

## THE PURPOSE

Opportunities for rural women to get together and share common interests are limited. The NORTHERN ONTARIO RURAL WOMEN'S SEMINAR is a 2 day program developed by rural women. This program offers rural women the opportunity to discuss the challenges of today. Speakers have been selected on the basis of their knowledge and experience in a particular area.

We are enthusiastic about the scope and timeliness of the program topics. We hope you accept our invitation to be part of this seminar.

Janet Parsons, Program Chairman

ORGANIZING COMMITTEE - Veuve River Women's Institute  
Jovette Beaudry Janet Parsons  
Mary Ellen Levac Mary Smits  
Amy Campbell, OMAF

### REGISTRATION FEES:

Registration fees include:  
Informal reception - March 20  
Dinner at noon - March 21  
Coffee break

Registration must be received before March 15, 1984

Registration fee.....\$15

### ACCOMODATION:

The New Sunbeam Hotel.....\$12 per person  
(single bed)  
Billets with Womens Institute members .....no charge.

Numerous motels are available in Sturgeon Falls at commercial rates.

For more information contact Janet Parsons 753-0730

## THE PROGRAM

TUESDAY, MARCH 20

- 7:30 p.m. - Registration  
8:00 p.m. - COLOUR DRAPING AND MAKE-UP  
"Colour is magic! No matter what kind of clothes you like to wear, the right colors can make the difference between looking drab and looking radiant!"  
Terryl Ledoux, Colour Consultant: COLOURS, North Bay  
9:30 p.m. - informal reception

WEDNESDAY, MARCH 21

- 9:30 a.m. - "THE FARMER TAKES A WIFE"  
Kristina Maus, Concerned Farm Women, Kincardine  
10:15 a.m. - WHAT ARE THE LONG TERM OPTIONS FOR YOUR BUSINESS -- John Beddows, B.A.  
11:15 a.m. - BEING AWARE IS OUR BEST PROTECTION  
Marilyn Sewell, P.Ag. Farm Safety Consultant,  
Orangeville  
12 noon - Dinner  
1:00 p.m. - COMPUTERS: "WHAT CAN THEY DO? DO I NEED ONE?"  
1:45 p.m. - WOMEN'S HEALTH - DO YOU KNOW???  
Dr. Duchesne, M.D.  
2:30 p.m. - Break  
3:00 p.m. - ASSERTIVENESS TRAINING: LET'S START TODAY  
Gaetan Serre, Canadore College  
4:00 p.m. - Closing remarks and adjourn