

JANUARY 13

### Mar WI News

Ten members and one guest gathered on the very rainy day last Thursday at the home of Martha Martell. With all the rain and lack of sunshine it was a good time to share many cups of different types of tea and eat hot biscuits and scones. Several articles were read about tea, new year resolutions and knitting enthusiasts. Due to technical difficulties, meaning I had my son set up the VCR not the DVD player, so we did not watch the movie, The Calendar Girls. We will watch this at next month's meeting at Vivian MacDonald. We used the time to organize our 100th year anniversary to be planned for June 15, 2005. As we finalize how we are going to put the program on and be entertained, wait for com-

ing details. We will have our fish dinner near the end of May. As usual we answered the roll call of how we spent New Year's Eve. Everyone except Dave and Connie Adams, who shouted around Red Bay and received no response, went to bed before the midnight oil burnt out.

FEB 10

On a beautiful February 10, nine members of Mar W.I. gathered at the home of Vivian MacDonald. We shared news of the community including the recent fire in the home of the Carey's in Red Bay. Toni Budge lost the contents of her room to smoke damage. Toni and Mark Martell have been friends since living in Red Bay and now share their experiences of loss due to fire.

While Vivian served hot apple crisp, not in competition with Martha's hot tea biscuits from the last meeting, roll call was said. Different ways of using soda, salt and lemon as well as vinegar was shared. This went along the program of health as the natural cleaners were better for us and the environment than the toxic store bought ones.

Gord MacDonald shared his insight into natural health using much of his experience when he and his Dad owned a health food store in the Stratford area. Gord talked about total health which includes our surroundings such as maintaining the proper humidity to ionizers. The balance in food consumed from alkaline to acidic as well as quality verses quantity all affects our health. Gord stressed cleansing once a year by fasting using vegetable juices and herbal teas, to eliminating processed sugars and white flour, to making sure to use stone ground flour to retain the wheat

germ is important. Exercise that is enjoyable as well as outlook and attitude and looking for the good in life are important keys to total health. Eggs are still a good food while margarine and trans fats are to be avoided. We need 30% fat in our diet so make sure it is good fat verses no fat. When diet is the issue it is not losing the pounds that count but gaining health. Remember refining our foods has not improved them such as using apple cider vinegar or brown rice. The white vinegar is really only good for household cleaning. We recognise the use of so many drugs has created many health issues. We have forced many doctors to handing out prescription drugs when a little education on our part would help us better understand the many side affects and how toxic these drugs are.

Our next meeting will be on March 10 at the home of Doreen Lumb. We will be finalizing more details of our 100 anniversary of the Mar Women's Institute. We have chosen March 7 to have a movie night to watch the Calendar Girls. This will take place at the home of Vivian MacDonald. We may wine and cheese it but bring your own popcorn.

We thanked Vivian for hosting while Colleen displayed the last quilt the ladies of Mar had quilted. Colleen had ept this quilt for a long time at her house and it was going to be hung up at the hall. It had been the tradition that should a family experience a disaster that the quilts be given away to the family in need. The quilt was presented to the Martells and will be truly treasured.

MAR

### MAK W.I. REPORT

April Fools! We didn't watch the Calendar Girls after all due to the flash freeze on Monday. We will try again on April 1, Friday, at the home of Susan White. The men are invited as long as they behave even though it is a chick flick.

Eight members and one guest gathered at the home of Doreen Lumb for the March WI meeting on Friday. It was a day of beautiful sunshine and also some snowy weather while driving there.

Doreen had a couple of different teas to sample and tasty cake to add to our lunch. Leila was being extra cool with her shades as the sunshine was bright off the water. Maureen shared a bit of farming adventures, as her latest company from Germany was experiencing this Canadian lifestyle. Leila read some funny stories. Susan kept us on track to get the business of arranging for our 100th anniversary underway.

The date is set for June 15 at the hall between 2 and 4 for afternoon tea. Anyone involved in the Mar Institute is more than welcome to attend. Invites will be sent out but if we have missed anyone please come and join us. Entertainment will be provided, display of our history books and history of WI in the area.

April 14 is our annual meeting at the home of Pat Shields. We quickly reviewed our

executive and went over the positions for next year. All are filled plus the help of the committees to arrange our special needs. Hall clean up day will be on Monday April 18. We will go over the next year's program after lunch. Hester offered to supply lunch for this hard working crew. The floors will be done in the days following. This all means that the community potlucks will start again on April 30. See you there!