

APRIL 2016



Llanwarne & District

2016 Edition 1 — 25p.

HFWI WI House

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Federation Secretary - Pauline Shannon
<https://www.facebook.com/Herefordshirefederationofwomensinstitutes>
HFWI Charity No: 1056051

The contributors to this newsletter are responsible for the accuracy of their information, and should be contacted direct with any queries .

OFFICE OPENING HOURS:

Tuesday and Wednesday
9.30 - 2.30pm

CHAIRMAN'S CHATTER

Dear Members

It is lovely that April is with us and summer is just around the corner. That means our Annual Conference is as well!! I am hoping that you will forget all the problems last year with the food and the sound quality and come and join in. We are hoping that we have sorted all that out for this year. I am looking forward to seeing you at The Three Counties Hotel, Belmont Road Hereford on 18th April at 10:30am. This is my first conference since being elected Chairman and I am approaching it with some trepidation.

I would like to welcome Mrs Pat Lemin from Upton Bishop onto our Board of Trustees, she is a very welcome addition to our slowly growing Board, we now have seven trustees and it is much easier to allocate jobs when there are more of us. Welcome Pat.

Thank you very much to all of you members who got your knitting needles out for the children in Hereford Hospital, the toys are lovely (as seen with Jane) and I am sure that it will make the visit to the Hospital a lot less traumatic for the children when they are given one of these lovely toys.



Many Thanks for all of your support.
Val

DIARY OF EVENTS

DATE	EVENT	VENUE	COST	TIME
1 APRIL 2016	FEDERATION QUIZ FINAL	SUTTON ST NICHOLAS	£10 per team	7.00pm
5-6 APRIL 2016	PRESIDENTS' WORKSHOP	WI HOUSE, HEREFORD	£5	7.15pm/5th 10am/6th
8 APRIL 2016	GRACE NOTES CHOIR & CONCERT	RNC, VENNS LANE, HEREFORD	£7	7.00pm
18 APRIL 2016	HFWI ANNUAL COUNCIL MEETING	THREE COUNTIES HOTEL, HEREFORD	£6.50	10.30 am
28 APRIL 2016	LUNCH & CRUISE	SHREWSBURY	£28	8.30am
11 MAY 2016	AFTERNOON WALK	WELLINGTON VILLAGE COMMUNITY HALL	£7.50	1.30pm
23 MAY 2016	SPEAKERS' EVENING	ST JOHNS METHODIST HALL, HEREFORD	£5	7.00pm
11 JUNE 2016	NFWI AGM	BRIGHTON (travel on Friday 10th June)	Refer Fed Sec	10am
17-19 JUNE 2016	THREE COUNTIES SHOW	MALVERN	Nil	TBA
22-27 JUNE 2016	HOLIDAY	WATERWAYS OF SCOTLAND	TBA	TBA
30 JUNE 2016	DAY OUT - STEAM TRAIN AND SUDELEY CASTLE	WINCHCOMBE	TBA	TBA
14 JULY 2016	DAY OUT	WESTON SUPER MARE & CLEVEDON	TBA	TBA
17-25 AUGUST 2016	ACWW TRIENNIAL WORLD CONFERENCE	WARWICK UNIVERSITY	TBA	TBA
6-7-8 SEPTEMBER 2016	HOLIDAY	VISIT TO LONDON	£300	TBA
14 OCTOBER 2016	COLOURS FASHION SHOW	TBC	TBA	TBA
20/21 NOVEMBER 2016	DENMAN DESIGNER DAY	DENMAN COLLEGE (residential)	TBA	TBA

Thank you to Huntington (Hereford) City Group for their donation of £50.00 towards WI Funds

ACWW Triennial World Conference 17th - 25th August 2016



Olga with her Grand-daughter.

I have received some details of the delegate we are sponsoring for the World Conference in August. Her name is Olga Rendek and she comes from Hungary. She is a Grandmother and runs a pig farm organically having a local breed of pig and specialising in using the meat for sausages. She is President of her Organisation but not paid. There are only 137 members and 20 or 30 associates and have been a member of ACWW since 2005. Their members come from many



Olga in her kitchen.

different professions. They had a project supported by ACWW called "Sound Mind in a Sound Body" which raised awareness and improved activities of women in the region. Civil organisations are relatively young in Hungary and struggling to grow so the opportunity to meet delegates from other societies in ACWW will give her the chance to learn ideas to improve her members lives.

FUNDRAISING COMMITTEE

VISIT LONDON 2016

6, 7 & 8th September 2016—we still need more people, don't forget husbands and friends are always welcome to join us. £85 deposit is all that is needed initially to secure hotel and pay for theatre ticket. Please send cheque made payable to HFWI and SAE for receipt to:
Eileen Dilley, Bramley, Sutton St Nicholas, Hereford HR1 3AY.



www.sabrinaboat.co.uk

SHREWSBURY VISIT—THURSDAY 28TH APRIL 2016
DON'T FORGET TO BOOK YOUR ITALIAN LUNCH AND CRUISE
IN SHREWSBURY ON THURSDAY 28TH APRIL.
COST IS £28 INCLUDING COACH.

WELLINGTON WALK—WEDNESDAY 11TH MAY 2016

Meet at Wellington Village Community Hall for a 5 or 6 mile walk around the countryside or a history walk in the village. All meeting up at 3.30pm for afternoon tea at the Community Hall.



Membership Support Committee

There are many people who wish to be put on HFWI's speakers' list and so another, ever popular, Speakers' Auditions Evening is being held on Monday 23rd May. WI members will hear a short precis of each speakers' talk (there will be at least 6) and decide whether they are suitable to be included in our list - an interesting and varied programme of topics and speakers is a must to keep our WIs thriving. The application form is included.

Angela Southwell

The Training Committee have developed a new, interactive course for the Moodle on how to create your own Digital Story. A digital story is like a talking scrapbook and can be shared in all sorts of ways with friends and family; in exhibitions; in presentations and online. Perfect for recording your WI or Federation Centenary celebrations.

Go to <http://www.witraining.org.uk/> and follow the link



**Digital
Storytelling**

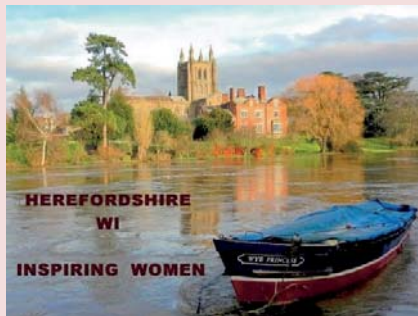
BOARD OF TRUSTEES

Members of the Board of Trustees are:

Val Lewis—Chairman
Cicely Symonds—Vice Chairman
Jenny Holmes—Federation Treasurer
June Stephens—Trustee
Veronica Madgen—Trustee
Linda Peberdy—Trustee
Pat Lemin—Trustee

Three Counties Show 17th to 19th June 2016

Ladies, we have a sale table in the marquee and would like donations of jams and homemade preserves to sell. We know what lovely produce you are all able to make and if you could bring them in to WI House by Tuesday 31 May, it will help make the day even more successful. Remember, any profits we make on the day will be used for Herefordshire Federation.



BE PART OF THE BIG PICTURE!

We would like you to get involved in producing a canvass jigsaw collage

The final display will be on show in the W.I. marquee at the 3 Counties Show in June. It will show how we have the skills and enthusiasm to create amazing things when we work together, to produce the Group exhibits and the big collage.

The collage is made up of 20 rectangular canvasses, that when joined together form the BIG picture showing a famous Herefordshire scene (as above)

You will be provided with the canvass free. All you need is paper glue and some colourful magazines to tear up, a simple instruction sheet and a 20th of the Big picture. The finished work should be delivered to W.I. House, before or by Tuesday 24th May so we can assemble all the pieces together to make the jigsaw BIG PICTURE.

If your W.I. wish to join in the fun, then please apply early to make a piece of the jigsaw. To apply please ring Ros Rowberry on 01886 880758 or see her at ACM on 18th April.

REQUESTS FOR HELP

Just a reminder that we need a large supply of cakes this year as we are catering in 3 different venues in the Showground. Please see February enclosure for full details or contact Julia.

We still need more volunteer helpers to cover the three catering outlets at this year's show. The day will be split into different shifts. Are you able to offer to do 2 shifts in one day?

GROUP TABLE TOP DISPLAYS

Remember to make contact with your group co-ordinator and arrange your own group meeting to discuss what you are going to do for your allocated Month.

The next Group Table Top Display Meeting is at 11am on 3rd May

Speak to Julia if you have any questions about Three Counties Show matters.

Please contact Julia Whittall, The Old Rectory, Moccas, Herefordshire, HR2 9LA or email

whittallmoccas@gmail.com

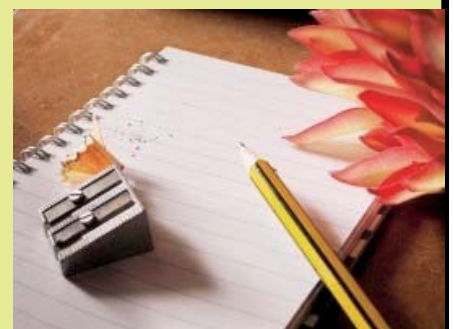
Don't forget to bring/send your Crafty Bits and Pieces to the ACM!

LADY DENMAN CUP COMPETITION

This year's competition invites WI members to write a letter to their younger selves. Using no more than 500 words, members must draw on their life experiences and imagine what they would say if they had the opportunity to guide (or warn!) their younger selves.

A maximum of three entries will go forward for judging at National Level. Federations and entries with over 500 words will not be accepted.

Entries must be accompanied by an entry form, available to download from the Moodle or from WI House on request. Please submit entries to WI House by 29th June 2016



SPOTLIGHT

LLANWARNE & DISTRICT W.I.

Meeting time: 2nd Tuesday of the month
In winter 2.30pm
In summer 7.30pm
Venue: Llanwarne Village Hall

Llanwarn is Welsh for Church of the Alders, the 'e' on the end of Llanwarn is a fairly recent spelling. The village is situated halfway between Ross-on-Wye and Hereford. A pretty village mentioned in the Domesday Book. The original 12th / 13th century church of St John the Baptist, now an attractive ruin, stands by the Gamber Brook in the middle of the village. The church was frequently flooded in wet weather. A new church was built opposite on higher ground in 1864. Also the old school is now used as the village hall.

Llanwarne WI was formed on 31st January 1919. The WI's first home was the Old Wesleyan Chapel in Turkey Tump Lane. When this was sold, we moved down to the Village Hall in 1965-66. Our membership has declined in the last few years but we were very pleased to welcome 4 new members to our last meeting.

We try to make our meetings interesting and enjoyable. We have two educational trips lined up for this year -

husbands and friends join in which helps to pay for the coach! Members have attended courses at Denman. For the Millennium, the WI paid a local craftsman to reframe the Roll of Honour for the fallen of the two World Wars. For the WI Centenary we planted spring bulbs in the church yard. For our own Centenary on 31st January 2019, we will have to think of something really fantastic.



HANDICRAFTS CLUB

The club meets at the Salvation Army Citadel, Edgar Street on first Wednesdays, 11 am—12.15 pm.

Subscription £6, visitors £1.00.

6 April—Wrapped Up Nicely (gift decorations) - Virginia Wong

1 June—AGM, Show & Tell

Enquires please contact:- Mrs Mary Roberts, Chairman Tel: 01432 278328

WI Diaries for 2017 will have a deep red cover and full details of how to order will be available later this year.

Carol Powell of Longtown and District WI is taking part in the London Marathon in May this year. She was 65 last December and has not run before. Carol is doing this to raise money for charity. For further details contact Carol at Telephone no 01873 860550 / e-mail carolpowell60@btinternet.com
Good Luck Carol from everyone at HFWI

**COPY DEADLINE FOR
APRIL NEWSLETTER
TUESDAY 12 APRIL
2016**

DENMAN



My first report, following my first Ambassadors' Training day at Denman. Seems to have been a weekend of 'firsts'! But all in a good way.....

I found the course incredibly interesting and enlightening, and now I am full of enthusiasm for Denman and what it offers. I am glad to be able to pass on this enthusiasm to you – please come and say hello to me at the ACM, at The Three Counties Hotel on 18th April. I will have brochures to give away, plus the opportunity to enter The Denman Dip, a chance for one lucky person to win vouchers to use towards a Denman Course.

Another first, for me! I will be putting together a Denman Residential Designer Day – an overnight stay followed by a day of 'taster' workshops. This was so enjoyable last year (thanks to Val!).

So 'save the days'; - 20th/21st November 2016 – and watch this space for more details.

Please feel free to contact me: Linda Peberdy, Denman Ambassador.

Email: linda@wbsnet.co.uk Telephone: 01432 355187

DIGITAL CHAMPION NEWS

Tuition

Tuition/help available for your computer or tablet on request; please contact me with your requirements and I will see if I can help. Thank you to Tania Clayton of Aston Ingham WI who has volunteered to help me with WI's south of the River Wye.

Facebook

There is a computer help group linked to our Facebook page; if you are interested and already belong to Facebook, please contact me with your email and I will send you an invitation to join. If you want to publicise a WI event, why not send the poster or notice to me and it can be put on the Facebook page too.

Website

I have created a new page under WI News called WI Events which can be used to publicise your own WI's events, so you can send posters or notices for this page as well as the Facebook page above. Seventeen WI's now have their programmes on the 'Find a WI' webpage; thanks to those who have sent them to me. Links to all the new pages can be found under Federation News and WI News.

The Herefordshire website address is always on the front page of the newsletter and is regularly updated.

Alison Lord digitalchampion.hfwi@gmail.com

01544 340256

NFWI NEWS

The WI Sports Week, AUTUMN-ANTICS, takes place from

Monday 12 September to Sunday 18 September 2016

The aim of the WI Sports Week is to encourage as many members as possible to not only try out new sports or activities but to focus on the benefits of leading a healthier lifestyle; from paintballing, orienteering and running to talks from dieticians, sports therapists or coaches, the choice is yours. Federations and WIs are encouraged to put together a programme of events to take place during this week – with the help of the Science & Leisure Committee of course! We will help source speakers, resources and guide you into making the week a success for your members. Visit the WI Moodle/Sport & Leisure area for regular updates, links and ideas and chat to fellow members in the Sports Week Forum.

The WI Sustainable Gardening Hanging 'Brasket' Competition 2016

To continue our recycling, re-using and re-purposing into our 2nd centennial, the NFWI has developed a new, sustainable gardening project with the support of *Sutton Seeds*. Due to their shape, bra's are ideal as hanging 'braskets' – they can be used singly, in pairs or as bunting! WIs are invited to use their imagination and have some fun at re-using bra's as hanging basket containers. Sew the cups or under bra seams together and fill as normal! Fill with compost then plant flowers, herbs, salad leaves, strawberries and even tumbling tomatoes!

Please visit the WI Moodle to download an application form or contact the NFWI-unit.

ADVERTISEMENTS - APRIL

To place your advertisements, please contact Mrs. Ann Wood, Langtoft, Eardisley, Herefordshire, HR3 6PP
Tel.: 01544 327237 Email: annandrod.284@gmail.com Copy and Payment by the 1st of previous month.
SAE for receipt and cheque payable to HFWI.

ADVERTISE your church fete/sale, Charity event, delicious W.I. Teas, coffee mornings and entertainment, etc. 20p per word. PUBLICISE your business across the county from only £20 per monthly issue.
NO EXTRA CHARGE FOR BOX. TO SECURE YOUR SPACE SEND your advert, issue/months requested..

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COLOURS FASHION SHOW
Wednesday May 18th 7.00pm
PRESTON WYNNE VILLAGE HALL

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Phone: Hilary 01432 820635

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www.videocassettetodvd.com

Tudor House Museum, Worcester.
WR1 2NA

www.tudorhouse.org.uk

One of the most historic buildings in
Worcester.

Open 10.00am-4.00pm Wed, Thurs and Sat.
Group tours £5.50 per head to include guided
tour of the house, cup of tea/coffee and cake.
Contact: **Margaret 01905 426402/612309**

**British Red Cross - Great Spring
Gardening Event Wed 27 April**
10.30am-4.30pm - Newport House, Almeley
Herefordshire HR3 6LL
www.redcross.org.uk/gardeningevent

See also March Newsletter

ROSE TINTED RAGS -
Hereford Country Bus Station. HR12 2EP
Paradise for browsers, makers and creators,
reclaimed fabrics, wool, beads, buttons, etc.
Mon-Thurs 9-4.30pm & 2nd Sat in month.
01432 360981: rosetintedrag@gmail.com

See also March Newsletter

TAPESTRY CANVASES

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

WI FORUM



Members of PUTLEY have been inspired to clear their clutter and sort out their junk. Thanks to Ros Hayes from The Organised Company, her talk in February was a comprehensive and amusing A-Z of advice including the secret of successful folding. Their drawers have never been so tidy! Pictured: Ros Hayes from the Organised Company with WI members Margaret and Ruth.

Elizabeth Halls visited STAUNTON ON ARROW to talk about 'Where They Served'.

Elizabeth undertook a tour and fundraising project in aid of the RAF Benevolent Fund, in memory of her father who was a night fighter pilot in the Second World War. In 2015 she toured the 60 airfields where he landed in a 1935 Singer Le Mans 9 Sports Car, almost identical to the car her father owned while serving with 25 Squadron in Cambridge.



MUCH COWARNE'S February meeting was one of celebration and entertainment. The entertainment was in the form of a talk and demonstration given by Linda Marsden on 'Back Care'. Linda talked about the do's and don'ts of taking care of your back; this included much humour on a serious topic.

BOSBURY'S speaker, Alan Wells gave a most informative talk on "How we can make our Gardens welcome to Bees". Did you know that bees prefer single flowers to doubles, and that flowers should be planted in groups rather than dotted around?

KINGTON had a very interesting talk by Greta Beresford about her time in Russia and other Asian countries on "Maternity Care"

At THE SUTTONS in February, Geoff Tookey demonstrated 'Dishes with a Difference', that can be prepared the day before entertaining, to save stress on the day. His salmon starter and upside down crumble were delicious!

"A Life in Dresses" by Christian Dior was the subject of PETERSTOW'S guest speaker Carole Dowding. Carole has many strings to her bow but this talk was her time spent working for the House of Dior.



WYE WOMEN enjoyed a day trip to Cardiff. Twenty ladies began the day with Bucks Fizz on the train, then a meander around the Welsh capital before lunch. Then it was off to the theatre to see, Footloose, a lively fun musical. A good time was had by all!



The 87th Birthday Tea for STOKE PRIOR & DISTRICT was a traditional affair, with gorgeous cakes, quiches and sandwiches swilled down with plenty of tea and coffee. After singing Happy Birthday, the special cake was quickly devoured!!

SALTMARSHE & DISTRICT'S Speaker was Mrs Pene Seabrook who kept us very diverted with her talk "Almost fifty years as a Vicar's wife ", sub titled "From the Krays to the Ripper" about what life was like in the East End of London, then on to Telford, when it really was a "new" town, right through to Bradford.

Lisa Fisher from House of Colour, Ledbury came to talk and demonstrate to ASTON INGHAM'S members how, with the use of the right colours, we can transform the way we look.

THE SPARKLING WYE learnt all about holistic therapies from Alexis whose business, Zenmindbody, also offers Tai Chi and stress management. She concentrated on just a few of the therapies she offers: reflexology, Indian Head Massage and holistic massage.

Erica Grant talked about and demonstrated Laughter Yoga to UPTON BISHOP. She then outlined the physiological benefits of laughing, which are true even if it is faked laughter - laughter therapy was actually been used for pain relief in the 1950s.

Go to WI News at www.thewi.org.uk/herefordshire where you will find the **full versions** of all reports above.
Alison Lord, Forum Coordinator wiforum.hfwi@gmail.com 01544 340256