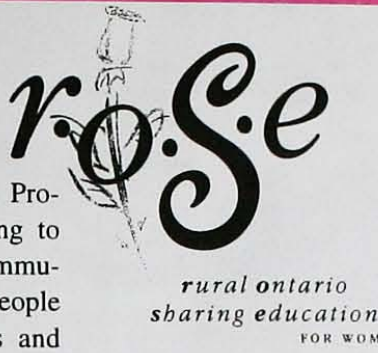


By Gail Murdock



The ROSE Health Program is continuing to reach out into the community to help educate people about health issues and concerns. There is still strong interest in the ROSE Health Program from people who learn about it by "surfing the net." Many are interested in our ability to reach the rural population.

A new reporting form has been sent to all Branches to make it easier for them to inform the Provincial Office about what they have done with respect to ROSE Health Sessions. This form also makes it easier for Mary Poodry to input the information into a database. This database will be useful to both the WI and their Health Partners, enabling them to track the concerns and interests of members. Mary has been hired part-time with the remainder of the ROSE Program grant to create this

database and perform other duties as they may arise.

Some members have expressed concern about the costs involved with organizing a ROSE Session for their community. There are several ways to help cover the costs.

Consider the following – charging a small admission fee, obtaining a corporate sponsor, organizing a separate fundraising event or getting local businesses involved. If you feel these are not options and you cannot afford to organize a session for the community, just plan a meeting for your Branch members.

Keep up the good work! There can never be too many ROSE Health Sessions. There is always someone who needs the information you have to offer, so why not share it? To end with a quote from Ben Franklin, "Well done is better than well said!"

Gail Murdock is the Interim Health Program Coordinator for the Federated Women's Institutes of Ontario. She can be reached at RR 1, Richards Landing ON P0R 1J0, Email: g.r.murdock@sympatico.ca

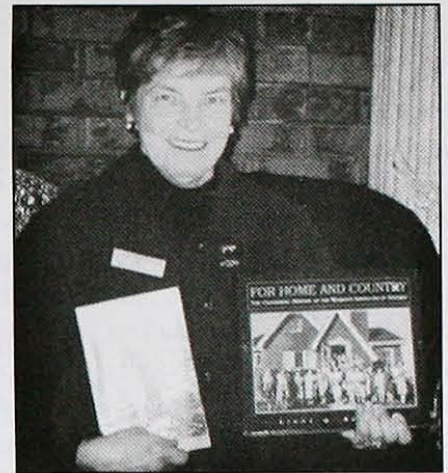
A Can of Soup Will Work Just Fine!



In Canada, 1.4 million people have osteoporosis, including one in four women and one in eight men over the age of 50. Last November, the ten Women's Institute Branches in the Renfrew North District worked hard to help change these statistics by offering ROSE Health Program sessions on osteoporosis. District Education Coordinator Tamara Lafrance stated: "What we are trying to do is approach the younger generation to make people aware that there is a lot they can do to prevent it. That's what we are here to do – teach people about prevention and the risks." From left to right, Tammy Lafrance, then Provincial President Christine Reaburn, Physiotherapist Mark Peever and local Osteoporosis Society member Lynn Larsens demonstrate that you don't need fancy equipment to do exercises to strengthen your muscles and bones to fight the disease. A can of soup will work just fine!

Extracted from an article printed in The Pembroke News by Dave Noppe. Photo courtesy of Dave Noppe, The Pembroke News

PROFILE



Meet Elsie Stephenson – President-Elect

Elsie Stephenson, from Whitefish, Ontario, was elected as President-Elect of FWIO at the January 2002 Annual Meeting. In her speech, Elsie remarked that the Women's Institute will remain a strong and progressive organization by providing programs that meet the needs of current and potential members. She added that by maintaining a direct communications link through the *Home & Country* newsletter, Branch mailings and the FWIO website, members remain informed and committed. "A membership that is informed and committed will keep Women's Institute vibrant and moving forward."

Elsie and her husband Ralph live on a 75-acre property, 35 kilometers west of Sudbury. Elsie is retired from a 28-year teaching career in Family Studies. Since retiring, she has found more time for those special interests – sewing, gardening, reading, traveling, fishing, and of course, Women's Institute work. Fishing with her husband is a favourite pastime. In the winter, they snowmobile to different lakes to fish; in the summer, they fish at the cottage. In the remainder of her spare time, Elsie is a devoted community volunteer. She is active in her church, does pastoral visits and chairs a Fellowship Committee.