

# back2basics

Don't forget to let us know how your Branch, District, or Area is taking part in the new BACK 2 BASICS theme! It's so easy to participate that you could be doing so already and not even realize it! All Branch Secretaries were sent a copy of the BACK 2 BASICS Guide in March 2011 to help with your planning. If you would like an extra copy, please visit the Member Login section of the FWIO website or contact Andrea Morrison at 519-836-3078 or [andream@fwio.on.ca](mailto:andream@fwio.on.ca).

Here are more fantastic ideas on how your Branch, District or Area can get "BACK 2 BASICS"!



ABOVE: Eleanor Elg and Jo Ann Ohm check on the turkey before all their guests get a taste. Mmm!

with everyone enjoying a full course meal! Guests also gave the Branch ideas for future programs.

## Tec We Gwill WI

Tec We Gwill WI (Simcoe Area) hosted an information and demonstration evening on proper canning and preserving. The demonstration was put on by a Bernardin Jars Home Economist. Participants were shown how to properly make salsa and jam, as well as different canning techniques. This ROSE Session was well attended with 25 people - the Branch has even started a waiting list for next year's demo!

## Bervie WI

A "slow cooker" supper was provided to the 12 participants of this ROSE Session (2 main dishes and dessert). Following supper, the 3 leaders spoke about their experiences cooking with slow cookers and offered general tips. A recipe booklet and slow cooker info was handed out to the participants. Positive comments were received from all who attended - from age 25 to 82! The majority of participants were under the age of 35 and were quite interested in this ROSE Session. Bervie WI (Grey-Bruce Area) is hopeful that some will join their Institute!

## Lily Dempsey WI

Lily Dempsey WI (Guelph Area) held a "Fall Fixings" ROSE Session in September! Demonstrator, Jo Ann Ohm, showed how to prepare and cook a turkey and roast beef dinner. The 30 participants received handouts and recipes from the day's menu along with instructions on how to make seasonal decorations. This ROSE Session involved people of all ages, with the target being those aged 20-30. It was an excellent day



ABOVE: The Branch held this ROSE Session at their WI Hall in Newton Robinson, Ontario.



ABOVE: Marilyn Berdan powders her nose as Marg Opthof uses an old grape pitter, two of many antiques that Members of Sunny Brooke WI brought to their meeting. Photo by Stephanie Cattrysse/Hayter-Walden Publications.

## Sunny Brooke Women's Institute Members Take a Step Back in Time

As many Branch meetings begin, Branch President, Marg Opthof, opened the June meeting of Sunny Brooke WI (Southwestern Area) with the Ode and Mary Stewart Collect. But this was not your typical meeting - it was a step back in time. The theme for this meeting was, "Tweedsmuir: 100 Years Ago". Thirteen Members and one visitor answered the Roll Call with an activity from Grandma's WI meeting in 1910. Stephanie Cattrysse from the Watford Guide came in and took pictures of Members dressed as they would have for a WI meeting in 1910. Tweedsmuir History Curators showed several antiques that Members brought and had the ladies guess what some were used for. Doreen Pitel showed history albums of Lambton County, Members' farms and of Shetland Women's Institute. Doreen also spoke about her grandmother's memories of the Women's Institute of 1910 and 1911.