

Monthly Newsletter of the Federated Women's Institutes of Canada



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

Greetings on behalf of the Board of Directors of the Federated Women's Institutes of Canada/WI Canada. As I look out of the window of my home office today, I can see the grape harvesters busy at work, and in the distance, the green spaces are now beginning to show the colours of fall.

The local fruit & vegetable stands are painted in a myriad of colours made by farmers displaying the various produce that they have grown. A reminder that we should endeavour to support local agriculture, whenever possible, by buying within a 100-kilometer radius.

September was another busy month with provincial WI branches, districts and areas coming together after the summer break. The FWIC Board met on September 25, 2023. Highlights from the Board Meeting will be found in the October WI Connections



“Saturday, September 30 will mark the third National Day for Truth and Reconciliation, a day where Canadians reflect upon the experiences and history of First Nations, Métis, and Inuit communities in Canada. The day honours the children who never returned home and Survivors of residential schools, as well as their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process. National Day for Truth and Reconciliation falls on the same day as Orange Shirt Day, which honours the story of Phyllis Webstad, a former residential school student who had her orange shirt her grandmother gifted to her taken away on her first day at residential school.” – Government of Canada

**We open each of our Board Meetings and online events with the following acknowledgement:**

**Let us begin by acknowledging the Indigenous Peoples of all the lands that we are on today.**

**While we meet today on a virtual platform, I would like to take a moment to acknowledge the importance of the lands, which we each call home. We do this to reaffirm our commitment and responsibility in improving relationships between nations and to improve our own understanding of local Indigenous peoples and their cultures.**

From coast to coast to coast, we acknowledge the ancestral and unceded territory of all the Inuit, Metis, and First Nations people that call this land home.

Please join me in a moment of reflection to acknowledge the harms and mistakes of the past and to consider how we are, and can each, in our own way, try to move forward in a spirit of reconciliation and collaboration.

I will be at the Adelaide Hunter Hoodless Homestead to set up a display in recognition of National Day for Truth and Reconciliation and Orange Shirt Day.

October is Breast Cancer Awareness Month. Breast Cancer does not discriminate. Did you know that although it is rare, men can get breast cancer? Learn about symptoms of breast cancer in

Learn more here:

- <https://cancer.ca/en/cancer-information/cancer-types/breast>
- <https://www.cdc.gov/cancer/breast/men/index.htm>



The Resolutions Committee will meet on October 18, 2023, at 7 pm ET. If you are interested in joining the committee or have any questions, please contact me at [info@fwic.ca](mailto:info@fwic.ca) or [president@fwic.ca](mailto:president@fwic.ca). The website has been updated with Past resolutions to the year 2000. Updates will continue to be posted. <https://www.fwic.ca/copy-of-resolutions> #WICares

October 9, 2023, is Thanksgiving Day. We have so much to be thankful for. I am thankful that my parents chose Canada as their home. I am grateful for a wonderful, loving, and patient husband and a family that is supportive of my WI life. I would also like to thank President-elect Lynn MacLean, Angela Scott and committee members, Linda Mason, and all the Board members and Sisters in WI for their commitment to WI. It takes a special person to volunteer their time and energy to work for Home & Country.

I will leave you with this thought:

The dictionary defines Gratitude as “the quality of being thankful; readiness to show appreciation for and to return kindness.”

Let us live each day to the fullest and be grateful for the little things in life that brings a smile to your face. Share that smile with someone else to help brighten their day.

The Silent Auction will run from October 10<sup>th</sup> to November 14<sup>th</sup>. Auction items will be added as received. I would be grateful if you would take a moment to check out the auction, on Bidding Owl or add an item to be auctioned in support of FWIC/WI Canada.



### FWIC Wi Canada's Online Auction



#### FWIC WI CANADA'S ONLINE AUCTION

FWIC WI Canada will be holding its second online auction from October 10<sup>th</sup> to November 14<sup>th</sup>. Bidding Owl will once again be the host.

Last year we had a great response and are hoping many of you will participate again this year.

Also, any member is welcome to donate an item for the auction – the more the merrier! Donation information (picture and a write up). Send to Lynn MacLean ([president-elect@fwic.ca](mailto:president-elect@fwic.ca)). When donating an item consider how much it would cost to ship in Canada. Generally, the buyer will also pay the shipping charge, but some provinces and individuals are paying the shipping charge. This extra effort is much appreciated.

To place a bid, you will need to create an account. If you had an account last year, you will be able to use it again this year. If you forgot your password, you simply choose “change password” and you can set up a new password (a message will be sent to the email address you used last year). The site will not be live till October 14<sup>th</sup>.

If you did not participate last year, no problem, you can register ahead of the auction.

**Instructions:** Go to <https://www.biddingowl.com/auctions.cfm>. In the top right-hand corner choose register or log in (if you used the program last year). This can be set up at any time and you can do a test to make sure everything is working. The default is for the USA so you will need to choose Canada. See diagram on the next page.

Any questions, email Lynn at [president-elect@fwic.ca](mailto:president-elect@fwic.ca)



# Bidder Sign Up

Already registered? Please sign in [HERE](#)

First Name: \*

Last Name: \*

Email: \*

Confirm Email: \*

Bidder Display Name: \*

Password:\*

Confirm Password:\*

Address: \*

City: \*

Country: \*

State: \*

Zip: \*

Home Phone:

(Ex.9876543210)

Cell Phone: \*

Receive Email Notification When Out-Bid

Receive Text Message When Out-Bid  
(delivery not guaranteed outside of the USA)

I'm not a robot



Write down your password as you will need it to sign in

Change to Canada

Add province

Check this box if you would be notified when you have been out-bid

## 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.*

I am writing this on the first day of Fall. The feisty hummingbirds that have entertained me since May have gone, their feeder washed and stored until next May. If there were two dry days in a row the corn harvest could begin. The heat and humidity of the summer have been replaced by the weatherman's forecast today of "risk of frost in low lying areas", and hurricane season is not yet over. Looking at the woods around me I note the beginning of a hint of leaves changing colour and that is the first sign of a blaze of colour around me in just a couple of weeks. And I refuse to let the prospect of ice and snow prevent me from enjoying every day of the beauty of Fall around me.

Recently I was reading some of the Federated Women's Institutes of Canada's thoughts about "Promotion and Publicity" in the 1960's. "Since the time of organization publicity has been recognized as an important part of the program of FWIC. Newspapers and magazines have carried many articles on the programs and those who guided the progress of the organization." Now it is 2023 and promotion and publicity have changed dramatically since the world around us has changed. Local newspapers have disappeared and the days of sending a report of a meeting to the paper have gone. There was a time when a reporter from the local paper would attend our District WI meeting, and the provincial newspaper attended most of the sessions of the provincial conventions. Locally in my District there was a weekly radio program "News and Views of the Women's Institutes on the local radio station for thirty years. That station as we knew it is gone. These are examples of why our Women's Institutes have had to try to find new ways of telling our story and attracting new members as well. This is where we have had to adapt new ways of doing our publicity. FWIC's "Connections" is one way. And there are provinces, districts and branches who are making good use of today's technology. I just learned of one Branch who had an interest in becoming a member shown by a person in a neighbouring town who had seen their posting on Facebook. I know there are many, perhaps all, provincial units and their branches who are using Facebook as their source of publicity.

The challenge to becoming known, the challenge to being seen as an organization of long standing merits, an organization that recognizes the needs in their own communities as well as worldwide, are all challenges that must be faced as FWIC moves forward into the future.

## *What Do You Think* submitted by Angela Scott, Book Club Admin

The Famous Five...Emily Murphy, Henrietta Edwards, Nellie McClung, Louise McKinney and Irene Parlby were five women who are memorialized and remembered for their work that began one afternoon around the dining room table. They began their time with the knowledge that the scope of their work was going to change history. The Cross Canada WI Book Club read and discussed at least two versions of their story, and came away with the question: would five women today dream and achieve what the Famous Five were able to complete?

We also speculated on the fact that so many Canadians have no idea who the key players are in Canadian history, let alone women being aware of the Famous Five. What have we become that we know so little about our ancestors? Where does history fit in to our 2023 schedule, and more importantly – what are we missing because of it? I wonder if we have even a fraction of the grit that it would take to create change like the Famous Five Women did. What do you think? Does history matter? Do we know enough as modern women about how women before us worked hard for our freedoms today? Could we come up with a famous five today?

Please jot down your ideas and send me a line for WI Connections. Does history still matter? My address is [angela.beth.scott@gmail.com](mailto:angela.beth.scott@gmail.com).

## *FWIC WI Canada and YouTube*

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



To access the posted videos, open the YouTube app and in the search button



Type in FWIC WI Canada.

You will find the following videos:

- Membership Rally 2021 and 2022
- FWIC WI Canada Remembrance Event 2021 and 2022
- Roundtable on Food Security and Food Waste March 2022
- Roundtable on Climate Change April 2023
- Social Media Workshop



The videos for Modules 7, 8, and 9 are found on the FWIC website [www.fwic.ca](http://www.fwic.ca). under Education then click on courses, webinars, discussion.

If you have not attended or viewed these events, why not check them out and let us know what you think.



# Federated Women's Institutes of Canada

October 2023

CONSTITUENT SOCIETY, ASSOCIATED COUNTRY WOMEN OF THE WORLD

**National Office:**

P.O. Box 209  
359 Blue Lake Road  
St. George, Ontario N0E 1N0

**President:**

Margaret Byl  
97 Line 3 Rd., RR#2  
Niagara on the Lake, ON L0S 1J0



## ***Highlights from the FWIC/WI Canada Board Meeting – September 25, 2023***

**ONLINE AUCTION:** FWIC will hold its second online auction from **Oct 10 to Nov 14<sup>th</sup>**. Auction items are to be a minimum of \$25 and each province is invited to contribute a minimum of three items. Donations are still being accepted. Please send a picture and description to Lynn MacLean at [president-elect@fwic.ca](mailto:president-elect@fwic.ca).

### **FWIC UPCOMING EVENTS:**

- Online Auction Oct 10-Nov 14<sup>th</sup>
- Coaching and Mentoring: a series to be included in upcoming issues of WI Connections
- Following up on Lindsay Seeley's presentation: To support youth in the local communities. Branches are invited to collect items for their local middle or high schools. Some schools may want toiletry items, snacks, mitts, hats, socks, etc. To ensure that branches are collecting items to help the school, they are invited to contact their local middle or high schools to see what items would be of most benefit. The plan would be to donate the items during WI month (February 2024) and take pictures and send a write to WI Connections. FWIC wants our youth to know that "WI Cares".
- WI Day February 19<sup>th</sup>: Let's share how branches are getting new members. More details to follow.
- International Women's Day- March 8: Members will be encouraged to attend the events that ACWW will be participating in at the Commission on the Status of Women.
- Climate- April 29: Topic will be Agriculture in the Classroom and Food Waste.

**BOOK CLUB:** The book club will meet every three months and guests will be invited to provide a summary of a book they have read. Watch the Facebook page or *WI Connections* for more details.

**NATIONAL CONVENTION PIN 2024:** Reminder of the competition that is being held to create a convention pin to commemorate the 23<sup>rd</sup> national convention. Entries should be emailed to [info@fwic.ca](mailto:info@fwic.ca) or mailed to the National Office. Entries will close on January 1, 2024. The winner of the design will receive free registration for the national conference in Nova Scotia.

**NATIONAL CONVENTION 2024 (September 17-19):** Early Bird registration will be \$375 and will open on January 1<sup>st</sup>, 2024, and run until April 30, 2024. From May 1<sup>st</sup> to July 15<sup>th</sup> inclusive the registration will be \$425. Rooms have been blocked at Inn on Prince, Truro, NS. Room rates begin at \$164 plus 15% tax and include breakfast. A \$50 charge will be taken on check-in for incidentals.



**REMINDERS:**

**WI Connections:** Reminder that submissions from branches and members are encouraged from each province. Please submit them by the 20th of each month to [angela.beth.scott@fwic.ca](mailto:angela.beth.scott@fwic.ca).

**\*\*Next Meeting of the Board of Directors: October 23, at 7 pm ET.**



Country Exhibition-Pictou County NS, submitted by Eleanor Lilley

*FWIC WI Canada Events for 2023-2024*

**October 10<sup>th</sup> - Nov 14<sup>th</sup>:** Online auction with Bidding Owl



**Project: WI Cares** - Supporting youth and items collected delivered to middle/high schools in February

**February 19: WI Day Celebrated** Across Canada – Branches share how they are attracting new members.

**March 8: International Women's Day**- Share information on the Commission on the Status of Women at the UN and ACWW's involvement.

**April 29: Climate Change: Agriculture in the Classroom and Food Waste.**

**Sept 17-19: National Convention** in Truro, NS

*Lug a Mug* submitted by Donna Henderson AWI rep.

Remembering the past and actions are still important today...

Have you ever had a member who moved away? They have moved on and you lose track of them. That is Sadie\*. She was a great member, enthusiastic, dedicated and was the conscience in our branch when it came to the environment. I still hear her voice when I see styrofoam cups. "We won't use those!" she'd say. As we were doing up the dishes later, the conversation continued. We spoke about the meeting and which issues still burned in our minds and how we could ask our neighbour to come out next time. In no time a few cups were washed and Sadie would say "Now, wasn't that easy? And the environment will thank us." As a new board member I would like you to hear my voice and Sadie's\*. I encourage you all to renew your commitment to the environment - The Reduce, Reuse and Recycle theme. Please join me in reinstating "Lug a Mug" I will be making a few mug totes and if there are some sewers out there I'll be happy to share my pattern. Those are always a great fundraiser too. Wherever you are Sadie\*, this one is for you!

\*this name is an alias

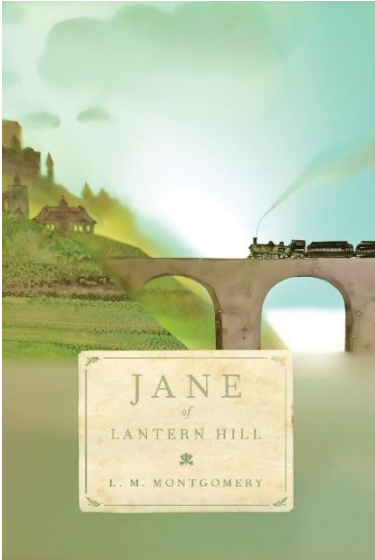
*FWJO Representative to FWJC* - Anne Innes

It's Fall, and that means fairs. Every weekend in Ontario there is an Agricultural Fair in a rural community. What a great opportunity to get out and promote your WI work, by volunteering or putting up a display.

Many fairs donate money to the organizations that exhibit. It's also an opportunity to meet your neighbor and other women in the area. Tell them that WI is back and encourage them to join you for a meeting. It's the best PR you can have.

Photo of Braemar WI exhibit at the Embro & Zorra Fair in Oxford County.





The next meeting of the Cross Canada Book Club will be Thursday, October 19<sup>th</sup> at 7pm est and our book will be Jane of Lantern Hill, by Lucy Maude Montgomery. In November we will be talking about Jody Wilson-Raybould's book(s) concerning Truth and Reconciliation. And this will complete our Cross Canada Book Club series.

But wait...we know that WI members across the country are still reading and discussing important issues like the Famous Five we just read for September 2023. Well our new format will feature each member reading their own selection of books. There will be no common book list, yet once every three months during a virtual coffee party each participant will present their book(s) with brief descriptions that will eventually be placed in WI Connections. As before, invitations for Zoom Coordinates will be sent out

in advance. We do need someone to volunteer to take notes and prepare them for monthly publication. If this intrigues, you-drop me a line at [angela.beth.scott@gmail.com](mailto:angela.beth.scott@gmail.com).

## *-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, 2024** at the following address (**not the FWIC office**): FWIC President-elect, Lynn MacLean; PO Box 493, Pictou, NS BOK 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.

*PEIWI: Agriculture on PEI* – Submitted by Ellen MacPhail

### Did you know? PEI reduces food waste via an App.

- Prince Edward Island reduces the social and environmental impacts of food waste and provide for those in need in Prince Edward Island through the PEI Food Recovery Network and Second Harvest! Second Harvest is a national initiative, serving over 1,000 communities in Canada -and 10 communities in PEI.
- The PEI Food Recovery Network was funded by the Government of Prince Edward Island's Climate Challenge Fund, and aimed to reduce food waste on PEI by utilizing the Second Harvest Food Rescue App. The app redirects surplus food from producers, wholesalers, and retailers to organizations that can put it to use.
- A startling statistic - Nearly 60% of food produced in Canada – amounting to 35.5 million metric tonnes – is lost and wasted annually. Of that, 32% – equaling 11.2 million metric tonnes of lost food – is avoidable and is food that could be redirected to support people in our communities. This avoidable food waste accounts for 22.2 million metric tonnes of CO<sub>2</sub> equivalent every year being released into the atmosphere.
- At the same time, there are currently over 61,000 community organizations providing charitable food support roughly 6.7 million Canadians across the country. This does not capture the impacts of the COVID-19 pandemic.
- This project, carried out by Second Harvest, also worked to educate Islanders on the importance of reducing food waste and food waste's contribution to climate change. By diverting food waste, this project reduced the wasted resources and greenhouse gas emissions that are associated with the problem, all while providing food to those who need it.
- The Second Harvest team surpassed their goal of new Food Rescue App locations, recruiting 103 new partners as of January 2023. The project was able to avert 552,960lbs of equivalent CO<sub>2</sub> greenhouse gases.
- On PEI the local team coordinated successful surplus food rescues with donors like Amalgamated Dairies Limited (ADL), Cavendish Farms, Murphy Hospitality Group, and the Culinary Institute of Canada, as well as non-profits such as PEI School Food's five kitchens and the Great Enlightenment Buddhist Institute Society. These donors,

and many others, are now equipped with the tools to efficiently redirect their surplus away from landfill and into the hands of Island non-profits.

- This project was a partnership between the City of Charlottetown and Farm & Food Care PEI. This approach includes Food Businesses, Teachers, Non-Profit Organizations and Members of the Community.

Sources: Facebook – Second Harvest, PEI Farm and Food Care

Check out: <https://www.secondharvest.ca/our-work/food-rescue/pei-food-recovery-network>



Pictou County Exhibition submitted by Eleanor Lilley

# Adelaide Hunter Hoodless Homestead Report

Submitted by Nancy Carruba, Museum Manager



ADELAIDE  
HUNTER  
HOODLESS  
HOMESTEAD

The Fall program of activities (Sept – Dec) has been posted to 750 P.O. Boxes in St. George. It has been socialized on social media and posted in high traffic areas within the community. Many of the activities are on Eventbrite.

## Sory Tellers Dr Michael Williams and Brenda Byers.

### Notable Activities in Sept

- This month 10 people toured the AHHH museum (as of Sept 26th)
- The gift shop has been re-organized and expanded with the intention of generating more income.
- Joan Hunter, a 3<sup>rd</sup> generation cousin of Adelaide's visited the Homestead. Joan is a sculptor and educator who lives in the Windsor, Ontario area. Joan has created a sculpture of Adelaide and would like to donate it to the Homestead. (see photo attached). She also has several original photographs, letters etc. that she would like to share.



- New Homestead brochures were made available for the St. George Applefest
- Grant application is being prepared for the Ontario Trillium Foundation. If approved, there would be funding for a part-time assistant for Nancy and funds to produce pamphlets in several languages. Nancy and I have attended an online coaching session. A second coaching session took place Sept 26<sup>th</sup>. The Trillium grant process is a competitive landscape, we will do our best to create a high scoring application. Due Oct 25th
- The Brant County Budget Line request will be made sometime in November or early December. Brant County is reviewing the application process. Councillor John MacAlpine (also on the Homestead Committee) will keep us up to date on the County's progress.
- Jeff Leader (member of the Homestead Committee) has offered the use of his riding lawn mower and trailer for lawn care at the Homestead. His teenage son & friend would be willing to cut the grass for a student's wage. Nancy has contacted our insurance company. We have coverage included in our package for any liability. This represents a significance cost avoidance from what we were paying.



- In addition to the program attached, pop-up events will be added on occasion.
- Ontario wide Culture Festival has started. We have just held our first of four events for the festival. It runs till Oct 15<sup>th</sup>.
- We are ready for fall at the Adelaide Hunter Hoodless Homestead. Courtesy of the AHHH Committee members.



• **Update on Project Proposal (now named Project Addie):**

Date/Time	Event	What to Expect?	Cost	Status
Sept 16/17 <sup>th</sup>	Applefest Tours	Welcome Applefest guests with a free tour and some local apple cider.	Free Will Donation	Tours completed Sat. and Sunday
Wed Sept 20 <sup>th</sup> 10:30 - Noon	Mindset Matters- The Art of Self Care	Self Care is not just about how many steps are on our Fitbit, it's also about enhancing how we think and feel. This workshop includes research based self care information, lots of interactive discussion and refreshments.	\$25.00 Refreshments provided. Register on Eventbrite	4 participants. Low number of attendants but the people who attended loved it and have requested another similar session.
Sun. Sept 24 <sup>th</sup> 2-4pm	Story Telling Concert with Musical Interludes	Join us for a wonderful afternoon which features two award winning story tellers: Michael Williams and Brenda Byers, one historic site, live violin music and a delicious intermission. Let's celebrate the art of Story Telling.	Free Will Donation Register on Eventbrite	14 people. Event described by one participant as enchanting.

Date/Time	Event	What to Expect?	Cost	Status
Sept 23 <sup>rd</sup> – Oct 15th	Brant County Scavenger Hunt - Culture Festival	Read historical information. Follow clues. Find answers.	Free Will Donation	In progress.

## Associated Country Women of the World (ACWW) Update

Area Canada President - Marie Kenny

As I write this brief update, September is quickly slipping by and the activities of ACWW Societies and Board are in full swing.

On September 6<sup>th</sup>, I had the privilege of being invited to speak at the Orientation Meeting of the newly elected PEIWI Board. It was exciting to be there with so many new faces around the table as well as those with years of experience. The diversity of the group brings fresh new vision. Best wishes to President Sheila Gallant and Board Members as you give leadership to PEIWI.

The first virtual meeting of the ACWW Board for this triennium was on September 7<sup>th</sup>, it was a full day agenda as we launched into our work. The eight working groups presented reports and recommendations to the board from their prior meetings. As well names of new society coordinators were presented and several new societies seeking membership.

A couple of reminders:

- **Society dues and all donations to Rural Women in Action Fund** go directly to Central Office. (This can be done by online e-transfer or by post to **ACWW-The Foundry, 17-19 Oval Way, London SE11 5RR, UK**) Membership is open to Societies and Groups as well as Individual Membership).
- Updated information and photos from the Mongolia Project is now available to download from the ACWW Website. This Women's Empowerment Summit brought together over 300 survivors of domestic and gender-based violence from rural communities and herdswomen in the Khovd province of Mongolia. Please share this project information with your members.
- The ACWW Website also has updated information on all the most recently funded projects. Photos and information are in a format for downloading as well.
- Check out the other Resources available on the website and if you have suggestions on other resources, please let me know and I will share it with Central Office.



the ACWW

to speak at the

Looking ahead from November 25<sup>th</sup> to December 10<sup>th</sup> is the “**Orange the World: End Violence against Women Now**”, 16 days of activism against Gender-based violence in from. This is a United Nations global theme.

Global static shows nearly 1 in 3 women have been abused in their lifetime. In times of crisis, the numbers rise, as seen during the Covid 19 pandemic and recent humanitarian crises, conflicts, and climate disasters. In a new report from the UN Women, based on data from 13 countries since the pandemic, show that 2 in 3 women reported that they or a woman they know experienced some form of violence and are more likely to face food insecurity, only 1 in 10 women said that victims would go to the police for help. Here in Canada daily we are hearing alarming reports.

We all have a part to play, stopping the violence starts with believing the survivors, adopting comprehensive and inclusive approaches that tackle the root cause, transform harmful social norms and empower women and girls. With survivor-centered essential services across policing, justice, health and social sectors and sufficient financing for women’s rights agenda, we can end gender-based violence.

It all begins with open and honest conversation, having a safe space to share and knowing others are there for you to support you. Working with municipalities, regional representative and provincial leaders, we can make a difference.

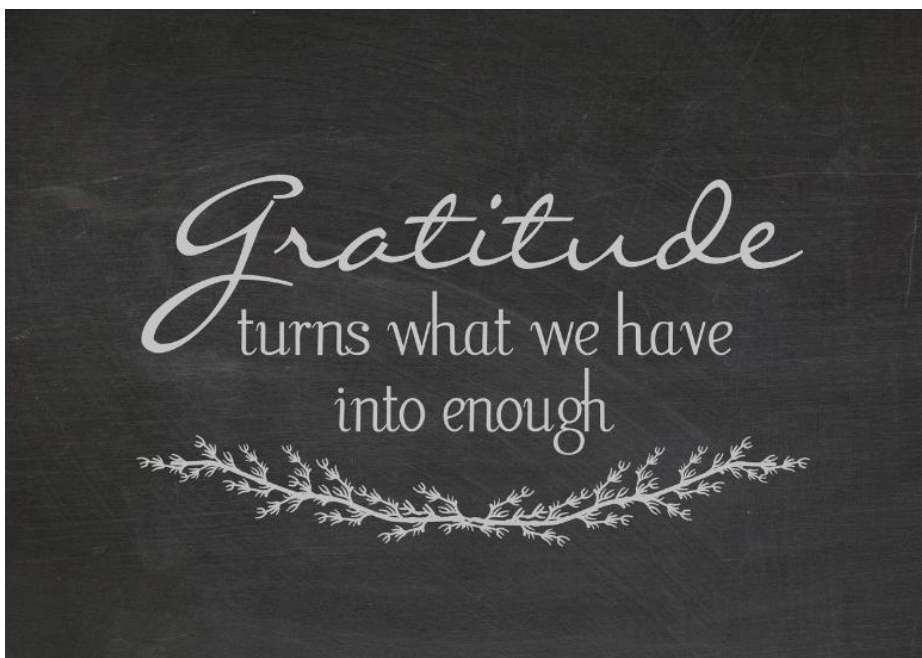
If you are planning an activity or awareness program during the 16 days of activism campaign, please share this information with me. Working together we can feel supported and engage a stronger voice.

In the Resources for Members on the ACWW website, there is loads of useful resources on Ruman Rights including the CEDAW (Convention on the Elimination of Discrimination Against Women) booklet.

Thank you in advance for all you are doing. Please do not hesitate to contact me if I can be of any assistance.

Until next time!

Marie Kenny, Area Canada President ([canada@acww.org.uk](mailto:canada@acww.org.uk))



*Happiness cannot be traveled to, owned, worn, or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude. ~ Denis Waitley*



Pictou District WI members organize and monitor the non livestock section at the Pictou North Colchester Exhibition. An array of beautiful quilts, crafts and art created a colorful display in the building along with sections of photos, baking, flowers and vegetables.

Submitted by Eleanor Lilley



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## **The Foods We Consume and Ways to Waste Less of It**

### **United Nation's (UN) Sustainable Development Goal # 12**

The UN Sustainable Development Goal # 12 aims to have citizens throughout the wealthier countries, Canada included, to be more aware of the food we consume and ways to waste less of it. In 2019 a United Nations Environment Program study found that Canadians waste 79 kilograms of household food per capita, per year, which equates to 2.94 million metric tons per year. The UN states that “Food loss and waste also amount to a major squandering of resources, including water, land, energy, labor, and capital, and needlessly produce greenhouse gas emissions, contributing to global warming and climate change”.

So, what can we, the BCWI membership, do in our daily lives to help and not be a part of the problem? Let's work towards positive change together. Here are some tips:

- ❖ Plan your meals a week ahead, make shopping lists, and don't buy on impulse as research has shown that buying bulk and items on sale leads to more food waste
- ❖ Pick up foods like meats, poultry, fish, milk, cheese and yoghurt right before you're ready to check out at the grocers. Keep the meat, fish and poultry separate from other groceries to prevent cross-contamination. Consider using a cooler to transport cold items home from the grocers
- ❖ Use up your produce before you buy more
- ❖ Freeze foods such as brown flours, rice, nuts, and oatmeal as this will prevent them from going rancid and give them a longer shelf life
- ❖ Store food correctly, put the newest items behind the older ones, and store your produce correctly
- ❖ Preserving foods can reduce waste and make food last longer, i.e.: can, pickle, freeze, cure, ferment
- ❖ Stock your pantry with staple items and learn to read expiry dates
- ❖ Eat leftovers or freeze them for later

<https://www.foodsafety.gov> provides food safety charts for “Safe Minimum Cooking Temperatures”, “Cold Food Storage Chart”, “Meat and Poultry Charts” and “Food Safety in a Disaster or Emergency”.

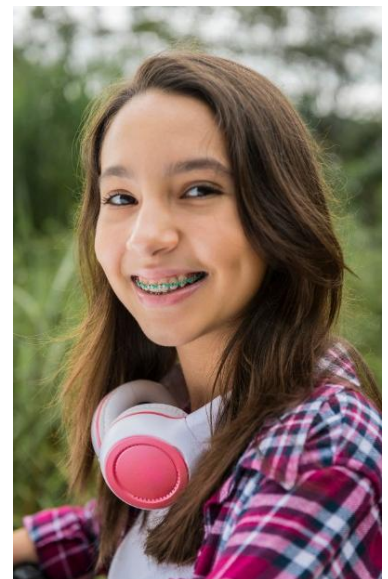
Attached below is a Food Handlers' Storage Guide from the Government of Ontario that can be mounted onto the inside of a kitchen cabinet door near your fridge.

The Federated Women's Institute of Canada recorded their round table discussion on Food Security and Food Waste. Our BCWI President, Brenda Devauld, spoke at this event. You can find the recording on YouTube, [www.youtube.com](http://www.youtube.com). Search "FWIC WI Canada".

[www.unlockfood.ca](http://www.unlockfood.ca), brought to you by Dieticians of Canada, has "Tips on Reducing Food Waste at Home" and an article on "Safe Food Storage". Culinary Arts has "8 life-changing tips on how to manage food waste at home" via <https://hospitalityinsights.ehl.edu/how-manage-food-waste-home>.

## 2023-2024 WI Canada FWIC National Project

- Lindsay Sealey is the founder of Bold New Girls and Brave New boys and was a guest of FWIC's for our 2023 International Women's Day Event Online.
- Lindsay's presentation on *Bridging the Generations* provided an overview of the generations and shared tips on helping girls as they transition from child to teenager to adulthood.
- The presentation was wonderful and at the end... one of our viewers commented that the information made so much sense and perfectly captured the life and stresses that young people share today, that it would be a worthy effort for WI's across Canada to try to 'DO' something that would support our youth.
- So...what could we do by way of follow up to support youth today in our communities? What would make a difference in their lives? Some Branches across the country have already made connections with schools and organizations to support youth. Have you?
- And perhaps most importantly...how can we connect and let them know they are not alone and we see and value them as our fellow citizens and future leaders.
- As WI Canada FWIC transitions into the last year of the current triennium, your Board and President Margaret are asking you...what could we do for a final project?
- Please send in your ideas as soon as possible and we will be review them and determine our final project.
- We all share a common desire to connect, whether we are aware of it or not. We are hardwired as human beings to come together. Perhaps this final project could be about coming together in communities all across Canada.
- Ideas to be sent to [angela.beth.scott@gmail.com](mailto:angela.beth.scott@gmail.com) and/or [president-elect@fwic.ca](mailto:president-elect@fwic.ca).



*Availability of Emergency Information* submitted by Denise Joss (Springfield WI, MB)

Sometimes I just grab a \$20 bill, my keys and walk the block to the store for a few groceries. Three people in my apartment fell outside last winter and needed the ambulance. I had to re-think my personal safety plans.

I always take my wallet now because it contains my ID, Manitoba Health Card, a copy of all my medications and those taken by my husband. When under stress, I can't remember the names or doses of medication. I had the pharmacist print out the medications on label size stickers for each of us for our wallets.

When you call 911 for help, they are sometimes housed in a call centre that is far, far away. They don't know your area, nearest highway or town and when stressed it is easy to become frustrated, "I just told you I'm standing next to an upside down van, with a trapped driver by the town of Dugald sign!" (Note: There are 4 Dugald signs around the town cross-road entrances.)

I recommend that you also have all your location information PRINTED and posted by your phone : Name, Address, Town, Section, Property Fire Number, Telephone # If you are injured, confused or stressed, you don't have to remember –just read. Have you reviewed your own safety plans? What's missing in your wallet?



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*See you all in November!*