



REIGATE EVENING WI
Record of Meeting Wednesday 9th October 2024

Rachel Doherty opened the meeting welcoming everybody.

Rachel introduced the speaker - Richard Gillies who spoke to us about Tai Chi and Chi Gong. Tai Chi, around for some 5000 years focuses on destressing and posture whereas Chi Gong, around for some 2000 years focuses on gentle exercise and circulation. Richard then did a taster session of Chi Gong which could be done either sitting or standing followed by Tai Chi which was a standing only exercise. Caroline Vaughan gave the vote of thanks.

Announcements:

- Walk Langley Vale has been postponed.
- Christmas Tree Festival

After the break we had some poetry readings celebrating Black History Month. For more info on the poems please see the attached.

Further announcements:

- 13th anniversary for REWI.
- Rachel made a further call for committee members. We have the 3 main roles filled but really need 1-2 more members to join the committee.
- NFWI Lottery is now live. £1 per ticket. Jackpot is £25,000.
- NFWI Strategy consultation sent to all members.
- Pauline Cox is stepping down from coordinating the MacMillan Flower rota and we need someone to take over.
- Caroline Vaughan was given flowers as a thank you for coordinating the gardening group and is now stepping down. Jean Waller has taken over.
- Can we have some volunteers to help with the Raffle table please - email Elaine if you are interested.

Thanks to

- The poetry group for their readings of various poems and pieces that were relevant to Black History month.
- Caroline Vaughan and Margaret Gordon for registry
- Pam Wooton and Pam Hutchinson for refreshments
- Elaine Rogers for manning the raffle table
- Poetry group thanks

Finally we had the raffle and Rachel then closed the meeting.

Rachel Doherty
President