

Monthly Newsletter of the Federated Women's Institutes of Canada

WI Connections



WI Day
Feb 19th- 7pm EST
127 years strong!

Margaret's Message, Submitted by President, Margaret Byl

Greetings from the Niagara Peninsula in Ontario! It looks dreary as I look outside of my office window, BUT the forecast is for sunny skies today. It is a new day, and I am full of optimism for the future.

Did you know that this year Chinese New Year falls on February 10, Valentine's Day follows on the 14th and WI Day is always on February 19? A month full of positivity.

WI Day – Women's Institutes Day is an occasion that I look forward to every year. It is a day to remind us of how far we have come since a group of 101 women met in Saltfleet, Ontario for that very first meeting! And that must not have been an easy chore, travelling by cutter sleigh up and down the countryside. Now, 127 years later, we are preparing



for the 23rd

National Convention in Truro, Nova Scotia. This triennial's theme has been Sailing into the Future with a Recipe for Success.

On February 19, please join us at 7 pm ET for a discussion about the success stories from members across the country. Register at registrations@fwic.ca and a zoom link will be sent to you. The link will also be published in the February issue of the WI Connections.

Early bird registrations are coming in now. Register before April 30th to receive the discount. The National Convention is a time to review the past 3 years, come together as a national organization, share your thoughts and concerns; vote on national resolutions and meet the incoming Board of Directors.

Nominations for President-elect are being accepted. For more information, please contact us at info@fwic.ca The winning entry for the National Triennial Convention pin will be announced soon. Watch for more details as they become available.

The convention is not all business, there are a number of entertainment opportunities, time to gather and catch up with old friends and make new ones too.

We have sailed through some stormy waters, but we have come together to batten down the hatches and prevailed the storms. If our intentions are clear, we will have smooth sailing into the future. In closing, I would like to offer a version of a recipe for success.

A WI Recipe for Success

1 ½ cups of Progressive Change

Equals parts of Teamwork & Friendship

3 cups of Open Mindedness

3 ½ cups of Courage

5 cups of Wisdom

Mix all the ingredients and consider adding one full portion of the Mary Stewart Collect.

Failure is not an optional ingredient.

I am looking forward to seeing you on February 19, at 7 pm ET, to hear your recipes for success.

Yours for Home & Country, Margaret Byl



WI Day 2024



February 19, 2024

7pm-EST registrations@fwic.ca

Free online anniversary party to celebrate 127 years of WI.
Join women from all across Canada who gather every month for WI.
Program to include growing Branches across Canada &
Recipes for Growing your WI.

WI Day Feb 19, 2024 Virtual Event Sharing ideas on Membership

FWIC WI Canada will celebrate the founding of Women's Institute on Monday, February 19, 2024, beginning at 7pm Eastern time.

This year members from across Canada will share their successes in attracting new members. This promises to be a positive evening as we learn how others are increasing their membership.

You are encouraged to register and receive the zoom link in your mailbox at registrations@fwic.ca.

However, the zoom link is posted here, and you are welcome to share the link with WI members and those that are interested in WI.

Topic: FWIC WI Virtual Event

Time: Feb. 19, 2024 07:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/82427584682?pwd=boybKvnkjMPz9zWTXXaZvx13J3v54C.1>

Meeting ID: 824 2758 4682

Passcode: 223634

Celebrating WL Month February 2024

How is your branch, district, province planning to celebrate?

Why not share your plans, take pictures, and send them to FWIC

so they can be included in the March issue of the WI

Connections. Please send to angela.beth.scott@gmail.com



Addressing Food Waste submitted by Marie Kenny, ACWW Area Canada President

In response to a recent ACWW Resolution, Area Canada is working together reduce food waste.

Food waste is a pressing problem globally, nationally, and locally. Every year, mountains of food are wasted or lost, resulting in financial losses and greenhouse gas emissions. December 13, 2023, Statistics Canada article by Nicole Blair looked at food waste and reported that Canadians create over 50 million tonnes of food waste every year. One in eight households in Canada has been food insecure since 2018, and yet food waste continues. The article also encourages us that not wasting food is one of the easiest and most powerful actions an individual consumer can take to lower their carbon footprint.

My hope is in working together as ACWW Societies, we can raise awareness to this issue and share in some good practical information to encourage less food waste. Even the smallest change can make a significant impact.

So, moving forward, every month we will produce an article entitled "Take Ten: To Reduce, Re-Use and Re-Think Food Waste". It is our goal, that by working together, we will make a difference.

Take Ten: To Reduce, Re-Use and Re-Think Food Waste:

Did you know Sixty percent of Food wasted is avoidable!

Give this a try: Measure your household food waste.

For one week, give this a try to see how much food is wasted in your household, you may surprise yourself, I know I was!!

You can give this a try simply by using a container with a lid and putting all your food waste into it every day for one week. This includes peelings, outdated can or spoiled

vegetables or fruit, stale items, unused leftover, and spoiled items. At the end of the week, you will have a better idea of your household food waste.



Federated Women's Institutes of Canada

February 2024



CONSTITUENT SOCIETY, ASSOCIATED COUNTRY WOMEN OF THE WORLD

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Highlights from the FWIC/WI Canada Board Meeting – January 2024

Canadian Woman of the Year 2024: Applications are due by **March 31, 2024**. The application form is on the FWIC website.

RESOLUTIONS COMMITTEE: A notice of motion was passed that directors and provincial presidents will vote on the following resolutions at the February meeting.

"Be it resolved that the Federated Women's Institutes of Canada are to initiate a Women's Advocacy & Awareness Campaign to increase the knowledge of this Public Health Crisis within Canada and foster the development of a National Forensic Nursing Bursary fund."

"Be it resolved that the Federated Women's Institute of Canada call on the Federal Government of Canada to standardize the Forensic Nurse Examiner/Sexual Assault Nurse Examiner training throughout Canada and call on the Ministry of Health SAFE Programs to be built and become staffed and operational throughout Canada for the safety for all Victims of Sexual Violence, their children and families."

FEBRUARY 1st: The provincial fees were due to the National Office by Feb. 1st. They are \$5 /member (\$3.50 for FWIC and \$1.50 for Homestead).

FEBRUARY 19, 2024: FWIC will celebrate the founding of WI on **Monday, February 19** with a virtual event on sharing ideas on membership. Members can register to attend this virtual event at registrations@fwic.ca. The zoom link is also published in this issue of *WI Connections*.

PROJECT #wicares: The national project was to support schools during February 2024. If your branch/district or province participated in this project, please send your pictures and a short write up to Angela to be published in *WI Connections*. Her address is angela.beth.scott@gmail.com.

INTERNATIONAL WOMEN'S DAY: (March 8) Though FWIC is not hosting an event this year, President Margaret will post a message on March 8 and FWIC encourages branches to participate in local events. Information on the CSW (Commission on the Status of Women) will take place the following week and information should be forthcoming from ACWW.

NATIONAL CONVENTION 2024 (September 17-19): Registration is now open for the national convention to be held in Truro, Nova Scotia. The registration form and information package are posted on the FWIC website.

GOVERNANCE MANUAL: FWIC has adopted their updated Governance Manual.

REMINDERS

Next Meeting of the Board of Directors: February 26, 2024, at 7 pm ET.

My corner was empty in January and I regret that. That might partly be age related but not entirely! On December 21st I started my musings with “I am writing this on the Winter solstice, - the shortest day in the year, the longest night in the year and something I just heard, the darkest day of the year”. That is when the power went off and I was in the dark. A fierce gale was blowing, and the heavy rain was pounding on the windows. Power was restored during the night, but there was no Internet or TV the next morning. I went about my chores, finished packing. We went then to close the lid of my suitcase, as my daughter arrived to take me to her home for Christmas. After a most enjoyable time with family and friends I arrived home along with a new year and a miserable cold. Enough about me.



We are now in the second month of 2024. I know that you have all had the same concerned thoughts when we hear and watch happenings around our world. It is news of the ongoing strife in Ukraine, with loss of life and entire communities reduced to rubble, the conflict in the Gaza with millions fleeing their homes to what is refugee camps with little food, water, medical care and shelter, and we hear of six million refugees in Sudan seeking refuge in neighbouring countries. And then I almost feel guilty because I live in a warm house, with clean water, a fridge of food in a safe community. It is all heartbreaking to think about.

I came across an address given at the Federated Women's Institutes of Canada Convention in Charlottetown, Prince Edward Island in June 1976. The speaker said: “There are days when I feel that the ills of Society are far too depressing. It becomes frightening when we read and hear of violence and anarchy, hunger and deprivation, energy problems, environmental problems, unemployment and labour unrest, but we have to believe that things are going to get better.”. That was 1976 and we can fast forward to 2024 and add climate change is here, there is homelessness, child poverty, health care issues and much more. The speaker quoted words written by Dr. Moses Coady a long-time adult education leader who worked tirelessly with farmers and fishermen in Eastern Nova Scotia helping in organizing Co-operatives. Dr Coady wrote more than fifty years ago “We want our people to look into the sun, and into the depths of the sea. We want them to explore the hearts of flowers and the hearts of their fellow men. We want them to live, to love, to play and to pray with all their being. We want them to be whole men and women, eager to explore all avenues of life and to attain perfection in all their faculties. Life shall be in terms of all that is good and beautiful be it economic, political, social, cultural or spiritual. They are the heirs of all the ages and riches yet concealed. All the findings of science and philosophy are theirs. All the creations of art and literature are for them. They will usher in the new day by attending to the blessings of the old. They will use what they have to secure what they have not”.

There have been enormous changes in the past 50 years, but there are unfortunately some that haven't. Join me on a cold February afternoon to enjoy a cup of coffee or tea and reflect on what was said and written so long ago, and think of the many challenges facing us and what is our role as Women's Institute members to meet those challenges.

Associated Country Women of the World (ACWW) Update



Area Canada President - Marie Kenny

Greetings Everyone,

As we begin the second month of 2024, there will be an opportunity to celebrate Founders Day and honour the legacy of our history. For over 100 hundred years, Women's Institutes (WI) have inspired action and brought about positive change in our communities, our nation and indeed on the global front.



There is a wonderful quote by Queen Elizabeth II: "Women have been granted the vote, British women have climbed Everest for the first time and the country has elected its first female prime minister. The Women's Institute has been a constant throughout, gathering women together, encouraging them to acquire new skills and nurturing unique talents." Since its formation, the Women's Institute has brought together women- engaging and empowering them to revitalize rural communities and to become more involved in policy making, using their voices as vital instruments for change. Since then, the organization's aim has broadened and the WI is part of the largest global voluntary women's organization, the Associated Country Women of the World. ACWW exists to amplify women's voices, to connect societies, to mobilize the work and to empower action for positive change.

As Canada Area, part of our commitment to ACWW is for Societies to be working on Resolutions passed at Conference. At the most recent ACWW Triennial Conference, there were three action resolutions passed. My hope is that as an area we will tackle one each year, beginning this year with the resolution Addressing Food Waste. This is a huge issue- globally, nationally, and locally. Every year, mountains of food are wasted or lost. Wasting less food reduces greenhouse gas emissions, conserves natural resources, and saves money. Statistics Canada encourages us that not wasting food is one of the easiest and most powerful actions an individual consumer can take to lower their carbon footprint. In a Statistics Canada article by Nicole Blair, she states: "Canadians create over 50 million tonnes of food waste every year despite 60% of it being avoidable through better planning and awareness." Since 2018, one in eight households in Canada have been food insecure and yet food waste continues to grow. My hope is that in working together we as ACWW Societies can raise awareness to this issue and share some good practical information to encourage less food waste. Even the smallest change can make a significant impact. If you have any suggestions, please contact me at Canada@acww.org.uk. More information on this will be in my Area Canada Newsletter which is planned to go out

following the ACWW Board meeting on February 2nd. If you do not receive the newsletter, please let me know and I will do my best to address this. "We are Stronger Together."

Until next time, *Marie*

Marie Kenny, ACWW Area Canada President

Hillsborough W.I., NB

submitted by Chandra Smith

The Hillsborough WI has been busy after receiving an Action Grant from the government of N.B. Several sports have been organized since August 2023. With the help of partners and volunteers from the community sports have been organized locally to promote more physical activity among a variety of ages and especially to allow beginners to participate who might not otherwise be involved in sports.



In August the opportunity to learn soccer at a week long camp was held for grades 3 to 5 with 26 attending. In September to November grades 3 to 5 learned to play floor hockey with 21 kids involved. November to January weekly training for Basketball for grades 6 to 8 was offered. We have had 19 participate.

We are presently gearing up for volleyball, pickleball and are looking for volunteers to run a movement group.

We appreciate the dedication of those trained in these sports who are willing to engage the local youth and children.

Please feel to contact us if your branch is interested in becoming involved in this way in your local area.



ADELAIDE
HUNTER
HOODLESS
HOMESTEAD

A NATIONAL HISTORIC SITE OF CANADA

Museum Manager's Report – Jan 2024

Programmed Events of Jan 2024

DATE/TIME	EVENT	WHAT TO EXPECT	COST
Wed. Jan 10 th , 2024 10:30 am - noon	Mindset Matters: Info session/discussion	A women's fellowship morning -Discussion topic: Gratitude.	\$25.00 Workshop, Healthy delicious snacks/ drinks included.
Wed Jan 31 st 1:30pm-3pm	Paint and Sip. Make hand painted greeting cards for Valentine's Day	Local artist Cathy Rowe is back by popular demand. Let's make hand painted Valentines greeting cards	\$35.00 Supplies / instruction, a glass of wine and Api's included.
Note* there was an event scheduled for Jan 18 th . It was the first class in a series of four oil painting classes. The class was for intermediate painters. There were not enough people signed up for the class to do it. We have widened the class to include beginners as well and have posted it at some art stores- we rebooked it for Feb 1 st in hopes of gaining more participants.			

Notable Activities in January:

Sun. Jan 7th Nancy attended the News Years Levy Brunch hosted by the Local Business Association and spoke to 50 attendees about the AHHH winter schedule and the role of the Homestead in the community.

Jan 10th A small wedding of 50 people was booked this month. The wedding date is Sept 21st, 2024. A deposit has been received.

Jan 15th and 22nd Meetings to plan a fund raiser is being planned for the AHHH and the South Dumfries Historical Society. It is for March 23rd. A musical murder mystery and dinner is planned.

Jan 16th Nancy met with Joan Minnery of Minnery Enterprises. She is planning to do a fundraiser concert at the pavilion called Addie-fest in June 2024. It will be held here, and she will donate from profits to the AHHH.

On Tues. Jan 30th, there is a Brant County Council meeting. Margaret, Lynn, Linda and Nancy will attend (either in person or virtually) as a delegate requesting sustainable annual support from the county of Brant.

Submitted by: Nancy Carubba, Museum Manager, Adelaide Hunter Hoodless Homestead

Note: The Adelaide Hunter Hoodless Homestead is a National Historic Site of Canada, owned and operated by the Federated Women's Institute of Canada (FWIC/WI Canada)



Soup's On... submitted by Linda Janes, QWI

The following is a soup that I had at a craft show I was selling at. It was so good I asked the person that made it for the recipe and was very surprised as I'm sure you will be. It is great for a lunch during one of our many meetings. It freezes well and I often make a batch and put individual containers in the freezer for a quick meal, especially when you live alone or just two of you.

Quick Vegetable Soup

1 large tin (28 oz) Habitant Pea Soup
(any kind)

1 large tin (28 oz) Habitant Vegetable or
Minestrone Soup

1 Large tin (28 oz) chopped diced tomatoes
(I usually use with herbs)

Put all of the above in a slow cooker and cook on high for about 3 hours.

I usually start it about 9 a.m. and it is ready by noon. It can also be done on the stove top and cook it for about half an hour stirring often so it doesn't stick. I often add some extras like leftover ham or chicken, even chopped hot dogs. The ingredients sound strange but it is delicious, especially served with crusty bread and cheese. Makes about 6-8 servings. Even people who don't like pea soup love it. Enjoy!

Happenings In Missisquoi County submitted by Judy Page-Jones



At their November meeting “wool gathering” took place. Wool gathering is when socks, hats, scarves, underwear, and gloves are collected. This year the donations are going to the HUGS program where donations are given to the homeless.

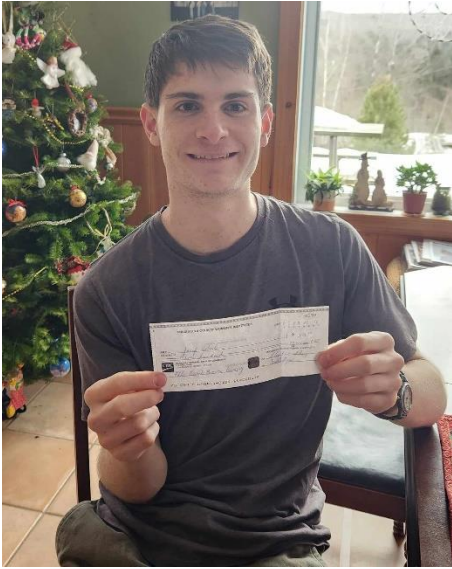
Cookies were collected to be distributed to local group homes in Cowansville. The group homes always enjoy the tasty treats.

It was decided at the meeting to make donations towards Christmas dinners at Farnham Elementary School and Heroes’ Memorial School. Money was also donated to the Centre D’Action Benevole Food Bank. Food insecurity is on the rise everywhere.



Members of the Fordyce Women’s Institute stand behind a table of donations for Horizon Pour Elle.





Josef Robert is the Recipient of the Ella Beach Brown Bursary from the Missisquoi County Women's Institutes



On January 10, the first Dunham Women's Institute's meeting of 2024, we received a "big" thank you from Heroes' Memorial Elementary School. As you can see by the apple on the card, it was for the apples that we donated to the school for their Terry Fox Run this fall. The inside of the card contained over a hundred student signatures!



In December the Dunham members made up 18 Christmas gift bags plus other donations to give to the senior residence in Dunham. Unfortunately, we forgot to take a picture.

In January a donation was made to the food bank in Cowansville.

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'Sailing Into The
Future With ...
A Recipe For
Success'

September 2024



Women Surmounting Challenge, submitted by Sheila Needham

Hello WI friends...It is a pleasure to bring you more of Joan Westland's story. In the first part of our interview with Joan, we left you kind of hanging, with Joan on the cusp of a battle for the mayorship of our municipality! She was running against a local resident, born and raised in the area and people had always elected the local candidate.

The incumbent mayor took Joan around to introduce her to people and she found the whole campaigning thing very difficult and after one week Mr. Peasley told Joan "You have to get out of the car!"

So reluctantly she would follow the outgoing mayor to the door and nod and listen as he encouraged people to vote for her.

Mid campaign Joan received an anonymous phone call telling her that it was necessary for her to get out there and be visible because the opposition was terrible and saying insulting things such as, 'she was an outsider, a probably hold council meetings in the local bar'! Joan tells the caller that she had heard some of these insults but is then informed that there was worse. She was being called a One Arm Bandit!

What was Joan's reply?

She couldn't understand why she was being called a Slot machine!! 'No, no,' says the caller, 'you are being called a cripple!'

Even though and in spite of her education, her skills working for the Federal Government on accessibility issues, travel and sitting on UN committees, her ease with French, English, Dutch, and Spanish, her running opponent calls her a One Arm Bandit!

Joan- That slur in particular, got people out to vote for me because they felt that the insults had gone one step too far! One voter came up to me and said that he wasn't going to vote for me because I was a woman and an outsider. However, when they started calling me the One Arm Bandit, he felt it was enough because he knew what it was like living with a cripple, as his father had a glass eye! I responded with great empathy and thanked him for his vote.



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really being
young woman and would

Sheila- Let's go forward to today and what you are doing now Joan, and we will reminisce as we fill in for our readers a little of your career path that led to this point.

First let me clarify that YES indeed, Joan won her race for Mayor and has subsequently remained in the mayors office for a total of 27 years. She is now retired as mayor but continues to be involved in Municipal committees.

So, Joan can you tell us about some of your first impressions of being an elected official at the municipal level?

Joan- When I first came on as mayor all the notes and minutes were written by hand and in full detail, which meant that in each meeting we had a full review of the minutes and that led to lengthy debates about the accuracy of the detail rather than the accuracy of the decisions. Needless to say, we had long into late night meetings. After several months I suggested an experiment; to only record the resolutions adopted by council, rather than all the dialogue and discussion. So, the following meeting when the minutes were read it only lasted a few minutes and considerably shortened the meeting leaving councillors wondering what to do with the rest of their free evening!

In the early days, all our meetings were conducted only in English until I provided French translation and made sure that all documents and notices were in both English and French. This was just prior to the provincial government obligating all municipal councils to operate in French. Those municipalities designated as bilingual, could also include English language. Over the years we moved from pen and paper to computer, and from newsletters to web pages and social media to communicate with citizens. Now all the council meetings are conducted in French, but we still provide English translation for those who ask.

Sheila – You are still active on a municipal committee called Community Development Committee and as I am on that same committee with you, I hear you continue to advocate for accessible communities and inclusive communities.

Joan- Yes, we still have a long way to go in terms of equity, inclusion, and accessible communities. For example, the Federal Government adopted the Accessibility Act in 2019, which addresses Federal Government Ministries, Agencies, and all sectors under Federal jurisdiction. All those entities need to table their action and implementation plan by 2024. There was no media attention or announcement of this legislation, which, if implemented, would have a profound impact on so many people. The fact that there was zero attention given, makes me doubt that we will see much happening.

When I was invited to testify every 5 years to the parliamentary committee monitoring the employment equity legislation which was adopted in 1986, I would explain that unless government actually implemented the law, employment statistics for people with disabilities and indigenous groups would not improve.

So that is why when looking at the Accessibility Act of 2019 with no public or media attention I question whether or not we will see much happening.

Sheila- Please tell us more about the awards and recognition you received during your mayorship and how that position has led you to the mentoring and coaching that you are involved in today.

Joan- During my time as mayor I was also working as an independent consultant and during this time, I received the Governor General's award recognizing my work as a consultant and as the mayor of my community. The award I feel most proud of was the one that the municipality received jointly with the Minister of Transport for our project to slow down traffic going through the village of Bolton Centre. That collaboration with the Ministry of Transport continues to this day. The two awards I received from the FCM (Federation of Canadian Municipalities) were to recognize my work in promoting women's rights and women's participation in government.

Sheila – Before we go on and find out more about your current work, we have a couple of questions. First- How can we all avoid volunteer, or work-related burnout and overload?

Joan- First of all, no matter what you are doing, the important thing is to have the support of family and friends and secondly for me, as Mayor, it was building a team and working together with staff, council and community. In my consulting work it was partnering and collaborating with colleagues.

When deciding to make a commitment or to get involved, whether it is professionally or as a volunteer, it is important to ask yourself, is this something I really care about, does this interest me, does it adhere to my principals. If not, then question why you would want to get involved. When you consider the amount time you spend on a job or a volunteer committee, if you don't get some pleasure and satisfaction or joy out of that then it will be a strain on you mentally and physically. If you get no satisfaction from your involvement, that is when frustration rears its head. That is when you feel angry, irritated and the longer you are in the situation, the more likely you are to have a burn out.

Sheila- Another of the questions received is to know what recharges you?

Joan- Discussions with my good friends like you, Sheila and other people who have interesting ideas and engage me. During quiet time for myself I enjoy swimming laps, walking the dog, reading, skiing. These all provide the balance I need. They are not an escape from my involvement in my other interests, but rather a complement to my other commitments.

Sheila- As mayor you were involved with FQM (Federation of Quebec Municipalites) and FCM (Federation of Canadian Municipalities) which has led to some of your recent travels and coaching and mentoring activities.

I feel that the members will find these activities very interesting and inspiring to them in their own fields of endeavour, so below I have listed your current activities with the hope that we can get together again soon and talk about them a bit further which will wrap up our interview.

So, to end this session and to prepare for the next one, readers might be interested in some of Joan's current activities. Currently a member of the Municipal Community development committee, President of a French women's organization that promotes an equitable society

Volunteers on a couple of international projects with the FCM(Federation of Canadian Municipalities) focusing on women's participation in municipal government and gender issues

Contract with FQM (Federation of Quebec Municipalities) to provide coaching to elected officials

Member on Louise Penny's Three Pines foundation

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Fraud & Scam Talk - RCMP Nova Scotia



Lyon's Brook and Area WI, Nova Scotia invited community members to a program on fraud prevention.

50 guests heard RCMP Sgt. Joyce present Canadian statistics on the costs of the frauds/scams in Canada and gave five key red flags to be aware of.

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Adelaide Hunter Hoodless Canadian Woman of the Year Award Nominations

Adelaide Hunter Hoodless Canadian Woman of the Year Award Criteria:

1. Profile (max 750 words)
 - Exhibits qualities of Adelaide Hoodless
 - Leadership
 - Gives back to the community
 - Inspires others

1. Two Letters of Recommendation (individual or organization – not from Nominator)

2. Completed Application with Nominee's Photo & Nominator's Contact Info

3. Women's Institute Involvement (not necessarily a member)

Drop off, email, mail, or courier your completed nomination form with attached profile to:

**Federated Women's Institutes of Canada
359 Blue Lake Road, PO Box 209
St. George, Ontario N0E 1N0**

Canadian Woman of the Year
are now being accepted.

Download and submit the Nomination Form:

Deadline is March 31, 2024

Top 3 reasons for joining WI:

- Friendships in the community
- Learning while doing projects
- United voice in community



Federated Women's Institutes of Canada

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...See you next month!