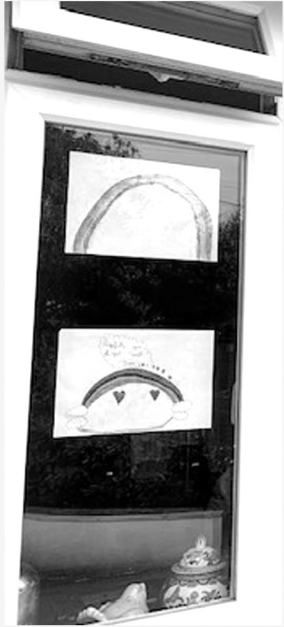


countynews

CORNWALL FEDERATION OF WOMEN'S INSTITUTES

Volume 4, Issue 5

June 2020



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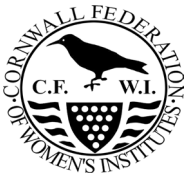
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CHAIRMAN'S CHATTER

I have recently been reminded that I am to supply my column "like two days ago", which was a surprise to me but I will do my best. Life is strange at the moment as you all know, the days seem to merge into one another and it is a job to keep up with exactly what day of the week it is, never mind the week or indeed month. I have resorted to crossing off the days on the calendar in an effort to keep up.



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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.

So how do you fill your days? I hear on the radio that there has been a resurgence of baking (providing you manage to buy flour) and whilst that is an enjoyable pastime it really doesn't help the waistline. My family, being Jewish, have just celebrated Passover and at this particular time Matzo crackers feature quite heavily on the menu. They recently baked a version of millionaire's shortbread using Matzo crackers and it was absolutely sublime – in my view, preferable to the original version so I cannot wait to get my hands on the crackers and dark chocolate to try for myself.

Then there are all the crafting activities. Most of my crafting materials are still stashed away in cupboards where they were quickly stored during my move into the new apartment. That's another job for me – to go back and make some semblance of order as to where everything is stored and begin to plan when and how to use it. Let me tell you, there is a mighty lot of it!

Are you managing to get out for some exercise? My granddaughter was concerned as to whether I was exercising and offered to devise a programme for me. She'd likely have had me in Lycra prancing about to a Joe Wicks DVD which would have been difficult because my DVD has unfortunately died (yet another victim of my move). Anyway I have come up with a routine, so that and



my daily walk around the park and along the river have met with her approval.

How many of you have been meeting via Zoom? This is quite new to me but a couple of days ago we Trustees held our monthly meeting via Zoom and it was very successful, although I freely admit that I find it much easier to join a meeting than set one up. I get so far, and then I don't know what happens – but I will get there. Yesterday I joined a meeting with 35 other WI Federation Chairs or representatives, and it was interesting and whiled away the morning.

I think I had better draw this drivel to a close, so I will leave you all with the familiar wish for you to stay indoors, stay safe and look after you and yours.

With my very best wishes,
Margaret

Cover Image

This issue's cover features an array of beautiful rainbows displayed by WIs and WI members all over Cornwall. The rainbows are part of the wonderful Rainbow Trail, designed to honour the hardworking men and women of the NHS and to spread hope and togetherness in communities during the Covid-19 pandemic.

NOTES FROM THE OFFICE

200+ CLUB

April winner of £51.50 – Gill Keeble of Praze-an-Beeble WI

May winner of £51.50 – Yvonne Toms of Stithians WI

EVENT CANCELLATIONS

We regret to inform you that the following CFWI events have been cancelled:

- Heavenly Greenery (Falmouth) – 22 July
- Weaving for Beginners – 28 July
- A Day at a Vineyard – 10 August
- Cake, Craft & Camping – 4-6 September

ANNUAL COUNCIL MEETING

We hope very much to be able to go ahead with our Annual Council Meeting on Wednesday 21 October.

We are so happy to announce that our speaker for the day will be the Reverend Kate Bottley who will speak to us about *God and the Gogglebox: Stories from Ministry and Media*.

Originally from Sheffield, the Reverend Kate Bottley is a priest in North Nottinghamshire. Kate was not raised in a church-going family, and only started going to church because she fancied the local vicar's

son. They have been married since 1998 and have two children.

In 2012 Kate was part of a wedding flashmob video which went viral with over 7 million hits on YouTube. This led to her being approached by Channel 4's series *Gogglebox*. Kate currently presents *Good Morning*

Sunday on BBC Radio 2 alongside Jason Mohammed.

Kate is a regular presenter on *Songs of Praise* and *The One Show* (BBC 1). She has also made guest appearances on *Celebrity MasterChef*, *Hairy Bikers Cracking Christmas*, *Impossible Celebrities*, *Rip Off Britain* (BBC 1), *Richard Osman's House of Games* (BBC 2) and *8 Out of 10 Cats* (Channel 4).

Kate has written for a variety of newspapers and magazines including *The Guardian*, *The Independent*, *Saga Magazine* and *the Radio Times*. She is currently



taking a break from full-time parish ministry but continues to take church services and officiate at weddings and funerals as part of a wider remit which includes writing and broadcasting projects.

Kate loves telly and dancing. Her karaoke songs of choice are *9 to 5* or *Ice, Ice Baby*. She is owned by a 7-year-old retired racing greyhound called Buster.

LADY DENMAN CUP COMPETITION: WHAT I HEARD ON THE BUS

If you thought time was running out to enter this year's NFWI Lady Denman Cup Competition, don't worry! The deadline has been extended to Friday 18 September.

Using no more than 500 words, WI members are invited to submit a piece of writing, either comical, serious, fact or fiction, based on a conversation they have overheard, or imagined they had heard, on the bus.

Entries can be submitted to CFWI either via email or by hard copy. See MyWI for application forms and more details, or contact CFWI on cfwisecretary@btconnect.com for information on how to submit your entry.

ROYAL CORNWALL SHOW

As you will no doubt have heard by now, this year's Royal Cornwall Show has been cancelled.

However, BBC Radio Cornwall and CFWI are teaming up with other organisations to provide a 'virtual Show'. Tune in to Radio Cornwall on 4-6 June between 6:30pm and 7:30pm to hear our WI time slot.

And keep an eye on Radio Cornwall's website for some WI-related content as well.

You may hear some familiar voices and see some familiar faces!



NOTES FROM THE OFFICE, *cont'd.*

HOW SAFE IS FACEBOOK?

Now that we're all unable to meet up and see each other face-to-face, a lot of WIs are relying more and more on social media. Some are using Zoom for meetings, some have set up WhatsApp groups and others are using their Facebook pages more than they did before Covid-19.

We have been asked by a few members about how safe Facebook is. No doubt you've all read horror stories about identify theft and hacking, so it's no wonder people are concerned.

According to a recent article on www.computerhope.com, "Overall, Facebook as a website is a safe place. There is built-in security that helps to protect you and your information. Facebook uses SSL (Secure Socket Layer). In a nutshell, this type of security encrypts (protects) any data transmitted while using Facebook, from login credentials to chat conversations."

The Facebook servers, where your data is stored and protected, have security built-in as well. There are anti-intrusion systems in place, to help thwart hackers from getting in and stealing your data. Facebook also employs antivirus and anti-spyware programmes to keep their systems clean and free of security threats from virus and spyware infections.

There are also ways you can help protect yourself and your data while on Facebook, beyond what Facebook already does to protect you.

Make your Facebook password something that isn't easy to guess, and *never* give it out to anyone.

Make sure your operating system and browser are completely up-to-date. Using out-of-date software might mean you don't have the most recent security features in place.

Don't 'friend' anyone on Facebook whom you don't know and trust.

Be smart when it comes to suspicious looking messages or



emails. If you don't recognise the sender, don't trust the message. If you get an email that looks as if it's from Facebook, be aware that Facebook will never email you asking for your password, user name or any other personal details.

Nothing can ever be said to be 100% safe but, as long as you know the facts and don't make yourself vulnerable, you will be fine using Facebook. It's a fantastic way to keep in touch with friends, as well as to share information with your WI – and to recruit new members!

LOCAL RESOLUTION PROCESS

The Local Resolution process starts in June for the following year's Spring Countdown

The Resolution Submission form is sent to WIs with the June *County News*.

The deadline for submission of the Resolution Form to Chy Noweth is the last Thursday of August

- the actual date is given on the Resolution Submission Form.

Submitted resolutions are discussed at the September Board of Trustees meeting. If any amendments are suggested by the Trustees, the WI submitting the Resolution is contacted and advised of the proposed amendment.

The final wording of the Resolution is accepted at the October Board of Trustees Meeting.

A 'Resolution for Consideration letter' is sent to all WIs with the November *County News*.

Amendment requests are considered at the February Board of Trustees Meeting. If any amendment is accepted by the Trustees it will be advised in the March *County News*, and on the website. Otherwise the Resolution as stated in the 'Resolution for Consideration letter' will be considered at the Spring Countdown.

So get your thinking caps on and submit a resolution!

FEDERATION MATTERS

ANNUAL PRESS COMPETITION

Since the lockdown, it has been decided that rather than cancel the Press Competition this year we will work around the imposed conditions.

Your entry, for either competition, may be sent electronically to cfwisecretary@btconnect.com or, if you are really unable to do this, a hard copy may be sent to the Federation Secretary's address at: CFWI, c/o 49 Venton Road, Falmouth TR11 4JY.

The deadline of 31st July remains the same. Please remember only reports dating from 1st August 2019 qualify for entry.

It will be somewhat limiting this year, as many of you will have only six meeting reports to choose from, but at least you will have ample time for picking the best of them!

Guidelines and entry forms were included with the April issue of *County News*, so ask your WI Secretary for more details.

Further Information: Jane Dover

CHRISTMAS CAROL SERVICE

For those of you who like to get these things in your diaries early, our Christmas Carol

Service will be held on Friday 4 December at 2:30pm at St Petroc's Church in Bodmin. More details will follow later in the year.



MEMBERSHIP MATTERS TO ALL

WI ADVISERS STILL HARD AT WORK

As we are all dealing with these difficult times, I would like to assure you that the WI Advisers are getting together via Zoom meetings and email to organise future events for when we finally emerge from social isolation.

We are therefore planning to hold another series of training sessions in January 2021 for running successful Annual Meetings. These will be held at three venues, so watch this space! We are also planning a Fashion Show to be held in the spring at Kernow Mill.

Please remember that your WI Advisers are all here to help if you have a problem or query about your WI meetings going forward.

From: The Membership Support Team

MEET AN ADVISER



I'm Liz Anderson and I have been a WI Adviser for over 20 years. I live in Lamorna with my husband John; at present there are just the two of us as we are "between" cats. I first became a member of Lamorna WI and then we enlarged with Sheffield & District so I became a member there.

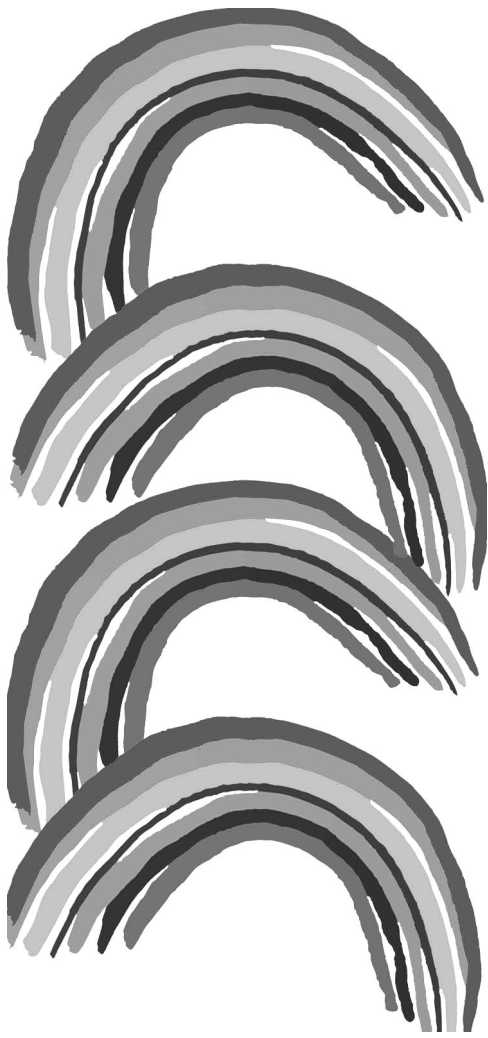
When I trained we were called VCOs (Voluntary County Organisers) and then some years ago the name was changed to WI Adviser, which I think sums up our role.

Although I have been an Adviser for a long time I still enjoy the role as it changes all the time to meet the demands of WI members. The best part is obviously meeting members at their meetings and celebrations as well as at Federation events.

Over the years I have made many good friends both in Cornwall and further afield and learnt to find my way around the County! Another skill which I have recently acquired is to communicate via Zoom with the other WI Advisers in Cornwall.

This year I was looking forward to taking a group of WI members to the National meeting at The Royal Albert Hall, which sadly isn't going ahead, but I am looking forward to next year's meeting.

Why not think about becoming an Adviser? Contact any one of us; our details are in the Year Book, or give the office a ring. It really is a lovely way of learning more about the WI and helping members to get the most out of being a member of the largest voluntary women's organisation in the UK.



HAVE YOU BEEN JOINING IN?

For the past month, we have been holding free weekly online workshops and tutorials for our members.

Did you 'Paint and Sip' with Karen Bessell? Perhaps

you had a go at meditation with Tracey Gillies from the Holistic Entrepreneurs Group? Or did you learn about scrapbooking with Kishwar Ranger? Did you stretch and bend with Michelle Vaus-Jones from Kernow Pilates?

Some of the sessions are held on Facebook Live, and some on Zoom. All are free to join in and all are loads of fun! Most are held on Thursdays, but there are some Fridays and some evening sessions as well.

There's something new every week! It's a great way to learn something new and to 'get together' with other WI members.

Keep an eye on our CFWI Facebook page and website for updates and reminders, or contact the office on cfwisecretary@btconnect.com for more details.



COMBINED ARTS

A DAY OF ART AND PHOTOGRAPHY

**Friday 6 November 2020
WITHIEL VILLAGE HALL
10:30am-3:30pm**

Penlee House Gallery & Museum Director Anna Renton will give us an insight into the exhibitions held during 2020, including those about artists Laura Knight and John Tunnard. A charming photography display and an exhibition of interiors painted by the Newlyn School Artists



will be an added delight to the morning session.

The afternoon session will without doubt surprise and intrigue us. People, travel and adventure are ever at the forefront of Tommy Hatwell's photographic drive, and we shall be privileged to share with him some of those special moments in his favourite photographs. A confident and entertaining speaker, Tommy will deliver a talk laced with amusement and inspiration from a world away.

Coffee/tea will be available from 10-10:30am and in the lunch hour. Please bring packed lunch.

Cost: £15

Closing Date: Thursday 24 September 2020

Further Information: Alice Brown or Alison Downing

SMART PHONE PHOTOGRAPHY WORKSHOP

**Tuesday 15 September 2020
MEVAGISSEY
JUBILEE HALL**

9:30am-4:30pm

Becky Curtis will be leading a workshop suitable for beginners or for members who attended last year's workshop. David Chapman will be at hand to assist and advise.

The day will include a practical session on location in Mevagissey, and a later session explaining how to process and edit your photographs.

There will be a break for packed lunch. Tea and coffee will be available.

Cost: £27

Closing Date: Thursday 30 July 2020

Further Information: Val Strout

ENVIRONMENT & PUBLIC AFFAIRS

TAKE A TOWN: HAYLE
Monday 7 September 2020
WHITE HART HOTEL
10am-3:30pm



Join us for a talk and walk around the World Heritage site of Hayle. We will meet our guide, Trevor Smitherham, at 10am at the White Hart Hotel. We will then walk to the Heritage Centre where Trevor will give us a talk. We'll then have time to look around the Centre before returning to The White Hart for lunch. After lunch, Trevor will lead the group on a walk around the heritage Foundry area of Hayle.

Cost: £12.50 (including lunch)

Closing Date: Monday 27 July 2020

Further Information: Hilary Elliff

BLAIKLEY SALVER COMPETITION 2020

The theme for his year's competition is 'TREES FOR LIFE' and we invite entries from WI members only on this subject. The poem can be of any length up to 32 lines, handwritten or typed with double line spacing. Please submit 2 copies, with the entrant's name and name of the WI on 1 copy only. Send your entry, with a cheque for £5 (payable to CFWI) and a stamped addressed envelope to CFWI, c/o 49 Venton Road, Falmouth TR11 4JY. Please ensure you have provided the correct postage rate. You may also email

your poem to us on cfwisecretary@btconnect.com.

Cost: £5 per entry

Closing Date: Monday 6 July 2020

Further Information: Felicity Penneycard

A PRE-LOVED CLOTHING SALE FOR CLIMATE CHANGE

On Thursday 27 February, Zennor WI members joined forces with the Cornwall Climate Ambassadors to host a coffee morning and sale of pre-loved clothes.

Friends and neighbours gathered to chat over cakes and coffee, and to browse through the beautiful dresses, suits and accessories carefully displayed on racks and tables.

The morning brought in £62 from the delicious home-made cakes, and £118 from the sale of clothes. The money is destined for the CFWI Climate Group, for their climate campaign.

Already this year, the CFWI Climate Group has held a very successful Show the Love event in Marazion, and they have a series of events planned for the summer and autumn. There are also a number of

ALLSOP CUP 2020: OPERATION HEDGEHOG

Please note that due to the restrictions caused by the current global health crisis, we have decided to extend the time allowed for this competition.

The competition time will now run until 31st December 2021

All our local WIs who have entered have been notified of this and we look forward to even more useful and interesting material being produced.



talks booked in with WIs across the County. If you'd like a member of the Climate Group to speak to your WI, you can find them in the Speakers' Directory, or contact the office for details.

Pictured below are Zennor WI members Pippa Stilwell, Wyn Brookes, Mary Clifford and Joy Kell relaxing after preparing the village hall for an influx of visitors.



FLORAL ART & GARDENING

PROPAGATION SKILLS WORKSHOP

Friday 23 October 2020
DUCHY COLLEGE

10am-1pm or 1pm-4pm

Following a previous very successful visit to Duchy College in Camborne and a separate Propagation Day held at Chy Noweth, we have now decided to combine the two! This half day workshop will include a tour of the College, with their plant sales, and then a workshop where all the materials will be provided and participants will be able to take home their potted up cuttings. Both sessions will start with welcome coffee, and cake.

Cost: £18

Closing Date: Thursday 10



September 2020

Further Information:

Avril Woolcock

HEAVENLY GREENERY IN CARBIS BAY

Thursday 24

September 2020

ST ANTA CHURCH

10:30am-3:30pm

Jo Siward will be leading this session in our

Heavenly Greenery series in the lovely St Anta Church in Carbis Bay and the theme will, of course, be Harvest! In these workshops we try to give inspiration on how to arrange flowers on a shoestring, using mainly foliage and garden flowers

and avoiding costly bills for buying florist flowers.

Jo will demonstrate a pedestal, table centrepiece and also one arrangement suitable for a window sill, and these will be left for the congregation to enjoy on Sunday,



and participants will then be able to make their own arrangements. Please bring everything you think you will need: containers, oasis, flowers and foliage. You can, of course, take home what you have created, so don't forget boxes to keep them safe!

Coffee will be provided at the start of the day. Bring a packed lunch, though there is a little local Spar selling sandwiches, sausage rolls, pasties, etc for those who would prefer that.

Cost: £15

Closing Date: Thursday 13 August 2020

Further Information: Teresa Hancox

DENMAN

Our next Federation Visit to Denman will take place in September 2021.

We are now working with our contacts at Denman to arrange courses and tutors, and will then be able to give you more details.

This gives us all something to look forward to in the coming months.

- Kathy Reed, Denman Ambassador



WI NEWS FROM AROUND THE COUNTY

WI NEWSLETTERS KEEP MEMBERS IN THE LOOP

Several of our WIs have been producing wonderful monthly newsletters for their members. Wilcove WI's newsletter includes a fabulous photo Flower of the

Month contest, as well as poetry and updates about members.

Marhamchurch's Treasurer produces her WI's newsletter, which includes a dingbat competition and crafts.

Crowlas & Ludgvan WI's newsletter, *Staying Connected*, includes a monthly gardening column, recipe and craft project, as well

as puzzles. North Petherwyn WI's

the *Viral Voice* holds useful information about local food deliveries, tips on how to maintain a healthy mind and body, advice on how to look after pets as well as postponements and cancellations of local and regional events. Has your WI been doing something like this? If so, please let us know!

BUNTING ON SHOW IN MAWNAN



Instead of holding a day full of workshops to celebrate Get Creative Week as they did last year, Mawnan WI decided to issue a light hearted and creative challenge to get members crafting at home. Alison Brooksbank, who led the initiative, suggested that members should produce a string of bunting and she identified four categories. Having provided a few tips and encouraged the use of a variety of materials, members were given two weeks to get busy! The winner of the open category was Ginny Smeed with bunting made of large jigsaw pieces which reflected the activities which many of the members have been doing during lockdown; to show support of the NHS Sue Hewitt produced a winner with her hanging of hearts and rainbows; VE Day was celebrated by many members, but it was Jackie Whibley's knitted flags which won the prize for this

category; Carol Hurst leads Mawnan WI's campaign to re-use and recycle plastic so perhaps it came as no surprise that her winning bunting was made from used crisp packets which she had been collecting for recycling.

BUSY PENSILVA WI MEMBERS

Pensilva WI members have been hard at work making



scrubs for Pengover House in Liskeard. Pictured here are some of the beautifully packaged scrubs made by the members.

SEAGIRLS SEWING SCRUBS

During the Covid-19 crisis, we all know that superheroes

don't wear capes; they wear scrubs, masks and gowns. And because of the tremendous strain the NHS is under, those items are in short supply but are vital. Members of SeaGirls WI in St Minver were asked by Linterior Design in Wadebridge for help with making scrubs and masks for frontline NHS staff. WI members with sewing machines



stepped up to the plate and started creating masks. A team of experienced sewers was formed, led by SeaGirls Secretary Gemma Webster, and nicknamed the Sewing Bees. Within three days, the number of requests for masks had hit 200 from local healthcare organisations. As word spread through social media that the SeaGirls were beavering away, many other members of the community dusted off their sewing machines, ready for bolts of fabric arriving for scrubs. Forty metres of material was provided which needed to be used as efficiently as possible. Following an appeal in the special edition of the *St Minver Link*, a local newsletter which has been produced during the Covid-19 crisis, a further six people got in touch to take the Sewing Bees to an army of 24.

WI NEWS FROM AROUND THE COUNTY, *cont'd.*

LOCAL PENPALS FOR CONSTANTINE WI

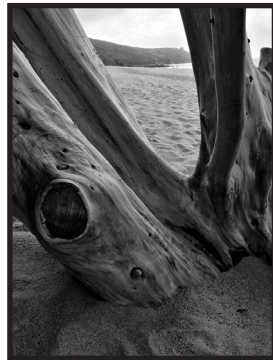
Members of Constantine have been writing to men and

women in a couple of local care homes. They send a few letters and cards a week each. Most of the members are, for one reason or another, having to stay at home. Liz Pearce says, "My postman takes my letters for me, so I don't even have to drive to the post office." A member of staff at Polventon House emailed Constantine WI to say: "Please keep writing. It is very much appreciated and you are definitely making a difference with your letters. We may not

be out collecting prescriptions or delivering groceries, but to our ladies and gentlemen our letters are just as important. Keep up the good work!!!"

CROWLAS & LUDGVAN CAMERA CLUB KEEPS SNAPPING

Even though they're not able to meet in person at the moment, members of Crowlas & Ludgvan WI's Camera Club are still going strong. Each week, member Lisa Elsey sets the group a challenge – past themes have included black & white, leaves, textures



The Constantine WI have been posting us some lovely letters every week...

Polventon House

and 'homemade'. The eager photographers post their three favourite photos on the given theme to the group's Facebook page and then they all vote for the winning photo of the week. It's a great way to keep their photography skills going, as well as to have a bit of fun and keep in touch with each other.

NAPKIN FOLDING IN PERRANARWORTHAL



Perranarworthal WI held their Annual Meeting in early March. Before the important business took place, members were treated to a demonstration of origami with a view to learning how to fold napkins. The expert, Roy Cogland, tried hard to ensure that the women would be able to display beautifully folded napkins at Christmas or at dinner parties. Members tried hard to learn and with some success, although there were a few puzzled expressions and cries for double sided sticky tape! It was good fun before the serious matter of electing the committee.

LOCKDOWN JUMBLE PUZZLE

Unscramble the jumbles to form five words to do with the WI or lockdown. Then arrange the circled letters to form a mystery word answer.

IRSENPI



WESN



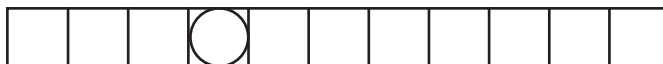
PRMBEHSEIM



KAMS



UOORVINCASR



MYSTERY WORD



Answers: Inspire, News, Membership, Mask, Coronavirus.
Mystery word: Rainbow