



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



MWI Zooming Monarchs

Introducing the MWI's (Manitoba Women's Institute) new virtual branch!

You're invited to join an organization that has been making a difference for over 100 years:

- Empowering women
- Promoting meaningful change
- Connecting with others in an extended community
- Having fun and gaining knowledge
- Working on worldwide issues



Celebrate and be part of a powerful legacy, all from the comfort and safety of your own home.

Women of all ages and cultures are welcome!

Email mbwi@mymts.net for more information on how to join the MWI Zooming Monarchs.

If you know of Individual members, members of a local branch who can no longer travel or anyone interested in MWI please share the information about the MWI Zooming Monarchs Virtual Branch. New members are definitely welcome. The fee to join is the same as all MWI members (\$41.00).



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



Provincial Board 2022-2023

President: Debra Barrett, Box 1311 Stonewall ROC Z20 204-467-5777 debramwi@gmail.com

President—Elect: Liz Chongva, Box 73 Dugald ROE OK0 204-853-2007 chongval@mymts.net

Regional Representatives:

Eastern: vacant

Northwest: vacant

Southwest: vacant

Wpg.-Interlake: Gisela Nolting, Box 87 Rosser ROH 1E0 204-467-5922 h nolting@mymts.net

Manitoba Agriculture: Thelma Blahey, Box 2000 Arborg ROA 0A0 204-641-4133
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

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

Michele Gurman, Box 22 Vita MB ROA 2K0 204-380-2988 michele.gurman@xplornet.ca

Acting UofM Home Ec.: Ann Mandziuk, PHEc, Box 264 Minnedosa ROJ 1E0 204-966-3829
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 for a new ACWW experience, updated resources, new presentations, more information, easy membership renewals.

Visit the FWIC website
<https://www.fwic.ca/>

Merry Christmas and Happy Holidays to All!

The MWI Board is excited as we prepare to dive into our programming and expanding our Virtual presence for 2023. The MWI Zooming Monarchs are established and holding their monthly virtual institute meetings. If you are an Individual member and would like to join this virtual branch, please let Angela know at the office. Guests are always welcome!



December 5th, MWI held a Zoom presentation on “Your Favourite Christmas Decorating Idea/Tip”. This Zoom session was free and open to all, no matter where in the world a person calls home.

January will see MWI continuing with our “Women in Leadership” series. Our first speaker was Minister Rochelle Squires who is responsible for our Manitoba government portfolios focused on women and families. She was a dynamic presenter and had many excellent comments for women who might aspire to hold a role in government or a leadership role in their community.

In April, our spring AGM will be held in combination with our MWI Women’s Day. It will be a hybrid event to enable those living close to come experience the speakers in person and those living farther away or unable to come to enjoy the event from the comfort of their own homes. More details will be coming in the New Year. Thank you to the Springfield WI for volunteering to assist in coordinating and holding the event.

If you have a special topic you would like to have a speaker present on, contact the office and share the person’s name with us. mbwi@mymts.net or phone 1-204-726-7135.

The Made in Manitoba Project saw local food banks benefit from your generous donations. Many families will have a healthier start to their winters because of your thoughtfulness.

However, the Made in Manitoba project also saw the passing of the Chair, Peggy Bradshaw. Peggy was a true believer in working towards leveling the field for Manitoba residents to ensure we all cared for and helped make all Manitobans stronger and empowered. I first met Peggy at an MWI Board meeting in October 2018 when I was a guest at a board meeting to determine if the Board was right for me. We sat across the table from each other, and it was an immediate friendship. From that day on we communicated weekly, if not daily. She was the person to receive my morning message saying, “here is your giggle for the day.” I always appreciated that her sense of humour was as off the wall as my own.

Another loss, which struck me was the passing of Lois Rutherford from the Grosse Isle WI. Mrs. Rutherford had a knack of knowing when I was struggling with WI. I appreciated her cheery phone calls and willingness to share her ideas, WI traditions during her many years of membership, or her knowledge of the community we both lived in.

I have been truly blessed with the many women I have met along my journey on the MWI Board. As in life, some taught me valuable lessons in how to better myself and some taught me how I do not want to behave. We get farther in life if we remember the Creed’s line “Let us not forget to be kind.”

MWI requires 3 reps to the board. With Peggy’s passing her roles as the Southwest and Northwest reps needs to be filled. The role of Eastern rep also needs to be filled due to the resignation of the rep for health reasons. We are grateful Jacqueline is willing to continue sharing her thoughts and ideas with us but will miss her contributions at our meetings.

(continued on page 4)

EXECUTIVE ADMINISTRATOR'S REPORT

December? New Year? How is it that we are in the last month of the year? I do not know about you but the time has flown by!

Speaking of a New Year, please note that the 2022-23 membership forms are now due. Please make sure all information on the forms is up to date so we can reach you with our mail and email! As the forms come in, I am always so proud to see how many volunteer hours are put in by our members each year. Congratulations for giving back to your community with your time.

I am excited about our new Virtual branch, the Zooming Monarchs. What a great way to get together without needing to leave the comfort of your home.

The COVID stories collection is almost ready to be added to our website. A link will be sent to all members once it is complete.

As we enter the New Year, I will be busy with the Annual Report. It seems like our AGM is a long time away, but the preparation for it starts now. The committee will be meeting to discuss the plans for this coming year.

Please support our Zoom presentations. There are many ideas for the coming months. The feedback we receive from these events is always positive.

As the year winds down, I want you to take a moment and reflect on your contributions from the past year, and thank you for your continued support of MWI.

I hope everyone has a happy holiday season, filled with love and laughter.

Angela Pickett
Executive Administrator



(continued from page 3)

Please consider volunteering to become a regional rep to the Board. We meet on Zoom every second month and do not meet during July and August. You never have to travel for meetings, just brush your hair, make a coffee and turn on your computer. We will gladly help you get set up for zoom meetings.

Lastly, please follow Manitoba Women's Institute on Facebook to get firsthand information on all our coming events or learn about the ideas of WI branches around the world. We are also on the social media platforms of Instagram and Twitter.

Wishing you all a safe, healthy, happy and the Merriest Christmas, along with a wonderful start to your New Year.

Debra Barrett
MWI President

REGIONAL REPS REQUIRED

We have 3 vacancies on the provincial board. We would love to accept nominations or volunteers to help us fill the positions. Southwest, Northwest, and Eastern reps are required for the 2022-2023 year.

The meetings are held via zoom every 2 months and if interested the reps can join a committee to work on. For more information contact Debra Barrett or Angela Picket. Their contact information is on page 2 of the newsletter.



This photo of Peggy Bradshaw was from the Convention in Russell in 2017, I think. She loved her fascinators and would often wear one during our zoom board meetings. We will miss her humour at our meetings. Sincere sympathy to her family, friends and members of the Silverton WI.

As Debra mentioned in her message we also send sincere sympathy to the family and friends of Lois Rutherford and members of Grosse Isle WI.

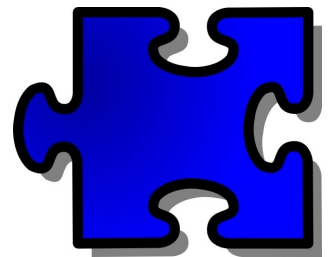
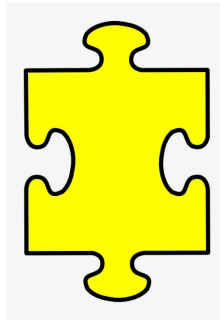
The Board sends condolences to those locals/members who have lost a member over the year. It has been a difficult year for many families and friends. If you wish to have a member recognized in the newsletter please send a brief notice to the office and it will be kept for the next newsletter.

Bits and Pieces

Provincial Council of Women of Manitoba, Inc. held their 14th Annual Gala & Fundraiser on November 22, 2022 at Victoria Inn Hotel and Convention Centre.

The provincial board of Manitoba Women's Institute had nominated **Anita Campbell**, Spokeswoman for Infinity Women Secretariat. Ms. Campbell was one of three individual honourees to receive an award. There was also a federate honouree.

You may get additional information about the Gala on the Council's website.
<https://pcwmanitoba.ca/>



When Brent Hunter presented deck arrangement ideas on a Zoom presentation, he showed us how to transform them into something for Christmas. My kitten left me enough to work with so I could transform mine into Christmas. The red ball is just sitting in the arrangement so needless to say it was on the deck the first morning after the transformation! But maybe the cold has deterred him from climbing and disturbing things. I just took out the autumn coloured flowers and added scotch pine and spruce boughs and a red ornament. The red horn is in my stash of 'stuff'! Ann Mandziuk, PHEC

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.



MWI 2022-2023 Strategic Plan

MWI has just completed our annual review of our Strategic Plan to ensure that the Board and Committees are meeting the expectations of providing a clear, and well thought out plan for conducting the business of MWI in 2022-2023.

A strategic plan enables MWI to track our progress in meeting our goals and directly impact our ability to achieve success.

A strategic plan is a living document which means that reviewing and planning for success is an ongoing process. It requires time, effort, and continual reassessment.

One significant benefit of strategic planning is that it makes everyone aware of the organization's goals, how and why these goals are chosen, and what we can do to help reach our goals.

The MWI Strategic Plan has been approved by the Board and is available for all members to review should you desire.

Please email the office at mbwi@mymts.net or phone 204-726-7135 to request a digital or paper copy.



Springfield ladies have been very busy.

Our meetings do something unusual to celebrate member's birthdays. If your birthday falls in that month, YOU bring a food related gift for someone to win.

We also have a 50/50 draw which always sees somebody going home a little bit richer than when they came to the meeting.

In June we have our yearly wind up at the screened in gazebo at the Springfield Library. Following a brief meeting we have a potluck lunch and enjoy the culinary skills of our members. No one goes home feeling hungry.

The Springfield Agricultural Society, held in July, is when we raffle off a large laundry basket of food goodies. As this is our only money making event, we are always happy with the results.

In October one of our members spoke on her diagnosis of Clinical Depression and then took questions from those in attendance.

We also take part in a project called Samaritan's Purse where items are put into a shoe box and are sent to needy countries.

We look forward to the upcoming election and our Christmas Party potluck being held at Dugald Estates in December.



Fisher Branch Halloween social to raise funds for bussing students to the rink for skating gym classes.

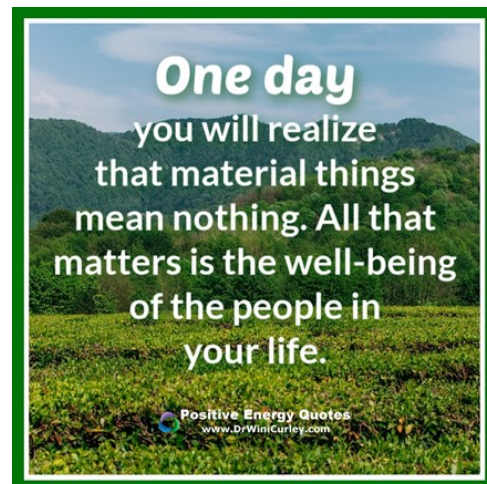




On December 1 Woodmore WI held their Christmas Party at Ridgeville Club. There were 15 members and 1 guest in attendance. We started the day with a mixer game "Who am I?", this was followed by a delicious lunch and a small gift for everyone in attendance. We then had a gift exchange with lots of laughs over gifts being stolen. We finished our party fun by playing a few games of Christmas BINGO



Happy Birthday to members
celebrating in
January and February.



The bulletin board in my office often held one or two Bill Keane cartoons. They always seemed to hit the nail on the head and gave such a realistic look into the life of an average family!

Ann Mandziuk, PHEC.

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.



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JEFF
and
BILL
KEANE

**"They won't know till they're grown,
but their BEST gifts are the
memories they're making."**

AGRICULTURE COMMITTEE REPORT

Mushrooms (not the magic kind)

A mushroom is an edible fungus. There are thousands of species of fungi, but only a few are edible. The most popular mushrooms in Canada are the White Button, then the Brown and Portabella. In 2021 there were 264 mushroom farms in Canada. Ontario and BC produce more than 90 % of Canada's mushrooms. They are grown indoors on peat moss and harvested by hand. Mushrooms are low in fats and carbohydrates, have no cholesterol and are a good source of B vitamins such as niacin, riboflavin, and vitamin D and minerals like zinc and selenium.

Mushrooms commonly grow in the wild and lots of people go mushroom picking. You have to be very knowledgeable to avoid harvesting poisonous ones.

For more information check out "Mushrooms.ca"

Submitted by Gisela Nolting

P.S. In many areas of the province local entrepreneurs are growing several edible varieties of mushrooms. Many sell them at local Farmer's Markets during the summer months. -Ann Mandziuk, PHEC.

Candy Cane Sugar Cookies

Prep Time: 10 minutes
Cook Time: 11 minutes
Total Time: 21 minutes

Ingredients

Cookies

1 cup butter, room temperature
1 cup vegetable oil
1 cup granulated sugar
1 cup powdered sugar
2 eggs
1 teaspoon vanilla
optional – 1/2 teaspoon peppermint extract
1 teaspoon baking soda
1 teaspoon cream of tartar
1/2 teaspoon kosher salt
4 1/2 cups flour
1 1/2 cups finely crushed candy canes (about 18)

Frosting

1/2 cup butter, room temperature
2 cups powdered sugar
1/2 teaspoon vanilla extract
1 tablespoon milk



Instructions

Preheat oven to 350°F. Line a baking sheet with parchment paper. Set aside.
In the bowl mix together the butter, oil and both sugars until smooth. For electric mixer mix on medium speed. Beat in the eggs, vanilla (and peppermint extract if using), baking soda, cream of tartar and salt and mix for 1 minute, scraping the sides of the bowl as necessary.
Add in flour, mixing until combined. Stir in the crushed candy canes until evenly incorporated.
Using a medium (2 tablespoons) cookie scoop drop the dough onto the lined baking sheet.
Bake for 10-12 minutes until edges just start to golden.
As soon as the cookies come out of the oven use the back of a glass cup and press the cookies down carefully.
Allow cookies to cool for 3 minutes on baking sheet and transfer to wire rack to finish cooling.
Yield: 36 cookies

FROSTING

In the bowl mix the butter on medium speed until smooth with a mixer. Turn the mixer to low and slowly add in the powdered sugar. Once incorporated, add the vanilla, and milk into the bowl and turn the mixer up to medium. Mix for 2 minutes until fluffy, scraping the sides of the bowl as necessary.
Spread 1 tablespoon of the frosting on each cookie.
Store airtight at room temperature for up to 5 days. I prefer the vanilla frosting on top of the candy cane cookie.

Debra Barrett, MWI President

Tourtiere (Pork Pies)

1lb minced pork (or $\frac{3}{4}$ lb of minced pork and $\frac{1}{4}$ lb of minced beef)
 1 small onion
 1 clove garlic, minced (optional)
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. thyme
 $\frac{1}{4}$ tsp. sage
 $\frac{1}{4}$ tsp. dry mustard
 $\frac{1}{4}$ tsp. parsley
 $\frac{1}{4}$ tsp. cloves
 $\frac{1}{2}$ tsp. cinnamon
 Dash black pepper
 1 small potato, mashed

Mix meat, onion and garlic in a pot and add enough water to just about cover the meat. Bring to a boiling point and allow to cook uncovered about a 1/2 hour or until surplus water is reduced. Add cooked potato and spices and mix well. Chill. Place in unbaked pastry shell and cover with top pastry in which slashes have been made. Bake at 450° F for 10 minutes reduce heat to 350° F and bake 20 minutes longer or until crust is golden brown. (I usually skim off and discard any fat that settles on top of the cooled meat)

Merry Christmas and Season's Greetings
 Debra Barrett, MWI President

Apple Surprises given to Jacqueline in a text message!

I will tell you right now, there is no recipe, but I will make one up just for you!

Apple pie filling
 Tortillas (heated in the microwave about 1 minute)
 Cinnamon
 Whipping cream
 Oil for deep frying

Heat tortillas (not too big of ones) in microwave so there are nice and pliable. Put about 3 tablespoons of pie filling on a tortilla and fold it up like a burrito. Put two toothpicks on either side to make sure it does not open. Finish filling tortillas and put them on a cookie sheet. Start heating oil in a deep fryer or pot.

Make some homemade whipping cream for top of surprises.

When oil is hot but not too hot, put tortillas in and deep fry until golden brown.

Leave them sit about two minutes and then put dollop of whipped cream on top and sprinkle with cinnamon. Delicious!

You can use any pie filling like blueberries, cherry use your imagination.

If you really like cinnamon put some in the pie filling too!

Jacqueline Chartrand

Mini Bacon and Cheese Muffins (serve as an appetizer or make larger muffins for breakfast/brunch)

3 stripes bacon cooked and finely chopped	1 ½ cups flour
2 tsp. baking powder	½ cup old cheddar cheese finely grated
1 tsp. mustard powder	1 large egg

Preheat oven to 350°F.

Use mini muffin tins and cupcake papers. Fry the bacon to crisp, drain and chop. In a medium bowl mix together the flour most of the cheese, mustard powder and other seasonings as desired. Whip the egg in a separate bowl, add milk and the bacon. Add the wet ingredients and mix until combined but not over mixed. Fill the cups ¾ full and sprinkle the remaining cheese on the top. Bake for 12 minutes. A cake tester will come out dry. They can be served warm or at room temperature.

This recipe is from a UK Good Housekeeping magazine and I adapted it for our Canadian ingredients.

Ann Mandziuk, PHEC.

CROCK POT GLUTEN FREE MACARONI AND CHEESE

1 12 ounce can evaporated milk	1 tsp kosher salt (optional)
2 Tbsp superfine white rice flour or other thickening	
¼ tsp ground mustard powder (optional)	1 tsp smoked Spanish paprika (optional)
1 egg at room temperature	3 cups (24 fluid ounce milk (not non fat))
1 lb (16 ounces) dried gluten free elbow macaroni	
3 cups (about ½ pound) shredded sharp cheddar cheese	

Grease the liner of a 4, 5 or 6 quart slow cooker with cooking spray and set it aside.

In a measuring cup with at least a 3-cup capacity, pour in the evaporated milk. Add the flour, salt, optional mustard powder and optional paprika and whisk to combine until all of the powders are fully incorporated into the liquid (especially the flour). Add the egg, and beat to combine. Pour the mixture into the greased slow cooker liner, add the milk and whisk to combine. Add the elbow macaroni and the 2 ½ cups of the shredded cheese, and mix to combine. Scatter the remaining ½ cup shredded cheese on top of the mixture in an even layer.

Cover the slow cooker and cook the macaroni and cheese for 2 to 3 hours on low temperature or until the macaroni has swelled and is tender. Cooking time will vary. Serve immediately.

Note as this is a Gluten Free recipe, I have used the fusilli and penne pasta in place of the elbow macaroni. Haven't tried the regular pasta

The leftover pasta is good re-heated. ENJOY

Recipe from 2022 Gluten Free on a Shoestring

E (Liz) Chongva

Highlights from the FWIC/WI Canada November Board Meeting

FWIC Across Canada Book Club: held the third Thursday of each month. To find out more details and to receive the link contact Elizabeth at fwicacrosscanadabookclub@fwic.ca.

FWIC Fundraiser Online Auction: The on-line auction wrapped up on Nov 1 raising approximately \$700 for FWIC. Thank you to those that donated items and those that bid on the thirty-nine items. This may become an annual event for FWIC.

Media Workshop: The workshop was held on October 25th and offered suggestions and ideas for setting up a Facebook page for your branch or district. If you missed this workshop, it is now posted on the FWIC WI Canada YouTube Channel. To obtain the handout that accompanied the workshop, email Lynn MacLean at president-elect@fwic.ca.

Remembrance Day: President Margaret laid a wreath on behalf of FWIC WI Canada in Ottawa.

Membership Rally: A discussion was held with WI members from across Canada. The group focused on ideas to increase membership and how some WI branches are successfully growing their membership base. For more information contact the MWI office and we will forward you the highlights. mbwi@mymts.net or phone 1-204-736-7135

ACWW Area Canada President Forum: FWIC issued an invitation for the two candidates that are running for Canada Area President to say why they are running. This will tentatively take place before the FWIC Board meeting in December.

Mark your calendars for the following events to be hosted by FWIC-WI Canada

Leadership Training Modules: In order to complete the series, we propose the final three modules will be presented as listed below...

Wednesday January 4th, 2023

Goal Setting & Planning II

Wednesday January 18th, 2023

Communication Strategies

Wednesday February 1st, 2023

Leadership and Your Leadership Style/Identity

Submitted by -Denise Joss Manitoba Rep to FWIC



Coming Events

JANUARY 2023

- 4—FWIC Leadership Module Goal Setting & Planning II
- 13—**MWI** Resolution deadline
- 16—Zooming Monarchs Virtual Branch meeting
- 17, 18, 19—Ag Days, Brandon
- 18—**MWI** Board meeting zoom
- 18—FWIC Leadership Module Communication Strategies
- 19—**MWI** Women in Leadership zoom presentation, Sheila North 7:00 p.m. Zoom
- 31—Deadline for newsletter articles

FEBRUARY

- 1—Deadline for February/March newsletter
- 1—FWIC Leadership Module Leadership and Your Leadership Style/Identity
- 13—Zooming Monarchs Virtual Branch meeting
- 16—**MWI** Women in Leadership zoom presentation, Tessa Blaikie Whitecloud
- 19—Manitoba Women's Institute Day
- 22—WI Day FWIC zoom event
- 23—Canada's Agriculture Day
- 27—Adelaide Hunter Hoodless's birthday

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
- Deadline for Nellie McClung Scholarship

APRIL

- 19—Energy Event FWIC
- 22—Earth Day
- 28-29—**MWI** AGM & Women's Day In Person and Virtual
- 29—ACWW Women Walk the World

MAY

- Deadline for Manitoba Women's Scholarship Red River Exhibition Foundation



Just my Perspective

Test Your Knowledge.....

1. What famous North American landmark is constantly moving backward?
2. Of all vegetables, only 2 can live to produce on their own for years ? All others must be re-planted every year.
3. Only 3 words in the English begin with 'dw' and they are all common words.

1. Niagara Falls—the rim is being worn down 2 1/2 feet each year.
2. Asparagus and rhubarb
3. Dwarf, dwell, dwindle.

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

mbwi@mymts.net

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