

WI Connections



Margaret's Message, Submitted by President, Margaret Byl

Greetings on behalf of the FWIC/WI Canada Board of Directors. As I sit at my desk and look out the window in contemplation, I reflect on how busy April was with the Earth Day/Climate Change virtual Event, AGM planning meetings, FWIC Triennial Convention planning meetings, ACWW Canada Area zoom calls and of course the Adelaide Hunter Hoodless Homestead's Pysanky Egg Decorating in support of the Ukraine Relief Effort and Easter at Addie's Event. For more details about the Pysanky Egg Decorating and Easter at Addie's Event, please see the News from the Homestead



updates. I would also like to thank the Provincial Presidents for the kind invitations to their upcoming AGMs.

It is great to see the “Why WI?” submissions that continue to come in. If your branch hasn’t sent theirs in yet, there is still time to do so. Speaking of time, it has certainly flown by. In many areas of the country, the trees are in blossom and the spring flowers are popping up, painting the landscape with a multitude of vibrant colours, a prelude to the sunny days and warmer weather ahead.

Many of our members are preparing for the 30th Triennial Conference of the Associated Country Women of the World being held in Malaysia on May 17th to the 25th. The conference will be hosted by the Women’s Institutes of Pahang, a member society of ACWW and at the invitation of Her Majesty, Queen Azizah Iskandar. Some of the delegates will be leaving in advance for a pre-conference tour or as members of the Board of Trustees and committee members of ACWW. Best wishes for safe travels to all.

The FWIC/WI Canada Annual General Meeting will be a hybrid meeting held at the National Office in St. George, Ontario on July 11, 2023. If you are planning to vacation in Ontario this summer, consider joining us at the Adelaide Hunter Hoodless Homestead, a National Historic Site of Canada!

Plans are being made for the FWIC/WI Canada Triennial Convention to be held in Truro, Nova Scotia on September 17, 18 & 19, 2024. Watch the website for updates coming soon.

Your Board of Directors have been working diligently on your behalf. Your FWIC Representative will be happy to answer any questions that you might have about FWIC/WI Canada. Thank you to Angela Scott for redesigning our brochure which will be posted online at www.fwic.ca once it has been approved by the Board. Thank you to the Outreach & Communications Committee members for their work on programing. If you have any ideas for future workshops, please let us know.



On a sad note, former FWIC President, Jacquelyn Linde of BC passed away on February 4, 2023. On behalf of the FWIC/WI Canada Board, our deepest sympathies are extended to her family, sisters in WI and friends. She will be missed by all. Please see below for details.

I will leave you with this thought to consider: Society and the world is changing. To paraphrase the famous words of Adelaide Hunter Hoodless, “To educate a girl, you educate a community”, I would add that as we educate our communities, we are also learning tolerance and understanding, the keys to inclusiveness. Wishing a Happy Mother’s Day to the mothers, grandmothers, sisters, aunties, and sisters in WI!

Obituary - LINDE, Jacquelyn December 4, 1936 — February 4, 2023



Born in Ladner, BC on December 4, 1936, Jacquelyn Linde passed away, peacefully, in Kelowna, British Columbia on February 4, 2023. Jacquelyn is survived by her son, Bill, and daughter-in-law, Anna, of Lake Country, BC; grandson Robert (Jamie) and great-grandchildren Taylor, Deklyn, and Danica of West Kelowna; grandson Richard (Crystal) and great-granddaughters Grace and Kensie of Kelowna; as well as by her stepsister Heather McLeod (Ken) of Salmon Arm. Sadly, Jacquelyn was preceded in death by her husband of 54 years, William, in 2009.

Jacquelyn spent most of her married life in Springhouse, BC. She was active in the Women's Institute of Canada and served as Canadian President of the institution.

In lieu of flowers, donations may be made to BC Children's Hospital, in memory of Jacquelyn. There will be a Celebration of Life in May.

Adelaide Hunter Hoodless Homestead Report Submitted by Margaret Byl

The Adelaide Hunter Hoodless Homestead has been bustling with activity! The Pysanky Egg Decorating event was sold out! Thank you to Luba Waplak for the wonderful workshop! Half of the net proceeds as well as donations totalling \$1,349.53 were forwarded to the London Ukraine Centre which will be forwarded to the Ukraine for the Relief Effort where it is most needed.

The Easter at Addie's was a success with more than 500 people in attendance. Attendees enjoyed the egg hunt, scavenger hunt, face painting by Ella Bauma, children's crafts including colouring, rock painting and word search, petting zoo, food truck, silent auction, and a vendor's hall in the pavilion. The Easter Bunny and two dinosaurs roamed the grounds bringing smiles and laughter to all the children. Thank you to our supporters & volunteers and special thanks to our Museum Manager, Nancy Carubba; Anne & Grant Innes and Linda Zelem, our AHHH Committee members, and our grandchildren for making this an awesome event for all ages.

Nancy has put together an amazing list of programs from May to September. I will share with you the programs for May 2023 beginning with a Mother's Day Market Place on May 6th – Unique and creative Mother's Day gifts will be available made by local Artisans. May 17th – Italian Cooking Class (restaurant quality Italian food at home); May 23 – Essential Oils, learn about the basics and their benefits; May 31 – Learn to meditate with a short, guided

meditation. A sneak preview for June – June 2 take a photographic journey of Wild Costa Rica with award winning nature photographer Mark Williams and on June 6 Mark Williams will take you on a narrated visual tour of Iceland: Realm of Ice and Fire. For more information contact info@adelaidehoodless.ca or call 519-448-3873. Pre-book your Homestead tour and enjoy browsing through the Gift Shop! Pavilion and grounds rentals are available for all occasions. Come out and see what we have to offer.

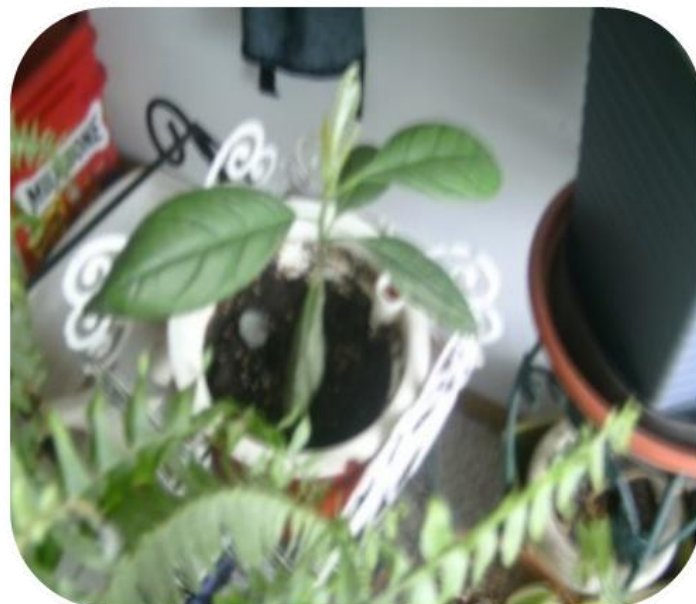


Plants and Things – submitted by Linda Mason – Alberta Provincial Representative

I love gardening and like to try growing a variety of new and different plants. This past summer I put an Avocado pit into some soil and was surprised when it actually grew. Medicinal plants have been used since prehistoric times, 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 to use not only for cooking but in making pickles, relishes, salsa's etc.

Most herbs can be preserved for year round use; I dry mine to keep in a handy container.



My Avocado Plant

Easy to make **Planters for Kitchen Gardens** – Punch holes in the bottom of large empty food cans, put a layer of coarse gravel in the bottom, top with planting soil (press down slightly) and place seeds in the soil, put on top of a plate or tray (to catch excess water) water and place in a sunny area. This is a great way for starting seedlings or growing herbs which can be transplanted outside once the weather is warm enough. Some herbs and plants can also be brought into your house for use over the winter then transplanted back into your gardens in the spring. Tip when using your Basil, just clip off leaf/leaves to use and the plant will keep growing new leaves.



Picture of Geranium brought into my house fall of 2022 - taken April 1, 2023

Recipe for use of your Herbs – **Pesto**: simple to make and this paste has a variety of uses, great as a rub, can be mixed in with meats/fish/seafood, vegetables, potatoes, etc. or used as a dip. Choose herbs that best compliment the flavor of what you would like to use if for ie: Parsley &, Mint for Fish or Seafood. Place fresh or dried herbs in a blender with a

little amount of lemon Juice, a pinch of salt, then add enough Olive Oil to make a paste and viola you have great seasoning when cooking your fish or seafood or can be used just as a seafood dip.

A great Pesto to add to Avocado's is: Mint, Parsley, Cilantro, Onions, Lemon juice & mayonnaise. I love using fresh Herbs as seasonings when I cook and having a Kitchen Garden in the winter is wonderful.

PEI WI Women Walk the World Submitted by Ellen MacPhail

Women around the globe join together this weekend through Associated Country Women of the World (ACWW) walking events.



In eastern Canada this morning, PEI Lieutenant Governor Antoinette Perry, Minister Responsible for the Status of Women Natalie Jameson, United Nations Chairperson for ACWW Marie Kenny, PEI Women's Institute (WI) Provincial President Miriam Lank, and Department of Agriculture's Andrea Triolo along with board members and friends of WI walked the Victoria Park boardwalk in Charlottetown to unite their support for rural women and developing projects across the world.

The annual ACWW Women Walk the World event is a quiet fundraiser and gathering to celebrate the impact of rural based women being the foundation of their families, communities, and countries. #ACWW #peiwi #womenwalktheworld



Agriculture on PEI submitted by Ellen MacPhail

Eggs - Did you know?

- Egg farmers on PEI produce over 3.75 million dozen eggs a year. About 55% of the eggs produced on the Island are consumed by Islanders. The remainder are consumed in other Maritime Provinces or processed in food products and distributed across Canada.
- Over 99% of eggs from registered Island egg farmers go through federally inspected egg stations for grading and packaging.
- Consumers on PEI can identify local eggs by either a red “PEI” stamp on the egg or “PEI” on the carton and a tracking code. The tracking code allows the egg industry to trace back to the farm and allows consumers know they are supporting local PEI egg farmers.
- Registered PEI egg farmers live and work on their farms with their families. Three quarters of Island farmers have taken over the family farm from their parents and grandparents.

More Egg Facts:

- There is little difference between brown and white eggs. The colour depends on the breed of the hen. Typically, white shell eggs come from hens with white feathers, while brown shell eggs are produced by hens with brown

feathers. Nutritionally, brown and white eggs are identical unless the feed has been enhanced for specialty eggs such as Omega-3.

- The food a hen eats affects the yolk colour of her eggs. A wheat-based diet lays eggs with pale yellow yolks. Feed containing corn or alfalfa produces eggs with medium or darker yellow yolks.
- Egg size is related to the age of the hen -- as a hen gets older, she lays larger eggs. Eggs are sorted at the grading station based on weight, not circumference, and packaged accordingly into the following sizes: pee wee, small, medium, large, extra large or jumbo.
- A large egg contains 6 grams of protein and 14 important nutrients like vitamins A, D, E, folate, iron and zinc.

Egg Tips:

- Always Keep Eggs in their Carton
 - Cartons protect eggs and prevent them from absorbing strong odours and flavours of other foods in your fridge due to the tiny pores in the egg shell.
 - Eggs should always be stored with the large end up, the same way they are packaged in the carton. This allows the yolk to remain centered.
- Eggs should be kept in the main body of the refrigerator, and not the door, to ensure a consistent and cool temperature.
- Leftover raw egg whites and yolks should be placed in airtight containers and stored in the refrigerator immediately. To prevent yolks from drying out, cover with cold water. Drain water before using.
- When storing hard boiled eggs, a "gassy" odour may occur caused by hydrogen sulphide, which forms during cooking. It's harmless and dissipates in a few hours.

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.

As I write this April 29th is fast approaching, the day when we particularly think about ACWW. Perhaps you, with your fellow members around the world, will be "Women Walk the World". Perhaps you had that event before April 29th, perhaps at a later date. Whenever it had been, it has given you the opportunity to raise awareness of the Associated Country Women of the World and also raise funds for its work.



And right now the members of the Canadian delegation to the upcoming triennial Conference of the Associated Country Women of the World are busy finalizing their preparations to travel to Kuala Lumpur, Malaysia, in mid May. An exciting time, and I would be less than honest if I didn't wish I was part of the delegation. For some it will be their first World Conference, for others it will be to again experience that special feeling one gets at the Opening Ceremony when the flags of the eighty member countries are carried into the hall and placed in full view throughout the conference. I have always felt this a very moving experience. That is followed by reports of activities during the previous term, financial report, proposals, and plans for the future as well as the election of the Board. It is the time for the membership to voice their concerns, to ask for clarification on decisions made, and why some changes were made. Certainly, recognition must be given to the challenging times we have had due to the pandemic. But in addition to the business to be discussed, there is always time for the very important social aspect of the conference, the opportunity that delegates have of making wonderful acquaintances and having the occasion to share a little bit of our families, organizations and communities.

Though our circumstances may be quite different, there is always that unifying component, our families. My Mother taught me to embrace opportunities like those, and to tuck the memories in my "memory house" to be remembered and relived for a long time.

My "memory house" has memories of fourteen conferences that I have had the privilege to attend, each one quite different, and I am going to share one with you. I just love this little story. In earlier times, a highlight of the conferences were home hospitality. At some conferences we were guests in homes, at some we were guests of our member Societies in their communities. It was 1974, Perth, Australia, and when I examined my registration bag I found a card with an invitation to an evening meal somewhere in the city, and my hostess would pick me up at the hotel door. Instructions told me that I had to hold up the enclosed card with the large number 49. The evening came and a lovely young woman met me and home we went for my visit with her, her husband, and their three children. I was so pleased to be with some children because I was missing my own three so much. We first had a pleasant time getting acquainted while enjoying Australian snacks. Then my hostess went off to the kitchen to finish supper preparations. The three children followed to the kitchen in her heels. A delicious meal was enjoyed, more sharing of information about our home communities, countries, and then it was time for me to return to my hotel. It had been a wonderful evening with a lovely family. On my return my hostess said to me that she felt she knew me so well after our evening together that I would enjoy something she wanted me to hear. She told me that when the children went to the kitchen they had very definitely expressed their disappointment because they had reminded her that she had told them "we are going to have a guest from a faraway country. Her skin might be a different colour, she may be from India wearing a beautiful sari made of colourful silk and she might have a diamond in the side of her nose. Or perhaps it might be someone from Africa in a beautiful brightly coloured long dress and wearing an interesting hat, BUT look what we got!." Out of the mouths of babes...

It is Bon Voyage to our delegates, have a wonderful, safe and healthy trip, one that fills your "memory house" with memories for you to remember for a long time. And then make wise decisions which will increase the opportunities to

improve all aspects of the lives of so many women and their families in so many parts of the world. The needs are many, the challenges great but there is strength together. Remember: Action Can Work Wonders.

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.

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)-weather permitting in Canada. 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).

Highlights from the FWIC/WI Canada Board Meeting – April 3, 2023

FWIC Book Club: The Book Club takes place on the third Thursday of the month. The May book will be *Women Talking*. To register contact Diane Dammann at awipresident20@gmail.com.

Climate Change April 19: FWIC was pleased to welcome forester, Meghan White, who presented on the Forestry Sector in New Brunswick. Meghan, a WI member, worked in the forest industry for ten years. Her presentation was recorded and can be found on the YouTube channel.

ACWW: Women Walk the World: Don't forget to plan your event. Please send the pictures of your Women Walk the World event to Angela Scott.

FWIC AGM: to be held as a hybrid event on July 11, 2023.

Tweedsmuir Competitions: The competitions will be posted again in the May issue of *WI Connections*. Deadline for entries is September 1, 2024, if mailing to Nova Scotia and September 17th, 2024, if bringing the entry to Nova Scotia.

National Convention: Will be in Nova Scotia in September of 2024. More details will be available after the May board meeting.

Draft FWIC Brochure: Work is being done to design a new brochure for FWIC. Input was gathered at the April board meeting and should be available for provinces to use in May.

E-Book: Did you get your copy of the FWIC E Book that shares stories on how WI members from across Canada coped with COVID? It is available for sale for \$10 at the FWIC store.

Volunteers: Thank you to all WI members for your time and dedication to WI. Your efforts are much appreciated.

Reminders:

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 them by the 20th of each month.

****Next Meeting of the Board of Directors: Monday, May 1, 2023, at 7 pm ET.**

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

May is here and it's time to work outside and prepare the gardens. My first produce to be harvested is rhubarb. Here is a recipe that I make and sell at the local public market. As the year progresses, I exchange the rhubarb for other fruit, such as blueberries, peaches or apples.



RHUBARB COFFEE CAKE

BATTER: 1/2 Cup margarine TOPPING: Mix together:

1 1/2 Cup white sugar - 1/4 Cup margarine

1 Egg - 2 tsp. cinnamon

1 tsp. vanilla - 3/4 Cup brown sugar

2 Cups all-purpose flour - 1/4 Cup of flour

1 tsp. baking soda

1/2 tsp. salt

1 Cup buttermilk or sour milk

2 Cups diced rhubarb (mix with 1 Tbsp. flour)

DIRECTIONS;

Cream together margarine and sugar add beaten egg and vanilla. Sift together flour, baking soda and salt add to the sugar mixture alternately with the buttermilk (or sour milk). Gently mix the rhubarb into the batter. Pour into a greased 9" X 13" pan and smooth the top. Spoon the topping over the surface, it's quite thick. Bake at 350°F for about 40-45 minutes.

This piece of advice I discovered in an older cookbook that I recently purchased at a Community garage sale, no matter what the year it still holds true today.



HAVE YOU PLANTED YOUR GARDEN?

First plant 5 rows of peas:

1. Preparation
2. Promptness
3. Perseverance
4. Patience
5. Prayer

Next to them plant 3 rows of squash:

1. Squash gossip
2. Squash criticism
3. Squash indifference

Then 5 rows of lettuce:

1. Let us be loyal
2. Let us love one another
3. Let us be faithful
4. Let us be truthful
5. Let us be unselfish

No garden is complete without turnips:

1. Turn up for work
2. Turn up with a smile
3. Turn up with a new idea

What a beautiful harvest you will reap!!

Greetings from the Lectern by Denise Joss –MWI Rep

A Time to: “Pretty It Up”

Last newsletter, I gave tips on getting to the point and delivering just

the factual information using W-5 details. This newsletter tip is to do with adding the flowery language.

Birthday cards cost a fortune and to just have “To & From” seems like a waste. Try using the word “for” instead of “to”. On a grad card, I might say, “Love from Nana - whose proud heart is about to burst”.

You want to use action words and descriptive words that create a picture in the mind of the reader. Think about sending a breath-taking postcard from an exotic holiday location.

Drop “good and nice” from your correspondence as they are really over-used and tell you nothing. Compare the two sentences below. Which one is more descriptive?



Example: “We had a good supper.”

“We ate a delicious chicken stir-fry.”

Earth Day 2023 submitted by Sue Hoszouski

Greetings to all WI members. April 22 was Earth Day, celebrated every year since 1970. What did your branch do to celebrate the day.? I would like to hear about your earth day activities. This year the theme was “Invest in Our Planet”. I am pleased and proud of the work we do as Women’s Institute members to make everyday in our communities and lives, “earth day”. We all participate in learning what we can about the environmental challenges and problems we are facing nationally as well as globally. We read many articles, watch documentaries and podcasts talking about our environment.

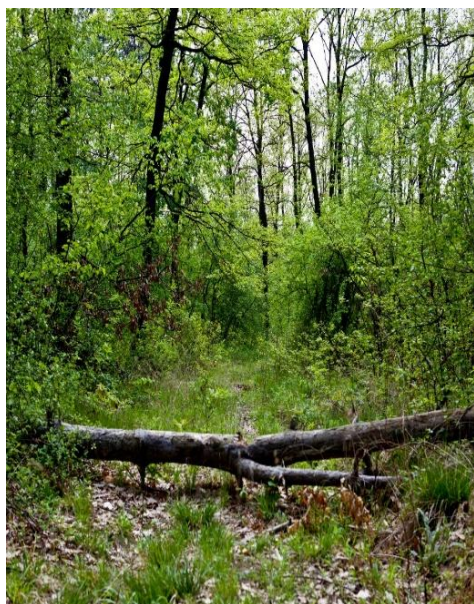
My branch Triangle (BC) held an Earth Day Market and had lots of activities for children to participate in, from making seed bombs from recycled paper, bird feeders, signs and posters to colour learning about earth day and then receiving a spruce tree seedling or two to take home and plant. 50 spruce tree seedlings were given out. Spruce tree seedlings were also supplied to two local schools for all students and staff to be given to plant, a total of 500 seedlings were given out for planting. I think the adults were more interested in the seedlings than the children.!!

In my research for activities and projects for earth day, I came across an article regarding the “Lights Off Event” that was started in Sydney, Australia in 2007, where for 1 hour they requested everyone turn off non-essential electric lights. This event is still happening around the world, but not well publicized anymore. It is still happening on the last Saturday of March every year, as a symbol of our commitment to the planet. Everyone is asked to turn off non-essential electric lights from 8:30 pm to 9:30pm. I remember doing it a couple of years, but in the busyness of life have forgotten about it. Maybe we can try it again in 2024.!! The test being to see if I remember about it. !!

There are many ways we can participate in earth day everyday all year. From daily water and electricity conservation, to creating recycled art and always practicing reduce, reuse, recycle, and planting trees, flowers, gardens and composting. I think WI members are very environmentally conscious. Keep up the excellent work.

Happy Spring, and happy gardening to everyone.

Climate Change & Forestry



To celebrate Earth Day FWIC /WI Canada recently hosted a presentation on Climate Change and the Forestry Sector. The presenter for this session was a WI member from New Brunswick, Meghan Whyte. She drew on her ten years of experience of working in the industry in New Brunswick and included a different perspective on clear cutting. Meghan highlighted the important role that forests play in climate change and provided suggestions on what members could do to help forests with this important role, including listening to the Indigenous voices. Her presentation can be found on the FWIC WI Canada YouTube Channel. Here is the link.

<https://youtu.be/VFfAlrifeW0>.

Adelaide Hunter Hoodless Canadian Woman of the Year Award

Do you know a woman who has made a difference in your branch/district or province, why not nominate her for the Adelaide Hunter Hoodless Canadian Woman of the Year Award? The application can be found on the fwic.ca website.

Entries close **May 31, 2023**.

Criteria:

Profile (max 750 words)
Exhibits qualities of Adelaide Hoodless
Leadership
Gives back to the community
Inspires others

Two Letters of Recommendation (individual or organization – not from Nominator)

Completed Application with Nominee's Photo & Nominator's Contact Info

Women's Institute Involvement (not necessarily a member)

Drop off, email, mail, or courier your completed nomination form with attached profile to:

Federated Women's Institutes of Canada
359 Blue Lake Road, PO Box 209
St. George, Ontario N0E 1N0

Email: info@fwic.ca

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Oxford District, Southern Area joined Southern Ontario Support (SOS) ACWW Society on Saturday April 15 in walking around the block in the village of Embro to show support for Women Walk the World





Oxford District hosted Carolyn Crawford and Janice Mitchell at Embro Legion to tell the story of the Great Canadian Butter Tart, and give us some practical tips on how to make them - in several flavours - and how the recipes have evolved over the years. The first known printed recipe for this confection was in a church cookbook in Barrie in 1900. The tea and tasting part of the morning was enjoyed by all present. There were 47 registered attendees from various Oxford County branches and their friends from the larger community!! We heard about several curious and innovative flavours such as adding bacon, and another adding peanut butter Thanks so much to our main organizer, Laura Green for this WI educational event.



Tweedsmuir Competitions

HISTORY COMPETITION

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

RULES:

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

Scoring Points

Most inspiring: 50

General appearance: 20

Originality: 30

CULTURAL COMPETITION

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

RULES:

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

Scoring Points

Content: 60

General appearance: 20

Originality: 20

HANDICRAFT COMPETITION

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

Rules:

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

Scoring Points

General Appearance: 15

Presentation: 20

Design and colours: 20

Workmanship: 30

Back of the project: 15

COMMUNITY COMPETITION

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

Rules:

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

Scoring Points

Content: 60

General appearance: 20

Originality: 20

GENERAL RULES

- There will be no limit to the number of entries submitted by Provincial members, however, only one entry per category per person will be considered.
- All submission must have name, Province, Branch, email address and phone number attached in a sealed envelope.
- Submissions that are mailed in must be received by September 1, 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

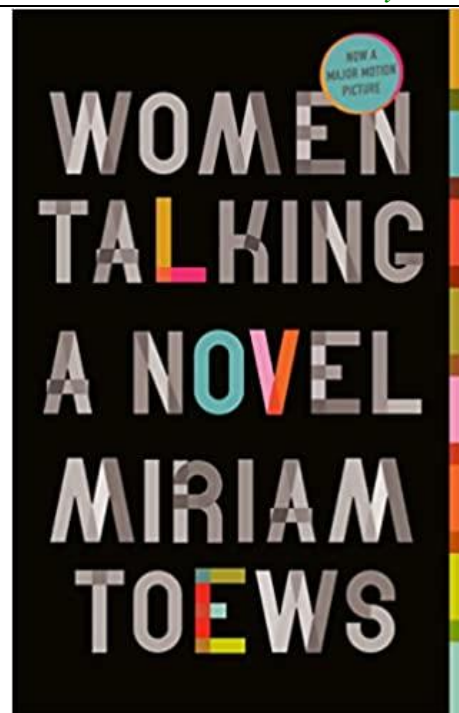
Presentation: 20

Originality: 30

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

Cross Canada Book Club

Our next and final (for the season) Cross Canada Book Club will be Thursday May 18th. Please send you request for the Zoom logistics to Angela Scott. Her e-mail address is: angela.beth.scott@gmail.com
The get together will begin at 7pm EST. The May book will be Women Talking by Miriam Toews.



WI Canada FWIC

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Elizabeth Moss, NL

See you all in June!