

Newsletter

APRIL/MAY 2022

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



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March 28th, 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 (approximately one page). If you are handwriting your story, please print to ensure it can be easily read. All submissions must be post marked by **June 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 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,

Debra Barrett
President
Manitoba Women's Institute

Angela Pickett
Executive Administrator



Manitoba Women's Institute

Executive Administrator: Angela Pickett
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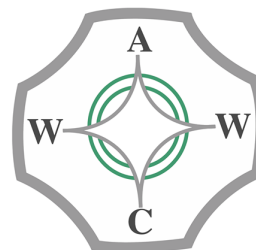


Mission Statement

"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/>

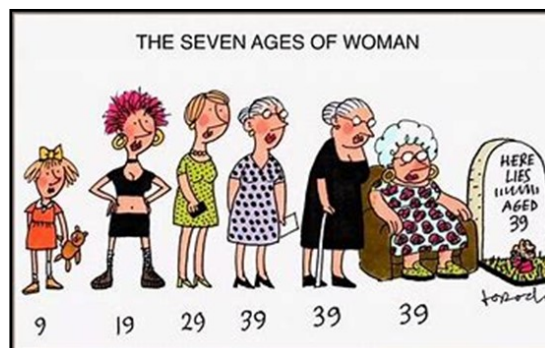


President's Thoughts

Greetings everyone,

Is this snow ever going to end? No sooner does a patch of ground appear in my yard than it is covered again by snow within the week. Oh well, it could be a lot worse at least spring is getting closer.

Our Made in Manitoba Project is coordinating a collection of goods for the Ukrainian immigrants arriving in Manitoba. Thank you to the all the WI members and institutes who have volunteered to help settle the Ukrainian immigrants coming to Manitoba. These families are mostly women with children who arrive with only one small suitcase a person. The items these families need are your basic household and toiletries that any **women or baby/child and elderly grandparents** might need. Our suggestion is walk around your home and think about the items you use daily in each room and donate any new or gently used items you may have. Please pack the donations in easy to handle boxes and label the boxes with the name of the room the items are for. Donations are accepted by many community organizations for transport to the families in need, check your area to see what is available.



Example - if you are donating pots, pans, dishes, glasses/cups, cutlery, baking wares, egg flippers, large wooden or plastic spoons. Please label the box with the word **KITCHEN**.

Example – if you are donating shampoo, conditioner, toothbrushes, toothpaste, soap, hygiene products, towels, face cloths. Label the box **BATHROOM**.

Example – donating gift cards for the purchase of groceries, most useful cards are Co-op, Superstore, Walmart as these stores provide not only groceries, and toiletries but also basic home products. These stores are located close to most of the main locations the people are moving into.

Board members have been busy attending meetings with sister organizations who also focus their programming on empowering women, their families, and communities. We attended the Agriculture in the Classroom (AITC) AGM, and the Provincial Council of Women of Manitoba (PCWM) resolution process. We will also be attending the AGMs of the Canadian Council of Women, the British Columbia WI, and Nova Scotia WI. The AITC program has been hugely beneficial in providing children access to farm facts and food sustainability programs. Some interesting information is AITC reached 416 schools and 16,569 online users, with an increase of 72% in student participants for 2021. AGMs being held virtually has allowed MWI to attend these meetings; plus we are also learning how to hold a virtual AGM should we be unable to hold in person meetings in the future.

We have also attended all FWIC Board meetings, Round tables, and Educational Modules. I find these meetings a fantastic opportunity to hear the ideas, successes, and challenges of our sister provinces.

MWI continues to offer monthly zoom presentations which are well attended. Topics are usually seasonal, such as the Monarch Butterfly presentation which will assist gardeners in preparing their yards for butterflies. If there is a topic you would like to learn about or the name of a speaker you would like to hear, please let us know by contacting the office.

(continued on page 4)

(continued from page 3)

Does your WI have a recipe book, history book or other publications that have been authored by your WI? There has been a problem this year with an individual, living outside Manitoba, trying to copy a history book authored by a MWI branch for her own profit. We are currently working to obtain legal advice to ensure that the written books, creations, etc. of a WI cannot be taken by someone for their personal gain. Stay tuned for more information!

Lastly, a big thank you to all members who are sending in their ballots. Angela has arranged two non WI scrutineers to assist her in counting the ballots during the second week of May. Hopefully, the future will allow us to be together for next years AGM. As requested, we will continue to have mail in ballots for those unable to attend an in person AGM. The feedback we have received is that the members appreciate being able to vote without the use of a proxy.

Take care! Wishing you and your loved ones a sunny spring and warm summer.

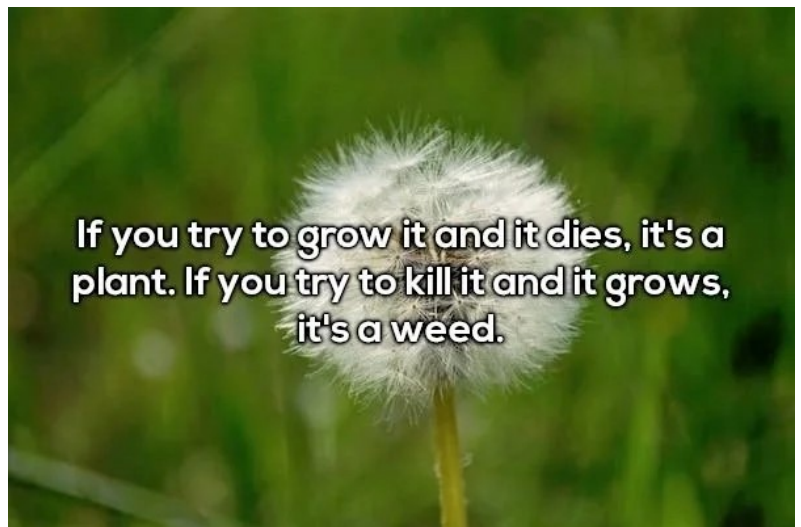
Debra Barrett



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.**

Did you know....

- ~ The plastic or metal coating at the end of your shoelace is called an *aglet*.
- ~ The tiny plastic table in the middle of a pizza box is called a *box tent*.
- ~ The wired cage that holds the cork in a bottle of champagne is called an *agraffe*.
- ~ The metal device used to measure your feet at the shoe store is called a Bannock device.



EXECUTIVE ADMINISTRATOR'S REPORT

Oh, I am so excited, Spring is here (although the weather is not quite there yet!) Hopefully by the time you receive this the snow is all gone, and those tulips are starting to poke through the ground. My home is overwhelmed with outdoor plants growing on every window sill and table. I can not wait for the day to transplant them outside!

Thank you to all who attended our Zoom April 12th on Monarch Butterflies. It was so great to have such a large group for our presenter. We will have another session in May and June, and there may even be a summer session or two.

I hear that some groups have been meeting in person once again, and that is wonderful news. Please send me any photos you may have that you would like to share, in the newsletter or for our social media pages.

The AGM by mail is once again in full swing, with ballots arriving daily. The final ballot count will take place on May 9th with the results published in the next newsletter.

If there are any changes to your membership or contact information through out the year, please contact the office as soon as possible. We can not reach members who have incorrect addresses or emails and I try to keep the information as up to date as possible.

Until next time, enjoy that sunshine!

Angela Pickett, Executive Administrator



FACEBOOK:

What is Facebook? It is a social media platform that is accessible on your tablet, phone, or home computer. It is a way to connect with others as well as connect with businesses and groups.



We have had a Facebook account for several years. On our Facebook account we post upcoming events and share important information with our "followers" (Follower: a person who follows our page and therefore receives the information we post) In March of 2019 (the first time I tracked the followers for the Marketing Committee) we had 365 likes. Now we are only a couple likes away from 700. We have nearly doubled our following in the last few years!

What are the benefits of followers/page likes? The great thing about Facebook is that it is FREE and it is a platform that has an enormous reach across many communities. One post share can reach hundreds of people, and potential new members. It is also a great way to share the wonderful work of MWI, and it only costs a little time. If you need help creating a Facebook page for your WI, please contact the office, I would be glad to assist! (Note: you must have a personal Facebook account to create a group/page)

For those that have a Facebook page, here are some quick tips to increase your following!

- Follow groups/pages with similar interests
- Encourage your followers to share your posts
- Do not over-post but do not become a ghost either!
- Use colorful ads and pictures to capture your audience's attention

We are aware of several WI's that have a Facebook page but are curious to know if there are more pages we do not know of. We would love to follow you! Please email the office if you have a Facebook page/group for your institute.

MEET A MEMBER

Recently, Peggy Bradshaw and I spent a most enjoyable hour on the phone remembering when we first met and how she turned her passion for helping into our MWI Made in Manitoba Project.

Peggy thinks she has been a member for at least 8 years and credits Rose Keiper with getting her to join. Peggy was also impressed by what her friend, Christine Diores, was doing in WI.

Soon after joining Silverton, Peggy was nominated to the provincial board. She spent time listening and learning from those on the board. Peggy noted a common theme was how each group worked at helping people in their community and beyond.

Being new to the board and looking in, Peggy felt we needed something in the province to work towards as a group. Her idea came to the forefront when she heard presenters from Port in a Storm at a Manitoba Rural Women's Day talk about their facility. Peggy's comment was 'sometimes you can't stop yourself and you just go with what is in your heart'. Peggy's heart was telling her that we should be helping this organization.

So, Port in a Storm was the first Made in Manitoba project we tackled as a group. After year 1 members were asking who can we help this year?

A committee was formed and they met and then put forward their ideas. They researched the suggestions and ranked them and picked one. They kept the list and revisited it in the following years. Since the beginning the ideas researched have come from news articles, personal stories and other places.

As the pandemic started WI groups didn't meet as often, fundraising was slow in locals, and our membership numbers dropped but when the Made in Manitoba project was announced each year groups and individual members stepped up and gathered physical items and monetary donations for the year's chosen group.

Earlier this year with the start of the war in Ukraine and the possibility of Ukrainians coming to Manitoba communities Peggy put a plan in motion and shared it with locals and individual members. Suggestions were shared on how we might help a Ukrainian family or individual arriving in our province with only a suitcase!

Peggy, very much an extrovert, is passionate about helping in any way she/we can. Stay tuned for a new Made in Manitoba project this fall. Her committee is geared up and ready to pick the next 'group/cause' for this year.

Ann Mandziuk, PHEC



The women of the **Fork River Women's Institute** recently made a donation of cash and hygiene items to the Parkland Crisis Center and Women's Shelter. Pictured (L-R) are Amanda of the Crisis Center, and Marilyn Kippen, Lorna DeVos, and Emily Pylypchuk of the Fork River WI. The ladies of the WI live by the motto "For Home and Country". They are a dozen women who focus on sharing helpful information and improving the lives of women and families locally, nationally and internationally. Despite the difficulties of fundraising during COVID-19, the group wanted to help other women facing difficult times in their lives.

Woodmore Women's Institute recently made a \$250 donation to the MCC Ukraine Emergency Response Fund.



After 2 years of not being able to meet properly, we had our Green themed March meeting at Roberta Bailey's, enjoyed a Green Dessert and discussed some great ideas for community events. Our April Wine & Cheese meeting will be held at Sara Curtis's house at 8:00 p.m. on April 21st. Any ladies welcome to join us.
(copied from Lenore WI Facebook page)



As a fundraiser for 2022 Woodmore WI held a Cash Calendar Draw. Prior to our April meeting we held the ticket draw.



At our April meeting Shelagh Woods (second from right back row) attended and spoke on her career and experiences as a health care worker.

International Women's Day March 8, 2022 (IWD)

IWD is celebrated world wide annually on March 8 to commemorate the cultural, political, and socioeconomic achievements of women. The gatherings date back to 1848 when hundreds of women congregated at the first women's rights conference in NYC after women were prevented from speaking at an anti-slavery conference.

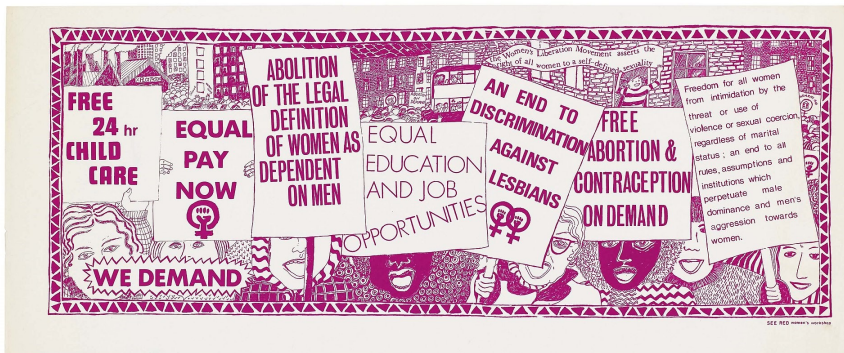
The earliest "Women's Day" was organized by the Socialist Party of America in New York City on February 28, 1909 in recognition of a 1908 garment workers' strike to protest poor working conditions. This inspired German delegates to propose "a special Women's Day" to be held annually. Women in Denmark, Russia and other European countries joined the movement. It became a global holiday following its adoption by the United Nations in 1977.

In 2022 the United Nations' theme for International Women's Day is "Break the Bias"

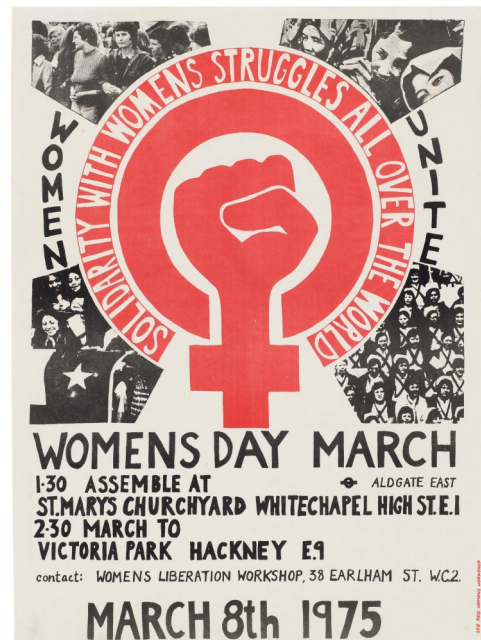
Will we, men and women, actively call out gender bias, discrimination and stereotyping each time we see it?? The United Nations encourages everyone to make 2022 count for girls and women on the pathway towards gender equality and human rights.

Gisela Nolting

Grosse Isle Women's Institute discussed IWD at their March meeting.



Posters from past International Women's Days



On **International Women's Day** March 8, Ann Mandziuk spoke to the Scottish Women's Institute Zoom group about WI in Canada/Manitoba. She was able to use information from the FWIC WI Day celebration and then zeroed in on Manitoba and some of the activities MWI has focused on over the years. Ann also offered a quick geography and history lesson about Canada and Manitoba. SWI was happy to welcome members from Manitoba, Ontario and Nova Scotia to the presentation as well. If you are interested in seeing the presentation, contact the MWI Office and Angela will send you a copy of what was presented.



I follow this page on Facebook and I thought this was an interesting item about a young person signing up for WI in England and then branching out and starting her own burlesque sub-group. We may not be ready for a burlesque group in Manitoba but there are lots of other ideas we could try that might interest women new to WI.

Ann Mandziuk, PHEC

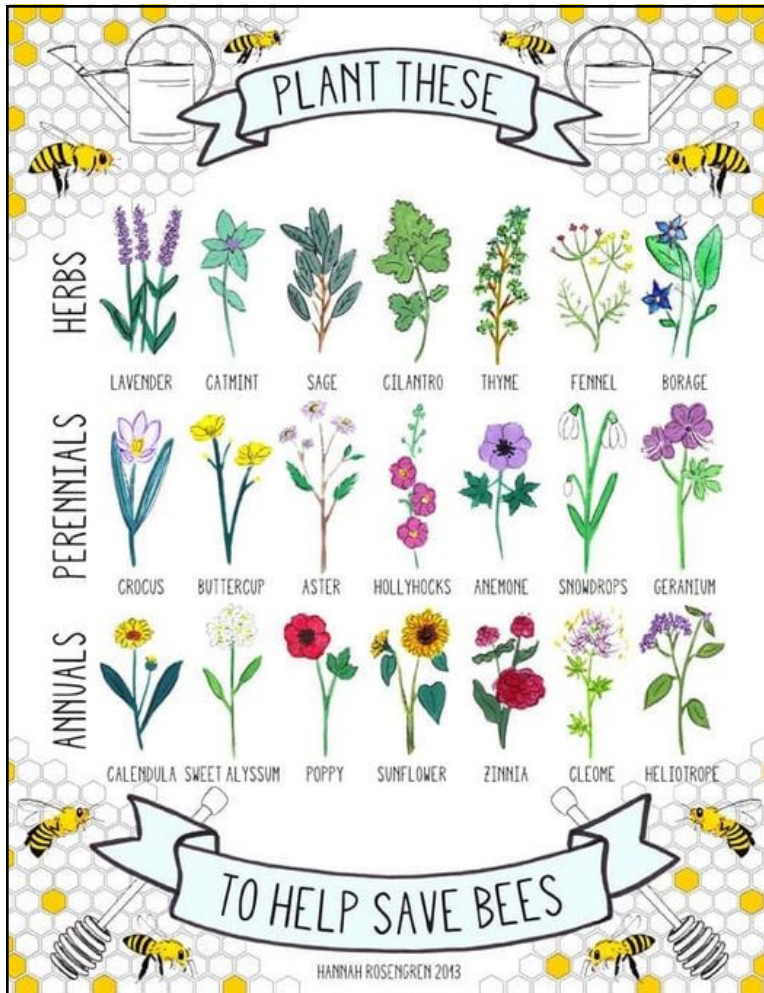
Thanks to Debra Barrett for this photo (right). It took me down memory lane—as a child I remember picking the individual lilac florets and getting the nectar out of the flowers. I may have even eaten a few along with caragana flowers! Ann Mandziuk, PHEC

Lilac lemonade- yes! Lilacs are edible! And they taste just like how they smell, which is pretty rad if you're into floral flavors like jasmine, violet, and rose. All you have to do is submerge a few rinsed flower heads in the lemonade for at least a few hours, preferably overnight. Strain and serve! It's a really simple way to celebrate spring



Happy Birthday to members celebrating in May and June





Shared from Dragons Lake WI Facebook page.

'NAME THE BOOK' 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 June 30, 2022 via email MWICoVIDstories@gmail.com or by phoning (204)726-7135

ADVERTISING RATES

Business Card Size	\$15 per issue
Quarter Page	\$40 per issue
Half Page	\$65 per issue
Full page	\$90 per issue

Full information was in the February/March 2022 issue.

LA DESIGNS

ANN MANDZIUK
BOX 264

MINNEDOSA MB R0J 1E0
204 966-3829

mountainroad95@gmail.com

Doll clothes, small quilted items and handmade greeting cards

(paid advertisement)

Coming Events

APRIL

29—ACWW Women Walk the World

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

MAY

12— Growing and Using Herbs with Glenda Mac-Phee Zoom Presentation

13—Deadline for Manitoba Women's Institute Scholarship

18—MWI Board Meeting

30—Newsletter Deadline for submissions

JUNE

2—Pulses, Recipes, Climate & Food Costs with Manitoba Pulses & Soybean Growers Zoom Presentation

30—Deadline for COVID-19 stories and Title Contest submissions

SEPTEMBER

TBA—Create a Fall Wreath with Brent Hunter

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

mbwi@mymts.net

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Did you know.....

~ The space between your eyebrows is called a *glabella*.

~ The way it smells after the rain is called *petrichor*.

~ The rumbling of your stomach is actually called *wamble*.

~ The tiny toe or finger is called a *minimus*.

FWIC/WI Canada Report

Leadership Modules are continuing to be held monthly. The WI Day celebration that was Zoomed across Canada and the World was very well received with 149 connections.



Information has been sent into the FWIC Office from Institutes across Canada about ways they are supporting the Ukraine during the war. Some WI institutes are knitting toques and mitts to be sent to Ukraine. Others are looking at helping refugees in Poland and hopefully those who will come to Canada. Sometimes monetary donations are the most practical and can be sent directly to the many credible organizations working with the Ukrainian immigrants in Manitoba. Tax receipts would be issued from the organization receiving your funds, as long as you choose an organization with a charitable status.

To celebrate the 125th anniversary of WI in Canada reminders were shared with all provinces about planting trees and adding new members to WI. Manitoba's President, Debra Barrett, shared how several Tree Planting Initiatives are underway in Manitoba. I suggested FWIC also plant several fruit trees at the International Peace Gardens at our site. Native Manitoba Plum trees were suggested by nurseries when I contacted them about tree prices.

Personally, I am very happy the way FWIC is trying to connect with more WI members across Canada during the last year. It is a very important goal for all members of the FWIC Board of Directors

Respectfully submitted by,
Denise Joss -MWI Representative to FWIC