Glasgow WI Yarmouth Glen WI

Members and friends of Glasgow WI (Eastern Area) took part in a ROSE Program Mystery Tour. The Branch PRO (Public Relations Officer) planned the events and invited the ladies to come for an afternoon outing. They visited Miliken Gardens & Landscaping, near Glasgow, where they saw beautiful waterfalls, gardens, and a manmade beach and pond for swimming - complete with a dock to dive from. The next stop was in Carp to hear wellness clinic operator, Katherine Willows, speak on how to heal the body in natural ways. They were taught how to do "tapping" to relieve pain and stress. The ladies stopped at a restaurant for supper before heading home...an educational and fun day was enjoyed!



## Wabash WI

Wabash WI (Southwestern Area) Members and guests enjoyed the afternoon of May 30, 2013 at the Jennen Strawberry Farm located in rural Chatham Kent, touring one of the several greenhouses on the farm and learning how fresh strawberries are grown and marketed. A week later, on June 6th, Members and guests gathered at The Red Barn (Jill Neely's Farm) on Sharrow Road located near Wabash for a demonstration on "how to plant your summer



Pictured (L-R): Jillian Neely of The Red Barn with Wabash WI President, Shirley Philips.

container". Each participant brought containers to plant after Jill gave an awesome tour of her yard filled with flowers, trees and the potting shed.

Members of Yarmouth Glen WI (London Area) and their guests were enchanted and delighted with the poetry and local history presented by their guest speaker, Julie Berry, at a recent ROSE Session.



Pictured (L-R): Local Elgin County poet, Julie Berry shows her second book of poetry, The Walnut Cracking Machine, to Joan Jackaman and Joan Mansell who are both on the executive of Yarmouth Glen WI.

## **Russell District**

As always, Russell District (Eastern Area) made their Annual Meeting both fun and educational. Held on May 27th, the theme this year was "Protecting Our Local Environment" and the guest speaker was Candice Vetter, a noted journalist, author and environmentalist from North Russell. She spoke on the importance of protecting the environment and the lifestyles of communities. She gave several illustrations of how Canadian and international communities have been impacted by lack of forward thinking. Raymond Scharf, Russell's local fitness guru, led the group in a fast-paced and fun health break. He explained why it is so important to include physical exercise in our daily lives. The District also recognized Eastern Regional Board Director, Myra Kelly, who will be completing her term this year. She was given a monetary gift of appreciation and stated that she would donate it for cancer research.

Congratulations to North Russell WI's Marjorie Dugdale, recipient of the Woman of Excellence Fair Award!

Pictured (L-R): Myra Kelly stands with newly installed Russell District WI Executives Mona Saunders, Anne-Marie Potvin, Mary Inglis and Elaine Meery.

