

countynews

CORNWALL FEDERATION OF WOMEN'S INSTITUTES

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June 2017



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theWI
INSPIRING WOMEN





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9am - 4:30pm
Monday - Thursday

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Barbara Corbett

FEDERATION TREASURER

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THANKS TO TRURO AFTERNOON WI FOR PACKING JUNE COUNTY NEWS

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DEADLINE FOR INCLUSION IN COUNTY NEWS

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A Message from Your Chairman

Why did you join the WI and when?

I joined the WI way back in 1979 along with a group of similar-minded friends who felt it was time for us to progress from the Young Wives Group and then the Ladies Circle. We still managed to stop for a quick drink in the village pub after the monthly meeting! We'd moved to the outskirts of Bristol, and Doynton WI, my first, was very traditional. It was started in 1925 for the ladies of the village and was presided over by the Lady of the Manor. We were all expected to behave and no one dared to talk at the back of the hall where we sat in rows on hard wooden chairs. As years went on, the meetings became friendlier and, after the birth of my daughter, I was asked to join the Committee and I became the Minutes Secretary (as I could do shorthand and type). In the years following, my best friend, another Barbara, became President and I served with her as Secretary and Vice President for four years behind the scenes, before taking the chair myself. During this time, I trained as a WI Adviser and life became very busy, with two children now, a full time job and the WI!

What difference has the WI made to your life?

They say, "ask a busy person" - I can hardly remember life before the WI! I have made a great many friends, some have passed away or moved away as I did to Cornwall, but we are still part of this great 'family' whose massive umbrella spreads nationwide. I've learned so much along the way and hope I have been able to give and share my WI experiences with others. The WI has always been there for me, helping me through good times and bad (but that's another story).

What exactly does your job as Federation Chairman involve?

Now, here's a question! I take ultimate responsibility for the smooth running of your Federation. I head the Board of Trustees and take very seriously my responsibilities, making sure that everyone who contacts us has a productive and pleasant experience. I also seek to provide support to the

Office team by assisting them however I can and they in return help me. One of the perks as your Chairman is to accept invitations to visit you at your meetings and to join in your Anniversary and other celebrations. I also carry out any civic duties which come my way and, on your behalf, I really enjoy representing and promoting the WI whenever and wherever I can.

What do you do in your time off to relax?

I enjoy spending time with Geoff, my husband (my WISH) and we like to sit in the sun and watch the sea. I read a great deal and love books, and to relax I enjoy arranging flowers and messing about in the kitchen, cooking, although Geoff makes a better Victoria sponge than I do, as some of you know! We used to love walking the cliff paths, but as we've got older, the feet have given up and we now have to content ourselves with more leisurely strolls and some daytime TV when it rains!

We have exciting years ahead; what are you most looking forward to?

The year 2019 will see the Cornwall Federation celebrating 100 years. This is a great achievement and I am really hoping to be around to see and enjoy what fantastic events you will all be organising.

Do you have any plans for the future?

I would like to see a little more of my grandchildren. It is my one regret that I turned 70 before little Samantha was born and I probably won't be around when she and her brother Daniel become adults, so time with them is precious, as it is with all the family. As long as Carbis Bay WI continues I will be a member. My commitment to the Cornwall Federation will not falter and with my WI Adviser duties too I do not think I will be bored, do you?

Barbara
Chairman Barbara



Diary Updates

JUNE DIARY DATES

- 8th-10th Royal Cornwall Show
- 14th Visit to Hartland Abbey
- 24th From Flower to Jar: A Day at an Apiary

JUNE CLOSING DATES

- 1st Drama Workshop
- 30th Programme Competition

Cover Photo



Biker chick and Federation Chairman Barbara Corbett poses with Mark Holroyd of Cornwall Blood Bikes and some of the WI members who attended the recent Speakers' Auditions Day held at Chy Noweth.

NOTES FROM THE OFFICE

200+ CLUB

May winner of £47 -
Caroline Williams,
Ladock WI family member



AN AUDIENCE WITH VICTORIA HISLOP

We are pleased to announce that our guest speaker at this year's Autumn Council Meeting will be author Victoria Hislop. Inspired by a visit to Spinalonga, the abandoned Greek leprosy colony, Victoria Hislop wrote *The Island* in 2005. It became an international bestseller, and she was named Newcomer of the Year at the British Book Awards. Her affection for the Mediterranean took her to Spain, which inspired her second bestseller *The Return*, and she returned to Greece to tell the turbulent tale of Thessaloniki in *The Thread*, shortlisted for a British Book Award and confirming her reputation as an inspirational storyteller. *The Sunrise*, published in 2014 and *Cartes Postales* from Greece published in 2016, were both top ten Sunday Times bestsellers published to widespread acclaim.

The Autumn Council Meeting will be held at the Hall for Cornwall in Truro on Tuesday 10th October. Information will be with your WI Secretary.



Welcome to Crofty Girls WI
The newest addition to the Cornwall WI family. Our best wishes for a bright future from Chairman Barbara Corbett and the Board of Trustees

FORDE ABBEY VISIT Sunday 17th September



Join us for a visit to Toby Buckland's Garden Festival at beautiful Forde Abbey in Somerset.

Avid gardeners will find a cornucopia of plants and information to bring back to their own gardens. There will also be fantastic shopping on offer with beautiful plants, local crafts and gifts.

We'll be celebrating the fruits of the season with demonstrations in the Kitchen Garden and talks by Toby Buckland and Christine Walkden at no extra charge. Learn from the best by getting inside knowledge from the nursery exhibitors! You can also enjoy family entertainment and West Country food to taste and buy.

Cost: £28
 (£29 for non-WI members)
Closing Date:
 Thursday 3rd August
Contact: Before 10th June:
 Pam Selley

After 10th June: Please contact the CFWI office.

SPA DAY AT BEDRUTHAN STEPS HOTEL

Wednesday 4th and Thursday 5th October

Escape and take some time and space for yourself with an indulgent spa day!

There will be two sessions on offer to members over two days as follows:

- Morning Session 10:00am-2:00pm
- Afternoon Session 2:00pm-6:00pm

Each session for 15 members maximum will include full use of the spa, a 30-minute treatment and a delicious tapas lunch. The morning session will finish with the lunch, and the afternoon session will begin with the lunch. Lunch will include artisan breads, a variety of salads, hummus, olives and seasonal fritters together with a slice of homemade cake with clotted cream. Sheer indulgence! Relax in the Lanai Spa Lounge with complimentary herbal teas. You'll also be free to use the swimming pool, cedar sauna, eucalyptus steam room, lavender caldarium and sea view hydropool. Members may also choose to take advantage of walking the coastal footpath, which is just below the hotel, offering excellent walking to Bedruthan Steps and beyond.

Cost: £55.00
Closing date:
 Monday 21st August
Contact: Before 10th June:
 Pam Selley

After 10th June:
 Please contact the CFWI office.



HARVEST BUFFET LUNCH Friday 6th October CHY NOWETH AN CONTEETH

12:00pm for 12.30 pm

You are invited to a Harvest Buffet Lunch at Chy Noweth. There will be a main course of cold meats, cheeses, jacket potatoes and assorted salads followed by traditional autumn desserts.



Everyone is invited to bring along an item for the harvest auction.

Cost: £12.00
Closing Date:
 Friday 25th August
Contact: Jane Mills

SOCIAL MEDIA COMPETITION

We'd like to announce a new social media competition this year. Tell us your stories about how your WI has used technology to boost membership, to inform members, to increase publicity for an event or simply to raise the profile of your WI.

To enter the competition, please email the office with a link to your website, Facebook page, Twitter account – or whichever platform you've used to help your WI – along with a description of how using technology has helped you. The WI deemed to have made the most effective, creative and innovative use of social media or technology will be announced at our Autumn Council Meeting in October.

Closing Date:
 Thursday 31st August
Contact: Helen Kestle

A TRIP TO RHS GARDEN ROSEMOOR

FLOWER SHOW

Friday 18th August

Join us for the first ever Flower Show at RHS Garden Rosemoor. The show will highlight the very best the South West has to offer in nurseries, atmosphere and local fare. You'll also see inspiring seasonal interest from the garden itself and be able to enjoy delicious food from the Garden Kitchen.

To get the very best of our day at Rosemoor, we will be reducing the number of pick up places. That way we will be able to spend longer at the garden and less time getting there. The pick-up points will be: Crowlas, Hayle, Chy Noweth an Conteth, Wadebridge and Marhamchurch.



Cost: £25.50 (for coach and entry); RHS members pay coach only: £16.50; add £1 for non-WI members

Closing date:
 Thursday 6th July
Contact: Julia Havard

Helen Kestle

MEMBERSHIP MATTERS

NEWS AND UPDATES

A warm welcome is extended to all the new WI Officers out there. We hope you enjoy your new roles and want you to know there is always help and advice available, either within your WI, via the WI Advisers or perhaps on the Moodle. Enjoy your new challenge!

Although as WI Advisers we endeavour to visit every WI once in three years as a minimum, this year we visited almost half of our WIs for their Annual Meetings. Thankfully the weather was reasonable and we won't mention the couple of very foggy evenings which made for some unpleasant travelling! We all enjoyed being with you for these very important meetings and hope you have a successful year.

I would also like to add my personal thanks to the Advisers for their commitment to WIs and for

the many miles necessarily travelled.

Every WI is linked to a WI Adviser who is always happy to chat, encourage, advise or resolve issues. Do make use of their knowledge and expertise. The links are listed in the Year Book and will be updated in the new issue this June. However, you might like to note that the main change is that Helen Kestle (who at the time of writing is just finishing the last of her training to be a WI Adviser) will from June be responsible for the following WIs: Beacon, Connor Downs and Gwithian, Cury, Gunwalloe, Gwinear Parish, Hayle, Helston, Mullion, Pengegong, Praze-an-Beeble and St Keverne.

If you have any queries, please don't hesitate to get in touch with Yvonne Toms, Chairman Membership Support sub-committee.

PROGRAMME COMPETITION

30th June is the closing date for the Programme Competition. Take advantage of this free competition to show what a very special WI you have when you display your programme at the Autumn Council Meeting as a prize winner! Please send your programme to Sheila Goldsworthy

Closing Date:

30th June

Contact:

Sheila Goldsworthy



ENVIRONMENT AND PUBLIC AFFAIRS

POLDARK DAY

Thursday 14th

September

10:30am



Join us for a day immersed in all things Poldark.

You'll go on a guided walk to Ross Poldark's Wheal Leisure mine at Botallack Crowns Section (which doubles as Grambler Tin Mine), you'll see the views and engine houses seen in the Poldark series. There is also an opportunity to go on an underground guided tour of the 18th century mine workings at Wheal Mexico. Mine workers will tell you what it was like for the Poldark miners and you can even try your hand at the bal maidens' job and hear how they were some of the first financially independent women in Cornwall.

You'll then explore Geevor Tin Mine, the largest preserved mining site in the UK, set in an Area of Outstanding Natural Beauty. You'll visit its interactive museum and see the cogs, wheels, winders and original shafts in some of the many buildings on-site. You'll be able to have a go at mineral panning, see a film showing the history of tin mining in the area and see the Holman collection of artifacts from a bygone age.

ACTIVITY AND LEISURE

BARN DANCE

Saturday 21st October
LADOCK VILLAGE HALL
6:30pm for 7pm



Do you remember Cataclews, the four-piece ceilidh band who played for us at the Autumn Council Meeting at the Hall for Cornwall in September? They certainly were an entertaining group of musicians! You now have the opportunity to listen to them again at a Barn Dance which is to take place at Ladock Village Hall on Saturday 21st October. Doors open at 6.30pm for a 7pm start.

Cataclews will play traditional folk music and do the calling for us, as well as teaching us the steps. Bring your dancing shoes and dance to your heart's

content, with supper included in the price.

You can choose from one of the following options:

- Chickpea and spinach tagine, served with rice.
- Chili con carne, served with rice, guacamole and soured cream
- Cornish fish chowder – hake, haddock and pollock in a vermouth cream soup. (served with crusty bread)
- Chicken balti curry – prime chicken breast cooked in a medium balti sauce, served with rice and naan

Please indicate your menu choice on the application form. BYO drinks, but tea/coffee/squash will also be available. Friends and family are very welcome.

Cost: £23.00

Closing Date:

Thursday 7th September

Contact: Sandra Buck

LAWN GREEN BOWLS

Thursday 21st September
TRURO CITY BOWLS
CLUB - 2:00pm



Whether an expert or a novice, why not join us for an afternoon of lawn green bowls in the centre of Truro at Truro City Bowling Club on Kenwyn Road? You will be guaranteed both fun and relaxation. More details will follow in the next issue of County News.

Cost: £6.00

Closing date:

Thursday 10th August

Contact: Jane Dover

Pre-ordered meals may be vegetarian, gluten-free or dairy-free. Food must be ordered at time of booking to ensure availability. Payment for meals is to be made in the café on the day. Separate facilities are available for those who choose to bring packed lunches.

Cost: £10.00

Closing date:

Wednesday 2nd August

Contact: Helen Mills Jenkins

CUTTINGS FROM FLORAL ART AND GARDENING

FLOWER ARRANGING ON A SHOESTRING
Thursday 19th October
CHY NOWETH AN CONTETH
10:00am for 10:30am



We are continuing our campaign to prove that producing beautiful flower arrangements needn't cost a fortune! Rose Joynes and Ruby Trethewey will show you how at this upcoming workshop which will be suitable for everyone who has attended our Beginners' Classes as well as for those who need a bit of a boost to their confidence. You will go home with something to be proud of that didn't cost a fortune! Please bring a packed lunch.

Cost: £15.00

Closing Date:

Friday 1st September

Contact: Avril Woolcock

TREASURERS' SURGERY

Calling all Treasurers! Do you have a problem or question with your WI accounts that you are having difficulty resolving?

From June 2017, we will be starting a Treasurers' Surgery on the last Wednesday of each month - by appointment only - for Treasurers to come along to Chy Noweth an Conteth to sit down one-to-one over a cuppa with Alison Latham, our Treasurer designate, to help resolve your WI account problems and answer any Treasurer questions you may have.

Our first surgery will be on Wednesday 28th June. If you would like to make an appointment, please contact Alison



EXHIBITIONS

JOIN THE EXHIBITIONS TEAM!

Have you ever wondered who puts together the furnishings for the Spring and Autumn meetings at the Hall for Cornwall, or the Royal Cornwall and Stithians Shows? It is our Exhibitions sub-committee.

I invite you to come and join us! We meet three times a year to discuss the events. Why not come along to the Royal Cornwall Showground on Monday 5th June or Tuesday 6th June to see what we do and to lend a hand. We are a great team of women from all over the County.

For more information, contact: Fran Winsor

(or ring the CFWI office).



PRESS COMPETITION

Don't forget to give your Press Secretary a nudge to enter this year's Press Competition!

The Boslowick Cup will be awarded to the two best reports submitted by a Press Officer in her first year. The Whitecross Cup is for more experienced Press Officers, again based on two of her reports.

Entries must reach Chy Noweth by 31st July. Reports must have been written between August 2016 and July 2017.

Details and entry forms are with your WI Secretary.

Contact: Jane Dover



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**BAG-MAKING
WORKSHOP**
Wednesday 4th October
**CHY NOWETH AN
CONTETH**
10:00am – 3:30pm

Spend a day making a pretty fabric bag using foils, beads and a bit of glitz. You will have the option of making the handles from twisted cords or fabric. The bag is suitable for an evening bag or would make a lovely gift bag in which to put a present for a special friend – if you can bear to give it away! Please see the photo for an example of what we will be making. A requirements list will be sent with your ticket. You will need to bring a sewing machine with you. We are planning to put on an additional date if this event is oversubscribed.

Cost: £15.00
Closing Date:
Monday 21st August
Contact:
Pat Mallett



WHO IS ETHEL MORRIS?

When you are next at Chy Noweth, take a look at the painting of Ethel E. Morris hanging in Trading Post. This beautiful oil painting was given to CFWI by the members of Pendene WI when they sold their Hall and moved to a new meeting place. We were intrigued to know more about Ethel so Mary Venn, a member of the Exhibitions sub-committee, did a bit of investigating for us.

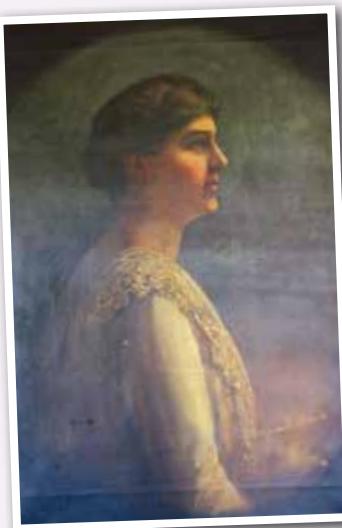
Ethel was the youngest daughter of the late Nicholas Tramair of St Just. She married Gerald Hamilton Morris and they lived in Stanley House at Alverton. We found a newspaper obituary published following her death in 1926:

"The Women's Institute of Cornwall have recently sustained a very great loss by the death of Mrs G.H. Morris, the Chairman of the Executive Committee of the County Federation of Women's

Institutes. Mrs Morris started her career in the movement as the first President of the St Just Women's Institute. Later she became a member of the Executive Committee and in 1923, became the Chairman – the highest honour open to any WI member in the county. Mrs Morris held that position until she died on the 15th November 1926. In addition to her ever-increasing work in the county, Mrs Morris also for the last four years of her life held the

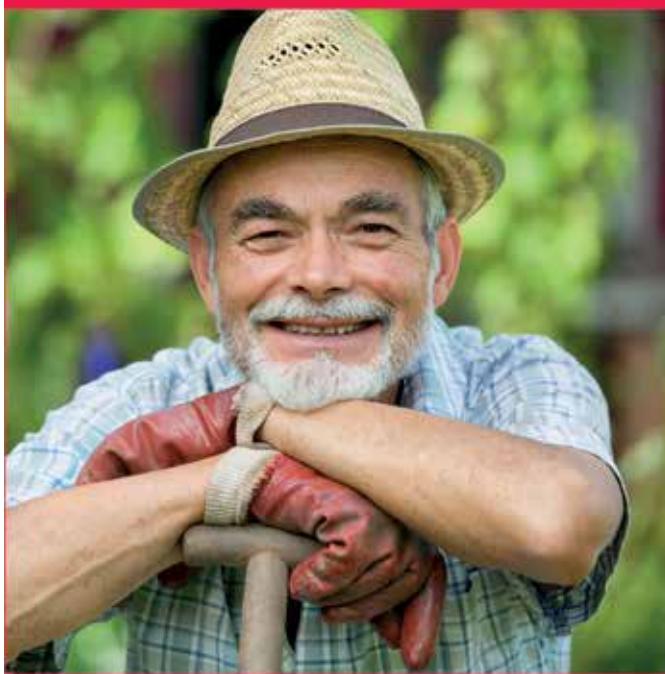
office of President of the Pendene Women's Institute. Mrs Morris's memory will long be treasured, and her influence felt in Cornwall. She was a woman of high principle, with exceptional gifts, and true to herself and to the highest ideals of the movement for which she worked."

If anyone knows anything more about Ethel E. Morris, please let us know.



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Caring for Cornwall



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June Birthdays

Lanreath WI, 70th
St Just-in-Roseland WI, 70th
St Wenn WI, 70th

MAWNAN WI MERRY MUNCHERS DINE OUT

Twenty ladies from Mawnan WI were welcomed by Eddie, the landlord of The Red Lion, when they went for lunch in their local pub. The Merry Munchers enjoyed the cosy atmosphere around the fire and the opportunity to chat and catch up with village news.

Every month, Mawnan WI members choose a different venue for lunch and enjoy visiting the many lovely eateries in the Falmouth area. Mawnan WI currently has 60 members who meet regularly on the second Thursday of the month at Mawnan Memorial Hall at 7.15pm. Visitors are most welcome.

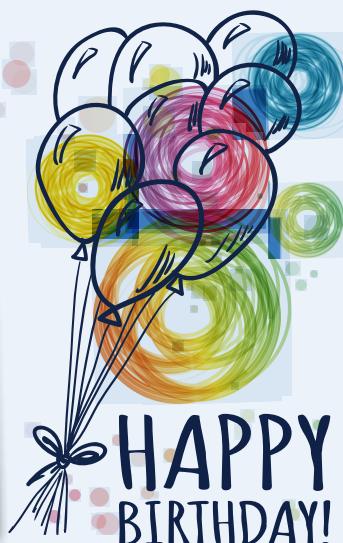


PILLATON WI CELEBRATES 70 YEARS

Pillaton WI reached the age of 70 this year so, of course, a special birthday party was in order. A group of 40, including husbands and some past members, met in the village hall for a very pleasant evening which started with a glass of sherry offered by President Lesley Allibone. This was followed by a "Shirley meal".

Those of you who do not live in or near Pillaton or surrounding areas will not know what this is. It consisted of three courses of very delicious food cooked by Shirley Floyd, a local caterer. All of this was accompanied by lots of congenial chatter so the noise level was quite high! After dinner, the birthday cake was cut by Lesley and Secretary Carole Hoskins. The splendid cake was made

by a member Sue Archer and decorated by a past member Helen Edwards. Lesley then ended the evening by thanking all members for recently re-electing her as President. To show her appreciation, she gave each person a raffle ticket for which she had provided prizes. Eventually the evening ended and everyone staggered home full of good food and good cheer. Another successful Pillaton WI event!



© shutterstock / Ajiguil

Former nurse Sandra praises Foot Solutions

Retired nurse Sandra Gent spent 40 years with the NHS - and most of that time on her feet.

In later life she developed arthritis in her feet and toes which caused her increasing levels of pain.

Sandra had also been diagnosed with osteoporosis in the lower spine and left hip and the combination of the two conditions seriously affected her balance and stability.

"I also suffered severe spasms in my feet and legs which often led to me shrieking in pain," said Sandra, who retired eight years ago.

"I could never find comfortable shoes and the situation was getting worse and worse. I was in constant pain and got extremely fed up with it all. My posture was badly affected and I was stooping all the time."

"I didn't think my GP could help, so I decided to visit Foot Solutions in Royal Parade."

Sandra, who lives in Hooe, said: "The member of staff who looked after me was absolutely marvellous.

He could not have been more helpful and attentive. He carried out all sorts of tests on my feet, which revealed some of the likely reasons behind my pain."

Sandra purchased over the counter supports while her customised arch supports were specially manufactured for her. She also bought 'house' shoes to wear at home with the supports, along with footwear for outdoors and walking.

"The results have been amazing," said Sandra. "It has changed everything. My posture is better, my spine is better and I am totally free of pain in my feet and legs."

Sandra, who enjoys going for walks with her husband Jeremy, added: "I used to dread going for walks because I was in so much pain. Now I can't wait to go walking. We love the area where we live and particularly enjoy walks around Hooe, Radford Lake and Jennycliff."

"Thanks to Foot Solutions I can look forward to lots more of my favourite walks!"



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2 desserts: Apple Crumble & Custard, Jam Sponge & Custard

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