



HOME & COUNTRY is published quarterly by the Federated Women's Institutes of Ontario (FWIO).

**HOME & COUNTRY Mission Statement**

The HOME & COUNTRY is a vital communication tool of the Federated Women's Institutes of Ontario (FWIO) that informs and inspires WI members and their affiliates. It provides educational material that cultivates more knowledgeable and responsible citizens and promotes good family life skills, leadership development and community action.

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Fall Issue: August 1

Winter Issue: November 1

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ISSN 0701-578X

Printed on recyclable paper by Signal-Star Publishing, Goderich, Ontario.  
Canada Post Publications Mail

*You know you are older and wiser when:*

- you started out with nothing and still have most of it.
- your wild oats have turned into All Bran and prunes.
- you wish the buck stopped here, because you could sure use a few.



ROSE ... Continued from page 1

**What is a ROSE Session?**

Under the mandate of the "ROSES are Blooming" Expansion Project, a ROSE (rural ontario sharing education) Session includes any educational session where the community is invited to participate. However, a ROSE Session would not include a Branch Program where only Branch members are in attendance. ROSE Sessions include almost all topics - including crafts and health and community service initiatives - so long as you invite the community to attend and there is an educational component. ROSE Sessions can come in many forms, including health fairs, guest speakers and community workshops and presentations.

I have been thrilled to receive several ROSE Session reports from Branches the past few months. I would like to thank the following Branches for their outstanding contribution to the ROSE Program since January 1, 2003:

- Amherst Island WI
- Bolsover WI
- Gillies Hill WI
- Lambton North & Lambton South District WI
- Navan WI
- Perth South District WI
- Renfrew North District WI
- Roslin WI
- Russell Village WI
- Sunnybrooke WI
- Vittoria WI
- Wolfe Island WI



**What is a ROSE Session Profile?**

A ROSE Session Profile is a form that Branches send into the FWIO Provincial Office after completing a ROSE Session. These Session Profiles allow us to evaluate the progress of the program and to recognize the efforts of WI Branches throughout the Province. If your Branch has put on a ROSE Session and you would like to be recognized for your efforts, please send your Session Profiles to the Provincial Office. If you require another Session Profile Form, contact Julie Annett at juliea@fwio.on.ca or at 519-836-3078.



rural ontario  
sharing education

**Have you heard of the ROSE Team?**

The ROSE Team has been established to create a communication and support network for the ROSE Program. The ROSE Team consists of the ROSE Program Manager, ROSE Administrative Assistant, ROSE Coordinator and Health Liaison. Our Team will work to make the ROSE Program sustainable and successful! If you have a question or need assistance with your ROSE Session contact the ROSE Team today! Call 519-836-3078 or Email: roseprogram@fwio.on.ca

**The ROSE Garden "Toolbox" – Coming Soon, Fall 2003**

In the upcoming months, I will be compiling a "toolbox" of useful tips and suggestions to help you carry out your ROSE Program in your community. The Toolbox will be featured in the next issue of *The ROSE Garden* newsletter.

Julie Annett is the ROSE Program Manager for FWIO. She can be reached at the FWIO Provincial Office at Phone: 519-836-3078, Fax: 519-836-9456 or Email: juliea@fwio.on.ca

**A Health Happening!**

The Wolfe Island Women's Institute hosted a ROSE Program in April entitled "A Health Happening – Health Tips for Every Stage of Life." Presentations ranged from the latest research in Early Brain Development in babies to nutrition information for the best of your life. Talks were interspersed with demonstrations of yoga and many other stimulating and entertaining exercises. During a delicious and healthy lunch, District President Joan O'Shea presented pins to 14 members whose combined years of service to the community totaled more than 400 years. Proceeds of the event will help purchase a Self Contained Breathing Apparatus for the Wolfe Island Volunteer Fire Department.

Submitted by Maureen Lollar, PRO, Wolfe Island WI, Frontenac, Kingston.