



The Home & Country ROSE Garden is published three times a year by the Federated Women's Institutes of Ontario.

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*Coming together is a beginning.*

*Keeping together is progress.*

*Working together is success.*

– Henry Ford

# Meet the Members

## Cassie Cross, Lansdowne WI

Twenty-five year-old Cassie Cross is a relatively new Member in the Lansdowne WI, but she's no stranger to Women's Institute. She credits her mother with being her motivation to join. "I can remember my mom going to her meetings when I was a child. About two years ago the Branch was struggling with Membership and was ready to fold. It was upsetting because my mom has been involved for so long. I decided it was time to step up and join!"



Cassie says the best part of being involved in Women's Institute is the new friendships she has made and learning from the ladies in her Branch. She says her Branch is open-minded and sometimes looks to her for guidance on how to recruit younger Members. Cassie enjoys her monthly meetings because it is a chance to relax from all the hustle and bustle of her daily life and enjoy some "me time". Having fun and helping her community are important and she would recommend it to other women her age. When asked if people are surprised that she is the youngest Member in her Branch Cassie laughs and says "I'm just as mature as these ladies...they're pretty wild sometimes".

As for the future of Women's Institute, Cassie feels as though they are branching out well in her area. She tells us that a number of the Branches in the area have recruited younger Members. She feels as though the ROSE Program is giving the Lansdowne WI a voice in her community – they are becoming more of a resource for the public and other organizations.

## Did you know?

**Mental Illness Awareness Week is coming up the first week in October.**

This is a good time for your Branches to feature information or a presentation on mental illness. Alternatively, you may want to attend a special event that your local Canadian Mental Health Association (CMHA) may be hosting. Get more information by checking out [www.cmha.ca](http://www.cmha.ca) or the Canadian Alliance on Mental Illness and Mental Health (of which CMHA is a member) at [www.miaaw.ca](http://www.miaaw.ca). If you do not have access to the Internet, please contact the FWIO Provincial Office for assistance.

