

Monthly Newsletter for Federated Women's Institutes of Canada

WI Connections



Homestead Donations...

Cathcart WI \$100.00
Dianne Kowalchuk \$100.00



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From the President's desk...

November is a significant month for national remembrance. Across the country, communities of all sizes come together to honor the sacrifices made by men and women who fought and served, and those who continue to serve, ensuring the freedoms Canadians enjoy today. In a world where many regions face struggles to attain similar freedoms, it is more important than ever to recognize and appreciate these rights.

Historically, women's wartime contributions have often been overlooked. If you or your branch is interested in learning more about women's roles during the war, I invite you to visit the FWIC YouTube Channel. In 2021, FWIC hosted a commemorative event highlighting the wartime experiences of five women. The stories shared include life in occupied Holland, service as a nurse and as a WREN, experiences as a teenager during the war, and as a war bride.

For those interested in exploring women's wartime experiences through film, the movie "6 Triple 8" offers a compelling account of a group of African American women and their impactful contributions during the war.

November also marks the launch of the FWIC Pampered Chef fundraiser. Lynn Johnson, a Pampered Chef consultant, will host online demonstrations of various products and share information about the Pampered Chef Table. This straightforward fundraiser can be easily shared with family and friends to support FWIC's initiatives. Items are shipped directly to participants' homes, and combining orders can help reduce shipping costs. Please follow the FWIC Facebook page for additional details.

If there is something you would like to see in the FWIC newsletter, please reach out to Angela at wiconnections@fwic.ca or me.

Till next time,

Lynn



Homestead Report, submitted by Veronica Boone, Interim Museum Manager

Renovations at the Homestead

As the leaves change, so does the Homestead! October brought a spirit of transformation, with exciting renovations underway and fresh updates to our historic grounds. To repair shifts and lifts in the boards of the education center, we had the entire floor replaced with new, much higher-quality flooring! We also took another step towards bettering our property's accessibility by having a concrete ramp poured for our pavilion!

GRCOA Presentation

This past October, the Grand River Council on Aging asked the homestead to do a presentation for their



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“Community at Home Virtual Workshops”. This presentation, and all others, are recorded and posted by the GRCOA for anyone, anywhere to access. If you would like to watch the homestead’s presentation on Adelaide and all her achievements, it is available through the link below. Please copy and paste or type the address into the Internet address line.

[GMT20251008 140526 Recording 1920x1080ahh](#)

Happenings at the Homestead in the month of November

To register for our events, book a tour, or inquire about rentals, contact the homestead!

(519) 448 3873 or info@adelaidehoodless.ca

November 8th (2:00 – 3:30 pm) Herbal Teas and Remedies (\$15.00 registration)

Step back in time and discover the healing traditions of the 1800s in this hands-on, **herbal tea workshop**, hosted at our historic homestead museum. Learn how wild and garden herbs can be used to create soothing teas and simple remedies. Come blend and try a number of herbal teas, enjoy an

educational walk around the property, and explore the timeless wisdom of natural wellness—just as it was practiced centuries ago. Make sure you dress weather-appropriately!

November 16th (2:00 – 3:00) Voices of the Past Speaker Event (Free-will donation)

Join us for a powerful and thought-provoking evening as part of our Voices of the Past series, featuring published author Ravi Noon. Through heartfelt storytelling, Ravi will share her personal journey—navigating culture shock, parental trauma, discrimination, and the pain that shaped her early life. With honesty and courage, she will reflect on how she reclaimed her voice and discovered the inner strength to rise above adversity.

Be inspired by a story of resilience, healing, and hope. Enjoy light snacks and refreshments, courtesy of the Homestead.

November 22nd (1:00 – 2:00 pm) Modern Day Homesteading: Thrifty Candles (\$10.00 registration)

Join us at the Homestead for a cozy, hands-on candle-making workshop using thrifted teacups and glass jars! Learn the art of pouring and scenting your own candles while embracing the spirit of creativity and resourcefulness from days gone by. Guests will craft their own unique candle to take home - perfect for gifting or adding a warm glow to your space.

Bring your own unique container or use a teacup from the homestead for \$3.00 more! All other materials provided. No experience necessary—just bring your love for history, handmade goods, and upcycled charm!

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Recipe, submitted by Debra Barrett, Manitoba Women's Institute

Jamacia-Me-Crazy Chicken Sweet Potato Dinner

Ingredients

- 2 medium sweet potatoes – peeled and cut into 2-inch pieces
- 1- 8-ounce can of water chestnuts – drained and sliced
- 1 cup raisins
- 1 20-ounce can pineapple tidbits – drain and reserve juice
- 4 boneless, skinless chicken breasts

- 4 tsp Cajun seasoning
- 1/4 cup dried onion flakes
- 3 Tbsp grated fresh ginger
- 2 Tbsp Worcestershire sauce
- 1 Tbsp lime peel
- 1 tsp cumin

Method

1. Place sweet potatoes in the slow cooker. Add water chestnuts, raisins, and pineapple tidbits. Mix together.
2. Sprinkle chicken with Cajun seasoning. Place chicken over the potato mixture.
3. In a small bowl, combine reserved pineapple juice, onion flakes, ginger, Worcestershire sauce, lime peel, and cumin. Pour over chicken.
4. Cook on low for 7-9 hours or on High for 3-4 hours. Serve with rice.

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FWIC WI CANADA YOUTUBE CHANNEL



The following events are now available on the FWIC-WI Canada YouTube Channel.

They include:

- (1) WI Day 2025 – both parts
- (2) Advocacy Part 2 March 7, 2025
- (3) Earth Day Presentation about the FWIC Project
- (4) 2025 AGM with Wen Shen's presentation

To access the channel, open YouTube on any device and type the channel name in the search bar. Scroll down until you find the FWIC crest (shown below). Click the symbol to see the videos we have published.



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Help Us Keep the Homestead Alive...



To keep the *Adelaide Hunter Hoodless Homestead* open and to honor the birthplace and life of Adelaide Hunter Hoodless, we urgently need your support. While grants have been invaluable in helping to fund the physical upkeep of this national historic site, they rarely cover the ongoing operational costs essential to daily management, programming, and promotion.

We are deeply grateful to our volunteers for their dedication. Still, to ensure long-term stability, we must secure funding for professional staff who can work closely with FWIC's leadership team.

As stewards of this nationally registered historic site, we invite you to join us in sustaining Adelaide's legacy and fulfilling our mission:

"To enhance the lives of individuals, their families, and their communities by promoting the ideals of Adelaide Hunter Hoodless through learning and experiential opportunities."

Your personal support will help the Homestead thrive. FWIC offers flexible giving options — monthly, quarterly, or annual donations — all with charitable tax receipts. Donors will also receive semi-annual reports detailing visitor engagement, programs, updates on the historic collection, and financial progress.

Please consider contributing to this critical work. To learn more about our campaign to keep Adelaide's legacy alive, contact Lynn MacLean or Angela Scott today.

"Together — Let's Save the Homestead, Save Our Story"

Interim Museum Manager Fund	Yearly Promotional Fund (new)	Yearly Programming Fund (new)	Administrative Assistant Fund (new)
\$14,000 10 additional hours per week, 1 year, including contributions, etc.	\$10,000 ...\$2500 per quarter	\$13,000 ...\$250 per week	\$15,000 15 hours per week, 1 year, including contributions, etc.

Donations can be made to the - Federated Women's Institute of Canada,

Address: PO Box 209, 359 Blue Lake Road, St. George,
ON NOE 1N0

E-transfers to info@fwic.ca and cheques made out to FWIC are appreciated.

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

LADY SUSAN TWEEDSMUIR

Susan Charlotte was born in London, England, on April 20, 1882, to Captain the Honorable Norman de L'Aigle Grosvenor and Caroline Susan Theodora Stuart-Wortley. Her father was a British Liberal MP, and her mother was a novelist and founder of the Women's Home and Garden Union. A governess educated her and her sister, Margaret. After her father's death when she was 16, she, her mother, and her sister travelled extensively in Germany, France, and Italy, during which time she learned to speak fluent German and French. She then worked for the Charity Organization Office until her marriage to John Buchan on July 5, 1907. After the First World War, they settled near Oxford where they raised their four children, one daughter and three sons. They were both prolific writers, Susan writing well-researched history books as well as children's books.



On June 1, 1935, King George V made John Buchan the first Baron Tweedsmuir of Elsfield in honour of his appointment as Governor General of Canada earlier that year, so she became Lady Tweedsmuir, but used Susan Tweedsmuir as a pen name for her later books. They arrived in Canada on November 2, 1935, and took up residence in Rideau Hall in Ottawa. They travelled extensively through all parts of Canada, and she constantly promoted literacy and the preservation of history, along with continuing to write, and in 1938, she was awarded an Honorary Doctor of Laws degree from the University of Toronto in honour of her literary career.

Lady Tweedsmuir was active in the Women's Institute both in England and Canada. She was a Life Member of the Federated Women's of Ontario, as well as serving as Honorary President of the Federated Women's Institute of Canada from 1936-1940. She encouraged rural women to compile scrapbooks of local history, known as the Tweedsmuir Histories, which are a wonderful source of local history in rural Ontario.

During a train trip across Canada in 1936, she asked local residents how she could help them. After many requests for books, she established the Lady Tweedsmuir Prairie Library Scheme, collecting and sorting 40,000 books at Rideau Hall for distribution by train to isolated communities in Manitoba, Saskatchewan, and Alberta.

In 1938, as a counterpart to the already established men's Governor General Curling Trophy, she presented the Lady Tweedsmuir Championship Trophy to the Ladies Curling Association of the Canadian Branch of the Royal Caledonia Curling Club. After the death of her husband from a stroke in 1940, she returned to England, where she continued her writing and provided hospitality to Canadian soldiers stationed nearby during the Second World War.

In 1945, she donated three silver cups to the FWIC for competitions in Community History, Handicrafts, and a Cultural Competition, topics to be chosen by the Board each triennium. Lady Tweedsmuir died March 22, 1977, at the age of 94 and is buried beside her husband in Elsfield, near Oxford, England. Truly an amazing lady, and many of her books are still available through various websites and maybe even your local library.

To this day, Women's Institutes across Canada continue to participate in the Tweedsmuir Competitions, which are judged at each triennial conference.

Tweedsmuir Competitions 2024-2027

In 1945, Lady Tweedsmuir, wife of Lord Tweedsmuir, who was the Governor General of Canada, donated three silver cups to the Federated Women's Institutes of Canada for competitions to be held each triennial. The trophies with the award winners' names are displayed at the Adelaide Hunter Hoodless Homestead. The trophies with the award winners' names are displayed at the Adelaide Hunter Hoodless Homestead. Any Women's Institute member in Canada can enter.

There are five categories for 2024-2027 in keeping with the triennial Project "Sustainable Style"

1. HANDICRAFT COMPETITION Project: A finished Quilt with backing 45" - 60"
2. HISTORY COMPETITION Project: Share the story of a garment. Tell us the history of a garment, including photos.
3. CULTURAL COMPETITION Project: A Pictorial and Narrative documentation of a district or branch Fashion Show featuring repurposed or vintage selections of clothing.
4. TWEEDSMUIR COMMUNITY COMPETITION Project: This is a Branch Project consisting of a Clothing Swap or Second-hand Boutique/Rummage Sale.
5. SENATOR CARINE WILSON WOMEN EMPOWERED COMPETITION Project: A Branch project: All you can create, Repurpose and Reuse

1- Tweedsmuir Handcraft Competition

Project: a Finished Quilt with backing to be made with any recycled materials and trims.

Rules:

size 45" – 60"

Must use recycled materials only. This includes the backing.

Include a short description of the materials used.

Scoring:

General appearance	20
Workmanship	20
Design and Colours	20
Suitability of materials used	20
Durability	20

2- Tweedsmuir History Competition

Project: Share a story of a garment. Tells us the history of a garment, including photos.

Rules:

Length 400-1000 words

Use font Arial# 12

Typed and double-spaced

Spelling and grammar are judged under presentation

May add up to 5 photos.

Present in a Duo-tang

General rules apply.

Scoring:

Appearance	30
Content	50
Presentation	20

3- Tweedsmuir Cultural Competition

Project: Pictorial and narrative documentation of a District or Branch Fashion Show featuring remade, repurposed, or vintage selections of clothing.

Rules:

- Project is for Individual members
- Depict various stages of the Project
- What was the theme, type of clothing, and where did the garments come from?
- Your target audience
- 300-1000 words plus photos.
- Use font Arial# 12
- Typed and double-spaced
- Spelling and grammar are judged under presentation.
- Present in a Duo-tang folder.

Scoring:

Appearance	30
Content	50
Presentation	20

4- Tweedsmuir Community Competition

Branch Project: Clothing Swap or Second-hand Boutique/ Rummage Sale.

Rules:

Project to Include:

- Who participated?
- Roles and responsibilities of WI workers,
- Where the clothing came from,
- What types of clothing were available?
- Include individual stories and pictures.
- Include the number of members in your branch and how many participated in the project. [include guests]
- Use font Arial# 12
- Typed and double-spaced
- Spelling and grammar are judged under appearance
- Present in a Duo-tang folder.

Scoring:

General appearance	20
Content	60
Percentage of branch members & guests participating in project.	20

5- Senator Carine Wilson Empowered Women Competition

Branch Competition- All you can Create, Repurpose, & Reuse Project.

A group project... participating branches will create as many useful items as possible from a minimum of 3 different pre-owned garments. An accompanying write-up describing how the women in the Branch felt empowered to create the designs, and photos outlining the group's participation, design, creation, uniqueness, and finishing steps, should be included. Photos should show all stages of the project, from start to finish.

The branch will bring the completed items, along with the essay, to the Convention for judging.

These items will be donated (following the competition) to the sales table at Convention and/or later to the AHH Homestead Gift Shop.

Rules

- Use at least 3 articles of clothing to begin.
- Document your process, including photos.

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Present the text portion in a Duo-tang folder

Type using Arial font size#12, double-spaced.

Include the number of members in your branch and how many participated in the project (include guests)

Scoring:

Appearance/usefulness of articles	20
Workmanship	20
Documentation and photos	30
Percentage of branch members & guests participating in the project	20
Waste material allocation	10

General Rules

- There will be no limit to the number of entries submitted by provincial members; however, only one entry per category per person or branch will be considered.
- All submissions must have the name, province, branch, email address, and phone number attached in a sealed envelope.
- Submissions that are mailed in must be received by September 1, 2027, at the FWIC Office at PO Box 209, 359 Blue Lake Road, St. George, ON NOE 1N0.
- Otherwise, submissions must be brought in on the first day of the Convention to be judged. Late submissions will not be considered.
- All entries must be picked up at the end of the Convention, or arrangements must be 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 permit the use of their photo, name, province, and branch by the FWIC/WI Canada on their website, social media pages, and newsletters.
- Photos of people in the competitions must have their permission for use by FWIC/WI Canada •Copyrights must be adhered to (Permissions in writing for copyright items must be provided).

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Environment – submitted by Margie Taylor, President, WINS



Environment: Thrift shopping, the good and the bad!

When it comes to slow fashion, sustainability doesn't stop at purchasing an eco-friendly item. How we tend to our clothes and make them last is a crucial part of sustainability and longevity. It's great that old clothes can get a second life in someone else's closet, but the truth is that many donations to Thrift stores end up in landfills.

Thrift stores can't sell everything they receive, and the overflow has to go somewhere. As such, donating things to Thrift stores may not be as good for the environment as you realize. Sadly, not all Thrift stores are clear about where their donations come from. Some items may come from the unsold stock of morally questionable brands that support poor labor practices. You may be trying to make ethical choices, but the story behind your thrifted items isn't always that green.

While thrifting promotes sustainability, it can also encourage overconsumption if shoppers buy items simply because they are inexpensive or cheap. For shoppers who aim to practice mindful consumption, it's essential to be aware of this pitfall and approach thrift shopping with intention. The negative environmental impact of overcrowded landfills, caused by items such as clothing, results in impaired air, water, soil, and ecosystems. The most effective way to reduce the environmental impact of landfills is to reduce waste generation. So, the next time you purchase an item of clothing, think about where it will end up after you're done wearing it.

Pampered Chef Fundraiser for FWIC



pampered|chef.



Hi! I'm Lynn Johnson
Your Pampered Chef Consultant
(226) 622-0355 (Cell)

Pampered Chef Fundraiser - Cookin' Up Support For FWIC

Calling all foodies and home cooks! Join us for a Pampered Chef Fundraiser and stock up on premium kitchen products.

Pampered Chef offers everything you need to elevate your cooking game while supporting FWIC.

* Join the Table and Shop Online at <https://table.pamperedchef.com/party/2485375yii>

It's convenient and easy to browse and shop from the comfort of your own home and have your order delivered right to your door. A portion of each sale goes to FWIC.

A Facebook group will be added on November 1, but shopping—to help empower women nationwide—is NOW OPEN and will continue until November 30, giving you plenty of time to share the link with friends and family and take advantage of monthly specials, should you wish to do so!

Thanks in advance for your support!

pampered|chef.

Sustainable Style with Mindful Consumption, submitted by Brenda Devauld, BCWI

Reviving the Art of Mending

*“What you do makes a difference, and you have to decide what kind of difference you want to make”.
Jane Goodall*

We have been learning about the implications of fashion on the planet and how we can help lessen the impact by being smarter consumers. So, the question remains, *“What can we do in our own homes? How can we help?”* What difference can I really make? “

We can fix our clothing and teach others to do the same. We can revive the art of mending, replacing zippers, buttons, hems, and fixing ripped seams.

By repairing what we have, we throw away less, save money, and help to foster a deeper connection to our wardrobe, promoting a more mindful approach to consumption.

Tip: Extending a garment's life by just 9 months can cut its carbon, water, and waste footprint by 20-30%.

We, as WI members, may already practice mending, but many younger people don't. Let's spread the word and become teachers. The following are some guidelines to help us get started, either individually or as a group.

Sewing Kit

Gather the essentials: needles, threads, scissors, patches, fabric glue, a thimble, and maybe a seam ripper. It's nice to have all these things in one place.

Types of Mending”

- Sewing, for small holes and repairs
- Darning, Great for knitted items
- Patching
- Visible Mending, highlighting repairs artistically
- Replacing zippers or buttons

Learn Techniques

- Review and practice different methods
- Have a learning night with your WI Branch or host a community class
- Share your mending projects with others
- Books, local classes, YouTube tutorials

Get Creative

- use colour threads to add fun elements to your mends to create visible mending
- Use embroidery or other embellishments
- Use different patches
- Use old clothes to mend new items

Advocate for Sustainable Fashion

Discuss the importance of mending and encourage friends and family to repair it rather than replacing it.

Some Fun Questions to share with your Branch:

1. What is the most creative patch you have ever seen or used?



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2. What is the funniest clothing disaster you have ever had to mend?
3. What's one clothing item you'd never want to part with, even if it needs serious repairs?

Have fun! Remember, every positive action counts, no matter how small, and by these actions we can make real change happen. Like the above quote, we must decide what kind of world we want.

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WI Connections Contributions

All contributions are welcome.

Please send JPEG and PNG photos (ideally) to wiconnections@fwic.ca, 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.'

To contact the FWIC president, please email Lynn MacLean at 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, 506-277-6340
Angela lives in New Brunswick.

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Marie Kenny, ACWW Canada Area President



Greetings Everyone!

The cooler days of November remind us of how thankful we are for the warm home we have to live in. Across our nation, there are many who are not so fortunate. The need for safe, affordable housing is one of the issues many face from coast to coast to coast. It is important for us to use our voices to advocate and support those who do not have this basic human necessity.

ACWW has a strong foundation rooted in advocacy; it all begins with one woman raising a concern and using her voice to bring others alongside. Working together on the issue, a possible solution materializes, and from this, a resolution or recommendation can be developed.

Resolutions and Recommendations are the tools we use to raise our unified voice with legislators and policymakers. As we continue to do this, change can and will happen. This is how the concern of one becomes the catalyst for change that benefits many.

Across our nation, we have many very dedicated, very active rural Canadian Women who have made a choice to use their time and voices to make a significant impact locally, nationally, and internationally.

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This month, it is my delight to share Kim Coy's story and how she continues to advocate for change.

I (Kim Coy) joined my local Colwood Women's Institute in 2016 when I first heard about the group at the Colwood Community Hall, and a friend brought me to a meeting. I spent a couple of years as a member, and then my president at the time, Linda Townsend, nominated me to the BCWI Board of Directors. When I began on the board, I took on the Resolutions Director position. When I first received the resolution history book, I found a resolution that had not been worked on since 2016, so I started to look into it. I was unaware of this resolution before becoming the resolutions director. The Active resolution I started working on originated from the Rock Creek branch and was brought forward to BCWI through the Kettle River District and voted through BCWI in 2016: "Be it resolved the BC Women's Institute request that every emergency room in BC Hospitals have a rape kit and staff trained to use it" (2016).

We had a large, open discussion at the 2019 Chilliwack AGM about updating this resolution by all branches present. I then called on members to assist me by investigating this topic in their local areas. Many members responded with local information, which I compiled so we could develop a plan of action. We found that all emergency rooms and police stations had rape kits present, but not qualified staff to utilize the kits for evidence collection. We also found that most victims did not want a police officer in a police station to administer the kit; they wanted a nurse in a clinic or hospital setting to complete the evidence collection in a timely manner. We also found there was a severe shortage of forensically trained nurses in BC.

Roberta Entwright was the member who did extensive research on behalf of this resolution and brought forward the idea of fundraising to offer a bursary to registered nurses who want to complete their education to become a forensic nurse. We then proceeded to update the resolution to read as follows, and it was approved at the AGM 2021: Forensic Nurse Resolution 2021:

"Be it resolved the BC Women's Institute request that every community in BC have either an established clinic staffed with forensic nurses and support workers that are accessible for victims of sexual assault, domestic violence, elder abuse, child abuse, and human trafficking or have a forensic nurse accessible for victims via a mobile service in partnership with hospitals/urgent care centers in more rural communities."

We updated the Forensic Nursing Resolution to reflect the true need in the community, which was a lack of forensic nurses, and not a lack of rape kits being accessible. At the next BCWI AGM 2022, we hosted Aimee Falkenberg, the Nanaimo Forensic Nurse Coordinator. She further educated our members on the importance of forensic nurses and the difficulty of hiring properly trained nurses.

I then stepped down from the board for a year and Kimberly Rorstrom-Wittig was the lead director to set up the BCWI Forensic Nursing Bursary Fund and got it operational. She completed "Women interested, informed and involved in building a better tomorrow," an immense amount of work communicating with the colleges and organizing the application process. BC Branches began collecting money for this cause in BC, and we had massive support for the bursary from our branches all across BC.

At the BCWI Triennial meeting held in Kamloops 2023, we learned that Forensic Nurse Multi Service Clinics are more supportive of victims than the current single service method of treatment where a victim has to visit each institution separately (hospital, police station, courthouse, counselors office) These specialized clinics are more supportive of victims because they allow for all services to be completed all in one location.

I then returned to the BCWI board as director of resolutions. Kimberly Rorstrom-Wittig expressed a strong interest in pushing our Forensic Nurse Bursary up to FWIC and have each province offer a bursary as well, since it was being very successful in BC. We both then joined the FWIC Resolution Committee until Kimberly stepped down due to health reasons.

In May 31 2024, the BCWI members voted to adjust the following wording for the resolution as follows: "Be it resolved the BC Women's Institute call upon the Government of British Columbia to establish in every city in BC, a fully funded multi service clinic staffed with forensic nurses and support workers that are accessible for victims of sexual assault, child abuse, and human trafficking."

At the FWIC conference in Truro Nova Scotia, September 2024, the resolutions brought forward and voted through were: Resolution 2024-04 "Be it resolved that WI Canada initiate a victim's Advocacy & Awareness Campaign to increase the knowledge of this Public Health Crisis across Canada and foster the development of a National Forensic Nursing Bursary," Resolution 2024-05 "Be it resolved that WI Canada call on the Provincial Governments to standardize the Forensic Nurse Examiner/ Sexual Assault Forensic Nurse Examiner training across Canada and call on the Federal Government to provide a funding mechanism to support Forensic nurses

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throughout Canada for the safety of all victims of sexual violence” Submitted by: British Columbia Women’s Institute.

We then sent out a questionnaire about forensic nurses to all branches in Canada. I also sent our BC Bursary history, forensic nurse’s information pamphlet, application forms, and the application selection process to all provinces across Canada, in hopes that they will begin a bursary program in their province if they feel they have the same shortage of Forensic Nurses as we do in BC.

As a final note, it takes people having conversations, compiling information, and building off of one another to make a change in the world. Sometimes it takes many years and many hands to move a serious matter forward, but this is how we make positive changes that strengthen our communities and country. -Kim Coy

Since its founding in 1929, ACWW has called for cooperation among women’s organizations to ensure that legislators and policymakers are aware of the challenges rural women face. But ACWW is not just a network; it is a movement. A movement that believes in bottom-up development, community empowerment, and the idea that every woman, no matter how remote her village or how limited her resources, has value, strength, and something to contribute.

On the International Day of Rural Women, ACWW hosted two webinars. If you did not register to be part of the event, both webinars are now available to listen to on the ACWW Website, as well as the World President’s Appeal: “Strengthen Our Future”. Please take the time to check the ACWW website for all the details on this exciting new initiative and help us build stronger communities together.

November 25th marks the start of the 16 Days of Activism against Gender-Based Violence. This campaign reminds us of the vital role we play as women supporting women through knowledge sharing and collective action. During this important awareness appeal, we call on leaders and communities worldwide to unite to End Violence against Women and Girls. Please join us this year and raise your voice to help stop the violence.

ACWW will once again have a daily post, which you can share or use to raise awareness in your area. Please check out the ACWW website or join us on Facebook, and together let’s Orange the World!

As an Area Canada Society member, I thank you for the numerous ways you are involved in knowledge sharing and engaging others in our work. Together, we are Rural Women in Action.

On November 11, please take the time to pause, to remember, and to give thanks to all those who have served and to those who continue to serve, so we have the privilege of living in a country that is strong and free! Until next time! Marie Kenny, ACWW Area Canada President (canada@acww.org.uk)

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Agriculture in Canada, submitted by Susan Hoszouski, BCWI

Interesting facts about Canadian Agriculture

Canada has 189,874 farms, covering over 62.2 million hectares or 6.2% of Canada’s land area.

Most of Canada’s farms are concentrated in the Prairies, Quebec, and Southern Ontario; all provinces have farms in smaller numbers.

Canada’s agriculture and agri-food industry employ more than 2.3 million people, which is 1 in 9 jobs across Canada.

Canada plays a significant role in feeding the world. In 2023, we exported agricultural products to more than 200 countries.

In 2023, the entire food system accounted for \$150 billion of Canada’s GDP and exported nearly \$99.1 billion in agricultural and food products.

In 2023, Canadians spent \$198 billion on food, beverage, tobacco, and cannabis products, the third largest household expenditure after shelter and transportation.

About 10% of the world’s population did not have enough food as of 2023.



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In Canada, we grow 50 varieties of apples, including Spartan and Salish; both were developed in Canada. We grow enough apples across Canada in a year that each Canadian would get 100 apples! That is homegrown goodness. Canada is the world's largest producer and exporter of canola oil. Canola oil was developed right here by Canadian plant scientists in the 1960s. 43,000 farms across Canada grow Canola.

There are 125 different vegetable and fruit crops grown across Canada. Crops mentioned are corn, tomatoes, blueberries, and cranberries.

There are 950,000 dairy cows on 11,000 dairy farms in Canada.

We have over 11,000 maple farms, and we produce about 80% of the world's maple syrup.

Canada exports more wheat than any other crop, and we are the second largest producer of mustard seed.

Canada developed the Shepody potato, the most common variety used for French fries. Shepody potatoes are a long, smooth, white-skinned potato variety. Bred in Canada and released in 1980. It is a mid-season crop that freezes well, and is also good for baking and boiling.

There are 60,000 farms and ranches with cattle across Canada.

There are 855 species of native bees in Canada, performing over 70% of the pollination on farms across the country.

Canada has 11,785 beekeeper facilities across the country.

Hope you enjoy reading these facts about Canada's agricultural picture, and that you learned something new, too. 2026 is the International Year of the Woman Farmer.

This UN proclamation highlights the vital role of women farmers in food security, nutrition, and poverty eradication. It also provides an opportunity to address the barriers women farmers face and promote gender equality in agrifood systems. Canada has a large percentage of women farmers, owners, and operators of their farm.

Become a...

Pen Pal



Judy & Wendy our Penpal Coordinators, are looking for pals to connect to WI members in Great Britain and beyond.
If you could are interested in making friends and receiving letters either by e-mail or regular mail, please get in touch with Judy.

Judy Parks
pals@fwic.ca

*"Real Friendships,
One Message at a Time"*

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🍁 Canadian sashes are available now. 🍁

\$20. each includes postage

Send your name, address, and phone number
along with payment by e-transfer to

donna_ross_h@yahoo.ca

.....

Finding Your Voice... submitted by Angela Scott, President-Elect

Hugs matter!

How do I know this? Because I have seen the power of a hug transform a room full of women on many occasions. The story I share today is about a now-closed WI Branch from Richmond Corner, New Brunswick. It was my Grandmother's Branch, and I joined in 1996.

The story takes place at one of the members' houses. Nina Currie was her name, and she had a lovely large kitchen and receiving room, with a double parlour living room, and the old farmhouse was perfect for the Institute. I always loved going to Nina's because the tea was just right, and her curtains were too. A combination of homemade and Simpson Sears was just what I liked, with sheer and cotton valances for the kitchen and long, velvet-green drapes for the living room.

We were meeting on a cold February night, close to Valentine's Day in 1999. At the time, we had about 12 members, 11 of whom were present, ranging in age from 92 to 37. The 'Bring & Buy' sale was all set up in the kitchen on a card table, and we held our meeting, complete with Mary Stewart Collect, Oh Canada, and God Save the Queen, in the double parlour, with ample room for each of us and our papers/purses.

I was responsible for a game that night, so I had prepared a 'truth or consequences' kind of game. Various questions were written on small slips of paper, and as we went around the room, each member would take one out and read the question. The questions were mainly silly and fun, so we had lots of laughs. I recall one question: whether you preferred silky or cotton panties. We polled the group, and two-thirds preferred cotton. We asked other questions like favourite movies or the like, and then it was Anna's turn. Anna was a retired schoolteacher and the oldest member of our group at 92. She carefully opened her question, and blinked a bit, then read the question.

"When was the last time you were kissed?" And the double parlour became silent.

"Well, I don't know", she said. "It's been so long I don't remember." With a hitch in her throat and watery eyes, we all moved towards her and, one at a time, gave Anna a hug and a kiss on the cheek. But that wasn't enough. As groups of women often do, everyone started talking about the last time they could remember being kissed or hugged. Since many were widows, it had been a while, so with that, we all hugged each other, and the game was forgotten.

There was not a dry eye in the room, but plenty of laughter and smiles as we moved on to the 'Bring & Buy' sale and the all-important lunch in the kitchen. Of all of the branch meetings I have attended over the years, that remains an all-time favourite. When we talk about friendship and fun as part of WI, I feel confident that this cold February evening was a wonderful example. And naturally, the perfect tea and refreshments polished off the memorable meeting.



~Attention~

31st Triennial World Conference Attendees
April 26 - May 2, 2026
Have you registered for the ACWW Conference
2026?

Do you need a roommate?
Looking for a travel buddy?
Or want to connect with other **attendees** across
Canada.

Early Bird registration now until September 30**

**Note date change.

Registration closes on Oct 31, 2025.

Izzy Dolls: Small Dolls with a Big Heart, submitted by Eleanor Lilley, WINS



Sometimes the simplest gestures make the biggest difference. The *Izzy Doll* is a perfect example — a small, hand-knit or crocheted doll that carries comfort, kindness, and Canadian compassion around the world.

The Story Behind the Izzy Doll

The Izzy Doll was inspired by Master Corporal Mark “Izzy” Isfeld, a Canadian peacekeeper who served in several war-torn countries in the early 1990s. While overseas, Mark’s mother, Carol Isfeld, began knitting tiny dolls for him to hand out to children he met in refugee camps. The dolls became a symbol of care and

connection amid hardship.

After Mark was tragically killed by a landmine in Croatia in 1994, his fellow soldiers and knitters across Canada continued his legacy. They named the dolls “Izzy Dolls” in his honour, and their mission of comfort has spread across the globe.

A Tradition of Giving

Since then, thousands of volunteers have created Izzy Dolls for distribution through humanitarian organizations such as Health Partners International of Canada (HPIC). The dolls are often tucked into medical kits sent to children in crisis zones — a small soft friend that arrives alongside vital medicine and hope.

Each doll is unique, reflecting the maker's creativity and care. They're small enough to fit in the palm of a child's hand, yet big enough to bring a smile to someone who has lost so much.

November 2025

How to Get Involved

Knitting or crocheting Izzy Dolls is a meaningful project for individuals or community groups, such as Women's Institutes. The pattern is simple, the materials minimal, and the impact profound. Whether made at home, during a craft circle, or as part of a community initiative, each doll carries love from one heart to another — no words required.

A Legacy of Compassion

From one mother's act of kindness to an international movement, the Izzy Doll reminds us that caring doesn't have to be complicated. Sometimes, a few stitches of yarn can help stitch the world back together — one small doll, one small smile, at a time.

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Erland Lee Awards 2025

Each year, nominations are received for the Erland Lee Award. This award is presented by the Federated Women's Institutes of Canada (FWIC) to a man who most exemplifies those qualities of Erland Lee that led to the founding of the Women's Institute.

In 2025, seven men received this prestigious award. They included Mac Moss, NFWI; Hal Dawons, PEIWI; Michael Keith, WINS; Bob Janes, Pierre Janecek, and Ben Martin, QWI; and Mark Burcell and Wayne Battle, FWIO.



(Above Left) Mac Moss received the Award from President Lynn MacLean and Delores Jones, who submitted the nomination on behalf of the Gander WI Branch.

(Above right), Michael Keith received the Award from President Lynn. Cambridge WI, WINS, nominated Michael.

(Left) Hal Dawson received his award at the PEI WI Convention. The Uigg-Kinross Grandview WI Branch nominated Hal.



Quebec WI nominated three individuals to receive the Erland Award. They included (l-r) Recipient Bill Janes, presenter FWIC Director and QWI President Linda Janes, Recipient Pierre Janecsek, and Recipient Ben Martin. The presentation took place at the QWI Historical Site in Dunham, Quebec.

Erland Lee Award winners in Ontario were Mark Burcell and Wayne, “Butch” Battle. They are pictured on the left with President Donna Jebb of the Tec-We-Guill WI Branch, who nominated both men.

Nominations for the Erland Lee Awards are now open and close on March 31, 2026. Send your nomination letter and the specifics of the nominee’s contribution to the provincial WI office for approval. There is a \$15 fee payable to FWIC upon the province’s approval of the nomination.



Federated Women’s Institutes of Ontario, submitted by Linda Zelem, FWIO

The Federated Women’s Institutes of Ontario (FWIO) has been a foundational platform for women’s personal growth, leadership development, and community engagement in Ontario for more than a century. Starting from its roots in rural Ontario, FWIO has broadened into a network of about 184 branches and roughly 1600 members. While it is not a career-placement agency, the Institute offers rich opportunities for women to build skills, gain leadership experience, create community impact, and thereby shape informal “careers” of service, advocacy, and personal advancement.

Skill-building and leadership opportunities

From its origin in 1897—when the first Women’s Institute branch formed to help women improve homemaking and childcare skills—the FWIO has always emphasized lifelong learning. Over time, this has expanded to include workshops and programs under its signature ROSE (“Reaching Ontario Sharing Education”) initiative, which brings together members and community residents to address social, health, domestic, and environmental issues. Through these learning spaces, women gain experience organizing educational sessions, facilitating peer learning, managing branch-level projects, and engaging with broader networks. These are all transferable skills for roles in non-profits, community development, advocacy, and local governance.

November 2025

Advocacy and community service as a “career track”

FWIO branches actively identify and pursue causes at the local, district, and provincial levels. For instance, FWIO has led advocacy on issues such as Lyme Disease awareness and human sex-trafficking prevention. Members — as volunteers and elected branch officers — develop resolutions, lobby local government, fundraise, and collaborate with other organizations. This gives women visible leadership roles and builds reputations in their communities. In effect, many women develop a “career” of community activism and service, which can enhance professional networks, strengthen leadership credentials, and open doors into formal roles in social services, non-profits or local government.

Personal growth, networking, and scholarship pathways

FWIO encourages women's personal and educational growth through scholarship programs for both members and students. The scholarships support undergraduate, graduate and part-time studies in fields like family & consumer studies, home economics and community service. Such support helps women pivot into new careers or enhance their credentials. At the same time, membership and participation build networks of peers, mentors and community leaders that enrich a woman's professional ecosystem.

Historic and systemic change roles

Beyond personal advancement, FWIO has been a conduit for systemic change and heritage conservation. It maintains digital archives of historical records, supports branches in documenting local history (via Tweedsmuir books), and nurtures heritage awareness in rural communities. Many women have used their involvement with FWIO as a springboard into careers in museum work, heritage interpretation, community archives or educational outreach. Additionally, using the leadership and organizing experience from FWIO, members have transitioned into board roles, community advisory positions, and regional coordinators within the Institute network.

Why this matters for women and careers

In many rural and small-town Ontario contexts where FWIO is active, formal career pipelines may be limited. FWIO thus offers a distinctive bridge: instead of traditional corporate ladders, women use branch-based leadership and community service as stepping stones toward fulfilling careers. Skills in organizing events, running fundraising campaigns, coordinating volunteer teams, speaking publicly, and advocating for change are all cultivated within the Institute. These align closely with roles in social enterprises, municipal administration, education, and community development.

FWIO also fosters a supportive, non-partisan, inclusive culture: as the organization states, all Institutes are to operate for “the equal good of all citizens in a democratic manner.” This ethos helps build confidence and leadership capacity among women who might not otherwise have formal training or networks.

Conclusion

While FWIO is not a traditional employer, it creates rich pathways for women to build leadership, advocacy, education and service-oriented careers. For any woman in Ontario interested in growing her network, developing transferable skills, and engaging in meaningful community work, joining and actively participating in a Women's Institute branch can be a valuable career investment.



