

Mildred Cronk - 69 Years of WI



By Elizabeth Pogue

The members of the O'Connor Women's Institute Branch from Thunder Bay District would like to tell you about one of our members - Mildred Cronk. Although her stature is small and frail, her spirit soars. She is admired by all.

Mildred was born on a cold snowy day in October in 1915. Because Mildred was a frail child, she was unable to walk the four miles to school until she was eight years old. But don't think she isn't educated. I'll bet she could beat all of us in a spelling bee or quiz on any other subject.

When she was 12, Mildred joined 4-H. In the fall of 1929, when she was 14, Mildred joined the Women's Institute. She claims that "belonging to the WI has always been a blessing," especially the learning and meeting new friends, which she has cherished over the years. Having been a member for 69 years, Mildred has held most offices at the Branch level, and some at the District. She remains active in the WI, but this is the first year she hasn't held an office.

Mildred has also been a member of the Pinewood Court Auxiliary and the O'Connor Community Club. In fact, she was recognized for her many hours of volunteer work at Pinewood Court. She enjoys gardening, picking berries and baby sitting.

Submitted by Elizabeth Pogue, Secretary, O'Connor WI, Thunder Bay.

Avonton WI Are Proud of Member Mary White

Avonton Women's Institute supports the work of the Auxiliary of The Children's Hospital of Western Ontario (CHWO) in London by donating money, craft items, birthday gifts and toiletries. During the past year, Mary White, a 69-year WI member, knitted 104 pairs of slippers and 266 finger puppets.

Submitted by Marlene Archer, Avonton WI, Perth South.



Knowledge is the Best Medicine

Knowledge is the Best Medicine was the title of an information evening sponsored by the Wellington-Halton Women's Institute Education Committee. Two hundred women and men gathered to hear three speakers tell of the importance of being informed in order to remain healthy.

Darlene Montgomery, an Educational Consultant and Coach, spoke to the group about "Brain Gym." She demonstrated simple exercises that would stimulate the brain, improve short and long-term memory and release chronic anxiety and stress. Pharmacist, Mary Murrell, talked about herbal medicine. Know what you are taking and why, she warned. Remember, herbs are the basis of many prescription drugs.

Breast and prostate cancer was the topic covered by Carol Knell, a registered oncology nurse. She stated, "fear of a positive find" keeps women from undergoing proper breast screenings. She advised seeing a doctor immediately if you suspect a problem, but that there is no need to panic since most lumps are not cancerous. Because prostate cancer is the second most common cancer among men, she recommended regular checkups.

Admission for the evening was a donation to the Food Bank; four area food banks welcomed the donations.

Submitted by Glenna Smith, Arkell WI, Wellington South.

Oxford District Host Breast Health Information Night

Last fall, Oxford North and South District WI hosted a Breast Health Information Night at the local high school. Eighty women attended an evening of helpful information, ranging from demonstrations on how to do breast self examinations to a humorous skit.

The District partnered with the Woodstock General Hospital, the Oxford Board of Health and the Cancer Society. Two breast health educators spoke to the group of WI and other community women. Alrae Turcotte, a Senior Mammography Technologist at the Woodstock General Hospital, and Carol Bossenberry, an RN with the Oxford County Board of Health, are strong promoters of the Breast Health Awareness Program. Both volunteer with the Canadian Cancer Society.

They were told that one woman that attended last year was afraid to go for a mammogram until she attended the Breast Health Information Night. After having gone for a mammogram a cancerous tumour was found, removed and her prognosis is excellent because of early detection.

Don't wait! Organize a Breast Health Information Night in your District today.

Submitted by Donna MacPherson, President, Oxford District WI.