Giday, Giday from the Valley

By Christine Reaburn

ello everyone! How well do we manage time?

We all have a list of what is important to us – family, personal well being (rest and relaxation), friends and volunteering. How we manage our list gives us satisfaction and a sense of achievement.

Spending time with family allows us to give support and to encourage our loved ones to "dream," and to succeed.

Attention to personal well being gives us peace of mind. An annual check up, pap test, mammogram and bone density test can contribute to that feeling. Taking time to relax, whether it is a day, weekend or week, is refreshing. Soon, you will be receiving information about the health project, now known as ROSE – Rural Ontrio Sharing Education for women. Take



advantage of this wonderful opportunity to gain health knowledge for ourselves and our families, friends and community.

A friend is that special person who is there for you through "thick and thin," who is a sounding board, a mentor.

Belonging to organizations and caring about people and our communities fulfills a basic need to be involved and to share with others. Women's Institute has a long heritage of working quietly, wherever there is a need. Members should be proud of this strength!

May we continue to use our time to the best advantage – for our families, our personal well being, our friends and as volunteers.

Til next time!

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A Hundred Years Young



Elsie Davidson of Stratford and Mary Rothwell of Listowel hold the honour of being the eldest and youngest person to attend the Perth County Rally last fall. Elsie joined the Kuhryville WI when it was formed in 1933. At age 100, she is still an active member, attending monthly meetings. Mary is the granddaughter of Marcie Johnston, a Britton WI member.

Submitted by Marjorie Davidson, Sebringville WI, Perth South

Centennial Celebrations Now On View

By Lorna McGrath and Leda Archer

Our "Masterpiece" is now complete! The record of the Centennial Celebrations of the Women's Institutes in Ontario is ready for viewing. The FWIO Board recently agreed that the Erland Lee (Museum) Home was the appropriate place to display the Centennial History Book.

The book is a collection of Branch and District reports organized by Area. Actual photographs accompany all reports. Some accounts describe unique experiences and activities. One tale told about a lady who tumbled at the beach; another about a group of ladies who landed in the snow! And, then there was the evergreen tree lit to celebrate the 100th anniversary, that went down in the Ice Storm! These tales were enjoyable reading for those who worked on the book.

What a learning experience it has been! During the process, our knowledge of computers grew. Graphic design amazed us! It was necessary to buy a printer that accommodated oversized paper. We were fortunate to have excellent quality paper donated to the project. And locating Branches and Districts within their proper trea certainly improved our knowledge of Ontario geography.



The Centennial History Committee members, from left to right, are Lois Laughlin – Secretary, Lorna McGrath – Public Relations, Mae French – Treasurer, and Leda Archer – Chair. All are from the Simcoe Area.

It took a great deal more money to produce a book like this than we ever dreamed. But we are proud to report that we found sufficient local funding for this project.

We thank you for your reports and notes of encouragement. We extend thanks to our sponsors and to those who helped us meet our goal. It was an honour to compile this historical collection for future generations. We hope you all have an opportunity to see our work and are pleased with the result.