

ROSES Are Blooming



Women's Information Evenings Brings Vital Information to Cochrane

Recently, the Clute WI (Cochrane-Temiskaming Area) decided to host a series of six women's information evenings, each covering a different topic, directed at bringing vital information to women living in Cochrane. Although they are a small Branch with five members, Clute continues to succeed by bringing this information to their community and area. With the first three of six sessions completed, Clute has gained a growing list of contacts and potential members to invite to future sessions. Clute has indeed found the true value of the ROSE Program – educating communities on topics that matter.

Roslin Women's Institute Brings Yoga Home

Roslin WI (Trent Valley Area) took program creativity to a new level when they provided a series of yoga classes for their community. Inspired by a group of women who recognized the need for a local program, each week a yoga teacher leads a class of women aged 27 to 78 through the yoga exercises. This has been a great opportunity for Roslin to promote both WI and healthy, active living.



Soup and Sandwiches for West End WI

A session on "Soup and Sandwiches" was held as a result of the "Train the Trainer" programs run by the Wellington Halton District. Guests enjoyed learning about safe food handling practices and soup and sandwich preparation.

Bone China Tea Serves Up Information in Fun Fashion



More than 50 women and men turned out for the Dairy Farmers Association's Bone China Tea hosted by the Hillier Women's Institute. The event was part of the Osteoporosis Society of Canada's campaign to broaden awareness of this debilitating disease.

"When we talk about osteoporosis," said Public Health Nurse Marie Clarke of the Hastings-Prince Edward Health Unit, "we often think of the little old lady falling and breaking a bone. In fact, we know now that many of those falls are a result of the bone breaking just from normal use, which then causes the fall."

One of the more astonishing points Clarke made to the workshop group is

that we need to work on bone strength when we are young, noting that we begin to lose bone mass in our early thirties.

WI members and guests participated in an informative and lively workshop and discussion about osteoporosis – the causes, the treatment and preventative measures. WI member Peggy Burris offered her own maxim to encourage the audience to become more active, suggesting that "Instead of your plate, reach for your mate!" Burris read the crowd well, as seemingly one of the workshop groups reported "more sex" as one of the things they should be doing to be more active.

Reprinted in part from an article by Rick Conroy in a February edition of The Wellington Times. Photo courtesy of Rick Conroy.

Kenora District Hosts Third Successful ROSE Session

The Kenora District (Northwestern Area) Education Committee held three meetings to plan their most recent ROSE Session. For a nominal fee of \$3, over thirty-six guests attended to hear guest speaker Natalie Legros, Geriatric Mental Health Therapist, speak on mental health issues and local services. This is the third session in a string of successful programs including Osteoporosis and Phone Busters.

Desbarats WI Listens to the Whispers

Desbarats WI (North Central Area) held an information evening featuring "Listen to the Whispers," a program of the National Ovarian Cancer Association. Based on an evaluation distributed at the session, all of the guests felt that their overall knowledge of ovarian cancer and its symptoms were increased. The "Listen to the Whispers" program, available free of charge from the National Ovarian Cancer Association to all Branches, is suited for small or large groups.