



Home & Country

Spring Issue

March 2023

Mission Statement

Women of all ages who achieve change through personal growth, communication and education.

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Institutes

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Executive Director
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Sophie Miles Award Submitted by Colleen Bianchi



This Award is for new AWI Members to be able to attend an AWI Convention. This Sophie Miles Award originally was made possible by the generous donation by Margaret Hanlan in memory of her mother. Today donations towards this Award allow one new member to receive FULL registration and “shared accommodations” at the Annual AWI Provincial Convention.

Names of new members are to be included each month on the Branch Secretaries Report submitted to the President-Elect.

From these names submitted by the Branch Secretaries between January 1 to December of each year, two names are drawn. The draw takes place at the January Council meeting of AWI from the member names submitted the year

before. The first name will be awarded the 'prize', the second name drawn will be the alternate, if the winner is not able to attend the Provincial Convention.

Branches submit their new members names in their Secretary's Report.

Convention registration and the shared accommodations will be paid for the winner at the Provincial Convention held in the year of the draw.

Meet your new DD1 & DD2 Directors!

Both District 1 and District 2 have experienced some changes over the past few months, both Districts have new Directors. Former District 1 Director Wendy Pimm has stepped away from AWI due to other things in her life requiring more of her time.

We would like to welcome Joyce Hatton, Valhalla Busy Bees WI to Council. And in District 2, we would like to welcome Ina Webster, Stony Plain WI to

Council.

District 1 Director Joyce Hatton was born and raised in Homestead, Alberta and now calls Beaverlodge home. Joyce has three daughters, eight grandchildren and six great grandchildren. She does custom sewing and alterations. In her 'spare time', Joyce enjoys reading and watching curling. Her mother was also a member of WI for many years.

Read Ina Webster's Bio on page 4 along with updates from DD2.



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The Alberta Women's Institutes (AWI) form an educational organization for rural and urban women. Our aims are to promote leadership among women, to encourage local community development, and to assist women both locally and globally. AWI is affiliated with the Federated Women's

Institutes of Canada (FWIC) and Associated Country Women of the World (ACWW).

Home and Country is published three times a year. Deadline for submissions are February 1, July 1 and October 1.

Submitted articles should be no longer than 300 words in length and are subject to editing. Submissions may be screened by the Editorial Board.

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No article will be printed that is deemed to be discriminatory.



President's Message

Submitted by Diane Dammann

There is so much more to WI than your local Branch. Did you ever think about moving onto say a District Director position? I know it's a learning curve, but it's really quite a gentle slope. The position of District Director is for 3 years. District Directors have two big functions; one is to prepare a gathering or conference for your District and the second, is to be part of the Provincial Council and inform your Branches of any updates and news.

Each District Director receives a binder that has all the information she

will need and of course there is always help from former Directors and former Council members. In some districts the District Director's way to the FWIC conference is paid. Districts pay for their Director to attend the annual AWI conference.

Council meetings are held virtually about every 6 weeks, and in person at the AGM in June.

I have always said a good leader works themselves out of a job. I do hope that I have mentored and motivated some members enough that they will step up and take on a leadership role.

I have found my journey from new member in 1984 to President interesting, challenging and most rewarding.



Agriculture Update

Submitted by Colleen Bianchi

This time of year is the “resting period” for the land, but not when there are animals in the 'operation', it is also a time when the crop production is moved in to the “supply chain”.

There is high tech with three field robots which is a “learning curve” for Ag producers. There is a multi-purpose platform machine that can pull field implements autonomously in the field. AgRobotics Working Group has been working on the machine doing the 'work right' rather than having it look pretty. A larger drone has been doing weed spot spraying eliminating crop damage. Seen in fields is a Zamboni-like autonomous

machine which picks weeds mechanically, which is still very much in the prototype stage that is controlled by the Quebec based creator company.

In 2019, there were 20,405 injuries on Alberta farms, that works out to one injury for every two provincial farms. The top two causes of injuries in agriculture are falls and being stuck in machinery and equipment during seeding and harvest are the highest risk times. It's primarily the owner-operator dying on their farm followed

by their children, who are largely the victims.

AgSafe Alberta offers a FREE and easy-to-complete online course which covers common farm workplace hazards. Last year AgSafe launched an online course called “Farmers Care Level 1”. Ag producers should be aware/reminded the farm labour legislation has changed. A lot of people don't realize that farms and ranches are NO LONGER exempt from the Labour Code.

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Positions to be filled!

Submitted by Cathleen Thurston

As Nominations Chair it is my job to find members willing to let their name stand for the position of Provincial President Elect. I have had a few names passed to me, but these ladies have all “respectfully declined”. The reasons are varied: too old, too busy, let someone younger do it, etc.

Just to let you know everyone in our organization is getting older and there are no younger members to take positions that open up. There's just us – you and me – and since I've already “been there, done that” I guess that leaves YOU!

Right now, I have no nominees and no suggested nominees. So, what happens if no one steps forward to become President Elect? Good question ... maybe you guys could let me know what you think will happen

to our organization in that circumstance? Put your thinking caps on and let's get someone to fill this important position!

As well, I see from the *News & Notes* I am to be contacted for a couple of other positions as well. We are looking for applicants to take on Handicraft Coordinator, Federated Women's Institutes of Canada Alberta Provincial Representative, Home & Country Editor, plus 2 auditors for the financial books. If you are interested in any of these positions please send in your resume and cover letter as soon as possible. If you have no idea what these jobs entail you can look in your Branch's copy of the AWI Operations Manual, speak to the persons who currently hold these positions, or ask me. We are all

willing to help you out!

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 Looking forward to hearing from YOU!



New District 2 Director: Ina Webster

I was born in Saskatoon and raised there with summers spent in Northern Saskatchewan. I attended nursing school in Saskatoon and then worked in California for many years. I returned to Canada about 20 years ago to work in Edmonton.

I joined Stony Plain WI about 5 years ago and have greatly enjoyed getting to know so many wonderful women and getting involved in various activities. I became secretary of the Stony Plain Branch about 4 years ago and enjoy that challenge. I became District 2 Director after the spring Constituency meeting in 2022 and am working hard at learning that role and looking forward to meeting even more WI members from across the province.



District 2 Report Submitted by Ina Webster

Echo Hill Branch hosted the Stony Plain / Lac St Anne Constituency Conference on April 20 2022. It was great to get together again after a two year break. The conference was held at the home of Wanda McMillan from Echo Hill. Her home is a beautiful third generation family farm. This year was also a celebration of the Echo Hill branch's 86th Anniversary. The day was filled with great interesting speakers and entertainment and fun activities. A delicious homemade lunch prepared by the Echo Hill members was a great treat for everyone.

Stony Plain Branch held Cottage Crafters craft fair and bake sale after a COVID imposed absence. We had a

great turnout and the weekend was successful. In June we had a tea to celebrate the Queens Jubilee at the home of member Karen Adlem. It was a beautiful day and everyone was able to enjoy the good weather, beautiful scenery in the country and great food.

In December we held our annual Christmas Dinner at the Family Connection Centre in Stony Plain. The food was catered by the center and as usual was delicious. We had invited the members from other Branches and were pleased to have a great turnout of 26 with members from Darwell and Duffield joining us for the evening. Planning is underway for the 2023 Constituency Conference to be held in Stony Plain on April 22 2023.

Darwell Branch arranges Ladies who Lunch once a month at various restaurants around the area and members from Darwell, Duffield, and Stony Plain enjoy the fun monthly get togethers.

Creighton Branch had a mini Conference on July 20. They also held a celebration tea that day in honor of the late Queens Platinum Jubilee. They were happy they had done this before her passing. On August 24th they celebrated Creighton's 90th Anniversary with all but 2 of their 12 members attending. They had previously sent a picture to Bernadette for the Home and Country, that is included beside this article.

Duffield Branch donated a large stocking of items at Christmas for Neighbourlink. They are also looking into a spring bulb fundraiser and have some fun history of holidays talks planned and an outing planned for their meetings for this year.

WI Member Celebrating 101 Years!



Back row: Julie Rein, Kerrie McGuckin, Yvonne Hollen, Patricia Durie, Beverly Hollen, Agnes Derksen. Front row : June Clark, Barbara Schmidt, Elfrieda Westover, Arvilla Hess. Missing are Edna Myhovich & Alberta Weatheral. Elfrieda is 101 years old, WI members gathered to celebrate with her in August.

Stony Plain WI Hosts WI Christmas 2022 & Loonie Bingo



Stony Plain Branch hosted our annual Christmas dinner for the members on December 14th. It was held at and catered by the Family Connection Centre in Stony Plain. We had a great turnout with members from Stony Plain, Darwell and Duffield Branches for a total of 26 in attendance. It was a really fun evening with the chance to hear how long everyone has been a member and some great memories

Thank You!

Donor Recognition Program

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We also started up our Loonie Bingo evening at a local seniors centre after being on hiatus since January 2020. Was a fun evening with 28 residents joining us for the fun.

A Thought from Pat Scott, Duffield WI

“And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listed more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.

~ Kitty O'Meara.



District 3 Report Submitted by Yvonne Erickson



This report is for past months of October, November, and December of 2022.

Branches dealt with Halloween, Remembrance Day, and Christmas, then bringing in the New Year.

ARGYLE secretary reports for October say they had lots of pumpkin recipes for muffins and soups. Diane Dammann spoke about her trip along Danube river and showed her photos.

November was a Remembrance Day memory. They then had discussions on our Minds and Music and how it can cheer us up. December's report was a Christmas present remembered. They had 3 guests at their party. Argyle reports six

new members as follows, Donna Inkin, Leslie Weinrauch, Kerry Komix, Lori Fess, Trudy LaMorris, and Odette Dionne. Welcome Ladies!

HALFWAY GROVE I called Dorothy Ungstad for a report. They held no meetings in those months. Dorothy's daughter Gail from Slave Lake, passed away in late December from cancer. Anne T. is in long term. Mary still driving milk truck. Cornelias Bossert went to Switzerland to visit family.

HEATHER BRAE Jean Teeple getting cataract surgery in both eyes. Lynn Lord has just moved into a condo. Janet Omoth broke her ankle and has been in hospital a long time.

RIDGEWOOD In November it's reported Lenette attended Hogadone's tea which was a celebration of the

Queen's Jubilee, about 35 people attended, mostly from District 5. They had a guest, Lee Mathison who is the Sergeant of Arms for the Red Deer Legion. He related stories from his father's days of service in the Canadian Army during WW2. December's meeting was tell about family traditions at Christmas. Answers included Chinese gift exchange, stockings, Christmas Eve church services, breakfast, brunch, lunch, supper and pot luck.

ROUND HILL reports two new members this past year, Theresa Banks and Kathy Nahirniak. Round Hill got together for Christmas lunch at Norseman and did bags for local kids from Santa at Christmas community pot luck. Welcome Ladies!



ACWW Coordinator's Report Submitted by Elaine Kaiser, ACWW Coordinator

In January 2023, Elaine Kaiser was appointed by our AWI President, Diane Dammann to become the ACWW Coordinator for Alberta.

This is a new position. The ACWW Board of Trustees during 2021, discussed and evaluated ways of making the World organization more vital and relevant as the times are constantly changing. In order to communicate more effectively, a Coordinator will be an asset to both the Canada Area President and to ACWW.

I became a member of ACWW in the year 2000, with the encouragement from my mother, Gloria Gorrill. She had attended the ACWW Triennial Convention held at

Vancouver in 1983 and she became a member then. She generated an interest continually at our local WI branch, about the work which the organization contributed to Rural Women especially in the Third World countries.

I was able to attend 3 ACWW Triennial Conventions at: Hamilton, Canada; Coventry, England; and Melbourne, Australia.

As Coordinator my aim is to promote the work of ACWW and inform the Alberta WI members how they can become involved in this great effort to improve the lives of Rural Women. ACWW gives assistance by funding projects, so that women, along with their communities, will become self-sufficient in providing employment. ACWW accepts donations for these projects through

the Rural Women in Action Fund. One way to donate is when you renew your annual WI membership.

Another way is by participating in the Women Walk the World on April 29. Register your event at ACWW website, set up a fundraising page, and let ACWW know if there is any

way they can support you! To register your event visit: <https://acww.org.uk/fundraise-for-acww>





District 4 Update Submitted by Colleen Bianchi

Bow Valley Constituency has two Branches Langdon -which is meeting almost monthly; Westoe is

'resting'

Chinook Constituency has two Branches – Irvine – which is resting - they had a member death; International Wild Rose are not meeting 'in person' yet.

Membership of District Four is about the same.

From what I understand the 'resting' Branches are still meeting but not so often. Langdon women do meet for coffee at Indus, AB, weekly.

The District Four WI's still are working on their Branch projects/ commitments. These ladies may have health issues, and not so young BUT they still enjoy being involved in their WI.

*Free Advice from
Mark Twain
The only way to keep your health, is
to eat what you don't want, drink
what you don't like and do what
you'd rather not.*

~
*Never put off until
tomorrow what you can do
the day after tomorrow.*



District 5 Update Submitted by Linda Mason

Ella Jane WI Branch held their Spring Plant Sale & Tea in May and

donated fatigue mats to their local hall. They have been busy with wedding & bridal showers as well as knitting and collecting items to donate. A meeting activity of theirs is to read books/articles with discussion ensuing i.e.: articles on the role women played in development of vaccines especially for COVID.

Geri Shadlock, longtime member of the Verdant Valley & Dorcas WI Branch passed away on March 24, 2022. She will be greatly missed by all. A vibrant WI member, not only in her own Branch but in many WI activities.

I was invited to speak at the Verdant Valley & Dorcas's 110th. Anniversary celebration in July. Congratulations to their Branch in achieving this milestone as one of the oldest branches in Alberta.

Hogadone WI held a moment of silence for the loss of their charter member, Mildred Hoppins who passed away Nov. 20, 2021. They have 3 new members and have raised monies for ACWW and various other

charities.

I have not received any information from the Wild Rose Go-Getters WI Branch.

Thanks to Carol Brown for updating District 5 Memorial Book and along with Leona Pryor are preparing the Memorial Service for AGM to be held in April, 2023. More information is forthcoming.

Request sent from District 5 Branches to AWI Head Office that

information from AWI, FWIC, ACWW sent/received via internet, be printed and 1 copy be mailed to Branches to distribute to all of their members as it very important to enable all WI Members to be able to receive all WI information.

Proceeding into the New Year, 2023 please remember that we all are part of a global sisterhood looking out for one another!



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Resolutions submitted by Linda Toews

Resolutions are an important aspect of Alberta Women's Institutes. Every year, I look forward to seeing what issues are deemed important enough to our members that members and Branches have taken the time and effort to research and put forward resolutions for our consideration. I am always amazed at the important issues that are brought up for discussion.

We had five resolutions coming forward for discussion at Convention in 2022. It was so good to have debate again at an in-person Convention, and the ladies present rose to the challenge.

Thank you to the Branches who proposed and seconded these motions. And thank you to those individual members who participated in the debate while each resolution was under consideration. It is important to hear diverse opinions on resolutions which help members to decide which resolutions they wish to support. I wish to express my appreciation to Elizabeth Rushton for being on the Resolutions Committee.

Resolutions 1, 2, 4 and 5 were approved by the Convention delegates. I wrote a letter to the federal government immediately for Resolution 4 regarding the carbon and fuel tax. To date, we have received no response. Letters have been written to the appropriate ministry(ies) for the other resolutions. Now that the new Ministers appointed by Premier Danielle Smith have had a little time to get into their portfolios, follow-up letters will also be sent. Some resolutions required research to determine the correct ministry to which to address the letter. For future resolutions, please consider

determining to which ministry(ies) letters should be addressed to make the task easier for the Resolutions Chair to follow up and get the resolution before government more quickly. For an example, see Resolution 5 which included this essential information.

Resolution 3 was defeated. President Diane Dammann committed to follow up on this. For those of you who are concerned with the short life of appliances, remember that you, too, can write a letter to a manufacturer or manufacturers requesting that they do something about the life of appliances. Multiple letters received by manufacturers might prod them into doing something to make a change. In an amusing aside, it is interesting that there was recently a radio ad for an appliance store which talks about the short life of appliances.

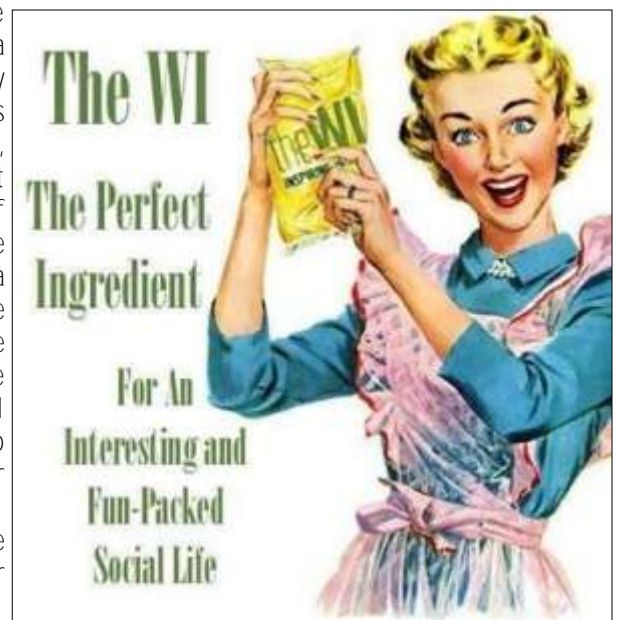
As with all resolutions, it is always a good thing for individuals to write letters to appropriate ministries putting forward the thoughts and reasoning behind resolutions. While government departments do tend to pay attention to organisations such as ours knowing that we represent many voices, it is a fact that perceived quantity of concern also gets attention. Ministers, MPs, MLAs, and government departments keep track of the letters, emails and phone calls that they receive on a particular subject, and the more that are received the more likely it is that some action will be taken. So I encourage all members who feel so inclined to write your own letters to government.

And it is time to be considering resolutions for

this year. It's never too soon to start thinking of causes that would make good resolutions. It takes time and effort to research the background to make a good resolution which, in turn, makes it more likely to pass muster at Convention. The deadline for resolutions is March 31 which gives you a little bit of time if you haven't yet considered a resolution or if you're still working on one.

In a previous edition of Home & Country, I wrote an article entitled "What Makes a Good Resolution." Refer to this article if you aren't sure how to write your resolution or what to include, and feel free to contact the Resolutions Committee for help. We want good resolutions to go to Convention and will be pleased to help you get your resolution properly prepared. Well-written and researched resolutions will be more successful, and more likely to get the attention of government to take action.

The Resolutions Committee is looking forward to seeing your submissions. Again, feel free to contact us for assistance.



Health: The 5 Seasons of Traditional Chinese Medicine

Submitted by Yvonne Erickson



Traditional Chinese Medicine (TCM) has origins dating back thousands of years. While modern medicine has paved the way for new treatments and preventative measures in health care, millions of men and women continue to practice TCM. If you're interested in trying it, though, you'll first need to familiarize yourself with the five seasons of TCM and the organs that they target.

SPRING

When speaking in the context of TCM, the spring season is associated with new life and beginnings. It is time for cleansing toxins from your body and negative energy from your mind, which is why it focuses on the liver and gallbladder. You can cleanse your liver and gallbladder by eating more grapefruit, beets, carrots, green tea, and leafy vegetables.

EARLY SUMMER

The early summer season for TCM is associated with heart health and blood flow. Being that heart disease

remains the leading cause of death among both men and women, this is one season that shouldn't be overlooked. Individuals can promote a healthy heart and cardiovascular system by incorporating more physical activity and outdoor exercise into their early summer routine.

LATE SUMMER

The Earth element is linked to the summer season in TCM, with a focus on the spleen and stomach. As you may already know, the stomach is **responsible for "holding" your food** as it begins to digest, whereas the spleen works to transport nutrients from the food throughout your body. To promote a healthy stomach, spleen and digestive system, focus on natural, organic foods while eating them more slowly.

FALL

As we get deeper into the year, TCM becomes focused on the lungs and large intestines. This fall season of TCM emphasizes the importance

of proper lung health and function. Our lungs are responsible for taking in oxygen, absorbing it into our blood while simultaneously expelling carbon dioxide. The large intestines, on the other hand, are responsible for absorbing vitamins and nutrients. Not many people would think of large intestines and lungs as being similar, but they both have a similar purpose of absorbing vital compounds that we need to survive.

WINTER

The fifth and final season of TCM is winter, which is linked to kidney health. Many people overlook the importance of kidney health, resulting in buildup of toxins within the body. A simple and effective way to promote healthy kidney function is to drink water, lots of water. Strive for minimum of eight (8) ounces of H₂O per day. Foods like black beans and red adzuki beans can also prove beneficial for kidney health.



In addition to the Handicraft entry items

are two special categories.

One is the *Edna May Ridley Quilting Award*. This is a hand quilted patchwork quilt. The top of the quilt may be machine pieced but the quilt must be hand quilted. Minimum size is 40x60 inches.

The First class winner in Class D-1 automatically wins this award. The winner will receive a small individual plaque and her name will be placed on the large plaque held by Alberta

Women's Institutes.

The second is the *Myrtle (Olsen Roberts) Heyer Doily Award*. The article in this category may be **either of the three: tatted doily 10" – 14", crochet doily 14" – 30", knitted doily 14" – 30"**. The material used must be crochet cotton. In this category each member from every Branch or associate member can enter.

Do not mount doilies. The first place winner will receive a small individual plaque and have her name engraved on the large plaque held by Alberta Women's Institutes. There

will be no points awarded for this class and therefore no points towards Branch standings.

A new *Handicraft List 2023* is on the AWI Provincial Website. There have been many changes – additions, deletions, and changes in wording to some Classes. Please check the list carefully so that all your entries are entered into the appropriate class. Please note Page 2 #13: There will be no articles accepted for display only. This and all disqualified articles will be placed into respective Branch tubs and not displayed.



President-Elect Report submitted by Linda Toews

It was so good to see so many people at Convention. After 2 years of

not being able to meet in person, it was wonderful to be able to get together in person again. Thank you to all members who took on volunteer roles at our 2022 Convention; together we made a great team.

As AWI members, indeed – as women, we face adversity all the time, and we are champions at overcoming whatever hardships life and circumstances throw at us. The great song by Helen Reddy, “I am Woman” comes to mind – the first line is “I am woman, hear me roar.” I think that would be a great theme song for AWI.

I was pleased to attend two great celebrations of Branch longevity in

2022 – Ridgewood WI’s 75th Anniversary and Verdant Valley & Dorcas WI’s 110th Anniversary! The ladies in both Branches put on excellent events and it was so interesting to see what members in both Branches had done over the years. What tremendous accomplishments to have been a Branch that long, and Verdant Valley & Dorcas WI is the oldest Branch in Alberta. I was delighted to be invited to speak at both of these celebrations. Congratulations to all of you wonderful ladies!

I very much enjoy reading the secretaries reports and keeping up to date on what everyone is doing. Congratulations to all Branches who have welcomed new members.

Provincial Convention

Planning for 2023’s Convention is underway. We will be returning to the

Norsemen Inn in Camrose, although the configuration will be more like our usual configuration rather than the smaller version we used last year. And, of course, 2023 Provincial Convention, this year will be a 3-day Convention and will take place over June 6-8. Our theme is “Strengthening Family and Community Relationships.” If anyone knows of any speakers they think would be in keeping with our theme, please do let me know. By the same token, if there is something you would like to see included in a workshop, please also let me know. Looking forward to another great Convention.

Watch for more Convention Information to come out very soon. Plan now to attend.

Please feel free to contact me at any time; I love hearing from members.



Council Meeting Motions June 2022—January, 2023 Motions from Special & Regular Council Meetings

Motions June 6, 2022

Motion 01-06-2022 moved that all donations received in the Provincial Office, no matter what designation, be recognized under the “Donor and Sponsorship Program.

Motion 02-06-2022 moved that we include AWI notepads and rulers in the 2022 Convention registration packages.

Motions September 27, 2022

Motion 03-09-2022 moved that we change the fiscal year end to March 31 and keep the Provincial Convention and Annual General Meeting in June.

Motion 04-09-2022 moved that we go ahead with Home & Country using different software to create it.

Motion 05-09-2022 moved to approve President’s expenses as submitted.

Motion 06-09-2022 moved that

Council transfers the District 2 funds in the amount of \$2,150 that have been held in trust back to District 2.

Motion 07-09-2022 moved that we pay annual honorariums to President and President Elect in the amount of \$500 for President and \$250 to President Elect in accordance to Policy #10.04.02.

Motions from November 8, 2022

Motion 03-11-2022 moved that AWI reimburse Hogadone WI for the amount of \$237.00 for expenses that were AWI related carried out by District 5 Director in 2020.

Motion 04-11-2022 moved that Bernadette Logozar, Executive Director of AWI take care of the bookkeeping for AWI until further notice.

Motion 05-11-2022 moved that we

purchase standalone Sage 50 Premium Edition accounting software from Staples as soon as possible.

Motions from December 13, 2022

Motion 03-12-2022 moved to reimburse Diane Dammann for the website hosting charges on her credit card.

Motion 04-12-2022 moved that we order 200, 1-inch pins in silver and get these engraved as needed.

Motion 05-12-2022 moved that we do not renew our lease contract with Toshiba and instead look for more economic alternatives.

Motion 02-01-2023 moved that Council appoint Gloria Coates and Doreen Whitenett as auditors to review the 2021-2022 financials.

Motion 04-01-2023 moved to accept the annual budget as presented.



Provincial Office Report submitted by Bernadette Logozar

Greetings from the A W I Provincial Office! Things are clicking along steadily and busily at the Provincial Office. The new Photo cards from photos selected at the 2022 Provincial Convention are in and look awesome! We selected 6 photos last June, so will be selling individual cards, a pack of 6 or a pack of 12. We have 19 active Branches this year and about 175 members, the reason for the “about” is that there are a couple of Branches I am still waiting to receive their complete member forms as well as

new members who have joined while I am writing this article. This does not include those Branches, and their members, that are resting in 2023. We have 15 Associate Members. Welcome all new members. Branch Secretaries please make sure you send me the names of your new members so they can be entered for the Sophie Miles Award.

Since 2022 Convention we have been holding monthly virtual Tuesday Coffee Chats on Zoom with different monthly topics. Our topic for February was Bone Health 101 with Ann Harrison, a guest presenter from Osteoporosis Canada. This session

was chock full of information. I had a couple Aha moments, one was that osteoporosis is a pediatric disease that is seen in later life. And the other was when Ann put up a comparison picture of a healthy bone next to the honeycomb osteoporotic bone. Which raises the question: Do you know your risk? Visit Osteoporosis Canada to take their quiz. <https://osteoporosis.ca/risk/>

As I close with a quote from Coco Chanel ~ A girl should be two things, who and what she wants.



FWIC Report from Provincial Rep.

Submitted by Linda Mason

WI projects that have made a difference: at a request from a member attending the Membership Rally, FWIC will create a master list of the projects that have made a difference in each province (yellow lines on the road, etc.)

Donation List: Each year Branches and provinces donate to many causes. To prepare for WI month, President Margaret Byl has requested that the amount of dollars donated to causes outside of WI by each province (including Branches) be submitted. This information will be used to show the impact that WI has nationally. Send info to president@fwic.ca.

E-Book: Thank you to those that submitted stories for the e-book. It is now available at the FWIC store for \$10.

FWIC Across Canada Book Club: resumed on Jan 19th. To find

out more details and to receive the links contact Angela at angela.beth.scott@gmail.com. Diane Dammann AWI President is the new lead hosting this activity.

ACWW Canada Area Candidates Forum: was held on January 16th. FWIC/WI Canada hosted a virtual forum for the two candidates running for the position of ACWW Canada Area President.

WI Day 2023: FWIC WI Canada was celebrated WI Day virtually on Feb 22. This year four new members from various parts of the country will be asked why they joined WI. New members who would also like to share their story can send their submissions to angela.beth.scott@gmail.com which will be published in *WI Connections*. To attend WI Day, please register at registrations@fwic.ca.

AGM 2023: Suggestions are welcome for the guest speaker at

this year's FWIC AGM to be held both in person and virtually in July at the Adelaide Hunter Hoodless Museum Pavilion.

Reminder: Please encourage branches to do the Facebook activity “Why WI? Details can be found in the latest edition of *WI Connections*.

WI Connections: submissions from Branches and members are encouraged from each province to be sent to angela.beth.scott@gmail.com. Please submit by the 20th of each month.

For information of where you can send your submissions or how to register for any of FWIC's events please contact Linda Mason.



Dates & Deadlines:

- *Book of Remembrance: No deadline*
- *Creative Writing Deadline: March 31*
- *Resolutions Deadline: March 31*
- *Report Book Deadline: April 1*
- *Provincial Convention: June 6-8, 2023*
- *Summer Home & Country: July 1*
- *Fall Home & Country: October 1*

In Memoriam



Ruth Paton

Ruth Bay was born on June 27, 1939 at Innisfail, AB. She grew up on the farm at Eagle Hill, attending Vale View School with siblings: Fred and Hilda. Later she boarded in Red Deer to complete her high school. Ruth & Don Paton were married on August 17, 1957 and they had 5 children.

Ruth joined the Mary Riley WI in 1975 and held the positions of : president, press reporter, the Sunshine person and many educational convenerships. Ruth was the Olds West Constituency Convenor in the early 1990's. Ruth enjoyed going to the conferences and competed in the Baking and Handicraft competitions, her specialty was making jewelry and cross stitch.

Ruth & Don quietly celebrated their 65th Anniversary a couple of months before Ruth passed away on October 17, 2022. She is survived by 5 children, 4 grand children and 5 great grand children.

Peggy Farrar

Peggy Mueller was born on March 7, 1922 at Shuler, AB. She married Albert Farrar on January 27, 1940. They along with their daughter, Shirley farmed in the Mayton district, east of Olds until their retirement in 1964 when they moved to Olds. After Peggy was widowed in 1985, she enjoyed traveling, crafts and pursued art with a passion.

Peggy and Shirley (Felker) joined the Mary Riley WI together and received 25 year pins at the Branch 100th Anniversary on October 15, 2017. Both women enjoyed the work and social aspect of WI, plus the Conferences. Peggy received many AWI awards with her artwork and crafts well into her 90's.

Peggy moved to a senior care facility in Rocky Mountain House in 2016. Peggy was pleased to reach her 100th Birthday with all her family attending: her only daughter, Shirley, 3 grand children, 18 great grand children, and 9 great, great grand children. She peacefully passed away on September 19, 2022.