

**Warwick WI,
Lambton North,
Southwestern Area**

The February 2003 meeting of the Warwick Women's Institute featured soybeans,

"Taking Soys to the World." Sharon Hart (centre) from Dyshar Farms Ltd. in Woodstock spoke about the process of roasting soybeans for human consumption, as an alternative to peanuts. Soynuts are a crunchy snack with a nut-like flavour. Member Sue Williams (left) holds a container of the specially grown identity preserved (IP) soybeans, while Connie Steven checks out some soy recipes. For more information check out the following website at www.soys.com



Submitted by Mary Janes, Warwick WI.

Woodland Springs WI, Grey South, Grey-Bruce Area



Women's Health Matters, a successful Health Fair, was hosted last fall in Mount Forest by the Woodland Springs WI. The aim of the Fair was to bring health information and experts to the Mount Forest area. The group was pleased to have filled twelve spaces or booths. The hours of the Fair were set to accommodate all women and especially the ladies of the Mennonite community. The Branch is considering a larger event this year. This Branch has also created a new fundraiser - selling Hypatofa (lightweight cement) pots. Members sold pots of all sizes and shapes at the local Big Sisters Craft Sale in November. The money raised was used for numerous community projects.

Submitted by Karen Thompson, Woodland Springs WI.

**Windermere
WI, Muskoka,
Northern Area**



The Windermere Women's Institute recently made two \$1,000 donations. The Breast Clinic Department at the South Muskoka Memorial Hospital in Bracebridge received one donation, while the other went to the Day Surgery Unit at the Algonquin Health Services Huntsville Hospital. Shown from left to right are Barbara Low, Elaine Mason, Chief Nursing Officer at South Muskoka Memorial Hospital Janice Hardy and Connie Cain.

Submitted by Dianne Annette, Secretary, Windermere WI.

Renfrew South District WI



Women with over 50 years of service in the Renfrew South District Women's Institute were honoured with Queen's Jubilee medals at a ceremony in the Admaston-Bromley Council Chambers last week. Seated from left to right are Marion Briscoe, Susanna MacMillan, Ina Humphries, Elsie Blair, Olive Watt and Florida Young. Standing from left to right are MPP Sean Conway, Doris Humphries, Noreen McGregor, Jean Storie, Norma Dewar, Luella Jones, Leah Symington (for Jean Symington), Lois McNab, Jean Elliott and Joy Lanyon (for Jean Crozier).

Photo courtesy of Marie Zettler, Eganville Leader.

Prescott District WI, Eastern Area

This District had another progressive year: four ROSE Health Sessions were held in the Hawkesbury and District General Hospital with an average of 65 people in attendance; the District is working with the Eastern Ontario Health Unit to present a Nutri-Action weight management program; donations were made to the hospital, agricultural activities and events, the Alzheimer's Society and numerous other organizations; and District scholarships were awarded to local high school students.

Arkell WI, Wellington South, Guelph Area

The Arkell Women's Institute in Wellington South District arranged for the installation of a road sign - Deaf Children Playing - on Watson Road south of the Village of Arkell with the hope that motorists would take special precautions on behalf of a family with a hearing impaired child.

**Codrington WI,
Northumberland
East, Trent Area**

This group came up with some impressive fire safety tips, the topic of one of their roll calls, and the introduction to a program from their local fire department on Fire Prevention and Safety. A paramedic of 23 years showed a video and gave



a demonstration on how a defibrillator works. Lorna Barron (far left) presented a \$200 cheque to Fire Prevention and Safety Coordinator Mark Hutchison, fireman Bill Dingman and paramedic Patrick Lanoue (left to right).

Submitted by Marlene Smith, PRO, Codrington WI.