

Causewayhead W.I. Darts



Winners of the Cumbria-Cumberland Federation Darts Competition. Pat Bell, Mary Johnson, Maureen Irvine, Iris Carr, Yvonne Annell and Carol Hayes posed with the cup they won.

The President, Pat Bell welcomed members and two visitors, Mrs Jean Glendenning and a friend to the meeting.

Mrs Glendenning is to attend the national W.I. AGM in June at the Albert Hall and will visit us again to give a report on that meeting.

We have been on the outing to Hayes Garden Centre and enjoyed a talk on hanging baskets followed by a delicious buffet supper. Members arrived back on the coach with an array of plants to beautify their gardens

Frances Jackson reported on the progress being made on the gardens outside the Silloth Heritage Centre which small groups of members are regularly weeding, tidying and planting.

Eileen Chambers gave her report on the Spring Council Meeting of the Cumbria-Cumberland Federation held at the Shepherds Inn in Carlisle.

An interesting and informative talk was given on salt in the diet. The body only requires about 6 grams per day and many people are consuming twice as much. Excess salt is especially harmful to infants and young children.

High salt consumption can contribute to raised blood pressure, strokes and heart disease.

The Spring Council meeting was visited by a representative of Taylors Teas who gave an account of their 'Trees for Life' Fund. The two millionth tree has recently been planted by Prince Charles.

A humorous talk about his Father's books was given to those attending the Council Meeting by James Wight, the son of Alf Wight better known as James Herriot.

The 76th birthday party of Causewayhead W.I commenced with a delicious supper prepared by members with the Committee acted as hostesses for the evening. The supper was followed by a Beatle Drive organised by Jean Wilson and Frances Jackson.

The raffle was won by Jean Graham, Yvonne Annall, and Carol Haines. Yvonne Arnall and Margaret Peach took home the grocery parcels. The competition for a single flower was won by Ann Harrison with Margaret Peach second.

Pat thanked everyone for contributing to a very enjoyable evening.

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