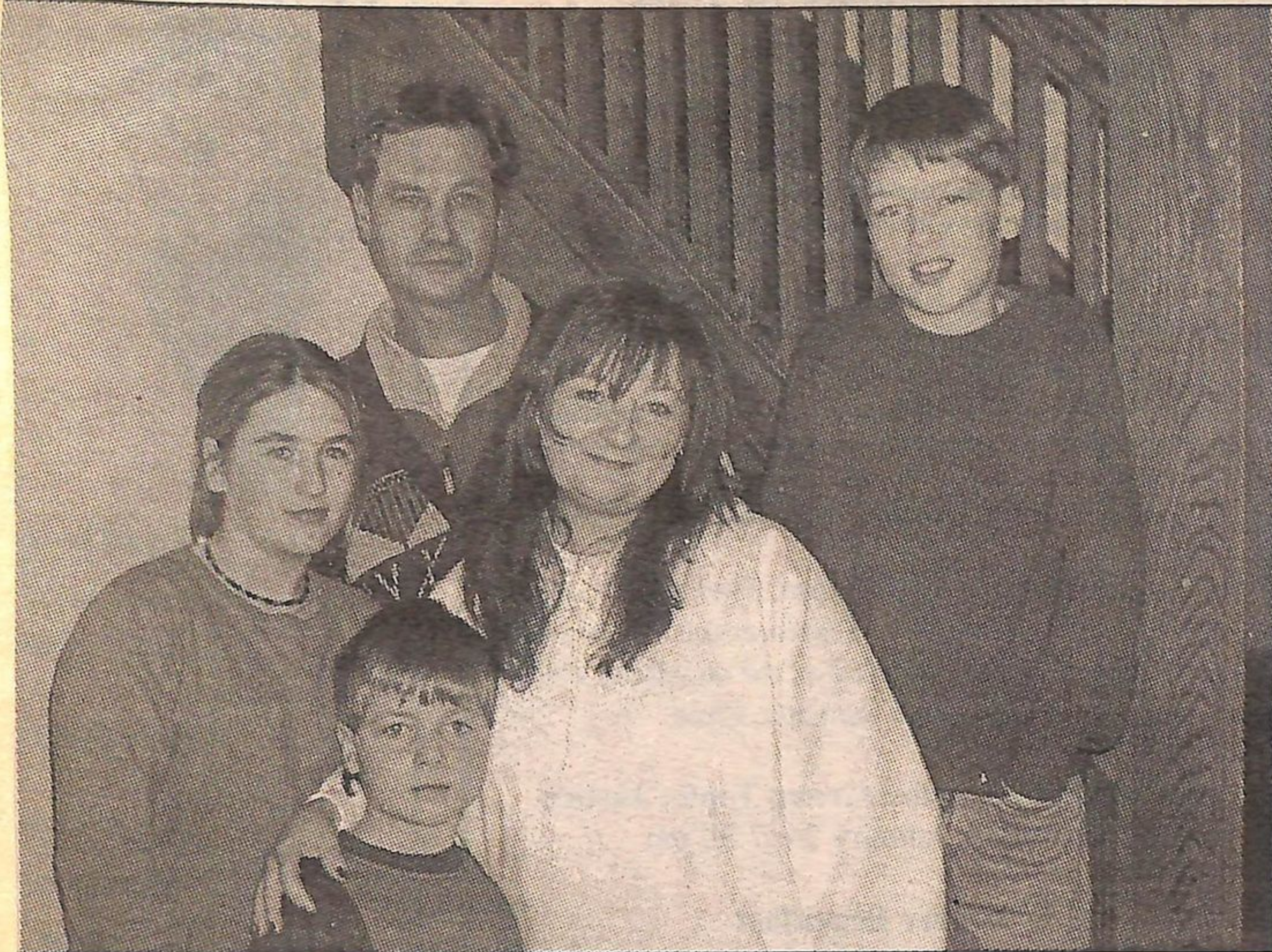


The Vanstrien Family



Our family of the week this week are the Vanstrien family. Pictured are Vicki and David with their three children, Holly (13), Alex (11) and Daniel (8).



The West Nissouri Township History Book was on display at the Heritage Fair at the highschool February 20. Former teacher Susan Towle, who taught at SS#7 West Nissouri, was looking through the section on schools in the history book. The West Nissouri History books are still available by contacting Harold McCutcheon at 461-0669.

BROWNS WI

Members learn the importance of keeping active

Browns Women's Institute meeting was held on Tuesday January 20 at 10 a.m. in the School. The Co-president Liz Harrison welcomed everyone and read two poems 'I'm fine for the Shape I'm in' and 'Wisdom.'

The highlight of our meeting was having Brenda Mitchell, of St. Marys, who told us about the S.W.I.F.T. exercise program. Brenda also explained how important it is to keep active. Brenda led the ladies through a SWIFT program and encouraged the ladies to do the exercises at home.

We then enjoyed a skit 'Figures in Transition.' Susan Towle was the narrator, taking part was 'Lively' Lenora Conn, 'Jumping' Judy Taylor, 'Walking' Evelyn Arthur and 'Slowly Exercising' Sheila Greason.

The Roll Call was name a

favourite 'homemade remedy' for aching muscles or pay a loonie. Pennies for Friendship, pay 10 cents if you stretch daily or 25 cents if you don't.

An invitation was received from Lakeside W. I. to attend their Soup and Dessert Luncheon on Saturday, February 14 at 12 o'clock noon. Storm date will be February 21.

The Spring Board meeting will be held at Huntingford Anglican Church on March 22 at 6:30 p.m. Money was voted for the St. Marys Agricultural Society.

We were asked to raise money for F.W.I.O. expenses and now is the time for the second installment.

Zorra Township is compiling a History Book and are asking for volunteers to help with this project.

It was suggested that we bring in school books and other supplies for the children in Ethiopia.

Our next meeting will be February 17 at 10 a.m. when the theme will be celebrating our Heritage.

Euchre party

Browns Women's Institute had their regular Euchre party in Browns School on Thursday January 8 at 8 o'clock. The prize winners were as follows High Lady Kathy Jeffrey and High Man David Arthur. Lone Hands lady Betty Barons and men Terry Barber. Low lady Ina Pickell and men Bob Jeffrey. Door prize winners were Audrey Somers and Doug Kennedy.

The next Euchre will be held on Thursday, February 5 at 8 o'clock in the School. For a fun night of Euchre, come to Browns.