

By Kelly Marshall-Rutherford



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Leadership Training Sessions

Approximately 800 WI members attended the ROSE Health Sessions across the province. There were lots of laughs, personal experiences shared and some great refreshments and lunches provided by Branch catering committees. I would like to thank each of you who attended – it was truly a pleasure to meet you! I value the time and ideas you contributed to make the Leadership Training Sessions a success. Please keep in touch!



Some of the participants at the Northern Area Leadership Training Session.

ROSE Health Session Calendar

Is your Branch planning a program or event on a health topic? If so, I would like to invite you to submit your information to be included in the ROSE Health Session Calendar – located on the FWIO Website for the world to see! I will also assist to promote your sessions in various media outlets. Please send your information to the address at the end of the column.

ROSE Health Session Profile

A collaborative effort by the members of Beechwood, Highgate, McKay's Corners and Palmyra Women's Institutes resulted in three ROSE Sessions on three different evenings with 134 men and women in attendance. Sessions and topics included:

- Heart & Stroke and Menopause, "Steady As You Go" (a 'falls' prevention program/assessment of risk) & Tai Chi held in February

- Multiple Sclerosis and Cancer Risk Reduction (Breast) held in March
- Nutrition and Osteoporosis held in March

A \$2 fee was collected at the door. Refreshments were served. All sessions received extensive media coverage with photographs. Two additional sessions will be presented this Fall.

Congratulations on your excellent sessions!

Profiles

The above profile is one of many that I have received from Branches participating in the program. All other sessions can be found on the FWIO Website and in a Presentation Binder I feature at special events. To include your Health Session (event), send me your information at the address at the end of the column.

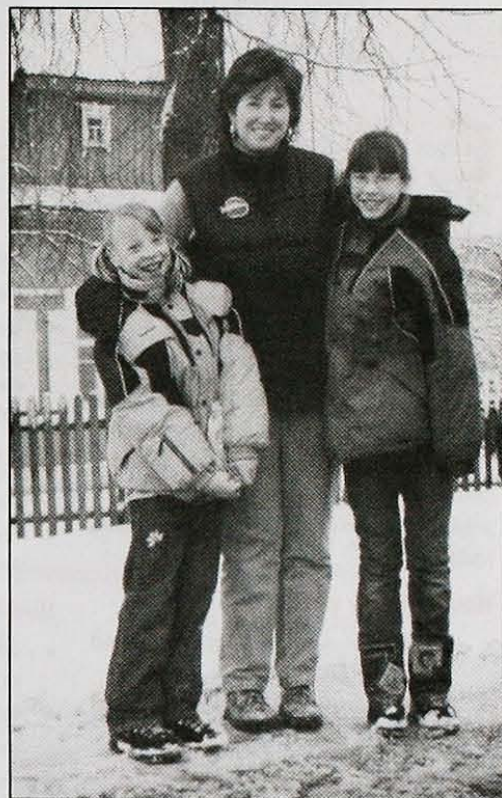
In recognition of the International Year of the Volunteer 2001, I would like to thank you for your contributions to FWIO, the ROSE Health Program and your communities. Without you, important health information featured in the ROSE Health Program would not reach many communities and individuals that need it!

Keeping Informed

Watch out for *The ROSE Garden*, a newsletter dedicated to the ROSE Health Program, coming to your Branches soon!

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Children of Chernobyl



Baltimore Women's Institute members were pleased to have Jane Montgomery (centre) make a slide presentation about the children of Chernobyl. For four summers Jane and her husband Jay have entertained Irra and Olya Sushchynskaya from an orphanage in Belarus, near Chernobyl. When the girls are here, every attempt is made to upgrade their health. Irra (left) and Olya (right) are shown with Jane in Belarus last January.

Submitted by Marion Sherwin, Baltimore WI, Northumberland West.

FUN FUNDRAISING

The Cambay Women's Institute enjoyed taking part in the 31-Day Fundraiser that appeared in the Summer 2000 *Home & Country* on page 12. One of their members is a shut-in and doesn't get to meetings. She found it a great way to feel a part of the group. The money raised was donated to the Cat Scan Fund at the local hospital. What a great idea! Give it a try!