

FWIO spring meeting held in Guelph

From the Federated Women's Institutes of Ontario
 Plant a tree to benefit the environment and the community but also as a symbol of growing into the future and spreading out into the community was the special project for the coming year to be undertaken by all levels of Federated Women's Institutes of Ontario (FWIO). This was one of the many decisions of

the FWIO spring meeting held recently in Guelph.

The FWIO commitment to improving life in rural communities was confirmed by the keynote speech by Hon Elmer Buchanan, Minister of Agriculture and Food, who also stated that looking at the Rural Community as whole and Rural development to benefit all was one of his priorities. Long term programmes, long term

credit and less dependence on banks would benefit the whole rural community instead of band-aid solutions were the way to go to benefit all.

The effect of cross-border shopping which affects those who live along the USA-Canada border, but ultimately it is all who live in Canada was one of the many questions posed by FWIO Board Directors to the Minister. One of

the Board Directors surprised the Minister when she informed him that a Community College had offered courses in Cross-Border shopping.

As FWIO is the only rural organization that does not feature any one aspect of rural living but represents it all, the FWIO Board were pleased to hear the Ministers statements, particularly when he said FWIO would be

an ideal organization to work with consumers.

The influence that FWIO does have as an organization was demonstrated by some recent appointments. Peggy Knapp, FWIO President, is on a committee to look at the role of agriculture in the Royal Winter Fair as well she has been appointed to a special committee chaired by the Minister of Agriculture and Food looking at Agriculture and the Environment.

Joyce Anderson, FWIO representative on Ontario Federation of Agriculture (OFA) is Chairman on Agri-Food week in Ontario (an opportunity to give consumers a chance to look at Ontario products) as well as being on the Management Board of Ontario Agriculture Training Institute (OATI) and was one of the 15 OFA representatives to Canadian Federation of Agriculture. There are certainly no barriers to FWIO participation in agriculture.

Hilde Morden, FWIO Programme Coordinator showed a series of Farm Safety Kits, that have recently been produced by FWIC. These have a variety of activities in them as well as practical ways of Safety.

Looking to the future FWIO agreed that the FWIC Triennial Convention and FWIO Main Centennial Celebration will be held in Toronto in June 1997. An opportunity for the world to join in the celebration.

As part of its policy of moving its Conference around the province it was announced that the 1992 Conference titled "Reach for the Stars" would be held in Thunder Bay Aug. 7-9, 1992.

FWIO theme of Women and the Environment and all the projects it has undertaken has lead to it being nominated in the Organizations Category for Recycling Council of Ontario (RCO) Awards. Plans were made for FWIO participation in the Environment Fair to be held at Agriculture Museum at Milton May 25 and 26. A great opportunity to show off some of our ways of assisting the Environment.

On display at the FWIO Board Meeting were a variety of Crafts that will be going to FWIC Convention in Victoria in July. These showed the variety of talents within the FWIO organization, and the sale of these crafts is a way we pay our way. At the FWIC Convention each province has to feature an industry, so FWIO has decided to feature Ontario's effort in Space Technology in particular the Canada Arm.

This is just a sample of the variety of topics covered at the FWIO Spring Board Meeting. Indicative of the variety of Trees that will be planted by FWIO Members in the coming year.

Smoking countdown

The next COUNTDOWN smoking cessation program will be held at Milton District Hospital starting on Tuesday, April 30.

This tapering down to quit program lasts for seven sessions over a period of five weeks. The cost is \$95.00, less than one month's cigarette money! To register call The Lung Association - Halton Region at 632-8499.

Losing weight can reduce hypertension

A low-calorie diet is one of the most effective ways to lower blood pressure, provided the patient is overweight to begin with. Someone 20% overweight who can lose 20 pounds is likely to see his blood pressure drop by 10 mm Hg in both systolic and diastolic readings. Statistics also suggest that it may be easier for obese people to permanently lose weight than most experts believe. From RN magazine, December 1990.

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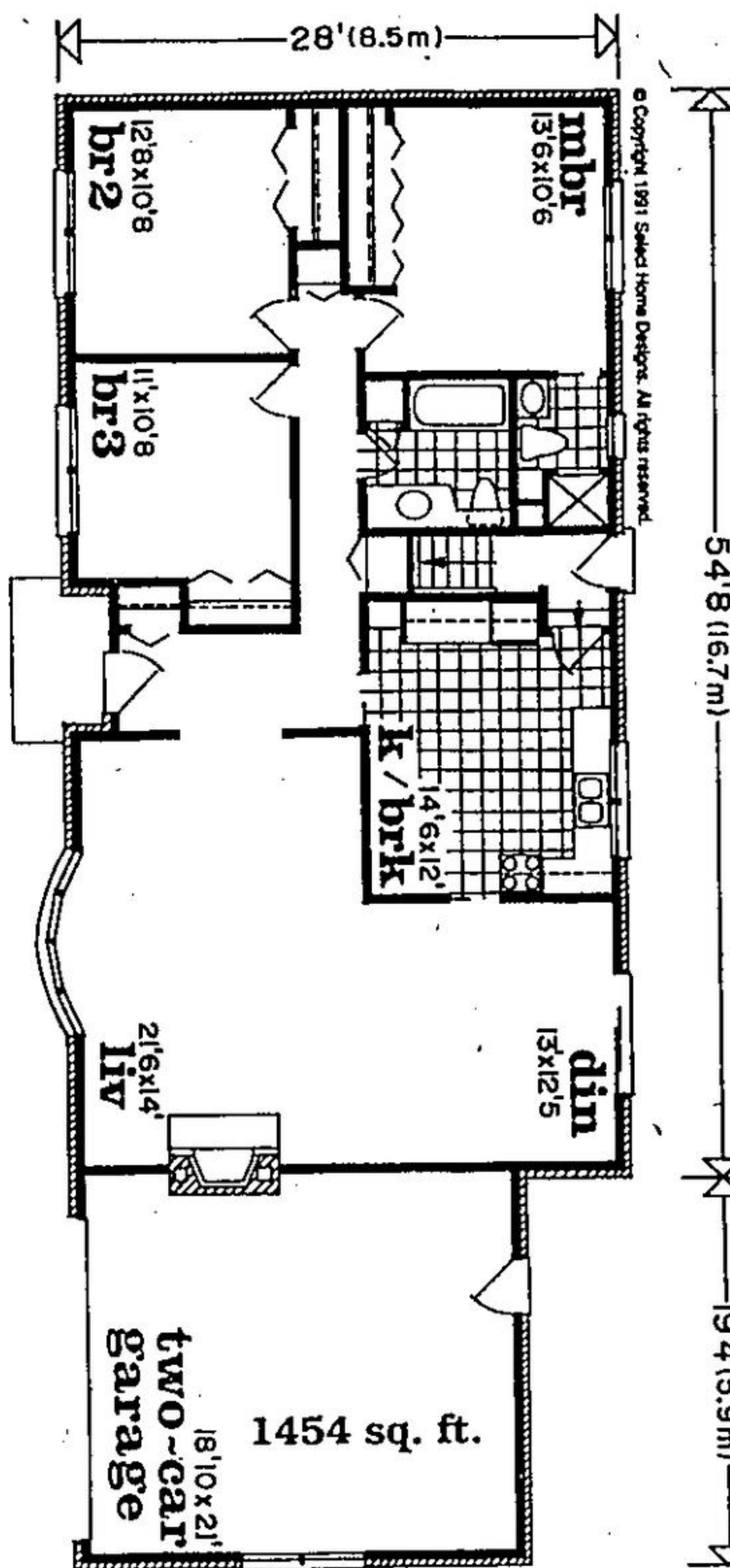
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