

ROSES Are Blooming

rose
rural ontario
sharing education

Bone China Tea Serves Up Information in Fun Fashion



More than 50 women and men turned out for the Dairy Farmers Association's Bone China Tea hosted by the Hillier Women's Institute. The event was part of the Osteoporosis Society of Canada's campaign to broaden awareness of this debilitating disease.

"When we talk about osteoporosis," said Public Health Nurse Marie Clarke of the Hastings-Prince Edward Health Unit, "we often think of the little old lady falling and breaking a bone. In fact, we know now that many of those falls are a result of the bone breaking just from normal use, which then causes the fall."

One of the more astonishing points Clarke made to the workshop group is

that we need to work on bone strength when we are young, noting that we begin to lose bone mass in our early thirties.

WI members and guests participated in an informative and lively workshop and discussion about osteoporosis – the causes, the treatment and preventative measures. WI member Peggy Burris offered her own maxim to encourage the audience to become more active, suggesting that "Instead of your plate, reach for your mate!" Burris read the crowd well, as seemingly one of the workshop groups reported "more sex" as one of the things they should be doing to be more active.

Reprinted in part from an article by Rick Conroy in a February edition of The Wellington Times. Photo courtesy of Rick Conroy.

HOMER & COUNTRY SPRING & SUMMER 2005

Associated Country Women of the World hear about ROSE program, DART team

By PRO Dini Terpstra

The annual Associated Country Women of the World (ACWW) meeting was held April 29 at the Hillier Town Hall at 1:30 p.m.

Members and guests were present from Hastings and Prince Edward County, who were the hosts.

Rose program co-ordinator Brenda De Castre chaired the meeting (ROSE stands for Rural Ontario Sharing Education).

Our first guest speaker introduced by past district president Palela Littlefir was our past Provincial president Christine Raeburn. She gave those present an enlightening view of the ACWW world organization which is the largest international umbrella of rural women, with a membership of millions in over 70 countries, and is part of the United Nations.

Our second guest speaker was Captain Susan Seo who is a member of our Canadian DART team. She gave an excellent thought provoking and touching report on her involvement in Sr Lanka after the Tsunami hit.

She shed light on the time frame with a national explanation in answers to ques-

tions, and tasks performed in Sr Lanka. The DART team's main focus was water purification. Canada has the highest technological equipment to perform this life saving task. Her presentation included a very informative slide show.

A token of thanks was presented to both speakers. Captain Susan was given the new book "Fighting for Home and Country", Women remember World War II, written by W.I. members across Ontario in time for the 60th anniversary of the liberation. This book is a treasure of memories about ordinary women and their daughters doing extraordinary things as they fought for Home and Country.

The book can be purchased by the public from the Federated Women's Institute of Ontario. (F.W.I.O) 7382 Wellington Road 30, R.R.5 Guelph, Ontario N1H 6J2 phone 519-836-3078.

We concluded the afternoon with a lunch and social time. Also the district is looking for missing old minute books.

Any retired members or disbanded branches who could supply some information, please contact Dini Terpstra at 476-5125. GAZETTE 06-17-05