

# countynews

CORNWALL FEDERATION OF WOMEN'S INSTITUTES

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March 2018



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**theWI**  
INSPIRING WOMEN





# NOTES FROM THE BOARDROOM

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## THANKS TO SHORTLANESEND WI FOR PACKING MARCH 2018 COUNTY NEWS

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## DESIGNED BY

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*Over the coming months, this column will be written by various members of the CFWI Board of Trustees, so you can get to know them all a bit better.*

**W**ith the daffodils brightening up corners in town and countryside, spring is such a hopeful and exuberant time of year, especially in Cornwall where blossom and bulbs come a little earlier.

I have been asked to tiptoe through the tulips with you this month; other Board members will be close on my heels.

I live in Truro, and am a member of Truro WI. Five years ago I did three years as President and now serve as Treasurer. This year we are celebrating our Centenary and a series of events has been planned.

For the last three years I have served on the Board of Trustees and am currently one of three Vice-Chairmen. We do all kinds of things, working individually, in small teams and very often all together, organising events and opportunities for every WI member. If you have ever wondered what we get up to, why not invite a Trustee to one of your meetings?

Apart from the WI, I am a volunteer in Truro Cathedral, love long coastal walks, beach combing, reading, travelling, gardening, classical music and for the last 30 odd years have been researching my family history.

I met my husband at Oxford, where we were both involved in research. Our two daughters were born there more years ago than seem possible. When the girls were still at primary school, we had the opportunity to move to the Channel island of Alderney. Some of you have probably visited - it is very small - 3 x 1.5 miles - and just 8 miles from France. When we lived there, the population was around 1000. The only way to travel there was by 18-seater plane. The island is mostly self-governing, answerable only to Guernsey, in whose Bailiwick it belongs. Although it may seem similar to the Isles of Scilly, there are marked differences.

It is easy to involve oneself in island life; you just join everything. The WI had over 80 members. Joining it was my first real experience of WI. We ran an interesting programme and each year were responsible for the Flower and Produce Show, a rather serious affair with very strict judging. One year I won a bursary for Denman and discovered what a wonderful amenity we have set in the Oxfordshire countryside. The course I did was all about maps. I have never seen it offered since, but have returned to Denman, most recently three years ago.

In 2006, after several moves around the country, we decided to return to Cornwall, where we had lived for a short time in the early 70s. We were still working from home and able to explore all our favourite places, even if some of them had dramatically changed. My husband died in 2008. The planned retirement didn't happen. I did, however join Truro WI later that year.

The following year my daughters both married - two weeks apart! The eldest lives in Australia and has done for the past 11 years. I am much looking forward to seeing them at the end of this month. My younger daughter lives in Yorkshire. She has three lively children who come and visit, now sadly only during school holidays. Being a grandparent is a joy, a chance to look forward and help nurture their future happiness and success.

Those of us on the Board of Trustees are doing a similar thing, often behind the scenes, for the future success and continuation of Cornwall Federation, which has a kind of grandparent role. There are some unusual and interesting events planned this spring, so do try to attend some. Being a WI member can be so much more than just attending a monthly meeting; you are part of a wider, extended family so enjoy it to the full.

*Jane*

Jane Dover, Vice-Chairman,  
CFWI Board of Trustees

## Cover Photo



Our cover photo this month is Mawnan WI's new Cake, Chat and Company project. The idea arose originally from the NFWI resolution about reducing loneliness, and Mawnan WI members hope now to make it a regular event. Members were joined by Mawnan Rainbows and Brownies for this lovely occasion bringing together the generations and giving them the opportunity to make new friends.

## Diary Updates

### MARCH DIARY DATES

- 6th - Flower Arranging Hayle
- 10th - Flower Arranging, Wadebridge
- 16th - A Day of Cornish Art
- 16th - Ukulele Taster Day
- 23rd - Easter Buffet Lunch

### MARCH CLOSING DATES

- 13th - Summer Hanging Baskets
- 20th - Mobile Phone Photography
- 31st - Royal Cornwall Show Cup entry

## NOTES FROM THE OFFICE

### YEARBOOK AMENDMENTS

Page 15: Home Economics & Craft Sub-committee Secretary Pat Mallett's new email address is .

### SPRING COUNTDOWN



Have you booked a ticket to this year's Spring Countdown at the Hall for Cornwall?

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.

You'll also have a chance to learn about this year's WI resolution(s) and inform yourself before casting your vote.

This is sure to be a fascinating and entertaining day, so make sure you book a ticket with your WI! All paperwork, along with application forms, was sent to your WI Secretary in February. The deadline to apply for your ticket is 22nd March.

## FEDERATION MATTERS

### AN EASTER BUFFET LUNCH!

If you haven't yet booked a ticket for our Easter Lunch, there may still be spaces available, so please ring the office if you're interested – 01872 272843. The lunch will be held at Chy Noweth on Friday 23rd March.



### JOIN US ON A VISIT TO MOUNT EDGCUMBE



Save Thursday 28th June in your diary for a very special visit to Mount Edgcumbe Country Park.

Stroll around this Historic Park by the sea and walk the 7km of coast path or explore the forest trails. Bring a picnic or enjoy a lunch at the Orangery. You'll also have an opportunity to visit the exhibition in the house entitled 'The Great War: Mount Edgcumbe Before and After'.

Tickets will be £19.00 or £17.50 concessions (this includes coach travel, entry and exhibition). See next month's *County News* for full details and an application form.

### CHAIRMAN'S OPEN HOUSE

**Friday 25th May 10 – 2:30pm**

**CHY NOWETH AN CONTETH**

Join us as we throw open the doors of Chy



Noweth on 25th May. Members are invited to drop in anytime from 10am until 2:30pm to have a look around, browse our stalls, have a go at Tombola and mingle with other WI members. We'll be serving bacon butties during the morning as well as coffee and cake.

Would your WI like to book a table or stall? You can use it to sell cakes, crafts or just odds and ends to help raise funds for your WI. We only charge £5.00 per table per WI for the whole day; the rest of the profit will be yours. Space is limited, so if you're interested please contact Helen Kestle on .

### ROYAL CORNWALL SHOW

Has your WI entered this year's Royal Cornwall Show Cup Competition? You have until the end of the month!

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".

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.

## SAD NEWS FOR CFWI

Many members who have clocked up years of WI membership will be sad to hear of the death of former County Chairman Joy Foot, a former member of Lostwithiel WI.

A popular woman who was always smiling, Joy served as Chairman from 1980-83. She was renowned for her love of the countryside and rural life and especially her beloved cows at Trevego, Lostwithiel, where she farmed in partnership with her husband, John.

She was always interested in the wider educational side of the WI and served on the Public Affairs sub-committee and the International sub-committee arranging several international exchange

visits. At that time, there were 13 sub-committees and over 260 WIs in Cornwall.

Joy was an able, committed and enthusiastic member who enjoyed all the aspects of WI and had the exceptional ability to instil confidence in others to achieve whatever they felt was their goal.

As well as her many other posts she had the task of compiling the Federation newsletter, which was then a cut and paste job. She also served as Federation Archivist, which gave her great pleasure. She was a member of the Cornwall Rural Community Council and had many interests outside the WI.

What a remarkable woman.

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**DOLPHIN**

## MEMBERSHIP MATTERS

### BLOWING OUR OWN TRUMPETS

**Friday 11th May –  
Chy Noweth an Conteth  
10:30am**

**Tuesday 15th May –  
Connor Downs WI Hall  
2pm**

**Thursday 17th May –  
East Taphouse Community  
Hall 2:15pm**

**Thursday 24th May –  
Otterham and St Juliot  
Hall, Marshgate 7pm**

Is your WI a “Secret Society”? How do you let members and the public know what you are doing? Let’s look at how we can best BLOW OUR OWN TRUMPETS.

Coffee/tea and cake will be available from about 30 minutes before the start time of each session.

Please book as soon as possible with your WI Secretary, using the enclosure with this month's posting, which also gives additional information.

**Cost:** £8 per WI (send as many as you'd like for only £8!) **Closing Date:** Sunday 1st April – but if you've missed the date, contact the Office as there may be space

**Further Information:**  
Kath Reed

(contact the Office for bookings)



## DENMAN

### DENMAN EXPERIENCE

**– MAY 2019**

Come and join us on our Federation visit to Denman in our Centenary Year. We will have a varied selection of courses on offer. Watch this space for full details next month. Contact: Kathy Reed Denman Ambassador on



## 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 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!)

### 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)



## CUTTINGS FROM FLORAL ART AND GARDENING



### 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. The nursery's newly built Garden Room is ours for the day – 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. 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!

**Cost:** £38

**Further Information:**  
Felicity Penneycard

(contact the Office for bookings)

**Closing Date:**  
Tuesday 13th March

Teresa Wicksteed  
MCSH, MA, PGCE  
Qualified Sound  
Healing Practitioner  
First appointment £30 then £40  
email or ring Teresa  
for more details  
**07968 941854**

Teresa@teresawicksteed.co.uk  
collegeofsoundhealing.co.uk



**Sally Kington**  
PGDip MCFHP MAFHP



## FOOT HEALTH PRACTITIONER

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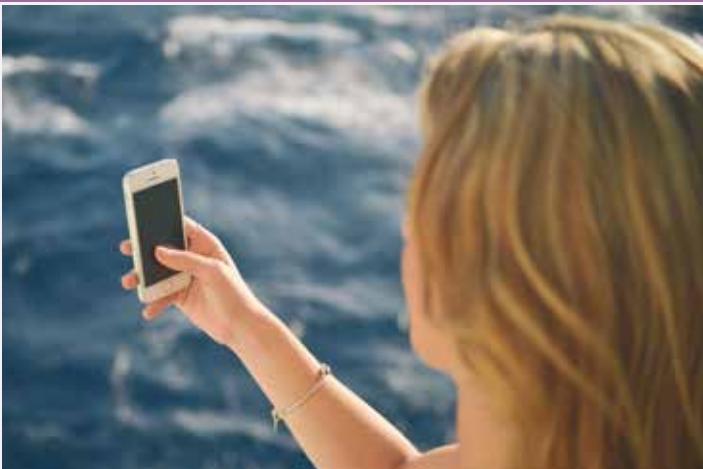
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**01536 526674**

**lancepublishing.co.uk**

## 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. This event will include a morning session in Porthleven Public Hall when photographer Becky Curtis will share her expertise. 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. 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  
Email:  
(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

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# Retire to Roseland Parc

### New properties: Stable Mews

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## PUTTING AVOIDABLE PLASTIC WASTE WHERE IT BELONGS

Plastic pollution is hot news these days – pollution of our seashores and the seas, and the horror of the Wasteland, that super-continent of plastic waste in the Pacific Ocean.

There is a great deal happening locally, nationally and internationally, due to people's determination to fight the pollution that blights our beautiful beaches, our seas and even our food chains. Our own excellent campaign to fight "plastic soup" and stop the accumulation of microfibres in the seas is an important part of this.

At time of writing (mid-January), a pledge has just been announced "to end the scourge of plastic" by eliminating all avoidable plastic waste by 2042, extending the charge for plastic bags and urging supermarkets to have plastic free-aisles. Let's hope this becomes a reality. But we can do more than hope; we can help make improvements now. What if we try to give up plastic as much as we can for a while? How about giving it

up for Lent? Or for the month of April? Or any time you choose?

We can't give up all plastic – some of it is there forever. But we can do what we can to avoid it and give up as much as possible for a while – particularly all that throwaway single use stuff that fills our shopping bags. Try just buying fruit, veg and meat that is not in plastic packaging. Use refillable water bottles instead of plastic.

Or we can go further than that. We can collect the plastic we haven't been able to avoid buying, and then challenge the shops where we bought it. If you do this as a WI or in a group, you could invite the manager of your local supermarket to witness the pile of unavoidable plastic – or write to them and ask for a response!

Giving up throwaway plastic for a while could be quite difficult, given how enmeshed it is with our lives. But it might change our behaviour just a little bit for the future. And it might push those supermarkets a little further in our quest for reducing the source of the pollution.

To make getting rid of plastic pollution a reality in our lifetime several things need to happen. Manufacturers need to make only those types of plastic that are benign or are biodegradable, or that are recyclable. And we all need to use less plastic and recycle more of what we do use. If we are demanding less plastic, then the powerful supermarkets will want to come on board; nothing is more important to them than public pressure and opinion.

This could be a positive and big step forward from what has been until recently a grassroots movement. It is important to get everyone on board. We can all do our bit to help that happen, and every little helps. Let's do it. Let's have a go at giving up avoidable plastic. Please let us know how you get on.

## ALLEVIATING LONELINESS

As you know, one of our latest successful resolutions (voted in 2017) is "Link Together": all about alleviating loneliness. This campaign calls on WI members to continue to reach out to others in our communities, and to continue welcoming new members. Why not take a

leaf out of the Eden Project's book and arrange a local BIG LUNCH as a simple act of community, friendship and fun. Visit the Eden Project's Big Lunch website to get tips on how to start. See next month's issue of County News to read more about how you can help alleviate loneliness.

## 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.

**Further Information:**  
Pam Northover

**Closing Date:**  
Thursday 31st May

# WI NEWS

## MARCH BIRTHDAYS

Budock, 60th  
Botus Fleming, 70th  
Camelford, 80th  
Hessenford, 85th  
St Mellion, 95th

## A FUNDRAISING CREAM TEA IN TREMATON



Members of Trematon WI recently held a successful fundraising cream tea to benefit Echo Cornwall, Echo is a day resource for people with physical disabilities. Pictured are members presenting a cheque to Lorraine Clark, Echo Cornwall's Development Officer. Trematon WI would like to give thanks to Rodda Good Deeds, Waitrose

(Saltash), Caroline Brown and Saltash Baptist Church for their kind donations. Of course, thanks also go to the women of Trematon WI who provided such delicious homemade scones and cakes that helped make the event such a success.

## MORWENSTOW'S 90TH ANNIVERSARY WALL HANGING

Morwenstow WI members recently completed a beautiful wall hanging to celebrate their 90th

anniversary. Each member made one large square from nine smaller squares using recycled fabrics, and embroidered their initials in the centre to make it more personal. The individual squares were then put onto a plain background and the name of the institute and dates were embroidered in the centre with gold thread. The photo here shows the unveiling of the wall hanging at the senior citizen's party hosted every year by Morwenstow WI.

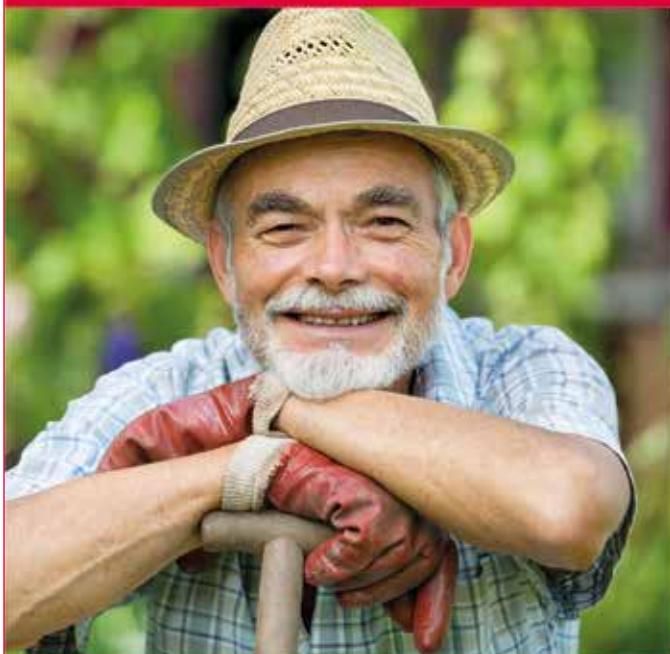


## SHEFFIELD & DISTRICT WI IS 70 YEARS YOUNG



Pictured here is the cutting of Sheffield & District WI's 70th birthday cake. On the left is Sue Snell who made the cake, centre is President Donna Rodda and on the right is Linda Burton who decorated the cake. At the birthday celebration, each member was given a commemorative engraved glass paperweight.

# Caring for Cornwall



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PLEASE QUOTE: WI-MARCH-2018



**CornwallCare**

# A 'hidden epidemic' - right under our feet

**Thousands of people in Plymouth are suffering pain and discomfort because of what has been described as a 'hidden epidemic'.**

The condition affects an estimated one in ten of the population and leads to pain in the heel and bottom of the foot.

According to owner of Foot Solutions Andrew Scowcroft it can cause intense pain which in many cases severely affects mobility.

Andrew said: "the symptoms include pain in the bottom of the foot, especially at the front or centre of the heel bone. The pain is often worse **when first getting out of bed in the morning or when standing up after any long period of sitting**".

He said the condition can be caused by a variety of factors, including standing for several hours a day, weight gain or wearing inappropriate footwear.

GPs will often recommend rest or anti-inflammatory medication. In more severe cases, cortisone injections may be administered.

Podiatrist Karen Scowcroft said: "Although



**This diagram shows how the correct support can help to avoid excessive 'rolling' of the foot**

this can be effective, these actions simply deal with the symptoms and not the root cause of the condition".

The technical name for **this problem is Plantar Fasciitis**.

"The condition occurs when the foot is put under excessive strain usually due to the foot rolling inwards. This results in small micro-tears in the fascia, inflammation and

in turn pain. For many people this has the impact of time off work, reduction in sporting activities and a general disruption to their quality of life".

Andrew said that Foot Solutions provide a full assessment of the clients feet using advanced technology and supply custom made arch supports which control the movement of the foot and prevent muscle strain.

"This approach, coupled with the correct footwear can provide a long term solution to the problem of Plantar Fasciitis," he added. Recruitment consultant and enthusiastic runner Andrea Mahn had undergone a range of treatments for Plantar Fasciitis, but nothing eased the pain – until she visited Foot Solutions.

"The staff were knowledgeable and attentive and they identified the problem. It was the most fantastic service I could have imagined.

"Now I don't suffer. I can do my job and my running and enjoy the experience, rather than being in constant pain.

"I will never buy shoes from anywhere else again but Foot Solutions."



## Foot Pain? Knee Pain? Back Pain?

**The right footwear with the right arch support** can very often alleviate pain in your back or knees as well as your feet.

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