

WI Connections



Margaret's Message, Submitted by President, Margaret Byl

Greetings and good morning. I am writing this from my hotel room overlooking the beautiful countryside of Kuala Lumpur, Malaysia. As the 30th Triennial World Conference of the Associated Country Women of the World ends later this morning, I wanted to express my gratitude for the opportunity to be here. From the moment we set foot in Malaysia, we were greeted with warm smiles and a welcome package from the Hostess Society Members of Women's Institutes of Pahang Malaysia and that warmth and hospitality has continued throughout the Conference. The Opening Ceremony in the Grand Ballroom, hosted in the presence of His Majesty Seri Paduka



Baginda The Yang Di Pertuan Agong, King of Malaysia and Her Majesty Seri Paduka Baginda The Raja Permaisuri Agong, Queen Azizah of Malaysia, and His Royal Highness The Regent of Pahang and other members of the Royal Family and guests was a moment in time to remember. The parade of flags brought great pride to our delegation when the flag of Canada passed before us. Each day brought new surprises and new friendships. Everyone enjoyed the various day trips. On mine, I had the opportunity to try a blow dart pipe. The Royal Gala Dinner at the National Palace, hosted by Her Majesty, Queen Azizah was amazing. The entertainment was fascinating, and the food was exceptional (and let us not forget the exciting police escort of the 6 double decker coaches).

Congratulations to ACWW World President of South Africa, Magdie de Kock; Deputy World President Irene Chinje of Cameroon; our Canadian delegates, Marie Kenney of PEI, our newly elected ACWW Canada Area President and Anne Innes of Ontario, Chairman of the Food and Agriculture Committee; and to all the newly elected Board of Trustees. On behalf of the FWIC/WI Canada Board of Directors, I wish to offer since thanks to Linda Hoy of Quebec, Christine Reaburn of Ontario, and Sheila Needham of Quebec for their service to ACWW!

Special thanks to their Royal Majesties, the Women’s Institutes of Pahang, Malaysia, the staff at the Marriot Bonvoy and to Tish Collins, ACWW Executive Director, Nick Newland, Conference Manager and to the staff for the tremendous job done to help make this conference a success. Lastly, but not least, I wanted to the thank the members of Parliament from Ontario, Larry Brock, MP (Brant) and Will Bauma, MPP (Brant County) for supplying our delegation with Canadian pins and the Ontario flag pins which were greatly appreciated from delegates around the world.

And so, as the closing ceremony soon approaches, I know that my heart will fill with sadness as our time in Malaysia comes to an end, but it will also swell with pride as our own FWIO President Michelle Phillippi leads the closing procession carrying the Canadian flag.

Looking forward...an invitation has been extended to all to come to the 31st ACWW Triennial World Conference in Ottawa, 2026.

Please do not forget to register for the FWIC/WI Canada Hybrid AGM being held at the Adelaide Hunter Hoodless Homestead on July 11, 2023. Registration forms can be downloaded from our website www.fwic.ca

Stay safe and be well. Yours for Home & Country - Margaret Byl, President

Adelaide Hunter Hoodless Homestead Report Submitted by Nancy Carruba, Museum Manager

This month begins our 4-month spring and summer schedule of activities. Two of the highlighted events occurred. The third has been revised and will be re-offered. See below.

| Adelaide Hunter Hoodless Homestead - Schedule of Events | | | |
|---|-----------------------------|---|---|
| Date/Time | Event | What to Expect? | Cost |
| Sat. May 6 th 10:00 am – 3:00pm | Mother's Day Marketplace | Unique and creative Mothers Day gifts by local Artisans. | No Admission Charge Total profit \$292.00 |

| Adelaide Hunter Hoodless Homestead - Schedule of Events | | | |
|--|---|---|--|
| Wed. May 17 th 10:30 am – 12:00pm | Italian Cooking Class (restaurant quality Italian food at home) | Enjoy a cooking demonstration, a delicious lunch and take home the recipe. | Cost \$35.00 Total profit \$252.00 |
| Tues. May 23 rd 1:30pm -3:00pm | Essential Oils | Learn about the Basics and the Benefits of using Essential Oils | \$20.00 This did not occur. No one signed up. *Please see note below. |
| Wed. May 31 st . 1:30 pm – 3:00pm | Learn to Meditate and Relax. Meditation Basics | Learn meditation basics. Enjoy a short, guided meditation. Done in a chair. | \$25.00 |
| Friday June 2 nd 9:30 am – 11:00am | A narrated, visual tour of Wild Costa Rica | Take a photographic journey of Wild Costa Rica with award winning nature photographer Mark Williams | \$25.00 |
| Tues. June 6 th 1:30pm – 3:00pm | A narrated, visual tour of Iceland | Take a photographic journey of Iceland: Realm of Ice and Fire with award winning nature photographer Mark Williams | \$25.00 |
| Thurs. evening June 22nd 7pm – 9pm | Song and Sunset | Bring a lawn chair and enjoy an outdoor folk concert till sunset. All Welcome. Performing Artist Gord Hall | \$20 /couple \$25 family of 4 |
| Wed. June 28 th 1:00pm-2:30pm | Flower Power (bouquets with vibrant colour) | Bring a small vase, learn about flowers from the Big B Flower Farm, arrange a bouquet and take it home with you. | \$20.00 |

** We have reimagined the workshop and tentatively rescheduled it (June 14th) Or a Saturday morning in June. It will be offered as an essential oils DIY workshop. Participants will learn to use essential oils to make their own hand cream and/or insect repellent, which they will take home with them. We will give that a try and see how it goes.

Fall/Winter schedule of events.

The remaining events on the schedule are advertised individually on social media pages. And by poster at the local post office, bank, library, and grocery store.

Other Activities:**1. In May there have been four completed events** at the Homestead:

1. Brant District WI Anniversary event (Linda Zelem hosted)
2. The Mothers Day Market place
3. The Italian cooking demonstration
4. On Sunday, May 28th, Cliff Jones from the South Dumfries Historical Society offered a free St. George History Walk. This walk was focused on Main Street, St. George. The tour detailed each building, its original use and the story of the people who have owned it. Adelaide Hunter Hoodless Homestead is approximately 5 km away (not a walk but a short drive). It is a historical site in St. George. Museum Manager, Nancy Carubba contacted Cliff Jones ahead of his tour and suggested that he offer a tour of the Adelaide Hunter Hoodless Homestead as an add-on to his historical walk. Four people came to the Homestead on Sunday afternoon and enjoyed a tour. Two people were from London, ON and did not know about Adelaide. They do now!

We will continue to offer this when Cliff does his St. George Historical Walks. If we are talking about history and St. George, the Adelaide Hunter Hoodless Homestead should be part of the conversation.

All completed events have been successful. There is a fourth event scheduled for May 31st. Learn to Relax and Meditate.

2. There have been four tours of the museum. One by local Pathfinders. This tour included a day in the life of a curator info session / Q&A session and a museum tour.

One tour was by a direct descendant of Adelaide Hunter Hoodless. Carrie Hunter Lemon and her husband Dave toured the museum and grounds (including a look at the Hunter bible and family tartan) on Mon May 22nd.

3. **We have recruited a summer student.** Elissa Jarrett will begin work on July 5th for 8 weeks. She is a grade 11 student who intends to go to university and major in History and minor in Women's Studies. We feel Elissa is an ideal candidate for the Canada Summer Jobs Program
4. We have changed the introduction of the Homestead in the Brant County Economic Development and Tourism guide to a version which provides more info about Adelaide, the link to W.I. and the availability of the homestead for tours and for rentals.
5. **In May, we booked a small wedding** of a local couple scheduled for July 15th. This will provide wedding pictures on site, which can be added to the wedding wire site to attract more weddings.
6. The local St. George German School had a fun fair and the AHH Homestead donated a tour and pavilion picnic for the raffle.
7. The Brantford Public Library (community seniors outreach group) met with Nancy to request that a 30 min presentation (on Pioneer Christmas at the Homestead) be done at their holiday celebration in Brantford on Dec 13th. Nancy agreed to do this but requested that they plan a senior's tour at the Homestead in Sept. They agreed to this. They will also circulate our current schedule of events.
8. I am looking for a Tai Chi instructor to do a morning class in the pavilion because there has been interest voiced for one on the local community page on fb.

Project Proposal: May 1 and 3rd Nancy had meetings with the local theatre and school leaders to establish how Heritage, Local Schools and local Theater community groups can work together to promote Adelaide's legacy. Peter Muir: Creative Director of Brant Theater Workshops (BTW), Vincent Ball: Local journalist and a historical play writer, James Cottam Principal – (St George German primary school) attended the meetings. The proposed idea is that: Vincent Ball writes a play loosely based on the life of Adelaide Hunter Hoodless – he will do that by weaving the story in and out of a present-day character that has a similar dilemma and go back and forth from that story to Adelaide's story. Similar to the movie Julie and Julia – doing so, makes a historical story relevant and relatable. For example: a pathfinder comes to the museum for a tour and has an encounter in the hall with the spirit of Adelaide who gives her a message which inspires her and thus sets the stage for the play to interweave in and out of history to present day.

Submitted by: Nancy Carubba PMP, Museum Manager

359 Blue Lake Rd., St. George, ON N0E1N0 info@adelaidhoodless.ca **519 448 3873**

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.



Some forty plus years ago our Federated Women's Institutes of Canada promoted a program entitled "You Are What You Eat". Obviously, the Board at that time must have felt that too many of us were not concerned about what we and our families were eating. The provincial units implemented their own ideas as to how they would do this. In my own province the Dept. of Agriculture Homes Economists in consultation with Dept. of Health Nutritionists produced programs for the Branches to use. They came to our Branch and District meetings to help us in purchasing and preparing healthy food for our families. In recent years many of our Branches have supported with food items or monetary donations to the breakfast programs in our schools because we know the importance it is for our children to eat breakfast for the process of learning. And some of our members help with school lunch programs as well.

This week I was reminded of that program decades ago. I heard an interview with a medical doctor in the United Kingdom who has just written a book entitled "You Are What You Eat". You can understand why I really perked up when I heard that. The doctor has been doing research on this topic, especially on the consumption of ultra processed food, particularly in the more affluent countries in the world. He talked about what it is doing to children's brains. He maintains that children are getting shorter and child obesity is a tremendous problem.

As a result of what they eat children may suffer socially, emotionally, and intellectually. He asked the question why are there not more regulations on those who make our food? He also questions if ultra processed food really is food, and said that we should be feeding our children real food.

That interview gave me a lot of food for thought. I know that in my province the government is being asked to increase the money they give to schools for the breakfast program, and there are those who are asking for government to fund lunch programs. I have also read that the federal government is being asked to provide money for school meal programs. Perhaps it is time for our Women's Institutes to raise our voices to request our federal and provincial governments to provide funds for healthy food for our children because "You Are What You Eat".

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



Associated Country Women of the World

30th Triennial World Conference



ACWW recently held the 30th Triennial World Conference in Kuala Lumpur, Malaysia. The conference included committee reports, resolutions, and the election of officers as well as day trips and local entertainment.

Congratulations to Marie Kenny, Prince Edward Island, who was elected as ACWW Canada Area President. She is the first Women's Institutes member from Prince Edward Island to be elected to this position.

Marie is pictured here with PEI WI President Miriam Lank.

Congratulations also to Anne Innes, FWIO, who was elected as the Chair of the Food and Agriculture Committee.



During the conference, it was announced that the 31st ACWW World Conference will be held in Ottawa in April 2026. Pictured with ACWW World President Magdie de Kock (left) is Ottawa Tourism Michael Crockatt who shared information on the city of Ottawa. With them is Linda Hoy, ACWW Canada Area President from 2019-2023, UN Chair Marie Kenny, C&M Chair Sheila Needham and Christine Reaburn, Chair of TCC.



Federated Women's Institutes of Canada was also represented at the World Conference.

Pictured above (l-r) front row: Linda Mason, FWIC Treasurer and director from Alberta, Margaret Byl, President of FWIC, and Lynn MacLean, FWIC President-Elect.

Second row: Michelle Phillippi, President FWIO; Eleanor Lilley, Nova Scotia Director; Jacqueline Melvin, President WINS; Miriam Lank, President PEIWI

Third row: Anne Innes, FWIO Director and Diane Dammann, President Alberta WI.



More information will be shared on the World Conference in the next issue of *WI Connections*.

Highlights from the FWIC/WI Canada Board Meeting – May 1, 2023

Highlights from the FWIC/WI Canada Board Meeting – May 1, 2023, FWIC Book Club: The last Book Club for the summer will be gathering on May 18. With the book *Women Talking*. To register contact Angela Scott at angela.beth.scott@gmail.com. ACWW: Women Walk the World: Don't forget to send your pictures of your Women Walk the World event to Angela Scott at angela.beth.scott@gmail.com for the WI Connections and/or Eleanor Lilley at edenlake@eastlink.ca for social media posts.

Adelaide Hunter Hoodless Canadian Woman of the Year 2023: There are many women in our provinces who are great candidates for this award. Please consider making a nomination. The deadline has been extended to May 31, 2023. The nomination form is available on the FWIC website.

FWIC AGM: to be held as a hybrid event on July 11, 2023. Registration will be a donation to FWIC (donations of \$20 and above will receive a charitable tax receipt). The registration form is available from the provincial offices. Lunch will be \$15. FWIC AGM REPORTS: Each province is asked to send in a report on their past year's activities. These reports are due June 6, 2023, and are to be emailed to Lynn MacLean at president-elect@fwic.ca.

National Convention 2024: Will be in Truro, Nova Scotia, September 17-19, 2024. Registration form will be available soon. National Convention Pin 2024: A competition will be held to create a convention pin to commemorate the 23rd national convention. Entries should be emailed to info@fwic.ca or mailed to the National Office. Entries will close on January 1, 2024. The winner of the design will receive free registration for the national conference in Nova Scotia.

FWIC Brochure: The board has approved a new brochure for FWIC. It is posted on the FWIC website as well as being available at the provincial offices.

Donations: President Margaret Byl would like to receive information on the amount and types of donations that are made by provinces and branches. Please send to info@fwic.ca. Reminders: Why WI? Activity: Please encourage branches to do the Facebook activity "Why WI? WI Connections: Reminder that submissions from branches and members are encouraged from each province. Please submit them by the 20th of each month to angela.beth.scott@gmail.com

****Next Meeting of the Board of Directors: Monday, June 5, 2023, at 7 pm ET**



Recently the Manitoba Women's Institute held the MWI Day to celebrate and promote all of the important projects and resolutions they stand for. Pictured here, they are showing their WHY WI messages and noting their annual initiatives of Building Leadership, Advocating for Change, Friendship, Networking, Education & Learning, Empowering and Making a Difference.

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

Summer is starting and here are some easy recipes that won't heat up the kitchen.

STRAWBERRY PIE

Ingredients

- 1 9 " pie crust baked and cooled
- 1 cup sugar
- 1 1/2 cup water
- 1/4 cup cornstarch
- 1 lb strawberries sliced
- 1 3 oz pkg strawberry jello

Instructions:

1. In a large saucepan add sugar and water and heat over medium heat, slowly whisk in your cornstarch to incorporate well to make sure you don't have any lumps.
2. Stir continuously for about 4-5 minutes until the mixture thickens and turns a little clear. Remove from heat and whisk in your strawberry jello until completely dissolved, let cool to room temperature.
3. Once cooled add in your strawberries and toss to coat evenly then pour into prepared pie crust.
4. Place in refrigerator to set for about 2-3 hours. Dollop with whipped cream if desired.



Frozen Strawberry Dessert

Ingredients

- 1 ½ cups graham cracker crumbs
- ¼ cup unsalted butter melted
- 2 tablespoons sugar
- 1 heaping cup whole strawberries, hulled
- ½ teaspoon pure vanilla extract
- ¾ cup sweetened condensed milk
- 4 oz. cream cheese, room temperature
- 4 oz. Cool Whip
- 1 cup diced strawberries
- Extra sliced strawberries for garnish ,optional



Instructions

- Lightly grease an 8x8 baking dish; set aside.
 - In a medium bowl, mix together graham cracker crumbs, sugar and melted butter. Press half of mixture evenly into the bottom of prepared pan.
 - Puree whole strawberries in a blender (scrape sides of bowl and process a couple of times until almost smooth...it's ok if a few chunks of strawberries are left). Add vanilla, condensed milk and cream cheese to the blender and pulse until just combined. Fold in the Cool Whip, then diced strawberries.
 - Spread strawberry mixture evenly over the graham cracker crust in the pan. Sprinkle remaining graham cracker crumbs evenly over top.
- Cover with foil and freeze at least 5 hours before serving. To serve, slice into squares. Optional: Top with fresh sliced strawberries for garnish just before serving.

Healthy Living Quotes

Let these health and wellness quotes inspire you to live your best life.

Achieving optimal wellness requires meeting five core needs:

Physical, emotional, social, spiritual, and intellectual.

Because when one area is neglected, it can have a negative ripple effect on all aspects of your life. That's why it's important to find ways to bring your mind and body back into balance. Maybe this collection of **health quotes** will inspire you to start living your best (and healthiest) life!

1. "The greatest wealth is health." – [Virgil](#)
2. He who takes medicine and neglects his diet wastes the skill of his doctors." – [Chinese Proverb](#)
3. "If you have health, you probably will be happy, and if you have health and happiness, you have the wealth you need, even if it is not all you want." – [Elbert Hubbard](#)
4. "A good laugh and a long sleep are the best cures in the doctor's book." – [Irish Proverb](#)
5. "To ensure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life." – [William Londen](#)
6. "For the sake of our health, our children and grandchildren, and even our economic well-being, we must make protecting the planet our top priority." – [David Suzuki](#)
7. "Prevention is better than cure." – [Desiderius Erasmus](#)
8. "Take care of your body. It's the only place you have to live." – [Jim Rohn](#)
9. "People who laugh actually live longer than those who don't laugh. Few persons realize that health actually varies according to the amount of laughter." – [James J. Walsh](#)
10. "Early to bed and early to rise makes a man healthy, wealthy, and wise." — [Benjamin Franklin](#)
11. "Sufficient sleep, exercise, healthy food, friendship, and peace of mind are necessities, not luxuries." – [Mark Halperin](#)
12. "If you achieve all kinds of things in the material world, but you lose your health or your peace of mind, you get little or no pleasure from your other accomplishments." – [Brian Tracy](#)

13. "Take a few minutes each and every day to ensure that your mind is nourished properly and positively. After all, a healthy mind leads to a happier view of life and with a happier view of life it is much easier to counter the negative impact other issues will have on us." – Catherine Pulsifer
14. Anger can have equally disastrous effects on your own life. Left unchecked, it can destroy some of your closest relationships and undermine your physical and mental health." – Albert Ellis
15. "Write down the things that are on your mind. The simple act of listing your thoughts can have a cathartic and healing effect." – Julia Laflin

Tree Planting

Huron Perth District WI have donated to "The Footprints to Forest" program run by the Maitland Valley Conservation Authority. It is a tree planting program that allows people to donate money to plant trees to help compensate for greenhouse gas emissions. Our donation will have 125 trees planted in honour of WI's 125th Anniversary. This presentation took place at our WI 125th Anniversary Celebration held on Wednesday, June 15th at Atwood Lion's Park. Huron Perth District WI committee members Darlene Harding and Ronna Lee Johnson presented the cheque to Jayne Thompson, Maitland Valley Conservation Authority representative along with District President Barb Grube.

Planning for Diversity

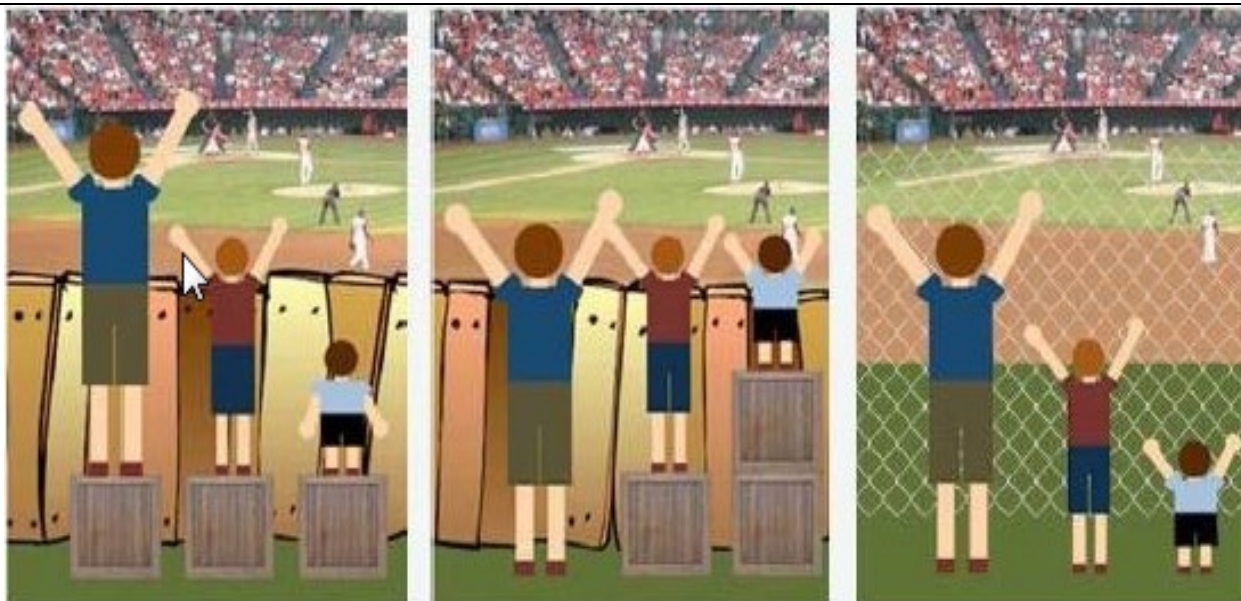
On April 29th, 2023, the Manitoba Women's Institute held their 1st Women's Day celebration since Covid restrictions started.

One of our featured speakers, Dianne Burelle, presented on Diversity. She said that Diversity has to be planned for –it just doesn't happen. You can put in certain stop-gap solutions, but you have to plan for the bigger picture.

Here are the pictures and explanation that really helped me understand the need between something temporary and long-term planning for Diversity.

Shared by Denise Joss – Manitoba Women's Institute

Equality, Equity & Accessibility (Universal Design)



Equality – every person supported in the same way

Equity – unique needs are accommodated

Accessibility – systemic barrier is removed

As you can see in the first image, treating everyone in the same way and providing the exact same supports does not meet everyone's needs. One person still cannot see over the fence to watch the game.

Approaching these same three individuals with an equity lens, the required support is provided in direct proportion to the level of need to achieve the same goal of being able to see over the fence to watch the game. It's very important to note that providing the level of support needed or accommodation for one individual does not take anything away from anyone else. Everyone can now see over the fence to watch the game.

In the final image, universal design removes barriers to accessibility by changing the environment and systems. Removal of the barrier / solid fence and replacing it with a better system, chain link / clear fence, enables the three individuals to have full access to view the game without any need for accommodation.

Source: <https://www.businessdisabilityinternational.org/when-is-equality-not-equality/>

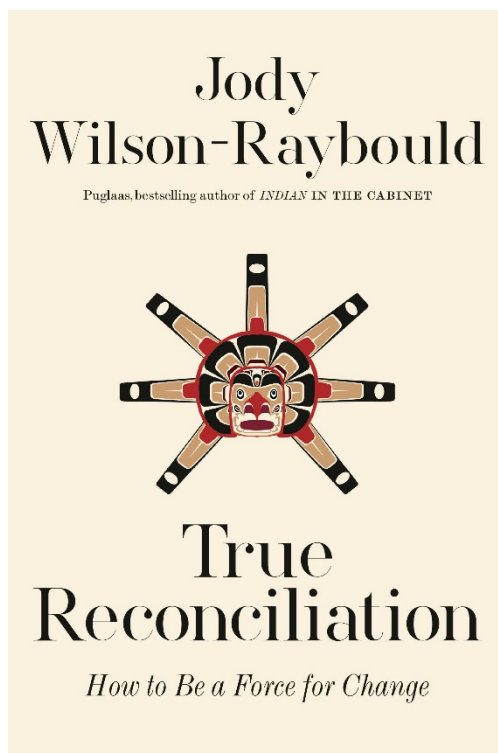
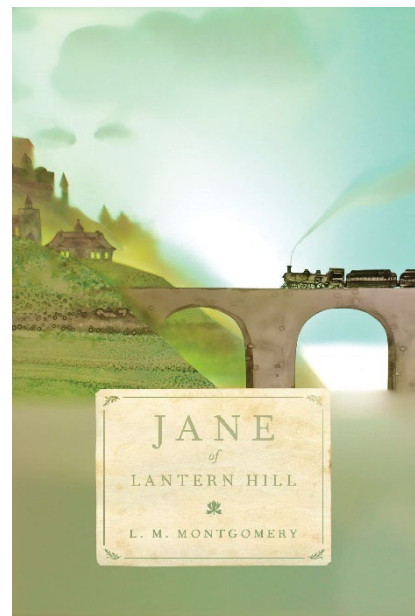
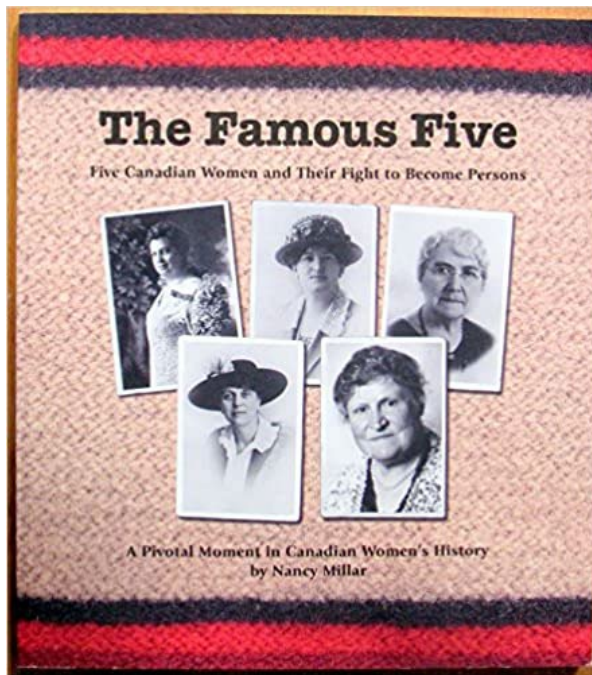
Celebrating a New King

The Greater Fredericton Women's Institute decided to celebrate King Charles III's Coronation with « the big lunch » on May 6, 2023. The Big Lunch is a community street party held all over the UK whenever there is a special occasion. Due to our variable climate, members met at Colleen Hamilton's home for the party. We raised our glasses to the new King, sang God save the King and enjoyed a lunch together.



Book Club

Cross Canada Book Club held in May will reconvene in September, October, and November to discuss the last three books chosen for the club. Here they are. We will reconvene in September. Please contact angela.beth.scott@gmail.com



PEI WJ submitted by Doreen Wall, FWIC PEI REP

In PEI this year we are having many societies that are celebrating 100 yrs +. They were started in around 1913 with York being the first one. Some of them are continuous years and some had a break during the time. Our societies are very active with fund raising whether it be for the community or for the organization.

We are having an auction again this year and we have a virtual one and an in-person auction at a function in the fall. This is a yearly event, and the funds go to the hospitals in the province. A different area each year. We also get the hospitals to give tax receipts to the participants.

Our annual meeting is scheduled for June, and we are having an afternoon and evening meeting, with a meal. This is also held in a different area each year to the East and the West of the Island.

We have had a productive year and continue to grow our membership by 50 members this year.

The new ACWW Canada Area President is from our area this triennial, and we are so proud of what she has accomplished in her work with the Women's Institute. Good Luck Marie Kenney

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Tweedsmuir Competitions

HISTORY COMPETITION

Project: Share a story of a family member or friend that was involved in a war. This could be in the form of a poem, song, or short story.

RULES:

- Length: 300 -- 1000 words
- May add up to 2 pictures.
- Needs to be typed and double spaced.
- Use the font ARIAL; size# 12.
- Spelling and grammar scored under general appearance.
- Follow the general rules.

Scoring Points

Most inspiring: 50

General appearance: 20

Originality: 30

CULTURAL COMPETITION

Project: "Your Memories of the Queen". This could be a short story of when the Queen visited your area.

RULES:

- Length: maximum of 6 pages
- May include pictures.
- Needs to be typed and double spaced.
- Use the font ARIAL; size# 12.
- Spelling and grammar scored under general appearance.
- Follow the general rules.

Scoring Points

Content: 60

General appearance: 20

Originality: 20

HANDICRAFT COMPETITION

Project: Appliqué wall hanging. This can be in any medium.

Rules:

- Size: maximum 30" (76.2cm) X 42" (106.68cm)
- Can be either hand-done or by machine.
- Must be completely finished and ready for hanging.
- Back must be visible.
- Follow the general rules.

Scoring Points

General Appearance: 15

Presentation: 20

Design and colours: 20

Workmanship: 30

Back of the project: 15

COMMUNITY COMPETITION

Project: Write an essay talking about a branch community project. This could be a one-time project or one that is ongoing.

Rules:

- Length: 500-1000 words
- May include pictures.
- Needs to be typed and double spaced.

- Use the font ARIAL; size# 12.
- Spelling and grammar scored under general appearance.
- Follow the General Rules

Scoring Points

Content: 60

General appearance: 20

Originality: 20

GENERAL RULES

- There will be no limit to the number of entries submitted by Provincial members, however, only one entry per category per person will be considered.
- All submission must have name, Province, Branch, email address and phone number attached in a sealed envelope.
- Submissions that are mailed in must be received by **September 1, 2024**, at the following address (**not the FWIC office**): FWIC President-elect, Lynn MacLean; PO Box 493, Pictou, NS B0K 1H0.
- Otherwise, submissions must be brought in on the first day of Convention, **September 17, 2024**, to be judged. Late submissions will **not** be considered.
- All entries must be picked up at the end of the Convention or arrangements made to return the items at the expense of the submitter.
- FWIC/WI Canada will not be held responsible for lost or damaged submissions.
- Winners must give permission for the use of their photo, name, province, and branch by the FWIC/WI Canada on their website, social media pages, and newsletters.
- Photos of people in the competitions must have their permission for the use by FWIC/WI Canada
- Copyrights must be adhered to (Permissions in writing for copyright items must be provided).

SENATOR CAIRINE WILSON COMPETITION (2021-2024)

Topic: Empowered Woman- describe an empowered woman or someone who has empowered others using an artistic medium.

- This could be an article in fabric, paint, sculpture etc., be artistic.
- Include a short description of the submission.
- Follow general rules.

Scoring Points

General Appearance: 20

Workmanship: 30

Presentation: 20

Originality: 30

Note: FWIC would like to thank PEIWI for their financial donation of \$500 which will be used as prize money for the competitions.

FWIC AGM 2023

FWIC AGM this year is to be held as a hybrid event on July 11, 2023. Participation is Free! To register we are asking for donations, and charitable receipts will be issued for donations of \$20 and above. The registration form as well as the credentials form are available from the provincial offices. Registration forms can be submitted to registrations@fwic.ca. For those attending in person -lunch will be \$15. Watch for more details about the guest speaker.

National Convention Pin 2024:

A competition will be held to create a convention pin to commemorate the 23rd national convention. Entries should be emailed to info@fwic.ca or mailed to the National Office. Entries will close on January 1, 2024. The winner of the design will receive free registration for the national conference in Nova Scotia. This is an excellent opportunity to express your creativity and enthusiasm for WI. We hope every province will provide a submission for consideration.

The theme: Sailing into the Future With A Recipe for Success.

WI Canada FWIC
359 Blue Lake Road, P.O. Box 209
St. George, ON, N0E 1N0 info@fwic.ca 519.448.3873

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|-------------------------------|--------------------|
| Margaret Byl, President | Debra Barrett, MB |
| Lynn MacLean, President Elect | Judy Page Jones QC |
| Colleen Hooper, BC | Angela Scott, NB |
| Linda Mason, AB Executive | Doreen Wall, PEI |
| Eleanor Lilley, NS | Elizabeth Moss, NL |
| Ann Innes, ON | |

See you all in July!

