

Causeway Head W.I.

The President, Pat Bell welcomed members to the March meeting.

It was agreed that the meeting of Silloth Organisations in the Golf Hotel in February had been a great success, and much interest had been shown in the exhibits on the Causeway Head table. Jean Graham will be the representative at the Spring Federation Meeting at the Shepherds Inn on 12th April. An outing to Alnwick Castle in August was suggested and numbers were taken. Four members have been invited to Waverton WI's 70th Birthday Party. Working parties have been organised to weed and tidy the gardens outside the Discovery Centre. This has been much appreciated by the staff at the Centre and by Solway Rural Initiative.

The Group Meeting in Aspatria on September 25th will have Val Armstrong of Radio Cumbria as guest speaker and Causeway Head WI will provide the tea and coffee. Jean Graham reported that C.D.C courses would take place at Silloth Primary School and included Fun with Sugar, others were Indian Head Massage and Yoga. Spanish for beginners had been proposed.

The County Newsletter was read.

Supper was served early as the expected speaker had misunderstood the date, and will now speak at the April Meeting.

A competition for a single flower was won by Rosemary Brooks with a beautiful camellia. Miss Winter and Jean Wilson won the raffle. Jean Graham and Yvonne Arnall took home the grocery parcels.

Silloth W.I.

President Mrs. Margaret Durham welcomed all to the March meeting. Mrs Carol Haines the secretary read snippets from the County News, there were various shows and holidays to think about. We managed to win one game in the darts competition, we also had three teams in the quiz held recently in the Social Club and we held our own.

The summer outing was discussed, the entrance fee is £9 for the Castle, gardens only £3-50 and the castle only £6. A meeting held in W.I. House on February 25th was to explain that due to a revised constitutional change a linking system is in operation to select delegates to the AGM in London on the 11th June 2003, therefore this year it is a delegate from Westnewton who will represent Causewayhead, Holme St. Cuthbert and Silloth.

Our speaker this month was Mrs Anne Groom, her talk was titled 'Caring for yourself inside and out'. Mrs Groom began by telling us a little about herself, she is a Botanist as is her husband and they have four sons. First of all she asked if we could remember any of our Grandmothers remedies we certainly could, goose grease, comfrey, Indian Brandy, rosemary tea-bread poultices, and many more.

Mrs Groom went on to say a healthy diet was essential fresh fruit, plenty of vegetables and eight glasses of water. She mentioned many supplements, antioxidants, free radicals, thankfully she left us some leaflets to help us understand it all.

Mrs M. Durham thanked Mrs Groom for a very informative and interesting talk on how to look after ourselves. The competition was for a healthy tip. 1st. P. Loughlin 2nd. M. Connor. 3rd J. Darling. The raffle donated by M. Durham was won by N. Crooks.

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