



President's Message Linda Toews, AWI President



Mission Statement

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

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ALBERTA WOMEN'S INSTITUTES

Box 283
Killam, AB T0B 2L0
Phone: 780-267-7922
Email: awioffice@abwi.ca
www.awialberta.com

EXECUTIVE DIRECTOR
Bernadette Logozar

This year has been a tough one in Alberta with the lack of moisture we have been experiencing. We have had the worst year in forest fires since records on them have been kept. Some of those fires came really close to our homes too. And, amazingly, there are still forest fires occurring now. I recently heard there were 23 forest fires still burning.

The drought we have been experiencing has made for a very difficult year agriculture-wise. The federal government announced drought relief measures for livestock farmers who need to buy extra feed for their herds, and the price of animal feed has really increased due to the poor crop year throughout the province. With much less than the expected crop yield, some farmers are selling from their breeding herds to be able to feed the rest of their animals. And it looks like we may be in for a similar situation next year with the lack of snow. Meteorologists are predicting a mild winter and less precipitation

falling as snow.

I must confess I am not too disappointed to hear we may be experiencing a milder winter than normal – after all, who enjoys -30 °C weather, especially when you have to be outside in it? And then the wind chill makes it even worse! But we do need the moisture, so hopefully the snow will be coming yet, and rain, when we need it.

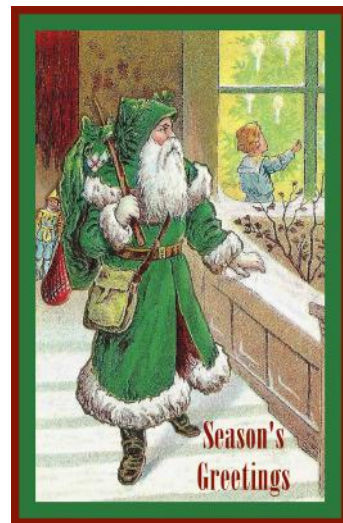
On a more positive note, our WI Branches have been pretty active this year for the most part. Most of our Branches are back up doing the things we used to do. We are holding our regular meetings, having lunches, markets, and other events. We have been participating in activities with and helping out our fellow members, and being active in and working to bring assistance and support to our communities.

This time of year always brings out the best in people and this is true of our WI members as well. I am hearing of all

the wonderful activities that our Branches are doing this season and applaud you all for your activities, and the joy you bring to your fellow members and communities.

As we approach the end of the year and reflect on the year that has passed, I hope we all can say that, despite the ups and downs we may have experienced throughout the year, on balance it has been a good year.

All the best for this season, may you have much time to enjoy celebrating with family and friends.



AWI President

Linda Toews
34548 Range Road 25, Red Deer County, AB
T4G 0K5
H: 403-224-2881 C: 403-507-1389
E: lindat4awi@gmail.com

President-Elect

Marilyn Wattenbarger
54 Jenkins Dr., Red Deer, AB T4N 3X1
P: 403-340-3106
E: marilyn_wattenbarger@hotmail.com

Alberta Provincial Rep. FWIC

Donna Henderson
725 Napier St. W, Listowel, ON 4W 3M2
P: 519-291-7480
E: donna_ross_h@yahoo.ca

ACWW Coordinator

District 1

Joyce Hatton
Box 1245, Beaverlodge, AB T0H 0C0
P: 780-354-8462
E: knitandsew@persona.ca

District 2

Ina Webster
18 Langly Cres., Spruce Grove, AB T7X 4A7
H: 780-962-9453; C: 780-721-8663
E: inawebster@yahoo.ca

District 3

Martha Bawden
RR #2, Camrose, AB T4C 2W1
C: 780-679-9126
E: marthacarlybawden@gmail.com

District 4

Colleen Bianchi
Box 86, Coutts, AB T0K 0N0
P: 403-344-4473

District 5

Linda Mason
126 35102 Range Road 24, Red Deer County, AB
T4G 0K2
P: 403-224-2273
E: linny13@xplornet.com

Handicraft Coordinator

Merla Richards
#118, 4610 50 Ave, Stony Plain, AB T7Z 1P4
P: 780-963-6032
E: mprich@telus.net

Archivist

Mae Deans
2429 Riverbend Road NW, Edmonton AB T4N
3X1
P: 780-465-6831
E: mdeans@telusplanet.net

Executive Director/Home & Country Editor

Bernadette Logozar
Box 283, Killam, AB T0B 2L0
P: 780-267-7922
E: awioffice@abwi.ca

FWIC President

Margaret Byl
97 Line 3 Rd, RR#2, Niagara on the Lake, ON
L0S 1J0
P: 905-328-1342
E: president@fwic.ca

ACWW President

Mrs. Magdie de Kock, South Africa



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

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

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

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

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Proof Readers: Linda Toews, Marilyn Wattenbarger, Diane Dammann, Elizabeth Rushton, Bernadette Logozar

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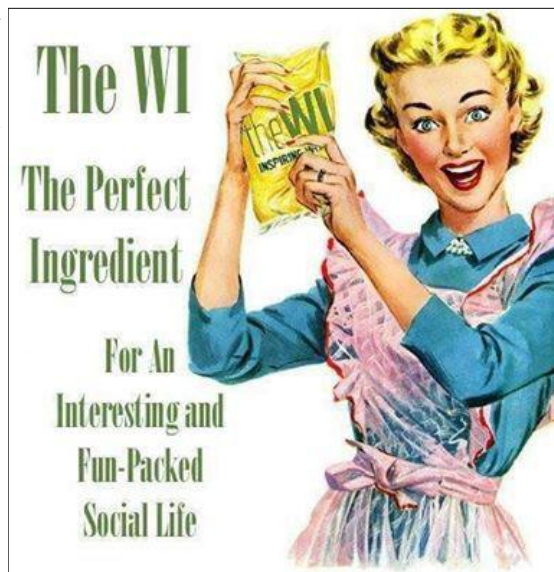


District 4 Update

Submitted by Colleen Bianchi

Our District didn't get together in the summer, with the heat, and everyone's plans. Members have been meeting throughout the District, some weekly for coffee. WI in District Four is still doing what is possible in their communities. Numbers are the same. Langdon is planning their Christmas gathering as well as Westoe.

International Wild Rose took part in the Coutts Remembrance Service.





Health—Resources To Know

Submitted by Colleen Bianchi

Hello Everyone,
I'm doing Health this term, if you want some information let me know and I'll do my best. I just did a Learning Lesson on Alberta HEALTH LINK - "811."

You dial it the same as "911." Below are the different areas that are included in 811 **Alberta's** HEALTH LINK.

811 provides free nurse advice and general health information for Albertans, accessible through your phone from anywhere in the province, **24 hour a day**.

Addiction Services Helpline
1-866-332-2322, provides help for problems with gambling, alcohol, tobacco, cannabis and other drugs.

Bullying Helpline 1-888-456-2323

Support and Advice Family Violence
Info line 310-1818 dials those numbers in AB

Poison & Drug line 1-800-332-1414

Kids Help Line [Youth Counselling line] 1-800-668-6868

Mental Health Helpline 1-877-303-2642

Child Abuse Hotline 1-800-387-5437

Dementia Advice 811

Provides advice and support for people who have problems with thinking, reasoning, or remembering and for the people who care for them.

Income Support Contact Centre
1-866-644-5135, provides financial help for Albertans who don't have resources to meet their BASIC NEEDS e.g. Food, Clothing, Shelter.

Rehabilitation Advice Line
1-833-379-0563 has occupational therapists and physiotherapists to give advice and help finding services for people with concerns about pain, movement, and daily activities Monday -Friday 9am-5pm.

Office Fund Donations

Sept 1, 2022—November 30, 2023

With the change in the fiscal year end, there was a miss in publishing the Office Fund Donations. The most expedient is to provide the list of Office Fund donations received in this short fiscal year (September 1, 2022—March 31, 2023) and the current fiscal year that started in April 1 through to end of November. In the next Home and Country I will include any donations received with the membership drive.

NOTES: * Donation to Office Fund made by Verdant Valley was in memory of Mabel Johnson

** Donation to Office Fund from Athabasca University was for the Sip N' Stitch programs we offered in partnership with Athabasca University.

***This very generous donation was received from an Anonymous donor. There was no letter, no return address on the envelope and it was a bank draft drawn on a bank from Stony Plain.

Thank you to each and every one of you who made a donation to the Office Fund, large or small they are all greatly appreciated.

Donor	Amount
Joan Holthe	\$ 50.00
Round Hill WI	\$ 25.00
Mae Deans	\$ 25.50
Verdant Valley & Dorcas WI	\$ 50.00 *
Langdon WI	\$ 200.00
Creighton WI	\$ 75.00
Ridgewood WI	\$ 50.00
Ella Jane WI	\$ 50.00
Argyle WI	\$ 50.00
Colleen Bianchi	\$ 10.00
Marguerite Withers	\$ 50.00
Halfway Grove WI	\$ 60.00
Frances Bogner	\$ 25.00
Audrey Laschuk	\$ 10.00
Stony Plain	\$ 250.00
Athabasca University	\$ 500.00 **
Joan Holthe	\$ 25.00
Anonymous	\$ 5,000.00 ***
Total	\$ 6,505.50



Postage Stamp honouring Adelaide Hoodless



District 2 Report

Submitted by Ina Webster

Duffield continues to meet at various restaurants around the area and have interesting and informative talks on a multitude of subjects. Had several members attend the Conference in Camrose in June. Continued attending Ladies who Lunch throughout the summer and into fall

Darwell is meeting and also continues to enjoy Ladies who Lunch. Members attended the Camrose Convention in June. Darwell and Duffield are getting together and are planning the next Constituency Conference for April 2024.

Creighton had several members attend the Camrose Conference in June and are busy back into fall activities

Echo Hill is meeting monthly at members homes

Stony Plain had several members at the Camrose Convention. Members continue to enjoy attending Ladies who Lunch. Members of the Branch cooked a meal at Ronald Macdonald House in Edmonton in August and again in October. The Branch were busy planning for the annual Cottage Crafters day in November.



Members of Stony Plain WI after preparing dinner for the families in Ronald McDonald House, Edmonton, Alberta



Agriculture Facts—Did You Know?

Submitted by Mae Deans

Here are a few interesting statistics from the 2021 Canada Agricultural Census: Did you know?

1. For the 2021 census and beyond, Stats Canada is using a new definition of "farm: A "farm" is any operation that will be reporting revenues or expenses to the Canada Revenue Agency.
2. Alberta had more farms in 2021 than it did in 2016: 41,505 and 40,638 respectively.
3. There has been a total drop in acres farmed resulting in a drop in farm size; in 2016 an average farm spanned about 1,237 acres while the 2021 census showed the average farm spanned 1,194

acres.

4. The 2021 census revealed that Alberta had three (3) tobacco farms.
5. Succession planning: 5,800 farms reported having one written while 25,332 farms indicated no succession plan in place.

Source: <https://www.farms.com/ag-industry-news/2021-census-of-agriculture-alberta>

Another item of note:

Vera Sterling Brown and Joan Sterling Pankonin along with their ten (10) siblings met in Westlock, Alberta in July 2023. The siblings' ages ranged from 65 to 88 years. Both Vera and Joan, two of the siblings, have been instrumental in Women's Institute

work. They are members of the Echo Hill Women's Institute. Vera and Joan were instrumental in a 1961 farm safety project. This project promoted the use of red reflective strips on farm equipment in their area. The Echo Hill Branch received \$500 for this project, the second prize in the Carol Lane Awards. Alberta Women's Institutes congratulates Vera Joan, and their siblings on their being together to celebrate a very happy family occasion. You can read more about this event at: www.producer.com/farmliving/family-reunion-is-a-sterling-dozen
Source: Article Published: October 5, 2023, Western Producer



Creative Writing Submitted by Linda Toews

It is time to start thinking about getting your entries ready for the next Creative Writing Contest. Remember that our classes include fiction, non-fiction, poetry and plays.

The fiction class includes:

- Short story of 1000-3000 words
- Long story of over 5000 words
- Short story of 1000-3000 words for children:
 - Young children (up to age 8)
 - Pre-teens (ages 8-12)
 - Young adults (teens)

The non-fiction class includes:

- articles of 100-3000 words in the

categories of memoir, essay and travel story

- Article of over 5000 words
- Article of 1000-3000 words for children:
 - Young children (up to age 8)
 - Pre-teens (ages 8-12)
 - Young adults (teens)
 - Poetry is a minimum of 12 lines to a maximum of 72 lines

Plays include:

- Short play of 1000-3000 words
- Long multiple one act play of over 5000 words

Our 2024 Creative Writing Contest deadline is March 31, 2024. We look forward to receiving your entries.

Old Fashioned Ideas

Taken from Article by Dr. Linda Hancock, The Medicine Hat News, April 15, 2023

These days we hear a lot about global warming, carbon footprint and saving the environment. When I grew up, we didn't use these terms, but we definitely were encouraged to protect our world.

Here are some old fashioned ideas that worked then and will, if used, stand the test of time.

1. **Walk whenever possible.**

People complain about the price of gas but don't think about reducing the amount of gas they are using. Plan to do your chores one day in a circuit that takes the least number of miles.

2. **Conserve water.** If you have a cistern, you know that it has to be filled, and that letting the tap run will not provide you with a cold drink. Filling and carrying watering cans also remind you that water is precious and needs to be used with wisdom.

3. **Prevent Litter.** The other day I was at a strip mall and was both pleased and shocked to see a young man bend over to pick up a wrapper on the ground which he deposited in a bin. If you drop something, someone else has to deal with it.

4. **Be smart with energy.** We didn't have air conditioning so would close the drapes during the day and then open the windows in the evening for a cross breeze. No need to have air conditioning and appliances running all day, especially if you aren't at home. In the winter, an extra blanket allowed us to turn the furnace down a few degrees. Also, there weren't light fixtures that required multiple bulbs and we flicked the light switches off as we moved from room to room. At the lake we used one coal oil lamp.

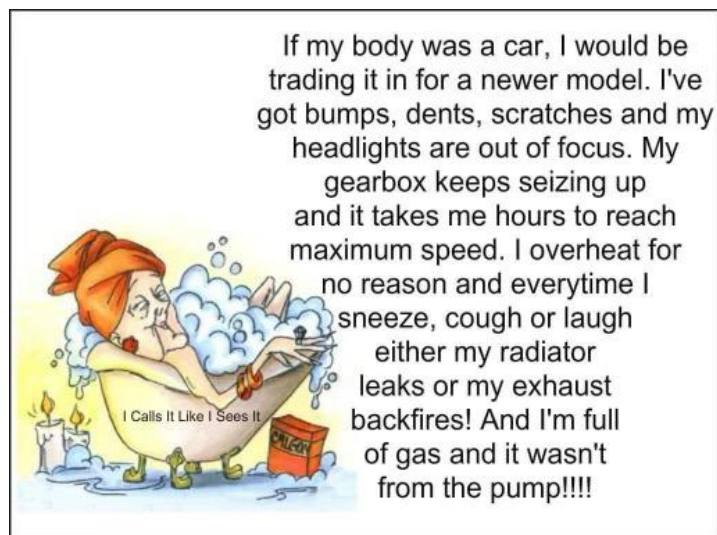
Want to improve the world? Look in the mirror! There are more than eight billion people on earth. Each of us has the ability to improve the environment if we just make the commitment and take some small steps that will make a difference.



Memorials

September 1, 2022—November 30, 2023

In memory of:	Donation from:	Amount
Sylvia Wold	Diane Dammann	\$ 20.00
Elfreida Westover	Patricia Durie	\$ 25.00
Elfreida Westover	Beverly Hollen	\$ 50.00
	Total	\$ 95.00





District 5 Update

Submitted by Linda Mason

District 5 Branches were fairly quiet over the summer,

spending time with their families and enjoying the wonderful summer weather, they have gotten back into the swing of WI things this fall/winter and are now very busy holding functions, attending meetings, raising funds, knitting and collecting items to donate to various groups and organizations as well as helping with various community functions.

Hogadone WI participated in the Trochu Flower, Baking and Photography Show in September and they wanted to congratulate their President, Leona Pryor on successfully coordinating this show for 40 years. In October Hogadone members attended Trochu's Flapjack Fiesta where they had an Information booth

dedicated to distributing information on Women's Institutes. Hogadone WI also had a booth at the Arboretum Christmas Market to raise funds for donations and held their Annual Christmas Supper on December 7, 2023.

Verdant Valley & Dorcas catered Wes Wade's Funeral in June and donated a \$150.00 Wal-Mart Gift Card to the FWIC Silent Auction that was held in November to raise funds for FWIC. They have also been busy raising funds and donating to various organizations in their community, a \$500.00 donation was made to the Salvation Army Food Bank, \$100.00 to Greentree Elementary School for the Samaritan Purses and \$600.00 to the Cotton's Place Shelter. Their local Agricultural Society, who has allowed the use of their hall for free for the many WI functions held over the

years, will now be needing to charge a liability fee in 2024. Verdant Valley & Dorcas WI will be having their Christmas dinner this year at the Key Stone Towers.

As there will not be another Home & Country till the New Year I would like to send out the Warmest Wishes to everyone for a very Merry Christmas and Happy Holidays, enjoying the season as you celebrate Christmas surrounded by the ones you love.



Environment—A Definition

Submitted by Marilyn Wattenbarger , Environmental Convenor

Environment can be defined as a sum total of all the living and non-living elements and their effects that influence human life. While all living or biotic elements are animals, plants, forests, fisheries, and birds; non-living or abiotic elements include water, land, sunlight, rocks and air. Environment is the surrounding or conditions in which a person, animal, or plant lives or operates. "Survival in an often hostile environment".

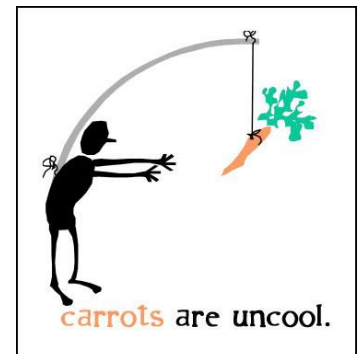
There is almost no end to the studies that Branches can undertake to study environment. Following are but a few subjects.

- The ever-evolving forest environment and the different stages it goes through. Our forests

are aging and deteriorating, resulting in factors that are contributing to increased wildfire activity. Climate change means longer wildfire seasons, more extreme conditions, increased droughts, and the amount of forests consumed by wildfires is projected to double by 2050. We have the means to reduce their scale and consequences of wildfires through proactive forest management, but it demands the collective commitment of both governments and the wider public.

- Manufacturing airline fuel from "sustainable aviation fuel" SAF. What is it? And what countries in the world are producing this?

- Using waste and garbage to produce energy. Are your communities participating in this? If not, what happens to the waste in your community?
- Encouraging governments and companies to develop methods and innovation to providing a greening of our electrical grid.



Faces of Foundations: Dorothy Ungstad

Submitted by Bernadette Logozar & Shirley Greene

Alberta Health Services recognizes May as “Health Philanthropy Month”. IN light of this the Ponoka News celebrated the “philanthropic partners who raise funds for healthcare throughout the province.” Through Ponoka News’ Faces of Foundations profiles, they introduced to their readership the “individuals and groups who lead healthcare philanthropy across Alberta.”

Dorothy Ungstad of Half-Way Grove WI was one of the faces they profiled. Dorothy is a long time WI member, and has belonged to three Branches. Today, she is the President of Half-Way Grove WI and serves as the Constituency Convener for Stettler Constituency. Although their Branch is quite small, Branch Secretary Shirley Greene states that Dorothy works hard to make their

meetings interesting.

Alongside of her work with WI, Dorothy is very active in her community. She is a very valued trustee of the Ponoka and District Hospital Foundation, where she is the chairperson.

Shirley sent in a couple of articles featuring Dorothy the best way to share it was to include the Ponoka News’ Profile of Dorothy Ungstad.

www.ponokanews.com **Ponoka News** Wednesday, May 24, 2023 A3

Meet Dorothy Ungstad of the Ponoka and District Health Foundation

By Amelia Schofield
ALBERTA HEALTH SERVICES

Alberta Health Services recognizes May as Health Philanthropy Month. Throughout the month, we'll be celebrating our philanthropic partners who raise funds for healthcare throughout the province.

The Faces of the Foundations profile series will introduce you to the individuals and groups who lead healthcare philanthropy across Alberta. This week, we're pleased to profile Dorothy Ungstad, board chair of the Ponoka and District Health Foundation, which supports the Ponoka Hospital and Care Centre and the Ponoka Community Health Centre.

Why did you become involved with the Ponoka and District Health Foundation?

The importance of health was instilled in me from a young age. Growing up, my uncle was a doctor, and his wife was a nurse, and they came to visit often. During those visits, my uncle always stressed how important health is and being healthy.

I later became a teacher — and I was asked to teach at the Crestomere School in Ponoka County for three months. Those three months turned into 38 years. During that time, I became involved in numerous organizations in the community. When I worked with the Ponoka school board, I was also involved with the school at the Centennial Centre for Mental Health and Brain Injury.

After I retired, I served on the Board of Directors for the David Thompson Health Region. At this time, there were concerns that Ponoka did not have its own health foundation. So my friend Juanita Knight and I decided to

pursue the idea of creating a foundation. The foundation was eventually formed, and we carefully selected board trustees from throughout the community. Over the years, we've had many different trustees from different backgrounds and we're proud of what we've accomplished.

Why is health philanthropy important to you?

I think healthcare philanthropy should be important to all people. It's important to promote health and well-being and to involve people in improving healthcare in their communities. Giving, in some way, often makes people feel better — and anyone can give. No matter the

size, every contribution really makes a difference for our community and the patients who receive care at our hospital.

What recent foundation accomplishments make you most proud?

We're very proud of the Unfestival of Trees event we held in 2020 and 2021, where we successfully raised funds for new beds for long-term care at the hospital. We couldn't hold an in-person event due to COVID-19. So, instead, we sent community members a letter asking for donations toward the beds.

With the help of the Ponoka Hospital and Care Centre Auxiliary, we also placed trees with lights in the town hall near the windows for people to look at. Thanks to community support, including a \$14,000 gift from residents of Legacy Place in Ponoka, we were able to purchase 10 new beds.

We were also pleased to host an in-person Festival of Trees this past winter. Our coordinator, Diane, decorated the trees beautifully. As well, we held numerous events including a gala, seniors tea, family day, ladies' black-dress event and visits with Santa.

What initiatives are coming up for the foundation?

We recently took part in the 2023 Ponoka Trade Show, held by the Ponoka and District Chamber of Commerce. We're also planning to do a spring cleanup of the Sommers Garden for staff and patients at the hospital. We're looking forward to the 2023 Festival of Trees.

What's the best way for Albertans to support the foundation?

It's not only about monetary donations. It's about the health of people and connections to our community. Some cannot donate much, but every little bit helps. We welcome the community to volunteer with us — and we also encourage them to share how the hospital and community health centre have helped them.

There was recently a lady who'd been in the hospital for 70 days, and shared her experience with us. She commented on the kindness of the staff and the compassionate care she received. Such positive comments mean a lot in the community.



Wanted: Volunteer Editor for Home & Country:
Interested? Contact the Provincial Office for more information or submit resume.



Roberta MacAdams—One Alberta Women's Contribution to the War Effort

submitted by Mae Deans

I had an opportunity to re-read Debbie Marshall's book about Roberta MacAdams, "Give Your Other Vote to the Sister, A Woman's Journey into the Great War". I thought that I would share a bit about Roberta MacAdams since she was instrumental in the formation of the Alberta Women's Institutes.

Roberta MacAdams was born in Sarnia, Ontario on July 21, 1881. She graduated as a dietician from the Ontario Agricultural College in Guelph, Ontario.

She moved to Alberta to work for the Government of Alberta as a domestic science teacher, traveling the province teaching nutrition and household science to women living in rural and small-town Alberta.

In 1916, during World War I, she enlisted in the Canadian Army Medical Corps (CAMC). Roberta was assigned to the nursing unit and wore the nursing sister's uniform. She was commissioned as a lieutenant in the CAMC; the only dietician accepted into the CAMC.

Roberta was assigned to the newly constructed Ontario Medical Hospital in Orpington, England. During her time at the hospital, Roberta was approached by Beatrice Nasmyth and Nell Dennis to run as a soldier's representative. She could be a candidate because Alberta women were given the vote in 1916 and the *Alberta Military Representative Act of 1917* had been passed. This act separated the 38,000 Alberta soldiers and 75 military nurses overseas, serving primarily in England and France, into a separate constituency with two representatives. Twenty

(Continued on page 9)

TEN PAGES

PRICE FIVE CENTS

TWENTY-ONE NOMINATIONS FOR TWO ALBERTA SOLDIERS' SEATS HAVE BEEN FILED IN LONDON

Lieut. Cols. Bowen, Cornwall And McKinnery Among The Edmonton Candidates—A. M. Calderon And W. D. Ferris Also Named —Nurse Roberta McAdams Of This City Only Woman On List.

(By Morning Bulletin Leased Wire)
LONDON, July 16.—(C.A.P.)—The following nominations for the Alberta elections for the two soldier seats has been received by the agent general here from Canadian troops in England and France:

Lieut. Col. Peter E. Bowen, 202nd battalion; Lieut. Col. James K. Cornwall, 218th railway construction battalion, Edmonton; Lieut. Col. Wm. H. Hewgill, 21st reserves; Lieut. Col. Arthur M. Jarvis, Munson; Lieut. Col. John W. McKinnery, 66th battalion, of Edmonton; Lieut. Col. Arthur E. Myatt, in command of depot, Calgary; Lieut. Col. F. Page, 50th battalion, Red Deer; Captain Lionel Asquith, 17th reserves, Lethbridge; Alfred M. Calderon, 9th reserves, Edmonton; Wm. D. Ferris, C.A.M.G., Edmonton; Pte. Douglas W. Gray, medicals, Red Deer; Pte. Robert Pearson, 89th battalion, Calgary; Major James Walker, forestry battalion, Calgary; Lieut. Charles H. Taylor, 137th battalion, Calgary; Staff Sergt. Charles Camroux, Western Ontario battalion, Edmonton; Sergt. Major Harry L. Bateson, 9th reserves, Edmonton; Sergt. Abraham Joyce, 202nd battalion, Edmonton; Pte. George E. Harper, 49th battalion, Wainwright; Pte. F. Stow, auditor, Calgary; Roberta Catherine McAdams, medicals, at Orpington, England, Edmonton; and Quartermaster Sergt. Thomas A. P. Frost, 89th battalion, Calgary.

Who They Are
 The list counts up 21 and as there are only two to be elected it is evident

that the job of voting and of counting the votes will take some time. Most of the candidates are well known members to Alberta units. Col. Bowen left Edmonton in command of the 202nd, the Sportsman's battalion, which was broken up into drafts on the other side. Col. Cornwall, of the 218th, was one of the last to leave here for service overseas. Col. McKinnery, went away with the 66th and is the most widely known Edmonton officer. Col. Myatt was wounded by shell fire during the fighting around Ypres. A. M. Calderon, of the reserves is well known here and M. W. D. Ferris of the Medicals, went away as medical officer of the 66th battalion. Captain Robert Pearson, who was badly wounded in the Somme campaign, was general secretary of the Y. M. C. A. at Calgary before receiving his appointment to the 89th battalion. Major James Walker, as Col. Walker, is a prominent old timer and leading citizen of Calgary, now with the Foresters. Lieut. Charles H. Taylor is a popular Calgary officer and secretary of the local Conservative association in that city. He went over with the 137th and is now in France. Staff Sergt. Camroux, Sergt. Major Bateson, and Sergt. Joyce, are not so generally known outside the ranks of the expeditionary force. T. A. P. Frost, better known as "Tappy" Frost, was formerly a well known alderman of Calgary and went over with the 89th. Roberta A. C. McAdams, a nurse, is the only woman candidate on the slate.

The Edmonton Bulletin, July 17, 1917, Page 1, Item Ar00118

Roberta MacAdams Cont'd

(Continued from page 8)

male and one female candidate vied for two seats. Thus, Roberta MacAdams was encouraged to run for one of the seats.

An effective campaign slogan was created. "Give one vote to the man of your choice and the other to the sister. She will work not only for your best interest, but for those of your wives, mothers, sweethearts, sisters, and children after the war. Remember those who have helped you so nobly through the fight".

Roberta MacAdams won one of the two seats and became one of two women in the Alberta legislature. She was an effective representative of the soldiers and nurses becoming the first woman in the British Empire to have introduced and passed a bill. This bill was *An Act to incorporate The Great War Next-of-in Association*, the purpose was to secure economic justice for soldiers and their families.

As the only dietician at the Ontario Medical Hospital, in Orpington, Kent, UK, Roberta MacAdams supervised the preparation of 3,500 meals per day. The hospital was staffed by Canadian doctors and nurses who treated an estimated 25000 soldiers between 1916 and 1919. Most of the patients were Canadians, however other soldiers from Newfoundland, Britain, New Zealand, and Australia were also treated.

Roberta married Harvey Price on September 21, 1920, eventually living in Calgary, Alberta.

Roberta MacAdams has left Alberta with a wonderful legacy:

1) one of the first women in the British Commonwealth to have a bill passed. The bill was passed in the Alberta Legislature.

2) one of the first two women elected to the Alberta Legislature (who was the other woman?).

3) as an Alberta Government employee, she was instrumental in the formation of the Alberta Women's Institutes, which was to become the most influential women's organization in Alberta for much of the 20th century.

4) Roberta MacAdams school in Edmonton is named after her.

5) A portrait was commissioned and can be viewed in the Alberta Legislature building.

NOTE: a photograph of Roberta MacAdams as a nursing sister is located in the Provincial Archives of Alberta, A13185

References.

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Office Report Submitted by Bernadette Logozar

Greetings all, it is hard to believe that 2023 is almost wrapped up. Where did the time go? That is a questions I find myself asking more and more lately.

Things in the office are ramping up. Provincial Dues Statements should have arrived in your mailboxes in October. Please get your membership renewals in by January 15th. Branch Secretary— this notice is for you, the membership list is very important. That is the pink form, please complete both front AND back of that form. Then RETURN it to the Provincial Office. If you have a large Branch and it is easier and more efficient to type up your membership list, that is absolutely great! But PLEASE send it in.

Also, if the contact person who receives the Branch mail and/or email has changed, let the Provincial Office know. I am updating our mailing list throughout the year to ensure that information from the Provincial Office gets to our members.

I do post regularly on social media — in our case that is primarily Facebook, and in the News on our website. I am always looking for more content. For the most part you get what I think is interesting. I am hoping you find that interesting too. But if there are topics you would like more information on — tell me. Or tell your District Director.

Finally, I have suspended the virtual Tuesday Coffee Chats until January. These are held via Zoom on the last Tuesday of the Month. Our first chat will be on New Year's Resolutions — Are They Worth It? Will be on Tuesday, January 30, 2024.

That's all for now folks! Wishing you and yours all the best this Holiday Season! Until Next Year, may your find yourself in good health and fine spirits!

Motions for Regular & Special Council Meetings submitted by Bernadette Logozar

Egg Muffins

Submitted by
Bernadette Logozar

Motions from Council Meeting, February 21, 2023

Motion #03-02-2023 moved that we buy out the Toshiba printer for \$200+GST and keep the service contract.

Motion #04-02-2023 moved that we do not have a financial officer, and that Bernadette Logozar take care of the bookkeeping for AWI.

Motion #06-02-2023 moved that AWI reimburse Diane Dammann for her ACWW Conference Registration in the amount of \$1,393.55.

Motion #07-02-2023 moved that we print 250 AWI brochures that include QR code.

Motion #08-02-2023 moved that we partner with Friends of the Battle River Railway to hold some bingos.

Motion #09-02-2023 moved that the Early Bird fee for convention would be \$299+GST.

Motions from Council Meeting, March 28, 2023

Motion #02-03-2023 moved that late awards submissions for this year be held over for next year, and going forward the awards submissions must be postmarked by January 31st for hard copy submissions, and emailed by January 31st for email submissions.

Motion #03-03-2023 moved that late submissions for Resolutions and Creative Writing be held over for the following year, and going forward submissions must be postmarked or emailed by March 31st.

Motion #04-03-2023 moved to approve 2023 Provincial Convention Price Packages as presented.

Motion #06-03-2023 moved that Council update Policy 10.01.03 which currently reads as follows:

The books, records, and accounts of the Alberta Women's Institutes shall be reviewed once a year by two members of the organization appointed by the Executive and Council. These members shall not include the Financial Officer.

To now read:

The books, records, and accounts of the Alberta Women's Institutes shall be reviewed once a year by two persons appointed by the Executive and Council. These members shall not include the Financial Officer.

Motion #07-03-2023 moved to appoint Linda Mason, Yvonne Erickson and Angie Buzuta to conduct a financial review of 2022-23 financials.

Motion #08-03-2023 moved that we ask Cathleen Thurston to head up the policies review process.

Motions from Council Meeting, October 15, 2023

Motion #02-10-2023 moved to authorize signing authority to Linda Toews, Marilyn Wattenbarger and Bernadette Logozar.

Motion #03-10-2023 moved to share the Alberta Women's Institutes governance documents with Federated Women's Institute of Canada.

Motion #04-10-2023 moved to appoint Merla Richards as Handicraft Coordinator for a three year term.

My sister, Darlene, lives in Australia and is a member of the Queensland Country Women's Association (QCWA). She sent me a cookbook, which is a collection of recipes from QCWA Nelia Branch. The Nelia Branch of QCWA was established in 1924. Today there are over 20 members. The recipe book was compiled from members, past and present for the "Nelia CWA" fundraiser.

Egg Muffins (Judy Fysh "Proa")

You can add chicken or other lean meats, spinach, ricotta cheese, bell peppers, and lots more per your taste preferences.



Ingredients

- Spring onion, as required
- Onion, as required
- Green chilies
- 6 eggs, beaten with 2 Tbsp milk
- Chopped tomatoes, as required
- Cheese of choice, as required
- Fresh coriander
- Black pepper to taste

Method

- Preheat oven to 200°C (400°F). Grease your muffin tin. Add vegetables & cheese of your choice, pour beaten egg mixture on top.
- Place muffin tin on centre rack of pre-heated oven, bake 20-25 minutes or until muffins are light brown, puffy and eggs are set.
- Let muffins cool for a few minutes before removing from pan.
- Loosen gently with knife if they seem to be sticking.
- Eat immediately or let cool completely and store in plastic bag in fridge or freezer. The 'egg muffins' can be reheated in the microwave.





FWIC Report from Provincial Rep.

Submitted by Donna Henderson



Highlights from the FWIC/WI Canada Board Meeting – November 27, 2023

ONLINE AUCTION: Thank you for your support of the online auction. Approximately \$1200 was raised for FWIC.

RESOLUTIONS COMMITTEE: The following resolutions were passed at the Board meeting. a. “Be it resolved the Federated Women’s Institute of Canada request that Canada establish a federal accreditation program which will certify and make Canadian trained Family Physicians eligible to work in any province or territory across Canada to practice medicine under one national license to practice.”

b. “Be it resolved the Federated Women’s Institute of Canada request that Canada establish a streamlined and time efficient federal accreditation program that will allow for immigrating Family Physicians trained in other countries to be eligible to work in any province or territory across Canada to practice medicine under one national license to practice.”

c. “Be it resolved the Federated Women’s Institute of Canada request that Canada establish a federal accreditation program and Canadian students studying abroad be granted

greater access to residency training programs in Canada to encourage them to return to Canada to practice medicine.”

16 DAYS OF ACTIVISM AGAINST GENDER BASED VIOLENCE: ACWW has prepared a series of posters to educate on gender-based violence. The posters can be found on the FWIC Facebook page as well as on the FWIC website. In addition, Kimberly Rorstrom-Wittig has created a series of posters educating on the negative effects of violence against women. These will also be posted on the FWIC website and Facebook page.

BCWI DECEMBER INVITATION: BCWI has extended an invitation to WI members from across Canada to join them for a virtual Christmas event beginning at noon (Pacific time) on December 12. There will be crafts, quizzes, BINGO, a children’s group, and other fun activities. If interested in attending, email Betty at bcwi@bcwi.ca.

FEBRUARY 1st: The provincial fees are due to the National Office by Feb. 1st. They are \$5/member (\$3.50 for FWIC and \$1.50 for Homestead).

FEBRUARY 19, 2024: FWIC will celebrate the founding of WI on Monday, February 19 with a virtual event on sharing ideas on membership. Each Provincial unit is requested to provide the name of a Branch/District that is getting new members. These Branches/Districts will be invited to share how they are attracting new members. Names of individuals are to be submitted by the January board meeting.

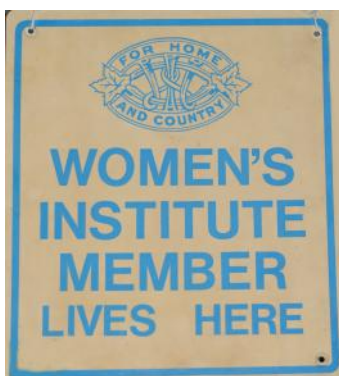
PROJECT WI CARES: The national project is to support schools during February 2024. This could be

their breakfast program, backpack program or another initiative that requires support. Branches are asked to contact the schools in their area to determine how they can best be supported. It would be beneficial if the items could be delivered to the schools in and around Feb 19. You are invited to take pictures and submit the pictures and a short write up to Angela to be published in WI Connections. Her email address is angela.beth.scott@gmail.com.

NATIONAL CONVENTION 2024 (September 17-19): Early Bird registration will be \$375 and will open on January 1st, 2024, and run until April 30, 2024. From May 1st to July 15th inclusive the registration will be \$425. Rooms have been blocked at Inn on Prince, Truro, NS. Room rates begin at \$164 plus 15% tax and include breakfast. A \$50 charge will be taken on check-in for incidentals. Breakfast is only available for those that are staying at the hotel.

Thank you for your support of FWIC! Merry Christmas and Happy New Year

REMINDERS: WI Connections: Reminder that submissions from Branches and members are encouraged from each Province. Please submit them by the 20th of each month to: angela.beth.scott@fwic.ca.





Food for Thought: MLA Jackie Lovely's Keynote Address Part I Submitted by Yvonne Erickson

At the 2023 Provincial Convention, MLA Jackie Lovely gave a keynote address Yvonne Erickson, former District 3 Director has shared this speech. This is the first portion of this speech.

I'm happy to share our Government's economic policies, which have positively impacted women in the labor force. Furthermore, your Alberta Government is focused on tackling systemic issues faced by Albertan women across our society. Since its foundation a century ago, the Alberta Women's Institutes have contributed significantly to the betterment of Albertan women faced with difficulties often thrown by society at them. Your organization was founded and helped by one of the famous five, Emily Murphy. She is best known for her contributions to Canadian feminism, specifically to whether women were "persons" under Canadian law. Thanks to her, we got to see women vote and become elected officials like me. Your illustrious organization should be proud of keeping that spirit and that as representative of your Alberta government, I will continue to be inspired and contribute to the cause started by the Famous Five.

Your Alberta Government is fighting issues related to women on multiple fronts. First, any women in our society are faced with possible sexual harassment or assault. The numbers states that two in three women in Alberta will likely experience sexual violence in their lifetime. These numbers are horrifying. Given the prevalence of sexual violence, I'm sure that many, if not all, in this event or anybody that you know may have experienced it or know someone who has. Whether it's

being catcalled in the street, hearing inappropriate comments from a co-worker, or being forced into a sexual situation by a partner, sexual violence must not be tolerated. Sexual violence strips you of your confidence, sense of safety, and freedom. It's an attack on a person's most intimate parts of themselves. It leaves deep emotional scars that never truly heal. For far too long, society has ignored the warning signs and actions that lead to violence. It's time to fight back, and we always are responsible for taking action. These actions can be simple and ones that everyone can take. Learn to recognize the signs of sexual violence. Be an active bystander. Look to intervene or notify authorities when someone is being harassed or assaulted. Listen when someone confides in you and supports them in finding the help they need to heal.

The Alberta's Government introduced and passed Bill 14 to help those seeking justice be more confident in the system and ensure they are treated with respect. As well, future judges' training will be essential for survivors to feel satisfied within our justice system.

Furthermore, rural women in Alberta who are victims of violence are faced with a more daunting task of seeking help than their urban counterparts. I want to remark that our Government sees this as an issue, and we are already tackling it.

The Government of Alberta has invested **\$1 million** to support survivors of sexual assault in

rural areas. This investment includes funding for the Rural Sexual Assault Support Project, which will train additional healthcare providers in rural areas to collect forensic evidence from individuals who have been sexually assaulted.

Sadly, too many sexual assault survivors in rural Alberta must drive hundreds of kilometers to access a facility that can deliver this essential service. This is unacceptable. That's why the Rural Sexual Assault Care - Enhanced course has been developed to provide rural medical professionals with the technical and emotional skills required to administer a Sexual Assault Evidence Kit (SAEK) exam.

This online micro-credential course will prepare registered nurses, nurse practitioners, registered midwives, and physicians in rural areas to provide comprehensive, trauma-informed care to survivors of recent sexual assault. The course focuses on the role and responsibility of healthcare professionals in assessment, intervention, evidence collection, and court testimony.

Dates & Deadlines:

- *Book of Remembrance: No deadline*
- *Provincial Dues Deadline: January 15*
- *Spring Home & Country: February 1*
- *Creative Writing Deadline: March 31*
- *Resolutions Deadline: March 31*
- *Report Book Deadline: April 1*
- *Fall Home & Country: July 1*
- *Winter Home & Country: October 1*