

Monthly Newsletter of the Federated Women's Institutes of Canada

WI Connections



Margaret's Message. Submitted by President, Margaret Byl

Greetings on behalf of the Board of Directors of the Federated Women's Institutes of Canada and welcome to the newly installed Directors, Anne Innes, appointed by FWIO in December 2022 and Donna Henderson who was appointed by AWI in June 2023. Linda Mason was appointed by the FWIC Board of Directors and installed as the Treasurer for the Federated Women's Institutes of Canada at the AGM. Special thanks to Marie Kenny, ACWW Canada Area President and a Past FWIC President for presiding at the Installation Ceremonies.



I was pleased to see 51 Virtual attendees and 43 In-person registrations with 14 first time attendees at the AGM.

Thank you for supporting FWIC/WI Canada with your interest and attendance. Prior to the AGM, a luncheon was held for those wishing to attend in person.

FWIO President, Michelle Phillippi presented the Indigenous Land Acknowledgment and QWI President-elected Linda Janes led us in the Mary Stewart Collect. Whitney Deane from Millards Professional Accountants and FWIC Treasurer, Linda Mason presented the Financial Statements.

Our Keynote Speaker was Stacey Bester. Stacey, an Entrepreneur; Cable TV host, Baker and owner of Sweet Bakery spoke to the Theme “Sailing into the Future with a Recipe for Success”. Thank you, Stacey, for sharing a “taste” of your success.

Kim Coy, from BCWI also spoke to the meeting on Health Care issues in BC regarding Continuity of Care. These issues can be applied to the rest of Canada as well. Thanks so much Kim for speaking on this important issue.

Marie Kenny, newly elected ACWW Canada Area President addressed the membership and gave an update on ACWW and her goals as the ACWW Canada Area President. Thank you, Marie for taking the time to join us in person. The members were thrilled to see you. The Adelaide Hunter Hoodless Canadian Woman of the Year Award is awarded each year to an outstanding woman who exemplifies the legacy left by Adelaide Hunter Hoodless. This year’s recipient is Miriam Lank, of PEI. Unfortunately, Miriam was unable to join us in person, but did attend online. Sheila Gallant, President of PEI WI accepted the award on Miriam's behalf. On behalf of the Board of Directors of the Federated Women's Institutes of Canada, I wish to extend our sincere congratulations to Miriam for receiving this prestigious award.



The Erland Lee Award is presented to a gentleman who has made an outstanding contribution to the Women’s Institute movement. We are pleased to announce that Mayor David Bailey of the County of Brant was awarded the Erland Lee Award at the AGM. Mayor Bailey exemplifies the qualities of Erland Lee. He is a strong supporter of the

Women's Institute, the County of Brant Women's Institute Branches, and the Adelaide Hunter Hoodles Homestead Museum. Sincere thanks are extended to Mayor Bailey for his service to the community and to The Adelaide Hunter Hoodless Homestead. Eleanor Lilley and Jacqueline Melvin extended an invitation to attend the FWIC Triennial Convention in Truro, Nova Scotia in 2024. They gave a presentation with details and showed a short video clip. Please see more on the plans for the 2024



FWIC Triennial National Convention in this issue of the WI Connections and on our website www.fwic.ca and watch for updates as they come along. Past President Joan Holthe led us in the Institute Ode and God Save the King was played. The meeting was adjourned.

Thank you to all that attended the Hybrid AGM either in person or virtually. We had a few glitches along the way but the comments that we received were positive. We were able to close the AGM just in time for a severe thunderstorm to blow its way into the St. George, Ontario area. Following the AGM and despite the weather, a reception, courtesy of the County of Brant grant was held in the Pavilion where a salute to the late Queen Elizabeth II was given as well as a Toast to HRH King Charles.

I wish to thank Donna Russett for being our Parliamentarian, Nancy Carubba, Museum Manager for acting as the recording secretary for the AGM and helping with the preparations for the on-site event. Elissa Jarrett, Tour Guide/Docent hired through the CSJ grant and high school volunteers are appreciated for their help as well. Special thanks to Linda Mason, Marie Kenny, Sheila Gallant, Anne Innes, Donna Henderson, Michelle Phillippi, Sue Lagacy, and everyone who helped with the preparations for the on-site set-up and to Lynn MacLean, Jennifer Gyuricska and the FWIC Board of Directors for the virtual portion of the AGM. Special thanks to Lynn MacLean and Linda Mason for the hours of prep work to help make this a successful event.

July has been a month of extreme weather across the nation, from drought and extreme heat to severe thunderstorms and tornadoes. My heart goes out to those affected by the wrath of Mother Nature.

Something to think about - the World Health Organization on Climate Change says "Climate change is impacting human lives and health in a variety of ways. It threatens the essential ingredients of good health – clean air, safe

drinking water, nutritious food supply and safe shelter – and has the potential to undermine decades of progress in global health. Between 2030 and 2050, climate change is expected to cause approximately 250 000 additional deaths per year from malnutrition, malaria, diarrhoea and heat stress alone. The direct damage costs to health are estimated to be between US\$ 2–4 billion per year by 2030. Areas with weak health infrastructure – mostly in developing countries – will be the least able to cope without assistance to prepare and respond.”

Let me know if you are doing anything special for the 4th week of August - “Be kind to Humankind Week”.

On July 31st I had the pleasure of bringing greetings from FWIC and installed the Officers of the Stoney Creek Charter Branch at their Hybrid Annual Meeting. After the meeting, a lunch was enjoyed by all in attendance.

The purpose of the association known as the Stoney Creek Women’s Institute is to preserve, display and make available for study, documents, artifacts, and memorabilia related to the Stoney Creek Women’s Institute and related to the founding of the Women’s Institute movement. Membership is \$5.00 and is open to everyone. For more information, please contact Linda Zelem, Stoney Creek Charter Branch Secretary.

I leave you with this quote from Morgan Freeman,

“How do we change the world? One random act of kindness at a time.”

Have a great summer, stay cool and be well and stay safe.

Yours for Home & Country,

Margaret Byl, President

From the Homestead submitted by Margaret Byl, FWJC President



On July 13, 2023, I had the privilege of receiving a visit from a former Museum Manager, Sue Doiron and Carol Parfenko, Publisher of the St. George Lance, and the Paris Chronicle. Sue was a live-in Museum Manager at the Adelaide Hunter Hoodless Homestead more than twenty years ago. After a short tour of the museum, we sat at the dining room table talking about the changes that were made over the years since she was last at

there. We shared many stories as she reminisced about her life at the Homestead. Sue is a very talented graphic artist who designed the image of Adelaide Hoodless and the drawings of the Homestead. Sue also showed me the location of a time capsule that the original Homestead Committee buried on the property. The time capsule contains a biography of the committee members. Plans will be made for a celebration to unearth the time capsule and share more memories with some of the committee members.

Before they left, Sue presented me with the mug that she is holding in the photograph. Thank you Sue for the lovely gift; I will treasure it and our time together with a fond memory. Carol, thank you for bringing Sue to the Homestead. I am grateful for this wonderful opportunity to learn more about the history of the museum and the changes that were made from this kind and gentle soul. I am looking forward to visiting with you both again soon.

Adelaide Hunter Hoodless Homestead Report Submitted by Nancy Carruba,

Museum Manager



ADELAIDE
HUNTER
HOODLESS
HOMESTEAD

July 2023

Date/Time	Event	What to Expect?	Cost
Wed. July 12 th 1:30pm -3:00 pm	Learn to Meditate and Relax: Sleep is our superpower. Sleep Better	Each workshop is comprised of a teaching element, an interactive discussion, a relaxation technique, and refreshments.	\$25.00
Sat July 15 th	Wedding of 16 people	Local St George couple (ages 60 and 70) asked Nancy to officiate their marriage Nancy asked them to consider having it here	Requested \$200 for the rental of the pavilion
Wed. July 19 th 10 am- 11:30am	Flower Power Bouquets that feature texture	Bring a small vase, learn about flowers from Big B Flower Farm. Arrange a bouquet to take home.	\$20.00
Sat July 22 nd Noon – 3pm	Ukrainian Lunch Community Support Event	Four Ukrainian refugee's living in our community cook lunch for 25 community members	Free Will donation.
Thurs. evening July 27 th 7:00pm – 9:pm	Song and Sunset	Enjoy an outdoor music concert till sunset.	\$10.00/person Kids Free Free will donation works better for this type of event.

On July 2nd, the pavilion rental was for Mrs. Joyce Monkhouse (nee Howell) in honour of her 80th birthday. She is a long time W.I. member and so Margaret and I gave her a card and flowers. And she told me how special this place is to her. This is where she and her late husband had their first date. Her husbands foster mother (Mrs. Ruby Lockman) was a museum curator here in the 1950's and lived in this house with their family. Mrs. Monkhouse and her then new boyfriend had a picnic on these grounds for their first date and now she is here to celebrate her 80th birthday.



The FWIC AGM was held at the Adelaide Hunter Hoodless Homestead on July 11th 42 people attended in person and many more by Zoom. The event has been minuted and reported.

On July 15th the AHHH hosted a small wedding. A St. George couple, in their late 60's held their wedding here. Nancy officiated the ceremony. Nancy and Elissa helped with the planning and execution of the wedding. There

was approx. 20 pple in attendance. It went really well. We are now on Wedding Wire in hopes of bringing in more wedding business.



Schuyler Willson - Digital Service Squad Member from Economic Development and Tourism, Brant County came to visit Nancy and Elissa (summer Student) to teach us new ways to enhance our public presence on digital media and tips on how to best publicise our events.

On July 22nd, The Ukrainian lunch was a great success. This event was a community service event to support 3 women who are refugees from the Ukraine. They are living in our community. The Ukrainian women cooked a wonderful lunch of cabbage rolls, pork tenderloin with herb sauce, Olivier salad, beet salad and a fruit gelatin desert. They also made a fermented beverage called KWAS.

We raised just over \$500. In donations that have been presented to the Ukrainian women who are using it to build a life here in Brant County.

1. **This month 10 people toured the AHHH Museum.** Five occasions of 2 people per tour, plus the tours that took place at the AGM.
2. **Song and Sunset/ Avenue of Music** is happening this week Thurs. July 27th. We have a fire pit now. We followed the fire marshal's advice on where to place it and how to use it. At each musical event we have a lone bagpiper, pipe down the sunset. It makes a great event feel even more special.
3. **The St. George Merchants** group has disbanded, they had approx. \$200. Left in their bank account and they unanimously decided to donate it to the Adelaide Hunter Hoodless Homestead.
4. Great News – Nancy submitted four events for **the Brant Celebrate Culture Days**. This is a 3-week Arts, Culture and Heritage festival from Sept 22nd to Oct 15th the deadline to register an event is July 31st. I mentioned in last months report, there is an opportunity to receive a \$1,000.00 grant towards your event.

We got an email notice to say we received an \$800. Grant for each of the four events we submitted. We invited a not-for-profit community member to partner with us of three of the four events. We will share some of the after-cost grant money with them. However, the costs of these events are intentionally lean, so even after sharing, we can expect to benefit by \$400 profit per event.

Here are our four events:

Sunday aft. Sept 24th: 2- 4pm Brant Story Telling concert (with live musical interludes)

We have partnered with the Brant story tellers and Glaswegian story teller Michael Williams for this event.

Description: You are invited to attend our story telling concert. Experience how history is preserved and customs are shared by the stories that are passed down. Learn to create, write and tell stories through words and gesture.

Sunday Oct 1st 2-4pm Brant Theater Workshop in Addie's Pavilion

We invited the Brant Theater Workshops group to partner with us for this event.

Description: . If you have ever been curious about acting or what goes into performing, Artistic Director, Peter Muir will provide a series of fun exercises with a heritage theme that are easy and entertaining.

Saturday, Oct 7th 2-4pm Totally Not Boring Kids Pioneer Day

Description: Kids, come and join in on some pioneer fun at the Adelaide Hunter Hoodless Homestead with delicious baking, a creative crafts and pioneer physical activities.

Saturday Oct 14th 2-4pm Brant Heritage Artifacts – Then and Now

We invited the South Dumfries Historical Museum to partner with us the for this event.

Description: Interesting museum artifacts from the Adelaide Hunter Hoodless Homestead and the South Dumfries Historical Museum compared to their present-day version. The exhibit includes a narrative of how the item was used in the 1800's and how that item has evolved.

5. Update on Project Proposal (now named Project Addie):

As previously mentioned, the school board consultant that met with Nancy was interested in Project Addie and requested a summary of the project and its intent so that she could review it with her boss, the Superintendent of Education for the GE School board. The summary was sent on June 12th. On June 27th Nancy received a response from the office of the Grand Erie Board School Superintendent to say that the proposal will be reviewed over the summer and the discussion can continue in September 2023.

Ellen's Corner

Ellen McLean has been an active WI member for close to seventy years. Over that time, she has served in many roles including President of the Women's Institutes of Nova Scotia, President of the Federated Women's Institutes of Canada (FWIC) and President of the Associated Country Women of the World (ACWW). Testimony to her excellent leadership and service, Ellen has received a honorary doctorate degree from St. Francis Xavier University, been inducted to the Canadian Agricultural Hall of Fame, received the Order of Canada as well as being the first recipient of the Adelaide Hunter Hoodless Women of the Year.



Summer 2023 in Canada, - wildfires, drought conditions, record rainfall, tornadoes, hail storms, record heat and humidity, flash floods, farmers' crops of grains, hay, fruits and vegetables in jeopardy, the grief of lives lost – is this the new norm? Our hearts go out to our W.I. members, their families, friends and neighbours who have been impacted by these events.

While I was gathering my thoughts for my corner this month one of my sons dropped in and noticing what I was doing said “Those pieces of paper have been around a long time”. He didn’t need to read them, just to notice that they were rather yellow looking! Those pages were a copy of an address given by a representative of the Nova Scotia Adult Education Division to a “Ladies Short Course” in Yarmouth, NS. on March 3, 1964. The topic of the address was “Leadership”. When I began to read the address, I wondered if our thoughts on leadership in 1964 were any different from what our thoughts on being a leader are to-day. Certainly first thoughts are the same “The need for leadership to-day in all walks of life is greater than ever before. Every aspect of living demands guiding hands: all levels of government, in business and the professions, in organizations within these, and throughout our communities.”

The speaker continues with “The mark of the leader is sensibility and insight; initiative and energy. Leaders are people who seek effective activity with a beneficent purpose. A love of high quality is essential in a leader. The leader – in any field – carries with him a sense of idealism, a vision of what might be”. He goes on speaking about other traits of a leader, - dependability, accepting responsibility, courage, the ability to tackle problems with energy and determination.” There are quite a few more very good suggestions about leadership ending with “in the last analysis. It is up to every person, young and old, to decide whether he decides to be a leader”.

If you have read this far, I am sure that you have noticed that the pronouns ‘he and him’ are used. He was speaking to a Ladies Short Course, and I am sure many, or most, of them were WI members. Those were the days when the rumbles for equality for women were getting louder and louder. Women wanted to be recognized as being as competent and qualified to be leaders as men. Almost eight years after this event in Yarmouth the Federated Women’s Institutes of Canada presented a brief to the Royal Commission on the Status of Women, expressing our views on women’s participation as leaders in all walks of life.

Progress has been made, but women still have a long, not quite as long, way to go before we reach the goal of equality as leaders.

News from Ontario – FWIO representative Anne Innes



What an exciting time it has been for FWIO as visitors from across Canada, both in person, and virtually attended the AGM of FWIC. Ontario is so blessed to have the Adelaide Hoodless Homestead Museum in our province to host this event. I am sure Adelaide was there with us, and smiling, witnessing all the organization the executive must do for an AGM, the food and fellowship that happens at such an event, and the resolve and enthusiasm at the end of the day that Women's Institute members will continue to do her work she started so many years ago. On a lighter note, I bet Adelaide was glad she didn't have to deal with all the technology involved in running a hybrid meeting. President Margaret deserves a medal in making this happen, under some very trying conditions. Thank you Margaret! At the AGM I, representing FWIO, along with Donna Henderson for Alberta, were installed as directors and Linda Masson, Alberta as FWIC treasurer.

A personal highlight was the opportunity to host Marie and Cecil Kenny, from PEI, Canada Area ACWW president, and Sheila Gallant, PEI provincial president, on a tour of the area. Visiting 4 counties in a whirlwind tour of Ontario's backroads they saw many food producing farms, and industries that make up this area. That evening was

culminated by a special meal served to us in the museum dining room, along with Linda Mason, Alberta, FWIC treasurer, Michelle Phillippi, FWIO president, and our FWIC president Margaret Byl. Following the AGM we travelled to the Janet and Erland Lee Museum for an excellent tour and lunch. The afternoon was a tour of Mayor Bradley's home in St. George. A true supporter of the work of the Women's Institute he is very proud to live in the house where the inaugural meeting of the St. George WI was held in 1903, with Adelaide Hoodless attending.

Our new museum manager Nancy is doing a wonderful job in promoting WI and the museum. The new closed in picnic pavilion is opening up all kinds of opportunities for functions to be held on the grounds, and new outdoor handicap washrooms make it accessible for all. FWIO welcomes you to visit our province and share the Adelaide Hoodless experience. Even if you can't travel, be proud of your WI Connection to this historic site!

Cooking And Healthy Living Submitted by Judy Page Jones, Quebec rep.

August is here and what a summer we have had so far. Gardens are starting to produce lots of fresh vegetable and one of the most plentiful is usually the zucchini. Here are a couple of recipes for you to try. The mock apple pie, I made while I was a cook at a senior's residence. I served it warm with ice cream and they all thought they were eating apple pie. If you try any of the recipes that I have submitted, please let me know how they turned out.

MOCK APPLE PIE (ZUCCHINI PIE)

- 6 c. zucchini (NOTE: extra large zucchini are preferred, they're firmer)
- 1 1/4 c. sugar
- tbbsp. flour
- tsp. cream of tartar
- tsp. cinnamon
- of salt and nutmeg
- for double pie crust



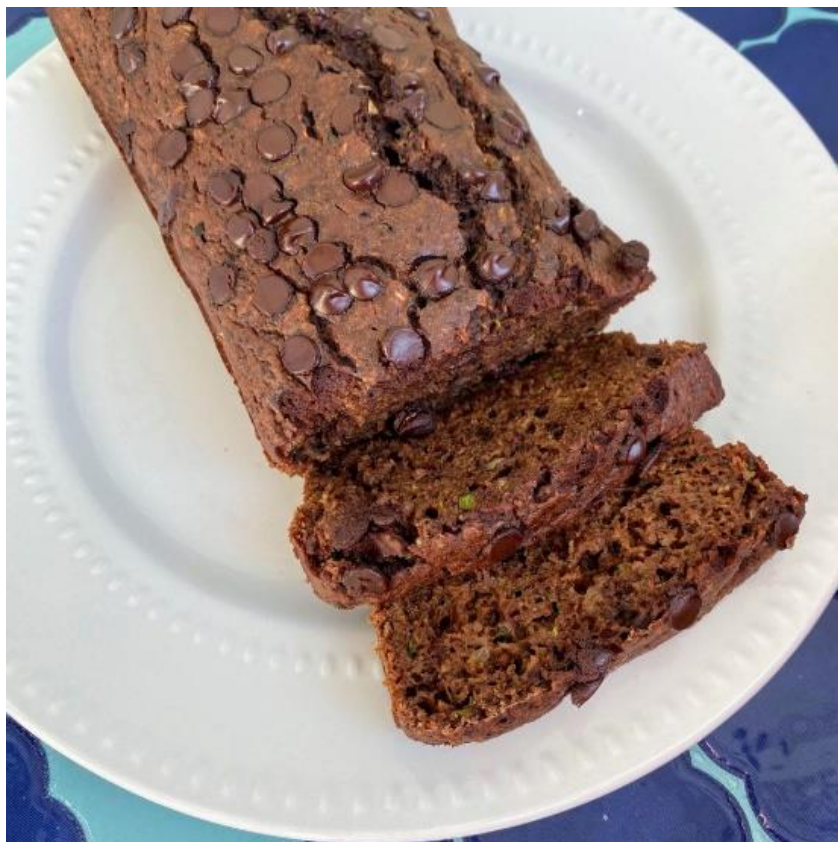
- 1 1/2
- 1 1/2
- 1 1/2
- Dash
- Dough

1. Pare zucchini, wash, and slice lengthwise. Remove seeds. Slice like apples.
 2. Add a little water and bring to a boil in a large saucepan. Simmer for about 15 minutes or until tender. Cool and drain well.
 3. Add rest of ingredients and place into an unbaked 9-inch pie crust.
 4. Cover with top pie crust and flute to seal edges. Cut slits into top of crust for steam to escape.
 5. Bake at 350 degrees for 45 to 60 minutes.
- You could also use a crumble topping instead of the top pie crust.

Chocolate Zucchini Bread

INGREDIENTS

- 1 ½ cups shredded zucchini
- 1 cup all-purpose flour
- ½ cup good-quality unsweetened cocoa powder
- 1 tsp baking soda
- ¼ tsp baking powder
- dash salt
- ½ tsp ground cinnamon
- ½ cup canola oil
- ½ cup sugar
- ½ cup packed brown sugar
- 2 eggs
- 1 tsp vanilla extract
- ¾ cup dark chocolate chips



DIRECTIONS

1. In a mixer, combine your oil, sugars and vanilla. Mix in your eggs and shredded zucchini.
2. In a separate bowl, sift together the flour, cocoa, salt, cinnamon, baking soda and baking powder. Slowly add the dry mixture into the wet and beat until combined. Mix in your chocolate chips.
3. Scrape your batter into a greased loaf pan or cupcake liners/tins and bake at 350°F (180°C) for 50 to 65 minutes (and the muffins about 25-30 minutes), or until done.
4. Note: a few chocolate chips can also be sprinkled on top.

A friend shared this me:

A woman who has crossed 70 and is heading towards 80 was asked what sort of changes she is feeling in herself?

She wrote the following:

- 1 After loving my parents, my siblings, my spouse, my children and my friends, I have now started loving myself.
- 2 I have realized that I am not "Atlas". The world does not rest on my shoulders.
- 3 I have stopped bargaining with vegetable & fruit vendors. A few pennies more is not going to break me, but it might help the poor fellow save for his daughter's school fees.
- 4 I leave my waitress a big tip. The extra money might bring a smile to her face. She is toiling much harder for a living than I am.
- 5 I stopped telling the elderly that they've already narrated that story many times. The story makes them walk down memory lane & relive their past.
- 6 I have learned not to correct people even when I know they are wrong. The onus of making everyone perfect is not on me. Peace is more precious than perfection.
- 7 I give compliments freely and generously. Compliments are a mood enhancer not only for the recipient but also for me. And a small tip for the recipient of a compliment, never, NEVER turn it down, just say "Thank You."
- 8 I have learned not to bother about a crease or a spot on my shirt. Personality speaks louder than appearances.
- 9 I walk away from people who don't value me. They might not know my worth, but I do.
- 10 I remain cool when someone plays dirty to outrun me in the rat race. I am not a rat and neither am I in any race.
- 11 I am learning not to be embarrassed by my emotions. It's my emotions that make me human.
- 12 I have learned that it's better to drop the ego than to break a relationship. My ego will keep me aloof, whereas, with relationships, I will never be alone.
- 13 I have learned to live each day as if it's the last. After all, it might be the last.
- 14 I am doing what makes me happy. I am responsible for my happiness, and I owe it to myself. Happiness is a choice. You can be happy at any time, just choose to be!



My friend decided to share this with all her friends. Why do we have to wait to be 60 or 70 or 80, why can't we practice this at any stage and age?



Associated Country Women of the World. Submitted by Marie Kenny

It is a very rainy afternoon here on PEI as I write this ACWW update. Rain is such a vital part of life, we need it to replenish the water table, crops need it to grow, my grandchildren love to run and play in it and it seems to refresh everything. I am thankful for it; however, I will be excited to see the sun again soon!

It is my privilege to share this update on my work as ACWW Area Canada President.

As an update to my June message, the ACWW Board of Trustees will now have the first virtual meeting on September 6th. There will be a Coordinators Meeting in August, information on this meeting will be sent out from Central Office.

On July 9th, my husband, Cecil and I travelled to Toronto to attend the FWIC-AGM. We were picked up by Margaret Byl, FWIC President and invited to attend both the FWIC Board Meeting and AGM.

Anne and Grant Innes toured us to see some of the industry and agriculture projects in the Brantford area. The diversity of both the landscape and the production of products were extremely interesting to us coming from Canada's smallest province.

It was my privilege to lead the Board installation of FWIC/WI Canada Directors Donna Henderson and Anne Innes, as well as Treasurer Linda Mason.

Congratulations to Miriam Lank, Adelaide Hunter Hoodless Woman of the Year for 2023.

Congratulations to FWIC President Margaret Byl and the entire Board of Directors on an inspiring and informative AGM. The hybrid meeting was hosted at the Adelaide Hunter Hoodless Homestead and Museum. Following the AGM we were delighted to visit the Erland Lee Museum on the ridge of the Niagara Escarpment in Stoney Creek. Both of these beautiful settings are a tremendously significant part of our history and the foundational legacy for our future.

FWIC/WI Canada is a category one society of the Associated Country Women of the World.

ACWW exists to amplify the voices of rural women so that the problems they face and the solutions they raise are heard and acknowledged by International Policy Makers and Legislators.

At the 30th ACWW Triennial World Conference twenty-one Resolutions and Recommendations were presented. Many of these involved Constitutional or By-law Amendments. Two of the Constitutional Amendments were withdrawn prior to presentation due to their repetitive nature. All other resolutions but one were approved.

The Three Resolutions that were not Constitutional updates were:

1. The "Establishment of Rural Women's Action Plans", moved by Rural Women Zealand.

2. "Addressing Food Waste", moved by National Association for Family and Community Education, USA
3. "Rural Gender Impact Analysis", moved by Rural Women New Zealand.

All the Resolutions and Recommendations are on the ACWW website. One that you might want to take particular note of was the Resolution passed regarding the changing of Membership Rates. Updated membership fees for all members for 2023-2026 is as follows:

Category 1..... £130

Category 2 £76

Category 3 £61

Category 4..... £41

Category 5 £30

Again, all this information will be on the ACWW website, along with numerous videos from the Conference and other resources as needed and available.

Thank you once again for your support. I look forward to working with you and welcome invitations to visit your society, to meet many of you, to share updates and learn more about the work happening in your area - as together we are rural women in action, working toward sustainable growth for the future.

Please feel free to contact me at any time, my email address is: canada@acww.org.uk

FWIC Board Highlights submitted by Lynn MacLean

ONLINE AUCTION: FWIC will hold its second online auction from **Oct 10 to Nov 14th**. Auction items are to be a minimum of \$25 and each province is invited to contribute a minimum of three items. A picture and description of the items are to be sent to Lynn by September 18, 2023, at president-elect@fwic.ca. Info sheet attached. Please share with your members.

FWIC COMMUNICATIONS COMMITTEE: The Communication Committee is looking for three volunteers. One to help with the website, one to liaise with the provinces, and one to work on promoting resolutions. This would be about four hours per month.

FWIC RESOLUTIONS COMMITTEE: President Margaret is looking for members to work on the Resolutions Committee. If interested, please email Margaret at president@fwic.ca.

NATIONAL CONVENTION PIN 2024: Reminder of the competition that is being held to create a convention pin to commemorate the 23rd national convention. Entries should be emailed to info@fwic.ca

or mailed to the National Office. Entries will close on January 1, 2024. The winner of the design will receive free registration for the national conference in Nova Scotia.

NATIONAL CONVENTION 2024 (September 17-19): Early Bird registration will be \$375 and will open on January 1st, 2024, and run till April 30, 2024. From May 1st to July 15th inclusive the registration will be \$425. Rooms have been blocked at Inn on Prince, Truro, NS. Room rates begin at \$164 plus 15% tax and includes breakfast. A \$50 charge will be taken on check-in for incidentals.

NATIONAL REPORT: The FWIC Annual Report is available for interested members. Please email president-elect@fwic.ca to request a copy.

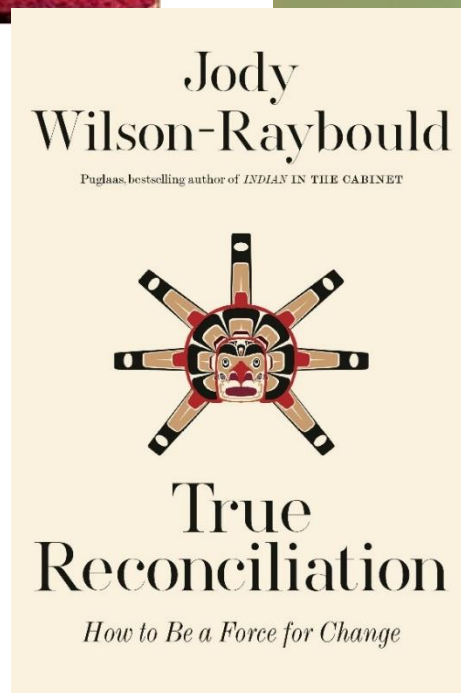
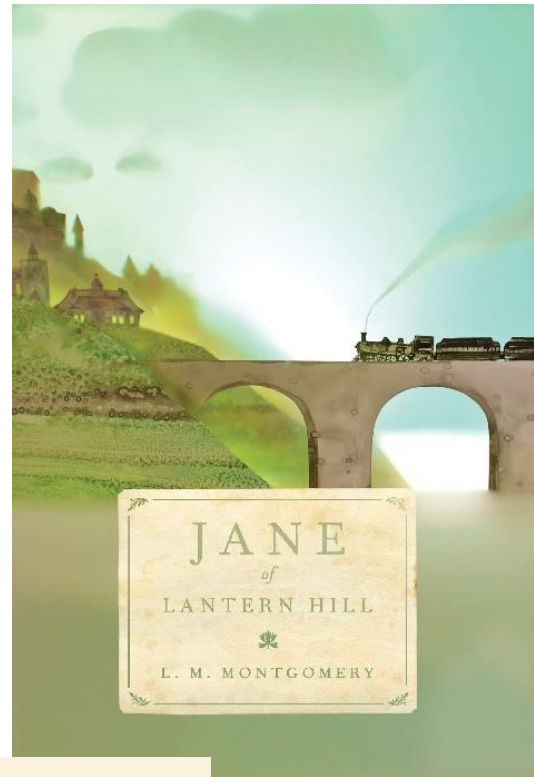
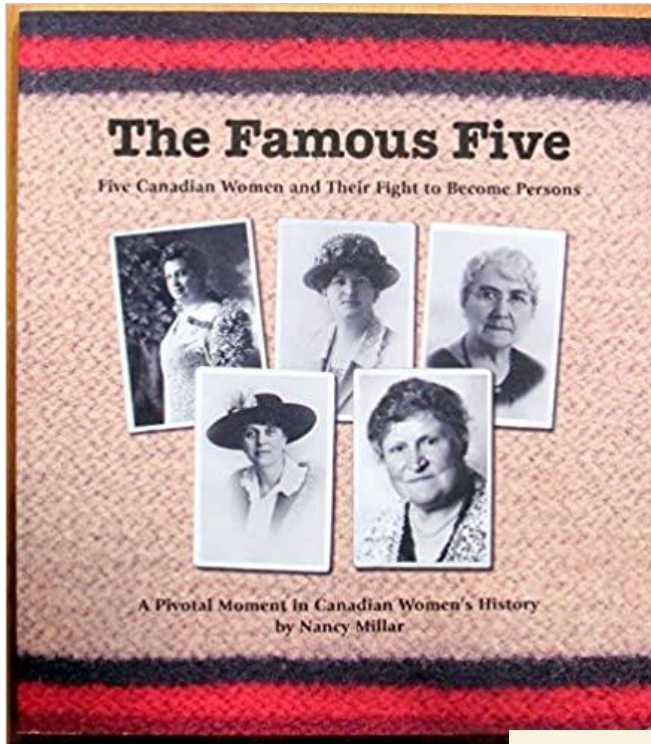
Resolutions News:

BCWI July 4 2023 Shortfall of Family Doctors in BC: - "Nearly 60% of British Columbians find it difficult to access or have no access at all to a family Doctor" CBC news - One in five Canadians - about six million Canadian adults- do not have a family doctor CBC news We are having a massive shortfall for families being able to have access to a family doctor in BC and the rest of Canada as well. Visiting a doctor now consists of attending a walk-in clinic, an emergency room, or a virtual appointment. This severely impacts our ability to have consistency of care for ourselves. When visiting one doctor to the next for each appointment no one is tracking your healthcare, so many chronic or underlying issues are not being discovered or treated soon enough. I gave many examples of this at our AGM meeting so I won't repeat the same information here. What I can say is talk to your neighbours and see how widespread this issue is. We need to do some discovery work at this time to see what the root of the issue truly is. Is it due to: A.) a lack of trained Doctors B.) Doctors not receiving enough pay to open family practices C.) A preference to work in clinics and hospitals over opening family practices D.) A lack of government support for family practices E.) Other The second issue we discussed was that walk-in clinics and emergency rooms were having random closures due to lack of staff so we need to do some discovery work around why this is happening. Is it due to: BCWI 1 A.) Lack of Doctors B.) Lack of Nurses C.) lack of admin and other required staff D.) lack of government funding E.) other We need to work for change in our health care system because it is failing us as a whole. It has steadily declined since Covid and we need to know why so we can work towards making change. Please I ask each branch to go out into your community and report back to me what the state of healthcare is like in your community. Are clinics and emergency rooms having closures, are citizens able to get a family Doctor with ease or are they waitlisted. Why? Any and all information will help us to form a resolution to lobby for improvements and needed changes in our healthcare system in BC and Canada Submitted by Kim Coy

Kcoybcwi@gmail.com

Book Club Fun

August is here and the next meeting of the Cross Canada Book Club is slated for September 21st. Our book for discussion will be *The Famous Five*, by Nancy Millar. Each of the last three books are shown here, so now is the perfect time to read up for fall 2023.



Tweedsmuir Competitions

HISTORY COMPETITION

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

RULES:

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

Scoring Points

Most inspiring: 50

General appearance: 20

Originality: 30

CULTURAL COMPETITION

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

RULES:

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

Scoring Points

Content: 60

General appearance: 20

Originality: 20

HANDICRAFT COMPETITION

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

Rules:

- Size: maximum 30” (76.2cm) X 42” (106.68cm)

- Can be either hand-done or by machine.
- Must be completely finished and ready for hanging.
- Back must be visible.
- Follow the general rules.

Scoring Points

General Appearance: 15

Presentation: 20

Design and colours: 20

Workmanship: 30

Back of the project: 15

COMMUNITY COMPETITION

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

Rules:

- Length: 500-1000 words
- May include pictures.
- Needs to be typed and double spaced.
- Use the font ARIAL; size# 12.
- Spelling and grammar scored under general appearance.
- Follow the General Rules

Scoring Points

Content: 60

General appearance: 20

Originality: 20

GENERAL RULES

- There will be no limit to the number of entries submitted by Provincial members, however, only one entry per category per person will be considered.
- All submission must have name, Province, Branch, email address and phone number attached in a sealed envelope.
- Submissions that are mailed in must be received by **September 1, 2024** at the following address (**not the FWIC office**): FWIC President-elect, Lynn MacLean; PO Box 493, Pictou, NS B0K 1H0.

- Otherwise, submissions must be brought in on the first day of Convention, **September 17, 2024**, to be judged. Late submissions will **not** be considered.
- All entries must be picked up at the end of the Convention or arrangements made to return the items at the expense of the submitter.
- FWIC/WI Canada will not be held responsible for lost or damaged submissions.
- Winners must give permission for the use of their photo, name, province, and branch by the FWIC/WI Canada on their website, social media pages, and newsletters.
- Photos of people in the competitions must have their permission for the use by FWIC/WI Canada
- Copyrights must be adhered to (Permissions in writing for copyright items must be provided).

SENATOR CAIRINE WILSON COMPETITION (2021-2024)

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

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

Scoring Points

General Appearance: 20

Workmanship: 30

Presentation: 20

Originality: 30

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

National Convention Pin 2024:

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

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



FWIC WI CANADA ONLINE AUCTION 2023

Bidding Owl

Auction Dates: October 10th to November 14th inclusive

Picture of each item and description: Due on or before **September 18th, 2023**

Description to include colour, size, and approximate value

Minimum value: \$25.00

Request: minimum of three items from each province. Items to be kept in the province and sent to the purchaser from the province. The more items, the larger the amount that can be raised.

Shipping: responsibility of purchaser or where possible the province

Suggested items: items that can be easily shipped -relatively flat and with little weight

Other: It would be great if we could get some larger gift certificates.

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



Margaret Byl, President
Lynn MacLean, President Elect
Colleen Hooper, BC
Linda Mason, Treasurer
Eleanor Lilley, NS
Anne Innes, ON

Debra Barrett, MB
Judy Page Jones QC
Angela Scott, NB
Doreen Wall, PEI
Elizabeth Moss, NL
Donna Henderson, AB

See you all in September!