

April 2025

Monthly Newsletter for Federated Women's Institutes of Canada



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## From the President's desk...

April Showers bring Spring Flowers, and there is nothing prettier than a garden full of daffodils! April also brings the opportunity to observe Earth Day, which this year carries the theme "Our Power, Our Planet." This initiative encourages individuals and organizations worldwide to come together in support of renewable energy and aims to triple the global generation of clean electricity by 2030. For those interested, the Earth Day website provides valuable resources, including fact sheets and actionable steps that can be taken to achieve this vital goal. We encourage you to visit the Earth Day site to discover how you can contribute to this important cause.



FWIC WI Canada enthusiastically joins the Earth Day celebration by highlighting key elements of our project, "Sustainable Style with Mindful Consumption." Participants in the WI Day 2025 event may recall that mindful consumption emphasizes quality over quantity, ethical decision-making, health and well-being, environmental considerations, and waste reduction. A crucial issue tied to this theme is the concept of Fast Fashion, which refers to the rapid production and distribution of inexpensive, trendy clothing. This practice often replicates high-fashion designs to satisfy consumer demand and capitalizes on fleeting trends. It fosters a cycle of frequent consumption and disposal that results in significant environmental and social challenges. Mindful consumption encourages us to reflect on our purchasing decisions, the reasons behind them, and their environmental impact.

For many years, we have advocated for the three Rs—recycle, reuse, and reduce—to promote environmental protection. However, the Netflix documentary "Buy Now" sheds light on the shortcomings of recycling, suggesting that it is now a less effective option. Instead, we need to embrace a revised approach with three new R's: refuse, reduce, repair, and re-gift. We will outline how these principles align with mindful consumption.

Additionally, we will explore the use of synthetic materials in the clothing industry and their environmental implications. We will also clarify the definitions of "made in Canada," "designed in Canada," and "produced in Canada" while addressing some of the challenges faced by the Canadian fashion industry.

A promotional poster for the "Sustainable Style: Mindful Consumption" Earth Day Virtual Event. The poster has a green and blue color scheme. At the top left is a circular logo with a stylized building. In the center, the title "Sustainable Style: Mindful Consumption" is written in a large, dark green serif font. Below the title, it says "Earth Day Virtual Event - 6:30 pm EST" and "Tues, April 22, 2025" in a smaller, bold, dark green font. At the bottom, it says "register with Lynn at...registrations@fwic.ca". On the right side, there is a logo for "WI CANADA" with a red maple leaf. At the bottom of the poster is a photograph of a woman and a young boy holding a large cardboard sign that says "HAPPY EARTH DAY". They are outdoors in a grassy area with trees in the background. Other people in blue shirts are visible in the background of the photo.

To make our discussion engaging, interactive quizzes will be incorporated, and examples of how participants can actively contribute to the project will be provided.

We look forward to your participation on April 22. Please remember to send your name to [registrations@fwic.ca](mailto:registrations@fwic.ca), and a Zoom link will be sent to your inbox

Hope to see you on the 22, and Happy Easter!

Lynn

## 2027 Tweedsmuir & Senator Wilson Competitions

### Tweedsmuir Competitions

#### Tweedsmuir Handicraft Competition

- Make a throw 45 x 60 inches
- Using recycled materials and trims.
- Throws will be donated to homeless shelters or food banks in the location where the 2027 Convention is held.

#### Tweedsmuir History Competition

- History of a garment
- Written story with photos.

#### Tweedsmuir Community Competition

- Clothing Swap or Secondhand Boutique/ Rummage Sale
- Held at a WI Branch.
- Write up on the roles and responsibilities of WI workers, where the clothing came from, and what types of clothing were available.
- Include individual stories and pictures of successful shoppers.

#### Tweedsmuir Cultural Competition

- Pictorial and narrative documentation of a Fashion Show featuring remade, repurposed, or vintage selections of clothing
- Clothing can be worn at various stages in women's lives, such as school, workplace, wedding, maternity, casual, or workout garments.

### Senator Cairine Wilson Empowered Women Competition

#### **Branch Competition: All you can create "Repurpose & Reuse" Project.**

- Create as many useful items as possible from a minimum of three or more different, pre-owned garments.
- Include a writeup describing how the women in the branch felt empowered to create the designs,
- Include photos outlining the group participation, design, creation, uniqueness, and finishing steps
- Photos should show all stages of the project, from start to finish.
- Completed items will be brought to the convention to be judged
- Judged items will be donated to the Convention sales table, and whatever remains will go to the AHH Homestead Gift Shop.

## FWIC Celebrates Earth Day Sustainable Style: Mindful Consumption

Time: Apr 22, 2025, 06:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/83170735033?pwd=K3ldfEFsqCeOufOygxa7laeUT8s3pj.1>

Meeting ID: 831 7073 5033

Passcode: 462160



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## Mindful Consumption: Sustainable Style National Project Submitted by Brenda Devauld-BCWI

“Sustainable fashion is not a trend, it's a responsibility” Livia Firth

This month's quiz touches on the question of how well we know our clothing. We hope this sparks your interest in learning more and will help us to make sustainable clothing choices.

### How Well Do We Know Our Clothing Quiz

1. What is the most commonly used natural fibre in the clothing industry?
  - a) Cotton
  - b) Wool
  - c) Linen
  - d) Silk
2. What synthetic fibre is known for its durability but also contributes to microplastic pollution?
  - a) Cotton
  - b) Acrylic
  - c) Polyester
  - d) Hemp
3. Which of the following is NOT a sustainable clothing material?
  - a) Organic cotton
  - b) Bamboo
  - c) Nylon
  - d) Tencel
4. What is the primary environmental concern associated with conventional cotton farming?
  - a) Water usage
  - b) Air pollution
  - c) Soil erosion
  - d) Deforestation
5. Which clothing is biodegradable and made from the cellulose of beech trees?
  - a) Nylon
  - b) Tencel
  - c) Acrylic
  - d) Polyester
6. How long can polyester take to decompose in landfills?
  - a) 1 - 5 years
  - b) 20 - 30 years
  - c) 100 - 200 years
  - d) Over 500 years
7. Which of the following brands is recognized for its commitment to sustainability and eco-friendly practices?
  - a) Zara
  - b) H & M
  - c) Nike
  - d) Tentree

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8. What does “ethical fashion” typically emphasize?

- a) Low-cost production
- b) Speed of production
- c) Labor rights and sustainable practices
- d) High Fashion

9. What plant is linen made from?

- a) Cotton
- b) Hemp
- c) Flax
- d) Bamboo

10) Linen is a more sustainable option than cotton because it requires less water and pesticides to grow

- a) True
- b) False

Answers:

1. A- cotton: Cotton has been cultivated for over 7000 years and is a natural, bio-degradable textile. It is a staple in the global textile industry.
2. C – Polyester: Polyester is a synthetic material made from petrochemicals. When washed, polyester sheds microscopic fibres (micro-plastics), which are tiny particles and can easily enter rivers, lakes, and oceans. Once in the environment, they can be ingested by marine life, which poses a threat both to wildlife and humans.
3. C – Nylon: Nylon is a synthetic material derived from petroleum, so its production and disposal can have environmental impacts. Nylon is not considered a good material for direct contact with skin. It is not breathable, which can trap moisture and heat, which can lead to discomfort, rashes, and overheating.
4. A - Water Usage: Cotton production is a water-intensive process, requiring significant amounts of water with estimates ranging from 7,000 to 9,000 litres to produce just one kilogram of raw cotton.
5. B – Tencel: Tencel fibres are derived from sustainably sourced wood pulp, typically from beech, birch, or spruce trees. It is known for its softness, breathability, and moisture-wicking properties.
6. C - 100 - 500 years: Polyester, being a plastic product, takes up space in landfills and takes hundreds of years to decompose. The toxic materials can leach into the soil and groundwater, causing contamination of local areas.
7. D – Tentree: Tentree is a Canadian company with headquarters based in British Columbia but founded in Regina, Saskatchewan. They focus on sustainable and ethical apparel. They ensure fair labour practices in their factories, using organic and/or recycled materials in their clothing.
8. C - Labour rights and sustainable practices: Unsafe working conditions, child labour, long hours, low pay, abuse and harassment, and environmental degradation are all widespread in the fashion industry.
9. C – Flax: Linen is derived from the fibres of the flax plant.
10. True: Linen is known for its breathability, durability, and eco-friendliness. It requires less chemical and water use than traditionally grown cotton. Flax is a naturally pest-resistant and drought-tolerant plant.



## New Brunswick WI – Sharron Adams, President

NB Number of members-340. Number of Branches-43  
Our 2025 AGM/Convention is in Woodstock, NB. The 2025 AGM/Convention Theme: Into the Future. NBWI will have a new slate of officers for the Board and Executive in May 2025.

NBWI is proud of two things from the past year. One is the completion of a New Horizons for Seniors project called Aging in NB: Let's Do This. It was based on the comprehensive booklet on aging prepared by St. Thomas University, meant to be used as a resource across communities in NB.

The second item we are most proud of is our provincial radon testing resolution in memory of WI Member Angela Steif-Lea, Havelock, WI. Following our distribution of the resolution to several Government of New Brunswick Ministers, we received word that the radon testing devices would be free to all NB citizens (a savings of \$35). The remaining part of the resolution includes an awareness campaign on the dangers of radon, which we hope to help within 2026.

NBWI uses a comprehensive e-mail list, monthly e-newsletter, Facebook, and telephone calls to each branch to share communications. External communications are primarily Facebook, but we do hope to develop a budget for publicity in the upcoming year.



Sharron Adams, Sandra Day, Holly Hersey, Helen Clarke, Rose D'Amour



Following adoption at the convention, we forward the letters and resolutions to appropriate agencies or government departments/premier.

Chandra Smith, Annie Simpson, Sharron Adams





Central Rusagonis WI – Glenna Porter, Barbara Canavan

\$3000 to their communities every year. Therefore, Branches are supporting their province to a total of between \$60,000 and \$132,000 annually.

We do not have a specific fund-raising committee- we decide as a board on fund-raiser projects and move forward that way. NBWI usually sponsors raffles with provincial permits, and they are often for a Gift Card Tree, but sometimes we also have had quilts, patio planters, and the like.

Our most successful fund-raising activities yearly are those at the convention, which include brown bag sales of \$3.00 each, a silent auction, and a 50/50 draw in memory of Kimberly Day, who passed away on Christmas 2023. Kimberly was an avid volunteer at the convention, and her mom, Sandra Day, is a past president of NBWI.

In the next year, NBWI intends to promote the Women's Institute in New Brunswick with a PR campaign on which our new board will provide input.

We intend to learn more about the national project...Sustainable Style: Mindful Consumption for a learning project for 2026.

Our new board will be holding a board training and planning session to determine directions for projects for the next three years. Without hesitation, they will include causes to include members in communities across Canada. Many projects have become yearly causes, and it is expected that we will also include some new ones to meet the needs of NB citizens.

Branch activities and causes are so diverse that we are certain to leave out activities. Some of the projects and activities include supporting cancer patients, schools, hospitals, food banks, shelters, catering, and regular community functions such as card parties and coffee/gathering times. We estimate, based on yearly reports, that NBWI Branches contribute between \$1400 and



Hamburger donation to Woodstock Women's Shelter – Natalie Elsinga, Landi Piper and Staff from the Shelter



Aging & Mentoring Workshop, Havelock WI, Havelock NB Fall 2024

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## Crafting Style Submitted by Ann Mandziuk, Manitoba WI

I've been wondering what type of craft I would highlight for April. Spring equinox was March 21, and for those who celebrate Easter, Good Friday is April 18. I have to thank my friend Carol MacLellan from PEI for the reminder of an idea I had used. She posted this wreath made of recycled denim scraps. (It fits right in with the Mindful Consumption: Sustainable Style theme for the FWIC Triennium.)

If you are a quilter, you could also use those narrow strips of selvaige or other bits and pieces from your projects. I have also used ribbon leftovers from craft projects.



I used different lengths, widths, colours, and types of ribbons. I used a raised metal wreath form and tied ribbons close together all around the form

on each wire. You could use any size of wreath – it would depend on the amount of fabric or ribbon you have or what wreath size you might already have on hand.

Last Easter, I saw a wreath made with different sizes of plastic fillable eggs. The whole wreath was covered in eggs. I had some eggs in my Easter decorations, but not enough to do a wreath. So, I improvised and used ribbon, Easter grass, and the eggs I had on hand. Your imagination and a trip down the rabbit hole of craft sites on the internet can certainly be your inspiration!

## Healthcare in Rural Communities (summary of the series of articles appearing in the NBWI Newsletter), by June Crandall, Elgin (NB) WI Secretary-Treasurer

This is the second and final article on Healthcare in Rural Communities. To continue.... the first Adult Health Screening Clinic (pilot project) launched on January 24, 2024. Horizon Health provided some medical supplies and privacy walls (for "patient" privacy). The medical supplies included lancets (blood glucose testing), blood pressure cuffs, heart rate and oxygen saturation monitors, and equipment for BMI analysis. Additionally, we developed and administered a brief questionnaire that did not collect any identifiable information such as phone number, name, address, etc.

We collected postal code information to identify the general area where the patients lived at the time of their visit and the patient's age so we could determine the average age. The example questionnaire can be shared with any area looking to replicate this kind of screening clinic. Please click on this link to read a brief report on Horizon's web page. [Horizon's community developers partner with UNB Nursing students and Elgin seniors to offer adult health screening clinics - Horizon Health Network](#). Also, the student nurses who conducted the screenings developed a patient passport used to log the results of the screening. This booklet was retained by the patients, who were advised to bring it with them to each of the screening visits. This would be very helpful to them to see any changes between screenings, plus provide some essential information to any health care provider.

Further, getting buy-in from community leaders and influencers is very important. Top-down, bottom-up makes no difference because the goal is for the community leaders to support the community and for Horizon Health to recognize their support and commitments. So, I reached out to the MLA for Sussex-Three Rivers, Tammy Scott-Wallace, MP for Fundy Royal, Robert Moore, the Community of Three Rivers Mayor, Peter Saunders, and Sherry Wilson, MLA for Albert-Riverview Riding. All agreed to attend the launch of the first Adult Health Screening Clinic on January 24, 2024, at the Elgin Seniors Citizens Center.

The next two clinics were scheduled for February and March of 2024. The total number of screenings done over the course of the clinics was 113. We are exceedingly pleased to report that 100% of the individuals screened reported that they would attend the clinic again. With that encouraging information, Horizon Health approved



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holding the clinics again. To date, we have held a fall clinic (October, November, and December of 2024) where services were expanded to offer flu and COVID shots (at no cost) for individuals requesting them, as well as respiratory assessments and foot health assessments. Of note, one of the most requested services identified in the satisfaction survey data was a Foot Care Clinic. Happily, a foot care clinic has now been established in Elgin on a regular basis, with 10 to 15 clients attending regularly.

We are now into the spring health clinics, where attendance continues to be brisk. The community is immensely appreciative of the clinics. Some have stated that even though they have a regular provider, being able to keep track of basic health assessments such as blood glucose and blood pressure without the stress of appointments is extremely important and helpful.

I conclude this series by reporting that the Adult Health Screening Clinics have expanded to the communities of Havelock and Sussex. Additionally, with each iteration of the clinics, we consider other free services that can be added and how can we better serve the community.

In conclusion, I invite you to contact me if you think this may work in your community. I am happy to help in any way that I can. *For Home and Country!*

## All About Agriculture Submitted by Susan Hoszouski, BCWI

WOW, welcome to 2025! What crazy times we are in; who would have thought this is where we would be at the start of the New Year?

The blessing to all this is it has been a wake-up call for Canada as a nation. How long have Women's Institutes been promoting the importance of Buy Local, Buy Canadian.? We were ahead of the times and true leaders, but who was really listening? People only cared how far they could make their dollar go, and fair enough, but, as Canadians, we should have been supporting Canadians first when we could, especially our farmers and ranchers.

It sure makes me think of all the times my mother said to all of us (her children) during the 1970s, "Just remember, you are living through the best of times." It was always important to her to make sure that we kept some land, as someday it may have to support all of you and your families. Seriously?

Over the years, I have remembered and thought about that statement more and more. What did she know, what could she see or feel truly happening? My mother was very involved with several different organizations, not only at a local level but also provincially and federally. She was the first female president of our district-wide school board and the first woman president of the BC Cattleman's Association and, over the years, attended provincial and national conventions for both organizations. I feel there must have been an atmosphere and/or discussions that raised "alarm bells" or warning signals. I know she was frustrated at times when she would bring back issues to be aware of or issues to keep on top of and many times, they were passed over as not important. She was a very wise, smart, perceptive woman, a woman ahead of the times. A couple of issues she brought up to keep on top of all those years ago have now become front-and-center issues. She was also a long-time Women's Institute member and a rancher.

All this makes me think about how fitting and appropriate the United Nations International Decades, Years, and Days really are.

2019-2028 is the Decade of Family Farming; 2018-2027 is the Decade for the Eradication of Poverty; March 22nd is World Water Day; March 30<sup>th</sup> is International Day of Zero Waste.



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April 7<sup>th</sup> is World Health Day; April 22<sup>nd</sup> is International Earth Day; May 20<sup>th</sup> is World Bee Day; 2025 is the International Year of Peace and Trust and also the International Year of Glaciers' Preservation.

2026 is the International Year of the Woman Farmer, and 2026 is also the International Year of Rangelands and Pastoralists.

The above decades, days, and years are all relatable to or directly affect agriculture and the climate. I see the opportunity for many topics of interest and the chance to bring awareness of these days, years, and decades to the forefront. They are important for many people and the places they call home.

We shall weather the storm, survive, and come out at the other end of all this stronger and richer in community and country.

## Homestead Report from Nancy Submitted by Nancy Carubba

Hello Everyone...Here is the Adelaide Hunter Hoodless Homestead Report.

Sunday, March 16<sup>th</sup>, we held a workshop entitled Plan your Spring Veggie Garden! Guests left with a plan for their garden, some seeds to get started, and a mini shamrock plant!

We are looking forward to planning Paris WI's April event, which will feature a Homestead tour with guides in period costume. We will hold a planning meeting on Sunday, March 23<sup>rd</sup>.

We are busy getting ready for Easter at Addie's – This year's featured guest is "Doug the Great," a local magician and record holder for stilt walking.

Nancy was interviewed by Liana Voia, a Canadian Vlogger with a focus on Arts and Heritage. This is a link to The Arts and Artisans YouTube page. YouTube Page. The interview may be available next week.

### [Multiple Arts and Artisans](#)



### [Multiple Arts and Artisans - YouTube](#)

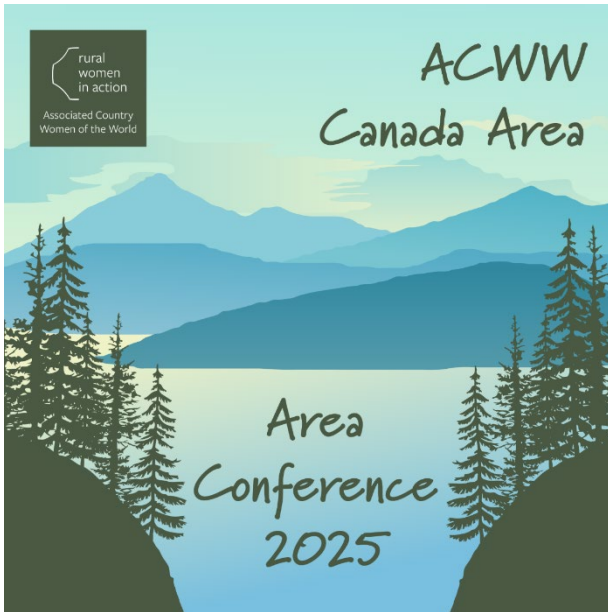
These videos are educational, non-profit, and for personal development.

Please note that some videos contain ads, as per YouTube policies.

[youtube.com](https://www.youtube.com)

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The interview discussed Adelaide, her accomplishments, and what we are doing at the museum today - we talked about our recent focus on weddings. It may be good to have a complimentary interview about the Erland Lee Museum. There were four museum tours to date in the month of March.



## ACWW Area of Canada Conference —

May 13<sup>th</sup> to 15<sup>th</sup>, Langford BC (Victoria)

Feb. 16<sup>th</sup> to April 15<sup>th</sup> - \$225.00

Please go to [acww.org.uk](http://acww.org.uk) for registration details and find out about pre- and post-tours available and partner tours.

There has been some confusion raised regarding the booking of the hotels. Please note that to get the deal, book rooms from the 13<sup>th</sup> to the 16<sup>th</sup> of May.

Then contact the hotel for days you wish to add to your stay, either before and/ or after. (Just like we did when traveling to Malaysia.)

Register now; we would love to see you in Victoria/Langford on beautiful Vancouver Island to renew friendships and make new

ones, share in hearing all about ACWW, and learn about projects and funding processes, plus all other speakers booked for your enjoyment and learning experience.

Come and meet your World President, Magdie de Kock, from South Africa and ACWW - ED- Tish Collins, London,

## “Let’s Chat ...

### A Conversation between ACWW Canada Area President Marie Kenny and Dr. Ellen McLean.

Marie’s Question: “What inspired you to become World President of ACWW, and what was your vision?”

Ellen: “There were two words in your questions that I want to respond to: “Inspiration and vision.” I told you that over the years since joining the Women’s Institutes in 1953, I have had the privilege to attend ACWW (Associated Country Women of the World) conferences and meetings and that I appreciated the international aspect of being a member of the Women’s Institute.



I read and heard reports of ACWW activities in different corners of the world, the projects that I, as a branch member, could help to support. It was so special; it was inspiring to learn the difference that was being made in the lives of women and their families. It was getting a pump for the village well, acquiring seeds and hoes, rakes and spades so vegetables could be grown, income-generating projects, literacy courses, and much more. It was international development at the grassroots. And then, I visited Kenya when I was Area Vice President (as we were called in the 1970s) and visited some of ACWW’s projects and saw exactly the difference we were making. I had



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the opportunity to talk to some of the women and hear how things had changed for them and learn what their dreams were for their family's future. These aspects were an inspiration for me.

And then there is that other word, "vision." During my years as Area Vice President, I had the opportunity to discuss our organization with my counterparts from other Areas, and we frequently talked about changes that we felt were needed. After the Hamburg Conference in 1980, a Constitution and By-Laws committee was appointed with a representative from India, South Africa, Australia, the United States, England, and Canada. I was the Canadian, and for three years, we worked on amendments that would bring what was felt to be much-needed changes to ACWW's structure and operation. The Resolution for these amendments was submitted to the Vancouver conference in 1983 and was defeated. It was disappointing, three years of work defeated. I am not sure it was vision, but that was the conference where I was elected World President, and I certainly hoped that we would find a way to bring about the changes that were defeated.

One of the weaknesses of the Projects was that they were not being monitored so that ACWW knew that the assistance they had provided was being used to carry out the proposal for help had indicated. That happened, and a mentor was appointed to carry out this task.

The Decade for Clean Water and Sanitation was coming to an end, and there were still far too many people around the world who still didn't have clean water. Income-generating projects continued to be of great importance. This taught the women so much in addition to their project. They felt independent, they learned they had voices that should be heard and listened to, and they learned about their rights and felt they could be agents for change. During the six years, I had the privilege and opportunity to visit many of the projects in many countries. Each time it was an inspiration. I guess the fact that I felt there was so much that was still in need of development assistance, and with ACWW's experience, there is still such a need for help, a vision for a brighter future.

In writing this response to your question, Marie, I have spent a lot of time at my computer going down memory lane and my wonderful experiences. I want to end my musings with the words of a group of women from the South Pacific Islands who had attended a preconference workshop, and they said to me at the close of it,

*"Please bring us more of these ideas to hear, see, and do. We learned so much."  
Visions require action to become reality. Action Can Work Wonders.*

.....

## All About Pollination...submitted by Shelly Simrose, BCWI

The pollination of plants by bats is called chiropterophily. Plants pollinated by bats often have pale nocturnal flowers (in contrast, bees are mostly attracted to bright, daytime flowers). These flowers are often large and bell-shaped, and some bats have explicitly evolved to reach the nectar at the bottom of them. The tube-lipped nectar bat of Ecuador and the banana bat that lives only on the Pacific coast of Mexico both have extraordinarily long tongues for this exact reason. The tube-lipped nectar bat's tongue is more than one and a half times the length of its body!

Many people are unaware that over 500 plant species rely on bats to pollinate their flowers, including species of mango, banana, durian, guava, and agave (used to make tequila). So, next time you drink some tequila or eat a mango, say thanks to the bats!

While these plants rely on bats to pollinate their flowers, bats also rely on the fruit and flowers of these plants to survive. Disturbing this intricate system can have severe consequences. For example, in Mexico, the lesser long-nosed bat that is partly responsible for the pollination of agave plants is used to make mescal and tequila. However, in the majority of tequila production, farmers harvest the plant before it puts out its flowers, meaning it has to reproduce through cloning. This is bad for bats, as they feed on the flowers as well as pollinate them. It's also bad for the agave crops, as they lack diversity – all tequila plants in one farming area have been traced to

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less than a handful of clones. Disease has recently killed off more than a third of the agave plants in some areas, something that might have been avoided by allowing more agave plants to flower and reproduce through pollination.

Why is pollination important?

Pollination is important for a strong, healthy ecosystem. One in three bites of food you eat depends on pollinators. Do you know which foods depend on pollination? All of these and MORE! Apples, Almonds, Oranges, Avocados, Peaches, Pears, Plums, Cherries, Alfalfa, Blueberries, Vanilla, Cranberries, Tomatoes, Kiwi, Figs, Coffee, Strawberries, Blackberries, Raspberries, Lemons, Limes, Eggplants, Kumquats, Nectarines, Grapes, and Cacao.

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## Recipe A Month Submitted by Debra Barrett, Manitoba WI

### Carrot Zucchini Muffins



2 eggs	1 tsp. cinnamon
1 cup sugar	1/2 tsp. salt
2/3 cup oil	1 cup grated carrots
1 1/4 cup flour	1 cup peeled grated zucchini (or leave peel on)
1 tsp baking powder	1/2 cup chopped walnuts
1 tsp baking soda	

Beat eggs and sugar until firm. Beat in oil and add dry ingredients.

Beat with beater for a few minutes. Stir in carrots, zucchini and walnuts.

Fill muffin tin cups 3/4 full. Bake at 350F for 20 to 30 minutes, until the top does not spring back when gently pushed down.

Recipe from Sylvia Terry (Hrominchuk) Dauphin, Manitoba

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## This & That Submitted by Elizabeth Rushton, Alberta Women's Institute

Henrietta Muir Edwards - "I do not mind in least being called old so long as I am not classified as an antique."

Even though she was the daughter of a privileged Montreal family, from an early age, Henrietta, who was born December 18, 1849, and was the oldest of the Famous Five, was an evangelical Christian who believed in practicing what she preached. To her, that meant social action. Instead of settling down into marriage as was expected of young women in those days when they finished school, she talked her father into renting a large house in downtown Montreal, where she established the Working Girls Association, a forerunner of the Young Women's Christian Association. She and her sister Amelia also launched Women's Work in Canada, a monthly magazine for working women. She was unable to enroll in an art school in Montreal because she was a woman, so she pursued private lessons in New York City and went on to paint miniature portraits of famous people. The government also commissioned her to paint a set of china for the Canadian Pavilion at the Chicago World Fair.



Her marriage to Doctor Oliver Edwards didn't change her mind about the work God intended her to do. He moved frequently from Indian Head in the Northwest Territories, where he was the official doctor for reservations in that area, to the Blood Reserve in southern Alberta and finally to Edmonton. Wherever they were, Henrietta did

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what she could, including studying Canadian laws and looking after their three children, Alice, William, and Margaret. 1890 found the family back in Ottawa, where she joined forces with Lady Aberdeen, the wife of the Governor General, and helped her establish the National Council of Women, the Victorian Order of Nurses, the YWCA, and the Associated Country Women of the World. Henrietta's role was to follow up with writing by-laws and general background work. The National Council of Women needed her growing expertise in-laws as they related to women and children, and she became their national Convener of Law and knew so much about laws relating to women and children that judges and lawyers even asked for her advice. She felt that any principle involving justice for women and children had to be God's will, and if that made her a feminist, so be it.

In one of her speeches to her local council of women, she talked about the amount women spent being slaves to fashion when they discarded perfectly good outfits, even if they were only a year old because they were not in fashion anymore. "So many hours are spent in shopping, and exhausting conferences with dressmakers are held, all because fashion has ordered that sleeves must be no longer full at the wrist but full above the elbow. .... What a simple waste of time, money, and energy." Years later, her granddaughter admitted that she practiced exactly what she preached, even discarding wearing corsets as they were bad for the body, and her granddaughter said she looked like a potato sack tied in the middle! She wasn't fond of hats either, considering them a nuisance.

In 1899, she produced a summary of the laws relating to women and children in every province, which turned out to be very short. That's when she began her lifelong affair with property law, believing that women must have a say in the family property both for their own and their children's benefit. It was a hard sell with men, but she and other women whittled away at it.

When Emily Murphy approached her to sign the petition to the Privy Council in England, she agreed at once and was the first to sign it. Due to the fact that the names were listed in alphabetical order, the case became known as *Edwards vs the Attorney General of Canada*, which somehow seems fair as she gave so much of her time studying Canadian lawbooks for laws relating to women and children.

Due to poverty, Henrietta spent her remaining years living with her sister Amelia in Fort McLeod, Alberta, where she died on November 4, 1931, at the age of 82. She was named a Person of Historical Significance in 1962 and an Honorary Senator in 2009.

## Get Canada Talking about WI By Tricia Henderson - Women Inspiring Women WI, Paris Ontario

When Angela Scott approached me about working on a project to create storyboards to potentially promote the Women's Institute for FWIC, I wasn't even sure I completely understood the assignment! So, having absolutely no training or experience in marketing or promotions, I, of course, said, "Yes!" Once I started to think about how to tackle this, I remembered my lack of experience in this field and started to panic just a little.

Fortunately, I am part of the Women Inspiring Women WI group in Paris, Ontario, which is full of talented and enthusiastic women! I started making calls and mentioning this project to various members, trying to explain and then convince them to join me in this endeavor. After a few skeptical looks and a bit of arm-twisting, I finally convinced four women to join me, promising to owe them a favor and that we would move the project along as efficiently as possible.

Many, many thanks to the team of Janice Kyle, Heather Moore, Elaine Tully, and Allyson Lee for their creativity and experience on this project! Heather got the ball rolling with an idea that outlined using photos of a variety of women's hands holding various



Wis in Canada donate \$540,000 to \$900,000 in goods and in kind service to community projects across Canada every year!





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beverages on their way to the WI meeting. For example, a woman in business attire holding a take-out coffee cup, a woman in workout gear holding a green smoothie, a mom holding a sippy cup and a baby, a woman drinking tea, casual clothing with a reusable water bottle, etc. Showing just the hands with beverages (and no faces) was significant in demonstrating that it could be “anybody” coming from wherever they were to gather at a WI meeting. We decided that the final shot would be the same hands clinking “Cheers!” with the various cups and glasses.

This idea was then expanded into a second storyboard demonstrating feet in various footwear (sneakers, business pumps, uniform boots, hiking boots, sandals, slippers, etc.) on their way to a WI meeting. Then, we developed a third storyboard concept that would show hands doing various activities you might find at a WI meeting, such as book club, taking minutes, making a charitable donation, baking, cooking, crafting, music, physical activity, etc.

The fun really began when we set about taking photos depicting our various ideas. We were lucky enough to have Heather's daughter Avery, a podcast producer with an excellent eye for photography, join us! We brought as many props as we could carry and converged onto Heather's home for the photo session, where we went on to take over 300 photos in 2 hours! The photos were sorted and compiled to form the storyboards, along with a few short catchphrases to submit to FWIC.

This committee was filled with FUN and LAUGHTER! We had a great time brainstorming ideas for photos over homemade pizza, banana bread, wine, and craft beer!

I am so grateful to Janice, Heather, Elaine, Allyson, and Avery for saying “Yes!” and helping me out with this project. This was a great reminder – sometimes you just need to say YES! to a project and trust the process! Thank you for this opportunity – I hope we have created something that can be used to promote WI in Canada!

### The DREAM TEAM!

Left to right: Avery Moore Kloss, Heather Moore, Tricia Henderson, Janice Kyle, Allyson Lee, and Elaine Tully



## Socially Speaking, submitted by Eleanor Lilley-Morning Facebook Co-Ordinator for FWIC

The difference between "Liking" or "Following" on a Facebook page.

Liking is a way to publicly display support or an affinity for a brand or organization. Liking a page does not automatically mean you will see updates from that page in your newsfeed.

Following a page indicates an interest in seeing updates that the page posts in your newsfeed. Following a page means you're actively opting in on seeing updates. Following a page allows you to receive content more easily.

It is possible to follow a page without Liking it and vice versa. FWIC's Facebook page has 1795 Followers.

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## Finding Voice Submitted by Angela Scott, President-Elect

### Do we stay, or do we go...after a loss?

Many Branches find themselves in a dilemma of asking if they should keep their Branch going or not. After years of belonging, yet losing member after member to death and sickness, it makes sense that those remaining ask the question. How could you not?

### Picking up the Pieces

In March 2024, I accepted the secretary position in our Branch since our dear secretary Irene was preparing to leave for cancer treatments. It's one year later, and one of the sweetest and wisest women I ever worked beside is gone. We have lost two members in two years. I shudder to think of how many Branches share this type of scenario. And when it happens, how do we come together to pick up the pieces?



Over the years, I have seen branches literally disintegrate because members have died, and the members left behind don't know where or how to pick up the pieces. Their grief is palpable as they realize nothing will ever be the same again. That - is - grief, and there is no getting around it.

### How would we decide the fate of our Branch?

Losing members of a Branch to death is a profound experience that can leave everyone feeling a mixture of sadness, uncertainty, and even doubt about the group's future. It's important to recognize that the grief we feel is shared by others in the group, and addressing it with care is essential for healing. Before deciding how to proceed, we need to take time to acknowledge the loss. We need to create space for members to express their emotions and share memories of the individuals who have passed.

### Ideas for Moving Forward

Losing two members in two years is a heavy burden for our group, yet by acknowledging the loss, grieving together, and discussing the way forward, we can honour the memories of those who have passed while continuing to find strength in each other.

- Host a memorial meeting or candlelight vigil in their honor.
- Dedicate a sharing circle to exchange stories about what they meant to the group.
- Do we need to redistribute responsibilities or leadership roles?
- Create a commemorative plaque or item that reminds the group of the individual's contributions.
- Start an annual tradition in their memory, such as a themed event, service project, or day of reflection.
- Dedicating an annual event in honor of those who have passed away.
- Keeping an empty chair at gatherings.

### Take time to grieve and talk

Once the Branch has had time to grieve and reflect, it's important to ask some good questions.

- Do we want to modify the structure of the group?
- Should we consider any changes to how the group operates or meets in the short term and even in the long term?

Having a discussion about how to bring more joy and purpose into the group in honor of those who've passed will be our path to finding a new way for the future.

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## Marie Kenny, ACWW Canada Area President

Greetings Everyone,



April Showers bring forth May Flowers; this is the hope of spring across our beautiful Nation. As the season changes, so does much of our world, with the stress of political unrest, climate challenges, and constant uncertainties. What once seemed impossible has become a reality, and things we thought could never happen already have taken place. Yet, with all this change, we must remain united and even more committed to what we value and keep our focus positive.

By leveraging our unique strengths, embracing diversity, and fostering genuine partnerships, we ensure that progress isn't just personal—it's collective. Together, we can challenge inequalities, advocate for change, and build a future where every woman has the opportunity to thrive.

This past month, we have presented two ACWW Advocacy Workshops; in partnership with FWIC, we have given the opportunity for grassroots members to be equipped to bring about change right where you are, in your community, your province, and collectively across our nation. If you missed the workshops, please check out the FWIC WI Canada YouTube channel. Dr. Kelly's worksheets will be available in the next WI Connection.

Thank you to all who participated in the recent ACWW questionnaire on International Women's Day. From the results, there is a montage of experiences and knowledge that reflects the diversity of our membership but also the seminars we share with women on the other side of the world. Approximately twenty countries participated in the questionnaire; the video montage of ACWW interviews can be viewed on the ACWW Facebook.

The most recent episode of the Leadership for Equality Podcast, co-hosted by ACWW and UNESCO, was also released on International Women's Day and is now available on the ACWW Website for listening.

Nick Newland and Elizabeth Ann Kelly, Board Lead on Advocacy, attended CSW (The Commission of the Status of Women) in New York in March. CSW is the biggest policy-making body dedicated to promoting gender equality and the empowerment of women. For over 70 years, the Commission has led discussions on inequalities and discrimination women and girls face, generated public attention on social taboos and broken stereotypes, and driven action to advance the rights of women and girls everywhere. This year, ACWW's focus was targeted engagement with other rural women's organizations and member states. The dynamic this year was different, Nick Newland reported, because of changes in the world that are impacting human rights, women's rights, and funding organizations globally. Nick also observed that there was unity he'd never seen before in regard to the declaration text being passed.

ACWW's Women Walk the World Day, April 29<sup>th</sup>, is an opportunity for members and friends to gather and walk together to raise funds and share information about the work of ACWW. I have heard about numerous activities that societies are planning. Thank you for all you are doing. I wish you well with your walk and other planned events, and I encourage you to please send me photos and updates. Together, we celebrate with unity one step at a time. Have fun!!

There are still a few days left to register for the ACWW Canada Area Conference in Langford, BC. Registration information is on the ACWW Website; the closing date is April 15<sup>th</sup>. Do not miss this great opportunity to come together to hear inspiring speakers and engage in open conversation,



Ruth Receiving the King Charles 111 Medal.



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knowledge sharing, and fun educational workshops. Ruth Fenner will be our guest speaker at the Opening Ceremony, and you will have the opportunity to purchase her recent book on the Life of Mrs. Alfred (Madge) Watt. Cost of the book is \$30. Cash preferred.

Just a friendly reminder: PLEASE NOTE THESE DEADLINES **Resolutions and Recommendations** are to be sent to the Central Office by April 25, 2025, and sent directly to [worldconference@acww.org.uk](mailto:worldconference@acww.org.uk). **Nominations**, using the form from Conference Information 2, also have to be received at the Central Office by April 25, 2025, by email to [nominations@acww.org.uk](mailto:nominations@acww.org.uk). **Late Resolutions or Nominations cannot be accepted!!**

In closing, I wish you a very "Happy and Blessed Easter." may your family celebration be filled with joy as you reflect on all the blessings of life.

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## Congratulations Fairley Yeo, Prince Edward Island WI

Knutsford, P.E.I. Women's Institute member Fairley Yeo was presented a King Charles III Coronation Medal from MP Bobby Morrissey. On February 22, 2025, a medal ceremony was held at the Mill River Resort. Thirty outstanding individuals were recipients of the medal, and thirty thousand medals were cast to commemorate King Charles III's inauguration on May 6, 2023. They will be given to deserving people in the country.

Fairley Yeo has been a WI member for nearly 70 years. She received her medal for volunteerism and community service. Morrissey told her...Because of your tireless efforts, your community is a better place because you are in it.

The Medal is made of silver and nickel and comes with protocol. It must be worn on the left side like a Poppy and only to military parades or services, Remembrance Day, for example. Not to be worn by anyone who didn't earn it or lent it to others.



## WI Connections Contributions

All contributions are welcome.

Please send to [wiconnections@fwic.ca](mailto:wiconnections@fwic.ca) jpeg and png photos are ideal, along with Word documents or emailed messages. Sorry, PDF documents do not format well. Please avoid formatting such as indenting, formatted numbers, and bulleting. Thank you for your interest in telling about WI in your 'neck of the woods.'

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## Tidbits on Promoting WI Submitted by Margie Taylor, WINS President 2024-2027

WINS has created placemats and bookmarks for promoting WI and are used when hosting branch events, district meetings, and/or community functions. A simple placemat can spread the word and information about WI just by being present. Bookmarks are great for handing out to prospective members, which offers quick info at a glance. These bookmarks can also be placed at the local libraries to be distributed throughout your province as a free gift that keeps on giving...information about WI.

When creating a placemat to promote WI, the following information could be included:

- Name of WI
- Crest
- Motto/Vision Statement
- Brief History Info
- Interests, Programs, or Benefits Info
- How to Join Info
- Contact Info

When creating a bookmark to promote WI, the following information could be included:

- Name of WI
- Crest
- List of Local Branches
- Contact Info either by phone or email
- Lists of Interests, Programs, or Benefits Info

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## Agriculture In Canada & How 4-H Relates to It Submitted by Robin Janzen, Sinkut WI Vanderhoof, BC

First, I'd like to give you a little bit of info about Canada's agriculture sector. It is unique in many ways, including its large exports, diverse crops, and innovative farming practices. Canada grows over 125 different fruits and vegetables; the top vegetable crops are green peas, sweet corn, beans, carrots, and tomatoes, and the top fruits include apples, blueberries, cranberries, strawberries, raspberries, and grapes. More than 80% of our fruit acreage is made up of apples, blueberries, and grapes. Canada is the world's largest producer and exporter of canola, flaxseed, lentils, peas, durum wheat, mustard seeds, and pulses, and is the world's 8th largest exporter of agrifood, fish, and seafood products.

In 2023, Canada exported almost \$99.1 billion in agriculture and food products. The food and beverage processing sector is the largest manufacturing industry in Canada, and one in nine jobs in Canada are in the agriculture and agri-food sector. Now, I'd like to mention 4-H and how it ties into our country's agriculture.

4-H members across the country learn about a variety of things; while not all are directly related to agriculture, they are in many ways related. They learn not only about agriculture but also about science and technology, the environment, healthy living, community engagement, and communications. There is a strong focus on sustainable agriculture and food security, and many of its members participate in agricultural activities. Members learn about Canada's agricultural practices and the environmental impact of agriculture.



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In 2024, 4-H Canada had a membership of 75,450 and more than 7,000 volunteer leaders. The Vanderhoof 4-H District has 98 members enrolled and 28 leaders this year. Our projects encompass Beef, Swine, Sheep, Leathercraft, Photography, Poultry, Horse, Dog, Rabbit, Goat, Outdoor Living, Cloverbuds and an Ambassador.

Many 4-H members go on to make a difference. One of those is Olympic Champion and renowned TV host of The Amazing Race Canada, Jon Montgomery. He is a proud second-generation 4-H'er and a strong advocate for 4-H and agriculture. His involvement in the 4-H movement began in his hometown in Manitoba, where he was a member of a beef club. A proud alum, Jon has continued to live and breathe 4-H values throughout his career as an elite athlete, philanthropist, and national TV host who has spoken at agricultural conferences and has shared his experiences with farming and has been inspirational at conferences. Jon embodies leadership skills, pride in his rural roots, drive to achieve world-class goals, and a 'can-do' attitude that parallels 4-H Canada's 'Learn to Do by Doing' motto. These 4-H values have taken him far, including the top of the podium in the sport of skeleton at the Vancouver 2010 Olympics. In 2013, he made his television debut on The Amazing Race Canada and remains the host today.

He has stated, "Life is about teamwork and collaboration, and 4-H teaches that. When you're working with other kids towards a common goal, you're caring about the people around you – that's what we need more of in this world."

## Contacts

To contact the FWIC president, email Lynn MacLean at [president@fwic.ca](mailto:president@fwic.ca) or call her cell at 902 759 4755.  
Lynn lives in Nova Scotia.

To contact the president-elect, email Angela at [president-elect@fwic.ca](mailto:president-elect@fwic.ca) 506-277-6340  
Angela lives in New Brunswick.





