

CARING, SHARING, AND DARING

Caring, Sharing, and Daring was the theme of the Manitoba Women's Institute 2016 Convention held on May 6 and 7 at Elkhorn Resort, Clear Lake. Almost 100 women gathered to do the business of the AGM, but the gathering was much more than business — it was an uplifting event, filled with learning, dialogue, and pure joy.

Along with the usual agenda, the convention included a few different activities. The first was a “mixer” where the attendees were seated at colour-coded tables with the opportunity to meet and visit with women they may not have known previously. Another new feature was the *Jewelry*

and Scarf Swap, a fun activity where women could swap a piece of jewelry or a scarf for someone else's jewelry or scarf. After the initial swap, items were sold for \$2 each; all remaining items were donated to Samaritan House in Brandon.

After the mixer on Friday afternoon, the members settled in to hear three knowledgeable speakers. Dave McGregor, CEO of Child and Family Services of Western Manitoba (CFS Western), did an excellent job of explaining what most people know very little about — the Child and Family Service system in Manitoba. Did you know that there are 28 CFS agencies in the province? Dave started his presentation with a history lesson about the residential school system and the “60s scoop”. These are important factors because 90 percent of “kids in care” are aboriginal. CFS agencies across the province are in dif-

ficulty because:

1. Financial costs are rising
2. Community trust has been lost
3. CFS is under heightened media scrutiny and most of it is negative

CFS Western is a non-government, non-profit

agency that is 117 years old. In 2015, 139 children were placed in care with 44 percent returned to the home within a month. Dave gave an overview of the many programs offered by the agency. He also ably answered a number of questions.

The second speaker was Deva Marie Beck who is a Co-Director of

Nightingale Initiative for Global Health (NIGH). Deva began her nursing career in the 1970s in California; twenty years later she became concerned about global issues and, through a series of events, she became “hooked” on Florence Nightingale. She realized that Florence Nightingale was not just a nurse in the Crimean War; she was the first person in the late 1800s and early 1900s to vocalize the importance of health determinants such as poverty, hunger, unemployment, housing, and education. NIGH is using the legacy of Nightingale to promote awareness of global issues, advocating for positive change to improve health world wide. Deva Marie was accompanied to the convention by her husband, Wayne Kines, who took part in the ensuing conversation.

The third speaker of the afternoon was Jennifer Poulain who works for BMO Global Asset Man-

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(l-r) Ann Mandziuk, Her Honour Janice Filmon, and Donna Young at the convention banquet on May 6, 2016.



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Manitoba Women's Institute

APRIL 2016 Cash Calendar Draw Winners

Draw Date: May 13, 2016

1	\$200	Clearwater WI	17	\$25	Helen Derhak
2	\$25	Gale Johnson	18	\$25	Jim & Kathy Tomlinson
3	\$25	Shelagh Polischuk			
4	\$25	Heather Klassen	19	\$25	Marge Knutson
5	\$25	Janice Klassen	20	\$25	Rob Stienwandt
6	\$25	Cherie Chikousky	21	\$25	Jean Michaluk
7	\$25	Agnes Enberg	22	\$25	Heather Grant
8	\$25	Clearwater WI	23	\$25	Betty Iverson
9	\$25	Jocelyn Grant	24	\$25	Diane Hildebrandt
10	\$25	Anne Augustine	25	\$25	Agnes Mawgie
11	\$25	Katy Stewart	26	\$25	June Kopys
12	\$25	Cliff Nichols	27	\$25	Elsie Butler
13	\$25	Selma Skoglund	28	\$25	Alex Hrychuk
14	\$25	Ina Mazinke	29	\$50	Kathie Geekie
15	\$75	Gertrude Carols	30	\$25	Eleanor Willis
16	\$25	Marsha Chanin			

The winning names were drawn by MWI Past President Donna Young; Joni Swidnicki served as recorder. Out of 600 tickets, 492 were sold. The total value of the cash prizes was \$1,000. The profit to MWI for the Delegate Funds will be approximately \$1,300.

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



The above photo, submitted by Margaret Senkbeil, shows members from Wheat City Women's Institute marking WI Day on February 19, 2016. They met for noon lunch at the Victoria Inn, Brandon. They paid tribute to Nellie McClung with a song and then they raised their glasses to toast this great individual!

(l-r) Seated: Anne Koscielny, Lynne Hopley, Yvonne Gustafson, Audrey Waddell. Standing: Sylvia Mitchell, Lois Burke, Marg Senkbeil.

FROM YOUR PRESIDENT



"From Your President"... How strange those words sound to my ears! I still find it hard to believe that for the next two years, I am at the helm of this amazing organization.

When I was working on the *Take Ten* during my time on the FWIC board I came across this quote and thought how good it is and how true it is. "*A team is a group of people who go out of their way to make each other look good*" ~ Bob Farrell

My hope is that over the next two years, we can work together to make all of us look good and make Manitoba Women's Institute the best organization in the province and one that women want to join.

For those who attended the convention at Elkhorn Resort Spa and Conference Centre, I hope you were inspired by the messages of The Honourable Janice Filmon and Eileen Clarke on Friday evening. The other speakers on Friday made us think, and for some of you, I'm sure you would be taking action once you arrived home.

Saturday's annual meeting was well attended and we had some lively discussion on the 10 resolutions put before us. How great to see that many resolutions and the thought, time and effort put into each one. Let's put our thinking caps on

for this fall and see how many we can present for discussion at our next AGM. I am looking forward to meeting with MLAs in the fall to discuss what has been sent to them.

The other exciting part of the meeting, for me, was the chance for many of you to meet Kris Owen from *Change Makers*. *Change Makers* is the Winnipeg company hired to set up a Marketing and Communications Strategy for MWI. As a board we have already met with two staff members to discuss what we would like to see happen.

First up is our website. It will be revamped and renewed. As well, Joni will be able to easily make changes and additions and updates to the site once it is up and running. As we move forward in this area, we will be looking for information from you as branches, regions, and individual members. Revitalizing our organization is going to take effort on the part of all our members.

I am looking forward to the summer months. In mid June, I will be representing MWI in Brantford, Ontario, at the annual full board meeting of FWIC. Liz Chongva will meet with the other provincial Executive Officers and I will meet with the provincial Presidents. Then we will meet as a full board. The days will be long, but the company wonderful and the ideas many. In August, I am off to the ACWW convention in England. Gisela Nolting and I will represent MWI. The excitement for me is building.

On a personal note, we will have our Spanish daughter (a former exchange student of ours) and her son visit for a month. YaYa and YaYo (grandma and grandpa) are getting very excited as is Tia (auntie) Elizabeth.

When we next talk I hope to share with you ideas from our FWIC meeting, information from ACWW, and more news from our Marketing and Communications Strategy.

Ann Mandziuk



"New" faces

Heather Klassen joined MWI in 2011 when her mom bought her a membership. It took her a while to start getting involved as an individual member, but "the more I learn about MWI, the more opportunities I see. I have continued to be a member because of the value this organization adds to community development and the empowerment of women."

Heather lives in Winnipeg, but she grew up in Minnedosa and still has close ties to rural Manitoba. She graduated from the University of Manitoba and then completed the Project Management Program (with Honours) at Red River College. She currently runs her own business helping entrepreneurs and small business owners with business development projects.

Heather enjoys cross-country skiing, kayaking and horseback riding. She writes, "When I was 29 years old, I decided to take horseback riding lessons after a horse lay down with me on his back. There was no better way to get over that experience than to get back in the saddle! I'm always looking for a chance to ride again, whenever I can."

Heather was installed on the provincial board as **Director-at-Large** at the recent MWI annual meeting. Her "youth" (it's all relative) and fresh perspective are welcome!

CONGRATULATIONS!

Karen Kaplen, Winnipeg, was recently honoured by Soroptimist International (SI) of Winnipeg. At SI's Annual Awards Luncheon on April 16, 2016, Karen received the Women Helping Women Award. This award is given to a woman in the community who has made a significant contribution to improving the lives of women and girls. Karen is a Peer Program Support Worker with the Manitoba Schizophrenia Society, facilitating a support group for women which offers friendship, support, and recovery information for those living with any mental illness. Karen is a member of Mount Lildon Women's Institute and President of the Winnipeg Interlake Region. Well done, Karen!

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agement. Jennifer's presentation on "investment fundamentals" was tailored to women. She had some key advice for women of all ages such as:

1. Take out insurance to deal with risk management.
Insurance types include life, property, disability income, and long term care.
2. Set financial goals. This begins with knowing your net worth.
3. Pay yourself first by putting a certain amount "away" each month.
4. Investigate an investment plan that might be a little riskier than a GIC but might also be more profitable.
5. Look into legacy and estate planning
6. Name a power of attorney.
7. Get the advice of a certified financial planner.

To be sure, most women left this session with some ideas for future action. Jennifer was provided as a speaker by Kirkup Agencies of Souris.

The Friday banquet was a gala affair. Of course, the highlight was the presence of the Honourable Janice Filmon, the Lieutenant Governor of Manitoba. Head table guests included Her Honour and her

friend Jan Bones, the Honourable Eileen Clarke and her aide Jodie Byram, Donna Young, Ann Mandziuk, Joni Swidnicki, and Dianne Kowalchuk. Other guests were Deva Marie Beck, Wayne Kines, Val Soltys and Monica Lambourne from Erickson Credit Union, and Kris Owen



Deva Marie Beck

from Change Makers. After a delicious buffet meal and the Toast to the Queen, President Donna Young introduced the guests and asked the Past Presidents in attendance to stand. These included: Marion McNabb, Lois Neabel, Barbara Stienwandt, Helen Rigby, Valerie Watt, Diane Hall, Enid Clark, Justina Hop, and Joan Clement. The Honourable Eileen Clarke gave greetings on behalf of the Minister of Agriculture, Ralph Eichler. Liz Chongva, FWIC Officer for Manitoba,

read greetings from Linda Hoy, President of Federated Women's Institutes of Canada.

Janice Filmon's address was very well received. She referred to Nellie McClung and the work that indomitable lady did for women's rights. She spoke of the pride she feels for elected women everywhere, noting that a few days earlier she had signed the Oath of Allegiance for Eileen Clarke when the newly elected MLA was officially appointed to the Cabinet. Janice Filmon spoke with humour and candor, to the delight of the audience. At the conclusion of her remarks, she took the time to visit with those in attendance, and many photos were taken.

By this time, Doreen Stapleton was at the organ, filling the salon with the sound of music. She played a wide range of selections, and her talent was much appreciated.

The business of the annual meeting was accomplished on Saturday. President Donna Young's address focused on the accomplishments of the last year, which included the decision of the Board to hire a professional marketing company. With great pleasure, she introduced Kris Owen from Change makers. Kris spoke briefly and with great enthusiasm about MWI and the work her company intends to do. Change Makers will package "the power of lobbying and action" and reach out to the public in a way that MWI has not



Chris Owen, representing Change Makers

been able to do on its own. On a personal note, Kris said that the camaraderie that was so evident amongst the WI members is "priceless". Can we package that?

The happenings in the regions were highlighted. Brief presentations were made by Presidents Fran Dickinson, Southwest B; Liz Chongva, Eastern; Sarah Pasternak, Northwest; Past President Irene Draper, Southwest A; and President-Elect Linda Scott, Winnipeg Interlake. Other business included the roll call, the Executive Administrator's report, the financial report, and minutes from the 2015 AGM. Ten resolutions were debated in sessions interspersed throughout the morning and early afternoon. (See box page 9) Liz Chongva read a message from Linda Hoy. No nominations were received from the floor, and as a result, two positions were declared filled by acclamation: Heather Klassen, Director-at-Large and Denise Joss, President-Elect. Both ladies were introduced and spoke to the assembly.

Pat Orsak, Manitoba Agriculture's representative on the MWI Board, gave an update on activities in the Department. These include:

- involvement with *Growing Forward 2*, *Manitoba Ag Days*, *Young Farmers Conference*, *Open Farm Days*, and transition planning
- Working with industry
- Publishing an events guide and keeping the Manitoba Ag website up to date
- Leadership and development of resources for 4-H
- Working with the Manitoba Farm Women's Conference which will mark its 30th anniversary in the fall.

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In Memoriam...

Eileen Brake, Whitewater WI
1919-2016

Pearl Calcutt, Duck Mountain WI
1921-2016

Lillian Greer, Duck Mountain WI
1921-2015

Joan Kingdon, Basswood WI
1932-2015

Eileen Spence, Woodmore WI
1932-2016

Pearl Warren, Great Falls WI
1922-2015

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Pat explained that Manitoba Agriculture and MWI are currently in the fourth year of a five-year funding agreement which provides a yearly \$35,300 grant and some valuable in-kind support. Pat also spoke of her pleasure at the strong bond between MWI and the Manitoba Association of Home Economists (MAHE).

Dianne Kowalchuk introduced a video entitled *The Spirit of Nellie McClung*, which had been written and narrated by Dianne and produced by her daughter Candace. Much had been said over the two days of the convention about the *Nellie Award* that MWI had received in January. The 15-minute video explained the life of Nellie McClung, the many tributes to her and the Famous Five, and the connection between Nellie and MWI. The video ended with a quote from our famous sister: "Never underestimate the power of a woman."

Gail Sawchuk, who along with members from Erickson WI oversaw the People's Choice Craft Competition, announced the winners. First prize went to Lynne Hopley (Wheat City WI) for her spiral quilted table runner. Second prize was awarded to Cheryl Simes (Fork River WI) for a cross stitched butterfly picture. Muriel McCallum (Boissevain/Whitewater WI) received third prize for her painted nature scene. Thirty-nine items of exceptional quality were on display.

The *Home and Country Raffle* was also a success. It was ably looked after by Linda Wilson and the members from Isabella WI. (The profit from this was \$1,180.)

One of the final items of business was the announcement of the door prize winners. The duffle bag donated by Viterra

was won by Xisra Lamb, Newdale Raven's Glen WI. The flower arrangement donated by Newdale Raven's Glen WI for the *Celebration of Life* was won by Diane rychuk, Fork River WI. The lucky winner of the one-night stay at Elkhorn Resort was Pat Dickson, Broomhill WI.

The convention concluded with the installation of the new MWI Board by Past President Marion McNabb. Ann Mandziuk is now President and Denise Joss, President-Elect. Other new members are Heather Klassen, Director-at-Large; Rose Bodz, Representative for Eastern Region; and Peggy Bradshaw, Representative for Northwest Region.

The very busy day concluded about 3:30 pm. Attendees packed up their papers and prizes and set off on their way home. The planning committee was exhausted but well satisfied. Did the convention fulfill the theme? Did we "care"? Yes, true connections between old and new friends were evident. Did we "share"? Yes, as usual, a great amount of information was imparted. And did we "dare"? It is expected that many went home with "daring" thoughts in their heads about how they might grow and change — both as individuals and as locals.



Competition winners: (l-r) Lynne Hopley, Cheryl Simes's picture held by Chris deVos, and Muriel McCallum.

Also of interest:

- Voting strength for the AGM was 75 in-person votes with 93 proxy votes for a total of 168 votes.
- Speaker gifts were unique: bracelets and key chains containing Newdale soil. These were purchased from the Manitoba Society for Soil Science.
- The *Celebration of Life* was looked after by Newdale Raven's Glen WI. The lives of six women were honoured.
- Convention Secretary was Sara Curtis, Lenore WI. Other Lenore members served as minute checkers.
- Past President Lois Neabel, Basswood WI, acted as Parliamentarian.
- FWIC President Linda Hoy was unable to attend as her father died recently.
- Over \$4000 in sponsorship was received, as well as some other in-kind donations. (See page 7)
- Kirkup Agencies was a Silver Sponsor and also provided the speaker on investing. As a silver sponsor, the business was invited to have display space. Steven Sopel was in attendance for the full length of the convention.
- *The Race* was won by Winnipeg Interlake Region with five new members.
- The early bird registration prize was won by Mary Nichols, Erickson WI. She received a full refund.
- Linda Wilson gave the courtesies.
- The planning committee members were Enid Clark, Dianne Kowalchuk, Shirley Pederson, Arenda Vanderdeen, Janis Klassen, and Linda Wilson.

DCK



MWI members celebrate the great strides made for women's rights.

90-year-olds celebrate the Queen's birthday

Georgina Bollman is a member of Rivers WI and happens to turn 90 in October. She was one of 150 Manitobans who were guests of Lieutenant Governor Janice Filmon at a tea party to mark the 90th birthday of Queen Elizabeth. The event was held on April 21st at Government House. Her Honour made an effort to speak to everyone in attendance. She is such a gracious lady!

Georgina joined Moline WI in 1949 and became a member of Rivers WI when Moline disbanded in 1970. She has been a member for over 65 years! It is very likely that other WI members were fortunate enough to attend the tea at Government House. If you have any photos, we would be glad to print them!



Georgina Bollman and Her Honour Janice Filmon at the Queen's birthday tea. Don't they both look lovely! Photo by L. Manikel

Fisher Branch WI

The following report was omitted from the Focus on Winnipeg Interlake Region printed in the April issue of The Institute News.

It is so nice to see and hear the signs of spring. Although we had a moderate winter, we are looking forward to being out in the yard and not having to wear winter gear.

As usual our year has been busy, especially right now when many members are involved in volunteering in various ways for the Northern Lights Festival of the Arts.

At our Christmas gathering at which our spouses join us, we recognized long-time members. Rosie Barrett had been a member for 60 years and June Kopy and Stephanie Hyde have devoted time and energy for 50 years each. It is rewarding to have such faithful members. Our Woman's Institute is now 68 years young. To celebrate WI Day, we gathered for a catered luncheon. It was nice to gather socially and not have to do anything — just arrive.

At one of our meetings, we were shown how to arm knit. This seemed popular and will be offered at the Northern Lights Festival of the Arts at a mini session.

As usual we had our two bake sales and our annual fundraisers. It is very rewarding to have people approach us to purchase tickets or our baking rather than us having to ask people for their support.

This shows that we are well thought of in the community.

We continue to make our contributions such as assisting with school travel for skating, etc. We also donate for scholarships and treats at Christmas; this year, we donated money to assist a young woman who suffered misfortune. We supported the Arts Festival, the Chamber of Commerce, the *Terry Fox Run*, funds for fireworks after our Christmas parade at which we enter a float, and other charities.

All in all, we had a very fulfilling and busy year.

Jessie Plett

A "Hanging BRAsket"??

The *NFWI News* is published by the National Federation of Women's Institute in the United Kingdom. The magazine is always chock-full of activities of the WI in that part of the world.

The May 2016 issue described a particularly interesting project called "the hanging 'BRAsket' competition. With the support of a British seed company, NFWI initiated this competition "to continue its aims to recycle, reuse, and repurpose." Members are challenged to use an old bra for growing flowers, herbs, fruit, or vegetables. What a novel idea! More information can be found at the "WI Moodle" on-line at www.witraining.org.uk. Learn more about the WI in the United Kingdom at www.theWI.org.uk.

ACWW/MWI project

Through *Pennies for Friendship*, MWI members have been supporting a project in Cameroon entitled *Project #0948 Vegetables and Medicinal Plants for Better Sustainability*. This project has now been completed and the final report has been received. Rural women from Likombe and neighbouring Bwassa villages were involved in all aspects of the project: land identification and preparation, planting, harvesting, and capacity building. They were the main focus in a planned exercise to "pass on the seed gift" and training in the use of medicinal plants such as aloe vera and lemon grass. This training was very valuable in improving the lives of the children, who are most vulnerable to common illnesses.

The project has led to increased vegetable farmland. The women farmers have been organized into two groups and are being empowered through this exercise in group entrepreneurship.

The MWI board will be choosing its next ACWW project at the June board meeting.



Rural women in Likombe, Cameroon, discuss the benefits of "bitter leaf", a plant which is high in anti-oxidants, lowers cholesterol, and can help prevent cancers. Photo courtesy of ACWW.

**Manitoba
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Manitoba Rural Women's Day — a day you won't want to miss!

The Manitoba Rural Women's Day on the topic of *How to Avoid Family Conflict* will be held in Rivers on **October 15** and Dugald on **October 29**. This is meant to be a day of learning and sharing for women, both members and non-members. Please plan to attend and invite a friend. In addition to a great day of speakers, there will be door prizes, lunch, display tables, and a draw for a free new membership.

The speakers for the day are:

1. Gerry Friesen

Topic: *Dealing with Family Conflict*

Gerry is founder of *Signature Mediation*. His mediation career began in 2000 when he became a member of the Manitoba Farm Mediation Board. Growing up on a family farm, farming with a brother, and raising a family in rural Manitoba have provided ample opportunity to shape Gerry's views on conflict resolution, conflict management, and conflict transformation. Gerry is a member of *Canadian Association of Farm Advisors*, *Family Mediation Manitoba*, and *Alternate Dispute Resolution Canada*. In 2010, Gerry was the recipient of the Manitoba Pork Council *Friend of the Industry Award* for "providing emotional support and expertise to help farmers cope with financial and emotional stress in their darkest days".

2. Marsha Harris

Topic: *Effective Family Communication*

Marsha has a Bachelor of Arts and Master of Marriage and Family Therapy. She has facilitated many groups regarding healthy communication, communicating in intimate partner relationships, communication patterns, family systems, and many topics revolving around addiction and mental health due to her past role at the Addictions Foundation of Manitoba. Marsha has 13 years of clinical experience. At Brandon University, Marsha is a counsellor with the role of assessing mental health concerns; providing individual, group, and family therapy to students; consulting with faculty regarding mental health issues; and facilitating workshops and groups.

3. Shirley Scott

Topic: *Understanding your Finances*

Shirley grew up on a farm near Treesbank, Manitoba. She started a career in financial services in 1997. The financial experiences that she gained early in her career helped her tremendously when her husband John became ill and passed

away in 2002. In 2004 Shirley married Keith Scott and together, in 2005, they opened a store front office in Brandon. Shirley loves working with people and helping them build their financial future. Her past experiences have given her valuable insight into specific situations and enable her to provide solutions for the families and businesses that she works with. Her business is *National Best*. She holds her Life Insurance License and is registered to market Exempt Market products.

The participants in our Fireside Chat on the topic of *Dealing with Family Conflict* are:

1. Marina James

Marina recently joined *Fusion Capital Management* as its Chief Operating Officer. Marina is actively involved in Fusion's redevelopment of The Osborne Village Hotel. Prior to Fusion she was the President and CEO of Economic Development Winnipeg Inc. where she directed all aspects of the organisation's activities and collaborated with stakeholders to make Winnipeg a compelling choice for business investment and tourism. Marina is the co-founder of SHE Day (Share – Hear – Empower), an inspiring international award winning event to promote gender diversity and empowerment of women. Marina has more than 22 years of executive management experience in community economic development and investment attraction, indigenous relations, real estate asset management and tourism development. She serves on a number of boards. She has an MBA with a major in Finance, is a Certified Hotel Administrator and a Certified Destination Management Executive. She is presently completing a National Advanced Certificate in Local Government Administration and Economic Development.

2. Karen Kaplen

Karen first joined Mount Lildon Women's Institute in 1979, and she has remained a member ever since. She has served as treasurer for the Mount Lildon WI and served two terms as the Winnipeg Interlake Regional Representative. She is currently the President for the Winnipeg Interlake Region of WI. Karen credits WI with giving her the confidence to go on to further studies at Red River Community College where she completed a Clerical Bookkeeping Course and later an Applied Counselling Skills Course. She works for the Manitoba Schizophrenia Society as a Peer Support Worker facilitating groups,

planning programs, assisting the editor of a consumer newsletter, and providing one-on-one consultations as requested. Her interests include volunteering for a number of other organizations, reading, walking, boating, and taking further continuing education courses.

3. Wilma Derksen

Wilma is the director of *White Banners* and received her graduate training from Royal Roads University. She is a certified coach from a program that is certified by the International Coaching Federation. Wilma has been recognised for her contributions with a number of awards. Three of these honours include the *Order of Manitoba*, the *Corrections Services Canada Ron Wiebe Restorative Justice Award*, and the *Creative Communications Alumni Award*. She speaks regularly in Canada and abroad on resilience, communication, and spirituality. Her path turned towards exploring resilience and goal achievement after her daughter, Candace, was murdered over 30 years ago. Since that time she has learned to heal and move forward as she has assisted others. Helping people reach their goals has always been a passion of Wilma's. She enjoys working with people as they face and work to overcome challenges. Her focus is on finding truth, understanding oneself, and learning to create success in various pursuits.

4. Vicki Olatundun

Vicki is the new Executive Director at the *Steinbach Family Resource Centre* where she has been since 2012. Her passion and mission is H.O.P.E. (Helping Other People Excel). She is a community-minded social justice warrior. Vicki advocates for families and for all people regardless of their socio-economic status. She enjoys challenging the status quo, opening closed doors, and helping people. She chooses to make a difference. Vicki is married with two small children and has the privilege of all the pleasures and frustrations that come with raising a family in these times. In her role with the *Steinbach Family Resource Centre* she works towards new and innovative ways to help all families in the community. She also just wrote a book titled *Unleash Your Crazy to Win*.

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

Focus on EASTERN REGION

Domain WI

Domain WI had another busy year. Our numbers are declining due to the deaths of two members, one dropped membership, and one member moving to British Columbia. With these numbers in mind, we are trying some new approaches to our former routines. For the months of January, February, and March, we decided to abandon the morning portion of our meeting and meet instead at 1:00 in the afternoon. Our business meeting is first, we have a coffee break, and then the hostess is tasked with leading a half-hour discussion on topics of her choice. As such we have discussed noise levels at the Manitoba Theatre Centre, violence in sport, childhood years, something that was allowed in growing up years that would never be allowed today, and a report on *The Vote for Women*. These "Fireside Chats" have been very relaxing and have removed the stress of locating speakers for these "winter vacation" months.

A new fundraiser was held on Saturday, May 14 — a JUNK IN THE TRUNK garage sale. For this sale, we sold out of our own vehicles at the Caisse parking lot — no need to rent space. We are optimistic that our bank account will profit from this one time effort.

Janice Harrison

Woodmore WI

Following the completion of the various gardening workshops that the Woodmore WI hosted last year, we have continued to plan more workshops for people in the Emerson/Franklin Municipality.

On November 24th we held a "No Knead" Bread Making workshop with twenty people in attendance and five on a waiting list in the hopes that another will be planned. The "No Knead" bread making instructor was Dorothy Barg-Neufeld from Winnipeg and according to all reports, it



Domain WI members sell "junk" from their "trunks" on a cold May day. Photo by L. Manson. Posted on Domain WI Facebook page.

was a great success.

We have also held two Cheese and Yogurt Making workshops, one on February 25th and another on March 17th, with a total of 29 participants registered. Instructors for the workshop were Jim Appleby (husband of Angie Appleby, Woodmore WI's newest member and also the co-ordinator for last summer's gardening workshops) and Mary Jane Martens from Roseau River. Again, this was a great success.

Our local recently held a Pancake Breakfast fundraiser and is currently planning for our Annual Spring Supper. We will be venturing out on three Field Trips this summer. Busy we are!

Liz Griffin

Springfield WI

Springfield WI meets on the second Friday of the month at the Springfield Library in Dugald. We started this year with 17 members, three of whom were new. Sadly in March, one member, Freda Peterson, passed away unexpectedly.

We have had some interesting topics and activities this year. We visited and toured the arctic char fish hatchery at the Ridge-

land Hutterite Colony last June. Some members have been going through our 35 years of records, cataloging them and putting them in the RM of Springfield archives. We also learned how to do the paper piecing technique in quilting.

Some repairs were needed to the base of the train monument that we erected in 2007 to commemorate the 1947 Minaki train disaster that happened in Dugald. These repairs were completed in the late fall. We are now looking at ways to cover the site to protect the story boards from the sun. This is an ongoing project.

In February we attended a seminar put on by the Mood Disorder Association of Manitoba and we will be participating in their *Blue Awareness Activities Challenge*. We will be planting blue and white flowers at the train monument site, to support and create awareness about positive mental health and suicide prevention. As well, we will be displaying literature on mood disorders and mental health issues on our WI table when we attend functions. At our May meeting, we are having author Casia Schreyer speak to us on bullying. Our windup will be held in Lac du Bonnet where we will visit the local museum and go out to lunch. In July we have a table at the Springfield Agricultural Society Fair where we sell tickets on a food hamper and promote Women's Institute.

Janet Tinley and Diane Holland



Woodmore WI held a garage sale on May 14, 2016. Photo by L. Griffin.

Dufresne WI is also found in Eastern Region.

Resolutions accepted at the 2016 AGM

1. Manitoba Women's Institute (MWI) will request that the Government of the Province of Manitoba support the expansion of handi-transit services in rural communities to allow them to become a more useable service for the entire community. This would be done by amending the Mobility Disadvantaged Transportation Program Eligibility Guidelines and the Vehicle Operation Regulations governed by the Motor Transport Board.

2. MWI will strongly urge Manitoba Health to address the increasing numbers of senior citizens who will be requiring advanced levels of health care in the near future. This will include expedited access to secure home care, adequate long-term health facilities, medical diagnostic clinics, and professional geriatric medical staffing.

3. MWI will urge the Government of Manitoba to introduce legislation that would make childhood vaccinations (as per the schedule approved by Manitoba Health) mandatory for children attending all schools in Manitoba.

4. MWI will urge the Minister of Health to review the cost of ambulance service with the aim of making the costs more affordable to all citizens and making the rates consistent across the province.

5. MWI will petition the federal government to raise the per capita funding for First Nations students to the same level as the

funding offered to provincially funded students.

6. MWI will urge Manitoba Agriculture to facilitate regular yearly farm safety training sessions, with emphasis on grain entrapment training.

7. MWI will urge Health Canada, Manitoba Health, and Manitoba Family Services to develop and implement a policy to improve food security for northern and remote areas.

8. MWI will petition the Provincial Minister Responsible for Family Services to ensure that social assistance allowances keep up with the rate of inflation and rising costs of food and housing.

9. MWI will urge Manitoba Health to tackle the problem of Early Childhood Caries (ECC) by 1) identifying the communities that have a high incidence of the disease and 2) introducing into those communities a program to combat malnutrition, a contributing factor to ECC.

10. MWI will ask that the Canadian Beverage Container Recycling Association (CBCRA) of Manitoba and Multi Material Stewardship Manitoba (MMSM) be obligated to provide mandatory payment for beverage containers of all sizes, especially PET and aluminum containers to ensure the public buys in as stakeholders in insuring adherence to the recycling of beverage containers in Manitoba. (Originally passed in 2014)

News from the MWI Board

The MWI board met on April 27 at Portage, and before and after the annual meeting at Clear Lake.

Donation: A \$250 donation was given to the Canadian Red Cross, earmarked to help the victims of the Alberta wildfires.

International Peace Garden (IPG): MWI's sign at the IPG will be repaired.

Photos with the Nellie Award: When Ann Manziuk and Donna Young travelled around to the regional conventions, they took pictures of the members, individually or in groups, with the *Nellie Award*. These photos were distributed at the provincial convention.

Marketing and Communication Strategy: A presentation from *Change Makers*, the marketing company that was hired by MWI, was heard at the April 27th meeting.

Bulletin Board

- It is hoped that each local will make sure that **every member has access** to this newsletter. **It is being distributed by e-mail only.** Please make copies for those without internet access.
- See page 7 for information about the speakers at **Manitoba Rural Women's Day**. This event, to be held in Rivers and Dugald, is a result of the work of the Planned Program Committee. The **planned program** will take the form of full day of speakers. Locals can now take advantage of the planned program without having any work to do! The Day may take the place of your region's usual fall seminar
- The **deadline** for the next issue of *The News* is **September 5**. If you are unable to send your material by that date, please let the editor know that something is coming so that she can save the space.
- **Celebration of Life** write-ups will be included in the **next edition of *The News*** (September 2016). Submissions are welcome.
- Please forward preliminary details of the plans for the **fall seminars** to the editor by August 31. **This is very important! If your region is not hosting a seminar, please let the editor know.**
- ***The Institute News*** will focus on **Northwest Region** in the September edition. **Silverton and Fork River** — please send your material to the editor by September 5.
- The **2017 MWI Convention** will be hosted by Northwest Region at Russell on May 5-6.
- Two women have retired from the provincial board: **Gisela Nolting** and **Diane Hrychuk**. We thank these ladies for their commitment to MWI.
- **The MWI office** will be **open over the summer** with flexible hours.

REGIONAL CONVENTIONS

Northwest members gather at Russell

The Northwest Regional Convention was held at the Russell Inn on Saturday, April 2nd. The theme for the day was *Empowering Women*. Members from Fork River, Silvertown, Grandview, Russell, and Brandon gathered to conduct the business of the organization, chaired by Rose Kieper, President of Silvertown WI. Provincial President Donna Young spoke, as well as Executive Director Joni Swidnicki and Regional President Ethel Lungal.

The resolutions going forth to the Provincial Convention were reviewed. The *Celebration of Life* honoured Joyce Gray of Silvertown and Lillian Greer and Pearl Calcutt from Grandview.

Donna Young installed the new board: President Sara Pasternak, President-Elect Rose Kieper, Past President Ethel Lungal, Treasurer Marsha Chanin, and Regional Rep Peggy Bradshaw.

The first "empowerment" session, presented by Joan Clement, illustrated how Women's Institute members help women throughout the world as members in the Associated Country of the World. A number of projects, supported by the WI in various countries help to lift women out of deplorable conditions and help them to develop livelihoods for their families.

Dorothy Price of Gilbert Plains awed us with her quilting expertise as she talked about being empowered through her artistry with cloth and stitching — a journey she started as a child alongside her mother. She is

now one of Manitoba's pre-eminent quilters.

The Russell Ladies Line Dance Group led by our own Nancy Ferg, helped to empower us through movement and music. The group gave a demonstration and then taught many of us to tap our toes and move in time to the music.

Ayla Hamilton inspired us in terms of issues she sees as paramount to youth and how being involved has allowed her to stretch and grow. She addressed concerns facing youth, issues around *Kids Helping Kids* (an organization which she was instrumental in forming), and the importance of recognizing the contributions and needs of indigenous people.

Cathy Clemence honed in on how significant it was for her grandmother and mother to make sacrifices to ensure that she and her siblings were able to get an

education. She talked about the challenges of working in the male-dominated world of being a veterinarian, especially in the large animal practice. Because of a change of attitudes, there is not such a problem of gender in the business today.

Accompanying herself on the guitar, Denise Diores shared her voice and indeed empowered us through music. This brought our day to a close.

We all headed home with new knowledge, renewed friendships, and a better understanding of our ability to make a difference in ourselves, our communities, and indeed, the world.

Submitted by Rose Kieper

Erickson welcomes Southwest A

For the third year in a row, the annual meeting of Southwest A Region took the form of an afternoon business meeting. This format has been very well received. It is certainly less work for the hosting body, as no outside speakers are required and there is no lunch to prepare for. The meeting now includes reports from each local (which promotes regional cohesiveness) and a short discussion of the resolutions to be debated at the provincial convention.

On April 13, 2016, 30 members from the six locals in the region, as well as individual members, gathered at the Crossroads Hall in Erickson. All were welcomed by Erickson WI President Esther Knapp. Special guests were MWI President Donna Young and Executive Administrator Joni Swidnicki, who both made presentations. The meeting was chaired by Southwest A Regional President Irene Draper. The *Celebration of Life* service, which honoured eight women, was presented by Newdale Raven's Glen WI. Arenda Vanderdeen gave a report on her work as the regional representative on the provincial board. She focused on the efforts of the Planned Program Committee to plan *Manitoba Rural Women's Day* in October. Dianne Kowalchuk led the discussion of four resolutions.

The entertainment was delightful. Erickson WI member Gale Johnson explained that the branch wanted to show how it spends its money. The branch had made a donation to the Kiddie's College for the purchase of ukuleles for a music class for sixteen 3-5 year-olds. Three young lads and their instructor demonstrated what they have learned.

Irene Draper has now concluded a two-year term as President. The new regional

(Continued on page 11)



Young ukulele players at Erickson.



Members of Erickson WI pose with the Nellie Award at the Southwest A Region Convention.

(Continued from page 10)

board was installed by Donna Young: President Verna Cuddington, President-Elect Arlene Waddell, Secretary Linda Wilson, Treasurer Elaine Thomson, and Regional Rep Arenda Vanderdeen.

The 2017 convention will be held at Isabella. The next board meeting will be held in Hamiota on September 14.

Thanks to Irene Draper

Enlighten and Energize!

Enlighten and Energize was the theme of the 2016 Southwest B Convention, held at Veva's Diner in Boissevain. President Fran Dickinson and President-Elect Audrey Clark presided. Words of welcome were given by Judy Busby, President of Boissevain/Whitewater WI and by Ed Anderson, Municipal Head of Council. Roll call indicated that 17 members from four locals, two individual members, and two visitors were present. *Coins for Change* were presented, and the Southwest B board was introduced. Much information was garnered from the presentations of MWI President Donna Young and MWI Executive Administrator Joni Swidnicki. Reports were heard from the regional rep, education convenorships, and the regional president. Broomhill WI conducted a fitting *Celebration of Life* which honoured seven past members.

Three speakers were welcomed. Rhonda Barr, a Clearwater WI member, gave an enlightening presentation on Buddhism. Garry Enns, CEO of the International Peace Garden, gave an update on the work at the Garden, upcoming events, and the concern about the Peace Tower having to come down. Dianne Hole spoke about *Eden Alternatives*, a philosophy of enriching life for the elderly. There are so many little things we can do to give more meaning to our days. Homes for the elderly following these principles can be found in Grunthal and Winnipeg. Questions to all three speakers brought forth a great deal of information.

The annual quilt draw was won by Val Pogson of Cartwright. Courtesies were given by Marg Senkbeil, Wheat City WI.

The day was brought to a close after the installation of the 2016-17 regional board by Donna Young.

Fran Dickinson

Dufresne WI hosts Eastern Region

The Eastern Region WI Convention was held on April 8th in Dugald hosted by Dufresne WI. The theme was *Forgotten Manitoba Treasures*. One of the guest speakers, Jean MacManus, had toured the Province of Manitoba taking photographs of all the wooden grain elevators. These were then placed in a slide presentation that named and described the places. This was a very interesting educational presentation. During the lunch a slide presentation was running with the photographs of wildlife and flowers she had also taken.

The afternoon speaker from the Prairie Wildlife Rehabilitation Centre spoke about the injured wildlife, the care provided, and their release back into their habitat. The members got to see and hear about two interesting birds – one a Kestrel and the other a Grey Owl that would not have survived in the wilderness due to their conditions.

The Regional President's Address spoke about members filling positions on the Regional Board. Rose Bodz was elected for a one year term (2016-2017) due to the resignation of Denise Joss who had let her name stand for the position of Provincial President-Elect. The position of Regional President-Elect is currently vacant.

The Eastern Region is pleased to have five members on the Provincial Board.

Liz Chongva



Yes, that is a real Grey Owl she is holding. Photo by L. Chongva.

Winnipeg/Interlake meets at Grosse Isle

The annual Winnipeg Interlake Regional Convention, held on Saturday, April 9th, 2016, was hosted by Grosse Isle Women's Institute at the Grosse Isle Community Centre. Marg Knutson, Grosse WI President, welcomed everyone. Reeve Jim Campbell brought greetings from the Rockwood Municipality; Reeve Frances Smee brought greetings from the RM of Rosser.

Karen Kaplen, Winnipeg Interlake Regional President, opened the business portion of the day with the roll call of Institutes. Forty-one representatives from seven locals and three individual members were present. Three guests attended for a total of 47 people.

Reports were presented by Karen Kaplen, Regional President; Valerie Watt, Regional Representative; Donna Young, Provincial President; and Joni Swidnicki, Executive Director of MWI. The *Celebration of Life* ceremony was very moving as the memories of seven WI members from the region were honoured. Dorothy Braun read the poem *The Dash*, and flowers were placed by the Book of Remembrance as the names of the individuals were read. Five of the members honoured were active or former members of Mount Lildon WI. The other members were from Narcisse and Winnipeg WIs.

At noon, we were treated with a delicious roast beef dinner catered by Norma Ridgeway. Giselle Nolting provided us with a choice of two delicious tortes. During lunch, Rolly Gillies, the Singing Cowboy from Grosse Isle, entertained us with a variety of musical selections.

Miles MacFarlane, a teacher from Grosse Isle, was the afternoon speaker. In 2013, Miles and his family exchanged positions for a year with a teacher from Australia. Miles told us about how different it was working in the Australian Outback as compared to working in Canada. There were a lot of cultural differences including driving on the opposite side of the road and the different terminology used to express similar things. Road hazards in Australia are more likely to be kangaroos rather than deer.

Installation of the Regional Board took place. All positions will remain the same. Courtesies were given and we were served cake and coffee before heading home after a very enjoyable day.

Karen Kaplen

Calendar of Events

June 2016

- 6 MWI board meeting, Portage

July 2016

- 5 *Celebrating Women* Gala
Viscount Gort, Winnipeg
14 Manitoba Ag Hall of Fame
Induction, Portage la Prairie

August 2016

- 17-23 ACWW Conference, UK
21-27 IPG/FWIC Scholarship Week

September 2016

- 5 Deadline for *The News*
6 MWI board meeting, Portage
18 Open Farm Day

October 2016

- 3 MWI board meeting, conference call
15 Manitoba Rural Women's Day
Rivers
29 Manitoba Rural Women's Day
Dugald

November 2016

- 7-8 MWI board meeting
20-22 Manitoba Farm Women's
Conference, Portage la Prairie

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10th Annual Celebrating Women Gala and Fundraiser

Hosted by the Provincial Council of
Women of Manitoba (PCWM)

7:30 pm Tuesday, July 5, 2016
Viscount Gort Hotel,
1670 Portage Avenue, Winnipeg

Honouring four individuals — including
MWI's **Valerie Watt** —and one federate
member for their service to the commu-
nity. The *Not Afraid to Get Your Hands
Dirty* award will also be presented.
The evening will include entertainment,
refreshments, a Rainbow Auction, and
Celebrating Women Boutique.

Tickets (\$40) may be purchased at McNally
Robinson Booksellers or by contacting Shirley
Walker at
1-204-775-0743 or at
sleepyhollow52@gmail.com.



(l-r) Fran Dickinson, the Honourable Janice Filmon, Audrey Clark, Joni Swidnicki following the banquet at the MWI convention.