

DECEMBER 2024/JANUARY 2025

LEWTRENCHARD

WI

YOUR MONTHLY WI NEWSLETTER

BARBARA'S BIT

A lovely message from our President

CATCH-UP ON NOVEMBER

Trophy Recall, Meeting Update,
Socials & Poppy Update

WHAT'S ON

Christmas, Clipboards & 2025

DECEMBER UPDATE

A reminder of what's happening
at LWI next month

AND FINALLY,

Note from the Editor, Dates for
your Diary, Virtual Balloon Race



BARBARA'S BIT

Hello Everyone

I hope this finds you keeping well after all the nasty coughs and colds doing the rounds. Not long now until Christmas after the last couple of weeks of crazy weather.

The November coffee morning at Alder and the Food, Crafts & Skills session both had to be cancelled due to snow. Fingers crossed December coffee goes ahead on Thursday 19th and the next FCS meeting will be Movement (like tai chi) on Thursday January 16th.

Thank you for collecting signatures to support the Roadford Lake parking charge petition. We have reached out to the wider community and I hope we can send a heartfelt message to show them how many local people feel impacted.

Our December meeting on Monday 9th will be the Christmas party complete with the usual Christmas jumpers, hats and bring & share goodies. We'll have Secret Santa, which is a little something for about £2.50, so checking out the charity shops could be a good option.

We'll be collecting for the foodbanks, including some Christmas treats and for ACWW.

It's also competition winners' presentations so if you won something last year please remember to bring the cup along to the meeting.

We're looking forward to the next WOW event, which will be the National Ballet broadcast of Cinderella in Okehampton on Tuesday 10th December. We certainly enjoyed our curry evening in November – thanks Caroline.

The January meeting on Monday 13th will be reviewing and voting on the 2025 Resolutions. Details of the resolutions can be found in the November WI Life.

The TGM (Tamar Group Meetings) competitions start with apple cake (recipe available on the clipboard table) and the normal competition will be an interesting item starting with "D".

We'll be planning the diary for next year as well so please share any ideas or requests you have.

After a delicious Christmas lunch at the White Hart, Bridestowe last year we will be returning Sunday January 19th . Don't forget to bring £5 deposit per head, in cash, in a marked envelope (Name & Christmas lunch deposit) to the December meeting and fill in your meal choices on the clipboard table.

I know it seems early but I'd like to wish you all a Merry Christmas and a happy and healthy 2025. We have had an exciting year with the Tamar Group meeting, the SBG flower festival, new WOW events and the community poppy display. I'm really looking forward to all the new year holds.

Barbara

MERRY CHRISTMAS **From Your Committee Members**



CATCH-UP ON NOVEMBER

November Meeting

We met on November 11 at Lewdown Victory Hall. Barbara welcomed many members, their husbands, visitors from Lifton WI and of course Rupert Kirkwood - the Lone Kayaker.

Jerusalem was sung. We were very sad to hear of the passing of Graham Bevan and our thoughts go to Josie and the family.

Then we handed over to Rupert - The Lone Kayaker: Rupert's talk was named 'Wildlife Safari around Cornwall and Devon' and boy, did it deliver!

Rupert was no stranger to many of our members and visitors, most of them knew him as their vet. After 33 years, he took early retirement due to an injury and decided to pursue his hobby: Wildlife.

It all started as a child, watching a snail. He explores rivers, estuaries, the coast, caves & canals all over the South West of England. Based in Holsworthy, he has easy access to many of them. Since he set off in his kayak just over 10 years ago, he clocked up 1,156.27 miles!

Rupert has seen water & land creatures he never dreamt of seeing in our waters. From Ospreys, beavers, otters, swimming squirrels & badgers, seals, giant 7 feet blue tunas, sun fish, puffins, leatherback turtles, humpback and minke whales, basking shark and of course dolphins, he has encountered them all, close up, captured on film and most only 3-5 miles off our Devon & Cornwall shores. Amazing.

Nothing phases him; surprisingly, he has not been sunk by any of those discoveries.



He uses a very simple camera, packed in a plastic bag and just points.

We all enjoyed his relaxed presentation, the stunning photography, fantastic videos; we were literally riding on his kayak!

Asked if he ever felt afraid, it was a definite NO! Not only did Rupert discover a humpback whale in our waters, but he got to name it too because he was the first to spot it, of course, having been spotted off the Cornish Coast, he named it 'Cream Tea'.

Lundy Island is a great place to spot Puffins, their population increased due to the eradication of rats on the island. Mousehole is an excellent place to spot dolphins. Want to know more, read Rupert's blog: thelonekayaker.wordpress.com

Monique

Welcome!

A huge welcome to our newest member, Kym. We look forward to getting to know you and hope you enjoy our blossoming group!

Trophy Recall

Could anyone who has won a LWI related trophy/vase please bring them along to the December meeting so that the new winners may be presented with them. Thank you.

Coffee Morning

Sadly, due to the snowy weather November's coffee morning had to be cancelled.

December's coffee morning will be on December 19th at Alder at 10.30 am. Please remember we have to send in numbers so please let me know if you would like to come. Mary 01566 783641.

Christmas Lunch - January 2025

If you are joining us for the Christmas Lunch at The White Hart, Bridestowe on 19 January, please remember to bring your deposit to the next meeting and tick your meal choices.

Food Bank Item Request (Okehampton Food Bank)

Please continue your support of those who are finding it difficult to buy their groceries by donating to our food bank collection. There will be a container at the next meeting.

Okehampton Food Bank have requested the following items:

Breakfast Cereal, Corned Beef, Eggs, Flour, Ragu/Pasta sauce, Rice, Spaghetti , Sugar, Tinned frankfurters, Tinned Tomatoes, Tuna, Washing powder non-bio.

Okehampton food bank are seriously low on items and with the festive period looming, they are desperate to re-stock.

Curry Night Social

A great time was had at Maida, Okehampton. So good, that no photo's were taken, but the food was plentiful and delicious and the company was fabulous!

Why not join us for the next outing? Just speak with Caroline for updates and information.

2025
@Lewtrenchard WI

2025 is fast approaching! Your awesomely amazing committee are busy finalising the diary of events, carefully planned to make 2025 the most WOW year yet!

We still have some spaces to fill, so if you have any ideas for speakers, workshops, social events or ways to help grow our fabulous group, WE NEED TO HEAR FROM YOU!

No idea is too small or too big for consideration, and don't worry about it maybe having been done before! All ideas are whole-heartedly welcomed. To this end, don't be surprised if you get 'accosted' and asked for an idea or two at the next meeting 😊

Let's Dance with Angela Rippon

We are excited to announce that we're joining the Let's Dance campaign, taking place next year - March 2nd.

This is a fantastic initiative spearheaded by Angela Rippon. Angela's journey on Strictly Come Dancing highlighted to her the incredible benefits of regular dancing, and now she's on a mission to get the whole nation dancing!

This campaign is all about making dance accessible to everyone, with a focus on encouraging people to embrace the joy and health benefits of dancing.

We invite you to join in with the events that we'd like to host in our community, and also have your ideas for ways we can all join in.

More information and ideas coming soon as to what a Let's Dance event might look like.

We know the more we dance, the better we will all be – as individuals, and as a society. So, let's get the nation dancing.



WHAT'S ON IN DECEMBER

Next WI Meeting

Monday 9th December 7pm at
the Victory Hall, Lewdown
CHRISTMAS PARTY!

WI Coffee Morning

December 19th from
10.30 at Alder Vineyard
Please ensure you contact
Mary to reserve your place
01566 783641.

WI Walk

WI walks have been suspended
until spring, and hopefully
better weather!

Virtual Balloon Race

25th December - see page 10
for details

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



DECEMBER WI MEETING

🎄 Christmas Party Celebration 🎄

It's the most wonderful time of the year, and we're making our next meeting the most festive one yet!

Join us for a delightful evening filled with holiday cheer, great company, and scrumptious treats.

📅 **Date: 9th December**

🕒 **Time: 7:00 PM**

📍 **Location: Victory Hall**

To make the night extra special, please feel free to bring along:

- 🌟 Tasty treats to share
- 🌟 Your favourite bottle of festive tipples (if you'd like)
- 🌟 A Secret Santa gift (up to £2.50)
- 🌟 Any trophies you've won, so we can pass them on to the next lucky recipient
- 🌟 Decorations to help spruce up the tables—holly will be provided, but anything else is welcome!

🎵 Judy will bring a pop-up Christmas tree, and Barbara will provide music to get everyone in the festive spirit.

🏠 ACWW donations in lieu of Christmas cards

There won't be any competitions, flower of the month, or raffles - just plenty of good cheer and merriment!

We can't wait to celebrate with you all!

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

Poppy Making & Remembrance Display Update

Many thanks to everyone who helped in the poppy making challenge! We had a fabulous show! The Royal British Legion has managed to raise a whopping £1,998.49 from the community so far!

Peter Van Delft (Clerk to Lewdown Grouped Parish Council) had the these kind words to say;

“I thought i would feed back to say that several people commented on the W.I. Remembrance display in the hall, the comments included colourful, artistic and thoughtful.”



AND FINALLY...

Editor's Break

As much as I enjoy creating our monthly newsletter, I'm having a break over Christmas! There will not be a newsletter in January, but a bumper edition in February!

I'm sure you have some fabulous plans for the festive season and it would be great to include some of your best or funniest photo's in the February's edition.

To preserve privacy (and dignity?) there will be two versions of the newsletter; one with the photo's distributed only to members via email, one without photo's to go on our website.

Please feel free to upload your photo's to our WI Google Folder by clicking this link....[WI Christmas Photo's](#). You will need a Google account to do this, but if you have any issues, please let me or Barbara know.



Dates for your Diary

- 📍 LWI Christmas Party! 9th December 7pm
- 📍 25 Dec Christmas Virtual Balloon Race
- 📍 19 Dec Thursday Coffee morning - Alder Vineyard
- 📍 13 Jan WI meeting @ 7pm Lewdown Victory Hall
- 📍 16 Jan Thursday Coffee morning - Alder Vineyard
- 📍 19 Jan Christmas Lunch with partners/friends
- 📍 6 or 13 Feb Cinderella Panto @Holsworthy

Please make sure you check out the clipboards and speak to Jean if you have any questions.

Virtual Balloon Race

This year DFWI are trying a virtual balloon race to raise extra funds. You, your friends and family can join in and watch their balloon race from Santa's office in Lapland. Ecoracing offer a prize to the winner from all causes. DFWI have 3 prizes for anyone who buys balloons to support us. We hope all the family could enjoy the fun – and no animals will be harmed nor plastic used. Full details on the next page.

Break into **Christmas fun** with our virtual balloon race



DFWI winner prize is
£15
Two runners up get
their money back.

**Launches 12noon Christmas Day
from Santa's Office in Lapland**

Go to <https://ecoracing.co/cause/the-devon-federation-of-womens-institutes-2674> right now and buy lots of balloons!

For [DFWI](#)