



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

Hello W.I. Members,

With the start of our new WI year it is a great time to start our new **Made in Manitoba** project. The Committee has chosen a Food Drive as our project this year, advertising will start on October 10th, Thanksgiving Day. We can all give thanks for the good fortune and many opportunities we enjoy by supporting the Manitoba families who go without each day.

According to Manitoba Harvest they now provide food supplies to food banks in every area of the province. The Food Banks help feed 83,000 people and approximately 33% of these people are children.

The reasons provided for the huge number of families needing support are:

COVID caused many small businesses to close leaving families with an income too low to adequately provide food for their families.

Inflation continues to increase the costs of basic food items and therefore families cannot buy nutritious food. For example, pasta cost is up about 17%.

The costs of transportation, housing, childcare, etc. have also all increased due to inflation which is causing families to have less income to spend on food.

According to Manitoba Harvest in 2021, **one in seven Manitoba families were living with food insecurity**. With **one in five children living in a household without enough food**. These numbers became worse in 2022 due to hikes in prices at the grocery stores because of inflation. According to Dalhousie University there has been a 24% decrease in food purchases due to inflation. Of that number, 70% of those unable to purchase the volume of food required are women. Many being single income Mother's providing for their families.

The Lighthouse Mission have seen a large number of families becoming homeless due to COVID and Inflation. Many of these families have young children who are now living homeless with their parents.

Thank you for your help in ensuring all Manitobans are healthy and happy without being hungry. Should you have any questions please contact myself.

Sincerely,

Debra Barrett, Chair Fisher Branch WI for Peggy Bradshaw

Email DebraMWI@gmail.com or phone 204-726-7135

Donna Young, Wheat City WI dmy22@icloud.com

Debbie Melosky, Woodmore WI

Audrey Waddell, Wheat City WI

Diane Burelle, Virtual WI

See page 4 for a list of suggested foods to donate

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

Hello Everyone,

I sat down at my computer to write this report and wondered where do I start? September has been a blur of MWI activities. It all started with Fisher Branch's 75th Anniversary Celebration. A huge thank you to all who attended to make the day a success. Unfortunately, the guy with the thermostat key was away because of a death in the family but the cool room kept us all alert and awake. Just a reminder that the Red Lentil soup recipe for the jar of ingredients you took home is in the "Goodie" bag recipe book you received.

Then came the September meetings after most committees taking the summer off to focus on sun, fun and family activities. Along with a lot of yard and farm work!

The Virtual WI Branch began with individual members from across Manitoba joining. Stay tuned to hear what they choose as a name for their branch. If you are an individual member who would like to meet monthly on Zoom with the Virtual Branch women, please email the office to let us know. Maybe you know of a woman who is not yet a WI member but might like to join a Virtual branch, have them contact the MWI office. Email mbwi@mymts.net or phone 204-726-7135.

FWIC also kept MWI busy with many provincial presidents working on membership, recruitment ideas, and communication across Canada. FWIC will host a Membership Rally Wednesday, November 16th, 2022 via Zoom. Every WI member is invited to attend the Membership Rally. If you would like to attend contact the MWI Office and leave your name, we will then forward you the zoom codes as we receive them. FWIC will also be advertising the Rally on Facebook..

Remember that the year end is here, if you have a WI member or a person who regularly works to strengthen your institute it is time to recognize that person for their dedication to MWI. Send or email the person's name to our office and a certificate of recognition will be sent to them. We would also appreciate a writeup from institutes on the year they have had. These writeup will be published in the newsletter, one institute per month. MWI is our province's best kept secret, it is time to shout out the good works we do for our communities, country and the world.

The COVID Story Collection is complete, and the stories are incredible. We are just waiting for an ISBN (which formally gives our collection a publication number) and then the stories will be published digitally in an eBook. If you still want to contribute **now** is the time to do it.

We have some Institutes that will be celebrating their 75th and 100th Anniversaries in 2023. Celebrating these milestones is a huge success story of dedication to community and country. Please send us your celebration information so we can ensure your day is well advertised and your hard work recognized.

Time to enjoy the fruits of your labour and be tantalized by the beautiful autumn colours.

Take Care!
Debra Barrett



Life is too short!

Grudges are a waste of happiness. **Laugh** when you can, **apologize** when you should, and let go of what you can't change. **Love deeply** and **forgive quickly**. Life is too short to be unhappy!!!

EXECUTIVE ADMINISTRATOR'S REPORT

Happy Fall to everyone! Fall is my favorite time of year. To me, it feels more like the "New Year" than January 1st. I am not sure if it is the change of weather, the death of those pesky mosquitoes, or the kids going back to school, but something about this time of year makes me feel alive. And yes, I do admit, I have a weakness for pumpkin spice!

Speaking of the New Year, membership forms for the 2022-23 year will be arriving shortly. Please ensure that the information is correct, including a current email address. We would appreciate the forms be submitted by the due date of November 30th.

I have been busy editing the COVID stories book. By "edit" I am referring to the formatting, line spacing etc. as we do not want to change the words of those who submitted stories. Reading the stories really puts you back into Pandemic times and is a great reminder of how resilient we are. Although the Pandemic is not over, I am hoping we are getting close.

A reminder to please send me any photos you may have of your events. I do understand that not everyone wants to be on social media, that is why I encourage you to send any pictures, even if it is of the food, the decorations, etc. We can also post a story about your Institute's activities without a photo if you prefer! Let's show Manitoba women the great things that we do!

Until next time, enjoy the falling leaves, the warm sweaters, and of course the pumpkin spice!

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.

(continued from page 1)

A list of the **most needed food products**. Many of these products provide maximum nutrition and allow people to store items without having refrigeration.

Canned Fruit	Sugar
Instant Coffee	Pasta Sauce
Canned Soup/Stew/ Pasta	Canned Beans
Tea	Rice
Canned Meats (Tuna/ Chicken/Ham)	Cooking Oil
Cereal	Peanut Butter
Canned Vegetables	Instant Oatmeal
Flour	Baby Formula
Boxed Pasta	Baby Food
	Bag of Carrots
	Bag of Potatoes

COME JOIN A COMMITTEE

The Resolution Committee

Has a strong committee and invites anyone interested in exploring how the resolutions system works to please let us know you are interested. Our Committee works from January 15th to about February 10th, meeting weekly on zoom during those weeks. The Committee is chaired by Debora Durnin-Richards and she would be happy to answer your questions. Come dip your toe into the waters, you will enjoy the experience.

MWI Women's Day 2022-2023

This Committee is a busy group which is responsible for organizing our Women's Day speakers, location, advertising and coordinating displays and services to members during the event. This Committee works closely with the Marketing & Promotions Committee. The 2023 event is in the very beginning of its planning and the desire is for the day to be both an in person and virtual day (hybrid). A Hybrid event would allow every member who cannot attend in person the ability to participate.

Please contact the office by email mbwi@mymts.net or phone 204-726-7135 and let us know which committee you are interested in joining.

President Elect

The MWI Board seeks nominations for a President Elect. Our current President Elect is in an acting position for this year and would happily mentor anyone interested in the position.

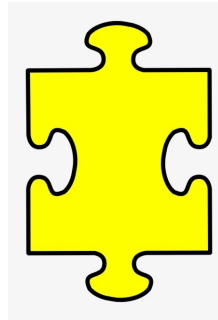
All meetings (Board and Executive) are held on the 3rd Wednesday of each month at 9 am by Zoom. The Board is a helpful group with a focus on working for a strong MWI, respecting each others views, while enjoying some fun along the way.

If you would like more information or have any questions you would like answered. Please contact the office mbwi@mymts.net or 204-726-7135 and Debra will contact you.

Bits and Pieces

RESOLUTIONS

The DEADLINE to receive Resolutions at the MWI office is **Friday January 13, 2023.**



CALL FOR RECIPES

Here is a chance for you to share your favourite recipe in our December issue of the newsletter. It can be a Christmas classic, a hearty wintertime soup or just the best darn recipe you have ever tasted. Send a copy to the office mbwi@mymts.net and we will print it in the newsletter.

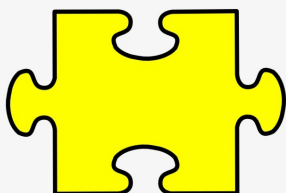
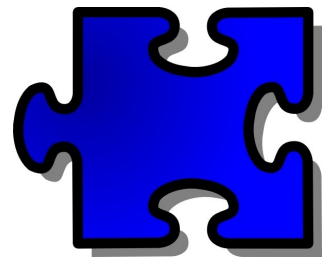
FOR YOUR INFORMATION

Most government buildings are remaining closed to “walk in” visitors due to the up-swing in fall illnesses and employees working remotely. As MWI’s office is located in a government building our office will continue to be available to those with appointments. Which means there is no change to our current service.

Emails will continue to be responded to by Executive Administrator (EA), Angela in her usual prompt manner. President, Debra also reviews MWI’s emails weekly to provide follow up on requests for information. Email mbwi@mymts.net

Our EA will continue to respond to all phone calls in her usual prompt manner and refer calls to Debra for follow up, as required.

Remember, Debra and all Board Members are available by phone or through their personal emails, the contact information is listed on the second page of this newsletter.



As Debra and I sat at the Volunteer Fair talking to students, we also talked about local institutes and wondered if you attend sign up events/evenings to talk about Women’s Institute and see if there are women in your area who might like to join the organization? The autumn/fall push is over but some communities offer spring events that would allow you to share how great WI is. Or you can tuck this idea away and be ready for ‘Sign Up Events time’ next year to talk about your group to community members.

MEET A MEMBER

MWI Members

The True Jewels of our Organization

MWI members have a 110+ year history of being 'movers and shakers' in their communities and leaders focused on women's issues. Women are known to positively impact the lives of those in their family, community, province and globally. However, our MWI members do not always get the respect and recognition they deserve for going above and beyond in aid of those around them.

The MWI Board is starting new initiatives whereby our membership can formally recognize those MWI members they know who deserve a huge pat on the back.

Institutes and Individual members who wish to recommend a MWI member to receive a '**Volunteer of the Year**' award, or a '**Certificate of Recognition**' should provide the name of the deserving person to our Exec. Admin, at the MWI office. The recommendation must include a few sentences sharing the recommended member's commitment and service to MWI.

There will also be an "**In Memoriam**" added in our newsletters to pay tribute to those members who have passed on to greater volunteer opportunities beyond this world.

Lastly, the Board would like to recognize in our Newsletter an '**Institute of the Month**' or '**Individual Member of the Month**'. For institutes, please include the year your institute was founded, the year your institute received its charter, your longest serving member, annual event/s you are most proud of, and the total average volunteer hours of your members. For Individual member, please include the year the member became a member of MWI, the annual event/s the member assists with, and the annual volunteer hours the member contributes on behalf of MWI.



"Institute of the Month"

The **WOODMORE WI** was founded and received their charter in 1945. Our longest serving member is Hazel Carrier who has been a WI member for 56 years. As of October 2022, we have worked a total of 1,779 volunteer hours this year. We started the year with 20 members and ended with 22.

The annual event we are most proud of is our **Food Security Program**. We have been running this program for a number of years and focus on different topics under the title of Food and Gardening. For 2022 we had a Children's Gardening Project, Children's Cooking Class, Garden Tour, Preserving Workshop and Backyard Greenhouse Workshop. We already have plans in place for our 2023 Food Security program.



Manitoba Women's Institute members gathered at the Grandview Park for a picnic lunch and afternoon of great camaraderie.

Back Row L – R: Diana Heppner Fork River, Marilyn Kippen Fork River, Diane Hrychuk Fork River, Margaret Nernberg Silverton, Ethel Lungal Silverton, Barbara Cochrane Silverton, Darlene Klimack Silverton, Mary McPhee Individual, Barbara Stienwandt Individual

Front L-R: Cheryl Sime Fork River, Rose Kieper Silverton, Chris Devos Fork River, Mary Joslin Silverton, Joan Carson Silverton

September 13, 2022



MWI president Debra and board member Ann attended a Volunteer Fair at Brandon University September 29. It was great to introduce Women's Institute to the students who stopped by our table to find out about a couple of volunteer opportunities. We also had the opportunity to talk to some individuals who showed an interest in possibly becoming members of the organization.

Fisher Branch Women's Institute 75th Anniversary

On Saturday, September 10th, the Fisher Branch Women's Institute (WI) hosted a fun filled day at the local community hall to commemorate their 75th year. Ladies from the Grosse Isle, Springfield, Narcisse, and Domain WIs along with retired institute members from Teulon and Inwood, plus individual members from as far away as Minnedosa came to celebrate the special day with the Fisher Branch members.

Darcy Truthwaite, President of Fisher Branch WI welcomed everyone and introduced Shannon Pyziak, Reeve of the RM of Fisher. Shannon congratulated the local WI for the great support they have provided the community over the last 75 years.

True to their mandate the WI requested attendees donate feminine hygiene products for Manitoba Harvest, resulting in a donation of nearly 70 packages of products.

A special treat for everyone was the visual display of quilts made by local quilters. The array of colours and patterns were stunning.

The day was officially started with the singing of 'O Canada', members were then asked to bow their heads for a moment of silence in memory of Queen Elizabeth II, a long-standing member of the Sandringham WI in England.

The day included two informational speakers. The morning speaker Joanne Smith, a local bird enthusiast, shared her knowledge about the 400 species of birds in Manitoba. Her love of birds began when she saw a baby loon on its mother's back, as a child. Joanne mentioned that the Great Grey Owl is the provincial bird of Manitoba and provided other interesting facts, such as birds will use other birds' nests and they lose their feathers when molting and gain a new set. Due to Joanne's love of birds, she is involved in conservation and annual bird counting programs.

In the afternoon Laura Grzenda, a land management specialist, shared her presentation on gardening. Besides working on the family leafcutter bee farm, she runs her own business called Farmyard Flowers. Working very hard to grow her beautiful flowers, with which she creates flower arrangements, and sells fresh flowers to florists and people who want to design their own creations. Her latest endeavor is called 'Sponsor a Senior,' for this event she makes floral arrangements during the summer months for each senior in the Fisher Branch Personal Care Home. They are really well received! Laura has a thriving business and welcomes tours. The local members toured both Laura and her mother's gardens in August, the beautiful flowers were breathtaking.

Darcy Truthwaite assisted the group to relax by demonstrating Donna Eden's Daily Energy Routine. The routine is said to increase vitality, energy and improve your immune system. The ladies enjoyed the experience.

The morning concluded with a Celebration of Life; members from the various institutes

shared stories in recognition of members who had passed away over the last three years. Sunflowers were placed in their memory and concluded with the song 'In the Garden,' being sung by Ida Marie Draper bringing tears to many ladies' eyes.

Debra Barrett, the Provincial WI President shared a touching letter congratulating the Fisher Branch WI on their 75 active years, noting how the WI has and will continue working hard to support their community.

Entertainment began with a Michael Jackson impersonator who danced and lip-sang to Billie Jean, one of Jackson's hits. This youngster was an amazing performer and had a real stage presence. The entertainment concluded with hilarious skits acted out by the Fisher Branch members, making the audience double over with laughter. It was a wonderful way to end the amazing program.



The day concluded with the Grand Opening and tour of the Fisher Branch Women's Institute Park coordinated by June Kopy and Ida Draper. The Park has been a much-loved project of the Fisher Branch WI with the final touches of a fire pit, benches, picnic tables, playground, performance stage, gazebo, and brick paths made possible by an endowment provided by Olga Grouch who was an ardent supporter of the local WI.

When interviewed, Donna Marcyniuk and Marge Knutson both said, "learning about birds was very informative and Michael Jackson was fun to watch." Marge added, "I caught his hat which surprised me."

Valerie Watt said, "it was an enjoyable and interesting day with great speakers, good fellowship and a delicious meal." Denise Joss commented, "it's great to get back to see old friends, and network across the province." One audience member summed up the event by mentioning that everyone had a great time at the Fisher Branch WI 75th Anniversary.

Should the Manitoba Women's Institute interest you or you have questions please feel free to look us up online at mbwi.ca or follow us on Facebook, Instagram or Twitter.

Submitted by: Patricia Witzke

On August 17 Woodmore WI hosted a Preserving presentation. The 3 instructors were Pierrette Timshel (member), Jennafor Siemens and Susi Teichroeb, all are local community members. The presentation included information on canning, fermentation, dehydration and freezing. During the break there was a tasting of food and drink that the instructors had made as part of their own preserving. There were 28 people in attendance, who all showed a lot of interest in the topic. We collected some suggestions for future workshops. The Food Security Committee of the Woodmore WI will continue to look at ways of bringing gardening and food related topics to the community.



On August 31 Woodmore WI went to Rainbow Stage for the production of "Wizard of Oz". There were 10 members and 2 guests in attendance. We went for lunch, then to the matinee performance, then stopped in St. Pierre for ice cream to end the day. It was a wonderful production and everyone enjoyed their day. We are already planning to attend Rainbow Stage again next year.



Happy Birthday to
members
celebrating in
November and
December.



At our October 6 meeting Woodmore WI had Leona Parmer, our Public Health Nurse, in as a speaker. She spoke to us on Lyme Disease and West Nile as both of these are quite prevalent in our area of the province. It was a very informative talk.

We also had a member food drive for our local Emerson-Franklin Food Bank, this is something that we do each year at our October meeting to mark Thanksgiving.



The Fisher Branch 75th Anniversary celebrations. Top left Pearl Homick, Darcy Truthwaite, Debra Barrett with the certificate from the MWI Board celebrating their 75 years. Martha & Hazel bringing back memories of the Beer and Skits Evenings once hosted by Fisher Branch WI. The cake was delicious.

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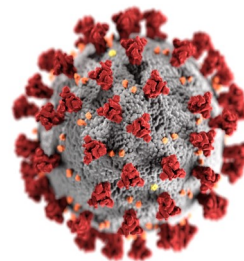
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COVID 2019-2022 Pandemic Manitoba Women Coping with COVID Challenges

This is the title of our soon to be released COVID Stories compilation. **Debra Barrett** was the winner of the suggested title.

Even Debra didn't remember that she had suggested the title. She thought someone else had submitted it! Thanks to Angela for setting the record straight as to who submitted it.

The final touches are being made and then the eBook will be submitted to our webpage designer for insertion. Stay turned for the official launch!!



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.

Free Workshops on Navigating Manitoba Agriculture's Website and Funding Applications

In-person workshops led by Manitoba Agriculture staff will be held across the province this November. The workshops will focus on:

- navigating Manitoba Agriculture's website
- locating funding applications on the website
- completing online applications for departmental programming
- advancing your email and Internet skills

Call [1-844-769-6224](tel:1-844-769-6224) to reserve your spot at a location near you.

AGRICULTURE COMMITTEE REPORT

Manitoba celebrated **"Food and Awareness Week"** September 19-23, 2022. Since its inception in 2015, the awareness week has been launched on the third Monday in September. Nearly 40,000 Manitobans work in the agricultural industry.

After a rainy period harvest is in full swing again. Cereals and canola are ready or harvested with soybeans, sunflowers and corn to follow.

After seven years as a director of Agriculture in the Classroom Manitoba Sue Clayton is the new head of the Manitoba School of Agriculture located in the Faculty of Agriculture and Food Sciences. The school coordinates the two year agriculture diploma program.

Canadians love tomatoes. It is the most popular vegetable at the grocery store. Tomatoes are the fifth largest vegetable crop in Canada, after corn, beans, peas and carrots. We import a lot of tomatoes from Mexico and the United States.

Gisela Nolting

ACWW has undergone a few changes. There has been a steady decline in memberships and donations. A new projects structure will come into effect January 1, 2023. All funds, membership fees and other money received will go into one "pot". No special or restricted funds anymore. The new fund is called "Rural Women in Action Fund". Donations to this fund will support all of ACWW's work, from projects to advocacy to education and awareness-raising.

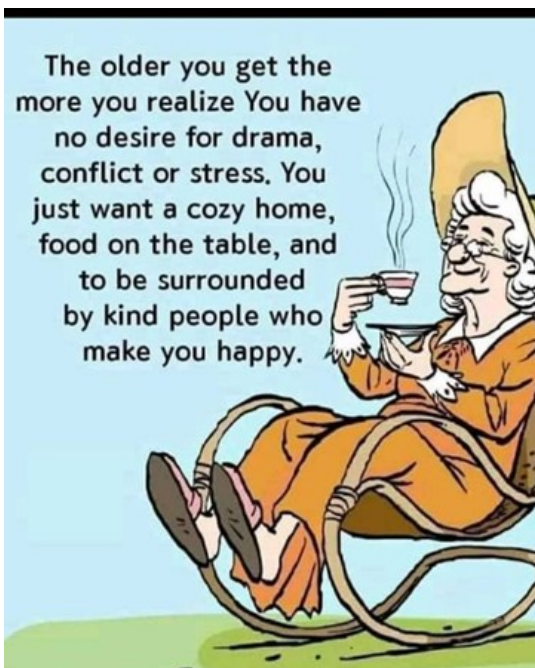


Members are encouraged to donate money. Money can be raised through special fundraisers, a collection box at each W.I. meeting, a once yearly donation or you can find more creative ways to raise funds. Each member society will have a coordinator. I am the coordinator for Manitoba. I am responsible for distributing information to our MWI members, attend monthly coordinator meetings with our area president and Central Office, organize an event for Women Walk the World, encourage fundraising and donations, encourage individual membership, facilitate participation in ACWW events and attend training and information sessions. There will be no reimbursement for expenses I might incur, either from ACWW or MWI.

I will be working directly with our Area President and forward any suggestions or concerns to her. The Area President will be representing our voices on the ACWW Board.

I would like to visit most of the Manitoba Institutes through out the next year to outline the goals of ACWW.

Submitted by Gisela Nolting (ACWW coordinator for MWI)



Humour over the Decades



And the flowers are frozen solid!!

AUTUMN ARRANGEMENT EVENING

September 26 Brent Hunter from Neepawa spent the evening showing us several front porch/deck Autumn arrangements. Brent used items from his garden (ornamental Kale that would be dug out anyway, roadside bits and pieces, other garden plants that can be used dried or as is i.e. asparagus fern, hydrangea flowers, pine boughs, birch branches he rescued several years ago after a tree had been removed and some silk flowers he had on hand. Thanks to Heather Cummings for hosting Brent in her home and filming his work and sending photos of the finished products. If you attended the workshop and made an arrangement, please share it with us for our December newsletter.



Ann Mandziuk's arrangement of dried weeds, grasses, beaver stripped branches, antlers that were either in her 'stash' of stuff or collected from the yard or roadside and some silk flowers she had on hand.

Coming Events

OCTOBER

- 15—International Day of Rural Women
- 16—World Food Day
- 19—Virtual Branch Meeting 7:00 via Zoom
- 26—Municipal Election Day

NOVEMBER

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

DECEMBER

- 5—Christmas Decorating sharing ideas via Zoom
- 25—Christmas Day

JANUARY 2023

- 13—Deadline for **Resolution** submissions
- 31—Deadline for newsletter articles

FEBRUARY

- 19—Manitoba Women's Institute Day
- 22—WI Day FWIC zoom event

MARCH

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

APRIL

- 19—Energy Event FWIC
- 22—Earth Day
- 29—ACWW Women Walk the World

Oops!

Domain Women's Institute thanks Fisher Branch ladies for a fun filled celebration of their 75 years as an Institute on Saturday September 10th. Great work ladies.

AND we know you are better with your math skills. While driving home that day, we got to talking about our local and how many years we have been together. Once home, out came the history book and...

DOMAIN WOMEN'S INSTITUTE BECAME
AN OFFICIAL CHARTER
JANUARY 8TH, 1947

Oops...do the math and congratulate us.
We, too, are 75 years young.
Will promise you all a spring 2023
celebration!

Points to ponder.....

~Pronouncing words that end in 'ough'. Cough, bough, rough, dough, through, though...

~Is the 'S' or 'C' in scent silent?

~Why are Zoey and Zoe pronounced the same but Joey and Joe aren't?

~You can drink a drink but you can't food a food.

~The word queue is just a Q followed by 4 silent vowels.

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

mbwi@mymts.net

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