

Newsletter | AUGUST 2021/SEPTEMBER 2021

Vol 104. No. 4



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



I have great news to share. The Provincial Government completed their review of the non-profit organizations under their funding base and have communicated to myself that MWI will be receiving full funding at our historic rate for a term of three (3) years.

I have also been informed that MWI should expect to be signing the funding agreement with Minister Eichler soon.

As reported by MWI President Debra Barrett



New Minister of Agriculture announced

Ralph Eichler was elected as the MLA for Lakeside in 2003 and re-elected in 2007, 2011, 2016 and 2019. A business owner and former administrator for the Interlake School Division, Eichler is an active volunteer in his community, serving various organizations including the Teulon and Area Lions Club, the Stonewall Royal Canadian Legion, the Interlake Community Foundation Board, and the Teulon Golf and Country Club. He and his wife Gail have three children and three grandchildren.

Minister Eichler is the minister that oversees Manitoba Women's Institute.

RECIPES, RECIPES, RECIPES, RECIPES, RECIPES, RECIPES

Send us your Tried and True Christmas recipes by **NOVEMBER 22, 2021**. We will include them in the December newsletter. With the newsletter being distributed early in December you just might have a day or two to try a new favourite recipe from a WI friend!



Manitoba Women's Institute

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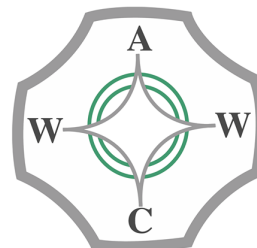


Mission Statement

"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,

I hope this newsletter finds everyone looking forward to an autumn season filled with lots of colour and mild weather. I start this newsletter with a big Thank You to the Silverton W.I. for inviting Liz Chongva (Pres-elect) and I to your August luncheon. We really enjoyed our time visiting with your members and look forward to meeting with many Institutes, as the year progresses. Thank you, Peggy, for arranging our visit and providing us with your hospitality. If your Institute would like us to visit at one of your monthly meetings let either Liz or I know, and we will schedule a visit.

We have a special "job well done" going out to Marion McNabb on her award-winning entry to the FWIC Triennial's story competition. Your story was well written and obviously heartfelt. Congratulations we look forward to reading more of your writings in the future.

This summer MWI has also been busy discussing the upcoming year. The 2021/2022 year will see some board members retire from their positions on the board. If you have the time and desire to represent your area, please let us know. This year the Board meets every second month using Zoom at 7pm which allows Board members to participate without leaving their cozy homes. Representatives are required from the Eastern, Northwest, and Southwest regions, to find out more about the positions please contact Angela at the office. There will be a formal call for nominations in the next newsletter.

The start of our new year will continue to look very different from our usual way of doing things. The MWI Women's Day (formerly Manitoba Rural Women's Day) has been postponed until next fall, due to the COVID-19 fourth wave. However, we will continue to provide zoom sessions on topics of interest requested by members. If you have an interest in a specific topic or speaker, please let Angela know at the office and we will work towards scheduling a presentation.

A little reminder, the title Manitoba Rural Women's Day was renamed to MWI Women's Day to ensure all women, no matter where they live, feel included.

There have been a couple questions about holding an in-person AGM this coming year, at this point meeting in-person does not appear a possibility. Therefore, we are considering holding a virtual AGM with a mail in vote. Liz and I have been attending virtual AGMs with other provinces and have learned a lot about how to make them work for Manitoba. I am sure we all look forward to a time in the near future when we will be able to visit and laugh with each other in a central location, unfortunately that does not appear to be this April/May.

Lastly, MWI has had some members who have gone above and beyond to assist their communities in keeping MWI alive and healthy through the last couple years. If you know one of these ladies, please provide her name to Angela at the office so we can formally recognize her efforts and dedication to MWI.

Wishing you all a healthy and happy fall! Ending with a little pun for you – You're so beautiful, even the leaves fall for you. Bye for now, please stay safe and wash your hands.

Debra Barrett



EXECUTIVE ADMINISTRATOR'S REPORT

It is hard to believe that summer is almost over! It was a difficult summer for many with raging forest fires and dry fields, and my heart goes out to all of those affected.

August saw many restrictions lifted and it gives me hope that I may see your faces in person once again in the coming months and we can return to a new normal.

The office was closed this summer so there is not a lot to report that way, but I am looking forward to the routine that fall brings. Every season to me is like a new beginning, a chance to accomplish goals and plans.

I hope that even with the ability to meet in person that we continue to have Zoom events, as it does reach an audience that may be unable to attend otherwise and gives us the chance to learn from the comfort of our own home. However, nothing beats face to face and I do look forward to the day I can reconnect with the board and our members. (caution - I am a hugger!)

The new year membership forms will be going out in the next month, please return them in a timely fashion and ensure any address/email/member changes are reported.

Until next time...

Angela Pickett



Cacti Update

Janice Harrison reports that the 'cacti are in the mail'!! Johannes from International Peace Garden says they were shipped from Europe on July 21. He will be letting Janice know when they arrive in Canada and ultimately at IPG. Not sure if they have to isolate for 14 days for COVID-19 restrictions! But being plant material they will likely have to isolate somewhere before heading to the Conservatory.



MEET A MEMBER OR TWO

In this issue of the newsletter we focused on 2 long time WI members, one from the Interlake and one from the Southwest. I spent a delightful hour + with each lady hearing their thoughts and stories on Women's Institutes. It brought back memories of some of my first experiences as a Home Economist who had no experience with WI—my mum was a Horticultural Society member in our community.

Rosie Barrett's has been an active WI member for 67 years. Her mother-in-law was one of the women who helped to start the Fisher Branch Women's Institute in 1948. So, what chance did Rosie have of not being asked to join the organization after she married in 1954! She joined the group and was thankful that she did.

She has continued to be a member because of not only working for the community and WI helped me get to know the women in the group. Being a member, you really got to know the ladies in the group and they became life long friends. Being part of the same organization and working together helped to get to know the ladies at a different level – not just casually.

I asked Rosie what her most poignant memory of WI was and she shared 2 very different stories. For 30 years Fisher Branch WI organized "Beer and Skits". It was a much-anticipated community event that raised funds for the community. I had the opportunity to see a wee sample of the WI's Martha and Hazel performance at a regional convention in Fisher Branch during my time as president. I could certainly see why the community looked forward to the annual evening. The ladies were hilarious!!

Rosie's second story gives real meaning to our motto For Home and Country. Not long after Rosie joined the group, one of their members became a widow with 3 young children (one still a baby). She did not have a washing machine and so the members purchased one for her. It was delivered in the middle of winter with closed roads. They got to the closest farm and the farmer loaded it into a sleigh and took the machine by horses across the fields to the woman. Needless to say, the WI ladies made this young mother very happy with their gift to her and her children. Rosie fondly remembers feeling so happy for her.

She also commented on the changing lifestyles and how it has affected WI. When she first joined very few women worked off the farm/outside of the home. So, this meant that they could have some time to join different organizations. Now with so many employed, younger women don't have the time to devote to being a member of an organization. They do support what Women's Institute does and have participated in courses like CPR and Car Maintenance that have been offered in their community.

Rosie feels Women's Institute needs to continue to sing our praises. In Fisher Branch they have the opportunity to tell their WI story in a local newspaper North of 60. "Did you Know" gives the group the opportunity to share what they are doing presently in the community and also what they have done in the past. It is a great way for community members to see how active the group was when it first began but more importantly how active they still are. Being a vital part of a community may help to bring us more members. Rosie recalls that the WI ladies were called in to help when the first hospital was built in Fisher Branch, by washing all the walls in the building and unpacking many, many boxes before it opened.

When I asked about the most positive change(s) Rosie had seen she commented that some have been so gradual that it is hard to identify them. But others are more noticeable – we don't need to wear hats and gloves to

(Continued on page 6)

(Continued from page 5)

meetings and usually aren't called "Mrs. Barrett"! We still work for Home and Country in one way or another. Technology is a positive change – one of their Fisher Branch members has a pen pal in Scotland and they communicate via email. Their local secretary is a whiz on the computer and that has meant their group stays up-to-date electronically as well. Rosie mentioned before I called, she had been chatting on Facetime with a granddaughter – who she warned she would have to hang up with when I called! Another most enjoyable hour of conversation!

~ ~ ~ ~ ~

Marion McNabb has been a member for 50+ years. She knew about Women's Institute but with a young family didn't feel she had the time to get involved but after moving to Basswood in 1965 she joined their group. She had a friend who was a member and Marion felt she wanted to join to get to know other women in her community.

What has prompted Marion to remain a member is the women she has met over the years, as well as what she can do to be an influence in her province and community. Marion has always been politically active but found with WI she could be active in a non-partisan way. Going after a problem and ways to make things better prompted her to stay. The resolutions WI puts forward played a big role in this for Marion. As an organization, she knows we need to keep dealing with the issues at hand for the betterment of our community.

Marion's most poignant memory of her time in WI was working on the ACWW Triennial Committee for the 1983 Vancouver convention. She oversaw the 100 Voice Choir committee. Over the 3-year planning time they met in different provinces so they could all meet together. That also meant that she got to see different parts of Canada. They didn't quite meet their goal of 100 voices but they did have over 90 voices from provinces in Canada. Marion travelled (by herself) to Winnipeg to meet with the General Manager of The Bay to convince him to donate red and white material for caftans for each choir participant to wear. After a trip to his office in downtown Winnipeg, he agreed to supply the material – but Marion had to contact him again to say they were shorted yardage on one of the fabrics and he came through with more fabric for them! Marion's committee had to meet to measure out equal amounts of red and white material in the correct lengths for each choir member, send the fabric to all parts of Canada so the member could sew their caftans. Red on the back and white on the front with a red sash. Needless to say, the caftans made a definite splash at the Triennium and the choir was a hit.

When asked if there was a topic or project WI should tackle, Marion's quick response was Bill 64 – she feels we should be tackling this. Taking the control away from school boards will kill local involvement and local say in education. Regardless of your political stripe we should be speaking up for maintaining meaningful participation in education in our communities.

Marion feels WI will remain strong if we stick to our principles – local needs in our communities, we have the opportunity to influence beyond what is happening and make a difference.

Recently Marion won first prize in the Senator Cairine Wilson competition at FWIC. Her winning entry was about Edward Schreyer becoming Governor General of Canada. After hearing Marion describe her interest in politics, I could understand why this would be of interest. But she went on to describe her love of writing and the fact that she had all the information at her fingertips from scrapbooks her Mother had put together during the time Edward was Governor General. (If you know someone who registered for the FWIC Virtual Convention they received a booklet that includes Marion's essay.)

Our hour in conversation slipped by quickly – thank you Marion for your time and stories.

VIRTUAL WI

In Manitoba the Marketing and Promotion Committee, have wondered if there is any interest in a Virtual Branch. Groups have formed in Great Britain and likely many other places in the world. Is this something that might interest you? If so, please let Angela in the office know—send her a quick email. The short article below describes what is being done by one group in British Columbia. If you are interested in learning more we can contact the BC provincial office.

New Wave Women's Institute Developing a Virtual Model for Participation

Frankly, it can be tough to participate in a community group. Even before pandemic lockdowns, physical branch attendance didn't work for everyone. You may lack the time or perhaps there isn't a branch nearby. Perhaps you've tried your local branch and found you didn't fit in.

In creating a virtual branch, we hope to reach women who want to teach and learn, to help each other become more socially aware, to make a difference and be better citizens in your communities - home, neighbourhood, country, and globally.

To begin with, we're gathering interest across Canada. We hope, in the future, to create regional branches.

To foster this growth, we will stay connected with regular emails communicating our progress. We will also hold regular meetings via video conference to connect and to create consensus as we move forward.

Written by Jennifer Bosch Gyuricska for the New Wave Women's Institute British Columbia

We need your help to see if we can build a group for Manitoba members.

Will you tell us about yourself? If you're at all interested in participating in a virtual membership, no matter your geographic location, we want to hear from you.

Will you share? If there's someone in your life who may also be interested in participating, please let them know about MWI

Last, if you have any questions, even "dumb" ones, please reach out to us via email at mbwi@mymts.net

REMINDERS FOR HARD DAYS

WHOLEHearted
PERSONAL COACHING

1. A bad day does not equal a bad life. *You are not this struggle*
2. Not all thoughts are true. *Phew.*
3. Feelings are not facts. *But all your feelings are valid, real, and allowed.*
4. The only way out is through. *DARN IT.*
5. Your worth is not contingent on circumstances. *You are LOVABLE and ENOUGH always.*
6. Nothing stays the same. *Life guarantees this.*
7. You can't be everything to everyone. *But you can be true to yourself.*
8. Be gentle with yourself. And trust your inner voice, strength, and resilience. *And be vulnerable.*
9. You're not alone. It's okay to ask for help. *^*
10. Focus on the things you can control. *Let go of the rest. This is easier said than done.*

What to Tell Myself When I'm Feeling Anxious

WHOLEHearted
PERSONAL COACHING

1. This feeling won't last forever.
2. Thoughts and emotions aren't facts.
3. I can feel anxious and still handle this.
4. My *bravery* is stronger than my fear.
5. I am safe right now.
6. Anxiety is reminding me to *slow down my breathing.*
7. I've survived other tough times before, and I will be resilient this time, too.
8. This feeling is a normal reaction. I will use my coping tools to respond with thoughtfulness and self-compassion.
9. I don't have to figure this all out right now; I will *trust* the process.
10. *Thank you anxiety* for always trying to look out for me, but it's okay now; *I got this.*



"FOOD DAY CANADA"

Canadians were invited to celebrate Canadian Cuisine (from farmers to chefs) by shining a light at 9 pm on July 31, 2021.

"FARM SAFETY FOR CHILDREN"

BASF and CASA (Canadian Agricultural Safety Association) have released a safety scouts kit which you can receive by mail. It is to help kids in learning about farm safety. You can go to the CASA website to order it.

<https://www.casa-acsa.ca/en/resources/for-kids/>

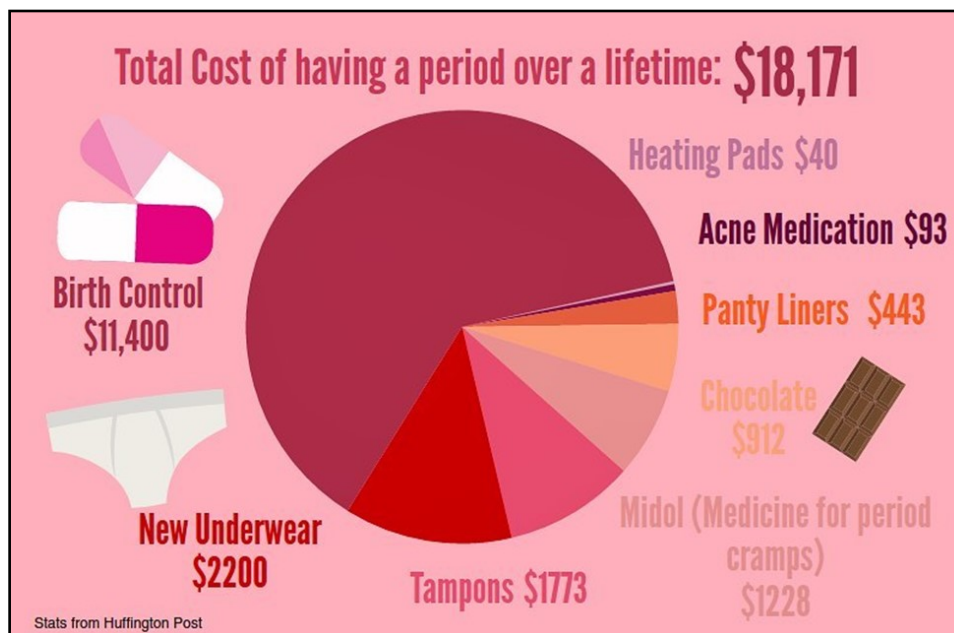
Submitted by Gisela Nolting



CASA | ACSA
CANADIAN AGRICULTURAL SAFETY ASSOCIATION
ASSOCIATION CANADIENNE DE SÉCURITÉ AGRICOLE

Is your local looking for a project this coming year? This graphic and information was shared on my Facebook page at the beginning of August. For those who have limited resources this must be a worrying thought and a trying time that never goes away. I know I have given sanitary supplies from time to time. From now on it is going to be one of my go to items for donations. Those donations could be given to local Food Banks, YWCA groups, Women's Shelters, Bear Clan Patrols, etc. Some provincial WI groups have a special collection month and then make a donation, to women's organization, of the items they have collected.

Ann Mandziuk



Samaritan House Ministries

It's another [#TamponTuesday](#) where we highlight the importance of access to feminine hygiene products; which are not a luxury but a basic necessity. Many women are risking their health when they can't afford proper or sanitary tampons, pads, liners and other feminine products. We provide these items in our food bank and shelter and are counting on your donations. Please share!

In the last newsletter edition we gave you a list of the newest committees and membership for the coming year. As we start to plan for in-person meetings and new programs this year we thought we would re-run the committees to give you ideas, in case you need some for your program planning in the 2021-2022 year. Happy planning!

MANITOBA WOMEN'S INSTITUTE **2021/2022 COMMITTEE STRUCTURES**

Board Members: Gisela Nolting – Wpg/Interlake; Janice Harrison – Eastern; Peggy Bradshaw – Southwest & Northwest; Heather Cummings – Gov't Appointee; Denise Joss – FWIC; Ann Mandziuk – Advisor; Thelma Blahey – MB Agric & Resource Dev.; Liz Chongva – President-Elect; Debra Barrett – President; Angela Pickett – Exec Admin (EA)

MWI Committees:

Executive: Debra Barrett (Chair), Liz Chongva, Gisela Nolting, Angela Pickett (EA), Thelma Blahey (Advisor), Ann Mandziuk

Finance: Debra Barrett (Chair), Liz Chongva, Gisela Nolting, Janice Harrison, Angela Pickett (EA)

Nomination: Ann Mandziuk

Bylaw & Policy: Debra Barrett (Chair), Liz Chongva, Thelma Blahey

Marketing & Promotion: Ann Mandziuk (Chair), Liz Chongva, Heather Cummings, Debra Barrett, Angela Pickett (EA)

Resolutions: Heather Cummings (Chair), Karen Kaplan, Barb Stienwandt, Debora Durnin-Richards

Scholarship: Peggy Bradshaw (Chair), Rose Keiper, Gisela Nolting

Virtual AGM 2022: Debra Barrett (Chair), Liz Chongva, Angela Pickett (EA)

Virtual MWI Women's Day 2021-2022: Jacqueline Chartrand, Liz Chongva, Ann Mandziuk, Heather Cummings, Debra Barrett

Agriculture & Rural Development: Gisela Nolting (Chair), Heather Cummings

Strategic Plan: Debra Barrett (Chair), Liz Chongva,

Made in Manitoba Project: Peggy Bradshaw (Chair), Audrey Waddell, Donna Young, Debbie Melosky, Janice Harrison

Restructuring Committee: Debra Barrett (Chair), Liz Chongva, Peggy Bradshaw

FWIC/WI-Canada Report

The Triennial FWIC Meeting was held July 5 & 6, 2021 by virtual meeting on Zoom. Once the technical organization was settled by a practice vote, we had smooth sailing for the presentations. There were a variety of topics from stopping the trafficking of our Canadian children to self-help topics on the need to identify stressors and make balance within our own lives so we don't "burn-out". Presentations on Leadership, Followership and Writing Resolutions were excellent learning opportunities for those able to attend.

FWIC will be organizing a variety of presentations for the up-coming year. There will be a series of modules on building your skills for self-confidence and preparing for future leadership opportunities.

Your newly elected FWIC President is Margaret Byl from Ontario.



Your new FWIC President-Elect is Lynn McLean from Nova Scotia.



In order to apply for an emergency funding grant for repairs and the cost of operations, the FWIC Board had to remove the Adelaide Hunter Hoodless Homestead from the real-estate market at this present time.

Thank you, MWI members, for the opportunity to serve as your FWIC Rep.

Respectfully—Denise Joss

With the lifting of COVID-19, many groups and organizations will be thinking of resuming activities to what was previously enjoyed. As your groups starts to resume activities, please be thinking of taking photos of your activities. We would love to see what you are doing and be able to use the photos on our Facebook page, and in our other social media. I also love to have photos I can use in the newsletter. I can find photos, images and other information on Google but nothing tells our story better than real life photos of you in action in your community.

The Marketing and Promotion Committee has continued to meet monthly via Zoom and one of the things we have followed is the continuing increase in our followers on both Facebook and Instagram. Our followers mainly WI members from Manitoba, other Canadian provinces and those from overseas love to see photos of us in action. Those posts garner the most likes and comments.

Be sure you have permission from your subjects and send the photos via email to Angela telling her where she can use them—Facebook, Instagram, or the website. Ann Mandziuk

PRESS RELEASE

July 20, 2021

Re: Adelaide Hunter Hoodless Homestead

359 Blue Lake Road, PO Box 209

St. George, Ontario N0E 1N0

At a meeting of the Board of Directors of The Federated Women's Institutes of Canada on July 19, 2021, the decision was made not to sell the Adelaide Hunter Hoodless Homestead, but to keep it. The change in their decision was the result of the tremendous response and outpouring of offers for help and support from the Community, WI members, WI Branches and Brant County.

The FWIC/WI Canada has operated the Homestead for more than 60 years and would like to continue to do so into the future. They value the contributions made by Adelaide Hoodless to the community at large and to the Women's Institute movement. In order to have the Adelaide Hunter Hoodless Homestead Historic Site and Museum remain open to the public will require the commitment and financial support from the Community, WI members and Brant County. With the increasing costs of operations, FWIC/WI Canada cannot do it alone.

Following in the footsteps of Adelaide Hunter Hoodless, the Federated Women's Institutes of Canada is a national network for women and families to promote leadership and personal development opportunities through education, advocacy and fellowship.

For more information please visit the website: www.fwic.ca



We recently received this information from Hampshire Clouds VWI Committee. If you are interested, please let Angela know.



We are a relatively new virtual W.I. based in the UK. We formed during Covid times taking advantage of Zoom to access high quality speakers from near and far, for the benefit of our members. We have had talks on Gardening for Bees, The Humorous History of Gin and Behind the Scenes at a Crime Investigation, to name but three. We also offer a book group and are forming other sub-groups as our members desire.

We already have several overseas members, who enjoy a different experience with us. We would like to extend a hand of friendship to our Canadian cousins. We would happily welcome 2 guests at one of our upcoming meetings. These are held at 8 pm London (UK) time on the second Friday of each month, and so could be suitable across the Canadian time zones. If you have members who would wish to join us, please ask them to contact us and we shall give them the Zoom information.



As we move back into being able to have in-person meetings we wanted to remind locals and members about this initiative we introduced in the February/March issue of the newsletter. Over the ensuing months we have had several groups submit an *In Memoriam* for their members. Please continue to do so and please look at the other ways to recognize members from your groups. Even with COVID-19 present we know you were not totally silent in your communities.

MWI Members **The True Jewels of our Organization**

MWI members have had 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 started 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 are able to recommend a MWI member to receive a ‘**Volunteer of the Year**’ award, or a ‘**Certificate of Recognition**’ and 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 is also an “**In Memoriam**” section in our newsletters to pay tribute to those members who have passed on to greater volunteer opportunities beyond this world.

Lastly, the Board will 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 members, 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 recognize members of this current year, November 1, 2020 to October 31, 2021.

Coming Events

SEPTEMBER

15—Board Meeting via Zoom

OCTOBER

11—International Day of the Girl Child *The theme is My Voice, Our Equal Future*

15—International Day of Rural Women *The theme is Building Rural Women's Resilience in the Wake of COVID-19*

16—World Food Day

NOVEMBER

DECEMBER

1—Newsletter Deadline

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

mbwi@mymts.net



ADVICE FROM A PICKLE



LIFE CAN BE HARD, **DILL** WITH IT.

RELISH EVERY MOMENT.

THE DOOR TO HAPPINESS IS ALWAYS **AJAR**.

IF YOU WANT LIFE TO BE **SWEET**, YOU HAVE

TO KNOW WHAT **SOOR** TASTES LIKE TOO.

REMEMBER, LIFE IS NEVER A **DILL** MOMENT.

EVERYTHING WILL BE JUST **BRINE**.