

Anything for a Good Cause



Rainham Centre WI, Haldimand District

These ladies have covered a lot of miles in the past 50 years! L-R Norma Mowat, Gladys Nagel, Isabelle Booker, Jean Smesler and, inset, Carol Moerchfelder have canvassed their community annually for central Haldimand charities. They've been nominated for Haldimand County Volunteers of the Year for their hard work and dedication.

HOT NEWS

Eat to Give is growing!

FWIO has been receiving almost \$200 a month from this vital fundraising program. Imagine what a difference it would make if just 25 more people registered! You can make a difference just by doing something you do every week – it's so easy! Be sure to check out this program and see how your Branch and District will reap the benefits. Don't forget to invite your friends and family to support FWIO too!

Russell Village WI, Russell District

Russell Village WI was very fortunate to have a guest speaker, Melissa, from the *Hand in Hand Project* at Interlude House. Interlude House offers services to women and their children who are victims of partner abuse in the four counties of Prescott-Russell, Stormont, Dundas and Glengarry.

The topic was "what do we consider abuse?" Melissa explained it takes many forms. It manifests itself in the form of verbal insults, put-downs, constant belittling – anything that makes the abuser feel superior. There are also forms of mental abuse – threats of harm and rejection, guilt and emotional blackmail.

The *Hand in Hand Project* is a community-based volunteer program that matches volunteers with women suffering from abuse to help create a violence free life. They may require childcare or transportation while they attend appointments with lawyers, court or counsellors etc. Volunteers also help with community integration – introducing women to various businesses and services in their area. Melissa related the feelings of success, joy, and personal gratification that volunteers and Interlude "graduates" experience. It is a special bond that comes from helping make a difference in someone's life.

Russell Village WI thanks all volunteers who support the *Hand in Hand Project*. Interlude House is there for those who need it. Anyone who would like to escape violence can call this organization or a similar organization in their community.

Good Idea!

The ladies of West End WI enjoyed a delicious lunch together following their morning "Meal in a Shell" session. Learning how to make pastries, laughing with friends and enjoying some tasty treats - what a good idea for a ROSE Session!

