



HOME & COUNTRY

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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Editor's Notebook:

New Directions, New Look

This is the first issue of the *Home & Country* published independently of the Ontario Ministry of Agriculture and Food. Taking charge of the publication represents a new start for the FWIO, as does the new direction in the content and the new look.

Members of the Editorial Committee have been busy this year charting these new directions for the newsletter. A difficult task considering the multitude of directions suggested by an organization of thousands of members.

New Directions:

- ◆ communicating the goals and objectives of the FWIO
 - through reports from FWIO Officers and Branch members
- ◆ promoting personal growth and leadership development through "self-help" articles
 - such as "Handling Stress: A Personal Approach" and "A.P.P.L.E.S.," as well as the several personal profiles of WI members

- ◆ cultivating good family life skills and community action
 - through articles like "Love Your Lunch" and "A Cookbook for Canada's Kids"
- ◆ increasing awareness of our rural agricultural base through a food and farm profile
- ◆ and, providing general interest information and articles
 - such as "For Your Information," "Make Your Leaves Work for You" and "The Chatham Ethanol Consortium"

New Look:

This is the first issue of the *Home & Country* in a true newsletter format. The goal of all changes has been to create a newsletter that is a pleasure to read and of interest to a wide audience. Please let your Editorial Committee know how you feel about the "new" *Home & Country*. After all, the *Home & Country* is your voice as a Women's Institute member.

Tips from a PRO: Sage Advice

By Margaret Atkins

*It's not sage, it's parsley.
It's not advice, it's life changes.*

For fifteen years, the weathered earthenware pot of parsley graced the sunny kitchen window. Always at hand ready to enhance the flavour or add a touch of colour to the cook's creation, it became synonymous with love, family, home and life.

Adapting to the yearly sojourn in the herb garden, the plant rejuvenated itself for the long winter season ahead. With the marriage of my youngest daughter (who used parsley profusely) and her never-ending daily trips to pinch off a piece of parsley, I split the plant. With fresh potting soil and a pretty container, hers grew, flourished and propagated; while mine wilted, browned and finally died. Now it was my

turn to run to her home throughout those long winter months for a sprig of parsley.

This spring, Laurena presented me with a pot of parsley.

There is a motto to this true story:

Time takes its toll on Branches.

Rejuvenate with fresh faces and ideas.

-SAGE FOR THOUGHT
FROM A PARSLEY PLANT

P.S. - This June I discovered a small sprig of parsley had sprouted in the former location of last year's plant. With a change of soil and location, it appears to be thriving.



Margaret Atkins is the Public Relations Officer for the Federated Women's Institutes of Ontario.