

will be given to the library to purchase children's books.

Anne, as convener, demonstrated the making of Christmas angels and each member made one to take home.

JANUARY 18,1996.

Lila Howard welcomed the members to Yolande Gadouas' home on a nice mild January evening.

The members decided to exhibit at the C.C.E.A. again next summer. Although there will be no formal meeting in February the members will meet to make knitted squares to send to Zambia.

The roll call "A thought for the new year " was answered by ten members and one visitor.

Marie introduced her daughter Aileen Cross as guest speaker. Aileen is a public health nurse from the Alexandria office, Dept. of Health. Her very interesting and timely topic "Healthy Lifestyles" gave all much food for thought and hopefully we will follow her advice and remember to keep active. A video was shown on "Women- Heart Disease and Stroke." A quiz was answered about this topic noting myths and realities and a message to be aware of facts about these diseases.

FEBRUARY

Holiday month. Members met at the home of Ruth Proudfoot and knitted squares for the Zambia project. A pleasant evening was enjoyed by all those present.

MARCH 21,1996

Lila Howard welcomed ten members and one visitor (Peggy Wilkes) to Marie Wilkes' home for their March meeting.

During the business part of the meeting one hundred dollars was donated for the play structure at Plantagenet school and two hundred dollars to the Riceville Fair. Thirty dollars was donated to sponsor a class at the C.C.E.A.exhibit in August.The district will serve meals at the Vankleek Hill Fair and will hold a