



1129 Queens Avenue, Brandon, MB,



WELCOME to the Hon. Derek Johnson, MLA for Interlake-Gimli. He was recently appointed to the Agriculture portfolio. His department is responsible for The Manitoba Women's Institute Act. We look forward to being able to meet with the Hon. Mr. Johnson to talk about MWI and the activities we are involved with in rural Manitoba.



1129 Queens Avenue
Brandon, MB R7A 1L9
February 19th, 2022



To MWI Members:

The MWI is inviting you to submit a personal story about how COVID-19 has affected your life. Share your experiences by writing about the challenges, lifestyle changes, benefits, and the impacts on yourself and your loved ones. The stories are not meant for writers to state their opinions, or grievances about individuals and services provided during the pandemic.

The criterion for your story is the document must be double spaced, Arial 12 font, with a maximum of 1000 words. If you are handwriting your story, please print to ensure it can be easily read. All submissions must be post marked by April 30th and emailed or mailed to the MWI Executive Administrator. All submissions will become the property of MWI and will be used to establish a record of our responses as women to the pandemic.

Please ensure you include your name and contact information, if you are a Women's Institute individual or local institute member, please let us know.

Further information may be found on the MWI **website** at **mbwi.ca** by email at MWICovidStories@gmail.com or by phoning (204) 726-7135.

Please submit your stories to email MWICovidStories@gmail.com

Sincerely,
Angela Pickett,
Executive Administrator
Manitoba Women's Institute

Manitoba Women's Institute

Executive Administrator: Angela Pickett
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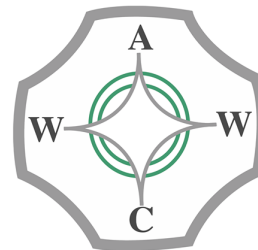


Mission Statement

"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,

Well, we have made it through the coldest part of winter and can now look forward to the roller coaster ride of cold and warm weather that comes with February and March. While relishing the idea that winter is on its way out, we must remember to kick up our heels and celebrate WI Day on February 19th. This year we will have the pleasure of the Honourable Derek Johnson, our new Minister of Agriculture, recognizing the hard work and dedication of Manitoba's WI members through the signing of the WI Proclamation.



We also bid farewell to the Honourable Ralph Eichler who has been the minister responsible for Women's Institute over the years. We have truly appreciated his approachable personality and generosity with his time.

We also bid farewell to the Honourable Cathy Cox and welcome Minister Rochelle Squires responsible for the Status of Women (Manitoba). It has been a pleasure meeting and discussing women's issues with Ms Cox. We look forward to meeting with Minister Squires in the near future.

February 19th, MWI will have launching a new project to collect stories from women on how they have coped with the COVID pandemic. When researching MWI's history during the 1918 Spanish Flu we found that there was little or no information on how women and their families, especially those living in rural and agricultural areas, survived their hardships. Please help us record history for our future generations by providing a short story about your experiences during the pandemic such as the challenges, benefits, how you and your family coped and any new skills you learned. This collection of stories will be compiled into a digital book and shared with public and University libraries, Manitoba Archives, and anyone of you who would like a copy. You will find further information in this newsletter.

We hope you had the chance to join us February 19th on Zoom as we celebrated WI Day and launched the COVID Story Collection. Stay tuned to your email and Facebook for further information on our exciting new project.

In closing, I wish you an early spring and sunny days!
Debra Barrett

MWI SCHOLARSHIPS

Do you have children, grandchildren or other friends or family who will be attending university in the Fall of 2022. Have them check out <http://www.redriverex.com/scholarships/> and click on the link for Manitoba Women's Institute Scholarships to apply. **Deadline is May 13, 2022.**

ANOTHER SCHOLARSHIP OPPORTUNITY.

Check out the link <https://www.nelliemcclungfoundation.com/> for another scholarship to apply for. **Deadline is March 31, 2022**

EXECUTIVE ADMINISTRATOR'S REPORT

Snow, snow and more snow?

Seems like I have spent a lot of time shovelling this winter, as I write this the highways are closed and another blizzard is blowing through! Being an optimist though, I have already ordered my garden seeds and am looking forward to the end of March when I will start a few plants growing. And March is not that far away!



The office is a busy place this time of year. Did you know that the Annual Report is started in January? Besides the Annual Report, I have been busy with the Financial Statements, attending committee meetings, and planning upcoming events.

Although I wish I was planning an in-person event, for now we remain on Zoom. I would like to thank those that support our educational sessions, and we always welcome feedback and suggestions. In January we learned about finances and by the time you receive this, we will have completed our MWI Day celebration with our special announcement!

A reminder that many emails are returned to me as “undeliverable”. If you have not received an email in a while, please contact the office so we can be sure they are getting through to you.

By the time the next newsletter is printed, I hope to see some puddles and more hours of sunshine.

Until then, stay warm..... Angela Pickett, Executive Administrator

Protecting Your Online Information

Recently we offered a zoom presentation on ways to protect yourself from fraud.

These ideas can help to protect your online information. (source Stride Credit Union)

- ⇒ Use strong passwords—alphanumeric in nature (a combination of both upper and lowercase letters as well as numbers and special characters).
- ⇒ Change your passwords regularly. (some financial institutions have this built into their system so you have to change your password at specific times).
- ⇒ Clear your browsing history and at the conclusion of any online banking or other transactions where you make online purchases.
- ⇒ Sign up for banking alerts that will notify you when your password has been changed or your banking account has been accessed/used.
- ⇒ Do not click on links, provide money, or confidential information where you cannot independently verify the authenticity of a request.

And one final caution—if you are on Facebook do not answer random posts/quizzes that ask for information that might include things like where you grew up, favourite colour, first pets name, favourite food, make of your first car, mum’s maiden name, etc. Hackers can use these answers to try and access your information.

MEET A MEMBER

In this edition, instead of a member, I interviewed Mr. Eichler to hear his views on MWI as he leaves the Agriculture portfolio.

I recently had the opportunity to have a chat with Mr. Eichler. I asked him some questions about his time as Minister of Agriculture and his connection to Manitoba Women's Institute through his work and his personal life.

When asked about what he was most proud of having accomplished during his time as minister, he mentioned business. What holds the highest esteem in his mind is bringing new businesses to Manitoba that supported rural Manitoba and agriculture in the province. He also mentioned that new markets were opened up for farm producers to sell their existing products.

One highlight he mentioned was the excellent show the Royal Manitoba Winter Fair offers to Manitobans and he sincerely hopes it will be able to be held this year, if the pandemic restrictions allow.

When asked what he sees in the future for MWI he expressed concern for our organization. As with many rural organizations, the membership is growing older, membership is decreasing, and locals/branches are closing. He sincerely hopes we are able to sustain and grow our membership. I mentioned our expansion into the world of zoom to bring programming to our members. He was involved with his local church and helped them set up zoom services, so he knows the benefits of keeping in touch with others as we work our way through the pandemic.

When asked what MWI event stands out in his mind most, Mr. Eichler really didn't want to single out one event. But he did mention our determination to attend events even in the face of adverse weather and recalled a Winkler event that was held in less than good weather. He also talked about the anniversary in Inwood and the fact that it was in his own area and he knew almost all of the members.

He recalls WI from his childhood when his mother was a member in Teulon. He talked about the strong commitment of the members in the group.

Thank you, Mr. Eichler, for taking the time to speak with me and for your years of support to MWI.

Ann Mandziuk, PHEC



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TITLE CONTEST

Put on your thinking cap and send us your idea for a title for our upcoming compilation of your COVID-19 stories. The winner will be acknowledged in the digital book.

The criteria:

- ⇒ Short title
- ⇒ Reference to COVID, COVID-19, Pandemic, etc. in the title
- ⇒ Submit by April 30, 2020 via email MWICovidStories@gmail.com or by phoning (204)726-7135

MWI NEWSLETTER ADVERTISING

The Marketing and Promotion Committee is always looking for ways to garner interest from members of our organization.

In reviewing newsletters from other provinces, we have seen several who offer the opportunity for members to advertise in their newsletter.

Women's Institute members across the country are involved in entrepreneurial activities and are looking for ways to increase their exposure to potential customers and what better way than to advertise to your peers.

What are you involved in? Would like to let others know about your enterprise? Do you operate a Bed and Breakfast, do you rent out seasonal accommodations, do you make one-of-a-kind items, or offer other services in your area?

Starting with the April-May newsletter we will offer space for advertisements. The costs will be Business card size \$15.00, ¼ page \$40.00, ½ page \$65.00, full page \$90 per issue.

Below is what a Business Card size advertisement would look like and the cost would be \$15.00 per insertion in our newsletter. (Editors note – for those familiar with my area these cabins really don't exist!!)

If you are interested in trying an advertisement in the newsletter, please let the office know. If you have a design already, send that and we will try our best to copy it for insertion in the newsletter.

KERR LAKE KABINS

BENNY AND LOIS MOUNTAIN

100070 ROAD 95 W

ROSEDALE MB R0J 1E0

204 966-0000

mountain road 95@gmail.com

Offering rustic get-away kabins to those who want to disconnect from the day-to-day rush



Happy Birthday to members
celebrating in
March and April

This poem is written so beautifully
How Can You "SM_LE" Without "I" ?
How Can You Be "F_NE" Without "I" ?
How Can You "W_SH" Without "I" ?
How Can You Be "N_CE" Without "I" ?
How Can You Be a "FR_END" Without "I" ?

So "I" Am Very Important!

But How Can I Achieve "S_CCESS"
Without "U" ?

How Can I "LA_GH" Without "U"?

How Can I Take A "C_P" of Tea
Without "U"?

How Can I Enjoy The "S_NSHINE"
Without "U"?

How Can I Have "F_N" Without "U"?
And That Makes "U" More Important
Than "I"!

Therefore humans (U & I) = WE need
one another in life to be happy.

Manitoba Women's Institute**MWI Resolution Number: 2022 - 1****Sponsors: Denise Joss, Peggy Bradshaw, Jacqueline Chartrand, Trish Masniuk, Rose Chopp****Topic: Improving Wait Times for Mental Health Services in Manitoba****Be it Resolved:**

Manitoba Women's Institute urge the Minister of Mental Health and Community Wellness and the Government of Manitoba to increase availability for timely Mental Health Services in the Province of Manitoba. This may include but is not limited to:

1. Increasing staffing of existing community mental health service therapists, suicide prevention workers, counsellors and specialists
2. Increasing the number of beds in treatment centres
3. Subsidizing private mental health care services
4. Track major outcome statistics (wait times, frequency of follow-up, referral to specialist care) with the aim of reducing delays and increasing timely service

Background:

Mental Health Services refers to a patient receiving treatment for mental health disorders that may be acute, i.e. suicide ideation or ongoing and chronic mental health diagnosis. Much needed services include counselling, admittance to a mental health facility, assessment, and specific therapy tailored to an individual's mental health issues.

In 2020, the COVID pandemic emphasized the fact that Manitoba has serious gaps in Mental Health treatment. COVID shut down schools and isolated citizens from families, creating the equally serious issue of the decline in the mental health of many Manitobans, particularly youth.

Appointments and access for some counseling services were cancelled or restricted and wait times increased, as did the number of people requiring such services. The Canadian Mental Health Association states that since the pandemic, 50% of young people have faced a decline in their mental health.

Currently in the city of Brandon, Manitoba, the wait list for the only mental health care psychologist is typically over one year. The wait list in Brandon for the Child and Adolescent Treatment Centre (CATC) can fluctuate from a few days to over a week. The assessment for such services at CATC can take several additional days.

When mental health services are requested by a patient or a family member, it is imperative that the service is provided quickly. The Government of Manitoba states that mental health is as important as physical health and spiritual health to our overall well-being. However, when there is a delay in treatment, the decline in a person's mental health can be rapid and can result in problems such as self-harm, addictions, and suicide.

The lack of staffing in mental health facilities is concerning. There are services such as Community Mental Health that are free of charge. However, the wait times for these services can be weeks or months. A patient can opt for private treatment with a counselor or therapist, but the cost of these services is only affordable to some. Such services are also limited. If a patient is fortunate enough to obtain an appointment for these services, a follow-up appointment can be a month or more in time. A person experiencing mental health illness needs immediate and ongoing care, not sporadic or infrequent care.

Increasing the capacity, staff and facilities would reduce the wait time for mental health services and contribute to much improved health of Manitobans.

Signatories: Denise Joss, Peggy Bradshaw, Jacqueline Chartrand, Trish Masniuk, Rose Chopp

Manitoba Women's Institute
MWI Resolution Number: 2022 - 2
Sponsors: Domain WI

Topic: Compassionate decision-making processes in the placement of family members in a Manitoba health care facility

Be it Resolved:

The Ministers of Seniors and Long-term Care and of Mental Health and Community Wellness and the Government of Manitoba be urged to reconsider its policies and practices related to moving patients/residents to hospital and care home facilities. When a person must be hospitalized or placed in long term care, such decisions used to determine location of placement should include, but not be limited to:

1. The physical address (community) of the loved one/primary caregiver and the distance to and from the placement location.
2. The primary caregiver's mobility, health and ability to access the placement location.
3. The financial impact and ability to pay costs associated with accessing the location of the hospitalized/in-care person.
4. The challenges the primary caregiver may face in accessing said location (i.e. other people in their home they are caring for such as children, elderly parents or other dependent persons).

Such policies and practices should be implemented without causing harm and hardship to the patient/resident or the caregiver(s).

Background:

The mental, social and emotional health of citizens as they experience reduced capacity to care for themselves is as important, and perhaps even more important, than their physical care and safety.

Placement in a care facility can create devastating hardship on those who love and care for a patient/resident and result in further or faster decline. Such hardships may include:

- Extreme driving distances for the loved one to travel to see and continue their social, emotional and physical support for their loved one.
- Increased burden of financial costs to the caregivers such as increased fuel costs, increased communications costs (telephone and data charges), increased public transportation and/or taxi costs (should these be available).
- Much reduced accessibility to the loved one. For example, older caregivers can experience significant stress at driving such distances (night time driving, difficult weather conditions, lack of experience in driving to new locations, the need to rely on others for transportation services).

One widely reported example, Winnipeg Free Press and The Headliner) were articles written in the Winnipeg Free Press and The Headliner ("Rural address affects hospital care", October 2020). These featured an 80+ year old Sanford couple who were faced with geographical separation to receive rehabilitative health care.

This policy and practice of placement at extreme distances is relative to both urban settings, but even more so for rural citizens. For a number of years, rural municipalities located in and around the Winnipeg Metropolitan area have been lobbying the Province regarding diminishing health care services in rural communities. See Association of Manitoba Municipalities' Resolutions - AMM Position Paper 2021.02.22 to Minister of Health and Seniors Care

Possible solutions to this issue have been raised by rural municipalities across the province and include but are not limited to:

Continued on page 9

- Make additional quality personal care home living spaces available within rural and urban communities
- Ensure sufficient staffing of existing places to be sure all spaces are being utilized
- Increase care at-home services that are well funded and staffed with well-trained personnel
- When it is not possible for the initial placement to be in a suitable location, transfer to a location close to home be made at the earliest opportunity.

The presence of a loved one(s) improves mental, physical, social and emotional health outcomes. Primary care-givers should be considered as important and critical contributors to the long term health of the person seeking a placement in a health care facility in Manitoba.

Signatories: President – Janice Harrison; Secretary - Carol Pasieczka

Manitoba Women's Institute

MWI Resolution Number: 2022 – 3. MWI resubmits this Resolution due to the inadequacy of implementation of equitable cell service for all rural, northern and agricultural areas.

Sponsors: Fisher Branch Women's Institute (2021) and Fork River Women's Institute (2018)

Topic: Cell phone coverage in rural Manitoba

Be it Resolved:

Manitoba Women's Institute, in solidarity with the Fisher River, Peguis and Jackhead First Nations and the Rural Municipalities of Fisher and Armstrong, recommend that the Government of Manitoba and the Canadian Radio-television and Telecommunications Commission (CRTC) require all telecommunication companies operating in Manitoba provide full cell phone service and coverage in all rural, northern and agricultural areas within six (6) to eighteen (18) months.

Background:

A great many of Manitoba's rural areas have little or no cell phone service. For example, in the Interlake region Manitoba Highway 17, a major highway, has zero (0) cell phone coverage for seventy-six (76) kms and another area of thirty-two (32) kms with poor sporadic service. This stretch of highway services a total population in excess of 10,000 people, consisting of the three First Nations communities, seven rural communities and five farming areas. Cell phones in numerous rural areas throughout the province do not work even with cell phone booster assistance.

Rural Manitoban's health and safety is compromised by such poor cell phone service. Personnel from the air ambulance service STARS, expressed shock when informed that in many rural areas cell phone coverage is non-existent or sporadic, therefore rendering cell phones virtually useless in an emergency.

The Canadian Radio-television and Telecommunications Commission (CRTC) "is committed to ensuring that Canadians have access to a world class communications system." Despite this statement current cell phone coverage is not equitable for all Manitobans and Canadians.

In 2017 a BellMTS spokesperson stated, "BellMTS has begun our five year, one-billion-dollar investment plan to bring customers across the province faster networks and improved communications services in urban, rural, and remote areas alike. We understand the importance of broad availability and reliability of communications services." However, the same BellMTS spokesperson excuses the company's efforts to achieve its stated goal due to lack of profit opportunity (no business case for investment in certain areas). Not-for-profit funding partners tend to be government, communities or other organizations.

The CRTC, in conjunction with the Government of Manitoba, need to ensure a viable solution is found.

Signatories: Representatives of Manitoba Women's Institute Board – Debra Barrett, President; Ann Mandziuk, Chair Marketing and Promotion Committee

Manitoba Women's Institute

MWI Resolution Number: 2022 – 4. MWI resubmits this Resolution due to the inadequacy of Internet access for all areas of Manitoba (implementation timeline was for 2023).

Sponsors: Debra Barrett, Liz Chongva, Heather Cummings, Ann Mandziuk, Gisela Nolting (2021)

Topic: Internet coverage in Manitoba**Be it Resolved:**

Manitoba Women's Institute request the Governments of Canada and Manitoba and the Canadian Radio-television and Telecommunication Commission to require all telecommunication companies operating in Manitoba to provide full high-speed Internet coverage in all rural and remote areas of Manitoba within six (6) to eighteen (18) months.

Background:

In November 2020, Prime Minister Trudeau announced further funding (Connecting all Canadians to high-speed Internet, November 9, 2020) for high-speed Internet all across Canada. The goal is connecting all Canadians by 2030. This is unacceptably long for those without adequate service.

In Manitoba we have one of the slowest Internet speeds in Canada as reported by the Canadian Radio-television and Telecommunication Commission. There are gaps in many regions of the province. An internal briefing note prepared by Industry Canada in August 2018 stated, "Northern Manitoba has the worst connectivity in all of Canada."

Lack of high speed Internet signals, audio and video connections result in garbled audio sounds and jerky video pictures. This makes social media apps such as Zoom, Skype, FaceTime and Google Hangouts very difficult and frustrating to use.

In 2020, COVID brought to the forefront serious gaps in accessibility to reliable high speed Internet in Manitoba.

Gaps in Internet service are affecting citizens, small and large businesses, non-government agencies, government services and politicians alike. For example, COVID emergency program information and applications are found on-line. It is difficult to apply for benefits if you have unreliable service. When schools, colleges and universities are closed, students are expected to do much of their work on-line. This is not feasible with weak, unreliable or non-existent Internet connections.

These years with COVID have magnified how overwhelmed our Internet service can become by government at all levels, businesses and citizens forced to work and learn from home as well as families and friends trying to stay in touch during a time of social distancing.

Visitation restrictions to many medical/care facilities severely limited in-person interactions, leaving social media via the Internet as one of the only means to actually 'see' family and friends.

In January 2021, an announcement was made closing some Department of Agriculture Offices in rural Manitoba. This withdrawal of in-person services emphasizes the necessity for Manitoba's farming population in all regions

of our province to have equal and equitable access to high-speed service in their homes and businesses. As MWI resubmits this Resolution, we are two years into COVID and experiencing an increased struggle with the inadequacy of Internet services

High-speed Internet has never before been as important to so many sectors in rural and Northern Manitoba.

Signatories: Debra Barrett, Liz Chongva, Heather Cummings, Ann Mandziuk, Gisela Nolting (2021)



In December, 2021 the Wheat City Women's Institute took what we had collected for the Made in Manitoba Project to the Westman Women's Shelter. Every shelter in Manitoba needs different items. Our shelter in Brandon needed monetary donations, toiletries, sheet sets, towels and anything that could help a family start life again in a new setting. Our members were so generous. We concentrated on monetary donations, toiletries, sheet sets and towels. We gave them eleven sheet sets and twenty-nine towels along with some things that would help needy families cope.

Left to right Heather Symbalisty, the Executive Director of the Westman Women's Shelter, Audrey Waddell a member of our Made in Manitoba Project Committee, Betty Gross one of our local members, and Donna Young another member of the Made in Manitoba Project Committee.



Woodmore WI collected product for Agape Women's Shelter in Steinbach at our WI Christmas party. In the picture (L to R) are Lil a volunteer driver for Agape House and Liz Griffin a Woodmore WI member.

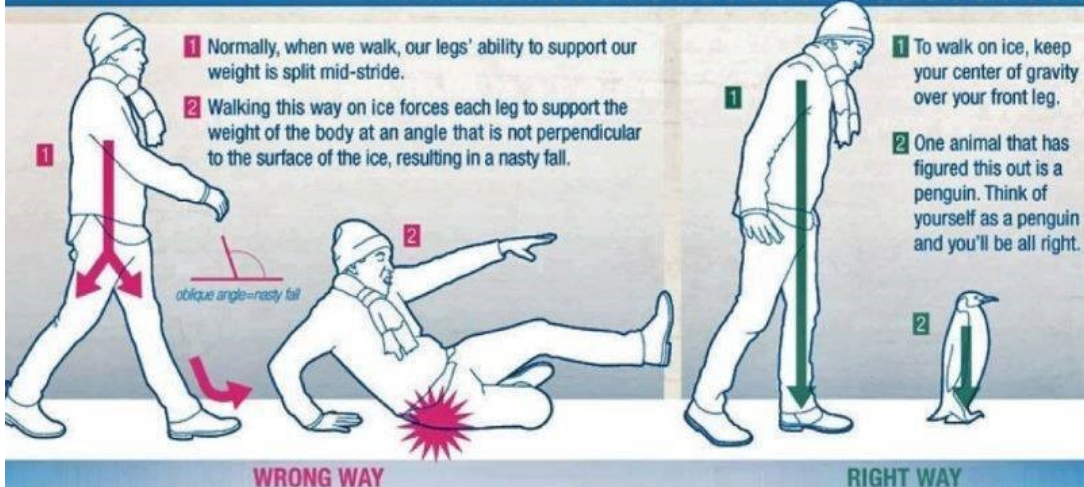


Woodmore WI held their Christmas party on December 2 at the Ridgeville Club with 19 members in attendance. We had a mixer game, lunch, gift exchange and Christmas song Pictionary.



Stay Safe On Ice, Walk Like A Penguin

HOW TO WALK ON ICE



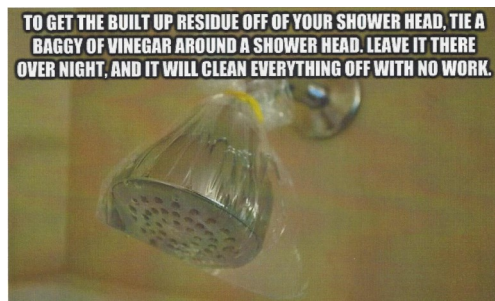
Three more ideas from my newsletter miscellaneous ideas file.

Ann Mandziuk, PHEC



Things to think about:

- * What if my dog only brings back the ball because he thinks I like throwing it?
- * The word 'swims' upside-down is still 'swims'.
- * Which letter is silent in the word 'scent', the S or the C?



Sugar Cookies

A - Cream together

1 c butter (or ½ c margarine and ½ c Crisco)
1 ¼ c white sugar
1 egg, well beaten
1 tsp vanilla

B - Sift together

2 ½ c flour
1 tsp baking soda
1 tsp cream of tartar



Mix A and B together. Roll into a log and Chill

Cut into slices about a ¼ inch thick or a wee bit thicker, if desired.

Sprinkle with sugar (For Valentine's mix white sugar with a very small amount of red food colouring to create red sugar. Cut a heart shape out of wax paper and discard the heart. Place the paper with the heart shape hole over each cookie and sprinkle the red sugar onto the paper.) This could be adapted for St. Patrick's Day and other special occasions with different coloured sugar and designs.

Place each ½ inch apart on a cookie sheet and bake at 375 F for 7-8 minutes.

This recipe is over 100 years old.

Anything Goes Cookies

2¼ cups all purpose flour
½ tsp salt
1 cup packed brown sugar
2 large eggs

1 tsp. Baking soda
1 cup Becel® Buttery Taste margarine or original Becel®
¼ cup granulated sugar
1 tsp vanilla

2 cups of a mixture of raisins, craisins, chocolate chips, white chips, M & M baking chips, butterscotch chips or what ever combination of ingredients you have on hand. Different kinds of nuts could be added as well.

Preheat oven to 375°F. Combine flour, baking soda, salt in bowl and set aside.

Mix margarine with sugars. Mix in eggs and vanilla until blended. Gradually add flour mixture and mix until well blended. Stir in the fruit/chip mixture you are using. Drop by spoon onto ungreased cookie sheet and bake 7 minutes or until edges are golden brown. Cool on rack.



Lovey's Strawberry Dessert

12 double graham wafers (made into crumbs)
¼ cup butter
½ cup brown sugar

Mix together and spread ½ of the mixture on the bottom of a 9 x 9 pan. Whip ½ pint of whipping cream. Add ¾ package of minature marshmallows. Spread half of this mixture on the wafer crumbs. On top of this add one can of strawberry pie filling mixed with the juice of a lemon. Cover with remaining cream mixture. Sprinkle rest of the graham wafer crumbs on the top. Chill

Coming Events

MARCH

Canadian Agriculture Literacy Month

8—International Women's Day

16—MWI Board meeting via zoom

TBA—Zoom Presentation

21—International Day for the Elimination of Racial Discrimination

31—Deadline for Nellie McClung Foundation Scholarship

APRIL

TBA—Zoom Presentation

30—Deadline for return of mail-in ballots for AGM

MAY

TBA—Zoom presentation

13—Deadline for Manitoba Women's Institute Scholarship

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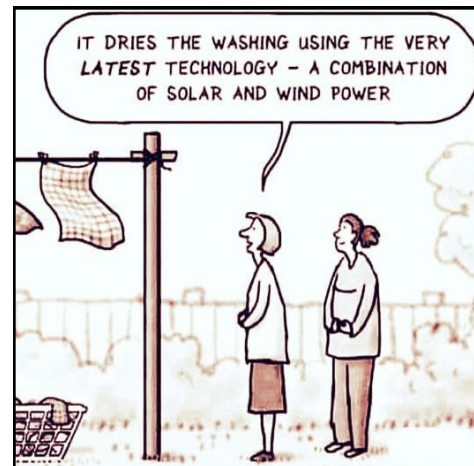
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Published by

Manitoba Women's Institute.

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

mbwi@mymts.net



FWIC Report



It has been a busy time for FWIC as they continue to prepare and offer training modules for interested WI members across Canada. Whether you are a novice or experienced in supervision and managing an institute these modules offer tips and suggestions to develop your skills and grow your confidence. Module 2, presented in early February, focused on 'Public Speaking' and was thoroughly enjoyed by 40+ participants.

The presenter, our Past President and MWI representative to FWIC, Denise Joss spoke about fears that prevent people from speaking to an audience. She offered tips and suggestions that made everyone laugh as she touched on our quirks and subconscious movements while public speaking.

March 7th at 6 p m (ET) , FWIC will hold a Roundtable on Advocating for Food Security. MWI will have a member on the panel, everyone is welcome to join in and listen to the discussion. Further information is available in the FWIC newsletter 'WI Connections.'

FWIC celebrated WI Day on February 19th by holding a speaker forum with women entrepreneurs presenting. It was an interesting afternoon with great idea to help you become a thriving business leader.

Submitted by Debra Barrett