

Northumberland East District WI

On Saturday, May 7, 2016, the Northumberland East District WI (Trent Valley Area) held a Women's Day event at the Brighton Community Centre to create awareness of its community involvement. A group of about 30 gathered to hear four speakers and browse the numerous exhibits.

Dr. Duncan Day, a neuropsychologist, demonstrated how the brain can be affected by head trauma. Any loss of consciousness needs to be assessed by emergency. It might take up to ten years to recover from serious or multiple concussions.

Participants relaxed around the cake decorating table as Tara Kotry, Tara Kotta Creations, demonstrated flower techniques. Icing turned cupcakes into unique colourful flowers for individuals to take home.

Margaret Appleby, recently retired from OMAFRA, outlined science's role in food safety. Eating local fresh food is encouraged, as it is nutritious for us and also helps the farm industry.



The fourth session was with Diane Newman Reed, a fitness and bone strength instructor, who reinforced the need for us to sit tall, practice deep breathing and keep moving.

Draw prizes were won and the day concluded with Mary Shortt, President, leading the group with the Mary Stewart Collect.

Pictured: York Road WI Member, Sharon French, shows one of the beautiful flower cupcakes participants got to take home.

Glasgow WI

Glasgow WI (Renfrew South District, Eastern Area) Members had a very fun time at a recent meeting, which started off with a "progressive dinner". Since several Members live on the same street, it was easy to go from home to home. The first destination offered refreshments and appetizers. Then they walked across the way for two different salads that were delicious and refreshing. They proceeded once again down the road for a delightful serving of lasagna and a variety of breads. The final stop was for their meeting, which included dessert, tea and coffee. Everyone enjoyed the evening, which was also a celebration of Glasgow WI's 71st Anniversary.



Pictured, front row (L-R): Mary Richard, Shirley Forest, Gloria Hamilton and Alma McNulty. Back row: Ellen Martin, Laurie Gauvreau, Peggy-Sue Pultz, Marie McCallum, Grace Yantha-Blimkie, Sandy Miller, Dorinda Kelly and Lillian Collins.

Slate River & Kakabeka Falls WI's

The 33rd Annual Slate River and Kakabeka Falls Women's Institute Strawberry Social was held on July 14, 2016. It was another successful event, with 500 people coming out to support the Branches. It was a great evening of socializing, eating delicious strawberry shortcake and browsing the endless tables, which included an assortment of plants, books, delicious baking and a White Elephant table. The monies are shared between the Kakabeka and Slate River WI Branches (Thunder Bay District, Northwestern Area) for donating to community services in need. A silent auction was also held and many compliments were received on the quality of the gift baskets. The Branches extend thanks to all who helped to make the event a success!

Pictured: It was a full house at this year's Strawberry Social, with 500 people in attendance.

