

WI Connections



Margaret's Message, Submitted by President, Margaret Byl

It is that time again! April is a time of celebration. The Jewish faith celebrates Passover while many of the Christian faith celebrate Easter with varying traditions. The egg is an ancient symbol of new life and has been associated with pagan festivals celebrating spring. The Easter egg is meant to represent the resurrection of Christ. The tradition of decorating eggs for Easter can date as far back as the 13th century. "According to an old Ukrainian Legend, as long as Pysanky Eggs are being made, evil shall not prevail over the good in the world." April 1st, 2023, is Ukraine Day.

We are asked to join the global pysanka community on April 1 by writing a pysanka and sending thoughts and energy to the people of Ukraine. The Adelaide Hunter Hoodless Homestead Committee



We
positive

invite you to join them either in person or online for a Pysanky Egg Workshop. The cost is \$30.00 per person with a maximum of 30 people attending in person at the Homestead with the net proceeds split between the Homestead and the Ukrainian Relief Effort. For those that wish to join us via zoom you can register for the online event, please contact us at info@adelaidhoodless.ca or info@fwic.ca A donation for Ukrainian Relief is requested for on-line registrations and can be made by using the donate button on our website or send an e-transfer to info@fwic.ca please specify that the donation is for Ukraine Relief Effort. Special thanks to Colwood Women's Institute, a branch of BCWI for sending us a generous donation of \$1,000.00 for Ukrainian Relief Support.

April 22nd is Earth Day and April 28th is Arbor Day. What better way to celebrate both days than to join us on April 19th with guest speaker Meghan White, who will be speaking about the effects of Climate Change on Forestry. Please mark this date on your calendar and share it with friends and family. Climate change is real, it is here, and it will affect our children, grandchildren and generations to come. Show you care, and plan to join us on April 19 at 7 pm Eastern Time. Please register ahead of time at registrations@fwic.ca

April 16th to 23rd is National Volunteer Week. I want to take this opportunity to express my deepest appreciation to the FWIC/WI Canada Board of Directors, Provincial Presidents, and their Boards and to all the WI members nation wide for their outstanding work as volunteers! From coast to coast to coast, WI members are volunteers and have made a difference in their communities. Why WI? Because WI Cares!

“Volunteers are the only human beings on the face of the earth who reflect this nation’s compassion, unselfish caring, patience, and just plain loving one another.” –

~Erma Bombeck



"Climate Change & Canada's Forestry Sector"



Presenter:
Meghan Whyte;
Forester & WI Member

Virtual Event
Wednesday,
April 19th, 2023 7pm EST

registrations@fwic.ca

Saturday, April 22 is Earth Day this year, and to mark the event WI Canada is sponsoring a Virtual Event called, Climate Change & Canada's Forestry Sector. Our presenter is Meghan Whyte who is President of the first virtual WI in Canada, based in New Brunswick, The Unrefined WI. Meghan is also a forester with several years of experience in the field. The session will consist of the presentation, takeaway ideas of how we can all support the environment, and some question/answer time...all scheduled to begin at 7pm EST and finish in an hour.

Please plan now to attend and register at... registrations@fwic.ca



Adelaide Hunter Hoodless

Homestead Report Submitted by Margaret

Byl

Welcome to Nancy Carubba, PMP who was hired in the role of Museum Manager on March 13th. Nancy is currently training on new procedures and developing a Spring program of activities.

For Spring daytime program of activities:

Nancy has developed a survey to gauge community interest. The survey proposes different activities and asks community members to state workshop preferences and their availability. The topics of interest are aligned with the principles of Adelaide Hunter Hoodless – they collectively provide enhanced quality of life and provide continuing education. The completed surveys will be useful in proposing a spring workshop program. Watch for details on upcoming events.

If you live nearby, please join us for a volunteer night on Monday March 27th. The Homestead Committee is looking forward to meeting you, sharing ideas and socializing.

There are two Easter events that are imminent.

- Pysanky Egg Workshop April 1st in person or online! Net proceeds will be split between the Homestead and the Ukrainian Relief Effort. Contact us for more details.



- Addie's Easter Egg hunt (our largest fundraising event of the year) April 7th Tickets are available online at Eventbrite.

Agriculture on PEI submitted by Ellen MacPhail

Did you know?

- Approximately 125 Island producers manage 13,000 acres of wild blueberries.
- Two methods to harvest wild blueberries include a hand harvester using a metal rake or a machine harvester.
- Level fields and minimal rocks make PEI an ideal location for growing wild blueberries.
- Close to 18.6 million pounds of wild blueberries were harvested in 2020 on PEI.
 - o *99% of the Island's wild blueberry crop is shipped to processors*
 - o *1% of the crop is sold locally.*

Wild Blueberries are a berry fruit indigenous to Prince Edward Island, growing wild in some places and is also cultivated from cleared forest land or marginal crop land. PEI is one of just a handful of regions in North America where low bush wild blueberries grow, along with New Brunswick, Nova Scotia, Newfoundland, Northern Quebec, Northern Ontario and Maine.

Wild blueberries have a higher concentration of antioxidants like anthocyanin compared to cultivated blueberries. The reason why PEI's wild blueberries are very sweet and tart is because they produce more antioxidants to protect themselves against the cold island winters; so the colder the climate, the higher the antioxidant level in the berry.

Wild Blueberry crops are not planted annually however they develop from native existing stands that bloom annually.

Wild blueberry crops are harvested biannually and mowed in a year of non-production. Producers then manage these blueberry fields for pests and diseases and ensure the presence of bees and insects to pollinate the plants. Crops are then harvested between mid-August and the first of September.

For more information on wild blueberries, check out the Island industry association: [PEI Wild Blueberry Growers Association](#)



Ellen's Corner

Ellen McLean has been an active WI member for close to seventy years. Over that time, she has served in many roles including President of the Women's Institutes of Nova Scotia, President of the Federated Women's Institutes of Canada (FWIC) and President of the Associated Country Women of the World (ACWW). Testimony to her excellent leadership and service, Ellen has received a honorary doctorate degree from St. Francis Xavier University, been inducted to the Canadian Agricultural Hall of Fame, received the Order of Canada as well as being the first recipient of the Adelaide Hunter Hoodless Women of the Year.



For more than a year, every day has brought us news of the conflict in Ukraine and their determination to protect their country. We have seen the devastation taking place, towns and villages reduced to rubble, countless civilians killed. And what has made a deep impression is to have seen and heard about the millions of Ukrainians who have become refugees, trying to find a place where they might be able to feel safe. It is impossible to really understand what it must be like to leave your home, your friends, and your family to go out into the unknown.

A few months ago, one of the members of my Branch prepared an excellent paper on the history, economy, culture and traditions of Ukraine and presented it to us at a meeting. It was extremely interesting, and we learned so much. We don't have very many Ukrainian refugees in my part of the province, but two of our members did find one and it was a privilege to have a lovely young Ukrainian refugee come to our meeting last month. She told us that she and her husband had decided she had to leave Ukraine with their two young boys and find a safe haven somewhere. She had to say good bye to her husband who was the age group that had to stay to help defend their country. She also left her parents and sister in danger. With just their back packs and one little suitcase she and the boys first went to Bulgaria, then Turkey, followed by Germany and finally to safety in Canada. An incredible journey...and happily, her husband has arrived here quite recently because he could now leave Ukraine because of having injured one leg. Despite his injury he has already found work here.

Okana is a teacher, quite fluent in English. She didn't go into detail about their flight but gave us an insight into Ukraine as it was before the conflict. She had beautiful pictures on her laptop, and even some wonderful music. She was wearing a beautiful, embroidered top, which she had made, and showed us a piece of embroidery she had just completed. She was our guest, but she brought us a plate full of a Ukrainian delicacy, and samples of some of the crafts she does. We were sorry when her visit came to an end because we had to get her back to town for her English class.

It was a wonderful visit from an amazing young woman. She never talked about the hardships of the flight, she never complained about anything. And you can imagine how we felt when with her beautiful smile she said "I feel at home in Canada" I know that many of you might have had the same experience as we had that afternoon. Perhaps

you are of Ukrainian descent and have had a very special experience of welcoming some of those refugees. Only time will tell what the future holds for those who have had to find a safe place to live and what they must be going through thinking of those who continue to fight with determination to keep the homeland that is theirs. And we hope that Okana will come again – do you suppose she could teach us to do some of that beautiful embroidery?

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Associated Country Women of the World (ACWW) Updates Submitted by Lynn MacLean, FWIC's ACWW Coordinator

Have you ever wondered how to explain ACWW? Here is short “elevator pitch”:

ACWW amplifies the voices of rural women, so that the problems they face and the solutions they raise are heard and acknowledged by national and international policymakers and legislators.

Rural women are the backbone of families, communities, and nations, but they suffer the worst impacts of climate change and conflict, go unheard in legislation, and remain unprotected and unsupported. ACWW exists to change that.

CSW 2023: If you missed seeing some of the parallel events from the Commission on the Status of Women at the US.

You can view some of the sessions on the ACWW website at <https://acww.org.uk/csw67>.

TRIENNIAL WORLD CONFERENCE May 18-24, 2023. Are you interested in what happens at the ACWW World Conferences but have been unable to attend? Now is your chance, for the first time you will be able to attend the World Conference virtually. The full package for online attendance is £75. Visit www.acww.org.uk/2023-world-conference to register.

Competitions: Whether you attend the World Conference or not, you are still able to enter the competitions. Below is the information on each of the competitions.

• **TEA TRAY CLOTH**

- Any medium, any shape (round, square, oval, rectangle, etc.)
- The cloth can be machine or hand sewn, crocheted, or knitted
- The cloth can be quilted, patchworked, embroidered, or lace
- Approximate Size: 40cm x 30cm (15.7” x 11.8”) or 45cm x 30cm (17.7” x 11.8”)

• **SHOE BAG FOR TRAVELLING PURPOSES**

- Article must be machine sewn• Minimum Size: 30cm x 40cm (11.8” x 15.7”)
- Maximum Size: 35cm x 50cm (13.8” x 20”)
- The Shoe Bag must close with a draw string

- **Additional Information**

- The articles must be made by an ACWW member
- You do not have to attend the Triennial World Conference to enter the competition
- There is no limit to the number of entries
- Articles using fabric representing your country can add to the charm of your article
- You must attach the entry form found on the ACWW website, fully completed, by stitching it onto the underside of your article

WOMEN WALK THE WORLD: What is your province/district/branch doing for Women Walk the World? Plan an outdoor activity for around April 29, invite others to join you, learn about the work of ACWW and help to raise some funds. There are materials available to help support this event on the ACWW website, under fundraiser.



FWIC WI Canada Social Media Activity



If you follow FWIC on social media you will have noticed the members and branches who have done the “Why WI” Activity Their reasons vary but all believe in the WI organization.

If you have not completed the activity, submissions are always welcome. Here is what you need to do:

- Get a whiteboard or chalkboard (often found at the Dollar store) or Bristol board and some markers or chalk
- Bring it to your next branch meeting
- Invite each member to think about their answer to why WI?

- One at a time, have each member write their answer on the white board
- Take a picture of the member holding the sign with their answer
- Post the pictures on your Facebook page (branch, district, and/or province)
- If you do not have a Facebook page, send the pictures to president-elect@fwic.ca and we will post on Facebook

Keep those pictures coming!

Highlights from the FWIC/WI Canada Board Meeting – March 6, 2023

International Women's Day March 8th: FWIC WI Canada was pleased to host Lindsay Sealey, author of numerous books including *Growing Strong Girls* on International Women's Day. Lindsay shared how we can support the development of girls and youth in our community. Lindsay's presentation will be available on the FWIC WI Canada YouTube Channel, and the handouts will be posted to the FWIC website under education.

Adelaide Hunter Hoodless Canadian Woman of the Year 2023: Nominations are now open. For details on what is required visit <https://www.fwic.ca/canadian-woman-of-the-year-nominati>. Deadline is March 31, 2023.

Ukrainian Support: On April 1st, a special guest will be teaching a workshop on how to decorate a Pysanky Egg from 10:00 am –12:00pm ET at the Adelaide Hunter Hoodless Homestead. Tickets are \$30.00 per person with limited spots available. Register at info@adelaidehoodless.ca. 30 Guests maximum, materials will be supplied. There will also be the opportunity to watch the live demonstration online with a donation. All profit will be split equally with the museum and Ukrainian Relief.

Annual Easter at Addie's Event: On April 7th the annual Easter at Addie's Event will be held at the Homestead. Pre-registration is required at Eventbrite.

Climate Change April 19: Mark your calendars for the session on Climate Change. Details will be announced soon.

Host Homes: FWIC will not be compiling a list of Host Homes.

FWIC AGM: to be held as a hybrid event on July 11, 2023.

Guaranteed Livable Income: Bill C-223 is an Act to develop a national framework for a guaranteed livable basic income. More information will be shared and discussed at the April Board meeting.

Reminders:

Why WI? Activity: Please encourage branches to do the Facebook activity “Why WI? Details can be found in the latest edition of *WI Connections*.

WI Connections: Reminder that submissions from branches and members are encouraged from each province. Please submit by the 20th of each month.

****Next Meeting of the Board of Directors: Monday, April 3rd, 2023, at 7 pm ET.**

Cooking And Healthy Living, Submitted by Judy Page Jones, QWI Provincial Rep.

Easter is fast approaching and maybe some of you will be partaking in a family brunch. This recipe is easy to prepare the day before, put it in the fridge and cook the next day.

French Toast

- 1 loaf sourdough bread or brioche, challah, or French bread
- 8 large eggs
- 2 cups milk
- 1/2 cup heavy cream
- 1 tablespoon vanilla extract
- 3/4 cup sugar

Topping

- 1/2 cup all-purpose flour
- 1/2 cup packed light brown sugar
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/2 cup cold unsalted butter cut into pieces



Instructions

1. Cut bread into 1-inch cubes and scatter evenly in a greased 9-x-13-inch baking dish.

2. In a medium bowl, mix eggs, milk, heavy cream, vanilla and sugar together, then pour evenly over bread.
3. Cover the dish with plastic wrap and refrigerate for at least 4 hours, or overnight.
4. To make the topping, mix flour, brown sugar, cinnamon and salt in a medium bowl. Cut butter into this mixture until crumbly. Place topping in a small resealable plastic bag and refrigerate overnight as well.
5. When ready to bake, preheat the oven to 350 degrees F.
6. Unwrap the baking dish and sprinkle topping evenly over the bread.
7. Bake, uncovered, for 45–60 minutes, depending on how soft you like it.



Spring Time submitted by Judy Page Jones

Spring is here, warmer weather, brighter sunshine flowing in the windows and showing all the winter dust. When you are buying cleaning products look for environmentally friendly products or make you own. Here's a couple of easy recipes and you can always find more on the internet.

For a bathroom scrub cleaner mix ½ cup of baking soda with some phosphate free dish soap, enough to make a paste.

For an all-purpose cleaner: Mix together 2 liters of water, ½ cup vinegar, and ¼ baking soda and put in a spray bottle.

Let us know if you have an environmentally friendly recipe that you use. Also if you have tried any of the recipes in the WI Connections or on our face-book page please send us the feedback, either to myself at jlpagejones@gmail.com or to Angela Scott at angela.beth.scott@gmail.com



Norma Sherrer, a Fifty Year Member Honoured at Annual Missisquoi County Women's Institutes Meeting.

Submitted by Louise Smith

The annual meeting of the Missisquoi County Women's Institutes, comprising of the Dunham and Fordyce branches, met at Emmanuel United Church.

A membership drive was discussed. Several good ideas are in the works. Each member present, wrote out one or two words describing what the women's institute means to them on a sheet of paper. A group photo was then taken.

In June a Health Fair will be held at Emmanuel United and the county will have a table to display their branches' histories and involvement in the community.

Bursaries are available to graduating students from Massey-Vanier.

The local food bank is supported by the Women's Institutes.

Linda Jane, the Quebec President of the Women's Institutes, was present at the county meeting as was Pat Clarke, the Vice President. Pat Clarke surprised Norma Sherrer with a special presentation celebrating her fifty years in the women's institute. Norma normally hands out the pins so it was great that Pat Clark had one that she could bring to the meeting.

An update on the campaign to have the Quebec tartan adopted provincially was given by Linda Jane. The news is encouraging. When she met with Francois Legault, she found out that he has some Scottish roots. Within the next few months the final realization could happen. Quebec is the only province not to have adopted an official tartan.

International Women's Day and Lindsay Sealey



FWIC WI Canada and the Women's Equity Branch of the New Brunswick Government hosted author, researcher, counsellor, and presenter Lindsay Sealey on International Women's Day. Lindsay is founder of Bold New Girls and Brave New boys and has been a guest on several morning talk shows. One of her books was one of the books with the FWIC WI Canada Book Club.

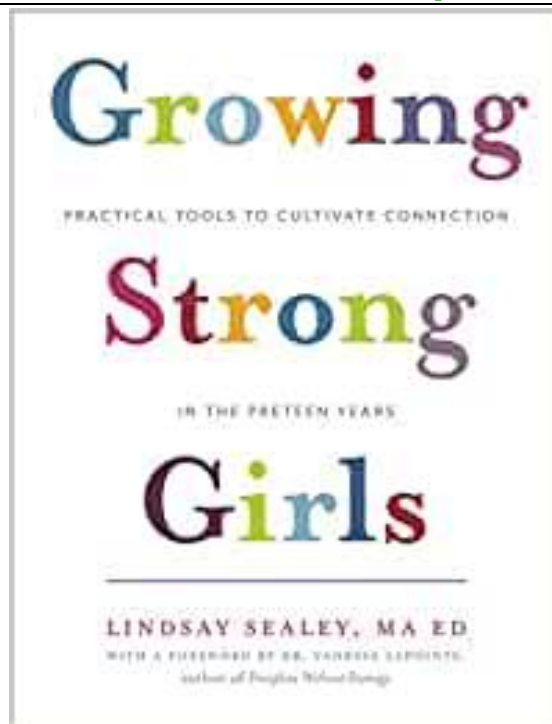
Lindsay's presentation on *Bridging the Generations*, provided an overview of the generations and shared tips on helping girls as they transition from child to adulthood.

The presentation was recorded and can be found on the FWIC WI Canada YouTube channel -look for the FWIC crest.



For a quick access here is the link <https://youtu.be/pGZtBfdlaUw>. The handouts she shared, and her power point are now available on the FWIC website under Education. If you want to learn more about the work that Lindsay does, check out her website at www.lindsaysealey.com.

Many thanks to the Government of New Brunswick for sponsoring this event.



Greetings from the Lectern by Denise Joss –MWI Rep

On occasion, you may be the Master of Ceremonies at a WI event, church supper or Wedding. There is a protocol for introducing the Head-Table or recognizing someone from the audience. It is very important to “get it right”.

How do you find the correct title?

- Phone the politician’s office and ask for the correct term
- Ask a librarian to check for this info in their reference material
- Go on line and ask Google Search or Wikipedia
- Call the church office and ask for the information
- Good Luck is not appropriate when toasting a Bride & Groom (Best Wishes)
- You don’t usually raise a toast to a clergy member (offer a prayer)
- Ask the person that you will be introducing and, if appropriate, how to introduce his or her partner



Our Environment - Textile Waste submitted by Sue Hruszowski, BC

Happy Spring everyone. In my area of BC we have definitely started with 3 fantastic days so far. Plus 9, plus 11 and plus 12, I'll take it and be happy and thankful.

This month I would like to share with you some facts and points to think about regarding textile waste and what we can watch for and ponder to do our part.

The first fact that caught my interest was that North Americans send over 10 million tons of clothing to landfills every year! The average person in North America throws away 37 kilograms of clothing annually. 95% of these clothing items could be reused or recycled.



Globally there is almost 98 million tons of textiles wasted every year. That is approximately 12 kilograms per person globally. As North Americans we are wasteful!

The fashion and textile industry is responsible for approx.. 10% of the world's carbon emissions -- that's more than all international flights and maritime freight combined. Today the average consumer buys 60% more clothing than 15 years ago. This is due to increase production of cheaper clothing.

Did you know it takes about 2600 litres of water to produce one cotton T-shirt and that the dyeing and treatment of textiles contribute to 17% to 20% of the total industrial water pollution.

What can we do as consumers to reduce our carbon footprint from the clothing choices we make??

1. We can USE, CHERISH and REPAIR the clothes we already own and wear. The average garment is used only 10 times before being thrown away, (after sitting in the closet for awhile) and this drives the demand for new clothes----- 80% of the carbon footprint is in the making of new clothes. One solution is to use our existing clothing longer, instead of buying new. Caring for and repairing the clothing is a great environmental deed.
2. Try CIRCULAR SHOPPING, do you really need a new item, or can it be purchased second hand? Many online sites offer good quality, gently used clothing items and a great variety of styles. You might even find high end items and a brand name item that you have always wanted. You can also sell your near new items online too.



3. Organize a CLOTHES SWAP , in your neighborhood or community, amongst friends and neighbors. Others are probably waiting for someone to spear head this opportunity.
4. CHOOSE CLIMATE FRIENDLY MATERIALS. Cotton and Polyester are the most commonly used materials. Cotton, though is extremely resource-intensive to grow and process and Polyester is made from petroleum and causes many problems because it forms microplastics. BAMBOO is a climate friendly alternative. Bamboo is the world's fastest growing plant. A Bamboo Plantation, yearly produces 10 times more textile per hectare than cotton. Also Bamboo is not harvested at the root but pruned, so it keeps the soil stable and sequesters carbon dioxide. It does not require fertilizers, pesticides or irrigation. So it is very environmentally friendly. Other climate friendly materials are HEMP and LYOCELL (from trees).

Its important to choose quality not quantity--- it's the amount of clothes you buy and how quickly they wear out that contributes to your carbon footprint. I hope you learned something new from reading this article. Happy Easter and Happy Earth Day on April 22 and everyday.



We had an awesome time at our last Book Club with Susan Surette Draper-author of Refuge. It was an historical novel about the Acadians of Nova Scotia who struggled to survive after the expulsion. Madame Surette Draper described her work at Grand Pre in NS- a national historic site as a guide and researcher for nearly 20 years. Our next Cross Canada Book Club will be Thursday April 20th, at 7pm eastern time. The story of Robert Munsch, as written by Frank B Edwards is on the schedule this time. It is a brief

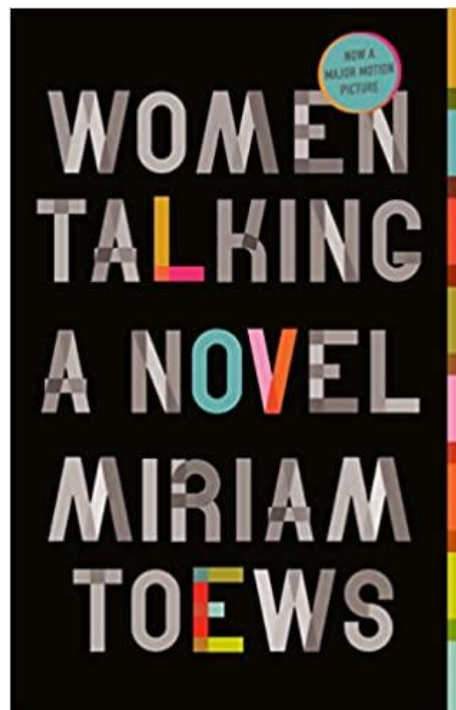
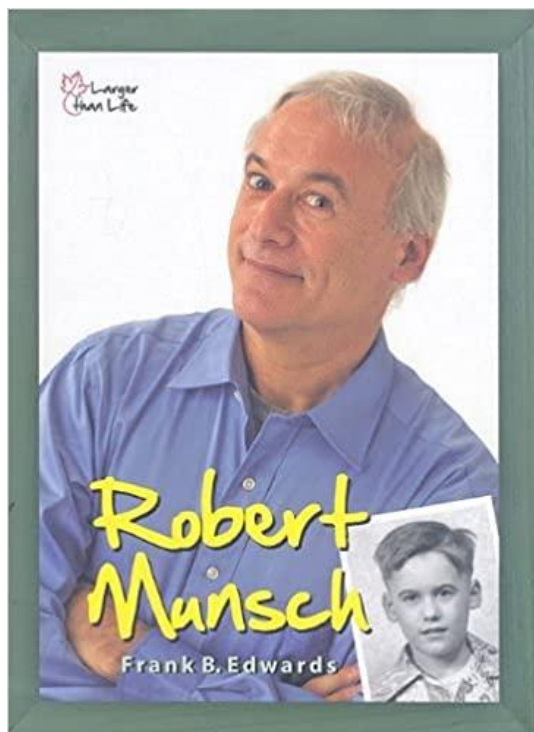
Cross Canada Book Club



biography and along with discussion of Mr. Munsch's life story, participants will also discuss favourite Munsch books, of which there are many. Please send you request for the Zoom logistics to Diane Dammann, from the

Alberta WI. Her e-mail address is: awipresident20@gmail.com

The May book will be Women Talking by Miriam Toews.



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See you all in May!