

crimination of sex when applying for jobs and that women should be free to choose whether they work outside the home, so giving equality of opportunity.

### **Alberta Day Rocky Mountain Tour**

All attending the National Convention left the worries and cares of the working part of the sessions behind and took to the hills for one lovely relaxing day. Alberta Day was a beautiful experience and to be winding and turning up the steep mountain roads in the bright June sunshine, made us feel a part of those majestic Rockies.

The Alberta Women's Institutes and F.W.I.C. are to be commended for the fine change of pace which included many stops and lots of visiting.

The wide side windows and the skylights in all of the 12 buses made the trip a real treat, the mountains and rivers could be viewed from many angles.

Mount Norquay and the Sulphur mountains were lovely to see and the mountain road twisting and turning along the Bow River was scenic and breathtaking. The glacier that fed Lake Louise was as emerald as any picture postcard, and we enjoyed walking through the huge hotel with all its elegance.

Our picnic lunch at Emerald Lake allowed all of the ladies to mingle, enjoy the scenery and oh how those cameras clicked. Along the tour, everyone had a chance to view the highest water fall in Canada "Takakkau". The Indian name means "It is magnificent" and we all had an opportunity to walk over the Natural Bridge with the rushing, sparkling waters below. What a thrill, a highway switch back, (the bus backs up the steep incline and continues on) we all held our breath and the comments were many and varied.

### **Western Barbecue — Indian Grounds, Banff**

The last evening of the Convention was a fun night. We all travelled by bus to the Indian Camp grounds outside Banff for a delicious barbecue. The grounds had three large circular tents open at the top, with picnic tables around the outside and a spot in the center for a campfire.

Outside this tent area a building housed the equipment for cooking the meat. The aroma of 580 lbs. of prime rib roast cooking floated through the air, which tasted as good as it smelled. The roasts were transferred to serving tables inside the tents and we quickly lined up to be served. Huge helpings of beef, baked beans and tossed salad to be followed with pie and coffee.

Cowboys sang, the women sang and danced and

Mrs. Hugh MacMillan from Williamsburg was seen playing the violin. The evening passed so quickly and it was time to return to the Banff centre.

### **Conveners' Challenge**

Under the convenership of Mrs. George Clarke, Newfoundland, an excellent presentation of the work being carried on by F.W.I.C. was presented in a unique way. All conveners worked together in this effort. A revolving pyramid made by Mrs. Northey allowed each convener to use a side, and United Nations the top, to challenge all delegates to use their own ideas and initiative.

Citizenship & Education: **Mrs. Carmen Inglis**, Nova Scotia.

Reports indicate the Women's Institutes are a very concerned group, but felt the public were not aware of our many projects. Good response was given in the questionnaire "Do you favour legalizing marijuana?" We are happy over the policy of the government not to legalize marijuana at this time. Other studies and concern on venereal diseases and Human Rights. The R.C.M.P. observe their Centennial in 1973, their motto is "Maintain the Right". We must realize respect for law and order is essential for everyone's protection. Studies continue on Status of Women, particularly Day Care Centres, Abortion, Divorce laws, Family Planning. Motto chosen at the Convener's Conference "The hand that rocks the cradle rules the World". Take time to rock that cradle and hold your role as a mother in high esteem. That hand is the hub of your family circle which encircles your family and reaches out to your community and the world — wield it well!

Home Economics and Health: **Mrs. Lewis Northey**, Alberta

Women's Institute members have dealt with many topics relating to Family Living. Learning to cope effectively as a wife, mother, consumer and a citizen in the community, presents many challenges and provides many ideas for programs. Many other voluntary organizations are aided through the efforts of Women's Institutes.

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