

countynews

CORNWALL FEDERATION OF WOMEN'S INSTITUTES

Volume 1, Issue 8 • 32p

September 2017



Inside This Issue ...

Come and Shop at M&S!

Christmas Wreath Workshop

A Fungus Foray ...

Plastic Soup in Liskeard!

Page 3

Page 5

Page 6

Page 7

theWI
INSPIRING WOMEN





FEDERATION OFFICE

Chy Noweth an Conteth
Truro Business Park, Threemilestone
Truro TR4 9NH – T: 01872 272843

Email: General Enquiries:
cfwi@btconnect.com

Federation Secretary:
cfwsecretary@btconnect.com

Accounts: cfwiaccounts@
btconnect.com

Reception: cfwireception@
btconnect.com

Website: <http://cornwallwi.org.uk>

Facebook: [www.facebook.com/
CornwallFederationof
WomensInstitutes](http://www.facebook.com/CornwallFederationofWomensInstitutes)

OFFICE OPENING HOURS

9am - 4:30pm
Monday - Thursday

FEDERATION CHAIRMAN

Barbara Corbett

FEDERATION TREASURER

Jane Mills

COUNTY NEWS EDITOR

Helen Kestle

THANKS TO CARNON DOWNS WI FOR PACKING SEPTEMBER COUNTY NEWS

NATIONAL FEDERATION OF WOMEN'S INSTITUTES

104 New Kings Road,
London, SW6 4LY
Tel: 0207 371 9300
Fax: 0207 736 3652
Email: hq@nfwi.org.uk
Web: www.thewi.org.uk

DENMAN

Marcham, Abingdon
Oxfordshire, OX13 6NW
Tel: 01865 391991
Email: info@denman.org.uk
Web: www.denman.org.uk

PUBLISHED BY

Cornwall Federation of
Women's Institutes

DEADLINE FOR INCLUSION IN COUNTY NEWS

Items to be sent to the Editor by
12th of the month, two months
prior to publication. No late
entries can be accepted.

DESIGNED

Dharmesh Mistry
ADVERTISING
Jo Marchant - Tel: 01536 526674

PRINTED

Lanceprint
the print specialist

CHAIRMAN'S CHATTER

Three quarters of 2017 gone already! I have been reflecting on the past nine months, what we've done, what we've achieved and how proud and privileged I have felt to be your Federation Chairman. I think I would rather forget the month of June after two spells in hospital (not an experience I relished), but the upside was receiving so many get well cards and good wishes from you, my dear members. Having completely missed the Royal Cornwall Show I can only say, from the photographs and reports, that all went extremely well. I understand from Jane Mills, your Federation Treasurer, that we may even have made a small profit on this event. I know I am repeating myself, but thanks to all the Board members, Sub-Committees and WI members who attended, braved the inclement weather in their wellies and worked together so well.

Next year it will be the turn of the Home Economics and Craft Sub-Committee to organise the main competition and we look forward to hearing more soon.

We've had some sad times too, losing dear Nan Collier and Lady Mary Holborow but, reflecting on happier times, your Sub-Committees have organised some very special events, from Officer training sessions to fun and relaxation at the Girls' Day In, music with Carl Attwood, traditional embroidery, farm visits and a day at an apiary to mention just a few. You must admit there has been a good variety so far this year – something for everyone and all well supported by you. It must be said that a great deal of thought, organisation, time and hard work has been dedicated by the members of the Board and the Sub-Committees who are always on the lookout for new ideas and ready for YOU to join them – now is the time!

The Annual Council meeting on Tuesday 10th October at the Hall for Cornwall is fast approaching. This will be a busy meeting, culminating in a very special visit from renowned author Victoria Hislop. Her talk to us, at her request, will be tailored to your questions and will be hosted by James Churchfield

from Radio Cornwall. Something different, you will agree, but we need your questions please, in advance by post to Chy Noweth or, of course, by email: cfwi@btinternet.com.

At this meeting, we will be collecting the "Pennies for Friendship" envelopes – your contributions for ACWW which will be allocated to the Public Welfare Foundation (PWF) giving a fantastic opportunity for 100 women and girls in Narowal, Pakistan, to acquire vocational skills in sewing and knitting, and training in running small businesses such as goat- or chicken-rearing, growing and selling vegetables and selling clothes. ACWW is a wonderful organisation to which the WI is affiliated and where our donations help women in less fortunate parts of the world.

As I sit at my computer, the sun is shining. It's going to be a lovely hot summer day. Aren't we the lucky ones to live in such a beautiful county!

See you all soon.

Barbara

Chairman Barbara

Diary Updates

SEPTEMBER DIARY DATES

4th – Visit to Knightor Winery

14th – Poldark Day

17th – Visit to Forde Abbey

Garden & Harvest Festival

21st – Lawn Bowls Taster Day

23rd – Beeswax Workshop

SEPTEMBER CLOSING DATES

1st – Autumn Hanging

Baskets Workshop

1st – Floral Art on a Shoestring

7th – Barn Dance

21st – Fungus Foray

30th – Christmas

Corner Workshops

Cover Photo



Margaret Johnson (left) and Julia Havard (right) present Bude WI President Cynthia May (centre) with the Royal Cornwall Show Cup for Bude's first-prize entry in this year's 'Home Sweet Home' themed competition.

NOTES FROM THE OFFICE

200+ CLUB

July winner of £47 –
Jacky Andrew, Gylly Girls

NEW ANNUAL COUNCIL MEETING SPEAKER

In addition to novelist Victoria Hislop, we will be welcoming an additional speaker to this year's Annual Council Meeting. Acupuncturist Paul Adkins will be telling us about 'Acupuncture and the Chinese Five Elements for Health and Wellbeing.'



Paul is a well-respected acupuncturist who has taught around the world in countries as diverse as India, Japan and Norway. As well as being a busy practitioner and teacher, he is also a published author on the subject of facial acupuncture. Paul has a passion for the Chinese Five Elements and the health and wellbeing benefits that this knowledge can bring to his patients. In his talk, he will be giving examples of how the Chinese Five Elements can manifest in each of us and how we can make use of this information to enhance our lives.

DO YOU TWEET?

CFWI is now on Twitter!
Come on over and follow us!
[@wi_cornwall](https://twitter.com/wi_cornwall)



YEARBOOK AMENDMENTS

- Page 9 and Page 11: Liz Llewellyn-Jones's (Board of Trustees and Combined Arts Sub-Committee) contact telephone number should be
- Page 10: The Activity & Recreation Sub-Committee is now known as Activity & Leisure.
- Page 16: Trading Post Secretary Barbara Corbett's address should be

- Page 16: Joan Cafferky's email address should be

- Page 35: Bodmin Gaolbirds now meet at Cornwall's Regimental Museum, The Keep, Bodmin PL31 1EG. Meeting dates and times remain unchanged.
- Page 40: Crafhole and District WI's email address should be

- Page 42: Falmouth WI's email address should be

- Page 49: Luxulyan and Lanlivery WI's Secretary's address should be

FEDERATION MATTERS

ROYAL CORNWALL COMPETITION WINNERS

Those of you who visited the WI Marquee at this year's Royal Cornwall Show will have seen the wonderful entries in all the competitions. We were so proud of all the creativity and hard work that went into creating the displays by all who entered.

This year's winners in the Royal Cornwall Cup Competition were: 1st Bude WI, 2nd Crantock WI, 3rd Constantine WI, 4th Trevone WI and 5th Mevagissey WI. Shirley Carlyon of Carn Brea WI was given the Rosemary Slee Award for Best Cookery for her cottage loaf. Jeanette Orr and Jean Coombe of Bude WI won the Yvonne Toms Award for Best Craft. Bernadette Sluggett of Bude WI won the Nan Collier Award for Best Floral Arrangement.

The Barbara Reed Trophy, given this year for a cushion with a floral theme, was awarded to Linda Sykes of St Breward WI. Sue Draper of Pensilva WI was second and Marion Newby of St Agnes WI was third.

The Wadebridge Cup, given in the floral arts class on the theme of 'Welcome Home', was won by Val Strout of Lostwithiel WI, with Jen Richards of Bodmin WI second. 'Family Celebration' was the theme of the floral arts Penponds Cup, won this year by Frances Calver of St Breward WI. Shirley Trewin of Bodmin Gaolbirds was second and Val Strout of Lostwithiel WI was third. The Smale Cup, given for a small 'Bedside Table' flower arrangement, was awarded to Jen Richards of Bodmin WI with Val Strout of Lostwithiel WI second. The Pat Ward Novice Cup, on a theme of 'Down the Garden Path' was won by Mary Bedwell of Launceston WI. Second prize was awarded to Shirley Trewin of Bodmin Gaolbirds with Rosemary Williams of Truro WI third. Vicki Knights of Launceston WI was Highly Commended. Best in Show in the Floral Art Classes was awarded to Frances Calver of St Breward WI.

Our Floral Arts & Gardening sub-committee (who set this year's Royal Cornwall Cup Competition) were delighted with the high standard of entries in the competitions and received many compliments on the talents of our members.

Mary Bedwell (right) of Launceston WI presented with the Pat Ward Novice Cup by CFWI Vice-Chairman Julia Havard.



SHEEP AND HARES ABOUNDED AT ROYAL CORNWALL!

One could have been mistaken for being in the livestock area of the Royal Cornwall Show in June as the ladies of CFWI and visitors to their marquee took time out to learn the craft of needle felting. Workshops were led throughout the three days by Lorraine England, a Cornish-based felt maker and member of Wilcove WI.



Participants learnt about the basics of needle felting and made delightful little sheep and hare brooches.

INTRODUCING OUR NEW ACWW REP

Please join us in welcoming CFWI's new Associated Country Women of the World (ACWW) representative, Kim Sudell. Kim is relatively new to the WI, having only joined in 2014. At this year's Spring Countdown in April, she heard about the work of ACWW and the support given through Pennies for Friendship by CFWI. She also heard that a new ACWW rep was needed!



Kim has a longstanding interest in issues of Fairtrade. She has been a Traidcraft representative and started a Christmas Traidcraft shop in Dorset which has now developed to become a permanent Fairtrade shop. She is also a weekly volunteer at the Fairtrade shop in Callington. Kim recently visited Myanmar and stayed in a Community Lodge sponsored by Actionaid which is set up specifically to support women in this very poor part of the world.

When Kim heard that an ACWW rep was needed it seemed to her that the 'grass roots' nature of the projects being funded was very much in line with her interest in Fairtrade and her experience of the support given to the ladies in Myanmar.

Kim runs a small B&B in East Cornwall. She has four grown-up children, a three-legged dog, six ex-battery chickens and two geese. Oh, yes...and a husband!

Please contact Kim if your WI would like help in connection with the work of ACWW (information, talks, etc.), or if you have any ideas as to how she can promote ACWW.

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 any or all of the following:

- Bra-fitting
- Personal shopper
- Food-tasting
- Beauty demonstrations
- Just having a wander round the store

There will be no limit on the number of ladies who can shop at M&S that evening, but the number of events taking place in the store will depend on the number who wish to attend. It will be a ticketed event so there will be a small nominal charge for administration.

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! Friday 3rd 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 and Hamley's, to name only a few!

Cost: £20

Closing Date: Friday 6th October

Contact: Pam Selley

ANNOUNCING OUR CANDLELIT EVENING CHRISTMAS CONCERT AT EDEN

Come and join us for a very special start to the Christmas season with our Federation Christmas Concert at the Eden Project on Wednesday 6th December. We are delighted that Eden has invited us to hold the concert in the fabulous Mediterranean Biome. Tickets cost £7 and include the concert, programme, tea/coffee and cookies and a free raffle ticket (to be drawn on the night). Doors open at 6:45pm. The splendid Bodmin Band will play for us and our own Federation Choir will lead us in singing Christmas songs, old and new. There will be readings, traditional and modern, of Christmas tales. Friends and family are welcome, space permitting (obviously members take priority). So, make a note in your diary. The application form and more information will be enclosed with the October County News.

CALLING ALL ASPIRING READERS FOR CFWI CHRISTMAS CONCERT

This year's Christmas Concert will be held at the Eden Project on Wednesday 6th December, and we need some WI members to present the readings. We will not be having traditional religious readings, but some poetry and prose with a Christmas theme. If you would like to get involved in this event, please do get in touch with either Julia Havard or Liz Llewellyn-Jones to discuss further. Even if you have never read anything in public before but would like to have a go, please do contact us as we will give you training.

CHRISTMAS COUNTY LUNCHES: SAVE THE DATE!

This year's Christmas County Lunches will be as follows:

- Hotel Bristol, Newquay on Monday 4th December at 12pm
- Whitsand Bay Hotel on Friday 8th December at 12pm

The price will be £23 for three courses inclusive of tea and coffee. We hope you will join us! We have chosen venues at each end of the County so that it is more accessible for all members. See your WI Secretary for further details. Closing date: Tuesday 31st October.

MEMBERSHIP MATTERS

INSPIRING WOMEN POSTER COMPETITION



If you came to the Royal Cornwall Show, you will have seen the lovely posters entered into this competition. Smaller displays of the posters were also seen at Launceston, Liskeard and Stithians Shows. With so many beautiful posters submitted, the judges had a hard job choosing the winners. To help, we split the posters into three categories: monthly meetings, fundraising/social and multiple meeting or general advertising. Eventually three posters were chosen, all equal first.

Congratulations to the winners:

- Lesley Booker, Week St. Mary Bonaventures WI
- Ann Murphy, St. Dominick WI
- Karrie Skaife, St. Mary's Isles of Scilly WI

By the time you read this, they will all have received goodies both as individuals and to share with their WIs.

Although social media is changing the way we promote our WIs, posters still play a very important part in communicating with both members and non-members.

Thanks to all who entered – what brilliant advertising we have for our organisation out in our villages and towns.

– Yvonne Toms, WI Adviser

TREASURERS' SURGERY

TREASURERS' SURGERY

The October Treasurers' Surgery will be held on Wednesday 25th October. 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.

ENVIRONMENT AND PUBLIC AFFAIRS

BAKER CUP COMPETITION RESULTS

Congratulations to Marhamchurch WI, winners of this year's Baker Cup.

The subject of this competition certainly stirred your memories and enthusiasm. The entries were full of wonderful stories of ordinary people doing extraordinary things.

One participating WI said, "It enabled two of our oldest members to take part in a competition that they could enter and use all their knowledge and experience." Another WI said, "I would like you to know how much we have enjoyed working on this. One member said she thinks it is the best WI thing she has ever done - working as a team has been really good."

The judge commented how difficult it was to choose a winner "because the quality and thoughtfulness, the work and the commitment evident in all entries, quite bowled me over." There were five completed entries and, of the winning entry from Marhamchurch WI, the Judge said, "I felt as if I had stumbled on it in an attic. The sense of this being a 'found' personal memoir brought

home most of all, the sheer vitality and diversity of the experiences of women at war - Brilliant."

Marhamchurch WI's winning entry was followed by 2nd place for Crantock WI and 3rd for Ladock WI. Congratulations to all who entered!

BLAIKLEY SALVER WINNER ANNOUNCED

Anne Wall of Crantock WI was awarded first prize in the Blaikley Salver poetry competition this year. The theme for the competition was 'Women's Role During Conflict' and Anne's poem entitled 'Sister Winifred' captured the spirit of that theme in an especially moving way. The full text of Anne's poem can be found on the CFWI website, and the poem will be read aloud at the Annual Council meeting in the Hall for Cornwall in October. Second prize in the competition was Barbara Holt of Ladock WI, and third prize went to Cindy Green of Trevone WI.

Congratulations to all.



OATES TRAVEL

COACH & TOUR OPERATOR St. Ives

VEHICLES FROM 8 TO 49 SEATS



BRITISH & CONTINENTAL TOURS



PORT AND AIRPORT TRANSFERS

WIDE RANGE OF DAY EXCURSION
AND SIGHTSEEING TOURS



COACHES AVAILABLE FOR PRIVATE
AND CONTRACT HIRE

For further details, please contact the Office, 1 High Street, St. Ives.
Tel: 01736 795343 www.oatestravel.co.uk oatestraveloffice@aol.com

A spacious 1 bedroom apartment with shared swimming pool. The apartment is situated on the top floor of a 3 storey block.

Quiet location, but only 5 mins walk to the marina and another 5 mins to the town centre.

PRICES:

Jan - March	£225	July/August	£475
April	£300	Sept	£375
May	£325	Oct	£325
June	£375	Nov/Dec	£250

Phone Judith on
01536 711884

www.algarveestatemangement.co.uk/property/apartment-meia_19477

You could be in the Algarve,
relaxing in the sun...



CUTTINGS FROM FLORAL ART AND GARDENING

CHRISTMAS WREATHS WORKSHOP

**Friday 1st December
BODMIN NURSERY
10:30am and 2pm**

In December, we'll be back at one of our favourite venues, Bodmin Nursery, to make some fabulous Christmas wreaths. Last year, members had such a great time that a second event is being put on by popular request! The day includes welcoming coffee in the Mill Café in their new Garden Room, of which we will have the exclusive use all day; and lunch of homemade soup, a crusty roll and delicious homemade cake. A 10% discount on all shopping on the day is offered on the wonderful plants (all grown there) and tempting garden goodies. During the workshop, members will receive expert tuition to help them make a personal masterpiece. All materials, from a vast range, are included, so there will be lots

of gorgeously adorned front doors around the County this year!

Following last year's event, one participant said, "We made beautiful straw- and moss-covered wreaths adding what we wanted with all the finishing touches as required. I cannot praise Bodmin Nurseries enough for their hospitality and quality of plants."

Cost: £30

Closing Date:

Friday 20th October

Contact: Abigail Kirby-Harris



DENMAN

CORNWALL'S DENMAN EXPERIENCE

Once again, we thoroughly enjoyed our trip to Denman for the three-night Federation visit earlier this year. Fifty-three members attended and after a very welcome cup of tea on arrival went off to their rooms to prepare for dinner and a chance to meet with their tutors.

Six courses were organised: A Baking Masterclass, Stained Glass, Bumper Craft Takeaway, The Life and Works of Victoria Wood, Rambling On and a study of the Art & Crafts Movement. Unfortunately, the weather wasn't kind to our two groups that were outdoors, but luckily their spirits and enthusiasm were not dampened.

Many beautiful examples of craft work, stained glass and baking were carefully taken home to be shown off and enjoyed. All members enjoyed the fun and friendship of being together and many are looking forward to doing it all again in May 2019,

which will be CFWT's Centenary Year!
– Kathy Reed,
Denman Ambassador



THE DENMAN DIP

The Denman Dip draw will take place as usual at our Annual Council Meeting in the Hall for Cornwall on Tuesday 10th October.

For just £1 you can enter your name in the draw. Put your name on the front of an envelope along with your contact details and the name of your WI. Put the £1 inside and take it to the meeting. If you are not attending, then ask your delegate to take it along for you. It will be your chance to win a contribution towards a course of your choice.

You can have as many chances as you have £1 coins. Remember: You have to be in it to win it!

Independent Living Showroom

- Visit our new showroom!
- Large range of independent living equipment
- Free assessments
- Friendly and professional staff

Find your freedom, live your life

North Buildings, Royal Cornwall Hospital, Truro, TR1 3LQ
01872 254920 info@cornwallmobility.co.uk
cornwallmobility.co.uk



CINNABAR HEALTH & BEAUTY

Revive at Cinnabar in Mylor, Cornwall.
For a professional health & Beauty experience.

01326 375476

The Old Reading Room, 21 Lemon Hill, Mylor Bridge, TR11 5NT
www.cinnabarbeauty.co.uk



HOME ECONOMICS AND CRAFT

CHRISTMAS CRAFTS 6-CORNER WORKSHOPS

Thursday 16th November
– Marazion Community
Centre

Tuesday 21st November –
Marshgate Village Hall
Wednesday 29th
November – Lanreath
Village Hall
10:00am – 4:00pm

Once again, the Home Economics & Crafts sub-committee have chosen some new ideas for these ever-popular Christmas craft days.

On offer this year are: Christmas decorations using fabric Decopatch, small hanging felt Christmas puddings, knitted ribbon Christmas trees, small hanging Christmas elves, small ribbon wreaths (not available in Marazion), fabric

Christmas tree hangings (not available in Marshgate) and mini Christmas cakes (sugar craft garland, hellebores and foliage).

All materials (including the mini Christmas cakes) will be provided. Please choose two crafts plus a reserve. Tea, coffee and biscuits will be served on arrival. Lunch will be available at a cost of £5. There is no need to book this in advance.

Cost: £15

Closing Date:

Saturday 30th September

Contact: Dot Rogers



ACTIVITY AND LEISURE

**IF YOU GO DOWN
TO THE WOODS TODAY ...**
Thursday 2nd November
CARDINHAM WOODS
10am



Do you know your Stinkhorn from your Boletus? We are conducting a guided Fungus Foray in Cardinham Woods on 2nd November. The walk will be leisurely and mostly level. Do come and join us and learn more about these fascinating plants.

Cost: £6

Closing Date:

Thursday 21st September

Contact: Jane Dover

**NOT THE CHRISTMAS
QUIZ**
Monday 27th November
**LADOCK COMMUNITY
HALL**
2pm – 4pm

Come and join us for this popular quiz with new quizmaster Penny Picton, a member of the Activity and Leisure Sub-Committee. As always, refreshments are one of the highlights of this event, so don't delay in applying.

Cost: £15 per team of 4

Closing date:

Thursday 12th October

Contact: Sandra Buck

'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

COMBINED ARTS

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. But what about your local celebratory events such as Midsummer's Day, harvest, New Year, Christmas and local carnivals? Perhaps you might like to "think outside the box" and celebrate Cornwall's beauty or history. The subject is as wide as your imagination allows it to be!

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.

Good luck!

For further information please contact Val Strout

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 –

DO YOU HAVE A FEW HOURS TO SPARE?

If you have ever attended one of the events organised by the Activity & Leisure Sub-

WI NEWS

September Birthdays

St Day WI, 95th
Gulval WI, 80th

MARSHGATE WI 4-CORNER DAY

Thursday 19th October
OTTERHAM & ST JULIOT
HALL, MARSHGATE
10:30am – 3:30pm

Marshgate WI invites all WI members to an upcoming four-corner day. Crafts offered will be:

- Folk art on natural wood
- Beaded necklaces
- Découpage tote bag
- Handcrafted greetings cards

The cost of £10 per person includes tea/coffee on arrival and at lunchtime. There will be a small charge for materials, payable on the day. A lunch of soup and a bread roll will be available for £3.50 (pre-ordered and paid with your booking, please), or you may bring your own packed lunch.

Please send cheques payable to Marshgate WI and enclose SAE with your choice of two crafts to: Marshgate WI,
c/o June Smyth

Cost: £10.00

Closing Date: Saturday 30th
September

Contact: June Smyth

TEA FOR DENMAN

Members of Carbis Bay WI enjoyed a Treasure Hunt and cream tea to raise funds towards the Saving Denman appeal this summer. The event raised over £50 which, when added to other funds raised, means a cheque for £100 will be heading to Denman from Carbis Bay!

Committee, we hope you had an enjoyable experience, as we try to vary the activities we offer you. All our events are planned at committee meetings, which are held four times a year. We are a small and friendly group of ladies, but we desperately need more help. Do you think you have ideas that other WIs would enjoy? Do you often think, "I wish we could have a go at ..."? Then why not join us? You would be most welcome.

For further information, contact either CFWI on 01872 272843 / Email: cfw@btconnect.com; or Sandra Buck



PENPOL & POINT WI GIG ROWERS

Each year members of Penpol & Point WI help with the Penpol & Point Regatta and one of their favourite things is to take part in a friendly gig rowing race against a team from the local chapel. This year the WI team won the race (second year in a row - excuse the pun)! The ladies' pink wigs have become a tradition, causing many giggles. Pictured here are, from left to right: Anne Allen, Stuart Mountford (coxswain), Helen Gaches, Viv Levy and Nina Ducker.

PLASTIC SOUP IN LISKEARD



Members of Liskeard WI entered this year's carnival dressed as Plastic Soup. The ladies were rewarded for their efforts by winning first prize! Thank you for helping to raise awareness of this important issue – and having a bit of fun at the same time.

SOUTH HILL WI VISIT TO PLYMOUTH

South Hill WI recently visited the Devonport 'Energy from Waste'

facility in Plymouth. Members were fascinated to learn how non-recyclable waste is taken and incinerated, generating both electricity and steam for heating. By doing this, waste is diverted from landfills, saving carbon emissions equivalent to taking 28,000 cars off the road every year. If you would like to arrange a visit for your WI, contact MVV Environment Devonport.

ST DENNIS WI IS 95 YEARS YOUNG

St Dennis WI reached the grand old age of 95 – certainly something worth celebrating! Members held a Cornish-themed party in the Working Men's Club with nearly 50 guests and members, including friends from St Stephen-in-Brannel and Treviscoe & Trethosa WIs, WI Adviser Yvonne Toms and guest-of-honour, Federation Chairman, Barbara Corbett and her husband. The room was decorated with bunting, St Piran's flags and balloons, and tables covered in white cloths and centrepieces of gorse and Cornish tartan ribbon. Members and guests wore outfits to match, and enjoyed a buffet of traditional Cornish treats such as heavy cake, scones with jam and cream, and saffron cake. The birthday cake was made and beautifully decorated by President Kathryn Truscott, and cut by Barbara Corbett. Local Cornish bard, Simon Margetts, read some of his poetry and kindly translated for those not proficient in Cornish. The evening ended with votes of

thanks from our guests, and all agreed it had been a very enjoyable evening. Members are already looking forward to their 100th birthday in 2022!



A BIRTHDAY CELEBRATION FOR BOYTON WI

Boyton WI celebrated their 70th Birthday at Trethorne Leisure Centre where current and past members, husbands and representatives from neighbouring WI groups enjoyed a delicious buffet meal. Special guests were Barbara Corbett, Federation Chairman, and Kathy Reed, WI Adviser, who ably assisted President Shirley Bell in cutting the cake. Treasurer Denise Willis then gave a short history of the early days of Boyton WI before proposing a toast to "Boyton WI - Past, Present and Future". Guests were then splendidly entertained by "Ice an' a Slice" who soon had everyone clapping and singing along to their medley of 1940s boogie and 1970s pop songs. The evening finished with a rousing rendition of "Jerusalem" which was a fitting finale to a lovely evening!



LUXULYAN & LANLIVERY WI MARK 60 YEARS

Luxulyan & Lanlivery WI celebrated their 60th birthday at the St Austell Golf Club. This splendid evening of fun and friendship was attended by Federation Chairman, Barbara Corbett. Pictured here, along with Barbara, are (from left to right) Margaret Trethlewey, the WI's longest serving member (49 years); President Cynthia Rose; and retiring President Val Hodge.



HAPPY BIRTHDAY TO ST KEVERNE WI
St Keverne WI's 70th birthday coincided with their Resolutions Meeting this year. After the business of the meeting they moved onto cheese and wine and the singing of Happy Birthday. Joan Greenwood, St Keverne's eldest member, had the honour of cutting the birthday cake. Members then spent some time looking at the WI's memorabilia going back to 1947.

TEA FOR DENMAN

Members of Carbis Bay WI enjoyed a Treasure Hunt and cream tea to raise funds towards the Saving Denman appeal this summer. The event raised over £50 which, when added to other funds raised, means a cheque

for £100 will be heading to Denman from Carbis Bay!

ZENNOR WI MEMBER'S ART FEATURED IN EXHIBITION

Congratulations to Jennifer Gourley of Zennor WI for successfully completing her HNC in Art and Design at Penwith College. During this year's Golowan Festival in Penzance, Jennifer's sculpture Wartime Women was included in an exhibition entitled Tidal Memories. The sculpture brought together the experiences of women who had lived through war and conflict from the Russian Revolution of 1917, to World War II to the journey of women refugees today.



Just the lift you need

We are an independent Cornish company, suppliers of Straight or Curved Stairlifts, New or Reconditioned Stairlifts, Step Lifts, Platform Lifts, Porch Lifts, Access Lifts, and Through the Floor Lifts. We offer a Free Site surveys and quotations by our friendly courteous staff.

Call us NOW to discuss your requirements or order a FREE brochure on

01736 763580

www.dolphinstairlifts.co.uk

DOLPHIN

Life-changing Foot Solutions!

A devastating brain stem stroke four years ago left Irene Gresty unable to stand or walk.

The stroke affected her balance and also led to impaired sight and hearing.

The retired administrator underwent extensive treatment but was confined to a wheelchair or mobility scooter. "I gradually learned to stand for a short time and take a few steps but my life had changed completely. I was determined to walk again one day, but didn't know how long it would take."

Irene, 72, and her engineer husband Roger had lived in Plymouth for 30 years before his job took him to London. But with Irene's health continuing to cause concern, her daughter Marianne persuaded her parents to move back to Plymouth at the end of last year. Little did they realise that the move would totally change Irene's life. Marianne had seen the Foot

Solutions advertisement in the magazine and persuaded her mum to visit the Royal Parade premises. "She said I had nothing to lose and it was worth a try," said Irene.

Andrew Scowcroft, proprietor of Foot Solutions, takes up the story: "When Irene came into the shop she was unable to walk and was supported on either side by her daughter and husband. "After going through Irene's medical history, we were able to take her through our Foot Assessment to better understand the nature of her mobility challenges. We then fitted Irene with arch supports inside a pair of our shoes and asked her to stand up.

"Marianne was standing by her mother to catch her, but Irene was immediately able to stand up straight. Then, to everyone's surprise and amazement, walked on her own, around the store completely unaided! It was a hugely emotional moment and



there were a lot of tears from staff and family alike." said Andrew. Irene said, "I simply couldn't believe it - we were all overwhelmed with happiness and delight."

She has purchased customised arch supports and shoes from Foot Solutions and since her visit to the shop in May has not needed her wheelchair or mobility scooter and can now walk normally.

Soon after, she was able to enjoy a Mediterranean cruise with her husband and sisters - who were overwhelmed when they saw Irene walking again.

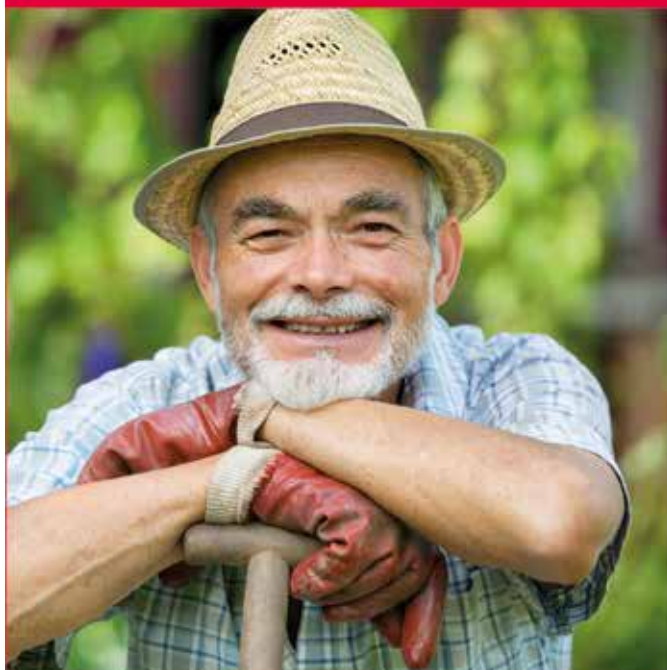
"It was a great holiday - I was even able to get up and dance," she said.

And Irene, a former swimming coach, is now able to enjoy swimming again. "I didn't have to go in the water before - but now I'm regularly swimming three miles a week," she said. "I cannot thank Foot Solutions enough for what they have done for me."

Andrew Scowcroft said, "It was a privilege and pleasure to serve Irene. We are all absolutely delighted with the way things have worked out for her and her family."



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.

We understand that thinking about and finding care can be difficult and we are here to help guide you. Our experienced staff and care teams can support you by providing information about all kinds of care as well as practical help.

Truro • Falmouth • Newquay • Liskeard • St Austell • Callington
Launceston • Carbis Bay • Helston • Camborne • Redruth

Let us help and care for you

01872 261787
www.cornwallcare.com



CornwallCare