

From the Board of Trustees...



This month we're ringing the changes and introducing different members of the Board in turn.

My name is Linda Martin, and I am the Federation Treasurer. I've been a WI member, at Thurnby and Bushby WI, for about 14 years and I've been on the Board for seven years, and Treasurer for five. I'm a keen gardener and enjoy walking holidays. My husband and I were recently brave or foolhardy enough to go on a walking holiday in Spain, which we very much enjoyed, but it was quite daunting to make the decision to go. In the same way I expect many of you are still thinking hard about returning to events and meetings with larger numbers of people. I hope that you'll take that step, especially for the Platinum Jubilee events, and enjoy the company of fellow WI members and the activities - and don't forget to take photos for County News!

WI House...Your House



WI House is situated in Leicester just a short walk from the famous Golden Mile and is for the benefit of all WI members. WI House has a large upstairs conference room with kitchen adjacent, a smaller downstairs meeting room and a members room with kitchen adjacent also downstairs. There is a pleasant paved garden to the rear and parking for approx. 12 cars in front. WI House staff hours are Monday to Thursday 9.30-1.30pm. We welcome members to visit for a cup of tea during office hours but do advise you to call ahead to check that someone is in! Staff at WI House work to support federation committees including the Board of Trustees, ensure the smooth running of federation events including the Annual Meeting, produce County News and the Yearbook, keep the website up to date, communicate updates from NFWI and are here to help you with the day to day running of your WI.

We were delighted to welcome members from Birstall and Wanlip WI recently who enjoyed a walk followed by tea and cake at WI House. They enjoyed refreshments in the garden and had a tour of WI House meeting Sarah, Federation Secretary and Anila, Accounts Assistant. We were very grateful to receive a donation for federation funds.



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Leicestershire & Rutland Federation of Women's Institutes

incorporated in England and Wales as a Company limited by Guarantee No. 02769771 Charity Reg No. 1016 766

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Opening hours: Mon-Thurs 9.30am—1.30pm

www.leicestershire-and-rutland.thewi.org.uk or scan QR code

Find us on Facebook: Leicestershire & Rutland Federation of WIs



Membership

The LRFWI Membership Committee is responsible for assisting WIs with any help they require. I hope you find the following items useful. Mandy Cutler, Membership Committee Chair.

Interested in Becoming a WI Adviser?



We always welcome an enquiry from any member interested in taking on this federation role.

WI Advisers are members just like you, who have been put forward by the federation to fulfil this role. As a WI Adviser you would establish new WIs and help existing WIs to grow by promoting membership, providing advice and running training sessions. As well as developing new skills, such as public speaking and digital communication, training will offer you a recognised qualification.

The team meets monthly. Why not contribute to the success of LRFWI and beyond? Contact Mandy @ mandycutler@lrfwi.org

Federation Quiz 2022—Friday 1st July 7.30pm



Your last chance to enter a team!

Are you up for a challenge? Will your general knowledge help you to reign supreme? Then gather together members, friends and family and enter a team at one of the four venues in this year's Federation Quiz.

The hosts this year are:

Ashby Castle WI @ The Ashby School, LE65 1DT

Burton Lazars WI @ Burton Lazars Village Hall, LE14 2UR

Ullesthorpe WI @ Ullesthorpe Memorial Hall, LE17 5DH

Wigston Magna WI @ Little Hill Primary School, LE18 2GZ

Tickets are £5 per person – teams of four. Each team must have 2 WI members, the event is open to non-members, male and female.

If you would like tickets, please contact your WI Secretary.

We hope you will join us!

Recruitment and Retention

The pandemic has impacted on us all. The good news is that many WIs are now attracting new members, looking for fresh experiences. Some have found that offering an open event to which members can invite neighbours and friends is a good way of introducing women to the WI.

My WI

Just a reminder that one of the benefits of membership is access to My WI. If you are a new member, here is some advice about setting up a My WI account:

- ◇ You will need the email address you gave to the MCS rep at your WI.
- ◇ Read through the outlined steps on the Welcome Page of My WI, then watch the login tutorial and follow the instructions.



Recruitment ideas for your WI? Interested in an online Zoom session?

WI advisers are happy to join members of your WI who would like to share ideas to attract new members. We would be able to offer you some resources and produce a record of what has been discussed. Date to be decided.

If you are interested in an evening session then contact our Federation Secretary, Sarah Freeman, by **Monday 23rd May**.

Email fedsec@lrfwi.org or Phone 0116 2661342.

Elizabeth Bell Competition Winner

Ashby Spa WI recently won the NFWI Elizabeth Bell Competition with their magnificent scrapbook and they will be presented with their prize at the Annual Meeting in Liverpool this month. Here we share the introduction, some photos of the book and the team who helped put it together. Congratulations Ashby Spa WI!



The WI represents women and the communities in which they live. They keep everyone connected and provide support for each other in all circumstances including the unusual one that Covid has created.

Through this difficult period, we have communicated with all of our members, spreading some cheer "on-line" and with a friendly face at the door (2 metres away of course).

We have kept as many of our groups running as possible, offering opportunities for our members to meet, either virtually or in person. Our scrapbook shows how we have worked together to give our members something to look forward to each month and what we have managed to achieve.

The feedback from our members, old and new, has been overwhelming and the WI has made a real difference in their

lives this year. It has not been easy for the committee and finding the strength to make our members smile has been our driving force. Our members are clearly spreading the word as we have a list of 15 ladies waiting to join us in April 2022 bringing our numbers to 130.

In our scrapbook we have also celebrated our physical location in the heart of the National Forest which we have expressed specifically in our membership tree. As always it is a pleasure and a privilege to be a part of the WI.



Promotional Material available from WI House

Banners Available to Hire!

If you were at our Annual Council Meeting you may have noticed our new federation banners!

We have 3 banners (identical except for the colour of the text box) to promote The WI in Leicestershire and Rutland and these can be hired for your events (£5 each). They are pull up banners so conveniently roll down to a very manageable size and they come in a bag making them easy to carry. They are for indoor use only.

We can also offer WIs 'Becoming a Member' leaflets to hand out at events and back copies of WI Life magazine for promotional purposes.

If you are interested, please contact WI House.



Fundraising

As you will see when you read our Autumn Lunch details for Sunday 18th September 2022 we have returned to a favourite venue with a lot of our members, namely Devonshire Place in Leicester. Due to the pandemic it is over three years since we were able to gather here. We will once again be able to have lunch in the Oliver Suite and drinks will be served in the Holmes Lounge.

You are most welcome to bring family and friends. There is plenty of parking space as well as Leicester Station which is only a few minutes' walk away. Our speaker, Nick Hamilton of Barnsdale Gardens, Rutland will be bringing plants and books for you to buy and we can sit back after lunch and enjoy his talk. Somewhere different for your Sunday lunch! Hope to see you there.

Federation Events

Public Affairs and International Committee



Faith Visit Wednesday 22 June 2022

The Friends Meeting House
16 Queen's Road, Clarendon Park,
Leicester LE2 1WP

10.30am Coffee (extra charge)
11am – Talk by Janet Parry
12.30-1pm – Silent Worship (optional)

Tickets: £8

If you would like tickets for this event, please contact your WI secretary.

Membership Committee



Federation Quiz Evening Friday 1 July 2022 7.30pm £5 per person—teams of four

Ashby Castle WI @ The Ashby School, LE65 1DT
Burton Lazars WI @ Burton Lazars Village Hall, LE14 2UR
Ullesthorpe WI @ Ullesthorpe Memorial Hall, LE17 5DH
Wigston Magna WI @ Little Hill Primary School, LE18 2GZ

Are you up for a challenge?
Gather together members, friends and family and enter a team at one of the four venues in this year's Federation Quiz.

If you would like tickets for this event, please contact your WI secretary. Each team must have 2 WI members.

Art & Crafts Committee



Hardanger Embroidery Workshop Saturday 2 July 2022

10am-3pm, WI House
Cost: £20

Norwegian white on white embroidery workshop suitable for beginners and those with some knowledge.

Kits provided at a small extra cost but please bring a small pair of very sharp scissors & a magnifying glass if you usually need one.

A packed lunch is required. Tea and coffee will be provided.

If you would like tickets for this event, please contact your WI secretary.



Microsoft 365 Training Thursday 1 September 2022

10-11.30am & 1-2.30pm, WI House
No charge

Learn about the benefits of, and how to operate, a Federation Microsoft 365 account where you can access all your WI documents from anywhere. You could have a WI email address, store all your files on the cloud based system rather than your own computer and have access to online meetings using Microsoft Teams.

If you would like to make a booking, please contact your WI secretary stating your preferred session and if you will be bringing your own device.

Fundraising Committee



Autumn Lunch Sunday 18 September 2022

Devonshire Place, 78 London Rd,
Leicester, LE2 0RA

11.30am for drinks,/coffee, 12.30pm lunch
Tickets: £30 (for two course lunch)

Guest Speaker: Nick Hamilton
Barnsdale Gardens, Rutland. Writer, author and radio broadcaster. Enjoy his talk on Barnsdale after Geoff (1996-present day)

Please indicate at the time of booking any dietary requirements and your menu choices which can be found on the flyer.

Family and friends welcome. If you would like tickets for this event, please contact your WI Secretary.

Art & Crafts Committee

Beginners Embroidery Workshop



Saturday 24 September 2022
10am-3pm, WI House

Learn basic embroidery stitches to make a hanging sampler. Beginners or improvers welcome.

Please bring your glasses or a magnifier if you usually need them. A packed lunch is required. Tea and coffee will be provided.

If you would like tickets for this event, please contact your WI secretary.

All events may be photographed, we will presume permission unless we are otherwise informed. Speakers subject to change at short notice. See our website for latest event availability [https://leicestershire-and-rutland.thewi.org.uk/event-calendars/federation-events#Federation Events](https://leicestershire-and-rutland.thewi.org.uk/event-calendars/federation-events#Federation%20Events)

Ashby Spa

Our ladies had a very fun morning recently contributing to the goodie bags that runners competing in the Ashby 20 receive. Ashby 20 is a 20 mile road race that many marathon runners complete as part of the run up to the London Marathon. Each runner receives a goodie bag at the end of the race, and in the bag is the famous Cheese & Tomato Cob!



This year our WI was approached to see if we would make up the cobs the day before the race, in return for a donation to us for each cob we made. Fairly simple it seems until we understood we had to make 1500 of them! So 4 of our Ladies volunteered their kitchens and we then had teams of 4/5 in each kitchen. The materials were supplied to us by Aldi who sponsor the event - so once assembled in each kitchen we began our production of slicing, spreading, filling and packing the cobs into individual bags. Each kitchen produced 375 rolls - an exhausting but really fun event for those that took part.



We are thrilled to have received our cheque, from the race organisers, for £1078. We will be supporting some local charities with the funds we made, including The Ashby Food Bank and WALL - Women's Aid Leicestershire.

Ashby Spa WI recently had an amusing, interesting and informative talk from two ladies representing Knitted Knockers UK. This amazing charity produces knitted prosthesis 'knockers' for ladies who have had surgery due to breast cancer. They have branches of the charity around the world. In the UK they have produced nearly 30,000 'knockers' since January 2015.



Wing

Wing WI members are enjoying a return to a more normal programme of events this year following the disruption of the last couple of years. We are lucky to have some willing and talented speakers in the village and in February we were treated to a talk by David Wood, who was then High Sheriff of Rutland, in full ceremonial dress complete with magnificent rapier. David's family has a history of public office going back over several generations, mainly in Manchester, and he was pleased to be able to follow in their



footsteps in a different part of the country. During his term in office he concentrated on visiting all the villages in Rutland to learn about the local history and to thank everyone for their community efforts during the pandemic. Wing was not forgotten as David and his wife hosted a splendid lunchtime drinks party last summer for everyone in the village. Rather than taking a well-earned rest David continues to be active locally, not least as Chairman of the Rutland Agricultural Committee which amongst other activities runs the Rutland Show.

More local history in March with a slide presentation from Charlie Mason on the history of the Uppingham Fatstock Show. The Fatstock Show goes back 114 years and has only been cancelled for war and pandemic. It is the only one in the UK still held in temporary pens in the market square in the town. It was traditionally held for farmers to sell their prize fatstock for the Christmas markets. Members enjoyed seeing historical Uppingham and seeing how many familiar faces they could spot in the more recent photographs, including the husband of one of our members.

In April we hosted a very successful open meeting with guests from other South Rutland WIs and surrounding villages to listen to Fiona Cairns, the baker, who made the wedding cake for Prince William and Kate Middleton. From a small start Fiona's business, still based in Leicestershire, has grown to a very successful company supplying not only the Royal Family but also several well-known London stores as well as her own line of cup-cakes for Waitrose. After looking at mouth-watering slides of the wedding cake and other creations, everyone who came to the talk was given a cup cake to take home. Fiona was also selling signed copies of her books with half the proceeds for the Ukraine Appeal.



Like everyone else all our members are keeping fingers crossed that this year we will be able to run a full programme of events including taking part in celebrations for the Queen's Jubilee. Could be quite a year for everyone.

Kibworth & Smeeton



In April we welcomed Carolyn Boulter who showed us how to make an owl paperweight. A well organised lady, Carolyn brought along some owls she had made earlier! She had also prepared about 50 kits containing everything we needed, right down to a needle ready-threaded with cotton to match the fabric in each kit. It must have taken her ages! Members selected the kit they liked according to their colour preference. To begin we took out two triangles of complementary fabrics already sewn together by their long sides, forming a teepee shape. We sewed running stitches around the bottom edge, then before gathering, stuffed the owl's body with a small bag of rice. After gathering the stitches tightly, a circle of felt was attached, covering the gathers and forming the base. The top pointed section of the 'teepee' shape was folded over and secured with a small stitch to form the owl's beak. Finally, two small circles of fabric were gathered and a button attached over the gathers of each, forming the owl's eyes, so completing the paperweight. It was a lovely sociable evening with members able to chat and laugh together while comparing their efforts.

Even members with only basic sewing skills enjoyed themselves and were pleased with their achievements, thanks to Carolyn.



Hinckley Canalside



Hinckley Canalside WI held a very successful 'Fashion Show' Evening.

65 attended, and we were pleased to welcome ladies from Hollycroft, Burbage and Earl Shilton WIs.

Our models, from, Hinckley Canalside, were excellent! A great evening, with lots of fun and laughter.



Botcheston

Well another month has passed – We hope that you all had a wonderful Easter.

After March being very busy, April has been a little quieter. At the very end of March a group made a visit to Kirby Muxloe WI to partake in a Forest Group event. This was a very enjoyable Spanish Wine Tasting Evening with Tapas.



At a recent Craft and Coffee Morning there was a talk from Kate Twitchen from the Desford Heritage Group – who are putting on a Heritage Weekend 2/3 July in Desford – Botcheston WI are putting on refreshments at the Miners Institute on Lindridge Lane on both the Saturday and Sunday. Kate left all the group inspired and looking forward to the weekend which will explore the history of Desford from the

Romans to the present day – visit desfordheritage.org for more information.

Our speaker in April was Gail Wooliscroft from the LRFWI who tickled our taste buds with a demonstration of Decadent Desserts – Lemon and Lime Crunch Pie, Waffle Berry Pudding and Strawberry Charlotte Russe – all very simple to make and all that can be made in advance.

Pictured are the Russe and Lemon and Lime Crunch Pie. We all watched and listened, and in our own minds adapting to suit our own tastes. They were all sampled and not a crumb was left!



The May meeting will be a trip back in time to the Swinging Sixties – some will have more recollection than others but I am sure that everyone will have some memories that will be stirred. Competition: Any item of clothing from the 1960s.

Illston on the Hill

To those of you who listen to BBC Radio 4, it will not have escaped you that this year recognises 75 years of broadcasting Gardeners' Question Time. With this in mind Illston WI decided to hold their own GQT. We invited Angela from Kibworth Garden Centre (ably accompanied by her daughter Ellie) to answer our gardening queries.

Angela and Ellie arrived with some wonderful plants which made the backdrop for our evening. Lots of questions were thrown over and Angela was more than capable of answering them all; including identifying a sample plant brought in by one member, lovely foliage and apparently a pretty flower when in bloom. This did not defeat Angela who hesitantly indicated it was not rare, in fact it spread really fast and was indeed a weed!! Of course, as we all know, beauty is in the eye of the beholder and this plant was taken home and presumably continued to be nurtured!! Also another sample was discussed, looked a bit leggy, but that apparently was because it is a hardy outside plant and should just be left as ground cover.

It was a really delightful evening and so many of our queries were cleared up more than satisfactorily, however, needless to say it all went a bit down hill when the various suppliers of manure were brought up, i.e., cows, horses, chickens. Still at least we don't have to buy fertiliser at £1000 per tonne!!! At the end of the meeting most of the plants were snapped up and when we all left it looked a little bit like the last day at Chelsea!

The meeting ended with the usual wonderful tea and cakes and continued discussion about all our good, bad and indifferent garden plants! Next month we will be discussing the Resolutions and also welcome Jane who will be giving a demonstration of skin care and natural soaps.



A member of Illston on the Hill WI has been knitting teddies hoping they can benefit Ukrainain refugee children. If anyone has information about where these could be sent in order to be distributed, please contact WI House.



Swepstone, Newton & Snarestone



Our meeting in April was led by members who organised Judith Gurney to speak and demonstrate the wonderful skill of wire bead work.

It was a very relaxing evening as we watched Judith create some beautiful items.



Afterwards we enjoyed food and drink provided by members. A very enjoyable evening.



Kegworth

For the April meeting Kegworth members spent an enjoyable afternoon at Swarkestone Garden Centre where we started by being served with tea and biscuits in the restaurant whilst having a talk on its history by the owner. The same family has been market gardeners in the area since 1910 and now the fifth generation is running the garden centre which opened in the 1990s. We were taken behind the scenes to see the amazing mechanical machines which automatically fill trays with compost and transfer the delicate seedlings into them. The vast areas with trays of young plants waiting to be taken out for sale were lovely to see. The merits of different types of compost were explained and we had demonstrations of filling two types of hanging baskets. The afternoon ended with a pleasant walk around the garden centre in the sunshine.

Sileby

Sileby WI were joined by Jean Savage for a Willow weaving and basket making talk and taster session. Jean brought a variety of baskets and objects along she had made and we learnt about some of the techniques of making them. We then got to have a go ourselves at some weaving! It was an interesting and enjoyable evening.



Sheepy

Our April meeting was a great success. Members were amazed to hear about Medical detection dogs and how they work. Harold held our attention as he shared anecdotes from those who have been helped by these amazing dogs. The charity works in two ways: at their base in Milton Keynes dogs work Monday to Friday (going home in the evenings and having weekends off). Samples of urine and breath are presented to dogs in a carousel, the sample which is believed to be showing cancer is hidden amongst those thought to be benign. The dog goes round the samples and indicates by sitting or standing next to the sample. Dogs have such an enhanced sense of smell that they are far more accurate than standard blood tests. On one occasion a dog actually found a second sample that it insisted was suspect, and was proved correct when tested conventionally.

The charity also provides dogs to people who have life threatening illnesses such as diabetes and sudden loss of consciousness (but not epilepsy as there is already a charity for this). The dog is trained to react to a smell that indicates the owner is suffering from blood sugar levels outside normal range or to recognise changes in behaviour that are a sign of potential collapse and get the owner to lie down safely then sit with them until recovered. They will fetch medication, test kits, drinks etc.

The charity started after a pet dog kept fussing about a mole on his owner's leg, eventually they got tested and it was found to be malignant. More anecdotal evidence that dogs had done this was gathered and the charity was born.

As an example of the sensitivity of a dog's nose Harold told us that humans can sniff out a teaspoon of sugar in a mug of tea, especially if they don't like it! A dog would be able to sniff half a teaspoon in an olympic sized swimming pool! It takes 4-6 months to train the dogs who work in Milton Keynes and 18 months to 2 years to train the assistance dogs. It costs £30,000 to train an assistance dog. There is no government funding so the charity relies solely on donations.

The charity needs £200,000 per year to continue with their work. To find out more: www.medicaldetectiondogs.org.uk

Broughton Astley



Sageena Thakur, accompanied by her daughters Jasmin and Manisha, was a recent guest speaker at Broughton Astley. She gave us a fascinating presentation of her memory albums and book art.

To create a piece of book art Sageena takes an unwanted hardback book, obtains a pattern of the design she wishes to create then marks up each page very precisely to indicate where it needs to be folded. For some designs the pages need to be cut as well as folded. A book will take around 30 hours of painstaking, accurate work to complete.



Her scrapbook and memory albums are created on decorative pieces of good quality paper, then photos or pictures are arranged and text and embellishments added to create a decorative memory of an important occasion such as a birthday, holiday or wedding.

Sageena takes commissions to create personal designs according to customers' wishes. She was a very entertaining speaker and it was a really fun evening.

Our member, Elizabeth Chaplin, successfully knitted a group of very cute Platinum Jubilee corgis.



Ullesthorpe

At our March meeting we welcomed Ann Rogers, a very talented embroiderer, to talk to us about her work and especially her embroidered bags. Ann had been a History and English teacher as well as a member of the Embroiderers' league for many years in Cheshire before moving to Rugby. She designed and made bags linked to characters in Shakespeare plays. As she described the bags she explained how she designed them and linked them to male and female characters. She amazed us with her knowledge of the plays

At the same meeting members donated numerous items for Ukraine, which were taken to a centre and then transported to Poland for the people in Ukraine.

We continue to care for our WI village planter which is full of spring flowers.



In April we had an amazing talk by John and Kath Warren. John is well known in Lutterworth for his work with volunteers.

He had always had a wish on his bucket list to walk from John O'Groats to Lands End. They decided to set out in April 2015 and took all they needed in rucksacks and walked for 100 days to reach Lands End in July. They used Bunkhouses, B&Bs as well as calling in on friends and family.

We were enthralled by his stories and pictures, not only of the route, but of the amazing people they met on the way. There were stories of kindness and sadness. John described the whole experience as powerful and moving as was his talk.



Market Bosworth

On 6th April we hosted the Bosworth Field Group Meeting at the Dixie Grammar School Hall. Members from, Witherley, Sheepy, Stoke Golding and Gopsall Villages were all in attendance. After a stressful few hours on the eve of the meeting when our original speaker



cancelled, President Kay Taylor was able to source Bob Neill from Derby who came and gave a hands-on talk called "Bits and Bobs" which were items of the 1940s era that were passed around for us to identify. A most interesting talk and ideal for the occasion with some funny suggestions, as you can imagine. The evening finished off with refreshments and a good natter and grateful thanks to Bob and his wife for stepping in at the last minute.



At our normal monthly meeting we had the pleasure of welcoming Gabrielle Batty with her "Tropic" skin care products. All the products are natural and the packaging minimal and recyclable. The "Tropic" brand is a green company whose founder is highly conscious of waste and harmful damage to our planet. Two of our members, Mary Johnson and Edith Cairns acted as volunteers for Gabrielle to demonstrate the effectiveness of the products. Members were asked to write on a piece of paper a suggested charity of their choice and at the end of the demonstration Gabrielle drew out the name of Cancer Research to which she generously donated her fee.

Our next meeting is on Tuesday 10th May, 7.30pm in the Parish Hall, Park Street, and our speaker is Robert Leake, his talk is entitled "Those Radio Days"! Come along, visitors are always welcome.

Hollycroft

Members of Hollycroft WI became Hollycroft Hula Hoopers at their April meeting when the speaker was John Parnell, aka Hoop Guy. He gave an insight into the history of the hula hoop, ranging from hoops made from dried reeds thousands of years ago in Egypt to the mass production of the plastic hoops we are more familiar with today.

In the 17th/18th century British sailors witnessed Hawaiians dancing with hoops and first coined the phrase hula hoop. He outlined the formula for selecting the correct size and members were amused to hear that the belly button was an essential factor in the calculation.

John emphasized that, done properly, the benefits of hula hooping are extensive and, more importantly, you can't do it without smiling. He demonstrated part of the routine that he performed at the semi-finals of Britain's Got Talent



Oakham

For our March meeting, we had a painting session led by local artist Sue Bagshaw. We were guided by Sue into producing paintings of a sunflower, the national flower of the Ukraine. We all had fun, chatting and painting and were all pleased with the finished works we took home.



Countesthorpe

One of our lovely ladies Diana Lee has been busy knitting a Jubilee corgi as we prepare to celebrate the Queen's Platinum Jubilee at our June meeting with an evening of fun games - all based around the Royal family of course, with nibbles and lovely food hamper to be won in our raffle.



accompanied by a song he composed, before patiently instructing the willing volunteers who were amazed to discover hidden talents and that larger hoops really are easier to manage.

Several members bought hula hoops that live in flat boxes until they are linked together to form the required size. A very informative and enjoyable evening.



Ashby Castle

A tasty treat was on offer for the Members of Ashby Castle WI when Gail Wooliscroft prepared delicious, decadent desserts. Gail made 3 wonderful creations in just 45 minutes and at the same time chatted about her background and added lots of interesting tips for our Members. Yes they were rich with creamy ingredients but that didn't stop the Members from joining the queue to taste them. Everyone agreed that we should ask Gail back again in the near future. Thank You to Gail for a lovely afternoon.



Leire



At our recent meeting, members visited local charity "The Way Of The Horse" based in Leire which provides an equine facilitated 12 week learning programme. The charity was set up in 2015 by founder Dina Shale who gave a detailed talk of the personal development programme they provide to young people and adults who have experienced

significant stress and trauma in their lives and who, as a result, struggle to cope with their environment. The charity works with the NHS, therapists, children's care homes and schools as well as other organisations.

The course, which is due to be accredited includes theoretical elements and interaction with the horses which are specific in teaching people who feel disconnected to be present and grounded in themselves and their surroundings. The course



utilises the horses as reflective tools in exploring personality, body language and the creation of healthy boundaries to assist people in gaining the confidence and skills to navigate their world. Dina and her colleague Leah, provided a demonstration with pony Mia to members of our group to show how when a person feels grounded and secure, the pony will walk over to them and brush aside them. If a person is not relaxed, they will not approach them. We were also taken through a 5 senses exercise of mindfulness. Dina also shared research findings into the project on how effective the course had been. This was a fascinating insight into a new and different form of therapy which was a unique experience for members. Following the meeting we enjoyed refreshments and a catch up at the village hall.



Great Bowden



As unfortunately, our speaker for the evening was unable to attend due to illness, it was decided to have a Beetle Drive which

was a good chance for a laugh whilst chatting to other members as the winners and losers moved around the tables. There was a prize for the person with the highest score and also a small offering for lowest score. Everyone enjoyed the opportunity to socialise and have fun.



We have a varied programme of activities at Great Bowden.

Members are busy planting sunflower seeds to be entered in the competition for the tallest flower which will be judged at the Summer Lunch to be held in August. A garden party will be organised in June and plans are underway to celebrate the Queen's Jubilee. This will take the form of a social evening with entertainment by our choir. Currently we have teams in the WI darts league and we took part in long alley skittles. There is a monthly crafting meeting where members, who are interested, can work on whatever craft they enjoy and also chat at the same time. An outing to Grimsthorpe Castle in Lincolnshire has been arranged for July.

For Great Bowden our biggest celebration will be our Centenary next year and we continue to raise funds to make the occasion a very special one. Great Bowden have always been involved in diverse activities and its members take part enthusiastically, a reason why it is still thriving after nearly 100 years.

Quorn

Our pre Easter meeting brought an imaginative display of decorated hats, an Easter based Quiz and a free raffle for everyone of Easter Eggs. A chance to have a social event and spend some time getting to know new members over tea and fancy muffins. It's good to have a speaker to entertain us but we don't always get time to interact and mingle. Looking forward to the fascinating story of the Eleanor Crosses at our May meeting.



Markfield

We would like to congratulate member Ming Tang on winning an award as an unsung covid hero, it's good to see people behind the scenes being rewarded. Ming went to Windsor Castle where she was presented with her award by Princess Anne; we also had to admire their sense of colour co-ordination.



Our congratulations also to Lynn Mellor who won third prize with her beautiful tatted crown at the recent ACM. It was



Lynn's turn to shine once more at our March meeting when our scheduled speaker phoned to say he would not make it; Lynn stepped into the breach with a talk on her 30 years as a Blue Badge Guide.

New Barkby

Mrs S. Franklin welcomed New Barkby members to the institute's April meeting. Speaker was Wendy Martin from Hinckley, her talk entitled 'From Barnard Castle to Berwick Upon Tweed'. This was a powerpoint presentation, showing the journey and places of interest around the area where the speaker grew up. The vote of thanks was given by Mrs A. Montague.

Birstall and Wanlip

April's speaker was Rachel Greaves who enchanted our ladies by telling us how she started writing books featuring Ruffles an Airedale dog and his adventures on steam trains. She now gives talks which she illustrates with her life-like puppet of Ruffles and characters from her books that she has made herself. Ruffles fame is spreading and she now writes



educational books featuring him which include a life saving story for children and a ghost story concerning a Blind WWI soldier. Rachel's book stall was manned by her husband and proved very popular with our ladies as Easter gifts.

Forest Group

Kirby Muxloe WI hosted the first Forest Group meeting in two years and what a well attended and successful evening it was.



The theme was a "Spanish Wine Tasting" evening with Sue Lobb giving us an excellent exploration of three modern Spanish Wines and an insight into the Spanish wine industry of the northern area of Spain. Sue provided us

with a map of the districts and information on all aspects of wine making, which grapes made which particular wine and why. Sue dealt with a myriad of questions from members, dispelling some of the myths as well as giving useful wine knowledge

We were taken from the costal area of Penedes in the North Eastern area of Spain tasting a lovely sparkling wine Frexinet Cordon Rosado Cava to Rueda in North Central Spain tasting a Marques de Riscal Verdejo 2020 Rueda DO and finishing with a tempranillo wine Finca Carelio from the Ribera region of northern Spain. This all went down well with the delicious Tapas Buffet of banderillas, mushroom pin wheels and mackerel tarts finishing with manchego cheese and biscuits and a lovely madeleine cake.



For the non alcoholic drinkers, they were not forgotten and offered a lovely glass of non alcoholic Sangria which was also delicious.



Sue then asked us to guess the price of the different wines which brought up a few surprises.

We finished the night by drawing the raffle and everyone went away with a better knowledge of Spanish Wines which they otherwise might not have tried and a raffle prize if they were one of the lucky ones.





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Membership Booklets

Many WIs have had new members since receiving the 2022 Membership booklet and the federation supplies were used quickly. Though there are no longer hard copies available it can be downloaded from My WI
<https://mywi.thewi.org.uk/essential-information/womens-institute-membership-booklet-2022>




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WI Diaries 2023



The WI Diary 2023 is red and completely recyclable (except for the ribbon!).

Diaries are £7 and can be ordered through your WI Secretary. Orders must be placed by 30 June 2022.

This year there will also be an A5 diary that will be sold exclusively on the web shop for £10.
Visit: <https://shop.thewi.org.uk/>

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Monthly Draw Winners!

Congratulations to our Monthly Draw winners for April!

1st Prize £25
No. 78
Angela Fielding, Melton Mowbray WI

2nd Prize £15
No. 53
Frances Smith, Glenhills WI

3rd Prize £10
No. 4
Valerie Johnstone, Humberstone WI



Thank you to all of the members who have supported the Federation by buying a Monthly Draw ticket!

Please send material for County News to **WI House** by email: wihouse@lrfwi.org or post to arrive by the **FIRST** of the preceding month at the latest.

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