

Eady-Grenard WI, Simcoe North District

Eady-Grenard WI welcomed Sylvia Turnbull, a local retired teacher and facilitator, to speak about the Rainbows Program. An international and not-for-profit organization, Rainbows helps children through difficult times in family life. The program is used in schools, churches, and social service agencies. L-R is Sylvia Turnbull and WI Member, Daisy Wilson



WI Hosts International Picnic

The Women's Institute of Algoma Centre and North Shore and Members of the Michigan Association of Family and Community Education held their Annual Picnic in August at Bellevue Park in Sault Ste. Marie, Ontario.

Women from both sides of the border attended the annual event, which also included a tour of the Block House and the Ermatinger Old Stone House. Tea and dessert were served following the tour with a demonstration on the making of peppermint pastilles. This is a candy made with egg whites, icing sugar and flavouring which is kneaded to a consistency of play dough, rolled thin and cut out in fancy shapes. No baking is required and it dries to a crunchy candy. Many acquaintances were renewed and new friends were made.

Next year's International Picnic will be held in Michigan.



Turning UP the Volume on Ovarian Cancer

Canadian women know alarmingly little about ovarian cancer, according to a poll conducted by Decima Research for the National Ovarian Cancer Association (NOCA). Of the almost 1,400 women surveyed, 96% could not identify a combination of the most common symptoms of the disease. Ovarian cancer is the most fatal of gynecologic cancers and a disease that kills over 60% of those diagnosed.

Other findings include:

- 12% of women claim to have never heard of ovarian cancer;
- One in three women believe a Pap test screens for ovarian cancer, which is untrue;
- Women at higher risk for ovarian cancer due to age (50+) are significantly less likely to be aware of ovarian cancer than younger women.

These findings are worrisome because there is no screening test for ovarian cancer, and women and their physicians must rely on symptoms to bring the disease to their attention. Common symptoms include abdominal pain, swelling of the abdomen or bloating, changes in urinary frequency, weight loss or gain, and nausea.

NOCA has launched a campaign called Turn UP the Volume! to increase awareness about ovarian cancer. For further information, visit www.ovariancanada.org or call NOCA toll free at 1-877-413-7970.

Good Idea!

Host a ROSE Program on Ovarian Cancer. Creating awareness in our communities can help save lives. Contact the FWIO Provincial Office for more information on how to make your program a success!