

## Centreville WI

The Members of Centreville WI (Grey-Bruce Area) held a ROSE Session on Osteoporosis with 11 people in attendance. Guest speaker Judy Porteous, Area Manager for Osteoporosis Canada, gave an excellent presentation with advice on how to eat and the importance of exercise for bone health.



*Pictured: All participants gathered for a photo at this ROSE Session, hosted by Centreville WI.*

## Kent Bridge WI

Kent Bridge WI (Southwestern Area) held a ROSE Session on "Hawaii," with 15 participants in attendance. Mary Groneberg, Branch President, presented a video post card of the Hawaiian Islands. She discussed the history, geography and culture of the islands – and she even dressed for the occasion!



*Pictured: Kent Bridge WI President, Mary Groneberg, looked fashionable in her hula skirt and lay!*

# Way to Go!

## Northumberland East, West & Peterborough Districts

Last fall, the Northumberland East, Northumberland West and Peterborough Districts (Trent Valley Area) enjoyed a fun-filled afternoon at Lang Pioneer Village for their annual Fall Rally with a "Back 2 Basics" theme! To open the event, 66 ladies from 12 Branches, mingled to complete a "Getting to Know You Bingo". Subsequently, teams of 4 (each person from a different Branch) scoured the Pioneer Village for the answers to a Scavenger Hunt. Fresh tea biscuits and home-made jams brought by the ladies were sampled by 3 judges from Lang. Choosing winners was very difficult! Three cheers for a wonderful afternoon!

## York Road WI

On June 13, 2012, the Members of York Road WI (Trent Valley Area) took a trip to the Royal Botanical Gardens. Eighteen ladies left from the church in Smithfield at 8am, stopped in Whitby for a coffee break, then it was on to the gardens! They chose to do their own tour of the gardens with a map, and went in groups after having lunch on the picnic tables by the main entrance. It was a beautiful day with perfect temperatures for walking and enjoying the gardens. Scones, cream and jam were enjoyed after their walk. By 3:30pm, it was time to leave. The ladies stopped in Whitby for Swiss Chalet and arrived back at the church by 8:30pm - a long but great day!



*Pictured: Sally, Marian, Joyce, Sharon, Cathy and Trudy take a break while touring the Royal Botanical Gardens.*

## Palmyra WI

To celebrate the birthday of Adelaide Hunter Hoodless this past February, the Members of Palmyra WI (Southwestern Area) decided to watch the movie, Calendar Girls. A good time was had, filled with laughter! Adelaide was born near St. George, Ontario on February 27, 1857 - 155 years ago!



*Pictured (L-R) are Jean Gillard, Marg Eberle, Jackie Jackson and Martha Gammage.*