

Monthly Newsletter for Federated Women's Institutes of Canada

# *WI Connections*



Golden leaves drift down the lane,  
Whispers soft of summer's wane.  
Crisp air carries woodsmoke high,  
Harvest moon glows in the sky.



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## From the President's desk...

September marks the return to schedules, including scheduling meetings, organizing programs, and rearranging workspaces and offices. It always feels good to have a clean space and files organized. These activities help reduce stress and anxiety, while also improving productivity. It also fosters a sense of calm and organization, promoting a greater sense of control and peace.

With the FWIC board's approval, Linda Mason, Angela Scott, and I spent a few days in August at the Adelaide Hunter Hoodless Homestead. Accompanied by our chauffeur and FWIC Ontario Board member, Linda Zelem, we met with the summer students, the bookkeeper, and the auditor to finalize grant-funded projects. We also connected with some WI members from three branches in Brant County and worked on organizing the space at the Homestead.



We were glad to welcome back the same summer students from last year. This meant they had previous experience leading museum tours, creating exhibits, and hosting events. Besides these tasks, the students also researched the Homestead property title, carefully checking sources to ensure the accuracy of our records. Work continued on cataloging accessions, although more work and organization are still needed. During my last visit, we identified the need to reorganize the basement and shed. The students tackled this task systematically by removing unnecessary or damaged items. Building on their efforts, we made significant progress, leading to noticeable improvements in the basement.

Successful meetings were held with personnel, and we are pleased to announce that Veronica Boone will continue working at the Homestead and is currently planning fall events for the Homestead. After September 1, the Homestead will be closed on Mondays and Tuesdays, with open hours posted on the Adelaide Hunter Hoodless Homestead. We also said goodbye to Rachel Gubbins and wish her well in her studies.

As we move into fall, take the opportunity to tidy up your space, preparing yourself for the upcoming season of meetings.

Till next month, Lynn

## Sept. 7<sup>th</sup>- National Grandparents Day in Canada, submitted by Susan Hoszouski, BCWI

In Canada, National Grandparents Day was first observed in 1995, with a bill passed by the ruling Liberal majority. However, the Day has not sparked significant national participation. Grandparents Day is celebrated in many countries around the world. Not all countries celebrate Grandparents' Day on the same day, but many countries honor grandparents on a day specific to that country.

In Canada, Grandparents' Day is celebrated on the first Sunday after Labour Day. (September 7th, 2025) The aim of Grandparents Day is to honor grandparents through love and awareness. The day has three primary purposes:

- To honor grandparents
- To give grandparents an opportunity to show love for their children's children
- To increase children's, grandchildren's, and all youths' awareness of the strength, wisdom, information and guidance that older people can offer.

Happy Grandparents Day to all grandparents across Canada! Hope your children and grandchildren honor you this year and every day of the year.



## Homestead Report submitted by Veronica Boone, Interim Museum Director

### ***Summer Milk: An Immersive Exhibit at the AHHH***

After many years of research, planning, and collaboration with WOOMcollaborative, the museum's new immersive exhibit, *Summer Milk* will be available to the public at the Adelaide Hunter Hoodless Homestead starting September 15<sup>th</sup>. For many readers, this will be the first you are hearing of our newest exhibit which takes an innovative look at the way we experience and interpret the story of Adelaide Hoodless through her childhood home.

*Summer Milk* is a site-specific, multimedia audio experience that invites audiences to move beyond the present and explore the historic home through the voice of Jane Hamilton Hunter, Adelaide's mother. As listeners are guided through the house, Jane recounts poignant memories of Adelaide's life, legacy, and loss—offering a moving and thought-provoking perspective on grief, motherhood, and the enduring strength of women.

The project takes a deeper look at the emotional strains of Adelaide's life, particularly at the sudden loss of her son John Harold, and how she used that grief as a catalyst for her journey of educational reform. At just 14 months, Adelaide's youngest son, John, passed away from what was then known as "Summer Complaint" (bacterial meningitis and other bacterial infections). Although it was over 50 years after the death of her son that the pasteurization of milk became law in Ontario, Adelaide's unwavering national efforts towards domestic science education and the recognition of female voices paved the way for women, families, and rural communities across the country today.

This project was made possible through generous funding by the Ontario Trillium Foundation Seed Grant, museum volunteers and donors, as well as a foundational partnership with WOOMcollaborative, an arts 'incubator' group that works to create "theatrical and material representations of otherwise abstract scholarly work." ([Summer Milk — WOOMcollaborative](#))



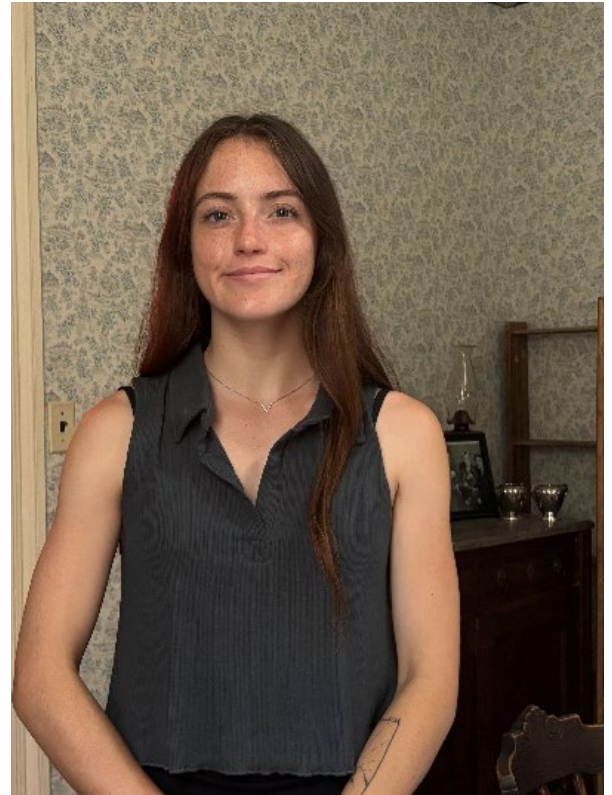
Photo of Adelaide with three of her children, Brenard, Edna and Murial

### **Autumn at the Homestead**

As summer comes to an end here at the homestead, we must begin preparing for one of the most important seasons for rural 1800's life, Autumn! Keep an eye out for our complete Fall 2025 schedule of events coming soon... but for now, take a look at our upcoming events for September!

**September 11<sup>th</sup> (7:00 – 8:00pm) – Memoirs Made Simple: Turning Life into Legacy (Free Admission)**

Join our Writer-in-Residence Michael Williams at the Adelaide Hunter Hoodless Homestead Museum, for an engaging talk on why memoirs matter—as a gift of memory, meaning, and legacy for our families and



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communities. This conversation will explore simple, compassionate ways to begin capturing life stories, even if you've never considered yourself a writer.

### September 20<sup>th</sup> (10:00 – 12:00am) – Memoir Writing Workshop with Dr. Michael Williams (\$35.00)

This recurring workshop will share how gentle structure, prompts, and supportive guidance can help you turn lived experience into lasting pages. Come be inspired to begin—or continue—telling the stories only you can tell, every Saturday for 6 weeks.

### September 20<sup>th</sup> & 21<sup>st</sup> (11:00 – 4:00) – St. George Applefest: A Timeline of Apples (Free Admission)

This 2-day event in honour of the annual St. George Applefest will take a historic look at baked apple goods and their modern counterparts. Taste-test a selection of 1800's style apple treats, learn how baking and other domestic sciences have changed over time and take-home recipe cards for each!

Regular museum tours will be offered at a discounted "Applefest" price; Adults - \$5, Seniors - \$3, Kids and WI Members – FREE

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## September 8<sup>th</sup> is International Literacy Day, submitted by Susan Hoszouski, BCWI

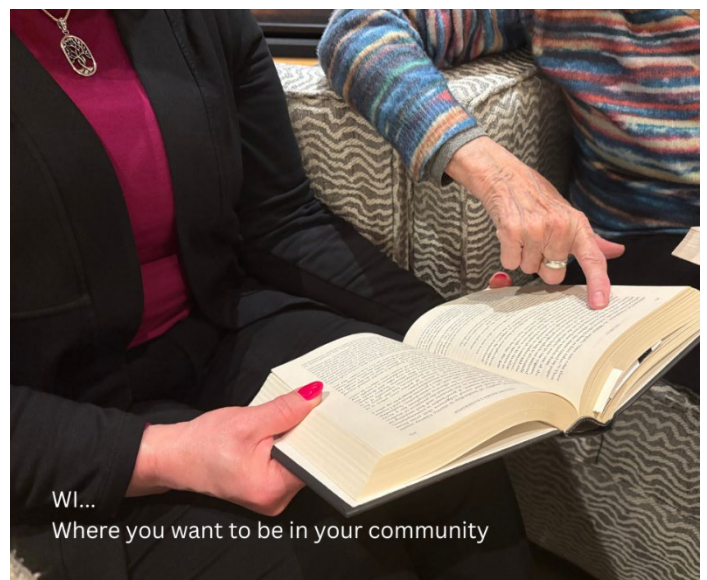
International Literacy Day is a day to remind the public of the importance of literacy. The theme for International Literacy Day 2025 is "Promoting literacy in the digital era". This theme highlights the transformative impact of digitalization on learning, work, and communication, while also acknowledging the challenges it presents, such as the digital divide and the need for critical evaluation of online content.

International Literacy Day was established by UNESCO in 1967 and emphasizes the fundamental right to literacy and its importance for lifelong learning. It's a day to raise awareness about the 771 million adults and children worldwide who lack basic literacy skills and to encourage governments to take action to improve Literacy rates.

The digital era presents both opportunities and challenges for literacy. While digital tools can expand access to information and learning resources, they also require new skills to navigate the digital world safely and effectively, as well as to evaluate online content critically. The 2025 theme aims to address these issues and promote literacy in a way that is relevant to the digital world.

More than anything, reading is awesome. We learn new information, discover new ideas, and can see ourselves in both real and fictional characters. Being able to read boosts imagination, develops writing skills and styles, exercises the brain, expands vocabulary, increases knowledge, improves concentration, and reduces stress. There is no doubt that literacy has the power to transform the lives of billions worldwide.

The best gift to give is a book, to yourself, your children, grandchildren, great-grandchildren, friends, and neighbors. If you realize someone may need a boost with literacy, learn how to help them, and then offer your time to them. Helping adults and children improve their literacy skills is rewarding volunteer work.



WI...  
Where you want to be in your community





## What Are We Wearing? – The Real Meaning Behind the Textile, submitted by Wen Shen | Graduate Researcher, Sustainable Textiles, Toronto Metropolitan University

Have you ever stopped to think about what your clothes are really made of? Not just the color, style, or brand, but the actual fibers. In our fast-fashion world, where supply chains are global and often invisible, it's easy to forget that every garment starts as something raw: a plant, an animal, or petroleum.

### From Fiber to Fashion

Clothing doesn't start on a store rack; it begins with fiber. Cotton from a farm, polyester from oil, wool from a sheep—these are the building blocks of every outfit. Fiber becomes yarn, yarn becomes fabric, and fabric becomes the garments we wear.

Those fibers impact the environment, shape global trade, and even affect human health. And the steps from raw material to finished garment rarely happen in one place.

For example, a single piece of clothing might involve cotton grown in India, spun into yarn in China, woven into fabric in Turkey, dyed in Italy, and sewn in Vietnam. As you can see on this global map (Figure 1), each color represents a different stage of production. Each stage adds transportation miles, energy usage, and carbon emissions. Nike, for instance, collaborates with over 500 factories in 41 countries, highlighting just how sprawling and resource-intensive nature of modern fashion production is.

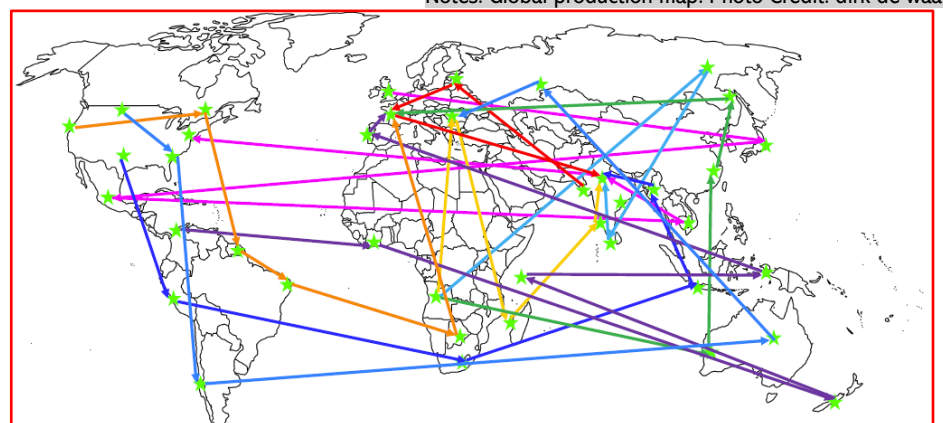
### The Three Fiber Families

All textiles begin with one of three main fiber categories:

*Natural* – from plants or animals (e.g., cotton, wool, angora (rabbit), alpaca (llama))

*Synthetic* – made from petroleum-based chemicals (e.g., polyester, nylon)

*Semi-synthetic* – derived from natural sources but chemically processed (e.g., rayon, bamboo)



## How They're Made

### **Natural fibers**

Cotton is harvested from plants, cleaned, spun into yarn, and woven into fabric. Wool is shorn from sheep, then scoured, carded, and spun. These fibers are renewable and biodegradable but can still carry environmental costs. Cotton uses significant water and pesticides, while sheep farming produces methane. (Coghlan, 2020)

**Synthetic fibers** made in factories from fossil fuels; these fibers are melted into liquid plastic and extruded into filaments. Polyester, nylon, and acrylic are strong and inexpensive, but they require high energy input and shed microplastics into waterways with every wash. They also persist in landfills for centuries.

(Textile and fibre science Gate PREPRATION, 2022)

## Making Sense of Fibers and Fashion

The truth is, no fiber is perfect. Every material has trade-offs: “natural” doesn’t always mean sustainable, and “synthetic” isn’t always the villain. What really matters is the full life cycle: from how a fiber is grown or produced, to how long a garment lasts, to what happens at the end of its life.

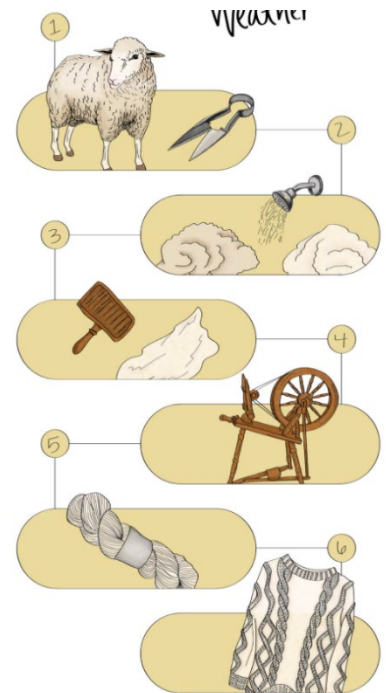
This complexity often leaves consumers unsure about what to trust, and that’s where marketing can blur the lines. Buzzwords like eco-friendly and sustainable appear on countless tags, but without clear standards, they can be little more than greenwashing (claims that make a product sound responsible without any real accountability). To cut through the noise, it’s important to look for transparency, third-party certifications, and specific details about sourcing and production, rather than relying on vague promises.

So where does that leave us as consumers? While the system is complicated, there are simple, practical steps we can take:

- Read the label and pay attention to fiber content and where the garment was made.
- Buy less, buy better, choose quality pieces that will last rather than fast-fashion quick fixes.
- Care well by washing less often, air-drying when possible, and mending minor damages instead of discarding.
- Support transparency by choosing brands that share honest information about their materials and practices.

At the end of the day, sustainable fashion doesn't begin in factories; it begins in our closets. The most sustainable garment is often the one we already own. By wearing our clothes for longer, caring for them properly, and choosing more thoughtfully the next time we buy, we can reduce waste and lessen our environmental impact.

So next time you get dressed, ask yourself: What am I really wearing, and what story does it tell?



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## Manitoba Women's Institute, submitted by Debra Barrett, President

You might ask – “What is Manitoba Women's Institute?”

"Women's Institute is a local, provincial, national, and international organization that promotes women, families, and communities. Our goal is to empower women to make a difference."



Manitoba Women's Institute (MWI) is an organization providing education and skills development opportunities for women and advocating for those issues that strengthen women and families, making their communities better places in which to live. For over 115 years, MWI members have been recognized in their communities and throughout the province as women who can make a difference.

One former Minister of Agriculture said of MWI, "You brought forward issues that helped shape the world. You were the kind of organization the governments listened to .... from advocating for improved public health in rural areas to sustaining the International Peace Gardens to encouraging public libraries to be established."

MWI has a long history, but we need to ensure that we continue to seek new ways to have an impact on issues important to our membership as well as to the greater community and the changing rural scene. Members today continue to stand up for the needs of women, families, and the communities in which they live. Through our ability to understand and advocate for a broad range of issues and through our resolution process to get those resolutions to government or other regulators who have control over those issues, MWI continues to have a significant impact on the lives of Manitobans.

However, it is important that we have a greater and broader understanding of issues.

- as farms are larger,
- as communities are more diverse,
- as education and health systems change

These are but a few topics that we aim to understand better to address the province's changing needs and issues.

MWI also recognizes that more can be gained by working together than by advocating as a single entity. We ensure that by working together, issues and concerns are expressed by a larger voice. MWI believes that we should be working more closely with, or have a way to communicate with, organizations such as ourselves that have similar or related mandates. As such we seize every opportunity to discuss ways in which we might accomplish this goal. Might it be through Associate membership, or having a discussion with other organizations' Boards, or by some other means?

With the change in demographics, MWI continues to strive towards updating ourselves, retaining our roles as forward thinkers. By ensuring we remain relevant, MWI hopes to keep inspiring the strength and courage of women across our agricultural, rural, and urban centers.



MWI President & Board Members met with Minister Ron Kostyshyn.



## WI Connections Contributions

All contributions are welcome.

Please send to [wiconnections@fwic.ca](mailto: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, email Lynn MacLean at [president@fwic.ca](mailto:president@fwic.ca) or call her cell at 902 759 4755.  
Lynn lives in Nova Scotia.

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

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### Baking Powder Recipe, submitted by Debra Barrett, Manitoba Women's Institute

1/4 tsp of baking soda

1/2 tsp cream of tartar

1/4 tsp corn starch (helps absorb moisture and prevents baking powder from breaking down)

For larger volumes, combine 1 part baking soda, 2 parts cream of tartar, and 1 part corn starch.

Note: Newly opened containers of baking powder start to break down within 3 months, therefore, lose their potency at about 6 months. In moist environments, the baking powder breaks down even faster.

Make your own baking powder and ensure your baking powder is always fresh, helping you create your tastiest baked goods.

Recipe found in a 1979 newspaper



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### Postcards To the Front, submitted by Linda Janes, Quebec WI President

Hello, my name is Linda Janes, and I am President of the Quebec Women's Institute. I live in Ormstown, which is 60 kms southwest of Montreal. I received an email from a Women's Institute branch in Ontario telling me about Postcards to the Front. I did some research on the group and was very interested in what they are doing. I have been sending suggestions to our Branches for various projects and thought that this would be one that they would be interested in. Encouragement.

I feel that it is a more personal way of lending our support to the people of Ukraine. It is important when they hear that Canadian women are supporting them. Writing that first card is difficult; what to write is the hardest, and I struggle with it. (There are many great suggestions on their website.)

We have a lot of Ukrainians in our area and do many fundraisers. In fact, we have a Quilt and Antique Car show coming up in a few weeks, fun for both men and women. We had the organizers of Postcards to the Front speak at our annual meeting, and they gave a wonderful presentation. <https://postcardstothefrontcanada.com/>



## FWIC WI CANADA YOUTUBE CHANNEL

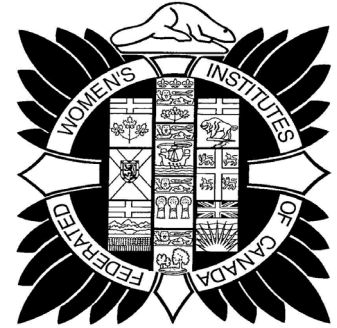


We are pleased to announce that the following events are now available on the FWIC-WI Canada YouTube Channel.

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.



### **The 100% Recycled Quilts,** submitted by Ethel Raymond, District Vice-President, NBWI



The Kennebecasis Valley District WI met on both July 19 and August 6 for the purpose of tying quilts, made from completely recycled materials, at Valley Waters Municipal Building in Norton, NB.

Ladies brought fabric scraps and yard goods. One lady made 6 tops from these fabrics plus scraps of her own, before the workdays.

Fabrics were cut in 4 1/2" and 8 1/2" squares sewn into rows, then made into tops for a single bed.

Midland WI provided good, used sheets for the backings. Old, discarded quilts were gathered and cut to fit the tops.

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Upham WI provided lots of crochet cotton in various colours, which was used to tie the quilts.

Three sets of frames were set up, and several ladies learned how to put a quilt in the frames and tie them- thus it became a learning experience!

Each day we had a wonderful potluck lunch, great fellowship with all 4 branches being represented and lots of FUN! A total of 18 members and 1 guest participated.

At our District Meeting in September, all six quilts will be presented to "Outflow Ministries," which is an organization for the homeless in Saint John, NB.

I might add, one of our Midland ladies, Mary Gray, is 94 years young and Shirley Hall from Norton Branch is 88 in September. Both ladies tied quilts and made it look so easy! We appreciate all our dear members.





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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"**

<b>Interim Museum Manager Fund</b>	<b>Yearly Promotional Fund (new)</b>	<b>Yearly Programming Fund (new)</b>	<b>Administrative Assistant Fund (new)</b>
\$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 N0E 1N0

E-Transfers to [info@fwic.ca](mailto:info@fwic.ca), and cheques are appreciated, made out to FWIC.



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

Litany Based on the Mary Stewart Collect

Have you ever suddenly realized during a lecture, concert, church service, or other event that your mind has been elsewhere, and you really have no idea what has been said or sung since the event started? No matter how hard I try, and I suspect it may be the same for many of you, that, despite our best intentions at the start of the event, our minds wander off into 'things to do', people to contact', 'what to bring to the next potluck', and many other topics.

Does it ever happen to you at the start of your branch meeting or other WI gathering when we say the Mary Stewart Collect? Do we take time to focus on what we are saying, or is it more along the lines of how long the business meeting might be, how interesting the speaker might be, and so on?

At some point, I came across this litany on the Mary Stewart Collect and thought I would share it with you as an alternative way to start your meeting, although I realize that extra copies would be needed so everyone could join in.

Leader: We would aspire to generosity

**ALL:** Keep us, O Lord, from pettiness. Let us be large in thought, word, and deed.

Leader: We would aspire to humility

**ALL:** Let us be done with fault-finding and leave off self-seeking.

Leader: We would aspire to right thinking

**ALL:** May we put away all pretense and meet each other face to face without self-pity and without prejudice.

Leader: We would aspire to patience

**ALL:** May we never be hasty in judgement and always generous.

Leader: We would aspire to serenity

**ALL:** Let us take time for all things, make us grow calm, serene, gentle.

Leader: We would aspire to courage

**ALL:** Teach us to put into action our better impulses, straightforward and unafraid.

Leader: We would aspire to unity

**ALL:** Grant that we may realize that it is the little things that create differences, that in the big things of life, we are one.

Leader: We would aspire to kindness

**ALL:** And may we strive to touch and know the great human heart common to us all, and, O Lord God, let us not forget to be kind.



September 2025

## Marie Kenny, ACWW Canada Area President



Greetings everyone,

I hope this finds you well. August has seen numerous wildfires across our nation. My thoughts and prayers are with all being affected by this national disaster, as well as all those working on the frontlines in very dangerous conditions.

This month I want to share with you an update from another successful ACWW Project partner. The project is in the Arapai Sub-county Soroti, Uganda. Empowering Vulnerable Women and At-Risk Girls, Arapai, Soroti, Uganda

This project aims to empower vulnerable women and at-risk girls by improving household incomes, nutrition, and livelihoods through sustainable and scalable agricultural-led enterprise and Village Savings and Loan Association group activities. It is delivered in partnership with Youth with a Focus Teso Objectives. This project enrolled 100 women and girls into 4 community-based training groups. Establishing four demonstration plots to train the participants in organic and sustainable agriculture cultivation and techniques such as beekeeping, post-harvest preservation and marketing and cultivation.

The project provided technical assistance, farm inputs, and equipment to each training group. It also promoted organic vegetable cultivation, fruit and coffee tree growing, and beekeeping within the community. Six hundred coffee tree seedlings were planted, and bees successfully colonized 16 beehives.

This project aligns with the United Nations Sustainable Goal 8, Decent Work and Economic Growth. In reaffirming the words of our founder and the statements that led to the formation of ACWW, I am so thankful for the support of society members who make all the work of ACWW possible.

**“ACWW calls for co-operation among women’s organizations to ensure meaningful, quality education for all young people. The advancement of education is a pathway to the relief of poverty, the relief of sickness, and the preservation of health.”**

If you have not registered for the Triennial World Conference in Ottawa, from April 26 to May 1, 2026, there has been an extension of the early bird discount registration fee; the deadline is now September 30, 2025. Day registration information will be posted soon, so please check the ACWW website regularly for details. I hope to see you there!

ACWW is pleased to offer sponsorship opportunities for members to attend the Triennial World Conference. This is an amazing opportunity for members who have not previously been able to attend a World Conference. Details and instructions can be found on the 31st Sponsorship Application Form on the ACWW Website. The deadline for submissions is September 30th.

**September 2025**

**INTERNATIONAL RURAL WOMEN'S DAY is OCTOBER 15, 2025.** Let's celebrate rural women across the country, recognizing the significant role they play in improving the lives of their families, communities, and, indeed, our world. Rural Women and girls play a crucial role in the food systems. From production of crops to processing, preparing, and distributing foods, women's labour – paid and unpaid – feeds their families, communities, and the world. Rural women are among the most significant contributors to volunteerism, supporting local programs, initiatives, and community needs.

Please mark this date on your calendar and plan to be part of an upcoming opportunity. Further details will be in the October WI Connections.

The Associated Country Women of the World is more than an organization. **It is a beacon of hope, a force for change, and a reminder that even the most remote voice can echo loudly—when we choose to listen.**

Thank you for all you are doing to support ACWW, I wish you a very restful last few weeks of summer and a very Happy and Safe Labour Day Weekend.

**~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](mailto:donna_ross_h@yahoo.ca)**



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## Urgent Need for Pen Pals....

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"*



Currently, there are 45 women from Tasmania, Scotland, England, the USA, and New Zealand looking for pen pals from Canada. Are you curious about what to say in a letter?

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.

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## What is the difference in Made in Canada, Product of Canada, and Designed in Canada?

### Made in Canada

- A product can be labeled "Made in Canada" if at least 51% of its direct production costs are from Canada
- The final transformation of the product must have occurred in Canada
- The product may contain imported ingredients or components
- The label may include a qualifying statement, such as "Made in Canada with imported parts"

### Product of Canada

- A product can be labeled "Product of Canada" if at least 98% of its total direct costs are from Canada
- The last substantial transformation of the product must have occurred in Canada
- The product must have virtually all of its ingredients, production, processing, and labor come from Canada

### Designed in Canada

"Designed in Canada" refers to the design of a product, while its production may take place elsewhere. For example, inflatable paddleboards sold by Canadian companies may be designed in Canada but produced in Asia.

# Harvest

