

## Burnstown WI

*Burnstown WI (Renfrew South District, Eastern Area) has a weekly walking group where participants are encouraged to bring friends and partners. Depending on the time of year, some weeks may involve snowshoeing or cross-country skiing. At first thought, one might wonder how a walking group could be considered a ROSE Session, but WI Members are always demonstrating that learning can arise in the most unexpected situations.*

*Irene Robillard, coordinator of the walking group, submitted the following information to the ROSE Program, which will hopefully encourage other Branches to “think outside the box” when it comes to how you define your ROSE Sessions.*

We are always learning on these walks – all about nature. We have discussed many plants and many trees. I have some knowledge, being a biologist, and I know trees. There is one lady who has a wealth of knowledge on plants, including their many uses, so I have learned a lot. A few other ladies also know their spring flowers. Some ladies have later researched a plant or item we were not sure of and then emailed everyone the information. It was great to see an old-growth forest and what it was like when the first settlers arrived.

We don't see too many animals – I think we talk too much. But we do see tracks and try to figure them out. I had never seen a mallard sitting on her eggs before – and it was just beside the trail. We have seen different types of nests – an eagle's nest and an oriole's nest. The raven showed us the way to a cave that had a ring of multi-coloured stone – although the cave we really wanted to see had a porcupine in front of it that would not move. We have seen all kinds of vistas and geology – swamps, ponds, creeks, rivers, rock crops, various types of forests, rock cuts, and lookouts.



*Pictured: Members of the walking group on a day of snowshoeing atop a mountainous area.*

We have seen some historical spots – the location of an original settler's mill, some limekilns, and the remaining basement of a settler's house.

We also solve the world's problems while walking and during lunchtime afterwards. Recently, at the back of the mountain at Calabogie peaks while having lunch, we had a great discussion on iPhones, texting, the app for keeping track of distance, time, etc. while hiking, and why the young would rather text than make a phone call.

We have a great group, including some spouses/partners now and then. Besides all this we are in the outdoors, getting exercise, breathing the fresh air of the forest – regardless of the temperature. But we do not seem to like rain or mosquitoes. Where we live is an excellent spot for the great outdoors. Some of these places, many had not visited before, even though most are not far away.

## A Plan for a Meeting on Defibrillators *By Glenna Smith, Past FWIO Advocacy Coordinator, 2014*

### **Purpose:**

1. To understand how to operate a defibrillator
2. To understand the purpose of a defibrillator
3. To provide awareness of where defibrillators are located in your community and how well they are displayed

**Roll Call:** List the location of at least one defibrillator in your community, tell where it is mounted/stored/placed and what signage is near it.

**Speaker:** A firefighter or Emergency Measures Personnel. Ask him or her to address your first 2 purposes and ask for a demonstration, not just a talk.

This is a perfect meeting to make into a ROSE Session.

### **Follow Up:**

1. From your Roll Call, make a list if you feel any locations have been missed and ask Members to check these out.
2. Write a “DID YOU KNOW” story for the newspaper.
3. Perhaps consider purchasing or making a donation towards a defibrillator if there is a location in your community that really needs one.