

countynews

CORNWALL FEDERATION OF WOMEN'S INSTITUTES

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October 2017



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theWI
INSPIRING WOMEN





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THANKS TO GRAMPOUND WI FOR PACKING OCTOBER COUNTY NEWS

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DEADLINE FOR INCLUSION IN COUNTY NEWS

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CHAIRMAN'S CHATTER

So long, farewell, auf
wiedersehen, goodbye!

I've had a wonderful time
with you all and have enjoyed
being your Federation
Chairman. I have gathered
some great memories to carry
through to my old age – aah.

It's not long now to our
Centenary year and many
congratulations to the WIs
who will be celebrating being
100 years young in 2018.

I wonder what the next one
hundred years will bring. The
WI faces a big challenge to
keep and hopefully increase
our membership here in
Cornwall and, as I have said
before, make sure your WI is
giving value for money. Stand
back and ask yourself "would
I like to join this WI?" Of
course, the answer is YES.

WIs are all very different
and that is what makes us so
unique and special. We are a

band of extraordinary women
– with a voice to be heard
and views to be reckoned
with.

But remember: The WI is
what you want it to be.

Thank you for your support
to me and to the Board of
Trustees during my three-
year tenure. I know you will
continue to give your support
to the next Board and to your
new Chairman. We have seen
many changes, overcome
many obstacles, had fun,
established friendships and I
really hope that I've managed
to make a difference.

I leave you with this thought
*"Friends are like stars – you
don't have to see them to
know they are there."*
Yours in friendship,

Chairman Barbara

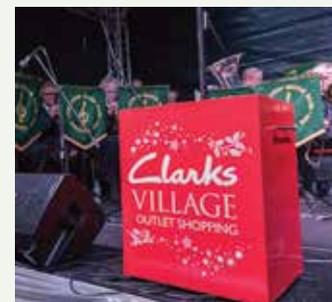
NOTES FROM THE OFFICE

CHANGE TO COUNTY NEWS DEADLINE DATE

Please note that we will have
an earlier deadline date for
submitting articles to *County
News* in December. The deadline
for the February issue will be
Tuesday 5th December, rather
than 12th December. This
is in order to accommodate
the Christmas closing dates
of our printer. Thank you
for your understanding.

CHRISTMAS SHOPPING TRIP CORRECTION

Please note that our Christmas
shopping trip to Clarks Village will
be on Thursday 23rd November.
The date listed in the September
issue of *County News* is incorrect.
We apologise for the inconvenience
and hope you'll be able to join us
on what will be a fantastic day out!



Diary Updates

OCTOBER DIARY DATES

4th – Quilted Bag Workshop
4th and 5th – Spa Days at Bedruthan Steps
6th – Harvest Buffet Lunch
10th – Annual Council Meeting
13th – Autumn Hanging Basket Workshop
19th – Floral Art on a Shoestring
21st – Barn Dance

OCTOBER CLOSING DATES

6th – Christmas Shopping Trip to Clarks Village
12th – Not the Christmas Quiz
19th – Speakers' Auditions Day
20th – Shopping Event at M&S, Truro
20th – Christmas Wreaths Workshop
31st – Christmas County Lunches
31st – County Calendar Competition

ACTIVITY AND LEISURE

'LET'S GO' TROPHY COMPETITION

You are invited to submit
a report in poetry format or
prose, along with illustrations
or photos, on any Activity
& Leisure event you have
attended by the end of 2017.

You may have participated in
some of our events, but we have
new ones coming up in the near
future, which may provide more
food for thought. So far in 2017,
we've held the Rosebowl Quiz and
the Girls' Day In at Chy Noweth.
Coming up later this year are
Lawn Bowls in September, a
Barn Dance in October and our

Fungus Foray in November.
Please send your entries
to CFWI by Thursday 11th
January 2018, including your
name, the name of your WI
and a SAE. Enquiries to Sandra
Buck – sandra@cfwi.org.uk



Cover Photo



Withiel WI members (left to
right) Barbara Varcoe, Judy
Lobb and Jo Brackenbury had a
blooming good time at our recent
CFWI visit to RHS Rosemoor
Gardens and Flower Show. It
was a bit of a chaotic day, but our
coachload of WI members had a
wonderful time.



CFWI CHRISTMAS CONCERT

Eden Project
Wednesday 6th December
7:30pm – 8:30pm

Come and join us for a fabulous evening Christmas Concert in the Mediterranean Biome at the Eden Project. The Eden project is opening the biome just for us and we will be the only people on site. Our lovely Federation Choir will entertain us with a couple of Christmas pieces, and the brilliant Bodmin Brass Band will accompany us for the communal singing. The biome doors will open at 6:45pm and a hot drink will be available for you before the concert.

The concert will take the form of the nine lessons and carols, but this year the readings and the music will not necessarily have a religious theme. There will, however, be a final reading and ecumenical blessing by a local priest.

Your ticket includes your entrance, a hot drink and biscuit on arrival, your programme and a raffle ticket. It will be chilly in the biome so dress warmly and bring a torch or a phone with a light to read by as there will be subdued lighting only. It will be a magical evening!

See enclosure for more information.

Cost: £7
Closing Date: Wednesday 22nd November
Contacts: Liz Llewellyn-Jones

Julia Havard

LAUNCESTON SHOW

There was a real buzz in the WI marquee at this year's Launceston show, with a wonderful array of all types of creativity from sausage rolls to draught excluders.

This year's corporate theme 'A Shop Window' showcased a selection of shop window displays from six WIs in the area. St Stephens by Launceston came first for their 'Toy Shop', followed by Altarnun WI. Hot on their heels in joint third were Camelford WI, Coads Green WI and Launceston WI, and Bodmin Gaolbirds WI were fourth. Launceston WI won the best display for their Harry Potter 'Hogwarts Essentials' entry.

The individual entries with the most points gained overall were:
 • 1st – Helen Naylor, Altarnun WI

- 2nd – Sylvia Duke, St Stephens by Launceston WI
- Joint 3rd – Shirley Trewin, Bodmin Gaolbirds WI, and Vicki Knights, Launceston WI

Novice entries with the most points gained were:

- Cookery – Sharon Parnell, Launceston WI
- Craft – Sharon Parnell, Launceston WI
- Flowers – Joy Hancock, Launceston WI

Best Exhibit in Show was awarded to Vicki Knights, Launceston WI, and Launceston WI won the public's vote for the display most liked.

Federation Chairman, Barbara Corbett presented the cups to the winners.

Despite a rainy morning, everyone had a good day, and we are now looking forward to 2018. It would be lovely to see a few more WIs taking part so get your thinking caps on, it will soon be upon us!

SHOPPING EVENT AT MARKS & SPENCER, TRURO
Monday 6th November
5:30pm – 9pm

Marks & Spencer in Truro have kindly offered to keep their store open late on Monday 6th November for any WI members who would like to experience bra-fitting, personal shoppers, food-tasting, beauty demonstrations or just having a wander around the store.

M&S will need minimum numbers in advance to enable them to arrange which parts of the store will remain open, so we have listed a closing date, but please feel free to send in application forms after 20th October.

Cost: £1
Closing Date: Friday 20th October
Contact: Liz Llewellyn-Jones

SPEAKERS' AUDITIONS DAY
 Do you need fresh ideas for programme planning? The next Speakers' Auditions Day will be held at Chy Noweth on Tuesday 28th November.

One member per WI will be given preference. Tea/coffee and biscuits provided. Please bring a packed lunch.

Cost: £3
Closing Date: Thursday 19th October
Contact: Jane Dover

CHRISTMAS SHOPPING TRIP!
Thursday 23rd November
CLARKS VILLAGE



Join us for a coach trip to Clarks Village in Somerset for a bit of Christmas outlet shopping. This is the perfect chance to get some of your Christmas shopping done, or perhaps just buy yourself something special. There will be opportunities galore for retail therapy, with bargains at over 90 famous name outlet stores, including M&S, The White Company, Hobbs, Joules, Seasalt, Next, Portmeirion, Radley, Calvin Klein and Hamley's, to name only a few! If you're looking for somewhere to have lunch, you'll have plenty of options with The Cornish Bakery, Prezzo, Pret a Manger, Costa, Pizza Express, Frankie & Benny's and others.

Cost: £20
Closing Date: Friday 6th October
Contact: Pam Selley

TREASURERS' SURGERY
 The November Treasurers' Surgery will be held at Chy Noweth an Conteth on Wednesday 29th November. If you are your WI's Treasurer and need help with resolving a problem with your accounts, or if you would simply like to discuss anything to do with your WI's accounts, please contact our Treasurer Designate, Alison Latham, to make an appointment. Alison can be contacted on



MEMBERSHIP MATTERS

GET READY FOR YOUR ANNUAL MEETINGS

You may well be asking yourself just where the year has gone since your last Annual Meeting, but it is time to get planning for this very important meeting early next year.

WI Annual Meetings in WIs in Cornwall are always held in February and March.

With this *County News*, you will have received notification of whether you have been allocated a visit by one of our WI Advisers at your Annual Meeting. Do look out for it. Much as we would like to come and see you all every year, sadly this is just not possible. If we are not coming and you have queries, the attachment with your letter may help, or your allocated WI Adviser will be happy to chat with you (see page 22 of the CFWI Year Book for a list of Advisers and their WIs).

Please note that your Annual Financial Statements must be completed and examined before being presented to your WI's Committee right before your Annual Meeting. After being accepted by your Committee, the statements then need to be signed by your President and Treasurer. It may be that you use the WI IFE (Independent Financial Examiner) scheme and are already registered for an IFE to examine your accounts, in which case you will automatically be allocated an IFE. If not, and you would like to use this scheme, please see the enclosure sent with the September County News so that you can apply for an IFE via the IFE Administrator, c/o Chy Noweth. The IFEs are trained by the WI specially to examine WI accounts.

Most WIs now close their accounts at the end of December, which means that the WI's year runs the same as the subscription year. However, it is essential that you get your

WI's accounts examined and present them to your WI at your Annual Meeting, rather than at some point in the future.

On the financial statement (both on the front page and on page 4) after the box where you add the WI's name, there is space for you to fill in your charity number of your WI. Please note that this should only be used if your WI is currently registered with the Charity Commission and under no circumstances should the CFWI charity number be used, as this only covers our County Federation and not individual WIs. If you have a query on this do give Jane Mills, Federation Treasurer and WI Adviser, a ring for clarification on _____ or by email at _____. It is also possible to check your WI on the Charity Commission website: <http://apps.charitycommission.gov.uk/Showcharity/RegisterOfCharities/registerhomepage.aspx>



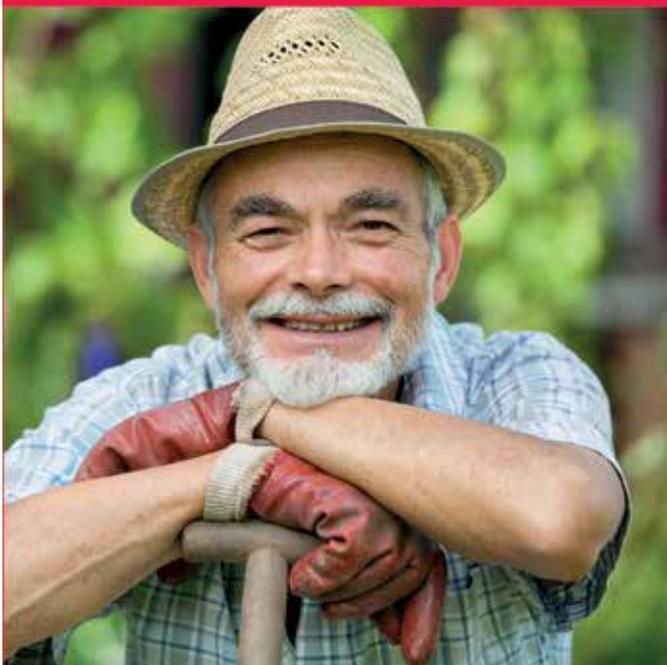
RESOLUTIONS: MAKE YOUR VOTE COUNT!

Watch out for the November issue of *WI Life* in which you'll find details of the short list of resolutions as well as the voting forms you can use to cast your vote.

Along with the enclosures sent to your WI in November will be an envelope for you to return the votes from your WI. You'll be able to submit your votes in various ways, all of which will be explained in the enclosure.

Make sure that you have your say in which resolution you would like to go forward to the NFWI Annual Meeting in Cardiff next June.

Caring for Cornwall



Cornwall Care is an independent Cornish charity providing care across the county. We have 16 Care and Nursing Homes and offer Home Care throughout Cornwall.

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COMBINED ARTS



2018 PHOTOGRAPHY COMPETITION

The classes for the 2018 Photography Competition are "People", "Flora and Fauna", "Landscape, Seascape or Cityscape" and, should you have a fantastic image that doesn't fit into these categories, there is "My Favourite Photo". The fifth class is for anyone who has never won a first prize in a CFWI photography competition and it is "My Favourite Photograph (novice)". The winning photographs will be displayed at the Spring Council Meeting and at the Stithians Show, both in 2018. The overall winner will be awarded the Greeves Trophy.

Full details and an entry form are on a flyer enclosed in your WT's monthly mailing.

Closing date 28th February 2018.

For further information, please contact Val Strout on _____

COUNTY CALENDAR 2019 "Cornwall Celebrates" is the title of the 2019 County Calendar, and our county has a number of well-known traditions which provide excellent opportunities for the photographer - Padstow 'Obby 'Oss, Helston Flora, Trevithick Day and many others.

The closing date is Tuesday October 31st. There is no entry fee and no limit on the number of entries you may submit but it is useful to number them for reference. Hard copies, approximately 6" x 4", to be sent to Val Strout, _____

_____ If any of your entries is short-listed, you will need to be able to send digital copies to the printer. Please write your name, address, phone number and email address plus the name of your WI on the back of each photo.

For further information, please contact Val Strout on _____

ENVIRONMENT AND PUBLIC AFFAIRS

BEAVERS IN CORNWALL: RETURN OF A KEYSTONE SPECIES



Most WI campaigns need to be tackled on a number of different fronts, and the climate campaign is no exception. As well as reducing our own emissions and urging the Government to invest in renewable energy, we need to build resilience against the adverse effects of a warming atmosphere, which in the UK is likely to bring regular flooding. One possible solution is the re-introduction of a creature lost to these islands for several hundred years: the beaver.

Cheryl Marriott, Head of Conservation at Cornwall Wildlife Trust and adviser to our own Environment and Public Affairs sub-committee, has sent us an article about the reintroduction of beavers in Cornwall. (You can find the full article at www.cornwallwi.org.uk). She writes, "At Woodland Valley Farm near

Ladock, the Cornwall Beaver Project is working closely with Exeter University researchers to see what impact beaver dams could have on flood prevention. Research on a small headwater stream in Devon has shown beaver dams and pools slow the flow of river water following heavy rain, potentially alleviating flooding downstream. The Cornwall Beaver Project will test whether or not we get the same effect on a larger stream. By the same token, during drought periods beaver dams can reduce problems of low-flow in rivers by slowly releasing stored water, filtering agricultural run-off from the silt at the same time".

Ladock has suffered severe flooding in recent years and this project is designed to help. Beavers are engaging creatures that change the environment in which they live, restoring wetland habitats for amphibians and freshwater insects, which in turn provide food for fish. They are vegetarian (they don't eat fish) and are active at night, so for those intrepid WI members who are not afraid to go down to the woods at night, there must be an exciting visit to be arranged here!

– Pippa Stilwell, CFWI Climate Ambassador

'New insoles saved me from surgery'

For more than 40 years Marguerite Sperring from Plymouth suffered with increasingly severe pain in her feet.

The problem was caused by a combination of raised arches and bunions - a bony profusion of the big toe joint - often forcing Marguerite to walk in bare feet.

"I couldn't find shoes that were comfortable and I was always in pain with my feet," said Marguerite.

"I needed a wide fitting because of the bunions, but this inevitably meant that the shoes were sloppy on my feet and led to more problems."

The former HR specialist from Davenport sought help from her GP on a number of occasions, but was advised that the problem could only be solved with surgery.

"I was also told that until the pain became unbearable it would not warrant surgery. I couldn't afford to go privately so I just had to put up with the pain," she said.

By chance she saw a repeat of the TV programme Dragon's Den which featured

an item about a shoe business which promised relief for people with problems similar to Marguerite.

"I was in Plymouth city centre the very next day and I saw Foot Solutions and realised they offered exactly what had been described in the Dragon's Den programme."

Marguerite walked into the Royal Parade store - and acknowledges that it was the most important step in her life.

The experienced team at Foot Solutions carried out a series of tests and analysis and identified the full extent of Marguerite's challenge.

Foot Solutions supplied insoles to provide arch support which are suitable to wear with high heels, slippers and other types of her shoes.

"I can't believe what a difference the special insoles have made. I didn't realise how severe the pain had become - until it had gone!

I can now walk tall and enjoy my life without pain and discomfort," said Marguerite. Marguerite - who sings in the



choir at Plymouth Cathedral - has also received an unexpected bonus because of Foot Solutions. "My posture was poor due to my fallen arches which restricted my lung capacity and in turn affected my singing. Now I can sing without having to take so many breaths," said Marguerite.

**Visit Foot Solutions at
34 Royal Parade,
Plymouth PL1 1DU
or call 01752 222660**

www.footsolutions.com/plymouth

CUTTINGS FROM FLORAL ART AND GARDENING

GARDENING CHALLENGES

Saturday 20th January 2018

**MARAZION VILLAGE HALL
10:30am – 3:30pm**

Visitors to St Michaels Mount are always amazed by the beauty of the gardens clinging to the steep rocky slopes of the Mount and lashed by the waves.

We've all wondered how gardening in these conditions is possible, so hearing from Lottie Allen, Head Gardener at the Mount, should be most interesting. It will be particularly helpful for those of us who try to garden near the sea!

A further delight will be a talk from Ian Wright MCIHort, Consultancy Manager (Garden Specialist), National Trust, South West Region, on "Plant Conservation:

Can we meet the challenge?" If that isn't enough to whet your appetite for gardening challenges, you are welcome to bring along some samples from your own garden and be challenged on how to present them should you wish to enter your local show. How often have you looked at exhibits and thought, "I've got a better one at home"? Members of the committee from the West Cornwall Show will be there to explain and assist as you set up your entry.

A light lunch of soup, a roll and a piece of cake will be available to buy. We will need an idea of numbers for this.

Cost: £15
Closing Date: Friday 8th December
Contact: Abigail Kirby-Harris

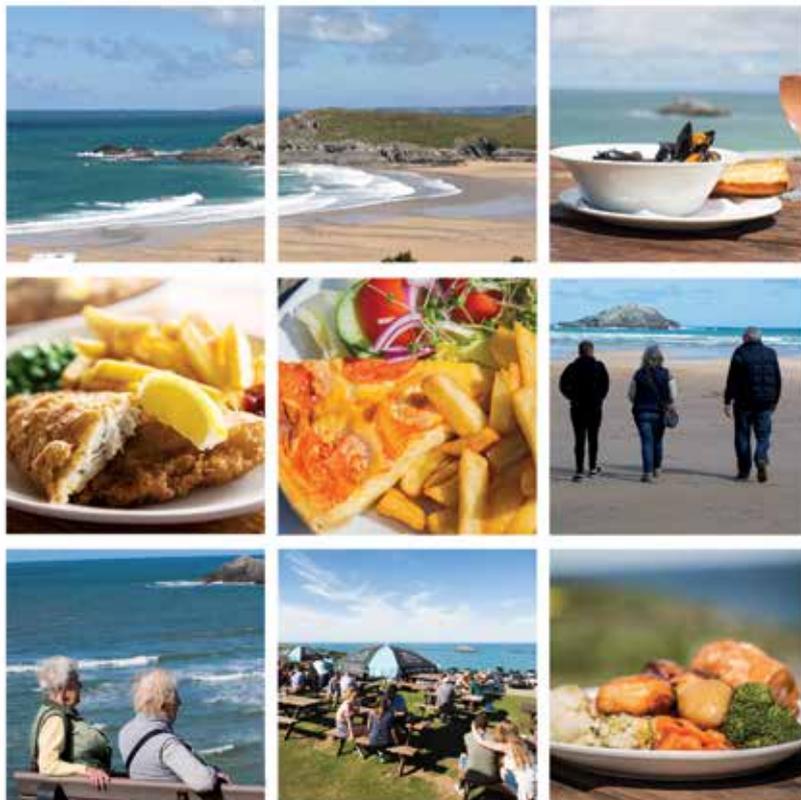
CHRISTMAS WREATHS WORKSHOP

Friday 1st December

**BODMIN NURSERY
10:30am and 2pm**

In December, we'll be back at Bodmin Nursery, to make some fabulous Christmas wreaths. The day includes welcoming coffee in the Mill Café in their new Garden Room, and lunch of homemade soup, a crusty roll and delicious homemade cake. A 10% discount on all shopping on the day is offered. During the workshop, members will receive expert tuition to help them make a personal masterpiece. All materials are included, so there will be lots of gorgeously adorned front doors around the County this year!

Cost: £30
Closing Date: Friday 20th October
Contact: Abigail Kirby-Harris



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October Birthdays

Bude WI, 95th
St Kew WI, 95th

TEA AND TARTS WITH GARDEN TALK IN LADOCK

In July, members of Ladock WI invited other WIs in the area, plus family and friends to join them for a relaxing afternoon listening to Charles Fox of Glendurgan Gardens. Charles grew up at Glendurgan, and qualified as a garden designer in 1992 at Kew and at the Inghald School of Design. He has designed private gardens both in Cornwall and further afield, and is also the gardener at the Hotel Tresanton in St Mawes. A scrumptious afternoon tea followed with sandwiches, quiches, cakes and fruit tarts.



A 95th BIRTHDAY TEA FOR ST DAY WI



Frances Whitham, President of St Day WI, reports that they held their 95th birthday tea on 9th August. Members spoil themselves by not doing all the catering themselves!

Being "ladies of leisure", they thought it would be fun to dress the part and wear hats. They all had a lovely afternoon full of chat and laughter.

MERMAIDS MYLOR & FLUSHING WI HIT THE BEACH!



After just an hour on the beach at Trevissonne, near Flushing, the Mermaids collected eight bags of plastic and other rubbish. Katie Eddy from SAS (Surfers against Sewage) supervised the group and provided equipment including rubber gloves. Many beaches are kept clean in the area, but this was obviously one that had been overlooked recently. Members said it was surprisingly satisfying to be able to carry out such a worthwhile job, but horrifying to realise the enormous extent of the problem. Katie emphasised that we as individuals can all take steps to minimise our use of plastic and where possible, recycle. That's not all Mermaids Mylor & Flushing have been up to recently! Members also paid a visit to Prickles and Paws Hedgehog Rescue centre near Newquay. This is a charitable organisation dedicated to the care and rehabilitation of hedgehogs and other British wildlife.

DOWN THE RABBIT HOLE IN MARSHGATE

The White Rabbit rushed around with tea trays while the Queen

of Hearts greeted visitors with an ice-cold Pimm's and never once mentioned beheadings... it was a golden afternoon for North Cornwall's Marshgate WI at their August meeting. Lewis Carroll was the flavour of the month as the committee cooked up a Mad Hatter's Cream Tea Party with a sumptuous spread in the glorious gardens of the Queen herself, at nearby Davidstow. Members and one guest relaxed in the sun or under garden umbrellas, tucking into dainty sandwiches, cupcakes and gateaux, washed down by lots of tea drunk from delicate pretty china cups. And the women had dressed for the occasion, with organisers Pat and Hilary in costume and nearly all the attendees in silly or attractive hats. The sun was hot and things might have got a little crazy if it hadn't been so relaxing under the shades among the tinkle of china and the chatter of happy members.



A BOAT TRIP FOR MAWNAN WI

Mawnan WI's July outing was a boat trip down the River Fal. This is always a popular event when friends and families join members to enjoy being on the water. After several days of rain, everyone came prepared

to get wet, but the sun shone in spite of the dark grey clouds hanging in the distance! The two hour trip took the members up to Malpas passing beautiful scenery and stunning properties. Groups had brought their own picnics - strawberries, cakes, flasks of tea and even the odd bottle of Prosecco! It was a memorable occasion.



CALLING ALL JAM AND PRESERVE MAKERS!

Bodmin Gaolbirds WI will be holding a Jam Festival and Autumn Craft Fair on Saturday 14th October. For a schedule of classes and an entry form, either send a message via the Bodmin Gaolbirds Facebook page or contact Shirley on 07878 070216. Refreshments will be available and there will be a grand raffle with prizes from local traders. The Festival will be held at the John Betjeman Centre in Wadebridge from 9:30am until 3pm.



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