

countynews

CORNWALL FEDERATION OF WOMEN'S INSTITUTES

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February 2019



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theWI
INSPIRING WOMEN





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THANKS TO LADOCK WI FOR PACKING FEBRUARY 2019 COUNTY NEWS

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CHAIRMAN'S CHATTER



Hi everyone, I hope it isn't too late to wish you a Happy New Year, especially as we are now in our Centenary Year with what promises to be a very busy and exciting time for us all. I hope to see many of you at some of the various events that will be happening to mark this very special time for our Federation.

As I have mentioned before, with publication restrictions I am actually writing this in December for your February issue, so although I could wax lyrical about the abysmal weather or find some poetic wording to praise the snowdrops that are blooming in my garden, I am afraid the five day weather forecast won't help me with that. I will let you into a little secret – it was 7am when I came down this morning and checked the Ipad to discover a gentle reminder from lovely Helen that she needed my copy "like yesterday". Now I am

not looking for sympathy, but I am just getting over a virus and currently have a complete vacuum between the ears (fondly known as my brain) so if I were you I wouldn't bother reading any further!

However, in the hope that you have ignored my last remark – I am wondering/hoping if there is a member somewhere in Cornwall Federation who could be interested in getting involved with publicity and being in a position to promote the WI to the wider public. We need someone, or even a pair, who would like to work at getting us more into the public eye, in the papers and on the radio and TV. The WI is a wonderful organisation and currently we are not reaching the uninitiated too well. If you're interested in getting involved in this way, please get in touch.

When we were at the Autumn Council Meeting last October, I shared with you my plan of compiling a list of Board Helpers to lend a hand at events we put on and I am thrilled to say that many of you came forward and offered your help! My first helper, Joy Richardson, survived Tea and Tinsel, and even enjoyed the experience. To those I haven't asked yet, please be patient – I will be calling on you before too long, and many thanks for volunteering.

In the last six months of 2018, I was away five times. I don't know why; it just happened. I have been telling myself that this year I will stay put, but with all the brochures dropping onto the mat I am beginning to get wanderlust again, and of course I have discovered that it is OK to travel on my own. Who knows where I shall end up – Jim always wanted to go to India and Nepal to see the tigers or to Borneo to see the orangutans, so all I can say is "watch this space"!

I have just had a quick look in my diary to see what is coming up. Are you coming to Cake Fest on 16th February? Make and enter a celebration cake into our competition or, like me just come along to admire the cakes to be judged whilst you sit and enjoy eating cake. Next month, the Tea Dance at Hotel Bristol in Newquay looks fun, not only dancing but a cream tea as well – who could resist?

In the meantime, it is back to the present and back to my search for a fencer – yes, a fencer. I have just discovered that my garden fence wants replacing – ouch – there is always something that needs doing, so farewell for now.

Best wishes,

Margaret

Diary Updates

FEBRUARY DIARY DATES

15th February – Show the Love for Cornwall

16th February – Cake Fest

FEBRUARY CLOSING DATES

12th February – Winning Ways with Flowers

21st February – Centenary Tea Dance

28th February – Yet Another Girls' Day In



Cover Photo



A line-up of WI members on a recent day of birdwatching at the RSPB reserve at Bowling Green Marsh, Exeter. See page 7 for more about this fantastic event.

NOTES FROM THE OFFICE

200+ CLUB

December winner of £38 – Mary Ellis of Ladock WI.

SPRING COUNTDOWN

Spring Countdown will be held at the Regal Theatre in Redruth on Wednesday 17th April. Our guest speaker at this year's

Countdown will be Cal Major. Cal is an ocean advocate, world record stand up paddleboarder and veterinary surgeon. She founded Paddle Against Plastic in 2016 as a way to talk to people about plastic pollution in the ocean, and deliver a positive message about how we can all be a part of the

solution. She is passionate about reconnecting people to nature and the oceans. In 2018, she stand up paddleboarded the entire length of the UK, from Land's End to John O'Groats, to deliver her message and raise funds for mental health charities. Cal will be giving her talk, entitled 'Paddle Against Plastic', at the Regal Theatre in Redruth on Wednesday 17th April.



FEDERATION MATTERS



FLY LIKE A BIRD!

Saturday 18th May 2019
HANGLOOSE ADVENTURE CENTRE (EDEN PROJECT)
10:30am-3:30pm

Have you ever wanted to fly like a bird? Now is your chance to try!

On Saturday 18th May 2019, we plan for at least 100 of us (for our 100 years!) to whizz over the Eden Project on Skywire – the longest and fastest zip line in the country! Skywire is run by Hangloose Adventure Centre and is located next to the Eden Project.

It is a brilliant experience. You will never forget the feel and the sight of gliding over the Eden crater. What a memorable way to celebrate the Centenary! The cost is £20, which is a big saving on the usual cost. £2 of this will go to help promote the plastic campaign in Cornwall. However much we raise for this, Brian Phelps, Director of Hangloose, is going to match it.

You need to be over 18 and under 18stone 12lb, and be

relatively fit and healthy. For full details on restrictions, see www.hanglooseadventures.com.

Note that the zipwire is not inside Eden. You may want to spend the rest of the day in Eden – but you will need an Eden ticket or pass for that as usual.

This event is open to friends and family, space permitting.

Cost: £20

Closing Date: Thursday 4th April 2019

Further Information: Julia Havard

CENTENARY TEA DANCE
Friday 15th March 2019
HOTEL BRISTOL,
NEWQUAY 2-5pm



Come and trip the light fantastic as you glide across the ballroom floor at The Hotel Bristol in Newquay. The hotel is set on Narrowcliff with wonderful sea views and offers exceptional

service. Established in 1927, this beautiful hotel keeps the past alive with its art deco interior.

This is *Strictly Come WI* with resident tutors on hand to guide us through a selection of ballroom, Latin and sequence dancing. You do not have to be an expert! So put on your posh frocks – optional of course – and come along and enjoy.

You will also be served a Cornish Cream Tea – a glass of prosecco is an optional extra!

If numbers allow, partners will be welcomed.

Cost: £10

Closing Date: Thursday 21st February 2019

Further Information: Pam Selley

CHAIRMAN'S COFFEE MORNING
Friday 3rd May 2019
ST ISSEY VILLAGE HALL
10am-1pm



We will be holding a wonderful big Chairman's Coffee Morning at St Issey Village Hall on 3rd May. This is our annual event to raise funds toward the cost of our marquee at the Royal Cornwall Show, and we are always grateful for the support of you, our members.

Come along and enjoy coffee, tea and lots of cake – both to eat, and to buy and take home. There will be the usual stalls – Tombola, a book stall, Trading Post with Centenary merchandise to purchase, a plant stall and, of course, a raffle. As always, this is also a great opportunity to meet up with WI members from all over Cornwall. So bring a carload of members, or take advantage of the coach and enjoy lunch and shopping in Padstow in the afternoon.

Cost: £3 payable on the door (no ticket required)

Cost of coach: £15
Closing Date for Coach Tickets: Thursday 21st March

Further Information: Jane Dover



Cornwall Federation of Women's Institutes

ADMINISTRATIVE ASSISTANT

We have a vacancy for a part-time person to work on the reception desk as part of our friendly office team at our County Office on the Threemilestone Business Park

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Please reply ASAP to:

Cornwall Federation of Women's Institutes, Chy Noweth an Conteth, Truro Business Park. Threemilestone, Truro TR4 9NH
Marked for the attention of Mrs Margaret Johnson



ACTIVITY AND LEISURE



YET ANOTHER GIRLS' DAY IN Friday 5th April 2019 CHY NOWETH AN CONTETH 10am for 10:30am-3pm

By popular request, we have planned another day packed with activities just for you.

Dawn Rowe will once again guide us through some simple exercise routines to suit all abilities. Hannah Darling

always has something in mind to help us to look our best. In addition, you will experience a Mindfulness session, a form of relaxation through meditation. Jessica Strongman, Director of the Chaos Group, will come along to talk to us about Chaos, a charity that works with disabled and disadvantaged members of the community. Coffee and tea will be available on arrival, with soup and roll and a selection of cakes on offer at lunchtime. You are also very welcome to bring your own packed lunch.

Cost: £10 (additional £5 for lunch, payable on the day – please indicate on application form whether lunch is required)

Closing date: Thursday 28th February 2019

Further Information: Sandra Buck

COMBINED ARTS



POETRY AND THE SPOKEN WORD Friday 26th April 2019 CHY NOWETH AN CONTETH 10:30am-3pm

Do you enjoy poetry? Would you like to write your own poems but wonder where to start? We will hear about the poets of the past, and have an opportunity to work on some verse of our own. Tutor Jane Sleep, an English teacher, will be there to guide and encourage us. Please bring along a notepad and pen/pencil and a copy of your favourite poem.

In the afternoon, The Very Reverend Michael Moxon will be sharing his personal experiences of being part of the life of St George's Chapel in Windsor Castle. This will be a chance to listen to someone for whom the spoken word is of vital importance.

Coffee and tea will be available, but please bring a packed lunch.

Cost: £6

Closing Date:

Thursday 7th March

Further Information:

Veronica Gray
Val Strout

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ROYAL CORNWALL SHOW



The 2019 Royal Cornwall Show will be held on the 6th, 7th and 8th June 2019. The 2019 Royal Cornwall Show Cup Competition is organised by our Activity & Leisure sub-committee. The schedule is as follows:

“A Celebration of Cornwall”

To celebrate the Centenary of Cornwall Federation of Women's Institutes, WIs are invited to create a staged exhibit reflecting the theme, which might be an iconic place, landmark, tradition or legend, but must include the following:

1. A backdrop - any medium, but not photography. This should be self-supporting (a backboard can be used) and may include a name or title but not your WI's name. This will be judged in situ. Medium used for backdrop to be advised by 1st May 2019. (20 marks)
2. An item of cookery usually associated with Cornwall, which may be sweet or savoury. Please remember, your entry has to last for four days in an often hot and humid marquee. (20 marks)
3. A floral item using fresh material, to be judged in situ, but which can be created in the marquee or at home (20 marks)

4. An item of craft, any medium. (20 marks)
5. A photograph, 7" x 5" max, mounted. A copy, which need not be mounted, to be submitted in advance – no later than 14th May 2019 - for judging. (20 marks)

Points will be awarded as above plus 20 points for staging and 20 for interpretation – a total of 140. Judges' comments will be on display and accessories may be used. No cubicles or sides may be used. There will be additional awards for best cookery, craft and floral art items.

BARBARA REED TROPHY COMPETITION

The schedule for the Barbara Reed Trophy competition, organised by the Home Economics and Craft sub-committee, is as follows:

“Iconic Cornwall”

1. Make a craft item which meets the overall theme of “Iconic Cornwall”. For example: representing scenery, buildings, traditions, Cornish people, etc.
2. The item can be made using single or mixed media (any craft listed in NFWI's *On with the Show* is acceptable).
3. Can be two- or three-dimensional and must fit within a 60 cm/24" cube.
4. Only one entry per member.
5. All items must be new, fit for purpose and relevant to the theme.
6. All exhibits must be made by the entrant.
7. All entries must be packed in a suitable

container and marked with entrant's name, WI, and entry number.

8. A label with the entrant's number must be attached to the item.
9. Entries must be brought to the showground on Wednesday 5th June, 2019 between 8 am and 12 noon or alternatively can be left at Spring Countdown at the Regal Theatre, Redruth on Wednesday 17th April 2019.

FLORAL ART COMPETITIONS

Floral Art competitions are organised by the Floral Art and Gardening sub-committee and are as follows:

1. Wadebridge Cup 56 cm x 56 cm exhibit - “A Cornish Festival”
2. Smale Cup 10 cm x 10 cm petite exhibit - “A Cornish Treat”
3. Penponds Cup 56 cm x 56 cm exhibit - “Cornish Landscape”
4. Pat Ward Novice Cup 56 cm x 56 cm exhibit - “Surf, Sea and Sand” (Novice is a person who has not won first prize in WI section of Royal Cornwall Show)
5. Best Floral Art award (perpetual) in these classes.

Fresh plant material to predominate (no artificial permitted). Accessories allowed in all classes. No accessories, drapes or mechanics may be attached to staging or backing.

Closing date for entries in all competitions is Sunday 31st March 2019.

MEMBERSHIP MATTERS TO ALL



RUNNING YOUR WI

During the next couple of months, you will be electing your Committee and Officers at your Annual Meetings; therefore in May we will be running training workshops to help and advise you as you go forward. These will be open to all members with a keen interest in the running of your WI.

These sessions will be held as follows,

Tuesday 7th May – Marshgate – 2:30pm-4:30pm

Tuesday 7th May – Praa Sands – 7pm-9pm

Friday 10th May – Chy Noweth an Conteth – 10am-12pm

As usual, the cost will be per WI and payable from WI funds. Full details and an application form are with your WI Secretary.

Please come along, we shall really look forward to meeting you.

Cost: £8.50 per WI (send as many as you'd like)

Contact: Kathy Reed

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FLORAL ART AND GARDENING



ALL ABOUT PONDS

Monday 3rd June 2019

CHY NOWETH AN CONTETH AND CORNWALL WILDLIFE TRUST

10:30am-3:30pm

Have you always wanted to have a pond in your garden but don't know quite how to start? Or perhaps you moved into a property where there is already a pond and would like to know more about how to maintain it? Then this fun day is for you! Meet at Chy Noweth for coffee at 10am, and then Trevor Wiltshire, retired superintendent of the rock garden at RHS Wisley who has constructed ponds and rock gardens in this country, Turkey and Japan, will give an illustrated talk on all aspects of garden ponds, including plants,

fish and other inhabitants! He will have some plants for sale. After a lunch break at Chy Noweth (soup and a roll and a piece of cake £5 payable on the day), we move a few miles up the road to Allet, the home of the Cornwall Wildlife Trust. Here we will hear from Cheryl Marriott all about wildlife ponds – their benefits and how they differ from the usual garden pond, before going off on a pond-dipping expedition!

Bring waterproof clothes and stout shoes.

Cost: £15

Closing Date:

Thursday 18th April 2019

Further Information:

Abigail Kirby-Harris

WINNING WAYS WITH FLOWERS

Tuesday 26th March 2019

CHY NOWETH AN CONTETH

10:30am-3:30pm

Have you ever fancied “having a go” at entering a local competition, and then been baffled by the title? Perhaps you'd enjoy entering but aren't sure just what the judge will be looking for? Then this day is for you! Edna Trudgeon, an experienced Floral Artist and nationally accredited judge, will be demonstrating how to produce what could be a winning entry.

Bring along the titles from a recent competition you didn't enter as you couldn't quite work out what was being looked for! The day is aimed at encouraging the less experienced, but would also be suitable for the more experienced.

Cost: £15

Closing Date:

Tuesday 12th February 2019

Further Information:

Abigail Kirby-Harris

SPRING CELEBRATION

Monday 15th April 2019

ST COLUMB CHURCH, ST COLUMB MAJOR

10:30am-3:30pm

This will be the second in our new series of tutorials on Flower Arranging in Churches. The church of St Columb Major, is a large, early Victorian building, and this event will focus on larger spaces.

There is plenty of parking behind the Columba Centre (directions will be included with your list of what to bring) and there is a cafe in the town should you fancy it – but feel free to bring a packed lunch.

Cost: £15

Closing Date:

Thursday 28 February 2019

Further Information: Felicity Penneycard

PROPAGATION WORKSHOP AND GARDENERS' QUESTION TIME

Thursday 25th April 2019

CHY NOWETH AN CONTETH

10:30am-3:30pm

Successful propagation of plants, your own or a friend's, is really “Plants for Free”! Who better to teach about successful propagation than Radio Cornwall's very own Nigel Pascoe, our former CFWI Gardens Adviser? On a previous occasion, members attending went home with lots of cuttings, and advice about how to grow them on. Nigel will show us how it is done, and will also have with him a range of plants for sale. After lunch, he will take questions from members and give advice.

A soup and roll lunch, and cake with tea and coffee will be available for £5 payable on the day, or feel free to bring a packed lunch.

Cost: £15

Closing Date:

Wednesday 13th March 2019

Further Information: Abigail Kirby -Harris

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WI EVENTS

WI BIRTHDAYS



FEBRUARY BIRTHDAYS

Ladock WI, 65th
Grampound WI, 95th

VERYAN WI CENTENARY TREE PLANTING



In December of last year, Veryan WI planted a Hoheria tree at Rundles Walk in the village to mark their centenary. This was the penultimate event for their centenary celebrations and they were joined by past officers and members. Following the tree planting, members and their invited guests enjoyed tea and cake in the Parish Hall.

HAPPY 65th BIRTHDAY TO PERRANARWORTHAL WI



Perranarworthal WI celebrated their 65th birthday with a beautiful cake - and bread pudding as a nod to a 'delicacy' of the '50s. The tablecloth in this photo was embroidered in 1953 and thus is as old as the WI. Six Presidents were present, helping to cut the cake and remind members of the achievements of this close-knit group.

WI MEMBERS OF A FEATHER FLOCK TOGETHER

After an early start and on a rather grey and mizzly day, a group of WI members set off last week on a Federation birdwatching trip.

They headed to a new venue for us all, the RSPB reserve at Bowling Green Marsh Exeter. Accompanied by Roger Hooper, a knowledgeable and enthusiastic volunteer for RSPB, the group walked almost six miles, enjoying the views and taking time to look at the different species of birds on the marshes. After lunch, there was even time for a little retail therapy at Darts Farm, and then onto Powderham Castle to look out over the estuary. Thank you to Roger for giving up his time, driving the mini-bus and putting up with 16 WI members! A big thank you to our Activity & Leisure sub-committee for organising the event.

HAYLE FOUR-CORNER DAY SUCCESS



Hayle WI hosted a lovely four-corner day before Christmas, with women from all over the county. Hayle WI members contributed lots of delicious cakes too! The crafts on offer were willow work, rag wreaths and baubles, felt Christmas tree decoration and gift boxes. The raffle raised £31 for Hayle Daycare Centre. Well done to everyone who helped make the day such a success!

A 70th BIRTHDAY CELEBRATION FOR GERMOE & DISTRICT



Germoe & District WI members celebrated their 70th birthday at their November meeting by holding a buffet supper with invited guests. Liz Anderson, CFWI Adviser,

joined members from Sithney & District WI, Perranuthnoe & District WI and several ex-members, including founder member Virginia Laity. The membership carries on down the generations from original founder members - present were Jan Semmens, daughter of Joyce Trudgeon; Anna Harry, daughter of Audrey Edwards; and Sheena Thomasson, Germoe & District President, granddaughter of Edith Hobson who was also onetime President. Members provided a huge array of delicious food; Maureen Gibson was responsible for the decorations, invitations and keepsakes with a theme of pink roses; and Sue Rayment made the cake decorated with 70 pink icing roses. The enjoyable entertainment was provided by The Buccas Four, who then joined the company for supper.

A big thank you to you all - especially the washer-uppers!

BOLLYWOOD BUZZ FOR BUDE



Recently, members from Bude WI, along with WI members from all over Cornwall, travelled to Chy Noweth to participate in 'Bollywood Day.' They were greeted with beautiful garlands and a small glass of refreshing mango juice. They were then served a meal of at least five different Indian curry dishes,

poppadoms and naan bread. Various sweet dishes followed, and the meal finished with chai tea. They were then entertained by Charlotte, our dancer, who demonstrated several different dances, some quite intricate with complicated moves and some light and humorous - but all beautifully danced. Charlotte then demonstrated her artistic talents by applying very intricate henna tattoos on those members who wanted one, either on their hands or feet.

MAWNAN WI'S BRAS HEAD TO AFRICA!



When Mawnan WI asked their members and the village community to donate bras for girls and women in Africa, they didn't expect such an incredible response! How many bras do you think they collected? Nearly 700 bras were handed in to the collection points at the local café and the village primary school whose help was greatly appreciated. Many of those involved did not know that wearing a bra confers status to girls and young women in Africa, and consequently it helps to protect them from assaults and rape. The project originated in response to WI members being asked for ideas of how to mark World Kindness Day. To celebrate the success of the initiative, members hung some of the bras on lines stretching across the Memorial Hall at their November Monthly Meeting - they are now on their way to the charity 'Smalls for All' for distribution.

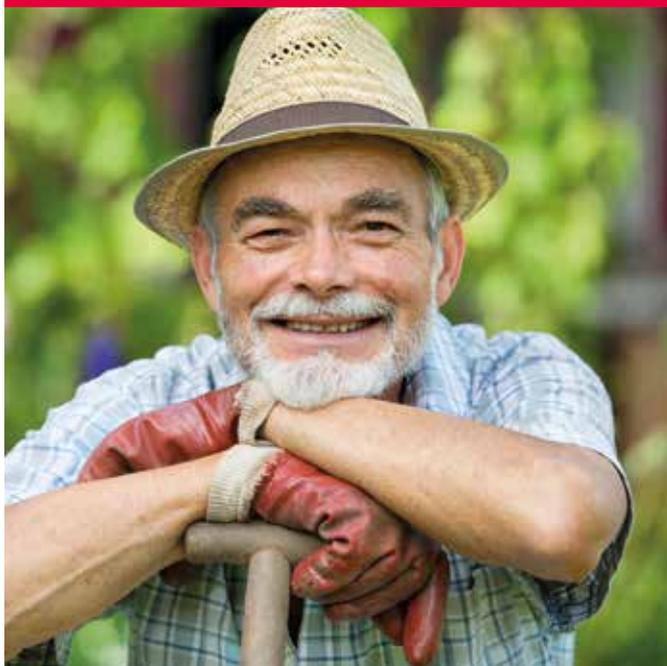
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PLEASE QUOTE: WI-JAN/FEB-2019



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The 'hidden epidemic' - right under our feet

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

The condition affects an estimated one in ten of the population and leads to pain in the heel and bottom of the foot. According to Andrew Scowcroft of Foot Solutions it can cause intense pain which in many cases severely affects mobility. Andrew said: "The symptoms include pain in the bottom of the foot, especially at the front or centre of the heel bone. The pain is often worse when first getting out of bed in the morning or when standing up after any long period of sitting." He said the condition can be caused by a variety of factors, including standing for long periods, weight gain or wearing inappropriate footwear. GPs will often recommend rest or anti-inflammatory medication. In more severe cases, cortisone injections may be administered. Podiatrist Karen Scowcroft of City Centre Chiropody,

which is on the first floor of the Foot Solutions store in Royal Parade, said: "Although this can be effective, these actions simply deal with the symptoms and not the root cause of the condition." The technical name for the condition is Plantar Fasciitis. Karen said: "The condition occurs when the foot is put under excessive strain usually due to the foot rolling inwards. This results in small micro-tears in the fascia, inflammation and in turn pain. For many people this has the impact of time off work, reduction in sporting activities and a general disruption to their quality of life. Foot Solutions provide a full assessment of the client's feet using advanced technology and supply custom made arch supports which control the movement of the foot and prevent muscle strain. Andrew said: "This approach, coupled with the correct footwear, can provide a long term solution to the problem of Plantar Fasciitis."

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

FOOT SOLUTIONS

**34 Royal Parade,
Plymouth PL1 1DU
t: 01752 222660**

www.footsolutions.co.uk/plymouth

