

# Garden Path

## Avening WI

“Living Gluten-Free” was the topic of Avening WI’s (Simcoe Centre-West District, Simcoe Area) fall ROSE Session, which was open to the community and advertised in the local newspaper.



*Pictured: Participants of Avening WI's ROSE Session sample products used in the presentation.*

The Branch invited Norma Panzine from “Affairs Bakery and Café” in Creemore to share her knowledge and experience. Norma has been baking and offering gluten-free products in her shop for several years now. She brought along numerous products that she uses for baking and cooking, both at home and in her Café. Her detailed presentation on the large variety of products available for living gluten-free and the pitfalls to avoid if you are a serious avoider of gluten were very educational.

Anyone interested in gluten-free living has probably noticed numerous products appearing on supermarket shelves. Some of these products are not terribly appealing, but preparing them at home can increase both the flavour and freshness. Recipes and tips on how to create tasty treats were shared with Members and approximately 15 guests. Door prizes were drawn and everyone had a delightful time sharing the homemade gluten-free goodies with tea.

## Bethel-Zion WI

Bethel-Zion WI (Hastings District, Trent Valley Area) hosted a ROSE Session on March 19, 2015. Forty-eight WI Members, family and friends enjoyed an evening of information, fun and celebration.

Kate Ann Follwell, former Home Economist with Hastings County, gave a very interesting talk, entitled "How Did I Get Here?" Kate Ann started her career as a Home Economist and is now a Deacon in the Anglican Church. She has had several twists and turns along the way, but the common thread in her career has been working with people. She had many interesting and amusing stories to share.

Another highlight of the Branch’s meeting was the presentation of a Life Membership to Phyllis Lott. Phyllis has been active in the Branch for over 50 years and is the District Director. Phyllis's five daughters, daughter-in-law, as well as three granddaughters were all in attendance to help present her membership. The meeting ended with a delicious lunch and fellowship enjoyed by all.



*Pictured: Members and guests of Bethel-Zion WI's ROSE Session.*

## Centreville WI

Members of Centreville WI (Grey County District, Grey-Bruce Area) welcomed Ruth Hastie as a guest speaker in November. She talked about living with celiac disease: the symptoms, diagnosis, treatment, and diet. Celiac disease is a digestive and autoimmune disorder of the small intestine. Gluten damages the lining of the small intestine and the result is an inability to absorb nutrients - protein, fat, carbohydrates, vitamins and minerals - which are necessary for good health. All participants went home with a better understanding of the health problems related to this disease, and enjoyed having Ruth as a guest.



*Pictured (L-R), back row: Dorothy Couvier, Beverly Demerling, Lois McKnight, Donelda Hastie, Phyllis Hopkins and Ruth Hastie. Front row: Audrey Otter, Deanna Hopkins and Glenda Thompson. Missing from the photo: Louise Davidge.*