

Issue no: 399 - Nov 2025

# County News

*"Lest we forget"*

## 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/](http://cumbria-cumberland.thewi.org.uk/)

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

Chairman: Kathleen Bowron

Treasurer: Ann Kirkpatrick

Federation Secretary and Editor: Lesley Porter

Email: [ccfsecretary@ccfwi.co.uk](mailto:ccfsecretary@ccfwi.co.uk)

**Enclosures this month:** 2024/25 Year Book updates; 'Your Ideas' form; **Any WI's not at the ACM will also receive:** Long service Certs (if any requested) + County Raffle tickets.

**TO ALL SECRETARIES—** Please distribute/display accordingly and if any enclosures are missing, please contact the Secretary at WI Office

### Changes to Office Hours:

**Nov:** None

**Dec:** Office closed from 18th Dec to 6th Jan 2026

## THE MAIN EVENT

⇒ Federation Carol Service

Sat 6th Dec 2025 - 2:00pm

**No need to book, just turn up.**

**Venue:** St. Mary's and St. Michael's Church, Egremont, CA22 2AW

A lovely event to round off this year. Refreshments will be available. Please come and support this lovely event.



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**Please note that the next issue will be a double one for December & January.**

**The February issue will have a deadline for submissions of 20th Jan 2026.**



**DEADLINE FOR SUBMISSIONS FOR DEC/JAN ISSUE no. 400 - 19th Nov**

## A LETTER FROM YOUR COUNTY CHAIRMAN

It was good to see lots of you at the Annual Council Meeting in The Greenhill Hotel in October and I hope you all enjoyed yourselves. Thank you for conducting the business side timeously so we had plenty of time to listen to the speakers, more of whom later in this magazine, and chatting to other members from around the Federation. Thank you all for attending, especially the Dundraw Madrigals!

We will be looking carefully at the feedback forms we asked you to complete as they will be very helpful to the Board when planning next year's meeting.

Life has been a little hectic in the Bowron household over the past few weeks following our move to Dalston. After three weeks we finally got hot water and central heating! The Aga is being re-built as I write so hopefully, I will be able to cook properly once more. We still have no landline or internet which means we must visit the local pub to read and send Emails, what a chore!

I look forward to meeting you at our Carol Service in St Mary's and St. Michael's Church Egremont, Saturday 6th December at 2pm, followed by delicious mince pies and tea or coffee, have a safe journey.

Kathleen Bowron

## OTHER BOARD OF TRUSTEE NEWS

### ⇒ ANNUAL COUNTY RAFFLE TICKETS

£1 per ticket - These were given to your delegates at the ACM for sale at your WI meetings. For those who were unable to attend books were sent out with the County News.

**Please note the revised dates to those printed on the tickets:**

- Payment & Counterfoils (including any unsold) back to the office by Nov 30th
- Winning tickets will be drawn on Dec 9th.



### ⇒ DON'T FORGET ABOUT OUR ADDITIONAL OFFICE SERVICES

**Printing:** We can now offer competitive prices on basic printing jobs. Please see the flyer emailed to your Secretary last month for more info on the sort of jobs we can offer.

**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.



Gone but not forgotten  
We remember  
Sally Nicols ~ Cockermouth 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

### EDUCATION & PUBLIC AFFAIRS - Chairman: Jennifer Baker

#### Dental Health Matters

I send a huge THANK YOU to everyone who supported the appeal for children's toothbrushes and toothpaste. Your response was phenomenal and surpassed my wildest hopes, glowing evidence of WI Member's thoughtfulness and kindness with some even making little bags to put them in! Just look at the picture of all the items you brought to the ACM last week. These will now be shared out to community Pantries and Food Banks in our county.



### FROM OUR CLIMATE AMBASSADOR: Anne Baird

Thinking ahead to Christmas & New year - pls remember Green, Recycled, Pre-loved, Re-useable, Fairtrade, Organic, Homemade & Sustainable - for Cards, Gifts, Food & Clothes & Decorations.. !! We can all choose where our ££ goes - every careful spend counts.

Garden gifts are a great idea & many Charities offer Gift memberships / cultural/ day out experiences for those who appreciate less 'stuff'. If you are having a pre-season clear- out pls remember Charity Shops / re-use & recycle sites / car boot sales.



### CHAIRMAN'S CHALLENGE TRAYBAKE by Trish Dunant

Thank you to all of you who enjoyed eating my traybake during the AGM at Greenhill. I was asked to supply the recipe for County News so here it is. Please remember ACWW, and the walk on 29<sup>th</sup> April, there will be more traybake on that day too. Send your donations to WI House!!

#### Ingredients

175g digestive biscuits  
55g caster sugar  
115g butter  
70g desiccated coconut  
200g chocolate chips  
1 tin condensed milk  
120g cheap salted cashews

#### Method

Preheat oven 160 C (fan)  
Mix base – biscuits, sugar, butter. Press into lined tin.  
Sprinkle on coconut then the chocolate chips, pour over the tin of condensed milk.  
Now sprinkle on the cashew nuts.  
Bake for 30 minutes.

#### Extras

This is a very versatile recipe, for a thicker base use more biscuit mixture. To change the flavours swap things around, fruit would work instead of coconut. Don't make this layer too thick or it will not be covered in caramel. Any nuts can be used for the last layer. Divide while hot, but don't remove from tin until properly cooled, it will still be bendy... Enjoy!



## ANNUAL COUNCIL MEETING NEWS AND INFO



We hope your delegates pass on all the news from the ACM at your next WI meeting but here's a few highlights and pictures. Too many pictures were taken to put them all in here so this is just a flavour of the day... but the rest will soon be available on the website so please take the time to look.

The Trustees appreciated help given by our sub committee and other WI members, so a special thanks to: \* Ilene Forsyth - Sales Desk \* Pam Jago + Susan Graves - Visitors desk \* Sue Addyman - Photographer \* Judith Swinsco + Karen Duckworth on 200 Club sales.



⇒ REPORT ON OUR 1<sup>ST</sup> SPEAKER BY Glynis Aspin, Trustee -

### **Dr Ray Lowry - Comedy writer and performer**



He entertained us to a most amusing talk 'Funny Bones & Wisdom Teeth'. He began by telling us about his long and varied career. He initially wanted to begin his life as a pilot as he thought the uniform would attract the girls. He continued to tell us about being a script writer for radio and TV writing lines to the Dave Allen show (who was a gentleman) to the Two Ronnies, John Cleese to mention a

few. His amusing talk concluded with slides on mistyping's, spelling mistakes including a typing error for a birth announcement congratulating a family on '*the git of a son*'. Much laughter followed and he was well received by all who attended.





## ANNUAL COUNCIL MEETING NEWS AND INFO CONT'D...

⇒ **REPORT ON OUR 2ND SPEAKER** by Penny Coulthard, Trustee -

### **Midge Bridgewater - Sewing Bee contestant**



Gave a most interesting insight of production side of the BBC's programme The Sewing Bee. Over 10,000 people apply - so to actually be on the show was a great achievement ! Although he was the first to leave Series 8 (do watch it if you have not seen it) - Mitch was quite open about not being surprised by this as he had only been sewing for about six months whereas there were contestants who had been sewing for 30 years plus. He showed us the garments that he made - he was particularly proud of the dress he made for the made to measure part of show - this was a dress for his wife as without her inspiration he would not have been on The Sewing Bee. He had a fantastic time on the show and although it was

hard work and exhausting at times he has gained a lot of friendships that will last a lifetime. His life has changed for the better. A great illuminating talk and we wish him well for the future.



⇒ **REPORT ON CHAIRMANS CHALLENGE** by Glynis Aspin, Trustee

Once again this year we have had a full and varied selection of crafts on display which just shows what a talented group of ladies we have in our Federation. From cross stitch to cards, crochet, candles and everything in between. Our winner selected by those attending was a beautiful cushion created by Frances Irving of Lamplugh WI. The competition also raised £60.17 for ACWW so once again thank you ladies.



Winning entry

It was nice to see that one WI did a combined entry created by the whole of their WI

which was a lovely idea and one which other WI's may like to copy in the future. I am already thinking of a topic for next year and decided on something recycled as this not only ties in with our resolutions but helps promote sustainability.



Combined entry



## ANNUAL COUNCIL MEETING NEWS AND INFO CONT'D...



Some of the recipients of Long Service to WI certificates

Dundraw Madrigals



Lazonby WI - Winners of the darts team trophy

## NEWS FROM YOUR WI'S

*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!***

### ⇒ Moresby WI

Enjoying their Table Top Sale at their September Meeting.



### ⇒ Warwick Bridge WI

COFFEE MORNING will be held on Sat 8th Nov from 10am to 12 noon at Downagate community centre, Warwick Bridge. £5 includes Coffee or Tea and cake. Christmas stall, cakes and preserves for sale and Raffle, Pick a Square and 'Guess the weight of the cake'.



**Hope to see you there.**

### ⇒ Thirlmere WI

You are invited to an open meeting we are holding on Thurs November 13th at 7pm in Thirlmere recreation hall. Entrance £3 to include refreshments. It will be a fascinating talk about Countess Ossalinsky, nee Mary Jackson, a lady who took on the mighty Manchester Corporation in an attempt to preserve Thirlmere, an area that we know and love so well.



## FEATURED FEDERATION EVENTS + NEWS

Watch out for more info on the following annual events coming next year

- ♦ Team Darts; Games Day; Quiz Nights
- ♦ Meet & Greet Your Trustees event.



Your help is needed -

As we're starting to plan 2026 events we'd love your input. Your secretary will have received a form, please discuss as a WI the types of events/trips you would be interested in and then fill in and return to Lesley at the office. These events are for YOU!

Date/Time	Event	CN issue	Venue	Cost	Code	Closing date
<b>Nov 2025</b>						
1st: 10:00 - 12 noon	Federation Coffee Morning - Bootle	N/A	Bootle Station, Millom LA19 5UY	£5	TB-CM4	Just Turn Up
6th: 7:00pm	Quiz Nights x 2 locations	Sept/Oct	Dalston, CA5 7QB Lamplugh, CA14 4SF	£20/team	EPA-QND EPA-QNL	Closed - Full
<b>Dec 2025</b>						
6th: 2:00pm	Carol Service	Sept/Oct	Egremont CA22 2AW	N/A	TB-CS	Just turn up

⇒ *An outside event that may be of interest to some WI's -*

**Amy Clark - Project Developer working with 'Everyone Here' based in Whitehaven. Email: [amy@everyonehere.org](mailto:amy@everyonehere.org) Tel: 07728 882033**

Our next big event, the Imagine Festival, will take place in Whitehaven in February 2026. As part of this festival, we are developing a new project called Float, which will celebrate and remember the rich history of West Cumbrian carnivals. We thought the WI, specifically in Mirehouse, Cleator Moor, Aspatria, Frizington and Flimby, might be a wonderful fit for this project because of their history and relationship with the local community! If you're interested, and there are lots of ways to take part, we'd love to arrange a time to visit and chat more about the project and how your group might get involved. In the meantime, if you have any questions or would like more information, feel free to get in touch. Looking forward to hearing from you!



### Special dates in Nov

**Sun 9th** - British Pudding Day  
**Tues 11th** - Remembrance Day



**\*Tues 25th Nov - Weds 10th Dec** - 16 Days of activism against gender based violence

*\* Your WI secretaries will have details sent to them of how you can support this.*

## 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.

⇒ **LINDA CURLEY - RETRO ZONE MUSEUM IN KESWICK**

**Email:** [info@the-retro-zone.co.uk](mailto:info@the-retro-zone.co.uk) **Tel:** 07955 562914 - I run the Retro Zone Museum in Keswick & it may be of interest to your members. The museum shows items from the 70s & 80s, including toys, tech, bikes, books & more. Although it's a small museum we pack a lot in - It is a real walk down memory lane! Although we have only been open for 3 weeks the feedback from our visitors has been fantastic. If any of your groups would like to visit I'm sure we could come to an arrangement over the entrance price. Please do not hesitate to contact me with any questions.

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⇒ **PAMELA IRVING - BUTEYKO BREATHWORK COACHING**

**Email:** [pamelairvingreflexology@gmail.com](mailto:pamelairvingreflexology@gmail.com) **Tel:** 07904 892550

The Buteyko Breathing Method consists of a series of breathing exercises and guidelines specifically designed to reduce over-breathing (clinically known as "chronic hyperventilation") The majority of people with health problems breathe too much, this alters the natural levels of gases in the blood and reduces the oxygen delivery to the tissues and organs. This then causes the constriction of smooth muscles surrounding blood vessels and airways. In Buteyko breathing we teach you to bring your breathing volume back to normal and make the switch from mouth to nose breathing- this helps alleviate health problems. Contact me for more information or to arrange me to attend.

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⇒ **GEOFF WILKINSON - '4 JUST MEN' CLOSE HARMONY GROUP**

**Email:** [jgwilko@hotmail.com](mailto:jgwilko@hotmail.com) **Tel:** 07522 782847 - We are the '4 Just Men' and we are all members of, but operate independently from, Whitehaven Male Voice Choir. And live in different locations in West Cumbria, but enjoy getting together to perform as a group. We have accomplished soloists within the group. We don't charge a fixed fee but would welcome a small donation, around £50, which we will donate to charities of our choice. I was formerly the leader of a group called the 'Statesmen' who entertained many WI's in North Cumbria at their social get togethers between the 80s and 00s. I look forward to the opportunity of doing that again. Phone or email to discuss possibilities.

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⇒ **PAUL WILSON - VOLUNTEER COMMUNITY PRESENTER FOR THE RNLI**

**Email:** [paulwilsonbonner@gmail.com](mailto:paulwilsonbonner@gmail.com) **Tel:** 07990 786225 - I offer talks on the outstanding work of the RNLI to raise awareness and fundraise as the RNLI is solely run via contributions. I finish off the talk by giving you ways of getting involved. Please call or email if you want to discuss further. Regarding charges - we will take whatever the standard payment is (plus reasonable travel expenses depending on distance travelled), payable to the RNLI.

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⇒ **PIPPA POTTS - GOOD COMPANIONS CARE AGENCY**

**Email:** [pippa@gchc.co.uk](mailto:pippa@gchc.co.uk) **Tel:** 01228 594153 - We provide excellent care, be it domiciliary or live in. I would love to be able to come and give a talk at one of your meetings if you thought it might be helpful, useful and most importantly interesting.

We also have an event on at The Crown Hotel, Wetheral, CA4 8ES on Thurs 13th Nov, 11-4 With refreshments and a prize draw for those interested in care or in working for us.