

WI NEWS TE PĀNUI

Issue 6 June 2025

Founder: Miss A.E. Jerome
Spencer OBE, Homemaking, Co-
operation and Citizenship.

Patron: Her Excellency the Rt
Hon. Dame Cindy Kiro, GNZM,
QSO, Governor General of New
Zealand.

President: Jude Vaughan
Chair – Mealing Estate Trust, Chair
– Barbara Wood Memorial Trust

**Theme: Softening the Hard
Times**

Project: Nourish the Nation

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Meaning behind Te Pānui

To announce, notify,
advertise, publish, proclaim.

Important Dates

August – Medical Research
Month

September – Sustainability
Month

October – WI Awareness Month

November – International Month

- Malta

Maltese Food: Starters tend to be soups, risotto, antipasti or dips with bread or biscuits, whilst mains include pasta and potato bakes at home. Typical dishes are aljotta lampuki (fried mahi-mahi) fenek stuffat (rabbit stew), bragioli (rolls stuffed with meat and boiled egg) and pastizzi (pastries stuffed with ricotta, spinach, peas or meat). Popular dessert is imqaret (date slice.)



President's Report

It was a successful AGM held in Hamilton last month. The workshops sponsored by The Mealing Estate were great and we thank those tutors and members who created professional learning experience for all those who participated. The number of knitted Peggy Squares has caused some work for various members to be scattered throughout the organisation as the roll call far exceeded our expectations. We will keep you informed as to the number of blankets and where they have been donated. We thank all those who supported this project.



We have heard from some W.I. members who were unable to attend the AGM, saying that the live streaming of the event was much appreciated. Although, not there in person, the members felt that they were part of the process and were happy to hear discussions firsthand. Our two speakers were excellent and their subject matter

thought-provoking. I do hope that you will be able to share your AGM experience with your fellow members during your next meeting this month.

During July, the NEC will be attending a weekend meeting in Wellington at the national office. On that Friday afternoon, a meeting set up with our accountants Findex and the auditors (Moore Markhams) will take place, where the financial collection and processes will be on the agenda for a robust discussion.

I was delighted to attend the centenary celebrations of Taradale W.I. during June. Taradale W.I. was the fifth W.I. that Jerome Spencer set up and is part of Hawkes Bay federation (the first federation formed.) It was a huge privilege to share the top table with Keith Smith, the High Commissioner for Canada in New Zealand. His Excellency was proud to bring greetings from Canada acknowledging the first Women's Institute formed in Stoney Creek, Ontario. He is the son of an indigenous woman and recognises that strong women help to create communities and countries. It was certainly a wonderful day with past and present members celebrating in true W.I. style.

To W.I. members who have been unwell, I wish them a speedy recovery and extend my deepest condolences to those members' families who have lost loved ones.

Ngā mihi nui

Jude National President

EO Report

Kia ora koutou

The 104th Annual General Meeting held in Hamilton went without a hiccup – thank you to all who attended and those who assisted in the running of the event: the local organising committee Linda Kemp, Shirley Morris and Robin Grigor, and hostesses Leonie Stenhouse, Judy Cathcart, Lynette Leach, Judith Bingham and Heather Hailwood. 183 were registered to attend and AGM donations currently total \$2,350.

The Mealing Estate Trustees generously sponsored the workshops for chair yoga, card making, floral demonstration, Senior Net and the buddy doll making. While not all attended these, those who did go had positive comments about them. Mealing Estate Trust also provided prize money of \$100 to each winner of the handcraft competition categories plus a \$200 prize for winning the Eva Rennie trophy.

At the final session on Sunday, Karaka WI raised the updating / modernising of the NZFWI website. Updating the site has been on our agenda for some time now so if members would like to assist in this – please contact an NEC member or let me know at the national office. Let us know what skills we have within the membership.

There may be more on the Members' page of the website than you know. Check out the article in this Te Pānui on how to access the page and what is in it.

The 105th AGM is to be in Christchurch at a venue yet to be decided by NEC. Thank you to the Canterbury members for offering to host. At this time of year, I imagine members are meeting in warm places and looking at times ahead. I was invited to Taradale WI's 100th celebration where the past was reflected on fondly and the future celebrated. Congratulations Taradale WI members.

That is about all for now. Until next time - ka kite ano

Colleen Dryden, Executive Officer

What is involved in being an NEC member...here are some facts

Time

- There are face-to-face meetings to attend. The first meeting is in May after the AGM in the vicinity of the meeting venue. This sets the basis for the way forward for the NEC group. There is a meeting in February at the place of the Challenge Trophy. In the past, 2 or 3 other meetings are held in venues decided by the group. These meeting dates and venues are agreed well in advance and members are expected to attend them all.
- There are monthly Zoom meetings. These have been held in the evening as there have been NEC members who are employed; limited to one hour from 6-7 pm.
- For the national president and honorary finance officer, there are authorisations and approvals for finances to action from time to time
- One NEC member and the national president are Trustees on the Mealing Estate Trust – meetings are via Zoom and decisions can be made through emails

Preparation

- Papers to be written, prepared and read prior to NEC meetings.
- A Te Pānui is issued every quarter, so NEC prepare articles for that, particularly the national president and honorary finance officer
- The scholarship cycle for Barbara Wood scholarships involves reading and assessing applications up to 60-70 at times. These are sent individually via email to Trustees (up to four NEC members) in January.
- Likewise, applications for Mealing Estate grants and scholarships require assessments.
- If travelling to a WI or federation celebration as a guest, a speech may be required for that event; NEC notices are given to share with members
- Proofing and editing the NEC newsletter is required following an NEC meeting. This important newsletter is our communication pathway to our members.

Travel

- NZFWI has an Air NZ travelcard which is used to book and pay for NEC air travel to meetings
- Where travel is by road, agreement has been reached that the cost of petrol is reimbursed; a receipt is to be provided.
- Any overnight airport carparking is reimbursed upon a receipt showing payment
- Accommodation during meeting times is booked either by the national president or the executive officer using a Westpac Mastercard

- Where required, dinner is paid for; NEC members provide their own breakfast and lunch

Understanding

- A sensitivity to the needs of all members is required. There are times when members seek from the NEC group, advice or consolation for the actions of others.
- Not all WIs or federations work in the same manner. What works in the district of an NEC member, may not work for all. Listening and working with and for members is imperative
- Bring enthusiasm and the capacity to work as a productive, positive team member of the NEC.

Knowledge

- A broad knowledge of both NZFWI and our position in the voluntary sector in Aotearoa New Zealand
- Some financial knowledge is helpful to understand our complex reporting requirements
- Keeping up to date with diversity issues
- Basic understanding of the Constitution and government departments (ie Charity Services)

Financial Report

It was wonderful to see so many members at the recent AGM in Hamilton. I am pleased so many of you enjoyed my presentation on the finances for its simplicity. I will ask Colleen to load the tips for information required for end of year reporting onto the website. As Jude has mentioned, we will be meeting with our accountants and auditors in July for a debrief of the preparation of the latest financial statements.

With our AGM out of the way we plan on applying for a grant or two to advance our project of archived historical treasures to have it ready for the Recollect site, which we had previewed at the previous AGM in Palmerston North.

I encourage all new treasurers for the year to ask as many questions as you need, from past treasurers, so that you can fulfil your committee roles to the best of your ability and uphold integrity and accuracy of WI and federation funds so that come end of year reporting you are familiar with what is required. Seeking assistance early will ensure a smooth year and confidence in what you are doing.

Let me know if any assistance is required or if you have any questions too.

Yours in WI Friendship Adrienne

The NZFWI Website - Members Page

Access

For members to access the members page, enter your email address as the username and if you have not already got a password, click forgot password and one will be sent automatically to your email address. Use this password to access the page where you will be asked for a new password- one that is familiar to you.

Content

The Members page includes:

Members Notices – which as the title suggests includes information about various facets of membership such as AGM papers, end of year finance requirements and NEC liaison areas.

Resources and Downloads – this page has all the administrative forms and handcraft results, plus all NEC newsletters.

We Shall Remember Them- notices of members who have passed away

Previous Home & Country magazine – a list of recent magazines

2026 Handcraft Hints

Tank Top: Pull on. Pull off. Can be knitted in round or individual pieces. Any design, any ply. No button or fastening required.

Mandala: Use a high number gsm weight of paper when you print out the design. This should prevent bleed through. (120-200 gsm). This will enable you to use coloured pencils or felt tip pens – your choice. We recommend that you work a small trial piece and make a judgement call.

The design has a small white border to give a margin to work within, which will frame the mandala.

Mealing Estate Report

The Mealing Estate report was presented by Avis Rishworth, Fay Leonard and Jess Hopkinson at the 103rd AGM up in Hamilton in May. In our report we touched on the history of the Mealing Estate Trust, Changes to the New Deed and Diane Lithgow being awarded funds for her course work. Several members had asked after the speech if they could get a copy of the report, if you would like to read the full report it will be on our website.

It was a great pleasure awarding Diane Lithgow from Durham W.I. North Taranaki a grant of \$300.00. Diane is a talented craftswoman and continues to increase her skillset by attending various classes here in Aotearoa and overseas. She is a member of the Central Taranaki Embroidery Guild and is a life member of the American Needlepoint Guild. (ANG) Her grant went toward the costs incurred for two ANG classes held in Kansas City last year – “Building Blocks and Copper Diamond” Diane spent eight days learning different thread techniques and collaborating with other craftspeople. She has brought her class samples to show us here during the weekend. It is a beautiful work, and she is a very competent needlewoman



Update from Diane

The first image is the Ukrainian Whitework class - Building Blocks. I completed this and was going to make it into a book cover, but I have been persuaded to finish it as a small mat. This I will do later this year. Following on from this class I have been currently stitching another small piece which will be a small needle pocket. The second photo is Copper Diamond, and I am in the process of completing the background stitching. This was a fun class with interesting stitches, and they used very simple thread colours. I would like to thank the Mealing Estate for the gift towards the classes, and I hope to encourage others to take the opportunity to apply for funding for their development of creative skills.



- Jess Hopkinson

Workshops at the AGM

The last day of the AGM the NEC held workshops which was paid for by the Mealing Estate, these workshops were Chair yoga, Flower Arrangements, walking group, Card making, Hospital Dolls, Senior Net and Knitting Peggy squares.



104th Annual General Meeting -*Fighting for our Future*

The meeting began with welcomes from the National President, Jude Vaughan and the local Hamilton East MP the Hon Tama Potaka who addressed the audience via a Zoom connection from Parliament.

Linda Kemp, the immediate past president of the Waikato Federation welcomed members and opened the 104th AGM.

In her State of the Union address, Jude raised the issues of succession planning, declining membership, the need for strategic planning, so the organisation has direction to fight for our future existence of the WI in Aotearoa New Zealand.

The minutes of the 103rd AGM were accepted and carried out with no matters arising.

The 2024 NZFWI Annual Report was presented by Jude outlining important matters and events which occurred during the year.

Life Trustees Avis Rishworth and Fay Leonard presented a report from the Mealing Estate Trust.

Adrienne Allen, the Honorary Finance Officer, presented the NZFWI financial report in simple terms which the members appreciated.

Dr Suzanne Manning, President of the National Council of Women NZ was our guest speaker on the topic of our theme where she outlined how that organisation is managing their future.

There was only one Topical Remit regarding toilet facilities in public places. While this was passed as a remit by a show of hands, discussion revealed that members need to raise this issue at the local Council level rather than with MPs.

The Subject for Discussion about the Aspirations created some interesting comments and discussion. All seemed to agree that while we are all unique, we belong to a great organisation and should be working together.

A brief report on the Barbara Wood Memorial Trust was given just prior to the end of the first day.

The Gold Honors presentation to Judy Cathcart was the highlight of the evening session. Greetings were brought by Dr Suzanne Manning NCW NZ, Bronwyn Main, Rural Women NZ and Jeanette Andrews on behalf of the Past National Presidents.

The Waikato Rivertones Chorus, resplendent in red, gave a wonderful performance involving the audience as well.

The Reverend Brenda Marshall, Federation President of Manawatu opened the Sunday session followed by the prize giving for the national competitions.

Dame Julie Chapman was our guest speaker. Dame Julie has set up the Pet Refuge organisation where pets of families who are escaping family violence are held in comfort while the family situation is sorted. Dame Julie also set up KidsCan – an organisation which gives children the essentials they need to learn and keep up in school. An inspiring speaker.



The 2026 Handcraft schedule was explained in more detail and the final version included in the roll call envelope. Judy Milne read her winning Literature entry which is included in this Te Pānui. The second and third placing compositions will be included in the September issue.

The workshops were very successful. Floral demonstrating, card making, sewing the masses of Peggy squares brought through the roll call, making hospital/buddy dolls, a session run by Senior Net Hamilton about cell phones, chair yoga and a walking group seeing the sights around the area. Reporting back, members were all positive about their time at the workshops.

A short general business session where there was a suggestion that the NZFWI website be upgraded, ended the AGM. Closing remarks by Jude followed by the singing of Auld Lang Syne sent members home buzzing about WI in Aotearoa New Zealand.

ASPIRATIONS

The Subject for Discussion at AGM 2025. The article below gives us an opportunity to reflect on the Mary Stewart collect for women.

A - Accepting the invitation to believe in the Women's Institute

S - Support that keeps each of us from falling or sinking - giving us strength and encouragement

P - Peace - the condition that we work with quietly and calmly

I - Individually - we are all different from each other unique in identity

R - Resourcefulness - our abilities to be clever at finding ways of doing things

A - Abundance of gifts we share that are plentiful and exciting

T - Thriving - keeping strong and successful - prospering still for a positive future together

I - Influence of our power to produce an effect in our communities as well as lobbying Parliament

O - Optimism - always expecting situations will turn out, using good intentions to see favourable outcomes

N - Nourishment - giving love from our own hearts to others as welcome food that they may take and pass on

S - Salute each member - a greeting of respect harmonizing our Women's movement today and for the future.

Kay Brabender, Papatawa W.I.

Kaponga WI Donates Children's Pyjamas

Kaponga WI (South Taranaki Federation) recently decided to collect children's pyjamas from members to donate. 23 pairs of pyjamas and beanies were collected, and so contact was made with the WISE Charitable Trust in Waitara. (Waitara Initiatives Supporting Employment since 2002).

The trust focus is general health and wellbeing of families and has partnered with the Healthy Homes Initiative. Over 16000 Taranaki homes have been insulated through WISE. Referrals come from several agencies and then WISE go into the home and with the family make a plan. This maybe installing insulation, heat pump, curtains etc to keep the home warm and dry at no cost.

Some Kaponga WI members visited the facility to deliver our donations and were warmly welcomed by the staff and given morning tea while hearing about what the trust do. We then were able to have a look around.

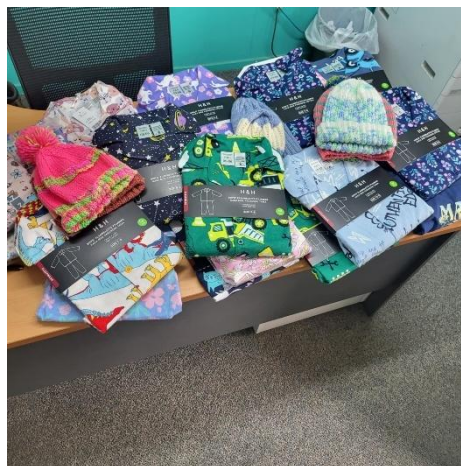
A curtain bank operates where they are given used but excellent condition curtains. They are washed and lined and altered ready to be installed in a home. There is a huge number of curtains ready for a new home.

A community garden supplies fresh food, and another facility collects used items which they repair and donate.

Over 3 winters 6600 pairs of new pyjamas and over 600 blankets were distributed.

It was very humbling to realize the number of families living in cold damp conditions and we were very proud to be part of the solution.

Carolyn Nicholas -Kaponga WI

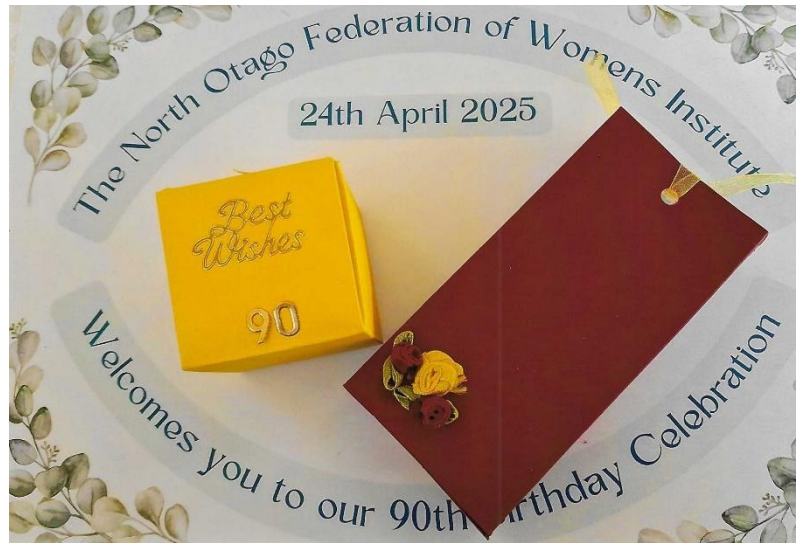


90th Celebrations

Cutting the cake is our oldest member Joan Robb of Awamoa-Alma WI and our junior member Kate Jones of Waiareka WI.

Other photos are of our past members and invited guests. And the place setting on the table.

Sue Clark, North Otago



Reminder: August is Medical Research Month

Understanding electricity costs—and how you can save

Understanding how electricity pricing works can help you reduce costs and emissions—both at work and at home. This guide, shared as part of Energy Awareness Month 2025, explains peak times, energy-saving tips, and how small changes can make a big difference for our environment and health system.

Do you know what you're actually paying for electricity—or what peak pricing means?

Electricity pricing can be confusing but understanding it can help you save money and reduce emissions.

Your bill has two main parts: the energy price and network charges (also called line charges). During peak hours, demand drives up the energy price, and extra charges may apply due to the added strain on the electricity network. Together, this makes electricity more expensive at peak times.

Reducing electricity use during those peak periods helps ease pressure on the grid, delays

costly upgrades and reduces reliance on high-emission energy sources like gas and coal.

Time of use pricing

In the past, most homes paid a flat rate that included both energy and network charges, so there wasn't much incentive to change your habits.

Now, more people can choose "time-of-use" pricing. These plans offer cheaper electricity at off-peak times, encouraging smarter use.

Avoid using power at peak times

Peak demand typically happens:

1. Weekdays 7–11am and 5–9pm
2. Off-peak: 11am–5pm and 9–11pm
3. Cheapest: overnight 11pm–7am: For example, if your heat pump is programmed to

run between 6–6.45am, you can warm the space before peak pricing kicks in. It costs less to reach the set temperature early than to run the system during peak hours.

How to save energy at home

1. Use a timer for your hot water cylinder
2. Run washing machines and dishwashers during off-peak hours
3. Check your usage to find saving opportunities

4. Improve insulation where possible
5. Use smaller appliances like an air fryer instead of the oven
6. Switch to a time-of-use plan
7. Compare power providers using Power switch

Quick energy vs power explainer: Energy (kWh) = how much you use (Running a 1kW appliance for one hour uses 1kWh of energy)

Power (kW) = how fast you use it

Sent in by Leonie Stenhouse

Acknowledgment: Health New Zealand Comms

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Pet Refuge

A few members were asking how to make the snuffle pads for [Pet Refuge NZ](#) at the AGM after Dame Julie Chapman's speech. Chris King has kindly passed on the information on how to make a snuffle mat. This pattern is also on a Facebook group page and in the members section on our website.

<https://www.youtube.com/watch?v=nTkWG01vNu0>

Supplies

- A rubber anti-fatigue mat with holes in it, cut to the size of your choice (you can purchase yours at Bunnings and cut it to 12"x12"). They were industrial matting and \$49.99 each. Each mat cut into 9 12" x12" squares. Be warned they are heavy!
- Sharp scissors
- One yard of fleece fabric (We recommend using at least two different colours.)

Instructions to DIY a snuffle mat for your dog

1. Cut the fleece into seven-inch strips. You will need at least as many strips as there are holes in your mat.
2. Choose one colour of fleece strips.
3. Double knot the strips along the entire edge of your mat. Loop the strips through each hole, filling in the inside of the mat.
4. Choose the second colour of fleece strips and flip the mat over.



5. Double knot the strips in the opposite direction of your first colour strips. We pushed all the fleece through the holes and then flipped the mat back over to double knot the loose ends. This saves time so that you are not flipping the mat constantly.
6. Hide your dog's food or favourite treats in the snuffle mat and let them forage!
7. Although this set of instructions say that different colours be used, it really doesn't matter. We mixed colours for our own pleasure, cats and dogs don't care what the colour is!!
8. Good Luck. They are quite time consuming but fun to make and make a sociable activity together with a cuppa



Literature Trophy- the Winning Entry

One Day My Grandmother Told Me.....

One day my grandmother told me of her yearning for a love lost, a love that could not be. Her words were never spoken but were conveyed through the language of the flowers.....

One day, when I was a little girl, my grandmother came to her daughter-in-law, my mother, with a small book, *The Language of Flowers Birthday Book*. "Please read my birthday verse," she said, "This is the story of my life".

June 27th

*Mourning Bride ----- Unfortunate Attachment
I have cast away in silence each loving thought of you,
I have laid to rest each memory so tender and so true.
I have prayed upon my bended knees for power to forget,
And the answer to that prayer is this: I love you, love you yet.
Christina Reid*

One day, when I was old enough to understand, my mother showed me the verse to read. "Your grandparents were not a good match," she said.

One day the birthday book became mine. I keep it in my grandmother's China cabinet, along with her other treasures. It is a beautiful little book, bound in aged black leather, the corners reinforced with brass, and the pages edged with gold. My grandmother possessed another birthday book, full of the names of family and friends, but this one

contains only two names – that of my grandmother’s, written in her familiar style, and the exquisitely scripted name of a gentleman. Was this his gift to her? Was he the secret love?

One day, after three generations were gone from the big house, my brother moved in, to restore, revive, and protect. There was a large assortment of photographs in the ottoman in the drawing room, including some from a young man. The inscriptions on the back indicated some form of attachment. Was he the man she had loved and lost?

In the bedroom that had once belonged to our grandmother there remained her beautiful rosewood furniture, and her long ottoman. In the ottoman lay an elegant, finely pintucked ball gown and her exquisite, but now fragile, wedding dress. There, folded under the wedding dress, was a two-page poem, written by yet another man and addressed to her in her maiden name. It is an ardent love poem, full of memories and expressing everlasting love, even beyond death, though any relationship is now in the past.

*....The touch of your loving fingers Dear
Have thrilled me through and through
Making the mind forget the world
And everything - but you.....*

Why did my grandmother keep this poem, even after her marriage?

One day I needed to know a more contemporary name for “mourning bride”. I found it is *scabiosa atropurpurea*. an annual member of the scabiosa family. It produces scented domed heads of deep crimson pincushion-like flowers in summer and early autumn.

One day I will plant *scabiosa atropurpurea* in my garden alongside my existing perennial scabiosa, as a reminder that my grandmother is still trying to reach out to me through the language of “her” flower. She was certainly a very eligible young woman, attractive looking and moving in “society”, so she may have had a number of suitors, but who is the one she loved so desperately? Was he considered unsuitable by the family? Did she reject him then live to regret her action? If only I could converse with her today, adult to adult.

*..... I’ve heard your voice at times Dear
Ring out in the stillly night
The echo of a Love – a Heart – a Soul
So pure and bright*

And one day my grandmother will speak to my daughter and granddaughters through the birthday book, leaving them with the yet unanswered questions – Who? Why? Why not?

*.... And so the years are past and gone
And all’s ’tween you and I
Save love, which lasts for ever Dear
Ay – even ‘til we die.....*

The judge commented thus:

First place goes to **Judy Milne of the Kairanga WI**. This is a story of a woman sharing some of her history with two generations of women – her daughter-in-law and her granddaughter. The woman referenced a Christina Reid poem, “The Mourning Bride”, saying it was “*The story of my life*”. It appears there was an early love in her life, and we don’t know why it didn’t last. In later life the granddaughter asks herself, “*Who was the one she loved so desperately? Was he considered unsuitable? Did she reject him, then live to regret her action?*” The daughter-in-law told her daughter, “*Your grandparents were not a good match*”. This gives us a hint about why the poem was kept all those years. Many women during wartime endured loss and sadness. They got on with sheer determination and hard work to do what had to be done. This poignant story tells of a woman who did just that. This story is well written and grammatically perfect.