

Women Walking for WI



At a Provincial Board meeting last summer, Women's Institute member Peggy Knapp planted a seed in our ROSE garden. That "seed" was that all WI members get out and walk and record their distances. This is an activity that all members can participate in and at no cost. And yet make a big statement for WI.

You may think you're not capable or your short distance doesn't really count. Never think you don't count. If you make just one mile a month, that is one mile that wouldn't have been counted without you! Here are some ideas to get you thinking and moving:

- Ask a friend to walk with you; they may become a member.
- Present a certificate, or some other form of recognition, to the member in your Branch with the most miles.
- Recognize the oldest and youngest walker and write an article for the local paper.
- Organize a media presentation with your local paper or radio and television station. Make a real big deal of the fact that you are walking for your health.
- Record the distances walked by members who use walkers and canes.
- Plan a wind-up celebration in your Branch, District or Area.
- Contact your local Osteoporosis Society and work with them on this project.

What a great idea to do something for yourself, your family and the Women's Institute all at the same time. So, let's get moving. And don't forget to record the distances to be turned in at your Area Convention in 2003.

"Women Walking for WI" was compiled by Gail Murdock, outgoing Interim ROSE Health Program Coordinator.

Notes from the ROSE Coordinator- Gillian Catto

In the Spring issue of *Home & Country* there was a list of resources that complemented the Winter issue's two-page spread of programming ideas. Please note these additions and corrections to the list printed in the Spring edition:

- Ontario Seed Potato Growers' Association - Box 109, Everett ON L0M 1J0, Phone: 705-435-5764, Fax: 705-435-3365
- Ontario Wheat Producers' Marketing Board - Box 1058, Guelph ON N1H 6N1, Phone: 519-767-6537, Fax: 519-767-1939
- Ontario Pork Industry Council - Box 98, Stratford ON N5A 6S8, Phone: 519-272-1532, Fax: 519-272-2215
- Ontario Pork Producers' Marketing Board - 655 Southgate Dr., Guelph ON N1G 5G6, Phone: 519-767-4600, Fax: 519-829-1769
- Ontario Greenhouse Vegetable Producers' Marketing Board - 245 Talbot St., Suite 103, Leamington ON N8H 1N8, Phone: 519-326-2604, Fax: 519-326-7842

For an up-to-date listing of the organizations in rural Ontario, check out the following website: www.omafr.ca/scripts/english/rural/thelist/default2.asp

Australian Night

Also in the Spring issue, I suggested you plan an Australian night in February since it is International Month and the ACWW Conference will be in Tasmania in March 2004. Here are two Aussie recipes to serve at your meeting.

Honey Joys

These are perennial bestsellers at school fêtes, jumble (garage) sales and fundraising stalls. Children seem to enjoy making them, as much as eating them.



- 100 g butter
- 1/4 cup castor sugar (very fine sugar)
- 1 Tbsp honey
- 4 cups cornflakes

Line 2 x 12 hole deep patty pans (muffin tins) with patty cases (paper liners). Combine butter, sugar and honey in a pan. Stir over heat, without boiling, until sugar is dissolved. Bring to a boil and remove from heat. Place cornflakes in large bowl, add honey mixture and stir gently to combine. Spoon mixture into paper cases, bake in moderate (375°F) oven about 10 minutes. Makes 24. Recipe can be made a week ahead. Storage: Airtight container. Freezing: Not suitable Microwave: Butter mixture suitable.

Lamingtons

It is said that Lamingtons, the staple of all good fêtes and fundraising enterprises, are named after Lord Lamington, Governor of Queensland from 1895 to 1901. Lamingtons can be filled with jam and cream if desired.

- 6 eggs
 - 2/3 cup castor sugar (very fine sugar)
 - 1/3 cup cornflour (corn starch)
 - 1/2 cup plain flour
 - 1/3 cup self-raising flour (includes rising ingredients)
 - 2 cups (180g) coconut
- Icing:**
- 4 cups (500g) icing sugar
 - 1/2 cup cocoa
 - 15g butter, melted
 - 2/3 cup milk



Grease a 23 cm square slab pan. Beat eggs in medium bowl with electric mixer about 10 min-

utes, or until thick and creamy. Gradually beat in sugar, dissolving between additions. Fold in triple-sifted flours. Spread mixture into prepared pan. Bake in moderate oven (375°F) about 30 minutes. Turn onto wire rack to cool.

Icing – sift icing sugar and cocoa into heat-proof bowl, stir in butter and milk. Stir over pan of simmering water until icing is of coating consistency.

Cut cake into 16 squares, dip squares into icing, drain off excess icing and toss squares in coconut. Place Lamingtons on wire rack to set. Makes 16. Cake best made a day ahead. Storage: Airtight container. Freezing: Suitable. Microwave: Not suitable.

Recipe Source: "Sweet Old-Fashioned Favourites," The Australian Women's Weekly, compliments of Christine Reaburn.

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