

## THE BACK PAGE

The ladies of Whitchurch WI welcomed Julie Morgan AM and Anna MacMorrin MP, to their Summer event which commemorated Influential Women. All the members wore violet, green and white, the colours worn by Suffragettes, and the room was also decorated with the same colours. Julie spoke on her work as a Councillor, MP and AM, and was followed by three quizzes on Influential Women. The first quiz asked questions about important Elizabeth's, the second about influential Welsh Women, and the third, for other more distant, but still Influential Women. The quizzes were interspersed with six Welsh 'Suffragettes' who each told her story, and Anna then shared with us her view on how far Parliament had come today, in achieving equality. The event finished with homemade cakes and tea.

*Glenys Care, Whitchurch WI*

May 2018 saw the end of an era for Ystrad Mynach WI. We are a relatively young WI formed in 2012. For the past 4 years Mary Cook has been our President. Mary's dedication and commitment to the role has kept the WI going through difficult times and we now have around 35 members. Mary has sadly decided to step down from the role this year for personal reasons and all the ladies at Ystrad Mynach would like to thank her for her dedication, passion, commitment and hard work over the time. We would also like to welcome Jean Rees as our new President.

*Kate Allen, Ystrad Mynach WI*

An Enthusiastic group of ladies set off on an adventure to the Gwili railway at the end of June. On arrival, we boarded an original steam carriage for a coffee, before we set off on our journey through some amazing countryside. We were able to get off at Bronwydd Arms to look around a preserved ticket office/waiting room. We all had a laugh at the sign on the wall which read 'Loud Snoring is strictly not allowed in this waiting room'.

We continued our day trip, with lunch in Carmarthen followed by the obligatory retail therapy. Great day out, with great friends.

On 23 July, three back rows in the cinema pod at the Gwyn Hall in Neath, was occupied by an excited group of ladies, who enjoyed the feel good Mamma Mia Experience. The music and film was heart warming. Huge thanks to all who joined in.

*Diane Burns, Skewen WI*

On Thursday 13 September, and blessed with a beautiful sunny morning, members of Coychurch, Pencoed, Port Talbot and Ystradowen WIs gathered at St Mary's Golf Club to experience Foot Golf. The course covered 9 holes, uphill and down dale. It was good fun and most of us had not experienced this new found sport! It was great to hear the laughter and to enjoy the fresh air and exercise. A few of the ladies slid on the dewy grass but, thankfully no bones broken. It was an enjoyable and different social event with, I am sure, some bruises and aching limbs the following day.

*Janet James, Coychurch WI*

Margam WI thoroughly enjoyed our link meeting on 14 September, which was hosted by Port Talbot WI. The theme was 'A Musical Time Warp' and we were invited to dress up as anything to do with musicals. There were Pink Ladies from Grease, Witches from Wicked and some dressed as Abba from Mamma Mia. Margam ladies all dressed in black and white as the Ascot scene from My Fair Lady, and made quite an entrance! The entertainment and food were excellent, well done to Port Talbot WI we appreciated all your hard work.

Margam WI are holding a Fashion Show at the Aberavon Beach Hotel on 9 November 2018. It is themed on 'A Century of Influential Women'. Tickets cost £15 includes a two-course meal are available now. If you would like tickets please e mail sarahsaunders222@gmail.com We are donating all the money raised at this event to The Paul Ridd Foundation, whose aim is to support people with a learning disability, and their families and carers when needing secondary health care. We look forward to seeing you there.

*Sarah Saunders, Margam WI*

Tuesday 14 August saw us on our Annual Summer outing. The weather was kind to us, not too hot, not too wet. First stop was St Fagan's. We spent an enjoyable morning visiting the exhibitions especially St Teilo's Church which was worth the visit all by itself. On to Gwalia stores to buy strawberry jam, and then on to the bread store for freshly baked loaves and scones. A visit to the café for coffee and cake, and lastly the shop. Next we were on the bus for our visit to the Mansion House, Cardiff for afternoon tea and a tour of the house. One of our ladies has a guide dog, Buddy, who came with us and was as good as gold. The tea was excellent and was enjoyed by all, but the tour was amazing. Our guide told us about the history of the house and its artefacts. We were enthralled with his stories about the dignitaries who have visited and stayed at the house over the years, and continue to do so. The gifts which they have given to the Mansion House are truly amazing, and the stories behind them had us all spellbound. I for one would go to the Mansion House again. It has so much interesting information you can't remember it all in one visit. This trip was by the courtesy of our Lottery Grant. It has been a great help to us. Back on the bus for home, another great day out for Mynydd Cynffig WI.

*Christine Callaghan, Mynydd Cynffig WI*

Our guest speaker at our July meeting was Carol Young, who demonstrated how to 'Laugh for Health'. Carol taught us 'how to laugh', at any time and for any reason, especially if you are feeling sad. It is a very good way to de-stress. I quote 'laughter yoga is based on scientific fact and one gets the same physiological and psychological benefits'. At our August meeting at St David's Court for our Annual Fish & Chip Supper. A few of our ladies read out some very funny stories both made up and true. We laughed all night. Good for the soul! We had a very interesting trip to Nantgarw China Works in July, where we were able to create our own piece of pottery under the watchful eye of the lovely Freya, who made it all look very easy with her demonstration. We all managed to create a Rose and a Poppy to be decorated after they have been fired in the kiln, and then brought to the next meeting to exhibit.

*Denise Imperato, Miskin & Mwyndy WI*

theWI  
INSPIRING WOMEN

Volume 9 issue 9  
October/November 2018

News from Federation House  
By June Humphry 01639 881588

### ACWW—PENNIES FOR FRIENDSHIP

All contributions to the above should be sent to Federation House by Friday 16 November. Cheques should be made payable to 'ACWW (WIpff).

Many thanks for your co-operation

### 2019 WI MEMBERS VOUCHER BOOKLET

The 2019 WI membership booklets are currently being prepared and, as ever, will be packed with vouchers for discounts and offers on everything from day-to-day essentials to some of life's little luxuries, and it will again also be possible to view the offers online.

Arrangements have been made for the distributors to organise delivery direct to WI Secretaries.

Parcels will be despatched during the week ending Friday 30 November 2018.

If you have not received your booklets by 12 December please contact Federation House.

### NFWI ANNUAL MEETING 2019

The NFWI Annual Meeting will be held at the Bournemouth International Centre on the 5 June 2019.

Glamorgan delegates will be staying at the Premier Inn Westcliff, Bournemouth from 4-6 June 2019. Please will you inform me as soon as possible if your WI is unable to send a delegate in order that I may make enquiries to the next WI on the Linking List for 2019.

May I also inform you that **ALL** WIs in The Glamorgan Federation have to contribute £50 to cover the delegates expenses.

Linking List and application forms are with this mailing.

# Glamorgan

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 232102  
Office Hours—Monday, Wednesday and Friday 9am-2.30pm

### NOVEMBER = MCS MONTH

November has been nominated as a time to review the Membership Communication System (MCS) to ensure the details for every member and WI are fully up to date. It is very important that your details as a WI Secretary are kept-up-to-date, with the position 'Secretary' correctly allocated. Incorrect entries will result in your WI missing out on National mailings, voucher books and raffle tickets.

In order to avoid receiving duplicate copies of NFWI mailings, please ensure that only one member has been assigned as your WI 'Secretary'. If you have more than one Secretary, there are alternative options to assign them as 'Assistant Secretary' or 'Correspondence Secretary' etc.

When a Secretary leaves or steps down from the role, please ensure that the successor is assigned before the past Secretary's position is 'revoked'. The system will not permit you to do this the other way around.



### Remembrance Sunday

We can confirm that the Charity Commission permits the use of WI funds being used to purchase a commemorative wreath for Remembrance Sunday.

WI members, their families and communities will have been greatly affected by the two World Wars and subsequent conflicts, and so it is right that they should be able to take part in their local Remembrance activities.

### Candlelight Vigil

NFWI-Wales will be holding a Candlelight Vigil outside the Senedd building in Cardiff Bay at 6.30pm on 20 November to mark International White Ribbon Day.



Please send all articles/contributions for **THE BACK PAGE** to June Humphry, 13 Courtland Place, Port Talbot S13 1JJ or email glamorgan@btconnect.com

### News from Sport & Leisure

By Pam Dinham tel: 01443 203770

Darts Competition—Application form with this mailing. Just what you have all been practising for. Come and join us. A good day out.

We have a Curling Set available for hire. Useful for an extra social evening in the winter in your WI. Contact Federation House to hire.

### News from Denman Myra Thomas

Tel: 01792 232662  
e mail myraethomas@gmail.com

I am pleased to say that we are now full for the next Glamorgan weekend to Denman in March 2019. I am still waiting to hear from Denman, and will notify everyone when I have the final date for payment.

If you would like me to come to your WI to tell you about Denman, or if you would like to plan a day visit for your WI, please get in touch either by phone or email.

### News from Membership Support

By Ann Lydiard tel: 01639 776831

**Resolutions**—The shortlisted resolutions for 2019 will be published in the **NOVEMBER** issue of WI Life. Each member will be able to vote for the one she supports the most from this list. Only one resolution can be voted for per member and your WI Secretary will count the number of votes for each one and submit the results to the Federation Secretary by 15 February 2019. If you need any advice or would like the Resolution Officer to visit your WI then please contact:  
Jane Exell 01656 880042

**Gift Aid**—Treasurers please ensure that you have read the Gift Aid Notes sent out in the NFWI August mailing, together with the amended Gift Aid Declaration Form.

**Change of Details**—If you have a change of Officers or venue during the year, please remember to let the Federation Secretary know as soon as possible please.



### Christmas Tree Festival, The Orangery, Margam Park—21 November 2018

Why not start your Christmas Festivities off with a visit to the spectacular Christmas Tree Festival, where you will be entertained by the Cefn Saeson School Chamber Choir and Strings.

Festive refreshments will be available at the Orangery. Tickets available price £3

### News from Public Affairs

By Carolyn Davies tel: 01443 223093

**Bee Hives**—A big thank you to all members who have participated in our knitting project for schools. The project is now on hold for the foreseeable future.

**Green Hearts**—Show the Love with the Climate Coalition in February 2019. It is about making and sharing a green heart around Valentines Day. A pack of resources to take part, including craft and baking, guides and stickers is available to members via e mail or post. To receive this pack sign up to:  
[www.thewi.org.uk/campaigns/current-campaigns-and-initiatives/climate-change](http://www.thewi.org.uk/campaigns/current-campaigns-and-initiatives/climate-change)

If any WI who has been collecting data for the tree Project and has difficulty in uploading the data, it can be sent into the Wales Office for the attention of Kelly Rosser or e mail  
[k.rosser@nfwl-wales.org.uk](mailto:k.rosser@nfwl-wales.org.uk)

Over the past 100 years, WI members have been at the forefront of campaigning for positive change on a wide range of social and environmental issues, delivering ground-breaking campaigns and shining light on taboo issues.

With current campaigns tackling issues such as mental health stigma, food waste and food poverty, microplastic pollution and climate change, it's clear that the WI remains as relevant as ever.

**News from Home Economics & Craft**  
By Myra Thomas tel: 01792 232662

**Reminder**—The Rose Bowl and Brecon Cup 2019 will be held at Miskin Church Hall on Thursday 11 April. The topic is 'Bees and Trees'. We will also be having Afternoon Tea and a Speaker. Start planning now.

### Enclosures this month

- 1 Darts Competition
- 2 Budget
- 3 Federation Newsletter Subscription 2019
- 4 NFWI Annual Meeting Linking List
- 5 WI Financial Contribution
- 6 Delegate form for NFWI Annual Meeting

### JERSEY WI SPRING HOLIDAY 4-11 May 2019

Visit this lovely Island with so much to offer, and attend the Liberation Day Celebrations. The price is £500 per person for a double or twin-bedded shared room, and includes guided visits to places of interest. Friends and family welcome. For more information please email:  
[jerseywi.holiday@yahoo.com](mailto:jerseywi.holiday@yahoo.com) or ring Joy on 01534

Sainsbury's store in Thornhill, Cardiff would like to hold sampling evenings with WIs in the area. There will be a variety of presentations around healthy eating, charity, Sainsburys' values or whatever the WI wishes to discuss.

For further information contact Chris Jenkins, Operations Manager 029 2074 7057 (opt 5 for store).

### DONATIONS

So many of our WIs generously send financial donations to Federation House, and we are extremely grateful to receive these.

This month our thanks go to Caerphilly WI for their donation of £25, towards the upkeep of Federation House in Port Talbot.

### 500 Club 2018-2019

The winners of the October Draw are:

- £20 No. 215 — J A Jones
- £15 No. 222 — Audrey Davies



### GET CREATIVE FESTIVAL—11-19 May 2019

Get Creative Festival celebrates everyday creativity across the UK, with the aim to encourage and inspire local communities across the country to try something new.

In 2018, over 1,400 events took place, reaching tens of thousands of people across the UK—and **2019** is expected to be even bigger and better!

#### How your WI can be involved:

##### Plan an event in your local community!

This could be a **craft workshop, taster session, or 'drop-in' activity**. This event must be fully inclusive to everyone and take place in the UK between 11-19 May 2019.

All events must either be **free of charge** or **cost recovery**, however revenue could be created from refreshment sales, having a craft table to sell items the WI has made, or by taking donations.

**Register** your event on the Get Creative Festival website to be added to the **digital map** showing activities taking place. You will also gain access to an **online toolkit**, offering advice, information, links and videos.

This is a brilliant opportunity to connect with your local community and showcase the fantastic creativity of WI members!

For more information, visit  
[www.getcreativeuk.com](http://www.getcreativeuk.com) or My WI

Diary dates 2018			Closing date
Autumn Holiday—£299	Thursford	13/16 November 2018	
Christmas Tree Festival	The Orangery, Margam Park	21 November 2018	26 October 2018
Christmas Miscellany—£8	Wenvoe Golf Club	22 November 2018	22 October 2018
Whist Competition - £5	Ystradowen Village Hall	19 January 2019	30 November 2018
Darts Competition	Llanharry Workingmen's Club	16 February 2019	28 December 2018
NFWI Annual Meeting	Bournemouth International Centre	5 June 2019	