

WI Connections



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Margaret's Message, Submitted by President, Margaret Byl

Greetings to all from Coast to Coast to Coast. I hope that everyone has had a good summer. August seems to have just flown by. As summer turns to fall, harvests are in full swing, WI Branches are busy joining festivals, fundraising and planning their events.

Change is in the air! The Communications & Outreach Committee have been busy during the summer planning some exciting events for 2022/2023. The Committee will let you know all about the upcoming round table discussions, the online auction, the e-book and so much more!

There has been a staffing change at the Office, Jaiden Walters has finished her term as receptionist/secretary for FWIC/WI Canada through the Canada Summer Jobs program. We wish Jaiden Walters all the best as she continues her education. Hours of operation at the Homestead will be changed to Wednesday through Sunday, from 11 am to 4 pm. Once again wishing you fair weather as we sail into the future with a recipe for success!

I leave you with these words of wisdom from Harriet Tubman.



'Every great dream begins with a dreamer.

Always remember, you have within you the strength, the patience, and the passion to reach for the stars

to change the world.' -Harriet Tubman



Adelaide Hunter Hoodless Homestead Report Submitted by Margaret Byl, President



We were pleased to have Madam Pauline Hunter of Hunterston, Chief of Clan Hunter visit us at the Adelaide Hunter Hoodless Homestead. She is one of only 8 women Clan Chiefs out of 400! Madam Pauline was shown the Hunter Family Tree and Family Bible and she shared some of the history of Clan Hunter. She scanned the Family Tree and has sent the scan off to her genealogy team to find a link to our Adelaide.

Lauren Marco, Museum Assistant has finished her extended time with us. Lauren is an entrepreneur and will be moving to St. Catharines to develop with her digital illustrations business, Lauqart. Need help with digital illustrations? You can contact Lauren through her email: lauqart@gmail.com or her Instagram site @lauqart.

We wish to welcome Amanda Weber to our team as Museum Manager. Amanda comes to us highly recommended, and we are looking forward to working with her. Amanda is looking for Volunteers at the Homestead to help with the annual St. George Applefest being held on September 17 & 18. If you are in the area and have some time available, Amanda would love to hear from you. Call 519-448-3873 or send her an email to info@adelaidehoodless.ca

Improvements continue to be made at the Homestead and Tours and Pavilion Rentals continue to be booked. Friends of Addie Memberships are always welcome. Contact Amanda at the office for more information.





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 love cookbooks, and I have quite a few. I am sure many of you do too. Mine go back to good old Fanny Farmer which was a shower gift nearly seventy years ago. There are cookbooks produced as fundraisers by Women's Institutes, church groups and other community organizations. And there are some from far away countries, some of which I can't read. The most recent ones have such beautiful colour illustrations of mouth-watering delicacies. Some of my cookbooks are kept on a shelf in my kitchen. Or rather I should say were kept, because just a few days ago when returning a book to the shelf there was a crash and shelf and books landed in the floor. As I began to gather up the books, I noticed an unfamiliar one, a little black book. I picked it up, -black hard covered, and on opening it I was faced with very yellowed, fragile looking pages. The little book was "The Economical Cookbook" printed in New York, but there was no date of publication to be found. This was now a mystery book someone must have put the little book behind the others way back on the deep shelf.

So with the book and a mug of coffee I settled in a comfortable chair on my front deck and had a wonderful afternoon going back in time. I am quite sure that this book was published in the 19th century, and probably the members of that first Women's Institute in 1897 used it, or one which was very similar. The title page reads "The Economical Cook Book. Practical Cookery Book of To-day, with minute directions How to Buy, Dress, Cook, Serve & Carve and 800 Standard Recipes for Canning, Preserving, Curing, Smoking and Drying Meats, Fowl, Fruits and Berries- a chapter on Pickling and Candying, forming altogether one of the most valuable Household Books of the Day." Interesting that it isn't Chapters but Parts, - Part First Soups, Part Fourth Poultry, and Part Eighth, Bread, Biscuits, Breakfast Cakes, etc.

There were so many interesting recipes it is difficult to select a few. "Boiled Salmon" instructed you to "boil slowly six pounds of salmon, tied carefully in a cloth, for three quarters of an hour. It should be eaten with egg or caper sauce. If any remains after dinner it may be sprinkled with a little salt, and a teaspoonful of boiling vinegar poured upon it. Cover it closely and it will make a nice breakfast dish." Part Third is all about Meats beginning with Beef. One of the first that caught my attention was for boiled Bulloch's Head, which states "this is a good dish for a large family. I won't go into the details of what must be done after you have boiled the head for six hours, but the recipe ends with "this is one of the few recipes for substantial dishes, suitable for persons of small means".



Part Eighth deals with Breads. Some interesting advice was given “Three things must be exactly right in order to have good bread – the quality of the yeast; the lightness or fermentation of the dough, and the heat of the oven. It requires observation, reflection, and a quick, nice judgment to decide when all are right; no precise rules can be given.” Part Tenth deals with Pastry, but it is interesting that all the recipes deal with making “paste”. In Part Eleventh we deal with cakes. Many of us make cupcakes, but the recipe I use is not quite like this one! “Four cups of flour, four eggs, three cups of sugar, one of butter, cup of milk, teaspoonful of soda.” No directions!

As I made my way through the little book, I found several little scraps of paper with handwritten recipes. I recognized my Mother-in-law’s handwriting. And then that this had been used by her was confirmed when I read the recipe for Potted Head and Potted Ox-Tongue. Not my favourite dish when I was her guest!

The lazy, hazy, hot late summer afternoon came to an end. I has chuckled to myself many times at what I was reading, I still had more to read, and I reflected on the Women’s Institute members who perhaps learned to cook and manage a household from these pages.

SAVE THE DATE

FWIC has tentatively set the following dates for upcoming events.

Membership Roundtable (Part 2) – October 12th, 2022

Remembrance Event – November 10, 2022, Guest speaker to be a woman currently in active duty. Suggestions welcome.

WI Day – February 22, 2023- Have two-three new members from each province share why they joined WI.

Empowering Women and Girls International Women’s Day – March 8 2023

Energy- April 19, 2023



Food Security & Food Waste Submitted by Brenda Devauld

Dear members and Branches. The following program is provided for you to use as a discussion session at one of your monthly get-togethers if you wish. It was prepared following the round table session held in March of 2022.

Food Waste and UN Goal 12 WI Program

Open Discussion In your WI Branch:

Roll Call: Share one way to prevent food waste or Name one of the Sustainable United Nations Goals

1. Local: What is Food Waste?

Definition of Food Waste:

It is **any food that is thrown away** when it is still perfectly edible which leads to the need to produce more food which in turn leads to land degradation, declining soil fertility, unsustainable water use, overfishing, and marine environment degradation. These factors are all lessening the ability of the natural resource base to supply food.

Some Questions to ask:

- What sorts of waste do we generate in our homes and communities?
- What food waste programs exist in your community? Such as donating food before its expiry date to food banks?
- What examples can we think of regarding unsustainable water use, land, or resource degradation regarding the growing of food?

2. International: United Nations Goal 12

The United Nations has 17 Sustainable Goals that hopefully will be completed by 2030. These are an urgent call for action by all countries to tackle worldwide issues such as over consumption and food waste. The goal we are focusing on is the UN **Sustainable Goal # 12**, which reads:

“To ensure sustainable consumption and production patterns”

Goals of the UN regarding Goal # 12:

- By 2030 substantially reduce waste generation through prevention, reduction, recycling, and reuse
- Encourage companies, especially large and transnational companies to adopt sustainable practices and to integrate sustainability information into their reporting cycle
- By 2023 to ensure that people everywhere have the relevant information and awareness for sustainable development and lifestyles in harmony with nature



Start a conversation about the other UN Sustainable Goals, many people are not aware of them. Educate yourselves and each other. One idea is to read one at each of your Branch meetings and discuss it.

3. What Can We Do?

- Brainstorm and share ideas
- Make your own lists in your Branches
- Share those tips with other branches

Some Helpful Ideas:

1. Shop Smart, make shopping lists, do not buy on impulse. Research has shown that buying bulk and items on sale leads to more food waste.
2. Use up your produce before you buy more, store produce properly
3. Freeze foods such as brown flours, rice, nuts, oatmeal, this will prevent them from going rancid and give them a longer shelf life. Greens can also be frozen and used in soups, stews and smoothies.
4. Store food correctly, put the newest items behind the older ones, so the older ones will be used first.
5. Learn to preserve, grow a garden. Canning, pickling, freezing, curing, fermenting are all processes that reduce waste and make food last longer.
6. Be less fussy, food does not have to look perfect. An apple with a slight blemish is just as good as one without. Farmers are forced to waste a lot of food because consumers judge it as being "Not Perfect".
7. According to Health Canada the best before dates is more of a suggestion that a guideline. The food may have lost some of its taste and texture by these dates. It has been shown that most foods are still good to eat after the "best before dates". They are not truly indicative of when most foods should be eaten by. These dates usually indications of the best "Freshness" of foods, but foods eaten after these dates are for the most part still safe.
8. Start a **Challenge** such as "**Plan it, Use it, Eat it**" within your WI Branch. This encourages us to be innovative, to think about our food choices and to learn new ways of eating.
9. Packaging sizes are also problematic, with many too large for small households and serving sizes in restaurants too large for many eaters. Smaller size options are desirable to reduce waste and would also be better for our overall health.
Such measures can be facilitated by regulatory change. Regulatory change is required because it is not in the self-interest of retailers to reduce food waste but with pressure put on by groups such as the WI policies can be changed.
10. Discuss putting forward Resolutions or Campaigns that would help bring more awareness to the problem.

Conclusion:

Food waste is an urgent problem worldwide and even though we are fortunate to live where we do with plenty of good food, many people in the world do not. Food waste is also a large contributor of Greenhouse gases once it ends up in our landfills.

The WI have a long history of gardening, preserving food, and we have much knowledge and experience to share with others.



Resources

FWIC Roundtable discussion of Food Waste, YouTube FWIC WI Canada channel

<https://foodpolicyforcanada.info.yorku.ca/> A more technical look at different policies on food waste in Canada

<https://lovefoodhatewaste.ca/> Good tips and information, including recipes

<https://www.grocerydive.com/news/grocery--canadian-grocers-use-app-to-promote-surplus-food-about-to-expire/535067/>

<https://www.fda.gov/food/consumers/tips-reduce-food-waste>

<https://www.canada.ca/en/environment-climate-change/services/managing-reducing-waste/food-loss-waste.html>

<https://foodsecurecanada.org/resources-news/news-media/missing-action-food-and-agriculture-cop26>

<https://globalnews.ca/news/8649992/risks-climate-change-unavoidable-deadlier-un-climate-report/>

<https://www.un.org/sustainabledevelopment/sustainable-development-goals/>

YouTube Videos:

The Food Waste Problem:

<https://youtu.be/3m2KglQuevo>

Canadians Get Creative:

<https://youtu.be/fRovHP4eXyM>

How Avocado waste is Turned into Plastic (Worldwide Waste):

<https://www.youtube.com/watch?v=uJY2A-HaQRY>

How Banana waste is turned into Rugs, Fabric, and hair extensions (Worldwide Waste) :

<https://www.youtube.com/watch?v=Ust6Bh1D3GY&list=WL&index=2&t=13s>

How is it Made? Polar Fleece Jacket (factory to store):

<https://www.youtube.com/watch?v=IOudHona67M&list=WL&index=5>

How Rotting Vegetables Make Electricity (Worldwide Waste):

<https://www.youtube.com/watch?v=c1adiK8nLbA&list=WL&index=1>

How Vegan Leather is Made from Mangoes (Worldwide Waste):

<https://www.youtube.com/watch?v=rcieZYwyEiA&t=105s>

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PEI WI submitted by Ellen MacPhail

To bring awareness to WI roots in both agriculture and handicrafts WI paired demonstrations and agriculture samples and prizes during Old Home Week. Highlights include demonstrations or workshops on quilting patch work, rug hooking, wool felting, Swedish embroidery, and needlework with a full schedule below. WI's signature quilt with over 90 branches represented was displayed. Agriculture commodities represented this year included the blueberry, honey, potato, eggs and dairy industries.

Fall Workshops are being organized for late October and will include themes of Aboriginal Affairs; Rock Painting; Invasive Species and Farmers Helping Farmers. An additional session will include an online twinning event with Women's Institutes in the United Kingdom to complement their centurion celebration with a session led by Marie Kenny on the Associated Country Women of the World.

PEI Women's Institute reminds all students there are several scholarships offered throughout the year including the new annual agriculture scholarship valued at \$1,000. Another education opportunity is for the Helen Herring Scholarship for students entering their third year of university. Deadline is September 30 and details on all scholarships are available online at www.peiwi.ca.

If visiting PEI, drop in to the WI office to pick up mementos – a variety of items are available including the well known book of Prince Edwards Island's Famous Five. Other items for sale available include a variety of WI themed books, as well as pins, pads and pens. Items can be picked up at the PEI Women's Institute Office, Room 105 at 40 Enman Crescent, or by calling 902-368-4860 or emailing wi@gov.pe.ca.

As a follow up to the 125 Trees Project, PEIWI matched the national 125 tree project with 125 seedlings going to our members in June 2022 at the annual provincial convention. We don't have any pictures, but they were planted across PEI at 125 different locations.

ACWW News submitted by Linda Hoy, Canada Area President

Thank you for the opportunity to bring you some news of ACWW through the WI Connections.

With less than 265 days until we meet in Kuala Lumpur, Malaysia for the 30th Triennial World Conference from May 17-25, 2023, it is time to get your registrations in. The registration is an all inclusive price for the full conference. The form and details are on the website under Conferences. www.ACWW.org.uk

Each of the Canada Area Societies are encouraged to nominate a coordinator to be the liaison between ACWW, Area President and your Society. If you need more information or have questions, please contact me at canada@acww.org.uk



Flags and Their Meanings

submitted by Wendy MacDougal, Somerville NB

What is a national symbol for Canada? Most Canadians, and indeed most people around the world would say a red maple leaf. In fact, I was once advised that I should wear a maple leaf when I was travelling, since Canadians seem to be welcomed around the world. And, of course, we have a maple leaf on our flag, which is the ultimate symbol of Canada.

Every nation in the world has its own flag and you can frequently tell much about a country by the design of its flag. My great niece, Hannah has undertaken a personal project. She was inspired when her geography class did presentations on various countries, and she enjoyed it so much that she decided to draw ALL of the flags of the world. She tells me that drawing the picture of the flag helps her to remember the country.

What makes an attractive flag? Hannah's opinion is that, while all the flags are unique and all have different meanings to them, it is the colours and the design which are important. Beyond this, Hannah says, "You could like what the country has to offer, such as friendly people, a unique language, or great tourist places. And of course, your favourite flag could be your country's flag!"

Why do we honour our flag at Women's Institute? It is the symbol of our nation, and our motto is "For home and country". Actual saluting belongs to active and retired Armed Forces personnel. I had the chance to speak with Commander Ronald Anderson (RCN Retired). He explained to me that salutes arose from the time when people would remove or "doff" their caps when in the presence of a superior. "This transitioned to touching the cap and by the mid 1800's this was formalised in the military to a touching of the beak of a hat with a straight hand. Since sailors often had tar on their hands they would touch the beak of their hat with the palm pointing downward and curved slightly towards themselves, so that the tar would not be seen. The army touched the beak of their hats with the palm facing outward. In the Canadian forces, the hand is brought to the beak of the hat with the palm facing down. The Canadian Forces only salute with their hats on and rarely indoors." Next time you participate in honouring our flag, think of how it represents our incredible country!

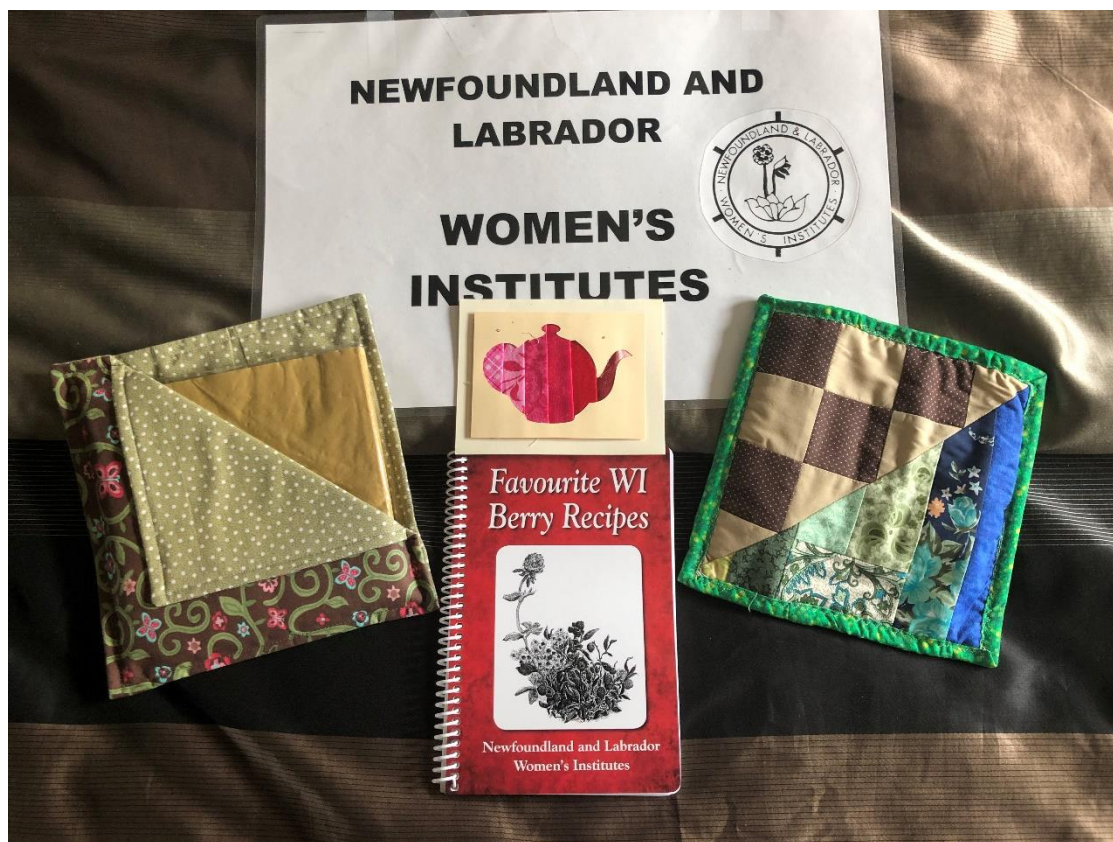
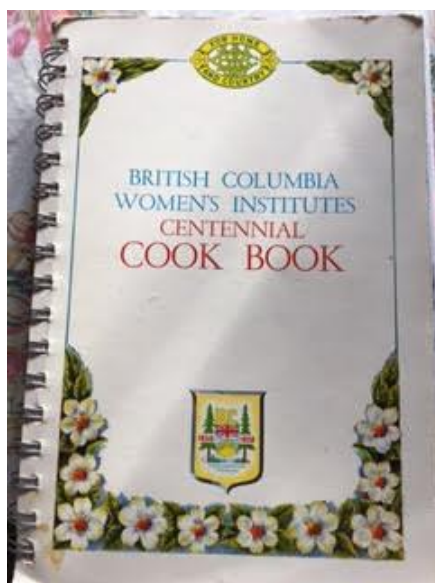


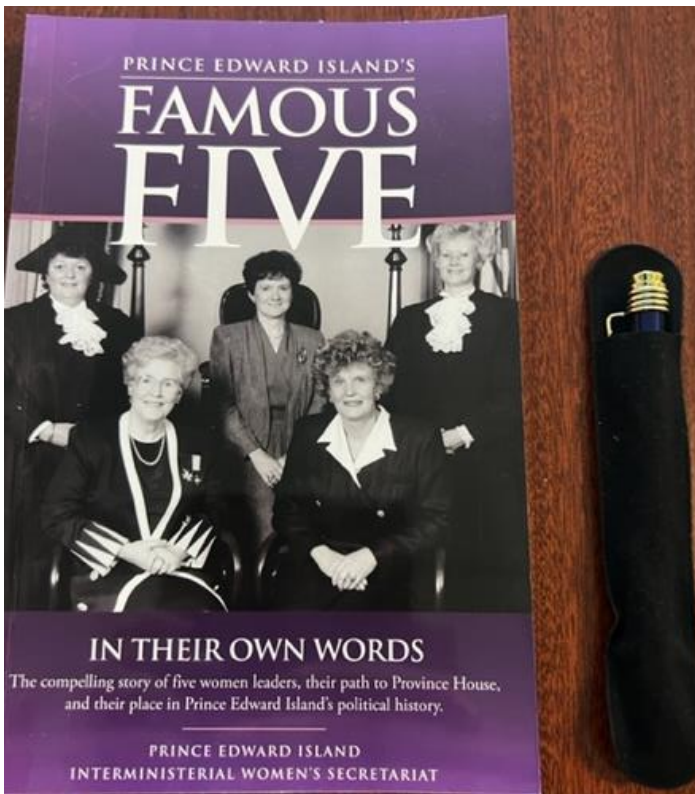
Hannah Boone-
MacDonald (12),
P.E.I



FWIC WI Canada On-Line Auction

FWIC WI Canada will be holding an on-line auction in late October. Each province is donating three or more items to be auctioned. This is a fundraiser for FWIC WI Canada.





What about Self-Image? Submitted by Angela Scott

I love fashion, clothing and sewing. And in our last WI Connections we had a complete selection of photos presented of the 125 years of presidents of WI. It was lovely and I think of how dignified and 'together' they seem. And their outfits, only from the shoulders up are so attractive, but it also makes me wonder what's with the way we dress today?

In the 1910s through the 1990s mature women always looked their age, but today it doesn't seem popular to look your age. Instead, we all try to look like we are 20. I do it, and then I wonder ...what was I thinking? What ever happened to looking your age? I guess it's little wonder since there are few stores anymore that create lines for mature ladies.

I smile at my mother who says she doesn't want to show her legs, or her arms, or her neck...and yet I feel the same way. Are we, the ladies of a matronly age as influenced by media as the young girls and teens are? Must we all follow the same icons of style?

I often receive Pinterest posts that suggest styles to avoid looking 'frumpy' and usually I see skinny leg jeans and t shirts of some description. They are always on size 7 models too. Well, I refuse to wear skinny legs, and I am not a size 7. So, what's a nearly 60-year-old to do? Maybe I need to go back to sewing my own clothes again? Oh dear, I don't think I have the patience for that any longer. The only thing I know to do is stick with outfits that I have been wearing for a few years.

I also remember my other mentors saying that they had been wearing the same coat for 38 years. I now have a winter coat that is 34 years old. It's a beautiful blue and green mohair and it is so warm on a cold windy day I would not trade it for a new one in a million years.

I close this note longing for appreciation of the matronly shaped lady who dresses her age. It won't likely happen, but in the meantime we can appreciate the Queen, many of her family, and even Helen Mirren, a well known older actress. If you have a comment about self-image, please send me a note. Self-image is important to every woman, and in 2022 it has never been sketchier than it is today. We will also discuss the issues of weight, sickness, and how young girls and teens are pressured to present themselves as sexy, young models. I look forward to hearing your voice and perspectives.

Comment from Manitoba...

Manitoba has been discussing a unifying action that WI could take nationally. It seems to have come this week with the controversy over the firing of Lisa LaFlamme.

We believe women are tired of the misogynistic message that we are second class to men and are being limited in our ability to become empowered by sexism and ageism. (The old boy's club attitude)

We could start a call to action like the "Me Too" movement. However, we would need to strike while the issue is hot. Manitoba was going to bring forward a speaker on the topic of sexism this spring but we think the time to strike is ripe right now.





Submissions for WI Connections

Please send to angela.scott@bellaliant.net
Recipes, stories, poems, and articles are appreciated.



Book Club Report submitted by Elizabeth Young

Dates and books are listed for the following months

September 24th - Flown into the Arms of Angels - Mac Moss

October 29th -

November 26th - The Last Bookshop in London - Madeline Martin

There has been a suggestion to hold the book club on an evening, since Saturday afternoons are not convenient for everyone, so please let us know your preferences between now and September 1st. If you could kindly write to me, at the address provided it would be most appreciated. If you have book suggestions, I would appreciate your input.

fwicacrosscanadabookclub@fwic.ca I look forward to hearing from you – Elizabeth Young.

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