

# WI Connections

Monthly Newsletter of the  
Federated Women's Institutes of Canada



Photograph from left to right: Jennifer Edgar; Marsha Deans Edgar; Mary Ellen Edgar and Harold Edgar

## *WI Entrepreneurs...the Edgars* submitted by Margaret Byl

I had the distinct pleasure of interviewing the Edgar Family, Mary Ellen & Harold Edgar and their daughters-in-law Marsha and Jennifer.

I was invited to the family's homestead in Paris, Ontario, where Harold was born and where Marsha and her husband, John, now live. Five generations of the Edgar Family have called this their home. Harold started out as a dairy farmer



but switched to cash cropping, growing corn, wheat, soya beans, rye, and hops. One thing led to another and several more farms were purchased

We met in Marsha's Studio (Marsha Deans Edgar Studio. [www.marsha.ca](http://www.marsha.ca)) located in the original barn which had been renovated. Marsha teaches art and holds music and other events as well. For the past 6 years, she has produced a wall calendar of her beautiful watercolour paintings. The lower section of the barn has a kitchen, eating area and a washroom; a staircase leads to what would have been the loft. To my surprise, the upper portion of the barn houses a community style hall with a stage area, a wonderful fireplace with a sitting area and a large area for an art studio. I am told that many a concert/barn dances have been held there by this tight-knit and musically talented family.

There was a beautiful weathered old harvest table and in true WI hospitality, it was set for tea and refreshments. Mary Ellen began by telling us about the teacups and saucers that she had brought for us to use. One was originally from a great aunt travelling in a covered wagon; another had images of the Royal Canadian Mounted Police (a keepsake from a family event); another came from Harold's grandmother and then there was this beautiful Women's Institute teacup and saucer, given to Mary Ellen as a gift and which I had the honour of using.



Looking at the teacups, in perfect condition, you had no way of knowing how old they were or where they came from. I was fortunate to hear their stories. It came to mind that each cup had a story behind it and like so many businesses, we see the products or services provided, but we rarely hear of the beginnings, the struggles and the triumphs that go with them.

Here is the story of three Past Women's Institute Presidents of the former Whiteman's Creek Branch of FWIO in Paris, Ontario and the Eucalan adventure that became a thriving business and one that holds the ideals and moral values of the WI in high esteem.

Mary Ellen, a WI member of 50 plus years is a Life Member of the Federated Women's Institutes of Ontario; and both Marsha and Jennifer were members for 20 plus years. All at one time or another were Branch Presidents of the Whiteman's Creek Branch, established in 1911 but unfortunately, the branch disbanded at the end of 2007. They all fondly remember travelling to Hamilton, Ontario to celebrate the 100<sup>th</sup> Anniversary of the WI. How fitting it is that we can recognize their efforts and accomplishments as we celebrate 125 years of WI in 2022.

"Mary Ellen Edgar is the founder of Eucalan and her story is an inspiring one. Her venture into the world of alternative laundry products all started with a visit to a friend in Australia who gave her a Ministry of Agriculture home remedy for a no-rinse laundry product for woolens. Living in the country and accustomed to economizing with well water and a septic



tank, Mrs. Edgar tested the formula herself and was amazed at the results". With a twinkle in her eye, Mary Ellen jokes that she didn't want to take a chance on her fine woolens, so her husband's red and white Argyle wool sweater was used for the experiment. It washed up beautifully and "she saved time, water and energy because of the no-rinse benefit of the formula".

Encouraged by her son John to start her own business and supported by Harold and Ken, Mary Ellen proceeded to go to the next level and produced the new product on a commercial basis.

Jennifer, originally from St. Thomas, met her husband Ken through Junior Farmers in Elgin County. She joined UCW and the WI, the Fair Board and immersed herself into the Paris community. Jennifer commented that joining Women's Institute was a great way to meet people and become part of the community. Jennifer recalls that one day Ken had invited her to a Junior Farmers event being held at the Edgar family farm. Jennifer's first encounter with the product was while looking for the washroom, she came across Mary Ellen pouring sample bottles at the kitchen table. Jennifer has been with the company since the beginning.

The company name, Eucalan, is the combination of two of the prominent ingredients from the original product formula -- eucalyptus and lanolin. "After handling all the business, herself for a year, Mrs. Edgar was joined by members of her family and the company began its steady expansion." The product has evolved over the years with changes based on studies and scientific development.

Harold sold the first case. They travelled to a lot of shows and in true family business style, as the business developed Marsha's support began with a 10' x 10' banner which read "No Rinse Wool Wash" designed for The Creative Sewing and Needlework Festival in Toronto. From The Cumberland County Knitter's Booth, Mary Ellen sold 15 cases of product, one bottle at a time, supporting the sale of hand-knit sweaters of Briggs & Little yarn. Harold & Mary Ellen travelled to many a trade show throughout North America and the UK. Since then, the landscape has changed, and a rebranding was done with Marsha's beautiful hand illustrated artwork now proudly displayed on the product bottles. Oh, and by the way, the bottles do not slip when wet!

Today, Eucalan is still very much a family affair with Mary Ellen as President and hands-on advisor and daughter-in-law, Jennifer, at the helm as Chief Executive Officer and Marsha involved in artistic design. Mary Ellen and Harold's daughter Lisa Carrow, a teacher and who now lives in New York State, helps with sending samples to USA clients. With this new regime has come different directions for Eucalan including a strategic targeting of the Canadian and international fashion market through aggressive sampling and publicity campaigns. Eucalan is represented by 22 distributors around the world in 13 different countries, with the Head Office in Paris, Ontario. This Canadian product is manufactured in Toronto in a certified lab; everything else is made within a 90-minute drive from the office.

"In addition to its ecological value, the practical significance of Eucalan is that it can be used in both front and top-loading washing machines as well as in a basin for hand-washing. And with its unique no-rinse benefit, Eucalan is the perfect travel companion, making it simple to wash delicates in away-from-home accommodation and hotels." Not only used for woolens, the Eucalan product is great for fine lingerie, silks and more. Even



for washing your dog. My 4-month-old puppy loves it too! Check out their “How To” videos on YouTube by going to <https://www.youtube.com/c/EucalanDelicateWash/videos>

Eucalan is a proud member of 1% for the Planet. “We take responsibility for the health of our planet by donating 1% of annual sales to environmental non-profits creating positive change. We love our waterways and have stepped up to support non-profits dedicated to implementing solutions.” More information about the 1% for the Planet organization can be found here: <https://www.eucalan.com/home/1-planet>

“From humble beginnings in 1989 to a Canadian success story more than thirty years later, Mary Ellen's vision for the company for the next five years is that the Eucalan brand name gain more recognition as the number one specialty laundry product in the world. And confident that the team running the company will achieve this goal, Mrs. Edgar plans to spend more time with her husband, Harold Edgar, a dedicated farmer who has no intentions at this point of retiring.”

This tight-knit family continues to amaze with their entrepreneurial skills – Harold, John and Ken continuing with their diversity in farming, Marsha's Art Studio, and wait for it .... Marsha, John, Jennifer, Ken and a partner own and operate the “Paris Beer Company”. Seven different varieties of hops are grown on the home farm for use in the specialty beers. Jennifer's adult son Tobias is one of the Brewers, working under Ken's direction, and teenage Amelia helps in the store. Cathryn and Meghan, John and Marsha's daughters, are also involved in many areas of the farm and other businesses.

Mary Ellen Edgar leaves us with this thought “it is important that the work of Adelaide be memorialized. Stay well and enjoy each other.”

The Federated Women's Institutes of Canada and the Adelaide Hunter Hoodless Homestead wish to thank Mary Ellen, Marsha and Jennifer Edgar for their generous donation of \$15,000.00 made in August 2021.

It was an honour and a pleasure to have met with the Edgar family!

To learn more about Eucalan please visit: [www.eucalan.com](http://www.eucalan.com) or contact them at [info@eucalan.com](mailto:info@eucalan.com)

### *WI Entrepreneurs*

We are looking for WI Entrepreneurs from across Canada! Let's recognize Women's Institutes members who organize and manage a business undertaking, including agriculture, food management, writers, home economists, financial advisers, realtors etc.

If you or someone you know would like to be highlighted in the WI Connections, please send us your suggestions, contact information, WI membership information (province, branch, etc.).

Note: FWIC/WI Canada does not necessarily endorse a product or business service that may be highlighted in the WI Connections virtual newsletter.



## Margaret's Message. . . Submitted by President, Margaret Byl

February is WI month. Congratulations WI!

Women's Institutes (WI) members have actively worked together for family, home, community, and country for 125 years. On February 19<sup>th</sup> (WI Day) we celebrate the founding of the Women's Institutes movement.

The Original Women's Institutes' Constitution was written in response to the first Women's Institute meeting, held on **February 19th, 1897**. At this meeting, Adelaide Hoodless spoke to 100 women about creating an education society for women. Janet Lee penned this document with the assistance of her husband, Erland, as well as that of E.D. Smith and Major F.M. Carpenter.

The constitution was hand-written at the Lee family home on the walnut table which she brought as a bride, and which is still on display in the dining room of the Erland Lee Museum. The Constitution was ratified by the women at the next meeting, on February 25, 1897, where Mrs. John (Adelaide) Hoodless became an honorary President, Mrs. E.D. (Christine) Smith became the first President and Mrs. Erland (Janet) Lee became Secretary of the organization.

The Women's Institutes were the first group to represent the concerns of rural women in government, and for most of the 20th century, the WI was the principal voice of rural women in Canadian government.

Little did our co-founders Adelaide Hoodless and Erland and Janet Lee know of the tremendous impact that their efforts would have on the world. In 1897 when Canada was only 30 years old women were not considered people under the law nor did they have the vote.

In 1915, Mrs. Madge Watt brought the WI to Great Britain, where today, Her Royal Majesty, Queen Elizabeth II presides annually as president of the Sandringham WI Branch.

In 1919 the Federated Women's Institutes of Canada was established to provide a united voice for the Women's Institutes of Canada; to initiate national programs, provide resource materials and to provide a medium of intercommunication among the units of the Federation.

The Women's Institutes movement and the efforts of those pioneering Institute members are known throughout the world. Through our affiliation with the Associated Country Women of the World we belong to a global sisterhood of women to improve the quality of life for all women, their families, and communities.

Many things have changed since that chilly Friday evening in 1897. Like most organizations, our membership numbers have waxed and waned over the years. Today we have approximately 5, 295 members in 450 branches across Canada. The work of WI members from coast to coast to coast is to be celebrated but we have much more work to do. COVID 19 may have put some restrictions on us, but in true WI fashion and resiliency we move forward and adapt. Education is still one of our priorities, along with Food Security, Human Trafficking and Climate change. With your help, we will rise to the challenge and Sail into the Future with a Recipe for Success!



Warm up your teapots, bring out your teacups and join us on February 19, 2022 at 2 pm Eastern Time for a Zoom Celebration. Here is the link:

<https://us06web.zoom.us/j/85773389833?pwd=d1dkbmVhWWUxVUFNMStvUDc4QnN4Zz09>

I would also like to welcome Sharron Adams as the new President of NBWI.

February is also Black History Month. I leave you with this fitting quote:

*“Education is the most powerful weapon for changing the world”* – Nelson Mandela

.....

*Women’s Institute of Nova Scotia*



Karla MacFarlane, Minister responsible for the Advisory Council on the Status of Women. Presenting a certificate on behalf of the Government of Nova Scotia in recognition of the 125th Anniversary of WI to Past-President of W.I.N.S Eleanor Lilley.



## Adelaide Hunter Hoodless Homestead

submitted by Margaret Byl, President FWIC

The Adelaide Hunter Hoodless Homestead was unfortunately closed to the public due to the Provincial COVID 19 restrictions, but Emily and Roxana returned to work on January 12th. Emily will be working virtually Monday through Friday and Roxana will be working onsite with new days Tuesday through Saturday from 11am - 4 pm Eastern Time. Once the Provincial restrictions have been lifted Roxana will be working from Wednesday through Sunday to accommodate any bookings for the museum.

In the meantime, staff from the County of Brant have been working on the kitchen renovations with a plumber to help with the addition of a third sink. The hood exhaust fan has been mounted and we are inching closer to having the kitchen ready for County of Brant Health Unit inspection and certification. Thanks to Elaine Tully from the Women Inspiring Women Women's Institute branch in Paris, Ontario, we will have several volunteers with their Safe Food Handling Certification available to help when needed.



The Collections Room at the Homestead is being re-organized and hidden gems from the Collection are being catalogued, entered in Past Perfect Data Base and some are being used in the displays. Roxana will continue to Archive the Collections.

Emily is busy working on developing a new display celebrating 125 years of Women's Institutes and Adelaide's Legacy, updating the Adelaide Hoodless Homestead website and working with Roxana via virtual means.

Watch for updates and Fun Facts every Friday with new posts being made on the Homestead's Social Media pages.

Valentine's day  
14 February



## 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.*



### 125 Years "For Home and Country" --- Happy Anniversary

It was on February 19<sup>th</sup>, 1897, in Stoney Creek, Ontario, that Adelaide Hoodless, with the assistance of Erland Lee of the Farmers' Institute of Ontario organized the first Women's Institute. She, a woman of vision and determination, had experienced the tragedy of losing her eighteen month old son, needlessly, from drinking impure milk. Her vision was that she would do everything possible through education to prevent similar tragedies. Adelaide Hoodless conceived the idea of rural women banding together "to improve physical, intellectual, and cultural conditions in the home and to raise the standards of homemaking" The women that February night sensed their responsibilities as homemakers and their aim was illustrated when in early Minutes they recorded "A nation cannot rise above the level of its homes, therefore we women must work and study together to raise our homes to the highest possible level." A little more than a decade later Women's Institutes were organized across Canada. They became known as "the rural women's university" recognized as a strong advocate for adult education. And now 125 years later we celebrate an organization that continues to adhere to its motto "For Home and Country".

The list of achievements, programs and projects that have been part of the activities of rural women "banding together" is more than remarkable. Throughout the years the Women's Institutes have always continued to realize the importance of education and their programs have continued to be truly adult education. But in addition to that, Women's Institutes have seen a need, whether that need was local, provincial, national, or international, and they have responded to that need. In some cases, they have been known as the "work horses" in their communities but responding to those needs has shown ongoing commitment to community service. Important to note too, is that throughout the decades the Women's Institutes have endeavored to respond to the changes around them and to make the changes needed so that the organization is still relevant and much needed 125 years later. Thinking of the achievements of the past, and the ongoing important work that is taking place, the organization faces the same challenge as many, many other organizations, - attracting new members. Then we can be as blunt as someone who recently said to me "Will the W.I.s be missed if they were gone?"

We can only admire and appreciate the efforts of the Women's Institutes since 1897. But there is one very important aspect of being a member of this organization that must be remembered and celebrated – what has it meant for the





women who have been members? If you who read this were asked “What does being a W.I. member meant to you?” I know it would be an interesting response. To be personal, I joined my Branch just three months after I arrived from Montreal as a bride to live on a dairy farm in Nova Scotia, I attended my first WI meeting. I knew so little (despite a couple of university degrees!) and from the very start I learned as much from the new W.I. friends I made and what they and our programs taught me. The friendships, sociability and learning have continued for sixty-nine years, and I treasure all the friends I have made in so many places in Canada and around the world. My W.I. membership has opened many other doors for me which have enriched my life. It is no wonder that I can celebrate that beginning in 1897 and only wish that the Women’s Institutes may continue to be an important force for Home and Country.

It all began from the vision of one amazing woman. We must continue to have vision with new ventures. The words of the poet Charles G.D. Roberts fittingly say:

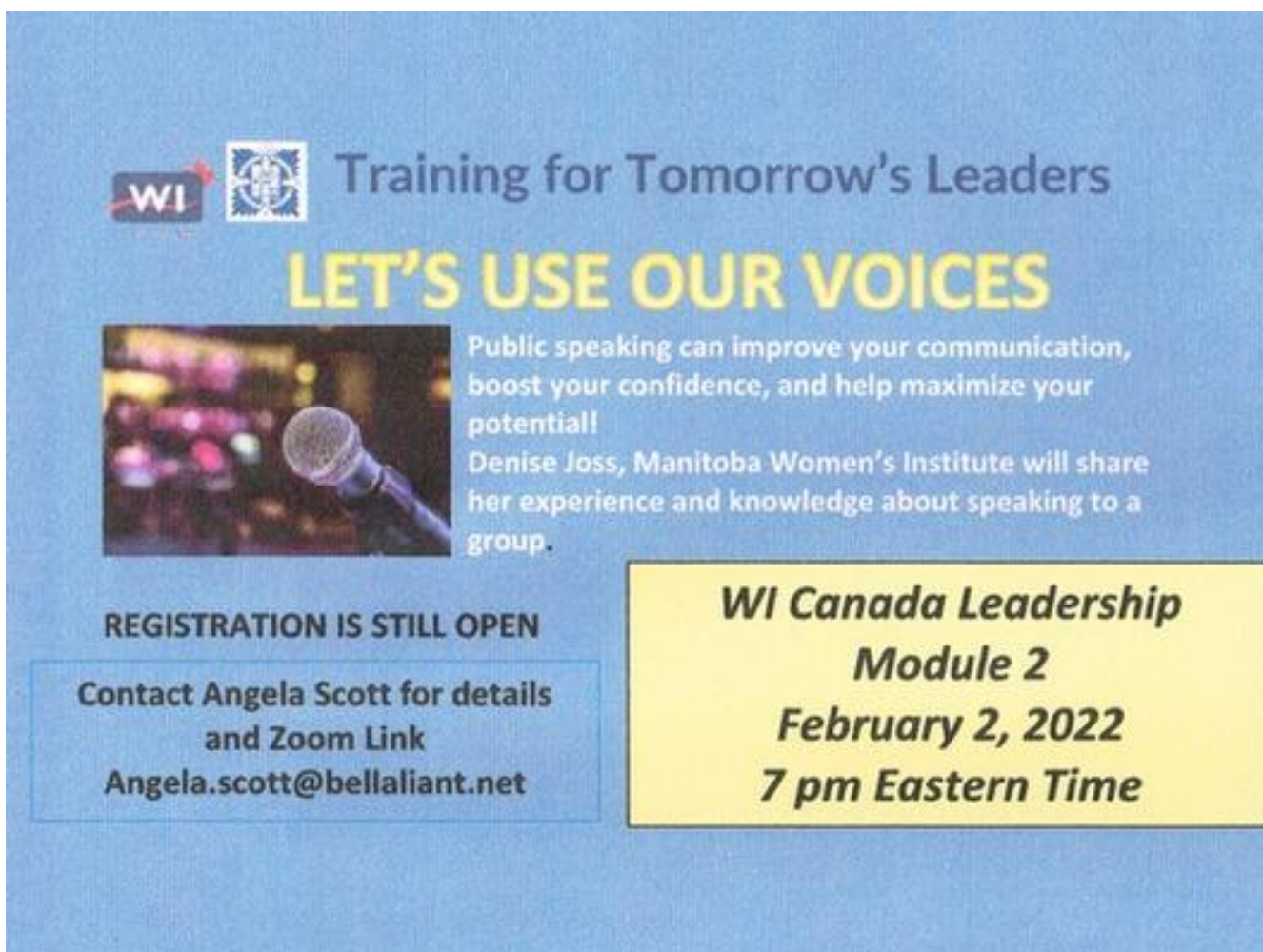
*“At the crest of the hill, I shall hail the new summits to climb;  
The demand of my vision shall beggar the largess of time;  
For I know the higher I press, the wider the view;  
The more’s to be ventured and visioned in worlds that are new”*

.....

### *Pen Pal News* submitted by Judy Parks

"A very Happy New Year to all who are part of the Pandemic Pen pal program FWIC started in October 2020. Since then, it has connected over 200 requests of email and airmail so seems to have met a great need for learning of other WIs plus having an opportunity to armchair travel. Although requests have slowed, it seems the pandemic has not, so we are keeping the program open for the time being. Those on computers or not can get a friend or family member to send information as to interests etc. to [info@fwic.ca](mailto:info@fwic.ca) and mark it "pen pals"."





The poster features a blue background with the WI logo and a circular emblem at the top left. The main title is "Training for Tomorrow's Leaders" in white, with "LET'S USE OUR VOICES" in large yellow letters below it. A photograph of a microphone is on the left. Text on the right describes the session: "Public speaking can improve your communication, boost your confidence, and help maximize your potential! Denise Joss, Manitoba Women's Institute will share her experience and knowledge about speaking to a group." A yellow box at the bottom right contains the event details: "WI Canada Leadership Module 2 February 2, 2022 7 pm Eastern Time". A white box at the bottom left provides contact information: "REGISTRATION IS STILL OPEN Contact Angela Scott for details and Zoom Link Angela.scott@bellaliant.net".

## *The Adelaide Hunter Hoodless Canadian Woman of the Year Award*

### *Nominations Now Open*

Nominees do not have to be members of a Women's Institute.

**This Award** seeks to acknowledge **dedicated women** whose contributions make their communities and our world a better place to live. **Adelaide Hunter Hoodless Canadian Woman of the Year Award** recognizes the hard work, dedication, and support that these women have offered and continue to offer as they give leadership, inspire others, and make a difference while exhibiting the qualities of Adelaide Hunter Hoodless, the founder of the Women's Institute movement. Nominations will close at midnight on March 31<sup>st</sup>, 2022. For more info: [fwic.ca](http://fwic.ca)



## Outreach Committee Update submitted by Lynn MacLean

FWIC-WI Canada has two three main committees, Executive, Outreach, and Communications with each Committee assigned specific responsibilities. In the last issue of *WI Connections*, there was a request for members who might be interested in helping at the national level. To help explain the work of the committees, this issue will share the work of the Outreach Committee.

The Outreach Committee is responsible for planning special events, proposing national projects, providing opportunities for the provinces to connect, advocating on issues effecting women and families as well as seeking opportunities to connect with other organizations. They also share information on the work of the Associated Country Women of the World and oversee the operations of the Adelaide Hunter Hoodless Homestead Historic Site.

The Projects for this Triennium will be to finish the e-book, *Hearth is Where the Home Is*, and to Celebrate 125 Years of WI. As explained during the last Triennium, the e-book will share how WI members, their families, and society coped during the Pandemic. When this project was first introduced, it was thought that the Pandemic would be over by 2022. However, that is not the case and therefore articles can still be submitted.

To Celebrate 125 years, the Board is encouraging the provinces to collectively gain 125 new members. With the permission of the new member, their names will be printed in *WI Connections*. In addition, the Board is encouraging the planting of 125 trees or scrubs (coniferous or deciduous or fruit trees) across Canada and share where it is planted and who planted it. Pictures showing the event are welcome.

Leadership Modules, an idea from the Communication Committee, are underway. The first one provided an overview of leadership and the second one will be on public speaking. If interested in attending future modules, please contact Angela Scott.

Special events have been held on Remembrance Day, A Patch Work of Christmas as well as a Round Table on Membership. Plans are underway for WI Day on Feb 19 as well as a Round Table of Food Security and Consumption. The last Roundtable will be held in April with the topic of Climate Change.

The Committee is working on posting past FWIC Resolutions on the website. To complement that work, the Committee is also gathering the Resolutions from the last few years from the provinces. For more information contact Denise Joss.

Have an idea or suggestion for the national level? Contact [president-elect@fwic.ca](mailto:president-elect@fwic.ca). New ideas and suggestions are welcome. **Committee Members:** Judy Page Jones, Denise Joss, Colleen Hooper, Brenda Devauld, Angela Scott, Lynn MacLean, Doreen Wall, ex-officio President Margaret Byl . New Committee members are: Sue Cushing and Sue Hoszouski.



# Anatomy of a Quilt Block submitted by Mary Shortt, FWIO Past-President

The first Women’s Institute was established 125 years ago and WI’s in Ontario are celebrating! One of the projects is to revisit a quilt pattern originally designed in 2005 by a WI member in Brighton. It is called the Home and Country Rose Quilt. She gave FWIO members permission to use it again for this special year. A quilt block challenge was created by Debbie Fawcett of Hornings Mills WI Branch. 100 kits containing the material, cutting and sewing instructions and an entry form were created and available to purchase for \$15 each. A professional quilt judge is engaged and the judging is scheduled for February 19, 2022.

Just to be clear I am not a quilter! However, I enjoy doing jig saw puzzles and I decided that cutting and putting this quilt block together would be like creating and assembling a puzzle! I am a sewer so I hoped that would give me the skills I would need.

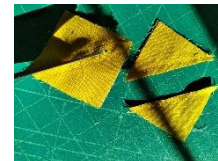


The kit contained the exact amount of each colour.

After reading the instructions several times I started measuring and cutting and luckily, I remembered an important rule = Measure twice, cut or stitch once.

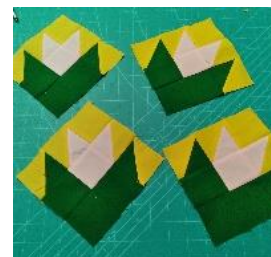
When I was done cutting, I had 64 small squares – yellow, light green, dark green, pink, and blue.

The next learning experience was to create a square triangle!  
This is an interesting concept and fun to create. I could hardly wait until I start putting it together!



Putting it together was almost as fun as putting together a puzzle!

I did the 4 rose corners first using 9 triangle squares for each.



Next, I used blue and yellow triangle squares to make the chevrons for sides.



Finally adding the 4 green full squares I began stitching each section together. In my excitement I put one of the corners on wrong and had to take the stitches out and reattach it correctly.



I can say that when I was done I was pleased by the finished project and I can't wait to see some of the quilts that will be put together by 5 of our Areas and displayed at the International Plowing Match in Kemptville, Ontario this fall and then become a fundraiser for each Area and FWIO.



## Prince Edward Island WI submitted by Ellen MacPhail

The provincial board of the PEI Women's Institute with its 70 branches remain cautious in light of the current health situation yet look forward to the next few months of planning through adjustments. This month also sees the Board wishing to spark and extend moments of friendship across our Island.

A delightful online zoom meeting with WI members from the Isle of Wight in the UK kicked off this past week igniting a further friendship. The unique meeting of the two Islands showcased how Women Institute members across the world share similar disconcerting pandemic experiences yet are jointly concentrating on hope for the near future as shared in their lively discussions across 4000 miles and multiple time zones.

The short online session reminded the provincial board how it is important to reach out during periods of isolation. As guided by distancing health measures and restrictions, board members penned personal notes and thank you cards to their own WI membership of approximately 1000 members across PEI in these past few years.

During the time of transition during these cold months, the PEIWI provincial board challenges Islanders to do something similar, and hand write a note to a fellow neighbor, family member, friend, or an organization who could use a note of cheer during this more seemingly isolated part of the season. It can be as simple as sending your favorite potato or agri-based recipe in support our agricultural families to indirectly encourage commerce, or other



simple seasonal greeting or thank you cards. WI is an organization comprised of members who quietly realize a simple kind gesture such as note or sharing a recipe can be as warming or meaningful as a good cup of hot chocolate on a cold January day.

With further adjustments, the next official provincial event on PEI will take place on Founder's Month in February. This month is set aside to celebrate the formation of Women's Institute where PEI is now celebrating well over a century of service from when the first branch began in PEI in 1911.

Founder's Day, or Month, celebrates the formation of WI in honor of its Founder, Adelaide Hoodless throughout February. The following are now adjusted events from in-person sessions and will take place online February 17<sup>th</sup>.

As February is Heart Month, Founder's Day celebrations will feature an online presentation from Santina Beaton-MacEachern on heart health, as well as a session by the Great Wisdom Buddhist Institute (GWBI) Nuns. Branches and members of the public are welcome to join in. Deadline to register is February 10 through the PEIWI website, by leaving a message at 902-368-4860 or email at [wi@gov.pe.ca](mailto:wi@gov.pe.ca). The planned rock painting session will be delayed to an in-person event for the fall.

This year's Founder's Day Contest is a Roadside Cleanup slogan/hashtag contest for WI members and their branches. Members of the public are encouraged to contact their local branches to submit ideas by February 15 as the winning slogan or hashtag will be featured in the 2022 Roadside Cleanup promotions.

February will also see the "Taking Care of Women's Business! Period. 28 Day Campaign" resume for its seventh year. PEIWI is continuing to collect feminine hygiene products in the month of February. Drop off locations include Murphy's Pharmacy, and Mainstreet Pharmasave in Souris. Murphy's Pharmacies is pleased to once again match donations with those purchasing their Atoma brand. These collections will go to food banks across Prince Edward Island.

The PEI Women's Institute is also pleased to announce the continuation of a scholarship in honour of Prince Edward Island's Famous Five from sales of Prince Edward Island's Famous Five. This scholarship highlights both the Women's Institute's roots in agriculture. Published by the Interministerial Women's Secretariat, the book tells the story of how five women made political history, holding five of the most influential positions of government in the province in 1993. Books are available through contactless pickup from the PEIWI office in Charlottetown.



# WI

*We are here for you...*



We are a diverse group of women from each Canadian province & we support networking, fun, and learning.

# Women's Institute

Join our voice on...

- Poverty
- Climate Change
- Human Trafficking
- Women's Health & other issues



[www.fwic.ca](http://www.fwic.ca) - [info@fwic.ca](mailto:info@fwic.ca)



## *Revitalizing a Community Hall* submitted by Eleanor Lilley WI Nova Scotia

Settled in the 1830's by Gaels from the Highlands of Scotland, Garden of Eden grew to be a self-contained community with homes, stores, a church and of course a school. With the changing dynamics, the population decreased over time and in the 1960's with the advent of consolidated schools the one room schoolhouse closed.



In the early '70's a group of concerned citizens banded together with the intent to rescue the schoolhouse from neglect and convert it into a community hall. They succeeded in doing what they set out to do. The old school was now the centre of card games, hunters' breakfasts, concerts, community meetings, fund raising events, wedding receptions etc. Any time a community member needed a venue, the hall was available. There was life and laughter in the old building.

Fast forward to 2017 when a new group of volunteers decided to celebrate Canada 150 with a small event celebrating the community. A proposal was submitted to the Canada 150 organizers and the group obtained a small grant to cover the costs incurred. A selection of old photos were enlarged, and canvas mounted for a permanent display. Other artifacts and photos were on hand as well as guest speakers. The event was a success.

Meanwhile encouraged by our municipal councillor, the group sought funding for a major renovation through the Enabling Accessibility Funding Program. This program would take away the need to climb stairs to enter the building, provide two wheelchair accessible bathrooms and renovate the kitchen which had been an addition in the '70's. The forms were submitted, and the wait began. In early 2018, the group received word that their application was approved.





The receipt of federal funding was one of the necessary requirements in order to receive provincial and municipal funding.

Finally, May arrived and with it the additional funding and the project started. A local carpenter became project manager and with a committed core of volunteers the project went ahead. Community residents donated resources and untold hours to ensure the project stayed on budget. In December, the community was welcomed to an open house and in January, Friday evening card parties began. The following year a successful application for funding from Seniors for New Horizons saw two heat pumps installed as well as a small sound system purchased and the installation of acoustic tiles to help with the sound issues.

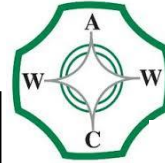


The hall had come back to life. Markets, lunch and learn events as well as the ever-popular card games were being held. Unfortunately, Covid appeared and with it so many community events had to be put aside. Covid will pass and the hall will once again be full of the sound of neighbours enjoying their cards or market days or whatever else may happen.



# UN Sustainability Goal # 12

Submitted by Brenda Devauld



Each member and Branch as part of WI Canada FWIC and the Associated Country of the World is united under the United Nations. The UN has delineated sustainability Goals and they are meant to help members all over the world try to help address different goals.

Number 12 denotes food security and waste. Please have a read and see how many you and your family can do.



UNITED NATIONS

The UN has 17 Sustainable Development Goals which were adopted in 2015 to help aid the planet to peace and prosperity for all peoples. These goals are a call for action from all areas of the globe to work towards health, equality, education for all, along with combating pollution and climate change.

Goal # 12 is one that Canada, as well as other wealthier countries, can adopt by making life style changes. One of the ways that we can do this is to become more aware of the food we consume and how to waste less of it.

## Goal # 12

Ensure sustainable consumption and production patterns

- By 2030 halve per capita food waste at the retail and consumer levels and reduce food losses along production and supply chains, including post harvest and losses
- By 2030 substantially reduce waste generation through prevention, reduction, recycling and reuse
- Encourage companies, especially large and transnational companies to adopt sustainable practices and to integrate sustainability information into their reporting cycle
- By 2023 to ensure that people everywhere have the relevant information and awareness for sustainable development and lifestyles in harmony with nature

## Some Facts on Food Waste

- On a 2019 report from Environment and Climate Change Canada, the UNEP (United Nations Environment Program) found that Canadians waste 79 kilograms of household food per capita, per year for a total of 2.94 million metric tonnes per year
- Food loss and waste also amount to a major squandering of resources, including water, land, energy, labor, and capital, and needlessly produce greenhouse gas emissions, contributing to global warming and climate change. - Globally, one in nine people goes to bed hungry. (Source: Stop Wasting Food Movement & OZ harvest) according to food waste statistics worldwide, one in nine people in undernourished. The total number of people who do not have enough food is 925 million. If we saved one - quarter of the food we waste, it would be enough to feed 870 million people.

So what can we do in our daily lives to help and not be a part of the problem?

1. Shop Smart, make shopping lists, do not buy on impulse. Research has shown that buying bulk and items on sale leads to more food waste.



2. Use up your produce before you buy more
3. Freeze foods such as brown flours, rice, nuts, oatmeal, this will prevent them from going rancid and give them a longer shelf life. Greens can also be frozen and used in soups, stews, and smoothies.
4. Store food correctly, put the newest items behind the older ones, so the older ones will be used first. Store your produce correctly.
5. Learn to preserve. Canning, pickling, freezing, curing, fermenting are all processes that reduce waste and make food last longer
6. Be less fussy, food does not have to look perfect. An apple with a slight blemish is just as good as one without. Farmers waste a lot of food that are judged as being “Not Perfect”.
7. According go Health Canada the best before dates are actually more of a suggestion that a guideline. The food may have lost some of its taste and texture by these dates. It has been shown that most foods are still good to eat after the “best before dates”.
8. Eat leftovers or freeze them for later.
9. A law was passed in France in 2016, that all large grocery stores have been banned from throwing away unsold food that could be given to charities. Now food banks deliver to more than 5000 charities in France. The food banks receive more than half of their food donations from the large supermarkets.
10. Campaign in your areas, talk to your local food stores.  
Awareness is the start of solving problems.

## CELEBRATIONS...HOW DIFFERENT THEY LOOK

submitted by Margie Taylor WINS President Elect

As a society, we certainly have learned to celebrate special occasions in different ways during this Covid19 pandemic. What used to be a wonderful Christmas celebration of multiple family members decreased to only a few, and what used to be an exciting time to go out and celebrate a friend's birthday has been minimized to a home visit. However, through it all, we have come to realize celebrating special occasions can be just as meaningful even though the world around us has changed.

Family time means a lot to most people including me; so, I jumped on the WhatsApp wagon and spent Christmas morning with my boys. My son, Nathan, lives in Ontario with his family and my son, Christian, lives in Saskatchewan with his family. Seeing my grandchildren open their Christmas gifts still meant the world to me even if I wasn't there in person. We learn to cope and adjust to the “new norm” as they say. Shopping is one of my passions but who knew online shopping could be just as fun when ordering my grandchildren's toys from Toys”R”Us. Having been reduced to staying at home makes one count their blessings and recognize what is important in life.



Do we need the hustle and bustle at Christmas time in order to recognize the holiday? Do we really need to be at every event that's scheduled on our calendar week after week? We certainly are in unprecedented times, so we all need to adjust to these times in order to be happy and stay safe.

Here's to looking ahead to a brighter 2022 and looking back at COVID-19 in the rear-view mirror!



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