

Sunshine WI News July 1989

# Good luck to Dairy Princess LeRoy

by Pauline Ryan

Members of Sunshine WI were pleased to welcome three WI executive members as special guests to their July 17 meeting, hosted by Ruby Proudfoot.

It was Sunshine's first opportunity to get better acquainted with our new Prescott County District President, Asenath McGibbon. Mrs. McGibbon is a member of Hillview branch and before coming to this area was a WI member in the Lachute area. Accompanying her was Ethelda Boa, district secretary. Margaret MacPherson, Glengarry District president and secretary of the Eastern Ontario area district was also present. These three, along with the area's first vice-president, Ruby Proudfoot, gave us an opportunity for informal discussion and information about WI activities.

One item which was casually suggested was "how about WI branch exchange visits between Prescott and Glengarry county". It has been so beneficial within each county. Maybe "food for thought" for all WI members.

Guest speaker of the meeting was Prescott County's Dairy Princess, Colleen LeRoy. Her message to us was about osteoporosis, a debilitating bone condi-

tion that affects one in four women over the age of 50. With the aid of a chart, the princess stated calcium is important in the prevention of osteoporosis because it helps to build and maintain strong bones.

We learned milk and dairy products are the best sources of calcium, however, vegetable greens and cereals also contain significant amounts.

How does exercise help in the prevention of osteoporosis? Exercise places physical stress on the bone which stimulates and increases the bone mass. It also increases the flow of bone building nutrients to the

bones. That should give us an incentive to keep exercising!

A vote of thanks, a gift and a message of good luck in the Dairy Princess competition at the CNE in Toronto was extended by Ruby Proudfoot, program convenor. Colleen was absolutely delighted with her souvenir plate of Prince Andrew and Sarah Ferguson's wedding. Good luck, Colleen!

Leah Bradley dealt with the business of the meeting assisted by Ruth Proudfoot in the absence of our secretary treasurer, Marie Wilkes.

Discussion continued on the type of WI crested, name banner for Sunshine. Members were most pleased with their table model WI crested, name stand. An appropriate message of thanks and appreciation will be forwarded to the craft makers.

Members were reminded about meeting at Leah Bradley's on Monday, July 28 at 8:30 p.m. to plan for serving meals at Riceville Fair, Saturday, Aug. 23.

The next regular meeting will be hosted by Marie Wilkes. The topic will be Public Relations and will feature a speaker from a local newspaper.

## Sunshine WI Sept. 1989 — Be An Organ Donor

by Pauline Ryan

Make Something Good Happen - Be An Organ Donor! This is the motto of the Organ Donor Program and was the theme of the last meeting of Sunshine WI held in the Caledonia Community Centre, St. Bernardin, on Sept. 18. A total of 35 ladies attended including 15 guests from Cassburn WI. Convenor for the evening program was Ruth Proudfoot.

Mrs. Nancy Le Pitre from the Organ Donor Program, Health and Welfare Canada, was guest speaker. Organ donation was not a new concept to anyone but Nancy left us with an awareness of the greater need at this time than ever before. The 1980's can boast of great strides in research, resulting in more effective anti-rejection drugs, more trained doctors and facilities, therefore the need for heart, liver, kidney and pancreas is rapidly increasing.

Who can be an organ donor? Must every donor be a "young, healthy" person? Am I too old to be an organ

donor? These thoughts and many others were soon answered with dignity and feeling.

The importance of age varies for different organs. For vital organs such as the heart, lungs, kidney and liver, only strong healthy donor organs can be transplanted. Usually donors of these organs have died tragically, suddenly and in hospital. However, successful kidney transplants have been done with donors up to age 70. Hearts can be used up to age 35, livers and pancreas to age 55, and lungs to age 30.

People of any age can donate tissue and eyes including those who may have an eye condition or wear glasses.

If a person's cornea is scarred or damaged by accident, it will turn cloudy, blocking the passage of light to the retina. The result is blindness. Sight can be restored with a cornea transplant - a simple operation to replace the damaged cornea with a clear healthy one from an eye donor.

A representative, well chosen for her assignment, Nancy LePitre was very much appreciated by the ladies.

The business section of the meeting quickly dealt with plans for the Prescott County Executive Meeting Oct. 6 in the South Plantagenet Municipal Hall, the Maxville Manor Birthday Party Oct. 23 and the Ottawa Area Convention at the Talisman Inn Oct. 27 and 28.

"A modern grandmother's pastime" will be the roll call of the Oct. 16 meeting. Family Affairs will be the topic; there will be a guest speaker. Anne Nicholas will be both convenor and hostess.