

CFWI Newsletter

August/September 2025



Vice Chair's Chat

As I write this, we're in the middle of a heatwave and I hope that you have been able to find ways to remain cool. I have two very hairy golden retrievers, and it has certainly been a challenge to keep them out of the sun. Despite wet towels, a cool mat and lots of shade I keep finding them lying in the sunniest spot in the garden!! They really don't learn!



The warm weather always makes me feel more positive and it's been a joy to see how many CFWI events have been enjoyed over the last few months. If you look at our Facebook page (Cambridge Federation of Women's Institutes) you will see pictures of fancy hats, days out, incredible patchwork and a few bowls of lettuce soup! The committees work hard to bring such varied events and I'm glad you are all enjoying them. Ticket source has certainly made it easier to book although you do need to book early to avoid disappointment as some of our recent events were so popular they sold out on the first day of release!

We do have spaces on a few events though. Our annual quiz is still open for booking – this is always a fun evening where WIs compete against each other and sometimes get a little bit competitive! A lot of effort goes into preparing the quiz so if your WI hasn't done so already, please put a team together and join us for the evening. You won't regret it, and you might even win!

There are also spaces on the Cartier Exhibition trip at the V&A which should be an interesting day. To find out more about this and other events, check out the events page on the CFWI website.

Last month was NFWI's Annual Meeting and as it was online we held our first ever watch party at Girton. You can read Helen's report in this newsletter. Thank you to all WI's who shared pictures of their own watch parties – it was a great way to spend a day. A summary of the meeting is available on My WI including the wonderful interview with Emma Bridgewater.

I know that WIs are always looking for ideas for speakers and this month's bumper edition of Out and About will offer much inspiration. Our popular Speaker's Showcase held recently should also give you some new ideas. However, as you plan your programmes, we would like to challenge you to hold one green meeting over the next 18 months. This might involve looking at ways of reducing waste at your meetings, sourcing sustainable products or maybe looking at ways of conserving resources. It might just be your choice of speaker. Whatever you do, we would like to hear about it, and we will share your ideas in future newsletters.

Of course, I couldn't possibly finish my chat without a quick mention of our dental bags! We initially made bags to hold the toothbrushes and toothpaste you all kindly donated for last year's Christmas campaign. As many of you know we were then asked to make bags for NFWI's dental event with MP's back in April. Since then, they have promoted our idea nationally, so it was wonderful to see our bags make yet another appearance in this month's WI Life and to see that other Federations will be making a dental difference, just as we did.

Finally, I'd like to wish you all a wonderful WI summer. Please remember to share pictures with us, we love seeing what your WI's are up to!

Lesley x

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PUBLIC AFFAIRS

Resolution 2025



At the recent NFWI Annual Meeting 97% of votes cast were in favour of the 'Bystanders can be Lifesavers' resolution. The resolution reads as follows:

There are over 30,000 out-of-hospital cardiac arrests a year in the UK, and less than one in ten people survive. Women have a lower chance of surviving than men. Early cardiopulmonary resuscitation (CPR) and defibrillation can more than double the chances of survival. We call on WI members to work together to increase public confidence and training in the delivery of CPR and to work with local organisations to help improve access to defibrillators in their communities to give every person the best chance of surviving a cardiac arrest.

Many WI's have already held CPR sessions for their members, and we will be announcing dates soon for sessions at Girton. In the meantime, My WI has information about the campaign including online CPR training and an explanation of why cardiac arrest is such a feminist issue.

Lesley Challands
Public Affairs Chair

200 Club Winners

May - Gill Offley, Milton WI

June - Joan Dearman, Chrishall WI

July - Anne Bullman, Landbeach WI

Calling All Treasurers:

- If your WI has a Santander Bank account, you will be aware that from October 2025 they will be charging £4.99 a month bank fees, unless your WI is a registered charity. Please give the bank the CFWI Charity Registration number, 1099519.
- Individual WIs with an annual income of £5000 or more (not monetary holdings) are required to register as a charity, by the Charity Commission. More information can be found at www.gov.uk
- A reminder that if your WI is claiming Gift Aid, then you should not be charging visitor fees but you can ask for a donation.

Any questions, please contact the CFWI office.

Valerie Ridgman
Honorary Treasurer

AN EXHIBITION NOT TO BE MISSED

The Federation is organising a trip to the V&A to see the Cartier Exhibition in September. Unfortunately, I can't make that date so not wanting to miss out, I booked a visit and what can I say but WOW!!! I have never seen so much sparkle in my life. There are over 200 pieces of jewellery exhibited in glass cases with lights perfectly placed to make the pieces shine. The jewellery ranges from brooches belonging to Queen Elizabeth II, pieces from Princess Katherine to extraordinary brooches from the Duchess of Windsor and a ring from Princess Grace of Monaco. To bring it up to date, there are items from Elton John and even a Kardashian! Along the way are lovely welcome benches to rest on and savour the experience and perhaps watch a short film. The "piece de resistance" is left to the final room. A room of tiaras from antique to modern. Oh, to try one on!

All I can say is this is most definitely a "once in a lifetime" experience and one I would thoroughly recommend. If you haven't already, book a place on the trip – you'll have an amazing day!

Outing to V&A on Wednesday 17th September

Diane Oakley, Trustee

CFWI WATCH PARTY

The NFWI Annual Meeting on 4 June 2025 was held online and attendees joined from all over England, Wales, and the Islands either from their homes or with other members at local watch parties. We at Cambridge Federation hosted a very convivial Watch Party, making great use of our new TV screen to see the Zoom stream from the NFWI London HQ Office and enjoying some sociable refreshment interludes during the day.



We were delighted that many of our link delegates were able to attend. This also meant we could help each other master the technology and follow our personalised email links to the important votes of the day. Rest assured therefore that all votes collected from each and every WI in our Federation were competently and properly registered. Phew! This year's Resolution "By standers can be Lifesavers" passed with a 97% majority and will now be launched as a campaign by the Public Affairs Committee. Proposed changes to the NFWI Constitution also received a majority of votes from all WIs and are now being adopted.

This year's speakers were Emma Bridgewater and Angel Strawbridge - 2 very different but inspiring entrepreneurs. Several of us fell in love with Emma's special WI mug design, celebrating our 110 year anniversary and we promptly ordered some on the spot. We heard her remarkable story of succeeding in the pottery industry in Stoke at a time when so many factories in The Potteries were actually closing down. I hadn't heard of Angel, and only vaguely knew of her programme 'Escape to the Chateau'. She spoke from France about her love of all things Vintage and how this passion drove her various businesses. A more ebullient personality I doubt I shall ever come across! She certainly provided food for thought and discussion as we savoured a British Heart Foundation healthy (and delicious) fruit cake baked by Federation Vice President Elaine Bailey, the recipe for which appears on page 4 of the Federation Newsletter. Look out for it.



A very pleasant day was had by all and we look forward to repeating the experience for next year's annual meeting on Thursday 4th June 2026. Please come and join us.

Helen Williams, Trustee

Talk by Kay Goddard



What an amazing morning we had with Kay Goddard. Her Patterned Road to Freedom talk brought patchwork quilt history to life - it was such a good talk you could have heard a pin drop throughout the session!

Patchwork Course

It can now be guaranteed that when there is a heatwave we will be doing a couple of days of patchwork!

We had a fabulous time in July learning and making log cabin pattern cushion covers. Rosemary, a WI member, was a patient and informative tutor and gave us the full benefit of her expertise in patchwork. We had learned last month the significance of the log cabin pattern at the talk on the Patterned Path to Freedom and we were keen to replicate this block for our cushions. It is amazing how the different pattern can look with each and every different fabric choice. For us beginners, it was the perfect pace and we all completed the project.



Sophie Howson, Histon & Impington WI

A Theatrical Afternoon at Tolethorpe Hall: The Mirror Crack'd

On a glorious summer afternoon in June, a coach full of eager WI members enjoyed a delightful trip to Tolethorpe Hall, the picturesque home of the Stamford Shakespeare Company. Our destination was their unique open-air theatre, where we were treated to a performance of *The Mirror Crack'd*, a new adaptation of Agatha Christie's classic mystery, penned by Rachel Wagstaff.

Nestled in the beautiful Lincolnshire countryside, Tolethorpe Hall provided the perfect setting for an afternoon of culture, friendship, and nature. The open-air theatre is a true gem — the stage is set in the open while the audience sits comfortably under cover. As we watched, the peaceful soundtrack of birdsong and the occasional bleating of sheep from the surrounding fields only added to the rural charm.



We came well prepared with picnics, which we enjoyed in the stunning grounds before the performance began. The weather was on our side, warm and dry, making it a truly idyllic experience. The coach by Alisons, was punctual and comfortable, and the journey ran smoothly, as always. We felt thoroughly looked after.

The play itself was a mixed experience for some. While the acting may not have been to everyone's taste, the staging was widely appreciated for its ingenuity. With just a few simple changes to the set, the production cleverly portrayed three different locations, moving seamlessly between scenes with minimal fuss. It was a testament to creative design and effective storytelling through space.

The Mirror Crack'd follows a glamorous yet troubled former Hollywood star who arrives in the quiet village of St. Mary Mead to make a film — only for tragedy to strike. Naturally, Miss Jane Marple is soon on hand to investigate. The adaptation stayed true to the classic Christie formula of secrets, suspects, and surprising revelations.

The venue, company, and atmosphere made the day thoroughly enjoyable. The play was very well received by the packed audience, who were clearly delighted to spend an afternoon immersed in drama in such a beautiful location.



A big thank you to the organisers for a memorable day out. We look forward to our next WI adventure!

Carole Faulkner, Lode WI

100 Years of Hat Making!



What fun we had with Susan Widlake when she talked to us about 100 years of hat making. As well as a range of millinery equipment, Susan brought a marvellous collection of hats with her, some of which she had made.

As you can see, everyone enjoyed trying them on—some more than others!!



Food Waste Talk

As a child growing up, wasting food was not an option. This has continued into adulthood for me and I cannot tolerate food waste.

Elaine and I clearly sing from the same hymn book and at the end of Great Big Green Week she shared hints, tips and ideas of ways to avoid food waste. She had made a variety of dishes using ingredients past their best which we tasted. We also took home a recipe sheet too. Recipes included lettuce & leek soup, mixed vegetable curry, banana loaf and coronation chicken and they were all delicious. Think before you put it in the bin!



Anne Jones, Hardwick WI

Booking CFWI Events

Please book via



www.ticketsource.co.uk/cfw

Members who prefer not to make a booking online have two other options.

TicketSource Telephone Box Office Service – by calling 0333 666 3366 or

By Post - Cash or cheque sent to the CFWI Office with written contact details.

Where an event is open to Family and Friends—they need to be over 18 years old and booked and accompanied by a CFWI member.

Buttons

The Craft and Cookery Committee are collecting buttons for a collective button jar shop at Girton HQ. It is becoming more difficult to purchase an odd button. For a small donation you will be able to choose from an array of coloured buttons displayed in jars.



All donations welcome.

NEW EVENTS

“HIDDEN CAMBRIDGE’S LATEST WALKING TOUR”

PJ’S SEWING CLASS

CPR AND DEFIBRILLATOR AWARENESS SESSION

**“THE RED SHOES” BALLET
SADLER’S WELLS THEATRE**

BOOKING STARTS MONDAY 4 AUGUST

For further information please see attached flyers.
Events also advertised on our [website](http://www.cfw.org.uk) and [ticketsource](http://www.ticketsource.co.uk).

2026 WI Diaries

The diaries are ready for collection from the office.
Please phone before visiting as we have reduced opening times during August.

Healthy Fruit Cake



Ingredients

2 cups Self raising flour
1 cup soft dark brown sugar
2 cups mixed fruit (I use currants, sultanas and raisins)
1 cup milk
1 tablespoon honey*
1 tablespoon marmalade (I use lemon)

Method

Oven Fan **Gas Mark 3**: 140°C fan oven.
Line a 2lb loaf tin.

Combine all ingredients and mix well.
Pour mixture into loaf tin.
Bake for 1 hour. Test with skewer.

*Alternative: can use golden syrup

This cake was served at the Watch Party at the Annual Council Meeting in Girton.

Elaine Bailey, Vice Chair

OTHER EVENTS AVAILABLE TO BOOK

(See back page for closing dates)

MORNING TALK ON SHETLAND LACE

SPANISH FEAST

CFWI QUIZ NIGHT

WI DAY AT AUDLEY END

CARTIER EXHIBITION AT THE V&A

CHEESE TALK AND TASTING

CHALK STREAMS FILM

[TicketSource Link](http://www.ticketsource.co.uk)

OUT & ABOUT

DUXFORD W I

In May, Richard Molton, of Drivers Farm, and his technical assistant, Harry Molton, presented a slide show and talk about regenerative farming. He described the farm of 500 acres with 21 Limousin cattle and 130 lambs. A lot of statistics were presented around regenerative farming which aims to improve the soil by reduced tilling, to reduce CO2 emissions, reduce water use and run-off by continual crop cover as well as enhancing the wider environment whilst producing high quality food. It is hoped that more farmers would adopt the style.

In June, one of our members, Evelyn Nallen, led us through the long, rich history of the recorder. Her talk was extremely well-researched and illustrated with slides, film clips and live playing, concluding with Evelyn, accompanied by another of our members, Valerie Catton, on piano, playing Burlesca Alla Rumba by Gordon Jacob. This is the second of her very interesting talks. What a good evening!

Lesley Hale

CHESTERFORDS, ICKLETON & HINXTON W I

We were recently delighted to welcome Katy Mendes-Day, Director of the Uttlesford Food Bank. Katy gave a most interesting talk, emphasising the need to listen to their clients' problems and assess what has caused them to approach the Food Bank. This can be debt related, a job loss or other changes of circumstances. Instead of a speaker fee, Katy requested food items for the Food Bank. We were pleased to be able to pack these into 'bags for life' that our sewing group had made.



We learned on a summer outing to Hemingford Grey Manor and gardens that it is one of the oldest, continually inhabited houses in Britain. It was the home of Lucy Boston, author of The Green Knowe children's books and talented patch-worker. We chose a glorious summer's day to visit, and the gardens were at their best. We would thoroughly recommend visiting, it is a very special place.

Jayne Greenwood

HARDWICK W I

In the spring of 2025, a core of 12 members had the opportunity to attend Cambridge Regional College Park

Restaurant for a series of themed monthly evening dinners. The 3 course meals with tasters and petit fours at the start and end of each meal was £25 excluding drinks. Excellent quality and quantity served by the students demonstrated their hospitality and culinary skills. They invited us to a free afternoon tea recently and WOW! - it was lunch/tea/supper all combined.



I would highly recommend their new venture. They start again in September – all you need to do to is contact them.

At the end of May, we ran a cake stall at the VE day celebrations – some of us dressed up accordingly and the stall was a success.

Several of our group attended the musical "Calendar Girls" at Over and we really found the singing and acting brilliant – we look forward to their next production.

In early June, 15 of us met for the NFWI Annual Meeting on Zoom with a mixed reception – technical issues marred what would have been a good presentation – but we gathered for a Bring and Share Lunch which was good fun.

In July, we held our Group WI meeting at the school and had 45 members coming to watch a flower demonstration by a local resident Lucy Hill; she was excellent and gave us lots of tips and tricks about flowers. She donated one of her arrangements and the rest were auctioned off – the proceeds of which went to a dog charity closely associated with Autism. The evening was a great success, food and drinks were devoured, and the Prosecco went down well!

We have started a monthly Coffee Club – visiting all the local cafes – there is a huge choice! This event usually attracts about 10-12 members. We are also trying to support our local pub and plan to meet there for an evening drink/meal once a month too.

Naomi Roy

OVER W I

We've had a wonderfully varied programme of events recently. Ralph Jackman gave a fascinating and humorous talk titled "How to Become a Roman Empress," offering a glimpse into the dramatic and often dangerous lives of women in ancient Rome. In contrast, Jackie and Helen—members of Hardwick W.I.—shared their inspiring experiences volunteering with the Lisa Kent Trust, a charity focused on education in The Gambia. Two very different topics, yet both equally thought provoking.

Our recent CPR workshop was a tremendous success. The session, delivered by a trainer from Magpas, was hands-on and empowering. Equipped with resuscitation dummies and defibrillators, we were able to practice CPR as it would be required in a real emergency. We learned not only the correct techniques, but also how easy it is for CPR to be less effective if not done properly—such as not pressing deeply enough or failing to release pressure fully between compressions. Perhaps the most surprising takeaway was discovering how few registered defibrillators are currently available in our village – a new mission for W.I.?

Rachel King.

CHRISHALL W I

At our May meeting Philip Gravett gave a very interesting talk entitled “Wildlife Photography” which he illustrated with slides from his five East African safari trips and cruises to the Falkland Islands, Antarctica and Greenland.

June is our birthday meeting month when we usually arrange an outing or a “bring and share” meal in a



member's garden. This year we visited Bridge End Gardens in Saffron Walden and had tea and cake at The Eight Bells - a charming 16th-century half-timbered pub which is next door to the Gardens. We had beautiful weather and a lovely time.

Jane Gravett

HEYDON AND GREAT CHISHILL W I

Vibrant, enthusiastic and interesting are just three words to describe our speaker, Lucy Lewis. She did not concentrate on her role as a bomb disposal expert or what she had done as a military police officer; rather her talk was about life in the army and what life skills she had acquired. Believe us when we say that some of these are rather unusual and might include words like knickers and stockings! We all agreed that the evening was a great success.

Ann Crawford

MILTON W I

Our most recent speaker was Lindsey Barrell, who told us about British Sign Language. She outlined the history of BSL and why she began learning it. We were all then given a sheet showing the BSL sign for each

letter of the alphabet and then as a group we practiced each letter with her. Such a great evening was had by all.

Lorraine North

EARLY BIRDS W I

In May, we had a Cambridge Constabulary Scams and Fraud Prevention officer, come to give us advice on how to keep ourselves safe from internet, phone and doorstep scams. Basically, any totally unexpected contacts via these methods that require you to make an immediate decision are scams. It usually involves gaining access to your financial and personal details. Even if it sounds compelling avoid them at all costs! In June, we spent a morning learning about CPR and using defibrillators from two volunteers from the East Anglian Air Ambulance. Many of us had a go at practising CPR on a dummy. Obviously, there was a lot of important information, but most helpfully: 1) Install What Three Words on your mobile phone which would give a precise location to emergency services at any time. 2) It is better to do something in an emergency than nothing. 3) If you forget what to do, the most important thing to do is to ring 999 (911 works too) who will talk you through what to do until a health professional reaches you. They will tell you where your nearest available defibrillator is. Knowing how to do CPR could really save a life and while we hope we will never need to use it, it is reassuring to have been given training.

Gillian Taylor

BALSHAM W I

Our May meeting took us all back to the 1960s, a decade where there was much change both internationally and nationally, including JFK's assassination, the Aberfan disaster, England's World Cup victory and man landing on the Moon. The WI introduced their famous Keep Britain Tidy campaign and the Balsham WI expanded with new housing. There was a large committee and regular competitions at meetings, two were repeated at this meeting – prettiest button on a card, and a limerick starting with, 'There once was a woman from Balsham', which inspired several entries.

The June meeting took us back to the 1970s – the age of disco, with flashing disco lights, mirror ball and music from 45rpm vinyl records. The meeting greeted three of our current members who joined Balsham WI in the 70s – they were each given a Yorkie Bar which was launched during this decade. The 1970s was the time of the Vietnam War, “the Troubles” in Ireland and much industrial unrest in the country, decimalization, joining the EEC and the Queen's Silver Jubilee.

Balsham WI was very involved in community events at the time entering floats into the village carnival and purchasing a new village sign. The Quiz on prices of 70s household goods was fun, not many of us guessed correctly!

Debbie Mower

THE SHELFORDS W I

In June our speakers were Jacqueline Allen & Helen Fogerty, on "Our Gambian Adventure". They are members of Hardwick WI who attended a talk by the



Lisa Kent Trust. This inspired them to go in Dec. 2023. There was much up-front prep and fundraising. Jacqui, a nurse, was given a month's leave but Helen had to leave her job. They arrived to extreme heat and lack of infrastructure. Gambia is a very poor country with a high infant mortality rate. The first place they helped at was a Nursery School.

Jacqui also spent time working at a Health Centre – assessing and treating people. Jacqui is to go back later this year to teach First Aid and CPR. They brought some colourful cloth bags made in The Gambia, and some "wonjo" juice to try.

We visited the beautiful garden of Neil and Clare Callan near Somersham in July. The flower beds and pots created much colour. A strongly built 'climbing frame' gave us a view of Ely Cathedral 10 miles away while at low level we enjoyed the huge variety of plants, gazed at wildlife in the pond, found secret areas and interesting sculptures. After wandering we enjoyed cups of tea, scones jam and cream. Not much beats meeting in such a restful environment.

Our regular contribution to the Shelford Festival and Feast Day is to provide tea and cake to the many visitors. WI members and other Feast supporters cooked a wide variety of cakes. The steady stream of customers was served by a rota of mainly WI members - cake servers, tea makers, washers up and our treasurers at the till. A real combined community effort.

Sue Tombs & Eleanor Witter

BARTON W I

Talking about the history of the English silver spoon Neil Callan explained that, from about 1780, there were three types of "silver" spoon; Sheffield plate (rare), EPNS (familiar to most of us) and sterling silver. Designers of sterling ware had to follow very strict rules. They had to put their own stamp on their wares and get them assayed to ensure that the silver content was correct. If an item passed, it was stamped, dated and sent back. If it did not, it was destroyed and the smith was heavily fined. Over the centuries, as fashions changed, so did the design of spoons and nowadays an enormous variety exists, ranging from tiny condiment spoons to huge, long-handled meat-basting ladles. A fascinating talk.

Ralph Jackman's talk on "How to become a Roman empress" was centered on the life of Agrippina the younger, an ambitious noblewoman who lived in Rome in the first century CE. She pursued her goal of becoming empress with ruthless tenacity using

alliances, assassinations and family manipulation to ensure that her son, Nero, could become emperor. When she achieved her ambition Agrippina was in her element, but her joy was cut short, by poisonous mushrooms! How very topical. Ralph Jackman is a fluent and entertaining speaker.

Ann Killen

STETCHWORTH W I

Our speaker in May was Iestyn Edwards, - 'My Tutu went AWOL - Entertaining British Troops'. Drawing on his time in vaudeville Iestyn described his time as the Combined Services Entertainment 'experiment' and was sent out to entertain British Troops in Iraq & Afghanistan during the conflicts wearing what was nicknamed 'a frock of many doilies'. Iestyn's first visit was in 1976 and, in his own words, 'he was terrified' but he soon managed to form a strong bond with a group of young marines who were able to share some of the horrors they had experienced. Iestyn is still in touch with one guy and he sang



at his wedding. He entertained the troops as the Sugar Plum Fairy, both dancing and singing. The Brigadier thought he was a bad influence and would be better off entertaining at Butlins! Our evening finished with him singing a beautiful Welsh love song which brought many of us to tears. His story was both fascinating, moving and hilarious.

June was the month for our summer outing with 13 members going to G's Fresh, Hainey Farm, Barway, which was an extremely interesting and fun day out in beautiful weather.

G's is an international farming business established in 1952 who care for the



environment and supporting local communities. They manage the entire process from seed to shelf, via growing, to production and marketing.

Sue Durrant

LANDBEACH W I

The speaker for our May meeting was Trevor Chapman from Angli-EAR Hearing. It was a privilege to have such a comprehensive talk about all aspects of our hearing, something that can have a dramatic result on our whole life. He also explained the importance of speaking clearly, and the pronunciation of the letter 'T' in particular. It was suggested that anyone over the age of 50 should get their hearing checked and after this talk, I'm sure we will all do that!

Christine Ayres

BLUE BELLES W I

Our June meeting was a very well attended multi-craft affair focused on jewellery making and fashioning fancy little boxes for the resulting trinkets. Both crafts went down very well and was greatly enjoyed by all.

Our July meeting was our inaugural Craft Group meeting which will continue monthly in addition to our regular meetings.

Vicky Reti



LINTON W I

We were pleased to welcome members from Abingdon and Balsham WI at our joint meeting on 22nd May. Our speaker Neil Callan illustrated his talk on 'The History of Silver Spoons' with slides. He also showed several of his silver spoons, some copies and some original, beginning with a copy of a Roman spoon. We saw how the shape of the bowl and handle changed over time to the style we are familiar with today. Some members brought in silver spoons but, sadly, none were valuable, and we were advised to use them daily and enjoy them!

Our June speaker was Richard Dolby, Chair of the Hadstock Society who are keen to solve the mystery of an important medieval battle. Cnut from Denmark became King of England in 1016AD and ruled for 19 years. The decisive battle of Assandun against the English was in Essex but where? There were several pointers e.g. ash trees, a hill and the church, which make Hadstock a good candidate.

We also made a contribution to St Mary's Church Flower Festival.

Liz Cox



HISTON & IMPINGTON W I

June - Ralph Jackman was an enthusiastic and articulate speaker bringing Ancient Rome alive for us with his talk entitled 'How to become a Roman Empress'. We learnt of the ten steps we needed to take in order to become an Empress. These seemed to be pretty drastic including it seemed killing off your competitors. Among the characters covered were Augustus, the founder of the Roman Empire, Caligula and Nero. A fascinating talk.

Mary Law

WILLINGHAM W I

Our April Meeting was our AGM, the president Jane Miller stepped down after 10 years with thanks from all the members. The meeting was then spent as a social evening with hot cross buns and small easter eggs.

Our speaker at the May meeting was Tony Brown – "Giving a Kidney to a Stranger". It was interesting and not at all gory and very informative about an important subject, adding some amusing details.

Later in the month, members helped to celebrate VE Day with a stall in the local hall, we served tea and coffee with a selection of cakes made with ingredients available in the 1940s. We also had an area for the children with old fashion games like – hoop la, a fishing game, roll a penny etc.

Our members were dressed in pinnies and maids' hats adding to the afternoon. There was 1940's music and dancing all afternoon.

Jacky Sparks



SWAVESEY W I

In March, we held a well-attended AGM and a new President was elected. It was followed by a talk, "Art and the Suffragettes" by Caroline Shenton who gave a very good presentation of art explaining how the Suffragette Movement was depicted. Caroline is an excellent speaker together with being a writer and historian.

Susan Widlake from "Millhouse Millinery" was our speaker in April and delivered a very entertaining talk. She spoke about how she got interested in millinery, and what inspires her. She brought a varied selection of her hats!

In May, Tim Forman from the Suffolk and Cambridgeshire Blood Runners gave us an informative talk about this valuable service. It is served by volunteers and does not receive any funding from Government or the NHS, relying totally on donations. It was launched in May 2011, providing an essential service of delivering urgently needed blood products to our hospitals, hospices and vulnerable patients. They also deliver human milk to milk banks 24 hours a day, every day.

Deirdre Burgess

CAM CITY W I

In June we had an enlightening, emotional but ultimately uplifting talk by Clean Break, a female-only organization that uses drama to change the lives of women experiencing or at risk of entering the criminal justice system, through in-prison theatre and education. It was created by 2 prisoners in 1979, initially to put on shows in prison, but soon were the first prison drama group to be allowed to perform outside their institution. Once released, their remit

expanded to bring unheard stories of women to each other and the world, exploring the injustices of a system built for men, by men. They created shows annually touring the UK, playing the Edinburgh Fringe and even the USA. They run creative training courses and further support women outside Clean Break with other organisations. Their mission has evolved to include activism, In the last 40 years they have nurtured hundreds of women to be actors, creatives and writers and to spread their message across the country.



July was a masterclass in signwriting and calligraphy led by our super-crafting member, Mel Reed. As well as providing a vast array of pens, brushes and inks she had prepared outlined nameplates for the entire membership to

complete during the session. She also encouraged us to write our own words or slogans in a variety of different methods and signwriting styles. Fun was had by all and we all have fancy nameplates.

Vicky Reti



BURWELL BELLES W I

Gardiner Memorial Hall was transformed into the Wimbledon Centre Court on 26th June, as we welcomed Alan Gray MBE, former Wimbledon umpire and line judge for our annual open meeting. His talk, "You Cannot Be Serious!", was fascinating and very entertaining. His stories took us straight to Wimbledon, sharing behind-the-scenes insights from over 25 years as an umpire. We heard about amusing moments, quirky rule changes, and how technology has changed the role. Strawberries and cream, freshly baked scones and shortbread were served bringing SW19 right here into CB25! Our open meeting gives us the opportunity to invite non-members (including men); 29 guests came along so we raised £145 @£5 per head towards the maintenance of the two WI defibs in Burwell. At the beginning of July it was Burwell Carnival, another opportunity to raise money for our defibs. Our WI stall was a roaring success again with delicious cakes and savouries galore! Maintaining the defibs is an ongoing expense, batteries and replacement pads can cost up to £300 each every year to keep them ready for when they're needed.

Sara Phipps

Thank you for your reports this month.

Please can you send items for the October newsletter to office@cfwi.co.uk by Monday 1 September.

PLAY THE CAMBRIDGE FEDERATION LOTTERY

The WI Lottery is an exciting weekly fundraiser drawn every Saturday Night. Support the WI with 40p from the sale of each ticket coming back to the Federation.

Each ticket has a **1:50 chance** to win a prize each week, with a top prize of £25,000.

A winning ticket is potentially a week away, we thank you for your continued support. If you haven't signed up yet visit our page -

<https://www.thewilottery.co.uk/support/cambridge-federation-of-wis>

Lavender Afternoon Tea

Our Lavender Afternoon Tea was a huge success - a most enjoyable afternoon.



Dates for your Diary

DATE	EVENT AND TIME	VENUE	CLOSING DATE
AUGUST			
14	Foundation Paper Piecing - 10am-4pm	CFWI Office	FULL
16	Southwold Summer Theatre	Southwold	Contact office
SEPTEMBER			
3	Morning Talk on Shetland Lace –10.30am	CFWI Office	11 August
3	Shetland Lace Afternoon Workshop - 1pm	CFWI Office	11 August
5	Spanish Feast - 7pm	CFWI Office	14 August
12	CFWI Quiz 7.30pm-10pm	Cottenham Village Hall	14 August
16	WI Day at Audley End	Audley End	1 September
17	Cartier Exhibition	V&A, London	18 August
22	Cheese Talk and Tasting - 7pm	CFWI Office	11 September
23	Westminster College Walk - 10.30am	Cambridge	FULL
29	Chalk Streams Film - 7pm	CFWI Office	15 September
OCTOBER			
9	Knitting & Stitching Show	Alexandra Palace	18 September
11	Fused Glass Workshop - 10am-12.30pm	CFWI Office	22 September
15	Autumn Lunch - 12.15 for 12.30pm	CFWI Office	25 September
18	CPR AND Defibrillator Awareness Session -10am	CFWI Office	11 October
20 & 21	Hidden Cambridge Walking Tour—11am	Cambridge	6 October
31	PJs Sewing Class - 6pm-8pm	CFWI Office	10 October
NOVEMBER			
1	PJs Sewing Class - 10am-4pm	CFWI Office	10 October
22	Christmas “Try it Day”	CFWI Office	TBC
DECEMBER			
4	Thursford Christmas Spectacular	Thursford	FULL
15	Christmas Brunch	TBC	TBC
JANUARY			
15	“The Red Shoes” Ballet	Sadler’s Wells Theatre	1 October

Craft, Coffee and Chat sessions will be held on 12 & 28 August and 9 & 25 September in the CFWI Office 11am-3pm.

Events in bold are new on TicketSource this month. TBC stands for to be confirmed. Further information can be accessed from the events page on our website using the following link [view CFWI events](#) here.

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