

# countynews

CORNWALL FEDERATION OF WOMEN'S INSTITUTES

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April 2018



## *Inside This Issue ...*

A Trip to Mount Edgcumbe

Page 3

The Denman Experience 2019

Page 5

Cusgarne Organic Farm Walk

Page 5

Carbis Bay WI in the Press

Page 6

**theWI**  
INSPIRING WOMEN





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### DEADLINE FOR INCLUSION IN COUNTY NEWS

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# CHAIRMAN'S CHATTER



Can you believe it's already April? Winter is but a distant memory, the spring bulbs and blossom are emerging and we are looking forward to a long, warm summer – well, we can but hope.

I must start by thanking Jane Dover for taking over my column last month. She wrote a great report and I am sure we all feel we know her a little better now. I hope that gradually you will all get to know the Trustees much better, feel free to invite them to join your meetings, ask them what it is like to be a Trustee, what we do and how we do it. We are all, like you, members of the WI - we merely have an additional job. So be on the lookout for future reports from members of the Board of Trustees and discover what they have to say.

Which leads me nicely to talking about challenges. Every two years in May, WIs receive

an invitation to nominate members to sit on the Board of Trustees. As long as you're a fully paid up member and not a trustee for another Federation, you are welcome to come and join us. WIs may nominate up to 15 members - existing members, or indeed members from any of our WIs throughout Cornwall. Now is the time to put your thinking caps on, and decide if you think you or any of your fellow members could make a valuable contribution to helping to shape the future of Cornwall Federation. If you need any further information, just contact any present Trustee or Barbara working away in the Office who will be able to help you. You will receive all the information you need in your May mailshot so please, please submit your nominations and let's have a few new faces as we get ready for our Centenary year in 2019.

This month we will be gathering at the Hall for Cornwall for our annual Spring Countdown, which incidentally will be our last gathering at that venue for the foreseeable future. We still haven't heard any positive news regarding the extensive renovations that are promised at the Hall for Cornwall, but I am sure you can understand that, as we have to plan well in advance for these meetings, our October Annual Council Meeting will take place at The

Regal Theatre in Redruth. I know Redruth cannot boast an M&S, but all you stitchers may be interested to know that it does have a superb quilting fabric store. I may well see you in there during the lunch break!

Plans are in hand for another Open House/Coffee morning to be held at Chy Noweth an Conteth next month. Again, we'll have various stalls and of course mouth-watering refreshments to tempt you with. Why not bring a car full of members – spend a few hours away from the hustle and bustle, relax with a cup of tea or coffee whilst you chat with friends old and new. We'd love to see you there.

I cannot end this column without offering my very grateful thanks to everyone who sent me cards and flowers or contacted me by phone or e-mail earlier this year when I lost my husband. Your thoughts and actions made such a tremendous difference – I felt very touched that so many people took the time to support me when I needed it most.

My best wishes to you all,

*Margaret*

Chairman Margaret

## Diary Updates

### APRIL DIARY DATES

27th – Summer Hanging Baskets

### APRIL CLOSING DATES

1st – Blowing Our Own Trumpets

5th – Girls Day In Revisited

12th – Drama Workshop II

## Cover Photo



The Penpol & Point WI team were definitely in the pink at our New Year Quiz at Ladock earlier in the year. Pictured (left to right) are Jane Kent, Helen Gaches, Sheila Higgins and Margaret Challen.



# Sally Kington

PGDip MCFHP MAFHP



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## NOTES FROM THE OFFICE

### 200+ CLUB

February winner of £37.50 – Judith Williams of Ladock WI

### TRUSTEE NOMINATIONS

Your WI Secretary will have received this year's Trustee Nomination form with the April *County News*.

Being a Board of Trustees member is a privilege; it requires hard work and commitment to the Federation and all its members, but it also brings rewards in working together to further the ideals of the WI of truth, justice, tolerance and friendship. It is also great fun.

You may have ideas about how the Board of Trustees could do things differently or better – if so why not tell them or, better yet, consider joining them! You don't have to wait to be asked; if you're interested, simply let your WI President or Secretary know, or contact any of the existing Trustees.

If you'd like to make a nomination, please note that nominations must reach the CFWI office no later than Thursday 31st May. Remember that each WI may nominate up to 12 members, including members from their own WIs, other WIs or existing Trustees.

Don't hide your light under a bushel. We know there are plenty of you out there who would make brilliant Trustees and who would serve the Cornwall Federation well.

Teresa Wicksteed  
MCSH, MA, PGCE

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## FEDERATION MATTERS



### TRIP TO MOUNT EDGUMBE

Thursday 28th June

Join us to stroll round this historic park by the sea and explore the forest trails and coast path. Or you can hire a Segway! Bring a picnic or enjoy lunch either at the Orangery Garden Cafe or at The Edgumbe Arms, the gastropub on the banks of the Tamar. You can also enjoy an exhibition entitled 'The Great War: Mount Edgumbe Before and After' which examines the life and times of those who lived and worked at Mount Edgumbe over 100 years ago through photographs, documents and objects.

Coach pickups will be Crowlas (Star Inn), Camborne (Tesco), Threemilestone (Chy Noweth), Bodmin (Dennison Road) and Liskeard (The Parade). Pickup times to be confirmed with your ticket. **Cost:** £19.00 per person (£17.50 for concessions), to include coach, entry and the exhibition. **Closing Date:** Wednesday 16th May **Further information:** Pam Selvey

(see your WI Secretary or contact the Office for bookings)

### 2018 PRESS COMPETITION

It's time to look back over the last few months and select the reports you'd like to enter into the Press Competition. The Boslowick Cup is awarded to the winner of those in their first year of office; the Whitecross Cup is for more experienced Press Officers to enter.

Reports of meetings published between 1st August 2017 and 31st July 2018 will be eligible. Look out for further details in the near future. Closing date is 31st July. **Further information:** Jane Dover

### YOU SAY YOU WANT A RESOLUTION ... ♪ ♪

At Spring Countdown in April, we'll be hearing speakers who will tell us about the pros and cons of this year's resolution: Mental Health Matters. You'll then debate it at your Resolution Meetings in May, and your WI will take a vote that will be given to your Link Delegate for the NFWI Annual Meeting in June.

However, you or your WI may have an idea for a resolution for the future! If so, now is the time to research and think it through. If your campaign is only for Cornwall, look for the resolution application form for CFWI campaigns sent out in the June mailing. If you want your campaign to go all the way to NFWI, look for the July mailing which will give you the timescale and guidance notes. CFWI Resolutions must be submitted by 1st September and NFWI Resolutions by 15th September.

Before you start on your research, please check with me to make sure there isn't already a mandate for the subject. I'm happy to guide you and your WI through the process. Neither the Federation nor I can block a resolution if a WI has voted to submit one. Our role is simply to help you make the best resolution you can by ensuring it is worded in such a way as to become a workable campaign. Good luck!  
~ Pat Paxton,  
CFWI Resolution Officer

### CORNWALL VILLAGE BOOK

Thank you to all the WIs who have sent their reports, line drawings and photographs for our upcoming Village Book. If you still haven't prepared your piece, this is your last opportunity! Even if you just re-jig the entry from the 2000 edition, it is better than not sending anything. You have until the 14th April - that is the absolute deadline.

Please help us to make this a publication fit for our Federation Centenary next year; we would like contributions from every WI if possible. Please contact me if you need any help.  
~ Jane Dover

### SPRING COUNTDOWN SPEAKER

We are pleased to announce that Kathryn Radcliffe, a Registered Nurse and an experienced Senior Manager, will be speaking to us during the afternoon session of this year's Spring Countdown about the work of the Cove Macmillan Support Centre. Kathryn has worked in both the independent sector and the NHS, and was the Lead Cancer Nurse for the Royal Cornwall Hospital for almost eight years before taking up her current post as Manager of The Cove Macmillan Support Centre in 2016.

### 2018 PROGRAMME COMPETITION

Does your WI programme depict what's special about your WI? If it's informative, welcoming and a useful advertising tool to give to potential new members, then it will be perfect to enter our Annual Programme Competition. **No entry fee!** A trophy for each category, defined by the number of members in your WI, will be awarded at the Annual Council Meeting in October. Please send entries to Sheila Goldsworthy

#### Closing Date:

Saturday 30th June

**Further Information:** Sheila Goldsworthy

### TREASURER'S CORNER

Welcome to the new Treasurer's Corner that aims to provide information on a variety of areas of WI finance.

In this first article, we would like to remind members of the guidance issued by NFWI on subscription schemes operated by members of the WI. In some WIs, members would like to save up towards the following year's subscription. However, a WI cannot run a savings scheme. This is not within the WI's powers under the Constitution and the WI does not have the legal authority to run such a scheme.

This guidance was issued in April 2016 and replaced any past guidance.

Please note that should you need to reach the CFWI Treasurer by email, the new address is [cfwitreasurer@gmail.com](mailto:cfwitreasurer@gmail.com).

## AGRICULTURAL SHOWS

**LAUNCESTON AGRICULTURAL SHOW**  
Launceston Show will be held this year on Thursday 26th July.

The theme for the WI Corporate Entry this year is 'Women at War', which is to include two craft items, two cookery items and a floral arrangement. There are also novice classes and individual classes for crafts, cookery, preserves, flower arranging

and photography, as well as classes for children. For further information and a copy of the schedule and entry form please contact Mrs C. Evans on [redacted], or see the CFWI website for the full schedule.

**'MAKE & TAKE' CRAFT WORKSHOPS AT RCS**  
Calling all CFWI members! WI member Lorraine England, whom you may know from her

wonderful needle felting demonstrations at RCS and Stithians Show, will be offering drop-in 'Make & Take' craft workshops in the WI Marquee at this year's RCS. Lorraine is looking for donations of wool, buttons and attractive biscuit tins to help with her workshops. Donations may be left at Chy Noweth an Conteth, or dropped into the WI Marquee at the Show on 6th June. If you are attending the

Show, please come and join Lorraine to learn how to make button jewellery and try your hand at pom pom crafts. This year's Royal Cornwall Show will be held from 7th-9th June.



## 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 2pm**

**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.

**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:** Kathy Reed [redacted]

[redacted] (see your WI Secretary or contact the Office for bookings)

### DUAL MEMBERSHIP

Some of you may be considering joining a second WI as a dual member; therefore may we remind you of one or two things.

You must have paid the full WI subscription at your main WI because this is the way that you receive *WI Life*, your Membership Voucher Booklet and any promotions from WI Enterprises.

You must then pay to your second WI the part of the subscription that is retained by WIs (WI Share). This amount is set by NFWI and for 2018 it is £20.

It is very important to remember that as a dual member, although you may vote at the meetings of both WIs, you may NOT vote on constitutional matters and

resolutions on public affairs, or stand for election as an Officer, committee member or delegate of the second WI. **This can only happen at your main WI.**

For further information or if you have queries please contact your allocated WI Adviser.

### ANNUAL MEETINGS

Now that all the Annual Meetings have been completed we would like to congratulate and welcome all those members who have been elected to serve on the committee and to those of you who have then agreed to be nominated as Officers. Your commitment is highly valued.

If you have any queries or problems please do not hesitate to contact your allocated WI Adviser.

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## DENMAN EXPERIENCE - 20th-23rd May 2019

I hope that you are holding the date free for our next Federation visit to Denman, which will take place in 2019, our Federation's Centenary year.

The courses on offer will be: Silver Clay Jewellery with Louise Simmonds, Mystery Quilt Using Nine Fat Quarters with Pat Robson, Tempting Salads and Super Foods with Ashley Keen,

Discovering Spas and Pleasure Resorts with John Vigar (includes a day in Bath) and Traditional Jazz with Carl Attwood.

Details and application forms will be with your WI's Secretary ready for your April Meeting and at Spring Countdown on 24th April.

~ Kathy Reed,

CFWI Denman  
Ambassador

## ENVIRONMENT AND PUBLIC AFFAIRS

### CUSGARNE ORGANIC FARM WALK



#### Monday 23rd July CUSGARNE FARM 11am - 3pm

Join us for a guided walk around Cusgarne Organic Farm set on the side of a beautiful valley that has been owned and managed by the Pascoe family for over 200 years. It has 100 acres of pasture for its grass-fed Angus cattle. There are vegetables, hens, orchards and growing tunnels for crops sold in the farm shop. We will learn about the eco-buildings that have sheep's wool insulation, a solar thermal hot water heat recovery system and the biomass boiler that is fed by the carefully managed hedges on the farm. In addition, we will see inside the cob and stone eco-buildings, hear about the importance of bees and wildflowers and see the wildflower meadow. The orchard grows Cornish apple varieties for eating and cider making; and fruit and herb vinegars,

chutneys, marmalades and jam are made and sold in the farm shop. This is a rare opportunity for you to visit an organic farm, and hear about the owners' passion for growing healthy affordable food in a way that is kind to the environment.

**Cost:** £10.00 per person (option of Cornish pasty and homemade cake lunch at £5.00 each. This must be ordered at time of booking but paid for on the day)

**Closing Date:**  
Monday 11th June

**Further information:**  
Helen Mills-Jenkins

(see your WI Secretary or contact the Office for bookings)

### ALLEVIATE LONELINESS WITH THE BIG LUNCH



One of our latest successful resolutions is "Link

Together", all about alleviating loneliness. Throughout the WI's 103 year history, members have sought to reach out to others in their communities, offering a chance for women to come together to make friends, learn new skills and work for change on the issues that matter to them. This is an ethos that stems right from our earliest days. 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? It is great fun and is a brilliant way to bring local people together. The Big Lunch is a simple idea: as many people as possible have lunch with neighbours annually on a Sunday in June in a simple act of community, friendship and fun. But of course, you can hold a Big Lunch whenever it suits you. Since starting 10 years ago, thousands of Big Lunches have taken place, with millions of people taking to their streets, gardens, and community spaces and halls for lunch and companionship. It doesn't matter how big or small your event is. It simply gets

people together and talking – and with a few inspired folk, it can lead to people doing more within their community.

The NFWI has put together a basic guide to inspire us to take action in our WIs and local communities. You can see the full guide on the NFWI website. Their tips include thinking about how you can make your events and social activities more accessible, open and inclusive; making small gestures where you can, like offering someone a lift or ringing a member you haven't spoken to in a while; welcoming guests at your meetings - offering an opportunity for guests to attend your WI is a good way for them to find out more about the WI; reaching out to new members by partnering them with existing members who know the ins and outs of your WI; and talking more about loneliness by inviting a speaker to one of your meetings from organisations working on the issue in your area.

Do let us know if you are taking action to reach out to members and non-members and we can share your news on our website and on Facebook.

**APRIL BIRTHDAYS**  
 Falmouth WI, 100th  
 Perranporth WI, 100th

**PANCAKE DAY IN MAWNAN**



It might have been hailing and windy outside, but the rosy cheeks were caused by the exciting and closely run races inside Mawnan Memorial Hall where nearly 80 children, mums, dads and grandparents joined in the village Shrove Tuesday celebrations hosted by Mawnan WI. The made-for-purpose toughened pancakes were created by Margaret Lugg to her secret recipe, and Marion Collins was in charge of starting each of the races with a short blast on her whistle. Competitors were invited to don chefs' hats and frilly pinnies and were instructed to toss the pancakes three times before getting to the stage and a further three on the return - quite a few bit the dust!

There were races for the under threes, Mawnan Brownies and Rainbows, Helford Beavers, mums, dads, grandparents and inevitably members of Mawnan WI! Amongst the spectators were members of the Luncheon Club. After the races, everyone enjoyed refreshments and the chance to have a chat.

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**A BIG BIRTHDAY FOR VERYAN WI**

Veryan WI will be 100 years old in December - quite an achievement in this day and age. Besides the normal programme of speakers, extra activities are planned throughout the year including a summer tea party (hats to be worn), cycling the Camel trail and a golf day to name a few, culminating in a celebration lunch in December. Several members have got together to produce a booklet commemorating the 100 years. Watch this space for some photos of Veryan members celebrating their very special year!

**ALLEVIATING LONELINESS WITH BOARD GAMES AND SOUP!**



In support of the NFWI Alleviating Loneliness resolution, Crowlas and Ludgvan WI recently held a village board games lunch and afternoon. With a notice in the local paper, posters around the village and support from the local vicar, the word was spread.

Despite the wet and windy February weather, there was a good turnout and people were soon enjoying a bowl of homemade soup and a slice of cake, and an afternoon of chat and company. With an array of puzzles and games from dominoes to Trivial Pursuit to choose from, there was something for everyone. The afternoon was declared a success by all, and requests have already been made for another event.

**A SPECIAL BIRTHDAY CAKE FOR TRURO AFTERNOON WI**



Cornwall Federation Chairman Margaret Johnson was on hand to cut the celebration cake on the occasion of Truro Afternoon WI's 25th birthday Meeting in February.



**CARBIS BAY WI MEMBERS APPEAR IN NATIONAL MAGAZINE**

Several members of Carbis Bay WI are taking part in a new community project called 'St Ives in Stitches' that was featured in the March issue of *Crafts Beautiful* magazine.

The project began last September and is led by local textile artist Jo McIntosh. The aim is to make a fabric wall hanging depicting the buildings of the historic harbour front in St Ives. The Salvation Army in St Ives have provided their

hall as a monthly meeting place for the group, free of charge, for one year.

The completed work will eventually hang there. Old photographs of the harbour front buildings will be provided by St Ives Archives and will be displayed along with the wall hanging.

Supporters have donated fabrics and threads and all those involved are donating their time.

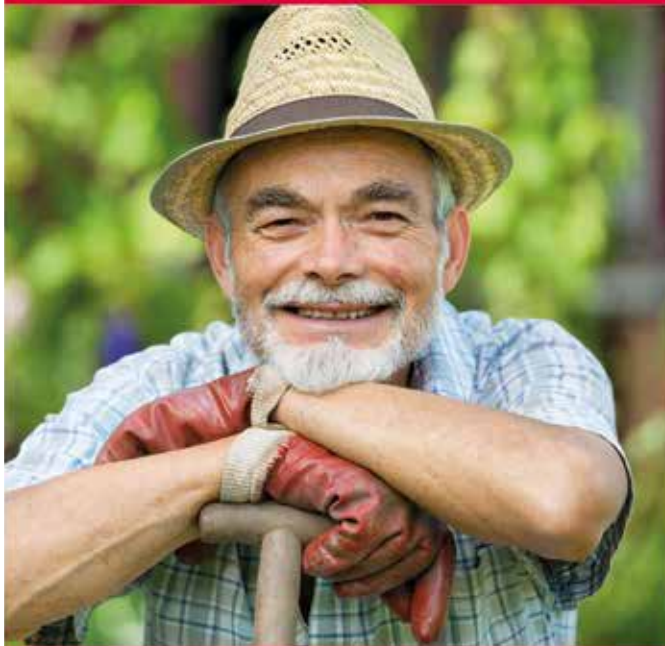
All age ranges and abilities

have been encouraged to participate in helping stitch - from the local Brownie group to holiday tourists who were interested and dropped in to a session. Word has spread through social media and local press coverage.

Jo is aiming for the project to help in social aspects too, as a way of alleviating loneliness and promoting social contact within the community. Well done to Carbis Bay WI!



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## Betty steps out in style - thanks to Foot Solutions!

**When retired photographer Betty Fox was diagnosed with Type 2 diabetes last year she decided to go for a long walk every day to improve her health.**

Having been a keen sailor for most of her life she enjoyed her hour-long walks beside the sea, taking in the coastal path and Mount Batten pier.

Then in October while on one of her regular walks her left foot inexplicably gave way under her. "I didn't fall, trip or twist my ankle, it simply gave way and left me with a painful limp," said Betty, who lives in Plymstock.

"I couldn't walk without a limp after that and it really restricted what I could do," she added.

A few weeks later Betty was reading her Plymouth Magazine and saw the Foot Solutions advertisement, which featured a testimonial from one of their customers.

"I was in the city soon after that, limping all the way as usual, and decided to visit the Foot

Solutions store in Royal Parade to see if they could help me.

"I was seen by a very helpful member of staff who carried out a series of tests and then talked me through exactly what had happened to my left foot and less badly to my right foot," added Betty.

She decided to order custom-made insoles and while awaiting their delivery purchased off the shelf insoles.

"They provided almost instant relief," said Betty, "and when the custom-made insoles arrived a few weeks later I could tell instantly that there was a miraculous improvement.

"I could walk again with no pain whatsoever. As an ex-sailor I missed being able to walk by the sea and it was such a relief to be able to do so again, thanks to Foot Solutions," said Betty.

**For an appointment call Foot Solutions Plymouth or visit their store on Royal Parade in the city centre.**

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