



Grand Bend WI

L-R Cassie, Verna and Donna Lovie along with many others celebrated the Grand Bend WI 60th with an education fair and luncheon at the Grand Bend Legion. Hands-on displays included knitting, crocheting, rughooking, cross-stitch and quilting.

Submitted by Grand Bend WI

Maple Grove WI

Waterloo District President Pauline Sterling (left) and Maple Grove WI President Iva Maden (right) cut the 75th Anniversary cake at the recent celebration. Almost fifty other people joined them in reminiscing about the past on this special occasion.

Submitted by Ann Snyder, PRO, Maple Grove WI



Roseneath WI

L-R Betty Milne, Elsie Azevedo (Public Health Dietician), Jean Wilson and Cecilia Maines. Elsie spoke to the Roseneath Branch at a recent ROSE Session.

Submitted by Ann Snyder, PRO, Maple Grove WI



We Want To Hear From You!

Submit your story ideas and photos to be included in an upcoming issue of the Home & Country ROSE Garden. We will do our best to share your news with our Members. Mail your submissions to

The Home & Country Rose Garden
7382 Wellington Road 30, RR#5
Guelph ON
N1H 6J2

or you can email them to
roseprogram@fwio.on.ca.

Please note: due to the quantity of photos received, we will no longer be able to return photos after submission. Be sure to make an additional copy before sending it.

Did You Know?

Walking at a moderate pace for 30-60 minutes burns stored fat and can build muscle to speed up your metabolism. Walking an hour a day is also associated with cutting your risk of heart disease, breast cancer, colon cancer, diabetes and stroke.

Good Idea!

Encourage your members to get pedometers and to walk 10,000 steps at day. It sounds like a lot but you would be surprised at how quickly the steps add up! If walking alone doesn't appeal to the membership, organize a walking club and plan walks in your community. Bring along a wildflower book and identify the many lovely plants in our natural environment.