

countynews

CORNWALL FEDERATION OF WOMEN'S INSTITUTES

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theWI
INSPIRING WOMEN





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OFFICE OPENING HOURS

9am - 4:30pm
Monday - Thursday

FEDERATION CHAIRMAN

Mrs Barbara Corbett

FEDERATION TREASURER

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THANKS TO MERMAIDS MYLOR AND FLUSHING WI FOR PACKING MAY COUNTY NEWS

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A Message from Your Chairman

Hi everyone,
Does this sound
familiar?

"Once a year on a day in
midsummer, pre-war London
was invaded by nine thousand
countrywomen. They came
from remote border villages
in Northumberland, from
mountain villages in Wales,
from fruit growing districts in
Worcestershire, from Devon
moors and the Kent coast. They
represented every third village
in England and Wales and
over three hundred thousand
fellow members of the Women's
Institute. This was their big day
of the year, the Annual General
Meeting. All London knew about
it, for every bus and tube was full
of excited bewildered delegates."

Here we are over 80 years on
and whilst most of the delegates
now arrive comfortably by coach,
some having spent a night in a
luxurious hotel, the ethos is still
the same to this day.

The above is an extract taken
from the book I was reading
about the history of the WI and it
continues ...

"Delegates were hurrying in
and one couldn't wait too long
gossiping. The meeting did
not begin for another hour,
but it was best to be in good
time, just in case.

Meanwhile, Miss Cumberland
was looking around. In the seats
above to the left, were ladies from
Bucks, Berks, Cambridgeshire
and Cheshire. More Delegates
were coming in every minute.

Stewards
in cream
overalls
and broad
green and
red ribbons across one shoulder
stood in the gangways and on
the stairs directing
fresh arrivals."

Nothing new here, apart from
the overalls!

"One of them was adjusting
the microphone. "Can you hear
me?" she asked standing in front
of the lectern. "Yes" came back in
a roar from fifty counties and as
many loudspeakers. The official
looked somewhat abashed and
a laugh rippled round the hall
– it was time for the meeting to
begin. "There's Lady Denman"
someone whispered ..."

To all you delegates attending
the National Meeting in
Liverpool very soon, some
maybe for the first time, have
a truly wonderful time. Come
back to Cornwall, recharged with
enthusiasm and tell us all about
it, the new friendships made,
the fun you had and how glad
you are to be a member of our
wonderful organisation, the WI.

Thank you for supporting my
Chairman's Open House earlier
this month – what a day we had!

And good luck to those entering
the competitions at the Royal
Cornwall Show and to ALL of
you who volunteered to help.
We could not do it without you.

Barbara
Chairman Barbara (Grannie B)



Diary Updates

MAY DIARY DATES

- 2nd Tregullas Farm Visit
 - 5th Chairman's Open House
 - 10th Let's Eat More Cake
Together Again
 - 11th Fashion Show
 - 11th Let's Eat More Cake
Together Again
 - 15th - 18th Cornwall Federation
Visit to Denman College
 - 19th Girls' Day In
 - 25th Let's Eat More Cake
Together Again
 - 31st Music Event with
Carl Attwood
- ### MAY CLOSING DATES
- 3rd Hartland Abbey Trip
 - 15th From Flower to Jar:
A Day at an Apiary
 - 24th Sunset at Holywell Bay'
Photography Workshop
 - 29th Climate Change: Reducing
Our Carbon Emissions

Cover Photo



Pictured here is Carol Smith
of Wilcove WI, looking on
as Floral Art and Gardening
Adviser Edna Trudgeon
demonstrates, at a recent
Flower Arranging Workshop.

NOTES FROM THE OFFICE

200+ CLUB

March winner of £47 –
Diana J. Harry, Perranuthnoe
and District WI

LADY DENMAN CUP

If you fancy trying your hand
at some poetry-writing, then
this year's Lady Denman Cup
competition will be right up
your street.

Inspired by the Climate Change
campaign, "For the Love of", the
Lady Denman Cup competition
invites WI members to write a
piece of poetry about what they
love that could be lost to climate
change. Entries can be written in
any poetical style but must use
no more than 500 words.

Entrants must submit four copies
of their entry, typed if possible,
on A4 paper, to CFWI no later
than Thursday 29th June.

DISCOVER WOMEN IN ART AT THE NATIONAL GALLERY

Are you planning to be in
London this June? Do you fancy
making a visit with some of your
fellow WI members? Following
overwhelming demand for the
Study Day held at the National
Gallery last year, the National
Gallery and the NFWI are
pleased to offer members
another opportunity to come and
visit the Gallery in London to
learn more about the fascinating
world of women in art.

Hosted by National Gallery
experts, the day will cover topics
including:

- The status of women artists,
the purposes of their paintings
and obstacles to success

- Women painters and
their self portraits
 - Facing the subject:
Women in portraiture
 - Painting goddesses: The female
muse and the male gaze
 - Beneath the surface:
Science and paint
- The Study Day will take place on
Friday 30th June at The National
Gallery from 11am until 3:30pm.
Tickets are £18 each.
Please note: Ticket price does not
include lunch or refreshments.
You can find booking forms on
the Combined Arts section of
the NFWI Moodle, or contact
the CFWI office for more
information.



FEDERATION MATTERS

A TRIP TO RHS GARDEN ROSEMOOR FLOWER SHOW - Friday 18th August

Nestled in a North Devon valley, Rosemoor blends formal and informal plantings to magical effect.

Rosemoor will host its first ever Flower Show this year. Join us on a coach trip to the beautiful gardens and show. The show will highlight the very best the South West has to offer in nurseries, atmosphere and local fare, with some 20 nurseries expected to exhibit.

Highlights will include:

- Quality plants from West Country nurseries and beyond, including some hard-to-find plants.
- Inspiring seasonal interest from the garden itself, especially the stunning Hot Garden, filled with waves of late-season colour.
- Delicious food from their award-winning Garden Kitchen.

This is quite a long journey and so to get the very best of our day at Rosemoor, we are going to reduce the number of pick up places. That way we will be able to spend longer at the gardens and flower show 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



NEW SOCIAL MEDIA COMPETITION

The WI has always been proud of its ability to look to the future and move with the times. Part of looking to the future includes embracing technology and all it can do for us. Increasing numbers of you and your WIs have taken steps to use today's technology to help improve the way you do things, how you communicate with each other and how you tell others about yourselves.

To that end, we'd like to announce a new competition this year. We'd like to hear 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.

If your WI is not yet using social media or other technology, it's not too late

to get started. Do you use the Moodle on the NFWI website? If so, there are simple tutorials there to get you up and running using Facebook and Twitter to help get your WI's message out.

To enter our new 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



MEMBERSHIP MATTERS

NEWS AND UPDATES

Hopefully all the new Officers in WIs are settling into their new roles. It is for this reason that we generally organise get-togethers for Officers, and anyone else interested, in May. This is the case again this year with our upcoming Let's Eat Cake Together Again sessions at Marazion on 10th May (morning), Pensilva on 11th May (evening) and at Chy Noweth on 25th May (evening). And, yes, we will be eating cake – usually home-made.

If you have not already booked, why not come and join us to find out more and have any questions answered – if we don't know the answer we are sure to know someone who will. We quite like a challenge!

We are also organising a Fashion Show at Carnon Downs Garden Centre near Truro on 11th May. This is a new venture for us in this part of the County, with the ones run in the north and east having been very successful. If you are interested, get in touch and we will let you know if there is still space available. It's an early start at 6:30 pm.

For more information about any of the above events, contact Yvonne Toms



PROGRAMME COMPETITION

Your membership programme is the shop window of your WI. Is it bright, informative and user-friendly? Does it characterise what's special about your WI, which would attract new members? If so, it's an ideal entry for the Programme Competition. There are four trophies to be won for the best programme, awarded in categories according to the number of members in your WI. They are the Lander Trophy, the Andrews Rosebowl, the Goldsworthy Trophy and the Bugle Cup. There is no entry fee or application form. Just send your entry (a copy of your programme) to Sheila Goldsworthy

Closing Date: 30th June

Contact: Sheila Goldsworthy

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 best two 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. More details and entry forms should already be with your WI Secretary.

Contact: Jane Dover

BYELAWS AND DECISIONS

Please remember that if your WI is making any changes to your byelaws and/or decisions, those changes must be approved by the Board of Trustees. Please submit any changes in writing to the CFWI office. Thank you!

2019 CFWI CALENDAR

We're calling all budding photographers to capture images of "Cornwall celebrating" for our 2019 Calendar. Please send landscape-oriented prints (approximately 6"x4") with your name, telephone number, email address and the name of your WI on the back; also include the location, date and event photographed. A short list of photographs will be made for consideration by the printer. Members with short-listed photos will be notified and asked to send digital images to the printer. There is no entry fee and no restriction on the number of entries you may submit. For a full list of rules please send a SAE to Val Strout

Closing date:

Monday 30th October

Contact: Val Strout

COMBINED ARTS

DRAMA WORKSHOP

Thursday 13th July
CHY NOWETH AN
CONTETH
10:30am – 3:30pm

Bring more fun and creativity to your performing skills by joining Liz Llewellyn-Jones who will show you how you can bring acting into your day-to-day lives as well as on stage. It will be a fully interactive day!

There will be something for everyone, from experienced actors to those who have never acted before but have always wanted to have a go. Come and enjoy the challenge. There will be a chance to hone your acting skills and use your voice and body to develop a character.

Bring a plate of lunch to share with “the rest of the cast”.

Cost: £10.50

Closing Date: Thursday 1st June

Contact: Alison Downing

“SUNSET AT HOLYWELL BAY”: PHOTOGRAPHY WORKSHOP WITH DAVID CHAPMAN
Saturday 8th July
CUBERT VILLAGE HALL and HOLYWELL BAY
3:30pm – 10pm

This workshop has been arranged to capture Holywell Bay at its most photogenic! David Chapman will hold a workshop from 3:30pm until 5:00pm in Cubert Village Hall when he will give advice on making the most of our cameras. Arrangements have been made to purchase pasties to be paid for on the day, or you might wish to bring your own refreshments. At 6pm we will make our way to Holywell Bay put our expertise into action. Sunset is around 8:30pm so there will be plenty of time to plan our shots, and the day will end at around 10pm. If you have a long distance to travel you may wish to leave earlier.

Cost: £16.50

Closing Date: Wednesday 24th May

Contact: Val Strout

ENVIRONMENT AND PUBLIC AFFAIRS

FOOD WASTE ACTION WEEKEND: 19th-21st MAY

The weekend of 19th-21st May has been set aside as Food Waste Action Weekend. The NFWI doesn't believe that the voluntary agreements many supermarkets have made to cut down on food waste go far enough. Following on from our Food Waste resolution last year, the NFWI has come up with 'The WI Food Waste Manifesto'. This document calls for greater transparency in publicising food waste statistics, and an end to practices that contribute to food waste up and down the food chain, for example, confusing date labels, multi-buys and strict appearance guidelines on fruit and vegetables.

You and your WI can get involved and do your part! Each WI should by now have a copy of the NFWI campaign action pack. The pack is full of ideas

about how you can get involved with the campaign and contains a copy of 'The WI Food Waste Manifesto'. During Food Waste Action Weekend, go to your local supermarket, ask to speak to the manager and present the Manifesto. Follow up and ask them to raise the WI's campaign issues with their head office. The more voices heard, the better! If you haven't received an action pack, you can order one through NFWI by telephone on 02073 719300 ext. 238 or by email at pa@nfwl.org.uk.



Great British Bee Count

Friends of the Earth would like you to join the Great British Bee Count from 19 May to 30 June and discover the wonderful world of bees in our gardens, streets and green spaces this summer.

Bees are essential: we rely on them to pollinate many of the plants in our landscape, including most of our fruit and veg.

But they're in trouble. Since 1900, the UK has lost 20 species of bee, and a further 35 are considered under threat of extinction. It's vital that we better understand how they're doing across the country. You can help by counting and recording all the bees you see this summer.

Last year 383,759 bees were spotted – and this helped

provide a better picture of bee populations. Join the buzz this year, and be part of the generation that helps save our bees.

To register and learn more, visit www.act.foe.co.uk/act/join-great-british-bee-count



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CLIMATE CHANGE: REDUCING OUR CARBON EMISSIONS

Thursday 6th July
CHY NOWETH AN CONTETH
10am – 1:30pm

Are you worried about changes to the seasons, gardening failures and flooding? What is happening in Cornwall, this most beautiful of counties, to combat climate change? What can we do as individuals and as WI members to put pressure on the government to act, and to reduce our own carbon footprint? We have planned a morning of speakers at Chy Noweth to tell us about the renewable energy industry in Cornwall, about energy efficiency in our homes and about the impact of climate change both globally on communities, and locally on our coastline and our wildlife. The morning will end with an open forum which we hope will include some of our local MPs who will tell us about their own work on climate change. The cost of entry includes a sandwich lunch; tea and coffee will be available (small donation welcome).

Cost: £3.50

Closing date: Monday 29th May

Contact: Pippa Stilwell, Climate Ambassador

CUTTINGS FROM FLORAL ART AND GARDENING

A MESSAGE FROM JULIET TURNER: NEW FLORAL ART ADVISER

While serving tea and cake at Glendurgan gardens during my BA(Hons) course in English at Falmouth College of Arts, I realised that a horticultural career with the National Trust would be my dream job.

The opportunity arose in the form of a careership with the National Trust at Cotehele. The careership was the National Trust equivalent

of an apprenticeship, and included three years of on-the-job training as well as attendance at Reaseheath Horticultural College at Nantwich.

For the three years I was based at Cotehele, I trained alongside the Head Gardener and his fantastic team of gardeners and volunteers, learning all the tasks which make the garden there so beautiful and well-maintained. I obtained competences in all the machinery needed to manage a garden, along

with the knowledge and experience of working in a National Trust garden.

When I finished my careership position, I worked as a gardener at Coleton Fishacre in south Devon, adding a variety of new plants and garden styles to my knowledge base and working with another excellent team of gardeners and volunteers in one of the most beautiful and exhaustingly steep gardens imaginable. In 2011, the position of Gardener-In-Charge came up at Godolphin In Cornwall and I was lucky enough to have been offered the role. It is a fantastic informal garden and it has allowed me to grow and learn as a gardener and a manager whilst continuing to develop the once neglected garden. As Gardener-in-Charge I manage a part time gardener and 20 volunteers who work incredibly hard maintaining the garden for the visitors and wildlife!



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WI NEWS

May Birthdays
Boyton, 70th

**PENDEEN WI TO HOST
FOUR-CORNER DAY
Wednesday 14th June
THE CENTRE OF
PENDEEN
9:30am – 4pm**

Pendeen WI would like to extend an invitation to all WI members to an upcoming Four-Corner Craft Day. On offer will be the following crafts:

- Dorset buttons
- Chicken scratch
- Book hedgehogs
- Beading
- Quilt-as-you-go table mat

Basic sewing kits would be useful accessories to bring with you. Some sewing machines will be available but attendees are welcome to bring their own if doing the patchwork. Extra charges may be payable to the tutors on the day for items used.

Cost: £10
(£12 for non-WI members)
which will include a light lunch, coffee and tea, etc.
Closing Date:
Thursday 1st June
Contact: Janis Lea

Jane-Anne Wheeler



FALMOUTH WI CELEBRATES 99 YEARS

Falmouth WI celebrated their 99th birthday at the Greenbank Hotel in Falmouth recently. Members enjoyed a delicious lunch and were delighted to welcome County Chairman Barbara Corbett who joined them. The ladies have now got to put their thinking caps on and plan a special centenary celebration for next year!



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A NEW PRESIDENT FOR MAWNAN WI

Mawnan WI elected a new president, Sally Annan, at their Annual Meeting. Sally, who has served on the Committee for some years, is well-known in the village and is very involved in many community activities. In accepting the office she paid tribute to the hard work and dedication of her predecessor, Jenny Ragg, and committed herself to continuing to raise the profile of the WI in the community and to developing the opportunities available to members.

In other Mawnan news, The Merry Munchers met for lunch at The Cove where they wined and dined and ended their meal with one of Arty's delicious puddings! The Stitch and Knit group continues to meet on the third Monday of the month at 1:30pm - some members seem to

bring a new project each time whereas other items seem hard to progress!

This is open to non-members and visitors.

Visitors are most welcome to join Mawnan WI at their meetings on the second Thursday of the month at 7:15pm in Mawnan Memorial Hall.



AND THE WINNER IS ...

At a celebration of its 68th birthday, Mevagissey WI awarded Oscars to two very special members.

Julia Clough, Mevagissey WI President, awarded flowers, cards and gold Oscar statuettes to Olive Huff and Betty Furze to celebrate their 90th birthdays and their contribution to the life of Mevagissey WI since 1987 and 1985 respectively. Their organising and financial skills as well as artistic and plant-loving talents have provided nurturing examples for all the members of the WI.

Sadly, Olive was unable to attend the occasion but was delighted to receive her Oscar, flowers, card and appreciation at home. Betty, also amazed, acknowledged the importance of the opportunities offered by WI and the friendships that ensued.



Caroline's long standing problems relieved by Foot Solutions

Mother of three Caroline Mann has spent most of her working life on her feet.

Caroline who lives in St Jude's, worked in a local fish & chip shop for more than 30 years and for the last 3 years has worked as a cleaner in the mornings at Plymouth's Central Library, in the evenings at another council building and at lunchtimes she is a



catering assistant at a primary school.

Her busy work routine finally started to take its toll as Caroline began to experience severe pain in her toes, the balls of her feet and also her legs.

"By the time I got home each day my feet were throbbing and the pain was pretty unbearable," said Caroline. "I had to take pain killers three or four times a day just to be able to keep working."

The constant pain was making life increasingly uncomfortable for Caroline and was badly affecting her sleep.

In the end Caroline decided she had to take some positive steps... to the Foot Solutions store in Plymouth's Royal Parade.

"I didn't want to waste my GP's time as I felt that Foot Solutions would be able to do more for me," she added.

An in-depth assessment of Caroline's feet and posture was undertaken, which

highlighted the painful condition in the balls of her feet.

Custom-made arch supports were commended to help alleviate Caroline's pain and she also invested in new walking shoes and trainers from the extensive range of stylish, comfortable shoes available at Foot Solutions.

"What they have done for me is absolutely marvellous," said Caroline. "I am now totally pain free. The arch supports have not only relieved the pain in my feet, but also my legs. My posture is much better as well. Thank you Foot Solutions!"

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