

County News

Image: Rydal Water

The Cumbria-Cumberland Federation of Women's Institutes

CCFWI, WI Office, 12a Clifford Court, Carlisle CA3 0JG

Visitors/Phone enquiries: Wednesday/Thursday 10.00am to 1.00pm Tel: 01228 521774

Website: cumbria-cumberland.thewi.org.uk/

 [Facebook.com/CCFWI/](https://www.facebook.com/CCFWI/)

Chairman: Kathleen Bowron

Treasurer: Ann Kirkpatrick

Federation Secretary and Editor: Lesley Porter

Email: ccfsecretary@ccfwi.co.uk

Enclosures this month: 2024/25 Year book updates; 200 Club order form (2nd sending)
TO ALL SECRETARIES— Please distribute/display accordingly and if any enclosures are missing, please contact the Secretary at WI Office

Changes to Office Hours:

Feb/Mar: None planned

THE MAIN EVENT

⇒ International Womens Day

Date: Sunday 8th March

Time: 10am - 4pm

Venue: Keswick Rugby Club

Cost: Free, with refreshments available (you can make a donation to 'Every Life Matters') **Lead:** Sue Addyman

Tel: 07957157449

This is a Federation event to celebrate all women and promote the WI. Your secretaries will be emailed a poster, could you please display it where you think it could get the most interest.



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EVERYONE IS WELCOME so invite your friends

Also: We're looking for Wis who would like to put on a small display or 'Have a try' on crafts (you can charge a small fee to cover costs) If interested, or you have any questions, please contact Sue.



A LETTER FROM YOUR COUNTY CHAIRMAN



Welcome to 2026, the days are getting longer although sometimes it is difficult to believe. The bulbs are bravely pushing upwards and it won't be too long before we have colour in the garden. I am looking forward to seeing what will appear in our new garden.

I am sorry to report that Dawn Eyre has decided, after much heart searching, to retire from her position as Advisor. She will be greatly missed by everyone but I am delighted that she is continuing as a Trustee. Thank you for all your support over the past years Dawn. This obviously means there is an opportunity for someone to take the step of training for the position of Advisor. If you think you would like to help your fellow members by taking up this challenge please speak to any Trustee or call Lesley in the office and we will tell you all you need to know.

We are planning a special event for International Women's Day at Keswick Rugby Club, further information in this newsletter. The Trustees are looking forward to meeting lots of you at our next Coffee Morning at Dean on Saturday 21st March.



I would also like to thank everyone for buying raffle tickets and announce the winning numbers for our County Raffle which were: **1st** – 0547; **2nd** – 0638; **3rd** – 0831; **4th** – 0040 - all prizes have been distributed, we hope you enjoy them!

Kathleen Bowron

A LETTER FROM YOUR COUNTY TREASURER

Hello members, it's getting to that time of year again. This is just a reminder that subscriptions will be due in April, and can you please return any monies to me before the end of April please, even if you are expecting payments from members who have not attended your meeting. You will receive subscription return forms for late returns in the 2nd quarter of the year, so don't worry if you have more subs to return after the end of April.

Subscriptions for 2026/27 are £54 for the full year of which your WI retains £27.10. The Federation share is £12.55 and NFWI receives £14.25. You will see that the Federation receives the least amount, so it is important that we bank these payments as soon as possible. Using our 25/26 membership numbers, income this year is likely to be around £16,700, nowhere near enough to support the Federations work which is why we really do need your support in our fund-raising efforts throughout the year. We do have our reserves, but these are not bottomless.

Enough of the financial grumbling and I wish everyone and healthy, prosperous and successful 2026.

Ann Kirkpatrick



Gone but not forgotten
We remember

Jean Wharton ~ Kirkandrews on Eden & District WI

Please let the office know if you want anyone's name entered, but please remember that we need you to have permission from relatives before we can do so.

NEWS FROM YOUR SUB-COMMITTEES + OFFICE

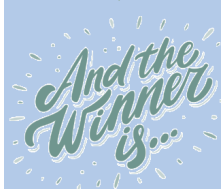
ARTS, CRAFTS & LEISURE - Chairman: Mandy Henderson

Welcome to 2026! We hope you are well rested as we have a busy year ahead and look forward to welcoming you to one or more of our events. Firstly, Darts - get those entry forms in soon! We need to sort the venues and dates in March and need more teams!!! Here's a taster of some events to come that aren't already mentioned: Target Shooting, Blackwork, Pewter Jewellery, Axe Throwing with Archery and Quiz. Having just held our first committee of 2026 dates are still to be fixed and we hope that there is something that you can't wait to come to. Watch this space and check out your County News each month for updates!!

MEMBERSHIP SUPPORT - Chairman: Sue Addyman

A big thank you to Dawn Eyre who has now resigned from this committee. Watch this space for more training events for Officer Positions.

EDUCATION & PUBLIC AFFAIRS - Chairman: Jennifer Baker



Some winners to announce of the October ACM Quiz:

1st prize: Mary Brown of Hayton WI who was the outright winner +

2nd prize was drawn out from the other entrants and went to: Betty Jagger of Westward WI. **Quiz questions and answers further in this issue.**

FROM OUR CLIMATE AMBASSADOR: Anne Baird

A collective of scientists have briefed MP's about the Climate & Nature Crisis - [National Emergency Briefing on climate & nature](#), the website & videos are worth watching especially as we head towards 'Show The Love' in February. Thank you for all you do for Climate & Nature.

A winter recipe for you to try:

Cauliflower & Butterbean Curry - Makes 4 portions. Can be frozen & re-heated



INGREDIENTS	METHOD
Good size Cauliflower into bite-sized florets 1 tin each of: Chopped tomatoes; Coconut Milk; Butterbeans 1 red onion; Tbsp oil ½ Tsp: Cumin, Coriander, Mild Curry powder	Heat oil & chopped onion in large ovenproof dish, add spices, tins & Cauliflower... Stir well. Cook in oven 200C for 45mins (or until Cauliflower is cooked). Serve with Rice.



Special dates in March

All month - Women's History Month

Thurs 5th - [World Book Day](#)

Saturday 8th - [Let's Dance](#)



FEATURED FEDERATION EVENTS + NEWS

⇒ Federation Carol Service

This was a really good event, a big thanks go out to Cleator WI for their delicious baked treats and to all who attended and donated so generously during the collection.



⇒ Federation Coffee Morning - only £5 pp

Being held at Kirkstyle Comm Centre - CA14 4TH - Sat 21/3/26 - 10am-12 noon
Your Board of Trustees prepare, at their own expense, and serve delicious home baked scones, traybakes and teas and coffees. We use these events as a federation fundraiser and for you to get to know your Trustees so please support us. No need to book we just need you to turn up!



⇒ Pewter working - 28th May 2026 - £15pp Code: ACL-PW

Lead: Margaret Pattinson **Tel:** 016973 42365 **Venue:** WI Office **Time:** 9:30-4:30

Bring your own lunch but teas/coffees supplied. More details of what you will need and what it includes will follow soon. **Spaces limited so register your interest now.**

⇒ ACWW: ASSOCIATED COUNTRY WOMEN OF THE WORLD

Rural Women in Action (Used to be 'Pennies for Friendship'). Please can I remind all WI's that now is the time to send your cheque donation for ACWW to WI House. So please donate by making a cheque **payable to ACWW (not CCFWI)** and sending into the WI office. We will then forward them onto ACWW. *Thank you.*

Women Walk the World Day - Wednesday 29th April 2026 - (EPA-ACW)

Event Lead: Trish Dunant **Email:** trishdunant@googlemail.com **Tel:** 07977 416961

Our other way of raising funds for ACWW is by taking part in the **Women Walk the World Day**. It is always on the **29th April**. This year **Embleton WI** are hosting our walk on and we will be starting from Embleton Village Hall, CA13 9XU from 10am. **EVERYONE** is welcome, friends, partners, as this is a **fund-raising event** the more the merrier. For catering and H&S requirements you will need to register for this event. So, before 19th April

Contact the Event Lead (details above) giving your names and WI. Please car share as much as possible. **Registration fee:** £5 payable on the day. Please note **NO DOGS** this year as we will be crossing fields with lambs and sheep quietly grazing.



FEATURED FEDERATION EVENTS + NEWS

Date/Time	Event	Venue	Cost	Code	Closing date
March 2026					
8th: 10:00 - 4:00	International Womens day	Keswick Rugby Club	Free		Just turn up
21st: 10:00 - 12 noon	Federation Coffee Morning - Dean	Kirkstile Community Centre, CA14 4TH	£5	TB-CM1	Just turn up
Dates to be announced	Darts Competition - Heats	Venues	£15/team	ACL-DT	14/2/26
April 2026					
24th: 7:30pm	Darts Competition - Final	Wigton Bowling Club		ACL-DT	
29th: 10:00am	ACWW Walk	Embleton Village Hall, CA13 9XU	£5	EPA-Walk	Register by 19/4/26
May 2026					
28th: 9:30-4:30	Pewter Work - Decorated Boxes	WI Office	£15	ACL-PW	End April

... and keep a watch out for more information on these happening first 6mths

Date/Time	Event	Venue	Cost
May - Day TBA	Target Shooting	Longtown	TBA
June 4th	NFWI - AGM watch party for delegates	WI Office	Free
June - 10th + 24th	Blackwork course (2-days)	WI Office	£20pp
June - 20th	Federation Coffee Morning -	Patterdale	£5
June - Day TBA	Daytrip to Yorkshire Sculpture Park	Coachtrip	TBA

Below are the questions from our Annual Council Meeting quiz. We've had requests for the answers which are on pg.7 but for those who didn't take part then, here's your chance to have a go now.

All answers are towns or places in the UK (apart from one but it is still close!)

QUESTIONS			
1	Bottlestopper	21	Make of lorry
2	Dark Water	22	Bridge builder
3	Guides	23	Immature wine
4	Send to.....	24	Crooner
5	Boys name	25	Obtain a bargain
6	Not the pit face	26	Come to a party
7	Take care	27	Rind
8	Classy hotel	28	Trafalgar winner
9	Dogs call	29	Bygone sisters trio
10	Swim here?	30	Top gate
11	Farm animals	31	Marchers of the 30's
12	Modern fortification	32	Rosy auto
13	Sheeps entrance	33	Stroll
14	Transaction	34	Mum's fine
15	Wide Steps	35	Currency
16	Heavy span	36	American coin
17	Hold up, you might get wet!	37	Not as small
18	Woollie	38	Writer's paper
19	Quick snack	39	Take a tub
20	Sauce	40	Heavy weight hair piece



NEWS FROM YOUR WI's - a slice of Christmas 2025!

If you want to show us what you've been up to, send a good picture (ideally named and in landscape) and a few words to the office email. Or If you want to advertise a forthcoming event please drop me a line and I'll see if I can fit it in. - **All the pictures from this issue will be on the website gallery in all their glory!**

⇒ Embleton WI

Decorated window in St Cuthberts Church in Embleton, the window theme was Christmas Carols, we were given While Shepherds Watched. The other windows were decorated by other groups in the village, the whole effect was wonderful.



⇒ Westward WI

We are a very small WI so we don't often have anything to report or share with others but here's a photograph of a Xmas Tree which members decorated with origami angels they had made, to represent the carol "Hark the Herald Angels sing", for a Xmas Tree Festival held in Wigton.



⇒ Moresby WI

Our contribution to the Christmas Decorations in St Bridget's Church and also enjoying our Christmas Lunch at Helene Thompson Museum, Workington with presentations to successful members.



2025 ACM Quiz - The Answers!



	QUESTION	ANSWER		QUESTION	ANSWER
1	Bottlestopper	Cork	21	Make of lorry	Bedford
2	Dark Water	Blackpool	22	Bridge builder	Telford
3	Guides	Leeds	23	Immature wine	Newport
4	Send to.....	Coventry	24	Crooner	Crosby
5	Boys name	Stanley	25	Obtain a bargain	Sale
6	Not the pit face	Minehead	26	Come to a party	Boston
7	Take care	Watchet	27	Rind	Peel
8	Classy hotel	Dorchester	28	Trafalgar winner	Nelson
9	Dogs call	Barking	29	Bygone sisters trio	Beverley
10	Swim here?	Poole	30	Top gate	Gateshead
11	Farm animals	Cowes	31	Marchers of the 30's	Jarrow
12	Modern fortification	Newcastle	32	Rosy auto	Redcar
13	Sheeps entrance	Ramsgate	33	Stroll	Amble
14	Transaction	Deal	34	Mum's fine	Motherwell
15	Wide Steps	Broadstairs	35	Currency	Sterling
16	Heavy span	Tonbridge	36	American coin	Dollar
17	Hold up, you might get wet!	Robinhoods Bay	37	Not as small	Biggar
18	Woollie	Cardigan	38	Writer's paper	Basildon
19	Quick snack	Sandwich	39	Take a tub	Bath
20	Sauce	Worcester	40	Heavy weight hair piece	Wigton

200 CLUB TICKETS - LAST CHANCES

THIS IS ONE OF OUR MAIN FUNDRAISERS SO PLEASE PARTICIPATE

We still have some 200 Club tickets available. If you'd like one (or more) please fill in the order form re-sent to your secretary and send payment to the office, or via BACS. We will fill in the stubs and send you your portion to keep. You will also be able to buy them at the Federation Coffee Morning on 21st March, prior to the draw later that morning.

Draws for 2026: take place on 21st March; 20th June, 12th Sept + 14th Oct

Prizes for 2026: 1st - £90; 2nd - £50; 3rd - £30 + 4th - £20

Pay by: Cash, personal cheque, or BACS.

Each ticket goes into all 4 draws so you could win more than once!

Buy for yourself or for your WI.

Tickets are limited to 200 so you have very good odds of winning.



SPEAKERS / VISIT IDEAS CORNER

Disclaimer: Some speakers contact us requesting that their details be given to WI's. We would like to point out that we issue them as suggestions and not necessarily recommendations.

⇒ **FRAN HENDERSON - SECURITY FROM FRAUD**

Email: Fran.Henderson3@cumbria.police.uk

Tel: 07773 190279

My colleague DC Claire Keyes and I work within the Economic Crime Unit at Cumbria Constabulary and spend our time visiting victims of fraud around the county, working with them and our partner agencies to try to prevent them being a repeat victim. This is done in a variety of ways but may be by assisting them to change their telephone numbers, lock down their social media accounts, providing tips on security of online accounts or installing a call blocker into their homes to deter nuisance callers to their landline. We are also happy to visit community groups to provide information as to the latest activities of fraudsters and empower people to better protect themselves. As the vulnerable members of our society are particularly at risk, we ensure we adapt our approach to best suit our audiences.

⇒ **ALLIE CRESSWELL - CUMBRIAN WRITER** - Website: www.allie-cresswell.com

Email: allie@allie-cresswell.com

I'm a Cumbrian writer with sixteen published novels, the winner of several Readers' Favourite Silver medals, short-listed by Wind Dance films and currently long-listed for the Goethe Historical Fiction award.

My contemporary novels feature relatable middle-aged and older women characters navigating the challenges of life today, especially the changing dynamic of relationships with elderly parents and grown children. They focus on the power and importance of female friendships.

The historical novels fall into the English Country House and Family Saga categories. I can talk about my journey to publication, answer questions about writing and publishing generally and/or do a short reading.

⇒ **ALISON - DIRECTOR AT CARLISLE SAMARITANS** **Email:** Carlisle.Director@samaritans.org

She is able to provide speakers to talk to WI members about the work of Samaritans. Any donation for this would be welcome.

⇒ **DON'T FORGET ABOUT OUR ADDITIONAL OFFICE SERVICES AT WI OFFICE**

Printing: We can now offer competitive prices on lots of printing jobs. Please contact Lesley at the office for more info on the sort of jobs we can offer and prices.

WI Programmes: Send me them via e-mail as an attachment, ideally as a single sheet, and without personal contact details, i.e. without your secretary/treasurer phone numbers, on them and I'll upload them to the website. There has been a delay in this due to NFWI updating their website but I'll get around to it asap.