

Crowlas & Ludgvan WI Staying Connected

Welcome!

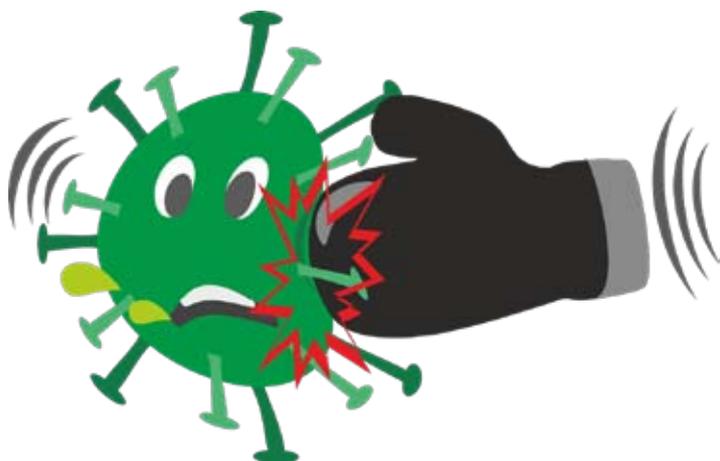
Welcome to our first *Staying Connected* newsletter

While we're all unable to meet face to face, your Crowlas & Ludgvan WI committee thought it would be a good idea to keep in touch in as many ways as we possibly can. We know many of you are stuck at home and are missing our monthly meetings, so we hope this helps a little bit.

We'll publish this newsletter on a monthly basis until such time as we're all back together again.

If you saw our April monthly meeting video, we hope you enjoyed it! If you missed it, it's still available on YouTube – just go to www.youtube.com and search for 'Crowlas & Ludgvan WI'. We will be posting another video on Monday 18th May, our regular meeting date.

And on the same evening, please join us for a social get-together via Zoom from 7.30pm-8.30pm. Wendie Leo will be hosting a quiz at 8pm, and you won't want to miss it! Over 20 of us "met up" in April and it was lovely to see everyone's faces! Details on how to connect to the Zoom meeting will be emailed to all members prior to May 18th.



ARE YOU ZOOMING?

There has been a lot of talk about Zoom lately, and many of you are already using it to communicate with friends and family. It has come to the committee's attention that some of you may be concerned about the security and safety of Zoom. We are aware of this, and we have done our homework.

Although nothing on the internet can be guaranteed to be 100% safe, we have taken all the security precautions we can to ensure your safety. For instance, this is why you need a special password to join our Zoom meet-ups. Please rest assured that your online security is a priority!

Treasurer's Report

As at my last time of reporting to you all, we have a healthy balance in our bank account. There is very little change since our last meeting. We still have to pay our contribution for subs and there are refunds to be paid to members who had paid for activities which are now cancelled. This will however still leave us with enough funds to restart our activities once lockdown allows. I will write to one member who still is to pay the subs and request a cheque in the post so that we will all be up to date with subscriptions.

Can I please remind members who pay by BACs, for membership or activities, that this needs to be accompanied by an email to alert us that you have paid. This will ensure that if payment has gone astray we can alert you quickly, and so that payment can be easily identified amongst the numerous BACs payments. Thank you.

Finally I am mindful that you have not had a full financial report, but this will obviously not be possible until the end of lockdown. Rest assured I will provide a full report when we next meet as a group. Stay safe, stay well and stay inside.

Regards,
Wendie Leo, Treasurer

In the Garden ... with Lynne

Hoping you are all well and enjoying the beautiful weather we've had over the past few weeks. It's been a difficult few weeks for many but I, like so many, have been enjoying the extra 'guilt-free' time I've been able to spend in the garden. Until now, I'd never fully appreciated the health and well-being of spending time nurturing the garden and taking time to watch it grow.

Before 'lockdown' I'd begun to look at arranging a monthly garden event and had been speaking to a variety of people to see what was out there. It's early days, but I had provisionally booked a return visit to Tregonning Garden for Thursday 16 July at 2pm (we'll just have to wait and see if this happens), a place that some of you visited last year and really enjoyed. I have also spoken to the owner at Trevena Cross Garden Centre about a tour, which sounds interesting, and best of all was free! More money to spend on plants, cakes and coffee afterwards.

I have lots of ideas, though I'm happy to hear from you with your thoughts and ideas too. Unfortunately, I can't look into the future but let's hope we will all be back together soon and can look forward to some garden trips.



Happy gardening!
- Lynne Coe

P.S. If you are on Instagram there is a very good live garden chat from garden designer Ann-Marie Powell everyday at 12.30pm. If you can't make it, then catch up later in the day or find it on Facebook. It's called 'my real garden'.

Wanted: Your Recipes!

When our fundraising craft stall is back up and running, we would like to sell laminated cards of your favourite tried and tested recipes!

These are recipes you love and that you make at home, sweet or savoury, plain or posh. Don't worry about the calories! You can add hints, tips or serving suggestions.

Please make sure you're not just copying a recipe from a cookbook or website as there will be copyright laws in place.

You may like to include a photo or picture of the finished product, but that is entirely up to you.

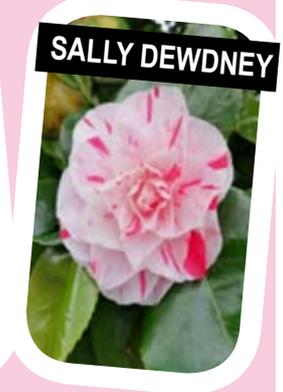
Please send your recipes to us on crowlasludgvanwi@gmail.com.

Thank you!



Flower of the Month

This month, we held our Flower of the Month competition virtually. Members were invited to submit photographs of the most beautiful blossoms in their gardens, and the photos were judged anonymously. Judge Teresa Hancox, a member of the CFWI Board of Trustees who also sits on the Floral Art & Gardening sub-committee, said, "They were fabulous! All 13 of them should have come first!" Here are the results of our competition. Congratulations to the winners, and thanks to all who entered.



Watch your inbox for an email about entering next month's Flower of the Month competition!

What's Di Cooking Today?

This month, committee member Di Curnow shares with us her recipe for a simple and delicious frittata using bits and pieces from her fridge. What could be better at this time when we're never sure of what ingredients we'll be able to get hold of?

Essential ingredients - 3 eggs, 50ml milk, seasoning, a little oil

Additional ingredients - 5/6 mushrooms, 1/4 pepper, 2 slices bacon, 5/6 cherry tomatoes (halved), 50g cheese (cubed), a handful of spinach or whatever bits and pieces you can find in your fridge.

Method:

Chop the bacon and mushrooms and fry in a little oil. Leave to one side

In the frying pan, cook the spinach until wilted.

Whisk the eggs and milk together and pour over the spinach.

Add the bacon, mushroom, chopped pepper, cheese, tomatoes, seasoning and whatever else you'd like to add.

Cook over a medium heat until it starts to set around the edges but is still uncooked in the middle.

Place under a hot grill until completely set, 5-6 mins (Take care not to put the handle of your frying pan under the grill.)

Delicious hot or cold, served with a side salad or simply on its own.



Try Our Coronavirus Word Search!

G	N	S	T	F	A	R	C	V	R	N	L	F	B
D	I	L	T	C	N	S	T	I	U	L	L	D	N
I	C	E	E	O	K	I	S	R	O	N	O	C	I
S	N	G	S	M	O	P	E	U	L	W	R	D	M
T	R	D	T	L	N	A	N	S	F	O	O	A	N
A	A	N	I	T	I	N	T	H	D	D	O	T	O
N	I	A	N	C	C	D	A	E	A	K	L	E	I
C	N	H	G	E	C	E	G	C	E	C	D	A	T
I	B	O	K	N	T	M	A	R	R	O	C	C	A
N	O	A	O	N	R	I	N	I	B	L	S	O	L
G	W	O	A	O	L	C	R	L	O	S	K	U	O
D	E	T	U	C	R	I	A	H	P	S	R	G	S
G	A	R	D	E	N	I	N	G	A	A	I	H	I
S	E	Y	E	A	S	T	G	M	O	Z	O	O	M

MASK
BREAD FLOUR
CONNECT
YEAST
DISTANCING
LOCKDOWN
PANDEMIC
RAINBOW
COUGH
VIRUS
ZOOM
ISOLATION
HAIRCUT
HAND GEL
TESTING
GARDENING
CRAFTS
LOO ROLL

CRAFT CORNER

Make a stunning paper bluebell to brighten up your home!

You will need:

Some blue paper

Thin wire, e.g., florist wire

Pegs

Sharp scissors

Florist tape (or substitute strips of green paper and glue or double-sided tape)

Instructions

Copy the bluebell template below onto your chosen paper, or transfer onto card and cut out. Score along the orange lines and fold.

Using a skewer, curl the short, pointed edges of each flower outwards. Apply a small amount of glue to the tab at the side and attach to the opposite side to form a tube.

Place wire inside the bell shape, gather the thin strips of the flower together and pinch tightly. Hold in place with a peg

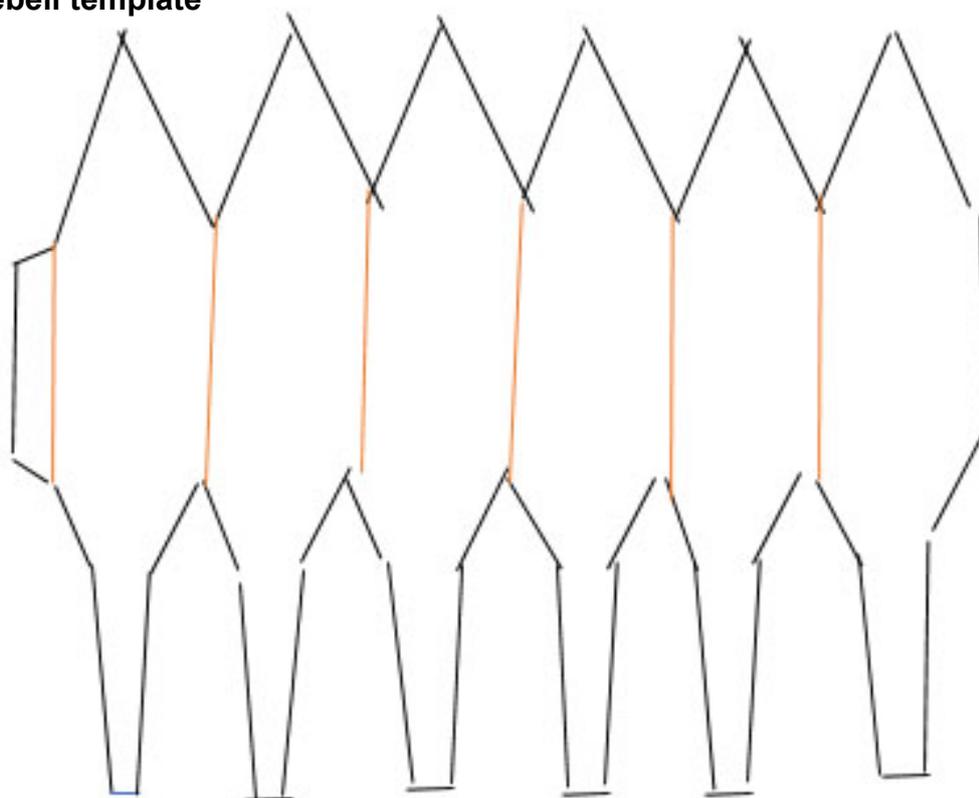
With the other hand, take some florist tape and wrap it tightly around the long thin strips and the wire stem, ensuring the flower head is attached firmly in place - or use the strips of green paper and double-sided tape or glue. Repeat for all flowers

Bend each flower head to one side and group them in a 3 and a 2, holding together with tape.

Place the bunch of 2 behind and above the bunch of 3, secure with florist tape. Then place a single flower behind and above the 2. Tape all together and include some leaves.



Bluebell template



Leaf template

