

March 2002

Topic: Health Issues: Eleanor Wright spoke on motto, Health is Wealth. She commented on causes, symptoms, treatment and affects of major problems such as Heart and stroke, diabetes, high blood pressure, cholesterol, cancer and osteoporosis. Prevention is the best cure. She stressed the importance of exercise, weight control, good low fat, high fibre diet, avoid smoking, and regular checkups. We exchanged 5 cookies on a plate. Our hostess Cindy served a great lunch.

Summary; Our branch supports WI projects and our community. Donations were made to Beachburg and Cobden Fairs, \$20 to Country Haven Van fund, \$30 to Canadian Legion, \$105 to Scouting and Guiding groups, \$20 gift to Angel tree, \$100 to Beachburg Library, \$25 to each Heart and Stroke and cancer Societies, \$100 to Adelaide Home, \$25 to Erland Lee, \$100 to CT Scan at General Hospital and \$50 to Pennies for Friendship to ACWW.

April 2002

Annual Meeting: Motto: The great thing in this world is not as much where we stand as in the direction we are going. Roll call: What changes would you like to see made on some current issue? Topic: Lobbying. Gwen said though technology is a good thing, children's health is declining because of too much TV, sitting at a computer and lack of exercise. We read duties of Lobbying Convener at each level. Gwen gave ideas of improving our programs. We had a plant exchange.

2002: Year of Mountain and Eco Tourism and Cultural Heritage.

2002 WI Theme: Food Safety and Nutrition.

June – WI Month

May 2002

Grandmother's meeting held at home of Eleanor McLaughlin. Open program. We bought five luminaries for Relay for Life in memory of Verna Johnson, Nellie McLaughlin, Erva Jewell, Margaret McLaughlin, and Bernice Derouin for the Cancer Society. Roll call: We shared pictures of our grandmothers and told a memory of her. Most members will attend the District Annual on May 22 at Cobden.

June 2002

Topic: Agriculture. We toured the Beachburg Water Plant with Greg Davidson as guide. He gave us information about the source, treatment, and operation of the plant. Pamphlets on water safety for people with wells were given. Water needs to be tested regularly and can be done by taking a sample to Renfrew County Health Unit. We donated \$100 to Focus High for WI project. On June 12, we visited Snake River's 50th Anniversary in Cobden. Articles for the two fairs were prepared and exhibited in July and August.