

May 2026

Monthly Newsletter for Federated Women's Institutes of Canada

# WI Connections



## *FWIC Annual General Meeting*

July 7, 2026, at 7 pm ET

To be held virtually via Zoom

Look for more details in the June issue

To attend, register at [registrations@fwic.ca](mailto:registrations@fwic.ca).

There is no cost to attend, but donations of \$25 or more will receive a charitable tax receipt.

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## From the President's desk...

Spring has maybe, almost arrived. Time to put away winter activities and think about spring and summer. One winter activity that many of you do is quilting. As you handled fabric or appreciated the artistry of a quilt, have you considered how the members of the Women's Institute resemble individual components within an intricately crafted quilt?

Membership, like a quilt, is more than just its parts. At first glance, a quilt appears to be made of fabric sewn for warmth. But a closer look shows intention, care, and stories stitched into each piece. Similarly, membership in the Women's Institute isn't just a list of names; it's a living fabric woven from diverse individuals, shared values, and collective purpose.

Each member is a patch of the quilt. Some pieces are bright and bold, others subtle and worn, shaped by different experiences, skills, and perspectives. Alone, a single patch may seem incomplete or fragile. However, joined together, these pieces create strength, beauty, and meaning. The diversity of members—new and seasoned, outspoken and quiet—adds texture to the whole, ensuring the quilt is both resilient and visually rich.

Some pieces are newly added, others have been carefully stitched in place over many years, but all belong. Together, they create a quilt that carries the warmth, wisdom, and continuity of those who came before while making room for those yet to join.

The stitching that binds a quilt mirrors the relationships within our membership. Trust, communication, and shared effort are the threads that hold everyone together. Strong stitching does not erase differences; instead, it secures them in place, allowing each piece to remain distinct while contributing to a unified design. When stitching weakens, the quilt frays—just as a community suffers when connections are neglected.

Quilts are often made over time, sometimes passed from hand to hand, generation to generation. Membership, too, evolves. Members join, grow, take on leadership, and eventually make space for others. The quilt grows heavier with meaning, warmed by the contributions of those who came before.

As we look to the future, our quilt continues to grow—strengthened each time a new member is welcomed and inspired by those who have long carried its purpose forward. By nurturing leadership, encouraging advocacy, and valuing volunteer service, we create space for others to find a sense of belonging and meaning within the Women's Institute. Together, we are not only preserving a legacy but actively shaping a vibrant, inclusive organization that invites new voices, new hands, and new ideas to help stitch the next chapter.

Till next time...Lynn





**Highlights from the FWIC/WI Canada Board Meeting –April 20, 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	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 Fundraiser:** The Aloette Fundraiser is now available. Thank you to Sharon Hofman for providing a percentage of sales back to FWIC. Here is the link to view the catalog. <https://ziniy.com/aloette-catalogs/aloette-catalog-2024-english>. To place an order, call or text Sharon at 519 998 9382 or email her at [aloettewithsharon@gmail.com](mailto:aloettewithsharon@gmail.com). She can also be reached through Messenger.

**Earth Day Presentation “The Circular Economy and Sustainable Style:** This year, FWIC will post the Earth Day presentation on the FWIC WI Canada YouTube Channel. Nova Scotia WI member, Monica Rivers, will share what a circular economy is, how it relates to the FWIC Project, and how WI members can be part of a circular economy. Here is the YouTube link: <https://youtu.be/fm0JnAfdvrl>

**FWIC AGM:** The AGM will be held on **Tuesday, July 7, at 7 pm ET**. There is no cost to attend; however, donations of \$25 or more will be eligible for a charitable tax receipt. Reports are due on or before **June 16, 2026**, and emailed to Lynn at [president@fwic.ca](mailto:president@fwic.ca). Please send them as a Word document.

**FWIC Convention Pin Competition:** The competition to design a pin for the 24<sup>th</sup> National Convention is now open. Details are available in the April and May 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. For those interested in the president-elect position, candidates must have served as an FWIC board member in the two preceding triennia (2018-2021 and 2021-2024).

**Summer Students:** FWIC has been informed that funding has been secured for three summer students for the Adelaide Hunter Hoodless Homestead.

**Volunteer Month:** We sincerely thank you for your dedication to the Women’s Institute. You are the heart and soul of our organization, and we greatly appreciate the valuable contributions you make.

**Next Meeting of the Board of Directors: Monday, May 25, 2026, at 6 pm ET.**

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

### THE MAGIC OF BELONGING

What does belonging mean to you? Have you ever thought of what life would be like if we did not belong somewhere?

Belonging is the fundamental human need and feeling of being accepted, valued, and included within a group, place, or community. Women's Institute is an organization where you are made to feel welcome and accepted, and a feeling of "belonging" among its members is fostered.

As we navigate life's challenges, we need support and assistance. Belonging helps individuals navigate life's challenges. It also helps to protect individuals against isolation, loneliness, and alienation. It can build confidence and increase self-worth. Belonging encourages open communication, creates opportunities to discuss challenges, and promotes teamwork. Belonging also enables individuals to ask for support without fear of judgement and increases innovation and problem-solving capabilities.

What can we do in our WI branches to foster a sense of belonging?

- Engage in informal conversations to break the ice and create an atmosphere of comfort. Draw out the quiet members by finding a topic that is of interest to them.
  - Practice active listening and show interest in diverse perspectives without judgement.
  - Be a supportive ally, using your strengths to advocate for others.
  - Value your member's unique qualities and experiences and celebrate your differences.
  - Promote inclusive language
  - When there are disagreements, approach conflict with curiosity about other perspectives and experiences.
  - Respect others' authentic selves.
- When people reach out to join the Women's Institute, they are searching for social engagement, to give back to the community, learn from others, share their talents and time, and belong. Belonging will bring a smile to our faces, joy to our hearts, and a skip to our steps.

A strong sense of belonging improves health and contributes to a happy, lively Women's Institute branch where each woman is valued for who she is.



"Friendship ... is born at the moment when one woman says to another...  
"What! You too? I thought that no one but myself . . ."  
— C.S. Lewis



## The “Design a Pin Competition” is now open for the 24<sup>th</sup> 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”
- 24<sup>th</sup> National FWIC Convention or 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)
- 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](mailto:info@fwic.ca) on or before January 4, 2027.

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## Ideas and Suggestions FWIO would like to share regarding Families, Submitted by Cheryl Sullivan

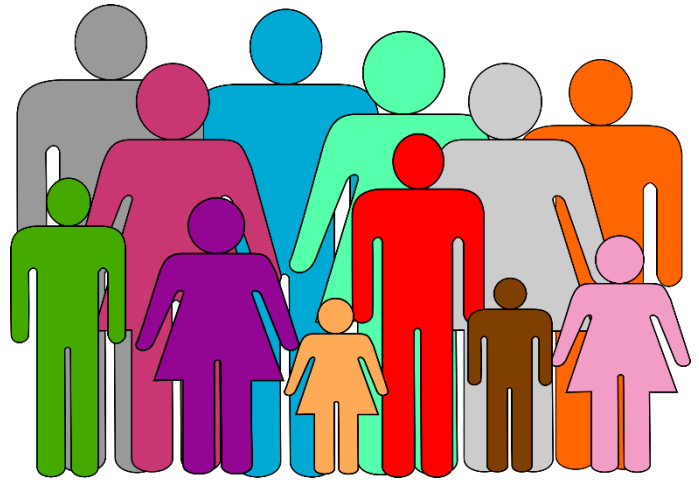
In Ontario, families remain at the heart of strong, resilient communities. FWIO believes that when families are supported, women are empowered, children thrive, and communities become safer and healthier. Our members across branches, districts, and areas consistently identify *family well-being* as a top issue because it affects every stage of life—from early childhood to caregiving for aging parents.

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## 1. Support Caregivers Across the Lifespan

Women continue to shoulder the majority of caregiving responsibilities, whether for children, aging parents, or extended family members. FWIO encourages:

- Expanded access to flexible work arrangements and caregiving leave
- Increased public awareness of family-status protections under the **Ontario Human Rights Code**
- Better coordination of services for caregivers, who are supporting both children and aging parents



Recognizing and valuing unpaid care work is essential to economic stability and community health.

## 2. Strengthen Child and Youth Supports

Ontario's evolving child protection and family law frameworks highlight the importance of prevention, early intervention, and stability for children. FWIO supports:

- Continued improvements to the **Child, Youth and Family Services Act** that prioritize family-centred and culturally appropriate care
- Wrap-around supports for youth transitioning from care, including housing, education, and mental health resources
- Community-based education to help families understand mandatory reporting, parental rights, and available supports

Strong foundations in childhood lead to better lifelong outcomes.

## 3. Ensure Equitable Treatment for All Families

FWIO supports legislation such as the **All Families Are Equal Act**, which recognizes the diversity of modern families. Our members encourage:

- Public education to reduce stigma and improve understanding of diverse family structures
- Ongoing review of policies to ensure inclusivity for all family structures
- Clear, accessible legal processes so families can focus on caregiving rather than court navigation

Equity strengthens trust in institutions and builds belonging.

## 4. Improve Affordability and Economic Security

Rising costs continue to strain families across Ontario. FWIO believes families benefit when governments:

- Maintain affordable, high-quality **Child Care** and expand spaces where shortages remain
- Strengthen enforcement and responsiveness of child and spousal support systems
- Ensure social supports keep pace with the real cost of living, particularly in rural and northern communities

Economic security enables women to work, volunteer, and lead.

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## 5. Foster Family Engagement in Education

Families play a crucial role in educational success. FWIO welcomes efforts to strengthen communication between families and schools and suggests:

- Clear, accessible pathways for families to raise concerns and seek resolution
- Increased resources for **Student and Family Support Offices**
- Encouraging meaningful family engagement, especially during times of transition or challenge

When families and schools work together, students succeed.

## 6. Invest in Community-Based Solutions

Local Women's Institutes know their communities best. FWIO encourages:

- Continued investment in **grassroots, community-led initiatives**
- Partnerships between government, nonprofits, and volunteer organizations
- Recognition of volunteer contributions that support family well-being and social connection

Strong communities grow from local action.

**In closing**, for more than 125 years, Women's Institutes in Ontario have understood that **supporting families is not a single policy—but a shared responsibility**. FWIO believes that informed legislation, inclusive practices, and community-driven solutions together create the conditions in which families—and the women within them—can flourish.

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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 into 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>

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## Sustainable Style with Mindful Consumption - How About Hosting a Clothing Swap!

Submitted by Brenda Devauld

This could be a great way to clean out closets and to connect with your WI group, friends, or community. With the added benefit of repurposing our clothing so that they do not end up in landfills or secondhand stores. While we always feel good about giving clothing to secondhand stores, sometimes these good intentions don't always work. These clothes often end up overseas, creating the same disposal problems for other countries, often countries that do not have the resources to handle the overload.

So why not try a clothing swap? This can be a creative and fun way where guests bring gently used clothing, shoes, and accessories to exchange with others. Participants can leave with "new to them" pieces without spending a cent.

To start, decide where and when you want to have the Swap and who will be invited. Clear guidelines should be decided on, for example, what types of clothing or accessories, and how many items each person should bring. All items should be freshly washed and in good condition, with no rips or missing buttons. Decide on what kind of swap system will be followed. For example, will it be a "one - for- one", for every item brought, participants will take one new item home, or maybe a free-for-all after the initial round?

Organize where you will have the swap and ensure space to hang up and display the clothing. Also set up tables for smaller items. If possible, curtain off an area for trying on items. Make your space as appealing and attractive as possible; this is an event you want people to enjoy!

Check out the website, Sustainable in the Suburbs, and the podcast, Ep 36: How to Host a Clothing Swap -Sharing clothes and Building Community, for some great ideas and tips!



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# 100 Voices: The Stories That Shape Us

**We are writing a book—with your stories.** This project invites WI Members to contribute their voices in a meaningful and lasting way, creating a collection that honours both the ordinary and the extraordinary moments of the Women's Institute that shape our lives. By sharing these stories, we are preserving our history, strengthening

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our connections, and ensuring that the knowledge and experiences of women continue to be recognized, valued, and passed forward.

100 Voices is a storytelling project that began last fall. It gathers the real-life experiences of WI women in our communities—stories shaped by family, work, resilience, creativity, and everyday life. It is a way of capturing what often goes unrecorded: the quiet leadership, practical wisdom, and lived experiences that define who we are. Each voice adds to a larger picture, reflecting not only individual journeys but the shared strength and character of rural and community life across generations.

Please forward your write-ups to [president-elect@fwic.ca](mailto:president-elect@fwic.ca). They should be about 4-5 paragraphs long. One picture, ideally of the author to go with them 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 506-277-6340

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



I can still see their smiling faces... feel their labour of love in action, serving the most delicious cookies and treats, hear the chatter of their voices and the clinking of those beautiful teacups and saucers as they carefully wash them and put them away. The flood of memories comes rushing back to a time long ago, in the late 1960s and early 1970s, and to the privilege of growing up in a 3-room schoolhouse with only three teachers, but also to the love, support, and dedication of a group of women called the Savard Women’s Institute. These amazing women, filled with love and tireless devotion, who believed they could make our world a better place... and did.

In the wilderness of Northern Ontario, their deeds and actions gave us a voice... for it was because of their work and their dedication to making our school thrive with extra activities and because they showed us we mattered and were part of something more than isolation and rural reality, that we truly understood we were much more and at the same time learned the meaning and value of community... And perhaps, more importantly, that we had a sense of belonging and a place that felt safe and we called home.

The Women’s Institute members were a visible presence, teaching us important skills like sewing, cooking, knitting, how to serve tea at a community event, serving hot dogs and food at a concession stand at the fall fair, making costumes for the Christmas concert out of crepe paper and shiny tinsel garland and supporting us financially with field trips and a much needed hot lunch program every winter. They quietly went about their tasks with a quiet sort of reverence... They left an indelible mark on my heart and made me know from a very young age that a community is only as strong as its members... an impression that lasted a lifetime and fueled my desire to do exactly the same thing when I grew up... join the Women’s Institute and make a difference.

In grade 8 our Home Economics class had the opportunity to compete for the coveted Women’s Institute award. To win the award, it included producing samples of knitting and crocheting, a well-kept Home Economics workbook showcasing the work over the year and the illustration of what those skills could look like in everyday life as a domestic engineer. I worked really hard that year and was so proud to be chosen as the winner. I was awarded the 5 Roses Cook Book... a beautiful cook book with a white cover that had a picture of the bag of flour, cooking utensils and five roses on the front... but what was special to me was the inscription on the inside “Donated by the Savard Women’s Institute for the best kept Home Economics Book 1974.” I have used that

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cookbook faithfully for the last 60 years and cherish it. It has also been my bragging right to my family and friends over the years... a thing that results in a lot of laughter and fun and the title of Home Ec Queen...It is perhaps one of the most important achievements of my life.

Growing up, I felt privileged ... I knew that my life was rich because of the extra things happening at my school that supported literacy, numeracy, and wellbeing. When I entered high school and met other students from neighbouring schools.... I fully understood... their history was not the same. I then knew with certainty that the Women's Institute at my school, Savard, Sharpe, and Robillard Public, was truly something special, and I felt even more thankful. I realized that the long, cold winters and the isolation of being in a small rural farming community, two hours from a real city, had felt normal, alive, and vibrant because of their tireless efforts. I realized the impact this special group of women had on my life... And I felt even more grateful.

I left the north with my career in the Ontario Public Service in 1988. While taking piano lessons in the early 2000's, I happened to be waiting and noticed some beautiful calendars.... To my surprise and delight, they were being sold by the Women's Institute. My piano teacher was a member of the Bond Head Women's Institute and encouraged me to join. So, when I retired in 2021, I jumped in with passion and enthusiasm. Joining the WI... I felt like I had come home. If only... I contemplated... could I make a small difference in my community ... could I emulate those amazing women of my long-ago memories and now be the one to make a lasting impression and difference in my community?

I now belong to two Women's Institutes and serve as the President of the Bond Head Branch and the Vice President of the Tec We Gwill Branch. The branches are both very involved in the community and serve with passion and dedication. I have met so many wonderful women and have had the opportunity to do so many amazing things to serve our community. The rewards are endless in seeing the joy and hearing the community feedback. Life is busy but oh so much fun!

My mind often wanders back to my early beginnings of WI. I cannot think of a better beginning or shaping of early life. While doing my graduate studies, I learned that early support has an impact on the brain wiring that is critical for healthy development. It involves rapid neuron growth and connection formation in the early years of life. The necessary connections and wiring of the brain are driven by experience, interactions, and exchanges, and create a foundation for skills and lifelong learning. How blessed I was to have that positive influence and support of the Women's Institute. Their influence wired my brain to understand the value of volunteering, belonging, and creating healthy communities that thrive.

I am forever grateful to the members of the Savard Women's Institute for their kindness and caring... for traveling across snow-covered roads in subzero temperatures and for being there from September to June every year to show students the value of leadership and belonging. They made us feel special and so much more than a group of 50 students in an isolated farming community. We felt special, valued, and had a sense of belonging, and because of them, we knew that we could live our dreams to our fullest potential.

Last year, as part of our student achievement goals at the Bond Head WI Branch, we included a local rural school in our planning. We actively worked with the school, and provided much-needed funding to support their

sports program, showed up at their spring fair to help serve the food and run events, and included the grade 8 class in the serving of food at the annual Strawberry Social. My heart sang when we received a thank-you card that included a note, "You made our little school feel big." Shortly after, I attended a graduation ceremony to present the WI award. When the valedictorian reflected on his memories, he noted the Strawberry Social as a highlight. The answer to my question as to whether we could make a difference was answered, and I knew with full assurance that yes, we were.

I am eternally grateful to the Women's Institute for their years of service and for their influence and shaping of my young life. I am also so thankful that the work continues, and I get to be part of two amazing branches and to carry on the tradition, love, and support to my community.

Memories are a beautiful thing, and when mine flood back as they often do... I think of the random acts of kindness, the generosity and devotion, and the hard work of a group of women who knew they could make a difference, shape lives, and invest in the future. It is now my privilege to carry on that work and to invest in my

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community. It all started... and it all continues because of "Women Who Care and Women Who Share" and I am so proud to be part of the history and the future of a special group of remarkable women called the Women's Institute.

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## One Hour Fermipan Bread, Submitted by Deborah Barrett, President MWI

### Ingredients

4 c flour

1 Tbsp salt

1/3 c sugar

2 Tbsp fast-rising yeast (Fermipan)

### Method

Mix ingredients together and make a well in the center.

Add 2 eggs, 1/2 c cooking oil, and 4 c lukewarm water.

Then add 4 c flour, plus a bit more (1 1/2 to 2 cups). Mix well.

Punch down 3 times, every 15 minutes.

On the fourth time, form dough into loaves and put into greased pans. Let rise.

Bake at 350F for 30 to 40 minutes.

Quick, easy, and excellent. Never fails.

Recipe from Bernice Basaraba of the Fisher Branch WI, Manitoba



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## Forensic Nursing Standards, Submitted by Lynn MacLean, President FWIC

FWIC is exploring how our organization can support the work of Forensic nurses. This article shares two of the six standards that the Canadian Forensic Nurses Association has developed.

### Professional Knowledge

Sexual Assault Forensic Nurse Examiners understand the health consequences of sexual violence, are specialists with a unique body of professional knowledge, and apply this knowledge to complex, individualized patient interactions and interventions. Sexual Assault Forensic Nurse Examiners need to pursue ongoing learning to build and maintain competency as specialists. The action of knowledge translation ensures that the Sexual Assault Forensic Nurse Examiner correctly applies the science of forensic nursing to the actions and interventions required for the appropriate response to each patient. The Sexual Assault Forensic Nurse Examiner achieves and maintains professional knowledge:

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- a) By completing formal, specialized education based on currently accredited programs, which include a minimum of 40 hours of theory and additional clinical components, both under the direction of a Certified Sexual Assault Forensic Nurse Examiner
- b) Through the use of evidence-based, expert-recognized, peer-reviewed/approved, and current information that is appropriately applied to ensure standardization of practice nationally
- c) By maintaining a competency framework regularly, which includes current continued education and training relevant to this work
- d) Through self-regulation, reflection, collaborative peer evaluation, and quality assurance fulfill their roles and responsibilities within the healthcare and legal systems
- e) Through participation and presentation of research and academic activities
- f) By disseminating and reviewing evidence-informed research
- g) Through active contributions to related professional practice groups
- h) By demonstrating a consistent commitment to advanced and ongoing education
- i) Through partnerships, collaborations, communities of practice, and other professional engagements among multidisciplinary teams

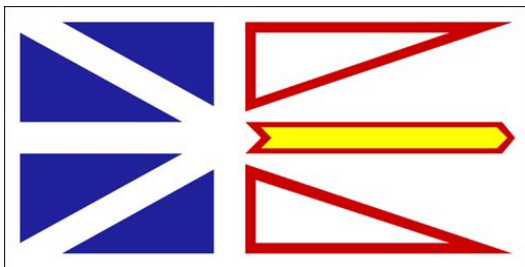
**Professional Wellness**

Sexual Assault Forensic Nurse Examiners understand that professional wellness optimizes service delivery. Multiple internal and external factors might impact professional wellness, including system fatigue, compassion fatigue, vicarious trauma, and moral injury. Maintenance of physical, psychological, spiritual, emotional, and digital safety throughout the practice continuum is imperative. The methods employed to mitigate risks are equally distributed under the responsibility of the individual practitioner, the employer, and the service.

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**The Newfoundland Welcome,**

Submitted by Nellie Moss, Newfoundland and Labrador Women’s Institute’s Board



**Hospitality on a grand scale.**

Hospitality in Newfoundland and Labrador has been legendary for many years, but never more evident than during the events of the destruction of the World Trade Center on 9/11/ 2001, as demonstrated by the actions of the Town of Gander and surrounding communities.

On September 11, 2001, Gander International Airport received 38 Jumbo Jets carrying 6,700 passengers and crew over the course of three hours. The Town of Gander’s Emergency Operations Center was called upon to manage the transportation, accommodation, and feeding of these unexpected guests. The Town had a population of less than 10,000 people. Hotels in the Gander area had fewer than 500 rooms; therefore, schools, churches,

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lodges, and other buildings were immediately transformed into makeshift shelters. Other accommodation was provided by private citizens.

What happened next was an example of humanity and hospitality at its finest. Gander and the neighboring communities of Appleton, Glenwood, Lewisporte, Norris Arm, and Gambo opened their hearts and homes to strangers. Together, these six small towns rallied to provide food, clothing, and sleeping arrangements for their new visitors. They housed, fed, comforted, and entertained these travelers from nearly 100 countries for 5 days.

On 9/11, the world experienced an unfathomable tragedy. However, the passengers and flight crews, grounded in Gander, experienced humanity and hospitality at its finest. A quote from Gander Mayor Claude Elliott, ***“They arrived as strangers; they stayed as friends and departed as family.”***

Many of the passengers have returned to visit the towns and have made long-lasting friendships with residents. One of our friends, Kevin Tuerff, from Austin, Texas, was so inspired by the hospitality of the towns and their residents that when he returned home, he spread the story far and wide. He started a pay-it-forward campaign in his company. Each 9/11 Anniversary, he divided his employees into groups of two, gave each group \$100.00, and sent them out in the streets of Austin to do anonymous good deeds for people. Although he is no longer with that company, he continues to spark kindness and generosity toward strangers through various social media, programs, and platforms.

On that dreadful day of 9/11, the world experienced the worst of humanity and the best of humanity all at the same time.

A quote from Mac Moss’s book, “Flown into the Arms of Angels”: ***“Every day of our lives we get opportunities to practice the Golden Rule. Only once in a lifetime does an opportunity come along to practice this rule on a grand scale”.***

Members of the Newfoundland and Labrador Women’s Institutes, Gander Branch WI, were front and center in practicing the Golden Rule during the 5-day event and were seen every day volunteering their services with church groups or other organizations providing food and comfort to the many stranded passengers.

September 11, 2026, will mark 25 years since that devastating day. Many of our dear friends will be visiting again to be with us, and the Town of Gander will have the opportunity to welcome them back, wrap our hospitality around them, and once again draw them into our hearts.

In total, over 13,000 passengers and aircrew members were accommodated in Newfoundland and Labrador. Airports in Happy Valley-Goose Bay, Stephenville, Deer Lake. Gander and St. John’s had to call on surrounding communities to provide the food, transportation, accommodation, comfort, and shelter. Over the years, there have been hundreds of stories written, several books published, and several plays and musicals written to tell the story of this outpouring of kindness and hospitality.

*The books “The Day the World Came to Town” by Jim DeFede, “Channel of Peace; Stranded in Gander on 9/11” by Kevin Tuerff, and “Flown into the Arms of Angels; Newfoundland and Labrador’s Unsung Heroes of 9/11” by Mac Moss are all available on Amazon.ca. The hit musical “Come From Away” continues to play at major venues across Canada and the USA.*

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**This & That**, Submitted by Elizabeth Rushton, Alberta WI

**ALICE MUNRO - Nobel Prize Winner for Literature, 2013**

A page-a-day calendar recently shared the information that 65 Nobel Prizes have been awarded to women since 1901. Of course, that made me wonder how many Canadian women had been so honoured and I discovered that there have been two so far, one of whom was Alice



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Munro for Literature awarded in 2013. She is a familiar name in Canadian literature, but her life story is perhaps not so well known.

She was born July 10, 1931, in Wingham, Ontario, the eldest child of Robert and Anne Laidlaw, where she was raised on what she called "this collapsing enterprise of a fox and mink farm, just beyond the most disreputable part of town" during the Great Depression. Her mother, great aunt, and grandmother all played a significant role in her early life. Still, after her mother, a teacher, was diagnosed with Parkinson's when Alice was 12, she said it didn't bother her taking on most of the domestic roles in the house. She was drawn to the writing of Lucy Maud Montgomery and Charles Dickens, among others.

After two years studying English and Journalism at the University of Western Ontario, she left and, at the age of 20, married her first husband, James Munro, and they moved first to Vancouver and then to Victoria, where they started a very successful bookstore. They had four daughters, Sheila, Catherine (who died soon after birth), Jenny, and Andrea. Her husband gave her a typewriter for her 21st birthday. In 1972, after the marriage ended, she moved back to Clinton, Ontario (near Wingham) and in 1976 married Gerald Fremlin.

Although she had begun writing as a teenager, she suffered years of rejection from publishers until her first collection of stories, *Dance of the Happy Shades*, was published in 1968, and was awarded the annual Governor General's Literary Award for her third collection, *The Progress of Love*, published in 1986. Much of her work captured the social and cultural attitudes of her native southwestern Ontario, which affectionately became known as "Munro country".

After the publication of four more books, the fifth, *The Love of a Good Woman*, was published in 1998, received both the Canadian Scotiabank Giller Prize and the US National Book Critics Circle Award. Her books, many of which have been deemed almost autobiographical, explored ordinary lives through family history and memories. In 2009, she was awarded the Booker Prize, and throughout her career, she received many other literary awards and also an honorary degree from her alma mater, Western University. There is also an Alice Munro Literary Garden in Wingham. In 2012, she published her last collection of stories, *Dear Life*, in which she explored her feelings about her own life. She did, however, issue several compilations of previously published material, the last one in 2014.

Some films were made from her works, *Away from Her* in 2006, which documented the effects of Alzheimer's Disease and starred Julie Christie and Gordon Pinsent. Others included *Hateship Loveship* in 2013 and *Julietain* in 2016.

Alice Munro died May 13, 2024, in Port Hope, Ontario, at the age of 92, having been dubbed "master of the Contemporary Short Story" by the Swedish Academy when it awarded her the Nobel Prize for Literature. Britannica writes that her work is noted for its precise imagery and narrative style, which is at once lyrical, compelling, economical, and intense, revealing the depth and complexities in the emotional lives of everyday people.

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**Sustainable Style and Earth Day: What's the Connection? Mindful Consumption and How Do We Discard Responsibly?** Submitted by Margie Taylor, President of WINS



Do you ever wonder what happens to your discards once you send them to the curb?

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When your wardrobe needs a facelift, do you just toss and go, or do you think responsibly where the item would be best suited as opposed to a landfill site? When household items are no longer of use, do you send them to the trash or do you consider the 7R's and transform their meaning?

In Canada, approximately 500 Million Kilograms (500 Tonnes) of fabric items are disposed of in landfills each year, which represents 85% of the textile waste generated in the country. The slow decomposition of these materials and the release of harmful greenhouse gases contribute to 24% of the country's total methane emissions. The decomposition time of fabric in landfills varies by fiber type. Natural fibers, like cotton or wool, take 5 months to 5 years to decompose, while synthetic fibers, like polyester and acrylics, can take 20 to 200 years to decompose.

By understanding the decomposition rates of different fabrics and its effect on the environment, we can alleviate the impact of textile waste. By choosing natural fibers when possible and supporting circular fashion initiatives, we, as consumers, can help reduce fabric waste that ends up in our landfills. So, the next time you make purchases, don't just think about the item you bought, but think about its impact on the environment when its fate ends up in the trash!

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**The United Nations International Year 2026 Celebrations, Submitted by Susan Hoszouski, BCWI**

So far in 2026, there has been lots of information regarding the United Nations International Year of the Woman Farmer, but did you know that the UN has also recognized 2026 as the International Year of Rangelands and Pastoralists, and the International Year of Volunteers for Sustainable Development? The UN General Assembly realizes the significant role volunteers play as key drivers for the 2030 Agenda. Volunteers play a key role in achieving sustainable development and sustaining community resilience.

These three themes are vital and go well together. All three shape lives, livelihoods, and ecosystems around the world and are essential yet often overlooked as contributors to sustainable development. Every day, millions of volunteers help to improve the well-being of others by mentoring young people, supporting health systems, and protecting the environment through observance and advocacy.

The UN International Year of Rangelands and Pastoralists is led by the Food and Agriculture Organization (FAO), with the aim of raising awareness of the importance of rangelands for food security, biodiversity, and ecosystem health. It also focuses on the livelihoods of pastoral communities. Rangelands cover about half the world's land surface.

These vast ecosystems are home to grasslands, savannahs, wetlands, tundras, and deserts, supporting a unique biodiversity and the livelihoods of millions of pastoralists.

Pastoralists steward livestock, safeguard local and indigenous knowledge, and support food security across many ecosystems. Pastoralists are present in more than 75% of countries, manage at least one-quarter of the world's land, and herd about 1 billion animals worldwide. Their mobile way of life protects fragile landscapes, strengthens resilience, and preserves cultural heritage. The Year calls for greater recognition, responsible investment, and adapted policies. It stresses the need to secure access to land and natural resources, support mobility, and strengthen rangeland management, restoration, animal health services, and a fair value chain. By encouraging inclusive dialogue and cooperation, the Year aims to improve pastoralists' livelihoods and advance sustainable rangeland management and the Sustainable Development Goals.

The International Year of the Woman Farmer focuses on the many roles women play in agriculture. Women are central to agrifood systems, from production and processing to trade and innovation. Women are both large and smallholder farmers, seasonal workers, fishers, pastoralists, beekeepers, foresters, processors, scientists, traditional knowledge holders, and rural entrepreneurs. They are younger and older women, indigenous women, women in your local communities. Their contributions sustain food security, nutrition, and economic resilience and

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often go unrecognized. The Year is to promote action to close the gender gaps, improve access to resources and services, and support women's leadership in agrifood systems.

Please take the opportunity to learn a little something about each observance recognized by the United Nations in 2026. Through collective action, we can build a more sustainable world for all.

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## Home Economics News and Views, Submitted by Ann Mandziuk, PHEc Manitoba WI

My goal, growing up in rural Manitoba, was to become a Home Economist. After 4 years at the University of Manitoba, completing a degree program and started working with Manitoba Agriculture in the Home Economics section of the Extension Department.

I started in Virden, Manitoba, the oil capital of Manitoba, in 1973, and stayed until 1989, when I moved to the Minnedosa area. I retired in March 2013.

Over the years, I worked with 4H members and leaders who completed projects, participated in public speaking/communications, and attended conferences. The members learned skills that stayed with them as they became adults and took on leadership roles in their communities.

As a District Home Economist, I worked with individuals, families, and community groups like the Women's Institute. We taught nutrition courses, sewing skills, financial management, and many other skills over the years.

One fun course we taught was Wok Cookery. Women across Manitoba attended courses in small halls, curling rinks, and other venues – divided into groups, they had the opportunity to make a different recipe at each of the 4 lessons and then sample what the other groups had made. To this day, I still make several recipes from the course booklets.

Throughout my career, our priorities shifted to meet the needs of the community, but the Women's Institute played a part in what we did in many communities. We attended branch meetings as a speaker. We used their position in their community to help us offer courses and meetings, and we worked together on many programs. The connection between Home Economists and Women's Institutes goes back to the beginnings of WI. In Manitoba, Home Economists were often instrumental in helping Women's Institutes start and flourish in rural Manitoba.

This is one of the recipes I frequently use from the Wok Cookery course introduced by Home Economists in 1982.

### HAM AND EGG FRIED RICE

125 mL fresh or frozen peas	45 mL salad oil
2 eggs, lightly beaten	750 mL cooked rice, cold
2 mL salt, (optional)	15 mL soy sauce
125 mL cooked ham diced	1 green onion finely chopped

Blanch fresh peas or thaw frozen ones in the microwave oven. Set the wok over high heat, add a portion of the oil, reduce the heat, and add the beaten eggs. Break them into small pieces, and once cooked, set aside. Heat the remaining oil. Add the rice and stir fry 2-3 minutes. Add salt, soy sauce, then peas and ham. Stir fry for 20 seconds. Return the eggs to the wok, add green onions, and cook just to reheat the eggs thoroughly. Serves 3-4. Rice used in this recipe should be cooked at least 3 hours ahead of using, instead of ham you could use cooked pork, shrimp, fish, chicken, beef or other leftover meat. Oyster sauce could be added before serving. This recipe can be prepared ahead of time and kept warm in the oven. It can be frozen and thawed before reheating to serve. I like this recipe because it can be adapted to use what leftovers are in your fridge.

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## Marie Kenny, ACWW Area Canada President



Dear Society Members,  
As I write this brief update, I am just settling in for the night after a full day! I began my day joining PEIWI Board Members and Guests for the annual WWTW event.

It was a beautiful morning: the sun was shining, the air was crisp, and we had about two inches of fresh overnight snow to add to the morning's atmosphere!

Following this, I went to the airport to board my flight to Ottawa for the ACWW 39th Triennial Conference!

Half an hour after arriving in Ottawa, I joined ACWW board members and staff to pack conference bags and handle other tasks that needed to be completed before delegates arrived!

Following this, I went for a brief walk before meeting fellow members for dinner. As I walked, I took the time to appreciate a couple of the city's landmarks.



The monument of the suffragettes, the five brave pioneering women who raised their voices to advocate for change, securing the right we have today. Women to be recognized as "persons" and to have the right to vote in elections!

The next stop was at the monument of the unknown soldier in front of the national memorial site. A stark reminder of the many lives sacrificed so that we have the freedom to live in a country that is stronger and free.

Lastly, the National Eternal Flame in Ottawa is a commemorative memorial flame located on Parliament Hill that honors Canadians who have died in service to their country. It is a symbol of remembrance, continuity, and national gratitude, visible year-round.



These visuals are so powerful! As this ACWW conference gets underway on Sunday, 26 April, 2026, I reflect on the importance that behind every decision there is a flame of hope that burns within us, a desire to live, and to learn from the past, and to work collectively and collaboratively for a better future for all! ACWW continues to be a bright light of hope for rural women! Where the voices of rural women are elevated as a form of consciousness, we work to ensure that women, in all their diversity, can enjoy basic human rights.

I complete my term as ACWW Canada Area President with gratitude for the opportunity to serve you, my fellow Canadians. I thank you for your support, your dedication, and your leadership!

I am so proud to be Canadian, and I look forward to seeing many of you in Ottawa as we continue to believe that Together, we are Stronger!

## Happy 100<sup>th</sup> Birthday! Mabel Manuel

WI members from across the country wish Mabel a very happy 100<sup>th</sup> birthday.

In early February, Mabel Manuel from St. John's, NL, celebrated her 100<sup>th</sup> birthday with family and WI friends.

Here are two pictures from her birthday celebration.

Left, Mabel is pictured blowing out her candles with some help.



Mabel Manuel (far right) with long-time WI friends (l-r) Kathy Sullivan and Agnes Richard, Newfoundland & Labrador Women's Institutes

