

back **2** basics

Howick WI

Members of Howick WI (Guelph Area) hosted an evening of MEALS MADE EASY at the Howick Community Centre on May 3, 2013. The evening began with a social hour and refreshments provided by the Branch. Ellen Schmalz from Mildmay demonstrated how to put together several dishes with meats prepared ahead of time, by cooking the meat and freezing it – usually hamburger. Herbs and spices make a tasty alternative to salt in foods. They also enhance the taste of meat and vegetables. Ellen also prepared a quick salad which was won by a member of the audience, as were other foods she prepared with the “quick and easy” method. Several ladies went home very happy with their ready-to-heat-and-serve meals. The table centerpieces were various plants from the Listowel Greenhouse and ROSE Coordinator, Ria Stewart, drew the winning names. Everyone thoroughly enjoyed this ROSE Session and all the shared recipes for making a quick and easy meal!

Pictured: Ellen Schmalz led this practical ROSE Session, hosted by Howick WI.



Crowland WI

Crowland WI (Hamilton Area) held a PASTA WORKSHOP on May 6, 2013 with people of all ages in attendance! The session started with a cheese ravioli lunch, followed by learning how to make ravioli. Attendees were able to take home what they made. This was the second pasta workshop, with the first being a basic pasta making session. There were 13 participants for this ROSE Session. Way to go!



Pictured (L-R): Brett Clayton, Janet Clayton and Kim Sauder get busy making ravioli!

Beamsville WI

Each February during WI Week, Beamsville WI (Hamilton Area) holds a craft session that is open to the community. This year, Members and guests learned to knit the popular “twirly scarf”.



Pictured: Beamsville WI Members Margaret Romagnoli (L) and Dorothy Burtch (R).

Roebuck WI

Roebuck WI (Kingston Area) held a ROSE Session on SILK SCARF DYEING at the home of a WI Member. All scarves, dye and equipment were provided. Each attendee dyed at least one scarf – and several did more! Many laughs were shared among this very enthusiastic group and everyone left with a new skill and, of course, a new scarf! One of the attendees ended up teaching this skill to members of her church choir who all made scarves to wear at their concert. This was a craft originally learned from another WI Branch in Leeds-Grenville District - talk about a skill being paid forward! This ROSE Session also helped to raise the profile of WI in the neighbourhood.



Pictured: Members and guests of Roebuck WI show off their brand new scarves!

4-H Ontario Alumni Database

In preparation of the 100th Anniversary of 4-H in 2015, you are invited to reconnect with former members and leaders by registering with the Alumni Database. Do so online at www.4-hontario.ca/alumni or contact 4-H Ontario's Coordinator, Alumni Services at alumni@4-hontario.ca or 1-877-410-6748 x 466.