

countynews

CORNWALL FEDERATION OF WOMEN'S INSTITUTES

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March 2020



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THANKS TO SHORTLANESEND WI FOR PACKING MARCH 2020 COUNTY NEWS

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Hi! I'm Teresa, one of the newest members of the Board of Trustees I was amazed when I was asked if I would like to go to one of the Board meetings to see how it all worked. I found it very interesting and did not realise how hard the Trustees work on behalf of the WI. I was honoured and delighted to be asked if I would like to join them in October of last year.

Since then, I have already had a taste of Trustee duties. I was asked to lay the wreath on Remembrance Sunday at the centotaph in Truro on behalf of all the WIs in Cornwall. Later in the year, on behalf of the Board of Trustees, I presented a bouquet to a member of Madron

WI who has been a WI member for 70 years. I was so proud to take on both those jobs.

At the Christmas Carol Service in St Austell I gave a reading, which was one of the things I thought I would never be able to do. Being on the Board really does push you out of your comfort zone!

I am the President of Carbis Bay WI, and I love the idea of belonging to a WI. We are a group of like-minded women, who get together to share ideas of the WI. My WI goes out for day and evening trips, such as going to play skittles, and having educational days out – the last one was to Trebah Gardens. Last December, we went to the panto in Plymouth, an outing I organize yearly, opened up to other WI members in the area. In the Centenary year, we planted over 100 daffodil bulbs in the grounds of St Anta's Church in Carbis Bay.

At the Federation level, there are so many things you can join in at Chy Noweth, such as craft days, themed meals, educational days and so on. Have you ever

thought of coming along to see if you would like to join one of the many sub committees? I belong to the Floral Art and Gardening sub-committee, and we organise all sorts of events, such as flower arranging, pond dipping, etc.

It won't be long until this year's Royal Cornwall Show, where we have our big beautiful marquee. Will you be entering any of the competitions? The deadline to send in your application is the end of March, so please ask your WI Secretary for information and an application form.

I really enjoy being a member of the WI. Last September I went on a coach trip to a craft event held at Westpoint Exeter. On the journey, I began talking to two women opposite me and learnt they were members of St Agnes WI. Wherever you go you seem to meet other WI members!

I would like to thank everyone on the Board of Trustees for helping me settle in these last few months.

- Teresa Hancox

DIARY UPDATES

MARCH 2020 DIARY DATES

13th March – Grow Your Family Tree (Part II)
20th March – A Posh Afternoon Tea
30th March – Winning Ways with Flowers

MARCH 2020 CLOSING DATES

19th March – Spring / Summer Craft Workshops
23rd March – Garden Workshop at Pencarn
26th March – Toby Buckland's Garden Festival
30th March – A Day of Art and Music

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COVER PHOTO



Members of Penpol & Point WI were among the keen teams at this year's New Year Quiz, held at Ladock. You can read more about the quiz on page 4.

NOTES FROM THE OFFICE

200+ CLUB

December winner of £37 – Hannah Feldman, a family member of a member of Bodmin WI

YEAR BOOK CHANGES

- Page 32: The new email address for Crofty Girls WI is croftygirls@gmail.com
- Page 33: Cusgarne & Frogpool WI now meet at 7pm.
- Page 35: The Secretary of Four Lanes WI has new contact details: Jill Hodge

FEDERATION MATTERS

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CHAIRMAN'S COFFEE MORNING Friday 1 May 2020 ST ERME

COMMUNITY CENTRE
10am-1pm

This year's Coffee Morning (held to raise funds towards the cost of the RCS marquee) will be bigger and better than ever!

St Erme is a lovely big hall with an extensive car park, so come in droves and enjoy the morning together. We will have various stalls: books, tombola, secret bottle stall, cakes etc., along with plenty of tea and coffee with delicious cake for you all to enjoy – and, of course, the inevitable raffle.

This is a wonderful chance to meet up with friends from all across the

county, have a good chat, have a laugh and enjoy yourselves. I look forward to seeing you there.

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

Further Information:
Margaret Johnson:

BACS PAYMENTS FOR FEDERATION EVENTS

The Trustees are fully aware of the difficulties caused by the continuing closure of bank and post office branches, and are looking into ways in which applications and payments for events can be made electronically.

At the Federation Office, we are continually looking at ways of cutting costs for printing,

stationery and postage. However we are also aware that not all members would be comfortable communicating electronically, and the Trustees would like to reassure those members that application forms and payments by post will still be acceptable.

Further details will be sent once the procedures have been reviewed.

TOBY BUCKLAND'S GARDEN FESTIVAL CORRECTION

Please note that the date listed for our outing to Toby Buckland's Garden Festival at Powderham Castle was incorrect. The correct date is Saturday 2nd May. The closing date for this event is Thursday 26th March. For further information, contact Pam Selley



NFWI'S VISION FOR THE FUTURE

As the WI enters its 105th year, the NFWI is developing a strategic vision to help shape and secure its future. This ambitious

vision will guide and focus the organisation's work over the next five years, building on the successes it has achieved over the last 104 years, and ensure it continues to be the largest and most influential women's organisation in the UK.

As part of this work, four draft vision statements have been developed by the NFWI Board of Trustees, the NFWI National Council (representing all federations) and the organisation's professional staff. In the February issue of *WI Life*, you will have read an article explaining what the four draft vision statements are and, over the next three months, the NFWI wants to engage as many members as possible to test these statements and develop them further. Please look out for the article and tell us what you think of the four draft vision statements. The article will also explain how you can feed your views back to the NFWI.

The hope is that at the end of the consultation process we have a set of vision statements that capture our ambition for our organisation and upon which we can build our strategic plan for years to come. It's a discussion, a collaboration and a collective step forward. The WI is your organisation and yours to shape for the future... so let us know your views!

DENMAN



As I informed you last month, preparation will soon begin on the organisation of our Federation visit in September 2021. If you have attended a course recently and think that more members would like to try it please let me know. For our 2021 visit, we have decided to include the weekend, so hopefully this means some of our working members will be able to attend. Watch this space for information and updates. If you have any questions or comments, please contact Denman Ambassador Kathy Reed

ROYAL CORNWALL SHOW



Don't forget that you have until the end of March to get your application form in to enter the Royal Cornwall Show competitions! 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". The Barbara Reed Trophy Competition and the floral arts competitions are all individual competitions. Full schedule and instructions for all the competitions were sent to your WI in

November 2019, so check with your WI Secretary for details and an application form.

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

Some of you will have already held your Annual Meeting, whilst the remainder of WIs will be holding theirs during this month. Hopefully those

members who attended the training sessions "Annual Meetings Made Easy" held in January found them useful and your meeting

ran smoothly. If you have any queries or concerns, don't forget that your WI Adviser is always happy to help. Contact details are in the Year Book.



**HELTFORD RIVER
GUIDED WALK
Thursday 21 May 2020
2pm-4pm**

This is a repeat event due to a cancellation in 2019. PLEASE NOTE THE CLOSING DATE, AS THERE WILL BE NO REPEAT ADVERT IN THE NEXT ISSUE OF COUNTY NEWS.

Please join us for a walk along the coastal footpath along the Helford River with a National Trust guide. There will be beautiful sea views along the river, including St

Anthony's lighthouse, Pendennis Castle and, of course, the chance to see a variety of birds and flora and fauna.

The walk will start at Durgan and we will meet at NT Bosveal Car Park, TR11 5JR. Free parking will be available for both National Trust members and non-members.

As part of the walk will be on uneven surfaces, please wear appropriate shoes and be ready for changes in weather conditions. A bottle of water is also advisable.

Cost: £6 per person
Closing Date: Thursday 9 April 2020
Further Information:
Margaret Lugg

NEW YEAR QUIZ

Nearly 100 WI members from across Cornwall gathered at Ladock Village Hall to take part in our New Year fun quiz in January. There was a convivial atmosphere and everyone thoroughly enjoyed the afternoon, which included a delicious tea. The delighted winners, Truro Afternoon WI, had not entered before. They

were just ahead of the Wilcove Wonders, another new team. Bodmin Gaolbirds team came third. Lisa Elsey, from Crowlas and Ludgvan WI Camera Club, arrived with her camera and captured much pencil sucking and head scratching. The pictures, including this month's cover photo, can be seen on the CFWI website. The next quiz will be to contest the Rosebowl Trophy later in the year, so look out for details in a later edition of *County News*. Pictured here is the winning team from Truro Afternoon WI, along with Federation Chairman Margaret Johnson.



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COMBINED ARTS



SINGING FOR THE TERRIFIED **Tuesday 23 June 2020** **CUDDRA WI Hall**

10.30am – 3.30pm
Are you terrified of singing in front of people, don't like the formality of a choir or just don't think you can sing, so have never given it a go? Then come and join us for a day of having fun, singing as though no one is

Cost: £10 per person
Closing Date: 12 May 2020
Further information:
Liz Llewellyn-Jones

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

listening, just like you do in the car, without any fear of being picked on or feeling as though you can't do it. Cuddra WI Hall is easily accessible with plenty of parking. Coffee and biscuits will be available, but you will need to bring your own packed lunch.

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 will talk about his amazing career in opera. He is one of Britain's most accomplished operatic baritones. Since beginning his career in the UK, he has earned himself 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



FLORAL ART AND GARDENING



GARDEN WORKSHOP DAY **Monday 4 May 2020** **PENCARN**

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.

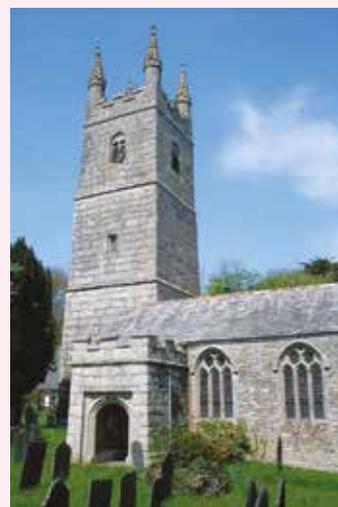
Cost: £15
Closing Date:
Monday 23 March 2020
Further Information: Abigail Kirby-Harris

HEAVENLY GREENERY **Tuesday 26 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 9 April 2020
Further Information: Abigail Kirby-Harris



HOME ECONOMICS & 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



A TELEPHONE BOX EXHIBITION FOR TYWARDREATH WI

The red telephone box in Tywardreath has been converted into an Art Box where villagers and local organisations can mount an exhibition or display their artwork. Members of Tywardreath WI were given the opportunity to mount a display to celebrate their 80th anniversary and CFWI's centenary. The display was in place in the Art Box for the last two weeks of November and first two weeks of December of last year. On display were Tywardreath WI's banner, a list of past presidents, photos of various events from the past and WI members represented by LEGO figures sliding down the zipwire at the Eden Project! Pictured with the Art Box display are Tywardreath WI Vice-President Pat Cliff (left), and Tywardreath WI President Linda Thomas (right).

SPECIAL HONOUR FOR LONG-TIME MADRON WI MEMBER



Madron WI member Hilary Cattran has been a WI member for 70 years! At Madron's Christmas party last month, Hilary was given a special presentation by CFWI Trustee Teresa Hancox. Over the years, Hilary has contributed a great deal to Madron WI and is currently a member of the committee.



AN ARTY EVENING FOR ST WENN WI

2020 got off to a good start at St Wenn WI Members' Evening

in January. Led by St Wenn Treasurer, Sarah, a very enjoyable evening was spent producing silk paintings.

BODMIN WI MEMBERS DONATE TO A WORTHY CAUSE



It was a surprise to Bodmin WI members, when Dave Brown from St Petrocs told them there are three houses for the homeless in Bodmin. St Petrocs is a Cornwall-based charity that provides support, advice and accommodation for single

homeless people. Bodmin WI members then decided to help, and donated a table of goodies - from toiletries to chocolates. Paul, a representative of St Petrocs, was full of thanks to all the members, and said their contribution would be appreciated.

PENPOL & POINT SUPPORTS CORNWALL BLOOD BIKES



Penpol & Point WI raised £1000 throughout 2019 for the Cornwall Blood Bikes charity. Two of the Blood Bikers came

to their January monthly meeting where Penpol & Point President Polly Barton presented the cheque to them.

MARCH BIRTHDAYS:

Hayle WI, 55th
Wilcove WI, 70th
Week St Mary
Bonaventures, 75th
Porthleven WI, 95th
Mawnan WI, 100th



PILLATON WI SUPPORTS AIR AMBULANCE HELI APPEAL



Four members from Pillaton WI went airside to present a cheque for £431.20 to Cornwall Air Ambulance for their New Heli Appeal. The money was collected from Pillaton's annual carol singing evening which was very well attended. The members were warmly welcomed at Air Ambulance HQ with tea and coffee, and were then shown around the site by the crew.

MAWNAN WI MEMBERS DANCE AWAY THE COBWEBS



Sixty-five members of Mawnan WI would agree that there's no better way of shaking off the cobwebs after the holidays than doing a bit of line dancing! The Memorial Hall was packed when local dance instructor, Gill Sadler, came to lead the women through several routines. There were lots of smiles as well as deep concentration at times, but the music took over and everyone had a lot of fun.

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

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Julie Baldwin enjoying
a new lease of life

Less pain, more gain for B&B owner Julie

Julie Baldwin runs a beautiful B&B, 'Ryelands', in Carkeel, Cornwall. Business is thriving and with its stunning views it's not hard to see why. However, it has not always been that way, in fact she used to close-out rooms, rather than have full occupancy, because Julie simply could not manage the workload.

"I have Plantar Fasciitis," said Julie. "At times I could barely walk and I couldn't cope with having every room let in my accommodation. I had to restrict how many bookings were taken and the business was suffering, but this was the only option, in order for me to manage the pain. I also had to stop dancing, which I loved."

All that has changed since a visit to Foot Solutions store on Royal Parade. Julie headed to Plymouth city centre, after a friend had recommended Foot Solutions. "My friend had said, 'just go in and talk to them' and I had

nothing to lose, so I did."

One of the store's trained Podiatrists gave Julie a free foot health assessment and asked her about her symptoms, and how she had been treating them.

"I had tried physiotherapy, acupuncture and reflexology but nothing helped me," said Julie. "Foot Solutions explained Plantar Fasciitis to me and for the first time, I was able to fully understand my condition."

Informed by the results of the foot health assessment, Julie was recommended a pair of shoes with an over the counter insole. "The care I received was unbelievable, and the results were too," said Julie. "I literally limped into the store, almost in tears and I skipped out!"

A few weeks later, Julie had her custom orthotic insert fitted at the store, and the improvement continues. "I am getting better all the time," said Julie. "I'm looking forward to taking up

dancing again, business is booming and I've also found some lovely summer sandals at Foot Solutions. The service provided by the staff at the Plymouth store 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!"

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

**FOOT
SOLUTIONS**

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www.footsolutionsplymouth.co.uk