

WI NEWS TE PĀNUI

Issue 9 March

Founder: Miss A.E. Jerome Spencer
OBE, Homemaking, Co-operation
and Citizenship.

Patron: Her Excellency the Rt Hon.
Dame Cindy Kiro, GNZM, QSO,
Governor General of New Zealand.

President: Jude Vaughan

Chair – Mealing Estate Trust, Chair
– Barbara Wood Memorial Trust

Theme: Reconnect & Rediscover

**Project: Involvement in Your
Community**

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Mealing Estate Trust
03-0510-0876029-000

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Meaning behind Te Pānui

To announce, notify, advertise, publish, proclaim.

Important Dates 2026

May – South Pacific Fund.

26-27 May – 105th AGM

Christchurch

August – Medical Research fund

September – Sustainability Month

October – WI Awareness Month

Novemeber - International Month

December – End of financial year



Supporting the conservation of our
history

President's Report

Message from the Foothills.

Kia ora koutou. Hello, WI members.

The Challenge Trophy was held in the Ashburton Indoor Bowls Stadium where 11 teams competitively played some wonderful bowls. The weather bomb caused flight disruptions, yet the optimism of the teams affected, showed the strength of character that is the W.I. member. Mid Canterbury federation hosting was superb. The shuttle service to and from the airport; extra trips to the stadium and the local shops for retail therapy; as well as conveying team members to the Ashburton Aerodrome for our evening meal, on Sunday was exceptional. Our thanks to the drivers who went above and beyond – (Including Dianne Carter who had the task of driving the Sunshine Girls to Christchurch airport for a very early morning departure flight.). Mavis Wilkins, Isabell Page, Heidi Wilkins and Yvonne Lister (bowls competition controller) worked hard to ensure that the weekend was a success. The NEC appreciated that everything was 'under control' so we took the opportunity to talk to the various members attending. Thank you all for making two days a friendly and successful annual event. Congratulations to the winners. First Place: Pegasus Woodend 1. Second Place: Kainga Kruziers and third place to Cracker Jacks. (Find the final scores on the website)

Your AGMs will be in progress, and I wish all the officers and committee members a productive year. It is great to hear that members are working together to support their W.Is. Whether it is sharing the roles within the W.I or encouraging new members to attend the special events held to share skills and promote the organization in their area. This is what we are all trying to do with the energy and excitement of 'passing on' the good thing we know is the W.I.

How did you celebrate Founder's Day this year? I have read in some federation newsletters that there will be a double celebration with the event consisting of the AGM and a short reflection in respect of our founding here in Aotearoa. I hope it went well and there was a good attendance of members. I know that many of you say that it is near impossible to get in the news. However, if the copy is well written and brief with a great photograph, which tells the story, you may find that it is picked

up - even a short notice under 'Club News' would be a bonus. For those of you who have a social profile then I am sure you will celebrate the event with your followers. The next few months the W.I. calendar is very busy with closing dates for handcrafts items, AGM registration forms, annual reports and programmes. I look forward to reading all exciting events held during 2025 as I judge the annual reports. Remember to read the criteria/schedule carefully.

To WI 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. I know that several federations / W.I.s are coming to terms with the deaths of loyal and well-loved members who will be sorely missed. The organisation acknowledges the service and dedication of these loyal members.

Mā te wā.

Jude Vaughan National President

Office News

Kia ora koutou

The Consolidated Performance Report which many of you have entered data into, is being finalised by our accountants and will be sent to the auditors on completion. Any audits of Federations or W.I.s will still need to gather information for the auditors –such as request an audit confirmation report from your bank to send to the auditors and sending in minutes.

To date there are 24 W.I.s affiliating directly with the national federation. However, membership lists are very slow in coming into the national office so there may be more in the final count. Please ensure that your list has been sent (both Federations and W.I.s affiliating direct) so I can send an invoice for payment and receipting for your records. It is helpful to have the office holders noted on the list please.

The AGM registration form has been sent to the presidents of federations and the 24 W.I.s. While each delegate is required to complete a form, all forms should be sent together – preferably do not register individually. An invoice can then be sent to the federation or W.I. for your financial records.

I have received many requests about logging on to the Members' page of our website...here is the process again:

1. Go to the NZFWI Home page
2. Click on Member Login (orange button usually top right)
3. Your Username is your email address
4. Click Forgot Password and one will be sent automatically to your email address
5. Use that one and you will be asked for a new password
6. Enter the new password and you will be on the Members' page
7. Don't forget to log off when you are finished

Thanks to those who have registered to entertain at the AGM – you have until 26 March to let the national office know. 'Hollywood Nights' is looking a little more like Hollywood and less like Brandon Street on a Wednesday so keep them coming.

Until next time

Ka kite ano

Colleen Dryden, Executive Officer

Financial Report

Hello members

As you are aware, we contracted an accountant to assist with our finances late last year, as we have changed the process that has been followed in the past to prepare our annual consolidated financial report. Frances was contracted to collate all financial information from treasurers before being passed onto our accountants. She is also responsible for preparation of our Tier 3 Charities Services parent report. We are hoping this change will be more streamlined for future accounts preparation and visibility of information for the organisation as well as for our accountants and auditors.

Some of you may have been in contact with Frances more than others whilst she was collating this information by asking further questions, reminding you to send information or making sure balances agreed. Frances worked tirelessly on this task and information has now been passed onto our accountants and auditors.

We are awaiting a list of those federations or WIs which will be audited this year. We will let you know as soon as we have THE list and will be in touch to gather any further information that the auditors require.

Thank you to those treasurers and committee members who worked together in order to get information to Frances so this task could be completed.

We are looking forward to preparation of our annual consolidated performance report being concluded so that we have the 'magic' numbers to present at our AGM in Christchurch in May.

Hoping everyone is keeping warm as the weather changes for autumn.

Yours in WI friendship
Adrienne Allen, Honorary Finance Officer

International Women's Day

Since our first gathering in 1921, the Women's Institute has been a cornerstone of friendship, leadership, and community for women across Aotearoa. On **8 March 2026**, we join a global movement that is now 115 years strong to celebrate International Women's Day.

This year's theme, "**Give to Gain**," speaks directly to the heart of the WI. It reminds us that giving—whether it's mentoring a younger member, sharing a craft, or advocating for local causes—is not a subtraction but a "multiplication" of our collective strength. When we give our time and resources to lift other women, we all gain a more resilient and connected society.

In New Zealand, we carry a proud legacy as the first nation to grant women the right to vote in 1893. Today, we continue that work by addressing modern challenges like the gender pay gap and ensuring every *mana wāhine*—from our rural heartlands to our busy cities—has the opportunity to lead.

How will your Institute "Give to Gain" this year?

- **Give Knowledge:** Host a workshop to pass on a traditional skill to the next generation.
- **Give a Voice:** Share the story of an inspiring local woman in your community.
- **Give Support:** Organize a fundraiser for a women-focused charity in your region.



Let's celebrate the achievements of our members and continue to build a future where every woman can thrive.

“Women, Home & Country”

“Women, Home & Country”

100 years of The New Zealand Federation of Women’s Institutes

(The Centenary photograph book)

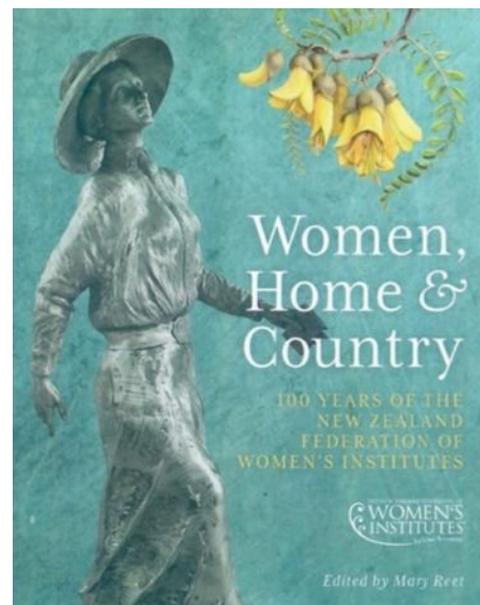
Exciting Update and announcement of book launch.

The long awaited and highly anticipated celebratory book of our centenary will soon be published. The copy has been sent to China and is in the process of being printed. It has certainly been a long journey and I know that you will all be delighted with the result.

National President Jude, asked if I would write an article to recount the journey of this exciting publication - so here goes!

If you remember we asked W.I.s and federations to send photographs on memory sticks for consideration for inclusion in this book. In due course I downloaded 2000 photographs from which to select and consider for the book. Not all federations had sent photos otherwise it could have been way more. Thank you to those of you who embraced this technological challenge and for making such an effort.

As I looked at the photographs from across the country it made my heart sing as I saw all the lovely events and celebrations. Therefore, having to reduce the number was a difficult task. In the end 150 were chosen and will be reproduced in full colour throughout the book. Amongst these images there will be a few words to tell our story of this incredible centenary celebration and also a snapshot during that difficult few years of COVID and how it impacted on all our lives. Our publishers, Mary Egan Publishing, have been so enthusiastic throughout the process that they are positive that we will have the book available in local bookshops across the country. Working alongside these proficient, helpful publishers and



their talented staff, I have worked hard to produce a book, that you will be delighted with, when you see the final publication. Together we have pulled out all the stops to produce this book in a shorter time frame, so they can get copies to the AGM where we will plan a book launch.

The vision of the NEC has always been to produce a high-quality book that you would feel proud to own; perhaps to donate to a local library or give to family members of those sadly no longer with us. It will look great on the coffee table or on your book shelf. If the book has been printed by May, the plan, at this stage, is to have copies available for sale at the AGM in Christchurch so please leave a bit of luggage allowance free. I would like to thank the NEC members and Colleen, who entrusted this to me back in 2021 and who have contributed to my successful completion. I know that you will find it has been well worth the wait. Thank you for your patience and understanding.

Mary Reet.

Past NZFWI Hon Finance Officer,
Peninsular Bays W.I. Eastern Otago Federation.

Poverty Bay Wairoa Federation Celebrates Founders Day

Poverty Bay Wairoa Federation members celebrated Founders Day on Friday 20 February. We visited the Tairāwhiti Heritage Centre. Volunteer, Sheridan Grundy, welcomed us and put on two videos about the Taruheru River. When Gisborne was first developed, all the rivers provide the route for transport.

The Heritage Trust bought the Plunket building, built in 1934, for \$1 after it had been vacant for a long time with windows boarded up vandalised. Their plans are, that the centre will be a place where people can find out more about the district's rich heritage, its people, architecture, industrial, commercial and domestic heritage.

Heritage tours include viewing the changing exhibitions of historical interest. The public can seek and gain advice about restoring heritage homes and be put in touch with heritage related suppliers and service providers. We were then given time to view the river photos - a competition run by the Heritage Centre



A cup of tea was provided and time for questions bought a lovely Founders Day to a close

Alison Crawford, President, Poverty Bay Wairoa Federation

Kaitoke WI Founders Day 2026

Kaitoke WI members enjoying lunch at a local cafe - Pukeko's Nest, Whanganui.



Vicki Meyer, President
Kaitoke WI

Third Place at Pukekohe for Tuakau W.I.



In February the members of Tuakau W.I. entered a table in the Pukekohe A& P Show. It was a combined effort with Yvonne knitting a Thomas a Tank engine scarf, Loryn sewing a reusable tote bag to fit the theme of Transport, Katrina completing a lovely floral display and

Rosemary baking and decorating one of her wonderful cakes. We were place third. Yvonne Tompsett. Tuakau W.I

Te Aroha West Rises to the Occasion

Members of this busy branch are wasting no time in taking on board the new national themes of 'Reconnect and Rediscover' and the national project 'Involvement in Your Community.'

Recently the East Waikato Federation gave \$1000.00 from fundraising projects to the five W.I.s under the Federation banner to donate to their chosen charity or charities. Te Aroha West W.I. members decided to keep it local. They have donated \$250.00 to Te Aroha Community Support (The local Health Shuttle), Te Aroha Volunteer Fire Brigade, Te Aroha Family Budgeting Services Trust and Te Aroha Community and District Hospital.



Supporting local causes or projects is always a priority with members especially now adays with ever increasing costs be it for food, electricity or other essentials. The monthly donations from the members to the local Foodbank and other local charities are even more important now. Members also give regularly to KidsCan, Pink Ribbon, Dementia Waikato plus the many national W.I. causes.

As the saying goes – 'In giving we receive.' Te Aroha West W. I. members know all too well that if you are always there for others, then in time of need, someone will be there for you. This has also been extremely evident in many parts of the country lately with the wild, wet and windy weather we have experienced. Themes such as Reconnect and Rediscover are especially pertinent when communities are suffering especially with the ever growing

challenges of a rapidly ageing population prevalent in New Zealand.

However like many other Womens Institute members across the country Te Aroha West members also believe in celebrating the traditional joys of cooking, craft making, floral arrangements, sewing, knitting and more in their monthly competitions. Some of these are on a national level and include literary, artistic and photographic sections.

Sometimes it is important to remember that even in this growing technical age of mobile phones, A I and modern technology we may need to look at reconnecting with the way of doing things in the past no matter how busy we are. It has been said that ‘the present is described as the bridge that connects the lessons of the past with the hopes of the future.’

At a recent Federation meeting some of the Te Aroha West members celebrated their winning talents with a win in the photography section and second place for both the floral and for the sewing entries.

“An exciting and interesting programme has been planned for 2026 by our committee,” said President, Ngaire Young, “and members can look forward to a busy, productive and enjoyable year ahead promoting the aims and ideals of Womens Institute.

So despite the challenges of rising prices, increasing child poverty and uncertain times members will continue to support their local community by reconnecting to and rediscovering the richness of living in a truly supportive community. By supporting the community they know that this strengthens everyone through shared kindness, connection, and action. In doing so members are following the philosophy and values set down by NZFWI plus they are enjoying the wonderful fellowship of belonging to their active and busy W.I.

Wanda M Brittain, Te Aroha West W.I.

Foster Hope

A thank you letter from Foster Hope

Dear Adrienne and the Women's Institute Members

A huge thank for the amazing number of beautiful peggy square blankets you've donated through Foster Hope. We truly appreciate your generosity, knitting skills and thoughtfulness and I know that the children in care who receive these blankets will treasure them and know that the wider community cares about them.

Foster Hope genuinely appreciates your support and you choosing to donate through our organisation. We will ensure the blankets are quickly distributed through the social workers at the agencies we partner with in Auckland.

Best wishes for 2026.

Kind regards,

Kaye Hatton

Poverty Bay Wairoa 95th Birthday

Our special guests, local Member of Parliament Dana Kirkpatrick, Mayor Rehette Stoltz, National President Jude Vaughan, Executive Colleen Dryden, Rotorua members Judy Cathcart and Margret Hayes were welcomed by Alison Crawford Federation President.

Our mayor opened the meeting and special guest speaker Dana gave a great insight to life as a woman M.P. The large area that the electorate covers means a lot of travel.

We were delighted that Dana could attend as she was the granddaughter of well-loved past member Kath Gaukrodger. Dana was given a gift bag of goods and thanked for her speech.



National President, Jude, gave a

delightful speech on early Poverty Bay Wairoa Federation.

Entertainment was the Tauranga Ukulele Whanau led by Gipsy. This group of seniors played various instruments and sung their hearts out with members singing along - a lovely time before lunch

Gold Honours members Jean Mills, Mary Bayley and Alison Crawford cut the celebratory cake.

Gifts were presented to Jude and Colleen, and a great day came to a close.

Alison Crawford. President, Poverty Bay Wairoa Federation

The Bird

11.9.16 Hatched (Male)

28.11.16 I was brought home to live with my human mum and aunt known in the family as "The Golden Girls" and an elderly dog called Molly. I am a pale faced cockatiel primarily grey and white feathers, but I have other names which are unprintable.

The only time I am locked in my cage is when they go out. However, when I saw the window open in the kitchen the other day, I dropped down to the patio table and picked up a cigarette butt (see the photo.)

One night my Aunt (Een I call her) poured a sherry for them both. I was sitting on her shoulder. It smelt really good; I rushed down her arm and dipped my beak in – “yummy.” It was put on the table and before they could stop me, I had another go. When mum had finished hers, I went over and finished off some of the drops on the side of the glass.



That night I slept in my seed box and was very quiet the next day, staying in the dark part of my cage. Yes, I had a hangover.

I love going out in the car with them and have had several trips to Timaru I like to sit on my aunt’s shoulder and watch the cars go past. However the trucks are scary so I quickly hide.

Molly my canine friend, would let me pick at her tail and walk over her although sometimes she would growl. When she died, I stopped talking. I am still sad and I miss her.

Now and then my Aunt Een goes away for a few days. I miss her a lot and I am naughty bird for my mum – I can’t help myself. She says the next WI conference she is packing me off with Aunt Een. That would be a laugh and quite an experience for either the W.I. members or me!

When Aunt Een comes home, I sit on her arm and let rip. I tell her how miserable and treated so badly whilst she has been away. I know I can be naughty and noisy, but deep down everyone spoils and loves me. I love them too.

Coleen Briggs, Kainga WI, North Canterbury Federation

From Hamilton Conference

I would like to thank the people who donated the chenille tablecloth as a raffle prize. I was lucky to win a raffle and choose it. My suitcase could not go into the cabin with me as it was too heavy. Luckily Air New Zealand let it go through into the hold luggage free.

I gave it to my nephew and his wife as they had a big table, and it fits well. Each member of the family rang me and thanked me for it, they love it.

Coleen Briggs, Kainga WI, North Canterbury Federation

Ovarian Cancer

Ovarian cancer is often called the "whispering disease" because its symptoms are subtle, but its impact is anything but. In New Zealand, a woman is diagnosed every single day, and we lose one of our sisters, mothers, or friends to this disease every 48 hours. For the members of the Women's Institutes, staying informed is our best tool for protecting ourselves and our communities.

Why We Must Listen Closely

Unlike some other cancers, there is **no screening test** for ovarian cancer—a cervical smear does not detect it. Early detection relies entirely on us knowing our bodies and recognizing when something isn't right.

If you experience any of the following symptoms frequently (more than 12 times a month), it's time to see your GP:

- **Abdominal Bloating:** A persistent feeling of being "full" or a visible increase in tummy size.
- **Pain:** Ongoing discomfort in the pelvic or abdominal area.
- **Eating Trouble:** Feeling full very quickly or losing your appetite.
- **Urinary Changes:** Needing to go more urgently or more often than usual.

Who is at Risk?

While anyone with ovaries can be affected, the risk increases as we age, particularly for those over 50. Genetics also play a role; if there is a history of breast or ovarian cancer in your family, you may carry the **BRCA1** or **BRCA2** gene mutation. In New Zealand, Māori and Pacific women face a disproportionately higher mortality rate, often due to later diagnoses.

Taking Action

If you are concerned, don't be afraid to be persistent. Ask your doctor for a **CA-125 blood test** and a **transvaginal ultrasound**. If symptoms persist despite a "clear" result, go back. You know your body better than anyone else.

Finding Support

No one should walk this path alone. In Aotearoa, excellent resources are available:

- Ovarian Cancer Foundation NZ: A wealth of information and the latest research reports.
- **Talk Peach**: Dedicated to gynaecological cancer education and support.
- **The Cancer Society NZ**: Provides practical support, including "navigators" to help you through the health system.

As WI members, we have a long history of supporting women's health. Let's continue that tradition by sharing this information at our next meeting. A simple conversation over a cup of tea could save a life.

<h3>Country of Study: Japan</h3>

The Japanese archipelago consists of four major islands alongside 14,121 smaller islands. The major islands are Hokkaido, Honshu, Shikoku and Kyushu. The national capital, Tokyo, is found in east-central Honshu. It is one of the most populous cities in the world with the Greater Tokyo Area, boasting an estimated population of over 37 to 41 million residents as of 2024–2025. The Tokyo Metropolis (city proper) has over 14 million inhabitants.

Tokyo is located at latitude 35 degrees north similar to north of Whangarei in New Zealand, while northern Honshu is latitude 40 degrees north comparable to Whanganui at 40 degrees south. Climates however are quite different due to the nearness of the land mass of the Asian continent.

A Point of Interest

The Suzuki Method of learning – particularly music. It is based on the so-called “mother-tongue” approach method which differs from traditional methods of teaching instrumental music because it involves the student learning at a very early age, so a parent or caregiver must be involved in the role of home teacher. Learning in small steps, listening to music so they can learn how it sounds rather than learning to read music and being involved with music every day are some of the main aspects of the Suzuki Method. You can read more on the New Zealand Suzuki Institute website <https://suzuki.org.nz/home/suzuki-method/>

I hope members enjoy finding out more about the country of Japan themselves as they celebrate our country of study for 2026.

