

AUTOGRAPHS.

WALLACETOWN.

W. I.

MEMBERS.

Joan H. McLandress

Nov 26, 2010

AUTOBIOGRAPHY OF WOMEN'S INSTITUTE MEMBERS

BORN (when & where): December 18, 1930 ~~at~~ in
Walkerville Ontario (now part of Windsor)

LIVED: Windsor 'til I was eight (moved ~~to~~ ⁱⁿ 1939 (war broke out then))
to St. Thomas 'til 1951 West Lorne 3 yrs.,
Coyne's ^{20 yrs} Corners, → St. Thomas ^{15 yrs} → Coyne's ^{15 yrs} Corners → West Lorne 6 yrs
Dutton, & then West Lorne again ~~15 yrs~~ (1 yr. total)

ATTENDED SCHOOLS:

Harry Guppy P. S. Windsor; Wellington St. School
St. Thomas; Myrtle St. School St. Thomas; St. Thomas Collegiate;

JOBS:

Alma College; Albion Teachers' College,
drugstore clerk Western (some courses)
teacher (Memorial Hospital 3 summers.)
in kitchen & on floor

MARRIED (date or dates) AND WERE:

1951 Jan. 24th at Central
United Church St. Thomas, Ont. to William A.
McLandress

CHILDREN:

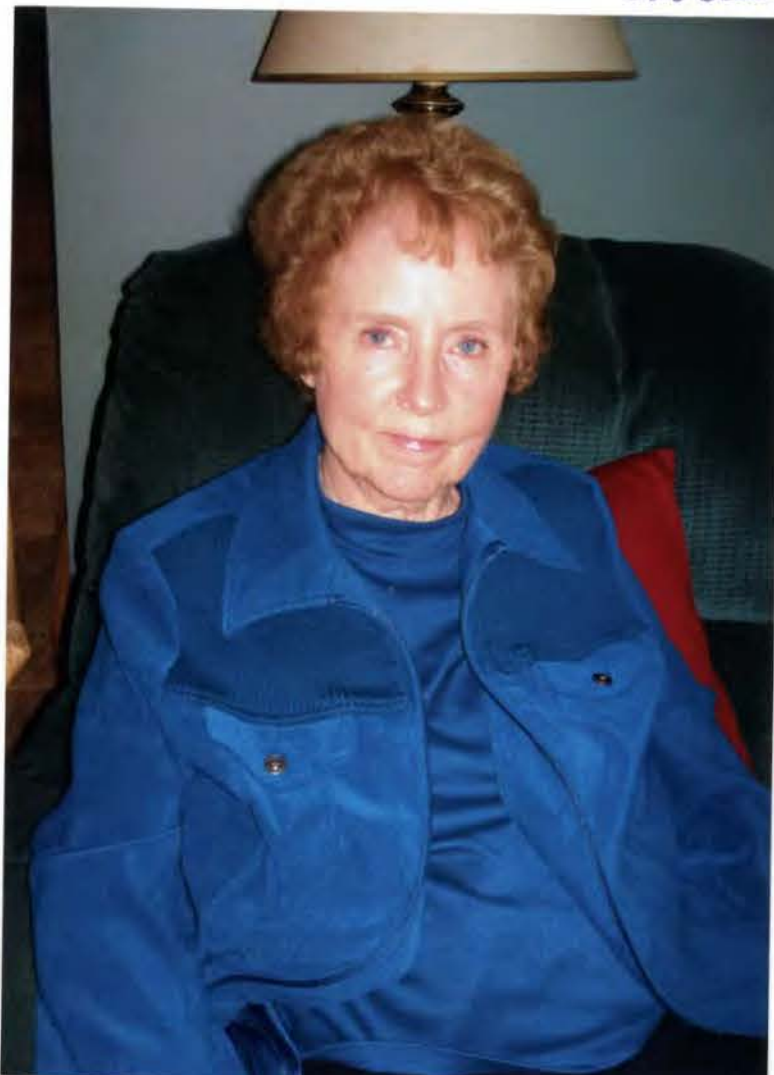
William John Dec. 30, 1951
Carolyn Ruth Dec. 26, 1953
Robert Charles Feb. 16, 1955
James Richard Feb. 24, 1956
David Alexander July. 8, 1959

I BECAME A W.I. MEMBER OF WHAT GROUP: (when, where, why, offices)

membership 1989 Wallacetown, impressed with ~~communist~~
friendliness of group, interesting, educational programmes,
office - secretary several years.

MY INTERESTS ARE:

reading, painting (pictures),
socializing with friends.



GOING TO:

Wallacetown W. I.
Fingal Presbyterian Church & (W.M.S.)
Golden Age Club Sheddin
Marathon Bridge Club Dutton

Written by Joan McLandress June 2011



FEATURED FROM THE BACKUS-PAGE HOUSE MUSEUM COLLECTION

Do you recognize this artifact from the museum collection?



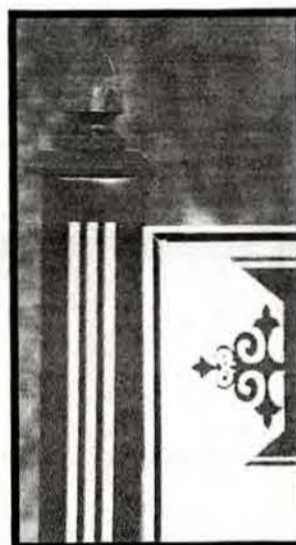
Look for the answer on the last page of the newsletter.

A Cutley Box (also referred to as a Cutley TRAY)



SIGNS OF CHANGE

Visitors to the Backus-Page House may notice a recent update to our site signage. It was time to replace our original museum sign, pictured here in the early days along with some old familiar faces.



We'd love for you to drive by and see our new addition so we've included a cropped photo that's a bit of a teaser. For those who live too far to visit, don't worry we'll be sure to feature the whole sign in a later issue!



AUTOBIOGRAPHY OF WOMEN'S INSTITUTE MEMBERS

BORN (when & where): JOAN. JOHNSTON
BORN PRESTON. NORTH WEST COAST OF ENGLAND
18th MAY, 1928.

LIVED: PRESTON. BIRTH TO SEVEN YEARS OLD - TO 9 YRS.
S. WALES - 9 YEARS AGE - 11 YEARS AGE
GOU ROCK. WEST COAST SCOTLAND. 11 - 12 YRS
PRESTON 14 TO 29 YEARS OLD

ATTENDED SCHOOLS:
INFANT SCHOOL (AMERICAN) - 3 1/2 YRS - 7 YRS
PRIMARY " " 7 YRS - 9 YRS
" " WALES 9 YRS - 11 YRS
HIGH SCHOOL SCOTLAND 11 - 14 YRS
HIGH SCHOOL U.K 14 - 17 YRS

JOBS:
STUDENT NURSE 17 - 21 YRS UNIVERSITY OF BIRMINGHAM
STAFF " 21 - 22 " CANADA - TORONTO GENERAL
ART 1 & 2 MIDWIFERY 22 - 23 YRS PUBLIC HEALTH -
CALGARY " EAST YORK "

MARRIED (date or dates) AND WERE:

JUNE 30th 1962 IN
TORONTO, ONTARIO -

CHILDREN:

DAUGHTER. PLUS THREE STEP-CHILDREN
9 GRAND CHILDREN.
6 GREAT GRAND CHILDREN.

I BECAME A W.I. MEMBER OF WHAT GROUP: (when, where, why, offices)

WALLACE TOWN W.I. MAY 1991
INTRODUCED BY RAY KILLEY, WANTED TO TAKE PART
IN RURAL LIFE.
OFFICES HELD: - CONVENOR - AGRICULTURE, INTERNATIONAL AFF
CONSUMER & FAMILY AFFAIRS, AUDITOR OF W.I. BOOKS IRS

MY INTEREST ARE:

FAMILY. - IN CANADA & GREAT BRITAIN.
GRAND CHILDREN. KIWANIS SERVICE CLUB. WALLACE TOWN W.I.
NATIVITY / ST. PETER'S ANGL. CHURCH, WORLD & LOCAL TRAVEL

I BELONG TO:

THE W.I. KIWANIS, CHURCH, THE ENJOYMENT OF
ALL ASPECTS OF RURAL LIFE



Written by Joan Johnston June 2011.

THE LAKEVIEW SENTINEL
Backus-Page House Museum, P.O. Box 26, 29424 Lakeview Line, Wallacetown, Ontario



Winter Issue 2011

Dec 20th 2011



FROM THE DESK OF THE BOARD PRESIDENT

It has been a very interesting year. The weather this spring was the wettest in 25 years, the summer very hot. The fall was OK and November almost the nicest month of the year. We know what December brings and it does not do any good to complain. I hope that when you read this in mid-late December, we will not be hip deep in snow. I have found that as I grow older my tolerance for cold has decreased, but I am looking forward to walking the trails in the park this winter (with my dog Cato). With fresh snow on the ground, it is beautiful back there. I urge you to get out and enjoy this feature of the park.

The successful operation of the Backus-Page House Museum is the result of hard work by many people, too many to mention individually. THANK YOU ALL, VERY MUCH. This beautiful site could not function without the efforts of each and every one of you.

I urge you to drive by the museum soon and see the two additions to the property. The first thing you should see will be the new site sign. The original signage had served admirably for a number of years but was beginning to show its age. Weathered by the elements and battered by the winds that regularly rise up over the bluffs, the sign had become a little "rough around the edges". In conjunction with our new museum branding program, a motion was accepted by the board to update the property signage. The Marketing and Fundraising committee researched several designs that incorporated our new brand and logo. Inspired by the new sign in front of St. Peter's Church, board representatives approached the manufacturer (Ed the Sign Guy) to explore the possibility of contracting a similar project. A design was voted on and after utility line locates were performed, the Backus-Page House Museum site and the Tyrconnell Heritage Society welcomed the addition of a beautiful new sign. As I have already noted, the new sign is not the only change to the site landscape. The Tyrconnell Heritage Society has been a member of the Elgin Oxford Norfolk Museum Association of Curators and Directors for many years. In conjunction with that organization, the Society has opted to take part in the EON Association's barn quilt block project. Completion of the project is slated for early 2012. Our site has the distinction of being the location for the first installation. Be sure to stop by to check out our barn quilt block. It is big and colourful, and sure to brighten up a drab winter's day.

Finally, I have to inform everyone that my term as President will end at the AGM in February 2012. It has been a rewarding and enlightening experience. I would like to thank all the board members and volunteers for their assistance and support over these two years. I have learned a lot about how our organization works and the challenges we face. I will try to pass this on to the new President.

I cannot over emphasize the importance of having input from the membership of the THS. We very much need the thoughts and ideas you have about what we do and how we do it or even how we could be better. The board is only 14 people; there are more than 100 of you out there with many good ideas. Talk to board members or a member of the various committees; better yet become a member of a committee.

Best Wishes for a safe and Merry Christmas.
Patrick Mooney
President~ Tyrconnell Heritage Society

AUTOBIOGRAPHY OF WOMEN'S INSTITUTE MEMBERS

CATHERINE RUTH WAITE

BORN (when & where):

NOVEMBER 27TH 1930 - DUNWICH TOWNSHIP

AT HOME

LIVED :

CONC. 5 - DUNWICH TOWNSHIP

VILLAGE OF DUTTON

WALLACETOWN R.R. 2 - DUNWICH TOWNSHIP

VILLAGE OF DUTTON

ATTENDED SCHOOLS:

BENNET'S #18 - DUNWICH

U.S.S #3 - ALBOROUGH - DUNWICH TOWNLINE

DUTTON HIGH SCHOOL

ARTHUR VOADEN VOCATIONAL SCHOOL - ST. THOMAS

JOBS:

THOMSON SALES & SERVICE - DUTTON - BOOKKEEPER

SHELL OIL COMPANY - DUTTON - BOOKKEEPER

1967 SERVICE CENTRE - WEST LORNE - SUPERVISOR

MARRIED (date or dates) AND WERE: TO PAT GARNET WAITE

JULY 12TH, 1952

WEST LORNE MANSE.

CHILDREN:

BEVERLY ANN

NANCY ARLENE

JANET LYNN

SUSAN ELAINE

RICHARD PAT

I BECAME A W.I. MEMBER OF WHAT GROUP: (when, where, why, offices)

1987 - WALLACETOWN WOMEN'S INSTITUTE.

FRIENDSHIP - INTEREST IN LOCAL AND WORLD AFFAIRS

PROGRAM CO-ORDINATOR
(LATER ROSE EDUCATION)

1991-2010 + AUDITOR

MY INTEREST ARE:

FAMILY

MUSIC

CAMPING

TRAVEL

I BELONG TO:

WALLACETOWN U.C.W.
WALLACETOWN W.I.



Written by Kay Waite
April 2011.

RICHARD WAITE, JANET WAITE, SUSAN (WAITE) PERTOUT, BEVERLY (WAITE) CALEY,
NANCY (WAITE) HUNTER

PAT WAITE, CATHERINE (MCKELLAR) WAITE

Feb 1st 2012



ST. THOMAS TIMES-JOURNAL COLLECTION
Courtesy of the Elgin County Archives.

Entertaining members of the West Elgin Women's Institutes at their annual Winter Picnic in January, 1954, at West Lorne Community Hall, were a group of school children from Tyrconnell who performed two choral numbers during the afternoon.

Pictured front row, from left — Bob Campbell, Dick Marcus, David Page, Eugene Mann, Marilyn Page, Elaine Pearce, Mary Cross, Carol Woolley, and Mrs. Gertrude Page. Back row — Mrs. D. Todd, Bob Page, Ronald Campbell, Mary Manchester, Betty Campbell, Sharon Jacques, Ann Griffiths, Elaine Walters. Mrs. D. Todd accompanied the children and was responsible for arranging and directing the numbers.

Anyone with information on this photograph or to request a reprint, please call 519-631-1460 ext. 154. To view or comment on this photograph, visit the Archives' flickr site: <http://bit.ly/cP3YCX>

AUTOBIOGRAPHY OF WOMEN'S INSTITUTE MEMBERS

Aug 30th 2011

BORN (when & where):

DOROTHEA MONTEITH.

BORN Oct 24th 1926 at ST THOMAS MEMORIAL
ST THOMAS, Hospital,

LIVED:

IN ST THOMAS All her life.

ATTENDED SCHOOLS:

SCOTTS STREET SCHOOL from 1G to 8G.

Arthur Vorden Vocational school - ST THOMAS

Only went to 9th grade - quite school and had a job.

JOBS:

1942, 15 yrs old a waitress at Grand Centre Hotel -
Weather Head Camp 1942-1945 part for the war ST THOMAS

MARRIED (date or dates) AND WERE:

Housewife 1954 - Married at 17 yrs old - Divorce July 8th 1944

Married 2ND TIME 1966 to HORACE SEWELL died 1993. -1964.

job at Volvo for Annual 1967, London life for 11 yrs till 1979

CHILDREN:

Married to Don Monteith in 1998. got 20 yrs.
2 Boys - David Robert Lamon 1946.
- James Ernest Lamon 1949.

I BECAME A W.I. MEMBER OF WHAT GROUP: (when, were, why, offices)

Wallacetown WI - Sec & Tres -

Branch director - To meet Ladies in the
community.

MY INTEREST ARE:

Legion - ST THOMAS, Church Wallacetown United,
Eastern Star - Adah, Chapter 276, Health, Family
grandchildren & great grandchildren.

I BELONG TO:



Photo taken 2001

Mrs Dorothea Monteith

Written Aug 30th 2011

localnews

■ **WOMEN'S INSTITUTE:** 17 people in all turned out

Euchre played at pot luck

KATHY MINNEMA
For the Times-Journal

The Wallacetown Women's Institute hosted a pot-luck lunch and progressive euchre card party on Jan. 5 at the South Dunwich Community Hall.

Conveners were Ruth Rueger and Doris Barber. There were 10 guests and seven members present. Lucky draw winners were Rick Lackey, Alice Plain, Anna Downham, Shirley Longhurst, Joe VanNuland, Louie Lackey and Kathy

Minnema. A brief meeting was held after lunch. Letters will be sent out for our 100th anniversary celebration in July. Our next winter picnic will be held on Feb. 22 at the South Dunwich Community hall at noon.

The results for the euchre party were as follows: men's high, Joe Van Nuland; men's lone hand, Pat Waite; men's low, Anna Downham; ladies high, Jean Van Nuland; ladies lone hand, Shirley Longhurst; ladies' low, Helen Small.

Thursday, January 19, 2012 • Chronicle 7

Wallacetown W.I. hosts potluck and euchre card party

Wallacetown Women's Institute News
Kathy Minnema

The Wallacetown Women's Institute hosted a pot-luck lunch and progressive Euchre card party on Jan. 5 at the South Dunwich Community Hall at noon. Conveners were Ruth Rueger and Doris Barber. There were 10 guests and seven members present. Lucky draw winners were Rick Lackey, Alice Plain, Anna Downham, Shirley Longhurst, Joe VanNuland, Louie Lackey and Kathy

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Coming Events

POTLUCK LUNCH

Thursday, Jan. 5, 2012, Wallacetown Women's Institute annual potluck lunch and euchre card party. South Dunwich Hall, Wallacetown at 12 noon. for more information please call 519-762-3629 or 519-762-3118, everyone is welcome.

Jan 5th 2012 Ladies serving Lunch



AUTOBIOGRAPHY OF WOMEN'S INSTITUTE MEMBERS

BORN (when & where): Helen VAN BRENIK : Born Jan 21st 1945.
At Casino General Hospital, New South Wales, Australia.

LIVED: in Casino until 10 y old, went to Coolangatta Queensland Australia until 24 y old Then to Canada Ontario, St Thomas, until now - Oct 2011.

ATTENDED SCHOOLS: Casino Public Schools, Tweedheads High school till grad 12. Then nursing school for 4 yrs AT Southport General Hospital Queensland Australia.

JOBS: Have been a Reg nurse all my life: Nurse at Southport General, Concord Ke Australia, St Thomas General Ontario

MARRIED (date or dates) AND WERE:
Married Dec 3rd 1970 London, Ont, Canada to Katrina (Rien) Van Brenek.

CHILDREN:
Mark Maximus Van Brenek 1971 Aug 11th.
Brian Edward Van Brenek Jan 7th 1974
Katrina Joanna Frances Van Brenek Aug 3rd 1977.

I BECAME A W.I. MEMBER OF WHAT GROUP: (when, where, why, offices)
I came a member of the Wallacetown Womens Intitute 1980.
Offices: - President, Tweedsmuir, curator^{FOR} Wallacetown & Elgin County W.I. London Area WI, Rose Co-ordinator, Vice Chair Elgin County Museum Advisory: Alt. Area Con. Delegate,

MY INTEREST ARE: A Direct for Wallacetown Fair, Wallacetown Optimist, Unite Church Wallacetown, Dutton & Duncraig Chamber of Commerce Elgin Museum Reps ST THOMAS. I have 6 grand children family, Health, their & mind, friends, taking photos & **I BELONG TO:** Keeping photo Albums of the grandchildren & Children. Have done family Histories & family Trees. Keeping Scrap Books.

Written by Helen Van Brenek
Oct 2011



photo
May 14th 2011

Helen VAN BRENEK

Autobiography by Sally McIntyre a member of the
Wallacetown W.I.

Sally McIntyre was born on April 22nd, 1944 in Brighton England
Moved to Gosport Hampshire where I attended Grove Road all
Girls School; I left school at 15 and became a hairdresser for 5
years at a shop called Mason Charles. When my Mother died in
1964 I moved to Worthing Sussex where I bought my own
Hairdressing shop called Sally Ann and ran it until 1968.
I married in 1968 and moved to Canada in 1969 and lived in
London and then moved to Wallacetown.

I have 2 children Greg married to Kelly and 2 grandkids Lauren
and Logan and Michele married to Ben

I got remarried in 1985 to John and have 4 step children and also
9 other grandchildren and we now live in Dutton

I worked in Dutton for 17 years at Enterprise as bookkeeper and
retired in 1995 and am loving every minute of it.

I became a W.I Member in 1976 in Wallactown where I am still a
member. Over the years I have met some wonderful people and
have taken a lot of courses. I were President 2 times, a District
President for 3 years and also a P.R.O for the London Area.

My interests are golfing, curling, knitting, traveling volunteering
and grandparenting.

Written by Sally McIntyre.
Jan 2011



Sally McIntyre.

CANCER TEA

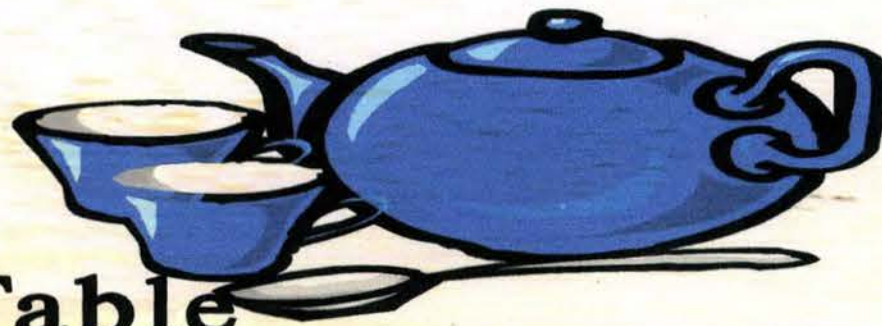
at

BOBIER VILLA

on

SATURDAY APRIL 9th 2011

Time 9.30-11.30



□

Bake Table

Tea Room

Draw will take place at 11.30 a.m

AUTOBIOGRAPHY OF WOMEN'S INSTITUTE MEMBERS

BORN (when & where): LOUIE (LUNN) LACKEY - BORN JANUARY 25, 1931 AT DUNWICH TOWNSHIP - FINGALLINE, RR2 WALLACETOWN, DNT.

LIVED: IN SAME FARM HOUSE I WAS BORN IN TO THE AGE OF 20 YRS. GREW UP WITH 5 BROTHERS AND 2 SISTERS, OF WHICH THERE ARE 3 STILL LIVING.

ATTENDED SCHOOLS: ATTENDED ONE ROOM SCHOOL SS. No. 1, DUNWICH TOWNSHIP AT PORT TALBOT ON LAKEVIEW LINE FROM GRADE 1-8 ATTENDED DUTTON HIGH SCHOOL FOR 1 YEAR 1944-1945

JOBS: STAYED AT HOME UNTIL AGE 20 TO HELP MOTHER LOOK AFTER MY INVALID DAD WHO HAD HIS BACK BROKEN IN 1944 FROM A FARM ACCIDENT. WORKED IN HOUSE ALSO BARN WORK.

MARRIED (date or dates) AND WERE: I MARRIED DON LACKEY ON APRIL 4TH, 1951 AT THE WALLACETOWN PRESBYTERIAN CHURCH MANSE BY REV. ROBERT BRUCE. MOVED 1 MILE TO DON'S FATHERS FARM ON LAKEVIEW LINE WERE WE LIVED WITH DON'S FATHER LLOYD LACKEY, AND HIS 3

- CHILDREN:** YOUNGER BROTHERS - WITH 2 STILL IN SCHOOL.
- 1 Ivan, APRIL 27, 1952 - FARMED WITH HIS DAD, TAKEN OVER THE FARM.
 - 2 JIM, AUG. 7, 1953 - CARPENTER - WORKS FOR A COMPANY IN LONDON. LIVES NEAR ST. THOMAS
 - 3 BARBARA - AUG. 23, 1956 - NURSE - RETIRED IN 2011 - LIVES IN SHEDDEN.
 - 4 RANDY - SEPT. 28, 1959 - BANKER - RETIRED IN 2011 - TO NEW HOME IN PORT DOVER.
 - 5 PAUL - MARCH 8, 1967 - PRODUCT DESIGN ENGINEER WITH FIRM IN THORNBURY - LIVES IN MEAFORD.
 - 6 RONALD - AUG. 6TH, 1971 - WORKS FOR RITCHIE INSULATION COMPANY ST. THOMAS - LIVES ON LAKEVIEW LINE, RR2 WALLACETOWN

I BECAME A W.I. MEMBER OF WHAT GROUP: (when, where, why, offices)
I BECAME A W.I. MEMBER OF WALLACETOWN WOMEN'S INSTITUTE IN 1985 BECAUSE OF INFLUENCE OF MAE GRAHAM AND ULLIAN LUNN AND VIOLA McARTHUR - HAVE CONVENED PROGRAMS EVERY YEAR SINCE, BEEN AUDITOR AND AM TREASURER. I ENJOY WORKING WITH W.I. MEMBERS IN THE COMMUNITY.

MY INTEREST ARE:
MY INTERESTS ARE FAMILY, HOME MAKING, QUILTINGS AND MAKING QUILT TOPS, WRITING UP HISTORIES OF ORGANIZATIONS, MUSIC, CHURCH AND SENIORS

I BELONG TO: CHURCH UCW, DUNWICH SENIORS, QUILTING WITH SENIORS WEEKLY AND W.I.

Written by
Louie Lackey.

April 2011

Louie Lackey.



Bobier Villa Cancer Tea
Saturday April 14th 2012
9.30- 11.30 am

Wallacetown W.I and West Lorne W. I.
Will set up and Work in Kitchen 8.3.0 – 10.30
2 people from each W. I. are needed

Shedden W.I.
Work in kitchen 10.30- 11.30
3 people are needed

Kingsmill Mapleton W. I. and Crinan W. I.
Serve Tea and Coffee 9.30-10.30
1 person from each W.I. needed

Clachan W.I and Yarmouth Glen
Server Tea and Coffee 10.30 -1130
1 person from each W.I.needed

Middlemarch W.I and Boxhall W.I.
Work on Bake table 9.30- 11.30

Cowal W.I.
White Elephant Table 9.00 11.30am

Lelon Lawrence Will look after the draw

Will all Institutes please bring a loaf cut and butter?
Please bring donations to the Bake table vegetables and preserves are all
welcome

Helen VanBrenk Sally McIntyre

Joan
Johnston.

When Grandma and Grandpa Were Dating

May. 2008.

When and where did you first meet Grandpa?

AT A HALLOWEEN DANCE OCT. 1958 AT
THE Y.M.C.A.

Did your parents approve of him right away? Why?

PARENTS NEVER MET HIM - THEY WERE
ALREADY DECEASED.

Where did you go on your first date with Grandpa? What was he like?

WE WENT TO A FIRE-MANS BALL WITH HIS
BROTHER AND HIS BROTHER'S GIRL FRIEND
HE WAS VERY FRIENDLY AND A GOOD DANCER.

How long was it before you knew he was the one you would marry? Why?

IT WAS OVER A YEAR AFTER I MET HIM.
I WAS AWAY FOR NEARLY EIGHT MONTHS AND MISSED
HIM VERY MUCH.

Where was your favourite place to go on a date?

WE LOVED DANCING AND PARTYING WITH
FRIENDS

What about him attracted you the most?

HIS HUMOUR AND HE WAS VERY COURTEOUS.
AND KIND.

Describe his marriage proposal. Was it a surprise?

HE PROPOSED ON ST VALENTINE'S DAY - VERY
ROMANTIC (HE ALREADY HAD THE ENGAGEMENT RING)
IT REALLY WASN'T A SURPRISE - WE HAD TALKED ABOUT
IT QUITE A LOT BEFORE HAND

When Grandma and Grandpa Were Dating

Joan
M Leathers
May 2008

When and where did you first meet Grandpa?

I met Bill at St. Thomas Collegiate when I was playing badminton poorly, giggling & falling into the net. He was sent over to straighten me out. Later I straightened him out.

Did your parents approve of him right away? Why?

Yes. My dad had gone to high school with Bill's mother whom he said was a lovely girl.

Where did you go on your first date with Grandpa? What was he like?

He went to a movie. He was friendly & relaxed & talked about his little sister with affection. He asked me to the school from that evening.

How long was it before you knew he was the one you would marry? Why?

I probably was smitten very early. Bill reminded me of my cousin Donald the way he held his head to one side & smiled.

Where was your favourite place to go on a date?

He liked shows & dances the best; probably enjoyed the dances at Fort Stanley Stork Club best.

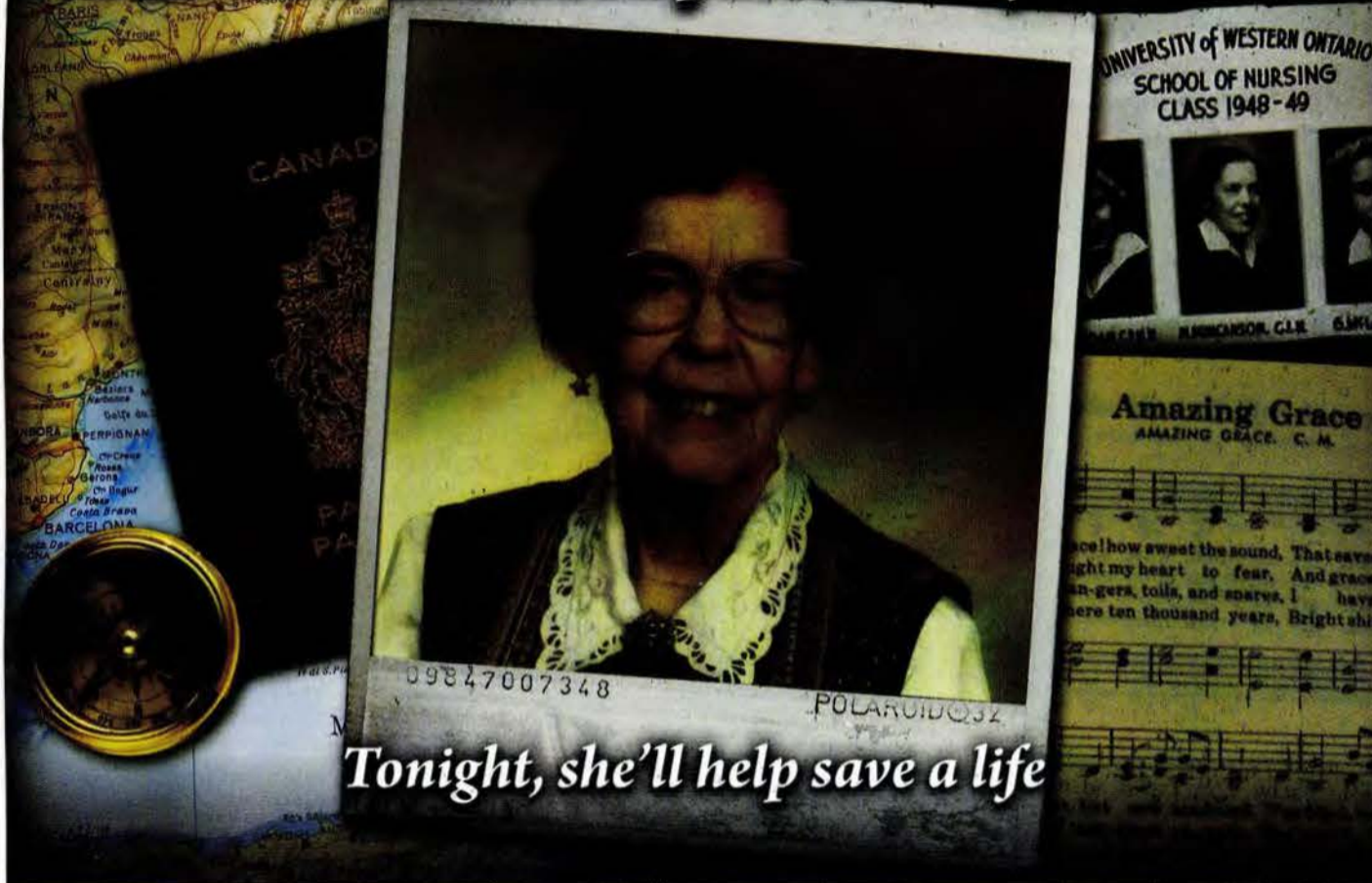
What about him attracted you the most?

He was a bit shy (what happened?) very polite and adored his parents (always respectful & kind to his elders)

Describe his marriage proposal. Was it a surprise?

He proposed Christmas Eve & presented me with a ring. He thought I would be surprised but I wasn't.

Marian Duncanson passed away in 2009



Tonight, she'll help save a life

Marian Duncanson's welcoming smile accompanied a kind and gentle spirit that touched countless people throughout her lifetime.

In addition to her passion for travelling and commitment to her faith, Marian was dedicated to helping others. She supported many humanitarian causes, yet Marian's greatest gift was the compassionate care she provided to hundreds of patients throughout her thirty-year career in Nursing.

To help her hospital champion quality health care in the future, Marian placed a Bequest in her Will.

Thanks to Marian, doctors and other health care professionals at the St. Thomas Elgin General Hospital will have innovative life-saving equipment to provide the best care possible – to hundreds more.



W.I. Winter Picnic

February 22nd, 2012

**Wallacetown Hall – Hwy.# 3
(Chair Lift available)**

**POT LUCK LUNCH – *Noon-12p.m*
(bring your own plates & cutlery please)**

**-----TOONIE TABLE -----
(EVERYONE PLEASE BRING AN ITEM)**

**Hosted by Wallacetown &
Shedden W.I.**

**Bring a friend for a great day !!!!!!!
For Home & Country**





■ **WOMEN'S INSTITUTE:** Healthy eating on agenda

Winter Picnic held in Wallacetown

For the Times-Journal

On Feb. 22, members of Elgin District Women's Institutes gathered at the Dunwich Hall in Wallacetown for the annual Winter Picnic honouring the founding of Women's Institute.

Wallacetown and Shedden hosted this ROSE session.

As a result of the death of her son from consumption of unclean milk, Adelaide Hunter Hoodless (1857-1910) led a crusade in Hamilton to have household science included in every girl's education.

Mrs. Hoodless spoke of this at a meeting of the Ontario Farmers' Experimental Union and at Erland Lee's instigation, assisted by his wife Janet, a meeting was organized of the women of his township, Saltfleet. Thus,

the Women's Institute was organized on Feb. 19, 1897. Its purpose — better homes and a better community life.

In a skit, members heard a portion of the speech given by Adelaide Hoodless at Squire's Hall in Stoney Creek. As well, Cathy McPherson, registered dietitian with Elgin St. Thomas Public Health, made a presentation on cardiovascular disease.

Watching sodium intake, body mass index, the HDL, LDL and triglyceride levels are important. Trans-fat is the worst type of fat a person can consume. Whole grain breads and foods with Omega-3 are very important.

Eating fish such as salmon or mackerel twice weekly is recommended, as is getting 30 minutes of physical activity daily.

