

Crowlas & Ludgvan WI Staying Connected

What's New!

Welcome to the July issue of our *Staying Connected* newsletter

Hello, everyone! As I'm writing this, we're enjoying some *spectacular* sunshiny summer weather. I hope you're all outside enjoying it. I'll be lounging in the garden later, with a bowl of cherries and a book.

Some of us met up last month to celebrate National Cream Tea Day. I'm so sorry I couldn't be with you, but I hear it was a lovely occasion. WI Adviser Liz Anderson joined the group as well.

By now you'll probably all have heard about the WI subscription extension for next year. To make up for so many WIs missing meetings and activities, NFWI have moved the due date for subs from January 2021 to April 2021, giving us all three extra months. Going forward, subs will be due on 1 April of each year. I'm very pleased that, unlike a lot of WIs, Crowlas & Ludgvan has still managed to create something for our members during lockdown. We are meeting up via Zoom, we're publishing a monthly newsletter and we're creating a monthly YouTube video.



Trevor Wiltshire's beautiful Pencarn Garden

Speaking of the video, the July video will feature a talk by guest speaker Craig Johnson, who runs Squashbox Theatre. Craig also worked with Kneehigh Theatre for a number of years. Some of you may have seen his Squashbox productions at the Minack. He'll be talking to us about his career and about how he became an actor.



Craig Johnson

At our next Zoom meeting, to be held on 20 July, we're asking you to bring your Flower of the Month - either a photo of your flower, or the actual flower itself if it's 'pick-able'. This month we're having a proper speaker for the first time! Gardener and cyclamen expert Trevor Wiltshire will be joining us and will be talking about his gorgeous garden at Pencarn, near Wadebridge. Please do join us!

Do you have any news you'd like to share in our newsletter? It doesn't matter how small or how monumentous your news is; we'd love to hear from you. Email it to us no later than Sunday 9 August (for next month's newsletter). Pictures are always welcome!

Finally, in this newsletter, we've asked our sub-groups to tell us a bit about themselves. If you haven't joined a sub-group in the past, this might inspire you to, once we're able to get together again. If you're interested, pop us an email and we'll pass your message onto the appropriate person. There's something for everyone!

- Helen x

What's Di Cooking Today?

This month, Di shares with us her recipe for delicious, fresh summer fruit slices. She also tells us that you can substitute mincemeat for summer fruit at Christmas to make a warming seasonal version of the recipe.

Summer Fruit Slices

Ingredients

For the berry filling:

200g berries - raspberries, blackberries, cherries, blueberries and blackcurrants all work well, or a mix or frozen mix (ideal when fresh fruit is out of season)
50g caster sugar
2 Tbsp cornflour

For the crumble topping:

110g plain flour
70g cold unsalted butter
30g caster sugar

For the cake:

220g plain flour
¾ tsp baking powder
½ tsp cinnamon
50g ground almonds
200g caster sugar
80g butter, melted
2 eggs
40g yoghurt thinned with 2 Tbsp milk

Method:

1. Preheat the oven to 180C/350F/Gas 4. Grease and line a rectangular baking tin (approximately 26cm x 20cm/10½in x 8in).
2. In a saucepan, combine the fruit with 50ml water. Bring the fruit just to the boil, then reduce the heat and simmer for 2-3 minutes.
3. In a mixing bowl, combine the caster sugar with the cornflour. Stir into the fruit and continue to cook for 2-3 minutes, stirring frequently, until the mixture is thick and jammy. Set aside to cool.



4. For the crumble topping, add the flour to a mixing bowl and rub in the butter until the mixture resembles fine breadcrumbs, and no large lumps of butter are left. Stir in the sugar and set aside.
5. For the cake, in a large mixing bowl, sift together the flour, baking powder and cinnamon. Stir in the ground almonds until thoroughly combined.
6. In another bowl, beat together the sugar with the melted butter, eggs, yoghurt and milk mixture until thoroughly mixed. Stir into the flour mixture just to combine. Don't overmix it, but watch out for big lumps of unmixed flour.
7. Spoon two-thirds of the mixture into the lined tin, gently spreading out evenly to the corners. Spoon the cooled fruit mixture evenly over the top.
8. Using a teaspoon, dot the remaining cake batter evenly on top of the fruit. This will not cover the entire cake, but make little hillocks with gaps in between.
9. Sprinkle the crumble mixture over the top, filling in all the gaps to cover the fruit.
10. Bake in the oven for 45-50 minutes, until the crumble topping is golden-brown. Allow to cool for 10 minutes in the tin, then transfer the cake in its paper to a cooling rack.



This cake is beautiful eaten while still warm, with crème fraiche, or Di's choice is a very large dollop of Cornish clotted cream.

CRAFT CORNER

This month, Val Puddiphatt shows us all how to make a beautiful origami picnic basket using oilcloth. You'll begin with a square of oilcloth fabric. It works with any size, provided it is square. Follow the instructions to create your own basket!

1. Fold your oilcloth square in half, then in half again.



2. Fold once more, keeping open ends towards you.



3. Lift the single corner of fabric and fold back. As you do this it will form a triangle at the top.



4. Return the corner and the triangle will be inside.



5. Repeat the process lifting the other corner.



6. You now have the top corners turned in.



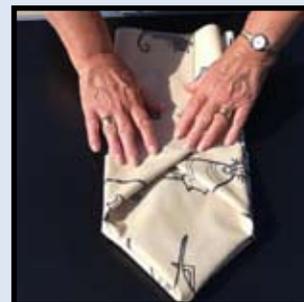
7. Lift the corner and fold back to just over the centre.



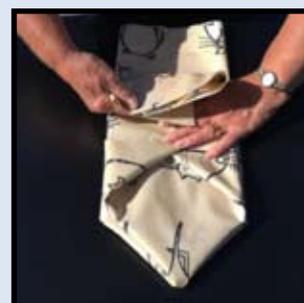
8. Repeat the process on the other side.



9. Turn the table cloth over and repeat the process.



10. Fold up from the bottom two corners to meet the top fold.



Continued, next page

CRAFT CORNER, CONT'D.

11. Fold up once more.



12. Turn over and repeat the process. Put a peg on each of the four corners.



13. Carefully turn inside out and remove the pegs.



When you have your picnic, just unpack and unfurl your table cloth, and you're ready for a fabulous summer picnic!

Enjoy the season now that we're allowed out!



DITLOID QUIZ!

A ditloid is a type of word puzzle, in which a phrase, quotation, date, or fact must be deduced from the numbers and abbreviated letters in the clue. Example: **6 b to an o in c: 6 balls to an over in cricket.**

1. 3 C in the F
2. 7 c in a r
3. 12 A at the L S
4. 54 s on a R C
5. 12 s on the E U f
6. 48 c in E
7. 16 o in a p
8. 206 b in the h b
9. 12 s of the Z
10. 26 l in the E a

Answers on page 8

Gardening Tip from Rosie

My tip for the vegetable garden at the moment is to check for blight on your potato plants.

Blight is an airborne fungus that can travel from fields up to a mile away. We find that we get blight



affecting the potatoes grown on our allotment at Church Hill, Ludgvan, most years.

It is recognisable by yellow stains on the leaves which turn brown and spread in a concentric circle.

The good news is that if you act quickly by cutting off all the top growth of the plant, the crop can be saved and stored. The foliage can be composted, as a good compost heap will have enough heat to kill the spores – but if in doubt, burn it on the bonfire.

The potatoes can be left in the ground for up to three weeks but will not grow any further. It is best to dig them up on a dry day and store them in a cool, dry place. I have kept potatoes harvested from blighted plants, which were lifted in July or August, in good condition until January by checking them regularly and removing the odd rotting ones.

What Have You Been Getting Up To This Month?

- Charlotte Robinson has been making a quilt with a theme of ... Charlotte Robinson! She started by making a list of all the things that interest her and mean something to her, including of course 'sticky cake'! She then started collecting small pieces of fabric showing cats, wildlife, craft, history, books and other subjects. She added a bit of embroidery using free online patterns. Charlotte plans to make



Charlotte's quilt is coming together



Welcome to Stanley James Curnow

- a quilt that isn't too big for her to handle – because, as she says, "I seem to be shrinking!"
- Di Curnow welcomed new grandson Stanley (named for Di's dad) to the family on 30 June. Congratulations, Di, John and all the Curnows!
- Jane Twose has harvested one tomato and two runner beans from her new greenhouse!

More than just a Monthly Meeting!

As a member of Crowlas & Ludgvan WI, you get a lot more than just one meeting a month. Of course, we love our monthly meetings and look forward to resuming them, but there's a lot more to us! Here are some write-ups from our sub-group organisers to let you know about what you might have been missing.

Amblers

One sunny summer morning in the long ago days of meeting friends face to face, a small group of Amblers met at a car park in Helston and walked to the Penrose Estate.

The walk met all our criteria: a smooth surface, mostly level; trees for shade; nature providing us with interest along the way (a stream ran alongside the path partway); views of our Cornish landscape and a finish at a café for a cup of coffee - and maybe a cake!

As always, the purpose of our amble was two-fold. We are full of admiration for Shirley's walking group but don't have the hips/knees/feet to enable us to tackle her longer walks. But in common with the walking group, we too enjoy being out-of-doors in the fresh air, surrounded by natural beauty and moving our bodies, albeit more gently. The second



purpose is shared with all of our WI's activity groups: finding pleasure and support in the company of fellow members.

One advantage of not tackling steep inclines is that there is plenty of breath left over for conversation!

We meet once a month on the third Tuesday at 10am. We had planned our walks from March until September; some close to home, some further afield. We were disappointed not to see the bluebells in Tehidy and were looking forward to our adventurous expedition to Falmouth. The pandemic decreed otherwise but when it is safe to do so we will meet again, don't exactly know where or when, but I know we'll meet again, hopefully one sunny day!

Camera Club



Crowlas & Ludgvan WI Camera Club's guide to taking better photos:

1. You don't need a fancy camera. Your tablet or phone can take fantastic photos.
2. Take *more* photos. Learn how to use the basic functions of your camera or phone, then set yourself a challenge to take a photo a day. It can be a household object, something in the garden, a pet or whatever you're cooking for dinner. Get comfortable with your device so it becomes second nature when you have that 'must take' photo.
3. Improve your composition by taking three photos of the same thing: perhaps from different angles, as a close up, using different lighting, etc., and compare the results.
4. Take time to review your photos. Delete the duff ones, save the good ones and print the ones you are really pleased with.
5. Share. Join us at Camera Club to discuss your successes, failures and problems. When we are able to, we visit a new venue each month for photography, chat and cake! During lockdown we have been doing a weekly challenge with a new theme each week. Recent themes have been Circles, Wood, Leaf and Texture.

Book Club



Our Book Club was first introduced some 15 or 16 years ago and has continued almost every month throughout that period. A longstanding member, Maggie Richards, suggested we start a Book Group – and over 20 members joined!

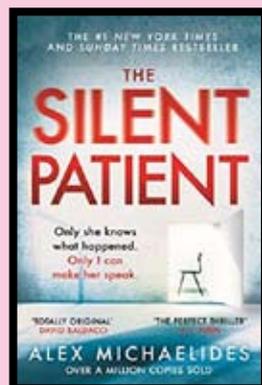
We are now 10 diverse and interesting ladies – the debates on the month's chosen book can take, in some cases, over an hour. The list of books we have read is enormous and members do not always agree on their content. We mark the books (or in some cases the audio tapes) from 1 to 10 with 10 being the highest and, at some meetings, the numbers given vary from 2 to 10.

The Book Club meets on the last Friday afternoon of the month and until recently we met in members' homes. We, of course, enjoy our tea and cakes and once a year we hold a garden party – all dressed for the occasion (see photo above). In latter months we have been meeting at a local hotel or café and this arrangement works for everyone.

A very special part of the group meeting is that once the book and author have been thoroughly discussed, we then put the world to rights.

This Month's Book Review

Alicia Berenson had the picture-perfect life. She was a celebrated painter and was married to the love of her life, fashion photographer Gabriel. That was until she shot him six years ago and has remained silent ever since. This gripping psychological thriller follows psychotherapist Theo's incessant quest to uncover



the reason for Alicia's silence and to help her speak again. And it's only when she does that the truth is revealed.

The Silent Patient is screenwriter Alex Michaelides' debut novel. It has sold over a million copies, instantly topped the New York Times bestsellers list, and is soon to be released as a film. It's a quick read with a surprising twist.

Coffee Beans



Hazel Brown tells us that she had once planned a Coffee Beans gathering at the Mount Haven in Marazion, but they cancelled at short notice because it was to be the day of their grand opening. The alternative was The Godolphin Hotel where about 20 of our members turned up for coffee and cake. Toward the end of the meeting, Colleen Lewis appeared, looking flushed and elated. She had gone to The Mount Haven where all the dignitaries, including Lord St Levan, assumed she was of importance and included her in the grand tour ... with free wine! The rest of us were open-mouthed and jealous. Next time you see Colleen, ask her to tell you the story in her own special way.

Losers

How to describe our group and our meetings? A "slimming" group where words like "naughty" or "I've not been good" are frowned upon. Where it is recognised that life can get in the way of controlling your diet, and that easy and quick are sometimes all that we can manage. Where we support, encourage and sometimes comfort each other.

When we started we had about nine members but we have lost some - as weight went the need to attend lessened and so our group has shrunk. This is a measure of success, for some of us at least.

Those of us who find ourselves at meetings on the



last Thursday of the month (we take turns hosting; healthy snacks are the order of the day: NO CAKE!) to share our trials and tribulations, successes and set-backs. We discuss what has been working and what not; research and diet suggestions; different strategies we are trying; e.g.,

intermittent fasting, eliminating sugar, low carbohydrate or watching the calories. Either we have weighed ourselves at home on the morning of the meeting or there are scales available. We decided that we needed to be a little more rigorous, so Jane records loss/gain; not our weights, but simply charting our progress.

As with any grouping of more than one WI member there can be a lot of chat! We laugh together, celebrate any losses and commiserate when that dreaded pointer has moved in the unwanted direction.

The times they are a'changin', and we will need to change too; not our basic selves but some of our behaviours.

When Losers comes together again, it will be with a renewed determination. We know what we need to do; we just need to keep going until we find the way that works for us individually; there is no "one size fits all" - but I guess we are all harbouring the goal of one size down!

Walking Group

Our walking group meets monthly on the third Wednesday of the month, not only for health reasons, but to socialise. There is time as we walk to chat with members, meet partners, friends, grandchildren and pets. It's surprising what facts are revealed, and the dogs seem to want to socialise too!

Of course food is an important part - either a picnic, a convenient pub lunch or a café always features. It's so good to have a pit stop with a view and a chance to sample the local food.

Over the years we have walked many miles along our coastline – tackling rocky outcrops with spectacular

views as a reward or walking along the gentle wooded Fal Estuary and Helford River. Inland there are iconic engine houses, old industrial buildings, historic standing stones, wildlife, crops and grazing livestock. We are so lucky to have it all on our doorstep.

Along the way, we help each other around muddy patches, over stiles and gates, some of which are not very user-friendly! We have even manhandled babies, toddlers and pushchairs over gates and stiles and this took a bit of planning and strength! It's a lot of fun even when we are soaked through which is not uncommon in Cornwall.



There are bonuses too – walking through fields of rescued llamas, passing a new house with a beautiful open garden featuring delicious cakes and good plants for sale. We have followed a footpath through a hippie compound, visited National Trust Estates, walked through the daffodils at St Loy woods and have seen the bluebells in the beautiful woods at Constantine. We have also passed locations for films such as *Ladies in Lavender* in the Helston area. More recent filming sites were Botallack and Levant Mines and Porthgwarra, which have featured in *Poldark*. Also spotted were properties owned by celebs - Hugh Scully, Jenny Agguter, Roger Taylor and Dawn French.

New members are very welcome to join the group and hopefully we will be able to repeat some of the above together again soon.

Ditloid Answers:
 1. Three Coins in the Fountain; 2. 7 colours in a rainbow;
 3. 12 Apostles at the Last Supper; 4. 54 squares on a
 Rubik's Cube; 5. 12 stars on the European Union flag; 6.
 48 counties in England; 7. 16 ounces in a pound; 8. 206
 bones in the human body; 9. 12 signs of the Zodiac; 10. 26
 letters in the English alphabet