



(Back Row) from (left):
 1 Dorothea Monteth.
 2 Joan McLandress.
 3 Ruby McGeegan.
 4 Kathy Minnema.
 5 Louie Lockey.
 6 Mary Lapadat.
 7 Kay Lilly.
 8 Sally McINTYRE.
 9 Joan Johnston.

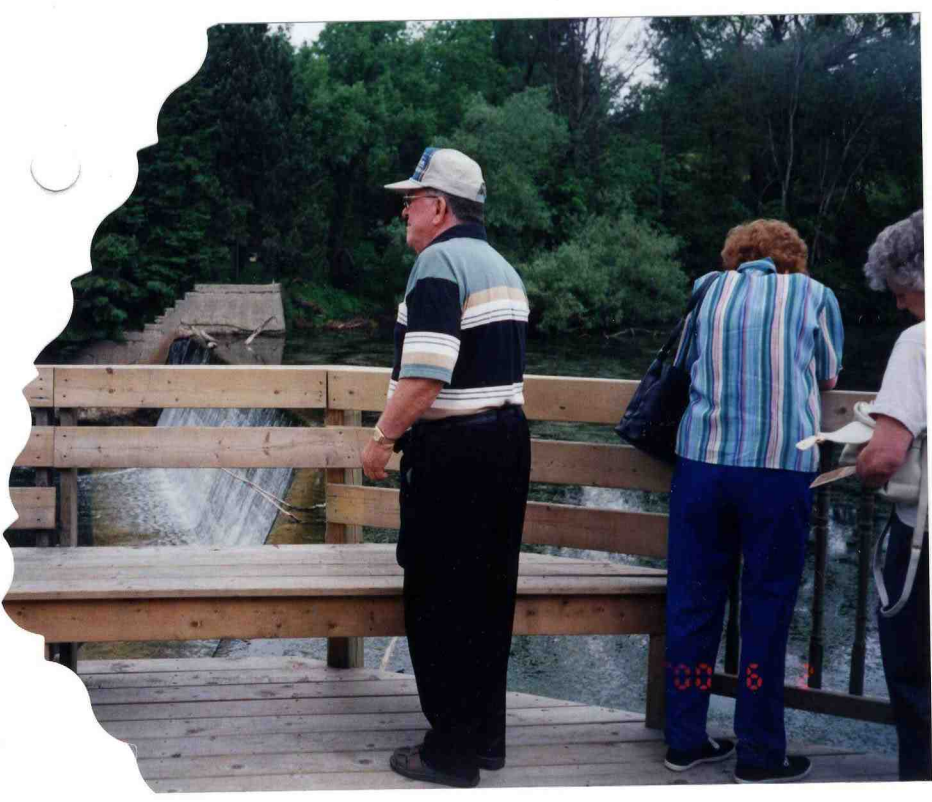
(in front from left)

1 Kay Waite, 2 Gladys Graham, 3 Helen Van Brunk,
 Taken inside the mill, Wallace town W.I
 members.

A walk around the area.



Don Monteth on the deck next
 the dam to run the mill.



Arva Flour Mill.



Wallacetown WI tour Meadow Sweet Farm

On Saturday, June 24th, the Wallacetown W.I. went on a walking tour of Meadow Sweet Farm near Avon, with owner/guide Brenda Daniels. There were 8 members and one guest present.

After reading the book "Health Through God's Pharmacy," by Maria Treban, Mrs. Daniels became very interested in the healing process through nature's own backyard. So many common ailments can be cured by so-called weeds, such as, Mullin which is the antidote for tobacco poisoning or used as an ear oil.

Wood Sorral is used for skin cancer, the Elder bush is a complete body cleanser, the Burdock is used as a wonderful healer inside and out. Ten Dandelions a day for 14 days purifies the body, and Plantain grows continuous along walkways to heal scratches and bites.

Did you know that St. John's Wort got its name because it blooms on June 24th which is John the Baptist Day.

If you're not sure of the proper name for these weeds or what they look like check "Peterson's Field Guide" book. It will identify and give you the medicinal use for these common weeds.

Mrs. Daniels said there are certain things to always look for when identifying plants. If it is fuzzy, it is for the lungs; white and bitter, for the liver. Red, purple or blue, will help the blood and circulation; if it is shaped like a heart, it will help heal the heart. A square stem

is nature's own diuretic, and yellow or green is for bile and digestion, and finally if it hugs the ground, it will heal you in so many ways.

Along with Brenda, her pet dog Margaret, guided everyone through the gardens, staying very close and not missing any useful information, to be put to good use as the season progresses.

Did you know it takes 30 rose blooms to make one drop of oil? Our ancestor's didn't have the pharmacy to go to for their ailments, they used nature's own remedies. There is so much information out there waiting to be rediscovered and put to its proper use again, if only one would or could take the time, one would be better off for it.

Everyone thoroughly enjoyed this information and came away wondering why we don't use what we have been given to use to make lives healthier to live day to day.

The group then proceeded in to the shop where everyone enjoyed a foot bath of either Heart Song for circulation or Top of the Morning to energize, some even accepted the help of others graciously while enjoying a tea prepared from Lemon Balm, mint and sage. A light lunch was provided and sampled by all during the meeting.

Did you know that Cost Mary or Bible Leaf clears your head and keeps you awake? It is said that people used to put a leaf in-

side their bible to help keep them awake and alert during long sermons on Sunday mornings, a sniff now and again does wonders for the mind.

President Helen Van Brenk opened the meeting with the Institute Ode and Mary Stewart Collect. Kathy Minnema read the secretary's report. A thank you note was read from Eleanor McMillan, and an invitation for a Bone China Garden Tea at the home of Mary Veenstra. Helen and Sally were to attend the Strawberry Social at the Elgin Museum. The meeting was then turned over to convenors Marjorie Ripley and Kathy Minnema.

Roll Call-Flashback of a farm experience was answered by all. Thrashing experiences having to serve large numbers of men for hot meal at noon and then again at supertime, some up to 21 men always had to have pie for lunch and cake for supper, and then what to do when rain comes and you have all this food prepared and no freezers.

When first married fresh from the city and having to learn the difference between a steer and the rest of the herd. In Australia, mother checking for snakes in their beds at night and when picking fruit, told you can eat anything you like but put the rest in the basket. For the younger generation, the first experience on a tractor, not knowing how to stop sometimes going through a fence.

The motto was "Where there's an open mind, there will always be a future." Comments given by Marjorie Ripley.

All members browsed around the shop, taking home purchases to help bodies with footbath powders, soaps, creams, bath powders and shampoos all hand-made by Meadow Sweet Farm. Louie Lackey thanked Brenda for a very enjoyable afternoon.

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Meadow Sweet Farm.

Members who Tour the Farm.



An old fence made out of tree Stumps^{A.} (Fence).



Back row (4) 1 Joan Johnston, 2 Helen Van Buren,
Front row (4) 1 Marjorie Ripley, 2 Dorothy Lamb, 3 Louie Lockey,
4 Kathy Minnema, 5 Kay Lilly.

Sitting: 1 Gladys Graham.

Wallacetown W.I. enjoys music on the lawn

On Thursday, August 3rd, the Wallacetown W.I. met at the home of Helen and Rien Van Brenk for a potluck picnic. Fifty people were in attendance. Twelve institute members, their spouses and family members along with the families of the musical groups attended the gathering sharing food and enjoying an evening of music.

The youth group, Cross Beat, with 8 boys and girls all under the age of 15, played some of their songs along with old favourites. The leader of the group is Rev. Tom Godfrey. The beat of their music caught the attention of the little ones as they danced in the grass and just simply stopped to clap along. What better reward than to catch the attention of a very young but active audience. Kids of all ages took time to enjoy playing volleyball and bouncing on the trampoline during a brief break while the adult group warmed up.

This group, called New Sight, consists of 8 members, led by Susan Noorloos on the keyboard and accompanied by guitars and drums, while many hands were clapping to the beat of their music. Time seems to pass quickly, and as the sun went down the evening came to a close. Convenor Sally McIntyre thanked both groups for performing and presented them with a token of appreciation.

The institute members then went into the house for a brief meeting while the other adults watched over the little children.

Helen opened the meeting. Kathy Minnema read the secretary's report and Dorothea Monteith gave the treasurer's report. Joan McLandress read the correspondence. Membership cards were given to Joan to be completed for next meeting. Helen reported on the acceptance of the Trilium Fund.

Sally and Helen will attend the Tweedsmuir Workshop on August 8th at Brynston Fire Hall. Ruby McGugan and Joan will attend the Tuck Shop at Elgin Manor. Dorothea Monteith presented members with pins for years served as a member of Wallacetown Women's Institute.

50-year pin to Gladys Graham and Dorothy Lamb; 25-year pin to Marjorie Ripley and Sally McIntyre; 20-year pin to Helen Van Brenk and Darlene Ford; 10-year pin to Kay Lilley, Kay Waite, Louie Lackey, Joan Johnston, Joan McLandress, Ruby McGugan, Lillian Jones, Dorothea Monteith and Mary Lapadat.

Gladys commented on her award for serving 57 years as a fair board member and receiving a standing ovation at the Special Award banquet in London.

The meeting was then passed back to Sally who asked everyone to answer the roll call, "Name your favourite fruit." Answers included MacIntosh apple, Russet pear, Kiwi, Cherries, Pommagranite, Passion Fruit, Victorian Plum, Star Fruit, Blueberries, Pineapple, seedless grapes, Logan berry and gooseberry.

Helen then passed around the Rylstone, England Alternative Women's Institute calendar from June 2000 - December 2001, for everyone to view and get their comments.

Next meeting to be held on September 7th.



The youth group Cross Beat and New Sight is 8 boys and girls.



The Adult group played.



Eating



Sally, Dot, Marjorie & Kathy



Having pot Luck supper.



Heiter Van Brank and in background WI members + families.



Eating.



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Home for Christmas Show----**

Sarnia-----NOV. 30 THE FAMLIY

performs on cruise ships with their singing & dancing
wowing the audiences----DINNER --turkey & dressing
Christmas Style at a local church---tour the

Celebration of Lights with \$300,00added displays to
view **\$60.00p.p.** (this one is

popular---sells quickly)

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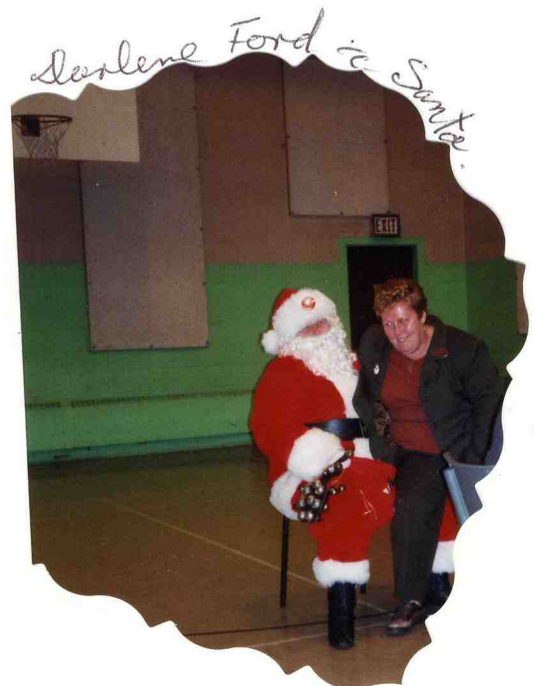
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The Gusé Family



*Dinner at Eve the Res United
Church in Sarnia*



DeeLene Ford is Santa



X-mas Light around Town

