

Home & Country

Alberta Women's Institutes

Spring 2007

Mission Statement

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

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Fern Killeen



Global Action, Global Voice, Global Vision

Zella Pimm



Berwyn WI members left to right Mary Lungard, Viola Rowe and Zella Pimm with ACWW President Ursula Goh second from right.

Any WI member who attended the ACWW Canada Area Conference in Regina from October 13-15, 2006 was able to take part in a very special occasion. Meeting the World President Ursula Goh from Malaysia was indeed very special. The 2006 Theme for the conference was ***"Working with Women Worldwide"***.

Ursula Goh has given many years of service to the organization trying to make the world aware of the hardships women face in under developed countries. She has been the President for the past three years and has traveled extensively in order to see the problems first hand. She makes women aware of possible avenues of help. She will request assistance for area projects, some which have been developed with only a few pennies. In particular she is visiting all the areas that are receiving funds from the Tsunami Disaster Fund. She is very proud that women who were devastated by this disaster were given the practical assistance that they requested or needed. This included such things as sewing machines and supplies to women who lost their lace making livelihood in Sri Lanka.

ACWW is strictly a rural group. Your membership can do great things. Conventions are held every three years.

We have been asked to support a project "A Toonie for a Shingle" to roof the picnic shelters at the International Peace Gardens on the Border of Manitoba and North Dakota. This is a very beautiful picnic area.

"Into the North" projects are well supplied with clothing. There is a need for school supplies and also mitts, toques, scarves and socks. We are asked to make contact with teachers, clergy and public health persons and send articles to them.

"The War Stories" Books are again on hand. This is a great book of real life stories. I am only sorry more stories did not get told!*wi*

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The Alberta Women's Institutes 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. The Alberta Women's Institutes are affiliated with 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.

Editor: Isabelle Nash

Editorial Board: Phyllis Kosik, Darlene Wicks and Isabelle Nash.

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Editorial Policy

The opinions in articles printed in Home and Country do not necessarily reflect the endorsement, official attitude or position of the Alberta Women's Institutes unless so stated. Permission to reprint information from Home and Country is gladly extended provided that proper credit is given and one copy of the material is sent to the editor of Home and Country.

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

Constituency Conferences 2007

	District	Constituency	Place	Date	AWI Representatives
1	Peace River	Berwyn	April 13	Darlene Wicks & Zella Pimm	
1	Grande Prairie	Valhalla	April 14	Darlene Wicks & Zella Pimm	
2	Stony Plain	Duffield	April 25	Darlene Wicks & Maxine Allen	
2	Yellowhead	Birch Creek	April 18	Gloria Coates & Maxine Allen	
2	Athabasca	Warspite	April 14	Brenda Willsie & Maxine Allen	
3	Stettler	Camrose	April 15	Maxine Allen & Gloria Coates	
3	MaMeO	Half-Way Grove	April 28	Darlene Wicks & Gloria Coates	
3	Red Deer	To be decided		October	
3	Workshop	Ponoka	March 31	Brenda Willsie & Gloria Coates	
4	Chinook	Coutts	April 21	Darlene Wicks & Titia Piera	
4	Bow Valley	Champion	April 12	Phyllis Kosik & Titia Piera	
5	Kneehill	Trochu	March 31	Titia Piera & Brenda Willsie	
5	Wild Rose	Cremona	April 14	Gloria Coates & Brenda Willsie	
5	Acadia	Cereal	April 19	Phyllis Kosik & Brenda Willsie	
5	Innisfail	Eagle Hill	April 28	Brenda Willsie	

Dates & Deadlines

Creative Writing Deadline.....15 March
Report Book Deadline.....1 April
Summer Home & Country1 July
Fall Home & Country.....1 October
Friendship MonthOctober
Book of Remembrance...15 November
Resolutions Deadline.....31 December
Erland Lee Award Deadline..1 January
Cornelia Wood Scholarship..1 January
Spring Home & Country...1 February
W.I. Week18-24 February, 2007

An easy way to email Fern Killeen, the Executive Director or Darlene Wicks, President Elect is

Fern@abwi.ca

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From Phyllis' Desk

Phyllia Kosik, President

A new year has begun and I hope that it finds you and yours healthy. Every year we are determined to hang on to our resolutions a little longer. My advice? Don't make resolutions you cannot possibly keep. I'm as guilty as any of you are. I start off really well, but I get discouraged much too quickly. If you've done that again, start from today. That's my plan!



We are deep in the planning of the Provincial Convention, and things are coming along nicely. You will see from the Registration Forms that it is a busy program, but I think all will enjoy it. We have three excellent speakers coming that I'm sure all will enjoy. We will be having a competition for centerpieces again. The theme this time is "Wishing Wells for Wisdom Along the Journey". Size to be no larger than 12 inches square and no taller than 12 inches. These will be voted on in the same manner as before, 10cents equals one vote.

Check out my Newsletter to see details of the new Tweedsmuir Competition, entries must be at the provincial office before January 1, 2009.

While at the ACWW area Conference in Regina we enjoyed many speakers. One of them spoke on the HIV/AIDS problem not only around the world, but right here in Canada. If you were to meet someone who suffers from AIDS, would you be afraid to shake hands with him/her? Or give them a hug? You shouldn't be! You will not contract the disease that way. When we are asked to donate for this disease, are we reluctant? Why? The problem could affect a relative of yours some day. The money needed is not just for research but especially for drugs to alleviate the symptoms. These drugs are expensive and are in short supply in some countries. We should be ready to do whatever we can to alleviate the problem, through education and donations.

Rather than complain about the thorns on roses, be thankful for roses among the thorns.wi

President Elect

Darlene Wicks, President Elect

It is hard to imagine arriving in a country with the plane landing in the middle of a field. Not knowing who is going to meet you and having the plane take off as soon as you are off the plane. That is what Kevin Weedmark did when he went to Afghanistan. He told of people living in burned out buildings or shipping containers, voting poll stations in the street, and no photographing allowed. This is just a small sampling of what he experienced there.



Jean Martinson talked to us on "How do men and women think differently?" She said it was some of the things we learn growing up. They are the games we play, fairy tales that are read, hearing and seeing differently, and our focus is different. Three important facts she mentioned are; we need to realize we are raised differently; we are biologically different; and we can use our differences to learn, to work better and to more effectively achieve our goals.

Kevin Weedmark and Jean Martinson both spoke at the ACWW Mini Conference in Regina. If you want to hear more on their talks let me know and I can send them to you.

Can you believe that you have added 43 new members to our organization in 2006? It is something that we need to keep doing. It does not matter where you are in the Province but we do need to get the name of our organization and what we do out to others. We have a great organization ladies, so let us tell everyone what we do to help in the community and the world.

We will be applying for the grant in March so please send in your reports as quickly as possible. All donations of volunteer time and items donated are included in the grant application. Ladies you help our communities so keep up the good work.wi

District One

Zella Pimm, Director



Thank you to reporters who have sent your branch reports. If you did not send reports this is a very important part of our organization to keep things running smoothly. Each reporter has time limits, space areas and we need your ideas to do our jobs well. The more information you can send forward on your subject, be it a local story, a project that proved to do good or how your idea could benefit others, please send it on.

The Alberta Women's Institutes is the only rural Women's organization let us make an effort to build it better by reporting the needs that we see in our communities. This will help rural families in day to day living, in education, health and safety or agriculture. Each area will see different needs but your ideas will lead to something better and we hope make changes. Your ideas are important to all conveners so that can plan what, where and how the organization of rural women can build its future.

Remember the next FWIC Convention is in Prince Edward Island only three years away. It is not too early to plan to attend or start to write your story. Watch for more information in your newsletter. *wi*

District Three

Gloria Coates, Director

In July, I attended the 60th Anniversary of Hillsdown WI, attended Fall Council Workshop, Lacombe Four Point pot luck and Leslieville tea bazaar and bake sale. In Regina I had the opportunity to meet Ursula Goh at the ACWW Canadian area conference. Red Deer Centre held their Constituency Conference in October. In December I held my Constituency Conference with all conveners present.

Dates are set for District Three Workshop on March 31, 2007. On April 15, 2007 Ohaton and Stettler will join together at the Norsemen Inn in Camrose; Ma-Me-O, Leduc and Wetaskiwin on April 28 at Menick in the Fish and Game Association Hall.

Constable Dave Doncaster told ACWW members about Personal Safety and Scams. Women must be aware of risky situations and aware of men pouring on the charm as they may be trying to take advantage of you! Always use your own vehicle.

Reverend Lesley Hand can use 1,500 book bags. Jysk carries unbleached cotton with a ten meter bolt selling for \$20 and on sale for \$10. One meter of fabric will make six bags. I have a pattern and so does Fern at the AWI office if you would like one.

Used stamps can be sent to Oxfam Canada, 215 Spadina Avenue, Studio 200, Toronto, Ontario M5T 2C7. *wi*



District Four

Titia Piera, Director



Iattended both Constituency conferences in District Four held in Bears paw and Irvine. Letters were sent to different branches and I also kept contact by telephone. Darlene Wicks was recognized with a presentation for her nine years as District Director. I attended three council meetings in Wetaskiwin, the AWI Convention in Red Deer, the FWIC Conference in June and the regional ACWW Area Conference in Regina in October 2006. The quilt raffle for the FWIC Conference 2006 in Red Deer resulted in a contribution of \$220.

My work as the treasurer for the Glendale WI ended in December 2006. Glendale WI has four new members, one of whom has moved from Ontario. Another member is now in a nursing home and soon moving to Red Deer.

Quilt and painting sales in District Four raised a few thousand dollars. Baking for cancer and raffles raised between \$500 and \$1,000 over and above the donations.

In connection to environmental concerns the Penage Road WI in Ontario is urging everybody not to use plastic grocery bags but instead to bring your own reusable cloth bags and containers.

Starting in 2007 "Knowledge is the best medicine" is the title of free lectures at the Kerby Centre in Calgary on the third Thursday morning each month at 9.00am. In January Dr. Hogan discussed "Alzheimer's Disease" Phone 265-0661 or 220-2702 for more information. *wi*

WI is Alive in Five

Brenda Willsie, Director

Since I last addressed the membership in the Home and Country I enjoyed a wonderful holiday season with my family. Shortly after the New Year it was back to work at WI Projects.

In October I had the privilege of joining with women from 4 nations for the Area Canada Mini Conference of the Associated Country Women of the World. I would like to sincerely thank all of the members of District Five for sending me to the lovely conference in lieu of the Federated Women's Institutes of Canada Convention in Red Deer. I was joined by 6 other members from the district, one member's husband and two guests of a member from Denmark.

On Saturday morning the conference was addressed by Norma Wildeman. Norma is a Health Educator with the Saskatchewan Institute of Applied Science and Technology. She has done a tremendous amount of work with the people of Nepal. Nepal is a very small country containing 56,826 square miles of land that is populated by 24.7 million people.

The people of Nepal were governed by a Constitutional monarch prior to April of 2006. This country has been under civil war for the last 10 years. There are less than 25% of females considered to be literate in this country with a life expectancy of 57 years.

Child birth statistics in Nepal are absolute unbelievable. The annual birth rate is 34 births per 1,000 women. There are between 515 and 740 maternal deaths per 100,000 live births. There is considered to be one maternal death every 2 hours in Nepal.

There is only 1 birth in 8 that is attended by a doctor or midwife. This leaves approximately 64 deaths per 1,000 births. Many women only have the assistance of a family member and possibly a birthing kit that contains a very limited number of essential items. These kits contain a plastic sheet, a small piece of string, a very small bar of soap, half of a razor blade and a sheet of very simplistic picture directions to deliver a baby.

Once a child is born they have a difficult struggle ahead of them just to survive. Fifty percent of children in Nepal suffer from moderated malnutrition and 165 of 1,000 children die annually from malnutrition, diarrhea, respiratory infection and accidents. Many of these children are being cared for by mothers who are suffering from anemia.

I understand how disturbing these statistics are. I know we all have complained about the health care standards in Alberta. So I will leave you with one question. Is our health system as bad as we really think? *wi*



FWIC Report

Elizabeth Rushton

It has been busy at the national level since taking office last June. The first FWIC Executive meeting was held in October before the ACWW Area Conference in Regina.

Each educational convener presented her priorities for the coming triennium and you will be hearing more about these in the days to come. My convenership is International Affairs and the project chosen is called 'A Toonie for a Shingle' to re-roof the picnic shelters at the International Peace Garden on the borders between Manitoba and North Dakota. FWIC has been involved in the Peace Garden since it was created in 1929 and those of you who have had the opportunity to visit it know what a beautiful place it is.

The FWIC picnic nook was

dedicated in 1956 to commemorate the contributions of Mrs. Alfred Watt to the organization. This is adjacent to another site developed by the Manitoba Women's Institutes who take care of the WI area of the Gardens.

I hope you will support this project - the money raised is to be sent to FWIC who will let each province know of the donations received from

**The theme for the coming triennium is:
"Women Inspired
Women Involved
Can Achieve Anything"**

their branches.

Looking ahead, the 90th Anniversary FWIC Convention will be held at the University of Prince Edward Island in June 2009.

Into the North Phase I I was planned and you will be receiving more information on this from the office, along with the triennial competition categories.

Remember to study Finland where the ACWW Triennial Conference will be held June 2-10 this year!

If you need further information on any aspect of FWIC, please do not hesitate to contact me. *wi*



Health Report

Maxine Allen, Convener

Food Label Facts



Learning to read food labels can help you make healthier food choices.

The information in this panel is based on one serving of food. Look at the serving size listed on the nutrition facts panel. If you eat more or less than the listed serving size you have to adjust the nutrient content listed below. For example, if you were to eat half of this cereal you would

divide all the nutrient values in half.

CALORIES are the amount of energy in one serving.

FAT is the total amount of fat in one serving. 5g of fat is equal to 1 tsp of fat.

SATURATED and TRANS FATS are part of the total amount fat. These fats raise the "bad" blood cholesterol. Choose foods that are lower in saturated and trans-fats.

CHOLESTEROL is the amount of dietary cholesterol in one serving. A product may have no cholesterol but still be high in saturated and trans-fat.

SODIUM is the amount of salt in one serving. 2300 mg of sodium is equal to one tsp (5ml) of salt.

CARBOHYDRATE is the total amount of starch, sugar and fibre in one serving. NOTE: 15 g of carbohydrate is about one serving of grain products, vegetable and fruits or milk products from Canada's Food Guide.

FIBRE helps to promote a healthy heart and control blood sugars. Choose foods that are higher in fibre.

Use the percent daily value to see if a food has a little or a lot of a nutrient compared to what nutrition is recommended.

Quick guide to % DAILY VALUE:

5% or less is low; use for **fat, sodium and cholesterol.**

10% or less is low; use for **saturated and trans-fat.**

15% or more is high; use for **fibre, calcium, iron, and vitamins A and**

C.

Canada's new Food Guide is available on line and can be printed directly from the Government site - search using 'Canada's Food Guide' or it can be ordered by telephone at 1-800-622-6232. Get your copy now.

Handicrafts 2007

Bernice Willsie

Here it is time to be planning another Provincial Handicraft Competition, it seems so long ago we last had one. Hopefully everyone has been busy crafting. Remember for 2007 you can enter anything you finished in the last two years. With no competition in 2006 any item you have finished since the competition in 2005 can be entered in 2007.

All entry sheets must to be sent to me at Box 373 Bowden AB. T0M 0K0 post marked no later than April 20, 2007. Your entry sheets and

information will be in the next mail out. We will be using the Handicraft list printed on the purple paper. All entries must be tagged with the **blue entry tags**. Obtain tags from the A.W.I. Office for \$7.50 per 100 tags.

This year to help cover the cost of the Handicraft competition The Provincial Executive and Council ask the Branches to contribute toward these costs. I understand a few Branches have answered the call. **Thank you very much.** Branches please think over this request. I have also sent out some requests asking for Corporate Sponsorship. I will be contacting the Branches near Camrose for help in unpacking and on judging day. These Branches have been very generous in the past. Thank you for your help in years past it was a pleasure to work with you then and I am looking forward to working with you again. **wi**

Agriculture

Brenda Willsie, Convener



I found this article particularly interesting. Irene Sturgeon presented it.

Regulate your Blood Sugar and Reduce Cholesterol with an Alberta Product

Barley has many health benefits and is a great addition to a healthy diet. The Engineer at the centre for agri-Industrial Technology in Edmonton heads up a project that has reduced cooking time of barley to just 15 minutes. Barley is a low fat grain and contains many beneficial elements. One is beta glucan, a soluble fibre that has been shown to regulate blood sugar levels and reduce cholesterol. In addition to soluble fibre, barley contains insoluble fibre which protects against colon cancer. Barley also contains B Vitamins for all around health. It also contains natural antioxidants that are thought to play a role in preventing cancer, heart disease and stroke.

Barley has always taken a long time to prepare so this new technology should be a great benefit, as many of us need to prepare meals quickly. It can be used in salads, soups, breakfast cereals or bars. This work opens a window of opportunity to successfully market barley to consumers.

This should be a win – win situation for everybody. **wi**

Citizenship & Legislation Report

Darlene Wicks, Convener



The FWIC Educational Convener has suggested a possible study on childhood obesity and the importance of physical activities and “Back to Basics” with an example of offering courses on budgeting for mothers.

Legislature

A subject you might want to research is on Genetically Modified Organisms. Some information on the world wide

web is available at www.banterminator.org or talk to an Agriculture Office. Our opinions on this topic could be brought to our Members of Parliament.

Citizenship

In the last issue of Home and Country you saw a photo of Zella Pimm being presented with the Senator Cairine Wilson Silver Rose Bowl Trophy. The award began in 1957 when the Senator presented it for the most outstanding project in Citizenship.

The FWIC Senator Cairine Wilson Competition for the 2006-2009 triennium.

Write “What it means to me to be a Canadian Citizen”. As a Canadian citizen do you know the history behind the men and women who have formed our country? Can you trace your roots in Canada? By answering these questions you will have the basis for your story or poem.

Format: The information can be in the form of a story or a poem. Your story should be a minimum of 750 words and the poem a minimum of 12 lines. The poem does not have to rhyme.

Presentation: Both the story and the poem must be typed and presented on 8 ½” X 11” white paper. The entrant’s name and branch should be placed in a sealed envelope and attached to a separate piece of paper on the back of the story or poem.

Points:	Content	65
	Clarity of Message	15
	Presentation	10
	Creativity	20
	Total Points	100

This competition is open to individual WI members. The winner of this competition will be awarded a miniature replica of the Senator Cairine Wilson Trophy for permanent possession. Each Provincial unit of the FWIC may submit one entry. Provincial units will be responsible for their own competitions and eliminations. The deadline for entries to this competition to be received in the AWI Office is January 1, 2009. *w*

Federated News Subscription 2007

2007 subscription rates for two issues (Spring/Summer & Fall/Winter)

Individual subscriptions - \$5.00 each

Group subscriptions of 10 or more to one address - \$4.00 each

Number of copies..... Amount enclosed \$.....

.....

Name.....

.....

Branch.....

.....

Address.....

Archive What & Where

Elizabeth Rushton

What to keep? What to send to the Provincial Office? What to place in our local museum and archives? If you have questions contact Fern at the office, or myself.

Send to the Provincial Office

- Branch, Constituency or District minute books
- Home and Country - we have some gaps, particularly in earlier issues
- Federated News
- The Countrywoman ACWW magazine
- Provincial Annual Report Books and convention minutes
- Sale items produced provincially with the AWI crest
- **Named and dated** photographs of **Provincial** events.

Keep Locally

- Branch, Constituency or District scrapbooks
- Financial books
- Local awards of any kind - handicraft, etc.
- Items produced by a branch with the branch name on it e.g. cook-books
- Guest books from anniversaries, local conferences etc.

If you decide to place your minute books in your local museum, try and ensure that they will be stored in a safe manner. A cupboard in a local hall, even if locked, is not a very secure permanent storage location. **Please** let the office know where your minute books are so future historians can be advised where they are located.

All our Provincial Council minute books are located in the Provincial Archives of Alberta in Edmonton where they are stored in archivally safe and temperature controlled conditions. On request, they are available for research on site. On one visit, I was able to read the original minute book of Lea Park WI, the first branch in Alberta!

Hopefully this will help when you are ‘cleaning house’ or, regrettably, thinking of disbanding. *w*

Education and Culture

Titia Piera, Convener



Reports received for my educational Convenership have been interesting and covered various subjects.

A school received a grant for a video conferencing pilot project; financial support for apprenticeship programs and a discussion on Afghanistan midwives; food and schools were very informative. One group is investigating how senior homes are being planned as well as the transportation of seniors and the handicapped along with estate planning.

An area of importance is paying attention to personal wellness with healing touch, osteoporosis, monthly health subjects and physical activity of children and teenagers all topics of study. SAIT has opened a diagnostic imaging centre. What do we do about undesirable chemicals, toxins that are in our environment, food and body?

Retaining historic photos, farm safety, children studying the effects of flooding, names of cyclones, water damage, ghost towns in Alberta, Uranium City, and a documentary from Wings over Canada were subjects of study. Aids in India, citizenship, environment, foster child in Bolivia, donations to a Women's Shelter, special project at schools, guiding teenagers, and a speaker on the problems of abused women were interesting topics too.

Members canvas for the Cancer Society, supply baby quilts for On Eagle's Wings, take care of buildings, gardens, cemeteries, work with seniors, hold festivals, assist at schools, and help children assist the community. Fundraising was a fall bazaar, rummage and bake sales as well as groups donating Christmas gifts to the needy. We observe Remembrance Day and help by catering to various community groups, teachers, seniors and many others. Trips to museums, Sundre & Stockman's Memorial Foundation gave some an outing. We observed International Women's day, WI week, Branch Anniversaries, and Founder's day.

Some of the Roll calls were: outside of Canada my choice of a country to live in; what to be thankful for; what to hope for; favourite recipes; how to keep your mind alert; tell a story in connection with Alberta's 100 year celebration; elementary school memories; medical discoveries; Easter bonnets; personal life story, childhood photo, something old, antique of special value to the owner, favorite book, memories of the war years and customs of our heritage.*wi*

Environment and Conservation

Myrt Graham, Half-way Grove WI and Gloria Coates, Convener



Recycling is very important for our environment. A fifth of our garbage is being recycled and you will be amazed where it is turning up!

Canadians recycle 22% of our garbage. Canadian waste management companies bring in \$4.1 billion a year. Sales of recycled products bring in \$336 million a year. It costs much less for a producer to use recycled rather than virgin materials. For example recycling a metal can uses up to 95% less energy than extracting it from virgin sources.

Recycled plastic 'lumber' is being used to make playground equipment, decks and light weight outdoor furniture. What about that T-shirt you are wearing? It could be made from recycled soft drink bottles! It takes about fourteen 600ml bottles to make an extra large T-shirt. The plastic is chopped into small flakes, cleaned of contaminants, melted and made into fibres, which are spun into yarn or other materials. They also use it for the fiberfill in sleeping bags using 85 bottles that might have lasted 700 years before degrading in the landfill.

Ford of Canada used recycled pop bottles to make door padding, trunk trim, covers for accelerator pedals and industrial carpets. Eighty percent recycled parts are used in some models of car. General Motors has also increased the amount of recycled materials it uses in new cars.

Paper still comprises more than one third of all garbage. Almost half of all paper is recycled in Canada. Our paper mills import 2.2 tonnes of recovered paper from the USA each year!

Recycled tires spend their retirement supporting national sports! At more than fifty of our country's playing fields, including Toronto's Rogers Centre, Edmonton's Clark Stadium and B.C. Place Stadium field turf is used, which is an artificial surface created from spent tires, up to 40,000 of them per field. This innovation is low maintenance and easier on player's bodies than other surfaces. Field turf also contains rubber from running shoes. A program in Toronto called 'reuse-a-shoe' accepts old running shoes of any make at Nike and specialty stores. The program already exists in the USA and overseas. About 50,000 of these shoes helped surface a new sports complex in the Toronto neighbourhood of Malvern, featuring a running track, basketball court and soccer pitch.

While amounts of garbage are increasing, we threw out 760 kilograms per person in 2002; recycling just one aluminum can saves enough energy to run a TV for three hours! Recycling one tonne of newspaper can save seventeen trees. While we might need to work on the 'reduce and re-use' part of recycling it is now a way of life to take the time and effort to sort our garbage. It is one part of our life that is helping our planet be a little greener and a little healthier.*wi*

Raise Funds to Keep Costs Down!

Brenda Willsie

The Alberta Women's Institutes are having a very important fundraiser to help with the expenses at the Provincial Convention in May. As we all are aware each year the cost of holding a special event continues to rise. The present council feels that it is very important to do fundraising for the convention. All of the increase in costs should not be passed along to the members who wish to attend. Fundraising will make the event much more affordable.

We are holding a cash raffle with the draw to be held at the Banquet of the Provincial Convention with a first Prize of \$500.00 and a second prize of \$250.00. I have printed and distributed tickets to each branch in the province along with each council member and the handicraft coordinator.

Some of the branches are so efficient that they have sold all of their tickets and returned them to me already. This is great work and I appreciate your efforts. If any branches or individuals wish to have more tickets please contact me and I will send you more if I have them. We printed a small number of tickets to keep this project to a minimum in work.

Thank you for your immediate assistance with this project.*wi*

Resolution for 2007

1. Be it resolved that the Alberta Women's Institutes strongly urge the Government of Alberta to provide stable core funding for Second Stage Women's Shelters.

Background: Women and their children can only stay in crisis shelters for up to a month and often have to return home to their abusers because they have no other available options.

There are currently eight second stage women's shelters in Alberta where women and their families can stay for up to one year while receiving counselling, programs that focus on parenting and relationship skills, referrals to outside agencies for training, legal advice and other services as required. They are located in Calgary (3), Edmonton (2), Enilda, Fort McMurray and Lloydminster.

Childcare is usually provided while the women attend workshops, medical, employment, schooling and housing appointments. Follow up support for a period of time following the family moving to their own housing is also provided as leaving the safety of the shelter can be a very frightening situation for some women.

The funding currently received consists of the rent paid from housing allowances received by the women and whatever grants and donations the shelters are successful in obtaining. It is generally a struggle to cover ongoing maintenance, insurance, ever-increasing utility costs and other expenses, so some reliable government funding would give the staff more opportunity to work with the women and children where their time could be much better spent.

Moved by Stony Plain Branch
Seconded by Darwell Branch*wi*

New Members and Transfers

Darlene Wicks

District 1

Tina Bakkehaug – Valhalla Busy Bees

District 2

Mabel Kidner – Stony Plain
Landa O'Neill - Lavoy
Marlene Landford - Wandering River
Arvilla Hess - Creighton

District 3

Alice Cahoon - Lacombe
Margaret Ward – Lacombe

District 4

Margaret Cameron - Glendale
Mabel Mitchell - Glendale
Barbara Kapteyn - Glendale

District 5

Janet Rumsey – Jackson
Georgina Primeau - Cottonwood

Books from AWI

"Many and Remarkable, The Story of the Alberta Women's Institutes" is now available for \$8 each. Considering its quality, the book could be used as a gift for a speaker, as well as a donation to libraries. In the latter case an AWI sticker should be inserted.

"Creative Writing" books are now for sale at \$1 each for the years 2001 to 2005.

Also available are **Let's Celebrate Alberta:** by students of Grades 4, 5 and 6 - \$4.25

War Memories: by Members of the Alberta Women's Institutes, 2005 - \$4.25.



Acadia W.I. Participates in 'Run for the Cure' and 'Communities in Bloom'

Brenda Dowell

On Sunday October 1st 2006 Ruby Quinlan, Geri Shadlock, Marion Brown, Brenda Dowell, Joyce Danny and granddaughter Bethany Silbernagel participated in the **CIBC Run for the Cure** in Red Deer.

This overwhelming event raised over \$215,000 for breast cancer research. Just seeing the stream of more than one thousand women, men, and children taking steps that will make a difference in the search for the cure gave everyone a feeling of a being part of a united effort. Although we did not have the required ten members to form a team, we represented W.I. and all of us are determined to join again next year.

As Gord Sym, the board chair for the Canadian Breast Cancer Foundation for the Prairies and NWT said, "At the finish line, there was no winner and no loser. The winners from the CBCF **CIBC Run for the Cure** are everyone, who over the course of their life, will look for the answer; for new treatments, diagnostic tools and prevention techniques that will create a future without breast



The first prize winning 'jogger'

At the October meeting of Acadia W.I. branch members decided to again make a scarecrow for the 2nd annual Trochu Thanksgiving **"Communities in Bloom' Scarecrow Contest**.

Members chose to use the theme of the W.I. participation in the **'Run for the Cure'**. Thelma Enzie, Acadia Branch member for 31 years, is an employee of the Golden Hills School Division, and one of the shop members made the sign which reads **"W.I. Members Joined in Run for the Cure"**. Ken Quinlan made the framework this year; Don Dowell contributed the frame for last year's entry. CIBC donated the huge gloves. The scarecrow face is made up of a huge sunflower and was donated by a neighbour.

W.I. continues to enjoy the support of so many and were pleasantly surprised when the **'jogger' won first prize** over eleven other entries in the non-profit section of the competition. *wi*

Ruth Virginia Campbell 1913 – 2006



Ruth Virginia Rash was born on June 23, 1913 in Purple Springs, Alberta to Mr. and Mrs. Linvil Rash. She passed away on November 1, 2006 at the age of 93 years. In 1932 she married Kenneth Campbell and they raised four sons on a farm in Burdett.

Ruth was a dedicated member of the WI for over 70 years. She was a life member of the Burdett WI where she held many offices and convener-ships. Ruth was an excellent seamstress and received many red ribbons in competitions. She received a special award for sewing at the AWI Convention in Olds. Ruth led the Burdett 4H Sewing Club for 14 years. She sewed professionally for the Burdett community sewing many bride and bridesmaid dresses until she was 90 years old!

Ruth was the secretary to the Burdett Community Cemetery, booking agent for the Burdett Hall and active in the Royal Purple and the United Church Women's group. She was a coordinator for the Canadian Red Cross and Canadian Cancer Society canvassers in the Burdett area and a canvasser herself. In 2001 she received an award from each of these groups in recognition of 60 years of service. In 1993 she received a 'Citizen of the Year' Award from the Burdett Community.

Ruth was a valued and much loved member of the Burdett Women's Institute and will be greatly missed. We are grateful for her faithful and dedicated years of service.

Ruth was pre-deceased by her husband Kenneth.

In Memoriam

Marjorie Pope

1917 - 2006



Marjorie Pope a 28 year member of Berwyn WI passed away suddenly November 16, 2006 at aged 89 years.

She came to Berwyn as a girl, became a teacher and taught at many rural schools in the area completing her teaching years in Berwyn.

She married Paddy Pope they had a son who became a doctor. Marjorie joined Berwyn WI after retiring from teaching because of WI's respect for education. Marjorie was dear to this branch, she could type and more importantly could play the piano and organ. Marjorie carried out many branch duties and she was a great community supporter.

Marjorie leaves one son, his wife, four grandchildren and one great grandson, her WI family and many friends.

Kathryn Habberfield

Memorial Donations can be made to Strathmore Hospital Association re Kathryn Habberfield.

Cards of condolence to Kathryn's family can be sent to her daughter:

Elaine Deeg
Box 4, Site 4, R.R.#1
Strathmore
Alberta
T1P 1J6.

Irene Mary Elliott

1907 - 2005



Irene Mary Elliott died on April 7, 2005 in Didsbury at the age of 97 years.

Irene Mary Doll was born in Haysville, Ontario on October 6, 1907. In 1918 her parents Leah and Theobald Doll purchased a section of land in the Lone Pine District east of Didsbury. Irene married Samuel Elliott in 1924 and together they raised seven children.

In 1926 Irene joined the Lone Pine Women's Institute, which was formed in 1924. She served on all committees, the Executive and as Constituency Secretary over her 78 years as a member. In 2004 Irene received a 75 year pin. She won many prizes for her handicrafts and baking. She was a dedicated worker at the Lone Pine Hall.

Irene spent her last days in the Didsbury Nursing Home where she continued with her craftwork including bed dolls for which she won red ribbons at the age of 96 years!

Irene was predeceased by her husband Samuel. She is survived by four children, twenty-nine grandchil-

Helen Carrie Weber

1921 - 2006



Helen Carrie Persinger was born in Didsbury on January 12, 1921 and passed away in Red Deer on July 4, 2006 at the age of 85 years.

Helen attended Gore School and one year at Didsbury. In 1938 she married Ivar Weber. In 1942 they purchased a farm in the Lone Pine District where they raised their nine children.

Helen first joined the Lone Pine WI in 1938 and belonged until 1940. In 1946 she joined again and was a member for 55 years. She held most offices and also served as Constituency Convener and Girls Club Assistant Supervisor. She enjoyed attending Constituency Conferences and Provincial Conventions.

Helen was a talented in needlework. She made beautiful hardanger, crochet, huck weaving, chicken scratch, creative stitchery and bargello. She received red ribbons at most District Conferences, Provincial handicrafts competitions and was honoured by winning the Tweedsmuir Competitions.

Helen was predeceased by her husband Ivar. She is survived by her nine children, 19 grandchildren, 17 great grandchildren, four brothers, three sisters and their families.

Burdett Women's Institute at 85 years

Sheila Bjerkseth, Member



In November 2006 the Burdett WI celebrated its 85th Anniversary. Shown in the photo are

back row; Bea Langeweg, Dixie Johnson, Tina Kuipers, Sheila Bjerkseth
Front row; Janet Strom, Mabel Neil, Doris Campbell, Heather Campbell, Wanda McMann, Coba Buining.

Not in the picture are Lorraine Dykstra, Lucille Pahl, Irene Strom, Eunice Sigglekow, and Ruth Campbell (deceased). Ruth's picture is on the table beside the

Mary Mercer celebrates her 100th Birthday

Susan, Carol and Gloria Gorrill



Mary Mercer, Gloria Gorrill and Grace Duff who shared the piano at many AWI Conferences are seen here on Mary's birthday.

Mary celebrated her 100th birthday surrounded by 400 friends and family at the Strathmore Civic Centre on September 25, 2006. Daughter Lynn Fair and daughter in law Lucille Mercer invited volunteer groups with whom Mary has been involved over the years.

Greetings were brought from Government, town, Lions Club, Legion, literacy, MS Society, Handicapped Society and Wheatland Lodge where Mary lives. The finishing tribute by Shirley Reinhardt, the District Four Director in the 1990s and now a County Councillor, summed up Mary's contributions including her years in the WI. Marie Plaizier, former AWI President, attended along with many from her area.

A choir and fashion show of Mary's hats and dresses, starting with her wedding gown, took us through her years! The celebration finished with a lovely lunch and much visiting.

Mary is currently recuperating from a fractured pelvis. All her friends wish her a speedy recovery. *w*

Four Point Celebrates 60 years

Helen Williams

The 60th Anniversary of Lacombe Four Point Women's Institute was celebrated on November 18, 2006.

Mrs Ruth Howes District Three Director in 1946 encouraged four communities to join and form one branch.

The branches that joined were Turville, Milton, Central and Lacombe. Charter members included Elizabeth Schnell, Margaret Hill, Carrie Shaw, Elsie Woodrow, Gwen Mytton-McAndrew, Mrs McKibbin and Mrs Tetz.

The branch history was given by Barbara Jahraus. One highlight was the new piano purchased for the Lacombe Senior's Lodge which is still in use.

Brenda Willsie AWI District 5 Director presented President Helen Williams with the 60th Anniversary certificate. Gloria Coates District Three Director presented Clem Woods aged 99 years with her 25 years pin. A rose bouquet was given to each long time member Martha Danallanko and Joyce Russell. Doris Northey past AWI President attended together with members from several other branches. A musical interlude was provided by Lavon Tattrie and readings by Catherine Lindholm. Photo albums from 1946 to the present day were enjoyed by guests. Lunch and an anniversary cake concluded a delightful afternoon.

Lacombe Four Point W.I. observes the motto "for Home and Country" by continually supporting