

A New Look for Martintown!



When entering Martintown from any of the four entrance points, don't forget to check out the new addition to the town signs. The Martintown Women's Institute was pleased to add its sign bearing the WI logo. The Martintown Branch has been an important part of the community since it was first organized in 1910. Over the years the Branch has provided considerable financial assistance to a variety of local projects including many heritage and youth related initiatives. The group was a keen sponsor of 4-H Homemaking Clubs from the 1960s through the '80s. A program started a number of years ago still provides dictionaries to all Grade 8 graduates at the local public school. As well, a scholarship is presented to a high school student. Shown are members Rita O'Reilly and Allison Murray (l to r), with Martintown Mayor Dave MacDonald.

Submitted by Rita O'Reilly, President, Martintown WI, Glengarry.

Rambling Through Rural Renfrew

Renfrew North District Women's Institutes were busy last fall with the 8th Annual Rural Ramble. Large numbers enjoyed the two-day self-guided car tour through farms and businesses in Renfrew County. The District set up a large quilt display at the Cobden Curling Rink, along with artisan crafts and news of the latest WI projects and activities. The hot lunches served by the WI have been a popular feature of the Ramble, and last year was no exception!



Member Shirley Collins demonstrated the fine art of hand quilting at the District's Quilt Display.

Submitted by Vicky Duffey, PRO, Renfrew North.
Photo courtesy of Kimberley England, *The Cobden Sun*.

Profile

Meet Julie Annett

Hello everyone! Since I have the opportunity to be profiled in the *Home and Country*, allow me to introduce myself.

My name is Julie Annett and I have been hired as the new ROSE Program Manager for FWIO. I have recently graduated from the University of Guelph with a Bachelor of Applied Science Degree in Gerontology. I am extremely excited about the opportunity to work with all of you in expanding the ROSE Program. I have observed the work that you have put into the ROSE Program since its inception, and I am truly honoured to be a part of such a worthwhile cause.

Throughout my professional career, I have generated a wealth of knowledge that I look forward to applying to this new position. In the next couple of years I will focus on additional partnerships to the ROSE Program and dedicate my energy to its promotion and success on behalf of FWIO.

On a more personal note, I reside in Waterloo where my family lives. I have been blessed with a large family and spend a lot of time with them. When I am not with my family or friends, I enjoy volunteering with the Alzheimer's Society, participating in academic committees and, most importantly, relaxing!

Please feel free to drop in and see me if you are ever in the vicinity of the Provincial Office.

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



One Flew Over the Couscous Nest



The Sunshine Women's Institute held a Cooking Workshop last October. Member Leah Bradley and her committee met over a couple of evenings to choose recipes. The Branch paid for all of the supplies and stations were set up at the local municipal hall, which has a well-equipped kitchen. A recipe booklet entitled *Cooking with a Difference* was compiled and all 15 recipes included were made that evening in a two-hour period. At the same time, the group entertained the District President and Secretary and several members from another Branch. All in attendance received a recipe booklet and other literature on food safety and nutrition. It was a great evening!

Member Zita Davidson (left) is shown with Prescott District President Margaret Wyss (right) making *One Flew Over the Couscous Nest*.

Submitted by Ruth Proudfoot, Assistant PRO, Sunshine WI, Prescott.