

Federation of Women's Institutes



#### **MARGARET'S MEMO**

Theophrastus, an ancient philosopher, believed that time was more valuable than money or gold and for both Margaret and myself it is.

Margaret continues to make steady, but slow progress and is still in hospital in Leominster, but she may move to Bromyard in the near future.

In relation to myself "What happened to February"!

Well members, I was in charge of the first Out and About trip of 2025. We travelled to the Cotswolds and a super time was had by all, be it a visit to the Museum at Cirencester, or a quick peek into the church or the variety of shops. The day was completed with a walk around Cerney House Gardens. I was very envious of the snowdrops and aconites, and the tea and cakes were up to WI standard. I hope to revisit in the summer when the roses are out, anyone interested to see the roses let me know.

When I chatted to Margaret, I did get a chuckle when I mentioned she would be proud of me; I left with 35 WI members and friends and made it back with the same number, and on time! It must have been beginners luck, so I will leave it to the experts for the next trip to Wightwick Manor and gardens.

Can I take this opportunity to say 'well done, everyone' over 70% of Herefordshire members made the effort to vote on the different resolutions and we wait with bated breath for the results.

Hopefully, I will be meeting some of you at the Soup and Pudding Lunch at Munsley Hall and the Cuppa and Catchup at Wellington Home and Gardens.

In between times you will find me in my garden, not quite talking to the plants but enjoying the reawakening of plants and the show of colour you get in March.

Jane Voogd





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### **HFWI GREEN CORNER**

#### Clean Rivers Catch Up Tea

Our tea party for councillors and MPs was such a success last year that we're planning to do it again on Friday May 16<sup>th</sup> from 2 till 4pm. Due to the limited space available at the venue (Munsley Hall), we would like to invite members who have been involved with their rivers across the county to come along and chat about their experiences to our local elected representatives. If that's you, whether you've been water testing, river fly monitoring, walking the Lugg last year, making collages, engaging with your water company or you just enjoy spending time near your local river then we would love to hear from you.

Please contact <u>hfwiclimate@gmail.com</u> with some brief details of what you've been up to, if you'd like to come along. Many thanks Christy Crouch, HFWI Climate Ambassador

#### HEREFORDSHIRE FEDERATION WI SUBMITTED TALLY OF RESOLUTION VOTES

Please find below a table showing the tally of member votes for each resolution submitted February 2025.

Thank you to all the WIs that returned tallies. 72% of members voted in Herefordshire.

NFWI will collect the tallies from federations and outline the next stage of the process which will involve all delegates collecting WI votes.

Each WI will vote YES/NO for the resolution(s) that will be going forward to the Annual Meeting in June.

A WI can also give a DISCRETION decision to their delegate attending the AM.

Title of resolution	Number of selections
Let's Talk about Incontinence	218
Bystanders Can be Lifesavers	262
Join the Repair Revolution	97
Eliminate landfill of Medication Packaging	214
TOTAL NUMBER OF SELECTIONS	791

Any questions please get in touch.

Sandra Walker sjwalker253@gmail.com

### STOP PRESS \* STOP PRESS \* STOP PRESS \* STOP PRESS

The NFWI Board of Trustees has agreed to put forward the top (one) resolution to the Annual Meeting in June..... Bystanders Can Be Lifesavers which achieved 36% of votes

The wording of the resolution is as follows:

"There are over 30,000 out of hospital cardiac arrests a year in the UK and less than one in ten people survive. Women have a lower chance of surviving than men. Early cardiopulmonary resuscitation (CPR) and defibrillating can more than double the chances of survival. We call on WI members to work together to increase public confidence and training in the delivery of CPR and to work with local organisations to help to improve access to defibrillators in their communities to give every person the best chance of surviving a cardiac arrest."



Donated to the Women's Refuge

#### GOOD NEWS FROM CAPE TOWN TO ZIMBABWE Hello to all our Knitters

Last year I let you know that in South Africa Fish and Chip jumpers had been distributed by Social Workers to deserving Mothers and Teddies had been kept as gifts for children in an Orphanage that had suffered fire damage.

A friend from Ledbury who had filled her luggage with the teddies and jumpers sent me news a week ago to say that some of the many teddies and jumpers she had taken were now on their way to Zimbabwe in a vehicle loaded with needed aid for the Zimbabwean people. Thank you to all the ladies who have spread joy so far and wide.

Veronica Madgen, Trustee





**MARCH 2025** 

Lunch & Bowl



#### **MEMBERSHIP SUPPORT TEAM**

The Membership Support Team does exactly what it says on the tin! We are here to provide help and support to every WI member in the federation, and that means you! Not just at your annual meetings, but throughout the year

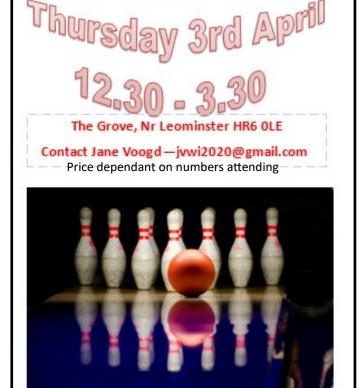
This is the time of year when some WIs might be finding things a challenge. Will we find a new President? Will someone else join the committee? How will we manage without a Treasurer? Can we carry on? Who will act as a teller at our Annual Meeting this year?

That's where we come in. We can provide targeted help and support where you need it! Please don't suffer in silence - get in touch! We're just a click away at HFWI\_Advisers@herefordshirewi.org.uk

Remember, the one thing a WI can't do is to just close. As with every other decision a WI makes, it's the members' vote that counts, so a Special Meeting is needed for this. There are other options open to a WI you might not have thought of.

We really, really don't like suspending WIs! So get in touch. We're there for you!

Joy and Caroline Your Membership Support Team







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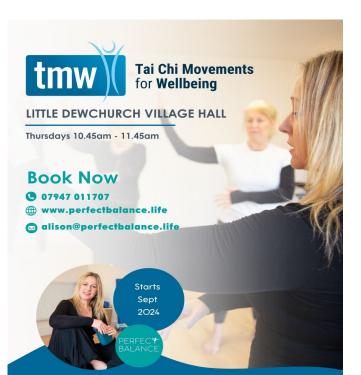


Pilotes is a great way to keep your body feeling agile and energised. The movements focus on posture, alignment, core strength, balance and flexibility.



Any Job Considered Carpentry & General Maintenance Painting & Decorating Landscaping Decking Fencing Flat Pack Furniture construction

Tel: 07807072003 Email: emilyscarpentry@gmail.com



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.

### INTERNATIONAL WOMEN'S DAY CELEBRATONS HEREFORD FRIENDS MEETING HOUSE Saturday 8<sup>th</sup>MARCH 2025 3-6pm

On Saturday 8th March 2025 3-6pm, Hereford Friends will be celebrating International Women's Day at Hereford Friends Meeting House with Afternoon Tea.

A number of county organisations have been invited to represent their activities especially but not exclusively in relation to women. For further information, any questions, or offers of help, please contact

Charlotte at <u>cmlake3@btinternet.com</u> or Kate at <u>kate@happygekko.com</u>.

#### And, before that:

Starting at 11am, 'Women at Work' is the theme chosen this year by the partnership of Herefordshire Women's Equality Group and West Mercia Women's Aid, hosted by NMITE at their **Skylon Campus, Rotherwas,** to celebrate the achievements of women across different fields and acknowledges the other kinds of 'work' that women often do.



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# Out & About Day Trip Wonderwool



Coach trip with local pick-up taking you to Wonderwool. Wonderwool is a fantastic event promoting the many green credentials of wool and where anything to do with wool is showcased. Wonderwool Wales has been awarded Highly Commended several years running in the Let's Knit British Knitting & Crochet Awards.

#### Sunday 27th April 2025—£35.00 pp

Royal Welsh Showground, Builth Wells Contact your WI Secretary for the booking form

### TAPESTRY CANVASES

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



# DAY TRIP TO WIGHTWICK MANOR AND GARDENS, NT Wolverhampton <u>TUESDAY 25<sup>TH</sup> MARCH 2025</u>

### CUPPA & CATCH UP

#### SATURDAY 12TH APRIL 10.30am

NEWTON COURT

NEWTON LANE, NR LEOMINSTER HR6 OPF









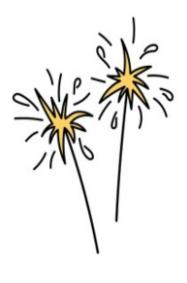


# HFWI'S 105TH BIRTHDAY BASH

**AUGUST 2025** 







Plans afoot, more news in April



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#### 100 CLUB WINNERS—FEBRUARY 2025 DRAW

First Prize(£20)	- Ticket 10—Stoke Prior & District WI
Second Prize (£10)	- Ticket 8—Munsley WI
Third Prize(£5)	- Ticket 15—Saltmarshe & District WI

Quality bulbs at WI discounted prices! This catalogue will be available from April onwards with your WI Officers. We will also send you an electronic version of the catalogue. Please note all orders must be paid for and returned to WI House Hereford, towards the end of May.



These raffle tickets are now with your WI Secretary—Hope you are a lucky prize winner!

MONTH	DATE	DAY	VENUE				
MARCH	14 <sup>th</sup>	Friday	WELLINGTON HOME & GARDENS, A49, Wellington, HR4 8BB				
APRIL	12 <sup>th</sup>	Saturday	NEWTON COURT, Newton Lane, Nr Leominster HR6 0PF				
MAY	9 <sup>th</sup>	Friday	THE NEST, Little Verzons Farm, Hereford Road, Nr Ledbury HR8 2PZ				
JUNE	14 <sup>th</sup>	Saturday	PENGETHLEY GARDEN CENTRE, Peterstow, Nr Ross-on-Wye HR9 6LL				
JULY	11 <sup>th</sup>	Friday	BLUE DIAMOND GARDEN CENTRE (Wye Vale), Kingsacre Road, Hereford, HR4 0SE				
AUGUST	9 <sup>th</sup>	Saturday	WELLINGTON HOME & GARDENS, A49, Wellington, HR4 8BB				
SEPTEMBER	12 <sup>th</sup>	Friday	THE HOP POCKET, Bishop's Frome, Five Bridges, WR6 5BT				
OCTOBER	11 <sup>th</sup>	Saturday	NEWTON COURT, Newton Lane, Nr Leominster HR6 0PF				
NOVEMBER	14 <sup>th</sup>	Friday	PENGETHLEY GARDEN CENTRE, Peterstow, Nr Ross-on-Wye HR9 6LL				
DECEMBER	13 <sup>th</sup>	Saturday	THE NEST, Little Verzons Farm, Nr Ledbury HR8 2PZ				



**MARCH 2025** 

#### NATIONAL ANNUAL CONFERENCE—ONLINE

June 4 2025 is the date of the National Federation Annual Meeting. This year it is an online meeting and the two keynote speakers announced so far are: Emma Bridgewater, founder of her famous pottery business and Angel Strawbridge, founder of Vintage Patisserie, but most known and loved for being co-owner - alongside husband Dick - of the Chateau-de-la-Motte Husson; featured in the hugely popular Channel 4 series "Escape to the Chateau". We have sent out delegate allocation tickets to your WI Secretary and you are invited to apply for an observer ticket from Eventbrite. These are free, but NFWI have suggested a donation of £5.00 to help pay for the event. NFWI have asked Federations not to publicise the link in newsletters and on social media—to protect the safety and security of the event—but the information has been sent to your WI Officers to cascade to you. If you want more information please contact fedsec@herefordshirewi.org.uk One of the items debated at the Annual Meeting will be the resolution for 2025/26.

### FOOD FORUM

No Cheese

In the war cheese was in very short supply, so try this simple 'hack'.

Instead of cheese in a white sauce add English Mustard and you end up with a cheese flavoured sauce.

This is a quick and easy recipe to commemorate VE Day.

**Carrot Cookies** 

#### Ingredients

#### Makes 8

- 1 tbsp margarine
- 2 tbsp sugar
- 6 tbsp self-raising flour
- 4 tbsp grated raw carrot
- 1 tbsp cold water

#### Method

Cream the margarine and sugar together.

Mix in the grated carrot and then fold in the flour.

Add small amounts of water to the dry mixture until you get a soft dough, not too wet.

Preheat the oven to 200° C/180 °fan/gas 6.

Take a small amount of the dough and place onto a greased baking tray, flatten out with your hand and shape.

Sprinkle a small amount of sugar over the top of the cookies and bake.

Bake for 10-15 minutes. Remove and place on a cooling rack.

During WWII, the British Ministry of Agriculture launched the "Dig for Victory" campaign which introduced the cartoon characters Dr Carrot and Potato Pete, aimed at encouraging people to grow their own and eat more vegetables.







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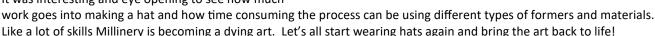
### WI NEWS

### EYE WI

At our February 2025 meeting Eye WI members were treated to a fascinating talk by Effie Williams—Mad as a Hatter.

Effie covered the history of Milliners and Hatters and shared with us how Luton was originally the main centre for Hat Making. Milliners make ladies hats and Hatters make hats for men.

It was interesting and eye opening to see how much



### TUPSLEY WI

At our November 2024 meeting we welcomed David Seeney who gave us a very interesting talk about Dinedor Secret Army. He told us about how this was set up at the beginning of World War II.

We celebrated Christmas with mince pies and mulled wine.

In January 2025 we had an open meeting where Canon Chris Pullin gave a very informal talk about the Magna Carta and the Kings Writ. January also saw us celebrating the New Year with a 'Lunch at the Bunch'. This was well attended and members thoroughly enjoyed the meal and a natter.

February 2025, saw us welcome Paul Hodges, who runs Hereford in Bloom. He gave us an interesting talk about how to prepare our gardens for the Spring. Including making sure our garden tools are cleaned, preparing our lawns and when and how to prune shrubs.



**BRIMFIELD WI** We had a very successful fun evening in February when one of our members, Barbara Griffiths treated us to an Italian Evening. She demonstrated how to make Orecchiette (Little Ears) pasta, firstly showing us how easy it was to make pasta and then the process of rolling and pressing the pasta into Orecchiette shapes; various shapes were produced by our members causing much laughter amongst the group. We then sat down to a meal of our Orecchiette and a home made pasta sauce with garlic bread, a glass of wine and followed by Tiramisu, all accompanied by Italian music. We were joined by our Herefordshire WI Adviser Joy Edwards which made it all the more special for us.





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.



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### WI NEWS

#### WELLINGTON WI

Wellington's Christmas meeting resounded to the sound of "jingle bells" and other popular Xmas songs and carols played by the group of Wellington Handbell Ringers, led by Chris Peruzza from the Village Shop. Then Wellington WI women and visitors "had a go" using a simple gong each, while following a highlighted piece of music. It was even recognisable but the concentration needed to help us focus was evident on everyone's face! We followed that with a shared supper and Christmas drinks. It was great fun and likely to be repeated soon.

### EARDISLAND WI

Members of Eardisland WI have really embraced environmental issues over the past year. Following a talk by Eardisland's Environment Group lead, Ben Woodcock, in May last year the WI committed to becoming a Community Ally for Plastic Free Eardisland. We were delighted to be presented with the certificate last July.

Members were offered the opportunity to get involved testing the quality of water in the River Arrow. Nine volunteers trained to be Citizen Scientists and now test the water at three locations every week. Results are submitted via an app and provide invaluable data for the charity Campaign to Protect Rural England (CPRE). If any other WIs are interested in finding out about getting involved with water testing please contact Kate Thompson Eardisland WI President.





**SPARKLING WYE WI** were given a rare treat—Tim Hanks the local Ross-on-Wye Butcher came along and demonstrated the art of butchery and dressing joints ready for sale. His shop stocks locally sourced products. He even bought along a manual sausage making machine and we all enjoyed watching one of our members, Frances learn how to knot a string of sausages. Once Tim had finished, there were enough sausages for all to take home a real treat Tim stayed and enjoyed homemade cake and a cup of tea.



© 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. Email: fedsec@herefordshirewi.org.uk WI House Team: Chairman—Margaret Simcock (chair@herefordshirewi.org.uk); Joint Federation Secretaries—Roz Simcock & Caroline Miller (fedsec@herefordshirewi.org.uk); Book-keeper—Roz Simcock (accounts@herefordshirewi.org.uk)



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# **Cirencester and Cerney House Gardens**



# 'Snowdrop Trip—5 Feb 2025'

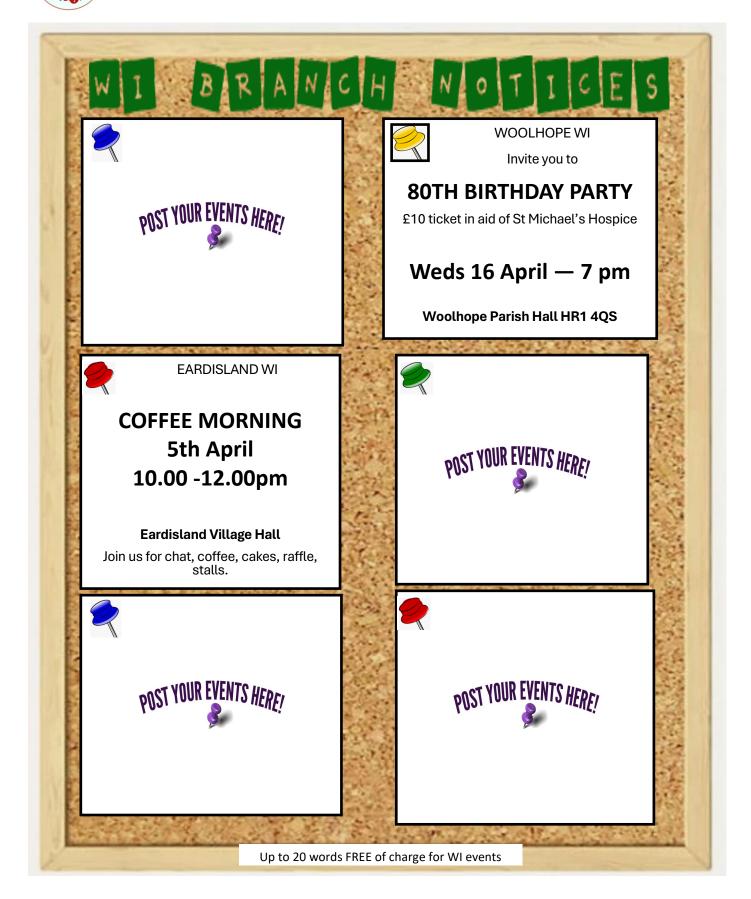
On Wednesday 5th February two Leominster Lasses joined the HFWI Coach Trip to Cirencester and Cerney House. We had nearly three hours to explore Cirencester, an attractive town, often described as the 'Capital of the Cotswolds'. The Market Place is dominated by the magnificent Parish Church which we visited later in the morning. Our first objective was a look round the Corinium Museum. Here there are many archaeological finds and displays depicting the town's long history. The Roman period being emphasised. A stop for lunch and a look around the shops, and then off to Cerney House for an afternoon walk around the gardens and woodland snowdrop trail. Just time for tea and cake before the journey home. A thoroughly enjoyable day. Good company with other Herefordshire WI ladies, and fine weather. Sheila Mellor















### HFWI COUNTY DATES FOR YOUR DIARY

# MARCH 2025

MON	TUE	WED	тни	FRI	SAT	SUN
3	4	5	6	7	1 8	2 9
Craft & Chat Online 10-12 - Spring Sewing Project		Advisers Workshop— Taking the next steps, Munsley Hall HR8 2RA 6-8pm			Soup & Pudding Munsley Hall, HR8 2RA 12-2pm	
10	11	12	13	14	15	16
Craft & Chat Online 10-12— Pysanka Easter				Cuppa & Catchup Wellington Grd Centre HR4 8BB 10.30-12		
17	18	19	20	21	22	23
Craft & Chat Online 10-12 - Zentangle Samples						
24	25	26	27	28	29	30
Craft & Chat Online 10-12 - Easter Flourishes	Out & About Trip— Wightwick Manor & Gardens					
31						
Craft & Chat Online 10-12 - Watercolour Llamas						





# HFWI COUNTY DATES FOR YOUR DIARY

# APRIL 2025

MON	TUE	WED	тни	FRI	SAT	SUN
	1	2	3 Lunch & Bowl, The Grove, HR6 OLE 12.30-3.30	4	5	6
7	8	9	10	11	12 Cuppa & Catch- up, Newton Court, HR6 OPF 10.30am	13
14	15	16	17 CountryTastic Three Counties Showground Malvern all day	18	19	20
21	22	23	24	25	26	27 Out & About Day Trip Wonderwool Royal Welsh Showground, Builth Wells
28	29 Moccas Games Night, Moccas Village Hall HR2 9LQ 7pm	30				



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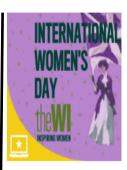
### **MARCH 2025**



Paid Member: £0.00







### Special Online Event : International Women's Day Speaker Event

Starts: Friday, 07 March 2025 at 12:00PM Ends: Friday, 07 March 2025 at 1:00PM

Available spaces: 363 Host: Online Event

https://learninghub.thewi.org.uk/at-home/courses/2025-03-07-120000/

https://www.thewi.org.uk/media-centre/blog/bloglisting/2025/we-need-microplastic-filters-in-washingmachines-now-support-the-microplastic-filters-bill





https://thewi.teemill.com/





https://shop.thewi.org.uk/









www.hobbycraft.co.uk



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I Wandered Lonely as a Cloud By William Wordsworth

I wandered lonely as a cloud That floats on high o'er vales and hills, When all at once I saw a crowd, A host, of golden daffodils; Beside the lake, beneath the trees, Fluttering and dancing in the breeze.

Continuous as the stars that shine And twinkle on the milky way, They stretched in never-ending line Along the margin of a bay: Ten thousand saw I at a glance, Tossing their heads in sprightly dance.

The waves beside them danced; but they Out-did the sparkling waves in glee: A poet could not but be gay, In such a jocund company: I gazed—and gazed—but little thought What wealth the show to me had brought:

For oft, when on my couch I lie In vacant or in pensive mood, They flash upon that inward eye Which is the bliss of solitude; And then my heart with pleasure fills, And dances with the daffodils.

