

# ROSES *Are Blooming*

## A Healthy Heart

Last March, Melrose WI hosted a healthy heart cooking demonstration by Heather Williams, registered dietician and author of "Heart Healthy Recipes." For a small admission fee of \$2.00, participants were taught new recipes and sampled delicious dishes - this informative session attracted over 30 people!



## Fencing a Community Together

An idea from an Amherst Island resident and a grant from the Community Foundation of Greater Kingston led to a very successful ROSE Program for the Amherst Island Women's Institute. We spearheaded a community project to restore the unique "Irish" fieldstone fences at Pentland Cemetery, the first cemetery on the island. Upon receiving a grant, our goal was to record the history of the stone fences on the Island, identify location, condition and ownership of the fences and to build a resource capacity from the community to restore fences. To do this we located a stonemason who agreed to teach and train volunteers to restore the stone fences. Our first session was held onsite in May with 20 interested community

members present. Women, men and youth learned and worked together on the 300-foot fence that we hoped to restore. With the assistance of 18 volunteers contributing over 350 volunteer hours, in two weeks we were able to restore two walls at the cemetery totaling over 400 feet. A time capsule was installed containing a yearbook from the Island public school, a page of the grantors newspaper, a Women's Institute program, a list of the volunteers and some coins. The community was a buzz with the accomplishments of this project!



After we were done there was still money left and the volunteers were eager, so we hired the stonemason for another week in July and continued the restoration project on a private fence. This fence has a curved corner at two crossroads and was deteriorating close to the corner. We gained another four volunteers and completed 200 feet of restored fence with 257 volunteer hours. Our expectations for the 2004 season were exceeded by 300 feet of stone fencing and 607 volunteer hours. Everyone has taken great pride in our accomplishment and our unique "Irish" stone fences are being preserved for the next generations to come - all the while providing a great opportunity to bring

our Branch together with the community. Plans are underway for 2005 as we look to rebuild another fence at the cemetery where little stone is visible.

## Mom and Kids Day out!

Huron East District provided the opportunity for Mom and kids to have a day out at a ROSE Session held last March. Ten adults and twelve children participated in a craft workshop, which included making bunny pails, lamb coin saver and a chip clip. Admission was \$10/child including supplies.

## A Strong Woman

A strong woman works out every day to keep her body in shape... but a woman of strength builds relationships to keep her soul in shape.

A strong woman isn't afraid of anything... but a woman of strength shows courage in the midst of her fear.

A strong woman won't let anyone get the best of her... but a woman of strength gives the best of herself to everyone.

A strong woman makes mistakes and avoids the same in the future... a woman of strength realizes life's mistakes can also be unexpected blessings and capitalizes on them.

A strong woman wears a look of confidence on her face... but a woman of strength wears grace.

A strong woman has faith that she is strong enough for the journey... but a woman of strength has faith that it is in the journey that she will become strong.

"I can handle anything that life throws at me. I may not be able to handle it well, or correctly, or gracefully, or with finesse, or expediently but I will handle it."

