

Provincial Calendar of Events, 2001

- June 1-2 - June Days, An ACWW History Exhibit and Fundraising Luncheon at the Lee Home
 - June 11-18 - ACWW 2001 Conference, Hamilton Convention Centre
 - June 11-15 - Special Events at the Lee Home During ACWW 2001 Conference
 - July 1 - Dominion Day Activities for Kids at the Lee Home with Crafts and Games
 - July 9 - Board Teleconference
 - Aug. 5 - Simcoe Day at the Lee with Ontario's and Lee Family's Heritage Celebrated
 - Aug. 13-15 - Board Meeting
 - Sept. 11 - Harvest Roadshow- Antique Appraisal and Luncheon at the Lee Home
 - Sept. 24 - Board Teleconference
 - Oct. 1-31 - 9th Annual Local Artist Show & Sale at the Lee Home
 - Nov. 10 - Heritage Workshop at the Lee
 - Nov. 26-28 - Board Meeting
 - Dec. 2 - Christmas Open House, Hoodless Homestead
 - Dec. 4-23 - Christmas at the Lee Home
- For more information on the Erland Lee (Museum) Home events call 905-662-2691. Call the Adelaide Hunter Hoodless Homestead at 519-448-1130.

Public Relations Coordinator Wanted

FWIO is still in need of a Public Relations Coordinator (PRC). The FWIO Board reviewed the job description of the PRC as outlined on pages 57 and 58 of the FWIO *Handbook*. In addition to the duties of all Coordinators (pages 56 and 57) that pertain to the PRC, the duties specific to the PRC now read as follows:

- have regular contact with PROs
- assist the Royal Agricultural Winter Fair Display Booth Committee in planning a display
- be a member of the *Home & Country* Editorial Committee
- present the Annual Donations Report for distribution to the FWIO Board and copy to District
- be willing to provide PRO training, resources and encouragement at all levels
- maintain a file of current information about the WI and related organizations
- maintain reports for her term of office

Hospitality Homes

Are you planning a vacation? Remember, Hospitality Homes in Ontario are open to all Women's Institute members and their traveling companions for \$10 per night per person. To obtain a list of the Homes, send three 47 cent stamps to Gillian Catto, Hospitality Homes Co-ordinator, at Box 16, Site 14, RR 1, Whitefish ON P0M 3E0, Phone: 705-866-0253.

Erland Lee Award of Appreciation

The Federated Women's Institutes of Canada presents the Erland Lee Award to a man resident in the Province of Ontario who has:

- knowledge of the WI and its work
- given freely of his talents to the WI
- been instrumental in raising the profile of the WI outside the organization
- in his advisory position, promoted the aims and objectives of the WI through expertise in his field of work
- encouraged the progress of the WI as a modern organization for women

Nominations can come from the Branch, District/County, provincial or national level. Each province is entitled to one nomination per year, except for Ontario, which is entitled to two due to the size of its membership.

Specifics of the nominee's contribution to the Women's Institute must be included with the nomination letter and forwarded to the FWIO Provincial Office by March 1, 2002.

A cheque for \$15, payable to FWIC, must accompany the nomination. The cost is the responsibility of the nominating body.

An Erland Lee Award Certificate will be supplied by the FWIC Office, but presentations are the responsibility of the nominator.

"Nine Ladies Dancing"

The ninth in the Christmas Tree Ornament Series, "Nine Ladies Dancing," is now available from the Provincial Office. It is inscribed with Federated Women's Institutes of Ontario, Seasons Greetings, 2001. Cost: \$5 each.



How to Handle Stress

- Talk it over with a friend, spouse or yourself.
- Learn to laugh at yourself.
- Develop good eating habits; don't eat on the run.
- Get enough sleep and try to get some exercise.
- Learn to relax; take deep breaths.
- Make a distinction between what you can control and what you can't.
- Avoid perfectionism.
- Determine the cause of your stress and write it down. Can you change anything?
- Delegate tasks.
- Balance family, work, community and volunteer demands.
- Avoid taking on other's problems.
- Develop an optimistic attitude.
- Be kind to yourself.

New Words For Our Times

carperpetuation (*kar' pur pet u a shun*) n.
The act, when vacuuming, of running over a string or piece of lint at least a dozen times, reaching over and picking it up, examining it, then putting it back down to give the vacuum one more chance.

peppier (*pehp ee ay*) n.
The waiter at a fancy restaurant whose sole purpose seems to be walking around asking diners if they want fresh ground pepper.

lactomangulation (*lak' to man guy lay'shun*) n.
Manhandling the "open here" spout on a milk container so badly that one has to resort to the "illegal" side.

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