

The Sydenham Women's Institute held its annual Valentine's Day luncheon and bake sale Friday at the Sydenham Legion and Mary Shook, Carol Faires, Mary McGinnis, Marion Blackadder, Melissa Kelley, Meta Gamble and Inda Spafford were only too happy to show off the baked goods for sale. FEB 13/2007 Photo/Craig Bakay

## WHAT A WOMAN



Mary Shook was given the Woman of Excellence Fair Award by the Frontenac Women's Institute at the Kingston Fall Fair yesterday for her volunteer work in the community.

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