

Monthly Newsletter of the Federated Women's Institutes of Canada

# WI Connections



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

Happy New Year! The end of 2022 gives us pause and a time for reflection. The start of the New Year is a time when many people of good intention make a New Year's resolution – go on a diet, start saving, spend more time with family, take better care of ourselves etc. It is also a time to wipe the slate clean, a time of new beginnings, plans and yes, resolutions. The Webster's New World Dictionary's meaning of resolution is “ 1 a) the act of resolving something. b) the result of this. 2 a) a determining b) the thing determined upon; decision as to future action. 3 a) a resolute quality of mind. 4) a formal statement of opinion or determination adopted by a group of persons. 5) A solving or answering; solution.”

WI Canada/FWIC is a national network for women and families to promote leadership and personal development opportunities through education, advocacy and fellowship. WI Canada works with provincial WI's and communities across Canada to improve life, preserve our environment and contribute to the health of our global community through our affiliation with the Associated Country Women of the World, along with other advocacy groups to effect global change and initiatives. It is therefore no surprise that through the annual directives of the Provincial WI units, WI members have lead the course for change in key areas for healthy and sustainable living for all citizens. Let us know what resolutions you are working on. Is it of a national interest? What can we do to help you?

Angela Scott and the Outreach & Communications Committee members have put together a series of Leadership Modules resuming on January 4th. In addition, the Committee have scheduled online meetings and/or round table discussions for 2023 with topics such as WI Day on February 22; Empowering Young Women on March 8 th (International Women's Day); Energy on April 19 th (in conjunction with Earth Day). Dates are subject to change. These are just a few of the initiatives that WI members participate in. Provincial units, areas, districts, and branches are all at work helping their communities through workshops, fundraisers and fellowship.

I have requested that each Province send FWIC/WI Canada an estimate of total donations made to various charities, whether it be to the Red Cross or local community hospitals, Women's Shelters, homeless & refugee shelters, or special interest groups. And don't forget about your donations to ACWW. Together, WI Canada members have made a huge difference in helping our communities and our society. It would be interesting to see the numbers, whether large or small, every act of kindness counts and will remain anonymous. Please give your estimates to your Province's FWIC/WI Canada Representatives or email them to [info@fwic.ca](mailto:info@fwic.ca) so that they may be included in the totals to be announced on WI Day. Let's let the world see what WI members in Canada have been doing, quietly in the background, to help Canadians and our global community.

*On January 16th at 7 pm ET ACWW Canada Area Society Members are invited to join a Special Online Event "Meet the Candidates for ACWW Canada Area President - Linda Hoy and Marie Kenny" via the Zoom Platform. In order to participate, you must pre-register at [registrations@fwic.ca](mailto:registrations@fwic.ca) in advance of the event.*

I will leave you with these two quotes to reflect upon.

**“The best way to find yourself is to lose yourself in the service of others.” -**

Mahatma Gandhi

**“No one is useless in this world who lightens the burdens of another” –**

Charles Dickens

**Wishing you Peace, Prosperity, and Good Health in 2023!**



## Adelaide Hunter Hoodless Homestead Report Submitted by Amanda Weber, Museum Manager

Winter has finally settled in at the Homestead, and while we've had one large snowstorm to date, we have yet to experience our truly chilly Canadian winters, although we're sure it's around the corner! As the museum is closed for the month of January, we are taking a chance to complete some behind-the-scenes work. This includes tasks like artifact accessioning, creating plans for new programs and developing our 2023 feature exhibit. This year's exhibit will be entitled From Our Kitchens to Yours. It features lessons on nutrition from Adelaide, the WI, and current scientific research. This is in addition to tasty and treasured recipes shared from the public and WI members.

The recipe seen here is from the Devon WI Cookery Book from the museum's permanent collection. It was originally submitted by Mrs. Oakley of the Withercombe Raleigh WI. If you have a recipe you'd like to contribute for consideration, please send a copy of the recipe to us at [info@adelaidehoodless.ca](mailto:info@adelaidehoodless.ca) by January 11th, 2023.

We have also been busy behind-the-scenes at the Homestead completing some much-needed renovations. One that we'd like to highlight is the installation of a metal roof! Thanks to a private donation, we were able to replace the old cedar shingles with a new metal roof whose expected life is 75 years. The roof installation was completed at the beginning of December. We are so excited that our leaky roof has been fixed and wanted to share a photo to show off our newest beauty!



**GREAT GRANDMAMMA'S  
GOOSEBERRY PUDDING**

Make a batter with:

- 6 oz flour
- 1 egg
- 1/2 pint milk
- Pinch salt

Top and tail 1 lb. gooseberries and put into batter, mix well.

Cover with greased paper and steam for 1.5 - 2 hours.

Do not add sugar - this is important - but serve with butter or cream and brown sugar.





ADELAIDE  
HUNTER  
HOODLESS  
HOMESTEAD

# Call for Recipes!



Do you have a cherished family recipe? If so, consider sending it to the museum to be featured in a new exhibit!

Entries must be received by January 11th, 2023.



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

So here is the question, how many members are aware of the need to register for all WI Canada FWIC activities through [Registrations@fwic.ca](mailto:Registrations@fwic.ca)?

It's not a trick question, but a bad trick was pulled on WI Canada FWIC.

In October we had just nicely began a Zoom meeting with over 60 people present and after about 20 minutes of the program, we were interrupted with loud music of some description, yelling, profanity, and soon very graphic pictures. Our lead Zoom administrator was Lynn MacLean (President-Elect Lynn) and she tried to shut the highjackers down, but nothing was working, so we had to stop the event. You might be wondering how that could happen. Well, we had been advertising Zoom get togethers and publishing the addresses for all the world to see on our Facebook and web pages. As near as we know, some 'hacker/hijacker' was able to gain access to our event and ruin it.

To avoid further mishaps we have set up an official registration page for people to be sent the Zoom links prior to an event, rather than posting them for all the world to see. In recent months we have tried to help members understand the need to register ahead of time, and this is another reminder. We do not have the flexibility we had before, but we are taking every precaution that we don't get interrupted again.

If you are interested in any functions, you see advertised in WI Connections, the Facebook page, or the website, please contact the [registrations@fwic.ca](mailto:registrations@fwic.ca) email as soon as possible. President-Elect Lynn looks after it, and sends out the links, so you will get a real person when you register. And as a real person, she is quite occupied with many aspects of WI and cannot support registrations at the last moment. Please do not procrastinate in asking for registrations. They are free and WI is setting them up for your enjoyment and information. If you have any questions, comments, or concerns please contact [registrations@fwic.ca](mailto:registrations@fwic.ca).

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## 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!

## *Tick Tock*

*I'm writing this in a state of shock,  
Watching the clock—tick tock, tick tock,  
Advancing, approaching, relentlessly,  
A brand new year; Oh, can it be?*

*The calendar says the same thing, too;  
Time races, vanishes for me; Boo hoo!  
No, wait! If time flies, I'm having fun!  
A year of fun! It's gone! It's done!*

*I now embrace the blur of time,  
Because it simply means that I'm  
Too busy with pleasure, joy, delight  
To mourn the passing days' swift flight.*

*So I'm wishing you fast, happy days,  
Pleasuring you in myriad ways,  
Filled with happiness and cheer,  
Oh Happy, Happy Bright New Year!*

*By Joanna Fuchs*

*Submitted by Eleanor Lilly, Nova Scotia*

## **Hospitality Plus on PEI** Submitted by Doreen Wall

PEI is one of the provinces who rely on a career in Hospitality for many people. We are a tourist Island especially from May till September. We this year will be hosting the 2023 Canada Games and the province is in full swing. The committee is looking for 5000 volunteers to help out. The games start on February 17 and go for two weeks. It is an honor and pleasure to help at these times. There will be many shows going on to let people know the full worth of PEI in hopes that they will come back for more leisure time. Stay tuned for more information.



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

It's a New Year and the WI Connections has a new feature that I am writing, Cooking and Healthy Living. For this issue I have submitted a recipe that is very versatile and can be adapted to your own tastes. You can use fresh ingredients, frozen or even leftovers. It makes a 9" X 13" pan, as this is too much for my husband and myself, I freeze portions to use at other meals.

For future editions of the WI Connections, I would appreciate some feedback, some ideas, some articles, or maybe traditional recipes that you have made healthier, email me at: judyqwi@gmail.com

### **OVEN BAKED RICE**

In a 9" X 13" greased pan put,

2 Cups uncooked long grain rice (can be white or brown or mixed)

**VEGETABLES;** can be adjusted to your taste

1 can of mushrooms – I usually use about 1 cup of fresh

1 green pepper or whatever colour you have - chopped

1 Cup celery -finely chopped

1 Cup onion -finely chopped or use 2 or 3 green onions

2 cloves of garlic finely crushed

“Sometimes I use the frozen mixed vegetables, or broccoli and cauliflower instead of any meat”

2 ½ Cups cooked chicken/turkey cubed or any other cooked meat

1 envelope of onion soup

½ Cup of vegetable oil

**Liquids:**

3 1/2 Cups of chicken or beef or vegetable bouillon (or water mixed with powder or cubes}

6 Tbsp of soya sauce

Mix altogether in pan. Cook covered with foil in oven at 350°F for about 1 ½ hours or until liquid is all absorbed, and rice is cooked. Stir every ½ hour.

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

I love gardening and enjoy growing plants and like to try a variety of new and different ones. This past summer I put an Avocado pit into some soil and was surprised when it actually grew.

I know that it will become a tree and as I have no room for a tree in my house, I will eventually need to find a new home



My Avacado Plant

for it.

Historically, the plant kingdom encompassed all living things that were not animals including algae and fungi.

Medicinal plants were discovered and used in traditional medicine practices since prehistoric times and the earliest historical records of herbs are found in 3000 BC from the Sumerian civilization, where hundreds of medicinal plants including myrrh & opium are listed on clay tablets.

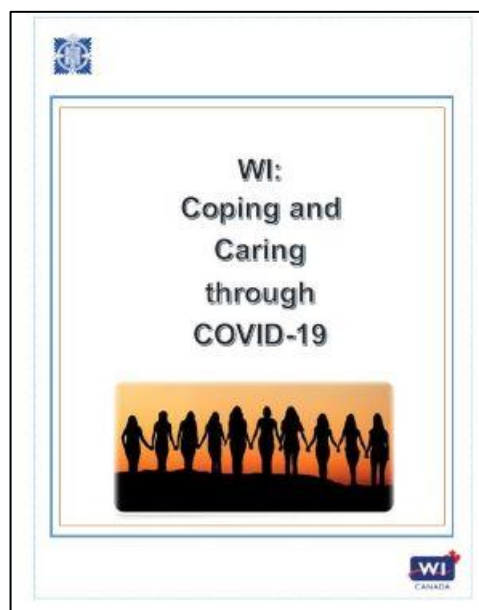
Every year I grow a few of my own herbs such as parsley, mint, thyme, oregano, chives, garlic, dill and basil which I use not only to cook with but in my pickles, relishes, salsa's etc. Aloe is another medicinal plant that I grow and have used it to help heal cuts and burns.

I find gardening a relaxing and enjoyable hobby as it is so exciting to watch little, tiny seeds and plants grow into a bountiful harvest of vegetables and fruits as well having many beautiful flowers to enjoy in the summer months.

## 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



## Leadership Modules submitted by Angela Scott

Dear WI Members

It has been a dream come true to be able to present the leadership modules to women from all across Canada and as we get down to the last two, we are preparing to decide what our next steps will be for this project. Our main objective has been to support women who are interested in learning more about leadership and WI across Canada. On most occasions we have had members from nearly every province, and we have spent time focusing on common situations that affect many Branches, Districts, Areas, and Provinces.

We had thought perhaps 12-18 people would be interested in the Modules, and we have always had over 30 participants. We had also thought that the materials might be transferrable to provincial groups, through train the trainer programs. That has not taken place yet, but we are open to the idea if the provinces are.

We began with Leadership Introduction, Public Speaking, Facilitation, Conflict Resolution, Goal Planning & Visioning, and now we are about to finish up with Communications and Your Personal Leadership Identity. Following the Modules completion, we wish to work together to learn what you would like to see next. Learning and having fun on a cold winter night, in the comfort of your own home is quite accessible to many members, and if you have more ideas that we can locate speakers for, we will certainly do so. That does not mean we intend to do them every month of the year or anything like that. We would still focus primarily on the January through March time frame.

One of the best ideas we are kicking around right now, is to prepare and record learning sessions on Leadership for YouTube. Once loaded, we would ask participants to view, make notes, and then come together once or twice per year for a discussion and perhaps exercises to enhance the application of the module content. And then, at the next Triennial Conference to be held in Nova Scotia in 2024, we would all come together for a celebratory/achievement session. And then where would we go from there? Leadership is just as essential to organizations like WI as it is to a household, and I believe that Adelaide Hunter Hoodless would agree.

So if you have an hour, on Wednesday the 18<sup>th</sup>, and Wednesday the 1<sup>st</sup> of February, please join us. To register, please go through [registrations@fwic.ca](mailto:registrations@fwic.ca) for your Zoom links.



## FEBRUARY - WI MONTH



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 sad to say that we will have to discontinue the Book Club for a while unless someone else can step in to help in the organization. As a member of a Branch, Provincial Rep, and coordinator for WI Connections, as well as a farmer's wife, I fear I cannot continue the worthy project. If anyone would be willing to take over, please let us know. As you know, we prefer to read Canadian authors and avoid profane language. We have some wonderful authors and books, and I hope one or two people might step forward. There is nothing wrong with tag teaming it, and of course a knowledge of administering the Zoom tools would be ideal.



The January book is *Growing Strong Girls* by Lindsay Sealey. We will be meeting on Thursday the 19<sup>th</sup> at 7pm Eastern time. Please come and enjoy an important discussion about the challenges facing our youth today. The author Lindsay Sealey is also booked as our keynote speaker for the International Women's Day Event. (March 8<sup>th</sup>, 2023). Please contact me at [angela.beth.scott@gmail.com](mailto:angela.beth.scott@gmail.com)

## *Nice not Naughty.* Lyon's Brook and Area WI Christmas get-together.

Three of our newest members beautifully decorated the Hall and dinner table where members enjoyed a delicious potluck meal.

Each of us shared a Christmas poem or blessing for roll call. After a short business meeting members did a blind taste test of milk and dark chocolate for our program.

Santa's table was filled with donations to the Karma Closet at Northumberland Regional High School.

Wishes for a Happy New Year are sent to one and all!





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