

Monthly Newsletter for Federated Women's Institutes of Canada

WI Connections



**Thank you so much for donations
this month!**

- Ellan Riddle, Ontario
- PEI WI
- Women Inspiring Women WI, Paris ON
- Templeton WI, NLWI
- Burnt Church WI, NBWI
- Braemar WI, FWIO

Virtual AGM information and Zoom link on
pages 16



Caps made by members of the Hr. Grace NL.
Branch of W I.

June 2026

From the President’s desk...

About a month ago, 350 people, including 103 Canadians, gathered in Ottawa for the 31st ACWW World Conference. This issue contains many of the highlights and pictures from the world conference. Canadians were thrilled to watch Marie Kenny as she was installed as the next ACWW World President. We know Marie will do a fantastic job! We also welcome Anne Innes as the new ACWW Canada Area President. She is well qualified for this new position. We look forward to working with both women in their new roles.



This time of year, also marks the AGM and convention season for many of the provincial WI organizations as well as FWIC. As our time in Ottawa reminded us, this is always a meaningful time for Women’s Institutes members. Whether these gatherings take place in person, virtually, or in a hybrid format, they continue to give members an important opportunity to reconnect, renew relationships, and stay engaged in the work we share. Amid busy schedules and competing priorities, conventions and annual general meetings give us a chance to pause, come together, and focus on what matters most: our members, our purpose, and the direction we are taking as an organization.

AGMs and conventions also bring people together in ways that are both practical and inspiring. They create space to share ideas, learn from one another, and explore new ways of responding to the opportunities and challenges ahead. They remind us that none of us carries this work alone. Every conversation, presentation, and connection helps strengthen the sense of community that supports and advances our work. These gatherings allow us to hear different perspectives, celebrate achievements, and gain fresh insights that can shape how we lead, collaborate, and serve in the months ahead. They are not only opportunities for discussion, but also moments of renewal that help us return to our branches with greater clarity, confidence, and commitment.

Most importantly, AGMs and conventions remind us why our WI work matters. They reaffirm the value of coming together, listening well, and contributing to something larger than ourselves. They leave us not only informed but also encouraged and inspired to keep building connections, supporting one another, and advancing our shared goals. As we move through this AGM and convention season, I hope each gathering leaves members with a renewed sense of purpose and a deeper appreciation for the role each of us plays in promoting the work of the Women’s Institutes. When we come together with openness, energy, and commitment, we strengthen not only our relationships but also the future of our organization.

Till next time,

Lynn

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FWIC WI CANADA YOUTUBE CHANNEL

Did you know that FWIC has a YouTube Channel?



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

The following events are now available on the FWIC- WI Canada YouTube Channel and include:

- (1) WI Day 2026 and the link is: <https://youtu.be/SP5ij31mNUg>
- (2) Earth Day –The Circular Economy and Sustainable Style, and the link is: <https://youtu.be/fm0JnAfdvrl>



Highlights from the FWIC/WI Canada Board Meeting –May 25, 2026



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	<ol style="list-style-type: none"> 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

FWIC AGM JULY 7th, 2026, at 7pm ET:

- a. This will be a virtual event, and those interested are requested to register at registrations@fwic.ca.
- b. There is no charge to attend the AGM. However, donations of \$25 more will be issued a charitable tax receipt. This can be done by e-transfer (provide mailing address) to info@fwic.ca or a cheque mailed to the National Office at PO Box 209, 359 Blue Lake Road, St. George, ON NOE 1N0. Please indicate in the memo line the purpose of the donation.
- c. Provincial Presidents/designate are requested to complete the **credentials form** identifying your voting delegates and return to info@fwic.ca by **June 29**. The form is included in this email.
- d. Provincial Reports and Committee Reports are due by **June 16**. Please send it as a Word document.
- e. Guest speakers will be Liz Loudon, President of the Canadian Forensic Nurses Association, and Sharon Robertson Barnes, sustainability educator.

FWIC Convention Pin Competition: The competition to design a pin for the 24th National Convention is now open. Details are available in the WI Connections.

Nominating Committee for 2027: The nominating committee has been established to receive names of provincial representatives for 2027-2030 and for the position of president-elect. Those interested in the president-elect position must have served as an FWIC board member in the preceding two trienniums (2018-2021 and 2021-2024). The information was sent out and is also included with the board highlights.

Tweedsmuir and Senator Cairine Wilson Competitions: Preliminary details are in the June issue of *WI Connections*. These will be judged at the national convention in 2027.

New staff: FWIC is pleased to welcome Nicolas Landers, summer student, and Janet Barnard, bookkeeper, to the National Office and Homestead.

Next meeting of the Board of Directors: Monday, June 22, 2026, at 6 pm ET.



Gazing at Adelaide at the Homestead

June 2026



Dear Women's Institute Friends,

Words of gratitude and appreciation from ACWW World President Marie Kenny

To each one of you, thank you for blessing my life!

I am honored to be your ACWW World President. Thank you for your votes, your support over the years, and your encouragement. I carry with me into this new role the inspiration, the strength, the resilience, the Canadian heart of compassion and courage that each one of you has demonstrated to me as I have journeyed from Brackley Branch Member to ACWW World President.

Life is a learning curve, and for me, that journey of listening and learning never ends. So, as I express my thanks to you, I also want to assure you that I have listened and learned many things. I will put what I have experienced into action as we move forward into this new Triennium with the Theme:

ACWW Grounded Locally, Leading Globally!!

Thank you to all the Canadian Members and Friends who volunteered in so many ways to make the 2026 Triennial World Conference a success. I will forever be grateful for your help. The conference had 350 attendees; among them, 103 were Canadians, of whom 45 were first-time attendees. This was the first Triennial World Conference in ACWW's long history not to have a specific Hostess Society, but rather a Hostess Country. There were inspiring speakers, area reports, and numerous resolutions passed, including a significant number to update, clarify, and strengthen the ACWW Constitution to better serve and protect our members in the future. The WWTW Day began with Sightseeing Tours that focused on some of the highlights of the Ottawa region, followed by an ACWW Celebration and Time of Reflection. The day ended with the Gala Dinner in the magnificent setting of the Canadian Museum of History.

The ACWW Triennial World Conference in Ottawa had the most wonderful atmosphere, and it was largely due to the many, many Canadian members who stepped up, stepped in, and volunteered in numerous roles to do whatever it took to ensure that society members, delegates, and guests from across the globe had a genuine experience of Canadian hospitality.

To the many, many volunteers, I say a huge thank you from the bottom of my heart. To Donna Henderson, who simply stepped in and took over the overseeing of the sales table, the entire setting up, enlisting volunteers, calculating the money at the end of each shift, and each day. Thank you; you made this enormous undertaking run smoothly and efficiently. You are a pro!!!

To Irene Robillard, the women from her branch, and so many others who accepted, organized, and boxed the hundreds of items donated to the Charity Drive that arrived from all over the world. Eight vehicles were filled with boxes, half for the Ottawa Food Bank and the other half for the Ottawa Women's Shelter. Thank you all so very much. The generosity of all delegates will be a blessing to so many women across the Ottawa region.

ACWW is a tremendous organization with a rich history and a bright future as we continue to work together. Thank you for your support, for your kindness to Cecil and me, for the most wonderful celebration as we gathered together at the Post Conference Area Meeting. The lovely flowers, gifts, and the 'Canada Book' of kind sentiments I will cherish and read often. You are all so very kind and gracious! Thank you!

To Anne Innes, Canada Area President, I wish you the very best in your leadership role. I know you will do a tremendous job. Congratulations to Donna Jebb, ACWW Board Trustee and Partnership Lead. I look forward to working with both of you and the new Board of Trustees.

We will do our best to serve you the membership as we all continue working together for ACWW. We are Rural Women in Action!

Marie Kenny, ACWW World President.



First Time Attendees ACWW Ottawa



Cecil & Marie Kenny



Donations from around the world for Food Bank and Women's Chelter - Ottawa



ACWW World President Marie Kenny and Anne Innes, Canada Area President ACWW



Sales Tables at ACWW Conference-Ottawa

**Congratulations to
Marie Kenny, our new
ACWW World President!**

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ACWW Conference, Ottawa

April 2026

The photographs included in this report capture highlights from the 2026 **Associated Country Women of the World (ACWW) Conference**, held in Ottawa, Ontario, in April. Women from across Canada and around the world gathered to share ideas, strengthen friendships, and participate in discussions focused on improving the lives of women, families, and communities. The conference provided an opportunity for members to connect, learn from one another, and celebrate the diverse cultures and experiences represented within ACWW.

Throughout the conference, delegates participated in business meetings, workshops, cultural activities, educational tours, and networking events. Sales tables showcased crafts, products, and fundraising initiatives from participating groups, while social activities encouraged fellowship and the exchange of ideas. The photographs reflect both the formal and informal moments of the conference, highlighting the spirit of cooperation, learning, and community engagement that is central to ACWW's work.

A strong emphasis was also placed on service and outreach. Conference participants generously contributed items for local women's shelters and food banks, demonstrating ACWW's commitment to supporting those in need and strengthening communities through collective action. These images serve as a reminder that the conference was not only a gathering for discussion and learning but also an opportunity to make a meaningful, positive impact on the host community.



Indigenous peoples at Museum Gala Dinner



Group Photo of Canadian Attendees to ACWW Ottawa Conference-April 2026

Special Thanks to Linda Hoy for photography.

Linda is a Past President of FWIC and a past Canada Area President. She comes from Quebec, Canada



Building Tomorrow Together, Submitted by President Cornwall Confederation Branch, Past President, PEIWI Sheila Gallant

KEEPING THE MOMENTUM

We are stronger together. During my term as President of the PEI Women’s Institute, I had the opportunity to visit many branches across the province for different reasons. Whether it was to present a life-long membership pin, celebrate a branch anniversary, or attend a District Convention, I visited branches with declining membership. I vividly remember the deep concern the ladies in the branch expressed about what their future would look like.

This stands to reason when we consider, for the most part, the average age of Women’s Institute members. As well, many rural areas in our province are not welcoming to new families who are choosing their community in which to live. As membership dwindles in the branch, the workload for the remaining members starts to increase, and it becomes a little harder to keep a viable balance in your bank account. What do you do?

Well, there are a few options. This can include you joining forces with another nearby branch or to “twin” with a nearby branch. I remember suggesting a “branch joining” with one of the PEI branches, and the response I received was “we are so comfortable together – we don’t know the people in the other branch”. Yes, it is difficult to step out of our comfort zone, isn’t it? But why struggle when you can enjoy your meetings? Think about the longevity of our organization. Are we going to allow our branch to dissolve because we are uncomfortable? Joining another branch can provide you with a bigger budget to make a difference in your community, you can have a greater support system in your life, and you can learn new things, etc. The list goes on- the benefits certainly outweigh being uncomfortable. But let’s think about this for a minute – We are all WI members – do you really think another branch of wonderful ladies will make you feel uncomfortable? Twinning with another branch is joining in some of the activities of the other branch. Perhaps you don’t have a budget to have a “meet your new neighbour night”, but a nearby branch that has more members does, and they have such a function. Why not talk to them and ask about having a function for both communities?” Is this not a win-win situation? There are so many more examples.

I talked about partnerships in one of my other articles. Maybe there is another volunteer organization in your community with which you can partner to provide support to the community.

The Women’s Institute organization has been actively supporting women for 129 years. Think about your organization if ever your branch is faced with dwindling membership. What can you do, what steps can you take to make your branch still viable and active in your community without increasing the workload of your current active members?

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Sustainable Style with Mindful Consumption - Submitted by Brenda Devauld

Key Aspects of Mindful Consumption Quiz

The following quiz has no right or wrong answers. Think of it as an opportunity us to reflect on our habits. It might be a fun thing to do with your branches and to discuss where we are on our mindful consumption journey.

1. Awareness Level:

What factors do you consider when making a purchase?

- a) price only
- b) brand reputation only
- c) Environmental impact, social ethics, price
- d) None of the above

2. Intentional Buying

When do you usually impulse buy?

- a) rarely
- b) Sometimes, during sales
- c) Often, especially when stressed
- d) Always

3. Sustainable Products

How often do you choose products that are labeled sustainable?

- a) Always
- b) Mostly
- c) Occasionally
- d) Never

4. Support Local

Do you prioritize buying from local businesses?

- a) Yes, whenever possible
- b) Sometimes, if convenient
- c) Early, I prefer larger retailers
- d) No, I don't consider it

5. Quality over Quantity

How do you approach buying clothes?

- a) I buy many trendy items every season
- b) I buy a few versatile pieces that will last
- c) I buy only when I absolutely need
- d) I follow sales regardless of need

6. Reflection on Purchases

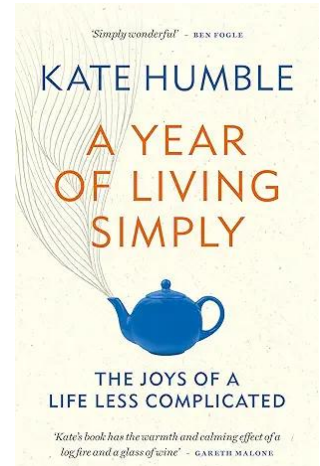
After a shopping trip, do you often reflect on whether you made the right purchase?

- a) Yes, always
- b) Occasionally
- c) Rarely
- d) Never

7. Lifestyle Changes

Have you made changes to your lifestyle to consume more mindfully?

- a) Significantly
- b) A few small changes
- c) I've thought about it, but haven't acted
- d) No, I have not considered it



for

Note: Just a quick note this book by Kate Humble is a good read and I really enjoyed it.

Her Introduction reads:

“If you’ve picked up this book in the hopes that it will give advice on how to live in a hollow tree, forage for worms and knit a blanket out of leaves, then I’m afraid it won’t help you “
It’s one women’s journey on trying to live a more balanced life based on contentment and doing with less.

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How Has WI Made a Difference in My Life?

We are writing a book—with your stories!

100 Voices is a storytelling project that began last fall. They continued for our WI Day celebration, and soon the books will be for sale at the 2027 Triennium Conference at Charlottetown, PEI.

The book will be called **WI Wisdom: The Stories That Shape Us.**

Stories should be about 4-5 paragraphs long. Everyone’s story about WI is different, but ideally you will answer the question...**How Has WI Made A Difference In My Life?** One picture, ideally of the author, would be ideal. I will also need your full name, address, phone number, and email address.

If you are sending the information in a printed format (not via email), please send it to Angela Scott, 204 Ivey Road, Limestone, NB E7N 2N4. Please forward your write-ups to angela.beth.scott@gmail.com

Deadline is September 30, 2026

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With Gratitude to The Women’s Institute Who Shaped My Life, Submitted by Elizabeth Moore, President, Bond Head Women’s Institute and Vice President, Tec We Gwill Women’s Institute

On May 21, 2026, the Simcoe South Kempenfelt District, Women’s Institute held their 124 Annual meeting. As part of the International Year of the Woman Farmer 2026 and in keeping with our guest speaker on Bees and Gardening, we set our roll call to the theme: “Bee A Woman Involved. Share an example of a WI member involved in agriculture.”

It was my absolute pleasure to share the following as the response to the Roll Call on behalf of all of the members of the Bond Head Branch.

Over my life, I have had the privilege of seeing many great women involved in agriculture. I was one of the lucky ones... mentored by strong women who lovingly cared for their families by growing vegetables, baking bread, sewing clothing, and, in between, driving the tractor and milking cows. Their absolute understanding that their role was pivotal to ensuring well-being in both their family and the community was truly the backbone of success.

When I saw today’s roll call, my mind was flooded with memories of the past. I thought about being raised on a farm and being part of agriculture, I thought of the bee hives on our farm... and I thought of all the incredible women that I was mentored by on the farm who taught me that women could do absolutely anything.... How on earth could I do justice by paying tribute to just one woman in agriculture... and then I thought... What about paying tribute to all the WI women involved in agriculture?

Our Bond Head Branch started in 1902, and though I don’t know for certain... I suspect that most of our members were farmers and involved in agriculture. Fast forward to today, and while some of us have lived on farms... we are all currently not actively farming or involved in agriculture. Or are we....? After googling the definition of agriculture... and seeing the typical definitions of agriculture that we know... I stumbled on one that I thought really fit for today’s theme. It defined agriculture as: the foundational pillar of all society. That’s really interesting, I thought... just like the WI... the foundational pillar of community.



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And so... to connect our theme of women in agriculture, bees, and topay tribute to all the women of WI who went before us ... I was thinking...

If you look closely at a bustling honeybee hive, you are not just looking at nature's finest architects... You may see the same beautiful characteristics that define who we are as members of the WI. You will see working together for a common goal... and knowing that together we are stronger and can achieve more.

In the bee world, the females make up the vast majority of the colony and cycle through various indoor and outdoor duties. They feed, do hive maintenance, provide climate control in the hive, guard, forage, and basically do all the work to protect and ensure the hive is healthy and strong. Honeybees survive and thrive because they understand a fundamental truth: no single bee can build a hive alone. It requires collective effort, shared vision, and unwavering cooperation. This mirrors the work efforts that we do as WI. We know that together we are stronger than we could be alone. We recognize that we are a group of women with different strengths, ages, and talents. And like the bees, we have a shared vision and a commitment to something bigger than ourselves... that only happens when we work together toward the same cause, to ensure "our hive" ... "the community" is healthy and strong.

Bees communicate through a unique dance, sharing information through various rhythms to help the whole group find direction and know the best location and distance of the food source. It plays a unique role in their achievement and production. Recent research shows that they refine their dance skills through social learning. Similarly, in the WI, we refine our own dance or life skills as we share our knowledge through mentorship, ideas, focus on student achievement, and powerful advocacy campaigns. We lift each other up through inclusion and education, providing a true sense of belonging. We educate our communities and truly believe that we can make a difference.

When we think of impact... a single honeybee produces only a fraction of a teaspoon of honey in her lifetime. Yet working together, a hive produces pounds of sweetness that sustains the community. Similarly, a single WI member can make a difference, but an entire institute can change laws, build dynamic communities, help students succeed, and create lifelong friendships and sisterhood.

So, the next time you see a bee buzzing purposefully in the garden, smile. See her as a sister in arms. Think back to today and remember that we are all women involved in agriculture... foundational pillars in the community, and just like the bees... if we keep buzzing together for the greater good, we can have an impact on each other and our local community, and create positive change for the future. Like the bees... we can make the world a sweeter place to be.

To share the words written in Advice from a Honeybee by Ilan Shamir:

Create a buzz: make an impact ... bring passion and energy to what you do.

Stick close to your honey: Nurture your relationships. Just like bees dancing to share directions, be attentive to your community.

Mind your own beeswax: Focus on your own lane, your magic, and your specific role in the world.

Work together: lean on your community and lift others up.

Bee yourself: every bee has a purpose. Bring your unique gifts to the table.

Most importantly... always strive every day in every way to be the best version of you with your own unique talents, strengths, and abilities... We are all women in agriculture. Foundational pillars in the community by the investment of the work we do day after day, year after year... women sharing and women caring. **Bee** involved. **Bee** kind to both yourself and others, **Bee** someone worth remembering **Bee** cause that is the sweetest, best and most important way to **Bee**.

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Homestead News, Submitted by Veronica Boone

What has been happening this spring? Easter at Addies!

On April 4th, 2026, the Adelaide Hunter Hoodless Homestead welcomed approximately 400 guests for their annual Easter at Addie's celebration. The event brought together families, friends, and neighbors for a day filled with activities, excitement, and support for a cherished local landmark.

The event featured a wide range of activities for all ages, including an Easter egg hunt, a hands-on petting zoo, arts-and-crafts stations, a museum scavenger hunt, and a variety of outdoor games. These engaging experiences created a joyful and inclusive atmosphere, ensuring there was something for everyone to enjoy.

In addition to the day's festivities, the event successfully raised \$2,000 in support of the homestead, contributing to the preservation and continued programming of this historic site.

This year's great turnout, despite the overcast weather, highlighted the event's spirit of community and generosity, leaving attendees with lasting memories and reinforcing the importance of coming together to celebrate and support local heritage.



Doors Open Along the Grand

On May 9th, the Adelaide Hunter Hoodless Homestead had the honour of once again being a featured site for this year's Doors Open along the Grand! In collaboration with the County of Brant, the City of Brantford, and Six Nations of the Grand River, we opened the doors to a variety of local museums, markets, and businesses, allowing the community to explore all that goes on around them, free of charge. Our homestead welcomed over 100 guests throughout the day, sharing Adelaide's story and the FWIC's lasting impact on our modern world. We look forward to being a part of this wonderful event for many years to come!

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Summer Milk

Over the weekend of May 16th and 17th, the Adelaide Hunter Hoodless Homestead hosted a special performance of Summer Milk, a site-specific performance of Adelaide's childhood and advocacy. This multimedia experience invited audiences to move beyond the present and explore the historic home through the voice of Jane Hamilton Hunter, Adelaide's mother. Listeners were guided through the home as Jane recounts memories of Adelaide's life, legacy, and loss—offering a moving and thought-provoking perspective on grief, motherhood, and the enduring strength of women. Guests were then invited to enjoy a garden tea party in the homestead pavilion, bringing this honorary Mother's Day event to an elegant close.



Upcoming at the homestead!

Yoga with Tracey (\$40.00/4-week session OR \$10.00 drop in)
Every Sat. 9:30 am

Starting the first Saturday of June, we welcome you to join Tracey Graham, owner of 'Women Warrior Wisdom' yoga studio in Brantford, for peaceful morning yoga outside in the homestead pavilion! This series of three, 4-week sessions will focus on pro-aging/age-friendly yoga and strength exercises, helping you to maintain mobility for independent living and graceful aging.

Spring Paint and Sip with Patti Errygers (18+) (\$25.00/person)
Date TBD

This June, we welcome back local artist Patti Errygers for an afternoon of wine, treats, and classic painting. Grab some friends and come follow along this step-by-step workshop to create your very own masterpiece in celebration of spring! Guests are asked to please wear 'painting clothes' and are welcome to bring an alcoholic beverage of their choice if preferred. Registration fee includes paints, canvas, brushes, drinks & snacks.

Herbal Teas & Remedies Workshop (\$20.00/person)
Date TBD

Join us once again and step back in time to discover the healing traditions of the 1800s in this hands-on, **herbal tea workshop**, hosted at our historic homestead museum. Learn from herbalist Laural Winger how wild and garden herbs can be used to create soothing teas and simple home 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!

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Forensic Nursing Standards, Submitted by Lynn MacLean, President FWIC

Forensic Nursing Standards (Part 2)

The Canadian Forensic Nurses Association has developed six standards for forensic nurses. Here are the two more of the standards.

Evidence-informed Practice

Sexual Assault Forensic Nurse Examiners understand the unique values, preferences, and circumstances of patients while still adhering to the scientific evidence that supports and informs forensic nursing practice. Sexual Assault Forensic Nurse Examiners complete activities such as gathering forensic samples, documenting

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objectively physical findings, collecting forensically relevant information, and applying skills and knowledge that benefit their patients, families, community, and population. Using an evidence-informed forensic lens, the Sexual Assault Forensic Nurse Examiner's practice includes:

- a) Evidence that is based on current research, legislation, recommendations, guidelines, literature reviews, and case law
- b) Comprehensive and systematic assessment
- c) Documentation and collection of data/samples
- d) Consultation and collaboration with inter and intra-professional disciplines
- e) Participation in peer review processes for evaluation of evidentiary procedures, documentation, and quality of practice

Trauma and Violence-informed Approach

Sexual Assault Forensic Nurse Examiners practice with a trauma and violence- informed approach to guide a holistic patient response. This approach provides safety, trustworthiness, and transparency and promotes empowerment within a respectful and collaborative partnership with patients.

Sexual Assault Forensic Nurse Examiners respect diversity and embody a trauma and violence-informed approach through the provision of:

- a) Consistent ethical practice adhering to provincial/territorial standards of practice, professional standards, and codes of ethics
- b) Actively involving patients through the provision of choice with informed consent and assent throughout the response delivered
- c) Promoting environmental, physical, emotional, and psychosocial safety
- d) Resilience-building and strength-based actions to facilitate patient empowerment
- e) Inclusive practice through recognition of the influences of structural and systems trauma for people affected by sexual violence

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The Newfoundland Welcome, Newfoundland & Labrador, Submitted by Audrey Mullins, Gander WI Branch

Our Home - Newfoundland and Labrador

To define hospitality, you have to come see,
the beauty of our home, an island in the sea.
Some say we are isolated, but most disagree
we have the best life; we can run and be free.

The scenery is breathtaking on our rugged shore
where ancient cliffs stand in the ocean roar.
The sounds of the seagulls and puffins galore
will just draw you in and wanting more.

In springtime the icebergs grace our land
and we witness the beauty carved by God's hand.
In Gros Morne we have the mountains so high,
hikers are awe struck as they reach for the sky.

Jiggs dinner, toutons and partridgeberry tarts,

Homemade foods are good for the heart.
The people are friendly, the kettle always on
You will never leave hungry from a Newfoundland
home.

Ugly sticks, accordions, guitars and spoons
all used to create music to accompany the tunes.
The kitchen party often happens by chance
when family, friends and visitors just start to dance.

Wherever you travel, wherever you roam,
it is always said there is no place like home.
If you visit our province and see the ocean foam
You won't want to leave cause you will feel you are
home!

DONNA STRICKLAND – Nobel Prize winner

Donna Strickland was born May 27, 1959, in Guelph, Ontario, to Edith, an English teacher, and Lloyd Strickland, an electrical engineer. After graduating from Guelph Collegiate Vocational Institute, she went on to attend the McMaster University engineering physics program because it included lasers and electro-optics, both of which were of particular interest to her. She was one of 3 women in a class of 25 and graduated with a Bachelor of Engineering degree in 1981.



She then pursued her graduate degree at the Institute of Optics at the University of Rochester, from which she received a Doctor of Philosophy in 1989. Her research took place at the associated Laboratory for Laser Energetics, where she was supervised by Gerard Mourou. They developed an experimental setup called chirped pulse amplification to raise the peak power of laser pulses and overcome certain limitations.

From 1988-1991 Donna was a research associate at the National Research Council of Canada, moving on to work in the laser division of Lawrence Livermore National Laboratory from 1991-92 before joining the technical staff of Princeton University's Advanced Technology Centre for Photonics and Opto-electronic materials from 1992-1997, following which she became the first full time female professor in physics at the University of Waterloo in Ontario. Her work includes high-intensity laser systems, pushing the boundaries of ultrafast optical science into new wavelength ranges, and exploring the role of high-powered lasers in the human eye lens to cure presbyopia.

She has been and is active in Optica, serving as president and was editor of their journal. She has also been involved with the Canadian Association of Physicists and with TRuST Scholarly Network at the University of Waterloo. Over her career, she has published numerous articles, received many awards, and is a member of many science-based organizations. In 2018, she was listed as one of the BBC's 100 Women and has a prize in her name given by the Natural Sciences and Engineering Research Council of Canada. She was also awarded an honorary Doctor of Science degree from the University of Alberta in 2024.

On October 2, 2018, she, along with Gerard Mourou, her doctoral advisor, received the Nobel Prize in Physics for their work on chirped pulse amplification. The other half of the prize was awarded to Arthur Ashkin for unrelated work on optical tweezers. She was the third woman ever to receive the Nobel Prize in Physics after Marie Curie in 1903 and Maria Goeppert Mayer in 1963.

Donna is married to Douglas Dykaar, and they have two children, a daughter and a son. She continues to work as a full-time professor at the University of Waterloo in Guelph, Ontario.

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Canada Area Update, Submitted by Anne Innes, Canada Area President

My first article as Canada Area President, exciting, but where do I start? There is a song that says, "Let's start at the very beginning"! Who am I? I don't like talking about myself, so I will mention a few things each month to give you a sense of why I am so passionate about ACWW and honored to have this position.

A little bit about me – I grew up on a dairy farm with my parents and younger brother. We had Jersey cows and lived in Oxford County in southern Ontario. I was involved with 4-H, both the agriculture and homemaking clubs. This involvement was the beginning of being able to public speak. Soon, I joined Junior Farmers and became a director, and before long, I became a 4-H leader, a role that lasted for many years. I took piano lessons, joined the school choir, and enjoyed doing musicals. Such was the beginning of my love of any genre of music. *To be continued...*

I have had the privilege of being mentored by our new world president, Marie Kenny, and I am excited to have the opportunity to work with her at the world level again. I'm happy to announce Donna Jebb from FWIO as a new Trustee and Board Lead for the Partnerships Working Group. Canada is well represented on the new ACWW Board.

Canada Area is recognized as a leader, and I hope to maintain that respect in encouraging all the societies to engage in meaningful work. Many resolutions were passed at the Triennial World Conference, and a new theme to focus on for the next Triennium: **LOCALLY GROUNDED LEADING GLOBALLY**. Much valuable work has been done with the creation of forensic nursing and with gender based and IPV violence, and I encourage you to continue that advocacy work, because you are making a difference.

Moving forward, I would like to address this resolution - ***Childcare Desert***

ACWW and its Member Societies call on all governments at both local and national levels to take comprehensive action to eliminate childcare deserts, including those living in rural, urban, and marginalized areas. This includes addressing barriers to affordable childcare services influenced by a lack of licensed childcare service providers, a lack of stabilized care, and the absence of high-quality childcare options, which have a disproportionate impact on women, particularly rural women. We call on the government to provide reliable, affordable, and accessible childcare services particularly for women living in rural and other underserved areas and communities. Governments are encouraged to consider solutions that include investments in childcare infrastructure support for flexible and community-based care models, and targeted training programmes for childcare service providers at the local and national levels."

I know it is long, so I will only publish this once. Talk about it in your societies. Is it an issue for your members or your community? How do you see us working together, making a difference?

Let me know, and we'll move forward sharing ideas and actions



- Anne Innes canada@acww.org.uk



FWIC AGM - July 7, 2026

7pm EST

There is no cost to attend,
but donations of \$25 and up will receive charitable
donation receipts.



Register for this virtual event with
President Lynn... registrations@fwic.ca



Two Guest Speakers

Sarah Robertson-Barnes. Toronto, Canada
Sustainable in the Suburbs
&
Liz Louden, President of the
Canadian Forensic Nurses Association



Guest Speakers are:

Sarah Robertson-Barnes is a sustainability educator, writer, and host of the [Sustainable in the Suburbs](#) podcast. She helps families reduce waste, save money, and make low-waste living more practical in everyday life. Through her work, she focuses on simple, realistic changes that can be implemented at home — especially in the kitchen and closet, where everyday habits have a big impact.

For the meeting, Sarah plans to speak about practical, everyday approaches to sustainable living, with a focus on mindful consumption in our wardrobes—especially our purchasing habits. She will keep it grounded in simple shifts people can start making right away to reduce waste and save money.

Liz Louden is a forensic nurse examiner, educator, and international leader in forensic nursing. An internationally certified Sexual Assault Nurse Examiner (SANE), she has spent many years working at the intersection of healthcare, trauma, and justice. She teaches at universities in both Canada and the United States and has held leadership positions with both the International Association of Forensic Nurses — including serving as President in 2017 — and the Canadian Forensic Nurses Association, where she currently serves as President. Through clinical work, education, and advocacy, Liz is committed to improving care for survivors of violence and advancing the field of forensic nursing worldwide.

Announcement of the Adelaide Hunter Hoodless Canadian Woman of the Year 2026

Every year, branches across Canada are encouraged to nominate outstanding women in their communities who exemplify Adelaide Hunter Hoodless's spirit and determination. This year's recipient of the award will be announced at the AGM.

Here is your Zoom link for the AGM...

Topic: FWIC WI Canada Annual General Meeting

Time: Jul 7, 2026, 07:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/85402577354?pwd=Jnf4jjEPzm4nTTFkaOJXxQJWnzP1kb.1>

Meeting ID: 854 0257 7354 Passcode: 043531

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Ellen's Corner

Ellen McLean, a member for 70 years, is the past president of
WINS, FWIC, and ACWW.



My corner has been vacant for some time, and I have missed sharing memories and thoughts with you. I am not going to make any excuses. It is all about life changes.

I was very pleased that there were so many Canadians delegates at the recent ACWW conference in Ottawa. Lynn MacLean has given me a much-appreciated report of the happenings, and I look forward to getting more details of the reports of the past Triennium and the hopes and plans for the next three years.

It is no easy task to make plans in this rapidly changing, sometimes chaotic world. I just hope that future planning is true to the Aims and Objects of the organization, remembering **that action can work wonders**.

Needless to say, I was very sorry to have missed being in Ottawa and particularly sorry to not be present to celebrate and congratulate Marie Kenney's election as World President. It is very special that we have a Canadian world president when ACWW celebrates its centennial. I know that you will all join with me in wishing Marie all the best for her three-year term. At times, things will be challenging and frustrating, but I know that there will be wonderful memories of special women, along with interesting, exciting, and inspirational events.

My wish for Marie is for many happy landings in places with strange-sounding names; may they be safe landings. I know that it will be a special, happy landing when they are in her "Island home".

Wishing you all a very happy summer
Warmest regards
Ellen

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The “Design a Pin Competition” is now open for the 24th National Convention.

The Convention Pin Design Competition invites WI Members to create an original pin design that reflects the following:

- the triennial theme of “**Together We Rise.**”
- 24th National FWIC Convention or the year 2027,
- Held in Prince Edward Island.

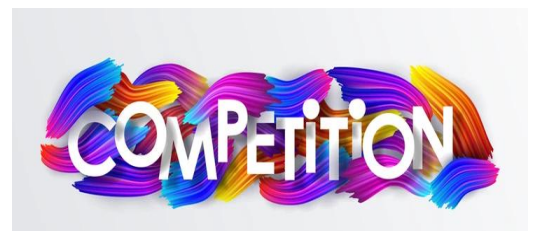
The winning design will be produced as the official commemorative pin for the convention.

Eligibility:

- Open to all Canadian Women's Institutes members
- Individual submissions only
- Each participant may submit up to two (2) designs

Design Requirements

- Format & Size
 - Pin size: Maximum 1 inch (50mm) in height or width
 - Shape: Open (square, rectangle or circle)



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- Technical Specifications
 - Submit artwork as a sketch in PDF or PNG Format
 - Maximum 6 colors
- Show
 - FWIC crest and WI Canada crest
 - Year 2027
 - Name or symbol for PEI
 - Theme

Send your entry to info@fwic.ca on or before January 4, 2027.

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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

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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 the branch members & guests participating in the 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,

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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 the 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.

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 the 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.
- 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).

