

countynews

CORNWALL FEDERATION OF WOMEN'S INSTITUTES

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April 2019



Inside This Issue ...

- | | |
|--|--------|
| Calendar Girls: The Musical | Page 3 |
| Blaikley Salver Poetry Competition | Page 5 |
| 2021 Calendar Photo Competition | Page 5 |
| St Michael's Mount: Private Garden Visit | Page 6 |





CHAIRMAN'S CHATTER

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THANKS TO PENPOL & POINT WI FOR PACKING APRIL 2019 COUNTY NEWS

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DEADLINE FOR INCLUSION IN COUNTY NEWS

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Writing my column is probably a good job for today as I am sitting in the cosy warmth of my front room whilst there is a gale blowing outside interspersed with rain - perfect for a Saturday!

So we are now a quarter way through our Centenary year with plenty of events still to come. Next up is the Coffee Morning on 3rd May – I would love to see you there! Among other things we shall be having a cake stall, so please think about bringing a cake with you to donate to the stall; it would be greatly appreciated. Later in May will see us at Hangloose at The Eden Project where we are hoping there will be 100 intrepid members prepared to brave the zip wire – one for each of our 100 years. Have you put your name down yet?

In June, we will once again be taking up residence at the Royal Cornwall Showground for the 61st time in the marquee. In the early days, we were housed in a length of shedding which

gradually lengthened until, in 1958, the brave decision was made to hire a marquee for the first time. As they say, the rest is history. The memoirs tell me that in the early days “cups of tea were organised by different WIs on each day of the Show” – I’m sure that is something nobody would want to return to! One wonders how they managed to transport all the equipment needed and set up the marquee since the Exhibitions Sub Committee was not formed until 1971 – we don’t need to wonder why it was formed!

Back to 2019. Planning is well under way for this year’s Show. You will have received via your WI Secretary my annual plea for items to put on the Federation Stall - you will note we are going back to craft, albeit with a Christmas theme, and also summery scarves. You should also have received my plea for members to help steward or to help with refreshments. Please do consider helping – I will supply the entry tickets; all you need to do is fill in the form or contact me.

While I am on the subject of help, if anyone would like to know more about how the Federation works, why not consider sitting in on a sub-committee meeting to find out what they actually do. You might be surprised at the fun they have, and we can always do with a few more members.

What about all those of you who like to work with figures – and I know there are many of you out there? We are crying out for IFE’s (Independent Financial Advisers). These are the people who approve your Financial Statements in time for your Annual Meetings. It is a job that is undertaken in the early spring of each year, and we are now looking to recruit additional help so we can train you in time for the 2019 Financial Statements. If you are interested or would like to find out more, please get in touch with either me or Federation Treasurer, Penny Picton.

Now I would like to offer a warning: There are many scams doing the rounds, so if anyone phones you telling you that your computer has been hacked or compromised in any way and says they are from BT Securities – or any establishment’s Security Department – put the phone down immediately and, if possible, bar the number from your phone.

Finally, I would like to thank those members who came forward offering their help with Federation events. I am very grateful to you and I can assure you I shall be in touch for many of this year’s upcoming events.

Best wishes and please “stay safe”.

Margaret

Cover Photo



Our recent Show the Love for Cornwall event, hosted jointly by the Environment and Public Affairs sub-committee and our Climate Coalition partners the RSPB, was a great success.

WI members were able to learn how climate change affects local wildlife, and to share their concerns with local MPs and Councillors.

Pictured (left to right) are: Iain Soutar, Exeter University; Sue James, Cornwall Council; Paul St Pierre, RSPB; Catherine Brabner-Evans, The Woodland Trust; Jenny Parker, RSPB; Sarah Robinson, Hope for the Future; Emma Stevens, Hope for the Future; Sarah Newton MP; Pippa Stilwell, CFWI Climate Ambassador; and Derek Thomas MP.

Diary Updates

APRIL DIARY DATES

- 5th April – Girls’ Day In
- 10th April – Spring Celebration (flower arranging)
- 25th April – Propagation Workshop
- 26th April – Poetry and the Spoken Word

APRIL CLOSING DATES

- 4th April – Ukulele Day II
- 4th April – Eden Zip Wire

CAKE CRAFT & CAMPING

CAKE, CRAFT & CAMPING
Friday 30th August –
Sunday 1st September 2019
NINE ASHES ACTIVITY
CENTRE, BODMIN

Join us for this special event, held in our Centenary year. This will be a camping weekend like no other! You'll find something for everyone – a Wildlife Trust bat walk, a scone masterclass, knitting, archery, painting, drama, Wacky Olympics, a talent show, paper flower crown workshop, bushcraft, a chance to tour Pencarrow House and so much more!

The cost includes your camping pitch for two nights, all activities (and any materials required) and all meals.

Some bunks are available on a first-come/first-served basis, but we hope most of you will choose to bring your tents and sleep under the stars with us! Why not get a group of your WI members to come along and camp together? There will be a prize for the best-decorated tent, so start thinking now!

We will send you an information packet with complete details upon request. See your WI Secretary for the info packet request form.

Cost: £100

Closing Date:

Thursday 18th July 2019

Further Information:

Helen Kestle

CALENDAR GIRLS

THE MUSICAL

Wednesday
24th July 2019
THEATRE ROYAL
PLYMOUTH
7:30pm



This musical with music and lyrics by Gary Barlow is a must-see. The show is based on the 2003 film which, in turn, was based on a true story. Following its world premiere, *Calendar Girls* has been touring the country and is now appearing at the Theatre Royal in Plymouth.

This true story of Yorkshire's own Calendar Girls tells the tale of a group of ordinary women who achieved something extraordinary. This marvellous performance is guaranteed to make you laugh, cry and leave feeling so much better.

We have a limited number of theatre tickets and coach tickets available for those in the west of the County. In addition, we have a limited number of tickets available

for members who would like to use their own transport. These tickets will be £40. Please contact the CFWI office for more details.

Cost: £50

Closing Date: Thursday

30 May 2019

Further Information:

CFWI (01872) 272843 /
Email: cfwi@btconnect.com

A SUMMER TREAT: CENTENARY GARDEN PARTY

Sunday 7th July 2019

BOCONNOC HOUSE
AND ESTATE

This special garden party will be packed full of exciting things for everyone. You will be able to hear Lostwithiel Town Band and St Austell rock choir, there will be a fun dog show for those of you who'd like to bring your canine chums along, there will be a hat parade and competition (so start planning yours!), Cornwall Air Ambulance will be bringing their helicopter (fingers crossed!) and there will be plenty of refreshments and lots of fun stalls for you to explore.

You can buy your ticket/programme in advance, either through your own WI, at Spring Countdown or any other Federation event. This will entitle you to a free cup of tea at the Garden Party. You can also buy your ticket at Boconnoc on the day.

There will also be the opportunity for WIs to hire a stall either for a game, sales or something different! Tables for the day will cost £10. Bring a gazebo if you wish. We are hoping to see some innovative ideas, so why not start thinking about it now? Contact Jane Dover for table hire

and please send your £10 to the office.

Cost: £3

Further Information:

Pam Selley

CALLING ALL PRESS OFFICERS

It is at this time of year we remind you to look back at the past year and choose two press cuttings about your meetings for the Press Competition. The dates of publication must fall between 1st August 2018 and 31st July 2019, (which is also the closing date).

The Boslowick Cup is for Press Officers in their first year of Office; the Whitecross Cup is for more experienced Officers.

Guidelines and entry forms will be included with the April County News.

For any enquiries, please contact Jane Dover

PROGRAMME COMPETITION

Does your WI programme depict what's special about your WI? If it's informative, welcoming and an ideal advert to give to potential new members, then the answer is yes. It will also be perfect to enter the Annual Programme Competition. A silver trophy is awarded in each category, calculated on the number of members in your WI. A coveted trophy could be yours in our Centenary year making it extra special!

There is no fee, no application form and no stamped envelope required. Just send your entries to Sheila Goldsworthy

HOT OFF THE PRESS!

FLY LIKE A BIRD!

Saturday 18th May 2019

HANGLOOSE ADVENTURE
CENTRE (EDEN PROJECT)

10:30am-3:30pm

Are you joining us to whiz down the zip wire over the Eden biomes on Saturday 18th May? If you are, the brilliant Manager of Hangloose, Brian, has just told us that we will have photos taken of each of us "in flight" - and these will be sent to us at no extra charge. We will also have a professional photographer on the ground too! So our centenary escapade will be recorded for posterity. If you have not already applied, it is not too late to get in your application.

Cost: £20

Further Information:

Julia Havard

CHAIRMAN'S COFFEE MORNING

Friday 3rd May 2019

ST ISSEY VILLAGE HALL
10am-1pm

Come along to our Chairman's Coffee Morning 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.

A coach will be available to transport members from the west of the county, with pickups at Crowlas, Camborne and Chy Noweth an Conteth, and with a visit to Padstow in the afternoon. Coach tickets are £10.

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

Further Information:

Jane Dover

A WALL HANGING FOR THE FUTURE

When, as Federation Archivist, I had the idea for a wall hanging to celebrate the centenary of CFWI, I hoped that some of our WIs would take up the challenge. You certainly did, and our judge was extremely impressed with the high standard of all the entries! She was particularly interested in the quality of the hand embroidery skills shown, the intricate machine embroidery used, and the variety of fabrics and other craft items used to create such a differing collection of hangings. You all made it very difficult for her!

The result of the competition will be announced at Spring Countdown at The Regal Theatre later this month.

May I express my thanks to all those who took part in the competition.

- Judith Williams, Archivist

THE ARCHIVES AT CHY NOWETH AN CONTETH

Many of our members do not know where the Federation Archives are stored, or what we hold. In a few cupboards and filing cabinet drawers in the basement at Chy Noweth, we hold a variety of artefacts, from a canning machine used in World War II and its accompanying Record Book, to the Visitor's Book used at the official opening of Chy Noweth. We also store copies of *County News*, Year Books, our own cookery books and many other publications; photo albums; silver cups; badges; tablecloths; banners; and much more.

If, sadly, your WI is thinking of suspending, please may I ask that you sort your records out before it happens. We do not have the space to take everything. What we do require are your Record and Minute Books, and any remarkable achievement or award that your WI or an individual member has attained, and scrapbooks. We cannot take programmes, old Year Books, old registers, account books, cheque books, bank statements, etc.

If your WI is still active and you are unable to store your own records, please **DO NOT BRING THOSE RECORDS** to Chy Noweth, as we are unable to accept them. You must sort the records, then contact the County Records Office and, when their purpose-built storage facility is open at Redruth, you will be able to deposit them there.

If your records need sorting, gather a few of your members together and over coffee and cake have a good chat and have a 'spring clean'!

If you have any queries regarding your records, please contact me and I will be pleased to help.

- Judith Williams,
CFWI Archivist



NOTES FROM THE OFFICE

200+ CLUB

February winner of £37
– Rosemary Freestone
of Launceston WI.

OBITUARY:

FORMER CFWI CHAIRMAN MARY McCABE

Members will be very sad to hear of the death of Mary McCabe, a popular former County Chairman who served from 1996-99. Mary, a tireless mum of four and a vicar's wife, was very busy when serving on the then Executive Committee. She was interested in nature, serving as Chairman of the Environment Sub-committee; and as a member of the Cornwall Rural Community Council, Cornwall Wildlife Trust, the

Campaign to Protect Rural England and Agenda 21; and she was often featured on Radio Cornwall with Richard Bower. Her warm and friendly character made her ideal to inspire members with the "Bones in Mind" health classes she organized in individual WIs, helping us all to beat osteoporosis. Being a vicar's wife meant living in various areas, and members loved hearing about her life in other parishes, especially on the Isles of Scilly. Her home at Budock was her original family home where she enjoyed her beautiful garden. She had the exceptional quality of always making you feel better after meeting with her, with her spontaneous smile and gentle sense of humour.

DENMAN

Fifty-five members will be taking part in the Denman Experience in May, and arrangements are well underway.

There are also many other events and courses running at

Denman so don't forget to check them out on our website postings and notifications, in *WI Life* and on the Denman website

- Kathy Reed, CFWI
Denman Ambassador

TREASURER'S CORNER



By the time you read this, 'end of year balancing' and 'Financial Statements' will hopefully be in the distant murky past! I would like to thank all WI Treasurers for their hard work and dedication in getting the new forms and spreadsheets up and running.

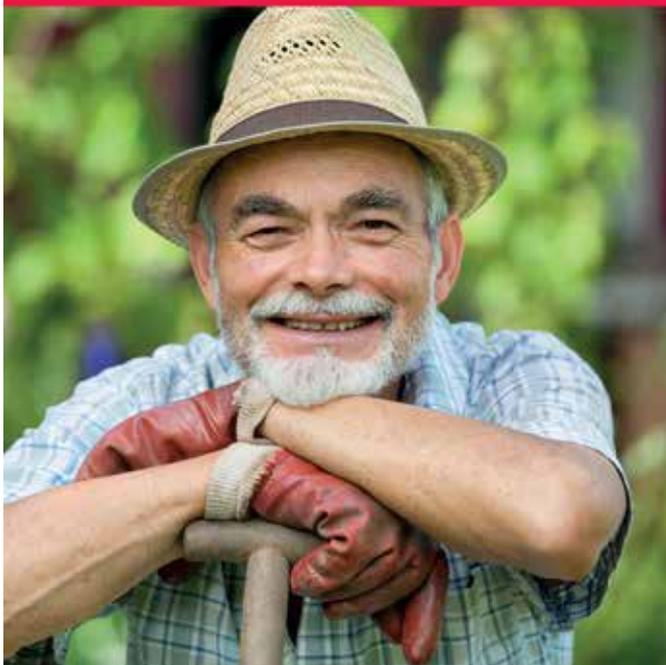
I have just a few tips to pass on to you - the word 'agent' seems to be causing issues. Remember: If you pay money on behalf of a member for an event or outing put on by the Federation, that goes in Column 5. If your WI purchases bulbs through the

Federation, that goes in Column 8. You will have noticed that the new One Bill forms now have details of which column on the spreadsheet each entry goes in – this should be a great help!

Many of you have enquired about Treasurer Workshops, and I will have more news about that next month. If I can be of any help don't hesitate to contact me, preferably by email on cfwi.treasurer@gmail.com.

- Penny Picton,
Federation Treasurer

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MEMBERSHIP MATTERS TO ALL

Now that all Annual Meetings are behind us, your Committee and Officers will be working hard to ensure that you enjoy your WI meetings and events for the year ahead. I am sure you will all appreciate their commitment and give them your full support.

To those of you new to the job, don't forget that your WI Adviser will be only too pleased to help if you

have any questions or concerns.

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

Also, a gentle reminder that Membership Support Sub-Committee will be holding workshops, *Running your WI*, in May. Your WI Secretary has all the details of venues and times.

ACTIVITY AND LEISURE



LAUNCESTON 2 COME OUT ON TOP AT NEW YEAR QUIZ
Ninety-six WI members descended on Ladock Village Hall to take part in the New Year Quiz earlier in the year. With five rounds and tea to fit in, time was tight but the women rose to the

occasion. Launceston 2 were the winning team with Cuddra A and 'Luggan Maids joint second.

Much fun was had and there was a good deal of laughter (and chatter) throughout the afternoon. It was a great success.

ENVIRONMENT AND PUBLIC AFFAIRS

BLAIKLEY SALVER COMPETITION 2019

The theme for this year's Blaikley Salver poetry competition is 'My Green Heart', and we



invite entries from WI members only on this subject.

The poem can be of any length up to 32 lines long, handwritten or typed with double-line spacing. Please submit two copies, with the entrant's name and name of the WI on one copy only. Send your entry, with a cheque for £5 (payable to CFWI) and a stamped addressed envelope to Chy Noweth. You may also email your poem to us on cfwi@btconnect.com

If you are posting your entry, please ensure you have provided the correct postage rate. Entries can be folded to fit a small envelope to save postage.

Cost: £5 per entry

Closing Date:

Monday 1st July 2019

Further Information:

Felicity Penneycard



THE BIG LUNCH – YOU'RE INVITED!

On the first weekend in June, millions of people across the UK get together in their streets, gardens and neighbourhoods to eat, chat and make friends with The Big Lunch.

An idea from the Eden Project, made possible by the National Lottery, The Big Lunch is a glorious moment of fun that anyone, anywhere can share and we'd love you to join in!

WI member, Joanne, from Piddington, held a Big Lunch last year for nearly 60 people. It was such a success, they're going to do it again this year and Joanne is helping other members in her WI to organise their own Big Lunches!

Why not hold a Big Lunch in your community to showcase what your WI does, recruit new members or even to fundraise for your group or a local cause?

Order your free Big Lunch 2019 pack today and get planning!
www.thebiglunch.com

COMBINED ARTS



CFWI CALENDAR 2021

Yes, you read it correctly - you need to start planning for the 2021 calendar! The title is "Cornish Gateways". Cornwall's hedges are part of the beauty of our countryside, but they can sometimes hide wonderful views. Have a good look at the

gateways you pass and snap them or use them to frame a view.

Closing Date:

Thursday 31st October 2019.

Further Information:

Val Strout

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FLORAL ART AND GARDENING



PRIVATE VISIT TO THE GARDENS AT ST MICHAEL'S MOUNT
Friday 14th June 2019
ST MICHAEL'S MOUNT
10am-5pm

Come and join Head Gardener Lottie Allen to tour the gardens on St Michael's Mount.

The causeway will be accessible to pedestrians from 6:40am until 10:45am; the return journey will be by boat. Please make sure you

leave plenty of time to cross the causeway before meeting at the ticket office. There is an additional garden entry fee of £8 for non-members of the NT – this must be paid on the day before the tour. NT members must bring their membership cards with them to avoid being charged. Please remember that the paths are steep and should not be undertaken by anyone who does not enjoy good health. Comfortable shoes are a must. Bring a picnic or eat in The Sail Loft restaurant.

Cost: £10
Closing Date:
 Thursday 2nd May
Further Information: Abigail Kirby-Harris

SUMMER FLOWERS IN ST DOMINICK
Thursday 18 July 2019
ST DOMINICA CHURCH,
ST DOMINICK
10am-3:30pm

The next event in our series of tutorials on Flower Arranging in Churches will be in the church of St Dominica, St Dominick. This very old building is quite large and

offers scope for a variety of different arrangements for trying our skills. As always, the emphasis will be on using garden flowers. Those attending are asked to bring with them greenery and blooms and will be free to take home what they have created. Bring a packed lunch. Beverages will be available during the day.

Cost: £15
Closing Date:
 Monday 3 June 2019
Further Information: Abigail Kirby-Harris



John avoids painful foot injections

In 2011 John Cain retired from his role as Head Stevedore. After 40 years working outdoors in a physically demanding job, he was looking forward to spending more time with his wife Sue, enjoying the good times ahead, including plenty of walking.

Fast forward to 2016 and John started to experience serious foot-pain, which his doctor diagnosed as arthritis in the balls of his feet. "She said it was not something that would get better, so I tried to put up with it," said John.

The pain got worse until he reached the point where his doctor recommended a series of painful cortisone injections to ease things. The thought of injections in to sensitive areas of his feet was less than appealing, but was the lesser of two evils so he agreed and waited for his appointment date to be set.

Just before Christmas in 2018, Sue got a call from John who was walking their dog, Sam. "He was at the end of Mountbatten pier," said Sue, "and the pain had got so bad he couldn't walk home. I had to go and collect him in the car, and that's when I remembered seeing Foot Solutions shop on Royal Parade."

They made an appointment for a free foot assessment between Christmas and New Year, and after carrying out a range of examinations Foot Solutions' advisor Lauren recommended John should try an over the counter insert with a pair of Brooks trainers for walking, and ordered a specifically designed custom orthotic.

"The improvement in just one day was wonderful," said John. "The pain immediately reduced and after a couple of days I called my doctor, who agreed that there was no point having the cortisone if the insert and trainers were working so well." When the custom orthotic arrived, it was another level of improvement altogether.

"It's changed my life around," said John. "Walks with Sue and Sam are now a pleasure again. You can't get rid of arthritis but my Brooks trainers and custom insert from Foot Solutions have made such a difference to us."

FOOT SOLUTIONS
 34 Royal Parade,
 Plymouth PL1 1DU
 t: 01752 222660
www.footsolutions.co.uk/plmouth

WI EVENTS

WI BIRTHDAYS

APRIL BIRTHDAYS

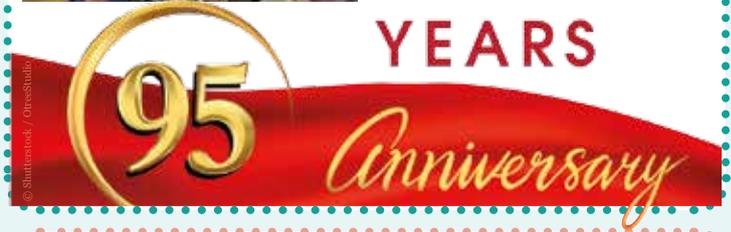
Tywardreath WI, 80th
Egloshyale & Trevanson WI, 85th
Lostwithiel WI, 95th
Pendeen WI, 100th



HAPPY 95th BIRTHDAY TO GRAMPOUND WI



Members of Grampound WI celebrated their 95th birthday with a splendid lunch at the Polgooth Inn in February. President Hilary Veal, toasted the assembled company and the WI in general.



CAMELFORD WI HITS THE BEACH



Camelford WI recently joined the Marine Conservation Society's beachwatch campaign. Members signed up to clean and survey Port Gaverne, and 11 members of the group braved the hail and cold winds to collect litter and complete their first survey. They were pleased to report that they collected approximately 35kg of litter and washed up debris, including large amounts of very heavy rope, shoes,

gloves, a torch and much more. Without Beachwatch volunteers, Cornwall's beaches would be dirtier and our wildlife would be more at risk of entanglement in fishing line and other litter. During the clean, Camelford members recorded what they found and uploaded the data onto the Marine Conservation Society's website. This provides valuable information about trends and sources of litter.

MAWNAN WI VISIT BODMIN RECYCLING PLANT



For Mawnan WI's most recent educational visit, a group of members went to Bodmin Recycling Plant and had a very informative experience.

arrived while the members were there and the operatives had just 20 minutes to unload the waste into the designated areas!

Members watched a short film about what happens to kerb-side collections in Cornwall, and then had time to ask questions. The group then saw the machines which separate plastics from tins. If, by mistake, the wrong kind of plastic is mixed in, someone manually removes the offending article. A collection vehicle

Mawnan members were pleased to see that Cornwall is doing well in hitting recycling targets, but were reminded that we should all aim to reduce packaging and should re-use whenever possible. The top priority should be to reduce landfill since this both benefits the environment and reduces the tax bill for the county.



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