



*Hampstead WI recently unveiled a plaque commemorating the spot where the branch held its first meeting in 1903. From left to right are Martha Foley, Isobel Bastendorff, Mrs. William Makins, Helene Zinn and Ruby Roth.*

Gravelridge recently held an information meeting for rural couples which focused on coping with stress. Two speakers from the Ontario Ministry of Agriculture and Food, Barb Aitkinson and Lera Ryan, spoke about the Farmers in Transition (FIT) Program and the steps which can be used to cope with stress.

#### **Bruce Centre District**

The second annual Day For You, financed with the proceeds of the annual craft and hobby fair, was held last March. About 275 women, attending free of charge, learned about microwave cooking, caring for houseplants, gardening, doll collecting, and much more.

#### **Garnet, Haldimand West District**

At a meeting focusing on agriculture, members learned about ginseng. The plant is native to North America and Southern Ontario is an important source. Ginseng has been grown in the Waterford area since the 1700's. It is a tuber resembling a parsnip with branches and takes from three to five years to grow from seeds to root, ready for harvesting. The Chinese consider ginseng a cure-all.

#### **Lucknow Junior WI**

Members of this branch have enjoyed several interesting meetings recently. Before the summer, a public health nurse led a discussion on issues in parenting. She used her experience

in dealing with school children and the public to give some ideas on raising children. An employee from a local landscaping company presented information on how to improve the look of property. Also, the annual summer picnic was held and work on the Lucknow fair culminated in the Miss Midwestern Ontario pageant banquet. A stress workshop was held in October.

## *Congratulations...*

Several branches celebrated anniversaries over the last few months. Congratulations to **Millbrook**, Durham East on its 85th celebration. **Barrie Island**, Manitoulin West marked its 80th anniversary this fall while **Langford**, Brant North and **Elizabethville**, Durham East enjoyed a 75th anniversary. **Rock-a-Long**, Wellington South had its 50th anniversary this summer, and **Dewars**, Renfrew South marked its 45th. **Balsam Hill WI**, also Renfrew South, celebrated its 40th anniversary.

\* \* \*

Six life memberships were awarded to members of Castlemore Branch, Peel South. Recipients were **Irene Parliament**, **Marylou Fines**, **Alma Westlake**, **Hazel Tavender**, **Jean Livingston** and **Jean Codlin**. **Hazel Blair** received life membership from Johnston-May WI, Carleton West. Three members of Inman Road, Haldimand East, **Doris Dickhout**, **Grace Anderson** and **Dorothy Rittenhouse**, received life memberships. **May Hayward** of Langford WI, Brant North received her life membership this summer. Star of the North WI, Sudbury, presented a life membership to **Joyce Geauvreau**.

## **Business Seminar**

Interested in starting your own business? The Ministry of Industry, Trade and Technology is running seminars called Business Ownership for Women. For more information, call toll free 1-800-387-6142.