

Monthly Newsletter of the Federated Women's Institutes of Canada

# WI Connections



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

Have you seen the "Why WI?" posts on social media lately? Well, here is one of many reasons that I joined the WI. In 1897, Adelaide Hunter Hoodless co-founded the Women's Institutes movement with Janet and Erland Lee.

"We've Come a Long Way Baby" is a song written by L. E. White and Shirl Milete that was originally performed by **American country music artist Loretta Lynn**. – Wikipedia. Yes, we have come a long way! This month we celebrate 126 years of Women's Institutes in Canada.

On August 10, 1889, Adelaide's loss of her own young son, John Harold at just 14 months old, gave rise to her mission to organize and educate women and mothers around the world about food safety and to ensure that every woman was trained in homecare and domestic science.

So many children had died as the result of unpasteurized milk. As I reflect on the recent news reports about the \* Blue Quills Indian Residential School, it lends credence to the concerns of her time and to the cause that Adelaide fought for, and we continue with. Please take a moment of reflection to acknowledge the harms and mistakes of the past and to consider how we are, and

can each, in our own way, try to move forward in a spirit of reconciliation and collaboration with the Indigenous peoples of Canada.

Although pasteurization of milk was used widely in the early 1900s it wasn't until 1938 that the Ontario Health Act required pasteurizing of all milk and cream for human consumption and it became mandatory by Health Canada in 1991. This continues, however, to be a controversial issue to this day. There are many issues in which we, as WI members in Canada, and through our affiliation with the Associated Country Women of the World, can have a voice and can be a force in which to be reckoned with.

One such concern is Human Trafficking which affects the lives of women and children across our nation. On February 15<sup>th</sup>, prior to National Human Trafficking Awareness Day, Courage for Freedom founder Kelly Tallon Franklin as well as national organizational leaders, stakeholders, NGO's and survivors will be in attendance on Parliament Hill in Ottawa to show solidarity and concern about human trafficking, sexual exploitation and cyber exploitation. On February 22, National Human Trafficking Awareness Day, they will be at Queen's Park in Toronto, Ontario to meet with Cabinet Members and be recognized during Question Period. Kelly has extended an invitation to join the delegations in Ottawa and Queen's Park. I am grateful for the invitation and am honoured to represent the Federated Women's Institutes of Canada at these events.

**The third week of February is recognized annually as WI week and the 19<sup>th</sup> is recognized as WI Day. This year, on February 22, FWIC invites you to join us in a virtual gathering highlighting 4 new members from across Canada telling us, "Why WI?". To register please send an email to [registrations@fwic.ca](mailto:registrations@fwic.ca)**

**Another date to remember is March 8<sup>th</sup> (International Women's Day) when we once again hold a virtual gathering – Theme: Empowering Young Women. The Guest speaker will be best-selling author and speaker, Lindsay Sealey who is quoted as saying "Fancy titles, education, and accomplishments aside, I am someone who is deeply dedicated to helping girls feel great and be their greatest, most truest selves." You will not want to miss this! So, save the date and don't forget to register at [registrations@fwic.ca](mailto:registrations@fwic.ca)**

These are just a few of the initiatives that WI members take part in and "Why WI" was for me.

Food for thought – *"The world is a dangerous place to live; not because of the people who are evil, but because of the people who don't do anything about it."* – Albert Einstein

Yours for Home & Country,

Margaret Byl, President

#WI Cares

Foot note: "The organization investigating the missing children and unmarked burials connected to the Blue Quills Indian Residential School in **Saddle Lake Cree Nation** says the majority of the students died from tuberculosis contracted by drinking unpasteurized raw cow's milk from livestock kept on site. "Leah Redcrow, executive director of the Acimowin Opaspiw Society (AOS), says the organization's research has found that unpasteurized raw

cow's milk led to the death of hundreds of students at Blue Quills residential school.' - Global News. The school was open between 1890 and 1970.

## Adelaide Hunter Hoodless Homestead Report Submitted by Margaret Byl

Updates on the Homestead include the following news release:

### **News Release**

For Immediate Release

St. George, Ontario

January 1, 2023

### **Government of Canada supports Adelaide Hunter Hoodless Homestead through Tourism Relief Fund**

Adelaide Hunter Hoodless Homestead receives \$99,772.00 from Hamilton Halton Brant Regional Tourism Association through FedDev Ontario to attract visitors and support future growth.

The Tourism sector is vital to the economy and jobs in the County of Brant. This project will improve exterior infrastructure elements at the museum. These improvements will enhance the visitor experience at the site, and will see upgrades to site signage, upgrades to the pavilion, including heaters, stage equipment, outdoor seating & storage, as well as expanding the parking lot and adding bike racks. It will help the Homestead be a major contributor to the economic and social welfare of the County of Brant; increase tourist and visitor visitation to the National Historic Site and create a sustainable revenue stream for the Adelaide Hunter Hoodless Homestead and allow means to provide more educational programs.

This is part of the Government of Canada's Tourism Relief Fund, delivered by the Federal Economic Development Agency for Southern Ontario (FedDev). Hamilton Halton Brant Regional Tourism received funding from FedDev to help local tourism organizations and businesses safely welcome back visitors, recover from the impacts of the pandemic and prepare for future growth.

This investment will help the Adelaide Hunter Hoodless Homestead adapt and recover to attract new visitors and drive economic growth in the County of Brant.

### Quotes

"The Government of Canada's \$78-million investment through the Tourism Relief Fund is helping communities across southern Ontario. With this funding, southern Ontario's Regional Tourism Organizations and Indigenous Tourism Ontario are providing hundreds of local businesses and organizations with the support they need to create jobs, attract more visitors and grow local economies, now and into the future."

*The Honourable Filomena Tassi, Minister responsible for the Federal Economic Development Agency for Southern Ontario.*

"We are grateful to the Government of Canada, the Federal Economic Development Agency for Southern Ontario and the Hamilton, Halton, Brant Regional Tourism Association for their support through the Tourism Relief Fund. On June 6, 2022, we began the planning and process of upgrading the exterior infrastructure of the Adelaide Hunter Hoodless Homestead, a National

Historic site of Canada, owned and operated by the Federated Women's Institutes of Canada (FWIC/WI Canada). These improvements, completed at the end of December, will allow us to offer better access to this historic gem, located in the Heart of Ontario. It is our goal to become a major contributor to the economic and social welfare of the County of Brant and surrounding areas by increasing tourism. This funding will allow a means to provide additional, year-round, educational programs for both young and old alike. It will help to generate a sustainable revenue stream for the Adelaide Hunter Hoodless Homestead and provide a must-see tourist destination for visitors both locally and internationally."

*Margaret Byl, President of the Federated Women's Institutes of Canada*

### Quick Facts

- The Adelaide Hunter Hoodless Homestead and museum is a National Historic Site of Canada. It is the birthplace and childhood home of one of Canada's most famous women. She is credited as a co-founder of the Women's Institutes, the YWCA, the National Council of Women, and the Victorian Order of Nurses in Canada and was a major force behind the formation of three faculties of Domestic Science. She achieved national recognition in her twenty years of public life as a public speaker, activist, and author. The Homestead located at 359 Blue Lake Road in St. George, Ontario was built by John Bray in 1830. David Hunter, Adelaide's father, purchased the home in 1853, four years before Adelaide's birth. The home remained in the Hunter family until 1906. The house was purchased by the Federated Women's Institutes of Canada in 1959, restored to appear as it would have during the time that Adelaide lived there.
- Hamilton Halton Brant Regional Tourism Association (HHBRTA) is an independent, industry-led, not-for-profit organization, responsible for working with tourism partners to enhance and grow this region's tourism products and marketing activities, with the intent of increasing visitors, generating more economic activity, creating more tourism jobs and sustainability, capturing unique product clusters and integrating existing brands and partnerships.
- The government of Canada's \$500-million Tourism Relief Fund is helping tourism-oriented businesses and organizations recover from the pandemic and prepare for future growth. FedDev Ontario is delivering nearly \$120 million of the Tourism Relief Fund across southern Ontario.

### Associated Links

- [www.adelaidehoodless.ca](http://www.adelaidehoodless.ca)
- [www.fwic.ca](http://www.fwic.ca)
- [www.fedevontario.gc.ca](http://www.fedevontario.gc.ca)
- [www.hamiltonhaltonbrant.com](http://www.hamiltonhaltonbrant.com)
- [www.theheartofontario.com](http://www.theheartofontario.com)

### Contacts

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Museum Manager

Adelaide Hunter Hoodless

Homestead

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### About FedDev Ontario

For 13 years, the Government of Canada, through FedDev Ontario, has worked to advance and diversify the southern Ontario economy through funding opportunities and business services that support innovation, growth and job creation in Canada's most populous region. The Agency has delivered impressive results, which can be seen in southern Ontario businesses that are creating innovative technologies, improving productivity, growing revenues, creating jobs, and in the economic advancement of communities across the region. Learn more about the impacts the Agency is having in southern Ontario by exploring our pivotal projects, our Southern Ontario Spotlight, and FedDev Ontario's Twitter, Facebook, Instagram and LinkedIn.

I would also like to thank Project Manager, Linda Zelem for overseeing this exciting project!





On a final note, Museum Manager Amanda Weber is no longer with us at the Homestead. We would like to thank her for the wonderful work that she did for us and wish her well in her future endeavors. A call for resumes has taken place; Interviews are scheduled for Jan 31 and Feb 6 and we hope to have the successful candidate in place by the second week of February.

Special thanks to Madam Pauline Hunter of Hunterston, 30th Chief of Clan Hunter in Scotland for sending us a piece of the official Clan Hunter tartan and the Hunterston Castle booklet to add to our collections.

We are looking forward to an exciting new season of programs and events where everyone can enjoy our certified kitchen, new roof, all season pavilion, and renovated outdoor washroom! The new storage shed will make it easier for outdoor events, and the enlarged driveway will make way for bus tours! And let's not forget the bike rack for the summer tours. Volunteers are always welcome. Please contact us at [info@adelaidehoodless.ca](mailto:info@adelaidehoodless.ca) for more information.



## International Women's Day

Lindsay Sealey is an educator, consultant, mentor, facilitator, speaker, and difference maker." I am a girl advocate, girl champion, and girlhood enthusiast", says Lindsay. She is a social activist and is intentional about promoting local and global social change!

Register now for the March 8th online celebration of International Woman's Day. [registrations@fwic.ca](mailto:registrations@fwic.ca)

“  
**International  
Women's Day Event**  
**Wednesday March 8/23**  
**7pm EST**  
**'Bridging the Gap'**

**Lindsay Sealey**  
**Author,**  
**Growing Strong Girls**

*Learning how we can empower  
women & youth today.*



Registration is complimentary to WI  
Members and affiliated organizations.  
You must register in advance at...

[registrations@fwic.ca](mailto:registrations@fwic.ca)

# International Women's Day

## 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.*



Just before we reached 2023, I heard someone talking about New Year's resolutions and how difficult it is for most of us to keep them. The suggestion was made that we should have a fresh start and new challenges when we are at the beginning of a new year. That made me think that was a good idea for me personally and a good suggestion for our Women's Institutes. I didn't start off very well with my corner as the Internet failed me. As a result, my corner was empty in January! These wonderful means of communication are wonderful when they work.

There are many challenges facing us as in 2023. We are concerned about inflation. Our health care is in crisis. Food prices are skyrocketing, fuel costs are up, affordable housing is at a premium. Far too many are homeless. Statistics show that the number of people using Food Banks has increased dramatically. There are many who are finding it increasingly difficult to make ends meet. All these things remind me of the Resolution that was passed unanimously at last year's Annual General Meeting of the Women's Institutes of Nova Scotia. That Resolution requested that the Government implement a Guaranteed Annual Income for Canadians. This would assure every one of us that our basic needs were met.

When I moved to this community there was a single parent with three children who lived in an old farmhouse a couple of miles (it was before kilometers!) from us. She was a hard worker and was a great help to me. Helping when I came home with a new baby, to being there to help me feed the threshing crew and a wonderful babysitter (my children loved her). She was a gentle, soft-spoken woman with a warm smile. I never heard her complain until the years went by and arthritis plagued her. She was a very private person, and I didn't know if she was "on Relief" which was what to-day's Income Assistance was called. I just knew though many of us relied on her help for years money was scarce. I didn't know her exact age but could estimate it. Then one day she came to the door and into the kitchen carrying a bag with the name of a local merchant on it. She sat down in the rocking chair and with a smile told me that the day before she had received her first Old Age pension check. She said she had gone to town and cashed it that day and had looked at the money in her hand. She knew that there was so much she needed, but she really wanted a new hat and she decided that it was years since she had a new hat, and next month she would get another cheque, so she was going to treat herself. She opened the



bag and took out her new hat, removed the old one and there she was putting on the new one. It was difficult to hold back the tears as I gave her a hug. I must add that she always wore a hat when she went to town and to church, and for years it had been the same black felt, worn summer or winter.

Hope, optimism, new challenges in 2023, and just maybe our Governments will see that the time has come for a Guaranteed Annual Income in Canada.



## *FWIC WI Canada Social Media Activity*

Do you get asked the question, Why WI?

This is a question that is often posed, and the answer often reflects the perspective of the member being asked.

An interesting way to share the many perspectives of WI is the activity that was suggested during the Social Media workshop.

You may recall that the following steps were suggested:

□ Get a whiteboard or chalkboard (often found at the Dollar store) and some markers or chalk

- ✓ Bring it to your next branch meeting
- ✓ Invite each member to think about their answer to why WI?
- ✓ One at a time, have each member write their answer on the white board
- ✓ Take a picture of the member holding the sign with their answer
- ✓ Post the pictures on your Facebook page (branch, district, and/or province)
- ✓ If you do not have a Facebook page, send the pictures to [president-elect@fwic.ca](mailto:president-elect@fwic.ca) and we will post on Facebook

Let's aim to plaster Facebook with WI during February- WI month!



**Recommendation: Advocacy Resolution** submitted by Denise Joss Manitoba

Ontario submitted a copy of their well written resolution on the use and training of medical staff in regard to the use of rape kit assessments.

This was also considered by BC. & Manitoba.

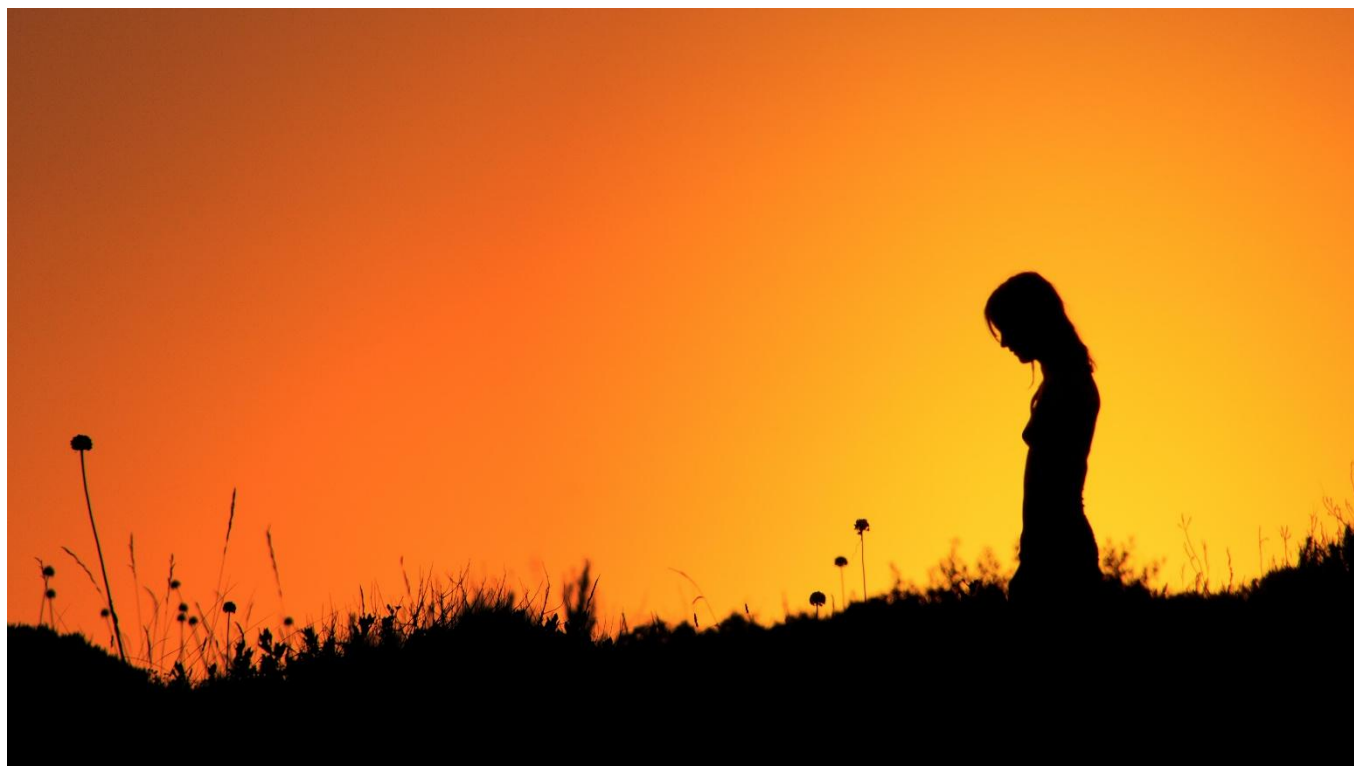
In light of subsequent issues brought forward about women turned away from having a rape kit administered as no one was qualified to administer the kit and part of the assessment needs to be administered by a licenced Physician, It is my recommendation that the resolution be “fine- tuned” to include issues about who can administer these kits and possible questions that need to be addressed by legal and medical political leaders.

When the press labels that a possible “serial killer” had been stalking women in Manitoba, it high-lights the importance of historical criminal evidence. Information from rape kits is crucial to tracking and apprehending sexual predators across Canada.

My recommendation for a resolution should make it clear that:

-women living in rural and northern areas of Canada are not to be considered ‘vulnerable prey for sexual predators’ due the lack of investigative personnel and trained medical staff at Nursing Stations and Rural Hospitals.

This issue will need to be written in a more refined way but this situation is universal for all women in Canada. Language should also reflect the issue as it applies to those of male or other identified genders.



Get plenty of exercise—at least 150 minutes a week that earns a slight sweat.



Take preventative action to avoid diabetes: get regular blood sugar tests and reduce processed carbs.



Stop smoking.



Plan to lower your alcohol intake.

# 10 Tips *for* **HEART HEALTH**



Cut out saturated fats (too much can clog arteries).



Aim for an average of seven hours of sleep per night for healthier arteries.



Boost heart-healthy nutrition with more fruits and vegetables in your daily diet.



If you lose weight, do it the slow-and-steady way: take in fewer calories than you burn.



Manage your stress by incorporating a hobby that helps you relax, such as meditation or yoga.



If you have a family history of high blood pressure (or you are simply concerned about blood pressure levels), purchase a blood pressure monitor so you can track it on a daily basis.

## **Cooking And Healthy Living**, Submitted by Judy Page Jones, QWI Provincial Rep.

When we talk about the month of February we think of Valentine's Day with the giving of cards, flowers and candy but February is also the National Heart Healthy Month. The recipe this month is good for the heart with beta carotene vegetables and I've included some tips on keeping our hearts healthy.

### **Carrot squash soup**

#### **Ingredients:**

- 4 large carrots, chopped
- 3 large whole cloves of garlic
- 1 butternut squash, peeled, cubed (about 4 cups/1L)(fresh or frozen; also can use other types of squash, or sweet potatoes)
- 1 onion, chopped
- 2 tsp.(10ml) curry powder
- 2 tsp.(10ml) dried thyme leaves or 1 Tbsp.(15ml) chopped fresh
- ½ tsp.(2ml) ground ginger or 2 tsp.(10ml) of minced fresh
- 4 cups(1L) no salt added chicken or vegetable broth
- ¼ cup(50ml) light sour cream or yogurt (optional)
- ¼ cup(50ml) of chopped fresh cilantro (optional)

#### **Directions:**

**Step 1:** In a large pot, combine carrots, garlic, squash and onion. Stir in curry powder, thyme and ginger. Pour in broth and bring to a boil.

**Step 2:** Reduce heat, cover and simmer for about 40 minutes or until carrots and squash are very tender.

**Step 3:** Ladle soup in batches, into a blender or using an immersion blender, puree the soup until smooth.

**Step 4:** Ladle into bowls and dollop with a little sour cream and sprinkle with cilantro to serve.(optional)

#### **Nutritional Information Per serving (1 cup/250ml)**

Calories 79, Protein 2 g, Sodium 118mg, Potassium 409 mg, Total fat 1g, Saturated fat 0 g, Cholesterol 2 mg, Carbohydrates 17 g, Fibre 3 g, Sugars 6g

### **HEART HEALTH TIPS WOMEN NEED TO KNOW**

#### **1: Know Your Heart Disease Risk Factors**

Women have many of the same risk factors for heart disease as men, like age, family history, smoking, and conditions like [high cholesterol](#), high blood pressure, and [diabetes](#).

## 2: Get an Annual Checkup

Women are often busy caring for others, but it's important to take care of yourself as well. An annual check-up with your [primary care doctor](#) gives you a chance to get important facts about your health, to talk about any symptoms you feel, and to ask your doctor what you can do to manage your risks.

## 3: Make Heart-Healthy Choices

A healthy lifestyle is the foundation for heart health for women. You can make healthy choices like:

- Eating a diet that includes a variety of fruits and vegetables, whole grains, lean poultry, [fish](#), and low-fat dairy products
- Getting regular physical activity
- [Quitting smoking](#)
- Finding healthy ways to cope with stress, like physical activity, hobbies, or meditation
- Getting regular check-ups to keep an eye on your risk factors

## 4: Pay Attention to How You Feel

Most people know that chest pain, shortness of breath, and fatigue (or feeling very tired) can be signs of heart disease. Other symptoms can also include:

- Fluttering in the chest (also called heart palpitations)
- Coughing, especially a dry cough
- [Anxiety](#)
- Swelling of your feet or ankles
- Weight gain accompanied by swelling in the legs
- Fatigue

And, remember: if you get heart-related symptoms when you're angry, upset, or stressed, talk to your doctor. This can be a sign of [heart disease](#), so don't dismiss it as anxiety, or that you're overly emotional.

## 5: Know the Signs of a Heart Attack

Women can have classic symptoms like [chest pain](#), shortness of breath, and arm pain during a heart attack, but many women can also have milder symptoms including:

- Pressure or pain in your chest that comes and goes
- Sweating
- Nausea
- Dizziness or light-headedness
- Pain in your jaw, arm, or back
- Fatigue

## Public Speaking Suggestions submitted by Denise Joss, Manitoba



### Packing Your “Go – Bag” Before Your Public Speaking Opportunities

Previously, I mentioned that being prepared for a speaking event will take down your stress levels. Having a “Go Bag” with you can meet some unexpected surprises and your personal needs.

#### Here is my packing list:

- small box of Kleenex
- mug non-breakable & for sipping water + 2 bottles of water
- extra blouse or shirt (that goes with your outfit) if eating lunch
- extra copy of speech and/or cue cards (numbered order)
- timer (silent) or watch that can be laid down
- a small snack and any rescue medication you might need
- toiletries (comb or brush/ mouth wash/ **tooth-brush** / lip gross)
- shawl in case the room is cold before you go up to speak

Pick from the list above to build your own “Go-Bag”

-submitted by Denise Joss Manitoba Rep to FWIC

## Plants & Things, submitted by Linda Mason, Alberta

Succulents are such easy plants to care for, as long as you remember not to over water, you hardly have to lift a finger to care for them. Their mostly small-ish nature makes it easy to fill a window sill or coffee table with several of these unique creatures.

Most succulents can be lovingly cloned by repotting the baby plants that appear or by rooting a leaf or stem cutting (which you choose will depend on your type of succulent). Succulents can be propagated at any time. Most indoor gardeners wait until a baby plant is half the size of the mother plant or a stem is becoming too long to remain upright.

### Leaf or Stem Cuttings

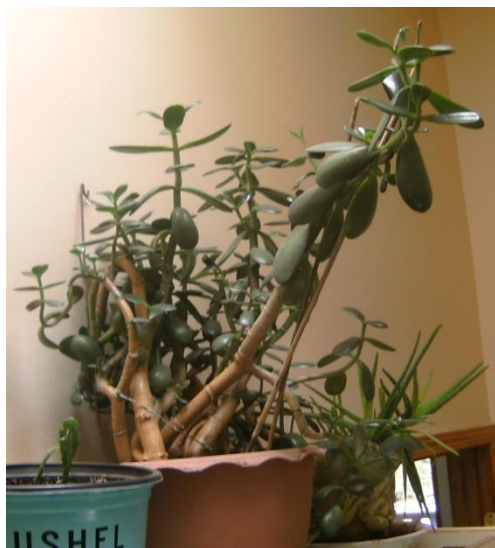
When it comes to succulent cuttings, leaf cuttings will take longer to mature than a stem cutting, but the process is pretty much the same. 1. Using clean shears, cut an actively growing, 1- to 3-inch long stem, from your succulent or gently twist off a full leaf with your fingers. 2. Let the cutting air dry for 4 to 7 days so a callus can form over the cut. 3. Once the callus has formed, fill a small pot with potting soil then stick the callused end into the soil.

For a stem, you want to get at least one or two nodes down into the soil, but a leaf can simply be pressed down so it's making contact. (A node is the point where the leaf meets the stem).

Succulents propagate so naturally, it can be hard not to turn your home into a life-sized terrarium. Go ahead and indulge your inner phytophile, because when plants are this easy, loving them can't be wrong!



Leaf propagation

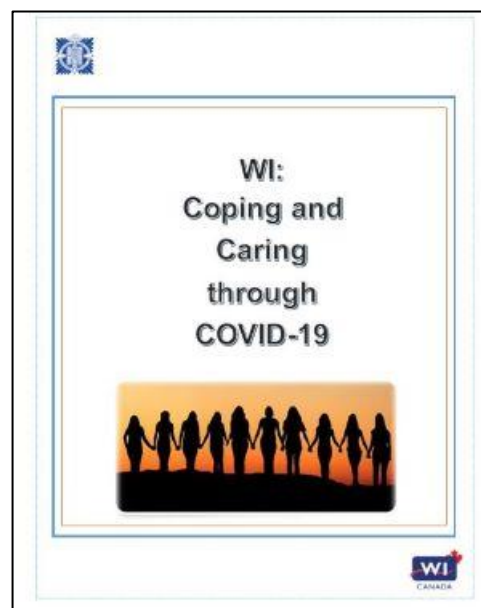


Stem Propagation  
(my mother's 18 year old Jade Plant)

## FWIC WI CANADA E BOOK

Looking for a book to read during the cold winter months? Why not purchase the FWIC WI Canada E book? It contains stories from across Canada on how WI members coped and cared for others through COVID. The E-book is available for purchase from the FWIC Bookstore for \$10. All funds go to FWIC.

Here is the link: <https://www.fwic.ca/shop>.



## FWIC WI Canada and YouTube

Did you know FWIC WI Canada has its own channel which you will find under the following logo:



Check out what's new:

Social Media Workshop from Oct 25

Remembrance Event Nov 10

Membership Rally Nov 16





## Making Cards Submitted by Eleanor Lilley, NS

Lyon's Brook and Area WI had a fun program learning to make a variety of cards. The group have a "Sunshine Committee", headed by member Betty-Ann Battist, that send cards to community members on many occasions. The Valentine cards will be added to gift bags sent out to let community members know we are thinking of them.



## WI Leadership Modules submitted by Angela Scott

### WI Leadership Module #9

The last Leadership Module is scheduled for next week, Feb 1st at 7pm eastern.

Our presenter this time will be Elaine Tully and she is delving into the Incentives and Identity of Leadership. She will also be touching on the leadership teachings of world-renowned author and researcher Brene Brown.

Plan now to attend, and register with President Elect Lynn at...

[registrations@fwic.ca](mailto:registrations@fwic.ca)

The Leadership Module Series picked up again in January with Module 7 on Jan 4 and Module 8 on Jan 18. The last in this series will be on February 1<sup>st</sup>. If you attended either module 7 or 8 you do not need to register again. Newcomers are welcome and to attend you must register at [registrations@fwic.ca](mailto:registrations@fwic.ca).


The pdfs of the PowerPoints for Modules 7 and 8 have been placed on the FWIC website, under Education. The recordings have been uploaded to YouTube but they are unlisted so you will need to use the links below to view the presentations.

To date we have:

**Module 7 Goal Setting Part 2** at <https://youtu.be/NxAq7MbrUJc>.

**Module 8 Communication** at <https://youtu.be/tGiNwzR-Ms>.

**Module 9 Leadership Incentive and Identity** will be on Feb 1<sup>st</sup>. and the link for that module will be in the March issue of the *WI Connections*.



**Elaine Tully, Presenter,**  
**Wednesday Feb 1st, 2023**  
**7pm eastern time**

**WI Leadership Module**  
**Incentive & Identity in Leadership**

[registrations@fwic.ca](mailto:registrations@fwic.ca)

For those that have attended the modules, is this a learning event that FWIC should continue? If so, what topics would you be interested in being presented?

Contact either Angela Scott at [angela.beth.scott@gmail.com](mailto:angela.beth.scott@gmail.com) or Lynn MacLean at [president-elect@fwic.ca](mailto:president-elect@fwic.ca).

## Meet some new WI Members!

**Joanne:** Being retired and new to the area I wanted to meet others, to have social interactions and contribute to being part of a community. WI has done that for me. I had not been aware of the Women's Institute until I arrived in this community. By becoming a local member I am learning the women's institutes philosophy and involvement in the community. Also, I am continuing to learn how active WI is provincially, nationally and world wide.

**Kerry:** I retired and wanted to be more involved with my community. I had heard about the group from neighbors that belonged to the WI and was curious. I went to a meeting and was excited to then join. WI is a great part of my life.

**Cathy:** I joined WI when I retired from my career and moved from the big city to Rural BC. I was looking for a way to become involved in the community and meet people. I met one of the WI members while she was putting up a poster at the post office. I introduced myself and she explained the poster to me about an upcoming event. The Annual Salad Bar Lunch and Bazaar. I attended the event and later that month my first meeting. I was very impressed with the organization (which I had never heard of) and of all the plans and activities the ladies had for the up-coming months. I decided to join and my husband and I have made many new friends through my association with this wonderful organization. I enjoy the team work, learning and laughs.



**Monica Rivers**, an anti-litter champion in Pictou County, is the recipient of the Emerging Environmental Leader award. An avid supporter of the community's annual Go Clean Get Green initiative, the statistics from her litter-clean-ups speak for themselves. For example, she collected 103 bags of garbage from the ditches close to her home in 2022 and 73 bags the previous year. Monica is constantly looking for new opportunities to inspire change, and partners with groups that are committed to sustainability and waste reduction to make it happen. She even designed a sorting guide poster for her office, which includes a QR code that people can visit if they're unsure about what goes where.

Monica is also a first-year member of the Lyon's Brook and Area WI in northern Nova Scotia. Monica writes "I joined the Lyon's Brook & Area WI to connect with other female leaders in the community. The WI provides members an opportunity to learn from others and be a part of initiatives that may seem small but make a big impact on those in the community!"

SDG #14 -- 2021-2030 Decade of Ocean Science -- the "Ocean Decade"

When I volunteered to do small write ups regarding environmental topics I never thought I would get so involved in a topic, but the more I researched and read about the goals and outcomes of the Ocean Decade the more my interest was tweaked and obsession followed. !!

Under this SDG there are 10 Challenges and 7 Outcomes they are striving to achieve by 2030.

Challenge # 1 is to Understand and Beat Marine Pollution and Outcome # 1 is A Clean Ocean where sources of pollution are indentified and reduced or removed.

Plastic pollution is one of the most pressing environmental issues we are currently facing. Where does all the plastics in the ocean come from?? The majority of plastic pollution in the oceans is caused by littering. We buy and improperly dispose of plastic food wrappings, plastic bags, plastic bottles, forks, spoons and dishes. Much of this ends up in our waterways and eventually to the oceans. Not all plastic waste is littering – many plastics and microplastics are the product of improper manufacturing processes and about 20% of the oceans plastics come from industrial fishing.

Some key facts regarding plastic pollution.

- Plastic waste makes up 80% of all marine pollution and around 8 to 10 million metric tons of plastics end up in the ocean each year.
- Research states that by 2050 plastics will likely outweigh the fish in the oceans.
- In the last 10 years we have produced more plastic products than in the previous century.
- Plastic generally takes between 500-1000 years to degrade, even then it becomes microplastics without fully degrading.
- Currently there are about 50-75 trillion pieces of plastic and microplastics in the ocean.
- This plastic either breaks down into microplastics or floats around and ends up forming garbage patches in the oceans

Most of the plastic in the ocean comes from land. It may stay in the coastal waters for a while but is then picked up by currents and can then end up anywhere in the world. Scientists have found plastics from Russia, the United States, Europe, South America, Japan and China on Henderson Island an uninhabited isolated atoll halfway between Chile and New Zealand. Marine plastic debris groups up in what is called Garbage Patches. The biggest is the GREAT PACIFIC GARBAGE PATCH located between California and Hawaii. Plastic pollution has a devastating impact on marine life and ecosystems.

Only about 10% of the plastics produced is currently being recycled. Plastic pollution requires worldwide cooperation.

What can we as individuals do? We can reduce plastic usage.

I am proud of the work Women's Institutes across Canada are doing to reduce and recycle plastics. The promotion of re-usable grocery bags, promoting bring your own mug to meetings, supporting paper straws and using glass for food storage instead of buying plastic etc. If each one of us do one small thing to reduce, reuse or recycle we are doing our part of supporting the Ocean Decade and working towards Outcome # 1 of the UN's Sustainable Development Goal. Keep up the great work of REDUCE- REUSE-RECYCLE.

Watch the next Connections newsletter for a continuation of the Challenges and Outcomes for SDG # 14.

## Prince Edward Island WI, submitted by Ellen MacPhail

### **CHARLOTTETOWN, P.E.I. – WI's "Taking Care of Women's Business. Period" collection runs February 1-28.**

The provincial board of PEI Women's Institute and branches want to ensure there are enough feminine hygiene products for the increasing number of clients at foodbanks across Prince Edward Island – "the need is at an all-time high" says provincial President Miriam Lank.

The aim of the "Taking Care of Women's Business. Period. 28-day campaign" is to collect product or monetary donations to address the need for menstruation products for P.E.I. food banks to ensure dignity for women is maintained.

The campaign began when founding organizer Tracey Comeau read about a homeless young woman who felt as if she lost her last bit of dignity because she couldn't afford pads or tampons during her menstrual period. Comeau was inspired to ensure PEI women and teens do not suffer the same issue. Food banks want and need feminine hygiene products resulting in the now annual 28 Day Campaign for Taking Care of Women's Business. In 2017, the over century old PEI Women's Institute, whose core principle is to focus on women and children, accepted the challenge to increase the campaign.

Since its inception, the Campaign raised well over \$40,000 worth of product or donation. Each year, the entire inventory collected is distributed to food banks across the Island within weeks of the collection. The PEIWI issues collections challenges to all WI branches, organizations, businesses, families, and individuals across Prince Edward Island.

Hundreds of women, not including youth, are in monthly need of items like tampons, pads or menstruation cups for women's monthly cycles. Bridgett MacCormac, provincial board member of the PEI Women's Institute further indicated "the need is more important than ever given inflation, stress caused by natural disasters such as Hurricane Fiona and the pandemic".

The campaign takes place this year from February 1<sup>st</sup> to the 28th. Starting Monday, February 1, drop-off locations include any Murphy's Pharmacy across P.E.I. (Murphy's Pharmacies will match donations with their house brand), Main Street Pharmasave in Souris, and the WI Office at 40 Enman Crescent, in Charlottetown. Online donations can also be made online to the Upper Room Hospitality Ministry: URHM.org.

# WI DAY GET TOGETHER

WEDNESDAY, FEBRUARY 22, 2023  
7PM EASTERN TIME ONLINE

Join us for a cup of tea or a glass of bubbly as we celebrate 126 years.

You must register in advance to receive the Zoom link, so please drop an email off to:

[Registrations@fwic.ca](mailto:Registrations@fwic.ca)



Margaret Byl, President



As you are aware, on February 19, 1897, the first Women's Institute (WI) was formed in Stoney Creek, Ontario through the efforts of Adelaide Hoodless and Erland and Janet Lee.

FWIC WI Canada will celebrate the 126<sup>th</sup> anniversary of the founding of WI on February 22 with a virtual event. This year new WI members who have joined within the last two years will share why they joined. One member from Atlantic Canada, one each from Quebec and Ontario and one from the west will share their reasons for joining. Unfortunately, we cannot hear from all the new

members across Canada, so we are inviting each to write a few sentences as to why they joined and send them to [angela.beth.scott@gmail.com](mailto:angela.beth.scott@gmail.com). The stories will be included in the February issue of *WI Connections*. (Deadline is January 23<sup>rd</sup>).

How is your branch, district, province planning to celebrate? Why not share your plans, take pictures, and send them to FWIC so they can be included in the March issue of the *WI Connections*.

To register for the national WI event on Feb 22, email [registrations@fwic.ca](mailto:registrations@fwic.ca). The link for the event will be sent out on Feb 21.

In the meantime, encourage new members to share their reasons and don't forget to register for the national event.

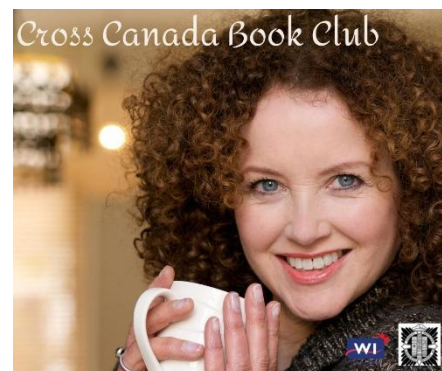
### **Cross Canada Book Club** submitted by Angela Scott

I am happy to say that Diane Dammann will be looking after the Zoom invites for the Book Club from now on. They will continue to meet the third Thursday of each month, and please find details of the next book listed below.

[awipresident20@gmail.com](mailto:awipresident20@gmail.com) to register for Book Club only.

#### **Refuge by Susan Surette-Draper**

A story of love, loss, and survival in Acadie, *Refuge* chronicles the stirring stories of Pierre Suret and Catherine Bro, who escaped the Acadian deportation but not the consequences of the great upheaval.



## **FWIC WI Canada Upcoming Events**

WI Day February 22: WI Week will be Feb 19- Feb 25. What is your branch, district, province doing to celebrate WI. Why not join with other WI members from across Canada to acknowledge and celebrate the Women's Institute movement on February 22nd? The program will center around stories from members who have recently joined WI as they share their "Why WI?". The event will begin at 7pm ET and to attend you must register at [registrations@fwic.ca](mailto:registrations@fwic.ca).

International Women's Day March 8th: FWIC WI Canada are pleased to present Lindsay Sealey, author of numerous books including *Growing strong Girls*. Lindsay will share how we can support the development of girls and youth in our community. To attend email [registrations@fwic.ca](mailto:registrations@fwic.ca).

April 19 Climate Change: watch *WI Connections* for details on this upcoming event.



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