

Majestic WI Goes on a Shop-Hop!



Ten friends went on a Shop-Hop to prepare for an upcoming ROSE session. The ladies picked out bits of material and a pattern to use for their "U.F.O." event (Unfinished Objects). Each participant later took home a pincushion and "scrappy bag" for all those loose pieces leftover from sewing. Pictured are the ladies

enjoying a well-deserved lunch on their day out!

Grandview WI Takes Care of their Senses!

In September, Grandview WI hosted a free workshop on taking care of your senses – skin, hearing, and vision. Joining the session was a local optometrist, and speakers from the Canadian Cancer Society and Canada Hearing Center.



Wellman WI Hosts a Garden Party



Wellman WI took advantage of a beautiful summer afternoon at the home of one of their Members. Not only did the ladies enjoy the spacious lawn and stunning flowerbeds, but the very talented Quartetto Ciambella also provided musical entertainment throughout the afternoon.

Support Our Soldiers

If you don't stand behind our troops, please feel free to stand in front of them!

We challenge all Women's Institute Members and their families to support our soldiers serving Canada by sending them messages of encouragement, gifts and by wearing something RED on Fridays.

We do not need to support the wars but we need to support our troops who are keeping Canadians safe and free.

In the First World War WI's provided for hospital ships, field kitchens, ambulances etc. to the value of over four million dollars.

In the Second World War one and a half million knitted and sewn items, tons of jam and \$10,000.00 worth of garden seeds were sent to Britain.

People from all across Canada are showing their support for the brave men and women who serve with the Canadian Forces (CF) both at home and abroad. Do your part by sending gifts and positive messages

of encouragement to soldiers that we know and also to soldiers who we do not know who do not have any family or friends to send them messages or gifts.

You can buy official "Support Our Troops" merchandise at our local Canadian Legion. Proceeds from these items are reinvested directly into morale and welfare programs for CF members and their families.

Please make sure the box is sturdy to withstand the long journey. A box no larger than 22" long, 14" wide and 12" high is a good size to send. Some items that are greatly appreciated are nuts, individually wrapped hard candy, licorice, magazines, lip balm, notebooks that they can use as journals or daybooks and disposable cameras. Do not send liquids or aerosols.

If you know the rank, surname and initials of a soldier please put this

in the first line followed by the unit name and section, followed by the last two lines below.

If you want the gift to go to any soldier please put the following:

To the attention of Welfare NCO/
Officer

RCR Battle Grp/CIMIC

TFA R2, P.O. BOX 5056 Station Forces
BELLEVILLE ON K8N 5W6

Show our soldiers that we care about them and that we are proud to be Canadian.

FOR HOME AND COUNTRY

Eastern Area

**Good
Idea!**

Issue this challenge to your entire community and get as many people involved as possible. Ask your local newspaper and radio stations to promote it as well!