

**CUMBRIA CUMBERLAND FEDERATION OF WOMEN'S INSTITUTES
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Office Hours: Wednesday & Thursday 10.00am to 1.00pm



Chairman: Kathleen Bowron

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October 2024



COUNTY NEWS

FEDERATION ANNUAL QUIZ

BIGRIGG VILLAGE HALL & DALSTON VICTORY HALL

THURSDAY 7th NOVEMBER 2024

7.00pm for a *prompt* 7.30.p.m. start

DO NOT TURN UP EARLY AT BIGRIGG, room not available before 7pm. Please do not put the earlier class under pressure to finish early.

Tickets are £16 per team of 4 W.I. members

Tea and coffee will be provided but please bring your own supper

Tickets can be obtained from Mrs P Coulthard, Brisco Hall, Brisco, Carlisle C4 0QS

Cheques to be made payable to C.C.F.W.I.

Please include a stamped addressed envelope for receipt of your tickets

Entries to be received by 1st November

**Please note the office will be closed on Thursday October 3rd
for the Annual Council Meeting**

ALSO The office will be closed all of the week commencing October 21st 2024

A LETTER FROM YOUR COUNTY CHAIRMAN

Dear Fellow Members,

At last, I am sitting looking out of the window at a cloudless sky and bright sunshine, better late than never! The glories of an Indian summer.

I hope you have all enjoyed the summer months and are now looking forward to lots of interesting activities within your own W.I and the Federation as a whole.

It was lovely to see some of you at the Federation Coffee morning in Kirkandrews on Eden in early September on another lovely day.

Our next Coffee Morning is on 16th November at Thirlmere, put the date in your diary

October is our Annual Council Meeting and by the time you read this it will probably all have happened and hopefully you took the opportunity to meet other ladies from all over the Federation to share ideas.

Are your brain cells in good working order for the Federation Quizzes in Bigrigg and Dalston on November 7th?

I look forward to meeting lots of you at various events in the next few weeks.

Enjoy your W.I. and remember it is what **you** make it.

Kathleen



BOARD OF TRUSTEES



FEDERATION COFFEE MORNING SATURDAY NOVEMBER 16th THIRLMERE RECREATION HALL CA12 4TH 10am to 12noon

Another opportunity to meet up with friends and members from other WIs.

Come and say Hello to the Trustees while enjoying as much tea and coffee you can drink and spoil yourself with all the home baked scones and traybakes the Trustees bring to these Coffee Mornings

There will be the usual selling stalls
(Christmas really is getting closer, you might find some presents that wont cost a fortune to post!).

Try to find the hamper in Membership Support's Lucky Number boxes and of course there is always a raffle

We send our congratulations to Trustee member **Sue Addyman** (Lamplugh WI) who took part in the Great North Run and raised money for the Teenage Cancer Trust.

200 CLUB

The latest draw for 200 Club winners took place at the Federation Coffee Morning held at Kirkandrews on Eden on September 7th.

1st. £90 Marion Clarke, Santon Bridge W I

2nd £50 Mary Skelley, Hayton WI

3rd £25 Penny Coulthard, Stoneraise, Wreay & District WI

4th £25 Ilene Forsyth, Longtown WI

Congratulations to you all.

New tickets will be available at the Annual Meeting, they cost £12 each, cash or cheque made payable to CCFWI. If purchasing a ticket for your WI, please do not take the payment from WI funds. There will be 4 draws during the year.

REMEMBER—YOU HAVE TO BE IN IT— TO WIN IT!

2025 FEDERATION CALENDAR

Excellent value at £4, containing beautiful pictures of local wildlife sent in by our members, not too heavy to post and easily available at all the Federation events or collected from the office during normal open hours.

2026 FEDERATION CALENDAR

We hope you are finding "Tourist Attractions" in Cumbria to photograph for our 2026 Calendar. They must be 7" x 5" Landscape format. We would prefer to receive them digitally, but hard copy is also acceptable. Please enclose a stamped addressed envelope for their return. People included in the photograph should have given their permission. Closing date is January 9th 2025

Please mark your envelope **2026 Calendar and send to or email the office.**

NEWS FROM ANNE BAIRD OUR FEDERATION CLIMATE AMBASSADOR

September included **Fairtrade Fortnight** - as well as **Week of River Action** - both close to the WI heart. Please support these themes all year by choosing Fairtrade at home and for your meetings and by beach-cleaning, attending 'Save Windermere' if you can & wearing crochet dragonflies.

Taking note of the local water-ways led me to reporting a possible pollution incident which is now being monitored by the land managers.

If **'Wilding'** is being shown at your local cinema, I recommend going to visit.

ENCLOSURES

Team Darts Entry Form,

N.B. There are no Year Book updates (The **NEW** Year Book will be available to collect at the Annual Council Meeting, or posted out with November County News)

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.

Roll of Honour

Latest details entered on the Roll of Honour

Marie Simm

Cleator WI

*Gone but not forgotten
We will remember her bringing joy
and friendship to our meetings*

Sorry for the incorrect name of the WI last Month. Editor
Please remember to ask for permission from relatives before I enter a member's name on our Roll of Honour.

CALENDAR OF EVENTS 2024

OCTOBER	NOVEMBER
3rd CCFWI Annual Meeting, Greenhill Hotel	7th Federation Quiz, Bigrigg & Dalston
12th Target Shooting, Longtown	16th Federation Coffee Morning, Thirlmere
17th & 31st Beading workshops, WI Office	23rd Christmas Dabble Day, Bothel Village Hall
DECEMBER	
7th Federation Carol Service venue to be advised	

NEWS FROM THE SUB COMMITTEES

ARTS, CRAFTS & LEISURE (Combining Arts & Leisure and Home Crafts)

Following a proposal by all Sub Committee Chairmen to merge 2 committees as their interests often overlap, the Board of Trustees duly ratified this request.

The winter is looming, but there are still some events to look forward to:-

Target Shooting on October 12th at Longtown.

Quiz nights in Dalston and Bigrigg on November 7th

Our Annual Carol Service on December 7th. Location still to be confirmed.

Team Darts will take place in March and April 2025. Dates and Venues to be decided when all entries are received by December 9th 2024

Thank you for your continued support.

Penny Coulthard

We are excited to offer another of our popular Dabble Days at Bothel Village Hall on Saturday 23rd November 2024 10am – 3pm

Morning Coffee/Tea and biscuits on arrival. Christmassy things to have a go at in the morning. Homemade Soup and Cakes for lunch. An afternoon of Christmas Wreath Making. The cost is £25. Please make your cheque payable to CCFWI Apply to Kris Longshaw (kris.longshaw@gmail.com) Closing date 16th November Please give your name, any dietary requirements, institute, email and contact phone number. If you are happy to receive an email receipt, there is **no need** to send a SAE envelope. I look forward to hearing from you.

Kris Longshaw

EDUCATION & PUBLIC AFFAIRS

Dear members

As you will all know by now the trip to National Trust property Craggside House in Rothbury, Northumberland had to be cancelled.

As Trustees and members it is very disappointing when events are organized, but the support is somewhat short. As Trustees we always welcome suggestions from members as to where or which events members would like us to organise.

Please keep sending us your ideas.

We look forward to your support in the future.

Ann Kirkpatrick

At the moment we are exploring an update on last year's Resolution (Dental Health Matters), The Future of AI—the good and the bad possibilities. Quizzical Walk—is your area full of untold gems? Please contact us with details.

MEMBERSHIP SUPPORT

are pleased to announce that a **Forum for Presidents and Secretaries** will take place at Kirkstile Community Centre, Dean on Saturday 9th November, 10am to 12 noon AND Federation Office, Carlisle on Saturday 30th November, 10am to 12 noon. Light refreshments will be served at both Forums. Share your concerns with WI Advisers. Sign up for the venue nearest to you by October 31st. The cost is £5 per person which can be paid from your WI finances. Make cheques payable to CCFWI. Please Contact Pam Jago either by phone 01768 88790 or send her an email jagopamela2@gmail.com Booking is essential

NEWS FROM THE SUB COMMITTEES (Continued)

MEMBERSHIP SUPPORT

MCS—MEMBERSHIP COMMUNICATION SYSTEM

Take advantage of a “one to one” meeting with Pam Jago, who has had first hand experience as MCS secretary for her WI. She will explain the whole process. Contact her for more details. Either phone 01768 88790 or email jagopamela2@gmail.com

HEMOCRAFTS

LAST CHANCE TO BOOK THIS 2 SESSION COURSE

By popular request our very own **Margaret Pattinson will hold a Beading Class** at the WI Office in Carlisle (12A Clifford Court, Cooper Way, Parkhouse Business Park, Carlisle CA3 0JG) in **October**.

The course will run for **2 days on Thursday 17th and Thursday 31st October** from 10am to 3pm. Coffee, tea and biscuits available but please bring a packed lunch. You will need your own scissors, but all other material will be supplied.

Places will be limited so please book early by sending a cheque for £20 made payable to CCFWI to Margaret Pattinson, Broadacre, Thornby Moor, Wigton, CA7 0JZ, together with a stamped addressed envelope.

Closing date October 10th.

AROUND THE WIs

All suitably dressed to enter the dairy!

PATTERDALE WI

recently spent a wonderful day visiting the Torpenhow Farmhouse Dairy near Wigton. In the 12 years since Jenny Lee and her husband Mark took over running the farm, they have transformed it. The cows are now pasture-fed and moved each day so the pasture can recover. They are always grazing on quality fresh food so produce high quality milk. To make the most of their high-quality, organic-certified milk, Jenny had the



inspired idea of making it into cheese. Today it makes 5 different cheeses.

SPEAKERS UPDATE

WENDY FIELDING After more than 20 years involvement with Leprosy Mission she has recently become a volunteer speaker. Based in Carlisle, she would be happy to give talks to interested WIs. For more information please contact Wendy by email. 1wendyfielding@gmail.com

MITCH BRIDGEWATER Mitch Bridgewater was a contestant on series eight of The Great British Sewing Bee, touring the country giving talks about The Great British Sewing Bee and giving a glimpse behind the scenes. Living in Carlisle he would be delighted to visit WIs.

Call Mitch on 07468485583 or email him on mitchellbridgewater@gmail.com

GUIDE DOGS Rachel Adams works for Guide Dogs as a Puppy Development Advisor and wonders if any of the local WIs (or a larger gathering) would be interested in hearing about what goes into raising a Guide Dog puppy, before they go into training? The organisation is looking for puppy raisers and fosterers in the Cumbria area, but most of all she would like to raise awareness about Guide Dogs and the important training they do in puppyhood. Based in Penrith, she travels all over Cumbria to visit existing pups and would be happy to bring along one or two so people could see what are trained and of course, say hello. **Email address** rachel.adams@guidedogs.org.uk or phone 07760789710.

JO TAYLOR volunteers for the Great North Air Ambulance Service and has been tasked with contacting groups to enquire about coming along to do a talk about the life-saving work the GNAAS do. Covering a large area of the North East and North West including Cumbria, many WI branches will be within. Purely a charity based life-saving service they are looking to get their name out there to heighten awareness of their work and what's needed to continue doing what they do - which is saving lives. Please contact Jo by email jdixon300@googlemail.com or phone 07798725296 who will pass your details to the team of Community Fundraisers.

Dr RAYMOND LOWRY is a retired doctor, dentist and academic (and former comedy scriptwriter) looking at the funny side of his career. He is now restricting travel to local areas. Happy to come at short notice if possible. His talks are “**Funny Bones and Wisdom Teeth**” and “**Prescription Laughter**”. He charges £50 plus travel.

Please contact him by phone 07921140778 or email r.lowry@sky.com

ALL STEPS FIRST DANCE LTD Kiri Cullen organises regular dance classes or one-off events, run by qualified, insured and DBS checked teachers, offering a range of styles and levels of ability. It is £190 for 1 hour. If you would like a group dance class please contact Kiri to discuss details Phone 07724240244.

SPEAKERS UPDATE (continued)

ELAINE TRUCKELL works as a Volunteer Coordinator for Carlisle and Eden Carer Support. The organisation provides support for unpaid Carers.

Elaine wonders if you would be interested in her giving a talk to your WI about how they can help people in the community. Please telephone 01228 580214 for more information or email Elaine@carlisle-eden-carers.org.uk

LORRAINE PRIESTLEY is happy to visit WIs and demonstrate **Encaustic Art** . (painting with beeswax using a travel iron) and also other uses of beeswax to Federation members.

Being a keen member of Carlisle Beekeepers Association, Lorraine is also happy to talk about bees and beekeeping. She lives near Annan and keeps her bees in the garden. Please contact Lorraine for more information. Her phone number is 07752904572 and email lorrainepriestley@btinternet.com

STEPHANIE WEBER works for the Animal Rescue charity. Her presentation covers what **Animal Care** is, why it is needed in current times, trends in pet ownership and new laws coming into force, what Animal Rescue do to help and how they do it. Many members of the WI are loving pet owners and the subject matter is of great interest to them. The talk is illustrated with a power-point presentation of photos of their work. She can also bring along a lovely gentle retired greyhound who is used to socialising with all sorts of ages and who enjoys being petted.

All Animal Rescue ask for is a donation to go towards Animal Care. People can also donate on the night as well if they wish, and/or purchase Animal Care mugs or colouring books for grandchildren which always prove popular.

Please contact Stephanie Weber <steph@animalcare-lancaster.co.uk> for more information.

MIKE MAPLETON would be pleased to visit WIs with his new local history talk on **Cumbrian Postal Workers** which has been popular possibly because of the current issues concerning sub postmasters/mistresses unjust treatment.

For more information please contact Mike either by telephone 01900 826423 or email michaeljmapleton@gmail.com