

## JULY/AUGUST 2017



### PENCOMBE & LITTLE COWARNE



#### HFWI WI House

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<https://www.facebook.com/Herefordshirefederationofwomensinstitutes>

2017 Edition 6 — 30p

Federation Chairman - Val Lewis

Federation Secretary - Pauline Shannon

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

theWI  
INSPIRING WOMEN

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## Herefordshire

## CHAIRMAN'S CHATTER

Dear Members

June has been a very busy month. On June 2<sup>nd</sup> Jenny Winchester and Joanna Helme arranged a craft taster day in Bishopswood, this was a very successful day, we all learned skills that we didn't know that we had. There will be another similar day to be held on 7<sup>th</sup> October at Burghill and Tillington. This will suit members on the other side of the County.

The National Annual Meeting (NAM) was held in Liverpool on 7<sup>th</sup> June. There were 23 WI members who travelled together on the coach to Liverpool. We were very well looked after by our coach driver Maurice. Most of us joined together for a meal in the evening prior to the meeting and had a good time getting to know one another.

The NAM was held in the ECHO arena in Liverpool on Wednesday 7<sup>th</sup> June, we joined with 8,000 WI members and sang Jerusalem. It is lovely to hear that many ladies singing so enthusiastically.

Following the usual business and the presentation of the first resolution and the voting we had a speaker - Jo Fairley, who was the founder of Green and Blacks Organic chocolate company. She told us how she founded this company.

After lunch the second resolution was presented and voted on. The afternoon speaker was Susie Dent who is known for the dictionary corner in the TV programme 'Countdown'. Susie told us how she became very interested in the dictionary as a child and how words had always fascinated her. We then were given a performance by "The Retro's" who sang music from Liverpool in the 60's. This included music from Gerry and the Pacemakers and The Beatles - this had ladies dancing in the isles. The day was rounded off by singing the National Anthem. I hope that you have all had full reports from your delegates who attended the meeting on your behalf. The two resolutions were passed. You will be able to get a full report about the conference if you go onto the NFWI website. This was Janice Langley's last NAM after being Chair of NFWI for four years. We are all very grateful to her for the fantastic way that she fulfilled that position and we all wish her a very Happy Retirement. She will be a very hard act for the new Chair, Lynne Stubbings, to follow and we wish Lynne well in her new position.

The open days in WI house on 9<sup>th</sup> and 10<sup>th</sup> June were a very successful event. This was to show members the improvements that have been made in WI house thanks to the kind donation of over £9,000 from Mr Neville Symonds in 2015. Neville came to see us with Kathryn Bandfield on the Friday afternoon, he was very pleased with what we were able to do to WI house, we thanked him for his donation making it possible. All who knew Kathryn when she was Chairman will be glad to know that she is recovered from her illness and is now looking well. There were 27 members who visited on Friday and 13 on Saturday. All of the comments from the members were good and were able to join us for a chat and tea and cake. As this has proved popular we may repeat this later in the year for those who were unable to attend.

I am having a little holiday in Cornwall now, I think that I deserve a rest. I hope that you all have a lovely summer and I will report back in September. Best Wishes to all, Val

Val Lewis, Telephone: 01544 327700 Email: chair.hfwie@gmail.com



Val Lewis, Cicely Symonds, Pauline Shannon and Jenny Holmes at the NAM

## Federation Archivists

Federation Archivists are responsible for the long term care of our archives and assist in the training of WI Archivists helping decide, with the federation secretary, what should be kept and what can be discarded. To help them in their role the conference will, amongst other topics, cover the role of the federation archivist, conserving archives, how to use your archives to promote the WI, funding and data protection. We are looking for someone with an interest in archives who would be willing to undertake work under the direction of our Federation.

A conference for Federation Archivists will take place at Denman 20 - 22 November 2017. The cost of this conference and delegate travel will be funded by the NFWI. Federations may send one delegate each. The role description is enclosed with this newsletter.

Please contact Val Lewis on 01544 327700 Email: chair.hfwie@gmail.com if you are interested.

## DIGITAL NEWS

Thank you very much to members who responded to my letter distributed to secretaries; I am very pleased to say that I now have a group of people who are happy to help out with computer problems on an 'ad hoc' basis.

Several of these volunteers have also agreed to be members of a new Digital Subcommittee. There is no remit for the committee initially, so if you have any ideas about what we should be discussing please let me know!

**The NFWI have launched MY WI.** If your email address is part of your MCS record, you should have had a password emailed to you to access the site. At a quick glance it looks as if a lot of useful information has been moved over from the Moodle about running your WI. I will prepare a course about this later on in the year if requested.

I have been asked if I am doing another course on familiarizing yourself with Facebook, and also the Kindle Fire, so please let me know if you are interested and I will set dates.

Please contact me if you require any help with your computer or tablet, your own WI Facebook page or website. The Herefordshire WI website address and Facebook address are always on the front page of the newsletter.

Alison Lord

digitalchampion.hfwi@gmail.com

01544 340256

## FUNDRAISING COMMITTEE

### LONDON VISIT 2017—still a few places left

Tuesday 12th, 13th & 14th September - The holiday will include visits to Wrest Park, Ham House, Charlecote Park and a viewing of the Wallace Collection. Full Afternoon Tea at the Queen Anne Orangery at Kensington Palace. Dinner at Cafe Rouge and much more besides. We will be staying at the Hilton London Metropole Hotel. Please send an A5 stamped addressed envelope as soon as possible for brochure to Eileen Dilley, Bramley, Sutton St Nicholas, Hereford, HR1 3AY. Telephone 01432 880527.

### WIGHTWICK MANOR

**MONDAY 2nd OCTOBER 2017** (see enclosure)

Cost £26 or £16 for National Trust members

Visiting Wolverhampton in the morning, we then go on to Wightwick Manor for the afternoon. It is a Black & White Arts house showing Evelyn & William de Morgan plates, bowls, chargers & tiles made mainly during WWI. Contact Eileen Dilley, Bramley, Sutton St Nicholas, Hereford, HR1 3AY. Tel: 01432 880527. See enclosure.

### Colours Fashion Show

**WEDNESDAY 25TH OCTOBER 2017**

Sutton St Nicholas at 7.00pm

Cost £7.50 including food and wine

Great opportunity to buy outlet clothes at bargain prices. I need at least 75 people to attend, please bring your friends and relatives.. See enclosure Please contact Eileen Dilley, Bramley, Sutton St Nicholas, Hereford, HR1 3AY. Tel : 01432 880527.

## EDUCATION AND PUBLIC AFFAIRS

### VISIT TO NATIONAL ARBORETUM, ALREWAS

18th September 2017 Cost £15pp and husbands/partners welcome

The Arboretum is an evolving, maturing woodland landscape featuring 30,000 trees and a vast collection of memorials. The 150-acre site is a living, growing tribute to those who have served, and continue to serve, our country. The enclosure was sent out last month - closing date 29th July. Veronica Madgen

### INTERNATIONAL EVENING - A TASTE OF INDIA with Rayeesa Anghar-Sandys

Come and enjoy an evening of Indian food and gain valuable tips from Rayeesa on curry making on 16th October 2017 at Lady Emily Community Hall, Tarrington. HR1 4EX  
Cost: £12.50 Time: 7.00 for 7:30pm. See enclosure for full details. Contact Veronica Madgen for bookings



[www.rayeesasindiankitchen.com](http://www.rayeesasindiankitchen.com)

There will be curries to suit all tastes; Hot, Medium, Mild and Vegetarian

## DIARY OF EVENTS - JULY / AUGUST 2017

DATE	EVENT	VENUE	COST	TIME
8 JULY	BIRMINGHAM BOTANICAL GARDENS	EDGBASTON, BIRMINGHAM	£23 / £21	see itinerary
23 JULY-30 JULY	HOLIDAY	SWITZERLAND	£899.00	see itinerary
4 SEPTEMBER	SPEAKERS' EVENING	ST JOHNS, HEREFORD	£5.00	7.00pm
12-14 SEPTEMBER	HOLIDAY IN LONDON	LONDON	tba	see itinerary
18 SEPTEMBER	NATIONAL ARBORETUM	ALREWAS	£15.00	see enclosure
25 SEPTEMBER	COGAN CUP	ST JOHNS, HEREFORD	£10 per team	7pm
2 OCTOBER	WIGHTWICK MANOR	WOLVERHAMPTON	£26/£16	see enclosure
6 OCTOBER	DRIVER REFRESHER COURSE	SAXON HALL, HOARWITTHY ROAD, HEREFORD	£30.00	tba
7 OCTOBER	HFWI CRAFT TASTER DAY	SIMPSON HALL, BURGHILL	£20.00	10am
16 OCTOBER	INTERNATIONAL EVENING - INDIA	TARRINGTON HALL	£12.50	7.30pm
25 OCTOBER	COLOURS FASHION SHOW	SUTTON ST NICHOLAS	£7.50	7.00pm
19-20 NOVEMBER	DENMAN TASTER DAY	DENMAN COLLEGE	tba	see itinerary

**COPY DEADLINE FOR SEPTEMBER NEWSLETTER TUESDAY 8 AUGUST 2017**  
Please note late contributors may not be accepted for the current Newsletter

## CRAFT TASTER DAY



**The First Craft Taster Day on 2nd June at Bishopswood**

Samples of craft work achieved on the day after training received from excellent tutors

I would like to thank all members who texted and emailed me with their thanks and appreciation of the whole day - it was a fantastic success. We managed to raise £190.60 to go towards redecorating the Herefordshire Room at Denman. We would also like to thank the Bishopswood WI members who 'manned' the kitchen—that was an unexpected extra special treat which was much appreciated.

Jenny Winchester, Denman Ambassador



### CRAFT TASTER DAY -

**Saturday 7th October in the Simpson Hall, Burghill**  
10am to 4pm **Cost £20 for the day (see enclosure)**

#### **Flower Arranging with Noella Plasman-Jones: 'East Meets West'**

Noella will demonstrate different flower arranging traditions, including some Ikebana, and then there will be the chance for you to have a go.

#### **Make a Paperback Hedgehog with Mary Roberts**

You will have seen how old books can be made into attractive sculptural objects. Mary will show you how to turn an old paperback into a hedgehog as well as other paper-folding ideas

#### **Christmas Home and Garden with Jenny Winchester**

Jenny will show you how to make something to decorate your Christmas table and also a bird feeder for the winter garden.

#### **Make a small woven tapestry with Joanna Helme**

Using an old picture frame as a 'loom', Joanna will show you how you can use all kinds of yarn to give colour and texture in making a small weaving using a darning needle. *For full details see enclosure.*

## MEMBERSHIP SUPPORT COMMITTEE (MSC)

**A Speakers' Audition Evening** has been arranged for Monday 4<sup>th</sup> September in St John's Hall, Hereford starting at 7pm. There will be 6 would-be WI speakers giving short presentations on their subjects, and those thought suitable by the attendees will be added to the HFWI speakers list. This is always a popular evening - the application form was included in the June mailing.

**What does a WI Adviser do?** The very simple answer is look after all the WIs, all things to do with the running of a WI and all its WI members. At present, there are 7 WI Advisers with two in training but several are retiring at the end of 2017. This means that there will be fewer of us to do the same amount of work and so we will be discussing how best this can be achieved. We will obviously keep you all informed.

Perhaps you would like to become a WI Adviser; if so, please contact me or any WI Adviser (our details are in the year book) for more information. Angela Southwell, email: [jandasouthwell@btinternet.com](mailto:jandasouthwell@btinternet.com)

### MY ADVISOR TRAINING REPORT



My last week of WI Adviser training was held from 22-26 May at Denman. It was the most wonderful weather but we were indoors working hard on Module 3 WI Finance and Module 4 WI Activities! On Wednesday we went to visit National Headquarters in London to meet the staff and see how everything is organised. It was very interesting. We have all become very good friends and colleagues and will be keeping in touch with each other for mutual support. Some of us met up again last week in Liverpool for the AGM. Now to finish off the homework!

## DENMAN REPORT

**CONTACT  
JENNY  
WINCHESTER  
FOR MORE  
INFORMATION  
07415 655126  
DENMAN  
AMBASSADOR**

There are still a few places left for our Denman Residential Day in November—we will be leaving on the 19th and returning on 20th November.

I have now also arranged a cookery course as some of our members have asked about this—this is in addition to the classes detailed here. Please contact Jenny directly for more information about this.

#### DENMAN DESIGNER DAY...AND NIGHT!

Sunday 19 to Monday 20 November 2017

Stay overnight at Denman on Sunday and on Monday experience a four-hour teaching session, with a two-course lunch. You can choose one of the following options for your session:

- Upcycling Patchwork with Natalie Green
- Silver Clay Jewellery with Amy Surman
- Fabric Flower Corsage with Vikki Lafford
- Willow Work with Norah Kennedy

To request an application form:

Call Jenny Winchester on : 07415 655126



# SPOTLIGHT

## PENCOMBE & LITTLE COWARNE WI

Meeting time: 3rd Tuesday at 7.30pm  
Venue: Pencombe & Little Cowarne Parish Hall

Pencombe and Little Cowarne villages are set in the middle of the triangle of roads linking Hereford, Leominster, and Bromyard. We enjoy rolling countryside with fine views towards the Malverns, May Hill and Hay Bluff and some of our members farm this land for sheep, beef, cider orchards and dairying. Pencombe is the larger village and is home to our parish hall and the school. Little Cowarne benefits from the award-winning Three Horseshoes Inn and has an embroidery of local landmarks hanging in the church. We have one bus a week, which goes to Hereford on a Wednesday.

Our Women's Institute was formed in 1924, closed in 1955, opened again in 1970 and currently has 19 members.

A couple of years ago, we surveyed our members and asked them a few questions about our WI. When asked about why they joined, several were encouraged to make up a team to play rounders, others wanted to meet local people and make friends. Members have been in the WI from two to forty-eight years and enjoy the company and friendship gained through visits, interesting speakers, social events and making things. Members feel that the WI is different from other activities they go to because it is an opportunity to belong to a group of women with all kinds of interests, which may last a lifetime. It is also good to be part of a national organisation. Our members are concerned that more younger women aren't joining although we are fortunate to have a steady trickle of newcomers. Interestingly, several of our new joiners are women who have recently retired and moved into the area.



Pass the parcel

Our WI 2017 programme is varied and draws on a wealth of local talent - our activities include a visit to Moors Meadow garden, talks on Fashion Accessories, Winslow Court, the Life of a Podiatrist, Art Deco Jewellery and making Christmas cards. Some of our socials are dinners and outings but we have also played children's games at our



Guessing game

Christmas party (see the photos) and sat around a table talking about a topic (our holidays and working abroad), which was surprisingly rewarding. We enjoy hosting visitors from other WI's and were very pleased that so many came to our Medieval Dancing event and our Barbecue.



Pin the tail on the donkey

We have a Group Meeting on Tuesday 18<sup>th</sup> July and are hoping Belly Dancing will attract women who like a bit of fun - how about learning the moves of a femme fatale (or possibly the female equivalent of Dad dancing?). Do encourage your WI to come along, join in, and find out more about Pencombe and Little Cowarne WI.

For further information 01885 400204.

**Next Month's Spotlight article will be on PETERSTOW**

### Teddies to Hereford Hospital

On Friday 9 June, Jane took 70 teddy bears to the Children's Ward. The Sister was so pleased as stocks are getting low. We put some of the teddies in the two treatment rooms. Thank you everyone and keep knitting. If you would like a pattern, please contact Jane or Pauline at WI House.

### 2019 Calendar Competition

The theme for this years entries is "Agricultural County of Herefordshire". Please start taking photos and send them in to Val Lewis by 1<sup>st</sup> February 2018 — telephone: 01544 327700 Email: chair.hfwie@gmail.com

### INDEPENDENT FINANCIAL ADVISERS

We are looking for people willing to train either as Independent Financial Advisors or willing to train as a trainer of Independent Financial Advisors. This is an important role and full training will be given by the Federation for both roles. Please contact Val Lewis or Pauline Shannon if you are interested, Contact details on front of this newsletter.

**HANDICRAFTS CLUB** The club meets at the Salvation Army Citadel, Edgar Street on first Wednesdays, 11am—12.15pm. Subscription £6, visitors £1.00. Enquiries please contact-Mrs Gaile Harris, Chairman Tel: 01432 649598. We next meet on 6 September when Mrs Garrett will speak about "Basically Wooden"

**Thank you to Weobley Group for their donation of £143.73 towards Federation Funds**

ADVERTISEMENTS - JULY & AUGUST

To place your advertisements, please contact Mrs. Ann Wood, Langtoft, Eardisley, Herefordshire, HR3 6PP  
Tel: 01544 327237 Email: [annandrod.284@gmail.com](mailto:annandrod.284@gmail.com) - Copy and Payment by the 1<sup>st</sup> of previous month.  
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Daily guided walks (no need to book)  
May 6<sup>th</sup> - Oct 31<sup>st</sup>,  
Mon-Sat: 11.30am; Sunday 2.30pm;  
From main entrance to Cathedral  
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Tel: 01981 590603 or 07527 993054  
[Herefordguidedwalks.org.uk](http://Herefordguidedwalks.org.uk)

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Address: **Knaves Castle, Letchmoor Lane,  
Presteigne, Powys. LD8 2LP**

Please enquire for prices/fees to Mrs Rachel Ruell  
Welcome at any time - we are fully licensed by the  
local authority (Herefordshire)

The right is reserved to refuse any article or Advertisement and to condense W.I. News.  
We do not accept responsibility for any Advertisements published in the newsletter.

# WI FORUM

In May silence fell at **LEOMINSTER LASSES** meeting for long periods while we were mesmerised by the powerful, flowing movements of a Tai Chi demonstration given by Rose Jacks. Rose has been practising this ancient martial art for many years and it showed in the skill as she performed the moves. This was preceded by an introduction giving us some of the history and use of Tai Chi and followed by a short teaching session when members tried a few moves. The session ended with a relaxing meditation. As was noted, we had never been so quiet!

In May Bartestree & Lugwardine hosted the **HOLMER GROUP MEETING** when Caroline Bellhouse, a veterinary nurse, came to tell us about her experiences working at Matang Wildlife Centre in Borneo on the Great Orangutan Project and at the Laos Wildlife Rescue Centre where she worked with the rescued bile bears and pangolins.

Members of **STOKE PRIOR & DISTRICT** and visitors had a very enjoyable afternoon in May when they were entertained by John Platt who gave a talk and power point presentation on his life as a policeman in Sheffield, Hereford and Leominster. In June being entertained by Irene Whittall with her History and Memories of a Midwife, Stoke Prior & District WI had a lovely meeting which included members from Eye and Orleton together with friends.

Judy Maund with her Interactive Zumba Gold dance/exercise session was booked for **MUCH COWARNE'S** programme; it was with trepidation that we wondered what we were in for. There was no need to worry as soon as Judy played the music we were all up and gyrating to music that we were all familiar with in our younger days. If you haven't thought of booking one of these sessions for your WI (because you thought Zumba wasn't for you) then Judy is well worth contacting, as she pitches the dance routines to suit the audience.

**BOSBURY** discussed the 2017 Resolutions and during refreshments; on a lighter note, we enjoyed looking at photos and mementos on the theme "happy memories". Our new secretary, Helen Poulton was welcomed.

**BRAMPTON BRYAN** welcomed Dave Tomlinson from Tools for Self-Reliance. Tools are donated to be either refurbished for use throughout Africa or in the UK or sold for scrap. All tools are welcomed. Working in conjunction with their partners who identify projects and participants, using their local knowledge, Tools for Self-Reliance supply kits and funds for training. Some of our members donated tools on the evening directly to Dave. The group take stalls to sell the tools refurbished to raise funds and are often at Ludlow market.

**UPTON BISHOP** welcomed Dr Gillian White who gave an excellent, informative and humorous talk on the life of Bess of Hardwick. She married four times each husband being richer than the last.

Blessed by dry and sunny weather **BROMYARD'S** members were able to explore the lovingly tended flower and vegetable beds at the home of our former president during our annual garden meeting in June. A particular and unexpected highlight was the turkeys and recently hatched chicks. After the garden viewing the meeting continued with a buffet and concluded with a garden themed quiz to complete a really

enjoyable and relaxing evening.



After the briefing at the May meeting 15 members of **LEDBURY** attended the Ledbury Rifle & Pistol Club where they used target rifles on the 20 metre indoor range. After an introduction round, a 10 round competition took place. The safety officers were very patient and understanding. Most of the members were surprised at the good results of their targets. Polly Davies was the winner with Jo



Butcher a very close second. This was a very enjoyable and fun evening.



**WYE WOMEN** had a very busy May. They were very well entertained (and fed!) by our guest speaker Geoff Tookey who gave us an insight into how he became interested in food and then demonstrated a very tasty salmon starter and delicious dessert. We were delighted to welcome three new members to our

# WI FORUM

growing WI. Our walking group also enjoyed the beautiful Herefordshire countryside around Much and Little Birch.



**WOOLHOPE** had a really great evening with Jan Matthews from Ross who brought along one of her students to complete a wet felted picture while Jan showed us her many skills in this interesting craft. We saw many types of wool and how barbed needles turn soft fibres into lifelike figures, a delightful evening of fun!



On Friday 19th May as part of the Food Waste campaign weekend Maureen Thomas for **PARKWAY** and Margaret Coulson, President of **LEDBURY** handed the Food Waste Campaign literature to the Manager of the Co-operative Store, Ledbury. The Manager was most interesting to talk to and assured us that Supermarkets are doing their utmost to reduce food waste. The large majority of Supermarkets are donating regularly to Food Banks.



**ASTON INGHAM** held a tea party for our members who are over 85 years so that they could tell us their experiences of WWII. Jean, Olwen, Barbara and Enid told of being evacuees and packing war equipment.



At **HOLMER's** June meeting, Paul Morrisroe gave a talk entitled 'Wheels on the Western Front'. Paul fought in the first Gulf War and now raises funds by long distance cycling to support the families of those killed and injured in combat through the charity 'ABF-The Soldiers Charity'.



**LINTON** learnt about Sustainable Seafood from Bev O'Kane of the Marine Conservation Society. The Eira Furlong Competition for 2017 (for a piece of art or craft on a marine theme) was won by Liz Davies for her doormat woven from green and blue plastic bags entitled Water and Weed. After the talk we celebrated the 90<sup>th</sup> birthday of June, our oldest member, with a lovely birthday cake and tea.



Andrea Degen, a local circle dance teacher, taught **SPARKLING WYE** a few dances, starting very simply with just a couple of steps, building up to dances with more steps and two or three parts, all of which were danced to lovely music. It was a very enjoyable and fun evening!



**SALTMARSH & DISTRICT** were entertained by Wendy, one of their own members in a fun evening of music making, to include singing and



playing musical instruments to rousing versions of Rule Britannia, Land of Hope and Glory and a final Jerusalem almost raising the roof. It made for a very uplifting evening and Wendy was heartily thanked by Sue.

Go to WI News at [www.thewi.org.uk/herefordshire](http://www.thewi.org.uk/herefordshire) where you will find fuller versions of all reports above. Alison Lord, Forum Coordinator [wiforum.hfwi@gmail.com](mailto:wiforum.hfwi@gmail.com) 01544 340256