

Castleford WI plans exciting year

The Castleford Women's Institute held their annual meeting at the home of Sheila Herpers.

In answer to the roll call the members told about something exciting they would like to see done by the branch in the coming year. Tours of museums such as the Museum of Civilization, McNab, and the one at Milton were suggested. Having dinner at a local restaurant and bungee jumping were also discussed as fun things to do!

A resolution on more funding for research into the cause and cure of breast cancer was read and voted on.

The theme of the district annual will be Responsible Freedom. It will be held at

Arnprior in Emanuel Anglican Church on May 12.

Renfrew County District Health Unit is starting a walking club. Registration will be on May 23, 10 a.m. to 2 p.m. at Ma-te-way Park.

During the annual meeting reports were read by: treasurer and budget, Moira Shaw; auditor's by Maureen McEachern; secretary's by Lillian Lindsay; PRO and curator's by Doris Humphries; resolutions and program co-ordinator by Mae Craig; Averil McLeod, past president, thanked everyone for their co-operation and support during her term.

Mae Craig conducted the installation of officers. Moira Shaw read the list of officers.

New president is Agnes Frank, Mae Craig is secretary and Moira Shaw is the treasurer.

Mae Craig told about a recent meeting about school drop-outs she attended. It costs \$45,000 per year for each person on welfare so it is very important to see that everyone is educated and working. Education has never been more important in achieving success as it is now. She noted that 70 per cent of people paying school taxes have no children in school. As our population ages it will be necessary to have enough well educated employed young people to pay the taxes. Mae also had information on services available for farmers who find themselves stressed out.

The suicide rate is climbing among rural workers.

Doris Humphries has received a new flag from Len Hopkins for the Bell plaque area in Castleford.

Loretta Leavoy read an apt poem "No Occupation." It told humourously about farm wives who must write "no occupation" on tax forms. They labour morning to night on the farm but receive no salary so pay no taxes and as the government sees it are unemployed.

A delicious lunch prepared by Mary Ferguson and Mae Craig was served and a time of fellowship enjoyed.

Family law is roll call at WI meeting

The May meeting of the Castleford Women's Institute was held in the home of Mary Ferguson.

A law pertaining to the family was the roll call. Doris Humphries gave a short quiz taken out of the Canadian Living magazine. Members were surprised at how family law varies from province to

province. Other members read a law explained in the same article. Elder abuse laws were read and talked about as well.

I'm Proud to be a Canadian will be the 1992-93 Federated Women's Institute of Ontario's theme. A video Shopping for Nutrition is available from the FWIO. Entertaining With Flair is the proposed

October workshop.

Moira Shaw gave a brief summary of the district annual held in Arnprior. It proved to be an informative day. Guest speaker Margaret Broughton showed a locally produced slide presentation on Eating Locally for a Better Future.

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A book published by the Eastern Ontario Women's Institute, Silver Thoughts, Golden Words and a Nickel Worth of Stories will be donated by Castleford WI to Renfrew Public Library.

Sheila Herpers presented her

program. She read from Older But Better. Ten reasons why aging can be a plus were expounded upon. Some of the points were: You have the wisdom of your experience, your coping mechanism has been honed, you can afford to be yourself, and you can enjoy your grandchildren.

Walking as the perfect exercise was the gist of the other article. Walking

briskly can burn 250 calories an hour and is safe for joints and bad backs. Good shoes are the only expense and it can be done practically anywhere.

Doris Humphries read an amusing story from the Citizen about seniors bungee jumping.

A delicious lunch prepared by Mary Ferguson and Mae Craig was served and a social hour enjoyed.