



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

## FISHER BRANCH WOMEN'S INSTITUTE

Is Inviting you to Attend

Our 75<sup>th</sup> Anniversary &  
W.I. Park Grand Opening

September 10<sup>th</sup>, 2022

Fisher Branch Community Center Hall  
9:30 a.m. – 3:30 p.m. followed by Ceremony at the Park

Coffee and Muffins at 9:00 a.m.

Cost to Attend is **\$10.00** (includes hot lunch)

You must Pre-Register by AUGUST 31<sup>st</sup>

Register by phone Pearl at 204-372-6478 or Debra at 204-467-5777  
Or email Lori at [smtech.smith@gmail.com](mailto:smtech.smith@gmail.com)

Please prepay registration, if possible, by cheque or e-transfer to [smtech.smith@gmail.com](mailto:smtech.smith@gmail.com)

Please bring a feminine hygiene product for Manitoba Harvest.

Laughs   Lunch   Rainbow Auction  
Door Prizes   Speakers   Entertainment   50/50 Draw  
Camaraderie with Attendees

## VIRTUAL BRANCH

The first meeting of the **NEW WI Virtual Branch** will be held via Zoom on September 22, 2022 at 7:00 p.m. Once we have an idea of number of participants interested we can explore the best date and time to meet.

Please let Debra know if you are interested. Her contact information is on page 2 of this newsletter.



The registration form for the 75th Anniversary Party and Grand Opening is located on page 14.

### **Manitoba Women's Institute**

**Executive Administrator:** Angela Pickett  
1129 Queens Avenue Brandon MB R7A 1L9  
204-726-7135 Fax 204-726-6260 [mbwi@mymts.net](mailto:mbwi@mymts.net)



### **Provincial Board 2021-2022**

**President:** Debra Barrett, Box 1311 Stonewall ROC Z20 204-467-5777 [debramwi@gmail.com](mailto:debramwi@gmail.com)

**Acting President—Elect:** Liz Chongva, Box 73 Dugald ROE OK0 204-853-2007 [chongval@mymts.net](mailto:chongval@mymts.net)

### **Regional Representatives:**

**Eastern:** Jacqueline Chartrand, Box 996 Beausejour ROE OC0 204-995-2544  
[jmchartrand62@hotmail.ca](mailto:jmchartrand62@hotmail.ca)

**Southwest:** Peggy Bradshaw is on a year's hiatus from the board.

**Wpg.-Interlake:** Gisela Nolting, Box 87 Rosser ROH 1E0 204-467-5922 [hnolting@mymts.net](mailto:hnolting@mymts.net)

**Manitoba Agriculture:** Thelma Blahey, Box 2000 Arborg ROA OA0 204-641-4133  
[thelma.blahey@gov.mb.ca](mailto:thelma.blahey@gov.mb.ca)

**WI Canada/FWIC Provincial Representative:** Denise Joss, Box 1632 Lac du Bonnet ROE 1A0  
204-345-5288 [awsumden@hotmail.com](mailto:awsumden@hotmail.com)

**Manitoba Gov't Appointed Members:** Heather Cummings, Box 522 Neepawa ROJ 1H0  
204-476-5395 [ghcumm1@gmail.com](mailto:ghcumm1@gmail.com)

Michele Gurman, Box 22 Vita MB ROA 2K0 204-380-2988 [michele.gurman@xplornet.ca](mailto:michele.gurman@xplornet.ca)

**Acting UofM Home Ec.:** Ann Mandziuk, PHEc, Box 264 Minnedosa ROJ 1E0 204-966-3829  
[lamandziuk@gmail.com](mailto:lamandziuk@gmail.com)



### **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,

I hope everyone has had a glorious summer. August has provided us with gentler weather despite the heavy rainfalls we saw in many parts of the province. Our MWI Board has been enjoying some down time over the summer but are still highly active focusing their thoughts on preparing for fall to begin.

You will notice, in this newsletter, an announcement that a MWI Virtual Institute will begin holding meetings on September 22, 2022 at 7pm. If you know of a woman who is unable to attend Institute meetings but would like to be involved in the comradery of WI, please pass on the information regarding our Virtual Institute. Virtual Institutes in the UK have become very popular, with each having a different focus. Some focus their meeting time on crafts, some on books, others on political advocacy, while others hold a more traditional WI meeting. Contact myself for more information, this opportunity is open to all.

I also have a reminder for you – MWI is still looking for a President-elect for November. This individual would attend bi-monthly board meetings and may sit on committees which are of interest to her. Anyone who would like more information please feel free to contact me, my phone and email info are on page 2 of this newsletter.

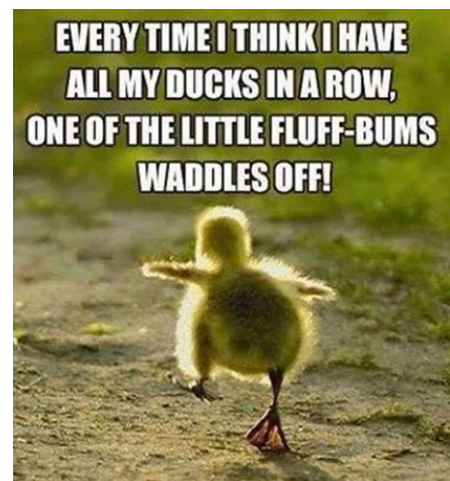
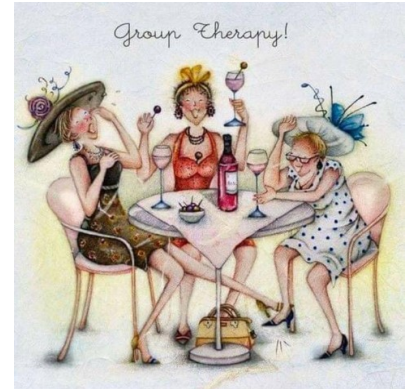
Congratulations to Gisela Nolting, of the Grosse Isle WI, who was approved by ACWW as our Manitoba rep on ACWW's board. Thank you Gisela for taking on this important role!

Another issue which captured my attention this summer was the number of MWI members who no longer are able to live in their homes or have limited mobility. Please reach out to these members, current or retired, from your area who are isolated with a greeting. Your thoughtfulness might brighten that person's day. Although, a person may have retired from MWI we can still provide friendship and an update of MWI activities through a note or phone call. Please take 5 minutes to contact someone you know who may be pleased to receive your hand of friendship.

Lastly, the Wpg/Interlake annual event is being held in conjunction with the Fisher Branch 75<sup>th</sup> Anniversary Celebration and Grand Opening of the WI Park. This event promises to be a fun and interesting day and is open to all retired and current members of MWI who would like to register and join in.

May you all have a wonderful start to your fall and a bountiful crop of produce to harvest.

Debra Barrett



**EXECUTIVE ADMINISTRATOR'S REPORT**

Happy Summer to all! I hope that everyone is having a relaxing, family-filled summer with many great memories.

As you are aware, I have been off for the summer, but MWI is never far from my mind! Whether it is running into a member at the grocery store, or finding an MWI cookbook at a flea market, you are always on my mind! I have accumulated quite the collection of cookbooks since I began working with the Manitoba Women's Institute, the oldest is one from the 1950's from the Boissevain WI. These books are a great part of history with classic community recipes with common ingredients.



The publications MWI has produced are an important part of our history. I am looking forward to compiling the collection of stories that we have acquired for our COVID-19 project. Each recollection of our experiences will become a guideline for future women on how we dealt with the COVID-19 pandemic.

It has been nice this summer to enjoy some of the activities that have been shut down for a couple of years. I am a bit of a homebody though, and am finding enjoyment in my garden. I made my first two jars of bean pickles today only to learn that using wax beans will make them wrinkle so I have two very sad looking jars of bean pickles on my counter. I guess you learn something new every day!

I am wishing you the best of all summers, healthy pickles, and I look forward to reconnecting in September!

Until next time...  
Angela



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 Memoriam**

**Brenda Dyck** (August 26, 1959 – June 12, 2022)

Brenda was a member of the Woodmore Women's Institute for 14 years. She was on the executive as Secretary and then Co-President for a number of years and participated on many committees. She was a valued member and contributed significant time and effort. Brenda ran her own greenhouse business, was very active with 4-H, Vita Horticultural Society, and the Roseau River Park Board. She will be lovingly remembered by her family and many friends.



## Celebrating 90 Years of Peace and Plants

"This was the strongest weekend attendance in five years, and we're thrilled to have had so many visitors celebrate this milestone with us," Tim Chapman, CEO of the International Peace Garden Foundation, said. "While we enjoy looking back to explore the area's rich history and culture, we're also looking to the future. Recent additions like the Children's Nature Play Area and the ongoing expansion of the Conservatory ensure that we are providing new ways for visitors to experience the many ways the Garden promotes peace through the principles of conservation, education, recreation, and arts and culture, for the past 90 years and for many years to come."

At the end of July, the International Peace Garden celebrated 90 years. MWI has played a part in its development. The 3 pictures on this page are from a newsletter we receive. If anyone has visited and had the opportunity to take photos of the Cacti MWI funded we would love to see them. Too far away from IPG, why not take a virtual tour of the Conservatory! If you love cacti and succulents you will certainly enjoy it. <https://peacegarden.com/discover/education/> is the link to a Virtual Tour of the Conservatory.



## COME OUT AND PLAY IN NATURE

The grand opening of the Children's Nature Play Area took place on Saturday, July 30th to the great appreciation of the families in attendance, ND Director of Marketing and Tourism, Sara Otte Coleman, HTFC Planning and Design and Peace Garden board members.

Children of all ages and abilities will be able to have a hands-on experience in the new Children's Nature Play Area. The play area features a theme of animals native to the Turtle Mountains, where the Peace Garden is located. Play areas are based on natural habitats to engage children in their surroundings and help them gain an understanding of the deep connections between animals, plants, and all the surrounding elements of their environments. Local indigenous communities will develop content that incorporates traditional teachings and native storytelling into each of the park's play areas.



# MEET A MEMBER

In February 1976, **Doris Koss** and her husband Clarence moved to Beausejour where he took over a position with the orchestra at the Edward Schreyer Collegiate. Being new to the community, Doris was invited to a Women's Institute meeting. By September, Doris found herself elected to the position of President of the group and she hasn't looked back since.

Women's Institute became her 'go to' group for the friendships, the meetings, the outings, and regional and provincial gatherings. She enjoyed provincial events and meeting women from all walks of life from across the province. With COVID-19 that was one of the things she missed about WI – the regional and provincial events. Also, the local meetings that were cancelled put a halt to the comradery Doris so enjoys with WI.

In 1993 the Beausejour WI folded and not wanting to miss being a member, Doris joined the Springfield group. It meant driving 30 minutes to meetings but she has continued to do this ever since joining.

At the end of August, Doris and Clarence will be moving to Kelowna to be closer to family and enjoy the more temperate weather the area has to offer. Her one regret will be leaving the WI group in Springfield and all that goes with the organization. The internet will make it easy to stay in touch and receive minutes and news of the local meetings/happenings.

Doris was honoured at a luncheon at the Beausejour Golf Course. Past and present members had the opportunity to gather and visit. And I'm sure the ladies had the opportunity to make up for lost time and spent lots of time visiting and catching up! Doris commented that it doesn't matter how long it has been since you have seen someone, WI is the bond that brings us back together.

I asked Doris what she sees for the future of MWI. Her biggest hope is that we can continue to be a respected organization in Manitoba. It may mean staying small because families and women are working outside the home and families are travelling in many directions for children's activities, so extra time for your own activities can be at a premium. Women's Institute groups across the province have done so much for their communities and she hopes this can continue into the future.

On behalf of all Manitoba Women's Institute members, we wish Doris well in their move half way across the country. Her parting comment was "Women's Institute will always be in my thoughts and prayers."

Ann Mandziuk, PHEc





### Grosse Isle Women's Institute

At our June meeting we had a plant sale exchange ranging from annual and perennial flowers, raspberries, pumpkin, squash, zucchini, cucumber and tomato plants. The plants are donated by our members. This is one of our fundraisers.

Roll call: How do you cope with depression? This led to lively discussions.

Program by one of our members (who took the course): Mental Health First Aid

Submitted by Gisela Nolting



### Fisher Branch Women's Institute Serving the Greater Good

The Fisher Branch Women's Institute, long respected for its charitable service to the community, held a household item drive to assist in supplying the Ukrainian people immigrating to Manitoba. The drive focused on collecting the necessary items required to set up their new homes. As usual, the people of Fisher Branch and area more than met the challenge! The WI collected, catalogued and packaged 69 boxes of household items and 8 bags of mixed bedding, quilts and some clothing. The items were delivered to Winnipeg for distribution.

Fisher Branch's WI have contributed to the MWI "Made in Manitoba Project" annual appeals since the Projects began in 2019. The first project focused on collecting items to support rural cancer patients living at **A Port in a Storm** during their treatments in Winnipeg. Subsequent projects were **Backpacks for Street Children** which provided backpacks with supplies for those attending School, **Brandon Bear Clan** clothing drive for vulnerable peoples, **Nova House Women's Shelter** donations of personal items, and now **Building a Foundation** which welcomes the Ukrainian Refugees with necessary home-making supplies.

The **Woodmore WI** received a grant, related to Mental Wellness, from Southern Health. Our grant project was titled "Planting Fun". Our program was for kindergarten to grade 6 students at 2 schools in our municipality. We held a day for Dominion City students on May 17 and a day for Emerson students on May 24. In total we had 105 students, plus teachers and aides, attend our Mental Wellness event. Each day was split into 3 sessions by grade, so each group had a 1 ½ hour program.

Our event consisted of the painting of a terra cotta flower pot, planting a marigold seed and learning more about seeds and how they grow. At the end of each session a group picture was taken and the students were given a snack pack.

We had the teachers and aides fill out an evaluation form and we received very positive feedback on our program.

We are putting together a hardcover picture book for each of the schools.



**Woodmore WI** is once again hosting a Children's Gardening project as part of our Food Security Initiative. This year we have 16 children signed up for our program. The attached picture shows the seed and plant packages that we provide to each of our participants, along with planting instructions. We held a kick-off session where we distributed the packages. We also have a local teacher who works with us on this and provides mentorship throughout the summer, he visits each of the participants twice throughout the summer. We will be holding a wind-up in September which include a cooking workshop using garden produce.





**Grosse Isle Women's Institute** had their outing on Aug. 10, 2022. We went to Pine Ridge Hollow for lunch and walked around the site. *(And just to make us wish we had been with them, they included pictures of a couple of their desserts! They look delicious!)*

A  
R  
O  
U  
N  
D  
  
T  
H  
E  
  
P  
R  
O  
V  
I  
N  
C  
E

**WHAT ACTIVITIES OR TOURS HAS YOUR W.I. GROUP BEEN PARTICIPATING IN THIS SPRING/SUMMER/AUTUMN??? LET US KNOW – WE LOVE SHARING WHAT IS HAPPENING IN OUR PROVINCE. SEND YOUR PHOTOS AND A BRIEF WRITE-UP TO ANGELA. LET ANGELA KNOW IF YOU WOULD LIKE IT TO BE SHARED ON FACEBOOK OR THE WEBSITE OR THE NEWSLETTER OR ALL THREE!**

On July 27 the **Woodmore Women's Institute** hosted a garden tour from 6:30 pm through 9:00pm. There were 14 in attendance for the tour. This was a great opportunity to meet and talk with other gardeners and hear about some alternative gardening techniques. There were 2 stops on the tour in the St. Joseph and Neubergthal areas. Our first stop was at Jean Jubinville's place near St. Joseph where we saw his techniques for less labor-intensive gardening aimed at a fall to late garden. Our second stop was with Kenton Lobe at the Community Shared Agriculture in Neubergthal. Here we saw innovative gardening techniques using heritage seeds and zero till.



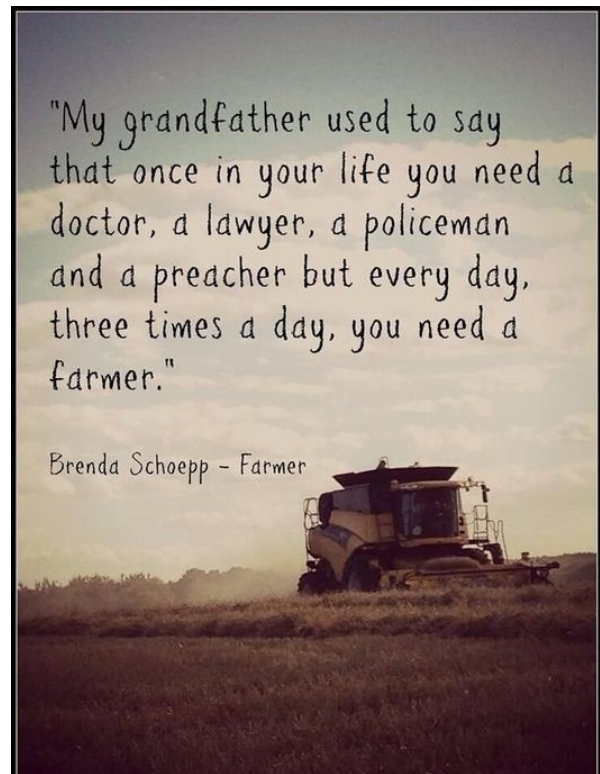
No garden tour—just a lawn mowing tour in my yard. A few days prior I had seen photos of this plant on a Facebook page I follow. I have never seen it in our yard before but maybe all the moisture and weather had something to do with it appearing in a corner of our yard. It is called Indian Pipe (*Monotropa uniflora* L.) And yes, the Wild Strawberries did yield a couple of berries!! (Ann Mandziuk)



A  
R  
O  
U  
N  
D  
  
T  
H  
E  
  
P  
R  
O  
V  
I  
N  
C  
E



Thunderbird Harley Davidson



"Egg salad is still chicken salad when you think about it."  
Glenn Danzig



## SCHOLARSHIP WINNERS

Congratulations to our 2022 scholarship winners

**Christa Boekhorst** is from Brunkild, MB and is heading off to UM to study sciences.

**Brooklyn McRae** is from St. Andrews, MB and will be heading out of province to study Applied Sciences at UBC.

### **MENTAL HEALTH FIRST AID**

A member of the Grosse Isle WI recently took the Mental Health First Aid Course and shared her knowledge at their June meeting. This was one of the pieces of information she shared with the group. Maybe you have someone in your community who has taken the course and would be willing to share their knowledge. Thanks to Gisela for sharing this information.

## **Strategies to Promote Positive Thinking**

### **1. Stop Dealing in Absolutes**

- How often do you use phrases like, "I never" or "I always"? These are absolute statements. Something either never happens or it always happens. There's no in-between.
- If you want to feel more positively about your situation, it's time to get rid of these kinds of phrases.
- Instead of saying that you can "never" stick to a diet, try reframing that statement. Say something like, "I'm having trouble sticking to my diet right now; maybe I need to work with a nutritionist to help me set more realistic goals."

### **2. Give Yourself Permission to Mess Up**

- In addition to giving up your absolute phrases, it's also time to stop expecting yourself to be perfect 100 percent of the time. You're a human. You're allowed to make mistakes.
- If you give yourself permission to mess up, you're also giving yourself permission to start again.
- Think of it this way: if you got a flat tire while driving, you wouldn't slash the other three. You'd replace the one flat and get on with your journey.
- Treat yourself the same way. Be willing to forgive yourself and move on when you slip up.

### **3. Talk to Yourself the Way You'd Talk to a Friend**

- Most of us are way meaner to ourselves than we would ever be to someone we care about. It's no wonder we have a hard time being positive!
- Try talking to yourself the way you'd talk to a friend.
- If a friend messed up or hit a roadblock, you wouldn't berate them and tell them they should quit. No, you'd tell them that this is just a hiccup and that things will get better. Treat yourself the same way.

### **4. Say Goodbye to Guilt**

- It's time to stop living in the past.
- Stop beating yourself up for the mistakes you made before or the times you've given up. It's time to focus on the present and let go of the guilt that's holding you back.

### **5. Hold Yourself Responsible**

- Guilt isn't good for anyone. But, that doesn't mean you should avoid taking responsibility for your situation.
- If you've messed up in the past or sabotaged yourself in some way, you need to take responsibility for those actions. Own what you've done, identify your mistakes, and figure out how you're going to avoid making them again in the future.

## 6. Learn to Accept Compliments and Recognition

- Do you brush off compliments or deny that you've done something good? How are you supposed to feel positive about yourself and your life if you never acknowledge the good things you do?
- If you want to start achieving your personal development goals, you need to be able to acknowledge your own victories and be proud of yourself when you do something well.

## 7. Practice Gratitude

- When you've spent the majority of your life focusing on the negative, it can be hard to flip the script overnight. A good way to start changing the way you think, though, is to start focusing on the good things in your life.
- Make a habit of practicing gratitude on a regular basis, perhaps by keeping a gratitude journal or writing thank you notes.

## 8. Consume Positive Media

- Finally, make sure that the media you're consuming is not exclusively negative.
- If you only watch the news and spend all day reading and listening to stories about what's wrong with the world, you're not going to feel very good. Try to vary your content so you're also consuming positive information.
- Stay informed, but don't let all the negative stories drag you down and crowd out the good things that are happening in the world.

## 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.

## SEEKING PRESIDENT ELECT NOMINATIONS

The Board of Directors of MWI is seeking names of those who are interested in stepping up to serve as President Elect for a 2 year term and then move into the role of MWI President for a 2 year term. Following the term of president you remain on the board as Past President for one year. Contact the MWI office for a complete job description and to submit a nomination.



## AGRICULTURE COMMITTEE REPORT

Cereals Canada celebrates 50 years in business.

Cereals Canada is a national, not for profit, industry association representing the Canadian cereal grains value chain. They test different grains in regards to their baking quality. They have demonstrations in milling and baking as well as pasta making using different varieties of grains to show customers around the world how to best use Canadian grains. Cereals Canada is located on Main Street in downtown Winnipeg.

For more information Google: Cereals Canada

Gisela Nolting



**Fisher Branch Women's Institute**  
**2022 Wpg/Interlake Annual Event Registration Form**  
**September 10, 2022**

**Name:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

**Email address:** \_\_\_\_\_

**Telephone Number:** \_\_\_\_\_

Luncheon (Menu - chicken breast, mashed potatoes with gravy, perogies, cabbage rolls, meat balls, salad and dainties)

Please bring a feminine hygiene product for donation to Manitoba Harvest.

**Registration fee: \$10.00**

**To register:**

**Mail** registration form and registration fee to the Fisher Branch W. I.  
PO Box 25, Fisher Branch, MB R0C 0Z0 (**on or before August 31, 2022**)

**or**

**Email** your registration form and e-transfer the registration fee to  
[smtech.smith@gmail.com](mailto:smtech.smith@gmail.com) (**on or before August 31, 2022**)

**or**

**Phone Pearl at 204-372-6478 to RSVP and pay at the door of September 10<sup>th</sup>, 2022**

\*\*\*\*\*

**FOR OFFICE USE:** Date received: \_\_\_\_\_ Fee Enclosed: \_\_\_\_\_



## **FWIC Report**

FWIC committees have been enjoying some down time over the summer. However, the President-Elect, Lynn MacLean and Communication Chairperson, Angela Scott have been in consultation with provincial presidents to discuss membership and brainstorm how to enhance membership events to ensure each province remains healthy. Saskatchewan President, Karen Gerwing has reminded each province that we must work towards retaining a healthy membership or each province may follow in Saskatchewan's footsteps and have their WI fold.

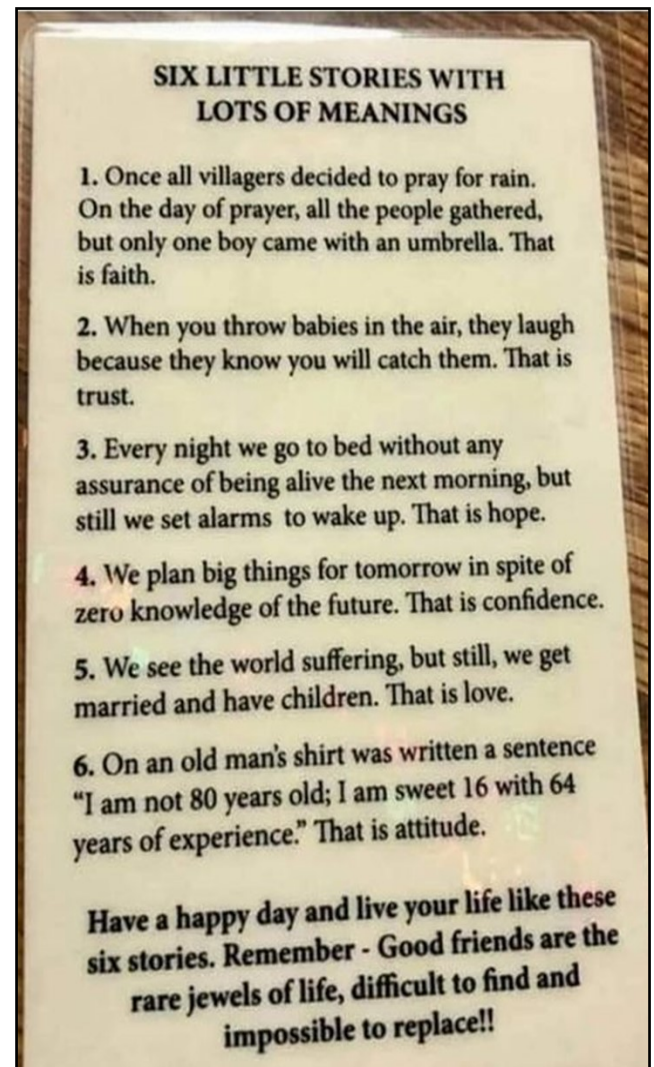
Provincial presidents, including myself, would be grateful for any feedback or suggestions that WI members would be willing to share with us. The next brainstorming session is Sept 23<sup>rd</sup>, and I would really appreciate MWI members sharing their new ideas with me. My contact information is on page 2 of the newsletter.

On a lighter note, the FWIC Adelaide Hunter Hoodless Canadian Woman of the Year Award for 2022 went to Faye Mayberry, from Alberta. Congratulations, Faye!

September's board meeting will be held on September 12<sup>th</sup> and a Remembrance Day virtual event on November 10<sup>th</sup>. The final three training modules have been moved to the winter when people have more time to participate. Be on the look out for a list of upcoming events in the fall Connections Newsletter.

For those interested in a digital copy of the FWIC Annual Book of Reports for 2022, presented at their AGM on July 12<sup>th</sup>, send a request to the MWI office and an email copy will be provided to you.

Submitted by Debra Barrett



## Coming Events

### SEPTEMBER

10—Fisher Branch 75<sup>th</sup> Anniversary and Grand Opening of the W.I. Park  
 22—Virtual Branch meeting  
 TBA—Create a Fall Wreath with Brent Hunter  
 30—Deadline for newsletter articles

### OCTOBER

11—International Day of the Girl Child  
 15—International Day of Rural Women  
 16—World Food Day  
 20—MWI Zoom

### NOVEMBER

11—Remembrance Day  
 15-16—MB Farm Women's Conference, Brandon  
 17—MWI Zoom  
 30—Deadline for newsletter articles

### DECEMBER

25—Christmas Day

### JANUARY

TBA—Deadline for Resolutions  
 31—Deadline for newsletter articles

### FEBRUARY

19—Manitoba Women's Institute Day

### MARCH

Canadian Agricultural Literacy Month  
 1—World Complement Day  
 8—International Women's Day  
 21—International Day for the Elimination of Racial Discrimination

### APRIL

22—Earth Day  
 29—ACWW Women Walk the World

Congratulations to **Emily Robb** who was awarded a post secondary Nellie McClung Trailblazer Scholarship. Emily was winner of one of our MWI scholarships in 2021. Good luck as you continue your studies at UM.

**For the ladies that are still waiting for their prince on a white horse, don't give up! With the recent rises in fuel, it can happen any second now!!!!** 🐎😂

Costco sign

### Did you know.....

~ When you combine an exclamation mark with a question mark (like this ?!), it is referred to as an *interrobang*.

~ The space between your nostrils is called *columella nasi*.

~ The armhole in clothes, where the sleeves are sewn, is called *armscye*.

~ The condition of finding it difficult to get out of bed in the morning is called *dysania*.

~ Illegible hand-writing is called *griffonage*.

The **Institute News** is published six times per year.

ISBN 1188-0961

Next issue: October 2022

Published by

**Manitoba Women's Institute.**

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

mbwi@mymts.net

© copyright MWI