

Alberta
Women's Institutes



Home & Country

November 2020

Mission Statement

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

IN THIS ISSUE:

Dates and Deadlines.....	2
Word Search.....	2
FWIC President	3
District 4	5
Archivist	5
Resolutions	6
Motions	7
AWI President.....	7
Creative Writing.....	8
Memoriam.....	10
Memorials.....	10
Office Fund Donations.....	10
President Elect.....	11
Book of Remembrance.....	11
Past President	12

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Executive Director
Bernadette Logozar



Argyle Branch participated in the 8th Women Walk the World. Libby Whithall, Randy Wickstrom, Diane Dammann, Rosella Stoezs and Norma French Hesslop. They raised over \$300 this year.

On April 10, 2020, Agnes Derksen and Alberta Weatheral of Creighton Women's Institute presented the Cornelia Wood Award to Lakeland College student Emily Giesbrecht.

Emily is a studying Environmental Conservation.

Pictured is Alberta Weatheral and Emily Giesbrecht.



www.awialberta.com

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Mrs. Magdie de Kock, South Africa



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 is affiliated with the Federated Women's Institutes of Canada (FWIC) and the 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.

Editorial Committee: Denise Campbell, Diane Dammann, Bernadette Logozar and Linda Toews.

Proof Readers: Denise Campbell, Diane Dammann, Bernadette Logozar, Elizabeth Rushton, Linda Toews and Cathleen Thurston.

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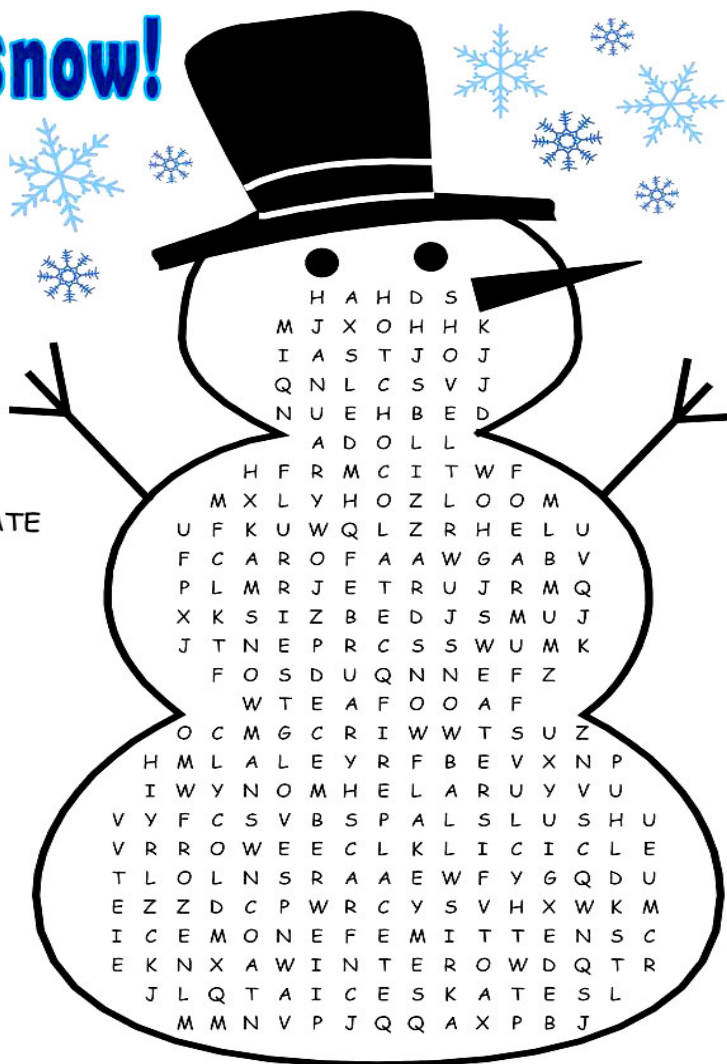
No article will be printed that is deemed to be discriminatory.

Dates & Deadlines

Book of Remembrance.....No deadline
AWI Council Meeting (Google Meet) November 30
FWIC Triennial Convention, St. Johns, NL..... June 17 - 19, 2021
ACWW Canada Area Conference, St. Johns, NL..... June 19-21, 2021

Let it snow!

BLIZZARD
COAT
COLD
DECEMBER
EARMUFFS
FEBRUARY
FIREPLACE
FLURRIES
FROZEN
GLOVES
HOT CHOCOLATE
ICE
ICE SKATES
ICICLE
JANUARY
MITTENS
SCARF
SHOVEL
SLED
SLUSH
SNOWBALL
SNOWFLAKE
SNOWMAN
SWEATER
WINTER



Where is Echo Hill W.I. ??

submitted by Vera Brown

Our Branch is called Echo Hill W.I. We have had so many people ask how we acquired our name for the Branch we had a sign made so people in our area and other W.I. Branches would have an idea where we are.

Echo Hill was just a district with a post office from 1914 to 1928. A two story building located in a field housed the post office downstairs and the living quarters upstairs.

The Echo Hills W.I. Branch has seven members

An Echo from the past

Echo Hill Post Office, located south of Westlock, commemorated

LES DUNFORD
T&C STAFF

The history of settlement in this part of Alberta is not particularly old in comparison to other parts of the country or the world.

But in that short time of roughly 120 years or so, there has been many small communities, schools, districts and post offices that have come and gone.

But thanks to the efforts of some individuals and groups, many have been recognized for future generations.

Such is the case of the Echo Hill Post Office, which was located just off current Highway 44 on the west side, two miles north of Busby corner (Highway 651) or 12 miles south of Westlock. The legal land location is SE-6, Tsp 55, R-26, W-4.

The Echo Hill Post Office had a relatively short time

span of 14 years, from 1914 to 1928, but served the area residents during that time.

The women of the Echo Hill Women's Institute decided to officially recognize the site with a sign, easily visible from the highway, noting "Former Site of Echo Hill Post Office 1914 - 1928 by Echo Hill Women's Institute 2018."

The post office was located in the home of Marion E. Catton and his wife Eva on their homestead at Echo Hill. The couple moved back to the U.S. in 1929, and the house/post office moved to a different location.

Although there is still a rise in the road at that point, there is no longer a real hill, as it was more or less taken off when the road was built.

But the name Echo Hill lives on in the group of women who make up the Echo

Hill Women's Institute and lived on farms in the area. The group formed in 1937 and today there are only seven members.

The institute is a community-based organization for women in the United Kingdom, Canada, South Africa and New Zealand. The movement was founded in Stoney Creek, Ont. by Erland and Janet Lee with Adelaide Hoodless being the first speaker in 1897.

Groups, such as the Echo Hill Women's Institute, formed across the country, and were and still are, part social and part educational.

Somewhere between 50 and 60 years ago, the Echo Hill group were the ones instrumental in getting the now-familiar reflectorized slow moving vehicle signs seen on the rear of tractors and machinery today.



Echo Hill Women's Institute who had the sign made and erected on the former Echo Hill Post Office site next to Highway 44 south of Westlock. In the photo with are members, L-R, Freda McConaghy, Elaine Sloan, Vera Brown, Joan Pankonin, Wanda McMillan and Betty Brinton.

Echo Hill member Vera Brown, who lived and farmed with her husband Doug just across the road from the Echo Hill Post Office site for many years, recalls that they saw the need for safety for farm equipment and developed

the idea of the sign. They went around their area in a 10-mile radius, putting these reflectors on the back end of tractors and equipment.

She says for their efforts, they received the Caroline Safety Award.



FWIC President

submitted by Joan Holthe



Greetings Everyone!

I have a new respect for department stores that put out their Christmas decorations before Halloween is over!

I am ready for winter, preparing for cold, feeding cattle days, but I have a warm, fuzzy feeling towards W.I. members near and far. Let us have a new appreciation of friends and family across the nation, and enjoy the hope that 2021 will be a year of renewed acquaintance and visits with each other.

For now, I would like to extend Christmas and holiday greetings to each and every one of you, and especially hope that your days are filled with health and happiness.

Yours For Home and Country

Joan Holthe, President FWIC WI/Canada



Health Effects of Fragrances !!

submitted by Half Way Grove W.I.

Do you know anyone who is bothered by fragrances? You probably do because more than 20% of our population now experience adverse health effects when exposed to fragrances.

Why are fragrances such a problem? For two reasons: first, because 95% of fragrances are synthetic compounds made from petroleum products most of which have never been tested for human toxicity. Secondly, fragrances are made to be volatile so the chemicals in these fragrances stay in the air and are readily inhaled or absorbed through the skin.



Are "natural" scents a problem? People who don't feel well around synthetic fragrances generally don't feel well around some essential "natural" oils such as civet, galbanum and, in particular, patchouli oil.

What health effects can occur from fragrances? Minor effects include eye, nose, and throat irritation, dry, cracking skin, rashes, and headaches. More serious health effects include: vertigo, fatigue, nausea and vomiting, kidney and liver damage, blood pressure changes, central and peripheral nervous system changes, difficulty breathing, and in rare cases, death.

Who is particularly bothered by fragrances? People with allergies, asthma, compromised or immature immune systems, and those who are chemically sensitive are most susceptible. Be aware that fragrances are a "barrier to access" for some health conditions under the Americans with Disabilities Act of 1992.

If you avoid wearing perfume/cologne, are you free of fragrances? Probably not. Fragrances are in almost all personal care and laundry products that most of us commonly use.

Did you know that

- * Fragrances are one of today's major sources of indoor air pollution.
- * Fragrances, although under FDA jurisdiction, are one of the least regulated substances.
- * Some fragrances contain chemicals designated as hazardous waste disposal chemicals such as methyl chloride, toluene, and ethanol.
- * Some towns/cities like Shutesbury, Massachusetts and Halifax, Nova Scotia have banned the use of fragrances.
- * Secondhand smells are as much a problem as secondhand smoke.
- * Some products labeled "unscented" may contain toxic "masking" fragrances.

What can I do?

1. Avoid the use of synthetic fragrances and selected essential oils when at work or in public places.
2. Request fragrance free classes, meetings, conferences, etc.
3. Educate other health care professionals, clients, and the general public about the adverse health effects of fragrances.
4. If a particular fragrance is bothersome to you, speak up!
5. Subscribe to magazines that refrain from using fragrance inserts.
6. Write to the Office of Cosmetics and Colors, FDA, Washington D.C. 20204 about any problems with fragrances and scented products.

What products should I purchase?

FF=fragrance free HFS=health food store

Bar Soaps: Dr. Bronner's, Granny's Old Fashioned, Kiss My Face Pure Olive Oil (HFS), Clearly Natural Unscented (HFS)

Liquid Soaps: NutriBiotic Skin Cleanser Fragrance Free (HFS), Nature's Gate Antiseptic with Peppermint oil, Tea Tree Oil & extract of lemon (HFS)

Shampoos: Ivory Unscented, Magic Botanicals, Stony Brook, Tom's Aloe & Almond, ShiKai Henna Gold

Conditioners: Magic Botanicals, ShiKai Henna Gold, Simple.

Gel: Magic Botanicals (HFS), KMS Puritive 100% FF & Color Free (Regency-Amherst)

Lotions/Oils/Jelly: Simple (NEEDS), Shea Butter Unscented (B & C), Granny's Old Fashioned (NEEDS), Kiss My Face FF Olive & Aloe Moisturizer (CVS), plain Olive Oil (grocery store), Unpetroleum Jelly-Original formula (Autumn Harp),

Shaving lotion: Kiss My Face Moisture Shave FF (HFS)

Deodorants: Mineral Crystal (HFS)

Laundry Detergents: Ecover (HFS), All Free & Clear, Arm and Hammer, Tide Free

Laundry Dryer Sheets: Unscented dryer sheet-perfume and color free

You don't have to go to a health food store to buy fragrance free products. Local drug stores and grocery stores carry fragrance free products: READ THE LABELS: fragrances are usually the last ingredient listed.

***Some of the suggested products contain fragrances; however, these products usually are well tolerated.*

Check out this web site for more information: www.fpinva.org (Fragrance Product Information Network, Betty Bridges, RN.)

Peggy Wolff, M.S., R.N.C.S., Healthy People & Healthy Places, 126 Cave Hill Road, Leverett, MA 01054

Peggy Wolff, MS., R.N.C.S. is the Director of Healthy People & Healthy Places. which provides advocacy, counseling, and educational services related to complex health conditions including environmental health issues. She can be reached at 413-367-9638 or email at PeggyWolff@healthypeoplehealthyplaces.com.



District Four

Yes I am BACK!! For another term, "Thank You District Four Ladies". I want to say "THANK YOU Past PRESIDENT Cathleen" for a GREAT job in a very different Term, especially with this COVID!! This year is one we will not forget. Congratulations to our President Diane! The AWI Year when we missed so much BUT kept each one of our Branch WI 'sisters' close.

We got harvest finished the end of September but as we came home from Calgary the 2nd of November we saw a couple of combines still in the fields; just heard this afternoon of a combine burning up early morning after finishing in the field earlier in daylight. The Fall colors were such a wonderful delight to see this year.

Our District Branches didn't do much to be together but kept their members 'close'.

Irvine WI hosted a couple sales tables in town so they could still have funds for the Annual Best Yard 2020 awards they to do and plan to have 2020 Christmas Lights awards. They've been on the phone with each other.

Langdon WI have been doing no contact but call or email each other all year, so the Branch really enjoyed gathering for the Annual AWI meeting while social distancing.

Westoe WI also hasn't been gathering but phone call and email each other. They had planned to meet at Priddis Hall with social distancing on Nov 17th and do their Annual Christmas Exchange; but with the discussion of the Provincial Virus situation this may not happen.

International Wild Rose (Coutts) WI had been meeting via phone which we have continued and this Fall have two new members. We enjoyed the Annual AWI meeting and plan on having a Branch online card making project via Skype.

I still do District Newsletters and call Branches to be "in touch". Stay Close with your Branches (we all need this) and enjoy the Holidays!



Colleen Bianchi
District 4 Director

A Note from the Archivist

submitted by Mae Deans, Archivist

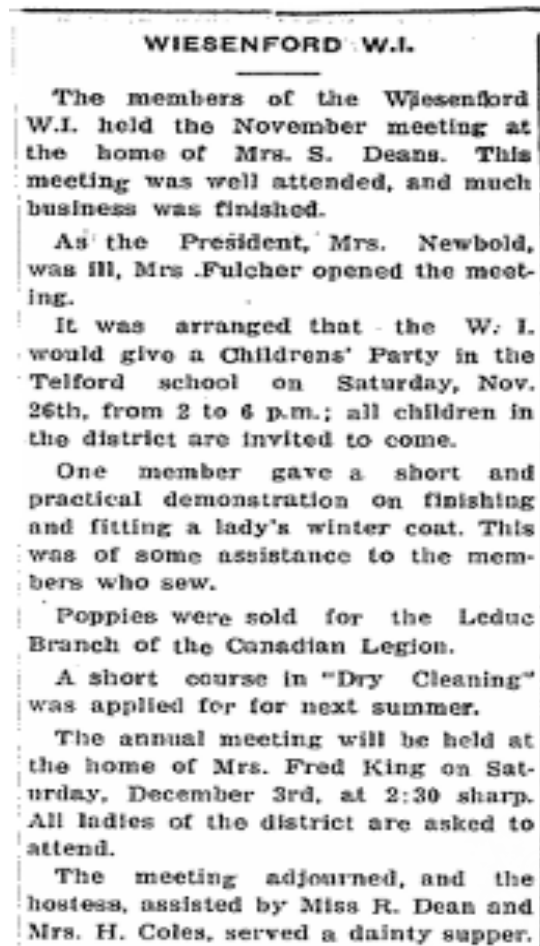
Notes from the Archivist – May 22, 2020

I hope that everyone is doing well and keeping safe in these challenging times. As a friend said the other day, "this too shall pass, this did not come to stay".

The Provincial Archives of Alberta (PAA) has been closed to volunteer work for the past several months. There has been no indication for a plan going forward for volunteers. I will keep everyone informed about the opening of the PAA as soon as that information is available. Please continue to keep your WI records. In due time, the PAA will be accepting documents.

Meanwhile, I have been doing online AWI research. I came across a gem of information. When searching for information about Angus Ridge Government House quilt project in 1967-68, I stumbled across newspaper accounts of the Wiesenford WI. There is no information in the PAA about this Branch.

The Wiesenford WI Branch formed in the early 1920s. The Wiesenford members' farms were along what is today Township Road 482, north of Millet, Alberta. To my utter astonishment, my Grannie belonged to the WI. I had no idea. I have been able to find several articles in the local newspapers that tell about the work of the Branch. This information will be added to the AWI collection at the PAA. Here is one of the pieces from the Wetaskiwin Times dated November 05, 1925.



Resolutions



Linda Toews
Resolutions

submitted by Linda Toews, Resolutions

We had five resolutions coming forward for discussion at this year's Annual General Meeting (AGM). A sixth resolution was withdrawn to simplify the resolution discussion during our virtual deliberations. This was quite a different way to discuss resolutions and presented a number of challenges to ensure all those who wished to address the resolutions were heard without overwhelming the time and attendees on the virtual platform.

I want to thank the Branches that moved and seconded these motions. Resolutions need to be researched and carefully worded to best reflect what the proposers wish to put forward, and it takes a fair amount of time and persistence to get it right. Those who researched the motions and provided well-thought out statements to advance their intent prior to the AGM put in a great deal of thought and effort to do so; much appreciation is due to those of you who were part of this process. Thank you also to those who presented well-written or spoken statements either for or against the resolutions. It is the tradition of Alberta Women's Institutes to encourage thoughtful debate that takes different viewpoints and knowledge to come to a consensus on whether resolutions pass successfully through the process, be returned to be reworked, or are allowed to fall by the wayside.

It worked very well to send out the statements from movers, seconders and anyone else who wanted to address each resolution, to AGM attendees prior to the actual meeting. This gave everyone time to read and digest the statements and decide whether that was sufficient to enable them to support or oppose the resolution, or whether they had new information to impart. We had one amendment prior to the AGM, and one brought up during it. The discussions during the resolution portion of the AGM were well expressed and considered, and our voting procedure worked quickly and well to establish which resolutions would go forward and which would not.

Resolution 1 was passed as amended. Resolutions 2, 3 and 5 were also successful. Resolution 4 was not supported by the delegates. Letters will be written to the appropriate government ministries on these issues, and responses will be passed on as they are received.

1919 Peace River W.I. News

submitted by Frances Bognar

A significant 100 years for Peace River

BETH WILKINS

RESEARCHER/ PEACE RIVER MUSEUM

Bear Lake, or as we now know it, Lac Cardinal, has been a recreational go-to place for quite a while. Sadly, one cold October night in 1919, we learned last Ponderings the huge lake claimed the lives of Peace River's "two prominent young men" and their dog. Duncan Stewart and Martin "Scotty" Leitch, on their way back to camp by canoe after duck hunting, succumbed to the vagaries of the weather and the lake.

Among the Oct. 23, 1919 Peace River Standard's front-page articles was this information: "On Friday evening last the members of the Peace River Women's Institute and other ladies of the town received a real treat in the address given by Miss Isabel Noble of Daysland, president of the Alberta Women's Institute.

"Miss Noble is a forceful speaker and carries her audience with her. She outlined the different spheres of work undertaken by the institutes in different places, such as: placing of good pictures in the school room; providing outdoor sports on school grounds; hot lunches; etc. She also explained the different forms of instruction at institute meetings. Also, urged the higher education of the girls on the farm and explained the system of education could be secure to one girl by the raising of the sum of \$200 to give her the benefit of a course at the Agricultural School. If one institute were not able to raise the required sum, the suggestion was made that an endeavour might be

accomplish even more than in the past."

Council Meeting Motions

MOTIONS **June, August and** **September Regular** **and Special** **Council Meetings**



Bernadette Logoza
Executive Director

June 1, 2020

Motion 01-06-2020 - Moved to ratify email poll results to hire McTavish Delivery and Movers out of Camrose to move the office from Pigeon Lake to Killam. Carried

August 31, 2020

Motion 01-08-2020 - Moved that AWI stay with RBC, and that the multiple signatures stipulation be removed from the account so a deposit only client card can be issued so AWI Chequing Account can be enrolled for online banking. And that any incoming or outgoing online transactions will need to be approved by a second signatory on the account in order to be completed. Carried

September 14, 2020

Motion 01-09-2020 - Motion to ratify the President's decision to approve Mae Deans spending approximately \$100 for acid-free file folders for her archival work. Carried

Old Motions: Cathleen Thurston brought some old motions to Council's attention.

Motion 18-01-2014 - Moved that we have a "Friend of Alberta Women's Institutes" award in the form of a certificate

Motion 19-10-2014 - Moved to have a Book of Remarkable WI Women that is kept in a cerlox bound book.

Motion 02-09-2020 - Moved that AWI does not go forward with a Book of Remarkable WI Women. Carried

September 21, 2020

Motion 01-21-2020 - Moved to accept the minutes of September 14, 2020 Council Meeting with corrections. Carried.



President's Report

submitted by Diane Dammann, President

Thank you for the honour of representing and leading you for the next 3 years.

The Annual General Meeting started out a little rocky. I got a phone call about 6:50 am with the news that Cathleen Thurston, our President was going to the hospital and the meeting would be chaired by me. Cathleen left me in good shape with a detailed agenda and our office administrator Bernadette in control of the technical stuff. Thankfully Cathleen was released later that day. Stress is real.



Diane Dammann
President

I have been a member of Argyle Branch for 37 years. In most provinces the Past President goes on to be the representative at FWIC but in Alberta we choose our representative. I served two terms on the FWIC Board which I hope has given me some valuable experience that will translate to a good leadership for me.

ABOUT US:

I am very passionate about our organization and I cannot understand why every woman is not a member. Unfortunately there are many people who do not know.

That is something I really want to change. My goal for my presidency is to have 1000 members in Alberta by 2023. For that I really need the help and co-operation of all of you. If you can think of any way to spread the word and attract more interest, I would appreciate hearing from you.

I am excited that our new Council has the skills and drive to take us forward in all the changes that are thrust upon us. We have a good mix of experience and with Colleen Bianchi, Linda Toews, Linda Mason, Yvonne Erickson and new District 1 Director Wendy Pimm and Executive Director Bernadette Logoza.

The FWIC theme is Back to Basics which is very fitting in these new times of shut down.

The ACWW Women Walk the World took place on October 15, which is International Rural Women's Day. Our first Council meeting was October 19th. I will continue the monthly News and Notes.

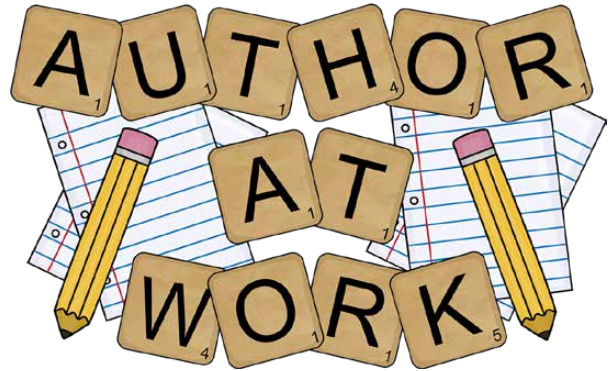


Argyle Branch during the AGM - Vickie Cloakey, Verleen Spady, Randy Wickstrom, Grace Reister and Diane Dammann. Photo by Julia Feltham.

Creative Writing

submitted by Linda Toews, Creative Writing

Thank you to those who sent in entries for the 2020 Alberta Women's Institutes Creative Writing Competition. I was very impressed with the quality of the work sent in. Each year, it seems, the calibre rises as previous entrants take what they have learned from their prior entries and build on their already remarkable writing skills to make their finished writing pieces even better. The judge remarked that the articles sent in were inspiring, evocative, and a pleasure to read. It is wonderful to know that we have such talent in our Women's Institutes members.



Congratulations to the winners in each category, and especially to Anne Teeuwsen of Half-Way Grove WI who was the Overall Winner. The winners of each category appear below. My compliments to our talented writers.

I am still receiving manuscripts for the challenge I posed to write about your experiences during the pandemic. Each of us experiences the pandemic differently, depending on our location, our circumstances, and a variety of other factors. These anecdotes are fascinating reading to others who experience the pandemic differently, or who experience it not at all. Please do keep them coming. Please send to lindat4awi@gmail.com or mail to 34548 Rge Rd 25, Red Deer County, AB T4G 0K5.

I encourage all of you to write your memories, your travel stories, your poems and inspirational pieces. Next year's contest is not that far away now, and there is no time like the present to start writing.

CREATIVE WRITING WINNERS 2020

Non-Fiction Article 1000-3000 words - Memoir

1st - Anne Teeuwsen, Half-Way Grove WI

Non-Fiction Article 1000-3000 words - Essay

1st - Anne Teeuwsen, Half-Way Grove WI

2nd - Diane Dammann, Argyle WI

Poetry

2nd - Erna Maschki, Valhalla Busy Bees WI

Overall Winner

Anne Teeuwsen, Half-Way Grove WI

HogWild
Specialties



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A Poem for Fern

submitted by Elizabeth Rushton

'Twas on a beautiful July morn
That a lovely baby girl was born,
A dedicated WI member was her mum,
So, to her meetings she did come.

1970 was a very special year
When George became her husband dear,
BC and Alberta became their home,
And children three were also born.

As time went by a member she became,
And added Constituency Convener to her name,
A travelling she did go also
As to ACWW at The Hague she did go.

And in the year 2000 she was hired
And was everything AWI desired,
She ran the office with warmth and efficiency
And even shared her home for financial expediency.

Now she's retired and enjoying her time
Volunteering and crafts enhance her life,
Along with grandchildren 6 and great grandchildren one
We wish you many more years to enjoy each and every one.

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FAYE MAYBERRY

Memorials

August 31, 2020

Irene Moir	Elizabeth Rushton	\$ 50.00
Audrey Williams	Family (Bernadette Curtis)	\$ 150.00
Irene Moir	Cathleen Thurston	\$ 25.00
Amy Allright	Cathleen Thurston	\$ 25.00
Tracy Campbell	Joan Bogner	\$ 25.00
Tracy Campbell	Frances Bogner	\$ 25.00
Elsie Gerber	Valhalla Busy Bees WI	\$ 50.00
Irene Moir	Fern Killeen	\$ 25.00
Amy Allright	Fern Killeen	\$ 25.00
Kay Saastad	Diane Dammann	\$ 20.00
Tracy Campbell	Diane Dammann	\$ 20.00
Tracy Campbell	Valhalla Busy Bees WI	\$ 50.00
Tracy Campbell	Grimshaw WI	\$ 25.00
Tracy Campbell	Cathleen Thurston	\$ 25.00
Irene Moir	Mae Deans	\$ 50.00
Irene Moir	Colchester WI	\$25.00
Marie Plaizier	Elizabeth Rushton	\$50.00
Kay Saastad	Cathleen Thurston	\$ 25.00
Kay Saastad & Marie Plaizier	Frances Bogner	\$ 50.00
Kay Saastad	Eunice Horte Family	\$ 50.00
Aileen Kritzinger	Ridgewood WI	\$ 50.00
Kay Saastad	Elizabeth Rushton	\$ 50.00
Aileen Kritzinger	Elizabeth Rushton	\$ 50.00
Joan Eddington	Joan Pankonin	\$ 25.00
Tracy Campbell	Colleen Bianchi	\$ 50.00
Kay Saastad & Tracy Campbell	Faye Mayberry	\$ 40.00
		\$ 1,055.00

Office Fund Donations

August 31, 2020

Argyle WI	\$ 100.00
Berwyn WI	\$ 25.00
Cottonwood WI	\$ 200.00
Creighton WI	\$ 80.00
Echo Hill WI	\$ 20.00
Ella-Jane WI	\$ 50.00
Half-Way Grove WI	\$ 171.00
Hogadone WI	\$ 35.00
Langdon WI	\$ 100.00
Ridgewood WI	\$ 50.00
Stony Plain WI	\$ 500.00
Valhalla Busy Bees WI	\$ 225.00
Verdant Valley Dorcas WI	\$ 50.00
Bjerkseth, Sheila	\$ 2.50
Campbell, Doris	\$ 27.50
Fetham, Julie	\$ 7.50
Laschuk, Audrey	\$ 10.00
Streibl, Barbori G.	\$ 10.00
Withers, Marguerite	\$ 25.00
Sold Desk & Trunk	\$ 27.77
Fimite, Karen	\$ 100.00
Valhalla Busy Bees WI	\$ 50.00
Valhalla Busy Bees WI - <i>in memory of Florence Lawrence</i>	\$ 50.00
Creighton WI	\$ 25.00
	\$ 1,941.27

In Memoriam

Anne Rogan

December 5, 1926 - July 5, 2020



Anne was born on December 5th, 1926 in Prescott, Lancashire, England. Anne came to Canada with her parents William and Annie Garnett and brothers, Bill, Noel, and Roy.

They settled in the Wildmere district on a farm where they lived in a Hudson Bay house. Anne grew up to be a nurses aid and later married Hubert Rogan. Anne and Hubert lived in the Preston area south of Vermilion on a farm where they had three children

Karen, Alan, and Neil. They farmed there until they retired and bought a house in Vermilion.

Anne joined the Vermilion W.I. in 1986. She was a very dedicated member being President more than once. She hosted several W.I. meetings in her town house. Anne attended several A.W.I. conventions and also attended the F.W.I.C. convention in Red Deer in 2006. Anne was a member of the Vermilion W.I. until it disbanded in 2011. Anne was then an associate member for a while until she joined Creighton W.I. in 2014. Anne remained with Creighton W.I. until she moved into the Vermilion Valley Lodge.

Anne passed away on Sunday July 5th, 2020 at the age of 93. Anne will long be remembered by all who knew her.

President-Elect Report

submitted by Linda Toews, President Elect



Linda Toews
President-Elect

I am honoured to be your President Elect for the next 3 years. Alberta Women's Institutes is such an important organization. It has been invaluable to women over the many years it has been in existence, and it still can and should be. The times have changed and we are changing with it, but the value of our organization remains strong.

Our new Council has both seasoned Councilors and new faces, and I look forward to working with all of them and with our new President Diane Dammann. I want to thank Past President Cathleen Thurston for all she brought to AWI over the last many years. Her organizational skills and her advice have been invaluable.

I have so valued serving as District 5 Director for the last term. It has been such a pleasure to interact with the members and branches in the District. When we get together it is so many good women working together, and I have enjoyed all my communications with the many great members in the District. Like you, I was disappointed that we were unable to hold many of our meetings in the District, including the

District Meeting. I look forward to the time when we are able to come together again.

As President Elect, I look forward to an expansion of the communication with District members to communication with all members. Many of you I know already from attending Conventions or talking with you regarding resolutions or creative writing, and I look forward to getting to know more of you.

It is interesting that FWIC's theme is Back to Basics because I see that many women are interested in getting back to basics. This is particularly so in this time of pandemic when so many women are looking to the basics to keep

their families fed and clothed. The grocery shelves were bereft of yeast for so long this year, and no need to mention the toilet paper shortage! I heard we might see another period of staples missing from the shelves, including yeast once again as more people make their own bread and other baked goods at home. And many shops were shut, and still are in many parts of the country. This is a wonderful opportunity to connect with other women, many of whom have no idea where to start with making their own food or clothes, and turn to the internet or Facebook for their information. It is somewhat ironic that there is more need now for the home economic skills that instigated the beginning of Women's Institutes. Here are areas in which we are well versed and can help people with those skills. This is a great opportunity to share our skills and our organization to meet that need.

I look forward to connecting with members. I have already started receiving Secretary's reports and am amazed at all the things our WI ladies do. I will keep up the info on branch activities on the AWI website and Facebook page. Please feel free to contact me at any time.



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Valhalla Busy Bees WI

Last Words ... Until We Meet Again

submitted by Cathleen Thurston, Past President

Because I was unable to attend the Annual General Meeting in September due to a medical emergency (I am all right, by the way) I thought I would share my opening remarks with you here. While you are reading it, please remember that it was written prior to September 23rd.

“Dear Alberta Women’s Institutes members,

I have been thinking and thinking about what to say when I make this, my final address as Alberta Women’s Institutes’ President. And of course, I had been putting off writing this speech as long as I possibly could, because as I think I explained once upon a time – I am a procrastinator.

But finally, the day came that I HAD to put some words down on paper (that was on Monday, by the way) and figure out what to say. If I had given this speech in June in the year that was supposed to be, things would have been very different. Or are they very different now – I’m not sure anymore.

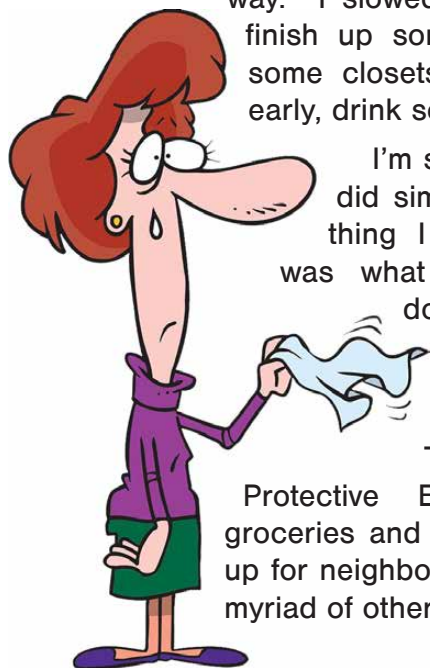
“Life begins at the end of your comfort zone”

I chose this quote for the September News & Notes because it so closely fits what has been happening for the last 6 months and what is happening right here, right now, at our 2020 Annual General Meeting. In March nobody thought we would be meeting like this, especially me as I had the entire June Annual General Meeting planned – speakers booked, menus picked, everything organized. And then BAM!! We were in lock down.

I chose to look at the whole thing in a positive way. I slowed down, took time to finish up some old crafts, clean some closets, get my garden in early, drink some wine, relax.

I’m sure that some of you did similar things. But one thing I KNOW you all did was what Women’s Institutes does best, what we are

known for – digging in and helping out in a time of need. There was Personal Protective Equipment to sew, groceries and prescriptions to pick up for neighbours and family, and a myriad of other tasks to help with.



I don’t know if my comfort zone will ever get back to what it was. I still don’t go to restaurants, I limit my shopping, don’t socialize except by phone or text, and now that my grandchildren are back in school, they won’t be visiting for a while. But I know if I need help in just about any way a WI member will answer my call – because that is what we do.

I am proud to be a member of Women’s Institutes and you should be, too.



*Cathleen Thurston
Past President*

Before I finish up here, I’d like to touch on a couple of things that happened in the past 3 years. Isabelle Nash, our esteemed Home & Country editor retired after a lengthy time of putting out our newsletter. I’d like to thank her for all the time and work she put into it. Thank you, Isabelle.

Fern Killeen, Executive Director extraordinaire, also retired after close to 20 years of keeping Presidents and Council members in line. I’d like to thank her for all the time and work she put into keeping Alberta Women’s Institutes and me running smoothly. Thank you, Fern. I wouldn’t have made it through the last 9 years without you.

I’d like to thank the members of Council for all the work they have put in over the years, whether it be 3 years or 5 years or more. They are really a dedicated bunch of women. Thank you, ladies.

I’d also like to thank anyone and everyone who I ever asked for help who just stepped up and took on the task – no matter how crazy it might have been. And everyone who volunteered without being asked – thank you all.

And most of all I’d like to thank Past President Faye Mayberry, for taking me under her wing when I was President Elect. She was always there when I needed advice or a smack upside the head. Thank you, Faye, for everything.”

I am very sorry that I missed the Annual General Meeting – a VIRTUAL meeting no less...talk about being out of our comfort zone!! I understand there were some glitches, but that was to be expected. And I understand that as Women’s Institute members do, you persevered and carried on. Which is just what we will continue to do.....on into the new triennium and many more after that.