

INGOLDISTHORPE VILLAGE WI KEEPING IN TOUCH OCTOBER 2020

President's Letter

Dear Members

Things change again as a consequence of the virus and we could now be looking at revised restrictions in how we interact. Sad to say, no meetings for us for the foreseeable future. I worry about ensuring no member feels forgotten, particularly with winter coming and the night's drawing in. A conundrum for deliberation. The 'get together' we had in September was a great boost.

Again, we must make the best of local walks, calls, emails, and our monthly newsletter. A virtual WI meeting is not out of the question but needs some thought as we must make sure it can include everyone. One thing we have escaped, no words to rehearse this year for our Christmas Ingolstars!

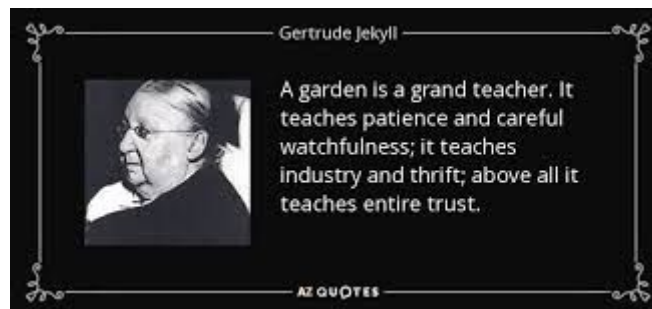
Thank you to all those who are really showing true WI spirit during these difficult times, with the care and concern being shown for fellow members.

Lesley



October Birthdays

Happy Birthday to Dorothy and Liz, forget the work and have a relaxing day.



Autumn Gardening

I am sure many of you like myself have spent more time during lockdown and since in your gardens. Luckily we have had the weather to do so. Now we are into October and summer is officially over a busy time in the garden begins. I planted more annuals and bi-annuals this year and my garden still looks vibrant and colourful so I still have lots of dead heading to do, especially roses, dahlias, cosmos, fuschias and coreopsis. Do this and they will keep blooming until the first frost.

If you want to save seeds for next year leave on the plants until they dry completely, then cut the stems and put in a paper bag. Once the seed heads open and spill their contents into the

bag, place the seeds in an envelope or small container and keep in a cool, dark place. Mine are in the fridge!

If you like me have fruit trees now is the season to harvest, although pears should have been picked before really ripe and stored in a cold place. Carole has already used some of mine for her Apple, Pear and Ginger Chutney. Can't keep her away from preserving, also friends have enjoyed pears poached in wine for a dinner party. Any pears left on the tree have ripened and are a magnet for blackbirds, thrushes and robins who feast until they are quite tipsy. Hopefully still alert enough to avoid the neighbour's cats.

Now is also the time to clean bird feeders and to start feeding them again. They appreciate seeds, fat-balls and mealy worms before their desert course of fruit.

Lawns have suffered badly in the extreme heat and winds and have become quite parched. October is the time to spread Autumn Weed and Feed and scarify and re-seed any bare patches. The rain and weather at the end of September has 'Greened Up' the lawns and they will recover, but don't forget to raise the cutting level of your lawn mower and keep clear of leaves.

Sandie



Granola

Heat together 2 tablespoons of cooking oil e.g. sunflower and 2 rounded tablespoons of honey until just melted. Add 8oz porridge oats and mix together. Put the mixture spread out evenly onto a baking sheet.

Bake at 180 C for 6 minutes. Keep an eye on it because it quickly burns!

Take out of the oven, stir and spread out again and cook for about 3 more minutes until golden. Tip into a large dish, cover with a plate and leave until cold. Then add any extras such as dried fruit, a few sunflower seeds and broken walnuts and store in an airtight container.

NB small seeds don't hold in the mixture and will just fall to the bottom!

Kath Roche

Food Memories

I was making a salad but realised I'd previously used up all the red pepper and only had green. I was quite happy to use this but Ray said he thought it would be strange. It got me thinking about the first time I'd ever seen, let alone eaten, a green pepper. It was the summer of 1974 and a friend was adding it to salad. It seemed so exotic then yet think of the range of colours and shapes we can get in the supermarket now.



Going back even further, can you remember the Heinz tins of vegetable salad, a mixture of diced potatoes, carrots and peas mixed into mayonnaise? I wonder if they still make it or does it seem too simple for our modern tastes?

Cheesecake was something else new in the 1970s. It was served as a dessert at college and I think the catering staff must have got fed up with having to explain what it was! This proved so popular that we were soon making our own from packet mix. This consisted of 3 sachets: one of biscuit crumbs, one with a white powder which you had to whisk up with milk (being students we didn't have a whisk so had to manage with a fork) and then the fruit topping (which I seem to remember was always blackcurrant). Do they still sell them or is it all readymade and frozen these days? In the introduction to one of my Delia

Smith recipe books published in 1976 she points out that only 20% of people own a freezer and she considers them only useful if you grow a surplus of fruit and vegetables. The percentages are probably the other way round today. Back then most of us just had the freezer compartment of our fridge. Let's face it, we didn't need much space when frozen food was pretty much limited to peas, fish fingers and ice cream!



In 1976, my final year at college, we would occasionally treat ourselves to cheese pancakes (frozen I think) followed by syllabub from the chiller cabinet. Now the pancakes I don't remember much about but the syllabub.....an alcoholic froth on top of broken brandy snap. I wish they still made it!

Kath Roche

CHANGING TASTES

*These days, it seems there's such a fuss
About which foods are bad for us.
What's worse, I notice with dismay,
The list grows longer every day.
They're all the things I miss the most ---
Yorkshire pudding, Sunday roast
Mash and bangers, eggs and ham,
Warm scones with home-made raspberry jam,
Beef dripping on new fresh baked bread.
Cheese and chicken are suspect too
I really don't know what to do.
Obediently, when I was small
What mother served, I ate it all
It seems to me now I am old
I still must do as I am told.
I'm close to three score years and ten,
I shan't see sixty five again.
Since everything I ate was wrong
I marvel that I've lived so long.*

This was written by M.O Saxmundham, it must have been many years ago, as these days 70 is not old!



Groups

As you will have seen in last month's newsletter we would like to start some small groups for members with a similar interest. Maximum

number would be 5 other people plus the host. Jean has volunteered to hold a book worm get together on a Tuesday morning, 10-12, limited to 4 others but if more are interested we could sort something out, knowing her fondness for food she has also suggested a 'coffee and cake' sampling set. Any takers? I am happy to host a music one. At the first meeting we will have a general chat to discover each member's particular interest. If you are interested in either group please give Jean a call on 01485 541462 or myself on 01485 544362. Suggest the music group have their first meeting on Wednesday 11th November from 1.30 -3.30p.m.

As our Federation Chairman said in her letter 'small groups of WI members can get together to have contact with a few friends at a time'.

We need to have contact with each other especially as these restrictions seem to be going to last through the winter.

Sylvia

COVID Holidays

Perhaps some of you have thought about going away for a few days holiday but have doubts. Carole went away in September and these are her views and thoughts.

Carole

I went to just outside of Whitby in North Yorkshire with friend and WI member Ronnie. We stayed in a farm complex with 5 other properties at Sneatonthorpe, a small hamlet. The accommodation was very good and the systems for COVID were well thought out. All information was laminated. Each week the outgoing occupants were asked to put all crockery, cutlery etc. in the dishwasher ready to be cleaned before the next guests, systems were in place for bed linen. We felt confident in the preparations.

We went on a self catering basis, taking the first evening meal with us. We ate out for the rest of the week following a reconnoitre of the local pub by ordering a take out on the second night and judging their procedures before eating there for the rest of the week. Most places were well organised and were clear with instructions on the door before you went in. Everyone was very helpful and friendly and were clearly pleased to have our custom. We went out and about but had made a decision not to visit anywhere congested because the COVID level was going up in Whitby and Teesside. We explored the Yorkshire Moors, Dalby Forest and the coast south of Whitby on the days it didn't rain and everywhere we stopped or had a snack and a stroll there were no problems and we felt very safe.

We did enjoy our holiday, we discussed the situation and weighed up the risks before we left. Our daily decisions were based on the level of risk we felt was acceptable to the two of us. I would recommend going away providing you consider what you feel safe and comfortable with in advance. Life is for living and we have to live with this virus, the only way to do this is to be mindful of your own and other people's fears and behaviour, and act accordingly. That way you will protect yourselves and others whilst having a good time.

I must just add, on this holiday one of my dearest wishes came true. We had close access to an icecream farm and parlour (owned by the owners of our cottage, YUMMY1111) and I conquered my fears of driving over the Humber Bridge and alongside of a very big drain on the fens after getting lost.

Carole

Sandie

Barbara and I went to Harrogate for 5 days. We stayed in a lodge on a farm outside of Harrogate on the Skipton Road. It was very clean and we felt very safe. I don't know if they usually provide a welcome pack, but in the current circumstances they hadn't. Luckily we had taken our own. Basically it was self catering, but apart from the first night when we enjoyed a home made curry we had taken with us, we did eat out. Everywhere the number of tables were restricted so social distancing was adhered to. It was table service as well.

Even when we visited Harlow Carr, Bolton Abbey and Newby Hall social distancing was observed as most people were of a similar age to ourselves. Everywhere we visited we were made very welcome. We didn't venture into Harrogate itself because we didn't have time but also to prevent any crowds as COVID rate was high in that area. We both enjoyed the break and have been back three weeks now and COVID free. I would recommend others to take a break but to carefully select the area.

Sandie

Cynthia also went away this time to Italy. She flew by Easy-Jet from Gatwick. It was compulsory to wear a mask on entering the airport and these could only be removed at Passport Control. On arrival in Italy temperatures were taken and there was a testing centre if you had a high temperature. Masks had to be worn on the buses and around the hotel and only removed when seated at the dining table. The Italians seem more strict than here. UK residents can't go to Italy now without a clear Covid test 24 hours before travel. It is now compulsory to wear a mask at all times in Italy.



Sing a song of mincemeat
Currents, raisins, spice.
Apples, sugar, nutmeg
Everything that's nice,
Stir it with a ladle.
Wish a lovely wish,

Drop it in the middle
Of your well-filled dish,
Stir again for good luck,
Pack it all away
Until Christmas Day.

This was written by a poet called Elizabeth Gould. October is the traditional time for making Christmas Puddings, so thought the above is appropriate. I wonder how many people still do this.



Ideas for keeping yourself busy at home while in isolation mode

- **Give yourself a manicure** - Sometimes it's the small things in life that make us feel better.

- **Read a Book** - It's time to read that book that's been sitting on your shelf for the last few months. Hot drink and blanket desirable.
- **Write a Letter** - Remember how enjoyable it was to receive a letter in the post? Do that with your friends and family - make their day.
- **Lego** - Lego is perfect for keeping your mind busy and you get the ta-da at the end of it. So, if you haven't got a stack of Lego in the cupboard in the spare room, ask friends and neighbours if you can borrow theirs.
- **Buy a dartboard** - If you can't go to your usual venue to play with others you can certainly practice at home. (With your favourite refreshments of course).
- **Do a crossword/Sudoku** - Looking for something a bit more challenging? Put your brain to the test and do a crossword or Sudoku puzzle and see how far you can get.
- **Make a photo album/back-up your phone pictures** - Remember that 'girls' holiday when you swam with dolphins? Ensure that memories like this are treasured by taking the time to gather together all those photographs currently stored in boxes around the house and compile a photo album or scrapbook.
- **Make a travel bucket list** - Write a list of the places you've yet to explore, the trips you want to take and the food you'd love to sample.
- **Buy a 2021 Diary** - Don't forget all the things you haven't been able to do in 2020. Make plans now for 2021 and have lovely things to look forward to.

