

# WI Connections

Monthly Newsletter for Federated Women's Institutes of Canada



Knit poppies instructions

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## From the President's desk...

As I write this note the leaves in Nova Scotia are dressed in their finest reds, yellows, and oranges. What a beautiful time of the year!

Your board recently met and reviewed the FWIC mission statement and objectives. During the Zoom meeting and using Mentimeter, directors and provincial presidents shared words they believed described our purpose, mission, and values. Words, like unity, community, shared skills, and

knowledge, one voice for many, united voices, leadership, engage, and empowerment resonated with the board. Following an excellent discussion, draft statements for the vision, mission, and theme were created, to be reviewed at the November meeting, and shared in the December issue of WI Connections. The board also considered ideas for a national project and will continue the discussion at the next meeting. The object is to have a project that will engage the membership and give WI visibility. Stay tuned!

Looking ahead, November brings a time for us to remember and honour the bravery and sacrifices of those who serve and continue to serve. Their courage paved the way for our freedom and peace. Across the country, many branches will place wreaths, others will attend ceremonies, and many more will show respect with a moment of silence and by wearing a poppy. Wherever we are, let us take a moment to reflect, express our gratitude, and ensure their legacy lives on in our hearts and actions.

The end of November marks the beginning of the 16 Days of Activism Against Gender-Based Violence. Each year, ACWW provides resources to educate the public and politicians on the economic and social costs of gender-based violence in society. These resources can be used as Facebook posts or posters in your community. Look for the 2024 resources at [www.acww.org.uk](http://www.acww.org.uk).

Until next month. Yours in WI, Lynn



Lynn MacLean, President FWIC



REMEMBRANCE DAY  
*Lest We Forget*

## Ellen's Corner - Dr. Ellen McLean

I am sitting filling my little corner on a late October day. Brilliant sunshine is pouring in my window from a clear blue sky, all of which makes the vivid fall colours of the maple tree right outside even more beautiful. It is warm (for October!) and for the first time in my seventy-one years living here there has been no frost to finish my flowers for the season. It has been a wonderful fall, but we do need some rain and I know that some of you have had more than your share of that.



It is now a month since Women's Institute members from across Canada gathered in Nova Scotia for the 23rd Convention of the Federated Women's Institutes of Canada and I am sure all those who attended have been reflecting on that event just as I have.

My thoughts have gone back to my first Board meeting in 1959. The first National Convention had been held in Ottawa in 1957, and the next on was in 1961 in British Columbia. I was at the Board meeting because I was Convener of Legislation and Citizenship. Those thoughts led me to think about three things, - change, FWIC's objectives and evolution; a word which our banquet speaker used when speaking about our organization. That led me to look up the meaning of evolution to make sure I really knew it, and then to read our Objectives and Mission Statement.

Change is something we have all experienced, - in our own lives, in our families, communities and the world. I think we have made changes in our FWIC. For example, we no longer have Conveners. However, have we changed enough. Evolution means having a plan for change. And then when I read our Mission Statement and Objectives I wonder - can we say that our programs, projects and activities reflect them?

I am sure that our Board will consider this, and I think this would make an excellent topic for discussion or debate at a Branch or District meeting. Really important then, is that you share your thoughts and suggestions which can help to move us forward with our Board(s), national and provincial.

When we sat around the Board table in 1959 discussing laws that were affecting us as women or what it meant to be a good citizen. little did we dream of what the challenges would be facing our FWIC in 2024. Enough of my musings today. Now I will again admire the beauty of our fall as I look out at the colourful woods at the end of the nearest field.

## **Resolutions Committee Work**, submitted by Linda Janes, Quebec Women's Institute

The purpose of this article is to update everyone on the resolutions that were presented at the Triennial convention in Truro. But before I do that, I would like to introduce myself.

My name is Linda Janes, spelled with an "N" please. It's a simple name that causes a lot of problems. I am President of the Quebec Women's Institute, Quebec's representative to FWIC and at the Triennial I agreed to take on the position of Chair of the Resolutions Committee. Currently I am a committee of one so I am looking for people who might be interested in joining me. Resolutions are a very big part of what the Women's Institute is all about. We have made many very important changes over the years that affect not just ourselves but also our neighbours and our country and most started out as a resolution.

The following are the resolutions that were extremely well presented, discussed, some amended, voted on and all were passed at the Triennial convention. I would like to thank everyone for the hard work and dedication that went into preparing them.

Linda Janes  
[ljjanes@derytele.com](mailto:ljjanes@derytele.com)  
450-843-8864

### **Resolutions at FWIC 23<sup>rd</sup> National Convention Updated**

The following resolutions were sustained at the Convention:

#### **Special Resolution**

*"BE IT RESOLVED that the Federated Women's Institutes of Canada increase the fees on a per capita basis from the Provincial and Territorial Units to \$4.75 for FWIC and \$1.50 for the Adelaide Hunter Hoodless Homestead as of February 1st, 2025."*

#### **Resolution 2024-01**

*"Be it resolved the Federated Women's Institute of Canada request the Federal Government establish a federal accreditation program which will certify and make Canadian-trained Family Doctors eligible to work in any province across Canada to practice medicine under one national license to practice."*

#### **Resolution 2024-02**

*"Be it resolved the Federated Women's Institute of Canada requests that the Government of Canada establish a streamlined and time-efficient federal accreditation program that will allow for immigrating Family Doctors trained in other countries"*

*where their medical standards are equal to Canada's to be eligible to work in any province across Canada to practice medicine under one national license."*

#### Resolution 2024-03

*"Be it resolved the Federated Women's Institute of Canada request that Canadian students studying abroad be granted greater access to residency training programs in Canada to encourage them to return to Canada to practice medicine."*

#### 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."*

#### Emergency Resolution

*"Be it resolved that the Federated Women's Institutes of Canada request the Federal Government to initiate beneficial programs in all federal correctional facilities for substance abuse in place of the needle exchange program to eliminate the putting in harm's way of inmates, correctional staff, their families, and all communities where affected inmates are released."*

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## **All About Agriculture**, submitted by *Susan Hozzouski, BC Women's Institute*

### ACWW and Agriculture

When I was first contacted and asked to do articles related to agriculture, I hesitated for a moment to gather my thoughts and then thought, "you are a farm girl at heart" and have never been too far removed from my roots. After speaking with Angela via zoom, and with a few suggestions from her, I decided why not check out our ACWW website and voila, an idea for my first article.

"Planting the Seeds of Peace" is ACWW's first new Rural Women in Action project. "Planting the Seeds of Peace" is a 12-month program designed to develop and implement a practical training course for Ukrainian refugee children centered around the ecological growing of plants and vegetables. The project will be implemented in

Bucharest, Romania at a school hosting 200 Ukrainian children. This is the first project funded under the new Rural Women in Action Fund program and is an Education and Community Development project. The project will be implemented by ACWW member society Geopolitical Alliance of Women, a Ukraine-based women's organization passionate about promoting women's inclusion in society and the Association of Ukrainian Romania Teachers who will be assisting in the implementation of the training program.

The aim of the project is to help children recover from the stress and trauma of war through the therapeutic practice of gardening. The participants will attend monthly classes during the school year to gain knowledge of horticulture. Along with this the participants will attend practical gardening sessions.

The project was conceived to help children impacted by the conflict in Ukraine to recover through a practical and conscious approach to agriculture and horticulture. The children will learn about growing plants, soil restoration and climate change.

*The practice of gardening has been proven to be a very therapeutic tool for those who have suffered trauma, it has been found to reduce stress, anxiety, depression and to improve psychological wellbeing.*

After reading all about ACWW's new project, I immediately thought about our Canadian Agriculture in the Classroom, and all the impressive programs available for our school children. All 10 provinces have a provincial Agriculture in the Classroom program. It is very interesting to google Ag in the Classroom and look at all the different programs available.

The possibility to connect with our young people and maybe provide them with a therapeutic tool to help with stress, anxiety or depression through gardening would carry forward our project last year of WI/We care. Just something to think about. There is also the possibility to sponsor (individually or as a branch) a program for a classroom in a school near your community. Google Agriculture in the Classroom for your province just to peruse the programs offered. One of my favorites is "Spuds in Tubs".

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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 out 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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## **Remembrance Day Thoughts**, Submitted by Sheila Gallant-President, PEIWI

As November 11<sup>th</sup> gets closer, our thoughts turn to those citizens of Canada who gave their life so unselfishly to enable us to live in freedom today. On a recent trip to Europe and visiting Germany, we were reminded of the atrocities and horrors of World War II. We want to understand history and what has happened in the past so that history may never repeat itself.

On November 11<sup>th</sup>, people of Prince Edward Island will be hosting many memorial services across the province and holding moments of silence in honor and respect for those precious lives who were lost and the great cost paid today for our freedom.

## **Remembering Sergeant Gander**, submitted by Elizabeth Moss, President NLWI

Sergeant Gander was a Newfoundland dog and was raised by the Hayden family on the airport base in Gander, Newfoundland. He was a friendly dog who loved playing with children. He pulled them on their sleds and kids watched him drool—Newfoundland dogs drool a lot!—He enjoyed living on the base but spent too much time on the runways, trying to catch the planes as they came in to land.

One day, because he was growing to be so large, the Hayden family decided to give the playful dog to the *Royal Rifles of Canada* Regiment. (Did you know that Newfoundland dogs can grow to weigh 55 kilograms? That's one BIG dog!) He quickly became a good friend and mascot for the soldiers of the regiment. In 1941, the Royal Rifles of Canada Regiment was sent to Hong Kong to defend the land from an enemy invasion. The men didn't want to leave Gander behind, so they gave him the rank of "Sergeant" and he boarded the troopship with his fellow soldiers! Taking care of Gander was a pleasant duty. During wartime the friendship of a dog reminded many of the men of pets and family at home. Gander was a mascot, but he was also seen as a fellow soldier with a job to perform. He would bark and nip at the legs of the enemy, scaring them away. One night in December 1941, Gander showed his true courage. He was a smart dog—he knew what a grenade was and how it could hurt people. That night, Gander saw a grenade tossed near a group of wounded Canadian soldiers. He ran



to it, took it, and rushed away with it. The grenade exploded and Gander was killed. But he had saved the lives of the seven soldiers! Those men never forgot Sergeant Gander.  
<https://www.veterans.gc.ca/en/remembrance/information-for/educators/learning-modules/hong-kong/read-aloud>



### WWII Military Dog Honored For Heroism With A Stunning Statue

The Gander Heritage Memorial Park in Canada recently unveiled two new statues: one to represent the men who served with the Royal Rifles. The other, a tribute to Sergeant Gander, a Newfoundland dog and World War II hero. The Park planning committee worked on the project for five years and enlisted renowned artist Morgan MacDonald to sculpt the piece.

<https://www.thenewfoundland.org/ganderpark.html>

### Trivia submitted by Donna Henderson Alberta WI

What is the world's largest structure made by living creatures?

And

Rhytipobia is the fear of what?

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If you change the way you look at things, the things you look at change.  
Quote by Wayne Dyer

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*World's largest structure is Great Barrier Reef*

*Rhytipobia is fear of wrinkles*



## Addressing Food Waste Marie Kenny, ACWW Area Canada President

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

**Did you know:** Preparation now saves time and work later?

**Give this a Try:** Having leftovers in your freezer can give you most of what you need to make delicious, nutritious meals.



**Hearty Lunch:**

Leftover meat: Beef, pork roast or roasted chicken:

Dice meat in small cubes; add 1 apple diced or more if you have more meat. It depends if you want lots of meat and less apple or vice versa. Add a slice of your favourite cheese (optional). Then, add Miracle Whip and some ketchup. Mix together and eat with bread.

**Chicken Vegetable Soup:**

Leftover diced chicken, add one diced onion, 1 cup each diced carrots, and turnip, ½ cup diced parsnip, 2 cups diced potatoes, ½ cup diced cabbage. ½ cup diced celery add 2 cups of chicken broth, 1 cup water. Once soup comes to a boil, add the following spices: 1tsp of each of the following: garlic, summer savory, salt, pepper to taste. Then let simmer slowly until vegetables are desired consistency. All vegetables except potatoes can be previously frozen.

Use recipes only as a guideline.

**Suggestions:**

1 Shop for food only once a week. 2. Don't cook too much at once, except if you want leftovers. 3. Use leftovers for next day lunches or freeze for later use. 4. Have one "leftover day" per week. 5. Explain to your kids the cost of wasted food.

Suggested suggestions and recipes by Canada Area Coordinators

Thanks for supporting the Addressing Food Waste Resolution:

Marie Kenny, Canada Area President ACWW

## Marie Kenny, ACWW Canada Area President.

I hope this finds you well.

With the first of November quickly approaching many homes are busy prepared for the colder months ahead here in Canada.

As farmers harvest the they are also planting winter covers to maintain healthy

possible soil erosion. October 15 was International Rural Women's Day, followed by World Food Day, October 16<sup>th</sup>. These UN designated Days and others are significant as we take opportunity to recognize the tremendous contributions Rural Women make in their families, their communities and our world. ACWW continues to use its Consultative Status with the United Nations and Its Agencies to amplify the voices of Rural Women and highlight the issues they raise at the international level. With FAO (Food and Agriculture Organization) we advocate for the importance of family farming, women's land rights, indigenous seed protection, food security and food sovereignty.

November 18, is World Day for the Prevention of and Healing from Child Sexual Exploitation, Abuse and Violence . November 25, is International Day for the Elimination of Violence against Women.

The 2024 campaign of the 16 Days of Activism Against Gender-based Violence is from **November 25 to December 10,2024**. The 16 Days of Activism Against Gender-based Violence is a time to both reflect on violence against women and to take action to end it. The theme for 2024 is **Come Together, Act Now**. It emphasizes how crucial it is to involve everyone in Canada – particularly men and boys – in changing social norms, attitudes and behaviors' that contribute to gender-based violence. It is also a call to action urging all of us to recognize the signs of gender-based violence and to reach out for support, for ourselves or loved ones. Kick-off the 16 Days by wearing purple on **November 25, International Day for the Elimination of Violence Against Women**, to raise awareness about gender-based violence.

The 11<sup>th</sup> day, the 11<sup>th</sup> month, the 11<sup>th</sup> hour, Canadian's pause and remember! Remembrance Day, November 11, originally called Armistice Day, marks the end of



remainder of their crops, wheat and other ground soil and to help prevent

hostilities during the First World War and is an opportunity to remember those who have served in the nation's defense. "Let Us Remember and give thanks."

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## Promoting WI in Canada – Let's Start at the End!

Submitted by Angela Scott

**What do we want promoting WI to look like?**

Positive...talking about our strengths!

**What goals will we pursue?**

Name recognition, website traffic, media inclusion/awareness

**How will we know we have 'arrived'?**

When media agencies and government departments seek our attention and opinions.

**What would it look like if we want to be known, recognized, and acknowledged in Canada?**

I propose that we share this...

*WI groups operate in approximately 400 communities across Canada, with nearly 4,000 women convening each month. They collaborate to identify and address the needs within their communities. Discussions may encompass significant initiatives such as the development of community centers or healthcare screening clinics. In other instances, they focus on supporting local schools and students through programs like breakfast initiatives, comfort kits, or providing mittens during the winter months.*

*WI...Women's Institute started over 125 years ago and has always focused on children, families, and the community.*

*The women who belong to WI meet monthly for three main reasons to have a united voice in the community, learning together, and for friendship and caring for their neighbours. New members and new branches are encouraged across Canada. Please contact us if you are interested in learning more. Lynn MacLean ([president@fwic.ca](mailto:president@fwic.ca)) or Angela Scott ([president-elect@fwic.ca](mailto:president-elect@fwic.ca)).*

Top 3 reasons for joining WI:

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



**Let's not focus on what we were 75 years ago, let's focus on where we are going.**

Similar established organizations, like Girl Guides of Canada, 4-H, Rotary International, and other service groups are working to reinvent themselves and share their message and mission in today's world. It makes me think we could do the same thing...

## **Website & Social Media**

Today, organizations create campaigns for each program/aspect of their organization and promote them. By promoting them, I mean, creating pages with story content that can be cross-referenced with keywords that will lead to 'hits' on the Internet that result in search results. An example would be resolutions.

WI participates and invests time and energy in resolutions, so we want to share that message with all Canadians. We need to get up and over the private internal communication of our community concerns and switch to the public and external communication of these important causes. If no one knows who we are and what we do...we are not relevant, nor do people care. We care about our communities and know other Canadians do too, so let's get on board with a website, keywords, and campaigns to support our united voices.

## **Multiple Campaigns to Promote**

Starting with resolutions, we will use the campaign approach to publicize WI in Canada. We will follow with New Members-New Branches, National Awareness of WI as a 125-year legacy in Canadian communities, Our New 2024-2027 National Project, Fund Raiser(s), Sponsor(s), Programming for Monthly Meetings, and the list can go on. The one definite aspect we must maintain is a clear, concise, organized website with links to social media.

As a lean organization operated by volunteers, we lack the resources to focus on the monthly maintenance of our website. We must structure our site to be self-sustaining and utilize social media to introduce variety and fluidity in timely activities and updates. This is the only way we can afford to compete for attention in our fast-paced world.

## **Baby Steps We Can All Do**

Every province should have a Facebook page that can connect to the national FWIC Facebook page. In turn, every branch ought to have a Facebook page that follows, likes, and shares the provincial and national pages. The more postings and content offered daily, weekly, and monthly, the better. And, if we can spread beyond Facebook to other platforms such as TikTok, LinkedIn, and YouTube, so much the better.

Does your branch have a Facebook page? If not, please volunteer to create one and update it today.

Content for each should include aspects of the many campaigns WI is known for. The content is the same as a posting. Postings are effective when they happen every day. Starting, there may not be many people following the pages, but eventually, by people liking and sharing stories that resonate with them personally the word will spread about WI. Let's work at it together and have a Facebook page for every branch, district, and province. And let's all follow, like, and share as often as appropriate.

Further ideas and information about the communications and publicity of WI will be shared in WI Connections. Please watch for it and contact Angela Scott at [president-elect@fwic.ca](mailto:president-elect@fwic.ca) with any questions, comments, or concerns.

## FWIC Outreach Committee

Do you have an interest in learning about the successes of fellow WI branches, sharing your ideas and energy, while enjoying the work of growing WI across Canada? The FWIC Outreach Committee extends an invitation to you as a WI member to come together to form a positive thinking dynamic committee. Meetings will be held by zoom so you can just sit back in your comfy chair with a beverage of your choice and participate in the conversations of expanding and amplifying the message of WI across Canada.

For more information contact Debra at [DebraMWI@gmail.com](mailto:DebraMWI@gmail.com)

## Recipe A Month, submitted by Debra Barrett, Manitoba WI

### Fall Apple Treats

The perfect cakes to use up the apples you harvested which are now sitting in a cool spot waiting to be made into a delicious treat.

#### Apple Cake

- 4 cups peeled & sliced apples
- 2 cups white sugar
- 2 eggs beaten
- 3/4 cup oil
- 2 tsp. vanilla
- 2 cups flour
- 1 1/2 tsp. baking soda
- 1 tsp. cinnamon
- 1 tsp. salt
- 1 cup chopped nuts

Combine apples and sugar and let stand.

Meanwhile sift flour, add baking soda, cinnamon, and salt.



Beat eggs, add oil and vanilla.

Add apple mixture to the dry ingredients.

Add vanilla, egg and oil to the apple and dry ingredients.

Bake in a 350F oven for 45 minutes.

**Recipe from Anne Danish, Fisher Branch WI**

### **One Bowl Apple Cake**

1 3/4 cups sugar

2 eggs

1/2 cup oil

2 tsp. baking soda

6 medium apples

1 tsp. vanilla

1 tsp baking powder

2 cups flour

2 tsp cinnamon

Mix eggs, sugar, cinnamon, vanilla, and oil in a large bowl.

Peel and slice apples and add to the mixture coating as you go to keep apples from turning brown.

Mix together the flour, baking soda, and baking powder. Add to the bowl and mix until all the flour is absorbed.

Spoon mixture into a 9" x 13" pan or 2 - 9" pans.

Bake in a 350F oven for 55 minutes.

**Recipe from Elenor Nowosad, Fisher Branch WI**



Fisher Branch Women's Institute  
Halloween Social - another great  
evening raising money for the school  
busing of the children to the rink for  
skating and curling!

Thanks to all that came out and all the  
wonderful costumes.

## **This & That**, submitted by Elizabeth Rushton, Alberta Women's Institute

### REMEMBRANCE DAY

In Canada, Remembrance Day ceremonies take place in almost every community with special ceremonies and laying of wreaths. There is also, of course, a national recognition of the day in Ottawa. However, have you ever wondered what other countries also recognize November 11, what they call it and how they observe it. Does every country? It would be interesting to find out if, say, countries in South America, Africa and other parts of the world observe the day.

We enjoy documentaries, movies and read books, either non-fiction or fiction, about World War II, but the majority of them seem to focus on the United Kingdom, Europe, Pearl Harbour, and Japan. I must admit it wasn't until my husband, and I were lucky to take two cruises to Norway that we learned that the Germans had occupied Norway, particularly the coast, from early in 1940. It was very common on shore tours to have buildings pointed out as the only one in the community that had survived the bombings and on one memorable tour the guide pointing across to the fjord we were driving beside and say, in a matter-of-fact manner, that that was where the Tirpitz (a German battleship) was sunk. It was amazing how those communities had been rebuilt and normal life resumed.

We visited a former German camp and airfield at Kristiansand in the southern part of Norway which overlooked the ocean. The buildings were still there – a sentry box at the entrance, mess hall, shower room, dormitories, trenches and the officers' mess with beautiful paintings still on the walls. It is now a museum.

We also learned of the Shetland Bus and North Sea Traffic, whereby mainly fishing and other small boats ferried refugees, supplies and other items between Norway and the coast of Scotland and the Shetland Isles, a distance of about 450 kilometers, depending of course on the exact ports. There is a museum in Scalloway on the Shetland Islands commemorating those sailors who bravely made those trips to help the Norwegian people.



## \*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.



*Are you interested?*

We are organizing committees now  
and  
you are invited to join and help out.



**1-Communication Committee: Promoting WI**

**2-Outreach Committee: Planning online events/activities**

**3-Fund Raising Committee: To support FWIC expenses**

**4-Resolutions Committee: Present & future resolutions**

**5-National Project Committee: Creating a unifying national project**

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**Please contact Lynn MacLean... [president@fwic.ca](mailto:president@fwic.ca)**



# Walk in the park and enjoy a book

This summer the Hillsborough Women's Institute (WI) will offer an opportunity to read a book while walking in Manchester Park.

The WI is sponsoring a Trail Book Walk from May to September. The pages from the book "Dear Girl" will be displayed in sequence on a series of posts circling the park so that the book can be read while strolling.

Says Ruth Anne Robinson, vice-president of the Hillsborough branch, "our motto is 'For Home and Country,' and our mission is to do things that help our commu-

ity. This book sends such a positive message to girls that says, 'be yourself.'"

"Dear Girl" is written at approximately a Grade Three reading level.

The WI in Hillsborough has been in exist-

ence for one hundred and twelve years. The book walk is offered in conjunction with the town's department of recreation.

Manchester Park is located off Manchester Crescent in West River-view.



## Remembrance Day submitted by Brenda Devauld, BC Women's Institute

As November 11, Remembrance Day approaches, it offers us a time to be able to pause and reflect on the significance of this day. Across Canada many people have entered into the armed forces, some served during times of war, others during times of peace.

This is a time of reflection by honouring and recognizing our armed forces and all those that served our country. It serves as a solemn reminder of what can happen and how quickly life can change. We honour those that have defended our way of life, our freedoms and the values that we hold most dear.

I have an uncle that I will never meet, he died before I was born. His regiment was in France in 1943 fighting for that countries' freedom when he died. He was only 22. All his personal dreams and hopes died with him, but he gave his life so others could have a chance to live their lives in peace. That is an immeasurable gift, and I am proud of him and all those that have fought so others could live.

So, we say together...

Thank You to all those men and women, past and present, who have and are still,  
protecting not only Canada but other countries worldwide.

We will not forget.

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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 Sept till the end of October

In late Sept. we had two wonderful workshops at the homestead:

Sit and paint with local artisan Patti Errygers:



And Create a Fall Planter with Amy Bradley:



We hosted our third small wedding: This wedding had 40 guests.



We hosted bus tours on Saturday Oct 5th. 100 guests from Ottawa toured the Homestead. The gift shop was open and run by Margaret Byl and the Homestead took in nearly \$1,000.00 that day. (The tour company was directed to the Homestead by a member of the BMGA - *Brant Museum and Gallery Association* that Nancy attends and had presented at, recently).



The AHH Homestead was delighted to receive the most beautiful, knitted baby clothes and Christmas decorations that are proudly displayed in the gift shop.

The AHHH has applied for a grant from Enterprise Brant (an organization that typically provides startup funds for small local businesses or existing local businesses looking to expand their offering).

We have applied for approx. \$6,000. to promote weddings at the Homestead and at the local South Dumfries Historical Society Memorial Hall. The hall is also in St. George only 5 min away. They have an indoor year-round hall for larger weddings that occur in the fall/ winter. 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, hence the desire to collaborate. If we successfully win the grant, we will use the funds 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 should find out in Dec. if we have been granted the funds. (just in time for wedding couples who will get engaged at Christmas time).

The AHHH has also applied for a grant from Brant County Foundations. We have applied for funds to cover repairs to the flooring in the Homestead's education room safer and funds to make the pavilion more accessible. We should find out in Dec. if we have been granted the funds.

We look forward to the Haunted Willows tour events that Margaret Byl will lead over the next few spooky weeks.

Happy Halloween Everyone!

Nancy Carubba - Adelaide Hunter Hoodless Museum Manager

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## **Recycled Plastic Poppies**, submitted by Ann Mandziuk, Manitoba WI

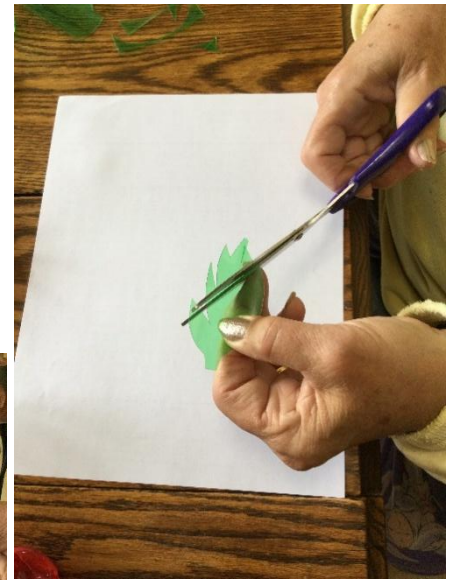
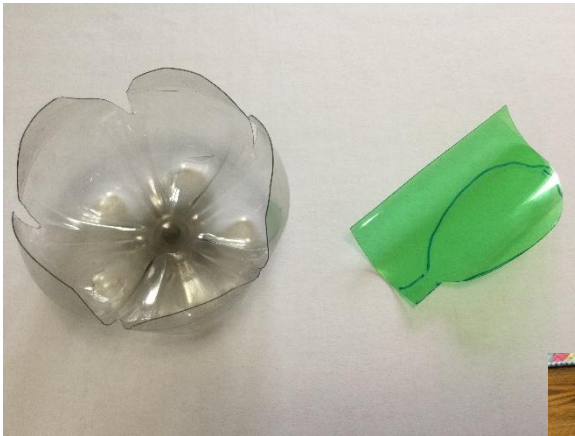
Are you looking for a craft for Remembrance Day? Recycling clear and green pop/water bottles (591 mL or 1L) can give you great looking poppies. Add a magnet and you can add them to your fridge or metal clad door for November 11. You could make a wreath with the poppies, also.

Cut the bottom off the bottle 1 ½ -2 inches from the base. Then shape the cut edge to be rounded like individual flower petals. I used a Pepsi bottle that has bumps on the bottom and followed the bottle contours when cutting between each notch on the bottle to just where the plastic starts to drop to curve for the bottom. I cut freestyle but you could use a marker to draw your shape.



Once they are cut, you can curve the petals inward or outward using a hairdryer. I use forceps to hold the plastic, so I don't burn my hands. (I have discovered that my husband's favourite store *Princess Auto* has lots of tools that I can use in crafting!)

Once shaped, use red craft paint for your poppies. Depending on the paint you might need 2-3 coats.) Green pop bottles can be used for the leaves. Or you could use clear ones and paint them green. The black bottle tops can be used for the flower centers. I use a glue gun to attach the center, leaves, and a magnet on the bottom.



## Knitted Poppies submitted by Ann Mandziuk, Manitoba WI

For the knitters, here is an idea for a small poppy wreath. I used leftover red yarn of varying thicknesses. Depending on what size yarn, needles and size of poppy you want, cast on and knit is K2, P2 ribbing for 1-1 ½ inches. Gather the bottom and close the side to form the flower shape. I used different sized black buttons for the centres and then made a small wreath for our door.

Wreath is 8 ½ inches and there are 9 poppies glued along the bottom.



## CONTACTS

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To contact the president-elect, email Angela at [president-elect@fwic.ca](mailto:president-elect@fwic.ca). Angela lives in New Brunswick.

## Womens Institute Convention Toronto, November, 1915 Mrs. Walter Buchanan

Women of Canada, I pay  
my best respects to you to-day  
We're banded here, as women should  
In hopes to get and give out good.

Women of Canada, you know  
That we gain much by doing so;  
So that is why we: gather here  
And meet in council once a year.

We've got to think and glean and plan  
And work as only women can,  
For there is lots of work to do  
For good of Home and Country too.

There's much as has been done,  
But we have only but begun,  
For women now must work, not weep,  
If they the benefit would reap.

And women now can take their place,  
And never think it is disgrace,  
To help along the outside show,  
For men oft need our help, you know

Our homes are first, our duty's clear-  
We tend and serve our Loved ones dear:  
But after that, our Country's next  
With various tasks between, betwixt.

Women of Canada, be true,  
Do well the work allotted you;  
It does not all depend on strength  
The pace we go, or what the length.

If we take God to be our guide  
And keep Him with us, by our side,  
And go forth in His armour dressed,  
We safe can leave with Him the rest.  
Then if the Germans should prevail,  
Or if the Government should fail,  
And every other thing to boot,  
There still will be "Our Institute."