

Ein Swyddfa
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Sefydliad y Merched **CEREDIGION** Federation of Women's Institutes

Secretary: Susie Jordan

Office hours: **Tuesdays 1.30-3.30pm**

Charity Registration No 501389

Chairman's Message/Neges y Cadeirydd

The summer we all longed for enabled most of us to get out and about and many of you have competed at shows and local events and others giving a helping hand. Many congratulations to you all on your achievements. Others have been 'under the weather' and received medical treatment and good wishes are extended to you for a speedy recovery. Jo Davies is congratulated for receiving the MBE for services to her local community and the WI. Liz Tipping has joined the NFWI Training Committee and Ann Jones has travelled the breadth of Wales and beyond as Wales Chairman representing us all. We are extremely proud of you all.

I look forward to meeting you at the many events being organised during the autumn. My thanks go to my fellow committee members who always give you the best. Retiring Board members Jean Eklund and Joan Jones will be greatly missed having given total commitment. Elections take place in November for new committee members and forms are enclosed. Give it a go – the journey is interesting and fulfilling.

Edrychaf ymlaen i'ch gweld yng ngweithgareddau'r hydref- rhywbeth at ddant pawb. Dewch i ymuno a ni a chael cyfle i gryfhau y linell cyfeillgarwch. Brenda Wright

The **ACM** will be held on the **Thursday 7th November** 2013 at the Morlan Centre Aberystwyth. The morning speaker is Bryn Hubbard on Glaciers. In the afternoon Rhodri Evans will give a cookery demonstration. More details in the October mailing.

MCS training: All MCS representatives to attend. If there is no current MCS rep in your WI, please nominate a member to attend. Either **Tuesday 22nd October**, 7-9pm at Llwynycelyn or **Saturday 2nd November**, 10.30-12.30am at Waun Fawr

New Constitution: It is essential that all WIs adopt the new constitution at their AGM.

The Great Food Debate: To harness the power of the WI, we are following up our recent Food Debate with a petition to supermarkets trading in Ceredigion. See back of newsletter for details.

Flood Awareness: Focus meeting at Llwynycelyn Hall, **Tuesday 1st October** 7.30pm. Please return form by 23 September

Ceredigion Archives: Judy Lile is arranging a trip to the Ceredigion Archives on **Tuesday 24th September**, 2-4pm. First 15 names only. If there is demand, a further trip may be arranged. Names to Judy by September 17th.

Ladies Fashion Show: Sponsored by Ji-Binc Aberaeron is on **Friday 1st Nov 2013** at the Feathers Royal Hotel 6.30-9.30pm. Tickets cost £12 includes cheese and wine. Forms for tickets are included in the September Mailing

Floral Art Workshop: Saturday 9th November at Dihewyd Hall. 10am-4pm. Tutor Daphne Furnaix. Tickets £15 each. Please return form by October 26th

Betty Seaton Evans Award: Three photographs no larger than A5 one showing member/s engaged in a WI activity, one of local area and one of your own choice. Closing date 7th October. The winner will be drawn at the Annual Council Meeting.

Group Meetings: the theme is 'Food for Thought'

Derwen Tuesday 8th October at Tregaron, speaker Organic Producers. 7pm

Helyg Wednesday 9th October at Sarnau, speaker Llwynhelyg Farm Shop. 7pm

Onnen Wednesday 9th October at Aberaeron, speaker Dafydd Davies, Falcondale Hotel. 7pm

Bedwen Wednesday 9th October at Penllwyn, speaker Lampeter Organics. 7pm

Derwen still requires a group convenor.

All enquiries to Ein Swyddfa or Gay Evans 01974 298 691 (evenings) by 30th September.

Diaries: All ordered diaries are awaiting collection in Ein Swyddfa, any Tuesday between 1.30 and 3.30pm.

WI Life magazine: are looking for stories to publish in WI Life. They are particularly interested in community projects, local entrepreneurs, quirky events or day trips and particularly inspiring members. Contact Liz Frost, WI Life Magazine, 104 New Kings Road, London, SW6 4LY (020 7731 5777 ex 220).

Walking Treasure Hunt: A most enjoyable, event with Aberaeron at its best in glorious sunshine. Over 70 members representing 16 WIs attended. In the convivial atmosphere of the Feathers Hotel, Federation Chair Brenda Wright presented the winners' cup to Llanddewi Brefi

Jo Davies would like to thank all who sent congratulations when she received her MBE

Choir Singathon: 100 hymns were sung in great style in 3 hours, 56 minutes and 41 seconds. The winner was Mr Snelgrove, Aberporth. 2nd was Mr Lewis Edwards of Aberaeron and 3rd, Dorothy Lloyd, Lampeter. The choir would like to thank everyone who took part and gave their support.

Croquet finals will be held at Llanerchaeron on **Thursday 3rd October** at 11am. Entry £2.

Croquet: is played at Llanerchaeron **every Thursday 11am-1pm**, weather permitting. If you wish to come along contact Betty Ellis 01570 470897. Costs £2

ACWW walk: Cwmtudu circular walk **Friday 13th September**, meet in car park at 11am

July 200 Club Draw:

1. £20 Marjorie Wellsted: Llangeitho
2. £10 Norah Phillips: Llanfarian
3. £5 Gloria Davies: Aberaeron
4. £5 Dorothy Lloyd: Lampeter
5. £5 Betty Harwood: Felinfach

August 200 Club Draw

1. £20 Anne Davies: Ciliau Aeron
2. £10 Anne Griffiths: Llangeitho
3. £5 Pat Marks: Llanafan
4. £5 Hazel Rimmer: Llanilar
5. £5 Elizabeth Walker: Llangwryfon

Short Mat Bowls: taster evening on **Friday 20th September** at 7pm at Llanrhystud Hall (not Dihewyd) Entry £4 includes refreshments. Forms to be returned by 12th Sep

Photoshop: classes cancelled due to poor response.

WI Announcements

New Age Kurling: Aberporth WI are hosting this event on **Friday 27th September**. Entrance £2, to include tea and biscuits. 7.30pm start. All invited.

Macmillan Coffee Morning Appeal: This event will be hosted by Aberaeron WI on **Friday September 27th** at The Feathers Royal Hotel Aberaeron. £2.50 each for coffee/tea and cake. Bring and Buy table. 10.30am -12 noon. Further information: Lea Collier (01545 571 750) or Jacqui Thomas 01545 571 704

Congratulations to Aberaeron and Cenarth for representing the County at the regional quiz.

Derbyshire Federation would like to welcome members, husbands and friends from other Federations on their annual holiday based in Buxton Sunday 8th June -Friday 13th June. For more details and costs please contact Ein Swyddfa

Enclosures for September

Financial statement
Annual Report
Subcommittee vacancies
Food Debate petition
Floral Art form
MCS Training form
ACM form
Flood Awareness form
Ladies Fashion Show form

Diary Dates		Secretaries: Please adhere to submission dates	
Date		Venue	Closing Date
	Betty Seaton Evans Award		Oct 7th
Sep 7th	Nordic Walking	Llanerchaeron 11am	Sep 1 st
Sep 12th	Line dancing	Talybont Memorial Hall 7pm	
Sep 13th	ACWW Walk	Cwmtdud circular walk 11am	
Sep 20th	Short mat bowls taster	Llanrhystud Hall 7pm	Sep 12 th
24 th Sep	Ceredigion Archives	County Library 2-4pm	Sep 17th
Sep 26 th	3 rd Literary Tea	Nanteos Mansion 2-5pm	
Oct 1st	Flood Awareness	Llwynycelyn 7.30pm	Sep 23rd
Oct 3rd	Croquet Finals	Llanerchaeron 11am	
Oct 17-20 th	Denman visit	Denman College	Apr 26th
Oct 22nd	MCS Training	Llwynycelyn 7-9pm	Oct 8th
Oct 25 th	Beetle Drive	The White Swan – Llanon 7pm	
Nov 1st	Ladies Fashion Show	The Feathers Royal Hotel 6.30-9.30pm	Oct 19th
Nov 2nd	MCS Training	Waun Fawr Hall 10.30-12.30	Oct 8th
Nov 7th	Annual Council Meeting	Morlan Centre	Oct 24th
Nov 9th	Floral Art Workshop	Dihewyd Hall	Oct 26th
Jun 4 th 2015	Centenary AGM	Royal Albert Hall	

**PLANNING A FUTURE OUTING?
THE HALL AT ABBEY-CWM-HIR**

**An enchanting 52 room, Grade 11* Gothic mansion in 12 acre gardens,
near Llandrindod Wells in Mid Wales.**

Open daily throughout the year to guided tours for individuals /couples/small and large groups.

Outstanding architecture, stunning interiors, fascinating collections, beautiful gardens.

Interior designs of 30 rooms changed in the last 3 years.

Each Christmas; **all 52 rooms are decorated to individual themes from Nov 1st.**

During the Spring /Summer; **the grounds include a walled garden, lake and waterfall, woodland walks, terraces, courtyards, a gypsy caravan and shepherds hut.**

Refreshments available. Meals available to groups.

Entrance is £15.00 pp for the house tour and full access to the gardens.

£13.00 pp for groups or repeat visitors. Gardens only are £5.00.

To book phone 01597 851727 or email info@abbeycwmhir.com

The website (containing a 6 minute video) is www.abbeycwmhir.com

Learning the lessons from Wales on single use plastic bags

In 2010, the Welsh Government introduced a charge on single use plastic bags in Wales. The charge has had considerable success in reducing the number of single use plastic bags used in Wales. Welsh WI members will have a unique insight into some of the other lessons that can be learned from the charge in Wales, and the NFWI is now inviting members to participate in a short poll to share their experiences. The poll is available via the WI website and will take no longer than 2 minutes. Please see www.thewi.org.uk/wi-in-wales for details of the poll. Should you require further details, please contact Mary Roberts.

The British Heart Foundation Cymru – No Time To Wait Project

BHF Cymru are offering free talks on their work regionally and nationally, particularly on the need for swift action in the case of cardiac arrest and the use of defibrillators. It is possible they would be able to attend a meeting at short notice. Any WIs interested should contact Jane Lewis at the BHF Cymru (01554 891 500 / 07860 727 547)

The Great Food Debate – where next?

Dear Members,

As you will know, the Public Affairs committee recently held our Great Food Debate at the Morlan Centre in Aberystwyth. Speakers were interesting and varied on the topic of food quality and sustainability locally and nationally.

The various speakers covered many points but the main problems upon which WI members could bring their influence to bear on the Supermarkets were as follows:-

1. In order to keep the Carbon Footprint of staple foods as low as possible the large retailers of these products should be encouraged to buy from local producers who, knowing that they had a reliable outlet, would be more than capable of meeting demand. This would lead to the consumer having full knowledge of provenance when making purchases. This applies particularly to meat, vegetables, eggs, bread and milk wherever possible.
2. As WI members committed to a sustainable food supply and with a membership of some 212,000 we do have considerable consumer ability to vote with our feet if we consider that not enough is being done to deal with the problem of sustainable food production and it is with this in mind that we would also urge all major retailers to deal more satisfactorily with the tremendous waste of food which occurs on a daily basis. This again is largely because instead of buying locally, food is travelling long distances and therefore its shelf life is reduced. However, much of the wastage of food comes about through sell by and best before dates being applied to such things as vegetables which if purchased locally would not need to be chilled and would keep much longer.
3. WI members feel that the current system of food supply presents considerable obstacles to local producers and distributors in delivering local food to Ceredigion's consumers

If you would like this view to be presented on your behalf to the supermarkets trading in Ceredigion, please sign and return the attached slip (which will be sent with a letter containing the above points to the Supermarkets) to the Secretary, Ein Swyddfa, 11 Cambrian Place, Aberystwyth, SY23 1NT by Monday 23rd September, 2013