



# WI Connections

MONTHLY NEWSLETTER OF THE FEDERATED  
WOMEN'S INSTITUTES OF CANADA

## LETTER FROM THE PRESIDENT

Submitted by Joan Holthe

Hello Friends!

Isolation- such a bad word, but, thankfully, there will be some lifting of restrictions caused by this covid 19 pandemic, soon, and relief will be in store from the ordeal which the nation has been subjected. My heart goes out to families in apartments, that have to work hard to relieve boredom, and the seniors locked down in lodges and carehomes, unable to really enjoy the spring that is upon us. Living on a ranch, and working outside everyday is my lifestyle, but OH do I wish I could browse in a store, drink coffee with friends, and spend this gift certificate for a spa that I got for my birthday. All in good time, however, and it will be appreciated when it happens. I am imagining and being ever hopeful, that there will be a beneficial outcome from this pandemic. Perhaps there will be a new appreciation for loved ones, our freedom, and a new interest and rejuvenation of the associations that have been set aside for other considerations over the many years. This expression fits: You won't miss it, til it's gone. A newer, kinder world is my hope, when this crisis ends. But in the meantime: Be calm, be safe and stay home, this too, will pass. A virtual hug to all of you.

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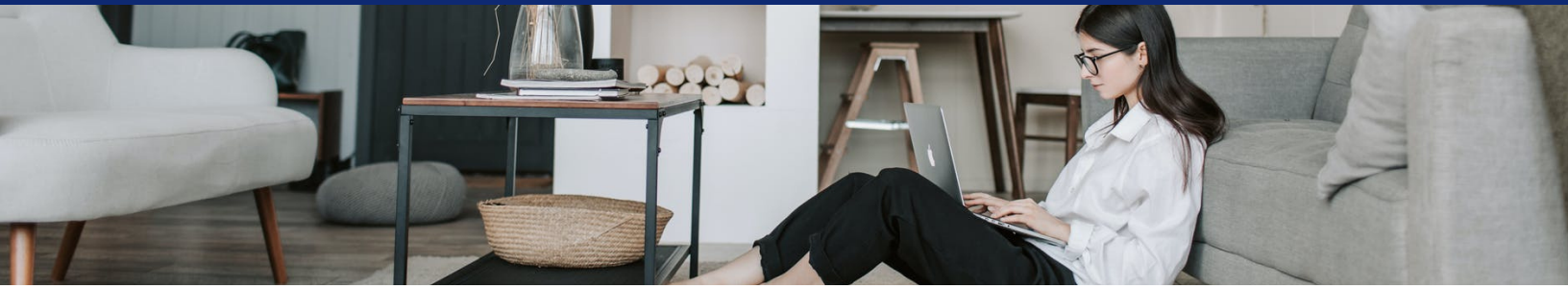
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## DEALING WITH COVID-19 PANDEMIC – ANOTHER INCONVENIENCE!

Submitted by Debora Durnin-Richards, Domain WI, Manitoba

Darn, this physical distancing is hard. This business of not being able to gather for family or friendship dinners or celebrations is taking a toll on our emotional wellness. This situation is also adding to our disappointment in not being able to snuggle and hug our two lovely great, great nieces who joined our family just 7 months ago!

However, all our family and friends understand and accept that we must keep our distance in order to safeguard our own health, young and old, as well as other members of society. And importantly, to safeguard our health care system from being overwhelmed during this pandemic.

But darn it! We still wanted to connect with one another over the Easter/Passover/Spring weekend.

Now, we know there is a lot of talent and creativity alive and well within our family members and friends (even if they do not see it within themselves). So instead of gathering together in early April to talk and tell each other stories about our lives, we used technology to collaboratively write a story of fiction and fun.

One person started a story. You know, a 'Once upon a time' sort of opening.

Then the story was handed off to the next writer to add their words. Each writer was asked to build on the existing story theme but was free to take the plot and action in whatever direction they wanted. One person was 'volunteered' to bring the story to conclusion. Once done, everyone was sent the completed version.

It was an amazing experience. People dug deep to make their piece relevant. Some added humour. Others offered fantastical adventures. Others warmth and wisdom. Everyone found words to add to the story, even though they thought it would be too hard to do. And now, we have a written memory that we will cherish for many years to come. We will reflect on how disruptive Covid-19 was to our lives, but we have proof that it did not destroy our humanness. We found a way to 'be together' and show love to each other, even when we could not really be together. And we had a great time doing it!







## SASKATCHEWAN'S VIRGINIA KREKLEVICH HONOURED

*This article has been condensed from the original published in the Foam Lake Review.*

The Colleen Kearns Memorial Volunteer Award celebrates one local volunteer each year who demonstrates a strong commitment to volunteerism in and around their community and displays leadership, and dedication. After careful consideration, the Committee chose Virginia Kreklevich as the very first recipient!

Virginia has dedicated her time for well over 50 years to so many areas of the community, through her work with Briar Mound Women's Institute, Saskatchewan Women's institute and many more areas of the community where she lends a helping hand.

She is always looking for ways to use her talent and skill in baking, quilting, sewing to benefit the community in some way – even donating vegetables from her own garden to a fowl supper or two!

She is a friend to so many, and someone who is highly respected in the community, which makes her the perfect recipient of this award in namesake and honour of her lifelong friend and fellow volunteer, Colleen.

Congratulations Virginia!

*"For our own  
success to be real,  
it must contribute  
to the success of  
others."*

Eleanor Roosevelt

## 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. Over the coming months, Ellen will share insights from her many stories and provide her perspective on our world today.*

For the past seven weeks we have been experiencing something that we have never imagined could happen. All of Canada has been on "lock down".

Some of us have been isolated in our homes relying on family members, friends and neighbours to do our essentials shopping. Those same people have also shown thoughtfulness and kindness and left tasty treats at our door. Some of us have had to work from home, and many have had to combine work with caring for young children and with schools closed, helping older children with their school work. Some have the businesses where they work closed and are concerned if they will ever reopen. Some are essential workers, the front line workers who risk their own lives so they are there for us if needed.

We haven't been able to go to church, or to a concert or sports event. We haven't been able to visit family, mourn or celebrate together, visit a loved one in hospital or a long term care facility., and despite facebook, facetime, Skype and Zoom, emails and the good old telephone, it has been very strange. A whole new way of living. It has been weeks of anxiety, fear, stress and sorrow. But we have hope for better days to come.

We may have known the meaning of the word pandemic, but now we are experiencing it.

We have also acquired new words in our vocabulary, - locked down, flattening the curve, self isolation, social distancing, physical distancing, new normal.

As Women's Institute members we have had to cancel our Branch meetings. Though some of our more "tech savvy" members have Zoomed their Meetings!

Board and Committee meetings have been held by teleconference, provincial Offices are closed, provincial Conventions and Annual Meetings have been cancelled or postponed. And we have not been able to carry out our usual volunteer activities.

But true to Women's Institute members, there are sewing machines working overtime as members sew masks to be distributed to hospitals ,long term care facilities, nursing homes, women's shelters and the homeless.

Once we arrive at the "new normal" it will be interesting to learn how many masks were sewn by our members across Canada. There are three words that I keep hearing and reading during these unreal times - Strong, Stronger Together.

In July 1919, two or three representatives from their provincial Women's Institutes across Canada boarded trains and left for Winnipeg, Manitoba for a meeting.

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## ELLEN'S CORNER CONTINUED...

These women had not only experienced the horrors of four years of war, but had also lived through the pandemic known as the Spanish Influenza that had ravaged the world in 1917-18.

They had lost family and friends from conflict and disease. But they were women of vision and determination, who felt that if the Women's Institutes were going to be a real voice for rural women, their families and communities, they needed to be working together.

In doing that, the stronger voice would have more impact when it was heard and listened to. That was what resulted in the organization of the Federated Women's Institutes of Canada at that Meeting. Strong women who were stronger together.

COVID-19 has brought grief to many, and our deep sympathy goes out to them.

Here in my own province of Nova Scotia we are still in shock over the senseless, horrific, mass killing of twenty-two innocent fellow Nova Scotians. And then this week Nova Scotia again is grieving over the loss of life in the helicopter crash off the coast of Greece.

As Canadians we have really had to be strong as those Women's Institute members were one hundred and one years ago.

There is light at the end of the tunnel. Some provinces are easing restrictions just a little. Our leaders are very conscious of the fact that we have to move slowly so as not to have a surge in the Covid cases. And we are getting a little restless., but must keep adhering to the regulations and advice we have been given. Stronger Together is what we are in our families, communities and in the Federated Women's Institutes of Canada.

Stay home, stay healthy and stay strong.

- Ellen



This image of a dog was completed by Ruth Veiner of the BCWI and is made with glass beads.





## THE NEW NORMAL IN BRITISH COLUMBIA

Submitted by Jill Copes, BCWI Representative

Due to the Covid 19 restrictions, British Columbia Women's Institute (BCWI) had to cancel its Triennial Convention to be held in Sidney, BC in June. This was to be held in conjunction with the Area Canada Conference. Although it is disappointing that we cannot meet face to face, we have marched on and will be hosting the Annual General meeting via Zoom. Since we have had to change how we conduct business we are now learning new technology. We start by encouraging our members to join us in a coffee chat time. This allows the members to become familiar with Zoom. We are encouraging Districts and Branches to become more involved and it has been working quite well and it certainly helps reduce costs of travel.

The zoom coffee time is more than just meeting to do business; it is about socializing with each other will under isolation. We use video and it is great to see each other even though it may be a bad hair day (no hairdressers available).

Other ways we have been helping with Covid -19 is providing our hospitals with extra scrubs for the nurses, making masks, hats, and bags to put their clothes in.

For some of us six-foot distancing isn't a problem as we live several miles from each other.

For grocery shopping some order on line while others take advantage of the early morning shopping for seniors and others rely on family.

In the early years of WI many of the women involved joined because of isolation and many did not work outside of the home. We are still that vibrant organization and if we need to fill a void coffee chat time through zoom is one way of helping others.

Enjoy spring, it is such a joy to hear all the birds signing "I am back", leaves popping and all the snow gone!



Quilt by Jill Copes



## MAY 20TH IS WORLD BEE DAY

Submitted by Jill Copes, BCWI Representative

It is that time of year when the bee colonies become active again gathering pollen and nectar. There are two interesting articles by [SCIENCE Daily](#) regarding the use of glyphosate as a potential cause of hive collapse in honey bees and the other article regarding the development of engineered bacteria that can protect honeybees from hive collapse.

The article regarding glyphosate which is the active ingredient in Roundup states that this product may cause loss of some of the beneficial gut bacteria. The result may allow the bee to be more susceptible to infection and death from harmful bacteria thus contributing to the decline of honey bees and native bees around the world. Not only do we lose honey production but our major pollinators. All herbicides should be used with the utmost precautions according to label recommendations and be wary using this product during the flowering season. For more information review the website.

The other article refers to studies by the University of Texas in the development of genetically engineered strains of bacteria that protect honeybees from hive collapse. This engineered bacteria that lives in the gut of honeybees produces medicines to protect against two major causes of colony collapse: Varroa mites and deformed wing virus.

This experiment has only taken place under strict biocontainment protocols used with genetic engineering. There needs to be further research to ensure the safety and effectiveness in agricultural settings.

Honey bees and other pollinators are so important to the existence of our planet. ACWW had a resolution at its last convention regarding pollinators. Diane Kowalski from Manitoba put together an excellent report regarding this. The following is from her report:

### **Develop pollinator friendly practices**

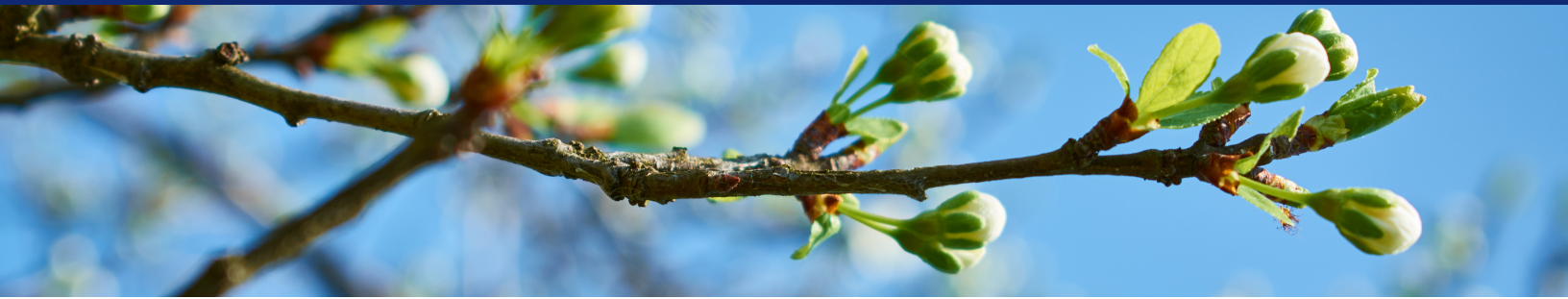
Canadian agencies and industries appear to be doing good work in developing pollinator friendly practices.

In 2014, Health Canada implemented risk mitigation measures to help protect bees from neonic-contaminated dust. Data suggests that bee poisoning incidents were lowered by 70-80% in the following three years.

[Pollinator Partnership \(P2\) Canada](#) is a registered charity dedicated exclusively to the protection and promotion of pollinators and their ecosystems through conservation, education, and research. One of P2's programs is Bee Friendly Farming, an online self-certification program.

*... Continued on page 12*





## SPRING AT THE HOMESTEAD

Submitted on behalf of the Community, Culture and Heritage Committee by Margaret Byl

At the present time, the Homestead is closed until further notice but we are still at work behind the scenes. As many of you may know, we have a new Office Administrator, Kathy Dwyer, who is eager to have the museum re-opened. Our Easter Event was cancelled due to the Corona Virus pandemic. I wanted to thank all of the volunteers who had pledged their time and energy for this event. We are hoping to have a Halloween Event for the children and are looking for anyone who would like to volunteer for that event. Dates and time to be announced.

Addie's Kitchen Buy a Brick Program is accepting your donations to help finish Phase 1 of the Education Centre/Learning Kitchen renovations. We have come a long way and wish to thank everyone for their kind donations.

The New Horizon's for Seniors grant program will have a COVID - 19 # LifeHacks Series, beginning on May 16th. If you are feeling Isolated and alone, please join us and Life Coaches Andrea Leja and Rosemary Evangelista for a FREE online gathering at 2 pm to "Experience Simple Happiness". Pre-register at [outreach@adelaidehoodless.ca](mailto:outreach@adelaidehoodless.ca) to receive the link to our ZOOM meeting. For information call: 226-988-7013 or 519-448-3873.

Our second COVID-19 #LifeHacks Program will be at the end of May and we will show you how to make personal masks. This will also be an online event and pre-registration will be required to join the meeting. Date & Time to be announced.

Other COVID-19 #LifeHacks Programs are being developed. Please watch our website [www.fwic.ca](http://www.fwic.ca) and the [Adelaide Hunter Hoodless Facebook page](#) for updates.

In the meantime, stay safe & stay home. Together we will get through this!



FWIC President Joan Holthe



# THE LEE FAMILY AND THE FOUNDING OF THE WOMEN'S INSTITUTE

Submitted by Mara Benjamin, Curator, Erland Lee (Museum) Home



*The picture is of the Erland Lee Museum Committee (ELMC) sitting at the very dining room table where the original constitution was penned by Janet Lee. L-R: Barb Stones, Glenna Smith – Chair, Marian Austin, Linda Zelm, Linda Brooker, Virginia Blackman, Marg Ogar. Absent: Shirley Froman.*

The year was 1897 and the South Wentworth Farmer's Institute was planning their annual Ladies Night event. The group's secretary-treasurer, Erland Lee, had heard of a woman named Adelaide Hoodless, a speaker and advocate for women's education, and invited her to speak at Ladies Night. Wives, daughters, mothers, and sisters of Farmer's Institute members were invited to come hear Adelaide speak on February 12, 1897. Those that heard her were impressed, but Erland knew that more could be done.

Erland and his wife Janet were so inspired by Adelaide's words that they wanted to share them with more of their community. So, in the middle of February, when the snow drifts were high and the wind was strong on the Escarpment ridge near their home, Erland and Janet climbed into their cutter sleigh to deliver invitations to another speech from Adelaide Hoodless.

On February 19th, 1897, one week after the initial meeting, over one-hundred women and one man, Erland Lee, gathered at Squires Hall in lower Saltfleet Township (now downtown Stoney Creek). Once again moved and inspired by Adelaide's words, Erland and Janet Lee gathered with other speech attendants and friends in their home (now the Erland Lee Museum Home) to put their inspiration into action. Sitting down at their dining room table, Janet penned the constitution for the first ever Women's Institute (WI). Christina Smith, wife of fruit-grower and politician Ernest D'Israeli (E.D.) Smith and close friends of the Lee family, served as the first president of the WI. Erland and Ernest used their political and community influences to help the WI gain financial and social support from the municipal and federal governments.

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*"Friendship is  
born at that  
moment when one  
person says to  
another: 'What!  
You too? I  
thought I was the  
only one'."*

C.S. Lewis

## **WI FOUNDING CONTINUED...**

From 1897, the WI has grown, spreading across the world, and bringing community and inspiration to millions of women through the Federated Women's Institutes of Canada and further through the Associated Country Women of the World.

It is the intent of then Federated Women's Institutes of Ontario (FWIO) to preserve this historic site as a living memory of the origin of the Women's Institutes. It will promote the awareness of the establishment, the history and the continuing story of the Women's Institutes.

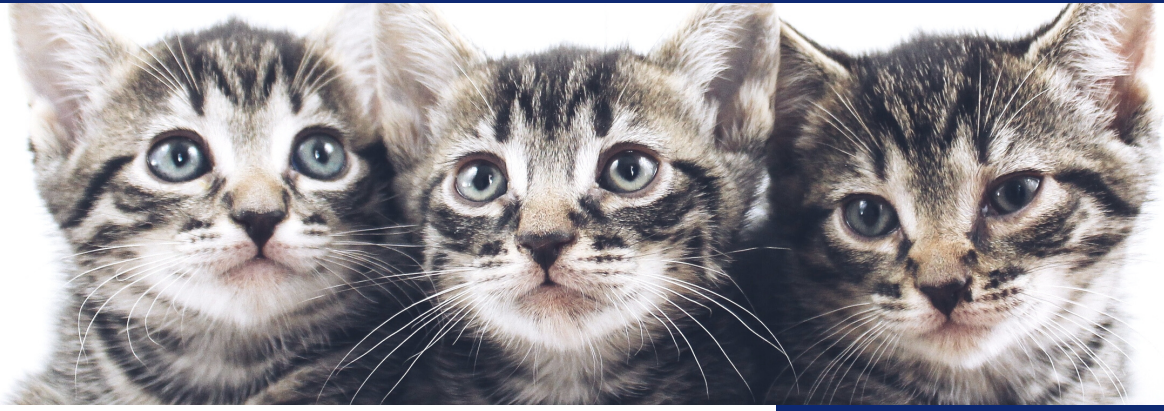
Much of the 'heavy lifting' of the ongoing preservation and upkeep of the Erland Lee Home is done by a small but dedicated group of Volunteers under the auspices of the Erland Lee Museum Committee (ELMC).

This Committee is responsible for managing Marketing, Events & Programs, the Gift Shop, Fundraising and Grants, & Maintenance of the house and yard.

Ontario WI members support financially through their annual dues of only \$3.75/member and we rely heavily on donations of likeminded members and the public who acknowledge the importance of preserving the history of the organization.

They understand that it provides a visual, historical record of how things once were for comparison against the present to better understand change.

Museums such as The Erland Lee Home can help us shape a better future by understanding the past and present.



## ANIMAL CLIQUES

*Can you match the animal to the name of their group?*

Litter	Geese
Army	Kittens
Band	Bison
Brood	Ducks
Clutter	Coyotes
Colony	Giraffes
Corps	Chickens
Drove	Humans
Exaltation	Flies
Flock	Bees
Gaggle	Ants
Gang	Whales
Herd	Donkeys
Horde	Larks
Mob	Caterpillars
Murder	Deer
Pod	Rats
School	Goats
Swarm	Crows
Tribe	Fish

*What kind of garden does a baker have?*

*A 'flour' garden!*





## GET A HEAD START ON YOUR COMPETITION ENTRY!

Submitted by Margaret Byl on  
behalf of the Community, Culture  
and Heritage Committee

With the COVID-19 Virus affecting our lives,  
we are being asked to stay safe, stay home.

Many of us are looking for something to  
occupy the time. Why not pick out a craft  
from the [Triennial Tweedsmuir Competitions](#)?

There is the Needle Craft Competition or  
perhaps the Cultural Competition – write a  
story about any FWIC Event that you have  
attended; the Heritage Competition is a  
collage of pictures or photographs from the  
last 100 years or maybe you would like to  
submit something for the Community  
Competition – the winning submission will  
become the back cover of our Triennial  
Booklet. Just send us a poem, drawing or  
artwork that reflects the project's theme  
“What's next for WI Canada?”

There is also the Senator Cairine Wilson  
Competition – Write an essay about any  
Governor General of Canada.

The 2018 -2021 FWIC Triennial Convention  
will be here soon! The deadline for  
competition submissions is January 15, 2021.

## WORLD BEE DAY CONTINUED...

P2 Canada is a partner in the North American  
Pollinator Protection Campaign which initiates  
major programs to protect pollinators and  
raise issues.

Pesticide labels, by law, are very specific  
about procedures that must be followed. The  
PMRA website includes aids to help farmers  
read labels correctly.

Farmers have easy access to Canadian Best  
Management Practices for Honey Bee Health.  
These include best practices during pesticide  
spraying and responsible use of treated seed.  
They can also access a “Bee Connected” app.

Bee poisonings related to pesticides can be  
reported to federal or provincial authorities.

Bee Health Roundtable (BHRT) is made up of  
stakeholders including grower groups. BHRT's  
mandate is to create strategies to avoid  
negative interactions between agriculture  
pesticide management and bees.

For more information on Bee Health, visit the  
[CAPA website](#) or view this [Bee Health  
Manual](#).



# HEARTH IS WHERE THE HOME IS

Submitted by Lynn MacLean on behalf of the Project Committee

WI Canada has had many projects over the years. Everything from Literacy to “Into the North” to Heart Health to Willie the Worm. Members have supported these projects by counting steps, making articles, or donating money. Recently FWIC-WI Canada approved the project for 2020-2021 and phase one builds on what we have been experiencing these last few months. Our homes have become our cafes, our activity centres, our schools, our fitness areas, and our libraries.

What did you do during your self isolation? Did you try something new? Share a favorite recipe or pattern with someone? Did you look for ways to help others by making masks, delivering food? Reorganizing your closet? Redecorating? Did you learn a new skill? How did you stay connected with family? With your branch? What did you miss the most?

One of the best parts of WI, is that we learn from each other. So let’s share our stories on what we did or learned. There are many ways in which to share. Write your story, include your favorite recipe, or pattern or take a picture and provide a brief description on what you baked, planted, quilted, redecorated, etc.

Another way to share is with “how to” videos. This is a great way to share our story and to teach others at the same time. We would welcome anyone who would like to create a “how to” video to get in touch. The topics could include food preparation, crafts, sewing, quilting, card making, scrapbooking, home décor, gardening, or even operating farm equipment. The sky is the limit!

In addition to the online videos, there will be workshops available in person at the Adelaide



Hunter Hoodless Homestead. These are sponsored through funding from the Life Hacks Programming. Watch for more information on the website and social media as well as through WI Connections.

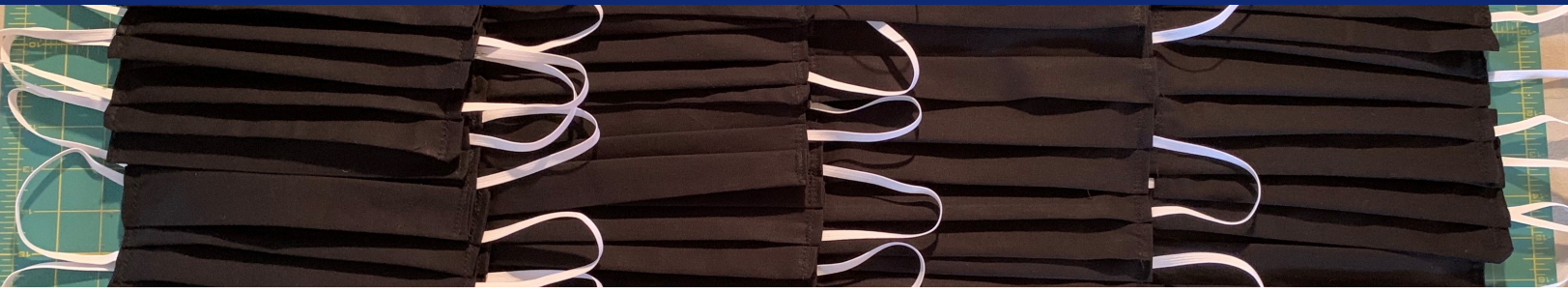
As we move beyond our days of self isolation, we would welcome your thoughts and suggestions and stories on making jam, pickles, canning, or quilting, sewing, knitting, or crafts. Maybe gardening is your passion.

*Do you have a vegetable garden? Grow herbs?  
Maybe heritage flowers are what you enjoy?  
Do you have pictures to share?  
Would you like to be a regular contributor?*

Beginning in mid-June we plan to rotate themes and stories so if you would like to be part of the series on any of the above topics or others, let us know.

We truly want to hear from you and hope you will embrace this project as you have embraced our projects in the past.

For more information contact [info@fwic.ca](mailto:info@fwic.ca) or your provincial WI Canada representative, your Provincial WI Office, or the National Office at PO Box 209 359 Blue Lake Road, St. George, Ontario, N0E 1N0.



## NOVA SCOTIAN WOMEN IN THE COMMUNITY

Submitted by Lynn MacLean, Women's Institutes of Nova Scotia

As this article is being written, it is a lovely sunny day and a welcome change from the gloom both from the weather and the events that have overshadowed Nova Scotia this past month.

Thank you to the WI members from across Canada who have sent their sympathies and condolences. We are grateful for your ongoing support. Nova Scotia WI members and branches are finding ways to stay connected during COVID and are looking for opportunities to help their local communities.

The following stories are some examples of how the WI members have been coping while staying safe.

Michelle Greek, a member of the Parkdale-Maplewood Branch of the Women's Institutes of Nova Scotia has been in quarantine with her three children, ages 4, 7, 8. She shares they have done many wonderful projects together and she is truly appreciating these days with her children.

In her spare time, she has been making masks for her community. To date, she has given out about 150 masks and has no plans on stopping! Forty of the masks Michelle made were given to the New Germany Volunteer Fire Department, where both she and her husband are volunteer firefighters.



The firefighters wear the masks while responding to fire calls and are appreciative of Michelle's gift to them.

Another WI member, Ann Munro from the Garden of Eden WI Branch and President of Pictou District reminds us that we took a lot of things for granted prior to COVID-19. Like running to the grocery store or just browsing in the grocery store or in any store for that matter, has certainly changed.

For the first time ever, she is using a shopping list (lots of us can relate to that). Prior to COVID, she just sauntered up and down the aisles picking and choosing at her leisure!

Ann goes on to share her Branch has not been able to meet virtually. However, she and her husband took the opportunity to deliver the WINS Home & Country door-to-door.

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## NOVA SCOTIA WOMEN CONTINUED...

As she writes, "it was so good just to ring a bell and then back off and wait for the door to be answered. Everyone was so excited to have visitors even with the social distancing."

Another WI member from the same Branch is 90-year-old Edna Fraser who has been happily sharing recipes from her kitchen on [Facebook](#) and now has over two hundred followers.



Another example is from the Lyon's Brook WI. They soon realized they could connect virtually and held their April meeting as usual with all members in attendance.

Big on their list was to find a way they could help others and they chose to also make masks. They took a different route and one of the members contacted the owner of the local community store, who was very supportive of placing the masks at his store. The masks and the service was provided free of charge.



To date 137 masks and 118 ear savers have been given out to the community. It has turned out to be quite popular and the owner reports that people are very appreciative of getting the masks and some even have left a donation.

These are just a few of the things Nova Scotia WI members have been doing while staying safe and healthy.

**We are Nova Scotia Strong!**

## ENTER TO WIN WITH WI CANADA!



**LEARN HOW AT [FWIC.CA](http://FWIC.CA)**



## INTERGENERATIONAL PEN PALS

Submitted by Ann Mandziuk, PHEc, Manitoba Women's Institute

Our daughter, Elizabeth, teaches (grades 4, 5, 6, 7, and 8) on a Hutterite Colony in Manitoba. As with all teachers, she is not in the classroom right now but teaching via computer and leaving work for her students to complete.

When their classes were suspended, Paul (my husband) suggested he could be a pen pal to her students. So, one of the assignments her students have to complete is a letter to him.

The students write the letters, they are scanned at the school by the Education Assistant and e-mailed to Elizabeth who then e-mails them to us. In all this I am the technical support as Paul doesn't know his way around a computer very well!

So far, he has 2 letters. The first one was 1½ pages and included a picture drawn for him. When he sent his response, the recipient was very excited that he had actually responded. His humour came through and he even had some spelling errors she was to find!

The second letter has been sent and will be waiting for the recipient when she checks her e-mail.

It is a good exercise for everyone – the students are on lockdown on their home colony and not able to visit friends and we are on lockdown only going out to get the essentials we need.

I think as Elizabeth's parents we are a little bit like another set of grand parents for them. At this time they are not allowed to visit those grandparents. And I love to see the e-mails come in and send back his response knowing that it will get read at the other end.

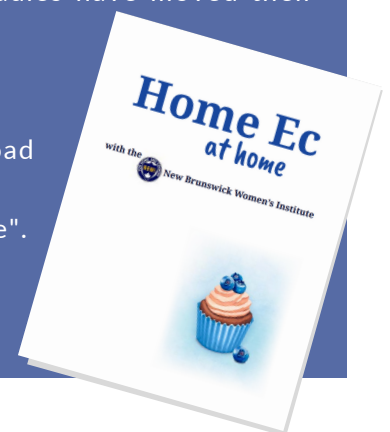
During "I Love to Read" month in February, we have gone to read stories to Elizabeth's students as well as the K-4 class. They love to have us visit and so much enjoy Paul's reading of Robert Munsch's stories.

### HOME EC AT HOME

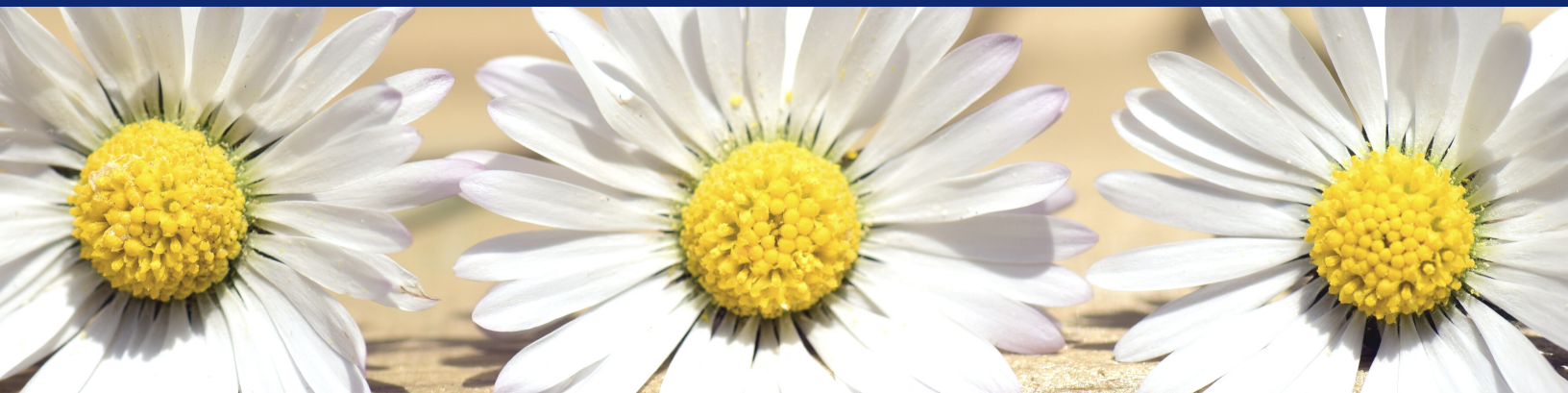
Back in 2017, the New Brunswick Women's Institute began a letter-writing campaign, urging the Department of Education and Early Childhood Development our schools to bring back standardized Home Economics classes. The initiative was called "Bring Back Home Ec".

With the abrupt end to the 2019/20 school year, the ladies have moved their program online!

Visit the [NBWI website](#) to download your own copy of "Home Ec at Home".







## HELLO FROM NLWI

Submitted by Elizabeth Young, President, NLWI

We hope you are keeping safe during times of COVID-19. We have had to cancel, postpone and hopefully reschedule activities and programs.

Our branches have been creating ways to do what they can. Some meetings have continued through Skype and telephone calls. We hope to have things back to normal in September.

Many businesses have been closed for now. When they re-open, we will get the information finalized for the FWIC convention 2021 in St. John's, Newfoundland. We are hoping it will be a great time for all who plan to attend. Further details will be made available as soon as possible.

**We look forward to seeing you in June 2021.**

Stay safe. Be as active as restrictions allow. We will keep being productive and supportive as we can during these difficult times.



The Triennial Events, hosted by Newfoundland & Labrador Women's Institutes, will take place June 17-21, 2021, at the MacPhearson College, Memorial University, St. John's, NL.

Learn more:

[www.fwic.ca/triennial-meeting](http://www.fwic.ca/triennial-meeting)

*"Springtime is never about sitting at home. It's all about taking in the smells of the earth and frolicking on the lap of nature. In the spring, at the end of the day, you should smell like dirt."*

Margaret Atwood





## EXPERIENCE SIMPLE HAPPINESS

Submitted by Rosemary Evangelista, Change Your Future Outcome

Experience the Simple Pleasures of Happiness - Choose Happy is part of the #LifeHacksSeries, offered in conjunction with the New Horizons for Seniors program grant.

The presentation will be held online via Zoom on Saturday, May 16th. Our program hosts are Andrea Leja, a Life Style Director, and Rosemary Evangelista, an Experienced Life Entrepreneur. Both ladies hail from Change Your Future Outcome (CYFO), an organization offering strategies and solutions for those who want to build happier habits into your daily life.

Andrea and Rosemary will be talking about why choosing a happy “mantra” can keep you happy.

Rosemary's passion is to inspire and connect people. Each of her companies gives her the opportunity to help people “be happy”.

Andrea Leja is a self-proclaimed “serial entrepreneur”. Through her various companies, she is able to express her creativity and to share her flair for inspiring and empowering people in their lives, inside and out.

CYFO is an inspirational community to help you embrace your happy. Their mission is to help you get there.



*From left to right - Olya Makerewich, Andrea Leja, Janice Campopiano, and Rosemary Evangelista of CYFO*

Rosemary and Andrea's presentation is a call to action to Choose Happy!

You can't buy happiness, but you can choose to be happy. Being happy keeps you young. It changes every aspect of your life.

Choosing to be happy is being at peace with yourself, accepting who you are, just the way you are. Start today by choosing happiness and spreading joy everywhere you go.

To pre-register for the program, email [outreach@adelaidhoodless.ca](mailto:outreach@adelaidhoodless.ca) or call 226-988-7013 or 51-448-3873.

For more information about Change Your Future Outcome visit their website at [www.cyfo.ca](http://www.cyfo.ca)

# INTERNATIONAL DAY OF FAMILIES

Excerpted from [a statement by Magdie de Kock](#), ACWW World President

Every year, the 15th of May is marked as the International Day of Families. In many ways, the world this year looks very different. Almost globally, families are facing additional challenges – either separated in isolated lockdown, or facing indefinite periods in their homes with little opportunity to engage with the outside world. Of course, these are the lucky families, those who are privileged to have safe homes and circumstances which allow social distancing and safe isolation. For those without these options, the future may feel even more bleak. Of course, one of the most common phrases around the world must currently be “when will we return to normal?”. The chilling reality is that for many families, “normal” was not great to begin with.

The Associated Country Women seeks to amplify the voices of rural women, so that the problems they face and the solutions they raise are heard and acknowledged by representatives of States Parties. All countries have a rural population. All rural populations face unique challenges as recognised by Convention on the Elimination of all forms of Discrimination Against Women, the Beijing Declaration and Platform for Action, and many sessions of the Commission on the Status of Women. Despite this recognition, our members in more than 80 countries report many of the same challenges, the same obstacles to progress, and the same discrimination that they faced when our organisation was formed 90 years ago.

25 years on from the ground-breaking Beijing Declaration and Platform for Action, organisations like ACWW are still required to campaign on the issues that they were founded on. 25 years on, not one of the 12 critical areas of concern is resolved.

The 2030 Agenda mandates that governments, business, and civil society work for genuine sustainability. 5 years on from the launch of the Global Goals, it is already clear that we will fail. Governments cannot, in good conscience, stand at the General Assembly, at the High Level Political Forum, at the Commission on the Status of Women and convincingly declare they intend to Leave No One Behind. Now, with the impact of Covid-19, we are further from the achievement of the 2030 Agenda than ever before.

Interconnected challenges prove, once again, that a single-focus approach is contradictory and will not yield success. Those communities already being left furthest behind, are the ones suffering the worst impacts of Covid-19. Those who have the least societal stability, the lowest level of income, food insecurity, and lack of meaningful political voice, are the ones most clearly facing the biggest challenges in the year ahead. It is the hope of the Associated Country Women of the World and its members that the International Day of Families in 2021 will mark the achievement of genuine progress. That it will mark a post-Covid-19 reality of kinder humanity, of governments more focused on the protection and safety of their citizens, and of families stronger because of all the things that unite them in times of adversity. We re-state our commitment to the Sustainable Development Goals, our commitment and belief in the Convention on the Elimination of all forms of Discrimination Against Women, and our commitment to holding governments to account in their duties to their rural women.

What did you think of this month's newsletter? Let us know by taking [our quick survey](#).



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often at [www.fwic.ca](http://www.fwic.ca)

