

Newsletter | DECEMBER 2021/JANUARY 2022

Vol 104. No. 5



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



Unveiling the plaque are Irene Hunter (l) and Hazel Carrier (r).



L-R Karen Grier, Dave Coulson, Joanne Graydon, Tony Dujlovic, Pat Gaetz, Deb Melosky, Josh Guenter.

Woodmore Women's Institute 75th Anniversary Celebration

November 22, 2020 was Woodmore Women's Institutes 75th Anniversary. On November 20, 2021 we celebrated this anniversary. A program was held at the Ridgeville Hall which included a history of our Institute, stories of how the Women's Institute has impacted community members lives and the unveiling of our commemorative plaque. This plaque will be mounted on the Cairn across from the Woodmore Hall. Bringing greetings, we had Josh Guenter (MLA), Dave Carlson (Reeve), Tony Dujlovic (Councilor) and Janice Harrison / Gisela Nolting (representatives for the Manitoba Women's Institute Provincial Board). The program was followed by a social time with refreshments.

The aims and goals of our Institute have not changed a lot in the last 75 years. Some of our programs have changed but our goal for "home and country" is still our driving force. We look forward to many more years of working together within our community.

Submitted by Deb Melosky (Woodmore Women's Institute Secretary)



Manitoba Women's Institute

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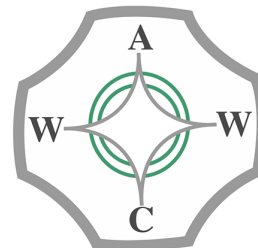


Mission Statement

"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 start this report with a huge **Congratulations to the Woodmore WI on their 75th Anniversary**. It is a remarkable story of success when a group of dedicated ladies can proudly be recognized for their continual service to those in their area, province, and country.

As the calendar page has once again changed to a new month, and we start our new WI year, we are reminded to not only look at any life changes we want to make for ourselves but at the changes we want to make to ensure the lives of others are better and/or safer. Each year I am humbled by the thoughtful resolutions the members write and the great background information they have researched to make sure their resolution is as accurate and worthy of consideration by the people who make the decision to accept our resolutions. We have created a "How To" document to help anyone wanting to write a resolution. Our dynamite Resolution Committee will be more than willing to be of assistance. The Resolutions Committee, this year, is chaired by Debora Durnin-Richards and her fellow committee members are Karen Kaplan, Barb Stienwandt, and Trish Masniuk.

All resolutions are to be received at the MWI office (mail or email) by January 15th, in order to allow time for the Resolution Committee to review, suggest edits or request more information to ensure the strongest resolutions possible.

On a different thought, please think about letting your name stand for an MWI board position. The ladies on the board are a thoughtful group who strive to do the business of MWI with fun, flare, and respect. If the board is not your cup of tea, then please think about joining a committee, your energy and innovative ideas will help WI remain strong and healthy as the years progress.

I imagine many of you are struggling to determine if your WI will be holding a Christmas gathering. I have been reminded that following the health protocols is our best way to celebrate the festive season while remaining healthy and happy.

In closing, I wish you and your loved ones a Merry Christmas, Season's Greeting and a very Healthy and Happy New Year.

Debra Barrett



MWI on Zoom

As we came under the grips of the pandemic and lockdowns, many of the activities we liked to participate in came to a grinding halt. The Marketing and Promotions committee tossed around the idea of trying something on Zoom for our members.

After much discussion we decided what we would try. Our first program was a Christmas Scavenger Hunt. Not without a few glitches, we managed to have fun with those who participated in the evening. It was great to see members from across the province even if we were just seeing their faces on a computer screen!

Into 2021 we hosted 15 different Zoom sessions for many members and non-members. We had just over 200 participants who attended the presentations. We were pleased to see non-members attending some of the sessions. They are most welcome to attend and see what we are all about. The topics varied from Gardening, Composting, and Fall Yard Care to Glyphosate Use, Aging, Nutrition, Cleaning Hacks, and Human Trafficking. And hearing about the life of a female vet in rural Manitoba.

Some of our members made time to join Zoom events offered by FWIC, other provincial groups, virtual groups in England and Scotland.

With COVID-19 still very much on the horizon and many hesitant to venture too far from home we will be continuing our zoom sessions into the new calendar year.

We have several topics in place that are coming up very soon. Stay tuned to your email and Facebook to see what is being planned for 2022. If you have ideas or a speaker in mind, please let us know. The Marketing and Promotions Committee is always looking for ideas. If you haven't tried zoom – maybe 2022 is the year to be bold and give it a whirl!

As well as presentations, board and committee meetings are using zoom to meet. It is a very efficient way to meet and the cost of the zoom subscription is very affordable in comparison to paying mileage for board meetings—a win-win for all. And the driving time saved by the volunteers is certainly appreciated.



Happy Birthday
to members
celebrating in
December and
January.

EXECUTIVE ADMINISTRATOR'S REPORT

December? New Year? How did this year fly by so fast, I find it unbelievable but here we are approaching the holiday season.

The office has been a busy place with the membership forms arriving daily, please remember to send your membership forms and payment back as soon as possible and make sure all the contact information on the forms are up to date!



The office will be closed from December 22nd, 2021 to January 4th, 2022. I will be periodically checking the emails and phone messages during this time.

We continue to entertain members and guests on-line using Zoom, as the pandemic carries on, I feel like this is a great, safe way to meet and it is easier to use than you would think! If you need any help using Zoom, help documents are available from the office, and we are always taking suggestions on new sessions, as well as comments on sessions we have had.

We learned about scams and fraud with the RCMP on November 18th, for those who did not attend, it was a good reminder that we need to be careful not to fall victim to a scam. If anyone calls you asking for money, please be sure you know who you are speaking to. Thousands of dollars is lost each year to fraud.

I hope that everyone has a happy holiday time with your friends and family, virtually or together. I look forward to seeing you all in the new year!

Until next time.... Angela Pickett, Executive Administrator



<https://www.discoverwestman.com/articles/manitoba-womens-institute--stepping-up-to-support-community-for-over-100-years>

Made In Manitoba Project Chairperson Peggy Bradshaw is featured in the article and interview talking about the current 'project' Manitoba Women's Institute is working on. Great article—thanks Peggy.

MEET A MEMBER

I have just spent a most enjoyable hour+ in conversation with our newest MWI Board member Michele Gurman. Michele is our newest government appointed board member. When Minister Eichler's office was reviewing the appointments, they realized in the Act that there is the opportunity to have 2 government appointed board members. So, Michele is joining Heather Cummings as our 2nd appointee.

Welcome. Michele and her husband, Ken, live just outside of Vita Manitoba three miles from the U.S. border. They have a daughter and a son. They are in the process of transitioning their cow calf cattle operation to their son. They raise Hereford cattle – a nice quiet breed, Michele adds.

Ken raises mammoth donkeys (protection animals) and sells them across Canada. Michele has her own animals raising sheep, pigs and hens. She tried raising goats but switched to sheep, which tend to be easier to raise.

Michele, originally from Piney – 30 miles from the Vita area, worked in the city where she was employed with Manitoba Hydro. Ken was also employed by MB Hydro and this is where they met. Once married they decided to work in the city for a while and then purchase a farm. They bought the farm across the road from Ken's parents 8 miles from Vita. Apparently, Ken was the only one the farmer wanted to sell his farm to! Her mother-in-law still lives across the road from them.

Growing up in Piney Michele remembers seeing photos of the Women's Institute in the community. (A quick search of the history books shows the Piney WI was organized March 3, 1939 and disbanded in 1986.) With some extra time on her hands Michele was looking for something to become involved with. Friends with MB Agriculture talked about a possible opportunity with our group. Offered the chance to sit on the board Michele said yes. Now she is looking at how she can become an active member of the board. We will give her a chance to get her feet wet and then see if there is a committee or two that she might like to join.

In her spare time Michele likes to quilt. She belongs to a quilting group in Vita that meets weekly. They work on their own projects but also spend time talking and supporting each other. One highlight of the group is a retreat that this year was held in Zhoda Hall from Thursday evening to Saturday. More time to quilt, learn from others and visit.

Thank you, Michele, for the visit and we hope in the future you will have the opportunity to meet WI members from across the province face-to-face.

Ann Mandziuk, PHEc

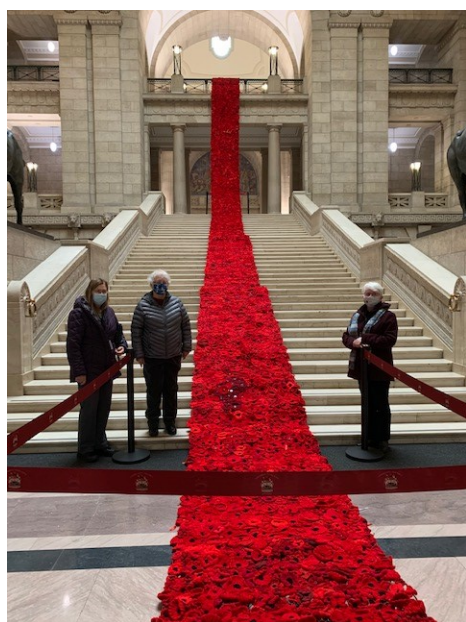
With the dry conditions we are currently experiencing, there are many tools and resources available <https://www.gov.mb.ca/agriculture/dry.html> to help you make management decisions for your crops and livestock. The AgriRecovery drought assistance programs, including the NEW Herd Management Drought Assistance program, the Livestock Feed and Transportation program and the Livestock Transportation program details, can be found at <https://www.gov.mb.ca/agriculture/canadian-agricultural-partnership/business-risk-management-programs/index.html>

Thelma Blahey, PHEc Leadership Specialist-Leadership Resources



L-R

Joanne Graydon president Woodmore WI, Gisela Nolting Winnipeg-Interlake rep and Janice Harrison Eastern Region rep with the beautiful plaque recognizing the many years of WI activities in the Woodmore area. Congratulations all for your many services to your area and MWI.



Left—Gisela Nolting, Liz Chongva and Janice Harrison on the steps in the Legislature Building with the poppy blanket for Remembrance Day.

Below—Liz, Gisela, Janice and Minister Ralph Eichler at the signing of our new 3 year funding agreement.



MEMBERS SHARE—RECIPES

In the Saturday November 27th, 2021 issue of the Winnipeg Free Press Laura Rance in her Rural Revival column says “One of my favourites is the book produced by the Manitoba Women’s Institute to commemorate the organization’s 100th anniversary in 2010. The tidbits of history and the recipes names themselves such as “Hamburgers for Fair Day”, which calls for 50 pounds of hamburger, “Oven Dinner (Good for Wash Day),” “Starvin’ Guy Chicken Pie” or “Mother-in-Law’s Meat Loaf “tell you a little something about the lives these contributors lived. (Laura’s article was entitled *Grocery-buying habits reveal attitudes on climate change*.)

We asked members to share some recipes and here are the contributions—if you have the anniversary cookbook you might want to check and see if there are others you want to try. Thanks for sharing.

POPPYCOCK

16 cups popped popcorn
1 cup peanuts



Boil for 5 minutes: 1/2 cup syrup, 1 cup margarine, 2 cups brown sugar

Remove from heat and add 1/4 teaspoon Cream of Tartar, 1/2 teaspoon baking soda

Pour over popcorn and peanuts. Spread on cookie sheets, cool, and break into pieces (I use Beehive corn syrup)

Muriel McCallum Individual Member, Boissevain

FUDGE

3 cups white sugar
3/4 cup margarine
2/3 cup (160 ml can) evaporated milk
Boil for 5 minutes. Stir in until melted
1 cup chocolate chips (I use Hershey's Special Dark to give a rich chocolate flavor)
Add 1 jar (213 gr) marshmallow creme, 1 tsp vanilla



Pour into greased 9x13 pan and cool

Muriel McCallum Individual Member, Boissevain

STRAWBERRY JELLIED SALAD

1 (3 oz) pkg strawberry Jello -- 1 cup boiling water
1 (10 oz) pkg frozen strawberries
8 oz crushed pineapple drained
1 banana sliced --1 pint sour cream

METHOD:

Dissolve Jello in boiling water; fold in strawberries, stir, fold in pineapple and bananas. Pour the mixture into a 9 x 9 x 2" pan. (DOES NOT WORK WELL IN MOLD – A FLAT BOTTOM PAN BEST) Refrigerate until firm. Spread sour cream evenly over mixture.



Then repeat above ingredients and method spooning carefully over the sour cream layer. Chill until firm
SUBSTITUTION –

Raspberries can be used in place of strawberries with raspberry Jello OR a mixture of raspberries, blackberries and blueberries with either the raspberry, cherry or even the red mixed fruit jello. For a larger sized pan, you can double the ingredients for each layer.

ENJOY submitted by Liz Chongva Dugald

Rosemary Herbal Cookies**Ingredients**

½ c butter, softened
 ¾ c sugar
 1 egg
 1 c whole wheat flour
 ¾ c all purpose flour
 1 Tbsp finely chopped rosemary
 ½ tsp baking powder

Directions

- 1- Beat butter and sugar together in a bowl until smooth and creamy,
- 2- Add in the egg and mix until well incorporated.
- 3- Stir in both flours, rosemary, and baking powder until well blended.
- 4- Cut dough into 2 equal sized pieces and shape into big logs about 1 ¼ inch in diameter.
- 5- Wrap logs in plastic wrap and refrigerate for at least 2 hours or place in freezer for 1 hour.
- 6- Preheat oven to 350F
- 7- Line baking sheet with parchment paper.
- 8- Cut each log of dough into thin slices of 1/8 to 1/4 inch thickness.
- 9- Place slices on baking sheet and bake until cookies are golden brown about 8 minutes.
- 10- Cool on the baking sheet before removing.
- 11- Freezes well. Makes about 2 dozen cookies.

Perfect with tea on a cool winter evening.
Debra Barrett

CHOCOLATEY BANANA MUFFINS

1/3 cup vegetable oil
 ½ cup sugar
 1 egg
 1 cup mashed bananas (about 3)
 1 pkg semi-sweet chocolate chips
 1 cup all-purpose flour
 1 tsp. baking soda
 ½ tsp. salt
 ½ tsp. cinnamon
 Oven 350° F.

Whisk oil, sugar and egg together, stir in mashed bananas and half the package of chocolate chips.

Combine flour, baking soda, salt and cinnamon and stir into banana mixture. Spoon mixture into muffin tin and sprinkle with the remaining chocolate chips.

Makes 12 regular size muffins. Bake 15-20 minutes. (Ann's changes – I use ¾ cup of mini chocolate chips all added to the batter and make the muffins in the small (bite-size) muffin tins. I bake them for about 10-12 minutes)



Ann Mandziuk

Agriculture and Rural Development**FOOD WASTE**

We often hear about food waste. Do we think it can't be us? On average Canadian households waste \$3,500 per year of their groceries. How can we remedy that? If we buy too much food we could freeze leftovers, make a stew or a soup. Donate produce to a soup kitchen or a neighbor or relative. Every recipe can be adapted to ingredients we have already at home. Farmers are one of the lowest contributors to food waste at about 6% mostly through grading standards. (Produce doesn't look good or has the wrong size). The federal government committed \$20 million last year to the "Food Waste Reduction Challenge". That money should fund research into technologies that can extend the life of food, or transform food that would otherwise be wasted. Best-before dates for example on milk, what are they telling us? Throw out the milk on the due date, or taste it, and if it tastes good use it. Sometimes the milk we buy is still good a few days after the due date (as long as nobody else looks at the due date). We have such an abundance of food that we don't think about waste. Do we value our food enough? Perhaps we could learn from countries without an abundance of food. If we would go hungry we wouldn't waste any food.

This is just "food" thought.

Submitted by Gisela Nolting

FWIC Report



The FWIC 2021-2022 year began with a flurry of events. The schedule started with a Board meeting on November 8th, the board discussed their finances, and asked very frank questions about the longevity of Women's Institutes. The discussions started with *"If WI were to be founded today, would it be to meet an unmet need? Are there new players/organizations that are making our work more (or less) relevant? How do our results and reputation compare to other organization that are working in a space (environment) similar to ours?"*

The 2024 FWIC Triennial theme was decided and will spark our interest as we sail into the future. Stay tuned for the announcement.

The Executive joyfully informed the Board and provincial presidents that the Adelaide Hoodless Homestead museum received a \$25,000 grant from the County of Brandt Council, where the museum is located. This grant will help with the maintenance and repairs which are required to bring the museum up to an acceptable standard.

On November 10th, a Remembrance Day celebration was held with presentations about women who were instrumental in the war effort or had their lives changed by war, such as war brides. The stories were fascinating and informative.

The next event was held on November 15th, a member from each province participated in a Roundtable discussion which focused on WI membership issues across the provinces. Our very own Liz Chongva did an admirable job representing MWI. The panel looked at the strengths and challenges of WIs in this decade and the future of WI in Canada. The general feeling seemed to be that WI needs to celebrate their successes in a way that the general population is made aware of the great advantages of having a WI in their community and the personal benefits of becoming a WI member.

The next roundtable is planned for the new year and will focus on advocacy. The provinces are looking for a way to support each other's resolutions and present resolutions which would become not just provincially based but also national.

December 8th, a Patchwork of Christmas will be open to anyone wanting to attend. The "Patchwork" will include stories, songs, recipes, poems, etc. from each province that tell the miracle of family and friends during our Christmas celebrations.

Submitted by Debra Barrett





On November 15, 8 of the Woodmore WI members met for our 1st Knitting & Crocheting Like-Interest Group get together. We are holding our group get-togethers once a month at the Healthy Living Centre in Dominion City. All are welcome to attend. There was quite a variety of projects and skill levels plus it was a great social time.



**USE A STAPLE REMOVER TO
SAVE YOUR FINGERNAILS
WHEN TRYING TO ADD
THINGS TO YOUR KEY RING**



**PLACE A RUBBER BAND AROUND AN OPEN
PAINT CAN TO WIPE YOUR BRUSH ON,
AND KEEP PAINT OFF THE SIDE OF THE CAN**



In looking at some of my newsletter idea files I found these tips. The idea to the right is just in time for those who the rolls of Christmas gift wrap this season!
Ann Mandziuk, PHEC



**CUT OPEN TOILET PAPER ROLLS AND
USE AS A CUFF TO SAVE YOUR
WRAPPING PAPER AND KEEP IT FROM
UNROLLING**

Coming Events

DECEMBER

8—FWIC Virtual Patchwork of Christmas event

9—MWI Virtual Appetizer Party zoom at 7:00

JANUARY 2022

TBA—Protein Strategy Zoom Presentation

5—FWIC Leadership Training Module I via zoom

15—Deadline for Resolution submissions

18-20—AG Days, Brandon (ticketed event this year)

19—MWI Board meeting via Zoom

FEBRUARY

TBA—Zoom presentation

1—Deadline for February/March newsletter

19—Manitoba Women's Institute Day

23—Canada's Agriculture Day

27—Adelaide Hunter Hoodless's birthday

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mbwi@mymts.net



The Board sends condolences to those locals/ members who have lost a member over the year. It has been a difficult year for many families and friends.

If you wish to have a member recognized in the newsletter please send a brief notice to the office and it will be kept for the next newsletter.



In the last issue of the 2021 newsletter I am invoking editorial privilege—I would like to say thank you to the board members over the last number of years who have humoured me and submitted articles for your newsletter. Thank you to the locals who have submitted photos and bylines for use on the pages of your newsletter. It is fun to see all the shenanigans members are enjoying at their meetings and other events. And finally thank you to the members who have taken the time to pass on words of encouragement to me as I attempt to give you a snapshot of what has happened in the world of MWI over the last couple of months. Merry Christmas and all the joy and hope of the Christmas Season to each of you. Stay safe and stay well.

Ann