

Barbara's bit

Hello Everyone

Hope this finds you all well and fighting off the bugs making the rounds. I was sad to miss the HATS pantomime but excited to hear LWI came out on top of the singing competition with Bude WI. Members said it was one of the best evenings yet.

Members and friends enjoyed another great session of fun skittles in February. If you don't fancy playing you are welcome to just come along with a sandwich to cheer the players on. Please contact Kym if you are interested in the next session on 14th March.

Congratulations to our quiz team, who managed to come joint 4th in the DFWI Quiz – and I heard the questions were even tougher than usual, especially the history ones. Well done, ladies!

Lots of ideas about the centenary celebrations are starting to bounce around. Sue will be including an update in the newsletter so you can keep track of all that is going in. Suggestions include a flower festival, making bunting, making a cake, reproducing our cookbook, holding fundraisers and deciding what to do for our celebration meal. Although we now have a planning meeting before committee each month, we will start to have separate meetings to progress the different ideas. Please share any ideas you may have or let us know what you would like to get involved in. Monique has created a special LWI100 WhatsApp group so please let her know if you would like to be in the group.

Kelly WI will be asking us in April for final numbers attending the murder mystery Tamar Group evening on Monday 20th April at Bradstone Manor. They are only a small group so they are hoping for lots of members from all the WI's to come on the night to make it a great evening. Only £10 for a light meal and an evening of entertainment so please sign up asap if you are interested.

Who will be the lucky member to have their hair done at our March meeting on the 9th when Paula joins us? There are a couple of volunteers looking



forward to being pampered. The usual competition will be an interesting item beginning with 'O' plus we'll have instalment two of the TGM competitions – a dried flower arrangement in a teacup. Details and full specifications for the arrangement are further down in the newsletter. We can't wait to see your interpretations.

February's FCS making faux leather items looked impressive once again. Thank you for sharing your photos. There is such a variety of things covered at Food Craft and Skills with the next one on the 19th March featuring iced floral decorating on cupcakes with Glenys. The cost is only £10 plus £2 for supplies. Please let Lynn know if you are interested so she can advise Hilary of numbers.

Take a look in the newsletter for pictures of more creations from our glass fusion sessions with Jan at Kelly WI. Jan will be offering another session during March for anyone interested in creating an ammonite plate. Several members have really enjoyed these glass fusions mornings so please let Lynn know if you would like to come along.

The monthly walks should start again in April as the weather improves. Also, please see Mary's article about a new venue for coffee morning and let her know if you are interested so she can book enough places.

In February we mentioned booking our Christmas Lunch for 2027. So far, we have the White Hart in Bridestowe or Trethorne restaurant (not the golf club) suggested. All suggestions are welcome and we can vote in March.

The daffodils are out and we have finally seen some sunshine so spring really is coming. Looking forward to seeing you on the 9th.

Barbara

March Meeting

Our next meeting is on **Monday March 9th, 7:00pm** in **Lewdown Victory Hall** when Paula will be treating a couple of members to a haircut!

Reminder – Centenary logo Competition.

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 Newlink 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

February LWI Meeting

Many members came to this meeting and yes, another wet evening to venture out.

Barbara welcomed Kathy, who was going to talk to us about Movement for Well Being via tai chi (TMW). Kathy started by talking about how she got into TMW, what motivated her to take it up and why she enjoys it so much. We “warmed” up by tapping our heads, arms, legs, tummies and chests. We then progressed to a 12 movement exercise, we actually managed to do 9 exercises out of the 12, which was a surprise to Kathy but a great compliment to us all. TMW is a really gentle and relaxing way to exercise, and can be done seated or standing. Kathy runs classes in Tavistock, for more information see www.tmwtraining.com or contact her on kathymchugo@gmail.com. Everyone thoroughly enjoyed this session. We rounded up the evening with refreshments as usual.

Thank you

Many thanks to Julie for mending the President’s table tablecloth. It looks so much better.

Reminder!

Don’t forget - the clocks **SPRING FORWARD** overnight on 28th/29th March, by 1 hour. Our monthly meetings will revert to starting at 7.30pm from our April 13th meeting, until the clocks **FALL BACK** in October.



Tamar Group Meeting April 20th

Please sign up for this at the March meeting, a payment of £10 to secure your place, either a cash payment at our meeting or by Bank Transfer **AFTER 1st April** (because of year-end) but before 7th April.

Foodbank collection

We are collecting for Launceston Foodbank this month, please bring any Easter goodies you are able to spare.



LWI out and about Walks

A reminder that these are currently suspended until better weather but we anticipate these starting again in April. Look out for details at the next meeting.

Coffee Mornings

Seven of us met for coffee at Strawberry Fields on February 19th. It was disappointing there weren't more of us, however those that came enjoyed their coffee and chat.

In an effort to support the Blue Lion and our new village shop, we have arranged to meet for our coffee morning next month on the 19th March at the Blue Lion at 10.30am. So come and enjoy some good company and coffee and cake for a very reasonable £5! Lifts can be arranged.

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

Mary E

Robin Hood HATS Panto

On 12th February, 11 members were accompanied by their husbands and friends to the annual pantomime, Robin Hood, at Holsworthy Amateur Theatre Group. Not quite a full house, as sadly some of our members were unable to attend due to illness.

As always, we were entertained by an enthusiastic cast reliving the tale of good intentions by Robin Hood and his Merry Men, despite the best efforts of the baddies!

The acting and singing throughout the evening delighted the audience, and the cast paid particular attention to the children in the front row.

Lewtrenchard was mentioned in the 1st Act, and we were pitched into a singing competition with Bude WI towards the end of the 2nd Act. It was a close call, but I am pleased to report that we won.

The theatre will be producing The Railway Children in September and their panto next year will be Rapunzel. Watch out for the clipboards at our meetings.

Kym

Social Skittles

These continue to be popular and the next session will be on 14th March from 11am to 2pm at Treburley so please let Kym know if you are interested.

Devon FWI Quiz

Jean, Judy, Monique and I braced ourselves to represent our WI at the Devon-wide quiz. With some challenging questions, competitive opposition and gentle discussions on the tricky questions, we recovered from joint last at the half-way point (not helped by getting 0 in the history round!) to come a creditable 4th out of 10 (albeit joint 4th with 2 other teams); no doubt assisted by the lovely cakes and hot drink served halfway through! It was nice not to be last and a very enjoyable time was had by all.

Come on, ladies, let's have 2 teams or more next year, most WIs present had 2 teams -even Kelly managed to send 2 teams and they are tiny!

Sue



TEAM	ROUND 1	ROUND 2	ROUND 3	ROUND 4	ROUND 5	ROUND 6	ROUND 7	ROUND 8	Final Score	Final Place
B.FERRERS A	5	5	5	2	7	4	2	3	31	5
B.FERRERS B	5	6	11	7	8	1	19	1	20	2
HALWILLA A	3	7	10	6	16	2	18	3	21	2
HALWILLA B	4	7	11	6	17	2	19	2	21	3
KELLY A	4	7	11	5	16	4	20	2	22	3
KELLY B	4	5	9	5	14	0	14	1	15	2
LAMERTON A	4	7	11	6	17	4	21	6	21	4
LAMERTON B	4	7	11	6	17	4	21	6	21	4
LEWTRENCHARD A	5	6	11	6	17	0	17	3	20	5
LEWTRENCHARD B	5	6	11	6	17	0	17	3	20	5
LIFTON A	6	7	13	7	20	2	22	3	24	2
LIFTON B	5	7	13	7	20	2	22	3	24	2

Pamper Day

Barbara, Jean, Lynn and I had a very relaxing day at Exeter College, being (well supervised) guinea pigs for the students at the Beauty College. We were able to have 4 treatments during the day – 2 in the morning and 2 in the afternoon - with a wonderful lunch prepared and served by the Catering students at the midway point. The treatments ranged from manicures and pedicures through to facials, massages and more intensive spa treatments. Just as last year, we were impressed with the competence and confidence of the young beauticians, who were between 16 and 17 years of age primarily, and coped well with the pressure of looking after us. I'm not sure I'd have been so at ease talking to people at the age of 16, whilst providing a manicure for the first time, as was the case for some of the students.

Both the beauty salon and the restaurant are open to the general public throughout the year and I'd thoroughly recommend booking a visit. Let's hope we have a similar trip next year.

Sue

Glass Fusion

Jan has been running a number of glass fusion workshops, helping to raise funds for the Kelly Tamar Group meeting. Jan has offered some further glass fusion course opportunities, this time making ammonites. Up to 6 people per workshop, price £20. The dates she has suggested are:

Saturdays - March 14th, March 28th and April 11th (probably mornings)

Weekdays - March 11th, 12th and 13th, and April 9th and 10th.

There will be a clipboard at the next meeting and these details have also been sent round by email. Please sign up at the meeting or contact Monique. Below are some photos of recent creations.



Food, Craft and Skills

Kym and Monique went to the Food, Craft and Skills session on 19th February and we had a lovely afternoon with Sue Swanepoel, a Lifton WI member who is very creative.

We decorated photo frames, flower pots, notebooks and boxes by applying a special glue called Mod Podge, thin layers of kitchen roll, tweaking it about with your fingers then pushing it down to achieve a rippled/marbled effect, let it dry, paint it with acrylic paint, finishing off by rubbing the raised areas with a little bit of metallic paint. Everyone got quite sticky and somewhat transported to our childhood. The afternoon flew by. A really great workshop; thank you, Sue S.

Here is a photo of the fruits of our labour:

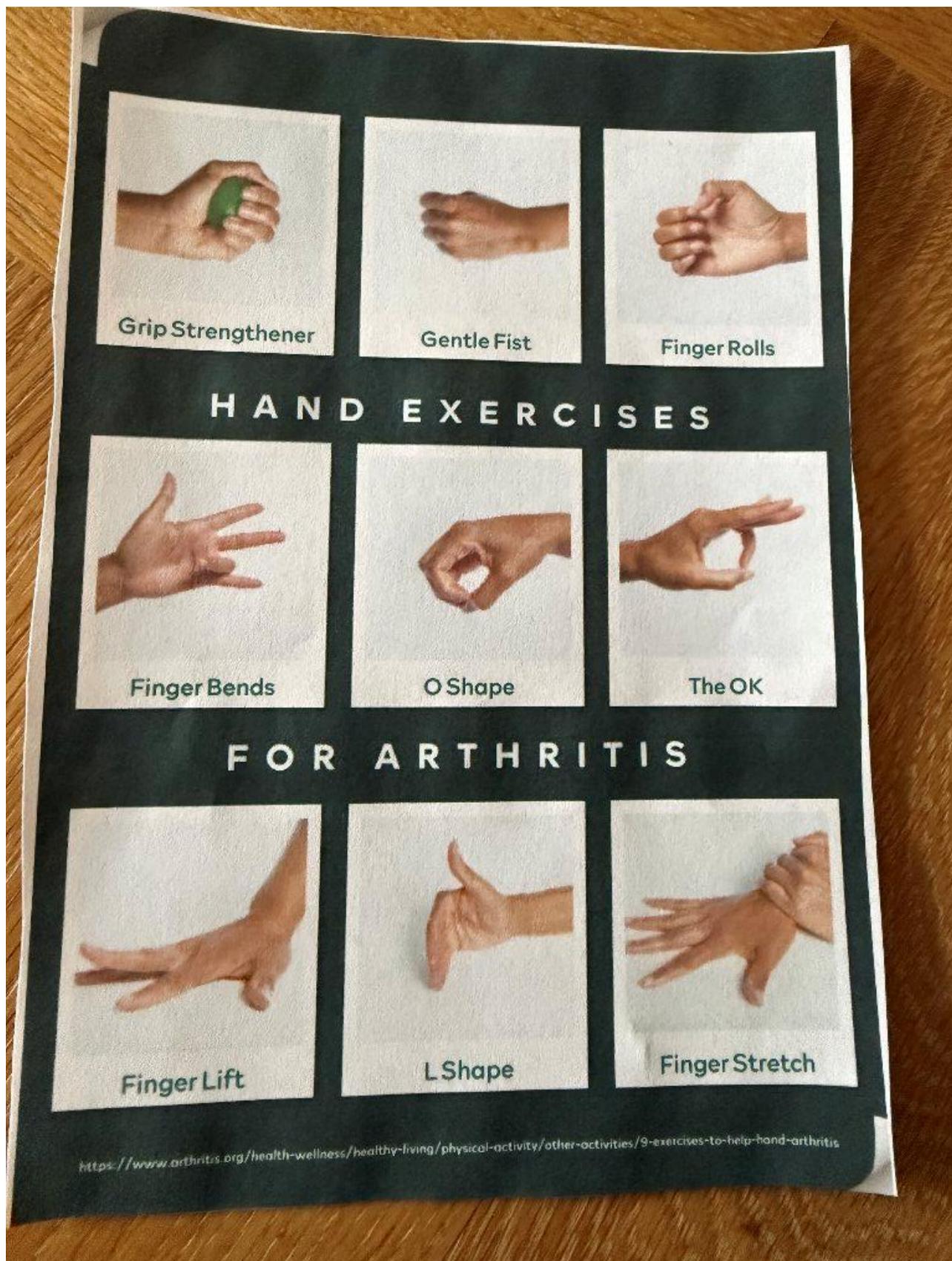
Monique



The March FCS will be at 1.45pm on 19th March at Lamerton Village Hall and is Iced Floral Decorating on Cupcakes with Glenys. There will be a charge of £10 per person plus £2 for materials. Sign up via the clipboard.

Exercise of the month

Thanks again to Jean for this month's exercise!



National Federation news on current campaigns

Below is a post you may have seen on the NFWI website/social media, which provides an update on one of our current resolutions/campaigns:



Saturday 28th February was National Tooth Fairy Day, a day to celebrate the hard work of our fairies. Our fairies are exhausted and overworked! They support our Dental Health Matters campaign, and want to see a Dental healthcare service available on the NHS that looks after society, rather than our fairies bearing the burden.

To mark National Tooth Fairy Day, the fairies call on NFWI members to support their local communities that are struggling to afford oral healthcare by making bags of essential dental care items. You, your WI and the Federation can then donate these bags to women's refuges and shelters, but please make sure you contact them in advance and check if they are happy to receive them.

Find out more and access the bag pattern here: <https://mywi.thewi.org.uk/interests/cookery-and-craft/campaign-crafts/dental-health-matters-toiletry-bag> .

Don't forget to take photos and send them to the Public Affairs Team at pa@nfwl.org.uk

National Federation Archive request

You may have seen Monique's email about the National Federation's request for letters written by WI members. Please see the full details below.

The WI (National Federation of Women's Institutes)'s post



The WI (National Federation of Women's Institutes)

7h · 🌐



We're on the lookout for letters written by WI members!

Do you have a treasured letter from your mother or grandmother, or an important piece of history preserved by your WI committee? Whether it's an emotional exchange with a friend or family member, an opinion piece for a local paper, or a statement of views to her MP, we'd like to see writing about the WI, from WI women, from 1915 to now.

If you have a letter you'd like to share, please email a clear photograph or scan to m.baffoe@nfwi.org.uk with 'LETTERS' in the subject line. We'll take it from there!



The logo features the number '100' in a large, bold, black font. A stylized, flowing black line starts from the bottom of the '0' and curves upwards and to the right, ending under the word 'YEARS' which is written in a smaller, bold, black font.

Lewtrenchard WI Centenary Celebrations

Planning has started for our centenary celebrations in 2027! A few members (plus our current committee) have made a great start on coming up with suitable ideas to celebrate our centenary. Our centenary year starts from 1st May 2027, with our actual centenary date being 1st November 2027.

Each month, we will have an update in this newsletter on how things are progressing, and will bring any big decisions to our WI meetings for members to vote on.

Our plans so far are:

- 1) **A celebratory event** - The current proposal is to have an event with a distinguished speaker, to which all WI Members and other selected guests are invited, plus a delicious afternoon tea, on our centenary date; book out your diary now for the afternoon of 1st November 2027! Several venues are being looked at for availability and price. Remembering how we managed to transform the Victory Hall so beautifully for the TGM Elizabethan evening, we have also discussed having a catered meal there.
- 2) **Bunting** - plans are progressing including creating a kit for each triangle that members can either meet up to create and complete or take away and make in their own time. The wording on the bunting will be **Lewtrenchard WI Centenary 1927-2027**.
- 3) **Cake** – similar to the 90th cake members are invited to meet up to create icing decorations
- 4) **Gift for the village** - the suggestion for lasting gift to commemorate the centenary is some equipment in the new playground that can be enjoyed by adults and children.
- 5) **Recipe book**: Update and reprint the recipe book created for the NFWI centenary.
- 6) **Flower festival** – holding another festival at St Peters, Lewtrenchard and inviting members, other WI's and the public to submit arrangements
- 7) **Fundraising** – the hall is booked ready to welcome people to our coffee morning on 25th April this year. We've also sold Lewtrenchard WI lottery tickets to 5 people which equates to approximately £100 additional income over 12 months AND we have already had a winner of 3 free tickets in the next draw. If you are interested in a chance to win there are details on how to sign up the clipboard table or just ask one of the committee for help.

More details will follow as we move towards the date and as things are finalised. The people involved are your committee plus Julia, Susanne, Ruth, Kym and Sue. Please do ask any questions at each month's WI meeting. It's not too late to get involved – please speak to any of the above if you would like to help with any of the specific activities or to join the WhatsApp group.

Fundraising for centenary celebrations

The current balance of ringfenced funds is £531.90. A budget is being prepared for the above items, so that we can see how much money we need to raise in total.

DATES FOR YOUR DIARY. . .

1. World Day of Prayer – Friday 6th March 2.30pm at St Nicholas Church, Broadwoodwidge.
2. Lewdown Victory Hall Spring Supper – Saturday 7th March 7pm at Lewdown Victory Hall. Contact Sarah Nash if interested on 01566 783274.
3. Lewtrenchard WI Meeting – Monday 9th March 7pm at Lewdown Victory Hall. Please bring along your dried flower arrangement.
4. Social Skittles – Saturday 14th March 11am to 2pm at Treburley Social Club.
5. Launceston Male Voice Choir Spring Concert – Saturday 14th March 7pm at the Central Methodist Church in Launceston.
6. Lewtrenchard WI centenary bunting meeting – either Monday 16th March at 2.30pm or Friday 20th March at Ruth's house.
7. Lewtrenchard WI Coffee Morning – Thursday 19th March from 10.30am, the Blue Lion Inn.
8. FCS Iced Floral Decorating on Cupcakes – Thursday 19th March from 1.45pm at Lamerton Village Hall.
9. Barberpapas Acapella Barbershop – Thursday 9th April 7pm at The Parish Church of St Mary the Virgin, Lifton.
10. Tamar Group meeting at Kelly - Monday 20th April; a murder mystery evening at Bradstone Manor.
11. Lewtrenchard WI Centenary Fundraiser – Saturday 25th April 10am -12pm at Lewdown Victory Hall.
12. NFWI Virtual Annual meeting – Thursday 4th June 10.30am – 4.30pm.
13. DFWI Virtual Annual Meeting – Wednesday 1st July, time TBC.
14. Women's Health Awareness Day – Wednesday 15th July 10.00am to 3.00pm.
15. Pocket Meadows Meeting – date TBC.
16. Devon FWI Lake District Holiday – date TBC.
17. Lewtrenchard WI Centenary Celebration – 1st November 2027.

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

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.

Content for the Newsletter

We are always looking for things of interest to add to this newsletter – family recipes you are happy to share, holiday photos, an event you've been to which you've enjoyed – so please let me know if there is anything you'd like included or ideas for regular things you'd like to see in here (e.g. puzzles, quizzes etc).

If you go to one of our events, I'm always pleased to receive photos and a report from someone who was there.

Email to suejervis44@gmail.com or speak to me at one of our meetings.

TGM 2026 Competition rules – revised

Kelly Women's Institute Group Challenge 20th April

1. Giggle Cake to set recipe – Jean will be our representative.

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.