

90th Anniversary

Burnstown WI: 90 and going strong

By EILEEN BRYDGES
Special to *The Mercury*

Members of the Burnstown Women Institute, a branch that is 90 years old and going strong, held their May meeting at the hilltop home of Helen Jones with a beautiful springtime view of Hurd's Lake.

Guest speaker, Lynn Clelland of Admaston, was introduced by Betty Brannan. As a Community Food Advisor, she linked the products of this agricultural community with the foods served on local tables, addressing the question, "What happens between the seed and the breakfast box?" Wheat and soybeans grown locally appear on tables as cereals and margarine, cooking oils and baked goods. How

can we be wise in our choice of purchases? The Canadian government is bringing in new packaging legislation in order to have a country-wide standard for package labelling. News of this will appear in the media. Health Canada recommends that consumers increased the variety of cereals eaten, use more fibre, take Vitamin C (as in orange juice) with those cereals to get maximum iron benefit. There are three kinds of fat, some very bad for cholesterol, some good to use, ranging from saturated to mono-saturated to unsaturated. Palm and coconut oil are the worst.

Anything labelled "hydrogenated" is as bad as "saturated." As an introduction to wise shopping in these areas, Mrs. Clelland provided

a number of cereal boxes and margarine containers and led the ladies in how to read and understand the fine print thereon, leaving an appreciative and wise group of shoppers and food servers.

Several activities undreamed of 90 years ago are planned for the upcoming weeks. In this, the Year of the Volunteer, the branch is sponsoring Lyle Larone, a past president of Renfrew South District, in a Relay for Life in Petawawa on June 1 and 2 in support of the Canadian Cancer Society. This is done in memory of several members who have passed away due to cancer.

In Burnstown village on the banks of the Madawaska, well hidden by shrubs and undergrowth, is a historical plaque commemorating a

rescue from drowning in the early part of the century. As a group of volunteers, members plans to clear access to this on a road allowance from County Road 508 and to clear around it for visibility by boaters.

Two volumes of Tweedsmuir history, which record local events over many years, have been micro-filmed and the films placed in Renfrew and Arnprior archives. These volumes will be on display at the district annual meeting in Castleford on May 26. Plans are being made to travel as a group to the Herbfest in Almonte in July.

All members are looking forward to the meeting on June 7 in Burnstown Church when they will officially observe their 90th birthday.

May 15, 2001

In the Community

Arnprior Weekender July 20/2001

Burnstown Women's Institute celebrates 90 years

By LUCY HASS

Special to the *Weekend News*

Although the actual anniversary fell on January 9, members of the Burnstown Women's Institute chose a far more pleasant spring evening on June 7 to celebrate nine decades of friendship and philanthropy.

The evening opened with a dinner in the basement of the Burnstown Church, followed by the dedication of new furnace-room walls in memory of Catherine Elizabeth McIntyre.

The daughter of Sandy Campbell and Elizabeth Box, she grew up in Burnstown and married Neil McIntyre. She was active in all women's organizations within the Burnstown church and was Mission Band leader at one time.

She was described as "a faithful, dedicated member of the Burnstown WI up until her death in 1994."

"She always enjoyed the meetings and a few of the current members joined as a direct result of her efforts, one being current president Kay Reid," Vice President Irene Robillard noted.

Life members Adele McLeod, Jean Denniston and Jessie Fraser set the festive tone for the evening when they cut and shared a birthday cake marking the 90th anniversary.

Fellow life members Goldie Moore and Carmel Stewart were unfortunately unable to attend.

The first life membership — granted by the branch to anyone who has served actively for 25 years or more — was given to Annie McAdam in 1970 after she had belonged for 42 years.

But the cake cutting was just the beginning of an evening of fellowship and fun.

The real icing on the cake followed with a programme that paid tribute — both historical and humorous — to

each decade of the WI's lifespan.

Filled with facts and closing with fantasy (a comical look at the Burnstown WI in 2011) the programme of song and skits was only the tip of the iceberg.

As emcee Eileen Brydges said at the programme's end, "There is a great story untold" as glimpses were given of only the first year of each decade.

"What a tale could be told if we had the time to mention every short course, all the catering, all the speakers, all the exchange visits with other branches, all the fair exhibits, all the methods of fundraising, and all the things on which those funds were spent," she said.

Past secretaries on hand for the June 7 celebration were Adele McLeod, Ella Rosebrugh, Irene Robillard, Henny Schaly and Eileen Brydges.

Treasurers of the past decade were Irene Robillard, Pat Maika, Jessie Fraser and Betty Brannan.

In closing, tribute was paid to some very special members. Years of active work in the branch were recognized with the following commemorative pins: 40 years Carmel Stewart, Jessie Fraser and Goldie Moore; 20 years Irene Robillard, Helen Jones, Norma Riopelle and Netta Wyatt; and 10 years Kay Reid, Diane McKinnon and Karen Schaly.

Betty Comba also received an FWIC pin for her 36 years as a member of Quebec WI and 9 years in the Ontario WI movement.

Earlier in the program District President Karen Pender brought greetings to the group.

The evening closed with words of inspiration by Provincial President Christina Raeburn who congratulated the Burnstown ladies on their milestone anniversary and outlined the challenges that lie ahead as women around the world use their social conscience to address such pressing international concerns as human rights and national issues

such as the impact of globalization and protection of our natural resources.

"We have some momentous decisions on the horizon," she said, encouraging members to face the critical issues of our day.

"How do we want to see Canada in 2011?" she asked the ladies.

Meeting other women from around the world "one-on-one" and learning about their life experiences, Raeburn has learned, among many other things, appreciation.

"We are so absolutely fortunate to live here in the Ottawa Valley," she said, proud of being part of the WI movement, "an organization who cares."



Burnstown WI life members Jessie Stewart, Jean Denniston and Adel McLeod cut the cake to celebrate 90 years.

Burnstown W.I.