

WI Connections

Monthly Newsletter for Federated Women's Institutes of Canada



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From the President's desk...

After a beautiful fall in the Maritimes, we are experiencing cool, windy, and rainy days with the old smattering of snowflakes, just enough to remind us of what is coming.

During the last two board meetings, the directors and provincial presidents engaged in a thorough review of the FWIC mission statement and collaborated on developing a vision statement and a theme for the upcoming triennium. Following careful consideration, the board has finalized the purpose statement as...

"A national united voice of women promoting family, community, and personal development through learning and friendship."

In addition, the vision statement has been established as "Fostering a future where every woman thrives and makes a meaningful impact."

The theme for the triennium will be "Together We Rise." In addition, committees have been established and are beginning their work.

As you may have noticed on the FWIC Facebook Page, the FWIC Fundraising committee have organized a Pampered Chef Fundraiser. We hope you will take the time to do some Christmas shopping for yourself or others and support FWIC. Thank you to Pampered Chef for providing us with this opportunity.

On November 25 the FWIC Facebook page will be "orange" as we join the campaign of 16 Days of Activism against Gender-Based Violence. The 16 days of activism begins on the International Day for the elimination of Violence Against Women and ends on December 10, Human Rights Day. During the sixteen days, FWIC will be sharing facts on the impact of gender-based violence on society. Download the resources found on the ACWW website and share the information with your community. Together we can make a difference.

As we approach the end of another year, on behalf of the FWIC Board I want to take a moment to express our heartfelt gratitude to each and every one of you. Your dedication, passion, and commitment to WI is what makes WI such a wonderful and relevant organization. Thank you!

We look forward to continuing our journey together in the coming year, with new challenges to tackle and even greater heights to reach, Together We Rise!

May this holiday season bring you peace, joy, and quality time with loved ones, and may the New Year be filled with new opportunities, success, and prosperity.

Sincerely, Lynn



Lynn MacLean, President FWIC

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Magdie de Kock, ACWW World President



Dear Members,

Since 2016, ACWW has joined women and women's organisations worldwide for 16 Days of Activism against Gender-Based Violence. This campaign starts on 25 November, which is the International Day for the elimination of Violence Against Women, and concludes on 10 December, Human Rights Day. This campaign is often linked

with the tagline 'Orange the World', and you will notice that we have turned our website and social media channels orange for the duration of the campaign and to help raise awareness.

Gender-based violence, and domestic violence in particular, can be difficult to discuss and address in our communities. Uncomfortable conversations with men, dangerous situations or fear and shame can limit our willingness to speak up and seek support and justice. No country on earth is free from gender-based violence, no country on earth is free from femicide, and our action is needed globally. Gender-based violence and abuse remains devastatingly pervasive and starts alarmingly young. It is endemic in every country and culture. Across their lifetime, 1 in 3 women, around 736 million, are subjected to physical or sexual violence by an intimate partner or sexual violence from a non-partner – a number that has remained largely unchanged over the past decade.

We are, and will remain, Rural Women in Action.

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WI friendship affecting mental health, submitted by Sue Cushing FWIO

In the next several months I will be writing articles about mental health. My hope is that WI members across Canada will read and discuss them. Some will be controversial; some will talk about serious issues. The first one I wanted to share occurred when Jane read her WOW at our Area convention. Our President, Nancy Wood, had challenged each district to fill in the second "W" in the phrase ... "**Women Of _____**". FWIO member Jane Schuell wrote the following and presented her "WOW" at our October Trent Valley Area Convention.

My "WOW" that I want to talk about is **Women of Wealth**. And not wealth of the money kind. I think a person who is rich in friendship is TRULY wealthy.

Some of the great treasures in life are health, family, time and friendship. We can control our health only to a certain point, and we may not have that much control over how we spend our time. As for our family, there's that old saying: you can't choose your family, but you CAN choose your friends. In the Women's Institute, we have a lot of opportunities to make friends. That is why I think we WI women are women of wealth.

Here are some interesting facts about friendship and how valuable it is to our mental, emotional and physical wellness:

Studies show that people with strong social connections have a lower risk of serious health challenges like obesity, anxiety and addiction⁽¹⁾. The longest running study on happiness by the Harvard Medical School has found that "the key to healthy ageing is relationships, relationships, relationships."

People who have friends and close confidants are more satisfied with their lives and less likely to suffer from depression.⁽²⁾ They are also less likely to die from all causes, including heart problems and a range of chronic diseases.⁽³⁾ A review of 38 studies found that adult friendships, especially high-quality ones that provide social support and companionship, significantly predict well-being and can protect against mental health issues such as depression and anxiety—and those benefits persist across the life span.⁽⁴⁾ People without friendships are twice as likely to die prematurely, according to an analysis of more than 308,000 people—a risk factor even greater than the effects of smoking 20 cigarettes per day.⁽⁵⁾

According to a 2020 study published in The American Journal of Psychiatry, friendships also protect us in part by changing the way we respond to stress. Blood pressure is lower when people talk to a supportive friend rather than a neutral person. People who have a friend by their side while completing a tough task have less heart rate reactivity than those working alone. In one study, people even judged a hill to be less steep when they were accompanied by a friend.

Friendship is good medicine and science concurs.

For us to be happy and healthy, especially as we age, our social circles need to be enriching, supportive and positive. And I have found these things in the friends I've made in the WI. Friendship to me is not only companionship: friends help us cope when times are tough, and they challenge us to continue growing. Friends help us to work through difficult times in our lives. They help us to keep a sense of humour when times are tough, and they help us to know that we're cared about and that we matter. Friends help us feel that we belong; that we're okay exactly as we are. Friendship provides a sense of purpose and meaning; and they give us confidence and increased self-worth.

There's a sign in my friend's kitchen that says, "Every friend is a gift, a blessing; a reason to be grateful." And I am so grateful for the friends I have made in the WI. I truly feel like a woman of wealth.

1 www.mayoclinic.org

2 www.apa.org/monitor/2023/06/cover-story-science-friendship

3 Choi, K.W., et al., *The American Journal of Psychiatry* Vol 177, No. 10 2020

4 Holt-Lunsted, J., et al., *PLOS Medecine*, Vol 7, No. 7, 2010; Steptoe, A., et al., *PNAS*, Vol 110, No. 15, 2013

5 Dr. Scott Kaiser, geriatrician and Director of Geriatric Cognitive Health for the Pacific Neuroscience Institute at Providence Saint Johns Health Center in Santa Monica, CA

Glenwood Appleton Branch of NLWI Celebrates 50 years

On October 28, 2024, the Glenwood Appleton Branch celebrated the 50-year anniversary of the founding of their branch. They began the celebration on Sunday evening with a church service held at Glenwood United Church to commemorate the event. The following day the Branch invited guests from other branches in the Central region as well as, the NLWI President and local dignitaries from both towns to a luncheon and afternoon of friendship and fun.

Guests were treated to a delicious potluck luncheon all prepared by the members themselves. A 50-year Anniversary cake was cut by members Sarah Hounsell and Millie Stoyles.

There was a very interesting display of arts and crafts, scrapbooks, photographs and information about the activities the branch had been involved in since it was formed. It showed the commitment and enthusiasm the members held for Women's Institutes over the 50 years.

The Branch was happy to have everyone visit the Glenwood Museum to view the history of the area, and all the WI memorabilia held there.

Ruth Brown a founding branch member and a former NLWI president chaired the event relating many stories about the activities, accomplishments and fun they had over the years.

Greetings were brought from Town of Appleton and Town of Glenwood, NLWI President Elizabeth Moss and Central District Representative Audrey Mullins. An NLWI certificate to recognize the 50-year Anniversary was presented to Branch president, Laura Field by Provincial President, Elizabeth Moss.



The Glenwood Appleton branch, although small, has been and is still very active in the two communities participating in activities such as a community garden, donations, Christmas parade floats and recently spearheading an initiative to help residents on the Southwest coast who were affected by Hurricane Fiona. As a member of NLWI they have supported and participated in all aspects of the organization, giving of their time and talents in organizing or helping where needed with

fundraisers, competitions, conventions and district meetings and projects. The branch is also well known for their great entertainment skills with skits and stories.

Over the past 50 years the Glenwood Appleton Branch has been an excellent ambassador for Women's Institutes and an important organization within their communities.

Congratulations and best wishes for the future.



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Holiday Memories, submitted by LoriAnn Tweedie NBWI

It was this past Thanksgiving, and I had outdone myself in the kitchen. Two pies—one blueberry and one rhubarb cream—had baked to perfection, their golden crusts glowing with promise. My secret touch? A sprinkle of sugar on top before it gets cold.

I reached for a charming little dish sitting by the stove. It had a lovely rustic look, perfect for holding my sugar. I sprinkled a couple of teaspoons over the pies, admiring how it glittered in the light, then added a bit more around the edges.

Fast forward to the Thanksgiving table. The pies were on the sideboard along with the others, admired by all as they eagerly reached for their slices. I couldn't wait to take that first bite of my rhubarb cream.

And then it hit me. Not the sweet burst of sugar I expected, but a sharp, unmistakable tang of...salt. My stomach dropped. I glanced at the little dish on my counter in my mind's eye, realizing too late that it wasn't sugar I had sprinkled, but salt.

There was a moment of silence as everyone chewed cautiously their polite smiles faltering. Finally, I had to confess. Between bouts of laughter (and a few grimaces), the family rallied, some scraping off the salty crust and declaring the filling delicious.

Though it was a bit embarrassing, it turned into one of those stories that everyone will tell for years. The “Salty Thanksgiving Pie Incident” I am sure this will become part of the family story, and now, I always double-check the dish before sprinkling anything on top of my pies.

Sometimes the best holiday memories come from the mishaps!

Ellen’s Corner - Dr. Ellen McLean

It is a grey, drizzly, showery, windy November day, a little depressing. Traditions are very much a part of me so I decided to find the Advent wreath in a box, and then I was pleased to find the four candles I would need. Upon request one of my boys will bring me some fir or pine to place on the brass ring, and with the candles in place I am ready to light the first candle on December 1st, the first Sunday in Advent. A tradition that goes back to my childhood, we always had an Advent wreath, and it really meant that Christmas was almost here.

Thinking about what I might write as my Christmas greeting, I looked in a little book where I have clippings and articles I have come across, liked them, and have kept them, and from time to time I look in that little nook for inspiration. And today I want to share “What is Christmas” with you.

” We seem to think of Christmas as a special time, a season. Not really, it’s much more than that. Christmas is a reason, - to be joyful, a reason to believe, a reason to be grateful for the blessings we receive, a reason to have faith and trust in the Lord above.

Christmas is a reason to be filled with hope and love. We seem to think of Christmas as a special time. A day, but it is much more than that. Christmas is a way of being friendly, a way of sharing, a way of showing thoughtfulness, a way of truly caring, a way of giving of yourself, a way of spreading cheer. Christmas is a way of life, and it can last all year.”

My warm wishes go to you and your loved ones to experience the Peace, Love, Joy and Hope of this Christmas, and may it warm your heart throughout the year ahead. Merry Christmas and a Happy New Year.



Resolutions Committee Work

This month, the Resolutions Committee is asking for every Branch’s help. Please answer these questions regarding forensic nursing in your area. They pertain to the resolution listed below, and as the committee prepares their communication to governments and decision makers, they need accurate accounts of what is available across Canada. (A fillable questionnaire will be sent to each of the Provincial Offices).

If you have any questions, please contact Kim Coy, at kcoybcwi@gmail.com

- 1.) Where is the nearest location a victim can receive care from a forensic nurse?
- 2.) Is there access to a forensic nurse program or sexual assault advocacy centre in your area? Is it needed?
- 3.) Is there Forensic Nurse training programs available and funded already by other sources or would a bursary fund be beneficial locally?
- 4.) Comments:

Please email your responses to: kcoybcwi@gmail.com

Resolution 2024-04 - Amended

“Be it resolved that Federated Women’s Institutes of Canada initiate an Advocacy & Awareness Campaign to increase the knowledge of this Public Health Crisis across Canada and foster the development of a National Forensic Nursing Bursary,”

Resolution 2024-05- Amended

“Be it resolved that Federated Women’s Institutes of Canada call on the Provincial Governments to standardize the Forensic Nurse Examiner/Sexual Assault Forensic Nurse Examiner training across Canada and call on the Federal Government to provide a funding mechanism to support Forensic nurses throughout Canada for the safety of all victims of sexual violence.”

FWIC Resolutions: Forensic Nurses in Canada In Canada, 1 in 3 women will experience sexual violence in their lifetime, with 80% of all sexual assaults being perpetrated by someone the person knows and only 10% of these incidents are ever reported.

Gender-Based Violence (GBV) is a Public Health Crisis in need of a proportional response and the widespread prevalence of Sexual Violence Against Women (SVAW) has far-ranging immediate and long-term consequences for victims, their families, and for communities. Women and girls are at high risk of GBV and some are at even higher risk due to additional discrimination and barriers, they face; this includes BIPOC women, women forced into the sex trade, disabled women, as well as marginalized women who are homeless or under-housed. Unfortunately, Violence Against Women (VAW) is increasing while other violent crimes are decreasing across Canada and resulting injuries are a socially prohibited topic of conversation that remain 90% unreported. Only a fraction of the victims reporting SVAW can be seen by a Forensic Nurse Examiner (FNE) as often there are no specialized staff on duty, even in larger centres, forcing victims to return later, which they most often do not, and if they do, it requires them to remain unwashed and untreated until they can be properly examined.

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All About Agriculture, submitted by *Susan Hoszouski, BC Women’s Institute*

UN Decade of Family Farming 2019-2028

Agriculture today stands at a crossroads. There is increasing pressure to provide sufficient, affordable and nutritious food for a growing population, while coping with climate change and the loss of natural resources, like water supplies, soil degradation and other losses.

The United Nations proclaimed the UN Decade of Family Farming 2019-2028 in December 2017. This provides the international community a great opportunity to address family farming from a holistic perspective, and to hopefully achieve some transformations in current food systems.

The aim is to shed light on what it means to be a family farmer in a rapidly changing world and to highlight the important role the family farmer plays in eradicating hunger and shaping the future of food.

Family farming offers the opportunity to ensure food security, improve livelihoods, better manage natural resources, protect the environment and achieve sustainable development, namely in rural areas. Family farmers are agents of change and have the wisdom and care needed for our earth to help create a more balanced and resilient planet.

Family Farming

- preserves traditional food products contributing to a balanced diet, while safeguarding agro-biodiversity and sustainable use of natural resources.
- creates real economic opportunities for themselves and their community.
- supports diversified food systems and innovative market solutions so rural and urban consumers can enjoy healthy, nutritious and safe food.
- can make food systems more sustainable and work towards reducing food loss.
- recognize rural women as equal, increase their access to land and other resources, investments, loans and training etc.

- attract youth to farming and foster an interest in farming as a profession to be proud of, this is vital to the future of food security and agriculture development.
- young farmers are the bridge between traditional local knowledge and innovative ideas.

Key facts about Family Farms.

Family Farms produce more than 80% of the food in the world and 90% of fisheries operate on a small scale. Family Farms occupy around 70-80% of farmland worldwide. Women hold only 15% of farmland but provide almost 50% of farm labor. More than 90% of farms are run by individuals or a family who rely primarily on family member labor. There are more than 600M farms in the world!! And still 1 in 3 people face food insecurity. In 2/3rds of the world, women are more likely than men to struggle to eat daily.

Women farmers are essential to achieve sustainable, productive and inclusive food systems. Family Farming supports many of the SDGs. (Sustainable Development Goals)

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Change of Information

FWIC and the Adelaide Hunter Hoodless Homestead very much appreciate the cheques that are sent by you and the branches each year. Due to new banking regulations, when you now send a cheque for FWIC or the Homestead, please make the cheques payable to **FWIC or Federated Women's Institutes of Canada** and put in the subject line the purpose of the money (donation/in memory, etc.) and where the funds are to be directed. Thank you for your help.

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Addressing Food Waste Marie Kenny, ACWW Area Canada President

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

Did you know: Every little bit now, makes a significant difference later.

Give this a Try: When plating your food, portion out smaller amounts and go back for seconds. Uneaten food on your plate goes in the green bin, but uneaten food still in the pot casserole dish can be saved for another day.



or

Tips for Managing Leftovers

When meal planning, try to plan back-to-back meals that incorporate ingredients or leftovers from the previous meal; leftover pasta with sauce that's a main dish one day can become a side dish the next

Pack leftovers for lunch

Safety Tip: Label your leftover containers with the date and try to eat them within two to three days

If you don't want leftovers, pay attention to the quantity of food you're preparing so you make just enough rather than too much

Good food doesn't have to look good. Remember that a good healthy meal can be a mix of all sorts of leftovers (as long as they were made from healthy ingredients)

How To Cook with Leftovers With some creativity you can turn your leftovers into a new dish. Here are a few sites that offer delicious recipes for leftovers, but don't stop there - many more can be found online.

[AllRecipes.com](#) – offers many recipes to use up your leftovers [BigOven.com](#) – search recipes by leftover ingredients, [Cooking for one or two: creative use of leftovers](#) – a resource from Dietitians of Canada. Thank you for working on this ACWW Resolution Addressing Food Waste. Together we have the power to make a significant difference.

Marie Kenny, ACWW Canada Area President.

On this very cold, wet, windy morning, as I sit in my office preparing what to write to you, I am mindful of all the strong, courageous women across our world who are making a difference in the lives of their families and their communities just where they are located. I think of all the brave women who are desperately trying to provide food, shelter, and protection for their children in areas of our world where hatred and evil give them little hope. I reflect upon how blessed my life is, and I am reminded that we are blessed to be a blessing.



As we move into December here in Canada, we turn our minds and hearts to the season of Hope, Love, Joy, and Peace—a wonderful holiday season that so many people look forward to, with their traditions and family gatherings. As a global organization, we are painfully aware that for some in our world, there is no holiday season. There is only the desire to live another day and to find a better one. ACWW exists to give a voice to those who are at risk of being left behind. We do this through Community Transformation, Knowledge Sharing, Advocacy, and Partnerships. We do this in line with experience and global priority, as we focus on Climate-Smart Agriculture, Rural Women's Health, and Education and Community Development Projects. We work in ways that will have a strengthening impact and built-in sustainability. As ACWW Society Members, you are part of this work. Your voice and your financial support are critical to ensuring hope for the future. You are the link from past achievements to the hope for a brighter future.

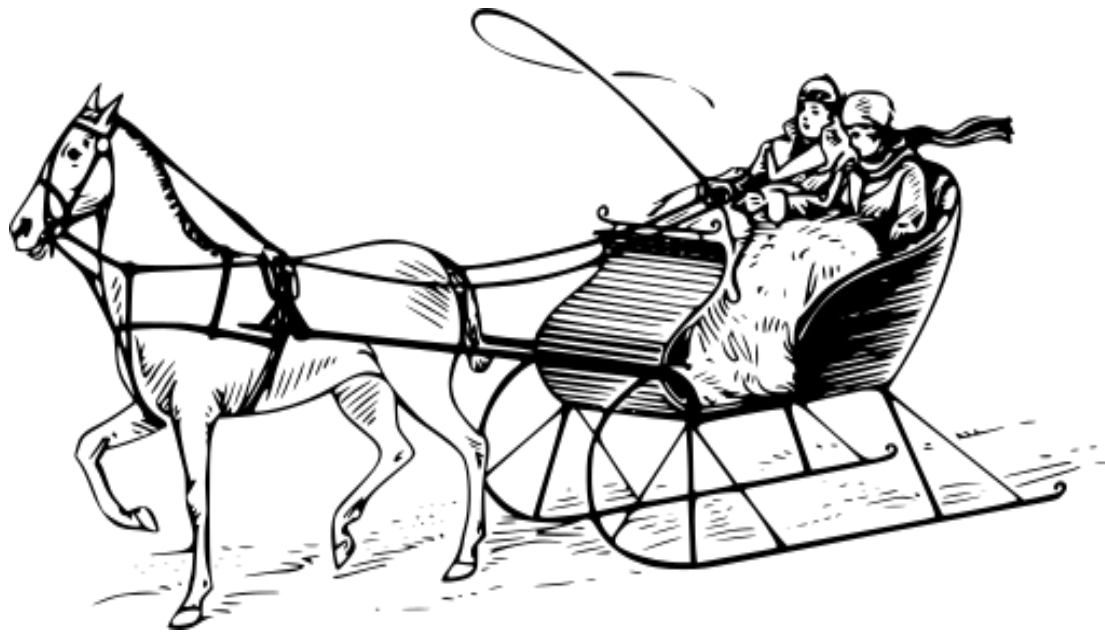
Thank you for your support and for all you are doing! As 2024 quickly comes to an end, my very best wishes to you and your loved ones for a safe, healthy, and joy-filled holiday season. May your sense of hope abound, and may you have Love, Joy, and Peace in 2025. From Our Home to Yours, Season's Blessings,
Marie & Cecil

The Bells of Christmas, submitted by Marie Kenny

Christmas means different things to each of us, we all come with our own story. It is a time for music, laughter, good food, and fun gathering with family and friends. These are all delightful things I look forward to each Christmas season.

But the one thing that I love the most is the sound of Christmas bells ringing. This takes me back to my childhood, when life seemed much simpler, and expectations less demanding. Growing up, I was the second youngest in a family of ten children. Christmas was not about the presents, and we never knew the words "shopping mall." Christmas was a time when hearts seemed lighter, and laughter and music were all around us.

On Christmas Eve, after the annual Church service, my Dad would hitch the horse to the Pink Box Sleigh and Mom would take us for a drive over the snow covered road to the old corner store, where Mike MacMillan, the owner, and his wife would be waiting with candy canes sticks in hand, and seasonal greetings abounding. After our brief stop, we would snuggle under the heavy buffalo blanket, with snowballs drifting in all direction from the horses' hoofs, we would head back home, singing Christmas songs all the way to the sound of the ringing bells my Dad had tied to the horses harness.



On those brisk cold winter nights, with millions of stars glistening above us, there was no better place to be. Once back home, we would quickly head upstairs, prepare to jump in our cozy beds warmed by hot water bottles and excitedly wait with intense anticipation for the ringing of another set of Christmas Bells. The bells of Santa's sleigh as it made its way through the best night of the year. May the magic of the Christmas Season fill your hearts and homes with joy-filled anticipation and love. Merry Christmas Everyone.... Marie Kenny

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Recipe A Month, submitted by Debra Barrett, Manitoba WI

Barbecue Sauce

Great on ribs, meatballs or with ground beef as a pasta sauce

- 1 can tomato soup
- 3/4 cup water
- 3 Tbsp vinegar
- 2 Tbsp HP Sauce
- 1 tsp salt
- Dash of paprika
- 3/4 tsp chili powder
- 1/2 tsp black pepper
- 1/4 tsp cinnamon
- Dash ground cloves
- 1/2 cup brown sugar

Mix all ingredients together. Pour over 2 lbs. spareribs. Bake 1 ½ hours at 350F until ribs are soft.

For pasta sauce - double the recipe.

Recipe from Mary Kubas – Fisher Branch WI



Borscht Soup

Cover and simmer 1 hour:

1 pound soup bone with meat (pork)

Add:

3 medium beets grated

2 smallish cooking onions grated

Simmer for 15 – 20 minutes until beets are partly cooked.

Add and cook for another 20 minutes until soft:

1 carrot cut up finely

3 stalks of celery cut up finely

2 potatoes cut up in small cubes

1 cup frozen peas

1 cup string beans cut up fine

3 cups shredded cabbage

1 Tbsp. fresh or frozen dill

1 Tbsp. fresh or frozen parsley

Add:

1 can tomato soup

1 can vegetable soup

1 cup cream

2 Tbsp. vinegar or lemon juice

Salt and pepper to taste

Borscht develops a richer flavour on standing a few hours.

Recipe for Amy Obszarski – Fisher Branch WI

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No Bake Salted Caramel Coconut Macaroons submitted by Shelly Simrose, President, BCWI

These Salted Caramel Coconut Macaroons are no bake and so easy to make! The perfect mix of coconut, caramel and chocolate! I'm in love!

Ingredients

3 tbsp (45ml) milk

6 tbsp (84g) salted butter

11 oz bag Kraft caramels*, wrappers removed

4–5 cups (288g-360g) shredded sweetened coconut

4 oz melting chocolate, such as almond bark

Sea salt

Instructions

1. Add the milk, butter and caramels to a large pot set over medium heat. Allow everything to melt, stirring often so that the mixture doesn't boil.

2. When the caramel is melted and smooth, add the coconut, starting with 4 cups. Mix together until the coconut is well coated with caramel. Add additional coconut as needed so that the coconut is all well covered, but not too "wet" or the final cookies will end up gooey.

3. Scoop out spoonfuls of about 1 1/2 tablespoons of the mixture onto parchment paper, or another nonstick paper.

4. Allow to cool completely.

5. In a small bowl, melt the chocolate according to the package directions.

6. Dip the bottoms of each macaroon into the chocolate, then set back onto the parchment paper to dry. Drizzle with some additional chocolate and sprinkle with sea salt.

7. Allow cookies to firm completely, then serve. Store at room temperature in an airtight container.

* Should be 40 caramels.

Nutrition

- Serving Size:** 1 Cookie
- Calories:** 99
- Sugar:** 10.4 g
- Sodium:** 261 mg
- Fat:** 5.5 g
- Carbohydrates:** 11.8 g
- Protein:** 1 g
- Cholesterol:** 7.9 mg

Find it online: <https://www.lifeloveandsugar.com/no-bake-salted-caramel-coconut-macaroons>

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This & That, submitted by Elizabeth Rushton, Alberta Women’s Institute

What on earth do such topics (in no particular order) as books, mystery books, Porche 911, fishing, tea or hot chocolate bags, almost every brand of chocolate, scotch, beer, tea lights, seed packages, Lego, jigsaw puzzles, nativity scenes and even Christmas socks have in common? And this list is just a small sample of what is available.

Yes, Advent Calendars! Advent itself is the start of a new church year, and the word means ‘the arrival of a notable person or event’, referring of course to the birth of Jesus on Christmas Day. It is a season of preparation for the coming of the Christ Child during the four Sundays before Christmas Day and leading into the Twelve Days of Christmas which start Boxing Day.

Advent calendars have their roots in 19th century Germany when German Lutherans started taking creative steps to mark the days leading up to Christmas and they were generally simple cardboard creations with 24 ‘doors’ which, when opened each day, had a picture of some aspect of the nativity story behind.

Today Advent calendars have changed dramatically, though simple ones with nativity scenes are still available, but as you can see from the list above, they are also secular and generic. As well as cardboard, they can come in wood, fabric or felt with boxes, pockets or drawers to hold small gifts and these, of course, can be used year after year and become family heirlooms.

After enjoying your choice of Advent Calendar, may the blessings of Christmas be with you and your families.

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Christmas Greetings from Miriam Lank, P.E.I.W.I. representative for FWIC

At this time of year, we think of family and friends both near and far. Although we may not be able to celebrate together, we remember the times that we did and we look forward until we meet again.

**May the blessings of peace
the beauty of hope, the spirit of love,
the comfort of faith**

**May this be your gift this Christmas
and throughout the New Year.**

**Warmest wishes for the holiday season
Merry Christmas and a Happy New Year**

Manitoba Women's Institute Members send our wishes for a healthy and happy holiday.



Pampered Chef Fundraiser-Cook Up Support for FWIC*

Calling all Foodies and Home Cooks!

Join us for a Pampered Chef Fundraiser and stock up on Premium Kitchen Products. Pampered Chef offers everything you need to elevate your cooking game while supporting FWIC.

*Shop Online *- Convenient and easy to shop from the comfort of your own home and have your order delivered right to your door. A portion of each sale goes to FWIC.

Join the fun on Facebook from November 26-28 ...

With a live demonstration on November 27.

You can Start Shopping Now with Pampered Chef and help FWIC empower women nationwide.

Fundraiser chair, Donna Henderson and her daughter Lynn Johnson are posing for Christmas with their Pampered Chef display. Please check out the FWIC Facebook page for links to the online event. If you have any problems, feel free to contact Lynn Johnson at... Lynn Johnson, Pampered Chef Canada, Call/Text - 226-622-0355

www.pamperedchef.ca/pws/lynnjohnson





Note from Nova Scotia: Margaret Taylor WINS
President & ACWW Coordinator

WINS is busy working on fundraising projects- sales of a beautiful twin size quilt and a calendar to be made up of pictures from all branches throughout the province.

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Adelaide Hunter Hoodless Homestead Report, Submitted by Nancy Carubba



Hello Everyone: Here is the Adelaide Hunter Hoodless Homestead report from the end of Oct till the end of November.

In late October former President Margaret Byl conducted ghost tours at the Homestead Museum over three evenings. She also did a paranormal investigation. Unusual occurrences at the Homestead were discussed and guests came to their own conclusions about potential hauntings. Margaret also did tea leaf reading afternoon as private sittings for three participants.

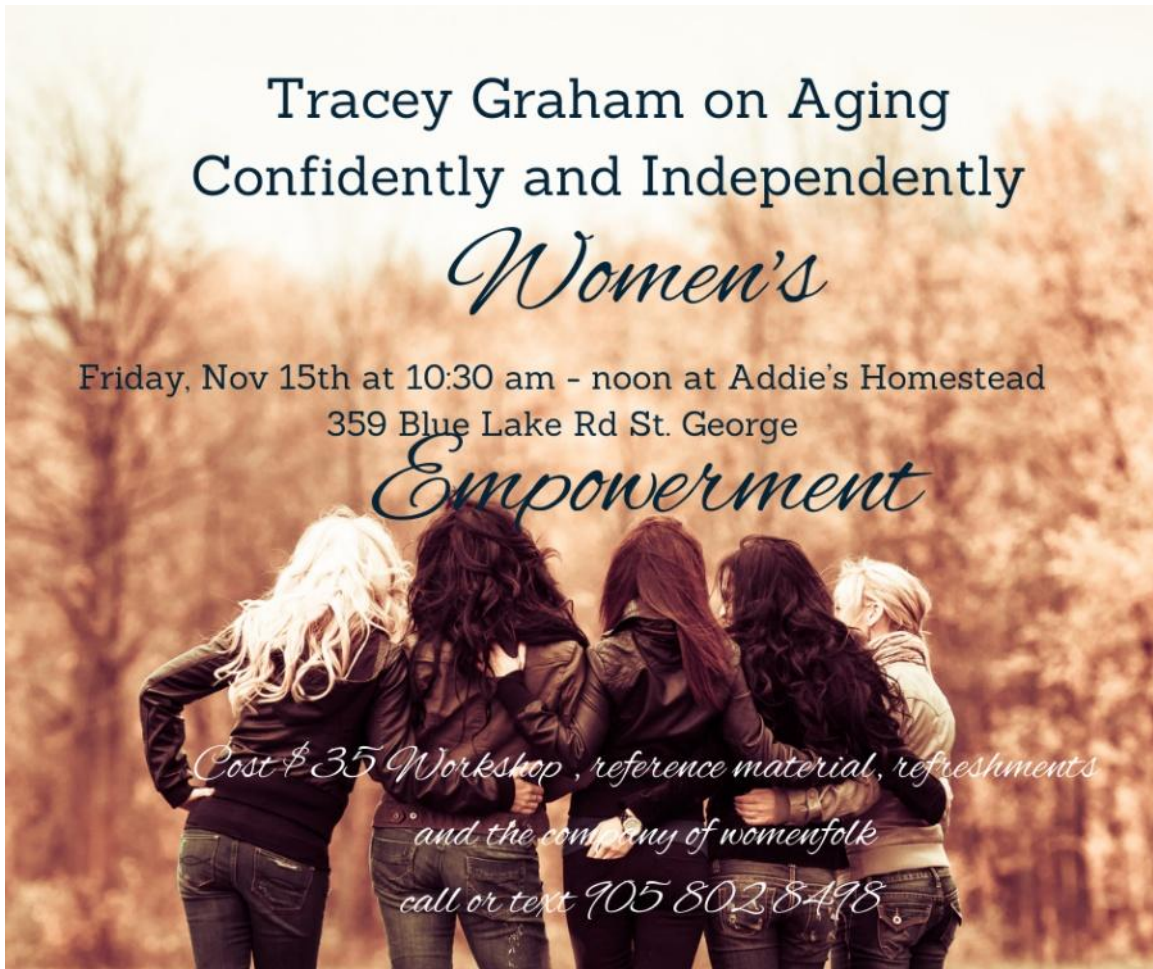
These activities resulted in about \$652.78 profit.

On Nov. 11th, Nancy participated in the Memorial Day Ceremony and placed a wreath representing the Adelaide Hunter Hoodless Homestead and the FWIC at the St. George Cenotaph.

The Women's Empowerment Workshop was held this month. Tracy Graham (Paris W.I.) presented valuable information on how to manage finances and fitness as we grow older gracefully.



The "Learn to make hand painted Christmas cards" workshop was cancelled due to a death in the instructor's family. She will instead provide a Valentines Day card-making session at the end of January.



Mindset Matters occurs later today. The topic is Mastering the Art of Difficult Conversations.

On Sunday, November 24, the Homestead will host a "Make your Christmas Porch Planter" workshop. Winter greens were cut from the property that will be used for the workshop. Pictures will be in next months report.

The AHHH has successfully won a grant from Enterprise Brant (an organization that provides start up funds for small local businesses or existing local businesses looking to expand their offering and stimulate the local economy). The Homestead will receive approx. \$6,000. to promote weddings at the Homestead and at the local South Dumfries Historical Society Memorial Hall which is located only 5 min away. They have an indoor year-round hall for larger weddings that occur in the fall/ winter but no outdoor space. Both the Memorial Hall and the Homestead have a limited offering as a wedding venue. Together, in collaboration our venues cover most of what a wedding couple is looking for. The funds are specifically to be used to promote the wedding venues on WeddingWire. The number one internet site for wedding planning. WeddingWire has the largest virtual wedding planning site market share.

We will have the wedding wire site set up in December with pictures of weddings we have had and pictures of staging for future weddings. (just in time for wedding couples who will get engaged at Christmas time)
Nancy has been asked to provide more information about wedding wire and why we should use it. She will meet with the board president tonight to do so.

One of the Enterprise Brant Board of Directors (Shannon McManus) contacted Nancy and has complimented us for

consistently leading with collaboration over competition. She owns a financial institution (Cornerstone Capital) who donates approx. \$2,000. per year to a local "not for profit" local organizations. This year she has chosen the Adelaide Hunter Hoodless Homestead to receive the \$2K donation. We will be delighted to receive this donation over the next few months.

We are decorating for Christmas next week. The museum will soon look like a Charming Pioneer Christmas Homestead. If you are near by or visiting Ontario this season, please come for a visit. If you let us know ahead, we will make some homemade egg nogg or warm apple cider to welcome you.

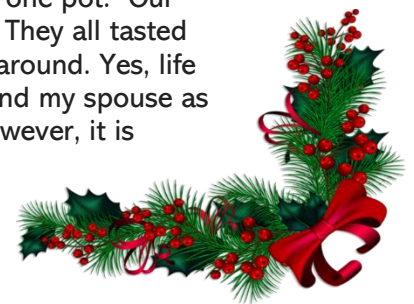
Anne Innes brought the Lakeside WI group to the AHH Homestead for a tour, a high tea luncheon and a visit to the local outdoor Adelaide wall mural.



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Season's Greetings from Prince Edward Island Sheila Gallant, President, PEIWI

I always love Christmas time because it is the time of the year that I get to identify with the child within. Christmas always brings back wonderful memories of when I was a child in a family of nine. We didn't get a whole lot for Christmas, but we did get presents, and it usually was something that we had carefully thought of for months before asking. We used to have the Sears catalogue pretty much destroyed by the time Christmas arrived. There would be many places marked by the nine children, trying to determine what it was they were going to ask for. It was a time of great excitement, a sense of family, belonging, love and safety. We always enjoyed a turkey dinner with my mother's vegetables, all cooked together in one large pot, the Newfoundland way to do it. Today I still enjoy cooking my vegetables together- cabbage, turnip, carrot, and potatoes all in one pot. Our stockings were filled with oranges, apples, bananas, chips, nuts and barley candy. They all tasted great at 5:30 a.m. I still feel the same sense of excitement when Christmas comes around. Yes, life has brought changes. Many times, Christmas now is just spent with my daughter and my spouse as my son and his wife and little ones have to share their time with both families. However, it is still with family and with those I love. We have much to be grateful for and to be thankful for. Our minds turn to others who are less fortunate at this time of the year, and so I find myself reaching out to help others. Isn't that what Women's Institute do all across the world?



I wish each and every one of you a wonderful holiday season, time with family, a time of love and sharing. All the best for a merry Christmas and Happy New Year

Paper Christmas Decorations, submitted by Ann Mandziuk, Manitoba WI

Supplies:

Paper muffin cup (either large or small can be used) glue gun
Hanger for the ball clothes pins

An easy inexpensive craft to make yourself or with the children in your life. You will need 12 paper muffin cups – coloured works well but you could also use patterned ones. I did use some foil cups but found them harder to work with because the ones I had were stiffer than the paper ones which made the ball more difficult to spread open. I have seen lighter weight foil cups in different colours but couldn't find them in my trek to the store.

Most coloured/patterned cups have white on the inside of the cup, so fold 6 with the colour in and 6 with the white side out.

Using a low temperature glue gun, glue each cup in the middle across the short side. Then alternating coloured and white cups glue them together on either side of the centre glue line. If you want to be more precise – you could measure to get the same distance on the joins (you can see from the pictures that some of mine are a bit off!!) Once you have glued all 12 together, they can be gently pulled out and glued to make a ball. I used clothes pins to hold the cups together in the correct order for the final gluing.

Before gluing it into a ball, I added a string for hanging the decoration. You can use Christmas ribbon, bits of trim from your craft stash or even twist ties or pipe cleaners work. Once you have the 12 cups glued pull them into a ball, add the hanger and glue them together. If the top or the bottom is still open a bit, add some glue and a clothes pin to hold them together until the glue cools. Check that all the other spots had stayed glued together.

If you want to get even more creative you could add sprinkles of glitter, small buttons or stars where the paper joins. If you have small jingle bells you could hang one from the bottom.

Enjoy this holiday season.



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YOU ARE INVITED: Susan Hoszouski, BC ACWW Co-Ordinator.

South Vancouver Island District Women's Institute, (host) and BC Provincial Women's Institute invite all WI members across Canada to join us in Langford, BC on beautiful Vancouver Island for the:

ACWW Area of Canada Conference, being held May 13th to 15th 2025 at the Langford Legion in Langford BC. Conference theme "Sustainable Growth for the Future focusing on the Environment"

Canada Area President Marie Kenny will be chairing the conference.

ACWW President Magdie de Kock from South Africa will be in attendance along with ACWW Executive Director Tish Collins from England and Anne Innes ACWW Trustee and Board Lead for Knowledge Sharing and Local Activities from Ontario.

There will be the opportunity for PRE and POST Tours. (Information following this invite). There will also be partner/men's Tours.

The registration package will be available for viewing after Dec. 1st on the ACWW website.

Registration opens January 1st, 2025.

An exciting program is being finalized with business sessions, speakers, educational program, learn all about ACWW and craft sessions.

Banquet guest speaker Bob McDonald, host of Quirks and Quarks. May 15th.

Opening Ceremonies evening of May 13th.

SAVE THE DATES

PLAN TO ATTEND, BRING A FRIEND. Open to all interested in learning about ACWW.



ACWW Canada Area Conference
Tues. May 13- Thurs.15th, 2025
Royal Canadian Legion Branch 91
761 Station Ave.
Victoria BC V9B 2S1

Tour # 1 Monday May 12, 2025, An afternoon at the world famous Butchart Gardens. The Gardens is a 120-year-old, 55-acre display garden located in Brentwood Bay, BC. The gardens receive over a million visitors each year and have been designated a National Historic Site of Canada. Pick up at the Legion Langford at 12:15 p.m. arrive at the Gardens at 1p.m. leave the Gardens at 5 p.m. and arrive back at the Langford Legion 6:00 p.m. Tour Includes your travel, entrance to Butchart Gardens and Gratuity for the 2 bus drivers There are many food options available for purchase at the gardens, and of course a gift shop.
Price \$100.00

Tour #2 Tuesday May 13th, 2025, Begins with a two-hour guided tour of the Victoria Legislative Buildings and then you are free to explore downtown Victoria. Feel free to partake in a self-directed walking tour where sites could include Royal Museum, Helmcken House and Imax Theatre. Enjoy afternoon tea (reservations required) at the Empress Hotel or shop at the Cedar Moon and Arts store for local artisan gifts. Whale Watching, Harbour Ferries and Fisherman's wharf, are also great ways to spend the afternoon. Leave Langford Legion at 9 a.m. back at Langford Legion approx. 5 p.m. Includes tour of Victoria Legislative Buildings and Gratuity for 2 bus drivers
Price \$60.00

Tour #3 Friday May 16th, 2025, Guided city tour which would include Mile Zero, Beacon Hill Park Petting Zoo, Beacon Totem Pole Display. There will be a stop at the Cook Street Village is a community of five blocks packed with restaurants, cafes, boutique shops as street side patios followed by a visit to Government House Gardens. For a special treat, a quick stop at Beacon Hill Drive In for a soft ice cream or a treat of your choice. Hatley Castle; gardens and grounds remain complimentary and open to the public year-round and they are definitely worth the visit. Tickets for castle tours are sold at the Garden Booth, only on arrival, no pre-ordered tickets. Leave Langford Legion at 10 a.m., arrive back at Langford Legion approx. 4 p.m.

Includes guided tour of the many gardens at Government House, self-guided tour of Hatley Castle gardens and gratuity for your bus driver Price \$90.00

All tours need a minimum of 24 people

Contact Laura Baird, 1199 Rolmar Crescent-Cobble Hill BC V8H 0E3 Email: southvancouverislandwi@gmail.com
NO refunds for No shows, or being late at pick and drop off points NO cancellations after Monday March 31st, 2025. Please plan to arrive 15 minutes **before** pick up or drop off. The bus driver is NOT paid to wait!



Manitoba Women's Institute - All are welcome to participate in the contest.
Let's see your ideas from across the globe.

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CONTACTS

To contact the FWIC president, email her at president@fwic.ca or call her cell at 902 759 4755. Lynn lives in Nova Scotia.

To contact the president-elect, email Angela at president-elect@fwic.ca. Angela lives in New Brunswick.

WI Connections Contributions

All contributions are welcome. Please send to

wiconnections@fwic.ca

jpeg and png photos are ideal, along with word documents or emailed messages.

Sorry pdf documents do not format well.

Please avoid formatting such as indenting, formatted numbers and bulleting.
And thank you for your interest in telling about WI in your 'neck of the woods'.

