



**INGOLDISTHORPE VILLAGE WI  
KEEPING IN TOUCH  
APRIL 2021**

**President's Message**

I'm changing tactics for this month, from the potential of 'a light at the end of the tunnel' to 'take it slow and steady and we should get there.' We are still hoping to have some kind of get together in July.

You will (may) remember from this month's mailing there was some information on the Annual Meeting on the 8th of June, obviously a very different format this year, with limitations on numbers of observers (normally guests). I've put myself forward to be an observer but not guaranteed to get a place.

The committee are hoping to meet (outside) on 20th May, maybe. It will be nice if we can put some actual plans in place. Make sure you read the proposed letter regarding our local hospital (QEH), the more names go forward, the better.

Quick reminder subs are due this month!

Happy Easter and take care when meeting with friends / loved ones.

*Lesley*



Happy Birthday to Shirley Brooks, Ann Heffer and Sylvia Pratt, Birthstone is Diamond. Have a good day with lots of cards and good wishes from family and friends.

**Queen Elizabeth Hospital**

As you all know our hospital has outlived its life and we are in dire need of a new one. The Eastern Daily Press have just launched an one line petition to Mathew Hancock and want as many names on their petition as possible. To find out more and add your name to the petition Google <https://tinyurl.com/7n7z5j67>

No computer, then you can write to Matthew Hancock, House of Commons, London, SW1A 0AA. If you're not certain what to put in your letter, use the example at the end of this newsletter.

The more people that sign this petition the more chance we have of getting a new hospital in xx years time.

*Sylvia*



Dorothy has been in hospital and is now isolating at home for a couple of weeks, after her hip operation. We wish her all the best as she starts to do her exercises and hope the weather is kind to her when she starts her daily walks around the village.

## *Recipe of the Month*



### **Golden Syrup Soufflé**

If you like quick easy and inexpensive desserts this is a must, it was given to me by a friend many years ago and never fails to please.

Heat the oven to 160°C and grease a soufflé dish.

- ❖ You will need Golden Syrup, enough to cover the base of the dish, the depth depends on your sweet tooth. The more the merrier, say I.
- ❖ 8 good slices of White thick cut bread preferably from an unsliced loaf.
- ❖ Spreadable butter, reduced fat will do if you are watching your figure, (you have to make some concessions).
- ❖ 2 large eggs and enough milk to make up to 1 pint with the beaten egg. Full cream milk is best but semi skimmed is still nice.

Remove the crusts from the bread, butter it and place in the dish in layers.

Beat the egg and milk together and pour over the bread and golden syrup.

Leave to stand and make sure all the bread is moist. Place in the middle of the oven and cook until well risen and set.

Serve with Whipping cream or crème fraiche and wedges of lemon. The lemon and the cream helps cut through the sweetness of the golden syrup. ENJOY

*Carole*



### **Gardening Notes**

All pruning done for the present, it's time to admire the colourful bulb display in the gardens, daffodils, narcissus, tulips, hellebores, grape hyacinths and wild garlic. However once these have finished, pinch off the dead flower heads but leave the leaves to replenish the bulbs.

Every year I endeavour to remove the wild garlic and grape hyacinths as they are both very intrusive.

Three shrubs that look spectacular at present are the forsythia, camellias and magnolias. I have a fine specimen of which is almost equal to that which Sylvia Spears gave home to.

I have now cut back my midwinter fire cornus much to Carole's chagrin but if I didn't, next winter it would not have such fiery red and orange stems. I did manage to take cuttings for both Barbara and Carole to add winter colour to their gardens as well.

Most of the work I have been doing has been planting vegetable seeds. In doors I have three types of tomatoes, cucumber, chillies, peppers, carrots, beetroot not to mention dahlias and antirrhinums all started off in a heated propagator in the greenhouse before planting out.

Because it's been so cold recently my fuchsias and other potted plants are unusually still residing there, together with some which friends have snuck into over winter! I'm not quite sure what to charge for board and lodging. So warm they have been that Carole's pelargonium is in flower.

I did manage to squeeze a dozen runner beans and a dozen broad beans both of which are shooting on the greenhouse shelving but I will have to evict the visitors soon to be able to put in the tomatoes in grow bags and cucumbers in large pots inside.

Although I have made a good start for a couple of months I will have to rely on others to do the heavy work as hopefully my knee op will go ahead this time.

*Sandie*

## **SCAM ALERT!**

**1. Lockdown Texts From Government:** The Government has been texting the public when restriction guidelines have changed. However, scammers are making the most of that and are sending out similar looking messages. Ofcom says that official texts come from 'UK-gov' and begin GOVUK CORONAVIRUS ALERT. Messages which do not fit the template should be ignored, deleted and reported.

**2. Track and Trace.** Some people have received a text which tells them to isolate and then takes them to a website where they are asked for personal information. Legitimate texts will come from NHStracing and calls will come from 0300 0135 000.

**3. Royal Mail Scams.** Royal Mail have warned customers of a fake delivery text. The text reads:"your Royal Mail parcel is awaiting delivery. Please confirm the settlement of 1.99 (GBP) on the following link." If a fee is due on an item we'd leave a grey card to confirm this, we wouldn't send a text.

**4. Vaccine Scams.** Trading Standards have confirmed that victims are being contacted out of the blue to say they are due for a vaccination jab. They are then asked to click on a link and provide personal or financial details - all on a convincing mock-NHS website. Legitimate contact for COVID 19 vaccinations will come from the NHS, who will not ask for you for personal or financial details.



### **How to access the WI Website**

These instructions are based on the assumption that you have at least basic computer skills.

- ★ Open an internet web browser as you would normally do using, for example, Microsoft Internet Explorer, Firefox or Google Chrome.
- ★ In the URL BAR – (that's the bar at the very top of the screen where you type the address of the website you want to access), type in National Federation of Women's Institutes (or just NFWI will work too) and then press enter.
- ★ The first entry that comes up should be National Federation of Women's Institutes. Click on this and you will be taken to the web page.

- ★ Look for 'Find a WI' in the top right hand corner of the page. Click on this and you will see a box on the left hand side of the screen where you can 'search for local groups in your area'. Enter your postcode and click 'Search'
- ★ Ingoldisthorpe Village will be listed. Just click on the 'Find out more' box.
- ★ On the left hand side of the screen you will see a list of the various pages you can visit. Here you will find up to date information about our WI, including who your committee members are, meeting dates, future events and event reports.

Please note, our website has been dormant during the lockdown but Carol and I should be back in business updating it very shortly. So watch this space, log-in whenever you are using your computer and enjoy! *Di*



### Ingoldisthorpe's Claim to Fame

Due to the road closure during the last few weeks many of you may have used the back lane between Ingoldisthorpe and Snettisham but did you know that it is the only Street in Britain called St. Thomas's Lane? It measures approximately 2,030 metres (1.261354 miles) and is roughly 30.30 metres above sea level. The highest point is 30.30 and the lowest 14.10 metres, a change of 16.20 metres. So far I have not been able to find why it was given this name.



### April Quiz

1. On which date do we celebrate England's Patron Saint St. George?
2. Which Youth Organisation holds a Parade on this day?
3. It is believed that William Shakespeare was born on this day, but when did he die?
4. The 1st of April is known as All Fools Day and practical jokes can be played on one's friends. What is the time when these should cease?.
5. H.M. The Queen was born on the 21st April 1926, but where was she born?
6. How many children did Shakespeare have?
7. In addition to being a playwright, he was also a poet. How many sonnets did he write?
8. When did The Titanic sink?
9. What exploded on the 26th April 1986?
10. Which horse won the Grand National for the third time on 2nd April 1977
11. Maundy Money - how many recipients will receive this gift from the queen in 2021?
12. Maundy Money is usually delivered by H.M. The Queen, how will recipients receive it this year?
13. Concorde's Maiden flight took place in April, but which year?
14. Who did Pocahontus marry on the 4th April 1640?
15. In whose memory is Primrose Day celebrated on the 19th April?
16. On the 4th April 1961 who made the first flight into space?



### Just to make you smile....

We wish you all happiness in the years ahead, But knowing you, you'll find plenty to do.  
Those words filled me with dread, I left my workplace, feeling downcast and blue.  
Buck up my girl, I said to myself There's a whole world out there for you to explore  
You can't just moulder on the old age shelf. All you need to do is open that door.  
So I've tried writing and walking and even tried craft and debating and dancing and military  
history  
I even tried judo, my friends thought I was daft But what's my favourite? Ah, that's the  
mystery!  
It starts with a z and ends in an oom. And takes me to places north, south, east and west  
I'm the reigning host queen from my living room and I'm loving this new life and all my  
Zoom guests.

### Vagaries of the English Language

At a movie theatre, which arm rest is yours?  
Why is there a 'd' in fridge, but not in refrigeration?  
Who knew what time it was when the first clock was made?  
How come lipstick doesn't do what it says?  
If money doesn't grow on trees, how come banks have branches?  
If a Vegetarian eats vegetables, what does a Humanitarian eat?  
How do you get off a non-stop flight?  
Why is it called Rush Hour when traffic moves at its slowest then?

*Sylvia*



### Canary Pudding

Feedback - Thanks to Margaret Collison who has been going through old recipe books inherited from her mother and has found a recipe for Canary Pudding.

6 oz Butter or Margarine

6oz Castor Sugar

3 Eggs

Grease 1½ pint size pudding basin or mould.

Cream together the fat and sugar until softer and lighter in colour.

Gradually beat in the eggs and add lemon rind, stir in lightly the flour and baking powder.

Grated rind of half a lemon

6oz. flour

1 level teaspoon of baking powder

Pour into the basin or mould and cover with greased paper.  
Steam for one and a half hours. Turn out and serve with jam sauce.

### **Jam Sauce**

4 good tablespoons of jam	1 heaped teaspoon of arrowroot
Half a pint of water	Colouring if needed
Sugar and lemon rind	

Boil the jam and water together, add the sugar and lemon juice to taste and thicken with arrowroot blended with a little cold water.

Strain the sauce if the jam has pips. Colour if necessary. Serve.

### **On April 15th....**

- 1793 Bank of England produced the first £5 notes
- 1843 Birthday of Henry James, American Novelist
- 1897 Mutiny of the Royal Navy due to cut in pay, bad food and ill treatment
- 1920 Greta Garbo died
- 1925 J.M. Barrie presented the copyright of his novel Peter Pan to Great Ormond Street Hospital
- 1928 76th Birthday of Kim Il Sung N. Korean President, he received 43,000 gifts.
- 1955 The first McDonald's store was open in California
- 1989 Hillsborough Stadium disaster
- 2021 Evening meeting of Ingoldisthorpe Village WI cancelled due to Covid 19.



### **Useless Information that will make you smile**

King Henry 1 was the most prolific King - he had 24 children.

King Edward 11 was the first King to take a personal interest in the Theatre.

King Richard 11 was the first king to use a handkerchief.

King Edward 1V opened Parliament at the age of three

Queen Elizabeth 1 was the first Monarch to install a loo

Prime Minister Earl Grey had 17 children two of which were named George and another two were called William.

Prime Minister Pitt the Younger was known as 'three bottle man' due to his daily consumption of Port



### Answers to the April Quiz

1. 23rd April
2. The Scout Association
3. 23rd April 1616
4. 12 noon
5. 17 Bruton Street, Mayfair London
6. Three
7. 158
8. 15th April 1912
9. Chernoble Nuclear Plant
10. RedRum
11. 95 men and 95 women
12. Through the post, it will also contain a letter from The Queen
13. 1969
14. John Rolfe
15. Benjamin Disraeli
16. Yuri Gargarin

Thanks to the members who have contributed to the newsletter, your contributions are always welcome. Deadline for the May edition will be 30th April.

### **Example of a letter to the Right Hon. Mr. Matthew Hancock**

Dear Mr. Hancock

My local hospital is The Queen Elizabeth at Gayton Road, King's Lynn and it is in a dire state of repair. When it was opened in 1980, it had an expected working life of 30 years.

Now in parts, it is falling to pieces. "Steel props have been installed to support the roof in 41 different areas where concrete planks are failing. Wards have had to be closed and patients moved elsewhere – including to other hospitals".

A risk assessment warns that " there is a direct risk to life and safety of patients, visitors and staff due to the potential of catastrophic failure of the roof structure deficiencies".

This hospital serves the area of West Norfolk, and parts of Lincolnshire & Cambridge, the population of these areas has dramatically increased since 1980 and a new hospital is desperately needed.

Please consider this a matter of urgency.

Signed