

OCTOBER 2024

# LEWTRENCHARD

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YOUR MONTHLY WI NEWSLETTER

## BARBARA'S BIT

Welcoming words from our President

## CATCH-UP ON SEPTEMBER

Meetings, Socials & More

## WHAT'S ON

Walks, Coffee, Ballet and Curry!

## OCTOBER UPDATE

Trips, Events, Meetings and  
Reminders

**AND FINALLY,**  
Christmas Trips and Craft  
Workshops



## BARBARA'S BIT

Hello Everyone

Well, we certainly had a busy period over August and September. Thanks to everyone for their involvement in the Sabine Baring Gould flower festival which was a real success.

Lots of visitors enjoyed the beautiful and varied displays while learning about the extensive campaigns the WI have promoted over the years, many of which are "household names" such as keep Britain tidy and equal pay for women.

There were delicious sandwiches, cakes and drinks and a warm welcome available to all the visitors. A special thank you goes out to Julia for all the hard work she put into the planning, preparation and execution. It really was spectacular.

Our next meeting is back to an evening one at 7:30pm on Monday 13th October with Kate coming from the Cinnamon Trust, a charity who offer to care for pets of elderly and terminally diagnosed people. We'll also be gathering signatures for the petition over the parking charges being levied at Roadford Lake.

The cut-off date for the DFWI Carol Service at Exeter Cathedral is 15th October so don't forget to sign up on Monday or contact Jean. Food, Crafts and Skills starts off again on Thursday, 24th October with Painting with Maria Outram. Details will be with the clipboards including the DFWI Quiz and Pamper days in the new year so lots going on.

Hot off the press!! The WOW Factory are planning an evening for LWI members only at the Merlin Cinema Okehampton to see the Royal Ballet & Opera transmission of Cinderella on Tuesday 10th December.



Tickets are £15.00 and are going fast on the website so first come first, served at the time of booking. Make sure to sign up with Caroline by 18th October.

Thank you for the collection of poppies that has already been started and to Lynn A who has been making poppy kits for us to make up at the workshop at Ruth's on October 23rd. Please let Lynn know if you are interested in coming along or taking some kits home.

We're looking for volunteers to go along to Lew Trenchard school who are holding a Remembrance workshop November 4th and helping them to make some poppies and both Victory Hall and Stowford Village Hall are delighted to have us come in and decorate them for Remembrance Sunday.

If you're not a seasoned knitter or crocheter like me don't worry because poppies in any medium will be welcome. Margaret D has offered to collect them up. Please bring along any spare egg cartons, wool, buttons, needles, tissue paper etc to the meeting and spread the word to family and friends. It's all about the community coming together.

Take care and see you next week

*Barbara*

# CATCH-UP ON SEPTEMBER

## September Meeting

We met in the afternoon on September 9th for a Market Garden presentation. Barbara welcomed 17 members including Kathryn from Australia, visitors Pam Berry, Kym Ackroyd and Sue Nicolson.

Our speakers, Sarah and Simon Milestone from Market Garden, Newton Abbott, bought an empty 2-acre field in 2021 and started selling produce in 2022. They now go to market once a week and provide veg boxes to their local area within a 17m radius. Sarah is crazy about her chickens, started off with 4 and now has 30 plus 2 baby cockerels.

We are her 3rd WI that they are visiting with more in the pipeline. Sarah went off to cook some of their gorgeous looking produce and Simon took over.

He talked in detail about his past, present and futures plans, his inspirations, spreadsheets, planting, no-dig method, how to be profitable and have produce all year round. This was all informative.

Then we had questions from the floor, including the buzzword this year: slugs! Being an organic gardener, his advice is to go out in the dark, with a torch and pick them off. In 2022 we had a drought, no slugs then, 2023 a wet summer, followed by a wet autumn, hey presto in 2024 the slugs come out in full force.

Because of the drought, they invested in a borehole. They also dug a couple of ponds for extra water and pest control.

Suddenly, the kitchen emitted some delicious smells of cooked food and we all tasted their mixed greens, Aztec broccoli, courgettes & various types of tomatoes. Everyone found the food really tasty.



## LITERARY EVENING AT CARLYON BAY HOTEL

On 3rd October, Karen, Jean & myself attended the Literary Afternoon Tea at Carlyon Bay Hotel, organised by Cornwall WI Federation.

The author, Liz Fenwick (pictured), who has written numerous novels, talked about herself, her path to writing and of course about her new book. I've read many of her books and I really enjoy them.

Liz is American, married and lives in Cornwall, all her books are based in Cornwall, which is probably what interested me long before we moved down this neck of the woods.

It was a super lovely day.

*Monique*



## LITTLE REMINDERS

**Spud Competition:** Last chance to weigh your spuds!! The big reveal will be held at our October meeting. If you haven't yet made your entries, weigh today and send a photo and your results to Barbara or Monique!!

**Food Bank Collection** will be available at our meeting. Bring an item or two of non-perishable food items and help local families in need!

**Interesting Item Competition:** Bring in something interesting, amusing, baffling or humorous starting with the letter 'C'

**Flower Competition:** Bring in a flower and see if you win! All proceeds go to the [ACWW Charity](#).

**Poppies for Remembrance Day:** Bring in your made poppies, drop off materials you have that could be made into poppies, join in the Poppy Making Workshop on 23rd October or volunteer to help Lew Trenchard Primary School make poppies!

**Clipboards:** Make sure to check out the clipboards to see what fun events you can join in with! The 'season' is approaching so there's lots going on. Speak to Jean for any additional info you may need.

**Socials:** We have several events happening through the coming months. From walks and coffee mornings, to workshops, meals out and cinema visits. Check out the [What's On](#) section of the newsletter or speak to Caroline for more info

IF YOU DO NOT WISH YOUR PHOTO TO BE USED IN THE NEWSLETTER, SOCIAL MEDIA OR OTHER PROMOTIONS, PLEASE LET MONIQUE KNOW

## Coffee Morning

Nine members met at Alder for a coffee and in many cases a cake on our September coffee morning.

A lot of chat took place and members seemed to enjoy the new venue. It was lovely to welcome our new member, Kym, from Lifton.

Our October coffee morning will be on the 17th when we will meet at Alder again.

**As it is important for Alder to know numbers beforehand, please can you let us know if you would like to come.** As I shall be away, this time Lynn is taking numbers so can you please let her know on 07794648447.

## WI Walk

Six members met for a walk along part of Tavistock Canal. We were very grateful to Julie as we could all travel together in one car.

We were extremely lucky with the weather as despite a gloomy forecast we enjoyed a dry, warm walk. It was a very pretty walk along the water's edge under some really beautiful trees.

We passed the pupils of Tavistock College enjoying their morning break while the primary school children were practising for the Cycling Proficiency Award. We ended our walk at the Wharf Cafe where we enjoyed a well-earned coffee!

Our next walk will be on October 28th when we plan to walk around the lanes to Thrushleton and back past the school to Lewdown where we are invited to take coffee with Jean. Everyone welcome, please meet as usual at Ruth's (Highlands, Lewdown) at 10 am.

*Mary*



# COMING SOON...

## OPEN MEETING, NOVEMBER

Our November meeting is an open meeting so please do invite your family and friends along!

We'll be welcoming [Rupert Kirkwood aka 'The Lone Kayaker'](#) to share some of his amazing stories and outstanding photography.

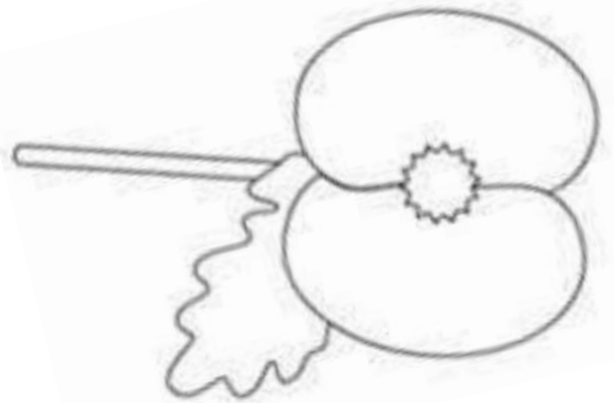
Rupert has racked up an astonishing 31,000 miles in his kayak in locations across the globe! this is sure to be an interesting and inspiring talk so make sure you're there at 7pm on 11th November. To cover costs there will a small charge of £2.50 for non-members

## HONOURING THOSE WHO GAVE THEIR LIVES

Help us make lots of poppies to decorate the hall for the Remembrance Day Service. If you have any materials to donate, please bring them to the next meeting and if you need a helping hand, [follow this link to a cross-stitch pattern](#), or print out the image below to use with paper, felt etc. (approx size, 6cm x 8.5cm)

If you need full instructions for a knitted or crochet poppy, please ask Monique as she has a great guide you can use.

Fancy some company whilst you create? Come along to Ruth's on Wednesday 23rd October at 10am and join us in making a plethora of poppies!



## BEAUTY AND PAMPER DAYS ARE BACK!

The students at Exeter College are hosting a series of beauty and pamper days next year.

Top to Toe treatment days cost just £70 and will be tailored to your specific needs.

Full details will be available on the clipboards and early booking is a must!



## THE ROYAL BALLET - CINDERELLA

The Royal Ballet's 'Cinderella' is coming to town this December, and our wonderful social secretary, Caroline is organising an evening for us.

**WHERE:** New Carlton Cinema, Okehampton

**WHEN:** December 10th at 7.15pm

**PRICE:** £15 full price | £12.50 (plus 90p booking fee)  
Movie Magic Seniors (60 years+)

**HOW TO GET YOUR TICKET:** Contact Caroline to get your name on the list, and make payment to the WI as below. [harriscaz@hotmail.co.uk](mailto:harriscaz@hotmail.co.uk)

Tickets are not guaranteed unless full payment is received. If you cannot attend, you are responsible for finding a replacement as we are unable to issue refunds.

Movie Magic number will be required if applicable

**Tickets are limited so you must confirm your space by 18th October**



BACS Details for payments: A/C Name: Lewtrenchard Womens Institute  
Sort code: 090152 Account number: 53734509  
Ref: NAME/EVENT e.g. SCOTT BALLET



## AUTUMN WARMER GATHERING

Join us for an evening of great company, laughter and more importantly - CURRY! Perfect as these autumn evenings turning chillier, and darker.

Caroline is currently exploring venues and dates, but let her know if you're interested and she'll publish all the details closer to the time (it's likely to be a Friday evening, end October/beginning November)

Email: [harriscaz@hotmail.co.uk](mailto:harriscaz@hotmail.co.uk)

## IT'S NOT ALL JAM AND JERUSALEM, YOU KNOW!

### HELP US PUT THE 'WOW' INTO THE WI

What are your suggestions for speakers, fundraisers and socials? We need to hear from you!

**Our committee are awesome!** But they can't do it all on their own. This is YOUR WI, what do YOU want to see?

# WHAT'S ON IN OCTOBER

## Next WI Meeting

Monday 14th October 7.30pm  
at the Victory Hall, Lewdown

## WI Coffee Morning

17th October from 10.30 at  
Alder Vineyard.

Please ensure you contact  
Lynn to reserve your place  
07794648447.

## POPPY WORKSHOP

October 23rd, 10am at Ruth's

## WI Walk

October 28th 10am. Meet at  
Ruth's (Highlands, Lewdown)  
Thrushleton - Lewtrenchard  
Primary School - Lewdown.  
Coffee at Jean's

PLEASE REMEMBER  
TO CHECK THE  
CLIPBOARDS TO SIGN  
UP FOR OTHER  
EVENTS HAPPENING  
THROUGH THE YEAR.



## OCTOBER'S WI MEETING

Come along and learn all about the amazing work  
[The Cinnamon Trust](#) do.

Kate will be sharing all about the trust; the only  
specialist charity supporting older people, the  
terminally ill and their pets.

Kate will also be sharing how you can get involved  
with, or support the vital work this charity undertakes.

Our WI is outstanding at supporting local charities  
and events! We'd like to remind you about our  
food-bank collection service.

This is available at every meeting, so please  
please bring an item or two to support those who  
are struggling in today's economic situation.

Non-perishable food items only please  
(unless otherwise advised), Thank you

## On the Clipboards

- ★ Truro Christmas Market 27th Nov
- ★ Carol Service Exeter Cathedral 4th Dec
- ★ Resolutions Meeting & Water Watch Project  
13th, 18th November
- ★ One Act Play Invitation 31st Oct
- ★ Christmas Swags and Arrangements 25th Nov
- ★ The Manor Resort, Okehampton 17th-19th Jan
- ★ Beauty & Pampering Days Exeter, 2025
- ★ Federation Quiz 15th Feb
- ★ St Georges Day Trophy Competition 21st Feb
- ★ Radio Devon Cup Writing Competition 21st Feb

All details on the clipboards, or speak to Jean

BACS Details for payments: A/C Name: Lewtrenchard Womens Institute  
Sort code: 090152 Account number: 53734509  
Ref: NAME/EVENT e.g. SCOTT 300CLUB



# AND FINALLY...

## Truro Christmas Market

27th November 2024.

The flyer is with Monique and Okehampton has been added as a pickup point. It is not too late to book but if the closing date has passed, speak to Monique to see if there are spaces available.



## Carol concert at Exeter Cathedral

4th December 2024

The booking arrangements have been changed so you can book direct via Ticketsource, or via the clipboards as usual. Via Ticketsource the cost will be £5.39.

## FCS OCTOBER AND NOVEMBER MEETINGS

Please note .....The November and October workshops as planned at our last meeting have swapped. The October Workshop will be Painting with Maria Outram.

The workshop will be held on Thursday, 24th October at Lamerton Village Hall. Please arrive at 1.45 for tea and coffee and be ready to start at 2pm. All materials needed will be supplied. The cost will be £32.00 each

Please send names of members wishing to attend to this email address. [hilarydawe23@gmail.com](mailto:hilarydawe23@gmail.com) to notify the Tutor of numbers.

## CRAFT AND CHAT SERIES

The Autumn 2024 Craft & Chat online series is starting on 7th October for 10 weeks.

Take a look at the weekly themes, and for less than the cost of a shop bought coffee, you can be crafting along with the presenter in your own home. PLUS you'll meet like-minded crafters for a chat and laughter.

The link below will provide you with details of the exciting sessions on offer and booking instructions. All sessions will be run online using Microsoft Teams.

[Click here for the Craft and Chat Series Information](#)

If there's something specific you'd like to see in future editions, please let me know!  
[hello.sharonobrien@gmail.com](mailto:hello.sharonobrien@gmail.com)