

countynews

CORNWALL FEDERATION OF WOMEN'S INSTITUTES

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May 2018



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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:
cfwisecretary@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

Margaret Johnson

FEDERATION TREASURER

Alison Latham, MBE

Email: cfwi.treasurer@gmail.com

COUNTY NEWS EDITOR

Helen Kestle

Email: cfwi.publications@gmail.com

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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

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NOTES FROM THE BOARDROOM



Get to know Grace Bradford, a member of the CFWI Board of Trustees.

This is the time of year when we look forward to warm summer days in our gardens, the countryside and seaside, not forgetting the family holiday.

I have lived in the Truro and Falmouth area for a number of years and at present live in Playing Place Village near Truro. I am a member of Falmouth WI where I serve as President. We are celebrating our Centenary this year and have made a start already this spring with an Open Day, which we all enjoyed, and a Centenary Lunch to follow.

As a member of the Board of Trustees, I have the opportunity to work with various groups within the WI that I find very interesting. I am Vice-Chairman of the Floral Art & Gardening Sub-committee; I enjoy gardening and floral art and take a keen interest in my Sub-Committee events. I also enjoy visiting historic places and going to the theatre.

My mother who took me along to a few meetings at Helston WI introduced me to the WI at an early age. I was impressed at the time and later joined Perranarworthal WI when my children were attending school there. I served on their committee as a Secretary and Treasurer before moving to Falmouth WI.

I have two sons and a daughter whom I am very proud of, and four grandchildren. I take every opportunity of going to visit them to catch up with the younger generation. Another important family member is my Springer Spaniel who is always there to greet me when I return from meetings.

The highlight of my time in the WI was attending the Royal Garden Party at Buckingham Palace for the National Federation Centenary, followed by the National Centenary Annual Meeting at the Royal Albert Hall. It was such a wonderful experience, with the WI members looking resplendent in their finery.

I have visited Denman with the Cornwall Federation and toured around Oxford and Bath. My stay at Denman was very friendly and I found the guided tour interesting. I have also attended the National Annual Meeting in Liverpool and have been on several Cornwall Federation coach tours.

Why not join in some of our County events? We have some exciting things lined up for our Centenary Year in 2019. Come and introduce yourselves at our Council meetings and events, or visit us in the WI marquee at the Royal Cornwall Show. Let us know your interests so we can plan for your future. The scope for making new friends is endless.

*Grace
Bradford*

Diary Updates

MAY DIARY DATES

3rd – Mobile Phone Photography

10th – Look What's in My Trolley!

11th – Blowing Our Own Trumpets (Chy Noweth an Conteth)

15th – Blowing Our Own Trumpets (Connor Downs)

17th – Blowing Our Own Trumpets (East Taphouse)

18th – Girls' Day In Revisited

24th – Blowing Our Own Trumpets (Marshgate)

24th – Drama Workshop II

25th – Chairman's Open House

MAY CLOSING DATES

16th – Mount Edgcombe Visit

31st – Blaikley Salver Competition

Cover Photo



Members of Lanreath WI get in touch with their inner George Formbys at a recent CFWI Ukulele Taster Day organised by the Combined Arts Sub-committee.

Pictured (left to right) are Enfys Johns, Di Randall and Lesley Furzer.

NOTES FROM THE OFFICE

200+ CLUB

March winner of £37.50

– Annabel John of
Goonhavern & District WI

A VISIT TO KILLERTON HOUSE Friday 21st September



On 21st September, we'll be making a trip to Killerton House, a National Trust property near Exeter. Join us for an autumnal visit to this lovely 18th century house with its hillside garden and estate. The house has a collection of 18th-20th century costumes, as well as an exhibition on 'Women in Power' with stories of the women from Killerton and their roles.

Cost: £27.50 per person (£16.50 for NT members), to include coach, entry and the exhibition.

Closing Date: Tuesday 7th August

Further information: Pam Selley

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

SAVE THIS DATE!

On 29th August, we'll be making a trip to the Minack Theatre to see a matinee performance of *Much Ado about Nothing*. See next month's *County News* for coach details and booking information.

CREATE A UNIQUE CENTENNIAL

ARCHIVE FOR 2019
We are calling on all the talented and creative members we have in our WIs to put their thinking caps on and create an archive for the future for all to see.

We have several items on display at Chy Noweth created over the years by members of the Federation, so as Archivist I am challenging you to create a wall hanging as an archive to go on permanent display, reflecting the centenary of our Federation in 2019.

Using your choice of fabric and thread, the wall hanging can be either an individual or a group entry, but only one entry per WI. The finished size is also up to you, provided the wall hanging is no smaller than 18"/45cms on one side and no longer than 36"/90cms on one side. A 'D' sleeve will also need to be attached to the back to enable your piece to be hung.

To enter, fill in the application form, which is with your WI Secretary, and send to CFWI along with a cheque for £5 (payable from your WI funds with permission) by Thursday 28th June. Completed wall hangings should be delivered to Chy Noweth by Thursday 29th November.

Judging will take place once all the entries are received and the winner will be announced and presented with a prize at Spring Countdown in April 2019, where we hope to display some of the entries. We also hope to display some of the entries at the Royal Cornwall Show.

Please note that by entering the competition you agree that the winning entry will be displayed at Chy Noweth and will become the property of CFWI.

Your WI secretary has the full details of the competition as well as the application form.

Please contact Judith Williams at [redacted] if you require further details.

Let's see some truly unique wall hangings arriving!

Judith Williams,
CFWI Archivist

TRIP TO MOUNT EDGCUMBE Thursday 28th June

Join us to stroll round this historic park by the sea and explore the forest trails and coast path. Bring a picnic or enjoy lunch either at the Orangery Garden Cafe or at The Edgumbe Arms. 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.

If you'd like to join us on our trip, we have now confirmed the pick-up times as follows:
Crowlas (Star Inn) – 9:30am
Camborne (Tesco) – 9:55am
Threemilestone (Chy Noweth) – 10:25am
Bodmin (Dennison Road) – 11:10am
Liskeard (The Parade) – 11:35am

We anticipate arriving at Mount Edgumbe at about noon, and leaving at 4:30pm.

Cost: £19.00 per person (£17.50 for concessions), to include coach, entry and the exhibition

Closing Date: Wednesday 16th May

Further information: Pam Selley (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. Closing date is 31st July. Your WI secretary will have the guidelines and entry forms.

Further Information: Jane Dover

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

Treasurers should carry out a reconciliation of finances to present to their WI committee every month using the latest available bank statement. The reconciliation should show that the bank statement closing balance plus any deposits that have not yet appeared on the statement and minus any cheques that have been written but not yet been presented to the bank matches the balance in the account book or spreadsheet.

This is an easy way of confirming your accounts balance throughout the year.

TREASURERS' SURGERY:

The next Treasurers' Surgery will be held at Chy Noweth an Conteth on Wednesday 2nd May. If you are your WI Treasurer and need help with resolving a problem with your accounts, or 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.

ROYAL CORNWALL SHOW

We are still looking for crafting materials to sell on our Federation Market Stall in the WI marquee. If you have any oddments of fabric, wool or other craft items to spare, including unused kits, knitting needles, etc., please send or deliver them to Chy Noweth or contact the office to arrange collection.

DENMAN

**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.

Information and application forms are with your WI's Secretary.

~ Kathy Reed,
CFWI Denman Ambassador

ENVIRONMENT & PUBLIC AFFAIRS

**WILL MEAT AND TWO
VEG SURVIVE? FOOD AND
FARMING IN THE FUTURE**



**Monday 15th October
THE EDEN PROJECT
10am - 4/4:30pm**

What will we be eating in the future? And how will we be producing it?

Come and join us for an exciting day at the Eden Project to hear some fascinating talks about what the future holds, straight from the Eden scientists who are working on this now. The day will start with tea/coffee and cookies in The Gallery conference room by the entrance hall overlooking the biomes. We will talk about the big issues facing the farming sector in the future with ever more mouths to feed - and

how to do that sustainably, in the face of climate change, pollution, etc. This will be followed by a seasonal and/or local and freshly made two-course buffet lunch. We will then hear from Eden scientists about what we will be eating in future, sustainable land use and about training the cultivators of tomorrow. This promises to be a hugely interesting and varied day with plenty of time for questions.

In the mid-afternoon, we will have a guided tour of the brilliant refurbished Core and the new "Invisible Worlds" exhibition. Or if you prefer, just wander round Eden at leisure. As ever, bring stout footwear for walking and be prepared for bad weather!

The buffet lunch will include either Quiche Lorraine or a seasonal vegetable quiche served with green salad, new potatoes and homemade bread; followed by fruit and sweet treats. Special dietary requirements will be

ACTIVITY & LEISURE

WALKING NETBALL



The Activity and Leisure Sub-committee is hoping to develop Walking Netball in the County.

If you would be interested in taking part, please let us know. Just a quick e-mail from your WI to Sandra Buck at

letting us know roughly how many of your members would like to do it will help enormously.

Walking Netball is a fun activity with low impact, and is great for those who have had knee or hip replacements.

accommodated, but you will need to let Eden know in advance.

Your ticket price includes access to Eden, plentiful free parking, refreshments on arrival, buffet lunch, presentations during the day and tour of the Core. Friends and family are welcome, space permitting.

Cost: £25

Closing date:

Monday 3rd September

Further information: Julia Havard

or Helen Mills-Jenkins

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

**CUSGARNE ORGANIC
FARM WALK**

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

Join us for a guided walk around Cusgarne Organic Farm and its 100 acres of pasture with grass-fed Angus cattle. 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 fed by the carefully managed hedges on the farm. We will see the cob and stone eco-buildings and hear about the importance of bees and wildflowers. The orchard grows Cornish apple varieties for eating and cider making; and 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).



Sally Kington

PGDip MCFHP MAFHP



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COMBINED ARTS



A WEEKEND JUST FOR YOU
Friday 2nd November – Sunday 4th November
TRELOYHAN MANOR, CARBIS BAY

Here's an opportunity for you to experience a residential Denman-style weekend right here in Cornwall.

There will be a choice of five courses – crafts, seasonal festive flowers, photography, art and a selection of visits and interesting talks provided by the Environmental and Public Affairs Sub-Committee. This will be an exciting weekend with an excellent line up of tutors. The cost of the weekend, which includes all

your accommodation, food and speakers, will depend on the type of room you would prefer:

- Non ensuite - £200
- Standard - £224
- Sea View - £234
- Premier - £244

If you live locally and would like to attend daily, the cost is £60 per person per day.

Please see the flyer with your WI Secretary for details of how to apply for the weekend.

Closing Date: Friday 29th June
Further information: Liz Llewellyn-Jones

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

THROUGH THE EYES OF THE ARTIST
Wednesday 25th July
ARUNDELL, WEST PENTIRE
1pm – 4:30pm
 David and Brenda Eyles have kindly agreed to open their

famous garden on the headland at West Pentire for members of the WI to use as inspiration for their artistic talents.

You are invited to a wonderful afternoon using this unique Cornish garden as your muse.

Themed areas transport you around the world from a Mediterranean courtyard through a Cornish cottage garden to a tropical jungle.

Walk to the headland to paint sea views “en plein air”, as favoured by the Newlyn artists,

photograph the colourful vistas, draw botanical specimens or just wander the pathways composing a sonnet – whatever inspires you on the day.

Come and enjoy this beautiful place with tea and scones included.

Cost: £6.50
Closing Date: Wednesday 13th June

Further information: Veronica Gray (see your WI Secretary or contact the Office for bookings).



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FLORAL ART AND GARDENING



and Lead Garden Adviser (South West and Wales). He described the various threats trees and shrubs currently face, such as caterpillars, bugs and climate change. All was not doom and gloom though, as he ended with what the National Trust and others are doing to try to combat the various threats. This was followed by a visual tour of St Michael's Mount gardens by Head Gardener Lottie Allen. Who would have thought a gardener would need an abseiling qualification?

GARDENING CHALLENGES

Earlier this year five members of Zennor WI spent a very informative day in Marazion Community Hall taking part in the CFWI Gardening Challenges event.

The day began with a talk by Ian Wright, the National Trust's Consultancy Manager

In the afternoon Richard Morton, Head Gardener at Trewidden Gardens, gave a demonstration on how easy it is to arrange shrubs to meet the requirements of the West Cornwall Spring Show rules, encouraging everyone to have a go.

The day ended with a devilish quiz.

EXHIBITIONS

JOIN THE EXHIBITIONS TEAM!

Have you ever wondered who puts together the furnishings for the spring and autumn meetings at the Hall for Cornwall, or the Royal Cornwall and Stithians Shows?

It is our Exhibitions sub-committee. I invite you to come and join us! We meet three times a year to discuss the events.

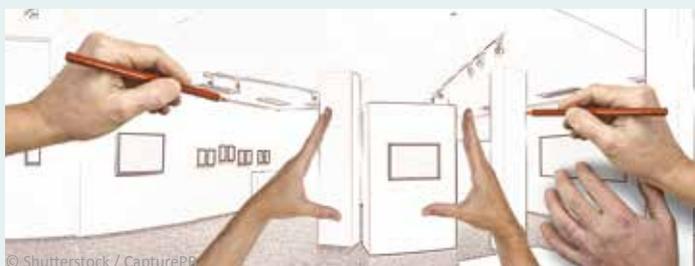
Why not come along to the Royal Cornwall Showground on Monday 4th June or Tuesday 5th June to see what we do and to lend a hand. We are a



great team of women from all over the County. If you can't make it on Monday or Tuesday, pop in on Saturday 9th June to meet us and help clear up after the show.

For more information, contact: Fran Winsor

(or ring the CFWI office).



Mum Laura keeps on shopping - thanks to Foot Solutions

Mother-of-two Laura Kilua was delighted to get a job as an online shopper at a major supermarket.

But her joy soon turned to despair when she started to suffer severe pain in her feet.

Laura said: "I got the job two years ago and inevitably it meant spending long periods of time on my feet. I fulfil online orders for customers which involves lots of walking, often for four hours at a time.

"I had suffered pain in my feet in the past, but managed to cope by buying off-the-shelf insoles. But the new job led to unbearable pain, making it hard to stand up first thing in the morning. I needed to take painkillers all the time."

Laura knew that she would have to give up the job if the situation continued. "I was crippled up with pain."

"I knew I needed expert advice and was aware of

Foot Solutions and the specialist help they provide. I visited the store and after a thorough investigation of my feet and my posture it became clear that I had very high arches in my feet.

"It is a condition known as plantar fasciitis and the solution was for me to buy custom-made insoles along with Xsensible footwear which provides additional support and comfort," said Laura.



Laura Kilua with Andrew Scowcroft of Foot Solutions

"It took a few days to get used to the insoles and specialist footwear, but I was amazed to find that all the pain just went away. I am completely pain free now and can actually enjoy my job again," she added.

FOOT SOLUTIONS

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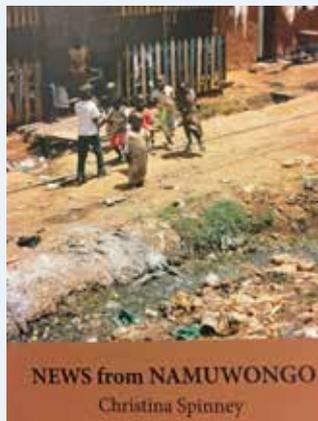
WI NEWS

100 YEARS FOR MADRON WI



Madron WI recently celebrated their 100th Birthday with a party at the Land's End Hotel. Former members of Madron WI and 10 members of St Just WI joined the group; St Just and Madron share the same birthday. Hilary Cattran and Mary Cock who became members when they were teenagers cut the cake.

NEWS FROM NAMUWONGO



NEWS from NAMUWONGO
Christina Spinney

Tregony WI member, Christina Spinney, has recently published an account of her voluntary work in Uganda and the projects she has initiated over the last 10 years. *News from Namuwongo* is a thought-provoking account, charting the development of her

involvement and including relevant historical and cultural facts, which enable the reader to more fully understand the issues she faced. The book also includes a copy of the weekly blog Christina wrote while in the country. To find out more and to buy a copy please email Christina at [redacted]

A MILESTONE FOR NEWQUAY WI



In February, Newquay WI celebrated their milestone 100th birthday with a lunch for members at Trerice Manor. Also invited to the lunch were the direct descendants of Lady Molesworth-St Aubyn, a founder member and President of Newquay WI and the first President of the Cornwall Federation of WIs. James and Gillian Molesworth-St Aubyn still live in the family residence of Pencarrow House near Wadebridge, and were delighted to attend Newquay's birthday party. Gillian helped cut the birthday cake made for the day by Tiffany Wilson, the granddaughter of Newquay's current President, Anne Wilson. Tiffany's mother, Jan, is

also a member, so three generations of WI women helped celebrate the big day.

THANKS TO CUDDRA WI



Cornwall Hospice Care gave a big thank you to Cuddra WI who recently made these beautiful heart shaped cushions, which provide support and ease symptoms for the hospice's lymphoedema patients. Fantastic work, Cuddra!

MAWNAN WI WELCOMES NEW RESIDENTS



Mawnan WI president, Sally Annan, invited new residents, who have recently moved into the development at Lowenna Fields on the outskirts of Mawnan Smith, to meet members for coffee and a chat. A few days after the village had been virtually cut off by the snow, Mawnan members gave a warm welcome to some of the women who have just joined the community. Details of Mawnan's forthcoming events were handed out and it is hoped that some of the new residents will join future WI meetings.

A SPRING FAYRE FOR PERRANARWORTHAL WI



Perranarworthal WI's annual Spring Fayre was held in March and, despite the heavy rain, the members were well supported and raised in excess of £1,200 for their charity this year, Valued Lives based in Redruth. Members say it's always hard work, involving months of planning, collecting, sorting, making and baking, but it's fun and rewarding work.

DIAMONDS ARE FOREVER



Budock WI celebrated their Diamond Jubilee in February at Tregedna Lodge, Maenporth, Falmouth. Federation Chairman Margaret Johnson joined members for their celebratory meal. Afterwards, they settled comfortably in armchairs and settees to be entertained by Will Keating who provided some lovely Cornish songs in which all could all join in the choruses. The wonderfully decorated cake was then cut.

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