



Notes from the Program Coordinator

By Mary Lou Norton

Remember, the following program themes were chosen for 1996-97 - "Safe and Healthy Communities" and "Women's Institutes - 100 Years of Active Involvement." From May 1996 to January 1997, we asked that you plan your programs around the theme "Safe and Healthy Communities." From February 1997 to May 1997, we asked that your program tell the story of the 100th anniversary of Institute work in Ontario.

However, we must be flexible enough to change if a current issue should arise. Here are some ideas you might want to consider:

Take Action

Take Action for Equality, Development and Peace: A Canadian Follow-up Guide to Beijing '95 is a major non-governmental Canadian follow-up document to the United Nations Fourth World Conference on Women. By signing the Platform for Action (PFA), the Canadian government made a moral commitment to undertake the actions suggested in it. This document provides the reader with a guide to particular commitments and suggestions for action that you and your group can take to further equality, development and peace.

Each chapter looks at five themes within each critical area of concern - Women and Peace, Human Rights of Women, Women and Health, Violence Against Women, Women and Poverty, Women and the Economy, Education and Training of Women, The Girl Child, Women and the Media, Women and the Environment, Women and Power and Decision Making. Each chapter also gives you the following: What the Platform for Action Says, What this Means for Women in Canada and How You Can Take Action.

For a copy of *Take Action* send a \$12 cheque payable to the Canadian Research Institute for the Advancement of Women (CRIA), 151 Slater St., Suite 408, Ottawa ON K1P 5H3, Phone: (613)563-0681, Fax: (613)563-0682.

Herb Walk

continued from page 1

row were still playing a key role in the diet of rural Canadians right up to the second world war." says Pat.

Because the focus for the Herb Walks is on using herbs to enhance our lives, Pat includes

Fact Sheets

Programs could be organized around a number of Ontario Federation of Agriculture Fact Sheets entitled: Wetland, Canada Leads Grocery Stakes, The \$100,000 Lifetime Capital Gains Exemption, Abandoned Railway Right-of-way, Regulations Act, Farmers' Trespass and Occupiers' Liability, Participant and Intervenor Funding. These Fact Sheets can be obtained from Frances Roesch, Communications Coordinator with the Ontario Federation of Agriculture, at Suite 500, 491 Eglinton Ave. W., Toronto ON M5N 3A2, Phone: (416)485-3333, Fax: (416)485-9027.

United Nations

The United Nations has declared both 1996 and 1997 International Years for the Eradication of Poverty. For more information contact Joan Broughon, Information Officer, with the United Nations Association of Canada, 900-130 Slater St., Ottawa, K1P 6E2, Phone: (613)232-5751, Fax: (613)563-2455, or call the United Nations in New York City at 1-800-253-9646.

World Food Summit

Canada will produce a country position paper on world food security as a contribution to the preparatory process for the World Food Summit to be held in Rome from November 13 to 17, 1996. The working definition of food security for the purposes of the World Food Summit is as follows: "Food Security means that food is available at all times, that all persons have means of access to it, that it is nutritionally adequate in terms of quantity, quality and variety, and that it is acceptable within the given culture."

For more information on this topic, contact Mary Lou Norton at RR 2, Bloomfield ON N0K 1G0, Phone: (613)393-2052, Fax: (613)393-3378.

Mary Lou Norton is the Program Coordinator for the Federated Women's Institutes of Ontario.

a booklet listing the wild and domestic herbs that grow according to the season that you visit Riversong. She gives recipes for the dishes in the menu so that you can try them. For more information about the Herb Walks, contact Pat Crocker at Riversong Herbs and Naturals, RR 2, Mount Forest ON N0G 2L0, Phone: (519) 323-3693 or 1-800-551-7051; Fax: (519) 323-1644.

SELF-PROFILE:

Pat
Crocker:
Woodland
Springs
Charter
Member



A graduate of Ryerson, Pat earned 7 1/2 years' experience before establishing her business. Her first company, Ad Astra, provided research, writing, special event planning, recipe development, food styling and teaching packages to companies like the Turkey Marketing Board and Supreme Aluminum. In 1982, she formed a partnership and broadened the scope of the Public Relations service. Pat purchased her partner's share in 1984 and was the driving force behind Crocker International Communications Inc., which she sold in 1987.

Since then, she has turned her attention to her daughter, Shannon Alexandra McLaughlin and her herb garden. Tending both and watching them grow has been her source of inner peace and contentment.

Pat began to share what she has come to love about herbs by teaching at places like the Toronto Civic Garden Centre. She writes a monthly column, *The Herbal Link*, for a local paper, lectures and hosts seasonal Herb Walks from the 100 year-old log cabin she shares with her artist husband, Gary McLaughlin. Pat is currently working on a second book, *Cooking with Medicinal Herbs*.

Pat is a charter member of the Woodland Springs Women's Institute in Grey South District. Her neighbour asked her to an organizing meeting and this was her first introduction to the WI. She liked the history and philosophy of the organization and decided it was something she would like to be a part of. Pat feels that it responds to issues and meets the needs of the younger, rural population today, as much as it did when it first started.

The Woodland Springs Branch works with the Big Sisters and gets involved with a number of local events. In the acknowledgement to her first book, *Recipes from Riversong*, Pat says she has "experienced community cooperation, and because of where we now live, I've had the opportunity to reflect on food and life." She says she is overwhelmed by the support network and the feeling of community she has experienced since moving to Grey South and becoming a member of the WI.

Pat Crocker is a member of the Woodland Springs WI in Grey South District.