

# Monthly Newsletter of the Federated Women's Institutes of Canada



## Spring is upon us and its all hands on deck!

Meet Amy Vanderheide and her family. Amy will be one of our guest speakers at the Triennial Conference in Truro, Nova Scotia. September 17-19, 2024. Learn about the future of women in agriculture and how WI's future has the potential to thrive!

Sailing into the future with a recipe for success! With a full slate of presenters, workshops, and discussions scheduled everyone will learn about our success, our dream, and help create our strategic vision for WI.

Friendships, learning together, and a common voice in community have been our backbone for over 128 years. This September...just like Amy's family - it will take all hands on deck in Truro. Plan now to attend in person or virtually and be part of history as we create our future recipe for success!

- **Full registration (May 1-July 17) \$425**
- **Day registration Tues., Sept 17@ \$75 (opening ceremony & evening meal)**
- **Day registration Wed., Sept 18 @ \$200 (meeting, lunch, dinner, afternoon tea)**
- **Day registration Thurs., Sept 19 @ \$200 (meeting, lunch, afternoon tea, closing banquet)**
- **Virtual Rate \$40.00 per day**



Register with Lynn at.... [registrations@fwic.ca](mailto:registrations@fwic.ca)

## Margaret's Message

Submitted by President, Margaret Byl

Greetings on behalf of the Board of Directors of the Federated Women's Institutes of Canada. April seems to have flown by. Another busy month begins as many WI Members are preparing for District Annuals, and Provincial AGMs.

On April 29<sup>th</sup>, FWIC/WI Canada hosted a virtual gathering in association with Earth Day. Climate Event April 29: Topics were Agriculture in the Classroom and Food Waste. With guest speakers Pat Tonn, Executive Director of Ag, ACWW Canada Area President Marie Kenny, and Julie Dickson Olmstead, Strategy Leader in the grocery world.



Julie

also sits on the National FoodBoard. Each speaker complimented the others by weaving a comprehensive story on Climate Impacts, partnering with farmers to help feed our children in school, teaching kitchens; Video series on food prep and cooking, ACWW's Take 10 program addressing Food Waste and Food Security and more.

Julie closed her presentation with an African Proverb that I use sometimes for inspiration – If you want to go fast, go alone but if you want to go far, work together. Working together is something WI members do very well. I want to thank Lynn MacLean, Angela Scott and our team on the Outreach and Communication Committees for working together and producing this wonderful program. The full presentation will be available on-line on our YouTube Channel soon. April 29 was also ACWW Day with many WI's participating in Walk the World events. I would love to see photos, write-ups etc., on your April 29<sup>th</sup> events.

We certainly have had enough rain in April; I am looking forward to seeing the May flowers. There are a number of important days in May, Mother's Day on the 12<sup>th</sup>, International Day of Families on the 15<sup>th</sup> and Victoria Day on the 25<sup>th</sup>.

Early Bird Registrations closed on April 30<sup>th</sup> but there is still room to register for the 2024 FWIC Triennial Conference in Truro, Nova Scotia. On May 1<sup>st</sup>, the regular fee of \$425.00 will be charged. Can't attend in person? No problem, you can register for any or all the Virtual Participation spots. Don't forget about the Tweedsmuir Competitions, Senator Carine Wilson Competition and Joan Holthe's Past President's competition! Visit [www.fwic.ca](http://www.fwic.ca) for details. At the Adelaide Hunter Hoodless Homestead, Museum Manager Nancy Carubba has been busy with programs and workshops. We are pleased to announce that a position for an Archival and Museum Assistant, sponsored by a Young Canada Works Program was filled by Veronica Boone. Welcome Veronica! We will also be interviewing for a Receptionist/Secretary position sponsored by the Canada Summer Jobs program. Thank you to the Government of Canada for sponsoring Youth Employment.

To my sisters in WI, I wish you all a Happy Mother's Day and in keeping with the International Day of Families, I will leave you with this thought, remembering that the WI is a family that we choose for ourselves, –

“If the family were a boat, it would be a canoe that makes no progress unless everyone paddles.”

– Letty Cottin Pogrebin.

**2024 Quilt Raffle at Truro Convention**

Virginia Kreklevich

February 17, 1936 – October 5, 2021

SWI President 2002-2005

FWIC Board Member 2006 - 2009

SWI President 2018-2021

This quilt was the last one made by Virginia for FWIC.

It fits a double/queen size bed.



# Federated Women's Institutes of Canada



CONSTITUENT SOCIETY, ASSOCIATED COUNTRY WOMEN OF THE WORLD



## Highlights from the FWIC/WI Canada Board Meeting – April 22, 2024

**Climate Event April 29:** FWIC will host a climate event on April 29 beginning at 7 pm ET. Topics will be Agriculture in the Classroom and Food Waste. FWIC will also acknowledge ACWW Day. To register email [registrations@fwic.ca](mailto:registrations@fwic.ca). Guest speakers include Pat Tonn, Executive Director of BC Agriculture in the Classroom Foundation, ACWW Canada Area President Marie Kenny, and Julie Dickson Olmstead, Strategy Leader in the grocery world.

### National Convention 2024:

- **Early-bird registration** ended on April 30th. Forms and information are available on [www.fwic.ca](http://www.fwic.ca).
- **Registration fee beginning May 1:** \$425.00. Forms and information are on the website.
- **Virtual and Day registration:** Members are reminded that virtual attendance and day registration are also available.
- **Annual Reports 2024:** The reports are due July 1<sup>st</sup> and are to be sent to Lynn MacLean at [president-elect@fwic.ca](mailto:president-elect@fwic.ca).
- **Auction:** An auction will be held during the convention. Each province is requested to bring three items each with a minimum value of \$20.
- **Resolutions:** FWIC distributed the resolutions that will be voted on at the national convention on April 15. The Credential forms were also distributed and are to be returned to Lynn MacLean at [president-elect@fwic.ca](mailto:president-elect@fwic.ca).
- **Senator Carine Wilson, Tweedsmuir, and Past Presidents competitions:** Entries that are being mailed to Nova Scotia are to be sent by **September 1<sup>st</sup>** to Lynn MacLean 1365 Heathbell Road, Scotch Hill, NS B0K 1H0. If entries are being taken to Nova Scotia, they are to be passed in by **noon on September 17<sup>th</sup>** (there will be someone available to receive them).

**ACWW and UNESCO Podcast:** the latest podcast is called “Pathways to Leadership”. Get the link from the ACWW website ([www.acww.org.uk](http://www.acww.org.uk))

### Reminders:

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

**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 27, 2024, at 7 pm ET.**



## National Triennial Conference 2024:

All the particulars are available at...  
[www.FWIC.ca](http://www.FWIC.ca) or you can contact Lynn  
 at [Registrations@fwic.ca](mailto:Registrations@fwic.ca)



Sailing into the future, with a recipe for success!



Lots of great speakers and fun workshops to participate in and  
 become part of the future of WI.

## FWIC 23<sup>rd</sup> National Convention 2024

### Competition Reminders

Where do we send the entries for:

- Tweedsmuir Competitions
- Senator Carine Wilson
- Past President's Competition

<b><u>Mail ahead to Truro by September 1<sup>st</sup> :</u></b>	<b><u>Bring to Truro:</u></b> If taken to Truro, NS, they are to be handed in at the registration table by noon on September 17
---	--

Lynn MacLean  
 1365 Heathbell Road, Scotch Hill, NS B0K 1H0

## 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

### 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, 2024**, at the following address (**not the FWIC office**): FWIC President-elect, Lynn MacLean; 1365 Heathbell Road, Scotch Hill, NS B0K 1H0.
- Otherwise, submissions must be brought in on the **first day of the Convention, by noon on 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 use by FWIC/WI Canada
- Copyrights must be adhered to (Permissions in writing for copyright items must be provided).

# TWEEDSMUIR COMPETITIONS

There are four competitions as part of the Tweedsmuir Competitions.

## History Competition

Did you have a family member participate in any of the wars? Why not share their story as a story, as a poem, or in a song?

### 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



## COMMUNITY COMPETITION

WI branches have completed many community projects over the years. Why not share one of the projects that your branch has completed? It could inspire others to do the same.

**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



### CULTURAL COMPETITION

Did you or a member of your family meet the Queen, or did she visit your part of Canada?

**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

Attention crafters:

Why not make an applique wall hanging? Create your own design or find a pattern you like?

**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



## Ellen's Corner submitted by Dr. Ellen S. McLean

When the radio woke me this morning I heard the announcers exchanging Earth Day greetings. I was then reminded that the first Earth Day was in 1970, fifty-four years ago, organized by a twenty-five year old Canadian.

I don't remember that, but my thoughts as I reflected about that were the damage that we have done to Planet Earth since then. Now the world is trying to cope with climate change which is so evident when we are experiencing heat waves in summer and less snow in winter. When we read and see pictures of the devastation caused by hurricanes, typhoons, tornados, torrential rains, floods, droughts, wild fires and our glaciers disappearing it is easy to understand the scientists warning us that climate change is now a crisis.



The theme for this year's Earth Day is "Planet vs Plastics". I am sure that you are as frustrated and annoyed as I am at the amount of plastic that is wrapped around so much of what we purchase. To hear that only 9% of the plastics are recycled is concerning. But it was encouraging to hear today that there is a conference in Ottawa of representatives from several countries this week. I hope that the goal of reaching a solution to the production of plastics which are not so harmful to the environment will be reached. Just one harm plastics are causing - known to those of us who live near coastal waters, lakes or rivers being aware of the damage to fish and other creatures in those waters reach.

Perhaps you are wondering why I am writing about Earth Day 2024 when it has long since come and gone. I am doing this because in the days before and during the day I heard so much about our Planet Earth and what humanity has done to it, and my concern that this may almost be forgotten until we reach April 22, 2025. Words that I heard today have kept coming back to me and I wonder what we as W.I. members can do.

The words were "a healthier planet and a brighter future". I heard that some cities across Canada are having a relay of planting trees until April 2025. WI members have been planting trees for years to commemorate a special occasion, and what could be more special than doing it again. The recommendation that I read was that we should plant "trees that are native to our local areas and fruit trees that create edible fruit". That is just one little thing that we can do, but as an organization we can constantly remind all levels of government of their responsibilities of developing policies which will really tackle the challenge of a "healthier and brighter future" for Canada and the world.

If you would like to attend and need a roommate,  
please contact Lynn MacLean, our President Elect

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

## British Columbia Women's Institute

### How to measure your blood pressure accurately:

- Do not exercise, smoke or drink coffee, tea or cola (any drink containing caffeine) in the 30 minutes before
- Do not measure your blood pressure when you are upset or in pain
- Empty your bladder or bowel
- Sit quietly with your back against a firm surface, your feet on the floor and your arm supported on a table at heart level for 5 minutes before and during measurement
- Use the same arm each time
- Wrap the cuff snugly around your bare upper arm, 3 cm above fold of elbow, at heart level
- Do not talk during the measurement
- Show your healthcare provider your blood pressure readings, especially if your readings are higher than 140/90

**Note:** Ideally, you should take your blood pressure twice a day – morning and evening – and write it down.

### Blood Pressure Categories

Category	Systolic/ Diastolic
Low risk	$\frac{120}{80}$
Medium risk	$\frac{121-134}{80-84}$
High risk	$\frac{135+}{85+}$

If you have **diabetes**, your blood pressure should be less than 130/80. If you are **over 80 years of age**, talk to your healthcare provider about the right blood pressure level for you.

**Tips:** Choose a home blood pressure monitor recommended by Hypertension Canada at [hypertension.ca](http://hypertension.ca). Talk to your doctor or pharmacist about selecting a proper cuff size.

For more information, visit [heartandstroke.ca](http://heartandstroke.ca)



## Our Well of Wellness ...Elevating the mind, body, and spirit of

**our** BCWI Submitted by Kimberly Rorstrom Wwittigk

Months ago a BCWI member mentioned her rural community was trying to keep their local Health Clinic open. She expressed challenges in finding health direction and consultation within her community. She brought light to a situation I hadn't been experiencing but found concerning. This got me paying more attention to daily media coverage on healthcare in BC, I contacted the local MLA's office, and listened more attentively to discussions on this subject.

We've seen a barrage of media coverage on this complex issue. There's the BC couple who placed an ad in their local newspaper to find a doctor... stories of health care professionals burning out... doctors leaving family practice... the chronic nursing shortage... the emotional toll of Covid on us, our health care providers and the decision makers... the financial toll to our provincial government... Doctors feeling overworked, overwhelmed with paperwork, and feeling underpaid... disputes over the government's funding model... emergency rooms shutting down or having temporary closures... persistent staffing shortages... long waits to see family doctors... patient's having to relocate for care... reduced services in hospitals... extended wait times for diagnostic procedures, ie: MRI scans...

The local MLA's office provided many articles on healthcare issues and the plans to improve healthcare services. Here's a summary: -If you are looking for a family doctor, medical clinic, or hospital you can find information at <https://www2.gov.bc.ca/gov/content/health/accessing-health-care/finding-care>.

- Urgent and Primary Care Centres (UPCCs) provide access to same day, urgent, nonemergency health care suitable for patients who require medical attention within 12-24 hours for something like a sprain, minor cut, or burn. These Centres were created as part of the 'Primary Care Strategy'. To find the UPCCs available near you go to HealthLinkBC and search Urgent and Primary Care Centres.
- "The Ministry of Health has overall responsibility for ensuring that quality, appropriate, cost effective and timely health services are available for all British Columbians." <https://www2.gov.bc.ca>. The Ministry of Health 2022/23-2024/25 Service Plan has been published. Their Strategic Direction is to "focus on protecting the health, social and economic well-being of British Columbians."

On CBC radio recently, Dr. Brian Goldman, host of 'White Coat Black Art', interviewed a family physician, Dr. Christopher Applewhaite. They discussed Provincial healthcare challenges from this Salt Spring Island doctor's perspective. Dr. Applewhaite admits to regularly considering quitting. 50% of the residents on Salt Spring don't have a doctor. There's "a shortage of doctors fueled, in part, by growing workloads and low pay." He mentions the base rate fee for service has not kept up with inflation. Dr. Applewhaite thinks Telehealth has been great for the patients and doctors. He hopes "this province can change course and start to make the meaningful changes that are needed to reverse this downward spiral and get more family doctors in this province providing longitudinal family practice."

The BC healthcare crisis is in the news daily. How is it affecting you? What can we individually be responsible for and what do we need others to manage for us? Please let me know what you think. Is it difficult to access medical care in your community? What can we do, as a collective, to improve the health care system in our province? How can we make a difference? Here's hoping we can regroup, recover, and press forward so all British Columbians wanting access to a

family doctor can get a physician in their community and receive timely care as need be.

If you have feedback about this BCWI “Our Well of Wellness...” article, please contact me via [rorstrom-wittigk@bcwi.ca](mailto:rorstrom-wittigk@bcwi.ca). (Ironically, I have taken a short medical leave but hope to be back later next month)

.....

## ACWW Day Rally, Miramichi New Brunswick



In 1996 northern area director Lynn Parks attended a ACWW mini conference and with the help of Marion Green they organized speakers that lived or travelled or worked in another country are invited to speak. Except for three years during Covid there have been 25 years of ACWW Days. Wi members and guests look forward anxiously to this event.



## 5 TIPS PANTRY ORGANIZATION Submitted by LISA MACLEAN, Owner of Interior Design PEI

Do you ever go to your pantry and get overwhelmed when you open the door? It is easy for items to accumulate over time. Here are 5 tips that can help with some organization when it comes to a better, more functional pantry space.

### 1. TAKE INVENTORY, PLAN & PURCHASE CONTAINERS FOR STORAGE

- a. Individual containers for baking & cooking supplies, pastas, rice, spices, etc.
- b. A good option is buying a few larger baskets that match to use for grouped items (see Tip 3.).

### 2. REMOVE EVERYTHING FROM YOUR PANTRY & DECANT

### 3. GROUP LIKE ITEMS

- a) Group baking items and cooking items
- b) Group pastas together, rice together, condiments, etc.

### 4. CHOOSE A SECTION OF THE PANTRY FOR EACH GROUP (ie. baking to the left and cooking to the right)

### 5. PLACE FREQUENT ITEMS TO THE FRONT, EYE LEVEL

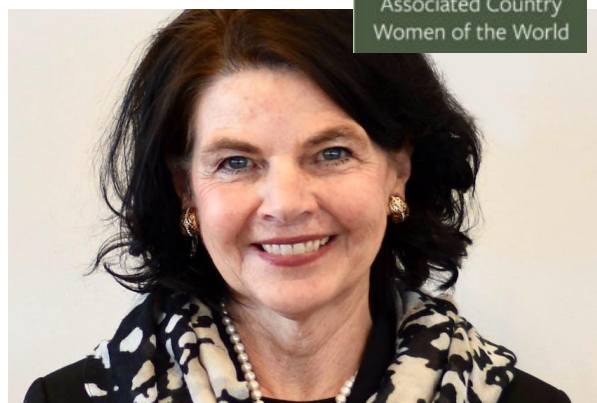
PLACE REMAINING ITEMS FURTHER TO THE BACK, TOP AND BOTTOM AREAS.

If you require any assistance with your organizational needs, you can reach me at the contact info below.

## Associated Country Women of the World (ACWW) Update, submitted by Marie Kenny, Area Canada President. [canada@acww.org.uk](mailto:canada@acww.org.uk)

Greetings Society Members,

As we bring in the Month of May I wish to thank all Societies: Members and Friends that have participated in Women Walk the World. Thank you for your support of this annual knowledge sharing and fund raising event for ACWW. I would appreciate photos from your celebration! If you are still planning an activity I wish you all the best, also send me pictures. If I can be of any assistance, please let me know.



For the April Coordinators Meetings were in two time slots to accommodate our global sisterhood. As Area

President, I attended both and I am delighted to see so many taking advantage of this to experience. Welcome to Area Canada's newest Coordinator Dianne Dammann, Women's Institutes of Alberta. In partnership with UNESCO, ACWW newest podcast is available: Pathways to Leadership, Episode Two. Please check out the ACWW Website for link to numerous platforms to listen.

May 12<sup>th</sup> is Mother's Day here in Canada. It is a holiday in honour of mothers that is celebrated in countries throughout the world. Mother's Day is a celebration honoring mothers and the influence of mothers in society. May we all give thanks for all the women who have influenced our lives as role models! Happy Mother's Day!

.....

## Addressing Food Waste, submitted by Marie Kenny, ACWW Area Canada President

Did you know: Storing Food properly can extend food life and reduce food waste?

"Be smart about food storage:

Taking 10 minutes can add days if not weeks to your food life."

Give this a try:

- Unwrap herbs and place back in package with dampen sheet of paper towel or trim bottom of herbs and put in a jar of water like flowers.
- Fresh kale, chard, lettuces and herbs, trim of bottom and place upright in jar of water.
- Bread can be sliced, repackaged and stored in freezer. Simply take out what you need for toast or make sandwich on frozen bread and enjoy fresh flavour at lunch time.
- Fresh Strawberries:
  1. Fill a bowl of water with 4 parts water/1part vinegar,
  2. place berries in a colander that fits inside the bowl,
  3. submerge the berries for (20 minutes).
  4. Lift the colander and rinse the fruit thoroughly under cool water.
  5. Place berries on clean cloth or paper towel to dry.
  6. Store in refrigerator in a glass jar! Enjoy tangy taste of summertime!
- Wrap tips with aluminum foil to keep the bananas fresh for longer.



([foodwastedigester.net](http://foodwastedigester.net))

## **PEIWI: Agriculture on PEI, submitted by Ellen MacPhail**

### **Did you know?**

#### Haskap Berries grow on PEI

- New to PEI over the last decade, Haskap berries grow on bushes forming a globe shape and can grow 5-7 feet tall over 5-7 years and are considered a superfood
- It's estimated over 50 acres of Haskap grow on PEI (as of 2020)
- Haskap is an ancient Japanese name of the Ainu people of Northern Japan for the fruit meaning "berry of long life and good vision".
- Haskap although known for its health properties can be found in beverages, jam, spreads, chutneys, relishes, ice cream, yogurt, dried berries and powdered berry mixes.
- Berries can be found fresh or frozen in select grocery stores.

The first introduction of the cultivated plant to Canada was in Alberta in the 1950s. The fruit was bitter and not palatable. It has been found in the wild in every province in Canada except for British Columbia. The name "Haskap" was chosen as the brand name that have been applied to new varieties bred by the Fruit Program at the University of Saskatchewan, Saskatoon, Saskatchewan, Canada. Today several varieties exist.

Most people mistaken the fruit as part of the Vaccinium Family (Blueberries and cranberries), when in fact the fruit is just as closely related to tomatoes and is related to the Snowberry and Elderberry.

It is one of the first fruit crops to set and ripen in the growing season (earlier than strawberries by a few weeks) and continue to produce berries into the fall. Most commercial harvesting occurs in the last weeks of June and into late July, depending on the geographical region.

Bushes are well behaved. They need little pruning in early years; tend to fruit when very young; drought and cold climate friendly; although low to the ground when young, the berries are easy to pick; and the bushes are a globe shape that are great in landscaping.

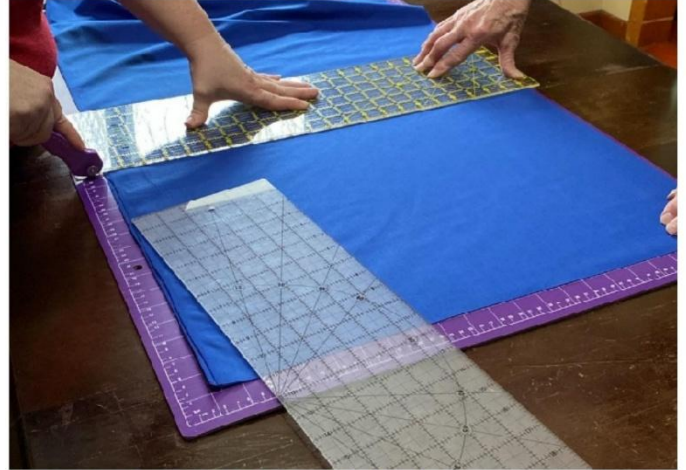
#### **Nutritional Information:**

Haskaps contain 3x the antioxidants of blueberries! Antioxidants fight bad cells in the body to create an alkaline environment which chronic diseases cannot thrive in. Immune health and good bacteria are also known to benefit from the presence of antioxidants. Not only do they give fruits and vegetables a rich blue, purple, or red colour, they are also anti-inflammatory, neuro-protective, and cardio-protective. Haskap berries are also high in Vitamin C, Vitamin A, Fiber and Potassium.

**How are Haskap Berries Harvested?** Planted in 2018, U Pick farms formed in PEI for members of the public to enjoy and later other farms developed and were commercially harvested. Automation does exist through Side Ways Harvesters and Over the Row Harvesters.

**Source:** [VanKampen's Greenhouses](#), [Cassidy Farms](#), CBC article Haskap Berry by Nancy Russell, and [Haskap Canada Association](#), and Food and Farm PEI.

# Nova Scotia WINS making bags for Truro Conference.







We had a lovely morning in Lyon's Brook WI putting together quilts. Materials were donated by Atlantic Fabrics, a few of our talented sewers put them together and the rest of us WI ladies learnt a new way to make a quilt...tied not stitched! They will be donated to those who need a warm blanket. Lots of fun and good conversations.

# The Homestead Report

Submitted by: Nancy Carubba,  
Museum Manager



## Murder Mystery - March 23, 2024





A wall mural to be painted on an outdoor wall in the village which features Adelaide Hunter Hoodless was approved by the county and will be painted this summer.

- March 29 th Easter at Addie's approx. 350 pple came. The weather was not egg-cellent but the cool temp did not discourage the kiddo's from enjoying the hourly egg hunt, the petting zoo, a picture taking opportunity with the Easter Bunny himself, art and games in the pavilion, a hot chocolate station, a scavenger hunt and face painting. There was a 50/50 draw. \$130 was won by a local St George resident.
- April 2 nd . Nancy went to the Glen Morris District Lions Club dinner meeting to inform them of the Adelaide Hunter Hoodless Homestead, what we do here and how sponsorship can help. They donated \$500. To the AHHH

Museum.



**A beautiful way to spend a Sunday afternoon.  
High Tea at the Homestead.**

## Past President's Competition for Triennial 2024

Submitted by Joan Holthe (2018-2021)

I decided to create a competition that would help fill the shelves at the Adelaide Hunter Homestead store, therefore, please be aware that your articles will not be returned (unless specified). There are no quantity limits established per person, every contribution is welcome, and it would be very helpful if provinces could designate a central location for collection and travel to Truro, NS by their delegates.

Entries if being delivered in person are to be handed in on September 17, 2024. If the items are to be mailed, they need to be received in Nova Scotia by September 1 st and sent to:

Lynn MacLean, 1365 Heathbell Road, Pictou, NS B0K 1H0

I would like this to be a friendly competition, where judging is done by viewers choice, during the triennial. The winners of the three categories will each win a prize of 100.00. It will be necessary for a small, folded piece of paper be taped or pinned to the article with the artist's name, address, and phone number on it.



The categories are:

1. Knitted or crocheted clothing attire, for child, under one year
2. Quilted table runner, length under 40 inches.
3. Christmas tree ornament, set of two.

### Women's Institute of Nova Scotia





Sussex Vale District WI members worked with the local 4H club to make a 9 patch square for a quilt. 14 4H members participated.

### **New Brunswick Women's Institute**



The Hillsborough WI annual Baby Shower for the Greater Moncton Pregnancy Wellness Centre was held at a new location this year, St John the Baptist Anglican church in Riverview, N.B. Many new people were in attendance.

Thanks goes out to ACW ladies and man who assisted in this endeavor.

Paula Rideout executive director provided current information about the work being done at the centre. A wide variety of baby items were donated as well as monetary gifts.

Ruth Anne Robinson, Vice President for the branch provided a reading "What is a boy?"

Think about supporting local PWC in your area any Pregnancy centre in your area would appreciate any support.

We plan on visiting the centre to become more aware of their location for our summer outing.

## Federated Women's Institutes of Canada

359 Blue Lake Road, P.O. Box 209

St. George, ON, N0E 1N0 [info@fwic.ca](mailto:info@fwic.ca) 519.448.3873

My wish for you is that you continue.  
Continue to be who and how you are,  
to astonish a mean world with your  
acts of

kindness.

Continue to allow humor to lighten  
the burden of your tender heart.

*— Maya Angelou*

A woman in a red and white striped shirt is running in a field at sunset. The background is a warm, golden glow from the setting sun, with a line of trees in the distance. The woman is in the foreground, slightly out of focus, running towards the right.  
Simple Reminders  
SIMPLEREMINDERS.COM