

# Down The Garden Path



## Be Prepared!

Belhaven WI (Central Area) welcomed a guest speaker from the Canadian Red Cross who spoke on the importance of being prepared in case of emergency.

According to [www.getprepared.ca](http://www.getprepared.ca) when it comes to managing emergencies, we all have a role to play.

Individuals take steps ahead of time to prepare themselves and their families for emergencies. You should be prepared to take care of yourself and your family for a minimum of 72 hours during an emergency.

**STAY TUNED!**  
for more information on Emergency Planning  
in upcoming newsletters, on WI Chit Chat and  
online at [www.fwio.on.ca](http://www.fwio.on.ca)

## Good Idea!

### Away for a Day!

Oxford District (London Area) invited Members and Guests to get "Away for a Day". Participants enjoyed a seminar on Getting Yourself Organized and then selected one workshop from Stir Fry Cooking, Fleece Tied Throws or Making a Cloth Tote Bag. After dinner, participants enjoyed a presentation on Cake Decorating! Everyone who attended had a great day and were pleased with the opportunity to "get away".

## Keeping Active!

The Rideau WI (Eastern Area) has kept active with a year full of interesting and exciting Branch meetings and ROSE Sessions. Master Gardener Kathleen Lang spoke about the history and many uses of roses, explaining that rose hips, the fruit of the plant, are so rich in Vitamin C that some say we should make it part of our daily diet. Other interesting highlights covered the history, culinary usage, cultivation, harvesting and storage of roses. Later in the year, Rideau WI hosted a Rose Hip Tea for the residents of Colonel By Apartments in Smiths Falls. The guest speaker was Vice-President of Patient Care at the local hospital who shed new light on the hospital redevelopment program. Pictured here is the busy Rideau WI Branch.

