

MANITOBA RURAL WOMEN'S DAY

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Manitoba Women's Institute (MWI) hosted the first ever *Manitoba Rural Women's Day* in Rivers on October 15, 2016, and in Dugald on October 29, 2016. Debbie Melosky, Chairman of the Planning Committee for this event, reports, "Based on the success of the event, this will now become an annual event, held in different rural areas each year."

The family unit, no matter what form it takes, is the starting point for the nurturing of young people into responsible, caring adults, who will in turn be healthy role models for others and for their own children. No family is perfect, but the goal would be a family that respects and listens to all family members. When the members of MWI's Planned Program Committee began to discuss a topic for programming in 2016, the topic of family communication came to mind and eventually, the theme of *Achieving Family Harmony* was agreed upon. The end result of much hard work by the committee was the presentation of two identical events — one on the west side of the province and the other in the east. The theme of the program at both sites

was the same — *Achieving Family Harmony*.

The three speakers were Gerry Friesen (*Dealing with Family Conflict*), Shirley Scott (*Understanding your Finances*) and Marsha Harris (*Effective Family Communication*). Gerry, founder of *Signature Mediation*, was plain-spoken, pragmatic, and quite funny. He stressed the importance of "relationships", pointing out that "a perfect relationship is two imperfect people making it work". He talked about gender differences, saying that these need to be recognized. (He also explained how men are like waffles and women are like spaghetti.)

Shirley Scott's task was to show the audience that conflict can be avoided if finances are handled wisely. Shirley, who works for *National Best*, encouraged all to spend time thinking about their financial futures. Schooling does not often include the basics of how money works. Shirley urged everyone to "Stop. Think different. Think better." One sound and simple piece of advice was "make a will."

Marsha Harris was the final speaker, and although she had a quiet voice, she brought a powerful message. She is a counsellor at Brandon University and spoke about "secure" attachments and how an attachment that is not secure can lead to conflict. Often an argument about dirty dishes in the sink (or whatever) is **not** about dirty dishes (or whatever) but about the simple, but unspoken question "Are you there for me?" Humans need love from cradle to grave, and disconnection leads to depression. When communicating with loved ones, Marsha's advice was "don't talk head to head, talk heart to heart."

A feature of the day was a *Fireside Chat*, which was a "conversation" on dealing

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Maren Mueller, Planned Program Committee member, stands behind (l-r) Sonja Mueller, Jennifer Mueller, and Kim Sova at the Manitoba Rural Women's Day in Dugald. The three young women are Maren's daughters and all took out memberships in MWI on that day. Photo by P. Gaetz.



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

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Manitoba Women's Institute November 2016 Cash Calendar Draw Winners

1	\$50	Sylvia Halls	16	\$25	Al Woods
2	\$25	Helen McConnell	17	\$25	Ernie Braschuk
3	\$25	Nelda Wilkinson	18	\$25	Gisela Nolting
4	\$25	Pat Dickson	19	\$25	Ann Mandziuk
5	\$25	Lynne Tolton	20	\$25	Alvin Knapp
6	\$25	Muriel McCallum	21	\$25	Carol Beauchemin
7	\$25	Audrey Waddell	22	\$25	Marilyne Derrett
8	\$25	Lois Brockman	23	\$25	David Dickson
9	\$25	Rose-Marie Drozda	24	\$25	Judith Martin
10	\$25	Claude St-Jacques	25	\$25	Verna Cuddington
11	\$200	Diane Heppner	26	\$25	Marge Knutson
12	\$25	Renske Kaastra	27	\$25	Frank Gaetz
13	\$25	Janis Klassen	28	\$25	Joyce Linner
14	\$25	Mina Dyck	29	\$25	Elsie Butler
15	\$25	Marion Warworuk	30	\$75	Lois Brockman

The draw was made on November 25, 2016, at the Provincial Office. The winning names were drawn by various staff on site; Julie Hockley served as recorder. Out of 600 tickets printed, 433 were sold. The total value of the cash prizes was \$1,000. The profit of \$1,165 will be divided between the ACWW and FWIC Delegate Funds.

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



The members of the 2017 Planned Program Committee: (l-r) Arenda Vanderdeen, Maren Mueller, and Debbie Melosky. Congratulations on a job well done, ladies!

FROM YOUR PRESIDENT



December 1 and winter has definitely arrived – fog, wind, and snow have played havoc in our area with unsafe roads, power interruptions, and missed appointments.

As I recently sat at our dining room table playing cards with Paul by the light of two oil lamps, I thought of all the changes that have happened that have made our lives easier. The one oil lamp is from my mother's childhood home in Newdale. Did my mother and grandmother sit around that lamp working on some of the crafts I still have from that era? Did they write letters to family who lived in other communities? I love to imagine what was happening as the lamp burned. The other lamp was a gift from a 4-H club. I think of all the times we have recently pulled that lamp out and sat around it, waiting for the hydro crews to restore our power. Change/progress is something we cannot do without.

At our recent two-day board meeting/strategic planning workshop, we [the

MWI board] looked at ways we, in Manitoba Women's Institute, need to change. And not change just for the sake of changing but in ways that can revitalize and revive our organization. Over both meals on Day One, we had a chance to talk to young women who are interested in what we do. Two of the young women worked as volunteers for us at our Manitoba Rural Women's Day. They have wonderful skills that helped us promote the event and make the day run smoothly for our presenters. The other young woman is from the University and part of a Home Economics Club on campus. Women's Institute and Home Economics history is a long and fruitful one for both. We look forward to ways we can support and work with that group of students.

At our upcoming meetings we will be working with some of the ideas we have put forward for MWI. One of the positives is the success of Manitoba Rural Women's Day. Thank you to the committee for all of their work, and thank you to each of you who attended and to the non-members who attended. The spin-off from the event is going to be far reaching for us.

The committee is formed and I'm sure have many ideas for the second event in 2017. The event will again be held on the east and

west sides of the province.

Our Facebook page is one of the initiatives we talked about at our planning session. But the only way for it to be effective is if we have information to share on it. Be sure to take pictures and send stories to Valerie Watt for her to use on the page. It is one way to be connected to many people at the same time and share the good work we are doing and see the good work of Institutes worldwide. If you haven't "liked" the page, I hope you will make it your

New Year's resolution to do so and "share" with your friends who may also decide to "like" the page. What I find interesting is seeing what other WI groups in Canada and around the world are doing. And this is possible because on our behalf, Valerie has "liked" their pages and shares their activities. I think some of our Manitoba groups would have great fun trying some of the activities she has shared from groups far and wide.

As I write this, December is upon us and Christmas is just around the corner. By the time you read this, Christmas will be in our memory bank. But from my family to my WI family, I hope you had a wonderful celebration surrounded by friends and family. Our family tradition is to help with the Neepawa Community Christmas dinner at Chicken Delight on December 25. We have great fun and enjoy the time we spend with the other volunteers and those who would otherwise be alone Christmas Day. Merry Christmas and Happy New Year!

Ann Mandziuk



Public health nurses

On November 5, 2016, about 70 nurses from the Prairie Mountain Health region gathered in Brandon to celebrate the 100th anniversary of public health nursing in Manitoba.

One of the attendees was MWI Past President Vivian Campbell, who began work as a Public Health Nurse in 1949 after she graduated from her nursing course in Winnipeg.

MWI has always been a strong proponent of public health. Championing the cause was very much needed in the early days. After WWI, branch members were encouraged to make every effort to improve the public health and education opportunities in their communities. *The Great Human Heart* reports that as early as 1924, "MWI not only endorsed the public health department's policy of taking health education to people through classes in home nursing and first aid, but supported local Institutes' sponsor of such classes." MWI promoted the concept of the Public Health Unit, and in 1928 was responsible in large part "for the hiring of public health nurses in seven municipalities in a six-month period."

DCK

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RESOLUTIONS IN ACTION...

Driving instruction on gravel roads

In 1994, 2001, and 2013, MWI passed resolutions asking that gravel driving be made a part of the high school driver's education program. This issue never went away and was never resolved. It was important enough that every 10 years, the subject was discussed on the floor of the AGM.

In the fall of 2016, a 16-year-old young man from Steinbach was killed when he lost control of his vehicle while trying to pass another car on a gravel road. He was wearing a seatbelt and alcohol was not a factor. The real issue was a novice driver travelling on a gravel road. The young driver had obtained his driver's license only two days before he died.

This matter was discussed at the November MWI board meeting, and the board members decided that these resolutions should be sent to the Manitoba Public Insurance Corporation (MPIC) so that the concern could be noted.

Before that letter could be sent and less than a month after the young man's death, MPIC announced that in-car gravel road training will be a mandatory part of the Driver's Education curriculum as of September 2017. This is good news, but MPI spokesman Brian Smiley added to the announcement by saying that it still "needs to be determined whether it will be mandatory for students to have the wheel on a gravel road, or simply be driven by an instructor."

In reply to MWI's 2001 resolution asking for on-gravel instruction, the Minister Responsible for Public Insurance stated that the speeds necessary for instruction on gravel roads would negate the instructor's ability to take evasive action and created a "learning experience that is beyond an acceptable level of risk for the students and the instructor." Snow-packed gravel roads was another area of concern. And the third concern was that car dealerships would not allow their cars to be driven on gravel roads.

The reply from the government about the 2013 resolution was more succinct and even less helpful. The Minister said that 1) information about gravel road driving could be found on the MPIC website; 2) driver education instructors cover this subject in class time; and 3) parents should cover this aspect of driver training as part of the required 24 hours of home-based practice.

Food in the North

A reply has been received from Health Canada about MWI's resolution dealing with the cost of food in the North. The Honourable Jane Philpott gave information about Nutrition North Canada (NNC), a program which began in 2011 to provide retail subsidies to help people living in isolated northern communities. In July 2016, this program expanded to 37 more communities. NNC also supports nutrition education initiatives such as greenhouses and community gardens. Other programs that promote nutrition and food skills:

1. Canada Prenatal Nutrition Program
2. Aboriginal Head Start on Reserve
3. Aboriginal Diabetes Initiative

It is interesting to note that while both levels of government touted NNC as part of a solution for food insecurity in the North, investigation reveals that NNC has received a great deal of criticism. A few years ago, it was the subject of a critical report from the Federal Auditor General. As a result of that, in 2016, Indigenous and Northern Affairs Canada undertook an "engagement tour" to see how the program can be more transparent, cost-effective, and culturally appropriate.

Within the NNC subsidy program, retailers are granted subsidies for a list of products (set by the Government) to partly cover transportation costs. There are two levels of subsidy: higher for most nutritious perishable food (\$2.30 per kilo) and lower for other healthy foods (\$1 per kilo). It appears that the higher level is paid for food brought in by air.

Many people in the North question the list of "nutritious" food. Nutritious according to whose diet? The list of subsidized food does not reflect the Northern diet. The people want more support of traditional foods such as fish and caribou.

Another criticism is that the program does not identify the foods that are bought by the most impoverished. For example, flour is used by everyone but does not receive the highest subsidy. Retailers say that it doesn't make sense to use the high subsidy on heavy flour when it can be brought in cheaper by "sealift".

There is also a deep mistrust of the retailers, with consumers wondering whether the retailers are passing on the full subsidy to the consumer.

Consultations were held in 20 communities across northern Canada. The only Manitoba location was scheduled at St. Theresa Point on November 15. Participation was also invited online.

Farm safety training

One of the other 2016 resolutions urged the Government of Manitoba to facilitate regular yearly farm safety training sessions, with emphasis on grain entrapment training. Good news was announced in November 2016. The provincial and federal levels of government will jointly invest \$432,000 over the next two years on farm safety education and training. The funds will flow through *Growing Forward 2* to Keystone Agricultural Producers (KAP), which will administer this new farm safety program, in partnership with SAFE Work Manitoba. KAP will hire a program director and will establish a new farm safety council. Grain entrapment prevention will surely be addressed as a safety concern. This investment is good to hear: According to CBC News, farming remains at the top of Manitoba's most dangerous career choices with more deaths over the past decade than any other sector.

Dianne Kowalchuk, Resolutions Committee

Flexibility through change

The more things change, the more they stay the same! Throughout its history, MWI has frequently offered programs and encouragement to help members deal with **change** — both personally and socially. In 1997, the annual convention featured **David Irvine, MSW**, a professional educator and "change" specialist. The report of his presentation said that he "focused on lessons about values, character, and the human spirit, and left his audience with a renewed confidence in the personal courage which is inherent in everyone".

Mr. Irvine gave some tips for navigating through transitions:

1. Open your compassionate heart. Take time to grieve the losses associated with change so you can let go.
2. Honour the past. Ask yourselves and others, when changing, "What are we committed to *preserve*?"
3. Have the courage to let go of what you need to, to move forward. Be willing to risk being uncomfortable.
4. Be sure to look after the basics (especially when you are in chaos) — rest, good nutrition, exercise, time with nature.
5. **S-L-O-W D-O-W-N.** Work on your foundation: faith + family + friends.



Valerie MacKay presents a \$1000 cheque from the Southwest Farm Women's Network to MWI members. (l-r) Valerie MacKay, Fran Dickinson, Ann Mandziuk, Gisela Nolting, Charlene Pruse, Maren Mueller. Photo by A. Mandziuk.

MWI and Southwest Farm Women's Network

For many years during her career with Manitoba Agriculture, Ann Mandziuk was part of the Southwest Farm Women's Network (SWFWN). The network began in 1989 with farm women in the area looking for ways to meet and discuss farm and rural issues. The main goal was to provide educational and networking opportunities for rural women in the Southwest Region. The group organized seminar days and bus tours of different areas of the Southwest and for several years organized one day of the series of seminars offered at Ag Days. As with many organizations, volunteers became harder to find, and it was with mixed emotions that the group recently made the decision to fold. But what to do with the money that was left in the coffers? At the dissolution meeting, the decision was made to split the money between MWI and the Manitoba Farm Women's Conference. Valerie MacKay, Chairman of SWFWN, presented MWI members with a cheque for \$1000 to be used at the western side Manitoba Rural Women's Day in 2017. We thank the members of Southwest Farm Women's Network for their generosity and know that MWI's goal to educate rural women follows the goals SWFWN had set for themselves.

Ann Mandziuk

Oak River Women's Institute

In a recent phone call, Denise Henry [a member of Oak River WI which disbanded in 2013] and Ann Mandziuk discussed how to ensure that the money Oak River Women's Institute wanted to give to ACWW could best reach them. Manitoba Women's Institute has its own ACWW project so the decision was made that the \$2000 from Oak River would be sent to London to be applied to that project. MWI wants to thank the former members of Oak River for their interest in the projects ACWW sponsors. Ann was able to see and hear first hand, while attending the ACWW conference this summer, some of those projects and the wonderful work that is being accomplished to further the education and knowledge of women in many countries. More details about the MWI/ACWW project can be found on page 11. The aim of *Project 1011 – Strengthening and Developing Head Load Fish Vending in Coastal Villages in India* is to ensure more products for the women to sell so that they can provide a steady income for their families.

Ann Mandziuk

MWI and PCWM

Provincial Council of Women of Manitoba (PCWM) sent representation to the Manitoba Rural Women's Day events in Rivers and Dugald. This was an opportunity for them to meet the MWI membership and talk about opportunities for collaboration. PCWM also gave attendees at the events the chance to give their opinions on policy priorities. Several of the issues overlapped with the findings from the information-gathering that had been done in Winnipeg the previous year.

The issues that received the highest overall score for urgency were, in order of importance:

- * Funding and support for mental health services
- * Integrated mental health services
- * More affordable child care spaces
- * Improved transportation in small communities
- * Access to home care services
- * Access to safe and affordable housing
- * The high cost of food in the North

Additional issues also scored high:

- * Pay equity for men and women
- * Increased and expanded health care services in rural areas
- * Living wage
- * Improved transportation for people with disabilities
- * Increased consultation with indigenous communities with provincial projects
- * More and better support systems for victims of sexual violence
- * The number of children "in care"
- * The lack of housing solutions for children "in care"

By comparison, the top seven issues identified by PCWM members in the previous year:

- * Safe and affordable housing
- * Children in care
- * Pay equity
- * Food security in the North
- * Support for victims of violence
- * Health of Lake Winnipeg
- * Transportation in rural areas (as related to health care, disability services, isolation of newcomers, and women leaving domestic violence)

In the future there will be discussions about how the two organizations can build a partnership.

Focus on SOUTHWEST B

Southwest B Region board meetings were well attended, and members attended regional and provincial conferences. President Fran Dickinson and Audrey Clark, Regional Representative, visited the International Peace Garden. There, they met the FWIC Scholarship recipients and their host, Liz Chongva. The three young ladies were very friendly, sharing their future plans. They gave the MWI Picnic Nook area a much needed "facelift".

WI members attended the 65th anniversary celebration of Broomhill WI. Broomhill members provided a history of the local, an entertaining skit, and a delicious roast beef dinner. Kudos to this group of ladies for their dedication to MWI!

Members of Southwest B took a trip to the Harvest Moon Festival at Clearwater. Joan Odum, hostess, provided members with an interesting and enjoyable day with the "Mooners".

Fran Dickinson attended the Boissevain-Whitewater meeting at which Luella Noble was recognized for her 70 years of dedication to MWI. Boissevain WI has announced its intention to disband. Their dedication and support will be greatly missed.

Fran Dickinson attended the Manitoba Farm Women's Conference at Portage in November.

Broomhill WI

Members entertained at Willowview Personal Care Home in Reston. At a meeting, Sylvia Halls gave an interesting power point presentation on her recent visit to Northern Ireland.

Members conducted the *Celebration of Life* at the regional convention and attended the provincial convention at Elkhorn Ranch.

The Broomhill local was instrumental, with the help of two men, in the refurbishing of the community cemetery gate archway. The members also served a luncheon after a graveside funeral. Members painted the window frames, trim, and door on the Community Centre. The slate blue paint matches the metal roofing, making the Centre quite attractive.

The highlight of the past year was certainly the 65th anniversary celebration of Broomhill Women's Institute held at the Reston United Church on September 24, 2016.

Boissevain-Whitewater WI

Some great program speakers were the highlights of the 2015-16 year for Boissevain-Whitewater members.

The palliative care speaker explained what palliative committee members do — they help families who have a dying family member. They sit with a patient, visit with family members, and sometimes provide meals. This group sponsors a room in the Boissevain Hospital, including furnishings, tea and coffee, snacks, and a personal quilt for each patient.

The President of Mennonite Central Committee Thrift Store in Brandon told the history of the beginning of the store in 1973. During its lifetime, the Thrift Store has changed its location four times, each time needing a larger facility. Currently, the store has two paid staff and 185 volunteers from southwest Manitoba. They give items to non-profit groups such as the Pregnancy Crisis Hotline, Alzheimer's Society, Brandon Humane Society, Rotary Club, local churches and missions, as well as people referred from Regional Health and Family Services, Samaritan House, Police Services, and Correctional Services. The clothing and household items are sold to the general public at reasonable prices.

A new Canadian guest spoke of the problems she faced with language, customs, and everyday skills needed here. Thankfully, immigrants are generally sponsored by a church or other organization, and they are appointed a supervisor for their needs. It usually takes time — a year — until they find employment and become self sufficient.

Two ambulance attendants presented "a day in the life of an ambulance person". Sometimes the most difficult thing is locating the patient. Often the person calling 9-1-1 is under stress and unable to relate clear directions or the people at 9-1-1 are unfamiliar with the area and give

incorrect or incomplete directions. The speakers agreed they have rewarding careers in spite of disturbing and unpleasant situations.

Wheat City Women's Institute

Wheat City WI continues to be involved in "home and country" activities, having great support from all members. One of the highlights of the year was having four ladies from the United Kingdom attend a meeting. They spoke of their programs and activities, saying they have 300 members! The Wheat City members now exchange information with their new friends abroad.

The local helped CNIB sell sunglasses at the Shoppers Mall and regularly volunteers with the Christmas gift wrapping at the Mall. The annual Yard and Bake Sale is a big fundraiser. Yard sale items leftover are donated to a couple of charities.

Members of Wheat City WI made a trip to Wawanesa in July. They had lunch at the Red Barn Restaurant and then held their regular meeting at the Municipal Office. They then had a tour of Sipiweske Museum and visited the display featuring Nellie McClung and the Famous Five. This interesting tour was enjoyed by all.

During the year, presentations were heard about the Regional Health Centre Foundation and the CNIB. Videos on Ireland and binge drinking were watched. An activity was "colouring craze". A teacher says this helps relax students. (This is not for everyone!) The provincial convention at Elkhorn Ranch was enjoyed. Members also took in the Harvest Moon Festival at Clearwater and Broomhill WI's 65th Anniversary Tea. Some members attended the 75th anniversary of the establishment of the Women's Division of the RCAF, which also marked the anniversary of the start-up of the Commonwealth Air Training Plan to train allied pilots (Canada's greatest contribution to the World War II effort).

Wheat City WI has had the honour of supporting member Donna Young as provincial president for a two-year term. Well done, Donna!

Clearwater WI is also found in Southwest B Region. We will hear from the Clearwater members in the next issue of *The News*.



Some members of Wheat City WI at The Red Barn in Wawanesa. (l-r) Betty Gross, Audrey Waddell, Lynne Hopley, Frances McKague. Photo by S. Mitchell

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Manitoba Rural Women's Day

with family conflict. The moderator of this was Marina James, founder and co-host of SHE Day; the panelists were Karen Kaplen, Vicki Olatundun, and Wilma Derksen. Karen is the President of the Winnipeg/Interlake Region of MWI; Wilma is a coach and therapist and has written five books since her daughter Candace was murdered in 1984; and Vicki is the Executive Director of the Steinbach Family Resource Centre. They all spoke candidly about their experiences, both personal and professional, and gave some positive, practical advice on how to deal with family conflict. For example, have you ever tried to use "sandwich language" in a conflict? It can be very effective to diffuse a conflict when you "sandwich" a point of view between two expressions of caring. Lots of good points were made such as:

- Face to face communication beats all others;
- The motto "love first, justice second" is important because love can divert the conversation from a confrontation;
- "Unforgiveness" is like drinking poison and expecting the other person to die;
- In times of conflict, self assess;
- Find a mentor who cares.

Marina opened and ended the discussion with the admonition to always remember "Family First".

Attendance at both events totalled 196. The rural halls were filled! Of the 196, 60 were non-WI members. Attendees ranged in age from under 30 to over 80, and approximately one third of the those were under 30. Much appreciation was expressed about the caliber of the speakers. While the sessions did not include questions or discussion, there was ample time for networking during the breaks, and all the speakers stayed until the end of the day to "connect and chat". Many positive comments were received about the "opportunity to network and connect with other women", the "camaraderie", and the atmosphere. One person noted the "power of sitting with a room full of women who are learning". In both locations, attendees were welcomed by MWI President Ann Mandziuk. Morning greetings were extended by MLA Greg Nesbitt and Mayor Todd Gill in Rivers, and by the Honourable Ron Schuler, Manitoba Minister of Crown Services, in Dugald. MWI is appreciative

of all the sponsors, especially the major sponsors, RBC and the Government of Manitoba through the *Healthy Together Now* program. Twelve MWI memberships were sold during the events; the winners of free memberships were Jennifer Mueller and Betty Senger. Sonja Mueller and Kelly Lewis each won spa gift certificates.

Manitoba Rural Women's Day was indeed a success and plans are being made to hold a similar event in 2017. Preliminary details about this can be found on page 8.

MWI has been a leader in education for rural women since the organization began in 1910. Way back then, members made use of the "train a trainer" method whereby the Extension Staff from the Department of Agriculture (your friendly home economists) would present a program to a group of women who would then go home and instruct the same program in their communities. In 1949, MWI began a new emphasis on education by instituting the first "Leadership Training School". This was attended by 87 women from across the province and held in



Gerry Friesen

Brandon. Can you imagine the hoops these women had to jump through in order to get away from their homes, husbands, and children for a week!! The next school was held in 1952 in Brandon, and after that the location alternated between Brandon and Gimli until 1975, "when the cost of organizing and operating such live-in schools became prohibitive."

Meanwhile, in the late 1950s, the dis-



Heather Klassen prepares the MWI display at the Manitoba Rural Women's Day event in Dugald. Photo by A. Vanderdeen.

tricts (now called regions) began to hold "rallies" that brought women of the district together to foster "the spirit of friendship and neighbourliness". This was an opportunity for women to travel a shorter distance to an educational event, and it gave the district presidents another opportunity to meet with the members. When the leadership schools ceased in 1975, the district rallies became more important. They came to be called "mini schools" and then "seminars" and were the responsibility of the region.

Meanwhile, the concept of a planned program made available to MWI members was introduced in the fall of 1965 by President Elect Marion Fulton. Marion wrote in the *Institute News* December 1965, "This is not compulsory. I felt that if we all studied the same thing at the same time, material could be obtained for all WIs. Each WI will still have some work to do on the program, but we hope that this will be of some help to you." In 1966, six topics were suggested for discussion at local meetings, with local members providing the leadership. This practice of making at least one planned program per year available to the members has carried on to the present day. Not every local has made use of these programs, but they are anticipated eagerly by many. Sometimes members make the presentations and sometimes a speaker is brought in. Sometimes branches come together in a joint meeting and sometimes the meetings are

(Continued on page 8)

(Continued from page 7)

Manitoba Rural Women's Day

opened to the public.

That brings us up to 2015 and the discussions of the Planned Program Committee. Debbie Melosky, Arenda Vanderdeen, and Maren Mueller were having earnest conversations about the purpose of the planned programs. And they were hearing that the regions were less inclined to host fall seminars. The question then became: would there be support for a planned program that was made available to members and non-members in rural locations with most of the work done by the planning committee? The MWI decided that this might work, and Debbie, Arenda, and Maren set to work planning the first Manitoba Rural Women's Day on the theme of *Achieving Family Harmony*. MWI's tradition of providing educational opportunities for rural women continues.

MWI received a letter of congratulations from the Honourable Rochelle Squires, Minister Responsible for the Status of Women. She wrote, "Rural women play an important role in their communities' development and sustainability. The Institute's annual Rural Women's Day events provide a significant opportunity for rural women to meet, discuss, and take action on topical issues impacting them, their families, and communities. ... I commend you for attracting and engaging so many young rural women through your outreach efforts."

DCK



Save the date for Manitoba Rural Women's Day 2017.

Saturday October 14 – Minnedosa or Basswood (location to be confirmed by January)

Saturday October 28 – Komarno

Based on input from the *Manitoba Rural Women's Day* evaluation forms, the high level topic for 2017 is "mental health".

As more details are finalized, they will be available in future issues of the newsletter and on our *Manitoba Rural Women's Day* event Facebook page. Check out the Facebook page and share with your friends.

Submitted by Manitoba Rural Women's Day Committee of Debbie Melosky, Maren Mueller, Arenda Vanderdeen, Diane Hall

If there is to be peace in the world,
 There must be peace in the nations.
 If there is to be peace in the nations,
 There must be peace in the cities.
 If there is to be peace in the cities,
 There must be peace between neighbors.
 If there is to be peace between neighbors,
 There must be peace in the home.
 If there is to be peace in the home,
 There must be peace in the heart.

Lao Tzu

Bulletin Board

- This edition of *The Institute News* is being **mailed electronically only**. Local and regional boards are asked to ensure that all members have access to this newsletter. The February edition will be sent by regular mail.
- In 2010, **Morris WI** dedicated a **bench** in Smith Park to mark the 100th anniversary of that local. Word has been received that the bench has been vandalized and cannot be repaired.
- The **deadline** for the next issue of *The News* is **February 6**.
- Some board members will be attending **SHE Day** in Winnipeg.
- Please submit information about the **regional spring conventions** for printing in the next newsletter.
- There will be no "Focus" in the next issue of *The Institute News*. **Winnipeg/Interlake** will be featured in the April edition.
- The next **MWI board meeting** will be held on **January 9, 2017**, via conference call.
- The **MWI annual convention** will be held at the **Russell Inn, Russell** on **May 5-6**. Joan Clement, Rose Kieper, and Peggy Bradshaw are on the planning committee. The event will focus on *The Changing Roles of Women*.
- The **revised Canada Food Guide** should be available soon.
- The **Senator Cairine Wilson Competition** is printed on page 10. The other **FWIC competitions** were printed in the November 2016 issue of *The News*.

Federated Women's Institutes of Canada (FWIC)

FWIC EXECUTIVE MEETING November 12th, 2016

The FWIC Executive Officers made history when they "put into action" the Triennial theme of *Making Change Count* by having their meeting via Skype (computer) using the audio portion. The meeting ran from 11 a.m. to 1 p.m. (Eastern Time) with an hour break and continued from 2:00 to 4:30 p.m., allowing all the Officers across the country to participate. The meeting was underway after a few glitches. President Linda Hoy welcomed the 10 participants (2 were unable to take part) to the first Skype call and read the Collect. A few participants who were able to only hear the discussions, typed their responses on the computer screen to be read, with the rest responding verbally.

The agenda and reports had been e-mailed and reviewed prior to the meet-

ing call. President Linda Hoy gave a President's Report. FWIC and the Adelaide Hunter Hoodless Homestead financial reports were presented by Wendy Hamilton, FWIC Executive Director, along with a report on the FWIC office. There were discussions from October 2015 and June 2016 board meeting minutes.

A summary report was presented of the questions WI members were asked to respond to, along with interviews either through telephone, Skype, or face-to-face. Interviews with FWIC board members, WI members and non-WI women had taken place from May to September 2016. These were done by the FWIC Executive Director and Dr. Amy Hetherington, a volunteer involved with an entrepreneurial business project at the Laurier University in Brantford. The questions dealt with why women join WI, the strengths and weaknesses of WI, expectations of WI members from FWIC, and what FWIC can do for the WI in Canada.

FWIC board committees and structure came under discussion, along with WI logo, branding and launching, and fundraising ideas for the upcoming FWIC 100th Anniversary in 2019.

The FWIC/International Peace Garden Scholarship report was presented on the time spent with the three scholarship participants at the International Peace Garden. There were discussions whether to continue with the scholarship program. Each Province was to provide information to the FWIC office for review.

President Linda Hoy gave a brief report on her attendance at the ACWW Triennial Conference held in England in August 2016.

The FWIC executive meetings will continue on a bi-monthly basis as a way to be time efficient and as a cost saving measure. The next Skype meeting is tentatively scheduled for the third Saturday in January 2017. The national board meeting, which includes the provincial presidents and executive officers, will be held from June 25-28, 2017, in Fort Coulonge, Quebec, following

the ACWW Area Canada Conference in Pembroke, Ontario, on June 23 to 25, 2017.

Liz Chongva, Manitoba FWIC Executive Officer

PeaceQuest

FWIC has agreed to promote a project called PeaceQuest. PeaceQuest is a peace garden project that encourages communities and organizations to mark the end of the centenary of World War I by creating a peace garden, erecting a peace pole, building a peace labyrinth, or rededicating an existing peace garden. The project was initiated by an organization of the same name, an organization that is non-denominational, non-profit, and non-partisan. "PeaceQuest seeks to commemorate World War I by organizing events that emphasize peace — a value that we believe Canadians cherish." The letter that FWIC received also notes WI's support of the International Peace Garden and suggests then that WI members have "an understanding of the importance of peace gardens as places of renewal and friendship."

The photo below is an example of a peace garden. Those who participate in this project are asked to send photos of peace gardens in progress and at completion. PeaceQuest is also creating an on-line gallery entitled *100 Peaceful Places to Explore in Canada*.

For more information, visit the website at PeaceQuest.ca or e-mail admin@peacequest.ca.

DCK

The Adelaide Hunter Hoodless Canadian Women of the Year Award

The collective impact of our country's female leaders cannot be understated. The *Adelaide Hunter Hoodless Canadian Women of the Year Award* is the premier national award of Women's Institute celebrating the achievements of Canada's most inspirational and influential women. The award recognizes a woman for demonstrating excellence — from leadership to social change, from local to global reach, across multiple sectors. In other words, the award will be presented to a woman who exhibits the qualities of Adelaide Hunter Hoodless, the founder of the WI movement. The nominees do not have to be WI members, although WI involvement is a criteria benefit.

To nominate yourself or a friend please complete the online nomination form found at www.fwic.ca or call the MWI office for a registration form.

Deadline for nominations: Midnight on **January 15, 2017**.



NEWS FROM THE MWI BOARD

The MWI board met face-to-face in Winnipeg on November 7 and 8 and via teleconference on December 5.

Strategic Plan: Meghan McKinnon attended on November 7 to facilitate the discussion of the Strategic Plan.

Changemakers' Communication Plan: The board reviewed the suggested "tactics" and discussed whether they met the priorities of the board as set out in the Strategic Plan. Seven "tactics" were identified as those which MWI might pursue. These seven tactics will be discussed again in January 2017. At the December meeting, the board reviewed a letter received from the Resolutions Committee explaining its concerns about the change in procedure that Changemakers has suggested regarding resolutions.

Gravel road driving instruction: Some time was spent discussing the three resolutions that MWI has sent since 1994 on the subject of gravel road instruction in the high school driver's education curriculum. (See page 4.)

Donna Young: After the November board meeting, a plant and card were delivered to Past President Donna Young.

Donna suffered a stroke in late October. She is doing well and thanked the board and members for the plant. She said, "The plant seems to be growing, which is good."

Manitoba Rural Women's Day: The 2017 planning committee for MRWD now consists of Debbie Melosky, Arenda Vanderdeen, Maren Mueller, and Diane Hall. They have met and are in the process of making plans. (See page 8.)

Mount Lildon WI: Word has been received from Mount Lildon Women's Institute that they will be disbanding. With regret, the board accepted their decision and hope that many of the members will either stay as individual members or see fit to join another group close to their home.

Meeting with the Minister: Members will be preparing for a meeting with the Honourable Ralph Eichler, Minister of Agriculture, in January.

Board meetings: January 9th and February 6th meetings will be held via conference call.

Senator Cairine Wilson Competition 2015-18

This award was introduced in 1957 by Senator Cairine Wilson as a prize for the most outstanding project in citizenship. This is a national competition; judging will take place at the FWIC convention in Winnipeg in 2018. The national winner will receive a \$100 cash prize.

Topic: Scrapbook with journaling
Title: Chronicling My WI Journey

Format:

- 12" by 12" scrapbook with page protectors
- No less than 10 and no more than 20 double-sided pages
- Work must have been completed in this Triennium
- Journaling must be hand written
- Name and branch and/or address to be placed in a sealed envelope attached to the inside of the back cover.

Points: Pictures	40
Journaling	60
Total	100

Manitoba entries will be judged at the 2018 provincial AGM. One entry will be sent forward.

The Story of the Nanaimo Bar

One of the most favourite dainties of all times is the "Nanaimo Bar". You will be happy to know that there is a WI connection! The July 2010 issue of the New Brunswick WI newsletter explained where the recipe came from:

The Nanaimo Bar originated in Ladysmith, south of Nanaimo, British Columbia, in the early 1950s. Mabel Jenkins, a local housewife from Cowichan Bay, submitted the recipe to the annual Ladysmith and Cowichan Women's Institute Cookbook. The cookbook was sold in the early 1950s in the region as a fundraiser. It [the bar] became popular in many of the province's households... and was sold in many of the coffee shops on Nanaimo's Commercial Street. Tourists in the region ... came to refer to these as "Nanaimo Bars". In Nanaimo and points south to Duncan, however, these were originally referred to as "Mabel Bars"

or "WI Bars". The 1954 recipe for Mabel's Squares was published in The Country Woman's Favourite by the Upper Gloucester Women's Institute (New Brunswick). ... Some say that the first use of the name Nanaimo Bars was in the Edith Adams cookbook printed in 1953. Other unconfirmed references date the bars back to the 1930s when it was said to be known as "chocolate fridge cake". Some New Yorkers claim that it originated in New York and refer to them as "New York Slices". ...

Regardless, they surely are good!

Nanaimo Bars City of Nanaimo website

First layer:

1/2 cup softened butter
1/4 cup white sugar
5 tbsp. cocoa
1 egg beaten

1 1/4 cups graham wafer crumbs
1 cup coconut

1/2 cup chopped almonds

Melt first three ingredients in top of double boiler. Add egg and stir to cook and thicken. Remove from heat. Stir in crumbs, coconut, and nuts. Press firmly into an ungreased 8" by 8" pan.

Second layer:

1/2 cup butter
2 Tbsp. and 2 tsp. cream
2 Tbsp. vanilla custard powder
2 cups icing sugar

Cream butter, cream, custard powder, and icing sugar together well. Beat until light. Spread over bottom layer.

Third layer:

4 squares semi-sweet chocolate
2 Tbsp. butter

Melt chocolate and butter over low heat. Cool. Once cool but still liquid, pour over second layer and chill in refrigerator.

Associated Country Women of the World (ACWW)

MWI/ACWW project

#1011 *Strengthening and developing head load fish vending women in coastal villages in India*

ACWW has sent along a progress report of Project #1011, which is being supported by MWI members. The first half of this project has been implemented according to the original proposal. A two-day entrepreneurship development program and a one-day leadership training program were conducted, with 50 beneficiary women participating. All expressed their willingness to use their new skills in their daily working lives, and they learned to use positive thinking to see their occupation in a new light.

Training in fish-processing was provided to 100 women in four batches. They were given equipment and ice boxes, according to their needs. Because the training was conducted mostly in the open air, the rain caused some delay.

Interest-free loans were given to 80 women in order to develop their businesses. Additional women will have received their loans by now. The first beneficiaries of the loans have been making monthly repayments regularly.

Finally, a seven-day leadership training program was conducted for 10 women, selected from the Women Head Load Fish Vendors' Federation. They studied account keeping, micro-credit procedures, and management. The aim of this was to ensure that the participants will be able to manage the micro-credit component of the project on an ongoing basis. These women appeared to be well able to do so.

This project has empowered women in several ways: the women have the means to produce something to sell throughout the year; they have become better able to analyse their businesses; they are no longer in the clutches of unscrupulous moneylenders; the 10 leadership trainees are equipped for management roles in the Federation.

It appears this project, which is funded by *Pennies for Friendship* donations from MWI, is 'well planned and implemented'. In October 2016, MWI sent \$4,418.90 (£6234.81), and another \$2000 from Oak River WI was sent recently.



The Countrywoman

The latest edition of ACWW's magazine was insightful as usual. Some snippets include:

- ♦ The theme for the 2016-19 Triennium is *90 Years of Achievements, Building 90 Years of Opportunities*. The focus will be placed on health care and public health education, sustainable energy, and an increased awareness of sharing life on this planet.
- ♦ ACWW is committed to living in a sustainable manner. The magazine is mailed in an envelope rather than a plastic wrapper because Forest Stewardship Council approved sustainable paper is used for both the magazine and its packaging. "For every tree used in the production of this issue, three are planted in its place. That is part of ACWW's commitment to a healthier planet, and Sustainable Development Goal 12."
- ♦ A page in the magazine is devoted to explaining options for making donations to ACWW. The organization can receive international bank transfers in £ sterling. Donators are asked to pay for the transaction fees when arranging the transfer. Donations can also be made via online donation port-

tals such as *Just Giving* and *The Giving Machine*.

- ♦ The 29th Triennial Conference will be held in Melbourne, Australia in 2019.
- ♦ The 30th Conference will be held in Malaysia in 2022.
- ♦ The board for this Triennium includes Deputy World President Margaret Yetmen from Newfoundland and Canada Area President Sheila Needham, Quebec.
- ♦ Three Canadians are on the Agriculture Committee and one on each of the Triennial Conference and United Nations committees.

- ♦ ACWW has hired Nick Newland as Media and Communications Manager. A whole page in the magazine is devoted to his explanation of some of the benefits of using social media and the helpfulness of using a hashtag (#). (See below) We could all use some education on this!!
- ♦ Individuals can support the good work of ACWW by taking out an individual membership. Visit www.acww.org.uk for more information.

Using #WeAreACWW

The barrier to communication remains when people are trying to network online. This is where #WeAreACWW becomes our best friend. ...The use of a # (known as a 'hashtag') creates a reference that the internet's index can then recognize and begin to catalogue each time it appears. If everyone who posts something on the internet ... uses the hashtag #WeAreACWW, they will all be brought together into a global index of articles and posts about us and our work.

Nick Newland, ACWW

Just for Today

Just for today, I will try to live through this day only and not tackle my whole life problem at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for some time.

Just for today, I will be happy. This assumes to be true what Abraham Lincoln said, that "Most folks are as happy as they make up their minds to be."

Just for today I will adjust myself to what is and not try to adjust everything to my own desires. I will take my "luck" as it comes and fit myself to it.

Just for today, I will try to strengthen my mind. I will study. I will learn something useful; I will not be a mental loafer. I will read something that requires effort, thought, and concentration.

Just for today, I will exercise my soul in three ways: I will do somebody a good turn and not get found out; if anybody knows of it, it will not count. I will do at least two things I don't want to do — just for exercise. I will not show anyone my feelings are hurt; they may be hurt, but today I will not show it.

Just for today, I will be agreeable. I will look as well as I can, dress becomingly, talk low, act courteously, criticize not one bit, not find fault with anything, and not try to improve or regulate anybody except myself.

Just for today, I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests: hurry and indecision.

Just for today, I will have a quiet half hour sometime; I will try to get a better perspective of my life.

Just for today, I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me

Author unknown.

Printed in the December 1966 issue of the MWI Institute News.

Women's History Month

The Status Of Women Manitoba hosted an event to mark *Women's History Month* in the Rotunda of the Manitoba Legislature on October 20, 2016. The theme was *Celebrating Women's Firsts in Policing* and the event marked the 100th anniversary of the first female constable with the Winnipeg Police Force. Panelists included Patrol Sergeant Shelly Glover, Winnipeg Police Service (and former Minister of Canadian Heritage and Official Languages); Constable Kerri McKee, RCMP; and Constable Shanna Bird, Brandon Police Service.

Women's History Month is noted annually and nationally to celebrate the advances and contributions of women in all facets of Canadian life.

Calendar of Events

January 2017

- 9 MWI board meeting (conference call)
- 15 Deadline for *Woman of the Year* nomination
- 17-19 Ag Days, Brandon
- 25-26 KAP AGM, Winnipeg

February 2017

- 6 MWI board meeting (conference call)
- 6 Deadline for newsletter
- 15 Deadline for *Erland Lee Award*
- 16 Canada's Agriculture Day
- 19 WI Day

March 2017

- 6 MWI board meeting, Portage

April 2017

- 3 MWI board meeting (conference call)

May 2017

- 1 MWI board meeting (conference call)
- 5-6 MWI convention, Russell

June 2017

- 5 MWI board meeting, Portage
- 23-25 ACWW Area Conference, Ontario
- 25-28 FWIC board meeting, Quebec

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The following planned programs were offered by MWI in 1967, the year that celebrated Canada's centennial. As our country marks 150 years, could these topics still have relevance?

Your, Yourself in 1967

- * Including grooming, posture, and modelling, use of line and colour, accessories, face shapes and hair styles, self confidence exercises

Canada — 100 Years

- * A look at our past, present, and future as we celebrate our Centennial

What's Ahead for MWI

- * A look at the aims and purpose and structure of MWI and the method of communication within the organization

You and Your Public

- * A study of proper etiquette in introductions, thank you's, courtesies, etc.; public speaking, social awareness, self confidence, exercises

Change and its Implications for You

- * A look at the changes that have and are so rapidly taking place and what this means to you as an individual, your community, and your organization.