

Barbara's bit

Hello Everyone

It's hard to believe it's less than 4 weeks until Christmas and we are already looking forward to our Christmas party on the 8th. We'll be enjoying our usual bring and share, which always has an amazing variety of goodies, and exchanging a tiny something via Secret Santa (no more than £3 please). We will be collecting Christmas goodies for the foodbanks who will be making up parcels for local people. Please bring along any prizes you won last year from the annual competitions as we announce this year's lucky winners. Apparently there might a little something from the committee so watch this space . . . Don't forget to dig out those Christmas jumpers and sparkly head gear and kick off the Christmas season.

January will involve our usual review of the Annual Meeting Resolutions. You should have received your WI Life magazine with full details of all five for 2026 on page 20. If you don't have a chance to see them before the meeting we will provide brief summaries followed by a short discussion and the chance for everyone to cast their vote. And on top of that there will be cake!

Please think about joining our planning group for the 2027 centenary celebrations as we kick them off in January. Your suggestions and ideas are key to making sure we celebrate this special event in the best way possible. Let's all make it an amazing year.

Food, Crafts and Skills will have a Christmas break in December but in January our own Yoga Jeanie will be leading a chair yoga class on 15th January so try not to miss it. All you need are comfortable clothes. See Lynn or Jean to sign up.

Our Christmas Lunch is booked for Sunday 18th January at the White Hart in Bridestowe.



Please remember to make your menu choices at the December meeting if you haven't already done so.

Reflecting on 2025 I'd just like to thank everyone for their friendship and enthusiasm for all that we do. Lewtrenchard WI is a wonderful group and we are involved in so many interesting activities. Hopefully everyone can find something that they enjoy and if there's something new you would like to see tell us about it or feel free to kick something off.

However you celebrate this season I wish you a very Merry Christmas and a happy new year as we look forward to whatever 2026 holds.

Barbara



Thank you!

A huge thank you to our wonderful committee (and those others who assist in other ways) for all their hard work in running our WI, devising our fabulous program of events and making it such a social and enjoyable group to be part of.



December LWI Meeting

- Our next meeting is on **Monday December 8th, 7:00pm** in Lewdown Victory Hall.

Some of our members (and honoury members) are waiting for operations or have just had them or are caring for those who have had an operation. Everyone at Lewtrenchard WI is thinking of you and wishing you a peaceful Christmas and speedy recovery

November LWI Meeting

We had a lovely session with our own Julia, decorating Christmas baubles. A big thank you for your time, Julia – you are a very talented lady.

Thank you also for your great patience, extensive crafting supplies, impressive glue gun skills and endless creative input when we got stuck. As you can see from the photos below, such pretty baubles were made by one and all. It certainly got the creative juices flowing and required some serious concentration!



Interesting items beginning with "L" and Flower of the month were also judged during the meeting. As usual, some great items and beautiful flowers.



Future events

- **Lunch at the White Hart, Bridestowe** on Sunday 18th January at 12.30pm for 1pm; please let Lynn know if you would like to attend – there are limited places available.
- **Poppy display for Stowford** We plan to have a get-together to create a poppy display for Stowford, to prevent the need to move the display between venues each year. Details to follow.

Your committee needs you!

- Want to help share your WI? Why not volunteer planning our Diary for 2026/2027? Please contact Monique or Barbara.
- We need to start planning our centenary celebrations so please put your thinking caps on. We also need a sub committee to start running with the ideas, so please contact Monique or Barbara to assist. We will start this in January.



Financial report update from Lynn

Current bank balance £1,826.53 (£538 so far set aside for our 2027 Centenary fund.)

LWI out and about

Jane Austen-themed afternoon tea



Monthly Walks

Just a reminder that these are suspended until Spring/warmer weather (whichever comes first!).

Coffee Morning

Fortunately, the snow cleared in time for 7 members to meet for our coffee morning at Strawberry Fields. We spent a pleasant time chatting and enjoying our coffee and, in some cases, a tasty snack.

The next coffee morning will be on December 18th from 10.30am at Strawberry Fields, in the Garden Room. Why not take a break from your Christmas preparations and join us for a well-earned coffee and maybe a mince pie. All friends, partners and 4-legged friends welcome.

Please let me know at the next meeting if you plan to come.

Mary E

Social Skittles

The first social skittles was held on Saturday 8th November at Treburley Social Club. A good time was had by all and there was certainly some skill there, looking at the photos.



The next social skittles will be on Saturday 13th December from 11am to 2pm, again at Treburley Social Club. Kym is your contact for this so please let her know at the meeting on the 8th December if you would like to play. We need a minimum of 6 people to make it viable, as the hire cost is £12. There seems to be plenty of interest so this looks like it will be going ahead, Kym will confirm on Monday. You can take your own lunch and purchase drinks at the bar.

Monique

Remembrance Service

Another beautiful display, keep them coming; thanks to Lynn for the attached photo.



Food, Craft and Skills November 2025

Our November Workshop was Christmas Pouches with Rosalind Wiggins, which Lynn and Jean attended. What pretty pouches.



LEWTRENCHARD WOMEN'S INSTITUTE NEWSLETTER DEC/JAN

Our next FCS Workshop will be in January and will be Chair Yoga, with our very own Jean running this session.

Shoe box appeal

Ruth, Lynn and many of the hand bell ringers managed to put together an amazing 36 boxes for the Romanian Christmas shoebox appeal. With thanks to everyone for their generous contributions and searching out for shoeboxes. The separate fundraising coffee morning raised sufficient money to cover the cost of sending them.

Below are some photos which Ruth and Lynn kindly shared of the team assembling these. I am sure these will bring some welcome Christmas cheer to the recipients.



Lewdown Stores

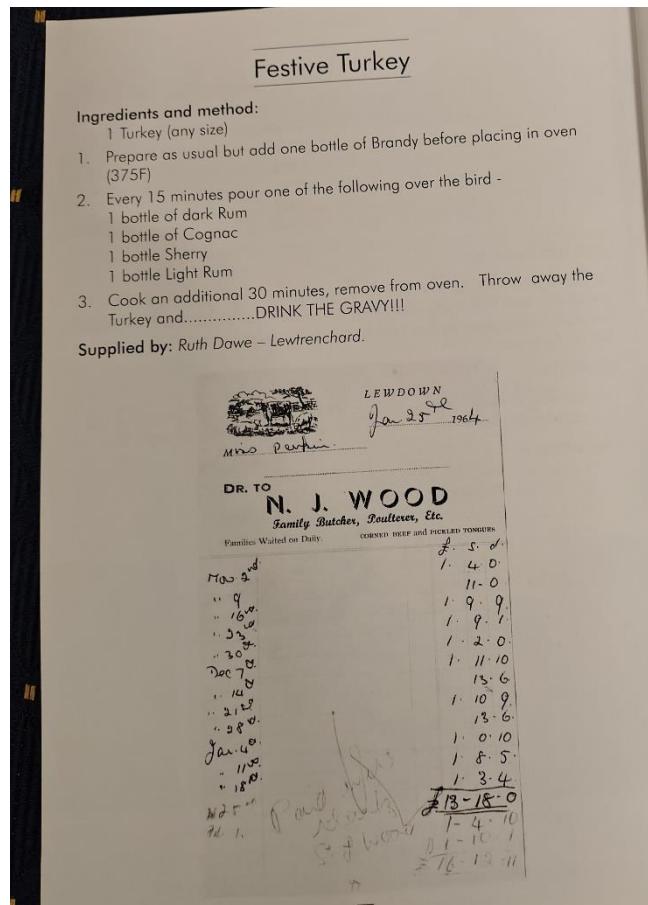
As many of you will be aware, sadly Mr and Mrs Copper closed the village shop for the last time on Thursday 27th November. They have run the shop for an incredible 57 years, but due to ailing health they feel they need to hang up the keys.

There has been a Just Giving page established to buy them a gift from the community for their much-deserved retirement – suggestions have been a personalised bench, some plants and (if any funds are left) some cash to treat themselves as they wish. A thank you card is being organised by the community, so hopefully members had the opportunity to sign this if they so wished.

In breaking news, there has been an announcement that the Blue Lion Inn (with Mr and Mrs Copper's blessing) is looking to open a little shop in an unused room in the pub. The intention is to be able to offer daily essentials, newspapers etc and they will be open to stock requests. Opening hours will be limited to start with. This will take a little while to organise as there is a lot to organise but opening hours and the opening date will be announced in due course.

Recipe of the month

With thanks to Ruth for this recipe (and for the laughs!) – it is one which I may follow this year!



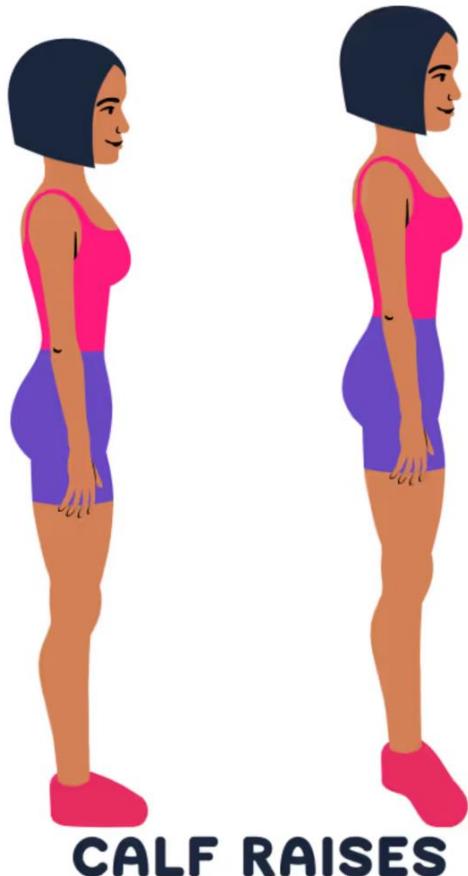
Stretch of the month

With thanks to Jean, our resident fitness expert, for this.

Why is the calf muscle considered the second heart?

Did you know your calf muscles are often called the second heart? As the heart pumps oxygen-rich blood to your whole body, it benefits from some help from your calf muscles to keep the oxygen-depleted blood flowing around the system – against gravity. Your calf muscles give the blood an extra push through the veins back in the direction of the heart. A good reason to keep them strong and healthy.

Calf exercises



- One of the best things you can do is walk. Get moving, particularly after you have eaten.
- Try raising your heels about 10 times. You can do this standing or sitting.
- Walk on your toes for a few steps.
- Rest your heels on the floor and raise your toes upwards. These are called foot pumps.

Repeat these easy exercises several times a day.

Tamar Group meeting at Kelly, 20th April 2026

The theme is suffragettes. The competitions are a cake to a set recipe, a dried flower display and a decorated sash. We will be choosing our entrants in our meetings between now and April – the cake competition will be in February, the dried flower display in March and the decorated sash in April. Details for the flower display and sash will follow in due course.

The set cake recipe is shown below, Members are asked to please bake a cake using this recipe and bring the finished item to our WI meeting in February 2026.

GIGGLE CAKE RECIPE

- This is essentially a boiled fruit cake of the 1930s. It is said to make the baker giggle when they hear their guests OOH and AHH when they know how easy it was to make .

Recipe serves 8

Ingredients

- 350g/12oz mixed dried fruit
- 125g/4oz butter
- 175g/6ozs soft brown sugar
- 250g/8oz self-raising flour
- Pinch of salt
- 2 eggs beaten
- 225g/7.5can chopped pineapple drained
- 125g/4oz glace cherries halved

Method

- Put the mixed fruit in a large bowl and cover with boiling water and leave to soak for 10-15 mins. Drain well.
- Put butter and sugar in large saucepan and heat gently until melted
- Add the drained mixed dried fruit and cook over a low heat, stirring frequently for 4-5 mins.
- Remove from heat, transfer to mixing bowl and leave to cool.
- Sift the flour and salt into dried fruit mixture and stir well.
- Add the eggs mixing until thoroughly incorporated
- Add the pineapple and cherries and stir to combine
- Transfer to greased lined 1kg/2lb loaf tin and level surface
- Bake in preheated oven at 180 degree c/350 degree f/gas mark 4 for about an hour.

DFWI 2025/25 Resolution Shortlist

We will be discussing these in more detail at the January meeting, please see below for the Resolution Shortlist published by DFWI:

1. **Accessible public toilets** – accessible, clean and available facilities to promote dignity, health, and social inclusion
2. **Action on women's homelessness** Take action to reduce women's homelessness,
3. **Every child needs a friend** - raise awareness of the independent visitor system for children in care to increase the number of volunteer Independent Visitors
4. **Love Your Vulva** – Self checking is your best defence against vulval cancer
5. **Nearer to Nature** - Improve access to local green spaces increase public awareness of the use and benefits of 'green health'

DFWI Resolution Discussion/Feedback

Monique contacted DFWI about making the DFWI Resolution discussions more accessible after the event, such as by recording them and making them available (for a small fee) via zoom, via the Learning hub or other media offering. Below is the response she received:

Thank you for letting us have your thoughts. The new Federation Board Trustees are very conscious of the travel difficulties which the geography of Devon presents in providing support to our WIs. The answer lies with better technology but also geographically adjacent groups of WIs getting together and organising their own events which the Federation and Advisers can support. The technology will take time to deliver but meanwhile, Ali is investigating the possibility of recording the Resolutions Workshops next week on a mobile device, which we can send to you after the events, along with the presentation slides. I'm sorry this is not ideal, but it's the best we can do right now. Ali will let you know if it can be done.

Feedback from our WIs is really important to us, so thank you again for writing.

Watch this space for more information becoming available to us about the Resolutions for 2026. Thank you to Monique for raising it with DFWI.

Photographs at meetings/social events

We sometimes take photographs at our meetings and may share them with local newspapers, National and Devon Federation. Members who **do not wish** to be photographed must come forward and advise one of the officers otherwise we assume your consent. Thank you.

DATES FOR YOUR DIARY...

1. DFWI Christmas Carol Concert in Exeter - Wednesday 3rd December.
2. Glass Fusion workshop – Saturday 6th December.
3. Lewtrenchard WI meeting- Monday 8th December 7pm at Lewdown Victory Hall.
4. *Nutcracker* at Oke Cinema - Wednesday 10th December.
5. Red Spider Youth Theatre: *Jack and the Beanstalks* Saturday 13th and Sunday 14th December (corrected from last newsletter).
6. Christmas Bingo - Monday 15th December from 7.30pm, eyes down 8pm (poster below).
7. Lewtrenchard WI coffee morning - Thursday December 18th from 10.30am at Strawberry Fields Garden Room.
8. Lewdown Carols around the tree at Lewdown Victory Hall – Friday 19th December.
9. Christingle Service St John's, Stowford – Wednesday 24th December.
10. Midnight Mass St Peter's Lewtrenchard – Wednesday 24th December.
11. Lewtrenchard WI meeting – Monday 12th January 7pm at Lewdown Victory Hall.
12. FCS Chair Yoga – Thursday 15th January
13. Lewtrenchard WI Christmas lunch – Sunday 18th January 12.30pm at the White Hart, Bridestowe.
14. Lewtrenchard WI Meeting – Monday 9th February. Please bring your Giggle Cake along.
15. WOW HATS Panto “Robin Hood” 12th February - tickets already booked by Lynn (poster below).
16. Tamar Group meeting at Kelly - Monday 20th April; a murder mystery evening at Bradstone Manor, with a theme of the suffragettes.

**PLEASE REMEMBER TO CHECK THE CLIPBOARDS TO SIGN UP FOR OTHER EVENTS
HAPPENING THROUGHOUT THE YEAR**

BACS Details: Please pay Lynn for any outstanding tickets/trips

A/C Name: **Lewtrenchard Womens Institute** Sort code: **090152** Account number: **53734509**

Ref: NAME/EVENT e.g. YOURNAME VICAR

Newsletter

A big thank you for all the photos, outing reports, suggestions for content etc. – it is such a massive help for when it comes to creating the newsletter.

The deadline for the next newsletter is **Tuesday 27th January**, please. Please send anything you would like included to suejervis44@gmail.com or talk to me at the next meeting.

Christmas Bingo

*Chocolate prizes with a
meal flyer, cash flyer &
Raffle*

Monday 15th December

*Eyes Down 8pm, doors open
7.30*

Lewdown Victory Hall

All proceeds going to the Hall

Everybody Welcome

