

**Monthly Newsletter of the
Federated Women's Institutes of Canada**

WI Connections



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Margaret's Message, Submitted by President, Margaret Byl

On behalf of the Board of Directors, Executive, and staff of the Federated Women's Institutes of Canada, I bring you greetings and best wishes.

It is hard to believe how quickly time seems to have flown by as we face the dog days of summer. Just recently, the temperature in BC and parts of Alberta has reached 40 degrees Celsius, sparking numerous wildfires and evacuation orders. As of July 25, 2024, there were 978 active fires. To date, there have been 3,763 fires burning 2.4

million hectares in Canada. Jasper, Alberta has been destroyed and the fires rage on. Canadian charities responding to wildfires across the country urgently need your help. "The Government of Canada has programs, policies, and initiatives to keep Canadians informed about the wildfire situation and to support provincial and territorial efforts to combat wildfires." For more information, please visit their website <https://www.canada.ca/en/public-safety-canada/campaigns/wildfires.html>

A special thanks goes out to the firefighters, emergency workers and volunteers, police, and the communities that have opened their hearts and homes to those fleeing the devastating fires.

In recent months, I have chosen to highlight important dates coming up. Did you know? August 1st is Emancipation Day in Canada. According to Google, "March 24, 2021: Canada's House of Commons voted unanimously to officially designate August 1 as Emancipation Day. It marks the actual day in 1834 that the Slavery Abolition Act of 1833 came into effect across the British Empire." Prior to that, the Underground Railroad was a mechanism to help slaves find freedom. "The Underground Railroad was a network of secret routes and safe houses established in the United States during the early to mid-19th century. It was used by enslaved African Americans primarily to escape into free states and from there to Canada." [Wikipedia](#) It was a network of people whereby "conductors" would bring their "passengers" to

freedom in Canada. Prior to 1834 however, bounty hunters would come into Canada and if found, were allowed to return the captured slaves back to the plantation owners from which they escaped. One of the ways that helped direct the slaves to safe havens was the use of codes in quilts. The bear paw quilt pattern was one of them. A bear paw quilt hanging on the clothesline would warn the escapees to stay on the path commonly used by bears. At the Adelaide Hunter Hoodless Homestead, National Historic Site, we have a red and white bear paw quilt on a bed in what we refer to as Jane Hunter's room (Adelaide's mother). This quilt is a bit different because it



has one bear paw facing another direction from all the others, as “only God could create something perfect.” It is also believed that when the quilt was hung on the line, the direction of the “imperfect” paw would direct the slaves to a safe haven.

I had the pleasure of participating in the ribbon-cutting ceremony of an amazing mural highlighting a notable person in history who lived in St. George. Nancy’s report will provide more details about this beautification project. Adelaide Hunter Hoodless was chosen. Adelaide offering a glass of milk, the Adelaide Hunter Hoodless Homestead, and the local agriculture of Brant County are wonderfully depicted. The headline in the Brantford Expositor dated July 5, 2024, in a story by Brian Thompson said, “Mural deters vandalism and promotes local history in St. George”. The article goes on to show the mural with Museum Manager Nancy Carubba and Joni Bouma of St. George who spearheaded the effort to have a mural painted on the side of a plaza in the village to deter graffiti vandalism and pay tribute to the village’s history. “The cost of the mural project was \$6,200, with \$2,700 contributed by the County of Brant and the remainder from local businesses and donors.” Thanks Joni Bouma and Nancy Carubba for this amazing project highlighting Adelaide Hunter Hoodless, our National Historic Site and St. George! The artist included a QR code in the mural that links to the homestead’s website.



Hamilton artist Tim Ninehouse & President Margaret Byl

The Triennial Convention is fast approaching! Virtual and Day registrations are available. The last day for day registration is September 1, 2024, and the last day for online registration is September 15, 2024. You are welcome to submit your entries for the Senator Carine Wilson, Tweedsmuir, and Past Presidents competitions. Please see our Board Highlights for information.

Carrying on with our theme for the Triennial, “Sailing into the future with a recipe for success,” anyone attending the National Convention is invited to bring a card with a recipe on it. I can’t wait to see the wonderful recipes.

In closing, our thoughts and prayers go out to those that have lost their homes and livelihoods to the wildfires, tornadoes, and flooding that have happened in various locations across Canada. I wish you all a safe and healthy summer!

*“Simple ingredients prepared in a simple way –
that’s the best way to take your everyday cooking to a higher level.” — Jose Andres. Nov 21, 2023*

Andrés is **the founder of World Central Kitchen (WCK)**, a non-profit devoted to providing meals in the wake of natural disasters.

EMERGENCY PREPAREDNESS CHECKLIST IDEAS

Be Prepared

Have the following on hand in case of an emergency or evacuation order...

WATER:	1 Gallon Per Person Per Day (3 Days)
FLASHLIGHTS:	Flashlights
FOOD:	3 Days of Non-Perishable Food, Mini Stove Kit w/Propane bottle, Pot, Can opener etc.
FIRST AID SUPPLIES:	Basic Kit at minimum, Band aids, Pain reliver, Thermometer etc.
PAPER PRODUCTS:	Toilet paper, Paper plates, bowls, Napkins, Cups, Utensils
Batteries/ Solar chargers:	Pre-charge devices
Medications:	Make sure you keep a list of all your current medications and have them available if you have to evacuate your home quickly.
Fuel:	Fill up your Gas Tank!! It's a good reminder to keep your gas tank filled up and/ or have a full gas can on-hand at all times.
Cash:	Have some cash on-hand. In emergency situations, there may be power outages and bank machines and interact may be down.
Important paperwork:	Keep all of your important papers together in one easily accessible place. Preferably in a waterproof/ fireproof container. Such as: Forms if ID (Passports, Birth Certificates, SIN, Status Cards, Insurance policies, Financial Records, Wills and Treasured Photos etc.)
Emergency Plans:	Know your Home, and Community Emergency plans, Muster Stations, Evacuation Routes and Reside In Place Plans and have them readily accessible for viewing. <u>Take your 48 Hr Emergency Grab and Go bags with you!</u>

British Columbia Women's Institute

With Wildfires raging across our Beautiful Country, here is a list to help you prepare for Evacuation if the need arises!!

Stay Safe Everyone!

For Home and Country

Shelly Simrose

BCWI President

Sailing Into the Future With a Recipe For Success

Bring your RECIPE to Nova Scotia!



Do you have a favorite recipe? Want to share it? Do you have a story behind the recipe?

If you are attending the National Convention in Truro this September, please bring the recipe on a small card. There will be an opportunity to share your recipe during the convention and the recipes will be collected.



2024 Quilt Raffle at Truro Convention

Virginia Kreklevich

February 17, 1936 – October 5, 2021

SWI President 2002-2005

FWIC Board Member 2006 - 2009

SWI President 2018-2021

This quilt was the last one made by Virginia for FWIC.

It fits a double/queen size bed.

FWIC 23rd National Convention 2024

Competition Reminders...Where do I send them?

If you have entries for the following competitions:

- Tweedsmuir Competitions
- Senator Carine Wilson
- Past President's Competition

MAILING: Please mail before September 1 st to:

Lynn MacLean

1365 Heathbell Road, Scotch Hill, NS B0K 1H0 (Note change in address)

BRINGING TO TRURO: Please hand them in at the Registration Table by noon on September 17.

Judging will take place on the afternoon of Sept. 17 th .

FWIC 23RD NATIONAL CONVENTION 2024 Competition Reminders

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

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; 1365 Heathbell Road, Scotch Hill, NS B0K 1H0.
- Otherwise, submissions must be brought in on the **first day of the Convention, by noon on 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 use by FWIC/WI Canada
- Copyrights must be adhered to (Permissions in writing for copyright items must be provided).

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23RD NATIONAL CONVENTION 2024 VIRTUAL ATTENDANCE

Have you attended a FWIC national conference in the past?

Would you like to attend again but are concerned about being away from home?

The solution is to attend virtually. A technology company has been engaged to ensure that our online participants will be able to see and hear. You can choose to attend one day or both.

Cost is \$40/day.

The Virtual Attendance form is available on the FWIC website.

The last day to register for virtual attendance is September 15, 2024



TWEEDSMUIR COMPETITIONS

There are four competitions as part of the Tweedsmuir Competitions.

History Competition

Did you have a family member participate in any of the wars? Why not share their story as a story, as a poem, or in a song?

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



COMMUNITY COMPETITION

WI branches have completed many community projects over the years. Why not share one of the projects that your branch has completed? It could inspire others to do the same.

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



CULTURAL COMPETITION

Did you or a member of your family meet the Queen, or did she visit your part of Canada?

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

Attention crafters:

Why not make an applique wall hanging? Create your own design or find a pattern you like?

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

PEIWI: Agriculture on PEI
Did you know Quiz?
Do You Know Your PEI Agriculture Facts?

1. Q: What country first cultivated and ate potatoes?
A: **Peru**, between 8,000 BC and 5,000 BC
2. Q: What is PEI's largest "field vegetable" crop?
A: **Carrots**
3. Q: True or False. Corn cobs always have an even number of rows.
A: **True**
4. Q: As of the year 2020, how many acres of apple orchards were there on PEI?
200, 400, 500, or 700 acres.
A: **400 acres**
5. Q: PEI has the largest production of this bean in Atlantic Canada
A: **Soybean**
6. Q: Canada's most valuable farm crop is grown on PEI. What is it?
A: **Canola**
7. Q: How many varieties of potatoes are grown in PEI? 100, 150, or 175?
A: **100 varieties**
8. Q: What berry contains 3 times the antioxidants of blueberries?
A: **The Haskap berry**
9. Q: What was the first vegetable grown in space? The year was 1995.
A: **Potato**
10. Q: What summertime berries contain more vitamin C than oranges?
A: **Stra**

Submitted by Carolyn Prime, PEIWI

Sources: 2021 PEI Commodity Profiles
Farm and Food Care
PEI Canola Council of

Addressing Food Waste

submitted by Marie Kenny, ACWW Area Canada President

. Did you know: Caring is sharing!

Give this a Try: With the bounty of fresh vegetables and fruits in season now across our Nation, be sure to share with others what you may not be able to use yourself. With so much food insecurity many are using Local Food Pantries, and Food Banks to support their food need. So why not share some of what you have grown or picked with others.

We have a small strawberry patch in our garden, as berries ripen I love to enjoy the fresh flavor, I also enjoy bring a cup full of berries to a friend or neighbor, allowing them to enjoy the season's delight as well. Building bridges of friendship one small act of kindness at a time. That is the heart of ACWW. Thank you for working on this ACWW Resolution, I know that even the smallest steps will make a significant difference.



Centennial Celebration of Abercorn Women's Institute

On a sunny, humid, warm day on July 6th the Abercorn Women's Institute celebrated one hundred years of working for home, country and community.

The very first Women's Institute was set up in Stony Creek, Ontario in 1897. Others followed worldwide, including the UK in 1913. The first Woman's Institute in Quebec was established in Danham in 1911. A cairn at 2747 rue Principale beside the Danham football, installed in 1964, commemorates the event.

Originally the first branches in Quebec were organized under the name, Quebec Homemakers' Club. The name eventually was changed to Quebec Women's Institutes. In other provinces branches were organizing into provincial institutes as well. All come under the Federated Women's Institutes of Canada. The International level, Associated Country Women of the World has nine million members.

During that period in history, rural women were isolated and the aim of the Institutes was to educate them so that they could improve their quality of life in the areas of household, health and community.

Today the world has changed and so have the needs of women. Today the concentration is on education, agriculture, health, the environment; all working on improving standards of life. Bursaries are given to students graduating from high school and there's an effort to encourage youth to peruse their interests.

Abercorn Branch of the QWIE is all about community and family. Glenroy Loubier, Lynne Biewer and Danielle Labue are descendants

whose family memberships date as far back as three generations.

There are four organizations in the Abercorn community who are team players when it comes to working together with the WI for the benefit of the community. They are ACPA - Association Culturel et Patrimonial d'Abercorn, CCA - Centre Culturel d'Abercorn (who own the Anglican Church), FRSP (recycling) and Pierre Bessier who owns the Catholic Church. Besides the 100th anniversary of the WI another reason for the celebration was to bring these people together who share a common interest in the prospering of the village of Abercorn.

In her desire to pay tribute to the pioneer women who founded the Abercorn WI and to the families who settled the community and to unite and ensure the continuity of the schoolhouse, which has been recognized as an historical building, Glenroy Loubier chose to create within the school a place of recognition for the village. Included are artifacts from All Saints Anglican Church and St. Simon Catholic Church. On the main floor ACPA has displayed several photos which depict the history of the village and its families.

On July 7, 1924 the Abercorn Women's Institute was founded by the following ladies: Alice Allen, Sadie Gowan, Blanche Dow, Jennie Foley, Sophronia Harvey, Wealtha Spencer, Winnifred Tibbitts and Mary Willey. The branch meetings are held in the little red school house which the WI purchased from the Protestant School Board in 1954. This building

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Glenroy Loubier



Shelia Needham



Honourable Isabelle Charvet, MNA Brome Montargis



Guy Farrow, Mayor Municipality of Abercorn





WINS Convention 2024 *Food for Thought*



Keynote

Speaker



Lisa Rose is a member of Annapolis Valley Frugal Mom's Society, which helps out families in need and helps give them the tools they need to survive with less, be frugal and still eat and live well. They support couponing, learning to budget, learning basic life skills, etc. They also rescue food and teach people how to can and preserve that food.
avfrugalmoms.ca

Inn on Prince
437 Prince St, Truro
August 7th and 8th



Adelaide Hunter Hoodless Homestead submitted by Nancy Carubba

A NATIONAL HISTORIC SITE OF CANADA

Museum Manager's Report – July 2024

Wed. July 10 th 10:30am - noon	Vintage Wisdom Tales: Learn key story telling techniques- take home a well-honed evocative story. Led by professional storyteller and performer Brenda Byers. Owner of Storywyse.	This compelling workshop asks that you bring a memento that inspires you. You will learn the tools to create and to perform polished personal stories.	\$35.00 includes workshop instruction, materials, snacks & refreshments.
Thurs. July 11 th 7:00pm – 9:00pm	Ave. of Music concert at the AHHH pavilion.	Come and enjoy Frisky Business! Bring your lawn chair. Stay for a bonfire.	\$10.00 per adult. Kids free. Tickets through Eventbrite or the Homestead.
Mon – Fri. July 29 th – Aug 2 nd 8:45am – 3:00pm	Kids Day Camp: A heritage homestead day camp where kids are free to explore nature and history. For kids age 6-10yrs old.	Drop off at 8:45 am begins a fun day that includes kids pioneer activities, outdoor games and adventure. Guest instructors on nature, theatre and music, a creative craft and awesome snacks and refreshments.	\$200.00 per week per child. Register at the Homestead.

Other Revenue

Date/Time	Event for rental
July 1st	Family rental
July 13 th , 20th	Sat morning yoga
July 8, 15, 22	Monday evening line dancing
July 15th	Glen Morris Gaarden club
There were 38 tours conducted in July 2024	

Other Activities

- On July 3rd, the community gathered for a ribbon cutting ceremony to celebrate The St George outdoor wall mural dedicated to Adelaide Hunter Hoodless. It was attended by Brant County MP Larry Brock, MPP Will Bouma, Mayor David Bailey, President FWIC Margaret Byl. Nancy read the poem which was the winning entry from the creative writing contest about Adelaide. The winner is Cossette Pilkington. A St George homeschool student.



Since our last monthly report, we celebrated a sweet wedding at the Homestead. Another wedding was booked by a guest at that wedding. She will get married here in the dining room in October. Both bookings are for the venue only.



In the first pic the bride is holding the wedding announcement of Adelaide Hunter and John Hoodless. She prepared for the wedding in the parlor. It poured rain the day of the wedding. The pavilion saved the day.

- Visitors from the Communities in Bloom (Ontario horticultural society) group visited for a tour on Friday July 19th.



Federated Women's Institutes of Canada

CONSTITUENT SOCIETY, ASSOCIATED COUNTRY WOMEN OF THE WORLD



National Office:
P.O. Box 209
359 Blue Lake Road
St. George, Ontario N0E 1N0

President:
Margaret Byl
97 Line 3 Rd., RR#2
Niagara on the Lake, ON L0S 1J0

Highlights from the FWIC/WI Canada Board Meeting – July 22, 2024

Reminder: Tweedsmuir Competitions, Senator Carine Wilson Competition, and the Past Presidents' Competition 2024: Details are also in the August issue of *WI Connections*.

National Convention 2024:

- **Registration:**
 - **Virtual and Day registration:** Members are reminded that virtual attendance and day registration are also available. The last day for **online** registration is **September 15, 2024**, and the last day for **day** registration is **September 1, 2024**.
- **Reminders of Provincial Responsibilities:**
 - Please send the following to Lynn MacLean at president-elect@fwic.ca.
 - **Annual Reports 2024**
 - **Credential Forms**
 - **In memoriam:** Please provide the names of past FWIC Executive Officers, past FWIC Presidents, Directors, and Provincial Presidents who have passed away from July 2021 to 2024.
 - **Auction:** Each province is asked to bring three items each with a minimum value of \$20. If possible, take a picture of the items and send them to Lynn MacLean. The auction items will be promoted in *WI Connections*.
 - **Quilt tickets:** Provinces are reminded to collect names and money for the quilt tickets. The tickets will be filled in Nova Scotia in September.
 - **Recipe card:** Anyone attending the National Convention is invited to bring a card with a recipe on it.
 - **Senator Carine Wilson, Tweedsmuir, and Past Presidents competitions:** Entries that are being mailed to Nova Scotia are to be sent by **September 1st** to Lynn MacLean 1365 Heathbell Road, **Scotch Hill**, NS B0K 1H0. If entries are being taken to Nova Scotia, they are to be passed in by **noon on September 17th** at the Registration Desk at the Hotel.
- The Board accepted the Audited Financial Statements for 2023-2024 and approved the Budget for 2024-2025. Both will be shared at the National Convention in Truro.

Enjoy your summer!

Reminders:

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: Tuesday, September 17, 2024, in Truro**.**

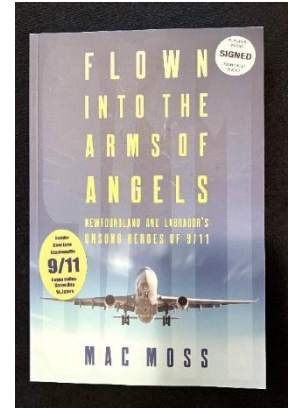
FWIC AUCTION ITEMS at FWIC NATIONAL CONVENTION 2024

FWIC will hold its annual auction during the National Convention in September in Truro, Nova Scotia. This will be a "Penny Auction". You can buy a length of tickets and put them in the bucket beside the item.

Pictured below are some of the items that will be available



Left-Six placemats yellow with blue printed material



Right- signed copy of book Flown Into the Arms of Angels.



Left- Anne of Green Gables Chocolates, square tablecloth and a miniature tea set.



Right- Summer tote bag



Left- Square tablecloth, Anne of Green Gables chocolates and Laura Secord tea bottle and boxes of tea.



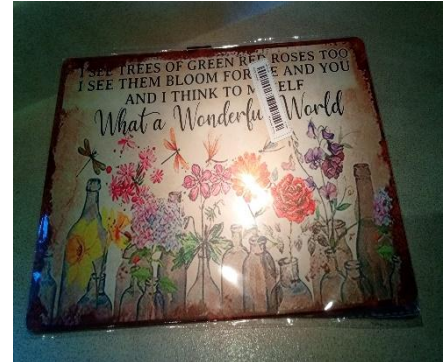
Left: Wall and change purse



Right: Slate Nova Scotia coasters



Left: "Be Kind" sign



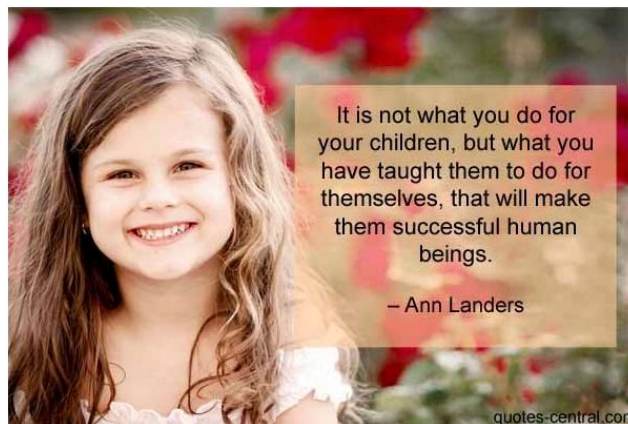
Right: What a wonderful World Sign



Left: Anne of Green Gables Chocolates, square tablecloth and a fancy plate.



Right: Seasedge Hooking - lighthouse



Associated Country Women of the World (ACWW)

Update, submitted by Marie Kenny, Area Canada President. canada@acww.org.uk



I hope this finds you well and enjoying sometime this summer to rest, refresh and reflect on all that life has to offer. Counting your blessings one by one gives you a grateful heart and a positive approach to each new day and whatever it has in store.

It is with a heavy heart I share with you the passing of Deputy World President Irene Chinje. Irene was not only dedicated ACWW Board member but also a dear friend.

Irene was elected to the ACWW Board as Southern Africa Area President in 2016. She served two terms in this position and was elected Deputy World President in 2023 at the Triennial World Convention in Malaysia. Irene served with commitment, professionalism and positive attitude as she worked hard to uplift and empowered rural women.

I will hold dearly in my heart the cherish memories of our time serving ACWW members together.

The International Day of the World's Indigenous People is marked annually on August 9. It is a day to raise awareness and protect the rights of the world's indigenous population. This event also recognizes the achievements and contributions that indigenous people make to improve world issues such as environmental protection.

The call is now open for Education and Community Development Project Proposals. Deadline for applications is August 26th, 2024. Please check out the ACWW Website for full details.

Thank you once again for all you are doing in your society to support the work of ACWW. Together we are stronger!



What was your best read this summer? Submitted by Donna Henderson AWI Representative

Alberta Associates group meet on line monthly from September to May.

Our program for September meeting is a "Different Sort of Book Club"

We are to share some of our "Good Summer Reads".

Anyone is welcome to join us.

The last Tuesday of the month at 7pm MST

Email awioffice@abwi.ca for the link.

Past President's Competition for Triennial 2024

Submitted by Joan Holthe (2018-2021)

I decided to create a competition that would help fill the shelves at the Adelaide Hunter Homestead store, therefore, please be aware that your articles will not be returned (unless specified). There are no quantity limits established per person, every contribution is welcome, and it would be very helpful if provinces could designate a central location for collection and travel to Truro, NS by their delegates.

Entries if being delivered in person are to be handed in on September 17, 2024. If the items are to be mailed, they need to be received in Nova Scotia by September 1 st and sent to” Lynn MacLean, 1365 Heathbell Road, Pictou, NS B0K 1H0

I would like this to be a friendly competition, where judging is done by viewers choice, during the triennial. The winners of the three categories will each win a prize of 100.00. It will be necessary for a small, folded piece of paper be taped or pinned to the article with the artist's name, address, and phone number on it.



The categories are:

1. Knitted or crocheted clothing attire, for child, under one year
2. Quilted table runner, length under 40 inches.
3. Christmas tree ornament, set of two.



FWIC WI CANADA YOUTUBE CHANNEL

Did you know that FWIC has a YouTube Channel? Here you will find all the online events that have been held over the last three years.

To access it, open YouTube on any device and in the search bar type in FWIC WI Canada. Scroll down until you find the FWIC crest (shown below). Click on the symbol and it will show the ten videos we have published over the last three years.



The most recent video from FWIC WI Canada is Agriculture in the Classroom and Food Waste which was recorded on April 29, 2024. It is about an hour in length. It contains great info on how BC does Agriculture in the Classroom as well tips on how to reduce Food Waste.

For quick access to the latest video, here is the link: <https://youtu.be/q38SnwP8k98>

Federated Women's Institutes of Canada

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

★ Summer Salad with Fresh Berries & Herbs ★



Ingredients

- 1/2 cup Chopped Romaine
- 1/2 cup Chopped Endive
- 1/2 cup Cooked White Navy Beans
- 1/2 cup Cooked Small Potatoes
- 1/2 cup Roasted Cherry Tomatoes
- 1/4 cup Fresh Corn Kernels
- 1 Ripe Avocado - cut into chunks
- 1/4 cup Olive Oil
- 1 Lemon Juiced
- Salt & Pepper to Taste
- 2 Hard Boiled Eggs - cut into wedges
- 1/4 cup Chopped Fresh Herbs (e.g. basil, tarragon, parsley and mint)
- Berries - strawberries, raspberries, blueberries - whichever your preference

Instructions

- In a large mixing bowl, combine romaine, endive, beans, potatoes, tomatoes, corn, and avocado.
- Toss with olive oil and lemon juice. Season with salt and pepper.
- Divide salad between two plates. Garnish with eggs, herbs & berries. Serve immediately.

ENJOY!