

# WI NEWS TE PĀNUI

Issue 3 October 2024

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Spencer OBE, Homemaking, Co-  
operation and Citizenship.

**Patron:** Her Excellency the Rt  
Hon. Dame Cindy Kiro, GNZM,  
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## Meaning behind Te Pānui

To announce, notify,  
advertise, publish, proclaim.

## Important Dates

October – WI Awareness  
Month

November – International  
Month (Suggested idea  
Mexico)

December- End of the  
Financial Year



## President's Report

*Message from the foothills, Staveley.*

*Kia ora koutou.* Hello, WI members.

*Kei te pēhea koutou?* How are you?

October, in the NZFWI calendar, is assigned to spread the word about the W.I. in nationwide communities. I have heard of some enthusiastic events planned in various areas by hard working W.I. members who have embraced the concept of W.I. Awareness. Thank you all for getting out in your neighbourhoods and spreading kindness and happiness. Maraetai Beach W.I. gathered together with sister W.I.s to formally hand over 90 snuffle mats to Julie Chapman CEO and founder of Pet Refuge. These snuffle mats provide enrichment activities for both dogs and cats who have arrived at the Pet Refuge facilities under stressful and difficult circumstances. This initiative evolved from the Lonely Bouquet project undertaken several years ago.

Wearing your badge whilst on W.I. business is a simple effective way to promote the organisation. It starts a conversation. Sometimes you may be surprised with the result from that conversation. So instead of tucking your badge ribbon away in your car central console or at the bottom of your handbag when you leave your W.I. meeting, wear your badge to the supermarket or café, Briscoe's, the post office, or library. Very often at the checkout, you can have a quick chat about W.I. and who knows... nothing ventured, nothing gained.

I look forward to seeing some of you as I am visiting several regions throughout WI Awareness October.

To W.I. members who have been unwell, I wish them a speedy recovery and extend my deepest condolences to those members' families who have lost loved ones.

*Mā te wā*

Jude

National President NZFWI

## Financial Report

Well time sure does fly when you are having fun – and we can see that many members from numerous WIs have been partaking of that fun with events and outings. We are glad you have been sharing friendship and time together as well as with others. We are well over half the year and before we know it- it will be Christmas time and end of the year.

As this time approaches, we trust that treasurers are well used to what comes next at year end in the organisation. Yes, the dreaded reporting of finances ... but this need not be too onerous. If you are a new treasurer, we hope the past office bearer has been assisting and working alongside you to make this time easier for you. It would be a good idea to make sure that all financial information is being collated so that come end of November all documents are prepared with income and expenses and that all is needed is to add December transactions and interest – ready to report in January.

Dates for reporting finances will be forwarded as soon as we have confirmed them so that all preparations can be made for smooth reporting. Remember some WIs and Federations will be audited – who will be chosen this year?

Happy W.I. Awareness month and let us know if you require any assistance.

Adrienne Allen

Honorary Financial Officer

## EO Report

Kia ora koutou katoa

Back from annual leave and with 'several' emails to respond to, I feel as though I have never been away. Thank you for your restraint of not sending as many emails as usual so I can catch up.

The 2025 diaries have arrived and will be sent out shortly over the next few weeks. The cost has increased so the price has gone up accordingly to \$4.50 – a 50-cent rise. Of course, postal costs have gone up as well and these will be passed on for payment.

It seems there are a few WIs considering affiliation direct with the national office for 2025. Please ensure you let the federation you are currently affiliated with, know of your intentions so they can adapt to the new situation. I will be sending out 2024 membership lists to federations and those WIs already affiliated directly in November for your reference for changes.

I have seen the suggestion in some federation newsletters to get finances in order for the end of year – 31 December cut-off. Getting all up to date now will lessen the load later during the busy time of Christmas and the New Year. We have not yet met with our accountants but will be recommending no changes to the format of the online survey form so most treasurers will be familiar with the process now. Just remember as the past Honorary Finance Officer, Mary Reet, emphasised – ask if you have any questions or are not sure where to put amounts in the form.

We have plenty of the charming notelets for sale here at the office...a nice little present for someone. They depict the W.I. in the 1950's and they're only \$10 for 5 cards and envelopes.

I look forward to hearing from members if you have any questions or concerns about finances. I am aiming to keep communication lines open so all are empowered to complete the online form accurately.

Until next time- ka kite ano

Colleen

NZFWI Executive Officer

## Challenge Bowls

In 2025 over 9<sup>th</sup> and 10<sup>th</sup> February the Challenge Trophy for indoor bowls will be held in Gisborne.

Registrations at the national office, for teams entering the competition **closes on 1 December 2024**



This is a photograph of a Green Island member dressed in times gone by. Roll call for the June meeting was a fashion flop and was a reminder of the hippie days.

Marie Dickson, Green Island WI



## Grandparents Raising Children

Karaka Women's Institute members held a fundraising evening for Grandparents Raising Grandchildren on Tuesday 19 March 2024.

The venue was our local community centre and members gathered raffle and silent auction items from contacts and local businesses. We were amazed at the generosity of everyone approached to contribute to this worthy cause.

Guests enjoyed a glass of bubbles or orange juice upon arrival and a small supper at the conclusion of the evening. Our rapid raffles proved to be extremely popular with many guests having sorted out what they hoped they might get before the evening began if their number came up.

We had seven significant items donated that were silent auctions with competitive bidding. We were truly fortunate to have so many people join us for the evening with a wonderful attendance of approximately 90 people joining us. An enjoyable time with much laughter seemed to be had by all.

Our guest speakers for the evening, Anne and Sharon, gave us information on how and what happens with those involved and seeking support from Grandparents Raising Grandchildren. We heard some sad stories and were inspired by stories of amazing grandparents and the devotion to their grandchildren in their endeavour to nurture their young ones.

Lesley Kidd, Karaka W.I.



## The UK National Federation of Women's Institutes recently held their 2024 Annual Meeting at the Albert Hall, London

On Tuesday 4th June 35 members left Cumbria heading for London and the 2024 Annual Meeting of the National Federation of Women's Institutes. After an uneventful journey we reached our Hotel in Kensington at about 4.15pm and after a cup of tea and a freshen up found our way to the Royal Albert Hall to familiarise ourselves with the route for the next day and which door we had to enter by. Next morning at 9am we set off and joined the queues already at the many entrances to the Royal Albert Hall.

Those of us who had never been before stood in awe as we entered the Hall. What a splendid sight. Anne Jones NFWI Chair welcomed everyone in both English and Welsh. We then sang Jerusalem which was very emotional. The organist was wonderful, and the



organ sounded beautiful. Anne then introduced the Board of Trustees for 23/25. This is her final year as Chair, and she commented how in the last 4 years the world has changed and the W I was stronger and more united with a good future ahead of us. There have been 24,272 new members since the last annual meeting which is 66 new members every day. It was sad some Institutes must close, but this has been the strongest period of recruitment for many years, and we now have 17 Virtual WIs which have a total of 500 members. There are also 7 WIs in Prisons. In October, there will be grant money totalling £150,000 available, £10,000 will be offered to each Federation to support Education. Another initiative being developed is a W I Lottery. It is hoped to be launched on 16th September which is W I day. One thing she mentioned was that members consider leaving a legacy in their will, either to your W I, your Federation, the NFWI or all 3.

The theme from all the speakers was Violence Against Women and our first speaker was Nazir Afzal OBE. He is a British Solicitor and former prosecutor with the Crown Prosecution Service. In 2001 he became the



youngest person, and first Muslim, to be appointed as Assistant Chief Crown Prosecutor. He spent most of his career in the Crime Prosecution Service. In April 2016 he was appointed Chief Executive of the Association of Police and Crime Commissioners. He resigned immediately after the May 2017 Manchester Arena bombing so that he could comment freely on the attack. (Edited: This was a very

powerful presentation concerning forced marriage, female genital mutilation and so-called honour killings. Also, racial abuse. This section in full can be supplied.) Some of the cases he spoke about were very harrowing and difficult to listen to. The thing Nazir is most proud of is setting up 9 charities which are all led by women. A few statistics he mentioned – 1 in 4 women suffer domestic violence, 1 in 5 are sexually assaulted, 4 million men are violent to women, 2 women killed every week, and 10 women kill themselves every week. Nazir received a standing ovation, which the Chair said was very rare for a speaker.

We next had our Lunch break and the sight of probably about 4000 ladies holding up the traffic to get to the steps of the Albert Memorial to eat their picnics was an unforgettable sight. Our next speaker was interviewed by Victoria Derbyshire in what was described as a fireside chat. It was Melanie Janine Brown MBE, commonly known as Mel B. Aged 49, she is an English singer, songwriter, T V personality and actress who rose to fame in the mid 1990's with the Spice Girls. In 2007 she began dating friend and film producer Stephen Belafonte. The couple married later that year. She said the controlling by her husband started quietly and she didn't really know it was happening and then when she did, she couldn't tell anyone.



This is known as Coercive Control which is an act or pattern of acts of assault, threats, humiliation and intimidation that abusers

use to harm, punish or frighten survivors. This is now a crime and became law in 2015. Mel made millions from the Spice Girls but was left with almost nothing as her husband took control of her money through his coercive behaviour. She didn't realise that she didn't have as much money

as she thought she had. So, she literally had to eat humble pie and live with her mum. When you have left that kind of abusive situation, it's like starting all over again. You must learn to trust people. You must learn to trust yourself.

In 2018 Mel was made a patron of Women's Aid and campaigning for survivors of domestic abuse is now a huge part of her life.

She is the voice of all the other survivors out there that don't have a voice, that can't be heard, that can't get their point across – especially when it comes to things like trying to change the justice system and trying to enforce more laws that are more supportive to people that are coming out of an abusive situation.

Chair Anne Jones brought the meeting to a close. In her last address as Chair, she said her most important job now was being a W I member. She said if you are not able to take up a leadership role, she encouraged members to take up a supporting role, be kind, help leaders to lead. Leadership in the WI is a privilege, and we are continuing the 108-year line of inspiring women. We all have good and bad times but as a W I we are a force to be reckoned with and something to be proud of. As members we are guardians of this organisation for the future. Women want us as much now as in 1915. Fun and Friendship is at the heart of what we do. Reflect on your W I experience and say thank you to someone. With 180K members, we are a winning team.

We then sang Jerusalem, and Land of My Fathers in Welsh and concluded with The National Anthem.

On Thursday morning after visiting Warwick for a lunch break and another uneventful journey, we arrived back at Preston Patrick at 5pm happy to be home after a very enjoyable event.



Val Bowater, Paroa W.I.

## Durham WI Baking for the District Nurses

This month we changed the day of our meeting to a Sunday afternoon so that we could bring our home baked goods along to deliver to our wonderful District Nurses the next day.

When we have our usual meeting on a Thursday evening, they



receive them at the end of the week. This way they had them right at the start of the new week so that

more of the people they visit in the Inglewood Community would benefit from fresh baking.

Attached is the photo of some of our bakers.

Christine, Durham W.I.

## Thank you message

Thank you so much for the gift voucher and photo frame I received at the AGM. I'm a passionate card maker and scrapbooker. I bought these items with the voucher.

- Judy Cathcart



## Things to know about Shingles

Shingles is a disease caused by the reactivation of a previous infection with the herpes zoster virus, or chickenpox.

The chickenpox virus may remain in a dormant state in the body after you have had chickenpox. In about one out of five people this virus “wakes up,” or reactivates, often many years or decades after a childhood chickenpox infection. The virus then travels along a sensory nerve into the skin and causes shingles.

The majority of people who get shingles are over the age of 60. Some of the major conditions that may trigger reactivation are stress, fatigue, a weakened immune system, cancer, radiation treatments, or an injury of the skin where the rash occurs.

The first symptom of shingles is often extreme sensitivity or pain in a broad band on one side of the body. The sensation can be itching, tingling, burning, constant aching, or a deep, severe shooting, or “lightning bolt” pain. If these symptoms appear on the face, especially near the eyes, seek medical help immediately. Typically, one to three days after the severe pain starts, a rash will appear and this rash can last two to four weeks, and in some cases the pain can continue for longer.

There are antiviral medications that your doctor may prescribe, but these are effective only if given early (24-72 hours after the rash develops).

[https://www.emedicinehealth.com/shingles/article\\_em.htm](https://www.emedicinehealth.com/shingles/article_em.htm)

Shingles can be extremely painful and debilitating. If you haven't already done so - please have a conversation with your doctor for advice on whether you should have the vaccination. This vaccination is ONLY free for those aged 65yrs (that is within the calendar year after you turned 65). It is expensive but anyone who has had shingles will tell you it is well worth the expense!

Leonie Stenhouse

## Gladstone WI 90<sup>th</sup> Birthday

In July Gladstone Women's Institute celebrated their 90th Birthday with a High Tea at the Tirohana Estate Martinborough. Gladstone WI members were joined by several other Wairarapa Institute members.

Members and guests were encouraged to bring along something of that era. While jewellery was the most popular, with treasures handed down through the generations, the "cast iron" was the most unique. Many memories were evoked and shared with the ladies present.

Ann Jackson Gladstone WI President with Barbara Lang, Vice President had the honour of cutting the cake.

Helen McKenzie, Kay Weingott-Brown and Janice Osborne lit the three candles. Our new "ribbon" for our lanyards was presented by Linda Bognuda.



Gladstone WI look forward to many more wonderful celebrations.



Janet Morrison, Gladstone

## Whangarei Federation Celebration

On Friday the 16th of August 2024 Whangarei Federation of Women's Institute celebrated their 90th Birthday at Barge Park Maunu. 38 members attended. The National President Jude Vaughan and the National EO Colleen Dryden also attend along with Whangarei's Mayor Vince Cocurullo.

The photo is of Whangarei Federation President Margaret Crowe, National President Jude Vaughan and our longest member Mrs Essie Mundy who has been a member for 80 years.

The Whangarei Federation is made up of 6 Women's Institutes. Maunu W.I., Purua W.I., Riponui/Whakapara W.I., Ruakaka W.I., Taumarere/Opua W.I. and Whangarei WI.



Janis Langman, Secretary

## Waimea Sponsored Knitathon

Waimea institute held a fundraising event at a member's home at the beginning of August. At 9a.m. the first knitters arrived and for the next 10 hours members continued knitting. Different knitters arrived throughout the time to ensure that there was always someone knitting. The last stitch was made at 7 p.m.

A lot of fun and endless cups of tea made for a great day! As well as producing knitted items for Birthright, the money raised through sponsoring by family and friends amounted to \$1100.

Waimea also had a stall at a local market each month which raised enough money to add to the knitathon money so that they will be able to donate \$2,000 to Birthright.

Marilyn Owen

## Waimate Federation Women's Institutes Eisteddfod

The Waimate Federation of Women's Institutes recently held their biennial Eisteddfod. Part of the Welsh culture, an Eisteddfod is a festival of music, poems and acting. Institute members had practised for many weeks prior to the afternoon, of which other WI members, visiting members from Mid Canterbury and North Otago Federations, and the general public attended.

The morning started off with a Spelling Bee, followed by a General Knowledge Quiz. Waimate's Deputy Mayor Ms Sharyn Cain officiated these two sections. Contestants were surprised to find the Spelling Bee was not made up of 'hard to spell' words but towns around the South Island of New Zealand! Try it sometime, it was fun, harder than you thought, and nobody got 100% correct. The teams of three had to pool their knowledge together to answer the quiz questions. Lunch break was taken before the main part of the Eisteddfod began at 1 p.m.

Judges Mrs Trudy Foster and Ms Jane Scott had a big task before them. Four Institutes in the Waimate Federation had entries in all eight classes. Their dedication to practices delivered polished performances, which kept the audience in fits of laughter for most of the time. The afternoon began with a three-minute ventriloquist item. So much talent and I'm sure it took actors a long time to manage their act without laughing themselves. It was all for the audience. Item two was a ballad and most sang about South Canterbury. The tableau's theme was a 'Hospital Scene'! For the tableau, the Judges view an empty stage to begin with. Curtains drawn and the 'acting' members had three minutes to set up, then actors prepared to 'freeze' for one long minute after the curtains were pulled back. Bell rings, curtain drawn and a rushed two minutes to clear everything off stage before the curtain was pulled back revealing an empty stage. The hospital scenes were delightful, some almost daring, and I'm hoping that none of



the actors had witnessed scenes like that in our own hospitals before they stepped up on stage. The tableau is very hard to perform when the audience is in fits of laughter. So funny! Next item was a Christmas song where Institutes had three minutes to complete. These songs

reminded us that 'the 25th is only around the corner!'

After an interval of 10 minutes to stretch our legs, the fifth item, 'Item from

the Past' was well received and you could see the audience reminiscing to the different acts. The Music Hall Medley had some of the audience tapping their feet and quietly singing or humming along with the tunes. Two Institutes had entered the 'Radio Play' which both had put a lot of thought in to. The last Item was a Country and Western song. Like the Music Hall Medley, everyone was enjoying the music and singing.

I didn't envy the Judges and the job they had awarding points for each item, which when all totalled up gave us the winner for the day, which was Glenavy Women's Institute. Glenavy also won the Maralyn Elderton Trophy for the Best Overall performance with their Country and Western lively item. Congratulations Glenavy! Afternoon tea was served while the Judges added up the point totals and gave their remarks to everyone. The raffle for the day was well supported with four prizes to choose from, and an enjoyable day came to a close.



Judy Clark

## The judge's note's for "What I would tell my 18-year-old self?"

*Catherine's entry was the shortest presented, but it nevertheless fitted the brief perfectly. She did not attempt to make long paragraphs, rather listing all of the pieces of advice she would like to give. I thought her opening and closing lines were cleverly placed to encapsulate her thoughts and provide form to her presentation. Her opening line is, "There is one person that you have to live with for the rest of your life and it's yourself," and the closing line, "My face I don't mind it, for I am behind it, it's the people in front that get the jar". There is one missing apostrophe (If a thing's worth doing...." but I did not consider that it warranted marking the whole thing down.*

*See page 18 to read article.*



## Planting trees with Lowcliffe WI

Lowcliffe W.I. is part of the NZFWI organisation, who work towards supporting Women and children within their community - as part of our vision and mission for Aotearoa since 1921. Our national theme and project for 2024-2026 is “Softening the Hard Times” and “Nourish the Nation”, with W.I. members encouraged to action this throughout their communities. With this in mind we have donated to the Hinds & Longbeach Primary Schools, two apple trees (each). We asked that this could be a project for the school to care for and nourish to fruition! The aim is to provide a free food source that can endure over the years to come.

Lowcliffe WI President Mavis Wilkins, members Jude Vaughan, Heidi Wilkins, and students from each school took part in the planting of the trees on Arbor Day - 5th June 2024, also World Environment Day here in Aotearoa.

We chose Hinds School in the first instance as the closest to Lowcliffe, our origin district, then Longbeach as the next closest rural school. The children were very excited to receive the trees and enjoyed helping plant them! They were very interactive, and we had a great time talking with them about the project!



Lowcliffe W.I. were privileged to receive sponsorship for the trees from NBS Bank Ashburton, and one of our esteemed members, Jocelyn Cochrane. Our greatest appreciation to both for their kind donations.

Lowcliffe W.I. are a small, dedicated group of 8. We continue to work to encourage and support all Women within our community. Our greatest strengths are friendship and compassion!



Our small group includes two Gold Honours awardees – Mavis Wilkins & Jocelyn Cochrane, and the National Federation President – Jude Vaughan.

Mavis Wilkins, President, Lowcliffe W.I.

## **“What I Would Tell My 18 Year Old Self”**

If only I could have told my 18 year old self what I am going to tell her now, I may have been a happier person. So if I had the chance today then these are the words of wisdom that I would share with my younger self. There is one person that you have to live with for the rest of your life and it's yourself.

Be yourself no matter where you are or who you're with.

Hold your head high.

Trust your instincts.

Never be afraid of failure.

Be grateful for what you have.

If a things worth doing, it's worth doing well.

Enjoy being young.

Learn how to cook.

What do you want out of life?

Your dreams stay big and your worries small.

Never let anyone take you for granted.

Health, happiness and security.

Money doesn't bring happiness.

Never take your parents for granted.

Never take notice of what anyone says to you about others.

You can't like everyone.

Make the most of each day.

Always look your best.

Sleep helps your health and wellbeing.

Love your body.

Tomorrow is another day.

Never let things get on top of you.

Try not to compare yourself to others – you are unique.

Do unto others as you would have them do unto you.

And my mother used to say two things to me when I was laughed at and called names.

Sticks and stones will break your bones, but names will never hurt you.

Lastly – My face I don't mind it, for I am behind it, it's the people in front that gets the jar.

Catherine Thomas of Wakanui W.I.