

Monthly Newsletter for Federated Women's Institutes of Canada

WI Connections



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From the President's desk...

As the leaves turn vibrant shades of red and gold, October gently reminds us to slow down and enjoy the beauty of the season. It's a time of change—crisp air, cozy sweaters, and the warm scents of pumpkin, cinnamon, and harvest meals. But beyond the seasonal charm, October also encourages us to reflect on gratitude and connection.

Thanksgiving is just around the corner, and it's the perfect time to celebrate the people, traditions, and small joys that enrich our lives. How do you observe or celebrate Thanksgiving? Do you prepare a family dinner, visit a favorite place, or do an activity with children or grandchildren? Take time off from your responsibilities to enjoy those moments.

October is also a time to recognize several important UN Days, including World Health Day (Oct 10), the International Day of the Girl Child (Oct 11), the International Day of Rural Women (Oct 15), World Food Day (Oct 16), the International Day for the Eradication of Poverty (Oct 17), and United Nations Day (Oct 24). In this issue, you will learn more about how the International Day of Rural Women and World Food Day will be celebrated.

Later in October, we encourage you to join the virtual event, "Uprooting Human Trafficking." Unfortunately, this isn't a problem limited to one area but affects the entire country, including many rural regions. Hear from survivors, those making a difference, and learn what we can do to address this terrible issue.

And one thing I am most grateful for is all you - our dedicated members, who willingly give your time to WI to make a difference in your communities, your province, and the country. Your efforts are genuinely appreciated. Happy Thanksgiving! Lynn



Homestead Report, submitted by Veronica Boone, Interim Museum Manager



October at the Homestead: A Month of Stories, Crafts, and Seasonal Celebration

As the leaves turn and the air grows crisp, we're welcoming the spirit of autumn with a full lineup of events at the museum this October. From hands-on workshops and historical storytelling to festive Halloween fun, there's something for all ages to enjoy. Whether you're joining us to create, learn, or simply soak in the season, we invite you to celebrate community, heritage, and creativity with us all month long.

October 19th (2:00 – 4:00 pm) Voices of the Past: Local Voices, Lasting Stories (Free-admission)

Join us for an intimate afternoon of storytelling as local women share powerful snippets from their personal memoirs. From moments of laughter to stories of resilience, this event celebrates the diverse experiences, memories, and voices of women in our community. Come listen, connect, and be inspired. Enjoy complementary food and refreshments courtesy of the Homestead.

October 25th (6:00 – 8:00) Folktales and Pumpkin Carving (\$10.00/pumpkin, \$5.00/no-pumpkin)

Celebrate Halloween with an old-fashioned twist! Join us for a cozy night of pumpkin carving, classic Halloween treats, and spine-tingling folklore from the 1800s. Gather 'round as chilling tales from the past come to life—and don't forget your creative spirit!

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October 30th (1:00) Poppies in the Making: Knit & Crochet Workshop

Join us for a meaningful crafting workshop where guests will learn to knit or crochet poppies in honor of Paris Legion Branch 29's 100th anniversary in 2026. Whether you're a beginner or experienced maker, your handmade poppy will become a part of this special tribute to our veterans and local history.

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Alberta Women's Institute, submitted by Linda Toews, President of Alberta Women's Institutes

Alberta Women's Institutes' branches continue to be active, vibrant members of their communities. Each branch has activities that range from community fundraisers, summer trips throughout the province, craft and cooking lessons, and a variety of other activities. Branch members donate time, money, and items in kind to support local community groups and causes.

Our 2025 Convention has been rescheduled from its usual timeframe of June and will now be taking place on November 1 & 2 in Camrose, AB. We have been holding our Convention in this location for a number of years, as it seems to work for most of our members, and the hotel is most accommodating, which is always helpful. We have tried various days to meet members' needs and are trying weekends this year. Our Convention theme is "The Power of Teamwork," and we have a variety of interesting speakers who will be addressing this important topic. Teamwork is something that Women's Institutes usually do very well, but every once in a while, we need a reminder and inspiration. We will be discussing resolutions as part of our business, which will then be forwarded on to the most appropriate branch of government. We have fun activities and entertainment that will also be taking place at the Convention. We are looking forward to it.

Our publication "Home & Country" is sent to members three times a year. "News & Notes" from the President's desk goes out to members monthly. As well, we communicate through emails, phone calls, branch meetings, visits, and regional conferences.

We have a yearly cash raffle that raises funds to help offset the cost of the Convention, as well as to fund AWI activities throughout the year. The winner is drawn at the Convention. We have tried various other fundraising activities through the years, and will continue to try new things to raise money to fund AWI's activities.



Last year, AWI was successful in obtaining a federal grant through New Horizons for Seniors, which allowed us to present information and craft sessions, and this was very well received. Through our "Livin' & Learnin' – Skills for Today" project, we presented sessions online and in person as part of the project. Initially, it was only going to be online, but we quickly realised that an in-person component was essential. We used Zoom for the online presentations, which made it possible for some of the presenters to be in their own locations throughout the province, while others attended in person at the main in-person location. Some branches also had in-person locations at someone's home or a local gathering place. We had great attendance, both online and in-person. Our main in-

person location was bursting to capacity for some of the craft sessions, with many people also attending online, and in other locations. We presented information sessions on various topics, including wills, scams, chair yoga, feeding birds in winter, planting seeds, and a variety of other topics. Our craft sessions were extremely well attended and kept growing in participation throughout the grant period. We had craft projects such as acrylic painting, crochet, crochoking, Christmas wreaths, Pysanka (Ukrainian easter eggs), needle felting, smash albums, and a wide variety of other exciting crafts. We plan to build on this success this year with our new project of

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"Learn Something New – Key to Better Living," which has been made possible by another successful grant application.

We are looking forward to our November Convention and the great camaraderie and sharing that takes place during that time.

WI Connections Contributions

All contributions are welcome.

Please send to wiconnections@fwic.ca jpeg and png photos, which 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.'

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.

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

Best Ever Apple Pie Recipe by Gerry Larkman

Ingredients

1/2 cup unsalted butter
3 Tbsp flour
3 Tbsp water
1 tsp vanilla
1/2 cup white sugar
1/2 cup packed brown sugar
8 Granny Smith apples – peeled, cored, and sliced (can substitute any tart apple)
1 tsp cinnamon
Dash of nutmeg
2 prepared pie crusts (bottom and top)

Method

Preheat oven to 350°F.
Melt butter in a saucepan. Stir in flour to form a paste.
Add water, white and brown sugar. Bring to a boil.
Reduce the temperature and let it simmer to form a syrup.
Pour the syrup over the apple slices in a large bowl and toss to coat the apples.
Place the bottom crust in a pie pan.
Fill with apples, mound slightly.
Put top crust, lattice or slit. If any syrup is left, sprinkle it on top of the crust.
Bake 1 hour.



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October 16th is World Food Day, submitted by Susan Hoszouski, BCWI

World Food Day (WFD) is an international day observed annually on October 16th to commemorate the founding of the Food and Agriculture Organization (FAO) in 1945.

World Food Day was designated in 1979 and has been observed annually every October 16th since 1981. World Food Day was established to raise awareness of global hunger and poverty and to inspire solutions for global change. To promote global awareness and action for those who suffer from hunger and to highlight the need to ensure healthy diets for all people.

Today, WFD is celebrated in many communities around the world. In Canada, the largest World Food Day event is celebrated in Langley, BC. It is organized by the Food for Famine Society, a Langley, BC-based humanitarian organization helping to save the lives of children under the age of 5 suffering from severe acute malnutrition (SAM).

Additionally, in Canada, for World Food Day, the Niagara Falls will be lit up in blue in celebration. Some World Food Day Slogans: Nourish the world, one meal at a time. Nourish the present, nourish the future. Food is Life. Healthy Food is a basic necessity.

I am so proud of the work our WIs are doing across Canada for WFD, for Rural Women's Day, the SDG's etc. every day of the year! Our continued work on food waste, climate change initiatives, plastic reduction, and sustainable clothing awareness is all a part of these discussions, solutions, and advocacy to help others. We practice and support these days every day, within our branches, provinces, and our global communities. THANK YOU, EVERYONE.



3-Part Free Virtual Series
October 27, 28, 30 · 7-8pm ET

*Featuring **Survivors + Advocates***

Info: www.uprootingtrafficking.com

REGISTER ON EVENTBRITE

Endorsed by

Federated Women's
Institutes of Canada



Women's Institutes
of Canada

New Virtual Series Confronts the Hidden Crisis of Human Trafficking in Our Communities

October 27, 28 & 30 | 7:00–8:00 PM ET | Online via Zoom | Free Registration on Eventbrite

Endorsed by the Federated Women's Institutes of Canada

Toronto, ON — Human trafficking is happening in our neighborhoods to people we pass every day — and too often, we don't see it. This October, a powerful three-part virtual series invites everyday people to open their eyes, raise awareness, and take meaningful action.

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Uprooting Trafficking: A 3-Part Series on Understanding, Healing & Action runs October 27, 28, and 30 from 7:00–8:00 PM ET on Zoom. Endorsed by the Federated Women's Institutes of Canada (WI Canada), this free event brings together 14 survivors and advocates from 13 organizations across Canada and beyond. Each evening is uniquely themed, exploring the realities of trafficking, pathways of healing and reintegration, and how communities can recognize, respond, and take action.

Featured speakers and panelists include:

Katlin Bick – Anti-Human Trafficking Advocate, Victim Services Toronto

Jovana Blagovcanin – Anti-Human Trafficking Manager, FCJ Refugee Centre

Inspector Colleen Bowers – Youth Services Section, Calgary Police Service

Julia Drydyk – Executive Director, Canadian Centre to End Human Trafficking

Ashley Gaudry – Survivor and Advocate, Fight4Freedom

Jenea Gomez – Director of Anti-Human Trafficking Programs, Salvation Army Illuminate

Cheryl Hotchkiss – Acting CEO and Vice President, Advancement and Strategy, International Justice Mission (IJM) Canada

Shae Invidiata – Founder, Free-Them

Staff Sgt. Gordon MacDonald – Human Trafficking and Counter Exploitation Unit, Alberta Law Enforcement Response Teams (ALERT)

Monica McIntyre – Founder and Director, Lifeline Mental Health and Aftercare International

Timea Nagy – Advocate, Author, Speaker, Producer

Jessica Ortiz – International Associate Director, Fight4Freedom

Ishani Slocombe – Aftercare International and Consider the Lily

Peter Slocombe – Rescue Operations

“This is about breaking the silence, unlearning myths, and discovering the role we all have to play — because human trafficking isn't far away. It's often hidden in plain sight,” says Tamara Doerksen, series co-creator and facilitator.

Sessions will be streamed live and recorded, with replays available to registrants and through a new online resource hub, promoting ongoing learning and long-term impact.

👉 Register here: <https://tinyurl.com/UT-Series>

🌐 Learn more: <https://uprootingtrafficking.com/>

FWIC WI CANADA YOUTUBE CHANNEL



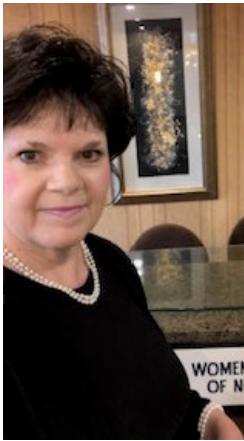
We are pleased to announce that the following events are now available on the FWIC-WI Canada YouTube Channel.

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 on the symbol, and it will show the videos we have published.





Environment- The Impact of Seasonal Clothing, submitted by Margie Taylor, President WINS

Winter fashion layering inadvertently contributes to environmental impact through increased resource consumption and waste production.

Winter apparel choices, often driven by style and necessity, conceal hidden environmental concerns due to the materials and manufacturing processes involved.

When searching for fashionable and functional winter clothes, consumers must be aware of how their personal style choices contribute to the ecological footprint, from unsustainable sourcing to excessive disposal. Choosing recycled clothing materials in winter can be one way to enhance care for the planet, and selecting insulation materials, such as wool-insulated garments and down-alternative winter jackets, can also help reduce the greenhouse gas impact.

Sustainable winter fashion trends can drive demand for eco-friendly winter clothes while promoting sustainable winter apparel practices. So, when planning your winter wardrobe this year, choose your fabrics wisely and become environmentally conscious about what you wear.



Above: FWIO member Donna Russett shared their District display at the Hastings County Plowing Match and Farm Show.

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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 that are essential for daily management, programming, and promotion.

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

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, NS NOE 1N0

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

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

SENATOR CAIRINE WILSON

Cairine Wilson is perhaps best known for being named the first female Senator in Canada and in WI circles for presenting a silver rose bowl to FWIC in 1957 during the first FWIC Convention in Ottawa, Ontario, which was also the 60th Anniversary of Women's Institutes.

As I was thinking about this article on Senator Wilson, I wondered why she had presented the Rose Bowl, as none of the information I found on various websites mentioned any involvement in Women's Institutes. However, thanks to our amazing AWI volunteer archivist in the Provincial Archives in Edmonton, who found a copy of the January 1958 edition of *Federated News*, I can now pass on that information. She was a Vice Patron of FWIC and, after



presenting the Tweedsmuir Cups to the "first" winners in those competitions, she donated a silver rose bowl for a WI project in citizenship. More on the conference later, but I found the stories really interesting from Prime Minister John Diefenbaker bringing greetings at the opening ceremony to he and his wife being at the opening banquet, to the various speakers and reports, and the finale which will be described elsewhere.

But back to Cairine Mackay... She was one of 9 children born February 4, 1885, to affluent Scottish-Canadian parents in Montreal. After attending a school for young ladies, she then attended the Trafalgar Institute, an exclusive finishing school in Montreal. She was bilingual. Her father, Robert Mackay, was a Liberal Senator and a good friend of Sir Wilfred Laurier, and she often went to Ottawa with him. In 1909, she married Norman Wilson, a Liberal MP for Russell, ON. They had 8 children and, after moving to Ottawa in 1918, she became involved with various organizations such as the Victorian Order of Nurses, the YWCA, and several Liberal Party organizations, some of which she founded.

After the success of the Persons Case, many expected that Emily Murphy would be named as the first female Senator, but Cairine Wilson was appointed to the Senate in 1930 on the advice of Liberal Prime Minister William Lyon Mackenzie King. (Emily was a Conservative). During the 1930s, she encouraged women to vote, and from 1936 to 1942, she served as President of the League of Nations Society in Canada. She had many concerns, from divorce legislation to national health insurance, mental health, sexually transmitted diseases, maternal deaths, and she spoke against the internment of Japanese Canadians during World War II. She served on committees related to the well-being of European refugees and, in 1950, became the first female Canadian delegate to the United Nations. She was also outspoken about antisemitism in Canada.

She was awarded three honorary doctorates and the French Cross of the Night for her work with refugees. After her death in Ottawa on March 3, 1962, at the age of 77, a commemorative bust was unveiled outside the Senate chambers to honour her as the first female Senator.

The Rose Bowl continues to be awarded each triennium, with topics chosen by the Board of FWIC. It is kept at the Hoodless Homestead, and sometimes a replica trophy is awarded.

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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 lots of time to share the link with friends and family and take advantage of different monthly specials, should you wish to do so!

Thanks in advance for your support!



International Peace Gardens, submitted by Liz Chongva, Manitoba Women's Institutes

The original concept for the International Peace Gardens began with Henry J Moore in 1929, when he presented his idea for an International Peace Gardens to FWIC delegates at a meeting in Toronto. The proposal was to create a living memorial to everlasting peace between two nations: a thing of beauty and an inspiration to the hearts of



all humanity. The result was the incorporation of the IPG. A committee was struck and chose an area where people from both Canada and the United States could mingle freely along the international border connecting both countries. The area chosen was the Turtle Mountains, midway between the Atlantic and Pacific. The area covers 888 acres, half farmland, half undulating, tree-covered ground in North Dakota. The 1,451 acres from Manitoba includes a forest reserve of rolling land with round-topped hills covered with paper birch, poplar, and ash at lower levels, and willows below and among the hills, and freshwater lakes.

Two Women's groups – the Federated Women's Institutes of Canada and the United States National Home Demonstration Council each received garden plots to manage and develop near a stone cairn, erected in 1932 and dedicated on July 14, 1932, along the international line, a short distance from the proposed entrance to the gardens. The two groups each assumed responsibility for landscaping the allotted area. The Canadian provincial Women's Institutes continue to contribute yearly toward the maintenance of the gardens.



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In 1953, the Manitoba Women's Institute began a special project to develop a picnic area on the west shore of Lake Stormon, which resulted in a roadway and a shelter being officially opened on July 25. Subsequently, in 1954, FWIC selected a site adjacent to the Manitoba project, commemorating it to Mrs. Alfred Watt, the first ACWW President. A gathering was held in 1956 to dedicate the memorial "to and by women of goodwill". The Manitoba WI picnic site is one of the largest and most visited sites in the Peace Garden. A kayak launch and beach area were recently developed near Lake Storman.

IPG's botanical gardens encompass nature's beauty, freshwater lakes, scenic hiking and driving trails, wildflowers, a large variety of North American birds and animals, facilities for international music and athletic camps, and a performing arts centre. An interpretive centre was built, including two greenhouses, with an additional greenhouse added between 2020 and 2023. This addition features a major collection of cacti and succulents, celebrated as one of IPG's major attractions. To commemorate Manitoba's 150th anniversary, MWI purchased a rare cactus for the enjoyment of patrons visiting the cacti greenhouse. IPG also contains a wide variety of flower gardens, which display an impressive array of annual and perennial plants.



IPG, after the attack on the World Trade Center, received steel girders from the destroyed World Trade Centre for display at the 9/11 memorial site in the formal garden. It is hoped these girders will stand as a symbol of peace and democracy for generations to come. The site also includes storyboards to provide a written depiction of the site's importance. The formal garden also hosts a Carillon Bell Tower, which chimes every 15 minutes and on the hour. To enhance the necessity for global peace, the Japanese government provided Peace Poles, on which "May Peace Prevail" is written in 28 languages. A focal point in the gardens is the Peace Chapel; this structure is the only building straddling the US and Canadian border. It features dozens of quotes from "People of Peace" etched into beautiful fossil-embellished limestone walls.

In 2016, three young women who were awarded FWIC's International Peace Gardens scholarships spent a week at the Peace Gardens. While enjoying the beauty of the gardens, they undertook to refurbish the picnic shelters and paint the tables, along with assisting at a week-long Educational Conference for youth. This writer had the opportunity to be with the young women. A wonderful memory!

To commemorate FWIC's 100th anniversary in 2019, a dozen Sunrise Chinook Roses were planted in the sunken gardens by WI members from Manitoba and many other provinces.

In August 2024, I had the opportunity to visit the Peace Gardens and see the roses planted in 2019. What a beautiful sight they were.

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

Building a Year-Round Wardrobe

For many of us, the changing seasons are a signal that our wardrobes need to be updated to match the season approaching. However, with growing awareness of the impact of fashion on the environment, we as consumers are trying to adapt to a different way of thinking when it comes to our clothes. So, the question is changing from "Do I need to buy some clothing to reflect the new season" to "Can I have a wardrobe that works for all the seasons, and if so, how do I go about it?"



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The answer is absolutely! We can have wardrobes that work for all seasons while still keeping our values of sustainability by planning and implementing some of the following ideas.

Core Wardrobe Essentials

Align With Your Lifestyle: Consider what makes you feel confident and comfortable in the clothes you already have.

Staples: Identify the staples in your wardrobe. These are the pieces that you wear most often and feel most confident in. These might be sweaters that you wear in any season, footwear that is comfortable, trousers or jeans, skirts or dresses that can be worn alone or with a blazer.

Colour Palette: Choosing a neutral base colour like black, grey, white, navy, or beige allows for mixing and matching of different items.

Mix and Match Pairing our clothes is one of the best ways to extend our wardrobes because it maximizes the clothes we have.

Accent colours: Choose accent colours that complement your base colours. Focus on the colours that you like and that suit you.

Layering: To accommodate temperature changes, layering is the answer. A sleeveless blouse worn in the summer becomes a great pairing in the cooler weather with an open sweater.

Accessorize: Using

accessories like scarves, hats, jewelry, and bags can change our clothing to match the season. It is also a great way to emphasize the **Classics:** try to focus on high-quality pieces that can be worn many times and can be dressed up or down

Quality Over

Quantity: If you are choosing to buy new clothing choose carefully. It is better to buy an item that will last for many years, rather than one that will only be worn for a short period of time.

Fabrics: Choose breathable, renewable fabrics, like cotton, linen, denim, and wool.

Trends: Try not to get caught up in trendy clothing. It has been found that they are short-lived, and much of the “trendy” clothing ends up in landfills.

Second Hand Stores: Shopping at second-hand stores is fun and can lead to some great finds. Take the time to browse through the Thrift stores where you live; you never know what treasures you may discover.

Sustainable style...

refers to fashion and design choices.

- It focuses on waste and reducing the negative impact of clothing and accessories on the planet, people, and ecosystems.
- Adopting a sustainable style helps reduce fashion's environmental footprint while encouraging thoughtful consumption.

#TogetherWeRise



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Have fun! You are unique, and having a wardrobe that reflects you and your likes is a great way to express yourself. With key items and strategies, you can build a wardrobe that works well and transitions between the seasons. Happy Styling!!

Tip

Have you ever heard of the 333 Challenge? This might be a fun exercise to try alone or with others. This is a method where you choose nine items from your closet: three tops, three bottoms, three pairs of shoes. The challenge is to create as many outfits as possible using these three items. You can use accessories, but just not any other items of clothing. Try it, it might be an eye-opener!

Environment -Impact of Seasonal Clothing

Seasonal clothing can have a significant impact on the environment due to the fast fashion cycle, which emphasizes rapid production and consumption. Let's look at the issues this presents:

Fast fashion brands produce clothing in large quantities for each season, leading to an oversupply of Unsold items often end up in landfills. It is estimated that millions of tons of clothing end up in landfills each year. Textile production requires a substantial amount of water, energy, and raw materials.

The fashion industry is a major contributor to greenhouse gas emissions largely due to transportation, manufacturing, and the energy-intensive processes involved in producing garments.

Many seasonal clothing pieces are made from synthetic materials derived from fossil fuels. They do not biodegrade and are contributors to microplastics.

The fast fashion cycle encourages consumers to view clothing as disposable, with products seen as "outdated" after one season.

The focus has shifted to producing clothing of inferior quality and lower prices.

Addressing the issues of overproduction and seasonal clothing requires collaboration among consumers, policymakers, and the fashion industry. By making informed choices and supporting sustainable practices, we can help reshape the fashion industry. Our choices of embracing timeless fashion can help pave the way to a more environmentally friendly future in fashion. Every small step counts!



Throughout Canada, many areas held Exhibitions and Agricultural Shows and hopefully, some members were able to take part or visit.

In Nova Scotia, Pictou District WI branches and members support, host and provide special prizes for Domestic Arts classes at the Pictou County North Colchester Exhibition.

Left: some pictures from the 2025 Exhibition

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Marie Kenny, ACWW Canada Area President



Greetings Everyone!

The autumn season here in Canada is a time of

transition; cooler days lead us to dig out once again our warm sweaters and pack away our shorts and sandals for another season. I love this time of year, most especially the magnificent sunsets with their vivid colours. October is also when we gather in the last of our garden harvest and make plans for family gatherings around our Thanksgiving tables. I am very thankful for the blessing of living in a country with changing seasons, opportunities to serve others, and the freedom of choice.

October 15th is the UN International Day of Rural Women. ACWW joins the global community in celebrating the contributions of rural women and advocating for their rights and empowerment. Together, we work towards a future where rural women have equal opportunities, their voices are heard, and their contributions are valued worldwide.

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

This month, I am delighted to share a bit about how ACWW has impacted the life of Anne Innes from Ontario.

(Anne's Story)

FROM THE BACK OF THE BUS TO THE GLOBAL STAGE! My Journey with ACWW by Anne Innes

In 2001, Canada hosted the Associated Country Women of the World (ACWW) Triennial Conference in Hamilton. At that point in my life, I was searching for something more meaningful, though I knew little beyond the Pennies for Friendship I faithfully dropped on the collection plate at each Women's Institute meeting.

That conference changed everything. The energy was inspiring—the flags of 82 countries carried proudly, the passionate speakers, and the chance to connect with women from across the globe. On Canada Day, buses took delegates to different host events. By chance, I found myself on the same bus as the World President, Hilda Stewart, and the Irish delegation. Before I knew it, I was leading the tour from the back seat, filled with songs, laughter, and stories. That evening, I was invited to the World President's reception in the Irish suite—an unforgettable privilege.

The experience deepened when I met a sponsored Romanian delegate. She was flying home the next day with only a dollar left for food. I brought her to my home, shared a meal, and took her to buy puzzles for her son. A neighbour gifted her a smocking machine and fabric, which she gratefully accepted.

Years later, in India, I learned from another Romanian delegate that this woman had escaped an abusive situation, supported herself through handiwork, and was now helping women in her community through ACWW. In 2019, in Australia, I saw a recent photo of her—thriving, leading, and giving back. That is the face of ACWW: not a handout, but a hand up.

Another encounter in Little Rock, Arkansas, reinforced this truth. A woman from Cameroon shared her struggle to start an egg project to feed her family and community. Despite setbacks with crops and drought, her determination reminded me how rural women, who do 50% of the world's farming, are central to food security.

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My journey with ACWW has taken me far beyond that first conference. I have attended triennials in the United States, India, Australia, and Malaysia. In Malaysia, I had the privilege of voting on global issues as a delegate for FWIO. I have also represented ACWW on the international stage, attending the Commission on the Status of Women in New York. Currently, I am a Trustee and Board Lead of the Knowledge Sharing and Local Activities working group and a member of the executive for ACWW. From sitting at the back of the bus to casting votes that shape women's futures worldwide, I have experienced firsthand the strength of our global sisterhood. ACWW has shown me that when women support each other, lives change—for individuals, families, and entire communities. No woman should have to travel her journey alone. Through ACWW and the Women's Institute, we are united—sharing knowledge, lifting one another up, and creating a more sustainable and dignified future for women everywhere.

Everyone has a story, and that story gives you the power to bring about change. From the kitchen table to the boardroom, women are a vital link to bring about systemic change in our world.

I invite you to visit the ACWW website and register for the two events scheduled for October 15, the UN International Day of Rural Women, including the launch of the World President's new global appeal.

Lastly, a reminder that the closing date for Registration for the ACWW Triennial World Conference in Ottawa is October 31st. If you have not registered yet, I encourage you to do so, take in this wonderful opportunity to learn more about the work of ACWW, to meet members from around the globe, and to celebrate this organization, which has its beginnings rooted in Canada.

From Cecil and me, best wishes to you all for a very Happy, Safe, and Healthy Thanksgiving.

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them." Quote by John F. Kennedy

Campaign For Wool, submitted by Susan Hoszouski, BCWI

Campaign for Wool, a patronage of King Charles III, connecting Canadian wool to the world - creating opportunity from fleece to finished product. There is no other fiber like it in the world. Wool is soft, warm, strong, versatile, and naturally beautiful.

Wool is a natural fiber that is also biodegradable and safe for people and the environment. The benefits of wool extend from durable homewares to high-performance activewear, luxurious accessories, and more. The Campaign for Wool is a platform for engagement and education, showcasing to Canadians the benefits of wool as a fiber and the importance of supporting their domestic wool industry. They bring together major fashion designers, wool growers, retailers, manufacturers, artisans, and interior designers to celebrate wool's endless myriads of uses- from fashion to home insulation to water retention pellets for gardeners. They work with partners throughout the entire value chain with the goal of reviving the Canadian wool industry.



Their mission is driven by three main goals:

1. Rebrand and revalue Canadian Wool
2. Advocate for the entire Canadian wool value chain
3. Give Canadian wool a voice on the international stage.

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The Campaign for Wool was launched in Canada by The Prince of Wales and The Duchess of Cornwall, now Their Majesties King Charles III and Queen Camilla, in Pictou, Nova Scotia, during their 2014 May Royal Tour. The Campaign is His Majesty's global initiative to raise awareness of the unique, natural, and sustainable benefits of wool, and currently operates in 13 different countries worldwide. Humans have been using wool products for over 10,000 years, but the push to synthetic fibers has not been good for us, the environment, or the wool market. We are now realizing all the problems that come from being reliant on fiber made from petroleum; the fiber sheds microplastics, and that has created all kinds of issues. We are finally waking up to the plasticization of our world, and everyone is now searching for and learning about more natural alternatives.

When I came across an article about the Campaign for Wool, I thought about how well this aligns with our new FWIC/WI Canada project. What better way to bring it all home and return to natural fibers than by supporting and advocating for our Canadian Wool Industry?

One of my senior 4-H projects, years ago now, was a wool project. I found wool quite easy to work with, and the finished project looked stunning. I made a wool skirt and a matching wool vest, all fully lined. I took pride in wearing my outfit for several years. My mother, years ago, knit Cowichan 100% wool sweaters for all of us, plus many friends and neighbors. I think this winter I will raid the hall closet at home and start wearing one of those Cowichan wool sweaters again!

Highlights from the FWIC/WI Canada Board Meeting – September 22, 2025

Theme: Together We Rise!

VISION STATEMENT	PURPOSE STATEMENT	OBJECTIVES
Fostering a future where every woman thrives and makes a meaningful impact	A national united voice of women promoting family, community, and personal development through learning and friendship	1. To provide a united national voice for all Women's Institutes of Canada 2. To initiate national programs and provide resource material. 3. To provide a medium of intercommunication among the units of the Federation

Uprooting Human Trafficking: FWIC has endorsed a three-part series on human trafficking—Understanding, Healing, and Action. This is a virtual event happening on Oct 27, 28, and 30 from 7-8 pm ET. Register at <https://tinyurl.com/UT-Series>. Please encourage members to attend.

FWIC Upcoming Event: Mark your calendars for Feb. 19, 2026, as FWIC celebrates WI Day across Canada. This year's theme is "The Stories that Shape Us." Ideally, there will be a couple of stories from each province. Let your director know if you or someone you know has a story about how WI has shaped you.

Coffee Tuesday: Starting in January, FWIC will host a "Coffee Tuesday," an informal meet-and-greet for those who are WI members, want to become WI members, or would like to connect with other WI members from across the country. More info will be shared later in the fall.

Fundraisers:

Pampered Chef Fundraiser: FWIC will host a second Pampered Chef Fundraiser starting in November on Facebook. Details will appear in the October and November WI Connections.

Aloette Fundraiser: This fundraiser will be held in April. More info will be shared in the January WI Connections.

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Project: If you're planning clothing swaps, hosting educational sessions on mending, or organizing fashion shows, remember to take pictures and send them to wiconnections@fwic.ca. We'd love to showcase how you're learning about and promoting the project "Sustainable Style with Mindful Consumption." Also, letters were sent to each of the provincial departments of the environment telling them about our project. Responses have been received so far from four provinces sharing what they are doing in their province.

Communications & Outreach Committee: Do you have a story to share? Communications is looking for 100 Stories. Send to wiconnections@fwic.ca.

Penpals: Judy and Wendy are looking to match WI members with interested members from around the world. If interested, contact pals@fwic.ca.

Resolutions Committee: FWIC has received four responses from government departments so far regarding the resolutions passed last September. The Resolutions Committee requests that each provincial organization that passed resolutions in 2025 send them to Linda Janes at ljjan@deryste.com.

Donations to the Homestead: We would like to thank the individuals and branches that have made donations to the Homestead and the National Office. Your support is much appreciated.

ACWW World Conference: Donna Henderson has Canadian sashes available for anyone interested. The total cost, including postage, is \$20. Contact Donna at donna_ross_h@yahoo.ca. Donna is also gathering names of those seeking a roommate for the conference. If you need a roommate, reach out to Donna. Early bird registration ends on September 30, 2025, and day visitor registrations are now available.

****Next Meeting of the Board of Directors:** Monday, October 27, 2025, at 5 pm ET.**

****The meeting is starting earlier, as the first of the series in Uprooting Human Trafficking takes place at 7:00 p.m. ET. ****

~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.**
All registration closes Oct 31, 2025.

Contact Donna Henderson
donna_ross_h@yahoo.ca

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"*



Urgent Need for Pen Pals....

While we received some Canadian participants for Penpals we still need more. Please consider getting in touch with Judy and investigating how to start a penpal by email or regular mail today.

Here are some ideas...

Share what a typical day looks like for you (work, home, hobbies).

Traditions or holidays in your community.

Local foods you enjoy (and maybe a recipe!).

Your town or countryside—landscape, weather, wildlife.

Hobbies you love (crafts, reading, gardening, cooking).

Books, shows, or music you've been enjoying.

A current project you're working on (like your writing, courses, or community work).

A story about something meaningful from your past.

.....

🍁 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

.....

Recycled Purse, Victoria Snowdon, Lakeville Corner WI, NBWI



The purse was made from a skirt and its lining (I had really outgrown it!), as well as a pair of pants. The purse handle is from a broken necklace & the little charm is from a broken bracelet. I believe this makes them suitable for the reuse & recycle project.



Finding Your Voice...It's Time to Put on Your Big Girl Panties, submitted by Angela Scott, President-Elect

There comes a time in every woman's life when avoiding, overthinking, or sugarcoating just doesn't cut it anymore. The decisions you've delayed, the boundaries you haven't set, the truth you've been afraid to speak—yes, it's time. Time to put your big girl panties on.

This phrase isn't about toughness for toughness's sake. It's about choosing courage over comfort, clarity over confusion, and growth over stagnation. It's about becoming the woman your younger self needed—and the woman your future self will thank you for.

I say all of this because once we know—or even suspect—the truth about an issue or situation, we don't really have a choice anymore. We can no longer unknow it. We must deal with it head-on. *Straightforward and unafraid*, if you will. Procrastination is not the answer.

Own the Hard Stuff

We spend years taking care of everyone else, dodging conflict, and staying small to keep the peace—or to go unnoticed. But deep down, we know that silence doesn't serve us. Avoidance doesn't protect us. Whether it's leaving a toxic job, having a difficult conversation, or finally saying “no”—this may finally be our moment. Big girl panties aren't about perfection. They're about ownership, about facing life with honesty, even when it's messy.

And perfection? That's one of the hardest myths to let go of—especially in a world that constantly praises polished images and image-perfect lives. It's intimidating to show up as less than flawless, but here's the truth: no one is perfect.

Putting on your big girl panties means moderating your own self-judgment. It means loosening the grip of impossible expectations. It's about learning to *chill* while still taking ownership. That balance—between self-compassion and responsibility—is where our real power lives.

The Myth of “Later”

We tell ourselves: I'll say something later... I'll deal with this next season... I'll pretend I didn't hear that today. But how many “laters” does a woman get before she loses her voice entirely?

For those of us who've spent a lifetime people-pleasing, finding our voice can feel monumental—especially when no one ever really listened. But here's the question: **If we don't speak up... who will? And what regrets can we live with?**

This is why I love *magic questions*—they help us see beyond black-and-white thinking, beyond fear and ‘stuckness’. They shift our perspective and help us reconnect with our inner knowing.

Some of my favourites are:

What advice would I give someone in my shoes?

What's one wise decision I made in the past, and how did I make it?

What outcome do I really want here?

What are three possible options I haven't considered yet?

Try them. They can work like a compass when you feel lost.

Redefining Strength

Strength doesn't mean you never cry. It means you cry. You feel anger. You journal. You take a walk around the block. **And then you do the thing anyway.**

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It means saying, "This matters to me," and trusting that your feelings are valid, your needs are worthy, and your voice has value.

Big girl decisions often come with shaky hands, quivering voices, deep breaths, and yes—sometimes a well-earned glass of wine or pot of tea afterward. But they also bring something deeper: freedom, peace of mind, and self-respect.

The Time is Now

You don't need to be fearless. You just need to be willing. Willing to face what you've been avoiding. To ask yourself what you need. To become your own best friend.

Because here's the truth: no one is coming to save you. And that's not bad news—it's liberating. The woman who will save you is already here. She's smart, intuitive, powerful—and she needs to know that you care what she thinks.

Be your own best friend. Pull on your big girl panties. And know, with your whole heart, that you did the best you could with the tools you had today.



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