

countynews

CORNWALL FEDERATION OF WOMEN'S INSTITUTES

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November/December 2018



MERRY
CHRISTMAS

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theWI
INSPIRING WOMEN





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CHAIRMAN'S CHATTER



As you read this I will either be about to jet away to California to spend Thanksgiving with my family who live in Oakland or I will already be enjoying their hospitality – either way I am excited about being with them but dreading the journey. With all the many wondrous things that man has now invented you really would have thought that someone other than James Kirk and the Star Trek crew could have come up with an actual time machine. Never mind, apprehensive or not, I am going and on 22nd November, along with many friends, we shall be celebrating Thanksgiving American style with a salute to my son's English heritage. In previous years, my involvement has been to answer queries over the phone such as "What goes into your stuffing?" and "How long do you cook it?" – I think maybe I should take a few choice recipes with me.

All of a sudden the excitement of my trip is over and I am back in time for Christmas with all the multitude of jobs to be done, cards to be written, presents to be wrapped and, in my case, where will I have my Christmas dinner. Last year I cannot for the life of me remember having a Christmas dinner but I hope to do better this year – I shall probably be celebrating with my daughter and family. Christmas Day is the one day over the holiday that she will not be working and she will be doing the cooking. I shall merely be her assistant but, in any event, we shall be together.

In writing this and talking about the festive season it has made me think about Christmases of the past when I was growing up. We often used to spend the holiday with my aunt and uncle – my mother's brother – and it was always a riotous time with so many happy memories. I remember lying in bed one Christmas Eve and my brother convincing me that if I listened very hard I would hear Father Christmas land on the roof in his sleigh. I tried so hard but must have fallen asleep at the pivotal moment, because the next thing I remember is waking up on Christmas morning - I never did discover whether he landed on our roof or not.

My aunt and uncle used to hold a party on Christmas Eve, so most of the day would be spent cooking for both the party and Christmas Day. Everything was laid out in the kitchen, cooked and beautifully decorated – a perfect plan or should have been. Unfortunately, those lovely fresh soft cakes also made a perfect bed for their cat, a long haired cat. I still remember the consternation that episode caused.

I have cherished memories of my own family Christmases when my children were small and firmly believed in Father Christmas. Jim and I would put them to bed a few days before the 25th, listen to determine when we thought they were asleep and then set to work decorating the tree and making the house look magical just to see their faces fill with wonder when they came down next morning.

Let's all make some time to create new memories, while holding onto our treasured memories of the past. I wish you a wonderful Christmas and the happiest of New Years.

Margaret

Chairman Margaret

Diary Updates

NOVEMBER/DECEMBER DIARY DATES

2nd November –
Treloyhan Manor Residential Weekend
14th November – Traditional Embroidery
16th November – Birdwatching
20th November – Heavenly Greenery
23rd November –
Westpoint Christmas Shopping Trip
30th November – Christmas Wreaths
30th November – Tea and Tinsel
5th December –
Christmas County Lunch/Budock Vean
6th December –
Christmas County Lunch/Falcon Hotel
7th December – Christmas Carol Service

NOVEMBER/DECEMBER CLOSING DATES

6th December – New Year Quiz
6th December – Centenary Buffet Lunch

Cover Photo



Members of Camelford WI dressed as 'The WI Christmas Pudding Club' last year.

Don't they look festive?

200+ CLUB

September winner of £38 – Mary Venn of Crowlas & Ludgvan WI

JERSEY WI SPRING HOLIDAY 2019



Next year's Jersey WI Spring Holiday will take place from 4th-11th May 2019. You'll have the opportunity to visit the lovely island and attend Liberation Day celebrations. The price of £500 per person includes a double or twin-bedded shared room as well as guided visits to places of interest. Friends and family are welcome. For more information please email jerseywi.holiday@yahoo.com or ring Joy [redacted]

NOTICEBOARD AVAILABLE

Is your WI looking for a new noticeboard? Or have you thought how useful one could be to display all your latest information? Truro WI has a spare one available. The noticeboard is an aluminium framed, blue covered board to take push-pins and is 48" x 36" max.

Please contact Jane Dover for further details [redacted]

DOES THIS RING YOUR BELL?



Truro WI has a set of 24 hand-bells, stored in three carrying cases. If your WI would like to start a hand-bell ringing group, Truro WI are willing to lend them, long-term, to an

interested WI. At present, some restoration is needed, but this work would be done so that the bells will be loaned in good working order.

Further details available from Jane Dover [redacted]

TOP TIPS FOR STAYING SAFE ONLINE



Using the internet can be a rewarding, useful, educational and fun experience. But you do need to take care and make sure you stay safeguarded. Here are some golden rules you should follow whenever you're online:

- Choose, use and protect your passwords carefully, and use a different one for every account.
- Ensure you always have internet security software or app loaded, kept updated and switched on.
- Never reveal too much personal or financial information – you never know who might see it or use it.
- Don't click on links or open attachments if the source isn't 100% known and trustworthy.
- Take your time and think twice because everything may not be as it seems.
- Be careful whom you accept as friends or contacts, especially if you get a request from someone you don't know personally. They might not be who they claim to be, and could potentially cause you harm.
- Don't get persuaded into actions or thoughts that you're not comfortable with, or that you know

deep down are wrong. Sending intimate images and being persuaded into extremist behaviour are just two examples.

- Be careful about what private or confidential information about yourself or your family you reveal in posts and profiles, that could let criminals piece together a picture of you.
- Remember – what goes online stays online. Don't say anything or publish pictures that might offend or embarrass you or someone else, get you into trouble or mean lost opportunities now or at any point in the future.
- Review your privacy settings and friends/contact lists regularly.
- Never post comments that are abusive or may offend individuals or groups of society. Trolling can be very upsetting for the victim and some cases may be a criminal offence.
- Be on your guard against phishing scams, including fake friend requests and posts from companies inviting you to visit other pages or sites.

JOURNEY OF A SELF-PUBLISHED AUTHOR



People often say to me that they have thought about writing a book, but some don't know what to write about, whilst others say they have a story in mind, but don't really know where to start. Many of us don't dare to dream of, or even think of ourselves as being an author.

But I believe we all should dream, and why not dream of being an author? After all, this is 2018 and we are living in the age of being able to be whatever we want to be.

The first part is easy to do and costs nothing. My advice is to just put the thought out there, think and say, "I am an author", and if it makes you feel better, add, "Because I have started writing my own book". Make it sound real and as if you already are an author, then think and talk about it as much as you like. Use the law of attraction and then take small steps towards your goal, whatever that might be. If your dream really is to write a book or a short story, sit down with a pen and paper, or your laptop/computer, and start writing, something, anything, whatever comes into your head – make something up, enjoy it and just see where it leads you. You could be amazed at what happens.

My own journey began in a very similar way, by starting with the goal of writing a short story for a magazine. Once I started, the words soon flowed and the short story quickly grew into a much longer one. Before I knew it, I had written my first book! It's been quite a journey and having decided that I didn't want to waste years of my life, waiting for and receiving multiple rejections from main publishers, I chose to self-publish.

Self-publishing is quite a journey in itself, but it is one which gives you so much ownership and control over the publishing process. I am happy to tell you more about my experience and personal journey, writing my first two books. If your WI book group would be interested in finding out more, please do contact me on Facebook. You never know where it could lead!

- Johanna Jackson, author of *Kellie's Dreams and Love Twists as Life Turns*

FEDERATION MATTERS

A very Merry Christmas and Happy New Year to all our members! From the Board of Trustees and staff at Chy Noweth



CHRISTMAS CAROL SERVICE
Friday 7th December
ST PETROC'S CHURCH, BODMIN
3pm



This December, we will be holding a traditional Christmas service at St Petroc's, with readings, hymns and carols. The church will be beautifully adorned with about 70 Christmas trees decorated by local organisations and charities. Depending on numbers, we will be organising a coach to the service with stops at Crowlas, Hayle, Camborne and Threemilestone. The coach will first stop at Trelawney Garden Centre in Wadebridge for lunch and shopping, before setting off for St Petroc's Church. Coach tickets are £10 per person. Your WI Secretary has the application form for coach travel. If you would like to be part of the Christmas service as a reader, please get in touch with Liz Llewellyn-Jones

Even if you have never read anything in public before but would like to have a go, please do contact us as we will give you training.

CENTENARY KICK-OFF BUFFET LUNCH
Friday 18th January 2019
CHY NOWETH AN CONTETH
12pm for 12:30pm



Join us for a special Cornish lunch to kick off our year-long Centenary celebration.

On the menu will be some of the best Cornish produce, including a starter of smoked mackerel pâté or vegetable soup; a main course of cold meats, mixed salads and leek and cheese tart; and ending with a dessert of apple pie with clotted cream, a selection of cakes and cheese and biscuits.

We will be entertained by Cornish dancers with live music!

Cost: £14
Closing Date: Thursday 6th December 2018
Further Information: Grace Bradford

CENTENARY CAKE FEST
Saturday 16th February 2019
CHY NOWETH AN CONTETH
10am-12pm



Create a celebration cake to mark our CFWI Centenary! Entries are to be submitted by individual members, not by WIs.

Our very special guest judge for the day will be Christine Jensen of Peboryon Cakes, as seen on Channel 4's 'Extreme Cake Makers'! You may have seen Peboryon's spectacular creations on television, including a remote control car that actually moves – all made of cake!

We will also have the extra treat of a talk and demonstration at 11am by Christine on the art of the Skinner blend technique – you won't want to miss this!

If you don't fancy making a cake for the competition, please come along anyway. There will be plenty of other cake to enjoy with coffee or tea, as well as a chance to admire our competition entries. There will be a modest charge for refreshments on the day.

A celebration of CFWI and a celebration of cake! What's not to love?!

Cost: £2.50 to enter a cake in the competition / free entry to event for all others (ticket required)

Closing Date:
Thursday 3rd January 2019
Further Information:
Helen Kestle

WOULD YOU LIKE TO HELP?

The Board of Trustees is looking for helpers to assist with some of our upcoming events, particularly in our 2019 Centenary year. This may mean doing something as simple as selling raffle tickets, helping with the washing up or checking members in at an event. We're a hands-on group and we are always willing to roll our sleeves up and get stuck in, but the fact is that we don't have enough bodies at present. You would not have any obligation to attend Board meetings – unless, of course, you'd like to join the Board. If you're interested in becoming a Board helper, please contact Margaret Johnson

MUCH ADO AT THE MINACK



Recently, a group of nearly 100 WI members set out for a trip to The Minack Theatre on what started out to be a grey overcast day. So, prepared for all weathers, they came prepared with waterproofs and umbrellas. But as the coach drove westward, the skies miraculously cleared and they were greeted with beautiful bright sunshine at Porthcurno.

On the coach were 51 women, with a further 42 driving themselves and meeting the group at the theatre. The coach arrived in plenty of time for a picnic before the 2pm performance. A shuttle had been laid on for those who didn't want to walk up the hill to the theatre and back, but one of our more energetic

members walked the coast path to Logan Rock for her picnic and back in time for the performance!

Much Ado about Nothing was a colourful and lively performance set in America in the 1950s and enjoyed by all. Some of the performers met the group on arrival and engaged them in amusing conversation. The audience were often found jiggling in time to the music.

The spectacular backdrop of the golden sand of the beach and the sparkling blue sea was amazing, and was added to by the appearance of some curious seals!

PAYING FOR FEDERATION EVENTS



Here at CFWI we are delighted that so many of you from all corners of the county participate in and get so much enjoyment from the events and outings we arrange.

We would like to remind everyone that when you sign up for an event, you should pay for the event by cash or cheque payable to your own WI, rather than to the Federation directly. Your WI Treasurer will then send a cheque from your WI for the total amount to the Federation Office, unless the application form states otherwise.

If you have recently sent a personal cheque to the Federation Offices directly, don't worry - we have a grace period before we enforce this requirement; but any personal cheques received after 31 December 2018 will be returned.

We understand that there may be extenuating circumstances or reasons that you are not able to work with this policy. In these circumstances, you should contact the Federation Treasurer or the Office to discuss possible alternate arrangements. We will make every effort to accommodate you when we can.

We look forward to seeing many of you at upcoming events, particularly in our upcoming Centenary year.

ENVIRONMENT AND PUBLIC AFFAIRS

SHOW THE LOVE FOR CORNWALL
Friday 15th February 2019
CHY NOWETH AN
CONTETH
1:30pm-4pm



The Climate Coalition's Show the Love campaign gets bigger every year. You may have seen MPs on Prime Minister's Question Time wearing green hearts – all down to the Show the Love campaign.

Join us at Chy Noweth an Conteth on 15th February 2019, and help us make a big splash by encouraging all our Cornwall MPs to wear their green hearts on their lapels during PMQs; we plan to invite all six to our event. There will be a series of short talks by local environmentalists, showing the effect of climate

change on our Cornish wildlife and bird reserves, followed by a panel discussion when you will be able to ask questions. Finally, we will finish with a cream tea and conversation.

There is no charge for this event, but numbers are limited to 40 WI members, so please complete the application form in the usual way as entry will still be by ticket. You can arrive from 1:30pm for a cup of tea and a biscuit: talks will start at 2pm, and we will be launching a new Seasonal Changes Survey, tailored for Cornwall by our local RSPB and Woodland Trust, which you can complete during the year. We can accommodate 40 members, and we hope you will take what you learn back to your own Institutes.

And don't forget to wear your own green hearts!

Cost: No charge
Closing date: Monday 7th January 2019
Further Information: Pippa Stilwell

PLANT 100 TREES FOR THE CFWI CENTENARY



In October 2019, to mark our Centenary, we plan to hold a special event to celebrate our planting of 100 saplings/whips. We are exploring various options for the tree planting now – the CFWI Centenary planting will be there for generations to come. This is a lovely thing to do for the environment and for all of us.

The tree species will be suitably indigenous to Cornwall and we are currently in discussion about the project with The Woodland Trust, Cornwall Wildlife Trust, the Eden Project and Cornwall Council.

Watch out for future issues of *County News* for further details.

BAKER CUP COMPETITION 2019

"Cornwall Federation Centenary" is the subject of this year's Baker Cup Competition. What enormous changes there have been over the past century. There must be so many memories and pictures of events across Cornwall over the years, and we'd like you to share them with us.

The Competition is open to all WIs and must be the work of at least four members.

Cost: £8
Closing Date for Entries: Thursday 28th February 2019
Closing Date for Submissions: Thursday May 30th 2019
For a Copy of the Baker Cup

Guidelines or for Further Information: Helen Mills-Jenkins



MONKEY BUSINESS

The Monkey Sanctuary is a unique facility in the UK for rehabilitating maltreated or unwanted woolly monkeys. Did you know these free-swinging primates are sometimes kept as pets or phenomena in the equivalent of a glass case, indoors? Wild Futures, that manages the sanctuary, is dedicated to making keeping primates as pets illegal. At the sanctuary near Looe, the rescued monkeys are moving about and socialising with their own kind. Knowledgeable wardens are on duty to inform visitors. There is a small vegetarian cafe, an indoor exhibition on animal welfare and a wild garden featuring interesting plantings just above the coast path. There is also a good playground for young children (under 4 are free) and supervised activities for older children. The Sanctuary is wheelchair accessible. The Environment & Public Affairs sub-committee would like to recommend this educational opportunity for members to enjoy a great day out with their friends and families.

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 Sunday - Noon to 10:30pm

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MEMBERSHIP MATTERS TO ALL

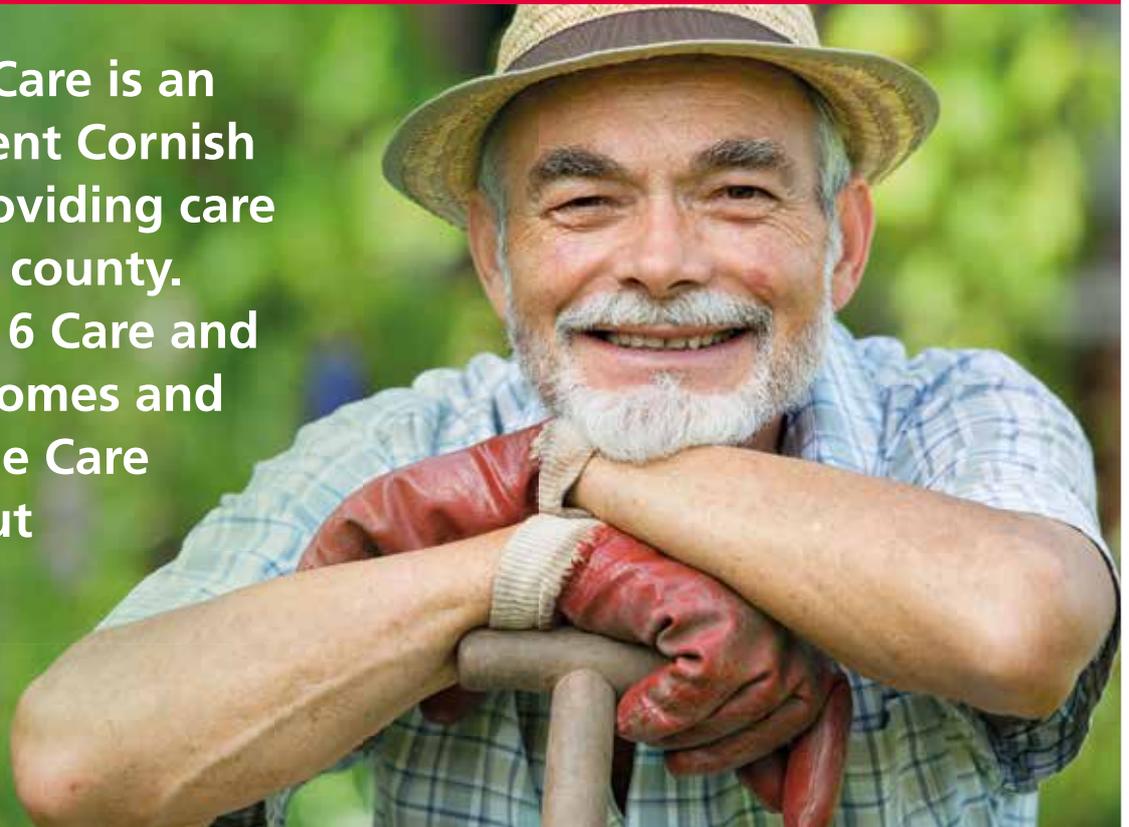
FINDING YOUR COMMITTEE AND OFFICERS FOR 2019

As your Annual Meetings are coming up in February or March, please don't take it for granted that your current Committee members and Officers will continue to serve forever. Consider offering your services. You will be

welcomed with open arms. If you are already a Committee member, and especially if you are an Officer, please have a chat with your members and invite them to join you. Some members would much prefer to be asked than to put themselves forward. There could be hidden talent out there, so go after it!

Caring for Cornwall

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The Very Difficult Christmas Food Quiz

1. Which way do you stir the Christmas pudding mixture for good luck?
2. Which acerbic television character's seasonal blessing was: "I trust Christmas brings to you its traditional mix of good food and violent stomach cramps"?
3. What fruit put into the container will keep a stored Christmas cake moist?
4. Norfolk turkeys on foot to the London Christmas markets had their feet protected by "boots" made of sacking or leather. But what was used on geese?
5. Henry V, laying siege to Rouen in 1418, reputedly ate a roasted portion of which mammal for his Christmas meal?
6. Which English monarch was affectionately known as the "Pudding King" because he requested plum pudding for his first Christmas dinner in England?
7. What should be eaten on each of the 12 days of Christmas to ensure good luck for the year ahead?
8. What pungent gelatinous (and to some unpalatable) fish is eaten in Scandinavia for Christmas lunch?
9. How did the Puritans celebrate Christmas?
10. What parts of a deer were its "humbles", made into a Christmas pie and eaten by huntsmen and servants in medieval England?
11. What bird was skinned before roasting, then put back together again, complete with feathers, to take pride of place at a Tudor Christmas banquet?
12. In Victorian times, what did most northerners (who could afford it) prefer to eat instead of turkey on Christmas Day?
13. Which gluttonous English king's Christmas feast comprised 3,000 capons, 1,000 salted eels, 400 hogs, 100lb of almonds and 24 casks of wine (though to be fair he didn't eat alone)?
14. To make which seasonal confection did a second world war recipe suggest using haricot beans and ground rice, laced with vanilla essence?
15. Which military commander's Christmas meal at Valley Forge in 1777 was "fowl, cooked in a broth of turnips, cabbage and potatoes"?
16. What game pie was traditionally eaten for breakfast on Christmas Day in Suffolk?
17. Whose royal command was it that the whole of England should eat goose at Christmas to celebrate a great national victory?
18. Who recorded that his Christmas dinner in 1662 was restricted (since his wife was unwell) to a "mess of brave plum-porridge and a roasted Pullet"?

See page 8 for answers

FLORAL ART AND GARDENING



A DAY AT GODOLPHIN

A group of WI members enjoyed a fascinating day at Godolphin House in early September. The women were able to go round the house, which is usually let to holiday tenants, where the knowledgeable room stewards enjoyed sharing their knowledge. More importantly for the gardeners in the group, this was followed by a guided walk around the gardens with Juliet Turner, Gardener in Charge (and our own Floral Art & Gardening sub-committee Gardens Adviser). Juliet also took the group through the woods and showed them what grows wild and is edible – or not! The women also learned about the history of the gardens that surround this long-established house and how the garden's uses have changed over the years. It was truly fascinating and, despite a persistent

gentle drizzle, the women were all spellbound! There was no picking allowed but at the end there was a tasting session of food and drink made from foraged ingredients.

There are some great plans afoot in the gardens at Godolphin – but labour is at a premium. The many volunteers who give a couple of hours a week – or a month – all have different skills and enthusiasms. Although many of the necessary tasks are covered, Juliet has room to welcome more volunteers. If you have a few hours spare and would like to help and get involved, do please contact her. She is incredibly busy and we are all most grateful to her for giving up one of her precious days to make sure that the WI also had an enjoyable one! Our thanks to her as well as to her team.

HOME ECONOMICS AND CRAFT



CRAFTERS AND COOKS NEEDED URGENTLY!



Can you help?

The Home Economics and Craft Sub-committee urgently needs new members. Do you have skills you could contribute to your fellow WI members in the county?

We meet four times a year, and in addition hold

events such as cookery demonstrations and craft workshops through the year. These events contribute to the Federation by raising funds for its overhead costs and fulfilling the WI commitment to “educate.” That all sounds very serious, but we have a lot of fun along the way, as you will know if you’ve attended any of our events.

If you think you might be interested in joining us, or would like to know more about being a member of the sub-committee, please contact either Dot Rogers (Chairman) or Pat Mallett Secretary)

we would love to hear from you.



1. Clockwise
2. Ebenezer Blackadder
3. Apple
4. Tar
5. Porpoise
6. George I
7. A mince pie
8. Lutefisk
9. By fasting
10. Heart, brain, liver and entrails
11. Peacock
12. Roast beef
13. King John
14. Marzipan
15. George Washington
16. Rabbit pie
17. Queen Elizabeth I (after the defeat of the Spanish Armada)
18. Samuel Pepys

Very Difficult Christmas Food Quiz Answers

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NOVEMBER BIRTHDAYS

North Petherwin WI, 60th
Germoe & District WI, 70th
Sithney & District WI, 70th
Albaston WI, 85th
Truro WI, 100th
Veryan WI, 100th

DECEMBER BIRTHDAYS

Carnon Downs WI, 65th
Praise-an-Beeble WI, 65th

ST TEATH WI CELEBRATES THE WOMEN'S VOTE



This year St Teath WI joined in their carnival as suffragettes, celebrating the 100 years since (some) woman were granted the vote.

It was a windy, rainy day, hats were firmly put on heads and banners tightly grasped. The members gathered on the sports ground ready for the march into the

village centre. Before the march, they practised the marching songs: "The Women's Battle Song" to the tune of Onward Christian Soldiers, and "Rise up Women" to the tune of John Brown's Body.

Anne Tyler, St Teath WI Secretary says, "It was good. We felt exhilarated and empowered – by our own joining together and by the cheers of the crowds --and we came away with a rosette!"

AGRICULTURAL SHOW SUCCESS FOR WEEK ST MARY BONAVENTURES



"All the Fun of the Fair!" was the theme for WI members at this year's Stratton and Holsworthy Agricultural Show. Members from Bude, Holsworthy, Jacobstow, Marhamchurch and Week St Mary WIs competed, and in a nail-biter, Week St Mary Bonaventures came out on top, beating Marhamchurch by only half a point!

The Bonaventures received the Penhale Cup for most points and the Silver Rose Bowl for best display. Members were delighted as this was only their third time entering the show.

Sue Dickenson, Week St Mary Bonaventures President said, "It wasn't the easiest of displays to do. We wanted to choose things that were out of the ordinary and not too clichéd." She added, "We really encouraged our members to think outside the box and they did just that. We all pulled together as a team – just like a good WI should – and created something to be proud of."

A SUMPTUOUS CELEBRATORY TEA PARTY FOR VERYAN WI



As part of their Centenary Celebrations, Veryan WI held a tea party in June at Elerkey Guest House and Coffee Shop.

In tribute to the WI's founders, members wore dresses, hats, gloves and pearls.

Members were joined on this special occasion by Yvonne Toms, their WI Adviser.

The women were welcomed with a glass of prosecco or elderflower cordial and were treated to a sumptuous tea of finger sandwiches, mini cakes, meringues, macarons and the inevitable jam and cream scones - and this being the WI, countless cups of tea were consumed!

A celebration birthday cake made by Joan Berridge was cut by Yvonne Toms and Veryan WI President Mary Earp.

LOTS OF WINNERS AT PENSILVA WI HORTICULTURAL SHOW



The annual Pensilva WI Horticultural Show was held at Millennium House on Saturday 8th September, and was opened by Margaret Johnson, CFWI Chairman. A vast range of entries was displayed including crafts, baking,

flowers, vegetables and photographs. As usual, the standard was extremely high and the judges had a difficult task in choosing the winners.

The prize winners were: Pensilva WI Committee Cup for most points in Vegetables - Frances Drew; the Downing Cup - Geoff Cox; the Tessa Cup – Jill Pascoe; the French-Blake Cup – Brian Arthur; the Albert Moore Cup – Jean Hoare; the Nicholls Cup – Linda Snell; the Les Morcom Cup - Anna Max; the Barnard Cup – Anna Max/Barry Hocking; the Dr Tregarthen Cup – Frances Drew; the Smerdon Trowel – Carolyn Cox; Opener's Choice – Paula Prinn; the Coombes Cup – Linda Snell; Members Photography Shield – Verna Dawe; the Gordon Bennett Trophy – Caroline Hambly; the Mary Gilbert Cup – Jean Hoare; and the Pensilva WI Committee Cup for Overall Winner with the most points was Jean Hoare. In the Children's section, the winner of the Photography Shield for under 15 years was William Hicks, the Miss Lennon Cup for Children under 7 years was Grace Rance, the Parfitt Cup for children 8-11 years was Ben Rogers/Alex Rogers and the Harry Cup for children 12-15 was Millie Swinburne.

Pictured are some of the prize winners with CFWI Chairman Margaret Johnson.

THE LAST OF THE SUMMER WALKS



Seven members of Marhamchurch WI walked

from Marhamchurch to Widemouth Bay along the Hare Walk. Once there, they joined 13 other members eagerly awaiting their arrival so that a cream tea could be ordered. The weather was beautiful and some blackberrying was in order along the way. The women were able to sit outside to pose for a photo with the sea in the background. What a lovely end to a fantastic summer.

NEWQUAY WI VISITS CORNWALL AIR AMBULANCE



Members of Newquay WI spent an informative afternoon with former CFWI Chairman Barbara

Corbett, at the Cornwall Air Ambulance HQ in August. A total of £111 was raised from donations and a raffle and the women also enjoyed some delicious cream teas.

GRAMPOUND WI WINS BIG



It was a great weekend for Grampound WI at this year's Carnival in September.

The women won the cup for Best in Class and also the cup for Best Overall Entry for their float called '100 Years of Suffrage'.

Congratulations to all at Grampound WI!

TALKING ABOUT THE WEATHER IN MAWNAN



We all like to talk about the weather and follow the forecasts listening especially to the well-known voice on BBC Radio Cornwall of Kevin Thomas....what he has to say may brighten or perhaps dampen our days!

Mawnan WI was delighted to welcome Kevin to talk about Cornish Weather Forecasting and to learn a little about his job. He confirmed what many of us believe: All villages in Cornwall are certain that they have their own microclimate.

It was also interesting to note that even the meteorologists talk about the A30 front - the phenomenon of mist and rain that descends on drivers! Kevin is a keen photographer and ended his presentation with some superb slides illustrating different weather conditions around the county.

A CAKE BAKE DAY IN ST PINNOCK



St Pinnock & District WI held a Cake Bake Day in May raising £425 for Cornwall Hospice Care. Pictured here are some of the guests enjoying delicious cakes and tea in the glorious sunshine.

Patricia is all smiles again - thanks to Foot Solutions



A Plympton woman whose chronic foot pain threatened her job is now all smiles - thanks to Foot Solutions.

Patricia Wilkinson spends most of the working day on her feet as a cleaner at Drake Circus, so the foot pain she historically suffered was an extremely serious issue.

Her troubles really started five years ago when she was diagnosed with plantar fasciitis by her GP.

Plantar fasciitis is a common problem caused by inflammation to the plantar fascia ligament, which is the band of tissue connecting the heel bone to the toes.

Patricia, who has worked at Drake Circus for 12 years said: "The pain was so bad that at times I could barely walk. I had to take pain killers because of the situation and in the end I had to take time off sick from work and I was worried about how I could cope in the future."

However, an appointment with her GP led Patricia to visit Foot Solutions in Royal Parade.

"It was about two and a half years ago and my doctor told me to try Foot Solutions," she said.

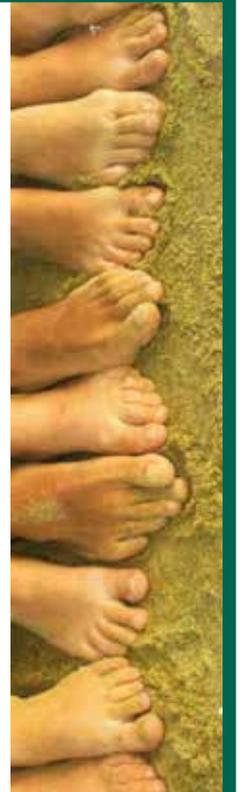
"I visited the store and the staff could not have been more helpful. They carried out all sorts of tests and examinations which confirmed the long-standing condition I had."

The staff suggested customised orthotic insoles as well as recommending the right type of footwear - and the results, according to Patricia, were amazing.

"I have no pain at all now and can cope with long shifts on my feet without any discomfort," she said.

When she is not working at Drake Circus, Patricia enjoys walking in and around Plympton - and as our photo shows, she enjoys every minute of it.

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



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