

## Southline Brant WI

Southline Brant WI (Grey-Bruce Area) learned about a very special program at a recent ROSE Session: G.R.O.W. (Good Resources 4 Our Women) – Rooted in Love, Home with a Heart. This unique program was designed to be an instructional tool to equip women with effective and lasting solutions, and is specific to single mothers aged 13-25. This program began in the Niagara Region, with founder Elaine Bond using her own experiences as a single mother and based on her training as a teacher. She now trains others to run this program in other areas. The program includes 3 hours of instruction for 12 weeks on topics such as self-esteem, organizing the household, finances and paperwork, equipping a kitchen, nutrition, menu planning, shopping, food safety, cooking, exercise, grooming, hygiene, etiquette, hobbies, parenting and career planning. This program is currently being set up in Walkerton by the Morans, who participated in this ROSE Session.

*Pictured: Eugenia Zettler thanks Mary Jo Moran and presents her with a donation for G.R.O.W: Rooted in Love, Home with a Heart.*



## Codrington WI

The Members of Codrington WI (Trent Valley Area) held a ROSE Session on “Nutrition and You” with guest speaker, Jaye Yarrien, Registered Holistic Nutritionist. Thirty participants learned about healing yourself with good nutrition and had the opportunity to ask many questions.



The group learned a wealth of new information, and got to check out some of the natural skin products Jaye makes using ingredients such as beeswax, jojoba oil and avocado oil.

*Pictured (L-R): Martha Schuster (Member), Jaye Yarrien (Registered Holistic Nutritionist), and Edna Cameron (guest).*

## Russell District

Mona Saunders of the North Russell Women's Institute and Judi Hubbard of the Russell Village Women's Institute (Eastern Area) are shown laying a wreath from both Branches on Remembrance Day in Russell, Ontario. The event was attended by hundreds of people including over one hundred servicemen and servicewomen in the Royal Canadian Armed Forces.



*Pictured: Mona Saunders and Judi Hubbard honour our veterans on behalf of their Branches.*

## Grand Bend WI

Grand Bend WI (London Area) made 42 “teepee” bags to be donated to the women's abuse centre. The ladies got together and, under the supervision of ROSE Coordinator Barb Kilback, the sewing was completed. The contents were purchased with money from the Branch and from local donations. The bags are colourful and each contains shampoo, conditioner, soap, floss, toothpaste and a toothbrush. Some also include items such as razors and body lotion.

*Pictured: That's a lot of teepee bags! Way to go ladies!*

