

CUMBRIA CUMBERLAND FEDERATION OF WOMEN'S INSTITUTES
WI OFFICE, 12A CLIFFORD COURT, COOPER WAY
PARKHOUSE BUSINESS PARK

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Office Hours: Wednesday & Thursday 10.00am to 1.00pm



Chairman: Kathleen Bowron
Honorary Treasurer : Ann Kirkpatrick
Federation Secretary: Sandra Rogerson
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COUNTY NEWS



WOMEN WALK THE WORLD, MONDAY 29th APRIL 2024 CHRIST CHURCH SILLOTH 10am FOR A 10:30am START

First of all, Thank You, to those of you who have already enrolled.

This is our main fund-raising event for Rural Women in Action Fund, supporting grassroot projects in developing countries.

Suitable clothing and footwear will be needed for this circular, flat 4 mile walk including Silloth Promenade. At 10:30, with your route description in hand you will set off. We need as many of you as possible to come on this walk, and pay £5. You will get a nice filled roll for lunch, tea and/or coffee. Bring some extra cash for traybakes and the tombola.

As always, any dogs must be kept on their leads the whole time.

There are bins along the route where poo bags can be deposited!!

For catering and Health & Safety requirements you need to enrol for this event.

So, **before 17th April** drop an email to trishdunant@googlemail.com or text a message to 07977416961. Giving which WI you are and the names of entrants.



EASTER HOLIDAY OFFICE DATES

The Office will be closed for the Easter Break from Wednesday 27th March at 1.00pm until Wednesday 3rd April at 10.00am.

A MESSAGE FROM YOUR COUNTY CHAIRMAN

Dear Members,

As I am writing this the sun is trying to shine and I can see some beautiful snowdrops, crocuses and daffodils brightening up the garden, a sure sign that spring is coming.

I recently had the pleasure of attending Embleton W.I.'s 100th Birthday celebration, complete with 1920's flapper dress. What a wonderful achievement. Here's to many more years of fun and friendship in Embleton.

The Trustees enjoy any opportunity to meet and get to know our members, so over the next few months, we would like to visit as many W.I.s as possible, not for any special occasion but just to talk to you about the Federation, the Board of Trustees and sub committees, what we do and why. If you would like us to come on a particular day, please let Sandra know.

On that note I would like to remind you that Sandra will be retiring at the end of April. She has worked diligently for us for many years and will be greatly missed. I am sure you will all want to send her your best wishes for the future. To date we have had no suitable applicants for the position so please, if you can suggest anyone, we would love to hear from them.

Your sub-committees have quite a few events planned for you over the next few months so I hope you will take advantage of these opportunities to get together and learn something new.

We would like to have more members on our sub-committees, Art and Leisure, Education & Public Affairs and Homecrafts. You will find details of the committee chairmen below, so please feel free to contact any of them for more details. New ideas are always welcome.

Looking forward to seeing you sometime soon,

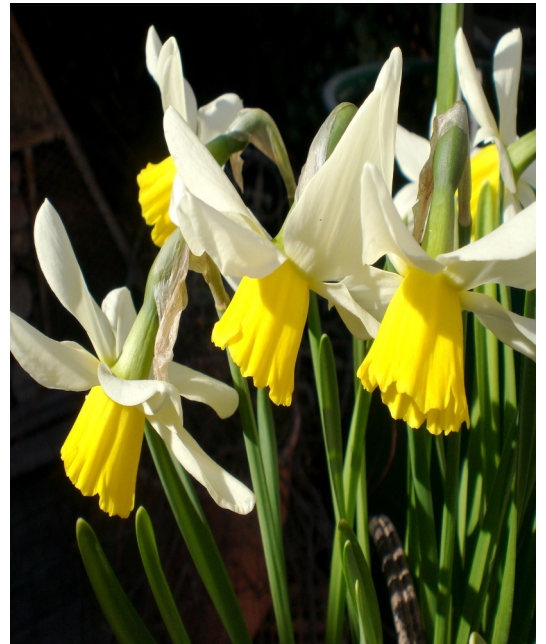
Kathleen

Sub Committee Chairmen

Art & Leisure - Penny Coulthard Phone 01228 522797

Education & Public Affairs - Jennifer Baker Phone 07923430932

Home Crafts - Kris Longshaw Phone 01900 826042



BOARD OF TRUSTEES

Dear members

As your Federation Treasurer it falls at my door to send a reminder that subscriptions are due in April. We have been informed that the increase this year will bring the annual payment to £48 per member. We are also reminded that until members' subscriptions have been received their membership will not continue. The amount of £48 is divided as follows; NFWI receives £13.10, CCFWI £11.30 and the institute share is £23.60. At present we have approximately 1460 members which results in an income of around £18650 per annum. Our running costs for the office, staff, rent, stationery, postage etc., amounts to approximately £2750 per month. As you can see from this there is a shortfall which means that fundraising is essential. I will also say that the coffee mornings are wholly financed by your trustees. All refreshments and raffle prizes are donated by us.

I hope from this information you can understand why it is vital that members try to support Federation events.

Ann Kirkpatrick

<p>2024 CCFWI CALENDARS CALENDARS ARE NOW REDUCED TO £1 each and can be purchased from the office during normal opening</p>

NEW CCFWI WEBSITE

Please note the original Cumbria-Cumberland WI website is now obsolete. A new website is now up and running. To access, log into the NFWI website and search for your Federation "Cumbria-Cumberland", which will log you on to our new website for information on Trustees, County Newsletter, Events and Photos. If you require anything adding, please email susan.addyman@tiscali.co.uk
Many thanks to Sue for all the time and effort she has spent to bring the CCFWI website to fruition.

RESULTS OF VOTING FOR THE 2024 RESOLUTIONS in this Federation which will be added to submissions from other Federations to determine the resolution gaining the most votes overall, which will be debated and voted on at the Annual Meeting in London on June 5th 2024.

Title of resolution	Number of selections
Dental Health Matters	150
Impacts of poor housing conditions	182
Say 'no' to gambling advertising	68
Improving Outcomes for Women in the Criminal Justice System	37
TOTAL NUMBER OF SELECTIONS	437

ENCLOSURES:

Federation Year Book update; Yorkshire Lavender Flyer;
2024 Subscription Payments Form

TO ALL SECRETARIES Could you please check monthly, that the enclosures listed in the County News match what is in your envelope.

If you are missing anything, please contact the Secretary at WI Office.
Tel. 01228521774.

Mastermind 2024

BBC Two's Mastermind is currently scouring the UK to find contenders for the next series which will be filmed in Belfast!

Although applications close on Friday 10th May at midnight, we would encourage you to apply as soon as possible as casting is currently underway. To apply, please click: <https://eu.castitreach.com/ag/hattrick/mastermind22/welcome.html> Or email mastermind.hth@hattrick.com (the application takes just 10 minutes to complete). Entry is open to UK residents (including Channel Islands & the Isle of Man) who are aged 18 or over.

Hat Trick/Hindsight are committed to making programmes as inclusive as possible.

CALENDAR OF EVENTS

MARCH	APRIL
2nd Federation Coffee Morning, Dean	11th Clean Rivers, Federation Office
14th Mini Dabble Day, Bothel Village Hall	18th Clean Rivers, Lamplugh Village Hall
	23rd Treasurers Forum, Federation Office
	29th ACWW Walk, Silloth
MAY	JUNE
16th RHS Harlow Carr Gardens Trip	1st Federation Coffee/Afternoon Tea Moresby
	5th NFWI Annual Meeting, London

NEWS FROM ANNE BAIRD OUR FEDERATION CLIMATE AMBASSADOR

Migration - a new Family film is out now - encouraging all to think about people movements which are increasing due to Climate changes.

www.mycoronationgarden.org is a fabulous collaboration from WI and others to help 'Grow Your Own' in a wildlife-friendly way - do put it into practice !

Thank you contacts for 'Show The Love' Banner - if all WIs send one square we will have a good display. 1 x 15 x 15cm square including 1cm seam allowance.

Light/medium green cotton with STL Design in reused/reclaimed materials.

Please also send a photo of yourselves/location and a few words about how you Show The Love for a scrapbook to go alongside - (details anne.b@live.co.uk)

WELCOME

AROUND THE WIs

WELCOME

Come and join **LAZONBY WOMEN'S INSTITUTE** for a Soup Lunch and a good old natter on Wednesday March 13th in Lazonby Village Hall 12 Noon until 2pm
£4 for Soup / bread & butter / Cuppa and biscuits Take away soup £1.50



LINSTOCK WI are holding a Quiz on Monday 15th April at 7pm in Linstock WI Hall. Tables of 4. Tickets cost £6 per person to include supper. Please book in advance by telephoning 01228532625



Roll of Honour

Latest details entered on the Roll of Honour

Shirley Bowe

Cumdivock WI

Doreen Cornthwaite

Kirklington & District WI

Helen Armstrong

Plumbland WI

Gone but not forgotten

*We will remember them bringing joy
and friendship to our meetings*

NEWS FROM THE SUB COMMITTEES

ART & LEISURE

March is the month for darts:- Monday 11th March 7.30 pm Caldbeck Bowling Club
Monday 18th March 7.30pm Hethersgill Hall
Tuesday 19th March 7.30pm Caldbeck Bowling Club

If there are any queries, please contact Elsie Bell - 01694 78682. The final is to be held at Wigton Bowling Club on 19th April 2024 7.15pm. Please do not arrive any earlier as they have another function on. There will be light refreshments.

Good luck to the finalists.

MODELS WANTED ! We are holding a Fashion Show.

No experience is necessary ! (Twiggy eat your heart out). It will be held in Brampton. more information in next month's newsletter. If you are interested please contact Penny Coulthard - pennycoulthard@yahoo.co.uk or 07903054133.

DIARY ALERT

Back by popular demand. We have booked **target shooting in Longtown for 12th October 2024. 10.30 start.** More information to follow.

EDUCATION & PUBLIC AFFAIRS

A REMINDER TO BOOK for the presentations to be given by **Eden Rivers Trust** (Federation Office April 11th 7pm) and **West Cumbria Rivers Trust** (Lamplugh Village Hall April 18th 7pm) for updates on what is being done to improve our Rivers for People and Wildlife. This is a follow-up from the NFWI 2023 Resolution. The cost for each presentation is £5 per person or £9 for 2 people attending the same event.

Booking for either presentation is essential.

Please apply for tickets by April 2nd stating which venue you will be attending.

Cheque payable to CCFWI and enclose a stamped addressed envelope and your phone number to Jennifer Baker, Ballacraigne, Little Salkeld, Penrith CA10 1NN.

TRIP TO RHS GARDEN HARLOW CARR Nr Harrogate on **Thursday 16th May.**

£20 pp plus £11.35pp group rate entry to gardens if you are not a current member of the RHS. (RHS Members have free garden entry on production of valid membership card on arrival at Harlow Carr.) **Pick up points 8am** at either Irvings Garage, Jesmond Street, Carlisle, £2 per vehicle charge for the day, payable to the bus driver, or outside The Halston (old GPO, Warwick Road), **8.30am** Penrith Sandgate Bus Station. Please apply to Jennifer Baker, Ballacraigne, Little Salkeld, Penrith CA10 1NN stating your pickup point, phone number for updates and enclose cheque made payable to CCFWI **before Thursday 2nd May at the latest please.**

HEMOCRAFTS

LAST CHANCE TO BOOK for **Easter Mini Dabble Day, Thursday 14th March** **Bothel Village Hall, 10am to 3pm** Coffee/Tea and biscuits on arrival. Homemade Soup, roll, cake and coffee/tea for lunch.

Easter gifts to make and take home for family and friends. The cost is **£25. Please book your place by Wednesday 6th March 2024** and indicate if you have any dietary requirements.

Send a cheque for £25 made payable to CCFWI, together with your phone number and a stamped self-addressed envelope to: Kris Longshaw, Little Jug, 82 Kirkgate, Cockermouth, Cumbria CA13 9PH Phone: 07583 737636

Email: kris.longshaw@gmail.com

MORE NEWS FROM THE SUB COMMITTEES
MEMBERSHIP SUPPORT



TO ALL TREASURERS, THEIR ASSISTANTS
AND ASPIRING TREASURERS



Do you need the answer to a burning question
concerning WI finance???

Join us in the Federation Office on Tuesday April 23rd
10:00am - 12:30.

and we will try and resolve a problem that might be giving you a bit of a headache. The charge will be £5.00 per person to be paid from your WI funds. Tea/coffee and biscuits will be provided on arrival. Please make cheques payable to CCFWI and contact Dawn Eyre, her email address is deyre67@gmail.com to book your place by Friday April 8th Booking is essential.

HEMECRAFTS
NEW COOKERY COOK

We are being asked to produce a new recipe book for the Cumbria Federation and we have thought long and hard about the recipes that would be most useful.

I am sure, like me that our favourite and most reliable recipes can be found in the WI Recipe

Books already on our shelves, so what could we do to add to them?

Many of us live with our spouse or alone and often the amounts stated in recipes are for four or more people. I know that Air Fryers have also come into their own for cooking smaller amounts and we would like to include instructions for Air Fryers in the new book.

A REMINDER We would also love to involve you in the new Cookery Book.

So thinking of this, do you have recipes for one or two people that have become a favourite? Please send them to the office via email or post and include your name, WI and telephone number. All details are on the front cover of this newsletter.

**NEW
BOOKS**

SPEAKERS UPDATE

THE GREAT NORTH AIR AMBULANCE SERVICE would be delighted to give a Community Talk in the form of a Power point presentation to your WI, explaining more about their life saving service, who they are and what they do, which lasts about 20 minutes, followed by a short time doing Question and answers. For more information and to request a talk, please send an email to:-

<https://www.greatnorthairambulance.co.uk/support-us/fundraising/talk/>

JAMIE NORMINGTON, CUMBRIA WILDLIFE TRUST would be pleased to visit WIs to give a power point talk on Wildlife in Cumbria. He charges £60 which he donates to the Trust.

Please contact Cumbria Wildlife Trust 01539 816300 to book Jamie.

DEAN HANDBELL RINGERS are a group of Handbell Ringers who can give a concert of 3/4 to 1 hour of classical & popular songs, interspersed with jokes and poems. This is not only enjoyable to listen to but interesting to watch. They charge £35 plus travel at £1 per mile over 10 miles from Dean.

Please contact Vicky Daley 07745601146 or email deanhandbells@gmail.com
Facebook Dean Handbell Ringers

DENIS WESTMORLAND has filmed and edited a large range of 10 minute films of "Local Villages, Rivers and Cumbrian scenery" which are displayed on an eight foot screen with amplified accompanying music and commentary. He also offers films of world wide travel. Also known as a musician, he was born into a farming family near Carlisle before becoming an electricity meter reader, now retired.

For more information please telephone 016974 75225, mobile 07884 314592 or email dwmusic@btinternet.com

DISCLAIMER: Re. Speakers Update. Some Speakers contact us requesting that their details be sent out to WIs.

We would point out that we issue them as suggestions and not necessarily recommendations.