had a lot of clothes in their closets that were great for what we were trying to do," said Heather. "As well, The Costume Closet ladies were absolutely wonderful."

For a community as small as Lenore, having a 100-year anniversary of the organization is very

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Manitoba Women's Institute

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Manitoba Women's Institute

October 2015 Cash Calendar Draw Winners

1	\$25	Arlene Waddell	17	\$25	Bernice Still
2	\$25	Marjorie St. Jacques	18	\$25	Anne Stronciski
3	\$25	June Kopys	19	\$25	Audrey Clark
4	\$25	Rosie Barrett	20	\$75	Janice Appleyard
5	\$25	Dana Fisher	21	\$25	Madison Karish
6	\$25	Irene Hunter	22	\$25	M. Stanicky
7	\$25	Dorothy Braun	23	\$25	Wendy St. John
8	\$25	Hazel Wall	24	\$25	Gisela Nolting
9	\$25	Maureen Neabel	25	\$25	Gladys Karish
10	\$25	Shelagh Polischuk	26	\$25	Lori Smith
11	\$25	Joyce Linner	27	\$25	Clearwater WI
12	\$200	Julie Huska	28	\$25	Betty Gross
13	\$25	Dave Clark	29	\$25	Marion Ellis
14	\$25	Dawn Winter	30	\$25	Jean Dickson
15	\$25	Brenda Neabel Turbett	31	\$75	Paul Mandziuk
16	\$25	Helen Rigby			

The winning names were drawn by Kelsey Swidnicki; Joni Swidnicki served as recorder. Out of 500 tickets, 442 were sold. The total value of the cash prizes was \$1,000. The profit of \$1,053.08 will be divided between the ACWW and FWIC Delegate Funds.

Congratulations to the winners and thank you to all who supported this cash calendar fundraiser by purchasing or selling tickets.

Recipe corrections!

In the November 2015 issue of *The Institute News*, a recipe for **Flax Oatmeal Cookies** was printed on page 11. There was an error in the ingredients. Use **1/2 cup of ground flax**, not 2 cups. The editor apologizes for this mistake.

This recipe was taken from the MWI Centennial Cookbook, a very popular cookbook published to mark the 100th anniversary of Manitoba Women's Institute in 2010. After this book was printed, some of those who submitted recipes found errors. The corrections, which were printed in various issues of the newsletter, are gathered together below.

Buttermilk Salad Dressing (Georgina Taylor) p. 15
1 teaspoon garlic salt (not 1/8 teaspoon)

Mushroom Salad (Jean Lewis) p.47
Add to ingredients for dressing: 2/3 cup vinegar

Coconut Cream Pie (Val Fudge) p.204
Do not put in oven!
Coconut should be toasted before sprinkling on top of pie.

Pie Iron Pizza Mix (Edna Dreger) p.274
Drain fat after frying bacon and meats.
Spray pie irons with cooking spray.

FROM YOUR PRESIDENT



As I am sitting here looking outside at the sunshine and warm weather in December, I cannot believe how lucky we have been. I hope everyone has taken advantage of this and done all their Christmas shopping. If we could have a winter with little snow or ice, it would be so much safer for everyone.

In this issue, I would like to talk to you about the FWIC/International Peace Garden Scholarship (IPG). This is an opportunity for each province across Canada to send one young lady to the Peace Garden for a one-week program in which they learn about leadership, horticulture, photography and many other things. The last two years that this scholarship was held, the timing was really bad as the Peace Garden could only take participants in the last week of June. Usually most grads have their celebrations about that time; therefore, we only had four young women attend. Every year this program has been held, the Peace Garden staff has become more and more involved. When the girls left last summer, there was staff on hand to say goodbye as the girls had become part of the IPG family.

We are very happy to work with Garry Enns, the new CEO of the International Peace Garden. He is very inclusive and tries to accommodate any concerns we might have. This year's scholarship dates have been changed to August 21 to 27, 2016. The age of eligibility of these young women is 18 to 22 years. The other really interesting thing about this coming year is that, at the time the girls will be in attendance, there will also be the Environmental Education and Communication Network meetings at the Peace Garden. Many of our young women are interested in the environment, and the participants will likely have the opportunity to partake in these activities. The Peace Garden is expecting about 200 participants in this conference and, if you

are interested in knowing more about it, information is available on the website at eecom.org.

Already, this year's scholarship program looks like it will be exciting! Along with being able to attend the environmental conference, the girls will be learning about horticulture. Last year, the participants arranged an MWI flower bed in one of the gardens, using their own design. They will also have courses in leadership and photography. There will be two Women's Institute members on site. If I were a young woman, what I would like best is that I would get to meet nine other women from all parts of Canada, spend a whole week with them learning and having fun, and go home with nine friends from across the country. These ladies will have contacts and places to visit for years to come as a result of the relationships built during this week. Additionally, attending a scholarship such as this will have a positive impact on the ladies' resumes.

So why am I providing information to you in January for an event taking place in August? I am hoping you will be looking around your community to see who could take advantage of this great opportunity. It is very educational, exciting, and unique. When you find someone, be the first to let the office know.

Information on application requirements and a brochure on the scholarship will soon be available on line at mbwi.ca and fwic.ca.

Donna Young

"New" faces

In the fall of 2015, Pat Orsak joined the MWI Board as the representative from Manitoba Agriculture, Food, and Rural Development (MAFRD).

Pat Orsak is a Professional Home Economist who began her career with MAFRD as an Extension Home Economist. One of her first projects was preparing a WI planned program. Pat left the department for a number of years to raise her family, but returned in a job-share position. Currently, she works as a Rural Leadership Specialist, working with rural organizations to develop leadership and strong governance.

Pat and her family farm grains and oilseeds near Binscarth. With a background in foods and nutrition, Pat is passionate about sharing the story of agriculture and furthering the conversation between farmers and consumers.

While the children were growing, Pat was heavily involved in their activities — 4-H, speech, drama, music, school and community athletics.

Pat looks forward to working with MWI as the organization plans for the future. She wants to help "in bringing their message and their value to women in Manitoba."

We appreciate your expertise, Pat, and we look forward to getting to know you!



MWI President Donna Young (l) and BCWI President Janet Bangs at the closing banquet at the FWIC Conference in New Brunswick in June 2015.

Call for nominations

One of the privileges and responsibilities we have as members of an organization is to provide leadership and support in a variety of ways and perhaps at a variety of levels. It is often easier to sit back and say “if only the Board had done things this way or that way, we would be a better organization.” This comment is true whether we look at local groups such as curling clubs, church or 4-H, municipal bodies, and so on. It is also true in MWI.

Each member has a wide variety of talents, abilities, and opinions. Each member approaches tasks and ideas in a different way. As we share these talents and abilities, the organizations we belong to are stronger because of them.

This time I put the challenge out to each of you as members to consider or to encourage someone else to consider putting your/her name forth for one of the two positions on the provincial board for which we are requiring nominations.

President-elect is a two-year term in that role followed by a two-year term as President and a one-year term as Past President. The first two years are an opportunity to learn the role of President and to step in for the President if needed. It is an opportunity to get to know the operations and to help establish future directions.

The Director at Large is a two year term whose role is to provide more general support to the Board with no specific supports to a Region. The Director at Large takes part in all Board meetings and serves on committees of interest. In this role, she contributes overall knowledge to the Board.

The Board meets monthly with the exception of July and August, and committees meet at a time, place, and manner appropriate to the committee. Three of the Board meetings are “in face” meetings, and the remainder are by conference call which means you are able to contribute from wherever you are and in whatever state of dress you should choose (a number have been reported to be in PJs when they were on the conference call).

These positions are extremely valuable to the Board and worthy of giving your consideration. If you wish more information, please contact Valerie Watt or me. If you have already decided to throw your hat in the ring, a nomination form can be forwarded to me at Box 1089, Russell R0J 1W0 or to the provincial office. The nomination needs to be supported by the signature of five members. Deadline to receive nominations is March 5, 2016.

Joan Clement

Here's an organization that we all need to learn more about. *Farm to School Manitoba* helps schools fundraise — by selling fresh vegetables. The project began in Manitoba and has now expanded to Alberta, Saskatchewan, and Ontario. *Farm to*

School Manitoba is a joint effort between the Province of Manitoba, Peak of the Market, and the Manitoba Association of Home Economists.

What a great idea! Imagine a semi-truck full of fresh vegetables delivered directly to your school or day-



care centre!! Fundraisers are supposed to make money, and *Farm to School Manitoba* offers 50% of total sales back to schools and daycare centres. This healthy fundraiser helps promote healthy eating by supporting school and daycare nutrition

polices. All produce used in the fundraiser is locally grown by Manitoba farmers, ensuring the quality of vegetables is fresh and locally produced. The fundraiser also helps support community food banks throughout the province as participating fundraisers have the option of donating produce directly to the Manitoba Association of Food Banks with delivery included by *Farm to School Manitoba*.

In November, *Farm to School Manitoba* was honoured with the *Michelle Lessard Award* at the first ever *Farm to Cafeteria Conference* held in Montreal. Michelle Lessard, who started the first ever *Farm to School Salad Bar* program in Quesnel, British Columbia, in 2007, died last spring and as a tribute to the legacy she created, *Farm to Cafeteria Canada* created this award in her name. Seven projects/agencies were nominated from across the country, and networks from each nominee voted for the winner — *Farm to School Manitoba*!

“It's so nice to be recognized by our peers for the hard work and success the program has achieved in a short time!” says Adriana Findlay PHEC., *Farm to School* Coordinator



Adriana Findlay accepted the Michelle Lessard Award on behalf of Farm to School Manitoba.
Photo provided by B. Kozak

Thanks to Betty Kozak, Provincial Coordinator, *Healthy Together Now*

Peace does not mean to be in a place where there is no trouble, noise, or hard work. It means to be in the midst of those things and still be calm in your heart.

-Author unknown

Resolution writing anyone?

It has long been said that one of the greatest tools of WI is the “resolution”. We use the resolution to voice the will of the membership. MWI President Donna Young emphasizes this point by saying that the writing of resolutions is “our responsibility”. The number and quality of our resolutions are a measure of the organization’s value. The government looks at these resolutions, and as we receive some funding from government, it would behoove us to continue to write quality resolutions.

It sounds easy... but there continues to be a reluctance among many members to write resolutions. This is unfortunate because **the resolutions committee cannot write your resolutions for you!** However, the committee can and will give you some hands-on help with the process.

There are a number of different options:

1. Your region may make time at the annual convention for a presentation on the writing of resolutions.
2. Your region might bring together a number of interested members to take part in a workshop on writing resolutions.
3. Your local might make this topic into a program at a regular meeting and come out of it with a written resolution!

The resolutions committee will provide resources for any of these options. The committee is determined to show that writing resolutions need not be a daunting experience. Find an issue of importance and let’s get to it!

We are in good shape for the 2016 convention — 10 resolutions have been received and we have not yet reached the deadline! We thank those who devoted time to this activity. WI members could now turn their thoughts to resolutions for **the following year!** The resolutions committee would be glad to offer assistance! Committee members are Enid Clark, Diane Hrychuk, Audrey Clark, and Dianne Kowalchuk.

Dianne Kowalchuk, Resolutions Committee Chair

ACWW Canada Area

In the fall of 2015, a newsletter was received from Sheila Needham, Canada Area President. These are the highlights:

- * This past August, British Columbia WI played an important part in a ceremony honouring Mrs. Madge Watt. A plaque was unveiled by Parks Canada and the Historic Sites

and Monuments Board of Canada in recognition and commemoration of the national historic significance of Madge Watt as founding member and first World President of ACWW. The event took place at Colwood Community Hall.

- * Sheila has received a final report from the planning committee of the last Area Conference in Camrose, Alberta. The conference realized a profit and also sent \$1000 to *Pennies for Friendship*.
- * The next area conference will be hosted by the Federated Women’s Institutes of Ontario in 2017.
- * Canada Area received a Certificate of Appreciation from ACWW for donating \$2,508.88 to Project #0960 (Pickles). The full title of the project is *Economic empowerment of disadvantaged Dalit women self help group members by initiating income generation activities and revolving fund*. (You can see why the title has been shortened to “pickles”, one of the income-generating activities.) There is still money to raise to complete Project #0961 which is a fish processing project.

In her report, Sheila included a quote from Eleanor Roosevelt: “You cannot live for yourselves alone. You depend on the rest of the world and the rest of the world depends on you.”

International Peace Garden

One of MWI’s many partners is the International Peace Garden (IPG). The MWI board was pleased to welcome IPG CEO Garry Enns at the board’s November meeting. Garry spoke about the Peace Gardens in general and specifically about MWI’s donation of \$5,300 and how it will be used. There were many suggestions including a stationary object (such as a plaque, sun dial, or naming of the Garden library), participation in the planting of a garden, or an interactive touring project. MWI board members voted to investigate the possibilities for a natural playground at the MWI Picnic Nook. This project would foster health and family, put some focus on young families, and highlight the picnic area.

The IPG is very excited about future upgrades to its infrastructure. A healthy sum has been promised by the federal and provincial governments. Half of the funds will be used for renovation of the Errik

Willis Pavilion. The work will include remodeling the kitchen, glazing the windows, fixing the deck, and making the facility more wheelchair accessible. The pavilion was named after former Bois-sevain politician and Lieutenant Governor of Manitoba. It is a popular venue for reunions and wedding receptions and is one of the few buildings on the Canadian side of the Garden. It was built in 1965 and desperately needs some repair. It is hoped that in the future the pavilion can be used for three seasons of the year.

The Peace Tower is a whole other issue. The Tower, erected in 1982, is rotting and has been closed to the public. An engineer’s report has said that the Tower cannot be repaired and must be taken down. The good news is that the Tower will be replaced.

DCK

Canadian Fair Trade Network 4th National Fair Trade Conference

February 18-20, 2016
Hotel Fort Garry, Winnipeg

Speakers:

- * Tukwini Mandela (Nelson Mandela’s granddaughter), representing Mandela House of Wines, South Africa
- * Maria Pacheco, General Manager of a craft co-op, Guatemala
- * Beny Mwenda, Tanzania, speaking on rural development and agriculture

25 sessions:

Topics such as advocacy, outreach, climate change, trade policy, and a series of product-focused sessions (chocolate, wine, spices, etc.)

One evening will be spent at the Canadian Museum for Human Rights

Tradeshow - Saturday, February 20

Register at <http://cftn.ca/registration>

Full registration is \$250.10 with many meals included

Focus on SOUTHWEST B

Southwest B members attended regional and provincial conferences; board meetings were well attended. President Fran Dickinson and Audrey Clark attended local meetings and provincial board meetings, as well as the International Peace Garden annual meeting. Audrey writes, "I attended the FWIC conference in Fredericton, a first for me and it was a great experience." The *Celebrating Women Gala* honouring Luella Noble from Boissevain-Whitewater WI was a lovely evening. The locals send best wishes to Edna Sunley in her new home in Brandon.

Audrey Clark, Regional Rep.



Members and friends of Boissevain/Whitewater WI. (l-r) Judy Busby, Dorothy Coupland, Mina Dyck, Edna Sunley, Luella Noble, Eleanor Skeoch, Roberta Storey, Fran Dickinson, Helen Rigby, Muriel McCallum. Photo supplied.

Broomhill Women's Institute

Program highlights from Broomhill:

- The Family Convenor provided a skit entitled *In the Best of Families*. The program also included a family relationship quiz.
- The members made candle holders out of wine glasses.
- A councillor from our newly amalgamated municipality (consisting of three former municipalities) spoke at a meeting which featured an interesting question-and-answer session.
- A local gal spoke on gardening.
- On May 31, the local hosted a Scottish Tea in conjunction with the annual town-wide yard sale. Members served scones, dainties, tea, and coffee. This turned out to be very successful and profitable.

Boissevain-Whitewater WI

Members of Boissevain-Whitewater WI were very proud and excited that member Luella Noble was honoured by the Provincial Council of Women in July 2015. Luella, you are a valuable member of the branch. Thanks for all your hard work over the years!

Members of the local were also proud to be on hand when the new Boissevain-Morton Library was officially opened on June 12. Many years prior, Boissevain WI had started the first library in the town with a donation of 500 books. It was housed in the same building as the

town restroom — also run by the WI. When the new library was opened, WI members Mina Dyck and Luella Noble held the ribbon for the ribbon-cutting ceremony.

Clearwater Women's Institute

Clearwater WI recently held an event that featured "ice cream". Below are some of the stories told on that day.

A story is told of Mrs. David Watt of Birtle [FWIC President 1923-25] — very typical of her spirit in the face of disaster. One summer afternoon, in the very early days, seven of her friends drove out to spend the afternoon with her. They were having a very jolly time together when a terrific hail storm crashed down and flattened into the ground all the standing crops for miles around. All in the house were horror-stricken, even to the point of tears, over the scene of desolation outside that met their gaze. As the storm cleared, the guests, moved

with sympathy for their dear little hostess, rose to take their leave. "Oh no!" she exclaimed. "You must not go yet. The children have gathered up hailstones and we've made some ice cream!"

Other memories of ice cream were shared. From Roy McLaren: *Prior to electricity and refrigeration, Roy remembers helping to harvest and store ice for summer months. During the winter, ice blocks 16 inches by 16 by 20 inches deep were sawn and harvested from the creek using ice tongs. An ice well (four feet by four by 18 to 20 feet deep), lined with wood, housed the ice blocks after they had been lowered using a rope and windlass. The top of the well was covered with saw dust for insulation. After milking the cow and having separated the cream, the family used a one-quart wooden machine that was turned by hand to create ice cream. This involved entering the ice well to break off ice from a block, putting it in a burlap bag, and smashing the ice on the floor to create ice chips. The ingredients were added to the centre container which was surrounded by a layer of ice and salt. Turning the crank was a great time for the children as they watched the mixture solidify.*

From Susan Heinrichs: *Susan remembers in the early 1940s that her family created ice cream in the winter. After filling a bowl with cream that had come from the milk cow, [plus] sugar and vanilla, they would create a hole in a snow-bank larger than the size of the bowl. The children would spend the afternoon stir-*

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Wheat City Women's Institute

Wheat City WI has had a fun time recently.

We hosted the Southwest B annual convention on April 29th at the Seniors Co-op facility in Brandon. Speakers talked about preparing for our retirement and health care planning. We also helped organize a regional tour in the Brandon area.

MWI President Elect Ann Mandziuk gave a very informative presentation on *Literacy* — in Canada as well as in Third World countries. She made us aware of the problems faced by those who are not literate.

Our members Betty Gross and Audrey Waddell gave a very well researched program on *Dementia and Alzheimer's Disease*. Age is no barrier as people are now being diagnosed at a younger age.

One of the Wheat City members, Esther Finlay, is from Ireland, and she now teaches at Virden Collegiate. Esther regales us with tales of the customs of her former home and how she has adapted since coming to Canada. We see how she copes as a teacher, helped no doubt by a great sense of humour.

We look forward to our October meeting when we will be visited by two ladies from Britain who want to attend a WI meeting in Canada.

All in all, we've found great programs from our members, and we thank them most sincerely!

Lois Burke, Marg Senkbeil, Sylvia Mitchell

(Continued from page 1)

special. And Lenore WI is still a very active group. "We wanted to do something that would showcase what Lenore Women's Institute is all about," said Heather.

There are 14 active members with a total of 361 years of service in Lenore WI, according to records compiled by Heather, who is secretary of the group.

President Maxine Routledge welcomed everyone to the celebration and gave remarks on the history of Lenore WI.

Innes Hodson, husband of member Joan Hodson, spoke on behalf of husbands, to the packed crowd in attendance. He highlighted many of the Lenore WI's achievements as seen through the eyes of spouses. Many of his comments drew laughter and just a faint frown, as surely there hadn't been that many "incidents" or late nights!? How could that much food have left the house? To hear Innes tell it, and other comments from spouses, over the years there have been numerous pies and desserts taken away, never to be seen again.

Throughout the night's *Calendar Girls Fashion Show*, memories of past meetings, snowstorms, and words of advice were offered by current members.

Present at the event were Life Members

Midge Horn, Carol Wilson, Diane Alexander, and Brenda Hill. Life Member Kathy Smith was unable to attend. Former member Glenda Hutchison, who was also present, is the granddaughter of Mrs. R. J. Bray, the first President; Glenda's other grandmother, Mrs. Matt McLenehan, was one of the original members also.

Lenore WI members have created three cookbooks in recent years and food prepared for the evening was taken from recipes in those cookbooks. Cookbooks from the last printing are still available.

In the photo on page 1, the members of Lenore WI pose on the steps of Lenore Community Hall. The only one missing is Roberta Bailey. The members are (l-r): Standing: Emma Boynton, Vicki Logan, Lesley Norek, Irene Draper, Maxine Routledge, Kathy Routledge. Seated: MayAnne McWhirter. Top step: Sherry Wilson (l) and Joan Hodson; second step: Heather Hunter (l) and Judy Russell; bottom step: Sara Curtis (l) and Diane MacDonald. (The photo was taken by Pam Bond.)

Many thanks to Sara Curtis



Roberta Bailey models a dress donated by Ann Patmore for Lenore WI's 100th year celebration. The dress was originally owned by Ann's mother, Mary Milliken, in the 1920s.

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ring the mixture to create the family ice cream.

From Joan Odum: *Her family's ice cream tradition included using a custard-based ice cream recipe. As a child in the 1930s, Joan fondly remembers the school children's excitement at the school picnic when they enjoyed homemade ice cream as a treat.*

The Clearwater WI event featured Rhonda's *Pajama Day Ice Cream* (so named because it was made for the first time before breakfast). To make ice cream, add 1 cup of cream to 1/3 cup of honey or maple syrup. Put in ice cream maker and stir.



Food for thought...

WI members talk a lot about food — what's good for you and what's not; how to grow and preserve it; the good old recipes from the past and the time-saving options of the present; the "new" fruits, vegetables, and grains. A great deal was learned in the past few years about food security and food literacy. We cannot take food for granted!

One of the topics that is often discussed is "food waste". Members sometimes share recipes to use up leftovers. An issue that perhaps isn't discussed is the disposal of foods that have passed their "best before" dates. An interesting article on this was printed in the December issue of the *Agri Digest*. Here are some highlights:

- ◇ Consumers are throwing away thousands of dollars and kilograms of food each year simply because they misunderstand what "best before" actually means. We are tossing out food that is still good to eat.
- ◇ "Best before" dates relate to food quality and have nothing to do with

food safety. "Best before" dates focus on peak flavour. A container of yogurt that has been in the refrigerator and has passed its "best before" date may still be eaten.

- ◇ For example, milk, if kept in the frig, could still be good to drink seven days after the "best before" date.
- ◇ "Expiration dates" are a different thing. After that date has passed, the food should be thrown out.
- ◇ Canned items, unopened and stored at moderate temperature, have an almost indefinite shelf life. The numbers imprinted on the top of the can are a tracking code, not a "best before" date. Of course, don't purchase cans that are bulging or leaking.
- ◇ Some non-profit food markets in the United States sell food that has passed its "best before" date.
- ◇ Don't throw out your common sense. "If it looks bad, if it smells bad, chances are it is bad."
- ◇ Wondering about eggs? Try the "float test". If the egg floats, it has gone bad; if it sinks, it is safe to consume.

DCK

National inquiry announced

In early December 2015, the Federal Government announced the creation of a public inquiry into what has commonly become known as the issue of the *murdered and missing aboriginal women and girls*. The first phase will begin immediately and will take as long as is needed to do the preliminary consultation and research into the terms of reference and possible activities and participants. The Government will name the commissioners, and the second phase, the actual inquiry, will likely begin in the spring.

The Women's Legal, Education, and Action Fund (LEAF) is pleased that an inquiry is getting underway. LEAF says, "LEAF is deeply conscious of how important it is to ensure that the inquiry is done well. It cannot be a wasted opportunity, and it must not add to the harms already perpetrated against Indigenous women, girls, families, and communities."

LEAF is a member of the Legal Strategy Coalition on Violence Against Indigenous Women (LSC). LSC is a nationwide ad hoc coalition of groups and individuals formed in 2014 following the murder of Inuit university student Loretta Saunders, to marshal resources that address violence against indigenous women. The LSC was established as a response to the alarming prevalence of violence and discrimination against indigenous women and girls in Canada. The coalition is comprised of individuals and civil society organizations with interdisciplinary expertise on issues that impact indigenous women, including human rights, gender equality, and constitutional law. LSC celebrates the news of the public inquiry and has issued a research piece to address common questions about public inquiries. (This can be found on-line.)

The Commission, created by the Federal Government, has the power to determine the method of inquiry and the participants. If the first phase of the process is done right, there should be no duplication of work and/or research that has already been done.

MWI members know that something must be done to stop violence against aboriginal women and girls. In a resolution that was passed in 2010 and reaffirmed in 2015, MWI urged the Federal Government "to take action now with whatever steps are necessary to wipe out race-based violence against aboriginal women". The background information included the statement that a United Nations report found that young First Nations, Metis, and Inuit women were five

times more likely to die under violent circumstances than their non-aboriginal counterparts. MWI members were not convinced that another inquiry would be productive. With the change of government, however, there seems to be a new vision, and perhaps an inquiry would not just duplicate work already done. Women across the country are hoping that the end result of the inquiry will in some way lessen the burden on aboriginal women. Surely ways can be found to lower levels of addiction, mental illness, poverty, and domestic violence and increase levels of education, health, and well being.

DCK

Women's History Month

In celebration of October as *Women's History Month*, the Manitoba Women's Advisory Council held an event *Celebrating Manitoba Women's Firsts* at the Rotunda in the Legislative Building on Wednesday October 28, 2015. Registered participants were given a light bagged lunch with refreshments before the presentation.

The guest speakers were Muriel Smith, Q.C., the first woman Deputy Premier in Canada, and Amanda Lathlin, MLA for The Pas — the first First Nations female MLA in Manitoba.

Muriel Smith, a mother of four children, has a B.Ed and M. Ed

(psychological counselling) and has taught and counselled. Her political career began in 1974 as a member the Manitoba New Democratic Party Executive. From there, she was elected as an MLA for Osborne Constituency in Winnipeg, with her appointment as Deputy Premier signifying the first woman in Canada to achieve this. She has held various portfolios and participated in women's issues on various councils.

Amanda Lathlin is a single mother of four children and foster mother to three nieces. Her father, the late Oscar Lathlin, was MLA for The Pas. She has a BA in Native Studies and Political Studies, was a band councillor and an active volunteer in her community, and resides in The Pas. She spoke of women's right to vote, mentioning Nellie McClung and the fact that aboriginal people did not get to vote until 1960. She is very proud of her sister, Sheila North Wilson who was recently elected as Grand Chief of Manitoba.

Both Ms Smith and Ms Lathlin advised anyone thinking about getting into the political arena to do some research about the political parties. In Amanda Lathlin's words, you must believe in yourself and be true to yourself.

After the photo session, I had a chance to speak to both interesting women.

Liz Chongva

Bulletin Board

- This edition of *The Institute News* is being **mailed electronically only**. 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 1**.
- 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 4, 2016**, via conference call.
- The **MWI annual convention** will

be held at the Elkhorn Resort and Conference Centre, **Clear Lake**, on **May 6-7**. The theme is *Caring, Sharing, Daring*.

- The **nominations committee** is looking for nominations for the positions of **president-elect and director-at-large**. (See page 4)
- **2016** is the **International Year of the Pulses**. How could we fit that into a program??
- **MWI Centennial Cookbooks** are still available for the price of \$15.
- How can we help you **write resolutions**? Talk to Donna Young or Dianne Kowalchuk.
- The **regional presidents** will meet for their second teleconference in February.

Federated Women's Institutes of Canada (FWIC)

The FWIC executive met from October 24 - 26, 2015, in Ottawa at the Residence Inn, St. Paul University Campus. President Linda Hoy welcomed the Executive Committee.

The triennial theme is *Making Change Count*. Committee reports were given verbally as the e-mailed reports

were downloaded to a USB drive to eliminate the need for paper. Each officer was given an e-mail address which will remain with her province (manitoba@fwic.ca). When provincial officers change, the e-mail address will remain constant.

I am chair of International Affairs (Peace Gardens, ACWW, and pen friends) and convention liaison between the 2018 FWIC Convention Committee hosted by MWI and the FWIC Executive Board.

Federal Grants are being looked into for special projects.

The FWIC Executive Board had a meeting with Lise Martin, Executive Director, Canadian Network of Women's Shelters and Transitional Housing. FWIC was asked to join other Canadian agencies in endorsing their cause.

President Linda Hoy spoke about the "S" curve – there is a posting on the FWIC facebook, along with a photo of the current FWIC Board.

The financial report was reviewed looking where finances could be cut. One Executive Board meeting is being eliminated and we will try a virtual meeting possibly once or twice during the year. There will be a meeting from June 17-19th in Brantford as a National Board. The *Fed News* came up for discussion concerning the cost of mailing and printing. Memorial donations for FWIC deceased members/spouses are to be made to the Homestead and we encourage donations of any type with a tax receipt issued by FWIC.

Kate Belair, FWIC Executive Director, spoke about the viability of the organization, the needs and concerns, and looking to other national



The FWIC Executive gathered in Ottawa in October. Photo provided by FWIC.

organizations with national offices and provincial governing boards. The primary objectives are in areas of brand protection and identity preservation, development of the organization, marketing, education support, and broader based programming to support local levels. The report spoke about WI as a grass roots organization which is OUR STRENGTH. Many Canadians do not know what 'WI' is as it lacks branding. Some of these suggestions were based on what the U.K. WI has done and is working on.

In a brainstorming session, it was stressed that the organization needs change to survive, calling on all of us to be the leaders who help direct the organization into the future. President Linda Hoy encouraged all local branches to get one new member

The FWIC Project 2015-2018 will be a national project *WI Adopt a Shelter Campaign*. More details will be forthcoming.

The age for delegates to the International Peace Garden Scholarship Week will be 18 – 22 years. Dates will be confirmed shortly.

The brainstorming session dealt with the strategic plan and sustainability. Here are some of the thoughts:

What does WI need to thrive at each level? WI needs to invite new members, possibly targeting the newly retired, and to keep inviting on a continual basis, setting up a virtual branch, educating them, providing leadership, networking.

What are the steps we need to take to achieve our goals? Make WI more visible such as branding, marketing, partnering with other organizations such as 4-H, having patrons either

through donations or as a visible presence such as speaking, etc.

After the conclusion of business, time was spent getting to know one another.

E (Liz) Chongva
FWIC Executive Officer for Manitoba

Notes from the Fed Bulletin

- Donna Henderson is requesting fabric for her next FWIC quilt. Please see the November 2015 MWI newsletter for details.
- The *Fed News* will now be published in late November and July.
- The Board is reviewing the FWIC educational committees and reporting process.
- The new FWIC sub-committees are Partnerships, Marketing, Sponsorship, Communication, Grant Writing, and Projects.
- A national WI Honourary Membership program is being developed to help attract and build relationships with high profile and significant Canadian women.



Donna Henderson promotes her search for fabric.

Nice Women Don't Want the Vote

The exhibit *Nice Women Don't Want the Vote* was officially launched on Thursday November 5, 2015, at the Manitoba Museum in Winnipeg. Lieutenant Governor Janice Filmon delivered the opening remarks and acknowledged students from St. Mary's Academy, mentioning why they shouldn't take voting for granted. She spoke of the right to vote 100 years ago and in the present.

Other speakers included Jennifer Howard, MLA for Fort Rouge, speaking about the suffragists fighting for the right to vote because it was believed women would change the world and bring issues to the forefront.

In his remarks, Roland Sawatzky mentioned being interested in offering an unvarnished look at the Manitoban suffragist movement when curating the exhibit. Artifacts are on loan from all over Manitoba, including a section of a wall bearing some painted but now faded words donated by the Wishart Family of Portage la Prairie. When speaking with MLA Ian Wishart he remarked that the wall section had been in his basement for quite some time after the original building had been demolished.

The exhibit took two years to develop and will be on display until April 10, 2016, and then tour the province before being displayed at the Canadian Museum of History in Ottawa. The Curator of the History Museum was in attendance and acknowledged.

One admission price will give the visitor the opportunity to visit this exhibit in the Discovery Room as well as other sections of the Museum. This is an interesting exhibit about women gaining the right to vote.

Liz Chongva

MWI memorabilia

Manitoba Women's Institute is currently looking for copies of their history books *The Great Human Heart* and *The Great Human Heart II*. Our supply of history books is just about depleted. If you have an unwanted copy, please contact the MWI office.

Sometimes when you are downsizing or cleaning out a loved one's home, you find items you are not sure what to do with. If these items are WI-related, we would appreciate hearing about them. They could be old pins, or other items



The Ontario WI plate found by Ann Manziuk.

like mugs, plates, etc.

Recently, I found a plate from Ontario in a local thrift store. It commemorated the formation of the first Women's Institute at Stoney Creek, Ontario. Another plate, again found in a local thrift store, is from the Erland Lee Home in Stoney Creek. My interest was piqued and it got me thinking there might be other items that are unwanted by families. So please let MWI or me (lamandziuk@gmail.com) know if you have such an item.

The other intriguing part of this for me is the age and the story behind the item. So if there is a story behind the item, we would like to know that too.

Ann Mandziuk

By Popular Demand: Recipes!

Apple Blondie

Marianne Richards, Oak Ridge WI

2/3 cup butter or margarine
2 cups brown sugar, packed
2 eggs
1 tsp vanilla
2 cups flour
2 tsp baking powder
1/4 tsp salt
1 cup apples, peeled and chopped
1/2 cup walnuts or pecans, chopped

Cream butter and sugar. Add eggs and vanilla. Stir in flour, baking powder, salt, apples, and nuts. Spread batter in a greased 9x13 inch pan. Bake at 360 degrees for 30 minutes.

This recipe is found on page 246 in the *MWI Centennial Cookbook*.

Planned Program update

There are a few updates since the November newsletter:

- ◆ We have renamed the program to "How to Avoid Family Conflict".
- ◆ The dates for the two speaker events have been finalised. The events will be held in Rivers on October 15, 2016, and in Dugald on October 29, 2016.
- ◆ Separate planning groups have been established for each of the events. These groups include the Planned Program Committee, a representative from each region in the event area, a representative from the local nearest the event, and a MAFRD representative.
- ◆ Initial planning meetings will be held in Winnipeg (Dugald event) on January 11 and Brandon (Rivers event) on January 19.
- ◆ The committee plans to have more information on subtopics and speakers available for the February newsletter.

If you have any comments or suggestions, please contact the Planned Program Committee.

Submitted by the Planned Program Committee:
Debbie Melosky, Maren Mueller, Arenda Vanderdeen

Links between processed meat and colorectal cancer?

In October 2015, the World Health Organization (WHO) issued a statement to clarify an earlier report about a link between processed meat and colorectal cancer. The statement said, in part, that people are advised to have "moderate consumption of preserved meat to reduce the risk of cancer. The latest IARC [International Agency for Research on Cancer] review does not ask people to stop eating processed meats but indicates that reducing consumption of these products can reduce the risk of colorectal cancer." Further, experts will soon meet to look at the "place of processed meat and red meat within the context of an overall healthy diet."

THE COUNTRYWOMAN

INTERNATIONAL MAGAZINE OF THE ASSOCIATED COUNTRY WOMEN OF THE WORLD

OCTOBER - DECEMBER 2015

WOMEN'S INSTITUTES CELEBRATE CENTENARY

ANNUAL
REPORT
INSIDE

CARIBBEAN, CENTRAL AND SOUTH AMERICA

Highlights from the
Area Conference

GETTING TO THE UNIVERSITY OF WARWICK

ACWW Triennial World
Conference August 2016

Reg Charity No. 290367

100 years of WI in the UK

Lenore Women's Institute and the Women's Institutes of England and Wales have something in common: both celebrated centenaries in 2015 and both marked the occasion with gala events!

On June 2, over 8,000 WI members attended a Garden Party at Buckingham Palace. This is described in the latest issue of *The Countrywoman* (ACWW's magazine):

There were 40 acres of garden, a lake with ducklings, a rose garden in bloom, follies and many mature trees and herbaceous borders. Goodness, it was amazing seeing the crowds on the lawns and so many different and colourful outfits. Two military bands were playing. The Yeoman of the Guard marched at about 3 pm and the Royals ... arrived and walked through corridors of WI members. The food was delicious — dainty sandwiches and cakes served with tea, coffee, and juice.

On June 4, the annual meeting of the National Federation of Women's Institutes (NFWI) was held at Albert Hall in London. HRH the Queen, Princess Anne, and the Countess of Wessex (wife of Prince Edward) were warmly welcomed by over 4,000 attendees. The photo on the left — actually the cover of *The Countrywoman* — shows the Queen accepting the WI Centenary Baton from the Deputy Chairman of the ACWW Communications and Marketing Committee. Princess Anne is seated to the Queen's left. The Centenary Baton started its journey on January 1, 2014, at Anglesey, Wales, home of the first WI in the United Kingdom. It then followed a circuitous route around the Federation before being presented to the Queen in June 2015.

Other centennial projects included a fruit cake competition, a *Singing for Joy* choir competition, a *Tomorrow's Heirlooms* competition, and a *WI Centennial Fair* held in September 2015.

It is of interest to note that WI was introduced into the United Kingdom by Mrs. Alfred (Madge) Watt, who was born in Ontario and belonged to WI in British Columbia before her move to England. She went on to become the first President of Associated Country Women of the World (ACWW).

The NFWI has 212,000 members in 6,300 locals.

DCK

Shelters need your help!

News will be coming soon from FWIC about its national project *Adopt a Shelter*. In the meantime, you might think about the needs of shelters in communities close to you.

Willow Place in Winnipeg is the largest shelter in Manitoba for women and children affected by domestic violence. Willow Place provides short term protective shelter, one-on-one counselling, support groups, and outreach crisis line services. The shelter is in need of various articles of women's clothing including toiletries, shavers, combs, brushes, and women's sanitary needs. Children's clothing, bottles, formula, diapers, wipes, soothers, and toys are also needed. Donations, gift cards, and monetary contributions can be made by contacting Willow Place at (204) 615-0313 ext. 237.

NEWS FROM THE PROVINCIAL BOARD

The Manitoba Women's Institute Board met at a face-to-face meeting in November and via conference call on December 7. There always seems to be lots going on in MWI!

- Garry Enns, CEO of the International Peace Garden (IPG) attended the November meeting. There was much discussion about how the \$5,300 donation from MWI to the IPG could be used. The consensus now seems to be in favour of a natural playground at the MWI Picnic Nook.
- Dr. Joyce Slater spoke about her work with at the University of Manitoba. She is working on a research project in conjunction with the Heart and Stroke Foundation which focuses on the development of translation tools for youth with respect to food literacy. Another project was an on-line survey about meals for Grade 9 students. She is also involved with *Community Tables* and teaches a workshop on *Teaching Food Skills to Children*.

- A report was heard about the first Regional Presidents' conference call. This "meeting" allowed the Presidents to introduce themselves and provide general information about their regions.
- Manitoba Association of Agricultural Societies (MAAS) has received a grant to carry out its *Capacity Building Initiative*. MWI will have some involvement in this.
- MWI donated \$200 to the KAP annual meeting. In return, MWI postcards will be placed in the attendee packages.
- The Planned Program Committee is working hard to plan two events related to the planned program *How to Avoid Family Conflict*. (See page 8)
- Anne Marques has resigned as Regional Rep for Winnipeg/Interlake. Valerie Watt will fill that position until May 2016.
- MWI members will be asked to sell two cash calendars in the coming year.

- The Board is keeping a close eye on the goals stated in the strategic plan. One of these is to re-establish contact with former members. Locals are asked to forward to Joni at the office names of women who are not returning to WI for reasons other than health or re-location.
- The Board is determined to provide training for social media. The question is "What is the best way to do this?"
- The Media Committee will be sending past resolutions to rural newspapers to be used as fillers. Resolutions from 1910 forward have been compiled by Lynne Hopley. For example, did you know that in 1926, Manitoba Women's Institute went on record as favoring a Court of Domestic Relations? It's major emphasis would be on reconciliation as an alternative to divorce.

Manitoba Women's Institute

1129 Queens Avenue
Brandon, Manitoba R7A 1L9

Calendar of Events

January 2016

- 4 MWI board meeting (conference call)
- 11 Planning for Dugald Planned Program event, Winnipeg
- 19 Planning for Rivers Planned Program event, Brandon
- 19-21 Ag Days, Brandon
- 27-28 KAP AGM, Winnipeg

February 2016

- 1 MWI board meeting (conference call)
- 1 Deadline for newsletter
- 15 Deadline for *Erland Lee Award*
- 18-20 Fair Trade Conference, Winnipeg
- 19 WI Day

March 2016

- 5 Deadline for MWI nominations
- 7 MWI board meeting, Portage

April 2016

- 4 MWI board meeting (conference call)

May 2016

- 2 MWI board meeting (conference call)

6-7 MWI convention, Clear Lake

June 2016

- 6 MWI board meeting, Portage
- 17-19 FWIC board meeting, Ontario

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Convention 2016

May 6-7, 2016

Elkhorn Resort, Clear Lake

- **People's Choice Craft Competition**
- **Home and Country Raffle:** Each local is asked to donate an item/basket of a \$30 value.
- **Jewelry and Scarf Swap**
- An opportunity to visit the spa on Friday morning
- Speakers on Friday afternoon followed by the Banquet.
- AGM on Saturday, including debate on a large number of resolutions
- Acknowledgement of 100 years since women in Manitoba received the right to vote.
- Post-banquet entertainment by **Doreen Stapleton**.
- Speakers are still being confirmed.
- It is hoped that Linda Hoy, FWIC President, will be in attendance.
- Full details in the next newsletter!