

countynews

CORNWALL FEDERATION OF WOMEN'S INSTITUTES

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February 2018



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theWI
INSPIRING WOMEN





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9am - 4:30pm
Monday - Thursday

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THANKS TO LADOCK WI FOR PACKING FEBRUARY 2018 COUNTY NEWS

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CHAIRMAN'S CHATTER



I have to share with you a little secret about writing this column and that is that I am penning it at the end of November! Yes, we are actually all busy in the run-up to Christmas, dashing around the shops looking for those all-important Christmas presents, writing cards and making the cake. Instead of which, I am again consulting my crystal ball to try to envisage what February is looking like.

Some things are not too difficult to predict – I would like to send my congratulations to the members of both Madron WI and St Just in Penwith WI for their Centenary celebrations which fall on the 15th February. Madron claim the title of the first WI formed in Cornwall back in 1918, but they were

so closely followed by St Just that they share the same birthday. I wonder how many Presidents and Secretaries have graced their meetings over the years – which brings me to another point.

We are coming up to that time of year when you will all be holding your Annual Meetings, and many will be looking to appoint new Committees. I would urge all members of all WIs to think deeply as to whether they would be prepared to serve on the Committees of their WI. All committees need new members to bring in new ideas and new ways of doing things. Could you be your WI's next President? One WI President told me recently she thought the role of President the easiest to undertake because you can delegate many of the jobs! So think about it!

We have a lot of exciting events to tempt you with all around the County – an Easter buffet lunch at Chy Noweth an Conteth, flower arranging workshops and a day of Cornish art, just to name a few. Keep your eyes peeled for details of these and other

events over the coming months. Your Sub Committees are all working very hard to bring you workshops and events to keep you busy, so make sure you don't miss out by forgetting to apply. The closing dates are there for a reason but if you suddenly find the closing date has passed, phone the office to see if there are still spaces available. You never know – you may be lucky.

In the coming months, I'm planning to share this column with other members of the Board of Trustees so you can get to know them, find out who they are, what they like to do, what makes them tick and, perhaps more importantly, what they can do for you. Don't forget you can always request a visit by one of the Trustees to your monthly meeting – how's that for an offer!

Until the requests start rolling in, I leave you with thoughts that it will soon be spring!

My best wishes to you all,

Margaret

Chairman Margaret

Diary Updates

FEBRUARY CLOSING DATES

2nd – A Day of Cornish Art
3rd – Ukulele Taster Day

28th – Look What's in My Trolley
28th – Sugarcraft
28th – Photography Competition

Cover Photo



Wendy Winstanley of the Ravenswell Project and her beautiful barn owl

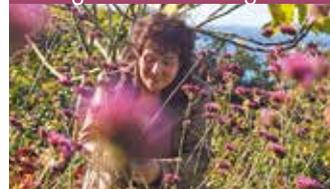
Moonshine (centre) were snapped with Jane Sleeman of Camelford WI (left) and Alison Nicholls of Trevone WI (right) at our most recent Speakers' Auditions Day. Did you know you can access our Speakers' Directory from our CFWI website? There you'll find details about Wendy along with heaps of other speakers your WI might like to book.

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NOTES FROM THE OFFICE

200+ CLUB

December winner of £47 – Jacqui Carroll, Marhamchurch WI

YEARBOOK AMENDMENTS

Page 53:
Newquay WI has changed its meeting to the 2nd Tuesday of the month, commencing in March.

SPRING COUNTDOWN

Spring Countdown will be held at the Hall for Cornwall in Truro on Tuesday 24th April.

Guest speaker at this year's meeting will be actor Timothy

Bentinck who has played the part of David Archer on BBC Radio 4's *The Archers* since 1982.

Timothy will take us behind the scenes of the longest running drama in the world in a talk entitled *Being David Archer – And Other Unusual Ways of Earning a Living*. With wry, self-deprecating humour, Timothy recounts his enormously varied life – a successful actor in TV, film and theatre; and a voice specialist working in every vocal medium. He's also been an HGV truck driver, a US tour guide, a computer programmer and website designer, an inventor with UK and US patents, a farm

worker, a house renovator and he sat as a crossbencher in the House of Lords for three years.



Unlike many acting memoirs, this isn't a succession of thespian tales of freezing digs, forgotten lines and name dropping. This is an articulate, funny and thoughtful account of how to survive an insecure life.

Do you know why we call this meeting our Spring Countdown? It's because it marks the beginning of the countdown to the vote on resolutions at the NFWI Annual Meeting in Cardiff this

June. Before sending your vote to the Annual Meeting, you'll all be discussing the short-listed resolutions at your WIs' Resolutions Meetings in May. To get ready for that, now's the perfect time to get more informed! NFWI has published a range of materials to support discussions on the resolutions. There are briefing notes on each resolution, PowerPoint presentations, videos and a guide to holding a resolution discussion. To find all of the resolutions materials, simply go to the NFWI website (www.thewi.org.uk/campaigns/resolutions-and-mandates).

This is sure to be a fascinating and entertaining day, so make sure you book a ticket with your WI!

FEDERATION MATTERS

A SPRING BUFFET LUNCH!

Mark your diaries! We'll be holding a spring buffet lunch at Chy Noweth an Conteth on Friday 23rd March. Details are with your WI Secretary.

CORNWALL VILLAGE BOOK

As part of our upcoming centenary celebrations in 2019, we'll be publishing the Cornwall Village Book, containing entries about as many Cornish villages and towns as we can.

However, time is passing, and I would like to get an idea of how many WIs are writing or have written a piece for the book.

If you have something in hand please will you let me know by a quick email to doverjane@hotmail.com as soon as you can?

If your WI hasn't yet got going

or would like any questions answered, please contact me as above or by calling

To be a success, we need as many villages/ towns represented as possible. It will be a great project for the winter evenings. So, even if your Institute has submitted a piece, but you grew up in or know about a different village, all contributions will be welcomed. It need not be a long piece, but a maximum of around 1000 words, please.

If your forte is photographs, we need a good selection. Ideally, they should exclude as much signage and street furniture as possible, but be a balanced picture that represents the heart of the village or town.

As soon as you have completed your entry, please let me have it, either by email or send it to the

office in hard copy. Thank you.
– Jane Dover

ROYAL CORNWALL SHOW



You still have time to enter the competitions for this year's Royal Cornwall Show!

All you need to do is get together a group of at least four of your WI members to enter the Royal Cornwall Show Cup Competition. This year's theme is "A Picnic on the Beach".

If a group project doesn't interest you, then please do think about making a beach bag in any medium to enter in the Barbara Reed Trophy Competition; or have a go at some of our tempting floral arts competitions.

Full schedule and instructions for all the competitions were sent to your WI in November 2017, so check with your WI Secretary for details.

The Royal Cornwall Show will be held on the 7th, 8th and 9th June. The 2018 Royal Cornwall Show Cup Competition is organised by our Home Economics and Craft sub-committee. The deadline for entering the competitions is Saturday 31st March.

TREASURERS' SURGERY

The next Treasurers' Surgery will be held at Chy Noweth an Conteth on Wednesday 7th March. 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 the office on 01872 272843 to make an appointment with Federation Treasurer Alison Latham.



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MEMBERSHIP MATTERS

WI ADVISERS ARE HARD AT WORK!

February is the first of the two months of Annual Meetings in Cornwall, so it's a busy time for the Membership Support Sub-committee. Some of you will be having a visit by one of our WI Advisers during this time, whilst others will be doing it themselves. There is plenty of information available to help you, including that contained in the enclosure sent to WIs back in the autumn. However, if you need to speak to someone, your CFWI Year Book contains a list of Advisers and which WIs they are attached to (page 22). Please do contact your Adviser if you need assistance or have any questions. We're here to help!

Currently the WI Advisers and their helpers are in the process of trying to form not one or two new WIs, but three around the

County! We do hope you wish us luck. We'll let you know how we get on.

Looking forward further into 2018, May will see us "Blowing our own Trumpets" around the County, and in September there will again be a Fashion Show at Kernow Mills at Trerulefoot. We will also be at Spring Countdown and the Annual Council Meetings and will hope to see you somewhere.

Best wishes to you and your WI for 2018.

BLOWING OUR OWN TRUMPETS

Are you a 'secret' society or does your community know just what your WI gets up to? How do you let members and the public know what you are doing? We will look at traditional methods of publicising ourselves as

well as some more modern ways.

Please bring a copy of your programme and perhaps one of the posters you have used to share with others.

Sessions will be held in May in St Pinnock, Connor Downs and Marshgate, and at Chy Noweth. We'll be holding these sessions at various times of day but will always start with coffee/tea and cake!

You'll find further details in the March issue of *County News* and also on the enclosure sent to your WI with this posting.

Make a date in your diary now!



ACTIVITY & LEISURE

GIRLS' DAY IN REVISITED Friday 18th May CHY NOWETH AN CONTETH 10 for 10:30am – 3pm

Following the success of the event last year, why not join us for yet another interesting day?

In the morning:
Claire Greenwood, a familiar face with WI members, will talk us through her 'Magic World of Colour and Style'. You can sample skin products from Spiezia Organics, made by hand in Cornwall using herbs, flowers and oils.
and
Learn some simple stretching exercises with Tracey Eustice.

In the afternoon, students from Truro College will give demonstrations on a variety of beauty treatments including hair, nails or make up. (This may be your opportunity to volunteer!)

Coffee and tea will be available on arrival, with soup and roll and a selection of cakes on offer at lunch time. You are also very welcome to bring your own packed lunch. Please indicate on the application form if you require lunch.

Cost:
£9 (payable on application)
Cost for lunch:
£5 (payable on the day)
Closing date:
Thursday 5th April
Further Information: Sandra Buck

(contact the Office for bookings)

HOME ECONOMICS AND CRAFT

LOOK WHAT'S IN MY TROLLEY! COOKING DEMONSTRATION – OLD AND NEW

**Tuesday 17th April –
PROBUS VILLAGE HALL
Thursday 10th May –
COADS GREEN
VILLAGE HALL
7pm**

How do you pronounce quinoa? What is freekeh and what should I do with it? Alison and Pat from the Home Economics & Craft Sub-Committee are holding cookery demonstrations on the theme of "old and new." Alison will show some traditional recipes we all love and Pat will demonstrate what can be done

with some of the new items on the supermarket shelves. Coffee/tea and biscuits as well as a tasting of the food are included.

Cost: £7
Further Information:
Pat Mallett

(contact the Office for bookings)
Closing Date:
Wednesday 28th February

SUGAR CRAFT FLOWER MAKING WORKSHOP Thursday 12th April CHY NOWETH AN CONTETH

10am – 3:30pm
Join us for a full day course in which you'll learn how to make simple flowers and leaves in

sugar under the tutelage of Dot Rogers, assisted by Rosemary Slee. We'll be making roses with buds and leaves, and lilies with eucalyptus leaves.

Basic equipment can be provided for use by members on a sharing basis, but if you have your own then please bring it. All materials will be provided – flower paste, wires, tape, colours, etc. A lunch of soup, a roll and cake will be available at a cost of £5.

Cost: £18
Further Information:
Dot Rogers

(contact the Office for bookings)
Closing Date:
Wednesday 28th February

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OPENING TIMES
Mon to Fri - 6pm to 11pm
Saturday - Noon to 11pm
Sunday - Noon to 10:30pm

COMBINED ARTS



MOBILE PHONE PHOTOGRAPHY Thursday 3rd May PORTHLEVEN

10:30am – 3:30pm

The cameras on mobile phones are rapidly improving, but many of us are still unsure how to use them most effectively. Becky Curtis, a photographer who has worked with David Chapman, has agreed to lead this workshop aimed at helping us to learn what our mobile phone cameras can and possibly can't do.

There will be a morning session in Porthleven Public Hall when Becky will share her expertise. She is keen to know what members would like to know so that she can tailor the day to match our needs. To this end she has composed a questionnaire which will be emailed or posted

to participants prior to the day. The afternoon will consist of a practical session in Porthleven.

Bring your own packed lunch or let us know if you would like to order a pastry. Coffee, tea and biscuits will be available.

Cost: £15.50

Closing Date: Tuesday 20th March

Further Information:
Val Strout

(contact the Office for bookings)

DRAMA WORKSHOP, PART II

Thursday 24th May
CHY NOWETH AN
CONTETH

10:30am – 3:30pm



Back by popular demand, we are pleased to offer a second drama workshop. 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 onto the stage.

This 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.

There will be a chance to hone your acting skills and use your voice and body to develop a character. Come along and enjoy the challenge!

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

Cost: £10.50

Closing Date:

Thursday 12th April

Further Information: Alison Downing

(contact the Office for bookings)

2020 CFWI CALENDAR

Thank you to all the members who entered photographs for our 2019 Calendar. Now we are planning for 2020 - yes 2020!

The title is "2020: Vision of Cornwall" so it's time to start keeping your photographer's eye

sharply focused for that special image to portray our wonderful County. You have until October 31st to send in your entries but, of course, a calendar needs to reflect as much of the varying seasons as possible.

Further Information:
Val Strout

UKULELE TASTER DAY Friday 16th March CHY NOWETH AN CONTETH

10:30am – 2:30pm

Have you ever wanted to play the ukulele? Here's your chance! Bring your own ukulele if you have one, but there will be plenty available to borrow on the day. Coffee, biscuits and a light lunch will be provided.

It is always worth ringing the office to see if there is still space available even after the closing date.

Cost: £15

Closing Date:

Saturday 3rd February

Further Information: Jean Jones (contact the Office for bookings)

Sarah has lots to celebrate!

Sarah Chapman has a job which requires a lot of standing on ceremony - literally.

As a qualified celebrant she officiates at weddings, funerals and name-giving ceremonies - and that invariably means spending a lot of time on her feet.

Her successful business Celebration Ceremonies was, however, facing an uncertain future because Sarah was suffering severe pain in her knees and feet.

"The pain had got worse and worse over the years," said Sarah, "and it was reaching the point where it was literally unbearable.

"It was beginning to affect my work and also my leisure time. I enjoy walking and even that was becoming impossible.

"I couldn't understand why I was in so much pain and decided to go to my GP who said that inserts were the answer."

Sarah regularly visits Plymouth to help run the Singing for the Brain group - which helps people with dementia - and was walking down Royal Parade when she saw the Foot Solutions store.

"I decided to go in - and am delighted



that I did," she said. "You are welcomed like a personal friend by the staff, who are extremely knowledgeable and helpful.

"I was served by Kate and she undertook a full assessment of my feet and gait using all their amazing technology.

"Kate explained that my ankles were rolling inwards which meant the arches in my feet were collapsing and this was the cause of all the pain and discomfort," added Sarah.

Customised insoles were produced which are moulded to the shape of Sarah's feet and support her ankles and arches.

Sarah said: "I purchased stylish footwear from Foot Solutions as well which have also helped my situation.

"I have not experienced any challenges since and have now forgotten what it is like to be in pain.

"I can stand for hours without any problems and can now enjoy walking again.

Sarah was so pleased with the service that she received from Foot Solutions that she recommended that her husband visit the store to help him deal with his own foot problems.

"He is very happy now as well," said Sarah.



WI NEWS

FEBRUARY BIRTHDAYS

Crantock WI, 65th
Lerryn WI, 70th
Pensilva WI, 70th
Mullion WI, 95th
Madron WI, 100th
Newquay WI, 100th
St Just in Penwith WI, 100th

SOMETHING DIFFERENT EVERY MONTH IN LANREATH



Lanreath WI is a small rural WI but they managed to celebrate their 70th birthday in style at a wine tasting evening last summer with a professional wine educator, a celebratory meal in a local pub and a glass of prosecco and birthday cake at their July meeting. In complete contrast, they have had a full and busy year with several notable speakers covering a wide variety of subjects including a talk on Female Genital

Mutilation. Their excellent speaker was an authority on the subject at a national level, and she gave members a sensitive but factual talk on this controversial subject that affects so many women worldwide and within the UK. She engaged with everyone in the room and her delivery of such a sensitive subject was much appreciated and certainly very informative. Lanreath WI's motto is "Something Different Every Month"! Pictured here are members of Lanreath WI at their 70th birthday celebration.

A BIG BIRTHDAY FOR MADRON WI

Madron WI are celebrating their Centenary this year. On 15th February, exactly 100 years from their very first meeting, the group will be holding a birthday party at The Land's End Hotel.

CROWLAS & LUDGVAN CAMERA CLUB GOES TO THE LIBRARY

Crowlas & Ludgvan WI has a small but creative Camera Club. Recently, the Club spent

an afternoon at the Morrab Library in Penzance. The Morrab is a fabulous old building, full of nooks and crannies holding a wonderful collection of new and old books. As it was a clear day, the group was also able to take photos of the Morrab Gardens, complete with a bandstand and fish ponds.



The Camera Club meets monthly at different venues which have included the Mill Pond in Hayle, St Uny Church in Lelant, Baker's Pit, the Jubilee Pool, St Michael's Mount and the Christmas lights at Mousehole. They have also had a day's tuition with David Chapman at Tehidy Woods. When the weather is inclement, they've opted for indoor projects

such as food photography and capturing images of splashing water. If your WI doesn't have a camera club, why not consider it? It's a great way to learn some new skills while having fun at the same time.

FALMOUTH WI CELEBRATES ITS CENTENARY

Falmouth WI are celebrating their Centenary in 2018. The first of several celebrations is an Open Day on Friday 2nd February at Falmouth Methodist Church, the Moor, Falmouth, from 10:30am to 3:00pm. Refreshments will be available including soup and a roll at lunchtime. Why not come and reminisce with us?

A COOKERY DEMONSTRATION FOR MAWNAN WI



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The annual cookery demonstration at The Cove at Maenporth has become one of the most popular events in the year for Mawnan WI. This year chef Arty Williams was asked to show some dishes with a festive flair and he did not disappoint! It was quite a feat to cook for 27 WI members scrutinising every step of the way! On arrival, many ordered a glass of wine and then went to grab a seat with a good view....of the food rather than the beach this time. The first demonstration was a scrumptious goat's cheese bonbon starter served with a coleslaw made with little gem lettuce rather than cabbage. This was followed by scallops on a cauliflower purée (the trick is to cut the cauliflower into small even-sized pieces and cook it in milk), garnished with raisins soaked in sherry, with bacon and a crouton. The demonstration ended with a stunning Christmas pudding parfait that we're sure appeared on the table in quite a few Mawnan WI members' homes over Christmas.

BUDE WI CELEBRATES 95 YEARS

The very first meeting of Bude WI was held on 9th November 1922 in a room in Queen Street, Bude, under the guidance of Mrs Carver. Mrs Carver went on to serve as President for eight years until 1930. To celebrate the 95th anniversary of their inception, 94 members and seven guests of Bude WI gathered at the Falcon Hotel in Bude to enjoy a delicious dinner and the best of company.

After a brief welcome by Bude WI President, Cynthia May, the assembly rose to sing a rousing rendition of *Jerusalem*, which was followed by the WI Grace. After dessert, Cynthia invited guests and CFWI Chairman Margaret Johnson to accompany her in the cutting of the celebration cake. Cynthia then gave a short speech detailing the 1922 formation of Bude WI. To add to her speech, Cynthia donned a 1920s-style hat and explained how at that time, sea bathing or, as it was known in the '20s, total water immersion, was

available to women only at Maer Beach (now Crooklets). There was no sea pool, and the use of Tommy's Pit, Bude's natural swimming pool at the end of the breakwater, was restricted to men. Fortunately, times have changed and perhaps the WI has had some input with that! Cynthia proposed a toast to CFWI, and our newly-elected Federation Chairman, Margaret Johnson, rose to respond. She proposed the toast to Bude WI and told the group that this was her first official function in her new position. Everyone wished her every success.

As coffee and cake were being served, Bude Treasurer Ruth Pearce drew the raffle, which raised £178, and then the entertainment commenced. 'Friggin Riggin', a local group, entertained with their special brand of sea shanties and folk songs that everyone could join in with. This created a great, if rather noisy, party atmosphere. The finale was a very loud rendition of *Trelauney* with the whole audience on their feet.

ENVIRONMENT AND PUBLIC AFFAIRS

SHOW THE LOVE: GREEN HEARTS FOR VALENTINE'S DAY

In February 2016, members of Zennor WI made green hearts to celebrate the things we love that are threatened by climate change.



This February, the WI and the Climate Coalition are continuing the theme of green hearts in order to get people talking about climate change and to keep up pressure on the Government to make real progress towards delivering 100% clean energy within a generation – a goal which is entirely possible.

In their Green Hearts Toolkit (you can find it on the NFWI website) the WI Campaigns Team quote Amber Rudd MP as saying, "Politicians can't deliver on the ambition without the public saying 'We need you to do this!'"

Last year members of Zennor WI made green hearts from fabric and gave them to Derek Thomas MP at our climate event in October. This year we are going to make cakes and biscuits, and have a tea party for Valentine's Day. One of our members is a ceramicist and has promised to make us some green heart badges which we can wear permanently – perhaps on our sleeve? So download the Green Hearts Toolkit, have fun making green hearts, and let the Government know that they have our support in their drive towards clean energy. Please send any stories and photographs of your WI's green hearts to *County News!* Pippa Stilwell, CFWI Climate Ambassador

MONKEY BUSINESS

Mark Wednesday 30th May in your diaries for a very special visit to The Monkey Sanctuary in Looe. More details will be in next month's issue of *County News*.

BLAIKLEY SALVER POETRY COMPETITION

The theme for this year's Blaikley Salver Poetry Competition is 'Food'. We invite you to write a poem entitled: 'FOOD MATTERS'

The poem should be up to 32 lines long, handwritten or typed, with double line spacing. Send in TWO copies. Write your name and WI on ONE COPY only – so the judge can have the anonymous copy and not know who wrote it. That is very important.

Entries should be submitted with a cheque for £4 made payable to CFWI and a stamped addressed envelope and sent to Chy Noweth an Conteth.

To keep the cost down you can fold the poem so it fits in an A5 envelope, and so pay the lower postage charge.

Further Information: Pam Northover

Closing Date: Thursday 31st May

CUTTINGS FROM FLORAL ART AND GARDENING



deadhead, and water, of course, but these top quality plants will do you proud! The nursery's newly-built Garden Room is ours for the day – a sort of

common room, where coats and bags will be safe and where the coffee, cake and lunchtime soup and roll (all included in the price of the day) can be enjoyed away from the main part of the Mill Café. All those attending will get a 10% discount on any purchases they make on the day – that sounds like another Garden Bargain! Coffee will be available from 10am onwards. We'll aim to finish our baskets by 3:30pm, but do stay on for a bit of retail therapy if you like!
Cost: £38

SUMMER HANGING BASKET WORKSHOP Friday 27th April BODMIN NURSERY

10:30am – 3:30pm
Come and join us at Bodmin Nursery – already a firm favourite with many members – and enjoy a day of gardening enthusiasm! The staff are expert tutors and you should come away with a fabulous basket full of plants and bulbs to provide you with a dazzling display right through to the first frosts. You will need to

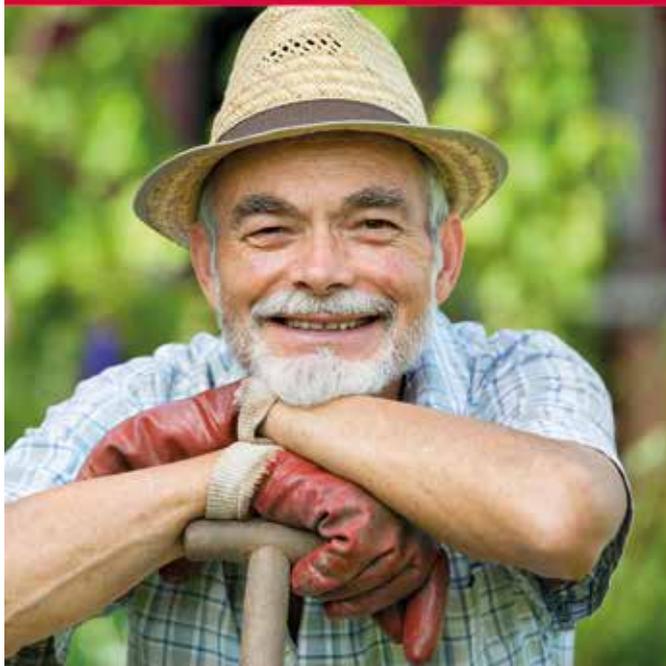
Further Information: Felicity Penneycard

(contact the Office for bookings)
Closing Date:
Tuesday 13th March

FLORAL ARTS AT ROYAL CORNWALL SHOW

As there is no flower arrangement, as such, included in this year's Royal Cornwall Show Cup Competition, we think this is the perfect opportunity for you to enter our Floral Art competitions. We know who all you gifted flower arrangers are – we've seen you at our various workshops around the county with Edna Trudgeon! Why not have a go? The Pat Ward Cup is especially for those who have not previously won a first prize and, judging from the various efforts at our recent workshops (and there are two more in March), there are plenty of potential winners out there. Be brave and have a go!

Caring for Cornwall



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