

The Canadian family in the 90's

By **Barbara Pinkney**

What do you think a family is? How do you feel about your family? Is it the most important thing in your life? These questions were addressed by Alan Mirabelli in his presentation of the Family in the 90's.

We often take family for granted and make many assumptions which may lead to problems. He likened the family to an elastic band which in the past has stretched to include many children, parents, grandparents and grandchildren, but now it has shrunk

to just include mother, father and 1.5 children. Children are no longer an asset but a liability. The family has to adapt to the culture of society.

Canada is facing an aging society with longer life spans and couples are choosing not to have children. Soon more will die than are born. The character of Canada will change, especially when immigration takes place.

Women have been thrust into the labour force to supplement income. Since 1982 women in the labour force has doubled and we own a debt of

gratitude to them because if they hadn't gone to work, the number of poor people would have increase to 62 per cent. The government should look at the contribution women make to our national revenue (25 per cent in tax), as well as their buying power.

In the past, the community supported the family and the child gained experiences in appropriate behaviour. Because we value privacy, these experiences are often lacking. The family of the 90's will have many different values and its place in society will change.

Eat Well - Be Well

By **Laurie Curtis**

Colette Tracy, a professional dietician, delivered this workshop. Colette said what we eat is governed by many factors such as age, social custom, cultural influence, symbolism, economics, health and availability. In North America, we favour maple syrup with our pancakes while in Great Britain icing sugar and lemon juice are used. In the Hebrew culture the food eaten at the Passover meal is a symbol of remembrance. Christmas dinner is a

symbol of unity when family members may travel great distances to be together.

Socially when we invite the new neighbours over we will probably serve a cup of tea or coffee. When we entertain we indicate our hospitality by serving rich food such as gravy and sauces and fancy desserts for which WI members are renowned.

Colette discussed nutrition problems evident in the student population, such as anorexia and bulimia. A more common problem is the scarcity of

nutritious choices in high school cafeterias. What food choices do the students have in your local high school? Does the school have nutritional criteria for their cafeteria fare? Do they have a food policy?

Colette challenged us to find the answers. Better nutrition can lead to improved performance as well as better health. After two restaurateurs in the Ottawa-Carleton area had heart attacks, they decided to provide low fat meals on their menus. Now 167 restaurants have followed their lead.

Highlights from FWIO board meeting

By **Geraldine Campbell**

In June, the FWIO executive met to discuss the strategic plan of FWIO. This was complemented by a workshop for all board directors, the Erland Lee (Museum) Home Committee and the Centennial Committee, given by Ramona Cameletti, rural organization specialist in Algoma, on Marketing this Organization. The results from both of these will be presented by FWIO President Peggy Knapp at all area conventions.

Part of the past that is changing is Home & Country. A questionnaire has been sent to all WI branches asking them to decide if they want the Home & Country magazine to be published by FWIO.

Both the Hoodless and Lee Homes are redecorating in time for the WI

celebrations in 1997. Branches and WI members are asked to contribute the price of a can of paint or a roll of wallpaper to either committee. We want our homes to be in top shape for all the visitors they will be receiving.

The new FWIO display board was on show for all board directors to see. This will be used as the background at the FWIO booth at the Royal Agricultural Winter Fair. Come and See and the booth with its theme of Trees and also the new display board. Why not use the display board at your own function?

Workshop '91 details were announced as Jan. 22 to 24 for FWIO Area Program Coordinators and Public Relations Officers, who in turn MUST put on a workshop when they return. FWIO is offering the training requested but it is up to each WI member to

take up the challenge. This was evident with the interest shown in the bread making and landscaping courses being offered. Seventeen training schools were announced, but by the end of the meeting even more were in place. Next year bread making and wardrobe wizardry will be offered.

Geraldine Campbell is FWIO Public Relations Officer

Address change

Please note FWIO President Peggy Knapp has moved. Her new home address is 2436 Poplar Crescent, Mississauga, Ontario, L5J 4H3. Her telephone number is 416-822-0416. Her facsimile machine number is 416-822-2329.