



HOME & COUNTRY is published quarterly by the Federated Women's Institutes of Ontario (FWIO). **HOME & COUNTRY** has two objectives:

1. To provide educational material which cultivates more knowledgeable and responsible citizens and promotes good family life skills, leadership development and community action.
2. To provide a "communications link" among all members of the Federated Women's Institutes of Ontario and other related organizations.

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The hen is the only one that can lay around and still be a producer.



Lynnville WI Cuddles Up

By Helen Young

Having visited Nova Scotia in 1995 and 1996, I became acquainted with several WI members through their Hospitality Homes Program. I correspond with several pen pals from that province.

Through our letter writing, I became aware of a particular Women's Institute of Nova Scotia (WINS) Project - knitting Cuddle Bears for Alzheimer patients in nursing homes. The bears give patients something to hold and cuddle and makes them more relaxed and happy. So I requested WINS member Ethel Fraser send me the pattern.

This past spring I hunted up my odds and ends of yarn and pieces of batting and started to knit bears. I completed six bears in time for our Branch to donate them,



Lynnville members Annie Dratwa (far left) and Muriel Stetler (centre) are pictured with Alma Scovil (far right), a community educator and councillor for Haldimand-Norfolk Women's Services. Photo courtesy of Samantha Craggs, Simcoe Reformer.

along with quilts, toiletries and paper products, to the local women's shelter. It seemed to me that a Cuddle Bear may help calm a frightened child who has come to the shelter with his mom.

Note: Anyone wishing the pattern for Cuddle Bears can write to Helen Young at 714 St. George St., Box 421, Port Dover ON N0A 1N0.

Submitted by Helen Young, Secretary, Lynnville WI, Norfolk.

A "Stand Up - Sit Down" Quiz

The Maple Ridge WI in the Lennox-Addington District enjoyed this "Stand Up - Sit Down" Quiz at a recent meeting. The game recognized the commitment of WI members who had participated throughout the year.

Suggestion: Anyone who feels they can't keep getting up and down, raise and lower your hand instead. Everyone else could "stand" to move a little!

1. Stand if you participated in a program in the past year.
2. Sit down unless you had perfect attendance last year.
3. Stand if you were a convenor last year.
4. Sit down if you brought food to a WI gathering.
5. Stand if you became a member in the past year.
6. Remain standing if you visited another Institute in the past year (tell why you visited).
7. Sit down if you did not attend the Area Convention.
8. Stand if you brought a guest in the past year.
9. Stay standing if the guest became a member.
10. Sit down if you did not work on the Fair Display (a good opportunity to thank members for this effort).



11. Stand if you attended a WI educational course in the last year.
12. Sit down unless you have been a member for 65 years.
13. Stand, and stay standing, if you have been a member for: 60 years, 50 years, 40 years, 30 years, 20 years, 10 years or <10 years. This is a time for fun and comments as members try to remember how long they have been members!

Everyone should now be standing or have their hands raised. Now, turn to the member beside you, shake their hand and congratulate them, tell them you've enjoyed working with them in WI or thank them for everything they've done for the organization.

Submitted by Janet Hayley, PRO, Maple Ridge WI Lennox-Addington.