

Network News is the official Provincial Publication of the British Columbia Women's Institute. The British Columbia Women's Institute is a non-racial, non-sectarian and non-partisan educational organization for women.

The British Columbia Women's Institute is incorporated under the British Columbia Farmers' and Women's Institute Act.

**BCWI Provincial Board of
Directors: 2014—2017**

President

Janet Bangs (2014—2017)

633 Sackner Road, Vanderhoof, BC
V0J 3A2

250-567-4465/250-567-2311

bangsj@bcwi.ca

Vice President

Colleen Hooper (2014—2017)

2877—270B Street, Aldergrove, BC
V4W 3A5

hooperc@bcwi.ca

Directors

Wanda Mason (2016—2019)

Box 39, New Hazelton, BC V0J 2J0
250-842-6076

earlandwanda@gmail.com

Norma Tilgner (2014—2017)

RR#2, S130A, C16, Rock Creek, BC
V0H 1Y0

250-446-6803

ntilgner@yahoo.com

Fay Van Horn (2015—2018)

Box 3431, Smithers, BC V0J 2N0
250-847-9539

vanhornf@bcwi.ca

Brenda Devauld (2014—2017)

Box 2275, Vanderhoof, BC V0J 3A0
250-567-9705

devauldb@bcwi.ca

Provincial Office

Betty Bartlett—Office Administrator

PO Box 36, Barriere, BC V0E 1E0
250-672-0259

bcwi@bcwi.ca

FWIC—2015—2018

**Joan Holthe—President Elect/
Executive Officer**

RR#2, Dawson Creek, BC V1G 4E8
780-353-2354

threerivers@abnorth.com

ACWW

Mary Sumner House, 24 Tufton Street
London SW1P 3RB, England

020-7799-3875

info@acww.org.uk

NETWORK NEWS

*Your View of the Future
is Shaped by the Past*

*Pick the era you would like to
represent!!*

*Bring your hats, gloves,
necklaces, scarves or
fascinators!!*



*For our
37th Triennial Convention*

July 5—8th, 2017

*Nechako Valley
Secondary School
Vanderhoof, BC*

Provincial Conveners

AGRICULTURE

Donna Jack
2916 Dawson Drive
Saanichton, BC V8M 1W3
donna_jack@telus.net
250-652-1315

Jessie Anderson
4370 Moss Road,
Duncan, BC V9L 6M4
gibsonmc@telus.net
250-743-9040

CANADIAN INDUSTRIES & ENVIRONMENT

Fay Van Horn
Box 3431
Smithers, BC V0J 2N0
fvanho@telus.net
250-847-9539

CITIZENSHIP & LEGISLATION

Patsy Nagel
Box 38
Pouce Coupe, BC V0C 2C0
hnagel@pris.ca
250-786-5565

Karen Fellows
195 West Coast Road,
Williams Lake, BC V@G 4Z4
kffellows@gmail.com
250-989-0540

CULTURAL & EDUCATION

Delores McNee
Box 1341, Osoyoos, BC
V0H 1V0
deloresmcnee@hotmail.com
250-495-6045

Marie Bourgh
5225 Rock Creek, /Bridesville
Rd., Bridesville, BC V0H 1B0
250-446-2302

HOME ECONOMICS & HEALTH

Wanda Mason
Box 39
New Hazelton, BC V0J 2J0
williwandst@bulkley.net
250-842-6076

INTERNATIONAL AFFAIRS

Bev Byron
536 Beaver Point Road,
Salt Spring Island, BC V8K 2J9
bevbyron@shaw.ca
250-653-4450

PRESIDENT



This will be one of my last reports as BCWI President, the past 3 years have been great and have gone by way too fast!!

I am looking forward to seeing everyone this year at our 37th Triennial Convention in Vanderhoof. The Central Interior District has been busy planning and preparing for this great event. Our theme for this term was "Your View of the Future is Shaped by the Past". While this term has gone by quickly the board has accomplished a lot of housekeeping. We have updated our Constitution & By-laws along with the Policy & Procedure Manuals.

We have had a Skype Meeting approximately once a month to get caught up on all correspondence and have sent out a number of Mail Chimps to let the membership know what's going on. Over the last 3 years we have written many letters to government regarding the resolutions that have been passed.

At our Convention we will be having a Panel Discussion which will help us to find out what WI is lacking and how we can proceed into the future to attract new members. We are also offering some great workshops, so I hope everyone is sending in their registration forms so Betty is able to add your name to the workshop that you would like to take.

After our Convention I will be remaining on the Provincial Board for a 1 year term as Past President, which I am sure will go just as quick as the last 3 years have. I am really excited to see what the next 3 years have in store!!

I will once again leave you with a quote!

"Yesterday is history, Tomorrow is a mystery, Today is a gift from God, which is why we call it the present".

Submitted by Janet Bangs, BCWI President

OFFICE



Hi Ladies,
Once again we are very close to the end of another year, and what a year it's been!! July 2, I will be celebrating my 10 year Anniversary as Office Administrator for a great organization!! I am looking forward to another 10 years!!



April 23, 2017, my daughter Alicia, gave birth to my newest grandson Daxtyn, this grandma is just beaming!! As you

can see in the photo my oldest grandson Kayden is also beaming!!

At the business end of things, I have been very busy getting things ready for our Convention. I will be having envelopes for Branches and Districts filled with information to take back to their members. If you require accommodation while at the convention be sure to book your room asap. We have a block of rooms put aside until May 31, but once those are filled there are no guarantees there will be any available. Phone #'s and information for accommodations can be found on page 8.

Reminder to all voting delegates to either send in your proxies to the office or bring your proxies with you to registration. All members attending are also asked to make sure you bring with you your name tags, tartans with pins and your member card.

I know some members are hesitant about attending this years convention due to the cost of registration as they may feel it's a bit high.

When you stop and think about it though this convention is offering the most meals as compared to other conventions in the past. This year included in your registration are 5 full meals along with snacks and coffee breaks with muffins. I am hoping that in confirming this information I can perhaps entice more members to register.

The Convention in Vanderhoof is fast approaching and I am once again looking forward to seeing everyone again!!

Betty Bartlett, Office Administrator

FEDERATED WOMEN'S INSTITUTES OF CANADA (FWIC)



This will be a final report for this triennial, where did Janet's term go? Her board has really tried to do provincial business and keep the costs down, and of course, things are held together by the talented Betty Bartlett. I hope all branches are sending a delegate or proxy to the triennial, the north is so anxious to showcase the area and host everyone. With the list of interesting workshops, travel day and speakers, it is looking to be a

special event. A highlight will be the visit of our national president of FWIC Linda Hoy, who will bring us greetings and facilitate a strategic planning session. She has just got off the plane from Ottawa where she attended a function hosted by His Excellency the Honorable David Johnston, Governor General of Canada. She was there to witness the presentation of Sovereign Medals to Volunteers. FWIC did not receive a medal, but were commended for our visible presence in the communities as heart-felt and concerned citizens. Many communities honour their volunteers, and Women's Institute

should be proud and thankful that we have produced so many out of our ranks, without fanfare or recognition. We should pat ourselves on the back, for sure. See you soon!



Submitted by Joan Holthe—FWIC Executive Officer/FWIC President Elect



ANNUAL AWARD ERLAND LEE AWARD OF APPRECIATION

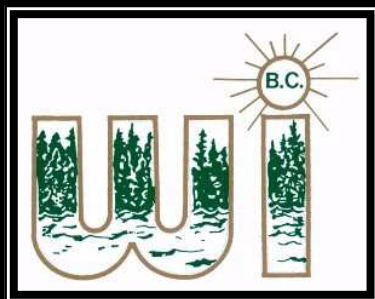


This prestigious award is presented by FWIC to a man who most exemplifies those qualities of **Erland Lee**, which led to the founding of the Women's Institutes, an organization which spread across Canada and grew to include millions of women worldwide.

Regulations:

1. A certificate to be presented to a gentleman who has made an outstanding contribution to the Women's Institutes movement
2. Nominations can come from branch, district, provincial or national level. Each province is entitled to one nomination per year
3. Specifics of the nominee's contribution to WI must be included with the nomination letter and forwarded to the Provincial Office for approval by the Provincial Board, no later than September 30th of each year
4. Once approved by the Provincial Board, the gentleman's name will be sent to the national office. A cheque for \$15.00, payable to FWIC must accompany the nomination. This cost is the responsibility of the nominating body

A certificate will be forwarded to the Provincial Office. Presentation of the certificate is the responsibility of the nominator.



AGENDA
BCWI 37th Triennial Convention
July 5—8, 2017



WEDNESDAY, JULY 5, 2017

- 3:30—6:30 Registration
7:00 Parade of Flags
Welcome from Central Interior District
Introduction of Platform
7:30 Dignitaries
8:00 Refreshments



THURSDAY, JULY 6, 2017

- 7:00—8:00 Registration
Coffee and Muffins
8:00 **Welcome**—Conference Room
8:30—10:00 Workshop #1
10:00—10:30 Break
10:30—12:00 Workshop #2
12:00—1:30 Lunch—Library
1:30—3:00 Workshop #3
3:00—3:30 Break
3:30—4:00 Conference Room
4:00—5:00 Scenic Walk/Free Time
5:00 Supper—Library
7:00 Entertainment/Visiting



FRIDAY, JULY 7, 2017

- 7:30—8:00 Registration
Coffee and Muffins
8:30—10:00 **Call to Order**
Mary Stewart Collect
Welcome
Members and Guests
Introduction of Board
Introduction of Districts
Adoption of Agenda
Determination of Quorum
Minutes—Annual General Meeting 2016, Odd Fellows Hall, Kamloops, April 30, 2016
Financial Report, Budget, BC Children's Hospital, Children's Health Foundation of Vancouver Island
Nominations and Speeches for President
10:00 Break/Voting for President
10:30 Results of Voting for President



Resolutions Report
 Skit
 11:00 Presentation
 11:30 Nominations and Speeches for Vice President
 11:45—1:00 WI Grace
 Lunch—Library
 Voting for Vice President
 1:00 Results of Voting for Vice President
 Nominations and Speeches for Directors
 Memorial
 2:00—3:00 Panel
 3:00—3:30 Break and Voting for Directors
 3:30—4:30 Results of Voting for Directors
 Agriculture in the Classroom
 Competition Results
 5:00 Supper on your own



SATURDAY, JULY 8, 2017

7:30—8:30 Coffee and Muffins
 8:30—10:00 **Welcome**
 Opening Ode
 Reports
 Guest Speaker—Sheila Needham, ACWW Canada Area President
 10:00 Break
 10:30—11:30 Guest Speaker—Linda Hoy, FWIC President
 Adjourn
 11:30—12:30 Lunch
 12:30 Tour and Tea
 4:00 Meeting of new Provincial Board and District Presidents
 5:00 No Host Bar
 6:00 Banquet—**Pick Your Era!!**
 7:30 Installation of New Provincial Board
 Incoming Presidents Speech
 Raffle Draw
 Guest Speaker



**BCWI—37th Triennial
Men's Registration Form**



Name: _____

Cost: \$100.00

Wednesday July 5 th	Opening Ceremony, Snacks
Thursday July 6 th	Tour (time to be announced) Lunch/Supper/Evening Entertainment
Friday July 7 th	Tour (time to be announced) Lunch
Saturday July 8 th	Morning on your own, Lunch/Afternoon Tour/Banquet/Evening Entertainment

TRIENNIAL CONVENTION—NOMINATIONS

PROFILE OF NOMINEE—COLLEEN HOOPER



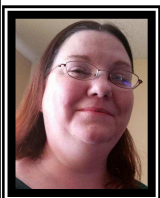
Hello Everyone!! I think most of you have met me by now! I joined WI in Vanderhoof at the Northside Branch where I served terms as a Director and President as well as a Director of our District Board. When Dave retired we moved to Aldergrove and I became a Member of Atchelitz WI in Chilliwack. In 2011 I was elected as a Director on the BCWI Board and then Vice President. I enjoy working on the technology, social media and marketing aspects of WI.

PROFILE OF NOMINEE—NORMA TILGNER



I am a 10 year Member of Rock Creek WI in the Kettle River District WI located in the Boundary Region of BC. I served as District President for 3 years and was a Provincial Co-Convener for 2 terms. Elected as a first time Provincial Director in Kelowna in 2014, I served as Victoria Salliss Creative Arts Legacy Chair, compiled the results of the member's survey following Triennial 2014, attended each meeting of the Provincial Board over the three years, wrote several letters on behalf of the Board, wrote reports for the newsletter, assisted in editing the Network News, and responded to some members who had questions. I have thoroughly enjoyed my involvement and would appreciate the opportunity to serve a second term.

PROFILE OF NOMINEE—CARREEN FORREST



I joined Nor' Pioneer WI in 2007, soon there after became Branch President for 2 terms. I have found WI to be a source of knowledge and friendship. Within a couple of years I held a Directorship, Vice President then President at the District Level for 2 terms. After moving and joining Baldonnel WI I have made WI a priority again and look forward to many more years learning and growing within the Branch, District and Provincial Level.

PROFILE OF NOMINEE—EVEANNE RIGGS



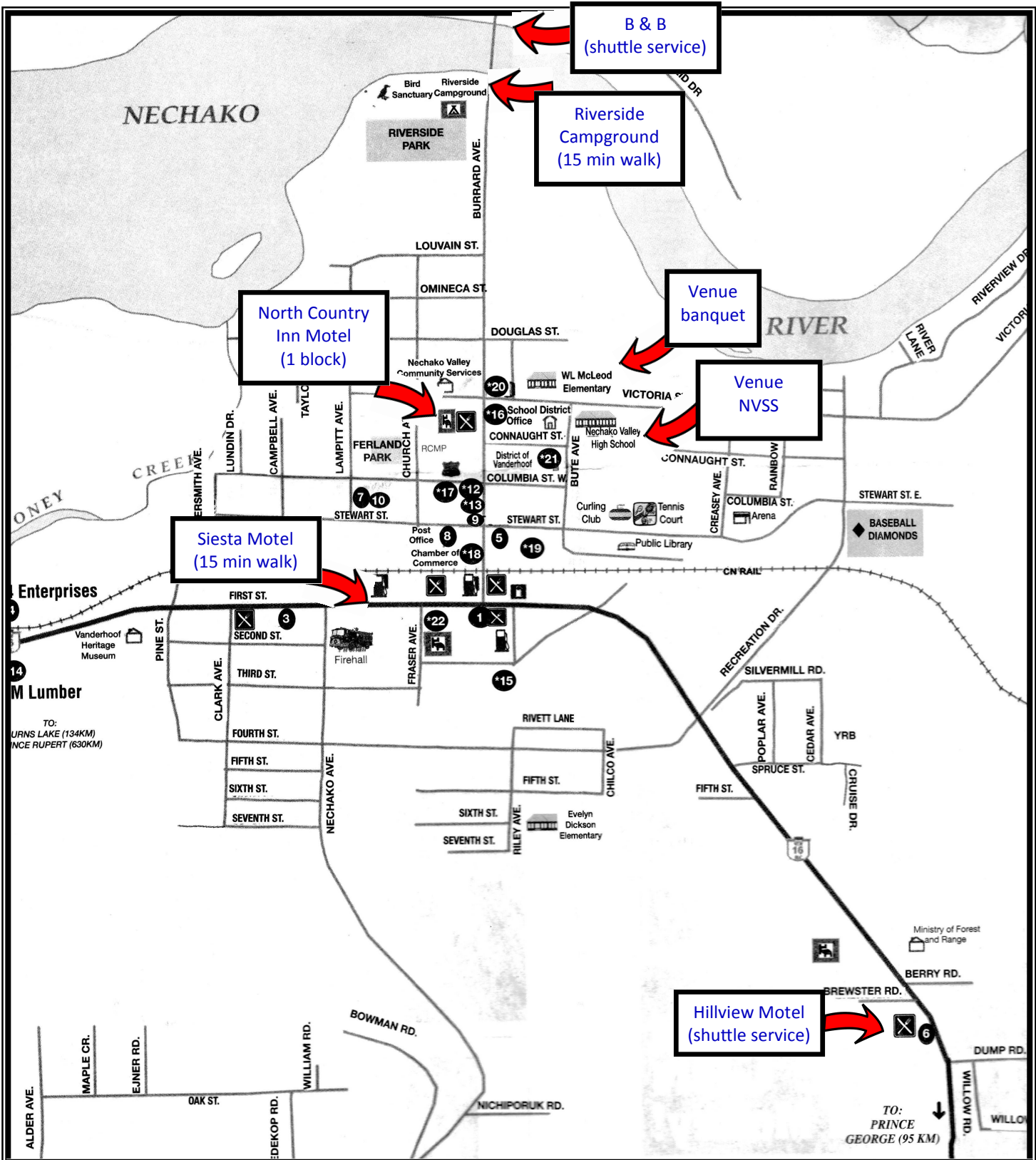
I became a BCWI member with the Northside WI in Sept 1987. It was one of the best decisions I have made in my life. I learned how to work within a group of people who were passionate about what they did and they were willing to accept anything I might have to offer. That was a new experience for me. I served as a convener and also as a delegate in that first year. Shortly after that we moved to Vancouver to look after my mother in law and I became part of the Point Grey WI while there. From there we moved to Dawson Creek BC and I joined West Saskatoon WI. While with them I served in various positions and was also elected as an Director with the provincial board. I learned so much. It was the experience of a life time and we always cherish that. I ended up working with the Landry WI due to struggles many WI's were having to remain active. I have now retired and have moved back to Vanderhoof and am with my original Northside Women's Institute. In considering letting my name stand for Director of the BCWI I have become aware of the tremendous legacy that we have accomplished in the BCWI, federally and worldwide. My desire is to find new ways of revitalizing who we are and becoming relative to all these new generations. We are primarily an educational organization and the need to educate never ends. I look forward to reconnecting with so many wonderful women I met over the years and meeting more.

PROFILE OF NOMINEE—CATHY INSKIP



I am a 37 year member of Overlander WI in Kamloops, BC. I am currently Overlander WI President and have served as a Director for Kamloops District. My mother from Ontario was a WI member and held several positions and WI was always very important in our family. I have attended Triennial Conventions and the FWIC Convention in Sydney BC. I am a widow and have 3 children and 1 grandson. As my kids grew up I was involved with my daughter as a Brownie Leader and then carried on as a District Commissioner. I always had brought my Brownies to WI meetings to earn their hostess and baking badges for 18 years. Last year our Overlander WI hosted the Provincial WI AGM and we were able to billet our Provincial Executive and able to have their meetings at my home. I thoroughly enjoy WI and with our own branch we have done amazing projects. I feel I am able to offer myself to the Provincial Board and looking forward to the opportunity to help out!

<u>BCWI BUDGET</u>			
<u>INCOME</u>	<u>Budget</u> <u>2016/2017</u>	<u>Actual</u> <u>2016/2017</u>	<u>Budget</u> <u>2017/2018</u>
BCWI Dues	\$ 19,200.00	\$ 17,728.00	\$ 16,000.00
BCWI Convention	\$1,200.00	\$ 1,108.00	\$1,000.00
ACWW Dues	\$600.00	\$554.00	\$500.00
FWIC Dues	\$3,000.00	\$2,770.00	\$2,500.00
Office Sales	\$3,000.00	\$690.00	\$500.00
History Book Sales	\$500.00	\$410.00	\$200.00
Member/Branch Donations (in house, OAF, misc., postage)	\$12,170.00	\$13,332.70	\$8,300.00
Triennial/AGM Registration	\$3,000.00	\$1,375.00	\$12,000.00
Triennial/AGM Board Expenses donated back to BCWI	\$2,200.00	\$1,968.55	\$2,000.00
Bank/term interest/RBC Alfred Watt Interest	\$45.00	\$424.42	\$500.00
GST Rebate	\$1,000.00	\$264.93	\$300.00
<u>TOTAL</u>	<u>\$45,915.00</u>	<u>\$40,625.60</u>	<u>\$43,800.00</u>
<u>EXPENSES</u>	<u>Budget</u> <u>2016/2017</u>	<u>Actual</u> <u>2016/2017</u>	<u>Budget</u> <u>2017/2018</u>
Accountant Fees	\$2,800.00	\$2,892.76	\$2,900.00
Rent	\$3,710.00	\$3,720.00	\$3,720.00
FWIC, ACWW, ACWW Canada Area President, FWIC Pooled Fares	\$3,600.00	\$3,898.29	\$3,900.00
Gross Wages	\$25,000.00	\$23,217.90	\$25,000.00
Travel Allowance—Betty Bartlett	\$850.00	\$850.00	\$850.00
EI, CPP Employer Portion	\$1,700.00	\$1,576.20	\$1,600.00
WCB	\$50.00	\$46.43	\$50.00
Office Insurance	\$1,250.00	\$1,249.00	\$1,250.00
FWIC Directors & Officers Liability Insurance	\$255.00	\$0.00	\$0.00
Office Expenses (website/postage/supplies/NN gift cards)	\$1,600.00	\$2,027.10	\$1,500.00
Travel—President	\$600.00	\$858.07	\$1,000.00
Board Expenses	\$1,900.00	\$1,176.26	\$1,220.00
Network News Printing/Postage	\$1,600.00	\$1,310.00	\$0.00
AGM/Spring Board Meeting/Triennial Expenses	\$1,000.00	\$781.69	\$800.00
HSBC Bank Charges	\$0.00	\$7.50	\$10.00
<u>TOTAL</u>	<u>\$45,915.00</u>	<u>\$43,611.20</u>	<u>\$43,800.00</u>
<u>TOTAL INCOME</u>	<u>\$45,915.00</u>	<u>\$40,625.60</u>	<u>\$43,800.00</u>
<u>TOTAL EXPENSES</u>	<u>\$45,915.00</u>	<u>\$43,611.20</u>	<u>\$43,800.00</u>
<u>SURPLUS (DEFICIT)</u>		<u>(-2,985.60)</u>	



ACCOMMODATION INFORMATION

North Country Inn—1-250-567-3047 \$96.00—\$121.00

Siesta Motel—1-250-567-2365 \$90.00

Hillview Motel—1-250-567-4468 \$95.00—\$120.00

B & B—1-250-567-4335 \$50.00

****Needing to share a room, email or call the Provincial Office so I can add your name to a list so we can pair you up with someone****

BRANCH NEWS



CARIBOO DISTRICT HORSEFLY WI

Horsefly WI Craft Fair—November 2016

Updating our usual setup, the WI combined with the Williams Lake Women's Contact Society. They provided cloth bags with their insignia and inside, there was a brochure containing info regarding the Horsefly WI.

Our items were laid out tastefully with a broad range of items to choose from. Our treasurer made 15 Turkey Pot Pies to try the pallets of the people who attended to our great success. We intend to make it a fundraiser in 2017 and a member involved event. Here is a photo of our banner and VP.

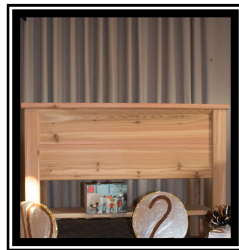
Judy MacLeod and Secretary, Donna Myntott.



Horsefly WI—Annual Sharon Thomas Ladies Only Luncheon and Silent Auction—December 2016

I stand here today awed by the success our Horsefly WI ladies achieved on Saturday at our annual event. Our two raffle tables were very successful. We had a generous amount of toonies given towards the Southwest themed Toonie Table thanks to Lil and Marj.

The 1-2-3-4 table outdid itself this year – SAWS, Central Mountain Air, and talented woodworkers who produced their best work yet. The guests appreciated it with a record ticket buying frenzy. Four items to raffle off – a suitcase full of travel items and travel voucher; a wooden, homemade hope chest with linens, cushion and quilt; a roaster with a list of donated meat, sausage, poultry and game; and a wooden, handmade planter complete with bottles of liquor; very generous local donations.



They loved the unique and exciting items of the silent auction and the fact that there were items for all budgets. Also, positive remarks liking the amount of local hand-

made items up for bid. Here are a few of the displays. Facebook entries indicated how much the hard work everyone contributed was appreciated by the community of Horsefly and beyond. All guests commented as to the elegance and variety of the menu.

We are a women's volunteer organization who prides itself on management behind the scenes, always helping the community and its citizens, we believe every meeting should start with the reading of the Creed to remind ourselves of the greater good.

Submitted by Suzie Ambrose

WATCH LAKE WI

Not bad for a small branch of 5 ladies. This year at our Easter Bake Sale we raised \$300.00 and our branch will match that amount so we can have BCWI send in to BC Children's Hospital to go towards the purchase of a Thermometer. Our next major fundraiser will be the summer gymkhana's in July and August. Member's at Watch Lake WI would like to make a challenge to all other branches to do the same and send in enough money to also purchase a \$600.00 Thermometer for BC Children's Hospital.

KAMLOOPS DISTRICT OVERLANDER WI

Overlander WI just completed a very successful bake sale on May 7. Dispersal of monies raised will be decided at the next business meeting. In April we had one of our own members talk to us about "How fresh is the food we buy at the supermarket". The best way to know absolutely that you have fresh vegetables is to grow them yourself; and container gardening may be your answer. Ideas and pictures of a step ladder and pallet gardens were some of the options, especially for people that have down sized and balconies are the only green space available!

We have 8 ladies registered to go to the Triennial Conference in Vanderhoof and looking forward to it. Please register for the Bra Purse Workshop; as Overlander WI is looking forward to seeing you all there.

Submitted by Cathy Inskip

N. OKANAGAN SHUSWAP DISTRICT COLDSTREAM WI

We took part in the Power Point Project, thanks to Carreen Forrest for the idea and the hours spent putting it together. It was a lengthy process for us as we looked through photo albums and pictures contributed by members. You can imagine the "remember when's and what was her name?" We enjoyed the laughter, the memories and sharing the stories.

BRANCH NEWS



The competitions for the FWIC Convention in 2018 are varied and intriguing. Some members are making plans and other's are already underway. Good luck to all who enter a competition.

Our March Meeting was unique, a visit to the Vernon Science Centre. They featured a large dinosaur display. There were full sized models, skeletons of various sizes and a very large leg bone from a Tyrannosaurus Rex. A self guided tour included "hands on" stations with bones, fossils, etc. The display was set up to be interesting and appealing from pre-schoolers to seniors.



(Photo—Yvonne L. and Penny S. checking out the dinosaur)
Submitted by Shirley Libby, Coldstream WI

PEACE RIVER DISTRICT LANDRY WI

Landry WI celebrated 75 years by hosting Peace River District Convention and AGM. Members Joan Clarke, Lynn Norman, Ruth Veiner, Karen Bull, Winnie Johansen, Coleen Mathews and Crystal Burritt pose with anniversary cake.

Submitted by Joan Clarke



S. VANCOUVER ISLAND DISTRICT CEDAR WI

On March 6, I was very honoured to attend a meeting of the Cedar WI in Cedar BC, on Vancouver Island, to present Anne Augustine with a long term service certificate. Anne had been a member of the WI in Dufresne, Manitoba, for 58 years. She was one of the founding members of the Dufresne local, and through the years had served on many committees, especially as president.. In August, 2016, Anne moved to Ladysmith BC to be closer to her daughters. Anne had never received a certificate for her years of service to the Manitoba WI. With the help of Julie Hockley and the BCWI Administrator, I was able to contact the President, Connie Grinnell, of the WI local in Cedar, very close to where Anne was now living in Ladysmith. Connie was very cooperative and understanding

of my need to present Anne with her certificate and also invited Ruth Fenner, BCWI Historian, to attend the meeting and help with the presentation. I am very thankful to the ladies of the Cedar WI in BC for their efforts in making this presentation to Anne a memorable event. Anne is now a member of the Cedar WI. After a difficult decision to leave Dufresne and move to Ladysmith, I know that Anne will be accepted and supported by her new WI friends in Cedar. WI is truly a "sisterhood of sisters" helping each other across the country and across the world.

(Photo left to right—Ruth Fenner BCWI Historian, Anne Augustine, Linda Morassutti



COLWOOD WI

Thanks to the success of our fundraisers this year, we have been able to help all our charities both in our local community and stretching outward. We were fortunate to witness the 90th birthday of a long standing member of our institute recently – Dola Acres. Congratulations again, Dola.

We also took part in the Art Tree Project submitting our finished product to some of the local art fairs for viewing. In April a number



of our members took in the Walk for the World in support of ACWW. Along with the walk came a pre-school class of one of our members –

what thrill to have them take part in our walk with us. Our year is drawing to a close. We hope to see many at our Annual District Spring Conference in May. Until then enjoy your summer; safe travels to those who are taking in the Provincial Conference in Vanderhoof.

Submitted by Linda Townsend

”How fresh is the food we buy at the supermarket?”

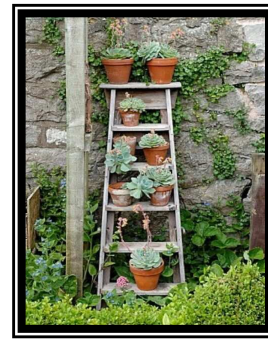
Our research found that preservatives are commonly used to keep our food *looking* fresh because most of us are prepared to spend more money on something in the supermarket if it is labeled or looks 'fresh'.

But, did you know the word 'fresh' can be used to describe food that has been heat-treated, part frozen, industrially or chemically altered, and then stored for weeks on end?

We also found a recent study done in 2015 establishing that the soft, shiny exterior of tomatoes or the lush, green texture of peas and leafy veggies might tempt your taste buds AND while their apparent ‘freshness’ might appeal to your eyes, perhaps something sinister lies beneath; and that might be **a toxic concoction of hazardous chemicals**. ‘The consumption of raw fruits and vegetables has become a paradox. The rampant use of chemicals contravenes their nutritional benefits.’ Chemicals such as copper sulfate, rhodamine-oxide, malachite green, and deadly carbide are the ones most commonly used to accentuate coloration and freshness. ‘These are neuro-toxic (meaning affecting the brain) and determined to be a cause of Alzheimer’s and dementia; they are also carcinogenic.

So, what is our best answer to the availability of truly fresh food? We believe the best way to know absolutely that you have fresh vegetables is to grow them yourself; and container gardening may be your answer.

The work of a typical garden plot becomes less practical as we age. Digging, mulching, planting, weeding and harvesting becomes hard work accompanied by aches and pains. Growing vegetables in raised platforms, or even vertically, changes the old way of growing plants in rows and beds yet keeps the satisfaction of personal achievement. Growing plants up using a small footprint means less soil preparation and digging. It also means more plant variety in much less space. This type of gardening provides opportunities to create bottom-up and top-down plantings along with less weeding, improved air circulation and less risk of plant diseases and pests. Top-performing vertical vegetables or fruits provide larger yields in compact spaces with far fewer maintenance chores using no chemicals to enhance growth. I have used greenhouse gardening with latticework to support vining vegetables; and open ladders as stairs to hold full flats of plants, and I have also leaned ladders against fences at times. A stepladder on small patios or decks would create a successful layered effect as shown in these photos.



Experimenting over time brought me to pallet gardening, ideal for small balcony living. Wooden pallets are easy to come by and are not made of pressure-treated lumber. Although you **could** plant out your pallet with it resting on the deck, placing it on a tabletop or sawhorses makes it much easier to work with from a standing position. Place the pallet so that the side with the widest openings is facing up. I actually removed two slats from the top of my pallet to provide a wider planting space.



Pallet gardening guarantees a better result from the day your trowel hits your soil--by shrinking the size of garden space needed and reducing the work needed to prepare new beds. Chores like weeding, watering, fertilizing, and controlling pests and diseases are reduced considerably, while fresh yields are increased, all without the use of chemicals.



This pallet shown contained the following plants: six Swiss Chard in one spot, six multi coloured Swiss Chard in a second spot, six Kale, using two spots. Yellow Beans, Green Beans and Broccoli were plentiful too. A vining vegetable is capable of continuous yields- the more you pick, the more the plant forms new flowers and fruit to prolong the harvest. For example, note the cucumbers shown in the corner of my pallet; it grew over the edge and twined around the latticework to support the cucumbers. It produced many cukes!

My advice: should you choose to try a pallet garden to grow your own fresh food, remember that when preparing your garden, turn the pallet over so that the pallet is lying face down, then, using a staple gun, **add a thick layer of heavy plastic or other type of waterproof barrier.** Next, add a sheet of thin plywood over the cloth and/or plastic and secure. Turn the pallet back over to face up and then line the inside with landscape fabric making sure the fabric covers the bottom as well as the sides to catch any soil that may otherwise fall out. This is also an important part of protecting the exterior of the house from the moisture and grime should you choose to use the vertical style pallet garden.

Fill the spaces with good quality potting soil or container mix. Don't use ordinary garden soil or soil that is designed for planting beds, as it's too heavy and won't drain as well. Next add the plants. Don't be afraid to pack them in. The pallet can be securely mounted up against the house or railing using corner brackets; however, I didn't want to put screw holes in the outer walls of my home, so chose the table-top set up. Thoroughly water the plants and soil. Again, you'll have more settling and some soil loss here so keep some extra soil on hand and add as necessary.

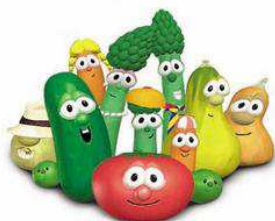
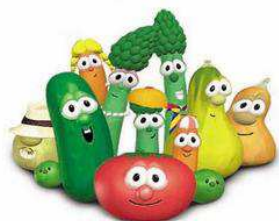
Monitor the garden for a few days adding soil and water as needed as the plants establish and soil continues to settle. Once the roots fill out in a couple weeks, just make sure to keep it watered. Because this garden is above ground, it will dry out more quickly. My observations were that the garden grew quickly, profusely, was totally weed free and I'm proud to say, totally free of chemicals. Nothing is simpler than this type of gardening. It was easy to make the platform and very easy to care for. My veggies were totally FRESH and free of chemicals! Production of these veggies will last until shortly after a heavy frost. We hope this presentation encourages you to grow your own chemical free-fresh food.

Respectfully submitted Lynda Krupp—Overlander Women's Institute

Notes:

Carbendazim is a widely used, broad-spectrum *benzimidazole fungicide* and a metabolite of benomyl. It is also employed as a casting worm control agent in amenity turf situations such as golf greens, tennis courts etc. and in some countries is licensed for that use only.

Daminozide was one of the first plant growth retardants (PGRs) registered for use on agricultural crops. It was first registered in 1963 for use on potted chrysanthemums and was later approved for use on food crops. Although it is still commonly used on ornamentals, its use on food crops was withdrawn in 1990 due to possible health risks.



TRIENNIAL WORKSHOP INFORMATION

- **Indian Cooking Demo**

A demonstration on how to do some East Indian cooking, the instructor will be dressed in her native Indian attire



- **Sewing Demo**

A demonstration on the use of rulers and different techniques. The local quilters guild will be teaching this class



- **Bra Purse**

This should be a fun class for those who want to see a unique way to use those pretty bras



- **Seniors Exercise**

Yoga is a very easy relaxing way of exercising without straining our aging muscles. Nicole comes highly recommended as a Yoga instructor



- **Computer**

The Computer class, Betty has been asked to teach us how to use and learn more about your iPhone. Since the iPhone is here to stay we may as well learn how to use it properly



****Unfortunately the Lawyer Workshop has been cancelled****

SALE

BCWI TRIENNIAL CONVENTION JULY 5TH—8TH, VANDERHOOF

SALE

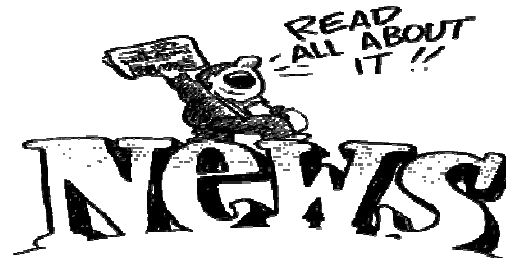


Branches and Districts (members can too) bring an item for our Sales Table at the Triennial in Vanderhoof. If you do not plan on attending send your item with a member that will be attending



Would you consider a bequest to BCWI in your will?

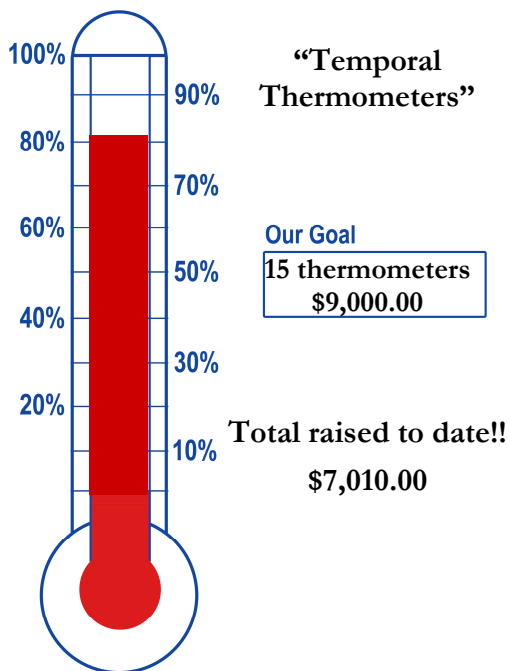
Just a small donation from you will make a big difference to us!!



Due to the increasing cost for printing and postage of our newsletter, June September October was the last issue mailed to members.

Starting now all Network News Issues will be emailed. If you don't have an email address have one of your members in your branch print a copy for you. If I don't have your email address on file, please make sure you send it to:

bcwi@bcwi.ca



BCWI Fundraising Challenge to All Branches & Members

“How many Temporal Thermometers can BCWI buy for BC Children’s Hospital”

A fever is a normal response to a variety of illnesses. In fact, almost every child will develop a fever at some point and generally most will recover within a few days. However, for a child with cancer, a fever can prompt a visit to the emergency room. Patients that are undergoing cancer treatment have weak immune systems and are vulnerable to infections that can be life-threatening—even common illnesses. Before a fever leads to greater complications, caregivers closely monitor a patient’s body temperature and provide treatment accordingly. For accurate readings, thermometers are essential.

BC Children’s Hospital currently uses a variety of thermometers (in-ear, oral, rectal). Due to the aging technology they can malfunction, and for patients that are particularly fussy, getting an accurate temperature can be difficult.

Caregivers take multiple readings as a safeguard, but replacing them is the best solution. The hospital is seeking to purchase Temporal Thermometers as they come equipped with the latest technology and provide accurate readings without being invasive. The thermometer is placed on the patient’s forehead or behind the ear lobe. Even our most restless patients will receive an accurate reading. With donor support, BC Children’s Hospital will be able to purchase these much needed thermometers. Cost per unit \$600.00



IN HOUSE RAFFLE



THE WINNER IS...

Alanna Clempson—Ryder Lake WI

Winner of a \$50.00 Canadian Tire Gift Card

This Raffle raised \$223.00

Next draw to be held—October 15, 2017



NETWORK NEWS SCHEDULE

Please send your articles for each newsletter to:
The BC Provincial Office by:

- ◆ October 15 for Nov-Dec-Jan Issue
- ◆ January 15 for Feb-Mar Issue
- ◆ March 15 for Apr-May Issue
- ◆ May 15 for Jun-Sept-Oct Issue



!!CANADIAN TIRE MONEY!!

Does your branch have Canadian Tire Money they would like to donate to the Provincial Office??



!!REMINDER!!

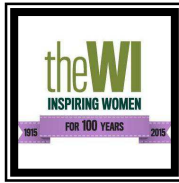
BRANCH & DISTRICT

Members attending our Triennial in
Vanderhoof

Don't forget to bring your



!!BANNERS!!



Find us on Facebook!!



- British Columbia Women's Institute
- Federated Women's Institutes of Canada
- Associated Country Women of the World
 - Northside Women's Institute
 - Atchelitz Women's Institute
 - Royal Oak Women's Institute
 - Upper Sumas WI
- Comox Valley—Lazo Women's Institute
 - Langford Women's Institute
 - Dragon Lake Women's Institute
 - Ryder Lake WI



Growing a Healthier You

May – April showers bring May flowers and Mother's Day. How did your mother inspire you? How do you inspire your daughters, granddaughters, nieces and cousins? How do you inspire other women in your community? How did Jane Hunter inspire her daughter Adelaide Hunter Hoodless? In many ways we can only guess at how Jane inspired her daughter Adelaide. For those women involved in Women's Institutes and those who graduated as Home Economists we thank Jane for all she did to inspire her. It is because of Addie we are who and what we are today. I challenge you to think of all the ways you have used to *grow a healthier you* by inspiring other women?





Provincial Calendar



- January 15—Branch Convener Reports to District Convener
- February 15—District Convener Reports to Provincial Convener
- March 15—Provincial Convener Reports to FWIC & BC Provincial Convener Chair—Brenda Devauld
- April/May—District Spring Conferences/AGM
- July/August—Break from WI Activities
- August 31—Branch Financial Year End
- August 31—Erland Lee Award Application Deadline
- September/October/November—Branch Annual Meetings
- December 31—Membership Dues to Provincial Office

Special UN Days

- February 13—19—Women’s Institute Week
- February 27—Adelaide Hoodless Birthday
- March 8—International Women’s Day
- March 22—World Day for Water
- April 7—World Health Day
- April 29—ACWW Day
- May 15—International Day for Families
- May 21—UNESCO’s World Day for Cultural Development
- May 28—International Day of Action for Women’s Health
- June 1—International Children’s Day
- June 5—World Environment Day
- July 11—World Population Day
- 3rd Tuesday in September—International Day of Peace
- September 8—International Literacy Day
- 1st Monday in October—World Habitat Day
- 1st Monday in October—Universal Children’s Day
- October 11—International Day of the Girl Child
- October 15—World Rural Women’s Day
- October 16—World Food Day
- October 17—World Trauma Day
- October 24—United Nations Day
- October 24—World Development Information Day
- October 24—30—Disarmament Week
- November 25—International Day for the Elimination of Violence Against Women
- December 1—World AIDS Day
- December 10—Human Rights Day

BCWI Office—Sales Items

BCWI Handbook	\$5.00
History Book Set	\$50.00
(add \$20.00 shipping for above set)	
History Book	\$50.00
100 Women Book	\$30.00
Winning Ways	\$2.00
BCWI Business Cards	20/\$1.00

Sundry Items

Tartans	\$3.00
---------	--------

Pins

ACWW	\$6.00
FWIC	\$10.00
BCWI “collector” Centennial	\$3.00
BCWI Member	\$6.00
BCWI Logo	\$6.00
BCWI Branch Service	\$10.00
BCWI District Service	\$10.00
BCWI Provincial Service	\$10.00
BCWI Bar (plain)	\$5.00

Stationery

WI Logo Stickers	\$1.50
------------------	--------



BC WOMEN’S INSTITUTE

**PO Box 36
Barriere, BC V0E 1E0
250-672-0259**

bcwi@bcwi.ca
www.bcwi.ca