

Barbara's bit

Hello Everyone

I hope you have all been safe from the high winds of late. We had been enjoying some beautiful days and I've been out tidying the garden ready for the winter.

We have an open meeting on **Monday 13th October** with **Nigel Hicks** talking to us about **OVAID**, a veterinary charity looking after orangutans in Sumatra. Some of you may have heard his talk last year at Lifton, so here is another chance to see him if you missed it. He will have some merchandise for sale, which you can purchase after the meeting. The competition will be an interesting item starting with "K".

In contrast on **Wednesday 8th October Lifton WI** will be hosting an open meeting with the **Lone Kayaker**, who spoke to us last autumn so please spread the word for those, who may have missed him.

You may remember taking away the **seed potatoes** for this year's challenge back in April. October is weigh-in month so let's see if anyone can beat Karen's winning entry of 3.759kg last year and take the plate. You don't need to bring the potatoes in - just weigh them and take a picture as your entry.

Don't forget to mark your diaries for **Saturday 1st November** for **our next fundraiser** for our upcoming centenary in 2027. We're holding a soup lunch alongside some stalls selling items including homemade crafts just in time for Christmas. Entrance is only £4 for soup and a roll and there will be delicious cake available to buy for afters. Please sign up to be involved at the October meeting.

Lynn is still working hard organising all the donations for the **Shoe Box appeal** and has done an amazing job completing 23 boxes already. At this rate we will be able to send 26 boxes representing one box for each member in our WI. She will be collecting small toys and puzzles, pens, pencils, hats, gloves, scarves and sweeties with a sell-by date beyond June 2026 at the October meeting. Please also bring along any spare shoeboxes you may have.



Food, Crafts and Skills on Thursday 23rd October is a second chance to do glass fusion. This session was fully booked but two spaces have become available if you are interested. Please contact me. November's FCS will be a stitched Christmas ornament with Roz Wiggins. Don't forget to check out all the clipboards with Jean and Lynn to see what else is coming up

November is also Remembrance Sunday and we are looking to expand our poppy display. Ideally, we want to have one display in Lewdown and another one in Stowford so please feel free to make as many poppies as possible in any medium to go on the displays. Once again, Ruth has kindly offered for us to meet at hers and complete the displays. Details will follow.



Our first fun skittles day will be **Saturday 8th November** at **Treburley Social Club** with the plan to meet the **second Saturday of each month**. The initial suggestion is to meet at 11:00am, bring our own lunch, play until 12:00 and then eat, play another game and leave at around 2:00pm. Tea, coffee and drinks will be available and husbands/partners would be welcome to come and drink and chat. Carsharing will be arranged for those who don't fancy driving.

Barbara

September LWI Meeting

We welcomed back Ann Marcer, who spoke to us previously about teaching in Tibet. After a short delay due to technical issues, Ann was able to start her talk — albeit differently from what she had hoped: her prepared presentation would not open on her laptop, so she instead had to talk to us on the fly, taking us through her photos of Kathmandu.

We learned about the very interesting history of Kathmandu, which actually comprises three cities, housing some 1.5 million people in total. This division dates back to a former king with three sons, who could not decide which of them should inherit the city. Each son built his own palace and monuments, trying to outdo the others.

Hindus, Buddhist and Christians live side by side, with no religious fighting. Tourism provides a very important income to Nepal. The 2015 earthquake destroyed many temples and houses, but the temples are so important to the Nepalese, both spiritually and economically, that they quickly began restoring them to their original appearance, including the many beautiful and intricate carvings. We also learned about the beautiful prayer flags & wheels.

We were pleased to hear from Ann that some of the girls she taught had themselves forged careers as teachers. Ann talked us through all her photos, and then answered a range of questions from the floor. Her blog, detailing her adventures during her extended stay, is available at: <https://annmarcerinnepal.blogspot.com/?m=1>

Members were reminded of the upcoming coffee morning on 18th September and, after some discussion, a new venue of **Strawberry Fields** is to be tried, since Alder vineyard find it difficult to accommodate people arriving at different times. As much as everyone enjoyed Alder, it was agreed that the current day/time was still the most convenient for members, hence the need to change the venue. A show of hands was taken to gauge the likely attendance.

Members were also reminded that Jean is leading the walk on 22nd September.

We also had a show of hands for the 2026 outing, the winning option being Bradstone Manor, with a light lunch @ £15pp (sandwich, cream tea or cake, tea or coffee) plus a game of skittles at £2pp. Monique will finalise the details for this.

There was a plea for more poppies for our Remembrance displays, ideally to support one in Lewdown and another in Stowford. Ruth has kindly offered her house for a making session.

Please see later on in this newsletter for some very simple knitting patterns, which Sue has used as a beginner knitter.



There were also reminders for further items for the shoe box appeal, with items being collected this month and in October, as well as for the dental health bags.

SHOEBOX APPEAL UPDATE: To complete some half boxes, Lynn please needs home-made items such as hats and scarves (child or adult size), soap, flannels, toothpaste, toothbrushes, shampoo, face wash, crayons and small colouring books.

WI Walks & Coffee Morning

Coffee Morning

Nine members and friends (plus Tarn, Josie's beautiful dog) attended the September coffee morning on 18th September, in the new venue of the Garden Room at Strawberry Fields. The venue was very welcoming of our new group, and were very attentive in keeping track of new arrivals so that drinks orders could be placed. We all enjoyed our drinks (some of us had delicious cakes too!) and had a great catch-up with friends old and new.

The next meet-up is on **16th October** at 10.30am, again at Strawberry Fields in the Garden Room: we meet here so that our four-legged friends can join us (for those — like me — who did not know where the Garden Room is, go through the main restaurant and it is signed in the far corner; you go briefly outside and then into the Garden Room).



Walk

Jean arranged a wonderful walk on 22nd September. The sun shone beautifully after a period of wet weather, and the small group of Jean, Lynn, Joyce V and I (plus Audrey, who joined us part way through the walk) certainly enjoyed getting out and about.

Jean put us through our paces (12,000+ steps!) - we walked from Ruth's in Lewdown, up past Jethro's, down the track by Mary's Myrtle Cottage, through the wood to St Peter's Church, up to Lobhill Cross and back to Lewdown. Jean then kindly hosted us for coffee and some amazing scones. Thank you, Jean, for such a lovely walk — one for me to add to my regular outings.

As you can see from the photos below, Jean found some interesting places to rest on the way!

Walk (cont)

As we walked by St Peter's Church we could see all the work being undertaken at Lewtrenchard Manor, particularly the gardens. Emboldened as a group, we brazenly popped in and had a nose around the gardens – we had our excuses ready if we were challenged (we were scouting it for a future WI cream tea event), but no one seemed to mind. I have added some photos below and would certainly like to return for a cream tea or similar in the future. They are doing a fantastic job with the garden - laying new paths, creating new flower beds, planting masses of new plants and tidying up the existing areas, and also creating new parking areas.

The next walk is on **27th October at 10am.**

Please let Lynn or Mary know if you would like to attend the next events.

Sue





LEWTRENCHARD WI GO TO THE VICAR OF DIBLEY

Several members, two husbands and friends braved the monsoon weather to travel to Holsworthy for a production of The Vicar of Dibley Christmas (A second coming) on Friday, 12th September.

We were not disappointed. A fantastic performance by the cast, bringing to life on stage various episodes of the much-loved tv series.

The obligatory Farmer Toms ice cream was enjoyed in the interval, allowing us to stretch our legs before Act 2.

We were treated to a hilarious sketch of dear Alice, the verger, giving birth to baby Jesus, ably assisted by a "vet" from the audience, as no doctor in the house!

That finished off the evening with audience laughing and clapping, with huge smiles from the cast, knowing that it was a job well done.

Our thanks go to Lynn for organising the tickets and we now look forward to the panto, Robin Hood, in February 2026. Keep your eyes peeled for the clipboard!!!!

Kym



LEWTRENCHARD WI GO TO THE CINEMA

On Monday evening, 15th September, a few members accompanied by a husband and friend, enjoyed watching the final Downton Abbey film in Okehampton.

We had waited a long time for the film to be released with the allure of a bygone era, making it a must see film for Downton devotees. It is 2 hours of pure nostalgia.

We revisit the Crawley family at their beautiful home where many stories emerge upstairs and downstairs. Carson's eyebrows should have won an Oscar for their acting ability alone.

All the familiar faces return, except sadly Dame Maggie Smith, who had passed away. Her presence was missed, but it didn't detract from the storyline, and the cast did a great job of keeping her image alive throughout the film.

I have been lucky to visit Highclere House, the location of Downton Abbey. As you walk into the grand entrance you feel part of the series, and there is very little changed to accommodate the film crew. Some visitors have been surprised by the current Lady Caernarvon joining a tour!!! The grounds are spectacular too to walk around and enjoy a genteel pot of Earl Grey, disappointedly not served by Mr Carson. It is a great day out if you are in the Newbury, Berkshire area.

If you need a "Downton Abbey" fix, the original series is currently being repeated on Netflix.

Kym



LEWTRENCHARD WOMEN'S INSTITUTE NEWSLETTER OCTOBER 2025

Thanks to Kym for spotting this leaflet about the Christmas market at the Lifton Community Centre. A chance to finish (or start) your Christmas shopping, as well as supporting some local craft businesses.



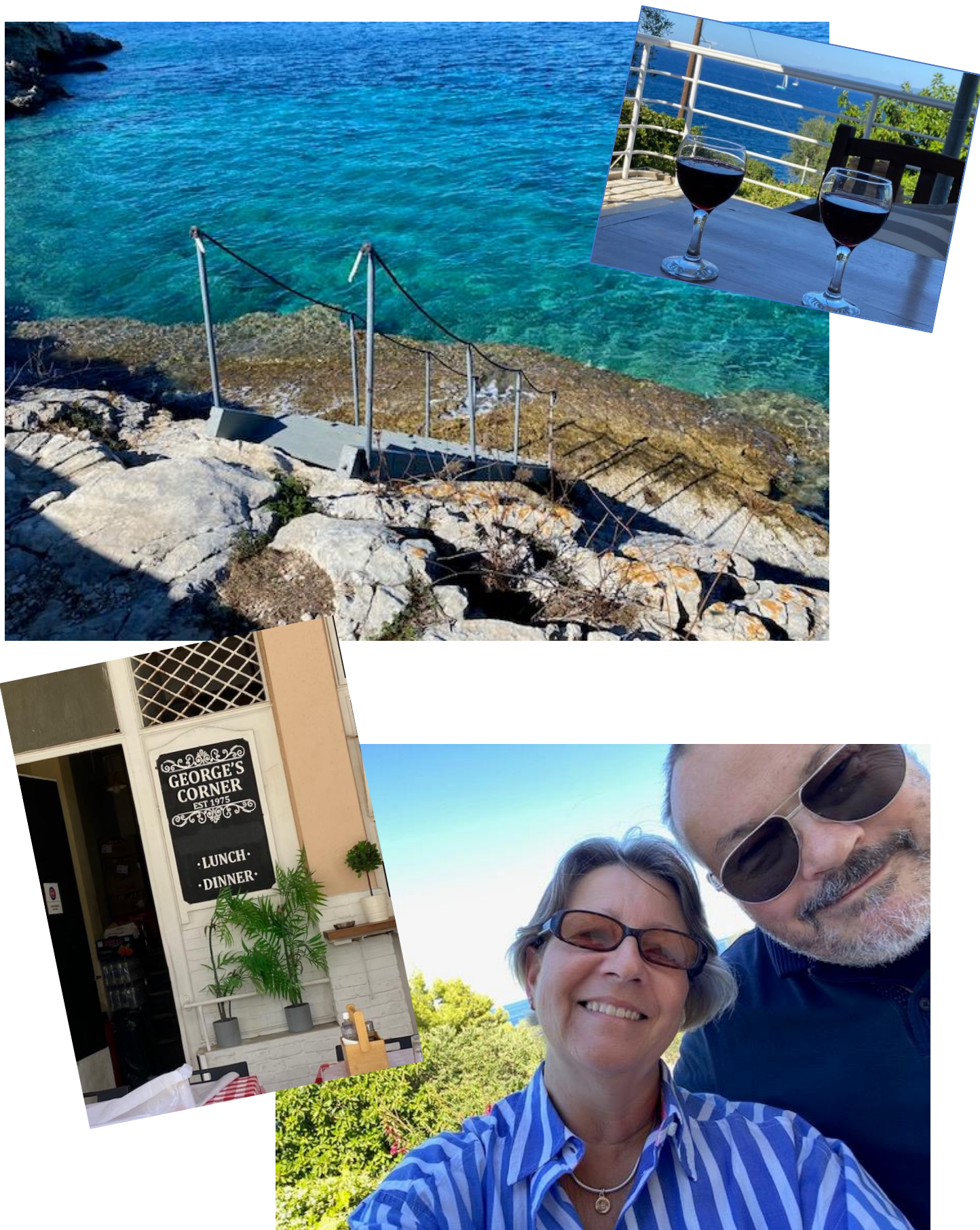
YOUR NEWSLETTER

Thank you for all the contributions this month.

This is your newsletter, please feel free to send me content or suggestions of things you would like included (e.g. puzzles, quizzes, recipe of the month etc) as well as things you would like less of. Please send to suejervis44@gmail.com

LEWTRENCHARD WI MEMBERS ON THEIR TRAVELS!

Continuing the theme of members' holiday snaps, Monique has kindly shared some photos of her recent trip to Paxos, one of the small Greek islands. It looks fabulous!



Poppy Knitting Pattern

Abbreviations:

K knit; **K2tog** knit next 2 stitches together; **K_** knit into front and back of stitch; **P** purl;

P2tog purl next 2 stitches together; **Rem** remaining; **Rep** repeat; **RS** right side;

ssk slip 2 stitches knitwise, knit these 2 stitches together through back loops – single left leaning decrease; **st** stitch; **tbl** through back loop; **WS** wrong side; * repeat the instructions following the single asterisk as directed

Using 4mm needles, cast on 66 stitches using red yarn.

R1 (RS) K3, p4*k4,p4; rep from * to last 3 sts, k3.

R2 (WS) P3, k4*p4,k4; rep from * to last 3 sts, p3.

Rows 3 to 8: rep last 2 rows 3 more times

R9 (RS) K1, k2tog,p2tog tbl. *ssk,k2tog,p2tog, p2tog tbl; rep from * to last 3 sts,ssk, K1. (should have 34 stitches)

R10 P2,*k2,p2; rep from * to end.

R11 K2tog, *p2tog,k2tog; rep from * to end. (should have 17 stitches)

R12 P1,*p2tog; rep from * to end. (should have 9 stitches).

To make up poppy, break the yarn leaving approx. 20cm tail. Weave the tail through the remaining stitches and gather together to create the poppy centre then fasten off. Join the side seam using mattress stitch.

To make the poppy centre, either use a black button or cast on 2 stitches in black yarn.

R1 (RS) K_ twice (4 stitches)

R2 P4

R3 K4

R4 P4

R5 K2tog twice, slip first stitch over second and fasten off. Sew into poppy centre.

Sue also has another pattern (for knitting or crochet) using a wrap and turn technique for short rows. Copies of both patterns will be brought to the next meeting.

DATES FOR YOUR DIARY. . .

1. LWI Meeting Monday 13th October 7pm
2. LWI coffee morning at Strawberry Fields Thursday 16th October from 10.30am
3. FCS Glass Fusion Thursday 23rd October from 2pm
4. LWI walk Monday 27th October from 10am
5. Jane Austen afternoon tea Tuesday 28th October
6. LWI centenary fundraising event Saturday 1st November
7. LWI social skittles Saturday 8th November 11am to 2pm
8. FCS Christmas Decoration Thursday 20th November from 2pm
9. Lifton Community Centre Christmas Market 22nd November 11am to 2pm
10. Red Spider Company production: *Dancing in Bluebells* Friday 21st and Saturday 22nd November
11. *Nutcracker* at Oke Cinema 10th Wednesday December
12. Red Spider Youth Theatre: *Jack and the Beanstalks* — Friday 13th and Saturday 14th December
13. WOW HATS Panto "Robin Hood" – 2nd to 14th February 2026

**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