

# Federated Womens Institute of Ontario Combermere Branch

By Lorraine McEllistrum

Our monthly meeting was held on February 8th at the home of Leona Mayhew. Nine members were present. We were delighted to have three guests present, Helena Urbanowicz, and Mr. & Mrs. Reid from the Kidney Foundation. The meeting opened with the Ode and Collect. Our president also welcomed our guests to the meeting. The minutes were read and adopted, followed by our Treasurer's report. Roll call was next - Sing, Say or Pay. Motto for the evening was read and the meeting continued with the new business and correspondence. "Pennies

for Friendship" were collected. The mystery prize was won by Susan Emeneau. The F.W.I.O. branches in Renfrew County are assisting and taking part in the 1994 International Plowing Match and some discussion was held as to our branch's contribution/help. Our program on Family and Consumer Affairs was dispensed with at this meeting. The rest of our evening was devoted to our guests, Bonnie Reid of the Kidney Foundation and Brian Reid, a recipient of a kidney transplant nine months ago. Bonnie spoke to us about many important health concerns such as: kidney stones, polycystic kidney disease, high blood

pressure and your kidneys, diabetes and kidney disease, urinary tract infections, organ donations and kidney transplantation. The Kidney Foundation of Canada is a nation voluntary health organization supported solely by donation. This foundation plays a leadership role in the promoting of organ donations. It was good to find out that even in small rural areas such as ours, you can call the Ottawa Civic Hospital and ask for the Coordinator of transplants, if you are considering organ donation, and the matter will be expediently dealt with.

Our guest, Brian who has just received a transplant,

shared with our group some of his trials and limitations in coping with this disease and his present lifestyle after receiving an organ transplant. We are reminded that March is also Kidney Month and we are encouraged to consider organ donations by signing our Organ Donor cards on our drivers licenses. Our guests and members then enjoyed a light luncheon and some of our hostess's home baking.

The F.W.I.O. is an organization for personal development and community action. If you would like to be a guest speaker or a guest at our meetings, we would be glad to have you. Please call Irene at 756-2161.



## Celebrating 80 years

Elizabeth Inwood celebrated her 80th birthday on Sunday with an open house at the Senior's Citizen's centre in Combermere. Raised in this area, she has one daughter, three grandchildren and two great-grandchildren. Happy Birthday, Elizabeth!!