

### Profile

#### Health Program Coordinator Kelly Marshall



Happy New Year  
WI Members!

During the past couple of months I have been settling into my role as FWIO's Health Program Coordinator. I have had the opportunity to meet a number of members, which has helped me become more familiar with this organization.

Accepting the Health Program Coordinator position was not difficult. Throughout my career and volunteer experience I have chosen positions which contributed positively to the community. Currently, I volunteer for various non-profit organizations, addressing youth, non-profit housing and women's issues. I have been on the planning committee for the YMCA-YWCA of Guelph's Women of Distinction Awards (for Wellington County) for four years. This event is extremely important to me because it recognizes the contributions of women in the community and provides young women with inspiration to reach their goals and to stand up for what they believe.

My background in health and wellness programming, promotion and fundraising has also been very rewarding. My position as Health Program Coordinator for FWIO provides me with the best of both worlds - the opportunity to contribute to a dynamic women's organization and to promote health and wellness across the province!

On the personal side, I was born in Vancouver, B.C., moving to Guelph fourteen years ago. I have continued to call Guelph my home, living with my spouse Adam, three year old daughter Sierra (who now prefers to be referred to as the Princess Sleeping Beauty) and our cat "Kitty" (whose creative name was decided by Sierra when she was one year old). We are definitely a family on the "go," managing work and volunteer and home responsibilities, while trying to incorporate leisure activities.

I enjoy outdoor pursuits (biking, camping and gardening) in the summer, fitness activities, cooking and travelling. It is important to me to live a healthy lifestyle, to act as a role model for my daughter and to live an active life to enhance my family's mind, body and spirit.

I look forward to meeting and sharing resources with many more FWIO members across the province!

By Kelly Marshall

Planning for FWIO's Health Program is currently underway. This new health initiative will provide FWIO members and rural communities with vital health information by utilizing resources from partnering health and social service organizations. It is anticipated that this educational program will attract new members for FWIO.

Over a two-year period, beginning in the Spring of 2000, Leadership Training Sessions will be offered to each Area. They will provide Branch Programming Representatives with substantial literature, support and resources to successfully implement the Health Program within their own communities. Additional information about the Training Sessions will be distributed in the new year. Although participation is voluntary, each Branch will be challenged to offer at least one Health Program Session of their choice per year, which meets the needs of their members and women in their community.

I would like to introduce the Health Committee! This committee has been established to assist with the development of the program, to provide support and suggestions and to participate in the program evaluation. Contributing a wealth of experience is Gail Murdock (Clover Valley

WI), Dianne Orr (Damascus WI) and Gloria Pakkala (Waters WI).

During the next two years, I will coordinate all aspects of the Health Program. I will also meet with partners and prospective partners to determine the types of resources they can contribute to FWIO's Health Program. The Health Committee and I will submit our partner recommendations to the Provincial Board for approval. Approximately four additional provincial organizations will form partnerships with FWIO in the first year.

Pre-testing of the program will be completed to ensure maximum effectiveness and to assess the strengths and weaknesses of the material before implementation throughout the province. Guelph Area Executive has agreed to participate in the testing of the program. The feedback of WI members is extremely important to develop this program, to meet the needs of members and their communities and to be reflective of the values of FWIO.

In the next newsletter:

- Announcement of Our New Partners
- A Name for the Health Program
- Information about the Leadership Training Sessions ...and more!

I welcome inquiries or suggestions, at any time! You may contact me by phone at 519-836-3056 or fax at 519-836-3094 or email: [kellym@sentex.net](mailto:kellym@sentex.net) Additional information can be found on the FWIO web site: [www.fwio.on.ca](http://www.fwio.on.ca)

### Country Home and Garden Tour

On a sunny Saturday in September about 200 enthusiastic viewers "oohed" and "aahed" their way through five homes on the Country Home and Garden Tour south of Paris, Ontario, organized by the Whiteman's Creek WI. The tour included five beautiful homes and their gardens.

Whiteman Creek President Marsha Edgar was delighted with this successful public relations event which gave visitors as far away as Belgium and the USA an opportunity to visit with WI members.

The Whiteman's Creek WI House Tour Committee from left to right included Jennifer Edgar - Past President, Carol Cain and Lindy Lawrence - Program and Public Relations Officers and Marsha Edgar - President.

Written by Mary Ellen Edgar, Whiteman's Creek WI, Brant South.

