



# Herefordshire Newsletter



Federation of Women's Institutes

December 2024 & January

## MARGARET'S MEMO

Wishing you all a very Merry Christmas whether you spend it quietly enjoying festive music, singing along to much loved tunes which have been on the radio for weeks or so it seems. Or you may be part of the annual family gathering, each with their own ways of celebrating the season. However you spend the days over Christmas, enjoy the change from the daily routine. If you are one of the many who work over the holiday, I hope you have time for enjoyment and, thank you for all that you do.

Then a few days before 2024 becomes 2025 and there is another year to look forward to and do look forward to all the friendship and fun that being a WI member brings. This Newsletter will bring information on some activities early in the year and there will be many more to follow. WI programmes will be planned giving a variety of activities and topics. Remember to think about the resolutions which do make a difference to us all and your vote does count.

As 2025 approaches, do resolve to embrace change, be positive and always look for the best.

I wish everyone a happy and peaceful New Year and look forward to seeing you in 2025.

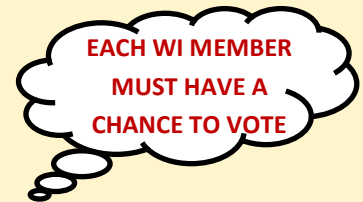
Margaret



## RESOLUTIONS

### NFWI RESOLUTION SHORTLIST FOR 2024-25

- 1 Let's talk about incontinence
- 2 Bystanders can be lifesavers
- 3 Join the repair resolution
- 4 Eliminate landfill of medication packaging



more information on each resolution check you latest WILife magazine or <https://mywi.thewi.org.uk/public-affairs-and-campaigns/news-and-actions/resolution-shortlist-2024-25-selection>

Votes due to Federation by 9 February 2025. Sandra Walker, HFWI Federation Resolution Co-ordinator [sjwalker253@gmail.com](mailto:sjwalker253@gmail.com)



### HFWI NEWSLETTER CONTRIBUTORS SCHEDULE

Issue	2025-26
	Contributions to WI House
FEBRUARY 2024	Wed 3rd January
MARCH 2024	Mon 5th February
APRIL 2025	Mon 3rd March
MAY 2025	Tues 1st April
JUNE 2025	Mon 5th May
JULY/AUGUST 2025	Mon 2nd June
SEPTEMBER 2025	Mon 4th August
OCTOBER 2025	Mon 1st September
NOVEMBER 2025	Mon 6th October
DECEMBER '25/JANUARY '26	Mon 3rd November

**WI HOUSE WILL BE CLOSED on Tuesday 10 & 17 December.**  
**Holiday closure will be 20 December - 7 January**

### FURNITURE FOR SALE

Large Dining Table and chairs, in immaculate condition (plus protective glass sheet and comfy chairs (8))



Buyer collects at their own expense.

Send offers to [fedsec@herefordshirewi.org.uk](mailto:fedsec@herefordshirewi.org.uk)



## DIGITAL NEWS FOR NOVEMBER 2024

Do you need digital help with your:

WI Website; Generic Email; MCS; MyWI; Facebook;  
WI Accounts spreadsheet; PowerPoint; Word, etc?

We are here to help. Training offered: 1:2:1 or group sessions.

Contact: [fedsec@herefordshirewi.org.uk](mailto:fedsec@herefordshirewi.org.uk)



**WI HOUSE WILL BE CLOSED on  
Tuesday 10 & 17 December.  
Holiday closure will be  
20 December - 7 January**

## HFWI November's '100' Club Winners

- 1st Prize (£20) - Ticket number 08—Munsley WI
- 2nd Prize (£10) - Ticket number 21—Preston Wynne
- 3rd Prize (£5) - Ticket number 33—Allensmore



## MEMBERSHIP SUPPORT TEAM

The Membership Support Team would like to send their very best wishes to all Herefordshire WIs as the festive season approaches. We hope you all enjoy your Christmas activities, we are looking forward to joining some of you as you celebrate the festive season.

Looking ahead to the New Year, and annual meetings will be here before we know it. If you've been thinking about joining your WI committee or becoming an officer, you might like to think about attending our *Taking the Next Step* workshop where you can find out more about what it takes to run your WI and about the history of the WI itself. This workshop is not replacing the usual Officer training we will be offering as usual, but will provide a more general overview of all committee roles and what it takes to run a successful WI. Now too is the time to plan ahead and invite an Adviser to come along to attend your annual meeting. We enjoy visiting WIs as they look back on their year and look forward to the next, and the annual meeting is an excellent opportunity to invite your Adviser along.

Wishing you all a very peaceful and happy Christmas.

Joy and Caroline,

[hfw\\_advisers@herefordshirewi.org.uk](mailto:hfw_advisers@herefordshirewi.org.uk)



## WARMING RECIPE FOR A COLD WINTER DAY THURSDAY, 23 JANUARY 2025



## Lunch Bowl

- 1 portion of Lunch
- A pinch of chat
- Stir up some energy
- Pick up your Bowl and mix it up
- STRIKE while hot!



At Grove Golf and Bowl, South of Leominster on the A49 HR6 0LE

12:30pm

Includes bowling and a light bite lunch the price is dependent on numbers attending. Payment can be by card, cash or cheques.

Please book your place by emailing [jvwi2020@gmail.com](mailto:jvwi2020@gmail.com)







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Dear member

It was encouraging to see that at the recent March for clean water in our capital the WI were out in force and spoke about the historic commitment that the WI have given to the cause of clean rivers.

In trying to understand the vulnerabilities of the River Wye it is essential that enough regular data is collected from the different catchment areas. This data is collected centrally and is available to inform decision makers.

Dore citizen scientists operate under the umbrella of the Wye Salmon Association and we test the rivers Dore, Worm and Dulas. We are a small group and have now contributed nearly 4 years of data. We have good connections with Welsh water and local EA representatives with whom we have occasional meetings.

Due to members moving out of the area we are looking for two new volunteers in the Pontrilas / Ewyas Harold and/or Vowchurch area. Full training and testing kits will be provided.

We would be happy to demonstrate what we do and give a brief talk and answer questions.

Please email [citizensciencedore@gmail.com](mailto:citizensciencedore@gmail.com) or phone 01981 550680. We look forward to your interest. Jennie Hewitt



## HAVE A GO

**£500 PRIZE MONEY**

**Two categories – Poetry and Short Story**

Closing date – 15 January, 2025

£10 entry fee for up to 3 poems of up to 30 lines or

£10 entry fee for 1 short story of up to 3,000 words

Subjects are your own choice

More details from at <https://thebournemouthjournal.com/bournemouth-writing>



We're building a network of qualified show and competition judges for craft, floral art, cookery, preserves and staging and interpretation.

And we're training new judges, equipping them with the knowledge and skills to judge at local, regional, and national shows.

Our judges are:

- Experts in their disciplines and committed to professional standards
- Trained in giving constructive, honest feedback to entrants
- Well-prepared, fair and encouraging

Qualified judges raise the profile of shows, and pass on their knowledge to entrants.

If you're interested in training as judge...or inviting one of our judges to a show or competition, please get in touch at: [contact@showandcompetitionjudges.com](mailto:contact@showandcompetitionjudges.com)



## RATES FOR ADVERTISING IN THE HFWI NEWSLETTER

The Board of Trustees have decided to issue the following rates for adverts placed in the eNewsletter. Once an advert payment is secure the advertisement can be placed in HFWI Facebook and website pages. Adverts will be produced in black and white.

One Pin Board page, for free, 20-word max, items from Federation WIs about their events. Other advertising:

Page	WI	Charity	Commercial
¼	£5	£7	£9
½	£8	£10	£18
Full	£10	£22	£36

Contact details: Rosi Taylor ([rosi.taylor54@googlemail.com](mailto:rosi.taylor54@googlemail.com), 07821 197219)

Please note that your contributions for the eNewsletter should be with [admin@herefordshirewi.org.uk](mailto:admin@herefordshirewi.org.uk) by the 1st Monday of the preceding month.





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**PILATES**  
with Alison Allan

LITTLE DEWCHURCH VILLAGE HALL

**SENIORS PILATES**  
Monday 11.15am - 12.15pm

**Book Now**  
☎ 07947 011707  
🌐 [www.perfectbalance.life](http://www.perfectbalance.life)  
✉ [alison@perfectbalance.life](mailto:alison@perfectbalance.life)

PERFECT BALANCE

**Join Alison Allan for Pilates**  
Pilates sessions are taught as small group classes and as individual one to one sessions.  
Pilates is a great way to keep your body feeling agile and energised. The movements focus on posture, alignment, core strength, balance and flexibility.



**tmw** Tai Chi Movements for Wellbeing

LITTLE DEWCHURCH VILLAGE HALL  
Thursdays 10.45am - 11.45am


**Book Now**  
☎ 07947 011707  
🌐 [www.perfectbalance.life](http://www.perfectbalance.life)  
✉ [alison@perfectbalance.life](mailto:alison@perfectbalance.life)

Starts Sept 2024

PERFECT BALANCE

**Join Alison Allan for TMW (Tai Chi Movements for Wellbeing)**  
A beautifully flowing and carefully selected sequence of movements designed to enhance and promote our physical and emotional wellbeing. The movements which have origins in Tai Chi, Chi Kung and meditation are simplified and can be performed standing or seated making it accessible to everyone.

**EXPLORING HEREFORD'S HISTORY**  
An Eight Week Lecture Series  
with  
Hereford Guild of Mayor's Guides



MARKET PLACE, HEREFORD.



Image © Herefordshire Libraries [www.herefordshirehistory.co.uk](http://www.herefordshirehistory.co.uk)

The Kindie Centre, Hereford, HR2 7JE

10.15 - 12.30 22nd January - 19th March 2025 (with Half Term break)  
Open to All - £75  
(Refund of £50 for those continuing to train as City Guides)

Learn about life in Hereford through the ages from our expert guest speakers

For more information see our website  
[www.herefordguidedwalks.org.uk](http://www.herefordguidedwalks.org.uk)

**TAPESTRY CANVASES**  
Beautifully stretched and made into cushions, bell-pulls, rugs, etc.  
Cheltenham 01242 233883

**Pepper Dandie Rosettes & Sashes**



Lucy Evans  
Stanley Villa  
Kinnersley  
Herefordshire  
HR3 6NY  
07786062719

No minimum or maximum quantities.  
All made from premium quality materials manufactured in the UK.  
Made for any occasions Agricultural, Horse, Dog Shows, Fetes, Clubs, to name a few.





## WI NEWS

### NEWS FROM THE HFWI TRUSTEES

Thank you to the wonderful ladies who knit Teddies and also the Fish and Chip Baby Jumpers that were originally sent to South Africa until the authorities decided to raise Duty on these gifted parcels. Now they go to Romania and Ukraine through a local Registered Charity that also takes the Spectacles and Hearing Aids left at WI House.

At the recent ACM a video was shown of children with Teddies, specially knitted for a previous visit after Covid for a good friend who is an Annual Visitor to South Africa and who helps where she can during our English Winter. Recently she asked if she could please take some Jumpers and Teddies on her next visit. She knew of an area where an orphanage had recently had a fire.

The Teddies will be delivered soon and in time to be given out at the Christmas Party. What a lovely idea.

Photos of that event have been promised and I have copied in messages received for you all to read and see where and how the Jumpers you have made are being distributed.

Veronica Madgen, HFWI Trustee



### LEDBURY WI



Members wondered what to expect when they read the title of our October presentation "The Mediaeval Archer". What an informative and entertaining speaker Richard Jaynes proved to be.

We learned that in 1252 the first archery law was introduced making it compulsory for all men between 15 and 60 to be trained in using the longbow, ensuring that English armies were highly effective in conflict. The longbow was a powerful weapon, made of Italian yew and capable of shooting 400 yards at a rate of 10 a minute. Barrels full of arrows were sent ahead to the battlefield with young boys carrying out the dangerous task of running to individual archers to keep them supplied. Battles seldom lasted more than 20 minutes.

It was fascinating and didn't Tina Jackson make an excellent archer?

Richard has a range of talks and we will certainly be inviting him back.

The competition for "A Feather" in honour of the archery theme, was won by Jenny Treasure

HFWI Events Please apply for tickets through your Secretary/Treasurer/Booking Person. BACS or cheque payments shown on your bank statements will act as receipt of monies received by HFWI. Receipts will be issued for cash transactions. If the word 'non-members' is not printed on the application form, the event is for members only. If oversubscribed (too many applications for places received before the closing date), WI members have priority and a ballot may be held. Notification of cancellation or over-subscription will be sent to the Booking Person as soon as possible. If you can't attend, it is up to you to sell your ticket (as appropriate), no refunds are given unless the event cannot go ahead or is over-subscribed. Please note: All events except training are fundraisers for HFWI. Should you have to cancel any booking, please find replacements and sell on your tickets.



## WI NEWS

**LEOMINSTER LASSES** September meeting was a rather cheesy evening where members enjoyed sampling different types of cheeses from a range of prices and were asked to decide if it is worth paying higher premiums for foods. The evening ended with a fun quiz test to our cheesy knowledge.

We were thrilled to be one of the 8 WIs across Powys-Radnor and Herefordshire taking part in the "pass the baton" source to confluence River Lugg walk to support WI River Action week.

October's meeting saw Leominster Lasses member Ann Snee did an excellent job of chatting to our guest Jane Sanderson, a local author, to illicit details of her career choices, which included a spell as a producer for BBC Woman's Hour and other media work, leading to her success as an author. Particular reference was made to Jane's novel Mix Tape (which several of our members had read) which has recently been filmed (in Ireland and Australia). We were pleased to welcome members from Stoke Prior WI to this session along with other guests.



## TUPSLEY WI

At our October meeting we welcomed Meriet Duncan who gave us a very interesting talk about Bees. How she first became involved in keeping them, how a hive is set up, information about the bees, their daily activity and their contribution to our gardens. Several Members purchased her book for Christmas presents.

The tête-à-tête bulbs were planted on September 27th and we are looking forward to seeing them appear in the Spring of our anniversary year.

After a Summer break our Skittles group started up again. Our other groups including Craft, Walking, Book club, Theatre, Book club and Sunday lunch continue to thrive.



© Herefordshire Federation of WIs

Website: <https://herefordshire.thewi.org.uk/>

HFWI Office is located at WI House, 90 St Owen's Street, Hereford, HR1 2QD. Office hours: Tuesday-Friday 9.30am-2.30pm. Telephone number: 01432 272268.





## WI NEWS

### HFWI LUNCH AND BOWL

Just 14 members enjoyed a relaxed lunch followed by lots of fun as we tried to bowl, some more successfully than others. The lunch was delicious and hot, served by two attentive and efficient waiters and it was reasonably priced. As bowlers, our abilities were mixed but much fun was had by all. Many thanks to Jane for organising the event and do look out for the next one in 2025.



2025 EVENT

### SALTMARSHE WI members at the HFWI Lunch and Bowl





## WI NEWS

**PETERSTOW WI** had a fun afternoon making sausages with local butcher Tim Hank!

He brought a side of pork with him and talked us through the process of butchering and what each joint was and how it could be used. He certainly had a very sharp knife and made it look very easy!!

The fun started when he started mixing the sausage meat, cereal and herbs together to make the sausages! He asked for a volunteer to help tie the sausage strings, Adele our President raced to the table to help. He gave us the sausages to share between us and take home. He also added some cooked sausages to the afternoon tea for us to sample...very delicious they were too.



At their November meeting, **STOKE PRIOR & DISTRICT WI** heard that they had received their 95th Birthday Certificate at the recent ACM. Also their Secretary, Sue Cleaver had been presented with the Judges Cup for having a photo that she had submitted on the front cover of the 2025 Calendar. Debbie Weaver was welcomed and had come to show the members how to decorate their own Christmas Baubles with acrylic paint. Everyone went home with at least one decorations.

They will be having their Christmas Lunch at The Fountain, Tenbury Wells in December when they will be joined by friends and guests.

**SALTMARSHE & DISTRICT WI** The Salties enjoyed a fascinating talk and demonstration by Noella Plasman-Jones of the Japanese art of flower arranging

Noella showed us three arrangements stressing that the characteristics are to be asymmetric in shape, acknowledging the use of space and exercising restraint and understatement

We were all fascinated to see each come to life by the placing of so few items together. A very worthwhile and welcome speaker.








## WI BRANCH NOTICES



MUNSLEY WI  
**Dec 7th**  
**Cooking Demo**  
**Followed by Lunch**

Munsley Hall

**10.30am**



ADVERTISE YOUR EVENT HERE  
 FOR FREE



MUNSLEY WI  
**Jan 4th**  
**Coffee, Chat and Swap**  
**meeting**

Munsley Hall

**10.30am**



Preston Wynne WI  
**8<sup>th</sup> JANUARY**  
**7.30pm**  
 All are invited  
**SOMALIA EXPERIENCE**  
**With Pat Simpkin**

Delicious Refreshments



*Merry  
 Christmas*



HAPPY  
*New Year*

**POST YOUR EVENTS HERE!**

Up to 20 words FREE of charge for WI events



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## HEREFORDSHIRE FEDERATION WI DIARY OF EVENTS NOV '24-JULY '25

DATE	EVENT	INFORMATION & VENUE	TIME	COST* & DETAILS
Sat 30 <sup>th</sup> Nov	Coach Trip	Royal Worcester Museum and Victorian Christmas Market	Various pickup times Day trip	Coach, <a href="#">entry</a> and light refreshments. £30 WI, £35 non-WI
Tues 10 Dec (only)	Office Closure	WI House Hereford	Re-opening 11 Dec at 9.30am	WI House will be closed on this day
Sat 14 <sup>th</sup> Dec	Coffee & Catch-up	THE NEST, Little Verzons Farm, Hereford Road, Nr Ledbury, HR8 2PZ	From 10.30am	Open to all members
Tues 17 Dec (only)	Office Closure	WI House Hereford	Re-opening 18 <sup>th</sup> Dec at 9.30am	WI House will be closed on this day
20 Dec-7 Jan	Office Closure	WI House Hereford	Re-opening 7 Jan at 9.30am	WI House will be closed over the festive period
Thurs 23 January	Lunch & Bowl	The Grove Golf & Bowl, HR6 OLE	12.30pm	Includes bowling and lite bite lunch. See pg 2 for details
Fri 31 <sup>st</sup> January	Competition deadline	HFWI Calendar 2026 picture deadline	Submit by 31/1/2025	Picture category 'Letter W'
Wed 5 Feb 2025	Coach Trip	Cirencester & Cerney House – Snowdrop Tour	Various pickup times Day trip	Coach, <a href="#">entry</a> and light refreshments. £35* for WI Members
Sat 8 February	Coffee & Catch-up	The Hop Pocket, Bishop's Frome, WR6 5BT	From 10.30am	Open to all members
Fri 21 February	Coach Trip – Booking form to follow	National Trust Handbury Hall & Jinny Ring Craft Centre	Various pickup times Day trip	Coach and entry: £20 WI&NT; £25 Non-WI&NT; £35WI& <a href="#">Non-NT</a> ; £40 NonWI&NonNT
Sat 8 March	International Women's Day	Lunch at Munsley Hall	Midday-2pm	TBA
Fri 14 <sup>th</sup> March	Coffee & Catch-up	Wellington Home and Gardens, HR4 8BB	From 10.30am	Open to all members
Tues 25 March	Coach Trip – Booking form to follow	National Trust Wightwick Manor & Gardens, Wolverhampton	Various pickup times Day trip	Coach and entry: £20 WI&NT; £25 Non-WI&NT; £35WI& <a href="#">Non-NT</a> ; £40 NonWI&NonNT
Sat 12 April	Coffee & Catch-up	Newton Court, HR6 0PF	From 10.30am	Open to all members
Fri 9 May	Coffee & Catch-up	THE NEST, Nr Ledbury, HR8 2PZ	From 10.30am	Open to all members
Sat 14 June	Coffee & Catch-up	Pengethley Garden Centre, HR9 6LL	From 10.30am	Open to all members
Fri 27 June	HFWI Quiz Rounds	At locations around the county	TBA	TBA
Fri 4 July	HFWI Quiz Final	Location TBA	TBA	TBA
Fri 11 July	Coffee & Catch-up	The Hop Pocket, Bishop's Frome, WR6 5BT	From 10.30am	Open to all members
Thurs 31 July 2025	Competition deadline	Eira Furlong Cup Competition 2025	Submit by 31/7/2025	A piece of 2D embroidery – See newsletter ad for details
Thurs 31 July 2025	Coach Trip	NEC Festival of Quilts Birmingham	Various pickup times Day trip	Coach only – £20 You are responsible for pre-booking your own entry ticket

\*Non-WI members will pay a surcharge on all trips. For more details email: [admin@herefordshirewi.org.uk](mailto:admin@herefordshirewi.org.uk)





## Season's Greetings

*From*

*Margaret Simecock*

*Jacqui Woodhouse*

*Jane Voogd*

*Veronica Madgen*

*Georgina Voogd*

*Sandra Walker*

*Joy Edwards*

*Roz Simecock*

*Caroline Miller*