

countynews

CORNWALL FEDERATION OF WOMEN'S INSTITUTES

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October 2021



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DEADLINE FOR INCLUSION IN COUNTY NEWS

Items to be sent to the Editor by 12th of the month, two months prior to publication. No late entries can be accepted. Please send County News submissions to cfwi.publications@gmail.com.

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It's October already and I haven't really got used to it being 2021 – once upon a time it was the days that flew by, then the weeks, and now the months are speedily passing. Is this a sign of advancing years? Not so sure about advancing years but it has certainly been a strange and uncertain year, and it's a good job we didn't know what we were in for 18 months ago when the first lockdown began; when we all thought OK, we'll go with the advice and it will all be over in a few weeks....

I am full of admiration for the way our WIs responded in the beginning, hastily getting out our sewing machines and tackling the ever-constant need for protective clothing and face masks. I wish we had kept a record of the quantity that was produced in all corners of the Federation. Then there were the newsletters that were produced

to keep members involved and in touch with each other, the phone calls to one another and the adaption to keeping in touch with the aid of modern technology, namely Zoom, this strange and unknown phenomenon that allowed us into each other's homes to keep in touch. You have all been amazing.

Now we have reached the stage when things are easing. I hope you have all had your jabs and, if the news is to be believed, you are probably beginning to have your booster shots now. Do all you can to keep safe, washing your hands, keeping distance and wearing face masks.

Your Board of Trustees and the Sub-committees are now turning their attention to planning events and activities for you to take part in, and all these will be fully advertised within the pages of County News. I want to reassure you that any events we propose will be carefully monitored to make sure we only take sufficient applications to keep our members safe. Thankfully this year we feel confident to be able to offer you two Christmas County Lunches, one at Budock Vean and the other at Lanhydrock Golf Club, both very popular venues. Full details can be found in County News. Another popular event returning to our calendar this year is Tea and Tinsel, where

I am assured there should be an appearance by a seasonal gentlemen with a white beard.

This is a very special column for me to be writing, as it will be my last publication as your Federation Chairman. I have had a fabulous four years but all good things must come to an end and it is my time to relinquish my Federation Chairman's badge and chain of office. It hasn't been all sunshine and roses, but I would say that on balance the good times have outweighed the not such good times, and the occasions spent with you at your celebrations have been some of the best times. It has been such a pleasure to get to know you and spend an afternoon or evening with you; I thank you so very much for all the invitations I received.

It has been my pleasure and honour to serve as your Federation Chairman, a role I never aspired to when I tentatively turned up to my first WI meeting 20 odd years ago up in Lancashire, but it has certainly given me some of the happiest moments spent with such special people. I thank you all so much for the friendship and support you have shown me.

I wish my successor all the best for the next few years,

My best wishes to you all,
- Margaret

COVER PHOTO



Over two sunny summer days, 39 members from 10 WIs met to walk to the Cheesewring at Minions on Bodmin Moor. This walk was organised by our Environment and Public Affairs Sub-committee.



OCTOBER 2021 BIRTHDAYS

PELYNT WI, 60TH
ZENNOR WI, 80TH

DOWNDERRY AND
SEATON WI, 100TH

DIARY UPDATES



OCTOBER DIARY DATES

8 October – Harvest Buffet Lunch

OCTOBER CLOSING DATES

4 October – What's in My Trolley for Christmas?

12 October – Tunis Cake Workshop

14 October – Tea and Tinsel

19 October – Christmas Wreath Workshop



CHRISTMAS COUNTY LUNCHES

**Thursday 2 December 2021
LANHYDROCK HOTEL AND GOLF CLUB, BODMIN
12pm for 12:30pm**

Join us for a festive lunch at the beautiful Lanhydrock Hotel and Golf Club in Bodmin.

Starters:

- Smoked haddock arancini with tomato and roasted pepper sauce
- Ham hock and apricot terrine with toasted ciabatta and piccalilli
- Creamed cauliflower and leek soup with herb roasted croutons

Mains (all served with seasonal vegetables):

- Roasted turkey parcels with pork stuffing, roast potatoes and turkey gravy
- Baked cod fillet with chive mashed potato and lemon Hollandaise
- Butternut squash tagine with jewelled couscous and baby coriander

These will be followed by a dessert trio of mini pavlova with winter berries, Belgian chocolate torte and a zesty lemon tart.

Cost: £28 per person
Closing Date: Monday 15 November 2021
Further information: Pam Selley

**Tuesday 7 December 2021
BUDOCK VEAN HOTEL,
MAWNAN SMITH
12pm for 12:30pm**

Our second Christmas County Lunch will be held at Budock Vean Hotel in Mawnan Smith.

Starters:

- Cornish blue cheese with pear, pomegranate, chicory, walnuts and watercress
- Beetroot cured Scottish salmon, St Ives Bay crab, avocado and pickled cucumber
- Cream of tomato and basil soup

Mains (all served with seasonal vegetables and potatoes):

- Roast Turkey with chestnut stuffing, pigs in blankets, cranberry sauce and gravy
- Grilled supreme of Cornish hake with nut brown butter, capers and prawns
- Vegetarian nut roast with onion gravy

Desserts:

- Christmas pudding with brandy sauce and Cornish clotted cream
- Orange and cinnamon crème brûlée with shortbread biscuits
- Trio of West Country cheese served with quince jelly, celery and a selection of crackers

Cost: £28 per person
Closing Date: Monday 15 November 2021
Further information: Teresa Hancox

**TEA AND TINSEL
Friday 26 November 2021
CHY NOWETH AN CONTETH
2-4pm**



Enjoy a sociable Christmas-themed afternoon tea with entertainment provided by the Cornish poet Clive Blake. A surprise visit from a seasonal VIP is also very likely!

Attendance will be limited to 30. We will adhere strictly to all the guidelines and regulations around Covid-19 current at that time.

Cost: £15
Closing Date: Friday 15 October 2021
Further Information: Jane Dover



**CHRISTMAS CAROL CONCERT
Friday 10 December 2021
ST PETROC'S CHURCH, BODMIN
3pm**

All members, families and friends are invited to our annual service of carols and readings at St Petroc's Church in Bodmin. This event is free and no ticketing is necessary. St Petroc's Church is located on Priory Road in Bodmin, with parking available in the Priory car park with a short walk across the park. All are welcome.



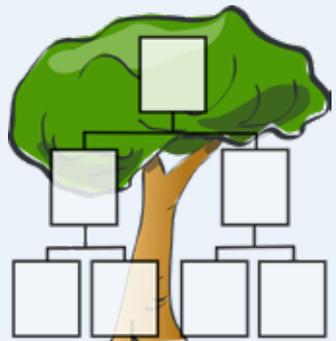
**DÉJEUNER EN FRANCE (LUNCH IN FRANCE)
Friday 21 January 2022
CHY NOWETH AN CONTETH
12pm for 12.30pm – 3.30pm**
Join us for a magnifique French-style buffet lunch!

We'll all enjoy a delicious three-course French meal, including some of your

continental favourites followed, of course, by our usual scrumptious array of desserts.

After lunch, we'll be entertained by Brett Jackson, a talented mime artist who works with Swamp Circus.

Cost: £17
Closing Date: Friday 10 December 2021
Further Information: Helen Kestle



**FAMILY HISTORY DAYS
Friday 14 January 2022 and
Friday 18 February 2022
CHY NOWETH AN CONTETH
10am to 3.30pm**

Have you ever wondered about where you came from or who your ancestors are?

Our two Family History days are aimed at giving members the basics to research their own families online. Day one will concentrate on the resources available and vital information you need to get started. The second day, a month later, will examine how everyone has got on with their initial searching and offer ideas as to how to progress.

You never know what you might find! Skeletons in the cupboard, aristocratic lineage, war heroes, anything is possible. Be prepared for the unexpected, especially becoming addicted.

Each day we will offer a soup, roll and cake lunch included in the cost.

Cost: £36 (for two sessions)
Closing Date: Thursday 2 December 2021
Further Information: Jane Dover

Image by Jazella at Pixabay.com

Photo: Ben Keating

NOTES FROM THE OFFICE

CFWI YEARBOOK

The CFWI Yearbook is now online only. You can find it on our website by clicking on the 'Yearbook' link on the right side of the page. Having the Yearbook online now means that we can make changes to it as they happen, so it will always be up-to-date and correct! The Yearbook is password-protected, so please contact the Office to get the password if you don't already know it. Remember,

the information in the Yearbook is intended for WI members only, so please do not share the password or the content of the Yearbook with anyone outside the WI.

NEW WI HANDBOOK NOW AVAILABLE ONLINE

NFWI has now published a wonderful and helpful WI Handbook for all WIs and all WI members to use. This valuable resource provides



information covering everything you need to know about the WI, being a member, and setting up and running your WI. This includes the role of the WI officers, recruiting and retaining members, and dealing with affairs across the entire organisation. You can find a downloadable copy of the Handbook either on MyWI or on the CFWI website (www.cornwallwi.org.uk).

MEMBERSHIP MATTERS TO ALL

ANNUAL MEETINGS MADE EASY



Wednesday 17 November

2021 – MILLENNIUM HOUSE, PENSILVA

Friday 19 November 2021 – CHY NOWETH AN CONTETH

Tuesday 23 November 2021 – CONNOR DOWNS WI HALL
10:30am-12:30pm

How do you feel about your Annual Meeting, whether you are an officer or not? Even if you have a WI Adviser attending your Annual Meeting, there is still a lot to do to make sure everything – including your election – runs smoothly. These workshops will give you the opportunity to iron out any queries you may have and to gain new ideas. We will also be discussing ways to conduct your Annual Meeting in the event that your WI is unable to meet in person.

Unfortunately, we will be unable to provide refreshments unless Covid-19 guidelines change, so please bring your own thermos of tea or coffee.

Cost: £8.50 per WI (which can be paid from WI funds)

Closing Date: Thursday 30 September 2021

Further Information: Kathy Reed

BLOWING YOUR WI'S TRUMPET

Several years ago, your team of CFWI Advisers held some training sessions entitled 'Blowing Your Own Trumpet' – helping you



with ways to publicise your WI. Now that we're out of lockdown and hoping things will finally get back to normal, what better time to let people know what you're all about and, with a little luck, attract some new members?

So what can you do?

Make sure you use every resource available to you! Many of these are free of charge, so there will be no expense to your WI.

- Does your village or community have a newsletter? Or perhaps a community noticeboard? Why not get in touch and see if you can post a flyer or write an article for the newsletter?
- Keep on top of local events being held in your area. Your WI might be able to have a stall and sell items to raise funds, while also getting the message out about your meetings.
- Put together a simple flyer, leaflet or postcard to hand out to potential members.
- Look into 'social prescribing'. This is a relatively new concept in which GPs make an effort to help patients deal with social problems (loneliness, anxiety, etc.) instead of funnelling them into the medical system. Social prescribing is about suggesting positive lifestyle changes rather than – or sometimes alongside – medical treatment. Contact your local surgery to

see if your WI is eligible to become a community resource.

- Make use of Facebook, Twitter, Instagram and other social media platforms. These are free and have the potential to reach a very wide audience. If you don't have a Facebook page for your WI, please consider starting one. You may also choose to set up a separate website for your WI.
- If your WI does something noteworthy, please send it to County News. We love to publish stories from our WIs! Send your stories and photos to cfwi.publications@gmail.com. You can also send stories and photos to WILife: WILife@nfwl.org.uk.

If you have any questions or would like any more tips about Blowing Your Own Trumpet, see your WI Adviser – her details are in your CFWI Yearbook (now available online).

- The Membership Support team

ENVIRONMENT AND PUBLIC AFFAIRS

BAKER CUP COMPETITION 2022: REDISCOVERING FOOTPATHS

The theme for the coming year's Baker Cup Competition is 'The Way Forward – Rediscovering Footpaths'. Experience of life since March 2020 has made many of us much more aware of our local environments and has led us to value being outdoors more. So don your boots and thinking caps!

The Baker Cup is a biennial competition open to all WIs in Cornwall. It provides a great opportunity for a group of at least four members of your WI to enjoy exploring and preparing a report on the chosen subject. The report should contain between 4000 and 6000 words, and should include any maps, illustrations, tables, etc. appropriate to the topic.

The winner will be announced at the 2022 Annual Council Meeting.

Complete guidelines are available on the CFWI website (click on the 'Competitions' link on the right side of the page) or by contacting the Further Information contacts below.

Cost: £8 per WI
Closing Date to Enter: Thursday 24 February 2022
Closing Date to Submit Entries:

Tuesday 31 May 2022
Further Information: Anne Fenwick

or Jude Wood



ENVIRONMENT AND PUBLIC AFFAIRS (...continued)

BLOOMIN' LOVELY

The National Wildflower Centre (NWC) and The Eden Project were both Millennium projects – and now they have come together with the NWC based at Eden. You can wander along the paths through stunning fields sparkling with the colours of the traditional cornfield annual wildflowers, including poppies, cornflowers, marigolds and chamomile. Equally important are the meadows of perennial wildflowers planted 20 years ago.

Along with so much of nature, wildflowers have taken a beating over the years. The NWC is here to reintroduce wildflowers where they are not, to increase wildflowers where they are depleted, and to harvest native Cornish provenance seeds. There is a lot of work going on to set up conservation seed banks and to work on conservation projects for native species. Sometimes the NWC goes out and collects seed from local farms and estates, and works with them to encourage

further growth on a bigger scale. There is huge demand in Cornwall for wildflower seed too. Harvesting is all done by hand initially and the NWC supplies annual and perennial seed mixes, as well as some Cornish provenance seed, to over 20 schemes in the county, including sowing roadside on the A391.

You are welcome to walk through the NWC fields at no charge anytime. To visit, park in the Mango carpark at Eden to stroll through the fields. Dogs are welcome.

Pictured here are Julia Havard of CFWI's Environment and Public Affairs Sub-committee with the NWC's seedbank officer, Fern Carroll-Smith, in a beautiful field of cornflowers and corn chamomile.



FLORAL ART AND GARDENING

CHRISTMAS WREATH WORKSHOP

Tuesday 30 November 2021
BODMIN NURSERY
10:30am-3:30pm

Spend a day at Bodmin Nursery, creating a beautiful Christmas wreath to take home with you. There will be two workshops to choose from, one in the morning and one in the afternoon. Under the expert tuition of the nursery staff you will make your own Christmas wreath, using all natural materials and producing your very own work of art! All materials are provided but you are asked to bring your own scissors/secateurs and gloves if you wish to wear them. Welcome coffee/cake will be served in the Mill Café, as will a lunch of homemade soup and a Baker Tom's roll.

Cost: £45.00

Closing Date: Tuesday
19 October 2021

Further Information:
Abigail Kirby-Harris



CUTTINGS FROM FLORAL ART AND GARDENING

We are so delighted to be "back at work" and enjoying planning events for members next year with our theme 'Have a Go at the Show'. The Cornwall Garden Society (CGS) is very much hoping to be able to stage their Spring Show in early April 2022, but do keep an eye on their website for dates and schedules. Of course at the Royal Cornwall Show there is not only the WI marquee with our competitions but also those in the Flower Tent. At the CGS Show there are classes for not only Floral Art (with the Margaret Shepherd Cup for the WI member winning the most points) but also for garden foliage and flowers, and also pot plants. To help you with your entries, we will be holding an event to help with Winning Ways and we also hope to present a How to Interpret a Theme workshop. Watch this space!

HOME ECONOMICS AND CRAFT

DESIGN AND DECORATE A TUNIS CAKE FOR CHRISTMAS

Tuesday 23 November 2021
CHY NOWETH AN CONTETH
10.30am to 3.30pm

We are offering this workshop again as it was cancelled last November due to the Covid pandemic. You may provide your own basic almond flavoured cake or have one made for you. Please indicate on your booking form if you require a cake (extra cost of £4).

During the workshop you will

1. Make a chocolate ganache with Baileys as a thick top coat for the cake.
2. Shape and colour a selection of marzipan fruits as the decoration with appropriate foliage.

3. Finish the cake sides with cellophane wrap and a ribbon on a silver board.
4. Box the cake to complete.

Tea, coffee and biscuits will be provided, but please bring a packed lunch.

Cost: £15 (to include all materials other than the cake)

Closing Date: Tuesday
12 October 2021

Further Information: Dot Rogers



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A 75th ANNIVERSARY GARDEN PARTY IN ST DOMINICK

St Dominick WI held their 75th anniversary party in July. The event took place in a member's garden, hosted by Mandy Nicholson. The evening was made simple with cheese and wine with nibbles. The cake was a Genoese sponge filled with strawberries and cream. The women were fortunate to have such a wonderful sunny evening. Twenty

members attended with six potential members who had shown a desire to join St Dominick WI. What a great way to meet new members in a relaxed atmosphere!



GRAMPOUND WI CELEBRATES WITH AFTERNOON TEA



Fourteen members of Grampound WI celebrated summer in style, enjoying a posh afternoon tea at The Cornwall Hotel in St Austell. This was the first face-to-face get together post Freedom Day and it was enjoyed by all who attended.

BOTANICAL BUNDLE DYEING WITH PENPOL & POINT WI

In June, Penpol and Point WI held two half-day botanical bundle dyeing workshops, led by Nina Ducker in her barn. Members had all been asked to collect flower petals from their gardens to use in the dyeing process. After preparing silk scarves, the petals and other dyeing materials were scattered. After steaming, chilling and drying, the scarves were ready. The members all had a surprise at the variation of colour that was



achieved. The colour of petals and other materials scattered didn't necessarily match the colour produced in the finished article, so no two scarves were the same. Penpol and Point WI member Polly Barton said, "Nina worked so hard to make the workshops the success they were and it was really good to catch up with some of our members and to experience a degree of normality again."

PORThLEVEN WI HOLDS SUMMER BUFFET

With the Public Hall still closed, Porthleven WI members braved the weather for their July meeting. It was a lovely evening for the Summer Buffet and Quiz. Quiz winners were Jayne and Alison. Porthleven WI



meets on the second Wednesday of the month. Members also meet for an informal picnic lunch each Wednesday. New members are always welcome. Contact porthlevenwi@outlook.com for more information.

A CLEAR-UP AT CONSTANTINE WI HALL

Over the past 18 months, Constantine's WI Hall had become knee-deep in brambles and weeds, so the members decided to tackle the task. They worked hard, cutting back the brambles and buddleia,



the waist-high weeds and ivy from the walls, and discovered a commercial gardener, Gary, working next door, doing the same thing for a neighbour. Gary volunteered to take away free of charge the eight bags of green waste the members had filled, taking it to the green centre. Constantine WI President Liz Pearce said, "After being in lock down for so long, one forgets how kind people can be."

PENSILVA WI EXPLORES PENTIDDY WOODS

After 16 months of not meeting up, members of Pensilva WI met on a damp and drizzly evening in August for a guided walk around Pentiddy Woods. The Pentiddy Woods project focuses on regenerative land management practices and low impact living, and has been designed using the ethics and principles of permaculture. Although the



evening was damp, spirits were high and the women were all looking forward to learning about the work involved in the creation of this vision, the aim of which is to gain a healthy balance between the care for people and care for the environment. The evening ended with a lovely fish and chip supper.

A GIN PALACE IN BODMIN

Bodmin Gaolbirds WI bade farewell to their former meeting venue at Bodmin Rugby Club by holding a gin tasting

event for their August Social Meeting. Members, friends and husbands were invited and all enjoyed a great evening.

The members were given a critique on all the gins served, which were accompanied by a variety of mixers. There were

also a gin-themed quiz and a gin-themed raffle. Members brought their own nibbles and, needless to say, taxis were laid on!

A SUNNY GARDEN PARTY IN GERMOE

Germoe and District WI held a garden party in one of their members' gardens on what turned out to be a splendid sunny July afternoon. This was their first proper face-to-face meeting since lockdown. Zoom meetings had been trialled but, due to the notoriously bad internet in the area, they didn't work too well. The Garden party was attended by most of the members, and the few who couldn't make it were sorely

missed. It was also a chance to invite guests to get their first taste of the WI which will hopefully lead to a few new members. It was lovely to see so many smiling faces old and new.



BELATED 95th BIRTHDAY CELEBRATIONS FOR LEZANT WI



Like so many WIs last year, Lezant WI missed a big birthday celebration in 2020. But on a lovely sunny July day, they met to celebrate their 96th (and belated 95th) birthday at their first real live meeting for 19 months. The event

was held at at Lezant member Alice Brown's Antique Chairs Museum, and Alice produced a quiz that required the members to go round all the barns looking for answers. Pictured here (l to r) are: Linda Watkins, Jadzia Kent, Judith Smith, Sue Oatey, Naomi Finch, Viv Hunt, Diana Anderson (Lezant WI President), Irene Nash, Alice Brown, Jo Rider, Sara Hurndall and Julie Dinnis.

CRANTOCK WI RAISES FUNDS FOR AIR AMBULANCE

Last month, we told you about Crantock WI President Linda Hallwood and her selection as a wildcard contestant in the Landscape Artist of the Year competition on Sky television. Linda decided to donate the painting she created to Crantock WI's Heli-Tea in aid of Cornwall Air Ambulance. The painting sold to Diana Lewis, a frequent visitor to Crantock, for £100. Diana also has a family member who was helped by the Air

Ambulance, so it was a special cause for her. The weather was wonderful for the Heli Tea, and Crantock WI raised a fantastic total of £650. Linda and Crantock WI Treasurer Sue Stevens presented the cheque at the Cornwall Air Ambulance base.



NEWQUAY WI LAUNCHES CRAFT FAIR

Newquay WI held its first craft fair in August. Although there weren't many customers, members felt it was a lovely sight to see what everyone had been up to during lockdown. The WI hopes to make the craft fair a monthly event,



and we're sure word will spread quickly! They are a talented bunch.

A HOT SUMMER MEETING FOR HARROWBARROW & METHERELL WI

Harrowbarrow & Metherell WI members gathered together on the hottest day in July. The meeting was only the second face-to-face meeting this year, and took place in Harrowbarrow and Metherell Village Hall Recreational Area. Members and prospective members were warmly

welcomed by the President Joan Tall. The speaker was WI member Rose Claxton who spoke of her early life in rural Sussex.



MEET ROSIE THE SCARECROW

A group of Stithians WI members created Rosie the Scarecrow for the village's Scarecrow Festival organised jointly by the Parish Council and Stithians Show. Forty or so scarecrows popped up around the village and whilst Stithians WI's entry did not win, Rosie certainly attracted a lot of attention and many stopped to read



the advertising about the WI. An opportunity to promote the WI was not wasted and enquiries are now being received. Rosie is now settled in her new home on a local farm, where she is irritating the crows!

PENDEEN WI HOLDS CRAFT FAIR

Pendeen WI held its first craft and produce fair in August. It was a brilliant success with both stall holders and the many visitors thrilled with the way the morning progressed. Tea, coffee and cake were served by the

members and all reported how lovely it was to hear the happy chatter in the room.





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