





















**COMMUNITY**

# WI speaker explains aromatherapy

**By PAT PALMER***FOR THE TIMES-JOURNAL*

**SHEDDEN** — On Oct. 24, president Connie Silcox opened the meeting of the Shedden Women's Institute with a reading entitled, Country Home.

The speaker, Trudy Steen from Aromatics Plus. She brought some of her essential oils and explained aromatherapy as an "ancient healing practice using pure essential oils for maintaining health and preventing illness or overcoming and reducing symptoms."

She was introduced by Cheryl Garvin and was thanked and presented with a gift by Dora McArthur.

The business portion of the meeting followed with the roll call, "name something you do to relax." Many suggestions were heard.

Motto for the evening was, "In the darkest hour the soul is replenished and given strength to continue and endure."

Minutes of the September meeting were read and approved, followed by the treasurer's report.

Reports were heard from the successful Daffodil Tea. Profits for the day were \$1,870.32. Winners were Grace Blewett for the grocery basket, Kay Waite for the bulb basket and Kelly Noah for the meal for ten. Connie Silcox thanked member for the contributions.

Upcoming bazaars were announced in the local area. Delegates to the London Area convention are Jean Palmer and Carol Gordon. A crib quilt that had been entered in the Shedden Fair

has been donated to the Rehoboth Home. Elgin Manor volunteers for Nov. 12 were Denise Maton and Jean Palmer. Three welcome books were handed to newcomers to the village and six cards of remembrance were sent.

The next meeting will be held at Bethany United Church on Nov. 28 when the speaker will be Heather Miklos who recently was involved with a teaching position. All welcome.

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## COMMUNITY

BY PAT PALMER  
FOR THE TIMES-JOURNAL

The December meeting of the Shedden Women's Institute was held at the home of Connie Silcox, Dec. 19.

Upon arriving, members were greeted by three angelic angels. Connie Silcox, Lorrie Jones, and Denise Maton were dressed complete with angel wings and halos.

Twelve members answered the roll call which was: bring a favourite angel item or story to tell about. All told of their favourite angel. Motto for the meeting was: There are many angels around us.

President Connie Silcox thanked members for their cookie donations for the museum coffee break.

Elgin Manor volunteers for Jan. 14 will be Marlane Connors and Dorothy McLaughlin. Members discussed shut-ins at Christmas and who would visit each one.

Jean Palmer reported having attended a memorial dedication service in the atrium at Elgin General Hospital where 32 names were placed on brass plaques to pay tribute to volunteers. Dr. D.A. Monteith was among

# Three angels greet Shedden WI members

those being remembered.

The program part of the evening began with some carol singing, and then the reading of, The Littlest Angel, by Connie Silcox. Denise Maton then entertained members by helping them create their very own angel pin. The making of a craft has become an annual event at Christmas and most often a fun challenge for all.

Lunch was served by committee and a time of fellowship followed. The next meeting will be held on Jan. 23 at Bethany United Church.

The November meeting of the Shedden WI was held at Bethany United Church with

10 members and one visitor present. Roll call for the meeting was: Name a country you would like to visit or live. The motto for the evening was: The most lovable quality that any human being can possess is tolerance. It is the vision, which enable one to see things from another's point of view.

Dorothy McLaughlin introduced the evening speaker, Heather Vedova. Ms. Vedova lives in Shedden and recently spent five months teaching English in Warsaw, Poland. For many years she worked as a travel agent and had travelled to many parts of the world, but her dream was to some day live for an extended period of time in another country. Her one great obstacle in Poland was understanding the language barrier, another being very tiny living quarters and the shock of the race-car style driving. Some highlights she enjoyed were certain specialty foods, the beautiful city parks and All Souls Day. Cheryl Garvin thanked Heather Vedova for a very informative talk.

A lunch was then served by committee members Pauline Silcox, Cheryl Garvin and convener Dorothy McLaughlin.



## YOUTH/ COMMUNITY

# Noteworthy Canadians listed

BY PAT PALMER

FOR THE TIMES-JOURNAL

Eleven members of the Shedden Women's Institute were present, at Bethany United Church for the January meeting.

The evening topic was, A Noteworthy Canadian. President Connie Silcox opened the meeting with a reading entitled, Begin with a Vision. The motto was, Blessed is the person

who has found their niche in life and enjoys it. The roll call was, what noteworthy Canadian has left an impression on you? Answers such as Mr. Dress-up, John Davidson, Terry Fox, Pierre Berton, and Red Green were only a few.

The minutes and treasurer's reports were heard. Brenda Silcox read the biography for Lorrie

Jones.

A thank you was received from the Elgin Pioneer Museum, as well as a notice inviting members to the Winter Picnic on Feb. 18 at St. James Church. Marlane Connors and Carol Gordon volunteered to attend a program initiated by the Elgin Health Unit entitled, Steady as you go. Connie Silcox will purchase bed-

dining for recent fire victims in the community.

The Elgin County Pioneer Museum report was given and a new exhibit, Celebrating 150 years in St. Thomas, is on display. The Christmas bazaar was a success and rug hooking lessons continue. Denise Maton reported for the Welcome Books and seven cards were reported begin sent.

The program for the evening was in charge of Brenda Silcox, Denise Maton and Jean Palmer. They opened with a reading, What is a Canadian, by Bill Brady. He states, "We are a blessed people, a country that is the envy of the world." Brenda Silcox gave a few facts about our fair land. Canada received its name from the Huron Iroquois meaning, village. The population in Canada is 30 million, of which 10 million is in Ontario. Our motto is, From Sea to Sea.

Adelaide Hunter

Hoodless was the founder of the Women's Institute and headed a campaign to pasteurize milk due to the death of her daughter.

A trivia contest was then held between two teams. Each team had to answer a Canadian trivia question about a noteworthy Canadian. Some Canadians we learned about were Pauline Johnson, Fergie Jenkins, Myron Angus, Jack Miner, Audrey Young, John McCrear, and Roberta Bondar. Remarkably enough the contest ended in a tie.

A lunch was served by the committee with a table decorated with canoes, candles and Canadian souvenirs.

The next meeting will be held at the home of Pat Palmer on Feb. 27 when the speaker will be Evelyn Dietrich from Evelyn Sausage in Shedden. All are welcome.



## COMMUNITY

# Sausage maker visits Shedden WI

BY PAT PALMER  
FOR THE TIMES-JOURNAL

The February meeting of the Shedden Women's Institute was held at the home of Pat Palmer.

Vice President Brenda Silcox opened the meeting with a quiz involving answers to questions relating to the recent Salt Lake City Olympics, followed by the Institute Ode and Mary Stuart Collect.

The meeting began with guest speaker Evelyn Dietrich, who was introduced by Pat Palmer. Evelyn Dietrich is the owner of Evelyn's Sausage in Shedden. As a child she worked with her father in an abattoir in Wallacetown. When that business closed she

had a dream to open her own sausage house. That dream came true when she opened her business in Wallacetown almost 10 years ago. In the spring of 2001, she moved her business to Shedden.

She is very proud of her business as most of her products sold there are her own. Her own secret spices are added to make them her very own creation. Her favourite product is her beef jerky. She makes her own sausage and her staff marvel at how quickly she makes each individual sausage in her own hands. She does custom work by cutting up deer in the fall for products such as roast, steaks, deer sausage or pepperettes.

Evelyn Dietrich offers free samples before making a purchase and welcomes all to ask. Pauline Silcox thanked Evelyn Dietrich for her interesting and informative talk on her business.

The business portion of the meeting was then held. The roll call for the evening was to tell your favourite way to serve sausage.

Minutes and treasurer's reports were heard. The program, Steady As You Go, was attended by Carol Gordon and Marlane Connors. They will share more at the May meeting.

The Winter Picnic was a fun afternoon at St. James Presbyterian Church. Marlane Connors read a poem

she had written about her first thoughts on the village of Shedden after she moved here. She and Jean Palmer attended on our behalf.

The program for the afternoon was Paul Collins who spoke on behalf of the St. Thomas-Elgin General Hospital. He informed those in attendance of the changes that are taking place in our health care and why. Marion Orchard and Anne McLean performed a hilarious skit on fitness.

Thank you's were received from Ilené Orchard for a Christmas remembrance, and the Rycroft family who were victims of a recent fire.

A nominating commit-

tee was chosen consisting of Brenda Silcox, Connie Silcox and Dora McArthur.

The meeting adjourned and lunch was served by committee Pauline Silcox, Ruth Hunter and Pat Palmer.

The next meeting will be held at the home of Sharon Welch, when the speaker will be Erin Lehrbass who will speak of her job at a pig production farm. All are welcome.



## COMMUNITY

# Pork topic for Shedden Institute

By PAT PALMER

FOR THE TIMES-JOURNAL

**SHEDDEN** — The March meeting of the Shedden Women's Institute was held at the home of Sharon Welch in Mel-

bourne.

Connie Silcox opened the meeting to 11 members and two visitors and thanked Sharon Welch for opening her home for the meeting. The Mary Stuart Collect was repeated and

the Institute Ode was sung. Connie Silcox shared with us some confusing quirks about the use of the English language that was humorous and thought provoking. The motto for the meeting

was, Give a weed an inch and it'll take a yard.

The roll call was, the smartest trick you've seen an animal perform. Many answers were heard and the pet owners in Shedden had, by far, the smartest pets.

Brenda Silcox introduced the guest speaker, Erin Lehrbass from Alvinston. She as a natural instinct for handling animals and has had since birth, being surrounded by many litters of cats.

Erin Lehrbass works for a pork producer and explained her duties she handles on a daily basis. She works mainly in the farrowing end of the barn, where an average of 15 litters are born daily.

On Day 1 she weighs each litter, tattoos their ears, gives them an iron

shot and clips their eye teeth. Each litter has an average of 12 piglets. On Day 3 the piglets are castrated and given more iron. The sows are kept in individual crates and fed three times a day. Each sow produces approximately two to three litters a year. The piglets are kept for between 13-22 days and then are shipped out. The process begins over. Jean Palmer thanked Erin Lehrbass for coming and sharing her routines with us.

The business portion of the meeting was then dealt with. The minutes and treasurer's reports were heard and bills were paid.

Invitations were received from the Kensington Club for May 1, Bethany Coffee Break on

Saturday, April 27, from 9:30 a.m. to 11:30 a.m. and an invitation to present a history of the Institute for a book being prepared to celebrate the 150th anniversary of the Elgin County Pioneer Museum in Elgin. Dora McArthur will head up this work. A report was heard from the museum telling of a grant that had been received to be used for museum construction. A volunteer appreciation to be held April 26 and a mother/daughter program being held on May 11 from 2 p.m. to 4 p.m. June 26 will be the Strawberry Social and the 150th celebration being held on Aug. 4.

The next meeting will be held at Bethany United Church when Dora McArthur will present her Tweedsmuir history program. All are welcome.

## Tweedsmuir tales told at Shedden WI meeting April 12

By PAT PALMER

FOR THE TIMES-JOURNAL

The annual meeting of the Shedden Women's Institute was held at the Bethany Church. President Connie Silcox opened the meeting and welcomed 10 members present.

The roll call for the evening, bring an article that belonged to your grandmother, was answered by all.

The evening's motto was, "Everybody should try to have a grandmother because they are the only grown-ups that have time to read to you." (Quote from a child.)

The minutes and treasurer's reports were heard.

An invitation was received from the Wallace-town WI who are celebrating their 90th anniversary on July 3. Another in-

invitation to an open house on June 20 from 2-5 p.m. at the Rehoboth Home in Springfield was acknowledged. Carol Gordon volunteered to bring a craft to the District Annual. A donation was made to the Shedden 4-H Club. Elgin Manor volunteers for May will be Carol Gordon and Pauline Silcox.

The annual meeting was then held and all annual reports were given. Installation of officers was led by Jean Palmer. She thanked the executive and members for a good year and wished the newly elected officers a successful year. Connie Silcox volunteered to organize the information booth at the Rosy Rhubarb being held June 7,8,9.

The meeting was then turned over to Tweedsmuir Curator Dora McArthur. She read

three stories from a book entitled, From This Place. These stories were written by institute members from Ontario and compiled to be used as a fundraiser for the Federated Women's Institute of Ontario. It was a project initiated during the International Year of the Older Person. They were nostalgic accounts of women who experienced life in the 20th century. All members enjoyed as Mrs. McArthur read memories of which many could relate to.

The fun continued over a delicious lunch served and prepared by Dora McArthur, Carol Gordon and Pauline Silcox. The next meeting will be held at Bethany United Church on May 22. All are welcome.