



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

President's Message

Yet another month has passed us by, and the rules on what we can and cannot do has changed. We're all aware the full lifting of Covid restrictions has increased the number of infections so we, as your WI, are saying we still need to remain cautious.

This said, we intend to have our first members get together in the form of a Tea and Chat on Saturday 21st August in the hall from 2.00 to 4.30pm. This event is free and will include a lucky ticket raffle. To be as careful as we can, we will serve you at your table (with the ladies wearing a face covering) and would like to limit the amount of people walking about as much as possible. I promise not to take up your valuable 'chatting time' with WI business but I will be asking you to put down any ideas you have for what you would like to see in our programme for 2022 and we'll revisit this in September.

Moving forward we hope to move back to our programme with our normality September meeting on Thursday 16th. Following that we will hold our first community event, our Harvest Lunch on Saturday 25th September.

I look forward to seeing as many of you as possible at the Tea and Chat. Until then, take care and if you have any questions or concerns please get in touch.

Lesley



Happy Birthday to Sue Pearson, Barbara Jones and Julie. Hope you are able to celebrate with friends or family doing what you really enjoy.

No Recipe this month as you must be busy trying the ones that Federaton have sent.



Gardening News

Well, here we are in July and I find myself a mass of scratches and bruises where I have been attacked by gooseberry bushes. I needed to get them picked so that Carole can use some for her jam. Managed to pick about 3 stone in weight. Also much the same for red currants, again for Carole's jelly. Before, Carole has helped with the picking, topping and tailing but where was she this year? Gallivanting on holiday! If she wants the fruit next year I will advise her to pick an earlier or later time to go away. However, Barbara has helped with topping and tailing gooseberries and stripping red currants.

Other than soft fruit, I have harvested broad beans, dug up new potatoes and used salad crops: lettuce, cucumber, beetroot, and chives. The runner beans are now at the top of the poles and will be ready in a couple more weeks.

Apart from that, my time outside has been spent discarding flowers as they finish. For example, Canterbury bells, Daisies and Aquilegias and deadheading Roses to encourage new blooms. The autumn flowers are beginning to bud up, the Dahlias, Michaelmas Daisies etc so by next month I will start the big tidy up for the autumn season.

Sandie



Recently a few members were able to enjoy a ‘walking chat’, walking leisurely down to the Wetland Treatment Site, up to St. Thomas’s Lane, across to Snettisham Park, down to the River Ingol and home. We only saw sheep and deer, but the display of wildflowers almost everywhere we looked was amazing, several times we just stopped to admire. From our collective memories we saw: greater knapweed, goats beard, cat’s ear, yarrow, chicory, poppies, ox eyed daisies and scabious and I am sure we missed a few.

Our walks at the moment have been on a last minute, no planning basis, but hopefully we will soon be able to plan ahead and venture a little further afield.

Jean



THE ROYAL
NORFOLK SHOW

The WI in July



Two very important events occur in July which involve most of the Counties WI Institutes.

The first is The Royal Norfolk Show. This is the county's largest event and attracts thousands of people from around the local area so the WI are proud to have been involved with this show over the last 100 years.

It’s a wonderful opportunity for the organisation to be able to catch up with visiting WI members and reach out to the wider public while promoting the various activities and interests that the WI has to offer. “The People’s Choice” involves visitors to the marquee when they help us judge the two competitions on display: one created by participating WIs and the other by individual members. These displays attract a great deal of attention, providing the perfect showcase for presenting the many talents of our members, and are worthy of the lovely comments made by our visitors.

Over the past years, many new friendships have been formed whilst making mountains of sandwiches and pouring endless cups of tea! Although a tiring job, many people return the following year to meet up again. Almost every visitor also takes the opportunity to enjoy a home-made cake from the seriously delicious selection on offer, made and served by our diligent team of members.

Here in the west of the county we also have a significant event. This is the Western Area Fund Raising Committee's annual Craft Day. The committee consists of 10 members from Institutes in the west of the County. Currently, there are five members of our own Institute on this committee. We meet approx three or four times a year and the autumn meeting is when we plan the next year’s craft day. Firstly the date must not be at the same time as the Norfolk

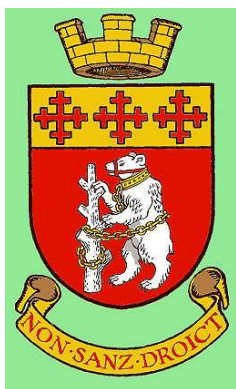
Show as we have to borrow equipment from Federation which they need at the Norfolk Show, and it would also prevent members coming to our event.

Snettisham Memorial Hall is booked and craft tutors are found. The day is advertised in the WI Gazette or as it is now known, Norfolk News, and applications from across the county are received. At the next committee meeting final details for the day are made including the lunch menu. This generally consists of various salads and delicious sweets all made by members of the committee. With five of our members on the committee, several others who book a place to learn a new craft, and others who volunteer to help with the washing up, we are well represented.

Over the years there has been a good mix of crafts from painting, stained glass work, various sewing projects to basket making.

Our own September meeting will give you the opportunity to have a go when Jon gives a demonstration of basket making using willow.

Sylvia



Historic Signs

A few months ago it was suggested that members may be interested in the Coat of Arms from different counties so here is a potted history of The Bear and Ragged Staff from my home county of Warwickshire. It depicts a standing bear, muzzled and chained to a ragged staff. The history of this goes back to the Earls of Warwick in 1088 (and probably before) and explanations of the symbols are many and varied, but the Bear is a symbol of strength and legend has it that in ancient times an Earl slew a giant with a ragged staff. Illustrations from the early 14th century vary from muzzle and chains, no muzzle but chains (bear said to

be supporting the staff), to muzzle no chains. Some form of Bear and Ragged Staff has been adopted and then modified over the years by the Warwickshire Regiment, the Police and the Fire Service and Warwickshire County Council. Myth and legend abound depending on source of reference and times change, but when I was growing up the Bear and Ragged Staff (muzzled and chained) was regarded as a sign of strength and protection and something to be proud of. The innocence of youth!

Jean

Monthly Quiz

A few years ago, Margaret Rhodes celebrated her 90th birthday and invited several of her local friends and neighbours to a party in the hall. Her family devised some quizzes which all had a Margaret Theme. Margaret has a love of Puffins so this month's quiz will test your knowledge of these lovely birds.

Margaret enjoyed our WI meetings over many years, but in 2020 did not rejoin as she found going out in the evenings difficult.

Margaret is being cared for by the staff at Amberley Hall Care Home in King's Lynn.

Doris Gager has also decided that the time has come to seek help and has moved to Fridhem Rest Home in Heacham. I've spoken to Doris today, she is concerned that she is no longer able to be at home but likes the care and attention she is now getting. I believe that Carol Hodges is going to see Margaret at the weekend. We will keep in touch with these old friends.

Sylvia



Puffin Quiz

1. Puffins are only found in which hemisphere? - a) Northern or b) Southern
2. Puffins live mainly - a) In the air b) On land or c) In the sea
3. Puffins build nests - a) In burrows b) On ledges or c) In towns
4. Which of these is NOT a type of puffin - a) Tufted b) American or c) Horned
5. Puffins usually live to around - a) 10 years b) 15 years or c) 25 years
6. Puffins have one chick a year called - a) Puffing b) Pufflet or c) Puffkin
7. Atlantic Puffins main food source are - a) Sand eels b) Salmon or c) Mice
8. A group of Puffins are known as - a) Herd b) Circus or c) Pack
9. What does this symbol represent ? - a) Books b) Airlines or c) Chocolate bars
10. The Puffin is the national bird of which of the following:
a) Nova Scotia b) Newfoundland or c) Channel Islands



NORFOLK

"Norfolk," said some friends, with a stare and a frown,
"It's too flat and too cold, it will soon get you down.
Please come to your senses, and settle again.
You know you love hills, never mind the rain".
But our minds were made up, and thank goodness for that.

We soon settled down here, including the cat,
Our rheumatics improved, our bird list grew longer,
We walked, and we cycled, our legs got much stronger.
We loved every aspect, especially the sea,
So it's Norfolk for him and Norfolk for me.

This was written by a friend of mine, who sadly is no longer with us.

Sylvia

Flower bed at Church Hall

Many thanks to the valiant few who have helped to keep the flower bed looking respectable. Everything has worked against us this year for the maintenance: health, commitments, the weather, access to the hall for watering, so all/any help is very much appreciated. If anyone has any spare plants again feel free to put them in, but please remember they need to be able to look after themselves and to keep to our agreement with NCC, not grow over 30cm (also we cannot add any form of support.) The bench is the responsibility of the PC but they are leaving the flower bed to us so if you can pick a weed, any weed – it all helps.

Jean

Village News

Last month Michael, our church organist, started a pop in session of Music in Church. He is doing another session on Friday 30th July, this time it will only be for one hour. Come along at 11 o'clock and relax while listening to:



Queen of Sheba composed by Handel



Movements Musicaux by Schubert



Alla Tuca Rondo by Mozart

Answers to the Puffin Quiz

1. Northern
2. In the sea
3. In burrows
4. American
5. 25 years
6. Puffling
7. Sand eels
8. Circus
9. Puffin Books
10. Newfoundland