

2.

a good idea. The Harvest Crunch says 30% less fat on the box. Less fat than what, I wonder. Surely you can get fibre without fat. Juice? Hmmm. I have Gastric Reflux disease. No citrus fruit or juices, no caffeine allowed. So, I eat a banana (potassium is good for the heart).

I drink decaffeinated tea altho' some helpful person recently informed me that there are traces of caffeine in decaf tea & coffee. Oh well! Now there are 4 or 5 main food groups depending on the nutrition books I've read.

Why only 4 food groups mentioned in one book & five in the other? OK fruit and vegetables combined as one group instead of two in the 1st book. Four servings a day of fruit & 4 servings a day of vegetables required.

What is a serving anyway? Something $3'' \times \frac{1}{2}''$ on your

plate perhaps or 5" x 2" if you're a man with a hearty appetite.

6 servings from the bread and cereal group. I've had the cereal. Perhaps a slice of toast is in order; brown bread of course. 2 tsp of vegetable based margarine a day allowed. There is a multiple choice on margarine. Polyunsaturated, mono unsaturated, hydrogenated and saturated ^{etc} surely if you can have ^{only} 2 tsp or less a day, it doesn't really matter. does it?

After a recent funeral I attended, my former doctor approached me and said "Drink 8 glasses of water a day & you'll have a long life." I had drunk 5 glasses by bedtime yesterday so 3 more glasses of water were needed. $5 + 3 = 8$. Perhaps that's why I was still awake at 3:15 AM.

April 1st 2003

Wallacetown WI joins River Road

FOR THE TIMES-JOURNAL

Nine members from Wallacetown Women's Institute met with their twin institute, River Road, for a sociable time, including dinner at Knox Presbyterian Church, Fingal, March 17.

River Road president Cathy Cook, assisted by member Margaret Palmer, decorated the table with St. Patrick's decor including green carnations, shamrocks, glowing green candles, and a pot of gold. Other members participating were Gail Flanagan, Ruth Fulton, Mary Veenstra, Lillian Ross, Betty McLeod, Marie Jones and Gerri Munro.

Institute Grace was sung, the Ode, and the Mary Stewart Collect were repeated.

In keeping with the program's theme, 10 flags adorned the meal table. River Road Women's Institute members prepared dishes to represent 10 countries of the world.

After a bountiful meal, secretary/treasurer Margaret Palmer read the correspondence which included an invitation to Dexter Tea, Wednesday, April 1 at Dexter Community Hall and an invitation to a birthday party celebrating 90 years for West Lorne Women's Institute at West Lorne

Community Centre.

Kathy Minnema from Wallacetown Women's Institute thanked River Road Women's Institute members.

Members were delighted with a reading by Marie Jones and a recitation, Irish Girl, read by Betty McLeod.

Our Elgin District Secretary Mary Veenstra related to us the meaning of chocolate.

A good time was had by all. Mary Veenstra, Cathy Cook (acting team leader), Geraldine Munro and Pat McLean canvassed for Heart and Stroke Foundation of Ontario in February.

March 17th 2003.

River Rd WI meeting at Fingal Pres Church.

Louise Lockyer 6 Darlene Ford



4 Ruby McEugan
2 Gladys Graham

Mary Veenstra Darlene Ford



Dot Monteith

Kay Kelly

Mary Lapadate



Mary Veenstra

Dot Monteith

Louise Lockyer

Wallacetown WI ANNUAL meetings

Tweedsmuir history of Wallacetown W.I.

On Thursday April 25, 13 members of the Wallacetown W.I. met at the south Dunwich Community Hall. President Helen Van Brenk opened the meeting with the institute ode, Mary Stewart collected the lords prayer, and read a poem "The History of Medicine".

Reports given by secretary, treasurer, lobbying convenor, education coordinator, public relations recorder and the nominating committee. The membership fees were due.

Up coming events-an invitation from the Iona Christian Fellowship willing works for a spring coffee break on May 11, 10am-noon. Elgin Museum Strawberry Social on June 26, 1:30pm-4pm. District annual meeting on May 15. Hosted by Crinan W.I. at Crinan Presbyterian church at 5:30pm. Sally McIntyre gave an update on the Bobier Villa activities, Helen reported on the Elgin district annual meeting, and the winter picnic. Kathy Minnema wrote and read a

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poem "Steady as You Go".

Glady Graham, Dorothy Lamb and Margorie Ripley were named honorary members of the Wallacetown W.I.

Sally McIntyre installed the new officers for 2002-2003:

President: Helen Van Brenk.
Vice President: Kathy Minnema.

Secretary: Joan McLandress.

Treasurer: Dorothea Montieth.

Branch Director: Glady Graham.

Education Co-Ordinator: Kay Waite.

Tweedsmuir Curator: Helen Van Brenk.

Auditors: Louie Lackey and Joan Johnston.

Lobbying Convenor: Sally McIntyre.

Press Reporter: Kathy Mennema.

Public Relations Recorder: Louie Lackey.

Representatives To:
Bobier Villa: Sally McIntyre.

Elgin County Pioneer Museum: Helen Van Brenk.

Cards and Cheer: Kay Lilley.

Kathy Minnema gave a report on a pilot project by the Elgin St. Thomas Health Unit

"Steady as you go." We went through the handbook and those who were able did an exercise work-out. Convenor for this meeting was Helen VanBrenk. Roll call: name your first poem and book you read. Helen gave an update on interesting information in the Tweedsmuir books. We also had the opportunity to look through the books, and a quilt made by Ruby McGugan for Helen on native animals and birds of Australia was on display.

A lovely lunch was enjoyed by all at the end of the meeting with tables decorated with spring flowers and ornaments by Louie Lackey and Sally McIntyre. Next meeting is Thursday May 9 1:30 at the Dunwich Community Hall. Motto: Remembering of Times Gone By., Roll Call: Something that I have or do that would astound my grandmother.

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The Wallacetown Women's Institute have donated \$5000 to the Municipality of Dutton/Dunwich for upgrades at the South Dunwich Hall in Wallacetown. Here WI treasurer Dorothea Monteith hands the cheque over to D/D Clerk/Administrator Ken Loveland as Wallacetown WI President Helen VanBrenk looks on. The funds were made possible by the selling of the Tweedsmuir History Book.

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Aug 5th/2002

Wallacetown W.I. Donates to the community

On Thursday June 16th the Wallacetown Women's Institute met at the South Dunwich Community Hall at 1:30pm. Pres. Helen Van Brenk opened the meeting with the Institute Oath, Mary Stewart collect and the Lord's Prayer. There were 13 members present.

Convenor's were Dorothea Monteith and Kay Waite. Dorothea introduced our speaker Don Page who spoke on "Investing in your Future" giving helpful tips on how to invest your money, what you should know, what questions to ask. Don finished by commenting "We

make a living by what we get, but we make a life by what we give." Don is also the chair of the St. Thomas Elgin General Hospital Foundation, Dorothea presented Mr. Page with a cheque on behalf of the Wallacetown W.I. for the hospital.

Kay Waite read the comments on the Motto: A smile is the best language of all. The Roll Call: Name a place you would like to visit.

Preparations were made for our 90th Anniversary on July 3rd. Helen Van Brenk and Sally McIntyre attended the Strawberry Social at the

Elgin County Museum on June 26th. Helen reported on the Elgin County District Annual meeting. The new furnace and air conditioner has been installed in the hall, and a cheque on behalf of our Institute will be presented by Helen Van Brenk and Dorothea Montieth to the Dutton Dunwich Township. On June 10th, we met at the South Dunwich Hall to hand in our programs for the year 2002-2003. Ruby McGugan has volunteered to make a quilt for the Daffodil Society Tea on Oct. 19 at West Lorne.

The meeting was closed

with the singing of "O CANADA" and the Institute Grace.

Kay Waite and Dorothea Montieth provided a lovely lunch for the ladies with fresh flowers decorating the tables. Glady Graham thanked the committee for our social time together.

Our next meeting will be on August 13th. We will meet at the South Dunwich Community Hall and tour Deko Dairy Farm, milking goats. Convenor Kay Lilley. Roll Call Name a favourite animal you like or have owned. Lunch in West Lorne.

Christmas gathering held by Wallacetown Women's Institute

The Wallacetown W.I. held its annual Christmas gathering at the home of Pres. Helen Van Brenk on Dec. 11.

There were 12 members who each took part in preparing for a lovely turkey and ham dinner with all the trimmings. Helen had her home decorated for the holidays and her husband Rein took time out of his busy day to carve the turkey and ham for the ladies.

Pres. Helen opened the meeting in the usual manner. Reports were given and approved. Sally McIntyre and Kay Waite attended the Christmas Bazaar at the Bobier Villa and Helen Van Brenk, Dorothea Monteith and Louis Lackey attended the Elgin Pioneer Museum Christmas Bazaar.

Convenor Helen VanBrenk read an interesting article which gave everyone a smile and a thought to ponder. The Roll Call: A memory of a Christmas gift or an event in Grandmother's Day. Helen then introduced the speaker for the afternoon, Louie Lackey, who read a selection of Christmas poems and stories giving us a variety of meanings of Christmas. Louie then played Christmas Carols on her keyboard while the ladies sang.

Sally McIntyre presented Louie with a lovely homemade knitted Christmas sweater with lights on it. The afternoon went quickly and with everyone wishing seasons greetings to all and all the best in the New Year.

The next meeting will be on Jan. 8 at the South Dunwich Community Hall for a Pot Luck Dinner at noon, with a progressive euchre card party to follow. Family and friends are invited.



Louie Lackey gave a X-mas story.



Louie Lackey

Sally M'INTYRE

Sally M'Intyre made Louie a X-mas top for a gift.

Wallacetown W.I. visits local dairy goat herd

On Thursday, August 15th, 11 members and 1 guest of the Wallacetown W.I. met at the South Dunwich Community Hall, then proceeded to the Deko Dairy Farm northwest of Dutton. Linda DeKort welcomed us and explained their milking goat operation of 50 milking goats and their offspring. Linda, along with the help of her mother Elaine, are kept busy year round. The milk is picked up and sent to Woolrich Dairy in Orangeville once a week. The milking goats are fed roasted red kidney beans & 18% protein concentrate at time of milking, then have mineral, salt and an abundance of hay available at all times. No quota is needed to ship milk and each goat can produce 2½ to 3 litres per day. All goats are given a name

and a tattoo for identification. The little ones are very interesting to watch, they are so playful.

Linda then invited us to use her living room for our meeting and gave each lady a sample of goat milk pudding, which was lovely. Convenor Kay Lilley thanked Linda and her mother for an enjoyable afternoon.

President Helen Van Brenk opened the meeting. Marjorie Ripley was presented a lifetime membership pin and certificate. Secretary's and treasurer's reports were given. Sally McIntyre reported on Bobier Villa activities. Helen reported on the Tweedsmuir History Workshop held in Kirkton. Darlene Ford is organizing a trip to England and Scotland for next year and gave an update on progress.

London Area Convention is coming fast, to be held at the Shedden Complex on October 29th.

Kay Lilley then took over the meeting. The Roll Call: Name a favourite animal you like or have owned. Kay's sister-in-law Lila Sutton read the Motto: Human beings like chickens thrive best when they have to scratch for what they get. The meeting was adjourned and the ladies went to the Town and Country Restaurant in West Lome.

Next meeting: Thursday Sept. 5th. Meet at South Dunwich Community Hall at 11am: trip to Port Stanley, visit Windjammer B&B Restaurant and spa. Lunch \$12. Convenors Joan McLandress and Darlene Ford - Roll Call: My favourite meal; entree and dessert.

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Linda de Kort Marjorie Ripley

Kay Lilley



Kay Waite Gladys Graham Joan Johnston Marjorie Ripley Kathy Minnema

Kay Lilley