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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Debbie Thompson Wilson © Willustration 1998

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Summer Issue: April 1 Fall Issue: August 1

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ISSN 0701-578X

Printed on recyclable paper by Metroland Printing, Publishing and Distributing, Willowdale, Ontario

Just the Facts



A single fit of rage uses up to 3 arams of Vitamin C

> - Dr. Arthur C. Hochberg

FWIO Mailbag

Dear Editor:

I am sending a poem which I wrote after our visit to Canada as part of a tour group of 40 people to ... Hamilton last June. It was so wonderful to be able to visit Stoney Creek, and think about the first meeting one hundred years ago. ... I met many lovely people, and found the Canadian people very friendly and kind. It was a great experience to be part of the choir. I was the only New Zealander in it.

Sincerely, Jan Waller

A Treasured Moment

Just to be at Stoney Creek, Has meant a lot to me. The place where WI was formed, In Canada so free.

One hundred years now since that time, In eighteen ninety seven. A special moment in my life, A little piece of heaven.

I stood and thought of Adelaide, And all that's gone before. So proud to be in WI, I cannot ask for more.

So friends, please keep our movement strong, Encourage, help and share.

Let women know they need us, Show them that we care.

Jan Waller is a member of the Geraldine Country Women's Institute, South Canterbury Federation, New Zealand.



Dear Ms. Roelens-Grant:

Last summer my husband and I celebrated our 25th wedding anniversary with a trip to Hong Kong, South Africa, Zimbabwe and Swaziland. I had contact with WI and ACWW members.

We spent time with members and their families in both town and country. I was able to attend very special events. At a District meeting in Dalton, Natal Province, South Africa, I was invited to speak about the WI in Ontario and tell about the 100th anniversary, celebrations... I was able to network about fund raising, meeting structure and about life in general. What a wonderful experience!

A special thank you to Thelma Klipp, South Africa's representative to the ACWW, and her husband Herman for their most gracious hospitality.

> Yours in WI, Anne McKenzie

Anne McKenzie is a member of the Englehart WI, Temiskaming South.

Subdivision 12.



Conservation Authority Honours FWIO

The Grand River Conservation Authority presented the Federated Women's Institutes of Ontario with a Certificate of Appreciation for the more than 300 environmental projects initiated and the 20,000 trees planted by members in the late 1980s and early '90s. Peggy Knapp, Glenna Smith, Pat Salter, Millie Graham and Marilyn Sharpe (pictured from left to right) accepted the award on behalf of FWIO. Submitted by Pat Salter, Board Director,