

countynews

CORNWALL FEDERATION OF WOMEN'S INSTITUTES

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February 2020



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THANKS TO LADOCK WI FOR PACKING FEBRUARY 2020 COUNTY NEWS

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CHAIRMAN'S CHATTER



Here we are into 2020, and I hope it isn't too late for me to wish you all a Happy New Year.

Next month you will have a new face heading the column, as I suspect most of you know I have two new additions to the Board of Trustees. For those who haven't heard, I am delighted to tell you that Teresa Hancox of Carbis Bay WI and Sandy Adcock of Cusgarne and Frogpool WI have joined my merry band, and we look forward to working with them.

Our centenary year is now behind us and we look forward to beginning the next chapter. I think we are going to be

busy with plenty of activities and outings to whet your appetites! Did you come to the Moroccan Buffet? If so, I hope you enjoyed it and are practising your belly dancing.

I have recently received the list of those WIs celebrating special birthdays this year, and I would like to make a request to any WI who invites any member or visitor to their meeting as a guest. Please will you ensure that your visitor knows exactly where you meet, how to get there and what the parking facilities are. I had trouble recently, ending up very near to my destination but unsure where to go and following various directions – in the pouring rain – eventually arriving looking like a drowned rat. You will obviously know your meeting place, but others may not.

Another issue I would like to raise is this: We have towards 3,000 members within the Cornwall Federation, but we have a comparatively small number who have stepped up and offered their services to help run our sub-

committees. The numbers of sub-committee members is dwindling, and if we carry on losing members it will not be very long before the sub-committees are unable to continue providing activities and events for you. I am appealing to everyone to consider joining a sub-committee. You could go along to one of their meetings as an observer to see just what is involved without any commitment on your part. Please think about it and get in touch if you think you can help in any way.

Now I am looking forward to the Royal Cornwall Show. I hope you received my letter telling you what we propose to put on the stall this year and I sincerely hope you will be making plans as to what you can contribute. I know you won't let us down and I am sure we will have another fabulous stall!

My best wishes to you, as you prepare for your Annual Meetings.

- Margaret

DIARY UPDATES

FEBRUARY 2020 DIARY DATES

14th February – Grow Your Family Tree (Part I)

FEBRUARY 2020 CLOSING DATES

6th February – Posh Afternoon Tea

20th February – Winning Ways with Flowers

27th February – Photography Competition

COVER PHOTO



Some of the 100+ primary school children who sang songs to protect the planet at our Songs for Earth event held in November at Truro Cathedral. You can read more about the event on page 5. (Photo by kind permission of Truro Diocese.)

NOTES FROM THE OFFICE

YEAR BOOK CHANGES

- Page 32: Crantock WI has a new Secretary: Ann Evans
Email: crantockwi@gmail.com
- Page 41: Mabe WI has a new Treasurer: Sue Collet
- Page 47: Porthleven WI has a new Secretary: Marie Magor

NOTES FROM THE OFFICE

200+ CLUB

November winner of £37 – Susan Dickenson of Week St Mary Bonaventures WI

SPRING COUNTDOWN TICKET APPLICATIONS

Most of you know by now that the Council Meetings have moved to the Regal Theatre in Redruth whilst the Hall for Cornwall undergoes major refurbishment. The Regal Theatre is the second largest fully seated venue in Cornwall, nonetheless the maximum number of seats available is 499, only half that of the Hall for Cornwall. This reduction in the number of seats available has necessitated changes to the ticket application process.

Every WI is still entitled to a free Delegate ticket, plus a visitor ticket as charged on the One Bill Account. However Delegate and Visitor tickets now **must be applied for** on the booking form enclosed with the February *County News*. They will **NOT** be sent out in the Delegate's Pack which will be enclosed with the March *County News*. The reason for this is that in the past some WIs have not sent a delegate or a visitor, but have retained their tickets. This wasn't so important at the Hall for Cornwall, but with fewer seats at the Regal, it could mean that WIs applying for additional tickets may be disappointed, but there may be empty seats on the day.

You will still have the option of sitting wherever you like, however the majority of seats are in the circle, accessed by stairs only. We ask that members who are able to manage stairs without difficulty apply for circle tickets (printed on blue card) leaving the limited number of seats in the stalls available for our less mobile members. Stalls tickets are printed on green card. Please note there are a few steps down to the stalls but there is a wheelchair lift which will be operated by the Regal staff. Members who require a reserved seat should complete the Reserved Seat Request section on the bottom of the ticket application form. All tickets will be despatched after 21 March, the closing date for

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

Many of you may be surprised to learn that when travelling west down the A30, the centre of Redruth is actually closer to Chiverton Cross roundabout than is the centre of Truro. Details of car parks are included on the bottom of the coach application form. Redruth Station is a 5-minute walk from the Regal Theatre.

If you have any queries or concerns, please ring Federation Secretary Barb Peters at Chy Noweth on 01872 272843.

FEDERATION MATTERS



TOBY BUCKLAND'S GARDEN FESTIVAL Friday 1st May 2020 POWDERHAM CASTLE, KENTON, NR EXETER

Add this exciting date to your gardening calendar! Toby Buckland's Garden Festival at Powderham Castle will include west country nurseries, celebrity speakers and practical demonstrations with delicious local food and entertainment. Exhibitors with crafts, clothing, tools and garden furniture will be on hand. Coach pickups will be at Crowlas, Chy Noweth, Cornwall Services, Bodmin and Launceston. Pickup times to be confirmed at a later date.

Cost: £27.50 (to include travel and entry)

Closing Date:

Thursday 26th March 2020

Further Information:

Pam Selley

TREASURER'S CORNER

When you open your copy of *County News* and read about the 200 + Club winner, I wonder how many of you actually know what this means. While talking to WI Treasurers last autumn at the Treasurers' Workshops, I asked this question and was amazed to find that a lot of people knew nothing about it!

Each WI Secretary received details about the 200+ Club with their November mailing. This included details of how the scheme works and how members can sign up. For just £10 per year, you are entered into 10 monthly draws with one lucky winner collecting the prize. In 2019, the monthly prize was £37, but obviously the more people who take part, the higher the prize draws will be. Why not ask your WI Secretary for details and give it a go?



ROYAL CORNWALL SHOW



Has your WI entered this year's Royal Cornwall Show Cup Competition? You have until the end of March to get your application form in! All you need to do is get together a group of at least four of your WI members to enter the Royal Cornwall Show Cup Competition.

This year's theme is **"Visions of the Future"**.

Full schedule and instructions for all the competitions were sent to your WI in November 2019, so check with your WI Secretary for details.

The Royal Cornwall Show will be held on the 4th, 5th and 6th June. The Royal Cornwall Show Cup Competition is organised this year by our Combined Arts sub-committee. The deadline for entering the competitions is Tuesday 31st March.

MEMBERSHIP MATTERS TO ALL

Here we are again at the beginning of our Annual Meeting cycle for 2020. We hope you now have your nominations for Committee and Officers in place, with your Financial Statements examined and ready for presentation at your meeting. To those of you who attended our "Annual Meetings Made Easy" training sessions held in January, we hope you found them both informative and enjoyable, and can look forward to your own meeting with confidence.

If you are having a visit from a WI Adviser, she will assist you through your meeting, take the nominations and conduct the voting for your Committee and President. If a WI Adviser is not attending and you have any concerns or queries, please do not hesitate to contact your dedicated Adviser who will do all she can to help. Her contact details are in the Year Book.

We wish you all a very successful year with your WIs, whether you are a new Committee member or Officer, a continuing member or a returning one.

DENMAN

Hopefully, as suggested, you made a New Year's Resolution to find out more about Denman and the courses available. In the coming months, we will be preparing for our Federation visit in September 2021 – so if you have a particular course in mind, why not let us know and we can see what

is available that might be of interest to other members too? Brochures and information are available at Chy Noweth, online at www.denman.org.uk or in *WI Life*. Or contact your Denman Ambassador, Kathy Reed

ACTIVITY AND LEISURE

NEW ACTIVITY & LEISURE SUB-COMMITTEE MEMBER

The Activity & Leisure sub-committee would like to welcome Anne Matthews of Mawnan WI to the team. Best of luck, Anne!



A DAY OF ART AND MUSIC
Monday 11th May 2020
Withiel Village Hall
10:30am-3:30pm

Come and enjoy a fascinating day of art and music in the lovely Withiel Village Hall. In the morning, David Tovey, a well-known art historian and author who has a special interest in Cornish art, will talk to us about the contributions made by a wide range of female artists, especially those

from the art colonies of St Ives, Newlyn and Lamorna. He will also talk about many internationally known artists who drew inspiration from their visits to Cornwall.

In the afternoon, William Shimell, one of Britain's most accomplished operatic baritones, will talk about his amazing career in opera. Since beginning his career in the UK, he has earned an international reputation in the world's leading opera houses.

Withiel Hall is easily accessible with plenty of parking. Coffee and biscuits will be available, but you will need to bring your own packed lunch.

Cost: £12
Closing Date:
 Monday 30th March 2020
Further Information:
 Liz Llewellyn-Jones

CFWI PHOTOGRAPHY COMPETITION 2020
 The five classes in the 2020

photography competition are: "Architecture", "Flora and Fauna", "Landscape" and "My Favourite Photograph". There is also a novice class which is also "My Favourite Photograph", for members who have not previously won a first prize in the CFWI photography competition.

Cost: £1 per entry, with a maximum number of entries of two per class.

Closing Date:
 Thursday 27th February 2020
Further Information:
 Val Strout



SOFT PASTEL WORKSHOP A SUCCESS

A super day was had by 14 WI members in October at Pensilva. The Combined Arts sub-committee ran a soft pastel workshop headed by talented artist Yvette Wiltshire.

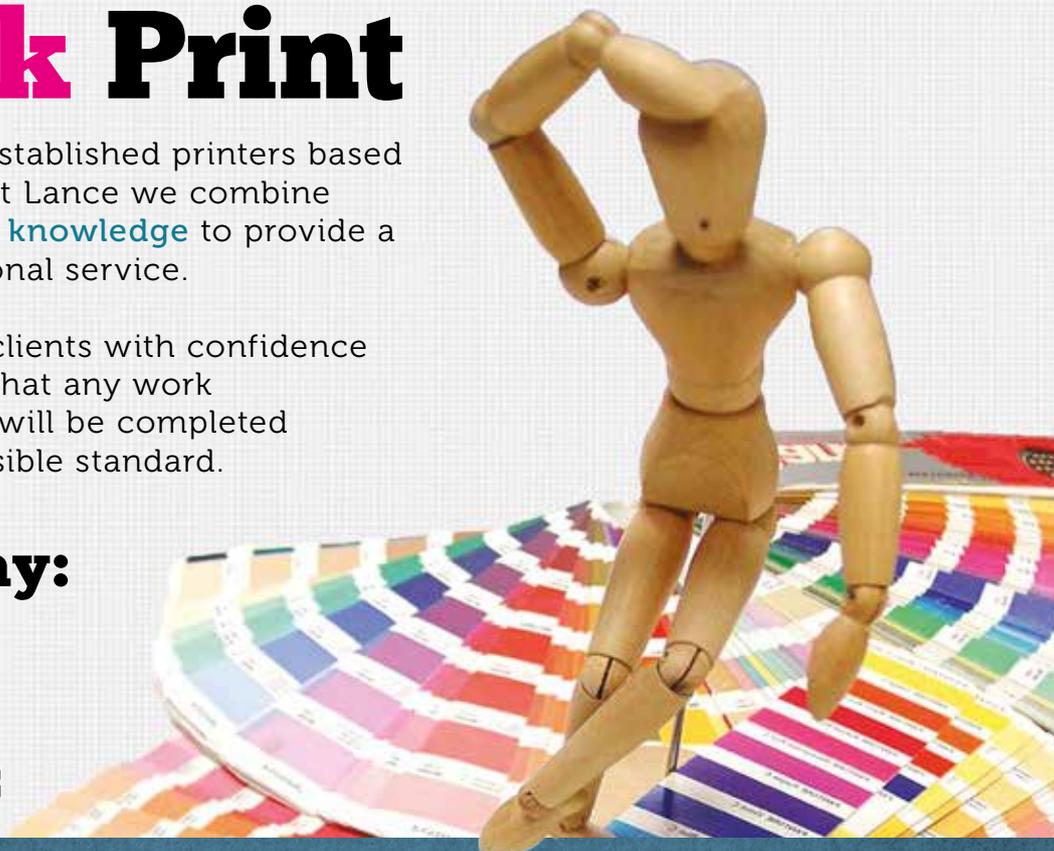
Participants were taken through the techniques needed to produce a snow scene in soft pastels. As you can see, they all went home with beautiful works of art.

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FLORAL ART AND GARDENING



GARDEN WORKSHOP DAY Monday 4th May 2020 PENCARN, WADEBRIDGE 10:30am-3:30pm

Come and spend a day at Trevor Wiltshire's stunning garden in Wadebridge. Christianne Lim from the Cornwall Garden Society will run a workshop on how to present flowers and foliage to enter shows. Vases will be available, but bring secateurs and gloves if you want to have a go. Trevor's garden is packed with suitable foliage! In the afternoon there will be a tour of the garden with advice on how to grow shrubs and plants useful

in flower arranging. There will also be a plant sale, and Trevor will give a talk on garden safety and tool care and maintenance. Bring a packed lunch or visit one of the many cafés in town.

Cost: £15
Closing Date:
Monday 23rd March 2020
Further Information:
Abigail Kirby-Harris

HEAVENLY GREENERY Tuesday 26th May 2020 JACOBSTOW CHURCH 10:30am-3:30pm

This is a continuation in our series of workshops on creating beautiful arrangements using just foliage, and which would be suitable for a variety of venues but particularly churches. A pedestal, windowsill and table centrepiece will be demonstrated,

and participants can then have a go themselves. The late medieval church at Jacobstow is fairly small and truly lovely and, as usual, the demonstration arrangements will be left in situ for the Sunday service. Participants are free to take home their own masterpieces! Light lunches will be provided by Jacobstow WI for £5 per person, payable on the day, or feel free to bring a packed lunch,

Cost: £15
Closing Date:
Thursday 9th April 2020
Further Information:
Abigail Kirby-Harris



NEW FLORAL ART & GARDENING SUB-COMMITTEE MEMBER

The Floral Art & Gardening sub-committee would like to give a warm welcome to their newest member, Mandy Nicholson of St Dominick WI.



ENVIRONMENT AND PUBLIC AFFAIRS



SONGS FOR EARTH

After months of careful preparation, our Cathedral climate service Songs for Earth finally came together on a lovely sunny day last November. The vision behind the service was to celebrate the planet, and the children who are fighting for it. Over 100 children from 10 primary schools marched with climate banners from Truro Cathedral to Lemon Quay and back, stewarded by WI members and chaperoned by teachers and parents. They processed into the Cathedral with their climate banners, whilst the County Youth Choir sang *Stand by Me*.

In the Cathedral, the Massed Schools Choir and the Cornwall County Youth Choir, both conducted by Angela Renshaw, provided the music. We heard two poems about the climate crisis, written and read by members of the Young Writers Group, and we learnt how much Arctic sea ice we can save in a year by switching to a green electricity supplier.

Bishop Philip Mounstephen asked the children how many words they could make relating to the earth, from the word harvest.

We also staged a 10 day climate exhibition in the Cathedral, beautifully designed by Mary Lindsey from Truro WI. The exhibition featured a tapestry weaving by CFWI Climate Ambassador Pippa Stilwell showing temperature rises in the UK between 1919 and 2018.

And now, of course, we are planning an event for this year!



MAKING BEAUTY OUT OF BEACH FINDS

Twenty-five happy WI members got together at Chy Noweth at the end of last year with Barnoon Workshop experts for a day of plastic fusion and jewellery-making with little treasures and resin, and creating beach find mobiles. The women used everything from shells and driftwood to found broken jewellery and net fruit bags.

HOME ECONOMICS AND CRAFT



SPRING/SUMMER THEMED CRAFT WORKSHOPS Monday 27th April – MARSHGATE Thursday 7th May – ST ERME Friday 15th May – MARAZION 10:30am-3:30pm

Join us for a day of making craft items with a spring/summer theme. You'll be able to choose two of the following crafts: a wired shaded ribbon rose brooch, paper flowers, a knitted fox in a box, a Shamballa bracelet (made with macramé and beads), a needle felted picture or a chocolate egg container of Baileys truffles. Please select two crafts plus a reserve on the application form.

Coffee, tea and biscuits will be available from 10am. You may either bring a packed lunch or buy soup and a roll, plus cake and a hot drink for £5 payable on the day.
Cost: £15 (plus a small charge for materials provided by the tutors)
Closing Date:
Thursday 19th March 2020
Further Information:
Dot Rogers

ARE YOU INTERESTED IN COOKERY? OR CRAFTS? OR BOTH?

The Home Economics and Craft sub-committee needs new members – can you help?

We meet as a committee four times a year to plan craft and cookery events for members in Cornwall. You don't need to have qualifications in these areas, just to be enthusiastic and interested. If you would like to know more please contact Pat Mallett for a chat, with no obligation. If you are interested, we would be happy for you to attend one of our meetings to observe before making any commitment to join the sub-committee.

It would be lovely to hear from you!



HAPPY 60th BIRTHDAY TO ALTARNUN WI



Members of Altarnun WI met together to celebrate their 60th birthday last year. Along with some invited past members, they had an excellent lunch at the Bay View Inn at Widemouth Bay. Chris Evans, Altarnun WI President, read the first ever minutes of the newly formed Altarnun WI in 1959. Those were the days when all members were called by their title and surname – so different from today! The members also enjoyed looking at two wonderful albums of photographs and newspaper cuttings from Altarnun WI's history.

MORWENSTOW MEMBERS ENJOY SILK SCARF PAINTING



Pictured here are the women of Morwenstow WI modelling the stunning scarves they decorated at a recent silk scarf painting workshop run by Karen and Michael Watkins.

CONSTANTINE WI HELPS RESTORE FOOTPATHS



Members of Constantine WI volunteered to help restore the footpaths in the Bosahan Community Woods in Constantine, working for seven days in pouring rain. This is the second phase of the restoration work, with over 400 volunteer hours and 500 metres of path restored. The women all worked hard, shovelling, raking, driving dumpers and staffing the refreshment tent. Well done!

GOONHAVERN & DISTRICT WI RAISES FUNDS FOR AIR AMBULANCE



To kick off its autumn programme, In August of last year, members of Goonhavern & District WI held a Victorian Tea in aid of Cornwall Air Ambulance, and raised £310. So in October, a group from the WI went to the Newquay base to present the cheque in person. The members had a very informative talk from a paramedic, and were then joined by two pilots, who also gave an insight into the work. The women were aware that the alarm could go at any time, and the helicopter that they were shown was in readiness for immediate take off, but they were lucky that it wasn't needed during their visit.

TORPOINT WI HOLDS CRAFT MEETING



GODOLPHIN WI MEMBERS HIT THEIR TARGET



Godolphin WI members have completed their challenge to knit or crochet 100 twiddle muffs by the end of 2019, to mark the centenary of CFWI. Godolphin WI members are not afraid of a challenge so they all got their needles clicking. With encouragement from WI members Anne Gray and Janet Buckley, the other 21 members have now completed the task, which at times seemed a daunting target.

The twiddle muffs will be handed over to local homes and charities for circulation to those who need them. Well done to all members and grateful thanks to everyone who helped.

A BUSY MONTH FOR COADS GREEN WI



October 2019 was a busy month for Coads Green WI, when a cream tea held in aid of the Heli-appeal for the Cornwall Air Ambulance raised a total of £256. This was followed by a trip to Charlie Bears in Launceston the following week, where members were given afternoon tea, a tour of the Bear Gallery and a chance to take part in a Bear Hunt! Later in the month, Coads Green's two cooks, Alison Gribble and Pat Mallett, gave an informative and entertaining demonstration on how to use traditional and not so traditional ingredients. The members played host to an audience of 70 women who had the opportunity to try the delicious food.

Members of Torpoint WI spent a happy evening dabbling in different Christmas ideas last November. They made little boxes, Christmas rings and the Christmas stars featured in *WI Life*. A happy evening was enjoyed by all! There was even a quiz for the non-crafty members!

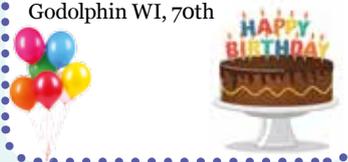
HAPPY 90TH BIRTHDAY TO TREVONE WI



Trevone WI celebrated its 90th birthday with a party in November 2019 for members past and present, along with special guests CFWI Chairman Margaret Johnson and WI Adviser Kathy Reed. A stunning cake was made for the occasion, cut by two of Trevone's oldest members present, assisted by Margaret. Members supplied a wonderful buffet lunch, and the event was very well attended. A thoroughly good time was had by all!

FEBRUARY BIRTHDAYS:

Godolphin WI, 70th



ILLOGAN WI CELEBRATES A 90TH ANNIVERSARY

CFWI Chairman Margaret Johnson and Vice Chairmen Helen Kestle and Jane Dover joined members and Presidents past and present as they celebrated Illogan WI's 90th anniversary and heard an account of the WI's beginnings through the 1930s and during the war years. The group is proud to continue the traditions established then, with a modern slant. Bunting, banners and flowers decorated the hall, and the beautiful birthday cake was made and decorated by Janet Mitchell, Illogan's Queen of Sugarcraft. Pictured here are Illogan WI member Sylvia Goldsworthy and Margaret Johnson cutting the cake, watched over by Illogan WI President Lynn Griffiths.



MAWNAN WI MEMBERS GET ARTY

Eight members of Mawnan WI visited Penlee House Gallery in Penzance as part of their programme of educational visits. On arrival, they had a delicious lunch and then were ready for a guided tour of the gallery. Their volunteer guide, Robin, was an animated, knowledgeable and enthusiastic speaker. He not only brought the paintings to life, but encouraged the women to think like the artists as well. He talked about the artists' lives, the social deprivation surrounding them and how difficult it was for women to become painters. It was a fascinating visit.

You could be in the Algarve, relaxing in the sun...

[www.algarve-retreats.com/
property-to-rent/apartment-meia.htm](http://www.algarve-retreats.com/property-to-rent/apartment-meia.htm)

Situated on the top floor of a three storey block the apartment has its own residents' swimming pool. It has the advantage of being away from the bustle of the town centre but within walking distance (5 minutes to the marina and another 5 to the town centre).

It has a twin bedroom, open plan kitchen and lounge. The kitchen has a 4-ring hob, oven, microwave, toaster and washing machine. There is a family sized bathroom, the lounge has a sofa (which converts into two more single beds) and a table to seat four, a TV and DVD are also available. Both the lounge and Bedroom have Patio doors which open onto the balcony offering views over the swimming pool and across Lagos. There is ample car parking space in front of the building.

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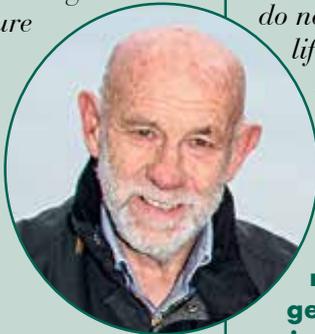
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John Cain (retired stevedore) – Arthritis in the balls of feet stopped him walking his dog. He bought trainers and custom orthotics.

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Gordon Rawlins (ex- postman, now running a bicycle repair shop) - severe pain in the balls of feet and toes, bought shoes and custom orthotics.

“It's been more than worth it. These shoes and inserts make an enormous difference – I could not do what I am doing without them. My feet used to hurt, now they don't.”



Erica Simpson (retired farmer) – foot pain following 60 years of farm life and 'living in my wellies'. Bought shoes for summer, for walking and for everyday use.

“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, it's been life changing. I haven't had a twinge since!”



Paul Fenton (social media marketing consultant) general foot pain spoiled the enjoyment of playing football with his son. Bought a pair of shoes from Foot Solutions and visited City Centre Chiropody upstairs for a treatment.

“The improvement in my feet was immediate. This has made me realise the big improvements that are possible from investing a little time and money into my feet. It's been a light bulb moment for me!”



Julie Baldwin (B&B owner from Carkeel) – severe pain from Plantar Fasciitis limited her business. Julie bought shoes, custom orthotics and sandals.

“I limped into the store almost in tears and I skipped out! I am getting better all the time and now my business is booming. The service provided by the staff at the initial assessment, along with their after care service is outstanding – as I continue to get better and have many pain free days, I'd say it's worth every penny!”



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