



Junior Women's Institutes of Ontario

Hastings

Some special guest speakers have highlighted recent Hastings County Junior Women's Institute meetings. A nutritionist dispelled some old time fallacies concerning vitamins and nutrition and recommended the women and their families follow Canada's Food Guide for a varied diet for good health. Two representatives of the Women's Resource Centre in Belleville showed the film *Women in Advertising*. Advertising is a billion dollar industry and we are exposed to 500 ads each day. The image of women in advertising is negative and the representatives suggested if advertising offends, women should write to the company president and object.

Norfolk

1984 is busy for Norfolk Junior Women's Institute. In January, the members heard a nutritionist talk about the overprocessed foods we eat at fast food restaurants and what we can do to improve our eating habits. In February, a microwave cooking demonstration was featured while chocolate making was shown in March. A yeast baking workshop will be given in April and in May an esthetician will talk about good skin care. For the last meeting before

summer break, there will be a barbecue at a member's home.

Wainfleet

Wainfleet celebrated its 10th

anniversary in September 1983. For the bicentennial, members are organizing a photography contest.



Howick Junior Women's Institute sponsored a babysitters' training course for 31 boys and girls during the winter. Participants attended seven lectures dealing with topics like health, home safety, first aid procedures and understanding the importance of play. Students had to perform six hours of practical work without pay and write a final exam to complete the course. Pictured with their graduation cake are, from left: Stephanie Kaster of Wainfleet; Margaret Lockie of Gorrie; Julie Stewart of Gorrie and Laura Geddes of Gowanstown.

Are you meeting members' needs asks JWIO president

1984 is here and Junior Women's Institute is alive and well! Two new branches have formed, one in South Wellington District and the other in Lennox District. The Erin Township Branch was formed on Jan. 19 with 19 charter members while Mount Pleasant branch was formed on Sept. 29, 1983 with 9 charter members. Welcome to Junior Women's Institutes girls!

These branches have been formed in an attempt to meet the needs of rural young women and to provide them with fellowship with other women in their locality. These women will also learn about topics and issues relevant to today's ever-changing lifestyle.

With a new year beginning April 1, elections have been held in the branches. New executives are planning events for the coming year. Ask yourselves this question while you are planning. Are your discussion topics meeting the needs of the members of your group?

At the R.S.V.P. seminars held throughout the province this item was covered. "How to keep your members informed and involved." First, you need to assess your needs as a member and as a branch, but where do you start?

Assessing your needs originates from a desire to pursue the same goals or needs that you have in common with other members and other

branches. Remember to take the members' input and incorporate their ideas or meet their concerns in your programs and activities. Planning is essential to keep the organization motivated and its membership enthused. It is essential to keep the lines of communication open within the branch and from the local branch to the provincial executive.

If things are not running smoothly, it is time to review, find out what has worked and what hasn't and take the appropriate action to correct the situation. Once you have taken action, keep an open ear and maintain communications. There are many ways to do this, both verbally and non-verbally.