

THE BACK PAGE

Never say Never

Over the last few years, I have planned adventures to fulfil my 'Bucket List' of life. In April I travelled to Cardiff to audition for a show called, 'Got to Dance', on Sky 1, I had no idea what I was going to do really, but the dance was loosely based on the 'Northern Soul' genre of dance, and I performed to 'Happy', by Pharrell Williams. It was a great experience, think I was the oldest one there, as most people auditioning were young groups of dancers.

What a surprise, a week later, to be phoned by the Producer, asking me to go to London for the filmed auditions! I had to travel to the 'Roundhouse' in Chalk Farm.

On arrival I was wired up, and interviewed, several times that day in fact. I performed in front of a very enthusiastic audience, and the judges were, Ashley Banjo, Kimberley Wyatt and Adam Garcia. I didn't get any gold

stars, but, Ashley Banjo joined me on stage, and danced with me too, I have not stopped smiling since at the memory of it.

The episode should go out when the series starts in July, so, I have a feeling I shall be included. So, ladies, never say never. An experience to treasure indeed.

Jean Round, President of 'Alltwen Heels WI'



Cardiff Bay WI organised a quiz for Cardiff based WI's on 7th May 2014 as a way to extend our network and learn from other more established groups. We are pleased to report this was a resounding success and would like to thank everyone for participating / giving their support. The quiz was held at our new meeting place the Women's Workshop, which is a fantastic local facility which supports women in Grange town and Bay. Teams from Penarth, Culverhouse Cross and Rhiwbina WI's participated. Winning team 'The Allstars' included members Fran Larkin, Heather Farmer & Jo Roberts of Rhiwbina NOS and Margaret Williams of Cardiff Bay. They were awarded with a beautiful trophy made from Welsh Slate and have vowed to come and defend it at the next Quiz Night. We hope other WI's will pick up the baton and host the event bi-annually. The next quiz date is on Wednesday 12th November. More details to follow. If you are interested in getting involved please contact cardiff-baywi@yahoo.co.uk. (Marina or Bex).

Rio here we come!

Such was the excitement after each Rowing taster session, that many members had Henley in their sights if not Rio.

The rowing taster days on May 20th and June 5th were very successful and the feedback has been very positive. 26 members representing Three Crosses WI, Parkmill WI, Culverhouse Cross WI, Pentyrch WI, Southerndown WI, Dinas Powis WI, Treorchy WI Cimla WI, Pendoylan WI, Penarth Peers WI, and Catwg WI. Following sessions on rowing machines and rowing simulators they were ready for the WATER!

Members headed out in fours, together with a coach, and were soon out in the mainstream of the River Taff heading for Clarence Bridge and the Castle. One member acted as cox and each member took it in turn to practise moving the boat with the oars. Eventually they were rowing in twos and then threes. They returned to the pontoon and one of the rowers changed places with the cox so that she too had a chance at rowing. Everyone felt that they had achieved a great deal in such a short time. It is hoped that some members will carry on, by enrolling on a course. WI Life sent a reporter and photographer so look out for the article in the future. *Jean Lund*

The Ladies of **Treherbert & District W.I.** have been extremely busy knitting baby clothes for African Mothers. We contacted Angels Gorman, she had collected baby clothes from us last year, so when we called her again she was delighted we had more and offered to give us a talk on how she got involved with the African Organization and how pleased the mothers are to receive these items of clothing. We all had a very interesting and enjoyable evening.
Marron Addis



Garden Village WI members spent an interesting evening in the presence of Mrs Madeline Thomas who gave an insight into the purchase and training of guide dogs for the blind. She also demonstrated her colourful art form of plant pot and picture painting using patio paints. The resulting floral decorated items, once purchased, were personalised, thus becoming unique.



theWI
INSPIRING WOMEN

Glamorgan

Volume 10 issue 5
July/September 2014

News from Federation House
By June Humphry 01639 881588

CENTENARY BATON ARRIVES IN GLAMORGAN FEDERATION

Wednesday 20 August—11am, we will be at Llanddewi with Knelston WI, Rhossili and we will be joined by the Coast Guards.
2pm—Llangatwg school for light refreshments

Thursday 21 August—10am prior to the walk which starts at 10.15am in Margam Park.
12 noon—Heritage Park Mining Museum

Friday 22 August—We will travel by boat from Sophia Gardens to Cardiff Bay where Cardiff Bay WI will cycle over the barrage with the baton. Meet at 11am on the steps of the Welsh Assembly building.

Tuesday 26 August—11am Welsh Assembly, Cardiff. where we will meet with Dame Rosemary Butler, the Presiding Officer. This is part of the celebrations for the achievements of 100 years of the Women's Institute. All members are invited to join us at any of the above events

LUNCH AND FASHION SHOW

The above event was very popular with our members last year, so arrangements have been made by Glamorgan Federation to organise another Lunch and Fashion Show next year to celebrate the Centenary of the Women's Institute. Once again the venue will be the Norton House Hotel in Mumbles, and Solo will be modelling their Fashions for the Spring and Summer of 2015. These events will be held on Monday to Friday 20/24 April and Monday to Wednesday 27/29 April 2015.

Further details and prices for this event will be distributed in the October mailing. Our diaries for 2015 are getting full already, so make a note of the dates, and we look forward to seeing you once again.

The office in Federation House will be closed for the whole of August and will re-open on Monday 1 September 2014.

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Charity registration number 232102

FEDERATION HOLIDAYS

Shropshire 11/14 December 2014

There are still a few places available for this holiday. Please contact Angela Smith by e mail or telephone if you are interested.
E mail apm.smith@sky.com
Tel 01656 720137

Spring Holiday 15/18 May 2015

There are still places available for this holiday, staying at the Celtic Royal Hotel in Caernarfon and visiting the Centenary Exhibition in Beaumaris.
For more information please contact Ann Davies 01639 899181

Please send all articles/contributions for **THE BACK PAGE** to Angela Smith, The Editor,
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**News from Denman—Sylvia Tittley,
Denman Ambassador 01639 850899**
sylvia.te@btinternet.com

The Federation Weekend 5-7 September 2014 has now been finalised and all those going will very soon receive a letter with final arrangements and course details. These letters will be sent to you via your WI Secretaries, so if your WI does not meet in August, be sure to contact your Secretary for your letter.

I am in the process of finalizing a Denman Overnight Residential Day, which will be on 11/12 October 2015, full details will be available soon, but I hope to bring you three good workshops.

The latest information from Denman is a Literary Lunch on 14 October with Julie Summers, author of 'Jambusters' This informative and inspiring day includes a two course lunch with a glass of wine and is priced at £35 for members and £40 for non-members. This event is expected to sell out fast as Denman have just received news that **ITV** is to commission a six part drama, based on the book about the life of WI members on the home front during World War II. Please contact either myself or Denman for more information.

I look forward to seeing many of you at Denman in September.

News from Sport & Leisure

By Jean Lund tel: 029 2084 2940

The 2015 Federation Walking Holiday will be 3 nights in West Lulworth House, Lulworth Cove, Dorset from Friday 2 October. This is open to members who are comfortable to walk at least 7 miles with occasional short steep sections. Application form with more details will be sent to your secretary in September.

The 2015 Whist Competition will be held at Ystradowen Village Hall on Saturday 24 January. The application form will be in the next mailing.

From September there will be the opportunity for WIs to borrow table tennis equipment from Federation House. As well as bats and balls, there will be nets that can be used on any sized table. The Welsh Table Tennis Association would welcome applications from WIs who would like to start their own table tennis clubs. They are offering some free equipment. Please contact Jean Lund 029 2084 2940 if you want more information.

Can I remind those members that took part in the Rowing Taster days that the centre would welcome groups of fours to take the sport further. I have one member who would be happy to join with three others. Please get in touch with me if you are interested.

News from Public Affairs

By Glenys Care tel: 029 2132 1369

27 September, HEALTH DAY at Pencoed.

If you are interested in your health, and how to look after yourself, make a note of the date, and keep it free to attend the next Health Day. There will be information on the Exercise Referral Scheme, Voice Care and Singing for Health, new techniques in heart surgery, and a physician speaking about health problems caused by obesity. Bring along a HEALTHY packed lunch, and as ever, with WI, learn something new.

TIME TO TALK— As you will know, the resolution on increasing organ donation was passed at the 2014 Annual Meeting with a 98% majority. Now it's up to you. You must tell your closest family members what your wishes are regarding your organs, after your death. If they don't know what your wishes are, they may be reluctant to allow your organs to be used—so tell them.

LOVE YOUR HIGH STREET—NFWI is still keen to know what's happening on your High Street. If you have access to a computer you can complete a survey on www.surveymonkey.com/s/WIhighstreetsurvey Paper copies are also available from Public Affairs department.

COMMUNITY ENERGY FORTNIGHT 13/28 SEPTEMBER 2014—Do you know of any events being run in your area? If you are involved with a community energy scheme and would be interested in running an event, please contact communityenergy@forumforthefuture.org

News from Home Economics

By Mavis Tierney tel: 01443 204871

Join us on our trip to Birmingham's NEC for the BBC Good Food Show on Thursday 27 November. Tickets cost just £40 per person, and include entry to the show as well as a ticket to the Super Theatre to see everyone's favourite Saturday Morning treat, James Martin. The coach will leave Swansea, and pick up at Briton Ferry, Sarn, Cardiff West and Coryton in Cardiff. The flyer was in the last month's mailing—speak to your secretary to make sure that you don't miss out.

News from Membership Support

By Carol Atkinson tel: 01656 782761

Treasurer, can you please ensure that new members receive the GFWI Welcome Pack when they pay their subscriptions. Packs were sent out to each WI last year. If you have used all the packs you received, then please contact the office to apply for further copies. Can you also check that they receive a New Members pack from NFWI, if they do not, then contact NFWI. When holding a Link event, any surplus money must be divided between the attending WIs after the event and not accrued to the end of the year.

Glamorgan Calendar 2015—Congratulations to the following members whose photographs have been used in the calendar.

- January—Gwyneth Pearson, Gwaelod y Garth WI
- February—Sheila Jordan, Bryncoch WI
- March—Mary Bebb, Tongwynlais & Taffs Well WI
- April—Beth Roberts, Treorchy WI
- May—Janice Dally, Rhoose WI
- June—Christine Jones, Coychurch WI
- July—Nan Jones, Treorchy WI
- August—Teg Curnell, Tonteg WI
- September—Chris Jones, Treorchy WI
- October—Cynthia Sidey, Sker WI
- November—Sally Tarlton, Llantwit Major WI
- December—Judy Davies, Port Talbot WI.

A complimentary calendar has been sent to all the winners.

New Banners—Last chance! Don't forget to let Sally Mabey have a photo and description of your new Banner, for the book to go in the Denman Bedroom. Sally is hoping to complete the book by the Glamorgan weekend in September, so hurry, this is your last chance. If you don't get your photos and descriptions to Sally by the end of July, your banner will not feature in the book, and that would be a great pity. E mail sally.mabey@ntlworld.com

SPEAKERS CORNER

- ⇒ Janet Israel is a qualified nurse, midwife and lecturer and has worked in the field of health for approximately 35 years. She talks about the main conditions that affect people today and the core aspects that they should be aware of e.g. blood pressure, pulse rate, cholesterol reading and body composition as well as the routine screening for breast and cervical cancer. (tel: 07402766846)
- ⇒ Dean Powell is a popular speaker from Llantrisant (0777 335 2962) He talks about "The life of William Price", "Land of Song" and "The Houston brothers". This is the correct number and not the one in the April/May issue.

500 Club 2013-2014



The winner of £20 in the July draw is

No. 39 —Pen y Fai Social Club

Enclosures this month

- 1. Christmas Tree Festival tickets - Cream
- 2. Amendment to WI Directory - white

Diary dates 2014			Closing date
Summer Federation Walk	Margam Park	21 August 2014	
Murder Mystery Evenings	The Hi Tide, Porthcawl	12 September and 3 October 2014	
Outdoor Bowls	Kenfig Hill & Pyle Bowls club	13 September 2014	
Federation Quiz	Hi Tide, Porthcawl	18 September 2014	
Archery & Shooting Taster day	Periswood Farm, Penmaen	15 September 2014	4 August 2014
Bridge Competition	Ystradowen	11 October 2014	29 August 2014
Autumn Walk	Barry	14 October 2014	2 September 2014
Federation Dinner	Hi Tide, Porthcawl	23 October 2014	19 September 2014
Scrabble Competition	St David's Church Hall, Pencoed	25 October 2014	29 August 2014
Good Food Show	NEC Birmingham	27 November 2014	15 September 2014
Christmas Tree Festival	Margam Park	3 December 2014	14 November 2014
Christmas Holiday	Shropshire	11/14 December 2014	
Spring Holiday 2015	Caernarfon	15/18 May 2015	