

Autism WI topic

FOR THE TIMES-JOURNAL

SHEDDEN — Marti Loussire spoke at the December meeting of the Shedden Women's Institute, about Living With Autism.

As the mom of an autistic 16-year-old, she is imminently qualified to represent AutismOntario as spokesperson. There are 30 chapters of AutismOntario, and the London chapter covers London, Middlesex, Elgin, and Oxford and serves more than 3,000 clients, out of more than 70,000 autistic children in Ontario.

With early intervention and intense therapy, it is believed that autistic children can become functioning adults. The early signs to watch for are the communication red flags:

- No babbling by 11 months of age;
- No simple gestures by 12 months, such as waving bye-bye;
- No single words by 16 months;
- No two-word phrases by 24 months;
- No response when their name is called, causing concern about their hearing ability; and
- Loss of any language or social skills at any age.

Autism is not a psychological nor mental illness, bad parenting, misbehaviour, or childhood disorders, but a genetic neurological disorder. No two autistic people are alike in presenting with this disease, although the basic problems are resistance to change, difficulty with social interactions, trouble making eye contact, sleep disorders, hyperactivity, ritualistic behaviour and impaired motor skills

Sights and sounds can be painful experiences, with smells, tastes and textures too strong.

It is necessary to adapt to an autistic person's environment by slowing down your speech, being direct, keeping noise levels low, and supplying them with access to their special interests, such as music, art, school subjects or memory games.

We must learn to build their self-esteem.

October is Autism Awareness Month in Canada. For information: contact AutismOntario at 600 Sanatorium Rd., Unit 1, London, Ont., 519-433-3390 or go to www.autismontario.com/london.

The business part of the meeting followed this poignant talk.

Volunteers are needed for the Elgin Manor on Jan. 12.

The presentation of the Book of Memories garnered from the Palmer Appreciation Night was made to Brenda Silcox and Jean Palmer.

Cheryl Garvin sent three cards during the last month.

Correspondence was received.

There was also a request from the Elgin County District Women's Institutes Tweedsmuir Workshop committee regarding the London Area Tweedsmuir Workshop to be held at the Keystone Complex on Aug. 4. The committee would like each of the 13 Elgin County Women's Institute branches to put up a display of old dolls, toys and/or games, and to display a scrapbook of five old barns from their area and their history.

Each of the branches is also requested to bring one antique toy, game or doll to comment on at the workshop, by May 30, and Helen Van Brenk must be advised that we are ready for the workshop. A committee of Brenda Silcox, Sharon Welch-Leeming, Carol [unclear] and Dora McArthur was struck for this project.

A luncheon followed the meeting. The Christmas meeting will be held at the home of Sharon Welch-Leeming on Jan. 28.

Shedden women back to school

BY SHARON WELCH-
LEEMING

FOR THE TIMES-JOURNAL

The January meeting of the Women's Institute, Shedden branch was cancelled due to inclement weather.

February, however, proved to be better for travelling, so seven members, and seven guests were present at the meeting.

President Carol Gordon welcomed all. Everyone answered the roll call, Your favourite subject or sport in high school.

Our speaker of the evening, Christopher Palmer, has been teaching at Parkside Collegiate Institute in St. Thomas for three years. He has taught grades 9 to 12.

Replacing the blackboard of old is a "Smart board", run by computer with the capability of accessing many teaching tools.

Many technical "gadgets" have been added to the classroom such as calculators, keyboards, and Ipods, but the cell phone is a struggle to keep out of the classroom.

Cheryl Garvin thanked Mr. Palmer for his enlight-

ening talk.

Our motto for the evening, We must always have old memories and young hopes.

After the recitation of the Institute Ode and the Mary Stewart Collect, the minutes of the last meeting were read by Connie Silcox and recorded by Brenda Silcox. A treasurer's report was received.

Thank yous were extended to Pauline Silcox and Jean Palmer for volunteering at the Elgin Manor on Jan. 12.

Five recipes were requested from the District W.I. for the International Plowing Match in 2010.

The Winter Picnic Feb. 18 at Talbotville United Church was attended by three of our members.

The Daffodil Cancer Tea will be held on Saturday, April 4, at the Bobier Villa from 9-11:30 a.m.

The District Annual meeting will be on May 13 at Bethany United Church in Shedden.

Our Annual Perennial Sale is on May 23.

Courtesy remarks were extended by Connie Silcox to Brenda, Cheryl and Jean for a most interesting meeting.

Shedden WI roll call is community safety

BY SHARON WELCH

FOR THE TIMES-JOURNAL

March 25 brought 11 members and one guest together for a meeting of the Shedden Women's Institute at Bethany United Church with our president opening the proceedings with a reading from the Huron International Plowing Match Cookbook of 1999 called "65 and Counting".

After the Institute Ode and Mary Stewart Collect, the roll call asked for ideas to make our community safer and healthier.

Thank you to Pauline Silcox and Jean Palmer for volunteering at Elgin Manor on March 9.

Correspondence for the evening consisted of a petition from Anne and Grant Innes, referring to the government's withdrawal of assistance for grandparents raising their grandchildren, which is now covered by Ontario Works at a rate of \$213 per child per month.

Without this assistance, some grandparents will have a hard time providing for their grandchildren.

The district annual meeting is May 13 at Bethany United Church.

Our speaker for the evening was our member Connie Molnar. She has been a nurse for over 20 years.

Her very informative talk covered the far-reaching assistance that is provided in the home including nursing care, speech therapy, occupational therapy, physiotherapy, dietitians, social workers, and personal support workers.

Also available for senior help is Meals On Wheels, safety services, medications, Ontario drug plans, transportation services, and the societies for ALS, Alzheimer's, Parkinson's, and multiple sclerosis, to name a few.

There are foot care programs, Red Cross equipment rentals, and assistive devices programs, mental health programs, and public health services for babies to seniors.

All of these services provide much needed assistance for seniors or handicapped persons living in their own homes and remaining independent.

Connie Molnar also reminded us of the very important need for financial and health-care powers of attorneys.

Pauline Silcox extended the thank-yous to the committee for an enjoyable evening.

Shedden WI makes quick trip to Korea

SHARON WELCH
For the Times-Journal

President Connie Silcox opened the meeting of the Shedden Women's Institute thanking Past President Carol Gordon for the "sunshine" help by presenting a false sunflower plant to Carol Silcox.

Connie Silcox also produced a little more "sunshine" with a picture of her new grandson Ryerson.

Eleven members answered the roll call, "Tell something you know about Korea."

Brenda Silcox, introduced Stephanie Garvin who has been teaching English to Korean students in a hogwan, or privately owned academy, in Busan, South Korea.

Busan, or Pusan as it is also known, is the largest port city in South Korea. It hosted the 2002 Asian Games and the 2002 FIFA World Cup Soccer. Busan has announced its intention to apply for the 2020 Summer Olympic Games.

Seoul, the only city larger than Busan in Korea hosted the 1988 Summer Olympics.

The hogwans in Korea are an addition to regular schooling. Sometimes their school day lasts until 9 p.m. with classes in the hogwan designed to enhance their school experience in conversational English, violin, math, and science among others.

Students are encouraged to have English names, along with their Korean names.

Outside the teaching expe-

rience, Stephanie Garvin enjoyed the Korean culture, food, and lifestyle.

Stephanie Garvin also prepared a national dish of Korea, Kimchi, made with cabbage and spices. Lunch was served after her presentation, with Kimchi, vegetables and dip, sweets and ginger mint green tea.

Sharon Welch-Leeming presented Stephanie Garvin with a gift in appreciation of her time and effort to educate us about Korea.

Thank you was extended to Jean Palmer, Sandy Molnar, and Doris Molnar for their attendance at Elgin Manor on May 11.

The Iona Willing Workers Butterfly Coffee Break was attended by Jean Palmer and Ethel Minor-Clare.

The Kensington Club Tea on May 6 was attended by Kay Chamberlain, Jean Palmer and Pat Palmer. The entertainment consisted of a ballroom dance team from a high school in St. Thomas.

The fifth annual perennial sale on May 23 had a good turnout and earned \$389.20.

A suggestion was made by Carol Gordon that we donate \$250 to the IPM Quilt Committee to cover the prize money for one category.

District Director Carol Gordon presented her report for the Elgin County District annual meeting.

On Sept. 25 the meeting will feature the Little Brick Schoolhouse.

Back to the good old days

SHARON WELCH
For the Times-Journal

Just like going back to school on the first day of September, the Shedden Women's Institute meeting last month was awaited with anticipation and intrepidation.

Held at the home of Jean Palmer, all members were asked to bring a picture of their school days.

Our president, Connie Silcox, opened the meeting with a list of excuses, I didn't do my homework because.

With the Mary Stewart Collect and the Institute Ode having been recited and sung, it was time to remember our motto of the evening — When saving for old age, be sure to put away some pleasant memories. And so we did.

The business part of the meeting was held first, with reports read and bills paid, tickets purchased for the convention, and correspondence for the summer read and discussed.

Pat Palmer gave a report for Rosy Rhubarb Days, held in June, with 107 jars of jam being sold on Saturday and seven on Sunday for a total of \$467. We also sold 52 cookbooks and 19 bags.

Thank you was extended to Jean Palmer and Kay Chamberlain, who attended Elgin Manor on July 13.

Jean Palmer reported on the Accessibility Act training, which is compulsory for anyone volunteering at the Manor. Doris Molnar, Jean Palmer and Sandy Molnar attended on Aug. 11.

A Tweedsmuir Report was given by Dora McArthur relating to the Book of Barns that we displayed at the Tweedsmuir Workshop.

The pictures of the barns were taken by Tom Spicer, covering the barns of Jim and Jane Cox, Walter Ross Teetzel, Malcolm and Dora McArthur, Jack and Emily Addy, Florence and Bob Cole, and Stuart and Dorothy Brown.

Thank you was extended to Dora McArthur and Carol Gordon by Brenda Silcox for the hours put into designing the book.

The meeting was then turned over to Jean Palmer, who invited us to gather round the dining room table where we enjoyed tea and pie while reminiscing about the Good Old Day in our Little Brick Schoolhouse.

Jean read an excerpt about the little brick schoolhouse and it brought back many memories of old wood stoves, water in the bucket, outhouses and playing in the yard, one teacher for all eight grades, and all grades in one room where even the Grade 1 student learned a little Grade 8 history in a day.

With an almost full roster of 14 members, it was almost like having a full classroom and the stories were told with enthusiasm.

Sharon Welch-Leeming extended, Thanks for the Memories, to Jean Palmer and her committee of Carol Gordon and Doris Molnar and for the tasty pumpkin and blackberry pie with whipped cream. All was well appreciated.

■ SHEDDEN WI: Crocker Honey owner guest speaker

OCT. 28, 2009

All about bees, honey keeps WI members buzzing

SHARON WELCH

For the Times-Journal

It's only bees. Honey bees to be exact. Those little insects that congregate in the thousands and work constantly to provide themselves and us with the sweetest nectar, honey.

The October meeting of the Shedden WI was all about bees and Chris and Rebekah Crocker, of Crocker Honey, regaled us with many facts about the little insects.

For instance did you know:

■ That in early spring there are only 20,000-40,000 bees in a hive but in summer that number swells to 80,000-100,000; That a bee can fly up to 3 km. at one time;

■ That the life span of a bee is six weeks, except for the queen bee who can live up to seven years;

■ That there are three kinds of bees, queen, drones, workers;

■ That two-thirds of a cup of honey equals 1 cup of sugar and that honey is sweeter than sugar by 25%;

■ That because honey does not allow bacteria to grow it will last for a very, very long time; That honey is a good salve for cuts and burns and sunburn.

Chris Crocker also provided a little insight into the work necessary to provide hives for the bees and to protect them from the elements.

Winter is the time to build new hives and repair the old ones. In spring the hives are cleaned and made ready for the new season.

The colour and grade of honey can be determined by the type of flowers the bees are harvesting. Collecting of the honey follows, being sure to leave enough honey in the hive to sustain the bees over the winter.

The hives are wrapped in tarpaper to insulate them from the weather, and the bees cluster around the Queen Bee to keep her warm for the winter.

Apiaries must be registered and bee inspectors drop in at any time to

inspect the operation. The bee inspectors have more authority than a police force and at the first sign of disease they can order the hives destroyed and burned.

Chris Crocker was thanked by Cheryl Garvin for a very interesting and informative meeting.

Brenda Silcox reported on the 95th London Area Convention that she and Jean Palmer attended in Craigowan.

Joy Tremble reported that new strategies are being planned for Octo-

ber 2012, a new mission statement, a new vision statement and a new values statement.

Doris Molnar won a prepaid membership for 2010 by signing up a new member.

Helen Dowd spoke on the aging membership of the WI and how to encourage more members to join.

The keystone speaker of the day was Bjarni Tryggvason, an astronaut who traveled into space in 1997 with five others from the U.S. He retired from

the space industry and now lives in London, and is a visiting professor at the UWO where he does research. He is one of only eight Canadians who have gone into space.

The Mary Stewart Collect and the Institute Ode were then recited and lunch was served. Thank you was extended to Cheryl Garvin and her committee of Pat Palmer and Kay Chamberlain for a delightful evening

Shedden W.I. – Afghanistan Tour of Duty

Our president opened the meeting with a reading of “In Flanders Fields” and a moment of silence. Seven members and 4 guests answered the roll call of “What does Remembrance Day mean to you.”

November 11th is set aside to remember all those who fought for our freedoms and privileges we enjoy today. Not only those who died but those who lived to talk or not to talk about what they had seen and done. We will remember them.

It is a very emotional time for some and our speaker for the evening, Sara Littlejohn was one of those as she related the stories of her two brothers serving in Afghanistan at the same time. Sara is extremely proud of her brothers, as she should be, and the feelings of fear, pride, anxiety and love showed as she talked about Joe and Andrew, two Canadian RCR’s on the front lines in a foreign country. Joe Hentz, of the 1st RCR and Andrew of the 3rd Battalion were stationed in Petawawa and deployed to Afghanistan in September of 2008 until April 2009. Sara showed us some of their journey working with the Afghanistani people through stories, pictures and video.

Jean Palmer thanked our speaker for the evening with a gift and lunch was served allowing the members to look at Sara’s pictures more closely and ask questions.

President Connie Silcox chaired the rest of the meeting with a welcome to our fellow members from Cowal Women’s Institute and the minutes of the last meeting were read and approved.

Pat Palmer moved that we donate to the regular charities.

Save The Children

VON

Salvation Army

Christmas Care

London Hospital

Second Stage Housing

USC

Christmas Shoppe

Museum

STEGH

Seconded by Cheryl Garvin. Carried.

Thank you to Dora McArthur for setting up the display for the Remembrance Day services on Sunday, November 8th at the Keystone Complex. Jean Palmer and Kay and Carl Chamberlain attended at the Elgin Manor on November 9th. Thank you is extended to them for their work. Jean Palmer and Pat Palmer attended the Snowflake Bazaar on November 14 and reported that there was a large crowd and lots of crafts.

Our correspondence for the evening was an invitation to the Iona Candle Christmas at the Iona Hall on November 28 and a request from the Ministry of Citizenship for nominations for the Volunteer Service Awards in three categories. Nomination forms can be accessed online at

Grace Campbell offered thanks from the Cowal Women’s Institute for the invitation to our meeting and President Connie Silcox returned the thank you for their attendance. Connie also proffered thanks to our convenor of the evening, Pat Palmer and her committee Beth Vicary and Jean Palmer for their hospitality.

President, Connie Silcox opened the December meeting with a welcome to nine members and one guest and regaled us with "The Physics of Christmas" indicating that if Santa were to visit all the homes necessary in one night he would only be allowed 1/100th of a second at each stop. Hard to believe with all the cookies and milk he ingests on that one night.

With the reading of our motto "life is a service, not what we can get out of it, but what we can add", the attending members and guest answered the roll call "Name a Fire Hazard", with all the important reminders from candles, smoking, unattended stoves and gas appliances to a new one of drying oily clothes in the dryer. Bill Hunter, of the Southwold Fire Department, was then introduced as our speaker for the evening by Pauline Silcox. Bill has been a part of the Fire Department for nine years and spoke about Holiday Fire Safety Tips. The chances of winning the lottery are 1 in 14 million, of being struck by lightning – 1 in 1 million – but the chances of having a fire in your home are 1 in 10. Pay heed to the following tips to help avoid fires.

Top up the water everyday on your Christmas tree. It should have a reservoir of 2-3 litres, and cut 1" off the bottom of the tree before putting it up so that it can absorb the water.

Use a fireplace screen when having a fire in the fireplace.

Don't burn wrapping paper in the fireplace.

Keep your candles in containers that will not fall over.

Be sure to have at least one working smoke alarm on each level of your house. It's the law. The Fire Department can inspect your home and implement a fine of \$235. if necessary.

Have an escape plan for two ways out of every room and make sure everyone knows them. Have a meeting place established outside the home.

A perfect gift is a smoke alarm or CO Alarm. Replace your smoke alarms every 10 years and the CO Alarm every 5 years. , ,

Bill then showed a video reenacting a fatal fire that destroyed a house in 3 minutes. Remember - Prevention - Detection – Escape! A draw was held and Carol Gordon drew Connie Silcox's name out of the fire helmet. Connie was presented with a new smoke detector. Cheryl Garvin presented Bill Hunter with a gift and our thanks for his enlightening talk. Our guest, Carl Chamberlain, who was also a firefighter with the Southwold Fire Department for many years helped answer questions about the Southwold Fire Department and its members and equipment.

The Mary Stewart Collect and Institute Ode were recited and sung and the minutes of the last meeting read and approved

Bazaars at Iona and Lawrence were enjoyed by some members and a report given that they were well attended. The Christmas Dinner at Wallacetown was also a success.

Lunch was served with tea and coffee cake and a lively conversation ensued. Our next meeting will be held on January 27 at the Bethany United Church in Shedden. Mary Clutterbuck will be our guest speaker with a history of Lucy Maude Montgomery.

Jan. 2010

■ **SHEDDEN WI:** Books and those who write them and read them. 2010
JAN. 27

Anne of Green Gables at WI

SHARON WELCH-LEEMING
for The Times-Journal

SHEDDEN — As the Shedden Women's Institute's January meeting was all about books, president Connie Silcox opened with a poem about Bookworms by Brian Cundy.

Joseph Addison penned our motto for the evening, Reading is to the mind what exercise is to the body, and 10 members and our speaker answered the roll call to name a book by a Canadian author that they had recently read.

Dora McArthur then introduced our speaker for the meeting, Mary Clutterbuck, a passionate Lucy Maud Montgomery and Anne of Green Gables aficionado.

She brought a number of her Anne of Green Gables dolls and memorabilia for us to see and spoke about the life of Lucy Maud Montgomery.

Lucy was born in Clifton, P.E.I., on Nov. 20, 1874. Her mother died when she was only 21 months old and her

father moved to the West. Lucy was left with her grandparents who raised her.

When she was nine years old she wrote her first poem entitled, Autumn. In her lifetime she wrote 25 books, all based in P.E.I. except for one, which was set in Ontario, The Blue Castle.

Lucy went to Dalhousie University but when her grandfather died she returned home to care for her aging grandmother. She ran the post office which was in the front room of their house in Cavendish.

There she met her husband and in 1911 when her grandmother died, her uncle confiscated the house and she was asked to leave, she went to live with her cousin and married Ewen McDonald, a minister in the Presbyterian Church.

They spent a two-month honeymoon in Britain, and returned to live in Leaksdale, Ont., where she gave birth to two sons, Chester and Stewart.

In 1942, she died and was buried in Cavendish, P.E.I. In

1974 a final manuscript was found among her belongings and The Road To Yesterday was published.

Cheryl Garvin thanked Mary Clutterbuck for her very entertaining and informative words and display.

The minutes of the last meeting were read and approved. Our treasurer gave a report of income and expenses.

Connie Silcox reported she had spent a lovely afternoon visiting with Ruth Hunter.

Correspondence consisted of a thank you from the Salvation Army for our donation, the Home and Country Magazine, and the Elgin County District WI information on the upcoming Winter Picnic which was discussed and will be held on Feb. 17 at St. James Presbyterian Church.

Lunch was served with tea, coffee, muffins and cheese, conversation and laughter. Thank you was extended to the assistant convener, Cheryl Garvin, and committee of Dora McArthur and Connie Silcox for an excellent evening, by Brenda Silcox.

FEB. 24, 2010

Watch your pasta portions

SHARON WELCH
For the Times-Journal

President, Connie Silcox welcomed all and opened the meeting with a humorous reading. Eating Pasta will Make You Fat, from the cookbook Eat, Shrink and Be Merry.

The authors, Janet and Greta Podleski note that when it comes to pasta, it is not bad for you, it's just that most people eat too much, too often.

The Mary Stewart Collect and Institute Ode followed, with our motto for the evening being, Have nothing in your houses that you do not know to be useful, or believe to beautiful.

The Roll Call, which included a favourite rolling pin, was answered by nine members and one guest.

Carol Gordon and Jean Palmer attended the Winter Picnic on Wednesday, Feb. 1.

The topics discussed at the picnic were the Spring Board Meeting on March 22; the International Plowing Match, where a need for five people per shift for serving coffee, tea, hot chocolate and cookies was put forth, there are free passes for volunteers; the Cancer Tea on Saturday, April 10.

Shedden has been asked to attend the kitchen from 10:30-11:30 a.m. with three people and supply a loaf.

Forty-five persons were in attendance at the picnic.

The speaker for the event was Jan Row of, Impala Image Works, from Port Stanley, on the topic of Family History and Image Preservation.

Carol Gordon will attend the Spring Board Meeting. Carol Gordon, Connie Molnar and Jean Palmer volunteered to staff the kitchen at the Cancer Tea. Cheryl Garvin agreed to make the loaf.

Jean Palmer, Doris Molnar and Sandy Molnar will attend the Elgin Manor Tuck Shop.

The District Annual will be held at Fingal Presbyterian Church and a possible date of May 22 was discussed for our annual perennial sale.

Cheryl Garvin reported sending four cards this month.

The program was then turned over to our convenor, Doris Molnar, who took great pains to demonstrate how to make noodles from scratch.

With favourite rolling pin in hand, everyone rolled dough as flat as possible.

Then the dough is put through a noodle

press to make it thinner, adjusted the noodle press and did it again to make the noodles even thinner yet.

Thank goodness there was a noodle press, as the attachment to cut the dough into strips was added and all the dough cut into thin strips.

The strips were then laid on the table to dry.

Doris, Connie and Sandra served a delicious noodle soup with cheese and bread for the luncheon. This was topped off with scrumptious pumpkin spice rolled cake, fruit and tea.

Cheryl Garvin gave the courtesy remarks to Doris, Connie, Sandra and the committee of Pauline and Brenda for such a delicious, delightful evening.



news@stthomastimesjournal.com

If you have a story idea please email the Times-Journal at the above address. You can also call 519-631-2790, ext. 248

localnews

■ **WOMEN'S INSTITUTE:** Kerry Ionata-Kusmierz admits she would like to reach the level of Shoe Goddess

Shoe-aholic bares sole in Shedden

SHARON WELCH-LEEMING

For the Times-Journal

The March meeting of the Shedden Women's Institute was held at the home of Sharon Welch-Leeming and Christmas was in the air.

President Connie Silcox opened the meeting at 7:30 with a short story about The Magic Shoes by

Shelly Cornelison.

After reciting the Mary Stewart Collect and the Institute Ode, 11 members answered the roll call with a picture or story about a pair of shoes.

The District Annual will be held at Fingal Presbyterian Church on Wednesday, May 12, hosted by Middlemarch and Boxall branches.

Potluck begins at 5:30 p.m.

Our perennial sale will be held on Saturday, May 22.

The business part of the meeting was conducted and Sharon Welch-Leeming then introduced the speaker for the evening.

Kerry Ionata-Kusmierz is a self-confessed shoe-aholic and brought some of her collection of 79 pairs of

slippers, boots, sitting shoes, standing shoes, car service shoes, kitten heels and gladiators.

She also gave us some insight into facts about shoes. The average woman owns 27 pair of shoes, while the average man has only seven pair.

There are 250,000 sweat glands in each pair of feet, so it is not good to

wear the same pair of shoes every day.

Sandals are worn in warm climates to protect the soles of the feet.

The first shoe was made 4,000 years ago, but it was only in the 19th century that shoes were made for right and left feet.

“The average woman owns 27 pairs of shoes, while the average man has only seven pairs.”

In Europe in the 16th and 17th century the heels were always red. The upper class in the 17th century wore 16-inch heels and it took two persons on each side of the wearer to hold them upright.

The first pair of sneakers was manufactured in America.

Kerry admitted she would like to own 100 pair of shoes to reach the level of Shoe Goddess.

Ethel Minor-Caire thanked Kerry for her insight into the life of a shoe addict.

Gifts and Christmas crackers were distributed to everyone from under the Christmas tree and tea was served along with mincemeat and cherry cheesecakes.

Jean Palme gave the courtesy remarks than. Kerry, the convener Sharon Welch-Leeming and

her committee of Connie Silcox and Ethel Minor-Clare for a fun evening.



OBJECT:

The objects of Women's Institutes shall be the dissemination of knowledge relating to domestic economy, including household architecture, with special attention to home sanitation; a better understanding of the economic and hygienic value of foods, clothing and fuels, and a more scientific care and training of children, with a view to raising the general standard of health and morals of our people.



Women's Institute

Shedden Branch

PROGRAMME

1914-1915

OFFICERS

PRESIDENT MRS. W. GUEST
 VICE-PRES. MRS. J. A. ORCHARD
 SEC.-TREAS. MRS. F. TRACE

DIRECTORS

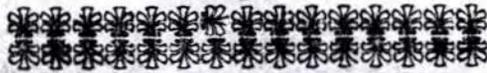
MRS. D. RUSSELL MRS. W. G. EADEY
 MRS. M. B. STAFFORD

Meetings held every fourth Wednesday at 3 o'clock
 Motto—"For Home and Country"



TOPICS

June 24—Our Flag and What it Stands For
 Miss Annie Brown
 Cooking and Serving Strawberries
 Miss L. Williams
 July 22—Methods of Banking.....J. W. Brown
 Canning Vegetables Mrs. Schraeder
 Aug. 26—Programme from visiting branch.
 Address by Dr. Annie Backus, Aylmer.
 Sept. 23—Care of House Plants and Bulb Culture...
 Mrs. D. Russell
 Making the Most of Ourselves
 Mrs. J. H. Sells
 Oct. 28—How to Make Hens Pay in Winter
 Mrs. E. Atkinson
 Lessons from Thanksgiving Day
 Mrs. M. McArthur
 Nov. 25—Thoughts of Christmas and Christmas Giv-
 ing Mrs. W. Russell
 Pie Making Miss Annabel Sells
 Deserts Miss Eva Morrison



TOPICS

Dec. 23—Amusements for Young People
 Mrs. G. G. Hopkins
 Candy Making
 Miss Edith McGibbon, Miss Elsie Hamilton
 January—Preparation of School Lunches
 Mrs. M. B. Stafford
 Reading in the Home Mrs. Brad
 February—How to Keep the Boy or Girl on the
 Farm Mrs. A. McIntyre
 Soup Making Mrs. T. Wide
 March—Care of Young Turkeys.....Miss C. Horton
 Systematic House-cleaning..Mrs. M. Horton
 Thoughts on Easter Mrs. C. Cook
 April—Pre-historic Canada....Miss Mildred Orchard
 Removing Stains from Household Articles
 Mrs. G. Stormes
 May—Election of Officers.
 Care of Young Poultry...Miss Lettie Sells



February 2.30 p. m.

Debate.
Roll Call.—Your birthstone.

March,

Paper.—How far should our actions be governed by public opinion.

Mrs. A. McIntyre.

Contests.—1.—Girls: Button Hole Making.
2.—Married ladies: Darning Contest

Roll Call.—Conundrums.

April 2.30 p. m.

Demonstrations of Deserts.
Miss Morrison, Miss E. Hamilton, Mrs. Brad, Mrs. G. Stormes, Miss E. Sells.

Reading.—Mrs. Walter Moore.

Roll Call.—Quotations on Spring.

May 3 p. m.

Paper.—Furnishing the Guest Chamber.
Mrs. D. Russell.

Election of Officers.

Roll Call.—Collection of dues for 1916—1917.

Special music at each meeting.



Women's Institute, SHEDDEN BRANCH.

PROGRAM

1915--1916

OFFICERS

President..... Mrs. J. W. Brown
Vice President..... Mrs. J. D. Russell
Secretary-Treasurer..... Mrs. F. Trace
Organist Mrs. M. B. Stafford.
Mrs. G. G. Hopkins.

DIRECTORS

Mrs. Jas. Orchard, Mrs. G. G. Hopkins,
Mrs. W. Guest.

Meetings held every fourth Wednesday.



PROGRAM

June 30—3 p. m.

Report of District Meeting.—Miss Morrison.
Practical Demonstration of Sewing.
Miss Janet Preston.
Roll Call.—Selection of Poetry.

July 28—3 p. m.

Paper.—The Boy's Chance.
Miss Mary McArthur.
Paper.—What makes a Successful Institute?
Miss Annie Brown.
Roll Call.—Payment of dues for 1915—1916.

August 25—3 p. m.

Paper.—The effects of Home Influence upon
our National and Political Life.
Miss E. McGibbon.
Reading.—Mrs. M. Horton.
Roll Call.—Name a Canadian Hero.

September 22—3 p. m.

Paper.—Canadian Authors.
Prose—Miss Mildred Orchard.
Poetry—Mrs. F. Trace.
Paper.—Moral and Physical Harm of Fault
Finding.—Mrs. Ad. Orchard.
Roll Call.—Your favorite flower.

October 27—2.30 p. m.

Paper.—Our Country's Resources.
Mrs. J. W. Brown.
Reading.—Study of China and its Care.
Mrs. Guest.
Roll Call.—Name a book and its author.

November 24—2.30 p. m.

Exchange of Ideas for Inexpensive Christmas
Gifts.—Exhibit by all members.
Reading.—Mrs. Bawtinheimer.
Roll Call.—Recipe for a Christmas dainty.

December 15—2.30 p. m.

Paper.—The Mother.
(a) What she owes to herself.
Mrs. D. Hamilton.
(b) What she owes to her family.
Mrs. M. Stafford.
(c) What she owes to the community.
Mrs. J. Orchard.
Roll Call.—Christmas quotation.

January 2.30 p. m.

Paper.—Value of Fresh Air and Sunshine.
Mrs. Hopkins.
Reading.—Miss Lettie Sells.
Roll Call.—Name a Canadian lake.

Women's Institute

SHEDDEN BRANCH

1923-1924

OFFICERS

Honorary President Mrs. William Guest
President Mrs. F. Trace
First Vice-President Mrs. W. Stafford
Second Vice-President Mrs. O'Hara
Secretary-Treasurer Miss Eva Morrison
Directors Mrs. A. E Orchard, Mrs. John Sells, Mrs. A. McIntyre
District Director Miss Elsie Hamilton
Organists Mrs. B. Brad, Miss D. Wride
Auditors Mrs. Bawtinheimer, Mrs. Ross

JULY 25

Try grim 'stead of growl just one day and see if the whole world
doesn't look better before night.

Hostess: Mrs. M. Stafford.

Report of the District Convention

Music.

Current Topics..... Mrs. A. McIntyre

Roll Call—A Recipe for Jelly, Jam or Marmalade.

Tea.

AUGUST 22

But the tender grace of a day that is dead
Will never come back to me.

The Methodist Church

The Middlemarch Ladies will be our guests and provide the Program.

Roll Call—If I could have one more Labor Saving Device, what
would it be?

SEPTEMBER 26

It is a good divine that follows his own intentions.

Hostess: Mrs. William Guest

A Talk by Mrs. Pollock.

Music.

Current Topics..... Mrs. M. Stafford

Reading..... Mrs. Hepburn

Roll Call—Question Drawer.

OCTOBER 24

Though the storm roar loud through the rifted cloud,
There's a golden sunbeam shining.

Hostess: Mrs. John Sells

Paper—"The All-Around Woman"..... Mrs. A. McIntyre

Music.

Current Topics..... Mrs. C. Moore

Reading..... Mrs. O'Hara

Roll Call—Hallowe'en Legends.

Tea—Pie Contest

MARCH 26

What care we for wind or weather
As long as the Women's Institute can be together?

Hostess: Mrs. Raynham.

Paper—"Misunderstood Children" Mrs. W. Guest
Music,
Paper—"Poultry Raising" Mrs W. Atkinson
Current Topics Mrs Keillor
Roll Call—Ways of Helping Children Form Habits of Obedience and
Courtesy.
An Exhibition of Antiques.

APRIL 23

I can wash, sir, I can spin, sir;
I can sew and mend and babies tend.

Hostess: Mrs. L. Moore

Paper—"A Girl's Rights, Duties and Privileges" Miss D. Wride
Music By the Girls
Dialogue By the Girls
Reading—Humorous.
Roll Call—Beauty Hints.
Tea

MAY 28

A vote is a trust, use it.

Methodist Church

Paper—"Hygiene of Cheerfulness" Mrs T. Wride
Music,
Election of Officers.
Roll Call—Paying Dues

Turner

March 28.—2.30 p. m..

Success from Different Standpoints.
—Miss Eva Morrison.
Reading—Miss Alice McDiarmid.
Roll Call—Thoughts on Easter.

April 25.—2.30 p. m.

Fingal Institute.

May 23.—3 p. m.

Sunny Side of Life.—Mrs. W. Atkinson.
Election of Officers.
Secretary's Yearly Report.
Roll Call.—Payment of Yearly Dues.



Women's Institute

SHEDDEN BRANCH

Programme

1916-1917

Officers

President Miss Lettie Sells
Vice-President Mrs. M. Stafford
Secretary-Treasurer Miss Gertrude Baird
Organist Mrs. B. Brad

Directors

Mrs. F. Trace, Mrs. Walter Moore, Mrs. J. H. Sells.

Meetings held every fourth Wednesday.



June 28—3 p. m.

Report of District Meeting.—Mrs. M. White.
Furnishing the Guest Chamber.—Mrs. D. Russell.
The small fruit of our country; their growth and value.—Mrs. Guest.
Roll call.—Quotations from Tennyson.

July 26—3 p. m.

Canada at War and at Peace.—Miss Mildred Gould.
Reading.—Mrs. M. Stafford.
Roll Call.—Canadian Women of Note.

August 30.—3 p. m.

The care of young children; their training diet, and clothing.—Mrs. John Orchard.
Table Decorations.—Miss Gertrude Baird.
Roll Call—Little Things to Try.

September 27—3 p. m.

Patriotic Work of the Institute—Mrs. Walter Moore.
How to make our Institute Meetings interesting and entertaining.—Miss Alice McDiarmid.
Roll Call.—Quotations from Longfellow.

October 25—2.30 p. m.

Kensington Club.

November 22—2.30 p. m.

The Advantages and Possibilities of Country Life.
—Miss Edith McGibbon.
Reading.—Mrs. Rosella Tanner.
Roll Call—Christmas Quotations.

December 27.—2.30 p. m.

How the Institute may aid in Community Uplift.
—Mrs. Arthur McIntyre.
How to Entertain and be Entertained.
—Miss Elsie Hamilton.
Roll Call—New Year Resolutions.

January 24.—2.30 p. m.

The Twentieth Century Farmer's Wife.
—Mrs. Bawtinheimer.
Reading.—Mrs. Leonard Moore.
Roll Call—Patriotic Quotations.

February 28.—2.30 p. m.

The Kingship of Self Control.—Mrs. Hopkins.
Reading—Mrs. White.
Roll Call.—Name a Canadian River.

JANUARY 26—2.30 P. M.

Hostess—Mrs. Murkar.
Address — "History of Shedden."—Mrs. A. Silcox,
Music—Mrs. G. O'Hara.
Reading—Mrs. W. Guest.
Home Economics—Miss A. Brown.
Roll Call— Reminiscence of Shedden.
Tea—

FEBRUARY 23—2.30 P.M

Hostess—Mrs F. Trace.
Address — "Talk and Discussion on the Constitutional of the Women's Institute."—Miss Eva Morrison.
Music—Miss K. Raynham.
Reading—Mrs. Ross.
Home Economics—Mrs. W. Atkinson.
Roll Call—Question Drawer.

MARCH 23—2.30 P.M.

Hostess—Mrs. A. E. Orchard.
Address—"The Rural Woman; Her Problems and Privileges".—Mrs. N. Bawtinheimer.
Music—Mrs. G. Drake and Mrs. W. Murkar.
Reading—Mrs. S. Skipper.
Home Economics—Mrs. Walter Moore.
Roll Call—Saving Steps.

APRIL 27—2.30 P.M.

Hostess—Mrs. N. Bawtinheimer.
Address—"The Value of a Women's Institute"—Mrs. W. Stafford.
Music—Mrs. F. Trace and Mrs. P. C. Sells.
Reading—Miss May Jackson.
Home Economics—Mrs. Geo. Drake.
Roll Call—Hints on gardening.
Exchange of seeds. Tea.

MAY 25—2.30 P.M.

Hostess—Mrs. C. Hamilton.
Reading—Mrs. O'Hara, Sr.
Election of officers.
Roll Call—Payment of yearly dues.
Music—Mrs. M. B. Stafford and Miss Grace Proudfoot.

PROGRAMME



MOTTO--"For Home and Country"

JUNE 29—2.30 P.M.

Hostess—Mrs. J. H. Sells
Address—Miss Emily J. Guest, Toronto, Government Speaker.
Music—Girls' Chorus.
Home Economics—Miss Elsie Hamilton.
Roll Call—Your Favorite Flower.

JULY 28—2.30 P. M.

Hostess—Mrs. O'Hara.
Report of District Annual -
Address—"How to keep from getting mentally top-sided."—Mrs Murkar.
Music—Miss Stella Stafford.
Reading—Mrs. Chas. Hamilton.
Home Economics—Mrs. C. Orchard.
Roll Call—Cure for the blues.
Tea—

AUGUST 25—2.30 P.M.

Hostess—Mrs. A. Raynham
Address—"Doing Things Well"—Mrs. F. Trace.
Music—Miss Helen White.
Reading — "Cooking a Husband" — Miss A. Brown.
Home Economics—Mrs. Mary McArthur.
Roll Call—How to keep cool.
Contest—Darning on wool.



Women's Institute SHEDDEN BRANCH

Programme 1926-1927

We want you at our Institute Meetings, held on the fourth Wednesday of each month at 2.30 p.m.

OFFICERS

Honorary President - - - Mrs. W. M. Guest
President - - - - - Mrs. A. E. Orchard
First Vice-President - - - Mrs. W. H. Turner
Second Vice-President - - Mrs. W. F. Moore
Secretary-Treasurer - - - Mrs. C. E. Moore
Assistant Secretary - - - Mrs. P. C. Sells
Directors - - - - - Mrs. A. McIntyre
Mrs. C. Hamilton
Mrs. N. Bawtinheimer
District Director - - - - - Mrs W. Ross
Organist - - - - - Mrs. F. Trace
Assistant Organist - - - Mrs. M. B. Stafford
Auditors - - - - - Mrs. Trace
Mrs. Mary Stafford

Those on the programme unable to act, kindly supply substitutes.



SEPTEMBER 22—2.30 P. M.

Hostess—Mrs. W. Atkinson.
Address—"A Mother's First Duty to Herself"—Mrs. J. Schram.
Music—Mrs. Harvey Keillor.
Home Economics—Mrs. A. McIntyre.
Reading—Mrs. W. F. Moore.
Roll Call—One of Canada's Noble Mothers.

OCTOBER 27—2.30 P.M.

Hostess—Mrs. C. E. Moore.
Address—"The Boundless Interests of Life."—Mrs. M. Horton.
Music—Mrs. M. B. Stafford and Mrs. F. Trace.
Reading—Mrs. P. C. Sells.
Home Economics—Mrs. W. H. Turner.
Roll Call—Ways of preparing apples.
Donation of Bulbs—
Tea—

NOVEMBER 24—2.30 P. M.

Hostess—Mrs. M. B. Stafford.
Grandmothers' Meeting.
Convenor—Mrs. M. B. Stafford.
Roll Call—Something that was your grandmother's.
Shower of Children's picture books for Hospital.

DECEMBER 29—2.30 P. M.

Hostess—Miss Eva Morrison.
Address—"Better than gold."—Mrs. J. H. Sells.
Music—Miss Flossie Campbell.
Reading—Mrs. Mary Stafford.
Home Economics—Mrs. Jas. Orchard.
Roll Call—A Current Event.

Hostess—Mrs. M. Horton
 Roll Call—"Home Made Valentines"
 Music
 Paper—"Faith and Agreeableness is the Secret of Youth; Discouragement is a Disease," Mrs. C. R. Hamilton
 Home Economics—Mrs. W. J. Stafford
 Reading—Mrs. Cann

MARCH

"Sincere Friendship Never Dies"

Hostess—Mrs. M. Atkinson
 Roll Call—"Exchange of Egg Recipes"
 Paper—"Malnutrition—The meaning and remedy," Mrs. Eddy
 Paper—"Value of Eggs and how to prepare them," Mrs. Morley Stafford
 Current Events—Mrs. Reichheld

APRIL

"Oh to be in England now that April's there"
 Hostess—Mrs. M. D. McCormick
 Roll Call—"Payment of Dues"
 Paper—"New Life in Springtime—Birds, Bees Flowers"
 Music—Mrs. W. C. Murkar
 Current Events—Mrs. T. Wride
 Reading—Mrs. Leonard Moore.
 Election of Officers

OPENING ODE

TUNE:—"Auld Lang Syne"
 A goodly thing it is to meet
 In friendship's circle bright,
 Where nothing stains the pleasure sweet
 Or dims the radiant light
 No unkind word our lips shall pass
 Nor envy sour the mind:
 But each shall seek the common weel—
 The good of all mankind.

SHEDDEN

Women's Institute

PROGRAMME 1928-1929



We want YOU at our Institute Meetings held on the fourth Wednesday of each month at 2.30 p. m.

OFFICERS

Honorary President..... Mrs. Guest
 President..... Mrs. W. F. Moore
 1st Vice-President..... Mrs. G. O'Hara
 2nd Vice-President..... Mrs. W. McLandress
 Secretary-Treasurer..... Mrs. A. A. Silcox
 Assistant Secretary-Treasurer Mrs. P. C. Sells
 Directors.. Mrs. M. D. McCormick, Mrs. C. E. Moore Miss A. Brown, Mrs. W. G. Murkar
 District Director Mrs. M. D. McCormick
 Organist..... Mrs. Murkar
 Assistant Organist..... Mrs. M. B. Stafford
 Auditors Mrs. W. J. Stafford, Mrs. W. Turner
 Press Reporter..... Mrs. C. E. Moore

Those on the programme unable to act kindly supply substitutes