

# Newsletter | OCTOBER/NOVEMBER 2021

Vol 104. No. 5



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

## MADE IN MANITOBA PROJECT 2021/2022

For the third year MWI has chosen an organization in need of support, that we call our Made in Manitoba project. This year we have chosen the Manitoba Association of Women's Shelters (MAWS). This organization supports many shelters across Manitoba and provides a unified voice for women and children affected by violence and abuse.

The need is ongoing, and the isolation of the COVID pandemic has indicated there is an increase in this serious problem.

Support can include group or personal monetary donations or needed personal items.

Personal monetary donations will receive a tax receipt.

Details are included in an e-mail that most members have already received.

As members, we are encouraged to reach out to our communities, telling them about our project, with the hope that many people will help us help others.

For any questions you may have please feel free to contact a member of the committee.

These include Peggy Bradshaw, chair, Debbie Melosky, Janice Harrison, Donna Young, or Audrey Waddell.

Submitted by Peggy Bradshaw

<https://maws.mb.ca/>



MWI recently received wonderful news of the very unexpected kind. We were recipients of a monetary award from FedEx.

FedEx employee Shannon Munson submitted our name to her company for their FedEx Cares Fund. She was excited to share the news with us that we had been awarded one of their grants. President Debra was contacted by the company and filled out the necessary paper work and we have just recently received the cheque.

Thank you to Shannon and the FedEx company for recognizing MWI and all the local Institutes and members for their work and support given to our communities and our programs to help women and families.

**Manitoba Women's Institute**

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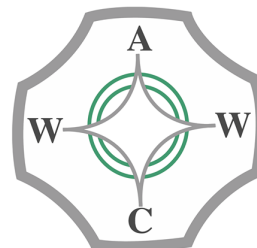


**Mission Statement**

"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](http://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 autumn and the glorious fall colours. I find at this time of year everyone I know and care about are planning for the winter cold snap and how to get all their fall preparations completed before we get a few of those white flakes. MWI is no different, we are continually working towards making sure we have programming in place to enjoy during some of those winter evenings. The Zoom presentations have become a wonderful way for our WI members and interested community residents to learn, chat and share their knowledge with each other. At this point MWI is averaging two (2) Zoom presentations per month.



All presentations are advertised on Facebook, if you are not on Facebook let us know if you would like to be notified and we will gladly email you information on the upcoming sessions. We will also be listing the upcoming sessions in future newsletters. If there is a specific topic you would like to hear about let the office know, remember if you are interested in a topic, it is likely there are many other people who are also interested. In November there will be a Zoom session on writing Resolutions for our next AGM, there have been many great ideas and years of WI Resolutions adopted by governing bodies. Please attend this session and help write a Resolution which will knock the socks off those in decision making roles, the date will be announced soon.

Talking about Zooming, should your WI want to try Zoom meetings to help your group meet, there are board members who are familiar with Zooming, and we would gladly work with you to set something up. Please contact the MWI office to request assistance with Zoom.

On a different thought, MWI has had some happy and some saddening news. The happy news is Minister Eichler has reappointed Heather Cummings to the Board for a further three (3) years and we are thrilled that we get to keep her. The Minister has also appointed Michelle Gurman to the Board for a two (2) year period, we whole heartedly welcome her and cannot wait for her to bring her ideas and thoughts. The sad news is that Dufresne WI has decided to disband, like many organizations the times are a changing and with that also come lifestyle changes. We wish each Dufresne member good health and happiness; I also understand there are WI locals in your area that are hoping to scoop you into their fold.

On a different thought, those interested in leadership training the FWIC is offering ten leadership training modules they would like to share with members. Each province is allowed three (3) members to attend and there is no charge for the training. Let Angela at our office know if you are interested and would like more information. With the close of our year, please note we will be holding a mail in vote for our AGM again this coming spring. The feedback from members who have been able to exercise their vote on all MWI matters has really been wonderful. I am really pleased that you are interested and willing to have your say by voting.

Please remember that the MWI Board requires many nominations this year for President, President Elect and Area Reps. The Board is only as strong as those who volunteer to share their talents, time, and energy on the Board. Our current Board is based on mutual respect, helping each other with tasks and enjoying many laughs along the way.

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In closing, on behalf of the Manitoba WI, I would like to offer Saskatchewan WI our sincere condolences on the passing of their President Virginia Kreklevich. She will surely be missed by her WI friends and members. Our sympathy to her family and loved ones.

Wishing you all a safe, happy, and spooky Halloween!

Respectfully, Debra Barrett



Domain WI October 2021 meeting

Domain WI October meeting. Pour painting. Fun, messy, fun



That ta da moment!



## EXECUTIVE ADMINISTRATOR'S REPORT

Happy Fall to all!

I am writing this in the first week of October, with the weather a balmy +31 but by the time you receive this, there could be snow on the ground! Let's hope for a long fall, and a short winter.

If you have not already received them, the yearly membership forms and packages should be arriving any day. Please ensure your email and contact information is correct. One character off and you may not receive important information from MWI.

Thank you to all who have continued to support our Zoom on-line sessions. It is great to see the familiar faces of our members and have had others join in as well! If you have any suggestions for an upcoming session, please email the office.

I have heard through the grapevine that some WI's have begun meeting in person again! If you have any photos you would like published in our newsletter or social media, please mail or email to the office.

The fiscal year end is wrapping up and the office is a busy place so I better get back to work! Until next time....

Angela Pickett, Executive Administrator



### Instagram:

What is Instagram? It is a social media platform that is accessible only through a mobile device (cell phone, iPad, tablet). It is an app that can be downloaded through your device's App store (usually Google Play) for no charge.

To install Instagram, download the app, set up your account using the prompts. (name, bio etc.) It is user friendly and not complicated. Once you have filled in your information and followed a few interests, you can search **manitobawomens** and click on the blue "follow" button.

Now you are a follower! You will see our posts in your feed when you log onto Instagram.

**Reducing food waste** is a popular topic during the 20th anniversary of **Waste Reduction Week (Oct 18-24, 2021)**. Here are some great resources:

- 5 Ways with Commonly Wasted Foods: <https://lovefoodhatewaste.ca/5-ways/> (which features information provided by MAHE member **Getty Stewart, PHEc**)
- 10 Tips to Rescue Food at Home: <https://foodland.ca/foodrescue/>

*Thank you to Kathryn Baranovsky, PHEc for sharing this information*

MAHE News Digest (Ann Mandziuk, PHEc)

# MEET A MEMBER OR TWO

In this issue we are highlighting 2 MWI board members.

## Heather Cummings

Heather and her husband Glen live in Neepawa and have 2 children Ian who lives in Toronto and Erin who is in Winnipeg.

When I asked Heather why she became involved in Women's Institute, her quick response was because I don't know how to say No! That is because someone from the Minister of Agriculture's office called and asked if she would like to be the government appointed member of the board. Heather joined the board in 2018. She will be returning as one of our government appointed members for another 3 years. In the mid 70's Heather was a member of the Stoney Creek WI in the Neepawa area (before it folded). She attended a few meetings but it was also at the time that their son was born. She was encouraged to attend by a couple of women in her area. Heather's favourite memory of WI is the friendships she made among the members she met. At the point in time she moved to the area, she needed that vehicle to help her meet people (women) who lived in her rural area. She also related a story of her son who was with her at one meeting and a little girl who had attended with her mother. Ian was crawling and was crying for some reason and the girl picked him up by his shoulders and told him to walk!

After Heather joined the board she re-joined WI as an Individual member.

When asked about her goals for MWI Heather commented on her concern about the membership – will we manage to increase it? We need to continue with programs that inspire involvement and maybe we will get those members to join our ranks. We need to find different ways to let people in the community know what we do.

Heather feels that one of the most important things we do in/for the community is to lobby government in a variety of areas. Over the years we have submitted many very important resolutions that have helped to shape government policy for the betterment of Manitobans.

She is a member on the Marketing and Promotion Committee and is taking on the chair of the Resolutions Committee. In her spare time Heather is an avid quilter. Thanks for talking with me and sharing your thoughts.

## Janice Harrison

Janice and her husband Cliff live in LaSalle but farmed south of Domain. LaSalle is 8 miles north from Domain and when they farmed, they lived 8 miles south of Domain. Eight must be their lucky number!

Janice had wanted to join WI for a number of years but she was working teaching nursery school and also was on the local school board so really didn't have the time to devote to WI. When she retired from both jobs, she was asked to join the Domain group.

Janice's favourite memories are of the social times with the members – touring the local area and eating out with other members. Regional conventions took you to different communities and you got to learn about the area.

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When I asked Janice about her goals for MWI she also mentioned membership – her comment was we should focus on the about to or newly retired women and those who have recently lost a spouse. For many of women in this situation they may be looking for something in the community to fill the void in their lives. The social time in the groups is important but there is also a sense of accomplishment in doing things for the community. Our resolutions are important and the scholarships are great for the students who win them.

Over the years WI has provided farm women with friendships in their community. We need to pat ourselves on the back for the community-oriented activities we have initiated. Janice commented on our Made in Manitoba projects and how the choices have been so important and it helps to draw us together in a time when we can't physically meet provincially in person. She also mentioned the work we do with the International Peace Garden and how it has been an important part of our past since the inception of the Garden.

We need to maintain our visibility in the community. Zoom has helped with this in having members as well as non members involved and for some helped to ease the feeling of isolation during the pandemic. Talking and sharing with others is so important and zoom whether provincial or in local meetings has helped people stay connected.

Janice feels we need to continue to raise awareness of what is needed in our communities. Last year Janice chaired the Resolutions Committee and this year is on the Made in Manitoba Committee.

Thanks to Janice for taking time from her busy schedule to talk.

Thank you to both Heather and Janice for their time and interesting conversation and viewpoints. I have come away from our conversations with a couple of ideas that are headed to the Marketing and Promotions Committee – stay tuned – I'm sure they will meet with favour at the committee level.

Ann Mandziuk, PHEc

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Manitoba Association of Home Economists member and former Home Economics/ Human Ecology rep on our board **Dr. Joyce Slater, PHEc**, has been researching **COVID's impact on the charitable food sector in Manitoba**. She did a presentation on this topic for Food Matters Manitoba recently as part of their Speaker Series. Short clips and a full recording of the session as well as infographics can be found at: <https://hub.foodmattersmanitoba.ca>

MAHE News Digest (Ann Mandziuk, PHEc)



The **Woodmore WI** re-started meeting on September 2. Our events committee planned our first outing since September 2020! On September 15 a group of 7 Woodmore WI members headed to **Buffalo Point** for a day excursion. We enjoyed lunch at the golf course, toured the resort area, put our feet in the lake, checked out the marina and had a visit at the camp site of one of our members. We tested out the saying “put your back to a Birch tree and it will suck negative energy from you”.

Submitted by Deb Melosky





## Agriculture and Rural Development

The Manitoba Habitat Heritage Corp. will provide more than \$9 million in grants for projects like: Wetland restoration, Water retention projects, Tree and grassland plantings, Restoring or creating new habitats for wildlife, Soil health improvements through regenerative agriculture practices.

For more information go to: [www.mhhc.mb.ca/the-conservation-trust](http://www.mhhc.mb.ca/the-conservation-trust)

Environmental and animal rights activists launched an international campaign to stop the harmful impact of meat, dairy and egg farming on the climate change do to methane, carbon dioxide and nitrous oxide emissions. It is called "The plant based treaty". It aims to make people aware of how meat diets are contributing to climate change as well as deforestation and ecosystem destruction to expand animal agriculture. Their goal is to change from animal agriculture to plant based food systems and to reforest the earth.

The UN Food Systems Summit was held in September during the UN General Assembly. They want to achieve several goals through sustainable development. Some of these are: Ending poverty and hunger, restoring land and sea life, action against climate change, encouraging economic development and clean energy, supporting sustainable cities and decreasing inequality. For more information google: UN food systems summit.

Submitted by Gisela Nolting

## RESOLUTIONS

Here we are at the time of year when we start asking for resolutions again. There were as usual lots of suggestions and now is the time to step up and formulate the suggestions into resolutions. As either locals or individuals would you please consider preparing one or more of these for January 20<sup>th</sup>, 2022.

Some Resolution proposals:

1. Concerns re childcare.
2. Garbage/litter in ditches.
3. Spread Purple Martin awareness.
4. Rehabilitation for incarcerated people with addictions.
5. Offset cost of medications.
6. Human Trafficking.

There are many other suggestions for resolutions. Please contact one of our resolution committee members if you wish to format any of these or any others that you consider important.

Our committee: Heather Cummings (chair) [ghcumm1@gmail.com](mailto:ghcumm1@gmail.com) (204)476-5395; Barbara Stienwandt [bcstien@mts.net](mailto:bcstien@mts.net) (204)546-2145; Karen Kaplen [kkaplen@mts.net](mailto:kkaplen@mts.net) (204)697-2646; Debora Durnin-Richards [lyallsam@mymts.net](mailto:lyallsam@mymts.net) (204)791-0851; Lynda Giannotti [giannottilynda@gmail.com](mailto:giannottilynda@gmail.com) (431)399-5329; Debra Barrett [debramwi@gmail.com](mailto:debramwi@gmail.com)

Submitted by Heather Cummings

**FWIC REPORT**

The FWIC Board of Directors under the leadership of Margaret Byle has been busy planning for the future of FWIC and the Adelaide Hoodless Homestead Museum. The most recent FWIC news is the creation of 10 Leadership training modules. The Coordinator of these modules, Angela Scott provided the following information for all WI members across Canada. Should you wish to participate in these free training sessions contact the MWI office by email at [mbwi@mymts.net](mailto:mbwi@mymts.net) or phone 204-726-7135. Each province has a limit of 3 people so if you are interested register quickly.

Purpose of the Modules is...

- To create a cohort of new leaders to create communications about WI's future in Canada.
- To provide tangible deliverables to the provinces and to clarify direction of WI Canada for the next 20 years

Ten modules will be delivered to approximately 45 participants (WI Canada Board and three (3) people from each province). Each module will be structured in the same manner, consisting of intros & introductory activity, information sharing, application of the content, Q & A sessions, and wrap up. Each module is scheduled to last 55 minutes in order that participants can Zoom in without a huge commitment of time and energy.

They will be held on Wednesday evenings at 7pm eastern time. The start date will be October 27th, 2021.

Modules to include: 1-Intro to Leadership, 2-Public Speaking and Networking, 3-Communications, 4-History and Structure of WI, 5-Bylaws & Programming of WI, 6-Goal setting in your Branch-SMART Goals, 7-Facilitation Techniques and SWOT applications, 8-Governance and Board participation, 9-Conflict Resolution, 10-Wrap Up Session. Facilitators will include trained and experienced individuals from across Canada, including Board members and volunteers.

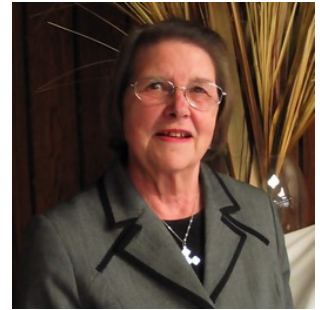
The costs for the WI Canada Leadership Modules are completely covered by volunteer presenters and the annual Zoom subscription that WI Canada FWIC subscribes to. Each member of the WI Canada FWIC Board will be eligible to participate and share the leadership modules with members from their respective provinces, thereby creating leadership teams in their provinces that will steer the provincial and national WI groups into the next 20 years. In a nutshell we will all know where we are going and what our roles and responsibilities are to fulfill our destiny.

Be sure to include your name, birthdate, address, Branch particulars, length of time in WI, interests, personal and professional experience, and your hopes for the future of Woman's Institute. The first three applicants from each province will be considered along with the WI Canada FWIC Board. Future Leadership Training Modules will be supported across Canada, with the hope that the first group of participants will eventually become trainers for the modules across Canada.

Reported submitted by Debra Barrett, MWI President



Dr. Lois Brockman was born in Humboldt Saskatchewan. She grew up on a farm and went on to study in several location before starting he career at universities. Upon completion of her Ph.D., she taught in the psychology department at the University of Saskatchewan for one year, the University of North Dakota for four years, then received an invitation from Home Economics at the University of Manitoba to assist in developing their new Department of Family Studies.



Strong child studies programs at the undergraduate and graduate levels were developed during her tenure. Her research focused on cognitive development in infancy and early childhood, on memory, sensory and language development, and mastery motivation. She was a principal investigator on the 1988 National Child Care Survey, the largest social science survey conducted in Canada to that date.

She was the Faculty of Home Economics appointee to the MWI board and enjoyed her time attending several MWI events.

I saw a post the other day by a lady who said she always grabs vintage casserole dishes when she sees them at thrift stores or yard sales and uses them when she brings a meal to someone! She said often they are cheaper than disposable ones and the family can either keep for themselves or pass on to someone else who needs a meal in the future! So in the spirit of reduce, reuse, renew & recycle... I thought this was a neat idea worth sharing!



**Some of the most  
generous people have  
no money. Some of the  
wisest people have no  
education. Some of the  
kindest people were  
hurt the most.**



## Coming Events

OCTOBER 25—My journey to become a mixed animal vet and things to know about small and large animals Dr. Kara Rutherford at 7 pm

NOVEMBER—10 FWIC/WI Canada 7:00 p.m. Eastern for Zoom Remembrance Day Event

NOVEMBER—17 MWI Board Meeting via Zoom

DECEMBER

1—Newsletter Deadline

Date TBA— Virtual Appetizer Party

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

mbwi@mymts.net



Thank you to members Deb Melosky and Janice Harrison for sharing photos of their branch members having fun at their in person meetings. If you are having an in-person meeting or a Zoom or other social media meeting please consider taking some photos and submitting them to either Angela at the office or directly to me (lamandziuk@gmail.com) for our newsletter. It is great to see your members having fun while meeting and learning about an area or a new skill.

Individual members, please share with us as well. MWI knows that you are doing great things in your community to support the mandate of WI. After reading Peggy's submission on the Made in Manitoba project I purchased some sanitary supplies and stopped in at the Salvation Army Thrift Store in Neepawa to drop them off. It only took a couple of minutes to make the purchase and go over to the store to drop the supplies off—but it goes a long way to help those who need the products.

As well as the newsletter, Angela is looking for items for our Facebook Twitter and Instagram pages. We have followers from all over the WI world. Angela's latest post about Woodmore garnered a comment from Carolyn Flynn from Tasmania.

Ann Mandziuk, PHEC