

SUCCESS STORIES



Has your Branch taken any action recently towards making your community a better place to live and work?

The Safe & Healthy Communities Committee has received several success stories from Women's Institute members since the new focus was launched in November, 1995. Over half the stories have something to do with transportation related projects – traffic lights, speed, cross walks or road quality. Other stories concern the environment, community meeting places or institutions. One is about the lack of water in a municipality; another describes the action taken to obtain a 911 emergency system for the community.

It's easy to get started!

Perhaps your Branch needs some ideas to inspire community action. You can request the Safe & Healthy Communities Committee Resources Kit that includes some previous Success Stories distributed at the Safe & Healthy Communities Seminar. The Committee also can provide names, addresses and information about a variety of sources for pamphlets, speakers or projects. The sources are diverse: a vision about what the community would like to be; a community safety audit; how to undertake a "community assets" assessment; a campaign to learn how to avoid indoor air problems; and, a video which examines the cause and effects of domestic assault.

Committee members are also available as speakers about the FWIO focus on community action for a safer and healthier lifestyle

for everyone. The members include Mary Elmhirst (705-295-6960), Marg Harris (519-247-3695), Arthena Hecker (705-246-2377), Lorna McGrath (705-322-1320), Mary Lou Norton (613-393-2052), Peggy Roger (519-676-4758) and Chair, Mary Janes (519-786-5511). Kate Tervit, President of the Junior Women's Institutes of Ontario (JWIO), Jackie Ralph (Vice-Chair) and Anne Joselin, both representing the Junior Farmers Association of Ontario (JFAO), are also part of the Steering Committee.

At the November Safe & Healthy Communities Seminar, a CHALLENGE was issued to Women's Institute members to initiate 100 community projects before 1997. WI members are encouraged to work with as many community groups as possible, including the JWIO and JFAO, to meet with success. If the community takes responsibility for its own well-being, it has more of an interest in what is happening and how it is occurring. One group cannot be responsible for implementing all changes but community members working together can perform miracles.

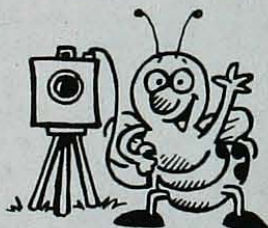
Plans are now being made to publish volume two of Success Stories, as soon as sufficient information is compiled. Will your community action story be a part of this publication? Send your stories to Mary Janes, Public Relations Officer, FWIO, at 6868 Egremont Rd., RR 8, Watford ON N0M 2S0.

Safe and Healthy Communities

*Health and safety is our theme,
We'll work together as a team;
We'll encourage folk to eat what's right,
To keep all junk food out of sight.
We'll learn to cook for one or two,
Trying recipes that are new;
We'll try to keep from being sick,
By finding cures that make us tick.
We'll let the pharmacist be our friend,
His good advice he'll readily lend;
Preventing illness is our aim -
We'll urge others to do the same.
Busy hands make a healthy mind,
And safety measures we will find.
We'll work to avoid accidents, too,
And keep our environment clean and true.
Dear Grandpa must be told, "No! No!
Your darling grandson cannot go,
On a tractor he may not ride,
E'en tho' you'll keep him by your side."
Our scatter mats are just as bad,
You may not slip, but what about Dad?
Keep safety always in your mind,
Then health and happiness you will find.*

Composed by Grace Morton, Wellman's WI, Hastings North District.

Helpful Hints for Taking Press Photos



Celebrating the 100th anniversary of FWIO will provide lots of photo opportunities. Your Branch is part of your community, so link with your local paper to tell your story in words and photos. Here are some suggestions to help you get started.

- Use a good quality camera — a 35 mm is best. You'll get good clear pictures and versatility. "Instant" cameras often can't produce pictures suitable for newspaper reproduction.

- Use short rolls of film (12 exposure). You'll go through a roll of 12 quickly, rather than waiting until a 24 or 36 exposure film is finished before getting it developed.
- Keep your compositions simple. Decide what story your photo will tell, then focus on the main characters.
- A photo that shows some action is more interesting than a posed, smiling subject looking straight at the camera.
- You don't need to photograph a person from head to toe. Focus on their face and hands. With group photos, get in closer so you don't end up with a lot of background and tiny people.
- Never aim the camera down on children. Tops of their heads aren't very interesting. Crouch down beside them and shoot at their eye level.

Working with a Newspaper

Each newspaper has its own guidelines for submission of photographs, so it's wise to check with them first.

Here are some generally accepted practices:

1. The best photos are usually taken of one subject.
2. Use black and white film for best results. Colour photographs don't reproduce well in a newspaper.
3. Never use a paper clip or write on the back of the photograph. Both damage the print finish, making the photograph difficult to reproduce. Make sure all people are accurately identified, going from left to right.
4. Include a description of the action, if necessary.

Credit: Carol Murphy, 4-H Resource Assistant, OMAFRA.