

Monthly Newsletter of the Federated Women's Institutes of Canada

WI Connections

International Women's Day



MARCH 8TH, 2023



Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.

Margaret Mead



International Women's Day



Margaret's Message, Submitted by President, Margaret Byl

I bring you greetings on behalf of the Board of Directors of the Federated Women's Institutes of Canada (FWIC/WI Canada). I trust that everyone has survived a very tumultuous winter and a busy February for many. Branches, Districts and Areas from Coast to Coast to Coast were busy celebrating WI Day and 126 years of WI in Canada. Teas, declarations, flag raising ceremonies, town hall meetings and more. Send us your photos and stories, we'd love to hear from you! Speaking of photos, thank you to everyone that have posted their "Why WI?" photos to social media and/or sent them in to WI Connections. Keep them coming! On February 22nd we hosted a virtual WI Day get together with conversations from new WI members and a special story from Dr. Ellen McLean about her "Why WI". Thank you to all that attended. February 22nd was also National Human Trafficking Awareness Day.



In advance this, on February 15th, I was invited by Kelly Tallon Franklin to attend in Ottawa as a Courage for Freedom guest and Parliamentary Delegate. Also attending as guests and delegates were FWIO President Michelle Phillippi, President-elect Linda Zelem; FWIO Board members Kim DeBruin, Sandy Miller; BPW Montreal Vice-president Marie-Chantal Hamel; BPW Quebec Regional Liaison Joan Macklin; Kiwanis Club of Cambridge Director and Committee Action Against Sexual Exploitation of Children - Connie Cody; Kiwanis Club of Cambridge Human Trafficking Chair – Lin Buxton; Ontario Association of Rape Crisis Centres & Executive Director of Sexual Assault Crisis Centre, Sarnia–Chantal Butterfield; Ontario College of Teachers, Courage for Freedom President, Past President BPW, Heather Ellis; Turkish Community Heritage Centre of Canada, Maide Yazar; Canadian Council of Muslim Women representative, Mashooda-Lubna Syed; Boost Child and Advocacy Centre/Internet Child Exploitation (ICE) Ashley Salerno; National Council of Women Canada Resolutions Chair and incoming President Marianne Wilkinson; Parole Officers Association Ontario, Vice-president Gareth Williams. I was unable to attend at Queen's Park in Toronto, Ontario on February 22nd, however I am grateful to Anne Innes, FWIO representative to FWIC for representing FWIC/WI Canada as well as FWIO President Michelle Phillippi and other members of FWIO. Women's Institutes were well represented at these important events. More information will be available on our website soon. Please see the attached photo with Kelly Tallon Franklin and the panelists at the press conference on February 15, 2023.



Another month has passed, and we turn the calendar page to March. Daylight Savings time for some begins on March 12 and the Spring Equinox arrives on March 20th. According to Google - “Willie predicts an early spring! South Bruce Peninsula is home to Canada's most famous weather prognosticating groundhog Wiarthon Willie!” I do hope that he is correct!

“March 8 is International Women's Day. It's a global day to recognize and celebrate women's and girls' social, economic, cultural, and political achievements. It's also a time to raise awareness of the progress made towards achieving gender equality and the work remaining to be done. Today, International Women's Day is a day of unity, celebration, reflection, advocacy, and action and is celebrated in many countries worldwide.” “This year, the Government of Canada's theme is Every Woman Counts. It's a reminder that all women, from all ages and walks of life, have a place in every aspect of Canadian society, including in the economic, social and democratic spheres. Let's celebrate the successful women around us, reminding today's youth and girls that their dream is within reach.” – Gov. of Canada website

This year, WI Canada is hosting a complimentary virtual event “Bridging the Gap” with author and speaker, Lindsay Sealey. Author of *Growing Strong Girls*. Mark the date – March 8, 2023, at 7 pm Eastern Time. You must pre-register by March 7, 2023, at registrations@fwic.ca

Don't forget to change your clocks on the 12th. I leave you with this Old Irish Blessing:

“May your troubles be less; your blessings be more and nothing but happiness come to your door”.

INTERNATIONAL WOMENS DAY EVENT



'BRIDGING THE GAP'



Lindsay Sealey

Author & Counselor - Growing Strong Girls

Young women and youth face many challenges today, and it's time we became aware of how to help. Join us for this special International Women's Day Event to learn how we can support and empower Young Women and Youth as they face bullying, human trafficking, suicide, cyber crime and other problems.

free registration - email Lynn at registrations@fwic.ca

Date :

- virtual event**
- March 8th, 2023**
- 7:00 EST**



WI...caring for home & country for 126 years.

Adelaide Hunter Hoodless Homestead Report Submitted by Margaret Byl

The Adelaide Hunter Hoodless Homestead welcomed Brianne as the new Museum Manager on February 8th and unfortunately, Brianne has moved on to another position. Brianne will be back with us to volunteer at some of our future events. We are currently looking for a replacement for Brianne, but in the meantime, the Homestead Committee is excited about our upcoming Easter Events.

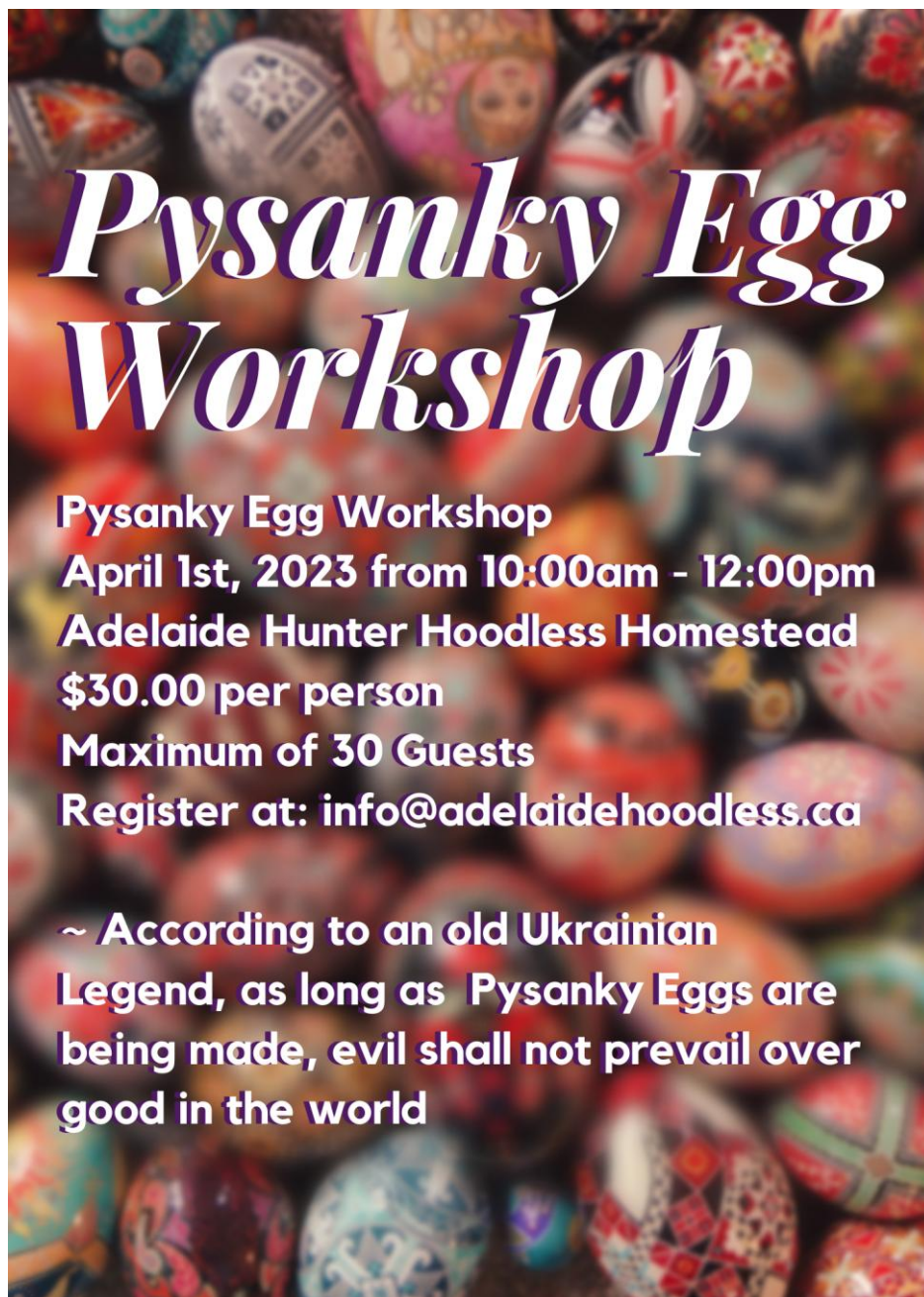
On April 1st, in support of Ukrainian Relief, we are pleased to announce a Pysanky Egg Workshop (see photo)

A special guest will be teaching a workshop on how to decorate a Pysanky Egg on April 1st, 2023, from 10:00 am – 12:00pm ET at the Adelaide Hunter Hoodless Homestead.

Tickets are \$30.00 per person with limited spots available, be sure to book your ticket to reserve your spot! Register at info@adelaidehoodless.ca

30 Guests maximum, materials will be supplied. There will also be the opportunity to watch the live demonstration online with a donation. To support Ukraine all profit will be split equally with the museum.

On April 7th we are planning the annual Easter at Addie's Event. Tickets go quickly and pre-registration is required so that we can make sure that all of the children go home with bag of



Pysanky Egg Workshop

Pysanky Egg Workshop
April 1st, 2023 from 10:00am - 12:00pm
Adelaide Hunter Hoodless Homestead
\$30.00 per person
Maximum of 30 Guests
Register at: info@adelaidehoodless.ca

~ According to an old Ukrainian Legend, as long as Pysanky Eggs are being made, evil shall not prevail over good in the world

goodies and a smile on their face. There will be something for everyone to do, young and old. Come see the upgrades at the Homestead! Volunteers are always welcome. To order your tickets, please go to our Eventbrite page.

<https://www.eventbrite.ca/e/easter-at-addies-tickets-513305459447>

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.



Beginning to gather my thoughts for the March issue the calendar reminds me it is February 19th, and immediately my thoughts go to what happened on that day in 1897. It was on that stormy night that Adelaide Hunter Hoodless met with a group of about one hundred mostly farm women in Squires Hall in Stoney Creek, Ontario and organized the first Women's Institute. This is the beginning of WI Week in Canada, a week when Women's Institute members across Canada have various gatherings to celebrate that anniversary, or to do something special in their community to tell their neighbours and friends that the WI's are still active in their work "For Home and Country" in their community and around the world.

Reflecting on the achievements of Adelaide Hoodless I am always amazed and impressed by what that woman achieved. We know that she was the inspiration for our Women's Institutes, but we tend to forget her other achievements such as organizing the Victorian Order of Nurses. The VON as we now know plays such a vital role in to-day's health care, visiting those who are ill at home and giving the care they need. She was instrumental in having Domestic Science for girls included in the school curriculum, to mention just two of her achievements. But when you think of when she was so active, It was long before there were very many women who didn't feel their role in life was to be a homemaker. Adelaide Hoodless was an inspirational speaker, much in demand in the United States as well as in Canada, she met with leaders in all levels of government, business and industry convincing them to assist financially to build the various institutions for teaching Domestic Science, or to pass needed new legislation. She was "a woman of vision", who knew that if vision was to become reality action was required. I wonder what more she would have achieved if she hadn't died suddenly in 1910 at the age of fifty-two.

You might be wondering why I am writing about this to be read in March when February was the month to be reminded of Adelaide Hoodless and the beginnings of the Women's Institute movement. WI Week in February was our

time of looking back at our roots but only using those reflections as a guidepost not a hitching post. Our challenge is to have a vision and find a way of transforming that vision into action.

I was recently chatting with a friend I hadn't seen for quite some time. He asked if I was still a Women's Institute member. When I answered in the affirmative, he asked me if I didn't think that the WI had outlived its usefulness. He said that in to-day's world, if she was interested and had the time, a woman could find recipes and how to prepare them, learn to knit, hook or quilt on the Internet from the comfort of her home. Unfortunately, I only had a short time to give him an account of Women's Institute activities at the present time, as well as some history. His final statement to me was that he was sure we were not gaining new members or branches. I told him this was a challenge for us as it is for all the church groups and not-for-profit organizations. I just wished that I had more time to give him a better short course in the Women's Institutes of to-day.

I believe that our motto "For Home and Country" is as relevant to-day as it was in 1897. Just as Adelaide's words are when she said, "A nation cannot rise above the level of its homes". And then we extend our vision beyond our homes to community service. Certainly, wherever they live Women's Institute members try to make it a better place.

Not to be forgotten when discussing Women's Institutes are the words "in friendships' circle bright", a very important part of being a member. Enough of my musings from my corner during WI Week 2023.



Quebec WI



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) or bristol board 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 or Bristol 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 and we will post on Facebook

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Associated Country Women of the World (ACWW) Updates Submitted by Lynn MacLean, FWIC's ACWW Coordinator

TRIENNIAL WORLD CONFERENCE May 18-24, 2023. Are you interested in what happens at the ACWW World Conferences but have been unable to attend? Now is your chance, for the first time you will be able to attend the World Conference virtually. The full package for online attendance is £75. Visit www.acww.org.uk/2023-world-conference to register. **Circulars:** Resolutions and election information is available on the eight Circulars that have been published and are found on the ACWW website under 2023 World Conference. Please note the form for the name of the delegation leader (Circular 8) must be sent to Central Office by February 28, 2023.

ACWW World Conference con't

Competitions: There are two competitions for the World Conference. Below is the information on each of the competitions.

- **TEA TRAY CLOTH**

- Any medium, any shape (round, square, oval, rectangle, etc.)
- The cloth can be machine or hand sewn, crocheted, or knitted
- The cloth can be quilted, patchworked, embroidered, or lace
- Approximate Size: 40cm x 30cm (15.7" x 11.8") or 45cm x 30cm (17.7" x 11.8")

- **SHOE BAG FOR TRAVELLING PURPOSES**

- Article must be machine sewn• Minimum Size: 30cm x 40cm (11.8" x 15.7")
- Maximum Size: 35cm x 50cm (13.8" x 20")
- The Shoe Bag must close with a draw string

- **Additional Information**

- The articles must be made by an ACWW member
- You do not have to attend the Triennial World Conference to enter the competition
- There is no limit to the number of entries
- Articles using fabric representing your country can add to the charm of your article
- You must attach the entry form found on the ACWW website, fully completed, by stitching it onto the underside of your article

WOMEN WALK THE WORLD: WWTW event is usually held on April 29 (ACWW Day). New material has been created to help you promote this event and it is available from your ACWW Coordinator for your Society or on the ACWW website (under fundraise for ACWW).



9TH ANNUAL

EASTER AT ADDIE'S

APRIL 7, 2023 10AM - 3PM

Egg-cellent
hunts



Bunny-rific
visits



Hop-tastic
games



Egg-citing
crafts



Tickets found on Eventbrite
\$20 per family of 4 + \$5 per additional child

359 Blue Lake Rd., St. George





The Manitoba Women's Institute invites all Women to attend our hybrid AGM and MWI Women's Day this April. We have included the agenda for both days and attached a registration form for your use. We have an e-transfer option for those who prefer to pay electronically. Hope to see you there!

Manitoba Women's Institute Provincial Annual General Meeting

Friday, April 28, 2023 at 7:00 PM

Dugald Community Club Dugald, Manitoba

O Canada

6:30 pm Registration

7:00 pm Call to Order

Greetings & Housekeeping

7:05 pm Mary Stewart Collect.

President's Report

7:10 pm Adoption of Standing Rules

7:20 pm Adoption of Agenda

7:30 pm Review of the 2023 AGM mail in ballot results

7:45 pm Celebration of Life

8:00 pm Open Mic

8:10 pm Invitation to Institutes to hold AGM & Women's Day 2024

8:15 pm Closing Remarks

8:20 pm Installation of the 2023/2024 Board

8:25 pm Adjournment

8:30 pm Meet and Greet

MWI Women's Day

Saturday, April 29th, 2023, at 9:30 AM

Dugald Community Club Dugald, Manitoba

8:30 am Doors open

9:00 am Registrations start

Coffee and muffins

9:30 am Greetings and Housekeeping

9:45 am Diversity & Inclusion speaker – Diane Burelle

- 10:15 am Women's Heart Health speaker – Ellen Swistun
- 10:50 am Comfort Break
- 11:00 am Rural Safety speaker – Springfield COPPS
- 12:00 pm Lunch
- 1:00 pm Scams speaker – Springfield Police
- 2:00 pm Microgreens speaker – Joel Weber
- 2:45 pm Make & Take activity
- 3:00 pm Thank You and Farewell

Manitoba Women Coping with COVID Challenges, Submitted by Debra Barrett, President

The Manitoba Women's Institute invited Manitoba women to contribute a story outlining how they coped with the COVID-19 Pandemic. The stories were published as a digital book and distributed to the authors, the Manitoba Archives, along with Manitoba's university and government libraries.

The collection is meant to ensure that there is an historical record of women's lives as they dealt with COVID-19 and its variants. The stories are heartfelt and demonstrate the different coping mechanisms each woman developed to survive while holding their families and communities together during very trying years.

This book is available in both a digital and hardcopy format. The digital copy is available for \$10.00 while the hardcopy version is available for \$15.00. For further information please email mbwi@mymts.net.

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The Commission on the Status of Women (CSW): March 6-17, New York, USA submitted by Marie Kenny

To register go to <https://acww.org.uk/csw67>.

The Commission on the Status of Women (CSW) is the principal global intergovernmental body exclusively dedicated to the promotion of gender equality and the empowerment of women. The CSW is instrumental in promoting women's rights, documenting the reality of women's lives throughout the world, and shaping global standards on gender equality and the empowerment of women.

During the Commission's annual two-week session, representatives of UN Member States, civil society organizations and UN entities gather at UN headquarters in New York.

Since 2020, CSW has been conducted in a digital-only or hybrid format due to the ongoing COVID-19 Pandemic. In 2023, Side and Parallel Events are being held digitally and the negotiations are being held in person. Two parallel events

include one on March 8 from 1-2:30pm ET with the topic **Rural Women as Agents of Change: Less Talk, More Action** and the second one is on March 9, 3:30-5:00pm ET with the topic **Rural Youth for Action: Reviewing CSW62**.

Member States discuss progress and gaps in the implementation of the 1995 Beijing Declaration and Platform for Action, the key global policy document on gender equality, and the 23rd special session of the General Assembly held in 2000 (Beijing+5), as well as emerging issues that affect gender equality and the empowerment of women. Member States agree on further actions to accelerate progress and promote women's enjoyment of their rights in political, economic, and social fields.

The outcomes and recommendations of each session are forwarded to Economic and Social Council for follow-up. Along the way, Civil Society Organisations like ACWW give input in negotiations, hold Parallel Events, and work hard to ensure that Governments are held accountable for their commitments.

The Associated Country Women of the World exists to amplify the voices of rural women, so that the problems they face and the solutions they raise are heard and acknowledged by international policymakers and legislators. Rural women are the backbone of families, of communities, of nations, but they are often a silent support, adapting to change and tragedy with comparative ease. They bear the burden of conflict, they go unheard in legislation, and they remain unprotected and unsupported. ACWW exists to change that.

For the first time in 2023, ACWW is accrediting a delegation to CSW including grassroots members from several countries, alongside Board Members, Staff, UN Committee, and some guest participants.

Celebrations from Prince Edward Island. Congratulations to Marie Kenny and Miriam Lank of PEI on receiving the Queen Elizabeth II Platinum Jubilee Medal. Shown here with Premier Dennis King.



Highlights from the FWIC/WI Canada Board Meeting – February 6, 2023

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. If you have a question that you would like Lindsay to answer, send the questions to Angela at angela.beth.scott@gmail.com. To register email registrations@fwic.ca

Climate Change April 19: Mark your calendars for the session on Climate Change. Details will be shared after the March board meeting.

Adelaide Hunter Hoodless Canadian Woman of the Year 2023: Nominations are now open. For details on what is required visit <https://www.fwic.ca/canadian-woman-of-the-year-nominati>. Deadline is March 31, 2023.

Tweedsmuir Competitions and Senator Carine Wilson Competition 2024: Details are found in this next issue of *WI Connections*.

Reminders:

Provincial Fees: Fees were due by February 1st. Thank you to the provinces that have sent in their reporting form and cheques.

Why WI? Activity: Please encourage branches to do the Facebook activity “Why WI? Details can be found in the latest edition of *WI Connections*.

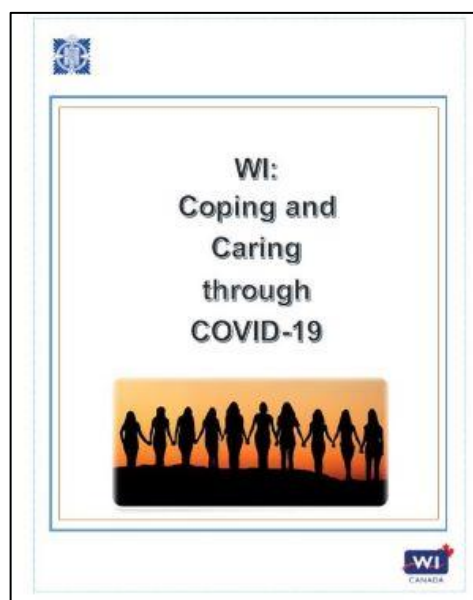
WI Connections: Reminder that submissions from branches and members are encouraged from each province. Please submit by the 20th of each month.

****Next Meeting of the Board of Directors: Monday, March 6th, 2023, at 7 pm ET.**

FWIC/WI CANADA EBOOK

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>.



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

March 17 is St. Patrick's Day. My stepfather was from Belfast, Northern Ireland. My mother often made some traditional Irish dishes like colcannon, which she did with mashed potatoes, cabbage and green onions, another was bangers (plump sausages) and mash potatoes and of course corn beef and cabbage. Quite often she would make Irish soda bread.



IRISH SODA BREAD

Ingredients

- 4 cups all-purpose flour
- ½ cup margarine, softened
- 4 tablespoons white sugar
- 1 baking soda
- 1 tablespoon baking powder.
- ½ teaspoon salt
- 1 cup buttermilk
- 1 egg
- ¼ cup butter, melted
- ¼ cup buttermilk

Directions

- 1—Preheat oven to 375 degrees F (150 degrees C) grease a large baking sheet or use parchment paper.
- 2 –Mix flour, softened margarine, sugar, baking soda, baking powder, and salt together in a large bowl. Stir in 1 cup of buttermilk and egg. Turn dough out onto a lightly floured surface and knead slightly. Form dough into a round and place on the prepared baking sheet.
- 3—Combine melted butter with ¼ cup buttermilk in a small bowl, brush loaf with this mixture. Use a sharp knife to cut the “X” into the top of the loaf.
- 4—Bake in preheated oven until a toothpick inserted into the center of the loaf comes out clean, 30 – 45 minutes. You may continue to brush the loaf with the butter mixture while it bakes.



Since Covid-19 many people young and old have been feeling stressed. Stress can cause many health problems from simply not able to sleep, fatigue, headaches, irritability to major health problems such as depression, high pressure, hard attacks and ulcers to name a few. Maintaining a healthy lifestyle can help you manage stress. Eat a healthy diet, exercise regularly and get enough sleep. Maybe instead of being on your phone or computer, take a walk and be mindful of your surroundings, do you hear birds singing, children laughing or maybe you will see the trees budding or flowers popping up. I find laughter is also a good stress reliever, maybe watch a fun show or read something funny. I have a WI member that every evening she sends out an email that either contains a funny story, a joke, or a cartoon. So, in the morning when I check my emails hers is always the first one that I read, this starts my day off right. Do you have some unique ways to relieve stress, let us know and we can post them another WI connections?



FWIC WI CANADA LEADERSHIP MODULES

FWIC WI Canada hosted three modules in January and February of 2023. The notes for these last three modules can be found on the FWIC website (fwic.ca) under Education.

Each of these three modules were recorded and for privacy purposes, are unlisted on YouTube. For your convenience, here are the links: Goal Setting: Part 2 Jan 4, 2023. <https://youtu.be/NxAq7MbrUJc>. Communication Jan. 18, 2023. https://youtu.be/_tGiNwzR-Ms. Leadership: Incentive & Identity Feb.1, 2023. <https://youtu.be/nM9uuTqIRO8>.

We would love to have your feedback on the modules. This will help us determine whether we should continue next winter with more modules and if the modules do continue, what topics should be considered?

An online evaluation form was distributed to attendees but if we have missed sending one to you, please email Lynn at president-elect@fwic.ca and she will forward you the form. To those that have already submitted an evaluation, thank you!

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International Women's Day (IWD) - March 8; A Bit of Reality submitted by June Crandall

IWD has its roots in labor movements that originated in the North America and Europe during the early 20th century. Though hugely political, we should not forget the overarching themes and goals of the original movement and on into the 21st Century which for the most part was equality. This article will not address any of the political rhetoric but try to focus on what we should never forget which is that everyone is created equal and should have a chance to live in peace and harmony.

According to the Human Rights Index 2014, the top ten countries exhibiting the most egregious violations of human rights are: Nigeria, Yemen, Myanmar, Iraq, Afghanistan, Somalia, Pakistan, Congo, Sudan and Syria – this country tops this list. The abuses against humans are horrible, but the abuses **against women and children are very unsettling**. The abuses include, but not limited to, human trafficking, rape (of women and female children), violence and societal discrimination against women, female genital mutilation (FGM) and other forms of cutting and mutilation, honor crimes (killing and beating of women) without legal recourse, children being forced into soldiers, child labor, child sex slavery, commercial sexual exploitation of children, food and medical aid deprivation, use of children as suicide bombers, forced child marriage, forcing women to be covered head to toe, infanticide, and many, many more.

<https://www.therichest.com/> (2014). Insider Monkey lists eight other countries that violate human rights. Note that those who rank these countries may use difference barometers to determine the worst but the point is clear.

We like to commemorate IWD but what are we really commemorating? You can be assured that of the women who suffer and die, and whose children suffer and die at the hands of their abusers, would give anything for

moment's peace and to know they can awaken tomorrow having enough food to feed their children, to be free from fear of rape and marginalization, and be able to celebrate with us. Let's think more deeply about the meaning of International Women's Day and remember the women who have no knowledge that the world commemorates women. Equality is a foreign term to most women in the world. There are several organizations that work to support and empower women in the countries mentioned above. One such organization is The Federated Women's Institutes of Canada (FWIC) which is a national organization that advocates for national directives in health, poverty, food safety, environmental preservation and community support. We can support women locally and through the FWIC as we remember those who are trying to survive under very difficult circumstances.

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Getting Your Message Across by Denise Joss- MWI Rep

Too many words in your message will confuse your audience.

Remember the advice to newspaper reporters, "You need to answer the W-5 questions in your first 3 sentences.

(Who, What, Where, When and Why) This advice reminds me of the old F.B.I. TV series where the officer would say, "Just the facts, mam. Just the facts."

If you cannot pronounce a word, do not use it. If you have to look up the meaning of a word, include a simile (another word that means the same) in brackets. Save the words that trigger beautiful imagery for your next novel.

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Prince Edward Island WI, submitted by Ellen MacPhail

PEIWI: Agriculture on PEI - Did you know?

Did you know? PEI is the largest producer of potatoes in the country, producing approximately 22% of Canada's potatoes each year and able to boast having the largest acreage. Many different varieties of potatoes are grown for different uses with one potato growing up to 5 to 10 potatoes. Planting takes place ideally in May and June with harvest beginning in early Summer with the main crop harvested in late September through to November. There are 175 potato producers on PEI with approximately 82,000 acres of potatoes grown in PEI per year. 98% of our farms are family-owned and operated and the PEI potato sector is the oldest commercial industry in Canada, dating back to the 1700's.

PEI potatoes are grown for three specific markets:

- Table: 30% are sold to retail and food service sectors.
- Processing: 60% are manufactured into French fries, potato chips, or other products.
- Seed: 10% are grown with high quality and health standards for next year's potato crop.

PEI potatoes are used and shipped globally to over 20 countries in a normal year with PEI being a leading centre for potato research and innovation for North America. PEI potato growers are also highly committed to sustainable production practices, including integrated pest management, crop rotation, nutrient management, and soil conservation. Submitted by Ellen MacPhail, Executive Director, PEI Women’s Institute
Source: PEIWI, PEI Farm and Food Care, PEI Potato Board

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Women’s Institute celebrates Agriculture. Submitted by Ellen MacPhail

The provincial Women’s Institute highlights agriculture in the upcoming month and recounts a successful donation campaign.

Before launching into agricultural related items, PEIWI was excited at the overwhelming response to February’s “Taking Care of Women’s Business. Period. 28-day campaign” with donations being dropped off for PEI food banks. Well over \$6,000 was estimated in product and monetary donations to address the need for feminine hygiene products for P.E.I. food banks. The provincial Board of PEIWI wishes to thank those who donated cash or product across PEI and partners of Murphy’s Pharmacy and Main Street Pharmasave in Souris and Milton Community Hall as drop off locations.

In celebrating Canadian Agriculture Literacy Month, PEIWI distributed over 500 Farm to Table Activity Books to youth in Grade 3 across Prince Edward Island, in two official languages. Also this month, several WI members will be reading to children in the classroom on farm related themes.

The provincial board also features a ‘Heard it through the Grapevine’ segment spotlighting agriculture through the eyes of WI members, available on Facebook and in member mailouts. This month features Nabuurs Gardens, owned and operated by Arny and Mary Nabuurs in Brudenell. Their operation consists of 17,000 sq. ft. of greenhouse space devoted to bedding plant production. In addition to growing vegetables they also grow six acres of strawberries annually which are sold locally. Their seasonal retail store at 4986 A.A MacDonald Hwy, Route 4 in Brudenell offers a kitchen and bakery.

The provincial Board of Directors is now accepting nominations for the Woman in Agriculture Award. This award, is presented bi-annually to recognize an Island woman making a major contribution to the PEI agriculture industry within the last five years. Members of the community or fellow farmers are encouraged to contact their local PEIWI branches to nominate women in the agriculture industry for this award. This award, along with other PEIWI awards and scholarships, will be presented on June 9, 2023. Deadline to submit is March 31. A complete list of PEIWI awards and scholarships are available online or by contacting the PEIWI Office.

The final round of the WI Island Product Cooking Contest was announced last month for those in grades 7-12. Finalists include Elliot Penny, for Main Course, and Sadie MacNeill for Dessert and Appetizers. Winners were from the Montague Intermediate School with recipes showcasing Island ingredients.

WI is also pleased to also be a member of Farm and Food Care PEI and encourages Islanders to visit their webpage at <https://farmfoodcarepei.com/> to learn more on the agriculture industry on Prince Edward Island.

In Branch news, the Wood Island Women's Institute invites members of the general public to an Open House on March 25 from 2-3pm (storm date March 26) at their newly renovated Wood Islands West Schoolhouse (circa 1842) at 822 tch Route 1 to enjoy their historical photo gallery and displays. Light refreshments will be served.

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Dancing & Dining submitted by Eleanor Lilly

Looking for a fun program? LB & Area WI learned the steps to the "Cowboy Shuffle" line dance before an auction of decorated box lunches. Lyon's Brook and Area WI had a boxed lunch auction for their program. Members decorated bags or boxes containing a lunch, drink and a treat for auction to raise funds for Branch projects.

Our auctioneer and "Vanna" assistant did a great job, thanks Wanda and Colleen.

There were lots of oohs and aahs as we unwrapped them and enjoyed the goodies inside.

What a fun way to raise funds and enjoy our meal together.



Happy Spring everyone! The calendar says that spring is on its way.

In our last newsletter I started talking about the SDG # 14, the “Ocean Decade” and in this newsletter I am continuing with the 10 challenges and the 7 outcomes they are striving to achieve by 2030.

I talked about Challenge 1 and Outcome 1 last month.

Challenge # 2 - To protect and restore ecosystems and biodiversity

Challenge #3 – Sustainably feed the global population

Challenge #4 - Develop a sustainable and equitable ocean economy

Challenge # 5 – Unlock ocean-based solutions to climate change

Challenge # 6 - Increase community resilience to ocean hazards

Challenge # 7 – Expand the Global Ocean Observing System

Challenge # 8 - Create a digital representation of the ocean

Challenge # 9 - Skills, Knowledge and Technology for all

Challenge # 10- Change Humanity’s relationship with the ocean

And the remaining outcomes are:

Outcome 2 – A healthy and resilient ocean, - where marine ecosystems are understood, protected, restored and managed.

Outcome 3 – A productive ocean, supporting a sustainable food supply and a sustainable ocean economy.

Outcome 4 – A predicted ocean – where society understands and can respond to changing ocean conditions.

Outcome 5 – A safe ocean – where life and livelihoods are protected from ocean related hazards.

Outcome 6 – An accessible ocean – with open and equitable access to data, information and technology and innovation.

Outcome 7 – An inspiring and engaging ocean – where society understands and values the ocean in relation to human wellbeing.

And sustainable development.

The health of the ocean is intimately tied to our health. The diversity of species found in the ocean offers great promise for pharmaceuticals.

Marine fisheries provide 57 million jobs globally and provide the primary source of protein for over 50% of the population in least developed countries.

On a personal level we can make ocean-friendly choices when buying products or eating food from oceans and consume only what we need.

Every year approximately \$13 billion is spent for clean-up costs and financial losses in fisheries and other industries.

Oceans are our planet's life support and regulate the global climate system.

We can help spread the message about how important marine life is and the need to protect it.

April 22 is EARTH DAY---- the theme this year is "INVEST IN OUR PLANET"

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Tweedsmuir Competitions

There are a total of four Tweedsmuir Competitions and one Senator Cairine Wilson Competition.

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

HISTORY COMPETITION

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

RULES:

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



Scoring Points

Most inspiring: 50
General appearance: 20
Originality: 30

CULTURAL COMPETITION

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

RULES:

- Length: maximum of 6 pages
- May include pictures.

- Needs to be typed and double spaced.
- Use the font ARIAL; size# 12.
- Spelling and grammar scored under general appearance.
- Follow the general rules.



Scoring Points

Content: 60
General appearance: 20
Originality: 20

HANDICRAFT COMPETITION

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

Rules:

- Size: maximum 30" (76.2cm) X 42" (106.68cm)
- Can be either hand-done or by machine.
- Must be completely finished and ready for hanging.
- Back must be visible.
- Follow the general rules.

Scoring Points

General Appearance: 15
Presentation: 20
Design and colours: 20
Workmanship: 30
Back of the project: 15



COMMUNITY COMPETITION

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

Rules:

- Length: 500-1000 words
- May include pictures.
- Needs to be typed and double spaced.
- Use the font ARIAL; size# 12.

- Spelling and grammar scored under general appearance.
- Follow the General Rules



Scoring Points

Content:	60
General appearance:	20
Originality:	20

GENERAL RULES

- There will be no limit to the number of entries submitted by Provincial members, however, only one entry per category per person will be considered.
- All submission must have name, Province, Branch, email address and phone number attached in a sealed envelope.
- Submissions that are mailed in must be received by September 1, 2023 at the following address (**not the FWIC office**): FWIC President-elect, Lynn MacLean; PO Box 493, Pictou, NS B0K 1H0.
- Otherwise, submissions must be brought in on the first day of Convention, **September 17, 2024**, to be judged. Late submissions will **not** be considered.
- All entries must be picked up at the end of the Convention or arrangements made to return the items at the expense of the submitter.
- FWIC/WI Canada will not be held responsible for lost or damaged submissions.
- Winners must give permission for the use of their photo, name, province, and branch by the FWIC/WI Canada on their website, social media pages, and newsletters.
- Photos of people in the competitions must have their permission for the use by FWIC/WI Canada
- Copyrights must be adhered to (Permissions in writing for copyright items must be provided).

SENATOR CAIRINE WILSON COMPETITION (2021-2024)

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

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

Scoring Points

General Appearance:	20
Workmanship:	30
Presentation:	20
Originality:	30



The Pictou Co. WI ladies gathered up backpacks and over \$600 in gift cards to donate to Violas place. Great job ladies!! A wonderful group of community supporters 😊



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Doreen Wall, PEI

Elizabeth Moss, NL



Spring is in the Air