



By
Lorna McGrath

Face life with positive anticipation! It gives you a never-ending sense of hope and the ability to view problems as opportunities. Opportunities that help us grow more knowledgeable and better able to understand the other person's point of view. With a positive attitude we feel confident as doors open to meet new people, face new situations and increase our knowledge. Our load seems lighter because of this positive anticipation. And we automatically look for the good in situations and in people.

People who have a positive outlook seem to have an "inner spark," or what I like to refer to as enthusiasm. Many remarkable Women's Institute members have this "inner spark."

Enthusiasm is a great motivational aid. While it comes from within, it is very contagious. It makes others respond so that ideas evolve and decisions are made. Things happen!

I read recently that one of the best medicines in the world is a positive attitude. People who are cheerful and enjoy the simple pleasures of life seem to get sick less often. And when they do get sick, they seem to get well faster because of their positive state of mind. Positive thinking is sort of magical; it can help us in our daily lives and it could do wonders for our Women's Institute organization as well.

I believe in the Women's Institute. We still need the moral values for which the WI stands. So, "put into action our better impulses, straight forward and unafraid," and try facing life with "positive anticipation." Unfold your potential!

Extracted from a report in the Manitoba Institute News by Gordon Colledge.

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Sign Up Now!

Tottenham Branch members have taken on a special project in honour of the 100th Anniversary of the WI. They decided to sell signs of the Women's Institute logo, in blue and gold on a white background. The sign has a peel-and-stick backing and is guaranteed not to fade, crack or weather when used outside. They may be attached to any dry surface (ie. wood, metal masonite, etc.). They could be used as signs at the entrance to your village or town, or on a mail box, or for a display, or for dozens of other uses.

Tottenham WI is selling them for \$5.50 each or two for \$10. Anyone interested in purchasing this sign can write the Branch PRO: Kathryn Fitzgerald, Box 1041, Tottenham ON L0G 1W0.

Submitted by Kathryn Fitzgerald, PRO, Tottenham WI, Simcoe South District.

Clean Air Now Campaign



Ongoing research indicates that the air inside our homes may be more dangerous to our health than the outdoor air in industrialized parts of our province. The Kingston Area of the Federated Women's Institutes of Ontario (FWIO), led by member Jean Baker, has recently partnered with The Lung Association to help increase public awareness of the seriousness of indoor air pollution by promoting the C.A.N. DO program. Fifty women from around

Kingston spent several days preparing 20,000 mailings of suggestions on how to improve indoor air quality. The C.A.N. DO program encourages the reduction of the use of chemical air pollutants, the regular maintenance of home air systems and appliances, good ventilation, control of moisture indoors and the elimination of dust and dirt from the home.

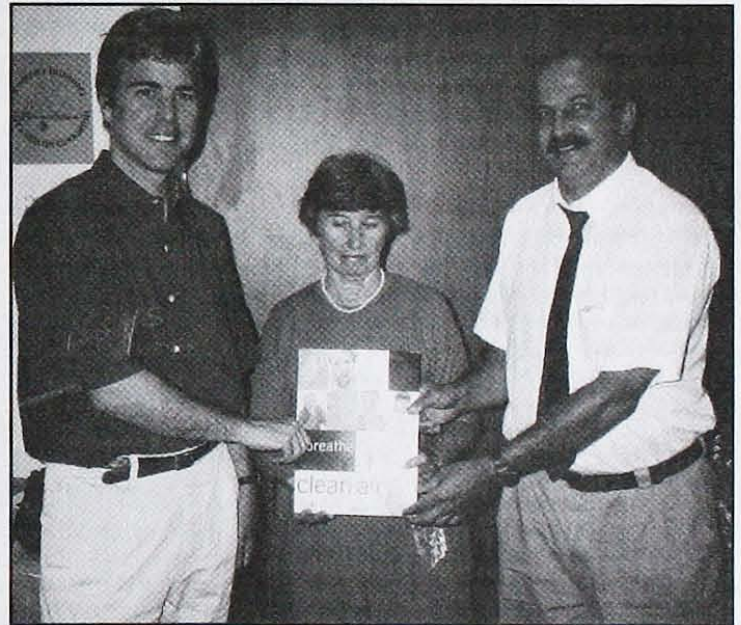
At the recent provincial Board meeting of FWIO, Baker introduced Ron Bell of the Ontario Ministry of Environment and Energy and Ian Morton from The Lung Association.

Bell discussed the recent study he had coordinated concerning air quality in private homes and bingo halls. He noted that people usually spend less than ten percent of their time outdoors. The cleaning products we use, the carpeting and furniture we buy, the hygienic products we choose all affect the air quality we breathe.

Morton is Coordinator of the C.A.N. DO program. He listed health issues such as asthma, food allergies, declining fertility in men and various psychological problems which are caused by indoor chemical sensitivities. In Ontario, one in ten people suffer from asthma. Com-

"Never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it is the only thing that ever has."

- Margaret Mead



Ian Morton (left) - Coordinator of the C.A.N. DO program for The Lung Association, is pictured above with Jean Baker - Kingston Area WI member, and Ron Bell (right) - from the Ontario Ministry of Environment and Energy.

munity organizations have the power to change things. Everyone has the right to breathe clean air. It is the responsibility of each person to exert that right by becoming aware of the problems and the solutions available to them.

Women's Institutes across the province are proud to support The Lung Association to improve the quality of the air we breathe. This is another step in the Women's Institutes focus on working for "Safe and Healthy Communities."

Submitted by Mary Janes, the Public Relations Officer for the Federated Women's Institutes of Ontario.