

Dec. 1996

## Pat Barnier, registered nurse speaker at Shedden W.I.

Members of the Shedden Women's Institute and their families met at Bethany United Church for the November meeting. President Connie Silcox welcomed everyone to "Family Night" which began with a potluck supper. Following this, the roll call - What method of curing an illness in your lifetime, is not practiced or acknowledged today? - was answered by everyone. Responses ranged from liniments, corn oil, mustard plasters, and epsom salts to hot toddies.

"Safe and Healthy Community" convenor Jean Palmer introduced the speaker, Pat Barnier. Pat is a registered nurse at the University Hospital in London. Through her slide presentation, she explained some of the changes in the health care system at the hospital level, and the "teaching" approach of the University Hospital. Soon every bed at University Hospital will have computerized charts. She stressed the importance of understanding the warning signs of a stroke and to always tell your doctor if you are not feeling well for quick action could help to avoid a stroke. Pat said we should be aware that we are so fortunate to have such a world renown hospital "in our back yard." Sharon Welch expressed thanks on behalf of the group

and presented a gift of appreciation.

During the business portion of the meeting, donations were made to Save the Children, USC, Children's Hospital of Western Ontario, Christmas Care, Christmas Shoppe, Keystone Complex, Daffodil Auxiliary, and the St. Thomas Elgin General Hospital.

A successful fashion show was held at Southwold Public School with the proceeds going towards the Southwold Keystone Complex. Community support was great. Appreciation for organizing the event was expressed to the convenor Pat Palmer and her committee, Cathy Koyl, Karen Lynch, Susan McKillop-Harris and Pat Quin.

Carol Gordon gave the Convention, Rally and Museum reports. The ladies decided to once again make cookies to sell for the Elgin County Pioneer Museum Coffee Break with the proceeds to go to the museum. Pat Palmer and Sharon Welch offered to package them. Dorothy McLaughlin and Lois Oldham volunteered to make the loaves. Thursday, December 12th, from 7-9 p.m. there will be candlelight tours at the museum.

The Christmas meeting will be held on December 18th at 7:30 p.m. at the home of Brenda Silcox.

## Shedden Women's Institute holds Christmas meeting

Christmas! Friends, tis Christmas! If there's no joyous way to give a festive package... give some love away! This was the motto for the Shedden Women's Institute which met for their Christmas meeting at the home of Brenda Silcox.

Connie Silcox, president, opened with a poem entitled "Time" followed by the Institute Ode and Mary Stewart Collect. The roll call was answered by - "show or tell" something pertaining to Christmas. Some answers were: Christmas crafts, Grandma's puddings and cakes, favourite ornaments, special carols and programs, pictures, a daughter born on Christmas day and the history of the candy cane.

The secretary, Dorothy McLaughlin, read several thank you notes. The Personal Enrichment Seminar will be held at Southwold Public School on February 15th, 1997. Workshops to choose from include Tai Chi, Block Print on a Clay Pot, Back Yard Remedies, Chocolate Delights, Home Security and Creative Paint Techniques.

Jean Palmer and Pauline Silcox sold the 23 trays of cookies Shedden ladies prepared for the Museum Coffee Break.

Lois Oldham gave the Elgin

Manor Report and Ilene Orchard reported sending out four cards as Remembrance Convenor. Pat Palmer offered to work at the Elgin Manor on January 13th.

Members leafed through the new Women's Institute Centennial Book, "For Home and Country".

The Christmas program began with a story read by Connie Silcox. It was taken from the "Janet Columns" and written by Mary Jane McIntyre and entitled "Christmas 1860". The ladies were then divided into two teams and played "What's in the sock?" game.

Brenda led in the singing of several Christmas songs including "I Saw Mommy Kissing Santa Claus", "Frosty the Snowman", "Jingle Bells" and "Silver Bells".

Carol Gordon instructed in the making of decoupage Christmas eggs. With a blown out egg, paints, paper, beads and glue (and a very patient instructor), all were able to take home a new Christmas ornament for their tree.

After lunch and laughs, Pat Palmer expressed thanks on behalf of the group to Connie and Brenda for planning the meeting. The next meeting is January 22nd at Bethany United Church at 7:30 p.m.

All welcome.









SHEDDEN  
WOMEN'S B

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Jan 1997

# Shedden W.I. enjoys slides presented by Lorne Spicer

Lorne Spicer was guest speaker at the January meeting of the Shedden Women's Institute. Through his slide presentation and commentary, the group was taken to Mennonite Country.

Without hydro, the ladies hang their clothes outside year-round, but no clothes will be seen hanging on the line to dry on Sunday. Everyone goes to church and rows of horses and buggies are seen in the church yard. On Tuesdays, many Mennonites with their horses and buggies, are seen heading for market to sell baking or goods raised or grown on their farms. Belgium horse teams are a common sight for working on the farm. Cattle, goats, chickens, ducks, geese and pigs are some of the animals raised.

Lorne then showed pictures he had taken of a turkey vulture from the hatching of the egg until it left the nest. Surprisingly, they are born with white feathers which gradually turn to black. This egg was hatched in a hollow tree stump.

Pictures of heritage trees in Shedden and area were of interest.

The concluding segment of pictures were of a five dog team sled that took two adults and a child caribou hunting, north of Dawson City in the Yukon.

Carol Gordon expressed thanks on behalf of the group for Mr. Spicer's enlightening and enjoyable presentation.

To commemorate Robbie

Burns Day, the convenor for the evening, Lois Oldham, read a poem entitled "A Tribute to the Spouse." This was taken from the "Poet's Corner" of the Scottish Banner, a newspaper published in Scotland.

The roll call - Should Canadian laws be changed to satisfy new Canadians, produced many interesting thoughts. The motto was "Behold the turtle, he makes progress only when he sticks his neck out!"

The Centennial Committee would like orders placed by March 10th for those wishing a Women's Institute Centennial rose as there are a limited number available. There are still 100th Anniversary commemorative items for sale.

Lois Oldham, Elgin Manor representative, informed of the Dessert/Tea card party on April 7th at the Manor.

Pat Palmer gave the courtesy remarks to Lois, Ruth Hunter and Carol Gordon for planning the evening.

The next meeting will be held at Bethany United Church on February 19th at 7:30 p.m. This is the date chosen by the Federated Women's Institutes of Ontario for all branches to hold a common program to celebrate the 100th Anniversary of the founding of the organization.



# Fund set up at CIBC for Shedden fire victims

FOR THE TIMES-JOURNAL

**SHEDDEN** - To begin the **February** meeting of the Shedden Women's Institute, president Connie Silcox lit a candle in celebration of 100 years of Women's Institute.

The unity candle signified a common bond as all Women's Institutes in Ontario were meeting on the same date of Feb. 19 and conducting a similar program.

Ms Silcox welcomed members and guests to the meeting and said that the WI is an educational organization for personal growth, self improvement, leadership development and community action. Valuable assets are the friendships gained and friendships renewed. It is linked provincially through the Federated Women's Institutes of Ontario; naturally through the Federated Institutes of Canada and worldwide through the Associated Country Women of the World.

Some accomplishments: word recognition and phonetic programs for grades 1 and 4; traffic lights at dangerous intersections; best before dates on prepackaged fresh foods and flashing light on school buses.

Ongoing activities:

## The Women's Institute



Tweedsmuir History Books which record farm histories and community developments; environmental concerns; emphasize that women over 50 have mammograms and objections to violence in TV programs.

The roll call was answered by "What have I accomplished with a WI Lifeskill?" Answers included courses on quilting, hats, dresses, leather wallets, cooking, rug braiding, sweatshirts, T-shirts, bread making, crewel, plants and landscaping. Also, many appreciated the fact they learned the correct procedure of conducting a meeting and holding an office.

Secretary Dorothy McLaughlin read the original minutes of the Stoney Creek meeting from Feb. 19, 1897 and the minutes of our

### DATEBOOK

■ The next Shedden WI meeting is March 26, at 7:15 p.m. at Bethany United Church to travel for a visit to a goat farm.

January meeting.

Connie Silcox, Pat Palmer and Cheryl Garvin offered to comprise the nominating committee. Sharon Welch and Lori Jones volunteered to staff the Elgin Manor Tuck Shop in March.

A fire fund bank account has been opened at the Shedden Branch of the CIBC for the Chinnery family.

Carol Gordon gave the museum report and stated that the 40th year of the museum will be celebrated in April.

Readers participated in a "Do You Know" review of past history which included the founders Adelaide Hoodless and Erland Lee; the Institute colors of Blue and gold; Lady Tweedsmuir and her suggestion of community histories now called Tweedsmuir histories and the Home and Country magazine.

Life members in attendance were Maxine Silcox, Jean Palmer and Beth Vicary.

The traditional lunch was served — beef, egg, chicken, cucumber and watercress sandwiches; buttermilk tea biscuits with black currant jelly; sugar cookies; Johnny cake with maple syrup and gingerbread with whipped cream.

# Lavender Lane Farm

## GOAT MILK SOAP



Handcrafted, all natural, goat milk soap

- \* a gentle, moisturizing cleanser
- \* recommended for all skin types, including sensitive skin
- \* rich lather; long lasting
- \* biodegradable

*Basic Ingredients: saponified tallow, olive oil, coconut oil,  
fresh goat milk*

### Specialty Goat Milk Soaps:

**Cornmeal:** adds a mild abrasive, a good scrubbing soap; also known as Gardener's or Farmer's soap (unscented).

**Oatmeal:** a gentle exfoliating face and body bar, soothes irritated skin (unscented).

**Glycerine:** home made soaps retain natural glycerine; a translucent soap for face and body - recommended for oily skin.

**Lavender:** naturally scented, Lavender is known for its calming aroma, antiseptic and healing properties.

**\*\* GIFT BASKETS MADE TO ORDER \*\***

Aniko Varpalotai & Cecilia Preyra  
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(519) 764-2072

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# Shedden Women's Institute visits unique goat farm

Members of the Shedden Women's Institute visited Lavender Lane Farm in Southwold, for their meeting on March 26th. The group was greeted by Aniko Varpalotai and Cecilia Preyra, who own and operate this unique goat farm.

They raise three types of goats: the Saanen (milk goat), Nubian (dual purpose) and the Tennessee Wooden Leg (fainting goat). Unlike we in North America, 75% of the world drink goats milk. Goat milk is less allergenic and is naturally homogenized.

The cream does not rise to the top. Sick Children's Hospital own their own goat farm. Goats milk is known as universal mother's milk as most animals and human babies can live on goats milk. Goat cheese is popular in other countries and is now becoming quite trendy in Canada. Aniko and Cecilia make their own goat milk soap. The basic ingredients are saponified tallow, olive oil and coconut oil which are heated to 120 - 125 degrees. This is added to a milk and lye mixture which has been cooled to 90 - 95 degrees. This mixture must be stirred for one to two hours, until thickened. It then can be poured into moulds.

Palmer mentioned the hall, diningroom and parlour decorating has been completed.

Welcoming convenor Pat Palmer reported two new families have moved into Shedden. Lois Oldham prepared the District Directors report informing members the F.W.I.O. now has a registered tartan.

The Centennial History book of the Women's Institutes of Ontario have been received and one will be placed at the Shedden Library.

The next meeting is on April 23rd at Bethany United Church at 7:30 p.m. It is the Annual Meeting and Dora McArthur will bring the Tweedsmuir History books for perusal and give a local history presentation.

Five specialty goat milk soaps are made at Lavender Lane Farm including cornmeal, oatmeal, glycerine, lavender and regular.

Everyone was able to sample a glass of goats milk and homemade feta cheese with crackers.

The highlight of the evening was a visit to the barn where everyone took a turn at holding the little "kids", one-week-old triplets, and three-week-old twins. Goats are very sociable animals and certainly were not afraid to make acquaintance. Pauline Silcox presented a gift of appreciation to Aniko and Cecilia for the informative and enjoyable visit to Lavender Lane Farm.

Upcoming Events: April 26th, Silent Auction and Dance at Shedden Country Club, 8 p.m. - 1 a.m. Viewing and bidding, 4 - 6 p.m. Bidding/Auction/Dance tickets \$6.00; May 7th, Coffee Break and Bake Sale, at Elgin Manor; May 15th, District Annual hosted by Paynes Mills at Talbotville United Church; May 22nd, 85th anniversary of Wallacetown W.I. and Wallacetown Hall.

Shedden Women's Institute will contribute toward the Silent Auction as all proceeds are being donated to the Southwold Keystone Complex.

In her Museum report, Jean

# Tweedsmuir History presentation enjoyed at Shedden W.I. meeting

Tweedsmuir History Curator Dora McArthur gave her presentation at the April 23rd meeting of the Shedden Women's Institute.

As her subject she chose "Men in General, Farmers in Particular". The first article she read was from the Rural Matters Column of the Ontario Farmer written by June Flath. The second, also from the Rural Matters column was written by Rose-Marie Kerr. The third article was written in 1981 by Bill Brady of CFPL Radio 98, entitled "What is a farmer".

Dora also told of the Rural School Fairs and showed us a Rural School Fair prize list for 1939. In the spring, school children choose their flower and vegetable seeds, planted them, and the results were shown at the School Fair. Originally this was held at the Old Paynes Mills Hall (now gone). Besides showing your flowers and vegetables, there was lunch and a program which included a speaking contest, singing and solos. In later years, the School Fair was moved to the Shedden Fair Grounds which was originally located on Francis Street.

Members reminisced as they perused through the Tweedsmuir History Books. Copies of these books are kept at the Shedden Library. History Curator, Dora McArthur, updates these books every year and the public is encouraged to take a look through them — you might be surprised to find yourself included in one of the

articles.

President, Connie Silcox, conducted the business portion of the meeting. We will send three delegates to the District Annual in Talbotville on May 15th.

Reports were heard from card convener Ilene Orchard and welcoming convener Pat Palmer informed that two new residents have moved into the area.

The Women's Institute will once again help to sponsor the Shedden 4-H Club which is a bedroom club called "My Space". It is being led by Pat Palmer and Susan Ford. Jean Palmer and Carol Gordon offered to staff the Tuck Shop at Elgin Manor this month.

Annual reports were presented and Jean Palmer performed the Installation of Officers for 1997-98. Past president, Connie Silcox; president, Jean Palmer; 1st-vice, Sharon Welch; 2nd vice, Carol Gordon; secretary, Dorothy McLaughlin; treasurer, Pauline Silcox; Dist. Director, Connie Silcox; alternates, Cheryl Garvin, Lois Oldham; branch directors, Maxine Silcox, Dora McArthur; P.R.O., Brenda Silcox; Tweedsmuir history curator, Dora McArthur; pianist, Beth Vicary; remembrance, Ilene Orchard; museum and rally representative, Carol Gordon; Elgin Manor representative, Lois Oldham; program co-ordinator, Cheryl Garvin; welcoming committee, Pat Palmer; auditors, Sharon Welch, Ruth Hunter.

May 1997

# Chinchilla ranch toured

FOR THE TIMES-JOURNAL  
SHEDDEN — Shirley Cook and Don Stewart welcomed members of the Shedden Women's Institute to their chinchilla ranch.

Chinchillas are a small rodent native to South America and are raised for their soft fur. Pelts can be grey, black or beige and are used for clothing or trim on clothing, mainly in China. Some chinchillas are raised as pets.

The chinchillas are raised in a clean environment which is climate controlled and cannot get warmer than 80 F. They are fed a pellet mixture, hay twice a week and distilled water. Everyday they have a "sand bath" in sand imported from Florida.

President Jean Palmer opened the May meeting with a reading entitled, I Love Familiar Things. It was taken from a book entitled Back-Door Neighbors which had belonged to life member

Ina Ross. The roll call was appropriately answered by "Something about chinchillas that surprises you."

A thank you note was received from Janice Norley on behalf of the silent auction which

raised funds for the new Keystone Complex. Birthday greetings were extended to Ilene Orchard and Maxine Silcox.

In her Elgin Manor report, Lois Oldham announced that other auxiliaries will be

entertained at a picnic to be held at the Manor on June 17.

The Shedden Women's Institute was generously given a historical account and picture of John Shedden. The village of Shedden was named after him in 1870. A copy of this article and the picture will be placed in the Tweedsmuir History Book at the Shedden library.

## DATEBOOK

■ Women's Institute Sunday is July 6 at 10:30 a.m. at Yarmouth Centre United Church. Hilda Morden, a recent inductee at the Ontario Agricultural Hall of Fame, will be the speaker.

# LEARNS ABOUT PARAMEDICS

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FOR THE TIMES-JOURNAL

President Jean Palmer welcomed 13 members and three visitors to the June meeting of the Shedden Women's Institute, held at the home of Pat Palmer.

Dorothy McLaughlin, secretary, conducted the roll call of "What is one responsibility you think a paramedic would have?"

A thank-you note was read in appreciation of the "For Home and Country" book placed at the Shedden Library. Sharon Welch and Brenda Silcox reported from the Rosy Rhubarb information booth operated by the Shedden WI. Thanks was expressed to all who volunteered and made jam as all the proceeds from the sales of the jam were given to the Southwold Keystone Complex.

Volunteering to be on the Shedden Fair Committee to work with the

United Church Women were Brenda Silcox, Dorothy McLaughlin and Pat Palmer. Members also volunteered to make items for the Shedden Fair organized group section. The fair will be held August 15 through 17.

Offering to work in the Elgin Manor tuck shop in July were Lois Oldham and Jean Palmer, and in September, Carol Gordon and Eileen Carr.

Kelly Palmer introduced the guest speaker Janine Silcox, who recently graduated as a paramedic from the ambulance and emergency care course at Fanshawe College in London. Attendants deal with five types of calls: transfers, scheduled transfers, the potential to be life threatening, life threatening, and obvious death which requires involvement of the coroner or the police.

On arrival at a scene, an ambulance attendant performs an "initial prima-

ry survey" which should be done in minutes. After completion, vitals are taken, followed by additional medical attention at the scene or on route to hospital. Janine said this is the first year that symptom relief has been in place where five medicines may be administered by paramedics in Ontario. These are ventalin, ASA, glucagon, nitroglycerin and epinephrin.

Some of the qualities a paramedic should possess are: team work, good communication skills, leadership, responsibility and compassion. Using there skills a paramedic team can provide optimal patient care. Kay Chamberlain thanked Janine for giving the group insight into the changing emergency care field.

The Shedden Women's Institute does not meet again until September 24.

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# Shedden Women's Institute

Vice-president Sharon Welch welcomed members to the September meeting of the Shedden Women's Institute. The roll call was answered by bringing a postcard or snapshot from a vacation spot visited. Members told of visits to British Columbia, Florida, Collingwood, Pennsylvania, Arizona, Niagara-on-the-Lake, to name a few.

The London Area Convention will be held on October 23rd at the Embro Community Centre in Embro. On Saturday, October 25th, Frome United Church Women will host a coffee break from 9:30 to 11:30 a.m. A "thank you" luncheon for volunteers will be hosted by the Elgin Manor Auxiliary on October 30th at 1:00 p.m. Thank you notes were received from the Keystone Complex Fundraising Committee and the Shedden Dairy Calf Club, for recent donations.

In her Tweedsmuir Curator

report, Dora McArthur brought to the members attention two articles: An Early Glimpse of Shedden, and The History of Frome. She also had reports from the Tweedsmuir Workshop and the Public Relations Workshop.

A donation was made to the Elgin County Pioneer Museum in memory of Margaret Turner.

Cultural Activities Convenor Pauline Silcox introduced the speaker Pat Oldham who spoke of her visit to Papua, New Guinea. Since family members lived there, she and her husband were able to visit many areas of the island that tourists would not usually be able to see. Port Moresby is the Capital. New Guinea is not as much a "tourist island" as it is a place where people from other parts of the world go to work. Many missionaries are also on the island and behind some of the

schools and what little health care they have. There are not many hospitals and as a member of the Lions Club, Pat's husband Claire, was very interested in the cataract project being done in New Guinea by this organization. They flew into a "mission" and took a jeep tour around Goroka. Pat mentioned the fact that the temperature is always hot and she particularly enjoyed the beautiful flowering poinsettia bushes, which grew wild. The native residents of the island grow vegetables and harvest coffee beans and bananas. Some tourists visit New Guinea to go diving.

Sharon Welch thanked Pat for her most interesting presentation.

The next meeting will be held at Bethany United Church, Shedden, on October 22nd, with Terry Walker speaking on "Street Smart Awareness".

# Shedden Women's Institute learns all the right moves

President Jean Palmer opened the October meeting of the Shedden Women's Institute with a reading entitled "Volunteers". The motto was: Wisdom consists in knowing what to do with what you know. The roll call was answered by - What do you do different to keep physically fit.

Dora McArthur reported on the successful Public Relations Workshop held in Mount Brydges. CFPL-T.V. commentator Ross Daily was the guest speaker. Each W.I. Branch received an "Effective Public Relations" manual. The W.I. is "An Organization for Personal Growth and Community Action". A folder with several informative and handy handouts was also distributed to each Branch. Volunteer hours are recorded as it represents credibility in W.I. contributions to the community. As an example, if members were paid by the government for the work they do at \$10.00 per hour, it is estimated they are saving the government five and one-half million dollars per year.

In her Elgin County Museum report, Carol Gordon brought forward the following events: November 15th-16th, Second Annual Tour of Homes; November 18th-30th, Gingerbread Visions Contest; November 29th, Make a Christmas Craft (pre-register); December 5th, Christmas Coffee Break Bazaar. Please contact the Museum for further information.

Connie Silcox gave the District Directors report. All were in favour of the W.I. amalgamation of Elgin East and Elgin West. Wallacetown W.I. is sponsoring a trip on December 8th to the Mary Maxim store in Paris and the Walter's Family Christmas Show.

Brenda Silcox told of a very enjoyable car rally with the highlight being a visit to a pheasant farm. Dora updated everyone on the book being compiled of properties in Shedden for her Tweedsmuir History records. There was discussion on the Heritage Plaque wording to be placed in the new Keystone Complex wall of recognition.

### Safe and Healthy Commu-

nity Convenor Carol Gordon introduced guests Terry Walker and Dave Gamble. They operate White Dove Martial Arts Incorporated in St. Thomas and as a community service or fundraiser, they present free of charge, a Women's Awareness Program. Included in the presentation, everyone was made aware of safety in the home, in the work place, as public transit users, in parking lots, or travelling. Terry Walker and Terry Boucher demonstrated some simple maneuvers that women might use in order to protect themselves. Cheryl Garvin thanked the men for their interesting presentation and demonstration.

Carol and Cheryl served a tasty apple dessert and a social time was enjoyed.

# Shedden WI seeks nominations for Elgin Agricultural Hall of Fame

SHEDDEN - Sally Martin was the guest speaker at the November meeting of the Shedden Women's Institute held at the home of Dorothy McLaughlin.

Ms. Martin began teaching the gifted children program at Sparta Public School in 1987. The IQ of a gifted child is 130 or greater and is not always a child who is doing very well at school. Teachers recommend students to her and she does individual testing on each student.

An internal placement and review committee is also in place. In Sparta, Ms. Martin teaches this program from Grades 5-8. As we all learn from hearing, seeing and doing, Ms. Martin uses visual aids and noted field trips are important.

President Jean Palmer thanked Ms. Martin and presented a gift of appreciation.

Mrs. Palmer, opened the meeting with a poem entitled Be the Best of Whatever You Are. Secretary, Dorothy McLaughlin conducted the roll call, Tell of a good deed of kindness someone has given you.

Donations were given to the Elgin

Country Museum, Children's Hospital, Christmas Care, Christmas Shoppe, USC, Daffodil Auxiliary and the St. Thomas Elgin General Hospital.

The Rosy Rhubarb Committee are looking at publishing a second edition cookbook. Members were asked to bring any recipes, hints, quotations or words of wisdom that could be used in the book, by the January meeting. Also for the December meeting, members were asked to suggest nominations for the Elgin Agriculture Hall of Fame.

Carol Gordon gave the museum report. It was decided to once again make Christmas cookies to sell at the Museum Christmas Coffee Bazaar.

The London area convention report was presented. Safe and Healthy Communities is the new motto.

Welcoming Committee Convener, Pat Palmer, informed us of three new families who have moved into the community.

All are welcome to attend the Christmas meeting Dec. 17, 7:30 p.m. at the home of Connie Silcox.