



*Branch and District Secretary-Treasurer Leaders L-r Mrs. Donald Booker, Fisherville; Mrs. W. E. Doerr, New Hamburg; Mrs. Earl Morden, FWIO Secretary-Treasurer, Chairman; Mrs. Jack Playle, Guelph; Mrs. Clifford Ritchie, Parkhill.*



*Members At Large Discussion Group Leaders L-r Mrs. George Barr, Chatham; Mrs. Sam Cawker, Chairman, Nestleton; Mrs. Oliver Runnals, Gore Bay; Mrs. Wallace Krause, Pembroke.*

### Forms and Reports

Miss Margaret Roberts, secretary to Miss McGhee, is in charge of all forms and reports received from all levels of W.I. sent out by the Home Economics Branch.

The most important thing to remember—no forms—no grant—no future mail—no Home and Country. If the Branch secretary-treasurer omits one form it holds up the whole process through district and area.

The terms of reference for the rules were established in 1952 through an order in council. This backup information provides the auditors with the statistics they need to justify the grants and assistance provided by the Ministry.

Follow instructions on the forms, print name, address, postal code, give branch and district. Even if you are requesting a minute book for your branch, it is so helpful if you include your district.

### **Mrs. Peter A. Forsyth, Lecturer, Centralia College of Agricultural Technology**

At a plenary session on Communications, Mrs. Forsyth opened with the remarks, "Communication is a part of every activity." The better the skills of an individual member the better it serves the W.I. and the more effective she will be.

There have always been exchanges and ideas through communication. The cave man used signs, runners, drum beating, smoke signals. Regardless of the age, to participate meaningfully, we must communicate efficiently.

The 4 priorities of communication: (1) speak (2) listen (3) write (4) read. The weakest of communication skills is listening, and this skill makes up 45% of the communications as opposed to talking 30%, reading 15%, writing 10%.

A meeting is just what you make it. A president and secretary talk "things over"—the secretary needs to only give the pertinent information contained in the correspondence. Members presenting reports should keep the "5 C's" in mind—concise, clear, complete, courteous and correct.

Don't keep the business a secret, every member should know ahead of time what is on the agenda.

### EXECUTIVE DIRECTOR ONTARIO DIETETIC ASSN.

#### **Miss Corinne Trerice, RPDT**

In this 20th century, man can travel to the moon, transplant human organs, construct and program computers to think, but cannot solve the most important mystery of all, a complete understanding of the human body.

Nutrition has come a long way in our lifetime. From a few facts about food, it has emerged as a major health science. Because we now know more about food and the significant role it plays in our daily lives, we also know more about the health problems that are caused by or related to poor food choices or lack of certain nutrients in the food we eat.

Miss Trerice asked how many of us do know what nutrition is all about?

There is very limited knowledge of basic nutrition facts among young and old, among lay persons and professionals alike. This is coupled with a prevalence of nutrition misinformation, commercialized food, faddism and distorted half-truths.

How can this be in a province and in a country where we support public health programs designed to keep us all in good health?

There are several reasons. There is no emphasis on, or priority given to the subject of nutrition in educational programs from elementary school through to university, other than to those in a dietetic or nutritionist program. Drastic cut-backs in public health budgets at all levels have almost completely wiped out nutrition education.

Participation (the federal government's physical fitness campaign) is another example of telling only half the story. Millions of dollars spent but no nutrition information to complement the exercise program.

There is a continuing prevalence of obesity and overweight among Canadians of all ages, the primary reason, overeating and under-exercising. Obesity is a critical risk factor in diabetes, a stress in arthritis, and is a proven factor in reduced productivity in the Canadian labor force.

Prenatal malnutrition is too common. This often stems from poor eating habits during growing and