

countynews

CORNWALL FEDERATION OF WOMEN'S INSTITUTES

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July/August 2018



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NOTES FROM THE BOARDROOM

Get to know Helen Kestle, a member of the CFWI Board of Trustees

COVER PHOTO

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THANKS TO TREVISCOE & TRETTHOSA WI FOR PACKING JULY/AUGUST 2018 COUNTY NEWS

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DEADLINE FOR INCLUSION IN COUNTY NEWS

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I have been
Editor of
County News
for about a year
and a half now,
but this is my first time in print.
It's quite exciting to see my own
words here.



This is my favourite time of year. I love the summer. I'm a water baby (Pisces) and nothing makes me happier than splashing about in the sea on a warm July afternoon. It's typically a lazy time of year; even the WI slows down a bit during July and August, ready to gear up again in September. It's a time to relax on the patio with a drink and a book; a time to enjoy our gardens after the hard graft of spring and early summer; a time when the aroma of barbecue floats over neighbourhoods in the evening; a time when we like to stay close to home to avoid the busy roads full of happy holiday-makers. I hope you're all enjoying a suitably lazy time!

Of course, this being Cornwall, we're bound to have our share of mizzly summer days. When the weather's not good, you're likely to find me sitting in front of my laptop. I love technology and would find it hard to live without. The internet has brought so much to my life. Having lived in Wales, Mauritius, Canada and the US during my life, I use it to keep up with friends from across the world as well as to reconnect with long-lost relatives. I also use it to watch my three-year-old nephew Eddie, who lives in Spain, grow up before my eyes. My sister-in-law Hannah, Eddie and I often have lunch 'together' using Skype. It's a wonder.

Most importantly, without the internet, I wouldn't have met my lovely husband. We met through an online dating site back in 2004 (the early days of internet dating!). Later on, we added to our family by finding our two charming cats, Harry and Mungo, on the Cats Protection website. I can thank the internet for my entire family!

When it comes to the WI, the internet can be an invaluable

tool as well. You can use it to inform your members about news in your own WI – and do it quickly and at no cost. You can use it to help raise the profile of your WI. You can use it to network with other WIs across the county and country, as well as with community groups. Perhaps most important of all, you can use it to help recruit new WI members!

As a member of the Board of Trustees and as a WI Adviser, I've been able to get out and meet quite a lot of WI members, and that's one of the best parts of the gig! I love travelling around Cornwall going to WI meetings and seeing how different each of your WIs is. Every WI member has her own story and has something to teach. You truly are all inspiring women! If I come to one of your meetings, however, be prepared to hear me encourage your WI to get online and use the internet! If you already have an online presence but haven't yet entered our Social Media Competition, you have until the end of August to do so!

As well as editing *County News*, I also manage our Federation website, Facebook page and Twitter account. If you use Facebook and Twitter, please like or follow us. I try to post useful, informative, newsy items when I can, but it is nice to get feedback from members. Subscribe to our website blog, and if you read a blog entry and have something to say, please comment. And if you, or your WI, would like to post as a guest blogger anytime, just let me know. Please also keep sending in stories and photos about the wonderful things your WI gets up to. Anything we can't publish in *County News* will certainly find a home on our website.

I'm always available by email or phone: **cfwi.publications@gmail.com /**

Helen Kestle

Editor



Iola Cotterill of Trevone WI shows off her green fingers as she makes up a summer hanging basket at a recent workshop held at Bodmin Nursery, and organised by our Floral Art and Gardening sub-committee.

DIARY UPDATES

JULY AND AUGUST DIARY DATES

14th July – Liskeard Show
16th July – Stithians Show
23rd July – Cusgarne Organic Farm Walk
25th July – Through the Eyes of an Artist
26th July – Launceston Show
30th August – 'Much Ado About Nothing', Minack Theatre

JULY AND AUGUST CLOSING DATES

18th July – 'Much Ado About Nothing', Minack Theatre
23rd July – Godolphin Day
26th July – Public Speaking for the Terrified
31st July – Press Competition
31st July – Archive Competition
7th August – Killerton House Visit
9th August – Take a Town: Saltash
9th August – Speakers' Auditions Day
15th August – Autumn Fashion Show
20th August – Traditional Embroidery
23rd August – Fun with Flowers
29th August – Social Media Competition
30th August – Rosebowl Quiz

NOTES FROM THE OFFICE



200+ CLUB

May winner of £38
Thelma Hawkey, Goonhavern
& District WI

TICKET DETAILS FOR THIS YEAR'S ANNUAL COUNCIL MEETING

Most of you will know by now that the Council Meetings will be moving to The Regal Theatre, Redruth, for the next year or so as the Hall for Cornwall undergoes major refurbishment. Plans are well underway to make the move as easy as possible, and the management and staff at The Regal have given us a very warm welcome.

The 'Delegates Pack' is enclosed with this edition of *County News*; however, it does not contain the Delegate or Visitor tickets. All tickets will be despatched after 31st August, the closing date for additional ticket applications. In the event that the meeting is oversubscribed, there will be a ballot and all WIs will receive some, if not all, of the additional tickets requested. We are also asking you to indicate if you are not able to send a delegate or a visitor so that we can allocate the tickets to others.

You will still have the option of sitting wherever you like; however The Regal does not seat quite so many as the Hall for Cornwall, and the seats in the balcony are accessed by stairs only. There are a few steps down to the seats in the stalls but there is a wheelchair lift that will be operated by The Regal staff, and plenty of stewards will be on hand to help. Please indicate on the booking form if you would prefer seats in the stalls, for which a different coloured ticket will be issued.

Once tickets have been despatched, it will not be possible to issue duplicates, so please make sure you look after them.

Details of car parks, and a pre-order packed lunch scheme being offered by The Regal, will be sent in due course.

If you have any queries or concerns please do ring the Federation Office on **01872 272843**.

DO YOU NEED A SPEAKER?

Members of the CFWI Board of Trustees are more than happy to come and speak to your WI and tell you about what's going on in the Federation as well as about their particular interests. If you have a speaker cancellation we can, depending on availability, come on a last-minute basis as well. Either ring the Federation Office on 01872 272843 or see a full list of Trustee names and details in the Year Book.

DENMAN

DENMAN EXPERIENCE 20TH TO 23RD MAY 2019

Don't forget the closing date for applications and deposits for our 2019 Federation trip to Denman

is 28th September 2018. The application form is with your Secretary or you can also get one from Chy Noweth an Conteth or the Denman Ambassador, Kathy Reed.

ACTIVITY AND LEISURE



ROSEBOWL QUIZ Friday 12th October 2018 LADOCK COMMUNITY HALL 2-4pm

Please join us for the final quiz of the year and win the coveted Western Morning News Rosebowl Cup. An afternoon tea is always a highlight of the afternoon, so don't delay in applying.

Ladock Community Hall is easily accessible, with plenty of parking and there is always the Falmouth Arms or Newquay Garden Centre for lunch if you decide to arrive early. Directions will be sent on application.

Cost: £15 per team of 4 (afternoon tea £3pp, payable on the day)

Closing Date:

Thursday 30th August 2018

Further Information: Sandra Buck

(see your WI

Secretary or contact the Office for bookings)

BIRDWATCHING AT THE RSPB RESERVE Friday 16th November 2018 RSPB RESERVE, TOPSHAM 9am-4pm



We have the opportunity to visit the RSPB reserve at Topsham, on the confluence of the River Exe and the River Clyst, close to the town of Topsham, with keen birdwatcher,

Roger Hooper. Roger has taken many trips for the birdwatchers of RSPB and Cornwall Birdwatching Society and has offered to drive us to the reserve called Bowling Green Marsh. There is a lovely big hide overlooking the birds and the whole area is excellent and very scenic. In November, the avocets and brent geese should be around.

Just across the road is Dart's Farm, a large retail area with toilets, a lovely deli counter, plus an RSPB shop upstairs.

The plan is to spend the morning at the reserve and then take a walk into Topsham via the coastal footpath and over to Dart's Farm for lunch, which Roger recommends that you all bring. After lunch, we will walk to Powderham Church to view the estuary as the tide drops before heading for home.

The number is limited to 15 members but, if successful, we may be able to arrange a visit for a larger group at a later date. The usual allocation of places will be followed.

Please bring your own binoculars if you have them and don't forget sensible walking shoes/boots and a waterproof coat. Leaving Summercourt at 8:45 (by the side of the Clock Garage where you can park at the side of the road) or Lanivet car park at 9:15am. Please indicate on the application form which location you prefer.

Closing Date:

Thursday 4th October 2018

Cost: £18

Further Information: Sandra Buck

(see your WI

Secretary or contact the Office for bookings)

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MUCH ADO ABOUT NOTHING
Thursday 30th August
MINACK THEATRE



In a small town in America's Midwest, girl band sensation The Heroines are on the brink of pop superstardom. When a group of soldiers returns home, memories of conflict give way to a life of partying, high jinks and true love. A foot-tapping '50s-themed musical version of Shakespeare's riotous comedy featuring the songs of Elvis, The Supremes, The Ronettes and many more.

Pickups will be from Wainhouse Corner (8:30am), Trethorne (8:55am), Bodmin (9:20am), Cornwall Services (9:35am), Chy Noweth an Conteth (10:05am including comfort break) and Camborne (10:45am) to arrive at Porthcurno at approximately 12:00 pm (traffic permitting). Mini-bus transport can be arranged from the coach park to the Minack for an additional charge of £1.50 per person each way, to be paid on the day.

Cost: £27.00 per person including coach transport; £14 per person for theatre tickets only

Closing Date:
 Wednesday 18th July

Further information:
 Pam Selley

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

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)

SPEAKERS' AUDITIONS DAY
Thursday 20th September
CHY NOWETH AN CONTETH

10am – 3:30pm
 Here's a chance for you to be the very first to hear some potential WI speakers and help determine whether they will appear in our Speakers' Directory! The next Speakers' Auditions Day will be held at Chy Noweth on Thursday 20th September. One member per WI will be given preference so that as many WIs as possible can be represented. Tea/coffee and biscuits will be provided, but please bring a packed lunch. Come along and get some fresh ideas for your next WI programme!

Cost: £3

Closing Date:
 Thursday 9th August

Further Information:
 Grace Bradford

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

BOLLYWOOD DAY
Saturday 27th October

2018
CHY NOWETH AN CONTETH
11:30am



We invite you to sample the delights of exotic India. Join us for a day of dancing and feasting!

Enjoy a glass of mango lassi on arrival, then a delicious three-course Indian meal. A Bollywood dancer will be on hand to entertain us, and you'll have the chance to join in and learn some moves yourself. Or perhaps you'd like to have some beautiful henna artwork applied using natural ingredients. You won't want to miss this very special day.

Cost: £14

Closing Date: Thursday 13th September 2018

Further Information:
 Jackie Holland

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

SOCIAL MEDIA COMPETITION

Has your WI recently set up a Facebook page or a website? Have you used social media to help attract new members, or to keep your current members in the loop? If so, this is the competition for you!

If your WI is not yet using social media or other technology, it's not too late to get started. Have a look at MyWI where you'll find simple tutorials to get you up and running using social media.

To enter our new competition, please email the office with a link to your website, Facebook page, Twitter account – or whichever platform you've used to help your WI – along

with a brief description of how using technology has helped you. The WI deemed to have made the most effective, creative and innovative use of social media or technology will be announced at our Annual Council Meeting in October.

Closing Date:
 Thursday 30th August

Contact:
 Helen Kestle

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 a wall hanging archive for the future for all to see.

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.

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

if you require further details.

- Judith Williams,
 CFWI Archivist



CHRISTMAS SHOPPING TRIP
Friday 23rd November 2018
WESTPOINT EXETER



Join us for a day at the Westpoint Exeter Christmas Shopping Fayre. The Fayre is three days of vendors and exhibitors from all over the country, under one roof. Westpoint will be transformed into a magical Aladdin's Cave offering a wonderful selection of Christmas gifts and other essential Christmas items. Join us on our executive coach and travel in comfort.

Pick up points will be: Crowlas, Camborne, Threemilestone, Cornwall Services and Launceston.

Cost: £20 (includes coach travel and Christmas Fayre entry ticket)

Closing Date: Tuesday 9th October 2018

Further Information: Pam Selley

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

TEA AND TINSEL
Friday 30th November 2018
CHY NOWETH AN CONTETH
2-4pm

Enjoy a lovely afternoon tea with fellow WI members and meet Father Christmas! Back by popular demand, Nigel Skews will lead us in singing some of our favourite Christmas songs.

Cost: £12
Closing Date: Thursday 18th October 2018

Further Information:

Margaret Johnson

or Liz Llewellyn-Jones

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

TREASURER'S CORNER

Are you storing more paperwork than you need? The WI is required to retain certain documents for a set period of time. Correspondence with HMRC and other tax authorities and annual Financial Statements should be kept indefinitely, but you only need to keep other financial records for 7 years. Why not have a sort out? – But do make sure you dispose of financial records appropriately.

TREASURERS' SURGERY

The next Treasurers' Surgery will be held at Chy Noweth an Conteth on Wednesday 4th July. 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. Basic training for new Treasurers will be available on the same day from 1-4pm. Limited space for up to four participants only.



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Over the next year, ACWW will be phasing out the adoption of specific projects by fundraising organisations. This will be replaced by the Women Empowerment Fund (WE Fund). This is a fund set up with six specific focus areas, and for this year the CFWI Trustees have agreed to raise money for the "Sustainable Agriculture and Development" Fund.

Donations will be collected in the same way as before, at the Annual Council Meeting. Once the donation has reached ACWW, I will then start to receive details of the projects we have helped. I will aim to keep in close

contact with the projects by sending letters of support and encouragement, and hopefully receive photos and letters in reply which I will share with the membership.

On average, a project costs £4,000. Last year CFWI raised £2,500. Hopefully, this new funding initiative will enable more money to be raised to help more of the world's poorest women and girls.

Thank you for your support, past, present and future.

Kim Sudell,
ACWW Representative

MEMBERSHIP MATTERS



AUTUMN FASHION SHOW
Wednesday 26th September
KERNOW MILLS,
TRERULEFOOT, SALTASH
6:30 for 7pm

The Membership Support Sub-Committee will be holding an evening of fun and fashion at Kernow Mills on Wednesday 26th September. Refreshments will be available for purchase from the restaurant on the night.

We are also looking for models, so if you fancy an evening on the catwalk please give Kathy a ring.

Cost: £6
Closing Date: Wednesday 15th August
Further information: Kathy Reed

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

WHAT DOES A WI ADVISER DO?

Have you ever wondered what happens at a Membership Support Sub-Committee Meeting and what the role of a WI Adviser is?

If so, why don't you come along and observe one of our meetings or invite your WI Adviser to come to your meeting for an informal chat or to act as your speaker?

We can help with problems, offer advice or just join in the fun of your meeting.

The name and contact details of your dedicated WI Adviser is printed in the Federation Year Book.



TAKE A TOWN: SALTASH Thursday 20th September SALTASH BAPTIST CHURCH

9:45am – 3:30pm

The Environment and Public Affairs Sub-committee's popular 'Take a Town' series continues with a visit to Saltash, the Gateway to Cornwall.

Saltash is a lively town, proud of its history and place. Come and see the Saltash tapestry made with wools from Bayeux on display in the Baptist Church. See Mary Newman's cottage with its Elizabethan herb garden. Enjoy photogenic views over the Tamar with its iconic bridges.

The morning will include two talks on the history and exceptional citizens of Saltash. The afternoon walks will bring this information to life. A shorter walk will be on a similar level to the meeting venue, and a longer walk will be slightly hillier. Flat shoes are advisable.

We will meet at Saltash Baptist Church (just above the railway station) for coffee and tea, provided by Trematon WI. Trematon will also provide soup and a roll at lunchtime. More details will be provided to registrants.

Cost:
£8

Closing Date:
Thursday 9th August

Further information:
Anne Fenwick

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

DUMP THE PLASTIC THIS SUMMER!



Now that we're in the season for lovely walks, picnics and barbecues, will you help us keep the "less plastic" message in people's minds, starting with your friends, family and visitors?

The numbers are unimaginably horrific. Latest figures from Southampton University tell that in 1980, we were talking about over 60 million tons of plastic bottles. By 2020, there will be nearly TEN TIMES that many. AAAARGH!

So dump those single-use plastic bottles, plastic straws, cotton buds, wipes, etc. Avoid plastic packaging and coffee cups. Avoid products containing plastic beads. And FORGET the 5p bags – they break down into smaller particles, but they don't go away. The 10p bags ARE recyclable.

Use reusable coffee cups and bottles. A great tip from a VIP in the water industry is to put a jug of tap water in the fridge for 12 hours or so before drinking – it tastes great. With the money you save, you might want to invest in an insulated water bottle so you can have ice cold water all day!

Why not set up or take part in another beach clean?

We are long-standing partners of the Clean Cornwall organisation, with The Eden Project, Surfers against Sewage, Rick Stein, Environment Agency, the County Council and many others. It is our ambition to rid this beautiful county of the blight of plastic. See the Clean Cornwall website for details.

We have created this plastic pollution disaster in our lifetime. It is our responsibility to get rid of it in our lifetime too. We can all do our bit and encourage others. Thank you!

MOBILISE YOUR MP FOR THE CLIMATE COALITION WEEK OF ACTION



Have you contacted your MP yet? The Climate Coalition *Speak Up* week of action runs from 30th June until 8th July, and the big ask is for the Government to pledge to ensure zero carbon emissions by 2050, a goal which many other countries have already adopted. This will be necessary if the UK is to play its part in keeping global warming to 1.5°C, now seen as crucial to stop huge sea level rises, which would wash away coastal cities and ocean states.

Our MPs are the key to telling the Government that we care about the planet. To show it's not difficult to start a conversation, WI members living in the St Ives constituency invited Derek Thomas MP to meet them in May, and asked a number of questions on topics such as renewable energy and making our homes more energy efficient. We asked Derek Thomas if he would press the Government to ensure that building regulations include standards for energy efficiency, which he agreed to do.

So, if you haven't already done so, download the *Speak Up* guide to organising your event from the Climate Coalition website. You could write your MP a letter. Or arrange a small meeting. Or a large one. Just let them know how important an issue this is. And if you have missed this particular week – just choose another!

- Pippa Stilwell,
CFWI Climate Ambassador

THERE ARE 22,000 PEOPLE LIVING WITH SIGHT LOSS IN CORNWALL

And this number is growing
So we're launching
The Sight Appeal

Help us raise £50,000 to provide emotional support and practical advice to blind and partially sighted people in Cornwall

All the money raised in Cornwall stays in Cornwall



iSightCornwall
#sightappeal

If you could you take on a fundraising challenge, host a talk with iSightCornwall or simply keep one of our small collection boxes at home we'd love to hear from you.

Contact us on 01872 261110 or at www.isightcornwall.org.uk

FLORAL ART & GARDENING



HEAVENLY GREENERY: DECORATING YOUR CHURCH

**Tuesday 20th
November 2018
ST BREWARD CHURCH
10:30am – 3:30pm**

We are often asked to hold a workshop on the subject of church flowers and so this will be the first of several to be held around the county. Do get in touch if you would like us to come to your church.

St Breward is a very small, very old church, and as the season is winter, the focus will be on the use of foliage. Not all churches permit the use of artificial flowers (and it isn't in the NAFAS rules either!) but also few offer flower budgets and the people on the various flower rotas often have to be very ingenious!

Remembrance in November and then Advent offer particular challenges, but this workshop should offer you plenty of ideas. On application, you will be sent a full list of what to bring. Fran Calver, President of St Breward WI and head of the flower rota in the church, and Jen Richards will tutor, and those attending will be able to take away what they have created. Beverages will be available during the day and do bring a packed lunch if you wish but The Old Inn, built, as so many were, to house the original builders, is right next door!

Cost: £15
Closing Date:
Monday 8th October 2018
Further Information:
Fenella Barry
(see your WI Secretary or contact the Office for bookings)

FUN WITH FLOWERS ... WITHOUT BREAKING THE BANK!

**Thursday 4th October
CHY NOWETH AN
CONTETH**

10am – 3:30pm
Create lovely floral arrangements using flowers and foliage from our gardens and other inexpensive sources. Those who attended our previous workshop will need no encouragement to repeat the experience, and for others, do come along and have a go!

Full instructions on what to bring will be sent out and you will be able to tailor your colour scheme to suit your own home. Biscuits will be served, but please bring a packed lunch.

Cost: £15
Closing Date: Thursday 23rd
August 2018
Further Information: Teresa
Hancox

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

**GODOLPHIN DAY
Monday 3rd September
GODOLPHIN HOUSE**

10am – 4pm
Come and hear all about the restoration of this amazing and historic garden. The house is usually closed but will be open at no further charge during this week, and the volunteer room stewards will be able to tell you all about the house.

The day will include a foraging walk in the woods, which will help open your eyes to all the goodies available to us! We will also hear an introduction to the history of the house on a guided walk around the outside, and a walk and talk around the garden.

The day is not, however, really suitable for those with walking and mobility issues. There is a small café, which can provide a good lunch, as well as tea and coffee, but feel free to bring a picnic and choose your own spot in the delightful grounds.

Cost: £15 (entrance to Godolphin is £9.50, but is free to National Trust members)
Closing Date:
Monday 23rd July
Further Information: Abigail
Kirby-Harris

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

COMBINED ARTS



2020 CALENDAR
Congratulations to all the members whose photos appear in the 2019 CFWI calendar.

A reminder that the 2020 edition is simply entitled "2020: Vision of Cornwall" – but how will you interpret the title? Will you be looking for images reflecting new developments, or will you capture the Cornwall we want to treasure for the future? Perhaps you will choose the clear eyesight implication of 20/20 by the clarity of your photography and the clearness of a view.

Thinking outside the box is required!

PHOTOGRAPHY COMPETITION



Thank you to all members who entered the Photography Competition and congratulations to the winners whose photos will be displayed at Stithians Show on Monday 16th July. Many thanks to David Chapman for judging. Photos may be collected from Chy Noweth.

MOBILE PHONE PHOTOGRAPHY WORKSHOP

WI members enjoyed a great day at Porthleven, learning



how to make the best use of the cameras on their mobile phones. Becky Curtis had prepared a day tailor made for the group with David Chapman adding his valued support to everyone. The great news is that both Becky and David have offered to take another day as a number of people were disappointed, so watch this space.



PUBLIC SPEAKING FOR THE TERRIFIED

**Thursday 6th
September 2018
CHY NOWETH AN
CONTETH
10am-1pm**

Do you dread having to stand up in front of people and give a report? Does being asked to give the vote of thanks distract you from concentrating on what the speaker is saying? Are you deterred from volunteering to become the President of your WI, not because of the work, but because you are shy and feel that people may judge or criticise you?

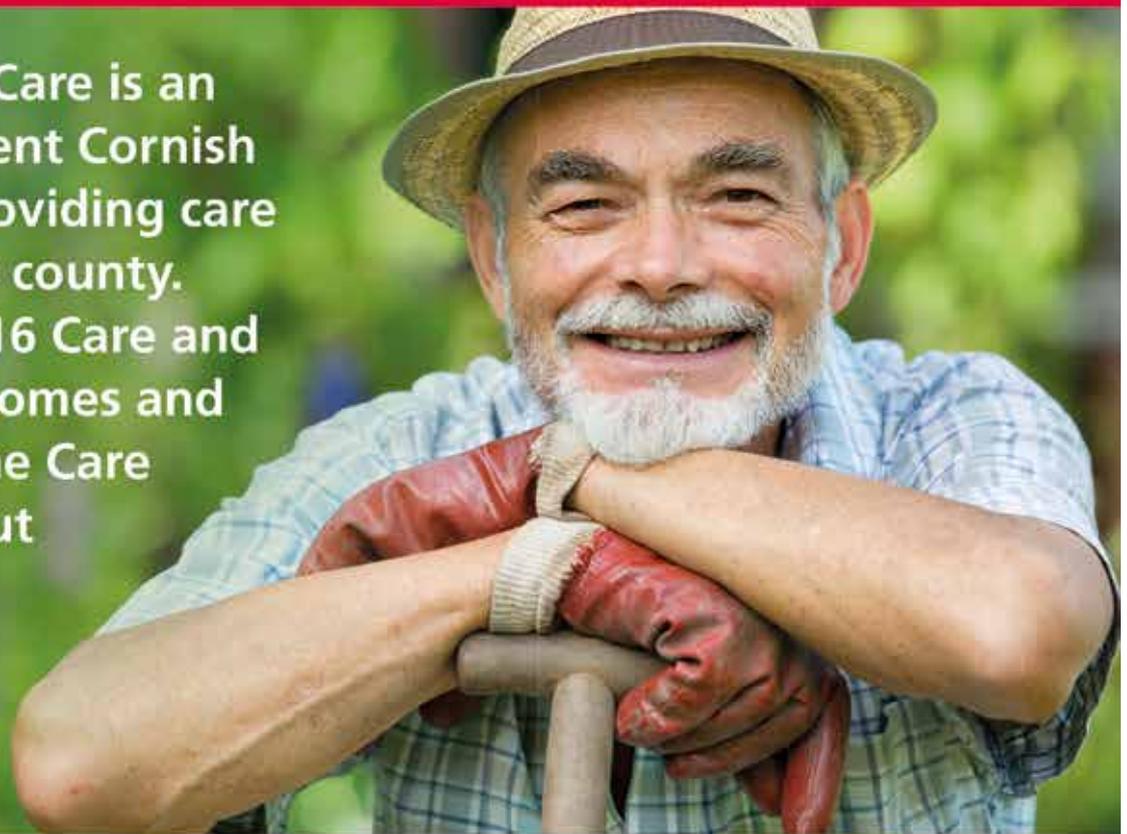
All of these feelings are common to many of us and frequently deter members from getting the most out of their WIs. Summon up your courage and come and learn some simple presentation skills in this workshop designed to build up your confidence.

Come and enjoy practising in a safe environment and learn how to make a good impression.

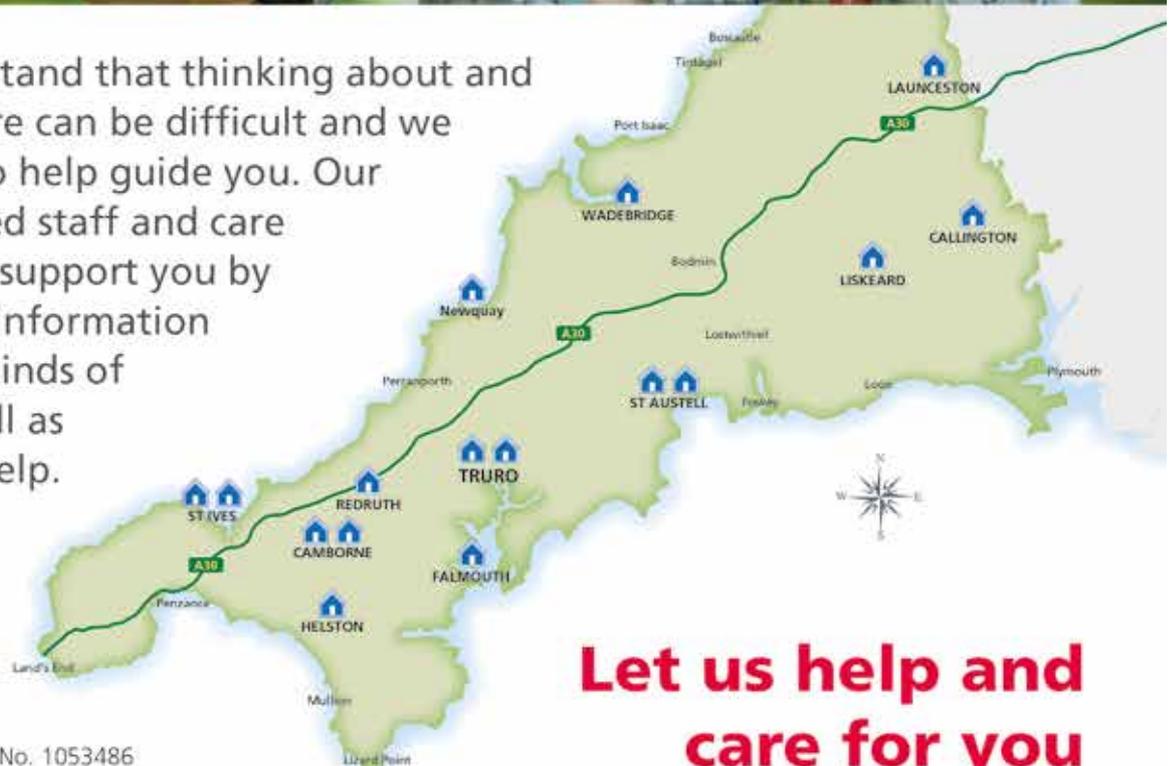
Cost: £9
Closing Date:
Thursday 26th July 2018
Further Information
: Alison Downing
(see your WI
Secretary or contact the
Office for bookings)

Caring for Cornwall

Cornwall Care is an independent Cornish charity providing care across the county. We have 16 Care and Nursing Homes and offer Home Care throughout Cornwall.



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



Registered Charity No. 1053486

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TRADITIONAL EMBROIDERY WORKSHOPS

**Monday 1st October 2018 –
CHY NOWETH AN CONTETH**

**Friday 19th October 2018 –
MARAZION COMMUNITY CENTRE**

**Wednesday 14th November –
MARSHGATE VILLAGE HALL**

10am – 3:30pm



These workshops proved very successful last year and we were delighted to have had requests to repeat them this year. This time, you'll see the same skills offered as last year, as well as some new ones. Please note that not all crafts are on offer at all the venues.

Chy Noweth an

Conteth: Black work, red work, shadow work, hand-stitched appliqué pictures, basic embroidery stitches.

Marazion: black work, red work, shadow work, hand-stitched appliqué pictures, cut work.

Marshgate: black work, shadow work, hand-stitched appliqué pictures, cut work, couching, red work, basic embroidery stitches.

All materials will be provided by the tutors for

a small charge. Just bring along your workbox with basic sewing equipment. Tea, coffee and biscuits will be served on arrival. A lunch of soup, bread and butter, and cake with a hot drink will be available at lunchtime for £5. There is no need to book for this.

Cost: £15 (Please indicate on the booking form sent to your WI Secretary which one embroidery skill you have chosen)

Closing Date:
Chy Noweth –
Monday 20th August;
Marazion and Marshgate –
Friday 28th September

Further Information:
Dot Rogers

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

Susanna has a spring in her step again

Retired hospice nurse Susanna Griffith loves nothing better than a walk by the river in her home town of Totnes.

But up until a few months ago Susanna could barely walk at all. She had suffered for years with problems in her feet, which became even worse when she contracted Parkinson's disease four years ago.

"I could hardly walk without hanging on to things and I was constantly falling over," said Susanna. "I was in a very bad shape."

She had suffered from metatarsalgia - a painful condition in the ball of the foot - for 10 years as well as arthritis and corns.

This led to intense pain in her toes and also caused discomfort in her hips and lower back.

"I had to take pain killers constantly to cope with daily life and it was getting harder and harder to get about," said Susanna, who is 75.

She regularly saw a podiatrist who blamed the problems on Susanna's shoes. "I just couldn't find the right shoes to help me cope with the pain," she said.



Her podiatrist eventually recommended that Susanna should visit Foot Solutions in Plymouth - and it proved totally life changing.

Foot Solutions specially-trained staff used advanced technology to help identify the problems with Susanna's gait and posture.

She was supplied with customised arch supports and Stretch Walker shoes, which act like shock absorbers, supporting the joints in the feet.

"I couldn't believe the difference they have made," said Susanna. "I call them the little hospitals on my feet!"

Not only can Susanna now walk for miles without any pain at all, she also goes swimming, dancing and has joined an exercise class.

"My specialist said I look 10 years younger - and I certainly feel so much better now. My

posture has greatly improved and I love being able to walk whenever I want.

"I can't thank Foot Solutions enough. I hope more podiatrists will recommend them to their patients," she added.

**34 Royal Parade, Plymouth PL1 1DU
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**FOOT
SOLUTIONS**

MABE WI HEADS TO UNI

It was a beautiful sunny morning when a group of women from Mabe WI visited the campus of the University of Exeter; the welcome they received from their guides was equally warm. Although many of the women live in the parish of Mabe where the university is situated, few had ever had a good look around the site. Lou Misselbrook, Events Officer, showed the women the Environment & Sustainability Institute (ESI), where they learnt about the facility and its work. They then visited the Cornwall School of Mines museum, where they had a close look at samples of rocks and minerals, and listened to a talk about the history of the museum. The women were especially interested in the diamonds on display, but unfortunately, these were safely under lock and key! Rose, FXU (Falmouth & Exeter University) Community Partnerships

Manager, then told them all about the students' union and activities, which involve a great deal of voluntary work within the local area. Following a brief overview of the campus by the Head of Finance and Business Administration, they were escorted to the wonderful Sports Centre, where they looked in on an exercise class (an awful lot of toned, beautiful people!) and were shown the gymnasium and other facilities. Much to their surprise, the gym and exercise classes are open to the public at very competitive rates, and it is possible to hire the sports hall for parties, etc. Finally, the women visited the Exchange Library and heard about the amenities available there, before they sadly had to say goodbye. All the women agreed that it had been a most informative and interesting visit, and their only regret was that they are now just a little too mature to join the students!



PUNCH AND JUDY COME TO MAWNAN

Many WI members have fond memories of going to the seaside and watching a Punch and Judy Show. Mawnan WI was pleased to welcome "Professor" Tom Suddes to their May meeting; he talked about the history of Punch and Judy which originated in Naples, but was initially adopted in Britain as a satirical show for adults. It was only in Edwardian times, with the increase in trips to the seaside, that it became a children's show. Tom explained

the different characters and demonstrated the use of Punch's slapstick and the swazzle that changes the puppeteer's voice. Then it was time for a specially choreographed show that had all the usual ingredients including the front row getting a soaking from a water pistol! In the traditional way, Tom finished his Punch and Judy Show with some community singing - the aptly chosen "Oh, I do like to be beside the seaside" - which brought the end to a terrific evening's entertainment.

THE PERFECT VICTORIA SANDWICH IN BODMIN

Bodmin Gaolbirds WI welcomed Wendy Trevennor, a WI judge, to demonstrate the making and baking of a Victoria sandwich and scones to competition standard.



Members learnt several skills from Wendy and ideas to tweak their own recipes. All enjoyed eating the Victoria sandwich and scones with jam and cream at refreshment time.

PAINTING AND PASTIES



St Stephen in Brannel WI were held riveted by Cornish-born Dominican artist Tiffany Burnett-Biscombe during their

annual members' pasty supper. Tiffany, a fine art graduate from London City & Guilds, shared her passion for painting with an engaging demonstration and talk. Tiffany's talk focused on the use of complementary colours and the technique she uses to paint a sunset based scene, which she then demonstrated. At the end, many members were left ready to pick up their brushes and have a go. Members look forward to enjoying further art sessions with Tiffany.

BUDE WI ZIPS ALONG

Bude WI made the most of the fine spring weather by having a day at the Eden Project. Fifteen of the members took a trip over the biomes on the Hang Loose zip wire. One member even hung loose longer than anyone else, and needed rescuing by the instructors. She was fine and enjoyed the day, as did everyone else.



If the thought of Bude's zip wire adventures has you green with envy, make sure you sign up for

our CFWI Centenary (2019) zip wire event. Details will be in September's *County News*.

PENSILVA'S BIRTHDAY CELEBRATION



Members from Blunts, South Hill, Linkinhorne, Liskeard, St Neot and Menheniot WIs joined Pensilva WI to celebrate their 70th Birthday in April at Millennium House, Pensilva. Steve Sutton provided the entertainment, singing and playing a variety of folk tunes, some very funny and some the women could join in with.

Everyone enjoyed the wonderful spread provided by the women of Pensilva WI. Each table was provided with a sheet listing well-known people who were born in 1948 and other events that took place in that year. To commemorate 100 years of women's suffrage, a quiz sheet about the suffragettes was also on each table.

Cherry Woodhouse made and decorated the lovely 70th birthday cake, and everyone enjoyed a slice. Pictured are (left to right) Cherry Woodhouse, Pensilva WI Vice President; Jean Hoare, Pensilva WI Secretary; Francis Tucker, Pensilva WI President; and Verna Dawe, Pensilva WI Treasurer.



100 YEARS FOR ST JUST IN PENWITH

In February, St Just in Penwith WI celebrated its 100th birthday with an afternoon tea party. Members were joined by Federation Chairman Margaret Johnson, WI Advisers Barbara Corbett and Liz Anderson as well as Sheila Goldsworthy,

members of other local WIs, the Mayor and Mayoress of St Just and friends. The celebratory cake was made by member Caroline Mercer and was cut by Nora Wallis, St Just's longest serving member.

WELL DONE, VAL!

Congratulations to Val Strout of Lostwithiel WI for winning the Margaret Shepherd Cup at the Cornwall Garden Society Spring Show at Boconnoc. Val was awarded best floral art exhibit by a WI member.

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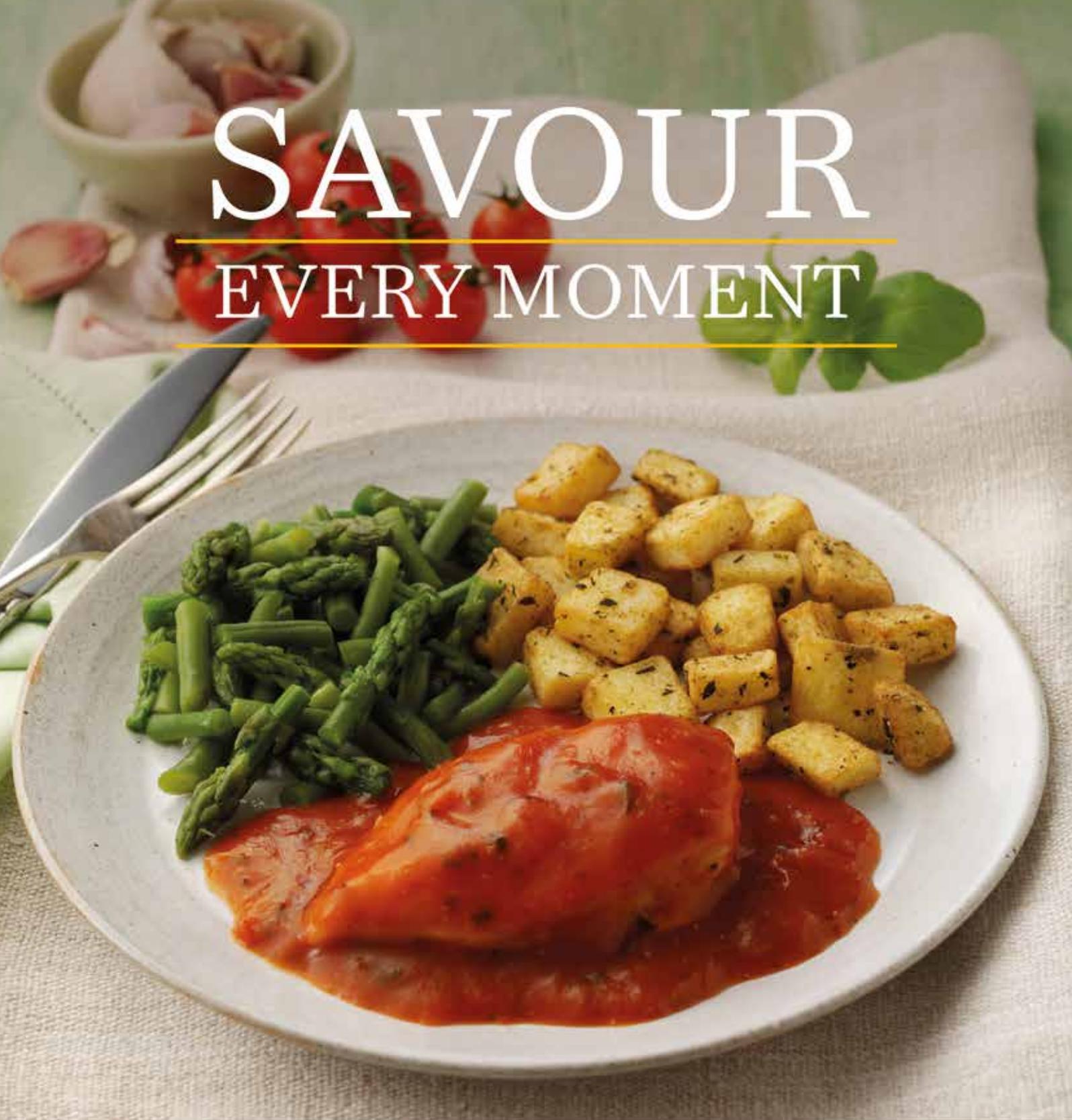


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