



Hand Shake Across the Border



August 8 was the Handshake Across the Border Day at the International Peace Garden south of Boissevain. I was up for a road trip so arrived at the Peace Garden to participate in the hand shake at 11:00 a.m. Everyone participating lined up on their respective side of the border just inside the Garden entrance between the gate and the start of the Sunken Garden. I was amazed at the number of people and where they were from (I had already seen a vehicle from Colorado in the parking lot. Another lady I met was from Virginia- so both sides of the country. I spent about 45 minutes moving through the line shaking hands with Americans from many states and all different ages. I was also surprised at their candid comments on our joint situation! Several knew where Minnedosa was but several also confused it with Minnesota! One of the first couples I met had honeymooned in Riding Mountain National Park 50 years ago to the day! Another young fellow knew all about Minnedosa - he has attended several Rocking the Fields of Minnedosa Classic Rock weekends.

I eventually made my way to the gardens, conservatory and even found some Craft Market vendors!

In a shady quiet corner I found a fellow at a table who I thought I recognized. It was Jonah Neufeld Conservatory Horticulturist. When I asked about the MWI cacti, he asked if I would like to see them. Only one is in the general population at the moment. The others are in the back and so off we went to look at them. They will all eventually be moved to the viewing area. They will be large plants. I did see some that are similar. He explained they brought smaller plants of several different varieties. They are looking to making sure that some varieties do not become extinct. Many of the tiny plants on the island where these are from are being eaten by the sheep and goats on the island. Jonah is going to send me the names and the which plant is from the same family as which in the larger plants and I will save for a winter issue when we are missing our summer weather. I do know that the far right plant will grow to be very large and it will flower. The tiny one 2nd from left is the same as the 2 on the left. They were lovely looking.



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 REPORT



As August quickly slips away, ending our official summer holiday. We enter the hustle and bustle of taking the ripe golden crops of wheat, barley and oats off the fields, and the starting of canning and freezing our garden produce. As we send the children back to school, we can finally sigh and reflect on the lazy days of summer! How we wish it could last longer before the cold weather creeps into our lives...but alas, the routine of fall is usually a good thing.

I, for one, will be glad to see the routine of what 'once was normal' enter into my life again! On June 9th a power outage hit our small town at around 4:30 pm. That same evening, the rain storm of the century struck and lasted for (it seemed) 8 hours! Torrential downpouring of rain, heavy winds, and repeat tornado warnings made for a dramatic evening and night. Other parts of Manitoba have experienced this devastating flooding as well. To wake up and to look at the sewer water and overland flood waters, that were not only in our basements, backyards, ditches and roads; but also over the farmers fields surrounding our towns. The tears have dried, as have our basements, and thankfully *most* of the farmers' fields. Some lost years of treasured memories and possessions, some lost acres of crops planted; however somehow, it seems we have survived the worst! Despite the mosquitoes, we enjoyed the much needed hot summer days.

In June, the executive board members got together to celebrate Debra's retirement from her MWI Presidential role at a restaurant that thankfully had air conditioning. It was one of the hottest days, and my car decided that we didn't need a cool ride to the restaurant (no A/C)! We had a wonderful time enjoying each other's company, with good food, and good conversations! Thank you Debra for all your years of leading and guiding MWI so very well!

On August 3rd, we were sad to hear of the passing of Jaqueline Chartrand, our Eastern Regional Rep. of MWI. Our sincere condolences to her family.

To close, I'm hoping that all our WI members were able to have a group outing or activity together, to connect and enjoy a special day of fun, music, touring or lunch. Make sure you take pictures of these special events and share them with us by sending them to Mallory so she can feature them on our Facebook page and/or website!

Till next time, Marge



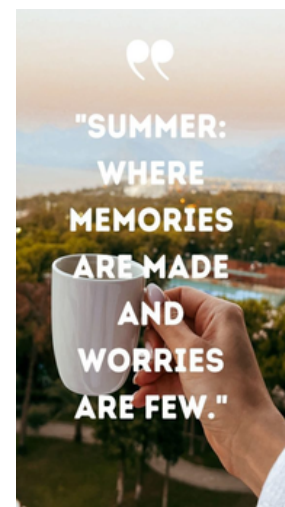
Happy Summer from the MWI Office!

I hope you all had a fantastic summer with lots of sunshine, laughter, and making many happy memories! I've explored a ton of lakes in our province with my two sons this summer: staying at a lot of cute and cozy cottages along the way. We've made a lot of beautiful core memories together, and I couldn't be happier spending so much of my summer outdoors with my boys!

Our Facebook and Instagram pages will be back in action in September! Keep sending in your photos! Popular photos are that of your MWI meetings, MWI events, and we do enjoy a modest number of interactions just by posting pictures of our local landmarks. You can e-mail photos to the office mbwi@mymts.net. The potential for new members increases when we showcase what being an MWI member represents.

Enjoy the rest of the summer!

Mallory Makinson
Office Administrator



The Summer Floral Celebration on August 8th is a great time to visit the Garden at the peak of summer color. It's also a time to remember our history and the purpose of the Garden – marking the enduring peace between the U.S. and Canada.

At its dedication on July 14, 1932, over 50,000 people traveled over the rough roads of the time to meet here at this special place. At that time, only the stone cairn marked what was to become nearly 2,400 acres of natural beauty and special features and attractions that draw visitors from across both countries and around the world. Join us for the Handshake across the Border at 11 AM on August 8th as we once again reach out our hands in celebration of friendship between nations.

Check out <http://www.peacegarden.com> to find out about upcoming events



Jacqueline Chartrand

The MWI Board lost a valuable member of our team in early August. Jacqueline took on the role of Resolutions Chair with gusto and expertise. She was very talented when it came to fine tuning and polishing our MWI resolutions. Her gift of editing documents was deeply respected by all. She never turned down a request to proof read no matter how fatigued her illness was making her.

She had a personal strength and the courage to speak her mind and advocate for those in need or when she thought a change was required.

Jacqueline will be sorrily missed by those who knew her and appreciated her vibrant personality, love of music, and gift of storytelling.

Debra Barrett

Dorothy Palmer a longtime member of the **Grosse Isle Women's Institute** passed away on Saturday August 29th, after a brief illness. She was the Grosse Isle WI treasurer for well over 25 years, and a member until 2017.

Marge Knutson

Verna Cuddington, former member of **Erickson Women's Instiute** passed away August 11, 2026. During her time as a member she served as branch president, SWA Regional president and was made a life member of the Erickson Branch.

Ann Mandziuk with information from Brockie Donovan Funeral Home

Domain Women's Institute shared on their Facebook page the passing of Edna Dreger of Morris. She passed away August 6, at the age of 93. She served twice as MWI President.

Lillian Peggy Walker known as Peggy“ Walker a 25-year member of **Springfield WI**. Peggy enjoyed craft hobbies, was an avid square dancer and a five-pin bowler. Peggy did a lot of macramé projects such as lawn chairs. Peggy made a miniature lawn chair with WI on it the back which the Springfield WI has and is put out for the meetings. A small bear sits in the chair.

Liz Chongva

Welcome to new members in the ----- Branch of Manitoba Women's Institute

**WHAT ARE SOME OF THE
IDEAS YOU HAVE FOR INVITING
PROSPECTIVE NEW MEMBERS
TO JOIN YOUR GROUP IN THE
COMING MONTHS?**



‘HOW TO KEEP ITEMS OUT OF THE LANDFILL?’



How do you keep items out of the landfill in your home?
Does your Institute have a policy on how they handle garbage
at functions that you hold in your community?
Does your community have an event that supports recycling?

Listening to the Winnipeg news they were talking about the Give Away weekend in the city. Put your unwanted items on the curb for others to take away to use. (No items with bedbugs or flush toilets that use more than 13 L of water can't be set out) It makes me want to go to the city to see what a person might find. I know many people in communities around Minnedosa will put out “free stuff” after their yard sale for people to pick up!

Share your ideas with Mallory and she will forward them to me for the newsletter. Some might even end up on Facebook!



The **Woodmore Women's Institute** has had another productive year! The group of knitters and crocheters continue to gather on a monthly basis to create bonnets and blankets for little ones. This year they were presented to the Altona Hospital, RCMP, and Labor and Delivery at WRHA

In June, Deb Rodewald drove the Community van from Dominion City to Carmen to enjoy lunch at the Boyne Bistro and visit the shops in town. Pictured below from left to right are: Janet Kroeker, Shirley Wagner, Liz Griffin, Colette Buckley, Pat Gaetz, Maren Mueller, Jean Charney, Deb Rodewald, and Shelagh Woods.



Food Security continues to promote learning in our community. A composting presentation was held at Jan Kroeker's home last week and much was learned by the attendees. It is one thing to read about the process, it is another to actually see the end result of practicing it. Food Security is a hallmark of the local Woodmore WI. Many of our younger members became interested in our group because of the ambitious and thoughtful efforts of this committee.

We will be hosting a Pancake Breakfast on October 18 from 9:30-1:00, at Ridgeville Hall in Ridgeville. What would make this particular pancake breakfast so special, you ask?! Well, Jean Charney's Bumbleberry Syrup, of course!! If any members from other locals are interested, please feel free to make Ridgeville your destination for a Sunday drive in the country- mark your calendars!

Cheers to all from The Woodmore WI!





The Woodmore Women's Institute gathered once again in August - this time for a tour of Seven Oaks Museum in West Kildonan, followed by a delicious lunch at the Heritage Tea (formerly Captain Kennedy) House on River Road in St. Andrews, and topped with a tour of Lower Fort Garry. The beauty of visiting pieces of our collective past gives us all pause to consider a few things- the effort it takes to maintain these places in our harsh climate for future generations to also enjoy; an opportunity to learn about Indigenous and Metis culture, sharing a day together, and, of course, having Deb to drive everyone! An addition to Lower Fort Garry-a motorized cart that will get you from point A to Point B without having to walk long distances- helps us all enjoy the experience! The day was truly delightful- pictured below at the Seven Oaks Museum, are: Janet Kroeker, Maren Mueller, Shelagh Woods, Liz Griffin, Deb Rodewald, Kim Loewen, Pat Gaetz, Shirley Wagner, Cheryl Janzen, and Jean Charney.



On August 13th, eleven members of the Grosse Isle W.I. had a lovely brunch at Captain Kennedy's Tea House. Built in 1866, it was renovated, and the Tea House is open again after a decade of being closed. The house is also a museum, and restaurant.



Afterwards, a few of us toured the beautiful gardens!
L-R: Donna Ridgeway, Dorothy Braun, Norma Ridgeway, Bonnie Borthistle, Helen Harris, Marge Knutson, & Carol Catt.

OOPS..!

Apologies to Maren Mueller for not mentioning her in the Board photo that was on the last page of of the June/July newsletter.

Maren was unable to attend the May AGM so was not in the photo. For those who have not met Maren in person her smiling face appears in several of the photos from the ACWW Conference in Ottawa!

AROUND THE PROVINCE

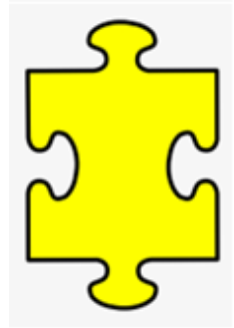
Bits and Pieces



Anne Innes

Meet Your ACWW Area Canada President!

We're excited to introduce the newly elected Area Presidents for the 2026–2029 triennium. Area Presidents are elected every triennium by ACWW members during the Triennial World Conference.



Location: Lives on a farm near Embro, Ontario

Hobbies: Gardening, growing flowers, fruits and vegetables. Also travelling and meeting people

Fun fact: She produced “Parent-Child Mother Goose” children’s songs and rhymes



8 Pillars of Wellness

PHYSICAL

- Regular Exercise
- Balanced Diet
- Adequate Sleep
- Routine Check-ups
- Limiting Harmful Habits

EMOTIONAL

- Self-awareness
- Stress Management
- Healthy Expression
- Boundaries
- Coping Strategies

INTELLECTUAL

- Lifelong Learning
- Reading
- Critical Thinking
- Creative Outlets
- Stay Curious

SOCIAL

- Relationship Building
- Effective Communication
- Community Engagement
- Conflict Resolution
- Support Networks

OCCUPATIONAL

- Job Satisfaction
- Work-Life Balance
- Continuous Development
- Healthy Work Environment
- Setting Goals

SPIRITUAL

- Meditation or Prayer
- Seek Purpose
- Values
- Nature Connection
- Open-mindedness

ENVIRONMENTAL

- Eco-Friendly Habits
- Nature Appreciation
- Reduce Waste
- Stay Informed
- Community Involvement

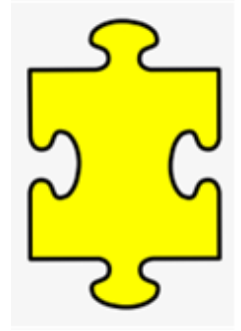
FINANCIAL

- Budgeting
- Savings
- Financial Literacy
- Debt Management
- Plan for the Future

Manitoba Women's Institute Scholarship 2026

We received 18 applications from across Manitoba for two scholarships of \$ 1250.00 each.

The recipients are Laura Seward and Emmy Turnbull.



Laura is from Darlingford. She will pursue a Bachelor of Science degree in Agribusiness at the University of Saskatchewan to be the next female farmer with a voice.

Emmy is from Snow Lake. She will pursue a Bachelor of Kinesiology at the University of Manitoba. She hopes to go back to her community as a physio therapist.

Submitted by Gisela Nolting

Growing Manitoba Ag
Inform. Influence. Inspire.

<https://www.gov.mb.ca/agriculture/online-resources/signup-for-growing-manitoba-ag.html>

If you would like this newsletter, please go to the link to receive an email sent directly to your inbox.



Happy Birthday to all our members celebrating in September and October.



Don't forget to share the activities of your local/branch with the MWI office so we can let others in the province know what is happening across the province either in our newsletter or in our social media posts.

Do What You Can

What fabulous ideas do you or your group have to make someone's life more pleasant?
 What goals has your branch set for their upcoming programming year?
 What goals have you set for yourself?

Many of you know that my personal life took many twists and turns since April 2025. With the start of 2026 I seemed to start into what is becoming my new 'normal' of living on my own without the burden of Chemo treatments. I have found new activities to attend with new and old friends in my area. Due to health issues of a friend I now drive her to several activities in Minnedosa. I still visit with many of my former neighbours, continue with visits to a friend in a personal care home and try to keep myself active by taking advantage of resources/courses and activities in my area.

Nothing earth shattering but to me they all fall into 'do what you can' because you never know the difference you might be making in someone else's life.



On a recent rainy Monday morning I had an appointment at Cancer Care in Brandon. I drove into the parking lot just behind a vehicle and parked next to the same vehicle. As I was preparing to get out of my vehicle the fellow beside me got out and went to put money in his meter and he turned and gestured to me and put money in my meter. I smiled and gave him a thumbs up. A great thing to do and now on my next visit I have to find a way to pay forward his gesture!



Do What  You Can



The Widow's Comeback

2 days ago ·

One of the loneliest things about widowhood can be realizing nobody is waiting for you.

Not in the big, dramatic sense. In the completely ordinary sense.

You leave the grocery store and nobody is wondering what's taking you so long.

You drive home from dinner and nobody is expecting to hear the garage door open.

You walk into the house and nobody asks, "How was it?"

You can stay an extra twenty minutes, change your plans or stop somewhere on the way home.

Nobody needs to know.

And there is something incredibly lonely about that.

Because being expected home is one of those tiny things you don't realize is love until it's gone.

Your husband wasn't just the person you came home to.

He was the person who noticed you weren't home yet.

Love you, Widow Friends

Not a book review but a couple of Facebook shares from a couple of my friends.

And a birthday bouquet sent **virtually** by a friend in Ontario to a mutual friend here in Minnedosa

The views contained in the book reviews provided to our newsletter are the thoughts/opinions of the writer and not Manitoba Women's Institute.

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ACWW CO-ORDINATORS REPORT

At our August ACWW coordinators' zoom meeting we discussed childcare deserts. Is access to childcare a challenge in your community? Are there examples of successful childcare or family support initiatives in your community? What partnerships could Member Societies develop with local organizations? How can we advocate for improved childcare services?



Some examples are: Some grandparents can get together and take turns watching children occasionally. 3 to 4 families can hire a local nanny together and rotating weekly which house they use. Utilizing existing buildings, like church basements, curling rinks during summer month in the country to help farm women. Advocating that new public buildings provide space for daycare.

This subject is not new to the Manitoba Women's Institute. During the last 30 years we put at least 2 resolutions forward to the government advocating for more childcare spaces.

Submitted by Gisela Nolting



The WI Picnic area with the covered picnic shelter and swings. There was a group of adults having a great time swinging and chatting. Lots of laughter!

INTERNATIONAL PEACE GARDEN



The United Nations declared 2026 the International Year of the Woman Farmer (IYWF 2026). The Year spotlights the essential roles women play across agrifood systems, from production to trade, while often going unrecognized. Women farmers are central to food security, nutrition and economic resilience. IYWF 2026 raises awareness and promote actions to close the gender gaps and improve women's livelihoods worldwide.

At the end of COVID MWI asked for submissions from members and non-members to record how as individuals, families, groups we coped with the rules and regulations that surrounded us during the COVID timeframe. We published a virtual copy of the stories submitted to us. It was an excellent read - heartfelt stories from individuals in our communities. If you would like to see a copy of the COVID booklet please let Mallory at the office know.

At a recent board meeting the suggestion came up that we record how, as a rural women's organization in Manitoba, we supported women farmers in our community. So we are asking for short stories about you, or your friend, or family member. Look around your community to see who you think might write a short story, who you might interview and record their story, or tell your own story. The stories don't need to be long - 2 type written pages would be great . If you write poetry, draw or express your ideas in other ways we will try and publish your story.

Our deadline is short as we are part way through the year. We would like to suggest that we gather the stories by October 15 to be published in November. We hope you will consider making a submission for this special project.



Don't miss your
opportunity to be part
of MWI History - tell
us about your role in
being involved in
agriculture in our
province.

UPCOMING Events



SEPTEMBER

MWI Provincial Office reopens after summer break

20-25 - Farm and Food Awareness Week

23 - Celebrating Local Food Day 2026

30—Deadline for newsletter articles/submissions

OCTOBER

11—International Day of the Girl Child

15—International Day of Rural Women

16—World Food Day

NOVEMBER

11—Remembrance Day

16—18 Manitoba Farm Women's Conference, Victoria Inn, Winnipeg

30—Deadline for RESOLUTIONS, newsletter articles/submissions

DECEMBER

25 - Christmas Day

SEPTEMBER 2027

14-16 - FWIC National Convention, Charlottetown, PEI

Over the summer I attended a Trivia Night in Sandy Lake - here are some of the questions to test your knowledge.

1. Which ocean is the largest in the world by area?
2. How many standard time zones does Canada have?
3. Winnipegger, soldier, fighter pilot, and master spy, Sir William Stephenson was the inspiration for which well known spy?
4. Which came first Titanic or the Eiffel Tower?
5. Which came first Dijon Mustard or Tomato Ketchup?
6. How many loaves of white bread does one bushel of wheat (about 60 lbs) produce?
7. In the original American version of Monopoly, how much does it cost to purchase a standard railroad eg Reading Railroad?
8. What 2 letters are worth the most points in Scrabble?

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mbwi@mymts.net

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1. Pacific
2. Six
3. James Bond
4. Eiffel Tower
5. Dijon mustard
6. 42
7. \$200.
8. Q & Z 10 points each



Federated Women's Institutes of Canada

Gardening @pinterest #TogetherWeRise



Late Summer Garden Cleanup





HARVEST AND INSPECTION



- ☐ Harvest ripe vegetables, fruits, and herbs
- ☐ Remove damaged or rotting produce
- ☐ Check plant leaves and stems for pests or disease
- ☐ Mark plants that are still productive
- ☐ Collect seeds from healthy, mature plants



CLEAN PLANT MATERIAL



- ☐ Remove finished vegetable plants
- ☐ Remove diseased plants from the garden
- ☐ Pull weeds before they produce seeds
- ☐ Deadhead spent flowers where appropriate
- ☐ Remove broken stems and fallen debris
- ☐ Separate healthy compostable material from diseased waste



PREPARE GARDEN BEDS



- ☐ Loosen compacted soil gently
- ☐ Add finished compost to depleted beds
- ☐ Replenish soil in raised beds
- ☐ Leave space for fall planting
- ☐ Add mulch around established plants
- ☐ Consider a cover crop for unused beds



MAINTAIN EQUIPMENT



- ☐ Clean and sharpen garden tools
- ☐ Check hoses and irrigation lines
- ☐ Repair leaks and clogged connections
- ☐ Wash and dry empty pots
- ☐ Store tomato stakes and plant supports
- ☐ Organize seeds and garden supplies



PLAN AHEAD



- ☐ Record what performed well
- ☐ Note pest or disease problems
- ☐ Write down crops to avoid or repeat
- ☐ Plan next year's garden layout
- ☐ List seeds and supplies to order
- ☐ Mark areas for fall or spring planting

thecluttered.com
@theclutteredblog


September 20-25, 2026 marks the 12th annual Farm and Food Awareness Week (FFAW) in Manitoba. This year's theme, Community and Agriculture: Growing Together, recognizes that agriculture and communities are interconnected. It highlights agriculture's role in supporting communities, creating opportunities for future generations, and providing access to locally produced food.

We invite your organization to join us in celebrating Farm and Food Awareness Week by sharing how agriculture and communities grow together. Throughout the week, participants are encouraged to follow @MBGovAg and share photos of local food, farms, agricultural events, and experiences using #FarmFoodAwarenessWeek.

If your organization is planning any events, activities, or communications that align with Farm and Food Awareness Week, we would be pleased to hear about them.



Celebrating Local Food Day 2026 with the Manitoba Association of Home Economists MAHE is excited to share that September 23, 2026 has been proclaimed Local Food Day in Manitoba, in partnership with Manitoba Agriculture and the Province of Manitoba. MAHE has been pleased to partner with Manitoba Agriculture on Local Food Day since 2014, when it was called Local Veggie Day!