

## WOODMORE WOMEN'S INSTITUTE CELEBRATES 70 YEARS

It was a special day at Woodmore Hall on September 25, 2015, when Woodmore Women's Institute celebrated its 70<sup>th</sup> anniversary. The theme for the day was *Making a Difference for 70 Years*. Audrey Grier read the minutes of the organizational meeting and the first meeting of the Institute. Sonya Grier then gave a humorous history of the accomplishments throughout the years working with and for the community.

Woodmore's members work not only at the local level but also beyond. Audrey Grier and Justina Hop have served as Provincial Presidents. Ina Pott, Kathy Polischuk, Audrey Grier, Justina Hop, and Linda Barnabe have been Presidents of the Eastern Region. Justina Hop was and at present Debbie Melosky is the Government Appointee on the Provincial Board, and Maren Mueller serves as Director at Large. The four Eastern Region representatives on the Provincial Board have been Justina Hop, Kathy



*Cutting the anniversary cake: (l-r) Woodmore WI President Debbie Melosky, Mary Pott, Eastern Region President Liz Chongva, and Provincial President Donna Young. Photo by D. Melosky.*

Polischuk, Debbie Melosky and Maren Mueller. The next item on the agenda was a fashion show depicting styles throughout the decades, which was actually a spoof of the styles of the day.

Greetings were extended from MWI President Donna Young, Regional President / FWIC Manitoba Executive Officer Liz Chongva, MLA Cliff Graydon, and Councillor Troy Kirkpatrick.

In keeping with the theme, the tables were tastefully decorated with WI blue tablecloths, white lace, and centrepieces. Remember those fragile teacups we used to use? Out they came again, along with the polished silver to adorn the tables.

The anniversary cake, decorated with the words *70 Years of Making a Difference*, was cut by the presidents of the three WI levels and the oldest member of the branch, 98 year-old Mary Pott. Mary has been a member for 66 years.

The afternoon entertainment featured imper-

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*The Farmer Picks a Wife at Woodmore WI's anniversary party. Photo by D. Melosky.*



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## Planned Program 2016: Family Conflict Management

The Provincial Board has decided to use one of the Convenor topics as the high-level subject area for the 2016 planned program. We will be focusing on the Convenorship of Family this year. The topic chosen is *Family Conflict Management*. The inspiration for this topic was a book written by Elaine Froese titled *Farming's In-law Factor: How to have more harmony and less conflict on family farms*. Arenda Vanderdeen has written a report on this book, which can be found below. There will then be multiple sub-topics that fall under this main topic; these subtopics are currently being discussed by the committee and will be available in the January newsletter.

The goal defined for this Planned Program is to inform and educate women in rural areas.

We will be using a different format for delivery of the Planned Program in 2016:

- There will be presentations in two locations which are central within a group of regions. The locations will be Rivers (for Southwest A, Southwest B, and Northwest regions) and Dugald (for Winnipeg/Interlake and Eastern regions).

- The locals within these regions will be invited to attend. If desired, this event could replace the fall seminar.
- Under the leadership of the Planned Program Committee, the planning group would have a representative from a local near the presentation location and a representative from each region for that location.
- The invitation will be to all WI members and women in the community. This will be an ideal opportunity for promotion and recruitment.
- The events will be held on Saturdays to give more non-member women the opportunity to attend.
- Tentative dates for these two events have been set for October 1, 2016 in Dugald and October 15, 2016 in Rivers.

The details for these days are just in the initial planning phase, and more information will follow in early 2016.

*Submitted by the Planned Program Committee:  
Debbie Melosky (chair), Maren Mueller,  
Arenda Vanderdeen*

## Farming's In-Law Factor

by Elaine Froese and Dr. Megan McKenzie

The MWI board received a copy of the book called *Farming's In-law Factor: How to have more harmony and less conflict on family farms*. I volunteered to read it and write something about it for the newsletter.

The language the authors use is very easy to understand, and it does not take long until you will recognize situations from your own life. They tell stories about clients and suggest exercises you can try. This is relevant for daughters-in-law who did not have a voice in the past, as well as for well-educated women who have an opinion. Today a lot of farm wives have a better education than the farmer. Management and organization of a farm is not always done by the male.

This book is not for farmers alone. A lot of conflict situations are everywhere in everybody's lives. Even immigrants to another country have the same problems. You think that how you were taught was right, but now the new country has different (and sometimes unwritten) rules. When you see the different points of view and talk about them, you sometimes have to let your opinion go; at other times, your point of view is worth the fight.

I would recommend this book to everybody. It is available as an e-book or in paperback form. There is a lot of wisdom and tips on how to cope in various situations.

*Arenda Vanderdeen*

# FROM YOUR PRESIDENT



At our last in-person board meeting in Portage in September, the Board considered its 2016 budget, including membership fees, and suggested I write an article on what your membership fee covers. This year the fee is increased by 75 cents to \$40.75. Your fees are supposed to increase each year by the cost of living increase. Last year we did not add the increase to the membership fee as it was below 50 cents; therefore, we added the increase from last year to this year's cost of living to come to the 75 cents.

All members appreciate the *Institute News*, and I think you know that the cost to produce this newsletter represents a good percentage of your fees. It takes \$24.05 of each membership to assemble our newsletter, print it, and post it. That is with printing and mailing out only four copies. It was quite a bit more when we had to print and mail all six editions.

As you are also aware, a minimal contribution of one dollar each is made to the FWIC Delegate Account and the ACWW Delegate Account. Revenue from the sale of the cash calendars is also added to these accounts to ensure we are able to meet our responsibility of sending the President and voting delegates to the Triennial Conferences for FWIC and ACWW. The information and support we receive from our national and international organizations is fundamental in helping us to understand and provide input on situations, events, and policy matters that affect women all over the world, including here in Canada.

For FWIC, Manitoba can send up to ten voting delegates to the conference held once every three years somewhere in Canada. This last June, it was held in Fredericton, New Brunswick.

For ACWW, it is usually the President and one voting delegate who attend, given the cost. The next ACWW conference will be in 2016 in Warwick, England, followed three years later by a conference in Australia. The women who consent to be voting delegates are expected to contribute to the business sessions of the meetings and vote on matters in accordance with the recommendations of our membership. Our national and international organizations depend upon these women being there to help with the business of the meeting and while a majority of the delegates' expenses are paid for by the delegates themselves, some financial assistance with registration costs, from our delegate accounts, is greatly appreciated. Considering the cost of their registration, plane ticket, and hotel, the money they receive from our funds never adds up to much – but it helps a bit.

From each membership, we send one dollar to the International Peace Garden to help maintain our picnic nook. FWIC sends some money also to help with the maintenance, and together this money barely covers what it actually costs the Peace Garden to keep our picnic nook presentable. With declining membership we aren't contributing what we use to.

Three years ago we agreed to invest in



Audrey Clark (l) and Donna Young at the FWIC Convention in Fredericton.

members' insurance to cover everyone when we were attending conferences or working at events. This insurance was to be paid entirely by one dollar from each membership fee. As a result of declining membership, it now takes \$1.44 from each member's fee to cover this, but we need to be covered.

The amount that is left from the membership fee is \$12.26. That has to cover all that MWI does during the year. Some of these costs are FWIC and ACWW

## 2016 resolutions

MWI members are reminded that the deadline for resolutions to be considered at the 2016 AGM is fast approaching. Please submit them by **November 30th** if possible and by **December 31st** at the absolute latest! Mail to Box 645, Rivers, Manitoba R0K 1X0.

membership fees, affiliated memberships, board meeting costs, mileage, general committee expenses, promotion and recruitment expenses, the planned program expenses, the President's honorarium, and the President's expenses to go to the summer board meeting somewhere in Canada every year.

We are one of the lucky provinces that still receives a grant from the government. This grant is used to pay the Executive Administrator's salary, office operating costs, accounting fees, and some of the board meeting and mileage expenses.

I hope each member realizes how hard it is to put a budget together and recognizes the efforts made to economize. Board meetings are held monthly with the exception of July and August, and most meetings are held via conference calls to help reduce costs. We generally have three face-to-face meetings during the year in Portage which is central for everyone. These meetings provide an opportunity for greater interaction and more in-depth discussion on agenda items.

We also try to have one two-day board meeting which allows for longer sessions, such as strategic planning, that extend into the evening if necessary. The two-day meetings also provide a chance for members to get to know one another outside of the business environment.

We sincerely appreciate your ongoing membership and the many things it helps to achieve.

*Donna Young*



## Regional Structure

Over the last two years, Manitoba Women's Institute has been having discussions about the regional structure. As part of these discussions, we asked for input from the membership. This input fed into recommendations made by the Regional Restructure Committee, which were taken to the provincial board in September.

The structure of regional boards will stay as is; the membership wants this closer-more-personal contact.

There will be no change to the physical structure of the provincial regions. A map will be created showing the regional boundaries and the locals within each. We hope to put this map into a future newsletter as we thought it would be of interest to the members.

It is important to stress that regional representatives must ensure that information from the provincial level (garnered at meetings and from the office) is getting distributed down to the locals. It is up to the rep and regional boards to decide how best to do this within their region. This communication needs to include individual members.

It is the choice of each region as to whether they hold a seminar; it is only the regional spring conventions that are required by MWI.

The main objective the restructure committee wants to work towards is improved communication. We are always looking for ways to improve communication between the Board and the members, but now we would like to increase side-ways communication also.

The five Regional Presidents have been asked to meet three times a year via conference call. They will assign a chair to lead the meetings and to provide a report and feedback after each meeting. The purposes of these meetings are:

1. To share information across the regions
2. To discuss concerns within regions
3. To identify what is working and what isn't working
4. To provide networking and support

Some initial suggestions for topics of discussion are: fund raising, finances, workshop ideas, mentoring of president-elect, regional communications, programs, and recruitment.

After each meeting the provincial board is to receive an update on the results of the meeting. The intent is to improve the function of the regional boards by improving the lines of communication.

At the end of the year, an evaluation

will be done to see if this process is effective and to identify what benefits have been seen. If the process has not been effective, then further changes may be needed.

All of the Regional Presidents have received a letter from Donna Young explaining what we are requesting from them, with their first meeting to be held in October.

We look forward to some great results coming out of this new communication process.

*Submitted by the Regional Restructure Committee:  
Deb Melosky (chair), Donna Young, Diane Hrychuk, Denise Joss, Gisela Nolting.*

## Good news for cancer patients: wait times are down

In 2011, the provincial government and CancerCare Manitoba announced a \$40 million effort to reduce cancer diagnosis and wait times. The initiative, called *In Sixty*, looked at ways to decrease the wait time to 60 days — 60 days from the first suspicion of cancer to the first treatment. In 2011, that wait time was three to nine months. In 2015, it's a whole different story. According to the *Winnipeg Free Press* (October 5, 2015), "85 percent of breast cancer patients enrolled in the province's eight cancer 'hubs' are receiving treatment within 60 days of a family doctor's first suspicion the patient may have the disease. When all types of cancer are considered, two-thirds of patients are receiving treatment within that time frame."

*In Sixty* was modelled after reforms in Britain, Australia, and New Zealand. The program includes "navigators" who steer patients through the process and "emphasizes quick turnaround times for diagnostic tests." Follow-up tests are scheduled without the patient having to go back to the family doctor for a referral. That speeds up the process immensely.

*In Sixty* was first introduced in rural Manitoba and more recently in Winnipeg. Sixty days between suspicion and first treatment is now the benchmark in this province.

## Let Them Howl

I had the opportunity to attend the *Let Them Howl* — a world premiere of the retelling and re-enactment of the famous 'mock-parliament' play that featured Nellie McClung and her peers in the Political Equality League. In the Mock Parliament, the roles of men and women were reversed.

The *Let Them Howl* presentation showcased the talent and skills of 35 leaders, celebrities, entrepreneurs and notables including Marcia McClung, granddaughter of Nellie McClung. All the performers did scripted reading and some acting. This presentation was in honour of the 100 years of Manitoba Women's Right to Vote which will be celebrated on January 28<sup>th</sup>, 2016. Playwright Sharon Bajer was engaged to 'piece together' a play from Nellie's writings and news of the day.

A reception was held after the presentation, and I took the opportunity to meet two of the reader/presenters, including Marcia McClung.

The performance was to be recorded and to be made available for viewing. There was mention in the program that for information on viewing or future use of the play, one could sign up for a newsletter at [e-news@www.ournellie.com](mailto:e-news@www.ournellie.com).

It was an interesting presentation held on October 18<sup>th</sup>, the night before Canada's federal election.

*Liz Chongva*



*Marcia McClung (l) and Liz Chongva*

## FOLLOW-UP ON THE 2015 RESOLUTIONS

A total of five resolutions were accepted at the MWI annual meeting in Winnipeg last May. These resolutions were forwarded under a cover letter to various government departments. The replies that have been received are summarized below. In September, members of the MWI board had an opportunity to discuss these resolutions with Provincial Government Ministers. Their comments have also been summarized below.

### Antibiotic-resistant organisms

This resolution was directed to the Canadian government, and letters were sent to the Prime Minister, the Minister of Agriculture, and the Minister of Health. The Office of the Prime Minister responded with an acknowledgement of the letter. No other responses were received.

The provincial Minister of Agriculture, the Honourable Ron Kostyshyn spoke on this topic at the meeting with the Ministers. He said that the province's Chief Veterinary Officer was working to provide education to the livestock sector. With respect to human superbugs, no changes would be proposed without sound scientific basis.

### Non-recyclables used for packaging

Neil Cunningham from the Conservation and Water Stewardship Department responded on behalf of Minister Tome Nevakshonoff. Three points were mentioned:

1. A *Recycling and Waste Reduction Discussion Paper* (29 pages) is available at [www.manitoba.ca/recycling](http://www.manitoba.ca/recycling). "This document sets out a vision for the future to cut Manitoba's per capita waste in half by 2020 and identifies key waste streams that should be targeted for reduction measures."
2. The Department works with Multi-Material Stewardship Manitoba (MMSM) to ensure that companies who use the packaging material pay some of the costs involved in recycling it. MMSM's municipal blue box program recycled more than 83 million kilograms of packaging in 2013.
3. The Department works with the Canadian Council of Ministers of the Environment to address "packaging reduction on a national and international level".

At the meeting with the Ministers, Minis-

ter Nevakshonoff agreed that more needs to be done to make packaging more eco-friendly. This is really an international issue as much packaging originates in another country. An environmental meeting in France in December will look at this issue.

### Digital mammography

The reply from Minister of Health Sharon Blady began "Thank you for your letter supporting the introduction of digital mammography. I commend the MWI for its work in supporting women, families, and communities in Manitoba." She explained that fixed digital mammography services would be provided in Brandon, Thompson, Boundary Trails, and Winnipeg, as well as in two state-of-the-art mobile vehicles. Indeed, Brandon was the first centre to receive this equipment in September 2015. Other sites will "go digital" between October 2015 and April 2016.

Minister Blady also spoke of this at meeting with MWI board members. She said the installation program across the province is on track.

The Brandon Regional Hospital website says that digital mammography offers high image quality, secure digital storage, faster image acquisition, and shorter exam time. That's good news for all Manitoba women!

### Long load signs

A letter was sent to the Honourable Steve Ashton, Minister of Infrastructure and Transportation. An acknowledgement was received but no further reply.

At the meeting with the Ministers, Daryl Livingston responded for Minister Ashton. The Province is currently reviewing all sign/permit requirements. One of the challenges is the need to remain consistent across the country.

### Race-based violence against aboriginal women

Letters were sent to federal officials: the Prime Minister, Minister of Status of Women, and Minister for Aboriginal Affairs. An acknowledgement was received from the Prime Minister's office, but no further comment.

A reply was received from Dr. K. Kelie Leitch, Minister for the Status of

Women. She mentioned two points:

1. She had attended the *National Roundtable on Missing and Murdered Indigenous Women and Girls* in February. Families of the missing and murdered shared their stories.
2. In September 2014, the Government of Canada released its *Action Plan to Address Family Violence and Violent Crimes Against Aboriginal Women and Girls*. This includes concrete action and can be viewed at [www.women.gc.ca](http://www.women.gc.ca). "The Government remains committed to working with all levels of government, police, the justice system, and with Aboriginal communities and organizations to address this critical issue."

No reply was received from Bernard Valcourt, Minister of Aboriginal Affairs and Northern Development.

Provincial Minister Deanne Crothers thanked MWI for keeping this issue at the forefront of the federal government. She indicated that at the provincial level, the issue was been tackled on many fronts, including mental illness and addiction treatment and affordable housing.

**Note:** For the full text of these resolutions, please refer to the February 2015 issue of *The News*.

*Dianne Kowalchuk, Resolutions Committee Chair*

### Did you know?

The **Institute for International Women's Rights – Manitoba** was founded in 2013. IIWR is a not-for-profit corporation formed to support women's human rights. The organization's work includes:

- ◇ Developing strategic actions
- ◇ Providing public education
- ◇ Providing information on current human rights issues
- ◇ Consulting and co-operating with other groups with similar goals
- ◇ Raising funds to support women's human rights

The organization is based in Winnipeg. The original directors included familiar names such as Mary Scott, Judy Wasylycia-Leis, Muriel Smith, Anita Neville, and Alanna Gray.

For more information, go to the website.

(Continued from page 1)

sonator Vic O'Neil whose role for the afternoon was that of a farmer who was looking for a wife. There were many wives to choose from in the audience! A further treat was a *Make and Take* where one could make wind chimes, a candle holder, or a dream catcher to take home as a souvenir of the day.

To cap off the day, guests were treated to high tea and anniversary cake. The planning committee for the event would like to acknowledge the approximately 70 ladies who came from far and near to help celebrate the special day.

Submitted by Woodmore WI's 70th Anniversary Planning Committee

## Convention 2016

The plans for the 2016 MWI Convention at Elkhorn Resort, Clear Lake, are well underway. Here are some of the things that are going to be happening:

### People's Choice Craft Competition

- \* Each conference registrant is invited to bring along some kind of craft item for display. (Anything at all except large quilts as there is no room for display)
- \* Delegates will vote for the article they like the best.
- \* 1st, 2nd, and 3rd prizes will be awarded to the items receiving the most ballots.
- \* For more information, contact Gail Sawchuk at 966-3895.

### Home and Country Raffle

Each Institute is asked to donate an article or basket of \$30 value for this raffle. If no one from your branch is attending the convention, send the article with someone else.

### Jewelry and Scarf Swap

This is going to be fun. Bring an unwanted piece of jewelry or scarf and go home with something you really like! We'll tell you how it's going to work later!

## FALL SEMINAR IN SOUTHWEST A REGION

On a beautiful fall Thursday (October 15th), Women's Institute members and guests travelled to Erickson to take part in the Southwest A fall seminar. The theme of the day, which was hosted by Erickson WI, was *Listening, Laughing, and Learning*.

Participants were welcomed by Erickson WI President Esther Knapp. The first speaker was Rev. Joe Ball, Chaplain at Brandon Hospital. He spoke on *The Art of Listening* and explained that we show our caring by listening well. Communication is a "weird dance" that includes not only words but also facial expressions, body language, and tone of voice. Joe's presentation was enlightening, thoughtful, and humorous all at the same time. To be sure, everyone was keenly listening.

The seminar was the result of the contributions of all the members of Erickson WI. It was planned by Arlene Waddell, but many others had a hand in special ways. For example, a costumed Laverne Uhl led the attendees in a unique and fun stretch break. Gale Johnson enthusiastically explained how one can take something old and make it new. She told of how old clothes become quilts, used baby clothes become layettes, pillowcases become dresses, and scraps become dog pillows! This year, Gale and her confederates have made 60 dresses, 207 quilts, and 166 mini layettes. These have been donated to Lutheran World Relief.

After a tasty lunch provided by Erickson WI members, participants were entertained by comedienne "Gloria". Another treat was a display of quilted articles and fabric art done by local artisans Bev Crowston and Kay Frey.



Let's get some exercise!



Gale Johnson explains how to make sewing scraps into a pillow for your pet.

The afternoon speaker was Debbie McNairnay, Cancer Patient Navigator. She gave a very informative power point presentation on cancer services in the Prairie Mountain Health Region. It was most interesting to learn about the navigator program which was introduced here in 2013 and also to hear about the *In Sixty* initiative which is Manitoba Health's strategy to reduce wait times to 60 days — 60 days from the first suspicion of cancer to the first treatment.

It was indeed a day of listening, laughing, and learning. The only shadow over the pleasurable outing was the announcement that former WI member Diane Zachary had passed away that very day. Everyone felt the pain of the Erickson members. Dolores Hall spoke a very moving prayer of thanksgiving and remembrance.

At the end of the program, the ladies gathered downstairs for coffee and cookies and a last bit of visiting.

We are so fortunate in this region that our locals will still plan and attend fall seminars. The learning that takes place at these events is exceptional. And where else would one have the chance to mingle with such a great group of women?

DCK



Rev. Joe Ball



## ASSOCIATED COUNTRY WOMEN OF THE WORLD (ACWW)

The latest issue of *The Countrywoman* is filled with news about ACWW and its work worldwide. Part of the issue is devoted to project reports. One of the projects featured is Project #0961 *Livelihood Revitalisation for Head Load Fish Vending Women*, which is being funded in part by ACWW Canada Area.

Project #0961, found in India, is now complete. The lives of the women involved have been much improved.

- All have been given new containers to carry and store fish, which reduces the physical burden on the women significantly.
- The women now have access to revolving loans which means they no longer have to pay the exorbitant rates of the money lenders.
- The women have been taught new skills in the preparation and drying of fish, which has allowed them to keep their excess product for future sale rather than see it go to waste.
- The women have received training in finance management, giving them greater control over their savings.

If you or your local made donations to this project, know that this money was well used and has eased the lives of women far away.

Members societies can apply at any time for project funding. For example, Canadian groups that are members of ACWW can apply for funding of projects in Canada. ACWW considers applications for funding small-scale development projects which directly involve and benefit women. The maximum amount granted is £10,000. The duration of the project is between 9 and 12 months. Complete information can be found on the ACWW website.

### The expertise of Anna Boshoff

Anna Boshoff was ACWW Area president for Southern Africa from 1998-2004. She is a motivational speaker who presents courses in marketing, recruitment, fund raising, and public speaking. She says, "Societies who lose members can get them back, attract new ones, and also increase donations by marketing their society like a business."

- \* The basic principles of marketing can effectively be applied to volunteer organizations.
- \* The first fundamental rule is to establish the market needs and then

deliver them.

- \* The second rule is to deliver these needs first or better.
- \* Create a brand name that appeals to the market.
- \* Marketing of this brand name is very important.
- \* Operate first in the area of the market where you are likely to succeed. Once you have done well in that area, you will be able to look at other potential markets.
- \* Spend your resources according to the things that you can control.
- \* Media and word of mouth remain your most valuable marketing tools
- \* Human interest stories are most appealing.
- \* Provide the excuse you need to get your organization seen and talked about.

### The expertise of Magdie de Kock

Magdie de Kock is ACWW's Communications and Marketing Committee Chairwoman. In an article in *The Countrywoman*, she talks about gaining self confidence. She writes, "Self-confidence is the driver to achieving great things, taking risks and challenging the status quo. It is one of the key elements allowing innovation to happen, that generates a high level of influence on others." She went on to talk about fear as a barrier to realizing one's full potential. "Mastering one's own fears is a part of a leader's learning." It has been established that there are four different categories of fear that an individual can face:

- 1) Fear of failure
- 2) Fear of public speaking
- 3) Fear of criticism
- 4) Fear of being hurt

How does one combat these fears? Magdie suggests that one should focus on the most limiting fear or the one which appears to be the easiest to overcome. She suggests the following:

- 1) Fear of failure — Accept the idea of failure and re-frame it as continuous learning. This will lead to risk-taking and innovation.
- 2) Fear of public speaking — Believe in yourself and know that your opinion is important and worthy. Reframe the situation as being an opportunity to

express yourself.

- 3) Fear of criticism — Accept this fear. Consider criticism as a test of your ability to rebound.
- 4) Fear of being hurt — Feeling pain and hurt are part of life. Reframe the pain into something positive and the hurt into an opportunity to learn.

Gaining self-confidence means going to the core of who you are; it requires discipline, patience, and constant observation.

Magdie urges those who have the opportunity to take on leadership roles to do so eagerly. "If not now, then when?"

### Reflection from Sharon Hatten

Sharon Hatten from British Columbia is the Chair of ACWW's UN Committee. She made some comments about the Millennium Development Goals (MDGs) that had been declared at a UN Summit in 2000.

MDG #2: Achieve universal primary education. Primary education enrolment in developing countries reached 90 percent in 2010. In developing countries, barriers such as lack of teachers, lack of space, and lack of peace still exist. In a 2013 UNESCO report stated that of the millions of children lacking basic reading and writing skills, up to 64 percent were female and rural women were the least likely to receive any form of education.

MDG #4: Reduce child mortality. This has been achieved overall, largely due to vaccination programs.

MDG #5: Improve maternal health. The maternal mortality rate has dropped by 45 percent, and women are 12 percent more likely to have skilled attendants.

MDG #6: Combat HIV/AIDS, malaria, and other diseases. The infection rate of HIV is down due to the increased availability of anti-retroviral medicines. Malaria mortality rate is down by 42 percent.

### Save room for a winter coat!

Attendees at the ACWW 2016 Triennium Convention at the University of Warwick in England are asked to bring along an extra item: a warm winter coat. These coats will be given to a charity organization to be distributed as needed. The coats may be for male or female, baby, youth, or adult.

## News from the MWI board

The Manitoba Women's Institute Board met in Portage la Prairie on September 8 and via conference call on October 5.

A letter of support will be provided to the Friends of Riding Mountain National Park for its grant application to the Canada 150 Fund for a *Pilot to Navigator* touring play, presentations, and teaching units with emphasis on the role of women in World War II.

Jim Irwin attended the September meeting and made a verbal presentation about the *Friendly Manitoba Society*.

Representatives from the board met with government officials on September 29, 2015. Ministers in attendance were the Honourable Ron Kostyshyn, the Honourable Deanne Crothers, the Honourable Sharon Blady, and the Honourable Tom Nevakshonoff. MWI board members in attendance were Donna Young, Liz Chongva, Denise Joss, Anne Marques, and Joni Swidnicki.

At the October meeting, Pat Orsak joined the board as the new MAFRD representative.

MWI has given a \$5,000 donation to the International Peace Garden. How this donation will be used has not yet been determined. Donna Young attended the IPG annual meeting.

The subject of establishing an affiliate membership in MWI for other organizations is being discussed.

Reports on committee work can be found elsewhere in this newsletter. (Planned Program page 2; Restructure page 4; Resolutions page 5; Convention 2016 Planning page 6)

The new handbook is lacking local and regional information; this will soon be printed and distributed.

Donna Young and Anne Marques represented MWI at the *Harvest Gala* hosted by the Red River Exhibition Foundation.

Lynne Hopley has been organizing the MWI Policy Book. Resolutions will be sorted under the MWI education mentorship topics.

An honorary membership in MWI was presented to the Honourable Deanne Crothers, Minister of Healthy Living and Seniors.

The next meeting will take place in Winnipeg on November 2-3. The agenda will include a finance session, board governance training, social media discussion, strategic planning, committee reports, and a regional presidents' report. Garry Enns, CEO of the IPG will also attend a session.

*Information for this report was garnered from the minutes. DCK*

## Bulletin Board

- The **deadline** for the next issue of *The News* is **December 7**.
- It would be helpful if **resolutions** for the 2016 AGM were received by the Resolutions Committee by **November 30**; the absolute final deadline is **December 31**.
- *The Institute News* will **focus** on **Southwest B Region** in the January 2016 issue. Please send your material to the editor by December 7.
- The next **MWI board meeting** will be held on **November 2-3** in Winnipeg.
- Every local has received **annual report forms**. Please complete these and return to the office by **November 30**.
- When you are program planning for next year, keep in mind two important dates: **WI Day** on **February 19** and **ACWW Day** on **April 29**.
- The **MWI annual convention** will be held at the **Elkhorn Resort and Conference Centre, Clear Lake**, on **May 6-7**.
- The **planned program** will take a different format this year. The topic is **family conflict management**. Please see page 2 for details.
- The **membership fee** assessed by the provincial board is now **\$40.75**.
- **Pat Orsak** is now on the MWI board representing MAFRD. Thanks, Leanne Sprung, for your contributions to MWI!

## New Brunswick WI Home for Seniors

Attendees at the FWIC Convention in New Brunswick last June were asked to bring with them gifts for the residents of the New Brunswick WI Home for Seniors. When the dust settled, \$322 and 13 bags of toiletries, clothing, and other items were collected. Following the convention, I had the opportunity to travel to Woodstock, New Brunswick, where the Home for Senior Ladies is located. The Home was established in 1952, and it has existed for over 60 years without government assistance. It is operated by the Women's Institute Home Company, Ltd., under the auspices of a volunteer board. The staff person in charge is the Matron, currently Marion Briand, who is responsible for the care and comfort of each guest. A cook is in charge of the kitchen, and other staff do the cleaning.

I was kindly given a tour of the Home, which is literally a big house. The rooms are bright and well kept. I vis-

ited with a resident in the spacious living room. I was very impressed with the beautiful verandah that encircles the front and side of the house.

The brochure describes the Home as "a 'home' in every sense. The atmosphere is one of a large, extended family and the ladies enjoy many warm personal experiences as they participate in their daily and special activities. The residents are respected, live with dignity, and personal privacy is paramount."

The WI Home is the only such home in Canada (and the world!) and is supported financially by New Brunswick WI members.

*Dianne Kowalchuk*





## FEDERATED WOMEN'S INSTITUTES OF CANADA (FWIC)

The national theme for this triennium (2015 – 2018) is ***Making Changes Count!*** Women's Institute has been a beacon for change for Canadian women, their families and communities since the inception of this organization over 100 years ago. **We know change is imperative** if the organize is to continue. Let us continue to make positive change to help ourselves and to help others.

***Take action, follow through and make sure your voice is heard.***

### New WI Members? Yes, We Can!

FWIC President Linda Hoy has personally challenged every WI branch across the country to recruit one new member this year.

And where are you going to find these new members??

- ⇒ Hold a WI meeting in a public location like a restaurant, community centre, or park, where visitors can join in! Or see what all the laughter is about!
- ⇒ Host a craft or workshop night that is open to the public.
- ⇒ Put up posters inviting women to your meetings.
- ⇒ Create invitations to leave at the library, doctor's office or grocery store for women to find.
- ⇒ Ask the local paper to print your event details for free under *Community News*.
- ⇒ Make business cards or brochures for members to distribute. Include meeting times and contact information.
- ⇒ Ask your local Moms Group what they want to learn from WI and offer to host a meeting to help them.
- ⇒ Invite friends and neighbours and show them how WI makes a difference in your community.
- ⇒ ***Take action, follow through and make sure your voice is heard.***

### The Adelaide Hunter Hoodless Canadian Woman of the Year Award

The collective impact of our country's female leaders cannot be understated. The ***Adelaide Hunter Hoodless Canadian Woman of the Year Award*** is the premier national award of Women's Institute celebrating the achievements of the most successful in this inspiring group. This award recognizes a woman for demonstrating excellence — from leadership to social change, from local to global reach, across multiple sectors. We are honoured to shine a spotlight on her.

We have a wonderful opportunity to recognize some of the top female leaders in Canada through the ***Adelaide Hunter Hoodless Canadian Woman of the Year Award***. These women do not have to be members of Women's Institute. This Award seeks to acknowledge dedicated women whose contributions make their communities and our world a better place.

The ***Adelaide Hunter Hoodless Canadian Woman of the Year Award*** recognizes the hard work, dedication, and support that these women have offered and continue to offer as they give leadership, inspire others, and make a difference while exhibiting the qualities of Adelaide Hunter Hoodless, the founder of the Women's Institute. Adelaide Hoodless dedicated her life to ensuring women had educational opportunities. Adelaide Hoodless was called "one of the most famous Canadian women...yet one of the most obscure." She is credited as being co-founder of the Women's Institute, the Young Women's Christian Association (YWCA), the National Council of Women, and the Victorian Order of Nurses (VON), and a major force behind the formation of three faculties of Household Science. Adelaide Hoodless exemplified women supporting women, through education, encouragement, and social action.

To nominate yourself or a friend, please complete the one page nomination form downloadable from <http://fwic.ca/wp-content/uploads/Adelaide-Hunter-Hoodless-Woman-of-the-Year-Award.pdf> and submit it to [fwic-can@gmail.com](mailto:fwic-can@gmail.com).

Nominees will be judged based on the leadership they have exhibited and the ways they have given back to community by mentoring or supporting other women. Nominations will close at midnight on December 31st each year.

### FWIC Triennial Quilt : A Story in Patchwork

The creative juices of Donna Henderson are flowing. She is designing a quilt for the triennium and she needs your help! She wants a piece of your fabric — not just any piece but one of your favourite pieces, a piece that tells a story. Questions? Donna can be reached at [donnahenderson80@gmail.com](mailto:donnahenderson80@gmail.com)

Requirements of the piece:

- ⇒ 100 percent cotton
- ⇒ Approximately ¼ metre
- ⇒ Up to three entries per person
- ⇒ Deadline for submission of fabric: **August 30, 2016**

Attach your name and the story of the piece and send to:

Donna Henderson  
725 Napier Street West  
Listowel, Onatrio N4W 3M2

### Erland Lee Award of Appreciation

This prestigious award is presented by FWIC to a man who most exemplifies the qualities of Erland Lee. Mr. Lee was instrumental in the founding of the Women's Institute in Ontario in 1897.

#### Regulations:

1. A certificate will be presented to a gentleman who has made an outstanding contribution to the Women's Institute movement.
2. Nominations can come from the local, regional, provincial, or national level. Manitoba is entitled to one nomination per year.
3. Specifics of the nominee's contribution to Women's Institute must be included with the nomination letter and **forwarded to the provincial office for approval by February 15, 2016.**
4. Once approved by the province, the name will be sent to the national office **by March 31.**
5. A cheque for \$15, payable to FWIC, must accompany the nomination. This cost and the presentation of the certificate are the responsibility of the nominating body.

## Focus on SOUTHWEST A

### Isabella Women's Institute

Our annual tour took us south into Southwest B territory. In spite of gloomy skies, enough members and friends signed on to use four cars. First stop — the Peace Garden where we lunched at the WI Picnic Nook. (But we were missing one carload!) The flowers and the theme of this place always strikes us. Next stop — Anchorage Gardens which had something of interest for most of us, including our missing carload. The stone house in the background looked so well preserved from the outside. The site is operated by a husband and wife team who greeted us explaining that the sculptured pieces of metal farm equipment were **his** area of work and the lovely gardens in many smaller theme areas were **hers**. Each area contained a theme message. How could two people do all this work?

Next stop was supper at the Sandhills Casino south of Carberry where we satisfied our appetites. The drive home completed a full day of exploring and enjoying each other's company. Thanks to Linda Wilson for setting up the tour and somehow keeping the rain away at the stops.

Margaret L. Heise

### Newdale Raven's Glen WI

Our branch has enjoyed another busy year. Our membership is holding steady unlike so many other clubs in the province. Our members take turns providing an educational article each month that we then discuss. This has proven to be most interesting and informative. This year, we forwarded a resolution on "Antibiotic Resistant Bugs" and had many good discussions getting it ready.

The highlight of our year was the June outing we took to Brandon where we stopped to visit the very impressive black granite wall that was erected at the Canadian Air Training Plan Museum. On this wall, the names of all the young air force pilots and crew members who lost their lives in World War II are listed. Many of these lads were from other Commonwealth countries and came to Brandon to take their pilot training.

We enjoyed a delicious lunch at Blu Restaurant and then headed to The Greenspot. The staff gave us a tour of the greenhouse area before we had a short presentation on the care of hibiscus plants. This was followed by a



Isabella WI and friends on tour. (l-r) Hazel Wall, Linda Clark and her sister Marilyn, Marg Gregory with sister Bernice Still, Marg L. Heise, Jean Rogers, Marg E. Heise, Cheryl Burr. Front: Ruth Stewart and Linda Wilson. Missing: Anne Ariss and Mona Butler. Photo provided by M. L. Heise.

demonstration on making a fall-themed pot from mature plants. The final pot looked like it had been growing all summer long! This was enjoyed by all our gardeners.

We wrapped up the afternoon with a stop at McDonalds for coffee, ice cream, and desserts! We know what is really important — food and learning, food and fun social times! This was a terrific day we all enjoyed.

We were invited by Basswood WI to join them in September when Susan Proven, local home economist, gave a presentation on Food Literacy, our MWI planned program for this year. We all enjoyed this "lunch and learn" session.

Enid Clark

### Rivers Women's Institute

Rivers Institute in its early days took great pride in the handicraft achievements of its members. In 1959, the members put together a book of quilt blocks for the

FWIC Tweedsmuir Competition. This project, which won second place at the district level, is still intact and on display at Prairie Crocus Regional Library. In 1960, the local entered the Sherrif-Horsey Competition for Bedroom Accessories and won first prize in the region and an Honourable Mention at the provincial level. We have a photograph of a very young looking Myrtle Shanks accepting the award!

In the 1990s, we did some quilting in the basement of Joyce Johnson's home, but we are not as crafty as we used to be. The members, nevertheless, did turn their hand to quilting again at the May meeting. Member Helen Stewart, an accomplished quilter, demonstrated the rudiments of hand quilting and handed each member nine cotton squares, a diagram, and needle and thread to make a block. Members took their work home with them and gradually handed the finished blocks back to Helen. She then turned them into a lovely, bright child's quilt with a cuddly flannel backing. This quilt will be donated to the women's shelter in Brandon.

This was great fun! Some may even have caught the quilting bug! Helen will surely lead us in some other quilting work in the future. We'll see what other fabric she can find in her stash!

Dianne Kowalchuk

### Basswood Women's Institute

Basswood Women's Institute enjoyed another interesting and enjoyable year. We continue to meet at members' homes each month.

This year, in the month of June, we

(Continued on page 11)



Rivers WI members learn about quilting. (l-r) Helen Dyck, Jean Ryall, Pat Wood, Joanne Bos, Patricia Dyck, instructor Helen Stewart. Photo by A. Vanderdean



(Continued from page 10)

gathered at the home of our President, Edith Parsons. Following our regular meeting, we were joined by our guests Diane Harrington and Gaileen Kingdon from the Dragon Boat Team. The Dragon Boat Team consists of women of all ages from all parts of the region who are breast cancer survivors. This year the team ventured off to Sarasota, Florida, to take part in an International Festival. This festival is held every four years, and this team has been to the last three (held in Vancouver; Peterborough, Ontario; and Sarasota). The grand opening this year saw 3,500 women in attendance — teams from eight different countries with over 3,000 paddlers. The race is 500 metres in length and is held on a man-made lake. The *Parade of Nations*, which is held on Saturday night, is quite a sight to see with each team in their colours.

What a great experience these women have all had during their boat races both locally and afar. The women are all real symbols of strength, courage and inspiration to all women, especially those with breast cancer.

Linda Birch

### Lenore Women's Institute

One hundred years ago, Lenore Women's Institute was formed, and today, the organization is still going strong. A celebration was held in Lenore Hall on October 24 to mark this milestone. On that night, our own interpretation of the *Calendar Girls* was unveiled. The event showcased many of Lenore WI's achievements in recent years. President Maxine Routledge says, "Although some of the early records have been misplaced, minutes dating back to the 1920s are still available and they show us just what the

women of that day were trying to achieve. It's quite fascinating to read those minutes." Memorabilia including copies of three different cookbooks created by members of Lenore WI were display, and a fashion show of creations through the past century was the highlight of the evening.

The planning of this celebration took much time and energy. A full account of the evening will be printed in the January issue of *The News*.

Thanks to Sara Curtis

### Erickson Women's Institute

Normally June is a quiet month for the members of Erickson WI as we prepare to take a break for the summer months. This year was different!

Following our monthly June meeting, we volunteered to prepare one hundred pounds of ground beef into hamburger patties for the Little Valley Jamboree held annually at the end of June in Erickson. A few days later with the coordinating help of Verna Cuddington and Gail Whaley, many members car pooled to Brandon for their June outing. They toured the Commonwealth Air Training Plan Museum along with a walkabout to the new Memorial Wall. Following a lunch at the Shady Lanes Teahouse, the members were treated to a tour of the Doll Museum. We concluded the day with a visit to the Daly Museum. The outing was certainly filled with memories of days past.

In July, the Erickson Co-op hosted a Customer Appreciation Barbeque. Members of the Erickson WI were asked to help serve hot dogs and beverages to the people of the community. Several weeks later we were baking pies and serving hot dogs for the Anne

### *By Popular Demand: Recipes!*

#### *Flax Oatmeal Cookies*

*Michelle McFadden, Rivers WI*

1 cup non-hydrogenated margarine (or  
½ cup marg. and ½ cup canola oil)  
¾ cup granulated sugar  
¾ cup brown sugar  
2 eggs  
1 tsp vanilla

1 cup whole wheat flour  
1 cup all-purpose flour  
1 tsp baking powder  
1 tsp baking soda  
½ tsp salt  
2 cups ground flax  
1 cup oatmeal  
1 cup chocolate chips/nuts (opt)

Beat first 5 ingredients til light and fluffy. Combine flours with baking powder, soda, salt, and flax and add into first mixture. Stir in oatmeal (and choc. chips and nuts if desired). Bake at 350 for 10 minutes.

This recipe is found in the MWI Centennial Cookbook.

Johnson auction sale. Anne Johnson had been a long time WI member before her passing.

Yes, it was an unusually active summer for the Erickson WI members.

Gail Whaley

### **How to have a revival**

*All sleeping members would wake up.  
All discouraged members would cheer up.  
All sitting members would stand up.  
All stingy members would pay up.  
All legalistic members would lighten up.  
All sinning members would straighten up.  
All proud members would trip up.  
All stubborn members would loosen up.  
All silent members would speak up.  
All gossiping members would shut up.  
All estranged members would make up.  
All fragile members would firm up.  
All lukewarm members would fire up.  
All crabby members would sweeten up.  
All fallen members would get up.  
All dormant members would liven up.  
All wayward members would shape up.  
All fighting members would give up.  
All late members would hurry up.  
All enrolled members would show up!*

Author unknown.

Found in the Saskatchewan WI Newsletter, Spring 2015



Lenore WI. (l-r) Standing: Irene Draper, Lesley Norek, Joan Hodson, Marlene Routledge, Judy Wilson. Seated: Sherry Wilson, MayAnne McWhirter, Vicki Logan, Emma Boynton, Sara Curtis, Kathy Routledge, Diana MacDonald, Heather Hunter. Missing: Roberta Bailey. Photo provided by S. Curtis.



## CALENDAR OF EVENTS

### November 2015

- 2-3 MWI board meeting, Winnipeg
- 15-17 Manitoba Farm Women's Conference, Winkler
- 25 *International Day for the Elimination Of Violence Against Women*
- 30 First deadline for resolutions
- 30 Deadline for annual reports

### December 2015

- 7 MWI board meeting (conference call)
- 7 Deadline for the newsletter
- 31 Final deadline for resolutions
- 31 Deadline for Woman of the Year application

### January 2016

- 4 MWI board meeting (conference call)

### February 2016

- 1 MWI board meeting (conference call)
- 15 Deadline for *Erland Lee Award*
- 19 WI Day

### March 2016

- 7 MWI board meeting

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### The 2016 Prairie Garden

This year's theme is *Fruit and Berries*. The 184-page book includes themed articles (with some recipes) and timely gardening topics.

**The Prairie Garden** is an annual gardening book that is published in Winnipeg for prairie gardeners by a volunteer committee of horticulturists and avid gardeners.

The cost is \$17.95 plus \$4.50 for single copies. Discounts are available for orders of 5 or more. **The Prairie Garden** makes a great Christmas stocking stuffer. For more information or to order, call Dawn Harris at 1-204-388-5340.

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