

# LIVING/ENTERTAINMENT

## Elgin West WI holds 86th annual meeting

The Elgin West District Women's Institute 86th annual meeting was held in the South Dunwich Community Hall, Wallacetown May 4, with 11 branches in attending and Tyrconnell Institute as host.

President Jean Leitch opened the meeting. The theme for 1994 is "Year of the Family". Jean said the definition of family is any class of life or related thing, basic unit of society supporting individual members, a group of people who come together with a sense of values, room for encouragement, enjoyment and fellowship. Duties should be shared equally and should be fun and interesting.

Catherine McAlpine, Tyrconnell WI president welcomed everyone. Sally McIntyre, President of Wallacetown WI invited everyone to next year's meeting,

being hosted by her Institute.

Middlemarch WI conducted "In Memorium", remembering past members who died.

Margaret Dale, London Area president, said the London Area Convention is Oct. 27 at Mt. Brydges with Middlesex East as Host. She asked members to encourage young people to apply for the Maryn Pardy Scholarship, as there are not getting many applications. She said the 'Theme' of a meeting should be inspired and looked forward to. Coordinate different parts of your meeting around the 'theme'. She defined 'Theme'- T-think, H-hopé, E-educate, M-message, E-evaluate, and gave best wishes to Elgin West District WI.

Salle McIntyre - Tweedsmuir History - has added seven new pages to her book this year.

Pauline Lindsay officiated the Election of Officers for 1994. Rena Campbell read the nominating committee report of officers: Past President: Jean Leitch; President: Willa Johnston; 1st Vice: Ann McLean; 2nd Vice: Faye Thorne; Secretary/Treasurer: Eleanor McMillan; Public Relations: Dorothea Jewell; Program coordinator: Grace Campbell; Tweedsmuir History: Sally McIntyre; Asst. Tweedsmuir History: Helen Van Brenk.

Jean Leitch introduced Margaret Dale - President London Area WI, Betty Van Patter - President Elgin East WI and her Treasurer Bernice Taylor, Hilda Morden - New Branch Coordinator.

Betty Van Patter - President Elgin East WI reported that the FWIC Theme is "Today's family, Tomorrow's Future". There are four stages of man. A) When he believes in Santa Claus, b) when he doesn't believe in Santa Claus, c) When he is Santa Claus and d) when he looks like Santa Claus.

Eleanor McMillan, Elgin County Rally President and her treasurer Lil Lawson brought greetings. There are still some fridge magnets available.

Roll Call: 2 members from each Branch gave a highlight of meetings in the past year, donations to Pennies for Friendship and a craft for Area Convention.

Norma McMillan from the Daffodil Society said ticket sales on the quilt at the Cancer Tea was very successful. Oct. 4, 1994 is Coffee Break from 9:30 - 12:00 p.m. hosted by the Middlemarch WI at Fingal United Church.

Pauline Lindsay: Provincial Board Director brought greetings from the Board of FWIO. On March 22 they had a dinner and tour of the office. The dinner was served by the Puslinch WI. The Moving Committee gave a report and they had a shower of gifts for the office. The new President Elect is Margaret Harris. Peggy Knapp reported Conference '97

will be held at Hamilton Convention Centre June 16 - June 22, 1997 with the 'Theme' "Indebted to the Past - Committed to the Future."

ACWW President Valerie Fisher will be visiting Canada to attend to the FWIC Convention in Truro NS on May 26. May 28 will be the Open House at Erland Lee and members are invited to join from 2-4 p.m. May 29 the Hoodless Home will entertain at lunch, with an Open House from 2-4 p.m. Institute members are asked to write letters to the Ministry of Health to protest a discriminatory grant. Sample letters from the Ministry will be sent out to the branches. Centennial Plate orders will be shipped early in June. Song competitions should be received by FWIO no later than Nov. 20.

They still need pictures of anything in the past 100 years for Coffee Table Book. The Show at the Lee is June 24 - July 23, Harvest Festival Luncheons Sept. 27 & 28. Conference '94, Geneva Park, Aug 12, 13, & 14. Home & Country magazines will be mailed out by actual numbers in the future. Centennial Book Committee, Dr. Linda Ambrose would like to finish interviews by end of summer.

Grace Campbell - Program Coordinator gave a report for the Branches in Elgin West. She said more Institutes should sponsor 4-H Clubs.

Eleanor McMillan - Elgin West New Branch Coordinator suggested promoting WI for our 100th anniversary and advertising meetings.

The gavel was turned over to new President Willa Johnston, who thanked the Institute members for having confidence and making her president of Elgin West District WI. She thanked Jean Leitch and Margaret Campbell for a job well done and presented each with a 100th anniversary mug.

# Shedden WI focuses on Year of the Family

By Dora H. McArthur

**SHEDDEN** – Shedden Women's Institute met for its June 22 meeting at Bethany United Church. Guests for the meeting were members of Aughrim Women's Institute, Alvinston.

President Connie Silcox chaired the meeting, which dealt with the Year of the Family. Brenda Silcox assisted as secretary. The president read a poem entitled 'What is a Family?' by Francis Nugent. The motto: "We live under the same sky, but we don't have the same horizon" – Konrad Adenaur.

Roll call 'A current event (international or otherwise) from the year you were born.'

A valued member and immediate past secretary, Brenda Boden, was given a gift by Lois Oldham, past president, and Cheryl Garvin, on behalf of the members. Barbara, and her family, are moving in the near future.

During the business portion of the meeting, a letter was signed by all the members to be forwarded to Price Waterhouse, Kitchener, Ont., re: an opinion survey on the closing of Milton Agricultural Museum.

WI limited edition Centennial Plates (1997) may be ordered.

A bus trip is being organized to attend the official opening of FWIO new offices in Guelph on Aug. 21. Those interested in going may contact Betty VanPatter.

Members of Shedden WI at-

tended the Strawberry Social at Elgin pioneer Museum, in St. Thomas, in the afternoon of the meeting day. The Tea was most successful and an announcement made that Col. Talbot's desk has been added to the Col. Talbot Room. It was donated by the present owners of the Talbot Estate.

All those who helped at the WI booth at Rosy Rhubarb Days were thanked by Jean Palmer who convened the booth. A committee was appointed to work with the Bethany UCW to plan the food booth for Shedden Fair, Aug. 26-28.

Appreciation was expressed to Sharon Welch for her efforts in printing the meeting programs for 1994-95. . .

A draw was made on two cross-stitch pictures made and donated by Pauline Silcox.

An interesting presentation was made by Connie Silcox, convener, on the subject 'The Year of the Family.'

The United Nations general Assembly in its resolution 44/82 of Dec. 8, 1989, proclaimed 1994 the International Year of the Family. The Canadian committee has initiated several national challenges to promote greater awareness and understanding about work and family issues.

**GOAL** – to mobilize and sensitize the Canadian public to issues regarding families and family-related matters.

**PURPOSE** – to encourage

Canadians to consider their role in strengthening families.

**MISSION** – to emphasize the importance of the function family performs as a financial, nurturing, protecting, educating and cultural unit and how crucial it is in the development of individual members and their contribution to Canadian society.

**SYMBOL** – we see it in many places. . . a heart sheltered by a roof, linked to another heart, to symbolize life and love in a home where one finds warmth, caring, security, togetherness, tolerance and acceptance. The open design is meant to indicate continuity with a hint of uncertainty. The brush stroke, with its open line roof, completes an abstract symbol representing the complexity of the family. The color is rubine red.

A poster was also issued. This illustration by Suzanne Duranceau was designed for a commemorative postage stamp sheet marking the Year of the Family.

A quiz was distributed on Family Facts to test the knowledge on family statistics in Canada. A second quiz involved identifying familiar faces seen in the media and stating facts about their families and personal achievements.

A social time was enjoyed, with visiting with members and guests along with strawberries, cake and ice cream prepared by the convener and her committee.

# Shedden W.I. tour Children's Hospital

On Wednesday, September 28th Cheryl Garvin, Convenor of Family and Consumer Affairs, arranged a tour of Children's Hospital of Western Ontario. Linda Cudmore, Telethon co-ordinator for the Children's Hospital Foundation greeted the 10 members and 2 guests of Shedden Women's Institute and guided them to the Paediatric Critical Care, Emergency and Admitting units. The supervisor of each of these departments explained the functions of their department and those present on the tour were given the privilege of witnessing treatment being given.

There are 13 Children's Hospitals in Canada, and 3 are in Ontario. London hospital is the only one between Winnipeg and Toronto. It

treats 7,000 children each year and 50% of those are from outside the city. The children range in age from premature babies to 16 years of age.

Telethon funding and contributions from organizations and private citizens provide many of the special machines and equipment to operate the hospital. A Child Life Specialist is employed to provide special needs to the patients and there are several activity rooms for the children to apply their creativity and expand their interests while they are recovering. A helicopter pad is adjacent to the hospital for rapid transportation of emergency patients.

At the conclusion of the tour Mrs. Cudmore was thanked for her time and interesting information, and a contribution to the hospital was made in appreciation.

Bethany United Church, Shedden, was the meeting place following the tour and several more members joined

the touring group for the meeting. The theme of the meeting was: Tell about someone who has benefitted from this hospital. The Motto, "Everything that is done in the world is done by hope," - Martin Luther. Connie Silcox, president, conducted the business meeting, and Brenda Silcox, secretary, assisted. Pauline Silcox, treasurer, reported on the financial success of the W.I. Food Booth at Shedden Fair in August.

Announcements to keep in mind were:

W.I. Area Convention on Thursday, October 27th, at Caradoc Community Centre, with Peggy Knapp, Area President for Canada, as guest speaker; Tuesday, October 18th, the Elgin County Rally will hold a Social Evening at Yarmouth Centre at 7:30 p.m.

Lois Oldham reported on the Fall Board meeting that she attended at Kintyre Presbyterian Church on Saturday, September 24th. She announced that the theme, "Year of the Family," will continue for another year.

The next meeting will be held at Bethany United Church on October 27th at 6:30. It will be Family Night with a pot luck supper, and Lorne Spicer will show pictures of Japan where he visited this past summer.

Following the social hour, Pauline Silcox expressed the thanks of those present to Cheryl and her committee Maxine Silcox and Margaret Carder for a most splendid meeting.

# Family pot luck enjoyed by Shedden WI

SHEDDEN - On Wednesday, Oct. 26, the Shedden Women's Institute met at Bethany United Church for a Family Night Pot Luck Supper and meeting.

The evening was arranged by Carol Gordon and Sharon Welch who had tastefully decorated the dining room and tables for the occasion. Following a sumptuous meal, the meeting adjourned to the church sanctuary, and the roll call, "A little known fact about Canada" resulted in many knowledgeable and interesting answers by all those present.

Carol Gordon introduced our guest speaker Lorne Spicer who showed beautiful slides and

provided excellent narration on the trip he enjoyed to Japan in March of this year. We learned of customs, transportation, food, tourist attractions, accommodations, nature and weather conditions. At the conclusion of his presentation he was thanked by Sharon Welch and presented with a gift in appreciation.

## THEME

The theme of this meeting was: "The greatest undeveloped territory in the world lies under your hat". During the short business portion of the meeting which was chaired by Connie Silcox, president, the secretary Brenda

Silcox read the correspondence which included a newsletter from Bethany United Church, an invitation to River Road WI Coffee Break on Nov. 3, from 9:30 a.m. to 11:30 a.m. at the home of Mary Veenstra and a notice of the Personal Enrichment Seminar, sponsored by the Elgin Women's Institutes to be held at Southwold Public School on Feb. 25, from 9:15 a.m. to 3:15 p.m.

The Nov. 23 meeting will be held at Bethany United Church at 7:30 p.m. with the guest speaker being Paula Harris on the subject of Stamp Art.

# Shedden WI

BY DORA MCARTHUR

On Nov. 23, Shedden Women's Institute held their meeting at Bethany United Church, Shedden with members of the district executive in attendance.

Connie Silcox, president, began the meeting by reading a poem entitled 'November' by Catherine E. Berry. The theme for this meeting was "Spend your hours learning instead of yearning."

Roll call - "Name a Canadian author and a book he or she has written" was responded to and resulted in a variety of interesting answers.

Correspondence dealt with included announcements. The winter picnic will be held at Crinan on Jan. 22, with the theme "Let's Celebrate." A course of "Stencil Magic" will be held at Wallace-town, Feb. 7, 12:30-3:30 p.m. There is a charge to learn how to paint a T-shirt.

Reports were given by members who had attended a variety of functions during the past month and annual donations were

made to many charities.

Dorothy McLaughlin introduced the guest speaker for this meeting - Paula Harris, of Harris Galleries, Union. She demonstrated her usual art form using paper, rubber stamps, embossing powder, and an embossing gun to create attractive and personal cards, book marks, Christmas tree ornaments etc. Those present were then given the opportunity to express their talents by creating their own designs to take home to surprise their families with their creativity. An opportunity to further explore this craft will be available at Southwold Central Public School on Personal Enrichment Day, Feb. 10. Margaret Campbell thanked our speaker on behalf of all those in attendance.

Dorothy McLaughlin, convener, and Margaret Campbell served a tasty lunch. Their centrepiece of fresh flowers was won by Ruth Hunter. Courtesy remarks were made by Dora McArthur to the convener and committee for this most enjoyable evening.

1994

# Shedden W.I. enjoy making ornaments

The Shedden Women's Institute met for their December 21st, 1994, meeting at the home of Pat Palmer, Shedden. The motto for this Christmas meeting was "Somehow, not only for Christmas, but all the long year through, the joy that you give to others, is the joy that comes back to you". Seventeen members answered the roll call: "Somewhere you'd like to go or something you'd like to do, but there never seems to be enough time during the Christmas season." Connie Silcox, president, and Brenda Silcox, secretary, resided for the meeting. Three members will attend the pencil Magic Course on February 7th, 1995, at South Lunwich Hall, Wallacetown. Shedden Unit provided a sale of Christmas cookies at the

Museum Tea on December 2nd and the gratifying proceeds from this was donated to the Museum.

Christmas Greetings from members unable to attend, along with former members who have left the community, were read and enjoyed. A packet of bulletins and signs, received from the Ontario Ministry of Health in connection with the Ontario Tobacco Control Act, were displayed and made available for use.

A silent time was observed to honour the memory of Ina May (Atkinson) Ross, whose funeral had been attended by many of the members on the day of the meeting. Ina was an active and valued member of Shedden W.I. for 70 years.

The 4-H club members, to show appreciation to Shedden W.I. for sponsoring them, made Christmas tree ornaments designed in Counted Cross Stitch in their last 4-H course, and Judy Finnigan presented these to the members.

Pat Palmer, assisted by her daughter Kelly, instructed the members in making their own tree ornament from a Christmas card. Each member made a "Love Box", which was a bell, enclosed in a tiny ribbon-wrapped box, with an appropriate poem attached. In conclusion, Christmas songs were sung by candlelight.

Jean Vine provided a thought-provoking Christmas Jumble contest. A colourful Christmas lunch was served by Pat, convenor, and her committee of Judy and Jean. Connie thanked the committee and extended to all a "Merry Christmas".

1995

## COMMUN.

# Robbie Burns at Shedden WI Focus on Scottish bard

By DORA MCARTHUR

**SHEDDEN** - On Jan. 25, Shedden Women's Institute met at Bethany United Church.

This date, being the anniversary of Robbie Burns' birthday, the theme of the meeting was centered on this occasion.

President Connie Silcox opened the meeting by quoting "Then let us pray that come it may, as come it will for a' that, — that man to man, the world o'er, shall brothers be for a' that."

The motto of the meeting was "East, West, Home is best" and the roll call was responded to by naming "A place in Scotland you have visited or would like to visit. (Wear something Scottish)". As each replied, they displayed their kilt, jewelry or artifact of Scottish origin.

Secretary Brenda Silcox announced the WI Centennial kickoff at the Ontario Agricultural Museum, in Milton, which will consist of a quilt show and barbecue on Wednesday, June 14. Pamphlets detailing winter courses for farm residents and the 4-H update for January and February were distributed as well as the last issue of "Home and Country". Rosy Rhubarb Fun Night will be held later than usual this year. It will be

held at Shedden Country Club March 17 and entertainment will be provided by Glen William and a seniors group.

Jean Palmer gave a report on the museum meeting she attended on Jan. 17 and announced several dates to keep in mind.

Pauline Silcox introduced guest speaker for the evening Rose Marie McLeod, of Frodo, who told of her "Splendors of Egypt" trip in 1993. Her splendid pictures and narration took us along with her to Cairo, a six-day trip along the Nile, the pyramids, Sphinx, King Tut's tomb, etc. Recorded music added the finishing touch. Dora McArthur thanked Rose Marie for her presentation.

To conclude the meeting, three Burns poems were read "A Lang Syne", "Sic a Wife as Wee Had", and "A Red, Red Rose".

"Amazing Grace" from a tape recorded by The Caledonians at St. Thomas, was played and tape also provided background music during the social time at the gaily decorated table. Lunch served by the committee in charge of the program: convener Pauline Silcox, Dora McArthur and Ilene Orchard — sorry haggis.

# Palliative Care topic at Shedden W.I.

On February 22nd, Shedden Women's Institute held their meeting at the home of Brenda Silcox, Shedden. The motto for this meeting was, "There is nothing like having the hydro go off to put the good old days into proper perspective." Fifteen members responded to the roll call, "A memory you have when you were without electricity." The ice storm of several years ago resulting in loss of power from 9 to 11 days left an impressive amount of memories of hardships never to be forgotten.

The meeting was chaired by Jean Palmer in the absence of Connie Silcox and Brenda Silcox preformed her secretarial duties.

During the business portion of the meeting announcements were made concerning a Workshop on Marketing and Communication to be held at Coldstream on Thursday, April 6th; a bus trip, sponsored by Box-all W.I., on June 14th to Milton, to the Quilt Show; a bulletin from Elgin Senior's Advisory Council, and Rosy Rhu-barb Fun Night at Shedden Country Club on March 17th.

The members of Shedden

W.I. who attended the stenciling course in Wallacetown displayed their painted T-Shirts and described the process to attain the results. A Nominating committee consisting of Pat Palmer, Beth Vicary and Sharon Welch was appointed to fill the offices for 1995/96.

Brenda introduced the guest speaker for this meeting. Nancy Brown, Palliative Care Co-Ordinator for Elgin County, explained the program with a Video entitled, "For the Love of Life" and commentary on this Community-Based Program sponsored by the V.O.N.

This Palliative Care Volunteer Program, presently being organized to hopefully be in place by May of this year, is to obtain and train volunteers "To promote the quality of life for both the client and their family." This would involve visiting in the home or hospital of clients ranging in age from babies to the elderly who are suffering from a life-threatening disease for which there is no cure. There is also a need for volunteers in the fundraising and clerical areas of this program. Nancy distributed a questionnaire for Needs Assessment which was completed by the members.

Beth Vicary thanked Nancy for her presentation following a time of questions and answers. Pat engaged the members in a lively "International Year of the Family Bingo" and small prizes were given to the winners.

Brenda and Jean served a tasty lunch and a social time was enjoyed.

# Rhea Farm Operation topic at Shedden W.I. meeting

Shedden Women's Institute met for their **March 22nd** meeting at Bethany United Church. The room was appropriately decorated for St. Patrick's with green and white balloons and a table set with white cloths, green napkins and a centrepiece of shamrocks.

Connie Silcox opened the meeting by displaying several cartoons depicting Spring. The Motto was "It won't help your crop to sit on the fence and count your neighbour's weeds". The roll call, "A hint from a green thumb to a green horn," was replied to by 15 members and 5 guests.

Lois Oldham, Agriculture Convenor introduced the guest speakers Mary Coutts, D.V.M. and Brian Coutts from "Rainbow Ratites" farm R.R. 5, St. Thomas. By picture and word a most informative lesson was presented about their Rhea Farm Operation.

Rheas originated in South America and there they can

live in climates colder than ours. In the wild they live in herds and they like to swim and wade in marshes. They cannot fly but are speedy runners, doing so in a zig-zag manner. They eat green leafy herbs and shrubbery, also insects, mice, frogs, lizards, etc. The female lays the eggs - one every other day at dusk. The male sets on the clutch (about 15 eggs) for an incubation period of 40 days, and he also cares for the newly hatched birds.

Products from the Rhea are 25-30 pounds of boned red meat per bird which is low in fat. Roasts, sausage and smoked meat with a good flavour are on the market. Oil, which is high in essential fatty acids and easily absorbed into the skin, is used in cosmetics. Leather is also a product and is soft and pliable used in wearing apparel and accessories. The feathers are very attractive and each person present received one to be used for decorative purposes.

Pauline Silcox thanked the speakers and presented them with a gift, which they will use for the continued research of their subject.

During the business portion of the meeting a report was made of the District Meeting March 11th at Kintyre Church, and announcements made for the District Annual Meeting, May 10th at Wallacetown and a bus trip to Paris and the Adelaide Hoodless Homestead by the Wallacetown W.I. on June 19th. Those interested please contact Darlene Ford.

Lois Oldham and her committee of Madeline Parks and Margaret Turner were thanked for arranging this meeting and the lunch served during the social time

# Shedden W.I. elects new officers

Shedden Women's Institute met at Bethany United Church for their **April** meeting. The President Connie Silcox expressed members' feelings by quoting "Rain, Rain Go Away, Shedden W.I. wants to play". The roll call answered by 13 members was "Tell what brought you to your first W.I. meeting".

The motto was "I almost phoned, I almost spoke, I almost invited the next door folk. Oh, what a pity no one knew all the good I meant to do".

Following dates were given to mark on the calendar: Elgin Manor Tea, May 3rd, 9:30 - 11:30; Kensington Club Desert Tea also May 3rd at 7:00 p.m.; W.I. District Annual, May 10th, 6:30 at Wallace-town. The delegates were chosen to attend the District Annual.

In the absence of Carol Gordon, the Museum report was given by Jean Palmer, and

she reported that "Venture into the Garden" was a great success. The Annual Strawberry Social will be held June 21st, 1:30 - 4:00. There will be a Hat Decorating Contest using strawberries as the theme.

Jean also gave the Rally report, and Elgin will host the 1996 London Area Convention.

The members discussed plans for making rhubarb jam again this year for Rosy Rhubarb Days June 9th, 10th and 11th in Shedden. Annual reports were made by all the officers. The Welcoming Committee reported that in the 10 years it has been in place, 157 books with information regarding Shedden have been given to newcomers to the Village.

## New Officers

Jean Palmer installed the officers for 1995-1996 as follows:

Past president, Lois Oldham; president, Connie Silcox; 1st vice-president, Jean Palmer; 2nd vice-president, Sharon Welch; secretary, Brenda Silcox; treasurer, Pauline Silcox; P.R.O. & Tweedsmuir Curator, Dora McArthur; Program Co-ordinator, Pat Palmer.

Following the business, the members spent the balance of the evening perusing the ~~Tweedsmuir~~ History books concluding with lunch served by members of the executive.

# Scene

## Sharing vision at Shedden WI

By DORIS MCARTHUR

Connie Silcox, president of Shedden Women's Institute, opened the **May** meeting with a poem entitled, "Begin With A Vision".

The motto of this meeting, which was convened by Pat Palmer and her committee, Judy Finnegan and Margaret Turner, was "Human beings, like chickens, thrive best when they have to strive for what they get."

The roll call was "Name a luxury" you have that you would miss the most in your home if it were taken away.

During the business portion of the meeting we were reminded of the Children's Miracle Network Telethon on June 3-4. Four members of Shedden WI will attend the FWIO Quilt Show and Barbecue on June 14 at the Ontario Agricultural Museum that kicks off the Centennial Celebrations.

Plans were finalized for the making and sale of rhubarb jam for Rosy Rhubarb Days. This year a 45-minute "Self-Guided Walkabout" has been prepared by the Tweedsmuir Curator of Shedden WI to inform visitors to the village of interesting facts about 22 sites in the village.

Jean Palmer gave a full report on the meeting she attended at the Elgin County Pioneer Museum and included in this

was the reminder of the Strawberry Social on June 21 from 1:30 p.m. to 4 p.m. A contest is to be held for the best strawberry-decorated hat. Lois Oldham reporting as Elgin Manor representative announced that the Coffee Break on May 3 was very successful and plans are being made for the annual barbecue and picnic. She also reported on the District Annual held at Wallacetown on May 10.

Pat Palmer introduced guest speaker Doug Chateaufneuf from Habitat for Humanity who told us that this program originated in Georgetown in 1976 and began in London in 1991. The purpose is to provide decent housing to low-income families. Volunteers using donated materials will build a one floor home on a suitable donated lot to accommodate a selected low-income, working family living in sub-standard housing in one week. This family receives a deed to the property and make regular payments to Habitat on a perceived value, interest-free mortgage for 20 years. They must keep the home for at least five years. More than 20,000 of these homes have been built worldwide.

Pat Palmer thanked the speaker who answered many questions on the subject and a social time was enjoyed.

# World-girdling cyclist shares experiences with Shedden WI

FOR THE TIMES-JOURNAL

Connie Silcox, president of Shedden's Women's Institute opened the June meeting with a poem entitled "The Station" by Robert Hastings. It described a trip by train.

The roll call "Name a Tree or Plant that grows in another country" was replied to by 11 members and one visitor. The motto was "Mid pleasures and palaces though we may roam, Be it ever so humble, There's no place like home." - John Howard Payne.

To complement the roll call and motto, Brenda Silcox introduced our guest speaker Jim Stinson from Port Stanley who has traveled widely by bicycle in other countries. By excellent pictures and commentary, we were taken to Jamaica, Thai-

land, Hong Kong, India, Nepal, Mexico, Panama, Nicaragua and Honduras.

We were privileged to see his pictures of the Taj Mahal, The Bridge on the River Kwai, people at their routines, beautiful scenery and architecture. He keeps a daily diary of his adventures and it is a joy to experience his travelogues. Dorothy McLaughlin thanked him for his presentation.

During the business portion of the meeting, tickets were distributed for sale for the draw at the Daffodil Tea which will be held on Oct. 5 at Argyle Presbyterian Church, Crinan.

The sale of jam and other articles during Rosy Rhubarb Days resulted in a gratifying amount. Jean Palmer reported on the day in Milton to celebrate the W.I. Centennial on June 14.

She read the winning Centennial Song composed by Marie F. Harris from the Guelph area. Ms Palmer also reported on the success of the strawberry social held at the Pioneer Museum on June 21.

Carol Gordon attended the rally meeting on June 6 and announced the Safety Awards will be presented on Nov. 18 at 1:30 at the OMAF office. The next rally meeting will be held Tuesday, Oct. 17.

A committee was appointed to plan the Food Booth for Shedden Fair which will be on Aug. 26 and 27.

Strawberries and cake were enjoyed during the social time. The next meeting will be on Sept. 27 when the guest speaker will be Gary Vedova who will speak on wills and the power of attorney.

1995

# T-J column item opens WI meeting

By DORA MCARTHUR

**SHEDDEN** — The September meeting of Shedden Women's Institute was opened by President Connie Silcox reading from Eric Bunnell's column of the St. Thomas Times-Journal — his quote from the last column published by "Janet" in October 1964: "It has always taken courage to face even the ordinary events of every day. Even mediocre chores present a problem at times. So, I say, it does take courage to care and to live from day to day".

A moment's silence was observed to honor the memory of two valued Institute members who passed away during the past summer - Madeline Parks and Jean Vine.

The motto of the meeting held at Bethany United Church, Shedden was "Life is like a box of chocolates; you never know what you are going to get," from the movie Forrest Gump.

During the business portion of the meeting the following announcements were made: Proceeds from the WI and UCW food booth at Shedden Fair were most satisfactory; Frome Apple Break is Oct. 28 from 9:30-11:30 a.m.; Elgin WI Rally meets Oct. 17 at Fingal United Church with a 6:30 p.m. pot luck dinner; 2000 seats have been reserved for WI members at the Blue Jays game in Sky-

Dome on June 8, 1996. The president of FWIO will throw out the first ball. The London Area WI Convention is Friday, Oct. 20, at Kirkton Woodham Community Centre.

Carol Gordon reported on the museum meeting she attended and among several interesting items announced the Tea to be held at the museum Friday, Dec. 1, from 9:30 a.m. to 11:30 a.m.

Lois Oldham, our representative to Elgin Manor, announced the Volunteer Luncheon to be held at the Manor on Thursday, Oct. 26, at 1 p.m. and that there is a need for lap robes for the residents there.

The Roll Call for this meeting was "Name a famous or fictional lawyer and who they represented". Carol Gordon then introduced guest speaker Gary Vedova, of Shedden. Mr. Vedova practiced law for 27 years in St. Thomas before going to Port Stanley where he has operated Kettle Creek Inn for 12 years.

He spoke on the subject "Wills and Powers of Attorney" explaining their necessity and the process to implement them.

Ruth Hunter then presented us with two thought-provoking contests and a social time arranged by Carol Gordon, Ruth Hunter and Sharon Welch was thoroughly enjoyed.

Oct 1995

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# Husbands join Bethany WI

By DORA MCARTHUR

**SHEDDEN** - Husbands were the guests of Shedden Women's Institute when they met for their October meeting at Bethany United Church.

Tables for the pot-luck meal were tastefully decorated with attractive arrangements of fall flowers. Sharon Welch, agriculture convener, and her committee of Connie Silcox and Carol Gordon arranged this meeting which was especially interesting to the guests.

The roll call which was replied to by all those present was "Name an industry which is dependent on farming for its existence" resulted in a wide variety of answers. Ms Welch's title for this meeting was "From racehorses to satellites" and showed a video about harness racing. This video was produced and directed by her sister, Susan McElroy, who was unable to be present at the meeting to speak on the subject. Horseracing is steeped in tradition, and we were given an insight into the operation of large racetracks such as Meadowlands race track in New Jersey, and Mohawk and Woodbine race tracks in Ontario. The care and training of the horses, the process used in pari-mutual wagering, the use of satellites to broadcast races from these tracks to interested fans all over the country, where they may place their bets and reap the results. Large numbers of staff members at each of the race

sites make all these things possible.

Following the video an interesting discussion ensued and we learned of the trials, tribulations and joys of a race-horse owner.

President Silcox read the motto for this meeting which was "The only way on earth to multiply happiness is to divide it", and the business portion of the meeting was conducted. An invitation to River Road WI Coffee Break to be held Nov. 2, 9:30-11:30 at the home of Mary Veenstra was received, as well as several "Thank You" notes.

A moment's silence was observed in memory of Vera Ballam, a long-time institute member who recently passed away. A tribute to her memory prepared by a family member will be recorded in our Tweedsmuir History. Donations from the members of articles to go to the Children's Hospital, London were received and reports were heard of the County Caravan, Daffodil Tea and a full and interesting report of the Area Convention was given by Pat Palmer. She related the story of "An Act of Kindness" told at the convention and examples were given.

The Women's Institute Centennial History Book is now ready for delivery. Five of these books have been purchased by Shedden WI and one copy will be placed in Shedden Library.

At the meeting's conclusion a WI Christmas ornament provided by Ms Palmer as an Act of Kindness was drawn for.

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# District executive visits Shedden

By DORA MCARTHUR

SHEDDEN - Shedden Women's Institute met at Bethany United Church for its November meeting and were pleased to have with them, from Elgin West District Executive, president Willa Johnson, vice-president Anne McLean and program co-ordinator Lynn Huffman.

Connie Silcox, president of Shedden WI, opened with a delightful poem entitled "A Smile" which began "It costs nothing but creates much."

Cheryl Garvin introduced Lillian Carder, guest speaker for the evening, who was assisted by her mother, Jane, showing slides of Lillian's trip to Mexico in August 1994 with the Girl Guides.

Lillian commented on her two-week trip there with other Girl Guides from various parts of the world. While there the group constructed a shelter for a Mexican family. These homes are constructed of fragile materials that must be replaced every five years. Articles purchased by Lillian in Mexico were on display and were of great interest to her audience. At the conclusion of her presentation Lillian was thanked by Kay Chamberlain and presented her with a gift.

The roll call "Say Hello in another language" showed that some research had been done by the members. The motto was "In youth we learn, in old age we understand" and this was well illustrated at this meeting.

During the business period it was decided that Shedden WI will again provide Christmas Cookies for sale at the Museum Coffee Break on Friday, Dec. 1. Personal Enrichment Day at Southwold Central Public School will be on Feb. 17 and six interesting courses are offered again this year. Elgin West Winter Picnic is Tuesday, Feb. 20, at Wallacetown.

three- or four-inch squares to assembled there for the disabled.

FWIO has chosen as its next focus "Safe and Healthy Communities." This is intended to create a positive atmosphere of Community Living. The WI has a long history of involvement in community action for Home and Country.

Lois Oldham gave a report from Elgin Manor Auxiliary. The Christmas party will be held there on Dec. 6 (2 p.m. to 4 p.m.) and plans are being made to enlarge the tuck shop. Jean Palmer reported from the Palliative Care Advisory Committee. Donations were made to several organizations including the Christmas Shoppe who is appealing for donations and volunteers.

Cheryl Garvin and Kay Chamberlain who convened this meeting served a tasty lunch and a lively social time ensued.

# Shedden WI mourns loss

## ■ Margaret Carder cherished member

By DORA H. MCARTHUR

Shedden Women's Institute met for its December meeting at Bethany United Church and, before the meeting began, a moment's silence was observed to honor the memory of Margaret Carder who died the previous day.

Five times during the past year former members have been remembered in this way.

Connie Silcox, president, began by reading a poem Trouble in Toyland and the roll call was responded to by answering the question "If it were possible, what changes would you make to your Christmas." At this time donations to Christmas Care were received.

The motto was "I will honor Christmas in my heart, and try to keep it all the year".

During the business portion of the meeting, notes of appreciation were read from recipients of donations from our institute as well as a letter of appreciation and season's greeting from FWIO President Margaret Harris.

A copy of the WI centennial song will be recorded in the Tweedsmuir history.

Dates to remember were announced as follows: a dyed Silk Scarf workshop will be held in Wallacetown Hall Feb. 6; the winter picnic will also be held at

Wallacetown Hall on Feb. 20; Personal Enrichment Day at Southwold Public School is Feb. 17; the WI Day at the Blue Jay game has been changed to May 25.

Carol Gordon reported on the last meeting at the Elgin County Pioneer Museum and Lois Oldham reported on the residents Christmas party at Elgin Manor. The Silvertones were the greatly enjoyed entertainment on that occasion.

Ilene Orchard reported for the remembrance committee that 42 cards had been sent to community residents to mark a variety of occasions.

Brenda Silcox accompanied on the piano for a time of singing Christmas carols and several members contributed to a mini Christmas concert with a varied selection of Christmas readings.

Lois Oldham introduced our guest for the evening, Marilyn Lunn, who patiently guided the members through the making of two attractive Christmas tree ornaments.

Ms Oldham expressed our appreciation to Ms Lunn for being with us. Pat Palmer thanked Ms Oldham, convener of the meeting and her committee of Ms Orchard and Shannon Brown following a Christmas lunch at a festively decorated table.

# Salvation Army history shared

By DORA MCARTHUR

**SHEDDEN** - Jean Palmer, resolutions convener for Shedden Women's Institute, held her January meeting at Bethany United Church.

The meeting was opened with delightful piano selections played by Helen and Laura Slee.

President Connie Silcox gave an appropriate reading with the message "You have to let others give something to you to make them feel good about giving."

Paula Nordstrom co-convenor of the evening's program and a member of the Salvation Army gave a brief history of the Salvation Army. William Booth, a Methodist minister in England and employed in a pawn shop, witnessed the dire straits of the poor and was inspired to go to the east end of London. He began the "soup and salvation" approach to help the poor. This program came to Canada in 1882 when immigrants from England got people interested in the Salvation Army. Victoria Park, London, Ont., was the local site where people were attracted to their good work. The motto of the Salvation Army is "Heart to God and hand to man." The army is active in 86 countries.

Ms Nordstrom introduced Mr. Butler, as officer in the Army in London, Ont., and he explained the operations in that city. Naming a few of their endeavors which are Children's Village, Bethesda Home for unwed teenage mothers, family services, men's hostel, Thrift stores, battered women's homes, and shelters for first-time offenders with physical and mental problems, he related the expense involved in operating these services and how grateful they are for all the money that comes to them. Volunteers do great work in visiting the sick and needy. At Christmas, 6,000 food hampers were

provided and this, because of increased unemployment, was the largest number ever required.

Ms Palmer thanked Mr. Butler for his informative presentation and presented him with a donation to further the good work of the Salvation Army.

The motto for this meeting was "The great thing in this world is not so much where we start as in what direction we are going."

The roll call was "A joke or story to start off the new year." The response indicated a very successful start.

During the business portion of the meeting it was decided to buy a WI rose bush sponsored by FWIO in honor of its 100th anniversary.

FWIO Conference '96 entitled Family and Community in Partnership will be held July 12-14 at Ridgetown College. The focus for WI for the next five to seven years will be Safe and Healthy Communities.

A committee was appointed to make plans for a retirement open house to honor Dr. D.A. Monteith who retired from active medical practice in Shedden on Dec. 31, after 50 years of faithful service to this community. This is to be held on Sunday, March 3, 2 p.m. to 5 p.m. at the Shedden Fire Hall. At this time, contributions to the new community centre will be accepted in Dr. Monteith's name.

Carol Gordon reported on the meeting she attended at the Elgin County Pioneer Museum and announced the dates for the strawberry social (Wednesday, June 19) and the coffee break (Dec. 6) and that a secretary is still being sought for the museum board.

Ms Palmer provided several contests to occupy the brain while a delicious dessert was being placed on the table. Ms Gordon thanked the committee in charge for a very interesting meeting.

1996

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## COMMUNITY Scene

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# A little bit of cacao for Shedden WI ladies

FOR THE TIMES-JOURNAL

**SHEDDEN** - An excerpt from Alligator Pie entitled My Friends was chosen by Shedden Women's Institute President Connie Silcox to begin the February meeting.

The motto for this meeting convened by Pauline Silcox for Family and Consumer Affairs was "What is patriotism but the love of food one ate as a child" and the roll call was "Name your favorite chocolate."

Pauline Silcox introduced the guest speaker for the evening, Donald Armstrong from Kettle Creek Chocolates in St. Thomas. Members learned that chocolate is derived from cacao beans that are harvested from 20- to 30-foot trees that grow within 10 degrees of the equator. There are two or three harvests per year. The beans are in pods that grow on these trees and each

pod contains 30 to 60 beans. There is a shell on the beans and the thinner the shell the better the chocolate.

The beans are left to ferment for a period of time, then dried, graded and placed in 110 lb. bags to be shipped. The country receiving the beans do their own processing of cleaning, roasting and grinding. There are many chocolate companies in the world and they produce many kinds and flavors of chocolate including dark, milk and white chocolate with their variety of centres and nuts. Chocolates should be kept from heat and refrigeration and kept in a dark environment at room temperature. The temperature of the chocolate during the making of the candy is very important. This product is most popular at Christmas, Easter and Valentine's Day.

Beth Vicary thanked Mr.

Armstrong for his presentation.

During the business portion of the meeting, Carol Gordon reported that the Elgin County Pioneer Museum is conducting a gardening workshop at the museum on March 23. There is a fee.

Lois Oldham on behalf of Elgin Manor reported a Dessert Bridge and Euchre at the manor on Monday, April 1, at 1:30. The annual Coffee Break and Bake Sale there will be Wednesday, May 1, 9:30 a.m. to 11:30 a.m.

Shedden Branch Women's Institute will be making knitted squares to be sent to Zambia to be completed for the March meeting.

Pauline Silcox and her committee of Ms Vicary and Cheryl Garvin were thanked by Connie Silcox following a lunch enhanced by a box of assorted chocolates with the compliments of Mr. Armstrong.

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March 1996

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## COMMUNITY Scene

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# Shedden WI petition for agriculture museum

By DORA H. MCARTHUR

**SHEDDEN** - A Lenten poem entitled *Spelling It Out* by Morris Fleming was used by president Connie Silcox to begin the **March** meeting of Shedden Women's Institute which was held at Caressant Care, St. Thomas.

Among the various reports given was one made by Jean Palmer regarding the retirement open house for Dr. D.A. Monteith who retired from active practice in December. Thanks was given to all the groups who provided their services for this occasion and contributions made to the Southwold Keystone Complex in Dr. Monteith's honor amounted to \$2,590.

The nominating committee brought forward the slate of officers for 1996-97 as follows: past president Lois Oldham, president Connie Silcox, vice-

president Jean Palmer, second vice-president Sharon Welch, secretary Dorothy McLaughlin, PRO Brenda Silcox, treasurer Pauline Silcox, remembrance committee Ilene Orchard and Cheryl Garvin, Tweedsmuir curator Dora McArthur, auditors Sharon Welch and Ruth Hunter.

Ilene Orchard reported that she had sent seven cards to area residents for different occasions.

Jean Palmer reported on the Elgin County Pioneer Museum meeting that she had attended and reported that the third gardening workshop held there in March was very interesting and successful as several subjects pertaining to gardening were discussed at that time. The upstairs of the museum has been redecorated and the downstairs will be the next undertaking. June 19 will be the annual Strawberry Social at the museum.

Shedden WI will host the Elgin West Daffodil Tea in October and those plans will be finalized at a later date.

### PETITION

All the members present signed a petition requesting that the Ontario Agricultural Museum at Milton remain in operation. It was decided also to again make rhubarb jam for sale at Rosy Rhubarb days June 7-9.

The evening concluded with the singing of Happy Birthday to Margaret Turner, a long-time member of the institute who is making her home at Caressant Care and an appropriate cake with strawberries was served by Dorothy McLaughlin, convener of the meeting with her committee Jean Palmer and Margaret Campbell.

The appreciation of the members present was conveyed to the committee for arranging such a splendid evening.

# Roll call a chance to share history of local buildings

BY DORA MCARTHUR

**SHEDDEN** - "Never doubt a small group of determined people can change the world. Indeed it is the only thing that ever has". *Margaret Mead*

This timely quote from Elgin Community Leader's Letter was used by president Connie Silcox when the April meeting of Shedden Women's Institute was opened.

Ms Silcox also gave the members the privilege of viewing the exterior and interior plans for the Southwold Keystone Complex which will begin construction in the spring of 1997.

The motto for this annual meeting and Tweedsmuir History presentation was History - just ordinary people in extraordinary times.

The roll call, Choose one property in Shedden and tell about it, brought forth many forgotten facts - many of them humorous - about places and people from past times.

Annual membership fees were collected and business was conducted.

Knitted squares for Zambia numbering 199 were sent on their way. The Daffodil Tea, sponsored by Shedden WI, will be Oct. 26 from 9:30 a.m. to noon at Bethany United Church.

4-H activities were noted from their bulletin and the safe and healthy communities program was reviewed.

Pat Palmer will attend a fundraising seminar in London on May 11.

The Elgin West District annual meeting is May 7 at 6:30 p.m. at Kintyre Church, Clachan. Delegates were appointed to attend this meeting.

Carol Gordon gave an informative report on the rally meeting that she attended at the OMAFRA office on April 23 and the following dates were announced: the rally meeting will be held, Oct. 8, at 6:30 p.m. with the meeting place to be announced later; the London area convention is to be held at St. Anne's, St. Thomas, on Oct. 24; the plowing match will be at Fingal on Sept. 7.

The annual reports were submitted.

Secretary Brenda Silcox summed up the year's programs and activities, resulting in the proof the Shedden WI had a most productive, satisfying and busy year.

The treasurer indicated that very good use was made of the funds available.

Sixteen Welcome books were distributed during the year to newcomers to the village. This service has been provided by Shedden WI for 10 years and lists the businesses and services provided in the community.

Jean Palmer installed the officers for the year 1996-1997.

Tweedsmuir curator Dora McArthur was in charge of the program. She presented the history books for perusal and read a paper entitled Fun in History, made up of unusual and humorous facts and quotes noted while doing research for family trees and local history.

The executive provided a delicious lunch at a table centered with daffodils and Sharon Welch graciously expressed the thanks of all for another interesting meeting.

# "Family Tree" topic at Shedden W.I.

## Shedden WI 1996 studies history

BY BRENDA SILCOX

**SHEDDEN** — President Connie Silcox opened the June meeting of the Shedden Women's Institute with the poem *Saving Today for Tomorrow*.

The repeating of the Institute Ode and the Mary Stuart Collect preceded the roll call which was to name an ancestor and tell something about them or tell of a family search.

We discovered many interesting historical facts which eventually lead to the gathering of all of us to this area. After hearing the answers to the roll call, the motto was very appropriate — Dreams and dedication are a powerful combination.

The correspondence included a letter campaigning for funds for the new Bobier Home in Dutton. A 4-H update, and an information letter from Susan Humphries with regard to the closing of the OMAFRA office in St. Thomas was read.

Carol Gordon and Sharon Welch reported from the Rosy Rhubarb Days information booth and noted a very successful day with a nice sum of money to donate to the Rosy Rhubarb committee as all the rhubarb jam made by our institute was sold.

Pat Palmer, Dorothy McLaughlin and Connie Silcox attended the plaque rededication and the Years in the Making donor reception held at St. Thomas-Elgin General Hospital. Many improvements have been made and redecorated rooms, new equipment and updated skills were viewed. We should be very proud to have such a fine hospital in our immediate area to service us.

A Tweedsmuir workshop will be held Aug. 13 at Wallace-town Hall.

Jean Palmer reported from the welcoming committee informing us of four new residents in the village.

Shedden Fair will be held Aug. 16-18. Pat Palmer offered to look after the group display. Our institute will once again operate the food booth together

with the United Church Women. Connie Silcox, Jean Palmer, Pauline Silcox and Brenda Silcox volunteered to be on this committee.

Cultural activities convener Carol Gordon introduced Dora McArthur who spoke on *Researching Your Family Tree*.

She belongs to several genealogical societies and has been part of the work done on five family tree histories. She shared these timely tips to those interested in starting a family tree:

- visit or join a genealogical society in your area, county, or province

- complete a family group record and record dates (births, deaths, marriage, occupation etc.) as they are important

- start a pedigree sheet. Keep all notes in one place.

- ask older relatives and siblings of any information they may know

- read old newspapers including the obituaries

- check census records, and micro film at libraries. Good information is kept at Church of Jesus Christ of Latter-day Saints genealogical libraries such as the one in St. Thomas. In our area, the University of Western Ontario and Guelph University are also excellent.

- go to cemeteries and read tombstones.

She said that being involved in researching a family tree is time consuming but fun and educational. One gets a great deal of satisfaction upon completing each generation of a family history and she encouraged us all to get busy and complete a pedigree chart in order to begin our own family tree.

To brighten any room, we all participated in making a sunflower craft under the leadership of Carol Gordon.

Seasonal strawberry flan topped off the evening.

Sharon Welch expressed thanks of behalf of the group to Dora, Carol and Jean Palmer for planning the meeting.

Regular institute meetings resume Sept. 25.

May 1996

## Anaphylaxis: the fatal allergic reaction theme at Shedden W.I. meeting

# Shedden WI hears about STEGH wall

By BRENDA SILCOX

**SHEDDEN** — Family and consumer affairs convener Pat Palmer was hostess for the May meeting of the Shedden Women's Institute.

President Connie Silcox opened the meeting with the motto: The purpose of education is to provide everyone with the opportunity to learn how best we can help others.

Twelve members and three guests answered the roll call by telling about an allergy that you have had to deal with in your family or community.

Members prepared homemade rhubarb jam and worked at the information table at Rosy Rhubarb Days.

Tweedsmuir curator Dora McArthur prepared a walk-about of historical importance and points of interest in the village.

Secretary Dorothy McLaughlin read a letter from the St. Thomas-Elgin General Hospital Foundation. It is honoring special contributors by opening a donor recognition foyer on June 19. The donor reception is from 2 p.m. to 9 p.m. with tours on the hour and half hour.

The strawberry social will be held at the Elgin Pioneer Museum on June 19 from 1:30 p.m. to 4 p.m.

Daffodil Auxiliary Coffee Break tickets were handed out to members. Our institute will host the Coffee Break at Bethany United Church, 9:30 a.m. to noon on Oct. 26.

Appreciation was expressed to Sharon Welch for her fine job

in printing our 1996-97 institute programs.

In their reports, remembrance convener Ilene Orchard sent out seven cards during the past month and Lois Oldham told us of the picnic to be held at the Elgin Manor on June 21.

Brenda Silcox reported from the 88th annual meeting of Elgin West District Women's Institute, hosted by Clachan. Elgin County is hosting the London Area Convention on Oct. 24 at St. Anne's Centre in St. Thomas.

Dora McArthur introduced her daughter-in-law, Brenda McArthur, who was our speaker for the evening. She spoke on Anaphylaxis: the fatal Allergic Reaction. This is a personal concern in their family and is a fatal reaction to peanuts. Medication must be present at all times for there is no time to wait for an ambulance as death can be sudden. If peanut food is present, other food items may be contaminated accidentally. Possible symptoms are tingling in the mouth, hives, itching, swelling or tightness of face, throat and mouth, difficulty breathing & swallowing, vomiting, dizziness or loss of consciousness. You will not grow out of this allergy with age, it is a life long allergy. Dorothy McLaughlin thanked the speaker for her very interesting and educational presentation.

A social time and delicious desserts were then enjoyed by all. Carol Gordon expressed thanks on behalf of the group to the hostess and committee, Dora McArthur and Dorothy McLaughlin.

# Shedden W.I. enjoys farm tour

## Wool - from sheep to shawl

BY BRENDA SILCOX

**SHEDDEN** — Cherie Bowering and son Jesse greeted members of the Shedden Women's Institute at their farm for the **September** meeting.

Jesse fed apples to the goats and sheep as Ms Bowering explained the different breeds of the animals.

Members then ventured into the cozy workshop where Ms Bowering explained the process of sheering the sheep, washing, dyeing and preparing the different types of wool before it can be woven or spun.

Ms Bowering demonstrated how to weave on her loom and how to use her spinning wheel. She makes a variety of items such as coats, sweaters, vests, purses, scarves, shawls and blankets, which are sold under the Sutton Orchard Farms label.

After viewing the operation from start to finish, members appreciated all the work that goes into a finished product. Lois Oldham expressed our

thanks to Ms Bowering and Jesse on behalf of the group.

At Bethany United Church, Connie Silcox presided over the business portion of the meeting. Roll call was enthusiastically answered by telling of a farm experience as a child.

The OMAFRA office closed in August and a new Elgin Agriculture Centre has opened in the Elgin County administration building. It is open to the public on Wednesdays from 11:30 a.m. to 2:30 p.m. each week.

The Federated Women's Institute of Ontario has a new tartan which is registered in Scotland. Also, a new Ontario China cup will be available. Both of these will be at the convention.

Dates to remember:

Oct. 6, Elgin County Car Caravan, packets to be picked up at Zehrs Parking lot or Prieksaitis farm between 10 a.m. to 2 p.m.;

Oct. 8, Rally pot-luck dinner at St.

James Church, 6:30 p.m., WI member Mrs. Pearce from England is the speaker;

Oct. 24, 82nd annual London Area Convention at St. Anne's Centre in St. Thomas beginning at 9 a.m.;

Oct. 26, Witches Coffee Brew, Frome United Church from 9:30 a.m. to 11:30 a.m.;

Oct. 26, Daffodil Auxiliary Coffee Break hosted by Shedden Women's Institute at Bethany United Church in Shedden from 9:30 a.m. to noon. Bake table, country store, touch n' take, quilt draw and more. All proceeds to West Elgin Daffodil Auxiliary;

Oct. 30, Key to Your-Closet Fashion Show at Southwold Public School at 7:30 p.m. Fashions by Winston's of St. Thomas. All proceeds to the Southwold Keystone Complex;

Oct. 31, Volunteer Luncheon at Elgin Manor starting at 1 p.m.

# "Heart to Heart" theme at Shedden W.I.

Jacqui Williams, on behalf of the "Heart to Heart" program, was guest speaker at the **October** meeting of the Shedden Women's Institute. This program works under the umbrella of the Heart and Stroke Foundation. The "Heart to Heart" program, is run about four times a year and the next class begins in November. During the program topics include: How the heart works; nutrition; medication; activities; stresses and emotional ups and downs. It deals with those who have had a heart attack as well as those who are dealing with someone who has had a heart attack.

Factors which are a risk to your heart are: being overweight, smoking, family trait history, high blood pressure, stress, diabetes, men and menopausal women.

To keep a healthy heart one must exercise (walking is great), eat heart smart food selections and stop smoking. A person should limit convenience foods and eat foods that are low in fat. Follow the Canada Food Guide and remember "Eat to Live, not Live to Eat". Dora McArthur thanked Jacqui for her most enthusiastic and interesting presentation.

President Connie Silcox, assisted by secretary Dorothy McLaughlin conducted the

business portion of the meeting. The roll call was answered by "What is a means of self education?" Correspondence included a letter with regard to a newsletter being done by Janice Norley of Shedden. A donation was made to the Shedden 4-H Club "Put Your Best Foot Forward", a club on etiquette. Sharon Welch and Jean Palmer offered to work at the Elgin Manor Tuck Shop in November.

Jean Palmer gave the District Directors report. Centennial towels, cookbooks, mugs, tea cups and saucers, and rulers are now available for sale. The Women's Institute rose is registered with the American Rose Society. December 6th is the museum coffee break.

Pat Palmer reported welcome booklets have been distributed to several new residents in the village.

The next meeting will be a

"Family Night" with a pot luck supper beginning at 6:30 p.m. at Bethany United Church on November 27th. Pat Barnier, a nurse at University Hospital will be the guest speaker.