

Sunshine WI News

May 1990

by Ruby Proudfoot

FOURNIER — Alison Arkinstall, Glengarry County Dairy Princess was guest speaker at the May meeting of Sunshine WI held at the home of Patricia Bradley.

An adept speaker, the princess outlined her activities over the past months, visiting schools and attending meetings, and we realize she is a definite asset to dairy farmers, who face the great challenge of trying to sell milk when there are so many other competitive products on the market. She also touched on the free trade issue and how it would affect dairy farmers.

She reminded us that we are all irreplaceable and to guard against osteoporosis in our later years we should remember to drink our three glasses of milk a day, assuring the required amount of calcium to maintain good health.

Alison Arkinstall will represent Glengarry at the final competition in Toronto the latter part of August and we wish her well. Convenor Mary Gates presented her with a rose fashioned out of dollar bills, a very acceptable gift for a busy young lady.

During the business of the meeting Leah Bradley, Ruth Proudfoot and Cathy Clemens were appointed as delegates to the Prescott District Annual.

Members were invited to attend a meeting at the Anglican Hall, Vankleek Hill June 10, 8 p.m. to hear about

the work of the Marguerite Centre of Prescott & Russell.

The group consented to serve meals at the Riceville Fair and tentative plans were made.

The June meeting will be held at the home of Georgette Surch with a guest speaker on the topic World Affairs.

Good nutrition topic

Jan 1991

Sunshine Women's Institute

In spite of the rather disenchanting wintery weather, members of Sunshine W.I. gathered at the South Plantagenet Hall for their January meeting.

Theresa Ryan was in charge of the program, and since her guest speaker was unable to come, she challenged us on our knowledge of good nutrition. If you are at all diet conscious, would you know which of the following has the most calories — a hard-boiled egg, a frankfurter, one tablespoon of honey, or a cup of rice. If you answer frankfurter you would get top marks. According to nutritionists, what is the best source of protein — red meats, eggs, complex carbohydrates, or fruit? The surprising answer was complex carbohydrates which are contained in grains, fruits and vegetables. We also learned that doctors are becoming so specialized today that you need a dictionary of medical terms to find the right one for your medical problem. It was an interesting and thought provoking program.

Pauline Ryan brought us up to date on the work done on the Tweedsmuir History, and members volunteered to work on different sections of the book.

Ruth Proudfoot reported on our finances and Leah Bradley brought to our attention several items of interest contained in a letter from our provincial president, Peggy Knapp.

The Skills Development Courses offered for this year

are: Wardrobe Wizardry, Decor Accents, and Baking Bread. A training school will be held at the later date.

Ontario W.I. month has been declared for June 1991, and we are encouraged to plan a special event in our community to promote Women's Institute.

The Federated Women's Institute of Canada will be holding their convention in Victoria, B.C. from July 11-15, 1991. Ontario has a quota of two hundred places. Applications are available from the F.W.I.O. office and must be returned to B.C. by Feb. 28, 1991.

Since I was absent from a couple of meetings, I would like to mention a few highlights of those previous meetings. In October, Leah convened a program on Fire Prevention, with Fournier's Fire Chief Murray Stewart as guest speaker. Murray also showed an excellent film entitled "Get Out Alive", and this film is readily available for viewing, free of charge. At this time of year we need to be reminded of the extra care we should take in order to prevent fires. Also attending this meeting was one of our township councillors, Gary Bradley, who was interested in forming a committee to investigate the

possibilities for re-cycling in our local township.

In November our annual husband and friend's night, with a pot luck supper and cards, was very successful with a large attendance and lots of fun.

At the December meeting, the speaker was District President Marie Wilkes, who outlined her duties and various activities since taking office last May. We appreciate having Marie represent us at district level, and the members enjoyed hearing Prescott District news.

President Anne Nicholas thanked the hostesses of the meeting, Reta Lalonde and Lila Howard, and reminded us of the February meeting to be held at the home of Yolande Gadoua. Visitors are welcome.