

MARCH 20, 1997

Share a recipe was the roll call answered by twelve members and ten visitors at the March W.I. meeting held in the South Plantagenet Municipal Hall.

Guest speaker was Marla Bloom of Manotick. Marla and her husband, an entrepreneur couple, became interested in low fat food and after research, study and experimentation, have begun their business "Guilt Free Fine Food." They manufacture and sell low fat prepared food-- without preservatives. Nutritional guidelines are given on each product. They use garlic, herbs, and spices to replace fats and oils. In their vegetarian products tofu, beans and yogurt are used as alternatives to meat. Marketing the products as well as advertising is important. She displayed several samples, which were purchased with W.I. funds, then raffled.

The business part of the meeting followed which included plans to attend an Area 100th Celebration at Richmond, a District Tea in Vankleek Hill on June 7th , and the Prescott Russell District Annual in Cumberland on May 26th.

Copies of the book Wit and Wisdom were received. This soft cover book consists of short stories and essays written by Women's Institute members in competition. This is an F.W.I.O.. fund raising project and contains the prize winning essay "The Lemieux Landslide" written by Sunshine member Ruby Proudfoot.

APRIL 8, 1997

Pauline Ryan was hostess to Sunshine members for their April meeting. As this was the annual meeting, President Erin McBride had much business to conduct. In the absence of the secretary, the minutes were read by Ruth Proudfoot and a financial statement given. An Easter card from Yolande Gadouas, who has been ill, was read. The Quillow course was a success with fifteen members and guests attending. Delegates to the district annual will be Valerie, Erin, and Anne.

A two hundred dollar donation was made to the Riceville Agricultural Society. Plans were made to exhibit at the C.C.E.A.

Reports were given by conveners and the annual election was held.

A delicious lunch was served by Leah Bradley and Rita Lalonde.

Ruby Proudfoot