

Celebrate the 4-H way

This winter, 4-H members were able to beat any February blues by being involved in a 4-H craft club. Quilting is a heritage craft that was practiced by our great grandmothers and other early settlers. Learning about the past is a great way to begin celebrating Ontario's Bicentennial in 1984. Today's young people can learn about this traditional craft and see how it has evolved into a fabric art form.

All '4-H Quilting' members learned three basic techniques—string quilting, applique and the quilting stitch itself. Beginners completed one small quilted article. Amy Campbell, Rural Organization Specialist for Nipissing, Parry Sound and Muskoka, commented that "many members made pot holders, quilted cosmetic bags and cushion covers."

Mrs. Campbell was pleased with the quality of the hand work, even the beginners did well. She said, "A small and even quilting stitch will come with practice. Quilting is a craft in which the saying 'practice makes perfect' is true."

The Muskoka District 4-H clubs displayed their quilting samples and manuals at Raymond Community Centre on Friday evening, May 4. About thirty-five 4-H'ers plus their parents and friends gathered for this achievement Program. Clubs from Beatrice, Christie, Windermere, Ryde and Port Carling participated in this quilting project. Each club presented either a skit or an exhibit about some aspect of quilting. A display of quilted gift ideas inspired many to start making holiday presents early! Books and quilt patterns were displayed along with the sewing equipment that quilters use.

Some new awards for both 4-H leaders were presented with the new Bicentennial

Leader's Plaque with engraved name plated. These new plaques replace the traditional 4-H teaspoon. The plaque will serve as a visual record of all the clubs that the leaders will teach, beginning in 1984. New project labels will be available upon completion of each 4-H club. Now 4-H leaders and members can display their club career!

Mrs. Campbell noted that two leaders were celebrating special leaders' anniversaries. Mrs. Shirley Jordan has been a volunteer 4-H leader for 10 years. Mrs. Carol White has been involved in club leadership for 5 years. These ladies work together as co-leaders for the Christie Club, just south of Parry Sound. Leadership certificates were presented to both these volunteers who have given so much time to the 4-H club.

Although there were no special 4-H members' awards at this ceremony, Amy Campbell congratulated all 4-H members for their hard work. Mrs. Campbell invited the members to get involved in the next fall project—Fitness Fare.

Members will take a look at their own food habits starting with breakfast and ending with snacks. Fad diets are OUT. Instead, learn some sensible techniques for weight control. Find out how fit you are and learn how to take your heart rate at rest and play.

Nutritious, low fat, high fibre and low sugar recipes will tempt you to have a well-balanced daily food plan. To learn about fitness, food and exercise, join the next 4-H unit. For further information, please contact Amy Campbell at her headquarters at the Ministry of Agriculture and Food, 222 McIntyre Street West, 5th Floor, North Bay PIB 2Y8, tel. 474-3050.

Women's Institute conference for officers held at Waterloo

By RENA E. CUNNINGHAM

Special to The Packet

"Nothing great was ever achieved without enthusiasm" was the theme of the 36th Annual Officers' Conference of the Federated Women's Institutes of Ontario at the University of Waterloo during the first week of May. Mrs. Charlotte Johnson, president, enlarged upon this theme in her address to the assembled delegates. To be a successful organization, there must be enthusiasm; determination to follow creative new ideas and of course always cooperation. Negative attitudes dim the image we portray to others. New ways may not be comfortable but are necessary to keep an organization in step with the changing needs and concerns of the community.

Over 500 delegates attended this annual training program. During the three

secretary-treasurers and two for members-at-large extended throughout the second day. Next morning "Workshops in Review" summarized and emphasized all important points by means of posters and a skit.

An address by Dr. Clayton Switzer, Deputy Minister, Ontario Ministry of Agriculture and Food provided some interesting information. Six Ontario bicentennial farms have been recognized as being operated by the same family since 1784.

More women are entering post secondary Agricultural programs and about 1/3 of degree course graduates are women.

An agricultural course is to be introduced into the Grade 9 Science field that will stress "Food Systems and Energy".

The family farm will persist because it is efficient; minimizes effect on the environment; provides good form of social life; maintains viability of the rural community.

On June 11, a quilted wall-hanging depicting Ontario's diversity will be

presented to the Province by the Federated Women's Institutes of Ontario — destined to hang in the main Legislative Building at Queen's Park across from the Fathers of Confederation.

Ken Knox, Director, Rural Organizations and Services Branch, stressed the need to provide programs that would educate the young people (future consumers) regarding food production.

A brief history of the 4-H Clubs was presented by Joe O'Neil who urged continued support of these Clubs because "the youth we lead have the future in their hands."

MISSIONARY

The February meeting of South Macaulay Women's Institute was held at the home of Mrs. Oscar Leeder, in Bracebridge, on the first Wednesday. Eleven members and two visitors had an enjoyable and interesting afternoon. Rev. Stanley Williams, an Indian minister from Manitoulin Island who is with Northern Canada Evangelical Missions, was the speaker. His church is at West Bay on the Island but he travels a great deal among the Indians ministering to them, his aim being to teach them Christianity. He speaks to them in their native Ojibway. Most Indians speak English states the Rev. Stanley Williams, but he finds he gets the message across more effectively when he speaks to them in their native tongue. He spoke of the Indians' lack of education, of their dirty homes, and their poverty-stricken existence, most of them being on welfare. When they learn Christianity they make an effort to improve their way of life, the minister has found.

There is a need for clothing he told his listeners, the greatest need being for children's clothing. Before leaving the Rev. Williams was given several cartons of used clothing which the institute members had packed. Thanks to Mrs. Ed. Ruttan, Public Relations Officer of the institute for details of the meeting. Mrs. Meusen, of the W.I., who knew Rev. Williams at Lake Wilcox, introduced him.

Local WI members at 85th anniversary

TORONTO CELEBRATION Aug 9 82

BY MRS. J. BROWN
"From a Flicker to a Flame" was the theme of the 85th Anniversary Celebration of the Women's Institutes of Ontario over 1,700 members met at the Constellation Hotel, Toronto on Aug. 12 with the Provincial President, Mrs. Janet Hiepleh presiding.

The "Flicker" began in 1897 when Mrs. Adelaide Hoodless saw the need for women to learn how to better care for their families. With the help of Erland Lee, the first Women's Institute was founded at Stoney Creek, Ont. The "Flicker" became "Flame" during the years as dedicated members with their volunteer efforts improved the life of rural women and their families. The movement spread and today there are 27,000 members in Ontario; 48,000 in Canada and over nine million in the world.

A bus load of ladies from this area attended this celebration. There were members representing most of the Branches in Simcoe East and Simcoe North Districts as well as Gravenhurst and some from Dempfenfeldt on this bus.

Mrs. James Bell of Col-dwater, a life member of the Federated Women's Institute of Ontario, was one of the special guests at the celebration.

The guest speaker, Mr. Ziny Weste-bring Muller of the Netherlands, and the World President said "Ontario can be proud of its women and their accomplishments. When Mrs. Alfred Wait took the W.I. to England it was said, "the greatest idea that had come out of the colonies to England". "Canada's gift to the Motherland soon became Canada's gift to the World and known as the Associated Countrywomen of the World".

HUNGER
Mrs. Muller spoke of the projects in the under-developed countries, training leaders and helping people. She asked the women to be concerned with the project for the 80s "Fresh Water and Sanitation for all." She sees the hunger problem when she travels to many countries for ACWW. "The members must be a mighty force as your influence can know no bounds. We must pull together for world peace," she said.

Hon. Dennis Timbrell

Minister of agriculture and Food congratulated the Members for their continued leadership in their communities, for preserving history; promotion of homemaking skills, and meeting the challenges of the many changes in rural life. Greetings were received from Members of Parliament, Premier Wm. Davis, Prime Minister Trudeau; Queen Elizabeth, Manitoba and Northern Ireland W.I. and others. Senator Martha Beilish Vice President for Canada to ACWW brought greetings from the Senate, Hon. Joe Clark and the Member Societies of the ACWW.

INSPIRATION
"The Women of the World have and still look to Ontario for inspiration and leadership. We must be prepared to meet the challenges of changing and adapt

necessary and keep the Flame burning," said Mrs. Bernice Noblitt of Ottawa, the newly elected President of the Federated Women's Institute of Canada. Among the special guests were Miss Molly McGhee, the Honorary President of FWIO; Past Provincial Presidents; Miss Helen McKeercher, past director of Home Economics Branch; two life Members of FWIO; and guests from other provinces, England and the Netherlands.

In closing Mrs. Hiepleh said "You should be proud to be a member of the W.I."

Member of an organization that has stood the test of time, of 85 years of working for Home and Country and now look forward eagerly to the challenges of the future and what it holds for each of us."

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This is to certify that we have examined the financial report of the W.I. for 1967-8 and found it correct
Gennie Parron
Doris Dohy