

PLANTING SEEDS OF CHANGE

In this issue...

Luella Noble.....	2
From your President.....	3
Committee appointments.....	4
U of M research study....	4
IPG/FWIC Program.....	5
Northwest Region.....	6
Pearl Warren.....	7
Resolution writing.....	7
Bulletin Board.....	8
Letter from Linda Hoy....	9

Two hundred ordinary women made their way to New Brunswick in the second week of June. In doing so, these ordinary women took part in something “extra ordinary” — an experience outside the usual that sent them home different in many ways. No doubt they returned to their own beds altered in some fashion — energized, renewed, maybe even transformed.

The 20th Convention of Federated Women's Institutes of Canada (FWIC) was held in Fredericton, New Brunswick, from June 9-13, 2015. The Manitoba delegation was made up of Donna Young, Ann Mandziuk, Gisela Nolting, Audrey Clark, Liz Chongva, Enid Clark, Lynne Hopley, Joan Clement, and Dianne Kowalchuk. (Dianne's husband and Gisela's daughter were also in Fredericton.)

In the three-year interval since the last convention, FWIC focused on four main goals:

1. creating a more effective voice
2. publicity and recruitment
3. leadership
4. resolutions

Planting Seeds of Change was the theme of the triennium and the convention. Much of the conference was devoted to reporting on the recent activities and accomplishments of the organization. The agenda included four plenary sessions, speakers, workshops, entertainment, and Tour Day. The convention was chaired by President Marie Kenny from Prince Edward Island. She was very appreciative of the work of all the board members and the support of members from across the country. During her term, she sojourned at each province at least once — visits which she said gave her “motivation and renewed strength”.

The convention opened on Tuesday evening with the *Parade of Flags*. A piper piped in the FWIC board members accompanied by the provincial presidents carrying the provincial flags. An honoured guest at the opening was the Honourable Jocelyne Roy-Vienneau, Lieutenant Governor of New Brunswick. Other guests were Mildred Yetman, ACWW Deputy World President and FWIC Past President; Sheila Needham, ACWW Canada Area President and FWIC Past President; and other FWIC Past Presidents: Jennie McGinnis and Ruth Blenkhorn. Manitoba delegates were especially excited to hear the winners of the Tweedsmuir Competitions. First prize in the Handicraft category went to Bernice Still from Isabella WI, and first prize in the History category

was awarded to Isabella WI. Well done, ladies! The evening closed with the President's Reception.

The first plenary session was held on Wednesday morning. Each delegate had been given a report booklet which contained all the reports for the triennium. Each delegate also received a copy of the financial report which was reviewed in some detail. It was startling to read that the triennium ended with a deficit, but the panic was assuaged somewhat

when it was learned that the total balance in all funds at the end of the same period was \$513,430. FWIC does indeed have assets; however, the board is attempting to have the income match the expenses. Fundraisers are many and varied and include:



MWI members at the FWIC convention in Fredericton: (l-r) Front: Liz Chongva, Joan Clement, Donna Young, Ann Mandziuk. Back: Dianne Kowalchuk, Enid Clark, Gisela Nolting, Audrey Clark, Lynne Hopley



2016 MWI Convention and AGM

May 6-7
Elkhorn Resort,
Clear Lake

Theme:
**Caring, Sharing,
Daring**

Mark your calendars!

(Continued on page 10)

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PCWM HONOURS LUELLA NOBLE

Luella Noble has been a member of Boissevain Women's Institute for 69 years. She has held all offices and has faithfully contributed to all aspects of the local. She has also been a valued member of the Legion Auxiliary, Agricultural Society, 4-H, Red Cross, and the Beckoning Hills Activity Centre. Luella was instrumental in forming the first local school for the mentally challenged in 1957. She has been pianist for WI and the Legion and has played with many local orchestras, as well as being in the church choir for 35 years. Luella was an active farm wife while raising three children and working casual shifts as a nurse.

Luella is a typical WI woman — a willing community worker who has spent her lifetime being busy! She sets such a fine example that MWI nominated her to be the recipient of a *Celebrating Women Award*.

The 9th annual *Celebrating Women Gala* was hosted by the Provincial Council of Women of Manitoba (PCWM) on July 7, 2015, at the Viscount Gort Hotel in Winnipeg. Luella was one of four individuals who were honoured. The Business and Professional Women of Manitoba also received recognition as a federate. The four individuals were Luella, Maxine Balbon (PCWM), Dr. Donna Chow (Women Health Research Foundation), and Carolyn Garlich (Council of Women of Winnipeg). The recipient of the *Not Afraid to Get Her Hands Dirty Award* was Lynda Trono, West Broadway Community Ministry.

Luella was accompanied to the event by her daughter, Brenda Dueck. MWI was represented by Donna Young, Audrey Clark, and Shelagh Polischuk. The event included refreshments, entertainment, and a rain-bow auction.

MWI is a federate of PCWM and is represented on that board by Shelagh Polischuk. PCWM was founded in 1949 and has been working for women for over 65 years. Headquartered in Winnipeg, PCWM makes every effort to influence policy by lobbying and by the resolution process.

In past years, *Celebrating Women* has recognized three other WI women: Justina Hop, Fran Dickinson, and Enid Clark.

DCK



Luella Noble (l) and her daughter, Brenda Dueck. Photo by B. Dueck.

"New" faces

Arenda Vanderdeen was born in a rural community in the Netherlands. She and her husband Eddie moved to Denmark in 1989 to start their own dairy farm and later turned to grain farming. In 2008 they moved "lock, stock, and barrel" to a grain farm in the Rapid City area of Manitoba. They have now been joined in Canada by their two daughters and their families.

Arenda was educated as a pre-school and elementary school teacher. She worked in Denmark in a large daycare setting and gained experience with special needs children. Eddie and Arenda also opened their home to a special needs boy who spent two years with them. In Canada, Arenda worked for three years as an educational assistant at a local school. She decided to leave that to devote more time to her four grandchildren, church activities, and WI.

Arenda was invited to a Christmas Potluck, and she has been a member of Rivers WI ever since. In the spring of 2015, Arenda joined the Provincial Board as Regional Rep for Southwest A. Welcome!

FROM YOUR PRESIDENT



At the beginning of June, members of MWI flew to Fredericton, New Brunswick, to attend the Federated Women's Institutes of Canada (FWIC) Triennial Convention. Ann Mandziuk and I went earlier for the FWIC board meeting. This is always a really interesting time as you get to meet the Presidents and Executive Officers from all the provinces.

On the first night of the board meeting, the Presidents met to discuss issues and challenges in their respective areas. I have prepared the following summary as I thought it would be interesting for our members to see how Manitoba compares to the other provinces.

Newfoundland/Labrador has 570 members and assesses a \$20 membership fee; however their finances are very low. They are not subsidized by the government. They have had difficulty over the previous five years finding an individual to manage their office, resulting in six different people taking on the position. They now have someone who has been with them for almost a year, so they are hopeful. Their main challenge is that everyone is so isolated. Women don't want to travel, many are in poor health, or they find it hard to get away for a meeting.

In Nova Scotia there are 700 members but the membership is waning. The membership fee is \$20, and they have been subsidized by the government; however there has been a change in government and the new Department of Agriculture has demanded that the WI be self-sufficient within five years. There are many branches closing.

Prince Edward Island has 1,000 members. Their membership fee is \$10, and they are subsidized by the government. They have an Executive Director who regularly writes articles for *The Guardian* (a newspaper) to keep the Institute in the public eye. This same person has organized a marathon for October 15th this year called *Run Like a Girl* honouring the *Year of the Girl*.

New Brunswick has 800 members and a membership fee of \$30. They are subsidized by the government. They have experienced difficulty in getting young women interested in the FWIC/International Peace Garden Scholarship, especially considering when it occurs.

In Quebec there are 371 members and a membership fee of \$25 with no subsidy from the government. Their big issue is finding members to accept executive positions. In most provinces, if you put your name forward to be President-Elect, it is a nine year commitment – three years as President-Elect, three years as President, and three years as Past President. The Quebec WI membership is also waning.

Ontario has 3,800 members and their membership fee is \$50. They are not subsidized by the government. They have a Provincial Membership Co-ordinator who contacts areas and branches to find out if they would be interested in hosting an information meeting on forming new branches. The new branches being formed are usually in cities and can be started with only three members, unlike many provinces that require five, or in Manitoba's case, eight. Ontario is also experiencing difficulty with intergenerational cohesiveness.

Manitoba has 371 members and our membership fee is \$40. The government does help us. Over the last couple of years we have been sharing with the provinces what our Recruitment and Promotions Committee has done as far as postcards, business cards, elevator pitch, vests, t-shirts, etc. Alberta's new younger branch has used our postcards as a template for theirs. What we have shared has helped across the country.

Saskatchewan has less than 50 members and their membership fee is \$35. The government does not help them. Their membership is declining because of age. They had three branches but one closed this year.

Alberta has 400 members and has just raised their membership fee to \$40. They do not have government support. They are having problems with membership and have been working with a deficit budget but are hoping to be in the black soon. Their FWIC Executive Officer is

MANITOBA FARM WOMEN'S CONFERENCE

**November 15-17, 2015
Days Inn, Winkler**

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very good at recruitment. They have one revitalized branch with some younger members in their twenties. These members are filled with ideas so have worked with social media and have made new post cards and brochures similar to Manitoba.

In British Columbia there are 668 members and their membership fee is \$40. They do not have government assistance. They are working hard on better communication and are e-mailing almost everything. The President sends out a news bulletin regularly on mail chimp. The bulletin tells everyone what she has done and includes pictures and websites for crafts, recipes, etc. The membership is down, but this is their first year without a deficit.

In looking over the information, all but three provinces have their newsletter on their website. Everyone is finding the mail so expensive. There are only four provinces that are still getting help from the government. We, as an organization, should consider ourselves fortunate. Our government considers us the voice of the rural community, which is the reason why we ask the regions for any updates as to concerns in the rural areas. We need to hear them. I cannot stress enough — **we need your input.**

I found what happens across the country in all the provinces to be very informative. Our numbers are down compared to some provinces, but there are fewer people in this province spread over a large area. If you compare Manitoba to all the other provinces, I think we have shared what we have accomplished over the last three years and it has been very well received. We should be proud.

Donna Young



Women Participants Needed for a University of Manitoba Research Study!

In 2011, the Manitoba Women's Institute members assisted Catherine Marshall and Dr. Christina Lengyel of the Department of Human Nutritional Sciences at the University of Manitoba with a funded study entitled "Body Dissatisfaction, Concerns about Aging, and Food Choices of Baby Boomer and Older Women in Manitoba". This study was the first of its kind and was very successful because of the participation of the MWI members. A big thank you to all of you!

We are pleased to announce that we have received a two year grant from the Canadian Foundation for Dietetic Research to continue studying perceptions of body image and food choices of baby boomer women in rural and urban Manitoban communities. The purpose of this study is to examine perceptions of body image and food choices of 900 baby boomer women (aged 50 to 69 years old) from different cultural backgrounds (i.e. women of Aboriginal or other ethnic origins) residing in rural and urban Manitoban communities. This study will assist health professionals, such as registered dietitians, develop programs to enhance food choice, body image perceptions, and nutrition experiences among baby boomer women in Manitoba.

Dr. Lengyel is seeking assistance with this new study in recruiting women participants that meet the following criteria:

- Born between 1946 and 1965 (50-69 years old)
- Reside in a rural or urban Manitoban community
- Complete a 20-25 minute survey online or by mail (if needed)

Are you or someone you know interested in sharing thoughts on body image and food choices? If so, participation includes completing a body image and food choice survey about body image perceptions, weight attitudes, and eating behaviors. The survey will take approximately 20-25 minutes to complete.

After completion of the survey, participants will be entered into a draw for one of twenty-five prizes of local grocery store gift cards in dominations ranging from \$25 -\$100, as a token of appreciation. In addition, all participants will be entered for an early bird prize (iPad mini worth approx. \$400) as incentive to complete the survey within the first week. Participants will be invited to receive a summary of the results from the survey following completion of the study.

If you are interested in participating in this study, please contact Dr. Christina Lengyel at Christina.Lengyel@umanitoba.ca or by phone at 204-474-9554.

Note: Persons who are willing to take part in this survey must contact Dr. Lengyel directly via the contact information given above.

MWI committee appointments

MWI committees:

Finance— Donna Young, Gisela Nolting, Diane Hrychuk, Ann Mandziuk

Resolutions— Enid Clark, Audrey Clark, Dianne Kowalchuk (chair), Diane Hrychuk

Education Convenors

Personal development— Liz Chongva

Family— Fran Dickinson

Community action— Ann Mandziuk

Agriculture— Gisela Nolting

Environment— Anne Marques

Provincial convention 2016— Enid Clark and Dianne Kowalchuk (co-chairs), Janis Klassen, Arenda Vanderdeen, Gail Sawchuk, Linda Wilson, Shirley Pedersen

Recruitment and promotion— Heather Klassen, Denise Joss, Anne Marques

Bylaws and constitution— Joan Clement, Elaine Thomson, Marion McNabb, Ann Mandziuk

RREF Scholarship— Denise Joss, Joan Clement, Janis Klassen

Nominating— Joan Clement, Denise Joss, Anne Marques

Agriculture and rural development— Gisela Nolting, Audrey Clark, Arenda Van Der Deen

Fundraising— Lynne Hopley, Joan Clement, Linda Wilson

Media— Ann Mandziuk, Dianne Kowalchuk, Joni Swidnicki, Valerie Watt, Liz Chongva, Donna Young

Planned program— Debbie Melosky (chair), Arenda Vanderdeen, Maren Mueller

Restructure— Gisela Nolting, Debbie Melosky, Donna Young, Denise Joss, Diane Hrychuk

FWIC IPG Scholarship— Ann Mandziuk, Denise Joss, Liz Chongva

International Peace Garden— Audrey Clark (Chair), Fran Dickinson, Donna Young

Other appointments:

Manitoba Farm Women's Conference— Ann Mandziuk

Manitoba Ag Hall of Fame— Ann Mandziuk

Ag in the Classroom—

Manitoba Farm and Rural Support Services— Donna Young

Provincial Council of Women— Shelagh Polischuk

Primary Prevention Health Syndicate— Marlene Baskerville



Wheat City WI recognized for a decade of volunteering

In early May, the Canadian National Institute of the Blind (CNIB) hosted a pancake breakfast at the Prairie Oasis Senior Centre in Brandon to honour volunteers who participate in the Christmas Gift Wrapping fundraiser for CNIB. Wheat City WI was presented with a certificate and a pin for ten years of volunteering at this event. Marg Senkbeil, President of Wheat City, writes, "We look forward to doing it [wrapping gifts] again in December". The photograph to the left shows Wheat City members accepting the certificate from Mr. R. Henderson. (l-r) Sylvia Mitchell, Lois Burke, Donna Young, and Margaret Senkbeil.

Photo provided by M. Senkbeil.

Woodmore Women's Institute – Food Literacy Program

Woodmore Women's Institute has been actively encouraging food sustainability in the area. At the beginning of the summer, we had three gardening workshops, and now we have wrapped up three garden tours throughout the municipality. Each garden tour showcased four gardens: the first was in and around Roseau River, the second was in the Dominion City and Ridgeville area, and the third was in Emerson. We had a great turnout for all three — 35, 27 and 19 people respectively. So much information was shared and learned during these tours! We were able to see examples of no-till gardens, composting, mulching, seed saving (and sharing), micro-climates, fruit trees, heritage roses, raised beds, cold storage, shade gardens, and so much more. Best of all was getting to know many of the gardeners in the area and sharing ideas. It doesn't matter how much you know — there is always something more to learn!

We are eagerly anticipating some more of our events coming up. Next on the roster is our *Food Preservation Workshop*. We have a local woman coming to instruct us on fermenting vegetables (cabbage, carrots and onions) and an easy method of canning tomatoes. Following that is our wind-up potluck using produce from our gardens. We are also putting plans in place for a *Cooking Workshop* later in the fall, which will be on the topic of "nutritious meals on a budget".

You can check out our facebook page: [southernmanitobagardeners](#).

Submitted by the Woodmore WI Food Security Committee



Participants in one of the garden tours hosted by Woodmore WI. Photo supplied by D. Melosky

2015 Peace Garden Scholarship Program

June 21-26 saw four young women from across Canada descend on the International Peace Garden (IPG) to take part in the 2nd Federated Women's Institutes of Canada (FWIC) Scholarship Program. Cindy Wall, Manitoba; Holly Campbell, Quebec; Jess Walther, Ontario; and Julia MacDonald, Prince Edward Island, spent the time learning about the IPG. They helped with weeding, planting, and other tasks that need to be done to keep the IPG a top tourism destination. They also had a chance to Skype with our new FWIC president, Linda Hoy, and learn about the organization. They learned about the long association both MWI and FWIC have with IPG. The young women presented the FWIC donation to new CEO Garry Enns. As well, they connected with Kate Belair, FWIC Executive Director, to ensure they were posting some of the information Kate and FWIC social media volunteer, Maggie Wilson, were looking for.

As part of their work in the evenings, they prepared blogs, posted to Facebook and made a promotional video. One evening they all watched the movie *Calendar Girls* – a wonderful and fun movie about WI and the causes it supports and the 'never give up spirit' of WI members around the world. The International Music Camp offered an opportunity for the young women to listen to some great music as well.

This wonderful opportunity is made possible by the working relationship FWIC/MWI has with the International Peace Garden and its staff.

In Manitoba, we offer a huge thank you to Joan Clement who spent the week with the girls at the



IPG/FWIC Scholarship participants. (l-r) Front: Jess Walther, Julia MacDonald, Cindy Wall, Holly Campbell. Back: MWI reps Muriel McCallum, Donna Young.

IPG. Giesla Nolting provided transportation from the airport to her home and then to the IPG. She also provided bed and breakfast for the out of province delegates. Muriel McCallum and the Boissevain members provided bedding for the participants for the week. Donna Young provided transportation back to Winnipeg.

Each province ensures that their participant's air fare is paid; IPG provides room and board for the participants. MWI looks after the participants once they get to our province.

Plans are being made for 2016, so let's start our search now for the Manitoba delegate. If you would like to volunteer in some way for next year's program, please speak to Joni at the MWI office.

Again, thank you to all those from Manitoba who played a part in making the 2015 program a success.

Ann Mandziuk



A note of thanks

A heartfelt thank you to MWI members for putting their trust in me over the last three years as I represented you on the FWIC Board. I had a wonderful time, learned lots about WI and had the chance to work with amazing women from across Canada.

Ann Mandziuk

Focus on NORTHWEST REGION

Silverton WI

We have interesting and informed presenters on topics for our meetings. Contemplating on the lives of our mothers and grandmothers and their efforts to make our lives better makes one really appreciate WI history. We have had lively discussions on making our community "Age Friendly" and also much concern regarding food safety and availability.

A highlight of this January was the Strathclair Singers' Concert. Our group hosted this very talented choir when it performed at the Russell United Church.

In April, some of our women organized *Women Walk the World* on the Cross Canada Trail which passes through Russell. Money collected went to WI special projects.

In June, 11 of our 16 members and six guests visited the Kaposvar Historical Church. It is located three miles south of Esterhazy, Saskatchewan, near the scenic Qu'Appelle Valley. This is an impressive stone building built by Hungarian immigrants and completed in 1908. An annual pilgrimage is held in August; otherwise it is only used for special events and is a tourist attraction. Also on the grounds are the period Rectory and *Our Lady of Lourdes Shrine*.

Earlier in the afternoon of the same day, we toured the museum at Esterhazy, the Potash Interpretive Centre, and the Old Flour Mill. To round out the day, we travelled to Binscarth for supper at the quaint Arbuckles Restaurant.

Darlene Klimack



Fork River WI members serve ice cream at Winnipegosis Centennial. (l-r) Cheryl Sime, Marilyn Kippen, Diane Hrychuk. Photo by D. Hrychuk.

Fork River WI

Fork River WI had a very welcome presence at Winnipegosis when the community celebrated its Centennial on July 10-12, 2015. Fork River WI sold hard ice cream as a fundraiser. It was a very hot weekend and ice cream sales were great!

Diane Hrychuk

Northwest Region Summer Picnic

On August 12, 2015, members of Northwest Region gathered at Valley River Historical Site and Museum for a meeting and picnic. The event began with a guided tour of the Heritage Village. First stop was Trembowla School, a building that is used as a kitchen to prepare authentic Ukrainian meals at special festivals and holidays. The participants then visited St. Michael's Church, the Grotto Memory Garden, and the Clay Oven. They also saw replicas of pioneer homes — one built from logs and covered with clay and limestone. (The original straw thatched roof had been replaced with cedar shingles.)

The tour was followed by a meeting that was attended by 16 members and three guests. There was of course discussion about the viability of continuing as a region with just two branches. The consensus was to carry on.

Silverton will host the spring convention. The next regional meeting will be held on February 29, 2016.

After the meeting, the ladies enjoyed a delicious pot luck lunch of salads, cold meats, and sinfully yummy desserts.

Thanks to Marilyn Kippen



Members and guests of Northwest Region stand in front of Trembowla School, one of the buildings at the Valley River Historical Site and Museum. Photo by M. Kippen.



Silverton WI members visited Kaposvar Church on June 11, 2015. Photo by D. Klimack

By Popular Demand: Recipes!

When the Northwest members gathered last month for their picnic, perhaps someone brought along lemon tarts made from the recipe below. This recipe was printed in the Centennial Cookbook. Duck Mountain WI was found in Northwest Region.

Lemon Butter **Phyllis Calcutt, Duck Mountain WI**

1 cup sugar 1/4 lb butter
3 eggs, well beaten
1/2 cup Realemon or juice of 2 lemons

Put all ingredients in a double boiler. Cook until quite thick. Put in jar. Great for tart filling or spread on bread. Will keep in the frig for months.

It's time to start thinking about resolutions...

One of the most important tools of Manitoba Women's Institute is the "resolution". A resolution is the expression of the opinion of a group. It can be used to create change, and the submission of a resolution for discussion at the annual meeting is, therefore, one of the most important actions that a WI local can undertake.

It is time now to think about resolutions for the 2016 convention. If there is a situation that you find troubling and that can be addressed through action, put pen to paper and get writing.

Writing a resolution need not be daunting. The trick is to break the job into manageable steps.

1. Identify the issue.
2. Do the research.
3. Fine tune the wording of the resolution itself.
4. Compile the background information (no longer than 200 words) which must be factual and informative.
5. Get the proper signatures.
6. Submit the resolution by the deadline to the Chairman of the Resolutions Committee.
7. Be prepared to second the resolution and speak for it at the AGM.

Resolutions may be submitted by a local branch or by any five individual or local members. Information on the resolution process can be found in the MWI *Handbook* (pp. 21 and 70).

The deadline for submitting resolutions is December 31, but the Resolutions Committee would prefer that these were all submitted prior to November 30. If a resolution is not received until the end of December, the Resolutions Committee might have difficulty getting it ready to be printed in the February issue of *The News*.

Once the resolution has been received by the Committee, it is reviewed and edited. If there are significant changes that must be made, a discussion takes place between the Committee and the submitting body. The Committee wants to ensure that the resolution is as clear and concise as possible. The resolutions are presented to the January MWI board meeting and then printed in the February newsletter. All members then have ample opportunity to read the resolutions, and many locals discuss the resolutions at a regular meeting. Those sending proxies to the AGM can "register" their vote with the proxy holder.

The MWI board encourages members

to bring forth resolutions on issues of concern for rural women. At the 2015 AGM, the assembly passed resolutions on the topics of antibiotic resistant organisms, unnecessary packaging, digital mammography equipment, "long load" signs, and violence against aboriginal women.

Resolutions are to be mailed to Dianne Kowalchuk, Box 645, Rivers R0K 1X0. Dianne can also be reached at dekowalchuk@hotmail.com or by fax at 204-328-7322.

Please, don't be afraid to make use of this tool for change and policy making.

Dianne Kowalchuk, Resolutions Committee

October 11: International Day of the Girl Child

This international day promotes equal treatment and opportunities for girls around the world in areas such as law, nutrition, health care, education, training, and freedom from violence and abuse.

October 15: International Day of Rural Women

This day of global observance recognizes the importance of rural women in their work to enhance agriculture and rural development worldwide. It highlights rural women's role in food production and food security.

October 16: World Food Day

This day was first held in 1981 to increase awareness of world hunger and poverty and to inspire solutions.

October 17: International Day for the Eradication of Poverty

On October 17, 1987, more than 100,000 people gathered in Paris, France, to honor the victims of extreme poverty, violence and hunger. In 1992, the UN officially declared October 17 as the date for this International Day.

Celebration of Life

Pearl Warren

1922-2015

Pearl Warren (nee Carlson) was born at home in Lac du Bonnet on March 14, 1922. She married Bill Warren and together they raised their family. Pearl dedicated her entire life to improving the life of her family, home, community, and country. She was the perennial volunteer, and she mothered and housed everyone who needed it.

Looking to improve the role of women, Pearl established Great Falls Women's Institute in 1958. She served as President of Manitoba Women's Institute from 1974-76 and then served on the board of Federated Women's Institutes of Canada from 1977-83. She was the Northern Canada FWIC Chairman and taught and visited Eskimo women as far north as Tuktoyuktuk. While MWI President, she attended the ACWW Triennium Conference in Australia.

Pearl was a 4-H leader for over 40 years and a Sunday School teacher for over 20 years. She worked for the Department of Agriculture as 4-H Program Assistant for Eastern Manitoba from 1969-80. From 1979-87, she worked as Program Co-ordinator of the Adult Day Care Program in Lac du Bonnet.

Pearl loved people, music, berry picking, baking, sewing, and Rainbow Stage. She excelled in organizing parade floats and Christmas concerts. The Lac du Bonnet Kitchen Band was special to her.

Pearl Warren is an example of a WI woman who spent the 93 years of her life working happily in service to others. She will be missed.

KAP tackles bad roads

According to *KAP Alert*, farmers in general and Keystone Agricultural Producers (KAP), in particular, are very frustrated with the poor condition of many rural roads. A KAP General Council resolution was passed urging the provincial and federal governments to fix dangerous rural roads. Further to that, KAP is asking its members to report bad roads (ourroadsuck@kap.mb.ca) and KAP's Transportation Committee has initiated contacts with other stakeholders who also drive these roads (i.e. truckers and bus drivers). The idea is to develop a map that can be presented to both levels of government.

Southwest A fall seminar

The annual fall seminar in Southwest A Region will be hosted by Erickson WI at the Erickson Lutheran Church on Thursday, October 15. Speakers will include Rev. Joe Ball, Chaplain at Brandon Regional Hospital, and Debbie McNairnay, Cancer Patient Navigator. Attendees will also be making a something-old-to-something-new craft. Other features will be a quilt display and surprise luncheon entertainment. The day will begin at 9:30 a.m. Registration, including lunch, is \$20.

Gail Whaley

Eastern Region fall seminar

The annual Eastern Region fall seminar will be hosted by Woodmore WI at the Woodmore Hall on Friday, September 25. The theme is *Making a Difference for 70 Years*.

Debbie Melosky

Valley River WI

The MWI office recently received the following message from Maggie Fenby-Taylor:

I belong to Ticknall WI in Derbyshire, England. On reading through wartime minutes, I discovered that there was correspondence between our two WIs [Valley River, Manitoba and Ticknall] but with no detail. Do you have any information on this?

Valley River District was located a short distance north of Dauphin. The branch was formed in February 1910 as a Ladies Mutual Benefit Society. The five members were looking for an organization that would promote "companionship and community improvement". They modelled their Society after the WIs that formed in Ontario in 1897 and later. **The Great Human Heart Volume I** explains how, in December 1910, the group was visited by two ladies from the Agricultural College, Miss Juniper and Miss Kennedy, who were promoting the formation of ladies' organizations under the WI umbrella. The Society became Valley River WI in 1922. In 1932, the members changed the name to Wilson River WI, saying that the new name better described the district. The local disbanded in 1949.

At some point, correspondence was initiated between the Manitoba local and the Ticknall branch in England. Does anyone have any knowledge or recollection of this?

MWI scholarship winners

MWI's scholarships are now administered by the Red River Exhibition Foundation (RREF). The applications are received by the RREF, but the selection is made by a committee of MWI members. On June 15, President Donna Young travelled to Winnipeg to present the awards to the successful applicants: Michaela Jochum and Sheena Meggison. Michaela, from St. Francois Xavier, is going into her fourth year of nursing and hopes to return to the rural area to work. Sheena, from Goodlands, is a student in the Agriculture Diploma course and is hoping to do something with agriculture in her community after graduation. Donna writes, "Both were lovely girls. They had very outgoing and vibrant personalities. They were very good choices."

DCK

From Ann about the Hall

As the MWI rep to Manitoba Agricultural Hall of Fame, I would like to encourage



Recipients of the 2015 MWI scholarships with MWI President Donna Young: (l) Michaela Jochum and Sheena Meggison. Photo by D. Young

each of you to think about nominating someone for induction to the Hall. The nomination form is available on the Hall's website. Nominations are to be submitted by the end of October. Look around your community, think about the residents and the contributions they have made to agriculture and nominate them. <http://www.manitobaaghalloffame.com/>

Ann Mandziuk

BULLETIN BOARD

- ♦ You are invited to send in notice of **upcoming events** to be part of a *What's New?* column.
- ♦ The deadline for **submissions of resolutions** to the Resolutions Committee is **December 31, 2015**. Please forward them by the **end of November** if at all possible.
- ♦ Eastern and Southwest A Regions are hosting **seminars**. Southwest B and Northwest hosted summer events.
- ♦ The **deadline for submissions** for the next issue of *The Institute News* is **October 19th**.
- ♦ *The Institute News* will focus on **Southwest A Region** in the November issue. Please send your material to the editor by October 19th.
- ♦ The **2016 MWI AGM** will be held at the Elkhorn Resort at Clear Lake on **May 6-7**. The planning committee is being co-chaired by Enid Clark and Dianne Kowalchuk.
- ♦ **MWI committee appointments** can be found on page 4.
- ♦ Members could take note of the many "**days**" marked on the calendar and explained on page 7. These would provide ideas for **future programs**.
- ♦ **Celebration of Life** notices will be placed in the January and September issues of *The News*.
- ♦ MWI will be selling **Cash Calendars** as a fundraiser this fall.
- ♦ The **MWI planned program** for 2015/16 will be on the topic of **family conflict**. Stay tuned for more info.
- ♦ The partnership with **Vesey's Bulbs** continues. If you take part in this fundraiser, your branch gets to keep half of the profits.
- ♦ Thinking about attending the upcoming **ACWW Conference in the United Kingdom**? Information and registration forms can be found on the ACWW website.

Making Change Count!

Hello WI,
Welcome to the new Triennium.

The FWIC Convention was a wonderful opportunity for WI to come together to share and plan for the future of this organization. We held a plenary session where we asked for input from all convention attendees on how to ensure the viability of our organization. These key words and phrases were repeated many times:

- **Be more visible**
- **Publicize**
- **Promote**
- **Recruit**
- **Reach out**

Many of our members at the branch level may not realize how uncertain the future of our organization is. We continue to lose members at a steady rate that even our most successful recruitment strategies at the provincial and national levels have not been able to combat. In many branches, WI continues to function as it always has. It is perceived that there is no need to do anything differently or that change will come from above: the provinces or the national level. The truth is, we must all be proactive to revitalize this great organization for women. As a grassroots organization, the power to thrive lies in the hands of the individual members and the WI branches them-

selves. The future of WI lies within you and must happen in your community first.

It is imperative that you understand that we *need* to do things differently. We need to market and promote and be more visible.

Here's how you can help: if WI is to survive, we need to make ourselves available and open to attracting new members. We need to be visible to gain credibility among other nonprofits and for-profit agencies and funding bodies. This means we must be proud of our organization and promote ourselves.

Get into the habit of alerting the public of upcoming meetings and special WI events by writing press releases and reports before and after your events. Designate someone in your branch as Media Coordinator: it could be considered THE most important role if the WI is to succeed.

In most areas, the local newspapers are eager for content and will print your meeting and event reports in their entirety. Take pictures and include them. Remember to smile!

Once you've tackled print media, set your sights on social media. Facebook has been credited over and over again for outstanding marketing success. It's free, it's fun. It's folly to ignore it.

Let's have fun and continue to work together.

**For Home & Country,
Linda Hoy, President
Federated Women's Institutes of Canada**

**LEAF Manitoba will host the
25th Annual
Persons Day Breakfast
on October 16, 2014
7:15-9:15 a.m.
Convention Centre, Winnipeg**

**The event will also mark 30
years since the Equality Provi-
sions of the Canadian Charter
of Rights and Freedoms.**

leafmb@mymts.net

News from the MWI Board

Faculty of Human Ecology: Dr. Lois Brockman, a former MWI board member, has informed the board that a ceremony will take place on October 1, 2015, to formalize the closure of the Faculty of Human Ecology.

Froese book: A review of Elaine Froese's latest book will be printed in the November newsletter. The book's title is *Farming In-law Factor: How to have more harmony and less conflict on family farms*.

Sales committee: A committee of Donna Young, Denise Joss, and Joni Swidnicki was been formed to establish guidelines for the production and supply of goods for sale and for the advertising of such goods.

Restructure committee: This committee was formed over a year ago but had not been able to meet before June. In the near future, the committee will meet and will ultimately present recommendations to the board.

New members: Women who join MWI will now receive an MWI pin as part of their "Welcome to WI" kit.

Board meetings: September 8 at Portage la Prairie; October 5 via conference call; November 2-3 at Portage.

Southwest B members hold summer tour

On July 23, 2015 members from Southwest B Region gathered in Brandon. The first stop was the Shady Lane Tea Room where a delicious noon luncheon and a time for visiting was enjoyed.

From there, the women travelled to the Brandon Airport/McGill Field to tour the Commonwealth Air Training Plan Museum. Due to threatening skies, the Memorial Wall was viewed first. Archie Landry, a very spry former trainer of the pilots, gave an excellent explanation of the Wall. Carved onto the granite are the names of all trainees who served and died in the Second World War. The work of the tremendous undertaking had been done by Rapid City Memorials. The ladies then viewed old planes and equipment, restored by the many dedicated volunteers. One of

group, originally from the Netherlands, spoke of the respect and gratitude felt for the Canadian Airmen who rescued the people of that country from the Nazi occupation.

Thanks to Sylvia Mitchell and Marg Senkbeil



Southwest B members at the Commonwealth Air Training Plan Museum in Brandon. Photo by M. Senkbeil

(Continued from page 1)

- a children's book written and illustrated by President Marie Kenny
- a raffle for a beautiful quilt designed and made by Donna Henderson from Ontario (and won by an Ontario woman)
- an FWIC scarf
- Tin Can and Silent auctions in the Sales Room
- Willy the Worm
- note cards made by Donna Henderson
- a *Take Ten* booklet (a compilation of all the *Take Tens* from the FWIC website)

Over the triennium, Willy the Worm did not gain the popularity that had been hoped for; however, at the convention, Willy received a boost when he/she (??) walked the assembly room in a wonderful Willy the Worm costume (made by Roxanne Fleming from Newfoundland/Labrador).

A surefire way to increase revenue would be to increase membership. Of course, this is important at the grassroots level also, and there was much discussion about how to do this. The bottom line is that each member is asked to find one new member. **YOU CAN DO THIS!**

The assembly passed two regular resolution (including one from Manitoba) and one emergency resolution and re-affirmed a previous resolution. (See p11) The assembly also accepted revisions to the FWIC constitution.



FWIC board members demonstrate the many different ways to wear the FWIC scarf.

Reports are a big part of any convention. The convention booklet included many, but much more was presented verbally. The assembly heard a great deal about the work of FWIC over the last three years. This included:

- Vesey's Seeds fundraiser
- International Peace Garden Scholarship Program
- the sale of Addie's Tea at the Adelaide Hoodless Homestead
- a listing of hospitality homes as part of a Unity Project
- *Growing a Healthier You* project on the website
- a revised website
- a recruitment kit
- educational papers on water use and wind power
- Ag Fact Sheets
- presentations on media use, recruitment, and ACWW 2013 in India
- improved communication including monthly online *Fed Bulletins* and activity on Facebook and Twitter

Marie Kenny reported some proactive FWIC work. After she received a number of comments about an inappropriate advertisement on TV, she wrote a letter to "the powers that be". The ad was then removed. Well done!

The delegates were introduced to the FWIC Executive Director, Kate Belair, who also does some work for the Adelaide Hoodless Homestead (the site of the FWIC office). Kate has expertise in the field of social media and is helping the FWIC board make more effective use of this tool. Kate was the driving force behind the recent formation of a WI branch in Paris, Ontario. This

local has over 40 relatively young members. (We should be able to do this too!)

FWIC is organized with 6 education convenorships. It was interesting to read the reports but it was fascinating to listen to the convenors. There is so much that can be done!

Kate Belair gave a report on the happenings at the Homestead. In the last two years, this historic site has received \$71,616 in grants for specific work. As can be expected, future projects (such as replacing the furnace) will require more money. The Homestead has hosted a number of affairs, including an Easter Egg Hunt, a summer Garden Party, a music festival, and an 1812 event.

Members from New Brunswick displayed a Centennial Quilt made in 1967. This quilt contained squares from across the country. The Manitoba squares were

supplied by Mrs. L.T. Beattie (Oakbank), Mrs. John Sul (East Selkirk), Mrs. Ole-na Hrabarchuk (?), Mrs. M.E. Berg (Russell), and Mrs. Alvinna Halways (Inglis). It was an interesting piece of history.

One plenary session included a panel on the topic of *Building Better Communities*. The speakers were from the *Age Friendly Community* and *Fredericton Community Harvest Gardens*. The Honourable Margaret McCain was warmly welcomed to speak on Friday morning. Mrs. McCain, a former Lieutenant Governor of

New Brunswick (and the first female to hold that position in the province) is a "proud member of WI". She noted the challenges that WI is now facing — urbanization, technology, and the changing



Willie the Worm aka Linda Hoy



Kate Belair, FWIC Executive Director



The Honourable Margaret McCain

(Continued on page 11)

(Continued from page 10)

roles of women. Like all WI women, Mrs. McCain believes that WI is as relevant now as it was a hundred years ago with a valuable role to play in rural communities. She urged members to be "a driving force" for rural revitalization.

Some time was devoted to Associated Country Women of the World (ACWW). As mentioned earlier, the Deputy World President and the Canada Area President were both in attendance, as well as three committee members and the Canadian co-ordinator of the pen pal program. Each woman spoke about her work, and this generated much excitement about the organization. Some information was given about the 2016 ACWW Triennial Conference to be held at Warwick University in the United Kingdom. Start saving your pennies! Speaking of pennies, Sheila Needham urged continued donations to *Pennies for Friendship*, a fund that is necessary for the operations of this valuable international organization. "ACWW connects and supports women and communities worldwide."

Other presenters during the week were Joy Foster, a motivational speaker, and Joan Meade, storyteller.

Participants had an opportunity to attend three out of a total of 12 workshop options. These included everything from crafts to hobby prospecting to social media. A popular workshop took the form of a walk through Boyce Market, one of the oldest farmers' markets in the province.



The winning entries from Manitoba: Isabella WI's pictorial history and the table runner fashioned by Bernice Still.

Thursday was Tour Day. Buses left from the Convention Centre in every direction, and a full day was spent visiting various sites in New Brunswick. The day concluded with supper and a carnival.

The final day was a wrap up. An Inter-faith Service was held in the morning. This was especially notable because it included some drumming and chanting by two sisters from the Wolastoq First Nation. Their music and words were especially moving. Following the service, Marie Kenny asked everyone to stand and join hands in solidarity with our aboriginal sisters.

Donna Young, MWI President, very ably invited all to attend the next FWIC convention to be hosted by Manitoba in July 2018. We will be hearing much more about that!

The new board was installed by Past President Ruth Blenkhorn. This included President Linda Hoy from Quebec and President Elect Joan Holthe from British Columbia. Liz Chongva is now MWI's Executive Officer. Incoming President Linda reminded all that seeds don't grow overnight. The work continues!

The closing banquet was a festive affair. The highlight of the evening was the presentation of the *Adelaide Hunter Hoodless Award for the Canadian Woman of the Year*. Members were delighted to learn that the first recipient of this award would be Dr. Ellen McLean of Nova Scotia. Dr. Ellen was not able to attend the conference, but she is well known as a former Nova Scotia WI President (1963-65), former FWIC President (1973-76), and former ACWW World President

(1983-89). The award was accepted by her granddaughter.

The following day, the women went their separate ways, taking a little bit of New Brunswick with them (tangibly or intangibly). The transformation each felt was not necessarily because of what was heard and seen, but more importantly because of the communal experience. Friendships were made and nurtured; bonds were forged. This was not a solitary experience, but one shared by many. As Marie Kenny said, "Together we are stronger."

DCK

Resolutions accepted at the FWIC 2015 convention:

Be it resolved that FWIC request the Federal Minister of Canadian Heritage and the Minister of Environment to support only environmentally friendly projects for celebrations like Canada Day and Canada 150.

Be it resolved that FWIC urge the Government of Canada to increase the proportion of health spending that is devoted to mental health from 7 to 9 percent over 10 years, as recommended by the 2012 report *Changing Directions Changing Lives: The Mental Health Strategy for Canada*.

Be it resolved that FWIC request the Federal Minister of Justice and the Federal Minister of the Status of Women to support the Canadian Network of Women's Shelters and Transition Houses by increasing funding immediately to expand the capacity in Canadian women's shelters.

Resolution re-affirmed:

Be it resolved that FWIC request that the Federal and Provincial Governments reassess the need of those who live on disability pensions or social assistance.

Note: A resolution dealing with the use of neonicotinoids was defeated.



(l-r) Outgoing FWIC President Marie Kenny, incoming President Linda Hoy, Past President Ruth Blenkhorn

CALENDAR OF EVENTS

SEPTEMBER 2015

- 8 MWI Board Meeting, Portage
- 10 *World Suicide Prevention Day*
- 21 *World Alzheimer's Day*
- 20 *Open Farm Day*
- 25 Eastern Region Seminar, Woodmore

OCTOBER 2015

Women's History Month

- 1 Faculty of Human Ecology banquet
University of Manitoba, Winnipeg
- 5 MWI Board Meeting, conference call
- 11 *International Day of the Girl*
- 15 *International Day of Rural Women*
- 15 Persons Day Breakfast, Winnipeg
- 15 MAHF/RREF *Harvest Gala*
Winnipeg
- 15 Southwest A Region Seminar,
Erickson
- 16 *World Food Day*
- 17 *Int'l Day for the Eradication of Poverty*
- 18 *Persons Day*
- 19 Deadline for *The News*
- 31 Deadline for MAHF nominations

NOVEMBER 2015

- 2-3 MWI Board Meeting, Portage
- 15-17 Manitoba Farm Women's
Conference, Winkler
- 25 *International Day for the Elimination
Of Violence Against Women*
- 30 Preferred deadline for MWI resolutions

DECEMBER 2015

- 7 MWI board meeting, conference call
- 31 Deadline for MWI resolutions

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Poem of the Year (It's a Keeper — better
than *Granny Got Run Over by a Reindeer*)

The computer swallowed Grandma,
Yes, honestly it's true!
She pressed 'Control' and 'enter'
And she disappeared from view.

It devoured her completely,
The thought just makes me squirm.
She must have caught a virus
Or been eaten by a worm.

I've searched through the recycle bin
And files of every kind.
I've even used the Internet
But nothing did I find.

In desperation, I asked Mr. Google
My searches to refine.
The reply from him was negative,
Not a thing was found 'on-line'.

So, if inside your 'Inbox',
My Grandma you should see,
Please "Copy, Scan" and "Paste" her
And send her back to me.

*This is a tribute to all the Grandmas
and Grandpas, Nannas and Papas who
have been fearless and learned to use
the computer. They are the Greatest!
We do not stop playing because we
grow old — we grow old because we
stop playing.*

*Found in the Newfoundland/Labrador WI
Newsletter Spring 2015*

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