



**INGOLDISTHORPE VILLAGE WOMEN'S INSTITUTE
KEEPING IN TOUCH NEWSLETTER
SEPTEMBER 2020**



From Lesley - 10th September

For those who could come today, it was lovely to see you. As promised here is an update of what occurred (good job it was today with the new restrictions coming into force).

We had 19 members, all managed to keep to sensible distancing and everyone was given a face shield to wear and then keep.

I gave my normal welcome with a few 'covid' instructions and then we broke for social chit chat with time to eat your 'bring your own' refreshments. With one added surprise, Sue Pearson brought us her barn-brac made from Barbara's recipe, a lovely touch and it tasted the same as it always has.

Jean gave an update of the latest news from Federation and National offices, which you will have received either by email, post or hand delivered.

A reminder that subs for 2021 will be £44 and the deadline for payment is now April 2021.

Sylvia and team were congratulated on the newsletter, which is so important for keeping in touch. We need ideas to fill the pages so please send through (to Sylvia) anything you think will make interesting reading.

Our plan was to have a December meeting with some form of entertainment but with the recent news this is on hold.

I finished by saying that we will do all we can to keep in touch. Anyone is welcome to ring me whenever they want and until we do meet take care.

Lesley x

Our Newsletter

It is now time to put LOCKDOWN AND ISOLATING behind us and start to get in touch with WI ethos again. This style of newsletter will continue until we can get back to our 'normal' but the time is ripe to look forward. Each month we will include members' favourite recipes, gardening tips, hobbies and sometimes local matters. This month Pam has given us a favourite recipe and I'm hoping that Sandie is going to give us some gardening tips each month. These will feature most months, so members with a favourite recipe or gardening tips please do not hesitate to let me know. The team is still looking at other subjects we can include in future newsletters. The quizzes and puzzles will continue.



September Birthdays

Only one in September so Happy Birthday Cynthia, hope you have a good day and many more to come.



Lemon Meringue Roulade

Ingredients

4 medium egg whites	1 tablespoon white wine vinegar
6 tablespoons of lemon curd	A few fresh raspberries to decorate
8 ozs caster sugar	2 ozs ground almonds
1 tablespoon Almond Essence	1-2 tablespoons of icing sugar, sifted
1 tablespoon of flaked almonds	

Method

Line a swiss roll tin with a single sheet of greaseproof paper and set aside.

Whisk egg whites until stiff and standing in peaks, then gradually whisk in the caster sugar, a spoonful at a time.

When all are added carefully stir in the almond essence, white wine vinegar and ground almonds and then mix lightly together.

Turn into the lined swiss roll tin, smooth the top and tap the tin lightly on the work surface to remove any air bubbles.

Bake at 170 degrees for 30-35 minutes or until the top is pale golden and feels firm and set.

Remove from the oven and leave until cold.

When ready to serve, whip the cream until thick, liberally dust a large sheet of greaseproof with icing sugar and turn the cooled roulade on to it. Carefully peel away the lining paper and spread with the lemon curd and then the cream.

Leave for a few minutes to allow the roulade to soften, then carefully roll up. Turn a small piece in first and it will roll more easily.

Place on a serving dish, sprinkle with almonds and decorate with the raspberries.

Pam



Notes from the Library Shelves.

The WI mobile library continues to serve its purpose, bringing light relief, information and amusement within the pages of the variety of books on offer. Crime is always popular, I

wonder why, and also biographies although we do not have so many to lend. Many of us are reading books by authors not familiar to us before our enforced hibernation and some have been a pleasant surprise and others – well – we know why we hadn't read them before! The puzzle store has quadrupled, thank you Audrey. Again many thanks to our foot soldiers/deliverers. Happy reading.

Jean



WI Walking Group. The weather was kind to us again as 6 members and a granddaughter went for another impromptu walk recently. We socially distanced our way to Snettisham via the Drift, the Water Mill, over the bypass, through and round Ken Hill Wood and back again. It was so good to have a mini catch up; we were

lucky to see a pair of herons going on their way and then we stood for quite a few minutes watching a Red Kite being mobbed by crows, and goodness they really were not happy to see each other! The aerial acrobatics were fascinating to watch and I still cannot make up my mind who won! but they eventually flew off in different directions. Unusually for us we didn't stop for refreshments but just as well as we had only been home for a couple of minutes and the rains came so we could satisfy our hunger in the dry.

Jean



Education. When the Women's Institute was first started one of its first aims was education and during August and September I have been updating my knowledge of Technology. I am preparing this newsletter using something called Google Drive which does all sorts of wonderful things; but the most interesting is the fact that while I'm typing this, if

Di is working on the document too she can see what I am doing and we can communicate using the 'Chat' link.

I have also learnt to Zoom. For those of you who communicate with absent members of your family by SKYPE, Zoom is a similar system and is used by organisations to hold meetings. Not being very technically confident it took me three months before joining one of these meetings, but now I've successfully done one I shall be there every month from now on. If you have a computer and use it only for writing letters or doing your banking, do take the opportunity to learn more about what you can do. Norfolk Federation run courses from time to time so do take advantage of them.

Sylvia



For those members with access to a computer who haven't looked at the WI website, it's really easy to find. Just open up the web browser you normally use to search the internet and add this address: www.thewi.org.uk

This should take you straight to the website for the National Federation of Women's Institutes. Add your postcode in the search box and this will open up Ingoldisthorpe Village

WI website. Click on 'Find out more' and Voilà, there we are! Now you will be able to see lots of information about your WI, from 'Welcome' to 'Events Reports'. It may be awhile before we are able to get together again but we will try to keep the website as up to date and as interesting as we can.

Di



WI lunchtime meeting on Thursday 10th September
(apologies to those members not included in this photo)

We were so lucky to get our first get together in before the latest restrictions came into place. It was a very enjoyable couple of hours. Not everybody brought lunch with them but it was good to have a chat. My thanks to Carole and Pam who got me there, also to Lesley for the face shield (it was more comfortable than a mask although I had taken the one given to me by Carole); and thanks also for your welcome, I was overcome by it.

Sylvia

Sylvia Spear

A message from Audrey to say that the Memorial service for Sylvia has been postponed until April 2021. More information nearer the time.



Church Hall

Many of you like me had not seen the hall since the decoration had been completed. It now looks very clean and cheerful. The Chairman of the Committee has given us the good news that we have been awarded a grant which will enable more work to be done. The first thoughts are decorating the toilet area. I'm sure the committee will have ideas on how to make the hall a very welcoming place to be in the near future.

Sylvia



Exercising the Brain Time

General Knowledge

1. Who sang “Like a Rhinestone Cowboy?
2. How many wisdom teeth do humans have?
3. How many Nolan Sisters were there?
4. Name the Nolan Sisters (1 Point for each correct one)
5. “The lighter way to enjoy chocolate” was an advertising slogan for which Mars product?
6. What do you call a group of Flamingos?
7. What was Elton John’s first No.1 single?
8. Who wrote The Famous Five series?
9. What does ‘c’est la vie’ mean in English?
10. When did the smoking ban come into force in the UK?

All the answers begin with WI

1. Could be sticky for cricketers
2. Chaucer’s came from Bath
3. Pier visited by Animal Farmer
4. Appeared close to Morecambe
5. Soup, chair or regal home

True or False

1. Fingernails grow faster than hair
2. Olympic gold medals are made of silver
3. The right lung is slightly smaller than the left
4. Chocolate is lethal to dogs
5. Pigs cannot look up into the sky

WI History

Smithdon Group

There were eight institutes in the Smithdon Group - Hunstanton Afternoon, Old Hunstanton, Heacham Afternoon and also the Evening one Ingoldisthorpe, Snettisham and Bircham. The Group Committee Meetings usually consisted of the President and Secretary from each institute and held 4 meetings a year to coincide with the two main meetings to which all members were able to attend. The idea of 4 committee meetings was to have one prior to the main meetings to sort out any admin matters and another following the main meeting which was known as the Wash Up meeting.

Each WI took it in turn to provide the President for the meeting and her institute ran the raffle, did the teas, provided a welcoming member, one to give the vote of thanks to the speaker and several members to do the washing up following the refreshments.

The Group Secretary held the post for as long as she was willing to do it. This was deemed necessary for continuity. Her tasks included booking the speakers and dates for the meetings and generally liaising with the institutes. For many years the group held the main meetings in the theatre of CITB in Bircham. When the CITB were unable to let us use the theatre the meetings were held in the hall of the 'reigning President' Half way through the meeting there was a break for refreshments and this was followed by entertainment provided by the host institutes.

Sadly the group had to close after several institutes closed.

Ann Gilbert

Ann was group secretary for many years and found some excellent speakers and on some occasions had to collect them from King's Lynn Railway station and find accommodation for them.

Wednesday 16th September - Knit & Natter

This morning Lesley joined us and during the morning we were talking about how we could get more things going for all of our members. Then we had what we feel is a great idea - how about other small groups. At the moment we have a walking group, darts and ten pin bowling plus ours. The idea being that a small group of interested members would get together once a month in someone's home for a couple of hours. The Types of groups we thought would be of interest are Books, Poetry Reading, Music. If you like the idea or have thoughts for any other type of small group please let me know either by email or phone. The number in a group must not exceed 6 and with the normal space between each member, (unless the rules change)

By joining one of these groups it would be something to look forward to during the winter months. If you are interested please give me a call or email by the 5th October.

Sylvia (544362)

And last but not least - Margaret Collison is back home and thanks the W.I for the flowers and card she received on Thursday.

Exercising the Brain Time Answers

General knowledge

1. Glen Campbell
2. Four
3. Five
4. Linda, Coleen, Maureen, Denise, Anne
5. Maltesers
6. Flamboyance
7. Don't go Breaking my Heart (Elton John and Kiki Dee 1976)
8. Enid Blyton
9. Such as Life or It's Life
- 10 July 1st 2007

WI

1. Wicket
2. Wife
3. Wigan
4. Wise
5. Windsor

True or False

1. False
2. True
3. False (left is smaller to make room for the heart)
4. True
5. True



Thanks to Hazel for setting the quizzes. From now until the New Year I thought we would have a go at finding our WI Champion Quizzer. Each month, mark your own answers (the only answers are the ones shown in the newsletter) and let me know your score. I will keep a record and announce the winner in the January edition.

Please don't go to the internet to find the answers as there are members who do not have access to it.

Watch this space next month!



Want to make the most of your Autumn garden? As the leaves start turning their amazing multi-faceted hues of red, yellow, orange and brown we hope that Sandie will give us some gardening tips in our next Keeping in Touch Newsletter to help us enjoy our gardens now; and tell us what we should be doing to prepare for the coming winter months.

Last month Shirley asked us where the Queen could have been on July 5th, the answer is Windsor as it was the day of the Christening of Prince Harry's son.