

Home & Country

Federated Women's
Institutes of Ontario
rural ontario
sharing education

ROSE Garden *Spring/Summer 2006*

Cultivating New Ideas... Watching Your ROSE Program Bloom

Cultivate

- To foster the growth of;
- To improve by labor, care, or study

Bloom

- To mature into achievement of one's potential;
- To flourish in youthful beauty, freshness or excellence
- To appear or occur unexpectedly or in remarkable quantity or degree

Spring has sprung and so have many new and unique ROSE Sessions across the province! ROSE is not just a health program and the creativity shown by recent ROSE Sessions reflects what a difference WI is making in our communities.

Waterloo District WI recently hosted "Women's Day" in New Dundee. The morning started with a "Look Good Feel Good" presentation, which included valuable information on the benefits of wearing a proper fitting bra and the importance knowing what to wear to feel good. It was a topic that applied to all women. Other presentations highlighted lavender – growing, harvesting, cooking and aromatherapy uses, the Ontario Breast Screening Program and digital mammography with a panel of three WI women who have battled cancer. The afternoon ended with a session everyone loved – Chocolate!

There are some important lessons to be learned from this successful event.

1. The topics were unique and appealing for all participants
2. Enthusiastic and knowledgeable guest speakers are memorable (which means participants will want to come again)
3. Teamwork made the day run smoothly.

You can see what other WI Branches are doing throughout this issue of the Home & Country ROSE Garden. What a great way to get ideas for your own Branch or District ROSE Session!

If you are thinking of hosting a ROSE Session and would like some help planning, please contact the ROSE Program Manager, Patty Stokes at 519-836-3078 or via email roseprogram@fwio.on.ca

Since 2000 WI Branches across the province have been busy. Here's a look at ROSE in Action:

Sessions – 549

Participants – 43,564 (7,325 WI members)

Volunteer Hours contributed – 19,878

Funds Raised - \$18,537

Keep in mind that not everyone reports ROSE Sessions. If you've hosted an educational event that included the public -CONGRATULATIONS – you have made a difference. You have already hosted a ROSE Session. Look for more information on the ROSE Spring Challenge in this issue of *The Home & Country ROSE Garden*.

Inside:

Meet the Members.....2
From the Hills of Northumberland.....3
Rose Spring Challenge.....4

International Connections6
Eat to Give7
Down the Garden Path.....8

Canadian Mental Health Association 13
Test Your Knowledge..... 14
Anything for a Good Cause..... 15