

Volume 15 issue 2
February/March 2024

News from Federation House
June Humphry 01639 881588

Deadline for 2024 subscriptions

All Federations have been requested to send the National portion of the subscription to the National Federation by the beginning of **MAY 2024.**

We are, therefore asking that however many subscriptions a WI has received in April 2024 are sent into the Federation by **30 April 2024.**

Any late subscription (not pro rata) can then be included in the second sweep. Your co-operation in this request would be very much appreciated.

Please make sure that the subscription form included in this mailing is given to your WI Treasurer.

STATIONERY ORDERS

Enclosed with this mailing is a new Stationery Order Form.

When ordering stationery do not send a cheque with the order, a receipt will be sent to you together with your order which will include the total cost including postage.

Baton of Friendship video

Wendy Knight has produced a video of her journey around all the WIs in Glamorgan Federation as part of the Centenary celebrations.

If you would like a copy of the video please email the office glamorgan@btconnect.com and a copy will be emailed to you.

Annual Council Meeting 18 March 2024

Unfortunately, due to ill health the Lord Lieutenant of West Glamorgan, Louise Fleet will not be able to attend the above meeting. The Deputy Lord Lieutenant of West Glamorgan Jill Johnson will be attending instead.

Glamorgan Federation of Women's Institutes
13 Courtland Place
Port Talbot SA13 1JJ

01639 881588
www.theWI.org.uk/glamorgan
E mail glamorgan@btconnect.com

Charity registration number 1206209
Office Hours— 9am-2.30 Monday, Wednesday and Friday

Second Ogmore River Clean 1-5 June 2024

Volunteers are required to help with the Ogmore River Clean on the 1-5 June 2024. This would involve either baking cakes and/or manning the refreshment stand.

The volunteering slots will be divided up into the following times:-

Mornings—9am-12noon
Lunchtime—12noon- 2pm
Afternoons—2pm -4pm
All day from 9am-4pm.

If any WI is interested in volunteering please email merthymawrwi@gmail.com quoting the approximate number of volunteers from your WI and contact details email and phone number for the main contact in each WI by 1 March 2024.

Updated Digital Connectivity Action Pack

Since January 2021, NFWI-Wales, the FUW, NFU Cymry, CLA Cymru and the Wales YFC have been working together to focus on digital connectivity across Wales. This partnership was developed in response to comments from members in rural areas that they were being greatly impacted by poor broadband connections and mobile signals. The importance of good digital connectivity has become more and more evident. During the Covid-19 pandemic, we relied on internet access to keep connected with family, friends and our communities, for remote working and for accessing services. Good, reliable digital connectivity is essential for work, business, education, leisure and day to day activities. An updated version of Digital Connectivity Action Pack can be accessed on MY WI—

<https://mywi.thewi.org.uk/wales/nfwi-wales-campaigns-and-projects/digital-connectivity>

News from Home Economics & Craft

Gloria Jones [REDACTED]
Email pontyglojones@gmail.com

The preliminary round for the Rosebowl and Brecon Cup is due to be held at Blanco's Hotel, Port Talbot on Thursday 18 April 2024. The title this year is 'A Welsh Myth or Legend'. There is still time to enter the two competitions and you can also join us for afternoon tea and entertainment in the Michael Sheen Suite after the competition. Members will be able to view the entries, which will then go forward to represent Glamorgan at the Royal Welsh Show in July 2024.

The Committee look forward to welcoming you on the day—it's a good opportunity to meet new members, and enjoy each others company.

Plans are in place to visit the Malvern Show in September and a seasonal Dabble Day.

If you have any suggestions for crafts, etc you would like to try, please let any member of the committee know and we will try to organise it.

News from ACWW

Barbara Bowring [REDACTED]
Email Barbara.bowring@virginmedia.com

I would just like to clarify the item I placed in last months' newsletter—volume 15 Issue 1.

As the ACWW Representative I talk about the history, the work and achievements of ACWW. There is no restriction as to what and how I communicate the information to the individual WI. I make the presentations verbally, without the need for screens, power-point or any other medium.

If there is any future interest from a WI, I will be available to come along as a speaker.

I recently visited Penllyn WI on a very cold evening, thank you for my invitation and my slice of very posh Christmas cake!

Thanks also to St Nicholas & Bonvilston WI for their recent generous donation to ACWW funds.

News from Shows

Myra Thomas: [REDACTED]
Email myraethomas@gmail.com

RED ALERT—ATTENTION

Following our first Show meeting it was noted that there are 2 omissions in the schedule. Every secretary should have received 4 schedules in the post so please can you make sure this has already been change, or to any schedules that members have already collected.

Please add:

Class 1 Maximum 500 words

Class 4 Add 30gms of Cocoa powder to the Chocolate icing

Date of next meetings:

Thursday 29 February 6pm—Carpenters Arms, Efail Isaf

Monday 4 March 2pm Llansamlet Tesco Community Room.

Wednesday 13 March 6.30pm—Tesco Community Room Western Avenue

Friday 15 March 7pm Zoom meeting please contact Federation Secretary for details.

Don't worry if you are unable to join any of the meetings, we will have a table at the Annual Council Meeting in Port Talbot on the 18 March and are happy to come to any of your WIs to chat about the show. Email glamorganshow@gmail.com or give me a ring.

News from Sport & Leisure

Sandra Davidson [REDACTED]
email sandradav@talktalk.netcom

STOP PRESS....

The start time of the spring walk in Penarth is 10.30am.

Whist Drive Saturday 1 June 2024 at Ystradowen Village Hall. Application form with this mailing.

Enclosures this month

- 1 2024 Subscription form
- 2 Whist Drive
- 3 Zip Wire ride
- 4 Glamorgan WI Show Schedule x 4
- 5 Delegates pack
- 6 Stationery Order form
- 7 York & Castle Howard app form
- 8 WI Learning Hub

NFWI-Wales have been contacted by Elizabeth Zoe Shoemark-Sells, a doctoral student in Swansea University's gerontology programme, who is conducting a survey titled *incontinence, The challenges facing older women living in the Community with long-term chronic Conditions*. The intention of the research is to examine the relationship between incontinence and chronic illness in women through the lens of the life course perspective to identify critical life stages and transitions as women age, analyse the comorbidities and life experiences that influence future health outcomes, and identify the interventions that manage or prevent urinary incontinence in older women with multiple chronic conditions.

If you would like to take part in this research programme or would like more information E-mail e.z.shoemark@swansea.ac.uk

Diary dates—2024			Closing date
Annual Council Meeting £12	Princess Royal Theatre, Port Talbot	Monday 18 March 2024	
Bluebell Spring Lunch £23	Hi Tide Inn, Porthcawl	Wednesday 20 March 2024	1 March 2024
Rosebowl & Brecon Cup 2024	Blanco's Hotel, Port Talbot	Thursday 18 April 2024	1 March 2024
Rosebowl & Brecon Cup Afternoon Tea £15	Blanco's Hotel, Port Talbot	Thursday 18 April 2024	1 March 2024
Darts Competition £55 per team	Pencoed Social Club	Saturday 20 April 2024	30 March 2024
Late Spring Circular walk around Penarth £3	Penarth	Saturday 11 May 2024	30 April 2024
Fashion Show £25 or £28	Norton House, Mumbles	Tuesday 7 May 2024 Wednesday 8 May 2024 Thursday 9 May 2024	19 April 2024
Fashion Show £23	Heronston Hotel, Bridgend	Wednesday 15 May Thursday 16 May 2024 Friday 17 May 2024	30 April 2024
Whist Drive £5	Ystradowen Village Hall	Saturday 1 June 2024	30 April 2024
Thrill Seeker—Zip Wire	Rhigos Mountain	Saturday 15 June 2024	15 April 2024
Court & Castle Holiday £199	Windsor & Hampton Court Palace	Friday 19-20 July 2024	23 February 2024
York & Castle Howard Holiday £405	York & Castle Howard	Thursday 21 November/ Sunday 24 November 2024	13 September 2024

THE BACK PAGE



One of our members Beverly Topping composed this poem and read it out during our Xmas Dinner celebration in January. We thought it was so lovely and sums up the core of our WI so we wanted to share it with the other WIs across

Glamorgan.

WI POEM

Fancy me being put on the spot
Trying to entertain and impress you lot
Some members excel with pillarbox toppers
Then there's others needing large gobstoppers
We all try to be good friends, not so easy with those who
drive us round the bend
We are all part of a very large pie
With a wonderful filling called Dunvant WI

We meet weekly, knit, natter and play darts
Some members do arts and crafts
We gather in the upstairs room
This is where we are seen to bloom
Sometimes it's really hot and other times its colder
Some of us are young some are older
We are all part of a very large pie
With wonderful filling called Dunvant WI

There are members who like to drink tea very strong and
some like it weak

It's sometimes impossible for us to tweet.
Whether it's dunking their bag in or whipping it out,
pleasing our members is what its all about.
There's lots of planning looking ahead
Agendas, minutes, forms to fill, ladies you deserve full
cred.
It's not easy aiming to please, so many women it's far
from a breeze
Tea, coffee, biscuits and cake, there's always wonderful
creations they make.
Excuses for cocktails, baileys and fizz
Celebrating with each other is the Biz.

It's been ninety five years of Dunvant WI
What history and memories of days gone by
Isn't it great that it has survived so long
We are so very lucky it has and that we belong
We are all part of a very large pie with a wonderful filling
called WI

Yvonne Solomon, Dunvant WI



On a recent Saturday Murton Village WI embers caught a coach bound for a tour of BBC Cymru Wales in Cardiff. It is an impressive glass building in central Cardiff and we saw our local hero, Russell T Davies, often to be seen in

Mumbles, exiting the building, a good start, I thought. We had 3 enthusiastic and knowledgeable guides to show us around; the tour lasted 90 minutes and we had 2 tours, 10.30am and 3pm, all interposed with shopping and lunch! We first saw the GP (General Purpose) room where 'live' programmes like Scrum V and 6 Nations Sin Bin are filmed. We then went to the next floor where we saw where audio plays were recorded. A room, half carpeted and half wood floored, to give reality to inside/outside, even kitchen and lying down, it all sound different. No clacking of coconut shells for horses' hooves any more! With radio plays they are all edited after recording and actors can read their digital scripts on their own or with other actors, whatever suits. We were told about BBC Sounds if we missed something on Radio 1,2,3,4, Five Live etc. Next floor was the News Room, familiar to us from BBC Wales, not that full of reporters as it was Saturday, amazing to think this goes on 24/7. Main world news comes from London, but Breakfast TV and Radio BBC 6 Music comes from Salford, naturally local Welsh news from Cardiff. We saw where the Welsh weather forecasts come from, unfortunately no sign of Derek Brockway, our local meteorologist and walker, but one of our ladies read the weather bulletin and knew her Welsh geography and our President, who co-incidentally had organised the trip so well, read a news bulletin from auto-cue. To sum up, it is such a hi-tech operation, but when we sometimes see a reporter with notebook in hand, we are reminded that if things go wrong technologically, there's always paper and pencil! What a feather in Wales' cap to have this beacon of modernity. If we enjoyed our trip (a unique feature) we were asked to spread the word and go on Trip Advisor. Consensus was to be found on our Whatsapp group—a great day out.

Isabel Hopgood, Murton Village WI

At our first meeting in 2024 Eglwys Newydd WI were entertained by Helen Latimer. Her on-line profile states Helyn Latimer is a Wales-based children's author. She studied Drama in Birmingham and later completed her PGCE in Swansea. She is a puppeteer and teacher with over twenty-five years of experience



working in primary education presenting educational puppet shows and facilitating puppet making workshops. BULLY GOAT GFRIFF is her first children's book and won the Smart Education Wales Book of the Year in 2022. As a puppeteer she has held many

workshops using shadow and rod puppets

addressing topics and issues in the world whilst encouraging

children to make their own puppets all skills that fit in perfectly with the school curriculum. She explained this in great detail in a fun filled way acting out scenarios, using the many puppets she brought along together with an almost a ventriloquist talent and engaging with our members, showing how as an audience you can be almost mesmerised by puppets. The evening was thoroughly enjoyed by all our members.



Lorraine Hughes, Eglwys Newydd WI