

Newton Ferrers and Noss Mayo WI

Newsletter

February 20th 2023

Hello everyone



If this month's photo brings back those awful memories of dreaded P.E. lessons in the school gym then I really commiserate. They were dark days for me too ...the wall bars, the ropes, the horse, the beams - all designed to put me off gymnastics for life. Especially wearing the regulation brown woolly romper suit - worn over regulation big brown knickers - not a good look at fifteen, even then. I couldn't climb a rope to save my life, the beam was a no-go area in my book and jumping lightly over the horse from the springboard was definitely *never* going to happen. Somersaults and cartwheels were similarly consigned to others more agile than me.

So it's been a revelation joining fitness classes in retirement to find I actually *enjoy* them. We pump, curl, lunge, grapevine, kick, step, squat, stretch, and shimmy and it's all GOOD! What's more, it's a workout done to the Hot One Hundred! If our

1960s Rosa Klebb had just brought a record player to her gymnasium of torture she might have won over a few of us. Never mind though - a good workout, dance, or Pilates and I'm now (almost) as good as new. All these are available locally - and - sweet relief - there's not a romper suit in sight!

WIC hall exercise groups:

Wednesdays: 9.45am -11.15am Gentle exercise

Thursdays: Kazfit 9am - 10am

“ Yoga 7pm - 8.30pm

Saturdays: Accessible bowls (provisional) 10.30am - 12.30am

Find details of Pilates with Naomi and Abs Salut Pilates online or visit Youtube

Now on to other items -

Our last meeting on 7th February was about financial fraud, presented by Audrey Stevenson from HSBC. Our next meeting is on March 7th when Richard Haigh will be presenting Truli, Madly, Deeply - about Puglia, the Truli buildings and other sites in Southern Italy. He's kindly replacing our pre-arranged speaker due to illness. We have a new suggestions box at check-in, so please post more ideas for speakers, visits, or just new ways of doing things.

The NFWI resolution with the most votes this year was “Clean rivers for people and wildlife”. Our vote will go through to the AGM in May.

Our fabulous website thewi.online was launched with a popular coffee morning on 2nd February. Lesley gave us an excellent overview of how to log on to it and create a shortcut then showed us each page of activities and interests. It is now the information hub for all we do in our WI while providing a record of meetings, minutes, events and future plans. It's really very easy to use so please try it. Do let anyone on the committee know if you have difficulty using it or contact Lesley at lesleyswp@live.co.uk. Lesley says “Don't be afraid to click on our buttons or links, you can't damage the website”. For any difficulties with devices, remember there's the digital drop-in from 10.30 am on Fridays at the WIC hall.

Fundraising: WE NEED YOUR HELP! We're having a **traditional Easter Fair and tabletop sale** at the WIC hall on **Easter Saturday 8th April from 10am - 1pm** with tables selling cakes, biscuits, savouries and items for the freezer, pre-loved children's toys and books, adult books, a craft table, an Easter egg raffle, a children's Easter hat competition (prizes for all) and teas/coffees. A board

was circulated at our February meeting to pledge offers of bakes, crafts, help with stalls, etc and this will be repeated at the March and April meetings. We really do need our members to help us with this to raise much-needed funds. Cathy and others are busy making knitted gnomes to cover creme eggs but we still need more egg cups and cosies. If you have any please bring them with you to our next two meetings or pass them on to another member who will be coming. Lesley Dempsey has a knitting pattern on the craft page of the website for egg cosies.

DFWI: This year's **Spring Council meeting** on Wednesday 26th April is at the Riviera Centre, Torquay when Baroness Floella Benjamin DBE will be the guest speaker. Tickets are £19.50, and a hot lunch is £17.50. The closing date for applications is Friday 31st March. An application form was emailed to all members a couple of weeks ago. Let me know if you'd like another one sent. Nan is our official delegate this year.

The Molly Nosworthy competition in 2023 is a decorated cake, no more than 8" across. One entry per WI. The cake could be brought to the Riviera centre with the delegate. Entry: £3.00. Closing date: 28th March 2023

A current list of DFWI visits and events is available on the back cover of the monthly Devon WI News, and available on the noticeboard at each meeting. Devon WI News and WI Life are emailed each month to all members as well as being available in hard copy at our meetings. DFWI events etc can also be reached at <https://www.devonwi.org.uk> and NFWI at <https://mywi.thewi.org.uk>

The NFWI Annual Meeting will take place in St David's Hall in Cardiff on 25th May 2023 10am - 4.30pm. This will be a hybrid meeting, with both virtual and in-person attendance offered. In-person tickets are £22 and online observer tickets are £5 and both are now available. Please let Cathy or me know if you would like to observe online - it may be possible to have a group of us observing online during the day.

Our forthcoming events:

Our AGM on 2nd May will be a joint celebration also marking the Coronation on May 6th. Bunting, Prosecco, celebratory nibbles, a quiz and more! Watch this space.

Yealmpton and Brixton WI are planning a **lunchtime Soup Special open to all** on Monday 13th March from 12noon - 2pm in the Methodist Church Hall to include a choice of soup and bread, with tray bakes, tea/coffee and good company. Proceeds will be in aid of Hugs Children's Cancer Charity. Cost: £5. Car shares are available. A group from our WI are going. Contact me if you'd like to join us.

Yealm Group Spring Council meeting May 9th from 7.30pm. - this year it's hosted by Sir Joshua Reynolds WI at Harewood House, Plympton. Tickets £4.50 are available from Cathy. Guest speaker is Hilary Bracegirdle "Beryl Cook at Home" - a people's painter who painted people. A group from our WI are going. Contact me if you'd like to join us.

Other than the **Easter fair** - we have more plans for the spring and summer though dates have yet to be announced. We are thinking of arranging a trip to **The Box** - Plymouth's new interactive museum on the site of the old Central Library. It has an excellent restaurant for light lunches, coffee, or afternoon tea.

We would also like to take up Margaret Griggs's offer of her guided tour of the **gardens at Dartington** in the summer with a cream tea to follow. Both trips would have car shares and are likely to be popular.

Pentillie Castle is the setting for **Romeo and Juliet** this summer with the Lord Chamberlain's men. Please let Cathy know if you'd like to go.

Kris Harris the fabulous and funny magician is returning to entertain us for a pre-Christmas special cabaret event on **November 18th** from 7.30pm. Tables of eight, open to all, raffle. Tickets will be £10. Bring your own supper and wine. Save the Date!

Groups:

Book Group (taken from our website)

Our next meeting (for Book Group members only) will be held on Thursday March 23rd 2023 in the WI Hall at 2.45 for a 3 pm start. We will be discussing A Man Called Ove. Please see our website for the reading list and reviews.

Choir

Choir meets each Wednesday during term time at 2 pm for a 2.15 pm start in the WIC hall. We sing a variety of modern and traditional songs led by Joyce on the piano. Apart from being a very uplifting and enjoyable hour or so, it's

good for the brain and fun to sing in two or three-part harmony. New members who enjoy singing are always welcome.

Craft group: This is from Lesley -

Next meeting, 28th February, we will be doing Yarn art, the suggested theme is sunrise/set.

Please bring with you PVA glue, a sheet of newspaper to protect the table, and a pencil (normal graphite).

To date, I have 36 eggcups, and 26 cosies, so if you are up to knitting any more I would be grateful. They don't have to be chickens and rabbits, Cathy has done some beautiful gnomes, & Gill has done a lovely "Super Teddy". I got fed up with bunnies and chicks and started embroidering flowers! I hope you stay safe & well and hope to see you on the 28th

A last word about the committee: A couple of long-term committee members are planning to step down at our next AGM in May and one or two more may leave next year. Without replacements our WI could falter - or worse. If you have not yet served on the committee then please think seriously about volunteering to help this year while previous committee members are always welcomed back. We meet most months for a couple of hours and help to steer the WI's activities for the benefit of all of us. We're a friendly and welcoming group and the possibilities are endless!

Bye for now

Pat

