

Monthly Newsletter of the Federated Women's Institutes of Canada

WI Connections



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(submissions welcomed every month)

Margaret's Message Submitted by President, Margaret Byl

August was one of those months that seems to have come and gone in flurry of activity. It began with a trip to Nova Scotia for the Women's Institutes of Nova Scotia Annual General Meeting on August 3rd held at the Museum of Industry in Stellarton, NS. It was a fantastic meeting with the right amount of business, plenty of activities, shared smiles, laughter and friendship. It was great to see so many past FWIC presidents including Dr. Ellen McLean, who is also a Past ACWW World President and the 2023 Adelaide Hunter Hoodless Canadian Woman of the Year Award recipient, Miriam Lank along with the future FWIC president all in one place!



Left to right: Margaret Byl, Ruth Blenkhorn, Dr. Ellen McLean, Marie Kenny, and Linda Hoy



Thank you to Jacqueline Melvin and her Board of Directors for hosting a successful and fun meeting. I would also like to thank Lynn & Jim MacLean for their hospitality and Eleanor Lilley for taking the time to show me around Nova Scotia. Lynn and Eleanor also brought me to Truro, Nova Scotia to the Inn on Prince where the Triennial Conference will be held. You can rest assured that the Inn on Prince and the arrangements that the W.I.N.S. Committee are doing will make for a memorable time in September 2024.

I have spent several days at the Adelaide Hunter Hoodless Homestead working in the gift shop. If you happen to be in the area, come and see what's new. Nancy Carubba, Museum Manager, is doing a fantastic job with programing and events. On August 30th, we said goodbye to our Summer Student, Elissah Jarrett. We wish her well with her studies and future endeavours.

Looking ahead, September 4th is Labour Day - I hope that everyone has a safe and an enjoyable Labour Day Weekend. To all the grandparents, have some fun on September 10th, National Grandparents Day. September 21st is International Day of Peace. To all the women, (grandmothers, mothers, wives, sisters, aunts, and friends) who have suffered the loss of a loved one, whether through the ravages of war, the horrendous fires in Canada, and in Hawaii or the hurricanes impacting our southern neighbours, my thoughts and prayers go out to you. With so much turmoil and loss in the world today, it is difficult to find the right words. I will leave you with the words of motivational speaker, Bob Proctor, to reflect upon - "Let there be peace on earth and let it begin with me".



Miriam Lank, Margare Byl & Lynn MacLean



Peggy's Cove Nova Scotia

Margaret Byl & Lynn MacLean



. FWIC WI Canada's Online Auction

FWIC WI Canada will be holding its second online auction from October 10th to November 14th. Bidding Owl will once again be the host.

Last year we had a great response and are hoping many of you will participate again this year.

Also, any member is welcome to donate an item for the auction – the more the merrier! Donation information (picture and a write up) are due to Lynn MacLean (president-elect@fwic.ca) on or before **September 18th**. When donating an item consider how much it would cost to ship in Canada. Generally, the buyer will also pay the shipping charge, but some provinces and individuals are paying the shipping charge. This extra effort is much appreciated.

To place a bid, you will need to create an account. If you had an account last year, you will be able to use it again this year. If you forgot your password, you simply choose “change password” and you can set up a new password (a message will be sent to the email address you used last year). The site will not be live till October 14th.

If you did not participate last year, no problem, you can register ahead of the auction.

Instructions: Go to <https://www.biddingowl.com/auctions.cfm>. In the top right-hand corner choose register or log in (if you used the program last year). This can be set up at any time and you can do a test to make sure everything is working. The default is for the USA so you will need to choose Canada. See diagram on the next page.

Any questions, email Lynn at president-elect@fwic.ca

We value your support
Please donate to our cause. Your donation will be added to your shopping cart.

USD \$25 USD \$50
USD \$100 USD \$250
Other
Add to cart

Bidding Owl!
Summerfest
Ennis Lions Club

Auction Item Management

Order	Title	Description	Bids	Start	End	Status	Cover Image
1	Popcorn Night	Popcorn Bucket/ender White Popcorn (28 oz.) Small Popcorn Boxes (16) White Cheddar Popcorn Seasoning/Movie Theater Butter Popcorn Seasoning	0	10/30/2022 4:45:00 PM	11/27/2022 4:45:25 PM	Default	
2	Olivier's Ice Cream Toppings	Highland Butterscotch Sauce (10 oz.) Salted Rum Caramel Sauce (10 oz.) Hot Fudge Chocolate Sauce (10 oz.) Olivier Custom Toppings/Olivier Basket	0	10/30/2022 4:45:00 PM	11/27/2022 4:45:25 PM	Default	
3	Napa Soap Co.	Fig and Zinfandel Bar Soap/Shearandson Bar Soap/Seapignion Blanc Liquid Soap/Fuscian Citrus Lotion/Tan Soap Lift	0	10/30/2022 4:45:00 PM	11/30/2022 4:45:00 PM	Default	
4	Front Row Reserved Seating at the Christmas Performance - 6 Seats	Do you want an unimpeded view of your child/children performing at the Christmas Concert? We have the answer! Bid on 6 front row seats.	0	10/30/2022 4:45:00 PM	11/27/2022 4:45:25 PM	Default	
5	Front Row Reserved Seating at the Christmas Performance - 6 Seats	Do you want an unimpeded view of your child/children performing at the Christmas Concert? We have the answer! Bid on 6 front row seats.	0	10/30/2022 4:45:00 PM	11/27/2022 4:45:25 PM	Default	
6	Donuts with the Office	The winning bid earns donuts and gets to spend time with the office staff. Mrs. Eddy will have a prize to out Date and time TBD For VCA enrolled kids in JH and HS	0	10/30/2022 4:45:00 PM	11/27/2022 4:45:25 PM	Default	

Categories
All (30)
Activities and Experiences (2)
Health and Fitness (4)
Miscellaneous (40)

Fun-a-Need and More
Donuts
60000
Admission Tickets

Horse Back riding and Lunch with Ms. Glenda available to ALL grades
Bidding starts at: USD \$1.00
34.00
Enter USD \$100 or more
Time Left: 28 : 18 : 38 : 23
Ends Tue, 10/11/2023 8:47 AM

Description
Visit with Ms. Glenda at her home to go horse back riding and have lunch. You are bidding on a horseback riding experience for one lucky winner. Open to all ages. Ms. Glenda will arrange the date and time with the highest bidder.

Bidder Sign Up

Already registered? Please sign in [HERE](#)

First Name: *

Last Name: *

Email: *

Confirm Email: *

Bidder Display Name: *

Password: *

Confirm Password: *

Address: *

City: *

Country: *

State: *

Zip: *

Home Phone:

(Ex.9876543210)

Cell Phone: *

☐ Receive Email Notification When Out-Bid

☐ Receive Text Message When Out-Bid
(delivery not guaranteed outside of the USA)

☐

I'm not a robot



Write down your password as you will need it to sign in

Change to Canada

Add province

Check this box if you would be notified when you have been out-bid

FWIC WI Canada Board Meeting Dates for 2023-2024

Here are the dates for the coming year:

Sept 25	March 25	June 24
Oct 23	Jan 22	April 22
Nov 27	Feb 26	May 27
Dec-no meeting		

The National Convention will take place in
Truro, NS from Sept 17-19, 2024.



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.

What a summer this has been. Again, this month our thoughts go out to the thousands of fellow Canadians in the North West Territories and British Columbia who have had to evacuate from their homes, and in many cases travel long to distances to find temporary shelter. And when one thinks about them one can only wonder when will they be able to go home, and those whose homes are gone. It is heartbreaking. Then one also has to remember with deep appreciation the work of the firemen, the first responders, The RCMP, and the hundreds of volunteers who have been working tirelessly to control the fires and to assist the thousands who have been impacted. We owe so many our deep gratitude.

Early in August our provincial Women's Institutes held their Annual General Meeting (AGM). It was a pleasure to have three special guests with us, Margaret Byl, FWIC President, Marie Kenney, newly elected ACWW Canada Area President, and Linda Hoy, former ACWW Canada Area President. And it was a special AGM for another reason, - this was the first time the meeting had been held in person since the pandemic. As I reflected on the day I kept remembering that special feeling at that meeting. There had been many hugs and "how have you been?" was heard many times. I have known for a long time the importance of social interaction.

But I think that the special feeling I got was because we were once again able to meet in person. Hopefully that day will be the “shot in the arm” that some of our Branches and members to get back their pre pandemic enthusiasm.

I have had the opportunity to read (And study) the Reports from the 30th Triennial ACWW Conference held in Malaysia in May. At our AGM in August there was an excellent visual report of the Conference events, but there wasn't an opportunity to hear some of the discussions and decisions that had taken place. I look forward to having that opportunity in hearing more details from some of the delegates. It is a beautifully produced report, and a good insight into the work that had been done during a difficult triennium due to the pandemic. Reports dealt with “the modernization of ACWW”, and the decision that “Pennies for Friendship” was replaced with “Rural Women in Action”, to mention only two. I will confess that I have many unanswered questions, and hopefully our delegates will have some clarification.

It was extremely interesting to read reports from some of the ACWW Societies around the world. They wrote about the decline in membership and how this impacted funds, members not wanting to go to meetings any more. They told about the effects of the pandemic, some reported interesting activities they had undertaken during lock downs. They mentioned inflation, higher cost of living, health care crisis, education, increase in domestic violence and mental health issues. It all sounded so familiar, and the challenges facing our organization are similar.

Whatever is happening it is world wide?

WINS AGM submitted by Eleanor Lilley



WINS had their AGM at the Museum of Industry in Pictou County on August 3rd. Special guests attending included Marie Kenny, ACWW Canada Area President and FWIC/WI Canada President Margaret Byl. Adelaide Hunter Hoodless Woman of the year, Miriam Lank and ACWW Past-President Linda Hoy also joined the delegates at the meeting. The keynote speaker was our own Cape Breton Regional Director, Yvonne Kennedy, on Womens' Heart Health and how the signs/symptoms present differently from those of men.

Fun times were had with a skit on the history of aprons by MacPhersons Mills Branch and lots of movement to music for the basket walk fundraiser.

W.I.N.S. President Jacqueline Melvin

-National Convention Pin 2024-

A competition will be held to create a convention pin to commemorate the 23rd national convention. Entries should be emailed to info@fwic.ca or mailed to the National Office. Entries will close on January 1, 2024. The winner of the design will receive free registration for the national conference in Nova Scotia. This is an excellent opportunity to express your creativity and enthusiasm for WI. We hope every province will provide a submission for consideration.

The theme: Sailing Into the Future With A Recipe for Success.

Plants & Things submitted by Linda Mason

Thyme is a culinary staple and boasts a slew of helpful medicinal qualities.

Benefits include: fighting acne, lowering blood pressure, helping to alleviate cough, boosting immunity, disinfecting, repelling pests, aromatherapy, boosting mood, culinary uses, preventing bacterial infections, helping to treat yeast infections and possibly helping against certain types of cancer.

Sage is a good source of vitamin K, which is essential for blood clotting and is effective in reducing the risks of chronic diseases. It contains antioxidants which help in fighting cell damage from free radicals. Sage contains a whole powerhouse of nutrients and just like any other herb it is recommended that it be consumed in moderation. It is recommended that one consumes at least one teaspoon of ground sage.

When consumed in excess sage can trigger restlessness, vomiting, dizziness and even kidney damage.

Rosemary is a good source of antioxidants and anti-inflammatory compounds, these help to boost the immune system and also improve blood circulation. Research has shown that rosemary is a cognitive stimulant; it can help to improve memory performance and quality. When consumed in large quantities rosemary can induce vomiting, kidney irritation, skin sensitivity to the sun and also allergic reactions and might affect the ability of blood to clot. When taken in recommended amounts rosemary is safe. One to two cups of rosemary a day are recommended, more of it might cause some serious side effects.

Dill is rich in several nutrients, Vitamin A & C, Manganese, Folate & Iron and has traditionally been used to treat various ailments such as digestive issues, colic in infants, and bad breath. Vitamin C which helps in strengthening immune system, in bone formation, healing wound and maintaining good metabolism. It is a potent antioxidant that helps to protect the cells against damage caused by free radicals & contains vitamin A which is essential to maintain good vision and healthy immune system. Flavonoids substance found in dill have shown in many studies to protect heart health due to antioxidant and anti-inflammatory properties and also lower cholesterol level in the body.



Dill growing in vegetable garden

Mint & Rosemary – Thyme – Variegated Sage

Communication Through Print, by Denise Joss (Springfield WI, MB,)

Have you had to try and navigate the printed material that comes with medication? My last boxed prescription had printed material that was the size of an old road map when opened up. It was printed on thin paper like the old air-mail letters. There were 4 languages-none that could be read without a magnifying glass.

I tried to identify the relevant information and high-lighted it in bright yellow for my second read through. ***Just tossing the paper aside is not wise.*** You need to know the dosage, time to take the medication, negative reactions that need emergency care, and other drugs, foods or sun-light that can reduce or intensify the effects on your body. I've had 2 friends who just read the pharmacy label that said, "Take 1 tablet daily with food". They didn't read the enclosed paper that said it was to be taken at bed-time. Both were confused and staggering around first thing in the morning. This situation caused some incorrect assumptions on the contents of their morning glass of orange juice.

My Advice: Buy the largest magnifying glass in the store!





FWIC WI Canada and YouTube

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



To access the posted videos, open the YouTube app and in the search button



Type in FWIC WI Canada.

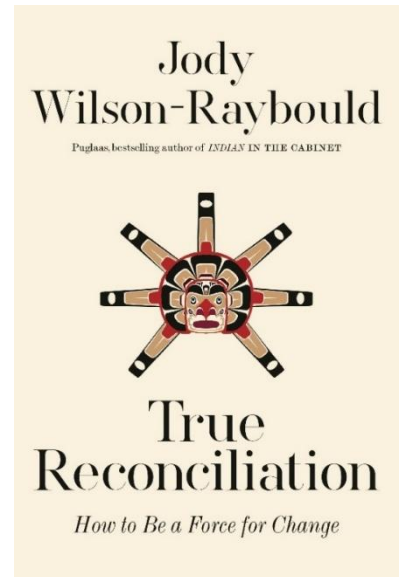
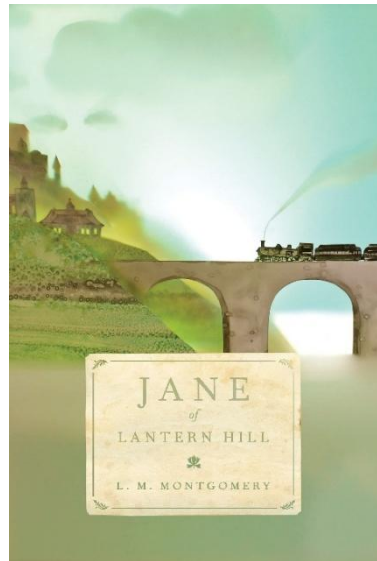
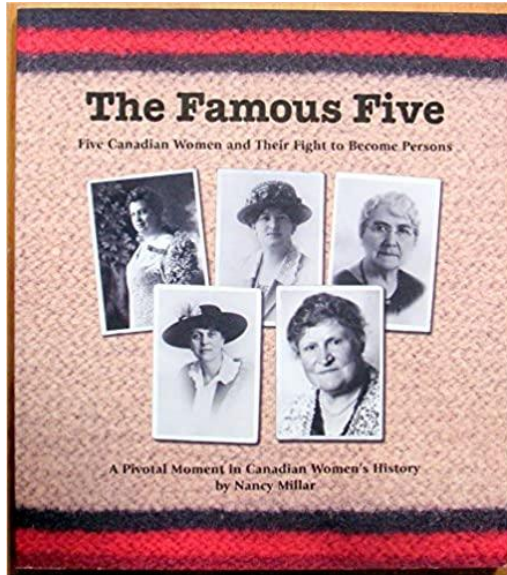
You will find the following videos:

- Membership Rally 2021 and 2022
- FWIC WI Canada Remembrance Event 2021 and 2022
- Roundtable on Food Security and Food Waste March 2022
- Roundtable on Climate Change April 2023
- Social Media Workshop



Book Club Fun submitted by Angela Scott

Our book for discussion will be *The Famous Five*, by Nancy Millar. This book is not as easy to get hold of as expected. If you have any trouble, please contact me- Angela Scott; angela.beth.scott@gmail.com



-Tweedsmuir Competitions-

HISTORY COMPETITION

Project: Share a story of a family member or friend that was involved in a war. This could be in the form of a poem, song, or short story.

RULES:

- Length: 300 -- 1000 words
- May add up to 2 pictures.
- Needs to be typed and double spaced.
- Use the font ARIAL; size# 12.
- Spelling and grammar scored under general appearance.
- Follow the general rules.

Scoring Points

Most inspiring: 50
General appearance: 20
Originality: 30

CULTURAL COMPETITION

Project: “Your Memories of the Queen”. This could be a short story of when the Queen visited your area.

RULES:

- Length: maximum of 6 pages
- May include pictures.
- Needs to be typed and double spaced.
- Use the font ARIAL; size# 12.
- Spelling and grammar scored under general appearance.
- Follow the general rules.

Scoring Points

Content: 60

General appearance: 20

Originality: 20

HANDICRAFT COMPETITION

Project: Appliqué wall hanging. This can be in any medium.

Rules:

- Size: maximum 30” (76.2cm) X 42” (106.68cm)
- Can be either hand-done or by machine.
- Must be completely finished and ready for hanging.
- Back must be visible.
- Follow the general rules.

Scoring Points

General Appearance: 15

Presentation: 20

Design and colours: 20

Workmanship: 30

Back of the project: 15

COMMUNITY COMPETITION

Project: Write an essay talking about a branch community project. This could be a one-time project or one that is ongoing.

Rules:

- Length: 500-1000 words
- May include pictures.
- Needs to be typed and double spaced.
- Use the font ARIAL; size# 12.
- Spelling and grammar scored under general appearance.
- Follow the General Rules

Scoring Points

Content: 60

General appearance: 20

Originality: 20

GENERAL RULES

- There will be no limit to the number of entries submitted by Provincial members, however, only one entry per category per person will be considered.
- All submission must have name, Province, Branch, email address and phone number attached in a sealed envelope.
- Submissions that are mailed in must be received by **September 1, 2024** at the following address (**not the FWIC office**): FWIC President-elect, Lynn MacLean; PO Box 493, Pictou, NS B0K 1H0.
- Otherwise, submissions must be brought in on the first day of Convention, **September 17, 2024**, to be judged. Late submissions will **not** be considered.
- All entries must be picked up at the end of the Convention or arrangements made to return the items at the expense of the submitter.
- FWIC/WI Canada will not be held responsible for lost or damaged submissions.
- Winners must give permission for the use of their photo, name, province, and branch by the FWIC/WI Canada on their website, social media pages, and newsletters.
- Photos of people in the competitions must have their permission for the use by FWIC/WI Canada
- Copyrights must be adhered to (Permissions in writing for copyright items must be provided).

SENATOR CAIRINE WILSON COMPETITION (2021-2024)

Topic: Empowered Woman- describe an empowered woman or someone who has empowered others using an artistic medium.

- This could be an article in fabric, paint, sculpture etc., be artistic.
- Include a short description of the submission.
- Follow general rules.

Scoring Points

General Appearance: 20

Workmanship:	30
Presentation:	20
Originality:	30

Note: FWIC would like to thank PEIWI for their financial donation of \$500 which will be used as prize money for the competitions.

FWIO Representative to FWIC ~ Anne Innes

In July, I, along with Margaret Byl, FWIC president, Michelle Phillipi FWIO president, Linda Zelem, FWIO president-elect, Hania White FWIO ACWW Coordinator, and on zoom ACWW Canada Area President attended the AGM of the Stoney Creek Branch. All are members of this very special branch. It is perhaps one of the best kept secrets of WI. But now you know! You can be a member too. It does not matter if you already belong to a branch. This is one way you can support Women's Institute.

Please read Marian Austin's report for more information. Thank you Marian for sharing this information.



Stoney Creek Charter Branch

Of the Women's Institutes

Becoming a Sustaining Member of the Stoney Creek Charter Branch of the Women's Institute is a privilege in my opinion.

This Branch must hold an Annual Meeting each year in June and the meeting is to be held at the Erland Lee Museum. In the future, we will be holding hybrid meetings so all members will be able to attend.

The Stoney Creek Charter Branch must continue, for the FWIO (Federated Women's Institutes of Ontario) to keep their Nonprofit Status. It is important for FWIO to have this status in order to operate. There are 5 voting members. They are Provincial President of the FWIO, Provincial Treasurer of FWIO, Provincial Southern Regional Board Director, Chair of the Erland Lee Museum Committee and an additional member of the Erland Lee Committee designated for the purpose by the committee.

We also have a committee for the “sustaining members” which is the rest of the members. We plan any functions and assist with the Annual Meeting.

The membership is \$5.00 per year of which \$3.00 goes to FWIO and \$2.00 remains with us to operate. We also collect ‘Rural women in Action’ for ACWW (Associated Country Women of the World). You do not have to be a member of FWIO to join.

In the past we have held more than one meeting per year. Previously we have had luncheons with speakers and we hope to start doing this again.

We have Gold Cards that are given to our Sustaining Members in the past but this year I did not mail any because of the cost.

I suspect some changes will be made for this year but I have been a member for 20 years and I feel it an honor to belong to the first Branch of the Federated Women's Institutes of Ontario.

If you choose to become a Sustaining Member - please forward your cheque or etransfer. I will need your Name, Address, Phone number and email address.

Stoney Creek Charter Branch

Marian Austin

Sustaining Member/Treasurer

519-750-3341

marianaustin@rogers.com

23 Allensgate Drive

Brantford, ON

N3V 1C8

Cooking And Healthy Living Submitted by Judy Page Jones, Quebec rep.

Submitted by Judy Page Jones, Quebec rep.

It's already September, local County fairs are happening, and school is starting. If you had a garden this year and you have produce, you are one of the lucky ones with the price of food going up and the weather causing problems with many gardens. I'm including this month two recipes that I have entered and won prizes in our local fair.

TOMATO CHUTNEY

6 to 8 large Red Tomatoes, peeled and chopped

4 large apples, chopped

1 – 1 ½ cups Brown sugar

1 cup vinegar – cider or malt

1 ½ tsp. salt

½ tsp. each cinnamon, cloves, allspice



Combine all and bring to a boil, reduce heat and simmer for about 1- 1 ½ hours, stirring often, it can burn easily, continue to cook until reduced about half. Makes about 3 – 250ml jars.

CORN RELISH

4 cups corn

1 cup celery, chopped

¼ cup onion, chopped

½ cup green pepper, chopped (can also use red or mixture of the two)

2 cups white sugar

1 ½ cups white vinegar

½ cup water

1 ½ tsp. coarse salt

1 tsp. each of mustard and celery seed

Combine in a large saucepan and bring to a boil, reduce heat and simmer 10 minutes.

Smoothly blend the following together:

½ cup flour

1 ½ tsp. dry mustard

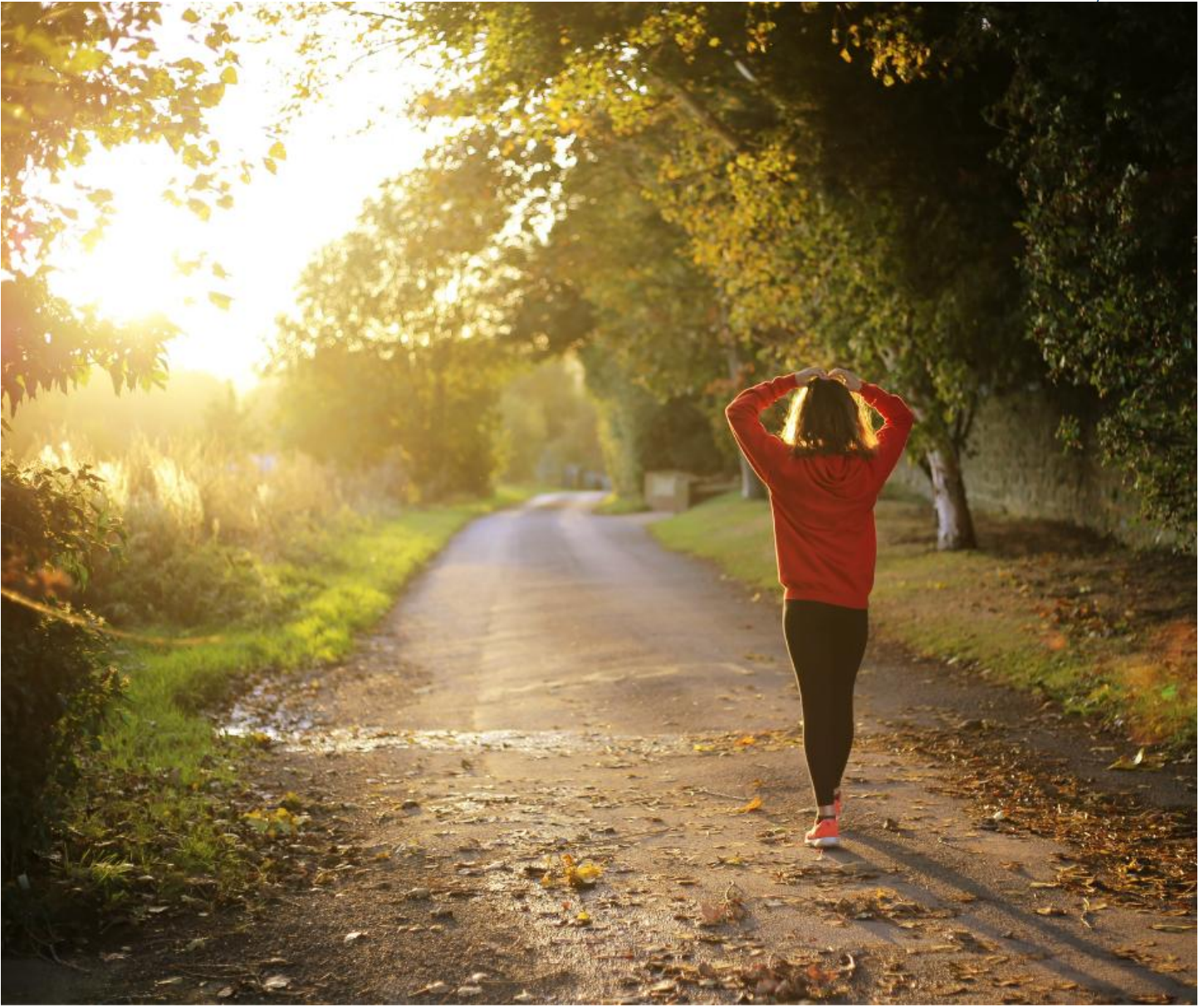
½ tsp. turmeric

½ cup water

Gradually stir this mixture into the hot corn mixture, continue cooking, stirring frequently for about 10 minutes, until the mixture is thickened.

Ladle into jars and seal. Yields about 3 – 500ml.





Our Well of Wellness submitted by Kimberly Rorstrom BCWI

Mental Health seems to be in the news headlines these days. On October 10th it was World Mental Health Day. In this article the focus is on living with Depression. Depression is a mood disorder that will affect one in eight Canadians (the World Health Organization estimates that globally 5.0% of adults suffer from Depression) at some point in their life. Depression is a leading cause of disability worldwide. Presently women are twice as likely to be diagnosed with Depression than their male counterparts. Some of this may be due to women seeking more professional support for their emotional wellbeing. Additional factors include life-cycle changes, hormonal changes, higher rates of childhood abuse or relationship violence, and social pressures.

Sometimes people don't know they are depressed. It's common to not want to admit it. It's normal to feel sad, tired and emotionally drained sometimes. Sadness is part of being human and feeling this way for a few days is normal. It's when

this sadness lasts more than a few weeks, begins to affect your involvement with others, when it's difficult to get out of bed and get dressed, and you can't seem to find joy in other areas of your life, that it becomes a concern. People with Depression can't just "snap out of it" or make it go away.

So, what causes Depression? It's not because someone is weak, lazy or lacks willpower. Depression can be triggered by a life event such as moving to a new city, having a baby, the loss of a job, the end of a relationship the loss of a loved one, etc. It has more to do with how someone responds to fear, anxiety, or uncertainty about the future, frustration, thinking the worst, or feeling a loss of control over their life. These depressed feelings can lead to social withdrawal, lethargy and more negative thought patterns that exacerbate the depressed mood and keep the negative cycle continuum.

Reflect on your mood over the last two weeks. Then ask yourself if you have experienced little interest or pleasure in doing things; felt worthless, helpless, or hopeless; had trouble falling or staying asleep or slept too much; had unexplained stomachaches and headaches; noticed you're eating less than usual or overeating; had trouble concentrating or making decisions; lost interest in activities you used to enjoy; avoided people and/or responsibilities; lethargy or restless; less desire for intimacy; feelings of unreasonable guilt; and/or had thoughts about harming yourself or worse? Answering yes to one or two examples gives you an opportunity to identify areas you can work on. If you think that several of these examples seem to apply, please seek help. If you are thinking about harming yourself or others please get help immediately. In BC support is available through the BC crisis line, 24 hours a day: call 310-6789 (no area code required). The Suicide Prevention and Support hotline is toll-free @ 1-833-456-4566, or <http://www.crisisservicescanada.ca>.

Gratefully there are safe and effective treatments for mild, moderate, and severe Depression that can reduce the frequency, length and severity of this mood disorder. These include medications, counseling, and self-help. There are many kinds of medications used to treat Depression, and the different kinds work in different ways. A doctor can help find the right medication for you. Counselling options include cognitive-behavioral therapy (CBT) and interpersonal therapy (IPT). Self-help techniques consist of positive thinking, helping others, practicing acts of self-kindness, learning more about Depression, physical activity, time outdoors, socializing, reserving time for a pleasurable activity, etc. Those experiencing seasonal affective disorder may benefit from light therapy. For the rare few challenged with severe depression, with limited response to other treatments, there is the option of electroconvulsive therapy (ECT).

Here are some resources that may help:

Self-Management BC offers the Chronic Disease Self-Management Program (CDSMP) for free. The six-session workshops include self-management skills for Depression. For further information: visit www.selfmanagementbc.ca, call 604-940-1273 or toll free @ 1-866-902-3767, email selfmgmt@uvic.ca, Facebook @SelfManagementBC, twitter @SMPatUVic

<http://www.heretohelp.bc.ca/infosheet/depression>

Mood Disorders Association of BC: visit www.mdabc.net, call 604-873-0103 or toll free @ 1-855-282-7979

Canadian Mental Health Association (CMHA), BC Division: visit www.cmha.bc.ca, call 604-688-3234 or toll free @ 1-800-555-8222. Their Bounce Back program is free: visit www.bouncebackbc.ca. Another program, Living Life to the Full, helps with coping with stress: visit www.lttf.ca

BC Partners for Mental Health and Substance Use Information: visit www.heretohelp.bc.ca

HealthLink BC: visit www.healthlinkbc.ca or call 811

World Health Organization, WHO Special Initiative for Mental Health (2019-2023): Universal Health Coverage for Mental Health: visit www.who.int

If you have feedback about this BCWI 'Our Well of Wellness' article on Depression please contact me via Mail4Kimberly@icloud.com.

PEIWI: Agriculture on PEI - Apples - Did you know?

Submitted by Ellen MacPhail



- On PEI a total of 400 acres of orchards were grown in 2020
- 74 acres were traditional orchards
- 326 were high density trellised orchards
- Documented orchard farms in PEI appear to begin in the 1820s, with over 40 different varieties from one farm and trying out new rootstocks on which to grow the varieties.
- Approximately 20 orchards are on PEI with close to 10 U Pick orchards, some growing close to 30 different varieties.
- One farm has over 6,000 apple trees producing between 500-700 pound bins for a total of approximately 360,000 pounds each season
- Around the world, over 7500 varieties of apples are grown, with 100 of those being grown in Canada. On average, Canadians tend to eat on average 86 apples a year.
- Dwarf trees take 2-3 years to mature to bear apples, while it takes 8 years for normal trees.
- Harvest time is September to late October
- Apples on PEI are used for eating, baking, juices, and cider
- Apples are a good source of fibre and vitamin C if consumed with skin on
- Apples contain pectin, which helps reduce the risk of cardiovascular disease and antioxidants that can help reduce the risk of cancer.

When apple farmers first start their orchards, they purchase and plant young nursery trees. Pruning in the spring is critical as it helps position branches to capture the optimal amount of sunlight.

Pollination occurs when the apple trees start to blossom. After pollination, the blossoms will dry up and take the form of "fruitlets". Over the summer, these "fruitlets" will grow and take shape from green buds to form the apple. Farmers

monitor their orchards closely to ensure pests nor diseases damage their crops. Once these apples start to ripen in late September to October, they are harvested by hand using ladders and some use mechanized harvesting platforms. PEI has an excellent climate for growing apples as they grow best with cold winters and steady summer temperatures with a high humidity level. According to Liquor PEI.com for over 200 years “Island apple growers cultivate a variety of different kinds of apples, including rare, common, dessert and cooking apples, each with its own unique flavor, texture and season.”

Sources: [PEI Tree Fruit Growers Association](#); [PEI Farm and Food Care](#); [Arlington Orchards](#)





ADELAIDE
HUNTER
HOODLESS
HOMESTEAD

A NATIONAL HISTORIC SITE OF CANADA

- Our spring /summer program of activities is wrapping up. Next week we hold our last two programmed activities.
- The Fall program of activities (Sept – Dec) is being finalized and will be ready for publishing and delivery next week. The new program incorporates key learnings from the Spring Program.

Flower Power Day



Notable Activities in Sept:

Several meetings took place in August to prepare for the Sept 22nd – Oct 15th Culture Days Festival. The Adelaide Hunter Hoodless Homestead will host four events. In addition, our site is being used for two other Culture Days events which will be hosted by our “Not for profit” community comrades.

Culture Days Festival Events hosted by Adelaide Hunter Hoodless Homestead

Sun. Sept 24 th 2-4pm	Story Telling Concert with musical interludes	Two award winning story tellers, one historic site, a local violinist, and a delicious intermission. Listen, learn, and celebrate the art of story telling.	Free Will Donation Reserve on Eventbrite
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Sun. Oct 1 st 2-4pm	Brant Theatre workshop in the pavilion at Addie's homestead	If you have ever wondered about acting or what goes into performing – Join In! Peter Muir of Brant Theatre Workshops will lead a series of fun theatrical exercises that are heritage themed.	Free Will Donation Reserve on Eventbrite
Sat Oct 7 th 2-4pm	Totally Not Boring Kids Pioneer Day	For kids ages 5 -10 We will be having some pioneer fun in the kitchen, outdoor pioneer activities and a bird feeder craft for migrating birds.	Free Will Donation Reserve your spot. Text or call 519 448 3873
Sat. Oct 14 th 2-4pm	Heritage Artifacts Then and Now Both locations: AHH Homestead & The South Dumfries Historical Museum @36 Main St. So.	Adelaide Hoodless and South Dumfries Museums team up to bring you this event as part of the Culture Days Festival. Interesting museum artifacts from both museums are on exhibit, featuring the selected artifact from the 1800's AND their present-day version! You'll be amazed at how they've evolved! (Or have they?)	Free Will Donation Reserve on Eventbrite

- This month 11 people toured the AHHH museum (as of Aug. 24th)
- Kathy Moore of Mazy Way Indigenous Design visited and brought some new pieces for our gift shop (they include beaded jewellery that represents red dress day and orange shirt awareness day) We are pleased to add these items to our gift shop in time for Reconciliation Day on Sept 30th.
- Updates have been made to the gift shop. A kid's corner with books and gifts and some great t-shirts. Come in and check it out.
- Nancy met with Krista Cressman former Manager of the Steckle Heritage Farm. Krista developed the not-for-profit Steckle farm homestead into a successful wedding venue. We talked about ways to expand our capabilities at the AHHH to be more active as a wedding venue. Nancy to continue those efforts.
- A new Addie's committee is formed made up of local community members who are engaged in supporting the AHHH. The committee is not yet fully formed but Nancy is leading the committee and Margaret Byl is on board representing FWIC and for oversight. The Committee is made up of a former county councillor, a local naturalist, a business consultant, and a senior with a background in recreation and leisure event planning. Linda Zelem will join us and there is another role yet to fill (one who will represent youth programming needs) The committee has set a goal for the AHHH to become more fiscally autonomous by the end of 2024. We have developed a structured plan that is targeted to achieve that goal.

Update on Project Proposal (now named **Project Addie):**

As we have not heard back from the school board on their participation in project Addie, the project has decided we will press on and get the script written so that we have something with which to proceed if we pursue private schools or homeschooling as options.

Associated Country Women of the World (ACWW) Update

Area Canada President - Marie Kenny

The month of August certainly has begun very wet and cool here on PEI, and it is another wet day as I write this update. My thoughts and prayers are with the many across our nation, and indeed our world, who are facing weather-related disasters; with flooding, forest fires and tornadoes' so many are having a very difficult time. Whatever bit we can do to help is important. To me, this quote by Jessy Matteo speaks volumes, *"Even the smallest act of caring for another person is like a drop of water, it will make ripples throughout the entire pond."*



My first Area Canada newsletter has been sent out and I hope you have received a copy from Central Office. If not, please let me know so I can check to ensure that your contact information is correct.

On July 31st, I attended, virtually, the Annual Meeting of the Stoney Creek Charter Branch of the Women's Institute. This Branch is the basic building block from which the Women's Institute has grown since its inception in 1897. It was wonderful to be part of their AGM, please note that membership is open to anyone and only costs five dollars. Check their website for further details.

It was a delight to be invited and attend the Women's Institutes of Nova Scotia's AGM on August third. It was a fantastic opportunity to share about ACWW and learn about all the tremendous work that is being done across Nova Scotia by society members.

I am so proud to be part of an organization where hundreds of society members truly embody what this organization stands for, "women supporting women". Together we are rural women in action, working toward sustainable growth for the future.

September 2023

It was wonderful to see many of the Area Canada Coordinators at the first zoom meeting of this triennial on August 19th, Discussion focused on understanding domestic violence and the different types covered by this term or gender based violence. Also, what awareness do you have of local services that can be accessed for rural women? I look forward to our working together on this and other issues relating to the work of society members.

Be sure to go to the ACWW website and check out the details, see videos and resources from The Women's Empowerment Summit held in Mongolia August 11-13, 2023.

The Women's Empowerment Summit brought together 300 survivors of domestic and gender-based violence from rural communities and herdswomen in the Khovd Province of Magnolia.

The Women's Empowerment Summit strengthened the initial work done, provided training in Sexual and Reproductive Health and Rights, Safeguarding, Rabies, Community Safety, Citizenship, Human Rights and Advocacy and Digital Entrepreneurship.

Thank you once again for your support. I look forward to working with you and welcome invitations to visit your society, to meet many of you, to share updates and learn more about the work happening in your area.

Please feel free to contact me at any time, my email address is: canada@acww.org.uk

Until next time...Stay safe....Blessings Marie





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See you all in October!