

Barbara's bit

Hello Everyone

Well, 2026 certainly has come in with a blast! In between the gales and storms, we had an amazing display of nature with the Northern lights captured by several members. One thing we can rely on is the weather always being a topic for conversation.

Sending best wishes to everyone who has been a bit under the weather. There are certainly a lot of bugs as well as aches and pains going around but so pleased that Josie has had her op and is safely home and recovering.

Once again, we enjoyed our Christmas Lunch at the White Hart in Bridestowe. It was so good to see us all meeting together and listening to the buzz of conversation around the room. Thanks to Roy Stacey for saying grace this year.

On Monday our skittles team did us proud down at Ivybridge. They achieved amazing scores but unfortunately were facing the Cornwood WI team who, to quote them, "assured us they never played so well before". A fun day was had by all so we thank you team Lewtrenchard WI for all your efforts and we'll watch out for you next season. The next fun skittles morning will be 21st February at Treburley so please let Kym know if you interested. There was a good crowd in January and a great time was had by everyone.

Our second planning meeting for the 2027 centenary celebrations went ahead this week. Great to see some members coming forward to share ideas. If you can't commit to being at every meeting don't worry. Whatever ideas and enthusiasm



you can contribute will be very welcome. We'll share all the latest information to keep you updated. Monique has now booked our fundraising coffee morning for 25th April – bit later than usual. We did so well with our soup lunch in the autumn so fingers crossed for more funds for the centenary celebrations. A centenary is such an achievement so let's all make 2027 an amazing year.

We look forward to welcoming **Kathy Mchugo** showing us ***Movement for Well Being*** at our February meeting on the 9th.

The competition will be an interesting item beginning with 'N' plus instalment one of the TGM competitions – a giggle cake. Apparently, it's an easy recipe with an excellent result so give it a try. Sue has kindly included the recipe further below in the newsletter.

HATS pantomime "Robin Hood" is coming up in Holsworthy on 12th February – OH YES IT IS! We can chat about car sharing at the meeting.

After a very popular Food, Crafts and Skills chair yoga class in January (thank you, Jean!) we have faux leather effect craft with Susan Swanepoel to look forward to in February on the 19th. Please let Lynn know if you are interested so she can advise Hilary.

Stay safe and warm as we brace ourselves for the next batch of wind and rain and look forward to seeing you on the 9th.

Barbara

February Meeting

Our next meeting is on **Monday February 9th, 7:00pm** in **Lewdown Victory Hall**.

Our activity will be "Movement for Well Being".

Interesting Item beginning with "N" plus flower of the month.

Please bring your giggle cake entries too!

Plea for green hearts for the next meeting!



Do you have any spare green yarn, fabric, magazine cuttings? If you do, please would you make some green hearts to add to the display at the Victory Hall to Show the Love and highlight climate change awareness? Please bring them along to the next meeting as we will be decorating the hall prior to the start of the meeting. Thank you!

Competition Time

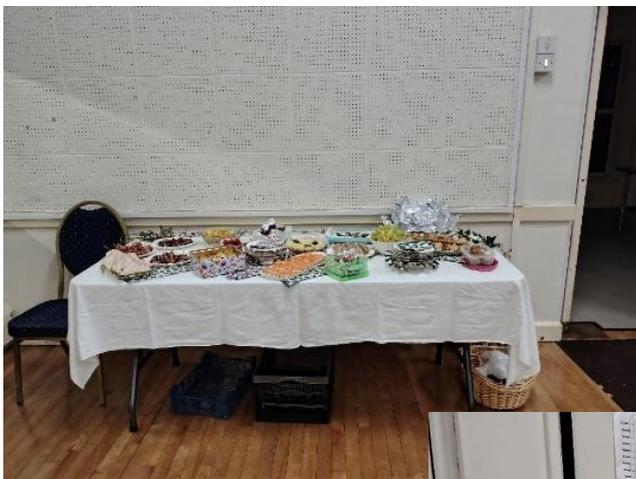
We would like to invite all members and the community to create a logo for our centenary. Logos must be hand drawn or electronically designed and submitted. Contact secretary@lewtrenchard-wi.org.uk for more information or to submit your ideas. The winning logo will be published in the Newslink magazine (and in the April edition of this newsletter) and will be used for posters, stationery etc. We may adjust colours to conform with NFWI rules.

Closing date 15/03/26

December and January LWI Meetings

December

We had our usual Christmas “bring and share” and a quiz, plus fabulous entertainment from our very talented Committee. It was remarked that, yet again (without any planning), we managed to have sweet and savoury food brought in equal quantities. What a sumptuous Christmas feast it was and so lovely to spend time chatting in our groups. We were then challenged with an excellent festive quiz to make sure we kept the grey matter ticking over. A big thank you to everyone for bringing food but also to our committee for being such sports in providing us the turkey dance – I will think of it every time I hear the hokey cokey now! A wonderful evening was followed by Secret Santa; hope everyone liked their gifts. A selection of photos are shown below:





During the meeting, we presented the winner of the Lewtrenchard WI trophy. Well done, Jean!



Our members also generously donated to the Okehampton Community Kitchen and Foodbank festive packs, for which they and the recipients were very grateful. We received the following from Rebecca Green, one of the Trustees and founding member of the charity:

“On behalf of all the team at the Okehampton Community Kitchen and Foodbank, we thank you for your kindness. Your donation is wonderful and enables us to provide much needed comfort to those struggling. The WI roots in supporting women with food insecurity goes back to the start and I cannot thank you enough for not forgetting those roots. I grew up with WI in my life as my mother was a member in Hastings and they had a market on a Wednesday. I lost my mother when I was 13 but cherish those memories. The WI was a movement of women that change the world for other women, be that locally or internationally.”

January

Barbara welcomed everyone on January 12th to a well-attended meeting, despite the cold and drizzly weather.

We are now starting to focus on our centenary in 2027. Watch this space for events to raise funds so that we can have some great celebrations for members and give something back to the community.

The NFWI resolutions were discussed and voted on with some really good conversations on all five subjects – with some surprising U-turns. The final votes (Members not able to attend the meeting were contacted separately for their vote) were as follows:

Resolution	Number of votes
1. Accessible toilet facilities to promote dignity, health and social inclusion.	12
2. Action on Women's Homelessness.	8
3. Nearer to Nature.	2
4. Love your Vulva – self checking is your best defence against vulval cancer.	0
5. Every child needs a friend.	3
Abstentions	2
Total votes	27

The meeting concluded with an excellent quiz on British Citizenship, tea and of course cake!

LWI out and about

Christmas meal

36 members, partners and friends had a fabulous meal at The White Hart Bridestowe on 18th January. A good time was had by all.



Walks

A reminder that these are suspended until better weather in the Spring.

Coffee Mornings

Our December coffee morning took place on one of the wettest and windiest days in December, so it was very pleasing to see 13 members and friends had braved the unpleasant weather to attend. We enjoyed coffee and cakes and lots of chat, particularly about our forthcoming plans for the Christmas break.

Our January coffee morning took place on January 15th, and had a smaller group of 7 members – again, on a rather cold and damp morning. It was lovely to see everyone enjoying coffee and cakes and our thoughts were very much with Josie, who had had her operation the previous day. We missed you, Josie!



The next coffee morning will be on February 19th from 10.30am at Strawberry Fields, in the Garden Room. All friends, partners and 4-legged friends welcome.

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

Mary E

Competitive Skittles

As Barbara mentioned, our team did us proud against a team (Cornwood) who have never played so well – just look at those scores! Well done, everyone, and hopefully you enjoyed it too.

CORNWOOD						LEWTRENCHARD					
ANNIE	4	2	8	8	6	MONTY	7	9	6	4	6
JOYCE	8	8	6	8	6	DOREY	2	7	8	5	6
LINDA	7	7	8	9	8	JANE	8	6	6	8	8
JILL	6	5	6	5	8	JANE	7	7	8	5	8
JULIA	6	5	7	7	8	CATHY	4	5	7	5	8
ANITA	6	7	6	7	8	JUDY	3	7	6	8	8
	57	35	45	43	42		24	40	33	43	38
	254						4	65	108	131	144
											234



Social Skittles

These have continued to be popular, with events taking place in December and January. The selection of shots below is from the January event on 10th January – including a shot of the top 3 scoring players. We might have to split up the men next time – the words “they look threatening” was bandied around! (Of course, they are all gentle as anything).



The next session will be on 21st February at Treburley so please let Kym know if you interested.

Food, Craft and Skills

January 2026

As Barbara mentioned, the January session was our very own Jean presenting chair yoga, which was very well received. Thank you, Jean.

The next FCS Workshop will be Susan Swanepoel covering **Faux Leather finish on household items**, at Lamerton Village Hall. Please arrive at 1.45 pm. Tea and biscuits available.

Cost £10 plus £3 for materials to be supplied. Please bring a pair of scissors plus a selection of items for decorating – such as a notebook, a small glass tumbler, an old coaster and/or placemat, a plastic plant pot, an altar candle. Susan will also bring along a few items for sale.

For materials purposes, Susan needs to know numbers sooner rather than later so please let Lynn or Monique know as soon as possible if you would like to attend.

WOW at The Nutcracker ballet

Five of us squeezed into my car, we were certainly warm! It was a beautiful performance. For those who haven't been before, it was one of a series of recorded live performances by the Royal ballet screened at cinemas across the country; it was the first one I have been to. It felt strange not applauding along with the live audience after the breathtaking solos/duets by the dancers (and at the end) but very interesting to hear the behind-the-scenes information, interviews and background explained to us by the presenters. Such talented performers - and it really felt like Christmas had arrived by watching this traditional festive ballet. We were so busy enjoying ourselves that no photos were taken!

There are several other live performances (ballet and opera) this Spring so it's worth keeping an eye on the cinema website (www.merlincinemas.co.uk and then search for the Okehampton cinema) if you are interested.

Sue

TGM 2026 Competition rules – revised

Kelly Women's Institute Group Challenge 20th April

1. Giggle Cake to set recipe – please bring to the February LWI meeting

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/6oz soft brown sugar
- 250g/8oz self-raising flour
- Pinch of salt
- 2 eggs beaten
- 225g/7.5oz can chopped pineapple drained
- 125/4oz glace cherries halved

Method

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

TGM 2026 Competition rules – revised

Kelly Women's Institute Group Challenge 20th April

2. Dried Flower Arrangement Competition - please bring to the March LWI meeting

Theme: Suffragette Colours – Purple, White and Green

Suffragette Colours and Their Meanings

Purple - Dignity and loyalty

White - Purity and honesty

Green - Hope and new beginnings

Task: Create a dried flower arrangement using the tea cup and saucer provided.

Your design must feature the traditional suffragette colours: - Purple – dignity - White – purity - Green – hope

Rules & Requirements

1. You must use the tea cup and saucer supplied.
2. Only dried plant materials may be used (no fresh flowers, foliage or adornments).
3. The completed arrangement must not exceed the circumference of the saucer.
4. You must use the securing base supplied within the cup.
5. The arrangement should be stable and suitable for table display with all round appeal.

Judging Criteria

1. Adherence to theme (use of purple, white and green).
2. Creativity and originality.
3. Proportion and scale in relation to the saucer.
4. Neatness and quality of construction.
5. Overall visual impact.

TGM 2026 Competition rules – revised
Kelly Women's Institute Group Challenge 20th April

3. Design and Create a Suffragette Sash – please bring to the April LWI meeting

Objective:

Design and make a decorative sash inspired by the Women's Suffragette Movement, using the traditional Suffragette colours and imagery.

Your sash should celebrate the campaign for women's right to vote and reflect the spirit of empowerment and equality.

Materials Provided

You will be given a three lengths of material to create your sash.

You may also use the following decorative items to enhance your design:

- Fabric paints
- Embroidery threads or wool
- Attachments and embellishments (e.g. buttons, beads, ribbons)
- Plaiting materials (to create braids or trims)

****please see further down for more information about the sash**

Suffragette Colours and Their Meanings

Purple - Dignity and loyalty

White - Purity and honesty

Green - Hope and new beginnings

Additional information about the sash:

You can use a single colour or a mixture as long as the length of sash is kept. So you could plait the 3 colours together to make one sash and then decorate with embellishments or join 2 colours to make the sash and use the remainder of the material to make the decoration. It would be good to use all three colours but how you put them together is really up to you.

If you are interested in putting forward a sash on behalf of Lewtrenchard WI, please speak to Monique or Barbara because of the practicalities of preparing this item being slightly tricky.

Exercise of the month

Thanks again to Jean for providing us with another excellent and unusual exercise for the month

Toe-ga Yoga for the Toes!

1. Standing upright, PRESS your big toes into the floor and attempt to LIFT the rest of your toes (toes 2-5). Hold for 10-20 seconds.



2. Standing upright, PRESS toes 2-5 into the floor and attempt to LIFT your big toes. Hold for 10-20 sec.



3. Standing on one foot, curl all the toes of your other foot under, heel up, and hold for 10-20 seconds. Repeat on the other foot.



4. Standing on one foot, curl the big toe of your other foot under while rest of toes stay forward facing. Keep your heel up. Hold for 10-20 seconds. Repeat on the other foot.



5. Standing on one foot, curl the 4 smaller toes under while your big toe stays forward facing. Keep your heel up. Hold for 10-20 seconds. Repeat on the other foot.



DATES FOR YOUR DIARY. . .

1. Lewtrenchard WI Meeting – Monday 9th February 7pm at Lewdown Victory Hall. Please bring along your Giggle Cake.
2. WOW HATS Panto “Robin Hood” 12th February - tickets already booked by Lynn.
3. Lewtrenchard WI Coffee Morning – Thursday 19th February from 10.30am, the Garden Room at Strawberry Fields
4. FCS Faux leather finish on household items with Susan Swanepoel – Thursday 19th February 1.45pm Lamerton Village Hall.
5. Pamper day – early March (TBC).
6. Lewtrenchard WI Meeting – Monday 9th March 7pm at Lewdown Victory Hall. Please bring along your dried flower arrangement.
7. Tamar Group meeting at Kelly - Monday 20th April; a murder mystery evening at Bradstone Manor
8. Lewtrenchard WI Centenary Fundraiser – Saturday 25th April 10am -2pm at Lewdown Victory Hall.

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

Lewdown Stores – at The Blue Lion

At the time of writing, I have just been down to the new shop at the Blue Lion! An impressive array of produce, great to see local businesses being supported (I immediately spotted Foxcombe bakery and Alder Vineyard items, I am sure there are many others). Also, the ever-useful selection of household items and toiletries are available plus meat and newspapers are available to order.

There were some yummy looking cakes and coffee available in a little seating area just outside the shop and it was great to see Heather and George there too.

Below are their current opening days and times, although this may adjust depending upon demand.

Sue

*The Shop @ The
Blue Lion Inn, Lewdown*

GRAND OPENING SATURDAY 31st JANUARY 10AM - 4PM

*Come and join us for tea, coffee, cakes and a bag of sweets for the
children to celebrate the opening of our little shop*

Some of what the shop can offer will include a selection of:

- Fruit and veg*
- Fresh bakery goods*
- Local Jams, chutneys and honey*
- Fresh meats (to order)*
- Local bottled/canned beers*
- Newspapers/Magazines (to order)*
- Variety of everyday essentials*
- Drinks and sweets*

*If there is anything you would like us to stock, please let us know
and we will do our best to supply it.*

Our opening hours (to begin with):
Monday - Friday: 9AM - 11AM & 3PM - 4PM
Saturdays: 10AM - 11AM
Sundays: Closed

*The shop will also be open during the quieter times that the pub
is open (TBC)*

Photographs at meetings/social event

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.

Holsworthy Amateur Theatrical Society
presents

ROBIN HOOD

Mon 2nd - Sat 14th
February 2026

7.30pm (Saturday Matinee 2.30pm)



Tickets (£12/10) available online from:
www.ticketsource.co.uk/holsworthytheatre
from Saturday 1st November 2025, 9am.



HATS BOX OFFICE OPEN 1st November 2025, 9am-2pm. 01409 253826
and then every Saturday, 10am-2pm from 10th January 2026

Ticketsource telephone booking: 0333 666 3366. Mon-Fri 9am-7.30pm and Sat 9am-5pm.
(Calls charged at local rate)

HATS Theatre, Bodmin Street, EX22 6BH.

Charity Number: 1110237