

Newsletter | APRIL 2021/MAY 2021

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1129 Queens Avenue, Brandon, MB, Canada R7A 1L9

ZOOMING ACROSS THE POND

The **Marketing and Promotion Committee** members Liz Chongva, Heather Cummings, Angela Pickett and Ann Mandziuk spent an enjoyable afternoon on Zoom learning some of the things it can do for us when we host events. Our teacher, for the afternoon, was Maz (Marion) Thorn from Scotland. Maz is one of the ladies Ann has met during her zoom adventures with the Scottish Women's Institute. Maz, a former teacher, is a great instructor and very knowledgeable in using zoom not only on a laptop but also an iPad and a cell phone. She put us through our paces as we learned how to change our on screen name, mute and unmute ourselves and others. Very trusting, she relinquished her host duties to each of us in turn so we could see what was possible when we were in control of the program. Those who joined our Gardening Zoom presentation will have seen Angela at work as she shared Mick's PowerPoint presentation and also had him in larger view on the screen at the same time.

Since SWI (Scottish Women's Institute) started zoom presentations in March/April of 2020 Maz has offered training through Zoom School to many members of SWI. Her patience in teaching all ages has earned her the title of Super Maz from her colleagues. We are hoping to set up another afternoon session with our friend from 'across the pond' to find out a bit more of the possibilities of Zoom.

Please join us Tuesday, April 20th, 2021 from 7:00 to 8:30 p.m. for a Zoom presentation on the Basics of Composting with Mick Manfield

Mick is an avid composter who completed his Master Composter Course with Green Action Centre in October 2012. He continues to pass on his knowledge about composting to gardening groups. His presentation will cover the basics of back yard composting including dispelling some common myths and offering solutions for problems that could occur. He will also offer some practical guidelines for composting during the winter months. A pdf copy of his presentation will be available after the presentation for those who want it.

To register, please reply to this email by Tuesday, April 20th, 2021 by 4:00 p.m.
Zoom help documents are available from the office by request.



Manitoba Women's Institute

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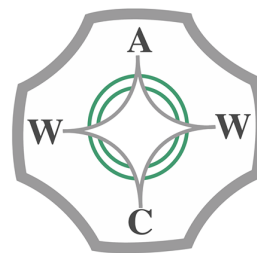


Mission Statement

"Manitoba Women's Institute is an organization that focuses on personal development, family agriculture, rural development and community action... locally and globally."

Vision Statement

Manitoba Women's Institute strengthens women, families and communities.



visit www.acww.org.uk for a new ACWW experience
updated resources, new presentations,
more information, easy membership renewals

Visit the FWIC website
<https://www.fwic.ca/>



President's Thoughts

Greetings Everyone,

Welcome to Spring, we made it through the winter and will soon enjoy feeling the sun on our face and for those so inclined our hands in the warm soil. It may have felt like a long winter but the months continue to fly by at an amazing speed.



MWI continues to welcome new members. It will be wonderful to greet each other at in-person meetings, we hope in the near future. In the meantime the MWI board continues to perform the business at hand.

Please remember that without volunteers to work on MWI committees, we will cease to thrive and exist. COVID has created opportunities for change and enables not-for-profit organizations to adapt and flourish. There are numerous ways to keep MWI healthy until we can hold in-person meetings again. If you know how to use Zoom, Skype or Facebook messenger and are willing to help coordinate meetings, presentations and educational sessions for your local institute using technology please let Angela or I know and we will create some magic together.

There are a multitude of organizations offering free or minimally priced presentations by talented and knowledgeable speakers. For example, our MWI Marketing and Promotion Committee continues to hold monthly zoom chats and presentations. These educational sessions have been very successful, ranging from 15 to 30 participants.

Two of the upcoming zoom presentations will be:

- Mick Manfield speaking on The Basics of Backyard Composting. This presentation will take place on Tuesday, April 20th at 7pm with a question and answer session to follow.
- Lynda Lowry discussing Nutrition and Using Herbs in Cooking, as a substitute to salt and other preservatives. Join Lynda on Saturday, May 1st at 10am, **To register for either of these free educational sessions contact Angela at mbwi@mymts.net or phone 204-726-7135 to register.**

If you have a topic you would like to have a presenter speak on, please let us know and we will try to find a speaker.

For those of you who would enjoy an evening of music, you may want to join Dave Lavalley - Lavalley Tradition on Facebook at 8pm on Fridays. The evening of entertainment is free of charge and will get you humming to many well known tunes.

MWI's faithful followers on Facebook frequently see new posts which may include information regarding some free and/or low cost workshops and presentations available from sister organizations. You may even find a new hobby or spice up your life with a new interest.

On another topic, remember it is time to submit scholarship applications for our 2 scholarships, each is worth \$1000. Applications may also be submitted not only by graduating high school students but also by mature students entering academic or vocational programs. Applications are available through the Red River Ex Foundation <https://www.redriverex.com/scholarships/> The deadline is May 14th at 11:59pm.

Lastly, by now you should have received your AGM 2021 voting ballot. Please contact Angela at the MWI office if you have a question, by phone at **204-726-7135** or email mbwi@mymts.net Please vote and send your ballot in soon, especially if you are like me and tend to get busy with other tasks and forget.

Take Care everyone! Please remember to continue making "sunshine calls" to people who would cherish a friendly phone visit with you.

Bye for now, Debra Barrett

EXECUTIVE ADMINISTRATOR'S REPORT

Happy Spring to all MWI members! That was somehow the fastest and slowest winter, regardless, I am happy that spring flowers are just around the corner!

Speaking of flowers, thank you to all who attended our Zoom presentation with Mick Manfield. I know that I learned a lot and can not wait to apply my new knowledge on gardening! Please, if you were unable to attend or do not have the internet, you may call or email the office for a copy of the presentation. I can not wait for our next Zoom session! It is a unique way to bring our members together, as well as others in the community.



The office is a busy place with our Annual General Meeting mail-version in process. By now every member should have received a voting package. This is what it should look like: to those with an email, the Annual Report and bylaw documents were emailed, the ballot and information mailed. For those without an email, all of the above would have been sent in your package. For any reason you did NOT receive any of the documents, please contact the office by phone or email as soon as possible as it is important that you have the chance to vote! Each member should have received: the Annual report and finance documents, Bylaw 2021 and lined-edits, letter from the President, slate of directors, and voting ballot as well as a self-addressed stamped envelope.

The ballots will be counted the week of May 10th (with two additional scrutineers) and the results published in our next newsletter. We had a fantastic turn out last year, let's see if we can do even better this year! Hoping this finds you healthy and well, until next time.... Angela

Executive Administrator



Requests for Canadian WI pen pals keep coming in ... join the fun of learning about British WI projects and armchair travel....send replies to. info@fwic.ca

Looking for a Manitoba Pen Pal?

Angela has received a request in the office.

A lady from Alberta is looking for a Pen Pal from Manitoba.

If this is something that might interest you, please get in touch with Angela directly.

by phone at **204-726-7135** or email mbwi@mymts.net

MEET A MEMBER

I have recently had the pleasure of speaking with some of our newest MWI members. Ann Mandziuk, PHEC

Trish Masniuk

Trish lives in Winnipeg at the moment but will be moving to the community of Menzie (located on Hwy 45 not far from Oakburn). She grew up in Narcisse and her mother was a very active WI member. Trish went on to study at the U of M in Foods and Nutrition. Now retired she spends time volunteering in Women's and Human Rights organizations. Trish's interests vary from textile arts, outdoor activities like camping, fishing, hiking and cycling. Genealogy, writing and cooking take up what is left of her time.

She joined WI because she always had an interest from childhood and attending meetings with her mother. If she had realized she could have been a member while living in Winnipeg she would have joined sooner! She feels topics around gardening, greenhouses, composting, etc. could be a way we might encourage women to join our ranks. Food, crafts and learning new skills are other ways to encourage women to join us as well. International awareness and our connection to ACWW and the challenges country women around the world face are other reasons to become involved.

Amanda Elston

Amanda is a 3rd year student at BU studying Sociology (major) and Psychology (minor). She has one more year to graduation. Her goal is study for her masters at U of M so she can become a Policy Analyst. She volunteers with Big Brothers and Sisters in Brandon and is currently a big sister to an 8 year old girl. She like the outdoors. Amanda works as a Health Care Aid in a retirement home. She has continued to work during COVID and was part of a Rapid Response Team. A young woman who is passionate about current events and issues of the day. Some of the issues she feels might be of interest to WI members include drug usage, homelessness, and ways to support some of the issues in the times we live in. Many services for those who are struggling are on hold because of COVID. She sees WI as having a role to advocate for those struggling with issues. (This got me thinking about the Resolutions we have supported over the years.) Throughout her volunteering, part time job, and her other interests she finds that she can apply what she is learning at university to what she is doing in her daily life. Listening to her talk, she is a very passionate young woman wanting to make a difference in the lives of many.

Grace Kyoan-Achan

I am a woman, a wife and mother. I am also an experienced researcher and implementation scientist. I am currently an associate researcher at the Children's Hospital Research Institute of Manitoba, an affiliate of the Rady Faculty of Health Sciences, University of Manitoba. My research interests are health equity, health promotion, social justice, mental health and wellbeing, the intersection of insecurities, displacement, disposessions, and health. My personal interests are traveling, health, beauty, and wellbeing. I love all things natural and beautiful. I firmly believe that women can achieve anything they set their hearts to and I believe in community.

I joined MWI because I was seeking a community of women. I wanted to be in circles where I could interact with other women who care about life and occurrences around them. Women who want to keep important things on the front burners of private and public life. I am usually a terribly busy woman; I often have my head down working and meeting personal and work goals. But I know that the best work that can be accomplished, are the things we can do together, even if it is as simple as getting together and just enjoying each others company and hatching new ideas.

I had also looked up the MWI and noticed some of the work they had been doing, and some of it had to do with empowering and support people living in rural and remote areas to succeed and build stable, productive, and thriving communities. I readily saw myself right there. **Continued on the bottom of page 6**

As a member of the Manitoba Association of Home Economists, I was very interested to read about this project while in its infancy and starting to take shape. Below is some information on the project and links to the website and a link to the booklet in the photo.

We are pleased to announce the launch of our updated [HomeFamily.net](https://www.homefamily.net) website as part of the Pandemic response project.

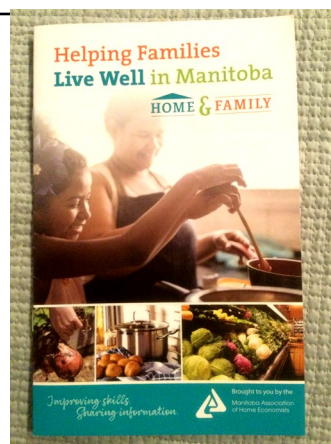
Website Launch Promotion Video: <https://www.youtube.com/watch?v=1wHdSBnyg24>

Our team of home economist writers and reviewers (In late 2020 early 2021 I spent several hours reviewing resources sent to me by the Program Manager hired to work on this project.) have created new resources in the areas of nutrition, food preparation and cooking, food preservation, food shopping and household budgeting. HomeFamily.net now provides consumers with relevant information and tools that can support them in preparing healthy, low-cost meals using locally sourced ingredients, and build confidence in the decisions made every day. Attention has been taken to build resources for specific populations including newcomers, indigenous peoples and Manitobans living in Northern communities. We encourage you to explore the new site content and share these resources within your communities around the province.

This project was funded by the governments of Canada and Manitoba through the Canadian Agricultural Partnership, Ag Action Manitoba program in response to the increased financial pressures for families, the need for basic nutrition and cooking information, and a rise in food supply concerns in Manitoba. MAHE appreciates the opportunity to collaborate with community agencies, health professionals and government in the development of these resources. Our collective knowledge in these areas has certainly been an asset to creating a meaningful and comprehensive resource.

As an extension of the HomeFamily.net electronic resources, MAHE has also developed a printed booklet, [*Helping Families Live Well in Manitoba*](#), with affordable healthy eating tips, food shopping advice, food preservation information, and a mix of recipes using local ingredients. Check out the website HomeFamily.net to see some of the resources that are now available. Share them with family members and others in your community. I think they would be great resources for young people heading off for further education or a first job. The YouTube link above gives you an overview of the information available on the new website.

Ann Mandziuk, PHEc.



Continued from page 5 Over the years, I have worked with various indigenous and newcomer communities and any projects that support these communities is a certain draw for me. I am also fascinated by the focus on farm safety and oral health promotion. I look forward to hearing more about MWI efforts in these areas and contributing however I can.

I think that topics having to do with women in leadership continue to be a draw for women. Although great strides have been made in this area, more still needs to be done and not all women are liberated and empowered yet.

Women's health and wellbeing is also important, especially now when women are taking on more and more roles on both fronts – at work and at home. We need to learn how to be well as we serve all the people and communities we love and care about. (I was unable to speak with Grace but she put her thoughts on paper for me.)



Below are excerpts from emails received by Denise Joss FWIC Rep and Janice Harrison, Manitoba 150 Chair from the International Peace Garden regarding what is happening at IPG and the status of the plants ordered for MB 150 and donated by MWI.

Here's an update on FWIC garden areas:

- Horticulturist in the Sunken Garden, Meredith Swanson, planted Arborvitae trees to the North side of the stone shelter in 2020, creating a beautiful privacy hedge. Her plans are to mulch the area this year.
- No major plantings are planned for the perennial beds due south of the stone shelter in 2021. (Where the Chinook Roses are planted)
- The fountain to the south of the shelter is functional although it needs repair work done to the masonry on the edges. We will obtain quotes to fix this and report back with a plan of action.
- The donation of plants to the Conservatory has been purchased and will arrive in mid-June. Thank you very much for that! We'll reach out when they get here. Details were emailed to Janice Harrison recently.



We were finally able to source the rare plants from Socotra for your donation to the Conservatory. Due to the sensitivity of these plants to temperatures beneath 10C, they will only be shipped to us in **June**. I will keep you up to date as we get closer to the time.

The following plants were purchased:

- 3x Dragon Tree (*Draceana draco*) (left)
- 2x Socotra Desert Rose (*Adenium socotranum*) (middle)
- 2x Socotra Fig (*Dorstenia gigas*) (right)

The total for all these plants is U\$ 233.30 (**C\$ 282.30**), which includes shipping and the necessary phytosanitary certificates for import.

Johannes Olwage
Director of Horticulture, IPG

Notice to All MWI Members

FWIC will be holding a vote on two resolutions at their virtual Convention to be held on July 5-6, 2021. The MWI Board will be voting on these resolutions and would like to hear from our membership regarding their wishes on how you would like the Board to vote. Please forward your feedback to Angela at the office by email to mbwi@mymts.net or by phone at 204-726-7135 prior to May 30th. Should you wish to receive the full FWIC documentation please let Angela know and she will email or fax you a copy. The resolutions are as follows:

SPECIAL RESOLUTION 2021-01: Revision of FWIC By-Laws

The Federated Women's Institutes of Canada, founded in 1919, is under the authority of the Canada Not-for-Profit Corporations Act. It also completed its Certification of Continuance in 2013. FWIC is also a Registered Charity governed by both the Not-for-profit Corporations Act and the Canada Income Tax Act. The present Federated Women's Institutes of Canada By-Laws are not in accordance with the current Government Regulations in all sections. THEREFORE:

BE IT RESOLVED that By-Law No. I of the Federated Women's Institutes of Canada, a By-Law relating to the organization and the transaction of its affairs, be adopted.

Submitted by the Board of Federated Women's Institutes of Canada

SPECIAL RESOLUTION 2021-02: Increase Fees from Provincial and Territorial Units

The Federated Women's Institutes of Canada has few funding options and the fees paid by the Provinces have not increased since 2002. Over the last nineteen years, costs to operate have continued to grow. Grants have been applied for but are not always successful. The Board is requesting an increase of \$2.50 on a per capita basis from the Provincial and Territorial units. THEREFORE:

BE IT RESOLVED that the Federated Women's Institutes of Canada increase the fees on a per capita basis from the Provincial and Territorial Units from \$5.00 to \$7.50 starting February 1, 2023.

Submitted by the Board of Federated Women's Institutes of Canada



Manitoba Women's Institute (MWI)
Women's Day

Come join Lynda Lowry, Home Economist, on a Zoom presentation
May 1st starting at 10 am and running until 12 noon
Topic – Nutrition & Healthy Eating

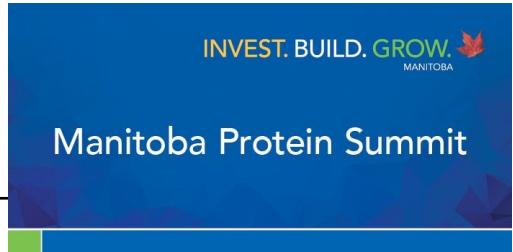
This Zoom presentation, offered by MWI, will be the first in a series of Saturday morning education seminars to be held over the next few months. The presentation will be followed by a time for participants to ask their questions & receive answers from the speaker. To participate register with Angela by email mbwi@mymts.net or phone 204-726-7135.



A Good Dose Of Laughter And Fun!



Heather Cummings and Gisela Nolting are members of our Agriculture Committee. Heather has been busy 'attending' via Zoom some conferences this past February and March. Definitely a good way to spend some of the bitterly cold days we had this past winter. Below are some notes from Heather regarding the 2 Virtual events she attended.



Feb. 23 to 25 was the virtual MB Protein Summit which I attended. This summit was organized by the MB Protein Consortium which was formed in 2019. This Consortium is made up of producers, right through to the consumer of the protein. The purpose of this summit was to increase the discourse on sustainable food systems. The goal is to include scientists, farmers, consumers, employees, and processors in dialogue. They had a large variety of speakers and panels in the 3 days. They covered everything from soil health to packaging. There was emphasis on collaboration in all areas.

Sustainability of Canadian Agriculture Virtual Conference

March 1, 2, and 3 were the dates of a virtual conference on the Sustainability of Canadian Agriculture. Day 1 we learned about Holo, a program on how to track the carbon output of farms. The afternoon featured several topics on soil management, protection and improvement, some using and including a mixed farming approach. How livestock can be used as a strategy to improve soil health. Day 2 a.m. featured a crop metrics training which was online mapping to monitor in season crop progress. The p.m. topic was Canadian evidence of climate change—what's happened and how are we responding. Topics the speakers spoke on were the impact of climate change on crop water demand, whether past climate trends provide a future roadmap, and how dairy farms are leading the pack in environment adaptation. It was stressed that NOT ONE SIZE FITS ALL in farming, that education is important and the demonstration helps a great deal. Day 3 the topic was Carbon Production, Trading and Neutrality—what does it mean for producers. The speakers spoke on the environmental footprint of the feedlot industry, the food processing industry and changes on landscape to capture carbon. All in all, a very interesting 3 days.





Kathy Polischuk (July 29, 1941 – February 7, 2021)

Kathy was a member of the Woodmore WI for 49 years. She was a super hard worker and was always willing to help anyone in need. She was very active in the WI, over her years as a member she was local president for 12 years, secretary for 8 years and served as Regional Representative to the MWI Board for 2 years. Kathy always had a smile for everyone. Kathy enjoyed playing baseball with the Woodmore Night Owls, even as she got older, she still enjoyed playing at community picnics. Rest in peace dear friend.

Mary Sawatzky (July 29, 1930 – December 17, 2020)

Mary was a member of the Woodmore WI for 20 years. She attended conventions and AGM's, always fun loving and never hesitated to try anything. She enjoyed the social outings, be it a tour or just our lunch group going out for a monthly lunch. She gardened in the summer and puzzled in the winter. She took great pride in her family and shared many stories about their achievements. Mary will be greatly missed by everyone who knew her.

MWI Members—The True Jewels of our Organization

MWI members have a 110+ year history of being 'movers and shakers' in their communities and leaders focused on women's issues. Women are known to positively impact the lives of those in their family, community, province and globally. However, our MWI members do not always get the respect and recognition they deserve for going above and beyond in aid of those around them.

The MWI Board is starting new initiatives whereby our membership can formally recognize those MWI members they know who deserve a huge pat on the back.

Institutes and Individual members who wish to recommend a MWI member to receive a '**Volunteer of the Year**' award, or a '**Certificate of Recognition**' should provide the name of the deserving person to our Exec. Admin, at the MWI office. The recommendation must include a few sentences sharing the "recommended member's" commitment and service to MWI.

There will also be an "**In Memoriam**" added in our newsletters to pay tribute to those members who have passed on to greater volunteer opportunities beyond this world.

Lastly, the Board would like to recognize in our Newsletter an '**Institute of the Month**' or '**Individual Member of the Month**'. For institutes, please include the year your institute was founded, the year your institute received its charter, your longest serving member, annual event/s you are most proud of, and the total average volunteer hours of your members. For Individual member, please include the year the member became a member of MWI, the annual event/s the member assists with, and the annual volunteer hours the member contributes on behalf of MWI.

These initiatives will start by recognizing members of this current year, November 1, 2020 to October 31, 2021.

- Debra Barrett



RURAL
WOMEN
IN ACTION

CREATING AN ETHICAL CLOSET

Creating an ethical closet can contribute to the success of multiple ACWW Resolutions and UN Initiatives. Follow these tips to make even your wardrobe work for a better world!

- An old wardrobe is an ethical wardrobe

Take care of your clothes so that they last longer. (Bonus: Cold washes help your clothes last longer and are more energy efficient!)

- Make new garments out of clothes you already own

If you are a competent seamstress, why not consider hosting a workshop on repairing or re-purposing old clothes?

- Participate in clothing swaps in your area

One complaint about clothing swaps is that they don't cater to a variety of body types - the only way to fix this is to get more people involved!

- If you need to buy a new garment, make sure that it is from an ethical, local company

Ethical clothing is usually more expensive, but try to remember that mass production and low wages are the driving force behind 'fast fashion.'

- Remember that you can't change the world alone

While you can make small, incremental changes in your own life (and these are very important!) the responsibility for ethical working conditions and decent work lies with companies and the governments enforcing labour legislation. Lobbying and awareness raising are very important in the pursuit of decent work for women.

Coming Events

APRIL

20—Zoom Presentation—Composting, Mick Manfield

22—Earth Day

29—ACWW Women Walk the World

30—**AGM BALLOTS POSTMARKED NO LATER THAN APRIL 30**

MAY

1—Nutrition and Healthy Eating, Lynda Lowry via Zoom

9—Mother's Day

14—MWI Scholarship deadline at 11:59 p.m.

15—International Day of Families

20—World Bee Day

31—June 6—National AccessAbility Week

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To comment or to make a submission, please send an e-mail to:

mbwi@mymts.net



When your phone dies in public and you don't know what to do with yourself



BE SO HAPPY THAT
WHEN OTHERS
LOOK AT YOU,
THEY BECOME
HAPPY TOO.

