

# WI Connections

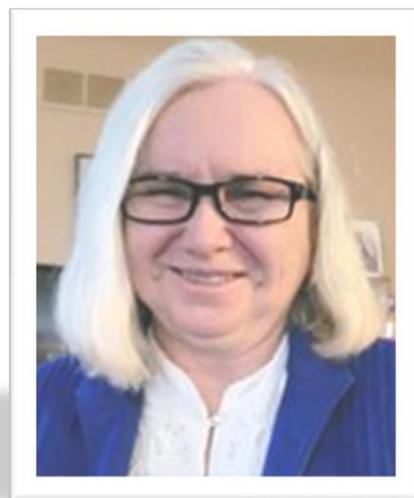
Monthly Newsletter of the  
Federated Women's Institutes of Canada



## *Margaret's Message*, Submitted by President, Margaret Byl

Greetings on behalf of the Board of Directors of the Federated Women's Institutes of Canada.

March was a busy month with International Women's Day, Leadership Modules with thanks to Angela Scott, FWIC/WI Canada Board Meeting (and Committee meetings), ACWW events with the 66<sup>th</sup> Session of the UN Commission on the Status of Women and the Advocacy Round Table on Food Security which was held on March 7<sup>th</sup>.



Thank you to Lynn MacLean, Brenda Devauld; Colleen Hooper; Judy Page Jones; and Susan Hoszouski for their leadership during the Round Table and a special thank you to our guest, Carla St. Croix – Executive Director, Strategic Integration and Competitiveness Policy Directorate, Gov. of Canada for joining in the conversation on behalf of the Department of Agriculture and Agri-Food Canada. Ms. St. Croix addressed how the



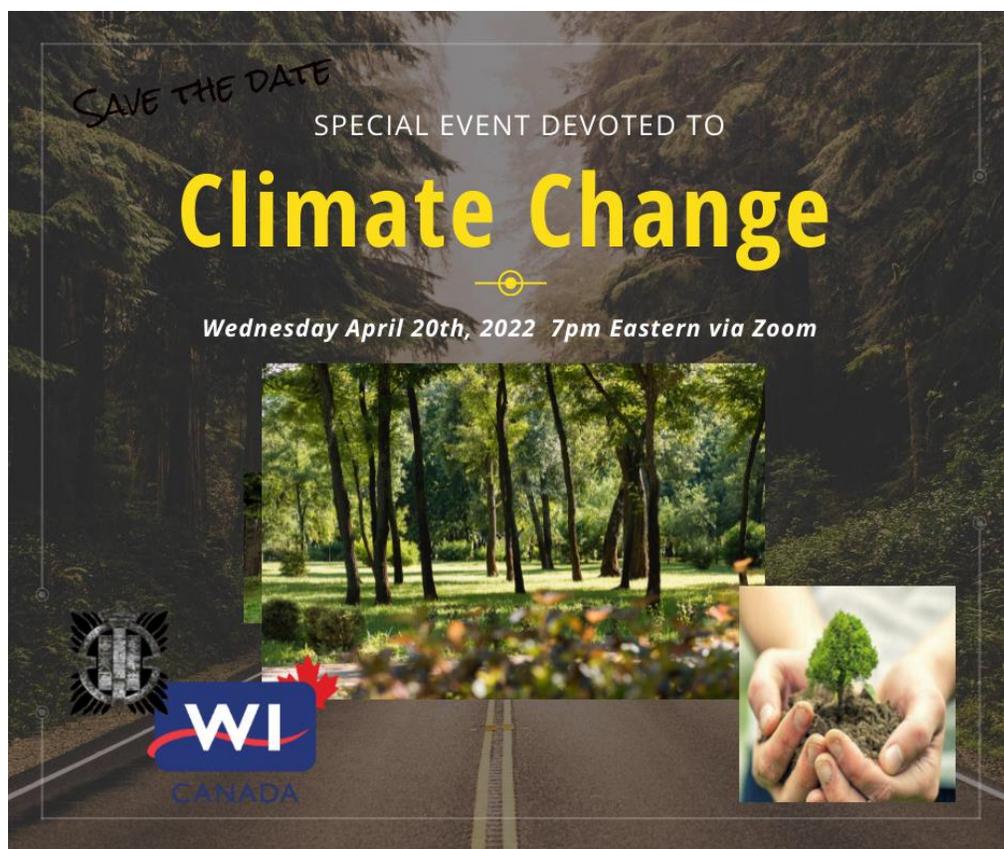
Government of Canada is working with the UN Sustainable Goal 12 – Responsible Consumption and Production along with Food Security and Food Waste. The Round Table recording has been put on the FWIC YouTube Channel. A summary of the event has also been prepared.

March 31 was the deadline for the Adelaide Hunter Hoodless Canadian Woman of the Year Award. I am very pleased to see several nominations, all of women who are most deserving of this prestigious award. The AHH Canadian Woman of the Year Award Committee will have a difficult time in making their decision. The winner will be announced at the FWIC/WI Canada AGM in July.

True to the old saying “In like a lamb, out like a lion”, we in Southern Ontario have felt the effects of a winter storm. I am looking forward to those April showers that will bring May flowers.

Earth Day is celebrated annually on the 22<sup>nd</sup> of April to demonstrate support for environmental protection. According to Wikipedia, it was first held on April 22, 1970, and now includes a wide range of events coordinated globally by EarthDay.org and includes 1 billion people in more than 193 countries. The official theme for 2022 is “Invest In Our Planet”. “Now is the time for the unstoppable courage to preserve and protect our health, our families, and our livelihoods.” To learn more visit

[www.earthday.org](http://www.earthday.org)



In keeping with our celebrations of 125 Years of WI, we are asking you to “Invest in Our Planet” by planting 125 trees. Let’s see how many trees can be planted around Earth Day! Tell us your stories and send us your photos.

This year in recognition of Earth Day, FWIC/WI Canada will be hosting a Virtual Round Table on April 20, 2022, at 7 pm ET on Climate Change. The discussions will include how climate change is affecting our provinces from Coast to Coast to Coast. The Federated Women's Institutes of Canada is inviting you to a scheduled Zoom meeting. Please visit our



website for more information and the zoom link. The event is open to everyone. I am looking forward to a robust discussion and welcome your participation.

Exciting news! On April 30, 2022, Elizabeth Young, President of NLWI, will host the first get together of the FWIC Across Canada Book Club. Thank you, Elizabeth!

Now on a more sombre note, it has been more than a month since the Russian invasion of Ukraine began. It is difficult to observe the scenes of violence and despair that are televised daily, half a world away, without having a sense of empathy for those that are struggling to survive. Many European nations have opened their doors to refugees and displaced persons from Ukraine. The Canadian Government has also committed to receiving 100,000 refugees. Many of you have asked what can be done to help welcome them to Canada. Contact your local community leaders, municipal councils, MPP or MP to see where assistance may be needed.

**Remember also that the Federated Women's Institutes of Canada supports women and families in all nations, throughout the world.** As a Category 1 Society member of the Associated Country Women of the World, we have sister societies in nations world-wide.

I also wanted to thank the Federated Women's Institutes of Ontario and President Michelle for hosting two virtual ACWW Information Sessions on the Ukraine-Russia situation with Nick Newland, ACWW Advocacy Director. The information Nick shared was both thought provoking and insightful. Thank you, Nick, for taking the time out of your busy schedule to speak to WI members in Canada.

Each year on or around 29<sup>th</sup> April, women worldwide celebrate ACWW's international network by joining together to Walk the World. Women Walk the World event is the perfect time to educate your community about the importance of the work of ACWW and why it is vital for the empowerment of rural women. This is also a key fundraising opportunity and explaining ACWW's Pennies for Friendship model can show supporters those little donations spread over a vast network can ensure that ACWW continues its vital work.



*"We are only as strong as we are united, as weak as we are divided." -J.K. Rowlin*



# 8th Annual Easter at Addie's

Good Friday, April 15th 2022

Egg Hunts  
Petting Zoo

Used Book Sale  
Games  
Crafts

10am-2pm

359 Blue Lake Rd, St. George

\$20.00/family of 4  
+\$5 per additional  
child

For pre-booking: please contact us at [info@adelaidhoodless.ca](mailto:info@adelaidhoodless.ca)  
or call us at 519-448-3873



# Adelaide Hunter Hoodless Homestead

submitted by Margaret Byl, President FWIC

We are happy to report that we have received a grant from the County of Brant in the amount of \$21,250.00. Funds from the grant are designated to Operating, 125 Year Celebration of WI Event in July at the Homestead, Upgrading the Pavilion, and emergency funding. Thanks to Peter Janek and Sean McAfee from the Operations Department, County of Brant, the Kitchen renovations are still underway, but should be completed shortly. Sincere thanks to Mayor Bailey and the County of Brant Councillors for all of their Community Support!

On March 25<sup>th</sup> Emily Hodgson and Roxana Maturana finished their contracts under Young Canada Works. Emily is moving on to work with Mara at the Erland Lee Museum Home in Stoney Creek and Roxana has been offered acceptance at the University of Toronto to complete her education.

Thank you to Emily and Roxana for putting The Addie's Easter Egg Hunt Event program together and by all accounts it is destined for success! Although they have officially completed their YWC contracts, they have offered to finish their work for the Easter Egg Hunt Event and have signed contracts as independent contractors to work for a total of 12 hours in preparation and the day of the event. Thank you, ladies! A call for volunteers has been heard and we thank all that have signed up for the event.

The Homestead has now been equipped with the Blink video surveillance system which can be monitored remotely. This should help get a reduction in our liability insurance fees which are now under review.

TODD signs (highway and directional signs) have been ordered to help direct tourists to the Homestead.

Friends of Addie Memberships are still available. For more information, please contact [info@adelaidehoodless.ca](mailto:info@adelaidehoodless.ca)

The Homestead is currently booking events and tours by appointment only.



## Ellen's Corner

*Ellen McLean has been an active WI member for close to seventy years. Over that time, she has served in many roles including President of the Women's Institutes of Nova Scotia, President of the Federated Women's Institutes of Canada (FWIC) and President of the Associated Country Women of the World (ACWW). Testimony to her excellent leadership and service, Ellen has received a honorary doctorate degree from St. Francis Xavier University, been inducted to the Canadian Agricultural Hall of Fame, received the Order of Canada as well as being the first recipient of the Adelaide Hunter Hoodless Women of the Year.*



It has been very interesting to read about the virtual Leadership workshops that our FWIC Board has developed for interested members. I am so pleased to know that this is happening. In my province we used to have Leadership Workshops at the District level as well as at provincial Conventions. I feel they were so valuable and have asked why this was no longer being done.

The answer was "We've already done that". That is a trap we often fall into, not thinking that perhaps some of our members weren't able to be present at earlier ones, or perhaps we are fortunate to have some new members, or perhaps some of us "oldies" need a refresher course. My congratulations to the Board for doing this.

When I read the module topics that are being presented, I was reminded of something that we used to have in my own province. When I moved to Nova Scotia in the early 1950s, I heard reports of Folk Schools that were held in the month of March. My Danish background raised my interest in this because the concept and philosophy of Folk Schools originated in Denmark. When I was a child living in a small town in Alberta the local church held a Folk School every winter. Then on trips to Denmark I visited Folk Schools to learn more about them. So, when I was approached by my local Farmers' Association about attending Folk School, I was pleased to accept their invitation. Women's Institute members and representatives of the farming community were encouraged to attend. Folk Schools were of two five day week duration, residential for participants who lived a distance from the site of the event, but day students were encouraged, - they could come after the morning chores and get home in plenty of time to do the evening chores! The Folk Schools were organized by the Extension Division of the NS Dept. of Agriculture, the NS Dept of Adult Education and the NS Federation of Agriculture.

The topics that were the curriculum included By-laws, meeting management, parliamentary procedure, public speaking, introducing and thanking speakers, why and how committees, writing meeting Minutes, a Treasurer's responsibilities and drafting and presenting Resolutions.. The instructors and presenters came from the organizing groups with the addition of presenters not just from the Federation of Agriculture but also from the other commodity groups in the province. The program also included singing, fun and games and even some square dancing! One of the really valuable aspects of the program was that participants didn't just sit and listen to what and how we should conduct a meeting or introduce a speaker. Everyone had to perform the various topics. There were mock meetings, we had to introduce and thank the



speakers we had, we did draft Resolutions and we did write Minutes of our mock meetings. All had to give a three-minute speech, it was real “hands on” activities. Our critics were our fellow participants as well as our instructors. When the representatives of the various commodities spoke, there was always time for questions and discussion, a real insight into agriculture in our province. The two weeks were a terrific learning experience, helpful and fun. Adult Education at its best. Interest in Folk Schools in Nova Scotia waned, and they came to an end. But many of our Women’s Institute members had reaped their benefits.

Fast forward thirty years during which time that learning experience had been such an asset to me. I then happened to be President of the Associated Country Women of the World and presiding at my first ACWW Council meeting in London. After the meeting two English members came to speak to me. They said it was an interesting meeting, but they wondered about me and how I conducted the meeting, some of it had been somewhat strange. But then they realized they should have expected that. “After all, you come from the Colonies”. Amen.

## *WI Entrepreneur – Linda Mason*



Meet Linda Mason, who is currently a member of Wild Rose Go-Getters WI Branch, Executive Member of the Alberta Women’s Institute, and Alberta’s Provincial Rep. & Executive Member of FWIC. Linda tells her story of how she became a WI member and an entrepreneur.

My journey with the Women’s Institutes started 17 years ago when I joined the Cottonwood WI Branch and I enjoyed being a member of their group immensely until they disbanded. In order to remain a part of the wonderful WI organization, myself and another member of the Cottonwood WI group decided that we would start a new Branch, thus the Wild Rose Go-Getters WI Branch began.

My story of how I become an entrepreneur takes its twists & turns which I hope you enjoy reading about.

The first entrepreneurial endeavor I had was when my oldest daughter was only a year old, selling Avon and TriChem Liquid Embroidery while living in Turner Valley. I soon realized that these endeavors could not pay all my bills, so I decided to look for employment. My first jobs were

waitressing and a cashier for a small-town grocery store. I realized, while working these two jobs, that in order to make enough money to support my children on my own I would need to have more education.

I took an Executive Secretarial course and immediately procured a job as office manager with a local company in Okotoks, but unfortunately it closed its doors in 1980. We moved from Turner Valley to High River, and I tried my skills at becoming an entrepreneur again, starting my own business as Housekeeper and doing work in yards and gardens. It



was very successful, and I had three employees, but I could not see myself doing this for the rest of my life so back to being an employee.

I continued my schooling at the Academy of Learning taking a course in Simply Accounting. While working at UFA Bulk Station the High River Hospital and AGT (all part time and all at the same time for 10 years) I realized that I really enjoy numbers and Accounting seemed to be the most logical courses to take next. I graduated from the I.C.S Canadian Ltd. University as an Industrial, Institutional, & Commercial Accountant.

In hopes of attaining a better job at the Hospital, to work in the Medical Records Department, I decided to enroll at S.A.I.T. and became a Certified Medical Records Technician as well.

Shortly after moving from High River to Red Deer County, I met Connie Ness who suggested that I join the Cottonwood WI. Such a wonderful opportunity to get to know people in the area and as my mother, aunt, great aunt and grandmother all had belonged to WI during their lifetimes, I decided that it was an organization that I would really enjoy being a part of. Shortly after joining this group another member, Blanche Cunningham, realized that I was a bookkeeper and so she convinced me to become the local Ag. Society's Bookkeeper.

It wasn't until in 2008, a member of the Cottonwood WI Branch, Lucille Lohmann, suggested to me that I start my own business as a bookkeeper, scary thought, but she knew someone who she felt I could really help by doing the books for their business and so I had my first client, and the rest is History.

Thus, my entrepreneurial business was started and I have been operating my own Bookkeeping and Tax Preparing and Filing service for 14 years now and love it. The only drawback is that when the weather is nice, I really want to spend my time outdoors working in my gardens and enjoying the sunshine. My dog does give me a little balance in this regard, insists on walks in a timely manner and helps with all my gardens by digging various holes, unfortunately not always in the right areas. I love gardening and always had a large garden while my children were growing up, after they all moved out on their own, one of my daughters asked me what I was going to do with all the produce from my garden and fruit trees. I told her that all my family and neighbors would probably love me sharing with them.



In 2003 my sister had a three-acre Market Garden. She hated to throw out any of the produce from it, so before it spoiled, we decided that I would make pickles, relishes, jams, jellies, etc. with it all to sell at local Farmers Markets. And thus, I added one more fun job to my many Entrepreneurial endeavors.



I am so grateful to all of the wonderful women I have encountered throughout the years as a WI member who have supported and encouraged me to accomplish so many things that I never thought or believed that I ever could have achieved.

If anyone is interested in tasting or learning how to make any of the scrumptious canning that I love preparing, please give me a shout.

e-mail address - linny13@xplornet.com or call anytime - 403-224-2273

Do you know a Canadian WI Entrepreneur that you would like to recognize? Drop us a line at [info@fwic.ca](mailto:info@fwic.ca)  
 The Adelaide Hunter Hoodless Canadian Woman of the Year Award and The Erland Lee Award Nominations close on March 31  
 Visit [www.fwic.ca](http://www.fwic.ca) for more information

## FWIC Projects

### Celebrate 125 Years of Women's Institutes

The Federated Women's Institutes of Canada- WI Canada want to celebrate 125 years of Women's Institutes with your



help. The first Project is to encourage the provinces to collectively register 125 new members. We would like to help the provinces celebrate the new members by printing their names, with their permission in

*WI Connections*. Please send the names of the new members to [info@fwic.ca](mailto:info@fwic.ca). Let's see how quickly we can reach the 125 new members!

The second Project is to have 125 trees planted across Canada. The trees may be coniferous, deciduous, or fruit trees. The benefits of planting trees are twofold. Planting trees helps the environment, and the second reason provides a visual reminder of 125 years of Women's Institutes. Spring is coming and a great time to plant a tree. Make sure you take a photo of the tree planting and send it in to *WI Connections* sharing the type of tree, who planted it and where was it planted. Who will be the first to plant?



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FWIC WI Canada and YouTube

Over the years, FWIC under the Federated Women's Institutes of Canada, FWIC, and/or WI Canada have uploaded various videos to YouTube. We had hoped to organize all the past videos with the 2021-2022 videos under one heading but unfortunately, that has not happened.

However, FWIC WI Canada now has its own channel which you will find under the following logo:



On the new channel you will find the following:

- FWIC Remembrance Event November 2021
- FWIC Round Table on Membership November 2021
- FWIC Round Table on Food Security and Food Waste March 2022
- Complete Interview with Ellen McAllister February 2022
- FWIC WI Day 2022 February 2022

Why not check them out?



Branch	Name
Bridgeville NS	Mavis Peddie
West Pugwash NS	Maureen Albert
West Pugwash NS	Joyce Brown
West Pugwash NS	Audrey Purdy
Garden of Eden NS	Cathie Wannamaker
Islands NS	Wendy Daw
Islands NS	Deborah Conway
West Pugwash NS	Frances MacDonald
West Pugwash NS	Jan Saunders
West Pugwash NS	Jane Coolen
West Pugwash NS	Diane Titus
Garden of Eden NS	Elizabeth Coady
Garden of Eden NS	Sharon Zunker
Weston NS	Melanie Hirtle
Weston NS	Heather Kelly
Lyon's Brook NS	Monica Rivers

Please report your new members to [info@fwic.ca](mailto:info@fwic.ca).





*Women's Institutes Highlight Powerful Women In The Community* submitted by Yvonne Kennedy:

Posted in the Chronicle Herald, Nova Scotia during WI Week.

The Homeville Women's Institute, in Nova Scotia, is planning a 'New to You' event on June 5 to raise money for the new hospice facility in Membertou. The event is being dedicated to three Women's Institute members — Effie Ferguson, Jean MacQueen, and Linda Pendergast — who passed away in the past two years. They can be seen in a Homeville Women's Institute group photo taken in 2019. Front row, from left, are Yvonne Kennedy, Kathy MacCuish, Ferguson, MacQueen, Christine MacKeigan and Phyllis Meadows. Back row, from left, are Pendergast, Ada MacPherson, Liz Peach and Kathleen Jerrott.

A few weeks ago, Iceland's First Lady was being interviewed on the CTV morning show. Eliza Reid wrote the book "Secrets of the Sprakka" to share stories of women who live in Iceland and how their actions are changing the world. Her roots are in Canada and now she is an important influencer in her adopted homeland.

We all have powerful women in our lives. They are our mothers, grandmothers, daughters, aunts, and sisters. These women go about making a difference in the lives of others each and every day.

For almost 50 years, I have belonged to an organization of women who quietly make a difference in their local communities with little fanfare.



When I was a young bride in a new community, a letter arrived in the mailbox at the end of my driveway. It was an invitation to come to a meeting of the Homeville Women's Institute. I had never heard of this organization before, but I went in the hopes of meeting some women in the neighbourhood.

Since that fateful meeting many years ago, the Women's Institute group has become a very important part of my life.

Women's Institute is a grassroots organization with humble beginnings in Canada. Adelaide Hoodless was the founder of this organization for rural women. In 1889, her young child died from drinking unpasteurized milk. After her son's death, her public life began. She wanted to make sure that women had the knowledge to prevent such deaths in the future. She founded the first W.I. group in Stoney Creek, Ont., near Hamilton, and within a few years, this movement spread all across the world. Talk about the power of one woman!

Queen Elizabeth is an Institute member, so we are in good company.

The mandate of the organization is to provide opportunities to enhance the lives of rural women.

In Cape Breton, there are three W.I. Groups — Homeville, Point Edward and Spanish Bay in Sydney.

In pre-COVID days, these groups would gather twice a year to share ideas and socialize. We are keeping our fingers crossed that we can return to our normal activities in the near future. The members of the three groups meet on a monthly basis.

The Point Edward group maintains their own hall in the local community. They offer their facility for community events and celebrations. Their Christmas Tea and Sale is well-supported by the community and proceeds go towards the upkeep of the building.

Throughout the year, they sew quilts to donate to the Northside Hospital Foundation. The palliative care unit at the Cape Breton Regional Hospital is the recipient of their colourful, flannelette pillowcases that bring comfort and joy to the patients.

Books are donated on a regular basis to the Northside Community Pool to promote literacy among the children. Every meeting, the members bring toiletry items for the Every Women's Centre in Sydney.

The Spanish Bay group is one of the newest in the province. Like the Point Edward group, they use their sewing/craft skills for the betterment of others.

For the Homemakers organization, they make lap quilts, blankets, walker caddies, pillowcases and fidget quilts. These items are greatly appreciated by the clients.



For the Family Resource Centre in Sydney, they make baby caps, car seat covers baby blankets and Covid masks to support our youngest Cape Bretoners. Their craft items go out into the community to support our most vulnerable.

The Homeville Branch started out as a group of neighbours from Homeville and Round Island. Now, I am the only member from Homeville. The rest live in Port Morien, Glace Bay and Round Island.

In May and June, we are going to sponsor chair yoga sessions at the Port Morien Legion. Funding will be provided by the East Cape Breton Community Health Board.

In June, the group is hosting a new-to-you at the legion to raise money for the Hospice facility in Membertou. For a \$10 ticket, each participant will bring a “treasure” to share with others. It can be something you don’t want or need anymore but will appeal to others. At the end of the afternoon, you will go home with a new treasure for your home.

Lesley Crewe has kindly offered to do a reading from one of her books. She has a new book, “Nosey Parker,” coming out soon. Everyone loves Lesley’s books and lucky for us, she is a resident of Homeville.

A delicious, fancy dessert will be served with tea/ coffee and door prizes will add to the excitement of the event. Tickets will be limited and will be available in May.

As I reflect back on what W.I. Has meant to me over the years, I have to say that I am so grateful for the friendships and connections with the W.I. ladies, both locally and provincially. My circle of friends has grown over the years. We have grieved the loss of members; we share stories and laughter at our meetings and enjoy a good cuppa tea with friends.

We become better people because of our involvement in women’s institute.

*Yvonne Kennedy is a retired Family Studies teacher who lives in Homeville. She is a member of the Homeville Women’s Institute and can be contacted at [Yvonne.kennedy1947@gmail.com](mailto:Yvonne.kennedy1947@gmail.com)*

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*Walk Around the World Event*, submitted by Doreen Wall PEI

The Walk Around the World Event is April 29th. This would be a great time to get together with WI Members, and community members to educate your community about the importance of the work of ACWW and why it is vital for the empowerment of rural women. It is more important now than ever, start in your community and spread outward. Little donations spread over our vast network can ensure that ACWW continues its vital work. You can fundraise based on achievements i.e. distance walked, number of participants, or simply by a contribution from your branch. Be creative, make notes and send pictures into the FWIC. For more information on ACWW and its programs go to [https://www.acww.org.uk/what\\_we\\_do.html](https://www.acww.org.uk/what_we_do.html)

Women Walk the World



## *Round Table on SGD 12 and Food Security and Food Waste*

submitted by Lynn MacLean

On March 7, FWIC WI Canada hosted the second of their round table discussions and this time the topic was the United Nations Sustainable Goal 12 - Food Security and Food Waste. Under the capable leadership of BCWI President Brenda Devauld and the guest speaker from Agriculture and Agri-foods, statistics and information were shared on what Canada is doing as well as how other countries on food waste and food security.



The Round Table began with a talk from Carla St. Croix, Executive Director, Strategic Integration and Competitiveness Policy Directorate from Agriculture and Agri Foods Canada. Carla highlighted how the Department is working to support UN Sustainable Goal 12. In 2019, the Food Policy of Canada was launched which stated that Canadians will have access to safe, efficient amounts, and culturally diverse foods. It also stated that Canada's food systems would be resilient and environmentally conscious. To help deliver on these statements, the Federal Government has offered a Food Waste Reduction Challenge as well as a local Infrastructure Fund. Both have been enthusiastically embraced and demonstrate that Canadians have lots of ideas to address food waste. In addition to these programs, the Federal Government supports the Surplus Food Rescue Program and the Emergency Food Security Program. Carla also shared that the government has established a Task Force of Women and the Economy. In 2021, the federal and provincial ministers of agriculture agreed to a policy statement called the Guelph Statement. This is a joint vision to have Canada be recognized as a world leader in sustainable agriculture and agri-food production. In summary, Carla noted that the Federal Government is committed to sustainable agriculture and addressing food security and food waste. Draft documents will be available as part of a public consultation later this year.

Following Carla's presentation, Brenda defined the UN Sustainable Goal 12 and its purpose as well providing definitions for food security and food waste. Examples on how food waste effects food security were also outlined.

Moving from the overall perspective of food security and food waste, the conversation turned to other countries. FWIC BC Director Colleen Hooper shared information from Spain and Thailand while FWIC Quebec Director Judy Page Jones noted the work being done in Switzerland. Brenda rounded out the discussion with the work being done in France.

The presentation then returned to Canada where Colleen shared statistics on food waste noting that over 63% of the food that Canadians throw away could have been eaten. Susan Hoszouski, a member of BCWI shared how Fernie, a community in British Columbia, joined the Love Food Hate Waste Program and the difference it has made in their community.

Lastly, Brenda offered several practical suggestions on how WI members can reduce food waste. Following the formal



presentation, attendees were invited to ask questions and to provide their opinions and observations.

As a follow up to the Round Table, the FWIC Outreach Committee will be developing a program on Food Waste and Food Security. In addition, the recording of the Round Table Presentation is available on YouTube on the FWIC WI Canada Channel.

Feedback on the Round Table is welcome and can be forwarded to president-elect @fwic.ca.



### *Newfoundland and Labrador Women's Institutes Report*

Submitted by -Judy Button International Affairs Convener

In the last year the NLWI was faced with similar challenges as the rest of the country and the world with pandemic related lock downs and restrictions. We did manage to hold a few events related to International Affairs and the work of ACWW. Although our membership decreased, some branches were forced to close down and with no ability to fund raise, many groups still sent donations to ACWW's "Pennies for Friendship" through the generosity of our members.

The province began to relax restrictions and the Gander Branch held a Women Walk the World event on a beautiful sunny day in June. As in the past two years, we met at Cobb's Pond Municipal Park for a walk, social lunch, and some education about ACWW. It was a bring your own lunch and we wore decorated hats just for a bit of fun. Prizes and goodies were shared with those attending.

The convener shared a display on friendship and gave a short talk on ways the ACWW uses the Pennies for Friendship funds to maintain the operation of the organization and carry out programs. It was a heartwarming event for members meeting with everyone again face to face sharing jokes, laughter and fun while raising \$180 for Pennies for Friendship. It brings to mind the quote:

"A day spent with friends is a day well spent".

Many other branches also sent donations for Pennies for Friendship over the past 3 years and NLWI was able to send a cheque for \$3,800.00 to ACWW.

This past fall we were pleased with the relaxation of COVID restrictions and once again many branches across the province were able to meet face to face for meetings and activities.

The international affairs program for October meeting at the Gander branch continued with the theme of friendship and a display and talk by the convener was shared on "Symbols of Friendship around the World". The importance of ACWW's work worldwide was emphasized and also highlighted the importance of our WI friendships locally, provincially, nationally and globally.

The following is a summary of the talk presented.



## *Symbols of Friendship Around the World*

In every culture around the world, friendship has been recognized as one of the greatest goods a person can have. A strong friendship can give us support for both the good and the bad times in life. Friendship is the essence of happiness and friends keep us from being lonely and help us to stay grounded.

A strong friendship makes a good base for most other types of relationships and romantic partnerships and family members can be our best friends.

There are many symbols of friendship found in different cultures around the world. All have the same meaning of camaraderie, loyalty and all the other traits and characteristics of friendship.

Some of these symbols are:

### Things we wear

Many symbols are meant to be worn and they show our dedication to what they represent such as **Friendship Bracelets**. They originated from the Native Americans and are braided or woven with different coloured threads. These bracelets are almost always homemade specifically for your friend and it is said you should make a wish when it is tied on, and if it falls off naturally because the fibres have worn through then your wish will come true.

The Celtic **Claddagh Ring** is another wearable symbol originating from Ireland. It is instantly recognized as a symbol of love, loyalty, and friendship. The symbol is represented by two hands holding a heart between them, with a crown on top of the heart. It is said that if you wear the ring on your right hand with the crown turned inward you are single but turned outward means you are romantically involved. If you wear it on your left hand turned outwards, you are engaged. Also, from Ireland the **Celtic Knot** with no beginning and no end symbolizes the spirit of true friendship and expresses the importance of truth and trust between two people.

### Gemstones

It is not surprising that some common symbols of friendship are gemstones because friendship like gemstones can be one of the most enduring of relationships. The **Topaz** is a traditional symbol representing fidelity. A commitment and faithfulness is required to have a strong friendship. A faithful friend will keep showing up in the good and difficult times. The **Lapis lazuli** is a deep blue gemstone mined in the mountains of Afghanistan and it symbolizes friendship and truth and is appropriate to symbolize friendship because the strongest, longest-lasting friendships are the most honest. We rely on our friends to tell us the truth when no one else will. Both of these gemstones are used in jewellery and art works. A **Rhodonite Ball** is linked to friendship especially in the Greek culture and given to someone with whom you have a strong and stable bond.

### Tattoos

Tattoos must be included in a list of friendship symbols because many people use them to declare their devotion to their soulmate or praise friendships. Many of the following symbols are used in tattoos to declare lasting friendships. Commonly used are the Chinese or Japanese symbols of friendship, interlocking hearts, infinity symbol or a flower image. Often friends would each have the same image tattooed to signify their loyalty to one another.



### **Plants and Flowers**

Plants around the world stand for friendship and symbolize the care and investment put into these relationships. **Jade plants** are succulents native to South Africa and Mozambique. They symbolize good luck and friendship and are often given as gifts. A flowering jade is an even stronger symbol of friendship because the plant won't flower unless it is well looked after, just as we need to look after and nurture our friendships.

Not all symbols are meant to last as some of the previously mentioned symbols, sometimes they are just small, temporary reminders for a friend. Flowers do not last the same as plants but **Yellow roses**, the **Lotus flower** and **Chrysanthemums** are all used to express to a friend either the warmth, or depth, or strength of their relationship. A gift of flowers is the perfect way to rekindle old friendships. In Asian cultures the chrysanthemum is considered an important symbol of friendship and happiness.

### **Other Symbols**

The **Infinity symbol** is a mathematical symbol that has no beginning or end and is a rich visual symbol of our hopes and dreams for our relationships. To friends, it signifies a never-ending bond of dedication and loyalty.

The **Ese Ne Tekrema** is an Adinkra symbol used as a symbol of friendship by the Asante in Ghana, West Africa. It is a pictorial portrayal of the tongue and teeth which have different roles but are reliant on each other and although they clash at times, similar to friends they remain together.

**Arrows of Friendship** are used by Native Americans. Two arrows that cross are a symbol of the bringing together of two people or tribes and represent friendship.

The **Inukshuk** were traditionally used by the Inuit when they piled stones on stones to form human-like symbols. They were used as navigational markers to show people the way. It is a well-known symbol in Canada of northern hospitality and friendship.

The **Pikorua (Maori Twist)** symbol resembles an intertwined new-growth Pikopiko fern frond which is found in the damp woods of New Zealand. It represents beauty, strength, and endurance of a loyal friendship between two people. It also symbolizes the crisscrossing and inter-linked lives of friends.

**Interlocking hearts**, a well-known symbol of friendship and love are often used in jewellery, tattoos, or drawings as a way of communicating a deep and long-lasting friendship.

**Chinese/Japanese symbol of friendship** is a two-character image that spells "relatives and friends" in Chinese and also spells "close friends" in Japanese.

Perhaps however, the most universal of symbol of friendship is a simple **Smile**. It can bridge language barriers and cultural differences in a way that nothing else can.

"Share your smile with the world. It's a symbol of friendship and peace."

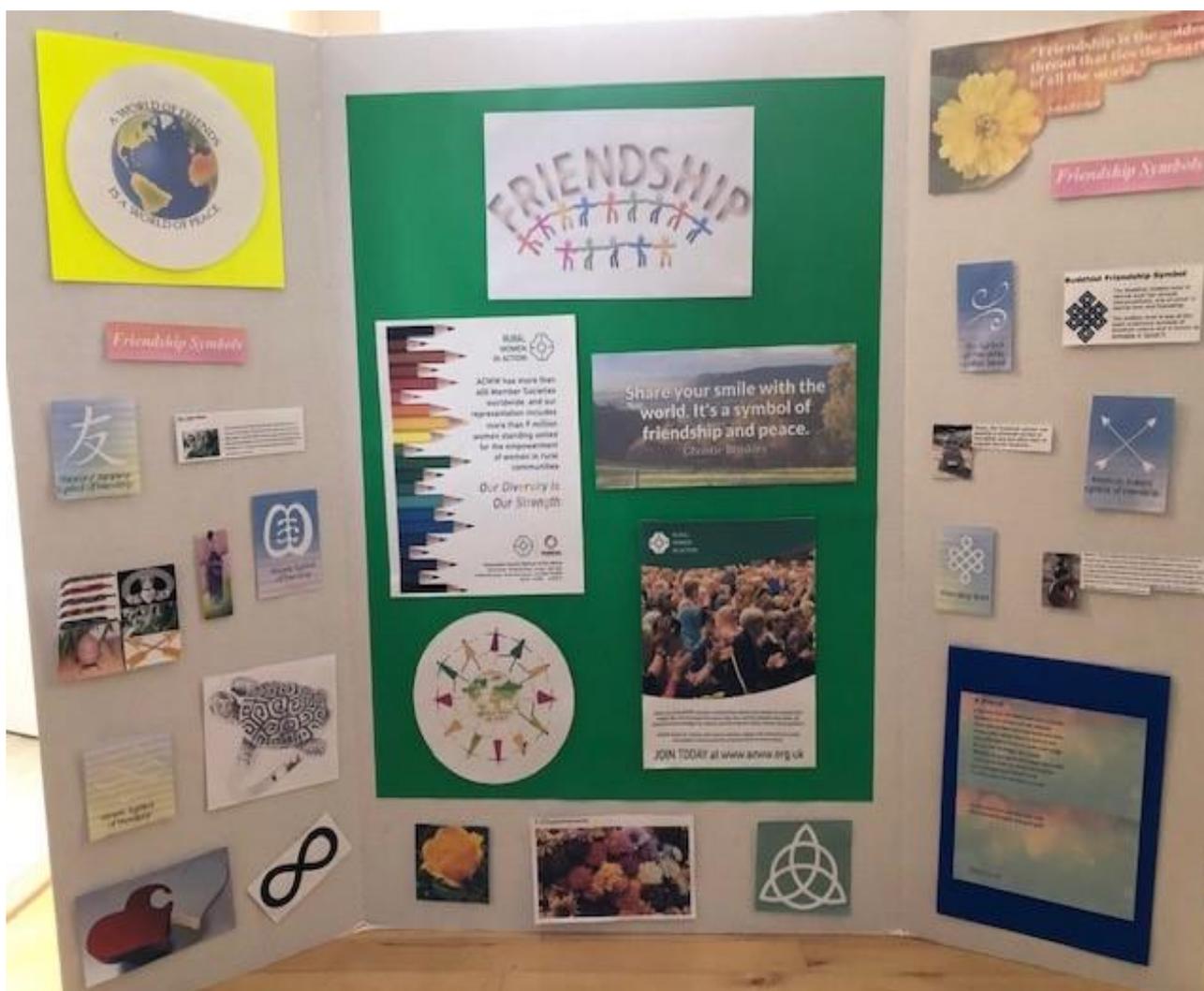
These are just a sampling of the many symbols of friendship some of which have existed from ancient times while others have a more modern origin.

Friendship symbols are excellent ways to remind you of the valuable friendships in your life. In the little deeds we do in



our everyday lives such as sending a get well card, sympathy card, phone call, monetary donations , joining or supporting organizations such as ACWW, sharing a plate of cookies or a loaf of bread are all ways we can show people we care. As an expression of friendship, homemade oatcakes with a friendship poem attached were shared with everyone attending the meeting. Oatcakes were a staple in my home growing up in Nova Scotia and a symbol of friendship as they were shared over a cup of tea with family, friends, and neighbours. Our gifts in whatever form we share can bring joy to our friends and meaning to our own lives enabling us to live a much more fulfilled life.

### Symbols of Friendship Around the World



*Prince Edward Island WI* submitted by Ellen MacPhail

The provincial board of PEI Women’s Institute and their branches look forward to greeting the spring by transitioning into events yet again. In a world of uncertainty, ongoing pandemic, WI and its members have somehow remained strong



and close within their 70 branches across PEI and have learned to cherish the small things in life. Over the winter, they have suffered loss in communities, while bunkering down against COVID, yet contributed where needed, from making mitts, offering feminine hygiene products for food banks to fundraising for war efforts for Ukraine and other much needed efforts in their areas. Through the wounds this past year, WI looks forward to seasonal events and the promise that Spring offers.

In PEIWI's own traversing into living with Covid, WI continues to mark seasons with upcoming events.

PEIWI Provincial President Miriam Lank is leading the WI membership with an annual Provincial Convention on Saturday, May 28th at Credit Union Place, in Summerside.

In addition to guest speakers Premier Dennis King, Minister of Agriculture and Land Bloyce Thompson, and ACWW's United Nations Committee Chair Marie Kenny, this year's Convention will also feature Erica Perry of Slight Adjustments, and keynote speaker Ann Worth of Worth Consulting Group on a Celebration of Service and Creating a Positive Impact: Resilience and Contribution. Ms. Worth's presentation is sponsored in partnership with Charlottetown Mitsubishi. Deadline is May 9 for members to register.

This month highlights the annual Walk the World Event on April 29. This event is part of the Associated Country Women of the World (ACWW) to bring awareness to its efforts. ACWW brings attention and funds to vital global projects for rural women in over 70 countries. Board and branch members invite the general public to take part of the annual event in their perspective areas individually or collectively.

This walk will connect women around the world by a joint walking activity in their own areas. Participants are encouraged to send photos by emailing [wi@gov.pe.ca](mailto:wi@gov.pe.ca) or sending via PEI Women Institute Facebook page. The PEIWI encourages all to walk individually or with branch members, neighbours, or new friends on or around April 29 ensuring a safe yet fun event.

Other upcoming events include the annual WI Roadside Cleanup on May 14.

To close out this month's column, the WI provincial President shared a message to membership followed by heart breaking news to her staff and Board. As of result of her devastating loss, the PEIWI Board of Directors, Island membership and staff mourn alongside her, and sends deepest sympathy to the PEIWI President, Miriam Lank and family, on the passing of her son, Dr. Edward Lank. Edward was a professor and Cheriton Faculty Fellow in the Cheriton School of Computer Science at the University of Waterloo, as well, an Inria International Research Chair attached to  quipe LOKI at Inria Lille-Nord Europe in Villeneuve d'Ascq, France. Just prior to this heart wrenching time, the WI provincial President issued a message to the entire membership, quoting "Enjoy the little things in life, for one day you may look back and realize they were the big things." Robert Brault.



## *The Communications Committee WI Canada FWIC* submitted by Lynn MacLean

Communications is one of the Federated Women's Institutes of Canada's committees. This Committee is responsible for creating, reviewing, and/or distributing information and events for FWIC-WI Canada. They are the editors of *WI Connections* collecting the submitted articles and artistically arranging them in the newsletter ensuring that the e-newsletter is distributed each month.

Another responsibility the Committee manages is the social media accounts and Facebook in particular. The schedule includes recipes on Monday, crafts on Tuesday, women's health on Wednesday, advocacy on Thursday and climate change on Fridays. In addition, posts from the provinces or other interesting articles are also reposted on the FWIC Facebook page.

The website is also the responsibility of the Committee. The goal is to have a website that not only communicates information about FWIC but connects the provinces as well. This takes time but, in the end, we will have a website where information can easily be found and be a positive statement on the web about the national organization.

In addition to the above, the Committee lends assistance with the planning and promotion of special events and round tables.

Committee members are Colleen Hooper, Eleanor Lilley, Karen Gerwing, Mary Shortt, Lynn MacLean, Elizabeth Young, Margaret Byl and Angela Scott (chair),

If you are interested in working with this committee, please contact [angela.scott@bellaliant.net](mailto:angela.scott@bellaliant.net).

## *The Quebec Tartan Adventure* submitted by Linda Janes-Ryan

I call this an adventure because that is what it has turned into. I thought I was just starting a simple little project but didn't realize how much was involved in it, how much I would learn, and the importance of it. I have loved every minute.

At a QWI Board meeting in October 1998 a motion was made to encourage members to make vests using the Quebec Tartan to wear at the ACWW/FWIC Convention to be held in Quebec in 2003. Members embraced the idea and made not only vests but skirts, kilts, jackets and even pants to wear at meetings, events, and gatherings of the QWI. I even started making purses, tote bags, scarves, teddy bears, and face masks for our members and to sell at my craft shows. In 2019 it came to my attention that while the Tartan is named for the Province, it is patented and registered with the Scottish Registry as the Quebec Tartan, and we even celebrate National Tartan Day, Quebec has never officially adopted it. In fact Quebec is the only Province not to have adopted an official tartan. The first Province to adopt a tartan was Nova Scotia in 1956 and the latest was Ontario in 2000. I decided to look into this and approached my local Member of the National Assembly (our Provincial Government), Mme Claire IsaBelle, and ask for her help with this. We did some research and found no reason why it had not yet been done, except that maybe no one had thought about it or assumed that it was already done.



The next step was looking into the actual process for having a Tartan officially adopted, but just as we got going on it Covid 19 hit and everything was stopped. As Covid dragged on I assumed that the project was 'dead in the water' as the saying goes, little did I know that Mme IsaBelle was still working on it and in June 2021 I received a call saying that we were back in business. It was going to be handled by the Minister of Justice and I had to produce a petition to prove that I was not the only person that wanted this to happen.

That started the next step of the process which involved yet more research to be sure we had 'all our ducks in a row'. Mme IsaBelle and I wrote a petition and finally on Nov. 11, 2021 the bilingual petition was launched and we had until Feb. 10, 2022 to sign it. We were hoping to get 500 signatures, which I thought possible with the support of our members, family and friends. On Dec. 1 my local newspaper wrote a 2 page, bilingual article and in January it was picked up by more media, including an interview on Global News, TVA news media, Journal de Montreal, other local papers, the Scottish Society and in fact if you go to Google and enter Linda Janes - Quebec Tartan you will find many reports. When Feb. 10 came I was surprised to see we actually had 1009 signatures. On Feb. 17 both petitions were read on the floor of the National Assembly and put into the minutes.



*This picture was taken at Lennoxville for FWIC/CWW.*



The next and final step is for a motion to be made at the National Assembly and then a vote will be taken to adopt it. We don't know when this will happen because of the backlog of motions waiting to be heard but we are hoping it will be soon. It is now a waiting game, and I will be sure to let you know the outcome.

I am very proud of the work I have done on this and the attention it has brought to the Women's Institute and the work we do. I hope it helps to increase our membership. I want to take a minute to point out all the support I and the



Women's Institute have received from Mme IsaBelle and her assistant Marie-Claude Picard both in this project and in financial support for some of our other projects.

*Korean New Year*, Submitted by Eleanor Young

Lyon's Brook W.I member, Mun Gol Song, shared information on the Korean New Year at the February meeting. This day is the most important day in the year for Koreans. It is called "Seollal" and 2022 is the year of the tiger.

Traditionally, families gather at the house of the eldest male and show respect to their elders and ancestors.

Mun Gol Song prepared samples of four dishes of Korean food for each member including rice, Bulgogi (meat), Japchae



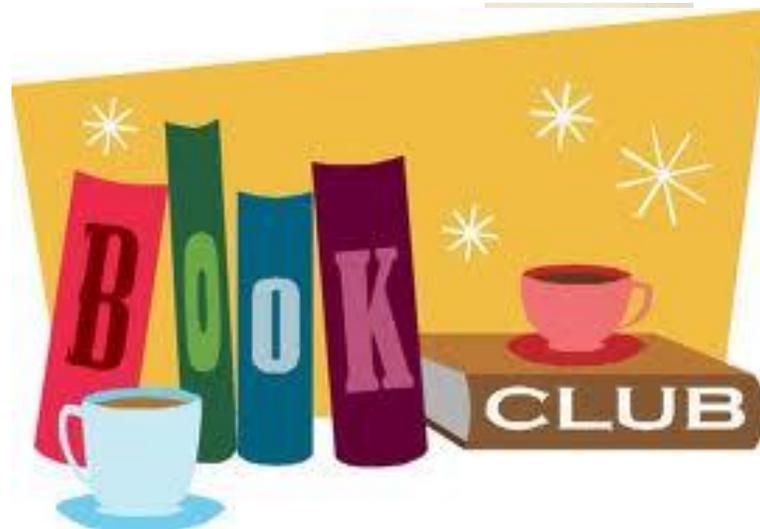
(noodles), and Jeon (a pancake made with green onion, ham and fake crab meat).

## *Cross Canada WI Book Club*

submitted by Elizabeth Young

We are thrilled to announce that Elizabeth Young of Newfoundland and Labrador has agreed to lead the Book Club. Elizabeth is a retired teacher and avid reader, so watch for a special e-mail and Facebook notice of the first book. With luck the first Book Club meet will be held on a Saturday in April 2022.

FWIC Book Club



The Communications Committee is interested in forming a FWIC Book Club beginning in April 2022.

The first book is Rick Mercer Talking to Canadians A Memoir.

If you are interested in joining the group you can get the book at amazon.ca, kindle, local bookstore, or library.

We will be having the discussion on zoom at 2:00 PM EST on Saturday April 30, 2022.

We will be choosing authors from across Canada to begin with. If you have any suggestions, it would be appreciated.

Our second book will be The Truth Be Told: My Journey Through Life and The Law by Beverley McLachlin.

If you enjoy reading and discussing books please join us.

Looking forward to hearing from you,

Any questions or suggestions e-mail [fwiccrosscanadabookclub@fwic.ca](mailto:fwiccrosscanadabookclub@fwic.ca)

Elizabeth Young for the Communications Committee.

Zoom links will be placed in Facebook and Website in advance of April 30<sup>th</sup>, 2022.

## *Leaf Cutter Bees* submitted by Shelly Simrose Sinkut WI - Vanderhoof, BC

A few years ago, while on a trip home from visiting family in Saskatchewan, we came across some blue hut type things in farmers fields. We had no idea what they were used for. We thought maybe "Calf shelters". I texted my son in-law and he said they were used for "Leaf Cutter Bees". Above picture is housing for alfalfa leaf cutter bees used to pollinate alfalfa for seed production. They use wooden sheds, crates and empty buses used to house alfalfa leaf cutter bee nests. If you look inside, you see that it does house leaf cutter bee nests. However, even though there were quite a few small vent holes and an open door, it was very hot inside. This yurt was molded and made of plastic. Inside this molded yurt, styrofoam nests were hung from the walls with baling wire. One sheet of styrofoam nests was strapped to another. In another yurt styrofoam nests were hung from the walls. The patterns drawn on the nest are orientation cues for returning bees. *Megachile rotundata*, the alfalfa leaf cutting bee, is a European bee that has been introduced to various



regions around the world. As a solitary bee species, it does not build colonies or store honey, but is a very efficient pollinator of alfalfa, carrots, other vegetables, and some fruits. Like the blue orchard bee, the alfalfa leafcutting bee is a solitary bee in the family Megachilidae. This species was introduced to North America from Europe after a calamitous drop in alfalfa seed production in the middle of the last century. The drop in alfalfa seed production was related to a large increase in alfalfa acreage. Small fields, with a high quantity of edge habitat relative to their area, were well serviced by wild pollinators. In large fields, however, yields declined away from the field edges, until practically no seed was produced more than 75-100m from the surrounding natural habitat. Honeybees were poor substitutes for alfalfa leaf cutting bees for alfalfa pollination because alfalfa flowers have a tripping mechanism that usually requires pollination by a large bee. Honeybees are reluctant pollinators of this crop because it appears they are averse to being struck forcefully under the head with the stamens when the flower is tripped. They usually learn to access the alfalfa nectar without tripping the flower, and therefore avoiding moving pollen. To compensate for a lack of wild alfalfa leafcutting bees in large fields, producers place leafcutting bee domiciles (which have gradually reached the size of truck trailers) in the alfalfa fields. This was the first, and to date the most successful, use of a cavity nesting solitary bee for managed pollination in North America. There is on-going study into their usefulness for other crops, including orchard fruit and berry crops. Problems have emerged in the alfalfa leafcutting bee industry due to the high density under which the bees work and are stored. Chalkbrood, a fungal infection similar to the disease of the same name that affects honeybees, is highly virulent to alfalfa leafcutting bees. In addition, the parasitic wasp *Pteromalus venustus* parasitizes developing bees, killing them. Finding methods to control these parasites is difficult, and generally requires the use of the insecticide dichlorvos (Vapona®). Its use must be carefully timed so as to kill the parasite but not harm the bees. To make sure that commercially managed leafcutting adults emerge at the right time for crop bloom, the temperature of brood chambers can be manipulated. Cocoons are placed into domiciles and set in the field before the adults emerge. Females will return to where they emerged to lay their eggs, and the next generation of cocoons can be recovered and stored for use next season. Nest blocks that are full should be removed from the field, to protect them from insectivorous birds. Alfalfa leafcutting bee cells (cocoons) generally cost around \$100 per gallon bucket (i.e., approx. 10,000 healthy prepupae), although prices have increased over the last few years. Expect to use two gallons per acre (5 gallons per hectare) for alfalfa pollination, spaced appropriately throughout the field so that no part of the field is more than about 50m from a bee domicile. Apologies – the pictures enclosed were not in proper format.



## *Cod Au Gratin* submitted by NLWI

1 lb. cod fillets, cut into cubes	Pepper
¼ cup butter	1 small onion, chopped
¼ cup flour	½ cup bread or cracker crumbs
1 ¼ cups milk	½ cup grated cheese
½ tsp. salt	

In a heavy saucepan, melt butter. Stir in flour until smooth and remove from heat. Gradually stir in half the milk. Return to the heat and beat until smooth and shiny. Gradually add remaining milk, salt, pepper and onion. Cook, stirring until smooth and thickened. Place cod in a greased baking dish, pour sauce over fish and sprinkle with bread crumbs and cheese. Bake 350 for 15 – 30 minutes or until sauce bubbles and fish is cooked. Enjoy.

## *Salmon Or Tuna Strata Sandwich* Submitted by NLWI

### **Sandwich mix**

1 – 6 – 7 oz. tin tuna or salmon  
 ¼ cup finely chopped onion  
 Pinch of salt  
 Pinch of pepper  
 1 tsp. lemon juice

½ cup grated cheese  
 1 can cream of mushroom soup  
 ¼ cup milk

### **Sauce**

1 cup milk  
 Pinch of salt  
 ½ tsp. dried mustard  
 Pinch of cayenne  
 1 egg

6 slices bread – whole grain is nice

Combine the first 5 ingredients of sandwich mix. Make triple decker sandwiches with the bread. Cut the sandwiches on the diagonal and put in a greased loaf pan. Mix the egg, milk, salt, mustard and cayenne together and pour over the sandwich. Cover and let it sit in the refrigerator overnight or for 4 – 6 hours. Sprinkle with cheese and bake 350 for 30 minutes.

Make a sauce with the soup and milk and heat, while stirring. Serve over the sandwich wedges along with a salad or vegetables.



## *Rhubarb Cake* submitted by NLWI

**Batter:**

½ cup butter	½ tsp. salt
1 ½ cups granulated sugar	1 cup buttermilk
1 egg	2 cups rhubarb cut into ½” pieces
1 tsp. vanilla	1 tbsp. flour
2 cups flour	1 tsp. baking soda

**Topping:**

¼ cup butter
2 tsp. cinnamon
1 cup firmly packed brown sugar

Cream butter and sugar until smooth and creamy. Beat in egg and vanilla. Sift together flour, soda and salt. Add to creamed mixture alternately with buttermilk, making 3 dry and 2 liquid additions. Toss rhubarb with 1 tbsp. of flour and mix gently into batter. Spoon into a buttered 13” x 9” cake pan and smooth the surface.

**Topping:** Blend together all ingredients and sprinkle evenly over the batter.

Bake at 350 F for 45 minutes or until the cake has risen and browned and comes away from the edges, and a skewer inserted in center comes out clean. Makes about 18 servings.

**Note:** You can substitute the 1 cup of buttermilk by placing 1 tbsp vinegar in in a one cup measure and topping it up with regular milk.

**Note:** If you line the pan with parchment or wax paper with a one inch overhang, it is easier to get the cake out of the pan.

–Irish proverb

*When baking, follow directions.*

*When cooking, go by your own taste.*





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