

Make use of the talents you possess.

You are never too old to learn, or too young to listen.

Happy homes do not happen, they are the result of family effort.

Gardening the easy way - replacing hard work with mulch. "You just plant and pick; you never hoe, you never plow, never spade, never weed, never water, never spray and you never use commercial fertilizers."

Have patience, all things are difficult before they become easy.

If you spend your time improving yourself, you won't have time to criticise others.

TALKS AND TOPICS

Topics and speakers were many. I was glad to learn that some branches were having discussions and readings, and a quiz, on Institute work and the Hand Book, from branch level to A.C.W.W. with interest shown in the A.C.W.W. conference coming in October in Nairobi, Kenya. Slides were shown of convention in Yellowknife, N.W.T. which was loaned from F.W.I.C. library in Ottawa. Several reports indicated many attended the conference in P.E.I. 1976, also Officer's conference in Waterloo, and the Ottawa area.

One branch dealt with Parliamentary Procedure. The Educational System was a controversial subject. It was pointed out that children learn by imitation: half our learning acquired by age of 4, 80% at age 8, and home is where most is acquired. (I often wonder who establishes these facts?) Teachers contributed various talks on teaching slow learners and retarded, and it was stated that more facilities were needed in Dundas County for retarded pupils and retarded adults. A C.U.S.O. volunteer told of her experiences teaching in Algeria. A home visiting teacher for the deaf and hard-of-hearing pre-school children explained duties. The survival of a nursery school was accomplished by a group of parents who financed the project after Government aid was withdrawn.

One branch devoted a meeting to the study of "Quebec Today". A high school student displayed and spoke on a science project which later won first prize at the Science Fair in Ottawa. Talks on "The future of Grade 13"; "New life in the Little Red School House"; "Timbertown" a park to be started in Renfrew County as a tourist attraction; A speaker on "Wintario Grants"; Olympic games - old and new; A guest speaker from V.O.N. attended different branches; Assistant Historian of the R.C.M.P. Mr. Carl Betke, gave the history, with pictures of the Northwest Mounted Police and the founding of the R.C.M.P.; Mr. John Dunn told histories of old homes and churches in Almonte area; A local surgeon discussed use of gastroscope, invented in Japan, but used in Canada since 1966. The W. I. helped to purchase this instrument; Other papers were given on "Metric System"; McKenzie River System; Interior Decorating; "Bees and bee keeping: One branch viewed the book of photographs, "Between Friends", designed as a Bicentennial gift to our American neighbours in 1976: A constable instructed and advised on the use of seat belts. (Husbands and friends were invited); And a deputy fire chief of a volunteer fire department, traced its history from 1860 to the present.

Community and Cultural affairs: It seems the Ottawa Valley has a great deal of talent much of it centred in our Women's Institutes. Poems for special days, skits by members and 4-H girls are reported. Crafts of all kinds with many branches competing at local fairs and the Ottawa Exhibition; sending quilt blocks to Erland Lee Home; tuck shop supplies for local hospital; presenting trophies and prizes to students; one branch gave their piano to local Senior Citizens Apartment; a radio record player for Fairview Manor in Lanark North.

We pay tribute to the 4-H clubs and their leaders and to our Home Economists. 4-H girls gave demonstration "Pioneer cooking in Rideau Township"; 4-H girls in Kenmore presented a skit for their achievement day, and this skit was chosen to be