

countynews

CORNWALL FEDERATION OF WOMEN'S INSTITUTES

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May 2019



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NOTES FROM THE BOARDROOM

FEDERATION MATTERS

FEDERATION OFFICE

Chy Noweth an Conteth
Truro Business Park, Threemilestone
Truro TR4 9NH – T: 01872 272843
Email: General Enquiries:
cfwi@btconnect.com

Federation Secretary:

cfwisecretary@btconnect.com

Accounts:

cfwiaccounts@

btconnect.com

Reception:

cfwireception@

btconnect.com

Website:

http://cornwallwi.org.uk

Facebook:

www.facebook.com/
CornwallFederationof
WomensInstitutes

OFFICE OPENING HOURS

9am - 4:30pm
Monday to Thursday

FEDERATION CHAIRMAN

Margaret Johnson

FEDERATION TREASURER

Penny Picton

Email: cfwi.treasurer@gmail.com

COUNTY NEWS EDITOR

Helen Kestle

Email: cfwi.publications@gmail.com

THANKS TO MERMAIDS MYLOR & FLUSHING WI FOR PACKING MAY 2019 COUNTY NEWS

NATIONAL FEDERATION OF WOMEN'S INSTITUTES

104 New Kings Road,
London, SW6 4LY

Tel: 0207 371 9300

Fax: 0207 736 3652

Email: hq@nfwi.org.uk

Web: www.thewi.org.uk

DENMAN

Marcham, Abingdon
Oxfordshire, OX13 6NW

Tel: 01865 391991

Email: info@denman.org.uk

Web: www.denman.org.uk

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Holly Daniels

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Get to know Penny Picton,
a member of the CFWI
Board of Trustees and our
Federation Treasurer.

May in Cornwall brings to mind Padstow Hobby Horse and Helston Flora Day - wonderful Cornish traditions that we celebrate every year. I wonder if any WIs will select one of these for their *Celebration of Cornwall* entries at the Royal Cornwall Show next month. The RCS is such an important showcase for the Federation and it is vital that we support it. In my new role as Federation Treasurer, I was shocked to see the costs involved in hiring the marquee, providing electricity, paying a night watchman to guard the marquee overnight and so much more. Do come along and support us! This month is the event I have been waiting for – the zip wire at Eden! Will we achieve our target of 100 people taking part to celebrate the Centenary? Then the following Monday, Denman is in for a treat: Cornwall Federation is coming! I spent three days at Denman in February on a training course – it was my first visit, and I discovered what a very special place Denman is. I am so looking forward to a return visit with the Federation.

For those of you who do not know me, I am quite new to WI life. I am a Redruth girl born and bred and proud of it! I worked in a bank when I left school, and when I went back to work after having the children I worked in retail. I became an Admin Manager and then moved to British Telecom in the Truro office where I stayed until I retired. My youngest son, his wife and two wonderful grandchildren live in Redruth, and my eldest son and his partner live in New Zealand. This of course means regular trips over

there and my husband and I have been seven times so far.

I joined Illogan WI six years ago when I was about to retire, and have loved it ever since. Within 12 months, I was elected President, a position I held for three years, and then took on the role of Secretary. When I joined, we had 14 members, a number that has now grown to 31. Since I have been a member, I have seen quite a change in the WI as I imagine many others have. The rise in retirement age has made a big difference to women of that age at the WI and Federation level. Members aren't always able to attend functions, trips and lunches and to join sub-committees during the day, and we all have to think about this and adapt.

I joined the Activity & Leisure sub-committee and then the Board of Trustees. While my husband and I were on holiday in New Zealand last year, I had several emails trying to persuade me to take on the role of Federation Treasurer; something I really didn't want to do! However, after a few sleepless nights and a long talk with my husband I said yes. Looking back over what I have just written I think you could possibly say I have a problem saying 'No'!

To say I viewed my new role as Treasurer with trepidation is putting it lightly. However, I have managed thanks to my fellow Trustees and the staff at Chy Noweth, especially Sue Martin whose knowledge, patience and expertise has helped so much. I would like to send a thank you and admiration to all the WI treasurers who work so hard in their WIs keeping their accounts in order and coping with the changes to the financial statements. Also to the IFEs who have also worked around the new system this year and have told us all off for putting things in the wrong columns!

I have made so many new friends since joining the WI and have been inspired to do things I would never have done before. Let's enjoy our Centenary year, and if you are at an event and I am there please come and say 'hello'; I'd love to meet you.

Penny Picton, CFWI Treasurer

GLADRAGS AND HANDBAGS COFFEE MORNING

**Saturday 15th June 2019
CHY NOWETH AN CONTETH
10am-12pm**

We all have a stack of nice clothes and accessories that we no longer wear. Let's get together for the fun of a big sale of our lovely pre-loved finery! Come and join us for a sociable coffee morning, try on lots of clothes and accessories – and bag a few good buys. Entry is free and you do not need a ticket. Just come along. There will be refreshments on sale – and lots of bargains! And if you have some clothes, handbags, or costume jewellery that you would like to donate to the event, just bring it to Chy Noweth – preferably in advance – as we will be delighted to have as big a range as we can for the sale.

Further Information:

Julia Havard



**CORNISH WINTER FAIR
Saturday 16th November 2019
ROYAL CORNWALL EVENTS
CENTRE, WADEBRIDGE
10am-5pm**

Come and celebrate all that's great about Cornish farming and food at The Cornish Winter Fair on Saturday 16th November 2019. It's a free event, held entirely under cover in the Exhibition Halls at the Royal Cornwall Events Centre in Wadebridge. There's plenty of free parking on site.

CFWI members have been invited to enter individual classes (for WI members only) in floral art and home economics and craft. An entry form and full schedule will appear in next month's *County News*. This is in addition to any WIs who are entering the Corporate Class.

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

Members are already buzzing about our upcoming camping weekend! We've planned 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, tours of 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 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

CAKE CRAFT & CAMPING

SPEAKERS' AUDITIONS DAY

Thursday 30th May 2019

CHY NOWETH AN CONTETH

10:30am – 3:30pm

Come and join us for a day at Chy Noweth to hear talks and demos from eight new speakers who would like to start giving their talks to our WIs. Speakers' Auditions Days are always interesting and entertaining. This time we have a variety of subjects lined up including local history, wildlife and birds, fashion tips and choosing colours, even laughter yoga! Bring a packed lunch and help choose the speakers you'd like to see listed in our *Speakers' Directory*. As this is always such a popular day, tickets are limited to one per WI. If your WI would like an additional ticket, let us know as we may be able to accommodate you.

Cost: £3 (payable from WI funds if agreed)

Closing Date: Monday

13th May 2019

Further Information:

Julia Havard

CALENDAR GIRLS THE

MUSICAL 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, telling the tale of a group of ordinary women who achieved something extraordinary. This marvellous performance is guaranteed to make you laugh and cry.

We have a limited number of theatre tickets and coach tickets available for those in the west of the County, and a limited number of tickets available for members who would like to use their own transport. Please contact the CFWI office for more details.

Cost: £50 (£40 for those using their own transport)

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 2pm-5pm



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/competition (so start planning yours!), Cornwall Air Ambulance will be bringing their helicopter (fingers crossed!), we will have children's activities and 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

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 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



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 were included with the April *County News*. For any enquiries, please contact Jane Dover

PROGRAMME COMPETITION

Your programme is an important resource which informs others about what your WI has to offer. In this Centenary Year, is it extra special, informative yet bright, appealing and easy to read? Of course it is! We

have been given such good advice by our WI Advisers. It costs nothing to enter the Programme Competition – just a postage stamp on an envelope. Entries to Sheila Goldsworthy

Closing Date: Thursday

27th June 2019.

CAKE FEST WINNER

Congratulations to Tracey Davis of Lanreath WI, whose gorgeous creation was crowned the winner at this year's Cake Fest. Our judge, Christine Jensen of Peboryon Cakes, was impressed with all of the entries, but was particularly taken with the skill, precision and creativity of Tracey's cake. Well done!



INSPIRING WOMEN ON INTERNATIONAL WOMEN'S DAY

On International Women's Day CFWI was invited by the Cornwall Chamber of Commerce to give a presentation about inspirational women to the "Cornwall Conversations" meeting of business bosses from across the county. Julia Havard, a member of the CFWI Board of Trustees and Chairman of our Environment and Public Affairs sub-committee was one of the speakers. The two other were Jacqui Merrington, Editor of *Cornwall Live* and Julia Seyler, Chief Operating Officer for the Hall for Cornwall. It was a very good morning – and the bacon butties were great!



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 cfdwi@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



A WALK IN CHARLESTOWN Tuesday 23 July CUDDRA WI HALL, HOLMBUSH, ST AUSTELL 10:30 am for 11am – 4pm

Come and join us on one of our guided walks in what is known as a 'go-to place for film and television.' Picturesque Charlestown with surrounding spectacular seaside views will be the culmination of our walk. This historic port and docks have changed little since it was built in the Georgian era. It is remarkably sheltered with extensive views overlooking St Austell Bay. You will be guided through 18th century streets and some off-road footpaths that descend to the port and points of historical interest. The walk itself is leisurely of no more than 2.5 miles, but does require participants to be reasonably mobile. There will be some free time in Charlestown before we gather again for the return walk.

This circular walk will start at the Hall, where Cuddra WI will provide us with refreshments at the start and a cream tea at the end of the day. There is ample parking adjoining the WI hall and family and friends are welcome, but on this occasion no dogs. Please wear strong walking shoes and sensible clothing.

Cost: £5.00 (additional £5 for cream tea payable on the day)

Closing Date: Tuesday 18th June 2019

Further Information: Jean Miller

CLIMATE ROUNDUP

You may have seen this photo of the Government benches in Parliament almost empty for the climate debate called in response to the school strikes at the end of February. It's a wake-up call - we need to talk to our MPs about climate change!

By the time you read this article, the school strikes will have gained momentum, and we will be hearing the views of the young people for whom the future is so hugely under threat. During the summer we will be gearing up for the *Climate Coalition Week of Action* which happens during the last week of June. The Climate Coalition is organising a mass lobby called *The Time is Now*, in London on June 26. The key ask for MPs is to ensure they convince the Prime Minister to back a zero emissions target by 2045 at the latest. To sign up to receive more information about the plans as they unfold, please visit: thewi.org.uk/s/masslobby.

Why not team up with your local school and invite your MP to talk about the new Climate Emergency declared in Cornwall? We are planning an event at Zennor WI, and if you would like to share ideas, you can contact me

Pippa Stilwell, Climate Ambassador CFWI



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DOLPHIN

Cover Photo



Cusgarne & Frogpool WI member Sandy Adcock and her husband Steve, dressed to the nines as they

strike a pose at our recent Centenary Tea Dance at the Hotel Bristol in Newquay.

Diary Updates

MAY DIARY DATES

3rd May – Chairman's Coffee Morning
7th May – Church Flowers at Lanreath
7th May – Running Your WI
15th May – Sugar Craft: Spring Flowers
17th May – Ukulele Day II
18th May – Zip Wire at Hang Loose (Eden)
23rd May – All about Ponds

MAY CLOSING DATES

2nd May – Tour of St Michael's Mount
30th May – Calendar Girls

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NOTES FROM THE OFFICE

200+ CLUB

March winner of £37 – Graham Ronan (family member of member of Crowlas & Ludgvan WI).

ROYAL CORNWALL SHOW

Please note the following correction to the Royal Cornwall Show Floral Art Competition schedule: The Smale Cup "A Cornish Treat" is a *miniature* (10x10cms), not a *petite* as printed in the Schedule

MEMBERSHIP MATTERS TO ALL

The subject of Group Meetings came up recently, and we wondered how many WIs still got together and had one? If you still hold Group Meetings in your area, please let us know about them. We would love to know what format you have devised, how often you have one and whether you do competitions, have a speaker or just have a social time together over refreshments.

We do know that some members miss the old Group Meetings and would love to see them again in some form.

If you don't have Group Meetings in your area, how about it? Why not contact all the WIs within a reasonable radius of your WI and invite some of their Officers to

meet and talk about it over a cup of coffee? There are no rules to a Group Meeting, so you can plan anything you all agree on, but it should be cost-effective and self-financing.

If, on the other hand, you would like Group Meetings but would like the WI Advisers to allocate you into Groups as of old, then we will do it that way.

Whatever you decide, do let us know and don't forget that we are here to help you in any way that we can. Let us try and have a lot of fun meeting and getting to know our neighbouring WIs and their members!

For further information, contact your dedicated WI Adviser whose details are in the Year Book.

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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WI EVENTS

WI BIRTHDAYS

MAY BIRTHDAYS

Launceston WI, 100th



CARBIS BAY WI SUPPORTS BBC'S DIY SOS

The BBC series *DIY SOS: The Big Build* came to Cornwall in February and the WI was on hand! The programme, hosted by Nick Knowles, enlists the help of local tradesmen, suppliers and the larger community to help a local family rebuild their home. Members of Carbis Bay

WI volunteered to provide cakes twice daily to the tea tent on site. Seven members worked a shift in the tent, making hot drinks for the volunteer workers involved in this community project. Carbis Bay WI says, "It was a wonderful experience to be part of such a worthwhile local project."



DAFFODILS FOR CURY WI

Cury WI Members planted one hundred daffodil bulbs in specially cut flower beds outside their Village Hall to celebrate the Centenary of NFWI in 2015. And here are the beautiful results!



FOWEY WI SHOWS THE LOVE x 100

Members of Fowey WI combined the CFWI Centenary '100 Pledge' with the 'Show the Love' campaign in February, with wonderful results!

They made a whopping 100 green felt hearts! A fantastic atmosphere was created with all the members working together to achieve one goal. And to top it off, they combined the felt heart workshop with a coffee morning. Well done, Fowey WI!



ST NEOT WI TAKES THE 100 PLEDGE



Members of St Neot WI have embraced our Centenary 100 Pledge. They made 100 hats to

distribute between the Royal Cornwall Hospital and Derriford Hospital Neonatal Units for the use of premature babies. The women all enjoyed knitting the hats and supporting this wonderful cause.

Is your WI going to take the Pledge this year? If so, please let us know what you get up to! You could walk 100 miles, make 100 pots of jam, tweet 100 Tweets ... the possibilities are endless.

BODMIN GAOLBIRDS WI SIX-CORNER DAY

Fifty-three crafters from 18 WIs, from Pendeen to Bude, gathered at Lanivet Community Centre for a six-corner craft day recently. On offer from the six instructors, all of whom were members of Bodmin Gaolbirds WI, were book folding, making a felted needle case, bracelet beading, making an embroidered scissor case, silk card painting and decorating

a hessian bag. A great deal of stitching, gluing and decorating together – with a constant chatter – made for a very successful day. Lunch was on offer with a choice of homemade soups, with bread rolls and a delicious selection of homemade cakes. Another crafting day will be held at the same venue on 12th October with Christmas themed crafts.



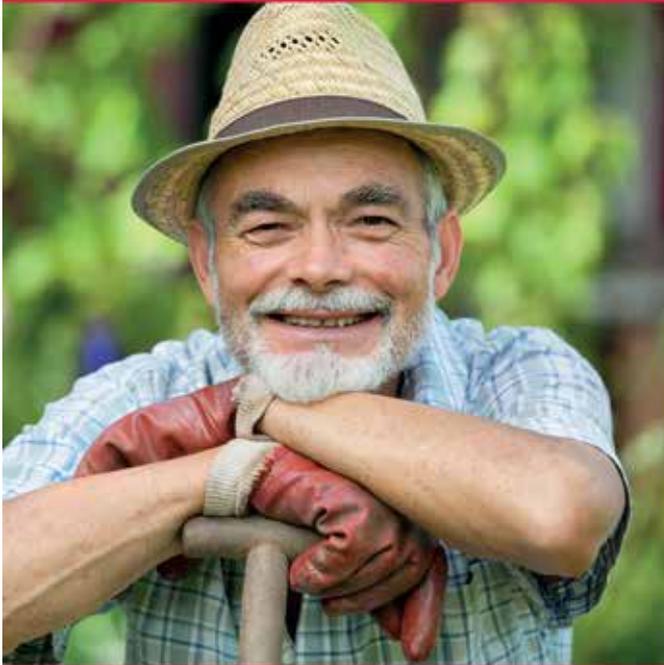
A DOUBLE BIRTHDAY CELEBRATION IN LINKINHORNE



Members of Linkinhorne WI recently went to Cowslip restaurant, near Launceston, to celebrate the 90th birthday of longstanding member, Mavis MacLeod. Former member Vi Gold was also invited as they share the same birthdate. Vi, who is now a member of Pensilva WI celebrated her 80th birthday. Both women are keen patchwork quilt makers.

Everyone enjoyed their lunch and a bit of retail therapy in the fabric shop.

Caring for Cornwall



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CornwallCare

Erica's 'life-changing' visit to Foot Solutions

Foot pain almost made Erica Simpson give up on her ambition to walk the South West Coast Path, until she found some much needed relief. "60 years of farm life and living in my wellies", is the reason she gave when asked how her feet had started to trouble her.

Erica, from near Bodmin, visited Foot Solutions at 34 Royal Parade after she read a testimonial from a satisfied customer in her local WI County News. "I've walked the Coast Path in stages from Minehead to Bigbury," said Erica. "The discomfort became so bad I was lucky to be able to do 10 miles a day. I had to strap my feet and use plenty of 'Compeed' plasters but even then my corns and blisters hurt a lot."

Highly trained staff at Foot Solutions are used to dealing with all kinds of foot health problems, and following a thorough assessment it became clear to them that Erica would benefit from some good quality shoes and custom orthotics.

Because of the amount of walking she does, Erica bought three pairs of shoes - one for walking the coast path, one for everyday use and a pair of Summer shoes.

"They provided some insoles in the shop while my proper ones were being made. I walked up to the railway station and thought I'd end up doing somersaults and backflips it was so good," she said. "Those people know their stuff, they're not sales people," she added.

Her custom orthotics made even more improvement. Erica's hip had started to hurt, which she and her doctor had put down to her all-weather outdoor life on the farm.

Now, she says, she is pain free there too. "I haven't had a twinge since," she said happily. Erica puts a high value on the health she now enjoys: "I would buy one pair for the price I paid for my three pairs of shoes, to be able to walk as I do now," she said, "it's been life changing."

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