



Alberta  
Women's Institutes

# Home & Country

June 2021

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

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**Executive Director**  
Bernadette Logozar



## Argyle Walks Again

*Submitted by Diane Dammann*



When the Associated Country Women of the World had the first "Women Walk the World" event in 2012, Argyle Branch participated. This active Branch in a small village in Alberta has walked every year through all kinds of weather. Thanks to sponsors over \$450 was raised to support the work of the society around the world.

This year's participants were Verlene Spady, Dianne Carroll, Norma French-Heslop, Molly Boudreault, Diane Dammann, Lorraine Hewett, Karin McCracken, Rose Marie Wickstrom and Bailee the dog.

## Winnie Hammerlindl

*Submitted by Diane Dammann*

Former WI member Winnie Hammerlindl celebrated her 103rd birthday on December 1, 2020 at her long term care facility in Calgary. Unfortunately since breaking her hip about three years ago she has been in a wheelchair which she has found very difficult as she was always such an independent person. Her daughter Margaret says that even though her mother is a "tell it as it is personality", her care workers still like her! Her eyesight and hearing are failing and though her long term and short term memories and her ability to express herself are declining, she can still smile when she can correct Margaret on making a mistake. Unfortunately, like so many others, the isolation of COVID-19 has negatively affected her ability to communicate. She loved being a WI member and her involvement in many other organizations and activities in Drayton Valley before moving to Calgary in 2004 to be closer to her family.

[www.awialberta.com](http://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, October 1 and August 1 for the Report Book.*

*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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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.

## Dates & Deadlines

AWI Virtual Visit.....	June 21, 2021
Resolutions & Creative Writing Competitions .....	deadline extended: June 30, 2021
FWIC Virtual Triennial Convention.....	July 5 - 6, 2021
ACWW Virtual Canada Area Conference.....	July 6 - 7, 2021
AWI Convention.....	September 28 - 29, 2021

## LIFE HACKS

*Submitted by Colleen Bianchi*

☀️ Bounce batteries to see if they are good or bad. Drop them on a table from about six inches. If they give one small bounce and fall right over, they're GOOD. If they bounce around and around then they are dead or going out.

☀️ When taking a picture, squint your eyes to make your smile look much more genuine - Don't CLOSE your eyes.

☀️ Use a dust pan to fill a container that doesn't fit in the sink. Put pan under the faucet over the sink - water will go down the handle to your container.

☀️ Use a 'plastic pants hanger' with the hanger tabs to hold your cook book open and hang on your cupboard door knob and it will be right in front of you ... hanging up.

☀️ Use your cellphone light underneath a water bottle to make a lantern that distributes light better/stronger than the direct beam.

☀️ Use a spring from an old ink pen put on your cellphone cord right at the beginning of the cord to keep it from bending and breaking.

☀️ Wrap a wet paper towel around your beverage and put in the freezer. In about 15 minutes it will be almost completely ice cold.



## WI CANADA Alberta Executive Officer

*submitted by Linda Mason, WI Canada/FWIC - Alberta Provincial Representative*



Thank you, WI Members, for all you do to make your communities, our country and world a better place. Over the past year, so many of you have found ways to reach out to others, despite the obstacles. Whether it was supporting your community, participating in a virtual meeting or keeping in touch with fellow WI Members, what you do makes a difference. Your acts of kindness and your generous spirits are what make the Women's Institute such a special organization! Thank you for being WI Members!

Eleanor Lilly of WINS announced that their candidate Ruth Blenkhorn is the recipient of the Adelaide Hunter Hoodless Woman of the Year Award. Eleanor is going to inform Ruth of her selection and hopefully a suitable time for a live presentation can be done safely before our AGM. Congratulations, WINS, your province is just filled with talented people!

22nd FWIC National Convention and ACWW Canada Area Conferences are now going to be virtual as well, July 5th to 6th. Save the dates! As part of the meeting, two special resolutions will be considered. One is the revised By-Laws and the second is the increase in fees paid by the provinces. AWI has ten voting delegates, but others are welcome to attend. This is a great opportunity to hear about the work at the national level from the comfort of your home. The registration fee will be \$25. Watch for information on the agenda, workshop, and guest speaker.

New Horizons for Seniors Program- #Life Hacks: FWIC has finished the New Horizons Grant Program completing over twenty workshops, mostly online. Topics covered everything from painting with beeswax or acrylics, flower arranging, re-purposing heirloom doilies, making antipasto, to creating a Kokedama. If you are interested in watching the workshops, they are available either on the Federated Women's Institutes of Canada /WI Canada Facebook page or on YouTube. In addition to the workshops online, you will also find the FWIC-WI Canada Remembrance Day Program, the Celebrate WI Day, and the International Women's Day Program, all hosted by FWIC-WI Canada.

WI Canada Premium Package Program: The Premium Package is one way to support the work of FWIC/WI Canada as well as the WI work in your province (2% of each sale is returned to the applicable province). The cost is \$20, and the package has a \$45 value and includes a WI Canada pin, WI Canada pen, Adelaide Hunter Hoodless Booklet, and post card, FWIC purse holder and a virtual Tarot card reading. The Premium package can be purchased through the FWIC store.

Hearth is Where the Home Is: Looking back over the past year, how did the COVID-19 regulations affect you and your family? Your Branch? Did you know there is little written on how people coped during the Pandemic of 1918-1920? The FWIC Project Committee plans to create an e-book that will capture our experiences, both positive

and negative during this pandemic. If you would like to contribute, please send your story to [judy@qwi.ca](mailto:judy@qwi.ca).

FWIC Pen Pal: The Pen Pal program was established last October to meet the demands of requests for Canadian pen pals which mostly came from England. Canadian WI members from NS, NB, PEI, Ontario, Manitoba, Alberta, and BC have signed up to travel the world from the comfort of their armchairs. To date, ages signing up are from 30 to 90 years with a wide variety of interests and hobbies. How you wish to communicate is up to you. It could be by email, post cards, social media, phone, or real hand-written letters; you choose what works best for your situation. So why not join the 150 already having fun, enjoying armchair travel, learning new ways of making WI Branches more vibrant, and meeting sister WI's across the globe. If interested, send your mailing address, your birth date, and your interests to [info@fwic.ca](mailto:info@fwic.ca) and subject it "Pen Pals."

Food Security and Home Gardens: Growing your own food has many advantages. It helps with food security and it provides exercise and helps to improve our mental health. The garden can be whatever fits your lifestyle which could be a container garden on a deck or patio, a raised bed garden, or a large garden. ACWW is interested in hearing about your garden and what you have learned. Send a picture and a short write up to ACWW Central Office. Happy gardening!

30th ACWW Triennial World Conference: suggestion to move the Conference to May 17th -24th, 2023. The Committee is hoping that by 2023 members will be vaccinated and willing to travel to Kuala Lumpur. The badge for the Conference incorporates the woman central to the logo of the host society, the Women's Institute of Pahang, and the Hibiscus, the beautiful national flower of Malaysia. More details are available in the latest issue of the The Countrywoman or on the ACWW website, under Conference.

Pennies for Friendship: The main source of funding for ACWW is the money contributed under Pennies for Friendship. Even though your Branch may not be meeting, please consider sending in a donation to either the Provincial AWI Office or to the ACWW Canada Area President, Linda Hoy. The donations, once collected, will be sent on to ACWW Central Office. Thank you in advance for your support.

ACWW Member's Resource Pack: This resource contains everything from posters to booklets. You can either order from Central Office in London (when it reopens) or download and print the items. To see what is included in the pack, check out this link: [https://www.acww.org.uk/resources\\_rwia.html](https://www.acww.org.uk/resources_rwia.html).

For the most up-to-date information, check out the website: <https://www.acww.org.uk>.



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## Health

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*submitted by Yvonne Erickson*

A personal family concern was when my 63 year old cousin passed away in October and his daughters were told by the local pastor he could not be buried with his mother because they were not members. They were very upset and have made other arrangements, this was in November of 2020. I just called the church number and talked to a congregation member, told her the story, she said she would be 'talking to him'.

I have since donated money to the 'PERPETUAL CARE OF THE CEMETERY'. We have six family members there and a few more of us would like to join our parents and grandparents at this cemetery. It really was an eye opener when we realized how we personally had neglected our family graves. Are you taking care of your family graves?

Memorial Society of Edmonton & District can help you make arrangements, taking care of details as they are so emotional for our family, and then they will know our wishes. Their prices are very reasonable also. Contact them at 1-780-944-0196.

Grave site costs vary a great deal in our own communities, maybe there is even a free one.

The Alberta Women's Science Network (AWSN), is a non-profit organization whose mandate is to connect, unite, support, and promote STEM programs throughout Alberta via activities pertaining to recruitment, retention, and recognition.

AWSN is offering up to 10 scholarships (value \$3000 each) to students and professionals who are enrolled in STEM (Science, Technology, Engineering, and Mathematics) fields.

For over 25 years, AWSN supports advocacy towards a more diverse and inclusive STEM future. They have contributed close to \$2 million in the Alberta ecosystem through their programs and activities! One of the most important things AWSN does is recognize individuals that make a difference in the community and/or their STEM field. To this end, AWSN has recently opened the application to their annual AWSN Scholarship (\$3000)! The deadline to apply is June 30, 2021.

The scholarship is open to:

- STEM students: applicant is going into the 3rd to final year of an undergraduate program in STEM in Alberta.
- STEM re-engagers: applicant has a career gap (2+ years) and is re-engaging into a STEM program in Alberta to learn or upgrade skills.

You can find more information about the scholarship on AWSN Scholarship Program webpage:

<https://www.awsn.org/awsn-scholarship>



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## Agriculture

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*submitted by Colleen Bianchi*

Spring is here, at least in Southern Alberta. Our farm is starting to seed as I write this, and by the time you read this seeding should be happening through the whole province.

The bottom part of Alberta is drier than the rest at this time; by the time you are reading I hope that's not true.

COVID-19 is affecting Agriculture, with the 'supply and demand' so prices are higher or finding parts or supplies are a "hunting game" or a "waiting game" now. For an example, I understand that for one farm their irrigation parts were ordered last May (2020) and as I write this are still waiting at the U.S.A. border in storage, since Canadians can't go across.

Commodity prices are on the increase; strong canola, strong barley; durum, lentils, peas are up while spring wheat is up but not as significantly as the other crops. This may be good for farmers ... but will affect your/my food costs and agriculture costs also. So farmers/ranchers get 'hit' twice.

NASA and Canadian Space Agency is turning to Canadians for help in figuring out how to keep people alive during long future space flights to Mars and beyond. The Deep Space Food Challenge is being run concurrently in Canada and the United States, with total prize money of up to \$1.08 million available to innovators participating in Canada's three stage competition. Currently, astronauts spend six months at a time on the International Space Station, and re-supply is comparatively simple due to its proximity to earth. Longer, further missions, though, won't be possible and will need to make or bring their food supply.

When you are planting outside - PLEASE plant bee pollen for flowers - black eyed Susan, aster, sage, basil, clover, currants, California lavender, gooseberries [good for hummingbirds too], elderberry, golden rod, lupinus, sun flowers, rosemary, oregano, aster, and stone crop.



**Wealth Management  
Dominion Securities**

**Hass Wealth Advisory Group**

**Shawn Hass**

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**Lethbridge, AB T1J 5S2**

## District Three

Spring is here folks, the cranes are high overhead these days, honking their way north. The hummingbirds should be in our area here anytime after May 14th. It's a very dry spring locally.

We put our house for sale March 23rd and ten days later, SOLD! We are moving to downtown Edmonton, 109 St. and 102 Ave. Grocery store Save on Foods across the avenue, it's so awesome. There are lots of happy dances going on in this house these days, movers here May 10th. I will still be part of AWI, doing my part the best I can.

March 10, I held District 3 Event from my house in Round Hill. I had two guest speakers.

Jackie Ewald spoke for the Round Hill Renaissance Agriculture Foundation, part of our school program now. They are busy getting ready to plant their 2nd garden, this one on Camrose County land. Its so exciting to see it grow. RHRAF2020@gmail.com you can follow them on-line and they are linked to the AWI web site.

Yvonne Brown from Tofield Busy B, was my second guest. She and a friend started a store 35 years ago and it's still growing. I will attach their brochure to AWI web site. Yvonne has deep, deep gratitude about the stores. She has a deep faith saying 'that this is not her or the volunteers, but something higher'. She says 'we take it one day at a time, seeing what happens'.

District 3 Branches all report 'quiet on home fronts', most have held no meetings because it is not safe, because of COVID-19.



Yvonne Erickson  
District 3 Director

## District Four

This area still has the four Branches, "keeping their home fires going" at home and checking on each other via phone calls. The community needs that have been done before continue IF able to with this 'new normal' we are living in today which mainly is nothing; unless it's a outdoor activity such as Christmas lites and summer flower/yard competitions.

My own Branch has all community involvement not happening. International Wild Rose has been meeting via computer and having mini classes. Next one will be sprouting seeds for eating.

I know that a couple of members of the District partook in the FWIC workshops, including myself, which were interesting, educational and "something to look forward to" and a "activity to be involved in". Thank you FWIC.

I call and send out emails to the Branches' to stay in touch with our AWI Group.

Today becomes Year 2 under this COVID-19 life, our Branches are helping their members as 'The System' allows.

As COVID-19 continues, I see that there are changes happening, which will make things different for some of us. We have no one to step up for Constituency Conveners for Bow Valley or Chinook.

The weather has people thinking of gardens and flower beds, and then snow comes to remind us 'who is Boss'.

As you know there is not much happening in this District but "we are hanging on!", as you are also. But we're here for "Our Home and Country".



Colleen Bianchi  
District 4 Director

## District Five

Unfortunately COVID-19 has not gone away yet so is still very quiet in District Five but at least one of the Branches, Hogadone WI, made good use of the lessening of restrictions in March and were able to meet in person at the local Coffee Shop. AWI President Diane Dammann joined them and discussions were held in regards to Women Walk the World, a way to promote and support WI as well as meeting women in Africa, Australia and other Countries. They also have some wonderful news as they had a new member join their Branch and I am very happy to welcome Lise Neilson into District Five!

I really enjoy receiving monthly reports from Hogadone and would love to hear from all the rest of the Branches in District 5 as to what everyone is and has been doing. Keeping in touch is so important to everyone, so please take a couple of minutes to send me a note letting me know how everyone is managing these very trying times.

Still keeping my fingers crossed (toes as well) that COVID-19 cases in Alberta will lessen enough to possibly have an in-person District Conference in August or September.

I am looking forward to hearing from all you wonderful ladies and hope everyone is keeping safe and healthy!



Linda Mason  
District 5 Director

## LIFE HACKS

Submitted by Colleen Bianchi

- ☀ Put pancake batter in a ketchup bottle for a no mess experience.
- ☀ Clean up an old lotion bottle for your beach bag and put your phone, keys, and money in it for safe keeping at the beach.
- ☀ Use different color nail polish to paint the top of your keys to identify different keys.
- ☀ Freeze grapes to chill your beverage without watering down your drink.
- ☀ Use a muffin tin to serve condiments for the BBQ.
- ☀ Doritos [the snack] are great for fire kindling if you can't find any.
- ☀ Use toilet paper rolls to put your different cords in. Then put the paper rolls standing upwards in a box with your labeled cords in one place. No more tangled cords.



Linda Toews  
Resolutions

## Resolutions

*submitted by Linda Toews, Resolutions*

In this time of virtual or no meetings, it does make it more challenging to discuss and formulate a resolution. With no meetings at all it is very difficult to have a good discussion. And virtual meetings can be limiting if there are time restrictions, or not all Branch members can connect.

But I know we AWI ladies are up to the challenge. We have faced all kinds of obstacles during our lives and this pandemic is another hurdle to be leaped over or gone around. We all still have phones and perhaps earlier methods of communication are best during this time when we are less able to travel and to meet in person.

This is a great time to be researching background information for any potential resolution. With more time on our hands this is a good use of that extra time. I'd love to discuss any thoughts you might have and look forward to getting your resolutions by our 2021 deadline of June 30. If you need help with wording, I'd be pleased to discuss it with you.

I am sure many of you wonder whether we get any response to the letters that we write to government bodies regarding the resolutions that we pass. Usually it takes some time for our letters to trickle through the bureaucracy before we get a response of any kind. When the letter is received we usually get a polite letter thanking us for our interest and concern. Sometimes we don't get a response. After the letter has had time for someone to actually read it and consider the contents, we get some kind of follow-up response explaining either why they feel the legislation is fine as it is or asking for some further correspondence from us explaining our position further. Sometimes we get asked to be on a committee to look at the situation. Sometimes the government takes the concern to heart and passes legislation along the lines we have suggested. The latter are, of course, the most rewarding because we know that we have been successful in making

change for the better. On one occasion the government beat us to the punch. In 2020, a resolution was being worked on regarding vaping but the Alberta government was so in tune with that potential resolution that they passed legislation before the resolution got presented.

The last couple of years have been quite different. The various governments have been so focused on pandemic response that they have been very slow to respond. I did finally get a response to our letter to the federal Minister of Immigration regarding the Afghani interpreters which was an emergency resolution at our 2019 Convention. Unfortunately it was not positive and simply stated that the legislation allowing interpreters to claim refugee status had expired and would not be renewed, and anyone wishing to come would have to go through the regular refugee process. Disappointing.

On the other hand, we have been successful over the years in seeing many of our resolutions becoming legislation. Accompanying this article is a list of those resolutions that have gone on to be put into legislation.

### Resolutions That Have Become Legislation:

- Requiring the pasteurization of milk
- Proposal of the wild rose as Alberta's provincial flower
- Having fluorescent strips on the side of railway cars
- Lines on the highways
- Triangular signs on slow moving vehicles
- Farm safety programs and day camps
- Food & Farmers – What's the Connection? Taken into grades 1-3 in local schools
- Having poison containers clearly marked
- Helmets required for off-road vehicle drivers and passengers
- Enhanced safety codes for homes and public buildings
- Lobbying of the provincial and federal governments of many other issues of concern
- Funding for Lyme Disease research

**The Fundraising Committee** is asking if we can put the money we get from our recycled cans and bottles toward a donation to AWI. They are also willing to take all of your old clothes to Value Village who will give us 15 cents a pound if we bring it in all at once. We are also collecting hard items ie: vases, platters, coffee cups, glasses, etc. as long as they are under 13". Soft items in bags and hard items in boxes. All items are being stored at Linda Masons' so anyone in the area can drop them off - or bring to our AGM in Camrose in September.

*The newly approved sponsorship program is as follows:*

### Donor Recognition Program

<b>Up to \$ 50</b>	<b>Friends</b>
<b>\$51 - \$149</b>	<b>Supporters</b>
<b>\$150 - \$299</b>	<b>Sponsors</b>
<b>\$300 - \$999</b>	<b>Patrons</b>
<b>\$1000 +</b>	<b>Benefactors</b>

#### Friends - up to \$50

- List names in the Home & Country – next issue after donation
- List name in Convention Report Book

#### Supporters - \$51-\$149

- List names in the Home & Country – next issue after donation
- List name in Convention Report Book
- One ticket to attend one of guest speakers (not banquet) (\$25 value)

#### Sponsors - \$150-\$299

- List names in the Home & Country – next issue after donation
- List name in Convention Report Book
- Name shown on power point at Convention (4 on a page)
- One Banquet ticket including banquet speaker (\$40 value)

#### Patrons - \$300-\$999

- List names in the Home & Country – next issue after donation
- List name in Convention Report Book
- Name shown on Power point at Convention List 2 on a page
- One-day registration to Convention (\$130 value)
- Business card ad in Report Book and notation as patron (value \$25)

#### Benefactors - \$1000+

- List names in the Home & Country – in all current years issues after donation
- List name in Convention Report Book
- **Whole page to themselves and/or logo on power point at Convention**
- **Logo and name on website as a benefactor**
- **Logo and name on facebook page as a benefactor**
- **One full registration to Convention (\$260 or \$150 value depending on year)**
- **Business card size Ad in Report book and in one year of H&C with notation as benefactor (value \$100)**

***A free copy of the Home & Country will be sent to all donors***



## Council Meeting Motions

*submitted by Bernadette Logozar,  
Executive Director*

### November 30, 2020

Motion #02-11-2020 to authorize signing authority to Diane Dammann, Linda Toews and Bernadette Logozar.

### January 11, 2021

Motion #02-01-2021 to appoint Tina Ratcliff and Linda Toews as auditors to review AWI financial records for 2020.

Motion #03-01-2021 that the 2021 Provincial Convention be held September 26-29, 2021 at the Norseman Inn in Camrose, Alberta with the cash raffle drawing to be held on September 28, 2021.

### March 29, 2021

Motion #02-03-2021 to accept the brochure design as presented by Denise Campbell, Home & Country Editor.

Motion # 03-03-2021 to accept the changes to the Handicraft List for 2021 as recommended by Marilyn Wattenbarger, Handicraft Coordinator.

Motion #04-03-2021 to Change the Home & Country submission schedule for 2021: May 1st deadline for submission - end of May distribution; Home & Country for Report Book August 1st deadline for submission, end of August printed copies ready for distribution for AWI Convention.

### May 3, 2021

Motion #2-05-2021 that AWI switches to Avast from Norton for anti-virus protection for the office computer for a year.

## President's Report

*submitted by Diane Dammann, AWI President*

Who would have thought that we would still be under COVID-19 restrictions? We have learned that we can do much less and also that we can do much more. We have less physical socializing, shopping, traveling. We have learned to take better care of ourselves, to use technology to keep in touch with family and friends and keep our organizations functioning, to make better use of our time by having appointments for all sorts of things, and to enjoy time with ourselves to do handicrafts and hobbies.

Zoom and Google Meets has allowed me to attend functions that I would not have been able to attend in spite of COVID-19 restrictions. I have had tea with the World President in her home in South Africa, took part in two of the Life Hacks, Ontario's virtual open house, the Royal Commonwealth Society's commemorative tribute to the Duke of Edinburgh.

I am on the Cultural and Heritage committee for FWIC so I participated in the judging of the Tweedsmuir and Senator Wilson and Adelaide Hoodless Woman of the Year awards.

I found the FWIO (Ontario) virtual open house, Explore the Possibilities of Women's Institute very interesting. They had 5 rooms going with different speakers as well as the main room. They have spent a lot of grant money on getting things digitalized.

I had a session with Bernadette at the office in Killam to check all invoices and payments.

I read an article in the Western Producer about the honey producers being concerned that "honey" is being made and sold as honey. Is this something to which we should offer our support?

I have made it a practice to phone at least 2 friends a day, in addition to family, and I recommend it to everyone. Phone calls are so inexpensive now and if you don't talk too long it can be a wonderful uplifting virtual visit.

I am looking forward to connecting with all members soon maybe even virtually.

Until next time

Diane Dammann, President of Alberta Women's Institutes.



*Diane Dammann  
President*

## Get Up. Get Dressed. Get Moving. - Avoid PJ Paralysis

*submitted by Mae Deans*

### Why Get Up and About?

For those of us who have or had family members in the hospital, we are often requested by the attending staff to bring in comfortable clothing and shoes to get the family member up and about. The team wants to end PJ Paralysis.

### Why is getting up and getting about so important?

According to Alberta Health Services, lying or staying in pajamas can have unwanted effects, including weakness, muscle loss, constipation, and malnutrition. Indeed, inactivity is associated with 1) five (5) times greater risk of needing institutional care

upon discharge, and 2) 48 per cent increase in needing help with daily activities one month after release.

For folks 80 years and over, did you know that ten days in a hospital bed equals ten years of muscle aging?

### What can folks do to end PJ Paralysis when in the hospital?

Alberta Health Services recommends that your loved one 1) get dressed in their own clothes; 2) eat meals sitting in a chair or on the edge of the bed; 3) sit in a chair or go for a walk when there are visitors; 3)

perform simple exercises on the bed or in the chair (ask the staff for assistance); 4) when and where possible move out of the room.

### Do you think this might help us living through COVID-19?

Perhaps if we, at home, are inclined to stay in our PJ's all day, we might take a closer look at the importance of getting out of our pajamas even if we do not leave our own home.

Take care, be safe and stay healthy.

**Note: This comes from the Alberta Health Services website:**

<https://www.albertahealthservices.ca/assets/info/pf/epjp/if-pf-epjp-brochure.pdf>

# Creative Writing

submitted by Linda Toews, Creative Writing

In the last issue I wrote on the various non-fiction categories in our creative writing contest. I was asked to expand on some of the literary devices I mentioned in the last article so I am pleased to do that here. I would like to note, first of all, that literary devices can be applied to all writing pieces - whether the piece is prose (fiction or non-fiction) or poetry. In fact, poetry uses these devices more than any other form of writing.

Literary devices are a means of perceiving and interpreting the world of the written piece in a way that the reader will recognize and understand. This helps to create a feeling of connection with the topic, or with an incident or character.

Commonly used literary devices include metaphors and similes, imagery, alliteration (as well as consonance and assonance), personification, hyperbole, irony, juxtaposition, allusion, flashback and foreshadowing, onomatopoeia, and humour. There are many more literary devices, but these are some of the most common.

## Metaphors and Similes:

Metaphors and similes are similar devices in that they compare two things; the difference is in how the comparison is made. Both describe an object as something totally unrelated in order to imply many things about the object being compared without actually having to write them all. However, a metaphor is a *direct* comparison while a simile is an *indirect* comparison. A direct comparison makes the comparison stronger and a relevant piece of information to the writing, and can bring emotional meaning into the comparison while an indirect comparison uses the words "like" or "as" and implies that this is merely a description rather than an important point in the story. So when describing the aftermath of a storm, a metaphor could read: "the driveway was a lake," while a simile could read: "the driveway was like a lake" or "the water on the driveway was as wide as a lake." When reading the simile, it is obvious that the description implies how widespread the water in the driveway is but doesn't make it the most important part of the story. When reading the metaphor it is clear that the description of the driveway is important information and is integral to the story. One immediately thinks that the driveway lake is an

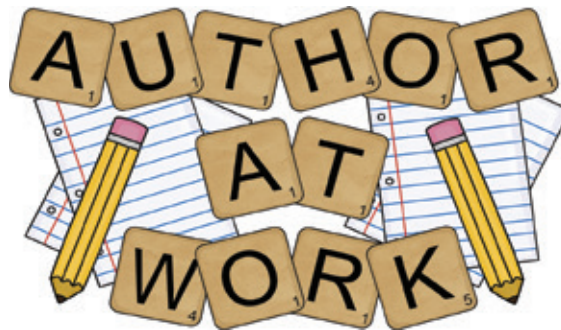
obstacle that will need to be overcome.

## Imagery:

Imagery is the use of figurative language to describe something. Metaphors and similes are clearly part of imagery as they are very visual descriptions. But imagery is not confined to visual descriptions. Appealing to the reader's senses of sight, sound, touch, taste and smell helps to create a vibrant picture and connects the reader more strongly to the writing. To continue with the theme of the lake in the driveway:

*"As the wind continued to howl, the trees on either side of the driveway scraped against each other alarmingly, smaller Branches littered the surface of the water and wet leaves brushed against her skin like cold fingers. The air smelled sharp and the moisture in the air tasted tangy on her lips."*

Those two sentences contain visual, auditory, tactile, smell and taste descriptions.



## Alliteration, Consonance and Assonance:

These are all terms which relate to how the sound of letters and words can be used. These are used mostly in poetry which relies on sound and rhythm to form the cadence of the poem and to render the greatest effect on a reader's senses. But they can also be used in prose.

Alliteration is a series of words in quick succession that all start with the same letter or sound. This can be a very effective use of sound imagery. For example: "His skis swished swiftly down the slushy ski slope." "The tree's twisting Branches turned tremulously as the wind whistled warily through their wide wings."

"The Rime of the Ancient Mariner" by Samuel Taylor Coleridge famously features rhythmic groupings of alliteration throughout the poem. The following excerpt shows examples of alliteration with "cheered/cleared/kirk," and "sun/sea/shone/sea."

*"The ship was cheered, the harbour cleared,  
Merrily did we drop  
Below the kirk, below the hill,  
Below the lighthouse top.  
The Sun came up upon the left,  
Out of the sea came he!  
And he shone bright, and on the right  
Went down into the sea."*

Consonance refers to consonant sounds while assonance refers to vowel sounds. In Edgar Allan Poe's "The Raven," the first line has assonance with the words "dreary," "weak," and "weary," while the third and fourth lines have consonance with "nodded, nearly napping" and "tapping," "rapping, rapping."

*"Once upon a midnight dreary, while I pondered, weak and weary,*

*Over many a quaint and curious volume of forgotten lore -*

*While I nodded, nearly napping,  
suddenly there came a tapping,*

*As of someone gently rapping, rapping at my chamber door."*

## Personification:

Personification is exactly what it sounds like: giving human attributes to something that is not human. It is used by giving the nonhuman object characteristics or behaviours that are human. For example: "The ancient tractor coughed, sputtered, and finally sprang to life." Personification can be a very powerful technique to generate unique descriptions and produce empathy in the reader.

## Hyperbole:

Hyperbole (pronounced high-per-bol-ly) refers to an exaggerated statement or description. We use hyperbole all the time in common conversation, for example: "I am so hungry I could eat a horse." Hyperbole allows the writer to express feelings with great intensity, and coming up with creative exaggerations conveys a personable element to an author's writing with which the reader can relate.



### Irony:

Irony is when a writer describes something by using opposite language. For example: "The triple bacon cheeseburger exuded health and good meal choices."

### Juxtaposition:

Juxtaposition refers to the placement of contrasting ideas next to each other to produce an ironic or thought-provoking effect. Charles Dickens' opening line in *A Tale of Two Cities* illustrates this well. "It was the best of times, it was the worst of times." As the story illustrates the extreme wealth and abject poverty in pre-Revolution France, this is an apt juxtaposition.

### Allusion:

Allusion is a term that means that the writer is referring to another commonly-known piece of art or literature. Allusions appeal to common experiences. For example:

"A Good Samaritan stopped and helped the injured man."

"Her beauty took my breath away; looking at her was like looking at the Mona Lisa."

"Hey, Einstein, is there anything you don't know?"

### Flashback and Foreshadowing:

Flashback and foreshadowing are techniques which a writer can use to leave the present day of the story and either slip back into time or look ahead to give the reader some idea of the story's future. Flashback refers to jumping back into the past to reveal to the reader what has happened earlier in the story. This may be a specific incidence which explains a character's present actions, or it may be a means of catching the reader up to the present by explaining what has happened before the story opens. Foreshadowing is hinting at what is to come, perhaps to create tension or suspense. For example:

"She remembered what had brought her to this place [then the incident is related]."

"These violent delights have violent ends." William Shakespeare's *Romeo & Juliet*.

### Onomatopoeia:

Onomatopoeia (pronounced on-o-mat-o-pee-a) is a term which means words that sound like the thing to which they are referring. For example, the words we use to describe the sounds that animals make are onomatopoeic like a dog's "bark," a cat's "meow," or a cow's "moo." So, too, are machine sounds like "bang," or "crash," or in a sentence: "The silver bells jingled and jangled while the iron bells tolled."

### Humour:

Humour is a literary tool that serves to make the reader relax and feel a kinship with the characters. It arouses interest in the reader, holds his or her attention, emphasizes and relates ideas and helps the reader picture the situation. It also provides surprise makes the piece more memorable. In *Pride and Prejudice*, Jane Austen makes great use of humour between Elizabeth and Darcy and between Mr. & Mrs. Bennett. For example, when Mrs. Bennett complains that Mr. Bennett does not understand or appreciate her nerves, Mr. Bennett says:

"You mistake me, my dear. I have a high respect for your nerves. They are my old friends. I have heard you mention them with consideration these twenty years at least."

As I mentioned, there are many more literary techniques but these ones that I have chosen are some of the most common. If you choose just one or two to use in your writing you will have learned new skills and improved your skills and appeal to readers.

Remember to write an article or story that means something to you. An article is always better written, and more experiential for the reader when the author writes on a topic about which she knows and cares. And a story to which you feel attached will help the reader also feel attached to it.

Good luck with your writing, and please feel free to contact me at [lindat4awi@gmail.com](mailto:lindat4awi@gmail.com) if you have any questions, or if you would like me to address something particular on creative writing. I hope to receive lots of entries for the Creative Writing Contest! June 30th is not so far off anymore.



movement to eradicate human trafficking in Canada



We are so glad you're here.

By getting involved in our campaign, you are standing up with thousands of other Canadians to end the buying and selling of girls and boys, children, in Canada.

Over the next weeks and months, your action will show that you are standing up to raise awareness, educate others, and eradicate human trafficking.

Human slavery is the fastest growing organized crime in the world. It is a billion-dollar industry that is often hidden in plain sight and no community is immune to its existence.

Our humanity and social fabric is at risk when girls and boys are not safe, and that is why Courage for Freedom exists.

Here's how you can take action today:



Join Us on Social Media

You are part of our chain of activists showing solidarity.

Follow, share, like, and comment on our social media channels.



Spread the Word

There is strength in numbers! By sharing our movement on social media, by email, and in person with your friends and family, we can grow our movement to truly epic proportions.



I WANT TO ERADICATE THE BUYING AND SELLING OF GIRLS, BOYS, AND CHILDREN IN CANADA

#EradicateChallenge



Take the

#EradicateChallenge

Simply print the sign (or make your own), and post a photo of yourself to social media with the hashtag #EradicateChallenge. Challenge five of your friends to do the same.



## A Note from the Archivist

submitted by Mae Deans, Archivist

Thank you to so many AWI members, former members and family who have donated documents and memorabilia to be processed.

We have received many documents from Gerry Shadlock, Arlene Alyswoth, Carol Moir, Carol Brown, Faye Mayberry and Bernadette Logozar of the AWI office. These documents provide a rich glimpse of AWI's history.

Several people, doing rural histories and genealogy, have requested information. Since the AWI collection has a great deal of information, we have been able to help them locate some information.

### AWI president Susan Barr Stewart

We were able to provide information from The Story of the Alberta Women's Institute 1909 – 1955 along with photographs of the grave in Peace River, death certificate, and articles provided from the Peace River Archives, Museum and MacKenzie Centre.

*Susan Barr Vallance was born in Scotland on January 27, 1886. She married William Stewart in Scotland in 1913 and passed on July 22, 1979, in Victoria, British Columbia, at the age of 93.*

*In 1913, she moved to Lesser Slave Lake. Her account in the Edmonton Journal (no date) says she travelled by dog team, sleds and portaged for 16 days because of Rapids.*

*She was the Alberta Women's Institute president from 1937-1941.*

*In April 1939, Susan and William returned to Scotland. On September 3, 1939, they returned home on the steamship Athenia, torpedoed off the coast of Scotland.*

*From 1943-1944, Susan Barr Stewart was in service in the German Division of the Censorship Department Ottawa. Upon returning from Ottawa, she received an FWIC life membership from her AWI Branch.*

Also, we have a lovely photograph of Gerry Shadlock with the plaque commemorating the 100th Anniversary of the Verdant Valley and Dorcas Women's Institute. The plaque has the names of all of the Branch's charter members.

Once again, thank you to everyone who is collecting and forwarding historical AWI documents.



## Executive Director

submitted by Bernadette Logozar



Bernadette Logozar  
Executive Director

### Greetings

It is hard to believe it is already May, June is coming up fast. Things are steady in the office and I am keeping busy. My next goal is to keep moving forward with my office organizing, specifically converting what was a clothes closet as my home office is in the second bedroom of my apartment, to a storage closet instead. I have a plan, and now I just have to put that plan into action. Once this is done, the clutter than is creeping up around me can be suitably stored away in its place.

The same goes for my living room, I managed to purchase the book shelves I wanted from Ikea, and those now have taken up residence on the floor in the middle of the living room. Hopefully by the time you are reading this, I will have put these together, and in their proper places with all the books that are currently in boxes on the second chair neatly gracing the shelves. Oh to reclaim the prize real estate of my living room that is not accessible at this time.

AWI related things I am working my way through a website refresh, building, shuffling and organizing that too as I go. I hope you have seen some of the changes and are enjoying these too. There are more to come.

Thank you for the letters, notes, emails and phone calls, I appreciate hearing from our members and getting to know you. The AWI regular office hours are generally from Tuesday

– Thursday from about 10am – 3 pm. However, I am happy to hear from you at other times, but just know I might be elbow deep in some baking or cooking project at that time and as long as you don't mind chatting while I am rolling and filling neither do I.

Our new brochures are done and available! I have included some brochures with your issue of Home & Country. Our President, Diane Dammann has mentioned in the May News & Notes about the 'Grow by One' initiative we are putting forward. This is to encourage every member of AWI to bring one more member into AWI, pass along these brochures to others you feel would benefit from being a part of AWI. Share your experience with AWI and why you are part of this organization. Let's see what we can do by just adding one each!

As COVID-19 pandemic progresses and Alberta's lockdown continues it can wear on everyone. I am blessed as deep down I am a hermit and most happy not going out and being around lots of people. So in some senses I am built for a pandemic. On the other hand I have to push myself and work up to going out. To help me be more successful and productive, I schedule my 'errand' days, these are days that I plan ahead to go out and run errands all in one day. This limits my outside ventures, keeps it productive and well also gets me out of the house so I don't get too hermit-like and feral. What do you do to keep yourself balanced and productive without compromising the safety of yourself and your family? I hope this finds you and yours safe and healthy. And again today I close with the last line of Mary Stewart Collect - And O Lord God, let us not forget to be kind.



# President-Elect Report

*submitted by Linda Toews, President Elect*

I attended several of FWIC's Life Hacks virtual workshops which I found were very informative and fun. It was great to see some of you also attending those workshops. My own workshop went well too. All were well attended and well received. I would still like to hear from members as to your interest in participating in something like this, as well as live workshops once we can have small gatherings again. This could be an opportunity for our members to learn to do something they've always wanted, as well as introducing non-members to AWI and the knowledge and skills of our members. Please contact me to let me know whether this is of interest to you or your Branch, workshops you would like to see – or to lead, and any other thoughts you might have on this idea.

I have enjoyed speaking with members who have contacted me by phone or email, and look forward to connecting with more members. Please feel free to contact me at any time.

## 2021 AWI Convention

It is looking really hopeful for our Convention as Alberta is now vaccinating all Albertans over 12 who would like to get vaccinated so that should get us to the required level of immunity to allow things to get back to normal. The government is projecting summer events will be able to take place, so that looks even better for later events. As of this writing, we are at 66% of Albertans vaccinated and our hospitalization level is well below the 500 threshold required to move into the 3rd Step.

If you have any thoughts on the Convention, do contact me.



*Linda Toews  
President-Elect*

## New Wave Women's Institute Developing a Virtual Model for Participation

*submitted by Jennifer Bosch Gyuricska  
for the New Wave Women's Institute*

Frankly, it can be tough to participate in a community group. Even before pandemic lock-downs, physical Branch attendance doesn't work for everyone. You may lack the time or perhaps there isn't a Branch nearby. Perhaps you've tried your local Branch and found you didn't fit in.

In creating a virtual Branch, we hope to reach women who want to teach and learn, to help each other become more socially aware, to make a difference and be better citizens in your communities - home, neighbourhood, country, and global.

To begin with, we're gathering interest across Canada. We hope, in the future, to create regional Branches.

To foster this growth, we will stay connected with regular emails communicating our progress. We will also hold regular meetings via video conference to connect and to create consensus as we move forward.

We need your help to build a group we're all proud to be members of.

Will you tell us about yourself? If you're at all interested in participating in a virtual membership, no matter your geographic location, we want to hear from you. Please take ten minutes to complete our survey.

Will you share? If there's someone in your life who may also be interested in participating, please share our website or Facebook profile and encourage them to join our mailing list.

Last, if you have any questions, even "dumb" ones, please reach out to us via email at [membership@newwavewi.com](mailto:membership@newwavewi.com). We are a brand new venture and expect to have some growing pains. Your input and participation can only improve our efforts.

Thank you for joining us in this movement.

**Shoot for the  
moon, even if  
you miss, you will  
land among  
the stars!**

If you want to be among the stars we have a Star Supporter program that was started by past president Faye Mayberry.

It goes like this: Agree to contribute \$100 for each of 3 years and you become a Star!

Current *Star Supporters*

- **BORDER PAVING**
- **LINDA MASON**
- **DIANE DAMMANN**
- **COLLEEN BIANCHI**
- **FAYE MAYBERRY**
- **JOAN HOLTHE**
- **CAMROSE BOOSTER**
- **PHOENIX GAS CO-OP**



# Learning with Agriculture

*submitted by Yvonne Erickson, Round Hill WI*

The Round Hill Renaissance Agriculture Foundation (RHRAF) was created by the community of Round Hill in 2020. In September 2020, the Foundation was incorporated under the Societies Act of Alberta.

The idea for the Foundation began back in February 2020, when the community learned that Round Hill School was on a short list for closure by the Board of Trustees of the Battle River School Division. In order to save the school from closure, the parents and community of Round Hill made a proposal to develop an Agriculture based learning program within the school to provide a viable alternative to closure. When the vote was taken by the school trustees, it was decided to keep the school operational, and to investigate the potential of the Agriculture program.

The development of a school-based program is now underway, but due to the COVID-19 Pandemic and procedures that need to be followed, this is taking longer than expected. In the meantime, the community took the initiative to move forward with a community-based agriculture project and planted a huge community garden. Later in the summer of 2020, a 5-year lease on a 3.57-acre parcel of land was secured opposite the school and plans for a food forest and agricultural learning centre began, with

the intention of providing educational opportunities not only for Round Hill School, but also for other educational institutions and beyond. The focus of the food forest is to build community, to embrace culture around food and agriculture, and to address food insecurity in the Round Hill area.

The Foundation is in its infancy and is currently being driven by a small group of community members. In February 2021 the Foundation established a board of directors, and the group invited interested parties to become members of the foundation.

Key projects for 2021 include the development of the 3.57-acre parcel of land to include an outdoor classroom / meeting space, a 7000 ft<sup>2</sup> community garden, raised gardens for the school, composting, storage shed, and to develop the foundation for the food forest to include water capture systems, pathways, and a shelter belt. Learning with the students of Round Hill School will commence in Spring 2021.



For further information or to support the Round Hill Renaissance Agriculture Foundation you can follow our Facebook page at <https://www.facebook.com/rhraf2020> or email [rhraf2020@gmail.com](mailto:rhraf2020@gmail.com).

