



### Mission Statement

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

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## President's Message

Linda Toews, AWI President



I certainly hope that everyone had a wonderful holiday season and that you all feel energized to face 2024.

It has been a busy time for Alberta Women's Institutes as we had a number of events happening.

I attended the February FWIC meeting. I was not able to attend the March meeting but did send in my vote as requested.

On February 19, FWIC held an online event to celebrate Women's Institute Day. Provinces were asked to make a presentation on what they were doing to attract new members. I was pleased to do so on behalf of Alberta Women's Institutes. It was interesting to hear from different Branches and provinces across the country. Most of them related that they were attracting members like we have been doing, by doing interesting things at our meetings, and holding or participating in special events. The zoom event went well for the most part and was joined by ladies throughout Canada. The event was recorded and is available through the FWIC website.

On February 24, Mae Deans and I were featured speakers at the opening of

the AWI Travelling Exhibit at the Mountain View Museum & Archives in Olds. It was a lovely afternoon with approximately 40 in attendance. While the majority who attended were WI members, both current and former, there were quite a number of people who were not WI members. It was great to see some of our former members. Some even brought archival materials for the Alberta Archives and for the Museum which is an accredited Alberta archive. We handed out lots of pamphlets so fingers crossed for new members. There was a lot of interest, and many questions. I was there till 4pm talking with people. Wild Rose Go Getters WI and Museum volunteers provided refreshments. The local newspaper came out too. It was a great afternoon. The Exhibit is at the Mountain View Museum & Archives until March 30 so there is time to stop by and view it when you are in the neighbourhood.

Other Museums are expressing interest in hosting the Exhibit so that will lead to more opportunity to get the word out about AWI. It is a great

opportunity for Branches local to the exhibiting Museum. I look forward to hearing about upcoming Exhibits.

I have also been working on the Convention. Thank you so much to all of you who filled out the Questionnaire. It really helps with the planning to get an idea from you members as to what days work for you, what you like about the Convention and what you would like to see changed. That allows us to hold the Convention at a time that works better for more members, to keep aspects that you enjoy, expand on things you like and to try to change items on which you would prefer to have less emphasis or not have at all. News on the Convention will be coming out soon. I hope that any changes we make will encourage more people to attend and I look forward to seeing as many of you there as possible.

As always, feel free to contact me at any time at [lindat4awi@gmail.com](mailto:lindat4awi@gmail.com), 403-224-2881 or 403-507-1389.

Yours in WI.

AWI President

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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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## Cash Raffle Lucky Winner!



WI member Carol Brown (left), bought AWI cash raffle tickets, as usual for family, and in June 2023, daughter-in-law Zuhea Brown (center) won first prize \$600. Her daughter Cassandra (right) made a school trip to Florida so the winnings sure came in handy!



## District 4 Update Submitted by Colleen Bianchi

Hope the New Year and that this winter has been kind for you. In District Four it has been very brown till 2024. There are still four WI Branches though two are 'resting' and two are 'active'. The "Resting" WI's still do meet as a coffee group. International Wild Rose met for WI Day on February 19th. There is a little activity as the Branches do continue to "care as needed" in their communities, throughout District Four.



*International Wild Rose WI met for coffee chat on WI Day, February 19th. WI member, Anne Marques made a special WI Day Card, being shown in the photo. See the card to the left.*



## District 2 Report Submitted by Ina Webster

Most Branches took a break over Christmas and started up again in February.

Stony Plain held a Christmas dinner with 26 attendees. Loonie Bingo was held in January at Whispering Waters Seniors Home with 28 residents joining for the fun evening.

Duffield WI is proud of our Pat Scott, a member for over 70 years; she celebrated her 99<sup>th</sup> birthday on December 11<sup>th</sup>, she has been very devoted to the handicraft competition over the years and has gleaned recognition awards in her

over 70, over 80 and over 90 entries.

Betty Milne, President Duffield WI, and Darwell WI continue to organize Ladies who Lunch once a month at various restaurants in the area. A great time to get together, chat and enjoy a nice lunch.

Duffield and Darwell WI Branches are busy planning the Spring Constituency Conference coming up April 27<sup>th</sup> in Stony Plain.

Echo Hill held a Christmas dinner for Branch members and guests. They also donated to Christmas Spirit FCSS and continue to support several local charities and

community groups.

Creighton had a Christmas party in December, and participated in sending shoeboxes sent out by Samaritan's Purse. They also took warm clothing to the Mustard Seed. They sold Purdy's chocolate as a fundraiser. This year they are supporting Mannville Public Library, Mannville Historic Society and Mannville Care facility along with Stars. Funds were sent to Mannville High School for awards.

Beverly Hollen submitted an article about laboratory grown meat. Read the article on page 10 of this issue of Home and Country.

# Food for Thought: Brain Food

## Article from Costco Connections, by Marie Spano

Does your mind feel like it's slow to respond? If so, it may be time to give your brain a boost. Luckily you can do this with foods that also nourish your body. Here's a look:

Research from the *Shanghai Aging Study*, which looked at the prevalence of dementia, shows tea drinking is associated with better long-term memory. According to a brain imaging study published in the journal *Aging*, older people who were regular tea drinkers showed more efficient brain organization.

A randomized controlled trial published in the *Journal of the International Neuropsychological Society* found that higher concentrations of the yellow and orange plant pigments lutein and zeaxanthin are found in corn, squash, egg yolks, orange and

yellow peppers, spinach, kale, turnip greens, broccoli and salmon.

Studies show blueberries may help support healthy memory and prevent cognitive degeneration. A 2021 study published by the National Institutes of Health indicate that blueberries seem to work by protecting brain cells from damage while also supporting how nerve cells communicate. A study in the journal *Nutrients* found that ingesting blueberry powder (the equivalent of a half cup of fresh blueberries) per day helped protect middle-aged adults against cognitive decline.

The omega-3 fatty acids EPA and DHA, the kind found in fatty fish, contribute to the structure and functioning of the brain and the nervous system. Studies show these

fatty acids can also help slow age-related cognitive decline. Think salmon, mackerel, anchovies, sardines and herring.

If you love chocolate, you're in luck. Clinical studies suggest cocoa, the key ingredient in chocolate, can help improve general cognitive working memory—the ability to hold information for a short time for immediate use—particularly in older adults who are at risk of and with cognitive decline.

Final thought: Filling the gap. Dietary supplements can't replace nutritious whole foods, but they can help fill the gaps. For instance if you don't eat at least 2 servings of fatty fish per week, consider an omega-3 supplement containing EPA and DHA.

## Aging In Place: *The ABCs of home safety for older adults.*

### Article from Costco Connections, by Rick Lauber

Home may be where the heart is, but is it the safest place for an aging adult? Family members often wrestle with this question, as many older adults want to continue aging in place. I learned that a home can hold many dangers, but one can take cost-effective steps to make a residence safer. Here are a few recommendations.

**Alarms:** Alarms or security cameras can monitor movements both inside and outside the home and are available in many styles. Older adults can wear a special necklace or bracelet that features a call button in case of a fall. Sensors can trigger lights to turn on so an older adult can see potential obstacles on a bedroom floor, maneuver down a dark hallway or more confidently climb or descend a set of stairs. Motion detector monitors can be placed around a

home and connected to an app on a family caregiver's cell phone to track activity or health vitals (e.g. heart rate and body temperature). Stove alarms can sense when an appliance has been left on too long and shut it off.

Because alarms can be noisy and disruptive, family members could consider other means of increased protection. For example, a black mat placed inside the home's front door can resemble a large hole and might then be avoided by an adult with dementia who has become a wandering risk.

**Bathrooms:** Water on the floor or countertops can make the bathroom one of the most dangerous rooms in an aging adult's home. Grab bars placed vertically inside the shower can help an older adult remain standing or, if placed horizontally around a

bathtub, can help them push upright from a seated position.

Grab bars should be placed at a comfortable level and within easy reach, and be secured to wall studs. A rubber mat with large drainage holes will provide a more secure footing in the shower and the bathtub. A walk-in bathtub, which allows one to step into the tub by means of a door rather than stepping over the tub wall, is also a clever idea. A shower/bath chair and hand-held shower nozzle will make bathing easier.

An extended bath brush will help scrub hard-to-reach areas without excessive twisting or stooping. Round water taps (in the shower, bathtub, and sink) can be replaced by levers that are easier to grasp and turn. Lowered shelves make towels more

*(Continued on page 5)*



## For Your Health Submitted by Colleen Bianchi

I personally have found that when I do stretching exercises in bed before I get up for the day; I feel much better and I'm not so stiff during the rest of the day. I had a chiropractor give me stretching moves to do BEFORE getting out of bed in the morning. I did stop ...too busy..” in a hurry” to start the day. I started doing the ‘movements’ again which has made a big difference in how I feel for the day. It doesn't need to be difficult stretches or movements, even just moving. It is important in doing the same exercise/movements, be the same on right side, then the same on the left side.

### REMEMBER

We as a population do not realize to promote hand washing and hand sanitizing, is VERY necessary. It's

the first level to be able to PROTECT ourselves; WHERE EVER you are, at home especially if you are not alone! In public places, touching items that can, and are touched by others. **Protect yourself! “Think before You Touch”**

Have you thought “What if I have a Heart Attack...And I AM ALONE?

WHAT DO YOU DO??? Have 81 mg aspirin with you ALWAYS

- Let's consider that the time is 5:25 pm, and you are driving home after a unusually hard day's work?
- You are really tired and frustrated. All of the sudden your chest is painful. The pain is starting to radiate in your arm and jaw. It feels like being stabbed in the chest and heart. You are only

a few miles away from the nearest hospital or home.

- Unfortunately you don't know if you can make it.
- Maybe you've taken the CPR training, but Instructor did not tell you how to help yourself.
- How do you survive a heart attack when you're alone when it happens? A person who is feeling weak and whose heart is beating HARD has only about 10 seconds before losing consciousness.
- But you CAN help yourself by coughing repeatedly and VERY STRONGLY! Take Deep breaths before every cough! Coughing should be repeated every second until you arrive at the hospital or until your heart starts to beat normally.
- Deep breathing gives oxygen to your lungs and the coughing movements boost the heart and blood circulation. Heart pressure also helps to restore a normal heartbeat. Here's how cardiac arrest victims can make it to the hospital for the right treatment.
- Cardiologists say if someone gets this message and passes it on to 10 people, we can expect to save at least one life.
- You are saving lives by spreading this message.
- You would sit in church or lie in bed and hope the pain will go away, so you wouldn't bother anyone!! Especially US WOMEN!!!!
- ALL senior citizens in Alberta HAVE ambulance coverage!!! If you live alone call 911!
- Take some aspirin and try coughing!!

## Aging In Place cont'd

*(Continued from page 4)*

accessible without reaching. A raised toilet seat (which securely bolts onto the bowl underneath) and a grab bar beside the toilet can also be helpful.

Clutter: Old newspapers, collections, storage boxes and even large furniture (which can block an older adult's movement and limit necessary room for a wheelchair or walker) can be removed to make space in a home.

Parting with nostalgic items may be difficult, but a family member or professional organizer can help to determine if something is a want or a need. Surplus items can be passed along to other family members or donated to community organizations, sold at a garage sale, put in storage or discarded.

When my father's Alzheimer's disease advanced, I sold his sizable library of classical music CDs to a used music store and donated the proceeds to the Alzheimer's Association.

Family members may opt to welcome an aging adult into their home, in which case these suggestions would also be appropriate. With a few simple modifications to a residence, a caregiver can increase the home's safety, provide more peace of mind and make everyone happier.





## District 5 Update Submitted by Linda Mason

District 5 WI Branch Members enjoyed the Christmas Holidays, spending time with their Friends and Families and now that the New Year has started they are once again busy with meetings, planning events and fundraisers. I have attended meetings in Trochu with Hogadone WI and in Drumheller with the Verdant Valley & Dorcas WI and I am looking forward to getting together with the members of Ella Jane WI soon to plan the District 5 Conference that they will be hosting in April.

Hogadone WI held their Christmas Supper get together in Trochu, December 7 and an enjoyable time was had by all their members and spouses. The election of Officers for the 2024 year was done at their January meeting and it was decided to send a donation of \$50.00 to the Adelaide Hunter Hoodless Fund along with their AWI Provincial Membership Fee payment. A donation of \$100.00 was given to the Trochu Valley School Lunch Program and Hogadone members are busy thinking of more ways to raise funds in order to continue donating to this program as well as to other charitable organizations. They will be hosting coffee at the Seniors Drop-In Centre on March 11 and are looking for speakers from either the Women's Shelter or Victim Services to come to their meetings to give a talk.

Verdant Valley & Dorcas

cancelled their Branch Christmas get together due to the loss of their long time member and President, Holly Guterson. They held their election of Officers for the 2024 year during their January meeting and it was decided that as they did not have their annual Christmas Dinner that it would be great fun to have a special Valentine's Day get together on February 14<sup>th</sup>. Darlene Raketti hosted this event and what a stunning job she did in making it an extra special event. Carol Brown and I were fortunate enough to be invited to attend and it was wonderful visiting and catching up with everyone as well as being able to meet their two new members, Margaret Nielsen and Adrine Giles. The evening was a huge success and everyone greatly enjoyed the activities and the wonderful meal.

Ella Jane had a quiet summer and in September they attended The Sound of Music in Rosebud which they enjoyed immensely. In November they held their Annual Christmas Craft Sale, and a Pot Luck Bean Supper. A total of \$750.00 was donated to World Vision, Ladies Curling Club, Adopt a Family X2 and Christmas Angels. They also sent a donation of \$314.00 to FWIC in lieu of participating in the on-line auction fundraiser that FWIC held in November. In December they volunteered at the Turkey Lunch held at the Berry Creek Community School.

As District 5 Director I am looking forward to attending many more meetings, having a great conference in April and visiting with all of the fantastic ladies in District 5.

## New Handicraft Coordinator

Merla Richards

Hi AWI! I would like to introduce myself to you. I am Merla Richards from Stony Plain and I have been appointed as your Handicraft Coordinator. I have some very big shoes to fill following in Marilyn Wattenbarger's footsteps.

For this year's Provincial Convention I have decided to leave this year's Handicraft program as it was last year. I will have a suggestion/question box at Convention to get your ideas about what items or projects you would like to see deleted or added to our

program.

At the time I sent in my report we did not have a date for this year's Convention. When that is decided I will then let everyone know what the deadline is for submissions.





# President Elect Report

Submitted by Marilyn Wattenbarger

I have so enjoyed the reports from all the Branches I received. I encourage all Branches to give some thought to putting resolutions forward to AWI. There are so many areas that we could write a resolution on. Our health care situation all over Canada but very much here in Alberta. We have climate change, cursive writing within our schools, our diseases that hit senior peoples, assisted suicide and so many others.

All the Branches do a tremendous amount of voluntary hours in their communities. Congratulations on a job well done. A great example of what Women's

Institutes started out to do. Do most of the Branches do any fundraising for their own club? If so, I would be interested in what and where. What seems to sell best and if you feel it is specific to your area rather than generally over the whole province?

Do the Branches have Convenerships? And if so, what areas do you most like to study? There was a survey sent out from AWI regarding the Convention. Thank you to all who completed and sent in this survey. All of this information would help in getting speakers that would interest everyone. Do you have an idea for a speaker for the Convention? Please let Bernadette know and a contact name and number.

What do the Branches do in their meetings that is fun? Is it a game – paper or otherwise? What about crafts? Do the members teach each other or do you have an instructor in?

We need to attract the younger members of our society to join AWI. I am looking for ideas to assist all Branches in being able to do this. The Branches that are gaining new members – what is your secret? AWI is an organization that represents all women in our huge province, whether you are in a sparsely populated region or a city. I believe that women need each other, to support each other and give a hand up to everyone. Thank you to all ladies who do so much for their Branch and community.

## Environment: The Future is Here

*Article from Nice News, Feb 4, 2024*

Car-Free Rental Community in Arizona Could Represent the Future of Development

No parking? No problem. An innovative settlement in Tempe, Arizona, is the first in the U.S. designed to be entirely car-free. The 17-acre rental community, named Culdesac, is a mecca for pedestrians — and its founders are looking to bring the concept to other parts of the country.

Located just about 10 miles from Phoenix's metropolitan sprawl, the development was strategically built right next to the light rail system. All residents, the first of whom moved in last year, receive a free transit pass, as well as discounted Lyft trips.

**“Because we don’t have residential parking, it opens us up to have 55% landscape space,”** Culdesac co-founder Ryan Johnson told NBC News. **“We get to add so much to the neighborhood.”** That includes ample social spaces, a gym, restaurants and retail stores, and a dog park.

About 200 apartments have been completed so far, with another 500 or so to be built by 2025. But Johnson and partners are already planning to replicate the space. **“We have heard from cities and**

residents all over the country that they want more of this, and this is something that we want to build more,” he told *The Guardian* in October.

*Editor’s Note:* To learn more about Culdesac visit their website: [culdesac.com](http://culdesac.com). This article was submitted by Mae Deans. PHOTO CREDIT BUSINESS WIRE





# Mountain View Museum and Archives, Olds, Alberta Hosts the Alberta Women’s Institute Panel Exhibit February 14 – March 30, 2024 Submitted by Marilyn Wattenbarger

On February 24, 2024, The Mountain View Museum and Archives at Olds, Alberta hosted a reception for the **launch of the Alberta Women’s Institute (AWI) panel exhibit.** The exhibit consists of twenty-two (22) panels depicting the rich history of the more than 100 years of the **Alberta Women’s Institutes** community service.

Approximately 40 people attended the event which included a reception for those attending. Linda Toews, AWI President, gave a detailed story about the founding of the **Women’s Institutes by Adelaide Hoodless** in Ontario. The **Alberta Women’s Institute started with one Branch** in 1909 at Lea Valley, Alberta. In subsequent years, the AWI grew to more than 400 Branches throughout Alberta with several thousand members. Linda shared that through the efforts of AWI members Emily Murphy and Nellie McClung, Alberta was the leader in creating the **National Women’s Institute organization the Federated Women’s Institute of Canada (FWIC).** Through the efforts of another WI member, Mrs. Alfred (Madge Watt), the goals and values of the **Women’s Institute** resulted in the formation of WIs in the United Kingdom and the international organization, the **Associated Country Women of the World (ACWW).**

Linda talked about the AWI being an advocate for change in Alberta laws through resolutions

made at Conventions and community projects such as raising funds to build community halls, creating a fund to secure a supply of radium for free use to all Albertans who needed radiation treatment or lobbying for reflective tape to be attached to farm vehicles traveling on roads and highways.

Our next speaker was Mae Deans, AWI volunteer Archivist. She volunteers at the Provincial Archives of Alberta (PAA) in Edmonton, processing AWI documents to make the AWI history available to all AWI members and the general public. Mae provided a history of the creation of the panels. The Provincial Archives of Alberta provided all of the technical expertise from the design to the production of the panels and incurred all of the associated costs. Irene Moir and Mae Deans of the AWI Colchester Branch provided the content for the panels. For the content, they scoured the AWI collection, phoned AWI members for information and photographs, and contacted other archives (such as the CN archives in Ottawa, the Viking Museum, and the Grande Prairie Museum) for photographs and permission to use content and photographs.

Using panels allowed the exhibit to travel. And that it did: the Grande Prairie Museum in Grande Prairie, the Galt in Lethbridge, the Esplanade in Medicine Hat,

Red Deer Museum in Red Deer, Glenbow in Calgary, Provincial Legislature as well as many AWI Branches asked for the exhibit. Consequently, the AWI Exhibit is the most well-traveled in the Provincial Archives collection.

The AWI panels are available for exhibit not only to AWI Branches but also to other community organizations that may wish to display the panels. Jaclyn Landry, Provincial Archives of Alberta, is the contact person to obtain the panels. She can be reached at

[Jaclyn.Landry@gov.ab.ca](mailto:Jaclyn.Landry@gov.ab.ca) or 780.427.0356.

The AWI would like to thank Gerda Vester, Archivist with the Mountain View Museum and Archives, and Donna Erdman, Board Chair of the Mountain View Museum and Archives for hosting the exhibit and the reception for the launch of the AWI panel exhibit.

## 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*



## Notes from the AWI Volunteer Archivist submitted by Mae Deans



The AWI Exhibit The Mountain View Museum & Archives, in Olds Alberta will be hosting the AWI Panel display between February 14th to March 30. The display has 22 panels depicting the AWI history such as the Cancer Project, the Girl's Club, Erland Lee Recipients, the Presidents, The Act, and the Mission, to name a few. These panels were created by Irene Moir and Mae Deans for the AWI's 100th Anniversary, with the guidance and support of the Provincial Archives of Alberta. The Provincial Archives

of Alberta was the sole funder for the project. The loan and display of this exhibit is an opportunity to increase awareness of the history of the AWI and communicate that records of the AWI are accessible at the Provincial Archives of Alberta.

### Record Donations

We have been fortunate to have received several record donations that include the Jackson W.I. and the Westbrook W.I. Dorit Bird and Jo Hutchinson were instrumental in these documents coming to the AWI collection at the Provincial Archives. Thank you

to both of these WI ladies.

### Requests

There have been several requests for information about the AWI, and, in addition, The Legal Archives Society of Alberta requested information about Ruple Ferguson. Ruple was the first woman lawyer in Alberta to receive the "Queen's Counsel" designation which is now the "King's Council".

Facebook Post - March 08, 2024 - Provincial Archives of Alberta

Cornelia R. Wood will be one of the featured posts for International Women's Day. The focus of the post will be on Mrs. Wood's contribution to education and her writings in AWI's Home and Country magazine. The Provincial Archives of Alberta has over 11,000 followers on their Facebook page. <https://www.facebook.com/www.provincialarchivesofalberta>

### Volunteer

I am also delighted to share with you that Carol Moir is volunteering with me at the Provincial Archives on the AWI collection. We are indeed hoping that we will be able to process the documents that have come into the Provincial Archives more quickly. This will also ensure that those documents that have been donated will be accessible to the general public by creating detailed file listings. We are both volunteering approximately 10 hours per week each, on Tuesdays and Wednesdays.

*Super day—on February 24th at the Mountain View Museum & Archives (MVMA) for a celebration of Alberta Women's Institutes (AWI). The AWI Travelling Exhibit was on display in the Museum on loan from the Provincial Archives of Alberta. A most informative presentation was given by the speakers on AWI History and the making of the Exhibit. Those present enjoyed coffee, tea and refreshments, and an opportunity to visit and exchange AWI stories and learn more about this fabulous organisation. It was a great turnout and it was really good to see so many AWI members and people interested in AWI come out to enjoy the afternoon. Thanks to all those who contributed to making it happen.*



*Pictured L-R: Faye Mayberry, Past President of both AWI and Federated Women's Institutes of Canada (FWIC); Donna Erdman, MVMA Board Chair; Linda Toews, AWI President - Speaker; Gerda Vester, MVMA Archivist; Marilyn Wattenbarger, AWI President-Elect; Mae Deans, AWI Volunteer Archivist - Speaker.*



## Provincial Office Report Submitted by Bernadette Logozar

Greetings from the AWI Provincial Office! Things are clicking along steadily and busily at the Provincial Office. The new Photo cards from photos selected at the 2023 Provincial Convention are in and look awesome! We selected 8 photos last June. Some of the pictures selected looked best displayed vertically and others were best displayed horizontally, we will be selling packs of 4 (vertical pack only, and horizontal pack only) as well as a full pack of 8 cards. Also, to clear out the past year's photo cards, I am going to do up multi-year packs of photo cards and price them accordingly.

We have 16 active Branches this year (three Branches are resting, for a total of 19 Branches in the province). There are about 179 members, the reason for the "about" is that there are a couple Branches I am still waiting to receive their complete member forms as well as new members have joined while I

am writing this. This does include those Branches, and their members, that are resting. We have 16 Associate Members. Welcome all new members, both in Branches and Associate Members. Branch Secretaries please make sure you send me the names of your new members so they can be entered for the Sophie Miles Award.

We continue to have monthly virtual Tuesday Coffee Chats on Zoom with different monthly topics. Our topic for February was Scams—What to Do When the Call/Text/Email. The group shared their experiences and I shared the resources I had compiled and some statistics from Canadian Anti Fraud Centre. After our meeting, I did a recap of our session in the AWI website News blog.

I have also included from Edmonton Police Service their Identity Theft and Fraud Victim Assistance Guide below.

As I close with a quote from Margaret Mead~ Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.

## The Future is Now Redefine Meat

Submitted by  
Beverly Hollen,  
Creighton WI

Welcome to the future. A factory in Holland 3D prints 500 tons of steaks a month. Redefine Meat Company will supply German restaurants with printed fillets.

Approximately 110 German restaurants are already buying 'meat' from Redefine Meat.

"To begin the 3D-printed meat process, scientists biopsy a batch sample of animal stem cells depending on the desired type of meat—beef, pork, poultry or even fish. These cells then undergo an in vitro proliferation process, bathing in a nourishing, nutrient-dense serum within a climate-controlled bioreactor.

Over the course of several weeks, these cells multiply, interact and differentiate into the fat and muscle cells that make up bio-ink. Then, a robotic arm uses a nozzle to dispense this paste-like, cultured meat filament into fine layers atop one another. The arm follows the instructions of an uploaded digital file using computer-aided design, or CAD software in order to replicate the correct shape and structure of the intended meat. 3D printed meat material must be viscous yet firm enough to reproduce a structural model complete with accurate tissue vascularisation, depending on the type and cut of meat."

Article written by Brooke Becher, August 9, 2023



For more information and learn more about ReDefine Meat visit their website:

[www.redefinemeat.com](http://www.redefinemeat.com)

### Identity Theft and Fraud Victim Assistance Guide

#### Service Canada

Personal Documents  
1-800-622-6232 or 1-800-OCanada

#### Canada Post

1-800-267-1177  
[canadapost.ca/postalsecurity](http://canadapost.ca/postalsecurity)

#### Social Insurance Number

1-800-206-7218  
[servicecanada.gc.ca/eng/sc/sin](http://servicecanada.gc.ca/eng/sc/sin)

#### Bills

Contact your bank, credit card, utility, telephone or other service provider directly.

#### Service Alberta

780-427-7013  
[servicealberta.ca](http://servicealberta.ca)

#### Equifax Canada

1-800-465-7166  
[consumer.equifax.ca](http://consumer.equifax.ca)

#### Passport Canada

1-800-567-6868  
[travel.gc.ca](http://travel.gc.ca)

#### TransUnion Canada

1-800-663-9980  
[transunion.ca](http://transunion.ca)



## FWIC Report from AB Rep. Submitted by Donna Henderson



Violence, their children and families."

FEBRUARY 19, 2024: FWIC celebrated the founding of WI on Monday, February 19 with a virtual event on sharing ideas on membership.

PROJECT #wicares: The national project is to support schools during February 2024. If your Branch/District or province has participated in the project, please send your pictures and a short write up to Angela to be published in WI Connections. Her address is

[angela.beth.scott@gmail.com](mailto:angela.beth.scott@gmail.com).

INTERNATIONAL WOMEN'S DAY: (March 8) Though FWIC is not hosting an event this year, President Margaret will post a message on March 8 and FWIC encourages Branches to participate in local events. Information on the CSW (Commission on the Status of Women) will take place the following week and information should be forthcoming from ACWW.

NATIONAL CONVENTION 2024 in Truro Nova Scotia. Early Bird registration now open. details on the website and in President's News and Notes.



## Creative Writing

Submitted by Linda Toews

Travelled over the holidays? Went to an exotic location? Or spent time with family members at a favourite spot? Or perhaps you checked off an item on your bucket list? Any or all of these would make a great entry in the creative writing contest.

Another great place to get ideas is your memory. Have you done a little reminiscing lately? Think back over things you have done and people with whom you did it. These would make good entries in the memoir category.

Time is getting short to get your entries in for the creative writing competition. If you haven't already done so, it's time to put pen to paper and get writing, or set fingers on the keyboard and get tapping.

## Resolutions

Submitted by Linda Toews

Resolutions. Yes, it is that time again.

Throughout the year we see things we perceive to be an injustice, or something that we think would be a good idea for the government to do, or not to do. These are the things that usually make good resolutions. And lobbying for change is an important aspect of what we do as Women's Institutes members.

Most of you have worked on resolutions before. Certainly you have read them and discussed them. And quite a number of you took the resolutions workshop at the last Convention. Some of you have mentioned that you working on resolutions.

The March 31 deadline to submit resolutions is fast approaching. Please get those resolutions in as soon as possible.

Greetings from the FWIC Board.

We have had our first meeting of the year. Highlights from the FWIC/WI Canada Board Meeting

January, 2024 Canadian Woman of the Year 2024: Applications are due by March 31, 2024. The application form is on the FWIC website.

RESOLUTIONS COMMITTEE: A notice of motion was passed that directors and provincial presidents will vote on the following resolutions at the February meeting.

"Be it resolved that the Federated Women's Institutes of Canada are to initiate a Women's Advocacy & Awareness Campaign to increase the knowledge of this Public Health Crisis within Canada and foster the development of a National Forensic Nursing Bursary fund."

"Be it resolved that the Federated Women's Institute of Canada call on the Federal Government of Canada to standardize the Forensic Nurse Examiner/Sexual Assault Nurse Examiner training throughout Canada and call on the Ministry of Health SAFE Programs to be built and become staffed and operational throughout Canada for the safety for all Victims of Sexual

## In Memory



### Holly Guterson (*December 22, 1953—December 2, 2023*)

Holly Guterson passed away on December 2, 2023. Holly was the only daughter of Al and Dot Finkbiner of Drumheller, Alberta. She graduated from Drumheller High School and Secretarial Arts at Olds College. She married Dwight Hingst, had her children Chris, Melissa and Vanessa, divorced and found love again and remarried in 1991 to Kevan Guterson also of Drumheller.

Holly had a passion for continuing education. She was employed with BCED in Drumheller as an Education Administrator and Bookkeeper. Due to a diagnosis of MS, Holly left in 1994. She re-entered the workforce, first as a bookkeeper, and later as Shift Supervisor for Image Crafters. Holly was an artist. She dabbled in many mediums from oil and watercolour painting to needlework and sewing. She was always eager to replace a zipper or patch a knee. Holly loved flowers! Her garden was always beautiful and when she could no longer tend to it herself, Kevan was her hands. She was an active community member her whole life. She participated in several clubs such as AWI and MS Society. In 2022 Holly and Kevan participated in their 25<sup>th</sup> MS Walk.

Holly joined the Verdant Valley and Dorcas WI in 1974. Over the years, she held various executive positions at Branch and Constituency levels; the last 10 years, as Branch President. She was an excellent sales person when it came to selling tickets or items for a fundraiser. In 2014 she was presented with the Golden Book Award. Her home was always open for meetings or WI gatherings.

Besides her loving and dedicated husband, Kevan Guterson, Holly is survived by her daughters Melissa (Jeremy) Peters, Vanessa (Monte) Dumesnil, her son Chris (Lori) Hingst, her step children Caig Guterson, Warren Guterson and Heather (Bill Niblett) Guterson, beloved grandchildren Ryan Hingst, Bentley Peters, Kaitlyn and Haily Dumesnil, Andrew, Jayden and Caleb Hingst, Ella, Avery and Lewis Guterson, and Carter, Miles and Nila Niblett, her oldest brother Bill Finkbiner, sisters-in-law Marion and Angie Finkbiner, numerous nieces and nephews, dear friends and members of the Verdant Valley and Dorcas WI. She will be greatly missed by family, friends and WI.

### Diane Smith (*November 1, 1933-December 18, 2023*)

Diane Smith was born at Shoreham by the Sea in Great Britain on November 1, 1933. As a toddler, she moved to the county of Essex, England where she embarked on her nursing career as soon as she was eligible. Diane loved every moment of her nursing career and was well known for her wonderful care and dedication.

Diane first joined the Women's Institute in England at the age of 22 as a young mother. Women's Institutes and the Church were what held the villages together at that time. In 1972, Diane and her husband, Michael Smith and children Jonathan, Soames, Sefton and Sarah immigrated to Canada, settling in the Rimbey area of Alberta. Diane joined the WI Branch there. In 1974, the family moved to the Manning area. When Diane received her Canadian Citizenship in 1975 in Peace River, the Peace River Women's Institute provided the refreshments. Later Diane would join Grimshaw WI.

Diane continued her nursing career and worked at the Rimbey and Manning Hospital until her late 60's. She loved her job and the country lifestyle.

In her 45 years of WI membership, Diane had been a valuable, active member at all four levels of the Alberta Women's Institutes. She served as District 1 Director for three separate terms, served as Constituency Convener for Peace River Constituency, also held various Convenerships at Constituency and Branch Level. Attendees at the AWI Provincial Conventions will know Diane from her outgoing personality and many activities, whether it is as the "Queen" or getting matching donations for the Office Fund.

She instigated craft sales, and led the Branch in many projects such as WI tree for the Festival of Trees, a community Christmas Party to include non-WI members; various afternoon teas and garage sales; fundraising activities and sitting for Hospital Teas.

Her generosity and kindness were felt, not only, in WI but throughout her community, and with her many friends. She loved meeting new people, learning new skills and giving back. Diane had a great sense of humour and wonderful approach to life. Diane passed away on December 18, 2023 at the Peace River Hospital. She was predeceased by her husband Michael and son Jonathan. She will be greatly missed by family, friends, and WI.