

MARCH 2025

LEWTRENCHARD

WI

YOUR MONTHLY WI NEWSLETTER

A CRACKING GOOD CHEF!

Dave Sargent, Private Chef visits
Lewtrenchard WI.

theWI
INSPIRING WOMEN



BARBARA'S BIT

Hello Everyone

Welcome to spring – well almost. The daffodils are popping and the sun has been shining so we're off to a good start.

Well done to our quiz team Jean, Mary, Monique and Susanne, who placed a respectable 9th out of 12 at the as always, very challenging Federation Quiz.

Thanks also to Ruth, who stepped in to be the quiz mistress and had to act as adjudicator, when things got sticky. There was a good turnout with most WI's having two teams so maybe we can put together two for next year.

World Day of Prayer is being celebrated on Friday 7th March at Thrushelton Church, 2.30pm. Please contact Audrey J for details.

Preparations are ongoing for the Coffee Morning and Shopping event on 8th March. Please check out the details in the newsletter and emails about volunteers needed, setting up times and items to sell.

Cakes will also be very welcome. We will be promoting International Women's Day with posters and information, too.

We enjoyed a last minute WOW event in February and went to see "Bridget Jones – Mad About the Boy" at Okehampton cinema.

It was a fun evening out and we even welcomed a WI husband – great to see you John.

If you see an event you think people might enjoy just pop it on the WhatsApp group and email Monique who can share it out.

If you aren't already in the WhatsApp group please just let Monique know and she can add your mobile number. It's a great way to reach members quickly.

Five of us had another enjoyable Food, Craft & Skills session in February making coil pots. There are some great pictures from the afternoon.

Unfortunately the speaker for the March session is not available but details for April's session will be sent by the end of March.

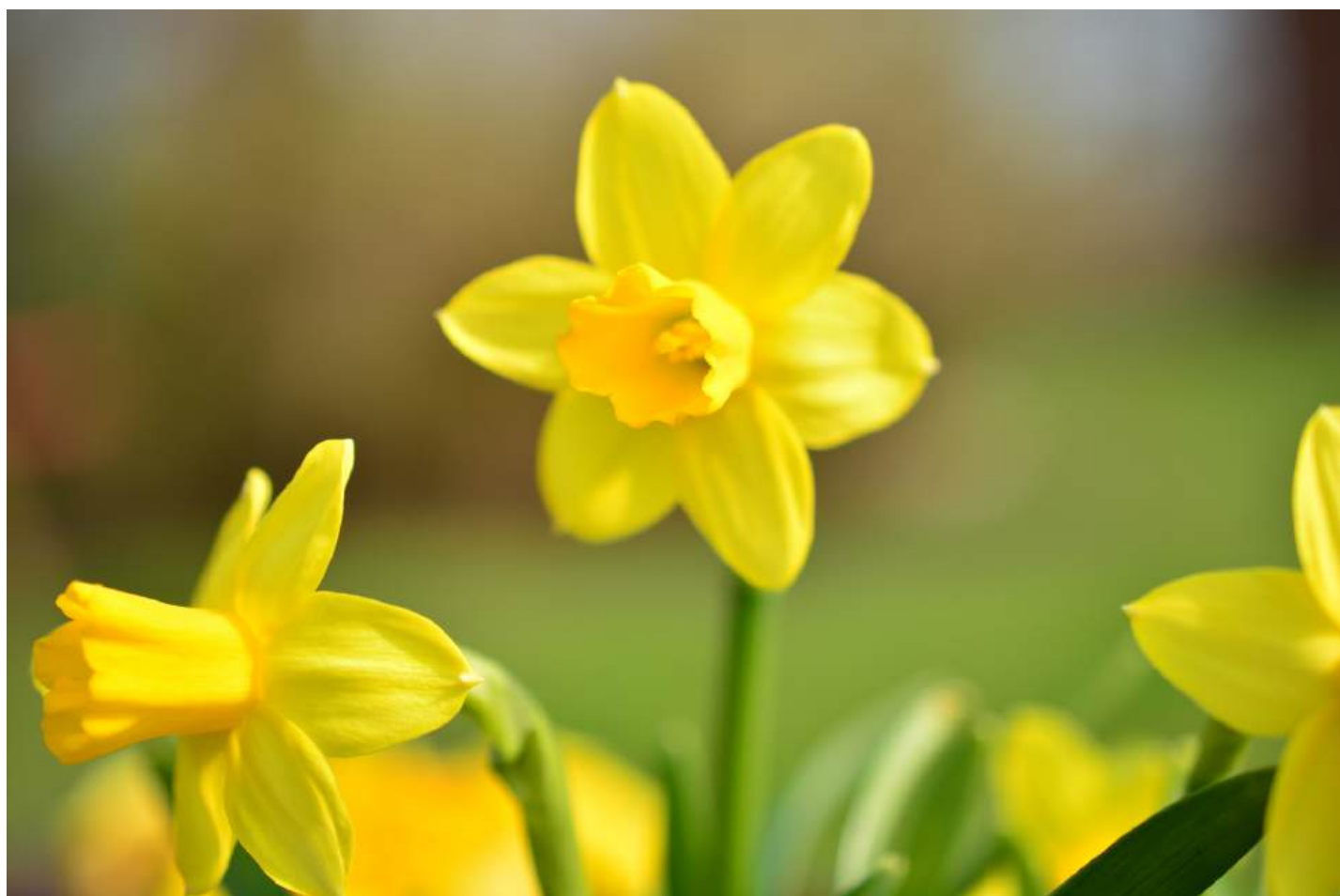
At the March meeting on Monday 10th, we will welcome Lisa to talk about her hairdressing career. She will be offering someone a trim so don't be shy about volunteering.

The TGM competitions are a basket decorated and filled to the theme of 'Folklore' and a floral garland to be worn on the head. Plus, we'll have our normal competition, which will be an interesting item starting with "G".

Don't forget to sign up for the TGM with Lynn if you want to go on 14th April and please bring £8 cash for your ticket. We need to give them numbers by the end of this month.

Take care and enjoy the lovely spring sunshine while it lasts.

Barbara



CATCH-UP ON FEBRUARY

February's Meeting

Barbara introduced Dave Sargent, a private chef, who supplies a bespoke gourmet experience combined with the qualities of a top restaurant in clients' own homes.

He does a weekly men's mental health podcast, has written a book and told us about his experiences and travels; he also brought some recipes!

Dave Sargent took to the stage so to speak, because he was ever so entertaining. He came along with his trusted assistant, the lovely Fiona, his girlfriend.



He talked about his career, how he always wanted to be a chef from the tender age of 11, he found the challenge of working odd days/hours most fascinating, a 9-5 job was not for him.

He has been to some beautiful homes and to his pleasure and surprise forged some real friendships with his clients. He admits to getting quite nervous sometimes but masks it well by cracking jokes. It is not easy to walk into someone's home and cook a gourmet meal in an unfamiliar kitchen, but this is all part of the charm of his job.

He brought along some honeycomb, chocolate truffles and a salted caramel/chocolate sauce. Of course, someone had to try it! In fact, everyone got to taste those delicious morsels.

After quite a few questions from the floor, including tips on knowing how much coating of ice cream should be on a spoon, we stopped for some refreshments.

Dave and Fiona very kindly judged our cake and photo competition for the Tamar Group meeting. To find out more about Dave or book him visit:

<https://www.chefsargent.co.uk/>



Coffee Morning

Another successful coffee morning in February at Alder with 12 members and friends attending.

We tried out a new table arrangement which worked better. However, after a discussion we are going to try out an improved plan to see how it works.

Our thanks to the hospitality team at Alder for their patience!

The next coffee morning will be on **March 20th at 10.30**. Please make sure you let me know if you wish to join us. 01566 783641.



WI Walk

We are hoping to resume our walks in April. Look out for further details in the next newsletter.

Food, Craft & Skills

We all had a thoroughly enjoyable afternoon with Gill ([Potting Shed Ceramics](#), Lewdown) and a good collection of WI members. Never has a room been so quiet with so many women!

Learning to handle the clay was a bit like fighting with a bar of soap in the bath at times and making it turn into the vision in our minds, was quite a task!

But we all made a fabulous coiled pot, decorated superbly and once they've dried and been fired, we cant wait to see the results! Which, of course we'll share with you all!



Congratulations to Our Competition Winners

Interesting Item Beginning with 'F '

1st Joyce with frogspawn

2nd Julie with a fossil

3rd Audrey with a fork

Flower of the month: Joyce

TGM cake winner: Mary E

TGM photo winner: Barbara

Floral arrangement to: Mrs Copper as, sadly, she is back in hospital

Coffee Morning and Shopping Event

Are you baking something for our coffee morning and shopping event? As we are catering for the wider public, it would be good practice to highlight any allergens present in your recipes.

If any of the following allergens are present, please could you label them appropriately; a label or a sticker is fine.

1. Celery
2. Cereals containing gluten (such as wheat, rye, barley, and oats)
3. Crustaceans (such as prawns, crabs and lobsters)
4. Eggs
5. Fish
6. Lupin
7. Milk
8. Molluscs (such as mussels and oysters)
9. Mustard
10. Peanuts
11. Sesame
12. Soybeans
13. Sulphur dioxide and sulphites (if the sulphur dioxide and sulphites are at a concentration of more than ten parts per million- this will be stated on the label of the ingredients you use if applicable)
14. Tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts).

In addition to your baked goods, please also bring glass & china, books, toys, clothing, accessories, plants, small items for the tombola plus we need volunteers on the day from 9:00 to set up and run tables, make tea & coffee. **Please take unsold items home at the end of the day.**

COMING UP THIS MONTH

Next WI Meeting

10 March 7pm at
the Victory Hall, Lewdown

WI Coffee Morning

20 March 10.30 at Alder
Vineyard. Contact Mary to
book your place,
01566 783641

Shopping Event

8 March, 10am - 12 noon
Lewdown Victory Hall

WI Walk

Will hopefully return in
April. Keep an eye out for
more info

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



MARCH'S WI MEETING

Join us to learn a little more about the thing we
ALL have to do!

Having our hair cut!

Lisa is going to come and share some of her
hairdressing secrets with us AND will be giving
one lucky member a bit of a trim - so get ready to
raise your hand!

See you on the 10th March!

This Month's Meeting Reminders

Interesting item beginning with 'G '
Flower of the Month
Food Bank Collection
TGM Competition: Basket & Garland

Make sure you check out the clipboards and take
some time to enjoy a good chat over a cuppa and
biscuits!

April's Meeting

Summer time - Meetings now start at 7.30pm

Join us for an 'Antique's Roadshow' with Roger
on 7 April

Get published in our newsletter!

Write an article, a poem, tell us about your hobby,
share a funny story. We'd love to read about it!

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

DATES FOR YOUR DIARY

MARCH

27

THE STITCHING 4 ALL & CRAFT4CRAFTERS SHOW RETURNS!

Discover an extensive selection of fabric traders, sewing and needlecraft supplies, alongside your favourite Hobby and Paper Craft exhibitors.

Join engaging workshops catering to all skill levels, whether you're a seasoned expert or just starting out. Thursday 27th - Saturday 29th March, Westpoint Centre, Exeter. Tickets from £9.00 at craft4crafters.ticketsrv.co.uk/tickets/

HELP RAISE MONEY FOR THE REPAIRS AT ASHWATER CHURCH.

On Sunday April 6th at 3pm in Ashwater church there will be a Tudor afternoon. It will be a more expanded version of the fashion show, with period dances, and narrations matching the costumes to stories of events and ladies of Devon. It will be similar to the DFWI Elizabeth Days which we did at Torrington and Newton Abbot churches in 2022 & 2023

There will be refreshments available and the event will be free but of course there will be a collection bucket available for donations to the church. Good parking is available at Ashwater village hall, a short distance from the church.

Lindsay & Catherine (the Tudor ladies)

APRIL

6

OCT

18

BLACK SABBATH - THE BALLET!

This full-evening ballet promises to be a unique undertaking with three composers and three choreographers to create an extraordinary metal symphony over three acts. In Black Sabbath – The Ballet, expect a spectacular theatrical evening featuring thrilling dance alongside full

orchestrations of legendary Black Sabbath tracks such as Paranoid and Iron Man, as well as new orchestral works inspired by their music. See Monique for details

There's lots more to get involved in! Check out the clipboards or contact Monique for more info.

Remember to make sure Monique has your email address for updates and you can also join our WI WOW Factory WhatsApp group