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Contributions for WI Connections are welcomed every month. The deadline for your stories, recipes, crafts, and other ideas is the 20th of each month.

Please create the content in a word document or email. PDFs are not compatible with the format of the WI Connections.

Photos can be jpgs, pngs, or even in Word documents. Please send to Angela.beth.scott@gmail.com

WI Connections

Monthly Newsletter for Federated Women's Institutes of Canada - Oct-2024

#WICares



Happy Thanksgiving

Lynn MacLean-President FWIC



After several months of careful planning, FWIC and WINS successfully concluded the 23rd National Convention in Truro, Nova Scotia. We extend our sincere appreciation to the Women's Institutes of Nova Scotia for their exemplary hosting of this national event. Attendee feedback suggests that participants gained valuable insights, formed new connections, and contributed to resolutions that will positively impact our country. We are grateful for their dedication and effort in making this convention a success.

Over the next few editions of *WI Connections*, we will highlight key moments from the recent convention. We will begin with insights from our banquet speaker, Pam Mood. She opened her presentation by engaging the audience with a thought-provoking question: "Are we ready to start a revolution?" She referenced the Beatles song, stating, "We all want to change the world," emphasizing the importance of evolution in this process. This prompts us to reflect on what changes we wish to see.

One significant change we all aspire to is the growth of our membership. But what motivates this ambition? Is it solely to fill office positions and sustain our branches, or do we genuinely believe in the values and benefits that WI brings to individuals and communities? It may be beneficial for us to focus more on the latter

aspect and prioritize our belief in WI over merely accommodating leadership roles.

One of our objectives for this triennium will be to explore strategies for enhancing the visibility of WI. We encourage you to stay engaged for updates on this initiative!

September 30th is a significant date in our calendar as we honor the history of Indigenous peoples in Canada. This day serves as a reminder of the importance of understanding and addressing the injustices faced by Indigenous communities. Let us take this opportunity to reflect, enhance our knowledge, and engage in meaningful actions.

Wishing you a warm and joyful Thanksgiving! May your day be filled with gratitude, love, and cherished moments with family and friends.

Yours in WI,
Lynn MacLean



Thanksgiving Pumpkins submitted by Ann Mandziuk, MWI

Autumn, Thanksgiving, and Halloween have one thing in common – Pumpkins! I have been busy making pumpkins using pool noodles with a centre hole, leftover yarn and bits and pieces to decorate them. A stroll through sites on Pinterest will give you lots of ideas.

I cut the pool noodles into 2 ¼ to 3-inch pieces. I shape the tops to give them a rounded look and hollow out the centre around the hole to allow the yarn to give a more realistic shape to the top and

bottom. While working on more pumpkins I discovered some plumbing pipe foam insulation at home. Even though it is split so it will go on the pipe, it can be hot glued and works to make mini pumpkins.

Pick your yarn and wrap it around the noodle coming up through the hole. If the yarn is thin, I wrap several pieces together to cover the surface faster. As the centre hole gets smaller you might need a crochet hook or a needle with a large eye to help thread the yarn through the hole. Completely cover the surface.

A small piece of tree branch makes a good pumpkin stem. (If you are a pumpkin spice fan head to the store for a couple of cinnamon sticks to use for stems.) Embellish with bits and pieces from your craft stash. If you have access to colourful leaves, dried flowers or berries (like Mountain Ash) you could use them. Be sure to dispose of the berries before they start to mould on your pumpkin.



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Ellen's Corner - Dr. Ellen McLean

The 24th National Convention of the Federated Women's Institutes of Canada is now a pleasant memory. It was my twentieth National Convention, and I have been so fortunate to have so many memories since my first in British Columbia in 1961. They have all been different but I have always returned home with friendships, new and old, and with inspiration and learning. In the past few days since we left Truro, Nova Scotia, I have done a lot of thinking about our time together. It was so good to once again meet in person.

So many words and thoughts have kept coming to mind as I sat with a cup of coffee remembering the Convention. I have recalled visibility, evolution, image, relevant, forward-together, history, culture, authors, food production and security, and AI, to mention just some. I heard and learned so much which made me remember decades ago when FWIC was known as "the rural women's university". And



back to the beginnings of the Women’s Institutes when Adelaide Hoodless saw the need that women had for education. The Convention also remembered to have their voices heard when Resolutions to the Government were passed that recommended ways in which the need for more doctors and nurses across Canada could be achieved.

It was a good Convention, and I know that all the delegates will share the experience with their members. A sincere Thank You to everyone who worked so hard to make this a memorable occasion. The FWIC Board and the Nova Scotia hostesses were wonderful. And now we want to congratulate, encourage, and support Lynn MacLean and Angela Scott our newly elected President and President-Elect.

I haven’t mentioned friendships, and that is such an important factor in Women’s Institutes, It certainly meant a great deal to me to meet friends of long standing and to make new ones at our meeting. It was very special. This reminds me of something the late Prime Minister Brian Mulroney said in his eulogy at U.S. President George Bush’s funeral.” There are wooden ships, And there are sailing ships. But the best ships are friendships, And may they always be”.

In September 2024 FWIC went “Sailing into the Future, With a recipe for success”. We were given the ingredients; the rest is up to us.

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Adelaide Hunter Hoodless Canadian Woman of the Year 2024



FWIC President Margaret Byl presents Jill Copes with her certificate at the 43rd National Convention in Truro, NS.

This year’s recipient of the Adelaide Hunter Hoodless Canadian Woman of the Year is Jill Copes. A member of British Columbia WI for over 50 years Jill has held every position available from branch, district, and provincial, and has served on the Federated Women’s Institutes of Canada Board. She willingly takes on leadership roles and is a fantastic team member. Whether she is working on a local community project to construct an Independent Living Facility for Seniors in her community, organizing guest speakers to share their knowledge on agriculture and community well-being, Jill is passionate and works tirelessly on these projects.

Jill has worked for many years in agriculture, as a farm wife, as a weed specialist, and most of all as an advocate for food security. She recognizes and promotes the importance of supporting locally grown food and those who produce it. Jill has been a strong

advocate for a Farmers Advisory Committee through the Peace River Regional District and continues to stay abreast of the issues that face all aspects of agriculture in the Peace River Region and throughout the Province of BC.

Jill truly is a most worthy recipient of the Adelaide Hunter Hoodless Canadian Woman of the Year.



Tweedsmuir Competition Winners
FWIC 23rd National Convention Truro, NS



Thank you to the Prince Edward Island Women’s Institutes for providing the cash prizes for this competition.

History:

- 1st Prize: Linda McCorquodale, FWIO
- 2nd Prize: Catherine Taylor Freymont, FWIO
- 3rd Prize: Margie Taylor, WINS

Cultural/Queen:

- 1st Prize: Ruby MacBeth, BCWI
- 2nd Prize: Frances Bogner, AWI
- 3rd Prize : Chandra Smith, NBWI

Handcraft:

- 1st Prize: Jill Copes, BCWI
- 2nd Prize: Ann Mandzuik, MWI
- 3rd Prize: Ann Dunn, BCWI

Community:

- 1st Prize: Nor’Pioneer WI, BCWI
- 2nd Prize: Valerie Smith, FWIO
- 3rd Prize: Frances Bogner, AWI

Valerie Smith Community Essay



Somehow, a couple of essays got misplaced and could not be returned to their authors. Please check your collected belongings to see if you have any extra pieces that might belong to someone else. If you do, please contact Lynn MacLean, and she will coordinate the appropriate return.

Lynn MacLean- president@fwic.ca



Past President's Winners: Popular Choice:



Christmas Decoration
-Donna Thompson, Ontario

Knitted or crocheted children's article
-Heather Kellock, NS





Runner
Judy Buttens
NLWI



Senator Cairine Wilson Competition

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

1st Prize: Chandra Smith, NBWI

2nd Prize: Donna Thompson, FWIO



FWIC 23rd National Convention

Truro, Nova Scotia

Who attended the National Convention?

Newfoundland and Labrador	14
Prince Edward Island	5
Nova Scotia	20
New Brunswick	14
Quebec	3
Ontario	47
Manitoba	6
Alberta	11
British Columbia	10

Board	9
Companions	21
Subtotal	136
Virtual attendance	19
Total	165

The winner of the quilt was Shawna Geldart, New Brunswick. Raising \$2410 in revenue.

The sale of the banquet centerpieces generated \$295.00, and the auction generated \$1300 in revenue.

ACWW – The Rural Women in Action Fund collection was \$905.90.

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Margaret & Lane Byl
 President from 2021-2024



A new chapter in the Federated Women’s Institutes of Canada is beginning. I am so pleased to offer my congratulations to Lynn MacLean as she takes on the mantle of FWIC President, and to Angela Scott our President-elect. With their leadership and the newly installed Board of Directors, I am confident that our National Organization will flourish and continue to represent the Women’s Institutes with pride and integrity.

I would also like to take a moment to convey my sincere thanks to the outgoing Board of Directors, the Outreach and Communications Committees, and the Resolutions Committee members for their

volunteerism and dedication to community service from coast to coast to coast. Nancy Carubba at the Adelaide Hunter Hoodless Homestead Museum and National Office in St. George, Ontario continues to bring a voice to Adelaide's vision and that of WI Canada.

The National Convention Committee and their volunteer members provided an unforgettable and enjoyable 23rd National Convention in Truro, Nova Scotia. My heartfelt thanks to all who contributed and attended both in person and online.

"I am no longer accepting the things I cannot change. I am changing the things I cannot accept." — Angela Y. Davis

Yours for Home & Country,

Margaret Byl, Past President Federated Women's Institutes of Canada

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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: Freezing or Canning now will save you time and money later?

Give this a Try: With the bounty of fresh vegetables and produce available during the fall season a bit of time spent now can be both time and money savings later. Blanching and Freezing or Canning does take a bit of time, but it can be a great blessing later.

Blanching is a method of cooking that involves briefly dropping ingredients (usually vegetables) in a large pot of boiling, salted water. Afterward, the blanched vegetables are lifted from the boiling water and transferred to a bowl of ice water, a technique called "shocking." Shocking the vegetables stops the cooking process and, as a result, preserves the brightened colors of the ingredients.

"Blanching is one of my favorite ways to cook a vegetable just because it is both easy and keeps the vegetable tasting like itself," says Albert Nguyen, chef-instructor of Culinary Arts at the Institute of Culinary Education.

Tools you need to do blanching perfectly: Large pot for blanching, small strainer, tongs, or a spider, large bowl for shocking, clean tea towel, or paper towels.

How to Blanch Vegetables

1. **Prepare a pot of boiling, salted water:** Use a larger pot than you think you need and fill it with as much water as possible. Be sure to salt the water.
2. **Wash and cut each vegetable into equally sized pieces.** Also, blanch each vegetable type separately because they require differing amounts of time.



3. **Add the vegetable to the boiling water and cook.** Trust your senses. Use your own eyes and taste buds, rather than a timer, to determine when a vegetable is done. (But to get a basic sense of timing, see below.)
4. **Drain:** Use a strainer to remove the vegetable from the boiling water.
5. **Shock the vegetables:** Although an ice bath is most commonly suggested running the drained vegetables under cool tap water yields the same results.
6. **Drain and dry:** Use a salad spinner, a clean tea towel, or both to dry the vegetables well. This is necessary to prevent them from becoming soggy and will enhance their future flavor. Also, dressings and sauces will adhere better to vegetables that are completely dry.

Some general guidelines: Leafy greens: 20-30 seconds, Snap peas or green beans: 1-2 minutes, Asparagus (medium): 2-3 minutes, Brassicas: 3 minutes

The Vegetables Best for Blanching: Think of any vegetable you can enjoy raw and anything that can stand up to water and chances are its good for blanching.

- Brassicas: broccoli, cauliflower, Brussels sprouts, Green beans, Snow peas, snap peas, and green peas, Asparagus.
- Blanching leafy greens is a common step before blending them into a sauce, pesto, or even salad dressing.
- Blanching herbs helps preserve their bright color and even mellow some grassiness when incorporating them into recipes.

Blanched vegetables are refreshing, crisp, and full of flavor, and they have many applications. Having a selection of blanched vegetables at the ready in your fridge will make you feel more inspired to lean into vegetarian dishes and more healthy plant-based cooking. Toss blanched vegetables in a vinaigrette for a salad. Sprinkle them on a flatbread or pizza, Stuff them in a pita, wrap, or sandwich, Blend them into a chilled soup, and Use them as crudité's with a dip or on a charcuterie board.

<https://www.marthastewart.com/what-is-blanching>

Thank you for working on this ACWW Resolution, I know that even the smallest steps will make a significant difference.



Marie Kenny, ACWW Canada Area President.

Greetings Everyone,

I hope this finds you well! The fall season is here with cooler morning, magnificent colours and the bounty of the harvest being gathered.

As I write there is large potato harvesting machinery passing by on our road. Hundreds of acres of potatoes will be harvested in just a few weeks. Gone are the days when we would gather potatoes by hand after the beater digger, pulled by a horse, would unearth the fleshy tubers we so enjoy. It is all about progress and with progress so often there comes necessary change.

ACWW has long attested to the value of women using their collective voice to bring about necessary change, Since 1947 ACWW has passed 180 policy resolutions by popular vote. ACWW approaches this process from two directions:

1. Empowering women to take their place in decision-making in their communities. This can be achieved by promoting awareness of the rights of women, providing access to a network of supportive women, and sharing knowledge.
2. Engaging with UN processes that hold governments to account when they fail Rural Women.

I recently attended the FWIC/WI Canada 23rd National Convention in Truro, Nova Scotia. Congratulations to President Margaret Byl and the Board of Directors on an inspiring, engaging, and exciting Convention. Over the three days, there were fantastic guest speakers, inspiring reports, and engaging debate. Six resolutions were passed calling on the Government for change, these included both an emergency resolution and a special resolution. All these resolutions are vital for change and emphasize the importance, strength, and value of women's collective voice. Congratulations also to Jill Copes from BC the 2024 Adelaide Hunter Hoodless Woman of the Year. Congratulations and best wishes to the new FWIC President Lynn MacLean. I wish you and your new Board of Directors much success and I look forward to our continued working together. Thank you also to all the attendees for contributing approximately \$905.00 to the Rural Women in Action Fund!

From our home to yours a Happy and Blessed Thanksgiving to everyone.



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

Recipe A Month

Are you interested in sharing your favourite recipe or household tips? Our WI members definitely enjoy testing and/or tasting new or traditional much-loved family tips or morsels. This month's recipe is not for your tasting but to eliminate those pesky fall millipedes/centipedes that enter the home searching for warmth and a snack.

Go Away Millipede or Centipede Recipe



First find out where the little critters are slithering into the house from, in my home, they were coming in under the front door. Raid did not work, and I was tired of doing the dance of doom. In desperation, I went to the spice cupboard to see what might make them turn tail and leave. Ground cinnamon to the rescue!

A little online search and even Google agreed that just a sprinkle of cinnamon in the areas around your home where millipedes or centipedes can easily enter will repel the annoying invaders. Make sure your check includes near windows, by front and back doors, and on patios and porches. The gaps under doors and all-around doorways are the most common ways millipedes/centipedes enter homes. However, they can also slither in through any cracks or holes.

One last tip the fresher the cinnamon the better the result. However, this method is a great way to use up old cinnamon while saving the fresh for cinnamon buns.

For more information go to: <https://www.housedigest.com/1445746/cinnamon-ingredient-smell-repel-centipedes-pest/>

If you have a recipe you would like to share, please email it to DebraMWI@gmail.com



Here are three gals who celebrated their birthdays at the Convention.

Elizabeth Rushton – AWI

Alyssa Phillippi – FWIO

Dr. Ellen McLean- WINS

TEN-CIRCLE PUMPKIN

Materials List

- Orange and green construction paper
- Ruler and pencil
- Scissors
- Glue



10-15 The 10-Circle Pumpkin

Ten Circle Pumpkin Activity

Contributed by Elizabeth Rushton, AWI

10-15 The 10-Circle Pumpkin

Directions

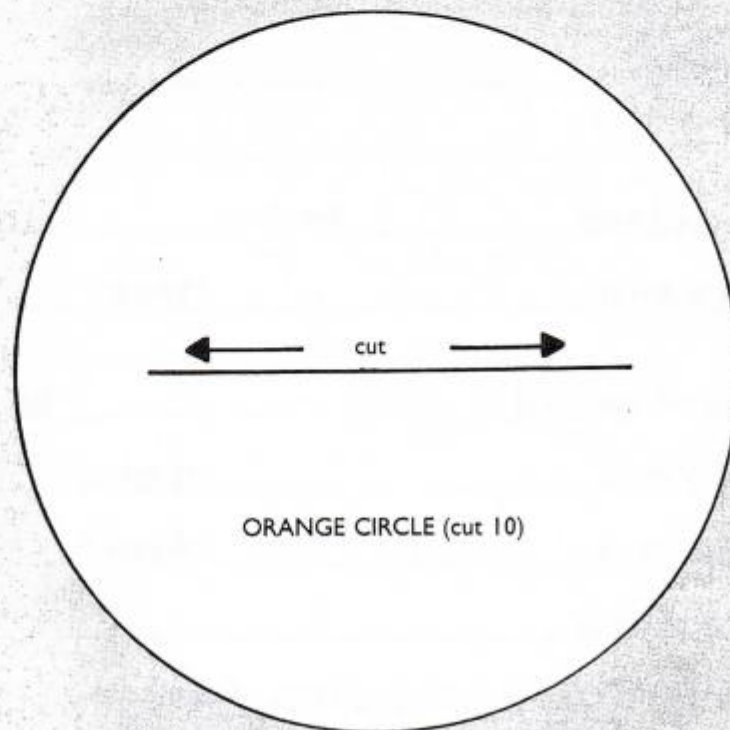
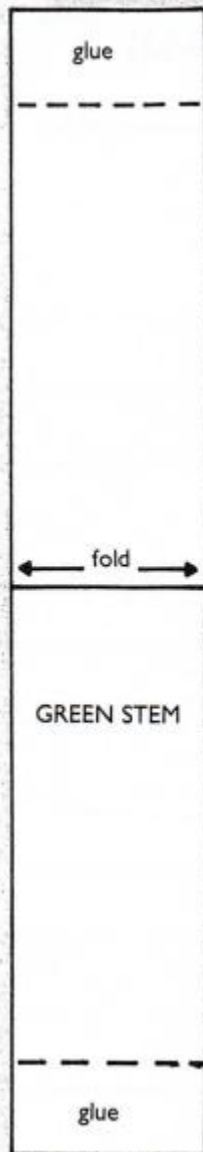
Use the pattern in FIG. 10-16 to draw 10 orange circles and a green rectangle stem for each pumpkin. Draw a $2\frac{1}{2}$ -inch slit or cut line in nine of the circles. Using the cut line as a guide, cut a slit in nine of the circles.

“Fold the *green rectangle in half* to make a pumpkin stem. Fold the glue line outward so the stem can be glued.

“Glue the *green rectangle stem* in the middle of the *orange circle* that does *not* have a slit.

“Hold each of the *orange circles* that are left so that the slit opens like a mouth. Slid each circle onto the circle that has the stem.”

When the Ten-Circle Pumpkins are finished, they will stand by themselves.



Your New FWIC Board



Linda Zelem- FWIO



Brenda Devauld-BCWI



Miriam Lank -PEIWI



Angela Scott-NBWI & President Elect



Elizabeth Moss - NLWI



Linda Janes-Quebec WI



Debra Barrett-Manitoba WI



Jacqueline Melvin – WINS



Linda Mason – Treasurer



Donna Henderson – AWI



Lynn MacLean -President



National Project Ideas?

At the National Convention ideas were suggested for a national project. The FWIC board will review the list at its next board meeting on October 21. This is the list that was generated at the Convention.



- Human trafficking
- Lyme Disease
- Mental health – first aid
- Caregivers – burnout and time management
- Keep in contact with local schools – let them know we care #wicares
- Multi-service medical centres in all communities
- New way of operating meetings (fun, activities, interesting)
- Image change
- Be more flexible with competitions
- Find ways to raise funds passively
- Champion more policy changes and resolutions
- Education/awareness/inclusion re transgender people
- Project on environmental issues (plastic/microplastic refundable bottles)
- Reduce clothing waste -buying for longevity
- How to attract new members
- Ideas for “one-of” events to attract members
- Ideas and strategies that work to gain members
- Keep WI current
- Inspire and retain members
- Disabled access across Canada

If you have another suggestion please email Angela (angela.beth.scott@gmail.com) or Lynn at (president@fwic.ca).

Closing Thoughts...

FWIC Past Presidents – Back row (l-r) Linda Hoy, Joan Holthe, Marie Kenny, Ruth Blenkhorn, Sheila Needham, Faye Mayberry. Front row (l-r) Lynn Maclean – current president, Dr. Ellen McLean, and Margaret Byl, immediate past president

