

## Janet Hamilton

Janet Hamilton will always be a country girl.

The 51-year-old Sidney Township woman has experienced many enriching adventures in the Quinte and provincial rural scene.

Hamilton's community involvement has grown from her days on a farm north of Madoc.

As a young child she thrived on the freedom and growing capacities that the farm offered.

So it's no surprise that Hamilton's first community involvement came through the 4-H club, the agricultural world's answer to Brownies or Scouts.

The 4-H (which stands for heart, head, hands and health) taught rural children many different aspects to growing. The young men and women were taught a variety of lifestyle skills which could be called upon through their lives.

It is through 4-H that many young couples meet. And so too did Hamilton meet her husband Ron. The two would marry and have two children. (Ron is currently the deputy reeve of Sidney Townshp.)

In between marriage and motherhood, there were many events.

Hamilton took on the role of 4-H leader in the late 1970s. As her teenage children grew older, Hamilton's community involvement increased.

Her list of community achievements is an impressive read: past president of the ladies section of the Quinte exhibition; past president of the ladies section of the Ontario Association of Agricultural Societies; and was the first woman president of big fairs — the Canadian National Exhibition, for example — in Ontario in 1980-81.

"It was a very challenging experience," she said. "I made a lot of friends that I've kept all of these years."

During the '70s, Hamilton co-ordinated local activities for the Ontario Dairy Princess, a program which ends this year as interest slowly waned.

In 1981, Hamilton was elected to the Hastings County Milk Committee and served for nine years. Two years of her tenure was spent as chairperson of committee — an honor she's very proud of today.

Nowadays, Hamilton is still busy in the community.

Hamilton's newest venture takes her — again — into the agricultural arena, only this time it's a different domain.

Hamilton has helped launch Sidney Township's new Meals on Wheels program. Meals will be delivered twice weekly to seniors who can't fix themselves a nourishing meal.

"There are a lot of people who can't make a meal for themselves," she said.

It's a program which Hamilton sees a real need. "We expect this will grow."

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