



NOTES & NEWS

Federated Women's Institute - Monthly Newsletter

"WI: Thriving and Growing"

December, 2009



President's Greetings...

Dear WI Members,

The year 2009 is quickly coming to a close and I trust you are well into your branch activities by now! Meetings and special events can be so productive and rewarding, especially if we add a little fun and diversity into the mix.

Everyone who turned out was very enthusiastic about the Fall

Workshops held in the three counties. Thank you for your participation!

The "Appreciation Night" at the Dutch Inn proved to be a great windup for the successful National Convention that we hosted in June at UPEI. Everyone enjoyed the slide presentation which we put together of the conference; and Heather Dixon, after three years of serving on the FWIC Board, was happy to pass all duties over to Marie Kenny, President-Elect of FWIC. Each of the Hostess Committee Chairs was present and thanked for her contribution; as well, appreciation was expressed to all others who helped in any way. Check out our website for photos of the above events as well as past and upcoming activities at www.womensinstitute.pe.ca

Now that December is here, everyone is celebrating at their meetings or in the workplace as well as with family, friends and even strangers.

*Christmas shines in the prayers of a child, the love of a friend,
the faith of a heart that believes in miracles,
and Christmas shines in very special people
who bring joy to the world all year-like you!*

May your holiday season be rich in love and friendship, and the year ahead be filled with joy and peace!

Yours for Home & Country, Carol MacLellan

Christmas Stockings



Christmas is just around the corner and we are looking for Christmas stockings to put on patient trays on Christmas day. The most perfect size would be approximately 4"x3" as we place a candy cane in each stocking. These will be distributed throughout the Queen Elizabeth Hospital, Hillsborough Hospital and the Prince Edward Home.

If you are able to help in this way, please deliver these stockings to the Volunteer Services Department at the Queen Elizabeth Hospital.

Thanks so much for your support with this!

10th Anniversary

"Spring Is in the Air" Gala Dinner

Awesome! This will be the 10th year of supporting our Island hospitals with this wonderful evening of fine dining and entertainment at the Tourism and Culinary Institute! How can we make this year's celebration more special?

Attend for the first time...

Sell one more ticket...

Make a special donation...

Saturday evening, April 10, 2010 will be a great opportunity to contribute to the comfort and well-being of those precious little babies at the Neo-Natal Unit of the QEH.

Notice the 10-10-10!!!

10th Anniversary, 10th day, 2010

From The Exhibition Corner

On behalf of myself and my co-chair, Pauline, I would like to thank all WI Branches, individuals and businesses who donate special prizes for the Handcrafts and Arts Division of the Provincial Exhibition. It is very encouraging this year to have the support of past and new donors and to see some past donors increase the dollar value of their prizes. Exhibitors work very hard during the year to showcase their many talents during Old Home Week. It certainly is a pleasure to see them rewarded.

The 2010 Prize List Book is ready to go to the printers and should be available in late January.

If anyone has any ideas for topics (or individuals) for our Demonstrations in 2010 please contact Pauline. We usually begin to look for people in the new year.

At this time we both would like to thank all of the exhibitors and volunteers who make it possible for Women's Institute to have a Handcraft and Arts Division at the PEI Provincial Exhibition on Charlottetown. Wishing you all a Joyful Holiday Season and a Wonderful New Year,

Cynthia Mitchell, Chair (651-2442)

Pauline McAusland, Co-Chair (672-1305)

- ◆ Please find enclosed in this month's mail: a copy of FWIC National Convention in Review booklet
- ◆ Photos from the 2009 Federated Women's Institutes of Canada Convention have been compiled and are available for branches to borrow and view.

Fall Workshops - A Huge Success!

Coming together is a beginning, keeping together is progress, working together is success.

Success is what we had at the Women's Institute Fall Workshops.

Communication and valuable information was expressed by the speakers, also tips for preventing identity fraud.

The 4-H Club members did a remarkable job in public speaking and the line dancing was a hoot.

Thank you WI members for your positive comments as we work together as a team.


The Fall Workshop Committee, Rena, Glenn, Mary (Chair)

SOME TIPS TO REMEMBER...

Public Speaking: Practice at your meetings by asking each member to stand and answer the Roll Call with her favourite dessert and tell why, an incident that added sparkle/romance to her life for February, or for program on Citizenship and Legislature some current event in the news over the past month.

Line Dancing: Try anything once-you might like it! A fun activity to get the heart pumping and to have a good laugh!

Scams: People are not stupid! They just get tricked by some very smart con artists! If you think you are being scammed, contact Phone Busters at 1-888-495-8501 or email info@phonebusters.com. Additional information can be found on the website www.phonebusters.com. If a deal sounds too good to be true, it probably is!

 Please find enclosed a handout from Emily Brown, 4-H office, that was to be distributed at the October 27th Fall Workshop in Vernon Bridge. Please feel free to make additional copies as required.

"In response to the challenge issued by New Glasgow WI in the November Notes & News, the members of Kelvin Grove Women's Institute donated \$100 to the QEH Neonatal Unit."

Thank you. - Elaine Caseley, Secretary

Suggestions for raising money for the Neo-Natal unit of the QEH: Purchase baby socks and distribute to members - have them collect change and fill the socks with spare change and turn in to a WI meeting after a month or two! Alternately, have a baby bottle at each meeting and have members put spare change in the baby bottle each month. By the end of the year, a tidy sum should accumulate.

North Milton WI

H1N1 and other viruses: There is an explosion of information about pandemics and what we can do to protect ourselves from serious, and less serious viruses. In this message there is a common, cost effective thread that everyone can follow and that people have known for generations. Practice good health habits. Build up your immune system with a healthy diet especially fruits and vegetables. Get lots of rest. Stay away from public spaces if you have a virus, and the most important of all -**HAND WASHING**. Hands need to be washed regularly and thoroughly. Even alcohol based products and wearing gloves can not come up to the effectiveness of careful hand washing. Emily Bryant, Convener of Home Ec. & Health

FWIC Update:

Greeting Ladies,

I attended the FWIC Executive Meeting in Toronto October 23-25. Our Triennial Theme is "Coast to Coast, W.I. Alive and Well." This is very appropriate as we hosted a very successful Convention June 2009 and our next FWIC Triennial Convention will be Sidney, BC. June 13-17, 2012. Start saving your pennies now so we can have a great representation from PEI attend!!

The Project we are looking at during this triennium is an educational project focusing on the important facts about Women's Heart Health. More information to come following our June meeting of full FWIC Board.

A reminder to all branches when sending in your membership list please indicate name, and address of any new members, as this will be forwarded on to the FWIC President who will respond with a direct mailing. Also during the year if you have new members join your branch send the information to WI Office, ASAP. Many thanks to all Branches who did this over the past triennium and for your effort PEI was recognized at Convention 2009 as having the most new members across Canada.

Blessings as you continue to work for Home and Country.

Marie Kenny, FWIC President Elect.

Pink Ice

10 oz white candy chocolate
2 Tbsp crushed peppermint candy canes
1/4 tsp peppermint extract
2 drops red food colouring

In microwave (or heavy saucepan) melt the chocolate, stirring until smooth. Then stir in other 3 ingredients. Mix Well. Spread onto waxed paper lined cookie sheet (to cover completely). The thickness may vary throughout. Cool completely in fridge. Then break into small pieces, place in an airtight container and store in fridge. You can also use green food colouring.



PEI WI VESTS FOR SALE REDUCED COST OF \$30



Rural Mail Delivery: Correspondence was received from Moya Greene, President and CEO, Canada Post Corp. re the resolution on rural mail delivery presented at the 2009 WI Convention. Each situation is assessed on a case by case basis. For information call 1-866-501-1669.

There will be a fifth Memorial Edition of the Institute News published in 2010. Please forward submissions (including pictures if desired). Deadline for submissions (maximum of 500 words) is January 31, 2010.



From Karen and Rose