

Farm Women Societies

Lancaster Society 18

Lancaster Farm Women Society #18 met at the home of Mrs. Richard Hershey, Overhill Drive on March 19.

Henry Brenner, retired teacher from Lampeter Strasburg School, showed history in slides of Lanc. Co. Homesteads. Small early log barns and houses grew through the years to large farms, German-influenced bank barns and beautiful homesteads. Many of these

were occupied by generations of the same families.

Some seats are still available for the bus trip planned to the Hagley Museum on May 17, call Mrs. Henry Nissley 464-4123 for more information.

Nineteen members and six guests enjoyed the meeting with Mrs. Ruth Landis, president presiding.

Berks Society 6

Nine members of the Society of Farm Women of Berks Co. Group #6 met at the home of Mary Youse for their March meeting.

Tim Glick, guest speaker showed a video & spoke on the flood relief work he did in the midwest.

President Janet Schlegel thanked everyone for their donations of dry goods for the Berks Co. Food Bank.

Berks Heim Bingo is April 7 at the main building. The Volunteer

Recognition Dinner is April 20 at Berks Heim, two members will attend. Berks Heim festival is Sept. 11.

Donations were made to the Berks Co. Dairy Promotion, and to the Oley Valley High School for the outstanding senior in home economics and agriculture. The next meeting will be held at the Pleasantville Diner at 7:30 for "Everyone's Birthday Party". Each person is asked to bring a \$5 gift to exchange.

Last of the Susquehannock Indians

HERSHEY (Dauphin Co.) — Archaeologist and author Dr. Barry C. Kent talks about the end of a way of life in an illustrated lecture "Last of the Susquehannocks" which will be held at the Hershey Museum on Monday, April 18, at 1 p.m. The program is part of the Museum Monday series intended to provide information about aspects of the museum's permanent collections which includes

artifacts of Susquehannock life.

Kent writes that "History reminds us that the end of the Susquehannock way of life can be marked on December 27, 1763." His program recounts the archaeological and historical evidence for the changing and troubled way of life of the Susquehannock Indians of central Pennsylvania during the 300 years leading to the events of 1763.

This program is supported by a grant from the Pennsylvania Humanities Council, a statewide funding organization funded, in part, by the National Endowment for the Humanities. The program is free with museum admission. For information, please call (717) 534-3439.

Landis Valley Museum Needs Volunteers

LANCASTER (Lancaster Co.) — Join the neighborly community of Landis Valley Museum and take advantage of possibilities to learn, meet people, contribute, and enjoy yourself! Volunteers are critical to the success of the museum and make it possible to educate the public about Pennsylvania German rural life through diverse programs and services.

Interpretive guides are currently needed for the May 1 - October 31 season. Training sessions will be held on Wednesday, April 6; also on Wednesday and Thursday, April 13 and 14.

Landis Valley in Lancaster is

the largest Pennsylvania German museum and is rated "exceptional" by AAA. Its many historical buildings, ranging from farmsteads and a tavern to craft shops and a firehouse, gardens, groves and orchards provide a wonderful environment in which to volunteer.

It is a state-owned museum operated by the Pennsylvania Historical and Museum Commission and supported by the Landis Valley Associates, located 2.5 miles north of Lancaster on Route 272/Oregon Pike. Call Margaret Arnold, volunteer coordinator, at (717) 569-0401 for more information.

York Society 26

York County Farm Women 26 met at Two Brothers Restaurant on March 8 for a luncheon followed by the regular meeting.

Betty Bertolette and Mabel Miller were the hostesses. 16 members were in

attendance.

Marvin Beshore, a member of the "Pennsylvania Foundation For Better Living" was the guest speaker.

The next meeting will be April 12.

Weight Loss

CREAMERY (Montgomery Co.) — This 12 week program emphasizes permanent lifestyle changes, including a low-fat diet. You should expect to lose from 1/2 to 2 pounds per week. Cost of this program is \$45 for the 12-week program. Classes are to be held at the 4-H Center located on Route 113 in Creamery, one mile south of Skippack and Route 73. Classes meet once a week. They are scheduled for Monday evenings 7-9 pm OR Tuesday mornings 10-12 am, starting June 13 or 14.

This program, developed by Nutrition Specialists at Penn State University, is based on the most current research into theories of obesity, weight loss and coping (relapse) management. It is offered through your county extension office. Contact the Montgomery County Cooperative Extension office at (215) 489-4315 for further information.

To sign up for the 12 week series, send \$45 with your name, address, phone number, class preference (Monday or Tuesday) to Montgomery County Cooperative Extension, 1015 Rt. 113, PO Box 20, Creamery, PA 19430-0020. Class size is limited. Registration is due by May 31st, 1994.

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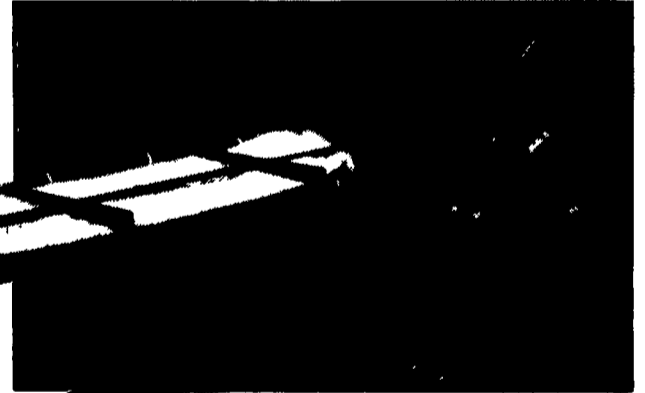
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