

## *Stress: Boon or Bane?*

- Reach out to family and friends. Make new friends. Others need friendship just as you do. It is a basic human need at all ages. Friends and loved ones are one of the best resources for coping with stress.
- Remember people are growing and learning from birth to death. Some say aging begins at birth. Certainly preparation for the later years begins early in life. Learning is a lifelong process.
- Nurture your self-confidence and self-acceptance. There has been a growing wisdom and many experiences accumulated from earlier years. These are valued strengths and resources for feelings of confidence and self-reliance. Confidence is developed by trying new and different experiences.
- Nurture your ability to change. Practising being "flexible" involves facing decisions and new situations with an open mind. Both people and situations change with the passing of time.

### **Positive vs. Negative**

Learning to cope or manage the stresses of life involves cultivating attitudes and behaviours that focus on the positive and aim toward good physical and mental health. Life is full of expected and unexpected sources of stress. Every person must develop their own stress management skills which best fit their emotional and physical resources. Underlying most suggestions for coping with stress is a basic philosophy of life that focuses on good mental health and has a faith at its foundation. □

### **APPOINTMENT**

Molly McGhee, director of the former home economics branch, O.M.A.F., has been appointed to conduct a major revue of the ministry's current women's and consumer information programs with particular emphasis on rural women's needs. The study will evaluate current programs and suggest future directions. The appointment was announced recently by the Honourable Dennis Timbrell, Ontario Minister of Agriculture and Food.

## *Erland Lee (Museum) Home Report*

The members of the Lee Committee wish to express thanks to all members for your continued support of the Lee Home Project. Quilt blocks continue to arrive at the Home and are providing much interest as well as financial assistance.

We urge you to come visit the Home, and especially, to invite members and friends to make plans to be with us for Christmas at the Lee – December 1st and 2nd, 1982 when there will be some special surprises for Christmas.

The Committee had the pleasure and privilege to entertain Mrs. Ziny Westebring-Muller, ACWW President, for dinner and a visit at the Home on August 10th, in conjunction with her visit to Ontario and FWIO 85th Anniversary.

## *Letters To The Editor*

In reading my wife's copy of *Home and Country* I read the write-up about Mrs. Lois Erstadt, warden of Grey County and enjoyed it very much, but to put the record straight I would like to make one correction. In 1974 I was warden of Grey County and the first lady member of Grey County Council was Mrs. Betty Wirkkunem representing the town of Meaford as deputy reeve that year.

Robert W. Gillies,  
Mount Forest, Ont.

I wish to make an apology and correction concerning the picture caption on page 18 of the Summer 1982 *Home and Country*. The gentleman on the right was not Dr. D. Jolly but Mr. James McWhinney, representing the Medical Emergency Unit of the Cardiopulmonary Resuscitation Unit, Wingham and District Hospital. He is the son of Mrs. Hugh McWhinney, Past President of the Dungannon WI, Huron West District.

Jean Whitby, Secretary,  
Lucknow WI,  
Lucknow, Ont.

### *Home and Country Photos*

Photographs contributed for use in *Home and Country* should be bright, sharp, high quality black-and-whites with glossy finish.

Do not write on the back, staple or attach with paper clip as this could damage the finish. Identify individuals, left to right, on a separate sheet of paper which may be folded over the photo. When mailing, stiffen the envelope with cardboard.

### *Home and Country Format*

WI members will have noticed the change in printing format with this issue of *Home and Country*. The narrower column has been introduced for reading ease and flexibility of layout.

Comments on the Fall 1982 issue and suggestions for future issues are welcome and may be forwarded to:

Editor, *Home and Country*,  
c/o Provincial Office,  
F.W.I. Ontario,  
8th Floor, 801 Bay Street,  
Toronto, Ont. M5S 1Y9