

June, 1993

Shedden WI

Women learn art of flower arranging

President, Lois Oldham opened the June meeting of the Shedden Women's Institute with a short reading and welcomed 15 members who were present. Many interesting answers were given for the roll call being - Name the first craft you can remember making as a child. The most popular answer was knitting as many members helped out knitting articles during the war years.

Cheryl Garvin introduced the guest speaker for the evening Cindy Thwaites from Loralin Flowers. She capably guided the members through the steps of arranging flowers. She used many different species and colors of flowers to co-ordinate an all-round bouquet of flowers in a wicker basket. The majority of the flowers used at Loralin Flowers are locally grown but some are imported from Columbia such as roses. The members learned new flower names, how to use containers around the house for flower arranging and how to properly arrange flowers. Ilene Orchard thanked her for coming to the meeting and presented

her with a gift.

Daffodil tickets were purchased by members and correspondence was handled. A Shedden Fair Committee was chosen to be Jean Palmer, Barb Botden, Cheryl Garvin and Pat Palmer. Members who volunteered to help at the Elgin Manor Tuck Shop were Sharon Welch, Brenda Silcox and Margaret Turner. The Museum Report was given by Jean Palmer. Many interesting things are planned for the summer at the museum and members were urged to attend if possible.

The Welcoming Committee would like to welcome Brent Fulton and Sharon Merriett to our village who have recently moved to a home on John Street.

Meeting was adjourned and lunch was served. An appropriate dessert of angel food cake and strawberries was served and enjoyed by members following a time of visiting. The next meeting will be held on Sept. 22 where members are to meet at the Bethany United Church at 6:30 and then they will have a tour of Quai du Vin Estate.

September, 1993

Shedden WI tours winery

The Shedden Women's Institute had a tour of Quai du Vin estate Winery for their September meeting.

Rob Quai, owner and winemaker, gave a guided tour of the vineyards, winery and retail store. Rob explained the different varieties of grapes on the 18 acres and the maintenance for abundance and excellent quality required.

Rob led members through the production of winemaking and, also, explained they are keeping the winery small to maintain the same hands-on control over the quality of the wine.

Everyone enjoyed the samples of wine provided by Rob and his wife Lisa.

Pauline Silcox thanked Rob and presented him with a gift of appreciation.

At Shedden Bethany United Church, president Lois Oldham, assisted by secretary Barbara Botden, opened the meeting with the motto: Here with a loaf of bread beneath the bough, a flask of wine, a book of verse and thou.

Pauline Silcox reported on an excellent fair. A big thank you to the volunteers who helped the Ladies Booth become a successful event.

Ladies, fill out the Read-

ership Survey on the back of fall issue of the Home and Country and mail it in.

Mark these dates on your calendar:

Oct. 14 — London Area Convention W.I. theme, "Meeting the Challenge" at the Carado Community Centre, Mt. Brydges. Registration starting at 8:45 a.m.

Oct. 19 — Rally; Fingert United Church at 7:30 p.m.

Oct. 19 — Rosy Rhubarb meeting. Shedden Tea Room at 7:30 p.m.

Oct. 21 — Elgin Manor Volunteer Luncheon at 1 p.m.

Oct. 23 — Giant fall bazaar McBride's Christian Fellowship Church from 10 a.m. to 5 p.m.

Oct. 23 — Autumn leaf coffee break, Frome United Church from 9:30 a.m. to 11:30 a.m.

F.W.I.O. Quilt competition for the 100th anniversary. Theme "Patterns of Time." If you are intending to enter, the deadline is Dec. 31, 1994.

The evening ended with lunch served by committee members Madeline Park, Beth Vicary, and Pauline Silcox.

Dora MacArthur gave the courtesy remarks.

The next meeting is Wednesday Oct. 27, Bethany United Church at 7:30 p.m.

October, 1993

Shedden W.I. guest from Canadale Nurseries

The October meeting of the Shedden Women's Institute was held at Bethany United Church.

Brenda Silcox introduced the speaker, Connie Silcox. Connie is married to Currie and they have two children and she is a member of the group. In 1991, Connie had a career change and started working at Canadale Nurseries doing office work.

Canadale Nurseries was founded in 1955 by Bill and Joan Intven. They have seven children with two of their children working in the operation.

Canadale's name came from "Canada" their new home, and dale from the surrounding street names ending in dale.

The Nursery expanded to 100 acres with an estimated two million plants. One of Connie's jobs is wholesale to other nurseries and garden centres across Ontario and Quebec.

Canadale Nurseries has developed and holds the registration on two C.O.P.F. Plants: Canadale Gold Euonymus and Jessica Globe Cedar.

Around the nursery coloured pictures are found of each selection with a description to size, soil and exposure. For retail customers a colourful catalogue is mailed or picked up at the Nursery to help make selections.

Connie said, "Variety and unpredictability keeps my job interesting." She finished with a contest "Which One Am I" and congratulations to Sharon Welch and Agnes Armstrong who won bulbs.

Margaret Turner thanked Connie for sharing her experiences and presented her with a gift.

President, Lois Oldham conducted the meeting, assisted by Barbara Botden, secretary.

The Motto: The best tool for any job - enthusiasm - makes heavy work lighter. The roll call was answered by 15 members and three guests.

An invitation from River Road W.I. to their Coffee Break, Thursday, November 4th, was received.

Children's Hospital Western Ontario are selling Christmas Cards for a fundraiser.

Jean Palmer reported that Shedden is hosting the Winter Picnic on Monday, January 10th, 1994.

Pat Palmer reported for the Welcoming Committee and

welcomed Terry and Lorraine White, and Pat and Michelle Norton and family. Welcome to Shedden!

Madeline Parks reported from Elgin Manor and had three tidbits to pass on:

Never speak at a person's back when reporting always stand in front; when visiting people at a rest home speak loudly and clearly; always add a hug.

Carol Gordon reported on the London Area Convention held in Mt. Brydges. Theme: "Meeting the Challenge".

The Royal Winter Fair Luncheon is November 11th and people are needed for the W.I. booth.

F.W.I.O. Personal Growth and Renewal Courses, April 12th - 15th, 1994. A choice of Drama or Photography.

F.W.I.C. Convention, 1994, Truro, Nova Scotia, June 2nd - 6th. Requests are to be sent for a registration form, along with a self-addressed envelope. Only 235 delegates from Ontario will be allowed.

A.C.W.W. Conference, February 1995, New Zealand. A person must have a two-year membership before being eligible to go.

Lois Oldham gave the courtesy remarks and thanked Brenda Silcox and Margaret Turner for a delicious dessert and interesting meeting.

The next meeting is Wednesday, November 24th, 7:30 at the Shedden Bethany United Church with Dorothy McLaughlin as convenor. Roll call: Name a school classmate and tell where that person is today or something about that person.

November, 1993.

Arthritis discussed at meeting

The Shedden Women's Institute met for their November meeting at the Shedden Bethany United Church.

Dorothy McLaughlin introduced the guest speaker, Bonnie Spencer Beer from The Arthritis Society, London. Among many duties, Bonnie is involved in Fund Raising and working with volunteers in four counties.

The Arthritis Society was established in 1948 for causes and cures. This non-profit organization credit the volunteers' dedication to helping make the society what it is today.

Nearly 60 per cent of Canadians with arthritis are women. This disease is not exclusively of the elderly, some 74,000 children have juvenile forms of arthritis.

There are no cures for arthritis but the treatments have

advanced. Several support groups meet in London, St. Thomas, and surrounding areas. These groups give support and encouragement, provide education and information.

Bonnie showed a video called "Managing Your Arthritis" and displayed several devices to assist anyone with the disease.

Jean Vine thanked Bonnie and gave her a gift of appreciation.

President Lois Oldham conducted the meeting with the assistance of Barbara Botden, Secretary.

The Motto: Education is not merely the road to planning a living but that which make life worthwhile.

A letter was received notifying members about T-shirt Magic, Hands on Creation, Tuesday, Feb. 8, 1994, from 12:30 p.m. to 3:30 p.m. at the

South Dunwich Community Hall, Wallacetown. Bring T-shirt or sweatshirt. To register the deadline is Jan. 15, 1994. For more info contact our secretary.

Jean Palmer had a request from the Rosy Rhubarb Committee to do another play for their talent night in February. We were delighted to accept the challenge.

Carol Gordon and Connie Silcox completed the task of sorting and checking 189 rhubarb recipes for the Rosy Rhubarb Cookbook.

Dorothy McLaughlin and Jean Vine served a delicious lunch to conclude the evening.

Cheryl Garvin gave the courtesy remarks.

The next meeting is Wed. Dec. 15, 7:30, at the Bethany United Church. Ladies, please, bring a white face cloth for a craft. See you there!

December, 1993

Shedden WI members make dolls

The Shedden Women's Institute held its Christmas program at the Bethany United Church on Dec. 15.

Lois Oldham, president, conducted the meeting assisted by Barbara Botden, secretary.

The group is hosting the winter picnic at Shedden Bethany United Church on Monday, Jan. 10 at 6:30 p.m. Please bring dishes, cutlery and one item for potluck supper. The speaker is Robert Hubert on banding of hawks at Hawks Cliff.

Welcome to Roger Lunn and Ann Rolfe who recently moved to John St. North. Several gifts were collected for Christmas Care.

To start the program Sharon Welch led in singing Christmas Carols. Carol Gordon displayed a Japanese book titled, The Night Before Christmas with illustrations by Grandma Moses. Carol read an English version and gave a brief history of Anna Mary Robertson Moses 1860-1961.

A Christmas scramble was

enjoyed by all thanks to Margaret Carder.

Everyone had a fun time folding and decorating their white facecloths into a baby doll. To add a final touch to the doll a small poinsettia flower was added.

Lunch was served by Margaret Carder, Sharon Welch and Carol Gordon. Lois Oldham gave the courtesy remarks. The next meeting is Jan. 26 at 7:30 p.m. at Pat Palmer's home.

January, 1994

Women reflect on happiness at meeting

The Shedden Women's Institute met at Pat Palmer's house for their January meeting.

President Lois Oldham opened with a poem entitled "Rule for Happiness". Everyone repeated the Institute ode and The Marty Stuart Collect. The motto: Live your life as an exclamation, not an explanation.

Pat Palmer introduced the guest speaker, Marion Orchard, Shedden, and her topic, "Reminders on how to live a happy and rewarding year".

Marion stressed we all should communicate better with punctuation and live our life with enthusiasm! Don't worry about tomorrow and are what's happening today. She suggested two books, "Life's Little Instruction Book" and Mother Teresa's "My Life With the Poor". These are two different versions of writing but both reflect on how to live a happy life. Marion read a poem, "I Know something Good About You" by Kay Chambers. Then each lady had to say something good about the person on their right. What a wonderful feeling! That's not all, we had to get up and hug anyone in the group and say "I like or love you".

Set your priorities and don't procrastinate. Remember the smallest good deeds are the ones with 'bits of heaven'. Happiness can not be bought, found, stolen or in food or drink. True happiness is a deep well in your being and will

come to you as you give happiness to others.

Marion made a "Survival Kit" list for our refrigerators and reminded us about the International Year of the Family, 1994. She ended by telling us to "start doing what is right today and you will be happy". Margaret Campbell thanked Marion and gave her a gift of appreciation.

President Lois Oldham conducted the meeting, assisted by Secretary Barbara Botden. The following meetings were announced:

- Personal Enrichment Seminar, Southwold Public School, Saturday, Feb. 26, from 9:15 a.m. to 3:15 p.m.

- Leadership in Action, sponsored by OMAF, March 22 to 25, Cedar Glen Conference Centre, Bolton, Ont.

Contact the secretary for further information on any of the above seminars.

There will be a Shedden Public Library meeting tonight, at 7:30 p.m. at the Shedden Country Club.

The Rosy Rhubarb Variety Show will be held at the Shedden Country Club on Saturday, Feb. 19, starting at 8 p.m.

Pat Palmer and Margaret Campbell provided lunch and Pauline Silcox gave the courtesy remarks.

The next meeting is Wednesday, Feb. 23, at 7:30 p.m. at the Bethany United Church. Please prepare in advance for the roll call which will be a current event (international or otherwise) from the year you were born. All ladies welcome.

March, 1994

Shedden WI hears about being healthy

The March meeting of the Shedden Women's Institute was held at the Bethany United Church with president Lois Oldham opening with the motto: Laughter is the sustainer of life and the best of all physicians.

Dora McArthur introduced our guest speaker Kathy Nesbitt, who is a public health nurse with the Elgin-St. Thomas Health Unit.

Their logo - the mission of the health unit is to maintain a healthy community and enable all in Elgin County to achieve and maintain a good state of health.

Their motto - Your health is your wealth.

There are four health goals with 21 programs. The first goal is healthy growth and development. These are a few examples of Kathy's job requirements: parent preparation classes, consultation with new parents, health education for teens and adults, displays on stress management, fitness and smoking and education for seniors.

The second goal is healthy lifestyles. Kathy is fully involved with this program and these are a few examples: promotes self-esteem especially with children, nutrition, exercise, brain stimulation and tobacco and substance prevention. Working with the Family and Children's Services and Adolescent Services are another direction her job ventures into.

Kathy is not involved with last two goals. *Healthy Environments* - the health unit promotes healthy sanitation practices, water and a hazard free environment. *Communicable Disease Control* - immunization programs and promotion of health sanitation practices. Kathy says her occupation as public health nurse is different from Home Care, VO Med Care or Para Med. She is on a fun stretch exercise journey through Elgin County a back home. Very refreshing!

Barbara Botden, secretary, thanked Kathy and presented her with a fruit basket. Barbara read the minutes and the correspondence.

Jean Palmer gave a museum report and a request for more volunteers for the museum because of staff cutbacks.

Pauline Silcox donated her handcrafted cross stitch pictures for a future fundraiser.

Ladies enter a Song Competition for the 100th anniversary in June 1995. For more information contact the secretary.

An Easter decorated table with a delicious dessert was prepared by Barbara Botden and Dora McArthur. Pat Palmer gave the courtesy remarks.

The next meeting is Wednesday, April 27, at 7:30 p.m. at the Shedden Bethany United Church. All ladies welcome.

February meeting cancelled because of inclement weather



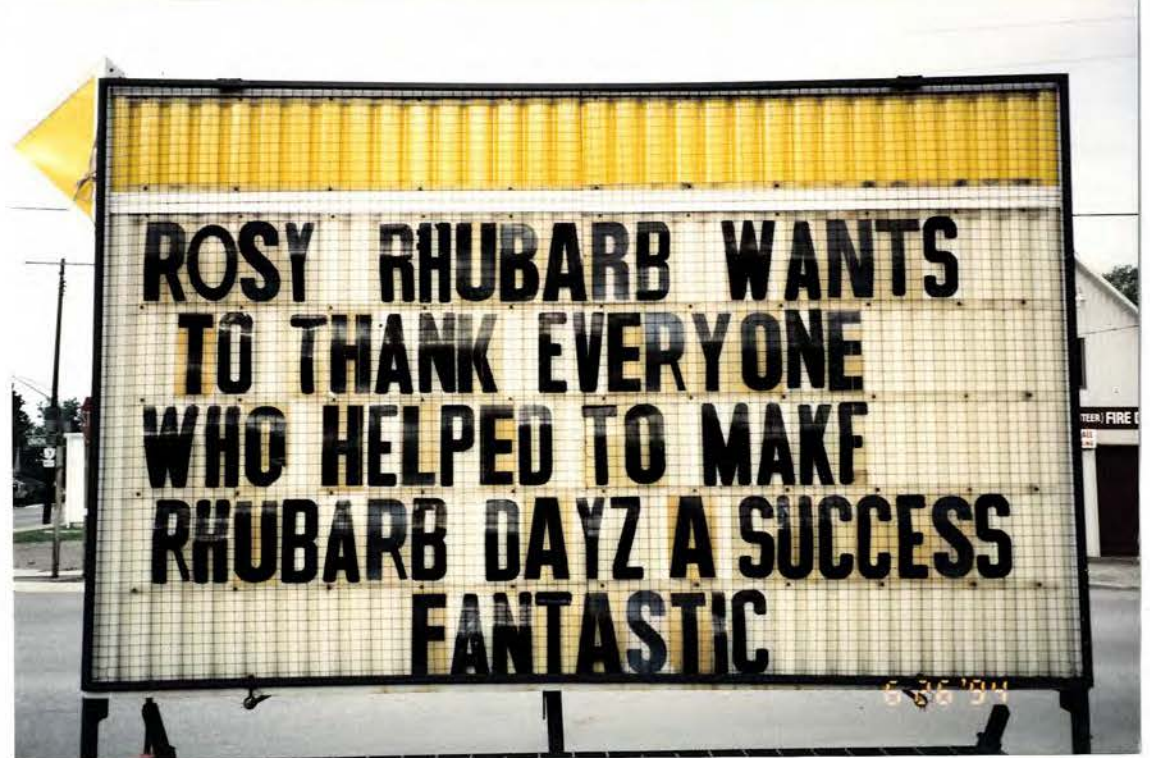


















Shedden WI discuss Canadian women

Connie Silcox began her term as the new president of Shedden Women's Institute with the following Words of Wisdom - "God put me on earth to accomplish certain things. Right now I am so far behind I'll never die". Brenda Silcox assisted her as secretary for the meeting held May 25th at Bethany United Church, Shedden.

The roll call "If you could relive your life, what profession would you choose?" and the motto was "If you take too long deciding what you want to do with your life, you have probably already done it".

During the business portion of the meeting, the following announcements were made:

Valerie Fisher, Pres. F.W.I.C. will be visiting Ontario the latter part of May on her way from Australia to Truro, N.S. for the F.W.I.C. convention in June; Park House, the new residence for the offices of the Women's Institutes of Ontario in Guelph, is having an official opening ceremony and open house on August 21st; Wednesday, June 22nd, the annual Strawberry Social will be held at the Elgin County Pioneer Museum. The members are forwarding a letter to the Ontario government requesting that the Milton Agriculture Museum not be closed.

Carol Gordon gave a detailed report of the 86th Elgin West District Annual held on May 4th. Rosy Rhubarb Days ac-

Tweedsmuir history curator Shedden WI speaker

SHEDDEN - Shedden Women's Institute met at Bethany United Church for its April meeting with 16 members present.

President Lois Oldham opened the meeting assisted by secretary Barbara Botden. Roll Call: If you could relive your life what profession might you choose.

With pride and admiration, Jean Palmer introduced her sister, Dora McArthur our Tweedsmuir History Curator as speaker.

Dora presented 10 books for viewing. All books are up to date for PRO reports, WI programs and pictures. The original Tweedsmuir is photocopied and placed in the Shedden Library for easy access to the public.

In 1988, Dora started a project making records of properties in Shedden including pictures. Extensive work is still required.

Lois Oldham thanked Dora for the excellent presentation.

Pat Palmer and Jean Palmer

were presented with plants in appreciation for instructing members on decorating sweatshirts.

Three Certificate of Merits were presented to members of good standing and who have contributed to the organization. They are: Ina Ross, Beth Vicary and Dora McArthur. Congratulations!

Brenda Silcox noted the official opening in Guelph of the new FWIO Headquarters is Aug. 21.

The Museum report by Jean Palmer was on fundraising projects including a Silver Service Dinner Raffle - dinner for four.

A dessert luncheon was served by Lois Oldham and Jean Palmer.

The next meeting is Wednesday May 25 at Shedden Bethany United Church at 7:30 p.m.

The Officers for 1994-95 are as follows:

Past President - Lois Oldham

President - Connie Silcox

Vice-President - Jean Palmer

Second Vice-President -

Sharon Welch

Secretary - Brenda Silcox

Treasurer - Pauline Silcox

District Director - Lois Oldham

Alternates - Cheryl Garvin
Brenda Silcox

Branch Directors - Maxine Silcox, Jean Vine, Margaret Turner

PRO - Dora McArthur
Remembrance - Ilene Orchard

Ina Ross, Cheryl Garvin
Pianist - Beth Vicary

Tweedsmuir History Curator - Dora McArthur

Museum & Rally Representative - Carol Gordon

Assistant - Jean Palmer
Elgin Manor Rep. - Madeline Parks

Assistant - Margaret Turner
Program Coordinator - Pa

Palmer
Welcoming Committee - Pa

Palmer
Auditors - Dorothy McLaughlin, Margaret Turner

tivities were reported by Jean Palmer. Shedden W.I. is manning an information booth and sale of their homemade Rhubarb jam along with other articles on Saturday.

Jean Palmer was convenor, and Lois Oldham, as her committee, presented an interesting program on Canadian Women. They reviewed the lives of 14 well-known Canadian women of varied talents and following the presentation a contest was held to identify

these women. They concluded the evening by serving a tasty dessert.

The next meeting will be held in Bethany United Church on June 22nd with the theme being "International Year of The Family." At that time a draw will be made from tickets sold on 2 framed needlepoint pictures donated by Pauline Silcox.