

Hamilton Has Given Countless Volunteer Hours

By Amy Campbell

Beulah Campbell Hamilton is a northerner we can be proud of. She has devoted countless volunteer hours to the WI and 4-H program. Beulah says she "joined to learn things for herself," but she has given back more than a 'lion's share' to her community.

Beulah joined the Trout Creek Women's Institute in 1953, where her mother Grace Ratz was a member. Beulah began attending District and Area meetings with Mrs. Jenkins. She was hard of hearing and Beulah took notes to help her out.

In 1956, Beulah began her career as a 4-H Leader. Italian Hemstitching was featured in "Accessories for the Bedroom." "I wanted to learn how to do this," she said, "and no one else would lead the Club, so I did!" After teaching two homemaking projects in Parry Sound North, she moved to Trout Mills in the Nipissing District. Eighty-two 4-H projects later, she is still teaching young people.

Over her 40 years as a WI member, Beulah has held most Branch and District offices, except Secretary-Treasurer. She commented: "I prefer the people, not the numbers and deadlines." She enjoys focusing time and energy on current issues. "I am always learning through Institute work!" In 1962, Beulah served as District President for two years.

In 1964, Beulah helped organize a trip to the Adelaide Hunter Hoodless Homestead. While



Beulah Campbell Hamilton is a member of the Trout Creek Women's Institute.

staying the night in Stoney Creek, Marjorie Lee, daughter of Erland and Janet Lee, invited the group over. It was a memorable visit for the twenty-plus women. Nipissing District continues to enjoy at least one bus trip a year that Beulah organizes.

Another important WI highlight occurred in 1968. Beulah was elected Provincial Board Director for Subdivision 27. Other projects included travelling to Toronto to revise the WI Handbook and serving as a leader for workshops at the Officers Conference in Waterloo.

Imagine this busy life, and don't forget that Beulah worked outside the home as an Occupa-

tional Therapy Assistant at the North Bay Psychiatric Hospital. Beulah was widowed in 1967. She married David Hamilton and continues to be a busy volunteer in the North Bay area.

Beulah Hamilton's name is readily recognized as an instructor. She has taught numerous adult short courses and home economics courses through Extension Services and the Ontario Ministry of Agriculture and Food. "I have broken in every OMAF Home Economist since the early '50s!," she remarked. Her understanding of the community has helped new OMAF staff feel welcome to the area. Although Beulah prefers to teach sewing and crafts, she has all the necessary skills to teach food preparation too.

"I am still enjoying my volunteer career," reports Beulah. She has also been an instructor with North Bay Parks and Recreation, teaching quilting and rug hooking. She founded the Rags to Riches Rug Hooking Guild, now in its twelfth year, and she is a co-founder and a lifetime member of the Near North Quilt Guild. "The WI has been a springboard that led me to teach crafts, to work in the community on fall fair committees, and to help local interest groups. The Institute still has a wealth of information to pass on, so I want to continue to be an active member," says Beulah Hamilton.

Amy Campbell is a Rural Organizations Specialist with the Ontario Ministry of Agriculture and Food.

"Women: The Strongest Link in the Food Chain"

By Peggy Knapp

This was the theme chosen for Women's Day at the Royal Agricultural Winter Fair, sponsored by the Women's Institutes of Ontario on November 11, 1993.

Luncheon speakers represented the three segments of the food industry: Joyce Anderson, a WI member, former FWIO Board Director and farmer, representing food production; Marilyn Knox, Vice-President of Nestle Limited, representing the food industry; and, Rosemary Dooley of Peterborough, representing consumers. Each panelist developed her portion of the theme, vividly demonstrating the increasingly important role of women in food production,

research, marketing and distribution.

Rosemary Dooley, presented herself as a woman dealing with feeding her family in "tough economic times," when job loss, single-parenting, and loss of income led her onto the welfare rolls. Frustration and lack of self-esteem were overcome by her founding of co-operative food buying groups.

The President of the RAWF, Byron Beeler, and the Chair of the Agriculture Committee, Donald Rickard, also addressed the gathering. Lunch guests participated in a special Remembrance Day tribute to all those women who stayed home during the war years and worked, keeping their homes, families and communities together.

Anna Hobbs, Associate Editor of *Canadian Living*, introduced the new *Royal Cookbook*. Demonstrations on the Royal Winter Fair's stages - including the use of herbs, beef in the menu, food presentation, stained glass, artistry with flowers and pet care - were of special interest to women.

Merriment and music at the luncheon reflected the mood of the Fair, as the Divine Quartet of Oxford County entertained. Women's Day was brought to a close by the pomp and ceremony of the Royal Horse Show, opened by H.R.H. Princess Margaret.

Peggy Knapp was the 1993 RAWF Co-ordinator of Women's Day.