

illness. The strong message left with members was to decrease saturated fat which tends to increase cholesterol levels - sources are animal meat and milk products, coconut and palm oil. Use more polyunsaturated oils such as Canola, Safflower and Sunflower oils. Too much fat in diets lead to cardio-vascular diseases such as strokes, heart attacks and high blood pressure. Aileen, a former local girl also expressed her thanks to Sunshine for their support in making 4H courses possible during her growing up years.

The **October 1992** meeting was hosted by Theresa Ryan. Anne reported on the Fall District Directors' Meeting. The challenge from the Dublin Branch, Halton District was discussed. Sunshine accepted the challenge to collect 125 loonies to go towards our new F.W.I.O. head quarters in Guelph. It was agreed for each member to give a loonie in place of 25¢ per meeting until the District Annual 1993.

The Guest Speaker was Rita Ryan Brownrigg a nurse from the Kidney Dialysis Unit at the Ottawa General Hospital trains nurses and staff in the dialysis procedure. The theme of her message was Chronic Kidney Disease and the different types of Dialysis used in the treatment. Rita, a local girl like Aileen has pleasant memories of her involvement with Sunshine W.I. members through many 4H courses.